



Arlene Marie Bapynhun Kharnongrum
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Educational Qualifications:

M.Sc.

Montfort College, Bangalore University. (Psychological Counselling) (2007)-
Specialization: Family and Marriage Therapy

B.A.

Jyoti Nivas College, Bangalore University, Bangalore, (2005)

Certificates on Courses, Trainings, Workshops, Conferences & Seminars Attended:

2006-2011

- Participated in a Seminar on “Positive Aspects of Ageing” organized by Martin Luther Christian University in collaboration with Indian Council for Social Science Research, New Delhi from 26th to 27th March 2010
- Facilitator for the “Career Counselling Workshop” at St Anthony’s Higher Secondary School, Shillong, from 11th November to 4th December 2009
- Completed a certificate course on “Reflective practice and Professional Development” conducted by Promise Foundation, Bangalore in association with

Canterbury Christ Church University Promise Foundation, Bangalore, May 2008

- Attended the International Conference. in “Building Bridges for Wellness through Counselling and Psychotherapy organized by Bangalore University and Sampurna Montfort College in collaboration with Ontario Institute for studies in Education- University of Toronto 9th to 11 January 2008
- Completed a Certificate Course in “Basic Skills in Career Counselling” conducted by Promise Foundation, Bangalore- 2007
- Attended a Workshop on “Loss and Bereavement Counselling” organized by Sampurna Montfort College, Bangalore, 25th 28th October 2006
- Attended a Workshop on “Research Methodology in Social science”. Organized by Bangalore Psychology Forum, Bangalore Maharani’s Science College for Women, Bangalore, 17th November 2006

2012

- Resource Person for “World Suicide Prevention Day” organized by Martin Luther Christian University at Pearly Dew Secondary School, Shillong, 10th September 2012
- Attended the International conference on Human Rights- A Global Challenge (Shillong) 2012 organized by IQAC, Lady Keane College Shillong, Lady Keane College, Shillong, 7th-8th December 2012
- Attended a Certificate course in Intensive Handwriting Analysis (Graphology). At Anugraha (Cupachin Institute of Counselling, Psychotherapy and Research)Capuchin House, Guwahati, Assam 2012
- Participated at the National Seminar on Value Education “Communicating human values for integral growth and development” NBCLC, Bangalore, 2nd to 8th May 2012
- Attended National Conference on “ Emerging Trends and Applications in Computer Science, Computer Science Department, St Anthony’s College :St Anthony’s College, 4th to 5th March 2011 and 9th to 10th April 2012

2013

- Resource Person for “Identifying Sign and symptoms of students in need of help” organized by DERT- Shillong, 13th September 2013
- Resource Person for Workshop on “ Counselling” at St Mary’s College of Teachers Education 4th to 5th April 2013
- Participated in a Workshop on “Training in Research Techniques and Applications” Research Cell, IQAC, St Anthony’s College St Anthony’s College, 20th to 21st March 2013
- Participated in a Workshop on “Reconceptualization of Education and Reconstruction of Pedagogy for 21st Century” organized by Research Cell, IQAC, St Anthony’s College St Anthony’s College, 16th Feb, 2013
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2014

- Resource Person for Awareness programme on “ Cancer and Tobacco at Risa Higher Secondary School, 5th April, 2014

2015

- Workshop on Semester System, St. Anthony's College, Shillong (April 2015)
- Workshop on Community College, St. Anthony's College, Shillong (April 2015)
- International Conference on the Life and Works of Don Bosco-His Educational Philosophy & Method: Relevance, Applications & Challenges (November 2015)

2016

- Resource person for a talk in All India Radio on "Fragile Mental Health of the Youth" 7th May 2016
- Resource person for "Workshop on Counselling" at St Mary's B.Ed College 30th May 2016
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- Personality Development Instructor at DonBosco Youth Center- Shillong from January 2010 till August 2016

2017

- Resource person for a talk in All India Radio on "Importance of quality time with the family" a talk in Khasi 7th May 2017
- Resource person for a talk in All India Radio on "Managing quality time with the children in this digital age- a challenge for parents" a talk in Khasi-18th Oct. 2017
- Resource person for two days workshop in Nongthymmai Parish on "Self-awareness and confidence Building" 22nd and 29th October 2017
- Resource person for two days workshop in Nongthymmai Parish on "Challenges that the Youth face in today's generation" 5th and 19th Nov 2017
- Attended "Equity Workshop on Inclusive Education" organized by RUSA Cell, St Anthony's College 2nd December 2017

2018

- Attended the Training of Trainers (TOT) programme on Psychosocial Care and Disaster Risk Reduction conducted by NIMHANS, Bangalore under the aegis of the USAID-MHA-UNDP 20th-22nd March 2018

2019

- Attended a 2 days National Conference on Counselling Practices in Christian Higher Education- organised by Christ University, Bangalore from 15th to 16th February 2019
- Attended 2 days training program on " Training for Trainers on Psychosocial Care and Disaster Risk Reduction Program" conducted by NIMHANS under the aegis of the USAID-MHA-UNDP held from 7th to 8th March 2019
- Attended a 2 days National Seminar on "Ideals of the Indian Constitution and the Contemporary Challenges in Higher Education" organised by Don Bosco Higher Education India in collaboration with Department of Value Education St Anthony's College, Shillong from 27th to 28th April 2019
- Attended a 2 days Seminar on "Christian Responses to the Prevailing Social Issues in Meghalaya" organised by the Department of Conflict Management and Peace Initiatives and the Department of Theology, Martin Luther Christian University in

collaboration with National Council of Churches in India-NEI- Action Desk from 6th to 7th June 2019

- Resource person for the training program on Guidance and Counselling for Secondary School Teachers of Meghalaya on- “Problems and Challenges of Adolescents” on 9th September 2019 organised by DERT, Meghalaya , Shillong
 - Resource person for the training program on Guidance and Counselling for Elementary School Teachers of Meghalaya on- “Role of Teachers as Guidance Personnel” on 21st October 2019 organised by DERT, Meghalaya , Shillong
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