

Hello! I'm Astha (she/her), a second-year student at the University of Alberta. My journey with CFMS has been quite the learning experience! I started off as a Governance Committee member, where I found myself learning the organizational details of CFMS – which enhanced my knowledge about the foundation of the organization. I was part of the team that was responsible for implementing the election reforms in 2022-2023, which was very exciting as I got to contribute to something so fundamental to the organization's integrity.

Stepping into the role of Director of Education (2023-2024) was both inspiring and challenging. Leading CFMS's largest portfolio, I collaborated with organizations like CMA, CaRMs, MCC, AFMC etc., advocating for the student voice in medical education. These conversations, impacting the future of medicine, have been incredibly rewarding.

A highlight for this year was successfully advocating against extending the family medicine residency program – a win for medical students across Canada. I'm also proud to have contributed to advocating for the development of the capacity based AFMC electives portal (launching July 2025), fostering a more equitable system for all.

Through my CFMS experience, I've gained a strong understanding of both the organization's inner workings and its advocacy efforts.

Outside of CFMS, I enjoy staying active by going to the gym, experimenting (mostly unsuccessfully) with cooking, and facetimeing with my pet bunny back home in Calgary.

