

Bangalore
Mobile no: +91 9620191234
Email address: nprakruthi100@gmail.com
<http://www.linkedin.com/in/prakruthi-natarajan>

PRAKRUTHI NATARAJAN

Post Graduate in Clinical Psychology

I am a recent graduate with an MSc in Clinical Psychology, passionate about promoting mental well-being and offering therapeutic interventions that improve emotional resilience and mental health outcomes. Throughout my academic journey, I have developed expertise in psychological assessment, cognitive-behavioral therapy (CBT), and evidence-based clinical practices. I am deeply committed to applying my knowledge to support individuals facing mental health challenges, and I am eager to contribute to the field through assessment, intervention and research efforts.

EDUCATION:

- **NMKRV College For Women Masters of Science in Clinical Psychology (2024)**
- **NMKRV College For Women Bachelor of Arts - B.A., Journalism, English and Psychology (Triple Major), (Jul 2019 - Aug 2022)**

WORK EXPERIENCE:

Teacher at Mastering Phonics | Bengaluru **Jan 2023 – Present**

- Delivered engaging phonics instruction to students, enhancing literacy skills and reading comprehension.
- Developed and implemented lesson plans tailored to diverse learning styles and needs.
- Assessed student progress and provided targeted feedback to support individual growth.

Content Creator | The Psycho Hub (Part-time) **Jan 2018 - June 2019**

- Designed visually compelling content using Canva to promote mental health awareness and resources.
- Created infographics and social media posts that educate audiences on mental health topics and self-care strategies.

Data Collection Assistant |University of Hyderabad (Part-time) **Nov- 2019**

I collected data of Participants who are diagnosed with Hypertension/BP and are under medication for it. I was working under Oindrila Mukherjee, a Ph.D. Scholar at the center for Health Psychology. She is writing a research paper on the topic, 'COVID-19 Pandemic: Role of Associated Psychological Factors.

Conducted Life Skill Training program to Students | At Shree Vinayaka Vidya Kendara **20/6/2023 - 30/6/2023 Bangalore, India**

Conducted a life skills program for 8th and 9th-grade students, focusing on personal development, effective communication, Goal setting, creative thinking , decision-making, and problem solving. Engaged students in interactive activities and discussions aimed at enhancing communication skills and self-awareness.

RESEARCH EXPERIENCE :

Research Dissertation: Marital Adjustment and Psychological Well-being Among working and Non- Working women

NMKRV College For Women — 2024

- Led a comprehensive study to assess and compare marital adjustment and psychological well-being among working and non-working women.
- Employed standardized assessment tools and statistical analysis to evaluate the impact of employment status on marital satisfaction and mental health.

Developed a self- report Altruism Scale for Young Adults

- The aim was to develop a psychometric tool that measures altruism among young adults.

TECHNICAL SKILLS :

- Adobe photoshop, SPSS, Canva
- Operating System: Windows office, Microsoft Word, Power point, Excel

TECHNICAL CERTIFICATES:

- **Life Skills Workshop at Nimhans (2020)**
- **Certified Psychotherapist from Aakrithi Mental Health Solutions and Academy**
- **Member of American Psychological Association (APA)**

ACHIEVEMENTS:

- **National Science Day at Nimhans (2022)** Secured 3rd prize in Quiz competition and 1st in spell bee competition.
- **1st Highest** in MSc Clinical Psychology

VOLUNTEERING EXPERIENCE :

- **Interned for conducting Art therapy workshop- at Jain University Bangalore, India**
- **Student Volunteer at Nimhans for 'VayoManasa Sanjeevni Project'**
- **Conducted and Organised PG Psychology fest 'Ambara'**

LANGUAGES:

- English,Kannada know to read, write and speak fluently.
- Telugu,Tamil, Hindi know to speak and understand the languages.