



Anu Varghese

Palathinkal House, Thekkenaada, Vaikom P. O, Kottayam District  
9061194927 | vargheseanu77@gmail.com

## Objective

To achieve a position where I can get experience and expand my knowledge, learnings and skills while contributing creative solutions toward the growth and advancement of a reputable organization.

## Experience

- Mariyasadanam Psycho Social Rehabilitation Home, Kizhathadiyoor P.O, Pala / Psychiatric Social Work Trainee** 24/08/2021-24/09/2021  
Acquired More Knowledge About The Role Of Social Workers IN Psychiatric Settings
- Caritas Hospital, Thellakom, Kottayam / Medical Social Work Trainee** 08/03/2022-08/04/2022  
Get Knowledge About The Roles And Duties Of A Medical Social Worker
- Louise Mount Hospital, Chennalode, Wayanad / Psychiatric Social Work Trainee** 05/09/2022-05/10/2022  
Acquired More Knowledge About The Duties Of A Social Worker In A Psychiatric Hospital
- Caritas Home For Elderly, Edappally / Social Work Trainee** 16/11/2022-16/12/2022  
Acquired More Knowledge About The Roles Of A Geriatric Social Worker In An Elderly Home

## Education

- St. Little Teresa's GHSS Vaikom** 30/03/2013  
SSLC
- St. Little Teresa's GHSS, Vaikom** 30/03/2015  
HSE
- St. Xaviers College Vaikom** 30/05/2018  
Bsc Physics
- BVM Holy Cross College Cherpunkal** 17/12/2022  
MSW

## Skills

- Communication skill
- Rapport Building
- Problem Solving
- Empathy
- Interaction
- Critical Thinking
- Active listening

## Projects

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- Research Dissertation  
Effectiveness of Art Therapy to Reduce Stress Among Differently Abled Adolescents in Ernakulam District

## Personal Details

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- Date of Birth : 05/11/1997
- Nationality : Indian
- Marital Status : Single

## Additional information

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- Additional Skills  
Computer Skill; Excel, Power Point and SPSS

## Declaration

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- I hereby declare that all information made in the above application are correct

Anu Varghese