



CURRICULUM VITAE

ATHIRA KISHORE

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CAREER OBJECTIVE

To be associated with the firm that provides Career development opportunities that shall yield the twin benefit of Job-Satisfaction and a steady paced professional growth.

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Permanent Address

Kallumkal House,
Automobile road,
Mamangalam,
Palarivattom PO,
Ernakulam (District),
Kerala, India, Pin - 682025

Personal Data

Date of Birth:29.03.1994
Gender : Female
Nationality : Indian
Languages Known: English,
Malayalam, Hindi, Tamil.

EDUCATION

M S W	DiST, Ankamaly(2015-2017)	MG University	75%
B S W	RCSS, Kallamassery(2012-2015)	MG University	65%
+2 (Commerce)	SVNSSS, Elamakkara(2012)	CBSE	62%
10 th CBSE	Vyasa Vidyalaya, Kakkanad(2010)	CBSE	60%

- Training on “Transactional Analysis”, (TA) from Rajagiri College Of Social Sciences.
- Training on Accounting and Tally with A+, from Manvish Academy, Aluva.
- Training on PRA (participatory rural appraisal),from Rajagiri College Of Social Sciences.
- Training on SPSS, from Rajagiri College of Social Sciences.
- Street Theatre training from Rajagiri College of Social Sciences.
- Training on Managing Self Help Groups from the Government of Kerala (Kudumbashree training).

MY AREA OF SPECIALIZATION

Medical and Psychiatry

MY STRENGTHS

Positive thinking, self - confident, sincere towards the activities and works committed.

MY SKILLS

- Efficient in decision making
- Good at problem solving and maintaining interpersonal relationship.
- Able to adapt to new situations and have a developed sense of empathy
- Good Communication skill and takes up responsibilities by executing it with maximal efficiency.

CONFERENCE PARTICIPATED

- DYUTI 2013, International Conference.
- DYUTI 2014, National Conference.
- DYUTI 2015, International Conference.
- SAMANWAYA 2014, National Seminar And National Students Meet.
- CATALYSIS 2016, National Students Meet.
- DENOVO 2015, National Conference.
- DENOVO 2016, International Conference.
- BAHUSWARA 2016, National Seminar.

WORKSHOP PARTICIPATED

- International Youth Day 2016, Organised by Kerala State AIDS Control Society.
- District level social workers day(Ernakulam chapter)
- Attended a seminar Cum Workshop on “Dignity in Mental Health- Psychological and Mental health- first aid for all” conducted by department of the psychiatry, sacred heart hospital, pullur, Irinjalakkuda and Indian Psychiatric society, Trissur Branch
- Women’s day jointly organized and celebrated with Janamythri police at Ankamaly
- Participated one day seminar on “Love, Learn and Use Science for development” under the science popularization programme, supported and sponsored by Kerala state Council for science, technology and environment (KSCSTE), Govt. of Kerala.

COMPLETED CERTIFICATE COURSE

- Statistical Package for Social Sciences
- Life Skill Education
- Transactional Analysis
- Participatory Rural Appraisal
- Microsoft Office
- Yoga
- Street Theater

PROGRAMS ORGANIZED

• Being the active member of International Conference and National Conference of DYUTI 2013 and of DYUTI 2014 respectively and leader of Finance Committee for the International Conference, DYUTI 2015, organized by the Rajagiri College of Social Sciences; the experience in coordinating the various programmes has contributed significantly to the development of organizing skills.

- Organized district level Orphanage Fest, 2012 and 2013.
- Took part in organizing programmes , Wealth out of waste in Ernakulam district.
- Organized different programmes like awareness classes,exhibition,etc on important occasions viz.,Environment Day, Nutrition Week,etc
- Actively participated in a 7 days camp in Mulamattom, Idukki organized by NSS.
- Went as judge for the competition-district level Orphanage.
- Conducted research on waste management practices among college students in Ernakulam district.
- Conducted mini research on impact of Saundaryavalkkaranam project at Nedumbassery panchayat (2014).
- Earth day (street play at ankamaly bus terminal- April)
- Aids day celebration (street play at ankamaly railway station)
- DENOVO ‘ 15 (National social work students meet)
- Jingle bells 15 (Differently abled Students meet)

- DHISHA 2016
- DENOVO 16 (International social work students meet)
- THARANG (7 days Rural Camp at Attappadi, Palakkad District)
- District level World Social work day (Ernakulum chapter- march)

TECHNICAL EXPERTIZE

- MS office
- SPSS
- Operating system –Windows 7, 8 &10

WORK EXPERIENCE

- Worked as Manager in Kumar Engineering works from 2nd August 2017 to 2nd September 2019.
- Participated in the Student exchange programe with Vives University, Belgium.
- Worked as VEK, Voluntary Executive of Kudumbashree (in Nedumbassery Panchayath, SHG formation and strengthening and formation of Balasabha), and a poverty eradication project of Government of Kerala for four months.
- **Field Work Experience in Medical Setting:**
 - Kasturba Medical College, Manipal, Karnataka
 - Renai Medicity, Palarivattom, Ernakulam, Kerala
- **Field Work Experience in Psychiatric Hospital:**
Government Mental Health Center, Peroorkkada, Trivandrum
- **Field Work Experience in NGOs namely :**
 - Sreenarayanagiri (Girls home), Thottumgham, Aluva.
 - Plan @ Earth (Waste management related NGO), Aluva.
 - Mathrusakthi (Girls home), Aluva.
 - Sree Ramakrishna Seva Ashram, Kaloore

- Organized cultural programme for anganwadi children (by linking 6 anganwadi units in Gothuruth) and for their mothers and this programme got a good media coverage and appreciation.
- Organized and celebrated international school tree day with school children by planting trees in school for inspiring the children to be friendly with the nature and protect it and this programme report was came in 2 leading newspaper: Mathrubhoomi and in janmabhoomi.
- Conducted an exhibition of eco-friendly items at school level and it became a great success and its report was came in the newspaper: Mathrubhoomi and in janmabhoomi.
- Organized various types of awareness classes for the community (mainly for adolescent girls, boys, mothers, women, elderly etc.)
- Organized cultural programme for Balasabha members of Nedumbassery panchayath and the report of the programe was came in 2 newspapers namely: Deshabhimani and in Mangalam.
- Proposed a project and inaugurated a “Clay Art Therapy Unit” at Mental Health Center, Tvm. The report of the programe was came in Mathrubhoomi Newspaper.
- Participated Balasabha members in a competition association with international aqua show.
- Participated the Balasabha members in a painting contest in association with Tata motors.

- Organized a two day training program for the Kudumbashree members in the Nedumbassery panchayath in association with central board for workers education.
- Celebrated women's day by Organized a programe for Kudumbashree members to sell their handicraft items to the people.
- Block placement at Nedumbassery panchayath for one month.
- Block placement at Sreeramakrishna Sevashram, kaloor (community development NGO) for one month.
- Participated in Cochin Corporation Street vendor's survey.

DESSERTATION TOPICS

- In BSW,
- **A study on waste management practices among college students in Ernakulam district.**
- In, MSW
- **A study on the role of Senior citizen clubs in promoting mental health and healthy ageing among geriatric with special reference to Ernakulum district.**

ACHIEVEMENT

- Received First prize for National social work quiz competition held at Catalysis2016, RCSS.
- Received prizes for classical dance and classical music competition held at school level.
- Received 2nd Prize for Ashtapadi (classical music) at state level completion organized by Bharathiya Vidyanikethan (2012)
- Received A grade in bharathanatyam, folk dance, classical music, group dance, group music etc.
- Received prizes in Cochin flower show from 2006-2012 for the competition like: flower

Arrangement, dry flower arrangement, artificial arrangement, floating arrangement, vegetable Carving.

DECLARATION

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

31-10-2019

Athira Kishore

Ernakulam