

JASMINE JOSE

Anathazhath (H), Chottupara P.O,
Thrissur, Kerala-680581
Mobile: +919544374479/+917306428447
E-mail: jaslabanonn@gmail.com
DOB: 03-05-1995



ACADEMIC CHRONICLE

Master of Social Work (Medical & Psychiatry), Vimala college (autonomous), Thrissur, Affiliated to Calicut University, Malappuram, Kerala, India : 2016-2018
Level: 2.59 out of 4(CGPA) 64.75% first class

Bachelor of Arts (English with media studies) St. Aloysius College, Elthuruth-Thrissur, Affiliated to Calicut University, Malappuram, Kerala, India : 2012 – 2015
Level: 2.49 out of 4 (CGPA) 62.25%, first class

Higher Secondary, G. H.S.S, Punkunnam-TCR, Kerala, India : 2010 – 2012
Level: 67.41% B grade

SSLC, St. Thomas H.S Thiroor-TCR, Kerala, India : 2009 – 2010
Level: 69% B grade

RELEVANT WORK EXPERIENCE

I. Social worker in 'Kode Project' under Rajagiri hospital, Aluva & Sahrudaya, Kalamassery (from 2 October 2018- 31 March 2019)

- Coordinated the reconstruction of a flood affected community- Thuravumkara, through community development
- Could network with local self-government and various non-governmental organization for the upliftment of the

community by conducting various programs like housing, self-help schemes, linking people to government schemes like pension, health care etc.

- Conducted various awareness classes, summer camp for children, free medical camp etc.

II. Counsellor at National Health Mission, Thrissur, Kerala (from 8 April 2019 to 24 October 2021)

- Consultant counselor at **Taluk Hospital, Chelakkara, Thrissur** under **National Health Mission** (from 8 Apr 2019 to 29 Feb 2020)
- Conduct comprehensive psycho-social assessments of every patient admitted in the hospital . After identifying the need through assessment provide proper interventions like psycho-social support, emotional support, resource mobilization, grief counselling etc.
- Provide motivational classes for the staff and caregivers.
- Conducted palliative home care for the needy as part of a multidisciplinary team.
- Counsellor at District Medical Office, Thrissur under National Health Mission as part of COVID-19 Disaster Management Programme - Psycho Social support team (from 7 March 2020 to 17 May 2020)
- Care planning
- Counsellor at **COVID-19 FIRST LINE TREATMENT CENTRE, KILA** under National Health Mission (from 18 May 2020 to 24 October 2021).

VOLUNTARY EXPERIENCE

- 21 days of concurrent field work in Pain and palliative care society, Thrissur.
- Community Field Work in Sneha Bhavan Flat, Villadom, Thrissur.
- 21 days School Field Work in Govt. U. P School, Ramavarmapuram, Thrissur.
- 1-month block placement at Govt. Children's Home, Thrissur.
- 21 days block placement at Govt. Mental Health Centre, Thrissur.
- 1- month block placement at Nemmara Block Panchayath, CLSL (Palakkad), Vimala College extension services.
- Attended training and provided psycho-social first-aid for the survivors and their families in the flood affected area, as part of PSFA (Psycho Social First Aid for the Survivors of Kerala Flood Disaster) conducted by NIMHANS, Bengaluru in collaboration with Department of Women and Child Development and Department of Health and Family welfare, Government of Kerala.

CO- CURRICULAR ACTIVITIES

- Women empowerment street theatre at North bus stand, Thrissur under ATMA organization (Association), Thrissur.
- Flash mob at Thrissur round on Car free day, in association with ESAF bank
- Flash mob at Vadakke nada, Thrissur on Social work day initiated by vimala college, in association with KAPS.

ACHIEVEMENTS AND PARTICIPATION

- Certificate of the training for first aid for the survivors and their families in the flood affected area, as part of PSFA (Psycho Social First Aid for the Survivors of Kerala Flood

Disaster) conducted by NIMHANS, Bengaluru.

- ▶ Participated in a 3-day workshop on Art Therapy, at Govt. Children's Home, Thrissur.
- ▶ Conducted Life skill education programme for the adolescents and prepared a full module for Life Skill education training.
- ▶ Provided Psychosocial education for the caregivers and inmates of
Govt. Mental health centre, Thrissur.
- ▶ Completed the Social Surfing 3.0, workshop on Online Safety, Counter
Speech, Cyber Etiquette and Social Media for Social Change.
- ▶ Organized and participated in the International Seminar on Values and Ethics in Social Work Practice conducted by the Dept. of Social Work, Vimala College, Thrissur held on 9th Dec -2017.
- ▶ Participated in the National Seminar on Critical Perspectives in Community Organization and Collective Action organized by the Dept. Of Social Work, Vimala college, Thrissur held on 10th November 2017.
- ▶ Organized and attended Academia-Practice Interface organized by the Dept. Of Social Work on 13-14 Sept 2017.
- ▶ Participated as a delegate in "Adolescon-2016" conducted at Amala Institute of Medical Science, Thrissur on 31st July 2016.
- ▶ Participated in the 5-day workshop on "Advanced Skills in Social Work conducted by Loyola College Extension Service on 22Nov- 26Nov 2016.
- ▶ Conducted training programme for the students of Vimala Community (VCASS).

- Conducted a mini research on caregiver's burden, with special reference to the caregivers of patients in Pain and Palliative care society, Thrissur.
- Conducted a mini research on the Effectiveness of MGNREGS scheme among the workers of Nemmara Block Panchayath.
- Organized and participated in the one-day workshop for the students of Govt.H.S Ramavarmapuram, based on safety skills and career goals at Fire and Rescue academy, Thrissur.
- Participated in the 1-day training for the cardiac patients, at Daya Hospital, Thrissur.
- Prepared a Cancer Resource Directory for the Cancer patients and Carers (Kerala).

AREAS OF STRENGTH

Team coordination, Rapport building, Effective utilization of resources ,Conduct awareness programmes, Psycho-socio assessment ,Group work, Teaching, Counselling and Psycho-social support to the patients and care givers.

SKILLS AND QUALITIES

Leadership, Teamwork, Coordination, Surveying, Critical thinking, Problem solving, ability to work as part of multi-disciplinary team, Effective communication, Empathy, Social Perceptiveness.

COMPUTER KNOWLEDGE

- Proficient with MS Word, Excel, and PowerPoint, E-mail and SPSS Version 2017

PROFESSIONAL AFFILIATION

- Student membership of Kerala Association of Professional Social Workers (KAPS), 2016

ACADEMIC THESIS

- A Study on the effectiveness of MGNREGS scheme among the workers of Nemmara Block Panchayath (Palakkad district).
- A study on Caregiver's burden of the Pain and Palliative care society, Thrissur.
- A study on the Professional Profile and Professional Quality of Life of Social Workers who are Employed as Counsellors, with special reference to Thrissur district.

REFERENCES

- Dr. Jith U (MBBS, D-Ortho), Casualty Medical Officer, District Hospital, Wadakkanchery - Thrissur, Kerala- India. (Mob no: +918848706744),

Email: jith201287@gmail.com

- P.O George, Former Chairman, Child Welfare Committee, Thrissur. HOD (Department of social work), Rajagiri Hospital, Aluva, India. (Mob no: +919446233172),

Email: pogeorgetsr@gmail.com

- Dr. Minimol K Jose, Vice Principal, Vimala College, Thrissur, Kerala- India. (Mob no: +919495875418),

Email: minikjose@gmail.com

I hereby declare that the above mentioned information is true to the best of my knowledge.

Date: 02/02/2022

Place: Thrissur

Jasmine Jose