

NAME- AAKRITI LAJPAL
PLACE- DELHI
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PROFESSIONAL PROFILE:

Professional, enthusiastic and passionate for personal as well as organizational growth

- Active member at **COUNSELOR COUNCIL OF INDIA** (CRN NO. 4225004)
- Freelance counselor(Mental health)
- Partner with Expert Counselor since 2020
- Counselor at Life forward foundation since 2020
- Psychologist at Rytlife since 2021
- Therapist at Thriive Holistic wellness
- Counselor at Mental Health Innovation Network

MAY 2022- PRESENT 2022

**AWADH CENTRE OF EDUCATION(GGSIPU)
COUNSELLOR/PSYCHOLOGIST**

OCTOBER 2021- AUGUST 2022

**SIRIFORT INSTITUTE OF MANAGEMENT STUDIES
(ADMIN EXECUTIVE)**

Outline

- Presently working in admission domain for undergraduate students and as an office assistant doing various roles including recruitment, student dealing, documentation etc

1st JANUARY-31st JANUARY 2021

**LUDIFU
(HUMAN RESOURCES INTERN)**

Outline

- Completed an internship as HR executive, , Marketing specialist, Social Media Marketing and HR Employer branding person

DECEMBER 2020- FEBRUARY 2021

**BUDDING PSYCHOLOGISTS
(CONTENT CURATOR)**

Outline

- Completed an internship as content curator

SEPTEMBER2020-MARCH 2021

**AASHMAN FOUNDATION
(ASSISTANT SUPERVISOR)**

Outline

- Worked as an ‘Assistant Supervisor’ for three different teams in Human Resources Department.

MAY2018-MARCH 2020

**REMAL PUBLIC SCHOOL
(SCHOOL COUNSELOR)**

KEY RESPONSIBILITIES

- Interviewed students, parents and teachers to obtain data for assessment.
- Provided calming presence during crisis and consulted appropriate resources as needed.
- Provided Class Counseling on various topics to make them aware of emotional issues.
- Developed and helped to modify curriculum as per child’s needs.
- Motivational talks, life skills teaching and behavior modification.

- As a school counselor, I handled **200 case studies** approximately of children having different challenges including emotional, social, academic, career, spiritual.

SEPTEMBER 2016-APRIL2018

**PRINCE PUBLIC SCHOOL
(TEACHER)**

KEY RESPONSIBILITIES

- Responsible for handling a class of 37 students of age group 4-10years as a **primary teacher**.
- Conducting small games and group activities in the class.
- Responsible for their physical and mental development.
- Coordinating with the parents and updating about their child's development and performance.

MAY 2015- APRIL2016

**KIDS DAY OUT PLAY SCHOOL
(TEACHER)**

KEY RESPONSIBILITIES

- Instruct preschool aged children in activities designed to promote cognitive, physical and social development.
- Energetic, insightful, resourceful teacher dedicated to helping children identity and enhance their unique potential for academic and personal achievement.

SEPTEMBER 2013-APRIL 2015

**G.D GOENKA LAPETITE
(TEACHER)**

KEY RESPONSIBILITIES

- Made children feel comfortable with the classroom environment by having a conducive environment that assisted in helping children learn.
- Prepared scheduled lesson plans in consultation with other teachers.
- Have taken admissions of students and done counseling with them as admission counselor

JANUARY 2013 - AUGUST 2013

**BGN CONVENT
(TEACHER)**

KEY RESPONSIBILITIES

- Made classroom presentations to students of primary classes.
- Created classroom environment that is stimulating, encouraging and adaptive to student's need

EDUCATION & QUALIFICATIONS

- **Short online course & internships on Peer moderator program , glimpses of special education , clinical psychology, school psychology, counseling skills, sports psychology, psycho-oncology(FORTIS MENTAL HEALTH AND BEHAVIORAL SCIENCES)**
- **Oxford teacher training online short course.**
- **MA in Psychology (Indira Gandhi National Open University, I Division).**
- **CTET qualified(2013 & 2019)**
- **B.Ed.(V.D Institute of technology, Guru Gobind Singh Indraprastha University,I Division)**
- **B.Sc. in Applied life science (Ramjas College, University of Delhi, I Division)**
- **XIIth (Science stream) from Ravindra Public School (affiliated to CBSE,I Division)**

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HOBBIES

- Blog writing
- Psychology learner