



# KARTHIKA

Karthika (H), Vadackal P. O, Alappuzha-688003  
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## PROFESSIONAL PROFILE

An aspiring individual with a goal towards building a career mainly focusing on psychiatric settings. Experienced in coordinating, teaching, motivating and facilitating community development and mental health programs. Passionate towards any activities and ready to take any assignments with much enthusiasm and confidence.

## EDUCATION

- **Central University of Kerala**  
2020-2022  
Master of Social Work  
7.92 CGPA
- **St. Joseph's College, Moolamattom**  
2017-2020  
Bachelor of Business Management  
A+ (CGPA 8.63)

## WORK EXPERIENCE

- **Prajaahita Foundation**  
Project Associate  
3-11-2022 to 31-1-2023
- **Central University of Kerala**  
Field Research Assistant  
19-1-2023 to 31-5-2023

## SKILLS

- Coordinating community and organization of community
- Group work and Group initiatives
- Program planning and organization
- Life skills training
- Well communication, supervising team managing and presenting skill
- Building good rapport with people
- Leading Training programs and Motivational sessions
- Coordinate Mental health programs
- Proficiency in all ares of Microsoft office including Word and PowerPoint

## OTHER EXPERIENCE

- **Dale View Deaddiction centre**  
*21/5/2022 - 23/6/2022*  
 Field work  
 \*Coordinated World No Tobacco day program  
  
 \*Conducted awareness classes and group sessions for patients and bystanders  
  
 \*Provide life skills training for patients  
  
 \*Taken case history and MSE of patients  
  
 \*Worked with other projects of the agency
- **MaxMinds Rehabilitation centre, Kannur**  
*24/3/2022 - 5/5/2022*  
 Field work  
 \*Conducted Therapeutic community and psychoeducation for patients  
  
 \*Monitored day to day activities of patients  
  
 \*Attended family counselling sessions and insight oriented sessions  
  
 \*Conducted group works and other activities for patients  
  
 \*Engaged patients in recreational activities  
  
 \*Attended Op and case intake
- **Lourdes Hospital, Kochi**  
*27/12/2021 - 20/1/2022*  
 Field work  
 \*Conducted kidney disease and Quality of life survey  
  
 \*Conducted different workshops  
  
 \*Attended op  
  
 \*Conducted Ward visits in order to understand the welfare of patients  
  
 \*Conducted palliative visit  
  
 \*Distributed IEC materials in order to create awareness on different topics  
  
 \*Conducted case study of patients
- **Prajaahita Foundation, Ottapalam, Palakkad**  
*5/7/2021 - 3/8/2021*  
 Field work  
 \*Worked under Niram pakaram project an initiative to promote the education on disabled children  
  
 \*Worked under Udaan and Ever read day project for supporting the children  
  
 \*Raised fund for providing online education material for children  
  
 \*Prepared Assessment plan for supporting the differently abled children in their education  
  
 \*Organized webinar on "**Awareness on Health issues of Differently abled children**" for the differently abled children and their parents
- **Atma Foundation, Thrissur**  
*29/4/2021 - 24/5/2021*  
 Internship  
 \*Organized art and craft workshop for children in different institutions  
  
 \*Worked with academic council of Uyare project

- \*Conducted study regarding the changes on people due to Covid 19
- \*Prepared IEC materials as part of different webinars
- \*Worked with the mini research project connected to child care institutions

- **District Legal Service Authority, Alappuzha**

20/2/2021 - 22/3/2021

Trainee

\*Coordinated awareness session for college students regarding the topic "**Legal awareness for youth**"

\*Attended Adalath sessions

\*Conducted class on women empowerment for kudumbasree members

\*Performed documentation works

\*Conducted jail visit and Ngo visits

\*Conducted three day workshop for school students

\*Conducted Case work

## LANGUAGES

- English
- Malayalam
- Tamil

## ACHIEVEMENTS & AWARDS

- Secured 2nd rank in Master of Social Work from Central University of Kerala
- Secured 9th rank in Bachelor of Business Management in Mg University Examination
- Student coordinator of the program Youth and Well being organized by Dr.Jilly John, Assistant professor, Department of Social work, Central University of Kerala
- Resource person ASK (Alumni sharing knowledge 5.0) Discussion on the topic "Excellence Attitude" at St. Joseph's College Moolamattom

## PROJECTS

- **Conducted case study regarding the topic Crisis on Cafe Coffee Day**
- **A study on Problems faced by the Type2 diabetes patients**

## WORKSHOPS ATTENDED

- Workshop on REBT and Techniques organized by Selfeption
- Lecture on Women Technology and Development by Department of English and Comparative literature, School of languages and Comparative literature, Central University of Kerala
- International seminar on Elder Abuse Awareness organized by Heritage Foundation
- National conference on Indian approaches to Human Resources and Community Development organized by Department of Social work, Central University of Kerala
- Interactive session on Youth and Well being by Department of Social work, Central University of Kerala
- Participated in the online training program on Process Orientation Training

Programme on Child Centric Disaster Risk Reduction organized by National Institute of Disaster Management.