



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

Name: Dr. Sindhu Kuruvilla



Designation: Principal

Date of Joining	18.8.2017
Age & Date of Birth	50, 13.5.1976
Sex	Female
Address	Chandraviruthil Ann Villa Pandit colony, Kowdiar ,Thiruvananthapuram
Phone No	9497454950
Email ID	sindhulfcnprincipal@gmail.com
Aadhar No	
Pan card No	AQSPK2233M
KNMC Reg No	41276&42145
KNMC Renewal Date	August 2025
KNMC Reg. Date MSc, MPhil, PhD	29.12.2011,9.10.2023 , 20.12.2023
KUHS FEP No	N11948
NUID No	41276
Specialty	OBG Nursing

Educational Qualification:

Sl. No	Qualification	Name of the Institution	University	Year of Passing
1	PhD Nursing	Faculty of Nursing , Malwanchal University Madhya Pradesh	Malwanchal University Madhya Pradesh	2021
2	MPhil Behavioural science and Rehabilitation nursing	Dept of Behavioural sciences,	Mahatma Gandhi university Kottayam	2015
3	Msc Nursing	Sarvodaya College of Nursing,	Rajiv Gandhi University Of Health Sciences Bangalore	2005
4	Bsc Nursing	Dr.MGR Medical University, Tamil Nadu, India	Sacred Heart College of Nursing, Madurai	April 1997
5	MA (Sociology	Department of sociology	M G University	2012
6.	MBA (Hospital Management)	Department of management studies , Alagappa university Tamil Nadu	Alagappa university, Tamil Nadu	2017
7.	PG Diploma in Psychological counseling	Indian Institute of psychological counseling	Indian Institute of psychological counseling Delhi	2015

8.	Certificate program in Research Methodology	Health policy and Planning	Kerala university of health sciences	2018
9.	Short term course in Forensic science and criminology	IFS education Dept. Pune	International forensic sciences	2022

Professional Experience:

Teaching (Before M.sc)

Sl. No	Name of the Institution	Designation	Date of Joining	Date of Relieving	Yrs. of Exp
1	NSS School of Nursing, Perunnai, Kottayam	Nursing tutor Principal Incharge	1.10.1997	10.3.2003	5.5 years
Total Experience:5.5 years					

Teaching (After M.sc)

Sl. No	Name of the Institution	Designation	Date of Joining	Date of Relieving	Yrs. of Exp
1	Infant Jesus College of Nursing under RGUHS, Bangalore	Vice principal and HOD OBG Dept	12.5.2005	29.2.2008	2.9 months
2	Co-operative College of Nursing, kakkodu, Thiruvananthapuram	Vice principal, Principal incharge	1.4.2008	22.7.2017	9.years 3 months.21 days
3	Little Flower College of Nursing ,trivandrum	Principal	16/08/2017	Till date	9 years
Total Experience:26.5 years					

Total Years of Teaching Experience: 26.5 years

Books published

1. Textbook of Nursing Foundation volume 1 and 2 (Co-author) 2025
Vrindha Publications

International Publications

Title	Year	Citation in Vancouver Style	URL
International publication 1. Sindhukuruvilla (2012) An exploratory study on discomforts of pregnancy, published in Golden Research Thoughts Vol.2 (4): 64-71.	2012	Kuruvilla S. An exploratory study on discomforts of pregnancy. Golden Research Thoughts. 2012;2(4):64-71..	
2.Sindhukuruvilla (2012) Effects of walking exercise in coping with menopausal	2012	Kuruvilla S. Effects of walking exercise	http://oldisrj.lbp.world/Upl

symptoms published in Indian stream Research Journal Vol.2 (4): 64-71		in coping with menopausal symptoms. Indian Stream Res J. 2012;2(4):64-71	oadedData/1721.
3.sindhukuruvilla(2016) Effect of reality therapy among nursing students Indian streams research journal international online multidisciplinary Research journal vol.6 issue-11 dec 2016	2016	Kuruvilla S. Effect of reality therapy among nursing students. Indian Streams Res J. 2016;6(11).	http://isrj.org/UploadedData/9416 .
4. sindhukuruvilla(2016) Antenatal practices among Kani tribal women in kerala -Review of research international online multidisciplinary journal vol-6 issue -3 dec2016	2016	Kuruvilla S. Antenatal practices among Kani tribal women in Kerala. Rev Res. 2016;6(3).	https://www.olderor.lbp.world/UploadedData/2859.pdf
5.sindhu kuruvilla(2019) abstract Effect of Lamaze method on Pain perception, Anxiety, Fatigue and Labour Outcome among Primi mothers during Labour process Journal of Biomedical Sciences ICMR2019 vol-4Nov 10, 2019	2019	Kuruvilla S. Effect of Lamaze method on pain perception, anxiety, fatigue and labour outcome among primi mothers during labour process. J Biomed Sci. 2019 Nov 10;4.	Journal of Biomedical Sciences – Full Article/Abstract https://doi.org/10.3126/jbs.v6i3.26841
6.Sindhu Kuruvilla (2019)first time mothers; knowledge regarding coping strategies during labour process, international journal of research analytical reviews vol-6March, 2019	2019	Kuruvilla S. First-time mothers' knowledge regarding coping strategies during labour process. Int J Res Anal Rev. 2019 Mar;6.	https://ijrar.com/upload_issue/ijrar_issue_20543349.pdf
7.Enhancing knowledge of pregnant women on pelvic floor muscle exercise Through video assisted teaching, A Nursing perspective, International Journal for Research Trends and Innovations, volume 11, Issue 6 June 2026	2026	Kuruvilla S. Enhancing knowledge of pregnant women on pelvic floor muscle exercise through video-assisted teaching: a nursing perspective. Int J Res Trends Innov. 2026;11(6).	https://ijrti.org/viewpaperforall.php?paper=IJRTI2606081
8. Nursing faculty perspectives on semester based versus academic curriculum, IJRTI volume 11 issue -6 June 2026	2026	Kuruvilla S. Nursing faculty perspectives on semester-based versus academic	https://ijnrd.org/viewpaperforall.php?pa

		curriculum. Int J Res Trends Innov. 2026 Jun;11(6)	per=IJNRD2510139
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List of National/Other Publications

- 1.Sindhukuruvilla (2012) Positive aspects in healing; A nursing perspective Published in **Kshetrii**2012 :6-11
2. Sindhukuruvilla (2012) Soul of nursing profession published in **au- revue** 2011:8-11.
3. Sindhukuruvilla (2018) Reflective practice in nursing, **INCITE** page 46-38
4. Sindhukuruvilla (2019) students entitlement, **Academic Reality,AURORA** Page;36-38
- 5 Sindhukuruvilla (2020). High Acuity nursing care, **RESONANCE** Page 36-37
6. Sindhukuruvilla (2023) Gallery walk in Nursing classrooms, **RANTHAL** 2023
7. Sindhukuruvilla (2024) The transformative power of –T-Moment in your nursing journey, **ENAMOUR** 2024
8. Sindhukuruvilla (2025). OSCE Excellence: strategies for success, **GLANZA** 2025

International level Scientific Paper Presentations

Topic	Date and Details
Antenatal practices among Kani tribal women in kerala	scientific paper presentation, international conference on mixed method of research , MG University Kottayam 2017
Effect of Lamaze method on Pain perception, Anxiety, Fatigue and Labour Outcome among Primi mothers during Labour process, world congress on nursing & health care summit 2019''	Indian institute of science, Bangalore2019
Recent scenario of covid -19 and long covid, International webinar	LFCN Trivandrum 2022
Nursing perspectives in intranatal emergencies	International workshop LFCN 2023

National level Scientific Paper Presentations

Topic	Date and Details
An Exploratory Study on Discomforts of Pregnancy	Scientific Paper Presentation Cooperative College Of Nursing,Tvpm
Effects Of Walking Exercise In Coping With Menopausal Symptoms	National Cne Cooperative College Of Nursing,Tvpm
Prevention of Nosocomial Infection	District Model Hospital Peroorkada ,Tvpm
Insights of Nursing Profession	Cooperative College Of Nursing ,Tvpm
Covid -19 Management During Pregnancy	Jubilee Memorial Hospital And Lfcn,Tvpm
Emergency Obstetric Management	Workshop ,Lfcn 2022

Awards and recognition

1. Rajeswari Foundation Palliative Run 2023 Award
2. Outstanding Academic Leader Award LFCN 2026
3. Author Appreciation Award “Foundations Of Nursing Text Book” By Nursing College Principals Association Of Kerala 2026

Research work conducted.

1. A study to assess the knowledge and practice of antenatal women regarding discomforts of pregnancy
2. Effects of walking exercise in coping with menopausal problems
3. A study to determine the level of satisfaction in terms of care received and facilities available for patients expressed by their relatives in selected hospitals at Bangalore
4. Antenatal practices of Kani tribal women in kerala
5. Effect of Lamaze method on Pain perception, Anxiety, Fatigue and Labour Outcome among Primi mothers during Labour process
6. A sequential explanatory mixed method to assess the efficacy of selected intervention on morning sickness among antenatal women and their quality of life

Research work guided

1. Evaluative study on effectiveness of self-instructional module regarding problems associated with menopausal management among women working in selected organizations 2018
2. Effectiveness of hot water footbath nursing care intervention on body temperature among patient with fever 2019
3. A study to assess the level of existing knowledge regarding covid 19 infection among old age in selected communities in Kerala. 2020
4. A study to assess the academic activates and challenges among final students during covid 19 pandemic in selected nursing colleges in Kerala. 2021
5. A study to assess the relationship of sleep quality on level of stress among nursing students 2022
6. A study to assess the level of stress and self-esteem among young adults of selected nursing colleges 2023
7. Impact of video based pelvic floor exercise among pregnant women attending antenatal OPD at jubilee memorial hospital. 2024
8. A study to assess the occupational health problems of male workers in a selected titanium product industry, TVPM 2025