

# CURRICULUM VITAE



**Minnu Thomas**

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## **Career Objective**

Looking forward to work as a clinical psychologist, where I could help the individuals to be mentally healthy. By interacting with people I could make them capable to handle their daily life problems and to maintain the happiness which every person seeks in their life. This will be a real opportunity for me to apply my skills and expertise in handling, counseling, and providing support to patients who are going through emotional, intra- personal, inter-personal, and psychological struggles and also to acquire more knowledge, practical exposure and experience in this field of psychology.

## **Work Experience**

<b>2021</b>	<b>Online consultation ( Self employed)</b>
<b>2021 -May</b>	<b>Online counsellor</b> at Athma-mymindmycare, Thrissur (part time job)

## **Educational qualification**

<b>2019-2021</b>	<b>M.Sc Clinical Psychology ( 90%)</b> Christ College (Autonomous) Irinjalakuda.
<b>2016-2019</b>	<b>B.Sc Psychology (80%)</b> Little Flower Institute of Social Sciences and Health (LISSAH), University of Calicut.
<b>2014-2016</b>	<b>Higher Secondary education</b> Holy Family higher secondary school Muttom, Cherthala.

## **Internships**

<b>2020</b>	Online internship at <b>Trust center for Mindful living</b> (15 days).
<b>2018</b>	Internship at <b>Dr. Salim's center for Neuro-psychiatry</b> (1 month).

## Courses/Awards

2022	<p>‘Ending young adult depression’</p> <p>‘How to overcome post partum depression’</p> <p>‘Certification in Sports psychology’</p> <p>(Online courses from Udemy)</p>
2021	<p>Delegate in <b>International Model United Nations</b></p> <p>(Online conference on the topic of <b>Mental Health</b>).</p>
2021	<p>‘Psychological First aid’ - <b>John Hopkins University</b>.</p>
2020	<p>‘Everyday parenting: The ABCs of Child rearing’ - <b>Yale University</b>.</p> <p>(Online courses from coursera).</p>

## Presentations/Publications

2020	<p>Published paper on the topic “<b>A study on relationship between organizational justice and employee engagement among engineers</b>” in <b>International journal of Indian Psychology</b> (impact factor-4) ISSN 2348-5396(e) Volume 08, Issue 2, April-June.</p>
2020	<p>Published paper on the topic “<b>A study on relationship between emotional intelligence and loneliness among young adults during lockdown period</b>” in <b>International Journal of Indian Psychology</b>, ISSN 2348-5396(e) Volume 08, Issue 2, April-June.</p>
2019	<p>Oral presentation of paper on the topic “<b>A study on relationship between organizational justice and employee engagement among engineers</b>” at <b>Anugraha Institute of Social Sciences</b>, Dindigul, Madhurai.</p>
2018	<p>Oral presentation of paper on the topic “<b>Personal effectiveness, psychological well-being and quality of work life among employees in MNCs</b>” at <b>Jain University, Bangalore</b>.</p>
2018	<p>Published paper “<b>Personal effectiveness, psychological well-being and quality of work life among employees in MNCs</b>” ISBN: 978-1985783072, Pg: 129.</p>

## **Workshops**

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| <b>2020</b> | <b>“Qualitative and quantitative research methods”</b><br>(Little Flower Institute of Social Sciences and Health)   |
| <b>2020</b> | <b>“Introduction to Psycho-oncology”</b><br>(Department of Mental health and behavioral sciences, Fortis Health Care limited).  |
| <b>2020</b> | <b>“The power of vulnerability, mindfulness and self-compassion”</b><br>(International webinar-Christ college (Autonomous) Irinjalakuda.                                    |
| <b>2019</b> | <b>“Future of Mental Health: Importance of integrated approach”</b><br>(3 <sup>rd</sup> international conference- Anugraha Institute of Social Sciences).                   |
| <b>2018</b> | <b>“Psychology in the transforming world”</b><br>(Jain University Bangalore)  |
| <b>2017</b> | <b>“Colloquium on professional practices of psychology in Inida”</b><br>(2 days national conference)<br><br>Little Flower Institute of Social Sciences and Health, Calicut. |

## **References**

Dr. Prajeesh Palanthara, Director, Trust centre for Mindful Living . Ph no: 8129029045

Mrs. Nimy P.G, Head of the department of Psychology, Christ College (Autonomous) Irinjalakuda

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