

Malavika Kannoth

Motivated and compassionate individual who has interned in clinical and community settings. Worked with individuals across the age spectrum to enhance their mental health and develop new skills. Looking for opportunities to empower communities and improve individual well being.

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EDUCATION

MSW in Clinical and Community Practice CHRIST (Deemed to be University)

06/2019 - 05/2021

Courses

- Clinical Social Work
- Individual Counselling
- Project Cycle Management
- Mental Health

Winter School

Zurich University of Applied Sciences

01/2020

Courses

- Study Visits to Swiss Health and Social Care Systems
- Diversity in Health Professions

BA in Psychology, Sociology and Economics CHRIST (Deemed to be University)

06/2016 - 05/2019

Courses

- Positive Psychology
- Health Psychology

WORK EXPERIENCE

Facilitator

Kaizen Academy

08/2021 - Present

Achievements/Tasks

- Facilitating online sessions for students ranging from 5 to 17 years of age for the development of 21st century skills.
- Assessment and progress tracking of each student to ensure growth during the course of their enrollment.

Project Intern

360 Degree

02/2021

Achievements/Tasks

- Prepared project proposal for new initiative by engaging with the stakeholders.
- Designed the team structure and implementation protocol for the project.

Medical Social Work Intern

Malabar Cancer Centre

01/2020 - 02/2020

Achievements/Tasks

- Distress assessments were done during ward visits.
- Provided counselling to reduce distress.
- Engaged with patients and their families to improve well being.

SKILLS

Research

Public Speaking

Teaching

Project Planning

Content Writing

Counselling

MS Office

PROJECTS

Learn, Embrace, Grow, Optimize (L.E.G.O) (08/2019 - 04/2021)

- Conducted sessions on menstrual health and hygiene.
- Started an online holistic education segment covering life skills and environment protection.

ORGANIZATIONS

Mentoring and Counselling Services (MACS) (07/2019 - 03/2020)

Peer Counsellor

Student Association of the Sociology and Social Work Department (07/2019 - 03/2020)

Joint Secretary

COURSES

Mind Control: Managing your Mental Health during COVID 19 (06/2021 - 07/2021)

Coursera

Psychological First Aid (11/2020 - 12/2020)

Coursera

Corporate Soft Skills and Leadership Training (11/2016 - 03/2017)

Certificate Course from CHRIST (Deemed to be University)

LANGUAGES

English

Native or Bilingual Proficiency

Hindi

Professional Working Proficiency

Malayalam

Professional Working Proficiency

Marathi

Limited Working Proficiency

INTERESTS

Reading

Writing

Gardening