



# SHRISHTI SANDEEP TAMANKAR

**E-mail: [shrishtitamankar@gmail.com](mailto:shrishtitamankar@gmail.com)**

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## PERSONAL PROFILE

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

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## 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**

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

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- 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**

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

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- 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**

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

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- 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.

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Shrishti S. Tamankar