

Journal Club Presentation

Topic: Unraveling key insights from the Swasthya Pahal-Health for All initiative data, gathered during Self- Management camps at Police Stations, Delhi

Presenter: Shravani Rajkhowa

Date & Time: 04-08-23, 1:30 P.M.

Participants: 19

The Journal Club Presentation on **4th August 2023**, was given by Shravani Rajkhowa on the topic **“Unraveling key insights from the Swasthya Pahal-Health for All initiative data, gathered during Self-Management camps at Police Stations, Delhi”**

Swasthya Pahal- *“Health for All”* is an initiative undertaken by FHTS, launched in the year 2012, which aims to improve healthcare access and quality across communities. Swasthya Pahal is a sustainable, affordable, interactive, multi-lingual, lifestyle modification along with personalized counselling and self-manageable healthcare solutions that reaches every corner of society.

During the presentation, the discussions were about the inferences of the recent data that has been collected during the SP self-management camps held at various Police stations in Delhi. The presentation explored key insights from the data, shedding light on the effectiveness of the program and its impact on police personnel's health outcomes.

There were thoughtful questions, insightful comments, and active engagement during the discussion demonstrating the commitment to advancing knowledge and fostering intellectual exchange within Team FHTS.

References:

1. Joshi, A., Kaur, M., Arora, S., Bhatt, A., Sharma, P., Kaur, H., Kumar, K., Arora, M., Malhotra, B., & Ajay Anshuman. (2021). A pilot evaluation of Swasthya Pahal program using SMAART informatics framework to support NCD self-management. *MHealth*, 7, 55–55. <https://doi.org/10.21037/mhealth-20-110>
2. Swasthya Pahal (health For All): ADigital Health Intervention to address Chronic NCDs <https://smaartlab.org/swasthya-pahal-health-for-all-a-digital-health-intervention-to-address-chronic-ncds/>