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# AHSANA F F

Ph – 9746556368

Email - [ahsanaashik@gmail.com](mailto:ahsanaashik@gmail.com)

Address – SRA-15, Elamakkara, Cochin



## OBJECTIVE

To obtain a position in healthcare sector that will allow me to use my strong passion to work in healthcare, which encourages me to succeed and grow professionally where I can utilize my skills and knowledge appropriately

## TRAINING/EXPERIENCE

### **Counsellor** ( June 2019 to Present)

- Working as a freelance Counsellor for the people affected with Cancer and Bone Marrow Transplant patients

### **Online tutor** (June 2020 to November 2021)

- Taught school children of class VI to XII individually on a daily basis

### **Counsellor Trainee – Santhwana Institute of Counselling and Psychotherapy, Cochin** (August 2018 to February 2019)

- Had exposure to detailed case history taking, documentation, case study, group study and worked as a part of counselling team in the clinic

### **Research**

- Conducted a research on topic 'Emotional Intelligence, Stress and Anxiety of cancer survivors: A comparison between Early and Middle Adult groups'

### **Project – Milma Co-operative Ltd** (January 2015)

- Conducted a project on topic 'A study about Effectiveness of Employee Counselling and Guidance in Performance of personnel'

## KEY SKILLS CORE COMPETENCIES AND STRENGTHS

- Good Communication and presentation skills
- Patient, Intuitive and Calming
- Quick learner and Proactive
- Strong organizational skills
- Knowledge of medical terminologies and procedures
- Broad understanding of human anatomy and physiology
- Proficiency in **Microsoft Office word, Excel and PowerPoint**

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## ACHIEVEMENTS

- Stood first in Motivational Speech competition in the college
- Active organizing committee member of UGC sponsored National Seminar 2014
- Student coordinator of Arts and sports festival in the college
- Active member of BBA Association, Women cell, Anti-ragging committee and Nature club in the college.

## EDUCATION

<b>COURSE</b>	<b>INSTITUTION</b>	<b>MARKS</b>
Master of Arts in Psychology	2017-2019 Indira Gandhi National Open University India	70%
Bachelor of Business Administration	2012-2015 MES College Mahatma Gandhi University Kerala	73%
Higher Secondary Certificate	2010-2012 Board of Higher Secondary Education Kerala	89%
Secondary School Leaving Certificate	2010 Board of Higher Secondary Education Kerala	78%

## PERSONAL INFORMATION

**AGE** - 27  
**DATE OF BIRTH** - 29/03/1994  
**GENDER** - FEMALE  
**NATIONALITY** - INDIAN  
**MARITAL STATUS** - MARRIED  
**LANGUAGE** - ENGLISH, MALAYALAM (Fluent)  
HINDI, ARABIC (Beginner)