



GAYOS MATHEW

Contact

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Skills

- PATIENCE
- PROBLEM SOLVING
- CRITICAL THINKING
- COMMUNICATING
- ACTIVE LISTENING
- EMPATHY
- TECHNICAL KNOWLEDGE
- PATIENT CONFIDENTIALITY
- INDIVIDUAL COUNSELLING

Languages

English

I am an individual who wants to grow and learn within my range to have enhanced my abilities and responsibilities. I am highly motivated to continue learning and to be the best at whatever level I am placed. I am energetic and ambitious and approach my tasks with maturity and responsibly.

Work History

2023-10 -
2024-12

Psychiatric Social Worker

Gilgal Ashwasa Bhavan, Tiruvalla, India

- Helped clients develop new coping mechanisms and techniques to drive behavior modification.
- Presented clinical documentation and observations to interdisciplinary team.
- Maintained client records to document assessment, treatment plans and progress.
- Advocated for clients' rights within the mental health system, ensuring access to necessary resources and services.
- Patients were taken to nearby hospital after assesment and diagnosis done by psychologist.
- Helped in supervising palliative and physically disabled ward.

2023-06 -
2023-07

Intern

Belivers Church Medical College Hospital, Thiruvalla

- Engaged and conducted programs in several clinical settings
- Took surveys and engaged in ICMR projects
- Observed how clinical settings are practiced
- Engaged in medical camp
- Engaged in case studies through surveys

2023-01 -
2023-04

Intern

Sagar Hospital, Bengaluru

- Worked in a medical setting and got the chance to engage with various departments
- Got the chance to engage with dialysis patients and did some counselling sessions with them
- Conducted caseworks, group works and community works
- Observed how ICU counselling are being done
- Conducted case work, group work, community work

Malayalam

Hindi

Tamil

Personal Details

Date of Birth: 29 September 1999

2022-09 - 2022-12

- Engaged in blood donation camp

Intern

Nightingale Medical Trust, Bengaluru

- Worked with Dementia and Alzheimer's patients
- Got the chance to conduct programs and case studies with the patients
- Able to acquire more knowledge regarding how to deal with dementia patients and how can we help them
- Conducted various sessions with the patients, engaged them in activities
- Got the chance to do a case study with patients and an intervention plans for them
- Conducted casework, group work and community work

2022-08 - 2022-08

Intern

Thuvakkam, Chennai

- Worked on establishing a sustainable environment by engaging in several project that are managed by the agency
- Conducted Several awareness programs in mobile creches for people in the slums
- Covid relief awareness was brought to the adults living in the slums
- Ration kits provided to the families of children who have lost their parents due to covid

2022-04 - 2022-07

Intern

Vathsalya Charitable Trust, Bengaluru

- Worked with migrant children and workers
- Conducted surveys to meet new migrant workers
- Engaged in Child Nutrition Project and provided food for the children of migrant workers
- Engaged in counselling sessions and did case studies with the children
- Conducted casework, group work and community work

2021-12 - 2022-01

Intern

Sparsha Trust, Bengaluru

- Mainly focused on protection of children and child rights
- Conducted several surveys and caseworks

- Got the chance to provide children with food and medicines
- Acquired skills in documentation
- Conducted casework, groupwork and community work

Education

2016-01	10TH std <i>SYRIAN CHRISTIAN SEMINARY HIGHER SECONDARY SCHOOL - THIRUVALLA</i> GPA: 70%
2018-01	12TH Std <i>St. THOMAS HIGHER SECONDARY SCHOOL - KOZHENCHERRY</i> GPA: 77%
2021-01	Bachelors: English Language and Literature <i>KRISTU JYOTHI COLLEGE OF MANAGEMENT AND TECHNOLOGY</i> GPA: 69%
2022-01 - 2023-01	Masters: Social Work <i>ST. JOSEPH'S UNIVERSITY - BANGLORE</i> <ul style="list-style-type: none">• specialized in medica and psychiatry• GPA: 64%

Project

Research on 'My Pursuit of Happiness', Linking with Marxist ideology.

Research on 'The Impact of Work Stress in Healthcare Employees in Bangalore' Paper Presentation on 'The Impact of Digital Media in Health'

Disclaimer

I hereby declare that all the statements made in this resume are true to the best of my knowledge.,

Personal Information

Date of Birth: 09/29/99