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Dr Manish Tiwari is working in National Centre for Antarctic & Ocean Research, Goa as a Scientist since 2006 with a research interest in the application of stable isotopes of light elements and geochemical proxies to understand the dynamics of the past climatic changes including the Arctic region. He did his Ph D at *Physical Research Laboratory*, Ahmedabad where he worked on marine sediment cores from the Arabian Sea to document the past variations in the intensity of Indian monsoon using isotopic variations in planktic foraminifera. Based on his Ph D work, he was awarded the “Young Scientist Medal” of the *Indian National Science Academy* in the year 2009. He has also received the “Young Scientist Award” of the “Indian Science Congress Association”, at the 94th Indian Science Congress at Annamalai University in 2007 and ‘Certificate of Merit’ in the field of Ocean Science and Technology by Ministry of Earth Sciences in 2012. He has participated in several expeditions to Arctic and various research cruises including international programmes like IODP (International Ocean Discovery Programme). He has published around 45 peer-reviewed research papers in highly rated international and national journals.