



# Amal Thomas

Social Worker

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## Skills

Effective Communication

Teamwork and Collaboration

Basics in MS

Flexible and Adaptable

Conflict Resolution

Active Listening

SPSS

Leadership

Documentation

## Languages

English

Malayalam

Hindi

Tamil

## Certifications

KAPS

🔗 <https://kaps.org.in/>

Member of KAPS (Kerala Association of Professional Social Workers).

APD

🔗 <https://www.apd-india.org/>

Completed Disability Rehabilitation Management Course in APD Bengaluru 2024.

NLP

ATMAMITRA

Completed Basic Course in NLP (Neuro-linguistic Programming) 2024.

MSE

Attended training program on case study and MSE (Mental Status Examination)

PRA

Attended training program on Participatory Rural Appraisal.

Dedicated and organized individual with strong aptitude for learning and mastering new skills quickly. Possesses foundational knowledge in social work and community development. Passionate about helping people and improving communities. Experienced in working with diverse groups and supporting local projects. Capable of contributing to positive workplace environment and supporting social work initiatives effectively.

## Education

**Don Bosco Arts & Science College, Angadikadavu** **2020 - 2023**  
Social Work Bachelor of Arts

🔗 <https://www.donbosco.ac.in/>

- elected and served as executive member of SWAD 2022-2023
- Student Coordinator of RESSAISIR (Social work National Conference) 2023

**Don Bosco Arts & Science College, Angadikadavu** **2023 - Present**  
Community Development Master of Social Work

🔗 <https://www.donbosco.ac.in/>

- Elected and served as P.G Representative of Don Bosco College union 2023-2024

## Volunteering

**DREAM Kannur** **2022 - 2024**  
Volunteer Kannur

🔗 <https://www.breadsbangalore.org>

- Volunteered with DREAM Kannur (2022–2024), focusing on drug rehabilitation and youth mentoring.
- Gained experience in awareness programs, case management, counselling support, and documentation.

## Internship Experience

**DISA** **01-02-2023 to 23-02-2023**  
Don Bosco Initiative For Social Action Kannur

🔗 <https://www.donbosco.ac.in/disa>

- part of the organising committee of the leadership training programme 'VOYAGER 2K 23'
- gained knowledge in activities of awareness, resource mobilization and documentation.

**DISA** **13-11-2023 to 13-12-2023**  
Don Bosco Initiative for Social Actio Kannur

🔗 <https://www.donbosco.ac.in/disa>

- Worked in 2 projects, DREAM (Drug Rehabilitation Education and Mentoring) and SIA (Social Impact Assessment).
- gained knowledge in activities of awareness, legal advocacy, resource mobilization and documentation.

**APD Bengaluru** **01-04-2024 to 01-05-2024**  
The Association of People with Disability Bengaluru

🔗 <https://www.apd-india.org/>

- Collaborated with cross-functional teams to improve overall workplace culture and employee engagement initiatives.
- Participated in professional development and training opportunities to enhance clinical skills.
- Supported management in developing action plans to address identified issues, promoting timely resolution of identified issues.

**FCDP** **19-08-2024 to 04-09-2024**  
Fishermen Community Development Programme Kollam

🔗 <https://www.fcdpindia.org/>

- engaged in the activities of community development projects under FCDP.
- part of a survey to identify the needs and problems of Children in the coastal region.

**KAIROS** **01-02-2025 to 18-02-2025**  
KannurAssociation for Integrated Rural Organization and Support Kannur

🔗 <http://www.kairoskannur.org/>

- Engaged in activities of community development projects under KAIROS
- Developed organizational skills through managing multiple tasks simultaneously while adhering to strict deadlines.

**Astha Shakti** **01-05-2025 to 31-05-2025**  
Bengaluru

- Engaged in activities of community development projects under Astha Shakti
- Conducted classes for children

## References

**Dr. Fr. Joy Ullattil SDB**

HOD Social Work, Don Bosco Arts and Science College

🔗 <https://www.donbosco.ac.in/>

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