

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

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