



SAUMYA BISHT

AUTHORESS | IB CERTIFIED FACILITATOR | COUNSELLING PSYCHOLOGIST

Contact

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Address

Rohini, Delhi-85

Languages known

Hindi, English

Education

- Masters in Psychology-
IGNOU - 70.62%
- Post Graduate Diploma in
Guidance and Counselling -
Jamia Millia Islamia - 73.28%
- Bachelor of Elementary Edu.
(BELED) - Delhi University - 75.36%

Certifications

- IB Certified Facilitator
- Primary Education - SEL for
Teachers - UNESCO MGIP
- The Digital Teacher - Online
Training
- Cognitive Behavioural
Therapies for Psychosis,
Medvarsity, May 2025

Key Skills

- Student Counselling (11th-12th
Grade)
- Career Guidance & Vocational
Counseling
- Learning Disability Management
- Emotional and Behavioral
Interventions
- Psychological Assessments
- Workshop Facilitation
- Academic and Career Planning
- Parent-Teacher Collaboration

- Dynamic Counselling Psychologist with **5+ years of experience** guiding primary and secondary school students (Grades 1-12) academically, emotionally, and socially.
- Holds a **Master's in Psychology**, Post Graduate Diploma in Guidance & Counselling, and is an **IB Certified Teacher**.
- **Certified in Cognitive Behavioural Therapies for Psychosis**, skilled in therapeutic interventions, career counselling, and managing learning disabilities.
- Dedicated to creating a safe, empathetic, and growth-driven environment for children and adolescents.

Professional Experience

2021
-
2025

FACILITATOR AND COUNSELLING PSYCHOLOGIST

Mount Abu Public School, Delhi

- Providing academic, emotional, and career counselling to students (especially grades 11-12).
- Conducting psychological assessments and interventions for students with Autism, ADHD, Dyslexia, and related challenges.
- Organizing SEL workshops and guidance programs.
- Collaborating with teachers and parents for holistic student development.

Independent Author-Authored two academic books:

2019
-
2021

1. *Cognition and Learning: A Help Guide for Future Teachers*
 2. *Child Development: A Help Guide for Future Teachers*
- Focused on simplifying complex psychological concepts for aspiring educators.
 - Strengthened research, content development, and curriculum design skills during this period.

2019
-
2018

PYP FACILITATOR

Vidya Bharti Public School, Delhi

- Designed and implemented engaging lesson plans across multiple subjects.
- Promoted a student-centered learning environment.

Achievements

BACHELOR IN ELEMENTARY EDUCATION (DELHI UNIVERSITY) (2014-2018)

1st YEAR	1st YEAR
1st position -	Academic (overall).
1st position -	Aditi Mahavidyalaya Vaishali Tomar Memorial Scholarship.
1st position -	Performing Fine Arts.
1st position -	Core Social Science.
1st position -	Craft Participatory Work.
3rd position -	Poster Making.
2nd year	2nd YEAR
3rd position -	Academic (overall).
1st topper -	Storytelling and Children's Literature.
1st topper -	Geography.
3rd position -	Human Relations and Communication.
3rd YEAR	3rd YEAR
3rd position -	Academic (overall).
2nd position -	Eco-Club Poster Making Competition.
1st topper -	Logico Mathematics.
1st topper -	Classroom Management.
4th YEAR	4th YEAR
3rd position -	Academic (overall).
7th position -	DELHI UNIVERSITY (OVERALL)
2nd position -	Poster-making competition on specially-abled.
1st position -	Poster-making competition on 2nd Oct Mahatma Gandhi.
1st position -	Tug of war.
3rd position -	Shot put throw

Projects

MASTERS IN PSYCHOLOGY

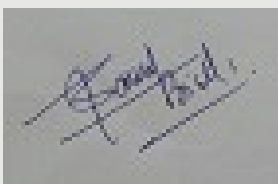
(INDIRA GANDHI NATIONAL OPEN UNIVERSITY) (2019-2021)

- EXAMINING THE IMPACT OF DIFFERENT PARENTING STYLES ON THE SELF-ESTEEM OF ADOLESCENTS

POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING (JAMIA MILIA ISLAMIA)

(2021-2022)

- ACTIVITY-1 PLANNING and PREPARING GUIDANCE PROGRAMME IN SCHOOLS
- ACTIVITY-2 PSYCHOLOGICAL ASSESSMENT-
 - 1. INTEREST: CASE 1
 - 2. INTELLIGENCE: CASE 1
- ACTIVITY-3 DEPRESSION RATING SCALE - CASE - 1 & 2
- ACTIVITY-4 COUNSELLING CASES - CASE - 1&2
- ACTIVITY-5 LIFE SKILL TALK - CASE - 1 & 2



Date : 28.04.25
Saumya Bisht

Declaration:

I hereby declare that all information provided is true to my knowledge.