



# ANJU THOMAS

## SOCIAL WORKER

### PROFILE

As a graduate with a master degree in social work, specialized in medical and psychiatry, I'm excited to apply my knowledge and skill make a positive impact on the mental health and wellbeing of individuals and their families. I'm eager to contribute the field and provide compassionate care to those facing mental health challenges.

### CONTACT

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#### ADDRESS

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#### DOB

26/07/2000

#### EMAIL:

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### SKILLS

- Empathy
- Collaboration and Team work
- Communication and listening skill
- Patience
- Coordination skill

### EDUCATION

#### Mar Elias College Kottappady 2021 - 2023

Master of Social Work (MSW) – (B grade)

#### Mount Carmel College , Karukadom 2017 - 2020

Bachelor of Computer Application (BCA) – (6.73 CCPA)

#### St Mary's Higher Secondary School , Kaliyar 2015 – 2017

Higher Secondary – (70 %)

#### St Joseph's Higher Secondary School , Paingottoor 2015

SSLC – (80 %)

#### Add-on Course

#### Luminar Technolab ,Kakkanad - 2020

Software Testing

### INTERNSHIP

- **Kothamagalam Municipality (1 month)**
  - Conduct community awareness program
  - Prepare report about Vathilppady project
  - Volunteer work
- **Suraksha Migrant Project , Perumbavoor (17 days)**
  - Conduct community program
  - Attend medical camp
  - Documentation work
- **Ernakulam Social Service Society (ESSS) (10 days)**
  - Community awareness programs
  - Conduct self-help group meeting
- **Ample Vision Towards Medical and Mind Care (AVM) Hospital , Karimkunnam (1 month)**
  - Case history
  - Mental status examination
  - Group activities
  - Social skill training
  - Provide Psycho social education
  - Rounds with medical teams

## FIELD OF INTEREST

- Old aged individuals
- Psychiatric settings
- Hospital settings
- Rehabilitation
- Differently abled children
- NGO/Voluntary organizations

- **Taluk Headquarters Hospital , Kothamagalam (1 month)**
  - Documentation works
  - Individual rounds
  - Join district mental health program
  - Palliative field visit

- **Mother and Child Foundation , Mylacombu (1 month)**

## RESEARCH

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A study on sex education among school children

## ACHEIVMENTS

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- Got certificate of participation for volunteering to help conduct the Annual Status of Education Report (ASER,2022),Facilitated by PRATHAM.
- Member of Kerala Association of Professional Social Worker (KAPS).

I do hereby declare that the information given above is true to my knowledge.

Anju Thomas