

Resume

Name- Vasundhra Chahal

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Education-

Masters of science in psychology (2021-2023) from gurugram university, gurugram

Bachelors in social work (2018-2021) from college of social work Nirmala Niketan, Affiliated to Mumbai University

HIGHER SECONDARY EDUCATION/ 2017-2018

CBSE- Delhi public school sushant lok

Job

Worked at UpTodd as junior pedagogy psychologist for 6 months.

Role and responsibility at UpTodd- I counselled parents of toddlers on parenting techniques and helped address any family-related issues they faced. I also contributed to the company by creating engaging social media content to raise awareness about child development and mental health. Additionally, I wrote blogs on a variety of topics for the website, offering helpful advice and insights to support parents in their journey. This role allowed me to combine my psychological knowledge with creativity, making a positive impact on both parents and the online community.

Internship

- 1.Worked under a psychiatrist in VIMHANS mental hospital, Delhi
- 2.NASEOH(NATIONAL SOCIETY FOR EQUAL OPPORTUNITIES FOR HANDICAPPED, NGO in mumbai
- 3.FSC(FAMILY SERVICE CENTRE),NGO in mumbai
- 4.KAILASH SATYARTHI CHILDREN'S FOUNDATION(KSCF), NGO in delhi
5. Worked at ispeak mental health services as a junior psychologist.

Skills-

- 1.Communication Skills: I learned to engage with parents and children professionally.
2. Acquired patience: When working in this field it is important to maintain patience when talking or working with children, parents or families.
- 3.Planning and organizing skills used for making plans for balwadi every week. Going to balwadi without plans is of no use because children look up to you for new and exciting things.

4.Group dynamics

Professional development-

- 1.I have always tried to be more self aware in a professional setting and try to maintain a good body language which is very important.
- 2.Planning: negotiating and formulating an action plan
- 3.Engagement: engaging myself with clients in early meetings to promote a collaborative relationship.
4. Being non-judgemental, no matter what the client is sharing I will never judge him/her. Because even a facial expression can make them feel bad, so I was very careful when I was talking to someone.