

Dr. Shivam Pandey

Designation: Scientist-I

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About

Shivam has completed his PhD in Biostatistics titled “Associations of childhood head growth with health and human capital in adult life and in the next generation” in October 2017 from the MRC Lifecourse Epidemiology Unit (University of Southampton), UK and the Public Health Foundation of India. The research focused on the association between head size at birth and early life head growth with adult cardiometabolic and cognitive outcomes and outcomes in the next generation. This was based on the New Delhi Birth Cohort (NDBC) study, the largest ongoing cohort in Asia. NDBC started in 1969 in Lajpat Nagar in South Delhi, India. There were 9169 pregnancies, resulting in 8181 live births. Anthropometric data of the offspring was recorded from birth till 21 years. Various adult phases of the cohort have been subsequently conducted. The study is currently being flowed up across four generations as well. Participant’s cardiometabolic risk factors were also measured such as blood pressure, cholesterol and HDL cholesterol during the adult phases. He has a Masters degree in Biostatistics from Manipal University in Karnataka. He has worked on the Cardiometabolic Risk Reduction in South Asia (CARRS) Surveillance Study with the Public Health Foundation of India. This study aimed at implementing and evaluating a model sentinel surveillance system in two study sites in India and one in Pakistan and also aimed at assessing the prevalence of cardiometabolic risk factors among adults aged 20 years and above. He was also involved with the CARRS Translation Trial which was an individually randomized clinical trial focusing on cardiovascular risk reduction in 1,120 patients with high risk of Type 2 diabetes patients in South Asia attending 8 established out-patient clinics in South Asia (140 patients at each clinic). Patients enrolled in the trial were randomly assigned to either the control (existing care) or the intervention group and were followed up for an average of 30 months. His areas of interest include repeated measures data analysis and growth modelling, with a special interest in intervention studies and clinical trials.

Project

Evaluating the association of fatty Kidney with risk of cardiometabolic disorders and kidney functions- A comparative study of metabolically healthy and unhealthy obese and non-obese asian Indian individuals (PI:Dr Amandeep Singh, Department of Medicine, AIIMS)

Publications (IN AMA format)

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8. Rawat V, Upadhyay D, Hans G, Pandey S, Sharan P, Sharma U. Unravelling Structural and Metabolic Alterations in the Hippocampus and Anterior Cingulate Cortex Using Integrated MRI and MRS in Major Depressive Disorder. *NMR Biomed.* 2026 Apr;39(4):e70261. doi: 10.1002/nbm.70261. PMID: 41821416.
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