

Sreelakshmy Prajoth (Counsellor)

Professional Summary:

An empathetic and motivated social worker specializing in Medical and Psychiatric Social Work, Sreelakshmy brings a combination of theoretical expertise and practical experience gained through internships at renowned institutions. With a strong academic foundation and research background, she is dedicated to addressing early childhood developmental gaps, behavioural issues and mental health challenges in students in need.

Qualification:

- **Masters in Social Work (Medical and Psychiatry)** – SRM University, Chennai (Gold Medal)
- **Bachelor of Science in Computer Science** – CHM College, Mumbai University

Certifications:

- Health Behaviour Change: From Evidence to Action (Yale University)
- Cognitive Behavioural Therapy (CBT) Certificate

Key Experience:

- **Tata Memorial Cancer Centre (Mumbai):** Observed the role of medical social workers and conducted telephonic surveys for ICIC Security.
- **Hand in Hand India (Kancheepuram):** Contributed to the Child Labour Elimination Program (CLEP) and mobilized rural communities.
- **ActionAid Association (Chennai Regional Office):** Worked on Integrated Child Development Services (ICDS) and CSR projects.
- **Sri Ramachandra Hospital (Chennai):** Gained experience in psychiatric case presentations and initial assessments.
- **T.T.K. Hospital (Chennai):** Worked in deaddiction settings and gained experience in therapeutic methods like CBT, Animal-Assisted Therapy, and Horticulture Therapy.

Research Work:

- *Impact of Social Media on Interpersonal Relations among the Youth* (India International Social Work Conference 2024)
- *Ignorance and Negligence of Self-Care among Caregivers* (International Conference on SDG 10 Reduce Inequalities 2023)
- *Nature-Based Solutions: Nature's Blueprint to Combat Climate Change* (Published, International Conference on Climate Justice 2024)
- *Mindfulness: A Systematic Review on its Scope in Social Work* (Scientific Article)

Skills & Expertise:

- Counselling and therapeutic techniques, including CBT.
- Community mobilization and child welfare programs.
- Research and academic writings in social work and mental health.
- Comprehensive assessments and case management in psychiatric and medical settings.