



# Uday Prakash Sangare

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## About me

As a psychiatric social worker with three years of experience at Institute of Psychiatry and human behavior, Goa, I blend clinical expertise with compassionate advocacy. Skilled in conducting thorough assessments and developing tailored treatment plans, I collaborate with interdisciplinary teams to provide holistic support. Beyond individual care, I'm committed to community outreach and systemic change, striving to destigmatize mental health and promote access to resources. My journey is defined by a dedication to humanizing mental health care and empowering individuals to reclaim their lives.

## Professional experience

### **PSYCHIATRIC SOCIAL WORKER [Bond service]**

**INSTITUTE OF PSYCHIATRY AND HUMAN BEHAVIOR, GOA**

*12-2022 to 12-2023*

#### **Key responsibilities**

- Conduct comprehensive psychosocial assessments of patients to identify their needs, strengths, and potential barriers to treatment.
- Develop and implement individualized treatment plans in collaboration with interdisciplinary teams, including psychiatrists, psychologists, nurses, and other healthcare professionals.
- Provide counseling and psychotherapy to individuals, families, and groups to address mental health issues such as depression, anxiety, substance abuse, and trauma.
- Coordinate discharge planning and aftercare services to ensure continuity of care and support for patients transitioning from inpatient to outpatient settings or community living.
- Collaborate with community agencies, government organizations, and other stakeholders to promote mental health awareness, prevention, and early intervention initiatives.
- Document patient assessments, interventions, and progress notes in accordance with professional standards and institutional policies.

## Educational Qualification

**UGC-NATIONAL ELIGIBILITY TEST (NET)**

2023

Qualified for Assistant Professor

Selected for the award of fellowship under the scheme of National fellowship for scheduled caste students [NFSC]

**M.PHIL. IN PSYCHIATRIC SOCIAL WORK**

*08-2020 To 7-2022*

**INSTITUTE OF PSYCHIATRY AND HUMAN BEHAVIOR, BAMBOLIM, GOA . ( GOA UNIVERSITY)**

**Dissertation**

“A study on discrimination faced and the burden among caregivers of schizophrenia patients in Goa”.

➤ **Fieldwork Experience Summary:**

Azilo Hospital Mapusa, Goa:

- Conducted psychiatric OPD assessments and camps at PHCs and CHCs.
- Provided psychosocial interventions for patients and families.
- Organized awareness programs.

Rural Health and Training Centre, Mandur, Goa:

- Delivered mental health awareness talks at community levels and health centers.
- Offered psychosocial interventions for referred cases.

Pediatric Neurology Rehabilitation Centre, Bambolim, Goa:

- Observed paediatric neurological cases in OPD.
- Provided individual and family interventions.
- Conducted sessions on social welfare schemes for staff.

Department of Neurology and Neurosurgery, GMC, Bambolim, Goa:

- Observed neurological cases in OPD and wards.
- Provided psychosocial interventions for referred cases.

Additional:

- Participated in assessment camps and facilitated aids procurement for persons with disabilities.
- Conducted UDID registrations across different talukas in Goa.

**MASTERS OF SOCIAL WORK [URBAN AND RURAL COMMUNITY DEVELOPMENT]**

*2019*

**BHARTI VIDYAPEETH DEEMED UNIVERSITY**

**Dissertation**

“A study on objectification of women done in films and advertisements and its impact on youth”.

**Field work summary**

As Trainee social worker

**SASSON GENERAL HOSPITAL, PUNE**

- Conducting psychosocial assessments of patients and their families to identify needs and concerns.
- Providing emotional support and counselling to patients facing medical, emotional, or social challenges.
- Assisting patients in accessing social services, financial assistance, and community resources.
- Collaborating with interdisciplinary healthcare teams to develop and implement comprehensive care plans.

**ALL INDIA INSTITUTE OF LOCAL SELF-GOVERNMENT**

- Implementing educational programs designed to improve literacy, numeracy, and life skills among slum children.
- Conducting assessments to identify educational needs and develop individualized learning plans for each child.
- Organizing and facilitating educational activities, including tutoring sessions, workshops, and

extracurricular programs

## **EQUAL COMMUNITY FOUNDATION**

- Developing and implementing gender equality programs and initiatives aimed at promoting women's rights, empowerment, and gender mainstreaming.
- Conducting research and analysis on gender issues to identify gaps, challenges, and opportunities for intervention.
- Designing and delivering training sessions, workshops, and advocacy campaigns to raise awareness about gender equality and women's rights.

## **DIPLOMA IN CORPORATE SOCIAL RESPONSIBILITY**

2019

## **BHARTI VIDYAPEETH DEEMED UNIVERSITY**

**Elphinstone college of arts, science and commerce, Mumbai**  
Bachelors of Arts [Sociology] Final grade- A

2017

**Elphinstone college of arts, science and commerce, Mumbai**  
H.S.C [Arts] - 59.08%

2014

**Aryan's education society high school, Mumbai**  
S.S.C – 67.40%

2012

## **Professional Development**

Participated in one day National web-seminar on “**Mental health and quality of life of married women working in India**” sponsored by National commission for women, New Delhi, organized by the department of social work, Karnataka state Akkamahadevi women’s university, Vijayapura on 23<sup>rd</sup> September 2020

Participated in the National webinar on ‘**Dementia & Covid-19**’ organized by Center for Gerontology, Department of social work, Central university of Kerala on 29<sup>th</sup> September 2020

Attended the webinar on ‘**Suicide prevention and promotion of mental health**, organized by the ISPSW in association with the Dept. of PSW, MIMH, Pune on 11<sup>th</sup> July 2020.

Attended the webinar on ‘**preserving dignity in eldercare during pandemic**’ on 16<sup>th</sup> June 2020, organized by the ISPSW in association with the NEWS.

Successfully completed the National level activity ‘**Graphical**’ quiz on data visualization scoring 61% organized by the department of statistics, MES Abasaheb Garware college, Pune on 28<sup>th</sup> may 2020

Participated in ‘Women-in-seva’ one-day conference in the **True spirit of ‘Celebrating humanity**’ organized by Seva sahyog foundation, Pune on 17<sup>th</sup> February 2019.

## **Key Skills**

- Clinical Assessment
- Counselling and Therapy
- Case Management
- Collaboration and Interdisciplinary Communication
- Cultural Competence
- Documentation and Record Keeping

- Self-Care and Professional Boundaries

## **Hobbies**

- Creative Writing
- Art Therapy
- Community Volunteering
- Outdoor Activities
- Music and Dance
- Travel and Cultural Exploration

