

Dr. Ravi Prakash Upadhyay

Scientist and Deputy Director

Qualifications

MD, Community Medicine, All India Institute of Medical Sciences, New Delhi

PhD, Child Development, University of Bergen, Norway

DBT-Wellcome India Alliance Early Career Fellow, Clinical and Public Health (2020-2025)

Key areas of work: Early childhood development; mental health; early life adversities and their impact on child growth and development

Core strengths: Development and testing of interventions to promote early child development, conducting community-based trials; long term follow ups for neurodevelopmental assessments; systematic reviews and meta-analyses; innovative assessment tools for child development such as eye tracking and Global Scale for Early Development (GSED), epidemiology and biostatistics.

Work experience: An intermediate career scientist with more than 10 years of research experience in early child development and mental health. He has led studies that examined the impact of nutritional and non-nutritional interventions on early child development. He is currently the principal investigator of a large community-based trial that assesses the impact of Kangaroo Mother Care (KMC) during the neonatal period on cognitive skills, higher executive function, reading, and math abilities at ages 6-7 years (CTRI/2021/09/036103). Some of his notable works included understanding the effect of Vitamin B12 and folic acid supplementation in Indian children aged 6 to 24 months on their cognitive and higher executive scores at ages 6 to 9 years (Pediatrics 2020) and testing the impact of a package of multi-domain interventions (health, nutrition, environmental hygiene and psychosocial care) delivered from preconception, pregnancy and early childhood on cognitive, motor and language performance at 24 months of age (JAMA 2024). He has also published systematic reviews and meta-analyses in high-impact journals, examining topics such as postpartum depression in Indian mothers (Bull World Health Organ. 2017), the effects of prebiotic and probiotic supplementation on the neurodevelopmental outcomes of preterm very low birth weight babies (Pediatr Res. 2020), and the extent of cognitive and motor deficits experienced by children born with low birth weight in South Asian settings (BMC Pediatr. 2019). In addition, he has led studies utilizing advanced technologies such as eye tracking, as well as culturally neutral and harmonized tools such as the Global Scale for Early Development (GSED) to assess the development of young children. He has an H-index of 37.

When not doing science: Beyond academia, he is passionate about fitness, enjoys high-altitude trekking, and finds pleasure in reading and spending time with his two boys.

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Google Scholar: <https://scholar.google.com/citations?hl=en&authuser=1&user=0lsyLcYAAAAJ>