



# **Nimisha Singaram**

## **What is your educational background?**

I had the privilege of studying medicine in Dublin, Ireland. I received my MB, BCH, BAO from the Royal College of Surgeons after completing the 6 year undergraduate program.

## **What is your hometown?**

I was born in Benoni, South Africa. Growing up we moved around a lot and I lived in Australia, back in South Africa, and then Saskatchewan. My family eventually settled in Maple, Ontario.

## **Research/Academic Interests?**

I am still discovering what my particular interests in research are. I previously did research in postpartum depression which I really enjoyed. I also did research in ASD. I would love to explore cross-cultural psychiatry.

## **Hobbies?**

I love travelling, trying new foods and restaurants, writing poetry/spoken word, listening to music and yoga. I am hoping to learn how to salsa this year.

## **What is your greatest accomplishment?**

Graduating from medical school!

## **What would you like to tell prospective applicants to our program?**

It can be really hard choosing a program, but go with your gut. From the moment I went to the CaRMS Social, I knew the program was for me. I felt at ease and comfortable. Everyone in the program, from the staff to your co-residents are so approachable and welcoming. As an R1 sometimes things can feel overwhelming but knowing you have a close knit community who genuinely care is great! A positive aspect of being in a smaller program is it allows you to personalize your learning experience in a way that would not be possible anywhere else.

## **If you weren't a psychiatry resident, what would you be?**

I would be a writer or a poet.

## **What is your favourite sound?**

The sound of the ocean or the rain.

## **What is your most treasured possession?**

The first book I ever got from my father, which was his copy of *The Prophet* by Khalil Gibran.

## **Which superpower would you like?**

The ability to read people's minds.

## **What's your motto?**

"If you enter this world knowing you are loved and you leave this world knowing the same, then everything that happens in between can be dealt with." — Michael Jackson