

AMBIKA V

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DEGREE	SPECIALISATION	UNIVERSITY/INSTITUTION	YEAR OF COMPLETION
M. Sc.	Applied Psychology with Clinical Specialisation	Pondicherry University	2024
BA	Psychology, Sociology, English Literature (Triple Major)	Christ (Deemed to be University)	2021
NET	Psychology	University Grants Commission	2023
GATE	Psychology	IIT, Roorkee	2025

WORK EXPERIENCE

- Assistant Professor in Psychology, MGM College of Arts and Science, Trivandrum- 1 year
- Psychology Intern in Government Mental Health Centre, Kozhikode- 1 month
- Psychology Intern in Louise Mount Hospital, Wayanad- 1 month
- Child Educator in Building Blocks India, Bengaluru- 6 months

WORKSHOPS AND WEBINARS ATTENDED

- Participated in a workshop “Introduction to SPSS” organised by Department of Applied Psychology, Pondicherry University on March 2024.
- Contributed as a youth-participant in Y20 consultation series initiated by the National Institute of Mental Health and Neuro Sciences (NIMHANS) as part of the G20 Presidency of India, on the theme ‘Health, Wellbeing and Sports’ and facilitated by Pondicherry University in April 2023.
- Attended workshop on “Building Interpersonal Relationship Skills among Young Adults” organised by Mental Health Support Centre and Department of Applied Psychology, Pondicherry University on April 2023.
- Participated in a webinar “Essentials of CBT” organised by One Stop Psychology on July 2020.
- Participated in a workshop “Introduction to Positive Psychology” organised by the Department of Mental Health and Behavioural Sciences, Fortis Healthcare Limited in August 2020.
- Participated in a workshop “Introduction to Music and Movement in Therapy” organised by the Department of Mental Health and Behavioural Sciences, Fortis Healthcare Limited in August 2020.

- Participated in a workshop “Introduction to Psychotherapy” organised by the Department of Mental Health and Behavioural Sciences, Fortis Healthcare Limited in July 2020.
- Participated in a workshop “Introduction to Psycho- oncology” organised by the Department of Mental Health and Behavioural Sciences, Fortis Healthcare Limited in July 2020.

COURSES COMPLETED

- Completed online course on “Introduction to Brain and Behaviour” conducted by IIT Kanpur.
- Completed online course on “Psychological First Aid” conducted by John Hopkins University.
- Completed online course on “Schizophrenia” conducted by Wesleyan University.

RESEARCH

- Self- compassion, Authenticity in Relationship and Compromise Strategy in Conflict among Young Adults in Romantic Relationship- 2024
- Difference in Stress Levels in Emerging Adult Pet Owners and Non-Pet Owners During the Covid-19 Pandemic- 2021