

Dona Thomas

Address: Areeparampil H, Near BSNL Exchange,
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Nationality: Indian
Birthday:06-04-1999
Marital Status: Single

Objective

To work in an organization which helps to bring a dynamic change in human life and to explore as well as to apply my knowledge and skills for the well-being of people's life by helping to cope up with the mental health of those who are in need.

Education

Masters In Social Work 06/2021-02/2023
(Specialized in Medical and
Psychiatry)
Sree Sabareesa College,
Kottayam

Waiting for result

BA Economics 06/2018-03/2021
St Joseph's College
Devagiri

A, CGPA 4.88

Internship

St. Marthas Hospital, Bangaluru

Field Works

Institute Of Mental Health and Neurosciences (IMHANS), Kozhikode.

Aawahan Foundation NGO, Bangaluru

Mary Matha Hospital, Vazhithala, Thodipuzha.

Sree Sabareesa College Community Extension Center, Thodupuzha, Idukki

Skills

Communication	■ ■ ■ ■ ■ ■
Time Management	■ ■ ■ ■ ■ ■ ■
Organization	■ ■ ■ ■ ■ ■
Problem Solving	■ ■ ■ ■ ■ ■
Active Listening	■ ■ ■ ■ ■ ■
Interpersonal	■ ■ ■ ■ ■ ■
Leadership	■ ■ ■ ■ ■ ■
Creativity	■ ■ ■ ■ ■ ■

Online Certification courses/ Training programmes

Online training program on Youth and Mental Health-Basic Psycho-Social Skills

Certification on Aged friendly local Governance from Kerala Institute of Local Administration

Online training programme for Eco system based Disaster Risks Reduction

Online training programme on Introduction to Building Energy Efficiency

Certification courses of WHO on Transmission based precautions

Conferences / workshop

National webinar on Human Service Profession: In Reference to National Council for Social Work organized by University of Lucknow and Aligarh Muslim in collaboration with NCSWE

National Capacity Building Workshop organized under Nasha Mukh Bharat Abhiyaan

One-week International Webinar series on Indian philosophy on the occasion of INDIAN PHILOSOPHERS' DAY,2021 Sponsored by Indian council of philosophical Research organized by Alagappa University

Webinar on Unrevealed pandemic -violence against women during COVID 19 organized by Sree Sabareesa College

Webinar on Role of emotional intelligence in handling stress and anxiety organised by Loyola college of Social Sciences.

Workshop series in Grief Counseling in the context of COVID 19 Pandemic organized by prasanna school of public health, Manipal Academy

International conference on Social work practice & Resilience during COVID 19: Global perspective organised by Sree Sabareesa College, Kerala

International Mental Health Webinar Series on 'Know your Child'

State level Experience Sharing Workshop & poster presentation of Gov. institution/NGO in Psycho-Social Rehabilitation in Kerala organised by CRC-K, DEPWD,MSJ&E, IMHANS