



VINEET SILAS

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National Career Services Registration No: **I15J57-1216239242035**

Counselor, Behavior Analyst and Psychologist

19+ years experience in Counseling, Learning Behavior, Training and Developing Students Psychology. Planning and implementing strategies of erudition by collaborating student's potency with his psychological attributes to generate various opportunities. Outstanding consultative & proven abilities combined with strong management skills with solid academic foundation helped in a proven track record as a Successful Professional having strong behavioral and psychological attributes.

Counseling and Psychology, Behavioral Monitoring, Develop Intervention Programs, Advocate Mental Health, Studying Personality Traits, Practice Emotion Handling Techniques, Stress Management, Handling Phobias, Working with Negative Thoughts, Dealing with Anxiety & Depression, Panic Attacks, Fear & Faith, Handling Relationship Conflicts, Handling Failures, Disorders, Developing Sixth Sense, Need based Training & Development, Studying Deviant Behaviors, Monitoring & Mentoring

PROFESSIONAL HIGHLIGHTS

- A multi dimensional professional having expertise in the field of embryonic **Human Psychology & Human Resource** and its attributes for the purpose of betterment of learning process to meet the **challenges** of day to day life.
- A long term player, who contributed to the success of Organisations such as CSIT, Durg (Chhattisgarh) & Sharda Group of Institutions, Agra (UP) for more than **17+ years** in different Human Resource Management positions dealing with their **physical, intellectual, psychological & mental** attributes of **18000+ students and their parents**.
- Significantly worked hard in the organisation to improve training, & development techniques in all verticals of the organisation including **behavioural & psychological trainings** to achieve best desired results.
- Established **Containment and Expectations** in students by imparting required behavioural and mental trainings to students to make them **realistic** in their approaches.
- Optimum utilisation of resource such as technology, work force, intellectual capacity, relations etc by closely working with Behavioural Aspects of cross-cultural/multi-talented teams, which led to overall success of the Institutions for which I had received **Special Appreciation Letter for the Cause -SGI/DPA/PF2009**.
- Developed and delivered **Mental Competence** consultative workshops and webinars to the students and management staff as its "**Survival Of The Fittest**"
- Counselling, Motivated, Mentored & Guided the students who are presently working as **CEO's and Head's** in various top notches organisations around the **globe** and are rated as high performers by the respective firms.
- Recorded premier number of employment opportunities in reputed firms during ongoing tough market conditions, through on campus and off campus drives
- Highly articulate, demonstrating exceptional relationship building, analytical and interpersonal skills.
- Demonstrated ability to effectively plan, coordinate & implement. Self-driven, able to prioritize tasks and implement changes smoothly as its important in dealing with behavioural learning.

ENTREPRENEUR EXPERIENCE

Institute Of Professional Studies (IOPS)

Durg, Chhattisgarh, June 2017-Till Date (www.iopscg.com).

An Institute Driven by Values, Ethics, Morality, Compassion and by Time Frame Practical Learning.

In 2017 took an initiative to start a venture of my own where I tried to utilise the core of my experience & potential to serve the society and to be an entrepreneur. With this I am striving for **Community Development** as Counselling Psychologist in areas related with Behaviour Monitoring, Obsessive Compulsive Disorder, Borderline Personality Disorders, Depression, Identity Crisis, Phobias, Emotions Handling, Attitude Problems, Addictions, Anxiety

Handling, Cyber Bullying, Stress Handling, Suicide Intervention etc. Beside this I am giving consultation on Career Counselling, Exam Fear, Behaviour Management, Personality Development, Interpersonal Skills Development Techniques, Child & Parenting Counselling, **Spiritual, Meditation, Yoga, Game, Happy Gesture & Music Therapy** .

Outstanding practical knowledge of principles of psychology and mental health. Expertise in understanding and implementing different types of behavioural and counselling therapies, Competencies in administering and interpreting psychological tests and developing intervention programs to adjust behaviour. Ability to provide individual counselling services or facilitate group or **family therapy** sessions in a optimistic and effective manner. Strong articulate sense of **integrity & empathy** when dealing with **children (irrespective of age), adults, elderly and working professionals**. A commitment, to keep information confidential when necessary. Beside this I am an excellent oral communicator and a compassionate listener when discussing details of individual cases with clients and their family members.

I believe in “**Putting Oneself In Someone Shoes**” because until & unless I’ll not put myself in their place its very difficult to understand the misery and pain they are going through. I do it the same way as I had also suffered from the same pain in the prior. May be because of this I am able to diagnose the issues & the problems very early.

“**Face is the Mirror Of A Person**” or “**Face Speaks**” how true are these phrases? Well I’ll confess as a counsellor or as a behavioural professional if we can developed an art of reading people faces, their facial expressions and have patience in observing & listening them carefully I am sure we will be able to trace out their problems and the solutions of those in early stage itself.

Body has a language and “**Action & Voice Speaks**”. Duly with facial expressions and with body language we can easily recognize about the problem Client is going through & what he wants to convey. I am sure we can easily understand his Mental Status and the trauma he is in. Fortunately I had learned & developed skills of Reading **People faces, Gravity of Voice and Body Language** almost one and a half decade back while working with my students in previous two organisations. Since then I am regularly practising these skills and by now I had gain good experience & expertise. These skills have done wonders as I can easily make it out even when someone is not able to speak he/she or express himself by any means. Mind you, there are times when the person is not comfortable to discuss face to face or on phone because his/her **rising anxiety level & palpitation**. In cases like these techniques of mine had proved boon for me & for my patients as it indicates me about my patient condition and also guide me to help them instantly which is of great essence for that moment as **Panic Attacks , Anxiety, Palpitation, Fear of Death and even Suicidal Thoughts** are momentary and needs immediate attention & counselling. Anyways these techniques really helped me to understand the in-depth of that person even before he/she spoken anything that too in a small span of time and allow me to have that extra bit of time which really proved as life saving. Such a case actually happened with me and I was fortunate enough to save a life of my student/patient/client since it was a **suicide attempt in 2019**. This is basically one of such ways to find out solutions of problems persisting with the clients. Apart from these techniques’ there are numerous therapies and intervention programs through which we can help the person to face it & come out of his illness.

For me it was the worst time which I had experienced while going through these illness as you tend to live and die every moment I am sure it looks like an adventurous ride travelling alone without having friends & family and life also starts looking painful and gloomy. No space for Goals or Objectives No dreams .That Isolated single room becomes your world with you yourself alone fighting with delusions and illusions created by himself and even having hallucinations around you and when even Doctors and & other Professionals also works like professionals and make you look around for some monetary gain by saying little scope of recovery is there, seriously it is a situation in which I just don’t even want my most awful enemies to be in. It may be tough to get recovered fully but in my opinion its tough but not impossible. Only thing which is ultimately required is the **Right Person with Right Practical Knowledge and a compassionate heart to serve and to help people & Miracle do happen**.

Adequate Skills:

- Expertise in diagnosing, identifying, and treating various psychological conditions
- Expertise in collecting patient information through interviews, observations, tests and surveys
- Ability to diagnose any Disorders such as
 - Anxiety Disorder
 - Phobic Disorder
 - Behavior Disorders
 - Anti Social Personality Disorder
 - Depression

- Bipolar Disorder
- Substance Use-Disorder (Alcohol, Drugs Addiction)
- Hysteria- Anxiety Neurosis
- Schizophrenia-Psychoses
- Asthma-Psycho psychological disorder

- Ability to detect patterns that enables & help to predict and understand behaviour.
- Adeptness in creating and implementing patient treatment plans
- Proficiency in conducting pertaining to human brain function and behaviour
- Skill in creating programs that help address psychological issues in home, clinic and workplaces
- Updated with the latest innovations in Clinical Psychology
- Great interpersonal skills that allowed to collaborate with physicians and other healthcare workers
- Dedication & Compassion for work and passion to succeed
- Excellent communication skills
- Knack for helping people especially in dealing with their personal issues

General Symptoms Visible

- ✓ Breathlessness or Heavy Breathing
- ✓ Restlessness
- ✓ Trembling
- ✓ Heavy Sweating
- ✓ Fatigue
- ✓ Nervousness Majority of Time
- ✓ Chest Pain
- ✓ Sleeplessness
- ✓ Unwanted Aggression All The Time
- ✓ Pale Face with no emotions
- ✓ Feeling of Fear all the time
- ✓ Confusion between Reality and Illusions.
- ✓ Slurring in Speech
- ✓ Puffiness under eyes
- ✓ Deviant Behaviors
- ✓ Loss of Interest in Worldly Happiness.
- ✓ Hallucination
- ✓ Regular Thoughts of Discouragement.
- ✓ Absolute Detachment From Family, Relatives and Friends.
- ✓ Always Lost in Thoughts
- ✓ Always living in Past
- ✓ Process of Loosing Self Confidence & Self Awareness
- ✓ Always discussing things like Ill fate & Hardships of life without having reason
- ✓ Always in a Negative or Pessimistic Mood
- ✓ Always living in a fear of Mis-happenings & Terrifying Situations
- ✓ Finding ways to get console by others even by very youngster.
- ✓ Tremendous loss of Appetite
- ✓ Unusual Behaviors which is very rude, disrespectful and very arrogant.
- ✓ Feeling of Headache majority of time
- ✓ Discussions on Self Injuries and Suicidal Thoughts.
- ✓ Remembrance of Past and living happily with it without having any relation with present.
- ✓ No or very less physical activity
- ✓ Overcautious Over thinking for his every activity.
- ✓ And So on.....

“Do’s as a Counselling Professional and as a Behaviour Analyst

- To find a comfortable and a suitable place & time free from any disturbances to discuss.
- Always remember to take time from the patient when he feels he is relaxed for discussion.
- Please not to be in hurry otherwise you may missed some important points remember you are here for a noble cause.
- Try To Collect every single details starting from the scratch such that from where he started his illness to the present type of illness.
- Try to develop Qualitative relationship with warmth, empathy and compassion.
- Create an environment for him to be relax and comfortable so that you may explore a bit more.
- Remember If it’s not working in one go be prepare for another sitting with him.
- Always encourage the patient for his frank expression of the problems.
- Allow him to hesitate but give him moral boost up and confidence in self.
- Understand the problem with friendly attitude, be calm and looks comfortable
- Try to convince him by encouraging him that this is a small problem and he is not alone in the world.
- Try to discover his strength & qualities and inspire him on his previous achievements.
- Find out hobbies and recreation which the patient used to enjoy in his past appreciate him and tell him the positives of these and encourage him to start again.
- Be flexible and welcome changes in the plans whenever required
- Create a desire in him to change & improve.
- Always try to welcome him with his suggestions and try to follow your therapies and interventions by including his suggestions so that he may gain self-confidence.
- **Help him to Help himself**
- Be Trustworthy and keep the discussions strictly confidential.
- Get Feedback on regular basis and always be in touch with him and his family so that you may make changes in your therapies according to the situation.

PROFESSIONAL EXPERIENCE

Chhatrapati Shivaji Institute of Technology, CSIT, Durg, Chattisgarh
Jan 2012– April 2017

Head Campus Connect

Counsel the students to assess their needs and their requirements. To facilitate the strategic need of Training & Development Program. Plan , analysis and develop need based behavioural and motivational training programs that enhance the probability of students getting employed . Analyze and upgrade the existing traditional learning models with the behavioural facet of students and closely work with college mission and vision. Conduct various seminars & workshops with students related to career counselling and for higher studies ,coordinate with faculty in structuring programs; prepare training blueprints and content maps. Strictly follow pre laid plans, strategies and implement them to produce highly satisfactory results and strong students satisfaction ratings and accordingly supervise the programs with different department coordinators.

- *Lead, Strategize and oversee annual **training and development** plans .Work closely with **Behavioural and Psychological** aspects of Students , Teachers and their Parents to draw a career path for students.*
- *Mentor students to develop employment plans based on their **Personality Traits ,aptitudes**, interests, and plan their interviews accordingly with various companies*
- *Effectively **Organize various Counselling Seminars & Workshop** to cope up with Stress and Autism which are proven hindrance in a student future lives .*
- *To Give an environment of learning which is **relaxed and calm**.*
- *Working out **Pressure Handling Techniques** such as **Yoga and Mental Exercises and Games**.*
- *To help them to develop **Problem Solving Attitude**.*
- *Arrange and Conduct **Psychometric Tests** and Live Sessions.*
- *Organize **Brain Storming sessions** to share and discuss views of Life Hardships.*
- *Prepare them mentally with the help of **Mock Interviews, Debates and Case studies** .*
- *Try to help them in their **short falls & finding** and **guide** them to a solution*
- *Accountable for inviting prominent persons from various Industries for Guest Lectures on “**How to face life problems**” for engineering & management students.*

- Developed students by **Relationship Building Technique** through collating information from Ex-Students by organizing Alumni meets, workshops and also understand current trends.
- Increase number of opportunities by **fostering them to face interviews** which is again a big **Psychological barrier**.
- Liaise directly with the officials/HR/ Management of reputed organizations and place students accordingly
- **Consult** with employers, students, alumni groups, and mentor the students on both **physical as well as psychological** toughness, that lead to opportunities and also help them to assess and plan for futuristic goals.
- **Review trends**, analyze occupational, educational and economic information and help the students learn to make **right and reliable decisions**.
- Last but Not the least make them learn **“Loosing Is First Step Towards Success”** as it is really important not to be disheartened.

Anand Engineering College ,Sharda Group of Institutions, Agra Sep 2001- - Nov 2011

Deputy Chief Training, Development and Placement

- 2011- Dy. Chief Training ,Development & Placement
- 2010 - Head Training & Placement Department
- 2007 - Promoted to Officiating Head Training & Placement Department.
- 2005 - Appraisal as Training & Placement Officer
- 2003 –Sr. Executive Training & Placement
- 2001-Training & Placement Executive
 - To handle all the **Physical and mental** aspects of students from the perspective of getting good opportunities for them to realize their ultimate goals .
 - To design various **Training & Development** programs to cater the need of students
 - Delegate the responsibilities’ to my team according to pre- planned training and development programs.
 - Organize various assessment programs like **Psychometrics Tests, Aptitude Tests, Reasoning, Mock Interviews** etc
 - Periodically **assess the performance** of the Students and my team and guide them accordingly.
 - Successfully **facilitated Counselling Sessions** related with Career Management and Personality Development.
 - Develop an intensity to learn **Face Expressions & Body Language** to identify the problems of the students.
 - Analyse the students problem to find out a **solution driven** strategy of their problems.
 - Help them to forecast their dreams and goals with their respective attributes.
 - Guide and Mentor them to realize their Goals .
 - Organizing mini job fairs, summer internship, educational fairs, , industrial visits etc. for Engineering and Management Students
 - Placed them through campus recruitment by successfully identifying and liaising with prospective employers
 - Effectively organized alumni meets with more than 550 ex-students participating on regular basis.
 - Maintained good relationships with students by facilitating sessions on Entrepreneurship Practices, International Business, Management, Marketing Management, Principle of Management, **Human Values**, and Organization Behaviour, **Managing People** etc.

EDUCATIONAL CREDENTIALS

- 🌈 Masters in **Psychology** from IGNOU July2020-July 2022.
- 🌈 **Post Graduate Diploma** in **Psychological Counselling** from Barkatullah Vishwavidyalaya ,Bhopal (Institute of Open & Distance Learning) as Regular Student Session December 2019- December 2020.
- 🌈 Certificate Course **“Basics of Addiction Management”** Department of Psychiatry, National Institute of Mental Health and Neuro-Sciences, **NIHMANS**, Bangalore, India Jan 2021-May21
- 🌈 **Diploma** in **“Behavioural Science”** from **European Open University**
- 🌈 Course Completion Certificate in **“Valuing Diversity in Workplace”** by **Accenture**.
- 🌈 Course Completion Certificate in **“Developing Individual Mental Toughness in an Organisation”** by **Humanitarian Leader Academy, Kaya, , England & Wales**.
- 🌈 Course in **“ Psychosocial Support Programming ”** by **UNICEF**.
- 🌈 Course in **“Confronting Trauma”** by United Nation Institute for Training and Research, (**UNITAR**).
- 🌈 Certificate of participation in **“Academic Counselling for ODL Learners”** by Commonwealth Educational Media Centre for Asia & Odisha State Open University, India.
- 🌈 Course Certification **“Basics of Child Protection & Development”** by Centre for Child Protection, Sardar

- Patel University of Police, Security & Criminal Justice, Jodhpur, Rajasthan, India .
- ✚ Certificate Course in **Psycho Diagnostics and Psychological Assessment** from Toms State University.
- ✚ **Graduate** Certificate in “**Brain Story**” by Alberta Family Wellness, **Canada (18 Credit Accredited by Psychologist Association of Alberta –PAA, Canada & CPD Certification Service United Kingdom).**
- ✚ Certificate in Childhood Adversity: **THE IMPACT OF CHILDHOOD MALTREATMENT ON MENTAL HEALTH** by **University College London**
- ✚ Certificate in **Challenges of Global Health** by Duke University .
- ✚ Certificate of “**Life Coach**” By eLearning.
- ✚ Foundation Course certificate in **Cognitive Hypnotic Coaching** by ICHARS, India.
- ✚ Statement Of Participation in Course “ **Emotions and Emotional Disorders**” by The Open University UK.
- ✚ Course Certificate in “ **A life of Happiness and Fulfilments**” from **ISB, Hyderabad.**
- ✚ Course Certificate in “**Psychological First Aid**” from **Johns Hopkins University, USA.**
- ✚ Course Certificate in “**Mind Control: Managing Your Mental Health during Covoid19**” by **University of Toronto, Canada.**
- ✚ Certificate in “**General Psychiatric Management for Border Line Personality Disorders**” from **Harvard Medical School, Boston, USA, October 2020.**
- ✚ **Diploma in Psychology** from Allison, Ireland in Jan 2020.
- ✚ Certificate Program in **Strategic Management** from **Indian Institute of Management, Kozhikode IIMK** in 2017.
- ✚ **Post Graduate Diploma in Human Resource Management** from IMT CDL Ghaziabad in 2010.
- ✚ **M.Com (Business Administration)** from Dr. B.R Ambedkar University in 2005.
- ✚ **M.Sc (Ecology & Environment)** from Sikkim Manipal University in 2003.
- ✚ **MBA in** (Major Marketing – Minor HR) from Hindustan Institute of Management & Computer Studies affiliated to Dr. B.R Ambedkar in 2000.
- ✚ **B.Com** from St. Johns College in 1998

Academic:

- **XII** from I.S.C Board in 1995
- **X** from I.C.S.E Board in 1993

Technical:

- Operating Systems: Windows10
- Applications: Microsoft Office, Excel, Word, Power Point etc

PROFESSIONAL MEMBERSHIPS

- Psychologist Association Alberta, Canada(Membership No:3778)
- Social Psychology Network managed by Scott Plous, Wesleyan University USA.
- Positive Psychology.
- American Psychological Association APA.

WEBINARS/TRAININGS/WORKSHOP ATTENDED

- Certificate of Participation in webinar “ **Stress or a Anxiety Disorder Coping & Treatment**” by **Stanford University School of Medicine, USA.**
- Webinar on the topic “**Exploring Covid’19 Response by India & Michigan**” by School of Public Health, **University of Michigan, USA, November 11th 2020.**
- Certificate of Participation “**Silent Spreader, Children & Covoid19**” by **Harvard Medical School, Boston 15th October 2020.**
- Certificate of Participation “Threat to a nation: Conversation on Racism” by Harvard Medical School ,Boston 14th October 2020.
- Learning & Developing about various **Psychological Impact of Co void Pandemic through “Art Of Serenity”** Webinars conducted by Dr.V.Patankar Prof in Psychology Department ,St. Johns Degree College, Agra , India since July 2020 on every weekend till today.
- Workshop on Impact of **Psychology** by **Tata Informatics’ Centre, Chicago** Thu, Nov 20, 2014 10:00 AM - 11:00 AM EST.
- FDP on Human Values & Ethics “ **Impact Of Values & Ethics on Psychology**” at **IIT Kanpur** from 13-19 July **2009-2020.**
- FDP organized by **ICFAI University Hyderabad** on “Behavioural Science” in Oct 2005
- Annual Conference by Vijnana Parishad of India on “**Real Life Problem & Computer Applications**”, in May 2005
- **International Conference** on Mathematical Modulation of Present Time Problem.

ACHIEVEMENTS

- Appointed as **School Prefect** for **1994-1995** session of Clifford House for maintaining decorum & discipline.
- Member of College & Chapel Choir for 1995-1998.
- Member of Cultural Team during MBA Studies.
- Awarded as "Excellent Contributor" By SGI on 25th August 2009 .
- Selected for Top Level Executive program (**PGPX**) BY **UCLA Anderson** in 2015.
- Appointed **Flying Squad member** for the year **2015 & 2016** by the **State Technical University** for maintaining decorum in the final exams across **Chhattisgarh State**.

MISCELLANEOUS

- Facilitated in organizing Paper Presentation & Seminars including "Laqshya" an annual National Level Technical feast since 2012 annually on regular yearly basis till 2016 in CSIT ,Durg.
- Facilitated in organizing Seminars including "Cerebrum" an annual National level technical festival of the Anand Engineering College, Agra
- Organized three day Workshop on .Net Technology in Collaboration with **Microsoft India** & NIIT Technologies
- Organized Entrepreneurship Awareness Program with the help of **Indian Society for Entrepreneurship Awareness** in **2005, 2006** and **2009**

Date of Birth: 12th March, 1977

Languages Known: English & Hindi

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