

Kiyan Kapur

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EDUCATION

Symbiosis International School, Pune, India;

– International Baccalaureate Diploma Program, Grade 12;

– Cambridge IGCSE Board Examinations, Grade 10

2024 – Present

2022 – 2024

STANDARDIZED TESTS AND APs

2025

• **SAT: Total – 1570** | English – 780; Math – 790

2025

• **TOEFL: Total – 117** | Reading – 27; Listening – 30; Speaking – 30; Writing – 30

2025

ACADEMIC HONORS AND AWARDS

• School IBDP Topper in Grade 11 with a score of 41/42

2024-2025

• School Topper in Math, English, Biology & Spanish in Grade 11

2024-2025

• School IGCSE Second Topper in Grade 10 — Awarded Certificate of Excellence

2024

• CREST Gold award from the British Science Association

2025

• Distinction in International Chemistry Quiz awarded by the Royal Australian Chemical Institute

2025

• Academic Distinction (Top 9%) in International Immerse Essay 2025 Awarded by Immerse Education UK

2025

WELLNESS & ETHICS INITIATIVES

Wellness Council, Pune, India (www.wellnesswhisperer.co.in)

2024-2025

Designed interactive, play-based activities that build physical coordination and emotional awareness in children, offering an engaging alternative to traditional wellness education.

• Piloted teacher modules with 500+ Symbiosis students. Expanded to 11 government schools, reaching 1,200+ students+. Trained 30+ senior students to sustain the initiative

• Launched Wellness Whisperers website to promote replication

• Featured in The New Indian Express for student-led preventive wellness innovation

SIS Ethics Initiative, Pune, India

2024-2025

Promoted emotional health and ethical behaviour through behavioural nudges and schoolwide engagement & Implemented visual nudge tools to encourage positive decision-making

• Led 7 awareness campaigns and integrated a student helpline with the counsellor.

• Expanded to 11 partner schools, reaching Grades 1–8

• Recognised by school leadership for fostering a lasting culture of inclusivity and responsibility

Wellness Whispers Podcast Series

2024-2025

Created and hosted a youth-led video movement amplifying mental health awareness and showcasing ancient Indian healing traditions.

• Garnered 7.5k+ subscribers and over 100k views across platform & Measured 50% rise in mind–body awareness via post-viewer survey

SCHOOL LEADERSHIP

Headboy (DP 2)

2025-2026

Head of student council (60) & student body (1000);

DP Lead (DP 1)

2024-2025

Appointed DP Lead, the second-highest council position in Grade 11.

IGCSE Captain (10th)

Appointed to the highest student leadership role in Grade 10.

2023-2024

• Established the school's first Peer Buddy mentorship system for juniors.

• Launched alumni network (2000+) for long-term student–graduate connection.

• Completed 150+ hours of morning traffic duty

Head of Social Media & PR for School Magazine (Sym'blem) & School Biology (SymBIOsis Chronicles)

2024-2026

Strategised & Curated digital content, analyzed engagement patterns, and optimized handles for engagement, visibility, following

BIOLOGICAL SCIENCES AND HEALTH EXPERIENCES

Community Outreach

Author of Holistic & Athlete Nutrition Cookbook – The Mighty Microgreens

2023-2024

• Authored and published a culinary-certified wellness book featuring 30 recipes promoting accessible nutrition.

• Distributed **800+ microgreen kits** and sold **373 copies** across local and rural communities.

Research

2024-2025

Curating Dietary Protocol that Reduced Symptoms of Rheumatoid Arthritis (RA)

• Primary research from testing an anti-inflammatory dietary intervention for 15 patients with RA

- Achieved 72.3% reduction in inflammation markers (*C-Reactive Protein* and *ESR*).
- CREST Gold Awardee & Accepted for publication in the International Journal of High School Research.

Psychology Research Paper — “Is Objectivity All in the Mind?”

Analysed how belief, bias, and emotional meaning-making influence measurable health markers

Accepted for publication in *Curieux Journal of High School Research*.

Labwork

Youngest Biomedical Intern — Yenepoya University

2025

Conducted neuropharmacology and autophagy research under a Nobel Laureate protégé Dr. Anoop, PhD Autophagy Researcher and protégé of Dr. Yoshinori Ohsumi (2016 Nobel Prize in Medicine).

- Youngest Indian intern to independently perform mammalian cell culture, trypsinisation, and CRISPR knockout experiments.
- Simulated plant-based Parkinson’s drug action through in-silico molecular modeling and docking studies.

Learnings and Observations

2022-2025

Clinical Wellness & Neuroreactive Training Intern at India’s #1 Wellness Retreat (2024).

- Mentored by the Head of Neurotherapy & Medical Wellness; Shadowed 20+ doctors across neurology, physiotherapy, and functional medicine departments.
- Co-developed NeuroActive Reflex Protocols improving reaction time by 40% in athletes and patients.
- Protocols implemented across 5 departments, & reaching 300+ patients.

Enrichment Programs

Harvard Summer School — Lifestyle Medicine for Brain Health & Well-Being

2025

Studied nutrition, movement, sleep, resilience, and cognitive stimulation as drivers of neuroplasticity. Received written praise from a Harvard Brain Health PhD Dr Stephanie Peabody .

Iyengar Yoga Student

2016-Present

Trained for 9 years in classical Iyengar yoga focusing on alignment, breath control, and mental discipline.

SPORTS ACHIEVEMENTS

Basketball Captain

2024-2025

Served as Team Captain for Under-19 & Under-17 teams

- Led team to district-level quarterfinals and 2x ISSO Nationals appearances.

Karate Black Belt Athlete

2020-Present

Trained under the Japan Karate-do Nobukawa-ha Shito-Ryu Kai lineage

- Achieved Black Belt certification under the National Karate-Do Federation of India.
- Bronze Medalist at National Karate Championships; trained for 5 years under India’s Chief Instructor (7th Dan).

TUTORING & COMMUNITY OUTREACH

Tutoring with Annapoorna NGO

2021-2023

Volunteered as an academic tutor for underprivileged students under the Annapoorna Children’s Educational Program.

- Helped each student advance two academic grade levels through consistent, individualized lessons. Recognised with Certification

Mentoring Special Educational Needs (SEN) Student with Autism

2024-Present

Provided one-on-one academic and emotional support to a student with Autism Spectrum Disorder at Symbiosis International School.

Tutoring Sarva Shiksha Abhiyan (SSA) Students

2024-Present

Contributed to India’s national education mission by tutoring middle school SSA students within Symbiosis International School

CREATIVE PURSUITS

Video Editing Internship — A&B Luxury Digital Agency (past clients including Warner Bros and Levi’s)

2023-2024

- Edited 7 social media reels (15,000+ impressions) and 3 promotional trailers generating 1.8M+ views, 10,000+ website visits, and 2,000+ client leads.
- Received written praise for crafting high-engagement edits with strong visual storytelling and cross-cultural appeal.

Head of Video Editing at RAYS Mental Health Magazine

2023-2025

Produced and edited 6+ reels with 15k+ views; led content strategy to amplify youth mental health awareness.

INTERESTS

- 3rd Place at Interschool Turncoat Debate at MIT Gurukul State Competition 2024
- Best Delegate & Honourable Mention at IISP MUN & MISP MUN 2024
- Best Speaker (2) in Symbiosis Debate 2019 & 2023
- Certified Pranik Healer — Completed course in basic pranik healing 2025
- Calisthenics, Formula 1, Cricket, Football, Basketball, Karate

LANGUAGES

- Fluent in English, Hindi, and Spanish