



Hi! I'm Astha, a second-year medical student at the University of Alberta and a passionate advocate for equity and student voice in medical education.

I respectfully acknowledge that I live, learn, and work on **Treaty 6 territory**, the traditional lands of the **First Nations and Métis peoples**, whose histories, languages, and cultures continue to enrich our shared community.

My journey with the Canadian Federation of Medical Students (CFMS) began as a Governance Committee member (2022–2023), where I contributed to election reforms that enhanced transparency and restructured the voting system for Regional Directors. This experience sparked my deep interest in organizational leadership.

As Director of Education (2023–2025), I've had the opportunity to collaborate with organizations such as CMA, CaRMS, MCC, and AFMC to ensure meaningful student representation in national conversations. Highlights of this role include contributing to the transition of the **AFMC Visiting Electives Portal** to a **capacity-based model** (launching July 2025), and leading advocacy efforts against the proposed extension of the **family medicine residency program**—a major student-driven success.

Outside of CFMS, I enjoy lifting weights, trying new recipes (some more successful than others), and spending time with my pet bunny, Blue!