



## **THARA MARIA RAJESH**

### SOCIAL WORKER

To utilize my professional skills capabilities and knowledge in a competitive environment where I can exhibit my skills and achieve perfection and contribute to the organizations growth. I would like to make sincere and continuous effort towards building a promising career and I could contribute to the growth and success of the organization that I am working.

## **EDUCATION**

### **MASTER OF SOCIAL WORK**

JPM Arts & Science college, Kanchiyar 2021 - 23

### **BACHELOR OF COMMERCE**

JPM Arts & Science college, Kanchiyar 2019 - 21

## **MY SKILLS**

- Communication
- Coordination
- Problem solving
- Documentation
- Leadership
- Team work
- Empathy
- Computer Skill- Word, Excel, SPSS,

### **Tally**

- Advocacy
- Active Listening Skill

## **LANGUAGE**

- ENGLISH
- MALAYALAM

## **EXPERIANCE**

- GANDHIBHAVAN INTERNATIONAL TRUST - (SPECIAL SCHOOL ACTIVITIES, SHELTER HOME MANAGEMENT, GUEST MANAGEMENT,CASE TAKING,RECREATIONAL ACTIVITIES) WORKED AS A TRAINEE SOCIAL WORKER
- IPCAI GRACE CARE GERIATRIC CARE & DEVELOPMENT CENTER ( CASE TAKING,COUNSELLING,COMMUNITY ACTIVITIES) INTERN- 1 MONTH
- MAXMINDS PSYCHOSOCIAL REHABILITATION CENTRE KANNUR ARAVANCHAL,(CASE TAKING, COUNSELLING CASE PRESENTATION)-1 MONTH
- PUSHPAGIRI MEDICAL COLLEGE HOSPITAL THIRUVALLA (PRO TRAINEE,MAITAINING PATIENT RELATION)- INTER
- AYYAPPANCOIL GRAMA PANCHAYATH TRAINEE SOCIAL WORKER (ONE MONTH)- (COMMUNITY PROGRAMMES)
- WEVOLVE COUNSELING CENTER - WORKED AS A CONTENT CREATOR

## **CERTIFICATES**

- UN VOLUNTEER
- COMPLETED UNITAR,WHO,UNESCO, UNITAR CERTIFICATE COURSES
- KAPS MEMBER
- CERTIFICATE IN GROUP DYNAMICS, COUNSELLING

## **INTEREST**

- Anchoring,
- Public Speaking,
- Community Involvement
- Reading, Writing,

## **RESEARCH**

- Occupational Stress among Private Hospital Nurses

- ATTENDED INTERNATIONAL SAMANWAYA CONFERENCE
- JUNIOR RED CROSS MEMBER IN SCHOOLING PERIOD

## **ACTIVITIES**

- Conducted awareness classes
- Conducted survey
- Conducted Community Programs
- Co-ordinating programs
- Counselling
- Therapies such as mindfulness and laughing
- Voluntary Works