



Foundation of Healthcare Technologies Society
New Blessing Through Technology Empowered Reforms

YEAR IN REVIEW 2024

**Bridging the
gap of Socio-
Economic
Inequalities**





Dr. Ashish Joshi
PhD, MBBS, MPH

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



A WORD FROM OUR FOUNDER

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 12 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 humancentric & 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, Visionary leader, Applied Researcher, Innovator, Entrepreneur and a Mentor

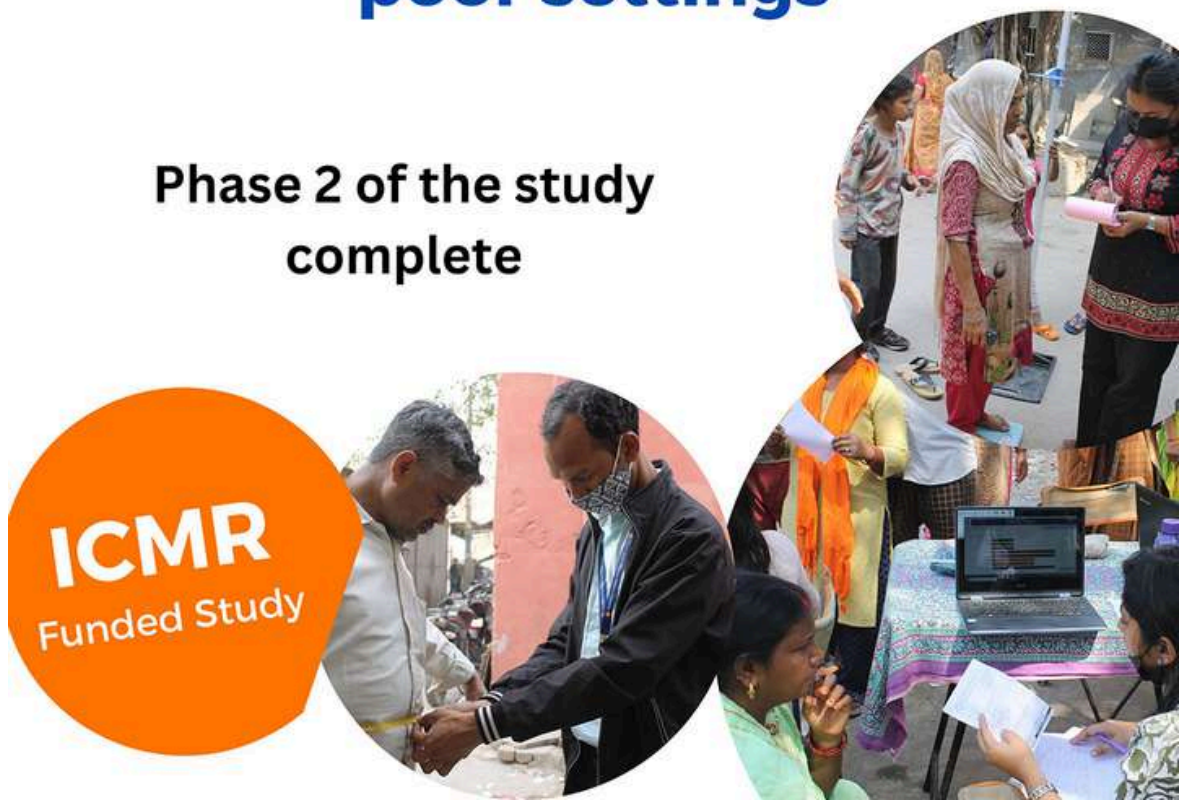
Successful completion of Phase 2 of Indian Council of Medical Research (ICMR) funded study

Successful completion of Phase 2 of our ICMR funded study titled – “Digital Health Intervention to Enhance Self-Management of Metabolic Syndrome among Adults in Urban Poor Settings.” which involved the design and development of the I-HEaL-UP MetS Dashboard, following an intensive usability evaluation. Preparation for Phase 3 is going on.

Contributing to National Urban Health Mission

Digital Health Intervention to enhance self-management of Metabolic Syndrome (MetS) among adults living in urban poor settings

Phase 2 of the study
complete





Design, develop, and pilot test a digital platform to enhance student well-being: Protocol for a mixed-methods study.

The objective of the study is to design, develop, and pilot-test a digital health platform to enhance student well-being. It will help to determine the factors affecting well-being among college students and help in designing digital health interventions to improve the well-being of undergraduate and graduate students.

Partnerships and Collaboration is the key to find innovative ways to support good health and well-being of youth and address this public health challenge deeply impacting them





Health Eating Active Living

Launched: June 2022

Encourage and Supporting the adoption of healthier lifestyles through regular SMS messaging that offer guidance on diet, physical activity, stress management, and home remedies, tailored to individuals' preferences and needs.

Enrollments in 2024	637
Total Enrollments	3900+



Public Health ki Rasoi

Launched: July 2024

Empower individuals using video multimedia to make informed dietary choices by blending nutrition science with cultural and regional practices



Implementing the SMAART Framework at Foothills of Himalayas

Dr. Joshi's visit to village Semog in Uttarakhand: Indeed practicing public health beyond four walls!



After-school tuition for children under the initiative Ujwala linking education with employment



Generating employment under the initiative RISE



Implementation of Swasthya Pahal and HEAL initiative using digital interventions by SMAART Lab



Launch of Sangyan and Public Health ki Rasoi Initiative



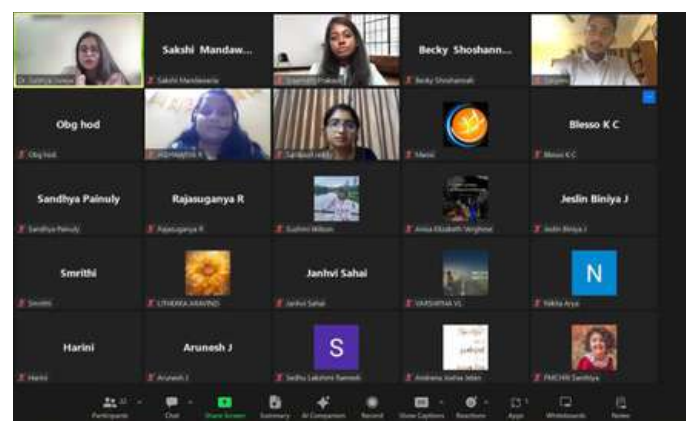
STUDENT ACTIVITIES

- **Quiz contest on World Neglected Tropical Diseases** for students of Sudha Rustagi College of Dental Sciences pursuing Certificate in Fundamental of Operational Research in Public Health under the joint collaboration
- **Online Panel Discussion** was held on August 10, 2024 with the Medical students of Panimalar Medical College Hospital and Research Institute, Chennai, Tamil Nadu as the Panelists. These students are pursuing Certificate in Operational Research in Population Health at FHTS



.Topic of discussion: Do Digital Health interventions promote Youth?

- **Quiz contest on World Population Day** for students of Panimalar College of Nursing pursuing Certificate in Operational Research in Population Health under the joint collaboration held on July15, 2024 at their college campus
- **Quiz contest on World No-Tobacco Day** for students of students of Sudha Rustagi College of Dental Sciences pursuing Certificate in Fundamental of Operational Research in Public Health under the joint collaboration at their college campus

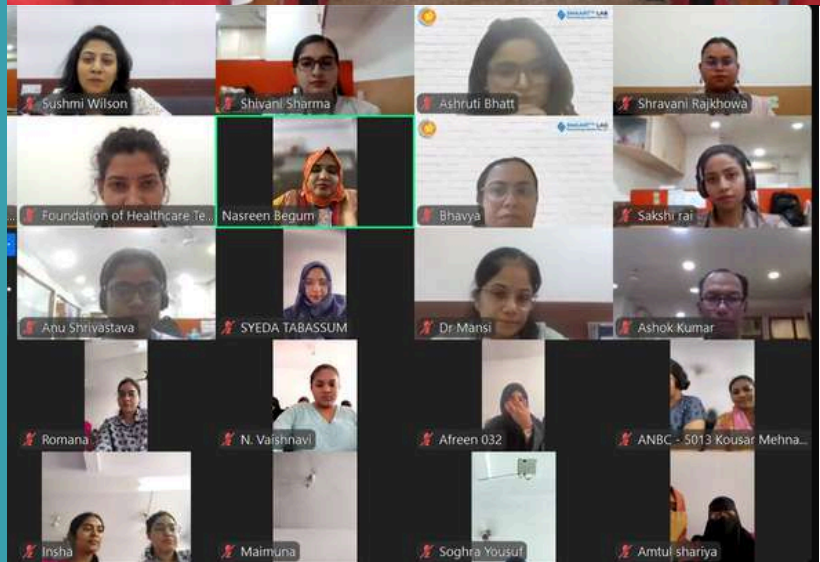




292 new students
enrolled in 2024 under
several training
programs

Collaborating Institutes:

- Panimalar Medical College Hospital and Research Institute, Tamil Nadu
- Sudha Rustagi College of Dental Sciences, Haryana
- St Ann's College for women, Telangana
- Panimalar College of Nursing, Tamil Nadu



COMMUNITY ENGAGEMENT



Women's Day commemoration at Bhikaji Cama Place Delhi



Breastfeeding awareness using Sangyan Podcast in Raghubir Nagar, Delhi on August 6, 2024



Awareness session in Sonia camp, an urban slum area in East Delhi on 24th September in observance of National Nutrition Month 2024



Antimicrobial Resistance Awareness Week conducted in Ambedkar Basti, RK Puram, Delhi on November 22, 2024



An engagement meeting was held with Anganwadi workers on October 5, 2024 at FHTS Delhi office



**an initiative creating employment
for sustained livelihood with social,
economic and health impact**

**Organized RISE Exhibit in
Delhi on October 27, 2024**

**RISE addresses
Unemployability and
Limited skills**

13

Jobs created

330+
RISE Exhibits

3500+
Products created

2900+
Products sold

**we aim for self
reliance by
building on talent
and interest of
young girls and
women from
underprivileged
settings**



Celebrated Diwali with contribution towards creating Sustained Livelihood

90

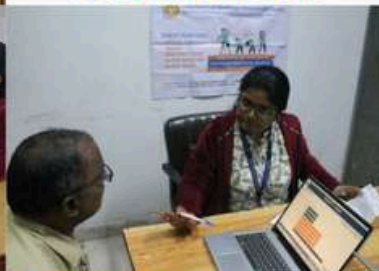
Self management camps organized in 2024

1785
Beneficiaries

using a Digital Intervention SMAART™ platform's Portable Health
Information Kiosk (PHIK) for screening Non-Communicable
Diseases (NCDs) in Rural, Urban and Urban Slum Settings



**Swasthya Pahal
“Health for All”**



Swasthya Pahal Camps conducted in 2024

NEW COLLABORATIONS



COLLABORATION SUCCESS

A glimpse of the activities under our

4 Years

of collaboration with

**Panimalar Medical College
Hospital and Research Institute**

Collaborating to make more contributions



Global Engagement

Application Data

3860

Received

989

Institutes represented

30

Residential countries

72%

Females

33%

Medical Graduates

Enrollment Data

698

Enrolled

191

Institutes represented

14

Residential countries

81%

Females

41%

Medical Graduates

44 New Interns
in year 2024



44 New Interns in 2024

From Institutes located in
India, Russia, UAE and Canada

INSTITUTES REPRESENTED

- University of Delhi
- Sudha Rustagi College of Dental Science and Research
- B.M.S. College of Engineering
- Amity University
- Amrita Institute of Medical Sciences and Research
- IIHMR University
- Sri Guru Ram Das Institute of Medical Sciences and Research
- Parul University
- Vianayaka Mission Research Foundation
- Tata Institute of Social Sciences
- Dr. B R Ambedkar University
- Symbiosis Institute of Health Sciences
- Dr. Girilal Gupta Institute of Health Sciences
- Prasanna School of Public Health, Manipal Academy of Higher Education
- The university of British Columbia
- Kurks State Medical University
- Rabindra Nath Tagore University
- Achutha Menon Center for Health sciences studies
- Central University of Hyderabad
- Mahatma Gandhi University
- Punjab University

Global Engagement (as on Nov 2024)

Application Data

3812

Received

977

Institutes represented

31

Residential countries

72%

Females

33%

Medical Graduates

Enrollment Data

687

Enrolled

191

Institutes represented

14

Residential countries

81%

Females

40%

Medical Graduates

STUDENT SPEAKS

It was an enriching and eye-opening experience. The course provided a perfect balance between theoretical knowledge and practical application, making the learning process both comprehensive and engaging. The lecturers were not only experts in their field but also incredibly supportive, always ready to clarify doubts and offer guidance. The hands-on projects were particularly impactful, as they allowed me to apply what I learned to real-world scenarios, which significantly boosted my confidence in managing and analyzing nutrition data. The interactive sessions fostered a collaborative learning environment, where I could exchange ideas and insights with fellow participants. This course has greatly expanded my understanding of how informatics can revolutionize nutritional care, and I feel better equipped to implement these tools in my practice. I wholeheartedly recommend this course to anyone eager to enhance their expertise in nutrition and technology.

Geetika Goel, student Certificate in Health and Nutrition Informatics Batch 3

My experience of v-INSPIRE internship with FHTS has been great and very fruitful. I've gained exposure of the process of collecting primary data from the field, as well as analyzing secondary data. I've also acquired a lot of soft skills required to be successful in my future endeavors.

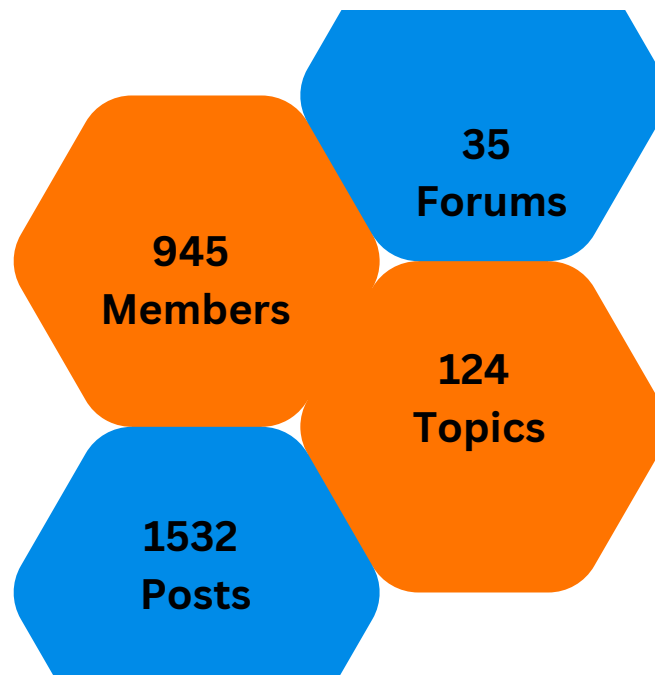
Varnika Kaushik, v-INSPIRE Offline intern at FHTS Delhi Office

I am grateful to FHTS for this transformative experience, and I would highly recommend the v-INSPIRE internship to anyone looking to expand their knowledge and skills in public health.

Sweta Talluri, v-INSPIRE Online intern at FHTS Delhi Office

Community Of Population Health Informatics (COPHI)

Research Ideate Share Empower



Discussion Topics 2024

- Neglected Tropical Diseases and its impact on Indigenous People
- Predictive analytics approach in Healthcare
- Home Support Technologies for elderly support
- Policy Interventions to Tackle Childhood Obesity
- Global Solidarity for Health Security
- Artificial Intelligence in Food and Nutrition
- Immunisation Inadequacies in India
- Precision Nutrition
- Food Safety and its Public Health implication
- Artificial Intelligence in Mental Health Research
- Climate Change and Non-Communicable Diseases
- Digital Transformation in Healthcare
- Climate Change and Gender Based Violence
- Mpox Outbreak 2024: A Global Public Health Crisis
- Quarterly post
- Role of Digital Health Interventions Amid Humanitarian Crisis
- Leveraging Mobile Technology for Nutrition Education and Behavior Change in Public Health
- Mental Health Impacts on Diabetes Self-Management in Community Settings
- Antimicrobial Resistance and its Impact on Public Health
- Role of Disability Informatics in Elderly Care

WEBINARS AND WORKSHOPS

Event successfully conducted on September 28, 2024
and was attended by 82 participants

The screenshot shows a webinar interface. At the top, a banner reads: "The first 1000 days: Window of Opportunity for Maternal and Child Health" with the word "WEBINAR" below it. The theme is "SUPOSHIT KISHORI SASHAKT NARI". Below this, it says "Nutri-sensitive Affordable solution based on Research using Informatics". On the left, a slide titled "Current Status of Exclusive Breastfeeding : Global Outlook" shows a world map and a bar chart, with "UNICEF, 2023" at the bottom. On the right, a video feed shows a woman speaking. Below the main slide, there's a section titled "UNIQUE FEATURES OF THE PROGRAM" with a timeline: "Weekly Interactive Lectures & Discussions", "Experiential Learning", "Problem Solving Exercises & Case Studies", and "Research Advisor Assigned". To the right of this is a "Quiz leaderboard" showing a list of participants and their scores. On the far right, a grid of small video feeds shows other participants.

Nutrition Informatics Webinar: NARI (Nutri sensitive
Affordable solution based on Research using Informatics)

The screenshot shows a workshop interface. The main title is "Workshop on Enhancing your research with Kobo Toolbox: An Introduction for Beginners". Below the title, it says "SPEAKER – Ashruti Bhatt, Public Health Researcher, Ph.D Fellow". At the bottom, it mentions "Foundation of Healthcare Technologies Society (321, 322, 323 Somdatt Chamber-2, Bhikaji cama place, New Delhi-110066)". On the right side, there's a vertical list of participant names with their video feeds: "Sakshi Mandaw...", "Sakshi Mandawaria", "Ashruti Bhatt", "Shravani Rajkho...", "Shravani Rajkhowa", "Michelle", "ISHA AGRAWAL", "ISHA AGRAWAL", "Dr Anurag Telang", and "Dr Anurag Telang".

A workshop on Introduction to Kobo Toolbox

MOMENTS TO CHERISH



Visit to KLE University, Belgaum, Karnataka, India



Visit with DAV College Management, Jalandhar, Punjab



Inaugural REAIM Public Health Club created at SDRV Convent School, Greater Noida, UP, India



Visit to Government Doon Medical College, Dehradun, Uttarakhand, India



Visit to Indian Institute of Public Health, Gandhinagar,
Gujarat, India



A Talk at Symbiosis University, Pune, India: Translating
Public Health Education into Community Impact

PRIORITIZING HEALTH FOR ALL

BRIDGING THE GAP OF SOCIOECONOMIC INEQUALITIES THROUGH RESEARCH INNOVATION AND ENTREPRENEURSHIP

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