PAVITHRA.V

6383626794

Pavithravenkatachalam00@gmail.com

3/51A, Moongilpatti,

Tholur (Post), Namakkal Dist., 637017.

Profile

Dynamic and compassionate Psychology Teacher & Student Counsellor with over 3 years of professional counselling experience across schools, colleges, and clinical settings. Skilled in blending academic teaching with therapeutic interventions, I have successfully guided students in overcoming academic stress, behavioural challenges, and personal struggles.

My journey includes delivering motivational talks, conducting workshops, leading therapy-based interventions, and presenting research at international conferences. I bring a unique combination of psychological expertise, empathetic listening, and classroom management skills, which help me connect deeply with students while maintaining academic excellence.

Dedicated to fostering mental well-being, emotional resilience, and academic growth, I believe in empowering young minds with confidence, self-awareness, and lifelong learning skills. With proven ability to handle diverse student needs and inspire them both inside and outside the classroom, I aim to contribute as a transformative educator and counsellor in a forward-thinking institution.

Professional Experience

June 2024 – present **PSYCHOLOGY TEACHER & STUDENT COUNSELLOR** Ranipet, India

Sunbeam international school (CBSE), Walaja

- Conducted workshops, motivational talks, and awareness programs for student well-being. (Emotional - wellbeing, time and stress management, self-care, life skill classes etc.)
- Conducted a Stress Management workshop for 750+ college students in Theni.
- Successfully counselled 300+ students on emotional, behavioral and academic concerns.
- Organized Mental Health Awareness sessions for Grade 11 & 12 students.
- Led group activities and group therapy sessions to enhance student well-being.
- Presented research thesis at an International Conference.
- Organized an International Conference on Psychology-related themes.
- Coordinated bridge courses and orientation programs for students.
- Providing emotional and academic counselling support to students.
- Conducting individual and group counselling sessions.
- Managing behaviour concerns and maintaining counselling records.
- Organizing mental health awareness programs and classroom sessions.

- Coordinating with teachers and parents regarding student well-being.
- Facilitating School Cinema classes for Grades 6 to 10.
- Handling Psychology classes for Grades 11 and 12.

June 2023 – 2024 **SCHOOL COUNSELLOR** Ranipet, India

Balsam Academy, Ranipet.

Nov 2021 – March 2023 **COUNSELING EXPERIENCE,** *Field Work* Dindigul, India

- St. Joseph polytechnic college
- St. Lasalle Puthumanam Private Industrial Training Institute (weekly once)
- ITI college, Dindigul
- S.U.M higher secondary school (Resource person) (Motivational talk) Chennai, India

Jul 2022 – Jul 2022 **CLINICAL EXPERIENCE,** *Internship*

DR. Fernandez home for schizophrenia

Education

2021 – 2023 **Master of science in Counselling and Psychotherapy,** *Anugraha Institute of Social Sciences, Dindigul (affiliated to Madurai Kamaraj university)* Dindigul, India

85%

2018 – 2021 **Bachelor of Science in Psychology,** *Avinashilingam Institute for Home Science & Higher Education for Women - Deemed University* Coimbatore, India

CGPA - 6.6 82%

2015 – 2017 **Higher Secondary,** *little angel matriculation higher secondary school* Namakkal, India

90.5%

2014 – 2015 **SSLC,** *Little angel matriculation higher secondary school* Namakkal, India

97.6%

Courses

2021 **Counsellor Training Program,** *Anugraha Institute of Social Sciences, Dindigul (affiliated to Madurai kamaraj university)* Dindigul, India

2022 **Positive Psychology,** *Anugraha Institute of Social Sciences, Dindigul (affiliated to Madurai Kamaraj university)*

Healing the inner child, *Anugraha Institute of Social Sciences, (affiliated to Madurai Kamaraj university)*

Group therapy, *Anugraha Institute of Social Sciences, Dindigul (affiliated to Madurai Kamaraj university)*

Neuro-linguistic Programme, *Anugraha Institute of Social Sciences,*

Dindigul (affiliated to Madurai Kamaraj university)

2023 **Psychometric Scale Construction,** *Anugraha Institute of Social Sciences, Dindigul (affiliated to Madurai kamaraj university)*

Hypnotherapy, *Anugraha Institute of Social Sciences, Dindigul (affiliated to Madurai kamaraj university)*

Family enrichment program, *Anugraha Institute of Social Sciences, Dindigul (affiliated to Madurai kamaraj university)*

2024 **Signature Analysis (**Healthtalks.in)

Thesis

April 2022 LONELINESS AND HOPELESSNESS AMONG COLLEGE STUDENTS.

March 2023 THE EFFECT OF BINAURAL BEATS MUSIC THERAPY ON DEPRESSION AND SELFREFLECTION AMONG YOUNG ADULTS: AN INTERVENTIONAL STUDY.

Feb 2023 **Presented a paper in 6th international conference, Dindigul.**

A COMPARATIVE STUDY ON DEPRESSION AND SELF-REFLECTION AMONG YOUNG ADULTS.

Skills

Active Listener

Statistical Knowledge

Assessment

Case History Knowledge
Mental Status Examination

Empathetic

Interpersonal Communication

Skill Therapy skills
Cognitive Behavior Therapy
Art Therapy
Rational Emotive Behavior Therapy

Gestalt Therapy
Imago Relationship Therapy
Logo Therapy

MS Office

Certificates

Yoga

Sports

NSS

Type writing (English lower)

Languages

Tamil
Native Speaker

Malayalam Beginner

English
Highly Proficient

Referral

Dr. C. Steephen,

Assistant professor of psychology,

Anugraha institute of social science, Dindigul.

Contact: 94880 61495

94431 34495

Declaration

I hereby certify that the above information is true and correct to the best of my knowledge and belief.

Yours sincerely

(V.Pavithra)