

**RICHU ELSA SHABU**

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7356455941



## CAREER OBJECTIVE

To obtain a position that will enable me to contribute my best to the agencies in which I will be part that will enable me to use my skills, educational background and ability to work well with in a team.

## FIELD WORK EXPERIENCE

- **Aymanam Grama Panchayat, Kottayam Kerala**

02/07/2019-26/02/2019

Trainee Community Social Worker

During the period actively involved in the Community organization programs, visited various agencies conducted various Programs for Children, women and elderly etc. Also Conducted socio demographic Surveys [proper disposal of plastic waste] Medical camps, Community Programs.

- **Childline Collab, Kottayam, Kerala**

01/01/2020-30/01/2020

Trainee community Social Worker

Able to understand the working of Childline and its associated areas. Conducted various activities such as Preopen House, Open house, Awareness class, Survey etc.

- **Prajaahita Foundation, Calicut, Kerala**

07/10/2020-08/11/2020

Trainee Social worker

Worked as a trainee social worker for one month through the online platform. Foundation focuses on the wellbeing of differently abled children. Engage in their project named UDAAN (focuses on education) and Saukhyam (focuses on health).

- **ST Rita's Hospital, Nalukody Chaganassery, Kerala**

01\05/2021-31/05/2021

Trainee psychiatric social worker

Gained the skills and qualities needed for a psychiatric social worker by performing psychiatric assessment such as case history and MSE, observe the psychiatric patients and study various psychiatric disorder also conduct group work and therapies, met the multidisciplinary team in a psychiatric setting

- **Vishranthi center, Dept of psychiatry Mandiram hospital, Kottayam, Kerala**

01/09/2021-06/10/2021

Trainee psychiatric social worker

Improves the capacity for becoming a competent psychiatric social worker, conducted the psychiatric assessment, provide psycho social intervention, provide psychoeducation and provide therapeutic intervention and gained theoretical knowledge about the psychiatric disorder and medicine

## EDUCATION

Degree/Course	Percentage/CGPA	Year of Passing
<b>MASTER OF SOCIAL WORK</b> [Medical and psychiatry] KE college, MG university	3.66/5	2019-2021
<b>B.COM MARKETING</b> CMS College, Kottayam, MG university	8.03/10	2016-2019
<b>PLUS, TWO</b> SKM HSS, kumarakom, Kerala High Secondary	89/100 %	2014-2016
<b>10</b> Mount Mary public School, Maalam	8.8/10	2014

## SKILLS

- Communication skill
- Counselling skill
- Coordination and organizing skill
- Documentation
- Team management
- Active listening
- Professional management

## ACHIEVEMENTS

- Certificate for organizing a state level cultural festival for differently abled children AWAKE 2020 and 2021
- Certificate for participating cognitive Behavioral Therapy in practice from IPCAI Grace care Residential Care Center, Kottayam, Kerala
- Certificate for participating counselling and psychotherapy from KE college, Mannanam Kottayam, Kerala
- Organized survey on Plastic Disposal in association with Harithkarmasena Aymanam Grama Panchayat
- Organized Open house program in association with ChildLine collab office, Kottayam
- National service Scheme volunteer

## RESEARCH

A dissertation was submitted to the MG University on the topic;  
**A STUDY ON PSYCHOSOCIO FACTORS OF SUICIDAL IDEATION AMONG ADOLESCENT STUDENTS**

## PERSONAL DETAILS

Address	ARIYAPPALLIL[H]KUMARAKOM S.P.O KOTTAYAM, KERALA
Pin code	686563
Date of Birth	01-09-1997
Gender	Female
Nationality	Indian
Marital Status	Single
Languages Known	Malayalam, English, Tamil

## DECLARATION

I hereby declare that all the information given above is true to the best of my knowledge and belief has been concealed