

## RESUME

DIVYA.B

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### OBJECTIVE:

Aspiring to work with an organization that offers a challenging career where I can learn and function effectively and contribute towards organizations goals. To constantly upgrade my knowledge and skills and make a difference in whatever I do.



### ACADEMIC:

❖ Rajiv Gandhi National Institute of Youth Development.

**Master of Science** - Counselling psychology. (2019-2021)

❖ Rathinam College of arts & science.

**Bachelor of Science** - Psychology. (2016-2019)



### INDUSTRIAL TRAINING EXPERIENCE:

#### **NATCHIYAR MIND CARE** (*Internship trainee*)

- Interacted with the patients who are all admitted in the center for their mental illness.
- Gained the knowledge about how to get the information from the patients and their family.
- How to handle in-patient clients and out-patient clients.
- Got the access to read the case studies of the clinic. Through that I got the insight about the some of the symptoms for the problems and mental illness.
- Get to know the procedure of "Mental State Examination" (MSE).
- Diagnosis process.

#### **SHRESHTA LEARNING CENTER FOR SPECIAL CHILDREN** (*Internship trainee*)

- Performs a variety of activities pertinent to training, physical care, disciplining, and tutoring to inculcate habits, knowledge, and skill in students with disabilities.
- Help the student to use book, classroom materials and equipment.
- Keeps routine records related to recording attendance, grade, test score and lunch money.
- Assists teachers in directing activities for assigned group of students.
- Assists teachers in carrying out positive reinforcement procedure and reactive strategies identifies in behavior support plan.
- Assist children with their development in academics and social skill, as directed certificated staff.

## **SATHYA SHYAM SPINNERS (P) LTD.,**

### *Internship trainee*

- Update their internal databases with new employees information, including contact details and employment form.
- Gathering payroll data like leaves, working hours and bank accounts.
- Schedule and confirm interviews with candidates.
- Observed interviewing process as panel member.
- Got the knowledge of recruitment process.
- Interact with the employees about their problems related to their work.

## **GLOBAL INSTITUTE OF BEHAVIOUR TECHNOLOGY**

### *Internship trainee*

- Got to observe the therapies done the Prof. Vedagiri Ganesan (Ph.D in psychology)
- Following therapies was observed during this internship program:
  - Laughing therapy
  - Sexual therapy
  - Candle therapy
  - Wall pushing
- How to make effective eye contact.
- How to overcome shyness.
- How to overcome the stage fright.

## **THE DEPARTMENT OF MENTAL HEALTH AND BEHAVIOURAL SCIENCE FORTIS HEALTHCARE AND SUKOON HEALTH**

### *Internship trainee*

- Gained a lot of theoretical knowledge about the same and gained brief knowledge in it and also with case exposure.
- Various types of therapies
- How to positive in crisis situation
- Adaptation to new situations.
- Rapport building.
- Problem solving skills.
- Build and get engage in session.
- Identify rupture moment in the session.
- Dealing with special population.



### **ASSETS:**

- ❖ Relationship building.
- ❖ Organizing time & management.

- ❖ Team worker.
- ❖ Critical thinking & Multi tasking.
- ❖ Interpersonal communication.
- ❖ Dynamic individual & flexible person.
- ❖ Good at adapting a changing environment.
- ❖ MS Office.



## **PARTICIPATION:**

- ✓ Workshop on **Research Methodology** organized by PG & Research Department of Social Work and Department of Psychology of Sree Saraswathi Thyagaraja College on 06.01.2017.
- ✓ Workshop on **Emotional Intelligence** organized by Research Department of English of Nirmala College for Women on 21.08.2017.
- ✓ Participated in **Wheebox employability skill test** program and got india wide 48<sup>th</sup> percentile rank on 05.10.2017.
- ✓ Workshop on **Art Based Therapy** organized by Department of mental health & behavioral sciences, Fortis National Mental Healthcare on 02.06.2020 to 04.06.2020.
- ✓ Workshop on **psycho-oncology** organized by Department of mental health & behavioral sciences, Fortis National Mental Healthcare on 28.06.2021 to 30.06.2021.

## **RESEARCH:**

- ✓ Done project under the name of “**Psychological well-being at workplace among employees**” during my under graduation.
- ✓ Done project under the name of “**Study on relationship between work-family conflict and marital adjustment of working employess**” during my post graduation.



### LANGUAGES:

- |             |                     |
|-------------|---------------------|
| • English   | Speak, Read & Write |
| • Tamil     | Speak, Read & Write |
| • Malayalam | Speak               |



### PERSONNAL DETAILS:

Father Name : C. Balaji

Mother Name : B. Jaya lakshmi

Date of Birth : 27.11.1998

Marital status : Bachelor.

### DECLARATION:

I hereby declare all the above details are true to the best of my knowledge and belief. If I had an opportunity I will do my level best.

DIVYA.B

Psychologist.