



SANTA MARIA

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Looking forward to a challenging career that provides environment and opportunity for development and sharpening new and existing skills which help contribute to society and psychological community.

EXPERIENCE

JULY 1 – JULY 28

INTERN, GOVERNMENT MENTAL HEALTH HOSPITAL OOLAMPARA

- Case history taking
- Mental status examination
- Psychoeducation
- Cognitive training for learning disability
- Response prevention therapy for OCD patient
- Administered intelligence tests like MISIC and MCMI-3
- Administered MCMI on a client who is suspected to have psychopathology

MAY 24 – MAY 30

INTERN, MAX MINDS PSYCOSOCIAL REHABILITATION

- Case history taking and mental status examination
- psychoeducation

EDUCATION

SEPTEMBER 2020- AUGUST 2022

MA PSYCHOLOGY, CENTRAL UNIVERSITY OF PUNJAB

- **COURSE PROJECT** was on the topic: Nomophobia, depression and loneliness among college students in Kerala.
- CCPA: 7.42

NOVEMBER 2020

BSC.PSYCHOLOGY, KURIAKOSE ELIAS COLLEGE

- CCPA: 7.08
- Project was presented in the national conference on “Evolving Gender Roles in Social Institution: and the scope of social work”.



ADDITIONAL COURSES

- Six month certificate course offered by MG University on Management of learning disabilities.

SKILLS

- Exceptional observational skills
- Problem solving
- Curious
- Diligent
- Empathetic understanding
- Good communication skill
- Adept Listening
- Compassion
- Team-player who can also work independently

ACTIVITIES

- Keen to have a better and deep understanding of the psychological variations of individuals in our society and help them in all possible needs.
- Organized an awareness program on "mental health and related issues" for high school students at Ayamkudi government high school.
- Presented a paper on the topic "Nomophobia and gender among college students in the AWAKE-20-National Conference on "Evolving Gender Roles in Social Institution: and scope of social work".
- Participated in the international seminar on Specific learning Disorders at Mahatma Gandhi University Kottayam.
- Attended an International workshop on Cognitive Behavioral Therapy conducted by KE College, Mannanam.
- Attended 2 day workshop on Research methodology and intellectual property rights conducted by KE College Mannanam.
- Attended national level workshop on Hypnosis, Hypnotherapy and IPR.
- Cracked national level PG entrance exam for central universities
- Attended the talk "Science Behind Swearing" by Dr. Richard Stephens, School of Psychology, Keele University, UK.
- Participated in 15 days online internship in clinical psychology in July 2021.
- Presented a paper in international conference on the Role of Counselling in Dealing with Mental Health Issues conducted by Aligarh Muslim University.