

PUBLIC HEALTH EXPERIENTIAL LEARNING IN NEW DELHI, INDIA

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ABSTRACT

Studying abroad is an opportunity to expand our understandings of what it means to be a citizen of the world. By embracing living outside of my comfort zone in India for 4 weeks as part of CFHI's Public Health Experiential Learning program, I gained knowledge on public health within the context of New Delhi, made meaningful connections with non-governmental organization (NGO) leaders, and was welcomed to connect with Indian culture.



MOTIVATIONS

India is a country that called my attention for its renowned cuisine, ancient temples, and history of yoga. With my interest in wellness, this study abroad to New Delhi, India was an opportunity to develop cultural experiences and health competency.

PROGRAM

New Delhi is one of the most populous cities on the planet and faces its own unique public health challenges due to high population density and the lingering effects of the caste system. Participation in the Child Family Health International (CFHI) program consisted of rotations with NGOs working to implement social reforms and improve public health outcomes through educational campaigns with emphasis on HIV/AIDS, tuberculosis, and palliative care. Rotations took place Monday through Friday for 20 hours a week for three weeks. Knowledge was disseminated through observation, discourse, and collaboration on public health proposals.



ACTIVITIES

Visit to Lotus Temple (left)
Taj Mahal (right)
Agra Fort (above)
Qutub Minar (below)
Local Markets
Street Food Outings



RECOMMENDATIONS

Dress in traditional Indian wear – folks will appreciate your embrace of their culture and you'll get better prices. Go to local markets to take in colorful textiles, handmade art, and wellness tools such as incense, sound bowls, and spice blends.

CONCLUSIONS

Intense unity was felt within the culture. Even as a foreigner, I felt a sense of belonging and relatedness since I blended in and connected with the friendly and spiritual culture.



REFERENCES

