

CURRICULUM VITAE

Mrs. ANUROOPA. P

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CAREER OBJECTIVE

To excel and carve a niche for oneself in the field of content generation and translation especially related to health care, travel and education by utilizing my experience, knowledge & skills to the maximum in a challenging environment, while adhering to quality and process standards.

EDUCATIONAL QUALIFICATION

COURSE	SPECIALISATION/ SUBJECTS	YEAR	UNIVERSITY/ COLLEGE	PERCENTAGE
MSc	Psychological Rehabilitation and Counselling	2007 - 09	Richmond Fellowship Post Graduate College (Affiliated to RGUHS)	66%
B.A	Psychology, Journalism & English literature	2004 - 07	NMKRV College (Bangalore Univ)	75%
PUC	PCMB	2002 - 04	Bharathi College, Mandya	80%
SSLC		2002	Sri Chamusugar High School, Mandya	87.04%

* Registered under Rehabilitation Council of India as 'Rehab Psychologist'

WORK EXPERIENCE

Period: April 2018 till date

Working as a freelance translator (English, Kannada) and content writer.

- Extensive experience in translation of Mental health educational materials and research-related materials from English to Kannada.
- Have experience in translating magazine articles related to Mental Health.
- Efficiently translated 100 activities designed for children from English to Kannada.
- Have translated assessment and evaluation forms.

- An added experience in translating and transcribing mental health-related video and audio clips (around 500 in number)
- Presently associated with NGOs that are extensively working with Children and Women. I work as a freelance translator for them and have already translated several contents (English to Kannada) in the related field.
- Competently translated more than 20 thousand words for Amazon on product descriptions using the ATMS CAT tool.
- Proficiently transcribed and edited more than 10 hours of audio (Kannada language)
- Skillfully translated more than 200 STEM worksheets for children into Kannada.
- A team player, efficiently managing a small team of translators
- Impressive skill set in content writing. Written several articles related to travel and health.
- Presently associated with an Indian language translation company as a language consultant for Kannada
- Competently reviewed 7th to 10th-grade science and math textbooks for Navneet Publications and reviewed them for language and relevance of the SEL-SDG questions.
- Currently involved in copyediting science textbooks of first and second grade for Navneet Publications.
- Recently started with a new YouTube Channel that intends to explain Kannada textbook lessons and poems in simple English.

Period: Oct 2011 to Oct 2013

Worked as a Centre Coordinator at NIMHANS Centre for Well Being. My roles and responsibilities include,

- Handling all calls to the Mental Health Information helpline
- Developing information booklets/flyers for the public/schools/organizations in collaboration with each team - in Kannada and English
- Working closely with the Dept of Mental Health Education (NIMHANS) for the development of Mental Health education materials

Period: Dec 2010 to Oct 2011

Worked as a Health Counselor at 2mpower Health Management Services. My roles and responsibilities include,

- Front-end the wellbeing program for registered clients
- Working with consultants from other fields in designing an appropriate care plan
- Providing inputs in regular internal meetings to better the approach and execution of care plan

- Providing counseling services to clients as designed by the senior psychologist of the care team
- Write articles on health & wellness for publishing in regular 2mpower newsletters, local newspapers & magazines

Period: Oct '09 to March '10

Served the Institute of Neurological Sciences, VHS Hospital, and its allied institutions, Chennai as a Clinical Social Worker and Assistant Rehab Care Manager. My roles and responsibilities include,

- Carrying out Psycho-Social assessments and interventions including Therapies (Jacobson's Progressive Muscle relaxation, Cognitive Behavioural Therapy, Cognitive Retraining Therapy, Counselling, etc)
- Clinical care management and administration

PROJECT

- ✓ During MSc As a part of the curriculum, a dissertation on '**Cognitive Retraining for Patients with Schizophrenia**' was carried out.
- ✓ Regular clinical postings at NIMHANS,
- ✓ Clinical exposure at psychiatric rehabilitation centers.
- ✓ Experience in complete case studies of clients with mental illness (includes detailed history taking, individual and family interventions followed by a review of the work done)
- ✓ Attended workshop related to 'Identification and Assessment of children in special circumstances

AREAS OF INTEREST

- ✓ ***Developing educational materials***
- ✓ ***Creating access for Native Indians to the various information available worldwide through translation, thereby widening the knowledge of the local population.***
- ✓ Counseling
- ✓ To be involved in therapeutic work with patients having mental illnesses
- ✓ Working with children with special needs

STRENGTHS

- ✓ Sound theoretical understanding of the counseling skills and related areas
- ✓ Excellent communication skills
- ✓ Possess hands-on experience in the rehabilitation process of people with mental illness
- ✓ Good hands-on experience in counseling
- ✓ Exposed to community awareness programs in rural areas
- ✓ Have experience in working with people having neurological illnesses

- ✓ ***Exceptional language skills (both English and Kannada)***
- ✓ ***Written articles in newsletters***

PERSONAL PROFILE

Name : Anuroopa. P
Spouse's Name : Harsha G K
Mother's Name : Seetha K
Fathers Name : Padmanabh M.R
Date of Birth : 14/4/1987
Gender : Female
Nationality : Indian
Marital Status : Married
Languages Known : English and Kannada
Hobbies : Reading Books