



# SANDRA T R

Thekke Thanniyil Mathiyath Mana Puthenchira P. O Thrissur Kerala  
680682  
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## Profile

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- Highly motivated, hardworking, skilled and dedicated candidate who take up opportunities to escalate professional competency and knowledge through experience.

## Experience

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- **National Institute of Mental Health and Neuro Sciences (NIMHANS) Bangalore** -  
3 month certificate course  
Psychiatric Rehabilitation/ Psychiatric Social Work
- **Center for Harmonious Living (CHL) Kumbidi** -  
Internship  
Psychiatric social work & Deaddiction setting
- **St. Martha's Hospital Bangalore** -  
Internship  
Medical social work
- **Mental Health Action Trust (MHAT)** -  
Internship  
Psychiatric social work

## Education

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- **St. Joseph's College (Autonomous) Devagiri Calicut** 2022  
Masters in Social Work  
79.8%
- **Christ College (Autonomous) Irinjalakuda** 2020  
BA Functional English  
83.6%
- **GMHSS Nadavaramba** 2017  
Biology science  
80%
- **GVHSS Puthenchira** 2015  
SSLC  
97%

## Skills

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- Documentation Minutes writing Organizing programmes Psycho education
- Communication Critical thinking Decision making Observation

## Languages

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- English Malayalam Tamil Hindi

## Programmes Coordinated

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- National Level Art Workshop and Exhibition for Persons with Mental Illness  
NIMHANS Bangalore
- Mental Health Santhe  
NIMHANS Bangalore
- Seminar on Supported Education for Persons with Mental illness  
NIMHANS

- Domestic Violence Act Campaign  
District Legal Services Authority & District Women and Child Development Office  
Kozhikode
- Collabre National Webinar 2022  
Department of Social Work  
St. Joseph's College (Autonomous) Devagiri Calicut
- Collabre National Webinar 2020  
Department of Social Work  
St. Joseph's College (Autonomous) Devagiri Calicut
- International Conference 2020  
Department of English  
Christ College (Autonomous) Irinjalakuda

#### **Extra Qualification**

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- Certificate course in Psychiatric Disability Management (3 months)  
NIMHANS
- Certificate course in Counseling
- Workshop on Solution Focused Brief Therapy
- Workshop on Participatory Rural Appraisal  
PARWAS foundation
- Certificate course in Journalism

#### **Reference**

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- **T S Thomas - "St. Joseph's College (Autonomous) Devagiri Calicut"**  
Head of the department, Department of Social Work  
thomascaria2003@gmail.com

#### **Self Declaration**

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- I hereby declare that all the information given above are true to the best of my knowledge

Sandra T R