

# Alma Varghese

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## Summary

Aspiring Plastic Surgeon who is passionate about public health and writing

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## Experience

### Medical Internship

Kasturba Medical College, Mangalore • Mangalore

04/2021 - 05/2022

This was the final year of my 5.5 year long MBBS degree where i had to do one year of compulsory housemanship/internship. I was assigned to work in various Government and private hospitals for one year starting from 26th April 2021 to 04 May 2022. i worked in a total of 12 departments. Our duties involved 1.attending to the routine O.P in the Department 2.carrying out the routine clinical procedures in the department 3.assisting in surgeries 4.working in health centres in urban and rural areas 5.conducting deliveries and 6. working in the casualty(Emergency Room) for 2 weeks.

However I acquired a variety of skills, especially hands on experience and sharpened my theoretical and medical acumen. i was also graded highly by the Heads of the Departments under whom i worked.

### Content writer

The Rising Sheroes

10/2020 - 11/2021

The Rising Sheroes was an ambitious project created by a group of women from around the world to help girls in lesser developed countries and societies to break the glass ceiling and empower them to choose the career of their choice. The company was mostly focused on girls in STEM. I was accepted to be a content writer in the field of medicine and i wrote a few articles, one of which is still present on their website.

I was able to connect with girls from around the world who were interested in the field of medicine and help clear any doubts or questions they had about medicine as a career option. I also published an article on their website on why i want to pursue public and global health simultaneously with my career as a doctor.

The pandemic had made working together difficult and people were leaving the website due to other commitments. Therefore the website was forced to shut down within a year.

### Intern

Centre for Public Policy Research (CPPR)

03/2021 - 05/2021

I had joined as an intern on their 'Unlock Khadi' campaign where the objectives included de-regularising the Khadi sector and enabling access through e-commerce. Khadi, a textile that was once the symbol of India's freedom struggle, is one of the most sustainable fabrics and has a very low carbon footprint as it uses no machines. I was part of a team that was working on a Policy brief that was to be submitted to the Union government, getting media attention to the issue and directly involving the artists and workers in voicing their concerns about the industry. Due to the pandemic, we were working online.

I had researched and drafted a policy brief regarding de-regularising the Khadi industry along with my teammates. I had also been involved in raising awareness about the issue on social media, focusing on sustainability and environmental health with respect to the Khadi industry, in the form of coming up with catchy hash tags and postings unknown facts about Khadi as a fabric.

The COVID-19 pandemic had stalled the progress of the campaign and soon we were forced to leave the project altogether as we could not get ground work done due to the various travel restrictions and lockdowns.

## **Finance and Logistics Coordinator**

Volunteer Services Organization

02/2019 - 02/2020

I was elected to be the Finance and Logistics Coordinator for the year 2019-2021 for the Mangalore chapter of the VSO. I was in charge of conducting fund raisers, managing the raised funds and planning projects to help those in underprivileged areas.

One of the projects I planned and conducted was a planetarium visit for 40 HIV positive children from an orphanage. I was also involved in conducting various fund raisers, weekly Hospital visits to the children's wards in the district Government hospital and all the events in our early festival called 'Daan Utsav' where we organised CPR and first aid workshops, blood donation drives, food donation camps among others.

The position was only for 1 year, after which a new council was elected from among my juniors.

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## **Skills**

Communication skills, Bilingual, Leadership, Research, Clinical Research, Writing Skills, Time Management, Teamwork, Healthcare

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## **Education**

### **Medicine**

Kasturba Medical College • Mangalore, India

11/2022