



ARSHIDHA MUBARAK KN

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Ernakulam, Kerala

PROFESSIONAL SUMMARY

Results-oriented social worker and educator with 2+ years of experience in psychosocial support and community interventions. Expertise in counseling, program coordination, and teaching across various academic levels. Focused on social justice and empowering vulnerable populations through effective education and holistic care.

PROFESSIONAL EXPERIENCE

January 2025 – Present

KVS Charitable Trust,
Bangalore

Counsellor

- Delivered psychosocial support to underprivileged children, addressing behavioral, emotional, and academic challenges.
- Coordinated CSR projects providing educational materials, healthcare access, and basic necessities.
- Prepared case reports and monitored progress while maintaining stakeholder communication.
- Organized life skills workshops and academic support activities enhancing children's development.

May 2024 – January 2025

Jai Bharat College of
Arts and Science,
Perumbavoor, Kerala

Assistant Professor

- Encouraged critical thinking and professional development among MSW and BSW students.
- Supervised research, fieldwork, and community-based projects to enhance student learning.
- Conducted outreach initiatives and academic events to strengthen college-community collaboration.
- Mentored students in academic, career, and psychosocial aspects for holistic growth.

January 2023 – May 2024

Udayam Project under
District
Administration,
Kozhikode

Social Worker cum Counsellor

- Delivered psychosocial interventions to support rehabilitation of homeless individuals.
- Led family tracing and reintegration initiatives for beneficiary reunification.
- Conducted community mobilization and awareness campaigns, documenting success stories.
- Applied social work methods, including casework, group work, and community organization.
- Coordinated resource mobilization efforts alongside newsletter documentation.

EDUCATION

2020 - 2022

Sree Sankaracharya
University of Sanskrit

Master of Social Work (MSW)

Specialisation : Health social work practices.
Grade: B Plus | CGPA: 6.42

2017 - 2020

Sree Sankara College,
Kalady

Bachelor of Science in Botany (B.Sc.)

Grade: A | CGPA: 7.98

CORE COMPETENCIES

- Psychosocial assessment, interventions and counseling
- Case management and reintegration
- Classroom instruction and supervision
- Research guidance and curriculum development
- Stakeholder engagement and CSR coordination
- Public speaking and advocacy
- Resource mobilization and documentation
- Workshop facilitation and campaign management

CERTIFICATIONS & TRAINING

- Certified Emergency Medical Care Technician – Life Supporters Institute of Health Sciences
- Counseling Skills and Techniques – IMHANS, Kozhikode
- Psychiatric and Psychosocial Assessment – IMHANS
- Motivational Enhancement Therapy – IMHANS
- Family Counseling – IMHANS
- Behavioral and Cognitive Behavioral Therapy – IMHANS
- Supportive Psychotherapy – IMHANS
- Enhancing Professionalism – IMHANS
- Certificate of Participation – Doers Professional Development Programme
- Participant – "One Day Workshop on UNEA 5.2" (Bring Back Green)

PROJECTS

District Campaign Coordinator

"Theruvujeevithangalillatha Kozhikodinaayi Oru Dinam" Campaign (Udayam Project)

- Led a district-level awareness and resource mobilization initiative for homeless rehabilitation.

Workshop Coordinator

"ARANGU 2021" Theatre Workshop

- Organized a three-day creative workshop to promote expression among social work students.

ACHIEVEMENTS

- Winner, Elocution Competition (A Grade) – Sree Sankaracharya University Arts Fest
- Attended 10 Master Classes and 3 Bootcamps (Doers NGO)
- Achieved Merit Scholarship of Sree Sankaracharya University of Sanskrit during Academics

DECLARATION

I hereby declare that the above information is true and correct to the best of my knowledge and belief.