



# DR. INTERESTED

# IMPACT

# REPORT

## 2025

"Honestly, most days I just wanted to go home and chill. But having someone to talk to who actually gets it and can guide me made me feel like I could actually do something with my future. **Office Hours** isn't just advice, it's real mentorship. And I really want to thank

my mentor for all the support they've given me". -

Demographics: Under 18, (Racialized Group(s), Low Income), Canada

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# ABOUT US



## WHO WE ARE?

Dr. Interested is a **youth-led global** community empowering young people to explore healthcare, research, and advocacy. Guided by the principles of the United Nations Convention on the Rights of the Child (UN CRC), including the right to development, and aligned with Sustainable Development Goal 4 on quality education, **we help youth discover their unique “spark” in wellness** through mentorship, interactive programs, publishing opportunities, and leadership development.

In Canada alone, there are over **4 million youth** aged 10 to 19, yet **nearly half are unaware of their rights**. We are talking about children's rights, particularly the right to development, ensuring that young people not only understand their entitlements but also have the guidance, mentorship, and opportunities to grow, learn, and thrive as future leaders in healthcare and beyond.

## WHAT WE DO?

### INTERACTIVE PROGRAMS

Dr. Interested offers a range of interactive programs designed to give students meaningful, early exposure to the healthcare field. Through workshops, panels, and speaker events led by healthcare professionals, researchers, and student leaders, participants gain insight into diverse medical pathways and real-world experiences. Our skill-building sessions focus on essential areas such as research fundamentals, healthcare advocacy, leadership, and professional development. By prioritizing discussion, collaboration, and hands-on learning, we create engaging spaces where students can explore their interests, ask questions, and begin shaping their future in medicine.

### PUBLISHING & RESEARCH OPPORTUNITIES

We believe research and publishing should not be limited to students with institutional access or prior experience. Dr. Interested provides accessible research and publishing opportunities that allow youth to transform curiosity into credible academic work. Engaging in research helps students develop critical thinking, scientific literacy, and confidence while strengthening their academic and professional profiles. By offering mentorship, structured guidance, and beginner-friendly pathways, we remove traditional barriers to entry and empower students to contribute meaningful ideas to healthcare discourse, often for the first time.

## LEADERSHIP DEVELOPMENT

Leadership is at the core of Dr. Interested's mission. Students take on executive and team-based roles across departments such as research, media, advocacy, and community engagement, gaining real responsibility and impact. Our leadership model emphasizes growth, accountability, and purpose, ensuring students leave not only with experience but with the confidence and skills to lead change in their schools, communities, and future careers.



### MISSION

To empower students with meaningful exposure to wellness as a whole 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 wellness 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.

## EXECUTIVE DIRECTOR'S MESSAGE:

**Dr. Interested started as an idea when I was just 14 years old.** Looking back now, it's incredible to see how much it has grown and the impact it has made. I want to take a moment to thank everyone who believed in this vision and helped bring it to life. Your support has made it possible to reach over 160K youth, each gaining career guidance and education that can help build a more equitable future.

**As we look toward 2026, our plan is to scale the program.** There are still so many young people who don't have access to the mentorship and resources they need, and we're committed to making it easier to bring Dr. Interested to new communities, expanding our reach, and creating more opportunities for youth everywhere. One of our main focuses for the upcoming year will be ensuring that this program is not only accessible but impactful wherever it goes.

It's amazing to see what started as a simple idea grow into a movement that empowers young people to explore medicine, research, and advocacy, and this is just the beginning. - Adil Mukhi ↗



# 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 GREEN OPERATIONS:

In 2025, Dr. Interested committed to minimizing our environmental impact. For the first six months of the year, we were carbon neutral, offsetting emissions from events, operations, and programs. While we are no longer fully carbon neutral, we remain dedicated to sustainable practices and continue to explore ways to reduce our footprint as we grow.

**The Dr. Interested Privacy Policy and Terms & Conditions can be found on our website.**

**We have committed to making these as child-friendly as possible.**

# OUR TEAM:

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## Leadership



**Adil Mukhi** ↗  
Executive Director  
& Founder



**Kishan Suhirthan** - Deputy ED ↗



**Velam Sivakumar** - Deputy ED

## Executive Assistants

Anish Kurra - EA

Calvin Lin - EA

Mehjabin Majid - EA

## Ambassador Program

Vicky Shi - Deputy Director, Ambassador Program
Habiba Marwan
Fetih Girma Gobena
Afsa Tassnim
Ayesah Imran
Shubhavi Ganu
Zayyan Tanwir Akhtar
Makayla Anderson
Maria
Fahmida Sultana Shefa
Precious Ifeoluwa Emeruwa
Manasa Harshavardhanan
Namami Dhami
Muhammad Umerani
Inian Siva Anand
Sahana Gummadapu
Mariam Azzam
Ghina Ayman
Harithra Kumaresan
Keyaan Wali Chowdhury
Zoya Khurram
Rakul
Hala Ammoura
Boukary Ouedraogo
Emily Do
Jude Kriel Ramcharitar
Vivaan Baru
Mannat Sulan
Chetna Prabhu
Rokheyra Doucoure
Anaira Phadke
Brian Le
Jason Le
Hala Wael Fatehi Sabanah
Akshita Gupta
Makel Doughty
Manaa hil Ali
Hadia Shaikh
Hana Zubair
Areebah Amena Butool
Jeevn Grewal
Balakritiha Sunilkumar
Krishna Chopra
Khadija Kaleem Butt
Julita Alisya Binti Hirman
Viihaan Gupta
Mitushi Gupta
Jessica Elizabeth Philips
Vishal Venkat Krishnan
Nimra Umer
Sakshi Patil
Bilal Shahid
Uddipa Pal
Sarah Khadijah
Kenny Lu
Harshni Ramakrishnan
Smera Minajagi
Stephanie Wu
Naomi Kudzu
Kritika Suneel Kumar
Serena Maraj
Ananya Sood
Mhithas Kaur
Mishal Amina Nakunnath
Megha Ashish
Hei Tung Karis Lai
Lai Ming Wai, Angela
Ayona Jaswal
Aiza Rasheed
Chloe Young
Islem Boujemaa
Dashandeep Chohan
Arnellia Malisha Lukoni
Maryam Alkarmanee
Rachel John
Aniruddh Tokekar
Inaya
Malisha Metla
Esabellah Odame
Nandhini Saravanan
Elvis Mike Ogutu
Peyton Johnson
Maddi Kwok
Dina Khan
Rahwa Gidey
Kelly-Emmanuel Pierre
Maryam
Gurleen Kaur
Hadia Asad
Kenza Abouelfida
Nourai Elsayed
Sruthi Desigar
Arpita Solanki
Erika Groza
Hajer Belmebarki
Aahan Rathod
Jaden Kang

## Marketing

**Hasaan Qidwai** - Director  
**Ganesh Kartik Nagasubramanian**  
Deputy Director - Design  
**Keenan Johnson**  
Deputy Director - Engagement

## Coordinators

Hasnain Ali  
David Santoso  
Chetna Prabhu  
Shiwali Gupta  
Kevin Dai  
Raya Mohammad Ali  
Ugbath Abokor  
Iris Chan  
Shreya Shobankumar  
Ahana Chanda  
Selina Yu  
Melody Horoufi  
Natalie Lum  
Sheza Sarfiaz  
Rizky Febriyanto  
Saputra  
Rachel Lum  
Zahra Shaikh  
Josephine Gyan  
Sasha Kalunta

## Finance

**Liam Lacey** - Director  
**Vedanshi Raheja**  
Deputy Director - Sponsorships  
**Dhruv Solanki**  
Deputy Director - Reporting  
**Soham Somani**  
Deputy Director - Budgeting

## Coordinators

Zainab Azeem  
Kaitlin Lall  
Candace Hei Lam Hon  
Neah John  
Haniah Saeed  
Ayona Jaswal  
Jaden Kang  
Jinosa Jeyaprasanth  
Sanvi Kandi  
Mohammad Ahmad Choudry  
Abdulroheem Kahinde Idris  
Elio Illogu  
Emily Wang  
Vishal Venkat Krishnan  
Sakshi Patil  
Christine Li  
Shanvir Sidhu

## Events

**Ali Salman** - Director  
**Cienna Thames**  
Deputy Director - Logistics  
**Jawwad Ahmad**  
Deputy Director - Planning  
**Lalit Sai Komurelli**  
Deputy Director - Outreach

## Coordinators

Meerab Murtaza  
Adrina Kaylee  
Manojhkumar  
Tareek Osama Amim  
Swasthika Sree  
Maryam Sadat  
Maryam Sadat  
Esther Nnaji  
Prithi Balaji  
Fadumo

## Podcast Team

Adhi Ammanath - Deputy Director of Podcasts  
Dwarka  
Madison Wu  
Sarra Da  
Areebah Butool  
Tanisha Singh  
Hala Ammoura  
Tanvi Sai Akella  
Suhani Nirwal  
Shivani R Kanna  
Faliha Tariq  
Evan Wright  
Areesha Bukhari  
Edha Talwar  
Tanisha Singh  
Virat Pandey

Saida Jonuzaj  
Hala  
Sanaya Love  
Narmin Chowdhury  
Payton Johnson  
Ishanshi Vegad  
Areesha Bukhari

And Previous Members:  
Amber Sher Rana  
Vedha Kannappan  
Ishan Shantmoorthy  
Pragya Agarwal



# OUR TEAM:

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### Publications

**Muhammad Lari** - Director

**Manmeet Singh**  
Deputy Director - Research

**Olivia McIntosh**  
Deputy Director - Review

**Adhi Ammanath**  
Deputy Director - Podcasts

### HR

**Yumeth Wickramasinghe** - Director

**Vicky Shi**  
Deputy Director - Ambassador Program

**Chloe Young**  
Deputy Director - Volunteer Management

**Grasen Menns**  
Deputy Director - Culture & Recognition

**Charis Tsang**  
Deputy Director - Onboarding

### Technology

**Arghya Vyas** - Director

**Ryan Rawal**  
Deputy Director - Automations

**Lucia Adams**  
Deputy Director - Website

### Coordinators

Dabosmita Parial  
Natasho Mohamed  
Manha Atiq  
Aiza Rasheed  
Shaan Sharma  
Arpitha Srinivasan

Maqhawe B. L. Qame  
Chloe Jhazmynne T. Co  
Oliver Novyseidlák  
Asiya Farooqi  
Ishanshi Vegad  
Shivani Ramesh Kanna

### Coordinators

Sayuri Tharun  
Chinthala Trisha Goud  
Maliha Metla  
Gayathri Sriramula  
Hasini Pateel  
Nevin Rosario Baskar  
Jiyafarheen Shaik  
Sanad Rahman  
Mairah Amir

Arpita Solanki  
Payton Ford  
Lana Asiri  
Elvis Wang  
Simranjeet Kaur  
Aishani Kola  
Connie Lu  
Hirannaya Kumaresan

### Coordinators

Bhavish Mehta  
Orlando Chimankpa  
Muntasir Basher  
Justin Luong

Fleur Larsen  
Tathyaa Garg  
Alaa Tayara  
Muhammad Abdullah

### Previous Members - 2025

Brittany Ha  
Ellie Williams  
Danish Akhtar  
Andrew Nguyen  
Hamsini Punukollu  
Katlyn Lindsay Tendoh  
Daniel Solo  
Shaza Ali  
Tazeem Rahman  
Jeenv Grewal  
Govardhan Kandru  
Christian Cortés  
Adya Mishra  
Adam Alchihneh  
Malak Zawra  
Sameera Hussain  
Aaron Sethi  
Aarav Kumar  
Raine Waverka  
Manasvi Bobade  
Manasvi Kale  
Sai RagHAV Ganesh  
Rameen Usman  
Andrew Wang  
Ajitesh Sankara  
Narayanan  
Maria Mohamed  
Ajitesh Sankara  
Narayanan  
Amina Assanova  
Cindy Cao  
Srikanth Reddy  
Priyansh Sharma  
Maliha Metla  
Aayan Shivji  
Ishan Shantmoorthy

### Medical Student Advisors



**Muhammad Awais**  
3rd Year Medical Student  
National University Of Medical Sciences (NUMS)



**Saleha Jadoon**  
4th Year Medical Student,  
University of Health Sciences Lahore



**Chinthala Trisha Goud**  
2nd Year MBBS student,  
Can Tho University of  
Medicine and Pharmacy



**Muhammad Shamoon Umerani**  
4th year Medical Student (MBBS),  
Alfaisal University



**Akeer Kuol Malual**  
2nd Year MBCHB,  
University of Juba



**Kate Tucker**  
2nd Year Medical Student,  
Northern Ontario School of Medicine

# OUR TEAM OVERVIEW:

## MEMBERS OF THE MONTH: 2025 RECOGNITION

"Dr. Interested showed me that being a leader isn't about being loud; it's about being reliable and making sure everyone's voice gets heard."

### Member of The Month of May - Akeer Kuol Malual Nyok



Coordinator, Finance (Grants)

"I come from a country where the education is sometimes unpredictable ... Joining [Dr. Interested] was less about boosting a resume and more about finding a space to belong, where I could listen, learn, and maybe contribute."

### Member of The Month of August - Adhvaidh Ammanath



Deputy Director, Publications (Podcasts)

"Being part of the Dr. Interested team has helped me step outside of my comfort zone and **develop as a leader**. I have learned how to guide others, improve my organizational skills, and build confidence by adapting to the needs of students I have worked with."

### Member of The Month of June - Shaza Ali



Project Lead

"I came across Dr. Interested through an online post, and it immediately caught my attention. The mission felt authentic, and it seemed like a space that valued curiosity, growth, and **real connection**."

## EMPOWERING THE NEXT GENERATION

Our members gain tangible benefits that directly translate to their future academic and professional careers:

- **Policy Impact:** Youth-led insights contribute to national and international policy discussions, including references within United Nations-related health and human rights processes.
- **Benefits**
  - Discounted and complimentary conference tickets
  - Travel grants to support participation
  - Access to microgrants, workshops, and mentorship through GLOCAL and the Student Innovation Lab
  - National Service Recognition Certificate after 120 verified hours, signed by the Honourable Patty Hajdu, Minister of Employment, Workforce Development and Official Languages of Canada

We are very thankful to:



**GLOCAL**  
FOUNDATION OF CANADA

For their  
support of our  
volunteers!

## JOIN OUR TEAM:

### Org Ambassador

Represent Dr. Interested in your community and help us grow our reach.

[Apply Now](#)

### General Executive

Join our core leadership team and help shape the future of Dr. Interested.

[Apply Now](#)

### Podcast Team

Help create engaging podcast content and share healthcare stories.

[Apply Now](#)



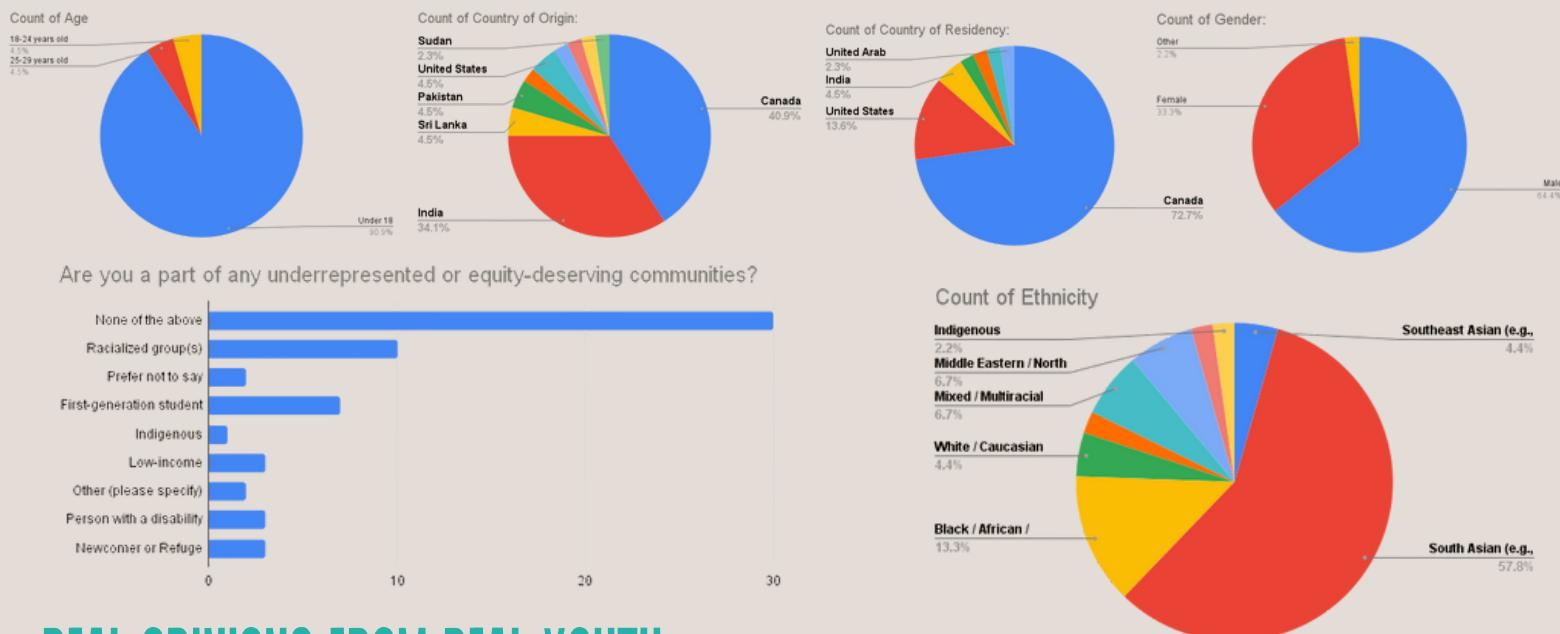
# TEAM OVERVIEW:



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 45 anonymous, optional survey responses from our previous team of 367 members:

## DEMOGRAPHICS: (SELF-IDENTIFIED)



## REAL OPINIONS FROM REAL YOUTH:

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

"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 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."



Dr. Interested General Team Meeting

"Dr. Interested didn't just give me a title. It gave me trust. From the start, I was treated like my ideas mattered, not like I was too young to lead. I learned how to turn passion into action, whether that was planning events, leading teams across different time zones, or speaking up in spaces I never imagined I'd be in."

"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"

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



Dr. Interested Ambassador Get-together

"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."

"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 guide and train us."

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



2025 Directors Summit, Mississauga Central Library

# MEMBERS OVERVIEW:

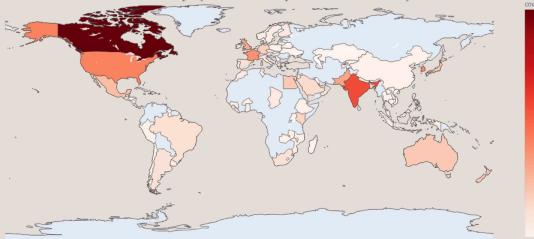


Below is an overview of our members, accompanied by anonymous quotes that highlight the impact Dr. Interested has had on their experiences, suggest areas for improvement, and help us better understand the diverse community we serve.

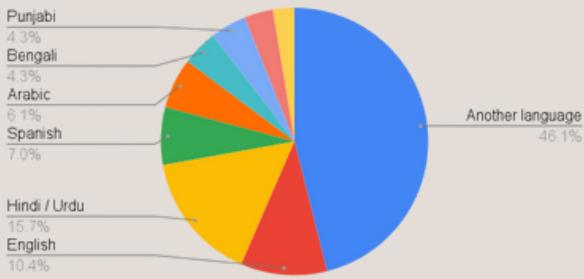
This summary is **based on 401 optional, anonymous responses submitted by our 1400+ registered members**. Some location and age data have been supplemented with insights from the broader group of over 160K youth who have engaged with our initiatives.

## DEMOGRAPHICS: (SELF-IDENTIFIED)

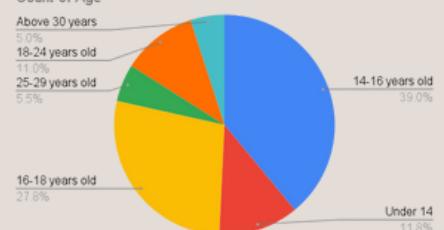
Dr. Interested Reach Map | 106 Unique Countries | Generated Jan 26th, 2026



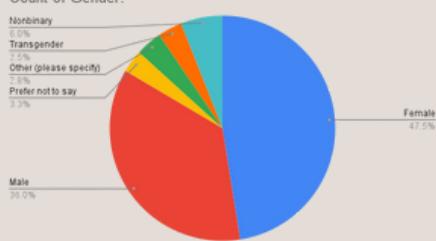
Count of Primary Language Spoken at Home:



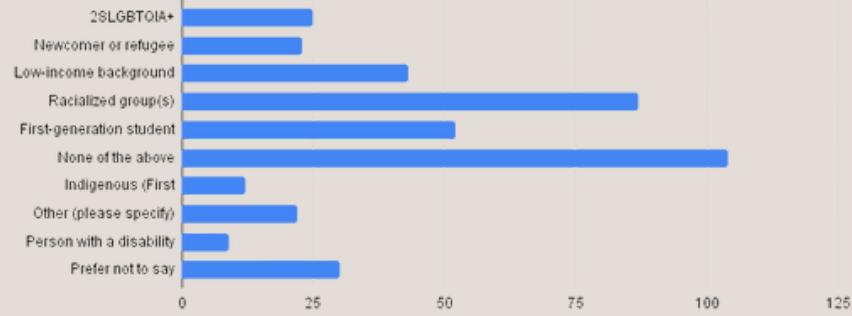
Count of Age:



Count of Gender:



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



## REAL OPINIONS FROM REAL YOUTH:

### How has being part of Dr. Interested supported your learning or career exploration?

"Dr. Interested gave me access to mentors and speakers who were open and honest about their journeys. It felt really different from school because I could ask real questions and get advice that actually applies to life after high school."

"I liked that Dr. Interested created a community where I could ask questions without feeling judged and connect with other students with similar interests."

"Through Dr. Interested, I got to hear directly from people working in healthcare and other fields, which made a huge difference compared to just learning from textbooks."

"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, [you] are consistently able to learn something/better yourself"



A participant asking Dr. John Lee a question during the Culture & Psychology Conference

"Dr. Interested helped me learn about careers I never really hear about in school and made them feel more real and achievable."

### What did Dr. Interested give you access to that helped you better understand your future goals?



A participant asking our panel of judges a question during the Explore 3 Competition.

"I loved the opportunity to connect with the guest speakers at the Explore 3 case competition and learn how law also plays a part in healthcare. It was really cool to hear real stories and ask questions I wouldn't get to ask anywhere else."

"Dr. Interested gave me access to mentors and speakers I'd never meet otherwise, and it was really easy to attend since the event was free and they even had snacks. That made it way less stressful and more welcoming."

"Through Dr. Interested, I was able to attend events that broke down complex career paths in a way that felt understandable and realistic. It helped me feel less lost about my future."

"Being part of Dr. Interested helped me connect with people who genuinely wanted to support students and answer questions. That kind of access made a big difference for me."

# PROGRAMS AND INITIATIVES:



This is just a snapshot of some of our key programs and initiatives. For the full list and to learn more about everything happening at Dr. Interested, check out our website and Discord.

160,000 youth impacted

20+ Events

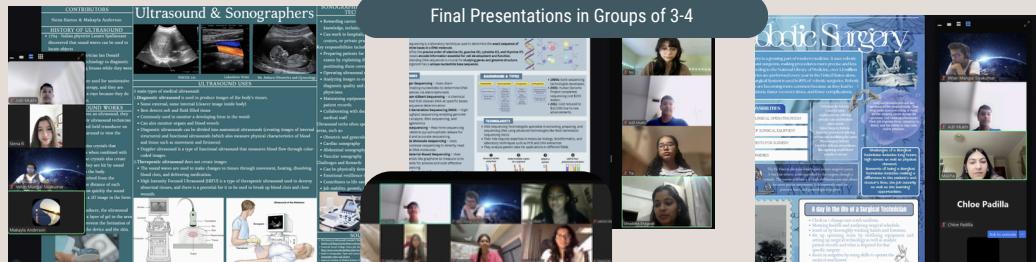
400+ Mentorship hours

900 volunteers 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

Open Q&A Meeting During the Program

- Final Posters Published on [Zenodo](#).
- Over 800 views and 300 downloads.

## HEALTHCARE MEDIA PROMOTION EVENT:

Mar 2025 to May 2025

A youth-educating-youth 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

## THE RESILIENT MINDS PROJECT:

Mar 2025

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

Our partner:



YSA & The Hershey Company

Program Image

- Over 30 live participants
- A \$60 toolkit given to over 300 youth
- 2 live speakers from KPH, Jack.Org & MDSC.
- Over 400 youth impacted in total

## THE DR. INTERESTED BLOG:

Jan 2025 to Jan 2026

A youth-educating-youth initiative that shares articles on health, leadership, careers, and skill-building. It provides practical advice, stories, and insights to help young people explore their interests and learn from peers.



- 43 articles across 8 topics
- Over 113K Youth reading and learning from the blogs.
- Over 500K impressions of blogs on social media.

## THE DR. INTERESTED PODCAST:

May 2025 to Jan 2026

4.8 ★ (8)  
Conversations with youth leaders, changemakers, and professionals on health, leadership, and the future, designed to inspire and connect the next generation.

Our partners:



- Live Guests
- Over 40 volunteers
- Over 34.5K youth learning about careers.
- Over 200K impressions on social media.



Viewership data is sourced from website analytics, and impressions are sourced from social media analytics, as shown in section 9.

# PROGRAMS AND INITIATIVES:



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## WEBINAR SERIES



Webinar #7: MD/PhD Path with David Zhu



Webinar #1 Exploring Medicine Early with Akeer Nyok



Webinar #4: Pathways to Med School with Kate Tucker

### September 2025 to November 2025

Our **11-webinar series connected** youth with **11 guest speakers in medicine and health**. Nearly **550 joined live**, and recordings reached **~10,000 views**, giving participants mentorship, career insight, and guidance.

"Being part of this program gave me a **chance to explore careers and learn from professionals in a way school doesn't offer**. I also got to connect with other youth who are curious and motivated, which made it **feel like a real community**."

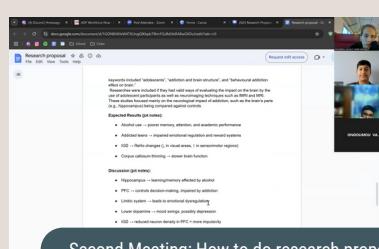
## RESEARCH PROPOSAL COMPETITION

### July 1, 2025, to September 1, 2025

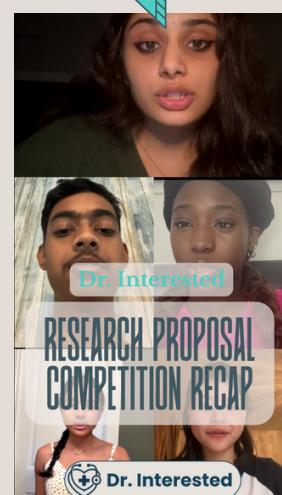
The Research Proposal Competition gave youth from around the world the chance to pitch original research ideas, regardless of prior experience. **Over 200 submissions from 30+ countries** showcased the creativity and curiosity of young people exploring health and science. With guidance from **4 medical student advisors**, participants received mentorship, feedback, and support throughout the process. **A total of 400 youth engaged and over 300K impressions on social media** in the competition, gaining experience in research design, scientific communication, and collaborative problem-solving. **The top five submissions were awarded mentorship and full publication and monetary support, including DOI registration**, helping bridge the gap between youth curiosity and real-world scientific impact by providing meaningful opportunities for learning, mentorship, and global youth engagement in health and science.



Check out what some of our participants have to say!



Second Meeting: How to do research proposals?



Linked Image To Recap Reel.

One participant said, "I had never ever written a formal research proposal before, but **from the very beginning, I was met with incredible support**." Others described the experience as "fun," "challenging," and "valuable both as a student and as a researcher," remarking, "it was fun doing something new, spending time off my phone."

# PROGRAMS AND INITIATIVES:



This is just a snapshot of some of our key programs and initiatives. For the full list and to learn more about everything happening at Dr. Interested, check out our website and Discord.

160,000 youth impacted

20+ Events

400+ Mentorship hours

900 volunteers engaged

## OFFICE-HOURS INITIATIVE:

**May 2025 to Jan 2026**

The Office Hours Initiative provided recurring open sessions where youth could access mentorship, guidance, and community support in a welcoming and low-barrier space. **With 9 mentors**, the initiative **offered over 1,400 youth direct access** to advice and support, **reaching more than 50,000 program impressions**. This program advanced Dr. Interested's mission by making mentorship more accessible, fostering connections, and supporting youth as they explored education, careers, and personal growth beyond the classroom.



Multiple one-on-one and group mentorship meetings run through the Office Hours initiative.

## THE DR. INTERESTED SIMMON CHANG CHESS (AGAINST CANCER) CLUB

**Nov 2025 to Dec 2025**

Through a series of chess tournaments, including the Terry Fox International and Weiss Open, Dr. Interested raised funds in support of the Pediatric Cancer Research Fund. This initiative was created in honour of Simmon Chang, a dedicated young Canadian whose passion for chess and strength in the face of osteosarcoma continue to inspire our community. With the permission of his family, the program was renamed the Simmon Chang Chess Against Cancer Club to carry forward his legacy. **Within just one year, Dr. Interested became one of the top 10 fundraisers for the Pediatric Cancer Research Fund**, demonstrating the power of youth-led action and community-driven impact. The initiative brought together participants, donors, and supporters united by a shared commitment to advancing pediatric cancer research and honoring Simmon's life.

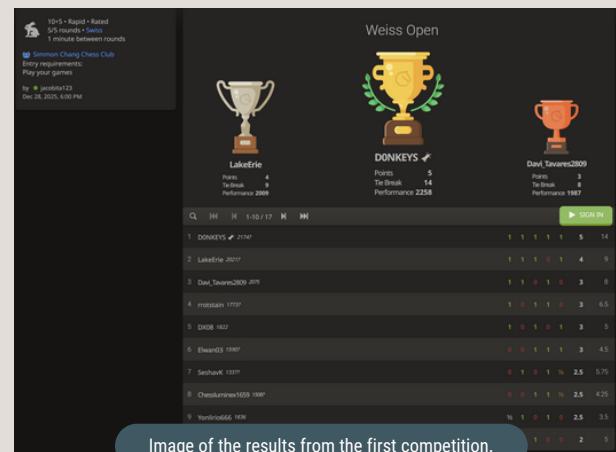


Image of the results from the first competition.



**The Dr. Interested**  
Simmon Chang Chess Club

# PROGRAMS AND INITIATIVES:



This is just a snapshot of some of our key programs and initiatives. For the full list and to learn more about everything happening at Dr. Interested, check out our website and Discord.

160,000 youth impacted

20+ Events

400+ Mentorship hours

900 volunteers engaged

## EXPLORE III CASE COMPETITION:

Nov 2025

The Explore III Case Competition took place at the University of Toronto Mississauga campus, bringing together **70+ youth participants** to solve real-world interdisciplinary case challenges. Supported by **5 judges and 10 volunteers**, the event encouraged collaboration, critical thinking, and career exploration beyond the classroom. **We were honoured to have MP Peter Fonseca and City Councillor for Ward 3, Chris Fonseca, attend as special guests.** The competition reached **70,000+ impressions** on social media, extending its impact beyond the event itself.



Panel of judges during the Q&A period.

Our partners:



Group picture with all participants.



Our Executive Director Adil Mukhi (Left), MP Fonseca (Center) & Ward 3 Councillor Chris (Right)

## CULTURE & PSYCHOLOGY Conference



Top Left: Our executive director delivering the keynote; Bottom Left: One of the guest speakers talking with the youth; Right: Image of three of the five speakers.

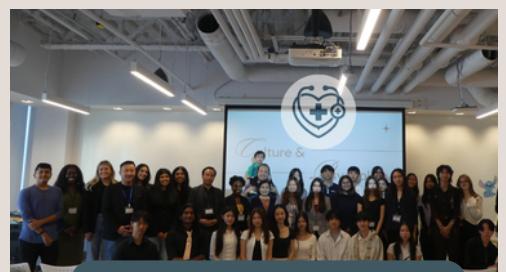
Oct 11, 2025

Hosted at YSpace at York University, the Dr. Interested Culture and Psychology Conference **engaged 100+ youth through conversations with five registered psychologists**. Supported by **20 volunteers**, the event created space for learning, networking, and career exploration as speakers shared insights.

Our partners:



Our Executive Director Adil Mukhi (Left) & Dr. John Lee (Right)



Group picture with all participants.

# MEDIA FEATURES:



All images below link to the original media feature of Dr. Interested.

## GLOBAL INDIAN ARTICLE:



Adil Mukhi: Canadian teen championing youth health. High schooler Adil Mukhi is connecting students from 65+ countries through his youth-led platform, Dr. Interested.

## YSA FEATURE OF THE RESILIENT MINDS EVENT:



#GYSD2025 = @youthservice

15 Stories. Latest story added on 26 April 2025. See insider moments and...

instagram.com

## STUDENT SYNC'S FEATURE:

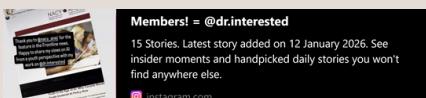


And on the website here!

## PODCASTS:



## OUR BLOG ON NACY'S FRONTLINE NEWSLETTER:



Members! = @dr.interested

15 Stories. Latest story added on 12 January 2026. See insider moments and handpicked daily stories you won't find anywhere else.

instagram.com

## LISTED IN TMU'S OH CANADA DIRECTORY:



## WARD 3 COUNCILLOR'S POST:



## DR. INT AT THE MYAC FAIR:



## SPOTLIGHTED BY VIBE FOR YOUTH:



## FEATURED BY 72 DRAGONS HEALTH:



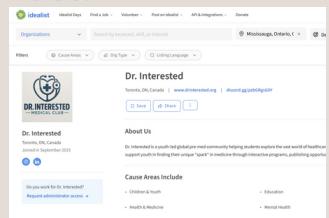
## YOUTHBIZCONNECT OPPORTUNITY FAIR:



## GLOCAL DOORS OPEN YEAR-END PANEL:



## IDEALIST:



## CANADIAN CHOICE AWARD FINALIST IN THE NONPROFIT CATEGORY:

And at the end of this year, a special surprise came to all of our team members, Dr. Interested was named the finalist for the Canadian Choice Awards in the Non-Profit Category.

## AS LISTED BY:

Dr. Interested is rated Great

Based on 7 reviews



**hundrED**



[ResearchGate](#):



Dr. Interested is proud to be member of and supported by:



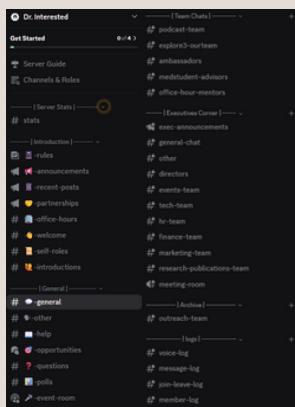
# THE DISCORD SPACE:



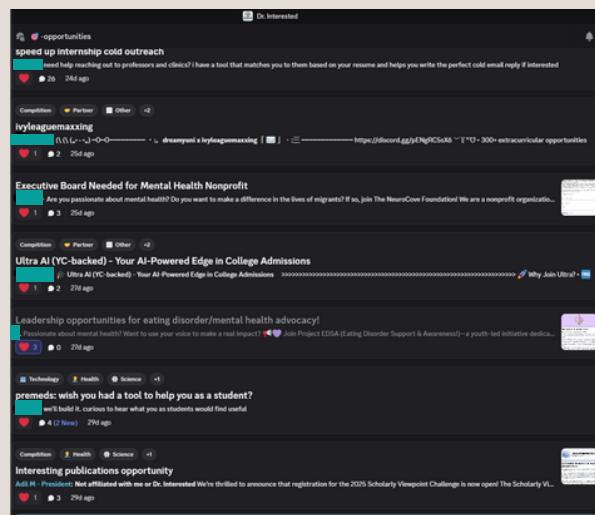
Interested? Check it out here:  
<https://discord.gg/pzbGRgsGXY>



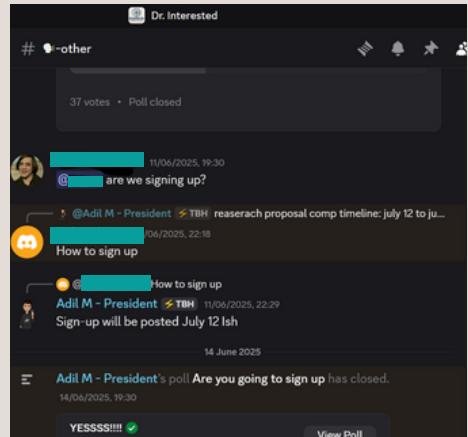
Dr. Interested's Discord server is the heart of our community, providing a flexible, youth-focused space where members connect, ask questions, share opportunities, and support one another daily. Unlike traditional in-person events, it allows instant communication across cities and countries, making mentorship and collaboration accessible anytime. This review includes anonymized quotes and images of the server to highlight how members engage and benefit from the space while protecting privacy.



To keep organized we have different channels for different things. Our exec spaces allows us to give feedback and mentorship quickly and effectively.



We offer a space where members can share exciting opportunities and showcase their services, helping one another grow and connect within the community.



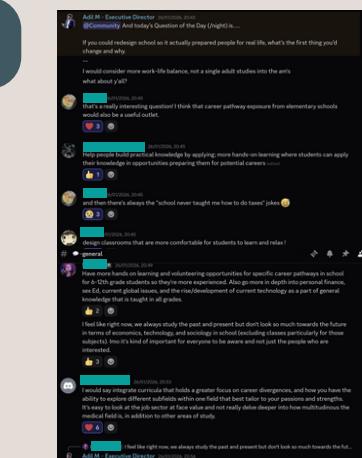
Moreover, we offer a collaborative forum for discussing research proposals, sharing feedback, and guiding students through the early stages of research development.

## REAL OPINIONS FROM REAL YOUTH:

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

"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."

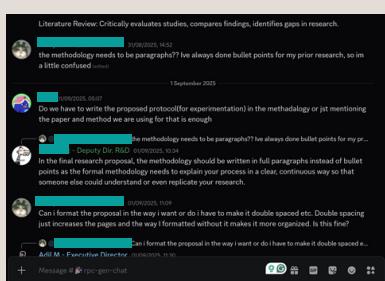
"School is very hard for me. I didn't have help at home because I'm the first in my family to study. Sometimes I felt very alone. But in the Dr. Interested Discord, I found people who understand. The office hours and mentorship program helped me find chances I didn't know existed. Now, I work with people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



Question of the Day keeps youth engaged and lets their voices be heard, with responses here featured in our Learning Planet Festival presentation with UNESCO.

"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."

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



Answering questions in the Discord space during the time surrounding the Research Proposal Competition.

"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."

"The community feels supportive and welcoming, and it's nice seeing people help each other out. I'm able to reach out anytime I'm working for any project and I get help more or less right away from so many people that I really am surprised how good it is and how much of a community has been built"

"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."



# SOCIAL ACCOUNTS:

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

(Click on the icons to access links)



## OUR REACH:

A strong reach allows Dr. Interested to meet youth where they already are, removing barriers to access and ensuring opportunities, resources, and mentorship are visible to as many young people as possible. This section highlights how Dr. Interested connects with youth across multiple platforms through strategic, accessible, and creative outreach. Through social media engagement, community partnerships, email campaigns, and word-of-mouth growth, we've built a presence that reaches youth locally and globally, helping ensure no one is excluded due to geography or access.

The following outlines the reach of Dr. Interested across our social media platforms, with images taken directly from analytics.

**12 169 followers**

**752 posts**

**3 713 406 impressions**

## DISCORD:

Every time we send announcements in our Discord server, all 1300+ 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.

- 1300+ followers
- ~600 000 views
- Our server (1400) x 105 (Pings; only) = 147000
- Other servers with pings: ~300 000
- Other servers without pings: ~150 000
- Over 105 posts



## WEBSITE:

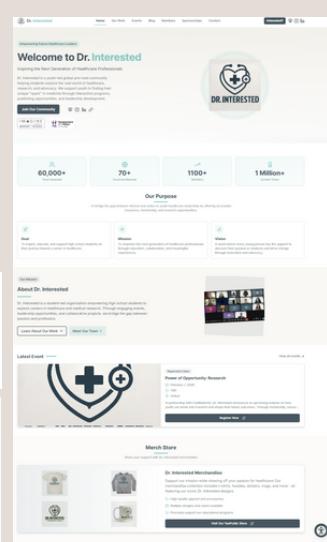
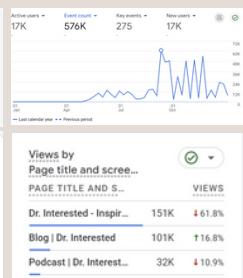
- 0 followers (email list instead)
- 804 000 views

The Dr. Interested website serves as a central hub for information, resources, and opportunities, making it easy for youth to learn about programs, access event details, and stay connected. It helps ensure our work is visible, accessible, and easy to engage with for youth, partners, and supporters.

.ORG Website



.TECH Website



# OUR REACH:



The following outlines the reach of Dr. Interested across our social media platforms, with images taken directly from analytics.

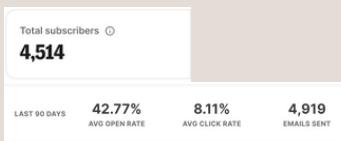
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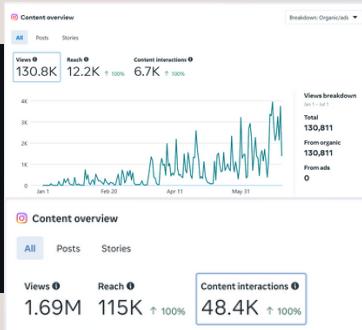
# NEWSLETTER

A weekly email sent every other Saturday. A quick update on what's going on for those who don't have Discord.

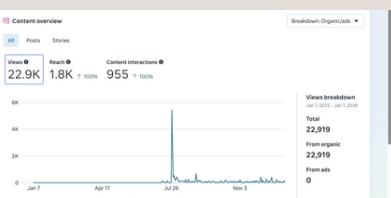


- 4,514 followers
- 20 broadcasts/Emails
- $20 \times 4514 \times 0.427 = 38.5K$  views
- 233.7% monthly growth rate

## INSTAGRAM:



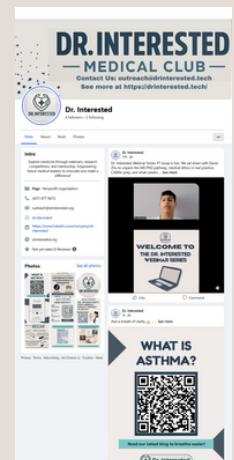
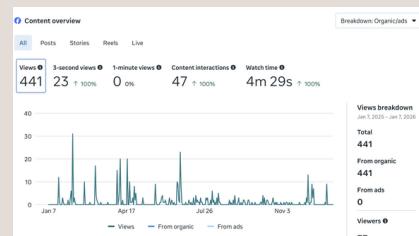
Meta Business Suite only provides 6 months of data.  
Image 1: Jan 7 2025 to June 31 Image 2: July 14 to Jan 7 2026



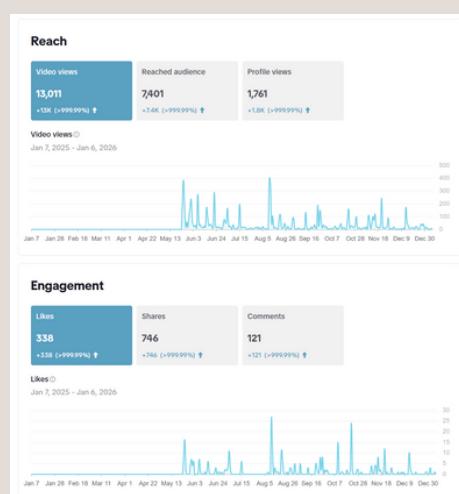
• 5 536 followers  
• 2 134 600 views  
• 230 posts

## FACEBOOK-

• 4 followers  
• 441 views  
• 47 posts



# TIKTOK:



266 followers  
13 011 views  
27 posts

# OUR REACH:



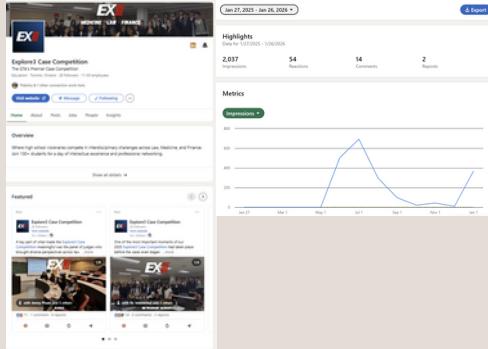
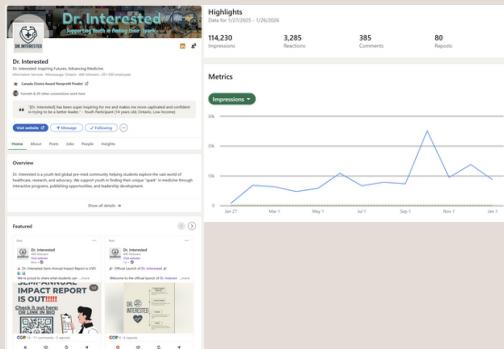
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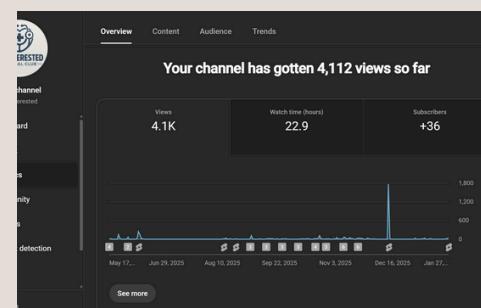
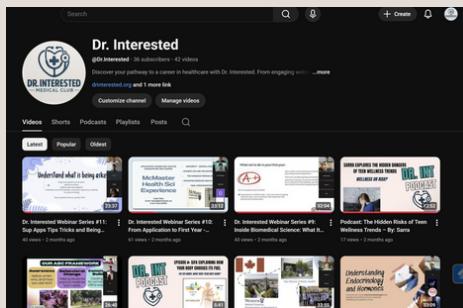
## LINKEDIN:



- 466 followers
- 116,267 views
- 146 posts

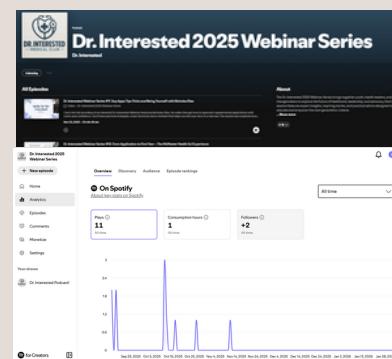
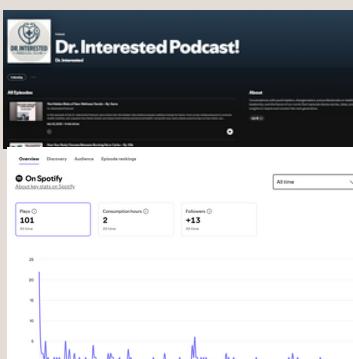
## YOUTUBE:

- 36 followers
- 4 100 views; 22.9 hours
- 42 posts



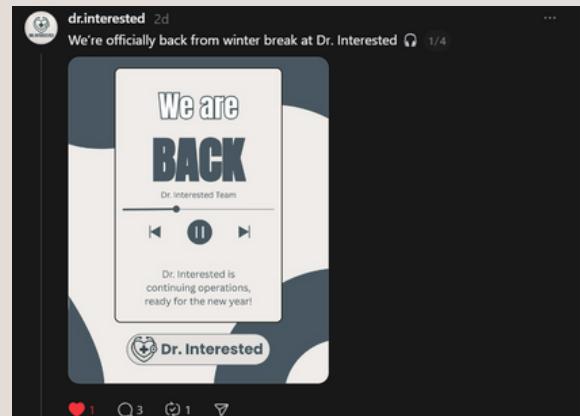
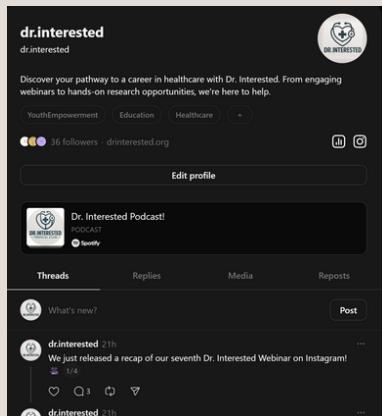
## SPOTIFY:

- 15 followers
- 112 views; 3 hour
- 18 posts



## THREADS:

- 36 followers
- 2 375 views
- 117 posts



# FINANCIAL OVERVIEW:



**Revenue**  
**\$5233.70**

**Operating Income:**  
**Net Loss of \$81.01**

# FINANCIAL BREAKDOWN:

Event Name/Type	Revenue	Expenditure	Net Income
Virtual Cards for Nurses	\$0	\$8.00	-\$8.00
The Resilient Minds Project	\$137.17	\$101.52	\$35.65
Research Proposal Competition	\$2500.00	\$2500.00	\$0
Culture & Psychology Conference	\$0	\$50.00	-\$50.00
EXPLORE <sup>3</sup> Case Competition	\$570.00	\$585.20	-\$15.20
Chess Against Cancer Tournament (Fundraiser)	\$105.00	\$105.00	\$0
Cards for Doctors	\$0	\$4.00	-\$4.00
2nd Chess Against Cancer Tournament (Fundraiser)	\$157.50	\$157.50	\$0
Misc (Admin Costs, Donations, smaller events)	\$1683.00	\$1722.48	-\$39.48
<b>Total</b>	<b>\$5152.69</b>	<b>\$5233.70</b>	<b>-\$81.01</b>

# TOGETHER, WE ARE THE PULSE OF PROGRESS:

We extend our deepest thanks to everyone who has supported Dr. Interested - volunteers, partners, and mentors. Your belief in our mission has been essential to everything we've achieved, helping us impact over 160,000 youth globally

Whether through advocacy, education, or mentorship, thank you for building a space rooted in equity, impact, and innovation.

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

**- Adil Mukhi  
Executive Director, Dr. Interested**

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

## SPECIAL ACKNOWLEDGMENTS

A special heartfelt thank you to all of our Advisors for their unwavering support and dedication, especially Kate Tucker for your mentorship and Akeer Malual for your unwavering support.

## OUR PARTNERS & SUPPORTERS:



Young Quills



HBB  
HEALTH BEYOND BORDERS



BioMedizone KOREA



LEARNING PLANET  
festival

powered by



United Nations University Hub  
Future of Learning With Youth  
(FLY)  
UNU



Based on 7 reviews





# DR. INTERESTED

2025

367 Executives

1400 Members

106 Countries

20+ Events

160,000 impacted

400+ Mentor hours

900 volunteers

12 169 followers

752 posts

3 713 406 impressions

Revenue  
\$5233.70

Operating Income:  
Net Loss of \$81.01