



# PRAISY ELSA ALEX

## SOCIAL WORKER

### My Contact

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📍 Permanent Address:  
Thaliyappathil (H),  
Kanjiram P. O,  
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### Core Competencies

- Counselling
- Problem Solving
- Decision making
- Communication
- Multi-tasking
- Rapport building
- Mentoring
- Resource mobilization
- Psychosocial assessment
- Team player
- Empathy

### Education Background

- **KE College, Mannanam, MG University**  
*Master of Social Work  
Specialized in Medical and Psychiatry  
| Passing year - 2021  
Grade : B*
- **Marian College, Kuttikkanam**  
*Bachelor of Social Work | Passing year  
- 2019  
CGPA: 6.22*
- **Mount Carmel Girls Higher Secondary School, Kanjikkuzhi, Kottayam**  
*Higher Secondary | Passing year - 2016  
Grade : 64%*
- **Mount Carmel Girls Higher Secondary School, Kanjikkuzhi, Kottayam**  
*SSLC | Passing year - 2014  
Grade : 78%*

### PROFILE

Ms. Praisys Elsa Alex is currently worked as a Psychiatric Social Worker in Punarjjanany De-Addiction and Rehabilitation Centre, Poomala, Thrissur. I have Masters in Social Work with specialization in Medical & Psychiatry from KE College, Mannanam. Apart from area of social work education her other competencies are in coordination, leadership and training during student as well as professional lifetimes.

### Professional Experience

#### **PUNARJJANY DE-ADDICTION CENTRE| Psychiatric Social Worker**

*From October, 2022 - 30th November, 2023*

##### Professional Experience

Worked as a Psychiatric Social Worker in Punarjjany De-addiction Centre, Poomala, Thrissur.

- Coordinated psycho-social training sessions.
- Individual Counselling & Family Counselling.
- Coordinated awareness programs for nursing and degree level students.
- Monitored therapeutic sessions.
- Managed administration works.
- Coordinated Health maintenance activities like Aerobics, Zumba, Guided Meditations, Games.

#### **B SMART ABACUS | Project Manager**

*From April, 2022 - October, 2022*

##### Professional Experience

Worked as a Project Manager in B Smart Abacus, Women Empowerment Project, Ernakulam.

- Coordinated training programs for employing the women.
- Placed 110 ladies as trained abacus teacher's & above 300 students taking training under these teachers.
- Coordinated educational assistance programs for school children.
- Mentoring for students.

#### **IPCAI GRACE CARE | Trainer**

*From August 16, 2021 - April 09, 2022*

##### Professional Experience

Worked as a Trainer in IPCAI Grace Care, Geriatric Training & Development Centre, Kottayam.

- Trained MSW & Psychology internship students on various topics like psychotherapies, counseling etc.
- Case assessment and management
- Coordinated community based need assessment programs
- Geriatric assessment and management
- Resource person in different certificate courses organized by the agency for various educational institutions.
- Coordinating online training programs
- Mentoring for children

## Computer Skills

- **Microsoft Office Package**  
MS Word  
MS Excel  
MS Power Point
- **Google Workspace**  
Google Meet  
Google Classroom  
Google sheets
- **Zoom Platform**
- **Basics of Photoshop**
- **Video Editing and Processing**
- **Boucher and poster designing.**

## Reference

**Dr. Mathew Kanamala**  
Director, IPCAI Grace Care  
HoD, St. Joseph College,  
Moolamattom  
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**Ms. Tolly Thomas**  
Manager, IPCAI Grace Care  
Former Assistant Professor  
KE College, Mannanam  
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**Mr. Akhil Sadhashivan**  
District Health care Manager,  
Idukki  
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**Fr. Franklin Varghese**  
Clinical Psychologist  
Punarjjany De-addiction Centre  
Poomala, Thrissur  
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## Notable Accomplishments across the career

- 01-May-2021 to 31-May-2021* Has Successfully completed one month internship in Prajaahitha Foundation, Kozhikode.
- Differently abled assessment and management
  - Trained differently abled children in craft sessions
  - Monitoring and evaluation of differently abled children and elderly
- 01-Oct-2020 to 31-Oct-2020* Completed one month blockplacement in SH Hospital, Paynkulam, Thodupuzha.
- Psychiatric caseassessment and management
  - Resource person in Francis Thekkekara Memmorial Psycho Social Rehabilitation Centre for one month internship program.
  - Coordinted group therapies
- 01-May-2021 to 31-May-2021* Worked for one month block placement in Rajagiri outReach, Kalassery.
- Community assessment and survey conducted
- 19-Jul-2019 to 27-Oct-2019* Worked in Aymanam GramaPanchayath as a part of concurrent field work requirement.
- Geriatric assessment and management
  - Community assessment
  - Coordinated Lifeskill education for high school students
  - Worked as a volunteer for flood relief campaigns
- 02-Jan-2019 to 02-Feb-2019* Worked in Don Bosco Boys Home, Palluruthy, Kochi.
- Trained lifeskill education for school students
  - Visits various agencies including
  - Child Line office, Kochi, Valsalyabhavan
  - Children's Home & Child Welfare Committee Office

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

**Praisya Elsa Alex**