

Prasanjit Sahoo

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EDUCATION

Northeast Ohio Medical University <i>Medical Degree</i>	Columbus, OH May 2030
The Ohio State University <i>B.S. in Neuroscience; Minors in Mathematics and Philosophy</i> • cGPA 3.6/4.0; major GPA 3.85; Dean's List 2020–2024; Provost Scholarship Award.	Columbus, OH May 2024
Dublin Coffman High School <i>AP Scholar; Distinguished Choral Member; Biomedical Science Scholar</i>	Dublin, OH May 2020

RESEARCH EXPERIENCE

Dorothy Davis Heart and Lung Research Institute, The Ohio State University <i>Undergraduate Researcher, PI: Matthew Stratton, Ph.D.</i>	Columbus, OH Jul 2021–Aug 2023
- Investigated epigenetic mechanisms underlying cardiac hypertrophy and dysfunction, with focus on stellate ganglia signaling. - Combined cell culture and animal models, high-throughput genetic screens, DNA gel electrophoresis, RNA isolation, and protein analysis via Western blotting to investigate candidate therapeutic targets. - Collaborated with lab members on five hypothesis-driven projects contributing to manuscript preparation. - Contributed to hypothesis-guided discovery research aimed at identifying novel therapeutic targets and improving patient outcomes.	
Ohio Physiological Society Conference <i>Research Presenter</i>	Columbus, OH Apr 2023
Presented findings on “Periostin MerCreMer Use in Biology of Aging Research: A Cautionary Tale” to academic audiences, receiving feedback from interdisciplinary researchers.	
Research interests: Neuroscience, metacognition, self-esteem, strategic decision-making, psychology of deterrence and escalation, optimized brain states, meditation, transhumanism, nutrition, stellate ganglia hypertrophy, heart failure mechanisms, aging, and inflammation.	

PUBLICATIONS AND INTELLECTUAL WORK

- Ferguson, B. S., Sahoo, P., McGrail, E., Francois, A., & Stratton, M. S. (2022). Modestly increased incidence of ketosis in caloric restriction does not significantly alter the effects of caloric restriction. *The Journal of Nutrition, Health & Aging*, 26(7), 657–662. doi:10.1007/s12603-022-1815-7.
- Sahoo, P. (2025). *Building Nation-level Self-esteem: Disarmament through the Lens of Neurobiology and Self-esteem*. Armament and Disarmament Summer School Application.
- Squeaks108 (u/Famous-Camp-2340). “Glycolysis Pathway — Seriously, Stop Rote Memorizing It.” Reddit, r/Mcat (383,000 views; 1,200 likes).
- Sahoo, P. (2025, February 20). “Le Châtelier was trying to show us something bigger—did you miss it?” *The Learning Catalyst*.
- Sahoo, P. (2024, November 28). “Stand out, get in: The value-first approach to admissions.” *The Learning Catalyst*.
- Sahoo, P. (2025, February 16). “Stop overthinking MCAT signaling pathways!” *The Learning Catalyst*.
- Sahoo, P. (2026). “Wish versus Will.” Personal Website - Library.
- Sahoo, P. (2021). “The Slipper’s Shadow.” Personal Website - Library.
- Squeaks108 (u/Famous-Camp-2340). “Foolproof Logarithms.” Reddit, r/Mcat.
- Squeaks108 (u/Famous-Camp-2340). “Gibbs Free Energy.” Reddit, r/Mcat.

WORK EXPERIENCE AND VENTURES

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- Astreos Learning LLC** Columbus, OH
Founder and Learning Scientist Aug 2023–Present
- Developing Yinsight, a mobile app designed to unlock and develop students' learning potential through personalized learning systems focused on the learning process, not just the content.
 - Member of Cohort 3, Presidential Buckeye Accelerator Program and Best of Startups Society; beta-launched in September 2024 with 76+ individuals on the waitlist.
- Metacognitive Tutoring** Columbus, OH
Learning Coach and Tutor Aug 2021–Present
- Created and taught K–12 math curriculum focused on algebra, geometry, and arithmetic; developed customized worksheets and learning materials resulting in a 25% improvement in overall math performance.
 - Designed interactive lessons using visual aids and gamified content; provided academic mentoring for 100+ middle-school, high-school, and collegiate learners with 90%+ satisfaction.
- ATOM – Being Present** Gurgaon, India
Visual Content Creator Intern Dec 2020–Feb 2021
- Produced instructional content and visual aids for the Focus app, supporting 2,300 active users; designed the company logo and visual brand assets.
 - Applied behavioral neuroscience to develop ten learning frameworks that enhanced metacognition; collaborated with three cross-functional team members and recruited two contributors to the Behavioral Neuroscience division.
- FreeTheMCAT** United States
Associate Director of Educational Resources Apr 2020–Apr 2021
- Wrote notesets for MCAT topics, led a team creating question-and-answer revision cards, and uploaded materials to the website for student use.
- ScholarlyAdvice** Florida, United States
Part-time Academic Tutor Jan 2020–Dec 2021
- Delivered individualized instruction in science, mathematics, and English; coached students for SAT/ACT examinations and adapted plans to learner progress.
- Functional Learning** Dublin, OH
Creator and Developer Sep 2017–Present
- Developed a framework incorporating the major aspects of learning into four overarching pillars.

LEADERSHIP EXPERIENCE

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- Sankalpa** Columbus, OH
Vice President Aug 2023–Aug 2024
- Led fundraising and outreach initiatives for development projects in India.
 - Managed event planning and partnerships across three major collaborations.
 - Designed and maintained the organization website, strengthening digital engagement by 200%.
- Boy Scouts of America** Columbus, OH
Eagle Scout
- Led a troop of 200 scouts through a year of boy-led activities, fostering leadership, teamwork, and responsibility.
 - Learned and taught medical, financial, indoor, and outdoor skills through service and troop activities.
- Hindi Club** Columbus, OH
Executive Events Coordinator Mar 2023–Present
- Planned and executed cultural events, including a poetry slam, guest speakers, and Bollywood fashion night.
 - Coordinated club members, volunteers, and external vendors to ensure seamless event logistics and timely execution.
 - Marketed events to the student body, supporting attendance and an engaged club community.
- Dhadkan** Columbus, OH
Music Director, Bass, Beatboxer, Pianist Aug 2020–Aug 2023
- Directed vocal groups in rehearsals and performances.

- Analyzed musical pieces to improve performance quality and sound.
- Collaborated with group members to create cohesive and dynamic arrangements.

Scouts4STEM

STEM Outreach Project

Columbus, OH

2016–2020

- Engaged K–8 students in STEM and provided practical instruction in science, medical, financial, indoor, and outdoor skills.

CLINICAL EXPERIENCE

Riverside Methodist Hospital

Emergency Department Volunteer and Dispatcher

Columbus, OH

Aug 2019–Aug 2023

- Supported 300+ patients by listening to concerns, providing comfort, and creating a calming environment.
- Led and coordinated a team of 10+ volunteers, managed schedules, and ensured smooth communication with hospital staff.
- Played live piano in the lobby, offering comfort through a curated set of relaxing music.
- Shared wellness information and guided visitors, supporting hospital education efforts.

State-Tested Nursing Assistant

Certified STNA

Columbus, OH

Aug 2019–Present

- Completed training in vital-sign monitoring, personal care, and basic nursing skills; applied this training to provide compassionate patient care and assistance with activities of daily living.

COMMUNITY EXPERIENCE

Sai Balavihar

Volunteer Teacher

Powell, OH

Aug 2019–Aug 2024

- Tutored middle- and high-school students in science using a gamified syllabus to foster intrinsic learning.
- Implemented a gamified ACT/SAT preparation system for a class of 15 students, resulting in an average seven-point score increase.
- Provided personalized strategies to improve test-taking skills and overall academic performance.

HONORS

Academic Awards

- Provost Scholarship Award | The Ohio State University | \$12,000
- Superior Rating | Ohio State Science Fair | 2017, 2018
- Certificate of Merit | Ohio University, Department of Physics and Astronomy

Volunteer Awards

- Riverside Volunteer Award | Riverside Methodist Hospital | \$2,000
- Irish Festival Volunteer Award | Dublin Irish Festival | \$1,500

Community Awards

- Championship Award | Dublin Chamber of Commerce | \$500
- Community Champion Award | Jim Hughes — Ohio Senate, 16th District
- Shri Jagannath Award | TGR Educational Fund | \$1,500
- Applied Science, Technology and Innovation Award | Nokia
- Award of Excellence Honorable Mention | Ohio University, Department of Physics and Astronomy

SKILLS AND INTERESTS

Technical: R, MATLAB, LaTeX, Obsidian, Figma, Microsoft Word, Microsoft Excel, Microsoft PowerPoint, Adobe Illustrator, Adobe Photoshop, Adobe InDesign, Noteflight, Notion, Wix, Flutter, Canva.

AI-assisted development: Professional AI-assisted software development, research-tool development, research analysis, web prototyping, debugging, technical documentation, and design workflows using ChatGPT, Codex, Claude, and coding agents.

Design: Logo design, graphic design, UI/UX design, visual systems, information design, and educational content design.

Teaching and learning: K–12 mathematics instruction, standardized-test preparation, curriculum development, metacognitive coaching, academic advising, instructional writing, and gamified learning design.

Languages: English, Hindi, Odia, Urdu.

Certifications and training: Phlebotomy; State-Tested Nursing Assistant (STNA).

Selected coursework: Neuroscience (behavioral, cognitive, and quantitative), Neuroeconomics; Mathematics (Calculus I–III, Linear Algebra, Statistics); Basic Sciences (Biology, Chemistry, Physics, Biochemistry); Philosophy (Philosophy of Mind, Asian Philosophy, and Death and the Meaning of Life).