



BISHOP BENZIGER COLLEGE OF NURSING

(Accredited by NAAC with B grade)



Dr. Anoop K. R., PhD (N) Principal

Date of Appointment	27.01.2014
University FEP ID	N10332
Email ID	anoopasuresh@yahoo.co.in
Mobile Number	8281302895 / 04734-252895
Date of Birth	05.05.1968
Nationality	Indian
Department	Mental Health Nursing Department
Areas of Expertise	Mental Health Nursing, Spiritual Care, Quality Assurance and Accreditation in Education

ACADEMIC DEGREES

Degree	Month/Year of Completion	University and Institution	Specialty
Ph.D. in Nursing	February 2018	SIMATS (Saveetha Institute of Medical and Technical Sciences, Chennai) NIRF All India Ranking: 42	Psychiatric Nursing
M.Sc. Nursing	August 1994	Fr. Muller College of Nursing, Mangalore, Karnataka, India	Psychiatric Nursing
B.Sc. Nursing	December 1989	Govt. College of Nursing, Trivandrum, Kerala, India	

ADDITIONAL QUALIFICATION

Eligibility for Lectureship	1995	University Grants Commission NET Division	Nursing
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LICENSURE

License	Registration Number	Expiration Date
RNRM - Kerala Nurses and Midwives	12660/11611	20.05.2023
M.Sc. Nursing registration	12660/11611	
Ph.D. in Nursing registration	12660/11611	

CERTIFICATION

Certificate	Certificate Type	Date Acquired	Expiration Date
Certificate programme in Health Profession Education	certificate course by Sultan Qaboos University, Muscat	5 days	NA



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TEACHING RESPONSIBILITY		
<i>Programme</i>	<i>Course /Subject</i>	<i>Role/Responsibilities</i>
Ph.D.	Research methodology	Guide
M.Sc. nursing	Research methodology	Class Room Teaching
M.Sc. nursing	Psychiatric nursing speciality	Class Room Teaching
B.Sc. nursing	Psychiatric nursing speciality	Class Room Teaching
B.Sc. nursing	Add-on course on Human Values	Class Room Teaching

NON-TEACHING RESPONSIBILITY	
<i>Office/Committee</i>	<i>Role/Responsibilities</i>
Library committee	Chairperson
Research committee	Chairperson
College council	Chairperson
Joint clinical training committee	Chairperson
Disciplinary Committee	Chairperson
Grievance Committee	Chairperson
Anti-ragging Committee	Chairperson
Committee	Chairperson

TEACHING EXPERIENCE			
Before PG			
<i>Designation</i>	<i>Institution</i>	<i>University</i>	<i>Start/Ending Dates</i>
Nursing Tutor	K.V. M School of Nursing, Cherthala, Kerala, India.	Kerala University	03.03.1992-31.10.1992

TEACHING EXPERIENCE			
After PG			
<i>Designation</i>	<i>Institution</i>	<i>University</i>	<i>Start/Ending Dates</i>
Principal	Bishop Benziger College of Nursing, Kollam, India	Kerala University of Health Sciences	27.01.2014(AN) –still continuing
Vice Principal	Theophilus College of Nursing, Kangazha, Kottayam, Kerala	Kerala University of Health Sciences	17.09.2012 – 27.01.2014(FN)
Lecturer	College of Medicine and Health science/College of Nursing,	Sultan Qaboos University, Muscat	29.06.2005 – 20.06.2012



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Professor/Vice Principal	Pushpagiri College of Nursing, Thiruvalla, Kerala, India	Kerala University	04.09.2002-04.04.2005
Reader/Vice Principal	Omayalachi College of Nursing, Avadi, Chennai, India	The Tamilnadu Dr.MGR Medical University, Chennai	06.09.2000-30.04.2002
Senior Clinical Teacher	Regional Nursing Institute, Sultanate of Oman	Directorate of Health Affairs, Muscat	22.09.1996 – 05.09.2000
Lecturer/Asst. Professor in Nursing	School of Medical Education, Main Centre, Kottayam & Regional centre, Angamaly, Kerala	MG University	01.11.1994-08.03.1996

CLINICAL EXPERIENCE		
Designation	Institution	Start/Ending Dates
Staff Nurse	Government Medical college, Trivandrum, India	11.03.1996- 10.12.1996
Staff Nurse, Dept. of Neurological Sciences	Christian Medical College Hosp. Vellore, Tamil Nadu, India.	15.02.1990 – 01.03.1992

EXPERIENCE AS GUIDE				
University	College	Level	No. of Students	Duration (in months)
Dr. MGR University	Omayalachi College of Nursing, Avadi, Chennai, India	MSC	6	24
Kerala University of Health Sciences	Bishop Benziger College of Nursing, Kollam, India	PhD	5	Since 2019

SCHOLARLY WORK			
PUBLISHED PAPERS AND BOOKS			
Title	Year	Citation in Vancouver Style	URL
Correlation Between Emotional Quotient And Academic Performance Among Second Year B.Sc. Nursing Students	2016	Anoopa K R, Anand S, Amal James, Anu S Khosh, Tincy Gerald (2016). Correlation Between Emotional Quotient And Academic Performance Among Second Year B.Sc. Nursing Students. International Journal of Research in Ayurveda and Pharmacy, Nov - Dec 2016;7(6)110-114	http://dx.doi.org/10.7897/2277-4343.076251



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Spiritual care competence of nurses- A pre experimental study	2017	Anoopa.K.R, Vijayalakshmi S, Vijayaraghavan R (2017). Spiritual care competence of nurses-A pre experimental study, International Journal of Research in Ayurveda and Pharmacy, 8(3), 120-123.	www.ijrap.in DOI: 10.7897/2277-4343.083156
Spiritual wellbeing of patients with stroke and their experience on nurses spiritual care competence	2017	Anoopa.K.R, Vijayalakshmi S, (2017).Spiritual wellbeing of patients with stroke and their experience on nurses spiritual care competence. International Journal of Research in Ayurveda and Pharmacy, 8 (3), 130-133.	www.ijrap.in DOI: 10.7897/2277-4343.083158
Correlation between Knowledge and Attitude towards the Treatment of Mental Illness among the Caregivers of Mentally Ill.	2018	Anoopa K. R., Anand S., Anu S. Khosh, Sajini Raju (2018). Correlation between Knowledge and Attitude towards the Treatment of Mental Illness among the Caregivers of Mentally Ill. European Journal of Biomedical and Pharmaceutical Sciences, 5(6) 513-519.	http://www.ejbps.com/admin/download/article/dm9sdW1lXzVfanVuZV9pc3N1ZV82LzE1MjgxMDczMTYucGRm
Effectiveness of Paced breathing exercise on labour pain and anxiety among primi mothers during first stage of labour in selected hospitals, Kollam.	2019	Anoopa K. R., Anand S., Jincy Liz Mathew, Annal Angeline (2019). Effectiveness of Paced breathing exercise on labour pain and anxiety among primi mothers during first stage of labour in selected hospitals, Kollam. European Journal of Biomedical and Pharmaceutical Sciences, (ISSN No: 2349-8870).	
To Assess the Bio-Psycho-Social and Spiritual Impact of Covid-19 among the students studying in selected Nursing Colleges	2020	Annal Angeline, Dr. Usha S, Dr. Anoopa K R (2020). To Assess the Bio-Psycho-Social and Spiritual Impact of Covid-19 among the students studying in selected Nursing Colleges	https://www.ijsr.net/get_abstr_act.php?paper_id=SR20613171312
A Study to explore the views of First Year B.Sc. nursing students regarding sexual abuse in	2020	Prof. S. Anand, Dr. Anoopa K. R., Anu S. Khose and Sajini Raju (2020). A Study to explore the views of First Year B.Sc. nursing students regarding sexual abuse in selected	https://www.ejbps.com/ejbps/abstract_id/6641



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selected nursing college.		nursing college.	
Are The Nurses Competent to Give Spiritual Care?	2021	KR Anoop, Annal Angeline, Jimi Patrishia Jerome. Indian Journal of Psychiatric Nursing. Feb. Vol.17, Issue .2 P.No.100-3	https://www.ijpn.in/text.asp?2020/17/2/100/308834

PROFESSIONAL DEVELOPMENT			
Title	Type/Institution/University	Date	Roles
“Training cum Brain Storming”	Kerala University of Health Sciences, Thrissur	10 th December 2019	Resource Person
“Bio Genesis Health Cluster”- Effectiveness of a Life style modification program on blood parameters among pre-hypertensive participants in a selected community	World Congress on Nursing & Healthcare Summit 2019	21 st & 22 nd Nov 2019	Resource Person
Certificate program in Quality Assurance System of KUHS (Final Session)	Kerala University of Health Sciences, Thrissur	15 th & 16 th Oct 2019	Resource Person
Certificate program in Quality Assurance System of KUHS	Kerala University of Health Sciences, Thrissur	03 rd July 2019	Resource Person
State Level Conference: “Moulding Visionary Nurses- Bridging Generation Gaps”	Tiruvalla Medical Mission College of Nursing, Kaviyoor	22 nd March 2019	Resource Person
National Level Conference: Health Promotion Research – Nursing Perspectives	Omayal Achi College of Nursing, Chennai	30 th Jan 2019 to 01 st Feb 2019	Resource Person
National Conference Best Practices in Nursing	Bishop Benziger College of Nursing, Kollam	30 th November to 01 st December 2018	Organizing Chairperson
State Level Workshop: Integration of Nursing & Service : Concept of Dual Responsibility for Nurses	Bishop Benziger College of Nursing, Kollam	4 th April 2018	Resource Person
17th Annual Conference of ISPN Liaison Psychiatric	SGT University, Gurugram	09th to 11th March 2018	Resource Person



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Nursing: Models and Roles in Caring Patients with Psychosomatic Disorders.			
National Conference: Community Mental Health Development in Third Millennium National Policy Initiatives on Mental Health	MMM College of Nursing, Chennai	28 th & 29 th June 2017	Resource Person
ISPN 3 rd International Conference "Rehabilitation of Persons with Mental Illness: Nurses Perspectives"	Turning Mind for Changing Life : An Institutional Experience NIMHANS, Bengaluru	10 th – 12 th Feb,2017	Paper Presentation
State Level Workshop: Ethics In Research	Bishop Benziger College of Nursing, Kollam	20 th Jan 2017	Resource Person
State Level Workshop: OSCE In Psychiatric Nursing	Malankara Orthodox Syrian Church College of Nursing, Kolencherry.	6 th August 2016	Resource Person
State level Conference: Current and Future Perspectives in Nursing Research	St. Thomas College of Nursing, Chethipuzha, Changanacherry.	2 nd April 2016	Resource Person
International Conference on evidence based nursing practice.	Manipal College of Nursing, Manipal	27 -29, January,2015	Scientific Poster Presentation
Workshop-Human Relations in Nursing Title-Spirituality in human relation.	Bishop Benziger College of Nursing, Kollam	March 2015	Resource Person
State level CNE: Current Trends in Nursing Research	V.N.S.S. College of Nursing, Kollam	15 .05.2014	Resource Person



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State level CNE: Effective Learning – What Teachers Should Know.	SSNM College of Nursing, Varkala, Kerala	26.04.2014	Resource Person
TNAI Kerala State workshop Nursing Research Update for Nurse Educators	Upasana College of Nursing, Kollam	13.09.2013	Resource Person
Training program on research Methodology	Collaborative International center for Research, Puzhali, Chennai	23-27 th September, 2013	Resource Person
ISPNC National Conference	Emotional stress among BSBSc Nursing students	April, 2013	Paper presentation
Workshop on Innovations on Teaching Learning activity	Upasana College of Nursing Kollam	24 th June 2012	Resource person
Workshop on Significance of self awareness in Nursing Education	VNSS College of Nursing Kollam	20 th August 2012	Resource Person
Strategies for Precepting Unsafe Nursing Students: Experience of Nurse Preceptors at SQUH	Third International Conference on Quality Management in Health Care, Sultan Qaboos University, Muscat	6-8 Feb 2012	Poster presentation
“Why” and “How” of mixed methods research: A Review of Literature	Second International Nursing Conference, Omayal Achi College of Nursing, Chennai, India	20-21 Jan 2012	Poster presentation
Perception and Attitude of Nursing Students towards nursing profession	First International Nursing Conference, SQU, Muscat	28-29 Nov 2011	Poster presentation
Role of motivational	SQU, university Day,	May 2011	Poster presentation



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interview in student learning	Scientific session		
Metabolic Syndrome in clients with Schizophrenia: Role of Community Mental Health Nurse	SQUH World Mental Health Day-2010	October 2010	Poster presentation
Attitude of nursing students towards mental illness	Poster presentation-SQU, university Day, Scientific session	May 2010	Poster presentation
Teaching ethical principles through reflective practice	Second International Conference of ISPN, Bangalore, India	9-11 October 2009	Oral Presentation
Factors contributing to drug non compliance among clients with major mental illness	NETNEP conference, Dublin ,Ireland	9-11 June,2008	Poster presentation
'Electronic Campus' for Omani Nurses	National Nurses Day, Sur under the theme 'Stepping into a New Millennium', conducted by DGHS, South Sharqiya Region, Sur, S. of Oman.	11 May, 2000	Oral presentation
Attitudinal Change as an Educational Aim in Nsg.	"The 1 st Sur Scientific Day" under the theme 'Towards Better Nsg. Care', conducted by DGHS, South Sharqiya Region, Sur, S. of Oman.	10 Dec 1998	Oral presentation,
Nursing Audit- (A Method for Quality Assurance)	Workshop on preceptor ship- A Tool for Growth and Development in Clinical Setting.	4 th July, 1998	Oral presentation,
Role of Teachers in Clinical Experience	Workshop on 'Quality Care': Clinical Instruction and Clinical Evaluation, conducted by Regional Nursing Institute, Sur in Collaboration with DGHS, South Sharqiya Region,	28 May, 1997	Oral presentation,



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	Sur, S. of Oman.		
'Does Mental Health Nsg Course brings out an attitudinal change in students towards mental illness'?	48 th Annual National Conf. Of Indian Psychiatric Society, Bangalore.	12-15 Jan, 1996	Oral presentation,

Conferences, Workshops, Symposium and Training Programmes attended:

Title	Theme	Period
Training program by The Catholic Health Association of India	Spiritual Care Training Program for Health Professionals	03.02.2014 - 02.03.2014
School of Health Policy and Planning Studies: Kerala University of Health Sciences, Thrissur	'National guidelines for Ethical committees reviewing biomedical and health research during COVID-19 pandemic and challenges in functioning of Ethical committees during COVID-19 resilience phase'	19.09.2020 - 21.09.2020
Certificate Program: Kerala University of Health Sciences, Thrissur	Orientation Program in Online Education System Management for Principal & Heads of Institutions	Sep 2020
Panel Discussion UNAI ASPIRE UKFCET CHAPTER	"Time for Nature" as a part of World Environment Day Celebration	5 th June 2020
Workshop: Kerala University of Health Sciences	"Research Ethics, Good Clinical Practice (GCP) and Current Regulations for Clinical Trials"	06 th September 2019
Training program : Kerala University of Health Sciences Organized at Child Development Centre, TVM	Advanced Training Programme on "Biostatistics"	18 th January 2019 to 19 th January 2019
CXXVII TNAI Conference (74 th) National Conference: GOA	Nursing on a Global Scale: Tomorrow belongs to us	14 th December 2018 to 15 th December 2018



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State Level CNE SI-MET of Nursing, Palluruthy, Kochi	Traversing Dimensions of Teaching and Evaluation in Nursing Education	24 th February 2018
State Level Conference Bishop Benziger College of Nursing, Kollam	“Accreditation in Nursing Education-Process & Prospects”	5 th & 6 th May 2017
National Conference MIMS College of Nursing	Transforming Nursing Practice Through Research and Dissemination	10 th to 12 th March 2017
Nursing Research Society of India South Regional Conference 2016 St. Xavier’s Catholic College of Nursing, Nagercoil, Kanyakumari	Capacity Building for Nurse Researcher	25 th July 2016
State Level CNE Trained Nurses Association of India, Kerala State	Emergency Nursing Care Skills in Cardiology	31 st May 2016
State Level Continuing Nursing Education Programme Mar Sleevea College of Nursing, Palai, Cherpumkal	Statistical Skills – An Essential Step towards Excellence in Nursing Research	5 th March 2016
Organizer National Symposium Bishop Benziger College of Nursing, Kollam	Transformative in Curriculum in Nursing: Shaping Future Nurses	8 th August 2015
TNAI Biennial(74 th) Conference: Trained Nurses Association of India SGPGIMS, Lucknow, Uttar Pradesh	Developing Effective Leaders in Nursing : Today and Tomorrow, for Quality Patient Care	Nov 21-22, 2014
State Level CNE Trained Nurses Association of India, Kerala State	Perioperative Management of Advanced Surgical Procedures	23 rd August 2014
State Level Workshop MGM Muthoot College of Nursing, Kozhencherry	Research Methodology	22 nd March 2014
First International Psychiatry Conference, Gulf Psychiatrists Association, SQU	Current practices in psychiatry	March 2 nd -4 th ,2012
SQU, First International Nursing	Simulation in Nursing	27 th Nov,2011



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Conference preconference workshop, Muscat		
Workshop, Ministry of Health/SQUH	Integrated Management of Childhood illness	19 th October ,2011 CPE 14
Workshop, Ibn Sina Hospital, Muscat	My World of Autism	25 th April,2011 (Category I,3.5 CPE)
Workshop, College of Nursing, SQU, Muscat	Evidenced Based Practice in Nursing	5-7 th April,2011
Workshop, College of Nursing, SQU, Muscat	Clinical Assessment and evaluation of students	2-4,March,2011
Workshop, Advanced Moodle	E learning, forums and chata	9 th and 19 th Feb.2011
Second International Quality Conference, SQU	Patient Safety	January,2011
National Nursing world mental health day conference, at Sultan Qaboos University.	“Mental health and long term illness: the need for continued and integrated care.”	October 2010
College of Education/MOE, Sultanate of Oman	Learner centered approaches to training	March 17,2010
Workshop, Oman Medical Speciality board	2 nd Scientific writing and peer review	6-7 th March,2010
Workshop, college of Nursing	Student Assessment	9-10 th Feb,2010
International Quality Conference, SQU	Patient safety	1-3 Feb,2010
Workshop, college of Nursing	Teaching critical thinking and Clinical evaluation	16-23 rd Jan,2010
Workshop ,College of Nursing, SQU	Problem based learning and reflective learning	30 th May-2 nd June,2009
National Conference, SQU	Delivering of quality Care	19 th May,2009
First International Conference on	Family Practice	18 th -21 st January,2009



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primary health care.SQU		
National Nursing Scientific Conference, SQUH	Best Practices	21 st May 2008
Workshop, Ibn Sina hospital, Muscat	New Trends in Psychiatric Nursing Service	12 th May 2008
Symposium ,SQU	Future of Nursing Education in Oman	5 th May 2008
Symposium ,First International conference of Quality management in Health Care, SQU	Health Informatics	23 rd January,2008
Workshop, Nursing Program, COM&HS	Clinical Assessment & Evaluation	19 th -24 th May,2007
Workshop, Nursing Program, COM&HS	Introduction to Counseling in Nursing	21 st March-30 th May,2007
Workshop, COM&HS,SQU	Student Assessment	13-15 th ,February,2007
Certificate Course, COM&HS,SQU(CHPE)	Health Profession Education	10 th -12 th February,2007
Symposium Quality Management Dept. SQUH	Patient Safety	21-22 Jan 2007
Training program	BLS instructor	27.9.2006-15.11.2006
Training Course, Center for Educational Technology, SQU	Teaching in the online classroom course based on Moodle	Feb 4- April 4 2006
Symposium, SQU	Advanced Medical symposium	25 th and 26 th Jan 2006
Workshop ,SQU	academic advising	Jan 2005
Workshop, SQU	Faculty development program on Web based teaching	20 th to 26 th Dec. 2005



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Workshop ,SQU	Web CT, Front page and quizzing	Aug/Sept 2005
2 nd National Conference, ISPNC 2003, India	Sexuality in Life	22-23 rd Feb 2003
Workshop, DGET, Muscat	Implementation of Nursing Curriculum in Oman	28 th -29 th June 2000
2 nd International Nursing Conference (MoH, Sultanate of Oman)	Strategies for Excellence in Nursing and Midwifery Practice	7 th – 9 th October 1997
Training Programme(Directorate of Nursing Affairs, Ministry of Health, Sultanate of Oman)	Management by Objectives and Shared Problem Solving	16 th July, 1997
Training Programme(Regional Cancer Centre, Trivandrum)	Palliative Care and Pain Relief	3 rd – 6 th July, 1995