



MONTHLY NEWSLETTER - NOVEMBER 2022

WELCOME MESSAGE

Dear All,

I welcome you to the November, 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



A Virtual Interactive Novel Support Program for Innovation, Research and Entrepreneurship aims to address population health challenges of the 21st century by enhancing academic and non-academic skills of students using an Innovative and participatory experiential learning experience.

BACKGROUND

FHTS has been offering internship opportunities to students since 2013 under the program called INSPIRE (Interactive Novel Support Program for Innovation, Research and Entrepreneurship), an experiential learning program. Mentorship is an integral component of INSPIRE.

Till March'2020, FHTS had trained 90+ interns from diverse socioeconomic and educational backgrounds.

When COVID-19 hit the world, opportunities for students to get in-person internships were deferred. There arose a need for organizations and institutions to change their working, teaching and experiential pedagogy to virtual mode. At that time Dr. Ashish Joshi, founder FHTS conceptualized v-INSPIRE. The previous INSPIRE Program got converted into v-INSPIRE Public health where “v” stands for virtual and also mean “WE” together can inspire public health.



HIGHLIGHTS

- The program was announced in April'20
- Dissemination was through various social media platforms of FHTS and the information was also shared among various public health student group and faculty groups.
- First Cohort: 10 students from different national and international institutes/universities (IIPH, AIIMS, JIPMER, Amity and the University of Sheffield) enrolled in the program and the batch commenced from 4th May'2020
- Focus was to provide them the opportunity to design, develop and implement technology enabled solutions to enhance good health and well-being of individuals and their families and the environment in which they live in.

Mentorship is an integral component of v-INSPIRE.

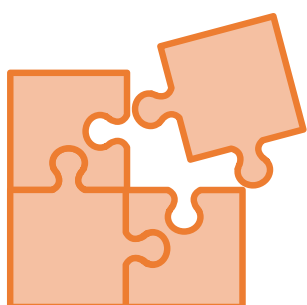
CONCEPTUAL FRAMEWORK

- Choose effective communication tools and techniques, including information systems and communication technologies, to facilitate discussions and interactions that enhance team function.
- Listen actively, and encourage the ideas and opinions of other team members.
- Apply leadership practices that support collaborative practice and team effectiveness.
- Express one's knowledge and opinions to team members involved in population health improvement with confidence, clarity, and respect, working to ensure a common understanding of information, treatment, and care.
- Communicate information in a form that is understandable, avoiding discipline-specific terminology when possible.



Foundation of Healthcare Technologies Society

New Blessing Through Technology Empowered Reforms



Competencies



What students gain under v-INSPIRE?

Community
Outreach

Use of Technology in
Public Health

Learn to Design
Interventions

Communications/
Observations/
Leadership Skills

Health Outcomes
Research

Survey Methods
Design

Qualitative &
Quantitative Data
Analysis

Field Exposure/
Community
Profiling

Research & Paper
Writing

Report Writing





Foundation of Healthcare Technologies Society

New Blessing Through Technology Empowered Reforms

v-INSPIRE PUBLIC HEALTH

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

Applications
2500+

Enrolment
485

Fellowship
offered
16

Teaching
assistantship
7

Employment
Opportunities
7

Dissertation
13

Data as on 30th Nov'22



Foundation of Healthcare Technologies Society

New Blessing Through Technology Empowered Reforms

V-INSPIRE PUBLIC HEALTH

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

TESTIMONIALS

Working as an intern with the Foundation of Healthcare Technologies Society was an interesting experience, and the knowledge gained will help me as develop in my profession. My morale was raised by successfully handling difficult problems by myself and coming up with creative solutions. Through this virtual internship, I developed my communication, interpersonal, work ethics skills.

-Akanksha Saini, Pursuing PGDM , IIHMR (2022)



One of the fortunate intern, completed virtual internship. It was a wonderful and novel experience working with the team. What briefed on orientation day was executed. I learned about Smart Rapid Tracker COVID-19 Dashboard, learnt about Health care systems of various countries and how globally countries are following advisories and policies to tackle current pandemic situation. I also had an insight about blog writing which helped to refine my writing skills. Also, met with new candidates and shared out experiences in the field of public health.

-Shikha Upadhyay, Pursuing MPH , AIIMS Jodhpur (2020)

It has been a very unique experience of virtual internship. I am glad to be one of the V-Inspire Interns. The overall guidance and exposure that Dr. Ashish Joshi provide is elucidate. Learning about healthcare system of other countries gave me insight of how we can improve and plan for better public health. Based on my task I was very glad to know that how we don't have a dashboard for children with COVID-19 and how important is it to think about it. This internship also helped me value of team work. I would like to express my sincere gratitude to FHTS team.

-Nomisha Khatri, MPH , University of Hyderabad (2021)



I have recently completed my virtual internship in the Foundation of Healthcare Technologies Society. It was my first ever virtual internship, which proved to be incredibly amazing. I have acquired the skills of data extraction, organization and management. I have had the experience of working under time constraints and how to contribute as a team member and also as an individual. Under the guidance of Dr. Ashish Joshi I have earned confidence to present in front of people from various backgrounds, though virtually. Working on the dashboard presenting the latest information COVID-19, it was a new experience.

-Suravi Lodh , BDS, MPH, The University of Sheffield, United Kingdom (2020)

"FHTS Inspire internship program was a need for the hour, rescue internship program during the COVID lockdown. It's one of a kind platform designed especially for public health professionals to pursue public health research based knowledge enhancement with ad hoc professional networking and guidance. The weekly online brainstorming sessions and my first virtual presentation on a digital FHTS platform conditioned me to the so-called The New COVID era. Thank You team FHTS for the opportunity and an engaging and eventful one month. Looking forward to interesting and innovative internship programs!"

- Swagatika Mohapatra, MPH , TISS (2020)





v-INSPIRE HIGHLIGHT



Nitya Jha

BDS

v-INSPIRE Intern

A passionate healthcare professional, with a bachelor's in dental surgery from Rajiv Gandhi University of Health Sciences, Karnataka. She will begin the next phase of her career at Boston University School of Public Health in January 2023, where she will be pursuing MPH in Epidemiology and Biostatistics.

She adds - "Transitioning from dentistry to public health required me to gain exposure and understanding of the basics of public health in order to build a strong base which would eventually help me during my master's program. I joined FHTS for this purpose, in the month of July, for a duration of 3 months. During this period, I understood the different aspects of public health. The projects which were assigned to me, helped me in developing research skills and improved my time management skills as well. I would like to thank the entire FHTS team for a great learning experience. I am looking forward to apply everything that I have learnt at FHTS during my master's program and future public health practice"



RESEARCH HIGHLIGHTS

Completed ICMR funded Research Project

Integrated Road Traffic Injury Surveillance: India

Objective: To study burden of road traffic accidents and its epidemiological factors.

Intervention: Design, develop, implement and evaluate internet enabled Integrated Road Traffic Injuries surveillance using the SMAART framework.

Outcomes: Implementation of an internet-enabled integrated road traffic injury surveillance platform across multiple states In India.

Collaborators:

Foundation of Healthcare Technologies Society, New Delhi, India

Apollo Institute of Medical Science & Research, Chittoor, Andhra Pradesh.

Apollo Clinical Epidemiology unit of Apollo Medical College.

National Institute of Epidemiology (NIE), Chennai, Tamil Nadu.

Vardhman Mahavir Medical College & Safdarjung Hospital, New Delhi.

Garhwal Community Development and Welfare Society, New Delhi.

IIHMR University, Jaipur, Rajasthan.

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

[CLICK HERE](#)





Foundation of Healthcare Technologies Society

New Blessing Through Technology Empowered Reforms

SWASTHYA PAHAL



A total of 231 beneficiaries attended the Swasthya Pahal Camp organised on six days in November at different parts of the city. Out of 231, 181 beneficiaries had hypertension (i.e. blood pressure >120mm/Hg) and 71 beneficiaries had high random blood sugar (>140mg/dL). 156 of the beneficiaries were overweight/obese (i.e. Body Mass Index >24.9 kg/m²) while only 110 of the beneficiaries were engaged in regular physical activity i.e. at least 4 times a week.

Date: 04-11-2022
Venue: Bhikaji Cama Place
Number of beneficiaries: 3
Prehypertension/ hypertension: 2
High random glucose: 1
Obese/ overweight: 2
Engaged in regular physical activity: 2



Date: 09-11-2022
Venue: Ambedkar Camp, Trilokpuri
Number of beneficiaries: 44
Prehypertension/ hypertension: 30
High random sugar: 21
Obese/ overweight: 36
Engaged in regular physical activity: 14



Date: 11-11-2022
Venue: Ambedkar Camp, Trilokpuri
Number of beneficiaries: 34
Prehypertension/ hypertension: 19
High random sugar: 13
Obese/ overweight: 22
Engaged in regular physical activity: 10





SWASTHYA PAHAL

Date: 14-11-2022
Venue: Delhi Fire Station, HQ, Barakhamba Road
Number of beneficiaries: 66
Prehypertension/ hypertension: 58
High random sugar: 13
Obese/ overweight: 39
Engaged in regular physical activity: 32



Date: 18-11-2022
Venue: Bhikaji Cama Place
Number of beneficiaries: 10
Prehypertension/ hypertension: 10
High random sugar: 4
Obese/ overweight: 6
Engaged in regular physical activity: 7



Date: 25-11-2022
Venue: CPWD, RK Puram
Number of beneficiaries: 74
Prehypertension/ hypertension: 62
High random sugar: 19
Obese/ overweight: 51
Engaged in regular physical activity: 45





DISCUSSION BOARD

v-INSPIRE PUBLIC HEALTH

Community of Population Health Informatics Learners
Research Ideate Share Empower

31 st October : Prevalence of Breast cancer

Post Brief

The post starter briefs on the incidence of Breast cancer globally. Further it explains despite incidence being high in high income countries, it is the low-middle income countries (LMICs) that have higher mortality rates.

Post Response

The participants agreed that breast cancer is the highest reported cancer among women. They also discussed the prevalence of Breast Cancer in India. One of the participants suggested that there should be focus on screening and early detection by both governmental and non-governmental organizations.

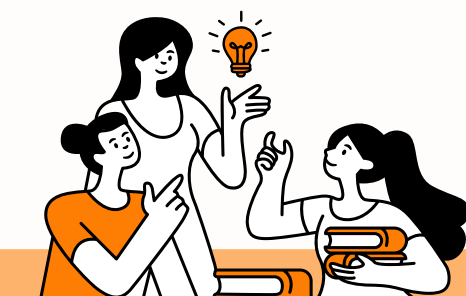
14 th November : Role of m-Health in Diabetes

Post Brief

The post starter briefs on how diabetes has been the area of focus for m-Health since the development of m-Health. The post mentions how crucial m-Health is in self-management and treatment of diabetes.

Post Response

The participants pointed out how there are around 5 billion mobile users, how people have increasingly become tech savvy. Hence the participants found that m-Health interventions specifically for diabetes will be something that caters to a large population.





EMPLOYEE SPOTLIGHT

Name: Chandni Sharma
MA, English ; MSW
Field Worker
Joined: August 2022

Chandni Sharma is associated as a Field Worker with FHTS. She has done M.A. in English and MSW from IGNOU in 2022. She adds - "The incredible opportunity that has been providing me in the field of public health is my favourite part of working with the Foundation of Healthcare Technologies Society. I am proud and appreciative of all the possibilities that have been provided to me as they have really helped in my overall development and they are heading me in the proper direction. I am engaged in a range of community outreach initiatives, data collection for ICMR-funded research, and being a part of Swasthya Pahal, a FHTS initiative."



STUDENT SPEAKS

Anci Lema Chris. J
First -year MBBS student - Panimalar Medical College
Hospital & Research Institute.
FHTS student pursuing Operational Research in
Population Health

Anci Lema Chris. J is a student in first-year MBBS studying in Panimalar Medical College Hospital and Research Institute. Anci says – "I find these research classes to be very useful. And I consider that research is important for medical undergraduates. Research classes give us detailed information on research paper production. So far in these classes, we have learnt how to do abstract writing and how to approach paper presentations. Before attending this course I was not fully aware of what research is all about. But after attending these classes I was introduced to the proper meaning of research and research methodologies. This course offers undergraduates the opportunity to learn various aspects of the research process, framing useful research questions, research design, data collection, analysis, writing and presentation. We were exposed to proper research methodologies in the early stages of our careers. I believe these classes will make us better research active physicians who can give better health care to our patients".



Foundation of Healthcare Technologies Society

New Blessing Through Technology Empowered Reforms



PAST EVENTS

CAMP SERIES - GATEWAY TO PUBLIC HEALTH

30.11.2022

Name of the event – CAMP (Career and Mentorship Program)

Topic – Importance of Data in Public Health

Date and time – 30-11-2022, 6:00PM – 7:00 PM (IST)

Digital Platform – Zoom Meetings

Type of the event – Webinar

Moderators – Pooja Murjani , Nutrition Informatics Fellow, FHTS

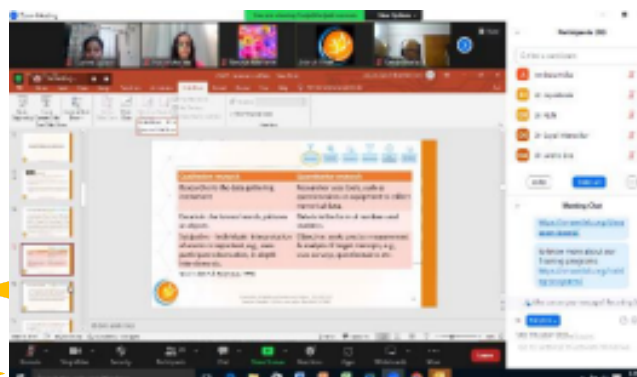
Speaker – Ashruti Bhatt, Public Health Researcher, FHTS

GOALS AND OBJECTIVES

To create a community of public health aspirants and a platform to share insights, views and, real-life experiences of professionals in the field, with a keen focus on mentorship, informed decision making and assessing preparedness of the aspirant for a career in public health. Our main objective was to make aspiring students informed about the importance of research in public health.

HIGHLIGHTS

- Event was attended by 40 participants.
- Aspirant engagement was seen over all the communication platforms of the organization.
- Attendees were professionals, academicians, students and others from various healthcare and allied sectors.





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
30-12-2022	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**

[CLICK HERE](#)

**EXPLORE TRAINING
PROGRAMS
AT FHTS**

[CLICK HERE](#)

**TO JOIN THE
DISCUSSION BOARD**

[CLICK HERE](#)

**TO BECOME 'SHINE'
MEMBER**



Foundation of Healthcare Technologies Society
New Blessing Through Technology Empowered Reforms

FOUNDATION OF HEALTHCARE TECHNOLOGIES SOCIETY

DELHI OFFICE ADDRESS-
321, 322 & 323 THIRD FLOOR
SOMDATT CHAMBER – 2
9 BHIKAJI CAMA PLACE, NEW DELHI
DELHI – 110066
PHONE: (011) 41621004
PHONE:+91-8527897771
EMAIL: CONTACT@FHTS.AC.IN

[HTTPS://FHTS.AC.IN/](https://fhts.ac.in/)

CLICK ON LOGOS TO FOLLOW US ON SOCIAL MEDIA

