

KAVINILAVU K

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SUMMARY

Energetic, patient and dedicated with a strong commitment to supporting individuals in their journey towards holistic well-being. Her experience in clinical and psychiatry settings has equipped her with valuable skills in active listening, empathy, and building rapport with diverse individuals. With a genuine passion for helping others, Kavinilavu is well-positioned to excel as an Academic Counselor, where she can continue to make a positive difference in people's lives. She is always driven to bring solutions and light up people around her.

EXPERIENCE

National Institute of Mental Health and Neurosciences(NIMHANS),Bengaluru. July 1st, 2024 - Sep 30th, 2024

Certificate course training - Social Work Practice in Psychiatric Disability Management

- Trained in psychosocial assessment, counseling, psychopathology, vocational potential, and disability concepts.
- Facilitated UDID and Aadhar registration, free medication, and incentives through NIMHANS.
- Networked with NGOs for rehabilitation referrals and assisted in the OPD and directory project at NIMHANS.
- Conducted vocational rehabilitation visits to Don Bosco Tech.
- Completed one-month training at Sakalwara Community Rehabilitation Centre.

National Institute of Mental Health and Neurosciences(NIMHANS),Bengaluru. Jun 1st, 2024 - Jun 30th, 2024

Internship - Psychiatric Social Work Trainee

- **Academic and Counseling Insights In Adult Psychiatry:**
 - Gained insights into diagnosing and treating psychiatric disorders, psychosocial support, and mother-baby unit care.
- **Neurology:**
 - Explored neurological disorders with psychotic symptoms, facilitated psychosocial interventions, and learned OPD procedures for obtaining Unique Disability IDs.
- **Geriatric Psychiatry:**
 - Attended seminars on caregiver support, motivational enhancement therapy, managing conditions like dementia and hypertension, and holistic approaches including yoga and nutrition.
- **Vocational Guidance and Psychiatric Rehabilitation:**
 - Observed vocational training, social welfare benefits, and therapeutic role plays.
- **Family Therapy and Counseling Techniques:**
 - Expanded knowledge of psychosexual and psychosocial theories, engaged in case discussions, and learned about narrative therapy.

Schizophrenia Research Foundation (SCARF India), Chennai.

Mar 1st, 2024 - Apr 12th, 2024

Internship - Psychiatric Social Work Trainee

- **Program management:**
 - Engaged in mental health care programs, promoting emotional well-being and treatment adherence through my casework.
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- **Project Leadership:**

- Spearheaded a project under the Department of Psychosocial Rehabilitation and leading daily online exercise sessions for patients.
- Regularly hosted therapeutic recreational activities at the Vocational Training Centre.

- **Community Outreach and Resource Coordination:**

- Coordinated flood relief program by efficiently managing resources and community outreach.
- Raised awareness among patients about the disability certification.

- **Workshops and Wellness Promotion:**

- Conducted an online workshop aimed at fostering physical health and well-being through the practice of yoga.

Srikamatchi Medical Centre, Thanjavur.
Internship - Medical Social Work Trainee

Jan 8th, 2024 - Feb 26th, 2024

- **Documentation and Audit Support:**

- Proof read and ensured the accuracy of Internal audit Documentation.

- **Equipment and Technology Management:**

- Utilized the Zoho Creator app to record and monitor the status of hospital equipment, ensuring efficient resource management and operational readiness.

- **Community Health Program Coordination:**

- Organized an ENT camp to address health needs local community.

Aram hospital, Trichy.

Aug 22nd, 2023 - Nov 16th, 2023

Internship - Psychiatric Social Work Trainee

- **Psycho-Education and Counseling Support:**

- Delivered Psycho-Education class for de-addiction patients.
- Led the in-patient exercise sessions and additionally delivered JPMR therapy.

- **Community Program Development:**

- Organized a community awareness program titled 'Mastering the Art of Parenting: Empowering Parents of Special Children.' Provided essential skills and resources for navigating the challenges of raising children with special needs.

AHAL neuropsychiatry and De-addiction Centre, Coimbatore
Internship - Psychiatric Social Work Trainee

Jul 15th, 2023 to Jul 29th, 2023

- **Case Management and Assessment:**

- Worked in Case management by taking case histories and assisting psychometric assessments.

- **Holistic Health Care Support:**

- Assisted in holistic health care by delivering JPMR therapy for patients.

- **Intervention Techniques:**

- Gained hands-on experience with intervention techniques for psychiatric disorders.

Mother Teresa Foundation Thanjavur.
Internship - Social Work Trainee

Mar 23rd, 2023 to April 22nd, 2023

- **Educational, Community Programs and Personal Counseling:**

- Conducted special communication classes for children at Anbu Illam for student development.
 - Acted as student support by of educational guidance and personal counseling.
 - Spearheaded recreational activities for the elderly population at Joy home.
 - Led a community organization program for the elderly on the title 'Empowering Golden years', delivering motivational speech and offering mental support
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SKILLS

- Active Listening , Empathy, Effective communication, Psycho-Education Delivery -
 - Conflict Resolution, Crisis Intervention, Motivational Speaking, Student Development and Support, Educational Guidance and Counseling
 - Verbal and Written Communication, Public Speaking, Presentation Skills, Relationship Building, Critical Thinking
 - Leadership, Event planning & Co-ordination, Cultural Competence, Evaluation & Feedback, Resource Provision and Advocacy -
 - Basic MS Office, Virtual Platforms(Zoom, Google meet)
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EDUCATION

M.S.W. – Social Work (M&P)

2022 - 2024

Periyar Maniammai Institute of Science & Technology, Thanjavur.

- Presented academic Research Paper on "Prevalence and contributing factors of social anxiety among Gen Z in the higher education institutions of Thanjavur " at the 15th EURASIA FORUM OF SOCIAL WORKERS held at Pattaya City, Thailand on 20-22 March 2024.

M.A - English

2020 - 2022

Government Arts College, Ariyalur.

- Project paper on "The dominance of patriarchy in Wole Soyinka's 'The lion and the jewel' "

B.A - English

2016 - 2019

Shrimati Indira Gandhi College, Trichy.

VOLUNTEERING EXPERIENCE

- Volunteered for security management in Talent fest for kids from shelter homes organized by Bhumi Trichy (NGO), where i was honored by being awarded a certificated for service excellency among 200 volunteers.
 - Personally volunteered to assist the marginalized community of transgenders from Thanjavur to get jobs that was yet to be granted from the Thanjavur Collector's office.
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ADDITIONAL INFORMATION

Languages: English, Tamil

Workshops:

- National Conference on women health and legal empowerment
- Workshop on Street Theatre
- Workshop on Rational Emotive Behavior Therapy
- Abnormal Psychology workshop
- Green Social work and Green Entrepreneurship for environment conservation.

Courses: Improve your communication skills in English Course on Ulektz, Certificate course on Abnormal Psychology, Artificial intelligence Certification Course on Ulektz, Management and Entrepreneurship Course on Ulektz, Air pollution and Management Course on Ulektz.
