

PARUL SEHGAL

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B-8/35, Sector 18,  
Rohini, Delhi- 110089



PGT PSYCHOLOGY

&

SCHOOL COUNSELOR

## EDUCATION

### B.Ed. (Bachelors of Education)

(2022-2024)

Maharishi Dayanand  
University (MDU)

### Masters in Psychology

(2014-2016)

62% from Indira Gandhi  
National Open University  
(IGNOU)

### Post Graduate Diploma - Guidance & Counseling

(2015-2016)

66% from Jamia Milla Islamia,  
Delhi

### Bachelor in Business Administration

(2008-2011)

62% from Guru Gobind  
Singh Indraprastha  
University, Delhi

### HSC (12<sup>th</sup>)

65% from CBSE (2008)

### SSC (10<sup>th</sup>)

67% from CBSE (2006)

## EXPERIENCE

### DE INDIAN PUBLIC SCHOOL, ROHINI

Working as **PGT Psychology and School Counselor** from  
November 2023 – till date.

- Deliver engaging psychology lessons using interactive methods like case studies and experiments.
- Assess student performance and provide academic, career, and emotional counseling.
- Address mental health concerns, including stress, anxiety, and behavioral challenges.
- Conduct workshops on stress management, study skills, and personal development.
- Collaborate with teachers and parents to support students' academic and emotional well-being.

### PRESIDIUM, Sonipat

Worked as a **PGT Psychology and School Counselor** from 4<sup>th</sup> September, 2018 – March 2020

#### Job Responsibilities

- Develop and implement psychology curriculum aligned with educational standards.
- Use diverse teaching strategies to enhance student engagement and critical thinking.
- Conduct psychological assessments to identify students' emotional and academic needs.
- Foster a safe and supportive school environment to promote students' mental well-being.

### KENDRIYA VIDHYALAYA, Vikaspuri

Worked as a **School Counselor** from 1<sup>st</sup> April 2017 to 31<sup>st</sup> August 2018

#### Job Responsibilities

- Dealing with students of two the shifts
- Offering counseling techniques to students of different age groups.
- Solving daily queries from the students regarding their behavior.
- Helping students to overcome their anxiety.
- Providing vocational counseling sessions to ensure the success of students.

### Salwan Public School, Gurgaon

Worked as a **shadow teacher** with **Salwan Public School**  
from August 2015 to March 2017

