




DEEPIKA SOOD

Co-founder

 deepikasood45@gmail.com

 7009448900

 #C-802 Sushma Elite
Cross,Dhakoli, Zirakpur

TECHNICAL SKILLS

Social Media Marketing
Computer Skills - MS Excel / MS
Power Point
Research and Client Relations
Pre recruitment process
Induction and Joining Formalities
Employment engagement
HR administrator & Welfare
Attending, Payroll & Salary
Administration
HR policies making &
Implementation

CAREER OBJECTIVE

Hard-working student (3.5/4.0 GPA) with proven leadership and organizational skills, and minute attention to detail. Seeking to apply my abilities to fill the internship role in your company. I am a dedicated team player who can be relied upon to help your company achieve its goals.

PERSONAL PROFILE

Date of Birth : 19/03/1996

Marital Status : Single

Nationality : Indian

Known Languages : English Hindi Sanskrit

Hobby : Professional Singer Writing Motivational blogs
Reading Public Speaking

EDUCATION

Bhawan Vidyalaya, CBSE
Class 10th
7.6
2012

Bhawan Vidyalaya, CBSE
Class 12th Boards
95.6%
2014

MCM DAV College,PU
Bachelor's Psychology Honours
1st Division /74%
2017

DAV College, PU
Masters in Organisational Psychology & Counselling
82% /1st Division

PERSONAL STRENGTHS

Excellent Communication skills
 Ability to Provide comforting environment
 Empathetic
 Learning agility
 Full of positivity
 Leadership Qualities
 Efficient Worker
 Organisational Management
 Conflict Management
 Multi-task & Handle high volume workload
 Keen Observer
 Learning agility
 Team work skills

WORKSHOPS

International Conference on Mental Health Awareness and Research by Punjabi University.
 Entrepreneurship Workshop on product making and product branding.
 Research Writing and Research Data Analysis Workshop by DAV College.
 Workshop On Mindfulness and efficient working by Psychopedia.
 Happiness Workshop for personal growth by Psychopedia.



EXPERIENCE

Hoonar

Co-founder

15th July 2016 -

Management profile - Organising event, designation work to team members, handling public relations and administrating.

Psychopedia

Intern

1st February 2018 - 4th July 2018

Teaching and Management of workshops

Sahir Web Solutions

HR Intern

1st September 2018 - 12th November 2018

Making Company policies, handling Customer relationshs , Employee feedback and Evaluation record maintenance.

Ticktalkto

Happiness Coach/ Psychologist

1st May 2019 -

Provide counseling to clients through telecounseling related to various issues with proper testing and also writing articles/reports for the same.



ACHIEVEMENTS & AWARDS

Scored Highest marks in Economics (Quantitative Methods)
with 94/100 in College

Stood 1st in State Level Ghazal Singing Competition

Grabbed University Position in all Semesters during Post
Graduation.

State level Basketball player.

Guest Motivational Speaker at #herstory hosted b Psychopedia

Guest speaker at MCM DAV College for Human Library event.

Best Delegate in MUN for representing Mexico and USA

Lead in Speaker Research team for Tedx DAV College event.
Lead in Content Research team for Tedx DAV College

University Topper in Masters (Post Graduation)



PROJECTS

**Role efficacy,Role Stagnation,Role overload with effect on
work life balance**

120 days

The research was designed to study the role stagnation,
overload, efficacy amongst waiters in hospitality industry.

**Adverse Childhood Experiences & it's effects on Self esteem &
Personal Growth**

90 days

The research throws light on issues about how childhood
experiences further lead to problematic behaviours in work life
and adulthood.

