

RESUME

From:

Dr. Varsha S. Huddar

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Objective:

Pursue physical therapy rehabilitation career that challenges the position in a institution that is rapidly expanding and offer a good advancement the best in me.

WORK EXPERIENCE:

- Associate Professor at KAHER Institute of Physiotherapy, November 2017 till date. Belagavi, Karnataka.
- In-charge of Clinical Physiotherapist, Department Biomechanics Physiotherapy, Dr. Prabhakar Kore Hospital and MRC. November 2017 till date. Belagavi, Karnataka
- Worked as a clinical physiotherapist at Lakeview Hospital, Belagavi. Duration: October 2013 –november 2017(4 years).
- Worked as a clinical physiotherapist at Mahanthshetty Hospital, Bailhongal. Duration: January 2011- August 2013.
- Worked as aerobics instructor and fitness in charge at Ramakrishna Hospital. Duration: 3 months. Worked as Physiotherapist at Elbit Hospital, Orthopedic and Trauma Centre, Bangalore. Duration: November 2008 – May 2009.
- Worked as Physiotherapist at Gunsheela Rehabilitation Centre, Basavangudi,

Bangalore. Duration: September 2007- April 2008.

ACADEMIC QUALIFICATIONS:

- Completed NPTEL FDP course with 80% marks
- Completed E-content development course
- Completed complete vaginal rehabilitation course post gynaecological cancer.
- Completed Biostatistics short course.
- Completed Certified Orthopaedic Manual Therapy course.
- Completed Matrix Rhythm Therapy course.
- Completed Indian Academy of Fitness Training course.

EDUCATIONAL QUALIFICATION:

Session	Qualification	Institution	University/Board
2008-10	MPT (Masters of Physiotherapy) in MUSCULOSKELETAL DISORDERS AND SPORTS MEDICINE	Kempegowda Institute of Physiotherapy Bangalore, Karnataka.	Rajiv Gandhi Institute of Health Sciences, Karnataka, India
2002-07	BPT (Bachelors of Physiotherapy)	K.L.E societies, Institute of Physiotherapy, Jawaharlal Nehru Medical College, Belgaum, Karnataka.	Rajiv Gandhi Institute of Health Sciences, Karnataka, India
May- 2002	PUC	GGD Arts & SVS Science Pre University College Bailhongal, Dist: Belgaum	Department of Pre- University Education Karnataka
March- 2000	SSLC	M.K.C.R Girls School Bailhongal Dist- Belgaum	Karnataka Secondary Education Examination Board. Karnataka.

WORK PRESENTED:

- Presented a paper at Pearl Physiocon held at KLE Institute of Physiotherapy. The title of the topic was **Posture as a Determinant of Health: A Narrative Review of Its Multisystem Effects**
- Presented a paper with a title **Effects of land-based versus water-based calisthenics: a 2-D analysis of dynamic knee valgus**, at 62nd IAP National Conference on 15th and 16th -02-2025
- Presented a paper with a title **Core muscle endurance in young adults: insights from students in different educational disciplines** at An International Physiotherapy Conference Karnataka Physiocon, held on 25th and 26th -04-2025
- Presented a paper with a title **Breast cancer Knowledge in nuns of Belagavi city-an observational study**, in 6th Global conference on Physiotherapy, Physical rehabilitation and sports medicine held on **23rd Oct 2020**
- Presented a Paper titled **Comparison Of Immediate And Carry Over Effect Of Maitland And Mulligan L4 L5 Mobilization And Passive Static Stretching On Hamstring And Lumbar Flexibility In Asymptomatic Hamstring Tightness**. at MGM Physiocon-1st International Conference at Aurangabad, September 2019
- Presented a Paper titled **Effectiveness Of Cryokinetics In Comparison With Effectiveness Of Ultrasound Therapy In Treatment Of Acute Supraspinatus Tendinitis.: A Randomised Clinical Trial**” at MEDINSPIRE , an International Multidisciplinary Conference at Navi Mumbai, February 2019.

PROJECTS COMPLETED:

- **DISSERTATION (MPT)**
Effectiveness of cryokinetics in comparison with effectiveness of ultrasound therapy in treatment of acute supraspinatus tendinitis.

- Stress evaluation before and after examination in undergraduate health care professionals- an observational study
- Breast cancer knowledge in nuns of Belagavi city- an observational study.
- A case report on matrix rhythm therapy for treatment of pressure ulcer in cancer patient
- Impact of e-teaching on neck pain and visual fatigue in secondary school teachers of belagavi district
- Pulmonary function tests, fatigue levels and functional capacity in head and neck cancer patients undergoing cancer therapy
- Comparative effect of progressive relaxation technique and Benson's technique on anxiety and fatigue in cancer survivors-an experimental study
- Knowledge and awareness of breast cancer in Muslim population of Belagavi city: A population survey
- Students Opinion on guest lectures series during orientation program – An Overview
- Correlation of Wearing-out Patterns of Shoes and Lower-Limb Alignment among Traffic Police Constables
- Optimizing Movement: Biomechanical Approaches to Rehabilitation
- Effect of Sensor Monitored Upright Sitting on Core Muscle Thickness, Contractibility and Spinal Posture among Asymptomatic University Students: A Study Protocol for RCT
- Posture as a determinant of health: a narrative review of its multisystem effects

CONFERENCES ATTENDED:

- Participated in Pearl Physiocon held at KLE Institute of Physiotherapy, Belagavi, Karnataka
- 62nd IAP National Conference on 15th and 16th -02-2025, Nasik, Maharashtra
- An International Physiotherapy Conference Karnataka Physiocon, held on 25th

and 26th -04-2025, Bangalore, Karnataka

- Participated in 6th Global conference, held online on 23rd October 2020
- Participated in state level cancer awareness outreach programme on 4th February 2020.
- Participated in 11th National Conference on Health Professions Education held on 21st to 23rd November 2019.
- MGM Physiocon, 1st International Conference on 20th & 21st at MGM , Aurangabad, Maharashtra-INDIA.
- TATA Memorial Centre, 2nd International Conference on Cancer Rehabilitation ”Enhancing Access to Cancer Rehabilitation”
- MEDINSPIRE, International Multidisciplinary Conference on 14th, 15th & 16th February 2019, D.Y Patil Institute of Health Sciences , Navi Mumbai, Maharashtra-INDIA.

Actively participated:

- Completed a faculty development score by NPTEL
- Actively participated in reframing course and program outcomes
- Reframing Mini CEX- clinical evaluation and presentation
- Resource person for Research methodology workshop.
- Secured a first place in 100 mts running at Sports meet-HUMBO-2019
- Participated in Oral cancer awareness camp held in Ashok Iron works
- Participated in inter-college debate competition on topic-artificial intelligence in health care-boon or bane.
- Cancer awareness talk in Youth Red Cross at VTU- Belagavi.
- Walkathon for Cancer awareness, organised by Pink Steps.
- Mega Health Check up Camp organised by Swashakti employment Cell for women.

WORKSHOPS ATTENDED:

SL. NO	TOPIC	DATE	VENUE	CREDIT/CONTACT HOURS
1.	Female sex health rehab practitioner	22 nd Jun 2020	WOW IIPRE	3-days
2.	Onco-vaginal rehabilitation	17 th Jun 2020	WOW IIPRE	3-days
3	How to write a review article	11 th Jul 2020	Dr. M.G.R Education and Research Institute, Chennai	1-day
4	Advanced Excel	20 th Jul 2020	KLE Institute of Physiotherapy	4-days
5	Google products	22 nd Jul 2020	Kaizen futuretech	1-day
6	E-Content development	22 nd Jul 2020	KAHER Institute of Physiotherapy	1-day
7	Competency Based Dental Education	6 th Mar 2020	UDEHP	1-day
8	Enhancing knowledge and skills NSS programme officers to educate community on prevention and control of common cancers	4 th Feb 2020	Yenepoya University and KLE academy of Higher Education and research	1-day
9	Integrity and ethics in clinical research and publication	8-11-2019	KLE's VK Institute of Dental Sciences	8-hours
10	Medical documentation and ethical issues	14-11-2019	KLE's Ayurveda college	8-hours
11	Accreditation in education	22-11-2019	JNMC-Belagavi	4-hours
12	Workshop on study designs and statistical methods using Excel/SPSS	16th to 20th sep-2019	KLE- University	40 hours
13	Attainment of student learning outcome	29--8-19	KLE College of Pharmacy	8-hours
14	Out come based education	08-04-2019	KAHER Institute of Physiotherapy	8-hours

15	Hospital etiquette and communication	23-03-2019	KAHER BMK College	8-hours
16	Creative teaching methods	30-11-2018	JNMC- Belagavi	8-hours
17	CME on Knee	25-11-2018	Belgaum Physiotherapist associatrion	8-hours
18	Ethical issues in research involving humans	30-04-2018	JN-Medical College, Belagavi	8-hours
19	Recent advances in pharmacology	10-03-2018	KLE College of Pharmacy	8-hours
20	Technology trends for future learning	05-03-2018	KAHER Institute of Physiotherapy	8-hours
21	Certificate course in COMT	30-01 to 06-02 - 2018	KAHER Institute of Physiotherapy	64-hours
22	Principles and practice of pharmacogenomics	29 and 30-12-2017	KLE College of Pharmacy	16-hours
23	Workshop on Matrix Rhythm therapy	21&22-12-2017	KAHER Institute of Physiotherapy	16-hours
24	Ethical guidelines in bio-medical research	24&25-11-2017	KLE College of Pharmacy	16-hours
25	Clinical Pilates Module-1(back care)	17&18-11-2017	KAHER Institute of Physiotherapy	16-hours
26	Indian academy of fitness training	Aug 15 th to 30 th 2014	IAFT Mangalore	120-hours
27	Foot Orthosis and their role in addressing conditions arising from excess Foot Pronation	Nov 25 th , 2009	Hotel Atria, Bangalore Karnataka	8-hours
28	Evidenced Based Physiotherapy Practice	Feb26 th , 2009	Kempegowda Institute of Physiotherapy Bangalore, Karnataka	8-hours
29	Research Methodology and Biostatistics	July 27 th , 2008	Sri Dharmasthala Manjunatheshwara college of physiotherapy, Dharwad Karnataka.	.08

30	Electromyography	Nov 29 th & 30 th 2008	Kasturba Medical College, Department Of Physiotherapy, Mangalore Karnataka	16
31	Spasticity and Neurorehabilitation	June 25 th , 2008	The Oxford College Of Physiotherapy, Bangalore, Karnataka	.
32	McKenzie Manipulation	Aug 18 th & 19 th 2007	K.L.E. Society', College Of Physiotherapy	12

PROFESSIONAL MEMBERSHIP

- Life Membership of the “**INDIAN ASSOCIATION OF PHYSIOTHERAPIST (IAP)**”
(register no-36696)

RESPONSIBILITIES

- Incharge of NAAC- Criteria-7
- Incharge of E-content development committee
- Member of University IPR cell
- Member of curriculum committee
- Member, Institutional Research & Ethics Committee, KLE Institute of Physiotherapy from August 2018-till date.
- In-charge Physiotherapy set-up in Sambra wellness center- looking at smooth functioning and student teaching and learning
- Member, Institution Extramural Committee, KLE Institute of Physiotherapy from January 2020- till date
- Actively participating in organizing a International conference, organized by KAHER Institute of Physiotherapy

- Member in charge, of PNP girls hostel for physiotherapy students from August 2017- July 2018.
- Applying evidence based practice and designing individualised rehabilitation protocols in clinical setting.
- To help in motivating and promoting optimal functions in patients.
- To expand new horizons in clinical research and up gradation of skills.

Personal traits

- Effective and efficient management of challenging situations.
- Good communication, written and analytical skills.
- Trustworthy, discrete and ethical.
- Resourceful in completion of duty.
- Strong team player, quick learner and consistent.
- Willingness and ability to learn new things

PERSONAL PROFILE:

Name : VARSHA S. HUDDAR

Date of Birth : 12th March 1984

Gender : Female

Languages known : English, Kannada, Marathi and Hindi

Martial status : Married

Permanent address
Dr. Varsha S. Huddar
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REFERENCES:-

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KLEU Institute of Physiotherapy, Belagavi
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Dr. Raju V. Badli (B.A.M.S)
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Bazar Road, Bailhongal, Dist: Belgaum, Karnataka
Contact no- 9880735360

DECLARATION:

I here by declare that the above mentioned details by me are true and correct to the best of my knowledge.

Thanking You,

Date;

Place: Belagavi

Yours Faithfully

Dr. Varsha S. Huddar

