

ADHILA K.V

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OBJECTIVE

To contribute to the field of psychology with a dedicated and professional approach by utilizing my knowledge and skills.

EXPERIENCE

- **KVUMDHO Arts & Science College, Pookkarathara** 22-06-2026 - Currently working
  Assistant Professor

- **Akam Mind Care Pvt.Ltd.** 04-03-2026 - 18-06-2026
  Remedial Therapist
  • Gained experience in intervention planning and implementing individualized remedial strategies based on clients' needs.
  • Provided remedial therapy and supported clients in improving academic, behavioural, and functional skills.
  • Applied evidence-based therapeutic techniques and contributed to the planning and execution of intervention programs.
  • Developed skills in teamwork, client care, progress monitoring, and maintaining a professional and supportive therapeutic environment.

- **Louise Mount Hospital Chennalode, Wayanad** 01-06-2024 - 29-06-2024
  Intern
  • Gained practical experience in working with inpatient population in clinical settings.
  • Assisted in case history taking and behavioral observations.
  • Participated in patient counseling sessions and therapy discussions.

- **AFA'S Wellness & Learning Enhancement Center Purakkattiri, Calicut** 01-06-2023 - 15-06-2023
  Intern
  • Attended training in psychology essentials.
  • Participated in clinical activities and foundational wellness.

- **Ardra Foundation, Paroor** 18-07-2022 - 22-07-2022
  Intern
  • Assisted in assessment, intervention and remediation for children with developmental disorders.
  • Learned techniques used in special education and developmental support.

EDUCATION

- **Calicut University** 2023-2025
  MSc Psychology

- **Calicut University** 2020-2023
  BSc Psychology

- **GHSS Mookkuthala, Malappuram** 2018-2020
  Higher Secondary

- **GHSS Mookkuthala, Malappuram** 2018
  High School

SKILLS

- Communication and empathetic listening
- Adaptability
- Interpersonal skills and team collaboration
- Case history taking and mental status examination

- Psychological assessments
- Mentoring and tutoring
- Time management and ethical practice

PROJECTS

- **A study on the impact of resilience and social support on the psychological distress of unemployed early adults.**
- **A study on the effect of perceived stress and proactive coping among sports persons.**

ACTIVITIES

- Participated in one day workshop on Anomalistic Psychology, Ernamkulam.

LANGUAGES

- English
- Malayalam (native)
- Hindi (read & write)

CERTIFICATIONS

- Add-on course in management of learning disability.
- Practical oriented certificate course on Professional training in applied counseling and therapeutic practices (PTACTP).

DECLARATION

- I hereby declare that all the above informations are true and correct to the best of my knowledge and belief.