

CURRICULUM VITAE

1. NAME

KavitaVerma

2. DATE OF BIRTH:

19/09/1992

Citizenship: Indian

3. CONTACT DETAILS:

Address: Him Chetna Niwas, Lower Vikas Nager, Shimla (H.P) pin-171009.

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4. EDUCATION

Qualification	Board/ university & year of passing	Institute	Percentage
M. Sc. Nursing	Eternal University	Akal college of Nursing, Baru Sahib	76%
B.Sc. Nursing	Eternal University	Akal college of Nursing, Baru Sahib	76.74%
Under graduation	C.B.S.E.(2010)	St. Bedes College, Shimla-6	74%
Matric	C.B.S.E.(2008)	Saraswati Vidya Mandir, Him Rashmi Parisar, Vikas Nager Shimla-9	77%

5. EMPLOYMENT RECORD:

Position held	Institute	Time period
Clinical Instructor	Akal college of Nursing, Baru Sahib, Dist. Sirmour (H.P.)	1 year
Nursing Tutor	Akal college of Nursing, Baru Sahib, Dist. Sirmour (H.P.)	2.8

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

8. CLINICAL POSTINGS AND INTERNSHIP:

1. Clinical Posting Experience (B. Sc. Nursing 2011-15):

- ✓ Nursing Foundation (Akal Charitable Hospital, Baru Sahib)
- ✓ Medical Surgical Nursing-1 (Akal Charitable Hospital, Columbia Asia Gurgaon).
- ✓ Medical Surgical Nursing-2 (Akal Charitable Hospital, Indira Gandhi Medical College, Shimla).
- ✓ Child Health Nursing (Akal Charitable Hospital, Indira Gandhi Medical College, Shimla)
- ✓ Mental Health Nursing (Dr. VidyaSagar Institute of Mental hospital, Amritsar)
- ✓ Visit to Dr. Bhatia's De-addiction centre and Pingalwada(Amritsar)
- ✓ Obstetric and Gynecological Nursing (Kamala Nehru Hospital, Shimla)

Field posting: Community Health Nursing Posting in Nearby Villages of Baru sahib.

Internship -6 months: Indira Gandhi Medical College, Shimla

9. M. SC. NURSING CLINICAL POSTING (2016-18)

- ✓ **Pediatric Nursing**
(1. Indira Gandhi Medical College & Hospital, Dist. Shimla, Himachal Pradesh
(2. Bai JerbaiWadia Hospital for children, Acharya Donde Marge, Parel, Mumbai, Maharashtra)
- ✓ **Nursing Management**
(Akal Charitable Hospital, dist. Solan H.P.)

10. SPECIAL ACHIEVEMENTS:

Academics:

- ✓ **Seventh standard: Stood 1st in District level "BhartiyaSanskritiGyanPariksha"** organised by GaytriPariyar-Haridwar scored 71% marks.
- ✓ **Participated in National Science Olympiad Contest (2008)**
- ✓ **B. Sc. Nursing 1st year: Distinction** in Anatomy and Physiology, Nutrition and Computer science.
- ✓ **B. Sc. Nursing 2nd year: Distinction** in Pharmacology, Pathology and Genetics (PPG), Sociology.
- ✓ **B. Sc. Nursing 4th year: Distinction** in Nursing Research.
- ✓ **Gold Medal B. Sc. Nursing**(Batch 2011-16)
- ✓ **Poster presentation** in 6th International Nursing conference on "Bridging the Gap between Theory & Practice in Nursing".

- ✓ **Organized** Preconference **Symposium** on Substance Abuse and De-addiction & Workshop on HIV/AIDS(2014)
- ✓ **Organized** Preconference **workshop** on Tuberculosis in (2015).
- ✓ **Organized 5th International Nursing conference** on “Bridging The Gap Between Theory & Practice In Nursing” (2015)
- ✓ **Organized& Participated School Health Programme** at Dimber, Sirmour(2014) and in Senior Secondary School, Bongalikach **(2016)** during **M. Sc. Nursing 1st year** Advanced Nursing Practice posting.
- ✓ **Quiz** (participated in 3rd Annual Florence Nightingale Quiz Competition and World Environment Day Quiz Competition 2017)
- ✓ **Extempore**(3rd position in Eternal University, 4th position in RayatBahra, Mohali 2017)
- ✓ Conducted a Continuing Nursing Education Programme for nurses working in Akal Charitable Hospital, Baru Sahib during **M. Sc. Nursing 2nd year** Nursing Management clinical posting (2017) on **Neonatal CPR**.
- ✓

Scholarships:

- ✓ **A cash prize of Rs. 10,000**(Smt. Narbadi Devi memorial award 2015)
- ✓ **Meritorious student scholarship** for Master programme in Nursing.

Publications EU-Voice magazine: 3 publications in EU-Voice magazine:

- ✓ "The Surprising Power of Reading Books: How it Makes Us Happier and More Creative (2015)"
- ✓ "Eye Donation Fortnight" (2017)
- ✓ Corona Worriers (2020)

Extracurricular activities:

- ✓ **Grab 2nd position** in Annual group song competition organised by ‘BhartiyaVikasParishad’ (2007).
- ✓ **Grab 3rd position** in poetry recitation competition organised on ‘Florence Nightingale Week’ celebration (2012).
- ✓ **Grab 3rd position** in group song competition organised on ‘Florence Nightingale Week’ celebration (2012).

Sports:

- ✓ Certification of **Yellow belt in Judo**(2005).
- ✓ Participated in **H.P. State Open Judo Championship**(2005).
- ✓ Stood **1st** in ‘**Tug of war**’ (2014).

Others:

- ✓ Received **Certificate of appreciation** for “Peace & Harmony Club (Value Based Education)” (2015).
- ✓ Participated in webinar on “**Worlds No Tobacco Day**” as Speaker: felicitation by “World Book of Record, London”. (<https://youtu.be/jRkHvmmzWM4>)
- ✓ Participated in **CNE (received certificate of 1.5 hrs)** from Drexel University, Philadelphia, USA
- ✓ **Cracked Government Examination:**

***Qualified the HPSSC examination (Theory part: 52.5/85) overall 54.5/100
(examination roll no- 747016711)

11. PARTICIPATED IN INTERNATIONAL CONFERENCES ON:

- Participated in International conference on “Collaborative Approach for Holistic Health Care” (2019)
- Participated in International conference on “Global perspective of Better Mental Health (2018)”
- Participated in International conference on “Family Nursing-A Futuristic Approach To HealthCare”(2017)
- Participated in 6th International Nursing conference on “Bridging The Gap Between Theory & Practice In Nursing” (2016)
- Gynecology & Obstetrical Nursing: New Insight into Research, Diagnosis and Clinical Care at Akal College of Nursing, Baru Sahib(2014)
- Attended workshop on “Human Patient Simulation Scenario Women’s health- Healthy Delivery (Cultural)” program conducted by Drexel University Philadelphia at Akal college of Nursing, Baru Sahib, Distt. Sirmour (H.P.) (2014).
- Participated in workshop organized by Drexel University, Philadelphia, USA on the topic Simulation(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).
- Participated in International conference on “Innovative trends in community healthnursing” at Eternal University, Baru Sahib (H.P.) (2013).
- Participated in International conference on “Global Nursing” at Eternal University, Baru Sahib (H.P.) (2012).
- Participated in International conference on “Nursing informatics” at Eternal University, Baru Sahib (H.P.) (2011).

12. PARTICIPATED IN NATIONAL LEVEL WORKSHOPS & SEMINARS:

- Participated in National level workshop organized by PGIMER in collaboration with SOMI on “Birth Planning For Safety And Health Of Mother And Babies” (2017)
- Participated in National level seminar organized by SNGNC in collaboration with ICMR on “Nipping Young Blooms ‘CHILD ABUSE’: A Multidisciplinary Approach”(2013)
- Attended seminar on neonatal resuscitation at IGMC, Shimla(2015)

13. PARTICIPATED IN online Workshops:

- **Certificate of Participation:** Certificate of participation for "Statistics Made Easy: Virtual SPSS Workshop on Basics and Beyond" workshop held from 26th October to 31st October, 2020.
- **Certificate of appreciation: Workshop:** Intravenous therapy organized by MMU, Kumarhatti.

13. OTHER ACTIVITIES:

- ✓ Akal Charitable Hospital, Baru Sahib organizes free medical and surgical camps every year and I have voluntarily participated in all the camps.

14. EXTRA CURRICULAR ACTIVITIES:

Participated in:

- ✓ Seminars
- ✓ Symposium
- ✓ Panel discussions
- ✓ Quiz
- ✓ Declamations & Debates & Debate within
- ✓ Extempore
- ✓ Working model
- ✓ Poster making
- ✓ Cultural activities (Group song, drama)
- ✓ Rallies in Community
- ✓ Juddo

15. PUBLICATION DETAILS:

Published: 06

In processing: 04

Sr. No.	Problem statement	Bibliography	Journal name	ISSN	Vol. (Issue)
1.	A mixed method research on experience of stress among mothers of children admitted in Pediatric Intensive Care Unit of Indira Gandhi Medical College and Hospital, District Shimla (Himachal Pradesh)	Verma K, Dharni IT. A mixed method research on experience of stress among mothers of children admitted in Pediatric Intensive Care Unit of Indira Gandhi Medical College and Hospital, District Shimla (Himachal Pradesh). IJARIT.2019;5(3):188 7-1889.	International Journal of Advance Research, Ideas and Innovations in Technology	ISSN: 2454-132X	(Volume 5, Issue 3)
2.	Quality of life among cancer patients receiving treatment in the Regional Cancer Hospital,	Sharma P, Sharma S, Verma K. Quality of life among cancer	International Journal of Advance Research,	ISSN: 2454-132X	(Volume 5, Issue 4)

	IGMC, Shimla, Himachal Pradesh	patients receiving treatment in the Regional Cancer Hospital, IGMC, Shimla, Himachal Pradesh. IJARIT.2019;5(4):196-202	Ideas and Innovations in Technology		
3.	Meditation and motion: A Need of the hour	Khalsa K.M, Verma K, Sharma A. IJPESH 2020; 7(2): 130-133	International Journal of Physical Education, Sports and Health	P-ISSN: 2394-1685 E-ISSN: 2394-1693	Vol 7, Issue 2
4.	I do it for joy it brings: Role of the International health agencies towards COVID-19	Anjali Sharma, Kavita Verma, I Do It For The Joy It Brings: Role of the International Health Agency. International Journal of Community Health Nursing. 2020; 3(2): 1-5p.	International Journal of Community Health Nursing	-----	Vol. 3: Issue 2
5.	A descriptive study to assess the knowledge of coronavirus among nursing students, Sirmaur, Himachal Pradesh.	Sharma AD, Verma K, Anupama K. A A descriptive study to assess the knowledge of coronavirus among nursing students, Sirmaur, Himachal Pradesh. International Journal of Research in Medical Sciences. 2020 Dec;8(12):4422.	International Journal of Research in Medical Sciences	pISSN 2320-6071 eISSN 2320-6012	Vol 8 Issue 12
6.	A comparative study to assess knowledge regarding tobacco use and its ill effects among school children of district Sirmour Himachal Pradesh	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. International Journal of Community Medicine and Public Health.	International Journal of Community Medicine and Public Health	pISSN 2394-6032 eISSN 2394-6040	Vol 8 Issue 2

		2021 Feb;8(2):655.			
7.	Mudgal SK, Verma K, Gill SK, Gaur R, Chundawat DS, Sharma R. Index of online teaching stress and quality of life among nurse educators during COVID-19. Indian J Psy Nsg 2021	Dr. Shiv K Mudgal, Ms. Kavita Verma, Ms. Suchpreet Kaur, Dr. Rakhi Gaur, Mr. Dignpal Singh Chundawat, Mr. Ravikant Sharma	Indian Journal of Psychiatric Nursing		
8.	Verma K, Setia P, Bhardwaj P et.al. Loneliness among elderly population. <i>International Journal of Science & Healthcare Research</i> . 2021; 6(2): 1-8. DOI: https://doi.org/10.52403/ijshr.20210401	Ms. Kavita Verma, Priyanka Setia, Priyanka Bhardwaj	International Journal of Community Health Nursing	ISSN: 2455-7587	Vol.6; Issue: 2
9.	QoL & Loneliness: An alarming phase among elderly		International Journal of Research in Medical Sciences		<u>Under process</u>

Poster presentation

Sr. No.	Title	Rank	Workshop/ National-International conference
1.	A Qualitative study to explore experience of stress among mothers of children admitted in PICU.	1 st	International conference on Forensic nursing, MMU-CON, Kumarhatti, Solan-H.P.

Paper presentation

Sr. No.	Title	Rank	Workshop/ National-International conference
1.	A mixed method research on experience of stress among mothers of children admitted in PICU.	-----	International conference on “Global perspective of Better Mental Health (2018)”
2.	A descriptive study to assess Quality of Life among elderly population of selected urban area of district Sirmour (H.P).	-----	International E-Workshop -2020 “Kalinga Institute of Nursing Sciences” on “ Imbibe Research Culture to Empower Nursing Professionals for Imparting Quality Health Care ” <u>In Association with:</u> Indian Council of Medical Research, Bhubaneswar, Odisha An Institution of Eminence 17 - 19 December, 2020.

✓ **CURRENTLY HOLDING RESERCH PROJECTS: 03**

- I. A descriptive study to assess the covid-19 vaccine hesitancy among residents of selected rural areas of Distt. Sirmour, Himachal Pradesh.
- II. A Cross-sectional study to assess the addiction of OTT platform & its impact on behaviour among under graduate nursing students of selected nursing college in Northern India.
- III. A descriptive study to assess the impact of Pandemic on Academic adjustment among B. Sc. Nursing students of various private and government institutes of Himachal Pradesh.

✓ **Wrote newspaper articles in TIMES OF PUNJAB NEWSPAPER ON:**

1. **Economy in lockdown**
(http://epaper.dailypunjabtimes.com/imageview_7118_12545940_4_71_26-04-2020_4_i_1_sf.html)
2. **Plasma Convalescent Therapy**
(http://epaper.dailypunjabtimes.com/imageview_7563_102738857_4_71_30-05-2020_4_i_1_sf.html)

16. Done online courses: ONLINE CERTIFICATES:

1. Indian School Psychology Association: **Webinar on school psychology** (8th may, 2020).
2. Received **Certificate of Appreciation as COVID-19 COMBATANT** from **The School of Allied Health Sciences, VMRF-DU, Salem Certificate** (18TH April, 2020).
3. Attended **“FDP on Scientific Research Article Writing and Publishing”- Certificate of participation** (21st April, 2020).
4. **“Certificate of Completion”- “Essential up skilling for Nurses on COVID-19 Pandemic Management”** – from TNAI in Collaboration with Columbia Asia, HOSMAC etc. (9th July,2020).
5. **“Certificate of participation – CPCPR”** organized by The Kalgidhar Trust in collaboration with Global Health Pvt. Ltd.
6. Certificate for **Record of achievement by WHO on “Pandemic Influenza Vaccines: National deployment & Vaccination Plans.”** (18th April, 2020)
7. Certificate for **Confirmation of Participation** by WHO on “Severe Acute Respiratory Infection (SARI) treatment facility design.” (18th April, 2020)
8. Certificate for **Confirmation of Participation** by WHO on **“Clinical Care Severe Acute Respiratory Infection.”** (18th April, 2020)
9. Certificate of achievement by WHO on **“e-protect occupational Health & Safety.”** (18th April, 2020)
10. Record of achievement by WHO on **“Competency Based learning: Introduction”.** (18th April, 2020)
11. Received certificate of confirmation of participation for **“Introduction to go data-Field data collection, chain of transmission & contact follow up”** by WHO. (20th April, 2020)

12. Received certificate of confirmation of participation for **“Infection Prevention & Control (IPC) for Novel Coronavirus (COVID-19) by WHO.” (20th April, 2020)**
13. Done: **Awareness In Computer Concepts Course of 20 hrs** by National Institute Of Electronics and Information Technology (NIELIT). **(20-01-2021 to 27-01-2021)**

17. COMPUTER LITERACY:

- ✓ Microsoft Word
- ✓ Microsoft PowerPoint
- ✓ Microsoft Excel
- ✓ SPSS

Personal details:-

Father's name: Mr. Hem Singh Verma
Mother's name: Mrs. Sunita Verma
Hobbies: Meditation, Singing, Listening music, Helping others.

References:-

1. Dr. Harpreet Kaur

Administrator
Akal College of Nursing
Baru Sahib
Contact Number: +919816441158

Declaration:-

Respected Sir/Madam,

The above given details are absolutely true. 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 superiors to fulfill the goals of the organization.

Thanking you
Kavita Verma
Date: 22-02-2021

