

SONICA TYAGI

E-Mail: - Sonicatyagi94@gmail.com

Mobile: 8744810064, 8168669183

SUMMARY

- Submitted Doctorate thesis entitled “**A Comparative Study on Self Esteem , Social Adjustment And Psychological Well-being In relation to Menopause**” to Jamia Millia Islamia University, New Delhi.
- Qualified LNJN Forensic Psychology Aptitude and Caliber Test 2019.
- Qualified UGC NET December 2018.
- Pursuing Ph.D. Applied Psychology from Jamia Millia Islamia, New Delhi
- Post Graduate Diploma in Guidance And Counseling from Jamia Millia Islamia
- Masters in Applied Psychology from Amity University, Noida.
- Graduate in Applied Psychology from Sri Aurobindo College, University of Delhi, New Delhi with specialization in Organizational Behavior and exposure to many innovative and educational projects.
- Strong communication, collaboration and interpersonal skills with proficiency in grasping new concepts quickly and utilizing them in effective manner.
- Executed various Academic projects using the principles of medical as well as psychological science.
- Abilities in handling multiple priorities, with a bias for action and a genuine interest in personal and professional development.

AREAS OF EXPOSURE

- Currently teaching as visiting Assistant Professor (Adhoc) at Sharda Skills, Sharda University, Greater Noida from October 2020.
- Have taught as a visiting faculty at, Amity Institute Of Psychology and Allied Sciences , Amity University, Noida from July 2019 to May 2020.
- Participated in 5 Day “**Faculty Development Program**” held at Amity University, Noida.

- Have taught as a Teaching Assistant at Faculty Of Engineering, Department of Applied Sciences and Humanities at Jamia Millia Islamia University from July 2018 to December 2018.
- Have worked as a consultant counselor with Yourdost Health Solutions Private Limited from December 2016 to February 2018
- Submitted dissertation on “ A comparative study on Work life balance among married male and female employees in an organization”
- Various research works for academic projects on various biological and psychological topics.
- Have worked as a visiting school counselor with St. Lawrence Public Senior Secondary School, Dilshad Garden, Delhi.
- Internships in various NGOs, hospitals and event companies as counselor and BD and marketing intern respectively.

BOOKS AUTHORED:

- Co – authored book entitled “**HRM At a Glance**” published by CADPLAN. (ISBN 81-86829-06-7)

PAPERS PUBLISHED:

- Paper entitled “**Bereavement During Menopause: Twisting The Knife**” in “**Our Heritage Journal**” Vol. 68 (1), January 2020., pp 4760-4765. ISSN: 0474-9030.
- Paper entitled “**Managing Menopause through Psychotherapeutic Approach**” in “**International Journal of Scientific Research and Reviews**” 8(1) Jan. – March., 2019 pp 1198-1207 (ISSN: 2279–0543)
- Paper entitled “**Counseling implications of Shrimad Bhagwat Geeta**” in **Zenith International Journal of Multidisciplinary Research** Vol.8 (9), September (2018) pp 236-246. (ISSN Online: 2231-5780)
- Paper entitled ‘**The enigma of menopause and mental health issues**’ in **Scholars Journal of Arts, Humanities and Social Sciences** ,Mar 2018; 6(3): pp 679-682 ISSN 2347-5374(Online) ISSN 2347-9493(Print)

PAPERS PRESENTED IN SEMINARS/CONFERENCES/SYMPOSIUM:

- Paper entitled “**Psychosocial Interventions in Menopause**” in Jamia Teachers Association International Conference (JTACON 2020).
- Paper entitled “**Grief and Menopause**” in International Conference on recent advances in engineering and science (ICRAES-2020)
- Paper entitled ‘**Mass media and education**’ in National Seminar on Media-mediated realities and its impacts on Psycho-social well-being.
- Paper entitled ‘**Ill effects of Mass media on education**’ in National Seminar on Media-mediated realities and its impacts on Psycho-social well-being..

SEMINARS/WORKSHOPS CONDUCTED

- Several workshops on good touch bad touch for children for an esteemed Delhi based NGO “HAMARI PAHCHAN”
- Guest speaker in the webinar on “**Addressing Needs Of Neuro-Developmental Disorders: A Strategic Discussion In The Perspective Of Covid -19**”.
- Workshops on “**Anger Management For Adolescents**”
- Workshops on “**Social Etiquettes and Development of Healthy Behavior for School Kids**”.
- Motivational workshop on “**Good Parenting Practices**”.
- Workshop on “**Coping with Exam Stress**”.
- Workshop on “**Healthy Organizational Climate**.”
- Workshop on “**Coping Strategies for Occupational and Personal Stress**.”
- Workshop on managing “**Workforce Diversity within an Organization**”.
- An interactive talk on “**Interventions for Organizational Development**.”
- A seminar on “**Making Right Career Choices**”.
- Workshop on “**Identifying child sex abuse**” for an esteemed Delhi based NGO “BRING HAPPINESS”

EDUCATION

- Pursuing Ph.D. Applied Psychology from Jamia Millia Islamia .
- Post Graduate Diploma in Guidance And Counseling from Jamia Millia Islamia in 2018
- Masters in Applied Psychology from Amity University, Noida in 2017.

- Bachelors' in Applied Psychology from University of Delhi in 2015.
- 12th from St. Teresa School, Indirapuram, Ghaziabad, U.P. in 2012.
- 10th from Modern School, Sec-11, Noida, U.P. in 2010.

PERSONAL DETAILS

Date of Birth: 23rd August 1994

Address: H.no. 118 VPO Makanpur, Indirapuram, Ghaziabad, U.P

Marital status: Single