

# APARNA S

Dept. of Psychology, Christ College, Vizhinjam, Thiruvananthapuram

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## Educational Qualifications

Degree	Specialization	University	Year
BSc	Psychology	Govt College for Women, Thiruvananthapuram University of Kerala	2015-18
MSc	Clinical Psychology	Govt College for Women, Thiruvananthapuram University of Kerala	2018-20
PG Diploma	Psychological counselling	Dept of Psychology, Kariavattom Campus, University of Kerala	2024-25

## Work Experience

- Assistant professor – Dept of Psychology, Sree Narayana Guru College of Advanced Studies, Sivagiri, Varkala ( July 2024 to March 2026)
- Intern at Mindstream Organization ( December 2025)
- Consultant psychologist – freelance ( 2022 – present )
- Intern at Mental Health Centre, Peroorkkada, Thiruvananthapuram ( May 2019)
- Field investigator at Centre for Electoral Studies ( April 2019)

## Achievements

- Qualified UGC -NET in Psychology ( December 2024)
- Qualified State Eligibility Test (SET Kerala) ( January 2023)
- Secured First Rank in MSc Psychology ( University of Kerala , 2020)
- Dr Kumary Bhagavathi Endowment ( Govt. College for Women, 2020)

## Certifications

- Applied Behavior Analysis Technician (ABAT) by Qualified Applied Behavior Analysis Credentialing Board( QABA) ( Pursuing at Floreo live academy)

## **Research Experience**

- MSc dissertation – Perceived Stress and Hope among orphan and non orphan adolescents
- UG projects guided
  - Sleep Quality, Academic Performance And Emotional Regulation Among College Students ( 2025)
  - Parasocial Relationships Family Communication Patterns And Life Satisfaction: A Study Among Young Adults (2026)

## **Workshops , webinars and other events participated**

- State level seminar on “Cognitive Behaviour Therapy” ( Organized by Mindstream Organization, Thiruvananthapuram) ( 2025)
- Virtual program on “Behaviour Therapy: An introduction to Assessments and Techniques” organized by KESA (2024)
- Volunteer at State level training for Jeevani psychologists
- Workshop on “Applying art in Psychology” (2019)
- Attended Manomedham quiz conducted by Karunasai ( 2018)
- Attended State level Nature living Camp (2018)