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Varalakshmi Manchana working is an Assistant Professor in the School of Medical Sciences. Intervention for Self care management of Bronchial asthma patients was her Doctoral Research. Her broad area of Research is Socio-Behavioral Health Promotion for Wellbeing among populations. Specific Research Areas are Ageing and Health, Adolescent Wellbeing, Child Injuries, Peri- natal Depression, Gender and Social equity issues and Health care ethics. She started her Professional career in 1993, and in teaching since 2005 as Lecturer, joined the School of Medical Sciences, University of Hyderabad in 2010.

Academy Fellowships/ Awards/International Collaborations:

Shastri Program Development Grant, Shastri Indo Canadian Institute (2017-18)

Shastri Mobility Program Fellowship, Shastri Indo Canadian Institute(2016-17)

Young Biomedical Scientist Award (Selected) Indian Council of Medical Research(2016-17)

International Travel Grant, UPE-2, UoH (2015)

Recent Research Projects:

Burden of Childhood Injuries -Indian Council of Medical Research (ICMR) (P.I) (2018-19).

Family support and Health status among Elderly Population; Gender dimensions of Quality of Life (ICSSR) (P.I) (2018-20).

Functional assessment in older adults; India Ageing Study pilot program (SICI) (P.I) (2018).

Translational Research in Non-Communicable Diseases – Cancer (Co-P.I) (2016).

Research Guidance (2007-present):

Ph.D. (ongoing):4

MPH dissertations guided: 39

M.Sc.(Nursing) dissertations guided: 45

B.Sc. (Nursing) dissertations guided: 55

Previous Teaching: Research Methods in Nursing, Education Technology, Teaching-Learning Process, Instructional methods, Measurement and evaluation (OSCE, EBP, OBE, PBE, and SBE etc), Advanced Nursing Practice, Psychology, Adults Health (Medical-Surgical Nursing), Mental Health Nursing, Community Health Nursing.

Current Teaching:

Introduction to Bioethics, Ageing and Health,
Gender and Health and
Sociology of Health, Illness, Disease and Healing.

Recent Publications (2014-2019):

Varalakshmi Manchana. (2019) Factors Associated with Health Care Utilization and Morbidity Pattern among Adults in Later Life: Community Based Study. Research & Reviews: A Journal of Health Professions.

Manchana. V. (2017). Moral competence and perceived Moral distress among Health Care Professionals in an Urban Health care setting; Facility based study. IJSR.

Manchana. V. (2017). Self-care Practices and Quality of Life among Men & Women with Asthma, Health care facility based study in Telangana, South India. IOSR-JNHS.

Manchana. V. (2016). Gender Based Reproductive and Sexual Health among Urban Adolescent Students in South India. IOSR-JNHS.

Manchana. V. (2016). Gender Perspectives of Academic Stress and Emotional Intelligence among Adolescent students; A School based study. JIARM.

Manchana.V, (2016). Surrogacy, Women Health Rights, Nightingale Nursing times.

Manchana.V, (2015). To study Coronary risk assessment among administrative employees, Nightingale Nursing times.

Manchana V, Mahal R.K,(2015), Selected Nursing interventions in the effective management of Bronchial Asthma, Nightingale Nursing times.

Manchana V, Mahal R.K, (2015), Randomized controlled study on Quality of Life among Patients with Bronchial Asthma, JIARM.

Manchana V, Mahal R.K, (2015), Effectiveness of Patient education on Quality of Asthma management Among adult asthmatics; A Cross sectional study, IJSR.

Manchana V, Mahal R.K (2014), Evaluating Asthma Knowledge among Patients with Bronchial Asthma; A Cross sectional study", IJND.

Manchana V, Mahal R.K (2014), Impact of Asthma Educational Intervention on Self-Care Management of Bronchial Asthma among Adult Asthmatics, Open Journal of Nursing(SCRIP).