

Adhiba K A

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OBJECTIVE

Seeking a challenging career in the field of Human Resource, where I can utilize my skills for organization and individual growth.

ABOUT ME

An enthusiastic, self motivated and compassionate person seeking a position that will enable hands-on communication with people from different backgrounds. Dedicated, empathetic person who believes in teamwork and collaboration. Works with each member of the organisation individually to help them achieve their personal goals and company goals. Ability to focus on and maintain several tasks simultaneously

EDUCATION

- ❖ Completed SSLC under Govt of Kerala , General Education Department at Govt. Girls H S, wadakkanchery (2012) with **97.68** percentage of marks
- ❖ Completed HSE (Biology, Physics, Chemistry, Psychology) under the Board of Higher Secondary Examination, Govt of Kerala from Holy Family Convent Girls Higher Secondary school (2014) with **84** percent of marks.
- ❖ Graduated In Psychology (Bsc) from Sri. C. Achutha Menon Govt College, Kuttanellur under Calicut University (2017) and placed in **First Class with Distinction** with overall grade **A**
- ❖ Post graduated in Psychology (Msc) from MG University campus, Kottayam.
- ❖ **MG university, School Of Behavioural science topper (First Position) in Msc psychology (2018-2020 batch).**

First Sem : A grade (8.20/10)

SKILLS

- ❖ Application of psychological concepts in the industrial environment
- ❖ Ability to work in a team as well as an individual.
- ❖ Ability to collaborate with people from different backgrounds for the growth and development of organisation
- ❖ Exceptional presentation and interpersonal skills
- ❖ Expert in taking the order from the seniors and giving the valuable suggestions.
- ❖ Innovative thinker and excellent leadership qualities.

Second Sem : A grade (8.20/10)

Third Sem : A grade (8.40/10)

Fourth Sem : A grade (8.45/10)

PERSONAL DETAILS

Date of Birth : 02/10/1996

Sex : Female

Nationality : Indian

Religion : Islam

Marital Status : Unmarried

Languages Known : Malayalam, English, Tamil, Hindi

INTERNSHIPS AND CLINICAL PRACTICES

One month clinical Internship at Govt. Mental Health Centre, Thrissur.

SEMINARS AND WORKSHOPS

- ❖ Participated In The One Day National Webinar On “ New Trends In Organizational Behaviour” Organised By The Department Of Psychology, YIMS, Palakkad.
- ❖ Participated In The 5 Day National E Workshop On “Research In Psychology & Behavioral Sciences” Organised By The Department Of Psychology, YIMS, Palakkad.
- ❖ Attended The Webinar On “Mental Illness, Thinking Pattern And Criminal Behaviour: An Overview” Organized By The Research And Postgraduate Department Of Psychology, Union Christian College, Aluva.
- ❖ Participated In The National Level Webinar On “Neuropsychology Of Happiness” Organised By The Department Of Psychology Kuriakose Elias College, Mannanam.
- ❖ Participated In The One Day National Webinar On “Psychology Of Music” Organised By The Department Of Psychology, YIMS, Palakkad.
- ❖ Participated In Webinar On “Guiding Your Child’s Learning: Some Psychological Insights’ ’ Organised By The InPsyGht Malappuram.

- ❖ Organized, matured, honest, and caring person
- ❖ Exceptional presentation and interpersonal skills
- ❖ Conducting one-on-one talk with employers facing behavioral and emotional issues
- ❖ Strong organizational, and coordination skills
- ❖ Excellent in identifying the need of organization.
- ❖ Excellent in understanding and analyzing human behavior.
- ❖ Excellent in influencing the people
- ❖ Convey the Policies and rules to the employees.
- ❖ Maintain the records of employees
- ❖ Open, receptive and adaptable to change

PROJECT WORKS AND DISSERTATIONS

- ❖ A qualitative look at the impact of COVID-19 pandemic on adolescent mental health with special focus on the Psychosocial aspects under the supervision

- ❖ Participated In Webinar On “Working Together To Prevent Suicide” Organised By The Department Of Psychology And IQAC Of MES Keeveeyam College, Valanchery.

EXTRA CURRICULAR ACTIVITIES

- Elocution
- Essay Writing

DECLARATION

I do hereby declare that all data mentioned above are true to the fullest.

of Rajitha R Kumar
& Dr. Rajeev
Kumar.N.

- ❖ A qualitative study on the media consumption and social behaviors of preschool children under the supervision of Dr.Sujisha Vipish.

COMPUTER KNOWLEDGE

Basic computer knowledge, adequate skills in the MS office and other essential softwares.

AREAS OF INTEREST

- Human Resource management
- Training
- Research

