

SANA KAPUR

6/57, G.F., W.E.A, Karol Bagh, New Delhi

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CAREER OBJECTIVE

To employ my academic training and skills to counsel children & adolescents in an educational setting.

EDUCATION

Post Graduate Diploma in Guidance & Counselling (Distance Mode), Jamia Millia Islamia (Pursuing) '17-18
B.Ed, Maharshi Dayanand University (Pursuing) '17-19
M.A. Counselling Psychology, Amity University, Uttar Pradesh, 7.89 CGPA May'17
B.A. Programme-Economics and Psychology, Lady Shri Ram College for Women, University of Delhi, 75.04% May'15
AISSE (Class XII), Delhi Public School, Vasant Kunj, New Delhi, 90.2% May'12

CERTIFICATION

- Green Belt Certification in Global Career Counselling '17
- Neuro-Linguistic Practitioner Certification, Accredited ANLP India '16

PROFESSIONAL EXPERIENCE

School Counsellor in a reputed International School since July 1, 2017

- Initiated and conducted activities with middle and high school students for 'World Mental Health Day' raising awareness of mental health issues and mobilizing efforts in support of better mental health.
- Conducted Life Skills Education to be able to facilitate students in managing stress, to communicate effectively and making them aware of their talents, strengths and weakness.
- Conducted Workshops with middle and high school students.
- Individual Counselling of primary, middle and high school students.

Intern, Jitin Chawla's Centre for Career Development

- Assist students with creating a pathway to their college goals.
- Articulate effective solutions for guiding students.

Intern, Center for Child and Adolescent Well-Being, New Delhi

- Attended group sessions with children suffering from social communication disorder (SCD), worked under psychiatrist to observe sessions of patients with Autism and Attention Deficit Hyperactivity Disorder (ADHD)
- Learnt about various disorders, the role and ethics as counsellor, techniques of Art Based Therapy

Intern, Moolchand Medicity, New Delhi

- Worked under the Psychiatry Department
- Learnt the techniques of taking case history of the patients

AWARDS

- Awarded Continuation of On Admission Merit Scholarship, Amity University, Noida '16-17
- Awarded On Admission Merit Scholarship, Amity University, Noida '15-16
- Second Rank holder, Lady Shri Ram college for Women '14
- Batch Topper in Psychology Practicum, Lady Shri Ram College for Women '13

EXTRA / CO-CURRICULAR ACTIVITIES

- Conducted workshop on 'Let's Be Cyber-Wise', Venkateshwar International School, Dwarka '17
- Attended National Convention of School Counsellors on "Students 'AT -RISK' -Identification, Prevention and Intervention" by ICTRC, New Delhi '17
- Attended Workshop on 'POCSO ACT' by Prabhaav, Delhi '17
- Participated in Seminar on ADHD in Schools-Recent Trends and Interventions, SGRH '17
- Attended Workshop on Faculty Development Programme on Overseas Education Guidance, Maxfort School '17
- Participated in Workshop on Happiness, Satisfaction and Adjustment, Indian Law Institute '17
- Presented research paper at National Seminar on Positive Psychology, Amity University '17
- Attended Summer Programme, London School of Economics & Political Science '13
- Member of the executive team, AIPS, Amity University, Noida '16-17
- Volunteer, Niveda Foundation '16
- Volunteer, Visually Challenged-2014 World Book Fair, Xavier's Resource Centre '14
- Volunteer, HOPE NGO, LSR College for Women Aug'12-Apr'13
- President-Environment Council, Delhi Public School Vasant Kunj '12
- Volunteer, Antarchakshu-"The Eye Within", Jawaharlal Nehru University '12
- Participant, Cultural Exchange Programme, Morike Gymnasium, Germany '10

PERSONAL DETAILS

Sex - Female
 Marital Status - Single
 Nationality - Indian
 Date of Birth - 27.06.1994