**CURRICULUM VITAE**

**PERSONAL DETAILS:**

Name: Sufora Yaseen

D/o: Mohammad Yaseen Sofi

Address: Govt. Housing Colony Chanapora

Srinagar Jammu & Kashmir, India

D.O.B: 26/06/1993

Mobile no: 7006784435

Email id: suforayaseen999@gmail.com

Nationality: Indian

Marital status: Single

**PROFILE:**

Self-motivated and goal oriented professional possessing strong work ethics, excellent interacting skills and teamwork abilities.

**PROFESSIONAL DETAILS:**

**Professional qualification:**

1. **B.Sc. Nursing**; 2015, SKIMS DEEMED UNIVERSITY, Srinagar J&K

Percentage: 71.5% Registration No: 1509

1. **M.Sc. Nursing**;2019, BABA FARID UNIVERSITY OF HEALTH SCIENCES,Faridkot, Punjab

Percentage: 69.07%

**EXPERIENCE:**

**Teaching Experience:** 3 Year and 8 Month

I am currently working as Tutor in Govt College of Nursing GMC Srinagar Jammu & Kashmir, India

**CONFRENCES OR WORKSHOP ATTENDED:**

|  |  |  |
| --- | --- | --- |
| **CONFERENCE OR WORK SHOP** | **YEAR OF PARTICIPATION** | **NATURE OF PARTICIPATION** |
| **SOMI’S 10th National Conference** | SEP 2012 | VOULNTEER |
| **Indian Academy Of Pediatrics-Neonatal Resuscitation Program** | MAY 2014 | REGIONAL TRAINER |
| **Continuing Nursing Education On “Concepts, Principles And Applications Of Nursing Research** | JULY 2014 | PARTICIPANT |
| **7th Annual Conference Of Indian Association Of Neonatal Nurses On “Quality Nursing Care: Optimizing Neonatal Outcomes** | DEC 2017 | PARTICIPANT |
| **Ist International Conference On Futuristic Nursing-Global Perspective** | APRIL 2018 | DELEGATE |

**RESEARCH PUBLICATION DETAILS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **S.NO** | **PAPER TITLE** | **YEAR OF**  **PUBLICATION** | **PUBLISHED**  **IN** | **VOLUME** | **ISSN** |
| **1.** | **A Pre- Experimental Study to evaluate the effectiveness of Laptop Assisted Teaching on knowledge regarding life style modification in prevention of polycystic ovarian syndrome among nursing students of selected nursing institutions of District Patiala, Punjab** | **Nov 2020** | **International Journal of Research and Analytical Reviews(IJRAR)** | **Volume 7**  **Issue 4** | **2349-5138** |
| **2.** | **Knowledge and practice of Active Management of Third Stage of Labor (AMTSL) among Nurses working in selected Hospitals of Kashmir Division.** | **2 Feb 2021** | **International Journal of Creative Research Thoughts(IJCRT)** | **Volume 9**  **Issue 2** | **2320-2882** |
| **3.** | **Knowledge and Attitude towards COVID-19 among Paramedic and Nursing Students, Srinagar** | **24 Dec 2021** | **Journal of Psychosocial Wellbeing** |  | **2582-6891** |
| **4.** | **A Pre –experimental study to evaluate the effectiveness of planned teaching programme on first aid management of selected emergencies among adolescents in selected schools of District Ganderbal.** | **5 May 2022** | **International Journal of Creative Research Thoughts(IJCRT)** | **Volume 10**  **Issue 5** | **2320-2882** |
| **5.** | **To evaluate the effectiveness of structured teaching program on knowledge regarding Covid-19 and its prevention among B.sc Nursing Ist Year Students of Govt College of Nursing, Srinagar-A Pre-experimental study.** | **6 June 2022** | **International Journal of Creative Research Thoughts(IJCRT)** | **Volume 10**  **Issue 6** |  |

**RESEARCH PAPER PRESENTED**

I have presented research paper on topic “**A Pre- Experimental Study to evaluate the effectiveness of Laptop Assisted Teaching on knowledge regarding life style modification in prevention of polycystic ovarian syndrome among nursing students of selected nursing institutions of District Patiala, Punjab** “at 2nd National Online Conference organized by Global Foundation for Nursing Profession & Social Services Jaipur, Rajasthan India and got third position.

**TEACHING SKILLS:**

1. Teaching with AV Aids
2. Demonstration and practical classes
3. Lecture, discussion, simulation, computer assisted learning, seminar, symposium, workshop, conferences, clinical teaching methods
4. PowerPoint presentation

**PRACTICAL SKILLS:**

I am skilled in following clinical procedures:

1. Medication administration
2. IV Cannulation and sampling
3. Cardio-pulmonary Resuscitation
4. Urinary Catheterization
5. Maintaining medical Records
6. Effective Interpersonal and communication skills
7. Psychotherapy
8. Behavior therapy
9. Counselling and its various techniques
10. Relaxation Techniques
11. Stress management
12. Providing medical as well as psychological first aid
13. Per Vaginal Examination

**OTHER SKILLS:** I am familiar with computer applications such as MS Word, MS PowerPoint, MS Excel.

**MEMBERSHIP:**

1. Life Membership of Trained Nurses Association of India.

2. Life Membership of Society of Midwives India.

**LANGUAGE**

English, Urdu & Kashmiri.

**INTERESTS OUTSIDE PROFESSION:** I am deeply interested in art, music and literature. I play badminton.

**DECLARATION:**

I declare that the knowledge furnished above is authentic and true to the best of my knowledge.

**PLACE: SRINAGAR SUFORA YASEEN**