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**Objective:**

Mastering interventions in mental health and substance misuse contribute through innovations in furthering the therapeutic approaches. Primary focus will be on causal factors and spread awareness on the same to reduce and gradually minimize mental illness and addiction.

**Academic courses (Completed)**

|  |  |  |
| --- | --- | --- |
| **Course Name** | **Institution/ University** | **Month and Year** |
| **B Sc (Psychology)** | JBAS College for Women, University of Madras | Apr 2018 |
| **M Sc (Counseling and Psychotherapy)** | Tamil Nadu Open University | July 2020, pending convocation |
| **MD in Acupuncture** | Dr Muthukumar Institute of Acupuncture and Hospital, Chennai, India | August 2020 |
| **PG Diploma in Child Psychology** | Institute of Holistic Mental Health, Tiruppur, India | January 2021 |

**Courses Currently Pursuing (Academics and non-academics)**

|  |  |  |
| --- | --- | --- |
| **Course Name** | **Institution/ University** | **Expected Month and Year of Completion** |
| **M Sc (Addiction Studies)** | Kings College , London | **Sep 2021** |
| **Associateship of King's College (AKC)** | King's College, London | **Ongoing (Sep 2022)** |
| **Diploma in Painting (Distance Mode)** | Annai Kamakshi Kalai Koodam Madras University | **Ongoing (Dec 2021)** |
| **Bachelors in Music (Distance Mode)** | Annai Kamakshi Kalai Koodam Madras University | **Ongoing (June 2023)** |
| **SMART Recovery** | SMART Recovery UK | **Ongoing** |
| **English for Health Care** | King’s College London | **Ongoing** |
| **Entrepreneurship course** | King’s College London | **Ongoing** |

**Other CPD certified and non-CPD courses currently pursuing –**

1. Introduction to infection prevention and control
2. Introduction to general data protection
3. Infection prevention and control resource pack
4. ‘Save a life’ course – Community Save a life scheme
5. Understanding young minds
6. Female genital mutilation – Recognition and prevention
7. Neuroscience for professional development
8. Homelessness and Need
9. Inclusion in Health
10. Toolkit to support LGBTQIA and youth experiencing homelessness
11. Harm Reduction for the homeless sector
12. Becoming a critical social work practitioner
13. Caring for adults
14. Introduction to public health
15. Infection and community
16. Social care, social work and the law – England and Wales
17. Social care in the community
18. Drug development process – Combating pain
19. Understanding service improvement in healthcare
20. Applying social work skills in practice
21. Supporting and developing resilience in social work
22. Diversity and difference in communication
23. Ethics for addiction professionals

**Courses that shall be embarked on soon**

1. PG Certificate in advanced clinical practice in substance misuse
2. PG Certificate in research methods
3. PG Certificate in Criminal Justice System

**Additional Credits:**

|  |  |  |
| --- | --- | --- |
| **Principal's Global Leadership Award** | King's College, London | Dec 2020 |

**Non Academic courses (Completed)**

|  |  |  |
| --- | --- | --- |
| **Course Name** | **Institution/ University** | **Month and Year** |
| **Diploma in Photography** | Bridge Academy | Dec 2014 |
| **Course in Green Revolution- Reduction of carbon foot printing** | International Centre for Culture and Education, UN | August 2018 |

**Additional Certifications, Courses and workshops Completed:**

|  |  |  |
| --- | --- | --- |
| **Certified in Medi-Clowning** | Komali MeDI CLowning Academy, Auroville, Puducherry, India | Aug 2016 |
| **Training in ABC's of Cognitive Behavioral Therapy** | MD's Charitable Trust | Aug 2017 |
| **Certificate course in IQ testing** | MD's Charitable Trust | June 2018 |
| **Certified in Hypnotherapy** | Atmara | Aug 2018 |
| **Certified in Cognitive Behavioral Therapy and Rational Emotive Behavioral Therapy** | Atmara | Sep 2018 |
| **Certified Mental Health First Aider training** | MHFA, India | Dec 2018 |
| **Certified NLP Practitioner** | European Council of NLP/ Atmara | Jan 2019 |
| **Advanced Certification in Forensic Sciences and Criminology** | International Forensic Sciences, Pune, India | Dec 2018 |
| **Advanced Certification in Forensic Medicine and Toxicology** | Jan 2019 |
| **Advanced Certification in Forensic Psychology and Criminal Profiling** | Jan 2019 |
| **Advanced Certification in Forensic Sciences and Forensic Graphology** | Jun 2020 |
| **Advanced Certification in Forensic Audio and Video Analysis** | Jun 2020 |
| **International Certification in Sound Healing and Practitioner** | MV Priyank Academy | Dec 2019 |
| **Online workshop on DAP and HTP Test** | Pure Minds, Mumbai, India | May 2020 |
| **Basic Modalities of Expressive Art Therapy- Online** | Psychoshiksha, India | May 2020 |
| **Online workshop on Thematic Apperception Test** | Congnizavest | May 2020 |
| **Online workshop on Telepsychology** | Speakingcube.com | May 2020 |
| **Online Clinical Internship Program Level II- 10 hours** | Arel Hope Institute of Education and Research LLP | June 2020 |
| **50 hour internship in Clinical Psychology** | Dept of Mental Health and Behavioural Sciences, Fortis Healthcare and Sukoon Health | July 2020 |
| **Certified in Safeguarding** | Oxfordshire Safeguarding Children’s Board | April 2021 |
| **Community organizing training** | Citizens UK and King’s College London | August 2021 |
| **Stop smoking specialist practitioner** | National Centre for Smoking Cessation and Training (NCSCT) | October 2021 |
| **Stop Smoking specialist – Mental Health Specialty Module** | National Centre for Smoking Cessation and Training (NCSCT) | October 2021 |
| **Stop Smoking Specialist – Pregnancy and Post-Partum Specialty module** | National Centre for Smoking Cessation and Training (NCSCT) | October 2021 |
| **Stop smoking specialist – Second hand smoke, promoting smokefree homes and cars module** | National Centre for Smoking Cessation and Training (NCSCT) | October 2021 |
| **Stop smoking specialist – Very Brief Advice (VBA)** | National Centre for Smoking Cessation and Training (NCSCT) | October 2021 |

**Achievements and Co-Scholastic Activities:**

* Currently the **Program Representative** for M Sc Addiction Studies, King's College London
* Currently **Committee member of the UDC- Sustainability**
* **Committee member of IoPPN 25**
* Was part of the Student Council Body as **Secretary- Centre for Women's Studies in UG, JBAS College for Women**
* Was awarded **Management Sponsor** for a **Research in UG**
* Was awarded first place for a science project for making **a prototype learning-aid for learning disabled children in UG**
* Published 4 books, one short story collection, one mental health awareness guide , another as co-contributor to an anthology, another is a fiction based on psychopharmacology
* Procured the **Platinum Award** for volunteering
* Received **Dean’s Commendation** for both two semesters in the King’s College Associateship program

**Volunteering Services:**

1. **Shine mentoring** – Hosted by Southwark charity, utilizes trained University students to mentor local children aged 9-11 years. The school I am attached to is Snowfields.
2. **Spoken English Trainer -** Hosted by Modern Language Centre (MLC) and Partnership for digital Learning and Increased Access. The role requires training in English speaking practice for Syrian refugees from Jordan and Lebanon.
3. **Virtual Community Buddy –** Hosted by KEEN, UK. The volunteer is matched with a disabled young person in need of a buddy. The support is given in the form of zoom quizzes, weekly chats etc.
4. **Dementia Friend** – Alzheimer’s society
5. **Volunteer** – Hosted by Central Southwark Community Hub for tackling food insecurities. I am posted on regular shifts every Monday to greet guest, pack food according to their requirements, stock food and present list of needed supplies. This role also includes keeping the place in order.
6. **Gardening Volunteer** – Hosted by HandsOn London under BrightenUp London. The volunteer is required to get involved in and around gardening activities.
7. **Get Active Volunteer** – Training phase on. The volunteer is required to do one activity along with the person paired.
8. **FareShare** – Deciding on event to fundraise. The planning phase is on.
9. **Campaigner** – St Mungo’s
10. **Campaigner –** Crisis
11. **Housing Emergency Response Operative (HERO) –** Shelter UK
12. **Volunteer** – DrugScience UK
13. **Campaigner –** Alcohol Change UK
14. **Campaigner –** Mind
15. **Member of youth voice network –** Mind
16. **Peer supporter for tackling loneliness in youth** – The Mix Charity
17. **Campaigner** – Alzheimer’s society
18. **Member** of share your knowledge with **Historic England**
19. Currently Applied to be an **honorary researcher** with International Sleep Charity
20. Currently applied to be an **honorary psychologist** with CWL NHS
21. Currently applied to be a **Podcast Volunteer** with St Mungo’s
22. Shall be soon starting out as a **Champion** for spreading awareness about suicide with **PAPYRUS UK**
23. Going to be applying for **volunteer trustee** with **National Citizen Service, UK Government**
24. Going to be applying for **volunteer Commissioner role** with **Historic England**
25. Going to be applying for **Regional Voluntary Justice Appointments** with the UK Government
26. Going to be applying for executive/non-executive member with **Public NHS Appointments**
27. Formulating a proposal for informing people about the **AA** which shall be sent to the General secretary
28. Formulating a module suggestion for Msc Addiction studies in KCL.

**Seminars and Conferences attended:**

1. Society for the Study of Addiction Annual Conference online in Nov 2020.
2. National Seminar- Empowering Lives: Mental Health and Well Being in an Inclusive Word, Dec 9th and 10th Dec, 2016 at Christ University,Bengaluru, India
3. Participated in Psynergy,the Annual meet of the Department of Psycholgy at Ethiraj College for Women, Chennai ,India
4. Attended an International conference on Psycho-Oncology, organized by MOP Vaishanav College for Women, Chennai, India in September 2017
5. Attended International Seminar - 360 degree Care Nurturing the Adolescent, hosted by the Department of Applied Psychology and Research of JBAS College for Women, Chennai, India

**Social Activities:**

* Founded and conducted a **Sunday School** to impart training in Spoken English for the underprivileged children in the locale called VARAM
* **Individual Animal Activist**- founded CRAG pet pals to control stray population. Vaccination of the strays to ensure their health and safety of the people in the area. Actively involved in rescuing injured dogs and ensured medical attention was given. Rescued abandoned pets and fostered them till they get adopted
* Runs a **youtube** channel called **'Rashi Talks'** to post videos for awareness campaigns
* Conducts workshops in Local Schools for students on 'Emotional Intelligence,' 'Memory Techniques,' etc..
* Presented a plants project with scientific reasoning to Angel Lane, King’s residences that is currently under review

**Membership:**

* Life member of the **Association of Professional Psychologists, India**.
* Applied for a membership with **International Society of Substance Use Professionals – ISSUP**
* Shall soon be applying for memberships, accreditations with **FDAP, BPS** etc

**Hobbies and Trainings:**

* Getting trained in Vocal Music, Guitar and the Violin
* Getting trained in Freestyle Dance
* Basics of Pottery and Ceramics
* Painting
* Writing
* Reading
* Photography
* Table Tennis
* Water Sports
* Skating
* Tennis
* Badminton
* Travel