

ANOSHKA MARY FERNANDES

Assistance Professor of Psychology

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Passionate Forensic Psychologist from Coventry University (BPS accredited), UK, with applied experience in trauma-informed psychotherapy, victim advocacy and multidisciplinary working with vulnerable children, adolescents, and adults affected by adversity, abuse, and offending-related contexts. Demonstrates excellent organisational skills, a strong work ethic, and a keen ability to build and maintain effective interpersonal relationships with clients.

Key Skills

- Excellent verbal and written communication with ability to explain psychological concepts clearly to non-psychologists
- Building rapport and therapeutic relationships with children, young people, and adults
- Active listening, empathy, and collaborative multidisciplinary working
- Ethical practice, safeguarding, and confidentiality
- Analytical thinking, report writing, and accurate documentation
- Ability to prioritize, adapt, and manage complex workloads in diverse or high-risk settings

Professional Experience

Mpower - An Initiative of Aditya Birla Education Trust (2024 - 2026)

Forensic Psychologist

- Provide victim advocacy and psychological support to victims of crime, predominantly battered women and children and police officials under *Project Saksham* in collaboration with the Mumbai Police Force (Nirbhaya Squad).
- Delivered mental health awareness and psychological skills training for the Railway Protection Force personnel across Mumbai (India) under *Project Suraksha*, promoting help-seeking behaviours and psychological resilience.
- Facilitated mental fitness workshops for police cadets at the Marol Police Training Centre- Mumbai (India) under *Project Niramay*, focusing on stress management, emotional regulation, substance-related concerns, anger management, work-life balance and overall wellbeing.
- Served as a guest speaker promoting mental health awareness during Family Day at the Navy Base in Colaba and on Women's Day for Female Railway Police Personnel (Mulund).
- Constructed and delivered lectures on career pathways in psychology as part of a mentorship programme for students in Grades 8 to 12.
- Supported the scoring, analysis, and interpretation of psychological assessment data for *Project Mann*, which evaluates the psychological wellbeing of police personnel.
- Ensured accurate documentation and strict maintenance of confidential records in accordance with ethical guidelines and data protection standards.

- Developed understanding of neurodevelopmental needs, behavioural presentation, and structured support approaches relevant to formulation and care planning.
- Worked collaboratively with multidisciplinary staff to promote adaptive functioning and engagement.

The Owl House – Autism Centre – Goa

Intern

- Supported individuals with Autism Spectrum Conditions across functional academics, occupational skills, recreation, fitness, and daily living activities.

COOJ-Mental Health Foundation – Goa

Intern & Volunteer

- Supported individuals with schizophrenia and dementia through structured exercise routines and therapeutic activities targeting cognitive, motor, and emotional functioning.
- Assisted in group-based interventions, gaining exposure to music therapy, art therapy, psychoeducation, suicide prevention, and psychopharmacology.
- Developed insight into severe mental illness, risk awareness, and ethical mental health practice.

Rosary Higher Secondary School of Science, Commerce and Vocational – Goa

Intern

- Supported adolescents experiencing family conflict, academic stress, and maladaptive coping behaviours under supervision.
- Contributed to early identification of psychosocial risk factors, emotional distress, and behavioural difficulties in young people.

Education

- Coventry University - United Kingdom
MSc Forensic Psychology (BPS Accredited) – Merit
- Parvatibai Chowgule College of Arts and Science – Goa, India
BA Psychology and English – Distinction