

# AJEET M

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📍 Chennai, Tamil Nadu

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## SUMMARY

Psychology graduate with certified training in Counselling and Psychological First Aid. Gained initial experience in conducting counselling sessions and psychometric assessments, along with delivering psychoeducation workshops for adolescents. Developed strong research skills and a passion for promoting mental health through community-based projects. Eager to grow further as a counselling professional and contribute to evidence-based mental health practices.

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## EXPERIENCE

**Intern - AVTAR Human Capital Trust – MITR Project, Chennai.**

*March 2022 – Nov2022*

- Conducted sex education and gender sensitization sessions for adolescent boys in government schools.
- Facilitated discussions on gender respect, safe practices, and emotional well-being.
- Supported the mission of creating empathetic “Gender Champions” among the youth through interactive learning methods.

**Research Assistant / Co Author — Bharathiar University**

*Oct2023 – Dec2024*

- Collaborated on a research project titled “*Social Life as a predictor of resilience among early adults*” for presentation at the ISI Congress Conference (LPU).
- Conducted data collection from 350+ participants and performed regression analysis on multiple variables including Social Decentering, Social intelligence, Social Interest, Interpersonal Reactivity and Resilience.
- Contributed to literature review, data analysis, and interpretation of findings.
- Co-authored the research paper as second author; publication currently in progress.

**Lead Researcher / First Author — Bharathiar University**

*Jan 2024 – Mar 2024*

- Proposed, designed, and led a qualitative pilot study on casual intimacy among men in India.
- Conducted independent data collection through interviews and fieldwork.
- Performed thematic analysis to identify core themes and patterns in participant narratives.
- Authored the research paper as first author; manuscript currently under review for publication.

**Intern — DIPR, Defense Institute of Psychological Research (DRDO), Delhi**

*Dec 2024 – Mar 2025*

- Assisted a senior scientist with two ongoing research projects in psychological studies.
- Independently conducted a mixed-method study on cognitive dissonance and behavior change intention.

- Employed both qualitative and quantitative research methods to gather and analyze data.
- Drafted research findings for a manuscript currently in progress for publication.

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## EDUCATION

- 2023 – 2025    Master of Science in Applied Psychology  
                    Bharathiar University, Coimbatore, Tamil Nadu
- 2020 – 2023    Bachelor of Science in Psychology  
                    Presidency College, Chennai, Tamil Nadu

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## SKILLS

- Psychological First Aid
- Psychometric Assessment and Report Writing
- Crisis Intervention and Support
- Mental Health Screening and Evaluation
- Case Formulation and Treatment Planning
- Research Design and Data Analysis
- Workshop Facilitation and Academic Training
- Community Outreach and Fieldwork
- Client Relationship Management
- Proposal Writing and Project Development
- Strong Communication and Interpersonal Skills
- Ethical and Culturally Sensitive Practice

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## CERTIFICATIONS

- Certified in Counselling Skills.
- Certified in giving Psychological First Aid.

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## STRENGTHS

- Communication Skills

- Interpersonal Skills
- Analytical Skills
- Multilingual

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## **LANGUAGES KNOWN**

- Tamil
  - English
  - Hindi
  - Malayalam
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