

## 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 9.2 years after PG**  
Languages Known : English, kannada, 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,Banglore	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
	Teaching research guide and administration	Associate professor	Akal college of college of nursing, Barusahib, HP	08.10.2019 to Till date

## JOB RESPONSIBILITIES

### 1. Designation: Clinical Instructor,

#### Faith institute of Nursing sciences, Bangalore

- 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

### 2. Faith institute nursing sciences , Bangalore

#### Designation: Lecturer

- 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.

### **3. Anil Bhagi College of Nursing, Punjab**

#### **Designation: Assist. Professor**

- 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

### **4. Mai Bhago College of Nursing, Punjab**

#### **Designation: Associate Professor**

- 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

### **DISSERTATION**

- M.Sc (N) A study to assess the quality of life of patients with alcohol dependence syndrome attending outpatient department of selected De-addiction center, Bangalore, Karnataka.
- Ph.D (N) A study to assess the effectiveness of objective structured practical examination over traditional practical examination in psychiatry nursing on the performance and satisfaction of nursing student in selected nursing colleges of Punjab.

### **PROJECT WORK (conducted)**

1. A study to assess the effectiveness of structured teaching programme on knowledge of hypertension among middle aged couples in bazidpur village, freozepur.
2. A study to assess the effectiveness of structured teaching program on knowledge regarding attention deficit hyperactive disorder and temper tantrum among teachers working in selected primary schools. Tarn Taran.
3. A study to assess the knowledge of primary school teachers regarding children's with learning disabilities in selected schools at G.N.M (N) Ludhiana, Punjab.
4. A study to assess the knowledge regarding ECT among G.N.M Nursing students in Guru Nanak College of Nursing at Ludhiana.”

### **Publications**

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 proces

## **DECLARATION:**

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