



CONTACT

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SKILL

- Active Listener
- Conflict Resolution
- Team work
- Empathetic
- Good Communication
- Highly Organised Time Management
- Documentation/Reporting
- Case Assessment
- File Management
- Adaptability

INTERESTS

Dance especially bharatanatyam
Listening to music Fashion Design Give
Counseling techniques to clients

REFERENCE

Dr. Noor Mubasheer C A
Associate Professor, HOD and PG DEAN
of PG studies and research in social work
St. Philomena's College, Mysore
+91 9844608662

LANGUAGES

* Malayalam ,English (write, read and
speak) * Kannada (fairly to speak)

OBJECTIVE

Dedicated and hardworking professional with a recent Masters degree in Social Work and internship experience in the areas of program management, psychological evaluation, treatment plans, individual counseling, family counseling and care for children with Anxiety, Depression Autism, Dyslexia, Intellectual disabilities and Behavioral Disorders and also for adolescents and adults with Addictions and Psychological Disorders. An excellent team player with strong interpersonal skills, effective communication skills, positive attitude and the ability to help lift the spirits of needy individuals is interested in obtaining a social worker position.

EXPERIENCE

03/10/2023 - 20/11/2023	New Beginning Early Intervention Centre For Children LLP, Bangalore Social Work Trainee Completed 45 days of block placement that involved history taking and mental status health examination of children. Learned basics of psychological evaluation and various developmental assessments under the guidance of the Developmental Pediatrician. Also attended the assessment sessions of behavioral therapists, speech therapists and occupational therapists under the supervision of respective supervisors.
11/05/2023 - 09/08/2023	River Valley Organisation for Rural Development and Integrated rehabilitation centre for de-addicts, Mysore Social Work Trainee Successfully finished the field work that constituted observing individual counseling, family counseling, recreational activities and other classes for de-addicts. Learned to write case work reports and to handle case history.
04/01/2023 - 31/03/2023	River Valley Organisation for Rural Development and Integrated rehabilitation centre for de-addicts, Mysore Social Work Trainee Observed the method of conducting individual counseling, family counseling, recreational activities and other classes. Learned to write case work reports.
25/11/2022 - 17/12/2022	Madonna (special school cum residential home for the mentally challenged), Chalakudy Social Work Trainee Completed 21 days of internship assigned with several duties particularly on teaching the students and even in their outdoor and cultural activities. Helped teachers in revising the syllabus, conducting activities that improve concentration skills, joined in parents meeting and helped with campus based eye check ups and health check ups. Also attended 2 conference programmes.
14/07/2022 - 25/10/2022	Lawrence Learning Academy, Mysore Social Work Trainee Successfully finished 25 days of field work that constituted understanding, interacting, teaching

various skills for the special need children in the school who were diagnosed with Autism, Dyslexia, Borderline intellectual disability, Dyspraxia and other learning disabilities. Also conducted classes and activities based on improving concentration skills of those children

24/02/2022 - 10/05/2022

Jyothi Social Welfare Centre, Mysore

Social Work Trainee

Completed 25 days of field work learning the process of forming a self help group, the functioning of SHGs, Micro credit and saving schemes, IGP programs, health and hygiene. Visited and acquainted with the different on-going JSWC projects.

EDUCATION

2024

National Health Care Academy (NHCA)

Master Class School Child and Parent Counsellor

72%

2022-2023

St.Philomena's College, (Autonomous), Mysore

Master of Social Work

CGPA-7.09

2018-2021

St. Philomena's College, Mysore

Bachelor of social work

CGPA- 8.02

2018

Nirmala College For Girls, Chalakudy, Thrissur

Grade XII (Kerala State Board) - Humanities

60%

2015

CMI Public School, Chalakudy, Thrissur

Grade X (Central Board Of Secondary Education)

CGPA-7.4

PROJECT

A study on family environment and depression among retired men and women in Bangalore city

The research paper delves into the intricate dynamics between the family environment and the prevalence of depression among retired individuals, specifically focusing on both men and women. The study aims to contribute valuable insights into understanding how familial factors may influence mental health during the transition to retirement.

The Two day national seminar on " Strategic improvement in digital learning environment improvement under NEP 2020- Higher Education Institution"

Strategic improvement in digital learning environment improvement under NEP 2020- Higher Education Institution was a 2 day national seminar conducted by the Department of Studies in Social Work under University of Mysore and Indian Council Of Social Science Research New Delhi. The paper represented leveraging advanced technologies, enhancing online resources, fostering interactive platforms, and promoting innovative pedagogical methods to create a more effective and inclusive learning experience. It also aims to align education with contemporary needs, preparing students for a dynamic digital future.

Workshop on advanced practical HR training

A workshop on advanced practical HR training was held during 10th July to 14th July, 2023 at St. Philomena's College, Mysore - PG Studies and Research in Social Work in collaboration with HR Zone. This workshop covers a comprehensive range of advanced practical HR training topics, including corporate recruitment strategies, effective office time management, payroll processing, statutory compliance adherence, training and development methodologies, mastery of advanced Excel formulas, proficiency in handling PT and IT returns, understanding full and final settlement procedures, and staying updated on Indian labor laws for a well-rounded HR skill set.

Two day Nation Conference on " Emerging Trends in Research, Writing and Publishing Skills"

Emerging trends in research, writing and publishing skills was a two day national conference conducted by Philomena's College. The paper delves into emerging

methodologies, tools, and best practices shaping the landscape of academic scholarship, offering valuable insights for researchers and writers navigating the evolving field of scholarly communication.

ACHIEVEMENT & AWARDS

Attained an individual membership for National Association of Professional Social Workers in India (NAPSWI)

Attained a certified coach title on "Psychology Counselor" by NHCA, Singapore

Attained a certified coach title on "Master class school child and parent counselling" by National Healthcare Training Academy, Singapore

Secured A grade with 3rd prize in folk dance and bharatanatyam conducted by CBSE Central Kerala Sahodaya Complex in 2008.

Rewarded 3rd prize with A grade in bharatanatyam during the academic years of 2009 and 2013 conducted by CBSE Central Kerala Sahodaya Complex.

Awarded with 3rd prize in folk dance conducted by CMI CBSE schools Kalolsav in 2008.

Acquired both 2nd prizes in group dance (contemporary) during the academic years of 2011 and 2013 conducted by Vista-II Rajagiri Public School Kalamassery.

ADDITIONAL INFORMATION

* Proficient in Microsoft Word for document creation and formatting. * Skilled in Microsoft PowerPoint for creating presentation. * Ability to prepare seminar papers. * Work under pressure. * Positive attitude mentality.