



**Forwarding the profession  
by Dental Research**

## Need of Dental Researchers

### FHTS Contribution: Certificate in Fundamentals of Operational Research in Public Health

There have been improved health outcomes for patients due to advances in the biosciences and technology. But the declining dental research workforce is threatening the future of dental education. No exposure to dental students to a research environment will produce practitioners who are not able to compete in the emerging and evolving future of precision health. Dental schools have not been able to expand the existing training programs to provide integrated and mentored research experience due to several limitations such

Addressing the digital transformation in Dental medicine

as shortage of faculty in basic or clinical research who can contribute effectively to producing next generation dental researchers, lack of research funding and financial constraints in colleges which leads to overburdening the existing staff. Dental schools need to work towards an interdisciplinary and transdisciplinary spectrum of health sciences. Dental schools can expand their research capacity with inter and intra institutional ties ups, collaborative mentorship and research experience and training programs for students and faculty.

In line with the above, FHTS has collaborated with Sudha Rustagi College of Dental Sciences and Research, Haryana for a training program, a Certificate in Fundamentals of Operational Research in Public Health with a focus on Dental Research. The program comprises a mandatory experiential learning program with mentored hands on learnings for research upskilling.

## Curriculum designed by Global Researchers

The first Dental Scientists

Dr Willoughby D Miller (1853–1907) -chemi-bacterial cause of caries.

Dr Greene Vardiman Black (1836 - 1915) - standardization of tooth cavity preparations and preventative dentistry

[Click for source](#)

## Regular updating of curriculum by instructors from esteemed universities

With emerging big data and tremendous amount of data available it is wise to teach students to make meaningful insights from the analyzed data and hence the program focuses on data components very diligently to prepare future dental workforce.



## Self management of Obesity when one in 8 is obese (WHO)

### FHTS Contribution: SHINE, SMAART Hub for Informatics Enabled Nutrition Education

According to a new study by Lancet in 2022, more than 1 billion people are living with obesity worldwide. Since 1990, obesity among adults has doubled and it has quadrupled among children and adolescents. It was also found that 37 million children under 5 were overweight.

SHINE Initiative, an SMS-based nutrition education program to enhance the self-management of non communicable diseases was launched in 2022 after a successful pilot evaluation of Swasthya Pahal program conducted in 2020 in the state

### NEED OF SELF MANAGEMENT IN NON-COMMUNICABLE DISEASES

- Addresses Global disease burden
- Reduces burden of care
- Improves Health outcomes
- Promotes better quality of life



of Uttarakhand, India among police personnel for supporting self-management of NCDs . An important outcome of this study was the feedback from the participants to receive weekly/daily messages related to Nutrition and lifestyle self-management. Swasthya Pahal implemented through a digital health system SMAART Portable Health Information Kiosk has successfully screened 14500+ beneficiaries for diabetes , high blood pressure, and obesity across 8 states of India in diverse community settings thereby contributing to the screening, prediction, and the existing disease burden of NCDs. In this era of rapidly

advancing technology, an SMS-based delivery modality has been chosen as it is cost effective and is accessible even by those who do not have Smartphones. Messages in 8 different languages can be sent to the beneficiaries thereby expanding its reach and imparting education on 8 themes ranging from diet ,lifestyle ,medication adherence ,home remedies , stress , and physical activity . The messages are sent for a period of three months with three follow-ups to evaluate the adherence and effectiveness. The under-use of digital health interventions is due to the lack of local innovations and importing technologies that do not fit well into the local context. SHINE can prove to be a local innovation formulated and



## TAKE A PLEDGE TO SELF MANAGE YOUR HEALTH



designed based on the needs of the local population. SHINE is a long-term sustainable and scalable intervention for promoting self-management and addressing the burden by not just addressing the mortality but also the prevention and morbidity of the disease by adding not only years to life but also life to the years. There is a need not just to scope out its reach but also the duration of observing the intervention which can be tailored for different populations. FHTS is committed to take this initiative conceptualized by Dr. Ashish Joshi further and increase its reach as an affordable and accessible digital intervention for addressing Obesity, hypertension, diabetes and high cholesterol for combating non-communicable diseases.



### Why SMS based program in this era of rapidly advancing technology?

- Accessible to all irrespective of any socioeconomic status
- Works on all devices (smartphones & non-smartphones)
- Poses no additional cost

### THEMES OF MESSAGES



Diet



Stress Management



Physical activity



Medication Adherence



Health Lifestyle



Home remedies

Read the published paper on pilot evaluation of swasthya pahal program among police personnel which led to the conceptualization of SHINE

### A pilot evaluation of Swasthya Pahal program using SMAART informatics framework to support NCD self-management

Joshi, A., Kaur, M., Arora, S., Bhatt, A., Sharma, P., Kaur, H., ... & Anshuman, A. (2021). A pilot evaluation of Swasthya Pahal program using SMAART informatics framework to support NCD self-management. Mhealth,

The study described the usefulness of an interactive, touch screen computer-enabled SMAART informatics platform to screen individuals at risk of NCDs including diabetes, hypertension, and obesity. Sixty-Four police personnel were screened during this pilot initiative at the Police Sanchar Training Centre, Sahastradhara road, Dehradun on 6th January and 7th January 2020. Individuals were assessed for ...Read More





## Experience Digest



**Shubhangi Thakur**  
v-INSPIRE Intern and student at FHTS

"Dr. Ashish Joshi's visit to our campus in February 2023 marked a significant turning point in my career journey, though I couldn't have anticipated it at the time. His address wasn't just another lecture; it profoundly challenged my perspective on public health, leaving me with profound questions about the state of global wellness. One of the key insights he emphasized was the rigid dichotomy between wellness and well-being, highlighting that the latter is a fundamental human right, despite half of the world still lacking access to essential health services. This simple fact stuck with me, continually motivating me to work towards addressing this issue ever since. Following Dr. Joshi's session, I had the privilege of engaging in a brief but meaningful

conversation with him. His words of encouragement, especially his focus on the importance of empathy and resilience in navigating the complexities of public health, deeply resonated with me. In hindsight, I can confidently say that his visit served as a catalyst, propelling me towards a career dedicated to addressing global health challenges. Motivated by Dr. Joshi's insights, I seized the opportunity to join the v-INSPIRE Internship program soon after, eager to gain hands-on experience and contribute to impactful initiatives in the field. The internship proved invaluable, providing practical insights into public health complexities and honing my problem-solving and collaboration skills. I have learned so many things till now and I continue to learn new things each day! Bolstered by the experiences gained during the internship, I took the next step in my journey by enrolling in the academic program offered by FHTS in operational Research in September 2023. This decision stemmed from my desire to deepen my understanding of public health dynamics and equip myself with the analytical

tools necessary to address global health challenges effectively. Another particular insight that resonates deeply with me is Dr. Joshi's belief in preparing students for future challenges. His emphasis on the need to equip minds with the skills to tackle unforeseen problems has instilled in me a sense of purpose and direction. As a young person entering the field of public health, I recognize the importance of mentorship and experiential learning in shaping my journey forward. Dr. Joshi's wisdom serves as a constant reminder of the value of adaptability and foresight in this ever-evolving field. Reflecting on my experiences, I am grateful for the opportunity to have crossed paths with Dr. Joshi. His visionary leadership and unwavering dedication to advancing public health have inspired me to pursue my passion with renewed determination. Armed with empathy, resilience, and a commitment to lifelong learning, I am eager to contribute to collective efforts aimed at addressing pressing health challenges and improving the well-being of communities worldwide."



Shubhangi Thakur was given an opportunity to moderate the Diabetes Quiz contest held for the Nursing students of PMCHRI



**Ashruti Bhatt**  
**Public Health Researcher at FHTS**

Her journey in FHTS began in 2019, from FHTS SMAART Lab situated in Government Doon Medical College Dehradun (GDMC), from where she has been a contributing as a researcher at FHTS and faculty member. This Journey has helped her evolve both “formally and beyond the four walls” say Ashruti. During her journey of five years in FHTS Ashruti has developed the mission to transform health perspectives and outcomes through the strategic use of digital health infrastructures, big data analytics, and visual analytics, addressing public health challenges with innovative and evidence-based solutions. Her work at FHTS spans diverse initiatives, enriching her skills in analytical thinking, operational management, leadership, and communication. She is also associated in developing

academic modules focused on operational research, health informatics, and public health, passionately working towards enhancing population health outcomes. Ashruti has also embarked on a Ph.D. in Public Health, with a specialization in Health Policy and Leadership, from Parul University in collaboration with FHTS, Ashruti is further working in the sector under the mentorship of Dr. Ashish Joshi. This endeavor is not just an academic pursuit but a mission to unravel and address the complexities of health policy and leadership in public health.



Her research is poised to offer groundbreaking insights into effective health policy formulation and the role of leadership in fostering a robust public health infrastructure. “The journey from a fresh graduate to a confident Public Health Researcher, Research Scholar, faculty and a Statistical analyst has been a challenging voyage of self-evolution for me, which was only made possible as I had a mentor like Dr. Ashish Joshi guiding me all along the way” says Ashruti

## Highlights of the Quarter

**A. Commencement of new batches of several academic programs**

**B. Quiz Contest on World Neglected Tropic Diseases**

**C. Workshop/Webinars/Info-sessions conducted**

1. Info-session on Certificate in Operational Research in Population Health
2. Workshop -Typology of Reviews in Research
3. Webinar- Bridging the gap from Bench to Bedside Approach

**D. Community activities and Team Building games on International Women’s Day**





## ***Celebrating 12 years!***

### **Bridging the Gap of Socio economic Inequalities**

Formed on the belief that “happiness lies in not only fulfilling one’s own dreams but also to help other people achieve their dreams

**A platform with pillars of values which serves as a niche for hopes, mentorship, support with an aim to contribute to the overall well being of All.**



**Dr. Ashish Joshi ,  
MBBS, MPH, PhD**

**Celebrating 12 years moving ahead and forward under the leadership of Dr. Joshi following his passion to bring a change.**

**Extending our heartfelt gratitude and respect for his zeal, sacrifices overcoming challenges yet sticking to the roots, values and principles.**

**Thanks to all who have been a part of this journey!**





Dr. Ashish Joshi

[Watch on Youtube](#)

## March is our Foundation Month!

On 6th March 2012, the seed in the name of Foundation of Healthcare Technologies Society was sown as a nationally registered, research based organization for designing, developing, implementing and evaluating human-centered technological interventions and innovations for an overall improvement of population health and wellbeing across diverse settings. The operations began on 24th March 2012. FHTS has a team of highly motivated professionals from diverse backgrounds including medicine, public health, agriculture, nutrition, journalism, statistics and economics, management, Information systems and computer science and anthropology whose aim is to utilize SMAART (Sustainable, Multisector, Accessible, Affordable, Reimbursable and Tailored) informatics framework to develop sustainable solutions by Dr. Joshi. We are certified as a Scientific & Industrial Research Organization (SIRO) by the Department of Scientific and Industrial Research (DSIR), New Delhi, Govt. of India. FHTS is working under the leadership of Dr. Ashish Joshi, a visionary practicing value based leadership who formed FHTS with a belief that happiness lies in not only fulfilling one's own dreams but to help others achieve their dreams. FHTS is on a mission to make an impact by bridging the gap of socioeconomic inequalities through technology empowered reforms for the overall wellbeing of individuals, families and communities they live in and wherein each member joining gets a niche to his/her dreams, hopes, happiness with mentorship. It is a platform working with pillars of values, principles and practicing participative approach.

***We thank all who have contributed towards the mission and vision of FHTS!***

The video gives you a snapshot of the journey of FHTS from how it was conceptualized in 2012 to how much it has made an impact in these 12 years with several challenges, sacrifices but the grit of Dr. Joshi made it thrive and grow. Looking forward to the journey ahead.



APRIL 2024 | WWW.FHTS.AC.IN

## Proud moment

Under the leadership of Dr. Joshi, School of Public Health University of Memphis, has been awarded Dr. Harrison C Spencer Award on March 21, 2024 by Association of Schools of Public Health in the United States



We feel honored to work under your leadership here in India. Your commitment and dedication in past 12 years towards the Foundation of Healthcare Technologies Society is commendable which has helped it thrive and grow making meaningful impact on individuals, their families and the communities they live in for bridging the gap of socioeconomic inequalities.

Your contribution towards Public Health workforce preparedness, bringing sustained solutions, generate employment, provide mentorship from your lived experience and expertise is inspiring.