

RESUME

SABITHA ANTO.V

RN& RM NO: 86881 &91277



D/O Mr.V.Varghese,
106/14-14A13,NewStreet,
Back of GovernmentMiddle
School,
Asaripallam(P.O) 629201,
Kanyakumari District,
Phone No: 9488623320.
Email:sabbii87@gmail.com

CAREER OBJECTIVE

To implement the skills and experience so far I have gained in the field of nursing and teaching efficiently.

ACADEMIC CHRONICLE

| Course | Institution | State board /University | Year of Passing | Percentage |
|---------------------------|---|---------------------------------------|-----------------|------------|
| M.sc nursing | Sreemookambika college of nursing,kanyakumari. | Dr. M.G.R Medical university, chennai | 2011 | 72% |
| B.Sc., Nursing | KMCH College of Nursing,coimbatore. | Dr. M.G.R Medical university, chennai | 2007 | 70% |
| HSC | St.Joseph'sHigherSecondary School, Asaripallam. | Tamil Nadu state Board | 2003 | 92% |
| S.S.L.C | St.Joseph'sHigherSecondary School, Asaripallam | Tamil Nadu state Board | 2001 | 91.4% |

WORK EXPERIENCE

- Have worked as clinical instructor in KMCH college of nursing for one year four months.
- Have worked as a lecturer at sreemookamnika college of nursing from 1-6-2011 to 30.05.2014
- Worked as a Assistant Professor at sreemookamnika college of nursing from 1-6-2014 to 14.11.2015
- Worked as a Assistant Professor at Sardar Rajas college of nursing from 02.11.2015 to 30.05.2018
- Worked as a Associate Professor at Sardar Rajas college of nursing from 01.06. 2018 to 30.05.2021
- Worked as a Professor at Sardar Rajas college of nursing from 01.06.2021 to till date

ACADEMIC EXPERIENCE

Teaching Experience for

GNM Students: 4 Years 5 Months

UG Students: 14 Years 4 Months

PG Students – 7 Years 5 Months

| COURSE | SUBJECTS HANDLED |
|---------------|--|
| B.SC(N) | Nursing Foundations |
| | Communication and Education Technology |
| | Obstetrics and Gynecological Nursing |
| | Nursing Research and Statistics |
| | Management of Nursing Services |
| P.B.BSC (N) | Nursing Foundations |
| | Communication and Education Technology |
| | Obstetrics and Gynecological Nursing |
| | Nursing Research and Statistics |

| | |
|---------|---------------------------------------|
| | Management of Nursing Services |
| M.SC(N) | Nursing Education |
| | Advanced Nursing Practice |
| | Nursing Research |
| | Obstetrics and Gynaecological Nursing |
| | Nursing Management |

ARTICLE PUBLISHED

- Published the Article on “ Effectiveness of Camphor oil Application on Knee Joint Pain among Menopausal women at Panagudi” **Americal Journal Of Advances In Nursing Research Volume 11(1),2024**
- Published the Article on “A Study To Assess The Effectiveness Of Foot Reflexology On Post Caesarean Pain Among Post Caeserean Mothers” in **Americal Journal Of Advances In Nursing Research Volume 10(2),2023**
- Published the Article on “A Study To Assess The Effectiveness Of Bensons Relaxation Technique On Post Caesarean Pain Among Post Caesarean Mothers” **Gradiva Review Journal Volume 9 (6) , 2023**
- Published the Article on “Efectiveness of Reflexzone Therapy on Lactation among Primi para Mothers” in **Tnnmc Obg Nursing Volumexi(2), 2023**
- Published the Article on “Effectiveness Of Self Instructional Module On Knowledge Regarding Poly Cytic Ovarian Syndrome Among The Adolescent Girls “ in the Journal **Tnnmc Obg Nursing Volumex (2), 2022**
- Published the Article on “ Effectiveness of Breast Milk Application On UmblicalCord Healing “ in the “**THE NURSE” Journal,2018**

PROJECT(PG)

Done research project on “ **A study to assess the effect of structured teaching programme regarding swineflu during pregnancy among antenatal mothers in sreemookambika medical college hospital, kulasekharam**’.

PROJECT(UG)

Conducted a group study to Assess the knowledge and attitude of the patient with Diabetes Mellitus in Home Care Management.

HOSPITAL EXPOSURED

- KOVAI MEDICAL CENTER AND HOSPITAL for the clinical practice for four years.
- SANKARA eye hospital in kovai for the medical surgical eye speciality posting.
- GKNM hospital in kovai for the medical surgical cancer speciality posting and child health posting.
- MASONIC hospital in kovai for the child health speciality posting.
- KMCH., PRIMARY and VILLAGE health centers and ICC hospital in kovai for the maternity posting.
- Sreemookambika medical college hospital, kulasekaram.
- Tirunelveli Medical college and Hospital, Tirunelveli

ADDITIONAL QUALIFICATIONS

- * I have undergone Yoga Training.
- * Medical Transcription with 70%.

EXTRA CURRICULAR ACTIVITIES

- Active SNA advisor and incharge officer for YOUTH REDCROSS SOCIETY.
- Engaged in Administration works
- Prepared appropriate daily lesson plans and routine assignments and assessments.
- Actively engaged in retention activities including documented communication with both students and administration regarding student attendance and progress.
- Provided assistance for the planning, development and maintenance of program curriculum.
- Monitored and endeavored to maintain high student morale and motivation at all times.
- Monitored and enforced student attendance and punctuality.
- Clinical supervision and evaluation of clinical Performance of B.Sc. (N) and M.Sc (N) Students.

- Co-coordinator for M.Sc. (N)
- Involved in Teaching new staff members (Master Plan, Clinical Rotation plan Time Table).
- Research coordinator for Bsc (N) , P.B.BSC(N)& M.Sc. (N) Students

WORKSHOP ATTENDED AND ORGANIZED

- Participated in Continuing Nursing education on Nursing Evaluation at KMCH College of Nursing.
- Participated in World Heart Day Programme at KMCH College of Nursing
- Organized and participated the workshop on **bio terrorism- role of nurse.**
- Organized and participated a staff development programme on medical emergencies.
- Participated a workshop on general principles of management- RUSHA department. CMC vellore.
- Participated a national level workshop on Application of Statistics in nursing research- sacred heart nursing college, madurai.
- Participated the ICU connect education programme for nurses – SreeMookambika College of nursing
- Participated a National level workshop on Harrangue on strategies in community health nursing- Madras Medical College chennai.
- Participated in **LEAP** programme at St.Xaviers Catholic College of Nursing conducted by Tamilnadu Nurses and Midwives Council
- Participated in National And International conferences
- Contributed person for conducting the **SNA Biennial Conference** which was held at Sardar Rajas College of Nursing.
- Organising person for Zonal Level SNA Biennial Conference which was held at Sardar Rajas College of Nursing.
- Participated in State Level SNA Biennial Conference which was held at Salem
- Participated in National Level SNA Biennial Conference which was held at Delhi
- Participated in Research Methodology Conference Conference which was held at Sivanthi

Adhitanar College of Nursing

- Participated in Simulation Training Programme in Apollo Hospitals.

RESOURCE PERSON

1. Participated as a Speaker on Workshop of Leadership Excellence and Professionalism in Annasamy College of Nursing
2. Given Lecture Talk on First Aid in Rajas Dental College and Hospital
3. Speaker for the First Aid Management conference arranged in Sardar Rajas College of Nursing

DEPARTMENTAL ACTIVITIES

- Organized Mass Health Education Programme for Menopausal Women
- Organized Reproductive Health Exhibition
- Organized Many health Education Programme
- Organized awareness program for World Cervical Cancer Day Every Year
- Organized Mass Health Education on World Breast Cancer Awareness day
- Organized awareness programme for Safe delivery day

PROFESSIONAL BODY MEMBERSHIP:

- ❖ Life membership: The Trained Nurses Association of India
- ❖ Tamilnadu Nurses and Midwives Council Registration

EXAMINER SHIP:

Appointed as an examiner for valuation of theory answer papers and practical for B.Sc., Nursing, and Post Basic. B.Sc., Nursing, and M.Sc., Nursing Programme in The Tamil Nadu Dr. M.G.R. Medical University, Chennai, India

RESEARCH GUIDE:

Research Guidance was given for more than 20 M.Sc., Nursing students and more than 200 B.Sc and Post Basic. B.Sc., Nursing students.

ASSETS

Ø Self Confidence

Ø Optimistic

Ø Sincerity

Ø Critical thinking

HOBBIES

Ø Reading Books & Listening Music.

COMPUTER PROFICIENCY

Packages - Microsoft Office (Word, Excel, PowerPoint)

Operating Systems - Windows 2003, 2007, Internet

I know computer Programming but no Certificate.

PERSONAL PROFILE

Age & Date of Birth : 36, 30-05-1986

Father's Name: Mr. V. Varghese

Gender : Female

Marital Status : married

Nationality : Indian

Religion : Christian

Languages Known : English & Tamil

Personal Qualities : Group coordination, Adaptability, Self confidence, Quick learning,
Decision Making, Organizing Skills.

Hobbies :Listening music, Reading books, Browsing.

DECLARATION

I hereby declare that the details furnished above are true to the best of my knowledge and I bear the responsibility for the accuracy of the same.

Place: Asaripallam

Signature

(V.SABITHAANTO)