



Faculty Name:	Dr.SHARMILA J
Designation :	Professor & HOD, Psychiatric Nursing
Experience in Years:	24 yrs
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Dr. Sharmila J, holds a Ph.D. in Nursing with over 24 years of experience, currently serves as a Professor and Head of the Department of Psychiatric Nursing. She guides Ph.D. scholars. Renowned for her expertise, she has published numerous research papers and earned various certifications, including proficiency in the Principles of Unani System of Medicine, Cognitive Behavioral Therapy Training Skills, Basic Counseling Skills, and Ethics Review of Health Research by WHO. Additionally, she is a certified BCLS instructor and has completed courses on motivating students (Alison University), and designing course-focused outcomes and questions. Reviewer for Indian Journal of Psychiatric Nursing and Malaysian Journal. Her dedication to professional growth and her impactful contributions to the field make her an exemplary leader and mentor.

Research Papers : National/ International

1. Research Paper on Effectiveness Of /Selected Nursing Strategies on Physiological And Psychological Parameters Among Diabetic Clients At Selected Diabetic Centers, Bangalore published in International Journal of Multidisciplinary Educational Research (IJMER) volume4, Issue 2(5), Feb.2015 Impact factor: 2.972 ISSN: 2277-7881.
2. Research Paper on Psychological Effects of Social Media among Preuniversity Adolescence in Bangalore, India. Journal of Health and allied Sciences 2016, vol.5, No.5 pg.29-33.
3. Effectiveness Of Laughter Therapy on Stress Among IT Professionals in Selected IT Companies, Bangalore, International Journal of research and Analytical review, June 2019, vol.6, issue 2, pg.no.13-23.
4. Effectiveness of Self-Instructional Module about Life Skills Education on the Level of Life Skills among Early Adolescent's Students of Selected Schools, Bengaluru, Karnataka. International Journal of Health Care Sciences, ISSN 2348-5728, Vol.8, Issue 1, pp.13-23. April 2020- September 2020.
5. Segments Associated with The Discernment of Risk and Information Of Contracting The 2019-N COVID In India. International Journal of Pharmaceutical Research 32(25): 99-105, 2020: Article no. JPRI 61722.
6. Effectiveness Of Nursing Intervention on Knowledge About Foot Self Care Practices In Diabetic Patients With Foot Ulcer In South India- An Interventional Study. Turkish online journal of Qualitative Inquiry. Vol.12, Issue 7, July 2021: 13280-13287.
7. Effectiveness of Diabetes Education Package on Knowledge and Lifestyle Among Prediabetes Adults in Urban Communities Bangalore. International journal of Advance Research, Ideas and Innovations in Technology. Vol.7, Issue 3-V713-1936.

8. Effectiveness Of Foot Care Practice Tool on Diabetes Control Among Diabetic Patients with Risk for Foot Ulcers in South India, Journal of Pharmaceutical Negative results/ vol.13/special issue 5/2022
9. Review article on Memory mastery: The Power of Mnemonics, Chunking and Mind Mapping, International Journal of Recent Scientific research, Vol.15, Issue, 08, pp.4866, August ,2024.
10. Assessment of Sleep Quality among patients with Type-2 Diabetes Mellitus, International Journal of Research and Analytical Reviews, Vol.11, Issue2, May 2024.

Conference papers:

1. 1 Paper presented on Lived in experience of Diabetic patients in International Conference on Nurse facilitated Research- Building capacity for excellence on (28-30 January 2016)
2. Paper presented on Diabetes Education package for Prediabetes Adults in the 6th Research conference on Health equity- Nursing and Research perspectives organised by the International center for collaborative research ICCR, OmayalAchi College of Nursing on 21-23rd February 2024.