

ANJALY ANILKUMAR

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WORK EXPERIENCE

Psychologist

The Happiness Project

Duration : 1 year and ongoing

- Responsible for undertaking individual therapy sessions, lead junior Psychologists, training ,conducting workshops and webinars to college students, Content creation and media presence.
- Curated curriculum for interns and campus ambassadors as well as trained them in Clinical setup
- Responsible for leading the team of Psychologists, undertake mentorship and supervision for them
- Hosted various workshops and other activities for students of all ages on topics of health and management.
- Helped team in task sharing, worked closely with manager in task assigning and slot allotment to junior Psychologists.
- Worked closely with social media team and has hosted instagram lives, online Q&A and has consistently shown presence in media frontend and backend.

Mental Health Volunteer (Community healthcare)

Mental Health Action Trust (MHAT)

Duration : 3 years

- Visited care homes and palliative care centers provided adequate support to them
- Hosted recreational activities for people in care homes and palliative care centers.
- Visited them, maintained a progress record on their well-being, and organized welfare activities for them.

INTERNSHIPS

Iqraa International Hospital and Research Center

Duration: 15 days

Intern—Clinical Psychology, Calicut, India

- The role of the intern was to screen movies for the individuals who are under rehabilitation Followed by Psychoeducational classes every day.
- The intern was given charge over a patient and the daily journal was supervised.
- The intern had to go on rounds along with the Psychiatrist and the Counselor and learn about the patients' disorder.

Louise Mount Hospital, Chennalode

Duration : 30 days

Intern- Clinical Psychology, Wayanad, Kerala

- The activities of the hospital include drug therapy, occupational therapy, Aversion therapy, Directed behavior therapy, psychological assessment, psychiatric counseling, child and geriatric counseling, IQ testing, awareness programmes for family members, training programmes for the medical staff, orientation programme for all staff members.
- Intern could administer IQ tests to outpatients, assist with aversion therapy, psychological assessment and participate in co curricular activities for inpatients.

Mental Health Action Trust (MHAT)

Duration : 30 days

Intern- Clinical psychology, Calicut, Kerala

- The main roles and responsibilities of the intern include Clinical activities, academic activities, and psychosocial intervention posting.
- Intern is expected to be present in assigned clinics on time, take up activities of history taking, work up and presentations of the case to the supervisors, take mental status examination of the patients etc.
- Attend the MHAT academic programs and if the intern is presenting, prepare the topic in consultation with the chairperson well in advance. Under the psychosocial intervention posting, interns shall take part in periodic functional assessment of day care patients, observe multiple family support groups, conduct volunteer training programs with supervision and observe other psycho-social interventions.

Holy Cross Hospital and Mental Health Centre

Duration : 15 days

Intern – Clinical psychology, Kovappally, Kerala

- Intern was held in charge of the observation ship in the female ward. Intern went for Rounds, helped other interns hold an exhibition under Psychiatry.
- Intern also took the case for incoming patients, took assessments and sat for rounds
- Intern also assisted mindfulness based CBT

EDUCATION

Mentex School of counseling and Psychotherapy 2023-2024

Post graduate diploma in Child and Adolescent Counseling

- Undertook training in child and adolescent development
- Studied Psychopathology and the integrative approach to Psychotherapy
- Clinical Diagnosis and assessment of Children and adolescents
- Treatment plans and interventions for children and adolescents

CMR University Bangalore, India 2018- 2020

M.Sc. Clinical Psychology

- CGPA(1st Year)- 8.78
- Organized and Participated in a Street play for Suicide Prevention month • Member of the College Cultural Club • Participated in Literati fest and won prize for Just a Minute.
- Participated in Economics Quiz and Word prize
- Hosted College farewell event.
- Active participation in college sports, arts, and seminars.
- Attended a workshop on Research methodology

BVoc in Visual communication and performing arts with Psychology.

- Percentage-67.48%
- Participated in International conference on Euthanasia
- Took part in college Play “Twelfth Night- Shakespeare”
- Published articles in the college print newspaper
- 2017-Psychology Fest – Rajagiri College – Won second prize for Psychodrama • Psychology class topper for 3rd Semester

PROJECTS

• Public Perception of Law Enforcement(1 month)

The project was conducted alongside a group of 4 students and the aim was to study the perception of the common public on law enforcement by means of a quantitative survey questionnaire and to understand the attitude of the public towards law enforcement and officers in the area of law. The perception of the common public towards law enforcement plays a critical role in the reporting of cases as well as their tendency in committing a crime. The sample size adopted for this study is people of age group above 20. The sampling technique used is a convenient sampling technique and the questionnaires were distributed online through Google Survey. The response by a sample of 70 were recorded and analyzed. The outcome suggests that the majority of the respondents support the system of law enforcement and most of them had a positive attitude towards law enforcement and that they still believe peace and harmony could be brought back by the persisting system of law and order itself. While a minority of respondents doubt the law enforcement effectiveness in bringing down the crime rates, they still hold on to an optimistic hope in altering certain attitudes of the system and thereby hoping for an effective system in future. However on a collective basis all of the respondents still feel the necessity of a law and order system in the country keeping aside the corruptive and manipulative phase of it existing. It was found that all of the respondents agreed to the fact that the law enforcement system is corrupted and manipulative either directly or indirectly. Many of the respondents agree that the officers are to some extent assertive when it comes to the final word but most don't believe that the decisions are not always manipulated or framed.

• The Influence of Social Support on Post traumatic growth among the Flood Victims of Kerala.

This empirical research will study how Social support influences the post traumatic growth in the Adult population of Flood Victims residing in the Nilambur District of Kerala. A sample of 100 was chosen for the study through purposive sampling. Data was analyzed and interpreted using Statistical software.

• The Influence of Social Networking (facebook Intensity) on Decision making among College students

The aim of this study was to examine the use of social media on decision making among college students and also find out the gender difference on social networking and decision making. Statistical analysis used for the present study were correlation analysis and independent simple's test. Comparative quantitative studies were used. The present study consists of a sample of 100 college students aged between 18-21 years selected through simple random sampling. The present study shows that students are not really affected by social networking on decision making among college students.

PERSONAL PARTICIPATIONS

- Participated at the UGC-sponsored International National Conference on “ Euthanasia”
- Student Writer for the College print.
- Participated in College Drama “Twelfth night By Shakespeare”
- Participated in a Dance workshop on Dance Therapy.
- Participated and presented a paper in the National Conference on Internet addiction held in

Madras University. • Participated in the workshop held for Art therapy held by Mrgaret De Zarate in MHAT.

- Participated in the ‘Psyesta’ a psychology fest conducted by Rajagiri College of Social sciences and won a prize. • Participated in a Workshop on Research Methodology
- Participated in a workshop conducted by Clinical psychologist on Basic psychology

PUBLICATIONS

Influence of Social Capital on Anxiety, Depression and Stress among emerging Adults

COURSES

Short term Course in Basic Counseling Skills and Art therapy (MHAT)

3 months Basic + Advanced training in Clinical Psychology (All About Psychology)

2 months certification course in Trauma informed care (Happy Space)

6 months Training in Psychotherapies (Psykey)

6 months training in Psychotherapies (Psybridge)

6 months training in ACT and CBT

ADDITIONAL

- Proficient in six languages namely English, Hindi, Malayalam, Kannada(speak), and Tamil (speak).

ACCOMPLISHMENTS

- Won Best Student Award in 2012
- Runner up in Social Volunteers Award 2020
- Finalist in Ms.Freshers and CMR Leadership Award 2020

MEMBERSHIPS

- Australian and new zealand mental health association associate
- Counselor Council India
- WICCI Psychological wellbeing council