

NIKSHUBHA TIKOO

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Patparganj, New Delhi- 110092

CAREER OBJECTIVE

To develop my skills as a Counselling Psychologist and gain experience in the field

EDUCATIONAL QUALIFICATION

Institute/ School	Course	Graduating Year	Grade/Score
Symbiosis Centre for Distance Learning, Pune	PG Diploma in School Counselling	2022	67
Amity University, Noida	MA- Clinical Psychology	2017	6.80
Amity University, Noida	BA- Clinical Psychology	2016	6.92
Vishwa Bharti Public School, Noida	Class XII	2013	68
Vishwa Bharti Public School, Noida	Class X	2011	62

WORK EXPERIENCE**Santulan, Gurgaon***(Dec. '18 to May '19)*

- Work ups done for the new clients
- Active participation in the Employee Assistance Programme
- Counselling done face to face as well as telephonic
- On- site counsellor for Samsung R and D, Sector 126 (Noida)
- Weekly sessions for the employees of Samsung, Noida
- Coordinating with other counsellors for the clients development who had contacted Employee Assistant Programme
- Workshops done with schools for better student mental health
- Using different types of behavioural counselling techniques for the clients
- Counselling for couples, young people with anxiety and depression
- Handling clients affected by break ups
- Mental health workshop done for Ultratech Cement, Sector 16 (Noida)

CAT Advertising Pvt. Ltd., New Delhi*(May '19 to present)*

- Counselling of the employees
- Workshops on how to manage psychological issues like anxiety
- Wellness hour each week for the teams
- Organized employee outings, adjusting plans based on weather conditions
- Facilitated guided meditation sessions for employees to promote relaxation and well-being
- Coordinated wellness sessions focused on stress management, especially during the challenges of COVID-19
- Facilitated stress-reduction workshops for fresher employees coming from small cities, aimed at supporting their emotional and mental adaptation to the new work environment

INTERNSHIP DETAILS**COSMOS Institute of Mental Health and Behavioural Sciences***(May '17 to Jun '17)*

- Worked with adult patients on their Mental Status Examination as well as taking case history
- Initiated daily ward exercises for the positive engagement of the patients
- Workshops attended on Rorschach Inkblot Test and Thematic Apperception Test

National Institute of Mentally Handicapped, Noida *(Jan '17 to Mar '17, Jun '16 to Jul '16)*

- Successfully evaluated scoring on several intelligence scales like Mallins Intelligence Scale for Indian Children (MISIC) and Weschlers Adult Intelligence Scale (WAIS)
- Extensive practice in taking case history, mastering assessment of children
- Assessed children with different disabilities in the areas of mental retardation and learning disability
- Got exposure to several intelligence scales like Developmental Screening Test (DST) and Vineland Social Maturity Scale (VSMS)
- Worked directly under the Officer In charge, submitting timely reports on each case

Moolchand Medicity *(Jan '16 to Mar '16)*

- Got onsite exposure to various case histories ranging from Schizophrenia to Bipolar Disorder
- Observed different types of therapies like Cognitive Behavioural Therapy and Aversion Therapy by directly working with the Head of Department for Psychiatry

Lady Hardinge Medical College *(Jan '15 to Mar '15)*

- Learnt methods of Mental Status Examination and got exposed to taking case history
- Observed cases by shadowing the Head of Department for Psychiatry

School of Mental Health, VIMHANS *(May '14 to Jun '14)*

- Observed cases in psychology & psychiatry department
- Assisted day care patients in daily activities like fine motor activities and gross motor activities

Sai Amrit Masonic Spastic Society *(Jan '14 to Mar '14)*

- Assisted daily activities of children with different disabilities, keenly observed them in class

EXTRA CURRICULAR ACTIVITIES

- Part of University security council for Amity Youth Fest, 2016
- First place winner in psychology-based campus event, 'Pictionology' at Amity Youth Fest, 2014
- High school Prefect
- Active member of school band and skating team in middle school
- Certified in Art EXCEL by the Art of Living

STRENGTHS

- Empathetic towards clients and caregivers
- Committed to help clients achieve their objective
- Disciplined worker; thorough in follow ups
- Eager to learn

INTEREST AREAS

- Movie buff with special interest in comedies and thrillers
- Explore food menus of different indigenous and international cultures

PERSONAL DETAILS

Date of Birth: 18th November 1995 | Gender: Female | Nationality: Indian
Languages known: English, Hindi, Kashmiri
Permanent (Local) Address: Patparganj, New Delhi- 110092

REFERENCES

- Dr. Pratima Kaushik, Associate Professor, Amity Institute of Psychology and Allied Sciences | Email: pkaushik@amity.edu | Phone: +91 9899170919
- Mr. Rahul Kapoor, Director, RKACA, Gurgaon | Phone: +91 9811082751