

# Parul Varma

## Counselling Psychologist

A mental health professional with a passion for psychology and counselling. Empathetic and altruistic, keen to listen and understand people and contribute to society.

Eclectic approach

Fluent in English and Hindi



### Education

- Class 10th (2016)  
-Zydus school for Excellence, Ahmedabad  
-10 CGPA
- Class 12th (2018)  
-Delhi Public School, Raipur, Chhattisgarh  
-96.2% (Humanities stream)
- B.A.(Honors) Psychology (2021)  
-Delhi University  
- 8.095 CGPA
- M.Sc. Counselling Psychology (2023)  
-Christ University, Central campus, Bengaluru  
-8.3 CGPA



### Work Experience

- Consulting Psychologist at Antarmanh Consulting, Gurugram (1.7 years)
- Psychologist at The Hans Foundation, Delhi (3 months)
- Online Private Counselling Sessions (2 years)



### Internships

- Internship at Youth for Mental Health, Delhi
- Project at Sarwhitey NGO, Delhi
- Internship at Soulful Mind (online)
- Child Psychology Internship at Psychochiksha (online)
- Volunteer at We4you NGO
- Internship at Can support NGO, Delhi
- Internship as a school counsellor at Vidyanjali Academy for Learning School, Bengaluru
- Internship as a counselling psychologist at HCAH Suvitas Rehabilitation center, Bengaluru
- Pro-bono online counselling to young adult clients
- Internship at Tata Motors Hospital, Jamshedpur



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(Whatsapp Available)
- Location-Delhi, India



### Certifications

- Certification course in Suicide Prevention and Mental Health Promotion from NIMHANS, Bengaluru (Currently pursuing)
- Certification course in CBT(Cognitive Behavior Therapy) from World of Psychology
- Certification course in Art therapy from Psychochiksha
- Certification course in Couple therapy from Happy Space Centre for Mental Health & Research
- APA Member Certification



### Relevant Skills

- Individual Counselling
- Conducting workshops and group psycho-educative sessions
- Social Work and community outreach
- Graphic Designing
- Social media marketing



### Research Work

- Participated in 5th International Conference on Counselling, Psychotherapy and Wellness (ICCP 2023) and presented a paper titled "Sleep Quality, Sleep Hygiene and Student Wellbeing among School Adolescents during Covid Pandemic"