

# Anushka Mohatta

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## EDUCATION

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- Hill Spring International School, Mumbai, India;** 2023 - Present
- *International Baccalaureate Diploma Program, Grade 12;*
- Deutsche Schule Bombay, Mumbai, India;** 2020 - 2023
- *Cambridge IGCSE Board Examinations, Grade 10*

## STANDARDIZED TESTS

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- SAT Total - 1460; Reading and Writing - 740; Math - 720 2023 - 2024
- TOEFL - 114 2024

## ACADEMIC AWARDS AND HONORS

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- Highest Achiever in Biology in Grade 9 2021 - 2022
- Greatest Effort in Geography in Grade 9 2021 - 2022
- Greatest Effort in German in Grade 9 2021 - 2022

## NEUROSCIENCE EXPERIENCE AND RESEARCH

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### Outreach:

- Founder, Nerve To Know - Instagram Page** 2023 - Present
- "Nerve To Know" is an Instagram handle that updates users about new cutting-edge research done in the neuroscience field. It also conveys interesting facts and insights in an easy to understand manner.*
- Curated research articles about latest diagnosing techniques and breakthroughs in neurological conditions.
  - Shared fun facts about the brain and nervous system.
  - Designed and created engaging aesthetic content.

- Intern, Psychiatry Department at Gleneagles Hospital, Mumbai** 2024
- The hospital's psychiatry department offers comprehensive outpatient care, personalized to each patient's needs, treating everything from common disorders like depression to rare, complex conditions.*
- Noted patient history and logged symptoms using an online software.
  - Learnt about neurological effects of mental disorders such as the blocking of the neurotransmitters.
  - Helped with the graphics and research for a presentation delivered by the doctor on Sleep.

- Content Creator, Psychology Club at Hill Spring International School** 2023
- The school's Psychology Club brought together young enthusiasts passionate about psychology, extending their interest beyond the classroom to promote positive mental health among students.*
- Created an Instagram handle targeted to help IB students cope with the curriculum through posting content about exam pressure, self-expectations, relationships, and more.
  - Initiated efforts for positive mental health by presenting positive affirmations and quotes every morning for IBDP students.

- Online Courses:** 2023 - 2024
- Understanding the Brain: The Neurobiology of Everyday Life, final grade of 93.07% in a 3-month online course, University of Chicago.
  - Biohacking your Brain's Health, final grade of 98.75% in a 4-week online course, Emory University.

- Mindfulness Workshops and Initiatives:** 2023 - 2024
- Assisted a personality development and mindfulness coach focused on improving children's well-being by teaching emotional intelligence to foster self awareness and emotional growth.*
- Helped with content creation and plan activities for topics like emotional intelligence, communication skills and mindfulness techniques for teenagers.
  - Designed a 48 page interactive workbook for the program.

## COMMUNITY OUTREACH

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### Wockhardt Foundation, Mumbai:

*Wockhardt Foundation, an Indian non-profit established in 2008, addresses healthcare, education, sanitation, and nutrition. With the motto "Service to Humanity is Service to God," it strives to build a healthier, more educated society.*

### Projects with Wockhardt Foundation:

- Chief Student Coordinator, Road Safety Awareness Drive** 2024
- Collaborated with Mumbai Traffic Police and the foundation to raise public awareness on road safety during Road Safety Awareness Month.
  - Mobilized classmates and children from the foundation's non-profit organization, Khel-Khel Mein, to create eye-catching posters and participate in the campaign.

**Student, Certification on First-Aid and CPR training** 2024

- Participated in an 8-hour program, a collaborative initiative by Wockhardt and the Red Cross Society, to earn the certification and learn life-saving techniques.

**Initiative Coordinator, First-Aid and Health Safety Workshops** 2024

- Used my first aid and CPR certification to lead a health safety workshop for children in Khel-Khel Mein, covering basic bandaging, how to call for help, and hygiene tips."
- Created presentations and interactive activities to deliver the content.
- Provided first aid kits, including basic materials like gauze, tape, and bandages, to the children.

**Volunteer, Medical Drives** 2024

- Registered 200 patients including policeman, taxi drivers, and locals of the neighbourhood for free checkups.
- Performed diabetes tests on patients, supervised by a doctor.
- Handed out glasses and prescriptions to patients after checkups.

**Volunteer, Khel-Khel Mein - non-profit educational branch** 2023 - 2024

- Taught 20 children weekly, alongside my classmates, about core values like patience, trust, and truth through stories, games, and role-playing activities.
- Organized christmas parties and festive activities.
- Initiated a workshop on mental health for the children.

**Vatsalya Foundation, Mumbai:**

*Vatsalya is a leading organization dedicated to supporting street children in Mumbai through a multi-faceted approach that includes outreach, peer-to-peer engagement, contact centers, and shelter homes.*

Projects at Vatsalya Foundation:

**Volunteer and Science Teacher, Project Vridhi** 2023 - Present

- Teach science (biology, chemistry, and physics) to 30 boys weekly alongside my classmates.
- Compiled content and modules into textbooks and presentations, incorporating experiments for hands-on experience.
- Facilitated a visit for the children to our school's laboratory for enhanced visual demonstrations.
- Organizing a fundraising event to raise funds to revamp the interiors of Vatsalya

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**BIOLOGICAL SCIENCES ENDEVOURS**

**Intern, SRCC Children's Hospital, Mumbai** 2023

*SRCC Children's Hospital merges exceptional pediatric medical expertise with state-of-the-art facilities to provide affordable, high-quality healthcare for infants, children, and adolescents.*

- Shadowed and attended outpatient departments (OPDs) of neurologists, cardiologists, ENT specialists, nephrologists, and more.
- Accompanied physicians on their rounds in both the general and cancer wards.
- Observed ECGs, MRIs, and CT scans to understand the basics.

**Intern, Rehabilitation Department, Sir H. N. Reliance Foundation Hospital, Mumbai** 2023

*The Rehabilitation Centre employs advanced technology for precise movement analysis and targeted treatment of neurological, orthopedic, and pediatric conditions.*

- Shadowed physiotherapists during patient assessments and therapy sessions.
- Gained insights into the latest technologies and robotics in physiotherapy, including their applications in recovery processes.

**Intern, Metropolis Healthcare Lab, Mumbai** 2023

*Metropolis Healthcare is a leading diagnostic service provider in India, offering accurate services through NABL and CAP-accredited labs staffed by experienced pathologists and technicians.*

- Observed procedures and systems in the Microbiology, Genetics, Clinical Chemistry, Molecular biology, Surgical Pathology, and Haematology departments.
- Researched and learned about cutting-edge technology like the Thermo ion bonnet S5 for NGS, ELISA automated, MALDI-TOF, and Liquid Chromatography- Mass Spectrometer procedure.

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**EXTRACURRICULARS**

**Horse Riding** 2018 - Present

- Attended lessons 2-3 times a week
- Participated in various events and monsoon games.
- Groomed, bathed, and exercised the horses.

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**SKILLS AND INTERESTS**

**Interests**

- Reading, Travel, Music and Cooking

**Skills**

- Communication, Problem-solving and Leadership skills.