Internship Training

At

SPAG Asia, Gurugram, India

(14^{th} March to 15^{th} June 2022)

A Report on

"**Analysis of the patterns of physical activity changes, with the help of utilizing e-health platforms**"

By

Dr. Sudha Pant

PG/20/087

Under the guidance of

Dr. Sidharth Sekhar Mishra

PGDM (Hospital & Health Management)

2020-2022

International Institute of Health Management Research

New Delhi

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Completion of Dissertation from SPAG Asia

The certificate is awarded to

Name: Dr. Sudha Pant

in recognition of having successfully completed her internship in the department of

Title: Healthcare public relations

and has successfully completed her Project on

Analysis of the patterns of physical activity changes, with the help of utilizing e-health platforms

Date: 14th March to 15th June 2022

Organization: SPAG Asia, Gurugram, Haryana

She comes across as a committed, sincere & diligent person whohas a strong drive & zeal for learning.

We wish him/her all the best for future endeavors.

Ekta Gupta
Training & Development

Mayuri Borkar
Manager-Human Resources

IIHMR DELHI

INTERNATIONAL INSTITUTE OF HEALTH MANAGEMENT RESEARCH (IIHMR)

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CERTIFICATE ON PLAGIARISM CHECK

Name of Student (in block letter)	Dr./Mr./Ms.: Sudha Pant		
Enrollment/Roll No.	PG/20/087	Batch Year	2020 - 2022
Course Specialization (Choose one)	Hospital Management	Health Management ✓	Healthcare IT
Name of Guide/Supervisor	Dr./ Prof.: Sidharth Shekhar Mishra		
Title of the Dissertation/Summer Assignment	Analysis of patterns of the physical activity changes, with the help of utilizing e-health platforms		
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This is to certify that Dr. SUDHA PANT student of PGDM (Hospital & Health Management) from International Institute of Health Management Research, New Delhi has undergone internship training at SPAG Asia, Gurugram from 14th March to 15th June 2022.

The Candidate has successfully carried out the study designated to him during internship training and her approach to the study has been sincere, scientific, and analytical.

The Internship is in fulfillment of the course requirements.

We wish him all success in all her future endeavors.

Dr. Sumesh Kumar
Associate Dean, Academic and Student Affairs
IIHMR, New Delhi

Mentor
(Dr. Sidharth Shekhar Mishra)
IIHMR, New Delhi

Certificate of Approval

The following dissertation titled "**Analysis of the patterns of physical activity changes, with the help of utilizing e-health platform**" at "**SPAG Asia**" is hereby approved as a certified study in management carried out and presented in a manner satisfactorily to warrant its acceptance as a prerequisite for the award of PGDM (Hospital & Health Management) for which it has been submitted. It is understood that by this approval the undersigned do not necessarily endorse or approve any statement made, opinion expressed or conclusion drawn therein but approve the dissertation only for the purpose it is submitted.

Dissertation Examination Committee for evaluation of dissertation.

Name	Signature
Dr Dharmesh Lal	
Dr. B.S. Negi	
Dr. Sidharth Shekhar Mishra	

Certificate from Dissertation Advisory Committee

This is to certify that **Dr. Sudha Pant,** a graduate student of the **PGDM (Hospital & Health Management)** has worked under our guidance and supervision. She is submitting this dissertation titled "Analysis of the patterns of physical activity changes, with the help of utilizing e-health platforms" at "SPAG Asia" in partial fulfillment of the requirements for the award of the **PGDM(Hospital & Health Management).**

This dissertation has the requisite standard and to the best of our knowledge no part of it has beenreproduced from any other dissertation, monograph, report, or book.

Institute Mentor Name: Dr. Sidharth S Mishra
Designation: Assistant Professor

Organization: IIHMR Delhi

Organization Mentor Name: Ekta Gupta
Designation: Account Manager

Organization: SPAG Asia

TERNATIONAL INSTITUTE OF HEALTH MANAGEMENT RESEARCH, NEW DELHI

CERTIFICATE BY SCHOLAR

This is to certify that the dissertation titled ..Analysis of patterns of ..... physical activity changes with the help of utilising e-health ..... platforms ..... and submitted by (Name) ....Dr. Sudha Pant .... Enrollment No. .....PG/20/087..... nder the supervision of ....Dr. Siddharth Shekhar Mishra..... or award of PGDM (Hospital & Health Management) of the Institute arried out during the period from ....14th March.... to .....15th June 2022

mbodies my original work and has not formed the basis for the award f any degree,diploma associate ship, fellowship, titles in this or any ther Institute or other similarinstitution of higher learning.

Pant.

ıture

FEEDBACK FORM

Name of the Student: Dr. Sudha Pant

Name of the Organisation in Which Dissertation Has Been Completed: SPAG Asia

Area of Dissertation: Healthcare public relations

Attendance: 100% satisfactory

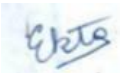
Objectives achieved: Satisfactory

Deliverables: All met, satisfactory

Strengths: Good observer, great communication skills, confident, hard-working,leadership qualities.

Suggestions for Improvement: NA

Suggestions for Institute (course curriculum, industry interaction, placement,alumni): Satisfactory



Signature of the Officer-in-Charge/ Organisation Mentor (Dissertation)

Date: 28/ 06/ 2022

Place: Delhi

Acknowledgments

This study is an accomplishment due to the timely help, guidance, and constant support of several people.

Any endeavour at any level can't be satisfactorily finished without the help and direction of learned individuals. I am in debt to an extraordinary obligation to every one of the experts at SPAG Asia, for sharing liberally their insight and time, which propelled me to give a valiant effort throughout my summer training preparation.

My most profound appreciation goes to my mentor, Dr. Sidharth S Mishra for his incredible help and support. It would have been hard to finish the research. His model direction and cautious observation all through the temporary job were extraordinary to such an extent that, even my most significant appreciation isn't sufficient.

I would likewise need to thank all the staff individuals from IIHMR, Delhi who have stretched out their collaboration to help me in this examination.

Last yet not least, I thank my loved ones for their understanding and nonstop consolation, and relentless help.

Dr. Sudha Pant

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Abbreviations

S. No	Full-Form	Abbreviations
1	Electronic Health Record	EHR
2	Electronic Medical Record	EMR
3	Geographical Information System	GIS
4	Severe Acute Respiratory Syndrome Coronavirus 2	SARS-CoV-2
5	World Health Organization	WHO

About the organization

SPAG Asia

SPAG is an award-winning integrated Public Relations and Advocacy firm, reputed for offering bespoke communication strategies to shape conversations. **SPAG's** lasting endeavour as a PR & Digital Marketing firm in India and globally is to build on partnerships that facilitate its vision for a better world. SPAG is a PR agency based in Delhi, Mumbai, Bangalore, Singapore, Philippines, Malaysia, and Indonesia

VISION: -

Setting trends through **meaningful conversations; real stories** that define narratives for a **better world**

SPAG Bridge the gap between the client and the consumer by diving deep into the latter's perspective. Our approach is to focus on being transparent and true to the client in order to derive more perceived value, impact and reach. In doing so, we build upon core values of trust, dependability, and innovation by ensuring our content is not only led by bespoke communication strategies and authentic data but is also highly adaptable, channel-agnostic, ever-evolving, and research-driven. SPAG's lasting endeavour as a PR & Digital Marketing firm in India and globally is to build on partnerships that facilitate our vision for a better world.

SERVICES: -

PUBLIC RELATIONS

We create strategic dialogues that assist with conveying tailor-made messages to the crowds that make a difference to you the most. The groundwork of our advertising systems originates from a definitive goal of 'making some kind of a difference' - to achieve the ideal change in discernment, collaboration, and conduct. We put stock in being genuine to the actual center of our informing. We, as a PR organization, plan brand and corporate correspondence systems that incorporate brand dispatches, corporate standing administration, key preparation, advertising showcasing, illness mindfulness drives, media relations, issue and crisis management, and key message improvement. That makes us one of the top PR organizations in India and the area. Some of our core service areas are:

Media Engagement

Top to bottom checking of media development inside India and across districts in the centre of SPAG's expectations where key parts of all types of media are remembered. A group is planned explicitly to follow different subtleties, uniqueness, and functionalities of the current coordinated media as well as see all parts of how print and computerized media work in contrast with TV and radio. As an advertising office, our mastery of media commitment keeps us reliably in the main 10 PR organizations in India.

Influencer Management

SPAG, when contrasted with other advertising firms, secures itself as an idea chief across areas regarding public strategy the board, and backing. In that try, we, as a force to be reckoned with the executive's office, likewise centre around outfitting a key powerhouse network across the areas to front stories and drive commitment. Key assessment pioneers in unambiguous areas loan believability and figured authority to crusades and really supplement media coverage.

Media Relations

SPAG has a hearty media network that gives our clients an unmatched data set of general, specific, business, and exchange news. We are continually extending our organization by saddling new connections across the region.

POLICY DIALOGUE

In the fast-paced, ever-evolving, dynamic world we live in today, it is more essential than ever to be actively engaged with policy development and public affairs. At SPAG, we specialise in public policy advocacy with policy research, experience and skill backing us up.

At the core of our capabilities to engage with policymakers and stakeholders is the thought of being able to generate a consensus that leads to tangible solutions. A lot of research thought and understanding goes behind stakeholder mapping and developing a public affairs campaign in order for it to have long-term impact.

Our handpicked team is trained to provide unique insights into how government, economies, companies and other stakeholder groups are inter-related and connected at multiple levels. We delve deep into decision-making patterns that impact businesses across the region.

Our strategies help shape opinions through real-time communication between relevant government stakeholders and target audiences. We help our clients engage constructively in policy-level conversations, backed by insights and solution-driven recommendations.

SPAG provides on the ground execution support with top-level strategic inputs through its team that is globally aligned, regionally cohesive and locally in-depth.

We also work on delivering relevant, fact-checked and comprehensive white papers and work extensively on advocating policies that start conversations and deliver impact across issues, industries and geographies.

DIGITAL

As technology evolves, so do we. Communication strategies work in tandem with the evolving consumer environment. While we keep track of the changing norms, we work alongside to develop internal systems that can meet our clients' demands. Therefore, our campaign strategies lay key emphasis on digital media communications which encapsulate the online social network.

Social media strategy

SPAG understands the importance of a social media marketing strategy for business success in every campaign. This understanding helps us evaluate and measure audience response and categorize key impact areas per campaign. We have a dedicated team that understands technical aspects of the digital world and holds the skills necessary to craft an effective social media strategy keeping in mind the evolving nature of the medium.

Digital interactive campaigns

We live in times where virtual interaction is the new normal. This has led us to innovate and adapt extensively in our digital operations. Our digital team works on creating an immersive experience for the audience thus providing our clients with an interactive and up-to-date media solution. We, being a digital organization offer types of assistance, for example, web crawler

showcasing, site improvement, virtual entertainment promoting, and so on, and flourish to be the best-advanced advertising organization in India and the region.

Creative evolution

Making each campaign special is vital to our digital strategy while guaranteeing that each campaign develops with the times. For this, we have a dedicated studio and regular internal training to ensure our deliverables are not just up to date, but innovative and standout. We, as a creative design agency have a digital design and technical team that understands the nuances of the digital sphere hence providing a wholesome perspective to any campaign.

CONTENT

The success of a campaign lies in the way it is communicated. Effective messaging is the key to this which is delivered through a combination of text and visual content. This requires a team with good technical and creative know-how along with a good understanding of the market. We specialize in ensuring that content strategy is up to the mark with a talented team of content creators. Generating original, creative and effective content is key to any project SPAG handles and we have a dedicated team for each part of this process. We understand the overload of information in today's multimedia world. Therefore, we accordingly prepare a content plan and work on creating distinctive content which sets a campaign apart from others and ensures more reach.

Creation

We have a team of specialized digital content creators when it comes to content generation. From conceptualization, creation, editing and story development, SPAG team prepares a

content marketing plan that helps them to keep a critical eye on written and visual execution of content. There is a great amount of research and contextualization put into this to ensure there is exclusivity in the service delivered by us.

Video

Good visual representation of content is one of the core aspects to an effective content marketing strategy. With our dedicated 'video studio' that closely works with the strategy team, we aim to focus on delivering quality content specializing in superior production. Our team lays emphasis on strategizing its video content right from the conceptualization and scripting phase to filming and editing before releasing its final product. The video content creator team consistently works on upskilling itself to the latest video trends to produce effective campaigns.

CRISES-&-LITIGATION

We live in an age where communication channels are fluid and quick. There is a multimedia ecosystem that exists around us today which functions around the clock. In such a climate, minor issues or errors can lead to serious consequences and drastically create a negative impact on brand reputation. At SPAG, we lay emphasis on creating a strategic and structured approach to wade our clients out of a crisis. Our focus lies on minimalizing any work disruptions and ensure quick stability by managing crisis communications. The team at SPAG is trained for handling different kinds of situations with strategic readiness at their disposal through effective pr in crisis management.

Crises Communications

It is important to think 10 steps ahead and be well-prepared to handle any situation in order to manage a crisis effectively. Our crisis communications team uses tools which build comprehensive strategies to face any potential storm and find opportunities within. These crisis communication services focus on mitigating risk and managing crisis situations by providing effective and long-term solutions.

Litigation Public Relations

We deal extensively with managing complex regulatory situations where across sectors we provide clear and focused direction through intricate working systems. Our team focuses on providing the clients effective litigation public relations.

SECTORS: -

HEALTHCARE & LIFE SCIENCES

The pharmaceuticals, life-sciences and medical devices sector is a growing & evolving. Being the pioneers in healthcare communications we understand key influencers and drivers of change. Our extensive know-how helps us build strong and comprehensive campaigns that deliver well-defined and tangible outcomes.

FOOD & NUTRITION

At SPAG we understand the synergy between science of food and communications. Our comprehensive research led team understands the food and nutrition sector and works closely with the strategy team to meet consumer health and business objectives by empowering the change agents.

TECHNOLOGY

We engineer creative and compelling IT driven narratives and campaigns based on our skilled data and analytical team's research and findings. We stand strong with our deep understanding and passion for Consumer Tech, Med Tech, Fin-Tech, e-commerce, B2B and AI.

DEVELOPMENT SECTOR

Poverty and inequality are two of the largest issues the development sector seeks to resolve. A sector with complex social issues, we work to provide practical yet innovative data-driven solutions. Being an advocacy firm, we work to build real stories.

START-UPS

At the scale that start-ups operate, building partnerships and shortening the awareness curve are key to success. SPAG, being an integrated marketing communication agency, partners with the organisations to build a strong communications strategy by understanding the businesses communication challenges.

CLIENTS: -

GE Healthcare, Johnson and Johnson, KPMG, Lupin, Novartis, Medtronic, Roche, Sanofi, Stryker, Abbott, Baxter, Bayer, Boston Scientific, Girl Effect, Herbalife nutrition.

Title

Analysis of the patterns of physical activity changes, with the help of utilizing e-health platforms.

Abstract

Physical activity can improve one's health and decrease the gamble of fostering a few sicknesses like diabetes, malignant growth, and cardiovascular infection. Above all, normal movement can work for one's personal satisfaction. As per the World Health Organization (WHO) proposal, no less than 150 minutes of moderate actual work each week is recommended for a sound grown-up mature 18-64. As per the suggestion, exercises intended to further develop muscle strength and perseverance ought to be done 2 to 3 days every week.

Purpose: In this research work, we have considered that in the current period of the pandemic, the customary framework of exercising in the gyms, and parks, outdoors have made a stride back. In the current circumstance, E-health platforms have gotten valuable. The main purpose of selecting this topic is to identify the E-health platforms which are responsible for increasing physical activity among people in a controlled way.

Methods: The study was led through a questionnaire-based survey directed through an online platform utilizing a google survey. It was worried about portraying, investigating, and deciphering the current condition in the selected samples.

Results: Based on the survey conducted on 140 samples, the outcomes were dissected after a point-by-point assessment of the constituents of the poll. 140 people took part in the overview, out of which passage number of samples knew about e-health platforms. More populations concurred that e-health platforms are all the simpler to use, with better accessibility.

Conclusion: Due to mechanical headways and expanded portable and web availability, individuals are getting more mindful of e-health platforms. In the current circumstance of the pandemic, individuals are consolidating fresher and more secure strategies for benefiting clinical benefits. However, these services are tightened to metropolitan spaces of the country. Hence greater association of both public and private areas is expected to make it a reasonable just and essential method of getting services.

Keywords: E-health, physical activity, health, web-based, adults.

Introduction

A worldwide lockdown was forced because of the everyday expansion in COVID-19 cases and passings. Lockdown forced by the public authority is supposed to be an effective COVID-19 counteraction technique. Most state-run administrations all through the world have forced development limitations to stem the spread of the COVID-19 infection. Models incorporate travel denials between what's more, inside nations, business and public space terminations, and long homegrown seclusion. Because of the end of exercise centers, sports fields, and stops, as well as extreme constraints on open-air versatility, a great many people have been headed to embrace a particularly inactive way of life. The constrained actual dormancy, along with the archived coming of unfortunate masochist inclinations like smoking, drinking, and craving, represent a critical danger to the impacted populace's wellness and prosperity. Human proactive tasks have been displayed to significantly influence our day-to-day routines. Work-out consistently evades sicknesses like mental deterioration, keep a sound weight, and ease bitterness and nervousness side effects. Our living surroundings and lives are ceaselessly changing because of mechanical headways. Self-directed active work studies are utilized to screen the soundness of nearby (e.g., wellness groups) that followed physical movement and recorded and registered movement catch designs for study. Present-day electronic gadgets, like movement trackers, gyrators, and observing gadgets, give actual work boundaries, for example, assessed distance, time spent in different power levels of active work, steps, pulse, and energy use.

Healthcare workers could essentially affect how new innovation is chosen and utilized. Because of sharing this data, researchers and medical care specialists will be better prepared to integrate rising advances into physical action and wellbeing. We can now utilize our cell

phones to interface with others via telephone, by means of email, and SMS and track our well-being and actual work propensities utilizing an assortment of wellbeing-related applications. In truth, existing electronic gadgets appeal to medical care suppliers since they utilize creating innovations like cell phone applications, the worldwide situating framework (GPS) units, and wellbeing wearable's to further develop usability, exactness, and extension (ie, information from different sources from one gadget). Knowing where, when, and how actual work happens utilizing this data makes a difference better comprehend actual work designs and, subsequently, more fruitful actual work conduct alterations. Fast mechanical upgrades have prompted the incorporation of accelerometers equipped for estimating actual work and stationary way of behaving in cell phones and worldwide situating framework gadgets. While innovative upgrades empower the overall population to participate in daytime sluggishness, the presentation of movement sensors into a rising number of electronic gadgets permits experts to dispassionately examine actual work and stationary way of behaving to address different ailments. The flow research investigates the intervening job of computerized stages for actual work and wellness connected with segment attributes among Indian residents.

Purpose of the study

In this research work, we have considered that in the current period of the pandemic, the customary framework of exercising in the gyms, and parks, outdoors have made a stride back. In the current circumstance, E-health platforms have gotten valuable. The main purpose of selecting this topic is to identify the E-health platforms which are responsible for increasing physical activity among people in a controlled way.

Research Questions

The research questions of the study are:

1. What are the major impacts of E-health platforms on transforming the physical activity patterns among individuals?
2. What are the major sources and types of E-health platforms used for transforming the physical activity patterns among individuals?

Literature Review:

Author	Year	Country	Title	E-health	Informatics Areas	Result
Berino H etal.	2002	South America	Does using the Internet facilitate the maintenance of weight loss?	Internet support group had website access with electronic self-monitoring forms	Telehealth	Results (n=101) showed that weight loss did not differ by condition during treatment. The internet support (IS) condition put on essentially more weight than the frequent in-person support (F-IPS) bunch during the initial a half year of weight upkeep and supported an altogether more modest weight reduction than both in-person help bunches at the 1 y follow-up. Participation at support gatherings was more noteworthy for the F-IPS than the IS condition over the 1 yr upkeep program. The agreeableness of the appointed condition was higher for subjects in the F-IPS than IS condition.

Baranowski	2003	South America	Fun, Food, and Fitness Project (FFFP)	10-session multimedia game delivered over 5 wks.	E-health	Subsequent to adapting to the pattern of Body mass index (BMI), there were no huge contrasts in BMI among treatment and control bunch young ladies, either toward the finish of the 4-week summer day camp or after the full 12-week mediation. Toward the finish of the day camp, the subgroup of treatment bunch young ladies heavier at gauge showed a pattern toward lower BMI, contrasted with their heavier partners in the benchmark group. Generally speaking outcomes toward the finish of the 12-week program showed significant, albeit not huge, contrasts among treatment and control bunches in the guessed bearings.
Kypri	2005	United Kingdom	Randomized controlled trial of web-	Web-based assessment and	Telehealth	Follow-up assessments were accomplished for 86% of members, without any proof of differential whittling down. There were huge contrasts in the extent of meeting proposals for

			based primary care intervention for multiple health risk behaviours.	personalized feedback group received feedback & advice on healthy habits.		products of the soil utilization and actual work in bunch A compared with C.
Vandelanotte	2005	Belgium	Efficacy of sequential or simultaneous interactive computer-tailored	All groups received one-time intervention for each behaviour	Telehealth	Six months postbaseline, the outcomes showed that the custom-fitted mediations created fundamentally higher actual work scores, (2, 573) = 11.4, p < .001, and lower fat admission scores, (2, 565) = 31.4, p < .001, in the exploratory gatherings, when compared with the control group.

			interventions for increasing physical activity and decreasing fat intake.	for 50 mins to get computer-tailored feedback.		
Zamberg et al.	2020	Switzerland	A Mobile Health Platform to Disseminate Validated Institutional Measurements During the	Telehealth, m-health	Clinical decision support, telehealth	From February 25, 2020, to March 13, 2020, data records on SARS-CoV-2 were seen multiple times, which represented 35.6% of the complete substance sees (absolute views=332). Client action expanded altogether with 50.8 (SD 14.4) clients each day in this period when contrasted with the earlier weeks (mean 26.4, SD 9.8; P<.001). In a review, clinical staff found the data simple to find inside the application. On a 10-point Likert scale, the capacity of the application to console staff in

			COVID-19 Outbreak: Utilization-Focused Evaluation Study			clinical practice was evaluated as 7.6 (SD 2.1), the efficient capacity was appraised as 8.5 (SD 2.1), and the need to search for data from different sources was appraised as 5.9 (SD 3.3).
Huang et al.	2020	China	Implications for Online Management: Two Cases with COVID-19	Telehealth, EHR	Clinical decision support, telehealth, personal health record	An online and offline multidisciplinary self-administration framework that depended on a web-based quarantine perception structure was viewed as helpful for the administration of Covid disease in two home quarantine patients.

Hong et al.	2020	United States	Population-Level Interest and Telehealth Capacity of US Hospitals in Response to COVID-19: Cross-Sectional Analysis of Google Search and National	Telehealth	Telehealth	US populace level interest in telehealth expanded as the quantity of COVID-19 cases expanded, with a solid connection (r=0.948, P<.001). Higher populace level interest in telehealth in the Northeast and West statistics locales, while the extent of emergency clinics that embraced telehealth was higher in the Midwest area. There was no critical relationship between populace interest and the extent of clinics that took on telehealth (r=0.055, P=.70) nor medical clinics having tele-ICU ability (r=-0.073, P=.61).

			Hospital Survey Data			
Gong et al.	2020	China	Cloud-Based System for Effective Surveillance and Control of COVID-19: Useful Experiences	The hybrid system, (EMR, telehealth, GIS, mobile devices)	Telehealth, clinical decision support, measurement, personal health record	Honghu Hybrid System (HHS) supports four main features: syndromic observation on cell phones, the strategy going with choice help, clinical choice helps and prioritization of assets, and follow-up of released patients. The syndromic observation part in HHS covered more than 95% of the number of inhabitants in the north of 900,000 individuals and gave close to constant proof of the control of pandemic crises. The clinical choice help part in HHS was likewise given to work on

			from Hubei, China			persistent consideration and focus on the restricted clinical assets. Nonetheless, the measurable strategies require further assessments to affirm the clinical viability and suitability of demeanour doled out in this review, which warrants further examination.
Ren et al.	2020	China	The Application of Mobile Telehealth System to Facilitate Patient Information Presentation	m-Health, telehealth, EHR	Telehealth, clinical decision support, team care	The framework utilizes portable coordinated effort innovation to introduce patient data and backing case conversation. Mobile telehealth system (MTS) was authoritatively sent off for 37 days, during which it has been utilized 3061 times.

			and Case Discussion			
Khairat et al.	2020	United States	Interpreting COVID-19 and Virtual Care Trends: Cohort Study	Internet, video calls, telehealth, HER	Clinical decision support, telehealth, personal health record	As of March 18, 2020, there were 92 affirmed COVID-19 cases and 733 absolute virtual visits. Of the complete visits, 257 (35.1%) related to COVID-19-like side effects. Of the COVID-19-like visits, the number of females was 178 (69.2%). Individuals in the age gatherings of 30-39 years (n=67, 26.1%) and 40-49 years (n=64, 24.9%) were half of all outpatients. Also, around 96.9% (n=249) of the COVID-like experiences came from inside the province of North Carolina. Concentration on demonstrates the way that virtual consideration can furnish effective triaging in the areas with the largest number of COVID-19 cases.

GIS, geographical information system; m-health, mobile health; COVID-19, Coronavirus disease 2019; EMR, electronic medical record; UCSF, University of California, San Francisco.

Research Methodology

(A) Study design:

A cross-sectional study was conducted for three months through a questionnaire-based survey conducted through an online platform using a google survey.

- Survey Platform

Google forms is an administration software used to conduct surveys.

- Sample Size & Population

In this study, 140 samples were selected as simple random population-based using nonprobability, purposive sampling techniques from all across the country.

The survey was done online therefore, the population who participated in the survey had access to internet-based services and devices.

- Designing of Survey

The questionnaire consisted of key terms such as e-health and was made to evaluate awareness, accessibility, usability, and affordability of e-health platforms.

Ethical Issues: Privacy and confidentiality were maintained throughout the study. Informed consent was taken from the participants. There was voluntary participation by the potential participants, and everything was explained to them regarding the interview in the local language. Anonymity was maintained by assigning codes. There was no potential harm to the participants from the study. Data was kept password protected. Approval was taken by Student Review Board (SRB).

(B) Data sources:

Primary source: Structured questionnaire was collected through Google form which was disseminated through email and instant messaging applications.

The questionnaire was divided into sections:

i. Demographics: In this, members were asked for some information about their own expert foundation. The data incorporated their name, age, sex, and instruction foundation

ii. Awareness: It consisted of samples of awareness about e-health platforms.

iii. Openness: This part required an evaluated reaction to every assertion. Segment four comprised of proclamations to evaluate the Accessibility of e-health platforms to the populace utilizing various stages accessible.

iv. Correspondence boundaries: This comprised explanations built to evaluate the demeanour of the respondents towards e-health and the simplicity of correspondence of clients with suppliers of e-health.

v. Usage: It comprised of explanations to assess the respondents' degree of abilities regarding the use.

vi. Overall Experience: It was an open-ended segment that permitted the respondents to state their viewpoints and different remarks identified with the space of exploration.

Analysis

Based on the survey conducted on 140 samples, the results were analysed after a detailed examination of the constituents of the questionnaire. Below is a brief report of the same.

In assessing the e-health platforms among the study samples, the different aspects were taken into consideration. Respondent profile was determined according to their age, and gender. Amongst the total of 140 participants; the participant's ages were in between 18 - 60 years.

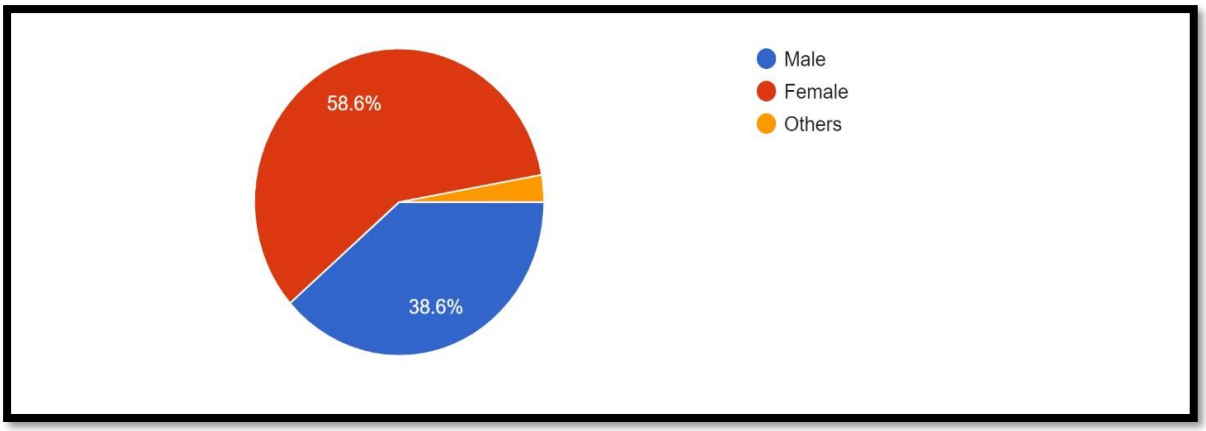

Figure 1: Pie chart depicting gender distribution. 58.6% were females and 38.6% were males and the rest were from other categories.

Amongst the total of 140 participants, 82 were females, 54 were males, and 4 were from other categories.

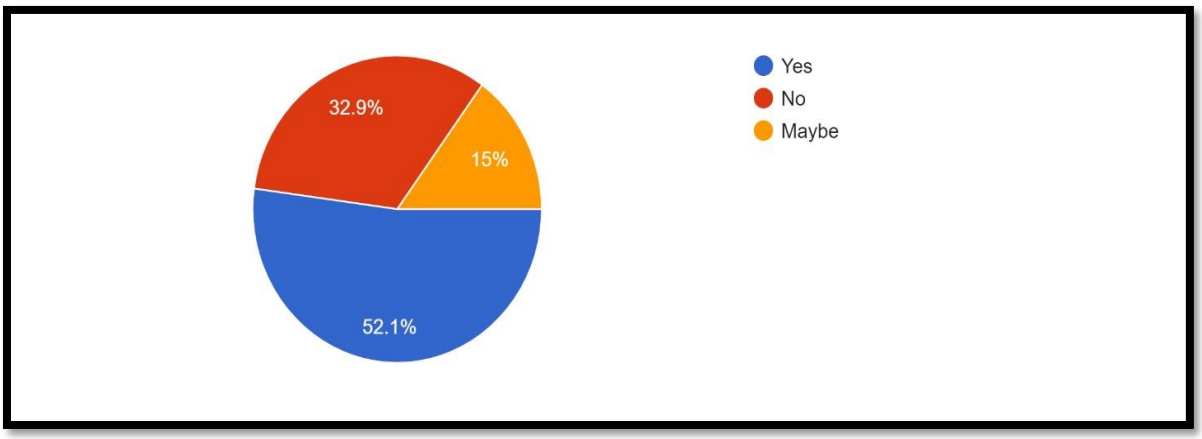

Figure 2: Pie chart depicting e-health platform's awareness. 52.1% were aware of E-health platforms. 32.9% were not aware and the rest voted maybe.

Amongst the total of 140 participants, 73 said yes, 46 said no, and 21 said maybe.

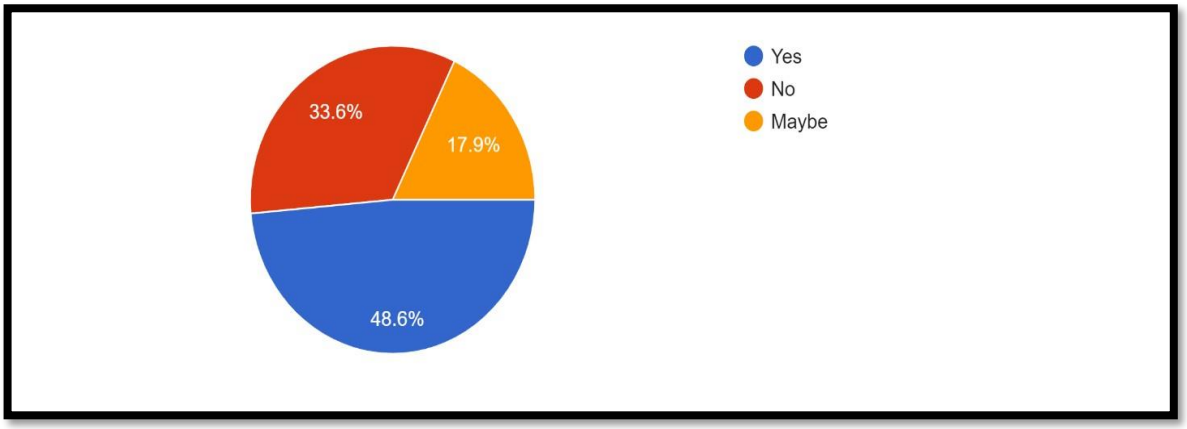

Figure 3: Pie chart depicting e-health platform services used for physical activities by 48.6%, 33.6% never used services and the rest were not sure.

Amongst the total 140 participants 68 said yes, 47 said no, and 25 said maybe.

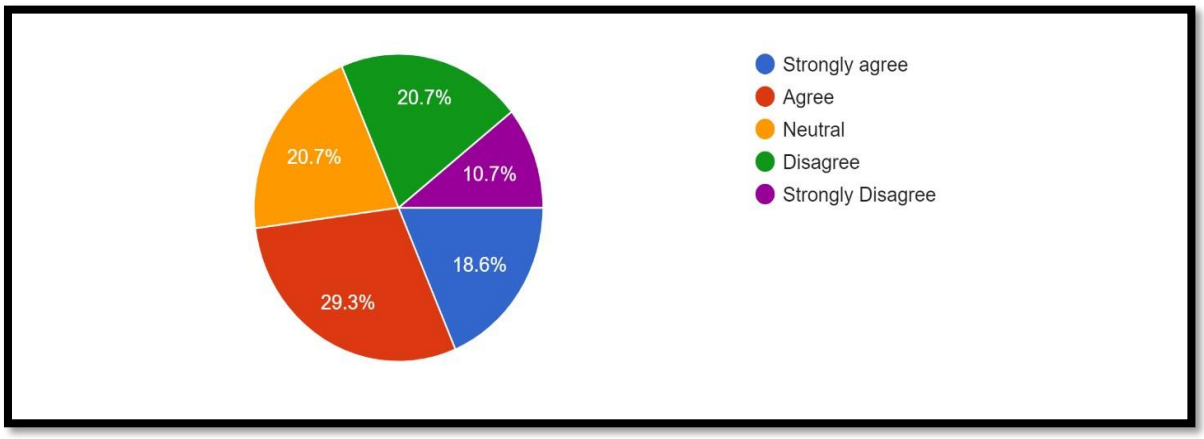

Figure 4: Pie chart depicting e-health platform has helped in exercises and physical improvements. 18.6% voted strongly agree, 29.3% voted to agree, 20.7% voted neutral, 20.7% voted disagree and 10.7% voted strongly disagree.

Amongst the total 140 participants 26 voted strongly agree, 41 voted agree, 29 voted neutral, 29 voted disagree, and 15 voted strongly disagree.

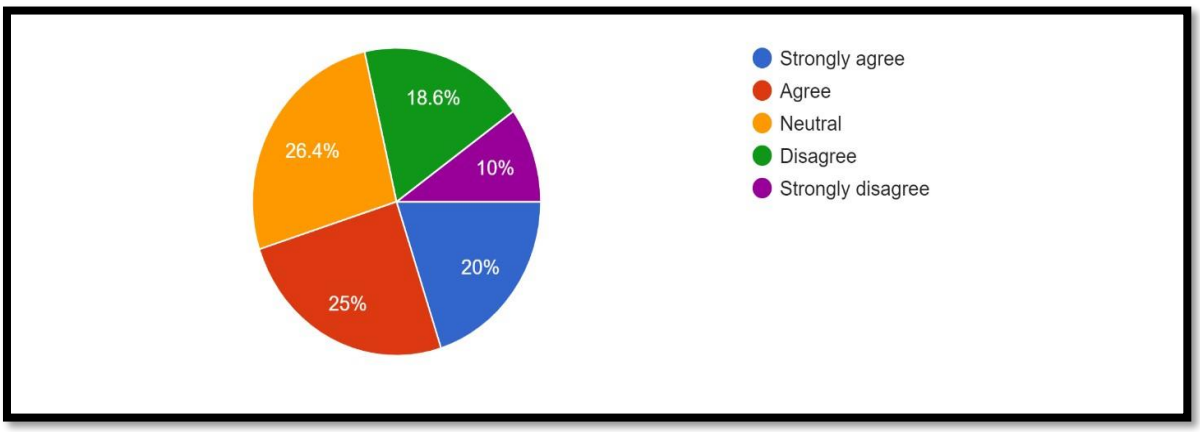

Figure 5: Pie chart depicting e-health platforms gained importance due to the COVID-19 pandemic. 20% voted strongly agree, 25% voted to agree, 26.4% voted neutral, 18.6% voted disagree and 10% voted strongly disagree.

Amongst the total 140 participants 28 voted strongly agree, 35 voted agree, 37 voted neutral, 26 voted disagree, and 14 voted strongly disagree.

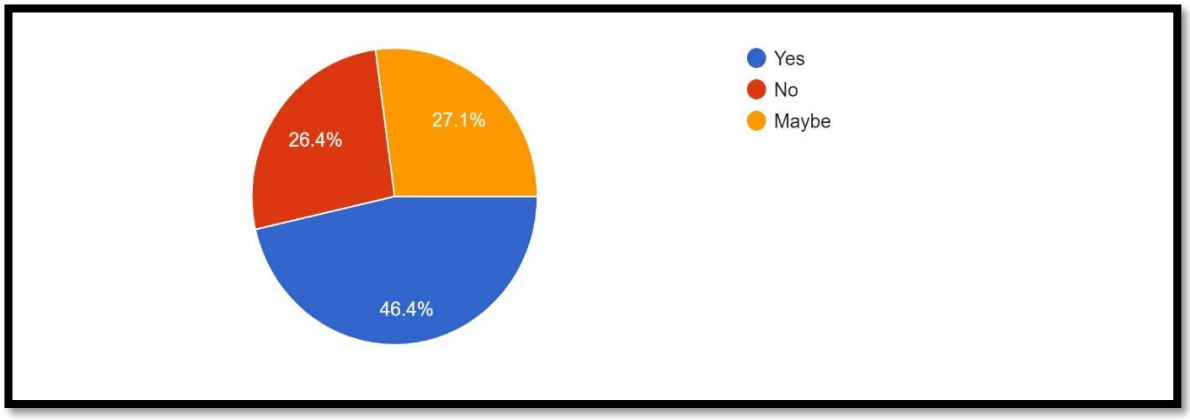

Figure 6: Pie chart depicting e-health platforms saves time for physical activities for an individual. 46.4% said yes, 26.4% said no, and the rest said maybe.

Amongst the total 140 participants 65 said yes, 37 said no, and 38 said maybe.

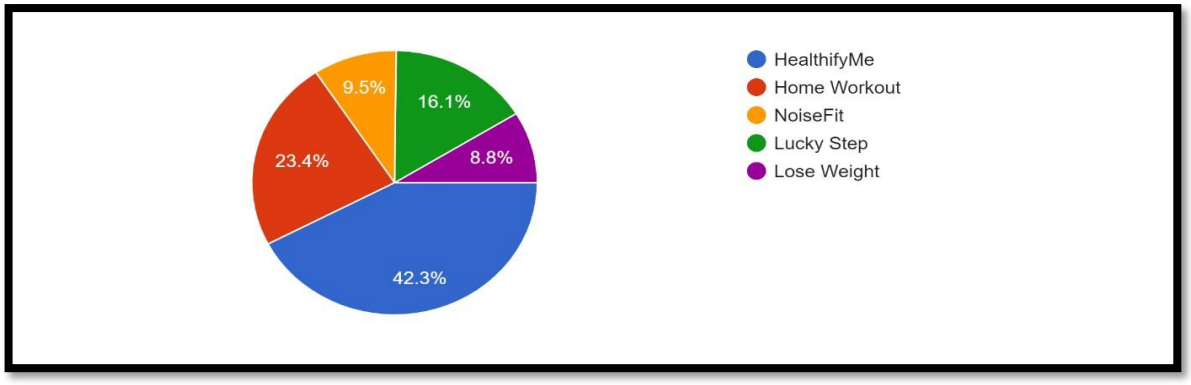

Figure 7: Pie chart depicting e-health platforms people had heard about. 42.3% had heard about the HealthifyMe app, 23.4% heard about the Home Workout app, 9.5% had heard about the Noise Fit app, 16.1% had heard about Lucky Step, and 8.8% had heard about Lose Weight app.

Amongst the total 140 participants who heard about the HealthifyMe app were 58, Home Workout app were 32, Noise Fit app were 13, Lucky Step app were 22, and Lose Weight app were 12.

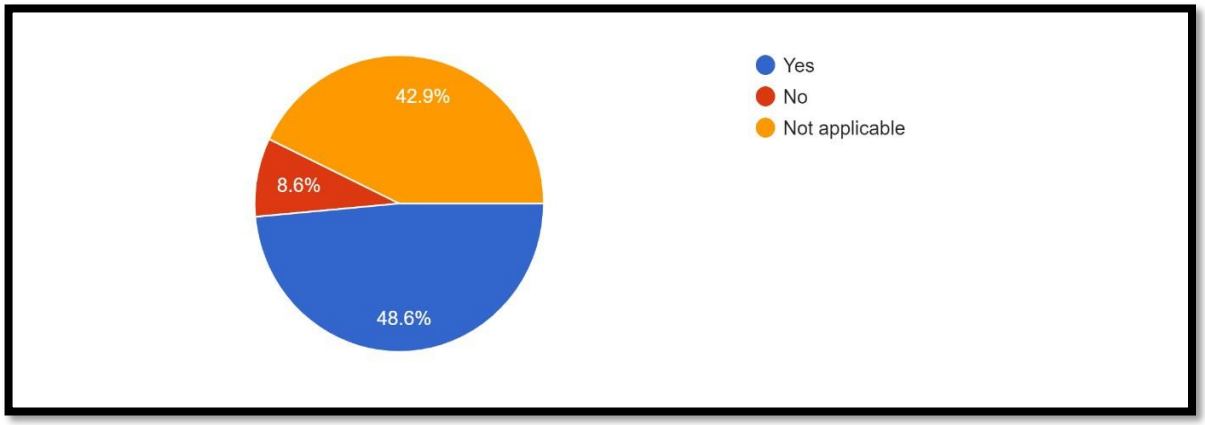

Figure 8: Pie chart depicting people satisfied using e-health platforms. 48.6% said yes, 8.8% said no, and 42.9% said not applicable.

Amongst the 140 participants 68 said yes, 60 said no, and 12 said not applicable.

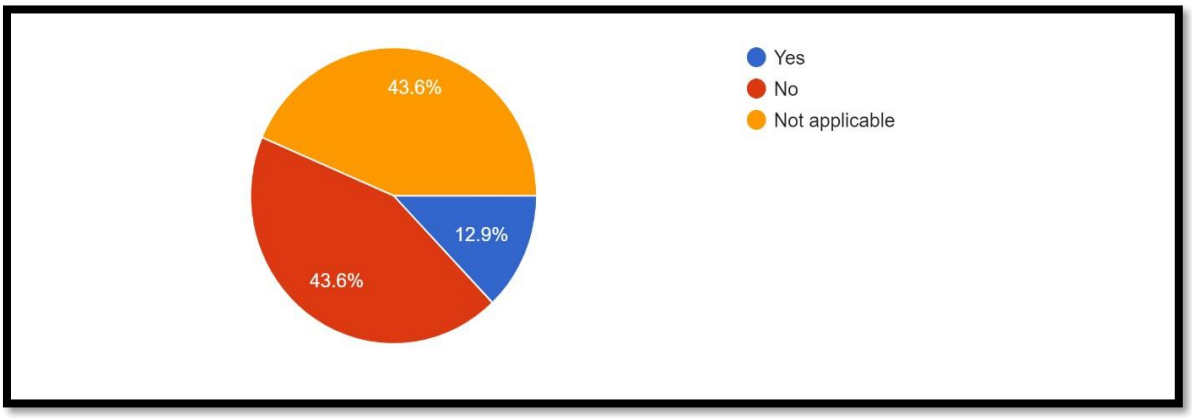

Figure 9: Pie chart depicting people who faced technical issues during the use of e-health platforms. 12.9% said yes, 43.6% said no, and 43.6% said not applicable.

Amongst the 140 participants 18 said yes, 61 said no, and 61 said not applicable.

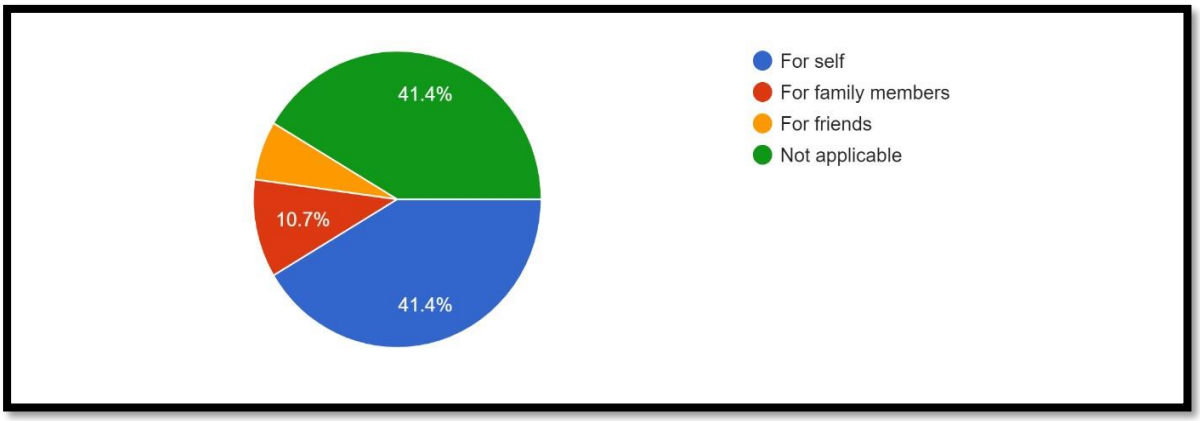

Figure 10: Pie chart depicting people who used e-health platforms for themselves, family members, and friends. 41.4% said for themselves, 10.7% said for family members, 41.4% said not applicable, and the rest said for friends.

Amongst the 140 participants 58 used for themselves, 15 used for their family members, 9 used for their friends, and 58 were not applicable.

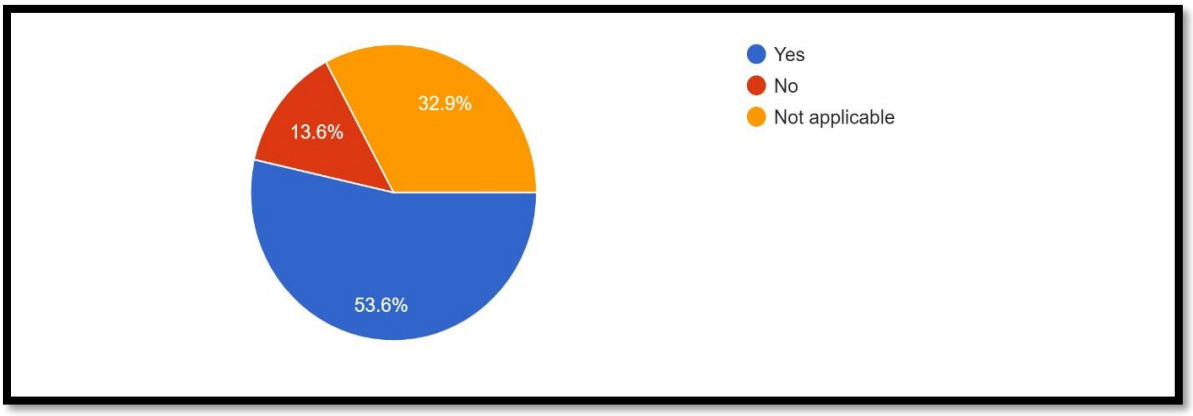

Figure 11: Pie chart depicting recommendations of e-health platforms to others. 53.6% said yes, 13.6% said no, and 32.9% said not applicable.

Amongst the 140 participants 75 said yes, 19 said no, and 46 said not applicable.

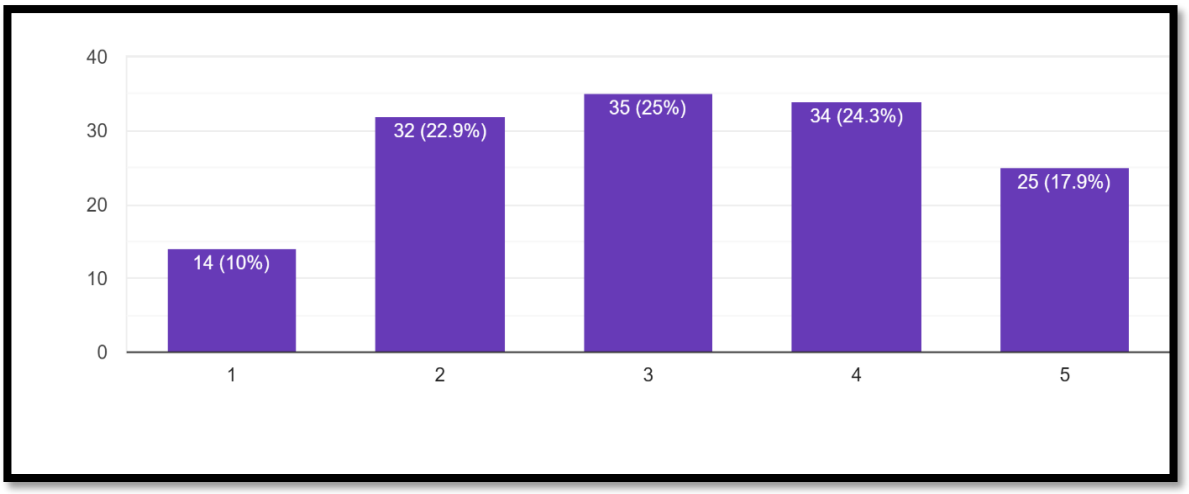

Figure 12: Bar graph depicting the overall experience of using e-health platforms for physical activities on a scale of 1 to 5. Where 1 is very poor and 5 is excellent. 10% rated it as 1, 22.9% rated it 2, 25% gave it a rating of 3, 24.3% rated it as 4 and 17.9% of the total samples found it excellent hence rated it 5.

1 – Very poor; 2 – Poor; 3 – Fair; 4 – Good; 5 – Excellent.

Amongst the 140 participants 14 voted very poor, 32 voted poor, 35 voted fair, 34 voted good, and 25 voted excellent.

Discussion

In this study on a 5-point Likert scale on the overall experience of using e-health platforms for physical activities, 10% rated it as 1, 22.9% rated it 2, 25% gave it a rating of 3, 24.3% rated it as 4 and 17.9% of the total samples found it excellent hence rated it 5. In a study by Zamberg etal on a 10-point Likert scale, the capacity of the application to console staff in clinical practice was evaluated as 7.6 (SD 2.1), the efficient capacity was appraised as 8.5 (SD 2.1), and the need to search for data from different sources was evaluated as 5.9 (SD 3.3). The reason for the difference was that the population in the Zamberg etal study was the medical staff of the Children's Hospital at the University Hospitals of Geneva as compared to this study.

In this study, when asked if e-health platforms gained importance due to the COVID-19 pandemic. 20% voted strongly agree, 25% voted to agree, 26.4% voted neutral, 18.6% voted disagree and 10% voted strongly disagree. In a study by Hong etal it was found that US populace's level of interest in telehealth expanded as the quantity of COVID-19 cases expanded. This study noticed a higher populace level of interest in telehealth in the Northeast and West evaluation locales, though the extent of clinics that embraced telehealth was higher in the Midwest district. There was no critical relationship between populace interest and the extent of medical clinics that embraced telehealth nor clinics having tele-ICU capacity. Both the examinations showed an expansion in interest levels.

Conclusion

E-health platforms have an assortment of uses for physical activities. It's an enormous and exceptionally heterogeneous assortment of practices, advancements, hierarchical course of action, and proceeding with training and public mindfulness.

From the investigation, I have, that the interest will increment with the accessibility, just we need more assessment and investigation on the dangers and benefits.

Despite the fact that people's information and mindfulness were restricted, most people announced positive insight and eagerness toward utilizing e-health platforms. Along these lines, it is fundamental for assembling appropriate and viable correspondence stations and mindfulness among understudies, experts, and clients for e-health platforms to prevail in India.

The reason for evaluation and the inspiration driving this report isn't to embrace e-health platforms for physical activities yet to underwrite the turn of events and utilization of good data for dynamic.

Limitations

There were a couple of obstructions as the review was driven online, because of the constant pandemic. So was unable to coordinate the outline really on the grounds due to which the relationship of individuals was confined inside a bound organization who were using the phones.

a) Participants are less inclined to remain completely drew in for a review of more than 5-10 minutes than with other examination strategies.

b) But in the event that a prominent confirmation certification device is utilized, it is difficult to tell whether the model contribution reaction is the lucky individual (for instance it might be a family member, friend, etc.) or if one individual is introducing various responses.

c) This study could be conceivable in a huge populace with less time prerequisite, so I can have the option to recognize exceptions that could slant the information in more modest examples and give a more modest safety buffer.

d) Lack of value irregular testing prompts problematic (assuming any) measurable certainty and safety buffer.

e) Lack of Pan India association because of area compels.

f) Trouble appears at explicit sorts of people, for example, individuals who don't have web.

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