

Statement of Purpose

My name is Anamika Gurung, a registered nurse from India with a B.Sc. Nursing degree from KNN College of Nursing (2022, Distinction). From my undergraduate years, I have been deeply drawn to the field of psychiatric and mental health nursing, recognizing that patients often need not only physical care but also emotional support and understanding. This passion has inspired me to pursue a Master of Nursing specializing in Mental Health.

I began my career as a Staff Nurse at Medica Super-speciality Hospital, Kolkata, where I worked for 18 months (March 2023 – October 2024). My role involved IV therapy, wound management, patient care, documentation, and emergency response. Through this experience, I saw firsthand how mental health impacts recovery, and I often supported patients coping with anxiety, depression, or emotional distress alongside their physical conditions. This exposure strengthened my resolve to specialize in mental health nursing.

Since October 2024, I have consciously dedicated my time to professional and academic growth. I prepared for and successfully cleared the NCLEX-RN in May 2025, which validated my competence in international nursing standards. In the months that followed, I focused on researching postgraduate programs, preparing applications, and engaging in self-directed learning, particularly in psychiatric nursing, communication skills, and community mental health. This period has been a purposeful transition that strengthened my readiness for advanced study.

I aspire to broaden my knowledge in psychiatric nursing interventions, psychopharmacology, and community mental health programs. In the future, I aim to contribute to mental health education and clinical practice, with a focus on raising awareness and reducing stigma in my community.

Your esteemed university's reputation for research and clinical training in mental health nursing makes it an ideal place for my growth. I am confident that this program will prepare me to be an advanced practitioner and enable me to contribute meaningfully to global mental healthcare.

Sincerely,
Anamika Gurung