

**Lakshmi T Saseendran**  
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**Career Objective:**

I aim to work in healthcare organizations, collaborating with medical teams to provide comprehensive support for patients and families dealing with medical and psychiatric issues. Through advocacy and counseling, my goal is to enhance quality of life and raise awareness about mental health. I am seeking career opportunities with renowned organizations to develop professionally, contribute to their success, and grow personally

**Education**

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**Amrita Vishwa Vidyapeetham, Coimbatore**

Master of Social Work

2022-2024(*Pursuing*)

**Sahrdaya College of Advanced Studies, Thrissur**

Bachelor of science in Geology

June 2019 – May 2022

**S.N Vidya Bhavan Senior Secondary School, Thrissur**

May 2019

(Affiliated to CBSE)

**Experience**

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- Vazhikatti Mental Health Centre & Research Institute, Coimbatore  
*Feb – May 2024 (Ongoing)*
- Shivesh Autism Centre in Sidhapudur, Coimbatore  
*Aug 17<sup>th</sup> – 19<sup>th</sup> Dec 2023*
- Little Flower Convent Higher Secondary School, Irinjalakuda Thrissur  
*July 26<sup>th</sup> – 3<sup>rd</sup> Aug 2023*
- Coodu Organisation, Ramanathapuram, Coimbatore  
*March 14<sup>th</sup> – 22<sup>nd</sup> June 2023*

- District Child Protection Unit, Thrissur

*Feb 4<sup>th</sup> – 24<sup>th</sup> Feb 2023*

### **Skills**

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- Active Listening
- Patience
- Coordination
- Communication
- Critical Thinking
- Empathy
- Time management
- Case management
- Collaboration with Healthcare Teams
- Psychosocial Assessment
- Documentation

### **Certifications**

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- Presented a paper titled "Influence of Self-efficacy on Education among Adolescent School Students" at the International Conference on Education Professionalism 2024

*Feb 10<sup>th</sup> 2024*

- De-Mystifying Mindfulness, Leiden University, Netherlands

*Sep 5<sup>th</sup> 2023*

- Two-day workshop on school mental health Programme by NIMHANS, Bengaluru

*Aug 18<sup>th</sup> – 18<sup>th</sup> Aug 2023*

- Four-day workshop on Social Work Research by the former Head of Bharathiar University

*May 2<sup>nd</sup> – 5<sup>th</sup> may 2023*

### **Personal Details**

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**Date of Birth:** 31<sup>st</sup> October 2001

**Languages Known:** English, Malayalam and Tamil

**Address:** Thayavalliyil House, PO Perinjanam west Thrissur, Kerala 680686