






# AISWARYA LALY SUNDARESAN

## SOCIAL WORKER

Dubai, UAE 

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Compassionate and dedicated Social Worker with over 4 years of experience across healthcare and community wellbeing sectors in the UK and India. Adept in discharge planning, child safeguarding, psychosocial counselling, and multidisciplinary collaboration. Proven ability to provide crisis intervention, support vulnerable populations, and promote health equity through culturally competent care. Committed to delivering high-quality, person-centered support with integrity, empathy, and professionalism.

## Experience

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### DISCHARGE PLANNING ASSISTANT

12/2023– 03/2025

#### SWINDON BOROUGH COUNCIL – SWINDON, UNITED KINGDOM

- ❖ Facilitated social skills and awareness programs for children affected by substance abuse.
- ❖ Coordinated discharge planning for adult and pediatric patients with internal and external teams.
- ❖ Provided crisis intervention and child protection support during acute episodes.
- ❖ Managed patient queries and maintained accurate admission/discharge records.
- ❖ Addressed complaints and escalated unresolved cases to senior staff.
- ❖ Attended training on child safeguarding and patient care best practices.
- ❖ Handled delayed discharges by coordinating with relevant departments.
- ❖ Explained discharge procedures and insurance details to patients and families.
- ❖ Escalated child safeguarding concerns to appropriate authorities.
- ❖ Followed up post-discharge with families to prevent re-admissions.

### DEVELOPMENT SUPPORT WORKER (CHILDREN)

01/2023 – 11/2023

#### QUALIFIED CARE RESIDENTIAL SERVICE – CROYDON, UNITED KINGDOM

- ❖ Supported juveniles in residential care by promoting life skills, daily routines, and personal development.
- ❖ Conducted behavioural counselling and conflict resolution activities.
- ❖ Documented case progress and collaborated with social workers, police, and school staff.
- ❖ Provided guidance on children's mental health to parents and educational stakeholders.
- ❖ Ensured care plans were tailored, regularly reviewed, and effectively implemented.
- ❖ Facilitated recreational, educational, and therapeutic activities to enhance emotional resilience and social development
- ❖ Monitored and reported behavioural patterns and progress, contributing to regular case reviews and updates to individualized support plans.

### ASSISTANT PROFESSOR (SOCIAL WORK)

02/2021 – 01/2022

#### ST. THOMAS COLLEGE OF ADVANCED STUDIES – KERALA, INDIA

- ❖ Delivered psychosocial counselling and mentorship to students during the COVID-19 pandemic.
- ❖ Developed community outreach programs, health awareness campaigns, and rural camps.
- ❖ Facilitated group counselling sessions and coordinated field visits and academic projects.

### TELE-COUNSELLOR (VOLUNTEER ROLE)

09/2020 – 12/2020

#### SOCIAL JUSTICE DEPARTMENT – KERALA, INDIA

- ❖ Provided mental health support to elderly individuals during quarantine.
- ❖ Assisted with crisis interventions and coordinated services with NGOs and healthcare units.
- ❖ Delivered public health education through tele-campaigns and community programs.
- ❖ Contributed insights to local policy development and supported administrative reporting.
- ❖ Conducted regular follow-up calls to monitor emotional wellbeing and identify emerging support needs among isolated individuals.

## Education

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**MSC IN PUBLIC HEALTH AND WELLBEING** 2023  
**UNIVERSITY OF WEST LONDON, UNITED KINGDOM**

**MASTER OF SOCIAL WORK (MEDICAL & PSYCHIATRY)** 2019  
**RAJAGIRI COLLEGE OF SOCIAL SCIENCES, KERALA, INDIA**

**BA IN ENGLISH LITERATURE AND JOURNALISM** 2018  
**ST. BERCHMANS COLLEGE, CHANGANASSERY, KERALA, INDIA**

## Certifications & Achievements

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- ❖ NET Qualified – Social Work, University Grants Commission (UGC)
- ❖ Represented Indian Social Workers in Ruzomberok, Slovakia
- ❖ Honoured by Government of Kerala for volunteering in COVID-19 crisis programs
- ❖ Published Article: "Health Workers' Perspectives on Epidemic Disease Outbreaks"
- ❖ Coordinator – ICDS Mega Program, Kerala
- ❖ Organizer – DYUTI International & National Conferences, Rajagiri College

## Technical Skills

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- ❖ Psychosocial counselling & emotional support
- ❖ Child safeguarding & protection protocols
- ❖ Discharge planning & continuity of care
- ❖ Life skills coaching for children & youth
- ❖ Case management & documentation
- ❖ Multidisciplinary team collaboration
- ❖ Community outreach & public health education
- ❖ Communication & interpersonal skills
- ❖ Cultural sensitivity & inclusion
- ❖ Microsoft Office & data handling
- ❖ Networking
- ❖ Research & academic writing

## Personal Details

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Nationality : Indian  
Visa Status : Visit Visa  
Date of Birth : 08 Sep 1997  
Language : English | Hindi | Malayalam