

RIVAN NATH

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EDUCATION

The Shri Ram School Mouslari , Gurugram, Haryana	2010 – present
<i>International Baccalaureate</i> (GRADES 11-12): Predicted Grade: 45/45	2023 – present
<i>The International General Certificate of Secondary Education</i> (GRADES 9-10) – Achieved A* in all 9 subjects	2021 – 2023
SAT : 1500 (Math: 800; Reading & Writing: 700)	May 2024

AWARDS

Gold Crest Award , British Science Association for <i>scientific innovation by high school students</i>	2024
Innovator Award , The Shri Ram School, Mouslari for <i>exemplifying ingenious thinking and unwavering determination in transforming an idea into tangible solutions to positively impact a wider community</i>	2024
Louis Pasteur Award , The Shri Ram School, Mouslari for <i>achieving a 7 in Grade 11 IB Biology SL internal exams</i>	2024
Marie Curie Award , The Shri Ram School, Mouslari for <i>achieving a 7 in Grade 11 IB Chemistry HL internal exams</i>	2024
Shakespeare Award , The Shri Ram School, Mouslari for <i>achieving a 7 in English Grade 11 internal exams</i>	2024
Aryabhata Award , The Shri Ram School, Mouslari for <i>achieving a 7 in Mathematics Analysis & Approaches Grade 11 internal exams</i>	2024
Subject Excellence Award , The Shri Ram School, Mouslari for <i>achieving 90th or higher percentile in all IGCSE subjects</i>	2023
CIE Star Award , The Shri Ram School, Mouslari for <i>scoring 7 A* or higher in the Cambridge exams</i>	2023
International Certificate of Education (ICE) Distinction Award for <i>scoring 6A* or above in the G10 IGCSE exam</i>	2023
Prayukti Award , The Shri Ram School, Mouslari for <i>demonstrating lateral thinking in academic subjects</i>	2022

DIABETES INVESTIGATIONS & OUTREACH

DiabEase (@diab.ease)– <i>Founder & Lead Facilitator</i> <i>a platform to spread awareness about Diabetes management</i>	Jun 2023 – present
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- Conducted educational workshops with 350 elementary and middle school students in schools in Delhi
- Prepared interactive presentations using AI and animations to elucidate diabetes in an engaging manner for the young audience
- Demonstrated glucose-insulin reactions in the body through experiments involving displacement and color change reactions

Bal Vikas School, Panipat

- Introduced DiabEase to 150 grade 4-7 students; the presentation was followed by signing of the End Diabetes Stigma Pledge
- Guided five students with diabetes through a fitness program to alleviate obesity and type-II diabetes symptoms
- Organized a sports day for 550 students to reiterate the significance of exercise in preventing lifestyle diseases

Park Hospital, Panipat

- Created and distributed 500 posters about Diabetes, disseminating importance of regular testing using continuous glucose pumps
- Awarded a plaque in recognition of efforts to raise awareness about this disease; interviewed by the local news channel and the Haryana Times Newspaper (bit.ly/3Uq1xBC and <https://bit.ly/3NOiKAJ>)

Raj Overseas, Panipat

- Organized a health camp for 663 factory employees where a complete health panel was done with a focus on diabetes testing
- Applied my learnings from a medical training program and conducted haemo-testing tests on 40 volunteers
- Results highlighted that 50% of the 663 workers, 373 had diabetes, and 87 of those were unaware of their condition

Diabetes Warriors – *Lead Facilitator*

Summer 2024 – present

- Led an international cohort of seven students to creatively disseminate knowledge about diabetes management and address prevalent stigma experienced by diabetes patients

“End Diabetes Stigma” Study – *Research Assistant*

Mar – Jul 2024

- Collaborated on a study with a team of endocrinologists to investigate the impact of stigma and interactions with doctors on patient’s T2DM management journey
- Assisted in preparing a research grant proposal for \$15,500 for which we were accepted

RESEARCH

The Dia Chip: Proof of Concept – *Innovator & Co-Collaborator*

Mar – Sep 2024

- Collaborated with molecular biologist, Dr Dave, to propose a solution for a smart, non-invasive chip to monitor blood glucose and caloric intake using advanced sensors and AI algorithms to alert users about predicted glucose spikes
- Conducted primary research study with 5 volunteers utilizing continuous glucose monitoring pumps
- Processed data using technology to calculate statistic reliability and assess efficacy
- Awarded Crest Gold Award by the British Science Association

Lifestyle Factors in Diabetes Management: Insights from the Kerala Paradox for the Indian Diaspora

– *Independent Research*

Jun 2023 – Jan 2024

- Designed and administered a survey to 150 subjects, findings of which showed that culture and lifestyle factors play a statistically significant role in exacerbating diabetes and in the Kerala Health Paradox
- Published in the International Journal of Science and Healthcare Research Journal (healthcare and policy domain)
https://ijshr.com/IJSHR_Vol.9_Issue.4_Oct2024/IJSHR14.pdf

Insulin Resistance Study, Fit Papa – *Research Assistant*

Summer 2023

- Supported nutritionist, Puranjaysinh Jadeja on a meta-analysis of 20+ studies relating to insulin resistance in T1 diabetes patients
- Researched the efficacy of genetic therapies and hormonal transfusion as potential treatments

HUMAN BIOLOGY EXPLORATIONS

- Oncology Clinic**, Fortis Hospital, Gurgaon – *Job Shadow* Dec 2023
- Reviewed molecular reports and learned how to differentiate between malignant and benign cells through cell-staining methods
- Neurosurgery Department**, Max Super Speciality Hospital, Delhi – *Job Shadow* Oct 2023
- Shadowed Chief of Neurosurgery over a period of two weeks; observed brain surgeries; prepared post-operative reports and learned how to illustrate and analyze data in terms of medical statistics
- ICrest**, Bangalore – *Participant* Jun 2023
- Spent two weeks learning about microbiology and biochemical reactions in a laboratory setting; conducted experiments with E.Coli and Gram Staining; submitted lab reports and conducted error propagation
 - Learned scientific measuring skills using Mass Spectrometry, T and ANOVA testing, centrifugal techniques
- Impact of MSG and Red-40 dye on the inhibition of human digestive enzymes** – *Guided Research*
- Conducted maltose standard plot analysis and colorimetry and found that the two compounds engage in non-competitive and mixed competition in enzyme-substrate complex formation, leading to improper digestion of maltose

ENRICHMENT PROGRAMS

- The Junior Academy**, New York Academy of Science – *Participant* Jan – Apr 2024
- Collaborated over weekly online meetings with a global cohort of six students to design a “Wisdom Chip,” an implant to detect health problems, natural calamities, while simultaneously acting as a tool for financial and security data
 - Led the research and development by analyzing over 25 research papers to substantiate the product rationale
- Molecules of Life**, University of East Anglia, Coursera Apr – May 2023
- Medicine and Healthcare**, The National Student Leadership Conference Summer 2022
- Science of Exercise**, University of Colorado, Coursera 2022

LEADERSHIP

- Student Council**, The Shri Ram School Mousari 2023 – present
- Elected as one of eight members from a batch of 175 through a rigorous selection process
 - Facilitated the launch of school Mentorship Program to nurture junior students to a leadership-defined future
- Sagar House Captain**, The Shri Ram School Mousari 2023 – present
- Leading 315 House members through popular vote; responsible for organizing, participating in, and selecting teams for 30+ music, sports, and co-curricular inter-house competitions
 - Conducted monthly meetings encouraging an open forum to discuss house-related engagement and disciplinary issues
- Form Representative**, The Shri Ram School Mousari 2021 – 2023
- Worked on improving house spirit and participation in activities to help position the “house” with the highest points
- Khel Gurgaon** – *Co-founder* 2023
- a platform to provide and raise awareness about lack of sports infrastructure*
- Conducted research on the lack of access to athletic venues for those from the marginalized segments of society
 - Compiled findings and made a presentation to the school management committee and several second-tier schools in Gurgaon
 - Organized a crowdfunding initiative to raise Rs 50,000 to provide the underprivileged with access to sporting facilities

EXTRACURRICULAR ACTIVITIES

- The Healthy Perspective** (<https://www.thehealthyperspective.org>) Dec 2023 – present
- A blog on nutrition, healthcare, and well-being*
- Includes self-authored articles, wellness resources; integrated personalized workouts and fitness regimens for public use
- International Baccalaureate Magazine**, The Shri Ram School Mousari – *Editor & Writer* 2023 – ongoing
- Contributed articles on how a regular fitness regime can positively impact academic achievement
 - Topics included: relationship between a circuit fitness training activity causing the release of endorphins and improved academic output; importance of HIIT (high-intensity interval training) to alleviate stress
- Analysis of William Shakespeare’s Twelfth Night** – *Author* Mar 2023
- Included in Grade 9 and 10 class libraries to expose students to Renaissance literature and literary techniques
- Indo-Israel Exchange Program** – *Participant* Mar 2022
- Conducted analysis of Indian and Israeli poetry to analyze influence of cultural background on education, art, and literature

MUSIC

- The 8th Band** – *Bandleader, Pianist & Vocalist* 2022 – present
- Organized a global health awareness campaign through an online performance of ‘We Are the World’; collaborated and edited music; shared rendition with school community during lockdown, generating a positive response; hosted annual Christmas performances
 - Guitar, Rock School of Music, Grade 2 2022
 - Piano, ABRSM, Grade 4 2021

SKILLS & INTERESTS

Healthy Food Alternatives and Nutrition, Fitness Enthusiast; Self-taught musician, lyricist, and guitarist; filmmaking