

# CURRICULUM VITAE

## Ms Manisha Sehgal

NURSING TUTOR

Baru sahib ,Distt Sirmour,H.P

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Recently I worked at Akal College of Nursing as a Nursing Tutor (Mental Health Nursing Deptt) 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.

### ACADEMIC QUALIFICATION

NAME OF COURSE	SCHOOL/INSTITUTION	BOARD	%	YEAR OF PASSING
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, <b>Eternal University, Baru sahib</b>	INC	70%	2012-2016
<b>M.Sc. Nursing</b>	Akal college of Nursing, <b>Eternal University, Baru sahib</b>	INC	68%	2017-2019

### **LICENSURES & CERTIFICATIONS**

- Registered Nurse in Bachelor of Nursing from Himachal Pradesh University
- Masters in Mental Health Nursing

### **STUDENT CLINICAL EXPERIENCE**

**B.S c. Nursing**

- Kamla Nehru Hospital, Shimla (H.P.)
- Dr.Vidya Sagar 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 Manohar Lohia Hospital, Delhi.
- Dr. Vidya Sagar Institute of Mental Health, Amritsar, Punjab
- De-addiction Centre, Cheema Sahib (Punjab).
- De-addiction Centre, Baru Sahib (H.P).

### **DURING TEACHING PERIOD**

- 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> Catherine Comiskey Muhammad Saddiq Manisha Sehgal Maboh Nkwiti

- 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.
- 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.
- Prepared and conducted online classes and exam on ZOOM,GOOGLE MEET,EU PORTAL
- Organized workshop for labour workers on' consequences of tobacco’
- Acted as a speaker consequences of tobacco’
- Speaker in a workshop on “COVID 19” conducted for health care workers at ETERNAL UNIVERSITY auditorium.

- Clinical shifts during COVID 19
- Organized Rallies to spread awareness and quit substance

### **SKILLS LEARNED:**

- Counseling
- Psychometric assessments
- Psychiatric 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)

### **TEACHING SKILLS**

- Classroom teaching for B.Sc. Nursing and M.Sc. Nursing students
- Health education given during graduation, post-graduation and teaching period .
- Classroom lectures delivered to the School Students as per Graduation and post-graduation criterion.
- Speaker at various workshops.
- Technical skills (conducted Online classes and exam on ZOOM,GOOGLE MEET,EU PORTAL)

### **CONFERENCES AND WORKSHOPS ATTENDED**

- ‘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’. The event was organized by The Kalgidhar Society/Trust through its 129 Akal Academy Schools and 2 Universities - Eternal and Akal University and Akal Drug-De-Addiction Centers. 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 Counsellor Training Research and Consultancy (ICTRC)**) on September 25, 2019 at Multipurpose Hall, New Conference Block, India International Centre, 40, Max Mueller Marg, New Delhi-110003 (Near UN Office).

**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 on 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
- 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

#### **Additional Work:**

- I have also been a member of organizing committee at 6<sup>th</sup> 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

## **RESEARCH PROJECT**

- Research project was conducted in my M.Sc. Nursing, "*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 was conducted in my B.Sc. Nursing "*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.
- Ability to make the gain the confidence of students and create interest in lectures gradually

***PERSONAL PROFILE***

- Name : Ms Manisha
- Father's Name : Mr. Prem Chand
- Mother's Name : Mrs Anita Devi
- Siblings : Mr shubham(Brother) and Ms Binnie (Sister)
- Date of Birth : 17-05-1993
- Language Known : English, Hindi, Punjabi
- Nationality : Indian
- Gender :Female
- Marital Status : Unmarried

**TEACHER REFERENCES:**

<i>NAME</i>	<i>DESIGNATION</i>	<i>EMAIL ID</i>	<i>PHONE #</i>
Dr Joseph Jeganathan	Associate professor (ACN, Baru Sahib, H.P.)	josephjeganathan28@gmail.com	9486588742
Ms. Jasneet Kaur	Lecturer (ACN, Baru Sahib, H.P.)	<u><a href="mailto:Jk.jasneet@gmail.com">Jk.jasneet@gmail.com</a></u>	9646950367
Mrs. Vijimol	Assistant Professor (ACN, Baru Sahib, H.P.)	<u><a href="mailto:Vijimol15@gmail.com">Vijimol15@gmail.com</a></u>	8894126177

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**

***Ms Manisha***