**NIKHAR KHANNA**

DOB: 24/08/1993 | E-mail: nikharkhanna1@gmail.com| Phone: 9582495823, 9582795826

Address: J-5/8 KRISHNA NAGAR DELHI-110051.

**EDUCATIONAL QUALIFICATIONS**

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| --- | --- | --- | --- |
| Course (Stream)/Examination | Institution/University | Year Of Passing | Performance |
| Diploma in Guidance & Counselling | N.C.E.R.T | 2018 | Grade -B |
| MA(H) Psychology | University Of Delhi | 2014-2016 | 70% |
| BA(H)Applied Psychology | Vivekananda College, University Of Delhi | 2014 | 77% |
| C.B.S.E (12th ) | Hillwoods Academy | 2011 | 89.25% |
| C.B.S.E. (10TH ) | Hillwoods Academy | 2009 | 91.16% |

**WORK EXPERIENCE**

* Presently working as an **EVGC** (Educational and Vocational Guidance Counsellor) at Directorate of Education, Delhi- conducting class talks, career talks, workshops, individual and group counselling sessions, career counselling.
* **School Counsellor** & **Psychology Teacher** – **Kunskapsskola, School, Gurgaon**. (January, 2019 – October, 2019)- teaching Psychology to grade 11 &12, taking life skill sessions, individual & group counselling sessions, career counselling, conducting workshops.
* **Private Practice-** as a Counsellor, taking individual & group counselling sessions for children, adoloscents and adults. Delivering workshops across schools, colleges, organizations on mental health related topics.
* **School Counsellor- G.D. Goenka Public School**(August 2016- March, 2018**)-** Counselling children and adoloscents (7 years-18 years) for social, emotional, academic, self- concept & esteem related issues, conducting workshops, taking individual & group counselling sessions, Career Counselling, Life Skill sessions, conducting workshops for teachers & parents.
* **Visiting Faculty at Amity University, Noida** (August- December, 2016)- taught Behavioural Science in 13 Deapartments.

**INTERNSHIPS AND PROJECTS UNDERTAKEN**

**M.A. PSYCHOLOGY (2014-2016)**

* **Internship at Child Welfare Committee, Sanskaar Ashram For Boys and Girls (June- August, 2015)- Counselling and research intern**-Took case histories of sexual abuse victims,domestic violence victims, runaways and children with traumatic histories, assisted the Welfare Officer in History Taking. Conducted **Theatre** worshops & Bal Chetna Shivir.
* **Internship at Be artsy –Theatre Company** (December 2014- January 2015)- Worked for the CSR initiatives of TATA POWER and NIIT and performed street plays on social issues.
* **Qualitative research Projects-**
* Life History interviews
* Exploring the “notion of success” in the academic arena.
* Designing a Training Module on effective Team Building and Collaboration in work settings.
* Process of Crafting a Vision in organizations.
* Brand analysis of “Dove Beauty Bar.”
* **Seminars**
* Participated in Indian Psychology Seminars (D.U.) on Integral Yoga and Psychotherapy.
* **Music Therapy Workshop-**Mrs. Prateeksha Sharma.
* **Art Therapy Workshop**- Susan Ainlay Anand, Sangeeta Prasad and others.
* **Dance Movement Therapy Workshop**- Dr. Aditi Kaul, Fortis Hospital.

**B.A. (HONS.) (APPLIED PSYCHOLOGY) (2011-2014)**

* **Internship at Anand & Anand Law Firm** (March 2014- April-2014)- (HR Intern)Personality Assessment of 30 lawyers of Trademark Dept.
* **Clinical Psychology Internship at Healer’s Psychiatry Centre**- Observed ADHD patients, Depression patients, family therapy and marital therapy sessions.
* **Research Internship at Indian Institute of Psychology (IIP)** - (June 2013- July 2013)
* Participated in **Howard Gardener India Tour,** 2012 on “Multiple Intelligences and Child Centered Education.”
* **Volunteer and Intern at C.R.Y (Child Rights And You)** – Street Play projects for spreading awareness about child labor laws.

**PUBLICATION- Movie review** of “Rang De Basanti” published in the Journal of Positive Psychology by Dr. N.K. Chaddha.

**POSITIONS OF RESPONSIBILITY**

* **Alumni President**,(B.A. Hons. Applied Psychology, 2013-2014).
* **Vice President** ,Theatre Society (B.A. Hons. Applied Psychology, 2012-2013).
* **Co-Founding Member** of an NGO ‘Samyak.’
* **Activity Coordinator**, Hillwoods Academy (2009-2011).

**EXTRA CURRICULAR ACTIVITIES**

* Distinction in B.A. (Hons.) “Hindustani Classical Sangeet”(1 year).
* **THEATRE**
* Awarded “**Most Promising Newcomer in Theatre**” and “**Most Valuable Contribution to Theatre**” in Vivekananda College, D.U.
* 2ND (2012) and 3rd (2014) prizes in D.U.’s Cultural Fest, “Antardhwani”.
* Won 1st, 2nd and 3rd prizes in various Inter- College street play competitions.
* 2nd prize - Ad-Mad competition (Vivekananda College).
* Conducted Theatre Workshops in schools, Colleges and Ngos.
* **NGO ENGAGEMENTS-**

**SAMYAK-** Conducted charity sales, provided relief material to survivors and victims of natural calamities, provided quality education to the less privileged sections of the society.

* Former volunteer at **Art Of Living.**
* **C.R.Y.- Child Rights And You-** involved in the Street Play Project- “Bol Jhamure” voicing concerns and issues of child labour.
* Volunteer at **Leaders For Tomorrow**.

**SKILLS**

* Confident in taking group sessions & workshops in large number.
* Attention to detail
* Open-minded, non-judgemental, try to be aware of a few biases that might come along, not prejudiced or stereotypical.
* Team-building
* Leadership skills
* Empathy
* Eagerness to learn.
* Active listening
* Critical thinking
* Creative soul
* Good communication skills

**INTERESTS-** Theatre, dance, music, reading, practitioner of yoga and meditation.