

Anika Valluri

Driven student passionate about pursuing medicine and research. Works hard to achieve goals and aims to help the community using acquired knowledge and skills.

(781)-571-9998

anikavalluri@gmail.com

www.anikavalluri.com

[LinkedIn](#)

<https://projecthealthma.wixsite.com/healthcareer>

EDUCATION

Canton High School, Canton, MA (GPA: 4.7)

August 2020 - Present

College Courses at Massasoit Community College (GPA: 4.0)

- Interpersonal Skills 101
- General Psychology 101

WORK EXPERIENCE

Excel Martial Arts, Canton, MA — Instructor

September 2020 - Present

- First Degree Black Belt training towards my Second Degree Black Belt
- Teacher of Mixed Martial Arts and Brazilian Jiu-Jitsu to students with disabilities
- Lead classes responsibly and communicate with students and adults

VOLUNTEER EXPERIENCE

Tufts Medical Center, Boston, MA — *Volunteer (200+ Hours)*

June 2023 - Present

- Help patients and visitors navigate the hospital
- Sign-in visitors and serve as a friendly face for those visiting the hospital

Project HEALTH — *Community Problem Solving Project (CmPS) (100+ hours)*

December 2022 - Present

- Project HEALTH (*Healthcare Education And Learning Through High School*)
- Help introduce high schoolers to the multitude of healthcare career opportunities.

Project REMOTE — *Community Problem Solving Project (CmPS) (200+ hours)*

December 2019 - June 2020 (**1st Place Internationally**)

- Project REMOTE (*Re-imagining Educational and Meaningful Opportunities to Engage*)
- Through the involvement of young members in our community, we helped increase interest in STEAM.

Mass General Brigham Newton-Wellesley Hospital, Newton, MA — *Volunteer (150+ Hours)*

June 2021 - Present

- Volunteered in Day Surgery, Orthopedic, Nutrition, PACU, and Sterilization Unit
- Demonstrated compassion, efficiency, accuracy, and active listening
- Assembled COVID-19 information packets (April - August 2021)

SHADOWING

Tufts Medical Center — Orthopedic Surgeon *Dr. Gordon (40+ Hours)*

June 2021 - August 2023

- Shadowed Dr. Gordon, one of the lead orthopedic surgeons at Tufts Medical Center
- Shadowed multiple knee and hip replacements in the OR and attended patient clinics.
- I was also able to shadow his PA as well as residents and medical students.

Tufts Medical Center — Emergency Trauma Surgeon *Dr. Bawazeer (5+ Hours)*

October 2023 - Present

- Shadowed Dr. Bawazeer, a leading trauma surgeon at Tufts Medical Center
- I had the opportunity to view multiple Laparoscopic Appendectomies
- Learned about innovations in surgeries, such as the da Vinci Robotic Surgical System
- Learned firsthand how to quickly and efficiently treat emergency cases

LEADERSHIP

Varsity Wrestling

Captain (2021-Present)

Science Team Captain

(2022-Present)

HOSA Founder &

President

(2022-Present)

UNICEF Club President

(2021-Present)

Student Council Class

Vice President

(2021-Present)

National Charity League

Cultural & Social Chair

(2019-Present)

Robotics Team Captain

(2021-2022)

Lead SchoolHouse/

Khan Academy SAT

Tutor- (2023)

ACHIEVEMENTS & AWARDS

University of Rochester

Xerox Award for

Innovation and

Technology: (2023)

National Merit

Scholarship

Commended Award:

(2023)

1st Place Internationally

in Global Issues

Problem Solving (CmPS)

- Project REMOTE:

(2020-21)

1st Place Massachusetts

Future Problem Solving

Tufts Medical Center — Orthopedic Trauma Chief *Dr. Ryan*

June - August 2022

- Shadowed Dr. Ryan, the chief orthopedic trauma surgeon at Tufts Medical Center
- Attended patient clinics and learned from Dr. Ryan's and medical students' patient interactions

EXTRACURRICULARS

- **Science Team** (2020-Present) - **Captain** (2021-Present)
- **Varsity Wrestling** (2021-Present) - **Captain** (2022-Present)
- **Varsity Track & Field** (2022-Present)
- **Math Team** (2021- Present)
- **HOSA - Founder** (2022- Present)
- **UNICEF club Co-President** (2021 - Present)
- **Robotic Team Captain** (2021 - 2022)
- **National Charity League Cultural Chair** (2019 - Present)
- **GIPS, CmPS, & FPS (Future Problem Solving)** - (2014-Present)
- **Spectrum - School Newspaper Columnist, Article & Layout Editor** (2021-Present)
- **Pops Orchestra** (2021)

PROGRAMS

Horizon Academic Research - July 2023-Present

- Writing a research review paper on Sensorineural Hearing Loss
- Working with a University of Cambridge mentor who is in the process of making leading discoveries to treat SNHL
- Working to get it published in research journals and present it at conferences

Harvard MEDscience Program - June 2021

- T.E blood certified
- Participated in daily team patient simulations. I could diagnose patients based on symptoms, history, lab work/tests, and information presented by the patient.
- Learned how to put in an IV, pipette, identify blood types, separate DNA, identify genes, do gel-electrophoresis, listen to heart and lung sounds, communicate with patients, and do surgical sutures.

Tufts TAHSS Internship - June 2021

- Took Anatomy and Physical Diagnosis courses taught by medical students. Gained exposure to graduate-level laboratory-based science.
- Mentored by Tufts Dental Program Students.
- Filled cavities on prosthetic teeth, created molds, practiced Orthodontic wire twisting, and sutured.
- Independent research project on *Dental Diseases in Developing Countries* and presented to healthcare professionals and peers.

Biogen-MIT: Biotech in Action Program - June 2021

- Virtual interactive lab projects
- Met and interacted with scientists and other biotech professionals and got an inside view of a biotech company.
- Learned about the drug development process and laboratory techniques
- Presented research on *Lewy Body Dementia* to program members.

ADDITIONAL PROGRAMS

- The Perry Initiative: Women Orthopedics and Biomechanics (2020)
- BRAINterns Webinar Series hosted by Lenox Hill Hospital (2020)
- Pre-Med Task Force Boston Leadership Institute (2020)
- Harvard Academy Coding 1 Program (2021)
- Harvard Academy Pre-Med 1 and 2 Program (2021)
- BU CodeBreakers (2021) and BU Artemis (2020)

State Bowl: (2021-22)

2nd Place in Massachusetts Global Issues Problem Solving (FPS): (2020-21 & 2022-23)

Attended International Global Issues Problem Solving (GIPS): (2017-Present) - **USA Flag Bearer:** (2023)

6th at D2C Mixed-Gender Wrestling Sectionals: (2024)

Member of Math National Honor Society: (2021-Present)

Member of Science National Honor Society: (2022-Present)

Member of National Honor Society: (2022-Present)

Member of French National Honor Society: (2022-Present)

Wrestling - Team Commitment & Sportsmanship Awards: (2022) - **Coach Cafelle Award:** (2023)

4th Place at Kevin Curtis Wrestling Tournament: (2023)

Track and Field - Most Improved: (2023)

Competed in FPS Program International Virtual Conference: (2020-2022)

Freshman of The Year Band CHS: (2020)

Design Award: FIRST Robotics: (2020)