



MONTHLY NEWSLETTER - OCTOBER 2022

WELCOME MESSAGE

Dear All,

I welcome you to the October, 2022 issue of “Population Health Research, Innovation, Skills and Entrepreneurship (PHRISE)” newsletter. The pandemic has brought forth in our FHTS family coping, adaptability, resilience, and empathy to enhance the health of the populations.

We highlight some of the innovative initiatives aimed to address 21st century population health challenges. We highlight our research initiatives & range of opportunities to provide a platform facilitating knowledge exchange across diverse stakeholders. Our aim is to aggregate and summarize the critical highlights and demonstrate impact that FHTS is making to address equity through the lens of population health.

I hope you find this issue informative and engaging and look forward to sharing more about our research activities and contributions in our upcoming newsletter. I want to congratulate the entire team of FHTS for their perseverance, flexibility, innovation and resilience.

ASHISH JOSHI PHD, MBBS, MPH

Ashish Joshi



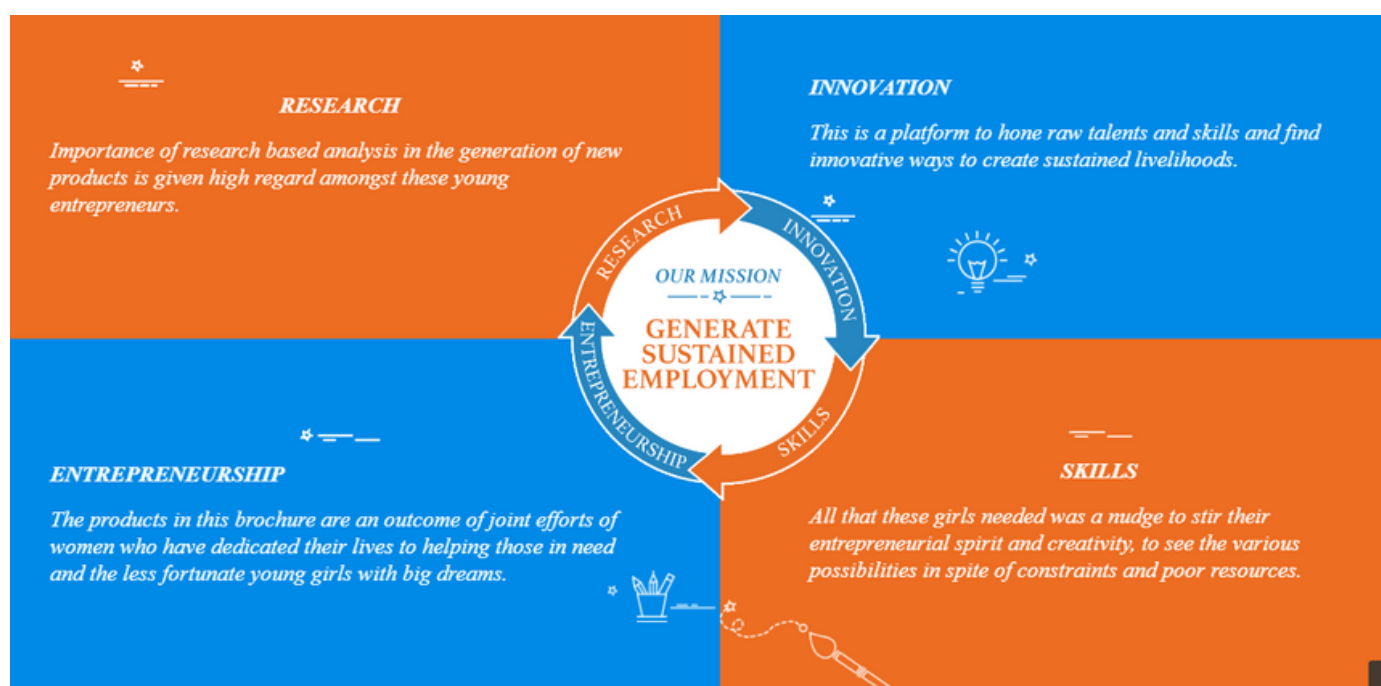


THEME OF THE MONTH



RISE is an initiative which recognizes the interests and talents of girls growing up in underprivileged settings and women who are less fortunate by providing them with an opportunity to become self-reliant through the creation of products to have sustained livelihood.

RISE stands for Research, Innovation, Skills and Entrepreneurship. The generation of products is based on the importance of research analysis in creating new products. Recruitment of beneficiaries of this program is not based on their skills. The raw talent is given an opportunity to hone their skills and find innovative ways to create a sustained livelihood. RISE is a unique platform which not only prepares less fortunate girls and women but also women who want to dedicate their lives to helping those in need by overcoming their constraints and poor resources.





Foundation of Healthcare Technologies Society

New Blessing Through Technology Empowered Reforms



RISE Initiative uses SMAART framework conceptualized by Dr. Ashish Joshi to leverage research driven creativity for sustained employment. FHTS translates research into practice through use of technology based solutions. FHTS aims to empower, educate and monitor the well-being of individuals, their families and the communities they live in. P.H.RISE serves as a research based action oriented Think-Lab translating ideas into practice through technological innovations for a greater impact.

RISE through Life

*Life may not be privileged to all
It is upto you to hear that call*

*God gives an opportunity to make your life better
He sends only once his letter*

*No matter what the constraints are
Don't confine yourself to a jar*

*Look into the life through your eyes
Every moment is fortuity to RISE*



THEME OF THE MONTH



MAHIMA, CREATIVE INTERN AT FHTS



My name is Mahima. I am studying in 12th Standard through open schooling. Currently I am working as a Creative Intern at FHTS where I am working for creativity under RISE LAB. I came to know about FHTS through my cousin sister she had already come here in the past but couldn't continue working due to some family issue. So both of joined together and here I am getting a chance to explore my Creative side and I enjoy it.

I like making Paintings, Sketches and handmade items using waste products. I want to earn for my family as I want to support them. I want them to feel proud of me. I am thankful to FHTS and the founder Dr. Ashish Joshi for letting us in the creative corner and for letting me enhance my creativity. The whole creative team is very co-operative. Thanks FHTS and especially sir for the opportunity.





The RISE of Renu Majhi

Renu Majhi lives with her husband and three daughters in a single room house in Mohammadpur village situated near Bhikaji Cama Place in New Delhi. Women in her locality are mostly engaged in daily wage labour or work as a domestic help in nearby houses. She studied only till class 8 and had a child marriage when she was only 14 years old. She has three daughters and wishes to provide them with a good education and healthy life. In 2019, she met one of the FHTS RISE Intern and was motivated to join the team as she always wanted to give meaning to her life along with providing financial support to her family. She never wanted to spend her life just earning the daily wages to meet the expenses.

She had basic tailoring skills at the time of joining FHTS and was stitching clothes for women residing in her colony. Working with FHTS before pandemic gave her an opportunity to hone her skills and understand what the need based product generation is?

Her learning gave her the confidence to create useful small products for the community she lives in during the pandemic when people were cutting their expenses on clothing etc.



It helped her support her family by earning a small livelihood. She re-joined FHTS in July 2022 with the aim to learn more skills and become self-reliant. She is imparting what she is learning at FHTS to her daughters every single day.



RISE INITIATIVE

IMPACT

EMPLOY ★ EDUCATE ★ EMPOWER

Empower individuals aspiring to make the world a better place through Research, Innovation, Skills and Entrepreneurship.

203

Total Number of RISE Exhibits

13

Total Number of Jobs created

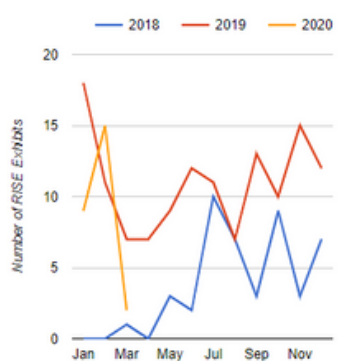
1770

Number of products created

80%

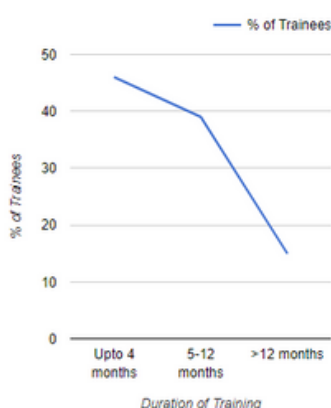
Average salary growth

Impact on Production

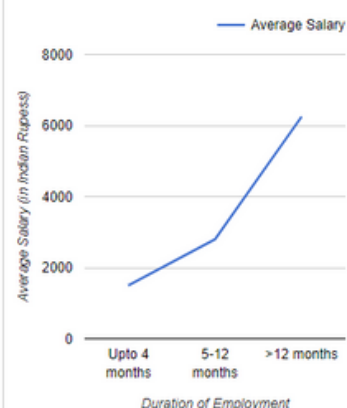


RISE Exhibits from March 2018- March 2020

Impact on Training Period



Impact on Salary





RESEARCH HIGHLIGHTS

Completed ICMR funded Research Project

School-based Surveillance for the Detection of Children with Acute Pharyngitis, Rheumatic Fever/Rheumatic Heart Disease: India

Objective: Efficacy of school-based surveillance was evaluated for detection of acute pharyngitis and RF/RHD in Shimla district, HP.

Intervention: Mobile app, SMS and internet enabled platform to detect early symptoms of RF/RHD among children by nodal teachers, parents, and teachers.

Outcomes: School based surveillance had higher rate of suspecting children with acute pharyngitis and or RF/RHD.

Duration: 2 years.

Collaborators: Foundation of Healthcare Technologies Society, New Delhi, India and Indira Gandhi Medical College, Shimla, Himachal Pradesh, India.

Funding agency: Indian Council of Medical Research, Government of India.

Publication: <https://www.sciencedirect.com/science/article/pii/S0019483218300105>

[CLICK HERE](#)





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New Blessing Through Technology Empowered Reforms

SWASTHYA PAHAL



A total of 176 beneficiaries attended the Swasthya Pahal Camp organised on five days in September at different parts of the city. Out of 176, 53 beneficiaries had hypertension (i.e. blood pressure $>120\text{mm/Hg}$) and 63 beneficiaries had high random blood sugar ($>140\text{mg/dL}$). 98 of the beneficiaries were overweight/obese (i.e. Body Mass Index $>24.9\text{ kg/m}^2$) while only 88 of the beneficiaries were engaged in regular physical activity i.e. at least 4 times a week.

Date: 7th October 2022
Venue: Bhikaji Cama Place, New Delhi
Number of beneficiaries: 07
Hypertension - 04
High Random Blood Sugar - 02
Obese / Overweight - 05
Engaged in Regular Exercise - 1



Date: 10th October 2022
Venue: Bhagwat Dham Senior Citizen Home, Chilla Road, Mayur Vihar Phase 1, New Delhi
Number of beneficiaries: 19
Hypertension - 10
High Random Blood Sugar - 10
Obese / Overweight - 13
Engaged in Regular Exercise - 14



Date: 14th October 2022
Venue: Bhikaji Cama Place, New Delhi
Number of beneficiaries: 20
Hypertension - 8
High Random Blood Sugar - 6
Obese / Overweight - 10
Engaged in Regular Exercise - 12





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SWASTHYA PAHAL

Date: 18th October 2022
Venue: Post Office, Ramesh Nagar, New Delhi|
Number of beneficiaries: 49
Hypertension - 15
High Random Blood Sugar - 19
Obese / Overweight - 30
Engaged in Regular Exercise - 24



Date: 19th October 2022
Venue: Speed Post Office, Gole Market, New Delhi
Number of beneficiaries: 60
Hypertension - 12
High Random Blood Sugar - 12
Obese / Overweight - 27
Engaged in Regular Exercise - 30



Date: 29th October 2022
Venue: Kusumpur Pahari, New Delhi
Number of beneficiaries: 21
Hypertension - 4
High Random Blood Sugar - 14
Obese / Overweight - 13
Engaged in Regular Exercise - 7





DISCUSSION BOARD

v-INSPIRE PUBLIC HEALTH

Community of Population Health Informatics Learners
Research Ideate Share Empower

3rd October: Mental Health in Humanitarian Emergencies

Post Brief

The post-starter briefs on how humanitarian emergencies cause psychological distress among the affected population. Further how it is detrimental in the long run to the community. It also focuses on the strategies employed by WHO.

Post Response

The participants pointed out how it is difficult even in normal settings to address mental health making it much more difficult to address during humanitarian emergencies. They also pointed out the possibility of integrating mental health as a part of emergency healthcare provision

17th October: Poor Sanitation and Its Impact on Public Health

Post Brief

The post-starter briefs on how poor sanitation is a major cause for concern from a public health perspective. It also briefs on how it affects people globally and in low – middle-income countries. The post also points out how we are globally behind schedule in attaining our Sustainable Development Goals for Sanitation.

Post Response

The participants agreed to point out on how the lack of proper sanitation was widespread in Asia and Sub-Saharan Africa, especially in India. Further another participant agreed and pointed out how India launched the Swachh Bharat Mission” in 2014.

Forum Information

Mark all read Recent Posts Unread Posts Tags

28 Forums 76 Topics 910 Posts 1 Online 663 Members





EMPLOYEE SPOTLIGHT

Name: Ms Sushmi Wilson
MA , Clinical Psychology
Public Health Trainee
Joined: August 2022

Sushmi Wilson is a Public Health Trainee at the Foundation of Healthcare Technologies Society (FHTS). With a strong background in Clinical Psychology, she was looking forward to working with an organization that would help her to utilize her potential and skills and put them into action.

Sushmi says – "I am proud to be associated with FHTS who are walking in the right direction and supporting numerous individuals to improve their quality of life. I am grateful for all the opportunities given to me which has immensely helped me in my overall development."





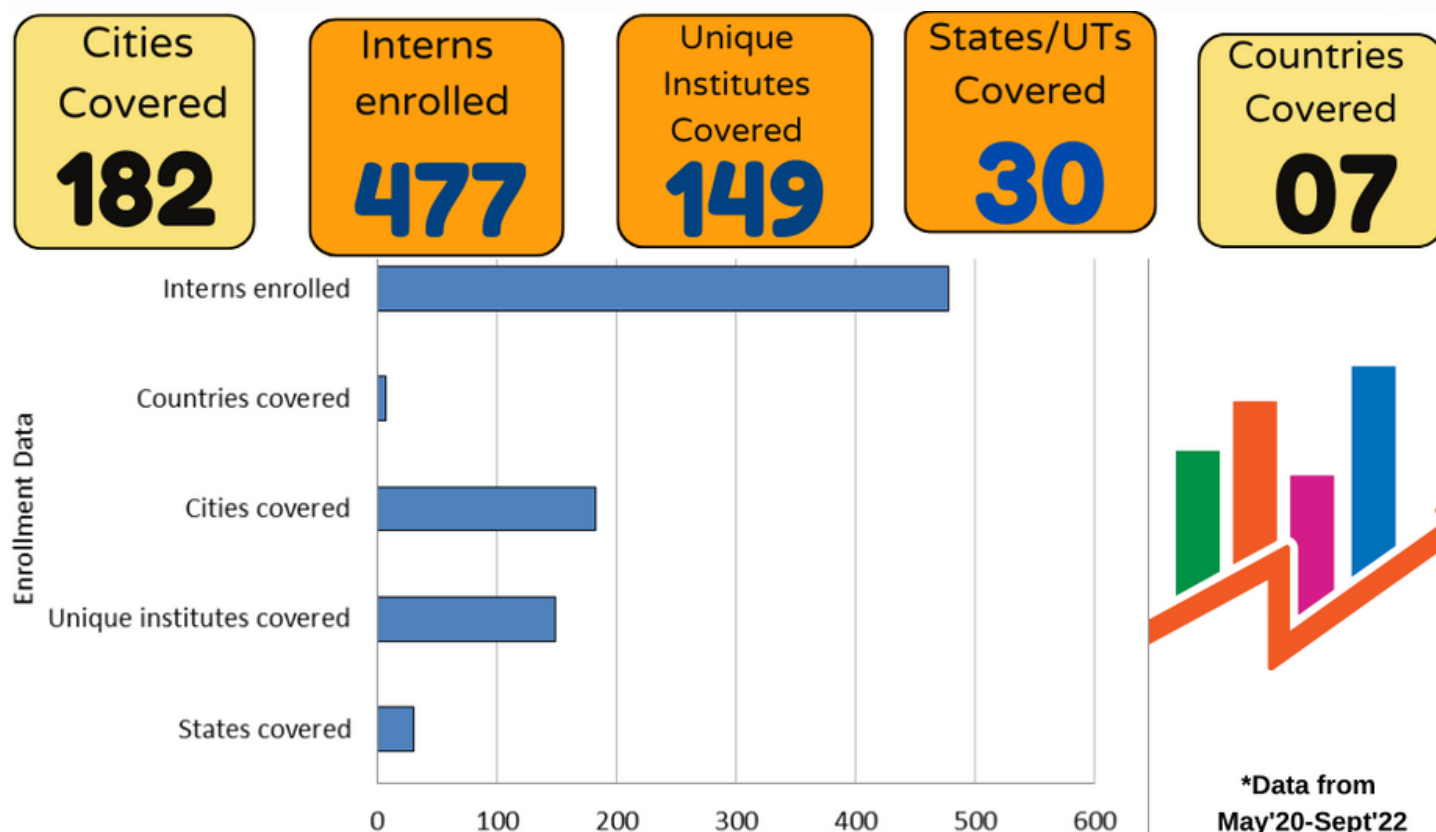
V-INSPIRE PUBLIC HEALTH

Virtual-Interactive Novel Support Program for Innovation, Research and Entrepreneurship in Public Health

A Virtual Interactive Novel Support Program for Innovation, Research and Entrepreneurship

It aims to address population health challenges of the 21st century by enhancing the academic and non-academic skills of students using an Innovative and participatory experiential learning experience.

ENROLLMENT STATISTICS





STUDENT SPEAKS

Anushka Saxena

First -year MBBS student - Panimalar Medical College Hospital & Research Institute.

FHTS student pursuing Operational Research in Population Health

Anushka is a student in first-year MBBS, fairly recently enrolled on the online research classes conducted by the FHTS team. She says - "Writing a paper has become synonymous with being a college student, thanks to the media. In every American teenage show, the students are shown scrambling with the research projects that they are working on for college admissions. Being an Indian student, writing a research paper was just considered something fancy, something that would make you look like the students in a television series. I was one of the many people who developed a curiosity for writing papers because of this reason.

As a result, I did a lot of research on writing research papers; I asked people around me, people looking to get admissions to colleges outside of India and speakers who visited our school to talk about colleges abroad. But to my displeasure, I could never quite understand the purpose of writing a research paper. I could never understand what we are accomplishing by, what seemed to me to be, a simple collection of already available information and then presenting it again in a different format. I thought writing research papers was all about making unique groundbreaking inventions and theories and being pioneers in publishing newfound information. With that said, I had concluded that writing research papers is something I could do only after graduating or never even do at all.

This primitive mindset soon came to evolve when I was introduced to research paper writing by my college. With each research class I attended, I realised just how broad the scope of research is. I realised that writing research papers is not about collecting and presenting existing information, it is about studying it. It is about comparing it with our lives and the many social, economic, geographical, educational and cultural factors, to name a few, that influence it. I have come to learn that doing research is not just something needed to get admission to colleges abroad, instead, it is a very scholarly approach to enhancing our education and learning about the real-world dynamics revolving around the information available to us. Research is actually, synonymous with studying and doesn't require one to be a professional to adopt it as a method of learning. More than anything else, I know that there is so much that is yet to be explored in the world of research and I am exceedingly curious about what our classes have in store for us."



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PAST EVENTS

World Mental Health Day Celebration

10.10.2022

Venue: Bhagwat Dham Senior Citizen Home, Delhi

Date: 10-10-2022

Objective: To raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.





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PAST EVENTS

CAMP SERIES - GATEWAY TO PUBLIC HEALTH

31.10.2022

Date: 31-10-2022

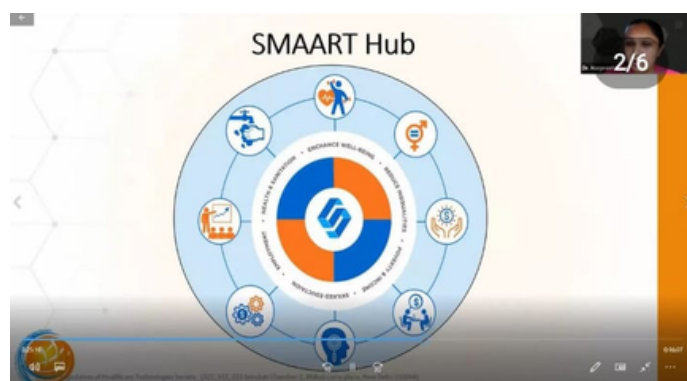
Topic: Importance of Research in the field of Public Health

Speaker: Dr. Harpreet Kaur - Public Health Researcher & Faculty at FHTS

Harpreet Kaur discussed the topic in brief about “Importance of Research in Public Health” in which she covered essential topics like What is Public Health, What is Research, the Importance of Research in Public Health, the Role of Public Health Researchers, Public health core areas, Essential Public Health Services, Partners in Public Health Research, to more effectively use their knowledge and skills through the support of technology in brief.

The following questions asked by the participants were discussed during the event:

1. How SDG's are incorporated in FHTS?
2. How to choose an area of interest?
3. How can I join the FHTS internship?
4. Whether I should do MPH?





FUTURE EVENTS



CAMP SERIES - GATEWAY TO PUBLIC HEALTH

FHTS is organizing a CAMP - Career and Mentorship Program Series on “Gateway to Public Health”.

For more details and to register :

[CLICK HERE](#)

Date	Time (IST)	Topic
30-11-2022	6pm-7pm	Importance of data in public health
30-12-2022	6pm-7pm	Ethics in public health research
28-01-2023	6pm-7pm	Role of informatics in public health
25-02-2023	6pm-7pm	Public health,an interdisciplinary profession





[APPLY HERE](#)

**EXPLORE INTERNSHIP
OPPORTUNITIES
AT FHTS**

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**EXPLORE TRAINING
PROGRAMS
AT FHTS**

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DISCUSSION BOARD**

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**TO BECOME 'SHINE'
MEMBER**



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