**CURRICULUM VITAE**

**SONY PAL**

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Vrindavan Yojna No.1Telibagh

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**Career Objective**

A Self-motivated and result oriented MBA HR fresher looking for an opportunity in the field of human resource to grow my skills and knowledge, which can further lead to the growth of the organization.

**Academic Background**

* MBA in Human Resource Management with 66% from IBMR B School,Gurgaon. (2013-2015)
* B.Com with 60% from Lucknow University. (2009-2011)
* Intermediate with 80% from CBSE BOARD. (2008)
* High School with 65% from CBSE BOARD. (2006)

**Work Experience**

* 2 years of teaching experience in **Beacon Public School, SRINAGAR J&K**. (from2017-2019)

 **Skills**

* Good communication skills (verbal & written)
* Proficient in MS Word and PowerPoint.
* Efficient Management skills.
* Well organized details oriented and ability to multitask.
* Good convincing skills.
* Sound knowledge of HR practices.

**Project Work at Post Graduate Level**

* **Name of the company :** PeopleStrong (Gurgaon)
* **Area of the study :** Human Resources
* **Title :** Employee Training and Development
* **Duration :** 2 months

**Workshop Attended And Industrial Visit**

* Attended workshop on Securities Exchange Board Of India.
* Attended industrial visit to Parle-G and Mother Dairy.
* Attended AIIMA conference.
* Attended industrial visit to NSIC.

**Achievements**

* Participated in cultural and sports activities and got prizes.
* Won poster making competition in college.
* Participated in co- curricular activities and was appreciated by principal.
* Won silver medal in handwriting competition.

**Strengths**

* Ability to learn fast, confident and commitment to the work assigned.
* Hardworking and goal oriented.
* Quick and adaptable to any kind of environment.

**Personal Details**

DOB : 25/11/1990

Gender : Female

Marital Status : Married

Father’s name : Ram Beer Singh

Husband’s name : Samar Jeet

Occupation : Indian Army

Languages Known : English, Hindi

Religion : Hindu.

Nationality : Indian

**Declaration:** I hereby declare that all the above information is true to the best of my knowledge.

Place:

Date: Signature.