

Name	Dr.P.R.Varghese		
Designation	Research Coordinator Jubilee Centre for Medical Research Jubilee Mission Medical College & Research Institute Thrissur, 680005, Kerala, India, Tel: +91 0487 2432200		
	Retired Associate Professor & Head, PG Dept of Zoology St.Aloysius College, Elthuruth Aided and affiliated to Calicut University Thrissur, 680611, Kerala, India		
Address (Residence)	Pulikkottil House, Kandanassery, Thrissur, 680102 Kerala, India, Tel: + 91 04885-237937 Mob: +91 9349151985 Email: drprvarghese@gmail.com		
Date of Birth	May 30 th , 1958		
Qualifications	M.Sc Zoology, First Class-Calicut University- 1980 Ph. D in Cancer Research- Calicut University- 1992		
Teaching Experience	33 Years (30.10.1980 to 31.05.2014)		
Research Experience	31 Years		
Research Areas	Epidemiology, Genetics and Dermatoglyphics		
Research Guideship	Kerala University of Health Sciences, MG University		
Publications	55 Papers in Journals, 21 Presentations		
Book Published	An Introduction to Epidemiology		
Books Edited	5		
Proceedings Edited	7		
Trainings, Seminars etc: attended	65		
Extension activities	41		
Membership in Scientific Bodies	6		
Membership in Academic and Voluntary Organizations	10		
Popular Articles	4		
Radio Talks	3		
Awards Received	1.Young Scientist Award- ISCA-DST, 1987 2.Fellow of American Dermatoglyphics Association. 3. State Level Award for Blood Donation Motivation.		
Editorship	Journal Millennium Zoology Edited 14 issues ISSN 0973-1946 RNI Reg. No. KERENG/ 2001/ 6034		
Advisory Board Member	Scientia -A National Science Journal ISSN: 0976-8289		
Research Grants Received	UGC Minor- 4 DST Minor -1 Others 3	UGC travel grant -1 KSCSTE Minor – 1 KSCSTE Major -1	ICMR - 2 DHR - 1
Seminar/ Symposia Grants Received as Organizing Secretary	UGC -2 MoEF -1	DST/SERB – 4 ICMR - 2	KSCSTE - 5 DBT - 1

Papers Published in Journals

1. Cancer Prevalence at Amala Cancer Hospital: *Amala Res. Bull.* (ISSN 0971- 4987) 1982; 1; 1-7
2. Treatment of Ethmoid Carcinoma in goats with cobalt radiation: *Cheiron* 1983; 12:6
3. Epidemiological observations on leukaemia in Kerala: *Ind.J.Haematol*, 1984: 2:15-17
4. Studies on prevalence of Cancer in central Kerala- a comparison with rest of India: *Amala Res. Bull* 1985; 4; 17- 19
5. Amala Cancer Registry Annual Report-1983: *Amala Res. Bull* 1985; 4; 21-22
6. The management of acute leukemia's, a retrospective study of 50 cases: *Ind.J.Haematol*, 1986: 4: 10-13
7. Treatment of Cervix Cancer; a review of 224 cases. *Amala Res. Bull* 1986; 6; 15-18
8. Dermatoglyphics in Cancer. A preliminary study: *Amala Res. Bull* 1986; 6; 20-23
9. Immunopathological response to Anacarcin forte in Dogs: 1987: *Ind. J. Pathol & Micro* 1987: 30: 181- 187
10. Carcinoma Cervix: n Epidemiological study on Etiological factors: *Amala Res. Bull* 1987; 7; 20-22
11. Dermatoglyphics as a phenotypic preclinical marker in breast cancer. *Amala Res. Bull* 1987; 7; 23-26
12. Dermatoglyphics in Breast Cancer (abstract): *Genome*: 1988; 30: Suppl. 1: 332
13. Dermatoglyphic studies in Oral cancer Patients; *Calicut Uni.Res. J*: 1989; 1(2) 47-50
14. Cervix cancer: Search for a high risk male: *Amala Res. Bull* 1989; 9; 80-81
15. Dermatoglyphics: *Millennium Zoology*. ISSN 0973-1946: Vol. 1 (1) 2000, 65- 67
16. Changing patterns of cancer prevalence in Kerala: *Proceedings of Kerala Science Congress*, organized by STED, Govt. of Kerala, 2001; 278
17. Genes and personal decisions: *Millennium Zoology* Vol. 2 (1) 2001, 33- 36
18. Prevalence of leukemia in Amala Cancer Hospital: *Amala Res. Bull* 2001: 21, 67- 70
19. Frequency changes in leading sires of cancer: A twenty-year prevalence study *Amala Res Bull* 2001: 21, 71- 75.
20. Circadian rhythms and behaviour: *Millennium Zoology* Vol 3 (!) 2002, 7- 8
21. Protective effect of a traditional practice against cervix cancer in Kerala: *J. of Hum.Ecol*: 2004: 15(3) 187-190
22. Mathematical analysis of natural selection: *Millennium Zoology*, 2007: 8(1) 55-57.
23. Genotoxicity: *Scientia* – Vol 6(1),ISSN: 0976-8289, 2010 pp 45 – 48
24. An Epidemiological Study in Construction Workers: *Millennium Zoology*. ISSN No. 0973-1946: 13(1).2012.46-49
25. Comparison of health hazards in workers exposed to dry and wet cement: *Biosciences* 2012 ISBN. 978-81-909551-7-1. pp 16-21
26. Health hazards in cement workers - an epidemiological study: *Scientia* Vol 8(1) 2012, pp140-44
27. Haematological studies in workers exposed to cement dust. *Proc. Nat. Conf.on Modern Trends in Zoological Research*. 2014 ISBN No. 978-81-909551-8-8.pp 68-70
28. An epidemiological study on health status of cement workers. *Int. J Science and Research*. 3 (10) 2014. Pp 318-320
29. Health risk in workers exposed to wet cement. *Int Jl of Res in Medical and Health Sciences*. Vol 4 (5)2014.pp34-37
30. Health risk assessment in immigrant construction workers in Kerala. *Millennium Zoology* ISSN. No 0973-1946 (2014) Vol 15(1) PP 41-43
31. Health risk due to dry cement exposure. *Millennium Zoology* 2015. Vol 16:38-40
32. Epidemiological Study on Spray Paint Workers 2016. *IOSR Journal of Dental and Medical Sciences*. 15 (9) Ver. X , PP 17-19

- 33 Outcome of Tuberculosis in Patients with Diabetes Mellitus Treated with the Revised National Tuberculosis Control Programme Regimen-A Study from Kerala, South India.. 2016. *International Journal of Contemporary Medical Research*,3(4):1123-1126.
- 34 Adiody S, Fabeena M S, Narmadha M P, Varghese P R. Dyselectrolytaemia in stable and acute exacerbation chronic obstructive pulmonary disease patients-a cross sectional study. *Journal of Evolution of Medical and Dental Sciences*. 2017 Apr 6;6(28):2296-300
- 35 Impact of diabetes mellitus on pulmonary function tests in COPD patients. *International Journal of Contemporary Medical Research* 2017;4(4): 795-797
- 36 Saji K.G. and Varghese P.R (2017). Prevalence of pulmonary impairment symptoms among dry cement exposed group. *Scientia*. Vol. 13, No.1, Jan.-Dec., 2017, pp.78-80
- 37 Kumudam Unni, Praveenlal Kuttichira and Varghese, P.R. An explorative study into the levels of involvement of faculty in guiding dissertation of post graduate medical students. *International Journal of Current Research in Life Sciences*;7(3), 2018.
- 38 Anumod Kakkassery A, Krishnan P, Varghese PR. Effective Ayurveda therapy to treat thyroid disorders. *J Ayu Herb Med* 2019; 5 (1): 10-12.
- 39 Puthur Donata, Prasad Krishna, Varghese P R and Shadevan C D: Study On Effect Of Ayurvedic Treatment To Stabilize Creatinine Level And Control Progression Of Chronic Kidney Disease. *International Ayurvedic Medical Journal*; 4(4): April- May 2020, 2298-2302
- 40 Kuttichira P, M Unni K, Varghese PR. Sustained Support for a Dissertation Will Facilitate Postgraduate Research Publication: An Experience From South India. *Journal of Medical Education*.;19(1).
- 41 Rafi Mohammed, Varghese P R, Kuttichira.P. COVID 19 Pandemic- Affidavit by academic personnel on well being and social responsibility from a Medical College in Central Kerala. *Journal of the Social Sciences*; 48(3): July 2020, 427-430.
- 42 Saji K.G and Varghese P.R. A preliminary study on pulmonary function in workers exposed to dry cement. *International Journal of Research and Analytical Reviews* July2020, 7(3), 960-963.
- 43 Rafi, A. M., Varghese, P. R., & Kuttichira, P. (2020). The Pedagogical Shift During COVID 19 Pandemic: Online Medical Education, Barriers and Perceptions in Central Kerala. *Journal of Medical Education and Curricular Development*. <https://doi.org/10.1177/2382120520951795>
- 44 Harini Rajagopal, Nithya T, Hemlin Thomas, Varghese P R, Aparna Namboodirippad. Rotavirus: Preventive Vaccines and a Rare Side Effect. *International Journal of Innovative Science and Research Technology*. 2020.5(9) .805-10
- 45 Varghese P D, Leelamma A George, Lekha K.S, Anjali K Mathew, Varghese P R. Finger Ridge Patterns In Psoriasis Patients. *Indian Journal Of Applied Research* 2020; 10 (11): 1-2
46. Rafi AM, Varghese PR, Kuttichira P. Concerns and confidences expressed by teaching staff about the shift of medical education to online mode in South India during the COVID 19 pandemic. *Journal of Ideas in Health*. 2020 Dec 24;3(Special2):272-5.
- 47 Kuruvilla K, Kuttichira P, Varghese PR, Vinu EV, Gopi IK. Paradigm shift in health-care seeking behavior: A report from central Kerala, India, during COVID-19 pandemic. *CHRISMED J Health Res* 2020;7:271-5.
48. Nimisha Soloman, P R Varghese and Praveenlal Kuttichira (2020); Health Needs of Migrant Workers in Kerala during COVID-19 Pandemic and Associated Medical Observations. *IAR J Med Sci*,2021. 1(7); 328-331
49. Maria BC, Maria JP, Thomas R, Varghese PR, Kuttichira P. Demographic profile of alcohol use disorder patient who received care from a de-addiction centre in central Kerala. *Int J Community Med Public Health* 2021;8:243-7.
50. Chithra Valsan, Ronnie Thomas, Joshi Paul Chirayath, Varghese P R , Praveenlal Kuttichira. COVID-19 Essentials: Preparing Health Care Professionals before the Pandemic

- Spread in Kerala. Indian Journal of Public Health Research & Development, Jan-March 2021, 12(1): 47-51.
51. Joy M Liji, PR Varghese, Susheela Jacob Innah, Praveenlal Kuttichira. Biomarker Signatures to Monitor Alcohol Consumption and Induced Organ Damage. Journal of Clinical and Diagnostic Research. 2021 Feb, Vol-15(2): LE01-LE05
 52. Lofi P, Indu K Gopi, Varghese P R, Kuttichira P. COVID-19 pandemic: Missed initial and follow up appointments at an academic medical institution in south India . EPRA International Journal of Multidisciplinary Research (IJMR). April 2021, 7(4), 270-275.
 53. Liji MJ, Varghese PR, Innah SJ, Kuttichira P. Alcohol state markers- facility and utility for clinical management of alcohol use disorders: study from a tertiary care centre in South India. Int J Res Med Sci 2021;9:3105-9.
 54. Praveenlal K, Varghese PR, Lofi PEL, Prasad AB. The elections and campaign styles influence the spread of COVID-19 pandemic: lessons learned from Kerala, India. Int J Community Med Public Health 2021;8:5441-5.
 55. Ganesh E M, Varghese P R, Vasudevan D M, Anoop Kumar A N, Kuttichira P. Vaccine-Induced Mutation in SARS-Cov-2, a Matter of Concern. Himalayan Journal of Community Medicine and Public Health 2021; 2(6): 20-21.

Papers presented in Conferences and Seminars

1. Epidemiological observations on cancer in Amala Cancer Hospital, Trichur, Kerala, XXX th annual conference of IAPM. Trivandrum 1981
2. Prevalence of esophageal cancer in Kerala a Comparison with rest of India ISCA 72nd Session, 1985
3. Prevalence of Cancer at Amala Cancer Hospital, Trichur, Kerala Indian Immunology Society Conference, Trichur, 1985
4. Dermatoglyphics in cancer- a preliminary study. Association of Radiation oncologists of India: Thrissur, 1986
5. Epidemiological characteristics in Carcinoma cervix. ISCA, 74th Session, Bangalore, 1987
6. Dermatoglyphics as phenotypic preclinical marker in breast cancer ISCA, 74th Session, Bangalore, 1987
7. Dermatoglyphics in gastric cancer: XIII th Conf. of ISHG, Madurai, 1987
8. Oesophageal cancer in central Kerala- A prevalent pattern study. ISCA 75 th session, Pune, 1988
9. Dermatoglyphics in breast cancer; XVI th Int.Cong.of Genetics, Toronto, 1988
10. Cervix cancer- Search for a high risk male; ISCA 77 th session, Kochi, 1990
11. Epidemiology of Cancer; Ayurveda seminar on cancer. Trichur, 1990
12. Prevalence of cancer in Trichur Dist. 11th conf. of IACR-1992
13. Public education campaign alter the leading sites of cancer XIX th IACR conference, Jan 21-23/ 2000, Amala, Thrissur
14. Qualitative and quantitative analysis: Proceedings of the workshop on Dermatoglyphics Sponsored by STED Govt. of Kerala, Oct 12/ 2000, Elthuruth, Page 12- 25
15. Descriptive and analytical Epidemiology Proceedings of the seminar of methods in epidemiology, Nov 28th 2002, page 4-7
16. Dermatoglyphic asymmetry in learning disabled: Proceedings of XXVII th ISHG Conference, Trivandrum, Feb 14- 19/ 2002, page 87
17. Cervix cancer: Protective effect of a traditional method Proceedings of the XXII nd conference of IACR, Jan 10- 12, 2003, Page: 74.
18. Cytogenetic analysis in women with Amenorrhoea: 23rd Kerala Sc Con, 2011, Abst. page 220
19. Haematological studies in workers exposed to cement dust: National Conference on Modern Trends in Zoological Research, Thrissur 2014, Abst page 25
20. Chellappan MV, Divakaran D, George N, Varghese PR, Unnikrishnan UG, Vellore M, Maya KN, Martin D. 1061 Long term effects of milking of cut umbilical cord in very preterm

neonates: a randomised controlled trial in Southern India. Archives of Disease in Childhood Aug 2022, 107 (Suppl 2) A178-A179; DOI: 10.1136/archdischild-2022-rcpch.286

- 21 Manoj Varanattu Chellappan,, Divakaran Divakaran, Neetha George, Sudha Ayyasamy, Vijila Paulraj, Anirudh reddy Paidy, HYDERABAD; Nice Johnson, **Varghese PR**, Unnikrishnan UG, Mridula Vellore, Presthiena Lofi E L, Maya KN, Ditty Martin and Jesmy James. Effects of milking of cut umbilical cord in very preterm neonates: a randomised controlled trial in Southern India. PAS 2022 Meeting sponsored by the American Pediatric Society, Society for Pediatric Research, Academic Pediatric Association, and American Academy of Pediatrics and/or other related alliance meetings. April 21 - 25, 2022, in Denver, Colorado.

Research Projects

1. Leukaemias in Kerala: Amala Research project 1982-84
2. Dermatoglyphic studies on Cancer Patients: UGC minor 1986 No. 2514
3. Dermatoglyphics in Breast cancer ISCA- DST 88-89; No.613/30
4. Dermatoglyphics as a phenotypic pre - clinical marker in breast cancer: UGC minor 1988 No.35/87
5. Search for preclinical marker in breast cancer STED, Govt. of Kerala No.21/87
6. An epidemiological study on etiological factors in carcinoma cervix in Kerala: UGC minor 1989 No. 722
7. Travel Grant - XVIth International Congress of Genetics, Toronto, Canada UGC 1988
8. Cytogenetic and Genetic epidemiological studies on young mothers in Down's syndrome. MRP(S)-485/2006(X Plan)/KLCA020/UGC-SWRO
9. Sexual ambiguity and chromosomal abnormalities. KSCSTE Kerala Govt. minor 2007-09
10. Evaluation of genotoxicity and lung function test in spray painters UGC Minor -MRP(S) 1360/11-12/ KLCA020 2012
11. Influence of demographic, clinical, genetic and pattern of management in maintaining long term abstinence among patients of alcohol use disorders who received treatment from De-addiction centres in Thrissur district: A prospective follow up study.(Co Investigator) ICMR Adhoc/124/2019/HSR 2019-2022
12. Epidemiological and genetic research among the orofacial cleft patients from Central Kerala: A hospital based Case Control Study (Co investigator)-Smile Train India- 2021-24
13. Non-invasive treatment of uterine fibroids through rationally designed selective progesterone receptor modulators (Mentor) DHR.2021-24.
14. Lipid protein multi-omics integrative approaches for differential diagnosis of autoimmune neuromyelitis optica disease spectrum – a comparative cross sectional study(CoI) ICMR 2023-26

Seminar/ Symposia/ Workshop organized (as Organizing Secretary)

1. Symposium on Phenol Pollution - Kerala Academy of Sciences 1993
2. Dermatoglyphics – State level Workshop STED Govt. of Kerala 2000
3. Epidemiology – State Level Seminar STED Govt. of Kerala 2002
4. National Conference - Wetland Biodiversity –DST, MoEF, KSCSTE 2006
5. National Symposium - Genetics & Family welfare – UGC, DST, ICMR 2008
6. Recent Issues in animal trade and conservation – National Seminar KSCSTE 2010
7. National workshop on Genetics of Diseases, Thrissur 2013
8. National Conference on Modern Trends in Zoological Research UGC, DST, KSCSTE 2014
9. National Symposium on Genetics in Clinical Medicine. ICMR,SERB,KSCSTE, DBT 2017

Membership in Scientific Bodies

1. Fellow of American Dermatoglyphic Association
2. Member Indian Science Congress Association

3. Member Kerala Academy of Sciences
4. Member Indian Society of Human Genetics
5. Member Indian Association for Cancer Research
6. Life member, Kerala Limnological Association

Membership in Academic and Voluntary Organizations

1. Member Board of Studies (UG, Zoology), University of Calicut, 1996 –'99 & 2002- '05
2. Member Board of Studies (PG, Zoology), University of Calicut, 2006
3. Chairman, Board of Studies (Genetics), University of Calicut, 2006, 2013-16, 2016-19
4. Member Board of Studies (Medical Laboratory Technology), University of Calicut 2013-19,
5. Member, Faculty of Health Sciences, University of Calicut, 2016-19
6. Founder Editor of the journal, *Millennium Zoology*. ISSN. 0973-1946, 2000 - 2013
7. Advisory Board Member, *Scientia: A National Science Journal*
8. Advisory Board Member, Corporate Educational Agency, Arch Diocese of Thrissur.2008-11
9. Member Kerala Blood Donors Forum
10. Life member, Indian Red Cross Society.

Examinership

Ph.D thesis evaluated for

1. Manonmaniam Sundaranar University, Thirunelveli, Tamilnadu
2. Bharathidasan University, Thiruchirappilly, Tamilnadu
3. Swami Ramananda Teerth Marathwada University, Nanded, Maharashtra

Edited the proceedings of

1. Symposium on Phenol Pollution 1993
2. Workshop on Dermatoglyphics 2000
3. Seminar on Methods in Epidemiology 2002
4. National Conference on Wetland Biodiversity 2006
5. National Symposium on Genetics and Family Welfare. 2008 ISBN: 978-81-909551-0-2
6. Biosciences 2012 Proceedings of Alumni Research Seminar ISBN: 978-81-909551-7-1
7. National Conference on Modern Trends in Zoological Research ISBN No. 978-81-909551-8-8.
8. National Symposium on Genetics in Clinical Medicine ISBN: 978-93-5288-254-0