

NARGIS MALIK

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Gorakhpur arkedia grant premnagar Dehradun.

SUMMARY

Dedicated and compassionate individual with a strong foundation in nursing education and intensive research skills. Committed to providing quality care, continuous learning, and contributing to the well-being of individuals in diverse settings. Skilled in collaborating with healthcare teams and adapting to evolving challenges to deliver effective outcomes.

ACADEMIC QUALIFICATIONS

Bachelor of Science in Nursing Narayan Swami College of Nursing, Ras Bihari Bose Subharti University	2020 - 2024
Senior Secondary School(Central Board of Secondary Education) Shri Guru Nanak Public School,Premnagar,Dehradun	2018 - 2020 81.2%
Secondary School (Central Board of Secondary Education) Shri Guru Nanak Public School,Premnagar,Dehradun	2016 - 2018 74%

INTERNSHIPS

Dr K.K.B.M. Subharti hospital, Dehradun Nursing Training	1150 Hours
I.M.H.H. [Institue of Mental Health and Hospital] , Agra Mental Health Training	270 Hours
Kandholi Village, Dehradun Community Health Training	270 Hours
Progressive Muscle Relaxation Technique Training Online Course	1st February - 30th July 2023

RESEARCH PAPERS & PUBLICATIONS

International Journal of Scientific Development And Research Title : Effectiveness of Jacobson`s Progressive Muscle Relaxation on Psychosocial Constraints among Visually Impaired Individuals. Summary : The study explored non-pharmacological interventions to alleviate psychosocial challenges in visually impaired individuals, demonstrating the effectiveness of progressive muscle relaxation techniques in improving their quality of life.	3rd March, 2024
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EXTRACURRICULAR ACTIVITIES

Anchoring on Midwifery Day	5th May , 2023
Speech on Midwiferty Day	5th May , 2023
Role Playing on International Women`s Day	11th March , 2023
Role Playing on World Breastfeeding Week	5th August , 2022
Quiz Competition on World Breastfeeding Week	6th August,2022

SKILLS AND TOOLS

Critical thinking skills	Team Work and Collaboration	Excellent communication skills
Quantitative research design	Report writing and presenting	Proactive and self-motivated
Academic writing and publication	Strong Interpersonal Skills	Exceptional organisational skills

HOBBIES & INTEREST

Cooking	Reading	Exploring
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LANGUAGES KNOWN

Hindi	English	Urdu
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