**UOHS**

For the last 4 years, I have dedicated over 200 volunteer hours as a student executive of the University of Ottawa Healthcare Symposium (UOHS). From 2018-2019, I acted as the executive VP Intern, tasked with shadowing the co-chairs and aiding other executives in accomplishing their tasks. From 2019-2021, my role as VP Sponsorship involved acquiring over $12,500 from corporate sponsors, including notable healthcare-focused organizations such as OzTREKK, onboardMD, BEMO Academic Consulting, and RBC. Each year, a plethora of prominent speakers, including Dr. Vera Etches, Dr. Gigi Osler, Dr. Brad Bass, captivate over 200 delegates with their inspiring stories of healthcare and medicine relating to the annual theme chosen by our executives. Ultimately, my dedication to UOHS has allowed me to share my avid passion for the Canadian healthcare system with my peers. This upcoming year, I have taken on the new role of VP External Affairs, a position that focuses on liaison between UOHS and organizations in other universities.

**Team D**

My passion for self-education of medical management continues with my involvement in the University of Ottawa Team Diabetes club. As an individual suffering from a chronic illness, I sympathize with patients diagnosed with diabetes and I hope to shine a spotlight on the trials and tribulations of living with a long-term medical condition. From 2019-2021, my role as VP Sponsorship has enabled me to interact with a multitude of health-oriented Ottawa companies, such as Popeye’s Supplements and Mad Radish, with the purpose of collecting donated prizes towards the annual Team Diabetes SMASH volleyball tournament. From the latter, all proceeds are donated to Diabetes Canada. For the 2021-2022 academic year, my position as VP Marketing will allow me to advertise all Team Diabetes events on social media platforms, enabling me to accomplish my goal of spreading awareness about diabetes through one of the most direct methods possible.

**Endogen**

Whilst the majority of my extracurriculars focus on healthcare, I have also made a conscious effort to invest time into other areas of personal interest. Since 2018, I have been an ardent executive and volunteer tutor of EndoGen Learning at the University of Ottawa. EndoGen is a student-run non-profit organization that focuses on providing tutoring services to Ottawa-based high school students in an abundance of subjects. Prior to the pandemic, I accumulated over $400 from approximately 30 hours of tutoring, which constituted a portion of the proceeds donated to Ottawa-based food charities, such as Dalhousie Food Cupboard. Ultimately, this experience of aiding younger students seek self-improvement in areas of difficulty allowed me to discover my passion for helping others pursue success in all areas of academia.

**Mad Radish**

During my gap year from 2019 to 2020, I worked in the food service industry as a sales team member of Mad Radish, whose mission is to transform the way people think about healthy eating in a fast-food society. Healthy food consumption is a goal that I strive to achieve on a daily basis, and thus it was a pleasure being employed by a company whose objectives closely align with my own. Providing excellent customer service, remaining diligent with work despite the high-pressure environment, adopting detail-oriented mannerisms whilst preparing and assembling meals, and quick learning about new technologies such as Uber Eats and Foodera, are all transferable soft skills that are undoubtedly useful in any career.

**Changi General Hospital**

In 2019, I was blessed with the opportunity to participate as an international intern in the cardiology department of Changi General Hospital in Singapore. During my time at this hospital, I was allowed to shadow 4 senior consultant cardiologists, making daily ward rounds, interacting with patients, and observing minimally invasive heart surgeries. The latter included procedures such as device implantation (pacemakers and defibrillators), atrial fibrillation ablation, supraventricular tachycardia (SVT) ablation, etc. Furthermore, I participated in an observational attachment at the National Heart Center of Singapore twice a week to view electrophysiology procedures of the heart. Whilst gaining theoretical knowledge through observation served to solidify the fundamental comprehension needed in this department, obtaining hands-on experience proved to be invaluable and rewarding. Ultimately, participating in 4 different clinics, including private and general cardiac clinics, heart device clinic, heart failure clinic, and police force clinic, allowed for prolonged interaction with everyday patients. Overall, this once-in-a-lifetime experience served to emphasize the importance of innovative technology in simplifying and facilitating the work lives of healthcare professionals.

Dr. Selwyn de Souza

Demonstrates attention to detail through the faxing of prescriptions and confidential health documents for over 200 patients Exhibits strong organization skills through the careful storage and management of patient health records Displays initiative to learn through consistent exposure to lessons in overall human health and disease, and appropriate measures to combat illnesses