

Resume



Dr. Kalyana Chakravarthy. B, M.P.T., Ph.D

D.Ac, MIAP, FAGE.

Visting Academic

Physiotherapy

College of Health Sciences

University of Sharjah

United Arab Emirates

Speciality : Cardiopulmonary Physical therapy: Intensive care physiotherapy, Cardiac & Pulmonary rehabilitation, fitness & health promotion

Certified Internal auditor, involved in Risk Management system and Accreditation process of Higher education institution and allied health services in Hospital

Objective:

1. To efficiently evaluate and treat the patients requiring Physical Therapy treatment and spread the same knowledge to the student community.
2. To coordinate the Quality management activities of the institution, assist in providing the statistics and lead the team of Quality representatives in accreditation process

Work Experience:

No.	Position	Department	College/ Organization	University	Time Period
1	Lecturer	Department of Physiotherapy	Oxford college of physiotherapy	Rajiv Gandhi University of Health Sciences, Bangalore	01/08/2004 - 31/01/2006
2	Lecturer	Department of Physiotherapy	School of Allied Health Sciences	Manipal University	01/02/2006 - 31/08/2007
3	Assistant Professor	Department of Physiotherapy	School of Allied Health Sciences	Manipal University	01/09/2007- 07/02/2010
4	Associate Professor	Department of Physiotherapy	School of Allied Health Sciences	Manipal University	08/02/2010 - 15 th August 2017
	Integrated Management System Internal auditor		School of Allied Health Sciences	Manipal University	April 2007
	Incharge clinical supervisor and Physiotherapist	Acute general medicine, Pulmonary	Kasturba Hospital, Manipal (NABH accredited)		February 2006

		medicine and surgical wards			
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- Teaching experience of 2 years in taking classes for undergraduate students during Master of Physical Therapy program also.
- Ph.D thesis title – Effect of aerobic exercise training on Epicardial adipose tissue thickness in overweight and obese individuals: A randomized controlled trial. (Completed on 05/09/2015, Manipal University)

Professional Qualifications:

Course	Name of the institution	University	Year of passing/Registration
Bachelor of Physical Therapy	Manipal College of Allied Health Sciences, Manipal.	Manipal University, Manipal, India.	August 2001
Master of Physical Therapy in Cardiopulmonary Sciences –Sub specialty Fitness and health promotion	Manipal College of Allied Health Sciences, Manipal.	Manipal University, Manipal, India.	July 2004
Doctor of Philosophy (Ph.D. In Physical Therapy Field)	School of Allied Health Sciences, Manipal.	Manipal University, Manipal, India.	September 2015

Additional Qualifications:

Course	Name of the institution/ Certifying Authority	Year
Diploma In Acupuncture	Indian Acupuncture Training Center, Nagpur, India	2005
Basic Life Support Provider	American Heart Association, USA	2009-11
Advanced Cardiac life support provider	American Heart Association, USA	2009-11
Certificate course in biostatistics, epidemiology and research methodology	Manipal University, Manipal, India	2010
Certificate in Fundamentals of critical care medicine	Society of critical care medicine, USA	2013
Certified auditor of International organization of standardization (ISO 9001, 14001)	TUV Rheinland, India	2007
Quality Management Representative and Nodal officer: trained for updated and revised standards: 2015 , Trained in Risk Management system		2014

Clinical experience:

15 years of experience as Physiotherapist in acute medical and surgical wards, intensive care units, out patient cardiopulmonary rehabilitation programs and Human performance laboratory

Papers published

1. Bhat, A., K. Chakravarthy, and B.K. Rao, Chest physiotherapy techniques in neurological intensive care units of India: A survey. *Indian J Crit Care Med*, 2014. 18(6): p. 363-8.
2. Bhat A, Chakravarthy K, Rao BK. Mobilization of patients in neurological Intensive Care Units of India: A survey. *Indian J Crit Care Med* 2016;20:337-4
3. Samosawala NR, Vaishali K, Kalyana BC. Measurement of muscle strength with handheld dynamometer in Intensive Care Unit. *Indian J Crit Care Med* 2016; 20:21-6.
4. Shah, A., Chakravarthy K, Maiya A, Vora V, GopeeM ., Epicardial adipose tissue thickness in young Indian overweight and obese individuals. *Ann Med Health Sci Res*, 2014. 4(Suppl 1): p. S56-7.
5. Snehil Dixit, Kalyana Chakravarthy, Jaya Shanker Tedla., Comparison of two walk tests in determining the claudication distance in patients suffering from peripheral arterial occlusive disease. *Advanced Biomedical Research*, 2015. 4.
6. Gopala Krishna Alaparathi, Vaishali, V Prem, Jaya Shanker Tedla, Kalyana Chakravarthy, Ravi Shankar Y. Normative Values for Maximal Respiratory Pressures in Subjects Age 20 to 70 Years. A Cross-sectional Study. *IJPOT* 2011;5(4):60-63
7. R. Dey, U. Thakur, L. Sunny, L. D'Almeida and K. Chakravarthy, "Digital chest expansion measurement & its biomedical application," *E-Health and Bioengineering Conference (EHB)*, 2015, Iasi, 2015, pp. 1-4. doi: 10.1109/EHB.2015.7391565
8. Roopa B, Maiya AG, Kalyan C. Ventilatory response to neurophysiological facilitation and body positioning in brain injury patients. *Physiotherapy – The journal of Indian Association of Physiotherapists* 2010 October; 19-24
9. Kalyan CB, Arun G Maiya. The detection sub-clinical neuropathy in type II diabetes mellitus. *THE SHIELD. Research Journal of Physical Education & Sports Science*, 2007; 2:14-24.
10. Andrew Reiggi, Kalyan CB, Girish N The prevalence of neck pain in desktop and laptop computer users , *International journal of current research and review*, 2010
11. Jayashanker Tedla, U V Shenoy, Sharada Nayak, Kalyana Chakravarthy, Reliability of hand-held dynamometer for strength testing of knee musculature in healthy Indian pediatric population: a cross-sectional study. , *J PhysTher.* 2010; 2: 11-8
12. Animesh, H., K. Chakravarthy, and M. Swatik, Effect of aerobic exercise training on body composition and heart rate recovery in overweight and obese sedentary Indian women. *Journal of Medicine and Pharmaceutical Sciences*, 2015. 5(1): p. 1-6.
13. Chakravarthy, K., A.G. Maiya, and P. Kumar, *Effect of therapeutic interventions on echocardiographic epicardial adipose tissue thickness: A review.* *International Journal of Research in Applied, Natural and Social Sciences*, 2015. 3(3): p. 71-78
14. Nayak S, Mayya S, Chakravarthy K, Andrews T, Goel K, Pundir P. *Work-related injuries and stress level in nursing professional.* *Int J Med Sci Public Health* 2016;5 (Online First). DOI: 10.5455/ijmsph.2016.03122015288
15. Mehrotra, Anupam and Chakravarthy, Kalyana and Hazari, Animesh and Kumar, Sampath A (2016) *Correlation of three bioelectric method with skin fold thickness in body fat*

Research projects completed

- Effect of expiratory rib cage compression on ventilatory parameters in critically ill patients
- Effect of Laser on chronic sinus pain
- Physiotherapy practice patterns in neurological intensive care units in India : a survey
- Exercise capacity in young females with iron deficiency anemia
- Correlation between International Physical activity questionnaire and pedometer
- Prevalence of work related musculoskeletal disorders in nursing professionals
- Effect of abdominal weight exercises in COPD patients

- Effect of exercise training on plasma homocysteine levels in patients with coronary artery disease
- Development of cost effective airway clearance device
- Reliability of hand held dynamometer in measuring intensive acquired weakness
- Correlation of Body Mass Index with Framingham risk score in young Indians
- Effect of exercise training on visceral fat, waist circumference and body mass index in obese individuals
- Mobility and functional status in patients admitted with organophosphorous poisoning
- Effect of home based exercise program on quality of life and functional status in COPD
- Physical activity promotion in patients with heart failure

Workshops conducted

- Physiotherapy basics in critical care units
- Pulmonary rehabilitation – physiotherapists perspective
- Exercise effects in Diabetic individuals
- Physiotherapy in women's health
- Advances in cardiac rehabilitation
- Clinical investigations for allied health professionals
- Integrated National workshop on Pulmonary Rehabilitation, Pune, India
- ISO awareness program

Community programs conducted

- Foot care education for Diabetic individuals
- Aerobic exercise prescription for Diabetics
- Prevention of complications of Obesity & sedentary life style
- Early detection of airflow limitation in smokers and education
- Prevention of musculoskeletal diseases in computer professionals
- Prevention of osteoporosis in elderly

Important CMEs, Courses and workshops attended

- Presented a paper on, "Gait analysis, posture and fear of falls in COPD" at European Respiratory Congress, 2016 at London, UK on 7th September 2016
- 23rd Annual Scientific congress of Hong Kong college of Cardiology at Kowloon, Hong Kong, May 29-31st 2015 . Abstracts published in the journal
- 2nd and 3rd International conference on Non Communicable Diseases conducted at Manipal University, India in 2013 and 2014
- Certificate course in Biostatistics, epidemiology and research methodology from Manipal University
- Sports Medicine, Muscle energy techniques, Hand therapy, Fitness and sports therapy.
- Cardio pulmonary resuscitation and ICU physical therapy.
- Cardiac rehabilitation, Oncology for physical therapists.
- Evidence based practice in physiotherapy
- Teaching methodology
- Research and data analysis using SPSS 18 version
- Physiotherapy management of people with spinal cord injuries.
- Research methodology
- Physiotherapy for Critically ill Adult Patient
- Fundamentals of critical care support
- Pulmonary function testing
- Burns rehabilitation
- Radiodiagnosis essentials for physiotherapists
- Pulmonary rehabilitation
- Pedagogic and personal effectiveness workshop for physiotherapy teachers
- National grant writing workshop for health professionals
- 2nd and 3rd International meet on Non Communicable Diseases
- ISO awareness program

Achievements

- Won best innovative idea for presenting the idea on Innovation day for the prototype presentation on Speech enabled chest vibrometer
- Best idea award for the prototype on integrated respiratory apparatus
- Participated in competitions held at national level for innovative ideas
- Participated in Lockheed Martin-India Innovation growth program and stood one among top 50 innovative ideas submitted in 2010
- Won second prize for idea, " Integrated respiratory exerciser" in a business plan competition held at National Institute of Technology, Suratkal in 2012
- Won second prize for paper presentation in 2nd International meet on Non Communicable Diseases held at Manipal University in collaboration with University of Alabama, USA and Madras Diabetic Research Foundation, Chennai, India

Conferences attended

- Presented a paper on, "Gait analysis, posture and fear of falls in COPD" at European Respiratory Congress, 2016 at London on 7th September 2016
- 23rd Annual Scientific congress of Hong Kong college of Cardiology at Kowloon, Hong Kong, May 2015 . Abstracts published in the journal
- 43rd, 44th, 45th, 47th & 48th annual IAP conferences. Abstract published in the journal
- Indian association of public health conference in 2010. Abstract published in the journal
- 2nd and 3rd international conferences on NonCommunicable diseases, Manipal, India
- Symposium on Exercise science and Health promotion
- Wound healing conference

Funds received:

1. The development of speech enabled chest vibrometer: DSIR, GOVT of India
2. The development of pneumatic breathing resistor device: BOP Philips, Manipal
3. The development of low cost combined airway clearance and inspiratory muscle training device, Manipal University
4. Development of chest expansion analyzer, seed money, Manipal University

Memberships

- Life membership (Reg. No.7610) in Indian Association of Physiotherapists, India.
- Fellow in academy of general education India.
- National Association of Healthcare Quality

Camps conducted:

- Annual Diabetic camps held at Kasturba Hospital, Manipal and TMA Pai hospital, Udupi.
- Camps related to prevention of cardiovascular diseases
- Physiotherapy awareness camps