

# CURRICULUM VITAE

**Dr. Indira Arumugam – M.Sc.(N), Ph.D, MBA(HA)**

**Office:** Principal/Nursing Dean  
Narayana College of Nursing  
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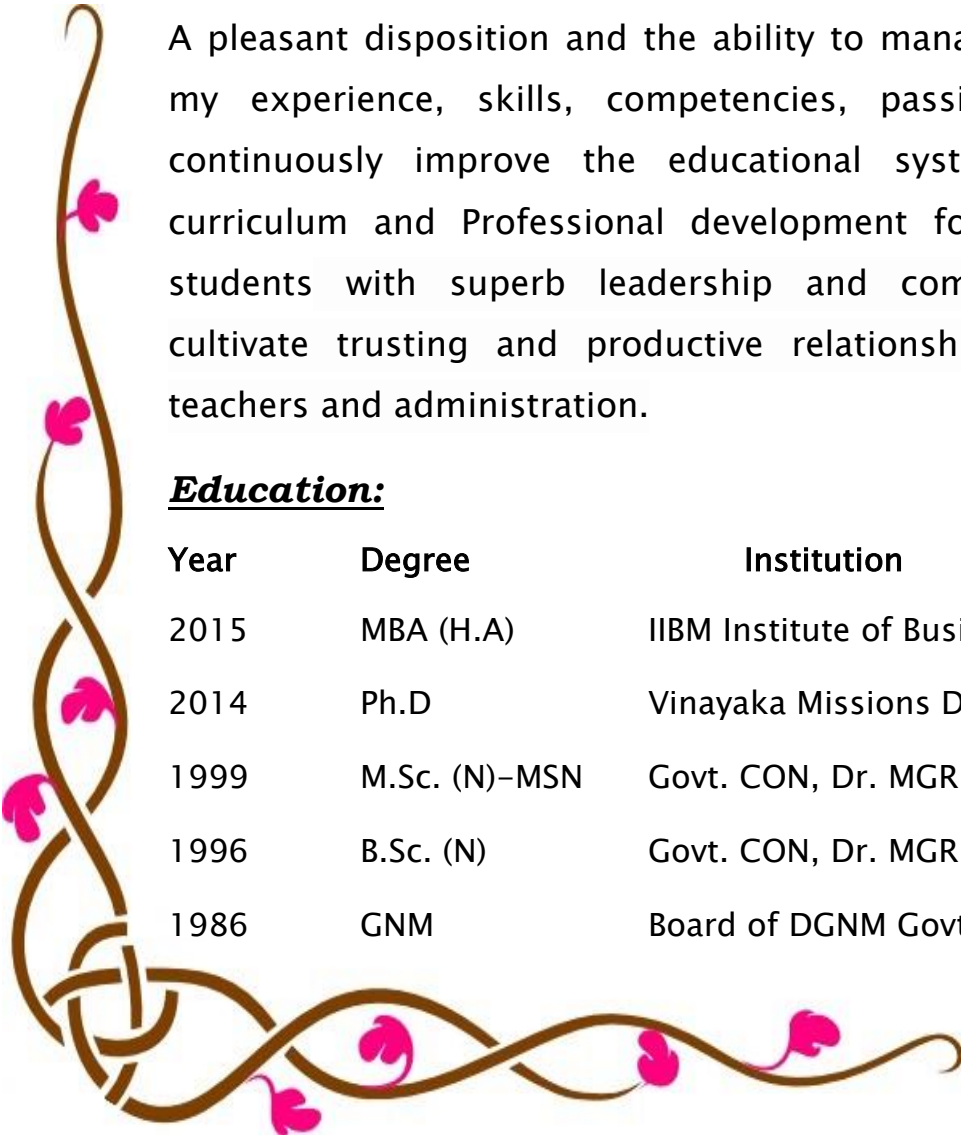


## **Professional Summary (Teaching & Administration):**

Nursing is one of the world's most honorable professions. A pleasant disposition and the ability to manage successfully. I believe my experience, skills, competencies, passion and commitment to continuously improve the educational system through assessment, curriculum and Professional development for the benefit of nursing students with superb leadership and communication skills. Easily cultivate trusting and productive relationships with student parents teachers and administration.

## **Education:**

Year	Degree	Institution
2015	MBA (H.A)	IIBM Institute of Business Management, Delhi
2014	Ph.D	Vinayaka Missions Deemed University, Salem, TN
1999	M.Sc. (N)–MSN	Govt. CON, Dr. MGR Medical University, Chennai
1996	B.Sc. (N)	Govt. CON, Dr. MGR Medical University, Chennai
1986	GNM	Board of DGNM Govt. of Tamil Nadu



### **License and Certificate:**

RN No.	Reg. Date	RM No.	Reg. Date	Name of Council
26717	08.01.1987	35643	29.06.1989	Tamil Nadu

### **Experience in Years:**

Clinical : 15 years

Teaching : 19 years

### **Professional Experience (UG & PG):**

Year	Designation	Institution
2004–Till Date	Principal/Dean	Narayana College of Nursing, Nellore, A.P
2003–2004	Vice–Principal	Narayana College of Nursing, Nellore, A.P
2001–2003	Assoc. Professor	VELRS College of Nursing, Chennai, T.N
1999–2001	SON Organizer	Govt. Kilpauk MC Hospital, Chennai, T.N
1986–1994	Staff Nurse	Govt. Kilpauk MC Hospital, Chennai, T.N

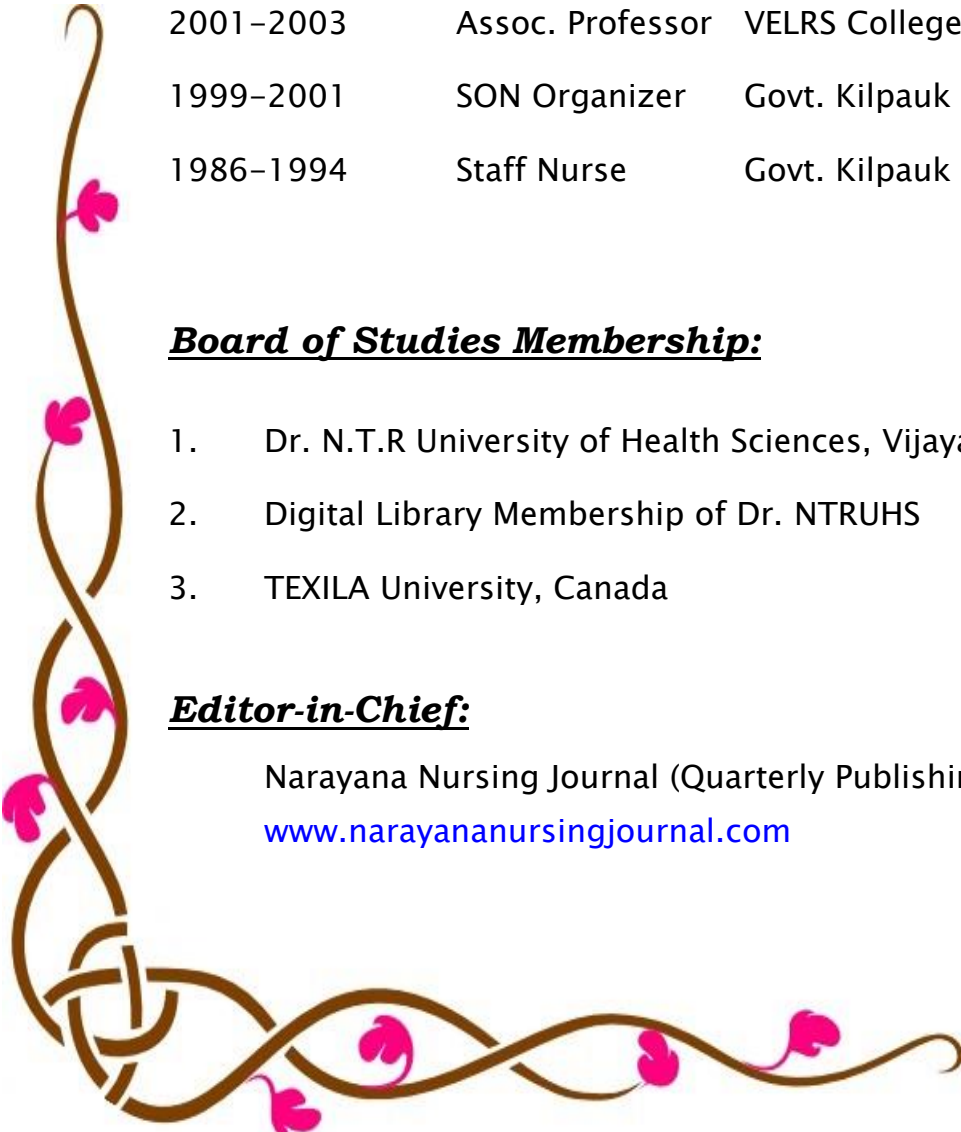
### **Board of Studies Membership:**

1. Dr. N.T.R University of Health Sciences, Vijayawada, Andhra Pradesh
2. Digital Library Membership of Dr. NTRUHS
3. TEXILA University, Canada

### **Editor-in-Chief:**

Narayana Nursing Journal (Quarterly Publishing) – ISSN (2278–5361)

[www.narayan nursingjournal.com](http://www.narayan nursingjournal.com)



## **Honors and Awards:**

2004	Jewel of India
2005	National Mahila Rathan Award
2009	Best Educationalist Award
2011	Golden Personality Award
2011	Bharath Excellence Award
2012	Bharath Mahila Award
2012	Adhunik Prasanti Award
2012	TNAI Membership Enrolled Award
2013	Indian Gold Star Award
2013	Global Excellence Award
2015	Life Time Achievement Award
2016	The Indian Global Golden Award
2016	Sparking Indian Award
2017	Economic Growth and National Unity Award
2017	Mother Teresa Global Award
2017	Rising Son of India Award
2019	Economic Growth & National Unity (Friendship forum)
2019	India's Most Admired Personality Award (Friendship forum)
2019	Acharya Vidya Ratan Award (Friendship forum)
2019	International Women of the year Award (Friendship forum)
2021	Most Outstanding Service Award (Friendship forum)
2021	Global Golden Award (Friendship forum)



**Ph.D Guide/Examiner:**

1. Dr. N.T.R University of Health Sciences, Vijayawada, Andhra Pradesh
2. Sri Ramachandra University, Chennai, Tamil Nadu
3. Saveetha University, Chennai, Tamil Nadu

**Social Activities:**

1. Screening for Hypertension among adults (5000)
2. Screening of Diabetes Mellitus among adults (150)
3. Screening for Breast Cancer
4. Screening of Cervical Cancer
5. Screening for Post Menopause Symptoms
6. Screening for Pre menstrual Syndrome
7. Screening for Parenting Style of Children
8. Screening for Mental Illness
9. Adopted Coastal Villages and Providing Holistic Health Care Services

**Society/Association Membership and Leadership:**

1. Sigma-Theta-Tau - International
2. Life Member Ship of TNAI - National
3. Secretary, TNAI, Andhra Pradesh State Branch



## **Conferences Organized:**

### **International:**

<b>Date</b>	<b>Conference</b>
26 <sup>th</sup> & 27 <sup>th</sup> July 2013	Group Dynamics in Nursing
19 <sup>th</sup> & 20 <sup>th</sup> July, 2019	Excellence in Oncology Nursing

### **National:**

<b>Date</b>	<b>Conference</b>
26 <sup>th</sup> & 27 <sup>th</sup> January, 2008	Nurse Clinician Independent Practitioner in India
21 <sup>st</sup> & 22 <sup>nd</sup> August, 2009	Nursing Care on Mechanical Ventilator
6 <sup>th</sup> & 8 <sup>th</sup> March, 2010	Community Mental Health Nursing
26 <sup>th</sup> March 2011	Communication A Fourth Domain in Nursing
09 <sup>th</sup> Aug, 2016	Translational Research
19 <sup>th</sup> Jan, 2017	Occupational hazards in hospital: an abandoned area or an over looked sphere!
20 <sup>th</sup> Jan, 2017	Creating mass awareness on grants to research among nurses

### **State:**

<b>Date</b>	<b>Conference</b>
19 <sup>th</sup> February, 2003	History of Nursing (Workshop)
14 <sup>th</sup> August, 2006	Healthy Student Nurses: Brighter Tomorrow
12 <sup>th</sup> Sep, 2008	Research Methodology



12<sup>th</sup> February, 2011

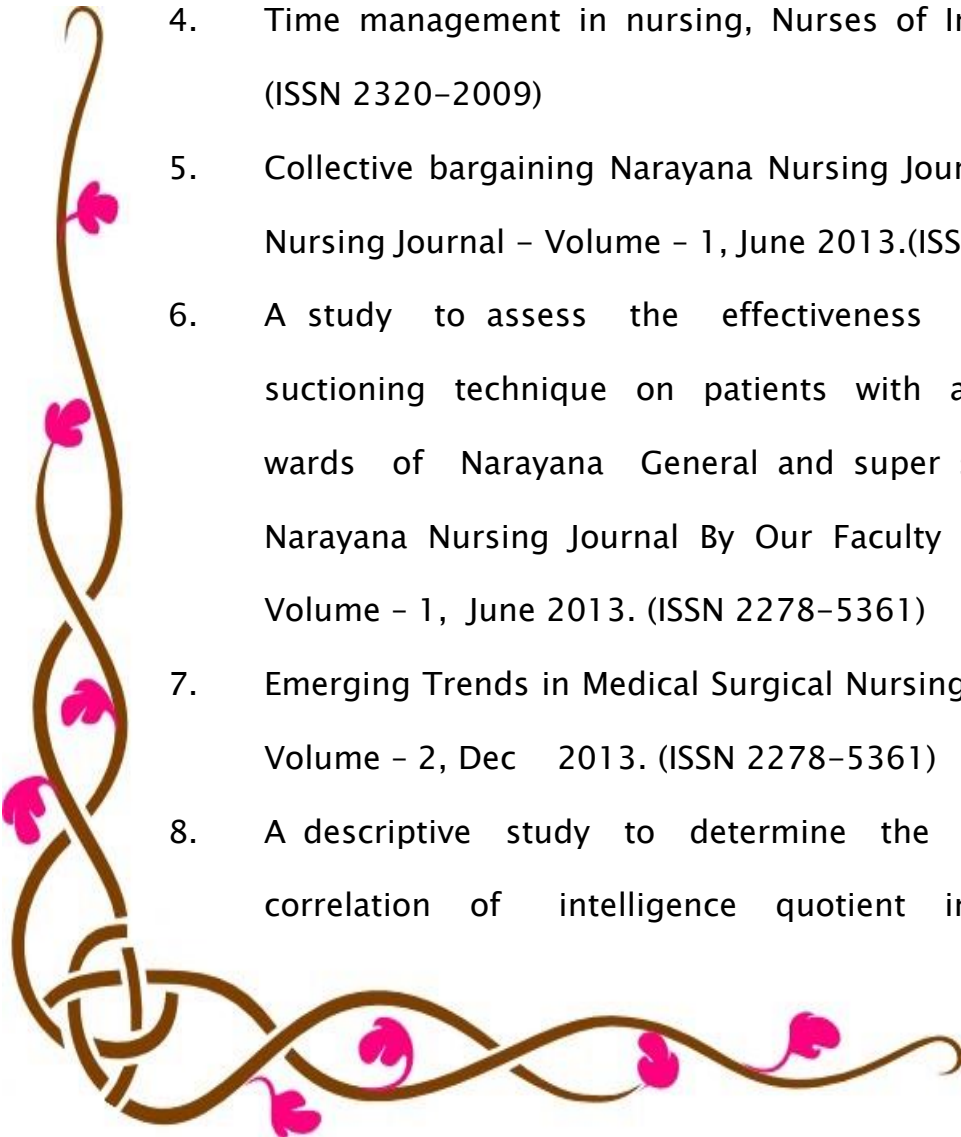
History of Nursing (Workshop)

26<sup>th</sup> & 27<sup>th</sup> June, 2014

Tri Domains in Nursing Education

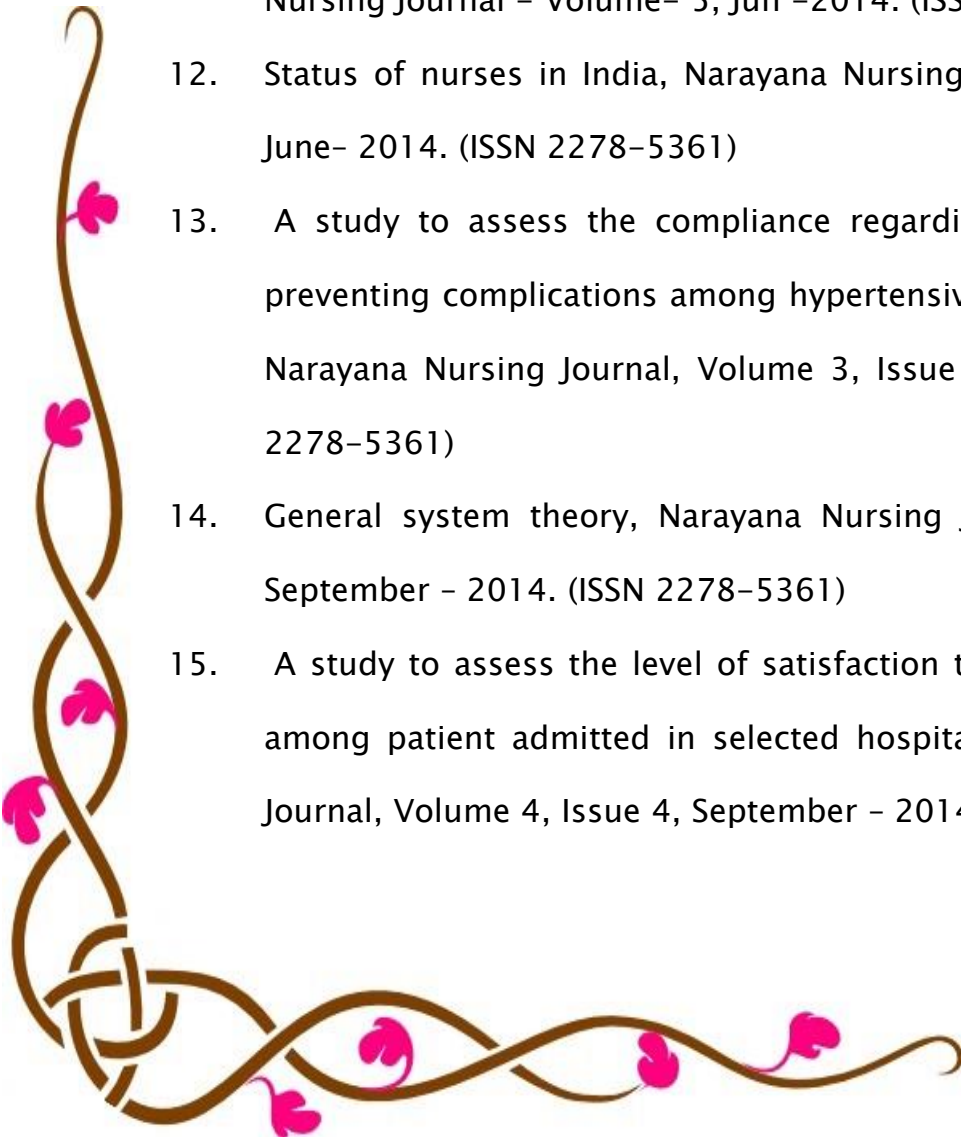
**Publications:**

1. Power, Nightingale Nursing Times, Nov 2009, Vol-5, P. No: 65-67.  
(ISSN 0975-2188)
2. Budget in Nursing, Nurses of India, Jul 2005, P. No: 4-6.(ISSN 2320-2009)
3. Diabetic Mellitus at Nellore, Journal of Advance Nursing U.K (ISSN 0309-2402)
4. Time management in nursing, Nurses of India, Sep 2006 P. No: 7-11  
(ISSN 2320-2009)
5. Collective bargaining Narayana Nursing Journal By Our Faculty Narayana Nursing Journal - Volume - 1, June 2013.(ISSN 2278-5361)
6. A study to assess the effectiveness of standard endo-tracheal suctioning technique on patients with artificial airway in selected wards of Narayana General and super specialty Hospital Nellore, Narayana Nursing Journal By Our Faculty Narayana Nursing Journal - Volume - 1, June 2013. (ISSN 2278-5361)
7. Emerging Trends in Medical Surgical Nursing, Narayana Nursing Journal - Volume - 2, Dec 2013. (ISSN 2278-5361)
8. A descriptive study to determine the prevalence of anemia and correlation of intelligence quotient in children and adults at

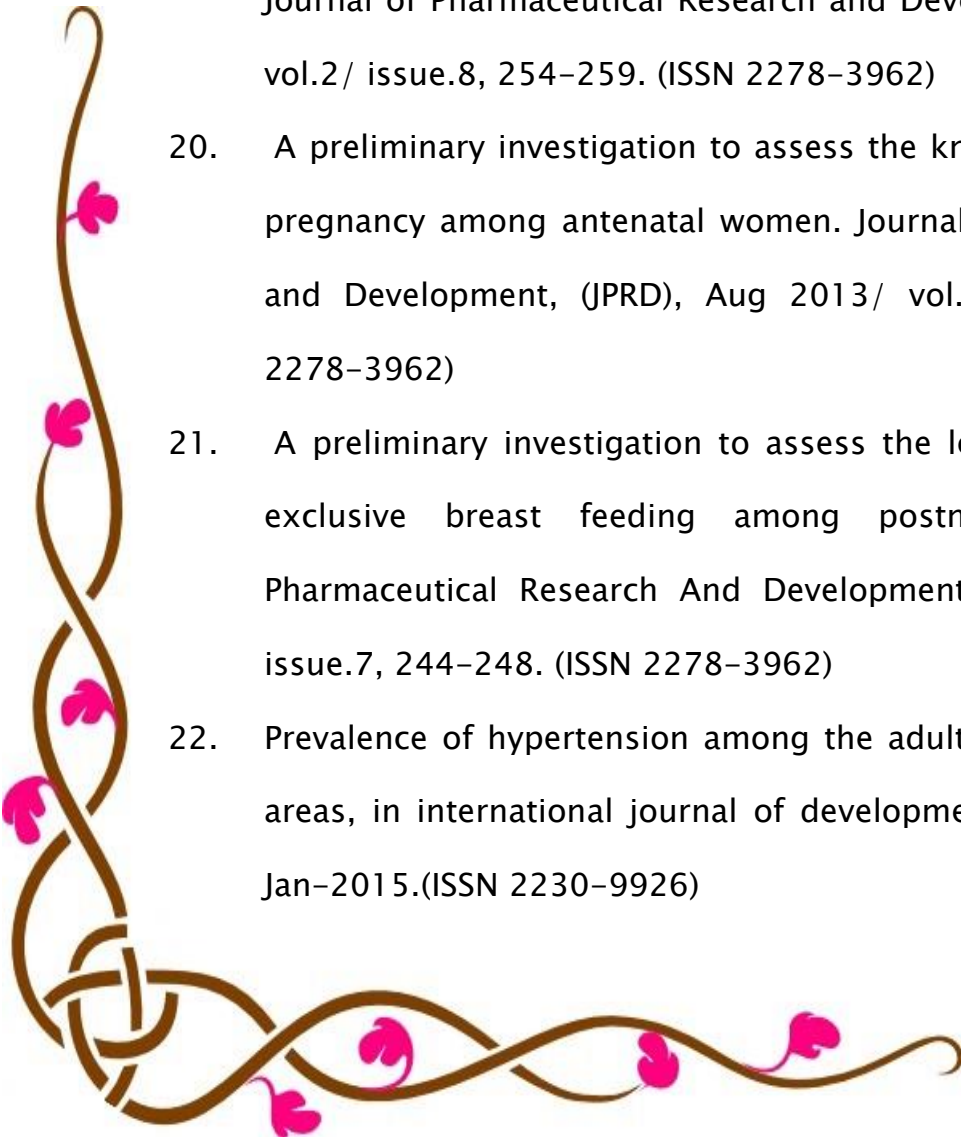


selected villages in Nellore, Narayana Nursing Journal – Volume – 3, March– 2013. (ISSN 2278–5361)

9. A study to assess the prevalence of diabetes mellitus among people attending OPD in Narayana Medical College & Hospital Chinthareddypalem, Nellore. Narayana Nursing Journal – Volume – 4, May 2013. (ISSN 2278–5361)
10. Case report, Narayana Nursing Journal – Volume – 2, March– 2013. (ISSN 2278–5361)
11. Effectiveness of garlic on reducing hypertension among the hypertensive patients residing at Saraswathi Nagar Nellore, Narayana Nursing Journal – Volume– 5, Jun –2014. (ISSN 2278–5361)
12. Status of nurses in India, Narayana Nursing Journal, Volume 3, Issue 3, June– 2014. (ISSN 2278–5361)
13. A study to assess the compliance regarding lifestyle modifications in preventing complications among hypertensive patients in NMCH, Nellore, Narayana Nursing Journal, Volume 3, Issue 3, September – 2013. (ISSN 2278–5361)
14. General system theory, Narayana Nursing Journal, Volume 4, Issue 4, September – 2014. (ISSN 2278–5361)
15. A study to assess the level of satisfaction towards patient care services among patient admitted in selected hospital Nellore, Narayana Nursing Journal, Volume 4, Issue 4, September – 2014. (ISSN 2278–5361)

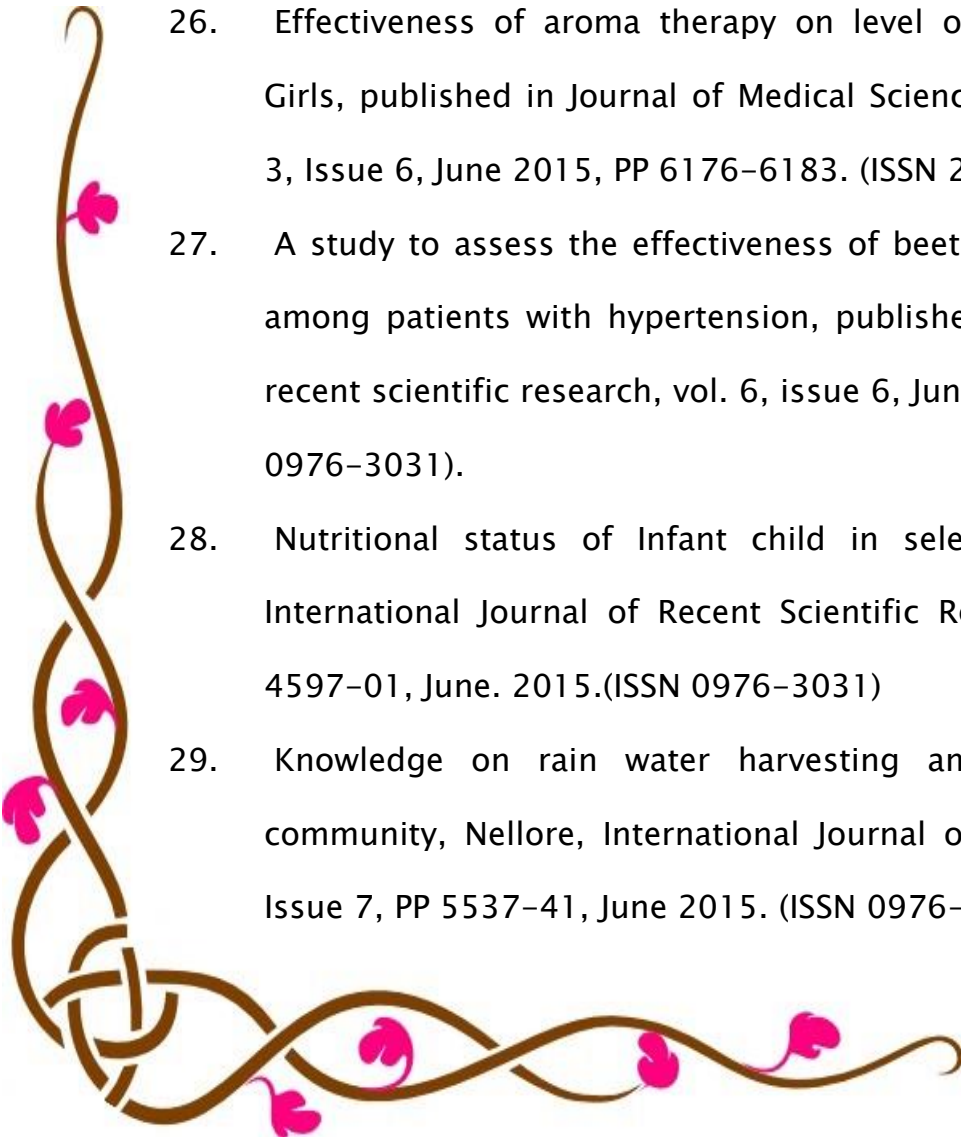


16. Neuman system model, Narayana Nursing Journal, Volume 5, Issue 5, December - 2014. (ISSN 2278-5361)
17. Nutritional status of antenatal and postnatal mothers in selected rural areas of Nellore. International journal of development research - 2015.(ISSN 0976-3031)
18. The effect of peppermint juice for indigestion among old age people- A preliminary study, Journal Of Pharmaceutical Research And Development, (JPRD), Jul 2013/ vol.2/ issue.7, 238-243(ISSN 2278-3962)
19. A preliminary investigation on assessment of level of knowledge on IUCD (intra-uterine contraceptive device) usage among postnatal mothers. Journal of Pharmaceutical Research and Development, (JPRD), Aug 2013/ vol.2/ issue.8, 254-259. (ISSN 2278-3962)
20. A preliminary investigation to assess the knowledge of warning signs in pregnancy among antenatal women. Journal of Pharmaceutical Research and Development, (JPRD), Aug 2013/ vol.2/ issue.8, 249-253. (ISSN 2278-3962)
21. A preliminary investigation to assess the level of knowledge regarding exclusive breast feeding among postnatal mothers. Journal of Pharmaceutical Research And Development, (JPRD), Aug 2013/ vol.2/ issue.7, 244-248. (ISSN 2278-3962)
22. Prevalence of hypertension among the adults in coastal and non coastal areas, in international journal of development research, vol.5, issue,01, Jan-2015.(ISSN 2230-9926)





23. Knowledge of the expectant fathers regarding safe motherhood in NMCH, Nellore, published in International journal of recent scientific research, vol. 6, issue 4, April 2015, PP 3423–3427.(ISSN 0976–3031)
24. Knowledge regarding prevention of dengue fever among MPHw (F) students in Narayana MPHw (F) training institute, published in journal of medical science and clinical research, vol. 3, issue 6, June 2015, PP 6325–29. (ISSN 2347–176x)
25. Assess the knowledge regarding home management of minor ailments in pregnancy among urban women, published in journal of medical science and clinical research, vol. 3, issue 6, June 2015, PP 6341–46. (ISSN 2347–176x)
26. Effectiveness of aroma therapy on level of anxiety among adolescent Girls, published in Journal of Medical Science and Clinical Research, vol. 3, Issue 6, June 2015, PP 6176–6183. (ISSN 2347–176x)
27. A study to assess the effectiveness of beetroot juice on blood pressure among patients with hypertension, published in international journal of recent scientific research, vol. 6, issue 6, June 2015, PP 4838–4840. (ISSN 0976–3031).
28. Nutritional status of Infant child in selected rural area at Nellore, International Journal of Recent Scientific Research, Vol. 6, Issue 6, PP 4597–01, June. 2015.(ISSN 0976–3031)
29. Knowledge on rain water harvesting among housewives of urban community, Nellore, International Journal of Scientific research, Vol. 6, Issue 7, PP 5537–41, June 2015. (ISSN 0976–3031)



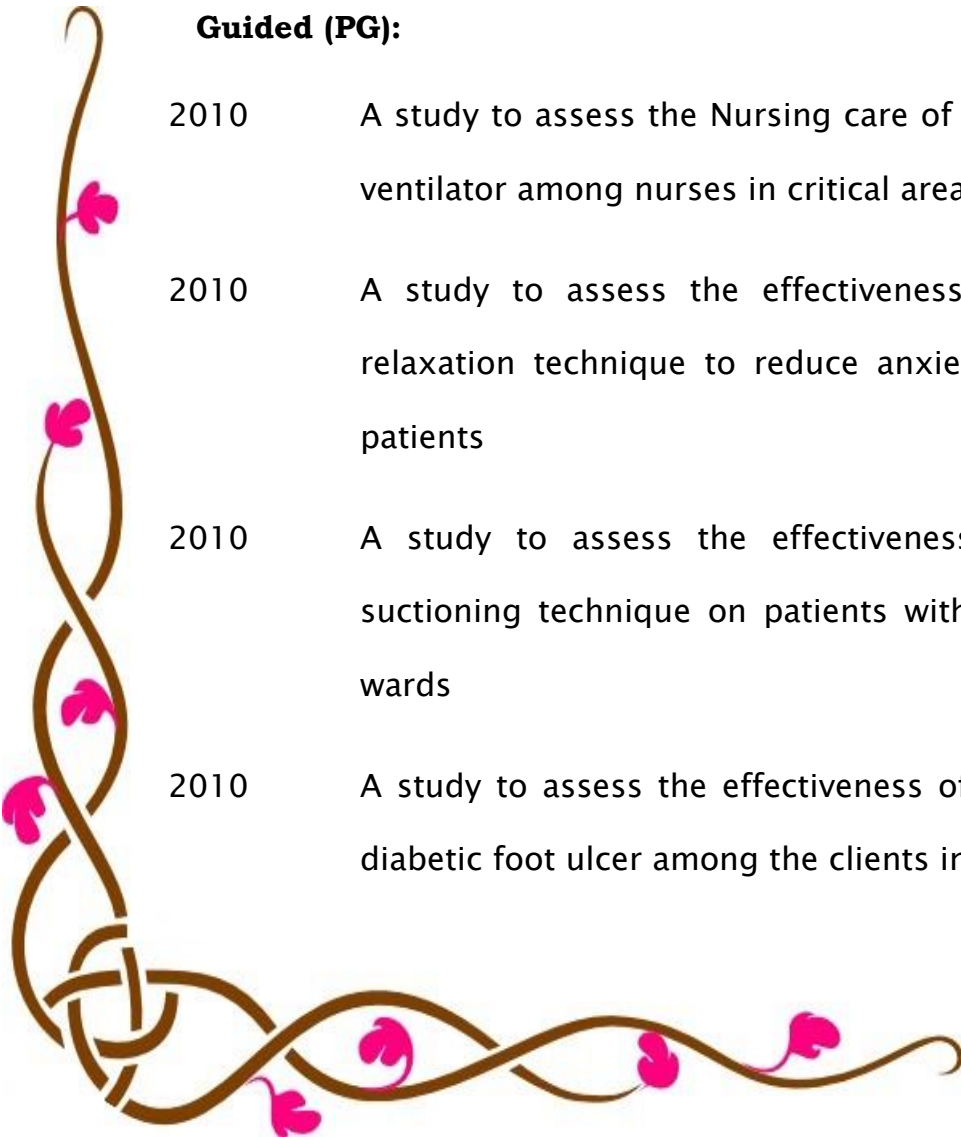
30. Knowledge And utilization practice of reproductive and child health services among mothers, international journal of applied research, vol. 1, issue 8, 2015, PP 428–432.(ISSN 2394–7500)
31. Assess the knowledge regarding jejunostomy feeding among staff nurses and nursing students in NMCH, Nellore. Published in Journal of medical science and clinical research, vol. 03. Issue 09, Sep 2015, PP 7679–85. (ISSN 2347–176x).

### **Publications (Co-Author): More than 200**

#### **Research:**

##### **Guided (PG):**

- |      |  |
|------|--|
| 2010 | A study to assess the Nursing care of the patients with mechanical ventilator among nurses in critical areas.                          |
| 2010 | A study to assess the effectiveness of The Jacobson's muscle relaxation technique to reduce anxiety level among preoperative patients  |
| 2010 | A study to assess the effectiveness of standard Endotracheal suctioning technique on patients with artificial airway in selected wards |
| 2010 | A study to assess the effectiveness of Topical Insulin dressing on diabetic foot ulcer among the clients in selected wards             |



2011 A study to assess the effectiveness of Mouth care with Lemon glycerin swab on reduction of Halitosis among bedridden patients admitted in Narayana Medical College, Nellore.

2011 A study to assess the Cold application on procedure (AV FITULAPUNCTURE) pain among Hemodialysis patients in Narayana Medical College, Nellore.

2011 A study to assess the Polyethylene films on prevention of corneal dryness among unconscious patients admitted in ICU IN Narayana Superspeciality Hospital, Nellore.

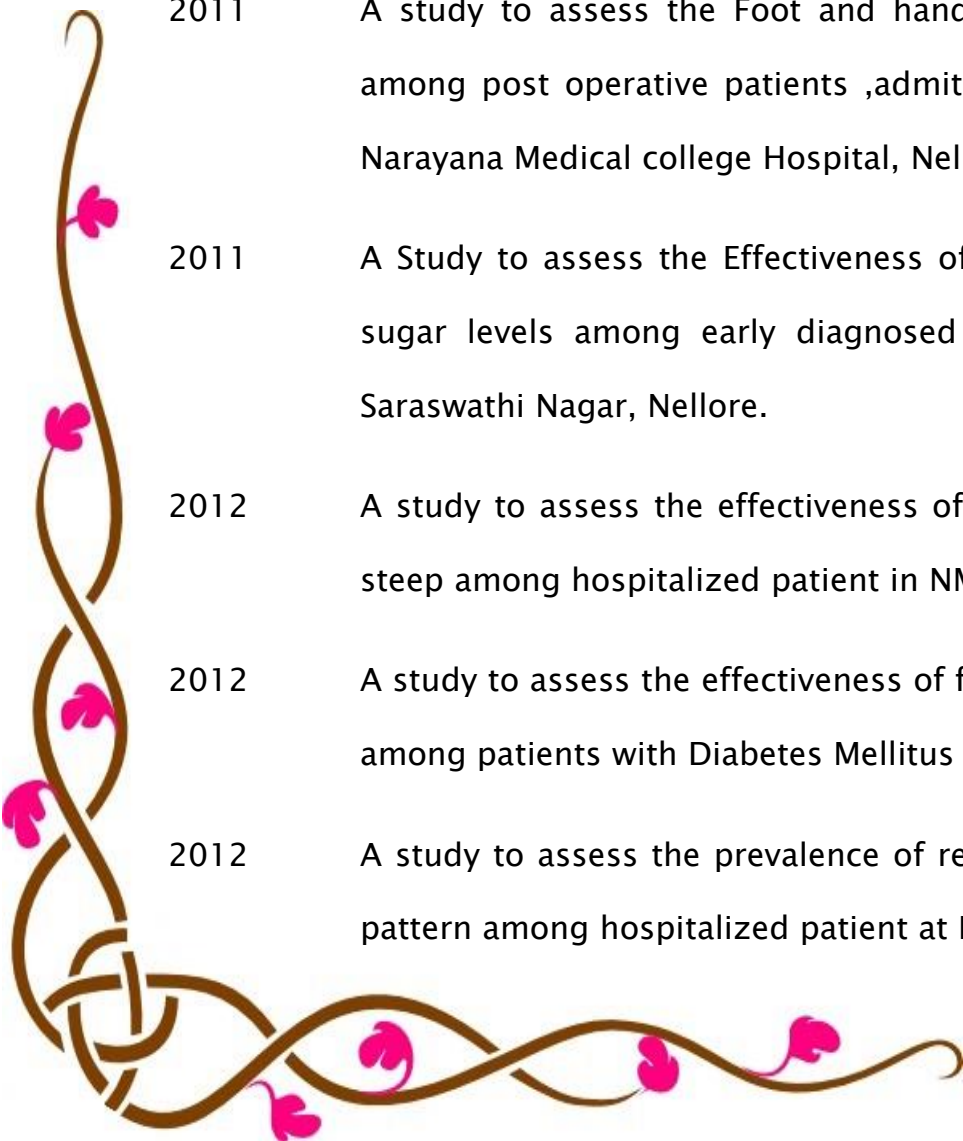
2011 A study to assess the Foot and hand massage on reducing pain among post operative patients ,admitted in post operative wards, Narayana Medical college Hospital, Nellore.

2011 A Study to assess the Effectiveness of Aloe vera in reducing blood sugar levels among early diagnosed diabetic clients residing at Saraswathi Nagar, Nellore.

2012 A study to assess the effectiveness of back massage on quality of sleep among hospitalized patient in NMCH, Nellore.

2012 A study to assess the effectiveness of foot care on blood circulation among patients with Diabetes Mellitus at Venkatachalam, Nellore.

2012 A study to assess the prevalence of renal calculi in relation to diet pattern among hospitalized patient at NMCH, Nellore.



- 2012 A study to assess the protocol based tracheostomy care among critical care staff nurses working in NMCH, Nellore.
- 2012 A descriptive study to assess the rehabilitative care among the epileptic patients taking treatment in NMCH, Nellore.
- 2012 A study to assess the compliance regarding lifestyle modification in preventing complications among Hypertensive patients in NMCH, Nellore.
- 2013 A study to assess the surgical safety checklist post-operative outcome of patients admitted in Narayana Medical College Hospital, Nellore.
- 2013 A study to assess the fortified iodized salt among goiter patients in selected rural village, Nellore.
- 2013 A study to assess the ash gourd as diuretic in hypertensive patients in Narayana Medical College Hospital, Nellore.
- 2013 A study to assess the nurse managed intervention to improve the gas exchange among patients with pneumothorax in N.M.C.H, Nellore.
- 2014 A study to evaluate the effectiveness of nursing interventions on management of dispnea among patients with congestive heart failure in N.M.C. Hospital, Nellore.



2014 A comparative study to assess the effectiveness of warm fomentation versus glycerin magnesium sulphate application among thrombophlebitis patients in N.M.C. Hospital, Nellore.

2014 A study to assess the effectiveness of functional status and nutritional status among clients with hip fracture in N.M.C. Hospital, Nellore.

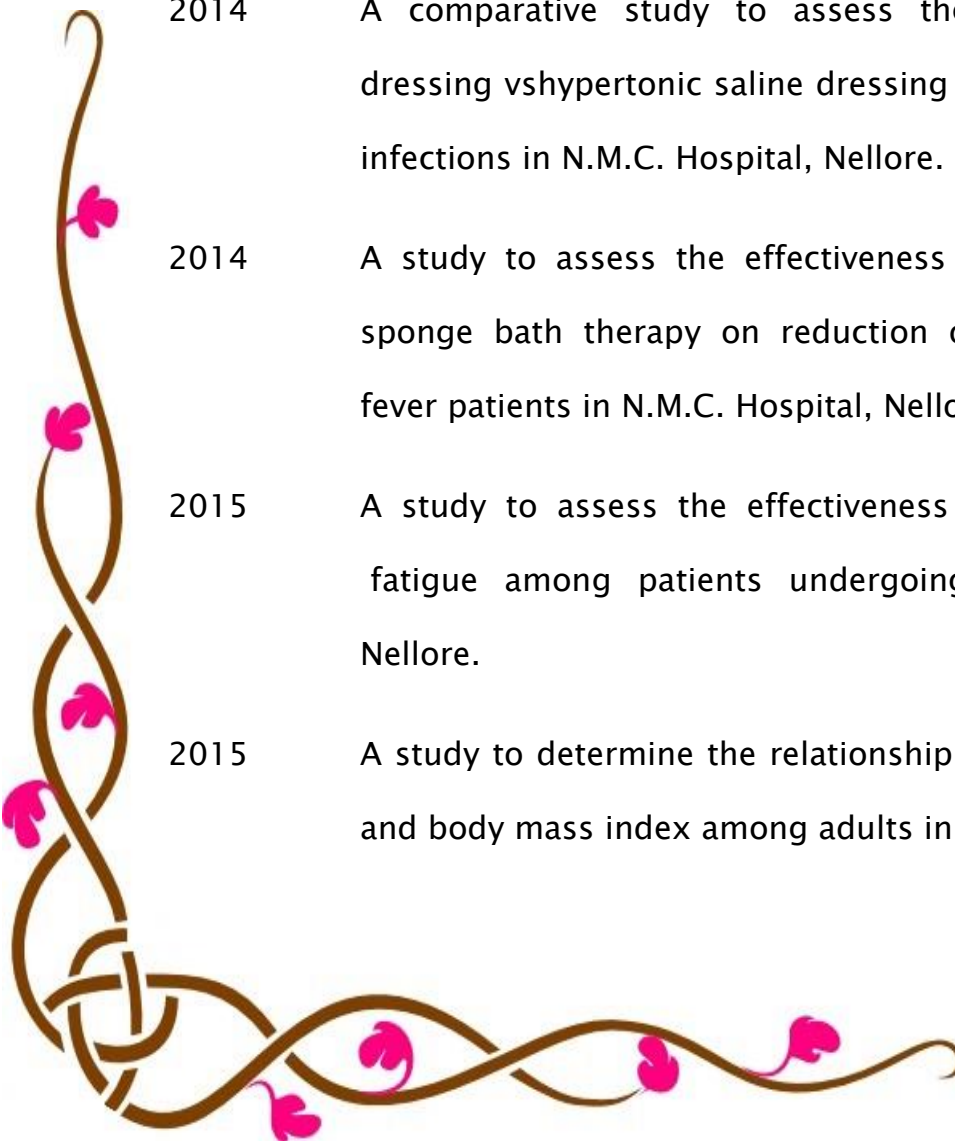
2014 A study to assess the effectiveness of communication board on the level of satisfaction in meeting the physiological and psychological needs of mechanically ventilated clients in N.M.C. Hospital, Nellore.

2014 A comparative study to assess the effectiveness of betadine dressing vshypertonic saline dressing in preventing surgical wound infections in N.M.C. Hospital, Nellore.

2014 A study to assess the effectiveness of alternating hot and cold sponge bath therapy on reduction of body temperature among fever patients in N.M.C. Hospital, Nellore.

2015 A study to assess the effectiveness of leg stretch exercises on fatigue among patients undergoing hemodialysis in N.M.C.H, Nellore.

2015 A study to determine the relationship between wrist circumference and body mass index among adults in N.M.C.H, Nellore.



2015 A study to assess the blood pressure measurement with sphygmomanometer versus aneroid BP apparatus among patients admitted at N.M.C.H, Nellore.

2015 A study to assess the practice of neurological assessment among staff nurses in N.M.C.H, Nellore.

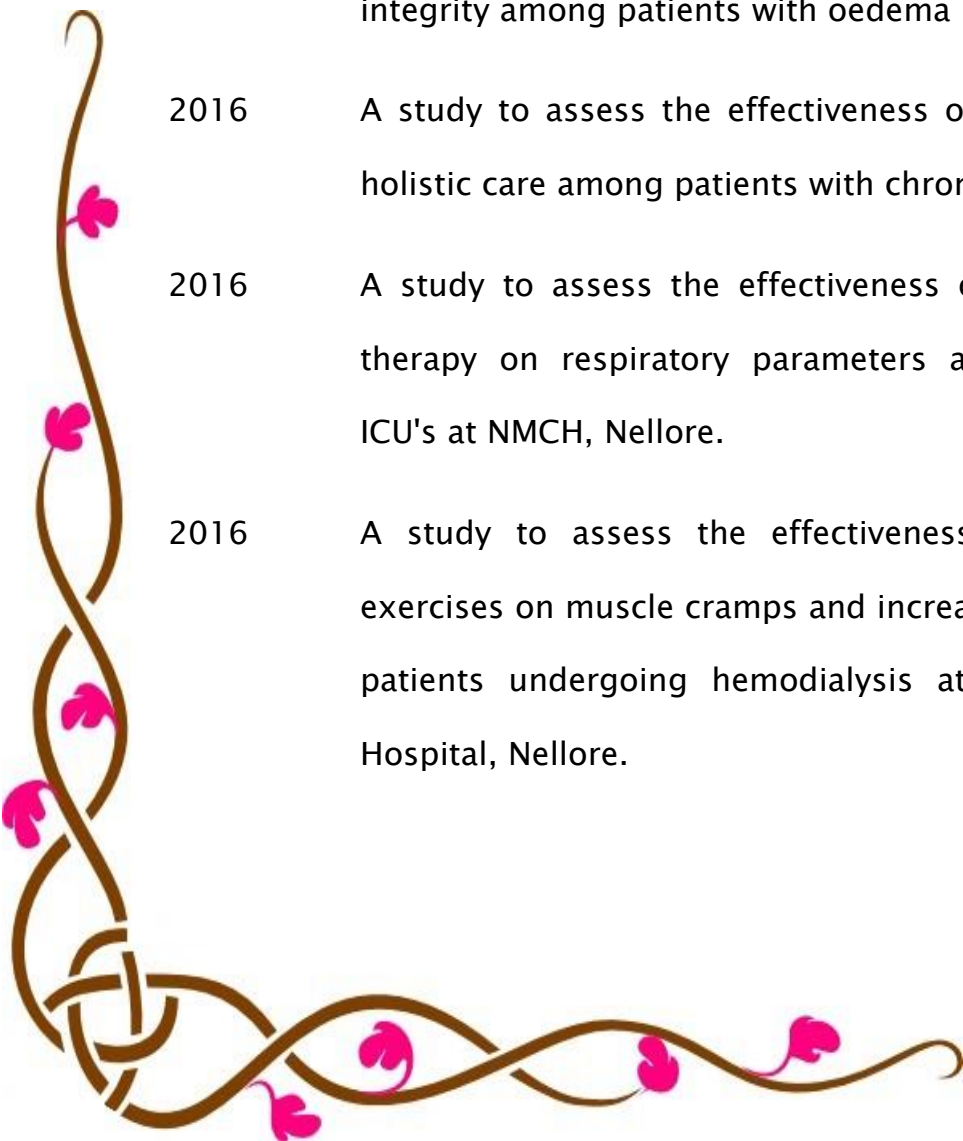
2015 A study to assess the effectiveness of instilling 0.9% ns versus diluted nahco<sub>3</sub> suctioning on selected respiratory parameters among patients with artificial airway in N.M.C.H, Nellore.

2015 A study to assess the effectiveness of nursing interventions on skin integrity among patients with oedema in N.M.C.H, Nellore.

2016 A study to assess the effectiveness of transitional care model on holistic care among patients with chronic illness in NMCH, Nellore.

2016 A study to assess the effectiveness of endotracheal care bundle therapy on respiratory parameters among patients admitted in ICU's at NMCH, Nellore.

2016 A study to assess the effectiveness of intradialytic stretching exercises on muscle cramps and increasing muscle strength among patients undergoing hemodialysis at Narayana Medical College Hospital, Nellore.



2016 A study to assess the effectiveness of bundle care therapy on diabetic control among patients with diabetes mellitus in NMCH, Nellore.

2016 A study to assess the effectiveness of respiratory hygiene protocol on selected respiratory parameters among patients admitted in ICU's at NMCH, Nellore.

2016 A study to assess the effectiveness of disinfection of catheter hubs on prevention of thrombophlebitis among patients admitted in NMCH, Nellore.

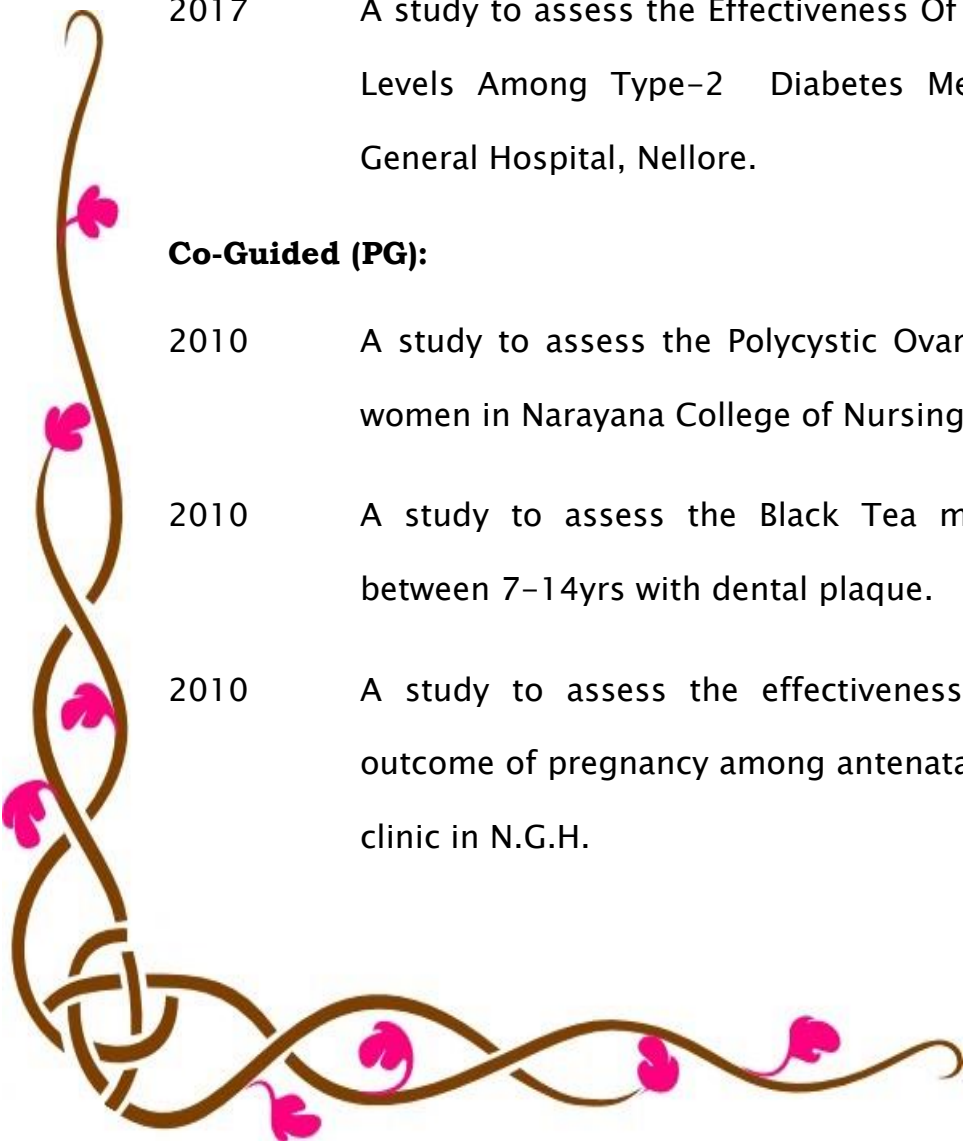
2017 A study to assess the Effectiveness Of Cinnamon On Blood Glucose Levels Among Type-2 Diabetes Mellitus Patients At Narayana General Hospital, Nellore.

**Co-Guided (PG):**

2010 A study to assess the Polycystic Ovarian syndrome among young women in Narayana College of Nursing.

2010 A study to assess the Black Tea mouth rinse among children between 7-14yrs with dental plaque.

2010 A study to assess the effectiveness of Antenatal Exercises on outcome of pregnancy among antenatal women attending antenatal clinic in N.G.H.



2010 A study to assess the effectiveness of low cost dietary supplementation among Malnourished children age group between 1-5 yrs.

2010 A study to assess the effectiveness of Structured teaching Programme on Kangaroo mother care among mothers of preterm babies.

2010 A Study to assess comfort of Sanitary pads during menstruation among school children between 11-15yrs.

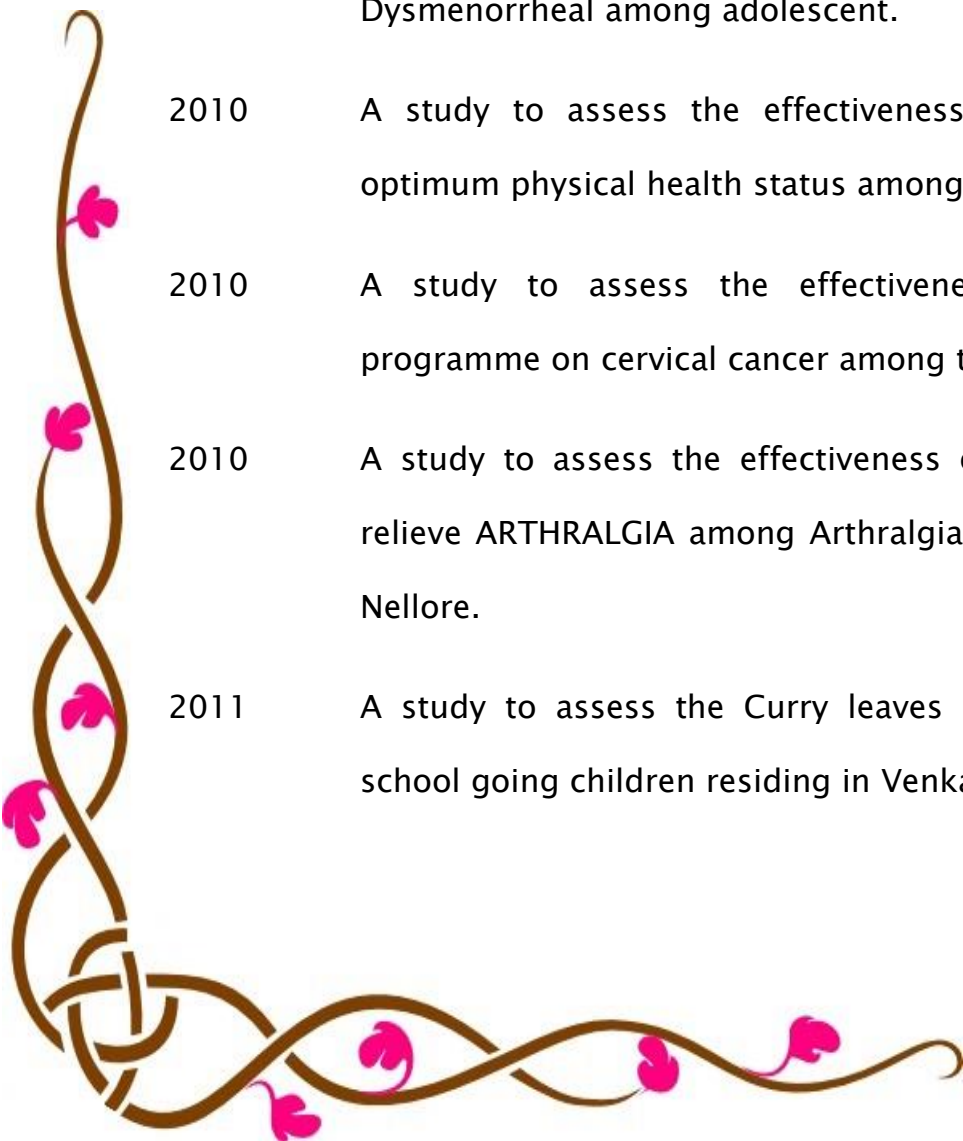
2010 A study to assess the effectiveness of Olive Oil massage during Dysmenorrheal among adolescent.

2010 A study to assess the effectiveness of postnatal exercises on optimum physical health status among postnatal mothers.

2010 A study to assess the effectiveness of structured teaching programme on cervical cancer among the women.

2010 A study to assess the effectiveness of boiled cabbage leaves to relieve ARTHRALGIA among Arthralgia clients at Saraswathi Nagar, Nellore.

2011 A study to assess the Curry leaves on warm infestation among school going children residing in Venkatachalam, Nellore.





2011 A study to assess the Semi sitting position on labour pain intensity and comfort level among primi parturient mother in Narayana Medical College Hospital, Nellore.

2011 A study to assess the Peppermint juice for indigestion among old age people residing at Saraswathi Nagar, Nellore.

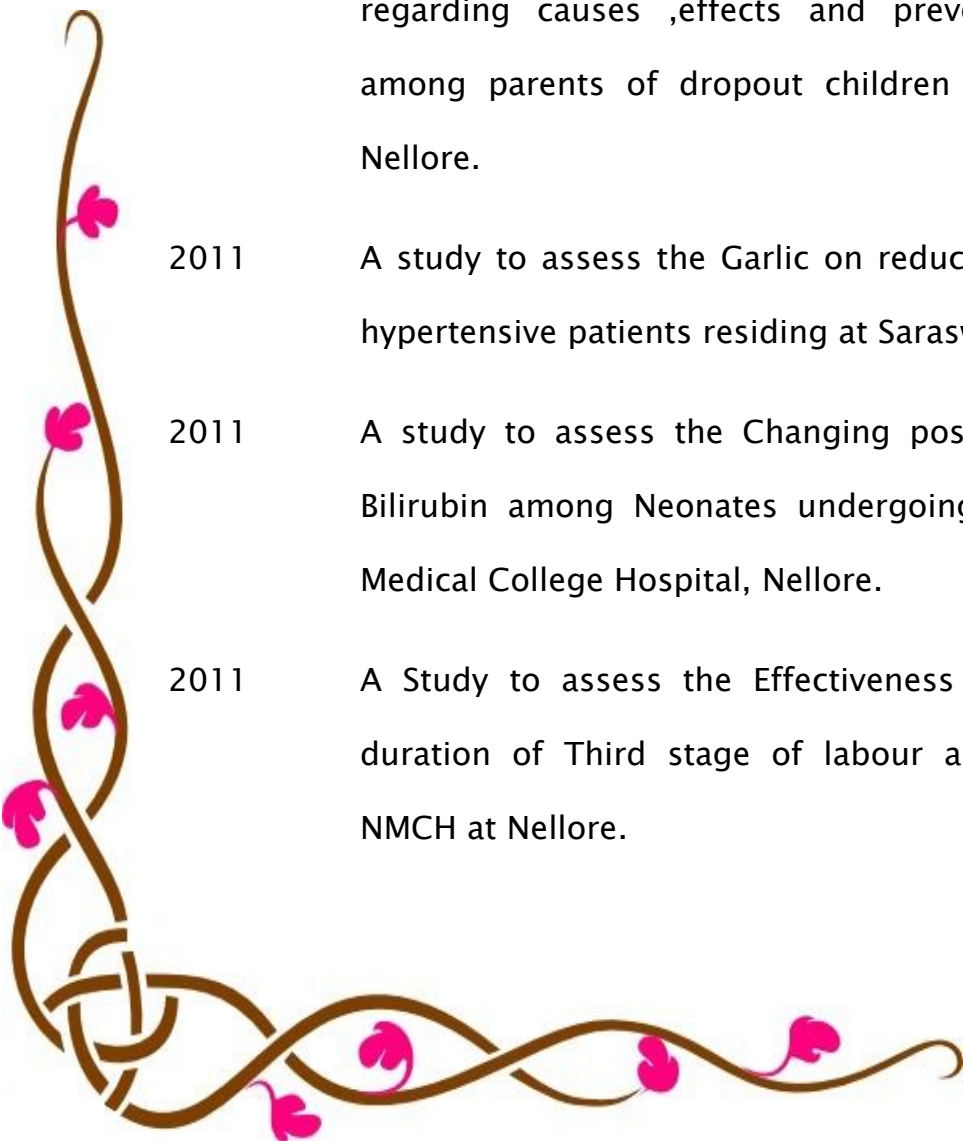
2011 A study to assess the Ambulation during First stage on duration of labor among Primiparturient Mothers in Narayana Medical College, Nellore.

2011 A study to assess the Motivational programme on knowledge regarding causes ,effects and prevention of school Dropouts among parents of dropout children residing at Venkatachalam, Nellore.

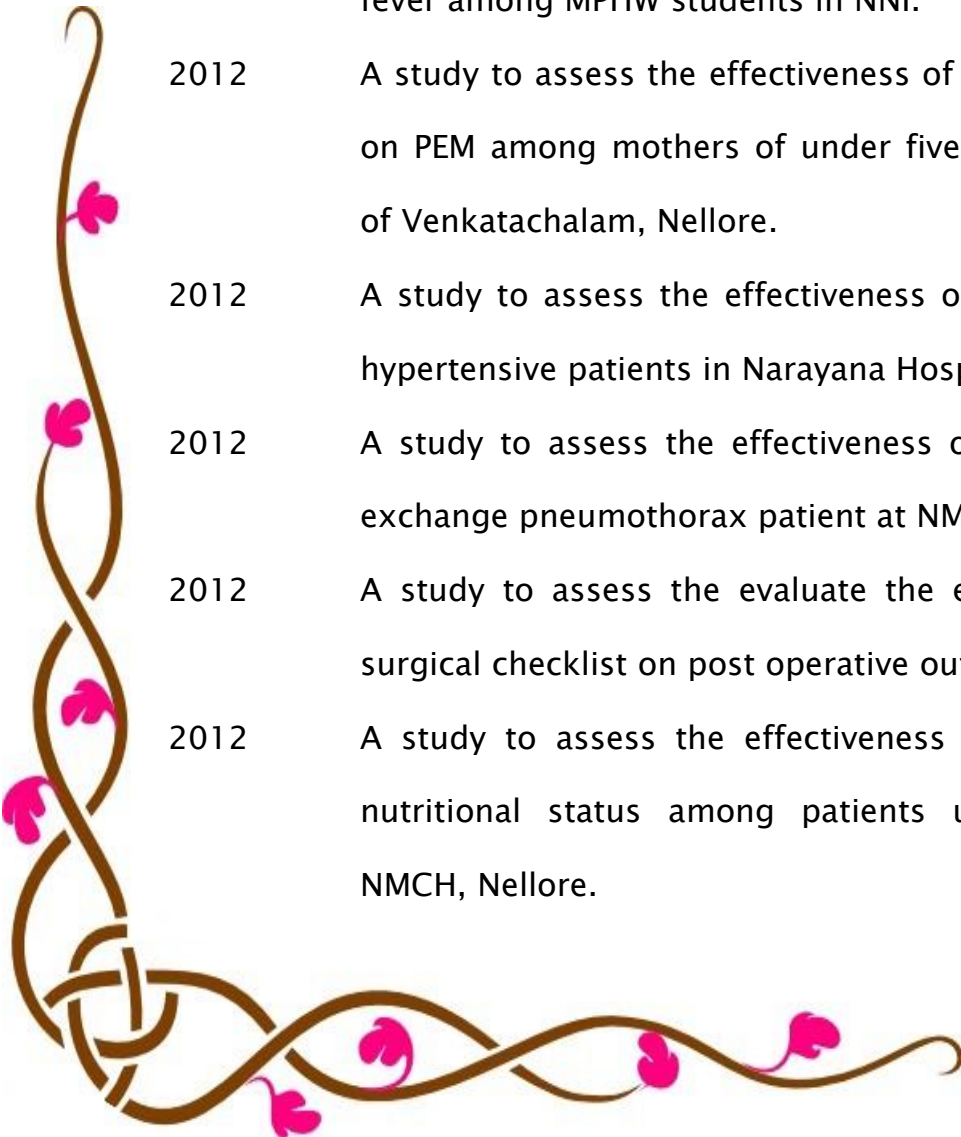
2011 A study to assess the Garlic on reducing hypertension among the hypertensive patients residing at Saraswathi Nagar, Nellore.

2011 A study to assess the Changing position in reduction of serum Bilirubin among Neonates undergoing phototherapy in Narayana Medical College Hospital, Nellore.

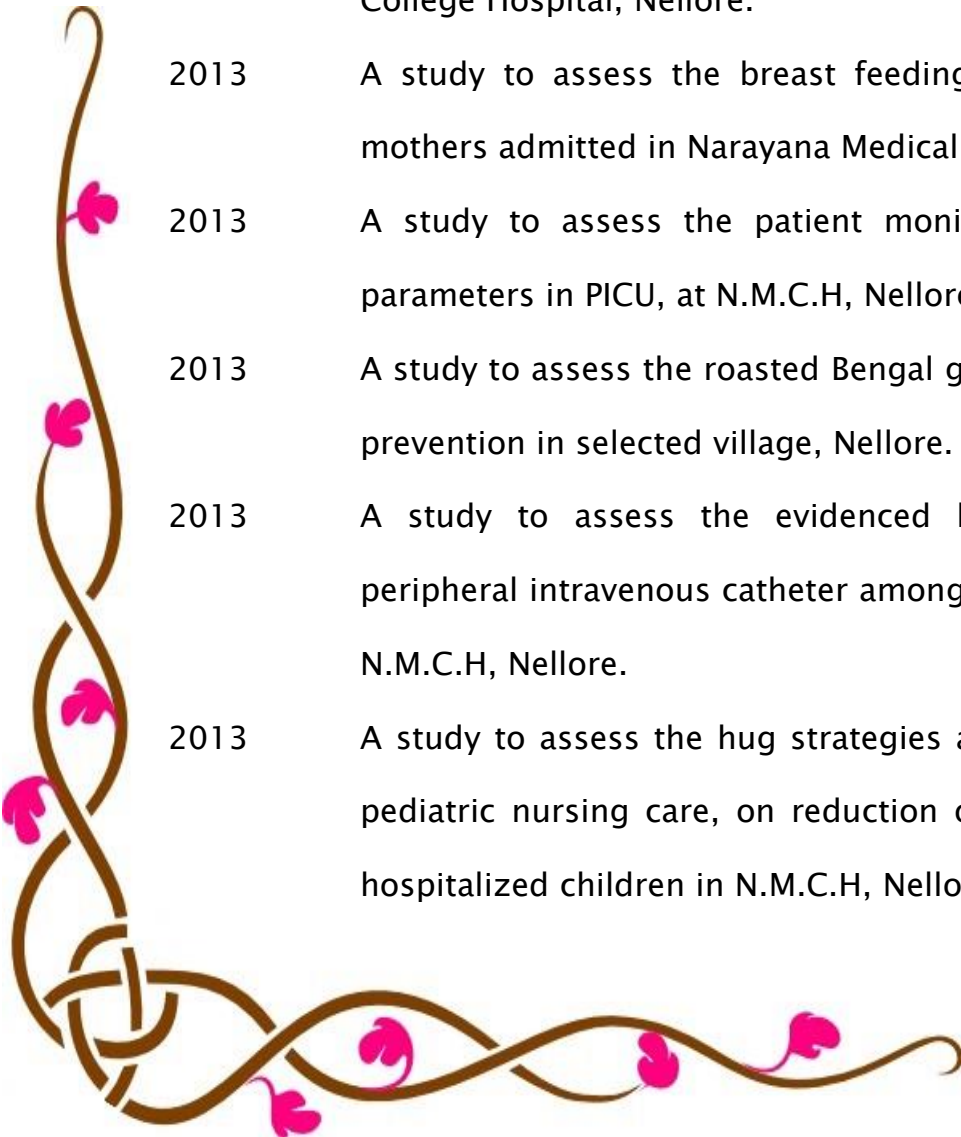
2011 A Study to assess the Effectiveness of Early breast feeding on duration of Third stage of labour among Intranatal Mothers in NMCH at Nellore.



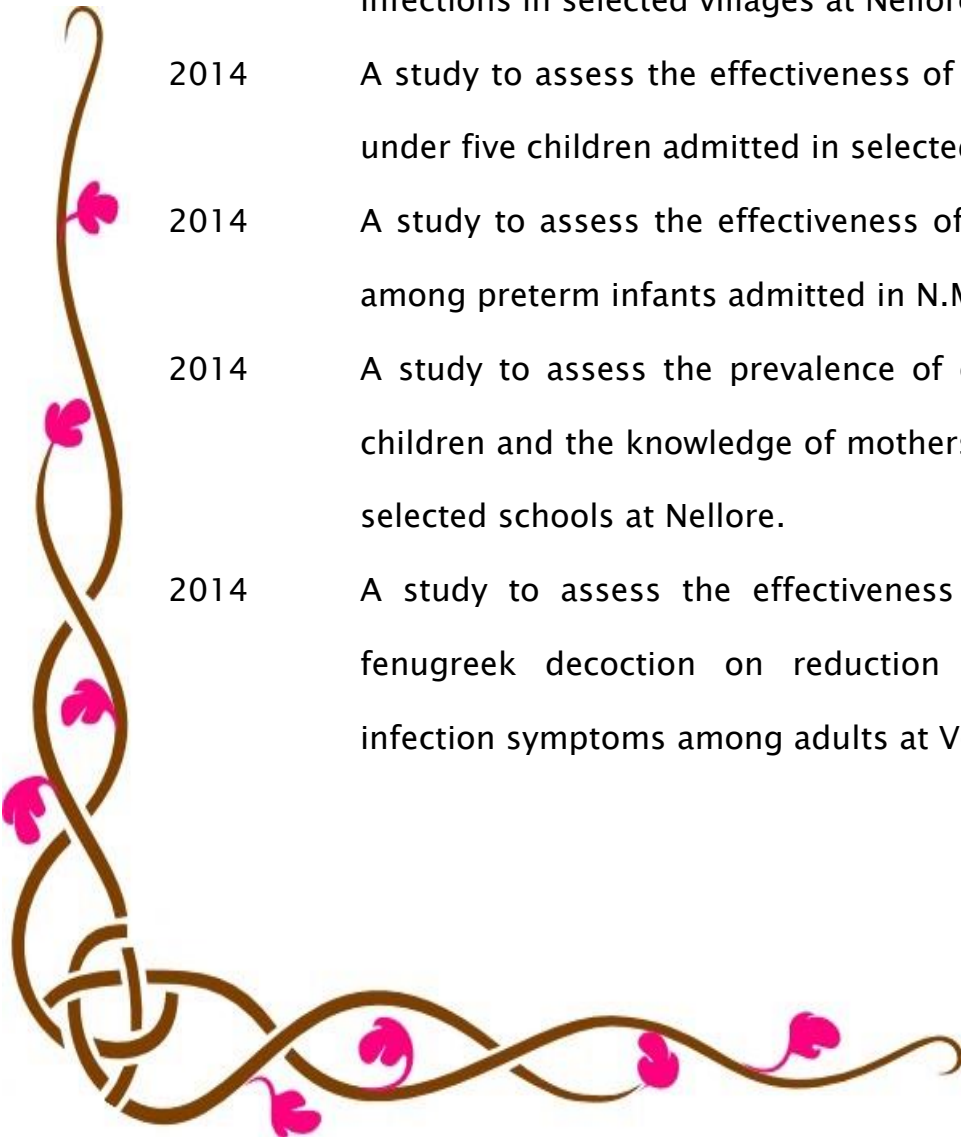
- 2012 A study to assess the effectiveness of moist heat fomentation on patient with thrombophlebitis
- 2012 A study to assess the attitude regarding diabetic diet in early diagnosed and recently diagnosed patients in NMCH, Nellore.
- 2012 A study to assess the effectiveness of structured teaching program on knowledge of anti oxidant diet among patient prove for cardiac problems in NMCH, Nellore.
- 2012 A study to assess the effectiveness of mirror therapy in phantom limb pain amputated patient in NMCH, Nellore.
- 2012 A study to assess the knowledge regarding prevention of dengue fever among MPHWS students in NNI.
- 2012 A study to assess the effectiveness of structured teaching program on PEM among mothers of under five children in selected villages of Venkatachalam, Nellore.
- 2012 A study to assess the effectiveness of ashgard as diuretic among hypertensive patients in Narayana Hospital, Nellore
- 2012 A study to assess the effectiveness of measures to maintain gas exchange pneumothorax patient at NMCH, Nellore
- 2012 A study to assess the evaluate the effectiveness of preoperative surgical checklist on post operative outcome at NMCH, Nellore.
- 2012 A study to assess the effectiveness of diet therapy to maintain nutritional status among patients undergoing hemodialysis in NMCH, Nellore.



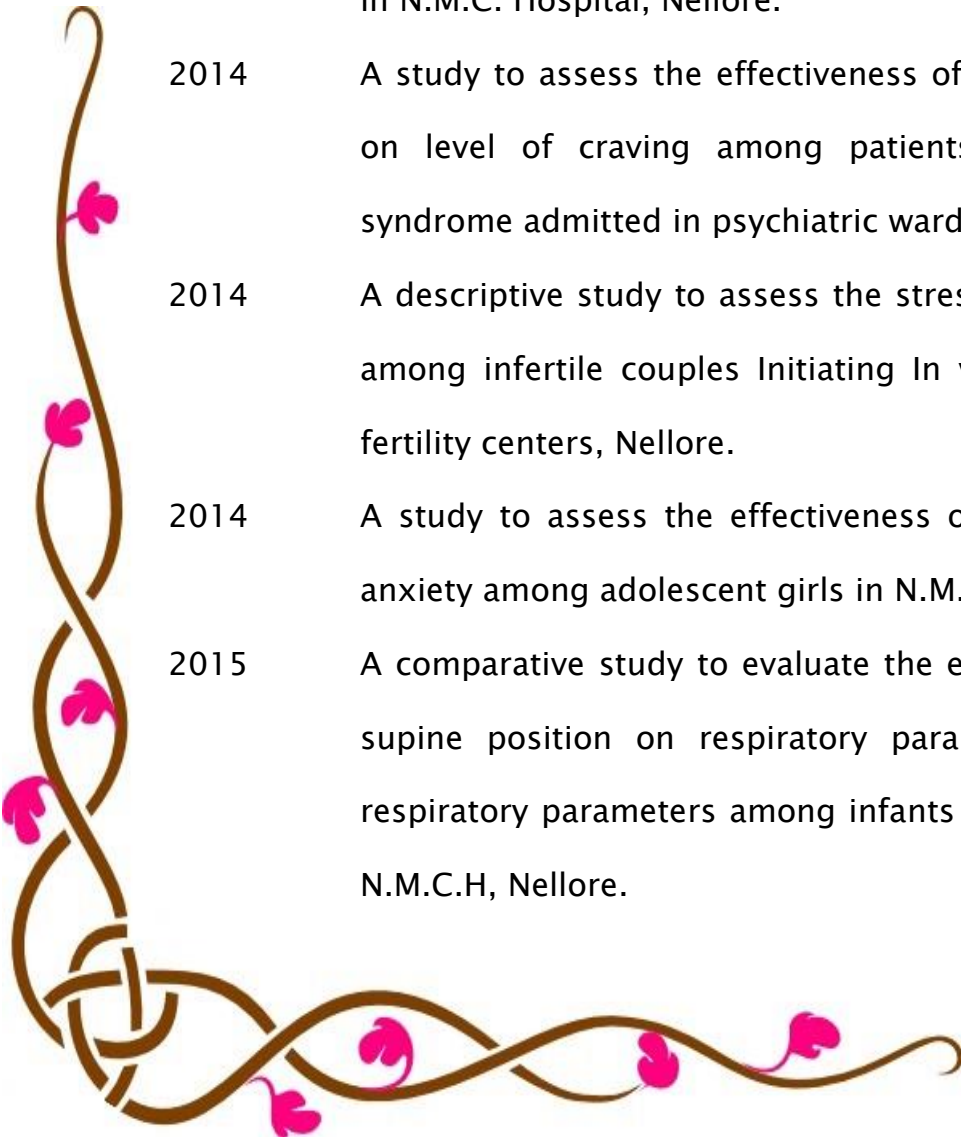
- 2013 A study to assess the effectiveness of pranayam on the level of stress among the 1st year b.sc nursing students at Narayana College of Nursing, Nellore.
- 2013 A study to assess the effectiveness of attitude therapy in working environment among nurses in Narayana Medical College Hospital, Nellore.
- 2013 A study to assess the effectiveness of awareness programme on eco friendliness among selected urban population in Nellore.
- 2013 A study to assess the Music therapy on post traumatic stress disorder among the orthopedic patients in Narayana Medical College Hospital, Nellore.
- 2013 A study to assess the breast feeding protocol among caeserean mothers admitted in Narayana Medical College Hospital, Nellore.
- 2013 A study to assess the patient monitoring protocol on selected parameters in PICU, at N.M.C.H, Nellore.
- 2013 A study to assess the roasted Bengal gram dhal and Jaggery ball on prevention in selected village, Nellore.
- 2013 A study to assess the evidenced based protocol in securing peripheral intravenous catheter among children in pediatric ward at N.M.C.H, Nellore.
- 2013 A study to assess the hug strategies as an innovative approach to pediatric nursing care, on reduction of anxiety among parents of hospitalized children in N.M.C.H, Nellore.



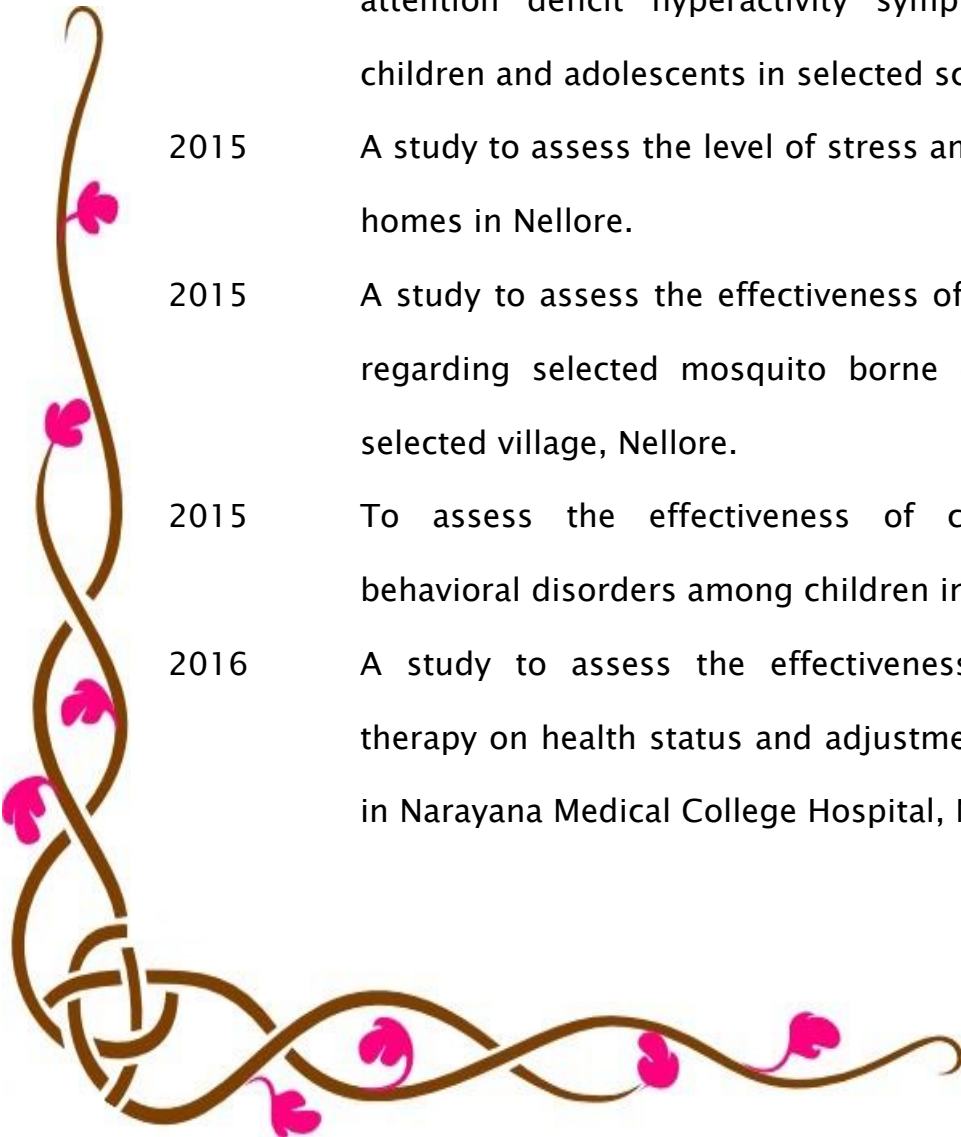
- 2013 A study to assess the steam inhalation on respiratory distress among under five children in Narayana Medical College Hospital, Nellore.
- 2013 A study to assess the Narayana accouchement module among parturient mothers at Narayana Medical College Hospital, Nellore.
- 2013 A study to assess the normal saline versus betadine on episiotomy wound healing among postnatal mothers at Narayana Medical College Hospital, Nellore.
- 2014 A study to assess the effectiveness of Tulasi juice on reduction of respiratory manifestations among children with respiratory tract infections in selected villages at Nellore.
- 2014 A study to assess the effectiveness of nutmeg on diarrhoea among under five children admitted in selected hospitals at Nellore.
- 2014 A study to assess the effectiveness of oil massage on weight gain among preterm infants admitted in N.M.C. Hospital, Nellore.
- 2014 A study to assess the prevalence of obesity among school going children and the knowledge of mothers regarding normal growth in selected schools at Nellore.
- 2014 A study to assess the effectiveness of mixed ginger juice and fenugreek decoction on reduction of upper respiratory tract infection symptoms among adults at Venkatachalam, Nellore.



- 2014 A study to assess the effectiveness of video assisted teaching programme regarding relaxation techniques on stress among elderly persons at selected old age homes, Nellore.
- 2014 A study to assess the effectiveness of oil pulling therapy on dental plaque among adults at selected villages of Venkatachalam, Nellore
- 2014 A study to determine the effectiveness of cognitive behavior therapy on festival symptoms among patients with mood disorders in N.M.C. Hospital, Nellore.
- 2014 A study to assess the effectiveness of rational emotive behaviour therapy on level of depression among depressive patients admitted in N.M.C. Hospital, Nellore.
- 2014 A study to assess the effectiveness of neuro linguistic programme on level of craving among patients with alcohol dependence syndrome admitted in psychiatric ward at N.M.C. Hospital, Nellore.
- 2014 A descriptive study to assess the stressors, BMI and Dietary habits among infertile couples Initiating In vitro fertilization at selected fertility centers, Nellore.
- 2014 A study to assess the effectiveness of aroma therapy on level of anxiety among adolescent girls in N.M.C. Hospital, Nellore.
- 2015 A comparative study to evaluate the effectiveness of lateral versus supine position on respiratory parameters among infants with respiratory parameters among infants with respiratory problems at N.M.C.H, Nellore.



- 2015 A retrospective study to identify the maternal and fetal risk factors during ante partum and intrapartum among post natal mothers at N.M.C.H, Nellore.
- 2015 A study to assess the to evaluate the effectiveness of structured teaching programme on knowledge regarding pubertal changes among pre adolescent girls in selected schools in rural area, Nellore.
- 2015 A study to assess the compare the fetal heart rate in left lateral position among antenatal mothers in N.M.C.H, Nellore.
- 2015 A study to assess the effectiveness of group narrative therapy on attention deficit hyperactivity symptoms among school going children and adolescents in selected schools, Nellore.
- 2015 A study to assess the level of stress among elderly selected old age homes in Nellore.
- 2015 A study to assess the effectiveness of puppet show on knowledge regarding selected mosquito borne diseases among children in selected village, Nellore.
- 2015 To assess the effectiveness of contingency contracting on behavioral disorders among children in selected schools, Nellore.
- 2016 A study to assess the effectiveness of postnatal care bundle therapy on health status and adjustment among postnatal mothers in Narayana Medical College Hospital, Nellore.



2016 A study to assess the effectiveness of RED intervention on symptoms among post menopausal women in selected villages, Nellore.

2016 A study to assess the effectiveness of self care interventions on cyclic pelvic pain among adolescent girls in selected nursing hostel, Nellore.

2016 A study to assess the effectiveness of preterm initiative on selected parameters among preterm neonates in postnatal ward at Narayana Medical College Hospital, Nellore.

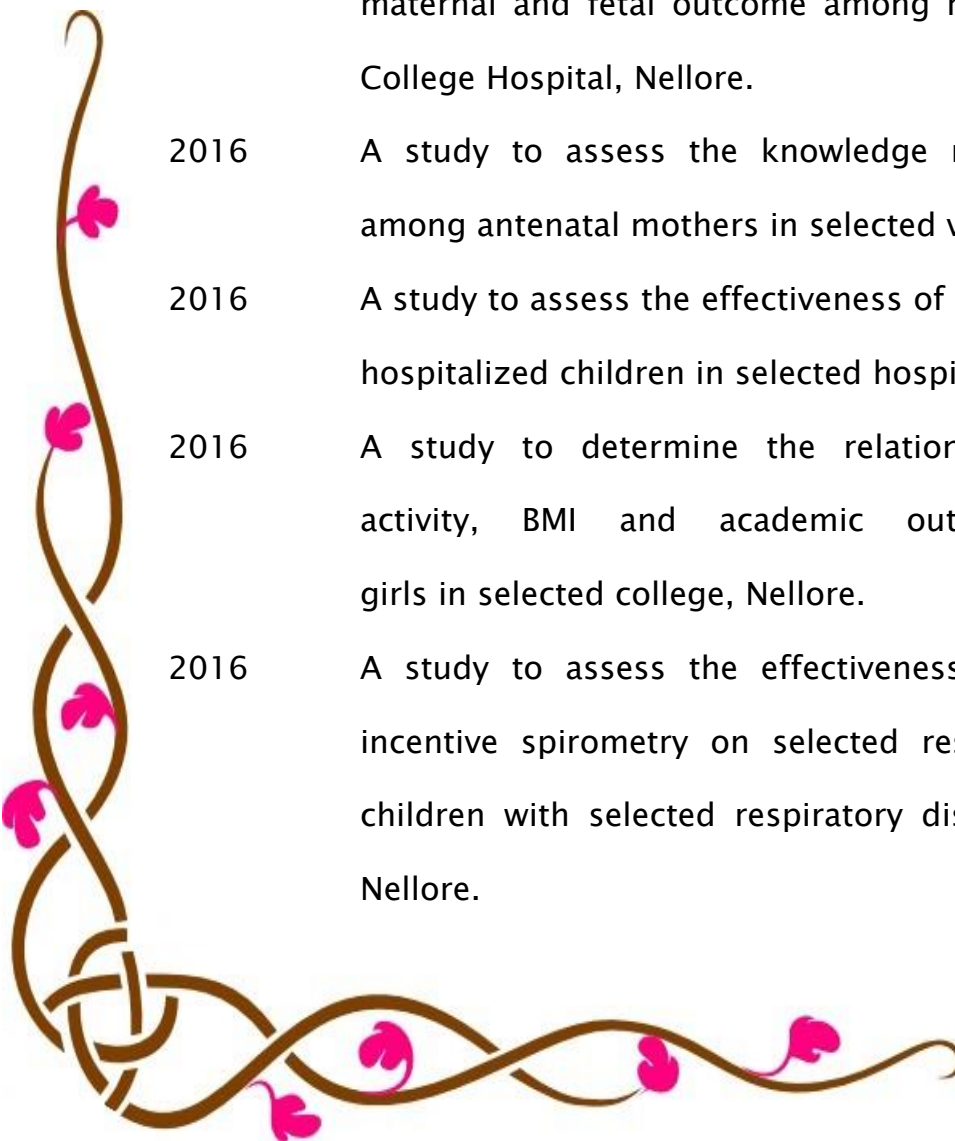
2016 A study to assess the effectiveness of peripartum protocol on maternal and fetal outcome among mothers in Narayana Medical College Hospital, Nellore.

2016 A study to assess the knowledge regarding fetal development among antenatal mothers in selected villages, Nellore.

2016 A study to assess the effectiveness of art therapy on anxiety among hospitalized children in selected hospitals, Nellore.

2016 A study to determine the relationship between the physical activity, BMI and academic outcomes among adolescent girls in selected college, Nellore.

2016 A study to assess the effectiveness of balloon therapy versus incentive spirometry on selected respiratory parameters among children with selected respiratory diseases in selected hospitals, Nellore.



2016 A study to assess the effectiveness of health literacy training on skills and health outcome among mothers of hospitalized children in Narayana Medical College Hospital, Nellore.

2016 A study to assess the effectiveness of safety behavior training on medication adherence among elders with chronic illness in selected villages, Nellore district.

2016 A study to assess the effectiveness of activity friendly play intervention on healthy habits among children in selected schools, Nellore.

2016 A study to assess the effectiveness of postnatal exercises on wellbeing among mothers in selected villages, Nellore.

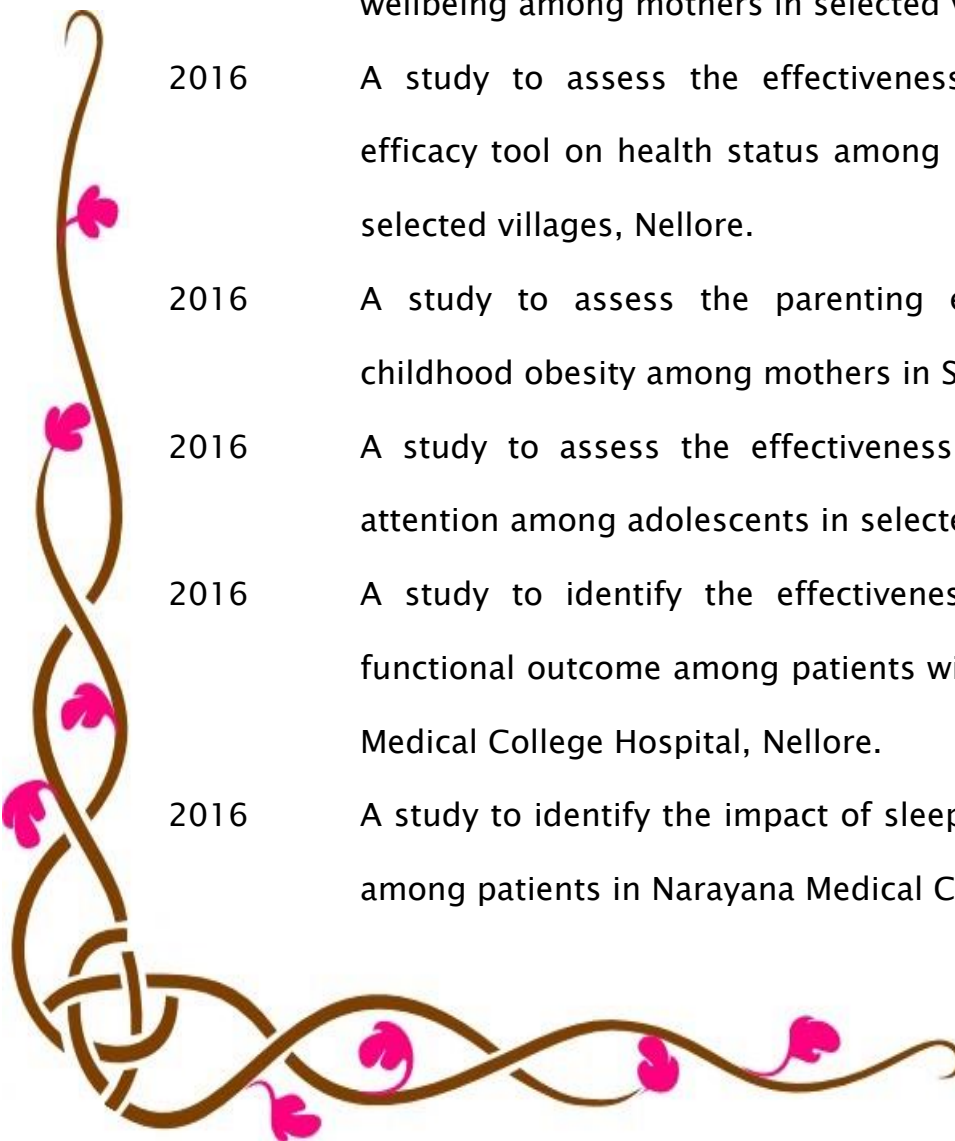
2016 A study to assess the effectiveness of personal health record efficacy tool on health status among patients with hypertension in selected villages, Nellore.

2016 A study to assess the parenting efficacy on management of childhood obesity among mothers in Saraswathi Nagar, Nellore.

2016 A study to assess the effectiveness of mindfulness training on attention among adolescents in selected schools, Nellore.

2016 A study to identify the effectiveness of adherence therapy on functional outcome among patients with mental illness in Narayana Medical College Hospital, Nellore.

2016 A study to identify the impact of sleep on psychosomatic disorders among patients in Narayana Medical College Hospital, Nellore.



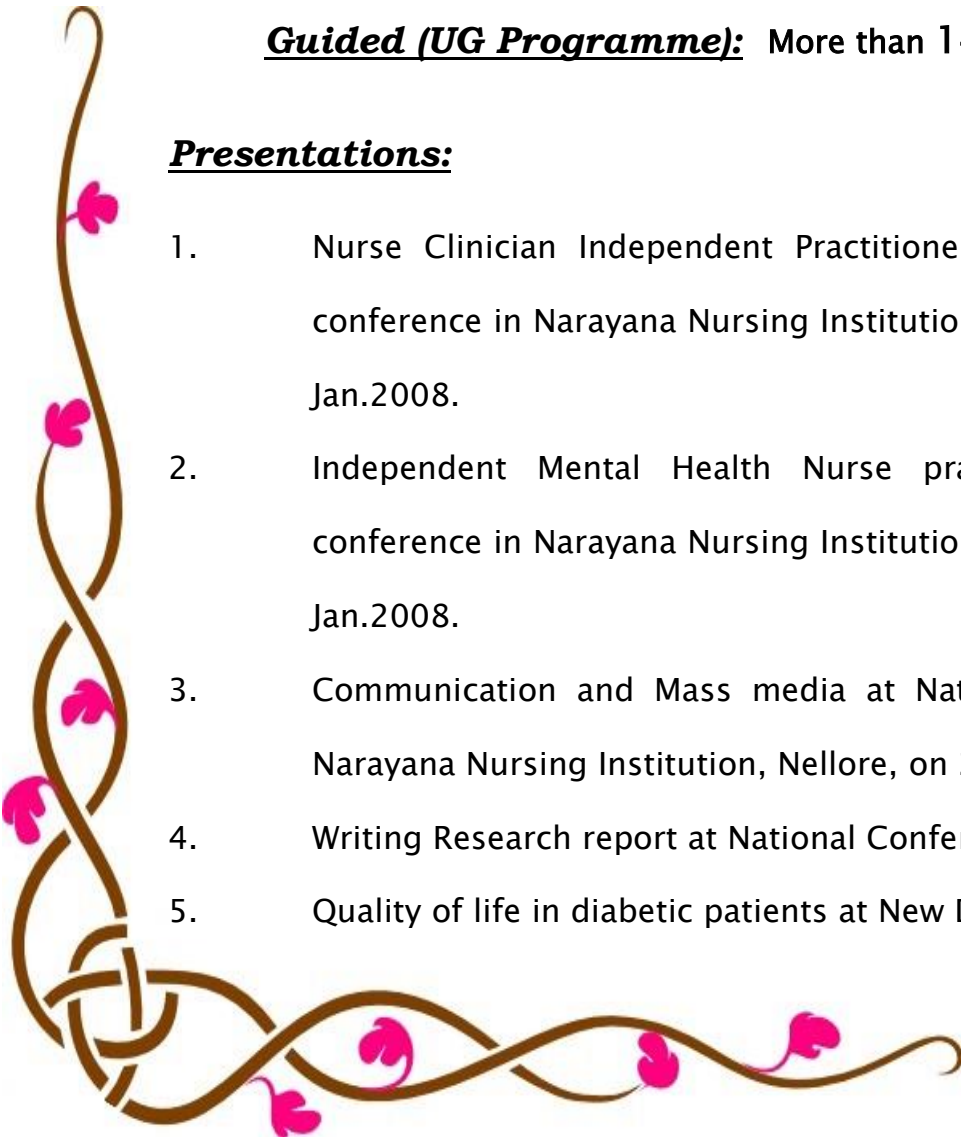


- 2016 A study to evaluate the effectiveness of emotional freedom techniques on anxiety among nursing students in selected colleges Nellore.
- 2016 A study to determine the effectiveness of pulsing therapy on depression among elderly in selected old age homes, Nellore.
- 2016 A study to determine the effectiveness of mode deactivation therapy on alcohol dependence among patients in selected hospitals, Nellore.
- 2016 A study to assess the effectiveness of postnatal exercises on wellbeing among mothers in selected villages, Nellore.

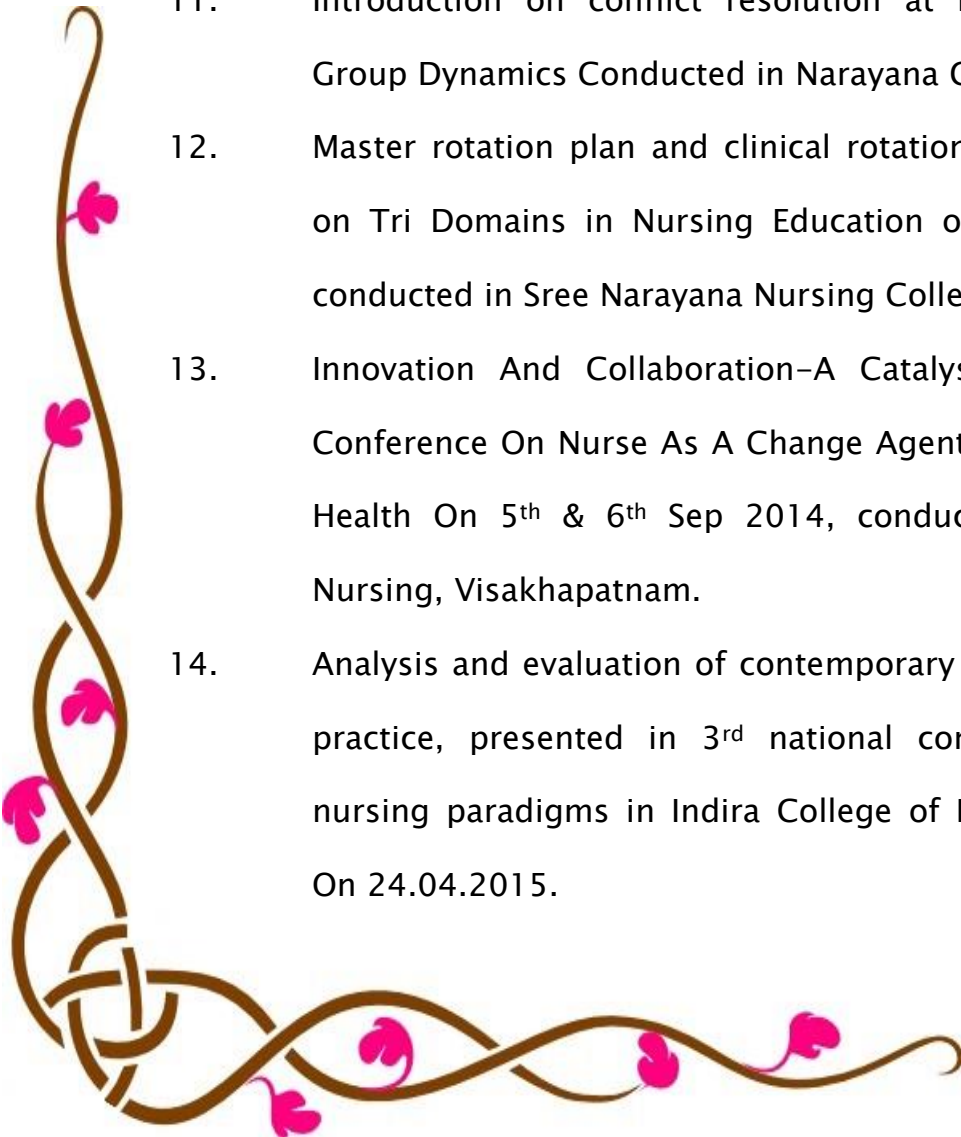
**Guided (UG Programme): More than 1400 (2006 onwards)**

**Presentations:**

1. Nurse Clinician Independent Practitioner in India. National nurse's conference in Narayana Nursing Institution, Nellore, on 26<sup>th</sup> Jan to 27<sup>th</sup> Jan.2008.
2. Independent Mental Health Nurse practitioner, National nurse's conference in Narayana Nursing Institution, Nellore, on 26<sup>th</sup> Jan to 27<sup>th</sup> Jan.2008.
3. Communication and Mass media at National nurse's conference in Narayana Nursing Institution, Nellore, on 26<sup>th</sup> Jan to 27<sup>th</sup> Jan.2008.
4. Writing Research report at National Conference, CMC, Vellore
5. Quality of life in diabetic patients at New Delhi.



6. Effectiveness of Music therapy on stress reduction among paraplegia patients at PIMS, Pondicherry.
7. Betty Neuman's theory application in Nursing at Apollo CON, Chennai.
8. Independent mental health nurse practitioner ISPN 8<sup>th</sup> National Level Conference in Narayana College of Nursing, Nellore.
9. Conflict resolution and negotiation skill at National Conference on Communication a Fourth Domain in Nursing Conducted in Narayana College of Nursing, Nellore.
10. Conceptual framework at State Level Workshop on Research Methodology Conducted in Narayana College of Nursing, Nellore.
11. Introduction on conflict resolution at International Conference on Group Dynamics Conducted in Narayana College of Nursing, 2013.
12. Master rotation plan and clinical rotation plan, State Level Workshop on Tri Domains in Nursing Education on 26<sup>th</sup> And 27<sup>th</sup> June-2014, conducted in Sree Narayana Nursing College, Nellore.
13. Innovation And Collaboration-A Catalyst For Change, In National Conference On Nurse As A Change Agent- Advancing Towards Global Health On 5<sup>th</sup> & 6<sup>th</sup> Sep 2014, conducted by Manisha College of Nursing, Visakhapatnam.
14. Analysis and evaluation of contemporary nursing: knowledge and still practice, presented in 3<sup>rd</sup> national conference on confluences of nursing paradigms in Indira College of Nursing, Pandur, Thiruvallur. On 24.04.2015.



15. Renal Rehabilitation, presented in one day national seminar Rehabilitation of renal patients undergoing dialysis and their present, future perspectives– an update in Sri Venkateswara College of nursing, Chittoor on 24.04.15.
16. Patient safety in health care settings, presented in National conference on occupational hazards in hospital: an abandoned area or an over looked sphere. On 19.01.2017.
17. Granting agencies, presented in National conference on creating mass awareness on grant to research among nurses. On 20.01.2017.

**Training Programs (Enrichment):**

Year	Theme	Department
2016	ROBOTIC NURSING	MEDICAL SURGICAL NURSING
2016	UTERINE TRANSPLANTATION	OBG NURSING
2016	INTRAUTERINE FETAL SURGERY	CHILD HEALTH NURSING
2016	SCHEMA THERAPY	MENTAL HEALTH NURSING
2016	ELECTRO MAGNETIC FIELD	COMMUNITY HEALTH NURSING
2017	LEGAL NURSE CONSULTANT	MEDICAL SURGICAL NURSING
2017	GENETICS NURSING	CHILD HEALTH NURSING
2017	EYE MOVEMENT DESENSITIZATION AND REPROCESSING	MENTAL HEALTH NURSING



<b>Year</b>	<b>Theme</b>	<b>Department</b>
2017	METABOLAMICS	COMMUNITY HEALTH NURSING
2017	MICROBIOME & PROTEOMICS	OBG NURSING
2018	FERTILITY PRESERVATION	OBG NURSING
2018	AGRICULTURE AND HEALTH	COMMUNITY HEALTH NURSING
2018	ENERGY HEALING THERAPIES	MENTAL HEALTH NURSING
2018	MODERN TECHNOLOGIES IN NURSING	MEDICAL SURGICAL NURSING
2018	FERTILITY PRESERVATION	OBG NURSING
2018	NANO TECHNOLOGY	CHILD HEALTH NURSING
2019	NURSES IN POLITICS & POLICY MAKING	OBG NURSING
2019	NURSE -LED- CLINIC	MEDICAL SURGICAL NURSING
2019	CRITICAL & CREATIVE THINKING, ASSERTIVENESS	MENTAL HEALTH NURSING
2019	PEDIATRIC DENTISTRY	CHILD HEALTH NURSING
2019	ETIQUITTEE	COMMUNITY HEALTH NURSING



### **CNE Programs Conducted:**

<b>Date</b>	<b>Topic (Theme)</b>
01.04.2006	1. Biomedical waste management.
10.04.2006	2. Orientation programme on Basic Nursing procedure
15.05.2006	3. Administration in CSSD.
22.05.2006	4. Care of patients with ventilator.
25.09.2007	1. Orientation programme on Basic Nursing procedures
01.12.2007	2. Interpersonal relationship
01.02.2008	1. Assessment on Physical and Nutritional and Breast feeding Techniques
22.05.2008	2. Intravenous Administration
10.07.2008	3. Preoperative Care
05.08.2008	4. Orientation programme on Basic Nursing procedures

<b>Date</b>	<b>Topic (Theme)</b>
04.09.2008	5. Orientation programme on Basic Nursing procedures
06.10.2008	6. Orientation programme on Basic Nursing procedures
29.10.2009	7. How to guide the Research Thesis
18.02.2010	1. Preparing an Evaluation format – Construction of Check list
24.02.2010	2. Innovative Teaching Techniques
23.03.2010	3. Fluid and Drug calculation
27.03.2010	4. Management of the Pre-eclampsia
31.07.2010	5. HIV/AIDS programme



21.08.2010	6. Divided bed
30.01.2011	1. HIV during pregnancy
08.02.2011	2. Management Protocol for CVA Patients
21.02.2011	3. Assertiveness
23.02.2011	4. National Rural Health Mission
04.03.2011	5. Specialized Children
19.03.2011	6. Quality Assurance
02.04.2011	7. Philosophy of Nursing Education
04.04.2011	8. Women's Mental Health
20.04.2011	9. Reliability and Validity
24.01.2012	1. Collective Bargaining
06.02.2012	2. Anger and Aggression Management
10.02.2012	3. Organ Donation
17.02.2012	4. Trauma Care & Suicide
<b>Date</b>	<b>Topic (Theme) –7</b>
10.07.2015	1. Breast Cancer
17.07.2015	2. Screening on developmental disorders
13.08.2015	3. Research Design
07.05.2016	1. In-service Education
14.05.2016	2. Nursing Audit
21.05.2016	3. Stem Cell Banking and Transplantation
11.06.2016	4. Chromosomal Aberrations



<b>Date</b>	<b>Topic (Theme) –2017 (15)</b>
11.02.2017	1. Qualitative Research Design
13.02.2017	2. Legal Nurse Consultant
25.02.2017	3. Motivation
13.03.2017	4. Fundamentals of Nursing
18.03.2017	5. Crisis Intervention
25.03.2017	6. Health Care Delivery System
30.03.2017	7. Regulatory Bodies
01.04.2017	8. Learning Disabilities in Children
10.04.2017	9. Eye Movement Dessensitization and Reprocessing
11.04.2017	10. Eye Movement Dessensitization and Reprocessing
15.04.2017	11. Autopsy
22.04.2017	12. Health Education
29.04.2017	13. Practical Application of Parametric & Non-Parametric Test
06.05.2017	14. Bullying
20.05.2017	15. Performance Appraisal

<b>Date</b>	<b>Topic (Theme) –2018 (13)</b>
11.01.2018	Advanced Cardiac life Support
26.02.2018	Stress Inoculation Training
27.02.2018	Health Committees & Five Year Plans
28.02.2018	Parametric Test
03.03.2018	Innovative Teaching Learning Methods
12.03.2018	Curriculum Innovation



11.03.2018	Choreagravidarum
07.04.2018	Fluid of Electrolyte Imbalance
09.04.2018	Newer Vaccines
21.04.2018	Qualitative Research Design
30.04.2018	Consumer Protection Act.
05.05.2018	Residence Building
07.05.2018	Population explosion of its control
<b>Date</b>	<b>Topic (Theme) –2019 (11)</b>
05.01.2019	Current Evaluation
12.01.2019	Blood Component Therapy
19.01.2019	Mental Hygiene
09.02.2019	Applications of Theories And Testing Theories
02.02.2019	SWOT Analysis
23.02.2019	Evidence Based Care and Practices in Obstetrics &Gynecology
02.03.2019	Psychosocial Rehabilitation
22.03.2019	Components of Environmental Sanitation
30.03.2019	Transformational Leadership & Evidence Based Management
20.04.2019	Experiential Learning Method
27.04.2019	Artificial Medical Intelligence Technology





### **Consultations:**

1. Dr. N.T.R University of Health Sciences, Vijayawada, AP
2. Saveetha Medical University, Chennai, Tamil Nadu
3. Dr. MGR Medical University, Chennai, Tamil Nadu
4. Sri Ramachandra University, Chennai, Tamil Nadu
5. Maharashtra Health University, Maharashtra
6. Rajivgandhi Medical Health Sciences, Bangalore, Karnataka
7. Yenapoya University, Someshwar, Karnataka
8. MAINE University, Orono, USA
9. St Paul's Hospital Millennium Medical College, Ababa, Ethiopia
10. Mekelle University, Ethiopia

