



PANDIYAN S

MSc. Applied Psychology | Mental Health & Research Professional

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· Tirupur, Tamil Nadu

PROFESSIONAL SUMMARY

Psychology professional with internships across clinical, counselling, HR, and NGO settings. Seeking roles in Junior psychologist (mental health), Trainee human resources, or Applied research.

INTERNSHIP EXPERIENCE

1. HR Intern | PVR INOX Prozone Mall *Jan–Mar 2026 · Coimbatore*

- Managed onboarding, documentation & attendance for 100+ staff; applied organizational psychology principles
- Assisted in grievance handling using active listening, conflict resolution, and employee engagement strategies

2. School Counsellor Intern | Ant Foundation (NGO) *Jun–Dec 2025 · Coimbatore*

- Individual/group counselling and psychoeducation programs to 100+ school students
- Prepared problem notes and referrals for at-risk students

3. Clinical Psychology Intern | Naveen Hospital *May–Jul 2025 · Coimbatore*

- Assisted in IQ, personality & clinical assessments; participated in treatment planning under licensed supervision
- Maintained case documentation for patients with anxiety, depression, and behavioural disorders

4. Psychology Trainer | Eftapei *Feb–Mar 2025 · Coimbatore*

- Designed personality development workshops using art therapy & evaluated participant growth

5. Clinical Psychology Intern | Manashasthra Integrated Mind Care *Dec 2023–Jan 2024 · Chennai*

- Conducted psychosocial history interviews & MSE; supported group therapy with confidential record-keeping

RESEARCH & PROJECTS

1. Mindfulness Intervention & Anxiety / Personality Traits

Conducted research on mindfulness-based intervention to reduce teaching anxiety among B.Ed. students using SPSS; found significant improvement in mindfulness and reduction in anxiety.

2. College Student Loneliness & Mental Health [International Conference]

Conducted research on loneliness and mental health among college students; findings showed a significant association between loneliness and psychological distress.

3. Academic Stress & Psychological Well-Being [Conference]

Studied the impact of academic stress on psychological well-being among college students

4. Cognitive Performance Among Technology Users [International Conference]

Screen-time impact on attention & working memory via standardised cognitive tests

EDUCATION

MSc. Applied Psychology

Rathinam College of Arts & Science

CGPA: 7.8 | 2024–2026

BSc. Psychology

RVS College of Arts & Science

CGPA: 6.9 | 2021–2024

SKILLS

Clinical

Art therapy
Psychometric Assessment
Psychoeducation ·
Case Documentation
CBT

Research

SPSS · JAMOVI · R
· Report Writing

Technical

MS Office
AI Prompting
Video Editing

Soft

Empathy
Active Listening
Leadership
Communication

CERTIFICATIONS

Intro to Brain & Behaviour

NPTEL · Mar 2025

Sport Psychology

NPTEL · Mar 2025

AI For Everyone

DeepLearning.AI · Coursera · Nov 2024

Research Methodologies

Queen Mary Univ. · Coursera · Nov 2024

LANGUAGES

Tamil · English · Malayalam

AWARDS

Best Performer — Employability Skills Training, TITAN LEAP (2023–24)

Overall, Sports games — Inter school -collegiate Events

District Level Science Fair Award (2017–18)