## Kvra Sabharwal

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#### **EDUCATION**

Jamnabai Narsee International School (JNIS), mumbai- juhu

grade 10 May 2020 grade 11&12 May 2022

## **LEADERSHIP INITIATIVES**

# Founder- MAX VAX vaccination drive of Max Group

- Co-founded the plan to provide free vaccination for over 2000+ employees of the Max Group of companies.
- Provided logistic and administrative support to coordinate the drive.
- Provided counselling to allay misconceptions and fears leading to vaccine hesitancy.
- Worked as a volunteer to conduct the drive and managed the flow to adhere to co√id protocols and safety standards.

# Coordinator- Max fields/ Camp Max music festivals

- Helped organise multiple music festivals/ live performances.
- Identified upcoming musical talent and provided a platform for performances.
- Conceptualised "Music Under the Stars" and "Unplugged fireside nights'.
- Created live entertainment in a family resort setting suitable to all ages.

## **BUSINESS INITIATIVES**

# Coordinator/ co-founder- MAX GREENS Hydroponics farm

- Part of the team that started a hydroponics farm on the outskirts of Mumbai.
- Involved in marketing the products, and handling the social media promotion.
- ideated packaging and delivery options.

## **WORK EXPERIENCE**

## Marketing executive intern- SSBM (Shree Shyam Bio-Medicals)

- Sports and physiotherapy equipment marketing company.
- Managed product assessment and marketing.
- Handled sales and promotional content.
- Analysis of player techniques and physiotherapy relevant to the same.

#### RESEARCH EXPERIENCE

# Research paper on ISL,

- ISL- Indian Soccer League.
- Researched and scripted a research paper on the story of the upcoming and journey of the ISL.
- The paper consists of, an introduction to the ISL, why it was formed, people involved, teams and their owners, numerical data and finally a conclusion as to how it is successful and helps showcase new talent.

#### **Extended Essay- sports psychology**

- A research paper on the topic "To what extent does physical activity helps to reduce the symptoms of depression"
- Consists of an extreme analysis of prior experiments and studies conducted by professionals over a time period.
- Supporting studies and refuting studies in order to get many different perspectives on the same issue and to see if physical activity helps reduce the symptoms.

# **Business Management Internal Assessment**

- A research on "Should Camp Max expand its present product offering by including AC Tents in an attempt to attract new customers?
- Camp Max is a campsite and a musical field meant for families and friends to visit for a break.
- Analysis of competitions, Financial position of Camp Max and a set of recommendations in order to benefit and help Camp Max come to conclusion

## SCHOOL LEADERSHIP POSITIONS

# House captain- Jamnabai Narsee International School

- Coordinating various cultural and sports activities and competitions.
- Organised and scripted dances and musicals with more than 50 participants.
- Responsible for team selections for multiple competitions within school.
- Designing sets and costumes for fashion shows and performances.

# Football Team captain- Jamnabai Narsee International School

- Captained the U14, U16 and U18 school girls football team.
- Participated and won at various inter school and inter district competitions.
- Conducted training and practice sessions.
- Planned strategies and game plays along with the coaches.

## Performing Arts Head of the International Youth Conference (IYC)- Jamnabai Narsee International School

- Organised and planned the opening and closing ceremonies
- Ideation and Choreography of the dance and music performances during the IYC.

## **SOCCER ACHIEVEMENTS**

## Leadership

- School Team captain for 6 years.
- Runner Up in SFA sports for all(inter school competition)
- Third place in the DSO district level tournament.
- First place in many PRivate school tournaments

#### **Training**

- Trained in an international club training program- India on track Arsenal (IOT).
- Trained with womens training clubs-Roots premiere league and Addidas Creators.
- Trained with national level coaches for the district team.

#### National Level tournament- IBSO

- Played at the national level tournament representing international schools all around Maharashtra.
- Reached the quarter finals.
- Captained two winning games.
- Scored four goals including a winning penalty

## **EXTRACURRICULAR ACTIVITIES**

#### Basketball

- Represented my school team for 4 years now
- won many inter school tournaments and valuable trophies

#### Track and field

- Taken part in every event on sports day and won medals in all
- Hold the record of the furthest distance thrown in shot put at Jamnabai Narsee International School
- Participated in many private tournaments for shot put and have ranked first in most

#### Dance and Music

- Have 5 years of formal training in classical dance Odissi
- Choreographed multiple dances for inter school and inter house competitions
- Participated in an inter school dance competition CASCADE and came third with my choreography
- Been playing the piano for 3 years now and have performed many solos and duets.

#### **Photography**

- Done two workshops and learnt the basics of photography
- Been the photographer for a photoshoot with a professional, Tina Dehal
- Various promotional shoots for Camp Max and Max Fields.

#### **COMMUNITY SERVICE**

# Founder- Children's creche at Max Spare

- Founded the children's creche at Max Spare to empower women and enable them to work.
- Monitored the activities and equipment for the children at the creche.
- Coordinated nutrition for the children with doctors and nutritionists.

## **Volunteer-** Alibaug Old Age Home

- Helped repair and renovate the premises of an old age home in Alibaug.
- Spent time, and taught them games and activities to do in their free time.
- Cooked and prepared meals for three days and served it to them.

### Volunteer- Health Camp for orphan girls at Tulip women's healthcare centre

- Helped during the health camp for orphaned girls from the ASHA Foundation.
- Coordinated for testing and medical examinations by different faculties.

# **SKILLS AND INTERESTS**

# Languages:

- English
- Hindi
- Spanish
- French

# **Interests**:

- Psychology
- Business management
- Dance
- Football

# **Skills**:

- Organisational skills
- People Interactions,
- Leadership qualities
- Communication Skills
- Creativity