



# YE OLDE FRESHER'S GUIDE

The essential pocket  
sized- guide on all  
things ICSM and how  
to make the most of  
your first year



MBBS CLASS OF 2030

BMB CLASS OF 2021

Presented by  
 **ICSM Gazette**  
in collaboration with  
Your ICSM Students' Union



# THE FRESHER'S HANDBOOK



2024

THANK YOU TO THE ICSMSU  
AND THE ICSM GAZETTE TEAM  
FOR THEIR HARD WORK AIDING  
IN THE PRODUCTION OF THIS  
HANDBOOK.

OUR GOLD TIER FRESHERS' FORTNIGHT SPONSORS



*WE HOPE YOU HAVE A SPECTACULAR  
FIRST YEAR AT ICSM!*

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# Your Union



*HELLO and welcome to ICSM!*

*I hope you're excited because you are about to step into the best years of your life!*

*My name is Lilia and I am taking a year out of my studies to be your President of Imperial College School of Medicine Students' Union. Along with 22 amazing student officers, we make up the vibrant team that is ICSMSU. We will be a large part of your life here at ICSM, from organising the wonderful events like Freshers' Fortnight, to representing and advocating for our students to enact positive change which will improve your experience here! There are more than 2500 undergraduate students on the Medicine MBBS & Medical Biosciences BMB courses and we're here to make sure that every single one of you can have the best experience possible.*

*Within ICSMSU we have more than 65 clubs and societies you can get involved in. Starting university is the perfect opportunity to try something new and to meet new people so I would definitely encourage joining at least one! Clubs & Societies are the heart of ICSM's community, offering opportunities to develop new skills, receive both academic and personal support and to become part of a supportive family that will accompany you throughout your time at ICSM.*

*You're joining one of the best faculties of medicine in the world and you should be immensely proud to be part of our ICSM family. We're a diverse community and you'll be sure to find like-minded people and meet friends for life. From your very first year, you'll be able to get involved with representation by running to be the academic or welfare representatives of your year. Keep an eye out for these opportunities soon after you start!*



*Starting university can be a difficult time, especially if things don't go as planned or become overwhelming, but do not worry - there's always somebody who can help. Both the ICSMSU Welfare and Faculty Welfare team are available if you need someone to talk to. We hope that in our friendly and supportive community, you will feel able to learn and have fun in a comfortable, safe environment.*

*ICSMSU is here to help you and if you have any questions, we'll be easy to find - find our contact information on [www.icsmsu.com](http://www.icsmsu.com) and check out our Instagram (@icsmsu) for any updates!*

*All of us here at ICSMSU are excited to meet you and are proud to welcome you into our amazing ICSM community! Let's make this year unforgettable together!*

**LILIA EVANS**

**ICSMSU PRESIDENT 2024-25**  
SHE/HER | [icsm.president@imperial.ac.uk](mailto:icsm.president@imperial.ac.uk)



# The ICSMSU



## EXECUTIVES

YASMIN BAKER



(SHE/HER), MBBS YEAR 5

Deputy President  
icsm.deputy@imperial.ac.uk

Meet Yasmin, your Deputy President and a fifth-year medic! After two years on the SU academic stream, she has stepped up to support the entire ICSMSU. Yasmin is wholeheartedly dedicated to ICSM and aims to continuously enhance the student experience. Outside

SU, she keeps busy with socials, multiple committee roles, gym, playing cello, singing and taking on random side quests (speaking at the House of Lords?!). Despite this, Yasmin always makes time for students to ensure their voices and concerns are heard. For advice or a chat, find a smiley, curly-haired girl wearing coordinated outfits.

She'll be at Freshers—say hi!

EXECUTIVE TREASURER

icsm.sponsorship@imperial.ac.uk

"Hello hello the future of ICSM, welcome to the family - we are all looking forward to meeting you."

As a final year medic, Sean is one of the oldest faces that you will see on the SU and likely the medical school. As his last act, he is hoping to give you guys one of the best introductions to ICSM with a variety of activities and make things financially accessible to all, as it was for him many moons ago.

If you see him around campus, please come and say hi - don't let the grumpy face stop you - he promises it's just the 6 years of medicine!

SEAN BING WAI LI



(HE/HIM), MBBS YEAR 6



## SARAH AZRAM



(SHE/HER), MBBS YEAR 5

## SECRETARY AND COMMUNICATIONS OFFICER

ICSM.SECRETARY@IMPERIAL.AC.UK

*Sarah is a fifth-year medical student who loves keeping herself busy with extracurriculars, and occasionally does a medical degree on the side... This year she's taking on the role of Secretary and Communications and can't wait to meet you all! She'll be keeping you up to date on all things ICSM with her dazzling weekly newsletters and social media posts. Be sure to keep your eyes peeled, so you don't miss out! If you catch her on campus, please feel free to say hi! She's more than happy to answer any questions or to have a good ol' yap <3*

## SITES AND SERVICES OFFICER

ICSMSSO@IC.AC.UK

*Aden is a fourth-year medic and your Sites and Services Officer this year! As SSO, he'll be in charge of organising merch drops throughout the year, designing new merch (fingers crossed we finally get Phoenix plushies this year!), and looking after the ICSM campus spaces. You'll most likely find him sorting through boxes of merch, looking mildly confused, and trying to create some organization amongst the chaos ;D - buy some merch this year to help him out! If you have any questions or are just looking for a friendly face, feel free to come and have a chat with him!*

## ADEN HO



(HE/HIM), MBBS YEAR 4

## SADHANA SAINATH



(SHE/HER), MBBS YEAR 4

## GAZETTE EDITOR

ICSM.EDITOR@IMPERIAL.AC.UK

*Sadbana is a fourth-year medic and will be your ICSM Gazette editor this year. When she's not busy living her best Miranda Priestly life, compiling and editing material with the rest of her hardworking Gazette team, you can find her singing her heart out in ICSM Music Society's Choirs and Jazz band! She cannot wait to meet you all and wishes you a spectacular Fresher's Fortnight. She hopes to be a friendly face to you when starting out this exciting medical school journey; do be sure to come and say hi if you see her around!!*

# ENTERTAINMENTS

## SHESHPRIYA GADIYA



(SHE/HER), MBBS YEAR 4

ENTERTAINMENT CHAIR  
ICSM.ENTS@IC.AC.UK

Meet Priya, your wonderful Entertainments chair and fourth-year medic, intercalating in BioEng! Priya is in charge of the best 2 weeks of your life - Fresher's Fortnight!!! Thanks to her amazing work, be prepared to make memories for a lifetime and if you have any questions, concerns or just want to have a chat please come and talk to her!

"Get ready for an adventure because there are so many exciting events headed your way! My mission is to make ICSM as enchanting and memorable as possible, and trust me, we're going to make it a year to remember!"

SOCIAL SECRETARY  
MEDSOCL@IC.AC.UK

Angie (21F) is an unemployed third-year medic. She lives by the life motto 'yipee yay wahoo' and supports the ents team in ensuring all events are run smoothly and, of course, a whole lotta fun. While Angie may be jobless on paper, she is a full-time professional gooner and enjoys some good chat so if you have any questions or concerns about anything Events™, or would like a proper yap, please do reach out.

In the meantime, she's very excited to meet so many new faces and wishes the best for everyone experiencing the amazing freshers' fortnight that's been put together.

## ANGIE QIAO



(SHE/HER), MBBS YEAR 3

## CHLOE TAN



(SHE/HER), MBBS YEAR 4

RAG CHAIR  
ICSM.RAG@IMPERIAL.AC.UK

Chloe is this year's fabulous RAG Chair and it is her job to throw some of the of the biggest school wide events that are central to the ICSM Social calendar - all whilst raising bucketloads of money for charity and giving back to the community!

"I guarantee-you will not want to miss out, and I will try my hardest to make sure as many of you can come. Any ICE please let me know- I tend to put RAG before my own degree (lol) sooo I will be here to ensure you will make the best ICSM memories yet :))"



# WELFARE

KETEYANI ASATIANI-KALANDAZE

WELFARE CHAIR

ICSM.WELFARE@IMPERIAL.AC.UK



(SHE/HER), MBBS YEAR 4

Meet Kete, your Welfare Chair. Her role is to ensure that you all feel supported and cared for during your time at ICSM. Kete and her welfare team are here for you for any and all welfare concerns and will signpost you to where you may need to go for help. She is super smiley and friendly and involved in ICSM in so many aspects, so you will be sure to see her around - please come and say hi if you see her- she absolutely loves a chat!

"Any concern, big or small, PLEASE reach out and we will work together to try to get through it! Can't wait to meet you all <3"

VICE CHAIR FOR CAMPAIGNS

ICSM.VCC@IMPERIAL.AC.UK

Senara is a 4th year medic and is really looking forward to being the vice chair for welfare campaigns this year! She will be delivering campaigns throughout the year and working with the welfare team to raise awareness for important issues and welfare support. She hopes to be a friendly face to reach out to, and is always free for a chat about anything so please come and say hello if you see her around! :)

SENARA LAPASEKARA



(SHE/HER), MBBS YEAR 4

IOLANTHE GEORGHIOU

VICE CHAIR FOR WELLBEING REPS

MEDICVCOR@IMPERIAL.AC.UK



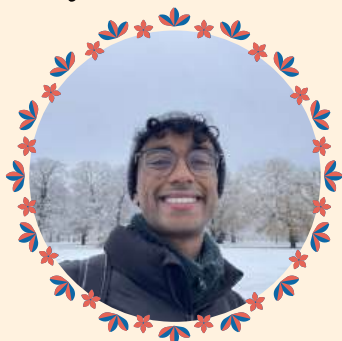
(SHE/HER), MBBS YEAR 3

"Hi Freshlings! I'm Iolanthe (though literally everyone calls me Yoli) and I'm your Vice Chair of Welfare."

Yoli is here to support you and your Reps in anything you may need and to cheer you on every step of the way. She is always here for a chat (chronic yapper) and sincerely wishes you the best Freshers' week you could ever Dream (upon a spleen) of!

# CLUBS AND SOCIETIES

ARJUN NARENDRA



(HE/HIM), MBBS YEAR 4

CLUBS AND SOCIETIES CHAIR  
MEDICCS@IC.AC.UK

*Arjun is a fourth year medic who's spent the first of his ICSM career figuring out that he loves avoiding his degree, and for that reason he's become your Clubs and Socs Chair for 2024/2025! Having worked on SU last year with the Sports and Arts societies, he's keen to continue keeping ICSM clubs the best in the University, so if you have any questions regarding what you can get involved with, don't be shy to drop him a message or find him at any of the events during Freshers Fortnight :)*

MANAGEMENT GROUP TREASURER  
ICSM.TREASURER@IMPERIAL.AC.UK

*Jemmy is fourth year Med Student doing the Surgical BSc this year. Her role is to help all the ICSM clubs with their finances to ensure everything runs smoothly and is affordable for you this year. She has been part of netball, RAG and many more societies and really recommends that you get involved in as much as possible.*

*"I promise you'll have a fun time and make loads of great friends!"*

JEMIMA RUSSELL



(SHE/HER), MBBS YEAR 4

## HAMZAH RAZA



(He/Him), MBBS Year 4

## VICE CHAIR- SPORTS AND ARTS ICSM.VCSA@IMPERIAL.AC.UK

*Introducing Hamzah, your wonderful Vice Chair for Sports and Arts. He hopes to be able to support the new committees coming into the numerous and fantastic sports and arts societies in ICSM.*

*"There is no better time to take up a new hobby than at university and with a community as tightly-knit as ICSM, I'd strongly encourage starting a new sport or beginning that new instrument. The first few weeks of term are the perfect opportunity to be bold and have a taster for as many clubs as possible. Please feel free to come say hi or if you have any questions/concerns about sports or arts! :)"*

## VICE CHAIR- VOLUNTEERING AND ACADEMICS ICSM.VCVA@IMPERIAL.AC.UK

*Meet Eric, a final year medic and your Vice Chair of Volunteering and Academics this year. When he's not climbing, he loves taking part in many of Imperial's volunteering schemes. He is excited to help bring many events and opportunities for ICSM students and bring the best out of all our V&A societies!*

*"My favourite thing about ICSM is how you can always find something fun to do; from volunteering at primary schools to medical skills workshops, sports teams or acting. I encourage you to try a little bit of everything and don't be scared to start a new hobby! You can fill your week with tons of different activities as you make the most of your time here."*

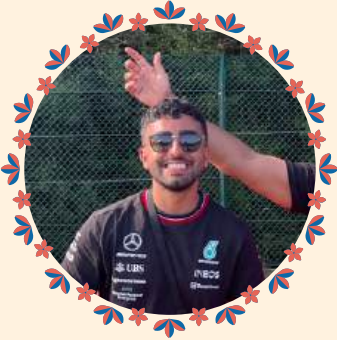
## ERIC ALBINIANA SIEGERT



(He/Him), MBBS Year 6

# ACADEMICS

YOUSUF YAGUB



(He/Him), MBBS YEAR 4

ACADEMIC CHAIR

ICSM.ACAD@IMPERIAL.AC.UK

*Yousuf is a 4th year medic who will be serving as your Academic Chair this year! If he's not busy trying to find people to play padel with (the world's fastest growing sport!), you'll be able to find him working hard to ensure that all aspects of academic life at ICSM are as best as they can be!*

*If you ever have any academic concerns (or if you'd like to try a racket-based game that combines tennis and squash in a social format) please feel free to reach out :))*

ACADEMIC OFFICER FOR EARLY YEARS

ICSM.AOEP@IMPERIAL.AC.UK

*Alwin is a third year medic and your Academic Officer for early years this year. He'll be working closely alongside you, your academic reps and faculty regarding any concerns over the curriculum, teaching and pretty much anything academia-related.*

*"Don't hesitate to reach out with any questions and if you see me around campus, feel free to give a little wave."*

ALWIN PAUL



(He/Him), MBBS YEAR 3

## BHAVANA DARPANANI



(SHE/HER), MBBS YEAR 5

## ACADEMIC OFFICER FOR CLINICAL YEARS ICSM.AOC@IMPERIAL.AC.UK

*Bhavana is a fifth year medic, and this year's AOCY. She is so excited to be taking on this role to support our clinical years, after one already amazing year on SU in Welfare!*

*"Feel free to say hello to me, or any of our wonderful and friendly SU members, around campus and get ready for Freshers, one of the most exciting times during your university journey :)"*

## ACADEMIC OFFICER FOR BSc YEAR ICSM.AOSP@IMPERIAL.AC.UK

*Shivani is a fifth year medic and your Academic Officer for BSc this year. Having successfully (and unsuccessfully) navigated the different challenges of a BSc in Cancer Frontiers, she's eager to make your experience as great as possible. There isn't a subject she doesn't like (even POM), and she's happy to have a chat about all the different pathways whether you're going into BSc year or not. She's a master of existing in absolute chaos and doing perhaps too many side quests- she's happy to chat about that too. She can't wait to meet you all at freshers so do say hello!*

## SHIVANI WELLING



(SHE/HER), MBBS YEAR 5

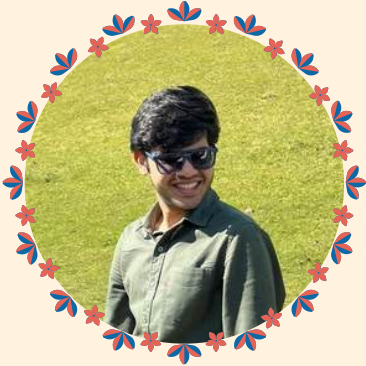


# BMB

ANANT PRATAP SINGH

MEDICAL BIOSCIENCES PRESIDENT

ICSM.BMSPRES@IMPERIAL.AC.UK



(HE/HIM), BMB YEAR 3

Hey! Welcome to BMB at Imperial!  
I'm Anant, a 3rd Year student and your BMB President this year. We in BMB are in the unique position where we're part of BMBSoc, ICSM's Student Union, and the wider Imperial College and Union communities. It can feel overwhelming with where to start, but all these communities are super open, and you'll fit right in.

In my position, I am BMBSoc's President and have an exec position in ICSMSU. This has allowed both the committees to create an exciting environment for all things BMB, so hope you're looking forward to all the events and support we're bringing to you this year!

Our course is (in my opinion) one of the (if not the) best here at Imperial. While the unique flipped method of learning might be a shock at first, don't worry – you'll have enough face-to-face time with the cohort and teachers. And trust me, it's so much better than lectures! Labs are super interesting with a massive self-directed project throughout Terms 2 & 3, and this genuinely teaches us highly sought after lab skills.

Outside of academics, the Imperial and ICSM community are host to so many clubs, societies and projects (CSPs). With over 65 "medic" clubs (open to anyone @ Imperial btw) and over 300 ICU ones, there is something for everyone! Check out some of our wilder ones like I did by getting your SCUBA diving license, or volunteering with the Ambulance service with St John Ambulance, or climbing Mt. Everest for charity with IC RAG.

Settling into uni can be tough but we at BMBSoc and ICSMSU are here to help you start and throughout your time at Imperial. We can help with all things Academic, Welfare, Course-related, or anything else!

PS: We'd love for you to get involved with BMBSoc and ICSM, so look out for our brand-new positions on committee and for the Academic and Welfare Representative elections!

See you soon!

Anant.



## CHAEPEON HWANG



ACADEMIC OFFICER FOR MEDICAL BIOSCIENCES  
ICSM.AOBMB@IMPERIAL.AC.UK

*Introducing Chae, your BMB Academic Officer! In this role, she is here for you to hear out all your academic concerns and strongly advocate for you on these issues, so do not be afraid to reach out. She cannot wait to welcome you all to what will be the most exciting next chapter of your life here at Imperial.*

(SHE/HER), BMB YEAR 2

## WELFARE VICE CHAIR FOR MEDICAL BIOSCIENCES BMB.WBRN@IMPERIAL.AC.UK

Brian will be representing you (BMB students) as your Vice Chair for Welfare! He really looks forward to working with his fellow ICSMSU BMB officers (Anant and Chae) to deliver more exciting and new BMB-focused events. He hopes these events, in addition to the Wellbeing Representation network at the ICSM, will add to your healthy wellbeing!

*"I wish you all the best in your studies, and remember, we'll always be here to support you for any welfare issues that may arise."*

## BRAIN MATSUHASHI



(HE/HIM), BMB YEAR 2



# The Medical School

Dear Reader....

*You are now part of one of the most prestigious medical schools in the world, renowned for producing the best doctors and scientists, enriched with a deep history of medical breakthroughs in both clinical research and medical practice; a legacy which is carried on from its constituent medical schools.*

nce  
upon  
time...

THERE WERE 3 MEDICAL SCHOOLS:  
CHARING CROSS HOSPITAL MEDICAL SCHOOL,  
WESTMINSTER HOSPITAL MEDICAL SCHOOL,  
AND ST MARY'S HOSPITAL MEDICAL SCHOOL.



## CHARING CROSS HOSPITAL MEDICAL SCHOOL

*Founded in 1818 by Dr Benjamin Golding as the “West London Infirmary and Dispensary” (which is just ye olde way of saying hospital and pharmacy), Charing Cross Hospital was created to cater to the poor who flocked to London in search of work in new factories. In 1822, the hospital decided to start training the likes of you and me, and thus CX med students were born.*



*The hospital was well patronised and stood in Charing Cross (on Agar Street in West Strand), where it continued to expand in size. By the end of the Second World War, the hospital needed to grow again, and there were discussions about moving patients to a different location, either to Mount Vernon or Northwick Park. Then finally in 1957, it was decided that CX Hospital was to be rebuilt in the place we know and love; Fulham Palace*



*Road (FPR). The hospital elders elected to retain the name Charing Cross, despite now being a distance from this area, an interesting decision that continues to have ramifications decades later, as freshers turn up at the Strand expecting to find a medical school there. Getting lost appears to be something of a feature of CX students, as one of their most notable alumni, Dr Livingstone, of “...I presume” fame, went missing in Africa for five years.*

## WESTMINSTER HOSPITAL MEDICAL SCHOOL



*Flashback to 1719.... 4 men walk into a coffee house to discuss a 'charitable proposal for relieving the sick and needy and other distressed persons'. And thus, Westminster Hospital was formed. The medical school was*

*founded in 1834 by George Guthrie, an ex-military surgeon. The emblem of this new medical school would be the Portcullis or Crown of Westminster. The ever-expanding hospital led to conflict amongst staff, and Guthrie's insistence on retaining the location of the hospital and school ended in a pistol duel between two surgeons, who steady-as-a-rock, promptly missed each other (#donoharm). The winning majority remained in central London, but the losers went to St. George's Hospital (some things never change). In 1984, in a move that no doubt brought out the pistols again, the medical school merged with its rival Charing Cross.*



*The two medical schools combined their resources for a joint slay and together, focused their rivalry on their old enemy, St. Mary's.*

*Hang on a second...*



## ST MARY'S HOSPITAL MEDICAL SCHOOL

*St Mary's Hospital Medical School is the youngest of the three schools, founded in 1854 as part of the new hospital situated in Paddington. The emblem of St Mary's was the Fleur-de-Lys and you can still see graduates of St Mary's walking a round proudly with their Fleur-de-Lys ties to this day!*



*Unlike CX and Westminster, Mary's remained unmoved in its location and still stands tall and proud in Paddington today. Mary's was traditionally the refuge of sons of Welsh farmers and miners, stumbling off the train at Paddington to study medicine; consequently, it became renowned for its prowess on the rugby field with the club predating the Rugby Football Union (one of the most famous alumni being the late great JPR Williams)! Mary's has an equally rich history in the arts with the dramatic society staged performances of operettas at Wilson House (now one of the student accommodations) which on occasion were graced with a royal visit. This royal association continued with the Queen Mother being the patron of the Soirée, the opera and drama comedy night, until her death in 2002 (these shows are now honoured by the "Main Show" and "24" productions by ICSM Light Opera Society).*

*Mary's is not only the birthplace of the Royal babies but also the birthplace of Penicillin. St Mary's is renowned for the work of Sir Alexander Fleming (Mr SAF himself), the father of antibiotics, following his discovery of penicillin at the hospital in 1928. The room in which the discovery took place can be seen from the road outside the medical school.*



HM the Queen and then TRH Princesses Elizabeth (Queen Elizabeth II) and Princess Margaret attending the 1945 Light Opera production of "Mikado"

*But how does it all come together?*

## IMPERIAL COLLEGE SCHOOL OF MEDICINE

*In 1988, a little university called Imperial College London merged with St Mary's Hospital Medical School. Then in 1997, St Mary's merged with her biggest rival, Charring Cross and Westminster Medical School.*

*And like a Phoenix rising from the ashes, the Imperial College School of Medicine, or ICSM, was born.*

*"Each constituent piece of Medical School history would be represented; the Fleur-de-Lys of St Mary's, The Maltese Cross of Charing Cross and the Portcullis or Crown of Westminster. And the piece de resistance for any of my designs was always going to be a symbol that would bring them all together. As a child, I loved the myths and culturally, reincarnation was always something to learn and understand. It is why, for me, there is no better illustration for rebirth than the myth of the Phoenix." - Dr Prash Patel BSc MBBS DRCOG MRCP*



*The iconic ICSMSU Phoenix was designed by Dr Prash Patel (who was a medical student at the time).*

*The rich history and foundation of medicine at Imperial College resulted in it being one of the largest medical schools in Europe! Imperial has a world-class scientific reputation; With fourteen Nobel Prize winners, its own nuclear reactor and wind tunnel (facilities which are used by the top F1 teams, conducting cutting-edge research encompassing the National Heart and Lung Institute, and being at the forefront of pioneering the UK's response to COVID-19.*



*Academically, ICSM students are part of an institution that brought the world the valuable field of public health medicine, and spearheaded the attack on infectious disease, saving, quite literally, millions of lives. You will be taught by, and work alongside, the foremost research groups in the world. The academic capital that Imperial holds is a resource that will give you an education like no other.*

*Socially, you'll be a part of traditions stretching back three centuries, in a vibrant college with the best students studying medicine in the world. As you read earlier, Imperial proudly had the likes of JPR Williams, Sir Alexander Fleming, H.G. Wells, and Brian May as its students. Everywhere you go from now on, when people see you are from Imperial College School of Medicine, they'll know they're dealing with someone special. Be proud of it.*

*I hope you have a spectacular time at ICSM and an amazing Fresher's Fortnight.*

Sadhana Sainath  
ICSMSU Gazette, Editor-In-Chief.





## WHO ARE THE BMA?

Member-run and led, the BMA represents, supports and negotiates on behalf of all UK doctors and medical students

- We negotiate for you
- We represent you
- We campaign for change
- We lobby to implement policy
- And more!!



## WHY SHOULD I JOIN THE BMA?



### JOIN THE BMA TODAY!

The British Medical Association is a trade union representing a national voice for doctors and medical students across the UK. The MSC (medical students committee) is here to protect your rights, further support your education and stand up for medical students individually and collectively on a wide range of issues.

Throughout your years at medical school you may be faced with challenges, both academic and personal. Our guidance covers everything you need to know during your time studying medicine. **Scan the QR code to join today!**

### Join us today!





# OUR CAMPUSES

*Written by  
Aden Ho, Sites and Services Officer.*

## SOUTH KENSINGTON - SAF

*The Sir Alexander Fleming building, or  
SAF, will be where you spend most of  
your lecture / teaching hours in 1st year.*

*Located on the left as you walk in from  
Exhibition Road, it houses 2 lecture  
theatres at the top of the stairs (though  
we're mostly inside G16), a few study  
rooms, and a computer room at the back  
of the building.*

*On the right side of the foyer, the Loud  
Bird is Imperial's alternative to a  
Nando's meal (for about half the price!)  
- fair warning, the queue can get pretty  
long come lunchtime.*

*You can find the ICSMSU common  
room just past Loud Bird, with couches,  
microwaves, and the SU President's  
office. There are also lockers available  
to students (contact the Sites and  
Services officer for more info), plus a  
decent amount of comfy seating around.*

*Travel-wise, it's about an 8-minute walk  
from South Kensington, the closest tube  
station.*



## SOUTH KENSINGTON - OTHER:



*Whilst SAF's lab spaces undergo renovation, you'll be using the Royal College of Science building's labs for larger group teaching (The RCS building can be found to the left of SAF's entrance)*

*Otherwise, if you're looking for study spaces, the Abdus Salam Central Library can be found across Queen's Lawn from SAF. It has 4 floors of seating - a (busy!) group study area on the ground floor, plus silent and quiet study areas on the upper floors. You can find tons of computers and borrow books on all subjects, plus there's a lovely café below! Go-Study areas are also available on the upper floors of the Sir Ernst Chain building, to the right of SAF.*



## CHARING CROSS HOSPITAL

*Firstly, despite the name, Charing Cross Hospital is nowhere near Charing Cross station! The hospital was relocated in the 1970s and has been in Hammersmith ever since. Many students move over to the area for later years, for closer proximity to placements and teaching.*

*The Reynolds' building hosts the Brian Drewe lecture theatre - the largest ICSM has! Recently refurbished, Reynolds' bar can be found on the ground floor. A canteen by day, bar by night - it has hosted staple ICSM events for years, including Sports' Night on Wednesdays, as well as the infamous Reynolds' Show every Freshers' Fortnight! Otherwise, you can find the Charing Cross library on the 2nd floor and a gym in the basement (handy for anyone living near Hammersmith!).*

*In terms of teaching, lockers and classrooms can be found on the 7th floor of the Lab Block building (follow the path to the right from Reynolds' front entrance), whilst the Anatomy Lab (with all its cadavers) is on the 14th floor and Clinical Skills labs on the 13th floor.*

*For travel, the fastest way is walking through Margravine Cemetery from Barons Court station, or walking down Fulham Palace Road from Hammersmith station.*

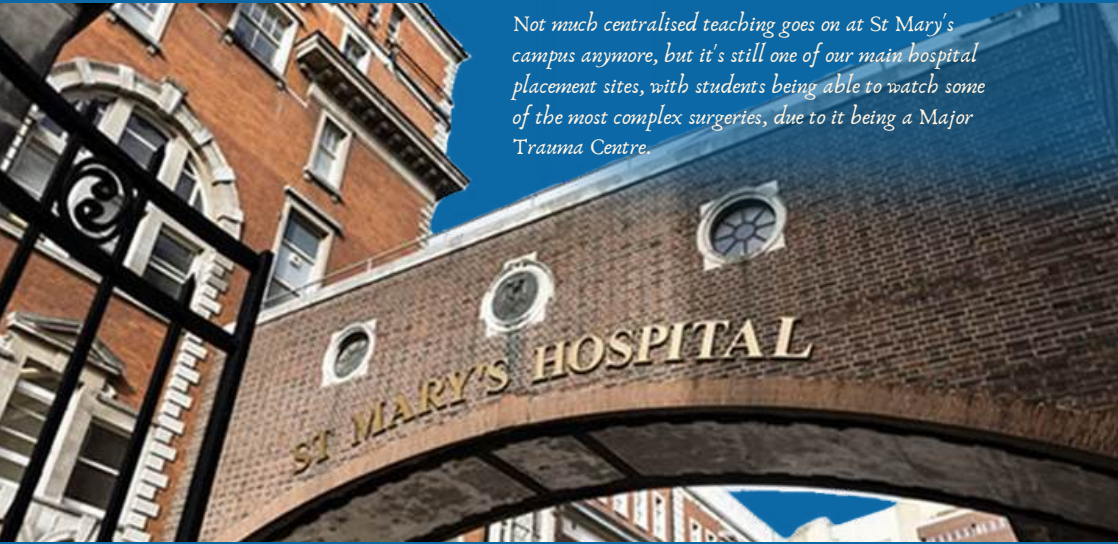
*A tip to avoid being massively late to Anatomy - the elevators can take centuries to get up to the 7th and 14th floors, so make sure to get there 15-20 minutes early. Or if you're like me and want a free cardio workout, you can also climb the stairs 14 floors up!*



## ST MARY'S HOSPITAL

*Besides placements, Mary's still comes in handy as a secondary study space, especially if you're staying in Wilson House! The library, whilst smaller than others, hosts a decent number of desks, and if you want to work out or relax after a long day of revision, the gym and common room are just downstairs!*

*Not much centralised teaching goes on at St Mary's campus anymore, but it's still one of our main hospital placement sites, with students being able to watch some of the most complex surgeries, due to it being a Major Trauma Centre.*



### HAMMERSMITH HOSPITAL

*This isn't a place you'll be spending much time in earlier years and is mainly reserved for iBSc students and the occasional hospital placement. Located just next to Wornwood Scrubs in East Acton, the Commonwealth Building hosts its library, lockers, as well as the Wolfson restaurant (which is pretty nice as hospital canteens go...).*

### CHELSEA AND WESTMINSTER HOSPITAL

*This is honestly the fanciest-built hospital ICSM has to offer! The foyer alone will blow you away, with its tank of tropical fish and sunlight filling all 5 floors. It boasts some of the most modern architecture in any hospital, along with proximity to numerous eateries (B Bagel and Buns from Home being some personal notable entries), as well as a cinema for patients (which unfortunately is not considered an 'essential' activity for your placements...).*

ICSM STRETCHES ACROSS 7 DIFFERENT CAMPUSES AND WORKS WITH A TOTAL OF 10 HOSPITALS (INCLUDING NORTHOLK PARK, WEST MIDDLESEX, ST PETER'S, EALING, ROYAL BROMPTON, HILLINGDON HOSPITAL, AND MORE!). EACH HAS ITS OWN FACILITIES AND UNIQUE CHARM, BUT ALL WITH A SHARED COMMUNITY - ONE THAT WILL TAKE YOU IN AND LOOK AFTER YOU, THROUGHOUT YOUR TIME AS PART OF ICSM!





# MDU

Apply now



### Join the MDU

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If you can't make your freshers' fair, we'll put your dictionary in the post.

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- access to **sponsorship for student events** – social and academic
- **indemnity for your elective\*** if you choose to go on an elective later in your studies
- free indemnity for **Good Samaritan acts**.



### *What is the MDU?*

The MDU is the market leader for medical defence in the UK. We provide guidance, support and defence in addressing medico-legal issues, complaints and claims.

### *Why should I join the MDU?*

**We've supported more than 600 medical students with cases over the last five years.**

As a future doctor you're expected to meet certain standards of professional behaviour in school. We can help students facing a fitness to practise hearing with writing statements and can offer support and representation. And as a member we can also offer you support if problems occur during your clinical placements or on your elective.

### *Why do I need indemnity?*

If you choose to go on an elective you can seek our assistance if problems arise from your involvement in the clinical care of patients. We can also help with claims arising from any Good Samaritan act you perform.

Take a look at our online student hub at [themdu.com/studenthub](https://themdu.com/studenthub). You'll find our latest articles, interviews, resources and videos. I look forward to meeting you.

Sarah McKillop  
MDU liaison manager  
e [sarah.mckillop@themdu.com](mailto:sarah.mckillop@themdu.com)  
t 07970 343 835

# Education



## YOUR COURSE: MBBS BSc

*Written by Onali Perera, ICSMSU Gazette Academic Editor*

*Hello freshers! I'm Onali, the Academic Editor for the Gazette for 2024-25, and I'm here to give you an overview of the MBBS/BSc course. My aim isn't to go through every single detail - it's to dissect (🧐🔪) the info you'll get about academics this year, I'll throw in some tips from a 4th-year's heart on how to deal with your years here. We're here to help!*

*You got through the interview,  
passed your A-levels,  
and now you're here.*

*First year is genuinely a really exciting time. The other articles in this guide are proof of that. But it can also be quite intimidating.*

*Some things you'll get used to right away, but often you'll find yourself changing how you do things multiple times to find what suits you. I encourage you to let yourself settle in gradually, because there is always time. Especially in a 6-year medical degree 🦋*

*Here are the modules, and some tips ;)*



*Instead of year groups, we have Phases.*



PHASE 1 is years 1 (1a), 2 (1b) and 3 (1c), where you get a mixed theoretical and practical foundation for becoming a doctor.

PHASE 2 is year 4, your intercalated BSc year.



PHASE 3 is years 5 (3a) and 6 (3B), where you gear up for the MLA (the final, final exam) and build on those academic and clinical foundations from earlier years.



## YEAR 1: INTO THE DEEP END

### MODULES IN YEAR ONE:

#### TERM 1 :

##### PRINCIPLES OF MEDICINE-

Essentially biochemistry, usually split into Cell biology, Immunology, Haematology, and Genetics. This can be a lot at once, so pay attention to the Tips later. Note that you do NOT need to memorise the 'primer' you are given before you start - it might be referenced very occasionally, but need-to-know things will be reiterated (There is an exam on this module at the end of the year)!

Remember to  
DRINK WATER  
AND EAT  
BREAKFAST  
BEFORE YOUR  
PROSECTIONS if  
you want to avoid  
dizziness and  
suffering.

TERM 2 :  
**BIOREGULATORY SYSTEMS** - Just like your A-level human biology. This involves lectures on different specialities and organs. BRS also involves Anatomy study; that's your prosections, clinical exam skills, and radiology. There is a **BRS exam** and a separate **Anatomy exam** at the end of the year)



The pre-reading for Anatomy can be a LOT. My advice is to learn the basics from **OTHER resources first**, and then skim through the pre-reading afterwards for extra detail if you like. The TeachMeAnatomy website and the Complete Anatomy app (in particular, the labelled “models” that follow one nerve/one artery, etc.) can be amazing. The questions at the back of the dissection pdfs are VERY relevant to the exam so pay real attention to those.

Many people have made fantastic flashcards based on images that may come up in the actual exam - something to potentially ask an older year about...

## THROUGHOUT THE YEAR:

### CLINICAL AND SCIENTIFIC INTEGRATION -

You go through cases, just like a clinical team would, in “small groups” that you stay with until Year 3.

Throughout the year, you will be examined on each case as an individual, then as a team with the SAME multiple-choice questions as the individual test. You will also have a group task during these assessments. It is very relevant to how cases will be in the hospital, and what knowledge is a must on placement, which makes it one of my favourite modules 😊 (Older Years’ notes are **ESPECIALLY** valuable here, particularly MedEd in a pinch!). These exams are pass/fail.

### PATIENTS, COMMUNITIES AND HEALTHCARE -

This is what your GP and primary care placements tie into. During the year, you will be placed with a partner at a GP surgery, where you learn about primary care and organise a Community Survey Project across Autumn/Spring term to help gather data within the surgery. My advice is to decide on your project EARLY, so you can distribute your survey/resources straight after Christmas. **This module is pass/fail.**

### LIFESTYLE MEDICINE AND PREVENTION -

This is the geography side of Medicine. You will have sessions throughout the year about the social, environmental and institutional factors that can affect health outside of clinic.

## TERM 3 :

After exams, you go straight into 2 weeks of placement at hospital (finally!), a chance to learn about working in hospital and gain exposure to the realities of different specialties. Look out for a future blog post with “Tips for Placement” later in the year!

After exams and placement, you will be randomly allocated groups to produce an “LMAP Podcast” using your knowledge and specific sessions. The potential topics of your podcast are split into: sleep, physical activity, nutrition, mental health, and health + wealth, which is allocated as closely as possible according to preference. **This module is pass/fail.**

## SOME STUFF TO LOOK FORWARD TO:

A WHISTLE-STOP TOUR OF FUTURE YEARS

### YEAR 2: INTO THE DEEP END (AGAIN)



A notable difference between Years 1 and 2 is demand - more lectures and more content, despite the fact there is no POM to think about! It mostly **BUILDS** on previous content, repeats key knowledge and overall the study tips above relate a lot to second year as well. **BRS** is spread across the year, and unlike Year 1 there is an **end-of-year OPEN-BOOK LMAP exam** based on Year 1 and 2 content.

You also have the **CRI** (Clinical Research and Innovation) project to look forward to after exams - where you use your accumulated research skills to create a **Research poster** with a team. In previous years you got to rank your preferred topic, and they will allocate groups taking your choices into account. In previous years, the projects have been in Applied Clinical, Healthcare Technology, Laboratory Research and Medical Education, but this is subject to change. You can apply as a group or an individual, and there is even a chance to do a Residential project.



### YEAR 3: A TASTE OF CLINICAL! (AND EVERYONE ELSE IS GRADUATING!)

This year is your first full-on placement year. That's 24 weeks of placement across the year split into 8-week segments in different specialties, with consolidation lecture weeks in each gap. And, of course, it's the year where you start to really get a handle on how to interact with others in a hospital setting, scrub up for surgery, and clinical skills like taking blood and setting up IV drips - exciting stuff! You only have 2 exams for this year - the "Written" exam (based on the list of conditions given at the start of the year), and the famous **OSCEs** (Clinical Practice exams) for which you can get tutoring just like for previous years.

You don't get an Easter (just 1 week of revision before your exams 😞) but it is great preparation for what studying as a doctor will be like in future. Seems intimidating, I know, but you will get used to a different way of studying where Passmed/Quesmed question banks and flashcards start to be used pretty much ubiquitously. Look out for the Gazette's upcoming Winter edition for an article on the strengths and weaknesses of various online medical education resources 😊

## YEAR 4: COSPLAY AS A NORMAL DEGREE

Welcome to BSc year! At Imperial, you have a LOT of choice, but you only have to decide March-ish of Year 3, when things have probably changed. However, if you want a sneak peek the Gazette will be releasing their iBSc guide later in the year with student perspectives - Watch this space!

## YEARS 5 AND 6: FINAL STRETCH! (OR, THE TIMETABLE WITHOUT THE INCOME)

This is far off yet, but the main thing is that you jump back into clinical stuff and placement. It's a very different trajectory - 5th Year is July to June with 4 weeks holiday total across the year (just like a real job 🥺).

In 6th Year, you start in late July, have final exams in February. After this, you go through electives (that you organise yourself) and pre-foundation experience before you graduate.

The one thing to take from this section is be prepared for a drastic change in finances, especially if you are living out. Your SFE decreases drastically in 5th and 6th year, so start saving! Look up the Imperial Bursary EARLY to help you out with this, probably available to a lot of you but especially if you are means-tested for SFE this year.

## GENERAL ACADEMIC ADVICE

PLEASE use other people's notes.

You do not need to memorise every fact on every slide (ESPECIALLY for POM), and other people's notes point this out!

- DO NOT stress if you don't know the content to the same degree as you did for A-levels, even after your first exams. The course is 6 years; information will reappear over and over in different contexts.
- At least understanding around 60-70% of the content in first-year is very well-done.
- Older years have done your exams and know how to prioritise, so use them!

Join MedEd chats, Muslim Medics and other ICSM societies (don't overlook the ICSM Arts societies, they run a tight ship!) for their notes and tutoring.

Take a good look at the ICSMSU Notebank (a OneDrive of loads of older-year notes)

Teams groups and tutorials should be knocking around your year-group chats if you need.

- When starting university most people DO NOT know how to study. This can be a difficult lesson (it definitely was for me) and requires a lot of trial and error, but don't let this intimidate you! It's still ongoing for me and I've still passed each year (plus had fun doing it! 😊)
- Your peers are your friends. So many people genuinely feel the same as you. Learn stuff in your own time and get through it - I promise everyone (including you) can be very very excellent at the same time!

- Try Mind Maps, Flashcards (Anki, Brainscape and Quizlet have different formats that suit different people) and FREE!!
- Going through cases can also be fantastic, which is why lectures are full of them!

## CONCLUSION

That was a lot T-T Well done for getting this far, and don't worry if you didn't take everything in. I definitely didn't before Year 1 started, but it will start clicking as the year goes on. Return to this whenever, and bear in mind that those Year 1 tips I've listed are applicable for pretty much every year 😊  
Good luck, and feel free to email me ([op421@ic.ac.uk](mailto:op421@ic.ac.uk)) with any questions or a chat!

Best wishes,  
Onali :p



## YOUR COURSE:

### BSC MEDICAL BIOSCIENCES (BMB)

*So you're finally here at uni! You start your uni life with a bang at freshers. Whether it's going to all the events and socials, joining the tons of clubs and societies, or finding that group of friends to chill with, you design your freshers!*

*It might seem that you're surrounded by a sea of medics during freshers – but this is just because of sheer numbers! Look out for fellow BMB freshers, join the Year WhatsApp chat, or find the BMB President, Academic Officer, and Welfare Officer during freshers!*

*This section is full of stuff ICSMSU and BMBSoc are doing for freshers, but here are some of our top tips:*

#### *Our Top Tips*

*Compiled by Maelle, Y2*

- Enjoy freshers and make full use of the events
- Be open minded to trying new activities and sports since you can meet lots of great people through these CSP's!
- Engage with the Union and BMBSoc as much as you can as it helps put your name out there, and allows you understand the structure of the course and Union

#### *For commuters*

*(who don't live in accommodation)*  
*Compiled by Aliza Y2*

- I promise you will make friends even if you do not live in student halls or accommodation. It can feel scary at first, but everyone at Uni is also in the same situation as you (they want to make friends).
- Try to join societies! You can make a lot of friends and have something to do outside of BMB.
- Make the most of fresher's week by attending the welcome fair, going to different ICSMSU and ICU events.

# MODULES IN YEAR 1

Compiled by MATILDA P2 & BMBSoc

Autumn Term: October  
Winter Term: January - March  
Summer Term: April- June

## STATISTICS (STAT)

### ASSIGNMENTS AND EXAMS:

SUMMATIVE EXAM: 50%

IN-COURSE-ASSESSMENT (ICA): 50%

### TEACHING METHOD:

EMODULES, FACE-TO-FACE SESSIONS,  
CONSOLIDATION TASKS, OFFICE HOURS.

*Learn how to explore data sets and undertake rigorous statistical analysis. You will learn basic statistical concepts and then apply them in a scientific context by using R and working with datasets. Anticipate a bit of coding – but don't worry, they start from the basics!*

### Our Top Tips:

- Have a code glossary & definition glossary: whenever you come across a new piece of code & definition, you'll have somewhere to put it.
- Prioritise the coding sessions! Learning the code is important but it's much more significant to put it into use.
- Practice makes perfect: You'll have plenty of opportunities to tackle analysis and application questions throughout the module, make good use of these, especially in face-to-face sessions.

## MOLECULAR AND CELLULAR BIOLOGY (MCB)

### ASSIGNMENTS AND EXAMS:

SUMMATIVE EXAM: 50%

IN-COURSE-ASSESSMENT (ICA): 50%

### TEACHING METHOD:

EMODULES, FACE-TO-FACE SESSIONS,  
CONSOLIDATION TASKS, OFFICE HOURS.

*Gain a thorough understanding of molecular biology and cellular biology in order to comprehend the impact of these disciplines on human health. You will learn the fundamentals of human biology from genes, to cell, to system – this is the largest module of the year, so keep at it!*

### Our Top Tips:

- Before coming into the face-to-face sessions, make sure you have a firm grasp of the key, significant aspects of each process & mechanism
- Writing out processes step-by-step, with numbered steps will be helpful in the exams and make it a lot more clear to learn
- Go over the TBL sessions, focusing on the questions as it is helpful practise for the exam
- Focus on the general understanding of mechanisms and number of proteins in each step.

## CHEMISTRY OF BIOLOGICAL INTERACTIONS (CBI)

### ASSIGNMENTS AND EXAMS:

SUMMATIVE EXAM: 50%

IN-COURSE-ASSESSMENT (ICA): 50%

### TEACHING METHOD:

EMODULES, FACE-TO-FACE SESSIONS, CONSOLIDATION TASKS, OFFICE HOURS.

*Investigate the role that chemicals and macromolecules play at the cellular, molecular, and system levels, using examples to illustrate their real-world implications. While these delve into chemistry topics, don't worry if you haven't done chemistry at school – they start from the basics!*

### Our Top Tips:

- Practice the exam papers, and application of concepts is key to succeed in this module!
- Have a glossary for equations & any concepts that could be applied to different molecules, for example rules & graphs
- CBI content is much more conceptual than MCB, so you must take the time to thoroughly understand each topic.

## INTEGRATIVE BODY SYSTEMS (INTS)

### ASSIGNMENTS AND EXAMS:

SUMMATIVE EXAM: 50%

IN-COURSE-ASSESSMENT (ICA): 50%

### TEACHING METHOD:

EMODULES, FACE-TO-FACE SESSIONS, CONSOLIDATION TASKS, OFFICE HOURS.

*Learn how the nervous system controls and regulates the functioning of the body, the fundamentals of the musculoskeletal system, the basics of the hematology and endocrinology.*

### Our Top Tips:

- You might think content-heavy modules like INTS are focused on rote memorisation, but there's a surprising amount of analysis and application too! Make sure that you build a solid foundation of knowledge through effective revision.
- Don't only revise the parts you like in INST, as they're all weighted equally in the exam
- Prioritise prereading before every session and have a good understanding of it as the topics change quickly.

## LAB POD 1 (LP1)

### ASSIGNMENTS AND EXAMS:

PRACTICAL EXAM: 33%

LAB BOOK: 33%

ORAL PRESENTATION: 33%

### TEACHING METHOD:

E-MODULES, LAB MEETINGS, LAB SESSIONS, FACE-TO-FACE SESSIONS.

*Explore real scientific questions in a supportive, yet challenging environment, modelled after an active research lab, and experience the excitement of performing scientific research.*

### Our Top Tips:

- LP1 is centred on knowledge from MCB; life in the second half of year one will be much easier if you can properly revise MCB content.
- Teamwork, communication and preparedness are the three essential skills during LP1! As your team gains more autonomy in the second half of the module, make sure you are aware of your part in the team.
- Understanding the theory and why certain practices are set in place will make your lab days & exams a lot easier
- The lab book might seem tedious and long, however, it is crucial to fill it out properly to save you time in the future

## Our Top Tips for Year 1

COMPILED BY MAELLE P2 & BMBSoc

- Don't do the modules the night before the Face-to-face session. Allow yourself at least a week before to fully understand the material and not just memorise it.
- Engage as much as you can with the content and the teaching fellows in the F2F, since the exams are similar(-ish) to the F2F scenarios & case studies.
- Although they seem easy(-ish), don't do the eModules in one go and instead give yourself breaks in between because some can be very long and tiring.
- In the F2F, make sure you pay attention to what's happening instead of just taking notes. F2F sessions are not lectures, and are meant to be interactive!
- Enjoy the flexibility you have with BMB and the pre-session material!

Each module consists of 3 materials:

1. *Pre-session: e-module, this is where you pre-read the materials to be prepared for the on-site lectures.*
2. *Face-to-face: this is where the contents used for on-site lectures are eg tasks, exercises.*
3. *Consolidation: this is where after class, extra exercises are uploaded, however based on statistics, the number of people doing them gradually decreases*

For those worried about being absent or feeling behind after each session:

- Presentations used by the lecturers are uploaded after each session (found in the f2f folder)
- Lectures are recorded and uploaded on Panopto

## ACADEMIC SUPPORT

(REPS, DOING SURVEYS, SU OFFICERS, AI AND PLAGIARISM SUPPORT)

Anant (ICSMSU BMB Pres)  
& Chae (ICSMSU AOBMB)

At Imperial, every course will have *Academic and Welfare Representatives* of each cohort/year, so for BMB, you'll have the chance to either run for those two Academic Rep or one Welfare Rep position, or vote for your peers!

As an Academic Representative your main task is to represent your cohort in all things and matters academic and improve the academic experience of all your peers. You'll be trained by the Faculty and every term your main task is to receive feedback from your year on each Module, exams, in-course assessments and relay these concerns and issues to the Staff via Student-Staff Liaison Group (SSLG) meetings. Don't worry though, you'll have my guidance (the Academic Officer).





## GENERAL ADVICE!



- Although they say, don't use CharGPT, this AI can be very helpful: when you don't understand stg don't leave it there, ask AI to explain it to you. Never leave a question unanswered because you won't understand the content.
- At the beginning of the year, I took notes by hand, but then I realised it's very time-consuming so I switched to a laptop. Typing is faster and easier when it comes to organising your notes. One Note and Word are 2 examples of great apps that can be used for note-taking. Remember, decorating your notes won't help you to understand the material better, indeed, it slows you down.
- As the exams (except for stat) are open-book, it's easier to use a platform where you can easily find your notes within a topic.
- Don't assume that just because stg is formative it's unnecessary, don't rush and leave formative assignments for the last minute! This is because formative assignments are marked by the TFs who give feedback about your work. Their suggestions and advice help you to improve which you can implement into your summative ICA and exam.
- Always have questions and never go to a session without thinking you already know everything: someone who knows everything actually knows nothing. This is because after each session you can talk to lecturers directly who'll gladly answer your questions. Furthermore, there are arranged drop in sessions. I made the mistake of not coming to those sessions thus when I struggled with something I had to deal with it on my own

# INTERSHIPS/UROPS/ACADEMIC OPPORTUNITIES

Hi, I'm Adri! During the summer after my second year, I was fortunate enough to secure two internships: one UROP at Imperial and another research experience outside of Imperial. The application process for both was quite similar, and I'd like to share some tips that might help.

First, I did some research into the topics that interested me. I then reached out to professors involved in that field via email. In these emails, I introduced myself, stated what I was studying, and explained my interests. I highlighted what I found intriguing about their research, referencing specific papers or publications. I expressed my interest in gaining research experience and suggested meeting for coffee to discuss potential opportunities or simply to learn more about their work.

Fortunately, both professors responded positively. We met for coffee, had insightful discussions, and I was able to secure the internships. To prepare for these meetings, I made a list of questions about

their research to show that I had done my homework and was genuinely interested.

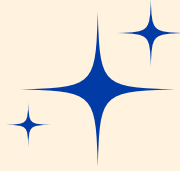
The paperwork for the internships was straightforward, mostly involving filling out an application form, which was a formality that required the professor's approval. Unfortunately, my UROPs were not funded because I applied late for the Imperial one, and the external research program primarily catered to PhD students. However, they made an exception for me, which was very lucky!

Even without funding, the experiences were incredibly enriching. If you're aiming for a funded UROP, it's best to start the application process early. These internships have provided me with invaluable experience for my third-year placement and have equipped me with great skills for my CV and my master's applications!

I hope this helps, and I wish you the best of luck in securing your own internships!

## Internships / opportunities

- **LinkedIn!!** So important to make connections and connect with imperial alumni and send them a message asking abt what it take to gain an internship
- Make sure to do your research on the company so when you reach out with interest you can target the company directly instead of being broad
- Key in important dates for when you need to hand in internships
- Have your CV reviewed by people and try and keep in simple whilst making key points abt your skills and what you have to offer since bmb offers a lot of skills that most first years won't have
- Just try... even if you don't get it it's ok but at least you tried



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ICSMSU WELFARE

# WELFARE

Written by Ketevani Asatiani-Kalandaze,  
ICSMSU Welfare Chair.  
@icsmsuwelfare



ICSMSU WELFARE

*The ICSM Student's Union (ICSMSU) Welfare Team will be here for you throughout your time at medical school. We are a passionate and caring team here to support you in every aspect of university life and with any issues that you experience during your time at ICSM, be it health-related (physical and mental well-being included), financial or personal.*

*This year's Welfare team is made up of Kete (Chair), Iolantbe (Vice Chair), Senara (Vice Chair) and Brian (Vice Chair for BMB).*

*They work as part of the ICSMSU, with Faculty and other student support and representation structures within the College, to improve the wellbeing provisions across campus and support individuals who are facing challenges and dealing with hardship whilst at ICSM. They are an approachable, friendly bunch so don't be afraid to say hi during Fresher's fortnight. They are very excited to meet you and to welcome you into the ICSM community!*

## STUDIES

*First year is all about striking a balance between working hard and playing hard. You have a lot more time and flexibility, but with it comes the responsibility to use it wisely. Get as involved as you can in clubs and societies, as these will support you throughout the next six years - forging friendships and fostering interests.*

*First year can be challenging, all the new people and the learning approach is very different. However, don't feel afraid to ask your academic officer or any older years for help if you become stuck - we've all been there before, and we will always be more than happy to pass on our hints, tips and useful resources. Just know that at ICSM you are never alone.*

*Look out for study sessions and study groups throughout the year to get the best advice from older years about how to juggle your studies and your socials and tonnes of advice on your content throughout the year.*

## FINANCES

*For many of you, coming to university can be challenging as it may be the first time that you are financially responsible, and keeping track of your spending is often easier said than done. Support is always available for you if you end up out of your depth, so please ask as soon as you feel like you may need some help! There are lots of options available, so speak to us and we can make sure that you receive the right support for your situation. The most important thing is to speak up if you are struggling.*

## SAFETY

*London is a big city and it is important that you stay safe. Make sure that you are street savvy, don't flash expensive items around or leave bags open or unattended. On nights out, use common sense by travelling in groups and NEVER use an unlicensed taxi to get home, no matter how loudly your bed is calling to you! Remember to register with a London GP as soon as you can, as this is often something which gets passed over in all the excitement of freshers (when freshers flu hits it's probably easier if your GP is close by.) With regards to sexual health, stay consensual and stay safe. Don't forget to look after yourself.*

## ALCOHOL

*Alcohol is one of the main things which can throw freshers off in the first few weeks. You don't have to drink to have fun or make friends - lots of people don't drink and still have crazy cool experiences.*

*For those of you who do drink, learning your limits can be a sharp learning curve and something which should be done at your own pace. You should never feel pressured to drink, and if you are placed into a situation which makes you feel uncomfortable then please find one of the Welfare team or another member of the SU.*

*Whether you drink or not, look out for one another!*

## WHERE CAN I GO TO FOR HELP?

*We are very lucky within ICSM to have a brilliant network of people you can approach. Within your first two weeks you will meet your personal tutor who is there to support and advise you throughout your time in medical school. Remember to sign up for Mum's & Dad's, where you will be invited into the "families" of older years who will make sure that you are ready and supported throughout the upcoming weeks.*

*If in doubt just get in touch with anyone on the Welfare stream, on SU or FEO Welfare and someone will direct you where to go.*













## Your Welfare Snapshot

Imperial College  
School of Medicine  
FEO Welfare

### What can I discuss with my Tutor?

- |   |  |   |   |
|---|--|---|---|
|  | Anxiety or stress about workloads in modules/domains       |  | Attendance and/or engagement concerns         |
|  | Academic & welfare strategies to work to my best potential |  | Applying for Mitigating circumstances         |
|  | Time Management/ Healthy working balances                  |  | References for Summers internships            |
|  | Working in teams / how to handle conflict with others      |  | Interactions and discussions with GP settings |

### Quick Links

Counselling Service	Self-referral appointments: <a href="https://imperial.ac.uk/counselling">imperial.ac.uk/counselling</a> Intervention Team: <a href="mailto:concernedaboutstudent@ic.ac.uk">concernedaboutstudent@ic.ac.uk</a> Online CBT (free): <a href="https://imperial.ac.uk/counselling/silvercloud">imperial.ac.uk/counselling/silvercloud</a> Kind Mind Series: <a href="https://imperial.ac.uk/counselling/kind-mind">imperial.ac.uk/counselling/kind-mind</a>
Disability Advisory Service	Book your appointment for adjustments or screenings: <a href="https://imperial.ac.uk/disability-advisory-services/current-students">imperial.ac.uk/disability-advisory-services/current-students</a> Worried about signs of ADHD, SpLDs or Autism: <a href="https://imperial.ac.uk/disability-advisory-services/current-students/adhd-and-autism-screening">imperial.ac.uk/disability-advisory-services/current-students/adhd-and-autism-screening</a> Inclusive Technology (free): <a href="https://imperial.ac.uk/admin-services/ict/training-and-resources/ict-inclusive-technology/">imperial.ac.uk/admin-services/ict/training-and-resources/ict-inclusive-technology/</a>
Health Centre	<a href="https://imperial.college.healthcentre.co.uk">imperial.college.healthcentre.co.uk</a>
ICSM Welfare	<a href="https://medteam.imperial.ac.uk/welfare/">medteam.imperial.ac.uk/welfare/</a>
Report and Support	<a href="https://report-and-support.imperial.ac.uk">report-and-support.imperial.ac.uk</a>
Raising Concerns	<a href="https://medteam.imperial.ac.uk/raising-concerns/">medteam.imperial.ac.uk/raising-concerns/</a>

### Senior Tutor

Professor Mark Nelson – Phase 1a  
Dr Anabel Varela Carver – Phase 1b



### Contact the welfare team!

- At least a third of the year raises a welfare concern and are then supported confidentially
- Over 150 students will be successfully helped with [finance problems](#)
- Have a wellbeing concern you want to find support for – refer to our [wellbeing guides](#)

Issue	Who can help
Complex personal concern (Health/Mental Health/Family Circumstances)	Senior Tutor - <a href="#">Professor Mark Nelson</a> Senior Tutor - <a href="#">Dr Anabel Varela Carver</a>
Experienced or witnessed harassment or any police interactions?	Senior Tutor - <a href="#">Professor Mark Nelson</a> Senior Tutor - <a href="#">Dr Anabel Varela Carver</a>
Concerned about a friend's wellbeing	<a href="#">Intervention Team / FEO Welfare</a>
Medical help or treatment via a GP	<a href="#">IC Health Centre</a>
Not coping, burn-out, uncontrolled stress, Or mental health concerns	<a href="#">Intervention Team</a> <a href="#">Stress Management support</a>
Finances	<a href="#">FEO Welfare</a>
Additional exam arrangements (clinical / written)	<a href="#">FEO Welfare</a>
Uncertain of where to go for help?	<a href="#">FEO Welfare</a>
URGENT crisis support	<a href="#">A&amp;E, Urgent Care</a>



[medicalprotection.org/studentjoin](https://medicalprotection.org/studentjoin)  
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# Social

## YOUR YEAR AHEAD

### OVERVIEW

*You don't need us to tell you that six years is one hell of a long time to be studying; when your mates from home are graduating you'll be at your Halfway Dinner! If you did nothing but work, you would end up going crazy and sitting mumbling to yourself, going around the Circle Line endlessly. Fortunately, at ICSM, there are approximately a zillion-and-five different things for you to do over the course of the year, every single year. That's a lot.*

*We realise that not everybody drinks alcohol so all of our events are designed for everyone, no matter what you fill your glass with. Many people don't drink and are still heavily involved with the social scene so don't let this put you off!*

*Many of the events are long-standing traditions from the days of St Mary's and Charing Cross. Traditionally, Wednesday evenings are Sports Nights, where all the sports clubs come down to the Reynolds to celebrate yet another hard Wednesday crushing GKT (Kings medics). You don't have to play a sport to enjoy the festivities, so just come down and say hi to any familiar face!*

*The Reynolds bar (and café during the day) is also the perfect place to meet friends in an atmosphere full of 'borrowed' signs from other universities and signatures of our graduated doctors. It will feel like home before you even realise it.*



## Autumn Term

*Your life at ICSM kick starts with the marathon that is Freshers's Fortnight - we're the only Union within Imperial to do TWO weeks of fun. It's the perfect opportunity to taste the ICSM social scene and meet some really great people!*

*We include the most events out of all of the London universities in our Freshers 'passport', which guarantees you entry to every single event of the fortnight - make sure you purchase a T-shirt and passport!*

*There are various events hosted by several Clubs and Societies, including numerous concerts and gigs from ICSM Music Society, and Light Opera's Main Show. In the cold of the winter, you can look forward to SU-hosted events such as the Phoenix Ball!*



## Spring Term

*By now you are settling into ICSM but this does not mean the fun settles down. Spring term means RAG (Raising And Giving) term; With RAG week, which famously ends with the Circle Line Pub Crawl and the Fashion Show, which features an insane amount of talent (in designs, dancing and music - featuring dancing from ICSM Dance and performances from ICSM Jazz Band)! There is also the annual ICSM Drama production this term- which will surely not be one to miss.*

*Sports features heavily and allow our sports teams to flex their muscles and show how awesome we truly are, traditionally crushing every other med school. Ultimately though, lots of our sport is building to Varsity, where sport is held over a whole day, with dozens of matches played against IC in every sport you can imagine. This climaxes in the headline event where one final takes centre stage and a massive crowd assembles to show our support for the Phoenix and prove that medics really do have more fun.*

*Moving away from sports, there is an Arts dinner, where the 5 Arts societies get together to celebrate their achievements from the previous year.*

# SUMMER TERM

*Although the summer term is somewhat marred by the prospect of exams, there is still a lot of fun to be had.*

*The term finishes up with the gigantic Sports Dinner; all sports clubs gather under one roof to celebrate all the year's triumphs together, as well as recognise particular teams and individuals for an outstanding season.*

*This is also the term that most societies hold their AGMs (annual general meetings) (to vote in new committees) and annual dinners. These vary from AGMs in the Reynolds lecture theatre to black-tie dinners at Forge Bar!*

*As the year draws to a close we prepare to congratulate and say farewell to our final years. ICSM Music Soc's Summer Concert brings an evening of music, cheese and wine that brings faculty and students to a tearful farewell.*



*These are just a selection of highlights from the year. There is SO much more out there and you will love it all! Get involved in the multitude of Clubs and Socs that ICSM has to offer!*

*There is honestly no better place to be, so go out and make this year at ICSM your own!*







# ICSM RAG

RAG (Raising and Giving) is our student charity fundraising society, whose traditions have been deep within the heart of the medical school for decades. We are giving back to the community through volunteering and are raising thousands of pounds for those who need it most by collaborating with tons of clubs and societies to run the biggest and best events of the ICSM calendar! All of this- whilst having outRAGEous amounts of fun!

So, whether you want to volunteer, kick your feet back at our more relaxed events, or just party through the night - get ready for the RAG calendar 24/25 and make some of your best memories of medical school!

## EVENTS

Here's a rundown of our annual events with more updates on this to follow throughout the year.

### FRESHERS FAIR

Come find our stall at the fair, where we will explain who we are, how you can be involved, and be given the full rundown of the RAG timeline of our extremely sought after events- so there's no chance you will miss out. This is not one to miss!

### FRESHERS FORTNIGHT; WONDERLAND WORKSHOP

Welcome to your first taste of ICSM RAG, as a relaxing end to an insane first week (it's just the beginning, don't you worry...). Let us pamper you while you prepare for what's to come in the remaining half of freshers fortnight...

### RAG SPORTS NIGHT

Sports Night is not for the faint of heart, but RAG Sports Nights are ones you definitely don't want to miss! With the introduction of the elusive(?) 'Valentines Sports Night', you best be ready to don your most outlandish costumes and compete in challenges that will for sure get your adrenaline pumping.

### DIAMOND OF THE SEASON BALL

Dust off your black-tie suits and evening gowns, get ready for a party like no other in our stunning new venue and our first potential Inter University ball! With beautiful outdoor garden areas as well as a dance floor and karaoke room, party the night away with class, elegance and style!

## FASHION SHOW

*Drum roll please... presenting our greatest event with guaranteed and instant sell out... ICSM FASHION SHOWWW!! Watch our ICSM models strut in beautiful designer garments and dance through the night at our most notable event. Keep your eyes peeled to get involved, so don't fall victim to guaranteed FOMO.*

## RAG WEEK

*The most important week of the year... RAG WEEK. There's categorically not enough room here to reveal all the insane stuff we've got planned. From shaved heads and London-wide pub crawls to charity auctions and vintage clothes, there is definitely something for everyone. Get involved and don't miss out on this iconic week-long fundraising event!*

### **MONDAY - BLOOD DRIVE**

*A more scientific start to the week (gentle reminder we are in fact medicine students lollll) - come get your blood group screened with the opportunity of donating blood and saving lives.*

### **TUESDAY- FASHION SHOW THRIFT SALE**

*Fancy the clothes in the show? Say no more- we have provided the amazing opportunity to buy these stunning pieces for yourself, alongside our exciting clothes swap event where you could bag yourself some FREE clothes.*

### **WEDNESDAY - 4 SKINS**

*Head shaving for charity- but taken to new levels. Say no more as the second years participate in a charity auction where the only thing they are auctioning off is- their hair!!!! Four boys with the highest bid will be fashioning buzz cuts for the next few months, it's ICSM duty to support and be there!*

### **THURSDAY- PUB QUIZ AND RAG AUCTION**

*The evening begins with a laid-back pub quiz, but this is truly the calm before the storm... Then, imagine a standard auction but the prizes are both genius and hilarious - picture dinner with Amir Sam, strolls with Mary Morell amongst many others. Be there for an experience like no other- the havoc of students and faculty favourites committing to a bidding war for our highly desirable prizes.*

### **FRIDAY- CIRCLE LINE**

*The final day of RAG week and one of ICSM's ICONIC traditions. Parade around London sporting our Circle line T shirt and bump into other medical students along the pub crawl. Interact with the whole school amidst the frenzy that ends with a huge club night that's not one to forget (or maybe you will...)*



*It would be impossible to detail all of our incredible fundraisers but here's a sneak peek as to what's to come...*

- End of Exams Sports Day
- Skydiving
- Volunteering in India
- Animal shelters
- Arts and Crafts Club
- Jailbreak (don't what that is? well come and find us at freshers, as you'll 100% regret missing out)

# Features

Presented by  
 ICSM  
 Gazette

## TOP 10 TIPS

Written by Ivin Jose, Features Editor, ICSMSU Gazette

### 1. SO MUCH GROWTH

Welcome to the first step of your Imperial journey! This will be one of the most transformational years of your life. From managing finances to cooking your own meals, you'll be experiencing true adult life for the first time. It's all about discovering new sides of your personality and growing into your independence. Enjoy the ride—it's all part of the experience!

### 2. MAKING FRIENDS

The best part of Imperial is undoubtedly the people you'll meet. It might feel daunting at first, but Freshers' Week is packed with opportunities to make new friends. Whether it's through tutor group ice-breakers or small talk before lectures, everyone is in the same boat. Remember, it's not about finding your best friend on day one. Just be yourself, and your people will find you. Before you know it, you will be surrounded by a second family who will help you navigate whatever University life throws your way.

### 3. FUN IS WHAT YOU MAKE IT

University life isn't just about lectures and exams; it's also about having fun. Whether you're an introvert who's into reading or an extrovert who loves clubbing and everything in between, there's something for everyone at Imperial. Don't feel pressured to conform to anyone else's idea of fun — do what makes you happy.

### 4. COMPARISON IS THE THIEF OF JOY

Imperial is full of talented, ambitious individuals and it's easy to feel overwhelmed. But remember, everyone has their own journey. Focus on your goals and values and don't get sidetracked by comparing yourself to others. Your path is your own, and it's the only one that matters.

## 5. HOMESICKNESS IS REAL

Moving away from home can be tough, and it's completely normal to feel homesick. Stay connected with family and friends and let them know miss them every now and then. Soon you'll find yourself engrossed into university life, be that with work or societies and the pangs of homesickness you felt in first term, will fade away.

## 7. ASK FOR HELP - YOU'RE NOT ALONE

Independence is great, but it doesn't mean you have to do everything on your own. Whether it's academic support, mental health services, or just a chat with friends, don't hesitate to seek help. The FEO Welfare services are there for a reason - use them!

## 9. SEIZE OPPORTUNITIES

Imperial offers countless opportunities, both academic and extracurricular. Whether it's joining societies, attending talks, or exploring London, take advantage of everything on offer. University is the perfect time to try new things and step out of your comfort zone.

## 6. THE WORKLOAD - IT'S MANAGEABLE

Yes, the workload can be intense, especially compared to A-levels. But don't panic, it's more than doable! Take Term 1 to settle into university life and give yourself the chance to try out different learning styles. Don't be afraid to ask for resources, the ICSM Notebank is a revision treasure trove and Lecturers, Tutors, Older Years are gold mines of high yield information! It's all part of the learning process, and you'll find what works for you with time.

## 8. IMPOSTER SYNDROME IS INEVITABLE

It's easy to fall into the trap of feeling like everyone around you is smarter or more accomplished. But remember, you're at Imperial for a reason - you belong here. Everyone experiences self-doubt occasionally, and that's perfectly normal. Discussing it with friends can be incredibly reassuring.

## 10. YOU WILL LOVE IT HERE

Your time at Imperial will fly by, so make the most of it. From the incredible people to all of London's attractions, there's so much to enjoy. This is a unique experience, and it won't last forever, so savour every moment. Whether you're into sports, arts, music, or something niche, the perfect Imperial society is just waiting for you to find it!

# VIEW FROM THE SIX YEARS

by **DR SURAIYA HADDAD**

*Congratulations on making it to ICSM! Well done and a warm welcome to Imperial. This year, Imperial is ranked the best university in Europe, so you've done a sensational job, and you are thoroughly deserving of your place here. Everyone is hiding some insecurities, so don't be threatened by peacocks. You've not got time for imposter syndrome. Imperial chose YOU.*

*It's going to be hard but it's also going to be great. Invest the time in nurturing friendships that will help you through the tough times and party with you in the good ones. Also important to remember, just because you have a medical degree doesn't mean you have to be a doctor.*

*The Gazette has asked me to write down my best tips for each year, so here goes!*

**First Year:** Go to the freshers' events, both medic and non-medic. My life at Imperial was made so much richer by the enduring friendships I made both in and out of the medical faculty. Look after your friends during freshers, the alcohol thing is new to a lot of people and you're amongst strangers. PS freshers' flu is inevitable, you can run but you can't hide.

*Learn how to learn at university (for most people you need a WHOLE NEW STRATEGY than what worked at A-level). Dr Emerson does these handy things that are worth going to at least once. Work together, it lightens the load and makes it more fun. Grab a takeout and make flash cards together. Learn to cook! Sign up to all the clubs you're interested in! Maybe you fancy trying out for university challenge ;) Try new things, SOCIALISE, go and see London. First year is intentionally a year that is forgiving – it's not worth that much of the degree so don't be hard on yourself. Also, sort your housing for second year early.*



**Second Year :** *Ok, now things get serious. Exams start to be worth more but remember you're never too busy for a lunch/dinner catch up. After all, everyone's gotta eat. Be confident and be happy, you made it through first year. If you can do that, you can do the rest of it. Don't cry on your CRI. If you're crying about it – it's time to tell someone you need help/change of subject. No biggie.*

**Third Year :** *Placements! Woo! Patients! Woo! Commutes ewwww. No one expects anything of you yet, so ask any questions you want. Practice cannulas and bloods and get good at examining. Join OSCE training groups and practice together. Not endorsing it, of course, but generally another chill year, so if the weather is good and you want to leave early, you know, "beat the traffic" and go and hang out with friends instead, maybe do it? The truth is the most interesting stuff happens out of hours anyway. Don't be a martyr to the "timetable" or an expectation of hours. You're still a student, you're not paid to be there. When it stops being useful – leave (often if it's busy drs don't have time to teach – read the room, ask questions at a good time and don't be offended if you're*

*ignored when it's busy. You're not the priority – the patients are).*

**Fourth Year :** *Let's get that BSc! One of my biggest med school regrets is I didn't pick with my heart. I picked a subject thusly– Critical Care & Anaesthetics – "I don't know what I want to specialise in, and you can end up in critical care for any system going wrong – neuro/gi/cardio/resp/derm even! It's universally applicable and I like chemistry."*

*All I remember really of that year (COVID so remote for me as well) was "God I don't want to do critcare or anaesthetics" but also "whoop I just got another degree". Truth is, unless you're certain what specialty you want to do, just pick from your heart. The points in later applications come for having a BSc full stop, doesn't really matter too greatly what it's in.*

**Fifth Year :** *Specialities! The old adage – it's a marathon not a sprint isn't true. It's both. It's a slog and it will also be a cramming exercise at the end of the 54-week year too. BUT, it's so interesting. ObGyn, paeds and psych are practiced in such different ways to literally every other aspect of medicine so listen-up and take it seriously. You will encounter women, pregnant people,*

children and mental health in pretty much every speciality one way or another. It's called the hardest year of medical school for a reason. I cried in fifth year a lot. So did everyone else. So will you, my friend. Godspeed. Soak up London (which you should have been doing throughout).

Possibly this is your last full year here for a while. Go to the museums, galleries, music concerts, clubs, bars, and day trips. Day trips are good for getting a vibe for where you should rank locations for FL. Do your "could I live here?" trips now. Year six is so short you won't have time.

**Sixth Year :** So fast did this even happen? Exams are easy compared to last year, and they're done by mid-March! Ease up, enjoy this super short year and use your elective to work and holiday. But mostly holiday. And just like that, you're qualified.

Congratulations doc!

The time absolutely races by, so enjoy being in such a cool city at one of the best medical schools in the world. Be disciplined in keeping your life outside of work. Best of luck and enjoy! Can't wait to hear all about your successes in the years to come and working with some of you as colleagues.

**DR SURAIQA HADDAD**



# You in Six Years : Doctor's Day!



# Clubs + Societies

*Compiled by ICSMSU Gazette*

*Clubs and Socs Editor - Meena Gopal*

*News Editor- Shevitha Segar.*

*With the help of the ICSMSU Clubs and Socs Stream.*

*One of the great things about university life is that you now have access to a great range of clubs, societies and activities that would otherwise be hard to find or become part of. Under ICSM alone we have a huge range of societies, usually categorised into these groups:*



## Sports



## Arts



## Volunteering



## Academics

*(includes **BMB** related clubs and socs.)*



*To help you navigate your way through the wonderful world of ICSM Clubs and Societies, we have created a guide filled with information on each society and how to get in touch with them via email/Instagram. Read to find out more!*



# SPORTS



## ICSM BADMINTON CLUB

✉ [icsm-badminton@imperial.ac.uk](mailto:icsm-badminton@imperial.ac.uk)  
 @ICSMBadminton  
 President: Rakesh Bhaskaran



*friendships, and build valuable connections (even if it's just to exchange advice and notes). Join ICSM Badminton Club today and be part of something extraordinary!*

*'If you enjoy badminton (and we know you do), come join ICSM Badminton Club! We cater to everyone, offering an incredible competitive team for serious players and fun, weekly recreational sessions for those looking to play socially. Our calendar is packed with a variety of social events, including the famous Badminton Tour, where anything could happen. As one of the largest sports societies at Imperial, our diverse and welcoming community stands out. Don't miss this opportunity to join us, make lasting*



*'We are Imperial Medics Rowing and we would love to have the pleasure of welcoming you into your time at ICSM. We are open to all abilities on the water and we're here to help you reach your full potential. Our high-*

*'performance senior squad races at national level and are current champions over the rest of the London medical schools. Alternatively our captains are keen to teach you to row if you're a complete novice! Being the biggest mixed club in ICSM for a reason, our training is complemented by dozens of social throughout the year including (but not limited to): International tour, weekly sports night, meets with other clubs, boozy bowling, curries and more! Rowing is an incredible sport to pick up at university and we are very fortunate to be on the Thames, with a private gym and a great fleet of boats. See you at freshers fortnight!'*

## ICSM BOAT CLUB

✉ [icsmbc@ic.ac.uk](mailto:icsmbc@ic.ac.uk)  
 @icsmbc

Club Captain: Isaac Cowley





## Imperial Medics Cricket Club

✉ [medics.cricket@imperial.ac.uk](mailto:medics.cricket@imperial.ac.uk)  
[imperialmedicscricketclub](mailto:imperialmedicscricketclub)  
 Club Captain: Adwait Joshi



taster and trial sessions 😊 If you're particularly keen on joining or have any questions – please message me at +447733306377. See you all soon!

*'Welcome to the Imperial Medical Cricket Club (IMCC) – the best cricket club at Imperial! We are a family that caters to all abilities, from beginners to seasoned county players in our 1st XI. Whether you want to play socially or compete in BUCS and the United Hospitals Cup, we have plenty of opportunities for you. We are known for the best international tours at ICSM, with previous trips to Antigua and Barbados – providing you with once-in-a-lifetime opportunities! Look out for info about our*

- A short description of our society:
  - 'Social club that does chill cycles and runs every week!'
- Why you should join us:
  - 'To make friends and have fun'
- Key events in our calendar:
  - 'London - Paris 24 hours cycle ~ August 2025, Freshers fortnight....'

## Imperial Medics Cycle Club

✉ [imperialmedicscycleclub@imperial.ac.uk](mailto:imperialmedicscycleclub@imperial.ac.uk)  
 @icsmcc

President: Raibaan Biju



## ICSM FC

✉ [medfoot@ic.ac.uk](mailto:medfoot@ic.ac.uk)  
 @icsmfc  
 Club Captain: James Turner



Key Dates: Wednesday 2nd October - First Trials and Sports Night! Saturday 5th October - Second Trials and Fresher Curry!

Future events- Weekly Sports Nights and Matches, Pub Crawls, Christmas Dinner, Joint Football and Netball Tour and much much more!

*'If you're remotely interested in football or just making a load of new mates, joining ICSM FC will be the best decision of your university life. We are currently the highest level of football at Imperial (playing in the highest BUCS and LUSL leagues) however we cater to all levels of ability- from ex-academy players to those that have never kicked a ball in their life. Our socials are renowned throughout the university as being the best Imperial has to offer. This is a place that you will definitely make friends for life!*





## IMPERIAL MEDICS WOMEN'S FOOTBALL

✉ [medwfoot@ic.ac.uk](mailto:medwfoot@ic.ac.uk)

@icsmwfc

Chair: Tofunmi Olok



IMWFC are a football team open to medics and non-medics for women and non-binary people! We are beginner-friendly and are looking to take our team to the next level with some new members willing to learn, have fun and make new friends!

We host socials such as going to football matches (our CC Tomi is an avid Arsenal fan) and themed sports nights throughout the year. We look forward to having you on board, look out for us at freshers' fair!

'We are the Imperial Mens Medics hockey club, and we'd love for you to join us! Why join us? We're one of the biggest sporting societies in ICSM. We have 4 teams and offer hockey 3 times a week for all abilities, from beginners to ex-county players! We are also very social and love to travel, with weekly socials and two annual tours, including an international tour every other year. We mix with other ICSM societies, offering great opportunities to meet other students such as our tour with the ladies' hockey club once a year and annual dinner. Additionally, we provide academic support for all years with tailored mock exams and an alumni day for networking with doctors. We also have many non-medical members including our 2s and 3s captains. If you have any questions, feel free to reach out or say hello at the freshers fair!'

## IMPERIAL MENS MEDICS HOCKEY CLUB

✉ [medics.hockey@imperial.ac.uk](mailto:medics.hockey@imperial.ac.uk)

@imperial\_medicals\_hockey\_club

Club Captain: Angelo Donovan-Maddix





## ICSM LADIES' HOCKEY CLUB

✉ [medics.whockey@imperial.ac.uk](mailto:medics.whockey@imperial.ac.uk)  
 @imperial\_ladies\_medics\_hockey  
 Club Captain: Ella Haythornthwaite



Key events during freshers: Fresher fun day,  
 First training + post training Nando's,  
 First matches, + sports night - FPR (pub  
 crawl).

Joining ICSMLHC will be the best choice  
 you make at university, we can't wait to  
 meet you!!!!

*'Whether you're a complete beginner or hockey  
 pro come and join the ICSMLHC family  
 where we have three teams of varying abilities  
 playing each week, trainings, socials and loads  
 more!!*

Reasons you should join ICSM Ladies Hockey:

- matches and training every week catering to people of all abilities/experience
- weekly themed sports nights - mixed hockey tour in November
- international tour in the summer
- an amazing community and the opportunity to meet people across the university
- great academic support (tutoring, student led mocks etc)
- team bonding brunches/dinners/craft nights + much much more!

*'Are you looking for an affordable, beginner-  
 friendly martial art? Aiuchi Jiu Jitsu is the  
 perfect choice for you! Why should you choose it?*

- *Affordability:* We are the most affordable martial arts society at Imperial.
- *Beginner-Friendly:* No experience? No problem! We welcome all skill levels.
- *Inclusive for Everyone:* Regardless of your build, the techniques are suitable for everyone.
- *Effective Self-Defence:* Learn practical self-defence skills that rely on technique and leverage instead of strength.

## Jiu Jitsu (Aiuchi)

✉ [medics.jitsu@imperial.ac.uk](mailto:medics.jitsu@imperial.ac.uk)  
 Chair: Ali Rabie

*Join to boost your confidence,  
 improve your fitness, and learn  
 valuable skills in a fun and  
 friendly environment. Don't miss  
 this opportunity to do something  
 great! Sign up to become a part of  
 this community!*





## LACROSSE

✉ [lacrosse@ic.ac.uk](mailto:lacrosse@ic.ac.uk)

@iclaxofficial

President: Matthew Cawley



*'Ready to make your university year unforgettable? Whether you want to stay active, meet THE BEST people, or dive into something new, our mixed Lacrosse club is where it all starts! With 4 amazing teams, there's a spot for everyone regardless of experience or ability, medic or non-medic. Lacrosse at Imperial is more than just playing; it's about being part of a community. Our weekly Wednesday Sports Nights, stylish Black Tie events, Laxmas Dinner, and unforgettable Tours throughout the year make it easy to balance your academic life with an active social life. Our 1st Domestic Tour, November 22-24th, is the BEST time for freshers and seniors to get to know each other at a top secret spot. Come give it a try!'*

*'Ready to make your university year unforgettable? Whether you want to stay active, meet THE BEST people, or dive into something new, our mixed Lacrosse club is where it all starts! With 4 amazing teams, there's a spot for everyone regardless of experience or ability, medic or non-medic. Lacrosse at Imperial is more than just playing; it's about being part of a community. Our weekly Wednesday Sports Nights, stylish Black Tie events, Laxmas Dinner, and unforgettable Tours throughout the year make it easy to balance your academic life with an active social life. Our 1st Domestic Tour, November 22-24th, is the BEST time for freshers and seniors to get to know each other at a top secret spot. Come give it a try!'*

*'Hellooo freshers!! Congratulations on your offer to study medicine at Imperial; your fun and wild journey in ICSM is about to begin! We are Imperial Medics Netball Club, the biggest (and best) all female club at Imperial College London. With four competitive teams and one social team, whether you're an experienced netballer or want to try something new (which is the perfect time to), we have something to offer for all abilities. If you join ICSM netball you can expect: unrivalled socials (sports nights, dinners, curries), tours joined with ICSM Football, as well as invaluable academic support from the older year netball girls to guide you through your med school journey. If we haven't convinced you enough, come visit us at freshers fair and stay up to date with our Freshers Fortnight events on our Instagram page. We cannot wait to meet you all at freshers week!! If you have any questions, feel free to drop us a DM♥'*

## IMPERIAL MEDICS NETBALL CLUB

✉ [mednet@ic.ac.uk](mailto:mednet@ic.ac.uk)

@icsm\_netball

Club Captain: Justina Ngeh



## Imperial Medicals RFC

✉ [medrugby@ic.ac.uk](mailto:medrugby@ic.ac.uk)

@icsmrugby

Club Captain: Jean Nwabba



Key events:

01/10: Meet us at Freshers' Fair

02/10: Fresher trials at Harlington

02/10: First Sports Night of the year

23-25/10: School's Tour to an undisclosed UK city

28/03: Annual Rugby Dinner (held last year at the House of Commons)

Easter holidays: 100th Annual Cornwall Tour

Any further questions, DM us @icsmrugby.'

'Welcome to Imperial Medicals RFC (IMRFC), the most illustrious rugby club at Imperial College London, open to medics and non-medics alike! We boast a long history of success, with our 1XV holding the record for most UH Cup titles of any London medical school and winning the Imperial Varsity every year since 2019. Our 2XV is also extremely competitive, having been crowned UH 2s Champions in both 2023 and 2024. Beyond the rugby pitch, we offer academic tutorials and access to wider medical school events (e.g. Bops, FPR, UH Curry, etc).



'ICSM Squash welcomes everybody, medics and non-medics, those completely new to the game, social players, or those who want to play in our teams.

Alongside our 2 men's teams, and 1 women's team, who compete in the LUSL on Mondays, we have social sessions where you can just turn up and play, every Tuesday and Sunday. With all the equipment provided, now is the perfect time to take up this fast-paced energetic sport! But the fun doesn't stop off the court. Whether it be a club curry or pub crawl, we always have something going on after sessions. Unlike the larger sports clubs, we guarantee you won't be left to find your own way. ICSM Squash is nothing without its annual tour. All this, combined with our dedicated academic support, will help make your 1st year chill & enjoyable! We look forward to seeing you at the Freshers Fair!

## ICSM SQUASH

✉ [medics.squash@imperial.ac.uk](mailto:medics.squash@imperial.ac.uk)

@icsm\_squash

President: Ethan Chang







## ICSM TENNIS

✉ [medics.tennis@imperial.ac.uk](mailto:medics.tennis@imperial.ac.uk)

@icsmtennis

Club Captain: Michalis Michaelides



*'If you want to make friends, keep fit and improve your strokes, then ICSM Tennis is the perfect (game, set and) match for you! We're open to all courses/abilities - whether you've never picked up a racket before or you're an eight-time Wimbledon champion, everyone is welcome. We have two competitive teams which train twice a week (Wednesdays and Sundays) and play in LUSL leagues/matches against other universities. For less experienced players, we run more relaxed social tennis*

*sessions once a week (Sundays). There are also opportunities to receive professional coaching for all players. Yes, we love tennis, but we aren't just about tennis. ICSM Tennis is an incredibly social club with a great range of events – sports nights at Reynolds, domestic AND international tours (previous destinations include Bath/Bristol/Brighton and Faro/Marbella/Tenerife), trips to Wimbledon, house crawls, ping pong socials... and the list goes on. You won't regret joining us!*

*'Looking for a way to stay fit, have fun, and make lifelong friends? Join our Medics Water Polo Team! Whether you're a seasoned player or a complete newbie, we have a spot for you. Our competitive and newbie teams train three times a week, offering a perfect balance of intense practice and social enjoyment.*

*Beyond the pool, we have a strong presence at Sports Night every week at Reynolds Bar. Our annual domestic and international tours are legendary, and filled with lifelong memories. As one of the few mixed-gender sports clubs in the med school, we pride ourselves on inclusivity and camaraderie. We prioritise accessibility, ensuring affordable sub and regularly subsidise our Christmas and annual dinners. Plus, benefit from our academic help sessions throughout the year. Join us to make lifelong friends, stay fit, and create unforgettable memories! Dive into fun, fitness, and friendship with the Medics Water Polo Team!*

## ICSMSU WATER POLO (MEDICS WATER POLO)

✉ [medwater@ic.ac.uk](mailto:medwater@ic.ac.uk)

@icsmwaterpolo

Chair: Hannah MacLeod



# ARTS

## ICSM DANCE

✉ [icsmsu.dance@imperial.ac.uk](mailto:icsmsu.dance@imperial.ac.uk)

@icsmdance

Chair: Minnah Kandeil



'ICSM Dance is a welcoming and extremely fun society! We offer weekly beginner dance classes taught by professional instructors as well as amazing socials 🌟💃. Heels, Commercial, Contemporary, and Ballet are our regular classes but we offer FREE workshops in many more styles for members :) NO prior dance experience required (medics and non-medics welcome), and we have no auditions! We have many performances throughout the year if being on stage is something you're interested in (completely

optional but highly recommended!). It can be intimidating to try something new so make sure you join our FREE tasters during the first two weeks of term to see how classes will be :) We also have loads of socials lined up including weekly Sports N(ights, Fulham Palace Run, Cheese and Wine night, and many more 🍷. We also do offer academic support (dub



Join us for the best vibes and follow us on Instagram and TikTok @icsmdance!

'ICSM Drama is a good time for everyone that wants to be involved in all things theatrical! Whether you love the spotlight, or whether you'd rather be part of our wonderful backstage team dealing with tech, arts and props, there is truly something for everyone. Previous experience is absolutely not required – our only aim is for people to have fun! Alongside our dramatic endeavours, we work closely with other arts societies to provide everyone with academic support all year round. Our yearly calendar includes Freshers Plays, 2 larger scale plays in Autumn and Spring term, a weekend tour and much more! We hope to see lots of you get involved in the Drama community!! <3'

## ICSM DRAMA

✉ [imdrama@imperial.ac.uk](mailto:imdrama@imperial.ac.uk)

@icsmdrama

Co-Presidents: Krithika Nag & Cate Goldwater Breheny





## ICSMSU GAZETTE

✉ [icsm-gazette@imperial.ac.uk](mailto:icsm-gazette@imperial.ac.uk)

@icsmgazette

Editor: Sadhana Sainath



*"The ICSMSU Gazette is the student-run medical school magazine, formed after the merger of the three medical schools into ICSM, and is based on its predecessors, The St Mary's and Charing Cross Gazette, and The Westminster Broadway. We publish 2 print editions a year, reaching a vast network of alumni and students.*

*Additionally, we produce the Gazette podcast and blog, both of which are platforms for the student voice and all things ICSM. Other publications include the Fresher's Handbook*

*(which you're reading now :D) and Academic Guides for each year group.*

*We cover a wide range of topics which are divided into the following sections: Academics, Clubs & Socs, Features, Events, News, and Travel, which are all under the care of the respective Section Editors.*

*We encourage writers and photographers from all levels and backgrounds to contribute so please get in touch if you would like to get involved!"*

*Here you'll find the most fun members of ICSM, who enjoy singing, dancing, acting, set design, backstage, tech, costumes and so much more! We perform two musical shows a year with our Main show in December and our 24hr production in spring/summer term. We have two socials a week on Tuesdays and Thursdays, which range from board game nights to big club nights out. Come meet us all at the Big Chill Freshers event!"*

## LIGHT OPERA

✉ [medopera@ic.ac.uk](mailto:medopera@ic.ac.uk)

@icsmlightopera

President: Josephine Gunton





## ICSM Music

✉ [icsm-musicsoc@imperial.ac.uk](mailto:icsm-musicsoc@imperial.ac.uk)

@icsmmusicsoc

Chair: Rohan Palat



*'ICSM Music Society is the most welcoming and wholesome society you'll join! We're made up of 5 ensembles: Choir, Chamber Choir, Orchestra, Jazz Band and ICSM Bands.*

*Whatever your jam, whether it's singing at the Royal Albert Hall, smashing big band charts in front of over 1000 people or jamming to some of your favourite pop/rock hits on a Friday night - we're the society for you!*

*But it doesn't stop there! Get to know some of ICSM's friendliest people through our lively social scene! We have socials of all kinds, whether it's post rehearsal socials, Christmas dinners, boozy bowling or our annual Weekend Away and biennial International Tour.*

*ICSM Music prides itself on being inclusive and accessible. We do our very best to create a fun and welcoming atmosphere, for people to enjoy their music! We'll also never turn someone away based off their ability - we really are a society for everyone!*

*Check out our socials or drop by a rehearsal to get started!*



# VOLUNTEERING

## FRIENDS OF MSF

✉ [friends.msf@imperial.ac.uk](mailto:friends.msf@imperial.ac.uk)

@ic.fomf

President: Srisneha Mettu



We're Friends of Médecins Sans Frontières (Doctors without Borders); dedicated to supporting MSF, an international humanitarian aid organisation. From Yemen to Ukraine to Palestine, MSF provides crucial medical assistance around the world. Our society's mission is to raise awareness and fundraising for MSF's work and learn about career opportunities in medical humanitarian aid. We host speaker events and training sessions led by MSF mission team members, offering insights into working in medical aid.

Our Makeathon Competition, cross-university hackathons, and Missing Maps Events explore the work of MSF and hands-on ways to contribute. Additionally, we organise fundraising events like fun runs, film screenings, and quiz nights to support MSF's vital missions worldwide.

If you're passionate about global health, want to get involved in humanitarian aid or appreciate the incredible work of MSF and want to show your support, join our society to learn more and get involved!

Imperial Nutritank is an international not-for-profit division of Nutritank Healthcare Ltd. that exists as a part of a wider national network of university societies.

We aim to provide health education to a range of different people from primary age children to even healthcare professionals. The core belief held by Nutritank is that "the best medicine is to teach people how not to need it" ~ Hippocrates. Our activities range from volunteering opportunities to exciting social activities to conferences. If you volunteer with Imperial Nutritank you will have the opportunity to go into primary schools to teach students more about nutrition and gut health. Our conference brings in professionals from all around the UK to speak to aspiring young professionals more about topics related to nutrition, the gut biome, lifestyle medicine and more. Join Imperial Nutritank today!

## NUTRITANK

✉ [nutritankclub@imperial.ac.uk](mailto:nutritankclub@imperial.ac.uk)

@imperialnutritank

Co-Presidents: Ayesha Dubra,

Min Ann Ng





## ICSMSU RAG

✉ [icsm.rag@imperial.ac.uk](mailto:icsm.rag@imperial.ac.uk)

@icsmsu\_rag

Chair: Chloe Tan



RAG (Raising and Giving) is our student charity fundraising society, whose traditions lie deep within the heart of the medical school for decades. We give back to the community through volunteering and raise thousands of pounds for those who need it most by collaborating with tons of clubs and societies to run the biggest events of the ICSM calendar! Some of our iconic events include the Diamond of the Season Ball, RAG Sports Nights, as well as the highly anticipated ICSM Fashion show. All of this, just before our weeklong fundraiser RAG Week- from blood donations and London-wide pub crawls to charity auctions and vintage

clothes- this is surely not one to miss. So, whether you want to volunteer, kick your feet back at our more relaxed events, or just party through the night - get ready for the RAG calendar 24/25 and make some of your best memories of medical school!

Hi, we're Right to Play Society! We work closely with the Right to Play charity to organise some of the biggest events of the year.

Our main event is UH curry night where we invite every medical school sports society in

London to a curry night followed by a club night and it's attended by thousands of students each year!

Feel free to give us a message if you'd like to get involved as it's loads of fun and a great way to build your charitable experience!

**RIGHT TO PLAY**

@ic.righttoplay

President: Jemmy Russell

**RIGHT TO PLAY**  
WHEN CHILDREN PLAY, THE WORLD WINS.

## STUDENTS FOR GLOBAL HEALTH IMPERIAL

✉ [globalhealth@imperial.ac.uk](mailto:globalhealth@imperial.ac.uk)

@ic\_sfgh

Chair: Diogo Izidoro

**STUDENTS  
FOR  
GLOBAL  
HEALTH**

IMPERIAL

'Welcome, we are Students for Global Health (SfGH) Imperial! SfGH is a national network of student-led branches across the UK, with the vision for health equity for all.

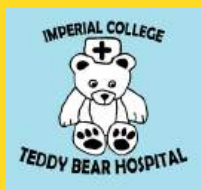
Partnered with organisations worldwide, their aim is to educate, advocate, research, and engage with communities to achieve this vision. Whether it's campaigning, health policy, research or training, there is truly something for everyone. We welcome anyone from any degree, discipline or level of experience to try it out! In recent years, SfGH Imperial have had some incredible opportunities including campaigning for Anti-Microbial Resistance, running the National SfGH Conference, and hosting the LonWHO Conference. Academic and careers support are also a key to SfGH Imperial (run by a very fun loving and social group!). We truly would recommend SfGH to everyone. Global Health is so all-encompassing, with numerous ways to get involved in areas you're passionate about. We'll see you there!'

## TEDDY BEAR HOSPITAL

✉ [icsmsutbh@imperial.ac.uk](mailto:icsmsutbh@imperial.ac.uk)

@icsmteddybear

Co-Chairs: Avantika Arun,  
Ivana Kolundzic



*'Hi everyone! We're Teddy Bear Hospital, a volunteering society open to any students interested in teaching young children about health and wellbeing. We visit local primary schools each week and set up a carousel of stations where we teach the kids about a range of health-related topics, such as healthy eating, surgeries, anatomy and more.*

*We believe it's crucial that young children are educated about how to take care of themselves in order to develop life-long good habits, and what better way to do this than through interactive teaching with teddy bears!*

*If you're interested in medicine, public health, or just love working with children, this society is perfect for you. We'll be holding a training session at the beginning of term and will be posting when and where our upcoming school visits will be each week on our Instagram, so make sure to give us a follow to keep up to date!*

*'ICSM Vision is an outreach society run by medical students supporting aspiring medics through events, workshops, and student-led outreach, widening access to Medicine. We aim to inspire, motivate, and support aspiring medics by helping them understand Medicine as a career and the medical school application process. If you are passionate about making Medicine more accessible or supporting the next generation of medics, we have many opportunities across the academic year to get involved in the running of our events! Our major events include the running of multiple conferences for school students, such as our UCAT day, as well as visiting schools to run our outreach programmes. We also run other sessions, such as interview mocks, in collaboration with charities and Faculty-ran outreach programmes.'*

## ICSM VISION

✉ [vision@imperial.ac.uk](mailto:vision@imperial.ac.uk)

@icsm\_vision

Co-Chairs: Chaandni  
Balachandran, Guowei Yang



# ACADEMICS

## ACUTE CARE SOCIETY

✉ [icaic@imperial.ac.uk](mailto:icaic@imperial.ac.uk)

Co-Chairs: Lesly Aju, Hafsa Waseem



'Acute Care Society covers 4 main specialties: emergency medicine, anaesthetics, intensive care medicine and acute medicine. Since this has such a broad variety of specialisms there's something for everyone! Get a head start on physiology and pathology through our lecture series by Dr John Vogel (an ICU consultant who delivers case based teaching series) or learn how to take bloods before everyone else during our bloods and brownies event!

We can't wait to see you at the Welcome Fair and feel free to ask any questions!

'We are AMSA, a group of students from medical schools all over the UK, but are mostly present at Imperial, King's, Barts, and Sheffield. We welcome students from all over the world! Together, we support each other both academically and socially through a range of events and opportunities throughout the year. Join us for the chance to participate in inter-university events like our Games Nights, Lunar New Year Dinner, and Careers Talk Series, as well as socials run by your own AMSA Family of medics! Moreover, we represent the England Chapter of AMSA International, a body of medical students from all over the world. As part of this community, we arrange annual exchange programmes with other AMSA Chapters (AMSEP 2024 - Thailand) and an annual medical conference (AMSC 2024 - Japan), both of which are great opportunities to expand your global network, get involved in research, and enjoy various different cultures!

## ASIAN MEDICAL STUDENTS' ASSOCIATION

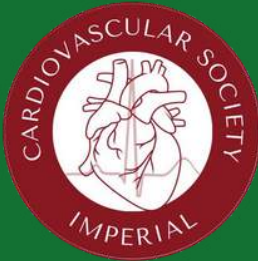
✉ [asianmedstudents@imperial.ac.uk](mailto:asianmedstudents@imperial.ac.uk)  
 @amsa.england

Chair: Nickson Budha



## CARDIOVASCULAR SOCIETY

✉ [icsmheart@imperial.ac.uk](mailto:icsmheart@imperial.ac.uk)  
 @icsm\_heart  
 Chair: Jasleen Nagi



*'Interested in cardiology or cardiothoracic surgery? Join the Cardiovascular Society! Events include our highly successful annual conference, welcoming renowned speakers and delivering thrilling hands-on workshops. Have a go at suturing a heart, performing an Echo, and simulating surgical lung cancer removal! We offer invaluable insight into careers in both medicine and surgery, focusing on maximising your exposure and aiding you in building your portfolios. Additionally, you'll have opportunities to network with industry leaders and see how you can get involved in cutting-edge research projects. Our specialised cardiology tutorials for Year 1 and CPA mentorship scheme will allow you to meet fellow students and get you*

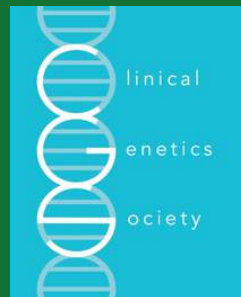
*exam ready. Join us to engage in exciting experiences, advance your knowledge, and embark on an exciting journey towards a career in cardiovascular sciences. We can't wait to meet you!'*

*'Welcome to Clinical Genetics Society! We are one of the fastest growing societies at Imperial, with over 250 members last year. We are focused on increasing awareness of one of the newest fields of biomedicine: genetics and genomics. We aim to providing invaluable networking opportunities, guiding you towards excellent research opportunities, and helping you find mentors in your field of interest. Every year we host a conference featuring speakers who are leaders in their fields. Throughout the year we also host several socials, regular journal clubs, and CPA and OSCE tutoring schemes. Don't miss out and join Clinical Genetics Society!'*

## CLINICAL GENETICS

[clinical.genetics@imperial.ac.uk](mailto:clinical.genetics@imperial.ac.uk)

Co-Chairs: Alexander Apkarian,  
Gaya Girtharan



## ICSM CODING SOCIETY

✉ [icsmcode@ic.ac.uk](mailto:icsmcode@ic.ac.uk)  
 @icsmcoding  
 Chair: Aria Torkpour



ICSM Coding Society hosts workshops, talks and social events – aiming to form a network of student-coders at Imperial. Join us to develop the skills for the digital future of medicine!

We provide easy access to affordable, beginner-level coding tutorials for students with no previous coding experience, alongside friendly peer support and events exploring the medical applications of code. From first term of this year, we will be hosting our MedTech panel talk in collaboration with other ICSM societies. We will also run a 10-week Python course with sections released weekly on our course website. We'll also be holding our ICSM Coding Conference during the spring term.

Join us to equip yourself with the skills needed to be a part of the advancements of the future! Our £2 membership unlocks member-only discounts and priority to all our events. Join our mailing list for free for future updates! <https://mailchi.mp/e913da8be832/icsm-coding-python-course>

'Hi guys! I'm excited to be able to introduce Derm Soc. to all those students in the ICSM community interested in pursuing a career in the wonderful speciality of dermatology. We hope to provide you with a fun and interesting insight into what dermatology offers. Through practical workshops including suturing and ellipse excision practice as well as a wonderful conference run with other local medical schools, we hope to offer a unique learning opportunity to practice hands-on skills as well as plenty networking chances. If you are interested in dermatology or just want to find out a bit more about the field, come along to our many events and join our quickly growing community!'

## DERMATOLOGY SOCIETY

✉ [dermatology.society@imperial.ac.uk](mailto:dermatology.society@imperial.ac.uk)  
 Chair: Ryhan Patel





## DOCTORPRENEURS

✉ docprnrs@ic.ac.uk  
@imperial\_doctorpreneurs  
Chair: Vaisbaanth Nagaraj



*'Are you a medical student passionate about clinical practice but also curious about opportunities beyond the traditional medical path? Join Doctorpreneurs, a dynamic society that introduces you to a world of non-clinical careers where you can leverage your medical expertise in innovative ways—without having to leave clinical practice behind. Whether you're interested in entrepreneurship, healthcare consulting or digital health, Doctorpreneurs connects you with industry leaders and mentors who have successfully balanced clinical work with diverse, impactful roles. Through talks and workshops, conference and networking events, you'll explore how your medical background can be a springboard for exciting new opportunities, and discover how you can make a difference in healthcare, both within and beyond the hospital setting. Join us and unlock your potential to shape the future of healthcare in innovative and fulfilling ways!'*

*At EndoSoc, we want to share our passion of endocrinology with everyone! We run events throughout the year, such as student-led academic tutorials and conferences with world-leading speakers. Whether you want support to ace your exams, or want to learn more about this fascinating specialty, join us and let's foster that passion and curiosity for endo together. :)'*

## ENDOCRINOLOGY SOCIETY

✉ endosoc@imperial.ac.uk  
@icsmendsoc  
Co-Chairs: Bari Bari, Daniel  
Sannuganathan



## ENT SOCIETY

✉ entsoc@imperial.ac.uk  
@icsmentsoc  
Chair: Ahmed Salih



*'Learn more about ENT (Ear, Nose and Throat) as a specialty through our unique events and ENT teaching from talking to world leading experts to interactive surgical workshops! By joining ENT Soc, you can develop skills, make valuable connections and friends, and extend beyond the medical school curriculum. Join to find out more!'*

## IMPERIAL GENERAL PRACTICE AND PUBLIC HEALTH SOCIETY

✉ [gp.careers@imperial.ac.uk](mailto:gp.careers@imperial.ac.uk)

@imperialgpsoc

Chair: Kynthia Ravikumar



*'Welcome to the Imperial General Practice and Public Health Society! Our society is dedicated to promoting awareness and understanding of primary care and public health among medical students. We offer a platform to explore the dynamic fields of general practice and public health through networking events, insightful talks, and hands-on workshops. Freshers should join to connect with like-minded peers, gain valuable insights into career opportunities, and develop a deeper understanding of the healthcare challenges facing our communities.'*

*Key events include our Annual Conference, GP specialty talks, and interactive workshops on topics like health inequalities and global health. Whether you're interested in the patient-centered approach of general practice or the broad impact of public health, our society offers something for everyone. Join us to be part of a community passionate about making a difference in healthcare.'*

*'Welcome to the Gastroenterology and Hepatology Society! This year, we're offering a variety of events designed for medical students in all year groups. Join us for a lecture series where leading experts will share the latest in the field, and test your skills with our mock exam. Don't miss our annual conference—it's a great opportunity to network with professionals and stay up-to-date on the latest research. For Freshers, this is the perfect way to get involved, expand your knowledge, and connect with a variety of people interested in the field!'*

## GASTROENTEROLOGY AND HEPATOLOGY

✉ [gastroenterology.hepatology@imperial.ac.uk](mailto:gastroenterology.hepatology@imperial.ac.uk)

@imperialgastrohep

Chair: Ira Upadhye



## ICSM HAEMATOLOGY SOCIETY

✉ [haemsoc@ic.ac.uk](mailto:haemsoc@ic.ac.uk)

@ichaemsoc

Chair: Teesta Maulik



*'Why let Surgery and General Practice steal the thunder? With a generous donation from the Department of Immunology and Inflammation's Centre for Haematology, ICSM Haematology Society is excited to put on some epic events for you (there might be some FREE food too)! JOIN US to gain access to: 1. Specialised Tutorials: Ace POM and the terrors of Haemostasis with our expert tutors! [Don't worry BSc students - we haven't forgotten you.] 2.*

*Workshops: Look forward to our Bloods and Brownies event where you can practise taking bloods. 3. Our national conference: Hear about groundbreaking research from esteemed Professors and nab a prize at our Poster Presentation Competition (great for the CV)! 4. Careers Events: Learn about Haematology as a career, and we may even have some career experiences in the works! Don't sleep on Haem; we aren't as boring as we seem! ;)'*

## IMMUNOLOGY SOCIETY

✉ [med.immu@ic.ac.uk](mailto:med.immu@ic.ac.uk)  
 @icmmunosoc  
 Chair: Maggie Hai

'Helloooo, we're immunology society ☺ we have quiz nights and conferences, waiting for You to♥JOIN US'

'Welcome to Imperial's branch of the Medical Women's Federation: The largest and most influential body of women doctors in the UK! We are the voice of UK

medical women on medical issues that matter to them.

The MWF aims to improve working conditions for women doctors,

promote our professional development and amplify our voices. Our society provides a unique network of doctors in all branches of the profession; at all stages from medical students to senior consultants. Apart from running networking events, prize competitions and panel discussions to help women achieve their potential, members love our fun socials. Look forward to pottery painting, ice-skating, cafe runs or other retreats where you can meet like-minded individuals and take a well-earned break! Follow us on Instagram: @icsm.mwf and visit us at the freshers fair to find out more :)'

## IMPERIAL MEDICAL WOMEN'S FEDERATION

✉ [icmwf@ic.ac.uk](mailto:icmwf@ic.ac.uk)  
 @icsmendosoc  
 Chair: Devangi Vyas

## LMAP (LIFESTYLE MEDICINE AND PREVENTION)

✉ [lmapsoc@imperial.ac.uk](mailto:lmapsoc@imperial.ac.uk)  
 @icsm.lmapsoc  
 Chair: Dorsa Daleri

'ICSM LMAP society strives to promote healthy living and behaviours among the local community for a healthier NHS. We have an exciting array of events like the Great Exhibition Road Festival. Our external speaker series is the perfect way to dive into lifestyle medicine beyond the curriculum.



And don't miss out —this year, we're hosting our first-ever LMAP conference, which will be an excellent networking opportunity! Additionally, we offer introductory lectures for Phase 1a and 1b students, sharing tips and tricks to navigate this module. We also provide easy-to-understand tutorials with detailed slides and practice questions, plus a buddy mentoring scheme for personalised tutoring to help you feel confident throughout exam season!

Join us in LMAP Society to stay up-to-date with tutorials, tutoring, conferences, and loads of opportunities to help out in the local community and boost your CV! You won't regret joining.'

## ICSMSU MEDICAL EDUCATION (MedEd)

✉ [meded@ic.ac.uk](mailto:meded@ic.ac.uk)

@ic\_meded

Co-Chairs: Chirag Goyal, Paras Dixit



stay updated on all things MedEd. Welcome aboard!

*'Welcome to Imperial and MedEd! We're thrilled to have you as part of the biggest society at ICSM. As a medical student, you're already a member and we're here to help you with everything exam-related. From crash course lecture series and portfolio development to mock exams, we've got you covered to ensure you ace your first year of medical school.*

*Look forward to our Introduction to Year 1 talk, where top students will share their best tips and tricks. And be sure to follow us on Instagram to*

*'Medical Humanities (MedHums) society is a place where you can escape the science of medicine and delve into the human side of healthcare, an aspect we often miss as we dive headfirst into studying. By joining MedHums you'll have a space with like-minded and curious people to explore the vastness of medicine through various disciplines like philosophy, literature, history, ethics, law, art, film, media and so much more! Some events we love to run include FAB evenings (standing for film and book club!), museum and exhibition trips, creative workshops and debates. Last year we also held our first inter-university medical humanities conference featuring a whole day of talks and workshops dedicated to the humanities, alongside meeting students from other universities! So, if you're interested in all things humanities or just want a taster of what some other aspects of medicine look like, MedHums society is for you!'*

## MEDICAL HUMANITIES SOCIETY

✉ [medhums@imperial.ac.uk](mailto:medhums@imperial.ac.uk)

@icsm.medhums

Chair: Lakshya Gopal



## IMPERIAL MEDTECH

✉ [medtech@imperial.ac.uk](mailto:medtech@imperial.ac.uk)  
 @imperialmedtech  
 Chair: Roban Reddy



*"The MedTech Society is dedicated to exploring the cutting-edge intersection of medicine and technology. We provide a platform for students to engage in workshops, seminars, and hands-on projects that drive innovation in healthcare. By joining our society, Freshers will have the opportunity to connect with industry leaders, participate in exciting events like our HealthTech Incubator Competition, and gain valuable skills through our mentorship scheme. Our annual conference and guest speaker series offer unique insights into the future of healthcare, while collaborations with other societies and universities foster interdisciplinary learning and networking. Whether you're passionate about health, technology, or both, the MedTech Society is the perfect place to grow your knowledge and make a real impact."*

*"Hello/Salaamualaykum, and welcome to Muslim Medics!! Since 1998, we have been the go-to society for academic support, wellbeing, and socials for medical students across the year groups.*

*To sum up our work, we are for students, by students- we know first hand the struggles of being a medical student and work to maximise your experience at Imperial and cater to your needs. We like to go beyond students at Imperial too - our PotMed stream gives you an opportunity to help those once in your position applying to medical school, and our strong alumni network reunites those once in our shoes.*

*Throughout your time at Imperial, be sure to check out our famous weekly tutorials, revision days and mock examinations! Find us at Freshers Fair, and keep an eye on our socials for a jam-packed Fresher's Fortnight of events coming soon! From Freshers to Finals, we're here for you!"*

## MUSLIM MEDICS

✉ [mis@ic.ac.uk](mailto:mis@ic.ac.uk)  
 @muslim.medics  
 Chair: Halima Hasan





## NEURO SOCIETY

✉ [neuro@ic.ac.uk](mailto:neuro@ic.ac.uk)

@icneurosoc

Co-Chairs: Adbeesha

Kumarasinghe, Ethan Porritt



*NeuroSoc is the society home to all things new and exciting in the world of Neuro!*

*This year Neuroscience Soc and Neurosurgery Soc have merged to form a brand new brain-based, so whether you're interested in Medicine, Surgery or Science we have something for you. Our biggest event is Meeting of the Minds, the largest student-led conference for neuroscience in the UK, bringing together some of the greatest thinkers in the realm of Neuro.*

*Feel free to get in contact for any questions you might have. We look forward to meeting you soon!*

*'Welcome 2024 Freshers!!! We're Leah and Shivank, Presidents of this year's Onco Soc and we'd love for you to join our society. As one of ICSMU's biggest societies we have plans of only getting better! Last year we hosted a fascinating Surgical-Onco conference featuring renowned speakers and innovative surgical workshops (as pictured). As well as our Journal Club where we delved into research papers and connected students with mentors to guide them in their own research (with scope to publish). We also deliver bespoke webinars to help Year 1 and 2 with the tricky cancer modules. If you're interested in research, oncology or just want to get stuck in - we're perfect for you. We aim to upscale our conference, get you more research opportunities and fundraise for our charities. Become a member, apply for our subcommittee and don't miss us on Fresher's Fair for more info!!!'*

## IMPERIAL OBSTETRICS AND GYNAECOLOGYP SOCIETY

✉ [obscar@ic.ac.uk](mailto:obscar@ic.ac.uk)

@icogs\_

Chair: Khumo Karas



## ICSM ONCOLOGY SOCIETY

✉ [oncologysociety@imperial.ac.uk](mailto:oncologysociety@imperial.ac.uk)  
 @icsmoncosoc

Co-Chairs: Leah Hartin, Shivank Khare



*'Welcome 2024 Freshers! We're Leah and Shivank, Presidents of this year's Onco Soc and we'd love for you to join our society. As one of ICSMU's biggest societies we have plans of only getting better! Last year we hosted a fascinating Surgical-Onco conference featuring renowned speakers and innovative surgical workshops (as pictured). As well as our Journal Club where we delved into research papers and connected students with mentors to guide them in their own research (with scope to publish). We also deliver bespoke webinars to help Year 1 and 2 with the tricky cancer modules. If you're interested in research, oncology or just want to get stuck in - we're perfect for you. We aim to upscale our conference, get you more research opportunities and fundraise for our charities. Become a member, apply for our subcommittee and don't miss us on Fresher's Fair for more info!!!'*

*'Welcome to Imperial Ophthalmology Society!*

*We aim to give students an insight into a career in ophthalmology and why it's the best specialty!*

*We will do this through online talks and an in-person conference. This will give students opportunities to network and learn how to prepare a portfolio. We will also be giving duke elder teaching to help prepare anyone interested.*

*We hope to see you at some of our events and feel free to reach out with any questions :)'*

## OPHTHALMOLOGY

✉ [icsmophthalmology@imperial.ac.uk](mailto:icsmophthalmology@imperial.ac.uk)  
 @icsmophthal

Co-Chairs: Michael Song,  
 Rishi Miriyala



## ORTHOPAEDICS

✉ [icortho@ic.ac.uk](mailto:icortho@ic.ac.uk)  
 @icsmortho

Chair: Waleed Elhassan



*'ICSM Orthopaedics was started just under a year ago with one primary goal, to widen access and knowledge into the world of orthopaedics. Whether you want to be bone surgeon, or you're interested in the the way our bodies move, we have events for everybody! We have events ranging from a teaching series, to our inaugural conference, and even networking events with world class orthopods. Make sure to follow our Instagram @icsmortho for more updates! We look forward to seeing you in October!'*

## PAEDIATRICS SOCIETY

✉ [icsmsu.paediatrics@imperial.ac.uk](mailto:icsmsu.paediatrics@imperial.ac.uk)  
 @icsm\_paeds  
 Co-Chairs: Sarab Azam,  
 Nicolette Wong



'Paediatrics Society is an academic and volunteering society focussed on the field of Paediatrics. Our academic stream hosts a series of tutorials throughout the year and provides mock clinical examinations for later years. Our annual national Paediatrics Conference takes place in February, welcoming paediatric experts from around the country to offer insight and practical advice relating to their field. We also organise one of the largest volunteering organisations at Imperial - Playteam! All students are offered the opportunity to volunteer on the paediatric wards of St Marys Hospital in Paddington. So come along and join all the fun!'

'Pathology is the study of diseases and plays a key role in allowing diagnosis via methods such as biopsy samples, autopsies, and biochemical analysis of bodily fluids. It is an often under-appreciated, though very crucial branch of medicine. Throughout the year, we will be organising a

variety of events to spread interest in the specialty, including Gordon Museum visits, Anatomy / POTS drawing sessions at Imperial Pathology Museum, career talks with doctors from different pathology subspecialties, and a

joint London Undergraduate Pathology Conference. Whether or not you're interested in pathology as a specialty, come along to learn more about the field, meet new people, and see how what you're studying in POM and BRS link to disease and clinical medicine! Follow our Instagram and subscribe to our newsletter to receive the latest news on our events, and we look forward to seeing you at Fresher's Fair!'

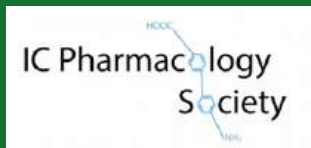
## PATHOLOGY

✉ [icsmpathology@imperial.ac.uk](mailto:icsmpathology@imperial.ac.uk)  
 @icsm\_pathology\_soc  
 Co-Chairs: Allis Lai,  
 Joy Yoon



## PHARMACOLOGY SOCIETY

✉ [pharmacology.society@imperial.ac.uk](mailto:pharmacology.society@imperial.ac.uk)  
 @ic\_pharm\_soc  
 Chair: Gaya Giritbaran



*Pharmacology Society is your gateway to exploring the world of pharmacology and the industry.*

*Whether you are set on finding a cancer cure, keen on pursuing a career in pharmaceuticals, or simply want to learn about the side effects of aspirin for your exams - we are the society for you! Importantly, we emphasise that students from ANY Imperial faculty are welcome to join - all that is required is a curiosity and interest in pharmacology!*

*Our 3 key aims include:*

- *Cutting-edge talks by renowned speakers from medical, pharmaceutical and research backgrounds, aimed at cultivating interest in pharm careers or research among medical, science and business students!*
- *Revision series and tutorials for junior medical students, led by older years, to help develop a solid understanding of the syllabus and integrate this into their future clinical careers.*
- *Demystify pharmacology as a dull and complex topic!*

*Join us to think, learn, and engage in the dynamic field of pharmacology!*

*'iPRAS is one of the best surgical societies at Imperial and across UK universities, delivering lectures with world-class speakers and unique workshops!*

*There are three main conferences to watch out for during the year:*

- *Emergencies in Plastics*
- *Reconstructing the Stereotype (Our flagship two-day conference which aims to demonstrate the breadth of areas involved in plastic surgery such as microsurgical lymphoedema management and gender reaffirmation surgery)*
- *Microsurgery (the UK's only student-led conference in this specialist area).*

*PRAS also collaborates with UCL and Cambridge University societies to provide a free teaching series with monthly lectures on topics such as application guidance, anatomy revision, and insight into various subspecialties. Look no further if you'd like to explore a career in surgery, network with like-minded people, and learn critical surgical skills from your very first year! Keep an eye out on our Instagram @icplasticsurg for event updates and subcommittee applications.'*

## PLASTIC, RECONSTRUCTIVE AND AESTHETIC SURGERY SOCIETY (PRAS)

✉ [plassurg@imperial.ac.uk](mailto:plassurg@imperial.ac.uk)  
 @icplasticsurg  
 Chair: Jay Singh



## PRE-HOSPITAL EMERGENCY MEDICINE

✉ [phem@ic.ac.uk](mailto:phem@ic.ac.uk)

@ic\_pharm\_soc

Chair: Siddhant Parekh



*'Interested in Emergency, Ambulance or Trauma medicine? Then PHEM might be the place for you! We run teaching and simulation training on how to assess, treat and resuscitate patients in the pre-hospital environment. We also run an ambulance observer programme, placements in a major trauma centre and talks from doctors in emergency and pre-hospital medicine. If you want to learn more about treating critically ill patients, working in challenging environments, managing traumatic injuries or providing advanced life support then this is the society to be in.'*

*'Hello everyone! We are Psychiatry Society! We are an academic society here at Imperial focusing on improving the knowledge of Psychiatry to the students of Imperial. We host events throughout the year, such as speciality spotlights and journal clubs, we have our Psych Start programme to be connected to a psychiatrist mentor.. and not to forget our yearly Psychiatry Conference! It's a wholesome, low commitment society, to meet like minded individuals interested in psychiatry, or just to get a feel of a specialty you may not have got to know otherwise.'*

## PSYCHIATRY

✉ [icsm.psychsoc@imperial.ac.uk](mailto:icsm.psychsoc@imperial.ac.uk)

@icsmpsychsoc

Chair: Megs Grainger



## RADIOLOGY

✉ [radiologysociety@imperial.ac.uk](mailto:radiologysociety@imperial.ac.uk)

@imperialradiologysoc

Chair: Madhur Varadpande



### Why Radiology?

*You'll often be the first to diagnose a patient, guide next steps and you can carry out minimally invasive procedures (Interventional Radiology). The specialty has an exciting future, with innovations like deep learning tools, robotics and augmented reality. Plus - with portable workstations, you can work anywhere in the world, even a beach! Radiology's increased attractiveness is reflected in its rising competition ratios, having doubled in the past 3 years.*

*ICSMU Radiology Society is here to support you all the way. In the past, we have successfully delivered national conferences, mentorship schemes and career talks. Not interested in*

*Radiology? We're still here to support you - we've got anatomy mocks and a teaching series to help you ace your exams.*

*Keep an eye on our Instagram (@imperialradiologysoc) for when our events take place. And become a member - it's absolutely free!*



## REMOTE MEDICINE SOCIETY

✉ [remotedmed@imperial.ac.uk](mailto:remotedmed@imperial.ac.uk)  
 @icsmremotemedicine  
 Chair: Michael Song



*'Welcome to Imperial Remote Medicine Society! We're a friendly society for those who would be interested in more interesting careers in the most extreme environments!'*

*We aim to get experts in their respective fields to give talks about space medicine, mountain medicine, underwater diving, arctic exploration, etc. We hope to give you insight and opportunities to network through talks and an in-person conference. We're also hoping to have some chill socials where you can come talk to committee and members with similar interests over relaxing activities such as films and food. We look forward to meeting you at our events and please reach out if you have any questions :)'*

## RESPIRATORY SOCIETY

*'We created this society with the aim of gathering a tight-knit community of like-minded individuals that share a profound interest in Respiratory Medicine. Whether you've always wanted to learn about Respiratory Medicine or just want to try out something new, this is the place for you!'*

*Why join us? We offer:*

- Academic tutorials from seniors Q&A sessions from Respiratory specialists
- A chance to meet new people in various year groups and to make friendships through our social & other events!'

✉ [icsmrespmedsociety@imperial.ac.uk](mailto:icsmrespmedsociety@imperial.ac.uk)  
 @icsmrespmedsociety  
 Chair: Leo Layzell



## SOCIETY OF RESEARCH AND ACADEMIA

✉ [icsmsora@ic.ac.uk](mailto:icsmsora@ic.ac.uk)  
 @icsm.sora  
 Chair: Jonathan Kow

Imperial College School of Medicine



*'We are here to develop a network of students interested and passionate about biomedical research and academic medicine, promote student participation in research throughout all years of your studies, and help you build your CV for your future career. Our key events include: Conferences such as the London Medical Research Conference*

*(in collaboration with all London medical schools) and the Young Researchers' Conference Networking opportunities from speed networking with researchers to soirées Mentorship and education to either provide you with teaching experience or ensure you get the most of your undergraduate academic careers. For the academic year of 2024/25, we have much more lined up, so stay up to date with what we are up to via our Instagram page and mailing list ([linktr.ee/ism.sora](https://linktr.ee/ism.sora))!'*

## ICSM Sports & Exercise Medicine

✉ [semsoc@imperial.ac.uk](mailto:semsoc@imperial.ac.uk)

@icsm\_semsoc

Co-Chairs: Buchi Onyiake,  
Dhruv Vasooja



*'ICSM Sports & Exercise Medicine Society (SEMSoc) is your gateway to exploring the exciting world of sports medicine, injury prevention, and exercise science!*

*Whether you're an aspiring sports medic or keen to enhance your clinical skills, SEMSoc is for you.*

*We offer a range of events, from insightful talks by leading sports medics to practical workshops on injury management and hands-on experience in sports settings. Last year, we had a blast watching the Chelsea vs. Liverpool women's match together, and we plan to organize more fun social events like this!*

*Join us to network with professionals, gain valuable knowledge that complements your medical education, and connect with like-minded peers who share your passion for sports and medicine. Don't miss out—get involved with SEMSoc and make the most of your time at ICSM!*

*'ICSM Surgical Society, established in 2005, is here to bring you closer to surgical training beyond the classroom. Affiliated with the Royal College of Surgeons, we've been recognized for excellence with the President's Award (2008) and commendation by the Royal College of Surgeons of Edinburgh (2012).*

*We offer a variety of opportunities to support your journey:*

- *Revision Courses: Tailored sessions to help you master anatomy, core surgical topics, and practical exam skills at every stage of your studies.*
- *Skills Workshops: Hands-on programs that refine your techniques for OSCEs, PACES, and a future in surgery.*
- *Conferences: Our renowned Trauma Conference brings together students and professionals worldwide for two days of learning and practice.*
- *Careers Events: Specialty days and guidance sessions to explore different surgical paths.*

*Join our award-winning society to sharpen your skills, succeed in exams, and connect with a vibrant community of future surgeons!*

## ICSM SURGICAL SOCIETY

✉ [surgical.soc@imperial.ac.uk](mailto:surgical.soc@imperial.ac.uk)

@icsmsurgicalsoc

Co-Chairs: Srikar Namireddy,  
Sreeraag Kanakala



# BMB- DEPARTMENTAL SOCIETIES

## BMBSoc (BioMed Society)

✉ [bmsoc@imperial.ac.uk](mailto:bmsoc@imperial.ac.uk)  
 @icsmsu.bmb

Chair: Anant Pratap Singh



'BMBSoc is the official departmental society for BMB at Imperial, and you're automatically part of it as a BMB student! We represent all BMB students and help with academics, welfare and social events. PS: We've just launched some brand new roles - keep a lookout on how to get involved!

We look forward to welcoming you to this vibrant community!

See you soon,

BMBSoc Committee'

## SPECIAL MESSAGE ABOUT EVENTS

'BMBSoc is also aiming to bring you for the first time ever, our own careers fair. We'll invite professors and researchers from Academic, other universities possibly and also recruiters and alumni from industry, whether that's from pharmaceutical companies, Med-tech, consulting - we know the lab isn't for everyone and there are so many career paths you can consider after you graduate from BMB. Stay tuned for this exciting event and make sure you attend so you can network with professionals and experts and get those insights, tips and advice!'

'Hey guys! We're a new society founded by BMB alumni. Through our experience with the course, we identified some key areas to help support BMB students. We will be offering advice on internships and careers by inviting alumni in various fields such as those in research, the pharmaceutical sector, consultancy, management, and many more.

## BIOMEDICAL EDUCATION (BioMed)

✉ [biomed1@ic.ac.uk](mailto:biomed1@ic.ac.uk)  
 @bmbeducation  
 Chair: Yuki Agarwala

We aim to hold collaborative conferences and events for you to gain a better understanding of the final year project, help students learn how to read papers, give guidance based on our experience with ICAs, and many other events all designed to help you perform better at the course and gain a clearer understanding of the prospects after the degree. Get our free membership, sign up to our mailing list and follow our instagram to keep updated!  
<https://linktr.ee/biomed1>

