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happiness.with.onam



Bangalore, India

Education

MSc. Psychology

Indian Institute of Psychology
and Research

2021 - 2023

BSc. Psychology

Mount Carmel College

2018 - 2021

Expertise

Therapy - CBT

Corporate Wellness

Life Skill Coaching

Public Speaking

Language

English

Hindi

Kannada

ONAM DALMIA

Psychologist | Wellness Speaker
Life-Skills Therapist



Profile

Experienced psychologist and certified life skills therapist with a passion for fostering mental well-being and personal growth. Specializing in corporate wellness and behavioral counselling, I provide comprehensive mental health care and practical coaching strategies to diverse clients. As an engaging public speaker and workshop facilitator, I deliver inspiring talks on mental health, stress management, and personal development, making a positive impact on various audiences.



Work Experience

College Counsellor, RV College of Architecture

Consulting Psychologist, Oct 24 - Present



- Supported students with personal, academic, and career-related challenges, fostering resilience and well-being within a demanding academic environment.

Nutrithy Wellness

Wellness Strategist & Counsellor



- Working with various corporate companies for employee wellness and engagement
- One-on-one consultations for employees across different age groups
- Mental health sessions for employees from JSW, Asian Paints, SBI Caps, Amazon and many more.

Podcast

Happiness experiment with Onam



- Lifestyle podcast for positivity and happiness
- Focuses on coping with everyday problems and difficulties
- Available on Spotify, Youtube.

Internships



- Research Assistant - University of Nottingham, UK
- Rehabilitation Psychologist - The Banyan
- HR intern - Learnicare
- Research on relationship - Allysk Lifestyle
- Assistant in Psychology - YourDost Academy

Research Papers



- Effect of Binge watching and gender on social interaction among adolescents
- Scale developed - Care takers Stress Scale (CSS)



Social Service

Rotaract Bangalore Junction

- Advisor 2022-24
- President 2021-22
- Vice President 2019-21
- Secretary 2018-19