

PAARTH MATHUR

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Summary

Dedicated student leader, humanitarian, and researcher with a strong passion for **medicine, human rights, and global health advocacy**. Experienced in **community service, refugee support, and public health education**, with a commitment to **social justice and cross-cultural communication**.

Volunteering

YMCA International – Refugee Settlement Services

2022 - Present

Tutor | Lead Volunteer (2024) | Office Intern (2023) | Warehouse Intern | Delegate Refugee Congress

Developed strong leadership and coordination skills by managing volunteer programs and leading significant events related to refugee resettlement. These experiences developed valuable organizational, problem-solving, and project management skills.

- Led the distribution of **2,000+ care packages**, providing essential supplies to **100+ refugee families**. Raised \$2,000+ to support children's education. Organized a **clothing drive on Martin Luther King Jr. Day**, benefiting **25+ families** in need.
- Initiated and facilitated **civic literacy programs**, assisting **10 adults** in preparing for **U.S. citizenship**.
- Spearheaded a **baby shower for 30+ refugee mothers** in collaboration with **Texas Children's Hospital**.
- Initiated a program to educate children with diabetes on nutrition content of pantry food.
- Initiated and helped settle 50+ families including refugees, sex trafficking victims, and unaccompanied minors.
- Coordinated and distributed farm produce to 300 families in need.
- Volunteered as an **after-school tutor**, mentoring **10+ students** to reach their academic potential in Math, Science and ESL.
- Enhanced reading motivation, engagement, attitudes, comprehension, and fluency for struggling readers.

Amnesty International Club – Elkins Chapter

2023-Present

Founder & President

Student Led club to empower youth through education and civic engagement.

- Facilitated townhalls on discussions of global human rights issues, fostering a diverse and inclusive environment.
- Coordinating with local and national organizations (YMCA International) to amplify advocacy efforts.
- Developing leadership, communication, and organizational skills through club initiatives.
- **Invited a state representative to campus**, achieving **the largest student community participation in school history**.
- **Featured** in a local newspaper for advocacy and activism efforts.
- **Fundraised \$10k in donations for charity sponsoring children from war-torn countries**
- **Collaborated with Global Women Voices for human rights issues**.

Humanitarian Mission to Peru

2024 June & 2025 June

Medical Volunteer | Researcher

Volunteered in Peru supporting healthcare initiatives and indigenous language preservation; conducted field research on traditional Andean medicine and community health practices.

- Participated in a medical camp in Peru on a **humanitarian** mission, shadowing leg surgery and skin grafting.
- Volunteered at a medical clinic, taking responsibility for patient vitals and assisting medical professionals in patient care.
- Conducted health check-ups and educated school children on oral hygiene practices during community visits to local schools.
- **Researched Peru's Inca culture** to enrich understanding of local history and traditions and currently learning the Quechua language to better communicate and integrate with local communities.

Taekwondo

2018 - Present

Assistant Sensei

Veteran owned and operated, incredible taekwondo-based training system that combines martial arts, self-defense, and physical fitness.

- **Second Degree Certified Black Belt** in Taekwondo (Oct 2024).
- National Taekwondo Championship Winner July 2024 and July 2025.
- Developed discipline, focus, and leadership through years of intensive training and competition.
- Demonstrated strong commitment to personal fitness and resilience.
- Taught children and elderly.

Mayor's Youth Commission

2024-Present

Delegate | Community Service Project Leader

Designed for youth representing their city, community, and schools to work toward the common purpose of developing their leadership skills to strengthen their communities through volunteer service and increased communication with municipal leaders.

- Understood the inner workings of the city. Interacted with and worked with the city officials in translating the city initiatives into smaller projects resulting in 10 community service initiatives.
- Lead clothing, books and toys drive for second mile - an organization to help underserved communities.
- Understood the importance of aligning my own initiatives with city support to maximize the impact and reach of our projects.

Fort Bend ISD Student Voices Advisory Network

2022-2023

School Ambassador | Leader of Proposal Group

A superintendent-led initiative that brings together selected students from each of the 12 FBISD High schools to participate in day-long meetings each month that develop student's leadership, advocacy skills and stakeholder engagement.

- Conducted a series of seven monthly seminars for selected participants to explore personal roles in community and school leadership.
- Created a website and social media presence plan for student voices, conducted town halls to communicate student concerns to the district.
- Developed proposals on topics like school safety.
- Worked with School District board of trustees and organized district-wide events that informed students on mental health awareness and led activity groups to administer mental health strategies.

Texas Boys State American Legion

June 2025

School Representative | State Representative | Chairmen of Educations

A prestigious, hands-on government program where high school students actively participate in running city, county, and state govts. Program teaches the rights, responsibilities, and duties of citizenship through practical experience.

- Elected Chairman of Education in House of Representatives by Election. Led subcommittee of 12 delegates.
- Participated in policy debates, policy creation. Passed a bill for Texas Infrastructure Efficiency Board
- Lead discussions, set agendas, and steer peers through education-related topics similar to real-world committee chairs.
- Negotiate with fellow delegates on amendments, funding priorities, and educational policies. These discussions were perfect training in bipartisan cooperation, consensus-building, and compromise.
- Presenting proposals to House and defending them. Built resilience from success and setbacks.

National Youth Leadership Forum for Medicine

June 2023

Student

Summer program offering hands-on activities, simulations, and workshops for students exploring medical careers. Participants engage with healthcare professionals and gain insights into various specialties and the realities of the field.

- Gained proficiency in taking vitals (temperature, pulse, blood pressure), performing phlebotomy, and surgical suturing, including patient preparation, technique execution, and follow-up care.
- Observed a live surgical procedure for mesh implant removal, learned effective patient communication principles, and visited the hospital chapel to understand the comprehensive approach to patient care, including spiritual support.
- Understood medical ethics principles, disaster triage (MCI) protocols, and presented a poster board on psychology.

Brazoria-Fort Bend Regional Day School Program for Deaf (RDSPD)

2022

Volunteer

The program focuses on the development of age-appropriate communication and language skills for a child's academic, social, cognitive, and linguistic development, as well as mental and physical well-being.

- Participated in **ASL sign language program** and organized and volunteered in field events.
- Worked with class consisting of parents and kids to help communicate in ASL.

Publications

Blogs

2022 - Present

PaarthCyclingSpace.com: Created as a hobby to educate the community on bicycle history, mechanics, and the benefits of cycling for human anatomy, including physical and mental advantages.

Articles

- "Bicycling - A tradition of health" Regional newspaper editorial on bicycling as a holiday tradition to encourage health.
- "Ancient Inca Neurosurgery – Challenging Western Narratives" published in Peruvian Times, one of the most circulated newspapers of Peru.
- "Quechua's Survival: Peru's Battle for Linguistics Identity" published in Peruvian Times on Indigenous Day of Peru.

Books (Authored)

- Childhood Diabetes. Epidemiology, Etiology and Management of Childhood Diabetes (2023) | Amazon Publishing/Barnes & Noble Publishing
- Linguistic and Cultural Dynamics of Refugee Population in America (2024) | Amazon Publishing/Barnes & Noble Publishing
- Peru: The Cultural Gem of South America (2025) | Amazon Publishing/Barnes & Noble Publishing

Speech and Conferences

- **TedX Speaker (2025) - "Refugees: Crisis to Community,"** focused on the journey of displaced populations and the importance of fostering inclusivity. Sharing the stage with accomplished speakers, I was inspired by the depth of dialogue and the collective pursuit of change. This experience reinforced my commitment to using every platform to **unite** society and promote global citizenship.

Languages

Spanish
Pashto

Portuguese

American Sign Language

Hindi

Quechua

Awards and Civic Honors

Proclamation - Childhood Diabetes Awareness (2025)

Recognition from U.S. Senator = "Voices: Linguistic and Cultural Dynamics of the Refugee Population in the United States" (2024)

National Taekwondo Champion (2024& 2025)

National Merit Scholar (2025)

Recognition for Volunteering by Governor and First Lady of Texas (2024)

Winner Houston Area Teachers of Foreign Language in Spanish (2023)

Environment Defense Group Video Winner (2025)

Student Spotlight - Elkins High School (2025)

Recognition and letter of commendation from YMCA Director (2023)

Honor Societies

National Honor Society

National Society of High School Scholars

Rho Kappa Society

UN Refugee Congress Texas Delegate

AP Achievements/Scores

AP Human Geography - 5
AP Comp. Sc. Principles - 5
AP Physics I - 4
AP World History - 5
AP Precalculus - 5
AP Env. Science - 5

AP US History - 5
AP English III - 5
AP Biology - 5
AP Seminar - 5
AP Calculus BC - 5

AP Spanish Lang. (Planned May 2026)
Multivariable Calculus
AP Chemistry (Planned May 2026)
AP English Literature (Planned May 2026)
AP US Government (Planned May 2026)