**INSHA BASHIR**

D/O Bashir Ahmad Manda

**Address of Correspondence:** Sicop Road Bijbehara, Anantnag Jammu and Kashmir, India. **Pin code**: 192124

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**Contact no**: 6005277322

**Personal Profile:**  Date of Birth: 10-11-1996 Gender: Female

**Linguistic Ability:** English, Urdu, Kashmiri

**Objective:** Seeking the best opportunity in an institution, organization where I would be able to utilize and enhance my potential while being resourceful, innovative and flexible.

**Qualities:** Strategic, hardworking, time management skills, sound communication and presentation skills, constant self-renovation and steady adaptability to challenging circumstances, team spirit qualities.

**Hobbies:** Writing, Reading

**Education and Qualifications:**

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| Qualifications | Year of passing | Institute | Percentage |
| M.Sc. Psychiatric (Mental Health) Nursing | 2024 | SKIMS (Deemed University), Soura, Srinagar | 85.15 |
| B.Sc. HONORS IN NURSING | 2020 | SKIMS (Deemed University), Soura, Srinagar | 76.5 |
| 12th | 2013 | JKBOSE | 86.8 |
| 10th | 2011 | JKBOSE | 92.2 |

**Work Experience:**

* Awarded as Ist rank holder in M.Sc. Nursing (Psychiatric and Metal Health) for the academic session 2021-23 at 10th annual day function of MMINSR, SKIMS Srinagar.
* Received degree certificate for the batch topper (Gold medallist) in B.Sc. Nursing from governor on 3rd convocation held on 05/12/2020.
* Gold medallist in M.Sc. and B.Sc. nursing.
* 3 paper publications.
* Presented my research paper on “**Knowledge and perceived challenges of home care management among caregivers of mentally ill patients in a selected psychiatric hospital of Srinagar with a view to develop a pamphlet**” at 3rd international conference on addictive behavioural disorders and substance use disorders.
* Published research article on, “Knowledge and perceived challenges of home care management among caregivers of mentally ill patients in a selected psychiatric hospital of Srinagar with a view to develop a pamphlet” in Indian Journal of Holistic Nursing under the volume 14, issue 4 and year 2023.
* Worked on research project, “Knowledge and perceived challenges of home care management among caregivers of mentally ill patients in a selected psychiatric hospital of Srinagar with a view to develop a pamphlet.”
* Worked as Nursing tutor at Jammu and Kashmir Youth Development Forum (JKYDF) [Registered NGO].
* Participated in various conferences, seminars and workshops as:
* 1. Conference on addictive behavioural disorders and substance use disorders.
* 2. Clinical Nursing Research: Collaborative excellence.
* 3. MIDCIPS-2023 under the theme, “Treatment Adherence in Psychiatry”
* 4. Unlocking the power of AI for Mental Health.
* 5. National Conference on Emerging Perspectives in Nursing Care.
* 6.Telemedicine In Special Conditions & Special Geographies. Etc
* 6. Presented a model in CLIN’ BIO CME 2016 at SKIMS, Srinagar.
* Worked as an intern at different departments of Sher – i- Kashmir Institute of Medical Sciences (Deemed University) Soura Srinagar.
* Worked on group research Project in B. Sc Nursing on “**A study to assess the impact of planned teaching program on knowledge regarding management and prevention of diarrhea among mothers of under- five children admitted in pediatric ward of SKIMS, Soura Srinagar”.**
* **Worked as nursing tutor at Florence Nursing and paramedical College, Anantnag Kashmir.**
* **Organized mental health day 2024 at Florence paramedical and nursing college, Anantnag Kashmir.**
* **Presently working as nursing tutor at Institute of Nursing, South Campus, university of Kashmir.**
* Well versed with **evidence – based practical and educational skills**