

CURRICULUM VITAE

Personal Information

Name: Dr.Reshma Kuruthukulangara Romanas
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Education

- **MBBS –**
University-Manipal Academy of higher sciences
College-Kasturba Medical College, Mangaluru
Year-Joined in 2014, passed in 2019, completed Internship and graduated in 2020.
- **Higher secondary**
Board-Central Board of secondary education
School-Our Own English High School, Dubai, U.A.E.
Subjects-Biology, Physics, Chemistry Mathematics, English
Year-2013

Work Experience

As a part of Internship, worked in both Government and Public healthcare setups-

- Government District Wenlock Hospital – General Medicine, Orthopaedics, Skin and Venereal diseases, Emergency Medicine.
- Government Lady Goschen Hospital – Obstetrics and gynaecology, Labour theatre posting, Neonatal ICU.
- Kasturba Medical College Hospital Attavar – General Surgery, Paediatrics, Psychiatry
- Kotekar Primary health centre, Ladyhill Primary health centre and other urban PHCs in Dakshina Kannada

Certifications and Membership

- Basic life Support for Health care providers – AHA (Valid till 2023)
- Advanced Cardiac Life Support – AHA (Valid till 2023)
- COVID-19 Training for Healthcare Workers- Stanford Online Certification
- COVID-19 Refresher Course- CMC Vellore Distance Education- Ongoing
- Student member affiliation with Royal College of Surgeons of Edinburgh. (Till 2022)

Spoken Language skills - Kannada, Malayalam, English

International Event Won:

Fujio Cup Quiz on Stem Cells and Regenerative Medicine by Nichi-In centre for Regenerative medicine (Held at Shibaura Institute of Technology (SIT), Tokyo, Japan)

2017-Semi-finalist

2019-**Winners** of the XIVth Fujio Cup Quiz

As a part of the 2nd preliminary round of the quiz, I have co-authored in the following Review articles based on stem cell research and recent advances.

- Application Of iPSCs In Diabetes Mellitus –An Outlook
 - Induced pluripotent cells could possibly be used in disease modelling, Insulin production or even transplantation to cure DM.
- Polymers-A Materialistic Path to Cartilage Repair
 - A look into biopolymer science and possible future in near-perfect cartilage repair
- VSELs, MUSE and USSCs–A Comparative Meta-Analysis
 - Explores whether the stem cell populations mentioned here are all different or all belong to a single stem cell population by reviewing available literature.
- Cell based regenerative therapies reported in the literature for ischemic heart disease (IHD)
- Other review articles included topics such as Application of 3D bioprinting, tissue engineering methodology, cell free regenerative medicine.

Research Experience

Research Project

Title: Clinical profile of Statin Induced Myalgia- A Cross sectional study.

Authors: Romanas RK, Manjrekar PA, Shetty RM

(selected and successfully completed under the **ICMR 2017 STS project category**)

Brief description: A cross sectional study about the various parameters of Statin induced Myalgia including patient demography, distribution of pain etc, wherein patient data was collected using a structured proforma and correlated to serum creatine kinase levels.

Skills Acquired – Using Semi-auto analyser in a lab setting, Approach to Data Analysis

National Conferences attended:

- **Poster presentation** – The 1st JIPMER CONNAISSANCE International undergraduate medical student conference (2017, Pondicherry)
Title: MALAKOPLAKIA OF THE PROSTATE – A CASE REPORT
Authors: Romanas RK, Kini JR, Saha D, Kini H, Prabhu GGL
- **Oral presentation** – The GOMECON National undergraduate medical student conference (2017, Goa)
Title: ORAL SPINDLE CELL CARCINOMA– A CASE REPORT
Authors: Romanas RK, Deviprasad D
- **Poster presentation** –Annual Student’s Research Day Kasturba Medical College (2018, Mangalore)
Title: Clinical profile of Statin Induced Myalgia- A Cross sectional study.
Authors: Romanas RK, Manjrekar PA, Shetty RM

Organizational appointments

1. ***Editorial Board member*** under creative and arts division for the College Magazine, Kasturba Medical College, Mangaluru 2016-17
2. ***Head of Hostel committee for the Ladies Hostel, Kasturba Medical College, Mangaluru 2017-19***

Cultural and Art events

1. Placed 2nd and 3rd in 2016 and 2017 Clay modelling event Intra-University Annual Cultural event.
2. Creative team for Annual Ganesh Chaturthi Rangoli event at *Kasturba Medical College, Mangaluru 2016-18.*
3. Participated and volunteered in various art and dance events in *Kasturba Medical College.*