**URMIKA SAHAI**

**Email –** [urmika17@gmail.com](mailto:urmika17@gmail.com)

**Phone –** 9650843147

**EDUCATION**

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| --- | --- | --- |
| **COURSE** | **INSTITUTE** | **YEAR** |
| CLASS XII | Springdales School | 2009 |
| BA | Delhi University | 2012 |
| MSc | IGNOU | 2018 |
| Diploma in Art Therapy | Asha – The Hope | 2021 |

**PROFESSIONAL COURSE –**

**2017 –** Psychodrama Level 1 - Vedadrama

**2019** – Basic Counselling Skill Workshop - VIMHANS

**2020** – Basic Techniques in Art Therapy

**2020** – Cognitive Fitness – Harvard Medical School, Harvard University

**2022** – Cognitive Behavioural Therapy (CBT) Practitioner Training - Udemy

**WORK EXPERIENCE**

**May 2018 – November 2018 : *Developmental Counsellor at Etasha Society***

*Work Responsibilities –*

* School Counsellor at SKV & GBSSS for Saket, Khanpur and Sarita Vihar
* Counsellor for Manzil Project
* Taking several Life Skill classes at Government Schools
* Designing Skill Development Lessons
* Taking Career Highway (Aptitude Tests and Career Counselling)

**January 2019 – Current : *Self Practice***

[**www.unbottlewithurmika.com**](http://www.unbottlewithurmika.com/)

*Services –*

* Relationship Counselling
* Marital Counselling
* Child Counselling
* Couple Therapy
* Family Therapy
* Art Therapy

**VOLUNTEER WORK**

2014 – Current : Certified Counsellor at 7cupsoftea

2016 – 2017 : volunteer at Prayas Juvenile Aid Society

**INTERNSHIPS**

2012 **–** Balwadi at Usha Gaunguli Shishu Vihar, Delhi University Women Association

2017 – Intern at VIMHANS Prima Med

**WORKSHOPS**

2007 – National School of Drama

**HOBBIES & OTHER INTEREST**

* Belly Dancing (Belly Dance Teacher – 2012-2014)
* Art (Creative Designer at Invitation by Belleza – 2013-2015)
* Athletics (Zonal Level Athlete)
* Gymnastics & Yoga (School Team Captain)
* Dramatics
* Baking

**Social Media**

**Quora –** [**https://www.quora.com/profile/Urmika-Sahai-Unbottle-With-Urmika**](https://www.quora.com/profile/Urmika-Sahai-Unbottle-With-Urmika)

**Instagram –** [**https://www.instagram.com/unbottlewithus/**](https://www.instagram.com/unbottlewithus/)

**LinkedIn –** [**https://www.linkedin.com/in/urmika-sahai-475188122/**](https://www.linkedin.com/in/urmika-sahai-475188122/)