

Back in India, after 10th grade, we were required to choose between biology and mathematics—a decision that would determine whether we pursued engineering or healthcare. For me, there was no doubt: I chose biology and the path of healthcare without hesitation. I was always fascinated by how the human body works and wanted to help people prevent or manage health conditions. I dreamed of working in hospitals alongside nurses, doctors, and other healthcare professionals.

However, life doesn't always follow our plans. I ended up pursuing a Bachelor's degree in Physical Therapy in India, including a six-month internship in a multispecialty government hospital. During that time, I developed a strong understanding of patient relationships and how each hospital team member contributes to care. This experience reignited my passion for healthcare and confirmed my purpose.

My internship exposed me to a variety of departments—ICU, inpatient, and outpatient—and helped me build foundational clinical skills. I continued working in patient rehab after graduation, and when COVID-19 hit, I was still on the front lines. While the world went into lockdown, we healthcare workers continued putting our patients first. I primarily worked with post-operative orthopedic patients, such as total knee and hip replacements, and realized the real impact I was making on their recovery and quality of life.

During my ICU rotation, I treated patients who were immobile and bedridden. I was limited in what I could offer—simple ankle pumps or passive range-of-motion exercises. It made me realize how narrow my scope was with certain patient populations. That limitation stayed with me.

Eventually, I moved to the U.S. and began preparing for the National Physical Therapy Examination (NPTE). While studying, I worked as a rehab aide in Chicago and interacted with nurse practitioners, physician assistants, MDs, and PTs. This helped me understand the different roles within the healthcare system. I passed the NPTE in 2022, then moved to New York to work as an outpatient PT before relocating to Texas to join Baylor Scott & White in outpatient rehab.

After passing my licensure exam, I was accepted into a Transitional Doctor of Physical Therapy (tDPT) program. There, I met a professor who was both a PT and a PA. I connected with him to learn about his dual career path, and his experience inspired me. As I researched the PA profession, I found that it aligned closely with the kind of impact I wanted to make in patients' lives. I began taking prerequisite courses for PA school while working full-time, but at one point I paused my coursework, unsure whether I wanted to commit to this new path.

During my time at Baylor, I earned my Revital Cancer Rehab certification. I enjoyed the experience, especially learning how prehab and rehab can improve the quality of life for cancer patients. But once again, I was faced with the limitations of my role. I wanted to do more.

One turning point was when I started rounding with surgeons and PAs to secure referrals for our clinic. I was particularly inspired by a PA who spent more time with patients—both pre- and post-operatively—than the surgeons did. Her ability to educate, support, and follow through with patients reminded me of my original purpose. I began helping her explain post-surgical rehab plans to patients, and that interaction reignited my drive.

I spoke with a colleague, James, who encouraged me to pursue this goal and reminded me of my strengths and potential. His support, along with shadowing experiences with both MDs and PAs—including in dermatology and inpatient medicine—helped me solidify my decision. I even reconnected with a nurse practitioner I had known in Chicago to understand her role and career path.

After much self-reflection, shadowing, and soul-searching, I am now fully committed to becoming a PA—even if it means retaking all the required prerequisites, balancing a full-time job, and answering the question “why” over and over again. To me, this is perseverance. This is not giving up on my dream.

Qualities that Make Me a Strong Fit for PA School:

I believe my background in physical therapy has provided me with several qualities that make me an excellent candidate for the Physician Assistant profession. First, compassion and empathy have been central to my approach in patient care. In my work, whether in rehab or ICU, I've always prioritized understanding the emotional and physical needs of my patients, which is critical for a PA who must provide both medical treatment and emotional support.

Second, I am deeply committed to lifelong learning. Throughout my career, I've continuously sought to expand my knowledge—whether through certifications, shadowing, or pursuing additional courses. This drive to continually grow and improve aligns with the ongoing education required in the PA profession.

Additionally, my ability to communicate effectively with patients and healthcare teams has been key in my role. I've interacted with a range of professionals, from doctors to nurse practitioners, and learned how to effectively educate patients about their treatment plans. Strong communication skills are essential for a PA, who must clearly explain diagnoses, treatment options, and post-care instructions to patients.

I am also highly adaptable and solution-oriented, having navigated different roles and patient populations in diverse healthcare settings. From treating post-operative patients to providing cancer rehab, I've learned to think on my feet and find ways to make a meaningful impact despite the challenges.

Lastly, my experiences working with multidisciplinary teams have taught me the value of collaboration. PAs must work closely with doctors, nurses, and other specialists, and I have demonstrated this collaborative approach throughout my career. I understand the importance of

teamwork in delivering the best patient outcomes, and I am eager to bring this mindset to PA school and beyond.

I am confident that my background, combined with these qualities, will enable me to succeed as a Physician Assistant. I am committed to making a difference in the lives of my patients, and I am excited about the opportunities ahead in this new phase of my career.

Back in India, after 10th grade, we had to choose between biology and mathematics—a decision that essentially determined whether we pursued healthcare or engineering. For me, there was no hesitation: I chose biology. I've always been fascinated by the human body and driven by a desire to help people live healthier lives. I dreamed of working in hospitals, collaborating with doctors, nurses, and other healthcare professionals.

I earned my Bachelor's in Physical Therapy in India, including a six-month internship in a multispecialty government hospital. This experience deepened my understanding of clinical care, patient communication, and interdisciplinary teamwork. I rotated through the ICU, inpatient, and outpatient departments, building foundational clinical skills while gaining exposure to patients with varying degrees of acuity. After graduation, I continued in rehab settings, working primarily with post-operative orthopedic patients, including those recovering from total knee and hip replacements.

When COVID-19 struck, I remained on the front lines, providing care while the world shut down. In the ICU, my work with immobile, bedridden patients was both humbling and frustrating. I could offer only limited interventions—passive range of motion, ankle pumps—and it became clear to me that my scope of practice restricted how much I could do. That realization planted the seed for change.

After moving to the U.S., I prepared for the National Physical Therapy Examination while working as a rehab aide in Chicago. This allowed me to collaborate with PAs, NPs, MDs, and PTs. I passed the NPTE in 2022 and practiced as an outpatient PT in New York before moving to Texas, where I joined Baylor Scott & White.

While completing a transitional Doctor of Physical Therapy program, I met a professor who was both a PT and a PA. Intrigued, I spoke with him about his career, and his story deeply resonated with me. As I learned more about the PA profession, I saw it as the path that could truly align my clinical skills with my passion for holistic, patient-centered care.

I began taking prerequisites while working full-time. Though I briefly paused to reflect on my commitment, shadowing experiences and conversations with colleagues reinforced my decision. At Baylor, I earned my ReVital Cancer Rehab certification, working closely with cancer patients. Again, I found fulfillment—but also a desire to do more.

One pivotal experience came during surgical rounds with a PA who took time to educate and support patients pre- and post-operatively. I started assisting her in explaining post-op rehab plans, and I saw how meaningful it was for patients to have someone bridge the gap between surgery and recovery. This reignited my sense of purpose.

I spoke with a colleague, James, who encouraged me to pursue this goal and reminded me of my strengths and potential. His support, along with shadowing experiences with both MDs and PAs—including in dermatology and inpatient medicine—helped me solidify my decision. I even reconnected with a nurse practitioner I had known in Chicago to better understand her role and career path. These interactions gave me perspective and clarity—and ultimately, the confidence to fully commit to becoming a PA.

My physical therapy background equips me with unique strengths that will translate well into the PA profession. I have developed compassion and empathy through years of hands-on patient care. I've practiced collaborative communication with diverse medical teams. I understand the demands and rewards of working in fast-paced clinical environments. I've also learned how to adapt—whether working with post-op patients, cancer survivors, or critically ill individuals.

One of the most important strategies I've developed is what I call “revision and implementation.” After failing the NPTE on my first attempt, I realized that learning isn't just about absorbing information—it's about being able to recall and apply it. I revamped my study strategy, focused on active revision, and passed. I apply this same approach to my career and life: reflect, revise, and implement. It's how I grow, and how I will succeed in PA school.

I am confident that my unique journey, clinical experience, and unwavering commitment make me a strong candidate for the PA profession. I'm ready to embrace the challenge, contribute meaningfully to a healthcare team, and continue doing what I've always set out to do: make a difference in the lives of others

Back in India, after 10th grade, we were required to choose between biology and mathematics—a decision that would determine whether we pursued engineering or healthcare. For me, there was no doubt: I chose biology and the path of healthcare without hesitation. I was always fascinated by how the human body works and wanted to help people prevent or manage health conditions. I dreamed of working in hospitals alongside nurses, doctors, and other healthcare professionals.

Though life took some turns, that dream remained. I earned my Bachelor's degree in Physical Therapy in India, which included a six-month internship in a multispecialty government hospital. There, I saw firsthand how each hospital team member contributes to patient care. I connected deeply with patients, learning how to listen, educate, and guide them through uncertainty—skills I've carried throughout my career. My internship exposed me to ICU, inpatient, and outpatient settings, where I developed core clinical knowledge, communication skills, and the empathy needed to support patients through difficult moments.

After graduating, I began working in rehab, primarily with post-operative orthopedic patients. When the COVID-19 pandemic hit, I continued working on the front lines while most of the world was on lockdown. That experience reinforced not only my commitment to healthcare but also my ability to adapt under pressure. I treated post-op knee and hip replacement patients, helping them regain mobility and function—each interaction reminding me of the profound impact a compassionate provider can have.

But there were also moments of limitation. In the ICU, I was only able to offer basic mobility exercises, like ankle pumps or passive range-of-motion. I realized then that, although I was doing meaningful work, my ability to intervene medically was limited. I wanted to be able to assess, diagnose, and treat more comprehensively—to support patients through their full journey, not just rehab. That planted the early seed of considering another path.

After moving to the U.S., I prepared for and passed the NPTE in 2022 while working as a rehab aide in Chicago. That job introduced me to the U.S. healthcare system and gave me the chance to observe PAs, nurse practitioners, MDs, and PTs working side by side. I noticed that PAs often had more time to interact with patients and could both diagnose and treat, often being the bridge between patients and physicians. That holistic involvement in care deeply resonated with me.

I went on to work as an outpatient PT in New York and later moved to Texas, joining Baylor Scott & White. Along the way, I pursued a Transitional Doctor of Physical Therapy (tDPT) program and met a professor who was both a PT and a PA. His story opened my eyes to a path that matched everything I had been searching for. As I shadowed more PAs—in dermatology, internal medicine, and surgical settings—I recognized that the PA role combines the best of what I love: deep patient interaction, medical decision-making, and working collaboratively within a healthcare team.

I did consider medical school. However, what draws me more to the PA profession is its **team-based nature, flexibility across specialties**, and the opportunity to make a meaningful impact **without being removed from direct patient care**. I don't see the PA role as a compromise—rather, it's a profession that aligns perfectly with my values, experiences, and the kind of provider I aspire to be. While physicians often manage a higher administrative and leadership load, I'm most fulfilled when I can focus on **patient education, continuity of care, and medical treatment** in a collaborative environment.

At Baylor, earning my Revital Cancer Rehab certification was another pivotal moment. I found so much value in supporting cancer patients, yet again, I felt the limits of my scope. I began rounding with surgeons and PAs to secure referrals and was particularly inspired by a PA who guided patients through both the surgical process and their recovery. Her ability to educate and advocate for patients reminded me of why I chose healthcare in the first place.

My communication skills, empathy, and collaborative spirit have been shaped by every patient, coworker, and challenge along the way. From ICU rehab in India to outpatient cancer care in Texas, I've learned how to adapt, how to listen, and how to lead with compassion. A colleague

once told me, “You never stop at what’s required—you ask what’s needed.” That mindset is what I bring to every interaction and what I’ll bring to PA school.

Today, I am fully committed to becoming a PA. Even if it means retaking prerequisites, balancing full-time work, and explaining my journey over and over again—I’m ready. This isn’t just about a new title. It’s about becoming the kind of provider I’ve always wanted to be: skilled, compassionate, collaborative, and deeply present for my patients. This is perseverance. This is not giving up on my dream—this is me finally stepping into it.