

## Anjali S. Thomas

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### Career Objective

To obtain the position of psychologist/teacher in the institution and utilize my skills to benefit the clients and functioning of the institution.

### Educational background

SI No.	COURSE	YEAR	COLLEGE	GRADE
1.	MSc. Psychology	2016-2018	Fatima Mata National College, Kollam, Kerala	First Class
2.	BSW	2013- 2016	Rajagiri College of Social Science, Kalamassery, Kerala	First Class
3.	XII	2013	The Indian School, Kingdom Of Bahrain	Distinction
4.	X	2011	The Indian School, Kingdom of Bahrain	Distinction

## Internships

Sl. No.	Name of the organization	Work done
1.	Sacred Heart Hospital, Thodupuzha, Kerala	Case work, Case presentations, engaged patients in day to day activities, took classes for patients, involved in therapies.
2.	State Institute of Mentally Challenged(SIMC), Thiruvanthapuram, Kerala	Case work, Case presentations, Classroom engagement activities with differently abled children, took special classes for teachers and students working with children.
3.	Bahrain Cancer Care Society	Helped in conducting free medical check-ups and Cancer awareness campaign in schools and Labor camps. Volunteered in the GCC cancer awareness week walkathon, conducted hospital and house visits.
4.	Kudumbashree Mission, Kerala	Worked in the Vazhakulam Panchayat, started Self-help group, organized community program to empower women.
5.	Chavara Special School, Kerala	Worked with Differently abled children and organized programs for them. Regular house visits were done. Community programs were also organized.
6.	Dharmagiri Mandiram, Kerala	Organized program for the inmates of the old age home
7.	Swanthanam, Kerala	Took part in organizing Palliative Camp in Cheppad Panchayat

## Dissertation

### 1. A study on the Children's perception of Parenting

The study was conducted to understand how the children perceives his/her parents parenting and is analyzed how their parenting is affecting them. The study was conducted in a school among children in the age group of 12-15 years. The result of the study showed that children have many expectations and feelings regarding how their parents need to be.

### 2. Premenstrual Symptoms and Coping behavior among Married and Unmarried

The objective of the study was to examine the premenstrual symptoms and coping behaviors among married and unmarried women. The study revealed that there is significant difference in pre-menstrual symptoms, physiological symptoms and coping behavior between married and unmarried.

## Skills

- Counselling skill ( observing, listening and questioning skill)
- Recording skill
- Microsoft office skills
- Coordinating skill
- Networking skill

## Certificated Programs Attended

1. National Seminar on "Research Methodology" organized by University of Kerala.
2. National Seminar on "Evolving psychotherapeutic Traditions" organized by University College.
3. One day workshop on "Statistical Package for Social Sciences" organized by Fatima Mata National College.
4. National Seminar on "Multidimensional perspectives in school psychology" organized by Government college for women.
5. Training for "Volunteer in Palliative Care" at Anwar Memorial Centre for excellence in Pain and Palliative care, Cochin.
6. International Symposium on "Evidence in Global Mental Health" at Rajagiri College of Social Sciences, Kerala.
7. National Seminar on "Social Innovation & Entrepreneurship: A scaling force for Social Change" at DePaul Institute of Science and Technology, Kerala.
8. National Conference on "Corporate Social Responsibility and Children" at Rajagiri College of Social Sciences, Kerala.

## Areas of Interest

- Field of Mental health
- Teaching

## Languages Known

Languages	Speak	Read	Write
English	✓	✓	✓
Malayalam	✓	✓	✓
Hindi	-	✓	✓

## Personal Details

- Date of Birth: 6<sup>th</sup> June 1995
- Nationality: Indian
- Religion: Christian
- Gender : Female

## Acknowledgement

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

**Anjali Thomas**