

Ms. Aswathy PB

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CAREER OBJECTIVE

Seeking a challenging and progressive career using my professional skills and creative thinking to gain future exposure, strengths and experiences.

SKILLS:

- Time management
- Team work and collaboration
- Oral and written communication skills
- Professionalism and strong work ethic
- Critical thinking and Problem-solving skill
- Active listening skill and Leadership skills
- Software skills including- MS Word, MS Excel, MS Power point.

EDUCATION:

DEGREE/COURSE	INSTITUTE/COLLEGE	UNIVERSITY/BOARD	YEAR OF STUDY
MSW (Specialized in Medical and psychiatry)	Sree Sabareesa College Murukkumvayal	Mahatma Gandhi University, Kottayam	2022 With result: 3.56/5 CGPA
BSc. Botany	NSS Hindu College Changanacherry	Mahatma Gandhi University, Kottayam	2017 With result: 6.45/10 CCPA
Higher Secondary	Government Vocational Higher Secondary School, Murukkumvayal, Kottayam	Higher Secondary Education	2014
SSLC	St. Joseph's Girls High School, Mundakayam	Board of Secondary Education	2012

DISSERTATION

Title: “A study on the stress anxiety and depression among working women”

Duration: 6 months

Area of study: Mundakayam Panchayath

Detail: The study has given the level of stress, anxiety and depression among working women above the age of 25.

ACHIEVEMENTS

- COVID-19 operational planning guidelines and COVID-19 partners platform to support country preparedness and response – WHO
- Social Work Global Agenda Co-Building Social Transformation- IFSW
- Let’s break the chain of COVID-19 infection- Muhammed Bin Rashid University of Medical & Health Sciences.
- Participated in the Odisha Rural Exposure program.
- Successfully Organized National Conference on Climate Change in India.
- Successfully Organized Webinar on “The Relevance of Information Technology in Social Work Practice”

STRENGTH

- Detail -oriented
- Work ethic
- Flexibility and adaptability
- Punctuality
- Judgment and decision making

EXPERIENCE

- Name of agency: NAKKADA MISSION HOSPITAL, RAMANCHIRA, THIRUVALLA
Position: Psychiatric Social Worker
Duration: 6 months

- Name of agency: Mother and Child Foundation, Mylacombu, Thodupuzha
Position: Residential Social Worker
Duration: 30 days
- Name of agency : Max Minds Rehab Centre, Perinthatta, Kannur
Position: Counsellor
Duration: 30 days
- Name of agency: RAJAGIRI OUTREACH, KALAMASSERY, KERALA, PIN: 682039
Position: Intern
Duration: 30 days
Key activities: Worked in Suraksha, ODIC, Women entrepreneurship and Child Sponsorship Projects
- Name of agency: NATIONAL HOSPITAL, KOZHICODE, KERALA, PIN: 673001
Position: Psychiatric social work
Duration: 30 days
Key activities: conducted case work, agency study, skill development
- Name of program: OOTAKKALLA KOODE UND,2021
Name of agency: Kerala Institute of Local Administration
Position: Student counsellor
Duration: 3 months
Key activity: psycho social support COVID-19 Pandemic, tele-counseling
- Name of Program: KARAM THODATHE KARUTHAL,2020
Name of Agency: Kerala Association of Professional Social Workers
Position: Student counsellor
Key activity: tele-counseling
Duration: 2 months
- Name of agency: MET Community Extension Centre, Thodupuzha
Position: Community Social Worker
Duration: 30 days
Activity: Organized VIMUKTHI anti-drug club in Higher Secondary School, Pinavoorkudy.

PERSONAL DETAILS

Address : Puthenpurackal (H) Mundakayam P.O Pazhaya Mundakayam, Kerala,
Pin Code: 686513

Date of birth : 13-11-1996

Gender : Female

Nationality : Indian

Marital status : Single

Language known : English, Malayalam

REFERENCE

Name : Prof. V G Harishkumar

Designation : Professor

Institution : Sree Sabareesa College, Murukkumvayal

Email Id : vgsreesabareesa@gmail.com

Number : +91 8590885174

Name : Asst. Prof. Nandakishor

Designation : Assistant professor

Institution : Sree Sabareesa College, Murukkumvayal

Email Id : kishorsudhakar9@gmail.com

Number : +91 9744601748

DECLARATION

I do hereby declare that above statements are true to my knowledge.

ASWATHY P B