



Mrs. Susy Mary Thomas
Designation: Lecturer.
DEPARTMENT OF OBSTETRICS AND
GYNAECOLOGICAL NURSING

Date of Appointment	08-04-2024
University FEP ID	N24536
Email ID	Susylitho22@gmail.com
Mobile Number	9633836881
Date of Birth	22-10-1993
Nationality	INDIAN
Department	Obstetrics And Gynecology Nursing
Areas of Expertise	Obstetrics And Gynecology Nursing, Foundation of Nursing
Career Objective	To secure a challenging position to expand my learning, knowledge, skill and experience.

ACADEMIC DEGREES

<i>Degree</i>	<i>Month/Year of Completion</i>	<i>University and Institution</i>	<i>Specialty</i>
SSLC	2009	Kerala/ State Board Of Secondary Education / St. Joseph's Convent Girl's Higher Secondary School, Kollam, Kerala	-
Higher Secondary	2011	Mayyanadu Higher Secondary School, Mayyanadu, Kollam, kerala	-
BSc (N)	2015	Tamil Nadu Dr. M.G.R Medical University/ Sri Narayani College of Nursing, Vellore, Tamil Nadu	
MSc(N)	2020	Kerala University Of Health Sciences/ Bishop Benziger College of Nursing, Kollam, Kerala.	OBSTETRICS AND GYNECOLOGICAL NURSING

LICENSURE

<i>License</i>	<i>Registration Number</i>	<i>Expiration Date</i>
RNRM - Kerala Nurses and Midwives	KL04201602419	11-07-2026

TEACHING RESPONSIBILITY		
<i>Programme</i>	<i>Course /Subject</i>	<i>Role/Responsibilities</i>
IV YR BSc (N)	Obstetrics & Gynecological Nursing	Classroom Teaching, Clinical supervision
II SEM BSc (N)	Foundation of Nursing	Classroom Teaching, Clinical supervision
VII SEM BSc (N)	Obstetrics & Gynecological Nursing	Classroom Teaching, Clinical supervision
V SEM BSc (N)	Nursing Education	Classroom Teaching

NON-TEACHING RESPONSIBILITY	
<i>Office/Committee</i>	<i>Role/Responsibilities</i>
NAAC CRITERION : 3	Member
KUHS KEY AREA : 3	Member
Staff Welfare Committee	Asst. Secretary
Maternity Lab	Incharge

TEACHING EXPERIENCE			
After PG			
<i>Designation</i>	<i>Institution</i>	<i>University</i>	<i>Start/Ending Dates</i>
Lecturer	Holy Cross College of Nursing, Kottiyam, Kollam	Kerala University of Health Science	01.02.2021 – 30.09.2022
Nursing Tutor	Benziger School of Nursing, Kollam	Kerala State board	10.10.2022 – 06.04.2024
Lecturer	Bishop Benziger College of Nursing, Kollam	Kerala University of Health Science	08.04.2024-still continuing
		TOTAL EXPERIENCE	4 years 1month

CLINICAL EXPERIENCE		
<i>Designation</i>	<i>Institution</i>	<i>Start/Ending Dates</i>
Staff Nurse	BISHOP BENZIGER HOSPITAL, KOLLAM, KERALA	24.11.2016 – 30.09. 2018
	TOTAL EXPERIENCE	1 year 10 Months

SUMMARY OF EXPERIENCE	
<i>Experience</i>	<i>Total</i>
Clinical Experience	1 year 10 months
Teaching Experience before PG	NIL
Teaching Experience after PG	4 year 1 month
TOTAL EXPERIENCE	5 year 11 months

EXPERIENCE AS GUIDE				
<i>University</i>	<i>College</i>	<i>Level</i>	<i>No. of Students</i>	<i>Duration (in months)</i>
KERALA UNIVERSITY OF HEALTH SCIENCES	Holy Cross College of Nursing, Kottiyam, Kollam.	BSc (N)	12/1 GROUP	12
KERALA UNIVERSITY OF HEALTH SCIENCE	Bishop Benziger College of Nursing, Kollam	BSc(N)	1	3

ACHIEVEMENTS AND AWARDS		
Sl. No	Achievements/Award Title	Year
1	Institution level second rank in MSc Nursing	2020

SCHOLARLY WORK			
PUBLISHED PAPERS AND BOOKS			
Title	Year	Citation in Vancouver Style	URL
Effectiveness Of Nursing Interventions On Selected Neonatal Outcome Parameters Among Mothers With Breast Complications In Government Victoria Hospital, Kollam.	2021	Miss Susy Mary Thomas , Prof. Angeline annal, Effectiveness of nursing interventions on selected neonatal outcome parameters among mothers with breast complications in government Victoria hospital, kollam International journal of	https://www.worldwidejournals.com/international-journal-of-scientific-research-(IJSR)/article/effectiveness-of-nursing-

		scientific research: Volume 10, issue 2, February 2021	interventions-on-selected-neonatal-outcome-parameters-among-mothers-with-breast-complications-in-government-victoria-hospital-kollam/MzM1ODg=/?is=1&b1=793&k=199
Knowledge and Attitude regarding Family Planning Methods among Postnatal mothers at Bishop Benziger Hospital, Kollam	2022	Susy Mary Thomas, Annal Angeline. Knowledge and Attitude regarding Family Planning Methods among Postnatal mothers at Bishop Benziger Hospital, Kollam. Asian Journal of Nursing Education and Research. 2022; 12(4):423-6. doi: 10.52711/2349-2996.2022.00091	https://ajner.com/AbstractView.aspx?PID=2022-12-4-16
A Correlational Study to assess the knowledge and practice of diet on Dysmenorrhea and occurrence of Dysmenorrhea among adolescent girls in a selected nursing college at Kollam	2022	Soumya Pankaj, Shereen Thomas, Ancy Jose, Angelchintu J, Litty Stephen, Susy Mary Thomas. A Correlational Study to assess the knowledge and practice of diet on Dysmenorrhea and occurrence of Dysmenorrhea among adolescent girls in a selected nursing college at Kollam. Asian Journal of	https://ajner.com/AbstractView.aspx?PID=2022-12-3-10

		Nursing Education and Research. 2022; 12(3):307-2. doi: 10.52711/2349-2996.2022.00064	
A correlational study to assess the knowledge and practice of diet on premenstrual syndrome and occurrence of premenstrual syndrome among adolescent girls in selected college	2021	Thomas, Susy & Jose, Ancy & Chintu, Angel & Shalini), Litty & Pankaj, Soumya. (2021). "A correlational study to assess the knowledge and practice of diet on premenstrual syndrome and occurrence of premenstrual syndrome among adolescent girls in selected college". Indian Journal Of Applied Research. 15-17. 10.36106/ijar/8200435.	https://www.worldwidejournals.com/indian-journal-of-applied-research-(IJAR)/fileview/a-correlational-study-to-assess-the-knowledge-and-practice-of-diet-on-premenstrual-syndrome-and-occurrence-of-premenstrual-syndrome-among-adolescent-girls-in-selected-college_December_2021_1606343806_8200435.pdf

PROFESSIONAL DEVELOPMENT PROGRAMMES				
Sl.no	Title	Type/Institution/University	Date	Roles
1	24.01.2022	Orientation to Revised B.Sc. Nursing syllabus (Semester System)	National	Participant
2	27.04.2024	Beauty Parlour Syndrome	In house	Participant
3	19.07.2024	Mixed method research	International	participant

Extension and Social Activities		
Sl No	Activities And Venue	Date
1	National Safe Motherhood Day at Bishop Benziger Hospital	12.4.25
2.	World Health Day Celebration at Bishop Benziger Hospital	7.4.25
3.	Panel Discussion on World Health Day theme	7.4.25
4.	Ovarian Cancer Awareness at ITI Kollam	7.5.24
5	Maternity Health Exhibition at Bishop Benziger College of Nursing	7.8.24
6	World AIDS day Program	1.12.24

I declare that all the statements are true, complete and correct to the best of my knowledge and belief.

Mrs. Susy Mary Thomas

Date : 22-4-2024