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Dr. Manish Tiwari has been working at National Centre for Polar and Ocean Research (NCPOR), 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 Polar Regions. He did his PhD from Physical Research Laboratory, Ahmedabad where he worked on marine sediments cores from the Arabian Sea to document the past variations in the intensity of Indian Monsoon using isotopic variations in planktic foraminifera. He was awarded the “Young Scientist Medal” of the “Indian Science Congress Association”, at the 94th Indian Science Congress 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 50 peer-reviewed research Papers in highly rated international and national journals.