

## YASHVI LODHA

1601, Lodha Costiera, Neapensea Road, Mumbai 400 006, India.

### EDUCATION

|   |                |
|---|----------------|
| <b>Hillspring International school</b> , Mumbai, India.         | 2010 – present |
| - <i>International Baccalaureate Diploma Program, Grade 12;</i> | 2024 - present |
| - <i>Cambridge IGCSE board examination, Grade 10;</i>           | 2022 – 2024    |

### STANDARDIZED TESTS

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| ACT: Total – 33; Math – 30, Science – 32, English – 34, Reading – 36 | 2025 |
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IELTS:

### HONOURS AND AWARDS

- Global perspective and History consistent topper 2022-2024
- Biology and Environmental Sciences topper 2023- 2024
- Business Management topper Grade 12 final 2025
- Silver certificate awardee in the British Biology Olympiad 2025
- Winner of the immerse partial scholarship 2024
- Winner of the Global leader's competition 2025
- Recipient of the CSR Champ of the year 2025
- Recipient of the Governor's award  
i. information: The award is given on a state-wide basis for recognition of citizens who made significant contributions to society. 2022

### PSYCHOLOGY EXPERIENCES AND RESEARCH

*Research:*

**Energia SOI**, Mumbai, India 2025  
Energia is a company that provides children with standardized testing to assess their cognitive abilities, and help identify a complete learning profile. The child's strengths are highlighted, and weaknesses are strengthened with rigorous skill-based activities. It is an international company with offices in Singapore as well.

- Understood the Structure of Intellect model and the different skills required behind cognitive processes, as well as the evaluation of cognitive abilities.
- Wrote a research paper evaluating the effectiveness of the SOI model, and discussing the results of Energia when helping children with various learning disabilities.

**Research study on trends in mental health** 2025

- Interviewed six psychologists to understand the recent trends in mental health.
- Evaluated psychological coping mechanisms that are easily accessible for individuals.

*Independent research:*

Research on the effectiveness of Mindfulness Based Cognitive Therapy (MBCT) on treating depression. 2025

- Conducted a systematic review of multiple studies that focused on using MBCT as a form of treatment for depression.
- Evaluated the role of MBCT as an alternative treatment for depression, and the extent to which it helps reduce depressive symptoms and dependence on medication.

*Internships:*

Summer Internship at Energia SOI. 2025

- Evaluated and revised assessment protocols from over 500 children to facilitate the creation of targeted teaching strategies.
- Conducted embodied cognition sessions and mentally stimulating tasks with children.
- Created an emotional awareness program with the guidance of trained psychologists to directly combat and treat frequently viewed disruptive behaviors in schools.

*Online courses:*

**Introduction to Psychology**, yale university. 2025

*Enrichment Program:*

**Brown pre-college program** studying psychology Across Species: Animal Cognition and Behavior. 2023

### RURAL WOMEN LIVELIHOOD EMPOWERMENT

**Concept:** 2021 – present

- Using the technology of solar panels a design for 'solar bags' was created. These bags come equipped with one bulb that lasts for 13 hours providing electricity for households where it is not accessible. Teaching women in rural areas to assemble these bags helped create a source of income and streamlined the production process.

**Impact:**

- Over 300 solar bags have been distributed- increasing accessibility for 300 families in rural areas in India.

### SCHOOL LEADERSHIP

**Four years in the student council** 2022 – present

**3 years as CAS leader** 2023 - present

- Co-ordinated with over eight NGO's on a weekly basis for active participation from students in the NGOs.
- Acted as a liaison amongst the faculty and students.
- Mentor- mentee program 2025
- Created a platform for alumni from the school to interact with students to reduce stress, and increase connectivity

**Head of events** 2022-2023

- Organized an interschool dance.

**Student leader of the Science club** 2024 - present

Organized education sessions for children studying in grades 1-5 explaining complicated STEM theories through accessible and easy to understand demonstrations.

**Junior MUN chair** 2025

- Managed a committee of 23 students from grades 4 and 5 in a simulation of MUN conferences

**Head of props** 2024

- Helped create the props and navigate backstage movement during the inter-school production competition.
- Won the interschool props competition.

### WELLNESS INITIATIVES

**Vision India** 2023 – present

- Conducted eye-check camps in government schools to provide the children residing in financially backward classes to increase accessible healthcare.
- Screened over 35,000 students and 36,767 provided 4,357 spectacles as well as referrals in more extreme cases where it was deemed necessary.

**Mobile Medical Units** 2022-present

- Mobile vans equipped with healthcare supplies and healthcare providers drive around rural areas in Maharashtra providing medical attention to individuals when necessary, and conducting health awareness camps to reduce the spread of communicable diseases.
- Catered to over 43 villages since its inception and helped 49,741 individuals with their healthcare.

**Ekaam: Unity through dance** 2025

- Raised over Rs.7,00,000 (\$8000) to give to 4 NGO's through the sale of tickets of an entertainment program by creating an entertainment program for the general public.

**Wellness Club** 2025- present

- Cultivated a club for fellow students to reduce stress levels by focusing on physical wellbeing and providing social stimulation.

**Teenage chronicles** 2021

- Wrote and published a collection of poems exploring mental health challenges faced by teenagers, aiming to raise awareness, promote empathy, and encourage open discussions about emotional well-being.

**Mental health seminar** 2023

- Participated in a one-hour interview discussing teenage mental health and shared insights on emotional well-being, stigma reduction, and strategies to support mental health.

**Regular talks on mental health with Yuva Bharat** 2024 – present

- Yuva Bharat is an organization consisting of Indian youths. I conducted regular talks with the members of these organizations regarding mental health to reduce the stigma surrounding the issue and inculcate a healthy conversation around the same.

### EXTRACURRICULAR ACTIVITIES

**Food wastage reduction program** 2025 – present

- Spearheaded a program that reduced food wastage in the school through increasing awareness about the effects of food wastage and helping increase accountability within students.

**Kathak** 2011 – present

- Senior Level Performer (14 years), given the fifth year exam.
- Distinction in the fifth year exam 2025
- Completed advanced-level training and performed in multiple stage performances.

**SpringMUN** 2025

- Won best delegate in the press corps committee

### LANGUAGES

- Fluent in English, French, Hindi and Marathi.
- French language proficiency diploma - B1 2025

### CREATIVE ACHIEVEMENTS

- Best supporting actress 2022
- First place in the project saadhan art competition 2022

### INTERESTS

- Traveling and exploring other cultures
- Reading and discussing literature.
- Videography
- Writing poetry
- Volunteering with animal welfare organizations.