Foundation of Healthcare Technologies Society
321, 322, 323 Somdutt Chamber-2, Bhikaji cama place, New Delhi-110066
Phone-91- 8288004611 Website: fhts.ac.in
Registration No.: *S/877/SDM/NW/2012*

FHTS

Foundation of Healthcare Technologies Society

World Mental Health Day (10th Oct 2023)

Scientific Research Poster Workshop

Date: 13/10/2023

Place: Foundation of Healthcare Technologies New Delhi

Time: 06:00 pm to 07:00 pm

Number of total Participants: 9

Number of female participants: 5

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Mental Health

The emotional, psychological, and social aspects of the well-being of an individual refer to mental health. It encompasses an individual's ability to manage challenges and stress in life. Good mental health indicates the ability of an individual to cope with real difficulties.

Why does mental health matter?

Mental health matters for several reasons such as that of overall well-being, physical health, productivity, relationships, resilience, community and society, decreasing stigma, and improving quality of life which are the essence of mental health and well-being.

Well-being influences all aspects of an individual's life and community's health as well. It is a central aspect of a balanced life which might benefit all.

World Mental Health Day

World Mental Health Day is celebrated across the globe on 10th October with the aim to raise awareness and promote issues of mental health. It aids in serving as a reminder that mental health is significant for overall well-being,

FHTS celebrated World Mental Health Day

FHTS organized a contest for developing a scientific e-poster-making contest regarding which calls for submissions were made. Further, posters were received and a workshop was conducted, the details of which have been discussed in subsequent sections

Research Poster Contest

In order to celebrate Work Mental Health Day, FHTS organized a research poster contest with the aim of promoting:

- Awareness and education
- Destigmatize mental health
- Knowledge Sharing
- Community Engagement
- Promotion of Positive Mental Health
- Encouraging Research and Innovation
- Youth Involvement
- Provide a Platform for Expression

Details

- Date: 13th October 2023

- Venue: FHTS, New Delhi
- Start time: 6:00 PM End time: 07:00 PM
- Objective: To provide participants with the knowledge and skills necessary to create compelling, informative, and visually appealing research posters that effectively communicate their research findings to a diverse audience in academic and professional settings.
- The number of participants: 9
- Team Members: Dr. Jyoti & Dr. Sabhya Juneja

Research Poster Workshop

Research-based Workshop Model

To celebrate World Mental Health Day, FHTS organized a research poster contest wherein a poster call was made from students and interns associated with FHTS. A total of 9 posters were received from students across the institutes.

However, the academic team assessed and observed that the participants were not aware of how a scientific research-based poster is made and knowledge upon developing the poster. It is in this context a need was felt and a research workshop was implemented.

The research experts conducted the workshop with the aim of disseminating information and knowledge on research and enhancing the skills of participants while presenting a poster (Figure 1.1)

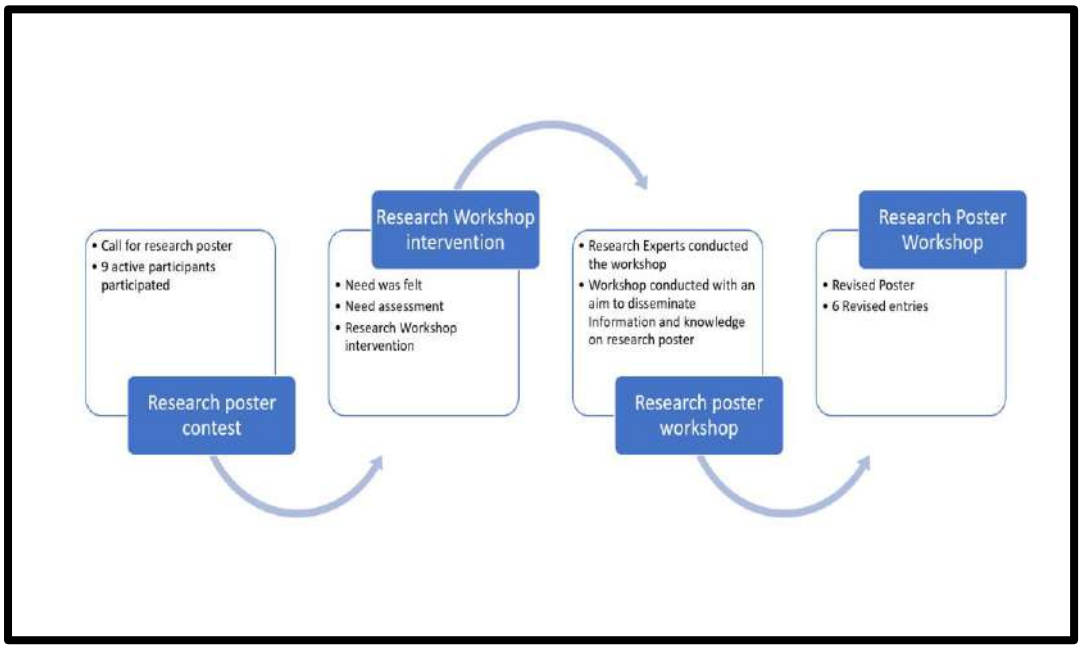

Figure 1.1: Research-based Workshop Model

Objectives of conducting the workshop

- Understanding Poster Design Principles
- Creating Engaging Content
- Visual Elements
- Conveying Research Impact
- Poster Presentation Skills
- Ethical Considerations

Highlights from all the events organized

No. of posters received on Poster contest call	9
No. of Posters in which some refinement is required	9 (100%)
Research - Workshop (Online)	
No. of participants who attended the workshop	6 (66.66%)
No. of participants shared revised posters/follow-up contest	5 (55.55%)

Conclusion

FHTS organized a scientific research poster contest and workshop in order to celebrate World Mental Health Day. Various students and interns associated with FHTS participated. The active participation of students and interns in the research poster contest and workshop indicated that the contest gave them the opportunity to think about the issues of mental health and the workshop provided them with valuable information and improved their understanding of developing a research-based poster.

The students were given an opportunity to delve into public health concerns and issues such as mental health which not only compelled them to think in the direction of community issues but also to learn the process of crafting an effective poster.

The workshop aided students in grasping the fundamentals of poster designing and structuring the content and how to make it more appealing. Moreover, the real-time interaction provided students a platform to clear their doubts and discuss real-world issues which contributed towards their skills enhancements and improving knowledge and building of confidence.

In conclusion, the events resonated with success and offered participants to learn and apply learnings for wide-ranging topics. Through expert guidance and active participants, the workshop indicated positive feedback as they shared positive reflections in the form of testimonials. The events not only promoted excellence in research amongst students but also reinforced the importance of collaborative learning.

As we reflect on achievements we extend our heartfelt gratitude to all participants and and contributors for their invaluable contributions to the success of the consequent events.

Appendix 1

Student's Testimonial

B Dinesh Noble
ORPH student, FHTS,
Medical Student, PMCHRI, Chennai

"I personally enjoyed learning how to make a poster, and I'm happy to look at my progress."

Janhvi Sahai
v-INSPIRE Intern at FHTS,
Masters in Home Science in Foods & Nutrition from Banaras Hindu University

"My experience at the FHTS e-poster workshop for mental health was truly enlightening. The workshop provided a dynamic platform to explore the complex details of mental health research. The interactive sessions facilitated by experts not only fostered a profound understanding of various research methodologies but also encouraged meaningful discussions on the critical impact of mental health studies. I particularly appreciated the comprehensive guidance provided on creating effective e-posters, which significantly enhanced my ability to communicate research findings visually. Overall, the workshop was a valuable learning experience that has undoubtedly enriched my understanding of mental health research and its practical applications."

Sakshi Trikha
v-INSPIRE Intern at FHTS,
Master's in Dietetics and food service management from IGNOU

"The research-based e-poster development contest has been a great opportunity that let me showcase my creativity and designing skills. I was highly elated when I got to know about this e-poster contest hence participating in it. Along with the contest, I'm grateful to the FHTS organization for providing a Workshop related to research-based e-poster development. Attending the workshop has helped me learn about the correct layout of poster development, elements that need to be mentioned in the poster, and how to digitally represent it. Developing

an e-poster was a new learning experience for me and I'm grateful to the organization for the knowledge I've gained by participating in the contest and attending the workshop."

Madhuri Bhatt
v-INSPIRE Intern at FHTS,
MPH - Sai Group of Institutions, Dehradun

"Learning to make a research poster was an enriching experience. It allowed me to develop an entirely new skill set that had never been explored before. I learned how to condense complex research findings into a visually appealing and easy-to-understand format. It allowed me to express my creativity. I could choose the design elements that best represented my research. I can apply this skill to future projects, presentations, and even in my professional life."

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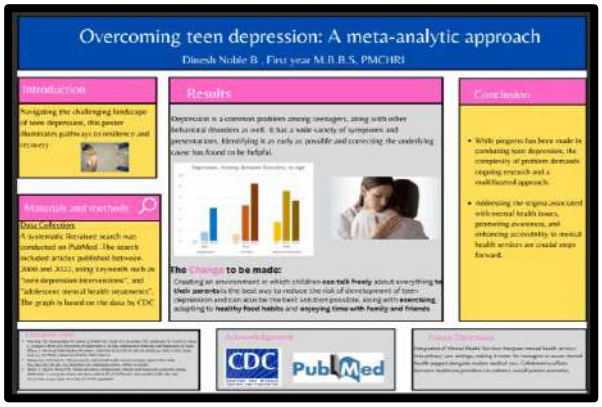
Appendix II
Posters of Participants



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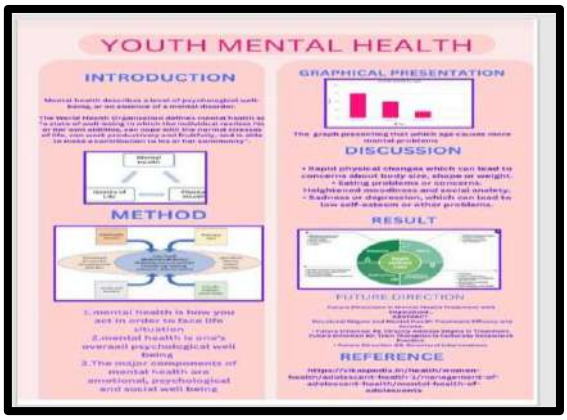

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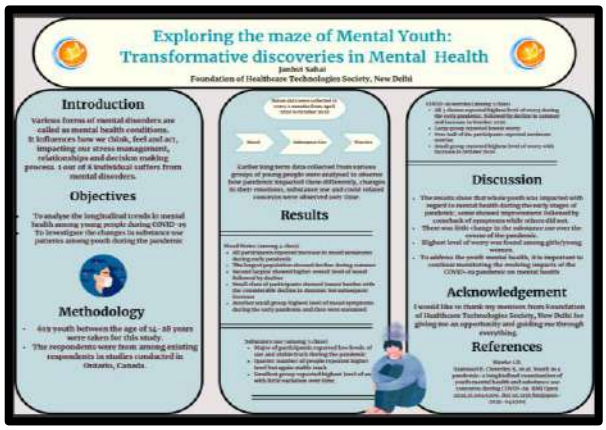

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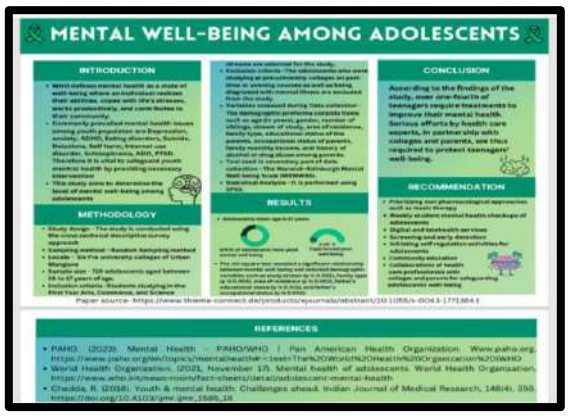

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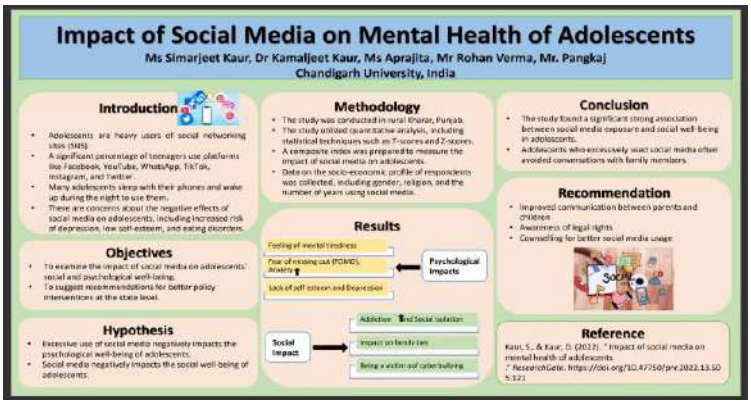

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