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Web of science Researcher ID: G-9570-2011

Scan for Short CV

• R E S U M E •

Career Goals	As a seasoned and results-driven professional known for my organizational prowess, unwavering dedication, and steadfast loyalty, I am poised to leverage my extensive expertise in Biochemistry, Laboratory Management, Quality Assurance, Research, Statistics, and Informatics. My career journey reflects a passion for achieving excellence and a demonstrated ability to navigate challenges with enthusiasm. I am committed to continual learning and have a proven track record of thriving in diverse work environments. Whether working independently or collaboratively within a team, my versatile skill set positions me as a valuable asset, ready to contribute to and drive success in any professional setting.

Personal Information	· Sex · Marital Status · Spouse Name · Number of Children · Age and Date of Birth · Fathers Name · Nationality · Religion · Permanent Address · Languages Known · Passport Details · Driving License	: Male : Married : Sheena Joe (M.Sc. Microbiology) : Two : 53 years, 24-05-1972. : P.C. Mathew(late) : Indian : Christian, Syrian Malankara Catholic : Poikayil Puthen Veedu, Kizhakketheruve P.O., Kottarakkara, Kollam-691 542. Kerala, India Ph. +91 474 2651832, 9496913378. : English, Hindi, Tamil & Malayalam. : Number: R3229388 Date of Issue: 07.09.2017, Exp.:06.09.2027. Place of issue: Trivandrum : Valid for two wheelers and four wheelers In India
Academic Qualifications	**Yenepoya Medical College, Ph.D., Biochemistry, (Faculty of Medicine), Jan 2011 – Oct 2017.** · Yenepoya University, Mangalore. **Christian Medical College, Vellore, M.Sc., Medical Biochemistry, (Faculty of Medicine), Jun 1997 - May 2000** · Dr. M.G.R. Medical University, · 3 Years course · 70% - First Class **St. Johns College, Anchal, B.Sc., Chemistry, Jun 1989 - May 1991** · Kerala University · 63% - First Class **St: Gregorios College, Kottarakkara, Pre-Degree, Science, Jun 1987 - May 1989** · Kerala University **St: Mary's High School, Kottarakkara, High School, May 1989** · 67% marks **First Computers, Vellore, Diploma, Computer Basics and Programming, Jan 1995 - Jun 1995** · Diploma in End User Computing · First Class with Distinction	
Certifications and Affiliations Related to Academic activities	**Basic Course in Biomedical Research** · by ICMR NIE in Apr 2022, passed with 72% Marks · Roll no: NPTEL21 MD05S43780688 **Refresher Course on Medical education Technology**, 02/08/2021 to 30/10/2021 · Conducted by Academic Staff College, Kerala university of Health Sciences (KUHS) **Revised Basic Course Workshop in Medical Education Technologies**, 19th to 21st October, 2021 · Conducted by BCMCH & National Medical Commission Nodal Center for Medical Education Technologies, Govt. Medical College, Kottayam, Kerala	

Certifications and Affiliations Related to Quality Related Activities

Trained Master Surveyor JCI: Joint Commission International 8th Edition Standards 20-23 April 2026
- Cert No. xx,

QCI Certified Internal Auditor ISO 13458:2016: Medical Device Quality management system 14-15 March 2024
- Cert No. TCB/QCI/150324/05-020,

Govt Certified Internal Auditor ISO 9001:2015: Quality management system 10-10 January 2026
- Cert No.STP/18808/ISO/509/2025-26, MSME - TECHNOLOGY DEVELOPMENT CENTRE, CHENNAI (CFTI) GOVERNMENT OF INDIA SOCIETY, MINISTRY OF MICRO SMALL AND MEDIUM ENTERPRISES

Govt Certified Internal Auditor ISO 14001:2015: (EMS) Internal Auditor Training Program 19 to 23 Jan 2026
- Cert No. STP/18275/ISO/490/2025-26, MSME - TECHNOLOGY DEVELOPMENT CENTRE, CHENNAI (CFTI) GOVERNMENT OF INDIA SOCIETY, MINISTRY OF MICRO SMALL AND MEDIUM ENTERPRISES

Govt Certified Internal Auditor ISO 45001:2018: (Occupational Health and Safety (OHSAS)) Internal Auditor Training Program 21 to 25 Apr 2026
- Cert No. STP/90/ISO-OHSMS/B1/2026-27, MSME - TECHNOLOGY DEVELOPMENT CENTRE, CHENNAI (CFTI) GOVERNMENT OF INDIA SOCIETY, MINISTRY OF MICRO SMALL AND MEDIUM ENTERPRISES

NABH/QCI: Programme on Implementation of NABH Standards for Hospitals (POI), 28-30 Jun 2019.
- Certified NABH Hospitals Auditor

Implementer: CPQIL (Certified professional for the implementation of Quality in Medical laboratories, Sep 2017
- First Certified professional from State of Kerala
- By Consortium of accredited healthcare organizations & QCI, NABH & NABL
- 28th Sep 2017 to 31st Sep 2017

Westgard: Westgard certified Quality Manager and Six Sigma, Sep 2017
- Ranked in **top 20** professionals for the laboratory excellence programme by Sten Westgard.
- Only person listed in laboratory excellence from Kerala.
- 16th September 2017 to 18th September 2017

Internal Auditor ISO 15189 2022: National Accreditation Board for Testing and Calibration Laboratories, May 2015
- Internal Auditor & Quality Management training based on ISO 15189:2022.
- Trainer for ISO 15189: 2022 NABL 112A & B
- 25th January 2023 to 26th May 2023
- Certificate Number: HELP/C1/2023/284/19

Assessor: ACCAB ISO 15189 2012 (Medical laboratories requirement for quality and competence), July 2015
- Completed Assessor course on ISO 15189:2012.
- 28th June 2015 to 2nd July 2015
- Certificate Number: ACCAB/89:2012/615/024 dated 22/07/2015

Other Certifications and Affiliations

Guinness World Record Holder
- For the Participation in The most viewers of an artificial intelligence in healthcare lesson live stream on YouTube by NATIONAL BOARD OF EXAMINATIONS IN MEDICAL SCIENCES, MOHFW (India) in Delhi, India, on 25 February 2026.

Christian Medical Association of India (CMAI): Certificate course on Law in Hospital Administration(LHA), Apr 2018 – Mar 2019.
- One Year Certificate Course
- Familiar with the Indian Law relating the Hospital Administration

Internal Auditor: National Accreditation Board for Testing and Calibration Laboratories, May 2015
- Internal Auditor & Quality Management training based on ISO 15189:2012.
- 30th April 2015 to 3rd May 2015
- Certificate Number: MELAP/QMS/2015/T-614.

Internal Auditor: National Accreditation Board for Testing and Calibration Laboratories (NABL), Mar 2009
- Internal Auditor training based on ISO 15189:2007 and NABL 112 guidelines.
- Conducted by CENTER FOR ELECTRONICS TEST ENGINEERING, GOVERNMENT OF INDIA, Bangalore.
- 16/03/2009 to19/03/2009

NABH Assessor as per the "Essential standard for the Clinical Laboratories, 3rd, and 4th Dec 2010
- Conducted by Quality Council of India (Certificate No: LS-02-33 07/02/2011)
- Conducted 15+ Assessments

Assessor for KUHS QAS accreditation 4th Apr 2024
- Conducted by Kerala University of Health Science
- Conducted Audits, Accredited A+ during my tenure as Nodal officer.

Basic Life Support (BLS) with 1-year Validity (till 13 Dec 2026)

Employment History

CURRENT EXPERIENCE

Assistant Director
Believers Church Medical College Hospital, India, Thiruvalla, Kerala,
- 11/02/2022 to till Date

HOD Dept of Artificial Intelligence
Believers Church Medical College Hospital, India, Thiruvalla, Kerala,
- 20/02/2024 to till Date
- Internal Trainer for Artificial intelligence in the institution

8 Year 8 Month(s) as Associate Professor, Biochemistry, Co-Ordinator Central Research Laboratory, Believers Church Medical College, India, Thiruvalla, Kerala, 1st Nov 2017 - Present
- 01/11/2017 to till Date
- Associate Professor of Biochemistry for the MBBS, Nursing & Allied Health Courses.
- Coordinator for the Central Research Laboratory, having PCR and ChemGelDoc System.
- Quality Manager for the NABL, NABH Accredited and ICMR Approved Covid Testing laboratory.
- Guides research projects of internal and external students.

- Nodal officer for the KUHS Quality Accreditation System (KUHS QAS)
- IQAC Officer for the NAAC Accreditation program

11 Year 11 Months as Laboratory Manager, Quality Manager & Risk Manager,
Believers Church Medical College Hospital, India, Thiruvalla, Kerala, 4th Aug 2014 - Present

- 04/08/2014 to till Date
  - Lab Manager for the Medical College Laboratory Medicine Department.
  - Involved in the planning and setting up of the central laboratory from the design stage.
  - Manages all administrative, quality and accreditation related matters of the Laboratory.
  - Manages day today activities of the laboratory with subsections: OP phlebotomy, IP Phlebotomy, Biochemistry, Biochemistry Immunology, Hematology, Clinical Pathology, Histopathology, Cytopathology, ImmunoHistochemistry, Microbiology, Bacteriology, serology, virology, mycology, parasitology, TB Lab, Virology & Molecular Biology.
  - Does Manpower Management, Process Modifications, Procurements and Purchase and Budgeting
  - Conducts Internal Audits, Management Reviews and Follow-up Corrective and Preventive actions
  - Reporting nearly 100 employees through 8 Supervisors.
  - Reports to the Laboratory Director and the Hospital Director.
  - Authorized signatory of the Laboratory reports
  - Principle Resource person for Outstation Projects

  - Quality Manager for the Hospital & Laboratory
  - Preparation and implementation of ISO 15189 2022 and NABL112 A and based Quality system and documentation, with 400+ Parameters Accredited, the Highest number in the state.
  - Quality manger & Principal member in hospital accreditation (NABH) documentation and Quality improvement practices.
  - Member of 20+ Hospital Committees including Quality Improvement.
  - Member of the trainer team – Specialties: QMS, Statistics, Accreditation Standards, Excel & Google Sheets, Laboratory Management.
  - Creates and Monitors 200+ KPIs in the hospital and laboratory and evaluates trends using google forms, sheets and query.
  - Moderates the clinical audits and evaluates trends using google forms, sheets and query.

  - Risk Manager for the Hospital & Laboratory from Nov 2019+
  - Identifies the clinical and non-clinical risk and proposes mitigation strategies.

  - Vice Dean – Allied Health Education division (Believers Academy of Allied health Sciences) and Believers College of Allied Health Sciences
  - Manages the day to day activities

PREVIOUS EXPERIENCE

2 Years 10 Months as Chief Biochemist & Quality Manager.
Medivision Scan and Diagnostic Research Centre Pvt. Ltd. (NABL Accredited), India, 682016, Kerala, Oct 2011 – 31st July 2014

- 03/10/2011 to 31/07/2015
- NABL Authorized Signatory for Routine and Special Biochemistry, Routine Hematology and Routine Microbiology
- Quality Manager (ISO 15189, NABL-112) for the whole Laboratory and its Branches.
- Quality Manager & Overall In charge for the whole Laboratory.
- Handling the conduct of operations in the laboratory involving section - Biochemistry, Hematology & General Laboratory.
- Handling day-to-day deployment of laboratory manpower resources.
- Handling consumables used at the laboratory and coordinates purchase, stocking and controls of the same. Also periodically monitors costs.
- Involved in the recruitment of new laboratory staff in coordination with the management.

- Adhere to quality standards and process workflow as per ISO 15189/NABL 112.
- Does or coordinate all documented work related to ISO 15189/NABL 112.
- Does or coordinates Internal Audit as per ISO 15189/NABL 112.
- Train the Laboratory staff in Biochemistry, Quality Concepts and International and National Laboratory Standards.
- Responsible for maintenance of equipment used in various sections of the laboratory.
- Coordinates sample flow and report between the clinic and other referral laboratories. Carries out similar activity between smaller labs and the Center.
- Conducts visits on a regular basis to its various centers and audit performance and quality.
- Conduct seminars, training and classes for the staff and students of the institution.

2 Years 8 Months as Biochemistry Head & Quality Manager.

EI Lab Metropolis (NABL Accredited), India, Cochin, Kerala, Jan 2009 - Sep 2011

- 01/01/2009 to 31/09/2011
- First NABL accredited Laboratory of its kind in the state.
- NABL Authorized Signatory for Routine and Special Biochemistry, Routine Hematology and Routine Microbiology
- Quality Manager (ISO 15189, NABL-112) for the whole Laboratory.
- Handling the conduct of operations in the laboratory involving section - Biochemistry.
- Handling day-to-day deployment of laboratory manpower resources & new recruitments.
- Handling consumables used at the laboratory and coordinates purchase, stocking and controls of the same. Also periodically monitors costs.
- Adhere to quality standards and process workflow, coordinate all documented work & conduct Internal Audit as per ISO 15189/NABL 112.
- Train the Laboratory staff in Biochemistry, Quality Concepts and International and National Laboratory Standards.
- Responsible for maintenance of equipment used at various sections of the laboratory.

18 Years as Guest Lecturer: Biochemistry (Part-time).

Theophilus College of Nursing, India, Kottayam, Kerala, Jun 2002 - 2019

- 01/06/2002 to till date
- For MG University/ KUHS Nursing Graduate Students · Using modern teaching methods

2 Years as Lecturer in Biochemistry (Part-time).

P.G.M. College, India, Kottayam, Kerala, Sep 2006 - Dec 2008

- 01/08/2006 to 31/12/2008, · For MG University Microbiology Graduate Students

8 Years 7 Months as Biochemistry Head and Lecturer in Biochemistry.

M.G.D.M. Hospital, India, Kangazha, Kerala, Jun 2000 - Dec 2008

- 22/05/2000 to 31/12/2008
- Management of Clinical Biochemistry & General Laboratory
- Lecturer for students of Medical Laboratory Technology
- Analysis of routine and Special Chemistries
- Handling and Maintenance of all sophisticated computerized instruments in the Laboratory
- Maintenance of Quality control
- In charge of the Computer Section with 3 Servers and 20 Nodes as well as Hospital Information Processing.
- Hostel Warden of the Men's Hostel of attached institutions

11 Months as Biochemist.

M.G.D.M. Hospital, India, Kangazha, Kerala, Aug 1996 - Jul 1997

- 30/08/1996 to 30/07/1997
- Analysis of all routine chemistries
- Maintenance of sophisticated Biochemistry Analyzers
- Maintenance of Quality control

2 Years 9 Months as Junior Clinical Biochemist.

Christian Medical College Hospital, India, Vellore,

Tamilnadu, Nov 1993 - Sep 1996

- 24/11/1993 to 07/09/1996
- Analysis of all routine and special chemistries
- Maintenance of sophisticated Biochemistry Analyzers
- Online data transfer
- Preparation and maintenance of Quality control

1 Year as Junior Clinical Biochemist Trainee.

Christian Medical College Hospital, India, Vellore, Tamilnadu, Nov 1992 - Nov 1993

- 23/11/1992 to 23/11/1993
- Training in all routine and special chemistries
- Handling of Biochemistry Analyzers

Summary Of Lab Experience

23-Nov-92	23-Nov-93	Jr. Clinical Biochemist Trainee	1 Years, 0 Months
24-Nov-93	07-Sep-96	Jr. Clinical Biochemist	2 Years, 9 Months
30-Aug-96	30-Jul-97	Biochemist	0 Years, 11 Months
22-May-00	31-Dec-08	Biochemistry In charge & Lecturer	8 Years, 7 Months
01-Jan-09	30-Sep-11	Biochemistry Head & Quality Manager	2 Years, 8 Months
03-Oct-11	31-Jul-14	Chief Biochemist & Quality Manager	2 Years, 9 Months
04-Aug-14	Till Date	Asst. Director, Laboratory, Quality & Risk Manager	11 Years, 11 Months
		TOTAL	**30 Years, 7 Months**

Summary of Teaching Experience

Faculty Profile

From Date	To Date	Designation	Year(s) & Month (s)
01-Jun-02	01-Nov-17	Guest Lecturer, Biochemistry KUHS, Kerala. (Nursing)	15 Years, 5 Months
01-Nov-17	Till Date	Associate Professor, Biochemistry Kerala University of Health Sciences.	8 Years, 8 Months
Last Updated on	***13-Jul-26***	**TOTAL**	**24 Years, 1 Months**

Guideship

Year	Topic	University/Board	As	Student	Course
2024	Amino Acid Analysis And Underlying Genetic Alterations In Female Infertility	KUHS	DC member	Dr. Simi Sam	Ph.D
2023	Effect of stress modulation on performance, physiological, and biochemical changes in basketball players.	Amrita Deemed University	DC member	Ms. Ronny Roy	Ph.D
2021	Correlation of CBC derivatives and biochemical prognostic marker in COVID-19 patients	Kannur University	Guide	Shivani	M.Sc.*
2021	Clinical significance of small dense LDL(sd LDL) in type 2 diabetes mellitus	Lovely Professional University. Punjab	Co-Guide	Anush DL	Ph.D*
2020	Comparison of noninvasive serum markers in Hepatic Fibrosis and Cirrhosis	National Board	Co-Guide	Dr. Kuruvilla John	Dip.NB Gastro*
2019	The study on the influence of Vitamin D in various risk factors of coronary artery disease	Kannur University	Guide	Christo Varghese	M.Sc.*

*** Completed**

Books & Chapters 1 Book 4 Book Chapters	1. **Book, Clinical Biochemistry Concepts and Techniques, Dr. Riju Mathew, Saliha Publications, ISBN 978-93-49712-21-8 ON 24/06/2025, p. 154.** 2. **Chapter 9: Cancer Biomarkers**, Authors: Dr. Sheeba S, Dr. Riju Mathew, Mr. Vino Udappusamy, Imran Ahmad Malik, In: Recent Trends in Arts, Science, and Humanities - 2024 (RTASH-2024). Tamil Nadu, India: Association of Global Academician and Researchers (AGAR) Publications; 2024. p. 108. 3. **Chapter 21: Advances in Biological Chemistry**, Author: Dr. Riju Mathew, In: Recent Trends in Arts, Science, and Humanities - 2024 (RTASH-2024). Tamil Nadu, India: Association of Global Academician and Researchers (AGAR) Publications; 2024. p. 224. 4. **Chapter 21: Innovations & Insights**: Trends in Arts, Science and Humanities (ISBN: 978-93-7013-863-6) titled Innovations & Insights: Artificial Intelligence Trends in Health and Medicine, published by the Association of Global Academicians and Researchers (AGAR), Tamil Nadu & Andhra Pradesh on 22nd September 2025 5. **Chapter 24:** Mathew Riju. Green horizons: sustainable perspectives and frameworks for modern healthcare systems. In: New horizons in multidisciplinary research. Saliha Publications; 2026. p. 304–23. ISBN: 978-93-7013-000-5
PATENTS 1 Australian Design patent 2 Indian Patents granted 1 Indian Patent Applied	**1. Australian Design patent Granted: Device to detect sugar level through saliva, Design 202317050 https://search.ipaustralia.gov.au/designs/search/details/202317050/?s=8fdcc0a1-de05-49b8-b7a8-9876f2a65875&m=l** **2. Indian Patent Granted: Device to Detect Autoimmune Disorder Through Blood - Application Number:404078-001, Cbr Number:200334, Cbr Date: 08/01/2024 23:25:01 Granted date: 21.04.2025** **3. Indian patent in Application: Synthesis and Evaluation of $BiFeO_3$-Based Nano-Theranostic Systems for Early Cancer Detection and Precision Treatment Application Number: 202631004733 , Cbr Number:642 , Cbr Date:17.01.2026 Published on 20/03/2026** **4. Indian patent in Application: AI BASED ROUTE ASSISTANCE GLASS FORBLIND PEOPLE application number 495466-001**
Funded Projects	**As Co PI for the ICMR STI Multicenter project entitled "Prevalence of Sexually Transmitted Infections, their associated risk factors, and treatment seeking behavior among tribal population in India A multicentric study" under PI Dr. Sangeetha Merrin Varghese, Believers Church Medical College, Kerala. HIV/STI/49/12/2023-ECD-II Dated: 19/1/2024.**
Awards & Honors	· **Best Paper Award for Oral Presentation**: Southern Regional Conference of ACBI, 2013 · **Best Paper Award for Published papers** category: Southern Regional Conference of ACBI, 2015 · **Best Paper Award for Poster Presentation**: Southern Regional Conference of ACBI, 2017
Memberships	**Associate Life Member and Advisor Board member of Association of Healthcare Quality Professionals, AHQP** 2023. Membership ID: AHQPRI78579 **Trustee Member of Indian Council of Medical Laboratory Experts (ICME),** 2023 **Professional Membership in The Consortium of Accredited Healthcare Organizations (CAHO)** Feb 2022, Membership No: CAHO/LM/2022/0640, Life Member. **Professional Membership in Christian Medical Association of India (CMAI)**, Feb 2019, Membership No: 27174PL, Life Member. Regional Secretary for Allied Health Professional Kerala Region from 2019. **Professional Membership in Council for Clinical and Diagnostic Professionals (CCDP)**, Dec 2016, Membership No: 001/16

	Professional Membership in Association of Clinical Biochemists of India (ACBI), Membership No: 3572/LM/JOUR, Nov 2014 **Professional Membership in Association of Clinical Chemists of Kerala (ACCK)**, Nov 2013 No.69 **Professional Membership in Association of Clinical Microbiologists and Biochemists of India (ACMB)**, Dec 2009, Membership No: 00196/L09 **Guest Member** in **ISQUA** from 01.05.2023 **Fellow Life Member** of ASSOCIATION **OF GLOBAL ACADEMICIANS AND RESEARCHERS** (**AGAR**) - FLM1322020 from 05.11.2023
Accreditation familiar with	• **ISO 9001:2015** Quality Management System • **ISO 15189:2022** for Medical laboratory testing and competence accreditation • **ISO 13485: 2016** for Medical Devices • **ISO 14001:2015** EMS Quality management System • **ISO 45001:2018** Occupational Health and Safety (OHSAS) • **NABH** for Healthcare Organizations Entry level accreditation. • **NABH** for Healthcare Organizations (HCO) full accreditation. • **NABH** for Medical Laboratory Programme • CAP and JCI accreditation System. • **NABH** Nursing Excellence Certification • **NABH** Emergency Excellence certification programme • **KUHS QAS** Academic Accreditation programme • **NAAC** Academic Accreditation programme • **QCI MELT** Certification for Laboratories • **JCI** Joint Commission International 8th Edition
Statistical & AI Software familiar with	**Minitab – up to version 21** **Medcalc – up to version -18** **Microsoft Excel & Google Sheets** **Google Data Studio** **SPSS – up to version 26** **R for Statistics – Basic level** **Python – Basic level** **Office Automation** **Familiar AI Tools - ChatGPT, Gemini, Google AI studio, Copilot, Poe, Pi, Claude, Dall-E, Mistral, Llama, CodLlama, stable Diffusion, Google Palm, Gemma, Qwen, Mythomax, Solar, Rekhaflash**
Publications Google Scholar Profile	PubMed Indexed Journals: 6 International journals: 19 National Indexed Journals: 2 Conference/poster/Proceedings: 6 TOTAL: 33 1. Cleetus Cherupanakkal, Anupa Jacob, Jeby Jose Olickal, Jabiya Eliza Varughese, Ani Thampi, Anjali Anne Jacob,Riju Mathew, Gayathri

Pubmed

Scopus

ORCID
https://orcid.org/0000-0003-3266-6715

ReserchID

ResearchGate

Jayaprasad, Jisha Elsa Varghese Association between ABO blood group and blood component transfusion requirements in dengue infection: a retrospective study from a tertiary hospital in Kerala, India. BMJ Open 2025;15:e106287. doi:10.1136/bmjopen-2025-106287 link

2. Pillai AR, Thomas AM, George MM, Ninan NG, Antony S, Prince M, John A, Jacob AA, **Mathew R.** The role of genomic instability in unexplained infertility: an overview. *J Infertil Reprod Biol.* 2025 Jun;13(2):89–96. https://doi.org/10.18502/jirb.v13i2.18627. pdf link, link

3. Roshin Mary Varkey, Aleena Biju Varghese, Riju Mathew , Ann George Exploring the Interplay: Sociodemographic Factors and Their Impact on Nonmotor Symptoms and Caregiver Dynamics in Parkinson's Patients Afr.J.Bio.Sc. 5(3) (2023) Pdf link

4. Pillai A, John A, J A, Jacob A, Mathew R. DNA Damage in Type 2 Diabetes: A South Indian Perspective. jms. 2024Dec.23 [cited 2025 Jan.21];27(4). link

5. Swetha Anilkumar1, Bineesh C P, Jans Jose, Riju Mathew Prediabetes: A Review of Current Trends. J Diabetes Res Rev Rep. 2024;6(5):1-4. doi:10.47363/JDRR/2024(6)191 link

6. Sam S, Vaidyanathan K, Joe J, Beevi FO, Varkey M, **Mathew R**. Role of multiomics in infertility. *Clin Chim Acta. 2024;558(Suppl 1):118123*. doi:10.1016/j.cca.2024.118123. link

7. Roshin Mary Varkey, Riju Mathew, Ann George, Aleena Biju Varghese. Non-motor Symptoms among Patients with Parkinson's Disease attending Multidisciplinary clinic in a Tertiary care hospital and its Association with Family Caregiver Burden. Int Neurourol J. 2023 Dec 30;27(4):1487-1494. DOI: 10.5123/inj.2023.4.in172. (link)

8. Anush N, A Jasmin, Pranav K Prabhakar, **Riju Mathew** and C P Bineesh1 Predictors of Severe COVID-19 Outcome: A Meta-Analysis of Common Laboratory Biomarkers Electrochemical Society Transactions, 2022 : 107 ; p8531-8550. (link)

9. Anush Nazar, Jasmin Anush, **Riju Mathew**, Pranav Kumar Prabhakar Clinical Utility of Small, Dense LDL as an Atherogenic Risk Marker Biointerface Research in Applied Chemistry 2022; 13 (2); p 1-8 (Indexed in: Scopus (Elsevier) (link)

10. Sheena Joe, Dinesh Roy D, Riju Mathew, Manjusha K, Jiju JS, Jeyapal V,, Jayasree R, Anilkumar KK Role of Emerging Risk Markers in Cardiometabolic Syndrome The Ciência & Engenharia -Science & Engineering Journal ISSN: 0103-944X Volume 11 Issue 1, 2023 pp: 1728-1742 (link) (indexed UGC care)

11. Sheena Joe, K K Anilkumar, Dinesh Roy D*, V Jeyapal, **Riju Mathew** Role Of Lp-PLA2 Among Coronary Artery Disease (CAD) Subjects With Infections Indian Journal Of Applied Research 12 (01); 2022 PRINT ISSN No. 2249 - 555X | DOI : 10.36106/ijar (Indexed in: Pubmed, scopemed, Index Copernicus) (link)

12. Sheena Joe, K K Anilkumar, Dinesh Roy D, V Jeyapal, **Riju Mathew** Role of Lp-PLA2 and hsCRP in the Early Prediction of Coronary Artery Disease (CAD) International Journal of Medical Science and Current Research (IJMSCR) 2021; 4(6):767-773 (link) (Indexed in: Pubmed, scopemed, Index Copernicus) (link)

13. Cherian EV, Joseph J, **Mathew R**, David A, Matteethra GC. Daily monitoring of discharge process to improve quality of healthcare services: an interventional study. *Believers Med J*. 2021;4(1):7-16.

14. Varughese M, Mathew R, Varghese J, Chacko CA, Augustine DV. Impact of continuous glucose monitoring with diabetic education on glycemic variability and HbA1c. Int J Adv Med. 2020 Jul 21;7(8):1220–6. doi:http://dx.doi.org/10.18203/2349-3933.ijam20203038. (link) (Index Copernicus, Index Medicus for South-East Asia Region (WHO), ScopeMed)

15. Varughese M, Mathew R, Jose M. Is body mass index related to insulin resistance in Asian population? Int J Res Med Sci.. 2020; 2(2): 03-08. (Index Copernicus, citefactor) (link)

16. Joji Joshua Philipose, Roshin Mary Varkey, **Riju Mathew** Awareness of Physical Therapeutic Procedures for Low Back Pain in Medical Staff Working In a Tertiary Care Hospital International Journal of Medical Science and Current Research (IJMSCR) 2021; 4(6):331-342 (Indexed in: Pubmed, scopemed, Index Copernicus) (link)

17. George Anita, George SP, John S, Aby Mathew, Joe Sheena, **Mathew Riju**. Assessment of biomarkers of Coronary Heart Disease in patients with periodontitis. J Int Oral Health. 2015; 7(11): 37-40 (Indexed in: Pubmed) (link)

18. George Anita, George SP, John S, George N, Joe Sheena, **Mathew Riju**. Changes in inflammatory markers in bacterial- and nifedipine-induced gingival inflammation. J Int Oral Health 2015; 7(Suppl 2):64-67. (Indexed in: Pubmed) (link)

19. Jithesh T K, Sreekanth P G, Shifa K, Parvathi K Warrier, **Riju Mathew**, T Vijayakumar Extent of DNA damage and changes in eGFR in hypertensive patients IJSER 2015:6(6):1348-1351. (Index Copernicus, CrossRef) (link)

20. **Riju Mathew**, Pai VR, Vijayakumar T. Random urine microalbumin: creatinine ratio as a better diagnostic marker of progression of chronic

kidney disease in the high-risk population - a pilot study. Int J Health Sci Res. 2015; 5(3):183-188. (Index Copernicus, CrossRef) (link)

21. **Riju Mathew**, Vinitha R Pai, T. Vijayakumar. "Comparison of microalbuminuria with biochemical and hematological parameters as a marker for renal involvement in patients at high risk for Chronic Kidney Disease – A pilot study" International Journal of Scientific & Engineering Research, 2014; 5(5):97-100. (Index Copernicus, CrossRef) (link)

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26. Jithesh.T.K, **Riju Mathew**, V Jayapal, T Vijayakumar. "Red cell distribution width and high sensitivity C-reactive protein as risk markers in hypertension". International Journal of Medical Science and Public Health 2012; 1(2): 138-142 (Index Copernicus, ScopeMed) (link)

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28. "Prevalence Of Penicillin Resistant Streptococcus Pneumoniae (DRSP) In Lobar Pneumonia," Proceedings of International Conference on Genomics and Proteomics. p 225-227, Sanjeev Kumar P, Jithesh.T.K, Riju Mathew, Prasanth .G, **2011** (link)

29. CYCLIC CITRULLINATED PEPTIDE ANTIBODY AND RHEUMATOID FACTOR IN PATIENTS WITH RHEUMATOID ARTHRITIS, Proceedings of

International Conference on Genomics and Proteomics. P 116-119, Prasanth G, Sunil Rao Padmaraj, **Riju Mathew**, Ramesh K Vijayakumar T, **2011**. (link)

30. THYROID ANTIBODIES AND CARDIAC RISK ASSESSMENT, Proceedings of International Conference on Genomics and Proteomics. P 197-200, Jithesh.T.K, **Riju Mathew**, Prasanth. G, Vijayakumar .T, **2011** (link)

31. MICROALBUMINURIA AND ESTIMATED GLOMERULAR FILTRATION RATE (eGFR) USING SIX PREDICTION EQUATIONS, Proceedings in International Conference on Genomics and Proteomics. P 221-224, **Riju Mathew**, Vinitha R. Pai, Ramesh K, Vijayakumar .T, **2011** (link)

32. Incidence of Multiple myelomas in Kerala Population, Indian Journal of Clinical Biochemistry Supplement, 2009/24 Abstract:15.6, Page: 336, Ramesh K, **Riju Mathew**, G Prasanth, Sreejith, **2009** (link)

33. Thyroid antibodies in Thyroid illness, Indian Journal of Clinical Biochemistry Supplement,2009/24 Abstract:15.7,Page: 336, **Riju Mathew**, Ramesh K, G Prasanth, Sreejith, **2009** (link)

Journal Editor/ Reviewer

- **EDWIN Group of Journals**
- **Springer Cureus**
- **Believers Journal of Health Sciences**
- **Believers Medical Journal**
- **MediResearch Journal of Medicine**
- **MediResearch Journal of Health Sciences**
- **CAHO Journal**
- **AHQP Journal**

CME's Attended as Faculty

CME's As Faculty, From Dec 2011

- Essence of Laboratory Quality 06 December 2025 at Malabar Cancer Centre Thalasserry
- Internal Auditor Course and QMS as per ISO 15189:2022 4 Days 17-20 November 2025 DhanaLakshmi Sreenivas Medical College , Trichy, Tamilnadu.
- Internal Auditor Course and QMS as per ISO 15189:2022 4 Days 27-29 September 2025 at BCMCH
- Internal Auditor Course and QMS as per ISO 15189:2022 4 Days 18-21 April 2024
- Internal Auditor Course and QMS as per ISO 15189:2022 2 Days 23-24 February 2024
- Internal Auditor Course and QMS as per ISO 15189:2022 2 Days 20-21 May 2023
- Internal Auditor Course and QMS as per ISO 15189:2012 2 Days 12-13 October 2022
- Internal Auditor Course and QMS as per ISO 15189:2012 4 Days 06-09 April 2022
- Internal Auditor Course and QMS as per ISO 15189:2012 4 Days 25-28 April 2019
- Med-Lab-2011 " Advances in Laboratory Medicine": Decennial CME conducted at Perinthalmanna MES Academy of Medical Science in Association with Society of Clinical Chemists of Kerala on 18th December 2011
- Presented a paper for the 2nd International Conference on "Cellular Nutrition Environmental and Anti-aging Medicine,2012": Organized by INMA and wellness solutions, on 6th to 8th January 2012
- Presented a paper on "role of immunoassays in Diagnosis" in the UGC sponsored National Seminar on Microbiology and Public Health: Emerging disease - Management and prevention. On 26th November 2012.
- As Faculty for the National seminar on "Quality Goals and Quality Rules in Laboratory Medicine" organized by the SCCK and ACBI, Kerala chapter at Pushpagiri Institute of Medical Science and Research Centre on 22nd December 2012.

	• As faculty for the seminar and workshop on "Laboratory Quality control and Accreditation" organized by the Medical Laboratory owners association Kannur district on 4th November 2012 at Hotel Royal Omar, Kannur. • Presented a paper for the 3rd international conference on "Cellular Nutrition Environmental and Anti-aging Medicine,2012": Organized by INMA and wellness solutions, on 12th to 14th April 2013. • Presented a paper in the National conference of ACMB on "Quality Control and Accreditation" organized by ACMB and School of health science Calicut, on 16th to 1474th January 2016.
CMEs attended as participant	2024 07 15 Clinical Audit and Quality Assurance Workshop 2024 04 06 Digital Health and Telemedicine Summit 2024 01 19 Leadership in Medical Education 2023 10 12 National Bioethics Conference 2023 09 23 CAHOTECH 2023 (Consortium of Accredited Healthcare Organizations) 2023 08 09 Patient Safety and Risk Management Workshop 2023 06 17 Healthcare Data Analytics Symposium 2023 03 05 Quality Improvement in Clinical Practice 2023 01 20 AI in Healthcare: Opportunities and Challenges 2022 09 24 CAHOTECH (Consortium of accredited health care Organization) 2022 03 Basic Course in Biomedical Research (ICMR, NIE, Swayam) 2021 10 30 Refresher Course on Medical Education Technology (MET, KUHS, Online) 2021 10 21 Revised basic course workshop in medical education technologies (MET, KUHS) 2021 07 25 External Quality Assessment in Clinical Laboratory (online) 2021 07 25 Mindray Cube Aspire 2021(online) 2021 06 13 Comprehensive Course in Molecular Testing Laboratory (online) Udemy 2019 04 21 CUBE 2019 (CYTOMORPHOMETRY UNVEILING BLOOD EVALUATION) 2019 04 14 Poster presentation Diagnostics CAHOCON 2019 2018 03 14 Predictive Analytics (IIT Bangalore, Swayam) 2017 07 05 Building a Stronger Quality Systems Architecture in the Laboratory BY Sten Westgard 2017 06 10 The State of Quality Control 2017 by Sten Westgard 2015 08 14 Communication skills at Believers Church medical college hospital, Thiruvalla. 2015 06 14 Best paper award SCCK 2014 08 10 National conf Cum Workshop on Advances in clinical research at MES MC, Perinthalmanna 2011 08 21 Seminar on Autoimmune disease and Diagnosis by CPC, Gateway Hotel, Calicut 2011 07 16 ICGP 2011 Int conference of Genomics and proteomics, PAPER PRESENTATION, NIIT Calicut 2010 10 12 CPC CME on an insight into the Invasion by Internal Invaders 2010 09 05 Seminar on QUALITY by QCI & BIO-RAD 2010 08 29 CME on Medical Laboratory Practices by ACBI, Kerala 2010 08 13 RANDOX and QCI Beyond QUALITY a step Ahead. 2009 11 07 ACBICON 36TH at AIMS Cochin, two Poster presentations 2009 10 21 GENARRAYT EILAB GENESIS 2009 09 08 Annual National Seminar by BIO-RAD and QCI on QUALITY AWARENESS 2009 02 03 UNITY REAL TIME SOFTWARE 2008 11 23 EI LAB QMS and accreditation
Direct Instrument Trainings	<table><tr><td>Chemistry Automation Systems:</td><td>• Hitachi: 901, 902, 911, • Siemens: Dimension Rxl Max Fully automated • Beckman AU 480, AU 680 Fully automated • ISE Miura 200 Chemistry analyzer</td></tr><tr><td>PCR Systems</td><td>• Molbio- Truer Lab.True Nat • Cepheid GeneXpert/ CBNAT</td></tr></table>

	• Biorad-CFX96, • Abbott ID NOW
Immunoassay system	• Snibe - Maglumi: 600, 1000, 2000 Plus., • YHLO- UNION: Immune Analyzer • Thermoscientific - Kryptor compact • Suresign Professional Fine Care Analyser • Biomerieux - Vidas (ELFA) • Architect i 1000, i2000 (CLIA): • Roche: Cobas e411(CLIA)
Chemistry Semi Auto analysers	• Biosystem : BTS 330, 380, Robonic, • Merck Microlab 200, 300, 400 • Human: Humanalyser 3000
Nephelometry systems	• Siemens: BN Prospec, Mispa I2, Mispa I3, Siemens Atellica Neph 630
ISE Electrolyte system	• Medica : Easylyte, Sensacore STB-100, Roche 9180
HbA1c Analyzers	• D10 : HPLC HbA1c System, D1000
Electrophoretic Systems	• Sebia : Hydrasys, Interlab : Genio-S, Helena
ABG Systems	• ABL 30, 50, ABL 80 Flex, ABL 800
Hematology Analyzer	• Sysmex-KX120, Avantor Benesphera (3 part), • Beckman-ActDiff5 (5 part), DXH 600 (7 Part), DXIH 500
Microbiology Automations	• Biomerieux - Bact Alert 3D60, 3D 120, BD - Bactec9000, Vytek ID AST system, MGIT TB Culture, FilmArray
Coagulation Analyzers	• Stago: Start 4, Tcoag DT 100 Automated Coagulation Analyser
Other Laboratory Equipments	• Generate: Microarray analysis system, • Urine analyzers: FUS 2000 Diruai • Transasia: ESR analysers - Ves Matic 10 • Elisa Readers and Washers

List of Conferences Organized

ICME CON 2025	As organizing Committee Member	Apr-25 Thiruvalla, Kerala
CAHOLABCON 2024	As organizing Committee Member	Apr-24 Calcutta
ICMECON-2023	As organizing Committee Member	Aug-23 Calicut, Kerala
ACBICON 2023	As organizing Joint Secretary	Dec-23 Trivandrum
CAHOLABCON 2023	As organizing Committee Member	Apr-23 Hyderabad

List of Conferences attended

Mind Manthan, Mindray South Con	June-25
MLAO2024 as Faculty	Dec24
ACBICON 2024 as Faculty	Dec-24
CAHOCON 2024, CAHOLABCON 2024	Apr-24 Calcutta
ACBICON 2023	Dec-23 (Trivandrum, Hosted, in the capacity of Joint Secretary)
CAHOCON 2023, CAHOLABCON 2023	Apr-23 Hyderabad
ACBICON 2022	Dec-22
CAHOCON 2022	Apr-22
CAHOCON 2019	Apr-19
Southern Regional Conference of ACBI	Jul-17

	ACBICON 2016 Dec-16 ACBICON 2015 Dec-15 Southern Regional conference of ACBI Jun-15	
References	Prof. Dr. George Chandy Matteethra Director & CEO, Believers Church Medical College Hospital (BCMCH), Thiruvalla, Kerala, India 689103 Phone: +91 469 3023100, 0469 270 3100 E-mail: director@bcmch.org	Dr. Vinitha Ramanath Pai MSc.,Ph.D., Deputy Director MPhil Ph.D Program, IInd Floor, Yenepoya Research Center - Pathology Wing, Academic Building, Yenepoya Medical College, Yenepoya University, Deralakatte,Mangalore 575 018. Phone: +91 824 2203644 E Mail: ddphd@yenepoya.edu.in
Declaration	All information given above is true to the best of my knowledge.	
Place and Date	Thiruvalla 13/07/2026	Dr. Riju Mathew