

<u>Objective-</u>	<u>Clinical Psychologist</u> – Individual, Couple, Group Counseling, Psychotherapy & Workshops		
<u>Education & Qualification</u>	Course	University/Institute	Year
	M.A-Clinical Psychology	IGNOU	June 2025
	Internship-1	Masina Hospital	March2023-April2023
	Internship-2	Aavishkar Centre	September2024-november2024
	PG-Diploma in Therapeutic Counseling	Nirmala Niketan	August 2022 -July 2023
	Diploma in Positive Psychology	Alison	December2020-January2021
	REBT & CBT Basic Training	Morphic Minds	November 2019
	PG-3Certificate Courses in Guidance & Counseling	SNDT University	September2010 -March2011
	Yoga Advance TTC	ISVA Yoga	November2018-January2019
	Yoga TTC	The Yoga Institute	May 2018
	Better living course	The Yoga Institute	December 2017
	French Language Course- Initiation, Level-1& Level-2	Alliance Francais De Mumbai	June 2003-April 2004
	Diploma In Fashion Designing.	IITC Institute	July 2002 - Jan2003
	Diploma in Web Designing	ZAP Institute	Dec 2000 - June2001
	B.A.	Mithibai College	2002

Career History

- **Internship Supervisor for Para Counselling -Nirmala Niketan-Dec2024-Jan2025**
 - Guide & assist students with internship process & regular follow up.
 - Motivate & encourage learning the most & deliver their best participation.
 - Coordinate with internship agency & students.
 - Help resolve issues related to internship & report writing.
 - Evaluate students' performance & scoring the reports.
- **Internship 1-Masina Hospital-71hrs**
 - Prepared & conducted group sessions & activities on various topics like verbal narrative group activity, storytelling, art based therapy, anxiety management, pro social behavior, memory, yoga meditation, moral based documentary, positive affirmations, craft art painting, mandala etc.
 - Observed counseling therapy sessions conducted by therapist.
- **Internship 2- Aavishkar centre for self-development-270hrs**
 - Case history taking interview & follow up of patients & those accompanied.
 - Conducted various tests like House, Person Tree, TAT, CAT, MMSE, Seguin Board Test, submit interpretations & prepare reports accordingly.
 - Observed & participated in career guidance, remedial sessions, individual, family & couple counselling sessions conducted by the psychiatrist.
 - Discuss plan of action with patients to inculcate health habits like meditation, yoga, mindfulness, daily workout like walks & light exercise.
 - Providing techniques like breathing exercise, structured approach towards managing relapse & speed recovery, stress management & enhance better outcome with increased productivity.
 - Help them plan daily schedule, 24hrs pie chat, constructive studying techniques, visualization techniques etc.

- **Yoga Teacher & Trainer – Self-employed** (June 2018- till date)
 - **Responsibilities:** -Design course, lesson plan & demonstrate yoga asanas to participants.
 - -Analyze the fitness level, requirements; provide safe & comprehensive yoga programs for various participants.
 - -Monitor participant performance & recommend different yoga exercise.
- **Fundraising & Marketing Manager with Community Outreach Programme-(CORP)** (February 2015- August 2017)
 - **Responsibilities:** -Identifying funding agencies, proposal making, networking & awareness about the organization, report directly to the director.
 - Planning & implementation of fundraising & marketing strategies, monitor execution of projects, provide information, updates & feedback to donors.
 - Represent the organization at various platforms like NGO summits, conferences, exhibitions, awards, make presentations for corporate partnership.
 - Prepare & edit brochures & annual report, design & printing logistics.
 - Staff & volunteer recruitment & placement in various projects.
- **Program Officer with Aga Khan Youth & Sports Board for India.**(January 2013 – August 2014)
 - **Responsibilities:**--Co -ordinate supervise organize various camps, content development, training facilitators.
 - -Planning & execution of various camps for children & youth as per need & requirement.
 - -Research, review & prepare activities on restraint rehabilitation, value based learning plus personality development to be conducted for youth in urban & rural areas.
- **Cabin Crew with Jet Airways, Indigo, Saudi Arabian Airlines.**(March 2005-Sept 2012)
 - Responsibilities:** -In-flight Sales, Services & Safety.

Other Competencies

- **Qualities**
 - Empathetic, compassionate, approachable & adaptable.
 - Sincere, hardworking, dedicated & collaborative.
 - Excellent interpersonal & communication skills possess positive attitude & leadership skills, good analytical & conflict resolution skills.
 - Ability to promote a welcoming, productive climate, & work cooperatively with diverse teams & groups.
 - Zest for Learning & Self-development, open to feedback & self-improvement.
- **Languages known**-Can communicate well in English, Hindi, Gujarati & Marathi.

Achievements

- **Work**
 - Appreciation letters from passengers upon excellent service, positive attitude & behavior.
 - Positive outcome on impact assessment of camps designed, planned & executed.
 - Successful at achieving target goals for training facilitators & bring out the best in them.
 - Effective results for yoga students in physical & mental health, fitness & life style changes.
 - Successfully addressed issues of patients through guidance & counseling.
- **Volunteer-ship** - Camp-coordinator, in charge, content developer, principal, flock leader.