

ANOUSHKA SHAH

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EDUCATION

Dhirubhai Ambani International School, Mumbai, India.

International Baccalaureate Diploma Program (IBDP), Grade 12.

International General Certificate of Secondary Education (IGCSE): Grade 10.

2011 – Present

2026

2024

STANDARDIZED TEST

SAT: Total – 1480; English – 710; Mathematics – 770.

October 2025

ACADEMIC HONORS AND AWARDS

Dhirubhai Ambani International School:

- Subject Achievement Awards Grade 11: HL Biology, HL Psychology, HL Lit/Lang, SL Chemistry, SL Hindi. 2024 - 2025
- IGCSE, Grade 10: Distinction Award. 2024
- Academic Award IGCSE, Grade 10: Achieving an A* in all 10 subjects. 2024
- Subject Academic Award IGCSE, Grade 10: Achieving the highest marks in DAIS in Biology & Global Perspectives. 2024
- Subject Academic Award Grade 10: FLE, World Literature, Physics, Geography, Physical Education, Hindi. 2024
- Academic Honor Role Award Grade 9: For Excellence in Academics. 2023
- Subject Academic Award Grade 9: FLE, World Literature, Geography, Physical Education. 2023

National and International:

- ISOCSEA- International Science Olympiad Competition of Southeast Asia; Diamond Award. June 2025
- AIMO- Australian Intermediate Mathematics Olympiad; Silver Award. May 2025
- TIMO- Thailand International Mathematical Olympiad; Bronze Award & qualified as a finalist. Dec 2024
- S.T. Yau High School Science Award, Cleared 1st round. 2025
- Awarded Gold CREST Award for research paper - **ShwasAR**: An Augmented Reality-based Mobile Application for Stress Management. 2025
- NUL London Essay Competition (Psychology); Finalist Award. 2025
- Inspirit AI Scholars Program “AI in the Detection of Pneumonia” awarded -best-performing high school student leaders globally. 2024
- Young Entrepreneurs Academy (YEA) Investor Panel 3rd Prize; Creation, launch of gymnastics apparel brand ‘Airbourne by Anoushka’. 2022

BIOPSYCHOLOGY INNOVATION AND OUTREACH

Author of Mentored Research Paper and Developer of Mobile App:

March 2024 - 2025

ShwasAR: An Augmented Reality-based Mobile Application for Stress & Anxiety Management.

- Mentored under Dr. Sankar Balasubramanian to develop an interactive, highly immersive mobile app, using C# coding. An innovative app, that leverages AR and AI, providing personalized breathing exercises & gamified rewards system, aimed at mitigating stress.
- A highly effective tool combining technology & wellness. Conducted a 14-day experimental study on 40 participants (20 gymnasts & 20 students)
- Quantitatively measured the impact on stress levels, using PSS 10 & STAI-6 questionnaires.
- ShwasAR led to significant and measurable reduction in stress levels. 82% of gymnasts and 75% of students showed a reduction in stress by 24%.
- Scheduled publication in Curiex Academic Journal – December 2025.

Author of Mentored Research Paper:

Thalassemia - A Hematological Condition with Neurocognitive Effects in Children.

July - September 2025

- Authored an interdisciplinary research paper linking haematology and neuroscience, to analyse neurocognitive effects of Thalassemia Major, in children under the mentorship of Dr J. S. Arora of NWTs and Dr Sampath MD, Brown University.
- Conducted a literature review of 9 peer-reviewed medical studies, integrating biological, psychological, and educational dimensions.
- Explored neurological mechanisms including cerebral hypoxia, iron-induced oxidative stress, and neuroinflammation impacting cognition.
- Added an India-focused epidemiological analysis, highlighting the country’s 40–50 million carriers.

THALASSEMIA AWARENESS CAMPAIGN

2021 to Present

Founder, The Iron Bridge Initiative (TIBI):

April 2024 - Present

- Founded a social initiative to promote Thalassemia awareness and advocacy.
- Researched, designed & created a series of ‘Brochures on Thalassemia Awareness, Importance of Early Testing’ & ‘TIBI Nutritional Education’ in partnership with National Thalassemia Welfare Society (NTWS).
- Organized ‘Save a life’ - Blood Drives with Samarpan Blood Donation Bank, and ‘Gift of Life’ fundraiser of INR 1 lakh to NTWS for treatments.
- Conducting TIBI-All Interview Series ‘Living with Thalassemia’ with experts including Dr. J.S. Arora (Founder of NTWS) and Ms. Wadhwa, psychologist, Dr. Shah, homeopath, increasing immunity & symptomatic treatment.
- Organized a ‘Life Pulse Kit’ distribution in camps (folic acid supplements, oximeters, card games)

Member of National Thalassemia Welfare Society & Chief Organizer of Thalassemia Awareness Campaign:

September 2021-Present

- Conducted Thalassemia Awareness & Eradication Campaigns, “Let’s Make India Thalassemia Free”.
In SNDT Women’s University, Mumbai, Kamdar College of Nursing, Kamdar Homeopathy & Medical College, Rajkot.
- Educated 1000+ students, through talks, brochures videos, on Thalassemia awareness and provided free screening.
- Produced a series of awareness videos including ‘What is Thalassemia’, ‘Facts About Thalassemia’, ‘Living with Thalassemia’
- Conducted 2 National Webinars to increase the awareness of Thalassemia. Aiming to bring together patients suffering, their families, with doctors and nurses for ‘Emphasis of Early testing, Psychological burdens and Eradication from India’.

PSYCHOLOGY EXPERIENCES AND RESEARCH

-Internships & Mentorships:

2024 -2025

- **Psychology Pathfinders by Mpower, Mumbai** – Observed and learnt about different specializations and therapies from psychologists in different fields. Awarded Teen Mental Health First Aid Certification. Presented research project & paper on ‘The Effect of Edited Images on Self Confidence’
- **Fortis Hospital, Mumbai** - Interned at the Department of Mental Health under Dr. Parikh. Learned about research methodology, mental- disorders, symptoms analysis through observations & initiated a project on ‘Mental Disorders in Athletes’.
- **Saifee Hospital, Mumbai** - Under Dr. Khan at the Neurology Dept. Gained insight into cerebral, spinal disorders and neurovascular cases.

-Interviews and Podcasts:

‘The Inner Arena’ - Mental Strength Podcast- Creator – As an initiative of ‘Airbourne by Anoushka’. May 2024- Present
Organized to emphasize the importance of mental well-being and resilience in athletes - A series of interviews with profound athletes and coaches. (Including International gymnast- Vandita Rawal, Olympian- Preeti Pawar) To empower athletes by sharing insights on resilience development.

-Enrichment Programs:

- Student, **Biopsychology, Johns Hopkins University Summer Term** June 2025 - August 2025
Credit bearing summer school course offered on the intersection of Psychology & Biology. Explored elements of Neuroscience - brain structure, chemical signals & electrical activity, memory formation, decision making, personal motivations. Understood techniques like neuroimaging & their applications in fields such as business, design, and mental health. Received 3 credits & final grade of A+ based on graded tests and assignments.
- Student, **‘Positive Psychology: Resilience Skills’**, offered by UPenn, Coursera, completed, earned certificate. February 2025
- Student, **‘RNA Biology with Eterna’**, offered by Stanford Online, Coursera, completed, earned certificate. February 2025
- Participation - **Academic Competitions**: - John Locke Global Essay Competition- Essay on Objectivity. June 2025
- Minds Underground Essay Competition- Essay on Social Media platforms Shaping Behavior. April 2025
- APA TOPSS Video Essay Competition- Essay on Reconstructive Memory. March 2025

ENTREPRENEURIAL PURSUITS

Founder, ‘Airbourne by Anoushka’

August 2021 - Present

- A niche gymnastics apparel brand, Self-designed on CorelDRAW. Winning 3rd prize at the Young Entrepreneurs Academy Program held in school; My leotards are affordable, breathable are socio-culturally appropriate; made from 4-way stretchable spandex with inbuilt underwear lining.
- Patronized by club teams cross nationally and state teams including Maharashtra, Tamil Nadu, Manipur.
Worn internationally by Indian Olympic Gymnast - Miss Pranati Nayak.
- Designed leotards for the Dhirubhai Ambani International School & Nita Mukesh Ambani Junior School teams.
- Trademarked and registered Airbourne as an E-commerce venture in August 2025 with products available online on Amazon.

GYMNASTICS ACHIEVEMENTS

Athlete, Artistic Gymnastics:

2016 – Present

- Trained under Ms. Soha Isa & Mr. Atul at BPCA from 2016 onwards for over 24 hours per week.
- Summer Gymnastics Camp, 2021 at Woodward Gymnastics Camp Pennsylvania- learnt higher skills from international coaches.
- Trained at Aspire Gymnastics Dubai 2021, 2022, 2023, 2024 under head coach Mr. Danish Shaikh.
- ISSO national games (2019-2024) - 4x Individual champion, Total - 8 Golds, 8 Silvers, 2 Bronze.
- SGFI national selections (2019-2024) - qualified & participated every year, total - 7 Golds, 3 Silvers, 1 Bronze. Team Captain in 2021, 2023, 2024.
- State and district championships (2017-2024) – State titles - 9 Golds, 5 Silvers. District titles – 11 Golds, 13 Silvers, 9 Bronzes.
- SFA Championship (2019-2024) Consistent podium finishes.

Athlete, Trampoline Gymnastics:

2019 - Present

- Trained under Mr. Pavan, at Bhoir Trampoline Academy, Dombivli, practiced 4 hours on weekends.
- National:* 2024 - National Selections; - 1 Silver, State Selections - 1 Silver, 2023- State Championship - Team gold, 1 Silver.
- International:* Selection for World Age Trampoline Championship – Gold. Qualified to represent India at Sofia, Bulgaria, in 2022. Represented India as Team Captain and won a Gold for India in 2022 at the ‘Expo Dubai 2020’ International Competition.

COMMUNITY OUTREACH:

Co-author of Mentored Research Paper

Geospatial mapping of Construction Noise in High-Density Residential Areas Causing Psychological & Health Effects. April 2025 - Present

- Conducted a neighborhood survey to assess psychological impact of noise pollution, caused by redevelopment- related noise on children & elders.
- Combined on-site audiometer readings (decibel levels) with geospatial mapping to evaluate the acoustic impact of ongoing construction projects.
- Co-authored the paper under the mentorship of Mrs. Ritu, OMotech, findings submitted to Mumbai Municipality to guide noise-control measures.
- Paper published in International Journal & Hardware Research in Engineering. Vol 13, Issue 10 – October 2025.

EXTRACURRICULAR ACTIVITIES

-Athletics: (2019 - present) DAIS Excellence Award in Sports: For Achievement in Gymnastics 2024-2025 | All Round DAIS sports championship – 2021, ‘22, ‘23| School Athletic meet 100 m sprint - Gold: 2021, ‘22, ‘24 | 200 m sprint – Gold: 2021, ‘22 | 400 m Sprint – Silver: 2022, ‘24 | Long jump Gold: 2019, ‘21, ‘22 | High jump - Gold: 2022, ‘23 | JITO organized meet Gold 100m, 200m in 2023 | SFA competition Silver 100m 2022, ‘23

-Swimming: Interhouse & interschool level medals and participation from 2016-2021

-Scuba Diving: PADI certified Advanced Open Water, Maldives. Adventure dives: with Sharks, shipwreck & night dives.

2021 - Present

-Judo: Achieved red belt, participated inter-house & inter-school. Winning medals 2016-2023

-Fitness Club: 2020-2023 Founder and Director of Online Fitness Programme during COVID. Volunteered with Salaam Bombay NGO to conduct virtual training & deep breathing sessions for women of underserved communities in Santacruz & Andheri areas.

-Languages: Attended 50 hours Basic Courses to learn Spanish by Hispanic Horizons, accredited by Instituto Cervantes (Spain), Mumbai, 2022.

SKILLS: *Languages:* English, Gujarati & Hindi, *Technical Skills:* Microsoft Office, Mac OS, Python, C-sharp.

INTERESTS: Dancing, debating, choreographing, singing, trekking, skiing, reading, doodling.