



# Hail Mariya Paulson

Consultant Psychologist/Lecturer

## CONTACT ME

 Pereppadan House,  
Kuttikad - 680724  
Thrissur, Kerala, India

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 9061777501

## EDUCATION

### M.Sc. Psychology

St Agnes College (Autonomous)  
Mangaluru - 575002, Karnataka  
Mangalore University  
June 2019 - September 2021  
Score-78.2%

### B.Sc. Psychology

Sahrdaya College of Advanced Studies  
Kodakara - P.B.No.18, Thrissur, Kerala  
Calicut University  
April 2019  
Score - 75.4%

### HSE

St. Sebastian's HSS,  
Kuttikad - 680724, Chalakkudy, Kerala  
Kerala Board of HSE  
March 2016  
Score - 85%

### SSLC

GHSS  
Chaipankuzhy - 680724, Thrissur  
Kerala Board of HSE  
March 2014  
Score - 98%

## TECHNICAL SKILLS

Proficient in using MS Word, MS Powerpoint  
Good knowledge in operating the SPSS software and Mediation analysis using Process V3.5 Macro by Andrew F Hayes

## EMPLOYEMENT HISTORY

### Assistant Professor

- Department of Arts  
Christ College Of Science and Management, Malur  
Duration: November 14, 2022 - Present
- Department of Psychology  
St. Agnes College (Autonomous), Mangaluru - 575002  
Duration : December 9, 2021 - October 30, 2022

## EXPERIENCES

### Resource Person

Mental Health Awareness Conferences for  
Schools and Colleges in Kodagu District  
Mind and Matter Charitable Trust, Madikeri in collaboration with Department  
of Psychiatric Social Work, NIMHANS, Bangaluru  
Duration : 16 August - 20 August, 2022 (8 Sessions for 4 Institutions)

### Research Guide

8 Dissertations for the Master of Psychology Programme  
St. Agnes Centre for Post Graduate Studies and Research  
Duration : February 2022 - July 2022

### Intern

Stella Maris Hospital  
Paduapuram, Angamaly  
Duration : March 1, 2021 - March 12, 2021  
12 days

### Supervised Counselling

Under the Supervision of Dr. V Premanand  
HOD, Department Of Psychology  
St. Agnes Centre for Post Graduate Studies and Research  
Duration : 20 Hours

## RESEARCH

Flow as a mediator between Sense of Coherence and Purpose in Life among  
Emerging Adults  
Perceived Stigma, Self-Efficacy and Attitude as predictors of barriers of  
Mental Help Seeking

## SKILLS

- Ability to work as a team and lead a team
- Event organization
- Oratory Skills
- Interpersonal Communication
- Punctuality
- Spontaneity and Problem solving skills

## REFERENCES

Dr. V Premanand  
HOD, Post Graduate Dept of  
Psychology  
St. Agnes College (Autonomous),  
Mangalore  
MOB: 9880853126

Ms. Ashwini K A  
Assistant Professor,  
St. Agnes College (Autonomous),  
Mangalore  
MOB: 9945212908

## WORKSHOPS AND TRAININGS

- National IQAC Conference - Revisiting Quality in Higher Education organized by Kristu Jayanthi College, Bangalore.  
Duration : 2 Days  
16 & 17 March, 2023
- Workshop on Solution Focused Counselling by Dr. Jaseem Koorankot, (Asst. Professor and Head, Dept. Clinical Psychology, IMHANS)  
Duration : 12 Credit Hours (2 days)  
23 May 2022 & 24 May 2022
- National conference on Prevention of Interpersonal Abuse and Violence  
Duration : 5 days  
7 February 2022 - 11 February 2022
- Fr. Staney's Workshop on Psychotherapeutic techniques  
Duration : 5 days (Residential)  
March 20th 2021 to March 24th 2021
- Workshop on Cognitive Behavior Therapy by Dr. Jini K Gopinath, (Chief Psychology Officer, YourDOST)  
Duration : 2 days  
12th and 13th February 2020
- Training on Psychotherapy and Gender Equality Awareness by Family Apostolate Training and Research Institute - FATRI (Reg. No. 114/89)  
Duration : 40 hours  
September 2018 to February 2019
- National Seminar on 'Responding to Survivors of Trauma' organized by PG Department of Psychology, St. Agnes Centre for Post Graduate Studies and Research  
Duration : 1 day  
February 29, 2020

## EXTRACARRICULARS

- Won Best Management Team at various management fests conducted by different colleges across Kerala
- Won intercollegiate debate competitions
- Second prize in Drama- Sanskrit at Calicut University Arts fest 2018
- Won first prize in Drama- Sanskrit at D-Zone Art fest in the years 2018 and 2017

Declaration \_\_\_\_\_

I hereby declare that above-mentioned information is correct to the best of my knowledge and belief.

