


## CURRICULUM VITAE



**Dr.SINCY VARGHESE**  
PAVITHRA HOUSE,KALLUVAYAL  
KALANADIKOLLY (PO),PULPALLY  
WAYANAD, 673579,Kerala, India

sincysayooj@gmail.com   
+91-7902383767/ 9061236222 

### EDUCATIONAL QUALIFICATIONS

Year	Course	University/Board	% of Marks
2018-2022	Ph.D. in Biochemistry	Karpagam deemed to be university, Tamil Nadu, India	Highly Commented
2006-2008	M.Phil in Biochemistry	Bharathidasan University, Tamilnadu	82.00%
2004-2006	M.Sc. in Biochemistry	Bharathidasan University, Tamilnadu	63.87%
2001-2004	B.Sc. in Chemistry	KannurUniversity, Kerala, India.	60.00%

**PhD Title :-** “Antidiabetic Effect of *Clerodendrum paniculatum* Flower in High Fat Diet Treated Induced Diabetic Rats”

### ADDITIONAL CERTIFICATE COURSES

2005-2006.	DMLT A.I.M.L.T.A
2023	Food Safety Supervisor certificate course
2023	Highfield level 3 HACCP

### RESEARCH EXPERIENCE

No	Position/Designation	Nature of Duties/Works	Duration
1.	<b>Assistant Professor</b> Department of Biochemistry, Pazhassiraja College, Pulpally, Wayanad	Teaching, Research	06-12-2021 to Till date
2.	<b>Senior Research Fellow (SRF)</b> Center for Ethanopharmacology, KVASU, Kerala, India.	NAIP Funded on study of Acaricides. Isolation, characterization of biologically active bioactive compounds from natural resources (Chromatographic techniques, GC-MS, HPTLC)	17-12-2013 to 31-12-2014
3.	<b>Junior Research Fellow (JRF)</b>	KSCSTE funded on study of filarial infections.	02-08-2008 to

Center for Parasitology, KVASU, Kerala, India..	Familiar with handled on experience in the operation of <b>Molecular techniques</b> -:RFLP, RT PCR, Clonning, Electrophoresis, ELIZA, UV/Visible Spectrophotometer	30-04 2012
<b>Teaching Assistant</b>	Teaching	12-06-2014
4. Center for Biochemistry, KVASU, Kerala, India.	Statistical analysis of experimental data by using ANOVA, SPSS and Excel.	to 30-08-2015

### MSc. THESIS GUIDED

1. Nandana A S (2023), *In vitro* Antidiabetic Effects and Antioxidant Potential of ethanolic leaf extract of *Blumea mollis* (D. Don) Merr. Submitted to Calicut University, Kerala
2. Khaleela K P (2024), Effect of Bisphenol a on Oxygen Consumption Behavioral Modification in Fresh water fish. Submitted to Calicut University, Kerala

### PUBLICATIONS

<b>Total Publications:10</b>			
<b>Total Citation:171</b>	<b>Cumulative IF:22.858</b>	<b>h-index:05</b>	<b>i10-index:04</b>

<https://scholar.google.com/citations?user=tQNHrhUAAA&hl=en&oi=ao>

### RESEARCH PAPERS

1. **Sincy Varghese**, Devaki Kanakas abapathy, Sri Rashmy Madathil, Poornima Kannappan. Pharmaco-chemical Characterization and Evaluation of In Vitro Antioxidant and Antidiabetic Activity of Ethanolic Flower Extract of *Clerodendrum paniculatum*. *Int. J. Pharm. Sci. Res.*, Vol 11(3), Pp: 4569-4577.2020.
2. **Sincy Varghese**, Poornima Kannappan, Devaki Kanakasabapathy, SriRashmy Madathil, Muneeswari perumalsamy. Antidiabetic and antilipidemic effect of *Clerodendrum paniculatum* flower ethanolic extract. An *in vivo* investigation in Albino WistarRats. *Int. J. Biocatal. Agric Biotechno.* Vol 36,2021.
3. Amritha Achuthkumar 1, Shamjana Uchamballi 1, Kumar Arvind 1, Deepa Azhchath Vasu 1, **Sincy Varghese** 2, Reghu Ravindran 3 and Tony Grace 1,\* Transcriptome Profiling of *Rhipicephalus annulatus* Reveals Differential Gene Expression of Metabolic Detoxifying Enzymes in Response to Acaricide Treatment. *Biomedicines* 2023, 11, 1369. <https://doi.org/10.3390/biomedicines11051369>.
4. Aparna, M, Vimalkumar, M.B, **Varghese, S.**, Senthilvel, K., Ajithkumar, K.G, Raji, K, Syamala, K., Priya, M.N., Deepa, C.K, Jyothimol, G., Juliet, S., Chandrasekhar, L and Ravindran, R..2013. Phylogenetic analysis of bovine *Theileria* spp. isolated in south India. *Tropical biomedicine* 30(2):281-290.
5. Sri Rashmy Madathil, Poornima Kannappan, Kanakasabapathy Devaki, Perumalsamy Muneeswari, **Sincy Varghese** (2020). Phytochemical and chromatographic characterization of *Mimosa diplotricha*

Wright ex. Sauvalleethanolic leaf extract and assessment of antioxidant potential and anti-proliferative effect on colorectal cancer (HCT-116) cell lines. *Int.J.Res.Pharm.Sci.* 11(3): 4378-4387.

6. Reghu Ravindran, **Sincy Varghese**, Suresh N. Nair, Vimalkumar M. Balan, Bindu Lakshmanan, Riyas M. Ashruf, Swaroop S. Kumar, Ajith Kumar K. Gopalan, Archana S. Nair, Aparna Malayil, 2014. Canine Filarial Infections in a Human Brugia malayi Endemic Area of India. *BioMed Research International* Volume, Article ID 630160, 1-9.

7. Ravindran, R., Ajith Kumar, K.G., Amithamol, K.K. Sunil, A.R., Juliet, S, Nair, S.N, Chandrasekhar, L., Sujith, S., **Varghese, S.**, Aparna, M., Bandyapadhyay, A., Rawat, A.K.S. and Ghosh, S. 2012. *In vitro* evaluation of acaricidal activity of fipronil against Haemaphysalis bispinosa based on adult immersion test. *Tropical biomedicine* 29(1):61-64.

8. G. Jyothimol<sup>a</sup>, R. Ravindran<sup>a</sup>, S. Juliet<sup>b</sup>, K. G. Ajithkumar<sup>a</sup>, N. N. Suresh<sup>b</sup>, M. B. Vimalkumar<sup>a</sup>, **S. Varghese<sup>a</sup>**, Srikanta Ghosh<sup>c</sup>. Low level deltamethrin resistance in ticks from cattle of Kerala, a south Indian state **Author links open overlay panel** *Veterinary Parasitology*. Volume 204, Issues 3–4, 29 August 2014, Pages 433-438

9. Pallipurathu Reghunathan Nair, **Varghese Sincy**, Sreelakshmi, Alexander Jacob, Chakravarthi Ajith, Ravindran Reghu, Thekkumkara Surendran Nair. 2013. Epidemiological Investigation on Subcutaneous Nodule Containing a Live Worm Suspected to be Dirofilaria Repens Infection in a Woman from Rural Kerala, Indi. *Jnl. of Global Infectious Diseases*. Pub med, 3/Vol-5/Issue 3. 122123.

10. Reghu Ravindran, Malayil Aparna, Joju Johns, Ullisseri C. Mithin, **Sincy Varghese**, Gopi Jyothimol, Leena Chandrasekhar and Karapparambu G. Ajith Kumar. 2014. Application of seminested PCR for detection of larval stages of Spirocerca lupi in garden lizards (Calotes versicolor) *Vet. arhiv* 84, 305-310.

#### PAPER/ABSTRACTS/POSTER PRESENTED

1. Ravindran R., Suresh N Nair., Bindu Lakshmanan., **Sincy Varghese.**, Alith Kumar K.G and Leena Chandrasekhar. "Filarial infections in clinically normal dogs of Alapuzha District". National seminar on Recent Trends in Diagnosis and control of Animal Diseases with special reference to Public Health. Department of Animal husbandry, Kochi 13-14 March-2009, 66-67.
2. Ravindran R., Suresh N Nair., Bindu Lakshmanan., **Sincy Varghese.**, Alith Kumar K.G and R. Rajendran. "Histochemical differentiation of canine and human microfilariae". XX National congress of veterinary Parasitology. Department of Veterinary Parasitology, Agricultural University, Haryana, Hisar. 18-20 February-2010, 36.
3. M Aparna., **Sincy Varghese.**, Joju Johns., U.C. Mithin., Reghu Ravindran, Ajith Kumar K.G, and K Devada. "Seminested PCR for detection of larval stages of Spirocerca lupi in garden lizards." 22<sup>nd</sup> kerala Science Congress, KFRI, Peechi, 28-31 January- 2010. 230-231.
4. Reghu Ravindran., **Sincy Varghese.**, Suresh N Nair., Alith Kumar K.G., Bindu Lakshmanan and Deepthi Vijay. "Histochemical differentiation of *Dirifilaria repens* and *Brugia pahangi*." 22<sup>nd</sup> kerala Science Congress, KFRI, Peechi, 28-31 January- 2010. 155-156.

5. Reghu Ravindran., **Sincy Varghese.**, Suresh N Nair., Alith Kumar K.G. and Bindu Lakshmanan. "Histochemical differentiation of canine microfilarie". 23<sup>rd</sup> Kerala Science Congress, Fishery & Veterinary Sciences-2011.
6. Reghu Ravindran., Sanis Juliet., A.R Amithamol K K., **Sincy Varghese.**, Suresh N Nair, and Alith Kumar K.G "Ticks and Tick Born pathogens ,International Conference-TTP7". University of Zaragoza, Spain, -2011.
7. Lenka D.R., Sunil A R., Deepa P E., **Sincy Varghese.**, Reghu Ravindran and Leena Chandrasekhar "hatching blocking effect of the ethanolic extract of leaves of Pongamia glabra against ova laid by treated Rhipicephalus (B) annulatus". **26<sup>th</sup> Kerala Science Congress, Pookode, Wayanad.** 2014.
8. Reghu Ravindran., **Sincy Varghese.**, Suresh N Nair., Ajith Kumar KG., Ravindran R., Leena C., and Sanis Juliet. "Detection of *filarial* infections in Kerala". *XXVII National Congress of Veterinary parasitology.* Rajasthan University of Veterinary and animal sciences, Bikaner, Udaipur. 2018
9. **Sincy Varghese**, "Phytochemical screening, Chromatographic analysis antioxidant and antidiabetic evaluation of *Clerodendrum paniculatum* ethanolic flower extract" **11<sup>th</sup> Annual Research Congress ,KAHEARC-Coimbatore,** 2019.
10. **Sincy Varghese**, "Pharmacochemical characterization and evaluation of invitro antioxidant and antidiabetic activity of ethanolic flower extract of *Clerodendrum paniculatum*". National conference on advance techniques in plant science and nano science. Karpagam Academy of Higher education, -Coimbatore-2020.
11. **Sincy Varghese,** "Invitro antidiabetic assays and related techniques". National conference on advance techniques in plant science and nano science. Karpagam Academy of Higher education, Coimbatore-2020.
12. **Sincy Varghese,** "Data collection and analysis". National conference on Research methodology for Life Sciences, Department of Biochemistry, Karpagam Academy of Higher education, -Coimbatore-2020.
13. **Sincy Varghese,** "Diabetes mellitus and risk of Hepatocellular carcinoma". National seminar on current approaches to curtail cancer progression. Karpagam Academy of Higher education, -Coimbatore-2020.
14. **Dr.Sincy Varghese,** "Effect of Bisphenol A on oxygen consumption behavioral modification". International seminar on Microbial Diversity and Bioremediation of polluted soil and water Ecosystem. American Society of Microbiology, Majlis Arts & Science College, Puramannur. 2025

#### WORKSHOPS/ SEMINAR PARTICIPATED

1. Workshop on **Beekeeping for Sustainable Income**, conducted by Entomology Research Institute, Entomology Research Institute (ERI), Loyola College, Chennai, Tamil Nadu, India, during 29<sup>th</sup> September 2018.
2. Workshop on "Screening of Indigenous Herbs-Bioassay Guided Fractionation". Organized by Department of Biochemistry, KAHE.coimbatore during 28<sup>th</sup> February 2019.
3. Conference on "**Advances in Therapeutic Molecules and Drug Design {ATMDD-2019}**" sponsored by DBT\_New Delhi, in Department of Biochemistry, KAHE.coimbatore during 9<sup>th</sup> -11<sup>th</sup> January 2019.
4. International Seminar on Traditional Medicine & Wellness ,Government of Kerala sponsored, Organized by Tourism Department ,Pazhassiraja College,Pulpally.21<sup>st</sup> & 22<sup>nd</sup> February 2017.
5. Seminar cum Workshop on "**Bioinformatics Tools**" organized by Department of Biochemistry, Pazhassiraja College,Pulpally. 27<sup>th</sup> & 28<sup>th</sup> November 2023.
6. National level seminar on "Role of Tribal people in the Anti-colonial struggles in Kerala" organized by the Department of History,Pazhassiraja college,Pulpally. In association with ICHR,New Delhi. 14<sup>th</sup> &15<sup>th</sup> December 2022.
7. National Webinar on "Production methods of phytase and its utilization for nutritional availability" organized by Department of Biochemistry,Sri Devaraj URS academy of Higher education and Research,Kolar,Karnataka . 9<sup>th</sup> July 2023
8. National Seminar on "Re Imaging Plant Science in the era of climate and genomic transition" held from November 5<sup>th</sup> to 7,2025,organized by the Department of Botany,Kannur University.

## REFERENCES

**Dr. K.Devaki. MSc, PhD**

Professor, Department of Biochemistr y  
Karpagam Academy of Higher Education  
Coimbatore -21  
Tamil Nadu, India  
Cell: +91- 9442009357  
Email: [devakirajasekar@gmail.com](mailto:devakirajasekar@gmail.com)

**Dr. Reghu Ravindran, MVSc, PhD.**

Assistant Professor& Head I/c  
Dept. of Veterinary Parasitology, College of  
Veterinary and Animal Sciences, KVASU,  
Pookode, Wayanad, Kerala, India.  
Cell: +91- 9447713422  
Email: [drreghuravi@yahoo.com](mailto:drreghuravi@yahoo.com)

**Dr. K.Poornnima. MSc, PhD**

Professor & Head, Department of  
Biochemistr y Karpagam Academy of  
Higher Education Coimbatore -21  
Tamil Nadu, India  
Cell: +91- 9655194210  
Email: [poorniovya@gmail.com](mailto:poorniovya@gmail.com)

**Dr. Suresh N Nair, MVSc, PhD.**

Assistant Professor  
Dept. of Veterinary Pharmacology and Toxicology,  
College of Veterinary and Animal Sciences,  
KVASU, Mannothy, Thrissur, Kerala, India. Cell:  
+91- 9446919146  
Email: [sureshnair@gmail.com](mailto:sureshnair@gmail.com)

## DECLARATION

I am also confident of my ability to work in a team. I hereby declare that the information furnished above is true to the best of my knowledge.

Place: Pulpally

Date:

Dr. SINCY VARGHESE