

I was born in a small Industrial Town in Kerala, India. Later, moved to the northern part of India for higher education. I graduated with a PhD from the University of Delhi. I have more than twenty years of experience in the field of social development. Over the years, I have worked as a professional Social Worker, lecturer in Social Work, Senior Mental Health Social Worker and Program Manager. Prior to migrating to Australia, I was a Social Work lecturer in Delhi University. I worked as a Senior Mental Health social worker with country health South Australia before moving to Townsville to join James Cook University as a Lecturer in Social Work. I am associated with many voluntary organisations, associations, professional bodies and developmental projects both in Australia and India. Currently, I teach mental health Social Work, group work and theories for social work practice. I am involved in a participatory research to explore the mental health beliefs of young people in India and Australia.