

FIA INAMDAR

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EDUCATION

Kodaikanal International School—International Baccalaureate Diploma (IBDP)

July 2024–May 2026

Kodaikanal International School—Middle Years Programme (MYP)

July 2023–May 2024

Jamnabai Narsee International School—Middle Years Programme (MYP)

July 2022–May 2023

STANDARDISED TESTS

TOEFL: 109/120 (Writing-30/30, Speaking-28/30, Reading-26/30, Listening-25/30)

June 2025

ACADEMIC HONORS AND AWARDS

- Principal's List for 3 years consecutively
- 1st in Mathematics: Applications and Interpretation, Higher Level

July 2023–Present

Mathematics

- Earned the Gold Award in the Hong Kong International Mathematical Olympiad
- University of Waterloo Mathematics Contests: Achieved Merit List recognition in GAUSS, Pascal, and Fryer (Top 25% Worldwide across three consecutive years); earned Distinction in Cayley, Hypatia, and Pascal exams.
- Earned Distinction in the Canadian Senior Mathematics Contest
- Received a Certificate of Distinction in AMC10—Country Rank: 54; School Rank: 1 and AMC12—Qualified for the AIME

June 2025

2023–2025

2024–2025

2024–2025

Psychology and Biology

- Secured 2nd Rank globally among 47 countries in the International Psychology Olympiad (IPsyO).
- Received the Highest Merit Award in the Immerse Essay Competition.

2024–2025

2024

Other

- Johns Hopkins Center for Talented Youth – Achieved High Honors and Certificate of Excellence in the SCAT exam.

2022

ETHICS AND MENTAL HEALTH CAMPAIGN

Co-founder of Mind Over Matter—A Mental Health Organisation

Jan 2022 – Present

Led multi-city youth mental health campaigns (podcasts, walkathons, media outreach) reaching 1000+ teens across India, including two large-scale Pinkathon walkathons with 500+ participants, expert-led sessions (Zumba, Kalaripayattu, laughter therapy), and local media coverage.

- Produced podcasts with leading professionals such as Luke Coutinho and Dr. Ruchi Gualti, covering youth mental health, holistic wellness, and emotional resilience, and facilitated interactive sessions in Marathi at government schools using relatable scenarios, gamified awareness activities, and reward-based learning to make mental health education accessible.
- Designed creative advocacy initiatives, including seasonal gratitude journals, a mental health art competition for underprivileged children, and youth-led discussion platforms to reduce stigma and foster peer advocacy.

PSYCHOLOGY EXPERIENCES AND RESEARCH

Research

Psychological and Behavioral Correlates of Vaping Among Indian Teenagers: A Primary Data-Based Study

2025

- Completed a primary research paper under clinical psychologist Simran Naik at MindTemple, investigating vaping prevalence, psychological factors, and risk perception among Indian adolescents
- Designed and distributed surveys, conducted statistical analyses, and developed evidence-based recommendations to inform interventions and policy related to adolescent mental health and substance use awareness.

Innovation and Experiences

Cyberbullying Initiative

In response to the growing emotional toll of online harassment among students, I developed CyBud—an anonymous chatbot. It features an AI-powered chatbot designed to offer immediate, empathetic responses, a moderated peer forum for shared healing, and curated mental health resources. Built to be safe, stigma-free, and accessible, CyBud aims to empower young people to speak up, seek support, and rebuild confidence without fear of judgment. The project bridges technology and empathy, offering a digital space where recovery begins with being heard.

Flipside and Institute of Mental Health & Rehabilitation Centers, Hyderabad

2025

- Participated in an intensive field immersion at the Institute of Mental Health and Rehabilitation Centers, Hyderabad, exploring clinical, developmental, and community mental health.
- Observed psychiatric and de-addiction programs, assisted at special education centers, conducted a forensic case study on the 2016 Secunderabad double homicide, and interned at Flipside Inclusion Center to promote empathy and inclusion among young adults with developmental disabilities like Autism and ADHD.

Internships

MindTemple, Mumbai, India

2024–2025

A private mental health and wellness clinic specializing in therapy, counseling, and awareness

- Completed over 70 hours of work experience, including clinical shadowing, project work, and campaign planning.
- Explored the structural features of and learned how to operate an rTMS machine.
- Assisted with the development of a social media helpline number.
- Shadowed counseling sessions with the lead psychiatrist and psychologist, Dr. Anjali Chhabria.
- Practiced history taking for clients and learned how reports are created and interpreted, including formats like 16PF and MCMI.

Brush of Hope, Mumbai, India

2025

A public, available 24/7 cyberbullying helpline listed as the number for the Indian National Cybersecurity

- Assisted with the creation of content for Men's Mental Health Awareness Month throughout June
- Expanded into an independent research project about the bridge between the Indian government and cyberbullying
- Created proposals for the research project and collected primary data using the recording of anonymous helpline calls
- Drafted a letter to the Indian government to advocate for the lack of support given to cyberbullying victims in India

Discourses and Discussions Project

Dr. Anjali Chhabria—A personal initiative focused on high-level intellectual engagement with a leading mental health professional.

2025

- Curated a cross-disciplinary reading list of five seminal articles from diverse fields of psychology to prepare for an intellectual consultation.
- Synthesized complex research from topics like the impact of AI on mental health and neuroscientific breakthroughs into concise, digestible summaries.
- Formulated a professional discussion guide to facilitate a high-level dialogue, showcasing a proactive and structured approach to learning.
- Engaged in a specialized consultation, demonstrating a deep, self-driven interest and a broad knowledge base in modern psychological theory and practice.

Online Courses in Psychology and Biology

- Social Psychology, Wesleyan University

2025

- Statistics for Genomic Data Science, Johns Hopkins University
- Fundamental Neuroscience for Neuroimaging, Johns Hopkins University
- Biohacking Your Brain's Health, Emory University

2024-2025
2024
2023

SCHOOL LEADERSHIP

Co-President, Girls in STEM Club – Kodaikanal International School

Aug 2023 – Present

- Led 25+ members in organizing STEM-focused workshops, hands-on experiments, and mentoring sessions, inspiring more girls to consider STEM careers
- Invited guest speakers- marine biologists and surgeons- and conducted experiments based on chemistry and physics, including chromatography
- Mentored underclassmen and built a nurturing space for women in STEM, fostering confidence and collaboration

Co-founder, Relaxation Club – Kodaikanal International School

January 2023 – May 2024

- Initiated a student-led club to promote mindfulness, stress relief, and emotional resilience through guided sessions and creative activities.
- Designed and facilitated workshops on breathing techniques, journaling, and reflection—benefiting over 30 students and helping build a safe space for mental health conversations.

Secretary, YouthRise – Student-led Wellbeing Organization

July 2023 – Present

We designed and led “Care Week,” a five-day schoolwide initiative focused on personal, physical, social, spiritual, and environmental well-being. Activities included a gratitude tree, mindfulness journaling, appreciation cards, meditation, eco-awareness drives, sports matches, and creative contests, engaging students across all grade levels in reflection and responsible action to become more thoughtful global citizens. In addition to this, I helped coordinate and lead multiple student-led initiatives focused on emotional well-being, academic balance, and peer support across the school. I also played a key role in planning campaigns, creating outreach material, and organizing events that fostered a culture of empathy, responsibility, and student accountability.

TAEKWONDO

- Kukkiwon-Certified 4th Dan Black Belt (2024): One of the youngest globally licensed holders at the high school level, with over a decade of training (7+ hours weekly since age 4).
- International Success: Silver Medalist at the Thailand Open (2024); medalist at the Korea Open (2016, 2018); top finalist at the Portland International Taekwondo Competition (2020).
- National & State Achievements: Silver Medalist representing Maharashtra at the National Pair Poomsae Championship; multiple 1st and 2nd place finishes in state/district competitions (2015–2024).
- Leadership & Showcases: Selected to demonstrate advanced stunts and Poomsae at the school's Independence Day celebration (2023)

COMMUNITY OUTREACH

Barefoot Project

As part of The Barefoot Project, I collected 104 pairs of footwear from locations like Zumba classes, office spaces, and gyms. These donations will be refurbished and distributed to underprivileged individuals, helping prevent injuries, infections, and daily discomfort caused by walking barefoot. After the collection, I shipped it to Goonj, an NGO that would carry out the following steps. Each pair of shoes represents a step toward improved mobility, dignity, and health. This small but meaningful impact shows how everyday spaces and community support can drive change.

Awareness Campaign on Sexualisation of Women in Media, India– A student-led initiative aimed at media literacy and gender equality. Researched, created, and distributed digital content addressing the portrayal of women in media, reaching school peers and social platforms.

Vivekananda Youth Forum, Mumbai, India– An NGO focused on education and empowerment of underprivileged children.

- Taught Math and English to over 20 children using creative lesson plans to improve foundational learning.

SCIENCE RESEARCH

Investigating the Antimicrobial and Cytotoxic Effects of Leaf Extracts from Shola Forest Tree Species Using the Artemia salina Bioassay

Conducting an experimental biology research project on the pharmacological potential of underexplored Shola forest plants from the Western Ghats biodiversity hotspot. Designed and implemented laboratory protocols to prepare DMSO-based leaf extracts and evaluate their bioactivity. Focus areas include broad-spectrum antimicrobial effects and dose–response relationships. Responsible for species collection, controlled extraction, experimental setup, mortality assessment, and statistical analysis. The study aims to identify promising natural compounds with potential antimicrobial applications while highlighting the medicinal value of local biodiversity.

SCHOOL CLUBS AND SOCIETIES

National Honor Society – Kodaikanal International School

2023 – Present

Global organization recognizing academic achievement, leadership, service, and character.

- Co-organized the school's official Talent Show, showcasing student creativity and performance
- Led the planning and execution of the Golden KIS Awards—a student-voted celebration recognizing unique talents and contributions
- Handcrafted custom awards from recycled wood, aligning the event with school sustainability principles and zero-waste goals

KIS Ambassador, Sky Islands Exhibition

April 2024

- Represented the school in an art and photography exhibition; presented local environmental research to international educators and organizations
- Contributed to booth design, panel discussions, and interactive presentations, receiving positive feedback for clarity and innovation
- Built connections with students and environmentalists worldwide, expanding KIS's visibility

INTERESTS

Speed Skating

- International Medalist (2014–2016): Gold – China International Speed Skating Championship, Silver – Hong Kong International Championship, Bronze – Belgium Open Speed Skating Meet.
- Competitive Circuit (2012–2018): Represented internationally in freestyle and time-trial events across China, Belgium, and Hong Kong, with multiple podium finishes.

Football

- KIS Under-19 Football Team (2023–2025): Secured Second Place in the Interschool Football Tournament (2024–2025)
- JNIS Under-17 Football Team (2019–2021): Active team member during high school years.

Diving and Athletics (Track and Field)

- PADI Certified Open Water Diver
- First Place – Discus Throw; Second Place – Javelin Throw; Third Place – Shotput

Skiing

- Les Elfes Skiing Camp, Switzerland: Achieved Level 5/7 proficiency and certified to ski black slopes.
- Silver Medalist in the camp's final ski race.

SKILLS AND LANGUAGES

- Java-Learned for the Creation of CyBud
 - English
 - Gujarati

- Hindi
- Marathi
- Spanish