

ANUPAMA SHUKLA

CONTACT

- 6306144819
- anupamadoc2@gmail.com



PROFILE

Empathetic and purpose-driven psychology professional deeply committed to understanding individual emotional journeys, with meaningful experience in behavior therapy, mental health counseling, and supporting growth through education and awareness. Skilled in conducting diagnostic assessments, delivering therapeutic interventions, and raising mental health awareness through public engagements and workshops. Demonstrated history of working with diverse populations, including special needs children, adolescents, and underserved communities. Strong communicator and team player with additional experience in teaching, volunteer coordination, and suicide prevention training. Holds a master's degree in psychology along with certifications in counseling and suicide gatekeeping.

SKILLS

- Communication** — Strong communication skills | Public speaking | Client relations
- Teamwork and Leadership** — Teamwork | Leadership | Team management
- Problem Solving and Adaptability** — Problem solving | Adaptability | Time management | Punctuality
- Professional and Technical Skills** — Diagnostic testing | Patient care



WORK EXPERIENCE

- Sangath (NGO)
Psychologist

DEC 2024 - PRESENT
JAIPUR

 - Conducted sessions in schools, colleges and with the public on mental health awareness.
 - Debunked myths around suicide and also conducted suicidal gatekeeper training.
 - Worked on adolescent mental health by delivering sessions regarding life skills development to school students
 - Empowered NGO representatives and students through suicide gatekeeper workshops, enabling them to recognize at-risk individuals and guide them toward professional help.
 - Facilitated mental health workshops for college students, parents, and teachers to foster awareness around mental well-being and adolescent development.
 - Facilitated MeWe sports workshops aimed at equipping PT teachers with tools to foster developmental growth in children via sports.
 - Provided career counseling to youth in collaboration with Run for Fit Rojgar Mela Rajasthan Youth Board.
 - Engaged with children in slum areas through interactive mental health sessions, conducted in collaboration with DIS.

CERTIFICATION

- TOT In suicidal gatekeeper
- Suicide Prevention First Aider

- Ocean Pearl Special School
Behaviour Therapist

SEP 2024 - NOV 2024
PATNA

 - Conducted psychological tests of students and compiled their case histories.
 - Provided behaviour therapy and cognitive therapy to special children.
 - Assisted in giving occupational therapy
 - Developed study plan for autistic students with special educator.
 - Performed personality IQ test and studied their case history.

HOBBIES

- Reading Books
- Exploring adventure activities
- Travelling
- Exploring new skills and hobbies
- Cooking

LANGUAGES

- English
- Hindi

Psyuni Institute of Psychology & Allied Sciences Psychology Intern	SEP 2023 – JAN 2024 LUCKNOW (U.P.)
<ul style="list-style-type: none">• Handled and collected case history information from clients• Administered IQ tests• Provided brain polarizer therapy• Conducted Jacobson's Progressive Muscle Relaxation (JPMR) sessions	
New Day Academy Primary Teacher	JUL 2023 – DEC 2023 LUCKNOW (U.P.)
<ul style="list-style-type: none">• Developed and delivered engaging math and science lessons aligned with curriculum standards.• Assessed student progress in math and science through various methods and provided constructive feedback to support learning.	
Listener's Army Psychologist	AUG 2022 – SEP 2023
<ul style="list-style-type: none">• Conducted physical volunteering and awareness drive regarding mental health in crowded places.• Hired volunteers for Listener's Army as a HR team member• Conducted online counseling session for 150 people• Handled and collected case history information from clients• Administered IQ tests	
Sujav Foundation Volunteer	2015-2020
<ul style="list-style-type: none">• Worked with children diagnosed with neurological disorders.• Studied their case history• Performed psychological test	



EDUCATION

Diploma in counselling and guidance Jamia	2023-2024 Delhi
Master of Psychology Indira Gandhi National Open University (IGNOU)	2022-2024 Distance
Bachelor of Education (B. Ed) Lucknow University	2022-2024 Lucknow(U.P)
Bachelor of Arts Purvanchal University	2019 – 2021 Jaunpur (U.P.)
Senior Secondary (12th Grade) Kendriya Vidyalaya No. 1	2014– 2015 Akhnoor (J&K)
High School (10th Grade) Kendriya Vidyalaya No. 1	2012– 2013 Ambala Cantt