

## Resident and Fellow Section (AMA-RFS)

### Candidate for Chair-Elect



**Name** Junaid Farooq

**Credentials** MD

**What are your pronouns?** He/Him

### Statement of interest

In tracing my journey—from a 5th-year Infectious Disease & Critical Care Fellow to Vice-Chair of the Resident & Fellow Council at Upstate Medical University—I am fueled by an unwavering commitment to resident and fellow wellness. I also serve as the Chief Wellness Officer for Trainees and was the 2nd-year President of the Housestaff Council during my residency at Charleston Area Medical Center/WVU. Originating from Pakistan, I bring a global perspective invaluable in healthcare governance.

My leadership has been transformative. I established the Resident & Fellow Council, authored its bylaws, and, within a month, secured pay raises and resolved key issues. As Chief Wellness Officer, I've emphasized the importance of holistic well-being and diverse representation.

In my current and prospective roles, I envision councils that are bastions for trainee advocacy, focusing on compensation, work-life balance, and wellness. I aim to create an environment where each trainee feels empowered and valued and where policy changes are actively pursued to improve well-being.

I am eager to bring this blend of international perspective, leadership acumen, and commitment to diversity and inclusion to the AMA Section Governing Council. I am resolved to be a beacon for every trainee, affirming that they are entering a haven where their diversity is not just

acknowledged but valued."

## **Diversity statement**

Elevating my role as a PGY 5-year Infectious Disease & Critical Care Fellow, Vice-Chair of the Resident & Fellow Council, and Chief Wellness Officer at Upstate Medical University, my trajectory underscores a steadfast commitment to diversity, equity, and inclusion. Originating from Pakistan and having traveled extensively due to my parents' work, I understand the transformative power of diverse narratives.

My journey has been marked by challenges, including facing closed doors due to my background. Rather than halting my progress, these experiences fortified my resolve to amplify voices that often go unheard. I've channeled these experiences into creating an environment where every voice is embraced.

My leadership roles have honed my skills in fostering intricate collaborations and cultivating a space where diversity is more than just recognized—it's celebrated. A prime example is the Resident & Fellow Council, a body I established amid challenges. I formalized its structure, became the Chief Wellness Officer, and secured numerous achievements, all while facing personal adversities.

My vision for the Council is to create a sanctuary for trainees nationwide, irrespective of their backgrounds. My assurance is clear: 'Don't Worry, We got you!' This promise, rooted in my personal journey, encapsulates my commitment to diversity, equity, and inclusion."