

**Namrata Bagaria, MBBS, MPH (Harvard), PhD (C)**  
**Ottawa, ON**  
**drnamratabagaria(a)gmail.com**

**Summary**

Physician, health-tech researcher, podcaster, social entrepreneur with 11 years of experience across North America, South Asia and South-East Asia.

**Highlights**

- Interdisciplinary education in medicine, public health (Harvard), technology and management.
- Agile, adaptable, big picture thinker, energetic, team player, can get things done in tight timelines.
- Expertise in rapid experimentation (Technology Readiness (TR) levels 1-4 ) and building an abstract idea into an MVP.
- Multicultural and multilingual having implemented projects in Afghanistan, rural and urban India, inner city areas of USA, Canada.
- Extensive experience in mobile apps, telemedicine, mental health, mother and child health. Present research focuses on opportunities and gaps in digital health technologies innovation.
- Mixed methods researcher with focus on qualitative research, focus groups, in-depth interviews, community based participatory research, Human Computer Interaction (HCI) research.
- Strong networker, community builder and podcaster with focus on building empathy based products and services.

**Education**

PhD Candidate, Digital Transformation and Innovation *Sep 2018 – present*  
*School of Electrical Engineering & Computer Science*  
*University of Ottawa* *Ottawa, ON, Canada*  
Publications: <https://scholar.google.com/citations?user=yhNG7ekAAAAJ&hl=en>

Master of Public Health (MPH) *Aug 2009 – May 2010*  
*Harvard T.H. Chan School of Public Health* *Boston, MA, USA*  
Contributor: <https://journals.sagepub.com/doi/10.1177/0956247812456356>

Bachelor of Medicine and Bachelor of Surgery (MBBS) *Oct 2003 – May 2009*  
*Mahatma Gandhi Mission's Medical College* *Navi Mumbai, MH, India*

**Work Experience**

Co-Founder and CEO *Aug 2020 – present*  
*Seniors Junction* *Ottawa, ON, Canada*  
*Social enterprise focused on preventing seniors' social isolation, one conversation at a time*  
<https://seniorsjunction.com>

Podcaster *Ottawa, ON, Canada*  
*Health 4.0 Leadership Podcast*  
*Interdisciplinary tech podcast heard in 53 countries, with 50 episodes and 2000+ downloads in a year from inception*  
<https://health-4-0-leadership-podcast-with-namrata-bagaria.simplecast.com/>

Interdisciplinary Professional *Apr 2018- present*  
*Faculty of Engineering, University of Ottawa* *Ottawa, ON, Canada*  
*Research led by Professor Abdulmotaleb El Saddik (Multimedia Communications Research Lab, (MCR Lab), Medical Devices Innovation Institute (MDII))*  
*Teaching initiatives supervised by Professor Natalie Baddour (CREATE-BEST Program)*

- Research: Health 4.0 : a Thematic Analysis approach to bridge the industry- academia gap
- Business Development: Marketing collaterals (brochures, website, social media campaign, meetups) on digital twins, artificial intelligence, cybersecurity
- Teaching: Online course on mobile health ecosystem mapping and regulations for engineering students, hosting webinars with industry experts to help students gain experience in lieu of job shadow

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Founder and CEO  
*PHealth Solutions*

*Dec 2011- Oct 2017*  
*Mumbai, MH, India*

*Digital health consulting firm primarily catering startups with vision to prevent chronic diseases, promote and protect health and wellness. List of clients and work done:*

- Cheslab Pvt Ltd, New Delhi - Consulted a health insurance app and coordinating health care, health care navigation content, coordinating with subject matter experts, editing the content and ensuring timely delivery of the app, 2017
- Parenthood Technologies, Bangalore/ Singapore – Subject matter expert for prenatal wellness app - In charge of making decision trees, algorithms, market research, and health economics. Worked with UX, UI, design, tech and sales teams and contributed to their work, 2015-17
- Mansoor Clinic, Afghanistan – In charge of strategy for a chain of telemedicine clinics in Afghanistan with a Hub and spoke model, management consulting to stream line all business process, mentor to the CEO, trained clinic staff in management, set management information system, 2014- 15
- Startup consultant for Uniworld Foundation, a USA based NGO. In charge of setting up, strategy, program planning and budgeting, 2015
- Digihealth.af – Afghanistan's first health care portal, made strategy for business development, marketing, and website development, 2015
- Workshops on employee health, parenting and stress management for leading corporations like ICICI Bank, Kotak Mahindra Bank, Enrich Salons, Mahindra and Mahindra, 2012-13
- Designed marketing materials and workshops on stress management for leading general insurance company, ICICI Prudential, 2013
- Strategy, business development and operations for PHelp – India's first parenting helpline and helpline for World Diabetes Day, 2013
- Made protocols and marketing for call center for Employee Assistance Program, 2013

Research Associate

*Jun 2011-Nov 2011*

*Joint Appointment, Foundation for Medical Research (FMR) &  
Foundation for Research in Community Health (FRCH)*

*Mumbai, MH, India*  
*Pune, MH, India*

*Projects led by Dr. Nargis Mistry*

- Conducted literature review and designed survey questionnaire for data collection.
- Established relationships with government institutions, civil society and community organizations for participation in the research project.
- Conducted in depth interviews, prepared transcripts and built themes for data analysis.

Research Assistant

*Mar 2011- May 2011*

*Sangath*

*Mumbai, MH, India*

*Mental health project led by Dr. Vikram Patel*

- Reviewed grey literature on community based practices for management of depression and alcoholism in India and prepared a report.

Field Coordinator

*Oct 2010 – Feb 2011*

*D-Tree International*

*Begusarai, BR, India*

*Project led by Dr. Marc Mitchell*

- Translated antenatal and midwifery guidelines of Government of India guidelines in Hindi and curated the guidelines as content for a Java based app for pregnancy care.
- Trained midwives and community health workers in operating a mobile phone and in data collection through mobile app.

Research Assistant

*May 2010 – Jun 2010*

*Harvard Catalyst*

*Boston, MA, USA*

*Project led by Dr. Alan Geller*

- Conducted literature review on the consumption of fresh fruits and vegetables, physical activity cancer and its correlation with cancer incidence using the national behavioural surveys.

Research Assistant

*Jan 2010*

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*Harvard School of Public Health*  
*Project led by Dr. David Bloom*

*Mumbai, MH, India*

- Conducted literature review on social determinants for urban health.
- Trained community health workers in anthropometry measurement.

### **Volunteer Experience**

Community Builder 2018-present  
*Founder Health 4.0 Leadership Summit* June 2020  
*Founder Health 4.0 & Digital Twins Meetup (300+ members)* June 18 - Jan 21

Elected Member, Student Faculty Council 2019-2020  
*Faculty of Engineering, University of Ottawa* Ottawa, ON, Canada

Student Member Program Committee, CREATE BEST 2019-2020  
*Faculty of Engineering, University of Ottawa* Ottawa, ON, Canada

Volunteer Nov 2017 – June 2019  
*Ontario Public Health Association* Toronto, ON, Canada

*Leadership roles in a 70 year old non-profit based in Toronto*

- Board of Directors, 2018-19
- Member, Membership Committee, preparing strategies with focus on increasing membership
- Chair Reproductive Health Workgroup, 2018-19

Founder and Board Member Dec 2011-present  
*Public Health Justice* Mumbai, MH, India

*A charitable trust with vision to serve the underserved and provide universal access to public health*

- Started and scaled a community preschool (serving 160 students daily) and clinic in Mumbai slums to promote early childhood education, increase awareness on sanitation and nutrition.
- Conducted workshops in health education on chronic diseases and prepared India's first ever chronic disease training module and certification for LGBTHIQ community health workers in association with the Humsafar Trust.
- Trained indigenous community health workers and built their capacity on topics such as nutrition, cooking with local produce and incorporating traditional recipes.

Breastfeeding education coordinator Jul 2010 – Sep 2010  
*Family Health and Birth Centre (FHBC)* Washington DC, USA

*Volunteer role in inner city neighborhoods of east DC*

- Maintained appointments and calendar for midwives and birth educators
- Audited birth education sessions and took observation notes for feedback.

Intern, Health Baby, Healthy Child Feb 2010- Apr 2010  
*Boston Public Health Commission* Boston, MA, USA

*Public Health program funded federally by the US government*

- Trained in conducting research interviews for a project on Problem Solving Education to reduce post partum maternal depression

### **Publications**

- First Author, Bagaria N., Laamarti F., Badawi H.F., Albraikan A., Martinez Velazquez R., El Saddik A. (2020) Health 4.0: Digital Twins for Health and Well-Being. In: El Saddik A., Hossain M., Kantarci B. (eds) Connected Health in Smart Cities. Springer, Cham. [https://doi.org/10.1007/978-3-030-27844-1\\_7](https://doi.org/10.1007/978-3-030-27844-1_7)
- Co-author, Letter, Dtwins: A Digital Twins Ecosystem For Health And Well-Being, Abdulmotaleb El Saddik, Hawazin Badawi, Roberto Alejandro Martinez Velazquez, Fedwa Laamarti, Rogelio, Gámez Diaz, Namrata Bagaria, and Juan Sebastian Arteaga-Falconi, IEEE COMSOC MMTTC Communications – Frontiers, <http://mmc.committees.comsoc.org> 39/46 Vol. 14, No. 2, March 2019

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**Awards**

Best Research Poster  
Social Media Tweets Award

**Certifications**

<i>Indigenous Parenting</i>	Toronto, 2018
<i>Doula Training Canada (DTC)</i>	Toronto, ON
● Childbirth Educator certification	Ongoing
● Advanced Comfort Measures	Nov 2017
● Postpartum Hot Topics and Support	Sep 2017
● Breastfeeding Knowledge and Support	Sep 2017
<i>St John Ambulance</i>	Toronto, ON
Standard First Aid - CPR C – AED	Dec 2017
<i>Qualitative Research Methods, Samarth</i>	Chennai, 2011
<i>Motivational Interviewing, a collaboration between London School of Hygiene and Tropical Medicine and Jeff Allison Institute, Edinburgh</i>	Goa, 2011
<i>Ethics in Research, Harvard School of Public Health</i>	Boston, 2009
<i>Clinical Research Methods, Department of Pharmacology, KEM Hospital</i>	Mumbai, 2009

**Skills**

- Computer – Office, EndNote, Stata, NVivo, MAXQDA, Evernote, Podio, Odoo, Team Work, Social Media
- Languages – English (advanced), Hindi(advanced), Marathi (advanced), French (basic)

**Memberships**

- Harvard Clubs of Ottawa & Toronto, 2018
- United Way of Ottawa, 2018
- Member, Ontario Public Health Association, 2017 - present
- Member, Canada Public Health Association, 2018
- Registered Medical Practitioner, Karnataka Medical Council, 2017 - present
- Member, Indo-Canada Business Chamber, 2017 - present
- Harvard Alumni Association, 2010 – present

Following are the links to my teaching initiatives:

I. CREATE BEST - Day in the Life of Webinar Series

1. A day in the life of: Technical Consultant and Product Manager Mark Koester: <http://create-best.com/20210202-ditl/>
2. A day in the life of: CEO & Director of Product & R&D of Brain Mechanics, Karim Delgado : <http://create-best.com/20210330-ditl/>
3. A day in the life of: Functional & Metabolic Medicine Consultant Dr. Shabnam Das Kar : <http://create-best.com/20201208-dayinlife/>
4. A day in the life of: Director of Healthcare Technology at Macadamian Geoffrey Parker : <http://create-best.com/20201124-dayinlife/>
5. A day in the life of: New York Attorney/startup founder and CEO Salvatore LoDuca : <http://create-best.com/20201027-dayinlife/>
6. A day in the life of: Recent Grads Panel : <http://create-best.com/20201013-dayinlife/>
7. A day in the life of: Innovation Consultant at Innovia Technology : <http://create-best.com/20191031-day-in-the-life/>
8. A day in the life of: Director, Innovation and Development at Bruyère : <http://create-best.com/20190925-day-in-life/>

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9. A day in the life of: Project Officer, Operational Space Medicine : <http://create-best.com/20190508-day-in-life/>
10. A Day in the Life of: Advanced Practice Nurse : <http://create-best.com/20190408-day-in-life/>
11. A Day in the Life of: the Associate to the Director of the Vaudreuil Soulanges Hospital Project : <http://create-best.com/20190128-day-in-life/>
12. A Day in the Life of: Senior Scientist at OHRI : <http://create-best.com/20181107-day-in-life/>
13. A day in the life of: Executive Director of OPHA : <http://create-best.com/20180918-day-in-life/>

## II. CREATE BEST - Workshops

1. mHealth Regulation & Compliances Workshop - <http://create-best.com/20190625-regulations/>
2. mHealth Ecosystems Workshop - <http://create-best.com/20190515-mhealth/>

## III. CREATE BEST - Research Poster Days

I helped organise the following research poster days:

1. MDII & CREATE-BEST Research Poster Day 2018 - <http://create-best.com/20180925-poster-day/>
2. MDII & CREATE-BEST Research Poster Day 2019 - <http://create-best.com/20191113-poster-day/>

## IV. CREATE BEST - Minicourse (in progress)

Week 1: Introduction of Health 4.0

- Overview of Health ecosystems
- Overview of Technologies in Health
- Overview of Digital transformation in Health
- Readings

Week 2: Design Principles for Health 4.0

- Systematic Design problems in health
- Technology Design principles
- User experience design principles overview

Week 3: Behavioural Design for Health 4.0

- Overview of Gamification
- Overview of Motivational Design
- Overview of Emotion and Cognitive AI for user experience

Week 4: Ethics, Privacy & Cybersecurity for Health 4.0

- Overview for Ethics
- Overview on Privacy
- Overview on Cybersecurity

Week 5: Standardizing & Regulation for Health 4.0

- Standards for content

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- Standards for technology
- Digital Tech Approval process

Week 6: Ecosystems approach for Health 4.0

- Integration of many disciplines
- Business model innovations
- Value based co-creation

V. Industry - Academia Summit (my own initiative)

Health 4.0 Leadership Summit - <http://create-best.com/health-4-0-leadership-summit-online-event/>

Listen here - Season 2 (<https://health-4-0-leadership-podcast-with-namrata-bagaria.simplecast.com/episodes>)