

Minsila Hilal

**Consultant Psychologist & Qualified for UGC NET PSYCHOLOGY
(Assistant Professor)**

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Professional Summary

More than 6 years of experience as Consultant psychologist under clinical and community psychiatry setting. Has experience working under National Health Mission as consultant psychologist in a District Early intervention Program for Children. Has 3 years of experience in providing Competitive exam coaching (UGC NET, PG Entrance Coaching) under different coaching centres. Is experienced in providing Clinical internships for under graduate and post graduate students. Has experience in organizing and coordinating competitive exam coaching programs for students in an effective manner. Well versed with scientific approach to the therapy and counseling, along with online counseling sessions. Presently since 10 months working in the field of teaching at a reputed institution, MES Asmabi college, P.Vemballur

Skills

<u>Teaching</u> <ul style="list-style-type: none">Well equipped with Power point presentations.Well versed with Calicut university syllabusWell-equipped in giving coaching to students for entrance under Calicut universityWell versed with classroom presentationEffective guidanceOnline teaching skillsResearch experience	<u>Counselling/Therapy</u> <ul style="list-style-type: none">Psychometric tests & AssessmentsIndividual, Family, and Group sessionsFamily supportive sessions (caregivers)Premarital sessionsMarital counsellingNeuro-Developmental issues identification and management	<u>Training & Coaching</u> <ul style="list-style-type: none">Excellent coaching skillsSocial skills trainingLife skills trainingParent supportive trainingsChild & Adolescent supportive trainingsCounselling skills trainingPremarital group sessionsUGC NET Coaching (Psychology)PG Coaching (Psychology)Clinical & MSE
<u>Coordination / administration</u> <ul style="list-style-type: none">Team leading skillsDocumentationCoordination of academic programs	<u>Computer competency</u> <ul style="list-style-type: none">SPSS, Statistical Package for Social ScientistsMicrosoft OfficeMedsmartDropboxWebsite management (monitoring)Social media account monitoring (work specific)	<u>Others</u> <ul style="list-style-type: none">Working in a multi -disciplinary teamInterpersonal skillsAssertive and competentWell versed literature search and review using electronic libraries

Internship & Volunteer experiences

- Pelican Rehabilitation Centre
- CMC VELLORE, Clinical Internship
- Mental Health Action Trust (MHAT), Calicut, Kerala, India
- Founder Student coordinator, Pain and palliative care unit, Union Christian college, Aluva
- Volunteer at NSS

Professional Experience

Institution	Year	Designation	Work specifications
MES ASMABI COLLEGE, P.VEMBALLUR	October 2021 – at present	Assistant Professor in Psychology	<ul style="list-style-type: none"> • Providing guidance to students in academics and thesis works • Coordinated the following programs <ul style="list-style-type: none"> ▪ Mental health day observation programs (webinar by Sri. Lathif Penath, HoD, Dept of Psychology) ▪ Talk by Anand Ampeethara, Board member of Queerala on Finding Equality: LGBTQIA Perspective; ▪ Awareness campaign inside the campus as well as in the nearby panchayaths) ▪ Took an awareness class on the importance of mental health, at SN Puram Panchayath premises for housewives. • Gave a session at Ward 13 of Mathilakam Gramapanchayath for school students as part of school reopening. • Gave a session at Carmel college, Mala for college students on “Women’s Psychological Empowerment” • Initiated Mental Health Club activities • Founder program coordinator of Mental Health Club • Organized Pride month observation programs • Coordinated day observation of International day against Drug abuse and illicit trafficking • Provides individual counselling sessions for students • Attending clinical cases reported from community project • Individual as well as group mentoring and monitoring for students
MENTAL HEALTH ACTION TRUST, CALICUT	<p>June 2016– September 2017</p> <p>January 2018 – November 2019</p> <p>March 2021 – June 2021 (part time)</p>	Consultant Psychologist & Research fellow	<ol style="list-style-type: none"> Clinical <ul style="list-style-type: none"> ❖ Individual <ul style="list-style-type: none"> • Consultation of patients including adults and children • Detailed case interviewing • Mental status examination • Diagnostic formulation • Psychological assessments • Psycho social interventions • Detailed disability assessments ❖ Group <ul style="list-style-type: none"> • Organizing care givers’ meet in multiple community mental health centers • Organizing community volunteers’ meets • Management of psychiatric conditions • Psycho social interventions ❖ Family <ul style="list-style-type: none"> • Assisted multiple family psychotherapies (Group therapies) • Home care and consultations provided for patients • Providing family psycho education Rehabilitation <ul style="list-style-type: none"> • Experience in daycare provision for persons with severe mental illness • Rehabilitation training • Assessment on rehabilitation Training and Awareness programs <ul style="list-style-type: none"> • Provided training for non-professionals on psycho-social interventions to study the effectiveness of community-based volunteer driven early intervention package of care for psychosis in rural India. • Provided training for non-professionals on implementing community mental health in both urban and rural population. • Training for UG, PG students • Training classes for students, adolescents

			<ul style="list-style-type: none"> Parenting classes <p>4. Research</p> <ul style="list-style-type: none"> Effectiveness of community-based, volunteer-driven, early intervention package of care for psychosis in rural India PI: Dr. Manoj Kumar Mental Health Action Trust, Calicut, India under <i>Indian Council of Social Science Research (ICSSR)</i>. Assisted in item writing and item analysis for an assessment tool for Lay mental health workers, Under <i>Dr. Sam Manickam</i>. <p>5. Clinical auditing</p> <ul style="list-style-type: none"> Lead for clinical auditing, in order to maintain the quality of patients' database in the clinics. <p>6. Tele-psychiatry</p> <ul style="list-style-type: none"> Involved in implementing Tele-psychiatry facilities in the community mental health clinics to provide a feasible alternative for the existing and grossly scarce mental health services in the country.
DEIC-ANUYATRA, NATIONAL HEALTH MISSION GOVT. GENERAL HOSPITAL, CALICUT	September 2017 – December 2017	Psychologist	<ul style="list-style-type: none"> Screening children with neuro-developmental issues Providing training for children under the age of 17 Managing children with neurodevelopmental issues, along with speech and language pathology Coordination of the team as a whole, consisting physiotherapist, special educator and speech therapist Play therapy sessions for the children, especially for the children with speech and language pathology Psychometric tests and assessments Parental trainings
INSTITUTE OF SEXUAL AND REPRODUCTIVE MEDICINE (ISRM), CALICUT	November 2019 – December 2020	Consultant psychologist & Research fellow	<ul style="list-style-type: none"> Research literature works Marital counselling Family sessions Couple therapy Child and adolescent case management Psychometric tests & assessment Website management Social media account monitoring
MANASHANTHI CLINIC, CHAVAKKAD	April 2021 – at present	Freelance Consultant psychologist	<ul style="list-style-type: none"> Case management Family sessions Individual sessions Psychometric test & assessments
PSYCHOLOGY CIRCLE (NGO), South India based	2016-2020	Former Vice President	<ul style="list-style-type: none"> Has been Joint secretary in the past since 2017- 2018 Conducting and coordinating seminars, workshops, webinars etc Academic programs Competitive exam coaching coordination Faculty member for UGC NET, and PG entrance coaching (psychology)
HiG EDU CAMPUS, COACHING CENTRE	January 2021 – at present	Faculty member (Online)	<ul style="list-style-type: none"> UGC NET , Paper 2 (Psychology) Coaching PG entrance coaching (psychology)

Research Experience

1. Feasibility of ASHA workers driven social skills training for patients with severe mental illness: a research submitted in partial fulfilment of the requirements for the Masters degree in Psychology from Tata Institute of Social Sciences (TISS), Mumbai.
2. Aggression among public and private sector bus drivers: a research submitted in partial fulfilment of the requirements for the Bachelors degree in Psychology from Union Christian College, Aluva, under Mahatma Gandhi University-Kottayam.

3. Effectiveness of community-based, volunteer-driven, early intervention package of care for psychosis in rural India, under Dr. Manoj Kumar, Mental Health Action Trust, Calicut, India under Indian Council of Social Science Research (ICSSR).
4. Telepsychiatry (MHAT)

Education

Name of the Examination	Year	University/Board	College/School	Division	% obtained
M.A Applied psychology with specialization in clinical psychology	2014-16	Tata Institute of Social Sciences (TISS, Mumbai)	Tata Institute of Social Sciences (TISS, Mumbai)	First Class	71
B.A Psychology	2011-2014	M.G University, Kottayam, Kerala	Union Christian College, Aluva, Ernakulam Dist, Kerala	First class	86
Higher secondary Examination, Humanities	2011	Board of Higher Secondary Examination, Government of Kerala	G.H.S.S Chengamanad	First class	85

Personal details:

- a. Place of birth: Aluva, Ernakulam Dist, Kerala
- b. Date of Birth : 09/07/1993
- c. Languages: English, Malayalam, Hindi
- d. Nationality: Indian

References

1. **Dr Manoj Kumar**, DPM, MD, FRCPsych
Clinical Director,
Mental Health Action Trust (MHAT),
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2. **Dr. Ajayan Varughese**
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3. **Dr. A Biju**
Principal
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4. **Mr. Sonu S Dev**
President of Psychology Circle.
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