

Anamika Basumatary

Passionate Counseling Psychologist & Teaching Assistant with 2.5 years of experience, teaching Psychology to students at Bachelor and Masters level. Skilled in counseling students with mental health issues.

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EXPERIENCE

Royal Global University, Guwahati: *Teaching Assistant (Department of Psychology)*

January 2021 - PRESENT

- Teaching Psychology & related courses to Bachelors and Masters students
- Partnered with teacher to plan and implement lessons following school's curriculum, goals, and objectives.
- Handled class records for attendance, assignment grades and course participation scores.
- Acting as a University counselor for the students with mental health issues.

EDUCATION

Garden City University, Bangalore: *Ph.D. in Psychology*

2026(Expected)

Research topic: A study on Coping Mechanisms, Life satisfaction and Psychological well-being among parents of children with Autism Spectrum Disorder and Learning Specific Disorder

Amity University, Noida: *M.Phil. in Counselling Psychology*

2020

Final Grade: 9.06 CGPA

Research topic: Occupational Stress, Employee Motivation & Psychological Well-being among Sales Employee

NERIM(Dibrugarh University), Guwahati: *M.A. in Applied Psychology*

2017

Final Grade: 62.5%

SKILLS

Active Listening
Empathy
Rapport establishment
Unconditional Positive Regard
Therapy and Counseling
Individual and Group Counseling
Relaxation Techniques
Educational Programs
Research
Good Communication skills
Strong Convincing skills
Leadership

TECHNICAL SKILLS

Diploma in Computer Application

MEMBERSHIPS

Lifetime member of Indian School Psychology Association (InSPA)

LANGUAGES

English, Hindi, Assamese & Bodo

PROJECTS

Published project on “OCCUPATIONAL STRESS, EMPLOYEE MOTIVATION AND PSYCHOLOGICAL WELL-BEING AMONG SALES EMPLOYEE” in International Journal of Creative Research Thoughts (IJCRT)

TRAINING/INTERNSHIPS

- Seminar on “EMPOWERING WOMEN from Psycho-physiological & legal perspective” at Cotton College State University, Guwahati
- Internship program at a well-known PSYCHIATRIC CLINIC, Guwahati
- Observational training in Psychotherapy, Counseling sessions, Case history taking at LGB REGIONAL INSTITUTE OF MENTAL HEALTH, Tezpur
- Internship program at RAGHAV GLOBAL SCHOOL, Delhi
- Internship program at MOOLCHAND HEALTHCARE, Delhi
- Internship program at DELHI COMMONWEALTH WOMEN’S ASSOCIATION
- Certificate course in “MANAGING STRESS FOR POSITIVE CHANGE”
- Certificate course in “ACCEPTING THE CHANGE”
- Certificate course in “COVID-19 ROLE OF HOMEOPATHY”
- Workshop on “PSYCHOTHERAPY” certified by Fortis Healthcare
- Workshop on “ POSITIVE PSYCHOLOGY” certified by Fortis Healthcare