

CONTACT INFORMATION



ANNU THOMAS

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CAREER OBJECTIVE

An aspiring career seeker to secure position in medical & psychiatric social worker where I can develop my competencies to meet the organizational goals.

EDUCATION DETAILS

Course: Master of Social Work, 2020-2022

College: Loyola College of Social Sciences, Trivandrum, Kerala

University: Kerala University

Research Topic: "Psychosocial issues faced by pregnant women during prenatal period"

Course: Bachelor of Business Management

College: St. Joseph's College, Idukki

University: MG University

CGPA: 8.81

Project Topic: "Employee Motivation at Lunar Rubbers Pvt. Ltd

HIGHER SECONDARY EDUCATION – STATE BOARD – 84%

SSLC – CBSE – 81%

FIELD WORK EXPERIENCES

Institute for Mind and Brain, Thrissur

- Conducted casework of 3 psychiatric persons
- Conducted therapy sessions
- Assisted in counselling Session
- Assisted in psychoeducation
- Interacted with psychiatric Inpatients.
- Conducted activities for psychiatric patients

April - May, 2022

PRS Hospital, Trivandrum

- Completed "Observership Programme"
- Submitted research proposal for "Psychosocial issues faced by pregnant women during prenatal period- Need for perinatal social worker"
- Learned about emergency social work and trained under emergency social workers.
- Familiarized with various social work roles at the respective hospital departments
- Familiarized with medical terminologies and procedures
- Accompanied doctors in OP consultations and ward rounds
- Familiarized with biopsychosocial interventions in medical settings

May - June, 2022

District Mental Health Program

- Attended awareness session about DMHP and its protocol
- Tele counselling

June - August, 2021

January-March, 2022

- Reassurance call
- Psychosocial support for quarantine patients
- Attended suicide prevention training
- Referral calls
- Psychosocial support for post covid patients
- Report submission

Maryanad Community

January-March, 2022

- Conducted house visits
- Participated in a developmental seminar

Trivandrum Social Service Society (TSSS)

April 2021

- Conducted cancer awareness session
- Assisted in office works
- Case study preparation
- Get familiarized with various projects of the organization

Pozhikkara beach ward camp

September-October 2021

- Conducted session on 'Good Parenting'
- Conducted lifeskill training for children
- Conducted survey
- House visits and interacted with family members
- Transact walk – to study about the community
- Participated in beach cleaning

SH, Social work institution, Pala

October 2021

- Conducted Old Age Day Celebration at Ramapuram for old age people
- Conducted interactive sessions for old age people
- Conducted recreational activities for old age people

OTHER FIELD WORK EXPERIENCES

- Participated in “Gender equality in public transportation” in association with ESAF
- Participated in “Mental health of adolescents during Covid19 pandemic survey” in collaboration with Trivandrum District Collector and C5 Foundation.
- Conducted street play at Palayam as part of World Elder Abuse Awareness Day 2022 on the theme 'Digital Equity for All Ages.'

TRAINING & CERTIFICATIONS

- Attended National Seminar on the topic: "GST- Significance and Scope"(7th February,2020)
- Attended five day 'Expressive Art Training'

PAPER PRESENTATIONS

- Paper presentation on the topic "Gender Equality: A pathway to Sustainable Development" at Mar Athanasius College (Autonomous), Kothamangalam (07 to 10 January -2020)
- Paper presentation on the topic “Menstruation in 21st Century: Implication for social work practice” in the SCOPUS 2K22 – International Conference on “GENDER PERSPECTIVES: PRECONCEIVED IDEAS AND STEREOTYPES” organised by PG department of Social Work KE College, Mannanam

ACHIEVEMENTS

- First in XIBITA-"Business Plan Presentation (Intercollege fest TECTRIX 2K17") - St. Joseph’s Academy of Higher Education and Research, Moolamattom
- "1st in inter-departmental product exhibition in collaboration with the CONTRIVANCE 2019", organized by Institution Innovation Council in association with Entrepreneurship Development Club and Women Cell).
- Rotaract Club - vice president
- Management Association - Student Coordinator
- Role of youth in sustainable development(webinar) - Program coordinator
- Palliare (Loyola initiative in palliative care) - Class coordinator
- Resource person - Talk on "Good parenting" and "cancer awareness"
- Community Development 7-day camp - Coordinator of Program committee
- Walk with scholar - selected volunteer (Degree)

- Resource person – ASK (Alumni Sharing Knowledge 5.0), Discussion on the topic “Excellence Attitude” at St. Joseph’s College Moolamattom

REFERENCE

Dr. Sonny Jose

Head Of the Department

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