



NISHA JOSE T

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SUMMARY

Dynamic and versatile professional with experience in developing academic programs and curricula, psychological counseling, training, project conceptualization and development, writing and voice-over artistry. Adept at creating impactful educational content and providing psychological support, with a passion for learning new and diverse topics. A proactive researcher and developer, committed to advancing knowledge and practice in various fields. I am deeply passionate and committed to promoting inclusion, wellness, and equity for marginalized communities, especially for people with disabilities. As a person with a disability, I bring a unique perspective and unwavering dedication to my work in fostering a more inclusive and equitable society.

SKILLS

- Program Development
- Project development
- Curriculum development
- Training
- Writing
- Research
- Counselling

EXPERIENCE

MANAGING DIRECTOR, 12/2019 - Present

Vathil Foundation, Kottayam

- Developed and coordinated various academic projects, training programs, and intervention programs in the field of wellness, mental health, and inclusion of diverse population

PRINCIPAL INVESTIGATOR, 03/2023 - Present

Responsible Computing Challenge by Mozilla Foundation at Marian College Kuttikkanam Autonomous

- Developed an academic project that aims at making digital space inclusive for people with Disabilities.
- Developed an outcome based curriculum of a six months certificate program for computer science students, in equitable digital access
- Facilitated courses in equitable digital access for BCA students
- Supervised the project team and work

COUNSELLING PSYCHOLOGIST, 06/2011 - Present

- Counselling psychologist at Manomaya Psychotherapeutic & Counselling Centre, Calicut (August 2011- March 2012)
 - » Worked among children, adults and geriatric population with behavioural problems and different kinds of Psychiatric disorders.
- Volunteer Counsellor at Pratyasha Foundation, Bangalore.(April 2012 to May 2014)
 - » Worked in a project titled Enriching Education Enabling Employment (E-4)
 - » Worked among children with autism, Learning Disabilities and ADHD by

- giving them psychological support and educational training
- Counsellor at Swarga Rani Higher Secondary School Bangalore (2013 June to 2014 March)
- Counselling Psychologist at Providence Girls' Higher Secondary School (July 2014 - March 2016)
 - » Provided Counselling and training for students, teachers and parents
- Counselling psychologist at St Francis English Medium School (June 2016 to March 2018)
 - » Provided Counselling and training for students, teachers and parents
- Vathil Foundation (2018 - Present)
- Provided counselling services to various population including students, teachers, parents, youth and family
- Developed psychological training programs
- Developed curriculum for PG Diploma in Counselling & Psychotherapy
- Developed and organised training programs that clubs ecology and psycho-social interventions to prevent digital addiction among adolescents
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VOICE OVER ARTIST, 03/2024 - Present

DC Books, Kottayam

- Recorded voice for audiobooks in both Malayalam and English
- The work includes fiction, nonfiction and children's literature

WRITER, 09/2018 - Present

Freelance, Kottayam

- Wrote articles and blogs for various newspapers and magazines in Psycho-social topics and disability inclusion

EDUCATION AND TRAINING

- Master of Science: Counselling Psychology, Sampoorna Montfort College, Bangalore, 05/2011
- Diploma in Narrative Ideas and Practices, Nepal
- Master Trainer Program for professionals to train Individuals with Autism Spectrum Disorders on Computers and Ipads at Spastic Society, Karnataka
- Certificate in Neuro Linguistic Program Basic level
- Certificate in Neuro Linguistic Program Advanced level
- Certificate in Rational Emotive behaviour therapy
- Certificate in Positive Psychology Assessment
- Masters in Science and Religion (Currently pursuing)

International Conferences & Seminars Attended

- International Conference on Comprehensive Education for Children with Special Needs , ICCE 2023, (5-7 July 2023) at Different Art Centre, Trivandrum
- Did a poster presentation on 'Social Integration of People with Disability' in ICCE 2023

LANGUAGES

English & Malayalam

HOBBIES & INTERESTS

- Reading
- Travelling
- Writing
- Journaling
- Music

