



JIKKU K THOMAS

Trainee Social Worker

CAREER OBJECTIVE

I'm looking for a challenging job where I can apply my expertise and experience and continue to develop personally and intellectually. I have a propensity for streamlining procedures and maximising efforts and resources, and I constantly strive to complete each assignment given to me as effectively as I can.

SKILLS

- Communication skill
- Case assessment
- Active listening skill
- Documentation skill
- Time Management
- Problem Solving

EDUCATIONAL QUALIFICATION

POST GRADUATE QUALIFICATION

BCM COLLEGE, KOTTAYAM

Masters in Social Work

Specialized in Medical and Psychiatry

- Batch of 2020 - 2022
- Conducted and participated in international conferences
- Volunteered in conduct Annual Status of Educational Report 2021 (Pratham)
- Volunteered in COVID 19 community
- Counselling support team (Ottackalla Koodeyundu)
- Presented papers in various international conferences
- Was the coordinator of 19th SAMANWAYA international conference
- Participated in various webinars and other competitions and secured prizes
- Was the MC of the programme set up by the Ministry of Social Justice Department [providing Aids for PWD]

UNDER- GRADUATUE QUALIFICATION

CMS, College, Kottayam

Bachelors of arts

BA ENGLISH LITERATURE COMMUNICATIN AND JOURNALISM(TRIPLE MAIN)

- Batch 2017-2020

SCHOOLING

MARIAN SENIOR SECONDARY SCHOOL (2003-2017)

{CBSE}

12th class, 2017

10th class, 2015

INTERNSHIPS

COMMUNITY SOCIAL WORK TRAINEE

Vijayapuram Grama Panchayat (Vadavathoor, Kottayam)

- Learned about grass-root level management functions
- Visited institutions under Grama Panchayat

- Strong organizational skill
- Crisis intervention
- Able to establish Good Rapport
- Empathy
- Interpersonal skills
- Educator

CONTACT INFORMATION

Address: Konathuparambil (h)

Manganam P.O

Kottayam, 686018

Phone No: 9061539822

Email: jikkuthomas20@gmail.com

PERSONAL DATA

DOB: 17/05/1999

Age: 23

Sex: Male

Fathers name: K V Thomas

Marital Status: Single

DE- ADDICTION SOCIAL WORK TRAINEE

MOCHANA DE- ADDICTION CENTRE, MANGNAM

October 1, 2021 – Oct 30, 2021

- Intake session
- Counselling
- Family counselling
- Group activity
- Group work
- Recreational activities
- Coordinated in mid-day meal project
- Conducted psycho education
- Familiarised with various disorders
- Attended A A Meetings

PSYCHIATRIC SOCIAL WORK TRAINEE

Max Minds Psycho-Social Rehabilitation Centre, Kannur,

1 March 2022 – 30 March 2022

- Case history and MSE taking
- Participated in various group therapies
- Conducted psycho education
- Conducted role-plays
- Conducted various assessments like IPDE, MCMI, SPM, IQ, Rorschach's inkblot test
- Familiarised with various disorders
- Learned about different therapies

PSYCHIATRIC SOCIAL WORK TRAINEE

KRISHNA NURSING HOME, COIMBATORE

September 1, 2022 – 30 Sep 2022

- Case history and MSE taking
- Participated in various group therapies
- Given psycho education to the inmates
- Familiarised with various disorders
- Done presentations

MEDICAL SOCIAL WORKER TRAINEE

ST. MARTHAS HOSPITAL, BANGALORE

November 19th, 2022- 19th December 2022

- Conducted Medical Camps (4)
- DOTS Centre
- Dialysis
- Family planning
- HIV AIDS Counselling

SOFTWARE SKILL

- Microsoft word
- Microsoft PowerPoint
- Photoshop
- Video Editing
- Photo Editing
- Digital Painting

Courses

- Diploma in Photo Journalism
- Diploma course in child rights
- Workshop on MSE provided with a certificate

REFERENCE

Dr. Ipe Varughese

Head, Dept of Social Work, BCM, College,

Kottayam

Phone no: 9446448215

DECLARATION

I hereby declare that all the information given are true and correct to my knowledge and belief.

- Emergency Department
- Oncology department
- Medical Records Department
- Intake Phase
- Familiarised with various diseases
- Worked with Multi-disciplinary Team
- Done presentations

PAPER PRESENTATION

Paper presented on the topic “POLICIES & PROGRAMMES ON CHILD PROTECTION” ICDS Scheme to the Growth Development in Preschoolers” in the 18th SAMANWAYA international conference held at BCM College Kottayam

Paper presented on the topic “Gender discrimination in family and workplace in Indian context” in the Scopus international conference held at Kuriakose Elias College, Mannanam, Kottayam.

Additional Activities

- Awareness class on the topic good touch & bad touch, stay safe online, child rights ,sex education and life skill education at
 - NEERICAD GOVERNMENT UP SCHOOL
 - VADAKARA CMS LPS VAIKOM
 - OLASSA ST. ANTONY’S SCHOOL
 - DON BOSCO CBSE SCHOOL PUTHUPALLY
- Awareness class conducted for St Annes Girls HSS Kottayam, on the topic “Empowering the Nation through Empowering a Girl”

RESEARCH EXPERIENCE

MSW Dissertation on topic “ A study on the attitude toward counselling and psychological intervention”

HOBBIES

Drawing, travelling, reading books, watch movies, play cajon(percussion instrument), music.

Extra –Curricular Activities

Cajon Percussion artist (Freelance)

National Level winners in western music during UG

Freelance Artist

Sketching portraits and finding an income out of it. I do stencil, digital art as well. So I know the money management techniques and how to be self independent from the past four years.