

# AMANTTA VARGHESE

## Social Worker

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📍 Kochi, Kerala, India

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*I am a professional, competent and committed social worker who is adaptive, approachable and a good listener with keen interest in serving community and to bring out the best in individuals through dedicated services, utilizing the holistic knowledge in social work.*

## EXPERIENCE AND INTERNSHIPS

### Psychiatric Social Work Intern

#### Sacred Heart Hospital, Paynkulam

📅 01 May 2023 - 31 May 2023 (Ongoing)

- Assessment, Case history and MSE preparation, Social case work and group work, Counseling, Family and caregiver support
- Psychosocial education, Crisis intervention, Collaboration with community agencies, Documentation and case management.

### Medical Social Work Intern

#### Narayana Health Mazumdar Shaw Medical Center, Bangalore

📅 01 September 2022 - 30 September 2022

- Assessing patient needs, Care coordination, Crisis intervention
- Supportive counselling, Bereavement support, Social case work and group work, Documentation and case management.

### Social Work Intern

#### Theruvoram NGO, Ernakulam

📅 31 March 2022 - 13 May 2022

- Outreach and identification, Need assessment, Counseling and support, Rehabilitation and reintegration, Social case work and group work, Case management
- Advocacy, Community engagement, Crisis intervention.

### Social Work Intern

#### General Hospital - Department of Palliative Care, Ernakulam

📅 07 March 2022 - 19 March 2022

- Psychosocial assessment, Emotional support, Care coordination
- Advance care planning, Bereavement support, Advocacy.

### Social Work Intern

#### Don Bosco Project KISMAT (Kerala Interstate Migrants Alliance for Transformation), Ernakulam

📅 30 October 2021 - 31 January 2022

- Advocacy, Case management, Counseling and support, Capacity building and skill development, Awareness building
- Community mobilization, Community outreach and engagement, Crisis intervention.

## EDUCATION

### MSW - Medical and Psychiatry

#### St. Albert's College (Autonomous), Kochi

📅 2021 - 2023

### Bachelor of Commerce

#### Indira Gandhi National Open University

📅 2016 - 2019

## SKILLS

### 🏆 Technical skills

Microsoft Excel, Microsoft Word and Microsoft Powerpoint

### 🏆 Life skills

Professional commitment, Service Minded, Active listening, Decision Making, Coordination skills, Strategic Planning, Effective Communication, Multicultural competency, Empathetic, Advocacy

### ❤️ Languages

English, Malayalam, Hindi

## WORKSHOPS

- Participatory Rural Appraisal workshop and Rural Camp - 75 Hours
- Training Workshop on Power Communication - 40 Hours
- Social Work Research Methodology (SPSS) - 24 Hours
- Seminar on Probation of Offenders Act and Nervazhi Project - 8 Hours
- National conference on global perspective of social work intervention in child mental health - 5 Hours

## VOLUNTEERING

- Mental health week - 40 Hours
- Medical camp for the migrants - 8 Hours
- Dementia community awareness - 8 Hours
- National Service Scheme volunteer
- School head girl