



Portfolio

Punyanuch Suwannatad



โรงเรียนสาริต
มหาวิทยาลัยศรีนครินทรวิโรฒ
ประสานมิตร (ฝ่ายมัธยม)

submission to
Faculty of Medicine Vajira
Hospital, Navamindradhiraj
University

Personal Statement

"My baby, hold on a little longer. After leaving the hospital, you can finally follow your goal," said the mother kindly to her young daughter, who was entangled in medical equipment while holding a tiny piano.

Smiling, the girl was full with the hope to be able to pursue her dreams again, and this particular encounter was so captivating that it profoundly altered my life. With one hand unwinding the equipment and the other clutching her piano, the girl with the same dreams in music as mine had just shed light upon the privilege I had for being healthy. Immediately, I came to a realization that reinvigorating others so that they can physically pursue their dreams would lead to my self-fulfillment. Thus, I made the decision to **devote my life to treating and saving others by becoming a doctor** with the vision of providing them with a leaf of hope and a bud of faith that their dreams remain possible, and my decision has been validated after I delved into the profession by completing multiple workshops and the life of rural doctors in Ban Bu Sub-District Hospital and witnessing the smiles from the local patients. It was not easy for a female teenager who has devoted her entire life to performing arts and music and never felt compelled to put forth much effort academically to entirely reinvent herself in order to fulfill her desire of saving the lives of others; however, I cannot be more certain that I made the right decision.

I place a paramount value on "dreams" since I think they mark the beginning of success, which also includes drive, commitment, and perseverance. I spent a decade singing, dancing, and acting because I used to be a dreamer who yearned to be in the spotlight surrounded by audience applause. **From aspiration to action, and from drive to discipline.** I persisted through all of the hardships, failures, successes, and discriminations until I was able to achieve recognition and awards from competitions like "Idol Paradise ch3," "The Rapper," and "TSAC" band and dance competitions. I am a dreamer and firmly believe that if a dream is valued and adequate effort is put forth, it can be accomplished. Despite my proficiency contradicting my ambition, my family perceiving me too dull for this faculty, and the same prejudice continuing to surround me, I upheld my principle, pushed myself as hard as possible to acquire more knowledge in the medical field, and continue to reinvent myself. For my goal of becoming a doctor to become a reality, **I never give up – not yesterday, not today, and definitely not tomorrow.**

In addition to my drive, commitment, and perseverance, I also believe that my attributes are perfectly appropriate for self-development. Exploring new knowledge greatly excites me, and learning them quickly is my cup of tea. Particularly, I am extremely enthusiastic in conducting research dealing with body mechanisms and innovations and participated in a number of innovative competitions as well due to my love in sharing knowledge and ideas to the public as they may benefit the human kind.

As a matter of fact, I am also an experienced **meticulous leader** who has dealt with different types of people and efficiently led the team to success in various occasions, such as doing HANA, CONRAD and other research competitions. Always being trusted and chosen as a leader, I am **always motivated**, always hone my skills in strategizing, planning, and managing time, and **never show hesitation when it comes to making important decisions.** I know how to **remain calm to lead the team in emergency situations**, but always act rapidly. As a result, my high but humble self-trust has become the foundation for the high relationship-trust among the team members and myself.

According to my experiences in **Sub-District hospital** and my personal fondness in remote areas lifestyles, I believe that this medical program is personally **suitable**. This medical program acknowledges the problem of overcrowded hospitals, following contaminations, and, therefore, highlighting the importance of family physicians as they provide preventive care, including routine checkups, health-risk assessments, immunization and screening tests, and personalized counseling, which involves communication skills. In addition, I noticed that **family physicians** play the most vital role with chronic diseases as they are the closest ones to the patients. Having this medical program implemented will decrease the amount of patients in hospitals as well as providing the people with better life qualities in terms of health. Furthermore, this program **directly aims at one of the most important principal in healthcare industry**, which is to improve the quality of emergency care as it is the key to decrease death rates by synthesizing efficient and sufficient emergency doctors. I respect this program's determination and **my heart dedicated to save people's lives is the reasons why I should be chosen** as a part of this program. In addition, **I believe that the skill sets that I have practiced, acquired, and accumulated will be beneficial in my career as a doctor.**