

**Faculty Name: -Mrs.Sumathi R**

**Degree: -M. Sc (N), (Ph.D)**

**Designation: Lecturer**

**Area of Research Expertise: -Menopause**

**Projects conducted (Internal/ External):-**

S.No	Title of the project	Name of the project leader	Name of the funding agency	Started Year Duration &	Total Grant(Rs . in lakhs)	Completed/ On going	Collaboration
1.	A Study to assess the effectiveness of Perimenopausal Empowerment Strategies on stress, Depression and Quality of life among Perimenopausal women	Ms.R.Sumathi	Self funded	2014	-	ongoing	Inter institutional

**Awards & Recognitions of faculty**

1. Received Gold coin for 10 yrs of continuous service at SRIHER

**CONFERENCE/WORKSHOP TRAINING UNDERGONE**

S.No	Name of the conference/workshop	Month, date&Year
1	X International Nurses Conference Faculty of Nursing, SRIHER	6.1.2014 to 8.1.2014
2	CITI international conference, SRIHER	1.7. 2014
3	I National conference by Nursing PhD society, SRIHER	27.10.2014
4	XI International Nurses Conference Faculty of Nursing, SRIHER	5.1.2015 to 7.1.2015
5	I International Conference, Meenakshi CON, Chennai	9.12.2015
6	1 <sup>st</sup> InternationalNursingConference ,MeenakshiCollegeof Nursing at Mangadu	19.12.15
7	XII International Nurses Conference Faculty of Nursing, SRIHER	5.1.2016 &6.1.2016
8	XIII International Nurses Conference, Faculty of Nursing, Sri Ramachandra University	4.1.2017 &5.1.2017
9	Participated the workshop on SPSS (Statistical package for social science at SRU)	27.1.2017
10	Participated in the Dr.S.Thanikachalam Endowment Oration Programme, Organized by FON , SRU	4.3. 2017
11	Participated in the Workshop on "Role of yoga to improve the Quality of Life" Organized by SRU	29.5.2017
12	State level workshop on OSCE, Organized by FON , SRU	20.5. 2017
13	Participated in 14 <sup>th</sup> international conference Better health care exploring possibilities, Faculty of Nursing, SRU	10.1.2018- 11.1.2018
14	Participated in 4 <sup>th</sup> National conference on Family Nursing: Way forward to	8.1.2019&9.1.2019

	sustain excellence	
15	4 <sup>th</sup> State level workshop on Paediatric emergency triage, assessment and treatment: Nurses' Role	9.8.2019
16	National conference on "Open door for golden hours" Organized by Sri Ramachandra nursing service at Sri Ramachandra medical centre	24.09.2019
17	Simulation in Nursing Education	6.1.2020& 8.1.2020

### **Membership in Committees etc., (Internal/ External)**

1. Assistant warden- Ladies Hostel and Member in Safety and utility- ladies hostel at SRIHER

### **List of Publications**

1. Sailo ML, Jagadeesh NS, Ranganathan S, Duraipandian C. Effect of Peppermint Water on Prevention of Nipple Injury among Postnatal Mothers Subjected to Caesarean. International Journal of Nursing Education. 2018 Jan; 10(1).
2. R.Revathi, P.Akila ,Hepzibah Beualh, V.Sujatha R.Sumathi. Gap analysis in nursing practice and the Measures. International Journal of Medicine and Healthy Profession Research. 2016January; 3(1):1-4.
3. Reena M, Rajeswari S, Sumathi R. Effectiveness of Lactational Counselling on Breast Engorgement and Newborn Feeding Behaviour among Primigravidae at Sri Ramachandra Hospital. Journal of medical science and Clinical Research. 2015; 3(9):7396-403.