

## Dr. Varalakshmi Manchana

MSc(N), PhD, MBA(Hosp.Adm), MA(Edu), PGDBE, RN,RM,RPHN  
Assistant Professor  
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Varalakshmi Manchana working as 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, with 10 years of clinical experience to her credit; her teaching career is since 2005 as Lecturer, worked in various capacities like Assistant Professor, Vice-Principal, and Principal before joining the School of Medical Sciences, University of Hyderabad in November 2010.

### **Academy Fellowships/ Awards/International Collaborations:**

1. Shastri Program Development Grant, Shastri Indo Canadian Institute (2017-18)
2. Shastri Mobility Program Fellowship, Shastri Indo Canadian Institute( 2016-17)
3. Young Biomedical Scientist Award (Selected) Indian Council of Medical Research(2016-17)
- International Travel Grant, UPE-2, UoH (2015)
4. Global Initiative for Academic Networks (GIAN) Coordinator- MHRD- 2016

### **External Teaching Collaboration and Coordinator ship;**

1. Advanced Certificate Program in Critical care- Coordinator - with Apollo Med Skills  
<https://apollomedskills.com/HCU/advance-certificate-program-in-critical-care.aspx>
2. Advanced Certificate Program in Critical care- Coordinator - with Apollo Med Skills  
<https://apollomedskills.com/HCU/advance-certificate-program-in-emergency-care.aspx>
3. Diploma n Infection Prevention and Control- Associate Coordinator- with IFCAI

### **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).  
India Ageing Study pilot program (SICI) (P.I) (2018)  
Translational Research in Non-Communicable Diseases – Cancer (Co-P.I) (2016).

### **International affiliation;**

1. India Ageing Study- Shastri Program Development Grant with International faculty from UoR, Canada-2018-19
2. Research supervisor and hosted Research Internee from University of Montreal, Canada- MITAC fellowship-2017
3. Hosted International Faculty from University of Montreal and Coordinator for GIAN-MHRD- 2016

**National Affiliation:**

1. Nominee for Committee for the Purpose of Control and Supervision of Experiments on Animals (CPCSEA) 2021-Five years
2. Adhoc inspector for Indian Nursing Council (INC) 2017-
3. Convener, Institutional Ethics Committee, UoH
4. Chairperson, IEC, Eshwarbai college of Nursing, Hyderabad
5. Treasurer, Society for Neurochemistry, India (SNCI)

**Recently Completed Research grants as P.I:**

**International:** 1. India Ageing Pilot Study; Functional health in older population

**National:**

1. Burden of Child Injuries in Telangana state
2. Gender Dimensions in Health and Social Status and QoL in Older Population

**Other Grants:**

International Travel Grant-UPE2

Equipment Grant from University of Hyderabad to develop Active and Healthy Ageing Research (AHA) lab at SoMS- Conduct healthy Ageing Research

[contact@manchanavl-ageinglabuoh.co.in](mailto:contact@manchanavl-ageinglabuoh.co.in)

**Research Guidance :**

PhD External Examiner, PhD Thesis Validation Done - Three

Ph.D. (ongoing):4+1 (ICCR fellowship candidate)

MPH dissertations guided: 59; M.Sc.(Nursing) dissertations guided: 45 ;B.Sc. (N) dissertations : 65

**Reviewer:**

Reviewer for Publons, Nursing Open

Shastri Indo Canadian Institute

Academia,

Asian Journal of Research and Reports in neurology

Asian Journal of Research in Nursing and Health and

Asian Journal of Medical Principles and Clinical Practice

**Workshops/ Seminars organized (2016-2021)**

International: 5(Five) National-2(Two)

**Invited Talks/Papers Presented (2016-2021)**

International: 6(Six) National: 17

**Recent Research Publications (2016-2021)**

1. Manchana, V. (2021). COVID-19 and Work climate impact on Health Care Workforce Wellbeing.
2. Book Chapter: Varalakshmi Manchana. Modern Technological Intervention Advancements for the Physically Challenged and Disabled Population. First Edition. UK: Cambridge Scholars Publishing; November 2021. 10, Mediating Cognitive decline and loneliness through physical activity and social connectivity in ageing populations; p. [151-185].
3. Manchana, V. (2021). Interrelationships of Physical Activity, Loneliness and Social Support among Older adults:
4. Manchana, V. (2021). Fall risk, a growing burden of physical injury and mental health among Seniors
5. Varalakshmi Manchana. (2019) Factors Associated with Health Care Utilization and Morbidity Pattern among Adults in Later Life:
6. Manchana. V. (2017). Moral competence and perceived Moral distress among Health Care Professionals in an Urban Health care setting;
7. Manchana. V. (2017). Self-care Practices and Quality of Life among Men & Women with Asthma
8. Manchana. V. (2016). Gender Based Reproductive and Sexual Health among Urban Adolescent Students in South India.
9. Manchana. V. (2016). Academic Stress and Emotional Intelligence among Adolescent students.