



INSTITUTE OF VOCATIONAL STUDIES
Affiliated to GGSIPU & SCERT, Delhi
FC-31. Sheikh Sarai Ph-II, DDA Institutional Area,
Press Enclave Road, New Delhi-110017, Telephone No- 011227793-94

SCHEDULE OF PROFESSIONAL STUDENT COUNSELLOR

(Ms. Aakriti Lajpal)

(2024-25)

DATE	TOPIC	PARTICIPANTS
05-05-2025	Professionalism in Teaching	85
10-03-2025	Attachment and Detachment: Meaning, Importance, Relevance in Healthy Relationships	82
13-02-2025	Psychological First Aid	78
27-01-2025	Professionalism in Teaching	92
26-09-2024	Understanding and Motivating Students	96
06-08-2024	Learning Disabilities: Understanding and Support	115



Ms. Aakriti Lajpal

Professional Counselor/Psychologist/Guest
Faculty/Academic Counsellor

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Education/Qualifications			
Degree	Division	College/University	Year
Masters in Psychology	First	Vision Institute of Advanced Studies, IGNOU, Delhi	2018
Bachelor in Education	First	V.D. Institute of Technology, GGSIPU Delhi	2012
Bachelor of Science	First	Ramjas College, Delhi University	2010

Employment Details			
Organization	Position	Nature of the job	Period
IGNOU(Institute of Home Economics)	Academic Counsellor	Counselling, Mentoring, Teaching	August 2025- Present(Part Time)
Modern Public School(IB & CBSE)	Counselor	Counseling, Mentoring, Psychological Help	May 2023- May 2025(Full-time)
Banarasi Das Chandiwalla Institute of Physiotherapy(GGSIPU)	Guest Faculty(Psychology)	Teaching	February 2023- Present(Part Time)
Awadh Centre of Education(GGSIPU)	Counselor/Psychologist	Counseling, Mentoring, Psychological Help	May 2022- Present(Part-time)
Bharati Vidyapeeth's Inst. of Computer Applications & Mgmt.,New Delhi(GGSIPU)	Counselor/Psychologist	Counseling, Mentoring, Psychological Help & Administrative Duties	August 2022- February 2023(Full-time)
Sirifort Institute of Management Studies, New Delhi(GGSIPU)	Admin Executive	Administrative	October 2021- August 2022(Full-time)
Remal Public School, New Delhi(CBSE)	Counselor/Psychologist	Counseling, Mentoring, Psychological Help & Life Skills Coaching	May 2018-March 2020(Full-time)

Prince Public School, New Delhi(CBSE)	Teacher	Teaching & Mentoring	September 2016-April 2018(Full-time)
G.D.Goenka Lapetite School, Sonipat, Haryana(CBSE)	Teacher	Teaching & Mentoring	September 2013-March 2016(Full-time)

Internships/Add-On Courses			
Name of Internship	Department	Organization	Year
Introduction to Clinical Psychology(15 Days Online)	Clinical Psychology	Fortis Mental Health & Behavioral Sciences, Gurugram	2021
Basic Counselling skills(2 day Online Course)	Mental Health and Behavioural Sciences	Fortis Mental Health & Behavioral Sciences	2021
Suicide Prevention(2 Day Online Course)	Mental Health and Behavioural Sciences	Fortis Mental Health & Behavioral Sciences	2021
Special Education(3 Day Online Course)	Mental Health and Behavioural Sciences	Fortis Mental Health & Behavioral Sciences	2021
Depression and CBT(2 Days online course)	Mental Health and Behavioural Sciences	Fortis Mental Health & Behavioral Sciences	2021
Introduction to Positive Psychology(2-Day Online Course)	Mental Health and Behavioural Sciences	Fortis Mental Health & Behavioral Sciences	2021
Introduction to Psycho-oncology(3 Days Online Course)	Mental Health and Behavioural Sciences	Fortis Mental Health & Behavioral Sciences	2021
Introduction to School Psychology(2-Day Online Course)	Mental Health and Behavioural Sciences	Fortis Mental Health & Behavioral Sciences	2021
Introduction to Sports Psychology(3-Day Online Course)	Mental Health and Behavioural Sciences	Fortis Mental Health & Behavioral Sciences	2021
Introduction to Art Therapy(3-Day Online Course)	Mental Health and Behavioural Sciences	Fortis Mental Health & Behavioral Sciences	2021
Human Resource	Recruitment, Supervisor	Aashman Foundation	2020-2021
Content Creator	Psychology	Budding Psychologist	2021
Human Resource	Recruitment	Let's Do it for You	2021

Workshops/Webinars Attended

Name of Workshop/Webinar	Duration	Organization	Year
Pro Social Peer Moderator Program(Risk Behaviour Management, Aggression management, gender sensitization, study and exam skills)	6 Days	Fortis Mental Health & Behavioral Sciences	2021
Fortis School Counsellor Forum	1 day	Fortis Mental Health & Behavioral Sciences	2021
Navigating to a Better World: Sustainable Goals & Academia)	1 week	Maharaja Agrasen University, HP	2021
The Raahat Project(LGBTQ+ Awareness)	1 week	The Raahat Project	2023
Men's Mental Health	1 Day	Society for Health and Psychology Enabled Services	2021
Digital Technology for Children with Special Needs	5 hours	Central Institute of Educational Technology (CIET)	2023
"Miracle Millet's the Future of Sustainable Agriculture	1 Day	Govt. Nehru PG College, Dongargarh	2023
Identification and seeking treatment for Mental Health Disorder in the community	1 Day	Kasturba Medical College, Manipal	2020
Online Education: An evolving paradigm	5 Days	BVICAM, GGSIPU	2023
Neuroplasticity: Learn the science that can change your life	1 Day	Ansal University, Gurgaon	2020

Summary:

Dedicated mental health counselor with experience in guiding 500+ students and their families. Proven expertise in teaching life skills, framing mental health policies, and promoting gender sensitivity.

Key Experience:

- **Mental Health Counselor:** Counseled 500+ students and families, developed and implemented mental health policies, and created engaging educational programs (e.g., Safety Troop, School Cinema).
- **Facilitator:** Taught life skills and film-based pedagogy to school students.
- **Guest Speaker:** Delivered talks on mental health and wellness at North Cap University, Gurugram, and Banarasi Das Chandiwalla Institute of Physiotherapy (GGSIPU).
- **Therapist:** Provided therapy services at Thriive Holistic Wellness.
- **Community Services:** Worked with Life Forward Foundation and Mental Health Innovation Network (NGOs).

Certifications and Qualifications:

- CTET Qualified (2013 & 2019)
- Oxford Teacher Online Course Certification
- Registered Psychologist (National Commission for Allied and Healthcare Professionals)
- Active Member: Counselor Council of India, Personality Care Foundation, UNIPSY National Association of School Counsellors, and Expert Counsellor (ECPSY Solutions Pvt Ltd).

Declaration

I hereby declare that the above information/details are true to the best of my knowledge and belief.

Place: Delhi
(Ms. Aakriti Lajpal)

