# **Dona Thomas**

Address: Areeparampil H, Near BSNL Exchange, Koorachund, Calicut, Kerala, PIN 673527

PH No: 8921853470

Email : donathomas34@outlook.com

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.

#### 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

#### **F**ducation

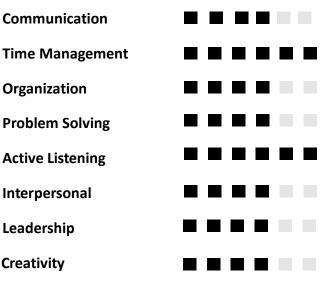
Masters In Social Work 06/2021-02/2023 (Specialized in Medical and **Psychiatry**) Sree Sabareesa College, Kottayam Waiting for result **BA Economics** St Joseph's College

Devagiri

06/2018-03/2021

A, CGPA 4.88

## Skills



#### 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 Mukt 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