

Curriculum Vitae

Prof (Mrs) Amarita Lenka

B.Sc (N) & M.Sc (N) from Delhi University, CTCM & H and MPHC from Liverpool School of Tropical Medicine, United Kingdom

Conferred with the Lifetime Achievements Award by TNAI

Possesses More than 45 years of Experience in Teaching and Administration



Important Positions Held

- 1) Former District Health Public Health Nursing Officer, Koraput
- 2) Former Professor & Principal, College of Nursing,
MKCG Medical College Campus, Berhampur-76004
- 3) Former Professor & Principal, KINS
Kalinga Institute of Nursing Sciences
KIIT-DU, Bhubaneswar, Odisha, Pin: 751024

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EDUCATIONAL QUALIFICATIONS:

- ❖ Attended 4-month Program on CTCM& H (Certificate in Tropical Community Medicine and Health) & MPHC (Management of Primary Health Care) at Liverpool School of Tropical Medicine, United Kingdom
- ❖ Master of Nursing in 1982 from R.A.K CON Delhi University.
- ❖ B.sc Hons. Nursing in 1973 from R.A.K CON Delhi University.

EXPERIENCES :

- ❖ Worked as Principal, Kalinga Institute of Nursing Sciences, KIIT Deemed to be University since May,2010.
 - ❖ Worked as Professor & Principal, College of Nursing, Berhampur.
(1st professor in Nursing, Govt. of Odisha 2003 to 2009).
 - ❖ Lecturer (Govt. CON, Berhampur)
 - ❖ District Public Health Nursing Officer(DPHNO), Koraput
 - ❖ Clinical Instructor, Govt. College of Nursing, Berhampur.
 - ❖ Sister Tutor in GNM School, Berhampur.
 - ❖ Sister Tutor in ANMTC, Balasore.
 - ❖ Sister tutor in ANMTC, Dhenkanal.
 - ❖ Clinical Nurse in Intensive Coronary care unit S.C.BMCH, Cuttack.
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POSITIONS HELD IN NATIONAL ORGANIZATIONS

- ❖ Secretary SOMI, Odisha chapter, at present.
 - ❖ President TNAI, ODISHA STATE BRANCH, One tenure.
 - ❖ President SOMI, ODISHA STATE BRANCH, Two tenures.
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PUBLICATION & RESEARCH ACTIVITIES

- ❖ Universal health coverage in India:Nursing challenge, International conference on public policy & governance, Bhubaneswar-28th feb & 1st March,2018
- ❖ Effectiveness of Warm footbath on fatigue among patient with chronic Renal Failure, International Journal of Nursing education ,2018, 10(4):15-17.
- ❖ Effectiveness of abdominal bathing exercise in reduction of blood pressure among hypertensive patients, International Journal of Nursing education, 2018, 7(8):21-22
- ❖ Helfer Skin Tap technique on pain associated with intramuscular Injection among , International Journal of Nursing education,2018 10(3):12-17
- ❖ Effectiveness of foot massage & back massage in reducing blood pressure among hypertension patients, IOSR-JNHS, 2017, 6(6).
- ❖ Effectiveness of foot massage and back massage in reducing blood pressure among hypertension patients 2017 IOSR-JNHS, Vol-6(6)
- ❖ To evaluate the effectiveness of structured demonstation programme on Cardiopulmonary resuscitation in B.Sc Nursing 3rd year students- IOSR-Vol-6-Issue 1 in the year 2017

- ❖ Prevalence & risk factors of non-communicable diseases among adolescents-IOSR- Volume -5, Issue 3 in the year 2011.
 - ❖ Effectiveness of Creating opportunities for parent empowerment (COPE) programme on the stress level & coping ability among mothers of babies admitted NICU, PBMH, KIMS, BBSR.
 - ❖ Quality of life among chronic renal failure patients receiving Hemodialysis treatment- IOSR- Vol-5, Issue 3
 - ❖ Research guide for B.Sc. Nursing students for 30 years and for M.Sc. Nursing students for 12 years.
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RESEARCH PROJECT ON PROCESS

- ❖ Patent safety culture of registered nurses working in wards & departments of tertiary care hospital, Bhubaneswar- 3 year project
- ❖ Effectiveness of creating opportunities for parent empowerment (COPE) program on the stress level & coping ability among mothers of babies admitted NICU, PBMH, KIMS, BBSR- 3 year project
- ❖ Adolescent Health: A health care issue-2014

PARTICIPATION AS RESOURCE PERSON

- ❖ Chairperson in plenary session at International conference at Akal College of Nursing, Eternal University, Himachal Pradesh on October 2015.
 - ❖ Resource person in faculty Exchange Programme to DumulPinar Univeristy, Turkey from 20th May – 1st June-2015.
 - ❖ Attended as resource person of Lord Jagannath College of Nursing on the topic "Methods of clinical teaching" during March-2014.
 - ❖ Dissemination meeting at Kolkata, Govt. CON, International confederation of midwives standard (ICM) as resource person, may 2012.
 - ❖ Attended as resource person of GFATM program at Berhampur, 2012.
 - ❖ Attended as resource person of GFATM program at Govt. CON at Kolkata medical college, WB, 2011.
 - ❖ Orientation training program for NMSU organized by Mytri Institute, Hyderabad, March 2010 as resource person.
 - ❖ Attended as resource person of GFATM program at SSKM, Govt. college of Nursing, WB, 2010.
 - ❖ Speaker on the National Seminar in trends in nursing education and service 2008 Dec at Viswas college of Nursing.
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TRAINING AND WORKSHOP ATTENDED:

- ❖ Leadership and advocacy Training at Mytri Institute Hyderabad, Jan 2013.
- ❖ Leadership development program at Mytri Institute Hyderabad, March 2012.

- ❖ Refresher training of GFATM program at SSKM Govt.CON, Kolkata, Dec 2011.
 - ❖ Dissemination meeting of International conference of midwives, Dec 2009 at New Delhi.
 - ❖ Attended and participated International conference-Asia pacific confederation of midwives, Nov 2009 (SOMI), Hyderabad.
 - ❖ TOT training of GFATM, March 2009.
 - ❖ Workshop for developing and strengthening midwives, Jan 2009.
 - ❖ Participated TNAI conference at Chennai, 1998.
 - ❖ Participated TNAI conference at Delhi, 1996.
 - ❖ ANA & TNAI- HIV (AIDS) continuing nursing education workshop, Sept 1994.
 - ❖ Leadership development training program at Mumbai, 1994.
 - ❖ Attended TOT program in CSSM and RCH at SIHFW, Bhubaneswar.(State Institute Health & Family welfare)
 - ❖ National training workshop on spinal cord injury, March 1993.
 - ❖ International training workshop and Regional conference on spinal cord injury,Dec 1991.
 - ❖ Workshop on community health nursing organized by voluntary health organization.
 - ❖ Chaired different plenary session and invited as chief guest to many nursing institutions including AIIMS, Bhubaneswar, LJM College of Nursing, SUM Nursing College, DREAMS college of Nursing at international & national nursing conference.
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ORGANIZATION OF DIFFERENT PROGRAMS :

- ❖ National seminar on New Horizons in Community Mental Health on 6th Dec,2019.
- ❖ Three days seminar on “High Risk Newborn management” in KINS from 18th Nov to 21st Nov.2019.
- ❖ Pan India Nurse led heart failure management program- at KINS on 14th Aug,2019
- ❖ CNE on Emerging trends in strengthening Maternal and child birth” on 7th Aug,2019
- ❖ Faculty Development Program on “ Instilling Research outlook for faculty empowerment” on 25th & 26th June ,2019.
- ❖ National CNE on “Innovations & Advanced Practice in Medical Surgical Nursing” on 27th Feb,2019
- ❖ International Midwives day celebration in KINS on the theme “Midwives leading the way with quality care” on 5th may,2018
- ❖ MCH skill orientation training from 18th May to 12th June, 2018
- ❖ International Nurses day on the theme “Nurses: A voice to lead- Health is a human right” on 12th may ,2018
- ❖ Skill Training Programme, from 28th to 30th March,2018
- ❖ Understanding Swine Flu and its prevention on 19th August,2017.

- ❖ Sustaining breast feeding together in the eve of world breast feeding week-2017 on 3rd August,2017.
- ❖ Faculty Development Program-KIIT, 29th June to 30th June, 2017
- ❖ DAKSHATA skills standardized training programme- JHPIEGO, 19th JUNE TO 21st June,2017
- ❖ Seminar on the occasion of International Nurses Day-2017: sustainable development goal
- ❖ State level SOMI conference- Revitalizing midwifery practice, odisha on 17th Dec,2016
- ❖ State level SOMI Seminar ,caring for mothers & their newborns midwives role, odisha, on 19th nov,2016
- ❖ In the year 2016, KINS ,KIIT organized State Level Seminar of SOMI and 3rd State Level SOMI Conference
- ❖ Organized inter college Mock show competition on breast feeding on 3rd Aug-2016.
- ❖ Organized state level Inter-University competition on Safe Motherhood day 11 April 2016.
- ❖ Organized State level conference of Society of Midwives India (SOMI) on 27th December- 2015 at Sum College of Nursing.
- ❖ Organized a National Seminar on" Adolescent Health" An issue in Health Care" on 12th & 13th Spetember-2014.
- ❖ Organized State level conference of Society of Midwives India (SOMI) on 5th May-2014 at Hi-tech College of Nursing.
- ❖ Organized 11th National conference of SOMI, Odisha chapter, Sept 2013.
- ❖ Organized state level seminar on Research methodology at CON, KINS, KIITS University, April 2013.
- ❖ Organized and conducted many educational programs in Institutional level, state level at Govt. College of nursing.
- ❖ Conducted workshop on Educational Technology and strengthening Nursing personnel every month Funded by Govt. of India.
- ❖ Organized state level NSS program, at Govt. college of Nursing, Dec 2008.
- ❖ IGNOU Program coordinator from 2003-2009.
- ❖ Panel of examiner, paper setter & board of study member of Berhampur University, SOA University, Health University, Kolkata, Health University, Chhattisgarh & KIIT Deemed to be University, BBSR.

MEMBERSHIP:

- ❖ Life Member of TNAI, SOMI & NRSI.
 - ❖ TNAI: Trained Nurse Association of India
 - ❖ SOMI: Society of Midwife India
 - ❖ NRSI: Nursing Research Society of India.
 - ❖ Indian Science Congress (Life member)
 - ❖ Former Member of Governing Council, KIMS
 - ❖ Former Member of Board of Studies, KIIT DU
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