

Ms. DONA RAINSON

MSc PSYCHOLOGY (CLINICAL SPECILISATION)

Communication Address	E-Mail ID	donarainson@gmail.com	
Poothakkattil House Thariode north P.O Wayanad Kerala 673575	Contact Number	9353238149	
	Date of Birth	26 December 1997	

Objective

To be a highly professional and well-equipped Mental Health Professional where I will be able to utilize my capabilities and strict scientific method in fulfilling the objectives like expansion of my discipline and catering to mental health need of the community. To engage in intensive training and practice of mental health profession by being a part of a highly professional institution.

Academic Qualification

Course	Institution	University/Board	Year of Passing	Percentage of Marks
MSc Psychology	Kristu Jayanti College (Autonomous) Bangalore.	Bangalore North University	2018-2020	77 %
B.A Psychology	St. Philomena's College (Autonomous), Mysore	Mysore University, Mysore	2015-2018	77%
12th Standard	Government Higher Secondary School, Padinjarathara, Kerala	State Board	2013-2015	85%
10th Standard	Nirmala High School, Thariode, Kerala	State Board	2012-2013	81 %

Personal Strengths

Organized, Self-Motivated, Confident, Adaptable, Punctual, Good Listener, Determined, Enthusiastic, Hard Working, Good computer skills, good at assessments, adherence to strict scientific research method, Inquisitive.

Internships

- ✓ Completed three-month part-time internship at Akshadhaa Foundation (Autistic Center), Bengaluru.
- ✓ Completed one-month internship at Institute of Mental Health and Neuroscience, Kozhikode, Kerala.
- ✓ Completed part-time three-months internship at Kempegowda Institute of Medical Science, Bengaluru, Karnataka.
- ✓ Completed part-time four-months internship at Higher Power Rehabilitation Centre, Bengaluru, Karnataka
- ✓ Completed two-months internship at Louis Mount Mental Hospital, Chennalode, Kerala.

Academic Projects

- ✓ Completed Research on the topic “Relationship Between Internet Addiction and Loneliness Among Young Adults”.
- ✓ Completed Research on the topic of “Level of Mindfulness Across Lifespan”.
- ✓ Currently working on the topic of “Relationship between Resilience and Psychological Well-being among Cancer Patients.

Active Participation

- ✓ Attended International Training Conference on ‘Brief Psychotherapies, organized by IMHANS Calicut, Kerala.
- ✓ Attended a workshop on” Psycho Analytic Psychotherapies” organized by HCF, Calicut.
- ✓ Attended a workshop on “play therapy” organized by department of psychology Kristu Jayanti college, Bengaluru.
- ✓ Attended a workshop on “Cognitive Behavioral Therapy” organized by Department of Psychology, Kristu Jayanti College, Bengaluru.

- ✓ Presented a paper at National Level Conference on ‘Wellbeing of the Emerging Generation: Challenges and Approaches’, organized by Department of Counselling, St Joseph College of Commerce, Bangalore.
- ✓ Attended International Conference on ‘Reflections and Refractions on (Dis) Ability- Interdisciplinary Perspectives’ organized by Faculty of Humanities, Kristu Jayanti College, Bangalore.
- ✓ Complete three days “Capacity Building Training on Life Skills” conducted by the Centre for Life Skills Education at Kristu Jayanti College Bangalore.
- ✓ Participated in inter school quiz competition competitions.
- ✓ Participated in elocution competitions.

Achievements & Awards

- ✓ Published a paper titled on “Internet addiction and Loneliness among Young Adults” in International Journal of Emerging Technologies and Innovative Research.
- ✓ Winner of Curricular Activities at School.

Computer Proficiency

- ✓ Microsoft Excel (Beginner)
- ✓ Microsoft Word
- ✓ Microsoft Power Point
- ✓ SPSS(Beginner)

Personal Details

- | | |
|------------------------|--|
| • Father’s Name | Mr. Rainson P |
| • Father’s Designation | Self-Employed |
| • Marital Status | Single |
| • Area of Interest | Abnormal Psychology, Positive Psychology, Research |
| • Linguistic Ability | English and Malayalam |
| • Nationality | Indian |

Reference

Dr. Rema M.K

Professor, Department of Psychology

Kristu Jayanti College (Autonomous), Bengaluru 560077.

Mob no: +91- 9740600952 Email : dr.rema@kristujayanti.com

Declaration

I, **Dona Rainson**, certify that to the best of knowledge and belief, these data correctly describe my qualifications, my experience, and me.

A handwritten signature in dark ink, appearing to read 'Dona Rainson', written over two horizontal lines.

(DONA RAINSON)