



Office of
Representative Hannah E. Kane
Commonwealth of Massachusetts

For Immediate Release

Contact: Jessica Beliveau, 617-722-2810, Jessica.Beliveau@mahouse.gov

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**Dr. Nandana Kansra of Shrewsbury named a
2019 Unsung Heroine**

*Nominated by Representative Kane, Dr. Kansra honored by the
Massachusetts Commission on the Status of Women*

Dr. Nandana Kansra of Shrewsbury was honored as a member of the Massachusetts Commission on the Status of Women's 2019 class of Unsung Heroines. State Representative Hannah Kane, (R-11th Worcester District), recommended Dr. Kansra for this recognition because of her steadfast commitment to ensuring the health and wellbeing of community members and leadership in numerous healthcare focused philanthropic endeavors. Dr. Kansra was honored with 130 other Unsung Heroines for her outstanding contributions to her community in a ceremony on June 18, 2019 in the Great Hall of the Massachusetts State House.

An Internal Medicine Physician with Saint Vincent Medical Group, Dr. Kansra is a true partner in her patients' healthcare. Dr. Kansra not only emphasizes overall health and wellness goals for her patients, but also ensures her patients and other community members have the opportunity to apply important health and wellness practices, such as attending the weekly "Walk With A Doc" exercise sessions she hosts to encourage physical activity and mitigate the consequences of leading a sedentary lifestyle. Dr. Kansra also donates her medical expertise and time as a frequent volunteer at St. Anne's Free Medical Clinic, a vital public health resource for members of the Shrewsbury and Greater Worcester community. A devoted community volunteer, Dr. Kansra also travels abroad with Partners In Development to counties such as Haiti and Guatemala to provide hugely critical medical care to hundreds of patients lacking basic resources and access to urgent medical treatment.

"I am proud to have nominated Dr. Nandana Kansra as a Massachusetts Commission on the

Status of Women 2019 Unsung Heroine,” stated Representative Kane. “Dr. Kansra is beyond deserving of this recognition, and truly represents the best of Shrewsbury and our Commonwealth. Dr. Kansra’s deeply sincere and resolute commitment to serving her patients, bettering the health, wellbeing and quality of life of those in her community and abroad, and distinguished volunteer service is inspiring and most impactful. I am grateful to Dr. Kansra for her numerous contributions to our community and for exemplifying what being an Unsung Heroine means.”

“I am grateful for the beautiful moment of recognition, yet I am mindful of how much suffering there is and how much needs to be done,” said Dr. Kansra. “The Talmud states ‘Do not be daunted by the enormity of the world’s grief. Do justly now, love mercy now, walk humbly now. You are not obligated to complete the work, but neither are you free to abandon it,’ and I am committed to doing my part humbly.”

The Unsung Heroines are women who don’t make the news, but make the difference. They are the women who use their time, talent and enthusiasm to enrich the lives of others and make a difference in their neighborhoods, cities and towns. They are mentors, volunteers and innovators who do what needs to be done without expectations of recognition or gratitude. These women are the glue that keeps a community together and every community is better because of their contribution.

The ceremony included a program emceed by MCSW Chair Nina Kimball, acknowledging each of the 2019 Unsung Heroines, along with remarks from Lieutenant Governor Karyn Polito, Speaker of the House Robert A. DeLeo and Senate President Karen Spilka. The ceremony was followed by a group photograph and a “Just Desserts” reception.

The Massachusetts Commission on the Status of Women is an independent state agency that was legislatively created in 1998 to advance women of the Commonwealth to full equality in all areas of life and to promote their rights and opportunities. The MCSW provides a permanent, effective voice for the women of Massachusetts.

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