



ANJIMA U S

Passport: Y7282233 | **Work permit:** Emirati (United Arab Emirates) |

Date of birth: 10/05/2001 | **Place of birth:** THRISSUR, India | **Nationality:** Indian |

Gender: Female | **Phone number:** (+971) 582118910 (Mobile) | **Email address:**

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ABOUT ME

Compassionate and diligent Registered Nurse with a Bachelor's Degree in Nursing and hands-on experience in mental health and psycho-social rehabilitation. Seeking a dynamic and challenging position in a reputed healthcare facility where I can utilize my clinical skills, research background, and dedication to patient care to contribute to a holistic and patient-centered environment. Strongly committed to ongoing professional development and ethical practice in healthcare delivery.

WORK EXPERIENCE

FRIENDS OF JESUS PSYCHO-SOCIAL REHABILITATION CENTRE, KERALA, INDIA – THRISSUR, INDIA

REGISTERD NURSE – 07/08/2023 – 30/06/2025

- Provided care and rehabilitation services for patients with chronic psychiatric illnesses, including schizophrenia, bipolar disorder, depression, and substance abuse.
 - Collaborated with a multidisciplinary team of psychiatrists, psychologists, and therapists to design and implement individualized care plans.
 - Administered medications as per prescriptions and monitored patient responses, side effects, and adherence to treatment.
 - Maintained accurate and confidential patient documentation, including nursing assessments, progress notes, and care plans.
 - Assisted in psychiatric emergencies, de-escalation techniques, and crisis intervention protocols.
 - Delivered psychoeducation to patients and families regarding mental health, medication compliance, and coping mechanisms.
 - Ensured compliance with infection control protocols and maintained a safe and therapeutic environment.
- Facilitated group therapy sessions and recreational therapy activities to improve social functioning and self-care skills of residents

EDUCATION AND TRAINING

2018 – 2023 Thrissur, India

BSC NURSING ASWINI COLLEGE OF NURSING

Conducted as part of third year B.Sc. Nursing curriculum. This study explored behavioral and lifestyle changes during the pandemic lockdown, focusing on alterations in sleep patterns and dietary habits. The findings emphasized the need for mental health and nutritional support during public health emergencies

Field of study NURSING |

Thesis A Study to Assess the Impact of COVID-19 Lockdown on Sleeping and Eating Habits Among the General Population

2016 – 2018 Thrissur, India

HIGHER SECONDARY GHSS PERINGOTTUKKARA

2015 – 2016 Thrissur, India

SSLC SNMHSS CHAZHUR

● LANGUAGE SKILLS

Mother tongue(s): **MALAYALAM**

Other language(s): **ENGLISH | HINDI | TAMIL**

● SKILLS

• Patient-Centered Care | • Medication Management | • Crisis Intervention | infection control | • Clinical Documentation | • Multidisciplinary Team Collaboration

● REFERENCE

Fr.Biju Pannamkullam

Director, Friends of Jesus Psycho-Social Rehabilitation Centre

☎ Mobile: +91 8156827092

✉ Email: fojgagultha@gmail.com

● MOH REFERENCE NUMBER

334524

I hereby declare that the above-mentioned details are true and correct to the best of my knowledge and belief. I am committed to delivering high-quality nursing care and contributing positively to the healthcare team.

Muwaileh , 09/09/2025