

Vaasvi Singal

173-174 A Block Agar Nagar, Ludhiana, Punjab
vaasvi.singal@gmail.com

EDUCATION

Sat Paul Mittal School, India

- | | |
|---|-----------|
| ○ Pursuing the Indian School Certificate (ISC) | 2011-2025 |
| ○ Completed the Indian Certificate for Secondary Education (ICSE) | 2023-2025 |
| | 2021-2023 |

STANDARDISED TESTING

- | | |
|--|------|
| ○ Advanced Placement Examinations: Microeconomics - 5/5; Psychology - 4/5; Macroeconomics - 4/5. | 2024 |
|--|------|

ACADEMIC HONOURS

- | | |
|--|-----------|
| ○ Awarded distinction in all examinations through class 9, 10, 11 & 12 | 2021-2024 |
| ○ Secured the highest score in Mathematics and Commercial Studies, second highest in Physical Education in Grade 9 | 2021-2022 |
| ○ Awarded a Cash Scholarship for outstanding performance in Grade 10 Board Examinations | 2022 |
| ○ All India Topper in English Literature (Secured 100/100) in ICSE Board Examinations | 2022 |
| ○ Awarded a Cash Scholarship for securing the 2 nd position in Humanities stream in Grade 11 | 2023 |
| ○ Secured the second highest score in Punjabi and History Civics in the school in ICSE Board Examinations | 2023 |
| ○ Gold medalist in International English Olympiad | 2024 |

LEADERSHIP

- | | |
|---|------------|
| ○ Co-Founder, Women Next Door, an NGO working actively for community empowerment | 2020-2024 |
| ○ Initiated an Instagram Page 'All Lives Matter' to spread awareness against animal cruelty | 2020-2024 |
| ○ School Badminton Captain- Led the team in 20+ competitions, coached juniors and increased the strength from 4 to 15 players | 2021- 2024 |
| ○ School Athletics Captain- Led a team of 12 girls in over 8 district level tournaments for 3 consecutive years | 2022-2024 |
| ○ School Deputy Sports Captain- Worked on increasing sport participation and building a sporting community within the school | 2022-2023 |
| ○ School Sports Captain. Organized 2 annual sports days, conducted 8+ event selections, and introduced 3 new sporting events | 2023-2024 |
| ○ School Outreach Ambassador- Organized an investment banking workshop by Mr. Nitin Shahi (CFP) among other events | 2023-2024 |
| ○ Founded School Economics Club- Conducted weekly sessions to teach basics of microeconomics to juniors using creative ways | 2023-2024 |

BADMINTON & ATHLETICS

Badminton

- | | |
|---|-----------|
| ○ Won 2 Gold Medals in U-15 Singles and Doubles Districts Badminton Championship | 2021 |
| ○ Won a Gold and a Bronze Medal in U-15 Singles and Doubles categories respectively in Punjab State Badminton Championship | 2021 |
| ○ Qualified for Open National Tournament organized by Badminton Association of India (BAI) | 2021 |
| ○ Qualified for ASISC Nationals in U-15 group and Individual Events | 2021 |
| ○ Represented India internationally in multiple tournaments held in Thailand, Scotland and London | 2021-2023 |
| ○ Senior Member of Punjab State Girl's Badminton Team | 2021-2024 |
| ○ Won 8 Gold Medals in ASISC Districts in Singles and Doubles categories. | 2021-2024 |
| ○ Won 8 Gold Medals in ASISC States in Singles and Doubles categories. | 2021-2024 |
| ○ Won 4 Gold Medals in ASISC Districts and States Group categories. | 2021-2024 |
| ○ Facilitated with the title of 'Best Girl Player of North Zone' based on my consistent performance in District and State Tournaments | 2021-2024 |
| ○ Won a Gold Medal in Singles and Doubles category respectively in Ludhiana District Sub Junior Championship | 2022 |
| ○ Won a Gold, Silver and Bronze medal in U-17 Doubles, Mixed Doubles and Singles category respectively in Punjab State Championship | 2022 |
| ○ Shortlisted among 9 girls (U-17) from Punjab to compete at the Indian Ranking Tournament where I reached the Round of 32 | 2022-2023 |

Athletics

- | | |
|--|-----------|
| ○ Awarded the title of 'Best Athlete of the Year' on the annual sports day of the school for 4 years in a row | 2021-2024 |
| ○ Won a Gold Medal in 100m, 200m, short put, long jump each on the annual school sports day for 4 years in a row | 2021-2024 |
| ○ Won a Silver Medal in 100m relay on the annual school sports day for 4 years in a row | 2021-2024 |
| ○ Won Bronze Medal in U-15 100m in ASISC Districts Athletics Tournament | 2022 |
| ○ Won Silver Medal in U-19 100m individual and 400m relay in ASISC Districts Athletics Tournament | 2023 |
| ○ Qualified for U-19 100m individual ASISC States Tournament | 2023 |
| ○ Broke an 18-year-old school record, finishing 100m race in under 12 seconds | 2023 |
| ○ Won a gold medal in U-19 100m in ASISC Districts Tournament and qualified for the States Tournament | 2024 |

SOCIAL IMPACT INITIATIVES

Women Next Door

2020-2024

Co-founded an NGO 'Women Next Door' under the state initiative of the Deputy Commissioner of Ludhiana 'Bringing Smiles' supported by the Punjab Government.

- | | |
|---|--|
| ○ Worked to facilitate women upliftment by setting up sewing schools and opening computer centers and distributed help kits to martyr wives | |
| ○ Organized fundraisers and used to the raised funds to donate 2 dialysis machines, 5 ICU beds and 10 medical beds to Eknoor Hospital | |

- Conducted marches in public places with posters to break the stigma around menstruation and spread awareness about menstrual hygiene
- Gave talks in villages on how to use sanitary pads, their advantages and distributed sanitary pads to women using the profits generated from my entrepreneurial venture

Badminton Coaching

2022-2024

- Mentored 25 underprivileged girls in Badminton, teaching them various techniques, working on their fitness levels and instilling in them a passion for the sport
- Organized various events for them including fitness camps, small community tournaments and match visits among other events
- Led the girls to District level play with 1 girl winning a silver medal
- Frequently visited Satya Bharti school to interact with over 500 disadvantaged children and engaged them with Badminton and fitness exercises

Menstrual Hygiene

2022-2024

- Made an 18-page presentation on myths and facts around menstrual hygiene along with appropriate measures to be employed during the menstrual phase and delivered it at 5 government schools interacting with 750+ girls
- Distributed sanitary pads to multiple government schools and explaining young girls the benefits of using these over ordinary cloth pads.
- Collaborated with Child Rights and You (CRY) on a period campaign to inform people about the natural menstrual cycle

ENTREPRENEURIAL EXPERIENCE

Founded 'eNVy Bookmarks' aimed at designing handmade book accessories including creative bookmarks with soft elastic bands and unique handmade charms 2021-2024

- Current collection includes 100+ designs made from resin, foil, crystal, Swarovski and leather
- Bestselling collections include Harry Potter, Swarovski, Abstract Stone, Metal, Zodiac signs among our 10-collection set
- Successfully exhibited my product in 15+ exhibitions and 3 literary festivals across 8 cities including Chandigarh, New Delhi, Mumbai, Kolkata and Jaipur among others
- Retailed 3000 bookmarks to 2000+ customers globally across 10+ countries including India, Dubai, Canada among others
- Generated a revenue of over \$12,000 till date which has been utilized in running my menstrual hygiene initiatives and distributing hygiene products to girls in government schools. Employed 4 women part time to skill them and help empower them
- Recognized as the 'Youngest and Most Budding Entrepreneur' by my school

ACADEMIC RESEARCH

Research on Psychological Effects of Puberty on Women

2023

In this research, relationships and consistencies between menstruation and increased internalizing problems like depression, body dissatisfaction and anxiety were explored. We arrived at the result that young girls frequently feel ashamed and attempt to conceal menstruation from peers and family members leading to issues including anxiety and other mental health issues

- The paper got published in the Vidyabharati International Interdisciplinary Research Journal (VIIRJ)

Research on Behavioural Economics and Consumer Choice

2024

In this research, we studied how consumer behavior depends upon risk perception, social influence and intemporal decisions. Customer choices and their decision-making processes were studied using multiple surveying techniques.

- The paper was published by the European Economic Letters

OTHER

Reading and Public Speaking

- Founded a reading club in school to inculcate reading habits in young students which saw participation from over 100 students 2022-2024
- Head of Organization and Anchor of the school annual function for three years in a row 2022-2024
- Hosted Satyan Innovation Fest for two years- School's flagship event with over 160 participants across 25 schools 2023-2024
- Compered for the Special Advisor to the PM of India, Mr. Deepak Vohra, and moderated the panel discussion held at our school 2024

Work Experience

- Worked on short term team and organization management development programs at the Indian Institute of Management (IIM) 2022
- Interned under Dr Raghav Arora where I worked on 6 practical case studies on behavioral and rational emotive behavioral therapy 2023

Online Courses

- Introduction to Psychology by Yale University 2021
- Foundations of Positive Psychology Specialization by University of Pennsylvania 2023

Miscellaneous

- Represented the school senior team in Basketball, Chess, Table Tennis and PT for multiple tournaments 2021-2024
- Contributed to the school publication- The Satyan by regularly writing articles on various creative and academic topics 2022-2024
- Selected among 5 students from Ludhiana to represent the city at Vidhan Sabha (State Parliament) and attend the youth forum 2024
- Represented the school in Khelo India Quiz and won the regional round of the Crescendo Case Competition 2024