

## CURRICULUM VITAE

### **MsManishaSehgal**

NURSING TUTOR

Baru Sahib, TEHSIL-Pacchad,

VIA- Rajgarh

Distt-Sirmour,

H.P ,INDIA

[manishasehgal420@gmail.com](mailto:manishasehgal420@gmail.com)



Recently I working at Akal College of Nursing as a Nursing Tutor (Mental Health Nursing Dept.) Co- Coordinator of M.Sc. Nursing 1<sup>st</sup> year and Coordinator at Akal De addiction centre, trained enough to work with your organization in both clinical and educational setting. Excellent interpersonal skills and a dedicated worker with a sense of purpose. Possessed B.Sc. Nursing in the year 2016 and M.Sc. Nursing in the year 2019.

Total teaching experience: **2.8years**

### **ACADEMIC QUALIFICATION**

<b>NAME OF COURSE</b>	<b>SCHOOL/INSTITUTION</b>	<b>BOARD</b>	<b>%</b>	<b>YEAR OF PASSING</b>
12 <sup>th</sup> Standard	Akal Academy, Baru Sahib, H.P	CBSE (Central Board of Secondary Education )	74%	2012
10 <sup>th</sup> standard	Akal Academy, Baru Sahib, H.P	CBSE (Central Board of Secondary Education )	8.2 GRADE	2010
<b>B.Sc. Nursing</b>	Akal college of Nursing, Eternal University, Baru sahib	INC	PASSED	2012-2016
<b>M.Sc. Nursing</b>	Akal college of Nursing, Eternal University, Baru sahib	INC	PASSED	2017-2019

## **LICENSURES & CERTIFICATIONS**

- Registered Nurse in Bachelor of Nursing from HPNRC
- Registered Nurse in Masters in Mental Health Nursing From HPNRC
- Registered UNID

## **STUDENT CLINICAL EXPERIENCE**

### **B.S c. Nursing**

- Kamla Nehru Hospital, Shimla(H.P.)
- Dr.VidyaSagar Mental Hospital, Amritsar (Punjab)
- Akal Charitable Hospital, Baru Sahib(H.P.)
- Civil Hospital, Rajgarh(H.P.)
- De-addiction Centre, Cheema Sahib(Punjab).
- IGMC Shimla

### **M.S c. Nursing**

- VIMHAS, Lajpat Nagar,Delhi
- NIMHAS,Bangalore
- Dr Ram ManoharLohia Hospital,Delhi.
- Dr. VidyaSagar Institute of Mental Health,Amritsar,Punjab
- De-addiction Centre, Cheema Sahib(Punjab).
- De-addiction Centre, Baru Sahib(H.P).

## **DURING TEACHING PERIOD**

- Published Research article in **International Research in Medical Sciences** on “A descriptive study to assess the knowledge of corona virus among nursing students ,Sirmour Himachal Pradesh”
- Published another research article in **International Journal of Science and Healthcare Research** on “Effectiveness of Video Assisted Teaching Programme on Cannabis Abuse on Level of Knowledge among Undergraduate Students”
- Have attended the “**International E-Conference on Mental Health First Aid**” organized by the Nursing Division, Government of India in collaboration with Department of Nursing, D Y Patil University School of Nursing, Navi Mumbai and National Institute of Mental Health & Neurosciences (INI), Bengaluru from 4th to 6th February 2021
- Participated in a webinar “**Mental health during COVID 19 pandemic** “on 2/sept /2020 which was organized by MOHANDAI OSWAL HOSPITAL AND COLLEGE OF NURSING,LUDHIANA.

- Participated on the panel as a **panelist in Drexel’s “Disrupting the Global Pandemic: Nursing Stories from the Forefront”** on July 30th at 9am-1030am ET via Live Webcast.

TOPIC: **Psychosocial Considerations** along with

<b>Facilitator:</b> Veronica Carey
<b>Panellists:</b>
1. Catherine Comiskey
2. Muhammad Saddiq
<b>3. ManishaSehgal</b>
4. MabohNkwiti

- Organized World’s Largest Drug-Awareness Webinar’ on June 26, 2020 on the occasion of ‘International Day against Drug-Abuse and Illicit Trafficking’ which was done live on YouTube.
- Prepared and conducted online classes and exam on ZOOM,GOOGLE MEET,EU PORTAL
- **Organized workshop** for labor workers at eternal university on' consequences of tobacco’
- **Speaker of workshop** on “consequences of tobacco” at eternal university
- **Speaker of workshop** on “COVID 19” conducted for health care workers at ETERNAL UNIVERSITY auditorium.
- Actively participated in **Clinical shifts during COVID 19** pandemic.
- **Organized Rallies** to spread awareness and quit substance
- I have been setting question paper for various universities (**EXAM SETTER**).
- I have also been a **member of organizing committee** at 6th International conference held in 2016 at Akal college of nursing on the ‘Bridging the gap between theory and practice’
- I have also **supervised and taught students at clinical settings in different areas**.
- I have also worked during inspections of INC.
- **Supervised M.Sc. Nursing and B.Sc.Students in clinical area**
- Teach courses allotted to mental health department as per INC norms.
- Work with students who are studying for a degree or a certificate and taking classes to improve their knowledge or career skills.
- **Developed an instructional plan for the course**and ensure that it meets college and department standards.
- Plan lessons and assignments.

- Work with colleagues to develop or modify the curriculum for a degree or certificate program involving a series of courses.
- Assess students. Progress by grading papers, tests, and other work.
- Advise students about which classes to take and how to achieve their goals.
- Stay informed about changes and innovations in their field.

### **SKILLS LEARNED:**

- Counseling, Psychometric assessments, Conducting activities for psychiatric and addiction patients.
- Accurately understanding the emotions of others, Active Listener.
- Arranged venues for workshops, conferences, Good at coordination
- Worked at food committee, anchoring, media committee etc
- Technical skills (conducted Online classes and exam on ZOOM, GOOGLE MEET, EU PORTAL)
- Classroom teaching for B.Sc.Nursing and M.Sc.Nursing students
- Speaker at various workshops & panelist.

### **CONFERENCES AND WORKSHOPS ATTENDED**

- Workshop organized by Akal College of Nursing and ADDAC on the topic "**Psychotherapy**" in the Eternal University auditorium tomorrow i.e. on 11/05/2020
- Attended Webinar on "**Building a fairer , healthier world**" organised by JK College of Nursing, Coimbatore, Tamilnadu, India on World Health Day(12/April 2021)
- One Day Mindselo Webinar **Attitude that matters - Knowing your matterings** on 9th April 2021
- One Day Mindselo Webinar "**Smiling from the heart - Finding happiness within you**" 4th April 2021
- Attended the webinar, **describe the anxiety & depression and ways to overcome it using CBT.**
- Attended Webinar on "**Building a fairer , healthier world**" organized by **AIIMS College of Nursing** on 7<sup>th</sup> April 2021
- Attended Webinar on "**NURSING BEYOND PHYSICAL HEALTH**" on 9<sup>th</sup> april 2021 organised by **The Nurses Talk Show**
- Attended Webinar on "**Building a fairer , healthier world**" organized by **APOLLO College of Nursing, CHENNAI**, Tamil Nadu, India on World Health Day(7/april 2021)
- 'CERTIFICATE OF PARTICIPATION' for attending 'World's Largest Drug-Awareness Webinar' on June 26, 2020 on the occasion of 'International Day against Drug-Abuse and Illicit Trafficking'. You will be pleased to know that the event has set a Global record and is included in

‘World Book of Records, UK’ for being the largest webinar organized in real-time with 1.05 Lakhs views.

- Participation in the **Dissemination program on ICMR National Ethical Guidelines**, 2017, New Delhi, jointly organized by Indian Council of Medical Research and All India Institute of Medical Sciences, New Delhi on 16th November 2017, held at JLN Auditorium, AIIMS, New Delhi.
- Participation in National Convention of School Counselors on **“Prevention and Management of Mental Health Problems in School Children”** organized by **(Institute of Counselor Training Research and Consultancy (ICTRC))** on September 25, 2019 at India International Centre, New Delhi. Confirmation number-ICTRC/NCSC/250919/841
- **Attended 2<sup>nd</sup> International Conference on “Global Nursing”**, held on 1<sup>st</sup> and 2<sup>nd</sup> December, 2012, at Akal College of Nursing, Eternal University, Baru Sahib, H.P.
- **Attended 3<sup>rd</sup> International Conference on “Innovative Trends on Community Health Nursing”**, held on 5<sup>th</sup> and 6<sup>th</sup> October, 2013, at Akal College of Nursing, Eternal University, Baru Sahib, H.P.
- **Attended 4<sup>th</sup> International Conference on “Gynecology and Obstetrical Nursing, New Insight into Research Diagnosis and Clinical Care”**, held on 11<sup>th</sup> and 12<sup>th</sup> October, 2014, at ACN, Eternal University, Baru Sahib, H.P.
- **Organized 5<sup>th</sup> International Conference on “Innovations in Nursing Education and Practice”**, held on 3<sup>rd</sup> and 4<sup>th</sup> October, 2015
- **Organized 6<sup>th</sup> International Conference on “Bridging the gap between theory and practice”**, held on 21 and 22 October, 2016
- Attended **dissemination program on ICMR national ethical guidelines**, 2017, New Delhi, organized by ICMR and AIIMS.
- Attended **panel discussion on mental health issues** through VIMHANS, Delhi organized at HABITAT, Lodhi Road, DELHI Nov 2018
- Attended **conference on schizophrenia** at Dr RML Hospital, New Delhi, 2018

## **WORK EXPERIENCE**

### **AKAL COLLEGE OF NURSING**

**September 2016- September 2017**

- **Subjects Taught:** Nursing foundation, Anatomy and Physiology, sociology

**October 2019 onwards**

- **Subjects Taught:** psychology, sociology, Mental Health nursing, Nursing Education for B.Sc. Nursing and M.Sc. Nursing

## **RESEARCH PROJECT**

- Research project done during teaching period: *A descriptive study to assess the knowledge about covid-19 among nursing students.*
- Research project on *“A pre-experimental study to evaluate the effectiveness of video assisted teaching on cannabis abuse on level of knowledge among undergraduate students of district Sirmour H.P”*
- Research project *“A Descriptive Study to assess the knowledge regarding Nosocomial infection among student nurses in Akal College of Nursing, Baru Sahib, 2015-2016”*

## **PERSONALITY CHARACTERISTICS**

- Friendly, confident and Independent
- Enjoy working in team
- Ability to maintain confidentiality
- Have control on Emotions.

***PERSONAL PROFILE***

- Name : MsManisha
- Father'sName : Mr. Prem Chand
- Mother'sName : Mrs AnitaDevi
- Dateof Birth : 17-05-1993
- LanguageKnown : English, Hindi, Punjabi
- Nationality : Indian
- Gender : Female
- MaritalStatus : Unmarried

The above given details are true. If I am given a chance to work in your esteemed organization, I ensure that I will do my best with the entire satisfaction of my superiors.

**THANK YOU**

***MsManisha***