

Karimbanackal (H)
Perumbavoor, Ernakulam district
8078582190
arshidhamubarakk.n@gmail.com

ARSHIDHA MUBARAK KN

SKILLS

Problem solving skill, Decision making skill, Observation skill, Organisation skill, Public speaking skill, Critical thinking, creative thinking, Communication skill, Empathy, active listening, leadership, patience, Emotional intelligence.

EXPERIENCE

Municipality, Perumbavoor –*Social work trainee*

September 2020 – November 2020

- Worked in health department
- Worked in Covid help desk
- Worked in Covid war room.

Santhwanam Suraksha MSM Project, Ernakulam – *Social work trainee*

August 2021 – September 2021

- Worked to prevent HIV disease among high risk groups.
- Conducted many awareness classes on different topics about HIV prevention and other STD prevention at various hotspots among MSM community.
- Conducted cultural events for MSM community

Ottakkalla koodeyundu kottayam, A government project, Kottayam – *Tele counsellor*

October 2021 – December 2021

- Provided tele counselling service to the covid patients and also to people who suffered from post covid difficulties.

Swamy Vivekananda Medical Mission, Agali, Attappady – *Social work trainee*

December 2021 – January 2022

- Worked in antenatal department.
- Provided antenatal counselling.
- Worked in emergency medical care unit.
- Provided pre and post discharge counselling.
- Provided awareness classes about relevant topics at Attappady tribal hamlets.
- Worked under some health related projects like Adolescent girls health and nutrition programme, Community mental health programme...etc

Government Mental Health Centre, Kuthiravattom, Kozhikode –
Social work trainee

April 2022 – May 2022

- Conducted cultural events.
- Conducted awareness classes about importance of mental health.
- Provided psycho education.
- Participate in District mental health Programme (DMHP) camp.
- Conducted case works.
- Conducted group works.

Doers, Shimla, Himachal Pradesh – *Social work trainee*

July 2022 – August 2022

- Participated in Doers one month professional development programme.
- Gained knowledge on issues pertaining to disaster risk reduction, climate change adaptation, aspects of sustainable development, psycho social support.etc.
- Attended workshop on Basic life support.
- Attended hands on sessions on the application of information & communication technologies for sustainable development.
- Contributed two Gamified learning activities to the agency based on psychosocial support and humanitarian principles.
- Supported team Doers in the drafting of a questionnaire for the research topic "Public perception of the risks related to extreme weather events in Himachal Pradesh".
- Conducted a presentation on the topic "Impact of disasters in the mental health of responders".

District Child Protection Unit, ORC Project, Alappuzha – *ORC Trainer / Resource Person*

- Attended ORC trainers TOT camp.
- Resource person in Madhurolsavam Programme

Attended 3 days Participatory Rural Appraisal Camp conducted by JSS, Malappuram.

Worked in National Service Scheme for two years.

EDUCATION

Sree Sankara College , kalady – *Bsc Botany*

July 2017 – May 2020

Graduated in Bsc Botany from Sree Sankara College Kalady, Ernakulam district. Secured 80% score in graduation.

**Sree Sankaracharya University of Sanskrit, Regional Campus
Thuravoor – MSW**

August 2020 – August 2022

Post graduated in Social work from Sree Sankaracharya University of Sanskrit. Specialised in Health Social Work Practices (Medical social work and Psychiatric social work). Submitted a research on the topic "Impact of child sexual abuse in sexual orientation; A study among MSM community".

AWARDS

- Qualified Merit scholarship of Sree Sankaracharya University of Sanskrit.
- Secured A grade in elocution competition at Sree Shankaracharya university Arts Fest.
- Participated in debate competition in University arts fest conducted by Sree Sankaracharya University of Sanskrit .
- Participated in Malayalam essay writing competition in university arts fest conducted by Sree Sankaracharya University of Sanskrit.
- Achieved skill level with 'B grade' in Emergency Medical Care Technician offered by Life supporters Institute of Health Sciences.
- Certificate form participation in Doers Professional development programme.
- Attended ten master classes and three workshops and boot camps conducted by Team Doers.
- Secured B1 grade in Aptis Forward thinking English testing by British council.
- Certificate in research paper presentation in the topic Child Sexual Abuse and Sexual Orientation.
- Participated in the "One Day Workshop on UNEA 5.2"- Environmental Social Work organised by 'Bring Back Green'.
- Coordinated three days theatre workshop "ARANGU 2021" conducted by Department of Social Work, Sree Sankaracharya University of Sanskrit Regional Campus Thuravoor.
- Participated in three days theatre workshop "ARANGU 202+" conducted by Department of Social Work, Sree Sankaracharya university of Sanskrit Regional Campus Thuravoor.
- Participated in the Inter-Collegiate Debate Competition, conducted by HR and AHTC club of ST. Thomas College of Advanced Studies.
- Participated and secured 90% marks in the National level e-quiz competition conducted in connection with the International Day Against Drug Abuse and Illicit Trafficking by the NSS and NCC Units of Kuriakose Gregorios College, Pampady in association with Vimukhthi Mission, Kottayam and Excise Department, Kerala.