

# 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 wellbeing.

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## EDUCATION

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

06/2019 - 05/2021

CGPA: 8.52/10

Courses

- Individual Counselling
- Clinical Social Work
- Social Group Work
- Project Cycle Management

### 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

CGPA: 8.88/10

Courses

- Positive Psychology
- Health Psychology

## WORK EXPERIENCE

### Facilitator

#### Kapable

08/2021 - 12/2021

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.

### 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 and improve sleep hygiene.
- Engaged with patients and their families to improve well being.

### Social Work Intern

#### Global Concerns India

08/2019

Achievements/Tasks

- Developed activities and conducted them as part of the Assisted Learning Program (ALP).
- Undertook group work sessions with adolescents for building soft skills.

## SKILLS

Research

Public Speaking

Counselling

Teaching

Content Writing

Project Planning

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

## INTERESTS

Reading

Writing

Gardening