

GOPIKA PRASANNAN

Social Work Professional | UGC NET Dec-2023 gopikaprasannan235@gmail.com |

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Career Objective

Social Work professional with experience in tele-counselling, mental health support, and life skills facilitation through government and community-based platforms. Passionate about promoting psychosocial well-being and empowerment among youth, women, and vulnerable populations. Seeking roles that integrate direct service, program facilitation, and mental health advocacy.

Core Competencies

- Active Listening & Crisis Intervention
- Psychosocial Assessment & Case Management
- HIV/AIDS, STI and Mental Health Counselling
- Confidentiality & Ethical Practice
- Multilingual Communication
- Call Documentation & MIS Reporting
- Teaching, Training Facilitation & Curriculum Adaptation
- Project Coordination & Stakeholder Engagement
- Monitoring, Evaluation & Reporting
- Community Engagement & Behavioural Survey Technique
- Cultural Sensitivity & Gender Awareness
- Digital Tools Proficiency

Professional Experience

School Counsellor Sabarigiri International School Trivandrum July 2025-October 2025

- School Counselling
- Facilitation
- Group work
- Case Studies
- Engaging with Students
- Special Care for Adolescent age groups

Counselling Officer 1097 Helpline – Piramal Swasthya in collaboration with NACO, Hyderabad Jul 2023 – Dec 2024

- Provided tele-counselling to PLHIV, youth, and high-risk groups via the national HIV/AIDS helpline.
- Conducted assessments and planned psychosocial care.
- Facilitated referrals to ART centres, ICTCs, and community partners.
- Maintained confidential records and MIS documentation.
- Participated in NACO-led training and quality improvement.

Consultant Facilitator, QUEST Alliance, Kerala Apr 2022 – Jun 2023

- Facilitated life skills, mental wellness, and career readiness workshops for young women learners in 10+ government ITIs.
- Delivered group counselling and psychoeducation to enhance resilience and self-awareness.
- Developed content on menstrual health, communication, and decision-making.
- Coordinated with faculty and community networks to support learner engagement and program success.
- Monitored learner progress and training impact using digital reporting tools

Fieldwork & Internships

- Noolpuzha Family Health Centre, Wayanad (Jul 2021): Supported maternal and child health outreach; promoted nutrition and hygiene awareness.
- Pratheeksha De-addiction Centre, Trivandrum(Apr–May 2021): Assisted with casework, counselling, and recovery planning for clients with substance use issues.
- LabourNet, Puducherry (Jan–Mar 2021): Engaged in women’s skills training; supported community mobilisation and livelihood documentation.

Education

- Master of Social Work (Medical & Psychiatry) Pondicherry University – 2019–2021 | 80.7%
- Bachelor of Arts in Sociology, Sree Narayana College, Chempazhanthy – 2016–2019 | 73.29%

Certifications & Short-Term Courses

- UGC-NET Qualified – Social Work (Dec 2023)
- Psychological First Aid (2025)
- Psychology of Everyday Life-Mental Health Issues (2022 Aug)
- Art Therapy for Mental Health (2024)
- Mental Health Awareness (2023), STI-PKT (2024)
- Data-Based Decision Making (2023)
- Project Management for Development (2023)
- Critical Thinking & Ethical Judgment (2025)

Academic Dissertations

- **Psychological Challenges in Menopause: A Study Among Middle-Aged Women:** This study investigates the mental health effects of menopause and emphasises the need for integrated community-based interventions.
- **Stress Levels Among Higher Secondary Students: A Comparative Study:** Explored academic and social stress across school types, highlighting differences based on socioeconomic and gender factors.

Language Proficiency

- English, Tamil – Proficient
- Malayalam – Native
- Hindi – Intermediate

Professional Affiliations

- National Association of Professional Social Workers in India (NAPSWI),
- Kerala Association of Professional Social Workers (KAPS)