

Deepika D M

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Objective

To secure a Teaching position in a reputable organization where I can apply my knowledge and skills in psychology to contribute to the advancement of the field.

Experience

- NIMHANS** August 2025 - December 2025
Research Assistant
National Mental health Survey-2, Funded by Ministry of Health and Family Welfare (MoHFW), Government of India
- Magic Bus India Foundation** December 2024 - July 2025
Life Skill Trainer cum Counsellor
As a Trainer cum Counsellor, I've had the privilege of serving a vital role, working closely with vulnerable populations. My experience involves engaging with individuals, providing education, counseling, skill development, and placement support. This role has allowed me to make a meaningful impact, empowering individuals with the tools and confidence they need to thrive.
- Bangalore Neuro Centre** July 2024 - September 2024
Intern Psychologist
Assisted in Psychological Assessments and conducted counseling sessions for different age groups under supervision, worked with Autism, Stress and Dementia Patients.

Education

- Bangalore University** 2024
MSc Psychology (Clinical)
8.54
- Bangalore University** 2024
PG Diploma in Counselling Psychology
7.5

Skills

- Psychological assessment, case study, Academic writing, research and presentation. Empathetic and active listener, Time management, Proficiency in statistical software (e.g., SPSS) Critical thinking and problem-solving, teamwork and collaboration.

Projects

- Research and Achievement**
 - * Conducted in-depth research on mental health and well-being topics, including psychological well-being among older adults in home and old-age home settings, the role of forgiveness and self-compassion in post-breakup recovery, and the impact of hypercompetitiveness on insomnia among corporate employees.
 - * Presented research findings at national and international conferences, resulting in publications that contribute to the field of psychology.
- Tool Development**

* Developed a tool to assess the prevalence of bullying among university students, addressing a critical issue in higher education.

- **Life Skills Program**

* Designed and conducted life skills sessions for adolescent school children, assessing their progress and promoting positive development

* Worked with Vulnerable youth and conducted life skill sessions to them followed by Need Assessments.

Publications

- **Psychological well-being among Older Adults staying at home and Older Adults staying at old-age homes.**

IAAP in international conference organized in Pondicherry University.

Languages

- English, Kannada, Telugu, Tamil and Hindi.