

CURRICULUM VITAE

BINESHA P B

W/O NANDU VALSALAN

SREEVALSAM

AVALOOKUNNU WARD

THATHAMPALLY P O

ALAPPUZHA

688013

Mob:+918078145822,9645822562

EmailId:monubinesha07@gmail.com

CARRIER OBJECTIVE

Looking for a challenging position in an esteemed hospital where my profound medical professional and practical experience will be fully utilized and to enhance, develop and implement professional nursing care and management skills in a reputed hospital and serve the needy and take care of them.

ACADEMIC DETAILS

Degree/Course	University Board	Year	Percentage
SSLC	State Board	2011	96%
Plus Two	Board of Higher Secondary	2013	82%
BSC Nursing	Kerala University of Health and Science	2017	69%

TECHNICAL SKILLS:

- Dedicated and patient focused with a cute patient care and co-ordination
- Exceptional capacity to multi task
- Outstanding interpersonal and communication skills, superior accuracy in patient history, charting and other documentation
- High adaptability
- Objectivity
- Leadership ability and positive thinking

PROJECT:

- A Pre experimental study to assess the effect of structured teaching program on knowledge regarding screening and prevention of breast cancer among women in selected rural community Thrissur.
- A study to assess the knowledge regarding substance abuse among younger adult in selected community area in Thrissur.

ACHIEVEMENTS:

- Attend one day palliative care awareness class at Pamboor PHC, Thrissur * Attend continuing nursing education on awareness program for dengue fever in Wadakkanchery Thaluk Hospital.
- Participated in various cultural activities * Conduct camp in steel industry in Athani, Thrissur * Conduct cancer detection camp in health center in Kondukad, Thrissur

INDUSTRIAL EXPOSURE:

- 2014: Surgical and medical Ward at West Fort Hospital and West Fort Hi- Tec Hospital, Thrissur.
- 2015: Casualty and operation theater at West Fort Hospital and West Fort Hi- Tec Hospital, Thrissur. * Rannimenon's eye clinic at Thrissur.
- 2016: MICU, NSICU, NICU, ICCU, GICU and Dialysis unit at West Fort Hospital and West Fort Hi- Tec Hospital, Thrissur: Cancer Wards and chemotherapy unit at Amala Institute of Medical sciences, Thrissur: Pediatric Wards and neonatal units at government thaluk Head quarters hospital, Irinjalakuda, Thrissur: Pediatric Wards and neonatal unit at baby memorial hospital, Kozhikode: Psychiatric units at government mental health centre, Thrissur: Psychiatric units and ECT unit at Ansar Hospital Thrissur.
- 2017: Labor room and obstetrics and gynecology wards at Wadakkanchery Thaluk Hospital, Thrissur: Labor room and obstetrics and gynecology wards at West Fort Hospital, Thrissur: Community health nursing on PHC, CHC at Thrissur, RUSHA posting in CMC Hospital Vellore, Chennai
 - Good Communication skills. Have successful in communicating with people at various levels. * Self starter, Systematic approach to work, out of the box thinking
 - Believe in "Have systems, respect systems" approach * conversant with three Indian Languages apart from English.

EXPERIENCE:

- One year Experience at NILA Hospital Pattambi, as a staff Nurse from 13 February 2018 to 12 February 2019,
- Two year 6 months Experience in Dialysis Unit Government District Hospital Palakkad, Kerala from 13 February 2019,
- Now Working as a Staff Nurse In Dialysis Unit at Safe Superspeciality Hospital Jeedmetla, Hyderabad

PERSONAL PROFILE:

Date o Birth : 07/04/1996
Sex : Female Nationality
Indian Religion : Christian
Marital Status : Married
Hobbies : Dancing & Singing

LANGUAGES KNOWN

Languages	Read	Write	Speak
Malayalam	Excellent	Excellent	Excellent
English	Excellent	Average	Excellent
Hindi	Good	Good	Good

REFERENCE

- Mrs. Shirley Prakash from "WestFort College of nursing Thrissur.
Principal_ Westfort College of Nursing Thrissur.
- Mr. Jayaram Administrative officer Nila Hospital Pattambi
- Dr. Krishna Das Nephrologists District Hospital Palakkad

DECLARATION

I here by confirm that the information given above is correct to the best of my knowledge.

I given an opportunity in your renowned organization, I promise to carry out my duty to the best of my ability and with full sincerity.

Place :ALAPPUZHA

Date:

BINESHA PB