

CURRICULUM VITAE

Name: SAMEEKSHAMobile No:

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E-

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ate of Birth: 02nd December, 1993



CAREER OBJECTIVE:-To obtain a performance driven position that enables me to use my knowledge to cause impact within the organization and stimulates my overall development & adding value to the organization I work for.

EDUCATIONAL QUALIFICATIONS:

Sr. No	Class	Name of the Institution	Board/ University	Year of Passing	%age
1)	M.Sc. Nursing	Akal College of Nursing, Baru Sahib	Eternal University\ INC	2017-2019	75%
2)	B.Sc. Nursing	Akal College of Nursing, Baru Sahib	Eternal University\ INC	2011-2015	70.4%
3)	12 th	DAV Sen. Sec. School AlampurDistt. Kangra (H.P.)	CBSE	2011	65%
4)	10 th	DAV Sen. Sec. School AlampurDistt. Kangra (H.P.)	CBSE	2009	66.2%

NOTE: - Our College is in collaboration with Drexel University Philadelphia, Pennsylvania, USA.

CLINICAL SPECIALTY:-COMMUNITY HEALTH NURSING

CLINICAL POSTINGS AND INTERNSHIP:

1. Clinical Posting Experience:

- ✓ RUHSA, CMC Vellore, Tamilnadu
- ✓ Community health center Sangrah
- ✓ Civil Hospital Rajgarh
- ✓ Primary health center Dimber
- ✓ Akal Charitable Hospital, Baru Sahi
- ✓ Columbia Asia PalamVihar, Gurgaon, Delhi

- ✓ Indira Gandhi Medical College, Shimla
- ✓ Dr. VidyaSagar Institute of Mental Hospital, Amritsar
- ✓ Visit to Dr. Bhatia's De-addiction Centre and Pingal Wada(Amritsar)
- ✓ Kamala Nehru Hospital, Shimla

2. Field posting:

- ✓ Community Health Nursing Posting in Nearby Villages of Baru sahib, Rajgarh, Sangrahal and vellore.

SPECIAL ACHIEVEMENTS:

- ✓ 1st division student throughout the academics
- ✓ Participated & Organized School Health Programme at Dimber, Distt. Sirmour (2014)
- ✓ Participated & Organized School Health Programme at Dimber, Distt. Sirmour (2017)
- ✓ Participated & Organized Disaster ManagementProgrammeat Rajgarh, Distt. Sirmour (2018).
- ✓ Participated and organized in service education programme for ASHA workers on BMW and tobacco awareness at CH Rajgarh.
- ✓ Participated and organized health exhibition for Antenatal mothers at CHC Sangrahal.
- ✓ Participated in International Conferences on :
 - Nursing Informatics at Akal College of Nursing, Baru Sahib(2011)
 - Global Nursing at Akal College of Nursing, Baru Sahib(2012)
 - Innovative Trends In Community Health Nursing, Baru Sahib(2013)
 - Gynecology & Obstetrical Nursing: New Insight into Research, Diagnosis and Clinical Care at Akal College of Nursing, Baru Sahib(2014)
 - Family Nursing- A futuristic Approach to Health care (2017).
 - Mental health Nursing:-Global perspective for better mental health(2018).
- ✓ Organized Preconference Symposium on "Substance Abuse and De-addiction & Workshop on HIV/AIDS"(2014)
- ✓ Participated in workshop organized by Drexel University, Philadelphia, USA on the topic "Human patient simulation woman's health-healthy delivery(cultural)"(2014).
- ✓ Participated in Organizing 3rd Florence Nightingale Quiz Competition at Akal College of Nursing (2014).
- ✓ Participated in organizing conference on Gynecology & Obstetrical Nursing: New Insight into Research, Diagnosis and Clinical Care at Akal College of Nursing Baru Sahib (2014).

- ✓ Akal Charitable Hospital, Baru Sahib organizes free medical and surgical camps every year and I have voluntarily participated in all the camps.
- ✓ Have attended seminar on neonatal resuscitation at IGMC, Shimla(2015)

EXTRA- CURRICULAR ACTIVITIES:

Participated in:

- ✓ Quiz competition
- ✓ Panel discussions
- ✓ Paper Presentation
- ✓ Dancing
- ✓ Seminars
- ✓ Rallies in Community
- ✓ Working model

RESEARCH EXPERIENCE:

M.Sc. Nursing (Individual project):

A cross sectional study to assess the health needs of elderly residing in selected villages of District Sirmour, H.P. in a view to develop health information booklet.

M.Sc. Nursing (Group project):A descriptive study to identify the occupational health problems among workers working at Baru Sahib, District Sirmour, Himachal Pradesh.

B.Sc. Nursing (Group project):

Conducted a Group Research Project on:-“ A study to assess the knowledge of food hygiene practices among the food handlers of Baru sahib District Sirmour, H.P. 2014-2015”

Guide: A correlational study to assess the internet addiction and social withdrawal among students of selected private institute of blockPachhad, District Sirmour, H.P.

Publications: 2

Under processing: 1

SKILLS:

- ✓ Good Communication Skills and Interpersonal skills.
- ✓ A Quick Learner and Motivated to gain High Achievements.
- ✓ Innovative thinker and quick grasping skills.

STRENGTHS:

- Hard & Smart working
- Self- motivated and determined
- Optimistic nature: always confident about successful outcome of something
- Adaptability: I can adapt myself to different conditions

- Good problem solving skills
- Sound knowledge of medical terminology

JOB RESPONSIBILITIES:

- Maintain professional dignity.

COMPUTER LITERACY:

- ✓ Microsoft Word
- ✓ Microsoft PowerPoint
- ✓ Microsoft Excel
- ✓ Statistical Product for Service Solution (SPSS)
- ✓ Well conversant with internet usage

PERSONAL DETAILS:

- ✓ Date of Birth : 02nd December, 1993
- ✓ Father's Name : Sh. Nandkumar
- ✓ Mother's Name : Smt. SeemaKumari
- ✓ Marital Status : Unmarried
- ✓ Nationality : Indian
- ✓ Religion : Hindu
- ✓ Languages known : Hindi, English, Punjabi
- ✓ Postal Address : V.P.O Kheri Teh. Sujapur Distt. Hamirpur, H.P.
Pin Code: 176109
- ✓ Qualification : M.Sc. Nursing (Community Health Nursing)

EXPERIENCE:

- **After B.Sc. Nursing:** 1 year 6 months (Lord Mahavira Nursing College, Nalagarh, Solan, H.P.)
- **After M.Sc. Nursing:** 1 year 08 months (Akal College of Nursing, Baru Sahib, Sirmour, H.P.), also have 1.5 year of teaching experience in master of Public health department at Eternal University, Baru Sahib, Sirmour, H.P.
- Also acted as an internal examiner for B.Sc. nursing 4th year as well as M.Sc. Nursing 2nd year.
- Also have been evaluating student's final exam in various colleges.
- I have been setting question papers for various universities.

Membership: TNAI life time membership

DECLARATION:

Respected madam /sir,

I hereby declare that the above furnished information is true to best of my knowledge. If I am given a chance to work in your esteemed organization I ensure that I will do my best the entire satisfaction of my superior to fill the goal of organization.

Thanking you.