

CURRICULUM VITAE



AYSHA AFRA C K

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Kerala, India

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DOB: 07-06-2000

EXPERIENCE

- Currently interning at Adapt Child Rehab and counselling centre
- Completed one month training at Heal nest counselling & Rehab centre(January, 2025)
- Completed one month internship at Absolute Mind Counselling & Psychotherapy Centre.(November, 2024)
- Completed one month internship at Kusumagiri Mental Health centre, Kakkanad(April, 2022)

PROJECT & PRESENTATIONS

- Project completed on “Job Stress, Achievement Motivation and Life Satisfaction: Comprehensive Study among Professors and Ministerial staff” in 2023
- Presented research paper titled “Fear of COVID 19, Internet addiction and psychological distress” in International seminar organized by the Department of Psychology Sri C Achutha Menon Govt. College Thrissur.
- Project completed on “Social Anxiety and Self Esteem among College Students” in 2021

- Applied a range of research methods includes interviews, observation, content analysis, case study and test construction

ACHIEVEMENTS

- UGC NET qualified in June 2025 cycle.

ACADEMIC PROFILE

Qualification	School/college	Board or university	Year of pass	Percentage
M. Sc psychology	St Mary's college, Thrissur, Kerala	Calicut University	2021-2023	70.2%
B. Sc psychology	KVUMDHO college, Malappuram, Kerala	Calicut University	2018 - 2021	69.10%
Plus Two (Biology +Maths)	Government Higher Secondary school, Vattenad, Kerala.	HSE	2016-2018	75%

SKILLS

- Patience and empathy
- Time management
- Good communication skill
- Great inclination for learning new skills.

LANGUAGES

- Malayalam(First language)
- English

REFERENCE

Ms Anu Mary Kalliath

Head of Psychology Department, St Mary's college, Thrissur.