

Personal Statement

Helping others through medicine is my Ikigai or my reason for being. Being there for others in times of their need gives me immense happiness and joy. This helped shape my decision to join medicine.

My father is a general surgeon and, from childhood, I have seen how dedicated he is to his field and his patients. His sense of contentment after treating patients is what I always dreamt of achieving. My medical school rotations helped me realize my love for internal medicine with a specific interest in patient communication and an empathetic equitable medical service. During my clinical postings in medical school and volunteer opportunities during the novel coronavirus and swine flu pandemics, I saw immense human suffering and poverty, which made me realize how blessed I am. I have seen my father treat patients not only with medicines and surgeries but also with kindness and by lending a patient ear. This has had a profound impact on me and has sculpted me into a compassionate human being. It strengthened my resolve to help the needy through my work. My passion is to live for others and to dedicate myself to the service of others.

I believe life is too short not to take risks and daily challenges help develop perseverance. I aim to become the best in my field and serve as an easily approachable, empathetic doctor. I have always been hardworking and consistent in academics, landing in the top 5% of my university class throughout medical school.

I believe that my strong work ethic, compassionate nature, and hunger to learn will make me a quality addition to the amazing SGIM team. I will give my 100 percent as a team member and will give my best efforts in leading the regional efforts to promote membership in SGIM. I will promote SGIM and focus on active membership recruitment at the regional meeting. Thank you for your consideration.

Bio-sketch

Aastha Bharwad is a current second-year resident at the University of Kansas School of Medicine, Wichita. She is a lively, curious, and enthusiastic individual who takes each day as it comes. Aastha has always been interested in leadership activities and has served as captain of her school and medical college. She has assisted in organizing large-scale student events, cultural fests, and musical concerts that were attended by hundreds of people.

She has also achieved gold medals and accolades in winning National level medical quizzes back home. Always there to help others, Aastha has been a part of various volunteering groups and activities. She was involved in the development of an organization called H.O.P.E. which focused on the upliftment and education of underprivileged children. She always looks for unique ways to create awareness on social topics, one of those initiatives was the organization and participation in flash mobs conducted in various parts of her home city to create recognition for the “Save the daughter, educate the daughter” social scheme.

Her research work “Deep Rectal Ulceration Associated with Hydrogel Spacer for Prostate Radiation Therapy” was published in *Annals of Internal Medicine Clinical Cases* and several of her other manuscripts are in the process of publication. Aastha’s recent abstracts have been selected to be presented at various regional and national conferences including the mid-west SGIM and ACG. She is currently involved in developing a structured comprehensive diabetic visit protocol at her program clinic with a focus on screening of diabetic nephropathy, retinopathy, and HgbA1c optimization.

Her interest focus is on the development of an equitable empathetic work environment and women’s health. She strongly believes that we all make a difference in each other’s lives in a small or big way, and thus we need to push ourselves to make this world a better place to live in.