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M A NIDHUNA

OBJECTIVE

A dedicated and enthusiastic person who constantly develop Skills in Teaching, Psychotherapy and Assessment, with a strong passion for sharing the knowledge with those in need and help clients with emotional and psychological problems.

WORK EXPERIENCES

June 2025

School counselor

Hilal public school, purangu, ponnani
Malappuram

March/2023- March/2023

Intern, VRC Hospital & Rehabilitation Center, Vettom, Tirur, Kerala.

- Case History Taking
- Awareness training patients

April/2024- May/2024

Intern, Centre For Harmonious Living, Mental health service,
Kumbidi, Kerala.

- Case History taking
- Case presentation
- Seminar presentation
- Case Discussion
- Reception management
- OP management
- Psychological testing

PROFESSIONAL QUALIFICATION

Qualified for NET PhD June 2025

Qualified for State Eligibility Test (SET)-2025

Graduated- Sept/2024 **M.sc Counselling Psychology**, Loyola college of social sciences
Thiruvananthapuram, University of Kerala – Kerala, India

Graduated- March/2021 **B.sc Psychology**, Govt. Arts & Science College,
Nadapuram, University of Calicut – Kerala, India.

Higher Secondary- **Biology Science**, PKMHSS, Edarikode – Kerala, India
March/2018

High School 2006/2016 MES Central School, Tirur, Malappuram, Kerala

SKILLS & TRAINING

- Negotiation skill
- Creative
- Empathetic
- Volunteership
- Interpersonal skill
- Presentation and investigation skill
- Problem solving
- Decision Making
- Active listening
- Counselling skill
- SPSS
- Microsoft word
- Microsoft Excel
- Teaching

ACHIEVEMENTS & WORKS

- Resource Person for workshop "INSPIRE TO REWIRE: FOCUS ON EMOTIONAL INTELLIGENCE", at SNGCAS, Varkala.
- Organized and Participated National Workshop on Cognitive Behavioral Therapy (CBT) in Counselling: An Experiential Learning.
- Organized and Participated National Workshop on Psychological Test Construction.
- Completed Child Protection Course, held at Loyola Extension Service and CHILDLINE Thiruvananthapuram.
- Volunteered for IKS-NISH study on Kalarippayattu, Conducted by the Indian Knowledge System (IKS) Center for Kalarippayattu and Siddhar Tradition with Agasthyam Kalari.
- Conducted Action Research at Sri Chitra Homes, Thiruvananthapuram on topic "LIFE SKILL TRAINING, MENSURAL AND SEXUAL HYGIENE AWARENESS AMONG ADOLESCENT INMATES OF SREE CHITRA HOME: AN ACTION RESEARCH".
- Participated in two day Life Skill training
- Resource Person for workshop "INSPIRE TO REWIRE: PARENTING" at SN Vidyapeedam public school, Tripunithura

PERSONAL PROFILE

Date of Birth	01-03-2000
Nationality	Indian
Marital Status	Married
Language Known	English, Malayalam, Hindi, Tamil
Contact Number	+919847971806
E-mail	mnidhuna@gmail.com
Spouse details	Manuprasad PK TL LG Electronics Pvt.Lmt

Declaration:

I do here by declare that all the above- mentioned details are accurate and true to the best.

M A Nidhuna

Place: Kerala, India

