

# ASWINI R

## Psychological Counselor

### Certified Access Bars Practitioner

*An emotionally intelligent individual driven by the passion to help individuals & groups overcome age-related, personal relationships-related, stress and anxiety related challenges.*



#### CONTACT ME



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#### INTERPERSONAL SKILLS

- Quick Learner
- Growth Mindset
- Active Listener
- Strong Communication
- Goal setter & Go-getter
- Self-led personality



#### LANGUAGES KNOWN (Read, Write & Speak)

- English
- Tamil
- Malayalam
- Hindi



#### HOBBIES & INTERESTS

- **Avid Reader**  
Self-help, Spirituality & Non-fiction
- **Arts Enthusiast**  
Pencil drawing, handicrafts & Origami
- **Fitness Enthusiast**  
Yoga, Meditation & Aerobics
- **Cooking Aficionado**  
North Indian & South Indian



#### INTERNSHIP EXPERIENCE

##### • Jana Seva Sishu Bhavan, Aluva (April'17 to May'17)

Mentored and counseled 150+ girl children about self-protection, child & women rights, importance of higher education and career possibilities.

##### • M.S.Swaminathan Research Foundation (May'15 to June'15)

To study about the educational rights of tribal children at Wayanad. The steps followed in a research & to conduct an interactive session with students.

##### • Shanthi Ashram (May'14 to June'14)

Worked with social workers, academicians, teachers and students to gain an in-depth understanding of present day child rights and its various aspects.



#### EDUCATION

##### • Diploma in Clinical Social Work & Counseling Practice | 2016 - 2017

Rajagiri College of Social Sciences, Kalamassery, Ernakulam.

##### • Masters in Social Work (MSW) | 2013 - 2015

Amrita Vishwa Vidhyapeetham, Coimbatore.

##### • BSc. Microbiology | 2010 - 2013

Sri Ramakrishna College of Arts and Science for Women, Coimbatore



#### PROFESSIONAL CERTIFICATIONS

##### • Psychological First Aid | John Hopkins University | September 2016

##### • Neuro Linguistic Programming Beginner Course | Udemy | January 2018

##### • Access the Bars | Access Consciousness | September 2018



#### ACADEMIC ACTIVITIES UNDERTAKEN

##### • PROJECT: Menstrual Hygienic Practices among adolescent girls

Amrita Vidyalayam, Ettimadai, Coimbatore (Jan'15 to April'15)

##### • SEMINARS PLANNED & ORGANIZED:

- 2 day training programme on 'Anti human trafficking' conducted by International Justice Mission (IJM)
- Hosted training programme on 'Online Safety For Children' by Aarambh
- Workshop on 'Participatory Rural Appraisal (PRA)'
- 3rd National Conference of Institute for Person Centered Approaches in India
- Cognitive Behavioral Therapy organized by Rajagiri School of Sciences

##### • FIELD WORK UNDERTAKEN

- 5 Months field work training in 'Helpage India' NGO, Coimbatore. (1st Sem)
- 6 Months field work training in Amrita Vidhyalayam School & Ettimadai Community, Coimbatore.(2nd Sem)
- One year Field work training in Dist., Child Protection Office and National Child Labor Project, Coimbatore. (3rd and 4th Sem)
- 8 months volunteered for 'Save The Globe' NGO