



Seeking Unique Partnerships for  
Innovative Solutions



ASIAN RESEARCH &  
TRAINING INSTITUTE for  
SKILL TRANSFER



VISION 2022  
Collaborating to  
skill india



Womens healthcare is  
our domain

## WHO WE ARE

We are a group of expert healthcare professionals,  
leaders of professional organisations (national and international)  
key opinion makers ,  
researchers and academicians ,  
leading clinicians in practice –  
this is the mix of the best resources under one umbrella.



Powered by  
Divakars Speciality  
Hospital

**Our motivation:**

**Our people are motivated by not only doing well but also by doing good.**

**For us, responsibility for communities in which we operate – locally and globally – is an integral part of who we are.**





**Divakars Speciality Hospital**  
A passion for quality healthcare



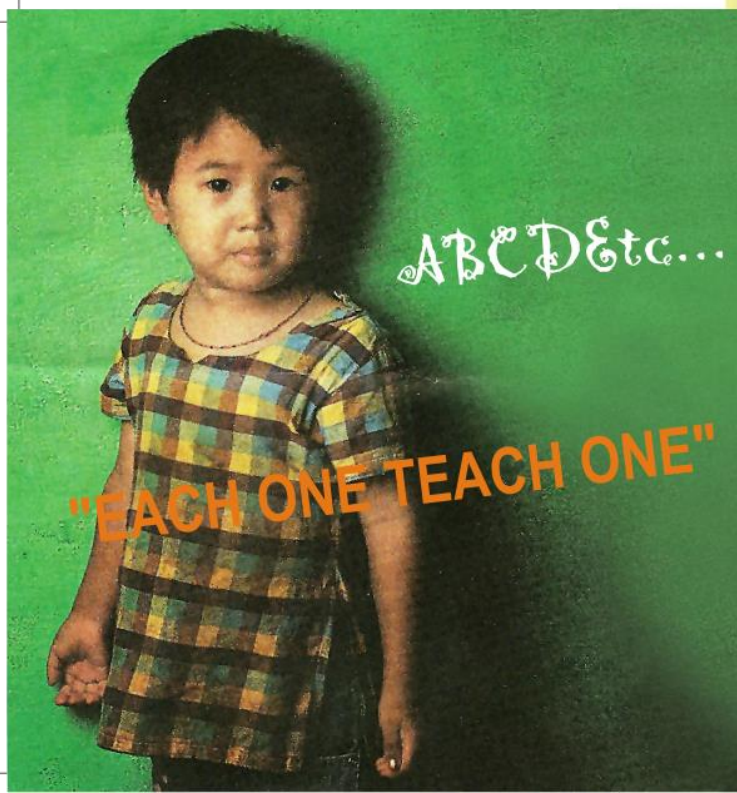
### **KEY POSITIONS**

- FOGSI Ambassador to FIGO
- President FOGSI 2013
- Vice-Chair for FIGO GDM Working Group
- Medical Director, Divakars Specialty Hospital

## WHAT WE DO

**As the name suggests – Research and Training**

**Our Research** work revolves around operational and implementation research and the data on knowledge attitudes and practices



- A - Anemia Eradication
- B - Building Contraceptive Choices
- C - Cancer Cervix - Kill it before it kills you
- D - Diabetes - Don't allow India to be the capital
- E - Ecclampsia... etc... Continue to fight

**"YES WE CAN..."**

- engaging champions to raise awareness about issues facing women, children and families
- Emphasize health promotion (including through school education and individual centric awareness) and promote public health action through active engagement and capacity building of community platforms and individual volunteers.

We focus our activities on those areas where we can leverage our competencies to help making people's lives better.

Collect and use evidence for advocacy



**A**

Investing in Adolescent Health:  
the Future is Now



By creating THE PLATFORM THROUGH ARTIST , DIVAKARS AND TEAMS FROM ASIAN COUNTRIES are not only combining many of its CR activities under one roof, but also considerably expanding its scope and reach to address the health, social and economic challenges of the 21st century.



Looking back

## Anemia care and Adolescent Health

- 45,000 school children covered for health check
- Scientific papers published on improvement in Hb% with weekly iron tablets
- Original research on use of intravenous iron sucrose in pregnancy
- Use of Ferric Carboxymaltose in post delivery cases

Iron tablets  
Sanitary pads  
Menstrual cups



## Moving forward

ARTIST initiatives in schools and colleges to educate adolescents on nutrition, hygiene, vaccines, life skills and contraception.

ARTIST is reached out to schools and colleges in Bengaluru, Karnataka...

**Target – Pan India**

1 of 3 adolescent patients did not receive any information on sexuality from their pediatrician, and if they did, the conversation lasted less than 40 seconds.



## **B**uilding reproductive choices and opportunities for Youth

- Mass awareness programmes on contraception
- Postpartum IUCD programme in public and private sector
- Publications on knowledge attitudes and practices of contraception
- Dispelling myths and misconception

## **Moving forward**

ARTIST initiatives

Preventive healthcare messages through digital space.

Education videos and campaigns on rolled out on contraception and life skills.

**One lakh girls reached.**

**Target 100 million youth**



Because of our deep expertise in Healthcare addressing related health challenges and advancing people's lives through technology are the cornerstone of ARTIST strategy.





Young  
Change  
Makers

JOG

COME ON YOUNG INDIA  
THE COUNTRY IS WAITING FOR YOU...!

## Looking back

Cancer – early detection and prevention

- Mother and daughter initiatives
- Media campaigns for HPV vaccines
- Training programmes for early cancer detection
- Use of innovative devices for screening for breast

• **Raise awareness** of disease prevention and early detection through access to information, health and change of mindset.

# C

## Moving forward

ARTIST initiatives

Raising awareness

through performing arts – Beat Cancer.

# Vaccination can help beat cervical cancer: Experts

TIMES NEWS NETWORK

**Bengaluru:** Even 10 years after the introduction of a vaccine to prevent cervical cancer, few have availed the facility. Though more than 80% of the urban population is aware of the human papilloma virus (HPV) vaccine, only 18% has been immunized, says a survey.

Not only does a major chunk of the population know of the vaccine, they can also afford it. Yet, it has found few takers, revealed the survey conducted by ARTIST (Asian Research and Training Institute for Skill Transfer), a city-based institute. "About five years ago when I asked patients if they have been immunized against HPV, the answer would invariably be no. In the last two or three years, of around 50 patients I see in a month, 2 or 3 answer in the affirmative. Cervical cancer is a



**HEALTH FIRST:** A poster for the drive against cervical cancer

### NOT TOO LATE

**W**omen who have missed the bus in their adolescence can get themselves vaccinated even now. The HPV vaccine is sold under brand names Cervarix (costs Rs 3,299 per dose) and Gardasil (Rs 2,800 per dose).

lors and clinical assistants on competency-based activities like emergency care. The training will be conducted at

### TIMES VIEW

Cervical cancer is clearly emerging as a big health threat to women but there is hope. As with other forms of cancer, early detection and treatment is the key to ensuring the disease doesn't over-run the body. Given that a vaccine is available, it's up to women to take preventive measures. Periodic checks are critical and women must not compromise on this. When a disease can be tackled, we should go all-out to see that all possible steps are taken for this. Cancer can be beaten and it's up to us to take those crucial steps to make it happen.

curate smear interpretation. Vaccination is the way forward," he said. "But the question is whether India and its



Don't let what you can't do stop you from doing what you can do.

## Looking back

## Diabetes care and cure

- Speciality courses for capacity building
  - Implementation of testing management guidelines
  - Publications on prevalence and practices
  - Campaigns for awareness
- ARTIST initiatives
- Online Certification courses on the – knowledge platform, data collection

D

## Moving forward

Virtual multispeciality

DIP Diabetes in Pregnancy clinics.

DIGITAL DIABETES CLINICS to reach all

ARTIST to adopt schools to initiate

lifestyle changes in the youth through

yoga and dance.

## March 10 is Gestational Diabetes Mellitus (GDM) Day in India

DIPSI (Diabetes in Pregnancy Study Group in India), Asian Research & Training Institute for Skill Transfer (ARTIST), World Diabetes Foundation (WDF) and Federation of Obstetric & Gynecological Societies of India (FOGSI)

Join hands to launch nationwide campaign against GDM BENGALURU: With Gestational Diabetes Mellitus (GDM), which is found among pregnant women, almost assuming epidemic proportion (more 3 million annually) in India, the DIPSI (Diabetes in Pregnancy Study Group in India) has declared March 10 as GDM Day. This is for the first time ever that any country is declaring the GDM Day in the world.

The Asian Research & Training Institute for Skill Transfer (ARTIST), World Diabetes Foundation (WDF) & Federation of Obstetric & Gynecological Societies of India (FOGSI) today joined hands with the DIPSI to launch nationwide campaign against GDM, which refers to high sugar levels in the mother during pregnancy and this needs to be tackled before and beyond pregnancy.

Speaking on the occasion, Mr. V. Seshiah, Chairman & Chief Mentor, DIPSI said, "India is witnessing high occurrence of GDM, which is also known as Hyperglycaemia in Pregnancy (HIP). In women followed up for 20 years, it was clear that up to 70 per cent, who had GDM, went on to develop diabetes. We felt that we need to take up awareness programmes on GDM on war-footing and hence declared March 10 as GDM Day in India."

Dr. Hema Divakar, renowned ObGyn & Chairperson, ARTIST, remarked, "We recently conducted a survey and our

ARTIST SURVEY FINDINGS-"A survey conducted by ARTIST on 1,100 pregnant women at an urban setting revealed that 80% of them had heard/read that sugars can be high in pregnancy and were aware of the term Gestational Diabetes or Pregnancy Diabetes.

"40% of them had either or both of their parents with Diabetes. "63% believed that diet and exercise has a role to play in controlling sugar levels in pregnancy while the remaining thought that they would need medications.

"ALL of them were afraid that it would affect their baby and more than 70% thought that there is a likelihood of the baby being diagnosed as diabetic at birth. "Only 18% were afraid of long-term problems and the rest of the 82% were under the impression that it is a problem only until delivery.

"The study indicates that there is a significant amount of overall awareness but there are many issues where the doubts exist and they need more clarity.

FACT SHEET-Diabetes is increasing worldwide. 415 million Adults have diabetes. By 2040 this will rise to 642 million with roughly equal numbers of women and men. India currently has the second highest number of people with type 2 diabetes in the world. China 100 million. India 69 million, almost half of these cases are women. USA 29 million. DIABETES IN PREGNANCY IS INCREASING RAPIDLY. In 2013, out of an estimated 127.1 million live births to women aged 20-49, 21.4 million (16.9%) were affected by Hyperglycaemia in Pregnancy (HIP). One quarter of all births are affected by high blood glucose during pregnancy in South-East Asia. India is one of the diabetes



Gynaecology & Obstetrics) GDM Working Group. Dr. Hema said that the FIGO has 3 important recommendations - Universal testing of all pregnant women for GDM; all countries provide the best GDM management possible given available resources and using postpartum period for increased engagement to improve health for mother and child. "We intend to launch a campaign on awareness, prevention, early recognition and care of high blood sugars (Hyperglycaemia) not only during pregnancy - but also before and beyond," she added. The Indian government has released guidelines on GDM management and Dr. Hema is in the Core Group of the policy. "We are waiting for the implementation of GDM management in the public sector. The roll-out of the programme will happen in a district in Madhya Pradesh by





## **Business Standard 1 million skilled healthcare providers likely by 2022:ARTIST**

We believe that training of doctors, nurses and midwives elevates agents of change within a country.

Phase-1 focused on R&D and up-skilling in Bengaluru.

Phase-2 began when with collaborations within the healthcare circle in Karnataka and few other select states.

ARTIST is on the verge of starting Phase-3 to collaborate with other sectors and up-skill their taskforce.





The spectrum of training encompasses basic obgyn skills to recent advances inclusive of endoscopy, ultrasound and infertility with a foundation of evidence based protocols

ARTIST has invited collaborators from across industries for a healthier India through Skill Transfer and applying optimal use of Technology to make quality healthcare accessible wherever it currently is not.

## Press Trust of India



so far trainings had been conducted for safe deliveries, in Karnataka, Uttar Pradesh, Madhya Pradesh, Jharkhand, Assam and Rajasthan covering various healthcare professionals



### **Chairman and CEO: Dr. Hema Divakar**

- An Opinion Leader & Past president of FOGSI
- Indian Ambassador to the international organization of Obgyns FIGO
- An advocate for delivering quality healthcare and capacity building and a member of Technical Advisory Group (TAG) for Ministry of Health and family Welfare, Govt. of India



- A total of 40 batches of staff were trained involving 1494 health care providers.
- 100% of the trained staff is now confident in various RMNCH skills

The primary focus of ARTIST's nationwide resolve for skill transfer and capacity enhancement initiatives are to

ensure competency in skills for the frontline maternal and child healthcare delivery staff and not mere certifications,

so that an ARTIST Certification would mean, an individual medical staff in consideration is competent enough for that specific skill.

This will help us improve maternal and neo natal mortality rates and many other critical health indices,"  
added Dr. Hema Divakar.

**ARTIST Skill Gurukool trains paramedics and healthcare providers** from interiors of Rajasthan and Assam.

ARTIST Skill Gurukool is set for collaborations and expansions to other regions.

Visit [www.theartist.academy](http://www.theartist.academy)

**Our approach:** The basis of our work are long-term partnerships with local, regional and global experts and international organizations as well as Governments and academia.

To aid seamless flow of this initiative, ARTIST partners up with appropriate and relevant organizations and governments and carries out various surveys, campaigns, projects, training programmes and conferences.



# ARTIST MOVEMENT

a movement, driven by passion and commitment to our issues

- Reaching every girl every woman

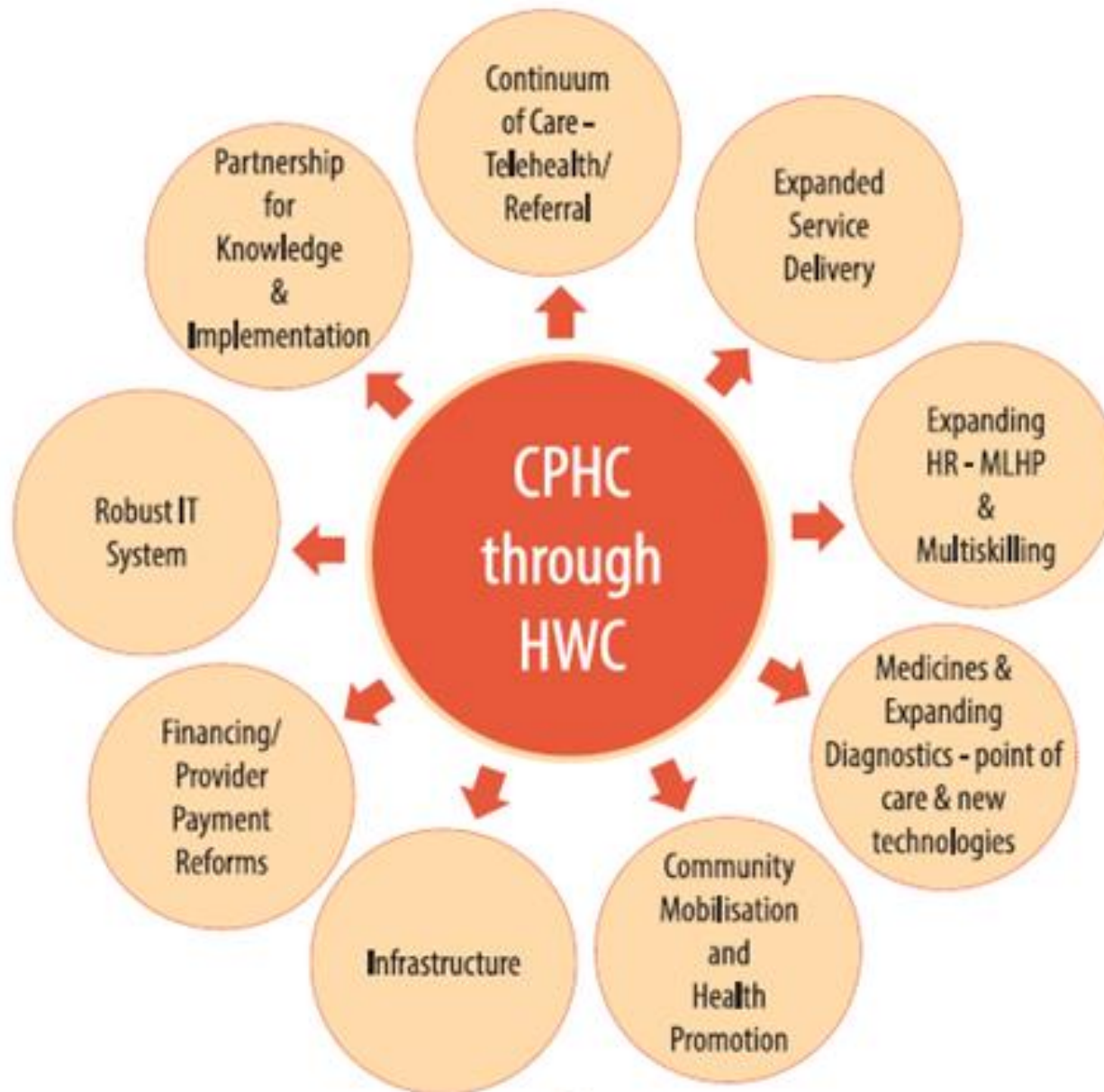


Move towards

defining what we will achieve and how we will achieve it.

- Universal Health Coverage  
in sync with Auyshman Bharat
- Prevent illness promote wellness

# Health & Wellness Centers (HWCs) under Ayushman Bharat



The key elements for roll out of through HWC

Implementation Partners

Centre of Excellence



The key elements of the approach are:

Evidenced based communication strategy.

Capacity building & institutional strengthening.

Synergy & convergence between different media & activities.

Integrated communication calendar and activities. Strengthening Interpersonal Communication & community process.



- together we identify the best solutions to accelerate change for mothers, babies, communities and countries.
- piloting and scaling up of innovations and good practices to improve health outcomes.

- Facilitate the use of appropriate technology for improving access to health care advice and treatment initiation,
- enable reporting and recording, eventually progressing to electronic records for individuals and families.
- Institutionalize participation of civil society for social accountability.
- Partner with not for profit agencies and private sector CSR  
for gap filling in a range of primary health care functions

# Partner with ARTIST

- By leveraging the unique expertise from across our partnerships, ARTIST creates impact at local, national and global levels.
- Partner with ARTIST , and join a growing movement to galvanize local communities their leaders
- to identify challenges and create solutions to improve health for generations to come.

Together with its partners, ARTIST supports programs that

- **Improve access** to innovative and equitable healthcare solutions.
- **Build advocacy** to address health, social and economic challenges.
- **Empower women and youth**

