

ADI RAMANLAL

Fall 2024

Chennai, India

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EDUCATION

Sishya School, Chennai

2010-2024

Indian Certificate of Secondary Education (ICSE)

- Grade 9 Percentage - 86.67%
- Grade 10 Percentage - 92.8%
- Grade 11 Percentage - 83.3%
- Grade 12 Predicted Percentage - 94.5%
- Have been awarded several green (academic excellence) and white cards (proficiency in one or more subjects) through the years; consistently been in the top 5% of my class to date

Current Subjects:

- English Language and Literature, Physics, Chemistry, Mathematics, and Computer Science

INTERNSHIP

Tech Development - Quality Assurance Intern - Yellow - Plan for Life

May - June 2023

- Assisted in practices for software development to ensure high quality and maintainable code
- Monitored and tested process functions to ensure that the app met necessary requirements
- Sat in on meetings and took minutes

Psychology Research Intern - Dr. Samohita Das (M.Phil. Forensic Psychology and M.Sc. Counselling Psychology)

September - June 2023

- Gained insights on basic human psychology along with the many facets and functions of the human brain
- Assisted Dr. Samohita with her ongoing research and conducted independent study to understand the psychological issues that young children face
- Identified the factors that affect young children and symptoms of different psychological issues
 - Using the data, designed content and structure for my independent project - Mindfulness app

Social Media Analytics Intern - Yellow - Plan for Life

April 2023

- Managed the social media calendar and assisted in brainstorming and planning campaign ideas
- Managed content posting on various social media platforms (Facebook, Instagram, X/Twitter, and LinkedIn)
- Studied analytics of campaigns to gauge their success

RESEARCH PUBLICATION

Lumiere Research Paper - Published

June - September 2023

- Presented a 15,000-word research paper titled 'THE CORRELATION BETWEEN MENTAL HEALTH, PHYSICAL HEALTH, YEARS OF LIFE LOST, AND LIFESTYLE FACTORS : A REVIEW' under the mentorship of Mr. Abhinav Choudhry, researcher at Cornell University in which I scored an A
- Utilised the fundamental concepts of research, statistics, and data science, including machine learning and used languages such as R programming and Python to interpret results
- Included equations and discussed statistical values of significance along with p-values, coefficients, and intercepts
- The paper has been published in the National High School Journal of Science

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INDEPENDENT PROJECT

Happy Minds - Mindfulness App for Young Children

June 2023 - Present

- **Aim:** To provide simple tools and techniques to help young children cope with stress
- Created the app using Visual Studio Code and Dart
- The app includes a variety of tasks that range from drawing to colouring to guided meditation

LEADERSHIP INITIATIVES

Headboy - Sishya School

2023-2024

- Spearheaded and coordinated all school events through my term
- Was the bridge between students and faculty, addressing concerns and promoting effective communication
- Delegated the roles and responsibilities to each member of the student council
- Co-lead of the Committee of POCSO (Protection of Children from Sexual Offences) with the Head Girl

Vice President - Interact Club (Second highest position given to a student of class 11) 2022-2023

- Conceptualised and led various events through the academic year to raise funds for several charities
- Monitored and managed various events for the Interact Club

SOCIAL PURSUITS

Lead Trainer - Anaikkum Karangal NGO

May 2019 - Present

- Conduct yearly summer computer workshops for underprivileged children
- Plan, prepare, and develop content for the lessons
- Train students on technical topics such as computer systems, servers, Internet, and networks

Volunteer Trainer - Golden Connect

May - June 2023

- Part of a tech focused 1-1 training program for the elderly
 - Was assigned to mentor Mrs. Anapurni (83 years old)
- Spent 2 hours every week with her answering queries, teaching her new aspects of the phone, internet, and several basic applications like Youtube and WhatsApp

Volunteer Trainer - All India Zen Isshinryu Karate Association

2020-2021

- Taught Karate to 8 underprivileged young girls between the ages of 7 - 12 years as a means of self defense
- Planned lessons which included sparring, watching inspirational martial arts movies and physical exercise

Volunteer Trainer - AID India

2020-2021

- Taught math to 15 underprivileged children online during COVID
- Planned application based lessons along with fun exercises to keep the classes engaging

Independent Volunteer - Beach clean-up activity

2020-2021

- Was an active part of the Muttukadu neighbourhood community, involved in beach clean ups every Saturday

Independent Volunteer

2020-2021

- As a part of the Muttukadu neighbourhood community also started an initiative to feed stray dogs in the locality

EXTRA-CURRICULAR ACTIVITIES

2022-2023

- Invited as the chief guest at the State Karate Association
- Participated in the Aryabhata National Maths Competition
- Participated in various Inter House events like Basketball, Volleyball, Football, Dance, and Minecraft competitions
- Playing recreational badminton for over 10 years and have taken part in several club tournaments