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Thuruthippallil (H), Njeezhoor(P. O),  
Kottayam(D), 686612

### SKILLS

Communication  
Rapport Building  
Active Listening  
Presentation  
Organizing  
Problem Solving  
Documentation

### INTERESTS

Playing Badminton  
Cooking  
Dancing

### LANGUAGES

English  
Malayalam  
Tamil

### OBJECTIVE

To enhance my professional skills, capabilities and knowledge in an organization which recognizes the value of hard work and trusts me with responsibilities and challenges.

### EDUCATION

**Marian College Kuttikkanam Autonomous** Sep 2020 - Jun 2022  
Master of Social Work

**BVM Holy Cross College Cherpunkal** Jun 2016 - Mar 2019  
Bsc Mathematics

**St. Michaels HSS Kaduthuruthy** Jun 2014 - Mar 2016  
Plus Two - Computer Science

**St. Agnes GHS Muttuchira** Jun 2013 - Mar 2014  
SSLC

### PROJECTS

#### Project Proposal

Topic: Giving psychosocial support program for the caregivers of mentally ill patients.

#### Mini Research

Topic: The Psychological Impact Of Work From Home During Covid 19 Pandemic On School Teachers

#### Research

Topic: Knowledge and Attitude Towards Gender Equality Among Social Work Students

### FIELD EXPOSURE

**Social work intern** @ Composite Regional Center for Skill Development, Rehabilitation and Empowerment of Persons with Disabilities, CRC Kozhikode  
1 month internship as a Disability Social Work Trainee, June 2022

**Social Work Intern** @ Fr. Mullers Medical College Manglore  
1 May 2022 - 30 May 2022  
1 Month internship as a Medical Social Work Trainee

**Social Work Intern** @ Institute of Mental Health and Neuroscience (IMHANS)  
1 Jan 2022 - 31 Jan 2022  
1 Month internship as a Psychiatric Social Work Trainee

**Social Work Intern @ The Palai Social Welfare Society**

1 July 2021 - 31 July 2021

1 month internship as Community Social Work Trainee



## **SEMINARS/ WORKSHOPS ATTENDED**

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### **Online Sessions Attended**

Role of a social worker in Mental Health Setting, Social work practice in Community Setting, Social work practice in Community Mental Health, Social work practice with Persons with Disability and their families/ caretakers, Social work practice with Elderly, Role of a social worker in Correctional Setting, Role of a social worker in Paediatric Oncology, Social work practice in Child Setting, Child Mental Health.

### **Online Sessions**

12 Online sessions conducted by "Kerala state disaster management authority", Kudumbashree" and "Sphere India".

### **Webinar on**

Influence of Paradigms in Social Work

### **International Workshop on**

Structural Social Work



## **COORDINATED PROGRAMMES**

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Team Member of the Be a Santa: A project to help cancer patient 2020

Conducted "Kanji Fest" program as part of farmers protest 2021



## **ONLINE COURSES**

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**International Leadership and Organizational Behaviour** at Course era

**Introduction to Psychology** at Course era



## **PROFESSIONAL MEMBERSHIP**

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Student Membership in Kerala Association of Professional Social Workers (KAPS) (2020-2022)



## **REFERENCE**

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**Ms. Princy T Sebastian - "Marian College Kuttikkanam (Autonomous) "**

Assistant Professor

Princy.sebastian@mariancollege.org

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