

# Kavya Umesh

## Educational Qualification:

Year of passing	Course	Institution	University/Board	Percentage
2018	M Sc. in Psychology	Sri Dharmasthala Manjunatheshwara PG College, Ujire, Dakshina Kannada	Autonomous	70.00%
2016	B.A	Sri Siddartha First Grade college, Tumkur	Tumkur university	79.08%
2013	PCMB	Government PU College for boys, Tumkur	Pre-University	43.33%
2011	10 <sup>th</sup>	Government Empress Girls high school, Tumkur	Karnataka Secondary Education Board	61.6%

## Work Experience

- Working as a Guest Lecturer at Department of Psychology in Tumkur University, Tumkur
- Working as a Trainee Clinical Psychologist at Sneha Manovikasa Kendra, Neuropsychiatric Hospital, Tumkur

## Area of Interest

- Clinical set up
- Councelling Setup
- Therapist
- Physiological Psychology
- Psychopathology
- Stress Management
- Personality Development

## Dissertation

- Happiness and Forgiveness among Orphans in the year 2017-18.

## Achievements

- Module Presentation on "Career opportunities in Psychology" at Government First Grade College in Uppinangady.
- Student co-ordinator for the Psychovision 2018- an intercollegiate fest, SDM PG College, Ujire.
- Participated in mental health day (Street play) Organized by the Postgraduate Department of Psychology at Sri Darmasthala College (Autonomous) Ujire.

## Internship

- Completed 20 days of Internship in "Stepping Stone Center", ABA based school for children with autism and other developmental disabilities, Bengaluru.
- Completed 45 days Internship in "Spandana Hospitals Pvt. Ltd." Bengaluru.
- Completed course on School Psychology at Sri Dharmasthala Manjunatheshwara College, Ujire.

### **Workshops attended**

- English language skills for media at the university college of Arts, Tumkur.
- Prevention Of Child Sexual Abuse Organized By Muktha (An Initiative To Prevent Abuse And Promote Mental Health)
- Promoting Art Therapy And Goodness Of Art By Blue Elephant Art Foundation, Centre for Child Empowerment Through Art Therapy.
- Specific Learning Disabilities at SDM PG College, Ujire.
- Cognitive Behaviour Therapy at SDM PG College, Ujire.
- Case Conceptualization at SDM PG College, Ujire.
- Counselling the sexual minorities at SDM PG College, Ujire.
- Rational Emotive Behaviour Therapy at SDM PG College, Ujire.

**Languages Known:** Kannada, English.