

## MARY SANTRA TOMY

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### CAREER OBJECTIVE

I am a M.Sc. Psychology postgraduate who is seeking opportunities to achieve professional excellence in work through process of learning and become an asset for the organization by utilizing my talent and leverage.

### EDUCATION

Courses	School/College	Board/University	Academic Year	Percentage
M.Sc Applied Psychology	Rathinam College of Arts & Science, Coimbatore	Bharathiar University	2020-2022	89%
B.Sc Psychology	Kuriakose Elias College, Mannanam	M.G University	2017-2020	69%
12th	Santa Cruz HSS Fort Kochi	Kerala State Board	2017	78%
10th	Santa Maria Senior Secondary School, Mundamveli	CBSE	2015	84%

### ACADEMIC EXPERIENCE

- 1. Projects** - U.G thesis on "Social Maturity Among Jawahar Navodaya Vidyalaya Students and other CBSE Residential School Students".
- 2. Internship-**
  - Completed 7 days of clinical internship at Max Minds Psycho-social Rehabilitation Centre, Payannur, Kannur. ( 24th May 2019 - 30th May 2019).
  - Completed 43 days of clinical internship at TIMHANS (Trichur Institute of Mental Health and Neuroscience) , Thrissur. (February 1st 2022 - March 15th 2022).

## **WORK EXPERIENCE**

1. Employed as **Human Resources Manager** in Orex Foods, Cheriya Kadavu, Kerala (exporting company) since 02 June 2020 up to 10 December 2020
2. Employed as **Psychologist** at Lorem Wellness Care, Panampilly Nagar, Ernakulam from April 15<sup>th</sup> 2022 till March 17<sup>th</sup> 2023.

## **SKILLS**

- Case history taking and Mental Status Examination of a psychiatric patient.
- Learned psychopathology and explored Symptomatology
- Youth counseling and Behavior Intervention Planning
- Skills to apply Cognitive Behavioral Therapy
- Rapport Building Skills
- Comfortable with diverse populations
- Interpersonal communication skills
- Observation and active listening skills
- Patience

## **LANGUAGE**

English, Malayalam, Tamil

