

# Meet UBC Health Sponsorship Winner 2022

## Monthly TUFH interviews: Priyanka Chahal

My name is Priyanka and I'm a final year medical student studying in the Kyrgyz Republic. I am an avid volunteer and global health enthusiast.

Winning the UBC Health sponsorship to attend TUFH 2022 was like a miracle happening. And it was indeed a life-changing experience for me. I believe in learning and growing, but I never thought that I could be one of the winners among other students of the UBC Health Sponsorship.

I learnt a lot by having this opportunity. I have never been to that part of the world, and with this opportunity I was lucky enough to see the developed world. Winning this sponsorship will always remain close to my heart. I am so thankful to TUFH and UBC Health.



### Describe your journey to get to Vancouver, Canada for TUFH 2022?

It was a beautiful and the longest journey of my life so far by air. I travelled from the Kyrgyz Republic to Vancouver with connecting flights in Turkey, Switzerland and Germany.

I travelled alone. In the beginning, I was a bit nervous and scared but I told myself to be prepared.

### What are the benefits you leveraged from this experience, personally and professionally ?

Personally, I realised that I am capable of achieving great things in my life.

I remember when I was in my village and I was told not to dream high or to get higher education.

I am setting examples for them and for my generation there, that dreams do come true. So keep dreaming and pursuing!

Professionally, I met and interacted with different professionals from different countries which indeed added the values to my professional life.

For me the most interesting part was the presentations and TUFH talks, with questions, answers and discussions.

Lastly, I would say that every single moment was such a precious learning opportunity for me in Vancouver.

### What was the work you presented at the TUFH 2022 conference?

I submitted an abstract on Telemedicine with the title "Role of Telemedicine on Healthcare Delivery amidst Epidemic and Pandemic on Indigenous people in LMICs". This topic is important because we are all aware of the hard and critical times during the COVID-19 pandemic, where Telemedicine has shown potentials in salvaging the dwindling healthcare system in low and middle-income countries. In the era of the pandemic vulnerable populations of LMICs and minorities are affected by COVID-19 in a broad range, due to limited mitigation capacity, high prevalence of chronic conditions, inequitable spread of COVID-19 due to dense population and poor health system. Telemedicine has provided a sustainable approach and solutions for quality healthcare especially in developing parts of the world.



### What can you tell us about TUFH 2022?

One of the things that I liked the most about TUFH 2022 was to see the diversity of participants. This was the first time that I saw such a huge diverse atmosphere and everybody was so humble and kind.



TUFH 2022 Conference Participants

### Can you tell us something unique about your life?

Press on the video icon to learn more about Priyanka



### What do you do for fun? Hobbies?

I write and read books and I love to visit mountains whenever I get a chance.  
My hobby is talking with elderly, and to listen to their stories and life experiences.  
I love art and classical music as well.

### What does the future hold for you?

I want to get involved in the global health field including health governance, health policies and health diplomacy.

### Describe yourself in only one word?

**FEARLESS!**

### How has this experience affected your social life?

Back home in India, when my family and village realized that I got an opportunity to go to Canada and go visit one of the prestigious universities and an international conference, it changed the mindset of a lot of people about me as told by my parents.  
And In Kyrgyzstan, it was a proud moment for my university and other students as well.

Press on the video icon to know more



### Why would you recommend others to join The Network: TUFH & Student Network Organization?

SNO was the first health network that I joined when I was in the 2nd year of medical school. My experience has been a great one with SNO/TUFH. You will get to know other medical students from different parts of the world, and in the online community, you will get mentors and professors with great expertise. I recommend joining SNO/TUFH from the beginning of medical school and you will get the opportunity to improve many different skills at the end of your medical school career. Other health Allied professionals can also join SNO/TUFH as it is an interdisciplinary network.

**I highly recommend joining it!**



Priyanka with UBC Health members