

DEENA SABU

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Kanjikara(H) Ramankary P.O Ramankary,
Alappuzha District Pin: 689595



ABOUT ME

- A resourceful professional social worker with a strong commitment to serve in both clinical and community settings. Proven successful work experience in the field of psychiatric rehabilitation and medical setting, also have internship track record of working with children, youth, groups and elderly people. Specialized in medical and psychiatry social work, able to provide services in fields like medical, psychiatry, geriatry, community, and oncology. Skilled in assessment, counseling, case history taking, communication, leadership, public speaking, and team work. I am very hardworking individual and prefer working effectively, efficiently, and creatively.

OBJECTIVE

To enhance my professional skills, capabilities and knowledge in an organization which recognizes the value of hard work and trusts me with responsibilities and challenges.

EDUCATION

2018-2020	Assumption College (Autonomous), Changanacherry. MSW (Medical and Psychiatry) A-
2014-2017	MG University Bsc Botany B
2014	St.Joseph's HSS School, Pulincunoo Higher Secondary 75%
2012	St.Joseph's GHSS, Changanacherry SSLC 84%

WORK EXPERIENCE

22/12/2021 -	Travancore Medical College Hospital (Medicity),Kollam Oncology Department Coordinator Travancore Medical College is an NABH accredited Hospital in Kollam, Kerala. I am working as the Coordinator of Travancore Institute of Cancer Care (TICC). Oncology Coordinator who monitors and coordinating the daily activities of the department. Coordinates and directs the department works as per hospital rules. Providing individual and family counseling to oncology patients. Coordinates the chemo schedules and follow ups. Coordinates drug purchasing process. Psychoeducation providing to both patients and their caregivers about the treatments and care after chemotherapy. Coordinate the insurance procedures and discharging process for oncology patients. Ensure inpatient and outpatient wellbeing. Coordinates the documentation and billing process. Helping the families of patients from financially poor for their medicines and insurance policies. Arrangement of medicines. Organizing programmes on Important days. Supervising all the process of department.
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22/10/2020 -
07/11/2021

Chaitanya Institute for Mental Health,Pune

Psychiatric Social Worker

I have one year experience in Chaitanya Institute for Mental health.CIMH is established for the acute management community based psycho social rehabilitation of the mentally ill. Chaitanya provides residential care facilities for patients suffering from various psychiatric disorders such as Schizophrenia, Mood disorders, Personality disorders, Substance related disorders, and Geriatric disorders. Here, I am experienced for conducting therapeutic meetings, Individual and Group Interventions such as Counselling, Group Therapy, Art Therapy, Recreational Therapy etc. Also experienced to take Family sessions, Case history taking, Feedback giving in psychiatric and general medicine consultation with doctors, learnt about medicines etc..

FIELDWORK EXPERIENCE

• **First Semester**

- 1.Seven day Rural camp at Kudamurutty Village in Patahanmthitta District.**
- 2.Veliyanadu Panchayat (Concurrent Field)**

Work Done:- Conducted panchayath study, Survey on livelihood issues in middle class families, Observation visits conducted to the all Government institutions in the Panchayath, Organized and conducted free Medical camp and Eye camp with the support of Chethipuzha hospital and Ahalia eye hospital. In Schools conducted awareness programme and workshop on different topics like Drug abuse, Sexual health, Career etc. also organized cultural festivals and competitions in community.

• **Second Semester**

District Child Protection Unit(DCPU), Alappuzha (Concurrent Field)

Work Done:- Foster care enquiries, Sponsorship enquiries and reports, organized and Participated on street play on the theme of Child labour and child abuse for making awareness to the people, Casework, Groupwork, Home study and organized community programs as a part of internship programme.

Sevanikethan(NGO), Changanacherry. (Summer Placement).

Work Done:-

Conducted

Summer camps for children under the SESP and Kutty club by the organization in different units across the two districts of Kerala.

• **Third Semester**

Pushpagiri Medical College Hospital, Thiruvalla(Medical Setting- One month Block Placement)

Work Done:- One month training in Quality Assurance Department. Conducted Case work, Group work, Patient feedback survey, and also organized and done Awareness classes and workshops for Parents of children with childhood disorders, Motivation class on different topics song newly parents. Became a part of Eye transplantation, Medical camps, Inspections in different departments of the Hospital with QAD team.

• **Fourth Semester**

National Institute of Mental Health and Neuro Sciences (NIMHANS) (Psychiatric Setting- One month Block Placement)

Work Done:- Posted in psychiatry and other special units here mainly learned the application of social work in clinical practice. Written and submitted assignments on different topics. Learned the role of a social worker in patient care and family support, need assessment, pre admission counseling, pre surgical and post surgical counseling, Neuro education, Group Therapy, Income assessment, welfare counseling, supportive psycho therapy, resource mobilization, referral services etc. Attended research protocol presentations by MPhil scholars, Participated in family sessions, Case discussions, MSE, Case history taking. Conducted recreational groups for patients among addiction and Child and adolescent psychiatry.

- **Final Audit Placement**

ACCEPT- IRCA De addiction Center, Punnapra and CHASS (Changanacherry Social Service Society).

Work Done:- Learned and practiced for giving psycho pharmacological therapeutic Interventions in the field of De addiction. Written and submitted assignments on different topics associated to Substance abused disorders and Psychiatric disorders. Conducted awareness classes, Recreational group activities, Casework, Group work, Documentation etc.

PERSONAL SKILLS

- Good Communication Skills.
Ability to establish rapport and team work.
Strong willingness to learn new skills.
Initiative to take new responsibility.
Helping Mentality.
Public Speaking.
Leadership Quality.
Assessment Skill
Observation Skill
Confidentiality

PROFESSIONAL SKILLS

- Casework
Groupwork
Individual and Group Counselling
Case History Taking
MSE
Programme Organizing Skill
Family Sessions
Documentation Skill
Community Mobilization
Interventional Group

CERTIFICATE COURSE

- Successfully Completed the Three Day Training Programme on Forensic Science and Criminal Psychology organized by IPCAI.
- Certificate course on Positive Psychiatry and Mental health by University of Sydney. (Coursera).
- Certificate Programme on Disaster management and Psychosocial intervention and Risk reduction organized by Assumption College Changanacherry.
- Successfully undergone a course of Legal literacy conducted by Kerala State Legal Services Authority (KELSA).

ADDITIONAL QUALIFICATION

- Successfully completed the Course on "Basic and Traditional Hand Embroidery" conducted by Dept.of Fashion Technology Assumption College, Changanacherry.

ACHEIVEMENTS AND AWARDS

- Counsellors Council of India Life Membership Achievement.
- Student Coordinator at the Fourth Kerala Social Work Student Congress Organized by KAPS in the year 2019.
- First Class in the Junior Red Cross State Level Examination in the year 2011.

PROJECT

- **A Comparative Study of Decision making skill among Social work students with special reference to Social Work colleges in Kottayam District.**

VOLUNTEERING

- UNICEF November 2018 Flood analysis survey among children at Kuttanadu region in collaboration with Loyola college, Trivandrum.
- World Vision India October 2019 It was conducted to give a psycho social support to the children who are the survivors of flood in Kuttanadu region. Activities mainly done for strengthen their mental health by individual and group counselling.

HOBBIES

- Watching Movies
- Listening Songs
- Drawing and Acrylic Painting
- Cooking
- Traveling

LANGUAGES

- English
- Hindi
- Malayalam
- Tamil

REFERENCE

- **Dr.Hashim Ismail Kunju MD, DNB, MRCP UK(Internal Medicine), DM, DrNB, MRCP UK SCE(Medical Oncology) - "Travancore Medical College Hospital (Medicity), Kollam"**
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+91 94955 61828
- **Mr Prince Jose - "Chaitanya Institute for Mental Health, Pune"**
House In Charge
+91 98235 90315
- **Sr.Shalini CMC - "Assumption College (Autonomous), Changanacherry "**
HOD, Department of Social Work
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DECLARATION

- I hereby declare that the information furnished above is correct to best of my knowledge. I promise you that I shall provide my best services for you as per your requirement & satisfaction with my hard work, knowledge & skill for the growth of the organisation. DEENA SABU