



### **Dr C R Meera**

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### Professional objective

A teaching profession that allow me to use my experience & skills in research and development activities.

### Personal Particulars

Gender -Female  
Date of Birth- 18- 01-1979  
Marital Status- Married  
Nationality - Indian  
Communication-Malayalam, English,  
Hindi  
Years with firm-4 years &8months

### Education

Ph.D in **Microbiology** (2010)  
Mahatma Gandhi University, Kerala, India.  
  
Master of Science in **Microbiology** (2003)  
Mahatma Gandhi University, Kerala, India.  
  
Bachelor of Science in **Zoology** (1999)  
Mahatma Gandhi University, Kerala, India.

### Publications

International Journals : 3  
National Journals : 3  
Symposia/Conferences : 7  
Regional Journals : 3  
Books :1

### Areas of Interest

- Cancer Research
- Mushroom Cultivation Techniques
- Waste management using fungal metabolites

### Positions held

Employment	Year	Institution
Research Fellow	2003-2009	Amala Cancer Research Centre, Trichur, Kerala, India.
Lecturer (Self Financing)	2009-2010	St Mary's College, Thrissur, Kerala, india.
Assistant Professor & HOD	2010 – Till date	St Mary's College, Thrissur, Kerala, india.

### Research /Training experience

- Certificate Programme in CODEX General Principles of Food Hygiene and application of HACCP based food safety system.
- Six years of research experience at **Amala Cancer Research Centre, Thrissur** on antineoplastic experiments such as cytotoxic, antioxidant, anti-inflammatory, antitumor and anticancer activities in *in vitro* as well as *in vivo* systems as a part of Ph.D work.
- Two months training at **Rajiv Gandhi Centre for Biotechnology (RGCB), Thiruvananthapuram** on animal cell culture methods and molecular techniques.
- Two months experience at Department of Microbiology, **Amala Cancer Hospital, Thrissur**, on Clinical & Serological methods.
- Three months experience at **National Institute of Oceanography (NIO) - CSIR, Cochin** on the 'Production of extra cellular polysaccharides from the submerged culture of two strains of marine yeast My-52 & My-63'.

### Awards and honours

- Received Best Poster Award in UGC sponsored National seminar on Basic and Advanced Biochemical Techniques: Relevance in Interdisciplinary research Scenario held at BK college, Amalagiry, Kottayam on sep 3-4 2013.
- Received Best poster award for 'Biological properties of  $\beta$ -D-(1-6) glucan from the macrofungus *Phellinusrimosus*(Berk) Pilat' in the National symposium on medicinal mushrooms at Amala Cancer Research Centre, Thrissur, on 24-25 January 2013.
- Doctor of Philosophy in Microbiology on June 2010 from Mahatma Gandhi University, Kottayam, Kerala, India, on the topic "Studies on the antineoplastic properties of polysaccharides isolated from a wood rotting macrofungus *Phellinusrimosus* (BERK) Pilat.
- Won second best poster award, Antioxidant, anti-proliferative and apoptotic activity of a polysaccharide-protein complex isolated from the mushroom *Phellinusrimosus* (Berk) Pilat in International conference on Current trends in free radical research and herbal antioxidants, Society for free radical research - India, 8-9 January, 2010, Amala Cancer Research Centre, Thrissur, India.
- Qualified the JRF of the Mahatma Gandhi University, Kottayam, Kerala in 2005.

### Other Research & Development Activities

- Editor in Chief of Regional journal - *Annals of Basic and Applied Sciences*, anofficial publication of St. Mary's college, Thrissur, Kerala, India.
- Supervision and guidance of M.Sc. and B. Sc. dissertations in Microbiology.

Details are given below.

<i>Sl No</i>	<i>Title</i>	<i>Name of Student &amp; Year</i>
1	<i>Study on the anti-microbial and anti-oxidant activities of polysaccharides isolated from an edible mushroom, Pleurotus florida</i>	Syama Chandran (M Sc) 2010
2	<i>Antimicrobial and antioxidant activities of exopolysaccharides isolated from an edible mushroom, Pleurotus florida</i>	Rakhi Jain (M Sc) 2010
3	<i>Study on the biological properties of ethanolic and aqueous extracts from Catharanthus roseus</i>	Siji Jose(M Sc) 2010
4	<i>Study on the phytochemical, anti-microbial and anti-oxidant activities of Lantana camara</i>	Anupama verma(M Sc) 2010
5	<i>Antimicrobial, anti-oxidant and antigenotoxic activities of microalgae Spirulina</i>	Greeshma Chandrasekharan N(M Sc) 2011
6	<i>Biological properties of the ethanolic extract from an edible mushroom, Pleurotus sajor- caju</i>	Nisha N(M Sc)
7	<i>Polysaccharides isolated from the edible mushroom Pleurotus sajor- caju as antioxidant and genoprotective agent.</i>	Saadiya Shareef (M Sc)

### Conference/Symposium attended

1. ***UGC Sponsored National Seminar on Bioinformatics: Applications in Modern Sciences***, 26-September, 2013, Mercy College, Palakkad.
2. ***National Symposium on Medicinal mushrooms***, 24-25 January 2013, Amala Cancer Research Centre, Thrissur, Kerala India.
3. ***National Symposium on Emerging Trends in biotechnology 2012***, 12-13 December 2012, Cochin University of Science and Technology, Cochin.
4. ***Two Day National Seminar on Nanobiotechnology***, Sponsored by UGC, 11-12 August, 2011, St. Mary's College, Thrissur, India.
5. ***UGC Sponsored National Seminar on Emerging Trends in Biopharmaceuticals***, 26-27 August, 2011, at St. Mary's College, Thrissur, India.
6. ***International conference on Current trends in free radical research and herbal antioxidants***, Sponsored by Society for free radical research – India, 8-9 January, 2010, at Amala Cancer Research Centre, Thrissur, India.
7. ***International Conference on Ethnopharmacology and alternative Medicine***, Sponsored by National Association of Ethnopharmacology, 20-22 January 2006, at Amala Cancer Hospital & Research Centre, Thrissur, Kerala, India.
8. ***International Symposium on Human Papilloma virus and Cervix Cancer***, Sponsored by Indian Association of Cancer Research, 9-12 Feb.2005, Institute of Cytology & Preventive Oncology, New Delhi. India.
9. ***One Day Symposium on Human Resource Development In Microbiology***, organized by association of Microbiologists of India, Cochin Unit on 8-February, 2003, at St Teresa's College, Ernakulam, Kerala, India.
10. ***Intercollegiate Workshop on Career Guidance and Personality Development sponsored by Mahatma Gandhi University, Kottayam, Held at St Teresa's College, Ernakulam, Kerala, India, on 2-3/ Feb/1999.***

## Books Published

1. **Meera C.R., 2012.** Medicinal properties of the edible mushroom - *Pleurotus florida*- Antimicrobial and anti-oxidant activities. ISBN-978-3-659-19991-2., by LAP LAMBERT Academic Publishing, Germany.

## Publications in National/International/ Regional Journals

1. Nisha Neelakandan and **Meera C R**, 2013. Biological properties of the ethanolic extract from the edible mushroom, *Pleurotus sajor-caju*. *Proceedings of National seminar on Basic and Advanced Biochemical Techniques: Relevance in Interdisciplinary research Scenario*, BK college, Amalagiry, Kottayam, 36.
2. **Meera C R** and Janardhanan K K, 2013. Biological properties of  $\beta$ -D-(1-6) glucan from the macrofungus *Phellinus rimosus* (Berk) Pilat. *Proceedings of National Symposium on Medicinal Mushrooms*, Amala Cancer Research Centre, Thrissur, 49-50.
3. **Meera C R** and Janardhanan K K, 2013. Antineoplastic properties of polysaccharides from *Phellinus* species with special emphasis to *Phellinus rimosus* (Berk) Pilat. *Proceedings of National Symposium on Medicinal Mushrooms*, Amala Cancer Research Centre, Thrissur, 38-39.
4. **Meera C R** and Janardhanan K K, 2012. Antitumor activity of a polysaccharide-protein complex isolated from a wood-rotting polypore macrofungus *Phellinus rimosus* (Berk) Pilat. *Journal of Environmental Pathology, Toxicology and Oncology* 31(3), 223-232.
5. **Meera C R** and Janardhanan K K, 2012. Anticancer activity of a polysaccharide-protein complex isolated from the parasitic mushroom *Phellinus rimosus* (Berk) Pilat. *Proceedings of National Symposium on Emerging Trends in Biotechnology 2012*, (ISBN-978-93-80095-39-4), Cochin University of Science and Technology, Cochin. 93.
6. Greeshma Chandrasekharan N and **Meera C. R.**, 2011. Antimicrobial, anti-oxidant and antigenotoxic activities of microalgae *Spirulina*. *Proceedings of Emerging Trends in Biopharmaceuticals*, St Mary's College, Thrissur. 44.
7. Anupama Varma., Anjana J. C., Ruveena T.N and **Meera C. R.**, 2011. Study on the phytochemical, antimicrobial and anti-oxidant activities of *Lantana camara*. *Annals of Basic and Applied Sciences* 2, (ISSN-2277 – 8756), 5-12, St. Mary's College, Thrissur.

8. **Meera C.R.**, Syama C., Rakhi J., Wilsy W., Anjana J.C., Ruveena T.N., 2010. Antimicrobial and anti-oxidant activities of polysaccharides isolated from an edible mushroom, *Pleurotus florida*. *Advanced Biotech* 10, 9-11.
9. **Meera C.R.**, Janardhanan K.K., Mani S.B., Karunakaran D., 2010. Antioxidant, anti-proliferative and apoptotic activity of a polysaccharide-protein complex isolated from the mushroom *Phellinusrimosus* (Berk) Pilat. *Proceedings of International conference on Current trends in free radical research and herbal antioxidants*, Society for free radical research – India, 8-9 January, 2010, Amala Cancer Research Centre, Thrissur. p44.
10. **Meera C.R.**, Janardhanan K.K., 2010. Extracellular polysaccharides isolated from *Saccharomyces cerevisiae* inhibit acute and chronic inflammations. *Annals of Basic and Applied Sciences* 1 (ISSN-2277-8756), 33-38, St. Mary's College, Thrissur, India.
11. **Meera C.R.**, Smina T.P., Nitha B., Mathew John, Janardhanan K.K., 2009. Anti-arthritis activity of a polysaccharide-protein complex isolated from *Phellinusrimosus* (Berk) Pilat (Aphyllphoromycetidae), in Freund's complete adjuvant induced arthritic rats. *International Journal of Medicinal Mushrooms* 11, 21-28.
12. **Meera C.R.**, Janardhanan K.K., Nitha B., Viswakarma R.A, 2009. Anti-inflammatory and free radical scavenging activities of polysaccharide-protein complex isolated from *Phellinusrimosus* (Berk) Pilat. *International Journal of Medicinal Mushrooms*, 11,365-373.
13. Nitha B., **Meera C.R.**, Janardhanan K.K., 2007. Anti-inflammatory and antitumor activities of cultured mycelium of morel mushroom, *Morchellaesculenta*. *Current Science* 92, 235-239.
14. **Meera C.R.**, Janardhanan K.K., 2006. Anti-inflammatory activity of neutral and acidic extracellular polysaccharides isolated from *saccharomyces cerevisiae*. *Proceedings of International Conference on Ethnopharmacology and alternative Medicine*, National Association of Ethnopharmacology, 20-22 January 2006, Amala Cancer Hospital & Research Centre, Thrissur, Kerala, India, p16.
15. **Meera C.R.**, Janardhanan K.K., 2005. Anti-inflammatory and antitumor activities of polysaccharides isolated from a wood-rotting macro fungus *Phellinusrimosus*(BERK) PILAT. *Indian Journal of Medical Research*, 121,131-132.
16. Nitha B, **Meera C.R.**, Janardhanan K.K, 2005. Antitumor activity of ethanolic extract of *Lentinusdicholamellatus*. *Amala Research Bulletin*(ISSN: 0971-4987), Vol. 25, 154-168. Amala Cancer Research Centre, Thrissur, India.