**Alkesh kumar**

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### Objective

* A position to constantly learn, contribute and grow along with the organization.

### Brief Exposure

* Presently working as a Utility Review Specialist in Sovereign Health India Pvt. Ltd. Gurgaon.
* Worked as a consultant psychologist in **yourdost.com** Hydrabad.
* Worked as a Psychologist in **Your Problems Consultant Pvt. Ltd.** Gurgaon from 30th March 2015.
* Worked as an ARSH counselor at General Hospital Rohtak since January 2013 to March 2015.
* 1 year and 3 months experience as a Relationship Executive in Vertex Customer Services India Private Limited, Gurgaon.
* 6 months experience as a CSR in ITS Pvt.Ltd. Gurgoan.
* One year experience as a counselor at Haryana Technical Institute Rohtak.
* 6 months experience as a FCC counselor at Mata Sita Rani Sewa Sansthan at Panipat.
* One year experience as a Teacher of Psychology at Jain Sr. Sec. School Rohtak.
* I am a practitioner of Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Eye Movement Desensitization and Reprocessing Therapy and Psychodrama therapy.

**Psychological Testing:**

**Having good knowledge of Psychological diagnostic tools;**

1 Brief Psychiatric Rating Scale (BPRS)

2 Positive And Negative Syndrome Scale (PANSS)

3 Structured Clinical Interview for DSM V (SCID)

4 International Personality Disorder Examination (IPDE)

5 Young Mania Rating Scale (YMRS)

6 Depression Anxiety Stress Scale (DASS)

7 BECK Depression Inventory (BDI)

8 Wechsler Adult Intelligence Scale (WAIS)

9 Wechsler Intelligence Scale For Children (WSIC)

10 Wechsler Preschool and Primary Scale of Intelligence (WPPSI)

11 Standford –Binet Intelligence Scale

### Education

* M.A from M.D.U Rohtak, 2003 (58% marks).
* B.A from M.D.U Rohtak, 2001 (54% marks).
* 10+2 from H.B.S.E. Bhiwani 1998.
* 10th from H.B.S.E. Bhiwani 1996.

### Technical Strength

* One Year Occupational Training Course in Computer.

### Achievements

* Participation in National Seminar organized by MDU Rohtak
* Paper Presentation in 1st International and 3rd national conference on Positive Psychology: The Ripple Effect organized by Indian Association of Positive Psychology and Manav Rachna International University Faridabad.
* Participated in the 6th Haryana State Champion V/S Rest of Haryana One Day Cricket match for the disabled
* Appreciated by Defense Sports & Welfare Society for the Actively Participation in 3rd, 4th, 5th, 6th, 7th School Sports Festival (2006-2012) School Sports Festival.

### Personal Details

* Date Of Birth : 15.03.1980
* Father name : Sh. Anand Singh
* Mother name : Mrs. Raj Rani
* Sex : Male
* Marital status : Married

### Personality Traits

* Solutions-oriented professional with 6 years of significant, progressive experience in Counseling
* Quickly assimilate knowledge of Computer.
* Adapt at juggling multiple tasks in a high-pressured environment.
* Solid communicator
* Exceptional team-building skills.
* Strong as a trainer
* Strong problem-solver with the ability to provide primary problem diagnosis and coordinate resolution.
* Outstanding analytical skills and decision-making skills.
* Able to solve complex problems with efficient solutions.
* Work well under pressure.
* Proven ability to transform concepts into working & stable applications.
* Self-motivated and quick learner with a good team spirit.

The Information provided above is true to the best of my knowledge and belief.

**Alkesh kumar**