

Mrs. G.J. Sara Sapharina

M.Sc.(N), Lecturer , Department of Psychiatric Nursing

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Area of Research Expertise

- Child Psychiatry
- Nursing strategies
- Schizophrenia
- Family members of mentally ill

Publications

1. Dr. G. Neelakshi, Ms. Cathalin Pressy Dalia, Mrs. S. Nalini, **Mrs. G.J.Sara Sapharina** & Mrs. Lisy Joseph. Beliefs towards mental illness among nursing students at selected college, International Journal of Research and Analytical Reviews (IJRAR February 2019, Volume 6, Issue 1 www.ijrar.org (E-ISSN 2348-1269, P- ISSN 2349-5138) page no.906-912
2. Dr. G. Neelakshi, Ms. Divyaraj ,**Mrs. Sara Sapharina**, S. Nalini , P.Vijayasamundeeswari. Resilience Among Parents Of Children Attending School For Special Needs. International Journal of Research and Analytical Reviews 2019; 6(1):
3. **G. J. Sara Sapharina**. Emotional Problems Among Patients with Early Diagnosis of Cancer. International Journal of Oncological Nursing Vol. 4: Issue 2 , IJOnN (2018) 5–7
4. Ms.Jacqueline Devasena, Dr.S.Santhi , **Mrs.G.J.Sara Sapharina**. Effectiveness Of Laptop Assisted Teaching On Coping With Side Effects Of Antipsychotic Drugs Among Patients With Schizophrenia, International Journal of Scientific Research and Review Volume 6, Issue 12, 2017 ISSN NO: 2279-543X, page no 5-11.
5. Mary Metilda, S. Santhi S & **Sara Sapharina G J**. Effect of Instructional Module on Drug Adherence in Terms of Attitude among Patients with Schizophrenia. Nitte University Journal of Health Science. 2016; 7(1): 28-32. Impact factor - 0.988
6. Vijayasamundeeswari P, Malarvizhi M, **Sara Sapharina G J** & Umadevi S. A Study To Determine The Impact Of Perceived Parenting Style On Self-Esteem Among High School Children In Selected School At Chennai. International Journal of Advanced information and communication technology. 2016; 2(11): 1088-1092.
7. Anand, Neelakshi G, **Sara Sapharina G J**. Effectiveness of cognitive retraining on attention among patients with schizophrenia published in **Journal of Science**, Vol 5/ Issue 3 / 2015 / 124-130.(e ISSN 2277-3290, print ISSN 2277- 3282).
8. **Sara Sapharina G J** Neelakshi G, Prasannababy, Vijayasamundeeswari P.Level of adjustment among adolescents in **International Journal of Development Research**, Volume 05, Issue, 07, Page no. 5057-5058, July, 2015, **ISSN: 2230-9926**.
9. **Sara Sapharina G J**. A comparative study to assess the professional commitment and self- efficacy among nursing students published in **Sri Ramachandra nursing journal**, Vol.4, No.7, September 2012, page no:18-21
10. **Sara Sapharina G J** Psycho telenursing published in **Sri Ramachandra nursing journal**, Vol.2, No.1, March 2010, page no:38-39

11. **Sara Sapharina G J** Clinical presentation on patient with avoidant personality disorder published in **Sri Ramachandra nursing journal**, Vol.2, No.3, September 2010, page no:30-31

Conferences, Seminars, Workshop, training undergone by faculty

| S.No | Name of the programme | Year |
|------|---|------|
| 1. | CNE- “Reinforce Mental Health” | 2014 |
| 2. | CNE- “Suicide Prevention: Nurses Concern” | 2015 |
| 3. | Workshop on OSCE | 2016 |
| 4. | National conference “Elderly depression-A Holistic approach” with a support grant from ICMR | 2016 |
| 5. | 2 nd State Workshop On Test Construction, faculty of nursing SRU | 2017 |
| 6. | 13 th International Nurses Conference with the theme on Dynamics in nursing-meeting health care needs organized by Faculty of nursing, SRMC&RI(DU) | 2017 |
| 7. | 14 th International Nurses Conference with the theme on Better health care: Exploring the possibilities organized by Faculty of nursing, SRMC&RI(DU) | 2018 |
| 8. | Career orientation Programme | 2018 |
| 9. | 2 nd State Workshop On Test Construction, faculty of nursing SRU | 2017 |
| 10. | State level workshop on Focused assessment : A key in nursing practice | 2018 |
| 11. | 4 th National Conference with the theme of “Family Nursing : Way Forward to Sustain Excellence” and it was organized by SRCON, SRIHER. | 2019 |
| 12. | 18 th Annual national conference of Indian Society of Psychiatric nurses in collaboration with Lokopriya Gopinath Bordoloi Regional Institute of mental Health, Tezpur, Assam and the theme of “ Role of Nurse in promoting in Positive Mental Health” | 2019 |
| 13. | Technology : A bane to human relationship in world social work day | 2019 |

- Membership in Committees etc., (Internal/ External)
 - Member in College Quality Cell
 - Alumni Executive member – Nursing chapter
 - Nodal officer – Prime Minister’s Special Scholarship Scheme for Jammu and Kahsmir for SRIHER

- Guest lecture and Recognition

Mrs. G.J. Sara Sapharina, Lecturers received gold coin for 10 years dedicated service on 18.9.2019

| S.No | Name of the faculty member | Topic | Name of the event & organizer | Place | Date |
|------|----------------------------|--|-------------------------------|-----------------------------------|-----------|
| 2. | Sara Sapharina G .J | Positive Parenting - Orientation talk to the parents | Parents meeting | St.Thomas Academy CBSE, St.Thomas | 3/16/2019 |

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