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VARSHA CJ

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Objective

To advance my understanding, knowledge, and skills by obtaining a demanding position in a respectable society.
Additionally I want to improve my professional abilities and skills and find a stable job opportunity so I can make the most of my education and experience.

Social Work Intern

HealthCare foundation NGO Poonoor, Kozhikode.

17th January 2022 - 18th March 2022

Social Work Trainee

- 21 days Block placement with 160 hours in total.
- Developed a thorough understanding of various disabilities, their symptoms, and the therapies needed.
- A awareness class on the topics- hygienes, good and bad touch was held for students with disabilities as part of social welfare day.
- By gathering data, oraganising, promoting, filing and implementing various social work interventions , i helped with their ongoing initiative Care Village.
- Developed a deep understanding of the healthcare campus's objectives and updated the documents for more than 100 students.
- Supported and Assisted 3 therapists and learned to develop and understand treatment plans and social work interventions.
- Different types of games and activities were created and put into use to build rapport with the students as well as to boost their self-confidence, social skills, and fine motor abilities.
- Provided social work support including community resource planning and crisis intervention.
- Learned case assessments and make use of social work methods- case work and group work.

Parwas Foundation NGO

7th June 2021 - 14th July 2021

Karuvanpara,Perinthalmana

Social Work Trainee

- Learned and developed knowledge and skills by conducting webinar's socially relevant topics- importance of cybersecurity in the world pandemic and social media, dropouts, psychological stress and breakage in relationships, importance of blood donation, a talk about lgbtqia community.
- Learned social responsibilities of a social worker.
- Learned how to conduct a community based mini research by proper planning, implementation.
- Aided with library setup as part of their ongoing project Grandhalay, which aims to create a digital library in the attapady region and educate the community about the value of education and career prospects.

Education

Calicut University

Bachelor of social work
2022 — **64%**

sree sarada girls Higher secondary school

Plus two
2019 — **82%**

Sree Sarada girls Higher secondary school

SSLC

2017 — 75%

Skills

- Time Management
- Compassionate
- Problem-solving
- Verbal Communication
- Effective listening
- A natural ability to understand people's way of perspective.

Projects

A comparative study on the development of women before and after joining kudumbashree with special reference to kolazy panchayat.

- To study the socio-demographic profile of respondents.
- To measure the usefulness of Kudumbashree for women empowerment.
- To understand the living condition of women before joining kudumbashree.
- To know about the living condition of women after joining kudumbashree.
- To study the role of women in house-hold economics.

A mini research on the topic ` issues of not having water resources other than borewells in Kolazy panchayat "

- To find possible solution for not having water resources other than borewell in Kolazhy panchayat.
- To know more about issues related with borewell.
- To collect data and to gather information from affected people.
- To analyse the issue.
- To analyse the potential cause.

Reference

Muhammed Navas IP - Project Manager

HealthCare Foundation
mail@healthcarefoundation.in
72936 00400

Language

English, Hindi, Malayalam

**Achievements
& Awards**

- Has participated in a national seminar based on social inclusion and exclusion with special reference to the children with learning disability dated on 29th June 2019.
- Has successfully completed 10 days training program on Participatory Rural Appraisal (PRA), at Parwas Foundation on 2021 August.
- Has accomplished 240 hours of National Service Scheme Regular Activities and attended Special Camp during the year 2019-21.
- Has participated in the workshop on ACCESSIBLE BOOKS FOR PERSONS WITH DISABILITIES, organised by IQAC, Library of St.Mary's College and Daisy forum of India, held from 7-9 August 2019.
- Has participated in a 12 days CUSSP during the period of 2022.
- Has participated as a volunteer in AASRA for the migrant workers organised by DLSA in collaboration with KISMAT dated on 26th October 2019.
- Has participated in a street play KUNJE NINAKAI to create a awareness on POCSO ACT in connection with THRISSUR CITY POLICE dated on 2019.
- Has successfully completed Basic learning practice , beginner , intermediate and advanced course on Spoken English of British Council from 24-09-2019 to 24-03-2020.

Signature: _____



Varsha cj