



Febina UM

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Objective

I am a passionate psychology post graduate who is willing to actively work in society. My aim is to promote mental health awareness among individuals and break stigma related to psychology. I also aim at skill development of students to help them to find out their inner potentials and abilities. I am also interested in explaining psychological concepts to students.

Experience

- **In_SeQt** -
Tutor & mentor for PG entrance preparing students

Education

- **School of Behavioral Sciences, Mahatma Gandhi University, Kottayam, India** 2018_2010
M.Sc Psychology
- UGC NET 2019
- **MES KEVEEYEM college, Valanchery** 2015_2018
B.Sc Psychology
- **Majlis Higher Secondary School, vengad** 2015
Grade 12 (Bio-Maths)
- **Islamic Residential Higher Secondary School, Pookattiri** 2013
Grade 10

Skills

- In-depth knowledge of case taking format
- Effective Counseling Skills.
- Empathetic Listening and Persuasive Speaking .
- The ability to administer Psychological testing.
- To administer the Mental Status Examination.
- Content writing skill in English & Malayalam.
- Verbal communication skill in English & Malayalam.
- Ability to organize & manage activities within NGO & other teams or institutions.
- Skills in mentoring and training people
- Presenting topics in effective and interactive manner.
- Giving orientation to people (students. parents, employees etc.) on various topics.
- Handling sessions on various topics.
- Good teaching Skill.
- Leadership skills and ability to manage individuals within a team.
- Strong analytical skills, capable of assessing conditions and implementing appropriate intervention.
- Develop rapport with patients, family, staff and physicians.
- Relate well to people from a variety of cultures, different socio-economic and educational background
- Ability to collect data, define problems, establish general facts and generate valid conclusion.
- Willingness for continuous learning as part of the role and profession
- Ability to work autonomously and in team.
- Ability to work flexibly.

- Efficient time management skills.

Projects

- ☒ An analysis of portrayal of authoritative parents and emotional intelligence of offspring in recent Malayalam movies (M.Sc Psychology)
- Education of parents and achievement motivation of high school students (B.Sc Psychology)

Achievements & Awards

- Selected as best volunteer of NGO

Activities

- Works in an NGO as district manager and coordinated various activities with in it. Also handled classes for students, parents & employees.

Training/Internships Attended

- One month online internship on organizational Behavior (17 November to 17 December, 2020), conducted by Mind Weavers, Kozhikode.
- ☒ One month Psychology Content Writing internship (20 November to 20 December, 2020), conducted by Edapt Wellness, Malappuram.
- ☒ One month internship (18 may – 17 June 2020), at Govt. Mental Health Centre, Kozhikode.
- ☒ 10 days internship (19 April- 29 April, 2017) at V.R.C Hospital & Rehabilitation Centre, Tirur.

Paper Presentation

- Paper presentation:
 - ☒ Presented paper on the topic “ Impact Of Altruistic Behavior On Subjective Happiness” in the International Training Conference On Brief Psychotherapies and the Annual Meet Of Association for Solution Focused Practices-India (ASFP-I) held at IMHANS, Kozhikkod