

EDUCATION

M.Sc Counseling psychology
University of Madras (2026)

B.Sc Psychology
Dwaraka Doss Goverdhan
Doss Vaishnav College
(2024)

SKILLS

- Psychological Assessment
Basics
- Case History Taking
- Case Documentation
- Counseling & Therapy
Techniques (Grief
Therapy, Child-Centered
Play Therapy, Trauma-
Focused CBT)
- Crisis Support
- Active Listening
- Empathy & Relationship
Building
- Communication & Client
Engagement
- Adaptability
- Multitasking



PERSONAL INFORMATION

- Name: Pragathi S.G
- Date of Birth: 05/07/2003
- Father's Name: Saravanan
- Mother's Name: Geetha
- Blood Group: O+
- Phone number : 9940126738
- Emergency Contact: 9444999251
- Address : No. 31, Lakshmi Nagar, fourth cross street, bhavani street, chinna koladi thiruverkadu, chennai, Tamil Nadu, 600077
- Email: pragathisaravanan01@gmail.com
- LinkedIn: www.linkedin.com/in/pragathi-s-g-154a333b3
- Languages Known: English, Tamil, Hindi
- EDUCATION
- M.Sc Counseling Psychology
University of Madras — 2024-2026 (Completed)
- B.Sc Psychology
Dwaraka Doss Goverdhan Doss Vaishnav College — 2021-2024



PROFESSIONAL SUMMARY

Counseling Psychology postgraduate with a strong focus on clinical and hospital-based mental health care. Trained in Psychopathology, Clinical Psychology in Medical Settings, Psychological Assessment, and Counseling & Psychotherapy. Gained supervised clinical exposure at the Institute of Mental Health, including case observation, basic diagnostic formulation, patient interaction, and hands-on experience in psychological assessment and mental health evaluation. Skilled in case documentation, psychoeducation, and empathetic patient support. Possess strong communication skills and a patient-centered approach to providing empathetic psychological care and promoting mental well-being.

INTERNSHIPS AND ADDITIONAL COURSES:

Bala Vihar

- Supported children in structured academic and functional skill-building sessions to enhance engagement and development
- Assisted in multidisciplinary therapy sessions, including speech therapy, occupational therapy, and music-based interventions
- Conducted behavioral observations, maintained progress records, and assisted in managing challenging behaviors under supervision
- Provided basic psychoeducation to parents regarding child development and behavioral support strategies
- Promoted positive reinforcement techniques to encourage adaptive behaviors

Institute of Mental Health

- Assisted in psychological assessments, clinical evaluations, and detailed case history documentation under professional supervision
- Conducted Mental Status Examination (MSE) under supervision, assessing domains such as appearance, behavior, mood, thought processes, perception, and cognitive functioning
- Conducted systematic behavioral observations and documented patient progress during clinical sessions
- Supported intake discussions and contributed to basic diagnostic formulation under supervision
- Maintained accurate case records and assisted in clinical documentation and reporting
- Contributed to psychoeducation by supporting communication of mental health information to patients and caregivers

LANGUAGES

- English
- Tamil
- Hindi



PROJECTS

Impact of Socioeconomic, Psychological, and Psychosocial Factors on Academic Performance - Nirmal School

- Conducted structured surveys and mixed-method data analysis to identify academic and emotional barriers among Class 10 students (e.g., test anxiety, stress, peer and parental factors)
- Designed and proposed low-cost, school-based interventions (Parent Connect Kits, Peer Pair Pods, Homework Hangouts, Mood Mapping) to improve student engagement and academic performance
- Contributed to psychoeducational strategies to enhance students' coping skills, emotional awareness, and parent-school collaboration

Pro Bono Counselling

- Provided one-on-one counselling addressing emotional, social, and behavioral concerns using active listening, empathy, and evidence-based approaches
- Applied Cognitive Behavioral Therapy (CBT) techniques and grief-focused interventions based on client needs
- Maintained session documentation, tracked client progress, and supported development of coping strategies and emotional regulation
- Promoted self-awareness, problem-solving skills, and overall psychological well-being through structured sessions

CERTIFICATIONS

- Presented a research paper at a National Conference on From social anxiety to academic distraction: The association between fear of missing out and cyber loafing among college students, 2025
- Awarded Best Paper Presentation at a State-Level Conference on the topic AI use, brain fog and perceived stress. A correlational study among college students.
- English Typewriting - Junior & Senior Level
- Hindi Language Proficiency Exam

CLINICAL & THERAPEUTIC COURSEWORK

- Substance Misuse Outreach Worker Training
- Eating Disorders: Understanding and Treatment
- Art Therapy for Emotional Healing
- Anti-Bullying Training
- Trauma-Focused CBT for Children
- Child-Centered Play Therapy
- Speech Therapy for Effective Communication
- Dream Analysis and Interpretation