



## **MS. TEJAL** **VIROLA**

**Qualification:** M.Sc. Nursing (Mental Health Nursing); B.Sc. Nursing

**Designation:** Assistant Professor

**Description:** Ms. Tejal Virola is an accomplished nursing professional with over nine years of teaching experience and 1.5 years of clinical experience. She holds an M.Sc. in Nursing with a specialization in Mental Health Nursing from the Gujarat Institute of Nursing Education and Research, Ahmedabad. She is currently serving as an Assistant Professor at the Institute of Nursing Sciences and Shri G. H. Patel School of Nursing, Bhaikaka University, Karamsad.

In addition to her academic responsibilities, she is actively involved in several institutional- and university-level roles. At Bhaikaka University, she serves as the NSS Programme Officer and is a member of the Women Development Cell, Institutional Feedback Committee, NEP Cell, and SC/ST Cell. Within the Institute, she contributes to academic and administrative development as a member of the IQAC Committee, Steering Committee, Women Development Unit, Examination Committee, and Institutional Admission Committee. She is also responsible for overseeing the affiliation of the Hospital for Mental Health.

Her areas of interest include Mental Health Nursing, Nursing Management, Nursing Research, and Biostatistics. She is strongly committed to student mentoring and has made notable contributions to guiding and supporting learners in her discipline.

Beyond individual mentoring, Ms. Virola actively promotes a culture of mentoring within the institution by encouraging open communication, personal growth, and professional development. She has served as a resource person during the Mentoring Day Celebration at INS–GHPSN, delivering a session on managing challenging situations in mentoring. Her approach reflects a belief that effective mentoring enhances academic competence while also strengthening confidence, resilience, and emotional well-being among both students and mentors.

She has published original research in the International Journal of Creative Research Thoughts and has also served as a resource person at the international conference on “Accessible and Affordable SCI Care” organized by KMPIP. She continues to enhance her professional competencies through courses offered on the SWAYAM platform and has completed courses on Great Experiments in Psychology and Emotional Intelligence.