

Dr. Varalakshmi Manchana

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RESEARCH EXPERTISE / INTEREST: Ageing and Health, Active & Healthy Ageing, Sleep and Pain connections with Mental and Cognitive Health, Ageing-Nutrition and Disability, Fall risk in Ageing, Child Injuries, Moral Resilience in Health professionals, Adolescent wellbeing, Socio Behavioural Interventions for NCDs, Sleep and Pain, Primary care, Women and gender health.

Selected Recent Research Publications:

1. **Varalakshmi Manchana**(2024)Loneliness and social connections: Lived experiences on predictors and coping with loneliness among Indian older adults: A phenomenological study, Journal of Human Behaviour in the Social Environment, DOI: <http://doi.org/10.1080/10911359.2024.2310242>
2. Bojang, K.P., **Manchana, V.** Impact of vegetarianism on cognition and neuropsychological status among urban community-dwelling adults in Telangana, South India: a cross-sectional study. Eur J Nutr (2024). <https://doi.org/10.1007/s00394-024-03328-8>
3. **Manchana V**,Gannavarapu SV. Role of Gender perceptions in shaping gender-based discrimination and gender equality among school-going adolescents, Telangana: A cross-sectional community-based study. J Family Med Prim Care 2024;13:774-9. DOI: http://doi.org/10.4103/jfmpc.jfmpc_1238_23
4. **Varalakshmi Manchana**, D. R. P. T. (2023). Group Reminiscence for Treating Geriatric Depression in Rural Community: A Randomized Controlled Trial. Journal for ReAttach Therapy and Developmental Diversities, 6(9s), 83–92. <https://jrtd.com/index.php/journal/article/view/997>.
5. **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 Promot2023;12:150. 10.4103/jehp.jehp_735_22 https://doi.org/10.4103/jehp.jehp_735_22
6. Bojang KP, **Manchana V.** Nutrition and Healthy Aging: A Review. CurrNutr Rep. 2023 May 16. doi: 10.1007/s13668-023-00473-0. Epub ahead of print. PMID: 37191867.<https://doi.org/10.1007/s13668-023-00473-0>
7. **Manchana V.** Job demands and job resources for job satisfaction and qualityhealth outcomes among nurses during COVID-19:A cross-sectional study in Indian health settings. J Edu Health Promot2022;11:347. https://doi.org/10.4103/jehp.jehp_151_22
8. **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>
9. **VaralakshmiManchana.** Factors Associated with Health Care Utilization and Morbidity Pattern among Adults in Later Life: Community Based Study. Research & Reviews: A Journal of Health Professions. 2019;9(1):6-12.

<https://medicaljournals.stmjournals.in/index.php/RRJoHP/article/view/652>

10. Manchana V, Mahal R.K. Impact of Asthma Educational Intervention on Self-Care Management of Bronchial Asthma among Adult Asthmatics, Open Journal of Nursing, 2014: (4); 743-753.<https://doi.org/10.4236/ojn.2014.411080>.

Reviewer: Elsevier, Frontiers in Nutrition, BMC Public Health, Springer Nature, Discover Health Systems, Taylor and Francis, Dove Medical Press, Sleep and Vigilance, Bentham Science Publishers, Asian Research Journal of Arts and Social Sciences, Academia, CUREUS etc.

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)

Introduced Healthy Ageing Initiative from the School, developed Active and Healthy Ageing Research (AHA) lab at SoMS- for Healthy Ageing Research.

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

Research Guidance: PhD Awarded-1 (One), Ph.D. (ongoing Nursing -1, Public Health-2; (one (ICCR fellowship candidate)

MPH dissertations guided: 80+8 ongoing; M.Sc.(Nursing) dissertations guided: 45 ;B.Sc. (N) dissertations : 65; MPhil External examiner, External examiner for Maharashtra Nursing Council.

Honours/ Fellowships/ Awards/International affiliation

1. International Biomedical 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 (CCSEA)*
2. *NSS Program officer, UoH*
3. Adhoc inspector for Indian Nursing Council (INC)
4. Chairperson, IEC, Eshwaribai college of Nursing, Hyderabad
5. Joint Secretary, Society for Neurochemistry, India (SNCI)

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.