

**DR. KALLOL ROY**

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### **Personal Details**

Name : Kallol Roy

Date of birth : 25<sup>th</sup> September, 1987

Current Address : A/206, Shree Ram Akshar Bhavan, Vallabh Vidyanagar,  
Anand, Gujarat, India

Languages known : Hindi, English, Bengali, Kannada, Arabic

### **Educational Background**

<b>Degree Awarded</b>	<b>University</b>	<b>Year</b>
Doctorate of Philosophy (Ph.D.) (Community Medicine)	Manipal University, Karnataka	2016
Post Graduate Diploma In Environmental Health & Occupational Health	Indira Gandhi Open National Open University (IGNOU)	Ongoing
M.Sc Medical Physiology	Manipal University, Karnataka	2011
B.Sc Biotechnology	Bangalore University, Karnataka	2008

## Professional Positions / Employment

<b>Title</b>	<b>Institution</b>	<b>Dates Held</b>
Principal Investigator - Extramural Funding	Amrita Patel Centre for Public Health, Bhaikaka University, Gujarat	Jun 23 - Till Present
Assistant Professor / Course Coordinator - MPH	Bhaikaka University, Gujarat	Dec 21 – Till present
Program Manager	Bhaikaka University, Gujarat	Oct 18 – Till present
Senior Research Associate	Sangath, Goa	Aug 17 – Sept 18
Clinical Epidemiologist	Centre for Health Research and Development -SAS, New Delhi	Sept 16 – Jul 17
Ph.D. Scholar	Manipal University, Karnataka	Nov 12 – Sept 16
Lecturer	ACPM Medical College, Maharashtra	Mar 12 – Oct 12

## Research Experience

Project Title	Period of Work
Women Empowerment Cervical Cancer Awareness (WE- CAN)	2023 - Till present
Building a model of comprehensive NCD prevention and care (SPARSH) in a rural primary care setting of 150 villages of 3 districts of Gujarat	2018 – Till present
PReMIum for aDoLEscents (PRIDE) - Development of a transdiagnostic Stepped care intervention for school Going adolescents with common mental health difficulties in India	2017 – 2018
Improving Linear growth of children in low resource settings through integrated Nutrition, WASH, Care and support interventions during Pre and Peri conceptional period, pregnancy and Early Childhood – A Randomized Controlled Trial	2016 – 2017
Effectiveness of group intervention in ameliorating stress among adolescent males - A Cluster Randomized Trial	2012 - 2016
The lost focus on Adolescent Males – Reproductive Health - A Qualitative Study	2012 - 2015
Utilization of Health services among adolescent of two coastal districts in Karnataka – An Exploratory study	2013 - 2015

## **Areas of Interest**

- ★ Designing experimental studies – Randomized Controlled Trials
- ★ Implementing Health Programmes
- ★ Teaching Human Physiology & Research methodology
- ★ Conducting and formulating Qualitative research
- ★ Quantitative analysis using SPSS (Basic), R software (Beginner)
- ★ Counselling & Life skills training

## **Awards/ Fellowships**

1) 'Who to discuss with about our Reproductive Health'? - A Qualitative study to address the unmet needs of adolescent boys.- Veena G Kamath, Asha Kamath, Kallol Roy\*, Chythra R Rao, Asha Hegde, Lena Ashok - ADOLESCON 2015, National Conference of Adolescent Chapter of Indian Academy of Pediatrics, Mangalore, India **(Presenting Author; BEST POSTER AWARD)**

2) Adolescent health status in South India- Asha Hegde, Mamtha A, Laxminarayan A, Kallol Roy\* - ADOLESCON 2015 National Conference of Adolescent Chapter of Indian Academy of Pediatrics, Mangalore, India **(Co Author; BEST ORAL PRESENTATION AWARD)**

3) Effect of an educational intervention on the uptake of HPV DNA self sampling in a rural community of Western India - A pilot study - Kallol Roy \*, Gauravi Mishra, Priya Mistri, Mandana Vahabi - 6<sup>th</sup> National Conference of Family Medicine & Primary Care, 28<sup>th</sup> – 29<sup>th</sup> September 2024, AIIMS Rishikesh, Uttarakhand, India **(Presenting Author; BEST POSTER PRESENTATION AWARD)**

4) **Fellowship** - Fellow of the Academy of Higher General Education (FAGE), Manipal University, India

### **Conference Presentations**

1) Stress, symptoms and its tolerance levels among adolescent boys- A district level observational study (ADOL-10-298) – Kallol Roy\*, Veena G Kamath, Asha Kamath, Johnson Alex and Asha Hegde – PEDICON-2015 - 52nd Annual National Conference of The Indian Academy of Pediatrics, New Delhi, India **(ORAL PRESENTATION)**

2) Health Status of adolescents: Key findings from an adolescent health survey- Kallol Roy\*, Veena G Kamath, Asha Kamath , Chythra R Rao, Asha Hegde, Lena Ashok- PEDICON -2015- 52nd Annual National Conference of The Indian Academy of Pediatrics, New Delhi, India **(E POSTER)**

3) 'Who to discuss with about our Reproductive Health'? - A Qualitative study to address the unmet needs of adolescent boys.- Veena G Kamath, Asha Kamath, Kallol Roy\*, Chythra R Rao, Asha Hegde, Lena Ashok ADOLESCON 2015, National Conference of Adolescent Chapter of Indian Academy of Pediatrics, Mangalore, India **(POSTER PRESENTATION)**

4) Effectiveness of Group Intervention in Ameliorating Stress in Adolescent Males - Kallol Roy\*, Veena G Kamath, Asha Kamath , Johnson Alex, Asha Hegde, Lena Ashok - Manipal University, , India- PhD Poster Presentation -2015 **(POSTER PRESENTATION)**

5) Effectiveness of Group Intervention in Ameliorating Stress in Adolescent Males- Kallol Roy\*, Veena G Kamath, Asha Kamath , Johnson Alex, Asha Hegde, Lena Ashok - Manipal Research Colloquium -2015, India

### **(POSTER PRESENTATION)**

- 6) Effectiveness of Life skills in reducing stress- Kallol Roy\*, Veena G Kamath, Asha Kamath , Johnson Alex, Asha Hegde, Lena Ashok; IGCLA 2015- Indo German Convention of Lindau Alumni-India **(POSTER PRESENTATION)**
- 7) A review on adolescent mental health research- NIMRCPSYCON 2014- 2nd Joint Conference of the National Institute of Mental Health and Neurosciences, India & Royal College of Psychiatrists, UK, NIMHANS, Bangalore, India **(ORAL PRESENTATION)**
- 8) SWOT analysis of Community – based NCD care Programme in Rural Gujarat, Kallol Roy \*, Amol Dongre, IPHACON 2021, JIPMER, Puducherry, 23<sup>rd</sup> - 25<sup>th</sup> September 2021. **(ORAL PRESENTATION - ONLINE)**
- 9) Effect of an educational intervention on the uptake of HPV DNA self sampling in a rural community of Western India - A pilot study - Kallol Roy\*, Gauravi Mishra, Priya Mistri, Mandana Vahabi - 6<sup>th</sup> National Conference of Family Medicine & Primary Care, 28<sup>th</sup> – 29<sup>th</sup> September 2024, AIIMS Rishikesh, Uttarakhand, India **(POSTER PRESENTATION)**

### **Trainings**

1. Counseling for Emotional Problems at NIMHANS Center for Wellbeing (NCWB), India on 27<sup>th</sup> March 2013.
2. Empowering Adolescents using Life Skills Education at NIMHANS, Bangalore, India from 26 to 28<sup>th</sup> September 2013.
3. For Counselors – Work Effectiveness at NIMHANS Center for Wellbeing (NCWB), Bangalore, India on 4<sup>th</sup> September 2013.
4. To understand Relationship Skills at NIMHANS Center for Wellbeing

- (NCWB), Bangalore, India on 5<sup>th</sup> June 2013.
5. Psychological Counseling: Concepts, Skills and Ethical Issues at NIMHANS Center for Wellbeing (NCWB), Bangalore, India on 26<sup>th</sup> March 2014.
  6. Neurofeedback (7 hours) at Manipal College of Allied Health Sciences, Manipal University, India on 4<sup>th</sup> December 2012.
  7. Statistical Analysis using 'R', at Kasturba Medical College, Manipal , ManipalUniversity, India on 21<sup>st</sup> June 2014.
  8. Financial Management in Health Care, at Kasturba Hospital, Manipal, Manipal University, India on 7<sup>th</sup> December 2013.
  9. Practicing Counselling, Department of Public Health, Manipal University from 14-16<sup>th</sup> March 2013.
  10. Systematic Reviews and Meta analysis of Public Health interventions (SYSMET), Kasturba Medical College, Manipal, Manipal University, India on 5<sup>th</sup> October 2013.
  11. Management of Persons with Tobacco use disorders, Kasturba Medical College, Manipal, Manipal University, India on 22<sup>nd</sup> May 2014.
  12. Summer Training- 2014, Research Methods, Manipal University, India from 23<sup>rd</sup> to 28<sup>th</sup> June 2014.
  13. VKN-NIMHANS ECHO Tele Health Sessions, Online Module on "Helping People: Quit Tobacco", NIMHANS, India, March April 2015.
  14. International Non Communicable Diseases (NCD) Research Meet, Kasturba Medical College, Manipal, Manipal University, India on 9<sup>th</sup> & 10<sup>th</sup> February 2015.
  15. Workshop on Implementing Adolescent Health Programs, Indian

- Institute of Public Health, New Delhi, India Jan 2015.
16. Public Health leadership - Level 1, Amrita Patel Centre for Public Health, Bhaikaka University, Karamsad, Jan- Jul 2024
  17. Curriculum development, Pramukhswami Medical College, Bhaikaka University, Karamsad, October 2022
  18. Use of AI in Health Profession Education for Post graduates, Bhaikaka University, Karamsad, October 2023

## **Publications**

1. Roy K, Kamath VG, Kamath A, Johnson A and Hegde A. Prevalence of stress and stress tolerance levels among adolescent boys – A district level cross sectional study in South India. International Journal of Adolescent Medicine and Health. 2017; Aug 28;29 (4). **(1st & Corresponding Author)**
2. Roy K, Kamath VG, Kamath A. Determinants of adolescent stress: A narrative review. European Journal of Psychology & Educational Studies. 2015; 2:48-56. **(1st & Corresponding Author)**
3. Roy K, Kamath VG, Kamath A, Hegde A, Johnson A. Effectiveness of Life skill training program on stress among adolescents at a school setting. Journal of Indian Association for Child and Adolescent Mental Health. 2016; 12(4):309-322. **(1st & Corresponding Author)**
4. Kamath VG, Kamath A, Roy K, Raj CR, Hegde A, Ashok L. Perceptions of Adolescent Boys regarding Adolescent Friendly Health Services- A qualitative



approach in India. Indian Journal of Youth and Adolescence .2015; 2(4):10- 15.

**( Corresponding Author)**

5. Kamath VG, Kamath A, Roy K, Raj CR, Hegde A, Ashok L. A qualitative study on how adolescent males in South India view reproductive health. International Journal of Adolescent Medicine and Health. 2018 Feb 23;30(1)

**( Corresponding Author)**

6. Hegde A, Kamath A, Roy K. Adolescent Health Status in South India. An Observational study. International Journal of Health Science and Research 2015;5(9):1-7. **(Corresponding Author)**

7. Hegde A, Kamath A, Roy K. Is parenting a determinant of adolescent mental health? - A population based study in South India. International Journal of Adolescent Medicine and Health. 2017;29(3). **(Corresponding Author)**

8. Kamath VG, Kamath A, Roy K, Raj CR, Hegde A, Ashok L. Reproductive Health issues - Who to discuss with?: A Qualitative study to address unmet needs of adolescent boys. Global Social Welfare. 2017. 3(4): 159-165. **( Corresponding Author)**

9. Kamath A, Hegde A, Roy K. Do interpersonal problems catalyze experimentation of substance use among adolescents? - An observational study. Australasian Medical Journal 2016; 9 (6);152 – 159 **( Corresponding**

**Author)**

10. Hegde A, Shetty A, Kamath VG, Unnikrishnan B, Kamath A, A Laxminarayan, Ashok L, Roy K. Reproductive Health Matters among Indian Adolescents: A Qualitative Study. Journal of Midwifery and Reproductive Health. 2017;5 (2) : 890 – 896. **(Corresponding Author)**

11. Hegde A, Shetty A, Kamath VG, Unnikrishnan B, Kamath A, A Mamatha, Ashok L, Roy K. ‘What we think about them’?- A qualitative study to address the perception of parents, teachers about adolescent upbringing in Coastal Karnataka- Global Social Welfare 2017; 3(4); 141-147. **(Corresponding Author)**

12. Roy K, Shinde S, Sarkar KB, Malik K, Parikh R, Patel V. India’s response to adolescent mental health: a policy review and stakeholder analysis. Social Psychiatry and Psychiatric Epidemiology; 2019; 54(4): 405–414. **(1st Author)**

13. Daniel Michelson, et al., Development of a transdiagnostic, low-intensity, psychological intervention for common adolescent mental health problems in Indian secondary schools. Behaviour Research and Therapy. 2020; 130 (103439). **(Co- Author)**

14. Roy K, Dutt B, Patel JM, Raithatha SJ. SPARSH electronic sub-health centers (e-SHCs) – A model of nurse-run SHCs supported by general practitioners through telemedicine. J Family Med Prim Care 2022;11:5556- 62.

**(1st Author)**

15. Swati RA, Roy K. Determinants of Tobacco Use among Immigrant Workers Around a University in South India – A Qualitative Approach. Asian Pac. J. Health Sci., 2023;10(1):32-35. **(Corresponding Author)**

16. Roy K, Das N, Roy SA. Strengthening primary health care in rural western India-team based approach. Int J Res Med Sci 2023;11:1303-8. **(1st & Corresponding Author)**

17. Mistri P, Solanki R, Roy K. Utilization Assessment of Maternal and Child Health Services Through Mamta Card in Anand District: An Observational Study. Med J Dr D.Y. Patil Vidyapeeth. 2025 May–Jun;18(3):448-52. **(Corresponding Author)**

18. Roy K, Swati A Roy, Amol R Dongre. SWOT of a Non-Communicable Diseases (NCD) care program in western India – lessons learned. J Prev Med Holistic Health 2024;10(1):14-18 **(1st & Corresponding Author)**

19. Singh U., Roy S, Roy K. Comparative healthcare approaches for Geriatric women in India & Japan - Scoping Review, J Academy Geriatrics Ind. Under Revision

20. Roy, K, Mistri P. NCD care practices in Rural Population of Gujarat - Nat Med J India - Under Review

21. Roy K, Mistri P. Analytical study on Maternal Health in Rural Gujarat - Med J

Dr D.Y. Patil Vidyapeeth - Under Review

22. Roy K, Kamath V, KAmath A. Hegde A, Roy S . Effectives of life skills

intervention in Coastal Karnataka - Nat Med J India - Under Review