

# AKHIL R

Achu Land, NTV Nagar 70-A, Kadappakada P.O, Kollam-691008, Kerala

[akhilrajeev9099@gmail.com](mailto:akhilrajeev9099@gmail.com) | 9633950097, 04742747480

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## **OBJECTIVE**

To clinically practice, teach, research and thereby contribute the knowledge in different areas of psychology by working in clinical settings, interacting with the researchers and experts in the field of psychology and creating awareness about mental health among the public by working in a reputed institution.

## **ACADEMIC QUALIFICATIONS**

<b>COURSE</b>	<b>UNIVERSITY/BOARD</b>	<b>YEAR OF STUDY</b>	<b>MODE OF EDUCATION</b>	<b>PERCENTAGE OF MARKS/ GRADE</b>
MSc Psychology	University of Kerala, Kariavattom Campus, Thiruvananthapuram	2016-2018	Regular	74.11% (3 <sup>rd</sup> rank, University of Kerala)
BSc Psychology	University of Kerala, Fatima Mata National College, Kollam	2013-2016	Regular	86.38% [CCPA(S)] and 83.9 % [CCPA] (Passed with A Grade)
Plus 2	CBSE, S N Trusts Central School, Kollam	2010	Regular	74.8% (First Class)
10th	CBSE, S N Trusts Central School, Kollam	2008	Regular	80.6% (Distinction)

## ACHIEVEMENTS

- Passed with **3<sup>rd</sup> rank** for the Post Graduation in MSc Psychology from University of Kerala, Thiruvananthapuram (2016-2018 batch).

## AREAS OF INTEREST

- Neuropsychology
- Clinical Psychology
- Sleep Studies
- Child and Adolescent Psychology
- Psychological Assessments
- Teaching & Mentoring

## WORK EXPERIENCES

- Internship at **Aster Medcity**, Kochi, Dept. of Neuropsychology from 05/11/2018 to 05/12/2018, under the guidance and supervision of Dr. Sandhya Cherkil (Neuropsychologist).
- Psychologist at **Ananthapuri Child Development Centre**, Chalakkuzhy Road, Medical College P.O, Thiruvananthapuram, Kerala from 2<sup>nd</sup> July 2018 to 17<sup>th</sup> Oct 2018.
- Internship at **Nakkada Mission Hospital**, Dept. of Psychiatry, Thiruvalla, Pathanamthitta, Kerala, from 01/05/2017 to 01/06/2017, under the guidance of Dr. A.J. John (Psychiatrist).

## INVITATIONS AS RESOURE PERSON

- Invited to deliver a lecture on “**Trauma Counselling: Understanding and Managing Complex Trauma**” organized by Department of Psychology, University of Kerala on 26<sup>th</sup> Feb 2019, as part of the Science Week Celebrations.
- Invited as resource person for an “**Awareness Class on Mental Health Issues in Children**” organized by Kadakkal Grama Panchayat on 13<sup>th</sup> July 2018, at Kadakkal Town Hall, Kollam.

- Invited as the resource person for the program “**Inspire 2018-Summer Camp**” organized by Kerala University Campus Association (KUCA) on 25<sup>th</sup> April 2018 and 7<sup>th</sup> May 2018, for taking class on the topic “**Happy and Healthy Childhood**”.

### **GOVERNMENT PROJECTS**

- Worked as Research Assistant in the project titled **Project Phoenix, Rising to a Brighter Future: A Model for Support and Societal Reintegration of Young Girls in Kerala** organized by **Nirbhaya Cell, Dept. of Women and Child Development, Govt. of Kerala and Dept. of Psychology, University of Kerala** at Police Training College, Thycaud, Thiruvananthapuram.

### **COUNSELLING SERVICES**

- Provided counselling for students at **NSS College, Cherthala** (Alapuzha District) on 13<sup>th</sup> Feb 2019, in connection to a suicide committed by a student in the college.

### **PAPER PRESENTATIONS**

- Presented a paper entitled “**Cognitive Impairment as a Function of Sleep Quality and Gender**” at the **International Conference on Mixed Methods Research (ICMMR-2019)** in association with **Liverpool John Moores University and Bournemouth University** organized by School of Behavioral Sciences, Mahatma Gandhi University, held on 23<sup>rd</sup> and 24<sup>th</sup> Feb, 2019.

### **CONFERENCES/ WORKSHOPS ORGANIZED**

- Organized and participated, Two Days National Workshop on ‘**Dreams: Concept & Interpretation**’, (January 2017), Department of Psychology, University of Kerala.
- Organized and participated ‘**Salute Mentale-2017, World Mental Health Day Observance**’, (10<sup>th</sup> to 12<sup>th</sup>, October 2017), Department of Psychology, University of Kerala.

## **WORKSHOPS/ CONFERENCES/ TRAINING PROGRAMMES ATTENDED**

- Participated in Two-days workshop on ‘**Neuropsychological Assessment and Rehabilitation**’ on 24<sup>th</sup> and 25<sup>th</sup> of January 2019, organized by Dept. of Clinical Psychology, Institute of Mental Health and Neurosciences (IMHANS), Kozhikode (Resource person: Dr. Jamuna Rajeswaran, Professor & Head, Neuropsychology Unit, NIMHANS, Bengaluru)
- Participated in Two-days workshop on ‘**Neuropsychological Assessment and Rehabilitation**’, on 8<sup>th</sup> and 9<sup>th</sup> of December 2018, conducted by SDS Institute of Behavioral Sciences, Chennai.
- Participated in Two-days workshop on ‘**Cognitive Behavior Therapy for Obsessive Compulsive and Related Disorders**’, 26<sup>th</sup> and 27<sup>th</sup> of October 2018, conducted by the Behavioral Medicine Unit, Department of Clinical Psychology, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru.
- Participated in workshop on ‘**Psychological Scale Construction**’, 2nd October 2018, organized by Department of Clinical Psychology, Amrita Institute of Medical Sciences, Kochi in association with Indian Association of Clinical Psychologists-Kerala Region.
- Participated in a Four-days workshop on ‘**Life Skills for Personal and Social Competence**’, 6<sup>th</sup> to 9<sup>th</sup> of February, 2018, Dept. of Psychology, University of Kerala, Kariavattom Campus, Thiruvananthapuram.
- Participated in 2 days Hand-On-Workshop on ‘**Basics of Polysomnography and Sleep Physiology**’, 22<sup>nd</sup> and 23<sup>rd</sup> of December, 2017, Dept. of Neurophysiology, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru.
- Participated in Workshop on ‘**Nutrition, Health and Behavioural Change**’ as part of Salute Mentale-2017, World Mental Health Day Observance, 10<sup>th</sup> to 12<sup>th</sup> of October 2017, Department of Psychology, University of Kerala.

- Participated in '**Anti Narcotics Quiz Competition**' on 15<sup>th</sup> August 2017 organized by Karunasai De-addiction and Mental Health Research Institute, Thiruvananthapuram.
- Participated in the National Seminar on '**Emerging Trends in Cyber Psychology**', 27<sup>th</sup> February 2017, Dept. of Counselling Psychology, Loyola College of Social Sciences, Thiruvananthapuram.
- Participated in workshop on '**Solution Focused Family Therapy**', 26<sup>th</sup> December 2016, Institute of Mental Health and Neurosciences (IMHANS), Govt. Medical College Campus, Kozhikode.
- Participated in National Seminar on '**Emerging Trends in Inclusion and Habilitation of People with Intellectual and Developmental Disabilities**' 14<sup>th</sup> December 2016, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru.
- Participated in Workshop on '**Alcohol and Drug Dependence: Intervention Strategies**', 30<sup>th</sup> and 31<sup>st</sup> of August, 2016, Dept. of Psychology, Kariavattom Campus, Trivandrum.
- Attended the symposium '**Overview of Meditation: Clinical Research Aspects**', 26<sup>th</sup> June 2016, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru.
- Participated in Workshop on '**Identifying and Addressing Depression and Suicidal Behavior in Youth**' 28<sup>th</sup> May 2016, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru.
- Participated in One Day Mind Training Workshop '**The Mind Secrets**', 31<sup>st</sup> January, 2016, organized by Roldant Rejuvenation, Kochi.
- Attended '**Workshop on Clinical Neuropsychology**', 19<sup>th</sup> September 2015, organized by ARDSI and Dept. of Neurology, Sree Chitra Thirunal Institute for Medical Sciences & Technology, Thiruvananthapuram.

## **PERSONAL PROFILE**

Name : Akhil R

Date of Birth : 22<sup>nd</sup> March 1992

Age : 27 years

Sex : Male

Father's name : S. Rajeev

Religion and Caste : Hindu, Ezhava

Marital Status : Unmarried

Languages known : English and Malayalam  
(Read, Write and Speak)

Driving license : 2/5296/2012, M/C with gear and LMV w.e.f 05/06/2012

Computer knowledge : Microsoft Office Office (2007, 2010 & 2016);  
Statistical Package for Social Sciences (SPSS);  
Experience in using 'Windows' and 'Mac' Operating Systems;  
Knowledge in using Internet and Web Based Services.

Extra curricular activities : Photography  
: Playing keyboard; Sequencing and composing music (Passed Grade 1, in Western Music Theory, 89%, Passed with Merit and 'Prep Test in Piano', Certified by Associated Board of Royal Schools of Music London.

Permanent Address : Achu Land, NTV Nagar 70 A, Kadappakada P.O, Kollam-691008,  
Kerala, India.

Contact Telephone Number : 9633950097 (Mob), 0474-2747480 (Res)

E-mail address : akhilrajeev9099@gmail.com, talk2akhilrajeev@icloud.com

## **REFERENCES**

- Dr. Arun B. Nair, Assistant Professor, Department of Psychiatry, Government Medical College, Thiruvananthapuram, Kerala. Contact number: 9895129376.
- Dr. Tissy Mariam Thomas, Assistant Professor, Dept. of Psychology, University of Kerala, Kariavattom Campus, Thiruvananthapuram, Kerala. Contact number: 09945370365.
- Dr. Bindu P. Nair, Associate Professor, Dept. of Psychology, University of Kerala, Kariavattom Campus, Thiruvananthapuram, Kerala. Contact number: 9447769036.

## **DECLARATION**

I, Akhil R hereby affirm that the facts listed above are true to my best knowledge and belief.

Place: Kollam

Akhil R

Date: 5<sup>th</sup> Sep 2019