

Dr.J.Christinal, CMLT, M.Sc., M.Phil, Ph D

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CAREER OBJECTIVE:

Currently I am working as **Reader and Head** in Department of Biochemistry at Rajas Dental College and Hospital and **Principal** of Rajas Institute of Laboratory Medicine, Kavalkinaru Jn, Tirunelveli Dt. I am a PhD graduate with four years of research experience in Neurodegeneration. **Twenty years** of teaching experience in handling both Theory Practical, Co-guidance in final year Project for Post graduates during my research period. Experienced in Organizing & Participating Conferences & Seminars. **Ten Years** of Clinical Experience in Laboratory Diagnosis

WORKING EXPERIENCE:

1. **Principal**, Rajas Institute of Laboratory Medicine from September 2021 onwards.
2. **Reader and Head**, Department of Biochemistry from September 2021 onwards.
3. **Quality Manger and Head**, Radolabs Pvt.Ltd, Chennai from April 2021 to August 2021
4. **Lab Manager and Head**, Medway Hospitals, Chennai from Oct 2020 to April 2021
5. **Assistant Professor** , Rajas Dental College and Hospital, Tirunelveli Dt. (July 2016-Oct2020) & Sardar Rajas Nursing College.
6. **NEET trainer in Biology (Zoology and Botany)**subject at Nivedita Academy for 4 months
7. **Visiting professor at Apgar Institute of Paramedical Sciences**, Tiruchirappalli. from July 2002 to till date.
8. **Guest Lecturer** at Bharathi Women's college, Chennai from July 2009- December 2009
9. **Head Biochemist** at Trichy Diabetes Centre, July 2007-July 2008.
10. **Senior Technician** at Apgar Clinical Laboratory, Trichy, May 2006-July 2011

RESEARCH EXPERIENCE:

- **Ph.D. in Biochemistry** - My doctoral thesis entitled “Protective effect of *Bacopamonniera* linn. on Methylmercury induced Minamata disease in cerebellum of rats” at the Dr. ALM PGIBMS, University of Madras, Chennai.
- **M.Phil Biochemistry**- Bharathidasan University, Tiruchirappalli. Thesis titled “Effect of *Pedalium murex* leaf extract on Urolithiasis in experimental mice.
- **M.Sc Biochemistry** – Srimathi Indra Gandhi College of Arts & Science, Trichy, India. . Thesis titled “Antitoxic potential of fenugreek against fenvalerate toxicity in vitro.

TEACHING EXPERIENCE

- During my Ph.D. research period (2011-2015) I had assisted in teaching practical classes, Theory classes and project works for the post graduate students in the Department of Medical Biochemistry, Dr. ALM PGIBMS, University of Madras, Chennai – 600 113, India.
- In my Associate Professor Career I have taking classes for BDS and MDS students, Nursing students both Theory and Practical. (2016- Present).

EDUCATIONAL PROFILE:

- **Ph.D. in Biochemistry** - Dr. ALM PGIBMS, University of Madras, Chennai, TamilNadu, India. 2011 – 2015.
- **M.Phil in Biochemistry**- Bharathidasan University, Tiruchirappalli, TamilNadu, India, 2007- 2008. Percentage (74%).
- **M.Sc in Biochemistry** – Srimathi Indra Gandhi College for Women ,Tiruchirappalli, TamilNadu, India , 2004-2006 . Percentage (73%).
- **B.Sc in Biochemistry**- JJ College of Arts and Science, Pudukkottai, Inida , 2000-2003, Percentage(67%).
- **Certificate in Laboratory Techninican**, Certificate in Medical Laboratory Technology (CMLT), Sri Venkateshwara College, Pudukkottai, India. Affiliated to King Institute of Preventive medicine & Research, Guindy, Chennai, 1999-2000. Percentage (84%).

RESEARCH PUBLICATION:

1. Inhibition of fenvalerate toxicity in vitro by fenugreek. **Biomedicine**. 30(3), 2010, 282-285.(ISSN: 0970 2067)
2. Protective Effect of BacoppaMonniera on Methylmercury Induced Oxidative Stress

- in Cerebellum of Rats. **Cell MolNeurobiol.** 2012, 32: 979-987. (ISSN 0272-4340) **(IF-2.5)**
3. Effect of BacoppaMonniera Extract on Methylmercury Induced Behavioral and Histopathological Changes in Rats. **Biol Trace Elem Res.** 2013. 155(1):56-64.(ISSN: 1559-0720) **(IF-1.7)**
 4. Chronic administration of methylmercury alters cognitive and mitochondrial dysfunction in rat cerebellum – a novel approach to therapy for minamata disease by a medhyarasayana drug *Bacopamonniera*. **International Journal of Pharma and Bioscience.** 2014. 5(4):1183-1194. (ISSN: 0975-6299) **(IF-2.9)**
 5. Neuroprotective effect of the ethanolic seed extract from *Celastruspaniculatus* against Methylmercury: a global pollutant induced neurotoxicity in cerebellum of rat. **Asian Journal of Pharmaceutical and Clinical Research.** 2014. 7(5):128-135. (ISSN: 0974-2441) **(IF- 0.7)**
 6. L-Theanine, an aminoacid in tea augments Methylmercury (Globalpollutant) induced Biochemical, Behavioural and Histological changes in rat cerebellum. **International Pharmacognosy and phytochemical research.** 2015. 7(2):15 (ISSN: 0975-4873) **(IF- 1.3)**
 7. Bacopamonniera, a nootropic herb alleviates abnormal molecular and immunohistochemical changes evoked by chronic exposure of methylmercury in rat cerebellum. **International Journal of Pharmaceutical Sciences and Research.** 2015. 6(8):3626-33 (ISSN: 0975-8232) **(IF- 3.7).**
 8. Neuroprotective effect of *Portulacaolereacea*ethanolic extract ameliorates methylmercury induced cognitive dysfunction and oxidative stress in cerebellum and cortex of rat brain. **Biological Trace Element Research.** 2015. 172, 155-165.(ISSN: 1559-0720) **(IF-1.7)**
 9. Neurodegenerative disorders and periodontitis- a mechanism behind the liaison. **International Journal of Dental and Health Sciences.** 2016: 3(4) 790-795.ISSN:2348-5280 **(IF-2.4)**

10. Facilitating the gut brain axis by probiotic bacteria to modulate neuroimmune response on lead exposed zebra fish models. **Acta Scientiarum. Health Sciences**, 43, e52932, 2021
11. Effect of *Cynodondactylon* on methylmercury-an Environmental pollutant induced Neurotoxicity. **Journal of Emerging Technologies and Innovative Research**, 2023 10(11),712-718. ISSN: 2349-5162. (IF 7.9)
12. Evaluating the efficacy of Salivary and Serum Calcium, Phosphorus, Vitamin-D and alkaline phosphatase level in post menopausal women for assessing the risk of osteoporosis. **International Journal of Medical Science in Clinical Research and Review**, 2024. 7(5): 987-992.
13. Dermatoglyphics pattern variations in type 1 Diabetes mellitus patients – “A Case Control Study, **International Journal of Medical Science in Clinical Research and Review**,2025, 8(3),817-821
14. Mobile Phone radiation and its effects on Salivary Amylase and Lysozyme: An observational Study, **International Journal for Innovative Research in Multidisciplinary Field**, 2025 11 (7) 426-431.
15. Evaluating Salivary Lipid Profile in Patients with and without Periodontal Disease – A Cross Sectional Study. **Journal of Advanced Medical and Dental Sciences Research**. 2025, 13(9). 9-12

AWARDS:

- **UGC-BSR Fellow**, University of Madras, June 2014-May 2015.
- Best scientific paper presenter award in name of Dr.Lalitha Kameshwaran runner at TABSCON- D conference in Tagore Dental College and Hospital, Chennai on Jan 2019.
- Best Faculty Award received from Rajas Dental College on Dec 2023.
- Research Excellence Award in ISDR conference on Feb 2024.
- Received Fellowship award in Paramedical Sciences from **Indian Association of Basic and Para Medical Sciences (IABPMS)** March 2025

RESEARCH GRANTS

1. Project STS Sanctioned from Tamil Nādu State Council of Science and Technology on March 2023 “**A CORELATIVE STUDY ON ESTIMATION OF SALIVARY CALICUM, PHOSPHORUS AND VITAMIN D LEVEL AS A DIAGNOSTIC**

TOOL OF OSTEOPOROSIS IN MENOPAUSAL AND GERIATRIC WOMEN.”

Technical Expertise

- **Animal handling** - Rats and Zebra fish
- **Molecular Biology** - Techniques of RNA & DNA isolation, Polymerase Chain Reaction
- **Biochemistry** - Protein isolation, electrophoretic techniques, Westernblot, ELISA and Enzyme assays .
- **Chromatography** - HPLC and TLC.
- **Hematology** - Routine hematology works
- **Clinical Pathology** - Complete urine analysis, Parasitological Analysis, Semen Analysis
- **Behavioural science** - Rotarod, 8 arm radial maze, Open field test, immobility study.

TRAININGS COMPLETED

1. Invitro Cultutre techniques, Avanz Biotech, Chennai
2. Stem Cells Training, Avigen Bio Chennai
3. Laboratory Management and Internal Audit as per **ISO 15189:2022** conducted by MELAP organization at Sundaram Medical Foundation , Chennai

Membership:

Member of UG & PG Board of studies for Biochemistry in JJ College of Arts and Sciencesaffiliated to Bharathidasan University.

Other skills

- Question paper setter in Annamalai University.
- External Examiner for Allied Health Sciences.
- Graduate student Instructor- (2011-2015).
- As an Additional Exam Superintendent at Rajas Dental college & Hospital for MGR University Examination from August 2016 to Oct 2020
- As a Coordinator for BDS Students from July 2016 to Oct 2020.
- Guide and Co-guide for the following Research

S.N	Student Name	Institution name	Title of the thesis	Year
1.	P.Sunilkumar	Bishop Heber college, Department of Biotechnology, Tiruchirappalli.	“ <i>Cynodondactylon</i> L. auguments Neurotoxicity induced by Methylmercury- “ A Global pollutant “ in cerebellum of rats”	April 2016
2.	S.Vinothraj	Bishop Heber college, Department of Biotechnology, Tiruchirappalli.	“ <i>Celastruspaniculatus</i> on Lead induced Neurotoxicity in cerebellum of rats”	April 2016
3.	S.Nagakani	Bishop Heber college, Department of Biotechnology, Tiruchirappalli.	“ Ethano botanical study of Tridaxprocumbers L. and its potential activity in healing Diabetic wound on par with standard drug (Mupiriocin) carried out in Wistar rats”	April 2016
4.	C.Rooba	Bishop Heber college, Department of Zoology	“Effect of <i>Cynodondactylon</i> .L on Lead acetate induced neurotoxioty in cortex of rat brain”	April 2016
5	Suganya	Bishop Heber college, Department of Biotechnology	Facilitating the gut brain axis by probiotic isolate to modulate neuroimmune response on lead exposed zebrafish model.	April 2019
6	Neeraja	Jamal Mohammed College, Trichy	“Bacoside-A – A Therapeutic approach for Methylmercury induced Neurotoxicity in Zebrafish Model”	2019

7	Dr.Mamtha Roshini	Rajas Dental College and Hospital.	Evaluating the Efficacy of Salivary and serum calcium, phosphorus, vitamin D and Alkaline phosphatase level in post-menopausal women for assessing the risk of osteoporosis	May 2023
8	Dr.Shruthi	Rajas Dental College and Hospital	Evaluating salivary Lipid profile in patients with and without Periodontal disease – a cross sectional study	July 2023

SEMINARS / CONFERENCE

S. No	Name of the event	Venue	Date and year	National/ International	Participated/ Presented
1.	16 th Conference & Seminar on Medical Technology on “Update the Clinical Laboratory Sciences & Medical Technology”	Chennai	May 9&10, 2005	National	Participated
2.	2 nd Biological congress on “Perspective and future trends in Biological Sciences”	Selvam arts & Science college, Namakkal.	January 7 & 8 2005	National	Participated
3.	Seminar on “ Recent Trends in Biotechnology”	SrimadAndavan Arts& Science College, Trichy	October 30 & Sep 1, 2005	National	Participated
4.	Conference on “ Evolutionary trends in Biochemistry & Molecular Biology Biotrendz 2012” and Seminar on Alzheimers Disease-ALZINFO	Bharathidasan University, Trichy	Sep 20 & 21, 2012	National	Presented. “Effect of Bacopamonniera on Methylmercury induced Neurotoxicity.

5.	Workshop on “ Basic Statistics for Graduates, Post Graduates, Researchers & Industry”	Frontier Lifeline PVT Ltd, Chennai	Feb 21 & 22, 2013	National	Participated
6.	Seminar on “ Herbal Medicines and Health”	University of Madras, Chennai	Feb 16, 2013	National	Participated
7.	Conference on “Chemical Environmental and Bioprocess Engineering”	Jawaharlal Nehru University, NewDelhi	Dec 21 & 22, 2013	International	Presented. “Effect of Bacopamonniera extract on methylmercury induced behavioural and histological changes in cerebellum of rats”
8.	Conference & workshop on “Advances in Biomolecular Sciences & Analytical NMR”	ShrimadAndavan Arts & Science College, Trichy	August 25-27, 2014	International	Participated
9.	Conference on “Novel Approaches in Cognitive and Molecular Neurobiology”	University of Madras, Chennai	March 18, 2015	National	Participated
10.	“Physiofest”	Rajas dental College & Hospital	April 2017	CME programme	Participated
11.	TABSCON-D	Tagore Dental College & Hospital, Chennai	2018	National	Participated
12.	Confront and Perspective of Nano Research in Health care	Rajas dental College & Hospital	2019 Jan	National	Organized
13.	TABSCON-D(CME credit points and DCI credit points)	Tagore Dental College & Hospital, Chennai	2019 Jan	National	Paper presentation

14	Workshop on PCR techniques	Tagore Dental College & Hospital, Chennai	2018	National	Participated
15	Workshop on Zebra fish – A molecular tool box- Dr2k19	Rajas dental College & Hospital	2019	National	Organized
16	Online course on OMIC's of Corona virus and Natural Remedies	Karpaga Vinay agar College of engineering and technology	2020	Certificate course	Participated
17	Webinar on COVID 19 and Indian	GVG Visalakshi college for women	2020	Online seminar	Participated
18	TABSCON-Basic Medical Science Conference	Rajas Dental College and Hospital	2022	conference	Organized
19	Hands on Workshop on Basic of Stem Cells	Rajas Dental College and Hospital	2023	Workshop	Organized
20	LABISCON	Rajas Institute of Laboratory Medicine	2023	Seminar	Organized
21	National Conference on BLS promoting Sustainability in Clinical Diagnosis	Rajas Institute of Laboratory Medicine	2025	Conference	Organized

Delivered Lectures

1. Delivered a talk in Clinical society Meeting at Rajas Dental College titled **“Alzheimer’s and Periodontal Diseases”**.
2. Delivered a talk in Medical forum at Rajas Dental College titled **“Ulcers in gastric Mucosa”**.
3. Delivered a talk in Medical forum at Rajas Dental College titled **“Mercury- A health Hazard”**.
4. Delivered a talk in Clinical forum at Rajas Dental College titled **“ Nutrition and**

Oral Health”

5. Deliver a Lecture and conduct workshop “**Zebrafish - researcher friend**” At **Bishop Heber College, Tiruchirappalli.**
6. Delivered a Lecture in Holy Cross College, Nagercoil titled “**Research Modelers- Animals not humans**”.
7. Delivered a talk on “**Role of Laboratory Scientist behind the Medicine**” in All India Institute of Medical Technologist Conference at Kolakata
8. Deliver a talk on “ **Diabetes – A Silent Killer**” at JJ College of Arts and Science, Pudukkottai
9. Delivered a talk on “**Laboratory Quality Management System**” at All India Institute of Medical Technologist Conference, Pondicherry.
10. Delivered a talk on “ **Implications of Biomolecules on Bruxism**”
11. Delivered a Plenary Lecture on “ **Identifiers of Carinoma**” in National Conference , JJ College of Arts and Sciences, Pudukkottai

(DR.J.CHRISTINAL)