



Aditya Shetty Jnana

Counsellor-Educator

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Summary

Highly motivated and goal-driven mindset with a group and team mentality. Professional work ethic and a powerful communicator. A passionate teacher and engaged in collaborative psychological research. Vast experience in organizing and conducting workshops and capable of inspiring and motivating clients towards growth and progress.

Education

MSc Psychology (Clinical and Counseling)

August 2018 - October 2020

SDM PG Centre, Ujire

BSc (Chemistry, Botany, Psychology)

June 2015 - March 2018

SDM Degree College, Ujire

11-12th Grade

June 2013 - March 2015

SMS PU College

1-10th Grade

June 2001 - March 2013

Little Rock Indian School

Work experience

Lecturer and Counsellor

26/10/2021 - Present

NITTE (DU), Mangaluru, Karnataka

- Conducted engaging and informative classes for paramedical courses at NITTE (DU), utilizing a combination of offline and online EdTech methods to enhance student learning experiences.
- Developed and delivered modules on various mental health topics, with a particular focus on student mental health, fostering awareness and promoting well-being within the student community.
- Organized and facilitated Emotional Well-being workshops for over 500 nurses at KS Hegde Hospital, Deralakatte, equipping them with essential skills and strategies to manage stress and promote mental well-being.
- Initiated and implemented Peer Counselling training programs for students at the Student Wellness Center, NITTE (DU), empowering them to provide support and guidance to their peers in times of need.
- Actively contributed to ongoing research projects at the Student Wellness Center, NITTE (DU), collaborating with a multidisciplinary team to generate valuable insights and contribute to the advancement of mental health knowledge.
- Accumulated over 1000 hours of counselling experience, providing guidance and support to students and adults, utilizing evidence-based psychotherapeutic approaches such as CBT, DBT, and REBT under supervision of the Department of Psychiatry, KS Hegde Hospital.
- Engaged in regular discussions and collaboration with psychiatrists and clinical psychologists, fostering a holistic and comprehensive approach to mental health care.
- Maintained accurate and detailed documentation of counseling sessions, ensuring confidentiality and adhering to ethical guidelines.

Guest Lecturer

05/04/2021 - 15/06/2021

St Agnes Degree College, Mangaluru

- Worked as Guest lecturer (Psychology) for a span of approximately 3 months
- Took both offline and online classes for students during the COVID- 19 Pandemic

Co-founder and Editor

24/07/2020 - Present

Stimulus for Change

- Writing articles for the blog maintained on the website
- Recruiting and scouting talented writers
- Organizing programs to spread awareness about mental health and stimulating societal change through various community-focused initiatives

Intern

February 2020 - March 2020

JSS Hospital, Mysore

- Part of the team of clinical psychologists attending patients
- Devised treatment plan for clients affected by different mental disorders
- Took new cases and conducted follow ups
- Administered JPMR and other relaxation techniques on patients

Intern

March 2019 - April 2019

Spandana Nursing Home, Bangalore

- Conducted workshop and seminar for parents of specially-abled children
- Conducted seminar on Addiction for nursing students
- Collected data and prepared case history for presentations
- Participated in group discussions and seminars
- Handled follow-up cases and took new cases

Intern

November 2018

Anirvedha therapy center, Mangalore

- Practical therapeutic experience on children with special needs
- Dealt with children with learning disability, ADHD, mental retardation, autism and other childhood disorders
- Contributed for planning and assessment of management strategies

Intern

October 2016

AV Baliga Hospital, Udupi

- Brief exposure to counseling sessions
- Observed group counseling sessions and spent time in rehabilitation center designed to impart occupational therapy

Skills

Critical thinking



Active listening



Effective time management



Leadership and Teamwork



Interpersonal
Communication



Projects

- Postgraduate dissertation thesis on the topic "Spirituality of Non-Indian Natives in Auroville". The research was conducted using the qualitative methodology of Interpretative Phenomenological Analysis.
- Student research project titled "Effect of Music on brain chemistry"
- Co-author in research paper on "Stress management among practitioners and non-practitioners of yoga"

Languages known

English

Kannada

Tulu

Hindi

Practical experience

- Conducted assessments such as CAT, Draw a Man test and Seguin form board on children to assess cognitive functioning
- Experience administering BAI, BDI, MMPI, HDS, IPDE and various other tests for assessment of mental health
- More than 1000 hours of counselling experience using various psychotherapeutic approaches such as REBT, CBT and DBT.
- Panellist in panel discussion on suicide prevention day held in SDM PG Center Ujire
- Part of the first team of the hostel counseling program for hostelites in Ujire, Karnataka in the year 2019
- Provided counselling through Mobile Hospital service in interior parts of Dakshina Kannada District and prepared reports on the mental health status of the population in the rural areas of the district
- Presented modules on learning, memory improvement practices for SSLC (10th Grade) students and provided tips and guidance for examination preparation
- Invited as youth panellist for Rotary District Conference 3201 in 2018 at Trichy to give a talk on public speaking

Workshops attended

- Certified REBT Practitioner having taken a course by Graham Nicholls accredited by the priority academy
- Attended a one-day workshop on Hypnotherapy/Hypnosis by Mr Jini K Gopinath, Clinical Director, Mind Matters Clinic, Bengaluru
- Attended a workshop on Research proposal writing by Ms Shefali K, Research Scholar, St Agnes college, Mangaluru
- Participated as a professional assistant in a day-long event "Mana Jana Habba" at Sudana school campus, Puttur
- Attended a one-day workshop on Transactional Analysis on the topic "Mana Bayasada Bandha" by Prof. Gopala Patwardhan S
- Attended a one-day workshop on Assessment and remediation for children with learning disability by Ms Sahithya B. R
- Attended a one-day workshop on "Specific Learning Disabilities" by Mr Pushparaj Badiyadka, Principal, Chinmaya Vidyalaya, Kanhangad, Kerala
- Attended a one-day workshop on "Human Resources: Skills and Competencies" by Dr Vijaya R, Organizational Psychologist, Bengaluru
- Participated in five days "Psychi refreshing camp" (psychotherapy-based training camp) by Fr. S M P Staney C.Ss.R, Counsellor and Psychotherapist
- Participated in one day workshop on "Personal Holistic Competence" by Shri Sharad Vihari Dasa, Facilitator, BACCE foundation

Co-curricular activities

- Organizing and implementing social welfare initiatives through the Stimulus for Change platform
- Represented Karnataka state and participated in the National level declamation contest held in New Delhi, India organized by NYKS and the Ministry of Sports and Youth Affairs in 2017
- Finalist in Speak for India, a state-level debate competition held in Bangalore organized by Federal Bank and Times of India in 2018
- Finalist in ICT Youth Talk oratory competition 2019
- Participated in National Youth Festival, 2018 held in Greater Noida, Uttar Pradesh
- Numerous prizes in inter-collegiate fests for elocution and seminar competitions

Extra Skills

- Basics of Python and R language
- Working knowledge of SPSS
- Proficient in Digital Audio Workstation software and music production
- Intermediate level skill in Adobe Premier pro
- Proficient with Canva and content designing for digital marketing

