

## **Ira Puranik**

### **Education**

Paradise Valley High School - Center for Research in Engineering, Science, and Technology (CREST)  
Bioscience Program

Awards: 2022 Paradise Valley Science and Engineering Fair: Best In-Show: Overall Top Scorer

Relevant Coursework Taken: All APs/Honors Core Classes, Honors STEM Collaborative, Honors Principles of Biotechnology, Honors Cell Biology, Honors Genetics, Honors Microbiology

Skills: Public Speaking and Presentation, Professional Writing, Science Literacy, CPR/First Aid Certified, Biotechnician Assistant Credential, OSHA-10 Healthcare Certified, Bioscience Technical Skill Standards Certified

**GPA: 4.0 (unweighted)/4.893 (weighted)**

### **Volunteer Experience**

*Deer Valley HonorHealth*

*June 2019-Present*

Discharge and transport patients. Navigate patients and visitors through the hospital. Restock medical supplies on the Nursing floor.  
Completed 200+ hours and received Barbara James Service Award and President's Volunteer Service Award.

### **Internship Experience**

*Arizona Integrated Neuro Spine & Pain: Shadow*

*June 2021-July 2021*

Shadowed Neurologist, Dr. Swaraj Singh, to gain insight into the operations of a medical office. Learned how to conduct neurological tests in order to diagnose diseases.  
Engaged in answering patient questions.

*Grand Canyon University: Intern*

*June 2021-Present*

Dissected cadavers and gained an in depth understanding of human anatomy at an undergraduate level.  
Emphasis on neuroanatomy and neurobiology.  
Taught other interns about the anatomical structures of the skull.  
Accumulated 200+ laboratory hours.

*Vincere Cancer Center: Intern*

*October 2020- November 2020*

Interned with Dr. Christine Lau to conduct mobile COVID testing and correlated the results with the zip code of the testing site and the age to see if there were any patterns or differences.  
Analyzed the data and determined the rates of COVID infection and exposure to see if there are any differences in positivity rates among different neighborhoods and age groups.  
Received acknowledgement in published research paper.

*Phoenix Children's Hospital: Research Assistant*

*August 2020-Present*

Intern with Dr. Rhonda Kurz to develop a research manuscript related to the pharmacokinetics and dosing of aminoglycoside antimicrobials for infants one to less than three months of age for IRB submission and publication in a professional medical journal.

*Jevin Hodge Maricopa County Board of Directors: Intern* *August 2020-Present*  
Campaign to elect Jevin Hodge by canvassing, phonebanking, textbanking, literature drop offs, and conducting donor research.

### **Extracurricular Activities**

*HOSA Future Health Professionals: Officer: President* *August 2018-Present*  
Organize community service events and fundraisers for Be the Match Foundation. Raised \$1500+.  
Expose students to various healthcare fields.  
Nominated for State Voting Delegate and International Voting Delegate in 2021.  
2nd place winner in Job Seeking Skills at Regional Leadership Conference.  
Served as Sergeant-At-Arms in the 2020-2021 school year.

*Bioscience Mentorship: Officer: President* *August 2018-Present*  
Mentor incoming CREST Bioscience freshmen and help them acclimate to a rigorous high school environment.  
Host midterm and final review sessions.  
Plan activities to assist freshmen in meeting other students in CREST Bioscience.  
Served as Vice President in the 2019-2020 school year.

*Bring Change to Mind (BC2M): Officer: Vice President* *August 2019-Present*  
Spread awareness and advocate to mitigate the stigma surrounding mental health by planning activities and sending out educational supplements to students.  
Create a mental health education curriculum to distribute to educational institutions across Arizona.  
Collaborate with other organizations to provide mental health resources to their members.  
Organize fundraisers to raise money for suicide prevention. Raised \$500+.  
Elected onto Arizona Teen Advisory Board.  
Organize state-wide BC2M projects.

*Medical Explorers Club: Officer: Vice President* *August 2019-Present*  
Learn about various healthcare careers by listening to presentations and organizing hands-on activities.  
Recruit guest speakers by networking with healthcare professionals.  
Organize hygiene drives and donate collected supplies to impoverished families.  
Served as Treasurer in the 2020-2021 school year.

*Peers and Students Taking Action: Chapter Leader* *August 2019-Present*  
Organize projects and fundraisers to better the lives of underprivileged kids.  
Examples include mental health kits, activities to increase knowledge in STEM, and fun collaborative events.  
Served as Finance Leader in the 2020-2021 school year.

*Indian Classical Dance (Kathak): Instructor* *August 2012-Present*  
Teach and handle communications for 1st and 2nd Year students.  
Choreograph dance pieces to perform at events and recitals.  
Prepare for Rangmanch Pravesh (Graduation).