

CURRICULUM VITAE

OF

DR. ANAND VARMA

(updated March 2013)

Personal Details

Name : DR. ANAND VARMA.

Date of Birth : 17th July, 1978.

Nationality : Indian.

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Educational Qualifications

- **MBBS (Bachelor of Medicine & Bachelor of Surgery), 1996 to 2002**
 - **Institute:** J. N Medical College, Belgaum, Karnataka (recognized by the Medical Council of India). This includes one year of compulsory rotatory internship.
 - **University:** Rajiv Gandhi University of Health Sciences (RGUHS), Bangalore, Karnataka.

- **DNB (Physical Medicine & Rehabilitation - PMR), 2004 to 2007**
 - **Institute :** All India Institute of Physical Medicine & Rehabilitation (AIIPMR), Mumbai
 - **Board:** National Board of Examinations, Ministry of Health & Family Welfare, Govt. of India, New Delhi.

Professional Registrations

- **Medical Council of Karnataka :** Reg. No. 63629 (Permanent).

- **Indian Medical Register Certificate (Medical Council of India):** No. MCI-IMR/07/213.

Awards, Honors & Fellowships

- **PGCR (Post Graduate Certificate Course in Rehabilitation):** Completed in September- 2005, from All India Institute Of Physical Medicine & Rehabilitation (AIIPMR), Mumbai.

- **Fellowship in Cardiac Rehabilitation (FCR):** Completed in December - 2006, conducted by Medvarsity & Apollo Hospitals, India.

- **Award for Outstanding Performance in DNB-PMR Examination held in June 2008** presented by Late. Dr. M.V Sant Memorial Committee, All India Institute of Physical Medicine & Rehabilitation (AIIPMR), Mumbai.

- **Award in Appreciation of Dissertation entitled “Study of Effectiveness of Tendon Transfers in Upper Extremity in the Management Spastic Hemiplegia”**, submitted to National Board of Examinations (NBE), New Delhi, presented by Society for Promotion of Medical Research, All India Institute of Physical Medicine & Rehabilitation (AIIPMR), Mumbai.

Research

Completed & submitted my dissertation **“A Study of Effectiveness of Tendon Transfers in Upper Extremity in the Management of Spastic Hemiplegia”** to National Board of Examinations, New Delhi, in partial fulfillment of regulations for the award of Diplomate of National Board (DNB) in Physical Medicine & Rehabilitation (PMR).

Affiliations

- Indian Association of Physical Medicine & Rehabilitation (IAPMR)

- Indian Medical Association (IMA) – Karnataka State-Hubli Branch

- Spinal Cord Society (Indian Chapter)

- Indian Society for the Study of Pain (ISSP)

- Indian Society for Bone & Mineral Research (ISBMR)

- Indian Academy of Cerebral Palsy (IACP)

- National Academy of Medical Sciences (India) – MNAMS

- Mumbai Association of Physical Medicine & Rehabilitation (MAPMR)

Current Position

- Working as **Assistant Professor in the Dept. of PMR at Karnataka Institute of Medical Sciences (KIMS), Hubli** since August 2012 till date.
- Practicing as **Consultant Psychiatrist, at Anand Pain Relief & Rehabilitation Institute, Hubli.**

Previous Appointments (in reverse order)

- **Assistant Professor in Dept. of PMR** at SDM College of Medical Sciences & Hospital, Dharwad from October 2010 to August 2012.
- **Senior Resident** in Dept. of Psychiatric & Neurological Rehabilitation (Neurological Division) at National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore, from February 2010 to August 2010.
- **Senior Resident** at All India Institute of Physical Medicine & Rehabilitation (AIIPMR), Mumbai, from April 2008 to February 2010.
- **DNB trainee** at All India Institute of Physical Medicine & Rehabilitation (AIIPMR), Mumbai, from February 2004 to April 2008.

Clinical Skills & Work Experience

While working as a DNB trainee & Senior Resident at All India Institute of Physical Medicine & Rehabilitation (AIIPMR) & then National Institute of Mental Health & Neurosciences (NIMHANS), have worked both in out patient department & in patient wards & I have been actively involved in

➤ **Rehabilitation of patients with**

- Spinal cord injury.
- Stroke.
- Cerebral palsy.
- Traumatic Brain Injury.
- Post Polio Residual Paralysis (PPRP).
- Spinal Dysraphism.
- Various congenital disorders like club foot (CTEV).
- Osteogenesis Imperfecta.
- Muscular dystrophies.
- Diabetic foot & peripheral neuropathy.
- Rheumatological diseases.
- Low back pain.
- Neck pain.
- Amputations (both upper & lower limbs), included the prosthetic management.
- Chronic pain syndromes.
- Osteoporosis.
- Myelopathies (compressive & non-compressive).
- Pressure Sores.
- Neurogenic Bladder & Bowel.

➤ **Surgical Interventions :**

- Various soft tissue releases for correction of various deformities.
- Tendon transfers.
- Fractional lengthening of muscles & tenotomies to reduce spasticity (C.P Surgeries).
- Use of Injection Botulinium toxin (Botox) & Phenol nerve blocks in the management of spasticity & dystonia.
- Use of Intra-thecal baclofen pump for management of spasticity.

- **Specialty Clinics** : While working as a Senior Resident In AIIPMR, Mumbai & NIMHANS, Bangalore, was actively involved in the following specialty clinics which were held on a weekly/fortnightly basis,
- Cerebral Palsy Clinics.
 - Prosthetic & Orthotic Clinics
 - Muscular Dystrophy Clinics.
 - Disability Evaluation Clinics (for issuing disability certificates)

Workshops Attended

- Workshop on Ultrasound Evaluation of Urinary Bladder held at Dept. of PMR, AIIMS, New Delhi in September 2005.
- Pre-conference Workshop on Spasticity Management held at AIIPMR, Mumbai in January 2006.
- Pre-conference Workshop on Rehabilitation of Spinal Injury Patient held at Arihant Hospital & Research Centre, Indore in February 2007.
- Ponseti Training Course 2008, held at AIIPMR, Mumbai in March 2008.
- Hands on Workshop in Physiatry, held at Rehabilitation Dept., Ambattur Rotary Hospital, Chennai in October 2008.
- Hands on Cadaver Workshop – Advanced, held at J.J Hospital, Mumbai in November 2009 as a part of Global Update on Pain (IV).
- Gait Course 2010 “Newer Horizons in the Management of Cerebral Palsy-3D Instrumental Gait Analysis & Botulinum Toxin” held at Kokilaben Dhirubhai Ambani Hospital, Mumbai in January 2010.
- NeuP SIG Pain Education School, conducted by the Special Interest Group on Neuropathic Pain of the International Association for the Study of Pain (IASP), held at B’lore in February 2012.
- Workshop on Comprehensive Management of Spinal Cord Injuries, held at Indian Spinal Injuries Centre, New Delhi in April 2012.
- Pre-conference Workshop on Stroke & Rehabilitation held at NIMHANS, Bangalore in January 2013.

Conferences Attended

- IAPMR Mid-Term CME & 6th Annual Conference of Delhi Association of Rehabilitation Medicine (DARM), held at Safdarjang hospital & VMMC, New Delhi in September 2005.
- 34th Annual Conference of Indian Association of Physical Medicine & Rehabilitation (IAPMR), held at J. W Marriott Hotel, Mumbai in January 2006.
- Global Update on Pain (III) held at Bombay Hospital Institute of Medical Sciences in November 2006.
- International Spine & Spinal Injuries Conference held at Indore, in February 2007.
- IAPMR Mid-Term CME held at Medical College, Thiruvananthapuram in September 2007.
- 36th Annual Conference of Indian Association of Physical Medicine & Rehabilitation (IAPMR), held at Sweekar Academy of Rehabilitation Sciences, Secunderabad in January 2008.
- Seminar on “Restoration of Sensory Motor Function in Cerebral & Spinal Disabilities in Indian Environment” held in Chennai in October 2008.
- XXIV Annual National Conference of ISSP – ISSPCON 2009, held at Hyderabad in February 2009.
- Global Update on Pain (IV) held at Bombay Hospital Institute of Medical Sciences in November 2009.
- International Congress on Neurology & Rehabilitation (ICNR) Conference held at Goa in April 2010.
- IAPMR Mid-Term CME held at All India Institute of Physical Medicine & Rehabilitation (AIIPMR), Mumbai in August 2010.
- International Conference on Interventional Pain Management (ICIPM), held at Chettinad Health City, Chennai in September 2011.
- 1st Annual Conference of Mumbai Association of Physical Medicine & Rehabilitation, held at AIIPMR, Mumbai in November 2011.

- 27th National Conference of the ISSP & CME on Neuropathic Pain, held at Dayanand Sagar Institute, B'lore in February 2012.
- IAPMR Mid-Term CME held at Kamineni Hospitals, Hyderabad in September 2012.
- 41st Annual Conference of Indian Association of Physical Medicine & Rehabilitation (IAPMR), held at NIMHANS Convention Centre, Bangalore in February 2013.

Lectures Presented At Conferences & Other Scientific Programs

- Lecture on **“A clinical study of effectiveness of Supracondylar Osteotomy of Femur in genu valgum due to Rickets”** at 34th Annual Conference of IAPMR held in Mumbai in January 2006.
- Lecture on **“Introduction to PMR”** at SDM College of Medical Sciences & Hospital, Dharwad on 8 January 2011.
- Lecture on **“Introduction & Overview of Cerebral Palsy”** at IMA House, Hubli, organized by Govindram Varma Charitable Trust in collaboration with IMA Hubli Branch & Local Orthopedic & Pediatric Associations on 30 January 2011.
- Lecture on **“Role of Orthoses in the Management Of Diabetic Foot”** at IMA hall Irkal, organized by IMA Irkal Branch on 4 February 2011.
- Lecture on **“Physical Medicine & Rehabilitation – Introduction, History & Clinical Perspectives”** at IMA hall, Ugar-Khurd, organized by IMA Ugar-Khurd Branch on 22 May 2011.
- Lecture on **“Neurogenic Bladder – Current Concepts & Management Strategies”** at SDM College of Medical Sciences & Hospital, Dharwad on 6 August 2011.
- Lecture on **“Recent Advances in Neurogenic Bladder Management”** at 1st Annual Conference of Mumbai association of Physical Medicine & Rehabilitation, on 27 November 2011, held at AIIPMR, Mumbai.

- Lecture on **“Successful Management of Painful Peripheral Diabetic Neuropathy Through Current Treatment Guidelines”** at SDM College of Medical Sciences & Hospital, Dharwad on 23 June 2012.
- Lecture on **“Cerebral Palsy – Recent Trends In Management”** at IMA hall, Gadag, organized by IMA Gadag Branch on 21 July 2012.
- Lecture on **“Central Post Stroke Pain – Decoding the Diagnostic Dilemma”** at 2nd Annual Conference of Mumbai association of Physical Medicine & Rehabilitation, on 1 December 2012, held at AIIPMR, Mumbai.
- Guest Lecture on **“Successful Management of Painful Peripheral Diabetic Neuropathy Through Current Guidelines”** at 41st Annual Conference of IAPMR held in NIMHANS, Bangalore in February 2013.

Positions Held Within Various Associations

1. **Managing Committee member (2012-2013)** – Indian Medical Association (IMA), Hubli Branch.
2. **Executive Committee Member (2013–2015)** – Indian Association of Physical medicine & Rehabilitation (IAPMR)

Areas of Special Interest

Pain Management, Management of Cerebral Palsy & Neuro-rehabilitation.