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| **RESUME** |

**SONA MARY JOHN**

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| **PERSONAL SUMMARY** |

 A hard working social worker who is also an open minded, empathetic and able to find creative solutions to the problems of clients. And experience in counseling and rehabilitation for children who are the victims of sexual abuse and providing social, emotional and behavioral skills training to preschoolers. Possess extensive knowledge of social work principles, techniques, practices and their application in all settings. Right now, looking for a challenging and stimulating post which offers opportunities for career development and job satisfaction.

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| **SKILLS & ABILITIES** |

1. Language: English, Hindi, Malayalam, understand & partially speak Tamil.
2. Active listening and compassionate
	1. Ability to form and sustain positive relationships with clients
	2. Ability to organize and prioritize work and manage time effectively
	3. Capable to utilize educational achievements and internship experiences in professional manner
	4. Ability to work effectively on own initiative as well as within a team
	5. Willing to relocate for work if it requires

Mob: 07736646651, 8921415342

Email ID: sona.mariam7@gmail.com

**CONTACT ADDRESS**

Kumbazhayil (H),

Thervarkadu,

Perumballoor P.O,

Muvattupuzha,

Ernakulam Dist. Kerala.

Pin Code : 686673

**PERSONAL DATA**

Date of Birth : 29.01.1991

Age : 27

Sex : Female

Father : John K.S.

Nationality : Indian

Marital Status : Single

**Languages Known**

* English, Malayalam, Hindi

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| **EDUCATIONAL QUALIFICATION** |

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| **Description** | **University/Institution** | **% of marks** | **Thesis** |
| S.S.L.C | Jai Rani E.M.H.S.S, Thodupuzha, Idukki Dist. Kerala | 76% (2007) |  |
| Higher secondary | St.George H.S.S, Muthalakodam, Thodupuzha | 59% (2010) |  |
| Bachelor of Arts in English literature | St.Xavier’s College For Women, Aluva, Kerala | 65% ( 2013) | *Comparative Study On Maxim Gorky’s Novel “Mother” And Mahasweti Devi’s “Mother Of 1084”* |
| Master of social work**Specialization: Medical and psychiatry** | Avinashilingam university institute for home science and higher education for women, Coimbatore. | 75% (2015) | *Psychosocial Problems Of Disabled Children* |

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| **SOCIAL WORK EXPERIENCE** |

**NIRBHAYA PROJECT (KERALA STATE GOVERNMENT PROJECT) -Running by Cultural Academy for Peace in Ernakulam district, Kerala.**

1.03.2017- 31.08.2018

**Residential social worker**

* Provided trauma healing techniques to the victims like guided imagery techniques, breathing exercises, drawing and dancing.
* Provided group counseling and individual counseling.
* As a residential social worker, monitored the children’s attitude and behavior time to time.
* Provided recreational activities like zumba dance, indoor and outdoor games, yoga and films.
* Maintained case registers and updated the individual case files of the children.
* Collaborated with child welfare committee Ernakulum for the admission of the children in shelter home and also with other government organizations like Police stations, women cell, District child protection unit, educational institutions and hospitals for the children’s case, reintegration to the society and their psychological need, health care and education.

**SYDNEY MONTESSORI SCHOOL, MARADU, ERNAKULAM Dist., KERALA**

29.7.2015- 25.5.2016

**School social worker cum school In charge**

* Supported the behavioral needs of students
* Provided social skills training
* Coordinated services with general education
* Cooperated with management to develop academic programs
* Provided performance standards for teachers and other employees
* Established performance goals and objectives for the school

**Ashirwad Special School, R.S. Puram, Coimbatore** 11.12.2013 - 20.3.2014

**Social Work Intern**

* Conducted survey on disabled children in veerapadi, Coimbatore**.**
* Led two eight standard students to build communication skills.
* Co-led effectively the students in a competition programme which was conducted by CSI Bishop Appasamy College for Arts and Science.

**Nirmala Sadan, 15.5.2014 – 18.6.2014**

**Family Counseling Centre, Muvattupuzha, Kerala.**

Summer Internship

* Assisted counselor in a counseling case of a student to address issues of learning difficulty and adjustable behavior in family.
* Case histories have taken and written adequately.
* Maintained a professional relationship with clients and counselor.

**Shivesh Autism Centre 2.7.2014- 9.10. 2014**

**Avarampalayam Road, Coimbatore.**

**Social Work Intern**

* Assisted in individually and in group activities (both academically and therapeutic activities)
* Actively participated in assisting students to do therapies.
* Oriented on different methods of social work practice as social group work and case work.

**Steps Rehabilitation Centre 11.12.2014-17.03.2015**

**Ramanathapuram, Coimbatore**

**Social work intern**

* Undergone training in adult & child neurology rehabilitation, adult & child psychiatry rehabilitation
* Actively participated in social awareness programs whichever held during the period.
* Trained to do and give therapies as sensory therapy, playing therapy and special education.

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| **HOBBIES** |

* Gardening, Playing Badminton, Photography, Listening Music.

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| **DECLARATION** |

I do hereby declare that the information given above is true and correct to the best of my knowledge and belief.

Place: Muvattupuzha

Date: 02.02.2019 SONA MARY JOHN