

**VAISHNAVI.K**



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Contact No : 8344045559

### **Career objective:**

- To be an effective social work practitioner, pro-active and socially responsible citizens.
- To be a part of the organization where I can take up challenging tasks and develop social work skills.

### **Academic profile:**

- ☞ Pursuing Msc Psychology through distance education from Tamil Nadu Open University.
- ☞ MSW (Specialized in Medical and Psychiatry), 2013, Lady Doak college, Madurai - First Class with Distinction.
- ☞ PG Diploma in Counseling and Psychotherapy 2012 from Lady Doak College Madurai- First Class with Distinction.
- ☞ PG Diploma in Environment and Sustainable development through distance education from Tamil Nadu Open University.
- ☞ BA. Economics from Lady Doak College Madurai ( Secured 1<sup>st</sup> class)
- ☞ Class 12<sup>th</sup> ( Commerce with Information practices) from kendriya vidyalaya (CBSE Board) in 2008 with 68%
- ☞ Class 10<sup>th</sup> from kendriya vidyalaya ( CBSE Board) in 2006 with 60%

## **Internship and Activities**

### **Shant Manas: Community based mental health organization (Madurai)**

- ☞ Case study
- ☞ Case history
- ☞ Assessment work
- ☞ Took survey to identify mentally ill.
- ☞ Conducted awareness programme on health and hygiene in government school kodimangalam.
- ☞ Interacted with care takers and mentally ill patients.
- ☞ Counseling.
- ☞ Presentation on Stress and stress management techniques.

### **Anugraha: Capuchin Institute of Counseling and Psychotherapy (Dindugal)**

- ☞ Practical exposure to counseling.
- ☞ Performed various therapies.
- ☞ Did counseling in St. Johns hospital dindugal.
- ☞ Conducted therapies to the client.

### **Chetanalaya: Community Organization (Delhi)**

- ☞ Wrote concept note for project proposal.
- ☞ Prepared list of activities regarding slum children project.
- ☞ Worked for the community project in Delhi ( sustainable community development and empowerment and advocacy)
- ☞ Prepared Logical framework analyses for project.
- ☞ Did English to Hindi translation work.
- ☞ Did Presentation on women empowerment to students from Japanese University.
- ☞ Documentation

### **TTK: De-addiction hospital (Chennai)**

- ☞ Counseling for follow- up.
- ☞ Wrote follow up card.
- ☞ Wrote letter to patient.
- ☞ Conducted a therapeutic recreational programme and spoke about stress management techniques.
- ☞ Collected case history.
- ☞ Conducted test -Short Alcoholic dependence data (SADD) for patient.
- ☞ Collected alcoholic history.
- ☞ Documentation work.

### **Training and workshops:**

- ☞ Attended a workshop on Professional Counseling in GRD College Coimbatore.
- ☞ Had four days training in Alahail Media, and made a documentary on Transgender life's and difficulties.
- ☞ Attended four days workshop on project proposal writing.
- ☞ Attended one day workshop on soft skills.
- ☞ In collaboration with SIRD gave awareness about female infanticide in various places of Madurai.
- ☞ Presented a paper on alcohol use and abuse.
- ☞ Attended a National Symposium on Global Crisis conducted by Madras Christian College
- ☞ Presented a paper on Loan wavier.
- ☞ Attended a training programme on service learning in FPAI (Family Planning Association India) Madurai.
- ☞ Attended a state level seminar on “Sustainable development” organized by Lady Doak College Madurai.

**Achievements and Awards:**

- Certificate of Meritorious
- Proficiency Prizes

**Languages known:** English, Hindi, Tamil

**Computer skills:**

MS Word

MS Excel

PowerPoint

Basic Knowledge of SPSS

**PERSONAL PROFILE:**

**Age:** 22

**Date of Birth:** 02-02-1991

**Sex:** Female

**Nationality:** Indian

**REFERENCE:**

MS.Vidya Lakshmi – Professor- Lady Doak College

Contact Number- 09488056043

MS. Kalpana Gosh –Counselor – ICTC

Contact Number – 08012502335

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

**Date:**

**K.Vaishnavi**

**Place: Madurai**