

# SHINI SARA JOSE

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9072440670

Chakkummoottil Kunnel Kunnamthanam P. O Mallapally



## Objective

To work in a socially responsible organization where I can develop my skills and knowledge and utilize them to the optimum level for the well-being of the institution as well as the society.

## Experience

### Nakkada mission hospital, Tiruvalla

4/5/2022 - Still

Psychiatric social worker

Working as psychiatric social worker who take case history, provide counselling and make followup with ip and op patients, provides recreational therapies.

### Believers church medical college hospital, Thiruvalla

Feb 2022 - March 2022

Palliative care intern

Worked as a social worker with the palliative team whose provides integrated treatment approach to those who need end of life care.

### St. Vincent hospital, Thuvayoor

October 11 - December 20

Psychiatric social work intern

- Worked in the medical and psychiatric dept of this hospital and assist psychiatrist Dr. Cheriyan mathew
- Assist psychiatric social worker and conduct case studies
- Conduct various psychoeducational classes and therapy sections for the patients.

### TRADA, Kottayam

Jan 2020 - March 2020

Clinical social work intern

- Assist the senior social worker and conduct case and group studies
- Participated in the various Treatment procedures of this De-addiction centre.
- Provide psychoeducation classes.

## ● Covid care centre, kunnamthanam

*June 2020 - August 2020*

Covid volunteer

Worked as the covid volunteer for kunnamthanam gramapanchayat and provide emotional support and counsel the inmates.

## ● Kunnamthanam gramapanchayat

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Social work trainee

- Assist the senior staffs in various panchayat office works.
- Visited and enquired the functions of various organizations under panchayat.



## Education

### ● St. Gregorios college of social science, parumala

*2019- 2021*

Master of social work

A - 4.02 CGPA

### ● Marthoma college, Thiruvalla

*2016- 2019*

Bsc. Chemistry

A+ - 9.23 GPA

### ● NSS higher secondary school, kunnamthanam

*2014 -2016*

Higher secondary education

91.5 %

### ● NSS high school kunnamthanam

*2014*

SSLC, Kerala state education board

89%



## Skills

- Highly confident and determined to work under challenging and stressed condition.
- Willingness to work either individual or as a team
- Enthusiasm towards work.
- Self-motivated.
- Ability to build relationship and trust.
- Helping nature.
- Communication and listening skill.
- Dedication towards work assigned.
- Time management.
- Self awareness.



## Achievements & Awards

•Presented a project proposal about the event Agneya 2020 at SB college, changanacherry •Completed a research on the topic about the topic " The level of anxiety among young women with PCOS ". •Won prizes and certificates at Sargotsav conducted by Bharat Matha College •Participated for a course provided by WHO on the topic -Infection prevention and control for novel corona virus .



### Languages

English, Malayalam, Tamil



### Personal Details

Date of Birth : 21/03/1998

Marital Status : Unmarried



### Reference

**Ajai Paul Varghese - "St. Gregorios College of Social Science, Parumala "**

Head of the department

7560801510

**Jaison Augustine - "St. Vincent Hospital ,Thuvayoor "**

Psychiatric social worker

8056404037



### Declaration

I, hereby declare that all the details furnished above is true to the best of my knowledge.

SHINI SARA JOSE