



# MS ULFAT AMIN

NURSING TUTOR, ISLAMIC UNIVERSITY OF SCIENCE & TECHNOLOGY, AWANTIPORA, PULWAMA, KASHMIR, INDIA

Besides teaching, I have experience as a neonatal Intensive Care Unit (NICU) nurse for 3 and half years in a well-known Govt children's hospital, GMC Srinagar. My goal is to engage students in critical thinking, foster a passion for learning, and contribute to groundbreaking research in my field.

## PERSONAL DETAILS

### Date of Birth

27th June, 1987

### Nationality

Indian

### Marital Status

Married

### Address

**Present:** 1 Avenue Islamic university of science & technology, Awantipora, Pulwama, 192122.

**Permanaent:** Banderpora, Bijebhara, Anantnag, 192124

## EDUCATION

### MSc Child Health Nursing

Skims Deemed University, Soura, Srinagar, Kashmir.

### Post-basic Bsc nursing

University of Kashmir

### General Nursing & Midwifery

State medical Faculty, J&K.

## RELEVANT COURSES

**Ethics Review of Health Research,**  
ICMR, NIE

**Scientific Writing in Health Research**  
ICMR, NIE, AICTE

**Health Research fundamentals**  
ICMR, NIE, NPTEL

**Diploma in Nursing Administration**  
IGNOU

**Diploma in Computer Application**  
Department of Higher Education, GOVT. of India

**Course on Computer Concepts**  
DOEACC SOCIETY, New Delhi

## CONTACT

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<https://www.researchgate.net/profile/Ms-Amin>

<https://www.linkedin.com/in/ulfat-amin-777a08133/>

## WORK EXPERIENCES

### Nursing Tutor at Islamic university of Science & technology, Awantipora, pulwama, Kashmir.

Jan 2020- Present

- Teaches Child health nursing, Nursing management and Research
- Scholarship nodal officer, Student nurses association nodal officer
- Researcher coordinator, IEC coordinator  
Alumni connect coordinator

### Nursing officer at GB Pant hospital, GMC Srinagar.

July 2012-Jan 2013, July 2015- Dec-2016,  
Jan 2019- Jan 2020

## SKILLS

- Scientific writing
- Project management
- Data management
- Mentoring students
- Clinical Research
- Grant Writing
- Community Engagement

## Memberships

- Life time member of The Trained Nurses Association of India (TNAI NO. 258162\LMT)
- Active member of organization of wound care nurses.
- Life Member, Epidemiology Foundation of India (LM 04975)
- Member of Global Center for Evidence Synthesis

## Research Profile

Interdisciplinary Health Research  
20%

Public health  
30%

Nursing and health care  
20%



Maternal & Child health  
30%

H- Index

4

Citation Count

48

Publications

26

Reads

16,390

## Extra-mural grants

- Comparison of Respiratory Health of Brick Kiln Workers and Local Inhabitants with General Population of Kashmir Valley: a cross-sectional study,. **Sponsoring Agency: ICMR, Amount 38.56 Lac**
- Prevalence & pattern of self-medication practices in Kashmir along with general modelling by poly-pharmacy side effects with AI, **Sponsoring Agency: DST Srinagar 7.80 Lac**

## Paper Presentations

- Paper presentation on "Knowledge and Attitude of General public towards Vitiligo: A Cross-Sectional Study in Kashmir" on international vitiligo master class conference on 25- 26th Sept. 2023".
- Paper presentation at Two Days State Level Management Development Programme (MDP) for Doctors and Nursing Professionals at Govt. Medical College Anantnag on 22-02-2023 to 23-02-2023, Organized by Academy of Hospital Administration (AHA), India in Collaboration with Govt. Medical College Anantnag
- Knowledge and practice of Hand washing among BSc nursing students of Bibi Haleema College of Nursing at 1st annual Conference of Metabolic Syndrome-Prediabetes -Polycystic Ovary Syndrome (M P PCOS) Society organized by Sher-i-Kashmir Institute of Medical Science, Sgr AIIMS, New Delhi and NIRRH Mumbai on 11th -13th May 2017
- Curriculum planning in the workshop on" Update on the preparation of Audio-Visual Aids and Curriculum Planning and Development" organized by Mader-e-Meharban Institute of Nursing Sciences and Research, SKIMS, Soura, Srinagar on 21th-25th August 2017.

## Publications:

- Amin U, Rasool I, Manzoor F, Jan R. Outpatient therapeutic program. J Integr Med Public Health 2023;2:10-5
- Bhat UA. Childhood obesity: Causes, comorbidities, prevention, and management. J Integr Med Public Health 2022;1:34-41
- Amin, U. A., & Parveen, A. P. (2022). Impact of COVID-19 on children. Middle East Current Psychiatry, Ain Shams University, 29(1), 94. <https://doi.org/10.1186/s43045-022-00256-3>
- Bhat UA, Kaur RR. Nursing and Diabetes: A Review. Research & Review: Journal of Geriatric Nursing and Health Sciences (e-ISSN: 2582-5704). 2022 Oct 21:24-8.
- Amin U. Handling, Storage and Use of Expressed Breastmilk among Working Mothers of Infants in Anantnag, Kashmir, Nursing Journal of India.
- Maqbool, Shahnaza & Amin, Ulfat. (2022). Significance of Lamp Lighting. Pain management nursing: official journal of the American Society of Pain Management Nurses. 4. 37.
- Amin, Ulfat. (2022). Art of Parenting. Journal of Pediatric Health Care. 12. 001-002. 10.19080/JOJNHC.2022.12.555835.
- Amin, Ulfat & Rasool, Insha & Maqbool, Shahnaza. (2022). Covid-19 Pandemic and Nursing Challenges. 4. 37-39. 10.46610/JNSPRA. 2022. v04i01.006.
- Amin, Ulfat & Rasool, Insha & Yousuf, Rumysa. (2022). Vital Parameters in Children. 6. 10.23880/nhij-16000259.
- Amin, Ulfat. (2022). Management of Adverse Events Following Immunization. 3. 11-16. 10.46610/IJNCPN. 2022.v03i01.003.
- Amin U, Rasool I, Azam, Batula, Jan R, Yousuf R, Maqbool S, Qadir H. Assess the level of stress and coping level among married working women in Kashmir. IP J Paediatr Nurs Sci 2022;5(1):22-28
- Amin, Ulfat & Malla, Mr & Mohammad, Mr & Dar, Mohammad & Rasool, Insha & Yousuf, Rumysa. (2022). Comparative Study on Effectiveness of Online & Offline Learning among Higher Education Students in Kashmir.
- Amin U, Parveen A, et al, Use of Personal Protective Equipment's for Prevention of Covid- 19 Infection among Students of Selected Nursing College of Kashmir. Asian J of Research in Nursing and Health 2022;5(1): 18-29
- Amin U. Post-Traumatic Stress Disorder (PTSD) in children of Kashmir and role of nurse. Indian J Psy Nsg 2017; 14:37-40
- Amin, Ulfat. (2017). All about Breastfeeding for Mothers. Nursing & Healthcare International Journal. 1. 10.23880/NHIJ-16000117. Controversial issues faced by Nurses

## Projects Mentored

- A study to assess the prevalence and risk factors associated with malnutrition among children in selected Government schools of Kashmir.
- A study to assess the fear of childbirth among prim gravida women availing antenatal services in selected hospital of Kashmir.
- A study to assess effectiveness of educational intervention on knowledge regarding weaning among the mothers of selected area of Kashmir.
- A study to assess the attitude of nursing staff towards computerization in selected hospitals of Kashmir.
- A study to assess the effectiveness of early ambulation on daily living activities among postoperative patients in selected hospitals of Kashmir.
- A pre-experimental study to assess the effectiveness of educational intervention on knowledge & practice of postnatal mothers with regard to essential New-born care in a selected hospital of Kashmir.
- A descriptive study to assess the level of stress among staff nurses in selected hospital of Kashmir.
- A study to assess the postpartum depression in Primi mothers in selected hospital of Kashmir.
- A quasi experimental study to assess the level of knowledge about anaphylaxis and its management among healthcare workers in selected hospitals of Srinagar.
- A study to assess self-medication practices among selected rural community of Kashmir.
- A study to assess the Knowledge regarding prevention of road traffic accidents (RTA) among students of selected university of Kashmir.

## Completed Projects

- **Principal Investigator:** Assessment of Hand Hygiene among health care workers at GMC Anantnag
- **Principal Investigator:** Assess Level of Fear, Depression, Anxiety and Stress during Covid-19 among Frontline Healthcare workers
- **Principal Investigator:** Assess the level of stress and coping level among married working women in Kashmir.
- **Principal Investigator:** Comparative Study on Effectiveness of Online & Offline Learning among Higher Education Students in Kashmir.
- **Principal Investigator:** Handling, Storage and Use of Expressed Breastmilk among Working Mothers of Infants in Anantnag, Kashmir
- **MSc Project:** "A study to assess the effectiveness of self-instructional module on knowledge regarding expression and storage of breast milk among working mothers of infants in Dachnipora block of district Anantnag Kashmir"
- **BSc project:** Assess Knowledge and practice of Hand washing among BSc nursing students of Bibi Haleema college of nursing and Medical Technology Srinagar Kashmir

## Journal Reviewer

- Reviewer of more than 12 Journals (Verified reviewer on WOS)

### Workshops

- Attended national workshop on “Systematic Review and Meta-analysis” organized by the Department of Community Medicine & School of Public Health, PGIMER, Chandigarh in collaboration with the Association of Health Systems Analysis and Strengthening (AHSAS), Chandigarh, Indian Council of Social Science Research (ICSSR), NWRC, Panjab University, Chandigarh, and Department of Telemedicine, PGIMER, Chandigarh from February 24th – 26th, 2023.
- Attended, “One Week National Workshop on ICT Tools and Techniques for Education and Research” w.e.f 6-10 February 2023 organized by Bharat Digital Academy Aligarh.
- Participated in three-day workshop on. “Bridging Excellence In Cardiac Nursing Practice” held on 6-8th October 2021 organized by SMMCNMT
- Participated in three-day workshop on “extended and expanded role of nurses in Covid 19 pandemic management” 20th -22nd October 2020 organized by SMMCNMT, IUST in collaboration with DIQA.
- Participated in two-day workshop on “innovative teaching strategies in nursing” on 28 and 29 sept 2018
- Organized as a scientific committee member in the workshop on” Update on preparation of Audio-Visual Aids and Curriculum Planning and Development” organized by Mader-e-Meharban Institute of Nursing Sciences and Research, SKIMS, Soura, Srinagar on 21th-25th August ,2017.

### Conferences:

- Attended a National Conference on “Emerging Perspectives in Nursing Care” organized by The Department of Nursing Administration, Sher-i-Kashmir Institute of Medical Science, Srinagar on 11th -12th September, 2017.
- Attended 1st annual Conference of Metabolic Syndrome-Prediabetes –Polycystic ovary syndrome (M P PCOS) Society organized by Sher-i-Kashmir Institute of Medical Science, Sgr: AIIMS, New Delhi and NIRRH, Mumbai on 11th -13th May 2017.
- Attended 2nd J & K Medical Science Congress organized by Sheri-Kashmir Institute of Medical science, Sgr on 10th -13th May 2017.

### Seminars/Webinars

- Participated in the seminar on “Perspectives in Psychiatric Nursing Practice” conducted by Mader –e-Meharban Institute of Nursing Sciences and Research (MMINSR),SKIMS, Soura, Srinagar held from 11th to 14th July , 2017.
- 6th Webinar of Series on “Advanced Nurse Practitioner: Paving the way in India” with 1 CNE hour on 30th January 2022.
- One-day BREAST CANCER AWARENESS programme organized by Department of Bio resources, University of Kashmir in Collaboration with Indian Cancer Society, New Delhi on 31/10/21.
- Three-day International Webinar on, “Latest Trends in Nursing Education”
- One-day webinar on Drug de-addiction awareness under the constitution of red ribbon club programme on 12th sept 2021 with 4 credit hours organized by SMMCNMT, IUST.
- Role of chest physiotherapy in rehabilitation of COVID patients belonging to pandemic by exceptional minds on 31st July 2021
- International webinar on “Covid crises pandemic taking toll on mental health of children” on 26/06/21
- 1st international webinar on nursing research methodology on 25-27th June 2021 with 8 credit hours

## **Faculty Development Programs**

- Completed Capacity building workshop for teachers on Implementation of NEP through innovative curriculum in Higher Education held from 11th -14th September, 2023 organized by Cluster innovative centre, university of Delhi.
- Completed E-learning course of "Reproductive Health" with 5 CNE hours/ 1 CNE Credit on 20/05/2023.
- Completed E-learning course of "Educational Technology, Midwifery Education & Practice Concepts including maternal health scenario in India" with 5 CNE hours/ 1 CNE Credit on 19/05/2023.
- Completed 8 week course on, NleCer 101: Health Research fundamentals, conducted by Indian Council of Medical Research [ICMR], National Institute of Epidemiology and NPTEL-All India Council for Technical Education, from Jan- march 2023, with enrolment no; NPTEL23HS25S45630068.
- Completed online course on, NleCer 102: Ethics Review of Health Research, conducted by Indian Council of Medical Research [ICMR], National Institute of Epidemiology and WHO in April 2023.
- Completed online course on, NleCer 103: Scientific Writing in Health Research, conducted by Indian Council of Medical Research [ICMR], National Institute of Epidemiology and All India Council for Technical Education on march 2023, with enrolment no: NleCer 103\_13489
- Participated in Six days, training of trainers on simulation based education from 13-03-2023 to 18-03-2023 at National Reference Simulation Centre (NRSc), SGT University, Gurugram, New Delhi, with 30 CNE Credit hours.
- Completed, "NINR Director's Lecture Series | Systems and Models of Care" on 14th Feb 2023 organized by National Institute of Nursing Research.
- Completed Certified Peer reviewer course conducted by Research academy and sponsored by Elsevier on Friday 06 January, 2023.
- Participated in Faculty Development programme, organized by Department of Computer Science and Engineering, Islamic university of Science and Technology from 07-11th Feb, 2022.

## **Self-pacing courses by WHO**

- ·COVID-19 Stress Management –English on 10 January 2021.
- ·Clinical management – COVID-19 on 19 January 2021
- ·Appropriate behaviors on 10 January 2021
- ·Pediatric concerns during COVID-19 on 20 January 2021
- ·Clinical management of patients with COVID-19- General considerations on January 21, 2021.
- ·Introduction to COVID-19 methods for detection, prevention, response and control on January 21, 2021.
- ·Standard precautions: Waste management on January 21, 2021.
- ·Orientation to national deployment and vaccination planning for COVID-19 vaccines on January 21, 2021.
- ·Introduction to infection prevention & control(IPC) on 9/03/21
- ·Standard precautions: the role of Personal protective equipment(PPE) on 27/06/21
- ·Testing time during Covid-19 on 16th Jan 2021
- ·Covid 19 skill enhancement programme for nursing professionals during 23/01/21

## **E-courses by TNAI & WCEA**

- ·Safe storage & handling of vaccines on 23/01/21 with 1 credit hour
- ·Breastfeeding advice to mothers in situation of covid-19 on 23/01/21 with 0.25 credit hour
- ·Dealing with conflict on 24/01/21 with 0.5 credit hour
- ·How to perform chest compressions on 23/01/21 with 1 credit hour
- ·Child development on 28/01/21 with 1 credit hour
- ·Basic principles of PICU on 28/01/21 with 1 credit hour
- ·How to wash your hands effectively on 28/01/21 with 1 credit hour.
- ·Cardiopulmonary Resuscitation–Level 1 on 28/01/21 with 0.5 credit hour
- ·Supporting children during Covid-19 on 28/01/21 with 1 credit hour
- ·Supporting the establishment & maintenance of lactation for mothers of sick infants on 31/01/21 with 1 credit hour
- ·Ten steps to successful breastfeeding (UNICEF/WHO BABY FRIENDLY INITIATIVE) on 31/01/21 with 1 credit hour
- ·Integrated management of neonatal & childhood illnesses(IMNCI) on 03/02/21 with 0.75 credit hour
- ·Neonatal thermoregulation on 04/02/21 with 0.75 credit hour
- ·Care of infant at birth on 04/02/21 with 0.75 credit hour
- ·Initial assessment of new born on 10/02/21 with 1 credit hour
- ·Ballard score on 14/02/21 with 0.5 credit hour
- ·Neonatal Hyper bilirubinemia on 09/03/21 with 0.75 credit hour
- ·Preparation & use of resuscitation equipment's to assess & treat children in emergency situations on 12/03/21 with 1 credit hour
- ·Endotracheal tube care in PICU on 22/03/21 with 1 credit hour
- ·Personal protective equipment for COVID 19 on 29/06/21 with 1 credit hour
- ·Pregnancy and birth during Covid-19 on 9/11/21 with 0.5 credit hour
- ·Caring for patients with diabetes and depression with 1 credit hour
- ·Effective presentation skills for nurses on 27/11/2021 with 1 credit hour
- ·Role of Systemic Therapy in Breast Cancer Management on 28/11/21 with 1 credit hour

## **Extra Co-Curricular Activities**

- Done basic course of skiing at Gulmarg organized by IUST.

*Ms Ulfat Amin  
Dated 15/01/23*