

POOJA LAL

SOCIAL WORKER

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OBJECTIVE

Looking for a rewarding role as a social worker in hospital, mental health clinic, School, senior centers, numerous public and private agencies or similar settings to provide advice, support and resources to individual and families to help them solve their problems.

EXPERIENCE

- **S S Samithi Rehabilitation center** **10/01/2022 - 23/07/2022**
Psychiatric social worker.
Developed and facilitated goal-oriented psycho education, counseling and therapy groups to improve residents quality of life.
- **Co-Operative Hospital, Kattapana** **20/09/21 - 07/01/2022**
Medical social worker and Public relation Officer.
Worked with Medical teams, patients and families to implement effective treatment plans.

EDUCATION

- **MES COLLEGE, ERUMELY** **2019 - 2021**
MSW (Medical and psychiatry)
- **MES COLLEGE, NEDUMKANDAM** **2016 - 2019**
BSc. Chemistry (Industrial chemistry)
- **MES HSS, AMAYAR** **2014 - 2016**
Higher secondary education
- **DEEPA HS ,KUZHITHOLU** **2014**
secondary education

INTERSHIP AND FIELD WORK

- Cooperative Hospital , Kattappana
Medical Social Work Trainee
19/08/21 - 17/09/21
- Cooperative Hospital, Kattappana
3/06/2021 - 02/07/2021
Medical social work trainee
- TRADA (Total Response to Alcohol and Drug Abuse)
11/01/2021 - 29/01/2021
Psychiatric Social Worker
- Karunapuram Grama Panchayath
22/09/2020 - 15/10/2020
Social work trainee
- Kanjirappally Grama Panchayath
07/09/2019 - 31/10/2019
Social work trainee
- Jawaharlal Nehru Tropical Botanical Garden and Research Institute,
Thiruvananthapuram

Lab Trainee
26/12/18 - 04/01/2019

SKILLS

- Effective communication
- Counselling
- Conflict management
- Leadership skill
- Active listening
- Organisational skill
- Emotional intelligence
- Writing reports
- psychotherapy

PROJECTS

- **A Study on the psychosocial problems faced by patients undergoing surgery**
MSW dissertation
- **Chemical Analysis Of Polyascias Filisifolia Leaf essential Oil**
Degree Project work

INTERESTS

- Medical field
- Family and Child
- School counselling
- Psychiatric field
- Community Development

ACHIEVEMENTS & AWARDS

- Served in the COVID 19 community counseling support team as part of ottackalla koodeyundu Kottayam program a joint initiative of Local self Govt.Dept, kudumbasree, Health Department ,Kerala Institute of Local Administration (KILA) and Kerala Association of Professional Social Worker (KAPS) in Kottayam district during the month of June -july 2021.
- Participated in the training programme on social education programme (STEP) at Kerala Institute of Local Administration, Thrissure
- Participated in the Rural Camp from 26/11/ 2019 to 2/12/2019 at Vellarada Grama Panchayath
- Conducted a motivation class for SSLC students at Govt. Petta High School Kanjirappally on 25/10/2019
- Participated in the 3 days Online National seminar organised by ATMA Foundation Research and Development center.

LANGUAGE

- Malayalam
- English

REFERENCE

- **Amalu Sunny**
S S Samithi Rehabilitation center,Kollam
Psychiatric Social Worker
9048891158

