

# Ria Kamalraj

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## WEBSITE

View all activity collections: <https://riakamalraj.com/>

## INTENDED MAJOR

Neuroscience/Biology/Psychology

## EDUCATION

### Prosper High School

- Current Grade: 12
- HS Prior Subjects: Algebra 1, Honors Geometry, HS Prior Spanish 1
- 9th Grade Subjects: Gifted Honors English 1 (GT Humanities Year A), Algebra 2, Honors Algebra 2, Honors Biology, Honors World Geography, Outdoor Education, Honors Spanish 2, Tech Theatre 1, Principles of Health Science
- 10th Grade Subjects: Honors English 2, AP Precalculus, Honors Chemistry, Honors Art 1, Tech Theatre 2, Digital Art and Animation, Dual Credit Medical Terminology, Dual Credit Pathophysiology, AP World History (GT Humanities Year B)
- 11th Grade Subjects: Tech Theatre 3, AP Physics 1, AP United States History (GT American Studies), Honors Anatomy & Physiology, Dual Credit College Algebra, AP Calculus AB, AP English Language (GT American Studies), Basic Ceramics, Library Aide
- **Current Weighted GPA:** 5.200
- **Current Unweighted GPA:** 3.962

## ACADEMIC HONORS & CERTIFICATIONS

### BLS Certification

- Successfully completed the cognitive and skills evaluations in accordance with the curriculum of the American Heart Association Basic Life Support (CPR and AED) Program - Valid from 6/26/2025 to 06/2027

### CPR Certification

- Adult and Pediatric First Aid/CPR/AED certified by Red Cross - Valid July 2024 - July 2026

### Bloodborne Pathogens Certification

- Bloodborne Pathogens - OSHA approved Certification - Valid July 2024 - July 2026

### President's Volunteer Service Award

- Successfully completed 100 hours of volunteer service as hands-on guide in both the Challenge & Bio Labs and the Children's Museum at the Perot Museum of Nature and Science in Dallas, Texas 2023

### Adobe Photoshop

- Earned certification through Digital Art & Animation high school class from 2024-2026

### Adobe Illustrator

- Earned certification through Digital Art & Animation high school class from 2024-2026

### Other Recognitions

- Attained the highest score of 4 on 2D drawing entered in VASE art competition in 2024
- Attained the highest score of 4 on realism painting entered in VASE art competition in 2024
- Attained the highest score of 4 on mixed media sculpture entered in VASE art competition in 2025

- Honourable Mention for paint-a-bag art contest with "Be Drastic, Eliminate Plastic" theme in Sewa International in 2024

## STANDARDIZED TESTING

1. SAT: 1440/1600 (ERW: 710, Math: 730) - SAT: 1420/1600 (ERW: 720, Math: 700)
2. Superscore SAT: 1450/1600 (ERW: 720, Math: 730)
3. PSAT: 1460/1520 (ERW: 740, Math: 720, NMSC Selection Index Score: 220)

## WORK EXPERIENCE

### Intern at Naturemills Warehouse Distribution Center (June - July 2022, June - July 2023, July 2024)

- Collaborated with NatureMills staff to fulfill online orders for natural, health-oriented food products.
- Refilled ~20 product bins per day from pallets/cases to ensure efficient order packing.
- Packaged products in appropriate sized boxes, employing careful techniques to prevent shipping damage.
- Verified shipping labels against orders.
- Organized and transferred ~20 shipping boxes per day to Fedex/UPS pickup drivers.
- Addressed ~25 customer inquiries per day regarding product health benefits and uses for pick-up orders and assisted with product selection.

### Intern at MG Health Tech (Dec 2024 - Feb 2025)

- MG Health Tech is working on releasing a non-invasive Lung Diagnosis device called "Pulmosens" along with a supporting software application to track the device measurements.
- Worked with the company founders Ganesh Natesan and Manikandan M. to learn and understand the device's capabilities.
- Conducted interviews with 2 doctors to gather their insights and feedback for the device and its uses.
- Shared the learnings through interview reports and did data analyses from the team of interns and their collective data for the founders.
- Analyzed & reported geodemographic data.
- Interviewed 50+ doctors total as part of a team to validate device usage for monitoring pre-existing lung conditions

## LEADERSHIP

### Team Leader – Relay for Life by American Cancer Institute (Jan 2024 - April 2024 and May 2025)

- Led the Prosper Archery team booth as captain of a team of 15, planned booth games, managed volunteer sign-ups, and oversaw event day logistics for the city level event.
- Managed fundraising page and shared donation requests via social media platforms (Facebook, Nextdoor, Whatsapp, and Gmail) and in person.
- Raised ~\$2500 in donations and approximately \$350 in booth games.
- The team ran 46 rounds of quarter mile laps (~12 miles) of relay race and collected 46 beads.
- Supported a team member's brother in cancer remission with speech preparation for the event.

### Archery Team Captain – Prosper High School (August 2023 - Present) [National Archery in Schools Program \(NASP\)](#)

- Participated as an archer since 8th grade (2021-Present) in the National Archery in Schools Program (NASP).
- Supported coaches during 60+ practice sessions (1.5 hour long sessions, weekly twice, from September - April each academic year), coordinated cleanup, and conducted warm-ups for the team of ~30 members.
- Participated in 8-10 State Qualifier Tournaments annually, with an average travel time of 3 hours, half hour of warm up and 1 hrs of flight (shooting) time.

- Supported, encouraged, and guided team members during practices, tournaments, and off-range.

#### **Lead Volunteer at the Perot Museum of Nature and Science in Dallas, Texas (April 2024 - Present)**

- Invited to be a Lead Volunteer by Perot Museum after working with them for 1 year as general volunteer.
- Trained by their Lifetime Gold star Lead Don. Shadowed Don for 2 days, learned the responsibilities of a lead, and performed 47 hours of lead volunteering in 2024.
- Worked with Museum Staff and Don to improve the equipment checklist process and added additional instructions to address confusion causing repeated mistakes by new lead trainees.
- Monitored the volunteers, verified their check in and check outs for time tracking and security reasons, and supported them at various exhibits to make sure the visitors were engaged and informed.
- Trained ~100 volunteers including general and ConnecTEEN members

#### **IMERXN Young Innovators Program (July 2025 - Present)**

- Selected to be a part of a global cohort of innovators working toward a better future for all to take part in and benefit from.
- Currently working on an initiative to propose a new ballot measure during the 2026 California general election aiming to create a unified and easy to access portal for patients to access medical records in a timely manner
- Aided in the beginning stages of a peer's project to reduce college student debt and provide help to those struggling to pay associated fees.
- Listened to entrepreneur guest speakers' experiences launching their businesses and learned how to deal with the ups and downs of leading such initiatives.

## **VOLUNTEER EXPERIENCE**

#### **Teacher Assistant in Metroplex - Tamil Academy (2022 - Present)**

- Instructed ~40 children per year from preschool to 5th grade in reading, writing, and speaking Tamil, an ancient South Indian language with rich literature and comprehensive grammar.
- Corrected homework for a class size of 20 students, provided interactive learning experiences, and supported teachers with general tasks.
- Administered curriculum from preschool to 8th grade, extending beyond regular reading and writing into complex Tamil literature, such as Thiru Kural and Athichudi, and grammar.
- Worked every Sunday for the duration of each school year since 2022.

#### **General/Lead Volunteer – Perot Museum of Nature and Science (2023 - Present)**

- Engaged several hundreds of visitors with interactive exhibits and science demonstrations at Perot, a nature and science museum featuring exhibits ranging from ancient fossils and dinosaurs to human anatomy, space, and engineering.
- Collaborated with Exhibit Educators in exhibit halls and hands-on areas such as the Bio or Challenge Labs and the Children's Museum.
- Facilitated guest engagement of ~300 guests per day in various science fields, including paleontology, astronomy, earth sciences, biology, and engineering.

#### **Technical Theatre - Prosper High School Theatre Department (2022 - Present)**

- Entering my 4th year of technical theatre.
- Constructed courtroom benches for *Legally Blonde* and the trapdoor, hidden actor compartment, and barber chair for *Sweeney Todd*.
- Pitched marketing ideas for *Moby Dick* and made prop lists for both *Shrek* and *Sweeney Todd*.
- Painted the floor and walls for *Puffs*, signs for *Shrek*, the salon in *Legally Blonde*, and backdrops for *Frozen*, *The Lion King*, and *Hadestown*.
- Worked on both lighting and sound for all musicals put on by the theatre department since the 2022 -2023 school year.
- Organized both the props and costumes closets within one week.

## **RESEARCH**

#### **Neuroscience and Emotions Paper (Summer 2024)**

- Explored the topic “Anxiety in the Human Brain” with the guidance of Dr. Rahul, University of North Carolina - Chapel Hill (UNC Chapel Hill) PhD in Neuroscience.
- Participated in a 6 week research program with the research question: “What are the biological, genetic, and environmental factors underlying anxiety, its connection to neurological and psychiatric disorders, and the current approaches for its treatment and management?”
- The resulting paper is pre-published in the Research Archive of Rising Scholars.  
URL:<https://doi.org/10.58445/rars.1427>

#### **Shadowing a Medical Assistant (June & July 2025)**

- Spent 80 hours shadowing Jaycie Debenham at Dr. Murugesan Siddhappan’s clinic in Denton, Texas.
- Learned how to draw medicine from vials, find usable veins for blood draws, perform urine dip tests, take manual blood pressure, enter vitals, order new items, use the ECW, CMM, and Parachute systems
- Roomed patients, asked intake questions for new patients, I693’s, physicals, follow ups, and general health concerns.
- Consulted ~25 patients each day

#### **Shadowing a Family Medicine Doctor (July 2024)**

- Spent 40 hours shadowing Dr. Murugesan Siddhappan at his clinic in Denton, Texas.
- Joined the doctor in ~25 patient consultations with permission from patients and observed how he approached them, diagnosed, and interacted with them.
- Toured Texas Health Presbyterian Hospital in Denton, Texas with Dr. Sidhappan.

#### **UT Austin Sport Medicine Camp Training (June 2024)**

- Participated in Residential Sports Medicine Camp training by UT Austin.
- Attended lectures about anatomy basics, injury recognition, and rehabilitation.
- Participated in labs that included taping techniques, patient injury evaluation, treatment, and emergency scenario management.
- Learned about many aspects of sports medicine, including anatomy basics, taping techniques, injury evaluation, treatment, rehabilitation, and emergency management.

#### **Herbal Remedies for Anxiety Meta Analysis Paper (January 2025 to Present)**

- Explored the topic “Herbal Remedies for Anxiety: Efficacy & Mechanisms” with the guidance of Dr. P. Selva Shunmugam, Adjunct Professor, Department of Physiology, Chennai, India
- As first author, collaborated with a fellow student to research and review the effects of chamomile, lavender, and ashwagandha in the treatment of Generalized Anxiety Disorder
- Currently undergoing peer review and publishing process

### **ACCOLADES, HONORS & RECOGNITIONS**

- AP Scholar Award from Collegeboard for scores of 3 or higher on 5 or more exams or an average score of at least 3.5 on all AP exams taken
- National Merit Commended Scholar award for scoring in top 3-4% of PSAT/NMSQT test takers nationwide.
- BigFuture 2025 National Recognition Program awardee for demonstrating academic excellence
- Earned the Gold President’s Volunteer Service Award by AmeriCorps in January 2024 for 100+ hours of volunteering contributions to Perot Museum
- 2nd Place Archer – Prosper Games Hedges Qualifier Tournament 2024
- 3rd Place Team at Nationals - 2023 NASP® Western Nationals Tournament
- 4th Place Team at State - 2023 Texas NASP® State Tournament
- Qualified for State Level Archery Tournament in school team every year from 2022 -2025
- Qualified for National Level Archery Tournament in school team every year 2022 -2025

- Metroplex Tamil Academy Graduation (8 years of study -1<sup>st</sup> grade to 8<sup>th</sup> Grade, every Sunday for 1.5 hrs, for 32 weeks every academic year)
- Earned a spot in the Prosper High School Art Department Display Case for the following projects: Raku Piece, Modern/Traditional Piece, and VASE Submission
- Black Tiger Tae Kwon Do- Black Belt Dan 1 (4 years of practice, 1 hour long classes, once per week, 50 weeks per year)

## HOBBIES

- Gel X Nail Art on myself, friends, and family
- Canvas Paintings of Natural Landscape, Still Life, and Surrealism in acrylic paint, oil paint, and mixed media
- Still Life Pencil Drawings
- Fabric Painting and creating designs on jeans and T-shirts