



Aneena Sebastian

Social Worker

A social worker who is confident in her ability to make a difference in the lives of those she serve and someone who is passionate about helping other overcome their challenges and build a better future with a deep sense of commitment to social justice and human rights.



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SKILLS

Active Listening and Empathy

Critical Thinking and Problem Solving

Interdisciplinary Collaboration and Teamwork

Advocacy and Negotiation

Community support and Counselling

Emotional support

LANGUAGES

Malayalam

Native or Bilingual Proficiency

English

Full Professional Proficiency

Tamil

Elementary Proficiency

INTERESTS

Volunteering

Music

Researching

Community Involvement Activities

EDUCATION

Master of Social Work

Assumption College (Autonomous), Changanacherry

09/2021 - 05/2023

Bachelor of Arts in English Literature and Communication Studies

St. Teresa's College (Autonomous) , Ernakulam

06/2018 - 04/2021

WORK EXPERIENCE

Certificate Course Trainee- Child and Adolescent Mental Health Program.

National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore

07/2023 - 09/2023

Trainee social worker

National Institution of Mental Health and Neuroscience (NIMHANS), Bangalore

05/2023 - 06/2023

Trainee Social Worker

Father Muller Medical College Hospital, Mangalore

02/2023

Trainee social worker

Kusumagiri Mental Health Centre, Kochi

10/2022

Trainee social worker

Thrickodithanam Grama Panchayat, Kottayam

11/2021 - 07/2022

Volunteer

Pratham - Annual Status of Education Report 2022

College Co-ordinator for PK3 (Plastic Kurakkam, Kuraikkanam, Kurachepattu)

St. Teresa's College, Ernakulam

2018 - 2020

ORGANIZATIONS

Under 25 (2019 - 2020)

Organiser

Toastmasters International (2019 - 2020)

CERTIFICATES

19th Samanwaya International Conference - Debate Competition 1st Position (04/2022)

De Novo 2022 International Social Work Students Meet- Debate Competition 2nd Position (12/2022)

National Youth Day- District Level Quiz Competition 2022- 1st Position (03/2022)