

# SOMAYYA UPAL

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## EDUCATION

### **M.D., Medicine**

Boston University Chobanian and Avedisian School of Medicine | Boston, MA Expected May 2028

- ~ NICU Volunteer at Boston Medical Center
- ~ Longitudinal Preceptorship in Pediatric ED at Boston Medical Center

### **B.A., Medical Sciences and Psychology Minor**

Boston University | Boston, MA Expected May 2025

- ~ Accelerated 7-Year BA/M.D. program (~2% acceptance rate)
- ~ Volunteer Coordinator of Boston University's Red Cross Club
- ~ Co-founder of Meditation Artifacts Group at Harvard Innovation Lab
- ~ Biweekly volunteer at Brookline Food Pantry

### **High School Diploma**

Pittsford Sutherland High School | Pittsford, NY 2020

## EXPERIENCE

### **Research Assistant**

[Center for Translational Cognitive Neuroscience](#) | Boston, MA Oct 2023 - Present

- ~ Administration of EEG during memory and cognitive testing at VA Hospital.
- ~ Trained in MMSE, CERAD, verbal fluency FAS, Trails, and Boston Naming test.
- ~ Drafting research paper on Parkinson's visual symptoms, with PI [Dr. A. Budson](#).

### **Research Assistant**

[Cognitive Neuroscience of Religious Cognition](#) | Boston, MA Jan 2023 - Dec 2024

- ~ Researched relationship between REM sleep stages, existential abstracts, dream sensory perceptions, and other cognitive factors, with PI [Dr. P. McNamara](#).
- ~ Utilized both psychology-based surveying and neuroscientific (EEG) methods. Interviewed participants.

### **Research Assistant**

Vital Village Networks | Boston, MA Aug - Dec 2021

- ~ Surveyed participants about pediatric developmental milestones, linguistic, behavioral, and motor.
- ~ Created web page, organizational system, and updated Abundance App.

### **Patient Care Volunteer**

Rochester General Hospital | Rochester, NY Mar 2017 - Mar 2020

- ~ Weekly shifts in Psychiatric in-patient unit and General Medicine wing.

### **Explorer, EMT Ride Along**

Pittsford Volunteer Ambulance | Pittsford, NY Jan 2018 - Jan 2020

- ~ Attended lectures and meetings on emergency care.
- ~ Rode with the EMT crew in the ambulance. Read vitals and provided supplies to paramedics.

## **Emergency Room Intern**

Rochester General Hospital | Rochester, NY

July - Aug 2017

- ~ Observed Dr. Huitt for 40+ hours.
- ~ Questioned patients on health history, symptoms, and delivered discharge papers.

## **Emergency Department Medical Scribe**

Grey Nuns Hospital | Edmonton, AB

July 2017

- ~ Shadowed Dr. A. Mirza and documented patient histories.
- ~ Independently instructed over a hundred medical students on locating veins and arteries using Point of System Ultrasound technology.

## **PRESENTATIONS + PUBLICATIONS**

“Dissociation as a Cognitive Variable”, ekkolápto®'s Longevity, AI, and Cognitive Research Hackathon held at Massachusetts Institute of Technology, speaking on the cognition of dissociation and its potential relationship to simulative creativity with reflectance on neurodivergence and learning models.

“Transitional Spaces: Promoting Nature-Driven Mindfulness for Older Adults with Dementia”, Harvard University's Mind, Brain and Behavior Initiative 2024 meditation conference, on VA Clinic's CTCN study on architectural design, green space access, and neurodegenerative correlation.

Acosta, H., & Upal, S. (2023). “Neural Overlap in Sexual and Aggressive Behaviors: Exploring Focal Brain Regions and Implications for Psychiatry”. Accepted for publication in *The Nerve: Boston University's Undergraduate Journal of Neuroscience*.

## **LEADERSHIP**

### **Founder and President, BUCASM AI in Medicine MD Student Organization**

- ~ Created AI Basics + Keywords Curriculum aimed for MD students. Host journal club/discussions for all perspectives between faculty + students. Host speaker events. Collaborating with Yale School of Medicine's AIM organization to host hackathon.

### **President, BUCASM Sleep Medicine Interest Organization**

### **Co-President, BUCASM American Muslim Medical Student Association (AMMSA)**

### **Co-Founder and Instructor, Yoga for Access and Resilience Needs**

- ~ Funded by grant from MA Medical Society. Held at community health/teen centers, onboarding at BMC's St. Elizabeth's behavioral health unit.

### **Head of Subcommittee for Cadaver Donor Memorial Service, BUCASM 2025**

- ~ Project management, graphic designer, and coordinator for decor committee of memorial.

### **Medical Assistant at FOYER DE L'ESPERANCE**

- ~ Traveled to Yaoundé, Cameroon with Dr. A. Mirza, emergency physician.

## **AWARDS & HONORS**

Rising Star Award, MIT ekkolápto®'s Longevity, AI, and Cognitive Research Hackathon 2025 “In the Variance of Gait” poem, to be published in BUCASM Whorl 2024-2025 edition

"Hypergraphia" (2023), artwork displayed at Harvard University Advocate Gallery and Northeastern Spark 2024 Showcase

First Place, Harvard-Radcliffe Essay Contest 2020

2nd place, Rochester Brain Bee 2019

ESL Essay Scholarship Winner 2020

Finalist, Greater Rochester Chamber of Commerce's Young Women of Distinction Award 2020