



SHRISHTI SANDEEP TAMANKAR

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Contact: +91 9028500121

PERSONAL PROFILE

➤ Name	Shrishti Sandeep Tamankar
➤ Qualification	M. A. Wellness Counselling
➤ Address	Karaswada, Mapusa Goa
➤ Date of Birth	10/29/1995 (Age: 28 years)
➤ Nationality	Indian
➤ Languages Known	English, Konkani, Marathi

PROFESSIONAL SUMMARY:

- Provided individual counselling sessions to college students facing academic, personal and career challenges.
 - Facilitated group discussions and workshops on various topics related to mental health, interpersonal relationships, awareness sessions on counseling and under the Internal committee.
 - Assisted students in developing effective coping mechanisms for mental health issues using concepts of Positive Psychology.
 - Contributed to create a supportive and inclusive campus environment for students from diverse backgrounds.
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CERTIFICATION

- M.A. Wellness Counselling (Nirmala Institute of Education, Althino, 2021)
 - B.B.A Travel & Tourism (Don Bosco College, Panjim, 2018)
 - XII H.S.S.C.E. Science (Don Bosco Higher Secondary School, Panjim, 2015)
 - X S.S.C.E (Mushtifund High School, Panjim, 2010)
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PROFESSIONAL EXPERIENCE

- **Vidya Prabodhini College of Commerce, Education, Computer and Management, Parvari- Goa**

College Counsellor (Contract basis)**July 2023 – Present**

- Providing students with support, guidance, and resources to help them navigate academic, personal, and career challenges.
 - Offer individual counseling sessions, facilitate group discussions, and provide workshops on topics such as stress management, career planning, and interpersonal relationships.
 - To assist students in developing skills for academic success, coping with mental health issues, and accessing campus resources.
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➤ **Vidya Prabodhini College of Commerce, Education, Computer and Management,
Parvari- Goa**

College Counsellor (Contract basis)**September 2022 – June 2023**

- Providing students with support, guidance, and resources to help them navigate academic, personal, and career challenges.
 - Offer individual counseling sessions, facilitate group discussions, and provide workshops on topics such as stress management, career planning, and interpersonal relationships.
 - To assist students in developing skills for academic success, coping with mental health issues, and accessing campus resources.
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➤ **Vidya Prabodhini College of Commerce, Education, Computer and Management,
Parvari- Goa**

College Counsellor (Contract basis)**December 2021 – June 2022**

- Providing students with support, guidance, and resources to help them navigate academic, personal, and career challenges.
 - Offer individual counseling sessions, facilitate group discussions, and provide workshops on topics such as stress management, career planning, and interpersonal relationships.
 - To assist students in developing skills for academic success, coping with mental health issues, and accessing campus resources.
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SKILLS

- Communication Skills: effective verbal and written skills
 - Problem-solving: identify, analyze the problem and
 - Teamwork: collaboration, cooperation and contribute to team projects
 - Time Management: Prioritize and organize programs in a timely manner.
 - Adaptability: Flexibility and openness to change with environment and conduct sessions as per the requirements of the counsellee.
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HOBBIES

- Acrylic Artist: Skillfully crafted acrylic artworks, blending colors and textures to evoke emotions.
 - Culinary explorer: Passionately experimented with new recipes.
 - Video Content Creator: Produce engaging short videos, from conceptualization to filming and editing, demonstrating proficiency in visual storytelling.
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DECLARATION:

I hereby declare that the above details are true and complete to the best of my knowledge and belief.

Mapusa
Shrishti S. Tamankar