

RESUME

From:

Dr. Varsha S. Huddar

H.No: 130/A

Netaji Galli

Kangrali B.K

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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:

- **Lecturer, KAHER Institute of Physiotherapy, November 2017 till date. Belagavi, Karnataka.**
- **Clinical Physiotherapist, Department of Oncology 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 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 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**

CONFERENCES ATTENDED:

- 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:

- 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	Workshop on study designs and statistical methods using Excel/SPSS	16 th to 20 th sep-2019	KLE- University	40 hours
2	Attainment of student learning outcome	29--8-19	KLE College of Pharmacy	8-hours
3	Out come based education	08-04-2019	KAHER Institute of Physiotherapy	8-hours
4	Hospital etiquette and communication	23-03-2019	KAHER BMK College	8-hours
5	Creative teaching methods	30-11-2018	JNMC- Belagavi	8-hours
6	CME on Knee	25-11-2018	Belgaum Physiotherapist associatrion	8-hours
7	Ethical issues in research involving humans	30-04-2018	JN-Medical College, Belagavi	8-hours
8	Recent advances in pharmacology	10-03-2018	KLE College of Pharmacy	8-hours
9	Technology trends for future learning	05-03-2018	KAHER Institute of Physiotherapy	8-hours
10	Certificate course in COMT	30-01 to 06-02 - 2018	KAHER Institute of Physiotherapy	64-hours
11	Principles and practice of pharmacogenomics	29 and 30-12-2017	KLE College of Pharmacy	16-hours
12	Workshop on Matrix Rhythm therapy	21&22-12-2017	KAHER Institute of Physiotherapy	16-hours
13	Ethical guidelines in bio-medical research	24&25-11-2017	KLE College of Pharmacy	16-hours
14	Clinical Pilates Module-1(back care)	17&18-11-2017	KAHER Institute of Physiotherapy	16-hours
15	Foot Orthosis and their role in addressing conditions arising from excess Foot Pronation	Nov 25 th , 2009	Hotel Atria, Bangalore Karnataka	

16	Evidenced Based Physiotherapy Practice	Feb26 th , 2009	Kempegowda Institute of Physiotherapy Bangalore, Karnataka	
17	Research Methodology and Biostatistics	July 27 th , 2008	Sri Dharmasthala Manjunatheshwara college of physiotherapy, Dharwad Karnataka.	.08
18	Electromyography	Nov 29 th & 30 th 2008	Kasturba Medical College, Department Of Physiotherapy, Mangalore Karnataka	16
19	Spasticity and Neurorehabilitation	June 25 th , 2008	The Oxford College Of Physiotherapy, Bangalore, Karnataka	.
20	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

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

Marital status : Married

Permanent address Dr. Varsha S. Huddar

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REFERENCES:-

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