

Curriculum vitae	
1	Name: CHAITRA. R
2	Designation: Student Counsellor
3	Email. Id: chaitra@mesinstitutions.org.in
4.	Professional Experience: 2.10 years Experienced Psychologist and Student Counsellor with professional experience in both clinical and educational settings.
5	Academic Qualification : M.Sc in Psychology (Clinical)
6	Research Papers/Books Published: Not Applicable
7.	Minor Research: Post-graduation Dissertation in Psychology
8.	Professional Membership: Not Applicable
9.	Attended Certification program/ faculty development program <ul style="list-style-type: none"> • Workshop on <i>Building Emotional Intelligence for Effective Classroom Management</i> • Workshop on <i>Empowered Educators for Today's Evolving Teachers</i> • Faculty Development Program on <i>Managing Discipline Problems in School Children</i> • Student Development Program covering Division of Attention, Color Psychology, and Body Language
10.	Guiding research projects Not Applicable
11.	Invited as a resource person <ul style="list-style-type: none"> • Conducted student orientation sessions on mental health, exam preparation, and wellbeing for PU and Degree students across MES institutions. • Delivered parent orientation sessions focusing on psychological support for students.
12.	Community outreach/social responsibility <ul style="list-style-type: none"> • Conducted mental health awareness and student wellbeing initiatives within the institution. • Participated in NSS camp activities supporting student adjustment and engagement.
13.	Specific achievements/ recognition: <ul style="list-style-type: none"> • Played a key role in establishing and strengthening student counselling services

	<ul style="list-style-type: none"> • Maintained ethical counselling practices and confidentiality in all interventions • Implemented preventive mental health initiatives within the institution
14	<p>Area of Interest:</p> <ul style="list-style-type: none"> • Student mental health and psychosocial wellbeing • Stress, anxiety, and emotional regulation in college students • Counselling for academic, personal, and adjustment concerns • Relationship issues, boundaries, and self-esteem • Mental health promotion and early intervention