

Curriculum Vitae

Ann Mary Sebastian



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Summary:

MSW with nearly 3 years of experience as counselor in various institutions in India. Details of educational qualification and job experience are as follows.

Education

Masters in Social Work (MSW) 2015, St. Philomena's College, University of Mysore

Bachelor of Arts (B.A) (Hons.)2013, Sociology as major and History and Psychology as subsidiaries, Jesus and Mary College, University of Delhi.

Class 12, 2009, CBSE, Convent of Jesus and Mary School, New Delhi

Class 10, 2007, CBSE, Convent of Jesus and Mary School, New Delhi

Work experience

01st February, 2018 to 31st October, 2018 as Counselor at MukthiSadan, Pukkattupady, Ernakulam, Kerala, India.

MukthiSadan is a de-addiction center for people addicted to Alcohol and drugs. We work as a team to help the addicts to come out from the addiction and motivate them not to return to the old habits. Health issues are also attended by the team. As a counselor at MukthiSadan, I conduct group counseling as well as individual counseling as part of the therapy for the addicts. Counseling is conducted for the family members to make them aware of the problems and means to prevent recurrence.

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July 19, 2016 to July 18, 2017 as Junior Counselor, Holy Family Hospital, New Delhi.

As Junior Counselor, I helped people in their stress, supported the bereaved families, motivated people to practice the Principles of Holistic Health, counseled young mothers in Ante Natal Clinic, prepared patients Pre and Post- Surgery, and helped hospital in generating Patients Satisfaction Index.

May 02, 2016 to July 16, 2016 as Trainee counselor at BLK Super Specialty Hospital, Delhi in the department of HPB surgery & liver transplantation.

At BLK Hospital, the counseling team helped patients to prepare mentally for the surgery and recovery thereafter. As Trainee counselor I worked with the team to motivate the patients and to help them come out of the post-surgical difficulties.

Internship Experience

Intern experience and training in psychiatric social work, adolescent psychiatry, child psychiatry and psychiatric Rehabilitation ; worked with autism affected children; imparted various training programs for children with autism; participated in family counseling programs; exposure to ward visits, community visits, prepared case studies, participation in various activities for the development and empowerment of women, immunization programs, coordinated and conducted awareness programs for women to initiate Self Help Groups in different villages in Mysore, India;

Kusumagiri Mental Health Centre, Kakkannad, Kerala: 22 May 2015 to 05 July 2015

Saint Mary's Hospital, Mysore: 21 January 2015 to 01 April 2015

K.R Hospital Medical College & Research Institute, Mysore : 17 July 2014 to 16 October 2014

Sacred Heart Hospital, Thodupuzha , Kerala : 26 May to 18 June 2014

Family Planning Association of India, Mysore: 23 January to 25 April 2014

Navodaya Charitable Society, Mysore: 19 September to 28 November 2013

Participation in Seminars/Conference

- Participated in a Five Day Orientation Course on "Relapse Prevention & Management" Supported by: National Institute of Social Defense (NCDAP) organized from 12th - 16th March, 2018 Conducted by RRTC South Zone 2 at Pastoral Centre, Changanacherry, and Kerala.
- Attended UGC sponsored two day state level workshop on "Counseling in Practice - Challenges and Remedies" held on 13-14 February, 2015 at JSS College of Arts, Commerce and Science, Ootty Road, Mysore.

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- Participated in a seminar on “Field Work Practice in Social Work with reference to Performance, Guidance & Assessment” on 10th January, 2015 organized by School of Social Work, Roshni Alumni Association, Mysore.
- Attended the National Conference on “ Youth for Social Transformation – Involvement and Initiatives” held on 19- 20February, 2014 at Shri Dharmasthala Manjunatheshwara College (Autonomous),Ujire, Mangalore.
- Participated in the orientation Program on “Rising to the Dementia Challenge: Caring for minds that cannot remember” held on 26 September, 2013 at All India Institute of Speech and Hearing, Mysore.

Personal Details

Date of Birth: April 19, 1990

Marital Status: Married

Languages Known: English, Hindi, Malayalam and Sanskrit (write and read)

Other Interests: Carnatic Vocal Music and Bharatanatyam Dance

References

1. Dr. Noor Mubasheer, Associate Professor and Head of Department of Social Work, St. Philomena’s College, Bannimantap, Mysore-Bangalore Road, Mysore - 570015
2. Mr. Nagesh, Assistant professor, St. Philomena’s College, Bannimantap, Mysore- Bangalore Road Mysore – 570015
3. Mrs. Baljeet K Arun, Head of the Department, Personal Development, Holy Family Hospital, Okhla Road, New Delhi- 110025.
4. Fr. Joy Plackal, Director, MukthiSadana- IRCA, Pookkattupady, Edathala P.O. 683561, Kerala. Contact no. 9447956861.

Declaration

I hereby declare that the above information is true to the best of my belief and knowledge.

Ann Mary Sebastian

01st January 2023