

SITHARA S
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CONTACT

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Address: Muttunkal
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PERSONAL SKILLS

- Good communication skill
- Computer Literacy
- Compassion
- Patience
- Leadership quality and Team work
- Empathy
- Disciplined and Hardworking
- Sincere and Honest

HOBBIES

- ✓ Listening Music
- ✓ Reading
- ✓ Drawing

LANGUAGES KNOWN

- ✓ Malayalam
- ✓ English
- ✓ Hindi

CAREER OBJECTIVE

I am a highly focused Nursing graduate seeking for patient care and team management in your hospital to improve the quality of care given.

EDUCATION QUALIFICATION

Course	Name of the institution	Name of the Board/University	Year of Passing	Remarks
B Sc Nursing	Holy Cross College Of Nursing kottiyam, Kollam	Kerala University of Health Sciences (KUHS)	2023	Distinction
12 th	G,M.B. HSS Haripad Alappzha	Kerala Board of Higher Scondary Examinations	2018	86.75%
10 th	St.Thomas Higher Secondary School,ka rthikapaly	Kerala Board of Secondary Education	2016	99%

ACTIVITIES

- > Pulse polio immunization camp
- > Seminar for breast feeding
- > Street play for aids prevention
- > Mental health awareness campaign
- > volunteering services for community survey.

RESEARCH

- * A correlational study to access the knowledge and practice of menstrual cup among nursing staff in selected hospitals at Kollam.
- * Effectiveness of Structured Teaching programme on knowledge regarding menstrual hygiene (WASH) among young adult girls.

OUT POSTING ACTIVITIES:

- * Mental health posting at Holy cross hospital, Koovapally 2022.
- * School health camp at LPSS school, Urukunnu 2022.
- * Awareness and seminar for village people regarding communicable disease at Urukunnu 2022.
- * community survey and home visit at rural community, Urukunnu 2022.
- * Rural community posting at Holy cross rural primary health center, Urukunnu 2022.
- * Govt. General Hospitals posting for obstetrics and gynecological Nursing for one month 2022.

ADDITIONAL INFORMATION

VISIT:

- Leprosy sanatorium Nooranad, Kollam 2023.
- Hospital Administration visit at Rajagiri hospital, Ernakulam 2023.
- Old age home visit at Thangasseri, Kollam 2023.
- Holy cross pratheeksha special school and physically challenged at Neendakara 2023.
- Kerala minerals and metals limited industrial visit at chavara, Kollam 2023.
- Jyothish aids control society Holy cross hospital Kollam 2023

ACHIEVEMENTS & AWARDS

Attended: National service scheme training camp at Thrissur 2019 January,
Sujok therapy training at kollam 2020.

DECLARATION

I Sithara S, solemnly and sincerely declare that the information stated above are genuine to the best of my knowledge and belief.

Place: Thrikkunnapuzha

Date:

SITHARA S

