

CURRICULUM VITAE



C.LALRAMDINI
Asst.Professor

College of Nursing

Regional Institute of Paramedical and Nursing Sciences (RIPANS)
Zemabawk, Aizawl-796017
Mizoram, India

+91-9436152891 (Cell)

+91-6009464282 (Cell)

E.Mail:didinijose@gmail.com

didini@ripans.ac.in

Personal detail:

Date of Birth: 18th March 1973

Father's Name: C.Malsawma (L)

Name of Spouse: Dr. Joseph C.Vanlalsanga

Blood group: B^{+ve}

Permanent Address: V/II-50 ITI Veng, Near Baptist Church, Aizawl-796005, Mizoram, India.

Sex: Female

Marital Status: Married

Nationality: India

Academic/professional Attainments:

<i>Degree/Qualifications</i>	<i>Name of Institution</i>	<i>Awarding University</i>	<i>Year of Achievement</i>
DOCTORATE OF PHILOSOPHY	Dept of Zoology (Nursing)	Mizoram University, Aizawl	Registered in 2020 and still Pursuing
MASTER OF NURSING	Leelabai Thackersey College of Nursing, Mumbai	Shreemati Nathibai Damodar Thackersey Women's University (SNDT Women's University)	2002
BACHELOR OF SCIENCE(NSG)	Regional College of Nursing, Guwahati	Gauhati University, ASSAM	1995
P.U.Science	Pachhunga University College,	North Eastern Hill University (NEHU), Shillong	1991

	<i>Aizawl</i>		
<i>H.S.L.C</i>	<i>St.Pauls' High School, Aizawl</i>	<i>Mizoram Board of School Education (M.B.S. E)</i>	<i>1988</i>

Research title: Prevalence, Habits and Attitudes towards Tobacco Use among Healthcare Professionals in Mizoram.

Details of Previous Employments:

1. Staff Nurse at Greenwood Hospital, Aizawl, Mizoram: 1st August 1995-25th March 1996
 2. Tutor for GNM Course at Nursing School Lunglei, Lunglei, Mizoram: 27th March 1996-22nd April 1997
 3. Tutor for Health Worker Course at Regional Institute of Paramedical and Nursing Sciences (RIPANS), Aizawl, Mizoram: 23rd April 1997-30th November 1997
 4. Lecturer for B.Sc.Nursing course at Regional Institute of Paramedical and Nursing Sciences (RIPANS), Aizawl, Mizoram: 1st December 1997-1st January 2004
 5. Sr.Lecturer/Assistant Professor for B.Sc.Nursing course at Regional Institute of Paramedical and Nursing Sciences (RIPANS), Aizawl, Mizoram: 2nd January 2004 till date
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Administrative Experience:

1. Warden, Girl's Hostel RIPANS (1997)
 2. Hostel Superintendent (2012-2023)
 3. Management Representative for ISO:9001:2015 Certification of RIPANS from 2016 till 2.7.2024
 4. Vice Principal, College of Nursing, RIPANS, Aizawl (till date)
 5. Centre Superintendent for NEET (NTA) at RIPANS on 5th May 2023
 6. Centre Superintendent for NEET (NTA)at RIPANS on 7th May 2024
 7. Secretary, RIPANS Institutional Ethics Committee
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Professional Memberships

1. Life member Trained Nurses Association of India (TNAI)
 2. Life Member Breast Feeding Promotion Network India (BPNI)
 3. Joint Secretary Trained Nurse Association of India Mizoram State Branch 2023-2027
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Details of Professional training:

1. Trained ISO Internal Auditor by the Quality Council of India (QCI)
 2. Trained Academic Counselor for IGNOU
 3. Trained First Responder
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Paper/Poster presentation:

1. Presented a paper entitled 'Prevalence and Attitudes on Tobacco Use among Nurses in Mizoram' in the National Seminar on 'Biotechnology for Sustainable Agriculture and Human Health' organized by the Department of Biotechnology, Pachhunga University College (PUC) Aizawl, India from 12th 13th June 2023.
 2. Oral presentation on the topic 'Prevalence, Habits and Attitudes towards Tobacco Use among Healthcare Professionals' at the National Seminar on Biotechnology for Sustainable Biosphere, organized by the Department of Biotechnology, Mizoram University on 30th June and 1st July 2023
 3. Paper presentation on the topic 'Prevalence and Attitude of Tobacco Use Among Health Professionals' in the International Conference on Emerging Trends in Psychological Interventions (Health and Allied Sciences): Future Prospects and Challenges (RCI-Accredited). Organized by School of Medical and Paramedical Sciences, Mizoram University, from 14th November to 16th November 2023
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Seminar/Symposia/Workshop Organized:

1. Participated in training on Communication Skills and Personality Development organized by Administrative Training Institute, Mizoram, Aizawl on 20th -22nd August 2013.
2. Course Director in the Finishing School 2013 for B.Sc.Nursing Students held from 23rd July to 2nd August 2013 at RIPANS, Campus.
3. Attended National Conference on 'Today's Learners, Tomorrow's Leaders- Transforming Nursing Education' organized by College of Nursing, NEIGRIHMS, Shillong on 5-7 October 2013

4. Course Director in the Finishing School 2014 for B.Sc.Nursing Students held from 21st July to 1st August 2014 at RIPANS, Campus.
5. Course Director in the Finishing School 2015 for B.Sc.Nursing Students held from 27th July to 7th August 2015 at RIPANS, Campus.
6. Course Director in the Finishing School 2016 for B.Sc.Nursing Students held from 25th July to 5th August 2016 at RIPANS, Campus.
7. Course Director in the Finishing School 2017 for B.Sc.Nursing Students held from 25th July to 2nd August 2017 at RIPANS, Campus.
8. Course Director in the Finishing School 2018 for B.Sc.Nursing Students held from 23rd July to 31st 2018 at RIPANS, Campus.
9. Participated in Workshop on Education organized by the Department of Nursing, RIPANS held during 21st -26th June 2019 at RIPANS Campus.
10. Attended National Level Sensitization Programme on NAAC's A&A Process organized by the Internal Quality Assurance Cell, Pachunga University College, Under UGC Paramarsh Scheme on the 27th February 2020 at PUC Seminar Hall.
11. Course Coordinator in Training of Nurses under the Central Sector Scheme 'Development of Nursing Services' conducted by Mizoram Nursing Council at Mizoram Nursing Council Office, Mizoram Secretariat Complex, Aizawl, Mizoram. On 25th January-1st February 2019
12. Course Coordinator in the 7th Finishing School 2019 for B.Sc.Nursing Students held from 22nd July to 30th July 2019 at RIPANS, Campus.
13. Attended online training course on Research Methodology for Nursing Professionals held at NIHF New Delhi from 19th to 23rd October 2020
14. Participated in a National Level Webinar on the topic 'Promoting Excellence in Nursing Profession Through Nursing Research. Organized by Mizoram College of Nursing on 11th November 2020.
15. Participated in a National Level Webinar on the topic 'Promoting Mental Health in times of Pandemic'. Organized by Mizoram College of Nursing on 6th November 2020.
16. Attended 'Training on Tobacco Cessation for Health Professionals' conducted by National Tobacco Control Programme, National Health Mission, Mizoram Aizawl. On 23rd March 2021 at RIPANS.
17. Attended Online Training Course on Management for Senior Nursing Administrators held at NIHF New Delhi from 9th to 11th August 2021

18. Attended an Online National workshop on Research Methodology and Statistics in Behavioral Science' organized by IQAC, IASE from 21st to 25th February 2022
19. Participated in the National E-Conference on 'Integration of Nursing Education and Competency-Based Clinical Practices Need of the Hour' Organised by Smt. Radhikabai Meghe Memorial College of Nursing, Sawangi (Meghe), Wardha Maharashtra in collaboration with The Nursing Scholar Society on 24th & 25th February 2022.
20. Attended training on ' Educating Young Minds for Snakebite Management and Conservation of Snakes in Mizoram, India' which was funded by The Rufford Foundation (UK) & International Herpetology Symposium (USA) and Organised by the Department of Zoology, Mizoram University and Society for Nature Conservation Research and Community Engagement (CONCERN)., in collaboration with College of Nursing RIPANS on 20th May 2022.
21. Attended 'Workshop on Digitization of Office Documents' on 8th & 9th June 2022, at Computer Centre RIPANS.
22. Course Coordinator in the 8th Finishing School 2022 for B.Sc.Nursing Students held from 25th July to 29th July 2022 at RIPANS, Campus.
23. Coordinated Regional Training on Managing Programmes on Reproductive, Maternal, Newborn, Child, and Adolescent Health organized from 12th to 16th December at RIPANS, Aizawl, Mizoram in collaboration with WHO and NIHF.
24. Coordinated a workshop on 'Professional Development for Staff Nurses' organized by 1st year M.Sc.Nursing Students, RIPANS from 27th to 31st March 2023 at RIPANS Campus, Aizawl, Mizoram
25. Course Coordinator in the 9th Finishing School 2023 for B.Sc.Nursing Students held from 24th July to 27th July 2023 at RIPANS, Campus.
26. Participated at the 19th Biennial Conference & Election of the TNAI Mizoram State Branch held on 6th & 7th September 2023. Conference Theme 'The Future of Nursing: Leading Change, Advancing Health and Transforming Care'
27. Participated in a one-day National Conference on 'Forensic Science; Moral, Ethical and Legal Responsibilities of Medical, Nursing and Paramedical Professionals' as a delegate, organized by Rahman Hospitals Pvt Ltd & Rahman Institute of Nursing and Paramedical Sciences on 28th November 2023 at Auditorium, Rahman Institute of Nursing and Paramedical Sciences, Guwahati.

28. Course Coordinator in the 10th Finishing School 2024 for B.Sc. Nursing Students held from 22nd July to 24th July 2024 at RIPANS, Campus.
29. Participated in a one-day National Level Continuing Nursing Education Programme with the theme 'Leading with Vision: Strategies for Effective Leadership in Nursing' organized by 2nd Year M.Sc. Nursing students of RIOPANS on 7th June 2024 at RIPANS Conference Hall, Zemabawk, Aizawl, Mizoram.

Expert talk/Chaired technical sessions/Invited lecture:

1. Resource person in the Inservice Training for Nursing Administrators and Educators on 'Continuing Education on Management Technique' and Continuing Education on Teaching Technique organized by Nursing Section, Directorate of Hospital and Medical Education at Civil Hospital, Aizawl from 10th December 2013 to 17th December 2013.
2. Resource person in Finishing School Course (A certificate course in life skills development) conducted by Pachhunga University College, Aizawl, Mizoram. Held during 21st May to 27th June 2012.
3. Resource person in Finishing School Course (A certificate course in life skills development) conducted by Pachhunga University College, Aizawl, Mizoram. Held during 8th April to 9th May 2013.
4. Resource person in the workshop on 'Education and Information Technology' organized by Regional Institute of Paramedical and Nursing Sciences held during 20th to 24th May 2013 at Conference Hall/Computer Centre, RIPANS, Aizawl, Mizoram.
5. Resource person in the Finishing School 2013 for B.Sc. Nursing Students held during 23rd July to 2nd August 2013 at RIPANS, Campus.
6. Resource person in Inservice Training on 'Education, Administration and Research' at Civil Hospital Aizawl, Mizoram held on 2nd November -9th November 2017 conducted by Mizoram Nursing Council.
7. Resource person in Inservice Training on 'Education, Administration, and Research' held on 16th -23rd January 2018 which was conducted by Mizoram Nursing Council, Aizawl, Mizoram.
8. Resource person in Inservice Training on 'Education, Administration, and Research' held on 30th January -6th February 2018 conducted by Mizoram Nursing Council, Aizawl, Mizoram.
9. Resource person in Inservice Training of 'Public Health' under the scheme 'Development of

- Nursing Services' held on 16th -23rd February 2018 conducted by Mizoram Nursing Council at Mizoram Nursing Council Office, Aizawl, Mizoram.
10. Resource person at Training of Nurses under the Central Sector Scheme 'Development of Nursing Services' conducted by Mizoram Nursing Council at Mizoram Nursing Council Office, Mizoram Secretariat Complex, Aizawl, Mizoram. On 25th January-1st February 2019
 11. Resource person in Training of Nurses under the Central Sector Scheme 'Development of Nursing Services' conducted by Mizoram Nursing Council at Mizoram Nursing Council Office, Mizoram Secretariat Complex, Aizawl, Mizoram. On 5th -12th February 2019.
 12. Resource person in Training of Nurses under the Central Sector Scheme 'Development of Nursing Services' conducted by Mizoram Nursing Council at Mizoram Nursing Council Office, Mizoram Secretariat Complex, Aizawl, Mizoram. On 14th -21st February 2019
 13. Resource person in the 8th Finishing School 2022 for B.Sc.Nursing Students held from 25th July to 29th July 2022 at RIPANS, Campus on the topic 'Team Building'
 14. Resource person Training of Nurses s under the Central Sector Scheme 'Development of Nursing Services' conducted by Mizoram Nursing Council at Mizoram Nursing Council Office, Mizoram New Capital Complex(MINECO), Aizawl, Mizoram. On 28th June 2022
 15. Resource person Training of Nurses s under the Central Sector Scheme 'Development of Nursing Services' conducted by Mizoram Nursing Council at Mizoram Nursing Council Office, Mizoram New Capital Complex(MINECO), Aizawl, Mizoram. On 5th July 2022
 16. Resource person Training of Nurses s under the Central Sector Scheme 'Development of Nursing Services' conducted by Mizoram Nursing Council at Mizoram Nursing Council Office, Mizoram New Capital Complex(MINECO), Aizawl, Mizoram. On 12th July 2022
 17. Resource person Training of Nurses s under the Central Sector Scheme 'Development of Nursing Services' conducted by Mizoram Nursing Council at Mizoram Nursing Council Office, Mizoram New Capital Complex(MINECO), Aizawl, Mizoram. On 19th July 2022
 18. Resource person Training of Nurses under the Central Sector Scheme 'Development of Nursing Services' conducted by Mizoram Nursing Council at Mizoram Nursing Council Office, Mizoram New Capital Complex (MINECO), Aizawl, Mizoram. On 26th July 2022
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1. Lalramdini C, Lalremsanaga HT, Saikia L, Malsawmtluanga HT. Perceived Stress and Coping Strategies among B.Sc. Nursing Students in Mizoram during Covid19 Pandemic. *Indian J Psy Nsg* 2024;21:10-6
2. Lalramdini C, Lalremsanga HT, Saikia L, Lalthanthuami HT. Prevalence and Attitudes on Tobacco Use among Nurses in Mizoram. *Indian J Public Health* 2024; 68:147-8
3. Lalramdini C, Lalremsanga HT, Saikia L, Lalthanthuami HT. A study on the Prevalence and Attitude on Tobacco Use Among Multipurpose Health Workers in Mizoram. *The Journal of Medical Research* 2024;10(2):45-49
