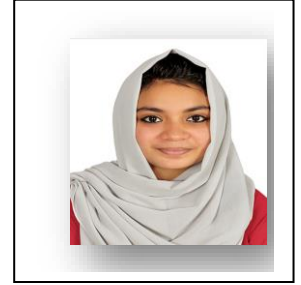


ASNAJAHAN A

Psychologist

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Career Objective

To pursue a highly rewarding career, seeking for a job in challenging and healthy work environment where I can utilize my skills and knowledge efficiently for organizational and personal growth.

Professional Experience

HR Assistant (From 2020 September-)

Global Engineering Laboratory- Ras Al Khor- Dubai

Education

Program	Institution	% mark	Year of completion
MSc (Applied psychology)	HM College – University of Calicut	65	2020
BSc (Psychology)	MES KVM College – University of Calicut	68	2018
HSS	GHSS Mattummal	75	2015
SSLC	ZMHS Poolamangalam	80	2013

Research Contribution

- Emotional Maturity and Self Esteem among Orphans and Non Orphans: A Comparative Study.
- Perceived Parenting Style In Relation To Marital Satisfaction of Husband and Wife.
- Self-Confidence Of Martial Artists From Other Students (Observation)
- Life-satisfaction Among KSEB Linemen (Interview)
- Negative Impacts In Marital Life: Exploratory Analysis Of My Story By Kamalasurayya (Content Analysis)
- Superstitious Belief (Test Construction)

Internship Trainings Attended

➤ MENTAL HEALTH CENTRE, THIRUVANANTHAPURAM (APRIL 2019)

- **Outpatient service.** (Administration of various tests, psycho education, psychotherapies including supportive therapy, cognitive behavior therapy and insight orientation.)
- **Inpatient rounds.** (Case discussion and case history taking.)
- **Psychological Assessment.** (PGI memory scale, Hamilton anxiety scale, Beck depression inventory, MMSE, Young Mania Rating Scale, Yale Brown OCD Scale etc)
- **Presentations.** (Paper presentations and seminars.)
- **Case taking**
- **Academic sessions**
- **Rehabilitation.** (The various activities include yoga, excise, cover making, embroidery, agriculture, floriculture, gardening, tailoring. They conduct recreational activities like news paper reading, group discussion, watching television, playing cards and caroms.)

➤ AMINA HOSPITAL PERINTHALMANNA, MALAPPURAM (APRIL 2017)

(Met with families of diseased patients to offer counseling, Assessed mental condition and provided guidance and counseling for patients with terminal illness, Detailed case history taking, MSE, Psychological assessment and various theoretical practices in counseling and Psychotherapy.)

Workshops Attended and Organized

- Work Shop on Assessment of Learning Disability and Intelligence Quotient, organized by Department of Psychology, H.M.College of science and technology, Manjeri (2019)
- National Conference on Applied Health Psychology: Trends and Challenges, organized by Rajagiri Centre for Behavioural Science and Research, Rajagiri College of Social Science (Autonomous), Kalamassery, Kochi, Kerala. (2017)
- Workshop On Tips For Writing An Impeccable Research Paper, Jointly Organized by COUNCELO online Psychological Solutions, Bangalore and Department of Psychology, H.M.College of science and technology, Manjeri (2020)
- International Seminar on Best Practices in the Management of Learning Disabilities-ISLD'16, Organized by Council for Research and Management of Learning Disorders (CRMLD) in collaboration with Department of Lifelong Learning & Extension (DLLE), University of Calicut, Rehabilitation Council of India (RCI), Spastics Society of Tamilnadu (SPASTN) and Indian Counselor's Association (ICA).(2016)
- Seminar on Current Trends and Challenges in Disability Management, Jointly Organized by Department of psychology St.Josephs College Devagiri (autonomous) & CDMRP, Department of Psychology, University of Calicut.

Other Activity

Worked as online counselor under the project of 'Covid Counseling' of Psychological Welfare Association (PWA) - (April 2020)

Core Skills and Competencies

- Clear communication, presentation, and interpersonal skills.
- Can maintain cordial relations with employees across verticals.
- A team player and can complete work before deadlines.
- Trouble shooting and problem solving skills.
- Trusted key holder and an excellent compassionate listener

Awards and Achievements

- National Service Scheme (NSS), University of Calicut- (2015-2017).
- The Bharat Scouts & Guides, RAJAPURASKAR Award- (2013)

Declaration

I, hereby declare that all the information provided is true to the best of my knowledge.

ASNAJAHAN A