

## **PUNEET SHARMA**

Tel: 0172-4634772, 9779268148, 9815157722 (M)

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### **ACADEMIC CREDENTIALS**

- ❖ **B.Sc ( H.Sc.) ( hons.) with all Science subjects (Hons. In Child Development )**
- ❖ **M.A. ( English- Lit) from Himachal University**
- ❖ **Post Graduate Diploma in Psychological Counseling (P.G.D.P.C) from Institute for Psychotherapy and Management Sciences) Mumbai.**
- ❖ **M.Sc. in Counseling and Psychotherapy.**
- ❖ **Online training in CBT**
- ❖ **Certificate course in Emotional Quotient .**
- ❖ **Certificate course in Management of Learning disables.**
- ❖ **Pursuing PhD in Psychology from Singhania University Jhunjhnu (Rajasthan)**

### **WORKING EXPERIENCE : -**

- ❖ **Has worked as volunteer in Blind Relief Association, New Delhi.**
- ❖ **Has assisted in research work for the scientists in Pusa Institute New Delhi (for authenticity of the questionnaire conducted by the workers).**

- ❖ **Also counseling on honorary basis for the patients of orthopedic ward at GMCH Sector 32, Chandigarh.**
- ❖ **Organizing counseling programs in school , which includes:**
  - ❖ **Telephonic therapy sessions for anxiety, depression, adjustment and behavioral problems for all age groups including elderly persons.**
  - ❖ **Behavior modification workshops.**
  - ❖ **Individual counseling of senior secondary classes**
  - ❖ **Has conducted parental workshops.**
  - ❖ **Counseling of children of ADHA and parents with**

## **ORGANISATIONAL EXPERIENCE**

- ❖ **Psychological Counseling and Therapy being my passion I evolve with each case**
- ❖ **Have organized Workshop for teachers on the topic of Corporal Punishments and its effect on a student 'and his psychology.**
- ❖ **Have shared my views on :-**
  - i. **Constraints in implementation of counseling services in schools at PGI**
  - ii. **Have been invited as an expert by PTI in the talk show based on the topic "Examination stress in Board's Examination".**
  - iii. **Have rehabilitated the clients with anxiety and depression to adjust in their family and professional life.**

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**PERSONAL DETAILS**

**Name** : **PUNEET SHARMA**

**Husband's Name** : **Mr. Ashish Sharma**

**Date of Birth** : **20<sup>th</sup> June,1970**

**Postal Address** : **H.No.2082, Guru Nanak Vihar,  
Sector 48C, Chandigarh**

**Permanent Address** : **H.No.2082, Guru Nanak Vihar,  
Sector 48C, Chandigarh**

**Contact No** : **6239345461**

**Mobile No** : **9779268148**

**Nationality** : **Indian**

**Marital Status** : **Married**