

CURRICULUM VITAE

Name : RAMYA S
Designation : Student Counsellor
Department : Psychology
Qualification : M. Sc (Applied Psychology)
Experience : 2 years and 2 months
Area of specialization: Counselling, Teaching and Mentoring
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CAREER OBJECTIVE

Dedicated and experienced Student Counsellor with a strong background in psychology, specializing in providing comprehensive emotional and academic support to students. Adept at fostering a positive and nurturing environment that promotes student well-being, resilience, and personal development. Skilled in conducting one-on-one counselling sessions, facilitating group discussions, and implementing intervention strategies to address behavioral, emotional, and academic challenges. Passionate towards guiding students through their academic journey, enhancing their coping mechanisms, and empowering them with essential life skills for long-term success. Committed to continuous professional development and applying evidence-based counselling techniques to ensure student growth and well-being.

ACADEMIC QUALIFICATIONS

Qualification	Institution	Year	Percentage / CGPA
M.Sc. Applied Psychology	Rathinam College of Arts and Science, Coimbatore	2021-2023	7.6

B.Sc. Psychology	Rathinam College of Arts and Science, Coimbatore	2017-2020	7.36
HSC	PSGR Krishnammal Higher Secondary School for Girls, Coimbatore	2017	66%
SSLC	PSGR Krishnammal Higher Secondary School for Girls, Coimbatore	2015	93%

SKILLS

- Student Counselling & Mentorship
 - Active Listening & Effective Communication
 - Psychological Assessment & Intervention
 - Emotional Intelligence & Empathy
 - Crisis Management & Conflict Resolution
 - Research & Behavioral Analysis
 - Workshop & Seminar Facilitation
 - Leadership & Team Collaboration
 - Organizational & Time Management Skills
 - Digital Literacy (Microsoft Office, Online Counselling Platforms)
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WORKSHOPS & SEMINARS

- **Skill Development Program on Assessment in Educational Settings (2023)** – Focused on psychological assessment tools and techniques used in educational institutions for student development. Conducted by Rathinam College of Arts and Science, Coimbatore.

- **Webinar on Environment Attitude and Ecological Behavior** (2022) – Explored the impact of environmental psychology on individual and societal behavior. Conducted by Rathinam College of Arts and Science, Coimbatore.
 - **National Seminar on Parapsychology** (2021) – Discussed the scientific and theoretical foundations of paranormal psychology, including case studies and empirical research. Conducted by Sacred Heart College, Vellore.
 - **Mental Health Awareness Workshop** (2020) – Addressed key aspects of mental well-being, stress management, and coping strategies for students and professionals.
 - **Emotional Intelligence & Student Success Workshop** (2019) – Explored how emotional intelligence plays a crucial role in student motivation, leadership, and academic performance.
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RESEARCH EXPERIENCE

- **Impact of Social Media on Adolescent Mental Health** (2021) – Investigated the psychological effects of prolonged social media usage, focusing on anxiety, depression, self-esteem, and peer relationships among teenagers.
 - **A Study on Relationship between Shyness and Quality of Life Enjoyment and Satisfaction among College Students** (2020) – Conducted an in-depth analysis to understand how shyness impacts an individual's overall life satisfaction and social engagement. The study included data collection, statistical analysis, and interpretation of findings to provide insights into psychological well-being among students.
 - **The Role of Stress Management Techniques in Enhancing Academic Performance** (2019) – Explored various stress reduction strategies such as mindfulness, cognitive restructuring, and relaxation techniques to determine their effectiveness in improving student performance and mental well-being.
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INTERNSHIPS

- **Sri Vinayaka Perfect Engineers, Coimbatore** (2023) – Gained insights into workplace psychology, employee motivation, and stress management techniques within an organizational setting.
 - **Sri Vinayaka Perfect Engineers, Coimbatore** (2022) – Assisted in psychological assessments, team dynamics, and employee well-being programs.
 - **Royal Rehabilitation Training Center, Coimbatore** (2022) – Worked closely with patients dealing with physical and mental health challenges, providing psychological support and rehabilitation counselling.
 - **Wings Within, Bangalore** (2021) – Conducted individual and group therapy sessions focusing on anxiety, depression, and personal development. Assisted in case studies and counselling interventions.
 - **Naveen Mental Health Hospital, Coimbatore** (2019) – Assisted clinical psychologists in diagnosing and treating mental health conditions. Observed therapy sessions and participated in patient care discussions.
 - **Naveen Mental Health Hospital, Coimbatore** (2018) – Engaged in mental health assessments, patient interaction, and therapeutic interventions under professional supervision.
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CERTIFICATIONS

- **The Psychology of Language** – NPTEL (2022) – Studied the cognitive processes behind language comprehension, production, and acquisition. Explored the psychological and neurological aspects of linguistics.
- **Introduction to Cognitive Psychology** – NPTEL (2022) – Covered core cognitive psychology concepts, including perception, memory, problem-solving, and decision-making.

- **Counselling Techniques and Therapeutic Interventions** – Online Certification (2021)
– Gained practical knowledge in counselling approaches, therapy models, and intervention techniques for diverse populations.
 - **Positive Psychology and Mental Well-being** – Certification Program (2020) – Focused on fostering resilience, happiness, and mental well-being through scientifically backed positive psychology principles.
 - **Psychological First Aid** – Online Course (2019) – Trained in providing immediate psychological support in crisis situations and emergencies.
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REFERENCES

Dr. G. Sajeeth Kumar

Professor and Head, Department of Psychology

Rathinam College of Arts and Science, Eachanari, Coimbatore

Contact: 95007 50095
