

**Chennai Medical College Hospital & Research Centre
(SRM Group) Irungalur, Trichy**

Name : Dr.R.Thamarai
Educational qualification : MBBS., MD.,
Post Graduation : MD Biochemistry, Thanjavur Medical College,
Thanjavur
Graduation : MBBS, Thanjavur Medical Medical College,
Thanjavur

Job profile:

September 2016-till date : Associate Professor
2011-2015 : Assistant Professor of Biochemistry,
Chennai Medical College Hospital and Research
Centre, Irungalur, Trichy.
2008-2011 (3 years) : Post graduate/Tutor in Biochemistry, Thanjavur
Medical College, Thanjavur

Professional experiences:

Faculty for UG& PG students : Teaching theory and practicals
Guide : ICMR/Other research projects
Trained : Molecule techniques (PCR, Western Blotting etc.,)

Research publications: 8

2014: 5

1. K. Sivakumar, **R. Thamarai**, R. Jey Pragatha. Relationship of serum uric acid and non-HDL cholesterol in obese individuals in rural population. Int J Pharmacy Pract Drug Res 2014; 4(3): 132-137.
2. K. Sivakumar, **R. Thamarai**, Ganga. Awareness of point of care testing (POCT) among junior residents of medical college. Pharmacophore 2014; 5(2): 246-251.
3. Sivakumar K, **Thamarai R**, Jeypragatha R (2014). Uric acid: a marker of increased various diseases and risks. Pharmacophore; 5(1): 35-43.
4. Sivakumar K, **Thamarai R**, Jey Pragatha R. Screening of serum uric acid in obese individuals in rural population. Int J Sci Study 2014; 2(2): 1-4.

5. **Thamarai R**, Sivakumar K. Plasma neutrophil gelatinase associated lipocalin as an early biomarker of acute kidney injury in snake bite. 2014; 69(3):

2015:2

1. **Thamarai R**, Sivakumar K, Kalavathy Ponniraivan. Awareness of health consequences of junk foods among medical students. International Journal of Recent Scientific Research 2015; 6(3):3203-3207.
2. Sivakumar Karunanandham , **Thamarai Rajappa** , Selvi Jesudoss , Naveethalakshmi N. A study of adequacy of completion of clinical biochemistry laboratory request forms. Int J Med Res Rev 2015;3(11):1378-1382.

2016: 1

1. **Thamarai R**, Sivakumar K. Evaluation of risk for type 2 diabetes mellitus in rural population and its comparison with obesity indicators. Int J Med Sci Public Health. 2016; 5(8): 1626-1630.

6. Conferences/seminars/Workshops participated/presented:

- a) 2012 : 2
 b) 2013 : 5
 c) 2014 : 7
 d) 2015 : 2

S.No.	Name of the Programme	Organizer	Date(s)	Mode of participation
1.	Workshop on PCR-WB	19 th Annual National Conference Of	14 th December 2011	Participation with 5 credit points
2.	Conferences-AMBICON	Association Of Medical Biochemists Of India	15-18 th December 2011	Participation with 25 credit points
3.	Seminar On Quality Awareness In Clinical Laboratories	Bio-Rad laboratories	18 th February 2012	
4.	CME and hands-on training workshop on "Guidelines on method validation"	Institute of Biochemistry, Madras medical college, Chennai.	25 th February 2012	Participation with 10 credit points
5.	Science academies second lecture workshop on "Neuropsychiatry diseases"	Department of Biochemistry, CMCH&RC, Trichy.	4 th and 5 th April 2013	Participation with 15 credit points
6.	National Seminar on Biomarkers	MES Medical College, Perinthalmanna.	8 th and 9 th June 2013	Oral Presentation

7.	CME on Diabetes-Update	Department of Biochemistry, CMCH&RC, Trichy.	4 th July, 2013	Participation with 10 credit points
8.	CME on Academic Carnival On Shock	CMCH&RC, Trichy	13 th & 14 th August 2013	Participation with 10 credit points
9.	Hands on training workshop in PCR-RFLP and RT-PCR	K.A.P.V. Govt. Medical College, Trichy.	16 th & 17 th September 2013	20 hours in category 3
10	MCI Regional Centre for Medical Education Technologies conducted 'Basic Course Workshop in Medical Education Technologies'	CMCH&RC, Trichy	March 2014	Participation
11	CME on "OT-Sterilization and Disinfection	CMCH&RC, Trichy	29th March 2014	Participation with 10 credit points
12	CME on "Heat Shock Proteins"	CMCH&RC, Trichy	4th July 2014	Participation with 5 credit points
13	CME on HIV care	CMCH&RC, Trichy	22 nd July, 2014	Participation with 10 credit points
14	CME on Pain Management	CMCH&RC, Trichy	24 th September 2014	Participation with 10 credit points
15	CME on "Sepsis-Global Killer"	CMCH&RC, Trichy	26 th September 2014	Participation with 10 credit points
16	CME on "Pharmaceutical Waste Management"	CMCH&RC, Trichy	30 th October 2014	Participation with 10 credit points
17	Workshop on Research Methodology	CMCH&RC, Trichy	September 2015	Participation with 30 credit points
18	CME on cancer biology	CMCH&RC, Trichy	19 th November 2015	Talk on "Tumor markers" - Oral Presentation