

THERESA MARY SABU

308, Daffodils Everest Countryside, Kasarwadvli, Thane West,
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Objective

An opportunity to realise my passion in an environment that is best suited to my capabilities. Willing to put in hardwork and adapt to any circumstances.

Education&Qualifications

- ★ Qualified **UGC–NET** on 11th November 2020
- ★ Qualified **SET** on 10th January, 2021
- ★ Post Graduate Diploma in Clinical Social Work & Counselling Practice
Rajagiri College of Social Sciences (Autonomous), Kalamassery, MG University. (2020-2021)
73.5 %
- ★ M A Sociology, 2020
CMS College, Kottayam(Autonomous), MG University
CGPA:3.34/4, 83.5%, B+Grade
Dissertation thesis: An Appraisal of Tourism Prospects in Kakkathuruth Island in Alappuzha District
- ★ BSc. Chemistry, 2018
St Aloysius College, Edathua
MG University.
CCPA:8.81, 83.5%, A Grade
- ★ Higher Secondary Education,
2015 Holy Family HSS Cherthala
89.83%
- ★ CBSE 10th Board Examination, 2013
St Mary of Leuca SS School, Pallippuram, Cherthala
CGPA:9.4

Experience

- ✦ Worked as **Assistant Professor on contract** in the Department of Sociology at Sacred Heart College (Autonomous), Thevara, Kochi, Kerala from June 2022 to November 2023
- ✦ Worked as **Assistant Professor on Contract** in the Department of Sociology at Vimala College (Autonomous), Thrissur, Kerala for 7 months (November 2021-May 2022)
- ✦ Worked as a **Counsellor trainee** at St. Jude Family Counselling Centre, Angamaly for a month.
- ✦ Worked as a **Social work trainee** for one month at Don Bosco Boy's Home, Palluruthy.
- ✦ Worked as **Counsellor trainee** for one month at Santhwana Institute for Counselling and Psychotherapy, Ernakulam

Skills&Abilities

- ✦ Good Communication Skills.
- ✦ Teamplayer
- ✦ Motivator
- ✦ Encourage others' ability to think, communicate and work together
- ✦ Counselling
- ✦ Positive attitude
- ✦ Adaptive to all environments
- ✦ Hard-working
- ✦ Life long learner

Publications, Paper Presentations & Conferences

- ✦ Presented a paper titled '**Changing marital roles among Christian young women in Alappuzha district**' in the 9th Dr E Vijayakumari Memorial National Seminar on Reinventing Sociology in the 21st century : Exploring possibilities and Prospects on 22nd January 2024 at CMS College, (Autonomous), Kottayam, Kerala.
- ✦ Published a paper on the topic '**Constraints Faced by the Islanders: A Study on Kakkathuruth Island, Alappuzha District**' in the **Journal of the Kerala Sociological Society**, '**Kerala Sociologist**' Volume 50, Number 1, June 2022 ISSN:0975-8933.
- ✦ Presented a paper titled '**Psychological Constraints of Guest Workers in Cochin Corporation**' in the 8th Dr E Vijayakumari Memorial National Seminar on Dynamics of Migration in Kerala: Possibilities and Challenges on 2nd March 2023 at CMS College Kottayam (Autonomous)
- ✦ Presented a paper on the topic '**Constraints faced by the Islanders: A study on Kakkathuruth Island, Alappuzha District**' in the 48th Annual International Conference of Kerala Sociological Society on the theme 'Inequality and Social Justice : Intersectionalities in Kerala Society.
- ✦ Presented a joint paper on the topic '**Guiding Children through the Digital World: The Crucial Role of Parents**' in the 17th Samanwaya International Conference held at BCM College on

23& 24 January 2020 with the theme , Child Abuse: A Revisit to Family Problematique and Interventions.

- ★ Presented a paper titled **An Overview of Socio-cultural Integration of migrant workers in Kerala** on two days of the International Conference on Socio-Cultural Impacts of Migration:Challenges and Possibilities held at CMS College (Autonomous), Kottayam, on 6th&7thJanuary2020.
- ★ Presented a paper titled,**Kakkathuruth Island: Ecotourism Initiatives for Sustainable Development in Kerala** in the 46thAnnual National Conference of Kerala Sociological Society on the theme 'Environment and Sustainability :Contestations and Confrontations 'held at CMSCollege, Kottayam from 22ndto 24thNovember2019.
- ★ Participated in the **45thAnnual National Conference of Kerala Sociological Society** on the theme'Sociology, Society and Social Engagements 'held at Sree Sankaracharya University of Sanskrit from 9thto 11th November 2018.
- ★ Participated in the two-day Symposium in Philosophy held at St Thomas Apostolic Seminary,Vadavathoor,
Kottayamon17&18January,2019
- ★ Participated in the one-day State Level Workshop on **Gender Equality and Mainstreaming: APractical Approach to Gender Planning, Budgeting and Auditing** on 25thJanuary 2019 at CMSCollege.

Prizes

- ★ Winner of **Miss.Aloysius** held at St Aloysius College, Edathua on 3rd March 2017
- ★ Bagged **A grade in MonoAct** for CBSE State Kalotsav in 2010 & 2011.
- ★ Got first prize in Mono Act in **Alappuzha Sahodaya Kalotsav** in 2010 &2012 and second prize for Mono Act in 2009 & 2011.

Reference

- ★ **Dr.Lekshmi.S.Kaimal**
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1
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