

## CURRICULUM VITAE

**Anupama.k**



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### **PERSONAL INFORMATION**

Name : ANUPAMA.K  
Date of Birth : 20-07-1974  
Age : 44 YRS  
Gender : Female  
Marital Status : Married  
Permanent Address : Anupama.k,  
W/O Dayanand  
Faith city, Mylappanahalli. Shivakote  
Bangalore -560089  
Communication address: Anupama.k  
Associate Professor,  
Akal college of Nursing,  
Eternal university, Barusahib, HP  
173101.  
Phone No : 86185-49669,  
Husband's Name : Mr Dayanand  
Nationality : Indian  
Educational Qualification: **B.Sc Nursing, M.Sc. Nursing, Ph.D**  
Specialty : **Psychiatric Nursing**  
Total experience : **3 years after UG and 11.6 years after PG, after Ph.D**  
**S2 years**  
Languages Known : English, knannada, Telugu, Hindi.

## CAREER OBJECTIVE

To Build a career as teaching professional in Nursing education in an institution which offers growth potential and exposure while utilizing my skills for achieving the organizational goals.

## EDUCATIONAL QUALIFICATIONS

Sl no	BOARD	INSTITUTION	PERIOD OF STUDY	AGGREGATE PERCENTAGE
1	10 <sup>th</sup> standard	KARNATAKA SECONDARY EDUCATION EXAMINATION BOARD	1990	55 %
2	10 + 2	GOVERNMENT OF KARNATAKA	1991-1992	67 %
3	RASHTRABHASHA PRAVEENA	DAKSHINA BHARAT HINDI PRACHAR SABHA, MADRAS	1995	55 %
4	SIKSHA SNATHAK/ HINDI B.Ed	DAKSHINA BHARAT HINDI PRACHAR SABHA, MADRAS	1996-97	65 %
5	M.S office & windows	(EONICS) KARNATAKA STATE ELECTRONIC DEVELOPMENT CORPORATION LTD.	1998	75 %

## PROFESSIONAL QUALIFICATION

Examination	Board\University	Institution	Period of Study	Aggregate Percentage
B.Sc Nursing	Rajiv Gandhi university of health sciences, Bangalore.	GOVT college of Nursing, Bangalore	2000-2005	68%
M. Sc Nursing (Psychiatry Nursing)	Rajiv Gandhi university of health sciences, Bangalore.	Diana College of Nursing Bangalore	2008-2010	I year-67% II Year – 67%
Ph.D in nursing	Himalayan university	Himalayan university	2016-2019	Completed in 2019

## WORK EXPERIENCES

S.No.	Area of Working	Designation	Employer	Year & Period
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1.	Teaching	Clinical Instructor /tutor	Faith institute of nursing Sciences,Bangalore	Nov. 2005 to June 2008
2.	Teaching	Lecturer	Faith institute of nursing sciences Bangalore.	July 2010 to Aug 2014
3.	Teaching	Assistant professor	Anil Bhagi college of nursing, Punjab	Aug 2014 to Feb 2016
4.	Teaching and research guide	associate Professor	Maibhago college of Nursing, Amritsar Punjab	08.02.2016 to 11.11.2017
5.	Teaching research guide and administration	Associate professor	Gurunanak college of nursing, Ludhiana	13.11.2017 to 05.10.2019
6	Teaching research guide and administration	Associate professor	Akal college of college of nursing, Barusahib, HP	08.10.2019 to Till date

#### **JOB RESPONSIBILITIES**

- Learning experience given to students based on syllabus by means of text books, other written materials & laboratory simulations
- Coordinating students rotations & site visits & arranging duties in clinical settings
- Supervising, instructing & guiding students in classroom & clinical settings
- Conducting students performance evaluation followed by giving feedback & taking decisions to improve performance
- Communicating with students, class coordinator & corresponding classroom instructor
- Prepare & deliver lectures to graduate students in classroom teaching about various subjects of Nursing
- Undertook clinical supervision for B.Sc Nursing in Obstetrics & Gynecological Nursing, Pediatric Nursing, Psychiatric Nursing, Community Health Nursing and Medical Surgical Nursing.
- Participated in professional conferences
- Preparing course materials like assignments & hand outs

- Evaluating and grading students class work, laboratory and clinic work, assignments, and papers.
- Teaching at undergraduate and graduate level in their respective areas
- Contributing to the development, planning and implementation of a high quality curriculum
- Assisting in the development of learning materials, preparing and maintaining records to monitor student progress, achievement and attendance.
- Participating in the development, administration and conducting exams and other assessments
- Clinical supervision for B.Sc Nursing, P.B.B.Sc Nursing, students in all the specialty subjects
- Guided students in their research activities for B.Sc Nursing, P.B.B.Sc Nursing, students in all the specialty
- Guided students in conducting workshops, continuing Nursing education, seminars and extracurricular activities
- Facilitating student application of theory to clinical
- Identifying and immediately communicating problem areas
- Demonstrating quality nursing care, problem solving skills, effective use of resources, collaboration with other health professionals and professional standards as outlined by the College of Nursing.
- Stimulating class discussions.
- Participating & guiding in research activities for MSc students. B.Sc and P.B.Sc students
- Organizing & conducting conferences, seminars, workshops, symposium, panel discussion, etc

#### **Current position at Akal College of nursing**

**Professor cum vice principal**  
 Akal College of Nursing  
 Eternal University  
 Baru Sahib,  
 Dist.- Sirmaur  
 Himachal Pradesh

#### **Membership**

- Trained Nurses Association of India, New Delhi. (TNAI No.-
- INPN (India)

## Special course done

- **Objective structured practical examination**

## PUBLICATIONS

### Original Research Papers:

- 1 Anupama.k, research methodology, international journal of nursing science practice and research, 2016; 3(2): 1-5. eISSN: 2455-6351, **DOI:** <https://doi.org/10.37628/ijnspr.v3i2.397>
2. Gagan, rajesh, Anupam.k, a study to assess the effectiveness of STP on knowledge regarding ADHD and temper tantrum, international journal of immunological nursing, 2017; 3(2): 1-9
- 3 Anupam.k, workforce challenged in nursing, international journal of nursing science practice and research, eISSN: 2455-6351 2017; 4 (1):125-128, www.journalspub.com , <https://doi.org/10.37628/ijnspr.v4i1.683>
- 4 Anupam.k, hypothesis types and research, international journal of nursing science practice and research, 2018; 4 (2): 78-80, ISSN: 2455-6351 , **DOI:** <https://doi.org/10.37628/ijnspr.v4i2.812>
- 5 J kaur, anupam.k, prevention of premenstrual syndrome in adolescence, international journal of nursing science practice and research, 2019; 5(1):59-63 , eISSN: 2455-6351, **DOI:** <https://doi.org/10.37628/ijnspr.v5i1.1056>.
6. Anupam.k, Objective structured practical examination in nursing, international journal of evidenced based nursing, 2019; 2(2):12-17
7. Anupama.k, barrier techniques in nursing, international journal of immunological nursing, 2019; 5(2): 10-15, ISSN: 2456-1592, **DOI:** <https://doi.org/10.37628/ijin.v5i2.1213>.
8. Jkaur, Anupama.k, STP on knowledge regarding life style changes in prevention of pre-menstrual syndrome, international journal of obstetrics ,perinatal and neonatal nursing, 2019; 5(2): 14-24. ISSN: 2455-6424, **DOI:** <https://doi.org/10.37628/jopnn.v5i2.1178>
9. Mk kaur, anupam.k, psychosocial problems and coping strategies among postmenopausal women, international journal of women health nursing, 2019; 2(2): 10-18. **DOI:** <https://doi.org/10.37628/ijwhn.v2i2.1315>
10. Indu bala, Anupama.k sleep hygiene program on sleep hygiene and stress level among B.Sc nursing students, international journal of neurological nursing, 2020; 6(2): 1-13.
11. Monica, Anupama.k, psychological first aid among undergraduate nursing students, wolter kluwer ( medknow) journal –on process

12. Anupama.k, OSPE vs TPE ON THE PERFORMANCE and satisfaction of nursing students , Punjab, - wolter kluwer ( medknow) journal –on process

13. Verma K, Sharma A, Anupama K. A comparative study to assess knowledge regarding tobacco use and its ill effects among school children of district Sirmour Himachal Pradesh. Int J Community Med Public Health 2021;8:655-9.

14. Sharma AD, Verma K, SehgalM, Verma Y, Anupama K. A descriptive study to assess the knowledge of coronavirus among nursing students, Sirmour, Himachal Pradesh. Int J Res MedSci 2020;8:4422-5.

### **CONFERENCES/ WORKSHOPS ORGANIZED/PARTICIPATED**

1. Participated in workshop on KANGAROO MOTHER CARE at S.M.S. Medical college , Jaipur Rajasthan in year 2003.
2. Participated in Workshop on DISASTER MANAGEMENT at Geetanjali School and College of Nursing, Udaipur Rajasthan in year 2013.
3. Participated in SNA Conference on CLEAN AND HEALTHY INDIA : NURSES' CONCERN organized by Trained Nurses' Association of India at Jaipur Rajasthan in year 2015.
4. Participated in National conference on NURSES: A FORCE FOR CHANGE: IMPROVING HEALTH SYSTEM'S RESILIENCE organized by Trained Nurses' Association of India at Jaipur Rajasthan in year 2016.
5. Participated in National conference on TRANSFORMING NURSING THROUGH INNOVATIONS IN EDUCATION, PRACTICE AND RESEARCH organized by College of Nursing AIIMS Jodhpur, Rajasthan in year 2018
6. Participated in workshop on NATIONAL NUTRITION WEEK: NUTRITIONAL CARE FOR CANCER PATIENTS organized by college of Nursing AIIMS Rishikesh in year 2018.
7. Completed a training programme on ACID BASE, FLUID AND ELECTROLYTE IMBALANCE AND ITS MANAGEMENT held at AIIMS Rishikesh in year 2018.
8. organized Nukkad Natak on theme EMPOWERING PERSONS WITH DISABILITIES AND ENSURING INCLUSIVENESS AND EQUALITY in year 2018 by AIIMS Rishikesh.
9. Organizer in National Workshop on SIMULATION IN NURSING EDUCATION at AIIMS, Rishikesh in year 2018.
10. Organizer and Participated in international Workshop on RESEARCH METHODOLOGY at akal college of College barusahib himachal Pradesh in October 10 2019
11. Organizer and Participated in international Workshop on COLLABORATIVE APPROACH FOR HOLISTIC HEALTH CARE at akal college of College barusahib himachal Pradesh in October 11 TH & 12 TH 2019
12. Participated in national institute of Mental Health and Neuro sciences Multi –Disciplinary workshop on **WELL BEING & MENTAL HEALTH FOR NOVICE NURSES**, BANGALORE ON 6<sup>TH</sup> NOVEMBER 2019.
13. Attended the world's largest workshop on "DRUG AWARENESS WEBINAR" organized by kalgidhar trust, baru sahib himachal Pradesh in June 26 2020.
14. Participated as a delegate in national seminar on LEGAL AND ETHICAL SPECTRA : THE UPGRADE PARADIGM , held on 19 th JUNE 2020 at skisha O ANUSANDHAN DEEMED UNIVERSITY , DEPARTMENT OF MENTAL HEALTH NURSING in zoom cloud meeting

15. Participated Workshop the "Statistics Made Easy: Virtual SPSS Workshop on Basics and Beyond" organized by IAMBSS, Integrated Association of Medical, Basic and Social Scientists workshop held from 26th October to 31st October,
16. Participated in IN INTERNATIONAL WORKSHOP ON boost up abstinence , breakup substance use , bring out strategies " in Coimbatore tamil nadu, india , held on 13 th august 2020 in zoom cloud meeting
17. Participated actively in the webinar of topic BUILDING NURSE RESILINCE . " an emergent & emergency concept during COVID-19 , held on 07 th agust 2020 ORGANIZED BY shr shankarcharya college of nursing , hudco, bhilai , Chhattisgarh.
18. Attended webinar titled "managing emotional issues of students during a crisis on school psychology in association with Pearson academy india held on may 8<sup>th</sup> 2020.
19. Participated as a delegate on webinar on COMPRHENSIVE COMMUNITY GERIATRIC ASSESSMENT TO IMPROVE HELTH CARE ASPECTS" organized by doon institute of medical sciences , sahaspur that held on 29<sup>th</sup> june 2020
20. Attended the webinar "psychological impact of covid -19 : strategies to overcome " held on 6<sup>th</sup> august 2020. By VSPM madhuribai deshmukh institute of nursing education Nagpur.
21. Participated as a delegate on webinar on crisis intervention in covid 19 pandemic by MGM new Bombay college og nursing on 18<sup>th</sup> august 2020 .
22. As actively Participated and successfully completed one day national webinar on YOGA FOR "IMMONITY WITH RESPECT TO THE CORRECT SCENARIO " jointly organized by department of physical education & department of urdu of arts college , yeoda on 29<sup>th</sup> august 2020.
23. Participated as a delegate on webinar on EXPERIMENTAL RESEARCH DESIGN" organized by eashwari bai memorial college of nursing, secunderbad, telangana.
24. Participated in national webinar on theory and statistical applications in nursing research organized by shri swami bhumanand college of nursing haridwar held on 28<sup>th</sup> august 2020.
25. Participated as a delegate on webinar on "nursing research opportunities during covid-10 organized by SDPS college of nursing on 19<sup>th</sup> September 2020.
26. Participated as a delegate on webinar on "the nurse and diabetes "organized by Ramachandra institute of higher education and research held on november12th 2020.
27. joining in noble initiative of "Walk To Save", spreading the message of **Kirat Karo**(working hard), **Naam Japo**(Reciting Waheguru naam), **Vandh Chhako**(helping the needy) as guided by Guru Nanak Dev ji, as this time of Covid 19 has taught us a lesson that this life is precious and we should use this life wisely.

### **Book review**

Peer Review of Chapters of the proposed title, "**Textbook of Mental Health and Psychiatric Nursing for Undergraduate Nursing Students**" authored by BHARAT PAREEK & SANDEEO ARYA in the year 1<sup>st</sup> October 2020

### **EXAMINER AND EVALUATOR**

1. B.Sc.(N), and M.Sc.(N) **examiner** in karnataka and punjab University of Health Science RGUHS and BFHUS 2011-2019
2. external examiner in TMU Moradabad 2021
3. **Paper setter and evaluator** in Different Universities for B.Sc. Nursing, Post basic B.Sc. Nursing and M.Sc. Nursing programme.
4. **Center Superintendent** for university examinations.
5. **Observer in** nursing KSDNEB examination.

### **Miscellaneous activities**

1. Volunteering services in Akal de- addiction Centre, counseling cell & psychiatry unit, barusahib himachal Pradesh.
2. Research advisory committee and research coordinator
3. IQAC activity committee member
4. Mental health and psychiatry nursing department –HOD
5. Board of management member

### **Professional membership**

1. Life member of trained nurses association India (TNAI)
2. Life time member of Indian society of psychiatric nurses ( ISPN)

### **ADDITIONAL STRENGTH:**

Competent in using computer, can work on power point, excel and word efficiently.

### **DECLARATION:**

I hereby declare that all the above mentioned information is true to the best of my knowledge.



