

## **SINU THOMAS**

Painumkal House Kandand P.O, Ernakulam dist. Kerala, India

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**VISION :** Attain the zenith of success with the firm and work for flourishing of the establishment by improving the operational efficiencies, utilising the provided circumstances.

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### **SKILLS**

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- Ability to handle confidential / sensitive issues with tact and diplomacy
  - Excellent interpersonal skills and strong team orientation
  - Good Communication skill.
  - Adaptability to change and to learn new skills as required.
  - Efficiency in accomplishing duties assigned with proper time management.
  - Basic computer skills with working knowledge of Microsoft Office.
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**IMMEDIATE OBJECTIVE :** My immediate term objective is to be the part of an organisation that pursues and implement medical social work practices. I would strive to achieve success through hard work, dedication, constant learning in all the spheres of my work.

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### **FIELD WORK AND EXPERIENCES**

- Intern - Mazumdar Shaw Medical Centre, NH Health City Bommasandra, Bangalore.
- Intern - Rajagiri alternatives and community health (outreach) service society, Kalamassery, Kerala. Worked under various projects which includes Suraksha Migrant Project, Women Entrepreneurs project, Child

Sponsorship programme, ODIC Project ,Childline ,Family Counselling Centre , Kaval Project.

- Intern- Mindful Rejuvenation Psychiatric and Rehabilitation Centre, Karukutty, Angamaly, Kerala. Worked under both psychiatric setting and de addiction setting.
- Intern- Composite Regional Centre for patients with disabilities, Kozhikode. Department of empowerment of person with disabilities, Ministry of social justice and empowerment, Government of India.
- Training Programme- {12 days} of covid 19 academy – kerala, sponsershiped programme of kudumbashree and Sphere India.
- Certified Diploma Coarse in Existential and Humanistic Psychotherapy.
- Certified Diploma Coarse in Counselling Skills.
- Attended additional online coarse through coarse era.  
Course – International Leadership Organisational Behaviour , Becoming a change maker: Introduction to social innovation, Mindfulness and well-being living with balance and ease.
- Additional 3 day online course sponsored by fortis health care limited  
Coarse on introduction to psycho-oncology, school psychology and positive psychology.
- International Conference on “Social Work Practise and Resilience during Covid 19: Global Perspective “.

## **LANGUAGE**

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English – Full Professional Proficiency

Malayalam – Native Proficiency

Tamil and Hindi – limited Proficiency

## **ACADEMIC HISTORY**

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- Master of Social work (2020– 2022)  
General papers for medical and psychiatry, women & child and community.  
Specialised practise Medical and Psychiatry and community.  
Marian College Kuttikkanam (Autonomous) Kerala, India.
- Bachelor of Commerce (2017– 2020)  
Specialized in Taxation  
Bharata Mata College , Thrikkakara(M G University) Kerala,India.
- Completed Schooling (2017)  
Sacred Heart School , Thevara.

All the above mentioned details are true to the best of my knowledge.

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