



DR. INTERESTED IMPACT REPORT FIRST HALF OF 2025

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"Being part of Dr. Interested—especially through the Resilient Minds event—opened my eyes to how mental health and medicine connect. I used to think medicine was just textbooks and biology, but now I see the human side of it too. This community helped me explore my interest in healthcare in ways school never did." -

Demographics: Under 18, (Racialized Group(s), Indigenous), Canada

ABOUT US



WHO WE ARE?

Dr. Interested is a youth-led global pre-med community helping students explore the vast world of healthcare, research, and advocacy. We support youth in finding their unique “spark” in medicine through interactive programs, publishing opportunities, and leadership development.

MISSION

To empower students with meaningful exposure to the healthcare field and equip them with the tools to turn curiosity into impact.

VISION

A world where every young person, regardless of background, has the support to discover their passion in medicine and drive change through innovation and advocacy.

PURPOSE

To bridge the gap between interest and action in youth healthcare leadership by offering accessible resources, mentorship, and research opportunities.

PRESIDENTS MESSAGE:

I had one moment, one spark, that set me on the path to combining "play-to-heal" with advocacy, from my own tennis journey to working with the University of Toronto and NYAC of the MDSC. Dr. Interested was born from that realization. I noticed so many students had an interest in medicine, but hadn't yet found their spark or the tools to act on it. That's what we offer: a place to discover your passion and gain the skills to make a difference. - [Adil Mukhi](#)

GOAL FOR THE SECOND HALF OF 2025:

We aim to launch our Research Proposal Competition with expert mentorship and publishing opportunities, while securing new sponsors to boost impact. We'll strengthen our safe, inclusive Discord community—especially for marginalized youth—and expand media and blog teams to amplify student voices and offer service hours. Through increased office hours, mentorship, and accessible workshops on college applications and resumes, we'll support youth at every stage, growing our global reach with a focus on equity and youth leadership.

STATEMENTS:



LAND ACKNOWLEDGEMENT:

We respectfully acknowledge that our work takes place on the traditional, ancestral, and unceded territories of Indigenous Peoples. We recognize the enduring presence and deep-rooted connections of First Nations, Métis, and Inuit communities to these lands and waters. **This acknowledgment is more than a formality—it is a commitment to truth, reconciliation, and action.** We encourage all members of our community to educate themselves, engage meaningfully with Indigenous histories, and support Indigenous-led initiatives wherever possible.

STATEMENT OF SUPPORT:

At Dr. Interested, we understand that opportunities in education, research, and leadership are not equitably accessible. Structural barriers often limit access for youth from marginalized, low-income, or racialized communities. We recognize our responsibility to challenge these inequalities and actively create inclusive spaces where all youth—regardless of background, ability, gender identity, orientation, or geography—can participate fully and be heard.

We are committed to anti-racism, equity, and mental wellness in everything we do. Our programs are designed to minimize financial and social barriers, with free access to workshops, mentorship, and community support. We are continually listening, learning, and improving our practices to better serve diverse youth, including those who are at-risk or underrepresented in academic and professional spaces.

FUNDING AND CONFLICT ACKNOWLEDGEMENT:

While we have received funding from for-profit entities, we maintain full independence and declare no conflicts of interest. We acknowledge that some of our team members—particularly those in academic or medical fields—may be affiliated with institutions or funding sources. We work diligently to avoid conflicts and uphold transparency. We also recognize that lived experiences can shape perspectives, **and we take steps to ensure neutrality in our work.**

DEDICATION TO CARBON-NEUTRALITY:

Dr. Interested is proud to operate as a fully carbon-neutral organization, having offset both primary and secondary emissions—including those from online meetings, digital infrastructure, and in-person events—through tree planting and investment in sustainable carbon-offsetting initiatives. Environmental stewardship is a core value, and we actively encourage our members and partners to make climate-conscious choices in their personal lives as well.

OUR TEAM:



External Teams:

Podcasts: With BioMedizone Kr

Adhi Ammanath - Deputy Dir. of Pub. (Podcasts)

Current Members: Being Selected

Previous Members:

Amber Sher Rana
Vedha Kannappan
Ishanth Shantmoorthy
Pragya Agarwal

Previous Members:

Brittany Ha, Member R&D
Ellie Williams, Member Publications
Danish Akhtar, Member Grants
Andrew Nguyen, Member Publications
Hamsini Punukollu, Member Human Resources
Katlyn Lindsay Tendoh, Member Events
Daniel Solo, Member Grants
Shaza Ali, Member Publications
Tazeem Rahman, Member Marketing
Jeevn Grewal, Member Marketing
Govardhan Kandru, Director Grants
Christian Cortés, Member Events
Adya Mishra, Member Finance
Adam Alchihneh, Member Marketing
Malak Zawra, Member Outreach
Sameera Hussain, Member Publications
Aaron Sethi, Member Publications
Aarav kumar, Director Events

Leadership

Adil Mukhi - Founder & President



Kishan Suhirthan - VP



Velan Sivakumar - VP

Marketing

Hasaan Qidwai - Director

Members:

Hasnain Ali
David Santoso
Paulina Arenas
Jawwad Ahmad

Technology

Arghya Vyas - Director

Members:

Bhavish Mehta
Madina Behbod

Publications

Muhammad Lari - Director

Manmeet Singh - Deputy

Adhi Ammanath - Deputy

Members:

Maliha Met
Manha
Manasvi Bobade
Raine Waverka
Aaron Sethi
Dabosmita Parial
Gaeun Lee
Prithi Balaji
Manasvi Kale
Sameera Hussain

Events

Ali Salman - Director

Members:

Andrew Wang
Soham Somani
Ganesh Kartik
Keenan Johnson
Maria Mohamed

Finance

Sai G. - Director

Members:

Akeer Kuol Malual

Human Resources

Yumeth W. - Director

Members:

Aayan Shivji
Koraya Whyte-Smith

SOCIAL ACCOUNTS:

To organize links for members we use: <https://linktr.ee/dr.interested>

In use:

- Discord - <https://discord.gg/pzbGRGsGXY>
- Website - <https://drinterested.tech/>
- Instagram - <https://www.instagram.com/dr.interested/>
- LinkedIn - <https://www.linkedin.com/company/dr-interested>

Somewhat Used:

- TikTok - <https://www.tiktok.com/@dr.interested>
- YouTube - <https://www.youtube.com/@Dr.Interested>
- Spotify - <https://open.spotify.com/show/6SLIRUL6co6fPxckAdrigf>
- Facebook - <https://www.facebook.com/profile.php?id=61572438387454>
- Threads - <https://www.threads.com/@dr.interested>

Out of Use:

- X (Twitter) - https://x.com/Dr_Interested
- BlueSky - <https://bsky.app/profile/drinterested-int.bsky.social>

ADVISORS:

As an organization committed to providing accurate, impactful information, advice, and mentorship, Dr. Interested relies on the lived and learned experiences of our **dedicated advisors, all of whom are current medical students**. Their insights help ensure our programming is relevant, supportive, and evidence-informed. We would like to recognize and sincerely thank the following individuals for their invaluable contributions to our club's initiatives:

- Kate Tucker
- Akeer Kuol Malual
- Muhammad Shamoon Umerani

Their guidance has played a vital role in shaping the direction and quality of our work.

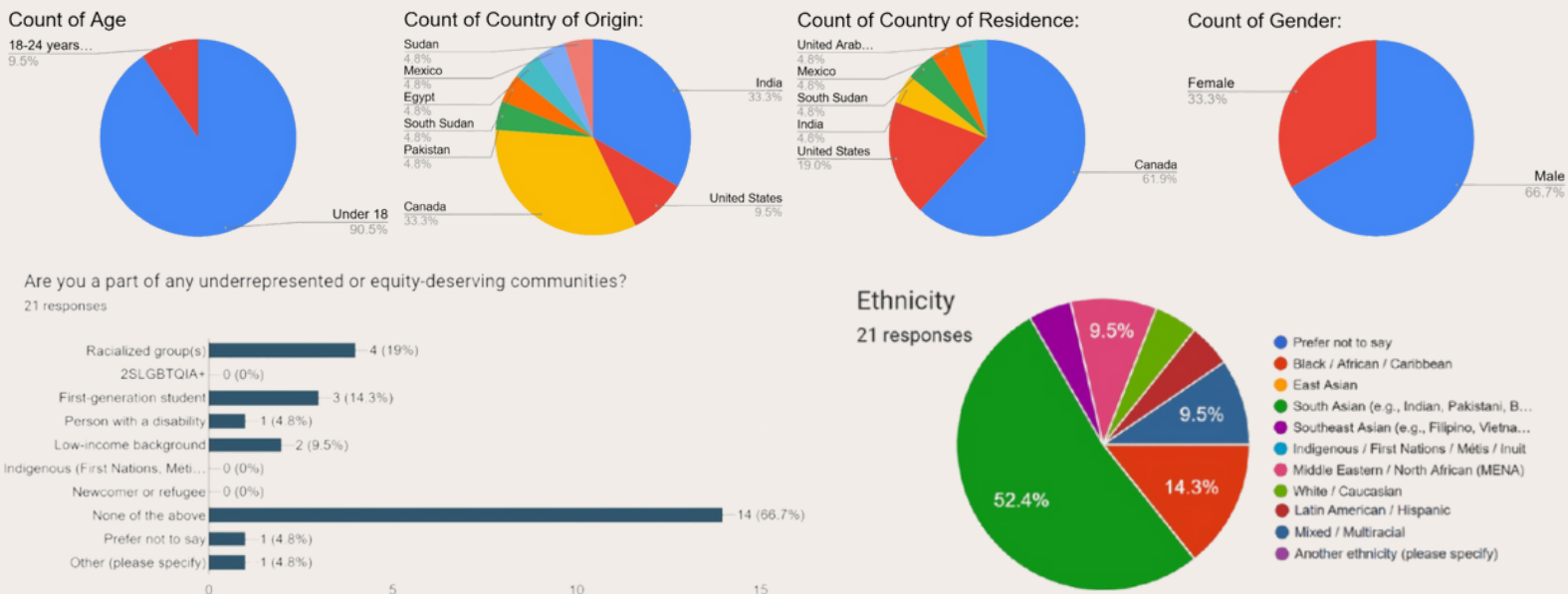
TEAM OVERVIEW:



At Dr. Interested, we believe our team is the heart of our organization, and their well-being, growth, and development are essential to our collective impact. We provide opportunities for members to gain valuable skills and share resources to support their work and leadership. We also recognize that a diverse and representative team is crucial to effectively serving our community, and we strive to be as inclusive as possible in our recruitment process. However, due to current capacity limitations, we are unable to offer formal training, so relevant experience is required for most roles.

Below is an analysis based on 21 anonymous, optional survey responses from our current team of 34 members:

DEMOGRAPHICS: (SELF-IDENTIFIED)



REAL OPIONS FROM REAL YOUTH:

In what ways has Dr. Interested helped you grow as a leader?

"Even though I haven't had the chance to take on big leadership roles yet, Dr. Interested has made me feel more confident about the idea of leadership. Just by observing how they communicate, support others, and manage things, I've learned a lot about what good leadership looks like."

"Dr. Interested helped me level up as a leader by teaching me how to actually communicate clearly and confidently. I got way better at teamwork and planning stuff without the usual chaos. They showed me that being a leader isn't about being loud, it's about being reliable and making sure everyone's voice gets heard."

"While working on the Resilient Minds project, I was supported by the president and the team, from recruiting volunteers to managing event logistics, and everything. That experience taught me how to lead collaboratively, delegate tasks effectively, think carefully and stay focused on the bigger goal..."

"Dr. Interested has taught me to communicate with my other members and executive in the outreach department by getting guidance about the times and dates to post on Instagram..."

"Through event planning, especially organizing our upcoming research proposal competition, I've learned how to anticipate challenges and adapt quickly. I've also grown in my communication—balancing professionalism with approachability when working with both executives and guest speakers. Overall, this role has made me a more confident, organized, and strategic leader."

What can we do to better support you in your executive role?

"The chance to draft proposals/pitch ideas for events and present them to the group would be helpful. If approved, the team could allocate roles based on departments as the plan is executed. The pitches could be virtual (a video/slideshow) or done over the phone/in an online meeting." - This will be addressed with adding the member-run events initiative.

"I really appreciate the support so far! One thing that could help is maybe having more clear guidance or check-ins for newer execs."

"To better support me in my executive role, more structured check-ins and clearer communication on expectations would be helpful. Having a dedicated space to share challenges or ideas without judgment would also make the experience more efficient and meaningful."

"Spaces where we can openly share where we're struggling and get hands-on support truly is an amazing thing to see come to life. I really appreciate the check-ins we already have and I know Dr. Interested is still growing which I completely understand and we may not have many mentors yet, but as we evolve, I would love to see us bring in more people to gently guide and train us."

"One thing that would really help is streamlining task delegation—maybe a shared dashboard or calendar to visualize deadlines, track progress, and reduce overlap. Occasional check-ins as a full exec team (even quick ones) could also ensure we stay aligned and motivated."

MEMBERS OVERVIEW:

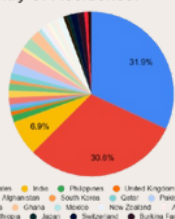


Below is an overview of our members, accompanied by anonymous quotes that highlight the impact Dr. Interested has had on their experiences, suggest areas for improvement, and help us better understand the diverse community we serve.

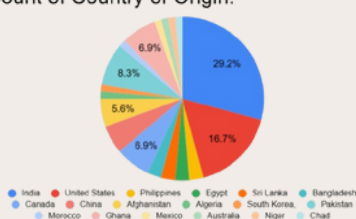
This summary is **based on 72 optional, anonymous responses submitted by our 550+ registered members**. Some location and age data have been supplemented with insights from the broader group of over 55,000 youth who have engaged with our initiatives, including events like Resilient Minds and Cards for Nurses, as well as our podcast, blog, and educational content.

DEMOGRAPHICS: (SELF-IDENTIFIED)

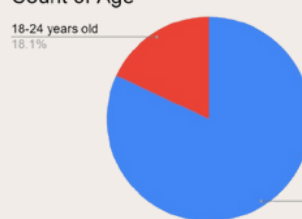
Count of Country of Residence:



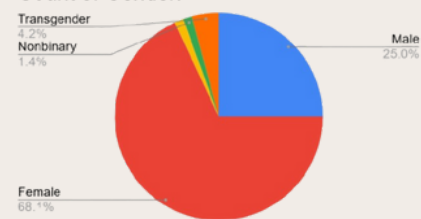
Count of Country of Origin:



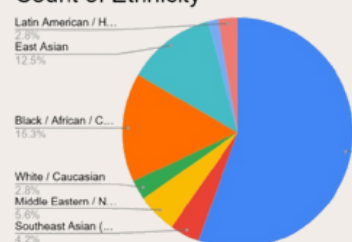
Count of Age



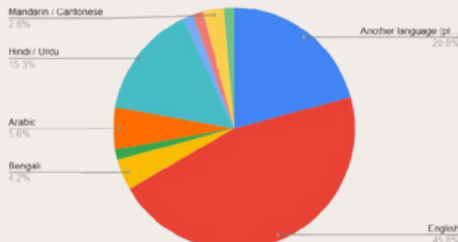
Count of Gender:



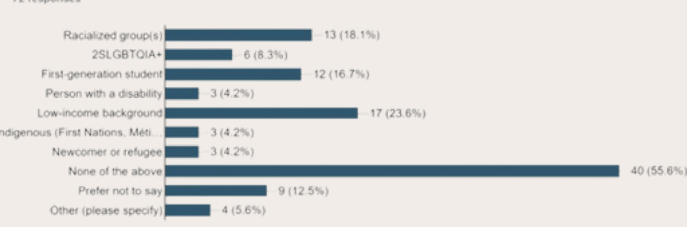
Count of Ethnicity



Count of Primary Language Spoken at Home:



Are you a part of any underrepresented or equity-deserving communities?



REAL OPIONS FROM REAL YOUTH:

In what ways has Dr. Interested helped you grow as a leader?

"Before I joined Dr. Interested, I didn't think someone like me—disabled, Hausa, first in my family to go to school—could ever lead. But when I joined the office hours and programs, people listened to me. They encouraged me to share my story. I got to help with a small event and even give advice to others. That showed me I can be a leader, in my own way. It's not about being loud, it's about helping others, and now I do that every day."

"Dr. Interested has helped me grow as a leader by sparking my curiosity and passion for medicine, and their latest post about neurosurgeons really resonated with me since I hope to become either a pediatrician or a neurosurgeon and make a real difference in the field."

"Dr. Interested has been instrumental in my growth as a leader by modelling strong communication and strategic thinking skills. Through their mentorship, I've learned how to effectively motivate and guide diverse teams, balancing empathy with clear goal-setting. They have encouraged me to take ownership of projects, develop problem-solving abilities, and maintain a focus on both short-term results and long-term vision."

"Despite not directly participating in the activities hosted by Dr. Interested. I have been deeply inspired by the community and have enjoyed the space they have created. Previously, I couldn't participate due to exams but I really like the events hosted so far, u are consistently able to learn something\ better yourself"

"Honestly, i love the different opportunities and i live hearing everyone talk about their goals. Its super inspiring for me and makes me more captivated and confidant in trying to be a better leader."

What could we improve on?

"One thing that could make the experience even better is having more casual conversations or Q&A sessions in the Discord. Sometimes things feel a bit formal, so adding some fun or interactive elements might help more people feel comfortable jumping in. Maybe even a "monthly spotlight" where members can share their interests or experiences would help build stronger connections."

"i think having scheduled events and meeting for whenever you have events and having some countdown for it so people are more aware of what's going on in the server."

"Timings for international students... We struggle with time lag.. Like i live in India and all the timigs are EST"

"Honestly, things are really strong—but maybe a few more casual hangouts or game nights could help members connect outside of the academic side. I also think a buddy system for new members might help them feel welcomed right away. But overall, I'm so grateful for what this space has given me."

"One thing that could help is organizing events or discussions by interest areas or career paths. It may make it easier to connect with people on similar journeys. Also, maybe having a space for quick wins or small wins people can share would boost motivation. Overall, you're doing great!"

EVENTS AND INITIATIVES:



55 000+ youth impacted

6 events so far!

6 research posters. Used to educate others.

Over 23 member-made info posts.

Over 100 hours of Mentorship and guidance

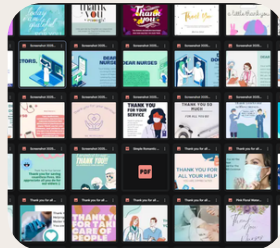
This includes numbers from our blog, podcast and other educational material.

VIRTUAL CARDS FOR NURSES:

Jan 2025 to Feb 2025

This initiative allowed members to earn volunteer hours while learning about the vital role and everyday challenges faced by nurses, fostering both empathy and civic engagement.

Our partner:



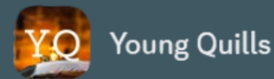
- 375+ CARDS COLLECTED
- 375+ SERVICE HOURS EARNED
- 5+ CARE CENTERS HELPED
- 50+ CARDS GIVEN ON PAPER
- 250+ CARDS GIVEN VIRTUALLY

CREATIVE CONTEST:

Feb 2025

This contest encouraged youth to express themselves through storytelling and art, showing how creativity can drive advocacy—like using narratives in Letters to the Editor (LTEs).

Our partner:



General hospitals lack expertise in acute trauma and long-term care services. Therefore, we should be concerned in this situation and give advice to give assistance. Information to treat these patients.

Once again, the Senior Trauma Center is not just a source of medical money, but a low-risk opportunity of hope.

The Hands That Hold Us Together
Gathered
Second Place Winner!

The Hands That Hold Us Together
These always present that medicine is not just science—it's an act of holding. Holding onto hope, onto life, onto the fragile hope that when everything appears as though it's disappearing, someone is making a connection offer to assist in. Physicians are the hands that hold on.

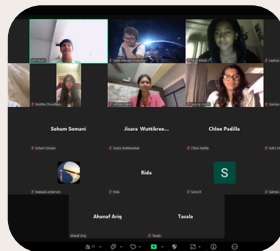
When I think about what it means to be a doctor, I don't think about white coats and stethoscopes. I think about my mother, standing in a hospital hallway at midnight, waiting.

- 3 winners published
- Over 20 text submissions and 15 art submissions
- Over 35 youth engaged

MEDICAL-TECHNOLOGICAL POSTER COMPETITION:

Mar 2025

This competition invited youth to explore intersections of medicine and technology through research and design.



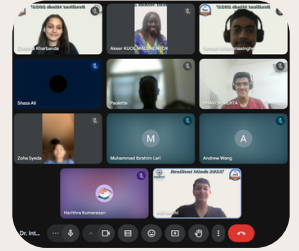
- 6 posters
- Over 100 applicants
- Over 40 participants

THE RESILIENT MINDS PROJECT:

Mar 2025

A mental health-focused event series fostering resilience, emotional literacy, and peer connection.

Our partner:



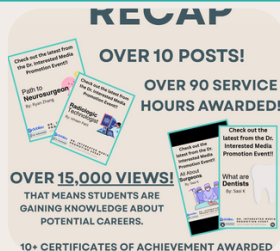
- Over 30 live participants
- A \$60 toolkit given to over 300 youth
- 2 live speakers
- Over 400 youth impacted in total

HEALTHCARE MEDIA PROMOTION EVENT:

Mar 2025 to May 2025

A campaign-style initiative to educate the public through media posts, infographics, and community outreach.

Our partner:



- 10+ posts
- 90+ service hours
- 15 000 views
- and just under a 1000 interactions

OFFICE-HOURS INITIATIVE:

May 2025 to Now

We hosted recurring open sessions for mentorship, advice, and community support.



- 7 mentors
- Over 2 hours of meetings so far
- And over 8 meetings done so far

Section 8 will provide a deeper look into elements such as our blog, podcast, and educational content.

THE DISCORD SPACE:



Interested? Check it out here:
<https://discord.gg/pzbGRGsGY>

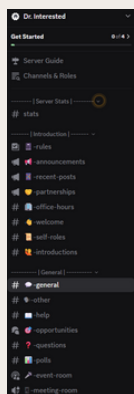


Our Discord server is at the core of Dr. Interested's community—it's where connection, collaboration, and support happen in real time. What makes this space truly unique is its ability to reach and engage the next generation quickly and meaningfully in ways that traditional in-person formats often cannot. While in-person events remain valuable for fostering deep personal connections, our virtual platform enables nearly instant communication across cities, countries, and time zones.

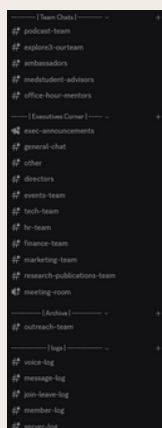
This space serves as a hub where members exchange advice, ask questions, share opportunities, and uplift one another on a daily basis. It's accessible, flexible, and designed with youth in mind, ensuring that support and mentorship are never more than a message away.

This review includes images of our Discord space, as well as anonymized quotes from members and team leads who use it frequently. All usernames shown in images have been redacted to protect privacy, and all testimonials have been anonymized for ethical review.

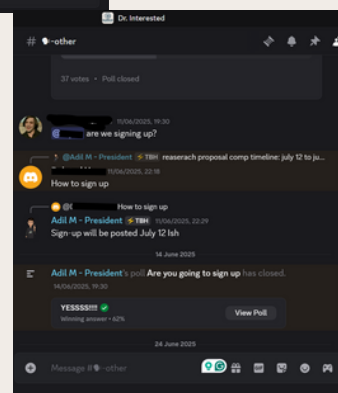
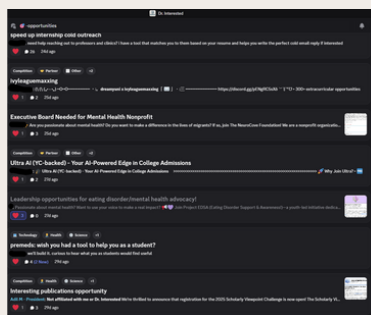
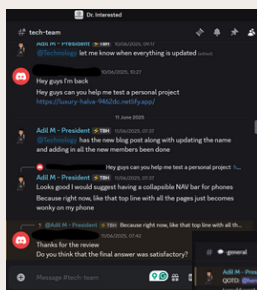
To keep organised we have different channels for different things. Below is what this looks like for regular members:



Depending on their role execs have access to team chats to help plan:



This space allows us to give feedback and mentorship quickly and effectively:



REAL OPIONS FROM REAL YOUTH:

How has the Discord community space supported you? (Members)

"I've found so many great people on Discord that check up on me and answer my questions. Not to mention, the numerous opportunities Dr. Interested makes available for everyone through Discord."

"The discord community has been a safe and inspiring space where I have formed meaningful connection with like open minded peers from diverse background."

"The Discord community space has been a huge support system for me throughout my journey with Dr. Interested. It's where I've connected with like-minded students who share the same curiosity and drive to explore healthcare and STEM. Being able to ask questions, share ideas, and even just talk casually with other members has made me feel like I'm part of something bigger—a real community."

"The Discord community has been such a supportive space. I've met people who genuinely understand my journey and are always willing to share advice or encouragement. It's helped me feel less alone, and I've discovered great resources and opportunities I wouldn't have found otherwise."

"School is very hard for me. I didn't have help at home because I'm the first in my family to study. Sometimes I felt very alone. But in the Dr. Interested Discord, I found people who understand. The office hours and mentorship program helped me find chances I didn't know existed. Now, I work with people from a nearby university..."

How has the Dr. Interested Discord community supported your work as an exec?

"The Discord space has been reassuring because of how people easily connect, offer feedback, and clarify what needs to get done. It creates a low-pressure, welcoming atmosphere where no one has to feel scared or alone — everyone is working together, and that quiet sense of teamwork makes it easier for me to stay engaged and lead confidently."

"Even though I haven't been super active yet, just being in the Dr. Interested Discord has helped me stay connected and feel supported. Seeing others share ideas and encourage each other has shown me what healthy collaboration looks like, and it's made me more comfortable with asking questions and learning from others."

"The Discord server has been a game-changer for collaboration. It's allowed us to streamline communication, brainstorm ideas on the fly, and stay aligned without the delays of formal meetings. Whether we're sharing speaker suggestions, providing feedback on graphics, or scheduling events, the server creates a space where everyone feels heard and included. It's also made leadership more approachable—we're not just execs on paper, but a real community working toward something meaningful together."

"The Dr. Interested Discord has been super helpful for collabing and sharing ideas with other execs. It made it easy to stay organized, get feedback fast, and plan stuff together without a million emails. It made leading feel more like a team effort than a solo mission."

OUR REACH:



This section highlights how Dr. Interested connects with youth across multiple platforms through strategic, accessible, and creative marketing efforts. From social media engagement to community partnerships, email campaigns, and word-of-mouth growth, we've built a strong presence that spans both local and global audiences.

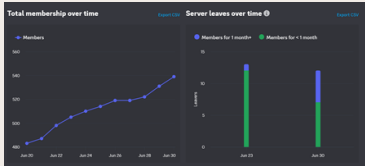
3751 followers

405 posts

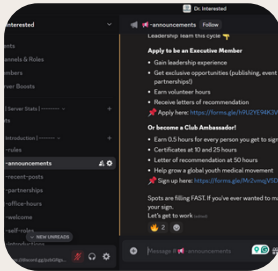
350 000+ views

DISCORD:

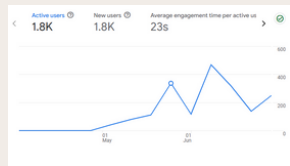
Every time we send announcements in our Discord server, all 550+ members (Subscribers) receive a notification, ensuring high visibility and engagement. When we cross-promote with partner organizations, the reach can vary—with a member ping, nearly all of their members typically view the message; without a ping, we estimate a visibility rate of around 3%, based on engagement patterns observed in our own server.



- 550+ followers
- Over 200 000 views
 - Our server (550) x 45 (Pings; only) = 24750
 - Other servers with pings: ~100 000
 - Other servers with pings: ~75 250
- Over 45 posts
- 106% weekly growth rate (128.8% monthly) in members.

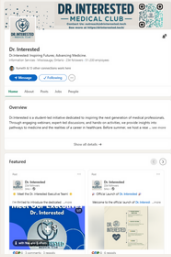


WEBSITE:



Country	Active users	New users	Average engagement time per active user
United States	1,807 (37.14%)	1,808 (37.14%)	214 (24.67%)
Canada	984 (20.17%)	985 (20.17%)	476 (54.84%)
India	962 (20.04%)	963 (20.04%)	46 (5.33%)
Pakistan	173 (3.63%)	174 (3.63%)	161 (18.61%)
Germany	161 (3.38%)	162 (3.38%)	1 (0.11%)
United Kingdom	151 (3.21%)	152 (3.21%)	1 (0.11%)
France	141 (3.02%)	142 (3.02%)	1 (0.11%)
Sweden	131 (2.83%)	132 (2.83%)	1 (0.11%)
Italy	121 (2.64%)	122 (2.64%)	1 (0.11%)
Spain	111 (2.35%)	112 (2.35%)	1 (0.11%)
Japan	101 (2.16%)	102 (2.16%)	1 (0.11%)
South Korea	91 (1.97%)	92 (1.97%)	1 (0.11%)
China	81 (1.78%)	82 (1.78%)	1 (0.11%)
Indonesia	71 (1.59%)	72 (1.59%)	1 (0.11%)
Philippines	61 (1.40%)	62 (1.40%)	1 (0.11%)
Malaysia	51 (1.11%)	52 (1.11%)	1 (0.11%)
Singapore	41 (0.92%)	42 (0.92%)	1 (0.11%)
Thailand	31 (0.73%)	32 (0.73%)	1 (0.11%)
Vietnam	21 (0.54%)	22 (0.54%)	1 (0.11%)
Myanmar	11 (0.35%)	12 (0.35%)	1 (0.11%)
Laos	1 (0.02%)	2 (0.04%)	1 (0.11%)
Cambodia	1 (0.02%)	2 (0.04%)	1 (0.11%)
Burma	1 (0.02%)	2 (0.04%)	1 (0.11%)
Timor-Leste	1 (0.02%)	2 (0.04%)	1 (0.11%)
Brunei Darussalam	1 (0.02%)	2 (0.04%)	1 (0.11%)
Sri Lanka	1 (0.02%)	2 (0.04%)	1 (0.11%)
Maldives	1 (0.02%)	2 (0.04%)	1 (0.11%)
Yemen	1 (0.02%)	2 (0.04%)	1 (0.11%)
Somalia	1 (0.02%)	2 (0.04%)	1 (0.11%)
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Chad	1 (0.02%)	2 (0.04%)	1 (0.11%)
Niger	1 (0.02%)	2 (0.04%)	1 (0.11%)
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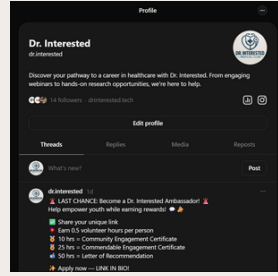
LINKEDIN:



- 234 followers
- 9223 views
- 80 posts
- 300% growth rate



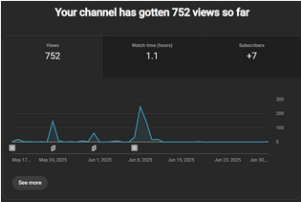
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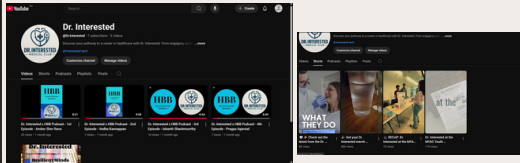
- 14 followers
- 720 views
- 80 posts
- Unknown growth rate



YOUTUBE:



- 7 followers
- 752 views; 1.1 hours
- 9 posts



SPOTIFY:



- 11 followers
- 58 views; 1 hour
- 4 posts



OTHER EVENTS:

In addition to hosting our own initiatives, Dr. Interested has been invited to present at various external events, **including the Mississauga Youth Action Committee (MYAC) Fair**, where we connected with community leaders, students, and changemakers. These opportunities have amplified our impact and allowed us to share our mission with broader audiences.

We're also proud to be fundraising for pediatric cancer research, in partnership with STEMHiss, through our current cancer fundraiser, with \$17 raised toward our \$200 goal so far. You can support the cause here: <https://cure.pcrf-kids.org/fundraiser/6169456>

Additionally, we use Zenodo—an open-access platform—to publish winning projects, research posters, and creative entries from our competitions, each with its own DOI for academic citation and long-term accessibility: <https://zenodo.org/communities/drinterested>

THANK YOU:

We extend our deepest thanks to everyone who has supported Dr. Interested, from volunteers, partners, and mentors, to the youth who continue to engage, create, and lead with us. Your time, talent, and belief in our mission have been essential to everything we've achieved.

We're especially grateful to our partner organizations, our medical student advisors, and the members who power our projects, and to the broader community that has helped us reach over 55,000 youth globally.

Whether through advocacy, education, mentorship, creativity, or digital engagement, thank you for helping us build a space rooted in equity, impact, youth voice, and innovation.

Together, we're shaping a future led by informed, empowered, and compassionate youth.

- Dr. Interested Signing Off

OUR PARTNERS & SUPPORTERS:

