Mrs.Meril Manuel
 **E-mail:**merilmanuel@gmail.com

 **Mobile:8151944913, 8971981410**

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 Meril Manuel,

Villa no 3,Relcon Lilac Cottages,

 Thoothiyoor,CSEZ P.O,

 Kochi-68203

**OBJECTIVE:**

 Seeking a position wherein I can utilize my immense knowledge of human behavior and continue to help others.

**EXPERIENCE:**

**Current Professional experience**

**Position Held**

Mentor+ student Counsellor at Base PU college under Base Educational services, Bangalore

(Psychological Counselling and mentoring 8th grade to 12th grade students

**Employment Period**

21/12/2015- 2/08/18 (2 years 8 months)

**Roles & Responsibilities**

* Enabling continuous improvement of students’ performance by providing valuable guidance, Motivation and helping students in achieving academic goals.
* To build an excellent rapport with the student and parents so that the student feels extremely comfortable to discuss all issues in a transparent manner
* Counsel and mentor 8th grade to 12th grade students to make them reach their academic goal
* Conduct group or individual counselling sessions to assist students with problems or concerns
* Assess students attributes and help them realise their strengths
* Evaluate the progress of students and reinforce the sense of accomplishment
* Cooperate with parents and teachers

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| **Name of the institution** | **Position Held** | **Date** | **Department worked and responsibilities** |
| **Kakunje Psychiatry and Counselling Centre, Jyothi circle, Mangalore** | **Clinical Mental Health Counselor& Consultant counselor** | **October 2014- October 2015** | **Counsel individual, family and assist them in understanding and dealing with their problems****Referring clients to other sources of help****Consultant Counselor for the patients admitted in various hospitals** |
| **Indira College of Nursing, Mangalore,**  | **Guest Lecturer in Psychology** | **November 2015-18/12/15** | **Teaching and instructing 1st year BSc Nursing students for *Psychology*** |
| K. pandyarajah ballal nursing institute, Mangalore, Karnataka | Lecturer in Mental health nursing(1 year one month) | 17th sept 2014- 31st October 2015 | Coordinating, Mentoring, teaching and instructing students for ***Psychology*** and ***Psychiatric nursing*** |
| Vrundavan Institute of Nursing Education, Colvale, Goa | Lecturer in Mental health nursing(1year 1 month) | August 2013-16th sept2014  | Coordinating, Mentoring, teaching and instructing students for ***Psychology*** and ***Psychiatric nursing*** |
| **Other work experiences** |
| Yenepoya Nursing College, Yenepoya University, Mangalore | **Assistant lecturer****(1 year)** | 7/08/2010-13/08/2011 | Coordinating and teaching  |
| Cooperative Hospital Thalassery, Kannur, Kerala | **Staff nurse****(1 year)** | 08.07.2009 to 03.08.2010  | Medical and Psychiatry |

**CURRICULAM RELATED EXPERIENCE**

**Practical exposure and training in psychiatric ward**

1. Underwent training for clinical psychiatric Nursing in:
	1. **NIMHANS, Bangalore** for 1 month.
	2. **Father Muller Medical College Hospital, Mangalore** for 1 month.
	3. **Kusumagiri Mental Health Centre Kakkanad, Kerala** for 1 month
	4. **Government Mental Hospital, Kuthiravattam, Kerala** for 2 months.
	5. **Yenepoya Medical College Hospital,** Mangalore.
2. Supervised students’ psychiatric nursing practical in **Institution of Psychiatric and Human Behavior (IPHP Government Hospital**) at Bambolim, Goa.

**KEY SKILLS: *Education and teaching, Counselling & Psychology, Psychiatry, Research.***

***-***Conducted and assisted in Psychological testing and therapies
- Student counseling and mentoring
- Has handled Psychology and psychiatric nursing classes for B.Sc & M.Sc Nursing students.

-Has handled child and adolescents with mental illness and serious mental disorders in psychiatric hospitals

**RESEARCH EXPERIENCE**:

**1.** A study to determine the effectiveness of school based teaching programme (SBTP) on knowledge and attitude of teachers regarding ‘prevention of suicide among students’ in selected schools, Mangalore**”** as part of M.Sc. Psychiatric nursing curriculum.

**2.** A Clinical case study of a women with Somatization Disorder

GUIDED RESEARCH.

I have guided students for their research project titled as “A study to assess the level of self-esteem among adolescents in selected school, Mangalore”

**PUBLICATIONS**
**1.A study to determine the effectiveness of school based teaching programme (SBTP) on knowledge and attitude of teachers regarding ‘prevention of suicide among students’ in selected schools, Mangalore has been published in the International Journal of Nursing Education, Jan- June 2015 edition.**

**2. A Clinical case study of a women with Somatization Disorder is accepted for publication in International journal of Indian Psychology**

**EDUCATIONAL AND PROFESSIONAL QUALIFICATION:**

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| **Examination Passed** | **Board/ University** | **Year of Passing** | **Result** |  |
| **M. Sc. Psychology** | University of Madras | 2013 June-2015 May  | **65%** | **Passed with First class** |
| **M. Sc. Psychiatric Nursing** | Yenepoya UniversityMangalore, Karnataka | 2011-13 | **83%** | **Passed with distinction & 1st rank in Yenepoya University** |
| **B Sc. Nursing** | Calicut University, Kerala | 2009 | **69%** | **Passed with First class** |
| Plus Two | Board of Higher Secondary examination | 2004 | 80% | **Passed with distinction** |
| SSLC | Board of public examination, Kerala | 2002 | 84% | **Passed with distinction** |

**WORKSHOP/CONFERENCES PARTICIPATED**

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| --- | --- | --- | --- |
| **Conference/workshop & event** | **Venue** | **Position** | **Year** |
| CME programme on **“Suicide prevention”** conducted by Indian Psychiatric Society Karnataka chapter and Yenepoya medical college | Yenepoya Medical College, Mangalore. | Participant | 8/11/15 |
| Regional conference on “Sociam Media Networking:Impact on Modern Society” | Tejasvni Hospital, Group of Institutions Mangalore | Delegate | 12/02/15 |
| 2nd national psychiatric nursing conference on creating healthy paediatric mind | Nitte Usha Institute of Nursing Sciences, Mangalore | Participant | 27/9/13-28/9/13 |
| Workshop on alcohol dependence & substance abuse | Yenepoya Medical College, Mangalore. | Participant | 20/03/13 |
| Conference on Performance based assessment in Health Professional education | Yenepoya Medical College, Mangalore. | Participant | 6/2/13 |
| Seminar on World Alzheimer’s Day 2011 | Yenepoya Nursing College, Mangalore | Resource person | 22/9/11 |

**PERSONAL DETAILS**

Date of Birth: 23-05-1987

Address (permanent) Meril Manuel, Kallarangatt(H)

 Paisakari P O,

 Kannur, Kerala

Sex: Female

Marital Status: Married

Nationality: Indian

Religion: Christian, RC

Languages Known: English, Hindi, Kannada, and Malayalam (native)

Hobbies: Reading, Listening to Music, Craft work, cooking

Extracurricular activities: Dancing, Sports, Games