

# Dr. Sonia Mary Thomas, MBBS, MD (Pathology)

Consultant Pathologist | Assistant Professor of Pathology

Njaliparampil house, Vellikara, Kumbanad P.O,

Pathanamthitta, Kerala, India PIN 689547

☎ +91 9645178181 | ✉ soniathomas88@gmail.com

---



## PROFESSIONAL SUMMARY

Highly accomplished and licensed Consultant Pathologist with over 6 years of progressive experience in diagnostic histopathology, cytopathology, and hematopathology. Demonstrated excellence in histopathological reporting, frozen section diagnosis, quality assurance, and maintaining optimal turnaround times (TAT) in NABH and NABL-accredited institutions. Accomplished academician and research contributor with strong communication skills fostering relationships with intradepartmental and interdepartmental staff. Training lab technicians and teaching medical (MBBS), dental (BDS), and allied health sciences students. Cleared **Dataflow verification and Prometric DHA examination** for Anatomic Pathologist. Cleared **FRCPath (UK) Part 1** examination.

---

## KEY COMPETENCIES

- Histopathological Diagnostics (Routine, Special stains, IHC, IF)
  - FNAC & Cytopathology including Cell Block Techniques
  - Hematopathology & Bone Marrow Reporting
  - Frozen Sections & Intraoperative Diagnosis
  - Rapid Turnaround Time (TAT) Optimization
  - Molecular Pathology (DNA/RNA-based testing exposure)
  - Quality Control & Assurance; NABH/NABL Accreditation
  - Teaching & Academic Curriculum Development
  - Clinical Research & Scientific Communication
  - Tumor Board & MDT Participation
- 

## CURRENT POSITION

**Assistant Professor & Consultant Pathologist and Phase 2 Coordinator for MBBS CBME Curriculum**

Pushpagiri Institute of Medical Sciences and Research Centre, Thiruvalla

📅 October 2020 – Present

- Independent reporting of histopathology, cytology, and hematopathology cases with high accuracy and adherence to TAT
- Frozen section reporting for intraoperative surgical consultations

- Lead participant in departmental Quality Control and Assurance initiatives
- Active member of Accreditation Team for NABH and NABL audits
- Key participant in Tumor Boards and multidisciplinary case discussions
- Faculty for MBBS, BDS, Nursing, and Paramedical programs
- Guided postgraduates in thesis work and academic growth
- Organized and contributed to departmental CME programs
- Served as External Examiner for MBBS University Practical Examinations
- Served as Internal Examiner for Laboratory Technician Course Final Exams
- Served as Invigilator for University Theory Examinations
- Served as Evaluator for University Theory Examinations
- Phase 2 Coordinator for MBBS CBME Curriculum Implementation as per NMC, India
- Regular attendee and contributor in Clinical Pathological Correlation (CPC) Meetings

---

## PREVIOUS POSITIONS

### Senior Resident & Consultant Pathologist

Government T.D. Medical College, Alappuzha

 July 2019 – September 2020

### Junior Resident, Department of Pathology

Sri Siddhartha Medical College, Tumkur

 May 2016 – May 2019

### Medical Officer In-Charge

National Urban Health Mission, Ernakulam

 June 2015 – December 2015

### Junior Resident, Obstetrics & Gynaecology

Mothercare Hospital, Calicut / Thiruvalla Medical Mission Hospital

 March 2012 – February 2013

### Tutor, Department of Microbiology

Sree Narayana Institute of Medical Sciences, Ernakulam

 April 2013 – August 2013

### House Surgeon (Internship)

Wuhan University School of Medicine, China

 June 2009 – June 2010

---

## EDUCATIONAL QUALIFICATIONS

### MD Pathology

Sri Siddhartha Medical College, Tumkur, Karnataka | 2016 – 2019

## **MBBS**

Wuhan University School of Medicine, China | 2005 – 2010

## **Senior Secondary & Secondary Education**

Sunrise English Private School, Abu Dhabi, UAE | 1993 – 2005

---

## **CERTIFICATIONS & LICENSURE**

- Completed Basic Course in Medical Education – 2021
  - FRCPath Histopathology (UK) Part 1 – Cleared
  - Specialist Anatomic Pathologist – Cleared the Prometric exam by Dubai Health Authority
  - Certified in Basic Course in Biomedical Research (NPTEL) – 79%
  - Certified in BLS, NABH Documentation, AMSP, Fire & Safety, Infection Control – Pushpagiri Institute
  - License - Medical Council of India (MCI/11-41937): MBBS
  - License – Kerala State Medical Council (45699), Kerala : MBBS, MD
- 

## **RESEARCH & PUBLICATIONS**

- *Cytodiagnosis of Body Fluids Using Modified Cell Block Method* as an adjunct to Conventional smears – Postgraduate Thesis
  - Thomas SM, et al. “Three States of Matter in Thyroid Swellings – Do They Matter?” *EJPMR*. 2019;6(4):434–9
  - Reji M, Thomas SM, Jessy MM. “Inclusion Body Fibromatosis – A Rare Case” *Indian J Pathol Oncol*. 2023;10(1):106–7
  - Thomas SM, Pothen L. Monodermal teratomas of the ovary: a case series exploring the rare struma ovarii and ovarian carcinoid tumors. *Paripex - Indian Journal F Research*. 2025; 14(5):32-4
  - Thomas SM, Pothen L, Mathews R, James N. Sarcina ventriculi in a patient of acid peptic disease and gastric outlet obstruction: A case report on a rare microorganism. *JCMC*. 2025;15(2):87-90.
  - The Dual approach: Combined Conventional Smears and Modified Cell Block Preparation in Cytodiagnosis of Peritoneal effusion. *International Journal of Medical Science in Clinical Research and Review*. 2025;8(03): 598–603.
  - Thomas SM, GK P. Modified alcohol-formalin cell block: a valuable adjunct for cytodiagnosis in suspected malignant pleural effusions. *JCMC*. 2025;15(3):70-7.
  - Devi P, Thomas SM, Sriharsha HV. Epidermoid cyst of breast: A rare case report. *IJNRD*. 2023; 8(7):220-2
- 

## **CONFERENCES & PRESENTATIONS**

- Poster: Lord of the Tetrads: A gut wrenching dilemma – Friend or foe? at KAPCON 2025 State conference held at Bangalore Medical College and Research Centre, Bangalore.
- Poster: (**3<sup>rd</sup> prize**): The endogenous chin filler: A hefty price to pay for a jaw dropping revelation, PRICE CME 2025, PIMSRC, Thiruvalla
- Poster (**2<sup>nd</sup> Prize**): H. pylori & Candida in gastric cancer, National CME 2024, PIMSRC, Thiruvalla
- Oral paper – “Three States in Thyroid Swellings”, IMA National conference 2018, BGS Global Institute of Medical Sciences, Bangalore
- Poster – Angiomyolipoma of Uterus, KAPCON State conference 2017, SSIMS, Davangere
- Oral paper– Reactive Cervical Smears, KAPCON 2018, Anand diagnostic laboratories, Bangalore
- Poster – Epidermoid Cyst of Breast, IMA National Conference 2016, SSMC, Tumkur

---

## PROFESSIONAL MEMBERSHIPS

- Life Member, Karnataka Chapter – IAPM (KCIAPM)
- Life Member, Tamil Nadu & Pondicherry Chapter – IAPM (TNPCIAPM)

---

## TECHNICAL & SOFT SKILLS

- Laboratory Information Systems (LIS)
- Immunohistochemistry Panel Optimization
- Diagnostic Imaging Correlation
- Academic Leadership & Mentoring
- Strategic Planning in Medical Education
- Quality Control and Assurance
- Frozen Section Handling & Rapid Reporting
- Turnaround Time (TAT) Monitoring

---

## LANGUAGES

- English – Proficient
- Hindi – Proficient (C2)
- Malayalam – Native
- Tamil – Intermediate
- Kannada – Intermediate

- Mandarin – Beginner
- 

## REFERENCES

### **Dr. Nisha Anandan**

Professor, Department of Pathology, Govt. Medical College, Calicut

☎ +91 7907151891 | ✉ nisshaanandan@gmail.com

### **Dr. Narayana Murthy B**

Medical Superintendent, Siddaganga Medical College (Former HOD, SSMC Tumkur)

☎ +91 9844153301

### **Dr. Sushma Kini**

Professor, Department of Pathology, Govt. Medical College, Kollam

☎ +91 9846016174 | ✉ drsushmakini@gmail.com

---

## PERSONAL INFORMATION

Date of Birth: January 30, 1988

Nationality: Indian

Marital status: Married

Place of Birth: Abu Dhabi, UAE

Passport Number: C1940482