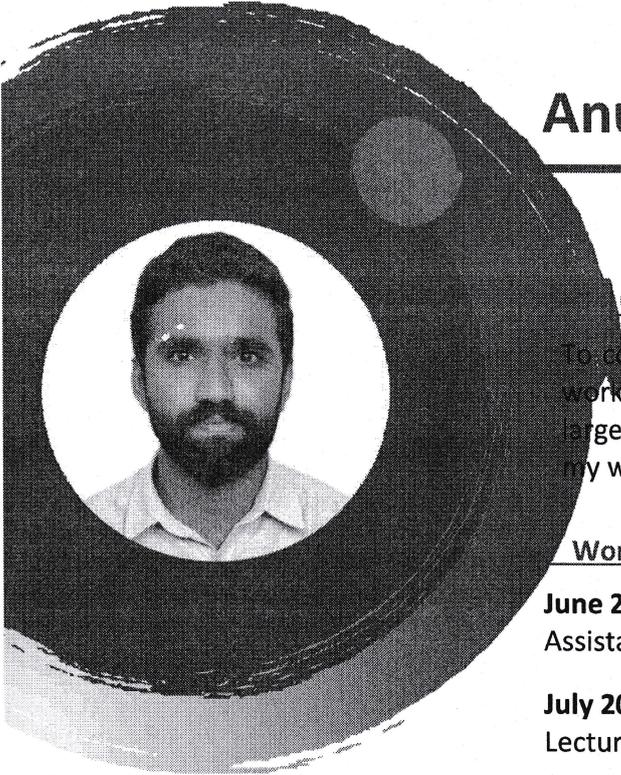


# Anup Jacob



## Career Objective

To contribute to the holistic development of every student. To be able to work fruitfully and aid to the progress of the institute and the society in the larger picture. To also strive to excel and learn with every experience coming my way.

## Work Experience

### **June 2019 – Present**

Assistant Professor • Jyoti Nivas College Autonomous, Bangalore

### **July 2018 – December 2018**

Lecturer • St. Francis De Sales College, Bangalore

### **November 2017 – June 2018**

Research Assistant • NIMHANS

### **August 2017 – September 2017**

Research Assistant • NIAS

## Education

Qualified For the National Eligibility Test (NET) for Assistant Professor on July 2018

### **Christ College, Irinjalakuda**

- M.Sc (Clinical Psychology) with a CGPA of 3.38

### **Christ (Deemed to be University), Bangalore**

- B.A (Performing Arts, English Literature & Psychology) with a CGPA of 3.29

### **St. Joseph's Pre-University College, Bangalore**

- Pre University (Physics, Chemistry, Mathematics & Biology) with 65.6%

### **St. Joseph's Indian High School, Bangalore**

- SSLC with 79.04%

## BOS Member

Post-Graduate Meritorious Alumnus of Board of Studies for Psychology, Christ College, Irinjalakuda.



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**480559**

### Internships

**Punyakoti Hospital, Hospet**

Intern for one month

**People Tree Maarga Psychiatric Hospital, Bangalore**

Intern for ten weeks

### Research Projects Undertaken

- Conducted research as a partial fulfilment of the MSc program titled, '*Relationship between Self-Esteem and Forgiveness among Alcoholics and Non-Alcoholics*'
- Worked as a research assistant for the *Quality Primary Education Programme* under the Education Programme at the National Institute of Advanced Studies (NIAS)
- Worked as a research assistant at NIMHANS for a research funded by the ICSSR, titled '*Exploration of Pattern of Internet Use, Psychological Attributes and Promotion of Healthy Use of Technology*'

### Seminars and Workshops attended/organized

- UGC sponsored National Workshop on '*Counselling and Psychotherapy*' organised by Sri. Achutha Menon Government College, Thrissur.
- Workshop on '*Clinical Neuropsychology*' organised by Alzheimer's & Related Disorders Society of India in collaboration with Department of Neurology, Sree. Chitra Thirunal Institute of Medical Sciences and Technology.
- UGC sponsored National Seminar on '*Professionalizing Psychology in India, New Trends and Practices*' organised by Department of Psychology, Kuriakose Elias College, Kottayam.
- National Seminar on '*Psychology- The way to Professional and Personal Enrichment*' organised by the Department of Psychology, Christ College, Irinjalakuda.
- Workshop on '*Dignity in Mental Health- Psychological and Mental Health First Aid for All*' organised by the Department of Psychiatry, Sacred Heart Hospital, Irinjalakuda.

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- Workshop on 'Dignity in Mental Health' organised by the Department of Psychology, Yuva Kshetra College, Palakkad.
- International Conference on *Issues and Challenges in Doctoral Research*, organised by Christ University, Bangalore.
- Organized a one day workshop on '*Hypnotherapy : Basics and Beyond*' at Jyoti Nivas College Autonomous, Bangalore.

#### Personal Details

Age : 27 years  
Date of Birth : 03/10/1993  
Sex : Male  
Marital Status : Single  
Education : MSc Clinical Psychology  
Nationality : Indian

#### Linguistic Ability

**Reading and Writing-** English, Hindi, Kannada.

**Speaking-** English, Hindi, Kannada, Malayalam, Tamil.

#### References

Dr. Nitin Anand  
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#### **Declaration**

I hereby declare that the information furnished above is true to the best of my knowledge. Bangalore.

**Date:** 01-06-2021

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(ANUP JACOB)