



Foundation of Healthcare Technologies Society
New Blessing Through Technology Empowered Reforms

YEAR IN REVIEW

20
23



A WORD FROM THE FOUNDER



Dr. Ashish Joshi
PhD, MBBS, MPH

**Visionary leader, Applied
Researcher, Innovator,
Entrepreneur and a Mentor**

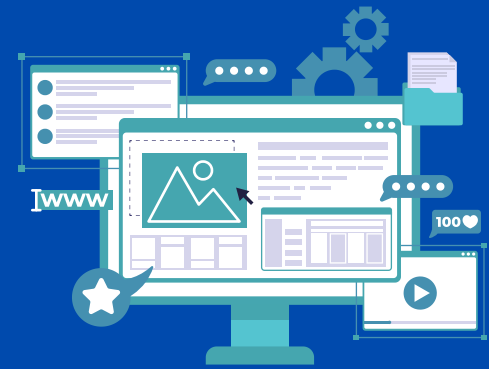


Every individual has a dream. However not everyone achieves it. For some, it is easily attainable, for others it comes the hard way. Some are scared even to try living out their dream, some try but are not able to fulfill them. Some just don't believe in themselves and feel that they will never be able to give shape to their dreams. These were the thoughts when I first decided to start "FHTS" as a small seed that will serve as a platform for many to live their dreams. FHTS completes its 11 years in existence. It has not come in an easy manner requiring hours and hours of commitment over many years of dedication, commitment, passion, hope, and opportunity amidst all the challenges. The journey of the last 11 years required sacrifices at so many levels, but the passion of keeping it going forward and onward and its lived experience all together never made me feel any signs of tiredness. Travelling thousand miles regularly for last 10 years to keep it not only in existence but also to ensure that it grows, thrives and creates an opportunity for many has been just fulfilling. In this year in review document, I share with you all the collective efforts of many that has resulted in accomplishing so many things but also inspired me to contribute more towards improving the lives of many. I hope you take a moment to learn about FHTS, its journey and the dreams and aspirations that we aim to fulfill for many by creating opportunities at all levels.

Dr. Joshi created a model SMAART which holds the roots of his work. SMAART is a human-centric & impact-driven solution with the goal of enhancing the health & well-being of diverse communities across the globe.

Know more about his journey so far from being a medical student in India to becoming the Dean of School of Public Health University of Memphis, USA.

IMPACT IN NUMBERS SO FAR....



14800+

Beneficiaries

Enhancing self management
of Non-communicable diseases



SWASTHYA PAHAL

SMS based Nutrition and Lifestyle
counselling for NCDs

3000+

Enrollments

SHINE

V-INSPIRE PUBLIC HEALTH
Virtual-Interactive Novel Support Program for Innovation, Research and Entrepreneurship in Public Health

V-INSPIRE

650+

Students



An experiential learning program to address population
health challenges of the 21st century by enhancing
academic and non-academic skills of students

10+

Events

CAMP



TRAINING PROGRAMS

Career and Mentorship Program aims to
provide students an opportunity to explore
career pathways in the field of public health

1000+

Students

Provide opportunities for individuals interested to solving
population health challenges using data driven, evidence-
based, interventions, programs and policies that can
facilitate informed decision making.





COMMUNITY ENGAGEMENT

With an aim of translating research into practice, FHTS has come up with various evidence based, data driven, sustainable, accessible and cost effective solutions for the community in order to contribute towards addressing population health challenges of the 21st century.

**EMPOWERING
WOMEN AND YOUNG GIRLS TO BECOME
SELF RELIANT
BY CREATING SUSTAINED EMPLOYMENT**

**2900+ individuals screened in
2023 by 124 Swasthya Pahal
camps across Delhi with 2400+
enrollment for weekly/daily
SMS on Nutrition and Lifestyle
Counselling**

**Contributing Towards
Sustainable Development
Goals Achievement by
promoting “Health for All”**

**Enhancing Screening
and Self Management
of Non-communicable
Diseases through An
Interactive, lifestyle
and community
based platform
implemented through
a digital health
intervention and
promoting nutrition
and lifestyle
counselling through
daily and weekly SMS**

STUDENT CENTEREDNESS

70+

Students joined v-INSPIRE Public Health Experiential Learning Program in 2023 as online/offline Public Health Interns

v-INSPIRE Interns in field



Mansi Tewatia pursuing MPH from Vishwakarma University, Haryana



Nidhi S Pillai , pursuing MPH from Ambedkar University, Delhi

Contributing to building a cadre of Physician researchers and Nursing scientists by training 450+ Medical students and 350+ Nursing students for Operational Research

31 students from Parul Institute of Public Health joined v-INSPIRE Program as Online Public Health Interns

SUCCESSFUL COMPLETION OF

- **Batch 2 of Certificate in Health and Nutrition Informatics in 2023**
- **Inaugural batch of Certificate of Operational Research in Population Health**

LEARNER CENTRIC ACTIVITIES FOR STUDENTS

**Gateway to
Public Health**



9

**Workshops/Webinars
Info sessions conducted
in 2023**

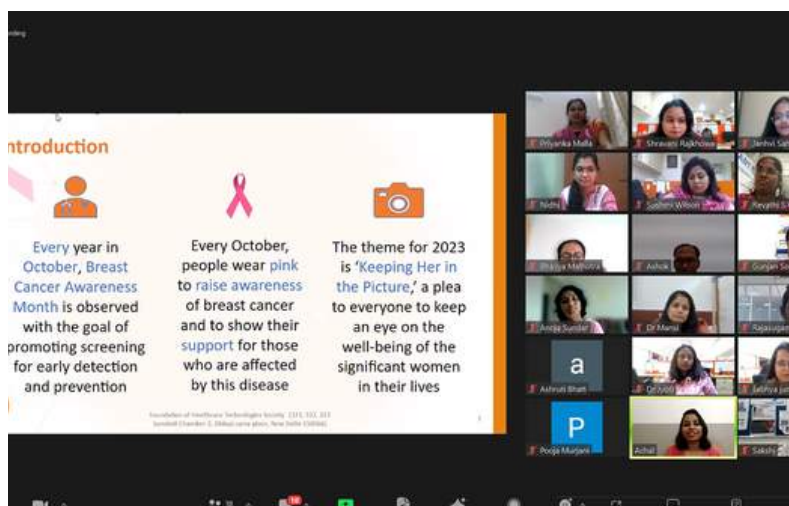


**Winner, Scientific e-Poster Making
contest on World Mental Health Day 2023:
Madhuri Joshi, MPH Student, Sai Group of
institutions, Uttarakhand**



**Winner, Diabetes Quiz on World Diabetes
Day 2023: S. Lavanya, B. Sc Nursing
student from Panimalar College of
Nursing, Tamil Nadu**

**Event organized by our Interns,
Embracing Hope:
Breast Cancer Awareness**



**Dissertation
completion under
the mentorship of FHTS**



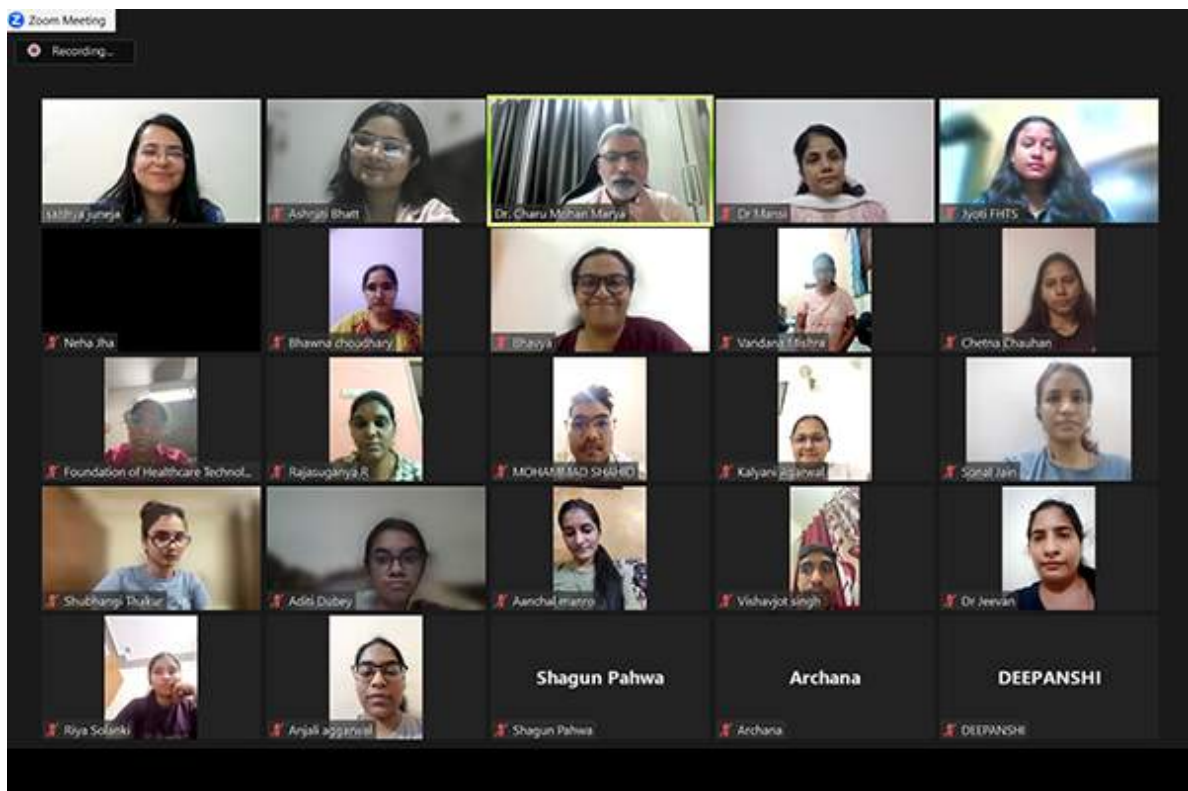
**Sakshi Trikha pursuing
MSc. in Foods and Dietetics
from IGNOU**

NEW ACADEMIC PROGRAM

CERTIFICATE IN FUNDAMENTALS OF OPERATIONAL RESEARCH IN PUBLIC HEALTH

for

Dental Students



Commencement of the inaugural batch of Fundamentals of Operational Research in Public Health for Dental students of Sudha Rustagi College of Dental Sciences and Research, Haryana.

LAUNCH OF NEW INITIATIVES



Our contribution towards addressing
Public Health Challenges

We are for Public Health

Provides public health updates from Global to Local
and how FHTS is making its contribution

QUARTERLY NEWSLETTER



Newsletter

SMAART™ LAB
Prioritising Health For All

OCTOBER 2023 | WWW.FHTS.AC.IN



The growing burden of “Syndrome X”, the metabolic syndrome

FHTS Contribution: Digital
health intervention to
enhance self management of
metabolic syndrome among

consistent dosage of multiple
drugs which becomes challenging
for the patients. The risk of
mortality with MetS and MetS like
characteristics can be mitigated
with improved adherence to
healthy lifestyle. The protective
effect increases with increased
adherence rates. Such an

ONGOING ICMR
FUNDED STUDY IN
URBAN SLUMS OF
DELHI

FORTNIGHT POST

This section provides latest updates from FHTS once in a fortnight



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SMAART™ LAB
Prioritizing Health For All



We Are For Public Health
A Fortnight Post

September 2023 | Part 1

Community Initiative

PUBLIC HEALTH UPDATES GLOBAL TO LOCAL

This section provides latest news in the field of Public Health globally and locally.

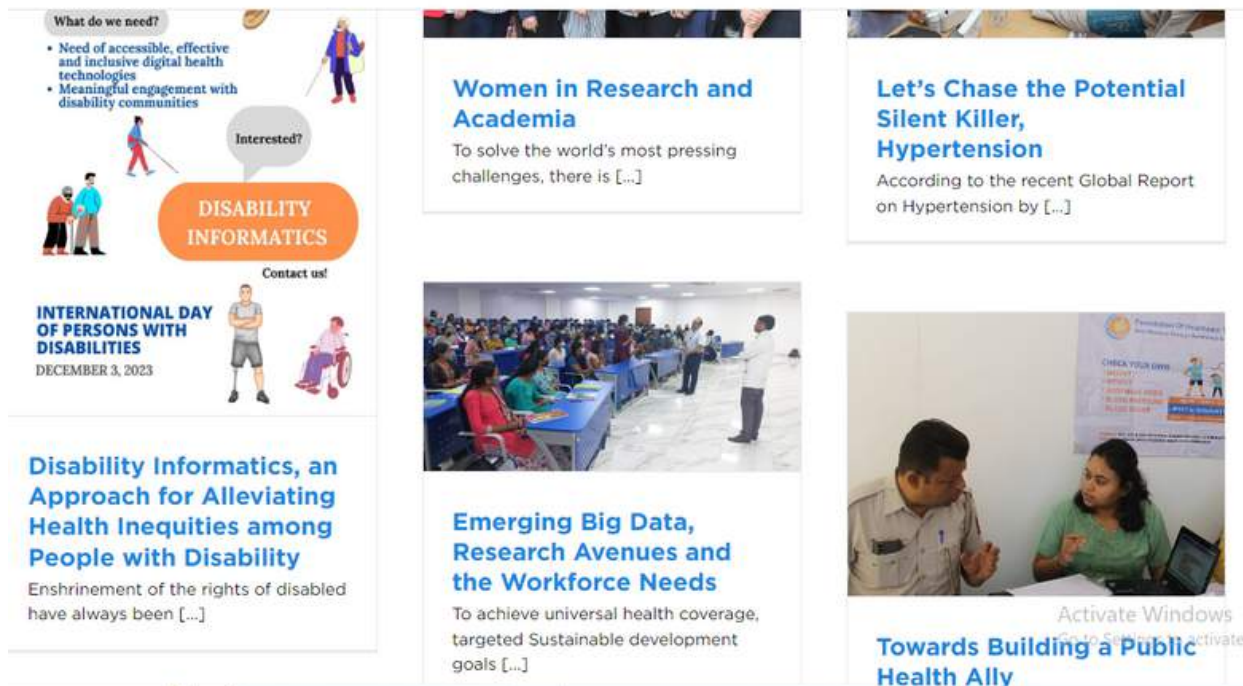
Public Health Updates Global to Local



- WHO prequalifies a second malaria vaccine, a significant milestone in prevention of the disease (December 2023)
- WHO officially recognizes noma as a neglected tropical disease (December 2023)
- COP28: The climate crisis is also a health crisis (December 2023)
- 'No end in sight' to rising greenhouse gas emissions: WMO (November 2023)
- Climate change is an urgent threat to pregnant women and children (November, 2023)
- Child deaths from wasting are predictable and preventable: WHO chief (November, 2023)
- WHO issues new guideline to tackle acute malnutrition in children under five (November, 2023)
- WHO statement on reported clusters of respiratory illness in children in northern China (November, 2023)
- Quitting smoking cuts your risk of developing type 2 diabetes by 30–40% (November, 2023)
- WHO launches commission to foster social connection (November, 2023)
- 1 in 3 children exposed to severe water scarcity – UNICEF (November, 2023)
- How AI helps combat climate change (November 2023)
- WHO publishes the second edition of the Classification of digital interventions, services and applications in health (November 2023)

FHTS CONTRIBUTIONS

This section provides updates on how FHTS is making its contribution towards various public health challenges, science and the workforce needs through its community based initiatives, academic programs, several training opportunities for students and professionals and several research projects



GLOBAL HAPPENINGS

This section provides updates on what's happening in the field of Public Health globally in the form of brief articles and poster presentation.





Research Exploration and Collaboration Hub

**An initiative to enhance professional
development of the employees.**

**Geared towards nurturing and promoting a
culture of continuous learning.**



Team members of FHTS during Journal Club meeting

PUBLIC HEALTH DAYS OBSERVANCE



National Nutrition Week celebration at Andhra Educational Society, New Delhi on September 6, 2023



Swasthya Pahal Camp was organized on 4th October 2023 at Bhagwat Dham Senior Citizen Home, Delhi to commemorate International Day of Older persons, October 1, 2023



FHTS presented a token of regard to the support staff at FHTS premises in Delhi and Chennai to observe first International Day of Care and Support., October 29, 2023



Commemoration of World Antimicrobial Awareness Week: November 18-24, 2023

NEW HIRES



Dr.Jyoti Pali
Public Health Researcher



Dr.Mansi Gauniyal
Public Health Researcher



Sakshi
Nutrition Researcher



Rajasuganaya Rajendran
Public Health Trainee



Shravani Rajkhowa
Research Assistant



Dr.Sabhya Juneja
Public Health Researcher

CONTRIBUTING TOWARDS PUBLIC HEALTH WORKFORCE PREPEAREDENESS



Reimagining Public Health: A session by Dr. Joshi for Dental students of Sudha Rustagi College of Dental Sciences, Haryana on January 31, 2023



An interactive session by Dr. Joshi with students from Parul Institute of Public Health, Parul University, Gujarat in January 2023



Importance of Research in Medical Education: A session by Dr. Joshi for Medical students of Panimalar Medical College Hospital and Research Institute on January 30, 2023

PROUD MOMENTS



[Establishment of Public Health clubs](#)



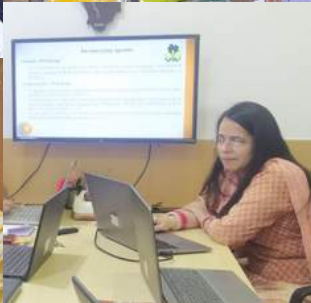
[Listen to our Founder, Dr. Ashish Joshi talking about environmental Justice](#)



[Published in The Business Post, March 04, 2023](#)



[Dr. Joshi Participates – WHO Initiates Building a Global Curriculum for Infodemic Management](#)





PRIORITIZING HEALTH FOR ALL

BRIDGING THE GAP OF SOCIOECONOMIC INEQUALITIES THROUGH RESEARCH INNOVATION AND ENTREPRENEURSHIP

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Technologies Society**

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