

Professional Overview

Passionate Social Work Professional, interesting about social work and committed to providing the maximum level of care to clients. Being specialized in Medical and Psychiatric Social Work commended to improve the lives of individuals suffering from mental health problems, deprived children, youth and families in the variety of health care.

Qualification: Master of Social Work: 2016-2018
Specialized in Medical and Psychiatric social work
Central University of Kerala

Bachelor of Arts: (2016) Passed with first
class and specialized in Social Work.
LISSAH College, Kaithapoyil, Kozhikode

Professional training:

III Semester: Sunrise Hospital, Kanhangad, Kasaragod, Kerala.

Exposure:

- Understanding of case history taking
- Individual counseling
- Assessment and diagnose the illness
- Community organization like awareness talk and door to door campaigning and medical camp.
- Family therapy and Group therapy.

IV Semester: District mental health programme, Kasaragod, Kerala.

Exposure:

- Case history taking
- Mental Status Examination
- Provisional diagnosis
- Case presentations
- Occupational therapy
- Vocational rehabilitation
- Cognitive Behavioral Therapy
- Motivation Enhancement Therapy
- Family therapy
- Psycho education
- Counselling
- Community outreach programmes – awareness talk on mental health, school health programmes, and talk on impact of substance abuse, anti-drug awareness class, medical camps, workshops and seminars.

Other Field Work Experience

1. Ms Swaminadhan Research Foundation, Puthurvayal, Wayanad (30.01.2015)
2. Good Shepherd Health and Education Centre & Dispensary(03.02.2016 to 27.02.16)
3. Chola Charitable Society, Kannur
4. Bosco, Bangalore Oniyavara Seva Coota (25.04.2017 to 25.05.2017)

Achievements:

- Cleared National Eligibility Test for assistant professorship conducted By University Grants Commission in November 2017.
- Cleared National Eligibility Test for assistant professorship conducted by UGC in July 2018

Skills:

- Case planning and management
- Life skill counseling
- Client advocacy and client relations
- Client need assessment and response
- Communication and community outreach

Programmes coordinated

- Coordinated anti-drug awareness class for SC settlement colony
- Coordinated world biodiversity day observation programme
- Coordinated medical camp for lifestyle diseases
- Coordinated general medical camp

Seminars and workshops

- Attended two day workshop on “capacity building programme for teachers on drug abuse prevention among students” at Central University of Kerala.
- Attended one day colloquium on “psychology” at Central University of Kerala.

Personal Details

DateofBirth	: 21/October/1995
Sex	:Female
Languagesknown	: Malayalam (Native language) English (Advanced level) Tamil (basic level)
MaritalStatus	: Single
PassportNumber	:

Declaration:

I hereby declare that the above mentioned information is correct up to my knowledge and belief and I bear the responsibility for the correctness of the above mentioned particulars.