

20th Annual Report

2023-2024

Healis Sekhsaria Institute for Public Health

www.healis.org

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Navi Mumbai, Maharashtra 400701 India.



*“To make difference globally in public health
through excellence in Research, Learning,
Teaching and Capacity building”*

Research | Learning | Teaching | Capacity Building



Message from the Directors

Dear Friends,

It is our great honor to share with you the Healis Annual Report 2023-24. This report comes to you with pride, as it is a compilation of our major accomplishments and our experiences from the past financial year. Healis has now completed sixteen years. Institute's vision is to advance public health through innovative science and evidence-based research recommendations. To accomplish its vision, this year Healis has one new project, seven projects in ongoing stage, four in the data analysis phase and one completed project. In addition to research, during this year, Healis has produced about 21 research papers published in peer reviewed international journals, two books and one book review.

Thank you all for your continued support on our journey!

Sincerely,

Dr. Prakash C. Gupta



Dr. Mangesh S. Pednekar



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About Healix

Healis Sekhsaria Institute for Public Health is a Non-profit Organization that aims to advance public health in India by undertaking timely high quality population based epidemiological research. Since its inception in 2004 the organization is committed to improving the public health in India and in other LMIC countries addressing important public health questions and facilitating and guiding the translation of research findings into policies/programs at national and sub-national levels. It is among the few institutes that are solely dedicated to public health research in India.

The Institute was registered on April 29, 2005 under section 25 of the Companies Act, 1956 [corresponding to section 8 of the Companies Act, 2013 ('the Act')] as a company limited by guarantee and not having a share capital. The Institute is registered under section 80G of the Income Tax Act, 1961.

Healis Vision

“To make difference globally in public health through excellence in Research, Learning, Teaching and Capacity building”

Goals and Objectives

- ⊕ To undertake timely, quality, and population-based epidemiological research that addresses important public health issues.
- ⊕ To facilitate the translation of research findings into policies and programs at national and international levels

About Healis

Healis works in collaboration with leading National and International Health and Research organizations. Healis is operating from the premises of its own situated at MIDC, Mahape, Navi Mumbai since January 2015.

Registrations & Recognitions

Institutional Ethics Committee (IEC) is registered with National Institutes of Health and has Federal Wide Assurance (FWA).

Healis recognition as a Scientific and Industrial Research and Development Organization (SIRO) by Department of Science and Technology, Ministry of Science and Technology. For CSR recognition, Healis is also empanelled with the Tata Institute of Social Sciences CSR Hub and Guide Star India.

The registration number of Healis is U91120MH2005NPL152926. Also, have Permanent Registration of FCRA Act 1976 since April 2009 renewed successfully and valid till 30 September 2027.

Abbreviations

ACC	Asia Cohort Consortium
ACTREC	Advanced Centre for Treatment, Research and Education in Cancer
ASPH	Arnold School of Public Health
CDC	Centers for Disease Control and Prevention, USA
CFI	Cancer Foundation of India
CGHR	Center for Global Health Research
COTPA	Cigarettes and Other Tobacco Products Act, 2003
CTFK	Campaign for Tobacco Free Kids
DFCI	Dana Farber Cancer Institute, Boston, USA
DGHS	Directorate General of Health Services
FDA	Food and Drug Administration
FSSA	Food Safety and Standard Act
FWA	Federal Wide Assurance
GATS	Global Adult Tobacco Survey
GBD	Global Burden of Disease
GOI	Government of India
GSPS	Global School Personnel Survey
GTSS	Global Tobacco Surveillance System
GYTS	Global Youth Tobacco Survey
HSPH	Harvard School of Public Health
IARC	International Agency for Research on Cancer
ICMR	Indian Council of Medical Research
ITC	International Tobacco Control Project
IUATLD	International Union Against Tuberculosis and Lung Disease

Abbreviations

MCGM	Municipal Corporation of Greater Mumbai
MLA	Member of Legislative Assembly
MMC	Mumbai Municipal Corporation
MOHFW	Ministry of Health and Family Welfare
TCP	(International) Tobacco Control Project,
India	
TIFR	Tata Institute of Fundamental Research
TMH	Tata Memorial Hospital
VoTV	Voice of Tobacco Victims
WHO, India	World Health Organization, India Office
WHOSEARO	World Health Organization, South-East
Asia	
MP-VHAI	Madhya Pradesh Voluntary Health
	Association
MWTCS	Mumbai Worksite Tobacco Control Study
NCD	Non Communicable Disease
NCI	National Cancer Institute, USA
NGO	Non Governmental Organization
NIH	National Institutes of Health, USA
NSF	Narotam Sekhsaria Foundation
PHFI	Public Health Foundation of India
SBF	Salaam Bombay Foundation
SEAR	South-East Asian Region (of the WHO)
LMIC	Low Middle Income Countries

Healis Board of Directors

Dr. Prakash C. Gupta

Dr. Prakash C. Gupta is the Director of Healis. He is also an Adjunct Professor, at the Department of Epidemiology and Biostatistics, Arnold School of Public Health, University of South Carolina, USA and Visiting Scientist at the Harvard University, USA. He is a recipient of Luther Terry Award from the American Cancer Society for Exemplary Leadership in Tobacco Control in the category of Outstanding Research Contribution. He is among top 2% scientists globally as per the list from the Stanford University

Dr. Mangesh S. Pednekar

Dr. Mangesh S. Pednekar is Director of Healis. He is also a visiting Scientist at the Department of Society, Human Development, and Health, Harvard School of Public Health, USA and Visiting Faculty, Tata Institute of Social Science, Mumbai, India. He is also a panel evaluation member of S. P. Jain Institute of Management and Research, Mumbai and guest lecturer at K J Somaiya Institute of Management, Mumbai.



Healis Board of Directors

Prof. P. V. S. Rao

Prof. Rao is past President of the Bombay Association for the Science Education, past President and Fellow of the Computer Society of India, Distinguished Fellow of the Institute of Electronics and Telecommunication Engineers, Fellow of the Indian Academy of Sciences, the Indian National Science Academy, and Indian National. He is recipient of the Padma Shri (1987) from the President of India, the Om Prakash Bhasin Award (Electronics and Telecommunications 1987), the VASVIK (1987) awards [Electrical and Electronics (combined) for 1985] and the Vikram Sarabhai Research Award (1976).

Institutional Ethics Committee

Healis Institutional Ethics Committee (IEC) consists of 12 members, out of which nine are external members and three are from Healis. The committee is multidisciplinary and multi-sectoral in composition as per NIH and ICMR guidelines and maintains gender equity. This body has two functions, one is to assess the compliance of the research proposals with the protection of human subjects' guidelines and the other is to assess the scientific value of the studies.

The Chairperson of the Committee, a medical scientist, with many years of scientific experience, is from outside the Institution so that the independence of the Committee is maintained. Other members are a mix of medical / non-medical, scientific and non-scientific persons including a housewife to reflect differing viewpoints. The Committee is highly qualified, through the experience and expertise of its members, and the diversity of its member backgrounds, to foster respect for its advice and counsel in safeguarding the rights and welfare of human subjects in research.

Institutional Ethics Committee

List of Members during 2023-2024

- 1. Dr. Rajendra Agarkar, Chairman, Medical Scientist**
- 2. Dr. Daniel Joseph, Professor, MUHS**
- 3. Dr. Pankaj Chaturvedi, Oncosurgeon, TMH**
- 4. Dr. Prakash C. Gupta, Epidemiologist, Healix**
- 5. Dr. Mangesh S Pednekar, Epidemiologist, Healix**
- 6. Ms. Farida Poonawala Tata, Advocate**
- 7. Ms. Cecily Ray, Epidemiologist, Healix**
- 8. Ms. Manorama Agarwal, Housewife**
- 9. Ms. Tshering Bhutia, Social Scientist, SBF**
- 10. Dr. Sabita M. Ram, Dentist, retired from MGM**
- 11. Dr. Sharmila Pimple, Professor, TMH**
- 12. Dr. Raju Jotkar, Medical Scientist**

Registration

1. Healis registration for renewal of recognition of scientific and industrial research organizations (SIROs) has been done:

- **May 27, 2013-March 31, 2016**
- **April 04, 2016- March 3, 2019**
- **April 01, 2022- March 31, 2027**

2. Renewal of GuideStar India Transparency Key has been done for 1 year

International Collaborators

Healis work is carried out in collaboration with leading national and international organizations leading to publications in peer-reviewed journals and resulting in key policy level actions to improve public health, epidemiological research, tobacco control and dissemination and capacity building.

April 2023- March 2024

1. Harvard School of Public Health Boston, DFCI , USA
2. University of Michigan, USA (UM)
3. University of Waterloo, Canada
4. Durban University of Technology, South Africa
5. University of Minnesota Cancer Center, USA
6. Yale University, USA
7. Arnold school of Public Health, University of South Carolina, USA
8. Center for Global Health Research, University of Toronto, Canada
9. Centers For Disease Control and Prevention, CDC Atlanta, USA

National Collaborators

● April 2023- March 2024

1. Ministry of Health and Family Welfare, Government of India(MoHFW)
2. Indian Council of Medical Research(ICMR)
3. Tata Memorial Hospital (TMH)
4. Advanced Center for Treatment, Research and Education in Cancer, (ACTREC)Navi Mumbai
5. Municipal Corporation of Greater Mumbai, Mumbai
6. Narotam Sekhsaria Foundation (NSF)
7. Salaam Bombay Foundation (SBF)
8. Voluntary Health Association of India (MP)
9. Hriday, New Delhi
10. National Cancer Registry Programme (ICMR)
11. Mumbai Cancer Registry, Mumbai
12. Birla Institute of Science and Technology
13. Vital Strategies, India

Project Updates

● New Project

I. **ANANT MUSKAAN: A multi-state implementation research on Primary School-based tooth brushing and oral health education in India**

Objective: To Co-develop and implement a contextualized implementation delivery model that combines school-based tooth brushing and oral health education in the Sindhudurg district of Maharashtra.

Type of Study: Implementation research

Project Timeline: March 2024- Feb 2027

Research Design: The primary schools in the study site will be approached for the implementation of the delivery model with developing collaboration with the education and health administration. Data collection will include mixed method approach to collect qualitative data during the formative phase and further quantitative data for the implementation outcome measures. Further, baseline and end line evaluation of effectiveness measures will be done for an estimated sample size of 300 teachers (oral health behaviours), 100 Health care workers (oral health behaviours), and 960 primary school children (oral hygiene status, dental caries and oral health behaviours).

Expected Outcome: i. Identification of barriers and facilitators and co-develop a context-specific oral health intervention delivery model. ii. Implementation and iterative optimization of the delivery model. iii. Evaluation of the implementation outcomes of the optimized model: acceptability, adoption, fidelity, coverage, and cost. iv. Evaluation of the effectiveness outcomes of the optimized model: Oral hygiene and behaviours and impact on dental caries.

Current Updates:

1. Proposal Submission and Approval: The full proposal was submitted to ICMR reviewers and expert committee, and it was approved by the competent authority at ICMR (Indian Council of Medical Research).
2. Proposal and Budget Approval: Both the proposal and budget were approved by the relevant body at ICMR.
3. Approval Letter Received: A formal approval letter has been received from ICMR designating Healix as the implementing organization for the study site, Sindhudurg district, Maharashtra.
4. Funding Sanctioned: Funds for the first year of the project have been sanctioned.
5. Project Start Date: The project commenced on March 1, 2024.

Project activities- March 1, 2024 to March 31, 2024:

1. Staff Recruitment: The project staff interviews are done and the recruitment process is completed (4 staff have joined and 1 will join on July 8, 2024).
2. Study Tools Refinement Workshop: Attended a workshop at ICMR, Delhi, dated March 13-15, 2024 along with other project PIs (Principal Investigators) from the Anant Muskaan project. Worked on refining study tools such as qualitative data collection guides, activity checklists, survey questionnaires and monitoring checklist.
3. Costing Component Development Workshop: Attended a workshop at ICMR, Delhi, dated March 18-20, 2024 with other project PIs from both Anant Muskaan and NHRP projects. Developed the costing protocol and preliminary data collection tools.
4. Regulatory Permissions: Initiated the process for obtaining regulatory permissions. Met the state-level authorities for the letter of support to work in the district. Formal requests to issue support letters for the district from health and education

department officials have been submitted to the state-level authorities. Liaisoning at state level letter awaited.

5. Preparation of modules (ppt) for training Dentist/CHO/teachers are in progress.

6. Preparation of content for IEC materials (poster/videos) are in progress.

7. Refinement of tools: The qualitative tools, school observational checklist, quantitative tools, and the monitoring tools are been developed and undergoing translation into local language (Marathi)

8. Development of other project documents:

- Protocol revisions based on the Tools Development Workshop in March 2024 have been done and to be submitted to ICMR.
- CTRI registration: CTRI submission documents were prepared and submitted for CTRI registration to ICMR.
- Technical Specifications: Technical specifications for tooth paste, tooth brush, tooth brush holder and tooth paste dispenser were prepared for purchase processes.
- Authorship and publication policy: The guideline document is under development.

Project in Ongoing stage

2. Scaling up tobacco control in India: Comparing smartphone to in-person training for implementing an evidence-based intervention to reduce tobacco use among school teachers

Objective:

- To tailor the Tobacco Free Teachers – Tobacco Free Society (TFT-TFS) program to the MP context and develop a smartphone-based training model (including headmaster training, digital content for teachers, and program tracking capabilities) that is feasible for the MP Department of Education.

- To determine the implementation fidelity, effectiveness, and cost of in-person training (using a paper manual and materials) vs. smartphone-based training for training headmasters to deliver the TFT-TFS program in their schools.
- To examine determinants of successful implementation of TFT-TFS via in-person and smartphone-based training models, ways to overcome barriers, and improvements for future implementation.

Type of Study: Behavioural Mixed Methods

Project Timeline: 2021—2025

Research Design: We will randomly select 180 schools from selected district(s) and randomly assign 90 schools (45 rural/45 urban) to each arm that meet eligibility criteria. We opted for stratified sampling because we expect that tobacco use prevalence, program training and implementation may be different in rural versus urban schools.

This project has opted for stratified sampling because we expect that tobacco use prevalence, program training and implementation may be different in rural versus urban schools.

Expected Outcome:

- 1) Program Implementation – Implementation of four program components will be measured through the evaluation visit, including the Observation Checklist and surveys of headmasters and teachers and Phone-based process tracking data, including headmasters' monthly checklist documenting implementation components completed and teacher participation
- 2) Tobacco Use Cessation - To assess smoking and smokeless tobacco use cessation, we will conduct a self-administered survey of all teachers present during the Evaluation Visit (Teacher/Headmaster self-report).
- 3) Cost - Costs related to program implementation in each arm will be collected and analyzed to understand the financial

impact of training; research costs associated with the study itself will not be included.

4) Program Reach – Program reach will be measured as the mean proportion of teachers who attended the group discussions based on process tracking, and as self-reported participation on the Survey. We will also measure with whom and where teachers shared program information

5) Factors affecting program implementation – This study expect to have identified contextual factors that explain variations in TFT-TFS implementation for each training model. This will provide DOE stakeholders with a real-world understanding of their effect on TFT-TFS implementation in schools.

Current Updates:

April 2023-Sep 2023

1. Finalized UI Design Developer and App Development agencies
2. Three days Hyderabad visit by Healis team and UI design developer team to finalize the Figma Screen as well as prototypes for the Headmasters' and teachers' journeys for both mobile and in-person arms, timelines for content curation of all 6 themes, storyboard process alignments, quiz process and detailing about Google Play store terms and conditions and privacy policy for the TFT-TFS app
3. Designed and finalized TFT-TFS app logo, and banner images for the app
4. Additional 3 new field staff were trained in Madhya Pradesh for three days to conduct Baseline data collection for both Dewas and Dhar Districts
5. Completed baseline data collection of 197 out of 200 schools
6. Partial release of TFT-TFS app on Healis server having Orientation of the program and the app usability details, Theme 1 and Theme 2 downloadable from Google Play store has been done

7. Completed in-person arm trainings – 29 participants from Dewas (out of 32), 27 participants from Dhar (out of 58)

8. Completed mobile arm trainings – 34 participants from Dewas (out of 38)

Oct 2023- Mar 2024

TFT-TFS android mobile app was successfully built, and is available in the Google Play store

One time training on the orientation of the mobile app was successfully conducted for 107 schools smartphone arm schools (69/72 schools in Dhar and 38/38 schools in Dewas districts)

Three in-person trainings, every alternate month, were successfully conducted for 89 in-person arm schools (57/58 schools in Dhar and 32/32 schools in Dewas)

Weekly monitoring of the program implementation through the app

Monthly telephonic call to follow up with those schools who were not doing theme activities

Six-month TFT-TFS program implementation completed during months of October 2023 to 15th May 2024.

Post-implementation follow up survey tools and their consent forms were prepared and translated into Hindi.

Expedite approval was taken for the three Post-implementation survey tools and their consent forms

Manuscripts/Book chapter in process –

- Comparing smartphone to in-person training to implement a tobacco control program for teachers in India: Study Protocol for a Hybrid III cluster randomized-controlled trial – This manuscript is under journal review
- Scaling up Tobacco Control in India: Comparing Smartphone to In-Person Training for Implementing an Evidence-Based Intervention to Reduce Tobacco Use among Schoolteachers: Findings from Formative Research

- One chapter in NIH BOOK: Emerging Technologies for Cancer Detection and Diagnosis. Title of the chapter - Using a mobile app to train tobacco control program implementers in schools India



3. Longitudinal Study of Adolescent Tobacco Use and Tobacco Control Policy in India (IPACTS)

Background:

Study of Community Tobacco Environmental Factors and Adolescent Tobacco Use: Mumbai Student Tobacco Survey. Cross sectional study conducted in Mumbai using population based survey of students and GIS data collection of schools, tobacco vendors and advertisements.

Provides foundation for research as students reported high exposure to tobacco advertisements, and half of the tobacco users reported obtaining tobacco from vendors

Type of Study: Cohort study

Project Timeline: August 2016- December 2021

Research Design: The research will be conducted in two geographically dispersed Indian cities Mumbai and Kolkata to reflect the diversity in tobacco use, tobacco control policy implementation, socioeconomic status and cultural factors. The main aim of this study is to prospectively measure Community Tobacco Environmental (CTE) factors (i.e., objective assessments of community level compliance with tobacco control laws, availability of all forms of tobacco products including gutkha and e- cigarettes,

and the presence of tobacco vendors and advertisements). Also, to study the CTE factor is longitudinally associated with adolescent tobacco use initiation and trajectories. This study will contribute substantially to research on tobacco control policy implementation and the influence of policies on adolescent tobacco use, a behavioral cancer risk of immense concern globally.

Expected Outcome and measure:

To identify the social determinants of tobacco, use that include the analysis of policy, community and family factors and the GIS data on the location of tobacco vendors and POS policy compliance

Current Updates: The data Data collection in both the cities (Mumbai and Kolkata) is completed.

Manuscript published:

1. Gupta PC, Pednekar MS, Narake S, Puntambekar N, Mc Carthy WJ, Mistry R. Awareness and Use of e-cigarettes among Adolescents and Their Adult Caregivers in Two Cities of India. *Asian Pac J Cancer Prev.* 2023 Jul 1;24(7):2195-2197. doi: 10.31557/APJCP.2023.24.7.2195. PMID: 37505747; PMCID: PMC10676491
2. Puntambekar N, Pednekar MS, Gupta PC, Desai MB, McCarthy WJ, Mistry R. Association of Body Mass Index between Adolescents and their Parents in Mumbai and Kolkata: A Population-based Study. 2024; 1 (1):3-8.



4. To study the Effectiveness of National Quitline number (1800 112 356) India.

Objective:

Our first objective would be to study Tobacco users who receives adherence calls are more likely to complete online quitline program than tobacco users who only receive information of quitline program. Our second objective would be to study tobacco users in intervention group are more likely to successfully quit than control group.

Type of Study: Behavioural Mixed Methods

Project Timeline: July 22—March 2023

Research Design: In this study, tobacco users from the cohort 2018-19 will be divided into two groups: one is intervention and another is control group. Adherence/motivation calls will be provided only to the intervention group.

Expected Outcome: 1) Adherence call for motivation might help users stay in the complete quitline programme 2) We will get barriers and facilitators to use the quitline program. 3) We are expecting at least 5% or higher quit rate among the intervention group as compared to the control group.

Current updates: 1. At baseline 251 tobacco users were recruited. These individuals were randomized into the intervention (n=136) and control (n=115) arm.

2. Endline survey was completed on 15/03/2024 and the below table presents response rate

	Intervention (n=136)		Control (n=115)	
	Frequency	Percent	Frequency	Percent
Maharashtra	59	43.4	47	40.9
West Bengal	18	13.2	21	18.3
Bihar	27	19.9	15	13.0
Madhya Pradesh	32	23.5	32	27.8
Response rate				
Full Survey Completed	68	50.0	71	61.7
Partial Survey Completed	8	5.9	5	4.3
Connected (able to talk over the phone)	20	14.7	16	13.9
Couldn't connect	24	17.6	20	17.4
Not interested	16	11.8	3	2.6
Total	136	100.0	115	100.0

5. To evaluate the effectiveness of text warnings on areca nut products compared to pictorial warnings on smokeless tobacco products

Objective: The main objective of the study is to examine the perceived effectiveness of the text warning on areca nut products and compare them with mandated pictorial warning labels on smokeless tobacco products.

Type of Study: Cross-sectional study

Project Timeline: Jan 22—Oct 2023

Research Design: A multi-stage sampling design will be used to obtain a representative sample of households and then of individuals in Mumbai city. We will select urban areas which are geographically dispersed that will reflect Mumbai's urban variation in the prevalence of tobacco use, tobacco control policy implementation, socioeconomic development, infrastructure and cultural factors. Respondents will be shown actual pictures of areca nut and smokeless tobacco products and will be asked for their understanding of the warnings, on these products.

Expected Outcome: The project will collect much needed data warnings on the packs, about the availability, marketing and use of areca nut as flavoured product with or without tobacco and smokeless tobacco products. In addition, the findings about how specific tobacco control laws are associated with tobacco use initiation can also be used to compare the relative value of different tobacco control policies within the Indian context.

Current Update:

- Data collection has been completed.
- Summary table:

Month 2023	Areca Nut(AN) Only	AN with tobacco	AN without tobacco	Smokeless product Only	Non-user	Total interview completed
February	0	0	1	0	7	8
March	0	0	1	1	13	15
April	4	14	0	7	5	30
June	10	19	0	43	0	72
July	10	58	5	78	0	151
August	25	54	20	11	0	110
September	34	72	13	0	82	201
Total interview completed	83	217	40	140	107	587

- Comprehensive report has been sent to ICMR.

6. Disseminating an evidence-based tobacco control intervention for School Teachers in India

Background:

Dissemination of tobacco control intervention program implemented through Bihar School Teachers Survey (BSTS): “Tobacco Free Teachers- Tobacco Free Society”, Tested in Bihar and pilot tested in Mumbai schools, Plan to disseminate in the state of Bihar.

Type of Study: Intervention Dissemination

Project Timeline: December 2016- November 2021

Research design: Determine the feasibility of building the capacity of cluster coordinators to train and support principals in program implementation and maintenance in schools, and for the DoE to sustain the program. Determine the direct financial costs of program implementation and maintenance.

Expected outcome and measures

Demonstration of the feasibility of implementation and the effectiveness of the TFT-TFS program within the infrastructure of the Bihar DoE. To better understand the implementation process and to identify factors that need to be taken into account as evidence-based interventions are taken to scale.

Current update:

April 2023- Sep 2023

I. Disseminating the self-help group manual to other states.

- To help disseminate this evidence-based intervention program further, we developed a self-guided implementation manual for headmasters. Self-guided implementation manual has been printed and one printed copy of this manual has been distributed to each block in Bihar.
- A total of 574 manuals were distributed in 535 blocks across 38 districts. A soft copy of the self-guided implementation manual and all six posters have been given to the Education Department which has agreed to disseminate those in all schools (nearly 25000) in Bihar.
- Now, we are conducting a Follow-up online survey of the success of dissemination of self-guided manual in selected six districts and each 12 blocks from selected six district in Bihar from August 22, 2023. Among 89 Headmasters who responded online, 76 Headmasters received the manual but 13 did not receive the soft copies of manual till 30th September.
- The Manual will also be disseminated in other states with the help of local organizations till 31st December 2023.

Oct 2023- March 2024

I. **Follow up survey data collection:**

- Two months post-Self Guide Manual dissemination, Healix initiated a structured feedback collection method by sharing an online questionnaire link across all twelve WhatsApp groups created after contacting headmasters from randomly selected 12 blocks across 6 districts. Despite efforts, the response rate remained suboptimal, prompting individual encouragement from the project team. A major obstacle was headmasters' reluctance to click on WhatsApp links due to cybersecurity concerns and busy schedules. To tackle this, the team conducted in-person data collection in selected blocks, achieving a 67% response rate from teachers. Over five months, 313 complete and 44 incomplete responses were gathered from 1245 active headmasters in WhatsApp

groups. Analysis revealed that 96% of headmasters received soft copies of the SGM, predominantly through various channels, with 92% reporting reading the manual. Additionally, 90% utilized the SGM in "BAG LESS SATURDAY" and 87% in "TEACHER PARENT MEETING" programs, while 40% incorporated it into various awareness initiatives, indicating its extensive usage and impact.

2. Data analysis:

- The collected data of 357 headmasters was analyzed and 93.8% had received a soft copy of the manual.

3. Dissemination activity in Maharashtra:

- Translation of Hindi self-guide manual to Marathi self-guide manual was completed.
- Acquired support letters from Government of Maharashtra education department and public health department to endorse the manual.
- Press event conducted on 24 January 2024 at "Mumbai press club" for the release of Marathi self-guide manual in the presence of all the study team that received excellent media coverage.

4. Manuscript:

- Published: Gupta, Prakash C et al. "Upscaling a behavioural intervention program for tobacco use cessation - A randomised controlled study." Preventive medicine reports vol. 36 102476. 14 Oct. 2023, doi:10.1016/j.pmedr.2023.102476.
- In progress: Disseminating an evidence-based self-guide manual in to advance tobacco control in schools of Bihar, India- A case study.

5. The data collection in the project is now closed.

7. Measurement of the effectiveness of a worksite multi-component canteen and behavioural intervention on cardio metabolic risks in India.

Rational: CVD is the leading cause of morbidity, mortality, and disability in South Asia, where 20% of the world's population resides. Asian Indians have high rates of diabetes, prediabetes and cardio metabolic risk factors which is also affecting India acutely. There is robust evidence that lifestyle change, particularly weight loss, increasing physical activity, and improving diet quality can prevent or delay diabetes and reduce cardio metabolic risk factors such as elevated glucose, plasma lipids, and blood pressure. Use of lifestyle intervention to prevent hypertension and diabetes and to improve glucose tolerance, their translation in real world settings has been challenging. Worksite-based health interventions have shown positive impacts on employees and worksites. However, the range and scope of the interventions adopted will largely depend on the feasibility and acceptability of the interventions and the ease of the implementation at each worksite, based on resources available and the support thereof.

Research Objective:

AIM 1. To facilitate the adaption and implementation of an existing evidence-based

canteen intervention to increase healthy eating habits at a worksite canteen environment.

AIM 2. To measure the effectiveness of a multi-component worksite intervention to reduce Cardio-metabolic risk.

Type of Study: Behavioral Qualitative cohort study

Project Timeline: June 2019- March 2022

Expected Outcome:

The primary outcome will be the proportion of individuals reaching two or more of their cardio-metabolic risk goals, namely reductions in blood pressure, triglycerides, and HbA1c. Participants will be scored on the number of risk factors they improve (0-3) as defined by decreases in (1) HbA1c $\geq 0.5\%$; (2) systolic blood pressure ≥ 5 mm Hg; or plasma triglycerides ≥ 10 mg/dl.

These outcomes were selected because blood pressure, HbA1c, and triglycerides are commonly measured in clinical settings, which makes their use clinically-appropriate and translatable, and because other CVD risk scores, for example the Framingham Risk Score, do not perform well in South Asian populations. Moreover, the composite outcome allows for individuals to reduce different factors based on their variable risk profiles at baseline

Current Updates:

April 2023- Sep 2023

I. Data collection (Pune worksite)

- i. Logistics preparation for data collection activity in Pune.
- ii. Post-intervention data collection (Pune: n=364)
- iii. Complete data collection:
 - a. Consent
 - b. Post intervention survey
 - c. Food frequency questionnaire
 - d. Global physical activity questionnaire
 - e. Anthropometric measurements
 - f. Blood sample collection

Total participants (Pune)	N=364
Data collection completed	278
Partially completed survey (at least 1 out of 6) rest are incomplete due to reasons like; on leave, refuse, busy, travel etc.	20
Loss to follow-up due to retirement of left the organisation	66

2. Data analysis:

- Data cleaning and analysis of the pre and post-intervention data of the MWIS study.

3. Manuscript:

- Preparing revised draft of the qualitative paper titled “Exploring the Facilitators and Barriers of Healthy Eating, physical activity and Behaviour change intervention sessions at Workplace in India: A Qualitative Study” after receiving feedback and comments from co-authors.
- Preparing the protocol and method paper of the MWIS study. Analysing the outcome variable of the MWIS study.

7. Analytical capacity building for the study of tobacco carcinogen exposures in India

Research Design: The goal of our proposal is to investigate the relationship between carcinogen content in smokeless tobacco (SLT) products and relevant exposures as well as oral/head and neck cancer (OHNC) risk in users of these products, while concurrently building capacity for a sustainable tobacco carcinogenesis research program in India. We will focus on the tobacco-specific nitrosamines N'-nitrosonornicotine (NNN) and 4(methylnitrosamino)-1-(3-pyridyl)-1-butanone (NNK).

Type of Study: cohort Study

Project Timeline: July 2017- July 2022

Research Objectives:

- (i) To determine the variation of NNN and NNK in SLT products currently available in Mumbai.
- (ii) To examine the relationship between NNN and NNK levels in SLT products and the levels of corresponding biomarkers in users of these products.
- (iii) To compare levels of urinary NNN and NNK biomarkers between SLT users with and without OHNC.

Rationale: (including that for undertaking human subject research in the light of existing knowledge): Indians develop oral/head and neck cancers (OHNC, includes oral cavity, lip, pharynx) at the very high rate of 20 cases per 100,000 per year; this results in an estimated 70,000 deaths per year, making India the worldwide epicenter of OHNC mortality. Therefore, India serves as a unique setting for such studies and more importantly, it is an area of critical need. This study will incorporate capacity building activities that include the development of analytical laboratory resources, training of young investigators from Mumbai in tobacco research and relevant procedures, and establishment of tobacco product and bio specimen repositories for future research.

Subject Recruitment Procedures: The recruitment for Aims 2 and 3 will be carried out in a combined effort at TMH. For Aim 2, the 300 cancer-free SLT users will be recruited among persons accompanying cancer patients to the clinic. We anticipate recruiting at least 100 such SLT users per year. Since OHNC patients in Aim 3 will be included independent of the type of SLT product they use, their recruitment will start in Year 1. Enroll 40-50 patients per year is expected.

Current Updates:

- The web portal has been designed and is currently under preparation -which will display all necessary project information on the Healix website.
- A smokeless tobacco review paper has been drafted and circulated with the full team for review.
- Continued storage of tobacco product samples obtained from recruited patients as well as smokeless products collected as a part of the repository.
- A paper has been accepted to *The Lancet Regional Health – Southeast Asia* titled “Extreme variability of addictive and carcinogenic potential of smokeless tobacco products marketed in India.” And currently we are addressing the reviewer’s comments.

● Ongoing data analysis of projects

8. Knowledge, attitude, and factors for COVID 19 vaccination hesitancy among adult population in Maharashtra

Objective: To study the knowledge, attitude, beliefs and factors related to COVID-19 vaccination hesitancy across Maharashtra.

Type of Study: Behavioural Mixed Methods

Project Timeline: July 22—March 2023

Research Design: In this study, the quantitative data collection will be carried out using online mode for the 1400 participants. A cross-sectional survey data collection tool will be used to collect the quantitative data. The Healix team will use WhatsApp, Facebook, LinkedIn, Instagram, Healix website, and via email to advertise and circulate the survey link to their network members. To ensure the recruitment of at least 1400 target study participants, each of the 19 Healix employees are estimated to recruit a minimum of 74 participants from their network of friends and family.

Expected Outcome:

1. Understanding of the targeted population's beliefs/hesitancy factors towards the COVID-19 vaccination.
2. Identification of the key challenges and barriers in the current COVID-19 vaccination policy.
3. Understanding the reach of public and private health facilities for COVID-19 vaccination and targeted population's perception towards these facilities.

Current updates:

- Data analysis was completed based on the revised analysis concepts of behavioural modeling.
- Developing the manuscript sections on the concepts of behavioural constructs and vaccine hesitancy in the study population.
- Deliverables: Manuscript completion and submission for publication.

9. Tobacco Control Policy Evaluation India Project (TCP) Wave 3

Background:

The International Tobacco Control (ITC) Project is a multi-country prospective cohort study designed to measure the psychosocial and behavioral impact of key policies of the World Health Organization (WHO) Framework Convention on Tobacco Control (FCTC).

To evaluate the effect of the FCTC, the ITC Project is conducting parallel prospective cohort surveys with adult smokers in 21 other countries— Canada, United States, Australia, United Kingdom, Ireland, Thailand, Malaysia, South Korea, China, New Zealand, Mexico, Uruguay, Germany, France, the Netherlands, Brazil, Bangladesh, Mauritius, Bhutan, Kenya, and Zambia. Half of the ITC countries represent high income countries and the other half low- and middle-income countries.

As a part of the ITC project, the Tobacco Control Policy (TCP) India Survey is being conducted by Healix-Sekhsaria Institute for Public Health in India in collaboration with the University of Waterloo in Canada and the Roswell Park Cancer Institute, USA.

Type of Study: cohort Study

Project Timeline: Feb 2017- Oct 2019

Objective: The broad objective of TCP India Project is to evaluate and understand the impact of tobacco control policies of the Framework Convention on Tobacco Control (FCTC) as they are implemented in low and middle income countries (LMICs) participating in the International Tobacco Control Policy Evaluation Project (the ITC Project).

The objectives of the TCP India Survey are:

- To examine the change in prevalence and tobacco use behavior in India.
- To examine the impact of specific tobacco control policies implemented in India during the next 5 years.
- To compare smoking behavior and the impact of policies between India and other ITC countries.

Current Status:

Paper published

- Holdroyd I, Puntambekar N, Driezen P, Gravely S, Quah ACK, Xu SS, Gupta PC, Fong GT, Pednekar MS. Evaluation of the effectiveness of the Indian government's policies to strengthen health warning labels on smokeless tobacco products: findings from the 2010-2019 Tobacco Control Project India Surveys. *Tob Control*. 2024 Jan 12;tc-2023-058281. doi: 10.1136/tc-2023-058281. Epub ahead of print. PMID: 38216314.
- Abstract – Dr. Namrata's abstract has accepted in the 6th NCTOH conference. Titled "Awareness of tobacco advertising, promotion, and sponsorship in four states: Findings from the 2010-2019 Tobacco Control Project India Survey".

10. Asia Cohort Consortium Projects

Background:

The Asia Cohort Consortium (ACC) is a collaborative effort seeking to understand the relationship between genetics, environmental exposures, and the etiology of disease through the establishment of a cohort of at least one million healthy people around the world. The countries involved include China, India, Japan, Korea, Malaysia, Singapore, Taiwan, the United States, and few others. The Investigators from these countries meet on a biannual basis to report on the progress of each country's cohort, to discuss issues relevant to the development of common protocol guidelines, and to prepare for collaborative projects.

The collaboration involves seeking partners among existing cohorts across Asia to facilitate the exploration of specific research questions that need specific answers. Mumbai Cohort study data is a part of this Consortium. The study on BMI was completed and a

paper has been published on relationship between body mass index and pancreatic cancer-No significant association was found.

Current Progress:

Data analysis is going on.

11. Mumbai Cohort Study (MCS)-2nd Follow Up

Background:

The Mumbai Cohort Study is a prospective cohort study following around 1, 48,000 individuals from Mumbai. The study has been conducted in two phases with phase one following 100,000 individuals, both men and women, and phase two following 48,000 men. By 2008, two follow-ups were completed for phase one individuals. For phase two, the first follow-up was completed in 2003 and the second follow-up for 48,000 individuals is currently in process of being completed.

Objectives:

The objective of this study is to study mortality associated with tobacco and alcohol use.

Current Progress:

- Data analysis is going on
- Requested variable shared for Global Cardiovascular Risk Consortium (GCVRC) group for meta-analysis

New paper published

- GBD 2019 Lip, Oral, and Pharyngeal Cancer Collaborators; Chaurasia A, Chen MX, Cho WCS, Chu DT, Chukwu IS, Chung E, Cruz-Martins N, Dadras O, Dai X, Sinha DN, Solomon Y, Suleman M, Suliankatchi Abdulkader R, Taheri Abkenar Y, Talaat IM, Tan KK, Tbakhi A, Thiyagarajan A, Tiyuri A, Tovani-Palone MR, Unnikrishnan B, Vo B.. The Global, Regional, and National Burden of Adult Lip, Oral, and Pharyngeal Cancer in 204 Countries and Territories: A Systematic Analysis for the Global Burden of Disease

Study 2019. JAMA Oncol. 2023 Oct 1;9(10):1401-1416. doi: 10.1001/jamaoncol.2023.2960. PMID: 37676656; PMCID: PMC10485745.

- Oze I, ... Gupta PC, ..., Pednekar MS, et al. Obesity is associated with biliary tract cancer mortality and incidence: A pooled analysis of 21 cohort studies in the Asia Cohort Consortium. Int J Cancer. 2024 Apr 1;154(7):1174-1190. doi: 10.1002/ijc.34794. Epub 2023 Nov 15. PMID: 37966009; PMCID: PMC10873020.
- Downward GS, ..., Gupta PC, ..., Pednekar MS, et al. Long-term exposure to particulate matter and all-cause and cause-specific mortality in an analysis of multiple Asian cohorts. Environ Int. 2024 Jul;189:108803. doi: 10.1016/j.envint.2024.108803. Epub 2024 Jun 8. PMID: 38870578.

12. Role of Genetic and Dietary Factors in Breast Cancer Risk: Study of a Population in Demographic Transition

Background:

The objective of the proposed case-control study is to examine various genetic, environmental and lifestyle factors in sporadic and familial breast cancer risk by studying 1000 sporadic and 200 familial breast cancer cases and 1200 healthy matched controls (200 with family history of breast cancer). The Specific Aims of this project are to:

- 1) Genotyping candidate single nucleotide polymorphisms (SNPs) associated with inflammation, carcinogen metabolism, and circadian rhythm/DNA repair pathways.
- 2) evaluating diet and genetic susceptibility as they relate to breast cancer risk; and
- 3) assessing the role of reproductive factors, chronotype, personality and religiosity in influencing breast cancer risk in sporadic and familial breast cancer cases

Current Progress:

- Data set has been finalized

Completed project

13. Understanding barriers and facilitators to implementation and enforcement of loose cigarettes and bidis sale ban in Delhi and Maharashtra using a qualitative approach

Objective: To understand perceptions of key stakeholders regarding implementation and enforcement of loose cigarette and bidi sale ban in India.

Type of Study: Behavioural Qualitative

Project Timeline: May 2022-Oct 2023

Research Design: Smokers will be reached out to and recruited directly from tobacco shops and through word of mouth. Field visits will be conducted to recruit three types of tobacco vendors: tobacco pan shops, street vendors, and grocery shop owners. Policymakers, implementers, and law enforcement officials will be recruited via in-person office visits, emails, and telephone calls.

Outcome: The proposed work aims to assess knowledge, interest, power, and position of different stakeholders regarding implementation and enforcement of loose cigarettes and bidis sale ban.

Current Updates:

1. Following are the titles of the two manuscripts that are currently being drafted:
 - “The ban is there, but it is not there”: Perceptions of cigarette users and tobacco vendors regarding ban on the sale of loose cigarettes in India.
 - Barriers and facilitators for the implementation and enforcement of the ban on the sale of loose cigarettes in India: A qualitative stakeholder analysis.

2. Mr. Mayank Sakhuja has a dissertation defense scheduled on October 31st 2023, post which he will share the manuscripts with study collaborators for their review and finally submit them for publishing.

Peer-reviewed Publications

1. Gupta PC, Hecht SS. Special Issue on Tobacco: Chemistry, Mechanisms, Biomarkers and Disease Prevention. *Chem Res Toxicol.* 2023 Apr 17;36(4):561-562. doi: 10.1021/acs.chemrestox.3c00085. PMID: 37063074.
2. Gupta PC, Pednekar MS, Narake S, Puntambekar N, Mc Carthy WJ, Mistry R. Awareness and Use of e-cigarettes among Adolescents and Their Adult Caregivers in Two Cities of India. *Asian Pac J Cancer Prev.* 2023 Jul 1;24(7):2195-2197. doi: 10.31557/APJCP.2023.24.7.2195. PMID: 37505747; PMCID: PMC10676491.
3. Pednekar MS, Sharma K, Narake S. MPOWER Measures and Its Effect on Tobacco Control: A Cross-sectional Comparison of Global Adult Tobacco Surveys, India. *J Public Health Manag Pract.* 2023 Nov-Dec 01;29(6):E273-E283. doi: 10.1097/PHH.0000000000001788. Epub 2023 Jul 24. PMID: 37487477.
4. GBD 2019 Lip, Oral, and Pharyngeal Cancer Collaborators; Cunha ARD, Compton K, Xu R, Mishra R, Drangsholt MT, Sinha DN,...et al. The Global, Regional, and National Burden of Adult Lip, Oral, and Pharyngeal Cancer in 204 Countries and Territories: A Systematic Analysis for the Global Burden of Disease Study 2019. *JAMA Oncol.* 2023 Oct 1;9(10):1401-1416. doi: 10.1001/jamaoncol.2023.2960. PMID: 37676656; PMCID: PMC10485745.
5. Gupta PC, Narake S, Sinha DN, Nagler E, Pednekar MS, Sorensen G. Upscaling a behavioural intervention program for tobacco use cessation - A randomised controlled study. *Prev Med Rep.* 2023 Oct 14;36:102476. doi: 10.1016/j.pmedr.2023.102476. PMID: 37908199; PMCID: PMC10613902.
6. Bhargava SS, Das S, Priya H, Mishra D, Shivabasappa S, Sood A, Hazarika CR, Gupta PC, Chakma JK, Swasticharan L,

Sinha P, Munish VG, Gupta SR. The Burden and Correlates of Waterpipe (Hookah) Smoking among Adolescents and Youth: A Systematic Review. *Subst Use Misuse*. 2024;59(1):29-40. doi: 10.1080/10826084.2023.2257320. Epub 2023 Dec 1. PMID: 37907086.

7. Oze I, Ito H, ..., Gupta PC, Pednekar MS, et al . Obesity is associated with biliary tract cancer mortality and incidence: A pooled analysis of 21 cohort studies in the Asia Cohort Consortium. *Int J Cancer*. 2024 Apr 1;154(7):1174-1190. doi: 10.1002/ijc.34794. Epub 2023 Nov 15. PMID: 37966009; PMCID: PMC10873020.

8. Desai M, Puntambekar N, Pednekar M. Stress and coping mechanism during covid-19 pandemic: a perspective on stress management in India using an online cross-sectional survey. *International journal of scientific research*. Volume-121 Issue-10 1 October-2023; DOI:10.36106/ijsr.

9. Kumar S, Gawde N, Pednekar MS. Social Determinants and the Prevalence of Paan Masala Use among Adults in India: Results from Global Adult Tobacco Survey, 2016-17. *Asian Pac J Cancer Prev*. 2023 Nov 1;24(11):3773-3781. doi: 10.31557/APJCP.2023.24.11.3773. PMID: 38019235; PMCID: PMC10772776.

10. Yang JJ, ... Gupta PC, ...Pednekar MS, et al. Lung Cancer Risk Prediction Models for Asian Ever-Smokers. *J Thorac Oncol*. 2024 Mar;19(3):451-464. doi: 10.1016/j.jtho.2023.11.002. Epub 2023 Nov 7. PMID: 37944700; PMCID: PMC11126207.

11. GBD 2019 Asia and All Cancers Collaborators. Temporal patterns of cancer burden in Asia, 1990-2019: a systematic examination for the Global Burden of Disease 2019 study. *Lancet Reg Health Southeast Asia*. 2024 Jan 2;21:100333. doi: 10.1016/j.lansea.2023.100333. PMID: 38361599; PMCID: PMC10866992.

12. Holdroyd I, Puntambekar N, Driezen P, Gravely S, Quah ACK, Xu SS, Gupta PC, Fong GT, Pednekar MS. Evaluation of the effectiveness of the Indian government's policies to strengthen health warning labels on smokeless tobacco products: findings from the 2010-2019 Tobacco Control Project India Surveys. *Tob Control*. 2024 Jan 12;tc-2023-058281. doi: 10.1136/tc-2023-058281. Epub ahead of print. PMID: 38216314; PMCID: PMC11239794.

13. NCD Risk Factor Collaboration (NCD-RisC). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population-representative studies with 222 million children, adolescents, and adults. *Lancet*. 2024 Mar 16;403(10431):1027-1050. doi: 10.1016/S0140-6736(23)02750-2. Epub 2024 Feb 29. PMID: 38432237; PMCID: PMC7615769.

14. Bassi, S, Mahajan, R; Gupta, PC; Arora, M. Bridging the gap in the implementation of the World Health Organization's Framework Convention on Tobacco Control Article 5.3 in India: Insights from an opinion poll and stakeholder consultation. *International Journal of Noncommunicable Diseases* 9(1):p 21-26, Jan-Mar 2024. | DOI: 10.4103/jncd.jncd_55_23.

15. GBD 2021 Causes of Death Collaborators. Global burden of 288 causes of death and life expectancy decomposition in 204 countries and territories and 811 subnational locations, 1990-2021: a systematic analysis for the Global Burden of Disease Study 2021. *Lancet*. 2024 May 18;403(10440):2100-2132. doi: 10.1016/S0140-6736(24)00367-2. Epub 2024 Apr 3. Erratum in: *Lancet*. 2024 May 18;403(10440):1988. doi: 10.1016/S0140-6736(24)00824-9. PMID: 38582094; PMCID: PMC11126520.

16. Chatterjee S, Gawde NC, Gupta PC. Prevalence, Reach of Anti-smokeless Tobacco Messages and Quit Attempts by Product Type: A Secondary Data Analysis from the Global Adult Tobacco Survey (GATS - 2016-17). *Asian Pac J Cancer*

Prev. 2024 Apr 1;25(4):1277-1283. doi: 10.31557/APJCP.2024.25.4.1277. PMID: 38679988; PMCID: PMC11162704.

17. Ho NT, Abe SK, ..., Gupta PC, Pednekar MS, et al. Diabetes is associated with increased liver cancer incidence and mortality in adults: A report from Asia Cohort Consortium. *Int J Cancer*. 2024 Sep 1;155(5):854-870. doi: 10.1002/ijc.34965. Epub 2024 Apr 25. PMID: 38661292.

18. Puntambekar N, Pednekar MS, Gupta PC, Desai MB, McCarthy WJ, Mistry R. Association of Body Mass Index between Adolescents and their Parents in Mumbai and Kolkata: A Population-based Study. *The British Journal of Translational Global Health*. 2024; 1 (1):3-8. DOI: 10.5005/bjotgh-11016-0004.

19. De la Torre K, Song M, Abe SK, Rahman MS, Islam MR, Saito E, Min S, Huang D, Chen Y, Gupta PC, Sawada N, Tamakoshi A, Shu XO, Wen W, Sakata R, Kim J, Nagata C, Ito H, Park SK, Shin MH, Pednekar MS, Tsugane S, Kimura T, Gao YT, Cai H, Wada K, Oze I, Shin A, Ahn YO, Ahsan H, Boffetta P, Chia KS, Matsuo K, Qiao YL, Rothman N, Zheng W, Inoue M, Kang D. Diabetes and gastric cancer incidence and mortality in the Asia Cohort Consortium: A pooled analysis of more than a half million participants. *J Diabetes*. 2024 Jun;16(6):e13561. doi: 10.1111/1753-0407.13561. PMID: 38751364; PMCID: PMC11096812.

20. Sakhuja M, Macaуда MM, Thrasher JF, Hebert JR, Pednekar MS, Gupta PC, Friedman DB. "The ban is there, but it is not there": perceptions of cigarette users and tobacco vendors regarding ban on the sale of loose cigarettes in India. *Front Public Health*. 2024 May 30;12:1375113. doi: 10.3389/fpubh.2024.1375113. PMID: 38873311; PMCID: PMC11169861.

21. Downward GS, ..., Gupta PC, ..., Pednekar MS, et al. Long-term exposure to particulate matter and all-cause and

cause-specific mortality in an analysis of multiple Asian cohorts. Environ Int. 2024 Jul;189:108803. doi: 10.1016/j.envint.2024.108803. Epub 2024 Jun 8. PMID: 38870578.

Book publication:

22. Involving School Teachers in Tobacco Control: A Story from Bihar, India. Author: Dr. Prakash C. Gupta, Co-Authors : Dharendra N Sinha, Eve Nagler, Mangesh S. Pednekar, Glorian Sorensen. Published in Compendium on Good, Replicable And Innovative Practices (Grip) Of Tobacco Control In India - Volume II. Resource Centre for Tobacco Control (E-RCTC)

23. IARC HANDBOOKS: Oral Cancer Prevention Volume 19- World health organisation. <https://publications.iarc.who.int/617>. This publication represents the views and expert opinions of an IARC Working froup on Evaluation of Cancer- preventive interventions. Online published Nov 2023.

Book review:

24. IARC handbooks on cancer prevention, volume 19, oral cancer prevention. Author: The Working Group of international experts on oral cancer prevention Publisher: International Agency for Research on Cancer, Lyon, France Published : 2023 Indian Journal of Cancer

Healis Activities

➤ Guest Visitors

Guests	Affiliation	Date
<i>Dr. Vivekanand S. Rege</i>	<i>Associated with Tata Memorial Hospital Parel</i>	<i>April 26, 2023</i>
<i>Dr. Samir Khariwala Dr. Irina Stepanov Dr. Dorothy Hatsukami Dr. Peter Villalta Dr. Tonya Gannelli Dr. Ramzi Salloum Dr. Shannon Sullivan Dr. Stephanie Eilts</i>	<i>University of Minnesota</i>	<i>July 24, 2024</i>
<i>Dr. Kaumudi Joshipura</i>	<i>Dean of the School of Public Health from Ahmedabad University</i>	<i>September 11, 2024</i>
<i>Mr. Saurabh Shah, CEO, Dr. Priyesh P. Gandhi, Provost Mr. Shailesh Vasavada,</i>	<i>Universal Business & Corporate Services Centre, Mumbai (Vice Chancellor), Sigma University, Vadodara Director III Cell, Sigma University, Vadodara</i>	<i>Jan 08, 2024</i>
<i>Dr. Stephen Hecht Dr. Xianghua Luo Dr. Peter Villalta Dr. Christopher Ruszczak Prof. Irina Stepanov</i>	<i>University of Minnesota, USA</i>	<i>Jan 10, 2024</i>

➤ **Healis visit to ACTREC with Minnesota team**



➤ **MoU signed with:**

- **BMC**



- **SIGMA University, Ahmedabad**



- **MIT world peace University, Pune**



- **Press release TFT-TFS Program Dissemination of self-guided manual Jan 2024**



- **Participation in the 6th National Conference on Tobacco or Health**



➤ **Outdoor event on the occasion of Foundation day in the month of August, 2023**



➤ **Navratri Celebration**



➤ **Diwali celebration**





➤ **Birthday' celebration**



➤ **Women's Day celebration**



➤ **Employee of the year**

- Mr. Maruti Desai was selected as Employee of the year for 2023



➤ **May- World No Tobacco Day**



➤ **Hosted Interns**

Sr. No	Name	Internship Status
1	Dr. Amey Patil	Incomplete
2	Dr. Siddhi Bhosale	Completed
3	Dr. Rishika Tripathi	Completed
4	Ms. Yogita Manjrekar	Completed
5	Dr. Madhura Moon	Completed
6	Ms. Gayatri Chaatre	Incomplete
7	Mr. Balkishan Bhardwaj	Completed
8	Ms. Yashvee Shah	Continuing
9	Mr. Shubham Dixit	Incomplete

➤ **Other Activities**

- Dr. Gupta attended the International Webinar on “Beedi Smoking: Harmful consequences, policy landscape, challenges and way forward” on 11th April 2023.
- Dr. Gupta attended the 3rd ICanCaRe International E-conclave on Oral Cancer held from 9th - 30th April 2023, as the esteemed Panellist for the Panel Discussion titled “Capacity Building – Inclusive Holistic Approach prevention to Rehabilitation of Oral Cancer”.
- Dr. Gupta gave a TOCOIndiaटोको webinar titled " Progress in Tobacco Control: Some Roadblocks on June 06, 2024 organized by ECHO.
- Dr. Gupta attended the 2nd National Consultation on Bidi Lifecycle & Health and Economic Burden of Bidi Consumption in India organized by School of Public Health (SPH), AIIMS Jodhpur On May 12, 2024.
- Dr. Gupta participated in National Online Sensitization on Increasing Tobacco Industry Interference and Need for Compliance with FCTC Article 5.3 on May 26, 2023.
- Dr. Gupta was invited as Resource Person in a National Webinar on “Grow food, not tobacco” on 31 May 2023 organised by PGIMER, Chandigarh
- Dr. Gupta was invited as Chief Guest for the Webinar on SIPHER-ECHO webinar on "Good, Replicable and Innovative Practices of Tobacco Control in India" The Topic: Tobacco Vender Licensing: Experience across Various States of India, dated 11th October 2023 at 4.00 PM.
- Dr. Gupta was invited for the ‘Inaugural Meeting cum brainstorming for the members of the Scientific Support Group and NTTL representatives on 27th October 2023
- Dr. Gupta was invited as a Panelist the National Webinar on Technology and Tobacco Control: Challenges and Opportunities”- 31 October at 2:30 pm to 4:00 pm (IST).

- Dr. Gupta attended the 18th International Symposium on Metal Ions in Biology and Medicine on Saturday, 28th October 2023, at Nehru Science Centre, Ministry of Culture, and Government of India.
- Dr. Gupta participated in the Third Indian Cancer Congress 2023, Mumbai.
- Dr. Gupta was invited to Participate in the 1st Official Meeting of NAMS Task Force for Tobacco Control on December 14, 2023.
- Dr. Gupta attended SANGAM 2024, scheduled on April 20-21, 2024 at the IIT Bombay Campus- ONE Health - Opportunities for Networking & Engagement”.
- Dr. Gupta attended the launching of NTRF at JIPMER, Puducherry on 14th December 2023.
- Dr. Gupta attended the Meeting “Advancing Ahead: Project Progress and Next Phase Planning” under MOHFW GOI Project on 20th December 2023.
- Dr. Gupta attended and addressed at the webinar “Concretizing the idea of endgame tobacco in India” 21/12 Thursday 12-1.30 PM.
- Dr. Pednekar taught the Sustainable Healthcare (WHO) course Somaiya College of Management.
- Dr. Gupta was invited as speaker at Plenary Session on "Ending the Tobacco Epidemic: Does Tobacco Endgame hold significance in Indian context" during 6th NCTOH.
- Dr. Gupta attended the 3rd National Consultation on Health and Economic Burden due to Bidi Consumption in India organized by All India Institute of Medical Sciences, Jodhpur.
- Dr. Puntambekar attended the first meeting of nominated members of various Working Groups of NAMS Task Force for Tobacco Control.
- Dr. Gupta was invited as Speaker at Amrita Institute of Medical Sciences, Kochi, Kerala, India in the meeting “measuring the economic burden of tobacco through microsimulation modelling”. The proposed title of talk was

"Challenges in the control of Smokeless tobacco in India" on Feb 07, 2024.

- Dr. Gupta attended the 6th National Conference on Tobacco or Health (NCTOH), scheduled from February 16 to 18, 2024, at the India Habitat Centre in Delhi. He chaired a session on Plenary Session: Ending the tobacco Epidemic: Does Tobacco Endgame hold significance and several others.
- Dr. Gupta attended the Constitution of Expert Committee for Development of New Specified Health Warnings meeting on Feb 26, 2024 organized by Government of India Ministry of Health and Family Welfare(Tobacco Control Section)
- Dr. Gupta attended the first meeting of the Expert Committee for Development of New Specified Health Warnings- 20th March, 2024 organized by Government of India Ministry of Health and Family Welfare(Tobacco Control Section)
- Dr. Pednekar gave a webinar at SIPHER ECHO India WEBINAR on Good, Replicable, and Innovative Practices of Tobacco Control in India (SUPPORT program)
- Dr. Gupta was invited Invitation to be a Guest of Honour in the National Webinar on "Harnessing Digital Innovations for Tobacco Control in India" on March 28, 2023 organized by Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh.
- Dr. Gupta attended the meeting regarding the revision of NTCP Health Worker Guidelines scheduled for April 16th, 2024, chaired by Dr. L. Swasticharan, Additional Deputy Director General & Director EMR.
- Dr. Gupta attended National Online Consultation on 'Advancing Tobacco Free Jurisdiction at State and National level ' on April 22, 2024 as resource person organized by National Law University Odisha.
- Dr. Gupta attended the Meeting "Quarterly Technical Consultation of Scientific Support Group members" under

MOHFW GOI Project on 14th May 2024 organised by Department of Community Medicine & School of Public Health, PGIMER, Chandigarh

- Dr. Gupta was invited to 'Chair' the 'Plenary Session I' at the 4th National Summit on 'World No Tobacco Day 2024' organised by Department of Community Medicine & School of Public Health, PGIMER, Chandigarh.

Healis Team

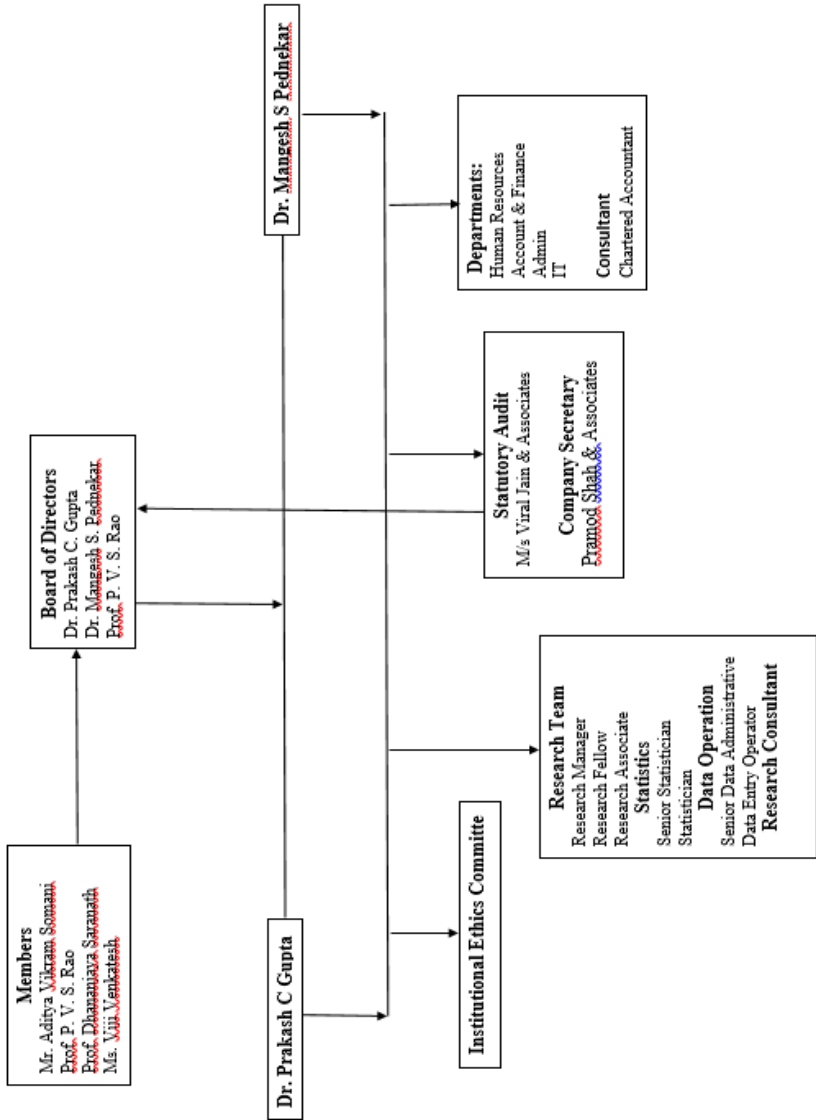
Our Research Team comprises of Masters and Doctoral from diverse background with expertise in areas like:



Our field staff comprises of trained field investigators with an experience of 15+ years with expertise in conducting House to house, Worksite, Community, School based surveys and many more...

We also have highly trained and qualified support staff for smooth day to day functioning.

Organizational Structure



Statutory Compliance

A policy on Sexual Harassment Prevention and Redressal Guidelines is in place to ensure that the governance standards are met.

No complaints in the given category were received during the Financial Year 2023-24.

Thank You!

