

# **RESUME**

## **RESHMI VR**

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## **PERSONAL DETAILS**

Sex : female  
DOB : 14/04/1994  
Religion & caste : Hindu, Ezhava  
Marital Status : Single  
Nationality : Indian  
Languages Known : English and Malayalam

## **CAREER OBJECTIVE**

- Seeking the position of a teacher in an institution that will give me the opportunity to utilise my skill set of the programme in this organization.

- Intend to build a confident set of students by providing psychology classes, counselling and other psychological interventions on career and other life skills which will in turn help me to explore myself fully and realize my potential.

### **STRENGTH**

- ✓ Good Interpersonal skills
- ✓ Good Communication skills
- ✓ Hard working
- ✓ Friendly & Cooperative
- ✓ Responsible
- ✓ Capability for planning and monitoring
- ✓ Good listening skills
- ✓ Observational skills and strategic thinking
- ✓ Intuitive, empathetic and self-reflective.
- ✓ Highly competent in data collection and analysis task
- ✓ Train children with attention problems, hyperactivity and autism
- ✓ Very caring and compassionate with a strong desire to help people and make a difference

### **KEY SKILLS**

Ability to make students understand the psychological concepts thoroughly.

Ability to handle the different attitude and skills of the students in the institution.

Ability to impart knowledge and life skills to the students making their future fruitful.

## ACADEMIC QUALIFICATION

Qualification	Institution	Board/University	Year passed
MPhil Consulting Psychology	University of Kerala, Karyavattom	Kerala University	2018
MSc Applied Psychology	University of Kerala, Karyavattom	Kerala University	2017
B.A Psychology	Govt. College for Women, TVM	Kerala University	2015
Plus two (Biology Science)	Govt. Girls, karamana	Kerala Higher Secondary Board	2012
SSLC	C.M.G.H.S	State Board	2010

- Currently working as an Assistant professor, Department of Psychology, Gregorian College of Advanced Studies, Alathara, Sreekaryam, Trivandrum, Kerala.
  - Handled psychology and physiology classes for degree students.
  - Guided a research project entitled “Preference for solitude and subjective happiness among young adults”.
- Worked as a researcher cum co-ordinator in an online project- ‘Skilme’, a tool development initiative by Master N Masters, Kozhikode, Kerala.
- Worked as a school counsellor and Life skills trainer at St. Mary’s Central School, Trivandrum, Kerala, India.
- Worked as a psychologist cum special educator at Pratidhi special school (an initiative of helping hands organization, H2O) Trivandrum, Kerala, India.
  - Employed one on one special education session, behavioral therapy session and play therapy with children.

- Prepared individualized education program (IEP), monthly plans and reports for the children with developmental disorders.
- Conducted life skills training classes and learning strategies sessions for degree students of All Saints Collage as part of Students Scholarship Programme.
- Conducted psychology classes for students of IGNOU (Indira Gandhi National Open University).
- Worked as a Research Assistant in the project titled **‘PROJECT PHOENIX’ Rising to a brighter future: A model for support and societal reintegration of young girls in Kerala** conducted by Department of Psychology, University of Kerala funded by Nirbhaya Cell, Department of Women and Child Development, Government of Kerala.
- Authored a thesis on the topic- “Traditional and Reconstructed Gender Roles- Impact on Mate Preference”
- Presented two research papers consecutively (2017 & 2018) at the National Seminar conducted by Department of Psychology, University of Kerala, Karivattom.
- Attended several seminars and workshops related to psychology including Dream Analysis, Life skills, educational psychology, organizational psychology etc.
- Highest Rated student for the year 2014-2015 (Kumari Bhagavathi Endowment)
- Authored a thesis on the topic- “Identity Status, Identity Styles and Neurotic trends among Young Adults”

## **INTERNSHIP**

Acquired training for one month as part of PG Internship Programme under Mr. Satheesh & Dr. Srilal. A Clinical Psychologist, Dept. of Clinical Psychology, Mental Health Center, Tvm

## **DECLARATION**

I solemnly affirm that the particulars given above are correct and shall take all efforts to meet the standards and upgrade my skills with ever growing and challenging requirements.

Place: Trivandrum

Date: 02-11-2023



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