Kanwarpreet Karwal

**HONOURS AND AWARDS**

**Young Citizen of the Year: Sikh Community** 2019 — 2020

* Student who has excelled academically & made exemplary contributions for youth within Sikh community

**MSU Spirit Award, McMaster School of Bhangra** 2018

* Awarded to individual who best represents enthusiasm, dedication, and increasing school spirit at McMaster University

**Golden Key International Honour Society** 2016 —Present

* Top 15% academic performance university-wide (undergrad. students, all fields); invitation only

**Guinness World Record, Largest Bhangra Dance** 2014 — 2018

* Competed nationally (10 competitions; ~150 competitors average) for 18 years, and hold a joint world record for the largest Bhangra dance in 2014 and 2018

# **House of Commons Honour** 2009

* Honoured by the House of Commons of Canada for exceptional public-speaking performance

**LEADERSHIP, TEACHING EXPERIENCE, AND COMMUNITY INVOLVEMENT**

**Learner Advisory Committee Member, Toronto Metropolitan University School of Medicine** Present

* Provide constructive feedback, innovative ideas, and strategic recommendations on program development matters to enhance the quality of medical education and creation of an inclusive, culturally relevant, innovative, and community-centric medical school environment
* Collect feedback and pertinent information from learners, aligning with the Committee's objectives, to ensure learner voices were heard and addressed in the decision-making process.

**National Officer of Public Health, Canadian Federation of Medical Students (CFMS)** 2022 —Present

* Elected as the youngest National Officer, leading a diverse team and representing over 8,000 medical students across 15 Canadian medical schools
* Direct strategic initiatives of the national Public Health Committee, driving impactful projects addressing pressing global health challenges
* Co-wrote and presented an IFMSA Statement on Indigenous Health and Rights in Medicine during the assembly, garnering support from countries across the Americas, Europe, and Asia in front of 100+ nations.
* Orchestrate and implement key public health initiatives at bi-annual international meetings with 100 nations, engaging in international diplomacy to bridge diverse global perspectives, and fostering actionable solutions for pressing health challenges

**Provincial Day of Action Co-Chair, Ontario Medical Students Association (OMSA)** Present

* Lead 3500+ Ontario medical students' direct engagement with Members of Provincial Parliament (MPPs) at Queen's Park. Represent student body concerns, collaborating with OMSA council, the provincial government, and health organizations
* Over 9 months, champion the organization, strategically addressing critical health policy issues. Orchestrate comprehensive training weekends, empowering students with advanced advocacy skills and media training, enhancing their ability to communicate effectively with policymakers
* Manage yearly advocacy survey, conduct in-depth research on key topics, and produced policy documents for students and MPPs. Collaborate on a robust post-event follow-up strategy

**Founder and Co-President, Schulich Sikh Medical Student Association (SSMSA)** 2023 —Present

* Establish and maintain a robust support system for Sikh medical students, fostering a sense of belonging and unity
* Initiate and lead awareness campaigns to educate the broader medical school community about Sikh culture, religion, and traditions
* Develop and implement mentorship initiatives, workshops, and networking platforms to enrich the academic and professional growth of Sikh medical students

**Mentor, Schulich Access Program**  2022 —Present

* Tailor mentorship to underrepresented applicants towards successful admission to the Schulich School of Medicine
* Empower students from diverse backgrounds, including BIPOC, LGBTQ+, and those facing socio-economic challenges or health-related adversities, fostering inclusivity in the medical school admissions process

**Board Committee Member, Canadian National Institute for the Blind (CNIB)** 2019-2021

* Youngest board committee member to shape strategic vision & collaborate with community partners to provide specialized support/services to maximize independence
* Led the pioneering effort to expand services into Manitoba, Saskatchewan, and underserved rural communities, extending vital assistance and resources to those in need

**Medical Education Developer, British Sikh Doctors Organization** 2020 — 2023

* Collaborate with a 20-member committee of board-certified UK medical doctors to design a specialized educational curriculum
* Tailored for over 10,000 medical students spanning across 15 medical schools in the UK, the curriculum is specifically crafted to guide future doctors commencing clinical work amidst the challenges posed by COVID-19

**Co-Founder and Director, International “Farmers Crisis” Education Awareness Campaign** 2020 — 2021

* Led global education campaign with 20+ prominent social media influencers around the world re. the largest protest in human history—farmers’ protest in India, reaching 1M+ people and counting, using multi-lateral approach
* Strategically disseminated unbiased information about the farmers' protest through concise yet comprehensive infographics. Ensured a non-partisan approach, effectively conveying complex issues to a broad audience

**Youth Advisory Council Member, MP, Kamal Khera** 2019 — 2022

* Collaborate with Member of Parliament, team of 10 youth, and other community stakeholders to the host community roundtable about current federal issues (e.g. underfunded hospital and healthcare budget costs)
* Research policies, legislatures, and frameworks in place to understand the role of municipal government, Local Health Integration Networks (LHINs), and other community stakeholders
* Assist in drafting evidence-based policy recommendations and provided feedback on policy reforms

# **Canada’s Gender Equality Female Youth Ambassador, Plan International Canada** 2018

* Elected as the sole female ambassador among 5000 applicants, granted the honor to speak at a prestigious gender equity roundtable featuring influential personalities like Michelle Obama and Sophie Trudeau
* Engaged in high-stakes diplomatic dialogues, collaborating with government stakeholders to advocate for gender equality, gaining invaluable experience in navigating complex discussions and fostering partnerships
* Leveraged media interviews with CBC News, Global News, and others to disseminate acquired knowledge post-roundtable. Utilized accessible and accountable communication methods, aiming to foster public awareness and understanding of critical gender equality issues

# **Education Advocate, Ontario Undergraduate Student Alliance (OUSA)** 2018

* Amplified the voices and championed the needs of over 150,000 students at provincial government assemblies, representing a diverse student body in forums with approximately 500 attendees
* Pioneered policy proposals and authored comprehensive recommendations across pivotal issues, encompassing Student Health and Wellness, Climate Change, and Technology-Enabled Learning. Published these policy suggestions online, contributing to the discourse on crucial educational matters, and advocating for positive changes

# **Events Coordinator, McMaster Diversity Services** 2017 — 2018

* Orchestrated and collaborated with a diverse team of 25 individuals to curate and manage over 10 inclusive campus-wide events, drawing in a total of 500 attendees. These events celebrated, unified, and advocated for a wide spectrum of diversity encompassing race, ethnicity, culture, faith, spirituality, and Indigenous affairs
* Spearheaded training, supervision, and guidance of an 8-member sub-committee in comprehensive anti-oppressive, equity, and inclusion training
* Collaborated seamlessly with pivotal groups such as the 'Women and Gender Equity Network' and 'Queer Students' during event planning phases, ensuring the creation of safe, supportive, and inclusive environments where every voice was actively sought, welcomed, and valued

# **President, McMaster School of Bhangra** 2017 — 2018

* Led collaborations with 5 clubs to successfully host over 10 high-impact events, collectively engaging an audience of 1000 individuals while raising $1000+ in funds for local Hamilton charities, demonstrating a commitment to community and social responsibility
* Secured a groundbreaking performance slot during McMaster Orientation Frosh Week, captivating an audience of 5000+ attendees, marking the first-ever inclusion of such a performance at this prestigious event
* Amplified organizational success by driving a remarkable 200% surge in membership and event attendance. Recognized and honored with the esteemed 'MSU Spirit Award,' a first-time achievement in the club's history, underscoring exceptional dedication and contributions to McMaster's vibrant campus culture