

Dr URVASHI KAUSHIK, BHMS, MPH

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Education and Training

- ❖ **Global Leadership Program: Bloomberg School of Public Health; Johns Hopkins University, Baltimore; 2012; Completed**
- ❖ **Master of Public Health: Birla Institute of Technology & Science, Pilani; 2009; CGPA - 9.8/10**
- ❖ **Bachelor of Homeopathic Medicine & Surgery: University of Delhi; 2006; Percentage – 58**

Achievements

- ❖ **Received 'Early Career Grant' for research on youth advocacy on tobacco control by World Heart Federation; 2014**
- ❖ **Awarded 'Developing Nation Award' for scientific paper at the World Conference on Lung Cancer at Sydney; 2013**
- ❖ **Selection and scholarship for the Global Leadership Program at Johns Hopkins University; 2012**
- ❖ **Selection and participation in the international KCCI program at UNICEF; 2009**
- ❖ **1st rank, Class of 2009, Master of Public Health, BITS, Pilani**
- ❖ **National Geography Talent Search Examination Merit Holder**

Professional and research experience (8 years)

World Heart Federation: Early Career Grant Fellow: Developing research papers, policy briefs and conference presentations on youth led smoke free campaigns in India

Public Health Foundation of India; Research Officer – Youth Empowerment and Policy; June 2012 to November 2013 - Led Policy and Youth-Empowerment interventions trials on health promotion and tobacco-control in two Indian states of Andhra Pradesh and Gujarat – A Bill and Melinda Gates Foundation grant

HRIDAY, New Delhi; Research Associate – Health Promotion and Tobacco Control; November 2009 to June 2012

Birla Institute of Technology & Science (BITS), Pilani; Lecturer and Field Supervisor, MPH Program; Rajasthan, India; August – November, 09

UNICEF Knowledge Community on Children in India (KCCI): Program Analyst; Jharkhand, India; June - August 2009

HelpAge India: Consultant Researcher, Programs; India; January – June 2009

Bhavishya Alliance (BA), Mumbai, India: Summer Consultant; May - July 2008

Master of Public Health; Professional Practice I & II; Jan – Dec 2008

Nehru Homeopathic Medical Hospital; Medical Intern – May 2006 – April 2007

Publications

- ❖ **Urvashi Kaushik, Vinay K. Gupta, Monika Arora; Youth Advocacy To Strengthen Smoke Free Policy: Lessons from India; Supplement to Global Heart, Vol 9, Issue 15, March 2014**
- ❖ **Urvashi Kaushik, Radhika Shrivastav, Monika Arora, K Srinath Reddy; Scaling up a successful school based tobacco use prevention program in India - From Efficacy to Effectiveness; Circulation; 2012**
- ❖ **Chandrakant Lahariya and Urvashi Kaushik; Padma Awards to Doctors in India: A Few More Thoughts; The National Medical Journal of India; Vol 24, No. 2, 122-123, 2011**
- ❖ **Urvashi Kaushik, Sharon Lowe, Michaela Nilsson, Brendan Rivage-Seul, 2010; Total Sanitation Now: The Role of the Program Management Unit in Ending the Practice of Open Defecation in Rural Jharkhand, India; Knowledge Community on Children in India (KCCI); UNICEF**
- ❖ **Urvashi Kaushik; Elderly Perceived Needs Assessment Survey in the Indian states of Himachal Pradesh and Uttarakhand; HelpAge India - AGE CARE; March 2009**

Conference Papers

- ❖ **Youth Advocacy to Strengthen Smoke Free Policy: Lessons From India; Oral Presentation at World Congress of Cardiology; Melbourne; May 2014**
- ❖ **Protecting from second hand smoke: An assessment of SHS exposure in public places in two states of India; Urvashi Kaushik, Gaurang P. Nazar, Amit Yadav, Monika Arora, Srinath K. Reddy; Poster Presentation at World Conference on Lung Cancer; Sydney; October, 2013**

- ❖ Scaling up a successful school based tobacco use prevention program in India - From Efficacy to Effectiveness; **Urvashi Kaushik**, Radhika Shrivastav, Monika Arora, K Srinath Reddy; Poster presented at the **World Cardiology Congress; Dubai, 2012**
- ❖ Smoking cessation and related determinants among geriatric population in India; **Urvashi Kaushik**, Monika Arora, Avenash Datta; Poster presented at the **Asia Pacific Conference on Tobacco or Health; Sydney, 2010**
- ❖ Active ageing and related determinants among older persons in India; **Urvashi Kaushik**, Oommen George and Avenash Datta; Oral presentation at **the South East Asia Conference on Aging, Kuala Lumpur, 2010**
- ❖ Perceived health status and determinants among older persons in India; **Urvashi Kaushik** and Avenash Datta; Oral presentation at International Conference of **4th Asian Congress of Health Psychology; Taipei, 2010**
- ❖ Older persons' access to public healthcare services in India; **Urvashi Kaushik**, Oommen George, Avenash Datta; Oral presentation at 13th Biennial Conference of **European Society of Health and Medical Sociology; Brussels, 2010**
- ❖ Effect of change in marital status due to death of spouse on health of older persons in India; **Urvashi Kaushik**; Oral presentation at 13th Biennial Conference of **European Society of Health and Medical Sociology; Brussels, 2010**
- ❖ Gender differences in tobacco use and related psychosocial determinants in India: Longitudinal cohort study from Project MYTRI; Monika Arora, Vinay Kumar Gupta, Melissa H. Stigler, **Urvashi Kaushik**, Cheryl L. Perry, K. Srinath Reddy; **Asia Pacific Conference on Tobacco or Health; Melbourne, 2010**

Trainings imparted / Workshops conducted

- ❖ Training and advocacy workshops for government stakeholders and researchers for strengthening tobacco control in schools and communities; Gujarat and Andhra Pradesh, India, 2011 – 2013
- ❖ Facilitated a two day workshop on 'translation research to adapt interventions developed in high resource settings to low resource settings to improve diet and physical activity among children'; organized by World Heart Federation, Geneva, 2010
- ❖ Developing and conducting trainings of field staff in research study design and data collection protocols, 2010 - 2013
- ❖ Technical resource person for government of Delhi for capacity building in implementing tobacco control laws, 2009 - 2011
- ❖ Designed, led and conducted the module on 'Health and Hygiene' in training program for non-teaching staff of BITS under certificate course in Services Management; 2008
- ❖ Developed and led the 'Wellness Program for Faculty Housewives' on Campus; 2008
- ❖ Created and conducted workshops on 'Healthy Eating' for school students and mothers, BITS, Pilani; 2008

Conferences and Workshops attended

- ❖ World Congress on Cardiology; Melbourne; May 2014
- ❖ World Conference on Lung Cancer; Sydney; October 2013
- ❖ Five day workshop on design and analysis of cluster randomized trial; organized by PHFI; November, 2012
- ❖ Workshop on Electronic Data Capture for Health Research; organized by CCDC, India; November, 2011
- ❖ NGO training on media handling skill building, organized by BBC World Service Trust, September, 2010
- ❖ Four day seminar on Cardiovascular Epidemiology, organized by Emory University, USA, April, 2010
- ❖ 20th Annual Conference of the International Union of Health Promotion and Education, Geneva, 2010

Community Services

- ❖ Borderless World Foundation, 2009 to date; Conduct training in life skills and organize cultural and educational exchange tours for girl children in Orphan Homes run by BWF
- ❖ National Service Scheme (NSS), Pilani, 2007 – 2009; Educated NSS school children of four to 15 years; mentored overall development, conceptualized and conducted nutrition workshops for mothers
- ❖ Youth for Equality (YFE), New Delhi, 2005 – 2007; Screened YFE school children for their health status and advised parents on overall growth of their child
- ❖ National Environment Awareness Campaign; 1997 – 2000; Environment awareness student campaigner; Ministry of Forests & Environment; Government of India

Personal Details

Date of Birth: November 03, 1982

Nationality: Indian

Hobbies: Travelling, reading, and dancing