

SECOND ISSUE · AUGUST 2020

AEQUITAS

UGHE Student Newsletter

Message from the Editors

Greetings to you all! We are excited to present to you the second issue of “AEQUITAS”. As announced in the previous issue, AEQUITAS is an internal newsletter which was introduced by the UGHE student services with an aim of amplifying the voice of the Butaro community in several areas including health, lifestyle, academia, culture, sport and recreation through story sharing. This new issue contains diverse stories of people from the UGHE community, current ongoing activities on campus, previous events which have occurred within the past few months and masterpieces of talented students. We hope you will enjoy this!

Joselyne, Clovis and Genereuse





Zumba

FELICITE MUNEZERO

In this period of lock down, some of us have found relief in a new hobby. Zumba. It's a place where we get the chance to channel and release all the stress in elaborate dance moves. I wrote this poem from experience of being around courageous women during Zumba sessions with the aim to improve our health in a friendly and fun way.

In a dark room where the lights
are only from the screen,
Where all the eyes are busy capturing
the next move,
The body trying hard to go with the rhythm.
Where the heart pumps blood to necessary organs
to keep you moving without panting.

Where the attendees do nothing
but to give you space to express
yourself and do things your way.

Where the sense of identity rises
and self-love shines from within.
Where happiness radiates from the
body as the hips swing from one side
to another.

Where the tears and sweat mix
and time feels forever good.
Where the surrounding is full
of exuberant women who want
to push until that last African dance move.

@Munezero

**"Where
happiness
radiates from
the body
as the hips
swing from
one side to
another."**





No Ghosts in The House

NDAGIJE CLEMENCE ISHIMWE

At first, the idea of being quarantined for two weeks sounded very lonely. But now, I believe there is a very big difference between being lonely and being alone. I was alone in the house, but I did not feel lonely because everyone I know was just one phone call away. All my friends asked, "Aren't you scared of sleeping in that house alone?". No! I felt very safe because I knew there were no ghosts hiding in the house.

Every day at 10:00 I took my laptop and ran to the other side of the living room because I knew the sun would be shining at that side of the room. I never thought that I would ever miss the feeling of the sun on my skin. At that time of the day, I started getting hungry and following the lecture became harder; but before I knew it, the morning classes would be over and that would be the time to eat. Eating alone was new to me and I found it quite enjoyable. I ate my food very slowly just to make sure that I finished it a few minutes before the afternoon class. The classes were hard, but I tried to follow attentively because I had nothing else to do and no one to talk to. This happened every day and I got used to it.

Just a few days in quarantine and realized that I only missed one thing; I missed my old routine. Being in a new place and a new situation had changed everything in my daily routine. When I sleep and wake up, when and where I eat, no gym, everything was different and there was nothing I could do to change it. Then I decided to try new things in order to kill the

"But now, I believe there is a very big difference between being lonely and being alone."





No Ghosts in The House

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boredom. I tried loud music and dancing, new forms of exercises, and I even tried meditation. In the end only music seemed to work, but I still couldn't wait to get back to my old life.

As I waited for the 14 days to end, I started enjoying my situation and learning from it. First, I finally understood the idea behind keystone habits; those small unconscious things I do every day are more important than I ever imagined, they are the foundation of all other activities. Secondly, the pleasure of having people around me is not about their physical presence, it is about those memorable discussions and activities we do together. Lastly, I believe that there are two sides to every coin; there is always some good in every situation that can seem unpleasant at first. I would not want to go back into quarantine, but it was one of the best experiences I have had this year.

"Lastly, I believe that there are two sides to every coin; there is always some good in every situation that can seem unpleasant at first."

Mr & Miss

Bloemfonteincurant

Mr. and Ms. UGHE 2020

GRACE KELLY MUVUNYI

On Saturday May 23, UGHE held its first Mr. and Ms. UGHE event. All MBBS and MGHG students were eligible upon nomination by their peers for the title of Mr. and Ms. UGHE and the Student Equity Award. This special student-led recognition sought to celebrate two individuals who:

- Celebrate diversity and community building
- Respect all people in the classroom and outside of the classroom
- Practice cultural humility in all settings
- Study with integrity
- Challenge destructive stereotypes and mentalities
- Are change-makers

This was an initiative organized by the Campus Life work study team. The event saw Lara Tesi crowned Ms. UGHE 2020 while Axel Shimwa was crowned Mr. UGHE 2020. They were also given the Student Equity Award to go along with their new title. This initiative was designed for students to celebrate fellow students. It is very obvious that the UGHE values and vision shine in different ways through each UGHE student, however this initiative gave students the opportunity to nominate and vote for one of their peers who has embodied these values the most throughout the school year. We hope to establish this initiative as a new UGHE tradition to be practiced every year as the student body grows.

Following their crowning, we interviewed Miss and Mister UGHE 2020 to hear from their experiences and allow people to learn more from them.

"This initiative gave students the opportunity to nominate and vote for one of their peers who has embodied these values the most throughout the school year."



**MISS UGHE 2020
Tesi Lara**

Mr & Miss

Bloemfonteincurant

Mr. and Ms. UGHE 2020

GRACE KELLY MUVUNYI

What advice can you give to the students of this coming cohort after the experience you have had with UGHE so far? (120 words)

Tesi: UGHE is one of the most inclusive communities that you will encounter, make the best of it. You will meet people from different backgrounds, with different ideas and perspectives, it will be challenging but make it your goal to learn from them.

Axel: Life in college is always the same, but for UGHE, there comes the uniqueness of living your life for others. I think that this lifestyle is the right preparatory process which makes a person the right component of society. So adapt to the lifestyle and aim to live for others.

What would you like to see in next year's Mr. and Ms. UGHE event? (What did you enjoy most about this year's event?)

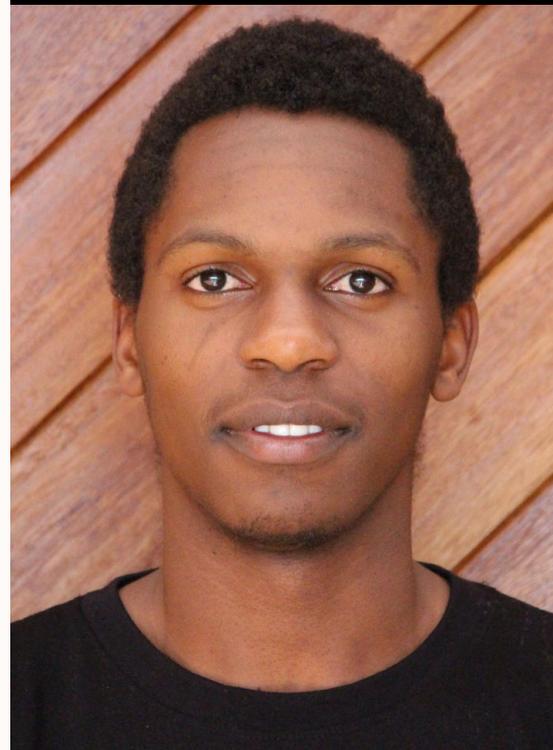
Tesi: This year's event was a well-organized event and the voting process was smooth, although the selection process was a bit hurried. Next year's event selection process should be long enough to give people time to choose the best nominees.

Axel: All events get better depending on how people are excited about the event. For the next event, it would be better to have a well prepared and detailed event which will make everyone interested in the event.

What does displaying UGHE values mean to you?

Tesi: Displaying UGHE values is something that each one of us does on a daily basis. When in the morning you greet your friend, when you pass the salt across the table to someone,

"Life in college is always the same, but for UGHE, there comes the uniqueness of living your life for others."



**Mr. UGHE 2020
Axel Shimwa**

Mr & Miss

Bloemfonteincurant

Mr. and Ms. UGHE 2020

GRACE KELLY MUVUNYI

when you cheer and support your friend, you are displaying UGHE values.

Axel: As values presented by someone goes with personal beliefs, displaying UGHE values means to me to adapt some of what UGHE believes in as the right things which should be done and live those beliefs by doing what is thought of to be right.

What are you most proud of from this past year?

Tesi: I am proud of the person I've become, not only because of the academic knowledge I acquired but also because of the situations I faced and overcame, the new friends I made, to name but a few. I experienced growth in all its forms.

Axel: My pride comes from how well I live with my society members, and by so far, I am proud of being a part of UGHE society which did not become a source of the problem.

"I experienced growth in all its forms."



Pulseorange



My Grand Period of Growth

MARIE IMMACULEE DUSINGIZE

“Hello! My name is Lockdown! 😊”

I really saw that coming because my country was not the first to host the COVID-19. However, I never believed that it would last as long as it did.

It all started just in news reports. The fact that ‘in Rwanda would also be reports of confirmed cases’ was an impossible reality. I could not visualize a bridge from what I would hear happening in China to it reaching Rwanda. It all made no sense to me. Unfortunately, it did not take long for COVID-19 to be my new neighbor. Thankfully, my country’s leadership had learned of the pandemic, which allowed her to timely take measures to keep all of her people safe. That is when I saw ‘lockdown’ easing itself in seats it was given all over the country. This at first sounded like an end of life. However, giving seats to lockdown proved life-saving, as losing the beloved ones to COVID-19’s promenade throughout the country would set the country sorrowful.

Everything remained imaginary until I saw ‘quarantine inside quarantine’. Throughout Rwanda, everything was put on hold. Even schools. For our school to remain functioning, we had to follow the COVID-19 prevention protocol. We thus had to maintain social distancing and ins and outs were no longer allowed. This is when I saw myself seated two meters apart from my colleagues in the Dining Hall, sleeping alone in a chamber, attending online classes, going alone to the gym, ... doing everything alone. Spending $\frac{2}{3}$ of my time in total solitude is something that I had never experienced before. However, knowing that everyone else was like me, it allowed me to be accustomed. On one side it affected my daily routine. I was first used to collective schedules, where I would spend lunch, gym, dinner, and weekend time with my friends. During the lockdown, it was no longer the case, as there was no more physical contact or even proximity. It was such a lenient challenge to cover the pre-class reading materials alone. With this, I would attend the classes non-preparedly which made me miss most of the contents, and I would fail most of the in-class quizzes. Not to

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My Grand Period of Growth

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forget, I could wake up only 15 minutes to class just because my friends could no longer wake me as they used to. Phone calls? Yes, they could dial my number, but at night I would either switch my phone off or silence it.

Regardless of the novel solitude that I had to handle, many other things seemed to keep a smile on my face. I could not imagine sitting in the dining hall, talking to someone who is sitting two meters away from me. I could hear myself as if I am talking to someone who is in Kigali, just by mouth. Working out alone in the gym, the most fatigued part of my body was the voice box as I could sing out loud just because I was not worried about disturbing other gym users. Again, singing out loud, I would hear my echoes, and this would make me feel like I was not alone. After every online class, I could take a minute to scream out loud, unsure of the reason, but it felt like stretching each of my nerves. I am sure it annoyed my colleagues next door, but again I am certain they themselves found the house somehow lively while I made noise.

Sometimes I would see myself bruising the next day, just because I over thought about how I would react if quarantine lasted longer. But it was just a matter of embracing reality. COVID-19 was there, and it seemed like it didn't plan on going back soon. I started to plan my own schedules, and it took calories out of me to realize that it can sometimes be difficult to follow a self-set order. Anyway, the realer COVID-19 became, the better I became at adhering to a self-oriented routine. The higher the number of cases in Rwanda rose, the more I felt worried. My thoughts could not pose, as my mind wandered through the possibility that my family which, not like me, were out there exposed, would contract the COVID-19. But thankfully, this has not yet happened, and hopefully, it will not happen.

As I tried to find ways to manage the worry, I came to realize that even though meditation is a good way to clear one's mind, it is bad when done in excess. I could meditate, but I could end

"Anyway, the realer COVID-19 became, the better I became at adhering to a self-oriented routine."





My Grand Period of Growth

MARIE IMMACULEE DUSINGIZE

up overthinking. What proved effective to me was finding something that kept me busy, just to avoid thinking too much. I am a terrible dancer, but I would dance alone in my room, even sometimes without music. With that, I no longer left space for thoughts about the COVID-19 deeds. 'Dancing' became my comforter. It created in me some feeling of ability because all I could think of while dancing was the aptness to do a certain move. I would sometimes think beyond the momentaneous move, and place my mind to other life goals and vision their possibility. Time would not always allow me to live my future from my room. This is why I still cherish those moments as I had never got such high hopes, the hopes that created my peace of mind.

Everything happens for a reason. Maybe this nuisance was here to open our eyes to the future. I personally got to learn to do a few things on my own. I learned prioritization, I developed my accountability skills, and I came to know the difference between being alone and loneliness. We usually need to be alone, to put everything in order, but we can never need to be lonely. Alone, it is when I got enough time to talk to friends I had not seen in years. Being alone did not grant me the right to grief because of loneliness. It was instead a chance of self-realization and a chance to evaluate my social relations. In addition to that, it presented me the opportunity to re-think on my journey to becoming a medical doctor. This time enabled me to visualize how sacrificing current doctors are. They are the most exposed, but they never quit their job. In one way or another, I am waited upon to do the same. Filling gaps they will have left, as I will be not just a doctor, but again a public servant, a policymaker, hopefully, and an advocator. The lockdown period thus continues to be a period of learning to me.

"I came to know the difference between being alone and loneliness. We usually need to be alone, to put everything in order, but we can never need to be lonely."





Cooking Classes

GENEREUSE IRAKOZE IRADUKUNDA

What an exciting idea!

The idea came when the MBBS class was provided with a two weeks break, which they had to spend at school due to COVID 19 prevention guidelines. This sounded like a disappointment because everyone really wished to spend this amazing time with their families after not seeing them for a while. However, the campus life team brought a special opportunity to keep the break lively. The cooking classes project was started, and this made most of us, who attended, feel like home because cooking is among the activities that we enjoy doing back home.

Personally, my eyes were opened to see the simplicity that lies in what we perceive as special food and techniques that seem far beyond our abilities. All that was needed was to follow the necessary steps carefully. The eagerness to learn a new strategy into cooking did not cease, starting from carrot juice and lemon vinaigrette, potato gnocchi, beef/vegetable samosas, pastries, chapati, and jollof rice.

And more to that, cooking classes were not only a chance to expand our cooking skills but also a great opportunity to expand our connections. It was a great honor to finally meet owners of 'great hands' that are behind the delicious and nutritious food we are served each day. Besides, we worked with the kitchen staff who made sure that for each cooking class we had a person to teach us for a full hour and all the skills we got from there were acquired due to courage, enthusiasm, and love they put into whatever they shared.

The short nutrition lessons by Grace Kelly Muvunyi complemented these classes; thus the cooking classes were not just about acquiring techniques and eating (tasting) at the end, but a chance to also know the effect of what we eat on

"Personally, my eyes were opened to see the simplicity that lies in what we perceive as special food and techniques that seem far beyond our abilities."





Cooking Classes

GENEREUSE IRAKOZE IRADUKUNDA

our health as well as find a way to better care for our nutrition. All the cooking classes were interesting, and the most special part for me was learning how to cook chapati as I got a chance to fully do all the steps with my hands and to test the product of my own work. I was really amazed. I could not understand how delicious they were: really! All this with just my hands? On the other hand, Jollof rice was the most challenging and time-demanding kind of food to make. It was just interesting to see how we moved from one step to another. However, the excitations we had to look at the product of our energies kept us motivated throughout the steps. We were led by our fellow Nigerians, Hawa and Chinelo, throughout all the steps, and it surprisingly took us about 3.5 hours to finish. All the six cooking classes that were delivered had special skills to offer.

I realized how almost every type of food can be easy to cook as long as you try. We cannot wait to fully practice what we learned from classes and this would not have been possible without the kitchen staff and students who volunteered. So, thank you very much for all your support and courage to share what you know. We hope that this project will continue because at the end of the day, after learning all the medicine or global health delivery, we need to know how to prepare our meals as well as to have a full understanding of their nutritional significance. Mwarakoze cyane!

"I realized how almost every type of food can be easy to cook as long as you try."





Valedictorian speech

GLORIA IGIHOZO

Ladies and gentlemen, Good afternoon. Congratulations, class of 2020, for completing your master's degree in the midst of a pandemic. Well, I guess instead of saying congratulations I should say COVIDulations. You did it! Our cohort represents over 12 different cultures. For many of us, myself included, this is our first time being in such a diverse classroom. This cohort has taught me a lot more than I could have learned in any classroom. One of the most important lessons I have learned is that it takes us forever to vote on anything. On a more serious note, the diverse perspectives each of you contributed to in-class discussions and conversations outside the classroom, have challenged me to see the world from different lenses. Your ability to tie personal experiences to global health scenarios, has enabled me to make sense of concepts that seemed abstract in this field. Each one of you, in your own unique way, taught me a valuable lesson about life and about global health.

The world of global health we are about to delve into, as we have experienced during this past year, requires individuals who are willing to learn as much as they are willing to unlearn. It dares us to learn to be critical of existing healthcare systems and offer sustainable solutions to the most pressing problems in global health. It also forces us to unlearn preconceived notions and to come face to face with our own misconceptions. As such, I want to encourage you to walk into this field as a child. I know this analogy sounds misplaced but allow me to expound on it.

When children begin the stage of cognitive development, they use all the resources available to them to learn about the world. They do this through observing, listening, experimenting, exploring, and my favorite... asking questions. Children are never afraid to change their minds, they are the most vocal human beings, and they don't discriminate (well,

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Valedictorian speech

GLORIA IGIHOZO

not always). In brief, they combine all the concepts we have learned this past year, to make sense of the world around them and everything in it. It is through this practice that they begin to be comfortable with the process of change and growth. As global health leaders, adopting the spirit of a child will allow us to be life-long learners, to make wiser and more informed decisions, and to embrace change however uncomfortable it may be. Tapping into the curiosity of the child within us will enable us to remain honest, humble, inquisitive, vocal, and inclusive.

Global health is a puzzle made of individuals with unique experiences, thoughts, and personalities. To understand and see the bigger picture of global health, you need to fit these individual pieces together. As you walk from UGHE into this world, remember that we are part of a bigger historic movement; the movement to make quality healthcare accessible to all individuals regardless of their race, ethnicity, gender, socioeconomic status, or sexual orientation. Earlier in this program, the V.C. Professor Agnes Binagwaho delivered a powerful lecture on health as a human right. Now, I call on you to walk into this next phase of your life as advocates of the right to health for all, challenging the world to see health as a basic right for everyone and not a luxury that can only be accessed by affluent members of society. UGHE has given us the tools we need to advance this movement to the next level. It is now up to us to change systems that promote or maintain health injustices, make policies that favor the marginalized and the poor, create organizations that serve communities that are often overlooked, and lead movements that will change how health services are delivered to the

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Valedictorian speech

GLORIA IGIHOZO

impoverished. My charge to you, class of 2020, is to remain open to the invaluable lessons that the communities around us have to teach us and to be willing to admit that we don't know everything. I call on you, to constantly reflect on your role in the bigger movement of global health and what you can do to amplify the voices of the communities that have historically lived within the margins of our society. I cannot wait to see each one of you change the face of global health.

Before I conclude, I want to take this opportunity to thank the amazing faculty and staff members of UGHE, that have contributed to our learning and growth. To Dr. Rex, Dr. Zahirah, Dr. Phaedra, Dr. Janna, Dr. Emily, Dr. Akiiki, Chloe, Dieudonné, Enock and everyone who has taught us this year, we thank you for your patience and commitment to molding the next generation of global health leaders. To Haguruka staff, la paillette staff and the gardening team, we thank you for always putting a smile on our faces and caring for us. To our MBBS siblings, we are grateful for how you have made our experience at UGHE one to remember and we cannot wait to celebrate you when you complete your medical education. Lastly, to our family and friends who are following this online, thank you for your support and encouragement throughout this journey.

Class of 2020, I want to end this by thanking each one of you. Thank you for sharing your beautiful cultures with me, for

"I want to take this opportunity to thank the amazing faculty and staff members of UGHE. To Haguruka staff, la paillette staff and the gardening team, we thank you for always putting a smile on our faces and caring for us. To our MBBS siblings, we are grateful for how you have made our experience at UGHE one to remember and we cannot wait to celebrate you when you complete your medical education"



Valedictorian speech

GLORIA IGIHOZO

teaching me about healthcare in your respective countries, and for sharing your passions and your dreams for a just and equal world for all. Your friendship, your encouragement, and your humor have all added a splash of color to the mosaic of my journey in the field of global health. No matter where we go after this, we will continue to be a family; a little imperfect but always ready to serve the underserved in our communities. Wherever the world takes you, class of 2020, remember that you will forever be a lion! Now go out there and do your best.

Thank you.

"Wherever the world takes you, class of 2020, remember that you will forever be a lion! Now go out there and do your best!"





srproscanwokoried

Dr. Coach, MD

A POEM BY GRACE KELLY MUVUNYI

Your expertise and guidance has brought me to this place,
A place where I can see what you saw in me.
To believe and succeed in overcoming all impossibilities
You see, your title earned you fees, but your strategy created
passionate mentees.

A coach, a coach! Who knew it was the missing key?!
You taught me that I'm a part of a team
Me, you, and my family regime
Together, we were all in
Ready to redeem years of low self-esteem
In exchange for a dream

That looked, felt, and sounded like a healthy me.

No turning back, because it tastes so sweet.

You gave me the knowledge to sit in the driver's seat

You gave me the confidence to accept a new reality

You gave me the support to not immediately retreat

Now, I listen close to the way my heart beats

And I pay attention to the food my body eats

I stretch my muscles and make them move

I sleep, and rest so my mind can improve

I don't ignore pain because it helps me to ascertain

That something might be wrong,

but my coach is only a phone call away.

My coach who is an MD, was really the missing key

It unlocked self-belief, that even I too could have some relief

Now I've become the coach, and I tell all those around

That the body's greatest asset is a mindful me.

This poem was inspired by a doctor I met when I was 17 who targeted high risk underserved families in her clinic. She used to tell her patients that no matter what treatment she prescribed, there's no guarantee of health if they did not make lifestyle behavior changes like diet and exercise. When her patients would walk into the clinic she would always ask with so much enthusiasm, "Are you ready to turn your power on?!",

**"Now I've become
the coach, and I
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around
That the body's
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mindful me."**





srproscanwokoried

Dr. Coach, MD

A POEM BY GRACE KELLY MUVUNYI

and after each visit she would invite her patients to a 15 minute group exercise, or a dinner, or she would even invite patients to go grocery shopping with her to learn how to choose the healthiest options at the store. Although she was my doctor she was also my coach, because she empowered me to take greater responsibility in my overall health, she equipped me with the knowledge and support I needed to make decisive decisions for my health, and she encouraged me to always seek assistance for my symptoms and ailments before they became severe. Since that time, I've never met a doctor like her again. She was an unprecedented force of change that completely shattered my previous perception of health, and preventive care. Since my encounter with this doctor, I have continuously asked myself what are the barriers preventing more "Dr. Coaches" in our healthcare system today, and how can this be a service that is not only served to the wealthy.

The UGHE MGHD program highlighted the many barriers that still exist today such as overworked & underpaid medical doctors, low human resources, limited health insurance, limited access to health facilities, mistrust in health care systems, poverty, harmful cultural beliefs, and the overall impact of unaddressed social determinants of health. These all remain the realities of the healthcare systems that global health professionals are working to reform, however medical doctors face an even more complex set of challenges as the front line soldiers. How can medical doctors be "Dr. Coaches" when they themselves are overworked and highly susceptible to burn out? A coach can not coach without love for the game and their team, and a player can not play without the guidance and encouragement of a coach.

These are the questions I leave with you today. However, one thing I'm sure of is that a coach is one of the greatest figures for positive behavior change whether it's in the sports realm,

"Since my encounter with this doctor, I have continuously asked myself what are the barriers preventing more "Dr. Coaches" in our healthcare system today, and how can this be a service that is not only served to the wealthy."



Pinterest



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Dr. Coach, MD

A POEM BY GRACE KELLY MUVUNYI

for positive behavior change whether it's in the sports realm, or in the health sector. We need more Dr. Coaches! Here are a few lessons I think, we as global health professionals, could learn from our local sports coaches to promote positive behavior change especially for NCD, and preventive care:

- 1.Players (patients) need to know their current status and the future goal
- 2.Players (patients) always need a game plan/action plan to reach their goals
- 3.Players (patients) need feedback about their progress and need to revise the plan when necessary
- 4.Players (patients) & coaches (doctors) need to always celebrate victories
- 5.Players (patients) need to know that the coach will set them up for success but the ball is in their hands.

"We need more Dr. Coaches!"



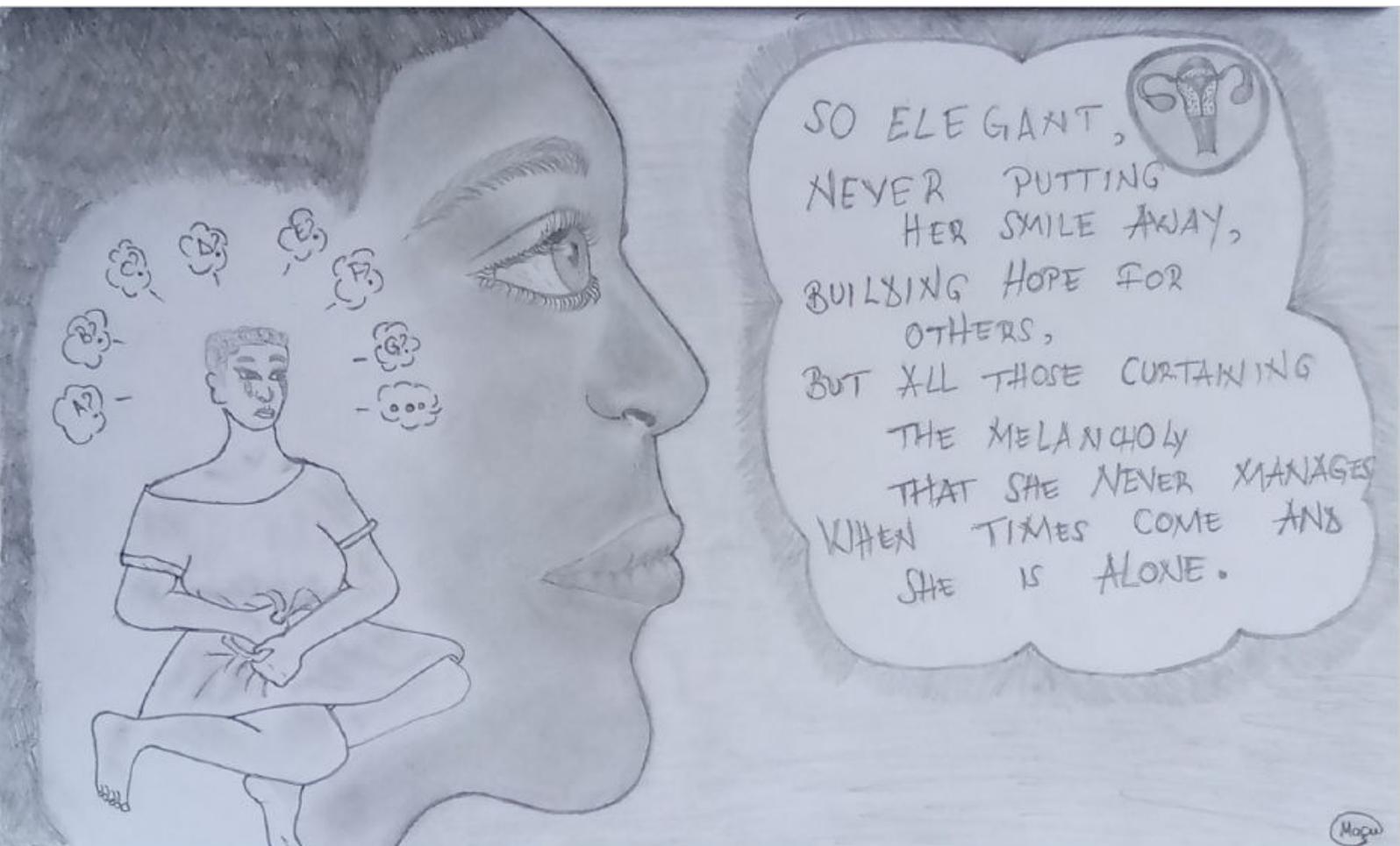
Olympicbuildingcenter



28 May MENSTRUAL HYGIENE DAY

MenstruationHygieneDay

Menstrual Hygiene Day Campaign



Art by Marie Immaculee Dusingize

On the occasion of the Menstruation Hygiene Day celebrated each year on May 28, Kigali Global Shapers in collaboration with Noida Group organized "Doodle with Uterus". Doodle with Uterus is a global campaign to celebrate menstruation and amplify voices through art to celebrate Menstrual Hygiene Day.

For this year's edition, some of our lions participated to the campaign and we have chosen to highlight one of the works submitted.

In other news



"VOX LEONES"

VOX LEONES, the voice of lions, is a new magazine created by the MBBS students class of 2025 in collaboration with the student services. It is a combination of different articles and discussions in regards to multiple global health issues. The magazine aims at continuously reflecting on the expedition of these lions and lionesses who are intending to impact the health system with special attention to the vulnerable people and communities.

Congratulations to the graduating MGHD'20 class!

On August 9, 2020, UGHE saw its fifth cohort of the MGHD program graduate in an unusual fashion. The graduation was held virtually with the guests and guest speakers joining in from around the world, with some of the graduating students on campus others in their homes. Despite all these challenges, I am sure every single one of the students enjoyed their day.

Congratulations MGHD class of 2020!

MBBS'26

The MBBS class of 2026 has finally been admitted. A warm welcome to these cubs to the UGHE family! We can't wait to have them on campus once the circumstances permit.



Aequitas

NEWSLETTER

Phew! What a journey this has been. We've had fun crafting this delicious piece of work. We want you all to know our team will be back with a third issue. It will be meaner, nicer, and more informative than our first and second issue. Your voices are encouraged and welcome. Please don't hesitate to reach out to the team to get involved. See you next month! Stay sane...baby lions...shhhh

