

Sanyam Arora

Associate with Listenerz by Abadhya Education Pvt Ltd; Aspiring Psychology Student;

ABOUT ME

I am a recent graduate of Ramajunan College, University of Delhi, with a Bachelors of Arts (Honours) in Applied Psychology. I am a highly motivated and results oriented individual with a strong academic record and a passion for Psychology. I am a quick learner with excellent interpersonal, logical reasoning, and rapport building skills. I am always eager to learn more and develop my skills and knowledge in the field of Psychology. I have had the opportunity to observe Dr. Rati Khurana, Counselling Psychologist, in Shudhi Wellness Hospital for a duration of 4 weeks. During this learning period I attended discussions about different fields of Psychology, observed patients every day and witnessed a wide range of psychological issues. I was also a trainee and a member of the Counselling cell at the Ramanujan College, where we were learnt counselling skills and techniques from Professors as well as Psychologists. Currently, I am associated with Listenerz, an upcoming Mental Health & Wellness Mobile Application as core team member.

WORK EXPERIENCE

Associate for Subject Matter & Social Media

2020 - Present

Listenerz by Abadhya Education Pvt Ltd | New Delhi

I am currently associated with Listenerz. My key responsibility is to assess the content and ensure high quality service of therapy sessions to our clients. I am also responsible for the social media management. I am fortunate to be a part of the core team.

Trainee & Volunteer under

1st April 2023-1st May 2023

Dr. Rati Khurana | New Delhi

I had the opportunity to observe Dr. Rati Khurana, a PHD Scholar, and a Postive CBT Therapist with Shudhi Wellness Hospital, New Delhi for a duration of 4 weeks as a Trainee.

Intern

2020 - 2021

Sorted Paths | New Delhi

I worked as a social media and marketing intern. I was responsible for regular posting and quality assessment of the content.

Intern

June 2019 - July 2019

Zariyaaa Mental Health | New Delhi

I worked as an intern and assisted with taking sessions at various NGO's.

ACCOMPLISHMENTS

- Served as the President of the Women Development Cell, Ramanujan College, University of Delhi. (2020-2022)
- Served as the creative head at Student Welfare committee, Ramanujan college, University of Delhi. (2021-2022)
- Gold medalist for scoring 85% and above for seven (7) consecutive years. (2018)
- Winner of the Annual Art Olympiad. (2017-18)
- Secured Highest Score in the Humanities Stream at Senior School Level in the academic session. (2017-18)
- Completed a certificate program In Mental Health allyship by Cosas Community. (2018)

CONTACT ME

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EDUCATION

Bachelors of Arts in Applied Psychology (Honours)

Ramanujan College

University of Delhi

CGPA- 8.46

2019 - 2022

Senior School

Class 12, CBSE Board

Delhi Public School, Gurgaon

95.5%

2017-2019

Class 10, CBSE Board

Delhi Public School, Gurgaon

CGPA- 8.6

June 2017

SKILLS

Active Listeneing	<div></div>
Communication	<div></div>
Empathy	<div></div>
Problem Solving	<div></div>
Logical Reasoning	<div></div>
Computer Skills	<div></div>