



# MERIN VARGHESE

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## CAREER OBJECTIVE

I am a passionate Social Worker seeking job opportunities to augment the skills and contribute to the organization while gaining valuable experience by applying my learnings into practice

## EDUCATION

### **BCM College, Kottayam, Kerala**

Post-Graduation - Master of Social Work (Family and Child Welfare) 2019- 2021

### **St. Aloysius College, Edathua, Kerala**

Graduation - B. Com (Computer application) 2016-2019

### **St. Aloysius Higher Secondary School, Edathua, Kerala**

Higher Secondary- Commerce (with Political science) 2014-2016

### **Kristu Jyoti Group of Schools, Changanachery, Kottayam**

Secondary School Education 2014

## WORK EXPERIENCE

### **Caritas Hospital, Kottayam(Nov 2021-March 2022)**

- Worked as a part of multi-disciplinary team in the clinic set up in the disaster affected areas of Koottickal, Kottayam.
- Conducted trainings and capacity building programmes for children and youth in the landslide affected areas of Koottickal.
- Assisted in community medicine, home care visits and psychological support services provided at the project area.
- Collaborated with different NGOs, Trusts, Schools and Local governing bodies and conducted various activities.
- Interacted with the locals through home visits and community interventions and established the need of seeking psychological support.
- Clubbed with different departments at Caritas Hospital and facilitated in Tele-Consultation process.
- Administration and management of clinical records.
- Financial management and record keeping.

### **Child Rights Trust Bangalore (Aug -Sep 2021)**

- Conducted trainings for Karnataka Health Promotion Trust, SJPU, Parents, Children
- Conducted trainings all stake holders of children as a part of Children in Governance project.
- Rescue, Rehabilitation, Training, Visits with Child Line Nodal Office, Bangalore.
- Worked in projects for Devadasis, Sex workers, Children of Sex workers, Street children, Child Laborers, Victims of Child Sexual Abuse, Early married girls, Victims of Domestic Violence, Differently abled Children, Stakeholders of children,
- Community action through Karnataka Legislators forum meeting at Vidhaan Soudha.
- Part of urban study of Karnataka Child Rights Observatory covering 30 slums of Karnataka state.
- Visited GP, Rural Development and Panchayat Raj office, CID office, Anganwadis, Schools, BEO, CWC, CCI, Boys home & Girls Home, DDO, DWCD, Labor Office, DCPU.
- Prepared a research paper on migration and its impact on child nutrition.
- Prepared a Life Skills Training manual for adolescent empowerment.
- Attended trainings by NIMHANS, EDUCO Spain
- Child Rights education for Children in schools of rural Karnataka.

### **Venmoney Grama panchayat (May - Jun 2021)**

- As per the order of District Disaster Management Authority, started working as counsellor at Venmoney Grama Panchayat.
- Started providing psycho social support in the grass root level by being a part of LSGD team for Covid redressal activities.
- Collected daily statistics of Covid positive and Recovered patients, grouped them into categories, contacted them and ensured support.
- Interaction with Grama Panchayat secretary, ASHA workers, Teachers, Police, Volunteers, District and Village Help desks, Nodal Officers, Health Inspectors
- Attending weekly and monthly review meetings lead by District Collector
- Direct intervention and Telephonic services, Supportive counselling, Grief interventions, Crisis interventions, Psycho social support, mediation, follow up, etc. were the major activities at individual level
- Public awareness through phone calls, IEC materials, training, and one-on-one conversations were made at community level.
- Documentation and timely reporting were also practices followed.

### **TRADA (Total Response to Alcohol and Drug Abuse), Kottayam, Kerala (Sept - Oct 2020)**

- Learned more about Case Work, Addiction Counselling, Counselling techniques in addiction, Transactional Analysis in family, Relapse Prevention, Stress management in addiction, Addition treatment modalities, Art Therapy, Group Therapy, Kaval Project and Kerala model of psychosocial care for children in conflict with law.
- Conducted and documented Case work, MSE and Case history

### **Kottayam Social Service Society, Kottayam, Kerala (Dec - Jan 2020)**

- Assisted in mobilization process for DDU-GKY
- Coordinated the Hunger strike for protection of farmers rights at Kottayam District Collectorate
- Coordinated the Cancer awareness programme for *Asha Kiranam*.
- Attended state level Seminar “*Shredha*” by Ministry of Women and Child Development.
- Attended various SHGs, formed a new group and conducted social group work
- Assisted in data entry of PRA, PVCA, PDRA in rural areas.
- Community Programme at Kallara, Kottayam ‘*Amma Ariyan*’ for Women.
- Visited Agape centers at Kumarakom, Cherpunkal, Kaipuzha and Gave trainings to children.
- Visited Good Samaritan Resource Centre at Cherpunkal.
- Visited the production units and small-scale business initiatives by group members.
- Carried out social casework among parents of differently abled children.

### **Aymanam Grama Panchayat, Kerala (Jul - Aug 2019)**

- Visited various offices under Panchayat, and involved in the activities of Village Extension Office, ICDS, MGNREGA Office, Kudumbasree Office (SHG), Krishi bhavan, Primary Health Centre, Old age Home, Special School, Govt. Schools etc.
- Attended CDS meeting, and Gram Sabha
- Conducted a survey related to women helpline numbers and for Haritha karma sena.
- Conducted Community Programme on Plastic waste management.

## **ACTIVITIES**

**Coordinator** – Spandanam 2019-Rural Sensitization Camp at Chinnarakudi, Idukki

Tejaswita 2020 – State level Social work students’ meet

Samanwaya International Conference- Street play and Competition events

National and International Webinars and Online Conferences.

**Volunteer** – Fundraising Volunteer at Help Age India

Team Leader at National Service Scheme

Event Coordinator at Sky Up

Rescue service volunteer- Kerala flood 2018 (Alappuzha) and 2019 (Kottayam)

**Participation** – Part of Psycho-social support team at District Jail, Kottayam

Part of Psycho-social support team at Flood relief camps Kottayam district

Part of Tele-counselling team - Kerala Institute of Local Administration (KILA)

Participation in National and International Conferences and Competitions

**Additional courses** – Diploma in Counselling

Diploma in Child Rights

Expressive Art Therapy

Art of advocacy and advanced legal drafting

Microsoft Certified Technology Specialist (MCTS)

Risk Communication and Community Engagement-WHO

Clinical management of patients: Rehabilitation of patients with Covid-WHO  
Infection prevention and Control: Novel Corona Virus-WHO  
Standard precautions: Waste management-WHO  
Competency based learning-WHO  
Communication essentials- WHO  
Certificate course in Tally and Accounting

## SKILLS

- **Professional Skills:** Documentation, Team Coordination, Research, Communication, Counselling, Programme initiation
- **Technical Skills:** Microsoft Office, Canva, Tally, C++, Visual Basic
- **Languages known:** English, Malayalam, Tamil, Hindi, Kannada

## ACHIEVEMENTS

- **Research** - Perception of Teenagers regarding gender, gender identity and sexual orientation  
A Thematic analysis on migration and its impact on Child nutrition.
- **Mini Research** - A study on problems faced by Kerala police during Covid 19 pandemic.
- **Paper presentation** - Indigenous social work practices in working with children  
Policies and programmes for protection and development of children
- **Workshops-** Child Rights, Life skill education for trainers, Preventing and responding to child sexual abuse, Stress management among youth, PRA: tools and techniques, Project Proposal writing, SPSS in Social Work research.

