

HEERA SEBASTIAN

✉ heerasebastian1999@gmail.com

+91 7012764066

SKILLS

- Good Communication Skill
- Flexible & Adaptive
- Positive Attitude
- Decision Making Skill
- Basic Technical Skills
- Time Management
- Team Spirit
- Dedicated
- Organizing
- Problem Solving

INTERESTS

- Dancing
- Music
- Travelling
- Internet Surfing

STRENGTH

- Having Patience
- Work with Positive and Empathetic Attitude
- Self-motivated
- Active Listener
- Disciplined
- Honest

LANGUAGES

- Malayalam
- English
- Tamil

REFERENCE

- Elizabeth Alexander
HOD Social Work Dept.
KE College Mannanam
9605608038
- George Joseph
HOD of B.com
Devamatha College
Kottayam
9961988101

PROFILE SUMMARY

To Develop the skills and knowledge that will help to boost my career growth. I actively listen to people and have my own ways of creating a trusted environment with them. This helps me to understand a human being than a diagnostic label.

EDUCATION

- **Master of Social Work**
November 2021 - Pursuing
Kuriakose Elias College Mannanam
- **Bachelor of Commerce**
August 2018 - April 2021
Devamatha College,
Kuravilangad
- **Plus Two**
July 2016 – March 2018
Commerce
St. Ephrem's Higher
Secondary School,
Mannanam
- **10th (CBSE)**
March 2016
Mary Mount Public School & Junior College, Kattachira

INTERNSHIPS

- Interned at Kuriakose Elias Development and Action Society as a community development social worker from 25 Nov 2021 to 06 March 2022.
- Interned at TRADA (De-Addiction Centre) Manganam, Kottayam from 01st Aug2022 to 30th Aug 2022.
- Interned at Sacred Heart Psychiatric Hospital, Paynkulam from 20th Jan 2022 to 20th Feb 2022.
- Interned at the B & B Memorial Hospital (NABH), Eranakulam from 2nd May 2023 to 31st May 2023.
- Internship at Kidwai Memorial Institute of Oncology Cancer Research Training Centre, Bangalore from 16th Aug 2023 to 16th Sep 2023.

ACADEMIC LEVEL

- Conducted an awareness class about Life Skill and in St.Joseph School, Kadapoor.
- Conducted an awareness class on Life Skill and Human Rights at Kaipuzha community.
- Cordinated 2 day Vaccation Camp in Kaipuzha.
- Coordinated Eye check-up camp.
- Organized book collection drive.

ACHEIVEMENTS AND REWARDS

- Certificate course on Counselling and Psychotherapy

PROJECT

- Conducted a study on the problems and challenges faced by working women in sales sector.

SOCIAL LEVEL

- Organised a state level cultural programme named AWAKE for the Mentally challenged children.
- Student Member in Kerala Association of Professional Social Workers (KAPS)

CULTURAL LEVEL

- Participated in the Flash mob organized by District Child Protection Unit, Kottayam in the connection with Anti-Drug Campaign.

INTERNATIONAL CONFERENCE

- Attended KAPS conference, BVM College, Cherppunkal.
- Organized SCOPOUS 2022, International Conference, K.E College, Mannanam.
- Attended SODAKSHI 2022 conducted by Don Bosco College, Wayanad.
- Attended SOWOCO 2021 International Conference conducted by IMHANS.
- Attended DYUTI 2022 International Conference 2022 conducted by Rajagiri College, Eranakulam.