



F. M. CHRISTEEBA

Assistant Professor

CONTACT

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No. 3, 6th Cross,
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Nadu - 14

EDUCATION

St. Joseph's College
2020 - 2022

M.Sc. Counselling Psychology

CGPA - 9.24

Holy Cross College
2017 - 2020

B.Sc. Rehabilitation Science
CGPA - 8.56

Tamil Nadu Computer
Software College

PGDCA - 2020

First class

LANGUAGES

Tamil (read & write)
English (read & write)

OBJECTIVE

To exhibit skills & knowledge and bring betterment in the professional development of students, to raise the reputation of the organization at a rapid pace along with my personal career growth.

WORK EXPERIENCE

- Arul Anandar College** 2022 - 2023
Karumathur, Madurai
Student Counsellor
- St. Joseph's College Hr. Sec. School** 2023 - 2024
Trichy
Student Counsellor
- St. Joseph's College** 2024 - Present
Trichy
Assistant Professor

ACADEMIC ACCOMPLISHMENTS

- Secured Gold medal for major papers in M.Sc. Counselling Psychology.
- Secured Gold medal for main and allied papers in B.Sc. Rehabilitation Science.
- Secured First place in SSLC at Infant Jesus Girl's Hr.Sec. School, Trichy.
- Received an excel award from Rotary club.

PROJECT WORKS

- 2022: Geriatric and the Coping strategies in the view of Multimodal therapy.
- 2020: A study on Self-Advocacy for Students with Hearing Impairment.

PROFESSIONAL EXPERIENCES

- Counselling more than 300 students and a few staff members.
- Organized a seminar on Healthy Relationships in the year 2022.
- In 2022, organized a seminar on Importance of Mental Health.
- Internships were done at Sneka Mind Care Institute, Tirunelveli, in the year 2022; All women police station, Golden rock with the help of Women Integrated National Development Trust (WIND) in the year 2022; and St. Joseph's College Higher Secondary School in the year 2021 and NIEPMD (Chennai) in the year 2018.
- Field works were done in special schools, Rehabilitation Homes, Spastic Society and Arrupe Sugalayam, De-Addiction Centre.

AS RESOURCE PERSON/INVITED TALK

- **Mentor Care program** to train staff members to offer mentoring service at Arul Anandar College, 2023.
- Shared knowledge on **Emotional Intelligence** (Life skill development program) – Food Science and Technology department, Arul Anandar College, 2023.
- Imparted knowledge on **Counselling Techniques** – Rural Development Science, Arul Anandar College, 2023.
- Conducted **Mindfulness**, a meta meditation, in two seminars at St. Joseph's college, organized by the department of Counselling Psychology in the year 2022.
- Delivered a talk on '**Portrayal of women in media**' on women's day at Arul Anandar College.
- Acted as a resource person to enhance the well-being of hostel students and the topic covered was '**Authentic well-being.**'
- Acted as a resource person for the topic '**Maintaining healthy relationship**' for Botany students in St. Joseph's College in the year 2023.

WORKSHOPS ATTENDED

- Topical webinar for APA members – **Understanding NSSI and Predictive factors for Suicide, 2024**
- Presented a paper on a webinar called '**Choose Life Prevent Suicide**' on the topic, Emotional Intelligence - to prevent suicide in the year 2022.
- Participated in the workshop on '**Enneagram**', 2022.

- Presented a paper on a webinar entitled ‘**Addiction: a curse? Or challenge?**’ on Medication in the year 2021.
- Participated in an International webinar on **World Mental Health Day’20**.
- Presented a paper in a National Institute (NIEPMD) on **Learning Disability** in the year 2019.
- Participated in an International conference on ‘**Availability, Accessibility and Affordability of Health and Education for an Inclusive Society**’ (ICCA – 2019).

CO- CURRICULAR ACTIVITIES

- Trained in soft skill development and personality development.
- Completed PGDCA course
- Completed a course on Web Designing
- Participated in a state level workshop on Inner child healing program by Rev. Fr. Wilson.
- Participated in a state level leadership training.

PERSONAL PROFILE

Name : F. M. Christeeba
Date of birth : 25.12.1999
Sex : Female
Marital status : Unmarried
Father's name : Mr. Francis Xavier P
Mother's name : Mrs. Stella Mary F
Languages known : Tamil and English
Nationality : Indian

DECLARATION

I hereby declare that the above-mentioned information is correct up to my knowledge and I swear that responsibility for the correctness of the above-mentioned particulars.

Yours sincerely,

F. M. Christeeba