

Ajeesh Sebastian

Kashamkulam (H), Thamarassery P O, Calicut, Kerala, India. 673573

ajeeshsebastianmsw@gmail.com

Summary

Evidence based Social Worker with seven years of experience in different community development programmes and Social Work education, worked on issues related with micro-finance and women empowerment, health seeking behaviour of different populations, community development incorporating crosscutting themes and research. Recently absorbed into National Institute for Research in Reproductive Health (NIRRH), India, as a Social Worker for planning, implementing and monitoring and evaluating community based research interventions related to reproductive health.

Highlights

Client/community centred approach	Community Outreach
Client Needs Assessment & Response	Result Based Management
Social Work Research	Impact Assessment
Mentoring and Teaching	Monitoring and evaluation
Social Case Work	Community Organization

Accomplishments

- ❖ Integrated Result Based Management (RBM) framework in community based research proposals as part of the current employment.
- ❖ Developed a number of high-end project proposals for Integrated Development Centre, an NGO and successfully scaled up its programmes and activities to reach into all part of Calicut district.
- ❖ Networked with different GOs and NGOs for ensuring newer and challenging exposure to the students during the teaching days at LISSAH college and SNDP YSS college.
- ❖ While serving at SAFF, regularly updated, shared information on different resources available for the scaling up of SPED III programme, A community development programme implemented during 2011-16 period across India.
- ❖ Provided counselling services to different client groups such as students and parents during the teaching years at SNDP YSS College and LISSAH College and to couples who comes to the family counselling centre at Integrated Development Centre.
- ❖ IELTS with 8 band score

Experience

Social Worker

11/2015 - Present. National Institute for Research in Reproductive Health, Mumbai, India

National Institute for Research in Reproductive Health (NIRRH) is a premier research institute of the Indian Council of Medical Research (ICMR). It has been making vigorous efforts to improve the reproductive health of people through research, education and health care services.

- Co-investigator in four intervention projects

- A systematic review on interventions to improve the quality of care in pregnancy and childbirth in India.
- Intervention to improve haemoglobin level of moderate/mild anaemic women.
- Using mobile phone for providing information on contraceptive methods.
- Help seeking and Health seeking behaviour of women experiencing domestic violence
- Developed different community based interventional studies for the department of Biostatistics
 - A survey on Awareness about anaemia, iron rich diet and iron supplementation among women
 - intervention to enhance help seeking and health seeking behaviour of women experiencing domestic violence
 - Intervention to increase breast cancer awareness and breast self-examination among women in the community- A Multiple approach
 - Swatch Vidyalaya for My Health
 - Intervention to improve the haemoglobin level of moderate/mild anaemic women
 - Intervention to improve the menstrual hygiene management among urban adolescent girls in two slum communities in Mumbai).
- Played key role in coordinating the International Conference on Reproductive Health held in 29/02-2016 to 03-03-2016.
- Prepared different reviews on subjects such as menstrual health management, post abortion care, breast cancer, food cooking patterns and anaemia, contraceptive choices and family planning practices, prevalence of self breast examination practice among women from slum areas , help seeking and health seeking behaviour of domestic violence victims
- Communicating and networking with a wide number of experts in the field of ‘male involvement as a strategy for reproductive health improvement’ for sharing the new results of the research interventions.
- Presented papers in two conferences
- Three papers were prepared based on the intervention data of the department and published in peer reviewed journals.
 - Begum S, Sebastian, Kulkarni R, Singh S, Donta B. Traditional practices during pregnancy and childbirth among tribal women from Maharashtra: A review. *International Journal of Community Medicine and Public Health*. 2017;4(4):882-885.
 - Sebastian A, Kulkarni R, Begum S. Factors influencing maternal health indicators among tribal population in Maharashtra (India) with special focus on five high priority districts. *International Research Journal of Social Sciences*. 2017;6(5):20-29.
 - Sebastian A, Begum S, Donta B, Naik DD, Tapase P. Abusive yet affectionate

husbands: conflicting perceptions of domestic violence experiences of wives living in urban slum communities of Mumbai, India. Int J Reprod Contracept Obstet Gynecol 2017;6:4413-8.

Previous employments

Assistant Professor in the dept. of Social Work, Little Flower Institute of Social Science and Health (LISSAH) college, Calicut, India for 9 months

Project Officer at Integrated Development Centre (IDC), Calicut, India for 17 months.

Regional Programme Officer at Save a Family Plan Trust India (SAFP), Ernakulam, India for 13 months.

Lecturer in the dept. of Social Work, SNDP YSS College Malappuram, India for 15 months.

Coordinator for Missing Child Bureau in Bangalore Rural district for 4 months.

Education

2016 July-September (20 hour course)

- Certificate in Health research Fundamentals

2008-10 Sree Sankaracharya University of Sanskrit, Kalady, Ernakulam, India

- Master of Social Work (MSW)

2004-07 Mahathma Gandhi University, Kottayam, India

- BA in Philosophy

Interests

Web surfing for online educational courses, Traveling to new places especially Rural areas, Trekking, Watching survival movies, networking with professional through LinkedIn, Photography

Skills

Social Case Work, Community Organization, Lecturing, Needs Assessment, Project management, Proposal development, impact assessment, Research,

References

- Dr. Jose Antony, HoD, Department of Social Work, Sree Sankaracharya University of Sanskrit, Kalady, Kerala, India. Mobile: 09446217759, Email: josareeckal@gmail.com
- Shahina Begum, PhD, Scientist D, & Head, Department of Biostatistics, National Institute for Research in Reproductive Health (ICMR), Parel, Mumbai, Maharashtra, India. Landline: +91-22- 24192040, Email: begums@nirrh.res.in
- Dr. Balaiah Donta, consultant and former Deputy Director, and Scientist-G, National Institute for Research in Reproductive Health, Mumbai, Maharashtra India. Landline: +91-22- 24192040 Email: bdonta2007@yahoo.co.in