



## **STEPHY CHRISTOPHER**

Psychologist

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### **Objective**

To render my sincere effort for the development and advancement of the esteemed organization in which I would be working. For this, I would use best of my skills and capabilities; also do research in the field of psychology and learn new and different techniques, thus can brush up my knowledge.

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### **STEPHY CHRISTOPHER**

C. C. DALE  
Arinalloor P.O,  
Kollam  
Kerala- 690538  
India  
+91 7904682512  
+91 9790933153  
stephychris93@gmail.com

### **SKILLS**

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Counselling  
Research  
Communication  
Listening skills  
Report writing  
Psychological assessment  
Critical Thinking  
SPSS  
Teaching/ Tutoring  
Computer Literacy  
Numeracy  
writing  
Interpersonal skills  
Conflict- Resolution  
Ethics  
Training

### **Work Experience**

#### **Psychology lecturer**

Indira Gandhi National Open University Centre (IGNOU-  
centre Kollam, Part time), Kerala, India.

01/2018 – 08/2018

- Teaching – General Psychology, Statistics in Psychology, Psychology practical/ experiments.
- Assisting students in Institutional Visit.
- Assisting students in research.

#### **School Psychologist**

Brook International School, Kerala, India.

06/2017 – 11/2017

- Counselling
  - Psychological Assessment
  - Behaviour modification methods
  - Report Writing
  - Training
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### **Education**

#### **Master of Philosophy in Psychology (pursuing)**

University of Madras

2018- 2020

#### **Master of Business Administration in Human Resource Management (HRM)**

School of distance education, Bharathiar University

2016- 2018

## **AREAS OF INTEREST**

Research

Psychometrics

Child Development

Writing

Social Activities

Management

Teaching

Training & Development

### **Master of Science in psychology**

Fatima Mata National College, University of Kerala  
2015- 2017

### **Bachelor of Arts in Psychology**

Fatima Mata National College, University of Kerala  
2011- 2014

### **Higher Secondary Education (HSC, Computer Science)**

St. Aloysius Higher Secondary School  
2009- 2011

### **SSLC**

Kerala State Board  
2008- 2009

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## **Internships**

- State Institute for Mentally Challenged, Trivandrum, Kerala. 18/05/2016- 26/06/2016.
  - Mental Health Centre, Trivandrum, Kerala.  
01/10/2016- 26/10/2016
  - YWCA, Vikas Bhavan Special School, Kerala.  
02/2017.
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## **Researches**

- Influence of personality on spiritual attitude among college students.
  - Emotional Maturity and Leadership Behaviour among college students based on their Self- Esteem.
  - Indian Paradigms on Psychological Knowledge: With regard to Health & Wellbeing.
  - Study on effectiveness of Life Skills Training on Life Skills, Resilience and Self- Esteem among transgender people (ongoing).
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## **Workshops & Conferences participated**

- National Workshop on Life Skills Training held on 16<sup>th</sup> & 17<sup>th</sup> February 2016, at Government College for Women, Thiruvananthapuram.
- National Workshop on Enhancing Counselling Skills (NWECS- 2016), held on 10<sup>th</sup> & 11<sup>th</sup> March 2016 at

## Language Skills

**English** : Proficient

**Malayalam** : Native/ Proficient

**Tamil** : Intermediate

**Hindi** : Intermediate

**French** : Beginner

Department of Psychology, University College, Trivandrum and sponsored by the Department of Collegiate Education, Government of Kerala.

- One day workshop on SPSS : an Experiential Session on 3<sup>rd</sup> of December 2016 at Department of Psychology, Fatima Mata National College, Kollam.
- Teacher Empowerment Programme on Effective dealing of Adolescent related issues held at B R Memorial Central School, Chengamanadu, Kollam on 19<sup>th</sup> of May 2017.
- Participated in the Competitive exam on the Legal Rights of Women, sponsored by the NCW, organized by the University of Madras on 11<sup>th</sup> of December 2018.
- National seminar on Fostering Positive Mental Health in Young Adults on 11<sup>th</sup> of January 2019 at Shri Shankarlal Sundarbai Shasun Jain College for Women, Chennai and organized by Department of Psychology, University of Madras.
- National Conference on Health and Well- being: Emerging Areas of Practices, Training and Research; organized by Department of Psychological Sciences, School of Human Sciences, Central University of South Bihar on 16<sup>th</sup> & 17<sup>th</sup> March 2019.
- International Conference on Health Psychology held at Welcome Hotel Chennai, India on 08<sup>th</sup> & 09<sup>th</sup> April 2019; organized by Care Institute of Behavioural Sciences, Chennai- in association with: British Deputy High Commission, Chennai; Department of Clinical Psychology, University of Leicester, UK; Department of Psychology, Annamalai University.

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## **Paper Presented**

- Presented paper entitled “ Indian Paradigms on Psychological Knowledge: with regard to Health and Well- being.
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## Reference

1. Dr. S. Karunanidhi  
Professor and Head  
Department of Psychology  
University of Madras,  
Chepauk, Chennai, Tamilnadu  
Contact: +91 9941318543  
E-mail: [profkarunanidhi@unom.ac.in](mailto:profkarunanidhi@unom.ac.in)
  2. Dr. Anil Jose P.S  
Head of the Department  
Department of Psychology  
Fatima Mata National College,  
Kollam, Kerala, India  
Contact: +91 9995316576  
E-mail: [aniljoseps@gmail.com](mailto:aniljoseps@gmail.com)
  3. Dr. Sajimon P.P  
Assistant Professor  
Department of Psychology  
Fatima Mata National College,  
Kollam, Kerala, India  
Contact: +91 9895028298  
E-mail: [psysaji@gmail.com](mailto:psysaji@gmail.com)
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## Declaration

**I, STEPHY CHRISTOPHER, to hereby declare that the above given information are true to the best of my knowledge and valid information.**

**Date : 24/09/2019  
Place: Chennai**

**Stephy Christopher**