

SHARIKA R,

MSW

Kalalayam cmc-32
Madackal
Cherthala
Aleppey
sharika.r.ramesh@gmail.com
+91-9567480140
DOB: 19/02/1993
Female
Indian
Married
Languages Known
Malayalam
English
Tamil
Hindi

Objective

To be an asset to the institution by utilizing my personal, theoretical and practical knowledge in Counseling thereby also enhancing my personal as well as professional growth and development

Experience

▪ **Work:**

NORKA ROOTS, Trivandrum (present)

Communicative English and soft skill trainer

- Developing effective communication skills
- Instilling good personality traits like self- confidence, inter personal skills, team management skills and leadership skills.
- Building appropriate soft skills for taking part effectively in various selection procedures adopted by the recruiters.

Centre for Management Development, Trivandrum

Project Assistant, January – July 2017

- Co-ordination, implementation and monitoring of projects all over Kerala(NORKA ROOTS)
- Preparation of course material for soft skill and Communicative English Training Programme
- Handling on sessions of soft skill and Communicative English Training Programme
- Documentation

Nirmala Shishu Bhavan, Children's Home, Trivandrum

Counsellor, September – December 2016

- Providing individual and small group counseling services to children
- Documentation

Additional Skills Acquisition Programme under Higher Education Department, Government of Kerala.

Skill Development Executive, October 2016 – March 2017(part time)

- Soft skill and IT training for secondary level students

▪ **Internship:**

- Volunteered as Intern in Uttarakhand Social Service Society, Uttarakhand for one month.
- Volunteered as Intern in Kottayam Social Service Society, Kottayam.
- Volunteer in National Service Scheme.

▪ **Field practicum (As part of course):**

- One year experience in fieldwork in Kadinamkulam, Trivandrum under the ICDS.
- Organized children's parliament.
- Conducted Case work (3 cases).
- Conducted an anti-tobacco campaign.
- Conducted a one day camp for children in association with CHILDLINE on 'Child Rights'.
- Conducted training for women on Mushroom cultivation.
- One year experience in field work under Adorers Sister Welfare Society, Rajaji Nagar, Trivandrum.
- Conducted a survey on 'Usage of plastic waste' in association with the NGO

Thanal, Trivandrum which works for Waste Management.

- Conducted a survey for 'Registration of street vendors in Trivandrum' in association with National Urban Livelihoods Mission.
- Conducted life skill training for students of Model School, Trivandrum.
- Organized a street play in the slum to spread awareness on effects of alcohol, drugs and its link to domestic violence in association with Malankara Social Service Society, Trivandrum.
- Conducted blood donation drive.
Organized a life skill class for children in the slum in association with World Vision.

- **Planning and Organizing experience**

- Organized culmination of field work program "Spandanam 2015".
- Organized an Anti tobacco campaign and rally at field.
- Organized a child protection and awareness class at Panchayat level.

- **Workshops attended**

- 21 days ASAP Training Programme conducted by Kerala Govt
- Street theatre work shop
- Play back theatre and psychodrama
- SPSS training

Education

Kerala University, Loyola College of Social Sciences Trivandrum

- *Master of Social Work (MSW) 7/2014 - 8/2016*

Events Participated

- State Level Seminar on Hypnotherapy conducted in Loyola College of Social Sciences
- National Social Work students' meet conducted by De Paul Institute of Science and Technology
- International Conclave on Innovation and Social Entrepreneurship 2015 conducted by Loyola College of Social Sciences
- International Seminar on Reflecting Contemporary Migration conducted by Loyola College of Social Sciences
- National Seminar and Social Work student's meet conducted by BCM college, Kottayam

Kerala University, Sree Narayana College For Women, Kollam

- *BA English Language and Literature 6/2011 - 4/2014*

Project

- Psycho Social Problems Faced by Sex Workers in Kerala.
- Psycho Social Problems Faced by Sex Workers in Uttarakhand. (Mini Research)

Professional Memberships

- Member of Kerala Association of Professional Social Workers (KAPS)

Skills

Good communication skills
Ability to handle and manage people
Documentation skill
Good observer
Organizing skill
Good listener
Skilled in MS Office (word, powerpoint)

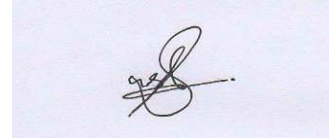
REFERENCES

Name : Mr Anil
Designation : Assistant Professor
Address : Centre for Management Development, Trivandrum
Tel : 9447341203

Name : Ms Francina PX
Designation : Assistant Professor, Dept of Social Work
Address : Loyola College of Social Sciences, Trivandrum
Tel : 9656090574

Declaration

I hereby declare that the information provided above is true to the best of my knowledge.



Place: Kollam

SHARIKA R