

## PRANISHA PRAN

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02/09/1998



### OBJECTIVE

To achieve a position where get experience and expand my knowledge while contributing creative solution toward the growth and advancement of my organization. I am willing to work as a key-player in challenging and creative environment.

### EDUCATION

- **KERALA STATE** **2014**  
SSLC  
**80%**
- **KERALA STATE** **2016**  
Higher Secondary  
**82%**
- **MG UNIVERSITY** **2019**  
B. COM  
**79%**
- **MG UNIVERSITY** **2022**  
Master of Social Work

### SKILLS

- Empathy
- Integrity
- Assessment
- Confidence
- Effective Communication
- Active Listening
- Patience
- Professionalism
- Evaluation

### PROJECTS

- **RESEARCH DISSERTATION**  
Effectiveness of Relaxation therapy to reduce premenstrual syndrome in teenage girls.

### TRAINING EXPERIENCE

- Bishop Vayalil Medical Center Moolamattam ,Idukki( Social Work Trainee from 08-03-2022 To 08-04-2022)
- Bethsada Mental health center Vengola, Ernakulam ( Social Work Trainee from 05-09-2022 To 05-10-2022)
- Worked as a trainee in Kadana Grama Panchayath in Kottayam, Kerala.
- Worked as a trainee in Kunjachan Missionary Bhavan, Ramapuram
- Participated in two day Aser Survey by the NGO Pratham

Worked as a trainee in Family health centre, Kadanad Grama Panchayath

## PERSONAL SKILLS

- I have the ability to work as a team player by sharing information, cooperating with other, positive speaking to create team spirit with speak idea and opinions of others by discussing them and resolving conflicts of them members to find solution.

Able to deal with abusive and aggressive clients.

Planning Strategically An eye for detail Good communicator

Able to identify critical issues

Excellent organisational skills

## PROFESSIONAL STRENGTHS

- Communication skills
  - Team Player
  - Keen Fast Learner
  - Problem Solving
  - Interpersonal
  - Well Developed Organizational skill

## ADDITIONAL QUALIFICATION

- Computer Skill : MS Office, excel, power point and SPSS

## DECLARATION

- I hereby declare that the above mention information is true to the best of my knowledge.