



# SENA J

## PROFESSIONAL SUMMARY

I am committed to adding value to the organization by leveraging my knowledge and skills. I strive to give my best effort in all endeavors, ensuring that my contributions align with the organization's objectives and foster both personal and professional growth.

## HIGHLIGHTS

- Dedicated, efficient and responsible individual able to work and maintaining good relations with patients and staff.
- Positive minded responsible and result oriented with an even temperament and has the capacity to quickly learn the system and procedures.
- Have the ability to look at situation from the patient's point of view.

## ACHIEVEMENTS IN COLLEGE

In Co-curricular

- International Nurse Day Celebration – Group Singing (1<sup>st</sup> Price)
- Adapt Tune (3<sup>rd</sup> Price)
- Emergency Labour - Reels Making (2<sup>nd</sup> Price)
- Elvocation – English (2<sup>nd</sup> Price)
- Poster Making (1<sup>st</sup> Price)
- Integrating Health Literacy- Challenges and strategies (Paper Presentation)

## RESEARCH AND JOURNALS

- Assessment of Adjustment Problems and Coping Strategies among nursing students at DR.M.G.R University Educational and Research Institute, Faculty of Nursing
- A study to Assess the Effectiveness of a Health Exhibition of Knowledge and Attitude Regarding Common Non-Communicable Disease Among Urban Communities

## HANDS ON TRAINING AT

- ACS Medical College and Hospital - Vellanchavadi
- Kanchi kamakottai child Trust Hospital- Nungambakkam
- Dr.Fernandez Home for Schizophrenia – Mugalivakkam
- Thiruvallur Government College and Hospital - Thiruvallur
- Community Posting Rural area - Nayapakkam & Valarpuram
- Community posting Urban area - Nerkundram
- Old-Age Home – Kallarai

## WEBINARS AND SEMINARS

- Value added course (smooth transition from student nurse to staff nurse)
- Sensitization for gender equity
- Protect Breastfeeding- A shared responsibility
- Ethics and Values in Nursing
- Epilepsy- An Overview
- Don't stress over stress
- Emotional strengthening
- A practical approach to Allergic Rhinitis Management
- Creating hope thought action
- Integrating Health Literacy- Challenges and strategies

## CONTACT

### Address

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## EDUCATION

2019

**SAGRITARA SENIOR. SEC SCHOOL IN HADDO, PORT BLAIR, ANDAMAN & NICOBAR**

HSC

2021

**GOVT.RAVINDRA BANGLA VIDALAYA, PORT BLAIR, ANDAMAN & NICOBAR.**

SSLC

2025

**DR.M.G.R EDUCATIONAL & RESEARCH INSTITUTE, CHENNAI.**

Bachelor of Science and Nursing

## LANGUAGE

- Tamil
- English
- Hindi
- Bengali
- Telugu

## EQUIPMENTS HANDLED

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- Cardiac monitors
- ECG Machine
- Nebulizer
- Sphygmomanometer
- Glucometer
- Pulse oxymeter

## PROCEDURE ASSISTED

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- Endotracheal Intubation
- ABG Analysis
- Lumbar Puncture
- Endoscopy
- Vital Science Monitoring
- Infection Control

## SKILL

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- Critical Thinking
- Time Management
- Patient care
- Vital signs monitoring
- Infection Control
- Medication Administration
- Problem Solving
- Interpersonal Communication
- IV Venflon Inserting
- Wound care and Dressing

## REFERENCES

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- Prof. Dr. Hema V H,  
Principal,  
Faculty of Nursing,  
Dr.M.G.R Educational and Research Institute.  
Contact number: +919444383220
- Mrs. Jennifer Monisha,  
Assistant professor,  
Faculty of Nursing,  
Dr.M.G.R Educational and Research Institute.  
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## DECLARATION

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I hereby declare that all the information furnished above is true to the best of my knowledge and belief.