


## Personal details

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## OBJECTIVE

Looking for a demanding role where I can use my research and counseling skills to support the work and make a difference.

## Skills

Good knowledge of - MS word, MS excel and MS power point.

Language known - English, Tamil and French at basic level.

Counseling skills- Good communication skill, patience and empathetic skill.

## Experiences

### BHUMI NGO Volunteer

Nov 2022 - Sep 2023

Experienced one year as a school psychologist in voluntary program for government primary school students.

## PROJECT

Conducted an investigation to examine ,**"The relationship between psychological boundaries and dream recall and frequency of nightmares among young adults"**.

### Master in Applied psychology

2022 - 2024

DR. MGR Janaki college of arts and science for women, Chennai.

Completed Master degree in first class with distinction and GPA 80.1 percent.

### Bachelor in psychology

2019 - 2022

DR. MGR Janaki college of arts and science for women, Chennai.

Completed under graduation in first class with distinction and GPA 82.3 percent.

### Higher Secondary Course

2019

St. Antony's Matriculation Higher secondary school, Chennai.

Completed high school with 62 percent and the major subjects of biology, chemistry, physics and mathematics.

### SSLC

2017

St. Antony's Matriculation Higher secondary school, Chennai.

Had scored 85 percent on the state board examination.

## Internships

### Venkataeswara Multispeciality Hospital

Jun 2023

Intern receive vital insight for future career growth and are exposed to the clinical environment of mental case studies and patient counseling. It provides professional practice knowledge.

### Dr. Peter Fernandez home for Schizophrenia patients (Psycho Lab)

Mar 2023

Handled the schizophrenia patient and bipolar patient and studied their case histories. Conducted counseling sessions for the patient in their daily routine. Conducting game therapy, art therapy, and music therapy for the patients.

### Chanakya Mental Health Service

2021

Specialization in the area of counseling psychology. Intern provide knowledge about counseling process stages, act therapy and how to get client feeling as report. Learnt about CBT techniques during the program session.

## Certificate and conference

### Sign language

Aug 2023

Had completed an Indian sign language for 3 month certificate course. It provide a different field of knowledge and kinesthetic learning program.

### National Institute of Mental Health And Neuro Sciences- Bangalore

Aug 2023

Attended 1st National annual conference of clinical psychology society of India conducted a conference on Mental health for changing world- New challenges and opportunities, it gained valuable knowledge of stressful life event.

### Chanakya Mental Health Service

Oct 2021

Attended a workshops on Basics of counseling skills ,it gives an knowledge of counselling techniques and counseling process.