

CURRICULUM VITAE

JEENA S RAJ

Sharon Cottage

Kanjiram ninna, Mulluvila P O

Thiruvananthapuram 695133

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CAREER OBJECTIVE

To be a well-established social worker in the field of Medical and Psychiatric setting and Counselling

EDUCATIONAL QUALIFICATION

Course	Institution	Board Or university	Year of completion	Aggregate (%)
MSW	Loyola College of Social Sciences, Sreekaryam, Trivandrum	University of Kerala	2022	Result awaiting
BSW	White Memorial College of Arts and Science, Panachamoodu, Vellarada, Trivandrum	University of Kerala	2020	74.07
Plus two	P K Sathyanesan Higher Secondary School, Kanjiramkulam Trivandrum	Board of Kerala	2017	83
SSLC	P K Sathyanesan Higher Secondary School, Kanjiramkulam Trivandrum	Board of Kerala	2015	90

ACCOMPLISHMENT

- ✚ Student Ambassador of Nasha Mukta Bharat Abhayan, Thiruvananthapuram
 - Prepared synopsis on Innovative ideas for the eradication of substance abuse
 - Project presentation
 - Coordinated different competitions in Schools and Colleges
 - Conducted various programmes related to substance abuse
- ✚ Student Member in Jagratha Samithi
 - Participate in jagratha Samithi meetings and gave suggestions
 - Provided class on Dowry and laws related to it

FIELDWORK EXPERIENCES

1) NIMS Spectrum, Aralumoodu, Neyyattinkara: 23.05.2022 to 03.06.2022

- Attended classes on topics such as development therapy, tools for assessments of development delays
- Participated in case symposium on the topic of child psychiatry and interventions
- Administered MSE on Children with special needs
- Presentation on “Laws and schemes for children with disabilities”
- Participated in Medical camp conducted for the individuals with special needs

2) PRS Hospital, Trivandrum: 06.04.2022 to 14.05.2022

- Completed ‘Observership programme’
- Participated in Covid Free Vaccination drive, CSR initiative
- Familiarized with the roles of Medical Social Workers in different departments
- Accompanied Doctors in OP consultations and ward rounds
- Submitted project proposal named Renewal – Improve quality of life and provide biopsychosocial empowerment of individuals with addiction and their families

3) Field work experience in DMHP Tele counselling during Covid 19: 16.05.2021 to 25.03.2022

- Provide psychosocial support for the patients under quarantine or in isolation due to the covid-19 disease and their families
- Made referrals to those who need psychological support
- Completed 835 calls and 290 follow up calls

4) One-week living experience in Pozhikkara Beach Ward, Kulathur Grama Panchayat:

14.10.2022 to 20.10.2022

- Conducted group work for the children on Pozhikkara beach
- Provided vocational training to the kudumbasree members
- Conducted various classes and waste management programs
- Conducted socio-economic survey

5) Block placement in Don Bosco Sneha Bhavan, Palluruthy: 15.04.2021 to 10.05.2021

- Participated in summer camp for the children
- Conducted group activities for the children in the Boys' home
- Provided vocational training and life skill sessions
- Conducted online camp for the children in Palluruthy
- Submitted Project proposal named CHIRAKU – for the upliftment of girls in Don Bosco Valsalyabhavan
- Carried out mini research to identify the effectiveness of summer camp that takes place in Don Bosco, Palluruthy
- Presentation on Fairtrade organization in the USA

6) Block placement experience in Louise Mount Hospital, Kalpetta Wayanad: 25.01.2020

to 23.02.2020

- Accompanied Doctors in Consultation
- Familiarized with the roles of Psychiatric Social Worker
- Administered MSE of patients with psychiatric illness
- Conducted group activities
- Familiarized with various therapies
- Conducted classes on various topics such as personal hygiene, anger management

7) Concurrent Fieldwork experience in Pratheeksha IRCA under Trivandrum Social Service Society: November and December of 2019

- Familiarized with the treatment provided by the deaddiction clinic
- Conducted group activities and provided vocational training
- Administered in the admission procedure
- Familiarized with counseling and the roles of social workers

8) Field work experience in Social Audit of MGNREGA and NFSA: 2019

- Verified the files and audited
- Community interaction
- Participated in Adalat
- Prepared documentation and submitted to Government

ACADEMIC PROJECTS

- ❖ “AN OVERVIEW ON MAHATMA GANDHI NATIONAL RURAL EMPLOYMENT GUARANTEE SCHEME IN CHENKAL PANCHAYAT (2020)
- ❖ Project proposal on “DISASTER AWARENESS AND PREPAREDNESS PROGRAM” (2022)
- ❖ “SOCIAL WELFARE OF WOMEN PETROL PUMP WORKERS IN THIRUVANANTHAPURAM” (2022)

OTHER ACTIVITIES

- Participated in “Mental health of adolescents during Covid-19 pandemic survey” in collaboration with Trivandrum District Collector and C5 foundation
- Participated in “Gender equality in public transportation” in association with ESAF
- Participated in Participatory Disaster Risk Assessment in association with Trivandrum Social Service Society

PERSONAL SKILLS

- ✓ Team work and adaptability
- ✓ Having energy and enthusiasm in pursuing projects
- ✓ Documentation skill
- ✓ Ability to be patient when things are not in favour
- ✓ Better communication skill and presentation skill
- ✓ Leadership quality
- ✓ Coordination skills
- ✓ Skills in making online posters and presentations by using Canva application and questionnaires and surveys using Google forms, and in WPS office

PERSONAL OVERVIEW

Father's name: - Selvaraj M

Mother's name: - Sarojam S

Address: - Sharon Cottage, Kanjiram ninna Mulluvila P. O 695133

Date of birth: - 05/10/1999

Sex: - Female

Religion: - Christian

Nationality: - Indian

Languages known: -

Read: Malayalam, English, Hindi

Write: Malayalam, English, Hindi

Speak: Malayalam, English, Tamil

REFERENCE: Dr. Sonny Jose, HOD

Loyola College of Social Sciences, Trivandrum

Mob. 9895364053

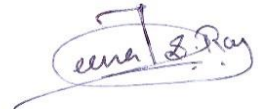
Email id: sonny.jose@gmail.com

DECLARATION

I solemnly declare that all the information mentioned above is true to the best of my knowledge and belief.

Date: 05.09.2022

Place: Thiruvananthapuram



JEENA S RAJ