

Sonu Varghese

501 Frontenac Street, Kingston ON
416-566-5216 svarghese@qmed.ca

EDUCATION

Doctor of Medicine, Queen's University 2021-2025

Master of Science, University of Manitoba 2019-2021

- Department of Physiology and Pathophysiology, Rady Faculty of Health Sciences

Bachelor of Medical Sciences (Honours with Distinction), Western University 2015-2019

- Honours Specialization in Physiology, Schulich School of Medicine and Dentistry
- *Western Scholar*: Entrance average of 90%+ and maintaining Dean's Honour List yearly

ADVOCACY-RELATED PUBLICATIONS

CFMS National Day of Action 2023 Backgrounder – Food Insecurity In Progress

[CFMS National Day of Action 2022 Backgrounder – Decriminalization of Opioids](#) 2022

VOLUNTEER ACTIVITIES

National Officer of Political Action, Canadian Federation of Medical Students (CFMS) 2022-Present

Managed and led 4 sub-committees:

- Topic Selection Committee - Researched and shortlisted 3 advocacy areas for presentation at CFMS AGM in Vancouver for medical students to vote for as advocacy topic for the 2023 National Day of Action (NDoA)
- Backgrounder Sub-Committee - In the last stages of developing a backgrounder on food insecurity ensuring it covers comprehensive Canada-wide statistics on food insecurity, barriers and benefits in implementing different policies, and creating one-pagers for province-specific data
- Partnerships Sub-committee - Conducting over 30 interviews with grass-root organizations, research experts in food insecurity, and individuals affected by food insecurity to integrate stakeholder perspectives into CFMS NDoA asks
- National Day of Action 2023 Planning Committee: To be started in summer 2023 to plan and implement the NDoA 2023

Mental Health Research Subcommittee, Ontario Medical Students Association 2021-2022

- Developed a needs assessment of mental health resources for Ontario medical students
- Developed a financial aid guide for Ontario medical students with information relevant to each of the 6 medical Ontario medical schools

National Day of Action Planning Committee Member, Canadian Federation of Medical Students (CFMS) 2022

- Organized asynchronous, live virtual, and in-person speakers for the National Day of Action 2023 in Ottawa

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- Moderated and led discussion between speakers and medical student delegates for the NDoA training weekend

National Day of Action Backgrounder Committee Member, Canadian Federation of Medical Students (CFMS) 2021-2022

- Conducted research and prepared manuscript on the CFMS National Day of Action 2022 Topic: Decriminalization of Opioids

Course Representative, MEDS230 Circulation and Respiration Block 2022

- Served as the liaison between students and faculty for the MEDS230 - Circulation and Respiration course arranging Q/A sessions, addressing course concerns, and organizing resources

Trainee Committee Research Track Co-Lead, Canadian Cardiovascular Congress 2020-2021

- Organized 3 educational research-oriented sessions for trainees during the virtual 3-day Canadian Cardiovascular Congress (both 2020 and 2021)

2.0 Coordinator, Leadership and Academic Mentorship Program (LAMP) 2018-2019

- Provided training and guidance to 7 faculty-specific mentoring teams as they support incoming second-year students through academic & social events.
- As a mentor in LAMP (2016-2018): Mentored 10 first-year students in the Medical Sciences program allowing for a smoother transition into university coursework.

Founder and President, Sick Kids Club Western 2016-2019

- Founded the Sick Kids branch at Western University, providing volunteer and leadership opportunities to over 150 student-members.
- Fundraised \$6000 for the Hospital for Sick Children through online auctions & charity bar nights.
- Managing a 22-member executive team and delegated tasks according to portfolio (finance, events, promotions, communication & external affairs) to raise awareness for pediatric illnesses.

PANELIST AND MODERATOR ACTIVITIES

Moderator, CFMS National Day of Action: Decriminalization of Opioids	2022
Presenter, CFMS Annual General Meeting	2022
Moderator, Nuts and Bolts of Success in Cardiovascular Research, Canadian Cardiovascular Society Trainee Networking Initiative	2021
Moderator, "Publish or Perish", Canadian Cardiovascular Congress	2021
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Moderator, CV Research Networking Session, Canadian Student Health Research Forum	2020
Moderator, CV Research Networking Session, Canadian Institute of Health Research	2020