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Designation – Research Manager
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Professional Summary

Seasoned public health researcher and data analyst with over 10 years of experience in health data analytics, epidemiological research, and program evaluation. Proven track record of leveraging large-scale health datasets, statistical modeling, and geospatial analysis to drive evidence-based policymaking and strengthen public health interventions. Worked extensively on gender disparities in health, mortality trends, non-communicable diseases (NCDs), and tobacco control policies, providing data-driven insights for decision-making at the national and international levels. Collaborated with key organizations such as ICMR, ICRW, and various agencies to conduct impact evaluations, policy assessments, and capacity-building initiatives aimed at improving public health outcomes.

With technical expertise in data management, predictive analytics, and advanced statistical modeling, she has worked with complex survey datasets, health information systems, and geospatial mapping tools to enhance health monitoring and program effectiveness. Played a pivotal role in designing and implementing M&E frameworks, publishing research in international journals like Frontier Digital Health, The Lancet Global Health, Plosone, Tobacco Control & BMJ, and developing interactive dashboards for health surveillance and policy tracking. Ability to translate complex data into actionable insights, combined with strong stakeholder engagement and training expertise, makes her an ideal candidate for roles involving data-driven health systems strengthening, immunization analytics, and strategic public health initiatives.

Educational Qualification

- A. Ph.D. in Population Studies from Jawaharlal Nehru University (2022)
- B. M. Phil. in Population Studies from Jawaharlal Nehru University (2016)
- C. Master of Population Studies from International Institute for Population Science, Mumbai (2013)
- D. Post -Graduate and Graduate Degree in Statistics from Barkatullah University (2010, 2008)

Research Interest

Ph.D. Research- “Trends and determinants of gender-differential in under-five-mortality in selected South Asian Countries” under the supervision of Dr. Nandita Saikia, Professor, IIPs Mumbai.

M.Phil. Research “Trends and Gender differential in under five mortality n High Focused States of India”, under the supervision of Dr. Nandita Saikia, Professor, IIPS, Mumbai.

Skillsets & Expertise

1-Professional Skills

- ✓ Public Health Research | Epidemiology | Disease Surveillance | Mortality & NCD Studies
- ✓ Data Management & Analysis | Primary & Large-Scale Survey Data | Predictive Modeling
- ✓ Policy & Program Evaluation | Monitoring & Impact Assessment | Tobacco Control Research
- ✓ Demographic & Social Analysis | Gender & Health Equity | Socioeconomic Studies
- ✓ Quantitative & Qualitative Data Analysis | Root Cause Analysis | Data-Driven Decision Making
- ✓ Content Development | Research Proposal Writing | Scientific Publications & Reports

2.-Soft Skills

- ✓ Critical Thinking & Problem-Solving | Analytical Decision-Making | Multitasking
- ✓ Stakeholder Engagement | Government & NGO Collaboration | Policy Advocacy
- ✓ Communication & Presentation | Knowledge Dissemination | Workshop Facilitation
- ✓ Leadership & Team Management | Cross-Functional Collaboration | Strategic Planning

3.-Technical & Analytical Tools

- ✓ Statistical & Data Analysis Tools: STATA | SPSS | Basic R | Advanced Excel | Python | SQL
- ✓ Geospatial & Mapping Tools: QGIS | Geo-Da | Dev-Info | Epi-Info
- ✓ Demographic & Public Health Datasets: Census | NFHS | NSS | PLFS | IHDS
- ✓ Health & Mortality Modeling: MORTPACK | Spectrum
- ✓ Data Visualization & Digital Reporting: Power BI | Tableau | Looker Studio
- ✓ Survey & Data Collection Platforms: Kobo Toolbox | Open Data Kit (ODK)
- ✓ Content Writing & Documentation: Journal Manuscripts | Research Proposals | Reports

Work Experience

Period	Employing organization and your title/position.	Summary of activities performed relevant to the Assignment
March -2025	Organization: Basic Paradigm Private Limited Position: Research Manager	<ul style="list-style-type: none"> • Gathering quantitative and qualitative data from various sources and analyzing it to assess project performance and outcomes. • Designing and implementing monitoring frameworks, tools, and methodologies to evaluate project progress. • Collaborating with field teams to ensure accurate data collection and adherence to monitoring protocols. • Preparing detailed reports, presentations, and documentation based on findings to inform stakeholders and decision-makers.
July 2022 - December 2024	Project Research Scientist, National Institute of Cancer Prevention and Research, Indian Council of Medical Research, Noida	<ul style="list-style-type: none"> • Designing and executing research projects related to tobacco control, such as studies on the impact of tobacco use, effectiveness of control measures, and emerging trends in tobacco consumption. • Analyzing data collected from various sources to identify patterns, trends, and insights that can inform policy decisions and interventions. • Providing technical support to Parties (countries) to help them implement the FCTC provisions effectively. This might involve developing guidelines, training materials, and best practices. • Organizing workshops, seminars, and training sessions to build the capacity of stakeholders involved in tobacco control efforts. • Working with other Knowledge Hubs, international organizations, and NGOs to share knowledge, resources, and strategies for effective tobacco control. • Publishing research findings in academic journals, reports, and other platforms to disseminate knowledge and raise awareness about tobacco control issues.
December 2015 – May 2016	Research Associate, Change Alliance Private Limited	<ul style="list-style-type: none"> • Monitored progress against project timelines, ensuring timely completion of deliverables while maintaining high-quality standards. • Gathered, arranged, and corrected research data to create representative graphs and charts highlighting results for presentations. • Assisted in developing new research proposals, resulting in increased funding opportunities and project growth potential. • Collaborated with multidisciplinary teams to drive project success and achieve objectives. • Validated incoming data to check information accuracy and integrity while independently locating and correcting concerns. • Utilized statistical packages to analyze data and create visualizations.

December 2015 – May 2016	Lead Consultant, International Centre for the Research on Women	<ul style="list-style-type: none"> Gathered data on long-term trends (1981-2011) of excess female deaths at the district level. Quantitative Measures: sex ratio at birth, child sex ratio, and childhood mortality ratio, considering socio-economic background characteristics. The project also involved the indirect estimation of life tables for small states and the estimation of infant and child mortality at the district level using Brass Methods, as well as the sex ratio at birth at the district level using reverse survival methods.
July 2011- August 2012	Academic Associate, Indian Institute of Management, Indore	<ul style="list-style-type: none"> Faculty Assistant for course outlines, identifying, and collecting reading material, developing teaching notes, grading class participation, conducting examinations, assignments, invigilation, etc. Organizing various academic events, distribution of course materials, and any other related activities from time to time. I will provide research assistance to faculties time to time.

Evaluation experience (6)

Organization -Project	Role and Responsibility
Centre for Knowledge and Development - A Baseline Survey on Adolescent Health & Wellbeing in Barabanki, Bareilly, Sonbhadra, and Farrukhabad Districts of Uttar Pradesh under Utthan Project	<ul style="list-style-type: none"> Design robust quantitative and qualitative research methodologies. Oversee development and pilot testing of data collection tools (surveys, interview guides, etc.). Ensure tools align with objectives and ethical standards. Guide data analysis using statistical and thematic techniques. Review and finalize research reports, policy briefs, and presentations. Translate research findings into actionable recommendations.
Team-Lease Foundation- Need Assessment of Adolescent Health And Well-Being In Northeast States Of India	<ul style="list-style-type: none"> Integrate research with monitoring and evaluation frameworks. Use findings to inform program improvement and learning agendas. Design robust quantitative and qualitative research methodologies. Oversee development and pilot testing of data collection tools (surveys, interview guides, etc.). Ensure tools align with objectives and ethical standards. Guide data analysis using statistical and thematic techniques. Review and finalize research reports, policy briefs, and presentations. Translate research findings into actionable recommendations.
Habitat for Humanity- Endline Assessment - Lighting Lives: School Solar Electrification Project in Maharashtra and Rajasthan by Habitat for Humanity	<ul style="list-style-type: none"> Preparing comprehensive reports summarizing findings, insights, and recommendations based on the assessment. Coordinating with teams, project managers, and external stakeholders to ensure alignment and share progress. Ensuring accuracy and reliability in data collection and analysis processes.
Language Learning Foundation - End line Assessment of Students' Learning Outcome for School-Based MLE Programme in Rajasthan	<ul style="list-style-type: none"> Gathering qualitative and quantitative data using surveys, interviews, or focus groups as per the project design. Data Analysis: Cleaning, organizing, and analyzing collected data to measure the project's outcomes and impact. Preparing comprehensive reports summarizing findings, insights, and recommendations based on the assessment. Coordinating with teams, project managers, and external stakeholders to ensure alignment and share progress. Ensuring accuracy and reliability in data collection and analysis processes. Overseeing field teams during data collection to maintain consistency and quality.

Secure Catholique - Evaluation of project Empowering flood-affected community for sustainable livelihood in North Lakhimpur and Dhemaji districts of Assam	<ul style="list-style-type: none"> • Collaborating with stakeholders to design project frameworks focused on sustainable agriculture and rural livelihoods. • Identifying key performance indicators and setting measurable goals. • Conducting field surveys, interviews, and focus group discussions to gather data on agricultural practices and livelihood patterns. • Analyzing data to assess the impact of interventions and suggest improvements.
SM Sehgal Foundation- Create Detailed Project Report (DPR) for Livelihood Improvement through Sustainable Agriculture (LISA) & Integrated Village Development Project (IVDP)	<ul style="list-style-type: none"> • Conducting primary and secondary research to gather relevant data about the project area, beneficiaries, and thematic focus. • Analyzing socioeconomic, environmental, and technical aspects to inform the project's feasibility. • Preparing a comprehensive project plan including objectives, methodology, timelines, budget estimates, and expected outcomes.

Publications (12)

Under review book chapters:

- Systematic review of WHO FCTC Article I Definition of Smokeless Tobacco, Singh PK, **Tamrakar V**, Singh S (2025)
- Systematic Review of WHO FCTC Article I Article 13 Ban on Smokeless Tobacco Advertisement Promotion and Sponsorship, Singh PK, **Tamrakar V**, Singh S (2025)
- Systematic Review of WHO FCTC Article 16 Article 16: Smokeless Tobacco Sales to and by Minor, Singh PK, **Tamrakar V**, Singh S (2025)

Research Papers Under Review:

- Cricket, commerce, and public health: promotion of tobacco, alcohol, and high in fat, sugar, and salt products Singh PK, Jain R, **Tamrakar V**, Roy Pradhan S, Verma CP, Yadav A, Bhojani U, Balhara YPS and Singh S (2025) Cricket, commerce, and public health: promotion of tobacco, alcohol, and high in fat, sugar, and salt products. *Front. Digit. Health* 7:1503680. doi: 10.3389/fdgh.2025.1503680
- Herbal Tobacco Cessation Products on Indian E-commerce Platforms: An Emerging Unregulated Market with Unsubstantiated Health Claims, Singh PK, **Tamrakar V**, Yadav A, Kapoor, S, YPS and Singh S (2025) under review Tobacco Control

Published Research Papers

1. ICC's Cricket World Cup 2023 and the dirty game of surrogate advertisements of smokeless tobacco, Prashant Kumar Singh, Amit Yadav, Sagarika Rout, Chandresh Pragya Verma, Varsha Pandey, Sanchita Roy Pradhan, **Vandana Tamrakar**, Shalini Singh. Special article in *Industry Watch, BMJ, Tobacco Control* Published Online First: 28 May 2024. <https://doi.org/10.1136/tc-2024-058632>
2. **Tamrakar, V.**, Srivastava, A., Saikia, N., Parmar, M. C., Shukla, S. K., Shabnam, S. & Debbarma, B. (2021). District-level correlates of COVID-19 pandemic in India during March-October 2020. *PloS one*, 16(9), e0257533. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0257533>
3. Guilimoto, C. Z., Saikia, N., **Tamrakar, V.**, & Bora, J. K. (2018). Excess under-5 female mortality across India: a spatial analysis using 2011 census data. *The Lancet. Global health*, ISSN: 2214-109X, Vol: 6, Issue: 6, Page: e650-e658. [https://www.thelancet.com/journals/langlo/article/PIIS2214-109X\(18\)30184-0/fulltext](https://www.thelancet.com/journals/langlo/article/PIIS2214-109X(18)30184-0/fulltext)
4. Geographical Variation in COVID-19 Cases, Prevalence, Recovery, and Fatality Rate by Phase of National Lockdown in India, March 14 May 29, 2020, contribution by Ankita Srivastava, **Vandana Tamrakar**, Moradhvaj Moradhvaj, SaddafNaaz Akhta, Krishna Kumar, Tek Chand Saini, Nagendra C, Nandita Saikia <https://t.co/IzTQ58jYTn>
5. Trend and pattern in excess female under-5 mortality in India, 1987-1993—2010-2016" by Dr. Nandita Saikia and **Vandana Tamrakar** <https://ssrn.com/abstract=3534201>
6. District-level correlates of COVID-19 Pandemic in India contribution by **Tamrakar, V.**, Srivastava, A., Saikia, N., Parmar, M. C., Shukla, S. K., Shabnam, S. & Debbarma, B. <https://www.medrxiv.org/content/10.1101/2020.10.08.20208447v1.full.pdf+html>
7. **Tamrakar V.** & Ali. I. (2015) Challenges of SC/ST housing condition and Its Association with Millennium Development Goal in India, 1991-2012, *South Asia Journal of Multidisciplinary Studies*, ISSN:2349-7858 Volume 3 Issue 1, <http://sajms.com/volume-3-issue-1/>

