

AKHILU THOMAS

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ADDRESS

PEZHUNGAL HOUSE
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PERSONAL DATA

DATE OF BIRTH : 06.MAY.1991

GENDER : FEMALE

RELIGION : CHRISTIAN

NATIONALITY : INDIAN

FATHER'S NAME : V.V THOMAS

OBJECTIVE

Seeking a changeling employment in an organization where excellence honesty and integrity is foundation for success and work for the psychosocial development of the society.

EDUCATION

- 2018 M.PHIL. COUNSELLING PSYCHOLOGY**
Avinashilingam Institute for Home Science and higher Education for Women , Coimbatore , Tamilnadu
PERCENTAGE: **87%**
- 2014 MASTERS IN PSYCHOLOGY (M.Sc)**
University of Mahatma Gandhi ,Kerala
PERCENTAGE: **86%**
- 2012 BACHELOR OF ARTS IN PSYCHOLOGY (B.A)**
University of Mahatma Gandhi, Kerala
PERCENTAGE: **76%**
- 2009 HIGHER SECONDARY EDUCATION (HSE)**
St Thomas English Medium Higher Secondary School ,Neerattupuram Alappuzha, Kerala
PERCENTAGE: **75%**
- 2007 SECONDARY SCHOOL LEAVING CERTIFICATE (S.S.L.C.)**
St Thomas English Medium Higher Secondary School ,Neerattupuram Alappuzha, Kerala
PERCENTAGE: **92%**

EXPERIENCE SUMMARY

Vimukthi Counselling Centre ,Kerala State Excise Department Psychologist (15.10.2018-Till date)

➤ Job Profile

- ❖ Clinical assessment
- ❖ Psychotherapy and Counselling services
- ❖ Awareness classes for students, Parents and various stake holders.

Premarital Counselling Faculty of Minority Welfare Department, Kerala (01.09.2018-Till date)

➤ Job Profile

- ❖ Module development for training
- ❖ Training for minority youth on various topics such as Parenting, Sex education, Health and Family, Conflict Management, Interpersonal Communication

Psychologist at the Seethalayam Project run by the Kerala State Social Welfare Department and Homoeopathy Department at Govt Thaluk Homoeo Hospital Muvattupuzha (02.02.2015 to 20.07.2017)

➤ Job Profile

- ❖ Clinical assessment
- ❖ Psychotherapy and Counselling services
- ❖ Training and awareness programmes for various stake holders including parents, Doctors ,Teachers, Adolescents, Kudumbasree workers, Anganvadi workers, Jagrathasamidhi members and other allied professionals on personality development, Mental Health, Stress Management, Communication Skills , Parenting, Adolescents issues.

**Psychologist at Cultural Academy for Peace
(24.09.2014 - 31.01.2015)**

➤ **Job Profile:**

- ❖ Psychologist at Cultural Academy for Peace, an NGO working for the welfare of Women and Children. Psychologist at Nirbhaya - a central government project for sexually abused women and children run by Kerala state social welfare Department and managed by Cultural Academy for peace (NGO);
- ❖ Case taking and Mental Status Examination
- ❖ Group Therapy and individual counselling sessions for victims of child abuse and Domestic Violence'

PAPERS AND PUBLICATIONS

- ❖ Thomas,A.,Sreedharan,Y.,(2018) Perceived Parenting Style and Adolescents Locus of control. Paper presented on ICSSR National conference conducted by Department of Education Annamalai University,Chidhambaram,Thamilnadu.
- ❖ The same Paper got published in UGC Recognised Research highlights of Annamalai University.

HOBBIES

Reading, cooking , Dancing

STRENGTHS

- ❖ Ability to understand others.
- ❖ Highly initiative.
- ❖ Hardworking in endeavours.
- ❖ Responsible in execution.
- ❖ Adaptable to situations.
- ❖ Assertive in resolution

DECLARATION

I hereby declare that the details furnished above are true to the best of my knowledge.

Yours Faithfully

AKHILU THOMAS