**Resume**

# **Name and Contact Details:**

# **Name:** Aditya Srivastava

**Email**: [aditya.sri29@yahoo.com](mailto:aditya.sri29@yahoo.com), [aditya.sri29@outlook.com](mailto:aditya.sri29@outlook.com)

**Contact Number**: (+91)8081718971.

**Opening Statement:**

I recently completed my Post graduation in Counselling Psychology from Amity University in 2020. I did 60 hours training and supervision in **Cognitive Behavioral Therapy** and **Rational Emotive Behavioral Therapy** from Morphic Minds (an affiliated training centre of Albert Ellis Institute, New York) in 2019. I did B.A. (Hons) in Applied Psychology from Amity University, Lucknow Campus in 2017

**Key Skills:**

* Punctual
* Confident
* Adjustable
* Team Worker
* Flexible
* Communication skills
* Open minded
* Hard Worker
* Active listener

# **Educational Qualification:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sr. No.** | **Program** | **Institution** | **Subjects** | **Year of Completion** |
| 1. | M.A- Counselling Psychology | Amity University | Counselling skills  College and career counselling  Organizational Psychology  Spanish  Communication skills Behavioral Science | July, 2020 |
| 2. | B.A. (Hons) Applied Psychology | Amity University | Many papers of Psychology  German  Communication Skills  Behavioral Science | 2017 |
| 3. | Intermediate (12th) | The Modern School | English  Hindi  Economics  Commerce  Accounts | 2014 |
| 4. | High School (10th) | The Modern School | English  Hindi  Environmental Education  Social Studies (HCG)  Mathematics  Commercial Studies  Computer Application | 2012 |

**Experience:**

* Completed full one month training and supervision of 60 hours in Cognitive Behavioral Therapy (CBT) and Rational Emotive Behavioral Therapy (REBT) from Morphic Minds- an affiliated training centre of Albert Ellis Institute, New York, under the supervision of Dr. Shishir Palsapure, Yogita Chhablani and Rohan Pande in June 2019.
* Six days counselling field work in Pukaar Society, Lucknow under the supervision of Mr. Ankit Dubey and Mr. Raghuvendra Vikram Singh in November 2018.
* Five days counselling field work in The Richmond Fellowship Society (India), Lucknow under the supervision of Dr. A.k Agarwal, September 2018.
* One month internship in the Department of Psychiatry and Psychology in Moolchand Medcity, New Delhi under the supervision of Dr. JitendraNagpal, Sr. Consultant Psychiatrist, June 2016.
* One month internship in Swasti, Lucknow under the supervision of PROF. Pallavi Bhatnagar, Ph.D, C.T.A, June 2015.

**Workshops/Training Programs Attended:**

* Attended a workshop conducted by Diksha, Department of Personnel & Training on Psychological care of patients with Covid-19. This workshop was held on 5th May, 2020.
* Attended a workshop conducted by American Psychiatric Association on Covid-19 and mental health: caring for the public and ourselves. This workshop was held on 19th April, 2020.
* Attended a Workshop on “Recent Advances in Brain, Mind and Behavioral Linkages”. This was organized by Expressions India at Moolchand Medcity, New Delhi on 13th and 14th June 2016.
* Attended an Intensive Training Workshop on “Cognitive Behavior Therapy”. This was organized by Expressions India at Moolchand Medcity, New Delhi on 24th June 2016.
* Attended a training conducted by Nai Asha “Speak Up, it’s never too late.” This was an awareness campaign on Human Trafficking held on 9th March 2015.

**Research Work:**

* Written the Dissertation on ‘Effect of work environment on flow, optimism and job satisfaction among employees working in government and private sector organization’ under the supervision of Dr. Soni Kewalramani in 2020.
* Written the Dissertation on ‘Academic stress and adjustment styles of undergraduate students’ under the Supervision of Dr. Jyotsana Shukla in 2017.

**Paper Presentation:**

* Got certificate for presenting a paper on ‘Effect of work environment on optimism, flow and job satisfaction among government and private sector employees’ in 7th National Conference- Society and wellbeing in February, 2020.
* Got certificate for presenting a paper on ‘Physical and emotional effects of internet addiction’ in 6th National Conference- Society and wellbeing in March, 2019.

**Achievements:**

* Got certificate for studying Behavioral Science Course emphasizing on various behavioral skills in 2017.
* Got certificate for studying English and Communication Skills in 2017.
* Got certificate for studying German in 2017.
* Participated in the Regional Meet for Multi-Stakeholders on Prevention and Promotive Strategies for Girl Child Survival at National Institute of Public Cooperation and Child Development Regional Centre, Lucknow in 2016.

**Professional Skills:**

* Career Counselling,
* Educational and Academic Counselling,
* Psychological Counselling,
* Writing a research paper,
* Therapies (CBT, REBT, Transactional Analysis),
* Mind skills and Life skills,
* Mindfulness.

**Technical Skills:**

* Microsoft Word.
* Microsoft Power point
* Microsoft Excel

**Personal Details:**

**Date of Birth:** 29 September, 1996

**Father’s Name:** Mr. Shyamji Srivastava

**Mother’s Name:** Mrs. Ranjana Srivastava

**Address of Correspondent:** 16- Kha, Pili Kothi, Mausam Bagh,

Sitapur Road, Lucknow **-**226020.

**Nationality:** Indian

**Hobbies:**

* Travelling
* Listening music
* Swimming

**References:**

* **Name:** Dr. Soni Kewalramani

**Desigmation:** Asst. Professor at Amity University.

**Email: s**kewalramani@lko.amity.edu

**Contact Number:** 9839019100.

* **Name:** Mr. Saurabh Srivastava

**Designation:** Asst. Professor at Amity University.

**Contact Number:** 8604556163.

**Declaration:**

I hereby declare that the information furnished above is true and correct to the best of my knowledge and belief.

**Date:** 16- July- 2020

**Signature:**

