



**LITTLE FLOWER COLLEGE OF NURSING, MANVILA,
THIRUVANANTHAPURAM**

**Name: Prof Dr Treessa Antony
Designation: Professor**



Date of Joining	12/08/2013
Age & Date of Birth	45 yrs, 07/08/1980
Sex	Female
Address	TC 97/125-2, TVRA 83 B, Rajeev Nagar, Edavanakonam, Engineering College P.O, Thiruvananthapuram - 695017
Phone No	8129055265
Email ID	treessa_antony@yahoo.co.in
Aadhar No	966948215471
Pan card No	AIQPA4932R
KNMC Reg No	87507
KNMC Renewal Date	20/02/2023
KNMC Reg. Date	20/02/2013
KUHS FEP No	N11289
NUID No	KL612888
Specialty	Obstetrical and Gynecological Nursing

Educational Qualification:

Sl. No	Qualification	Name of the Institution	University	Year of Passing
1	GNM	Government Nursing College, Nagpur	Mumbai Nursing Council	2001
2	PcBSc Nursing	Kasturba Nursing College, Sewagram, Wardha	Maharashtra University of Health Sciences	2005
3	MSc Nursing	RAK College of Nursing, Delhi	Delhi University	2010
4	PHD in Nursing	Shri Venkateshwara University, Amroha		2022

Professional Experience:

Clinical (Before M.sc)

Sl. No	Name of the Institution	Designation	Date of Joining	Date of Relieving	Yrs. of Exp
1	Spandan Heart Institute & Research Center, Nagpur	Staff Nurse	01/08/2001	20/08/2002	1 yr 19 days
2	Kasturba Hospital, Wardha	Staff Nurse	26/08/2002	07/11/2003	1.2 yrs 12 days
	Total Experience:				2.3 yrs

Clinical (After M.sc)

Sl. No	Name of the Institution	Designation	Date of Joining	Date of Relieving	Yrs. of Exp
1	Jubilee Memorial Hospital, Tvm	Nursing Supervisor	02/10/2012	11/08/2013	10 months 9 days
Total Experience:					10 months 9 days

Total Years of Clinical Experience: 3.1 yrs 10 days

Teaching (Before M.sc)

Sl. No	Name of the Institution	Designation	Date of Joining	Date of Relieving	Yrs. of Exp
1	Kasturba Nursing College, Sewagram, Wardha	Sister Tutor	06/02/2006	08/02/2008	2 yrs 2 days
Total Experience:					2 yrs 2 days

Teaching (After M.sc)

Sl. No	Name of the Institution	Designation	Date of Joining	Date of Relieving	Yrs. of Exp
1	Adeshwar Nursing Institute	Lecturer	01/05/2010	05/01/2011	7 months 20 days
2	Vydehi Institute of Nursing Sciences, Bangalore	Lecturer	01/04/2011	07/08/2012	1.4 yrs 6 days
3	Little Flower College of Nursing, Tvm	Associate Professor	12/08/2013	TILL DATE	12.6 yrs
Total Experience:					14.5 yrs

Total Years of Teaching Experience: 16.5 yrs

Publications

Title	Year	Citation in Vancouver Style	URL
Knowledge regarding stroke among hypertensive clients in selected coastal areas of Trivandrum.	March 2019	Antony T, Knowledge regarding stroke among hypertensive clients in selected coastal areas of Trivandrum. International journal of basic and applied research. Volume 9 Number 3; March 2019. 177 – 186p	
First time Mothers: Knowledge regarding coping strategies during labor process.	Jan - March 2019	Antony T, First time Mothers: Knowledge regarding coping strategies during labor process. International journal of research and analytical reviews. Volume 7 Issue 1; Jan-March 2019.	https://www.academia.edu/65147240/First-Time-Mothers-Knowledge-Regarding-Coping-Strategies-During-Labor-Process

Effectiveness of planned teaching programme on antenatal exercises in terms of knowledge, practice and labor outcome of primipara mothers in a selected hospital of Chhattisgarh.	May 2019	Effectiveness of planned teaching programme on antenatal exercises in terms of knowledge, practice and labor outcome of primipara mothers in a selected hospital of Chhattisgarh. International journal of research and analytical reviews. Volume 6 Issue 2; May 2019. 188-195p.	http://ijrar.org/viewfull.php?&p_id=IJRAR19K2315
An exploration on teaching strategies utilized in the facilitation of learning.	February 2020	An exploration on teaching strategies utilized in the facilitation of learning. International journal of research and analytical review. Volume 7 Issue 1; February 2020. 729-733p	http://www.ijrar.org/viewfull.php?&p_id=IJRAR2001374
Investigating the impact of two teaching strategies on physiology of pain in terms of knowledge and perception regarding strategies among BSc Nursing students of selected Nursing Colleges in Kerala.	July 2023	Investigating the impact of two teaching strategies on physiology of pain in terms of knowledge and perception regarding strategies among BSc Nursing students of selected Nursing Colleges in Kerala. International journal of creative research thoughts. Volume 11 Issue 7; July 2023. 257-265p	http://ijcert.org/viewfull.php?&p_id=IJCRT2307738
Textbook of Nursing Foundation volume 1 and 2 (Co-author)	2025 Vrindha Publications		
Effectiveness of a Video-Assisted teaching Programme on knowledge regarding prevention of breast cancer among women under selected Kudumbashree units in Trivandrum.	Feb 2026	Effectiveness of a Video-Assisted teaching Programme on knowledge regarding prevention of breast cancer among women under selected Kudumbashree units in Trivandrum. International research journal of education and technology. Volume 09 Issue 02; Feb 2026. 590 – 592 p	https://www.irjweb.com/viewarticle.php?aid=Effectiveness-of-a-Video-Assisted-Teaching-Programme-on-Knowledge-Regarding-Prevention-of-Breast-Cancer-among-Women-under-Selected-Kudumbashree-Units-in-Trivandrum

Scientific Paper Presentations

Topic	Date and Details
Knowledge regarding stroke among hypertensive clients in selected coastal areas of Trivandrum	International Conference – Biogenesis Health Cluster World Congress on Nursing and Health care Summit 2019
Effectiveness of planned teaching programme on antenatal exercises in terms of knowledge, practice and labor outcome of primipara mothers in a selected hospital of Chhattisgarh (Secured Cash award and trophy for Second Prize for Presentation).	National Conference - First National Conference on Health care and National development conducted by Rojavanam paramedical college, Nagercoil 2019.
Investigating the impact of two teaching strategies on physiology of pain in terms of knowledge and perception regarding strategies among BSc Nursing students of selected Nursing Colleges in Kerala.	International webinar – Little Flower College of Nursing, Manvila, Thiruvananthapuram 2022.

Awards and recognition

1. Received certificate of merit for securing the highest marks in first year Diploma in General Nursing and Midwifery course in the year July 1999.
2. Received certificate of merit for securing highest marks in fundamentals of nursing in first year Diploma in General Nursing and Midwifery course in the year July 1999.
3. Awarded with Smt. Bhaskar Venkata Lakshmi Gold medal sponsored by Dr. B.C. Harinath for securing first prize in first prize PcBSc Nursing for the year 2003-2004 from Kasturba Nursing College.
4. Received Vice Chancellor's certificate of merit and Gold medal for securing first prize in PcBSc Nursing First year examination in October 2004 under Nashik University, Maharashtra.
5. Received Vice Chancellor's certificate of merit and Gold medal for securing first prize in PcBSc Nursing Final year examination in December 2005 under Nashik University, Maharashtra.
6. Awarded with Vimal Bhakhare Gold medal sponsored by Dr. Mohanlal Vora for securing highest marks in Community Health Nursing in second year PcBsc Nursing for the year 2004-2005 from Kasturba nursing College.
7. Received gold medal for securing first position (2nd yr PcBSc Nursing) in Kasturba nursing college sponsored by Mrs Vijaya Patil.
8. Secured second place in scientific paper presentation and cash award at First National Conference on Health care and National development conducted by Rojavanam paramedical college, Nagercoil 2019.

Research work conducted/guided

Guided BSc Nursing Projects

1. A study on knowledge regarding self-care among patients undergoing hemodialysis with a view to develop a self-instructional module. 2016
2. A study on effectiveness of structured teaching programme regarding cervical cancer among women admitted in Jubilee Memorial Hospital, Palayam, TVM. 2017
3. A study on knowledge regarding stroke among hypertensive clients in selected coastal areas of Trivandrum with a view to develop a self-instructional module. 2018
4. Analysis of over-the-counter medication among nursing students in little flower college of nursing, Trivandrum. 2019
5. Knowledge regarding first aid management of epilepsy among people aged 25-45 yrs residing in Kerala. 2020
6. A stud to assess the level of anxiety and depression among post covid patients in selected age groups of 35 – 55 yrs from Trivandrum District. 2021
7. Effectiveness of structured teaching programme on knowledge regarding reproductive health among adolescent girls in selected nursing college of Kerala. 2022
8. Effectiveness of video assisted teaching program on knowledge regarding prevention of breast caner among women under selected Kudumbasree units in Trivandrum. 2023
9. Effectiveness of cinnamon tea on primary dysmenorrhoea symptoms among BSc nursing students of selected nursing college in Thiruvananthapuram. 2025
10. A study to assess the immediate effect of a single – session play therapy on emotional behavior among school age children attending OPD of Jubilee Memorial Hospital, Palayam, TVM. 2026