

## **Curriculum Vitae**

Name: Ruchika Sharma

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Date of Birth: 14-11-1996

### **CAREER OBJECTIVE**

- To obtain a position of CLINICAL INSTRUCTOR in your institute, where I can utilize my interpersonal skills, knowledge and experience to provide the education and. enhance my knowledge.
- To be a contributing member of an organization where the job would be challenging and demanding, with freedom to execute projects.
- Growth through learning, hard work and experience.

### **EDUCATIONAL QUALIFICATION**

Percentage	Year of Passing	Board/University	Name of Institution	Class	S.No.
9.4 CGPA	2013	CBSE Board	Central School For Tibetians	10 <sup>th</sup>	1.
76.6%	2015	H.P Board	Govt. Senior Secondary School Portmore.	12 <sup>th</sup>	2.
83.3% 75% 80.5% 81.2%	2016 2017 2018 2019	Eternal University	Akal College of Nursing, Baru Sahib	B.Sc. Nursing I II III IV	3.

**Note:** Our College is in collaboration with Drexel University, Philadelphia, U.S.A

### **CLINICAL POSTING AND INTERNSHIP**

#### **1. CLINICAL POSTING & EXPERIENCE:**

- Nursing Foundation: (Akal Charitable Hospital, Baru Sahib)
- Medical Surgical Nursing (Akal Charitable hospital, Baru Sahib; Indira Gandhi Medical College, Shimla)
- Child Health Nursing (Akal Charitable Hospital, Indira Gandhi Medial College, Shimla)
- Obstetrics & Gynecological Nursing (Kamla Nehru Hospital, Shimla)
- Mental Health Nursing (Dr. Vidya Sagar Institute of Mental Hospital, Amritsar)
- Visit to NGO: (Pingal Wada, Amritsar)
- Posted in De-Addiction Centre (Baru Sahib)

#### **2. FIELD POSTING:**

Community Health Nursing posting in nearby villages of Baru Sahib for urban and rural posting.

#### **3. INTERNSHIP:**

- Dr. Y.S.Parmar Govt. Medical College and Hospital (Nahan)
- Akal Charitable Hospital

### **SPECIAL ACHIEVEMENTS**

- ✓ Gold medalist, Akal College Of Nursing of Batch B.Sc Nursing 2015-2019.
- ✓ Participated and organized School Health Programme at Rajgarh, Sirmour 2018.
- ✓ Participated international conferences on:
  - Innovation in Nursing Education and practices (2015)
  - “Bridging the gap between theory and practices in nursing (2016)”
  - “Family Nursing of futuristic approach to health care”(2017)
  - “Global Perspective of Better Mental Health”(2018)
  - Poetry and speech competitions
- ✓ Participated in conference organized by Eternal University on De-Addiction.
- ✓ Participated in workshop organized by Eternal University, Baru Sahib on Basic Life Support.
- ✓ Akal Charitable Hospital, Baru Sahib organizes for free medical camps every year and I have voluntarily participated in all the camps.
- ✓ Organised 9<sup>th</sup> International conference on Collaborative approach for holistic health care at Baru Sahib on collaboration with Drexel University, Philadelphia University.
- ✓ Organised 2<sup>nd</sup> International workshop on Research methodology at Akal College Of Nursing.
- ✓ Attended and certified by the insulin pump training programme, organized by Association of Diabetes educator and Dexcon.
- ✓ Attended and certified for attending workshop on RT-CGM by DEXCOM in association with ADECON.
- ✓ Attended 7<sup>th</sup> annual conference of ADECON, Delhi 2019
- ✓ Certified for participating in insulin injection technique-FITTER India recommendations: hands on workshop with-LipoLarry.
- ✓ Attended conference on the World’s largest drug awareness webinar”
- ✓ Attended International webinar on Tele-communication :An information hub-stay connected with Natural immunity Tamil Nadu, India.

### **EXTRA CURRICULAR ACTIVITIES**

Participated in:

- Seminars
- Cultural Activities
- Rallies in Community
- Poster Making
- Working Model
- Sports Activities
- Therapeutic Diet Preparation
- Quiz competition
- Debate

### **RESEARCH EXPERIENCE**

B.Sc. Nursing (Group Project)

Conducted a group research project “**A descriptive study to assess the knowledge regarding first aid management of epistaxis among school children at G.S.S.S Rajgarh (H.P)**”

### **SKILLS:**

- Good Communication skills and Inter Personal Skills
- A quick learner and motivated to gain high achievements
- A quick grasping skill.

**COMPUTER LITERACY:**

- Micro Soft Word
- Miro Soft Powerpoint
- Micro Soft Excel
- Well conversant with internet usage

**PERSONAL DETAILS:**

- ✓ Date of Birth: 14-11-1996
- ✓ Father's Name: Lt.Mr. Khem Chand Sharma
- ✓ Mother's Name: Mrs. Rajeshwari Sharma
- ✓ Marital Status: Unmarried
- ✓ Nationality: Indian
- ✓ Religion: Hinduism
- ✓ Language Known: Hindi and English
- ✓ Hobbies: Reading, Cooking, listening songs, writing, dancing
- ✓ Postal Address: Set no 11 Panchayat Bhawan Kusumti Shimla, H.P (171009)

**EXPECTED SALARY:** NEGOTIABLE

**DISCLAIMER:** I hereby state that the above information provided by me is true to my knowledge and belief.

**(RUCHIKA SHARMA)**