

CURRICULUM VITAE

VARSHA THEJAN (Medical Microbiologist)

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CAREER OBJECTIVE:

Post graduate specialized in Medical Microbiology seeking an opportunity to utilize all skills and knowledge gained and deliver total and excellent care to humanity in safe effective care environment and which would help to achieve a challenging and professionally stimulating position in the Para Medical field through proficient Diagnostic skill, Health Education as well as research and keep in touch with the latest advancement of health care system.

PERSONAL PROFILE:

Name: Varsha Thejan

Permanent Address: Little Nest, Kurakkanni,

Varkala P.O, Thiruvananthapuram

695141, Kerala, India

Contact Number: +919567671227

E-mail: varshathejan@gmail.com

Sex: Female

Date of birth: 30-08-1994

Height / weight: 157cm/50kg

Marital status: Single

Religion & caste: Hindu, Ezhava

Nationality: Indian

Languages known: English, Malayalam, Hindi, Tamil

QUALIFICATIONS:

COURSE / EXAMINATIONS	INSTITUTE/ UNIVERSITY	YEAR OF PASSING	PERCENTAGE OF MARKS
S.S.L.C	BOARD OF EXAMINATIONS , KERALA STATE	2010	75%
PLUS TWO	BOARD OF HIGHER SECOMNDARY EXAMINATIONS, KERALA STATE	2012	85%
B.Sc. MEDICAL MICROBIOLOGY	CO-OPERATIVE INSTITUTE OF HEALTH SCIENCES, KANNUR UNIVERSITY	2016	73%
M.Sc. MEDICAL MICROBIOLOGY	SCHOOL OF MEDICAL EDUCATION, MAHATMA GANDHI UNIVERSITY	2018	68% (Awarded III rank in the university examinations).

ACADEMIC TRAINING

- Indhira Gandhi co-operative hospital (1 MONTH)
- Co-operative hospital Thalassery (1 MONTH)
- Sree Narayana medical mission hospital (1 MONTH)

PROFESSIONAL EXPERIENCE:

1. Name of institution : Co-operative institute of health sciences,
Mannayad, NetturP.O -670105, Thalassery,
Kannur Dt.,Kerala.

Designation: Lecturer

Department: Department of Medical Microbiology

Total period of service: From 27-12-2018 to July 23, 2019

From 01-08-2019 to till date

DUTIES AND RESPONSIBILITIES:

- Perform diagnostic laboratory analysis in accordance with the established laboratory procedures and professional standards of practice without error of clinical significance.
- Maintain laboratory equipment in accordance with laboratory procedures to the extent that laboratory safety and test results without error of clinical significance are assured.
- Employ basic management skills of organization, budget and planning in accordance with governmental and/or institutional policies and regulations.
- Maintain best practices and principles of administration to enhance quality and efficiency of laboratory functions.
- Demonstrate an awareness of the need for continuing education in terms of professional growth and development. Use evidence-based practice to find, understand, interpret, and apply research findings to the professional practice.
- Apply knowledge of evidence-based practice to create, analyze and interpret data to validate a new method/instrument, quality program and published scholarly work and apply the results/information to professional practice.
- Follow professional conduct protocols and demonstrates corporate social responsibilities.
- Demonstrate effective and appropriate communication skills in the clinical laboratory science field Practice high standards of ethical behavior in interactions with patients and other health care professionals.
- Assessment, Planning, implementation and evaluation of the microbiological Laboratory Procedure and timed deliver of reports to patients.
- Share professional knowledge and skills with all colleagues.
- Demonstrate Microbiological laboratory procedures and supervise

juniors, students and other laboratory technicians.

- Organization and management of microbiological Examinations
- Maintain the core values of the profession.
- Efficient recording of all necessary documentation.
- Timely identification and communication of any issues toward manager.
- Participating in all laboratory and hospital quality control communication process.
- Attend all mandatory education sessions.
- Be a preceptor to students and newly appointed staff.
- Efficient laboratory reports and immediate Case Reporting.

EXPERIENCE IN PERFORMANCE OF:

- Comprehensive Microbiology Laboratory procedures.
- Bacteriological examination of Patients Sample and Antibiotic sensitivity.
- Different Staining Techniques Like AFB, Grams Staining, Special Stainings and Fluorescent Staining.
- Handle Light Microscope and Fluorescent Microscope.
- DNA extraction and isolation by agarose gel electrophoresis (AGE) from *Escherichia coli* and chicken liver tissue.
- Karyotyping and CBMN assay.
- Chromatography techniques – Paper and thin layer chromatography techniques.
- Preparation of Different Cultural Media.
- Bacteriological Analysis of water.
- Preparation of Staining Reagents.
- Preparation of antibiotic discs.
- Collection and transport of various clinical Samples.
- Maintaining laboratory equipments like Autoclave, Hot air Oven, Waterbath, Refrigerator, Incubator, Centrifuge, ELISA reader, Microscope etc.
- Fungal Culture Techniques.
- Laboratory fumigation.
- Quality Control.
- Various Sterilization procedures.
- Different serological diagnostic procedure
- Proper disposal of biomedical wastes in laboratory.

- Taking care of equipments, articles and having proper maintenance of the same.
- Anaerobic culture methods.
- Maintain of bacterial stock cultures
- Various serological diagnosis like ELISA, WIDAL, cold agglutination tests, Viral hemagglutination tests etc.
- Handling of academic sections with adequate care.

FAMILIAR WITH FOLLOWING EQUIPMENTS:

- Autoclave
- Hot air oven
- Incubator
- Water bath
- Centrifuge
- Microscope
- Colony counter
- Inspissator
- Spectrophotometer
- Colorimeter
- ELISA reader
- Thermocycler
- Gel Doc (Biorad)
- Safetyhoods- I, II ,III
- Electrophoretic apparatus- PAGE and AGE

INTERESTED AREAS

- Bacteriology
- Virology
- Molecular biology
- Mycology
- Immunology
- Clinical microbiology
- Medical parasitology

SEMINAR PRESENTED

- Inter- University seminar on “**Role of maternal infections in low birth weight and mental retardation.**”

WORKSHOP ATTENDED:

- One day training on “**BASIC TECHNIQUES IN DIAGNOSTIC PARASITOLOGY**”.

SEMINARS ATTENDED:

- National seminar on “**Emerging infectious diseases**” (NSEID – 2019).
- National seminar on “**Emerging principles of biomedical research: a scholarly approach**” (BIOSPARK-'19).
- Seminar on “**New avenues in bioscience research**”.
- Seminar on awareness against cveneral diseases – “**Open secrets**”.

RESPONSIBILITY:

- Taking care of case reporting.
- Keep the diagnostic result confidential.
- Care in proper waste disposal.
- Paying high responsiblity for sterilization procedures.
- Ability to think and act according to the situation with the patient in any circumstances.
- Take part in hospital quality control programme.

COMPUTER LITERACY:

- Familiar with window XP/7/10,
- M S Office 2007/13,
- Internet searching and e-mail operation

HOBBIES:

- Reading books, Internet browsing to keep knowledge updated, listening to music, playing chess, Writing.

MY STRENGTHS:

- Ability to cooperate with everyone and put forward constructive ideas in a group.
- Good Listener, Fast Learner.
- Friendly, dedicated.
- Hard working and punctual.
- Optimistic.
- Good oratory skills.
- Exceptional capacity to multi task
- Outstanding interpersonal and communications skills, accuracy in investigation, history, charting and other documentation.
- Good communication skills.

- Good teaching skills.

ACADEMIC PROJECT UNDERTAKEN:

“ROLE OF MATERNAL INFECTIONS IN LOW BIRTH WEIGHT AND MENTAL RETARDATION” done in Genetika Research Center, Pettah, Thiruvananthapuram.

Low birth weight (LBW) has been defined by the World Health Organization (WHO) as weight at birth of less than 2,500 grams (5.5 pounds) (World Health Organization, 1992). Globally, more than 20 million infants are born every year with a birth weight less than 2500 g, with Asia and Africa witnessing the largest numbers. India alone accounts for 40% of the cases of LBW in the developing world, and more than half of those in Asia (United Nations Children’s Fund; World Health Organization. India alone accounts for 40% of the cases of low birth weight (LBW) in the developing world, and more than half of those in Asian India alone accounts for 40% of the cases of low birth weight (LBW) in the developing world, and more than half of those in Asia. The issue of LBW, and especially its preterm birth component, has proven to be one of the most difficult pregnancy related issues to address. Although survival has improved, the proportion of births born before term continues to increase and the rate of disability among the preterm survivors has not decreased. Continued research aimed at reducing the preterm birth rate and disability among survivors is crucial if we are to achieve substantial improvements in pregnancy outcome.

DECLARATION

I do hereby declare that the information furnished above is true to the best of my knowledge and belief. If given a chance, I should work with sincerity and to the maximum satisfaction of my superiors.

Thanking you in advance for the time and consideration.

Sincerely,

Place: Varkala

VARSHA THEJAN

Date: 21-10-2019