



**Resident Physician of the Month  
October 2018**

**Dr. Syeda Abbas  
Pediatrics  
University of Calgary**

I was born and raised in the phenomenal city of Karachi, in a home led by traditional parents who believed in humility, hard work, and being thankful for all blessings, great and small. I completed medical training in Karachi and later moved to Calgary with my husband. I was fortunate to get residency training at Alberta Children's Hospital which is very special to me because of the bonds I formed with my co-resident physicians and colleagues. I'm in the 4th year of my residency training and planning to work as a general pediatrician. I'm passionate about mentorship and advocacy, and am so proud of all the work my co-resident physicians put into improving our community! In addition to my co-resident physicians, my biggest supporters are my extremely supportive husband and three beautiful daughters, and without them I could not have achieved anything that I ever dreamt. We as a family spend lots of time volunteering for several community activities including food drives, charity foundations and ones related to immigrants and refugees support. I'm currently working on "Education without Borders", a project to help refugee kids and ones without status in Canada. Outside of work, I spend most of my time with my kids, cooking, reading, and we love to travel! I really want to thank my colleagues, preceptors, family and friends for shaping who I am to receive this award.

**A colleague had this to say about Dr. Syeda Abbas:**

*"Syeda is one of the most selfless, compassionate and hard-working resident physicians I have ever encountered. She makes exemplary contributions to her training program and medical community, all while balancing a young family and multiple community involvements.*

*Syeda repeatedly goes out of her way to ensure her junior resident physicians feel supported. As a new R1, my transition was eased by her warm demeanor and willingness to share her own experiences as a junior resident physician. She consistently offers support and kindness to resident physicians in need - sharing helpful resources, coaching around new procedural skills, and debriefing difficult cases are just a few examples.*

*Syeda's patients appreciate her gentleness and keen listening ear. However, her commitment to patients extends beyond the walls of the Alberta Children's Hospital. By founding and managing the Al-Mahdi Group, Syeda is working to reduce neonatal mortality in Pakistan. Her passion for this initiative is inspiring.*

*Outside of medicine, Syeda is committed to her family and community. In addition to raising her three daughters, she is a career coach for new immigrants and teaches children at the Bab-ul-Hawaj Islamic Centre of Calgary. Please consider Syeda for the PARA Resident Physician of the Month Award - she is truly a deserving candidate!"*

**Congratulations Dr. Syeda Abbas!**