

ATHIRA. A

PLAPARA PADINJARETHIL , PERUNNA WEST, PANACHIKAVU P. O,
CHANGANACHERRY
Contact No : 9562859380
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→ Career Objective

Seeking a position as a social worker specialising in the medical / psychiatric field allowing myself to make a strong commitment to serving the needs of the disadvantaged. Obtaining a role to improve my skills in order to make effective contributions to my job while also earning the opportunity for professional growth by utilising my abilities developed through my work experiences and education.

→ Academic Details

- **Master of Social Work, Assumption College Autonomous, Changanacherry, MG University, Kottayam**
74%
2021
- **BA Corporate Economics, Saintgits College of Applied Sciences, Pathamuttom, Kottayam, MG University**
72%
2019
- **Plus Two, N. S. S Higher Secondary School, Perunna, Changanacherry, Kottayam**
75%
2016
- **SSLC, St. Josephs. G. H. S. S, Changanacherry, Kottayam**
80%
2014

→ Work Experience

- **Sharada Devi Balikasadanam – Alappuzha, Kerala**
Child Counsellor cum Administrator
March 2022 – till date

→ Field Work Experience

- **National Hospital – Kozhikode, Kerala**
Psychiatric Social Work Intern
July 2021- August 2021
- **The Social Town - Kochi, Kerala**
Volunteer Social Worker
Nov 2020 - till date
- **Swasthi Foundation - Thiruvananthapuram, Kerala**

COVID - 19 Counseling Call Center Volunteer
Apr 2021 - Jun 2021

- **Manashasthra Integrated Mind Care - Chennai, Tamil Nadu**
Psychiatric Social Work Intern
Apr 2021 - May 2021
- **St. Gregorios Medical Mission Hospital - Parumala, Pathanamthitta, Kerala**
Psychiatric Social Work Intern
Nov 2020 - Nov 2020
- **District Disaster Management Authority (Ottakkalla Koodeyund) - Kottayam, Kerala**
Volunteer Psycho-social Counselor May 2021 - till date
- **District Administration Kottayam and National Health Mission Kottayam (Karam Thodatha Karuthal) - Kottayam , Kerala**
Volunteer Psycho-social Counselor
Aug 2020 - till date

→ Field of Interest

- Counselling
- Medical Social Work
- Psychiatric Social Work
- School Social Work
- Child Counsellor

→ Skills

- Communication
- Building rapport
- Counseling
- Active listening
- problem solving
- Case work
- Group work
- MS -Word
- PowerPoint

→ Project Details

- **A Study on the role of NGO in facing natural calamities with an experience of Kerala flood (2019)**
Disasters have become a part of human history. Kerala witnessed such a situation in August 2018. This study is to examine the role played by various agencies and organisations in the rehabilitation work. And to examine the specific role played by the NGOs in rebuilding Kerala.

➔ Research

- **A Study on Stress and Coping Mechanisms of Mothers Having Intellectually Impaired Children with Special Reference to Kottayam District (2021)**
Having child with disability is a major event that negatively affects families, and force families to re-evaluate its plans, goals, ad relationships in light of restrictions and limitations associated with child's disability, and resultant stresses in parents and their efficiency in coping with these stresses.

➔ Curricular Activities

Co-Curricular

- Participated in the webinar on " IPR: Copyrights and Related Rights" organized by PG and Research department of Physics and IQAC, Assumption College Autonomous, Changanacherry, On 20th April , 2021
- Participated in the two days workshop on the topic "Project Proposal" organized by KAPS skill academy, on 9th and 17th February, 2021
- Participated in the National webinar 'Perspectives 2020' on the topic " Professional Social Work - An NGO Perspective" organized by ATMA Foundation Research and Development Centre on 23rd December , 2020
- Participated in the webinar on "Save Blood Save Lives": Blood Donation During The Covid-19 Pandemic organized by Department of Social Work, Assumption College Autonomous Changanacherry on 19th October , 2020
- Participated in the National Level Webinar on " National Educational Policy-2020: Implications on Social Work Education and Practice" organized by KAPS Skills Academy on 5th September, 2020
- Participated in the webinar on " Child Protection in Community" organised by the Department of Social Work, National College, Manacaud, Thiruvananthapuram on 3rd September, 2020

Extra-Curricular

- Participated in the Social Town Talk Series - IWD 2021Special Edition, " International Conference of Women Making an Impact" on 5 and 6 March, 2021

➔ Strength

- Positive attitude
- Good communication
- Strong interpersonal relations
- Pleasant personality
- Empathy

➔ Hobbies

- Gardening
- Traveling
- Hearing Music

→ Reference

Sr. Shalini CMC

HOD, Social Work Department

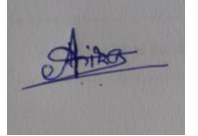
Assumption College Autonomous, Changanacherry aliceshalini@cmc@gmail.com

8289952461

→ Declaration

I Athira. A hereby affirm that all the information provided by me in this resume is true and correct to the best of my knowledge and belief.

Place : Changanacherry



(ATHIRA. A)