

# SINDHUJA RAVI

## CONTACT

No.140, Mathura Garden,  
Near ATC Nagar,  
Alagapuram Pudhur,  
Salem-636008 (TN).



+91-7975961980



sindhunimman@gmail.com



## PROFESSIONAL SKILLS

- Expertise in diagnosing, identifying and treating various psychological conditions.
- Skilled in collecting patient information through interviews, observations, tests and surveys.
- Well versed in DSM-5, ICD-10 and updated with latest innovations in Clinical Psychology.
- Knowledge of and experience with basic techniques of statistical analysis.
- Certified in Human Resource Management (Online Program).
- Good at Case management, Counselling and Conflict resolution.
- Creating programs and modules that help address psychological issues in campuses and workplaces.

## PERSONAL INFORMATION

- **Date of Birth:** 04 March, 1995
- **Gender:** Female
- **Languages:** English, Telugu, Tamil, Malayalam
- **Hobbies:** Reading Books, Cooking, Baking and Craftworks

## PROFILE

An enthusiastic and dedicated fresher being proficient in understanding the nature of mental health disorders.

Currently seeking a challenging position in the field of psychology to develop new skills while strengthening those already possess. Seeking new responsibilities and striving for excellence in everything I do.

## PROFESSIONAL EXPERIENCE

### INTERN

#### ***Manasa Neuropsychiatric Hospital, Bangalore/ April 2019***

Observed out patients regularly and gained first-hand experience dealing with various disorders like Bipolar, Schizophrenia, Antisocial and Borderline Personality disorders, Neurological disorders, OCD, Suicide Prevention and so on. Also, I practised taking case histories and presented as well. Learnt to administer various psychometric assessments, Intelligence tests and also few therapeutic techniques.

### INTERN

#### ***SIMS Chellum Hospital, Salem (TN)/ Dec 2018 – Jan 2019***

Experienced attending patients on emergency and collecting history from Out-patients. Alternative days, I had a chance of attending patients with neuropsychiatric disorders. Also, administered scales like Ham-A, Ham-D, Y-Bocs, PANSS and BDI.

### INTERN

#### ***People Tree Maarga, Bangalore/ June 2018 – July 2018***

Observed both In-patients and Out-patients. Interviewed newly admitting In-patients to collect case histories. Administered various psychological assessments.

### INTERN

#### ***Ahana Hospitals, Madurai (TN)/ February 2018***

My duties included researching the patient's files and investigating about patients' disorder and creating corresponding case reports. I learned and helped in administering tests such as TAT, Rorschach and TDCS. I attended a seminar on career counselling and vocational training that was organized by the counselling psychologist.

### INTERN

#### ***Cadabams Rehabilitation Centre, Bangalore/ May 2015***

Though it was my first experience in Mental Health care, I had enough of opportunities to learn about Rehabilitation psychology, De-addiction and Abnormal psychology. I learned about counselling techniques and gained more practical knowledge. It was a great experience to build my rapport in a better way.

## PERSONAL SKILLS

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- Critical thinking and Analytical skills
- Organization/ Time management skills
- Good at Rapport building
- Interpersonal and Teamwork skills
- Academic writing and Presentation skills

## ADDITIONAL SKILLS

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- MS-Office
- SPSS for analyzing statistical data

## WORKSHOPS

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- Transactional Analysis conducted by *South Asian Association of Transactional Analyses*- Sept, 2014
- Assessment and Management of Mental Illness in Psychological and Sociological Perspective- Feb, 2015
- Basic Foundation and the applications on Hypnotism- Jan, 2016
- Managing Learning Disabilities- April, 2016
- TOT on Career Counselling- Feb, 2018

## EDUCATION

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- **CMR UNIVERSITY, BANGALORE (KARNATAKA)**  
*Master of Science ( Clinical Psychology), 2017- 2019*
- **SRI KRISHNA ACADEMY FOR PSYCHOLOGICAL MEDICINE, COIMBATORE (TN)**  
*Master Diploma in Medical Psychology, 2015-2016*
- **AVINASHILINGAM DEEMED UNIVERSITY, COIMBATORE (TN)**  
*Bachelor of Science (Psychology), 2013-2016*
- **GLAZE BROOKE MATRICULATION HIGHER SECONDARY SCHOOL, SALEM (TN)**  
*SSLC-2011 & HSC-2013*

## DECLARATION

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I hereby declare that the above mentioned statements in my resume are true and correct to the best of my knowledge and belief.

(SINDHUJA RAVI)