I am Dr. Lalitha Venugopalan, and I have completed my bachelors, masters, and PhD in Biomedical Engineering. After completing my bachelors and masters in India, I moved to UK and applied for a PhD position at Bournemouth University which was sponsored by INSPIRE foundation and Bournemouth University.

My PhD journey commenced in the year 2013, and I developed a four-channel functional electrical stimulation device for improving the grip and grasp functions for people with C5, C6 tetraplegia. Two volunteers had participated in a feasibility study designed to evaluate the performance of the developed device, and the results were documented my PhD thesis in 2018. The title of my thesis is "**Restoration of hand and arm function to people with tetraplegia as a result of damage to the spinal cord in the neck through the use of functional electrical stimulation (FES).**"

Without the financial help from INSPIRE, I wouldn't have been able to fund my PhD, because the tuition fees for international candidate is very high. During my PhD, due to various personal and project-related reasons, the research work got extended beyond three years. But INSPIRE foundation was considerate enough to provide me a funding extension. I think it was their trust in me along with my supervisors' (Prof. Ian Swain, Prof. Paul Taylor, and Dr. Jon Cobb) belief that made it possible for me to finish this project which is now being developed as a take-home device by Odstock Medical, Salisbury.

The experience I gained in product development and documentation of research work has enabled me to perform well in my current job as a lead medical writer with Radiometer Medical Aps. And none of this would have been possible without the support of INSPIRE foundation and my supervisors.