



JESNA CY

CONTACT

@ jezzyona21@gmail.com

9746970421

Cheratta (H) Mupliyam P. O
Mupliyam Pin: 680312 Thrissur,
Kerala

OBJECTIVE

To achieve a position where get experience and expand my knowledge while contributing creative solution toward the growth and advancement of my organization. I am willing to work as a key-player in challenging and creative environment.

EDUCATION

Kristu Jayanti College (Autonomous), Bengaluru

2020-2022

Master of Social Work

Christ College (Autonomous), Irinjalakuda

2017-2020

Bachelor of Social Work
C- Grade

Deepthi Higher Secondary School, Thalore

2015-2017

Plus Two
70%

Govt. Higher Secondary School, Mupliyam

2015

SSLC
82%

SKILLS

Leadership

Active Listener

Observation

Empathetic

Organising Skill

Team Work

Computer Skill

PROJECTS

A Study on Work-Life Balance Among Working Mothers in Bangalore City

A Study on Level of Sleep Hygiene Among Student Athletes

An Action Research To Minimize The Open Defecation Among Migrant Labourers in Bangalore

ACADEMIC EXPERIENCE

National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru
Block Placement (1Month)

Asha Halfway Home, Richmond Fellowship Society, Jayanagar, Bengaluru
Concurrent Field Work (20 Days)

Aster CMI Hospital, Hebbal, Bengaluru
Concurrent Field Work (20 Days)

Shreyas Social Service Organization Wayanad, Kerala
Concurrent Field Work (20 Days)

ATMA Foundation, Thrissur, Kerala
Concurrent Field Work (10 Days)

● **Shishu Mandir, Battarahalli, Bengaluru**
Concurrent Field Work (10 Days)

● **SOS Children's Village Puducherry, Tamil Nadu**
Block Placement (30 Days)

● **Integrated Child Development Services (ICDS)**
Concurrent Field Work (20 Days)

♥ LANGUAGE

● English - Read, Write, Speak

● Malayalam - Read, Write, Speak

● Hindi - Read, Write

● Tamil - Speak

🏛️ AWARDS & ACHIEVEMENTS

● Won prize for group events during under graduation

● Won 'A' grade for dance competition (District Level)

● Participated in 'Mappila Pattu' (District Level)

★ CAMP / WEBINAR ATTENDED

● Social Work Camp at Idukki, Kerala (7 Days)

● Social Work Camp at Hosur, Bangalore (5 Days)

● Workshop in PRA tool, Wayanad, Kerala (2 Days)

● Participated in the Virtual International Conference on Environmental Sustainability :Multidimensional Perspectives, organized by Faculty of Humanities, Kristu Jayanti college Bengaluru

● Part of UNICEF YOUNG WARRIOR

● Participated in the national webinar on "Skills, Knowledge and Interventions for Social Workers During Covid-19 Pandemic "

● Participated in the webinar on "Cyber-Crime Awareness Session", organized by kristu Jayanti college, Bengaluru

⚡ HOBBIES

● Dance

● Listening to Music

● Craft

🖱️ COMPUTER PROFICIENCY

● Microsoft Word, Excel, PowerPoint and Spreadsheets

● Email

● SPSS

● Canva