

M Kalaivani

About

Dr. M. Kalaivani completed her post-graduation in Biostatistics from Christian Medical College, Vellore, India, graduating with distinction and receiving the award for the Best Outgoing Student. Her training provided a strong foundation in biostatistics and health research methodology, equipping her with the technical expertise required for the design, conduct, and analysis of clinical trials and observational studies.

Following her post-graduation, she served as a Biostatistician for two years at a not-for-profit research organization, where she contributed to a multicentre study on cardiovascular diseases, diabetes, and associated risk factors in India. During this period, she worked closely with clinicians and public health professionals, gaining valuable experience in cardiovascular disease research, coordination of multicentre studies, questionnaire development, database design, database validation, and data quality management. These experiences shaped her long-standing research interest in cardiovascular disease epidemiology and prevention.

She subsequently joined the Department of Biostatistics at the All India Institute of Medical Sciences (AIIMS), New Delhi, where she currently serves as an Assistant Professor. Over the years, she has developed extensive expertise in teaching, research, and statistical collaboration in biomedical and public health sciences. She teaches biostatistics and health research methods to undergraduate medical and nursing students, as well as postgraduate medical students. She has mentored 43 postgraduate medical students as a Co-Guide and has served as a Doctoral Committee Member for 25 PhD scholars, providing expert guidance on study design, statistical methodology, and data analysis.

Her research focuses on the design, conduct, and statistical analysis of clinical and community-based randomized controlled trials, cohort studies, and other observational studies. As a Co-Investigator, she collaborates with multidisciplinary research teams at AIIMS and with national and international collaborators on a wide range of biomedical and public health research projects. She currently serves as a member of the Data and Safety Monitoring Board (DSMB) for four clinical trials.

Recognizing her research leadership, she has secured competitive funding from the Indian Council of Medical Research (ICMR), Ministry of Health and Family Welfare, Government of India, including an ad hoc grant of ₹93.44 lakh for the Longitudinal Evaluation of Anthropometabolic Parameters in Children (LEAP-C) project and an intermediate grant of ₹7.45 crore for the School-Based Healthy Heart Intervention for Early Lipid Disorders among Adolescents (SHIELD-A) project.

Dr. Kalaivani has made significant contributions to biostatistics and health research, with more than 300 publications in peer-reviewed national and international journals. Her scholarly work and collaborative research have established her as a leading biostatistician with expertise in clinical research, epidemiology, cardiovascular disease, and advanced statistical methods.

Awards and Fellowships

Awarded the Rameshwardas Birla Smarak Kosh (Bombay) Scholarship during the M.Sc. (Biostatistics) program at CMC Vellore and the prestigious Dr. P. S. S. Sundar Rao Gold Medal for being the Best Outgoing Student in M.Sc. Biostatistics. Recipient of multiple AIIMS Excellence Research Awards in recognition of high-impact research publications, including the 2021 award for a Radiology publication on noninvasive staging of liver fibrosis using delayed dual-energy CT (Impact Factor: 29.146); the 2019 award for a Diabetologia publication on concordance of glycaemic and cardiometabolic traits among women with gestational diabetes and their spouses (Impact Factor: 10.46); the 2018 award for a landmark New England Journal of Medicine publication on surgery for drug-resistant epilepsy in children (Impact Factor: 176.079); the 2015 award for the British Journal of Ophthalmology publication reporting the Corneal Opacity Rural Epidemiological (CORE) study (Impact Factor: 5.908); and the 2013 award for an International Journal of Epidemiology publication evaluating demand- and supply-side interventions to improve institutional deliveries in rural North India (Impact Factor: 9.685). Recognizing her research leadership, she has also secured highly competitive funding from the Indian Council of Medical Research (ICMR), Ministry of Health and Family Welfare, Government of India, including an ad hoc grant of ₹93.44 lakh for the Longitudinal Evaluation of Anthro-metabolic Parameters in Children (LEAP-C) project and an intermediate grant of ₹7.45 crore for the School-Based Healthy Heart Intervention for Early Lipid Disorders among Adolescents (SHIELD-A) project.

Research

Sl. No	Name of the Project	Description of the Project
1.	School-Based Healthy Heart Intervention for Early Lipid Disorders among Adolescents (SHIELD-A): Addressing barriers and contextualizing intervention for effective implementation in resource-limited settings Principal Investigator: Dr. M. Kalaivani Source of Funding: Indian Council of Medical Research Amount: Rs.7.45 crores Status: On going	This is a mixed-methods study. This study aims to co-develop a theory-informed, school-based lifestyle intervention, develop and optimize an implementation model, and evaluate its effectiveness in preventing and controlling dyslipidemia and promoting cardiometabolic health among school-going adolescents, along with assessing implementation outcomes in real-world school settings.
2.	Development of longitudinal growth reference and assessment of growth velocity, cardio metabolic measures and	The objectives of this longitudinal study were to develop age and sex specific percentiles of anthropometric measures,

	its correlation among children in India– A prospective study Principal Investigator: Dr. M. Kalaivani Source of Funding: Indian Council of Medical Research, Ministry of Health and Family Welfare, Government of India, India Amount: Rs.93.44 lacs Status: Completed	blood pressure, serum lipids and fasting insulin and plasma glucose levels for children aged 7-17 years. Also, to correlate changes in anthropometric measures with blood pressure, serum lipids, fasting insulin and plasma glucose levels over a period of three years in children aged 11-15 years. Data was obtained from school going children aged 7-17 years from both the government and private schools in Delhi.
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3. Hemraj C, Kalaivani M, Binu H, Ramachandran R. Application of isotonic regression in estimating ED(g) and its 95% confidence interval by bootstrap method for a biased coin up-and-down sequential dose-finding design. *Indian J Anaesth.* 2023;67(9):828-831. doi:10.4103/ija.ija_431_23
4. Malhotra S, Mani K, Lodha R, et al. Effectiveness of BBV152 vaccine against SARS-CoV-2 infections, hospitalizations and deaths among healthcare workers in the setting of high delta variant transmission in New Delhi, India. *Natl Med J India.* 2025;38(6):344-349. doi:10.25259/NMJI_726_2022
5. Varhlunchungi V, Kalaivani M, Hemraj C, Gupta S, Malhotra S, Tandon N. Metabolic Syndrome Among Adolescents Aged 10-19 Years in India: A Systematic Review and Meta-Analysis. *Cureus.* 2023;15(11):e48636. doi:10.7759/cureus.48636
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