



Heena Kumar, PGY1, Family Medicine North Battleford

Hi! My name is Heena Kumar and I am a PGY-1 Family Medicine Resident in North Battleford, SK.

I would like to start off by expressing how honoured I am to receive this award and thanking my amazing colleagues for nominating me.

I grew up in Brampton, ON and attended medical school in the Caribbean before moving to Saskatchewan for residency. I have had a great first year of residency training learning from faculty that encourage my interests and working alongside supportive co-residents who continue to positively influence my personal and professional development.

Outside of medicine, you can find me binge watching a Netflix series, trying a new recipe or enjoying the outdoors.

Thank you once again for recognizing my efforts.

Here are some of the reasons Heena was chosen as Resident of the Month (As quoted from the nomination letter):

“Heena exemplifies leadership, professionalism, and has excellent collaboration and communication skills.”

“She volunteered to take on roles for her colleagues’ benefit early into her first year of residency.”

“Heena works with both the program administrator and her fellow administrative resident to devise call schedules amenable to all residents. She also took the lead to help arrange for potential ALARM course reservations.”

Congratulations, Heena!