RESUME

Dr. Varsha S. Huddar

H.No: 130/A Netaji Galli Kangrali B.K Dist: Belgaum Karnataka - 590010

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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:

- Assistant Professor, KAHER Institute of Physiotherapy, November 2017 till date.
 Belagavi, Karnataka.
- Clinical Physiotherapist, Department of 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 virginal 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	55.33%
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	64.65%
May- 2002	PUC	GGD Arts & SVS Science Pre University College Bailhongal, Dist: Belgaum	Department of Pre- University Education Karnataka	58.33%
March- 2000	SSLC	M.K.C.R Girls School Bailhongal Dist- Belgaum	Karnataka Secondary Education Examination Board. Karnataka.	69.92%

WORK PRESENTED:

- Presented a paper with a title Breast cancer Knowledge in nuns of Belagavi cityan 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-on going

CONFERENCES ATTENDED:

- 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 course 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	ТОРІС	DATE	VENUE	CREDIT/CON TACT HOURS
1	Explore the untapped within you	16-03-2021	KLE Institute of Physiotherapy	1- Day
1	Orientation to program evaluation	16-06-2020	KAHER, Belagavi	1- Day
1.	Female sex health rehab practitioner	22 nd Jun 2020	WOW IIPRE	2- 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 Ayurweda 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	16 th to 20 th sep- 2019	KLE- University	40 hours
13	Attainment of student learning outcome	298-19	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 27th, 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 0f 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

- First Year BPT Coordinator from August 2020
- Member, Institutional Research & Ethics Committee, KLE Institute of Physiotherapy from August 2018-till date.
- In-charge, Institution cell for Gender equality and women's sexual harassment Committee, KLE Institute of Physiotherapy from January 2018- till date
- In-charge Physiotherapy set-up in Belagavi Cancer Hospital- looking at smooth functioning and student teaching and learning
- In-charge for NAAC- Criteria 4- documentation and organizing the data required for criteria 4
- Member Institutional cultural committee.
- Member of Institutional Curriculum committee-reframed Mini CEX.
- Actively participating in organizing a International conference, organized by KAHER Institute of Physiotherapy
- Member in charge, of PNP girl's hostel for physiotherapy students from August 2017- July 2018.

- Effectively assessing, clinically diagnosing and implementing treatment plans in oncology conditions.
- 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:-

Dr. Sanjiv Kumar Principal KLEU Institute of Physiotherapy, Belagavi Email id: sanjiv3303@rediffmail.com

Dr. Renu Pattanshetty Head of Department -Oncology Physiotherapy KLEU Institute of Physiotherapy, Belagavi Email id: renu kori@rediffmail.com

Dr. Raju V. Badli (B.A.M.S)
BADLI HOSPITAL & PANCHAKARMA CENTRE
Bazar Road, Bailhongal, Dist: Belgaum, Karnataka
Contact no- **9880735360**

DECLERATION:

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