

Advancing Community Health: From Evidence to Impact

A Journey Through Health Systems, Public Health Leadership and Tobacco Control

Dr. R. V. Rajam

Recognition of Academic Excellence (RAE, 2026)



**Dr. Sonu Goel, Professor,
Community Medicine & School of Public Health,
PGIMER, Chandigarh
Fellow – National Academy of Medical Sciences (NAMS)**

Research Profile: https://scholar.google.co.in/citations?user=BlStB_EAAAAJ&hl=en
<https://in.linkedin.com/in/sonu-goel-9ba31561>
https://www.researchgate.net/profile/Sonu_Goel
Website: www.drsonugoel.com

**In public health, impact is not measured
by the institutions we build,
but by the **lives** we touch**



Dr. R. V. Rajam believed that

**“Patients should be given human attention, with emphasis on
prevention and rehabilitation.”**

Dr R. V. Rajam’s vision emphasised: human-centred care, prevention, and rehabilitation.

Today, I strive to carry this philosophy forward through my work in

“Community health - integrating research, policy, and practice”!

ADVANCING COMMUNITY HEALTH THROUGH RESEARCH, POLICY & PRACTICE

A never ending journey...

Phase I: Early phase of my life



Kendriya vidyalaya

Foundation of discipline & values

ADVANCING COMMUNITY HEALTH THROUGH RESEARCH, POLICY & PRACTICE

A never ending journey...

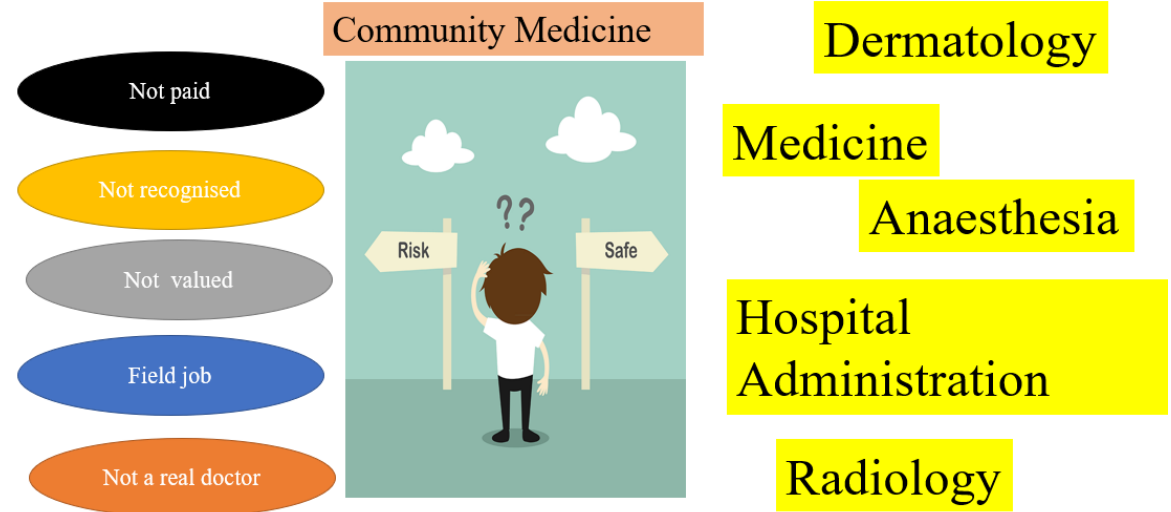
Phase II: Fulfilling my dreams
IGMC, SHIMLA

Team building
Leading by an example
Task shifting
Conflict management
Effective communication
Building trust



Phase III: JUNIOR RESIDENT

Taking risk verses choosing safer option



Indira Gandhi Medical College, Shimla

Clinical grounding and patient-centered care

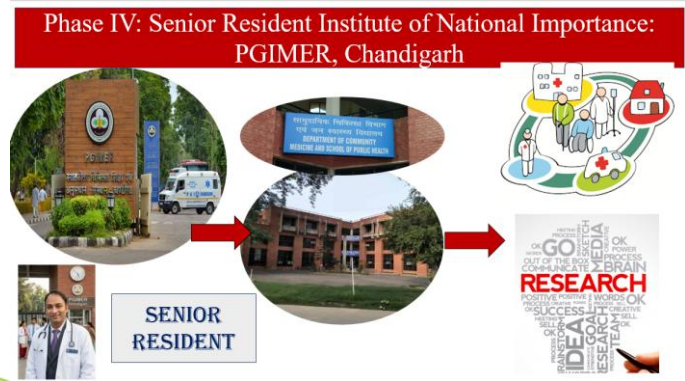


Kendriya vidyalaya

Foundation of discipline & values

ADVANCING COMMUNITY HEALTH THROUGH RESEARCH, POLICY & PRACTICE

A never ending journey...



PGIMER, Chandigarh

Transition to public health & research

Indira Gandhi Medical College, Shimla

Clinical grounding and patient-centered care

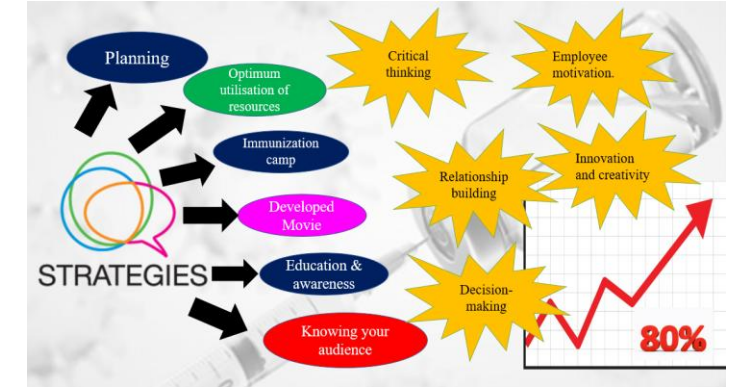
Kendriya vidyalaya

Foundation of discipline & values



ADVANCING COMMUNITY HEALTH THROUGH RESEARCH, POLICY & PRACTICE

A never ending journey...



UNICEF, New Delhi

Policy exposure & systems-level thinking



PGIMER, Chandigarh

Transition to public health & research



Indira Gandhi Medical College, Shimla

Clinical grounding and patient-centered care



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A never ending journey...



Strengthened RHFW (CHHEB, Kangra)



Management and Leadership concepts in Teaching



RPGMC, Tanda

Field-level implementation & training

UNICEF, New Delhi

Policy exposure & systems-level thinking

PGIMER, Chandigarh

Transition to public health & research

Indira Gandhi Medical College, Shimla

Clinical grounding and patient-centered care

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ADVANCING COMMUNITY HEALTH THROUGH RESEARCH, POLICY & PRACTICE

A never ending journey...

PGIMER... Institute of national importance



Assistant Professor



PGIMER, Chandigarh

Leadership in research, policy & capacity building



RPGMC, Tanda

Field-level implementation & training



UNICEF, New Delhi

Policy exposure & systems-level thinking



PGIMER, Chandigarh

Transition to public health & research



Indira Gandhi Medical College, Shimla

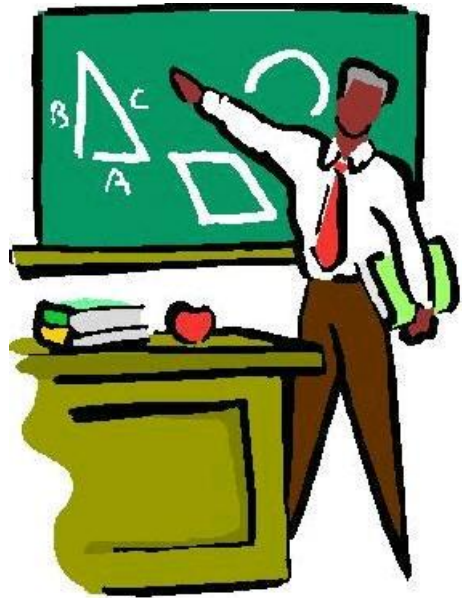
Clinical grounding and patient-centered care



Kendriya vidyalaya

Foundation of discipline & values

Department of Community Medicine and School of Public Health



TEACHING AND
CAPACITY BUILDING

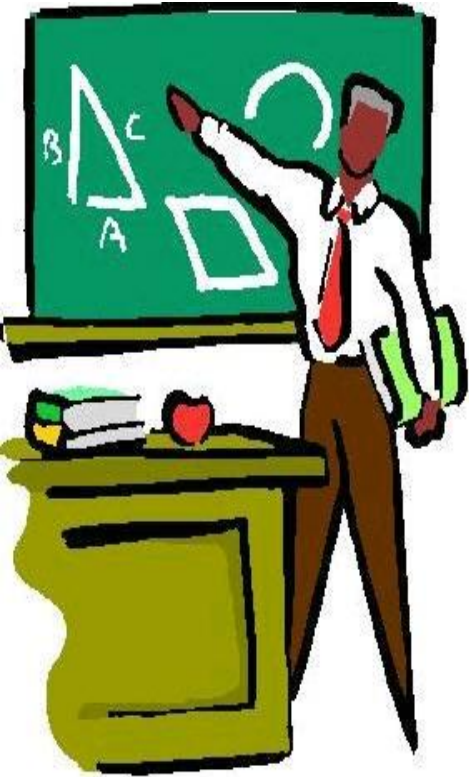


SERVICE
DELIVERY



RESEARCH

Teaching- Incorporation in Curriculum



- Doctor of Medicine (MD)
- Bachelor's in Public Health (BPH)
- Master in Public Health (MPH)
- Doctorate of Philosophy (PhD)
- Postgraduate Diploma in Health Management (PGDPHM)

“ Teaching is a very noble profession that shapes the character, caliber, and future of an individual. If the people remember me as a good teacher, that will be the biggest honour for me.

— ”
- A. P. J. Abdul Kalam

National Level

After the institutionalization of teaching in the department, I decided to work at national and international level...

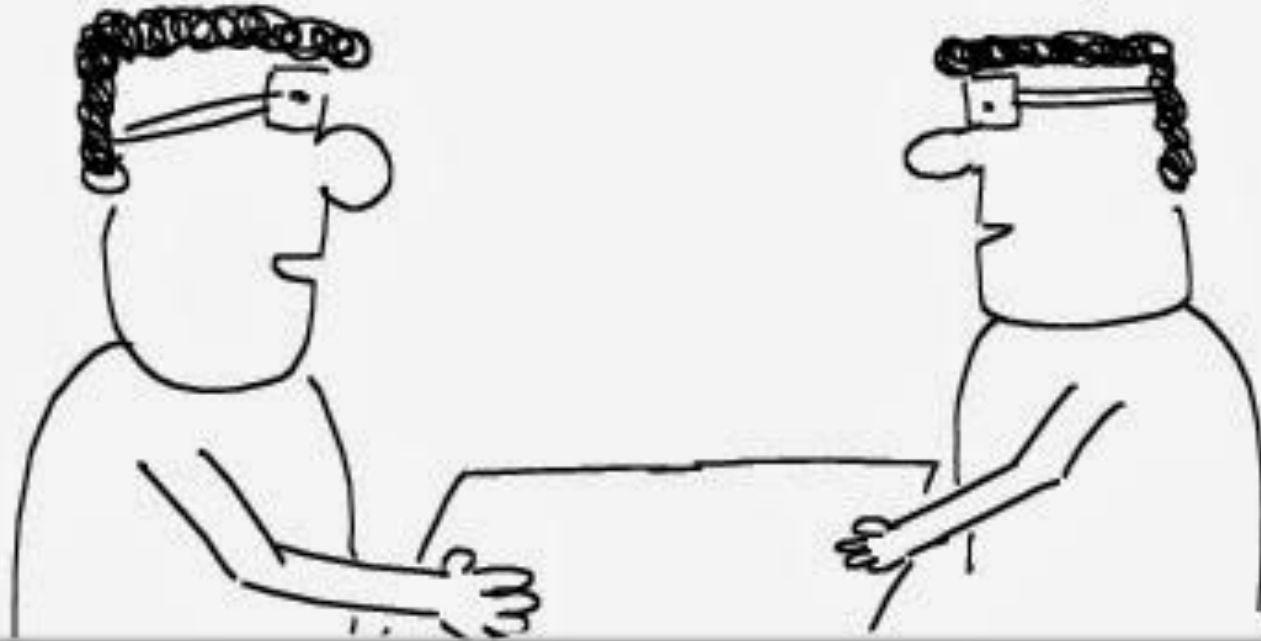
Fall of Ideas Began!

*Dimaag ki
batti
jagiii....*



WHAT IF OUR
NEW BUSINESS
MODEL FAILS?

AT LEAST IT WILL
BECOME A CASE STUDY
FOR MANAGEMENT STUDENTS.





envision future trends in public health management for effective decision making of organizations in limited resource settings.

IPHMDP Journey

**Phase - I : India
(2016-17)**

**Phase - III :
International - Senior
Policy Makers
(2018-Ongoing)**

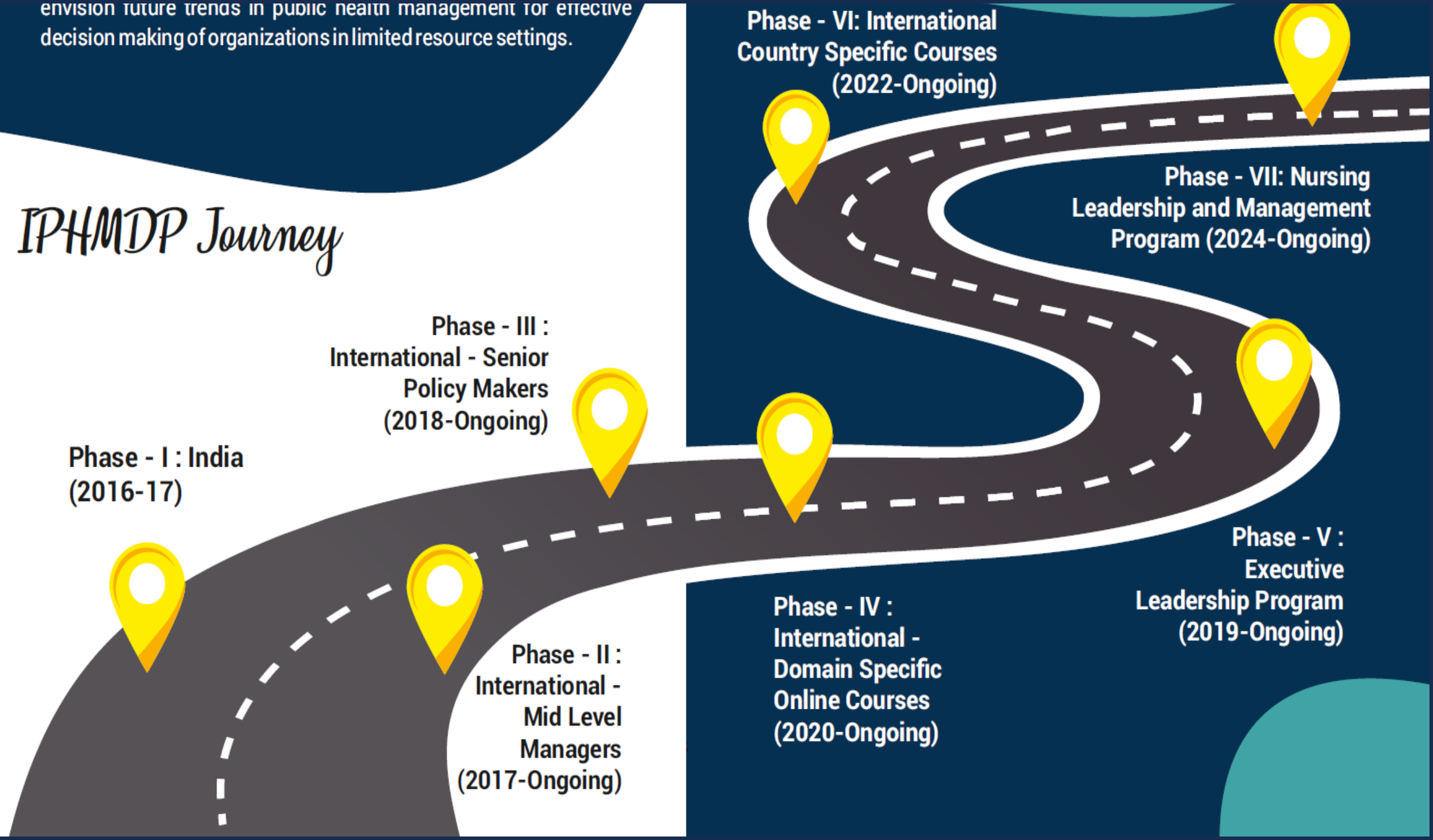
**Phase - II :
International -
Mid Level
Managers
(2017-Ongoing)**

**Phase - VI: International
Country Specific Courses
(2022-Ongoing)**

**Phase - VII: Nursing
Leadership and Management
Program (2024-Ongoing)**

**Phase - V :
Executive
Leadership Program
(2019-Ongoing)**

**Phase - IV :
International -
Domain Specific
Online Courses
(2020-Ongoing)**



Capacity Building & Leadership Development

Odisha, Eastern state in India

Training of 4000 Community Health officers (CHOs) in 3 years



Capacity Building & Leadership Development

Collaboration with Knowledge partners



आरोग्यम् सुखसम्पदा



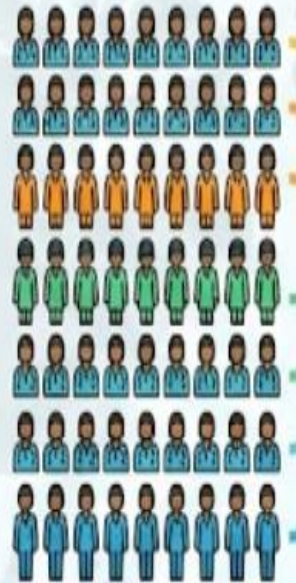
शरीरमाद्यं खलु धर्मसाधनम्

Capacity Building & Leadership Development

2024- 2025



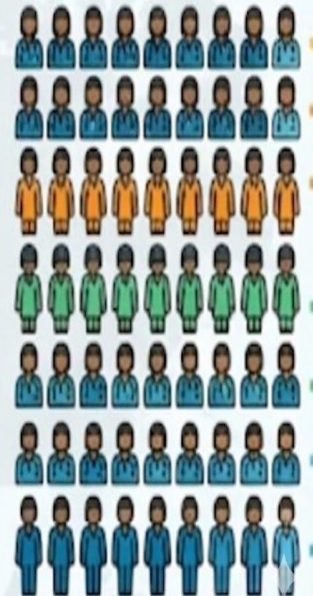
371
CHOs
TRAINED



2025- 2026



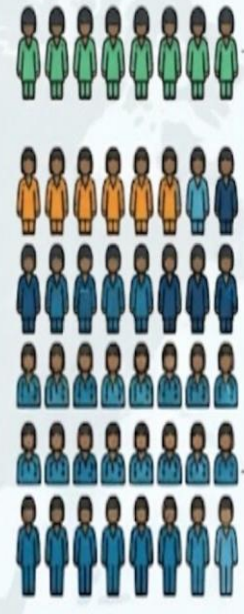
880
CHOs
TRAINED



2026- 2027



577
CHOs
UNDERGOING TRAINING

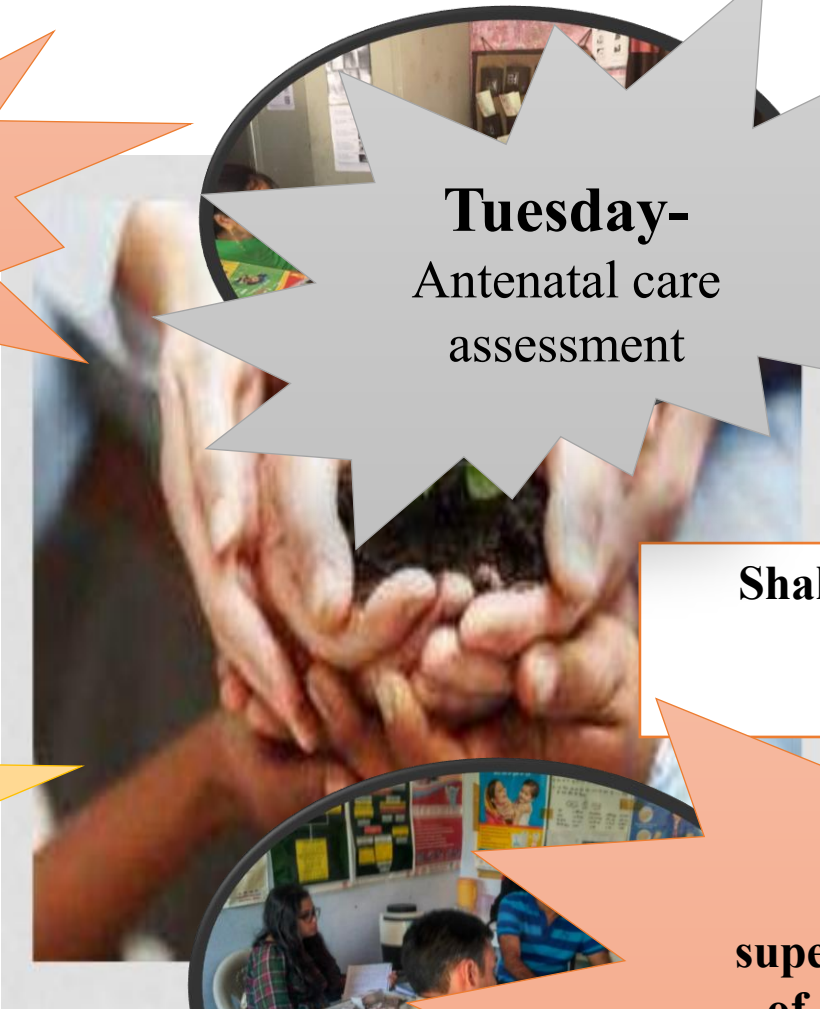


GROUPED COUNT (Approx 577)


Service Delivery: Supportive Supervision




Monday-
Exit Interview



Tuesday-
Antenatal care
assessment



Wednesday-
Immunization
assessment



Thursday-
Home visits

**Shahzadpur Block,
Ambala
201**



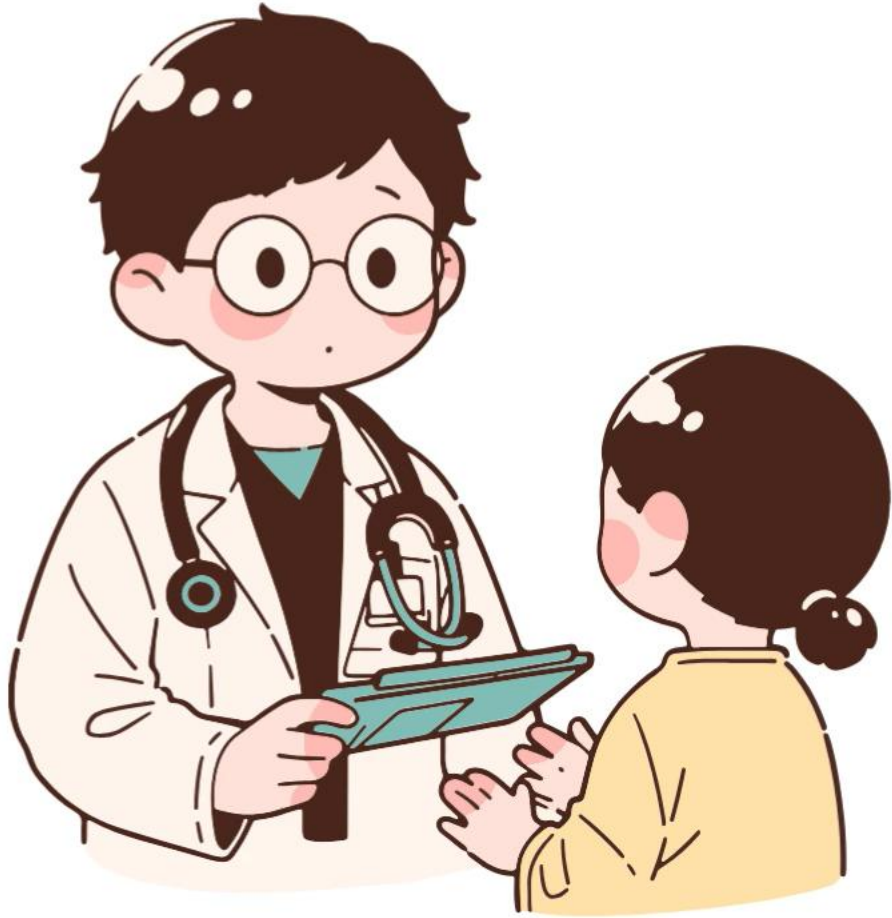
Friday-
Supportive
supervision, interview
of *sarpanch*, school
health talk



Mulana



Towards my journey in Advancing Community Health



*“Every image tells a story.
Let me walk you through
moments that defined my
journey in community
health...”*

Immunization & outreach sessions

Home visits

Meetings

School Health Talk

Training of ANMs



Strong communication



Relationship Building



Accountability



Flexibility

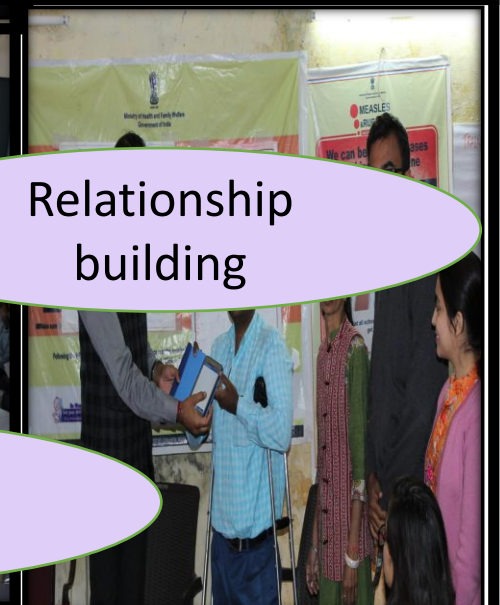


Performance management

Impact and Influence



Process management



Relationship building

I. COMMUNITY REALITIES (GRASSROOTS LEVEL)



Witnessed Problems: problems witnessed at the grassroots level, community needs, lived experiences.

II. KEY DETERMINANTS



Socio-Demographic & Behavioural Factors: socio-demographic factors, behavioural factors associated with KAP levels, factors identified from community realities.



III. FOCUSED RESEARCH



(GREATEST IMPACT)

Areas of Intervention: identifying areas where focused research could create the



IMPLEMENTATION RESEARCH

Project management Skills

Teamwork and Motivation

PUBLISHED 270+ RESEARCH ARTICLES

Strategic Planning

Community involvement

Communication and Advocacy

First aid

Tobacco control

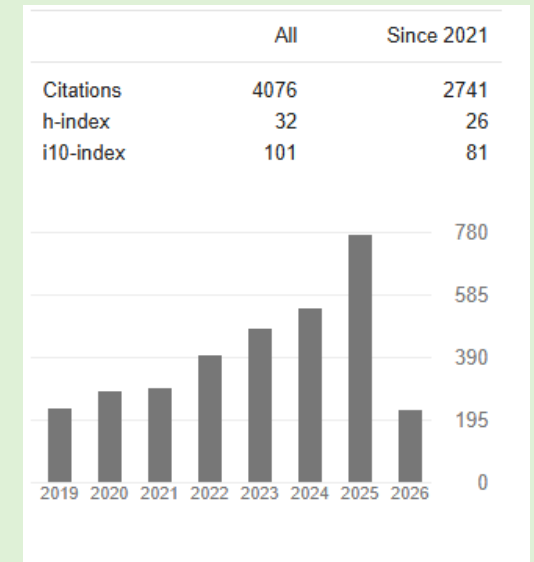




SCALE & GLOBAL ENGAGEMENT




- **270+ Publications in Community Health**
 - **4,067 Citations**
 - **H-index: 32**
 - **i10-index: 101**
 - **13 Books Edited in Public Health**
 - **18 Patents Filed | 16 Published | 3 Granted**
 - **Led more than 50 International & Nationally funded projects (WHO, MoHFW, ICMR, Vital Strategies, The Union etc)**
- Capacity building across India and 97+ countries**




👉 **“Research that moves beyond publications to shape policy, systems, and population health outcomes.”**

HONORARY RECOGNITIONS & PRESTIGIOUS AWARDS: A DISTINGUISHED CAREER (2)



[2026]
Second Prize (Professor Category)
Study: Hypertension Treatment Cascade |
PGIMER, Chandigarh



[2026]
Annual Mira Aghi Award
LMIC Research |
SRNT




[2025]
Global Research Network Award
SRNT






[2025]
Potential for Innovation
PGIMER, Chandigarh





[2023]
Fellowship
National Academy of Medical Sciences (NAMS)






[2023]
Dr. JE Park Oration
Indian Public Health Association (IPHA)





[2023]
Dr. JE Park Oration
Indian Public Health Association (IPHA)




[2022]
Dr. Nandagudi Suryanarayana Rao Award
NAMS



[2021]
Convener of Scientific Support Group
Strengthening National Tobacco Testing Laboratories (NTTLs)
Ministry of Health & Family Welfare,
Government of India



[2021]
Adjunct Associate Clinical Professor (Scholl of Medicine)
Swansea University




[2020]
Harcharan Singh Oration
IAPSM




[2018]
Best Published Article of the Year
Medical Journal Armed Forces India



[2017]
Certificate of Appreciation
(High Quality Research Work, 5th Annual Research Day)
University of Limerick, Ireland



[2017]
Vasudeva Oration
IAPSM-North Zone



[2017]
Excellent work for 'Tobacco Free Punjab' & 'Chandigarh Smoke Free'
State Tobacco Control Cells- Punjab/Chandigarh



[2015]
Best Paper Award 'Enhancing Indian Economy through Medical Tourism'
Panjab University, Chandigarh



[2014]
Excellence in Public Health
Maastricht University, the Netherlands (2 months)



[2013]
Fellowship
IAPSM



[2013]
Member (MNAMS)
International Medical Sciences Academy (IMSA)




[2012]
Fellowship
IPHA




[2011]
Visiting Fellowship: Global Tobacco Control
Johns Hopkins School of Public Health, U.S.





[2011]
Scholarship
University Grants Commission (UGC)




[2009-2014 (incl. 2009, 2010, 2011, 2012, 2013, 2014)]
Young Researcher Award
PGIMER, Chandigarh

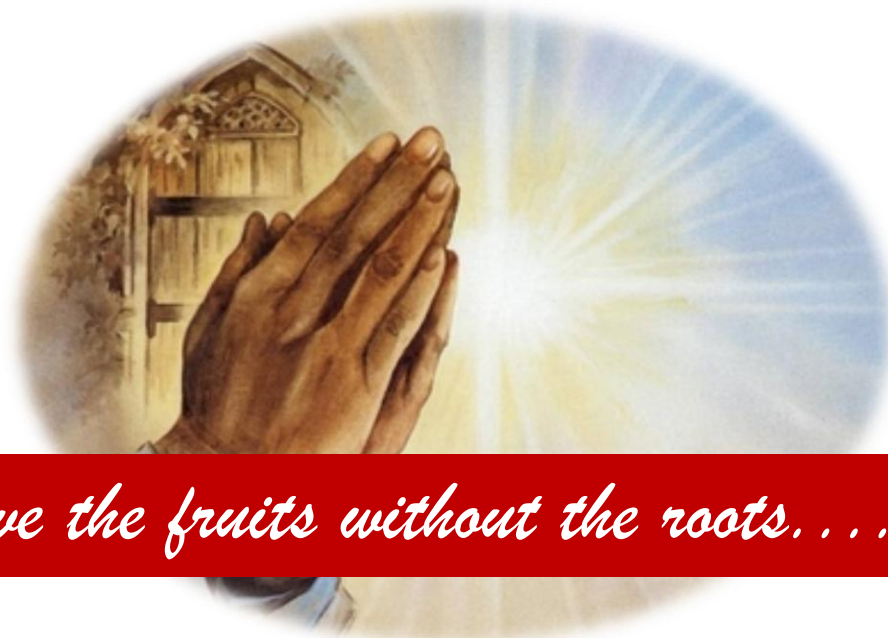


[2008]
Best Poster
XII Annual IAPSM Conference (North Zone Chapter)



[2006]
Young Researcher Award (Epidemiology)
IAPSM-FORD Foundation





You can't have the fruits without the roots. . . . - Stephen Covey-

