



ARDRA K S

OBJECTIVE

Seeking an opportunity to inspire, guide and support others through effective mentoring and research, while continually enhancing my academic and professional expertise.



ADDRESS

Konnackal (H)
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EDUCATION

- MSc Psychology (2019-2021)
Completed Master's in Psychology from Union Christian College Aluva with an SGPA of 4.06 (A grade)
- BSc Psychology (2016-2019)
Completed Bachelor's in Psychology from Kuriakose Elias College, Mannanam with a CGPA of 8.95(A grade)
- Schooling up to the tenth class was done in Carmel Public School, Pala, and Higher Secondary education was done in Mahatma Gandhi Government Higher Secondary School, Pala.

EXPERIENCE

- Worked as Assistant Professor (Guest) at Vimala College (Autonomous), Thrissur
- Worked as Assistant Professor (Guest) at St. Berchmans College (Autonomous), Changanassery.
- Worked as a Psychology apprentice at Government Sanskrit College, Tripunithura.
- Has done one online and two offline internships.

ACHIEVEMENTS

- NET and SET qualified
- Diploma in Guidance and Counseling from STED Council
- Published an article in "*Indian Journal of Positive Psychology*"
- Completed a course on *Emotional Intelligence* from IIT Kharagpur
- Completed a course on *Mindfulness* from Michigan University

SKILLS & ABILITIES

- Skilled in Microsoft Office and Google Application Suite.
- Skilled in completing a task within a given time.
- Has a positive and empathetic attitude.

DECLARATION

"I hereby declare that the above particulars of facts and information stated are true, correct, and complete to the best of my belief and knowledge"