

Resume'

ADYA SETHIA

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EDUCATION

La Martiniere for Girls, Kolkata, India 2023 -Present
-Indian School Certificate Board Examinations, Grade 12; 2023- Present
-Indian Certificate of Secondary Education Board Examinations, Grade 10 2022

STANDARDIZED TESTS AND APs

- SAT –Super Score 1440, ENGLISH - 720, MATH – 720 2022-2023
- IELTS - Exam given on October 20 & 21, Results awaited 2023
- AP Examinations: PSYCHOLOGY – 4 2023

ACADEMIC AWARDS AND HONORS

- Certificate of Merit for Proficiency in English in Grade 11 2023
- Certificate of Merit for Participating in the Annual Science Exhibition in Grade 11 2023
- General Proficiency and Merit Awards in 8 Subjects: English, Hindi, History, Geography, Physics, Chemistry, Biology and Computer Applications in ICSE Board Examinations in Grade 10 2022
- Gilt card award for scoring 80% aggregate marks in each of the two terms in the Academic year 2021-2022
- General Proficiency and Merit awards in 6 Subjects: English, History, Civics, Geography, Math and Computer Applications in Grade 9 2020-2021

ECONOMICS AND PSYCHOLOGY EXPERIENCES AND RESEARCH

Independent Research: Tea production – Economics

What are the emerging trends in consumer preferences for tea products?

Worked on an economics research paper under the mentorship of Economist, Ms. Chavi Behl.

2023

- Through my research I discovered various trends in tea, for instance increased demand for functional tea

- I also discovered a growth in consumer preferences for private label products and loose-leaf tea

- All in all, I saw a clear rise in the quantity of tea demanded, with a special emphasis on quality and environmental sustainability.

Internships:

Market research – Emami Ltd (www.emamiltd.in)

Emami Ltd is an India's largest leading FMCG company headquartered in Kolkata with over 450+ products. I actively participated in:

-working with the marketing team on new product launches; for example, on products related to pet health care like nutritional syrups and supplements.

-learned how to identify target users, competitors and industry trends, by studying past year data on consumer preferences on ecommerce platforms .

2023

Interned under a psychologist:

Successfully interned under the industry professional Ms. Akanksha Datta, Psychologist for 5 weeks. This internship included working on projects, individual work and group work in the field of organizational Psychology.

- I understood the various criteria on which an organizational psychologist must assist and facilitate the growth of an employee, for example providing appraisal and instilling in them the value of leadership

- I understood the concept of organizational change and development and how to help employees go through it.

2023

Competitions:

John Locke Institute Global Essay Writing Competition (www.johnlockeinstitute.com)

Was selected as one of the finalists among 19,000 candidates and invited to Oxford University for the awards ceremony. I participated under the Psychology section with the topic: *Are Beliefs Voluntary?*

- I did thorough research on the given topic, referencing my coursebooks and published materials.

- I presented my opinion in a structured 2000-word essay.

2023

Learning and Observation:

Young SDG Leaders (YSDGL) 2.1 Summer program.

-I completed the curriculum requirements and coursework of this competitive, selective 4-week summer program, conducted by the Canadian social enterprise InnovaPolis, in partnership with the United Nations Global Compact Network India (UNGONI).

- I learned the proper procedure to draft solutions and introduce them into prospective policies
 - I learned about different Sustainable Development Goals (SDGs) and chose my preferred SDG- SDG15- to work upon
 - I created a presentation on developing an online resource platform for animal shelters that would provide shelter owners with access to various amenities such as medical treatment and prospective adopters for their animals.
- 2023

TEA TASTING

J. Thomas & Company Private Limited – I completed the Tea Tasting and Appreciation course of four weeks.

- It included a history of the beverage, exposure to all varieties, qualities, regions and types of Indian tea; for example, the difference between CTC and Dust tea.

- I learned about the interesting procedure of tasting to identify characteristics, quality and defects under the mentorship of senior tasters.

- I also learned to compare teas from different countries, interaction with domestic and international buyers and producers and exposure to auctions.

2023

ORAL COMMUNICATION, SPEECH, DRAMA, EMPOWERMENT

UNIVERSITY OF WEST LONDON:

- Completed the course from Grade 1 to Grade 8 in Oral Communication 2014-2022
- Certificate Of Distinction awarded in Public Speaking – Grade 6 by SSLCM Examinations 2019
- Certificate of Appreciation for Performing confidently in Debates (Open Forum) in Grade 6 in ESPRESSIVO, SSLCM 2019
- Certificate of Distinction in Public Speaking- Grade 7, Presented by SSLCM Examinations- India 2020
- Certificate Awarded for outstanding Participation in Drama and Communications as the 2nd Runner up in ESPRESSIVO 2020
- UWLQ Level 3 Certificate in Graded Examination in Oral Communication Grade 8 EQF Level 4 2022
- Grade 8 topper in Oral communication in graded examinations from UWL 2022

LEADERSHIP

Working 11: I was a part of the working 11s (11 girls selected by the teachers in grade 11 to carry out special duties, tasks and responsibilities, including coordination and mentorship for juniors) for Hastings House in the school.

- I personally oversaw the carrying out of multiple important events in the school calendar- for example, Sports Day and Inter house Quiz Competition.

- I was responsible for selecting the participants of these events and also guiding them through the rules of the competition and training them for the main event.

2022

EXTRA- CURRICULARS

Science Club- been a part of the Science Club in school for over two years, so I could experience knowledge outside the classroom about my chosen subjects like chemistry from my teachers and peers. 2021-2022

Equestrian- I have had horseback riding instruction and have aided stable staff in caring for and exercising the horses for over 6 years. 2016-Present

Odissi Dance- trained in classical Odissi dance at Vasundhara Academy for Performing Arts for almost 5 years. I took part in and performed in a number of concerts and yearly events. Awarded several times for excellence and great achievement. 2016-2020

Karate- I finished my arduous training, practice, and other protective tactics, and a Dan 1 Karate Black belt was awarded from the Seishinkai Shito- Ryu Karate-Do Federation. Medals were presented in several contests. 2013-2020

Electronic Keyboard and Harmonium- I am proficient on the harmonium and the electronic keyboard, having played both for 2 and 4 years respectively. I have performed in concerts as well. 2018-2019

Classical Music- I have also been trained in Indian classical vocal music, having learnt traditional religious songs. 2013-2019

COMMUNITY OUTREACH

Annapurna food foundation- Active volunteer in distribution of midday meals to 300 under privileged people daily. 2023

Cow shelter- A regular happy volunteer at Pinjrapole gaushala, the largest cow shelter spread across 190+ acres in Jaipur, Rajasthan. It has around 3,500 cows including male, female and calves. Blind, injured, sick, cows with cancer, all looked after by their staff and volunteers. 2022-2023

Indra Kusth Ashram – A resident place located on the outskirts of Jaipur, Rajasthan with over 300 families living here for years including the sick, handicapped and the blind. A regular volunteer during school breaks in helping them prepare and serve meals and educating them about hygiene. 2021-2023

Around hospitals- conducted a food distribution drive outside and around the hospitals for the family of the patients who do not have time to go far searching for food or not enough money coming from rural areas of the city. 2022

London College of Music (LCM) – assisted the head of the department of oral communication in annual events, anchoring, theatre, prepping the students for talent nights etc. 2022-2023

INTERESTS

Art- I have always considered art an outlet for my emotions. I have compiled my works into a comprehensive art portfolio that can be viewed on my personal website link <https://adyasethia.com/>

Animals- I am also extremely passionate about animals- their welfare and their preservation.

Reading- Ever since a young age, I have immersed myself into the world of reading- having read over 200 books across all genres.

Spanish- I have been learning Spanish for over two years now and I am currently preparing for my DELE A1 examinations.