

MEHA BALENDRA

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Education

CMS Ladies' College, Colombo 7, Sri Lanka (founded in 1900), 2010 onwards

- Will appear for the London A Level Examination at the end of Grade 13 (Economics and Psychology) - June 2026
- Completed the **AS Level Examination (Economics A (200/200); Psychology A)** - June 2025
- Completed **A Level Mathematics** and obtained **A*** - June 2025
- Completed the **Sri Lankan Certificate of Education (Ordinary Level) Examination with 8 As and a B in Buddhism** - 2023

Standardized Tests

- SAT 1500 /1600 {R-740 (Aug 2025) ; M-760 (Dec 2025)}

School Academic Honors

- **Ranked in Top 10 percent in school and secured grades of 8As and a B** at the Sri Lanka Certificate of Education (Ordinary Level) Exam - 2023
- **Certificates for Academic Excellence** awarded to students with an individual mark above 80 for British AS Level (Grade 12) for Pure Maths, Statistics, Mechanics, Economics and Psychology – 2024, for Pure Mathematics and Psychology - 2025
- **Subject prize for Health and Physical Education at O level** - 2024

School Leadership

- **School Prefect, 2025** - Awarded the Indrani de Silva Memorial Trophy, given for her unstinted commitment and loyalty to the school in her role as a prefect
- **Captain, Loos House**, elected by students to lead 1 of 4 houses in school, 2025; House Captain's Award - 2025
- **Committee Member, Loos House**, active in school life including sports, drama, dance, debating, oratory, 2022- 2025
- **Committee Member (2022,2023) Vice President (2024) and Secretary (2025) of Ladies' College Music Circle**

Psychology Experience and Research

Cyber bullying survey and research paper, Sept - Oct 2025

Designed and carried out a primary data survey on cyberbullying amongst school children and included this data in a cyber bullying research paper

Library project on teen mental health, July - Sept 2025

Researched, wrote and submitted a report on the Mental Health Crisis in Adolescents, which deepened my interest in cyberbullying

Discussion and Discourse with Psychologists, Sept 2025 - ongoing

Discussed and analyzed research papers on mental health disorders, teen pregnancies, the prevalence of mental health in Sri Lanka, etc. with 3 experienced psychologists in Colombo, Sri Lanka which furthered my knowledge on the subject

Coursera courses

Completed an online course on schizophrenia from Wesleyan University, Dec 2024

Peppercube Consultants (Pvt) Ltd, Colombo, Sri Lanka, Dec 2024

Undertook a short internship at a market research firm to learn different aspects of market research using consumer psychology

Shanthi Maargam (registered NGO), Colombo, Sri Lanka (www.shanthimaargam.org), Aug 2025

Completed an internship at the youth center of Shanthi Maargam which provides mental health and psychosocial support and counselling to marginalized kids and youth in poor urban areas – assisted in programs, undertook admin work, attended and supported community meetings

Ladies' College Ethics Series, Aug 2025 – ongoing

Conceptualized, designed and implemented a program on ethics in school by creating awareness on important aspects of ethics, character and personal conduct such as bullying, cyber bullying, digital ethics, classroom ethics etc., using a poster campaign in consultation with the school psychologist and school administration

International Awards and Honors

Water Polo – Goalkeeper for Ladies’ College under 20 team; **Champions at Milo DSA PRM 64th Malaysia Open Water Polo Championships** in KL, Malaysia - Dec 2023

Sports

Water polo

- Member of the **junior and senior school Water polo team**; represented school in various **inter school, national and international tournaments**, 2018-2024
- Awarded **and re-awarded school sports colors** for Water Polo, 2023, 2024
- Selected for the **Sri Lankan national pool** for Water Polo by the Sri Lanka Aquatics Sports Union, May – Dec 2023
- Participated as **goalie in the annual Water Polo encounter** between Ladies’ College and Visakha Vidyalaya, 2022- 2023
- **Champions under 20 Girls Sri Lanka Schools’ Aquatic Sports Championship** in Water Polo, 2023
- **Champions under 17 Girls National Age Group Championships** in Water Polo, 2023
- **Champions in the Girls under 16 Novices Water Polo Championships**, 2022

Rowing

- **Member of the school rowing team** and represented school in Regattas, Feb 2024 – Present
- Awarded **school sports colors** for Rowing, 2025
- **Silver and bronze medal at the National Rowing Championships for Under 19 double and quad race**, 2025
- **Third place in the Indoor National Rowing Championship**, 2025
- **Certificate of Honor for winning the C Four race at the Ladies’ College-Musaeus College Regatta**, 2024

Karate

- Practiced **Wado-Kai Karate**; achieved **Black Belt Sho Dan (JKF)**, 2014 - 2020

Music Pursuits

- **Founder and drummer of a 5-member western musical band ‘Monarch’**; performed at concerts in Sri Lanka to **raise funds for charity**, including Band Heroes, Tempotrek, Crave(2x), Backstreet , Xtastic, 2022 -Present
- **A member of the Ladies’ College Western Orchestra, playing western drums**, 2021

Dance Pursuits

- **Completed 12 years of training at DANCEWORLD School of Modern Jazz and Ballet**, Sri Lanka; performed in concerts to raise money for charitable causes, 2012 - 2024
- **Assisted with choreography and danced** in the school Inter house dance competition and the team emerged winners.
- **Achieved international certification** from the International Dance Council (CID) for completing 150 hours of training in Jazz (Level 2) and Modern Dance (Level 1) and Member of the International Dance Council (CID), 2019
- **Represented Sri Lanka at Dance Excellence in Los Angeles, USA**, an international festival for young dancers around the world and awarded “superior” in the jazz category, 2019

Community Service

- **English Teacher, The English Connection (<https://englishconnection.lk/>)**, 2023-2024
Taught English on a weekly basis to underprivileged children living in slums in Colombo, Sri Lanka and provide support from time to time
- Conducted **drumming sessions** for the children at the **youth center at Shanthi Maargam (www.shanthimaargam.org)**, a registered NGO providing mental health support to children and youth and provide support from time to time, 2024 - ongoing

Interests and Hobbies

- Drumming; playing the guitar; Mixing music; listening to music (especially alternative); Surfing; Jazz, modern and contemporary dance