



Summer 2026 Leadership-in-Action: Education and Screening Against Chronic Disease

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Introduction

The Sevak Foundation focuses on chronic disease prevention and management using evidence-based approaches to sanitation and health education in rural communities. The growing prevalence of hypertension and diabetes, especially in areas with limited healthcare infrastructure, represents a unique public health challenge in India. By combining clinical screening with culturally relevant education, I sought to address both the immediate and structural barriers to healthcare access in my Gujarati communities.



Project Objectives

- **Data Collection and Organizational Feedback:** Organize screening and community data and provide feedback to the Sevak Project to support future programming.
- **English Education:** Teach English lessons that strengthen elementary students' communication skills, confidence, and readiness for continued education.
- **Student Health Education:** Teach students the foundations of wellness, including body systems, nutrition, exercise, sleep, sanitation, and chronic disease prevention.
- **Patient Health Education:** Educate patients about hypertension, diabetes, early detection, disease management, and preventive lifestyle behaviors.



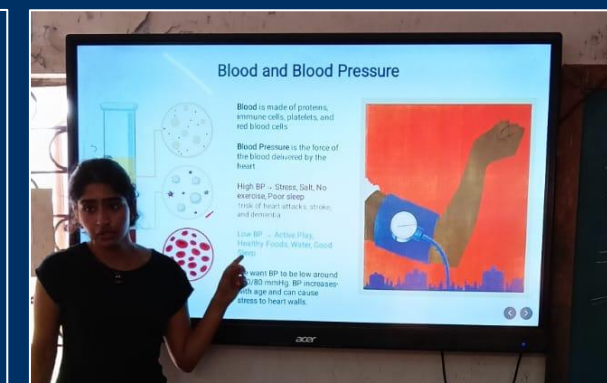
SDG Alignment

- SDG 3: Good Health and Well-Being
- SDG 4: Quality Education
- SDG 10: Reduced Inequalities

Activities

Community Health

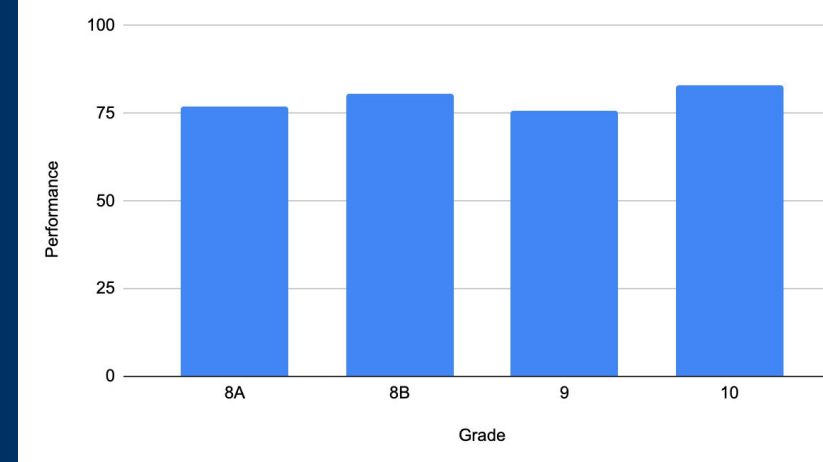
- Visited various rural villages in Gujarat, focusing on the Vadodar village in Dahod District for screening.
- Documented blood pressure, blood sugar, and other medical findings and community needs to provide recommendations to guide future Sevak
- Developed relationships and trust with patients and communicated in Gujarati!



Health Education

- Taught 8th, 9th, and 10th graders who had never previously learned about human biology 8 lessons on body systems, physiology, nutrition, exercise, sleep, sanitation, and disease prevention.
- Provided integrated activities to support understanding such as bringing a balanced Gujarati school tiffin to incorporate the nutrition lessons learned into practice.
- Made and delivered assessment tools in written Gujarati, including the final exam

Health Education Final Exam Scores Across Grade Levels



Evaluation and Outcomes

- Assessed student learning through pre-course evaluations and a final health examination, which produced an average score in the high 70s with many perfect scores.
- Grade 8A: 77% average
- Grade 8B: 80.5% average
- Grade 9: 75.5% average
- Grade 10: 83% average



Results, Challenges, and Reflection

Results: Despite limited prior exposure to structured health education, students demonstrated strong growth in their understanding of nutrition, organ function, and chronic disease prevention. Patients also successfully completed understanding checks following each visit.

Challenges: Teaching unfamiliar health concepts in Gujarati within a short timeframe required simplifying information and adapting lessons to existing knowledge.

Reflection: The village visits helped identify specific, actionable priorities that can guide sustainable improvements in the Sevak Project's future programming.

Recommendations

School Teaching Program

- Integrate health education into the annual curriculum.
- Use interactive lessons featuring Gujarati foods, local games, and practical examples.
- Evaluate learning through assessments and family-based activities.

Sevak Community Program

- Expand medication-literacy education and follow-up support.
- Increase women's health education and empowerment initiatives.
- Hold an annual village-wide health-literacy workshop.
- Use visual, interactive, Gujarati-language resources focused on prevention.

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