

# Varalakshmi Chandrasekaran MBBS MPH

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## EDUCATION

- 2003 – 2005                      **Master of Public Health**, School of Medical Education  
Mahatma Gandhi University, Kottayam, India
- 1999 – 2000                      **Residency**, Government Medical College, University of Mysore  
India
- 1994 – 1999                      **Bachelor of Medicine and Bachelor of Surgery**  
Government Medical College, University of Mysore, India

## LICENSED BY

### MEDICAL COUNCIL OF INDIA

**MINISTRY OF HEALTH** Doctor Specialist - B  
UAE

## PROFESSIONAL & RESEARCH EXPERIENCE

- Oct 2012-Current                      **Lecturer, Dept. of Public Health**  
**Manipal University**  
**Manipal, India**
- Teaching concepts of Public Health to undergraduate medical students
  - Teaching graduate level course for students pursuing a Master's degree in Public Health (MPH).
  - Responsible for planning and coordinating weekly and monthly schedules for undergraduate medical students and postgraduate MPH students.
  - Coordinating and conducting community-based diagnosis and field exposure trips to various public health organizations both governmental and non-governmental in order to broaden the students' understanding of practical Public Health.
  - Facilitating and teaching students from international universities under the 'Study Abroad Program.'
  - Subject expert and internal examiner of students of the postgraduate program.
  - Mentoring postgraduate research.
- May 2011 – Jan 2012                      **Project Manager, Medi-Compass**  
**Dubai, UAE**

- Responsible and accountable for the coordinated management of all aspects of the project keeping in mind organizational goals.
- Plan and coordinate weekly and monthly schedules
- Developing project proposals.
- Make recommendations to modify the program to enhance effectiveness toward the business result or strategic intent.
- Provide input on the development of IEC material and questionnaire development
- Participate in the development of project specific data collection instruments and operations manual
- Develop dashboard reports on client.

Sept 2008 – April 2010

**Senior Lecturer, Public Health & Behavioral Sciences**

**Universal Empire Institute of Medical Sciences  
Ras Al Khaimah, UAE**

- In-charge of the Department of Public Health
- Responsible for lecturing on Health Education, Behavioral Science, Medical Ethics, Epidemiology, and Preventive Medicine to medical students affiliated to two universities:  
International University of Health Sciences  
University of Seychelles – American Institute of Medicine
- Teaching using problem-based learning technique.
- Training students for USMLE step1.
- Coordinate academic mentoring for undergraduate medical research program.
- Mentoring undergraduate medical research.
- Plan and coordinate weekly schedules.

August 2011 - June 2012  
(Part Time)

**Freelance Medical Writer, Angels Health Private Ltd  
Mumbai, India**

- Responsible for contributing to the knowledge base of MediAngels which provides a comprehensive resource for health-related information.
- Provide written detailed medical matter that is easily comprehensible to the lay person as well as medical professionals.
- Medical topics dealt with have ranged from commonly known conditions to rare diseases.
- Meticulously research each medical subject and take responsibility for each article submitted.

Jan 2008 – July 2008

**Clinical Research Coordinator  
Public Health Research Institute, CSI Holdsworth  
Memorial Hospital, Mysore, India**

- Act as liaison officer for research scientists, experts, and ethical board members on joint Indo-US projects.
- Coordinate and conduct health education in community and clinical settings with emphasis on infectious diseases.
- Coordinate project specific research activities including organizing and oversee community outreach and recruitment activities.
- Responsible for administrative aspects of the organization.
- Manage the core research team independently.
- Project proposal writing
- Perform documentation of research procedures, analysis, and reporting on project progress.
- Participate in the development of data collection instruments and operations manual for the lactobacillus study among women in Mysore, India.
- Provide input on the development of IEC material and questionnaire development for the acceptability of HPV vaccine and Integrating traditional birth attendants in PMTCT service delivery studies in Mysore, India,
- Execute functions of research physician at ongoing clinical site including laboratory operations.
- Coordination and conducting training sessions.

Jan 2006 – Jan 2008

**Research Physician, HSV-2 Study  
Public Health Research Institute, CSI Holdsworth  
Memorial Hospital, Mysore, India**

- Provide medical and scientific expertise to bring high quality and efficiency to the research study process.
- Conduct and coordinate community health education on infectious diseases, training sessions, development of supportive educational materials for the study.
- Provide inputs on eligibility, enrollment and data consistency. Provide patient care and establish and foster relationships in the clinical/scientific community and with external experts.
- Provide direct monitoring regarding recruitment, retention, and follow-up issues of the cohort.
- Analyze laboratory results and maintain records of research participants.
- Participate in the development of questionnaires on the knowledge, attitudes, and practices of neonatal circumcision and cervical cancer screening among women in Mysore, India
- Act as a liaison between Indian and UC-Berkeley investigators.

April 2000-Oct 2003

**General Practitioner**

Managed medical cases at a private establishment with special emphasis on women's health related issues.

**RESEARCH ACTIVITIES**

- April 2008 – July 2008      **Co-Investigator**, Study of Lactobacillus and its phages in Bacterial Vaginosis, Mysore, India.
- Nov 2007 – July 2008      **Co-Investigator**, HPV Vaccine Readiness and Acceptability in Mysore, India.
- Jan 2007 – July 2008      **Principal Investigator**, Cervical cancer screening through visual inspection using acetic acid (VIA) among women in Mysore, India.
- Jan 2006 – Jan 2007      **Research Physician**, Relationship of vaginal tract infection to HSV-2 seroconversion among at risk women in Mysore, India

**PROJECTS UNDERTAKEN**

- Sept 2005 - Oct 2005      Gender-based violence and women empowerment through economic independence – A comparative study of HIV infected women and HIV negative women at a VCT center in Bangalore, India
- May 2005                      Quality of life of people living with HIV/AIDS, a qualitative study conducted at Freedom Foundation, Bangalore, India
- Oct 2004                      Sleep disorders among adult population in Cherthala, Kerala
- Jan 2004                      A study on the awareness of antenatal care among women in the age group 15-45 years in Kottayam, Kerala

**RELEVANT COMPUTER SKILLS**

Skilled in MS Word, Word Perfect for Windows, Microsoft Office, EndNote, Microsoft Powerpoint, MS Paint, and SPSS. Knowledgeable in Stata and Excel.

**OTHER EDUCATIONAL TRAINING**

- Aug 2007                      **Training in Clinical Research (TICR)**  
University of California, San Francisco, USA
- Jun 2007                      **Microbiological and molecular methods training**  
San Francisco Department of Public Health, San Francisco, USA
- Jan 2007                      Workshop on '**Designing and conducting clinical research in India**', Mysore, India
- Feb 2006                      Training on **Nugent Scoring for Bacterial Vaginosis**  
St. John's Medical College, Bangalore, India
- May 2006                      On-line certificate course on '**Protection of Human Participant in Research**', National Institute of Health
- April 2005                      **PRISM 2005, A workshop at LAICO**  
Aravind Eye Hospital Madurai, India

Dec 2004

**National Seminar on Sexual Health**  
Marian School of Social Work, Kuttikanam, Kerala

Feb 2004

**Level1 Dementia Training Programme**  
Dementia Plus, University of Wolverhampton, UK.

## PAPERS PUBLISHED

1. R Kamath, N Sanah, L Machado, N Devadasan, V Chandra Sekaran. Determinants of enrolment and experiences of Rashtriya Swasthya Bima Yojna (RSBY) beneficiaries in Udupi district, India. *International Journal of Medicine and Public Health*. Submitted 2013.
2. R Kamath, S Robin, V Chandra Sekaran Common Mental Disorders: A challenge among people living with HIV/AIDS. *Annals of Medical and Health Sciences Research* 2013. Submitted.
3. R Kamath, S Singh, L Machado, V Chandra Sekaran. Informal caregiver needs: An assessment in Udupi taluk, India. *Health Promotion Perspectives – An International Journal*. 2013. Submitted.
4. R Kamath, V Sharma, B Hegde, V Chandra Sekaran. HIV-TB co-infection: Clinico-epidemiological Determinants at an Antiretroviral Therapy Center in Southern India. *Lung India* 2012. Submitted.
5. Madhivanan, K Krupp, V Chandrasekaran, C Karat, AL Reingold, JD Klausner.
6. Acceptability of male circumcision among mothers with male children in Mysore, India. *AIDS* 2008, 22:983-988
7. P Madhivanan, K Krupp, V Chandrasekaran, C Karat, A Arun, CR Cohen, AL Reingold, JD Klausner. Epidemiologic correlates of bacterial vaginosis among young reproductive age women in Mysore, India. *IJMM* 2008, Vol 26, Issue 2
8. Madhivanan P, Krupp K, Chandrasekaran V, Karat C, Arun A, Klausner J, Reingold A. The epidemiology of herpes simplex virus type-2 infection among married women in Mysore, India. *J of STD* 2007, Vol 34, No 11.
9. Krupp K, Madhivanan P, Karat C, Chandrasekaran V, SN Mothi, Klausner J, Reingold A Novel Recruitment Strategies to Increase Participation and Retention of Women in Reproductive Health Research: An Indian Experience. *J of Global Public Health*, 2007, 2(04), pp. 395 – 403
10. Chandrasekaran V, Madhivanan P, K Krupp, R George. Determinants of Domestic Violence among Women Attending an HIV Voluntary Counseling and Testing Center in Bangalore, India. *Ind J Med Sciences* 2007 May; 61(5):253-62.

## PUBLISHED ABSTRACTS

1. V Chandrasekaran. Underreporting of intimate partner violence – The Norm. XXXI ANC ISPSW, Manipal, January 2013
2. V Chandrasekaran, P Madhivanan, K Krupp, C Karat, J Klausner, A Reingold. The role of men in reproductive health-seeking behavior of women: Lessons from India. XVII International AIDS Conference, August 2008, Mexico City.

3. V Chandrasekaran, P Madhivanan, K Krupp, C Karat, M Sarvode, J Klausner, A Reingold. Reducing attrition in cohorts of young reproductive age women: An Indian Experience. Microbicides-2008, February 2008, New Delhi, India.
4. Varalakshmi Chandrasekaran, Purnima Madhivanan, Karl Krupp, Chitra Karat, Jeffrey Klausner, Arthur Reingold. Sexual and reproductive health seeking behaviors of young women in rural and peri-urban areas of Mysore, India. National Conference on Emerging Issues in Public Health 2008, Trivandrum, India.
5. Varalakshmi Chandrasekaran, Purnima Madhivanan, Karl Krupp, Chitra Karat, Jeffrey Klausner, Arthur Reingold. Novel retention strategies for young women participating in reproductive health research in India, National Conference on Emerging Issues in Public Health 2008, Trivandrum, India.
6. Epidemiology and Correlates of *Trichomonas Vaginalis* Infection among Married Women in India: Evidence against the Syndromic Approach to Diagnosis, National Conference on Emerging Issues in Public Health 2008, Trivandrum, India.
7. Demographic and Biological Correlates of Herpes Simplex Virus Type-2 infection among Married women in India, National Conference on Emerging Issues in Public Health 2008, Trivandrum, India.
8. P Madhivanan, K Krupp, Chandrasekaran V, C Karat, A Arun, M Sarvode, J Klausner, A Reingold. The Epidemiology of Herpes Simplex Virus Type-2 Infection among sexually active women in Mysore, India. American Society of Microbiology Congress. May 2007,
9. P Madhivanan, V Chandrasekaran, C Karat, K Krupp, A Reingold, J Klausner. Prevalence and correlates of bacterial vaginosis among a cohort of young married women in Mysore, India. 17th ISSTD Seattle, Washington, USA, July 2007.
10. P Madhivanan, Scott J, Arun A, Krupp K, Chandrasekaran V, Reingold A, Klausner J. Analyzing the effect of two different cut-off values of the focus HSV-2 test on the risk factors for HSV-2 infection among married women in Mysore, India. 17th ISSTD Seattle, Washington, USA, July 2007.
11. Chandrasekaran V, K Krupp, R George, P Madhivanan. Intimate partner violence among women attending an HIV Voluntary Counseling and Testing Center in Bangalore, India. 4th International AIDS Society Conference, July 2007, Sydney (CD-ROM publication).
12. P Madhivanan, Krupp K, Chandrasekaran V, Karat C, Arun A, Klausner J, Reingold A. Infection with *Trichomonas vaginalis* is associated with increased risk for HSV-2 Infection among married women in Mysore, India. 4th International AIDS Society Conference, July 2007, Sydney.
13. P Madhivanan, K Krupp, C Karat, Chandrasekaran V, M Sarvode, Mahesh P, Renuka BS, J Klausner, A Reingold. Novel recruitment strategies to increase participation of young women in reproductive health research: an Indian experience. Poster presentation at Global Health Scholars Program, San Francisco, USA, September 2006
14. P Madhivanan, K Krupp, C Karat, Chandrasekaran V, M Sarvode, Mahesh P, Renuka BS, J Klausner, A Reingold. Novel recruitment strategies to increase participation of young women in reproductive health research: an Indian experience. XVI International AIDS Conference, Toronto, August 2006, MOPE0451

15. K Krupp, P Madhivanan, C Karat, Chandrasekaran V, M Sarvode, J Klausner, C Cohen, A Reingold. Recruitment strategies to increase participation of young women in reproductive health research: an Indian experience. Microbicides Conference, Cape Town, April 2006

### **INVITED PRESENTATIONS**

1. Underreporting of intimate partner violence – The Norm. XXXI ANC ISPSW, Manipal, January 2013
2. Challenges to reproductive healthcare in Mysore: Presentation at Kiriya Pushpa, Mysore, November 23, 2007
3. Reducing attrition in cohorts of young reproductive age women: An Indian Experience. Microbicides-2008, February 2008, New Delhi, India.
4. Sexual and reproductive health seeking behaviors of young women in rural and peri-urban areas of Mysore, India. National Conference on Emerging Issues in Public Health 2008, Trivandrum, India
5. Novel retention strategies for young women participating in reproductive health research in India, National Conference on Emerging Issues in Public Health 2008, Trivandrum, India.

### **SCHOLARSHIPS AWARDED**

1. Fogarty International Scholarship, University of California, Berkeley, 2007
2. Asia Pacific Conference on Reproductive and Sexual Health and Rights, Hyderabad, India 2007
3. Microbicides-2008, February 2008, New Delhi, India

### **LANGUAGES KNOWN**

English  
Hindi  
Tamil  
Kannada  
Malayalam  
French (Basic)