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RESEARCH EXPERTISE / INTEREST: Ageing and Health, Fall risk Appraisal and Active & Healthy Ageing, Mental and Cognitive Health in Older people, Ageing-Nutritional risk and Disability, Child Injuries, Moral Resilience in Health care professionals, Adolescent wellbeing, Primary Health care, Socio Behavioral Interventions for NCDs, Gender and Health.

Honours/ Fellowships/ Awards/International affiliation

1. International Bio Medical Scientist Award-ICMR-DHR (2022-2023)
2. International Program Development Grant-SICI (2017-18)
3. International Faculty Mobility Fellowship-SICI 2016-17)
4. Young Biomedical Scientist Award (Selected) Indian Council of Medical Research (2016-17)
5. International Travel Grant, UPE-2, UoH (2015)
6. Global Initiative for Academic Networks (GIAN) Coordinator- 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)

**Research Publications (2014-2022)- Seventeen(17);
Other Publications (2007-2016)-Ten(10)**

SELECTED RESEARCH PUBLICATIONS (Best 5):

1. **Manchana V.** Interpersonal relationships, subjective health, psychological wellbeing, and quality of life among older adults in South India: Evidence from a population-based study. *J Edu Health Promot* 2023;12:150. 10.4103/jehp.jehp_735_22
2. Teertam SK, **Manchana V**, Phanithi PB (2023) Delayed Activation of Sirt1 Induced Autophagy Signaling Promotes Astroglialosis, Infarct in Experimental Stroke. *Int J Cerebrovasc Dis Stroke* 6:148. DOI: <https://doi.org/10.29011/2688-8734.100048>
3. Bojang KP, **Manchana V**. Nutrition and Healthy Aging: A Review. *Curr Nutr Rep.* 2023 May 16. doi: 10.1007/s13668-023-00473-0. Epub ahead of print. PMID: 37191867.
4. **Manchana V.** Job demands and job resources for job satisfaction and quality health outcomes among nurses during COVID-19: A cross-sectional study in Indian health settings. *J Edu Health Promot* 2022;11:347. Doi: 10.4103/jehp.jehp_151_22
5. **Manchana V**, Shamanna BR. A Cross-Sectional Study on Prevalence and Pattern of Childhood Injuries in Rural and Urban Communities of Telangana State, South India:

Burden of Childhood Injuries. Asian Pac. J. Health Sci., 2022;9(4):1-5.
<https://doi.org/10.21276/apjhs.2022.9.4.01>

BOOK CHAPTERS -2

1. Book Chapter: Kumar, C.A., Gorantla, V.R., **Manchana, V.**, Mahalakshmi, A.M. (2023). Sleep Architecture Across Female Lifespan. In: Mohamed, E. (eds) Handbook of Neurodegenerative Disorders . Springer, Singapore. https://doi.org/10.1007/978-981-19-3949-5_32-1
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].

<https://www.cambridgescholars.com/product/978-1-5275-7508-0#tabs-4>

Reviewer : Publons, Nursing Open, Wiley, Springer, SICI, Academia.

Recent Research Grants:

Projects Completed (as PI) – 03 (Three) ; Ongoing (as P.I)-- 01 (One)

Other Grants

DST FIST Equipment Grant (BCA) &
Equipment Grant (UoH) to develop Active and Healthy Ageing Research (AHA) lab at SoMS-
for Healthy Ageing Research. contact@manchanavl-ageinglabuoh.co.in
International Travel Grant-UPE2

Teaching Experience at Higher Education (UG&PG) and Research Experience: Since 2007
Clinical Experience: 10 Years

Research Guidance

PhD External Examiner, PhD Thesis Validation Done - Three
Ph.D. (ongoing):4+1 (ICCR fellowship candidate)
MPH dissertations guided: 74; M.Sc.(Nursing) dissertations guided: 45 ;B.Sc. (N)
dissertations : 65
MPhil External examiner, External examiner for Maharashtra Nursing Council

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 in Infection Prevention and Control- Associate Coordinator- with IFCAI

Workshops/ Seminars organized (2015-2022)

International: 5(Five) National-3(Three)

Invited Talks/Papers Presented (2010-2022)

International: Ten(10) National: Twenty Eight (28).