

Bliss Pereira

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EDUCATION

Singapore International School, Mumbai, India

- International Baccalaureate Diploma Programme
(HL: Biology, Chemistry, English and SL: Psychology, Math AI, Spanish)
- Cambridge IGCSE Board Examination

(Coordinated Science, Cambridge Intl Mathematics, First Language English,
Literature in English, Foreign Language Spanish, Global Perspectives and Geography)

Year 2012- present

Year 2022-2024

Year 2020-2022

ACADEMIC HONORS AND PERSONAL AWARDS

- Awarded "Honors" for Overall Academic Excellence for Semester 2 (grade 11)
- Gold Crest Award for research MedPort
- Gold medal and Certificate of Achievement for remarkable contribution at IAYP Service Camp
- Awarded 'International Certificate of Education with Distinction' by CAIE
- Awarded Academic Excellence Award for being class topper in Mathematics and

Coordinated Sciences in IGCSE final 2022 exam

- Duke of Edinburgh's Global Citizenship International Bronze Award for Young People
- Featured in School Year Book in Spotlight for co-curricular achievement as Voice Artist and Acting.
- CakeOlogy 2022 National Fest 'Gold Award Winner' in Birthday Cake Category
- Awarded scholarship and received a special recognition by Sahjeevan Trust that signifies a remarkable achievement in the community as Voice Over Artist.

Year 2023

Year 2023

Year 2023

Year 2020-2022

Year 2022

Year 2020-2022

Year 2020

Year 2022

Year 2020

INNOVATION IN SCIENCE and RESEARCH

CogniBuddy | Cognitive Processing Speed Project

(October 2019 – November 2022)

- Conducted research exploring cognitive processing speed and the impact of slow processing speeds on students.
- Found entropy-based solution under mentorship of Sumeet Motwani, a senior research student at University of California, Berkeley for evaluating information processing speed.
- Research paper accepted for IRIS National Stem Fest.
- Research Paper accepted for publication in International Journal for Research in Applied Science and Engineering Technology (IJRASET)

MedPort | Medicine dispenser Support prototype

(Jan 2021 – March 2023)

- Conducted research on a medical design device that can automate medicine delivery in order to regulate and monitor appropriate dosage and timeliness of treatment.
- Designed a prototype model design under research mentorship of IITian Shailendra Singh, ex-professor of research at Amity University
- Collaborated with local doctors, pharmacist, engineers, and CAD designers to create a novel design that is portable and cost effective in households with chronic patients.
- MedPort received Gold Crest Award, UK.

COURSES COMPLETED OUTSIDE THE IB CURRICULUM

- Young Doctors Camp 2022- Yashoda Hospitals
(<https://www.yashodahospitals.com/initiatives/young-doctors-camp/>)
- Cervical Cancer risk prediction using machine learning – Coursera Project network
(<https://www.coursera.org/account/accomplishments/verify/3MK39US5LMEB>)
- Essentials of Global Health - Yale University.
(<https://www.coursera.org/account/accomplishments/verify/35VKM9RRA64K>)
- Medical Device Regulation-Intro for Devise Designers – Udemy
(<https://www.udemy.com/certificate/UC-c2bcda28-d102-475b-82ba-81f26d9f6e16/>)

WORK EXPERIENCE

- **Shri Rani Sati Sarvajani Aushdhalay, Mumbai**

Year 2022

I embarked on a transformative 60-hour job shadowing journey at a Charitable dental clinic in Mumbai, guided by Dr. Khushee, a distinguished dentist. My primary objective was to gain real-world insights into the medical field and the essence of being a healthcare professional. Throughout this immersive experience, I cultivated a profound understanding of vital facets:

--I acquired valuable knowledge in diagnosing dental conditions and administering treatments, witnessing the art of healing firsthand.

-- Observing the doctor-patient relationship deepened my appreciation for compassionate and effective healthcare interactions.

--I delved into the intricacies of dental anatomy and the diverse range of dental diseases and issues.

--I explored the multifaceted world of dentistry, discovering various specialties within the field.

--I gained insights into OPD patient management and the inner workings of a medical charitable trust.

Additionally, I joined Dr. Khushee as a volunteer during Charitable Free Dental Checkup camps. At the culmination of this enriching experience, Dr. Khushee honored me with a Certificate of Completion.

- **Meena Eye Hospital and Research Centre, Mumbai**

Year 2023

Completed a 60-hour internship at an eye clinic under the guidance of Dr. Ashish Jain, a renowned Mumbai-based ophthalmologist.

-The goal was to explore ophthalmology's intricacies, driven by my interest in aiding the visually impaired as a voice-over artist.

-During this experience, I gained insights into diagnosing various eye conditions, observed doctor-patient interactions, and participated in OPD patient management and documentation.

- I also learned about eye anatomy and observed surgical procedures in the operating theater.

This exposure introduced me to ophthalmology's diverse subspecialties. Dr. Jain awarded me a Certificate of Completion, solidifying my passion for healthcare and accessibility for the visually impaired.

- **NHS Allied Healthcare Mentor Work Experience Programme, UK**

Year 2023-2024

Ongoing, with 7 hours of monthly workshops (Completion: February 2024)

Completed 7 hours' workshop in September 2023 on "Geriatrics & Recovery".

It equipped with practical skills in nutrition, falls prevention, and medication management to understand contribution to patient well-being and safety. Key Learning until now:

-- Understanding roles in emergency healthcare to elderly.

-- Insights into falls, X-ray diagnostics, and nutrition's impact.

-- Study of hospital pharmacology and medication history-taking.

-- Exposure to occupational therapy and therapists' roles.

-- Techniques for amputees, orthotics creation, and pelvic imbalance.

LEADERSHIP

- Leader of school Drama Club at SIS
- Co In-charge of Stalls management during fundraiser sale for Indian Cancer Society at SIS
- Headed and conducted the debate workshop for students at Local school.
- Project head for workshop on Menstrual Sensitivity at Community Church school

MUN, EXCHANGE PROGRAM AND ROUND SQUARE

- Selected by school to host 2 students of Minnetonka High School, USA as part of the International Student exchange program. Hosted and arranged home residence for 3 students from Ermitage International School, France. Provided an experience about life in India and the culture in Mumbai.
- Attended 4+ Model United Nation Conferences and 3+ Round Square conferences
- Selected as delegate by school to attend the Online RS Postcard from St Clément's School, Canada

COMMUNITY SERVICE

- **NGO 360 Life Changer (Volunteer)**

The "Svasth" Initiative

-self initiative to educate the community about the necessity of composting and production of natural fertilizers using Zero Budget Natural Farming (ZBNF) techniques.

-made and shared informative presentations on Sustainable Lifestyle to promote organic gardening and health of soil as well as self.

-taught making bio-jewelry from natural seeds and weeds

- to understand sustainability better, wrote a 2000 words research paper on topic: To what extent does lack of sustainability impacts economic development

- **ONE FOUNDATION Organization (Creative Head)**

My creative contributions encompass ONE FOUNDATION's emblematic logo.

Being one of the 4 teammates of this Organization which deals with initiatives such as Project Cooper Hospital, Project Shiksha and Project Rang, my key role is:

--being the driving force behind every visually mesmerizing social media post of ONE FOUNDATION crafting emotions, connections, and narratives that transcend the ordinary.

--designing transformative artwork for the walls of classrooms of school for marginalized kids. These designs are brought to life by our team's supervision and guidance to a dedicated team of volunteers wielding brushes and paint.

At ONE FOUNDATION, I collaborate effortlessly with my other teammates and volunteers, to ensure that my creative art spreads messages of change and hope.

- **Covid-19 Health Checkup Camps for older adults and Hospital visits**

-Conducted a total of 90 free Health Check-ups during the pandemic for elderly by visiting the Housing societies in neighborhood. All precautions and safety measures were taken care of during these checkups. Promoted importance of vaccination and taking care and hygiene and suggested basic ways to keep immunity strong.

. Hospital visits to meet patients in general ward at Cardinal Gracious Memorial Hospital. This practice is continued even now.

- Volunteered at the vaccination camp organized by Municipal Corporation for villagers in my neighborhood.

- **International Award for Young People, Duke of Edinburgh's Award**

-Recipient of IAYP Bronze Award, Awaiting Gold Award

-service at Municipal School. Led and volunteered sessions to educate the primary students in English grammar lessons, taught science lessons to underprivileged children for over a period of 3 months, gave lessons to the elderly in neighborhood to utilize various mobile functions on their cell phones.

-Setup School Community Kitchen in a Municipal School in Palghar district.

BAKING

Personal inclination

- undertook self-training in baking during Pandemic through Google and YouTube and started with a small business in cupcake orders from friends and relatives.
- Started brand "Blissfully Baked" and currently taking bulk orders during school break for special occasions from family, friends and relatives.

Competitions and exams:

- CakeOlogy 2022 National Winner in Junior Birthday Cake Category
- Completed Advance Certificate course in Bakery from Government of Maharashtra

Social Outreach

- conducting presentation and workshops on Baking at various events and empowering young girls and women from low economic background to start up small scale business in baking as a source of income from the comfort of their home.
- Raised funds exceeding \$6000 so far for supporting social cause through my bake sales.

BEEKEEPING

Personal Inclination-Undertook apiculture training in 2021 from scientist Mr. Shahane of Kosbad Education Centre (KVC) of Gokhale Education Society as an interest and started with a single bee box. Currently maintaining an Apis Cerana Indica bee Colony of 2 boxes

Competitions and exams: Certificate of completion of workshop and physical training in Bee Keeping

Social Outreach

- Conducting presentation and workshop on Bee Keeping to inculcate awareness in young children about the importance of bees in the ecosystem.
- encouraging children to begin Bee keeping by providing them with information on taking their first steps towards Apiculture.

PERFORMING ARTS | Dubbing and Acting

Featured on Talent Bucket along with other veteran Actors of Indian Cinema for contribution as Young Nala in movie Lion King (Year 2019 Hindi Dub)

Commercial Project:

- Selected by audition for more than 40 Voiceover projects (Hindi dubbing for International projects and English dubbing for National Projects) for channels such as Netflix, Amazon Prime, Sony India Entertainment, Apple TV, Sony Marvel, Prime Focus Technologies etc. Most of these projects were for Disney series as well as Movies. (few among these are Lead Role Kit for Disney's "The Rocketeer", part of International dubbing team for movie "Jingle Jangle: A Christmas Journey", character Little Noosh in movie "A boy called Christmas" and so on)
- Did Albums - "Around the world with Alia" and "Princesses and Queens of India". Both the albums are launched by Sony Music on platforms such as Apple music, Qobuz, Amazon, Gana, iHeart, Wynk, Pandora, Spotify, Hungama, Saavn etc.
- Auditioned and selected for acting in serial "Mere Sai" as character young Sushila for Sony Entertainment Television.
- selected by audition to play a role of student on Tata Sky television show "Acting ka Adda"
- was one among 5 Indian Actors selected by audition for ViewSonic's Commercial Global Advertisement "Thank you to Educators" by producer Davey Johnson from Los Angeles, USA.
- Acted in Mahindra Rise's awareness campaign advertisement #Cutthecrap and Rise for good to "Save our Oceans" and even acted in Ozone Kitchen Commercial Television Advertisement
- was one among 8 actors selected by audition for ticketed commercial theatre play by Actor Prepares as Miss Casewell in reenactment of Agatha Christie's "The Mouse trap". Acted in few other theater shows by Actor Prepares.

School Project: -was selected by audition at school to play a role at school in Converse as well as to play a role in "Conjoint: Relay for Life", a play on Cancer Patients directed by theatre director Pranab Mukherjee.

-selected to play lead roles in school drama fest.

Competitions and exams: -Merit in Trinity College of London Grade 4 Acting(solo) exam and Distinction in Trinity College of London Grade 3 Acting (solo) exam

- Completed Level 1 to Level 4 in Theatre and Drama and Dance from Actor Prepares
- Completed Mime certificate course from renowned Mime artist Kunal Motling

Social Outreach: -Founder and mentor "Stages for Smiles". With a team of 3 volunteers, hosted method acting workshops with children from low economic background at the local community centre.
- helped to build emotional intelligence and social skills, to develop relevant socioemotional insights that are often scarce due to a harsh upbringing.

ADDITIONAL ACTIVITIES

- Accepted as Member of All India Council for Technical Skill Development
- Gold Trophy in Bio-Jewelry Making Competition at National Science Festival conducted by 'South Asian International Baccalaureate School Association'
- Invited to walk as a Showstopper at India Kids Fashion Week Season 7
- Best Actress Award at School Annual English Drama Fest competition for two consecutive years
- Swimming (butterfly stroke, back stroke and dolphin stroke)
- Rhythmic Gymnastics (hula hoop, rope, ribbon and ball).
- I finished a sewing course at The HAB by USHA and went on to design and stitch fashion accessories, with my miniature clothing displayed in my school's art room.
- I love drawing and have completed a 4-week 3D illusion art workshop, creating designs on canvas and various products, with one of my stippling art pieces displayed in school's art room.
- Qualified martial arts exam to earn level 2 Green belt in Karate.
- Dance training in Multistyle from Shaimak Dance Academy and Belly Dancing from The Happy Studio.