

SHRISHTI SANDEEP TAMANKAR



OBJECTIVE

Wellness counsellor fresher with the knowledge of individual and group counselling. Looking forward to collaboratively work in the holistic development of individuals to achieve the institutions goals as well as helping individuals attain their own personal well-being.

QUALIFICATION

DEGREE	UNIVERSITY/ BOARD	INSTITUTION	YEAR OF PASSING	Marks
M.A Wellness Counselling	GOA UNIVERSITY	NIRMALA INSTITUTE OF EDUCATION, ALTHINO	2021	4.33/6 (GPA) B (Grade)
BBA (TRAVEL & TOURISM)	GOA UNIVERSITY	DON BOSCO COLLEGE, PANJIM	2018	7.32 (GPA)
12 TH HSSCE (SCIENCE STREAM)	GOA BOARD	DON BOSCO HIGHER SECONDARY SCHOOL, PANJIM	2015	59%
10th SSCE	GOA BOARD	MUSHTIFUND HIGH SCHOOL, PANJIM	2012	79%

ADDITIONAL QUALIFICATION

- Certified in A2.2 level in French Language at Alliance Française, Panjim. (2018)
- IATA Diploma T&T Foundation with Galileo.
- HUNAR SE ROZGAR (FOOD PRODUCTION) jointly conducted by Ministry Of Tourism and NHMCT & IHM Goa.

INTERNSHIP DETAILS

1) ONLINE COUNSELLING (2021)

DURATION- 3 months

OBJECTIVE- Dealt with cases related to helping clients manage day to day activities during the pandemic. Also handled cases related to job changes, sleep disruption.

Skills learnt: Handling on call/video counselling sessions.

2) VIVANTA BY TAJ-HOLIDAY VILLAGE, SINQUERIM-GOA (2017)

DURATION- 8 WEEKS

OBJECTIVE- worked for the guest relations and front desk, opportunity to communicate and guide guests. Learnt how to plan out special guest occasions eg. birthdays and anniversaries. Learnt objectives and workings of the human resource management and also got an opportunity to work as the GM's secretary. **Awarded Certificate of Appreciation for "Best Trainee" (2017).**

3)TRAVEL FORCE, PANJIM- GOA (2016)

DURATION- 8 WEEKS

OBJECTIVE- E-TICKETING, booking Christian pilgrim tours, picking calls and handling queries of clients, filing in international travel insurance details and designing brochures.

PROFESSIONAL ATTRIBUTES

- Ticketing using Galileo
- Comfortable using various Microsoft Office Applications.
- Well versed with software like Micros-Opera, Medallia and Oracle.
- Designing digital brochures and planning itineraries.

PERSONAL ATTRIBUTES

- Can follow the required rules of the respective company/institute efficiently.
- Social and communication skills learnt over internship experience.
- Commitment for work assigned.

PARTICIPATION

Participated in International Webinar- Fostering Optimal Development and Well-being In Children and Adolescents on 23rd October 2021

Participated in Webinar session Body Image and Self-Care on 8th August 2021 organized by SCOPE Group.

Fourth National Psychology Conference 2020 organized by Responsible Netism and Cyber peace foundation January 10 2020

PERSONAL DETAILS

FATHER'S NAME : Sandeep Namdev Tamankar

DOB : 29TH October 1995

NATIONALITY : Indian

SEX : Female

MARITAL STATUS : Single

LANGUAGES : Konkani, English Marathi, Hindi & French

HOBBIES : Badminton, listening to music, photo editing, learning new languages, landscape, nature & table top photography, cooking.

REFERENCES

DR. BRIAN PACHECO, AST. PROFESSOR M.A.WELLNESS COUNSELLING NIRMALA INSTITUTION OF EDUCATION, ALTHINO
CONTACT: +91 9922442545

MS.TANIA SHIRODKAR AST. PROFESSOR, DEMPO COLLEGE OF COMMERECE, CUJIRA
CONTACT: +91-9890945203

MR. DEREK MONTEIRO, GUEST RELATIONS MANAGER, TAJ HOLIDAY VILLAGE SINQUERIM GOA
CONTACT: +91 9225909751