

Curriculum Vitae

ASHOO GROVER

Add.: Indian Council of Medical Research
V. Ramalingaswami Bhawan
Ansari Nagar, New Delhi-110029
Email: ashoo grover@gmail.com
Tel.: 011-26589699, Mob.: 9818966565

Date of Birth: 25-5-1970

Education

MBBS – 1995	Maharishi Dayanand University (MDU), Rohtak, Haryana All Medical Subjects
MD – 2000	Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh Community Medicine (epidemiology, health management, family medicine)

Work Experience

Mar 19, 2020 till date	Scientist 'F' Deputy Director General, Senior Grade at ICMR-NIOP
Sep. 2019- Mar. 18 2020	Scientist 'F' Deputy Director General, Senior Grade. Worked at NCD division, ICMR, Research Methodology Cell for young health researchers in India, MRU/MRHRU programme of Department of Health Research
Sep. 2014 – Aug. 2019	Scientist 'E' at Division of NCD, Indian Council of Medical Research and also looking after activities of Research Methodology Cell along with ICMR-DHR activities.
Sep. 2010 – Sep. 2014	Scientist 'D' at Division of NCD, Indian Council of Medical Research and also looking after activities of Research Methodology Cell along with ICMR-DHR activities.
Dec.2005 –Sep. 2010	Senior Research Officer (redesignated as Scientist 'C') at Division of Non Communicable Diseases, Indian Council of Medical Research, New Delhi.
Jul. 2005 – Dec.2005	Assistant Professor, Teaching, undergraduates at Dr. RPGMC, Tanda, Himachal Pradesh
Jul. 2003 – Jul. 2005	Senior Research Officer, Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh
Jul. 2000 – Jul. 2003	Senior Resident, Community Medicine, Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh
Jul. 1997 – Jul. 2000	MD (Community Medicine), Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh
Feb. 1997 – Jun. 1997	Non-academic Junior resident, AIIMS (RP Centre), Delhi

May 1996 – Jan. 1997 Non-academic Junior resident, AIIMS (CCM), Delhi

Jan. 1996 – May 1996 Non-academic Junior resident, Lady Hardinge Medical College, Delhi

Professional Skills / Training

- Training course on Systematic reviews and meta analysis done by Campbell in association with Cochrane
- Biostatistics and research methodology course of one-month duration in PGIMER, Chandigarh.
- Basic course in epidemiology of two weeks duration in Christian Medical College, Vellore.
- Health economics course of one-week duration in Christian Medical College, Vellore.
- Palliative care in cancer patients' of 2 weeks duration in PGIMER, Chandigarh.
- Training regarding 'Assessment of prevalence of IDD in selected districts of different regions of the country' of two weeks duration at NIN, Hyderabad.

Membership of National and International Bodies

National:

- Life membership of IAPSM,
- Life membership of IPHA
- Life membership of Nutrition Foundation of India

International:

- International Association of Epidemiology
- World NCD federation

Key Achievements and Public Health Contribution

- **At Department of Health Research**
 - **Establishment of Multidisciplinary Research Units (MRUs) in Medical Colleges-** The expenditure finance committee memo was prepared for the total budget allocation of 1503 Cr to establish centralized research facility in govt. medical colleges. Currently 90 medical colleges have established MRUs to undertake research on NCDs. These units are engaged in undertaking networking projects with uniform protocol in areas of National Importance like Lung Cancer, Gall stones, autoimmune disorders etc. The key feature of the scheme is that faculty in these institutions have

started publishing in good journals. The mechanisms to monitor the scheme have been prepared.

- **Establishing Model Rural Health Research Units at state level:** The expenditure finance committee document was prepared to establish MRHRU; initially 15 in number and till far 25 MRHRUs have been established. These MRHRUs are working in close association with the respective State health department to undertake the translational research in areas as identified by the state.
- **Establishing MTAB later on HTAI:** The concept on establishing Health technology assessment in India like the NICE-UK model was drafted, which later on expanded as HTAI. Initially, it was named as Medical Technology Assessment Board. A major international level including NICE-UK, HITAP-Thailand and Canada model Stakeholders consultative meeting was convened in New Delhi by DHR-ICMR to draft roadmap of the system in India. This has been my major contribution.
- **At Indian Council of Medical Research:**
 - **Non-communicable Diseases:** Remained as primary programme officer of **Oral Health research** in India, wherein two major task force projects (i) **IndiCleft** for children with cleft lip and palate anomalies was undertaken. It is an epidemiological study which is envisaged to prepare standard treatment guidelines which is multidisciplinary in nature. It needs to be merged with RashtriyaBalSwasthyaKaryakarm (RBSK). (ii) **Oral Health Care needs** of mentally challenged children through ICDS system-Pragmatic Randomized twin center study. This is health systems operational study; wherein a sustainable approach is being explored to address this neglected yet important issue.

I remained as primary programme officer for research in Gastroenterology, Cardiology and Neurological sciences for 3-4 years. Many major task force and adhoc research projects were undertaken during this period.

I started my career in ICMR hqrs from NCD division itself, wherein I contributed in many other activities like drafting Public Health Act, Health Impact Assessment, Systematic Reviews, besides my above said activities in the division of NCD.
 - **Research Methodology workshops and SEED grants to young and middle level researchers:** This program was initiated at ICMR in year 2010 with an objective to train the young faculty, professionals and students of medical science. Especially for those institutions, which are not engaged actively in research activities. ICMR is organizing research methodology workshops to train the young and new researchers for writing a good research proposal, which includes formulating valid hypothesis, drafting appropriate study design, collecting, documenting and analyzing data as well as communicating the research findings in a scientific journal. The key features of the program are 1. Young faculty for participation in RM and eligible for SEED grant are of the age upto 45 years, 2. Researchers are First time grant seeker from ICMR, 3.Approvals maximum 15 to 20 lacs up to maximum 3 years, 4. Encouraged to have multi-department/institutions collaboration, 5. Funding of up to 50 proposals/year.

This program has shown great interest among the young faculty members of the Govt. Medical colleges.

- **At Postgraduate Institute of Medical Education and Research, Chandigarh:**
 - Extensive house to house surveys
 - Training of all levels of health officials/functionaries including state level, district level medical officers, ICDS officials as well
 - **Prospective Urban Rural Epidemiological (PURE) study:** Major contribution in this study in collaboration with MacMaster university of Canada. PGI was the national site for Indian recruitment. All processes were standardized and subjects from Urban/Rural site were recruited. This is still ongoing at PGI.
 - Iodine Deficiency Disease survey: This was carried out under my supervision in five northern states with eight districts/state and 30 cluster sampling design.
 - Immunisation Strengthening Project of NIHFV: Worked as main collaborator for North and East zone of the country in imparting training to State and District level immunization officers

Awards / Fellowship awarded

- Awarded ICMR International fellowship on Health Promotion at University of Nebraska Medical Sciences

Publications

1. Title Registered Form accepted by Cochrane and Campbell vide no. Z007 entitled "Effectiveness and cost-effectiveness of population-based cervical cancer screening in low and middle-income countries"
2. Joshi A, Arora A, Amadi-Mgbenka C, Mittal N, Sharma S, Malhotra B, Grover A, Misra A, Loomba M . Burden of household food insecurity in urban slum settings. PLoS One. 2019 Apr 2;14(4):e0214461. doi: 10.1371/journal.pone.0214461. eCollection 2019.
3. Dinesh Kumar, Ashok Bhardwaj, Shruti Sharma, BhavyaMalhotra , ChiomaAmadi, Ashoo Grover, Ashish Joshi ; Protocol for an experimental study to Design and Evaluate a Personalized Human Centered Dietary Decision Support System for use among diabetics in an Indian Setting. Currently submitted to: JMIR Research Protocols Date Submitted: Feb 5, 2019 Open Peer Review Period: Feb 8, 2019 - Feb 22, 2019
4. O. P. Kharbanda, NeerajWadhawa, Ashoo Grover, KunaalDhingra and NiteshTewari. Oral health in India: Researchers' Perspective Part I Journal of Pierre Fauchard Academy (India Section), Vol 32(1-2), DOI: 10.18311/jpfa/2018/22603, March - June 2018 p. 6-15
5. O. P. Kharbanda, NeerajWadhawan, , KunaalDhingra, NiteshTewari, Ashoo Grover Oral health in India: Researchers' Perspective Part II Periodontal Diseases, Geriatric Dentistry and Special Health Care Needs December 2018Journal of Pierre Fauchard Academy (Pierre Fauchard Academy. India Section) 32(3-4):48-56 DOI: 10.18311/jpfa/2018/22604
6. O. P. Kharbanda, Ashoo Grover, NiteshTewari and KunaalDhingra Oral Health in India- Researchers' Perspective Part III: Malocclusion and Dentofacial Deformities PIERRE FAUCHARD ACADEMY (India Section) Volume 33, Issue 1, March 2019 ISSN (Print) : 0970-2199 ISSN (Online) : 2405-772X

7. Thakur JS, Jaswal N, Grover A. Is Focus on Prevention Missing in National Health Programs? A Situation Analysis of IEC/BCC/Health Promotion Activities in a District Setting of Punjab and Haryana. *Indian J Community Med.* 2017 Jan-Mar;42(1):30-36. doi: 10.4103/0970-0218.199795.
8. Downey LE, Mehndiratta A, Grover A, Gauba V, Sheikh K, Prinja S, Singh R, Cluzeau FA, Dabak S, Teerawattananon Y, Kumar S, Swaminathan S. Institutionalising health technology assessment: establishing the Medical Technology Assessment Board in India. *BMJ Glob Health.* 2017 Jun 26;2(2):e000259. doi: 10.1136/bmjgh-2016-000259. eCollection 2017.
9. Raina SK, Chander V, Raina S, Grover A. Post-hoc principal component analysis on a largely illiterate elderly population from North-west India to identify important elements of mini-mental state examination. *J Neurosci Rural Pract.* 2016 Jan-Mar;7(1):44-7. doi: 10.4103/0976-3147.172153.
10. Kumar D, Grover A, Katoch VM. Scope of Translational Research Focusing Rural Areas. *Indian J Med Res.* 2016 Jan;143(1):18-20. doi: 10.4103/0971-5916.178579
11. Sharma SK, Katoch VM, Mohan A, Kadiravan T, Elavarasi A, Ragesh R, Nischal N, Sethi P, Behera D, Bhatia M, Ghoshal AG, Gothi D, Joshi J, Kanwar MS, Kharbanda OP, Kumar S, Mohapatra PR, Mallick BN, Mehta R, Prasad R, Sharma SC, Sikka K, Aggarwal S, Shukla G, Suri JC, Vengamma B, Grover A, Vijayan VK, Ramakrishnan N, Gupta R. Consensus and evidence-based Indian initiative on obstructive sleep apnea guidelines 2014 (first edition). *Lung India.* 2015 Jul-Aug;32(4):422-34. doi: 10.4103/0970-2113.159677.
12. Raina SK, Chander V, Raina S, Kumar D, Grover A, Bhardwaj A. Hypertension and diabetes as risk factors for dementia: A secondary post-hoc analysis from north-west India. *Ann Indian Acad Neurol.* 2015 Jan-Mar;18(1):63-5. doi: 10.4103/0972-2327.151045.
13. Grover A, Joshi A. An overview of chronic disease models: a systematic literature review. *Glob J Health Sci.* 2014 Oct 29;7(2):210-27. doi: 10.5539/gjhs.v7n2p210. Review.
14. Sharma A, Bansal P, Grover A, Sharma S, Sharma A. Oral health status and treatment needs among primary school going children in NagrotaBagwan block of Kangra, Himachal Pradesh. *J Indian SocPeriodontol.* 2014 Nov-Dec;18(6):762-6. doi: 10.4103/0972-124X.147421.
15. Thakur JS, Sharma D, Jaswal N, Bharti B, Grover A, Thind P. Developing and implementing an accreditation system for health promoting schools in Northern India: a cross-sectional study. *BMC Public Health.* 2014 Dec 22;14:1314. doi: 10.1186/1471-2458-14-1314.
16. Sharma SK, Katoch VM, Mohan A, Kadiravan T, Elavarasi A, Ragesh R, Nischal N, Sethi P, Behera D, Bhatia M, Ghoshal AG, Gothi D, Joshi J, Kanwar MS, Kharbanda OP, Kumar S, Mohapatra PR, Mallick BN, Mehta R, Prasad R, Sharma SC, Sikka K, Aggarwal S, Shukla G, Suri JC, Vengamma B, Grover A, Vijayan VK, Ramakrishnan N, Gupta R, Indian Initiative on Obstructive Sleep Apnoea Guidelines Working Group; Indian Initiative on Obstructive

Sleep. Consensus & evidence-based INOSA Guidelines 2014 (first edition). Indian J Med Res. 2014 Sep; 140(3):451-68.

17. Sahu M, Grover A, Joshi A. Role of mobile phone technology in health education in Asian and African countries: a systematic review. *Int J Electron Healthc.* 2014;7(4):269-86. doi: 10.1504/IJEH.2014.064327. Review.
18. Raina SK, Raina S, Chander V, Grover A, Singh S, Bhardwaj A. Is dementia differentially distributed? A study on the prevalence of dementia in migrant, urban, rural, and tribal elderly population of himalayan region in northern India. *N Am J Med Sci.* 2014 Apr;6(4):172-7. doi: 10.4103/1947-2714.131243.
19. Kuppuswamy VL, Murthy S, Sharma S, Surapaneni KM, Grover A, Joshi A. Oral hygiene status, knowledge, perceptions and practices among school settings in rural South India. *Oral Health Dent Manag.* 2014 Mar;13(1):146-54.
20. Kumar A, Sagar R, Kumar P, Sahu JK, Grover A, Srivastava AK, Vivekanandhan S, Prasad K. Identification of genetic contribution to ischemic stroke by screening of single nucleotide polymorphisms in stroke patients by using a case control study design. *BMC Neurol.* 2013 Oct 3;13:136. doi: 10.1186/1471-2377-13-136.
21. Raina SK, Raina S, Chander V, Grover A, Singh S, Bhardwaj A. Identifying risk for dementia across populations: A study on the prevalence of dementia in tribal elderly population of Himalayan region in Northern India. *Ann Indian Acad Neurol.* 2013 Oct;16(4):640-4. doi: 10.4103/0972-2327.120494.
22. Raina SK, Raina S, Chander V, Grover A, Singh S, Bhardwaj A. Development of a cognitive screening instrument for tribal elderly population of Himalayan region in northern India, *J Neurosci Rural Pract.* 2013 Apr; 4(2):147-53. doi: 10.4103/0976-3147.112744. (IF=0.186)
23. Joshi A, Mehta S, Grover A, Talati K, Malhotra B, PuricelliPerin DM. Knowledge, attitude, and practices of individuals to prevent and manage metabolic syndrome in an Indian setting. *Diabetes Technol Ther.* 2013 Aug;15(8):644-53. doi: 10.1089/dia.2012.0309.
24. Nanda A, Grover A, Joshi A. A need for a health IT portal to disseminate information about national health programmes in India. *Int J Electron Healthc.* 2013;7(3):221-35. doi: 10.1504/IJEH.2013.057409.
25. Joshi A, Mehta S, Talati K, Malhotra B, Grover A, Evaluation of metabolic syndrome related health information on internet in Indian context. *Technol Health Care.* 2013 Jan 1; 21(1):19-30. doi: 10.3233/THC-120706. (IF= 1.8,)
26. Joshi A, Mehta S, Talati K, Grover A, Protocol for an experimental study design to evaluate computer enabled intervention to prevent and manage Metabolic Syndrome. *BMJ Open.* 2013 Mar 1;3(3). doi:pii: e002163. 10.1136/bmjopen-2012-002163. Print 2013. (IF=1.7)

27. Grover A & Joshi A, An Overview of Chronic Disease Models: A Systematic Literature Review. *Global Journal of Health Science*; Vol. 7, No. 2; 2015.
28. Sengupta P, Benjamin AI, Singh Y, Grover A. Prevalence and correlates of cognitive impairment in a north Indian elderly population. *WHO South-East Asia J Public Health* 2014; 3(2): 135–143.
29. Kumar D, Grover A, Bhardwaj AK, Katoch, KK, Katoch VM. Scope of translational research focusing rural areas. (submitted to *Indian Journal of Medical Research*)
30. **Grover A**, Singh A, Validity of the Shake Test To Identify The Frozen Damaged Vaccine Vials, [Indian Pediatr.](#) 2005 Jul;42(7):724-5. (IF=0.521)
31. **Grover A**, Lakshmi PVM, Aggarwal AK Evaluation Of House-To-House Strategy For Intensive Pulse Polio Immunization In Rural Area Of Haryana, *Indian Journal of Community Medicine* Vol. 31, No. 1, January - March, 2006 (IF=0.3)
32. **A Grover**, R Kumar, S K Jindal Socio-Demographic Determinants Of Treatment-Seeking Behavior Among Chest Symptomatics, *Indian Journal of Community Medicine* Vol. 31, No. 3, July - September, 2006 145 (IF=0.3)
33. **Grover A**, Singh A, Does Indian Version Of Shake Test Correctly Identifies Damaged Vaccine Vials, *Bulletin of PGIMER*. Vol. 27, No. 3385, 2005 (IF=0.1)
34. Talwar KK, **Grover A**, Thakur JS, Role of Medical Education in Preventing and Control of Non-communicable Diseases in India, *Indian J Community Med.* 2011 Dec; 36 (Suppl 1):S63-6. doi: 10.4103/0970-0218.94711. (IF=0.3)
35. Benjamin AI, Sengupta P, Singh Y, **Grover A**, Identifying Alzheimer's Disease through the “10 warning signs” approach : a useful tool for population-based screening in the elderly, *Asian J Med Res* | Apr-Jun 2012 | Vol-1 | Issue-2 (IF=1.02)
36. Joshi A, Mehta S, **Grover A**, Talati K, Malhotra B, Perin DP. Knowledge, Attitude and Practices of individuals to prevent and manage Metabolic Syndrome in an Indian setting. submitted to **Diabetes Technology and Therapeutics**, (accepted and for minor revisions) (IF=1.931)
37. Joshi A, Mehta S, Talati K, **Grover A**, An innovative information platform to deliver a multi-dimensional intervention to prevent and manage Metabolic Syndrome (MetS) submitted to *BMJ* (in Press)
38. Grover A, Panigrahi P, Joshi A An overview of Chronic Disease Models in the Management of Diabetes, CVD and COPD: A systematic Review; *Glob J Health Sci.* 2014 Oct 29;7(2):210-27. doi: 10.5539/gjhs.v7n2p210. Review. PMID: 25716407

Guidelines:

1. Prepared Guidelines for Department of Health Research Schemes:

- a. For Establishing Multidisciplinary Research Units
 - b. For Establishing Model Rural Health Research Units
 - c. Grant-in-aid Scheme for 'Inter -Sectoral Convergence & Coordination for Promotion and Guidance on Health Research'
2. Contributed in Guidelines for the scheme regarding "Human Resource Development For Health Research
3. Consensus & Evidence-Based INOSA GUIDELINES (Indian initiative on Obstructive Sleep Apnea Guidelines) First Edition-2014 Under the auspices of Department of Health Research Ministry of Health & Family Welfare Government of India

Chapter in Books:

1. Thakur JS, Grover A, Tripathy JP. Research Priorities in NCDs. Public Health Approaches to Non-Communicable Diseases. Published by Wolters Kluwer (India) Pvt. Ltd.2015. Print.
2. Grover A, Joshi A. Effective proposal Writing. Chapter in Health Management Book Published by Oxford Publishers. Under review.

Conferences/ Workshop attended/ organised

Attended

- 1st Annual Conference of IAPSM-NZ at Patiala.
- 2nd Annual Conference of IAPSM-NZ at Ludhiana.
- 3rd Annual Conference of IAPSM_NZ at Chandigarh.
- Annual Conference IAEMCOD at New Delhi.
- International conference of Asian Congress of Nutrition at Delhi
- Training cum Workshop regarding Verbal Autopsy held in Lucknow and Chandigarh.
- Biostatistics and research methodology course of one-month duration in PGIMER, Chandigarh
- Basic course in epidemiology of two weeks duration in Christian Medical College, Vellore.
- Health economics course of one-week duration in Christian Medical College, Vellore.
- Palliative care in cancer patients' of 2 weeks duration in PGIMER, Chandigarh.

Organised

- Workshop on (orientation training on RCH Program) held at Chandigarh

- Workshop on (Training of Women forum regarding quality of reproductive health care held twice at District Sirmour, Himachal Pardesh.
- Organization of three RCH camps held in three different blocks of District Sirmour, under project.
- Workshop regarding IPPI in Chandigarh and Panchkula.
- Workshop on IDD held in Chandigarh.
- Workshop on Project Implementation Plan in Haryana at Gurgaon, Ambala, Hisar and Yamunanagar
- Training regarding 'Assessment of prevalence of IDD in selected districts of different regions of the country' of two weeks duration at NIN, Hyderabad.