

BIO-DATA (Updated March 2013)

Name : DR. VINAY VARMA

Date of Birth : 25th January, 1950

Present Address : Dr. Vinay Varma,
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Educational Qualifications

- ***MBBS (Bachelor of Medicine & Bachelor of Surgery), 1974,***
 - Karnataka Medical College, Hubli.

- ***Diploma in Acupuncture, 1980***
 - Conducted by the International College of Acupuncture, Switzerland in India, for the first time, at Raipur

- ***M.D. (TM) By Medicina Alternativa, 1983***
 - Colombo (Sri Lanka)

Professional Registrations

- **Medical Council of Karnataka (KMC): Reg. No. 12812 (permanent)**

Awards, Honors & Fellowships

- **PGCR (Post Graduate Certificate Course in Rehabilitation)** from All India Institute of Physical Medicine & Rehabilitation (AIIPMR), Mumbai.
- **Ph.D. (Medicina Alternativa, Sri Lanka), 1985** for original work in splints
- **Membership of Acupuncture Foundation of Sri Lanka** (by Examination).
- **Advanced training in non-surgical management of BACK CARE at Tata Memorial Hospital, Mumbai**, organized by India's First Back School – Ashwini Back Institute, Thane, Mumbai.
- **Family Planning Counselor Course** by **IMA** (A.K.N Sinha Institute), New Delhi.
- **Post Graduate Course in HIV / AIDS & STDs Management by IMA** (A.K.N Sinha Institute), New Delhi.

Presentations

- Paper Presentation – ‘Acupuncture in Sinusitis’, 1st National Congress of Acupuncture, Raipur 1979.
- Participated in the First Third World Congress of Acupuncture held at Colombo 1979.

- Paper Presentation – ‘Acupuncture Treatment Of Osteo-Arthritis Of Knee Joint’ at the II National Congress of Acupuncture, Belgaum 1980.
- Participated in VII World Congress of Acupuncture, Colombo 1981.
- Paper Presentation – ‘Comparative Clinical Observations on The Treatment of Post Polio Paralysis’, World Congress of Holistic Medicine, Colombo Oct 1983.
- Demonstrated "Vinay Varma's Functional Knee Splint" & Electrical Sharpening Of Acupuncture Needles" at the World Congress of Holistic Medicine, Colombo, October 1983.
- Demonstrated "Vinay Varma's Functional Knee Splint" at the 2nd Karnataka State Pediatric Conference, Held at Gulbarga (Feb 1984).
- Demonstrated "Vinay Varma's Functional Knee Splint", Night splints and simplified version of pressure splints at the All India Institute of Physical Medicine & Rehabilitation, Bombay & gave series of lectures on Acupuncture (with demonstration of treatment techniques) at the same Institute in November 1984.
- Paper Presentation – ‘Simple Splints Modified & used at Anand Polio & Pain Relief Centre’, XV National Conference of Indian Association Of Physical Medicine & Rehabilitation, Madras, January 1987.
- Paper Presentation – ‘Simple Splints’, XI Karnataka State Pediatric Conference 1992, Karnataka Medical College, Hubli.
- Paper Presentation – ‘Standing Aid’, XXI Annual Conference Of I.A.P.M.R., Bombay 1993.
- Paper Presentation - ‘Role of Acupuncture in Rehabilitation Medicine’, XXIV Annual National Conference of Indian Association of Physical Medicine & Rehabilitation, at Hyderabad, January 1996.
- Paper Presentation – ‘Scoring System - Clinical Assessment for Developmental Disabilities’, XVth Karnataka State Pediatrics Conference, K.I.M.S. Hubli, December 1996.
- Participated in the Xth NATIONAL SEMINAR on ‘Mental Retardation & Developmental Disabilities’, from 31st Jan - 2nd Feb'1997 at Nagpur, organised by Indian Academy Of Pediatrics & Sweekar In Joint Collaboration with NIMH, WHO, UNICEF & Ministry of Health & Welfare.

- Paper Presentation – ‘Acupuncture Treatment of 100 Cases of Low Back’ at XXVII Annual Conference of Indian Association of Physical Medicine & Rehabilitation, Pune, January 1999.
- Paper Presentation – ‘Acupuncture Treatment of 100 Cases of Low Back’, VIII Annual Conference of Acupuncture Association of India held at Calcutta, February 1999.
- Arranged a Live Demonstration on Computerization Of Medical Records at VIII Annual Conference Of Acupuncture Association Of India Held at Calcutta, February 1999.
- Paper Presentation – ‘Pressure Splints in the Management of Spastic Hemiplegic Arm – A Clinical Study’, International Conference of Indian Association of Physical Medicine & Rehabilitation, AIIMS, New Delhi, January 2000.
- Delivered more than 150 Lectures on Acupuncture at most of I.M.A Branches & Social Clubs in Karnataka & Maharashtra to create awareness of Acupuncture treatment.
- Paper Presentation – ‘Acupuncture & Low Back Pain at ACUCON 2000’, IX National Conference of Acupuncture Association of India held on 16th & 17th Dec’ 2000 at Karnataka Institute of Medical Sciences, Hubli
- Paper Presentation – ‘Acupuncture in Surgery Advised Back Pain’ at AAICON 2002 - X Annual Conference Of Acupuncture Association of India, Kolkata, December 2002.
- Paper Presentation – ‘Acupuncture In Surgery Advised Back Pain’, XXXII Annual Conference Of Indian Association Of Physical Medicine & Rehabilitation (IAPMRCON 04) Calicut, February 2004.
- Study Tour: Revisited Colombo South Teaching Hospital, September 2004.
- Pointed as National Faculty Member, Zonal coordinator and gave lecture on ‘Add Life to Years with Acupuncture’ as a guest speaker, XXXIII Annual National Conference of Indian Association of Physical Medicine and Rehabilitation (IAPMRCON2005), NIMHANS, Bangalore, 27th –31st January 2005.
- Invited by Indian Society for Study of Pain (ISSP) Miraj Sangli on 24th April’05 as a inaugural guest speaker and gave lecture on ‘Acupuncture in Low back pain’.

- Guest speaker at “CME Vision 2005” organized jointly by R. K. Foundation, IMA AMS, Dharwad & IMA Dharwad branch and gave lecture on ‘Role of Acupuncture in Cerebral Palsy’ on 05th June 2005.
- Guest speaker at “Yonac 2005” at Dharmasthal organized by S D M College of Naturopathy & Yogic Science Ujire, multimedia presentation on ‘Acupuncture in Surgery advised low back pain’, 10th November 2005
- Paper Presentation – ‘Acupuncture in Knee Osteoarthritis’, XXXIVTH Annual Conference of Indian Association of Physical Medicine & Rehabilitation (IAPMRCON 06), Mumbai – January 2006
- Guest of honour at CME on Patho-Physiology of Pain at Kasturba Medical College, Mangalore on 27th May 2006. Gave an Audio-visual presentation on Acupuncture & Pain Relief.
- Invited as Guest faculty at 12th National Conference of A.A.I held at Rourkela, Orissa on 16th & 17th December 2006, spoke on “How to be a popular & successful Acupuncture specialist” and presented two interesting cases as Evidenced Based Medicine on multi-media.
- Guest speaker at AAI ACUVISION 2007 (3RD National Symposium on Acupuncture) held at Hubli, Novemeber 2007 and presented audio-visuals on
 - ‘Acupuncture Re-defined’
 - Practice Acupuncture with Pride
 - Practice Acupuncture Scientifically
 - NEW CONCEPT: Clinical application of High Resolution Sonography in Musculo-Skeletal Disorders in Acupuncture practice.
- Presented clinical work on ‘Evidenced Based Medical Acupuncture in Back Pain’ as Guest faculty at 39th Annual Conference ‘IAPMRCON 2011’, New Delhi on 4th & 6th February 2011.
- Invited to present the above topic on the same day, at the clinical meeting held at Sir Gangaram Hospital, New Delhi.
- Paper Presentation - ‘Evidence Based Medical Acupuncture In Back Pain’ at International Council of Medical Acupuncture and Related Techniques (ICMART) Congress 2011 on 13, 14 and 15 May in **The Hague, Netherlands**. The only Indian to have presented a paper at this conference.

- Guest speaker for Special lecture on ‘Medical Acupuncture Overview’ at the Dr. B. K. Basu Birth Centenary Symposium, Kolkata, 11th Dec 2011.
- Invited as Guest Faculty to deliver a talk on **“Role of High Resolution Ultrasonography (HRUSG) in Medical Acupuncture”** at the 41st Annual Conference of Indian Association of Physical Medicine & Rehabilitation (IAPMR), NIMHANS, Bengaluru on 3rd February 2013.
- Paper accepted on “Musculoskeletal High Resolution Ultrasound In Acupuncture Practice” for The 2013 SAR conference, University of Michigan Ann Arbor, Michigan, USA April 2013

Academic Activities

- Appointed as Examiner in acupuncture for the very first batch by Mangalore University for year 1995 & then regular examiner by Rajiv Gandhi University of Health Sciences, Bangalore.
- Invited to teach Acupuncture & conduct workshop, for B N Y S degree students at S D M College, Ujire annually.
- University examiner in Acupuncture for Rajeev Gandhi University of Health Sciences (RGUHS), Karnataka for B N Y S degree students.
- Visiting teaching faculty on acupuncture for Rajeev Gandhi University of Health Sciences (RGUHS), Karnataka for B N Y S degree students.
- Anand Pain relief & Rehabilitation Institute has been recognized as a centre for PG Diploma program in Acupuncture (PGDACP) conducted by Indira Gandhi National Open University (IGNOU), New Delhi.
- Henry Ford Health System, USA selected Anand Pain relief & Rehabilitation Institute as the only centre in India for collaborative study on 'Acupuncture in chronic Arthropathy in Hemophilia' which was later published in Hemophilia Journal 2012.

Clinical Research

- Designed "Vinay Varma's Functional Knee Splint" & Modification of night splints, Pressure Splint and electrical sharpening of Acupuncture needles.
- Designed "Standing Aid" for children
- Designed computer proformas on "Scoring System – Assessment For Developmental Disabilities"
- Designed computer formats for "In depth clinical examination" for various diseases.
- Current Clinical Study I : Effect of Acupuncture on Spinal Disc Protrusion in clinically correlated cases by pre & post treatment Magnetic Resonance Imaging (MRI)
- Current Clinical Study II: Effect of Acupuncture on Knee Osteoarthritis – by pre & post treatment High Resolution Ultrasonography (HRUSG)

Publications

- Varma V. Simple Splints. The Journal of Rehabilitation In Asia; April 1988.
- A. Lambing, B. Kohn-Converse, S. Hanagavadi, V. Varma. Use of acupuncture in the management of chronic haemophilia pain (ORIGINAL ARTICLE). Haemophilia 2012; 1–5.

Affiliations

- Indian Medical Association (IMA)
- General Practitioners' Association
- Indian Association of Physical Medicine & Rehabilitation (IAPMR)
- Acupuncture Foundation of India
- Acupuncture Association of India
- International Acupuncture Society, HongKong (Hon)
- Indian Academy of Pediatrics - K.S.B
- Indian Family of Cerebral Palsy
- Indian Red Cross Society

- Hubli Education Society

Present Status

- **Managing a unique 20 Bedded Hospital** having Physiotherapy, Orthotic & Acupuncture Departments under one roof. It is also probably the only distinctive hospital in Karnataka having inpatient facilities exclusively for Acupuncture.
- **Managing Trustee** – Govindram Varma Charitable Trust that runs free OPDs every Tuesday for poor & needy patients and free treatments daily to deserving patients.
- **Founder President** : Acupuncture Association of India, Hubli Branch
- **Vice - President** : Acupuncture Association of India (National level).
- **Programme In charge:** Indira Gandhi National Open University Study centre (IGNOU), New Delhi for PG Diploma programme in Acupuncture (PGDACP).