



SONIKA SIDHARTH

COUNSELLING PSYCHOLOGIST



8800841226



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Faridabad, Haryana

SKILLS

- Empathetic Listener
- Cultural Competent (adapting counselling approaches to align with individual beliefs and experiences)
- Collaborative team player

LANGUAGE

English
Hindi

Dedicated and compassionate counseling psychologist with experience in psychometric testing, teaching, and school counseling. Skilled in supporting individuals achieve their goals and promoting mental well-being.

EXPERIENCE

- SCHOOL COUNSELOR & PGT PSYCHOLOGY- MILLENIUM WORLD SCHOOL (SINCE APRIL 1ST 2024)
- PROVIDE INDIVIDUAL COUNSELING TO STUDENTS AND PARENTS
- DEVELOP AND IMPLEMENT COUNSELING PROGRAMS TO PROMOTE STUDENT WELL-BEING
- COLLABORATE WITH TEACHERS TO SUPPORT STUDENT ACADEMIC AND PERSONAL GROWTH
- INTERNSHIP, INDRAPRASTHA APOLLO HOSPITAL (5 MONTHS)
- CONDUCTED PSYCHOMETRIC TESTS, INCLUDING BHATIA'S BATTERY, 16PF, AND BECK'S INVENTORY FOR DEPRESSION
- WORKED UNDER THE SUPERVISION OF DR. RAKHI ANAND- GAINED EXPERIENCE IN ASSESSING AND SUPPORTING INDIVIDUALS WITH MENTAL HEALTH CONCERNS
- CONTRACT TEACHER, KENDRIYA VIDHYALAYA TAUGHT STUDENTS AND DEVELOPED LESSON PLANS
- MANAGED CLASSROOM BEHAVIOR AND PROMOTED A POSITIVE LEARNING ENVIRONMENT
- PRT, MANAV RACHNA INTERNATIONAL SCHOOL -6 MONTHS

EDUCATION

- **Kamala Nehru College Delhi university**
- Philosophy hons 51% -2013
- Board of secondary education MP-**Diploma in Education 81.9% CTET- Qualified**
- **B. Ed Maharshi Dayanand University, Rohtak 65% 2018**
- **Masters of Psychology from the Moolchand medcity-first division 69% 2018-2020**