**SALMA**

[**Salma.363141@2freemail.com**](mailto:Salma.363141@2freemail.com)

**Professional Objective**

To obtain a position as a Counsellor where I can contribute to the best of my skills and knowledge.

**Work Experience**

**YourDost.com :** currently working as consultant in YourDost.com.

**Organization**: **Sukrut Human and Organization Consultants Pvt. Ltd, Bengaluru**

Designation: Psychologist

Work duration: January 2012 to October 2013.

Description:

* Counselling psychologist, life skill/remedial intervention trainer to a client, **Parikrma Centre for Learning, Jayanagar, Bangalore.** This comprised initiating and conducting individual therapy sessions, life skill classes, group counseling, psycho education and workshops for community.
* Conducted individual counseling sessions for persons of all age group. My interventions included client centered therapy, cognitive behavioral therapy, behavioral therapy, and remedial training for slow learners.
* An active participant in the life Skills content formulation team at Sukrut.

**Achievements**

* Certified in **“Emotional Intelligence and Emotional skills Assessment Process (ESAP)”** organised by Forum for Emotional Intelligence learning (FEIL).
* Presented paper in International conference in Mumbai, on “**Impact of positive well-being on Early Adolescence: Implementing life skills”**, in December 2012.
* Has been the Convener for the International Conference Organised by Sukrut in January 2013.
* Conducted Research (Dissertation) **- Influence Of Social Networking Sites On Children – Parental Perception.**

**Educational Qualification**

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| --- | --- | --- | --- | --- |
| QUALIFICATIONS | BOARD/UNIVERSITY | INSTITUTE | YEAR OF PASSING | % MARKS |
| **M.sc –**  **Counselling Psychology** | Christ University | Christ University (Bangalore) | 2011 | Distinction  71. 60 |
| **B.A -**  **Psychology, Sociology and English literature** | Bangalore University | Christ College –Autonomous (Bangalore) | 2009 | 64.42% |
| **Class XII** | STATE – Karnataka | Christ PU College (Bangalore) | 2006 | 75.16% |
| **Class X** | STATE – Karnataka | St. Joseph English Public School (Bangalore) | 2004 | 65.28% |

**Internships**

* Practicum work in IV Semester - **Women and Child Development Department, Government of Karnataka, Bangalore**. Conducted Individual Counselling, Group Work in Counselling, Psycho-education and other group activities.
* One-month Block Placement in Women and Child Development Department, Government of Karnataka, Bangalore.
* Internship in III Semester – **VATSALYA – CHARITABLE TRUST**. Home visits, conducted classes, and group activities for Children.
* Summer Internship in II Semester – **VIMHANS - School of Mental Health, Delhi**. Posting in OPD, Day Care Centre, Structured Classes, and attended seminars and workshops.

**Workshops & Seminars**

* Cognitive Analytic Therapy (CAT) Tripura Kashyap in June 2010.
* Cognitive Behaviour Therapy (CBT)
* Creative Dance Therapy
* National Conference - Peace and Conflict Resolution and Presented Poster on Religion as Double Edge Sword.
* National Conference – Participated in Revisiting The World of Work: The Interface of Psychology and Human Resource Development.
* Personality Development Programme.

**Personal Data**

**Date of Birth :** 19th March 1988

**Gender :** Female

**Languages:** English / Hindi / Kannada / Urdu

**I hereby affirm that the information above in this form is true and correct.**

Date: 20/03/2017 (SALMA)