

SUMAYA S

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Professional summary

Psychology graduate with experience in counselling, research, and youth leadership. Founder of Getilm, a student-focused mental health initiative integrating awareness, education, and career development. Served as Secretary of the National Youth Council of India (North Division) and General Secretary of the Youth United Council of India (North Division), organizing youth-driven community projects. Dedicated to advancing mental health literacy through research, workshops, and student engagement.

Key Skills

Psychology & Counselling Skills:

- Empathy & Active Listening
- Observation & Behavioural Assessment
- Case History Documentation & Report Writing
- Client Rapport & Emotional Support
- Stress & Emotional Management
- Basic Psychological Testing

Research Skills:

- Literature Review & Data Collection
- Data Interpretation & Analysis
- Systematic Review &

Cognitive/Neuropsychological Analysis

- Report Writing & Academic Documentation

Professional & Leadership Skills:

- Workshop Facilitation & Program Development
- Leadership & Team Coordination
- Peer Mentoring & Guidance
- PublicSpeaking & Communication Skills

Creative & Technical Skills:

- Canva & Adobe Suite
- Presentation Design & Editing
- Documentation & Visual Content Creation
- MS word

Education

B.Sc. Psychology

Anna Adarsh College for Women, University of Madras – 2022-2025

CGPA: 8.23

MSc counselling psychology

SRM Institute of science and Technology- 2025-2027 (ongoing)

Higher Secondary (Class 12) - [Everwin Vidhyashram kolathur], Chennai – 2022

Secondary (Class 10) - [Everwin Vidhyashram kolathur], Chennai – 2020

Diplomas & Certifications

- Diploma in Art Therapy - Offbeat Psychology
- Diploma in Child Psychology - Indian Counselling Services
- Certificate in Research Methodology - Indian Counselling Services

Professional Experience

Founder - GETILM (Mental Health Organization)

Chennai | 2024 - Present

- Founded Getilm, a youth-oriented platform promoting mental health and student development.
- Developed structured Mental Health Clubs for schools and colleges.
- Conducted interactive workshops on stress, boundaries, and emotional well-being.
- Delivered community-based programs focusing on awareness and preventive mental health.

Intern - Sittara Psychological Services

Chennai | 2024

- Assisted in counselling sessions and documentation of client cases.
- Prepared detailed case histories and progress notes under supervision.
- Gained practical exposure to applied counselling and client rapport building.

Secretary - National Youth Council of India (North Division)

2023-2024

- Conducted mental health and menstrual hygiene awareness programs for schools and colleges.
- Led environmental campaigns and volunteer engagement programs.
- Delivered talks and organized youth sessions promoting emotional intelligence and leadership.

General Secretary - Youth United Council of India (North Division)

2023-2024

- Oversaw student-led projects and youth development initiatives.
- Coordinated state-level mental health and awareness drives.
- Represented youth leadership forums in intercollegiate and NGO collaborations.

Research Experience

Understanding Criminal Behaviour Through Cognitive Lens: A Systematic Review of Neuropsychological Evidence

- Conducted a systematic review examining the cognitive and neural mechanisms influencing criminal behaviour.

Impact of Criminal Behaviour in Travel and Tourism (Systematical review)

- Researched behavioural tendencies and criminological factors affecting tourism patterns.

Ongoing: A Longitudinal Study on the Criminal Behaviour of Serial Killers

- Exploring developmental, cognitive, and motivational aspects in serial offenders.

Sports Achievements

- Sports Secretary, Dept. of Psychology, Anna Adarsh College (2023-2024)
- Zonal Runner-Up, University of Madras – Two Consecutive Years (2023 & 2024)
- Combined University Selection, University of Madras Team (2023 & 2024)
- Round Robin Selection (U-19), Tamil Nadu Cricket Association (2022)
- Gold Medalist, CM Trophy 2024 – Represented Chennai District, General Women Category

Achievement

- Delivered mental health awareness sessions to volunteers under YUCI and NYCI.
- Created and managed Mental Health Clubs under Getilm.
- Conducted community programs on menstrual hygiene, youth development, and mental wellness.

Interest

•Counselling & Art Therapy | Research Writing | Youth Leadership | Sports (Cricket) | UPSC CDS Aspirant