



AEQUITAS

UGHE Student  
Newsletter

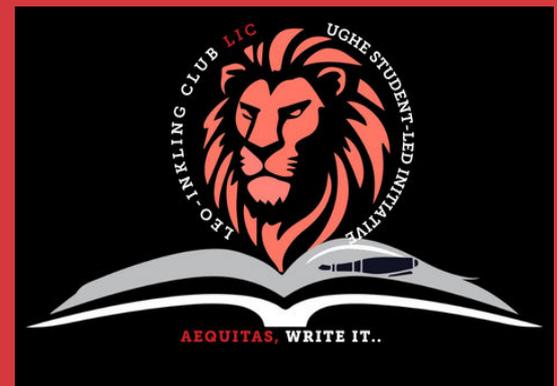
Aug 2022

# UGHE NARRATIONS



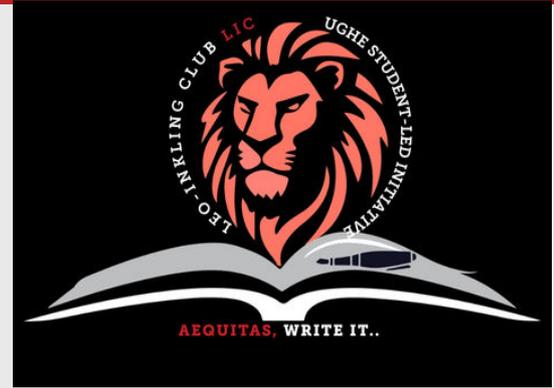
## TOPICS

- Student services remarks
- Icebreaker: Ludovic Poem
- The new lions roar
- Research on campus
- Trending Music & Movies on campus
- UGHE participation in CHOGM
- Recreations at UGHE
- Lioness Joselyn '25
- Student creativity



FOR MORE INFORMATION

UGHE student newsletter work  
study@ughe.org



Ludovico's stanzas describing Ursula's charms, and the unfortunate comparison of their entanglement to that of Esmeralda and Quasimodo

Ursula...

Her eyes are big, they are beautiful!  
Her eyelashes are so long, they make her even prettier!  
She does her eyebrows; it leaves me in suspense,  
wondering about what makes her beauty come out; eyes or eyebrows?  
Maybe both!

She smells good, better than million freesia petals,  
I would never want to leave her side!  
She turns around to make me freeze at the view,  
Her legs complete the contours of her hips,  
I want to hold her in my arms!  
She sits on the floor, legs crossed, the world's freedom is just hers  
!Her hair falls spanning her shoulders,  
I wish I could forever slide my fingers through its smoothness.

She talks, she convinces me, she convinces everyone!  
She thinks she is just cute, but she embodies absolute beauty!  
She is an Esmeralda.  
She is pretty, her beauty does not align with my unpleasant face in any way:  
My mirror convinces me I am ugly!  
The world asserts I am ugly!

I am certain I am ugly!  
I am a Quasimodo.  
However hideous I might be,  
Ursula talks to me.  
Ursula smiles at me.

Despite my vileness, she looks at me!  
She offers me her hand for support  
I want to place a kiss of gratitude, but I know she would never approve.  
She is very kind, not just to me, but to everyone.  
I wish she was a bit kinder, just to me!  
Oh, my Esmeralda!  
Only if I were a little bit better than Quasimodo!

~Ludovico~



As the editorial team of Aequitas Issue No. 4, we take great pride in presenting this carefully curated edition to our readers.

Each story, reflection, and feature has been crafted with dedication, aiming not only to inform but also to inspire and engage. Our collective effort was driven by the belief that a journal should not simply report but also resonate capturing the voices, diversity, and aspirations of the UGHE community.

We extend our deepest gratitude to every contributor, advisor, and reader who continues to give Aequitas its heartbeat.

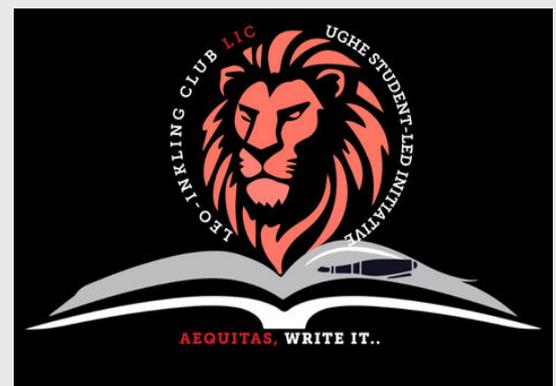
The Student Affairs Office warmly commends the editorial team of Aequitas Issue No. 4 for their unwavering commitment and creativity.

Their ability to weave together content that celebrates diversity, provokes thought, and captures the spirit of UGHE is a testament to their dedication.

Through their tireless efforts, they have elevated this publication into more than just a journal. It is a platform for unity, dialogue, and inspiration.

We strongly encourage readers to immerse themselves in this issue, as it reflects both the richness of our student community and the editorial team's quest to entice and engage their audience.

Merci Gasagire  
Newsletter Workstudy in Charge  
UGHE Student Affairs Office





Merçi U.

# NEW COHORT MBBS/MGHD'28 ON CAMPUS



(The UGHE buses from KH to Campus)

Arrival at the campus

On April 13th, 2022, after ending the online classes of the first four months, we traveled to the Butaro campus, the great campus which is further away from our home, the beautiful campus located in what you can call the highlands of Rwanda Rwanda (BURERA DISTRICT- Butaro). Students of MBBS 2028 with their parents traveled safely from Kigali heights (UGHE OFFICE) to the campus, and it was interestingly enjoyable as to some was their first time to travel in the Burera district. After long hours in UGHE buses, we were excited to see how beautiful the campus was, in the remort area of the mountains of Butaro, everything was new to us. We were welcomed by the UGHE hospitality team so kind and good to us.

It was a great tour to campus not only on the side of new lions but also to their parents. There's a great difference between the UGHE campus and other campuses we know in Rwanda.

The New Lions say “ The beautiful thing is to see all the comrades face to face not virtual backgrounds of zoom meeting. The campus is built strategically with a great gallery view” Most of them claimed that the journey and the arrival was a rejuvenation to renew their motivations and the missions about their dreams of bending the arch and being change-maker doctors.



(The new lions first gather!)

The campus is stunning, we could always hear this from our instructors in the Prep phase of zoom meeting classes. It is a good place that someone feels so proud of. The new lions have a strong will to add something so profound to the campus transition movement and mission of global health deliveries.



Loic Gasana S.

# RESEARCH AT CAMPUS

STUDENT-LED RESEARCH SOCIETY



On 22nd February 2022, the very first MBBS paper in UGHE (University of Global Health Equity) was published. It was titled “Assessing the Perceptions and Preferences between Online and In-Person Classroom Learning among University Students in Rwanda” by Gloria Nishimwe, Sam Kamali, and Eden Gatesi.

Gloria is an MBBS’25 student extroverted, effective, and really fun to be around. She is the current Chairperson of the Research Society, a student-led society aimed at cultivating curiosity and the inquisitive habit in UGHE students through conducting research projects.

We’ve had the opportunity to interview such a personality about her experience in conducting research and what it takes an MBBS student to publish.

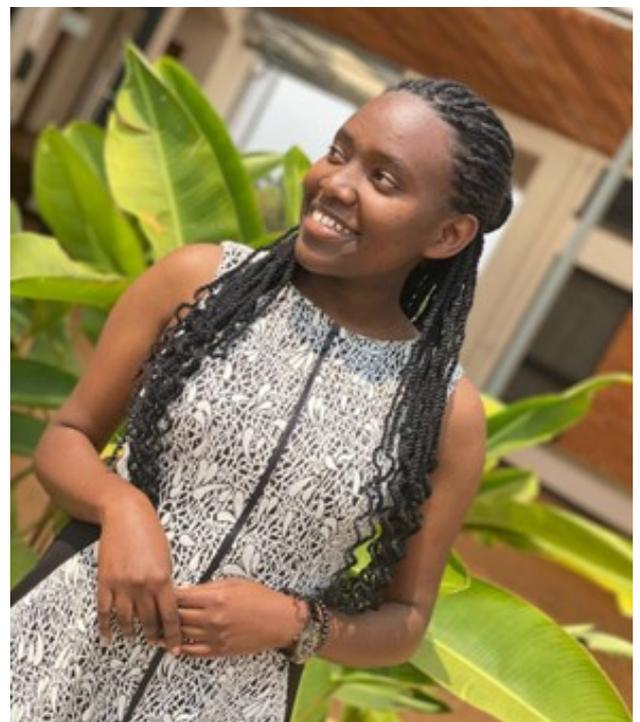
**Q: How did you grow interested in Research?**

**A:** Usually, I’m a curious person. If I see something, I’ll think of why it is happening that way and the same applies to learning new things. In addition, there is an exposure to the community, I’ve gained through the Community Based Training. It has helped me put on the lens of someone who lives in such communities, but my advantage is that I can investigate the problems they meet and propose solutions.

Also, there is our clinical training. It is a place where you see the system working and how different individuals are contributing to it. But something somewhere is wrong. Then you ask yourself a lot of questions relating to the health care your patients are receiving. For example, if I’m not receiving the lab results at the right time, what is the problem? If my patients are having a long wait for medication at the pharmacy which affects the quality of health services they receive, what is happening, what is the cause, and how can it be solved? And so on and so forth.

**Q: What are the challenges you met in research?**

**A:** The first challenge is the slow pace of the process. And it can really test your patience. I think the main issue there was a lack of experience in research. Well, I agree that we had the class material, but we have realized that the application is as important as the theoretical knowledge itself. The second challenge was the lack of good coordination in the team, I think this was also because we were new to the process but as we got used to it, it became better. The last challenge came in the publishing phase. Your article gets denied a lot of times, and it can take a toll on your self-confidence.



Gloria Nishimwe MBBS 25.  
The Chairperson of the UGHE student-led research society

I think I forgot to tell you about the downfalls in creating a Research Question. You create a question, and you think it makes sense. But under the scrutiny of an expert, it falls short of what a good research question must be. But we had Dr. Rex, a nice mentor with expertise in such a field and he gave us feedback and helped us through the process.

**Q: So, was it worth it? What are the benefits gained through the process?**

**A:** Yes, it was absolutely worth it. The most important benefit is that you get the answer to your questions. And surprisingly, the answer you were expecting usually is not the one you get, for instance, in our case of online and physical classes. And it's interesting how the answer changes from your personal view when you are assessing a larger population.

Secondly, you get skills, for instance in our case, we learned how to use important software such as SPSS, accumulating that experience that will be helpful in the following research projects. Also, when your research ends up getting published, you feel good. It even provides motivation to conduct more research projects without forgetting that you get a chance to feed the world with information that can change people's lives.



*In preparation for the upcoming board elections 2022-2023, the Student-led Research Society held a meeting recently*



*Loic and Kevin exchanging ideas on Research society in Campus*

**Q: Does it have an impact on your career?**

**A:** Obviously, it has an impact on your career as a medical doctor. First, when you conduct research, you are contributing to the medical community, therefore building your portfolio as a professional. Secondly, the skills you harness in the process contribute to your career growth. Also, the exposure to other research findings you get allows you to think about the patient not only as individual seeking care but also as part of a system that can also affect the outcome.

**Q: As the current Chairperson of the Research Society, how does the Research Society ease the process for its members?**

**A:** In terms of how the Research Society helps, there is an increased organization in how the projects are presented and checked for progress. There is committed access to mentors as the club helps its members to search for faculty that are interested in their topics. Also, the society prepares multiple seminars that enhance the skills of its members, for instance, we can say a workshop about how to perform a good literature review, conduct research interviews, and even prepare exciting and eye-catching presentations. So, society is always ready to discuss with anyone interested in research and provide its help accordingly.



Aime Pacifique H.

# TRENDING MOVIES AND MUSIC AT OUR CAMPUS

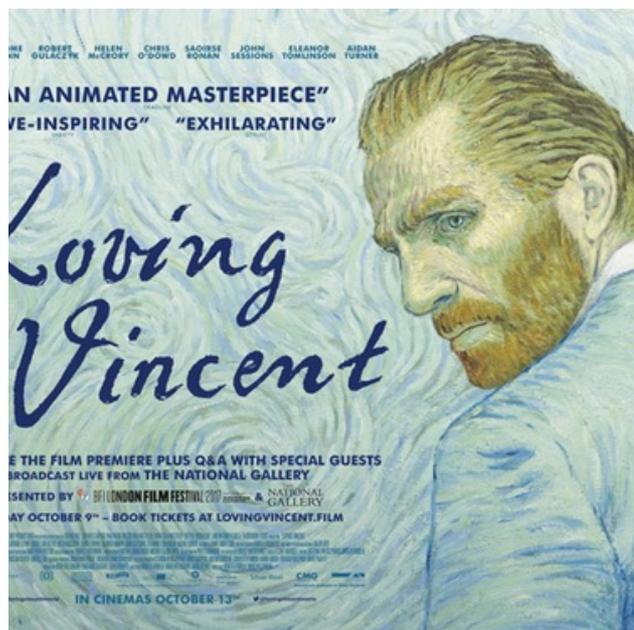


Music is part of the daily experience at the campus. From the gym to silent self-studies sessions, students are listening to different genres of music. With the rising popularity of Afrobeat music, it is no brainer that most students listen to it a lot with Rwandan musicians like Kenny Sol and Juno Kizigenza dominating most of the listening time. Rising young African stars Rema, Ruger, Ckay, and Fire Boy's music contribute much to most students' playlists. It is the songs like Calm Down and Buga that you can't miss on most of those playlists. Other than Afrobeat music, students also listen to hip hop, pop, and other popular genres.

Students exclaims that music helps them to relax and contributes to their overall enjoyment during some activities like sports, especially in the gym. One student said, "With music, there is a vibe added to the activity which makes it more enjoyable." They also use music in self-studies to improve their focus and concentration.

On the other hand, movie nights are also organized on campus. Some are organized by different interest groups or clubs and campus life work-study. Some of the watched movies include Malignant and The Man from Toronto (watched on July 9 from an individually organized movie night by the MBBS class of 2026).

Students say that coming together to watch movies such as Loving Vincent (watched on July 22 from the movie night organized by the Creative Arts Club) gives them inspiration in what they do and helps them bond as a group. Some students also take time and watch movies alone. One said, "You can't always wait for a movie night to watch your favorite movie." Most watched genres are action movies, medical dramas, comedy, and anime.



#Aye #JunoKizigenza  
Juno Kizigenza - Aye (Official Lyric Video) ft. Dj H



Samuel Baker I.

# THE UGHE STUDENTS ATTENDED CHOGM



Ernestine K.



Eden G. Gislaine M. Materne K. and Gloria N participated in this great meeting on behalf of the UGHE community.

Rwanda has been privileged to be the country on fire since this year started, being the host, co-host, and site of very many great organizations and upcoming base site of in-planning projects of AU. The most recent Commonwealth Heads of Government Meeting (CHOGM), the general meeting of state and government leaders from the commonwealth countries is what set it aside among them.

This meeting, which is held every two years, brings together the leaders of Commonwealth nations and is hosted alternately by each member state. There have been 24 meetings since 1971, the most recent of which took place in Rwanda from June 20-25, 2022. Following this gathering, Togo and Gabon joined the group, bringing the total number of members to 56, with Africa accounting for 21 of those. The Commonwealth was born in 1931. It has three main goals; Peace, Democracy, and Development of the member countries with a population of 2.5 billion with India counting 4.5 billion.

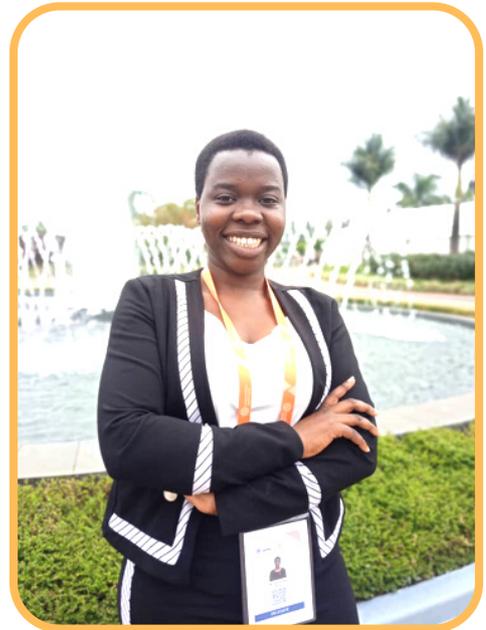
"Delivering a Common Future: Connecting, Innovating, Transforming" served as the theme of the CHOGM in 2022.

Privileged to have taken place in Rwanda, some of the UGHE students attended and were glad to experience and hear from global leaders with transformative and influential ideas from various places and backgrounds. Most of them claimed that the one week was a rejuvenation as it served to renew their interests and motivated them about their dreams of bending the arch to promote a global health system full of equity and social justice. Being open to the minds and zeal of global leaders serves as a way to know what is needed to make the people have their full rights to live despite any difference. Among the students who attended this meeting, here is one of their experiences:





- **Eden Gatesi** says; “It was a fascinating opportunity and a privilege to represent UGHE in chogm2022. It was a platform to connect and learn from inspiring young ministers, innovators, and my fellow delegates from 54 countries that make up the Commonwealth. The key take- away from the meeting was that we are not too young to act as we are not too young to face the consequences and that it is through **3Rs; respect, responsibility, and relationships** that we get to take a step forward to making an impact.”

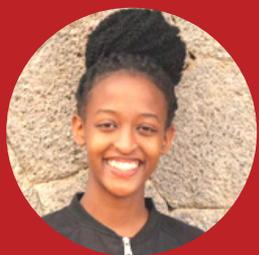


Eden Gatesi MBBS 25

- **Kayumba Materne** says; “The CHOGM has been an exclusive experience that clearly depicted how partnerships with morally driven joint forces benefit the global community. During my stay at the conference, I attended amazing plenaries with fellow youth who had ground-breaking ideas and solutions ranging from the global crisis in health, climate, technology, to agriculture and urbanization. For the health part, it was fascinating to see the global community concretizing the idea of equitable access to vaccines by building an mRNA vaccine plant in Rwanda’s Economic Zone. That one was a great gesture!”



Kayumba Materne MBBS 25



Liliane Keza U.

# UNPLUG: SUMMER BREAK



School break is the period most anticipated by the UGHE Medical school community. After so much work and effort put into their schoolwork, the students deserve some time off to refresh before the beginning of a new semester. The UGHE medical curriculum allocates four school breaks; one in April during the week of commemoration of 1994 genocide against Tutsi in Rwanda where students join their families as the country mourns and pays respect to the lost lives. The other one is in mid-June where students spend the short two weeks of summer with their families and friends and be part of learning experiences out of class. Another one is in early September where students take a week off after an intense three months of studying. The last one is in December when students go back home to spend the holiday season with their families and loved ones.

**Himbazwa Benithe, an MBBS 26 student shares her experience.**



**Benithe Himbazwa '26**  
The president of Inganji  
Cultural Ballet.

**Qn: Which break is your favorite and why?**

**A:** December break is my favorite break. Other than being the longest of them all, this break gives me more time to rest, meet friends and family and share Christmas with them. Other than that, it is also a good opportunity to take time, reflect on the past year, and set goals for the new year, which is always better when I am together with my family.

**Qn: What do you usually look forward to in the break?**

**A:** In the following break, in September, I am looking forward to several things. Firstly, eating a home-cooked meal. Meals here are always good, Kudos to La Paillette! But nothing tastes better than a home-cooked meal. In addition to that, I am also looking forward to having enough rest and adequate time on the piano. Lastly, I also look forward to reading a lot of non-academic books which I rarely do during my time here at school because of my daily academic responsibilities.

**Qn: What is something you did and were incredibly happy about in the previous break?**

**A:** in the June “short summer break,” I took some time to compose a song for my friend and led Worship time at church. I am proud to have had time to catch up with my old friend and I also had fun singing with my family.

**Qn: Other than rest, do you involve in any outside school learning experience that benefits you in one way or another?**

**A:** School break for me is not only a time to stay at home and sleep all day. I love it when I am involved in different activities. In the past, I have been involved in an Innovation and leadership Workshop. That program shaped my critical thinking and equipped me with decision-making skills. I was also involved in a discipleship program that benefited a great deal from my spiritual growth.



**A:** Returning to the subject of failure and what it entails, I think that we learn by doing, and when we try anything new, we almost certainly won't succeed.

My point is that, despite how depressing it may feel right now, you should always push yourself to accept failure since doing so will help you maintain a learner's perspective and constantly strive to do better. The restless in this context is urging you to never give up in the face of failure and persevere in your quest of achievement, which is consistent with our value of restless excellence.

I leave you this proverb

**“ You might be disappointed if you fail, but you are doomed if you don't try” - African proverb**

think about it

**Qn  
Str**

*Qn: What is the correlation between fear and failure?*



Bertrand D.

# UNPLUG: RECREATIONS AT UGHE



Med School can be hectic with all the coursework one has to go through. Though, with a bit of recreation, you can give a knot of refreshment to your mind and enable it to get through with more ease and of course, greater efficiency. The UGHE students too, have earlier realized this plate, setting and engaging in an ample set of extracurricular and recreational activities.

## 1. Inganji Cultural ballet

Inganji cultural ballet started around the end of the year, 2021. It was started by an initiative of students working in the Kinyarwanda work-study program along with students in the music and vocals club, La Voz Harmonie.

Inganji troop is aimed at promoting culture through Rwandan traditional dance and music. “Inganji is not only dancing and singing, but also a family that brings students together to learn the values of unity and oneness.” Inganji president, Benithe Himbazwa said. “It is a place where we also come to relieve our minds. Through the dancing and singing, we do the physical workout as well as ambiance for mind relief!”



### *The great Performance of Inganji club on Umuganura Day*

Umuganura is a public holiday in Rwanda celebrated on the first Friday of August. It is a harvest holiday, often known as Thanksgiving Day or National Harvest Day.

Umuganura, which means "first-fruits celebration," has a thousand-year history. It is one of the most prominent festivals and holidays in Rwanda. **Inganji Cultural Ballet, in collaboration with the Kinyarwanda Work Study Group**, presented this event at UGHE, where many people came and several received prizes following Kinyarwanda Quiz sessions.

Despite its ancient history, Umuganura has only been an official holiday since 2011. Its commemoration was prohibited during Rwanda's colonial period.



*The tale performed on showcasing how ancient Umuganura day was celebrated.*

## 2. Sports & Games



*At the football pitch inaugural, The UGHE staff, students and contractors had a great Mach as way to celebrate this recreation pace. All fans and players were excited*

Physical exercise has not been forgotten also, in fact, it has proved to stand as a connecting activity for the UGHE community bringing together, staff, faculty, and students together in various games.

The football sport is one among others that is more practiced at campus, as long it even engages the laymen in football. So, this Inaugural of football pitch happened on June 14 2022 as a sign of warm welcome to footballers. UGHE aims with it's patterners at setting all possible suitable and comfortable sorts of Academic, sport & game facilities that help to improve both academic and general welfare of it's community.

**Inclusivity:** The sports and games in the UGHE community continue to render a ground that is welcoming to all. Whether male or female, everybody finds a place in the sport they choose to attend. Connecting and community building continue to be the ground stone in each of them. No one is left behind.

**Diversity:** a range of different sports and game activities have been availed for community members to choose from. As you like it, the menu serves you. Football, volleyball, basketball, table tennis, gym, and so many other games are up to cheer the UGHE community.





“One thing I like about sports in UGHE is that they are inclusive. Females play along with males in the same ground, whether in football and other games as well. Furthermore, the fact that they are diverse is another thing I appreciate about them. Those who cannot play football, may play volleyball, basketball, or even go to the gym. There are even game nights where people hang out and even learn to play new games as well.” Secret MBBS’28, member of the football team.

*Secret MBBS 28 expresses her excitement about Sports in UGHE*

### 3. Modern dance group



Caesar & Eric the Modern med-dancers recreation pace inventors

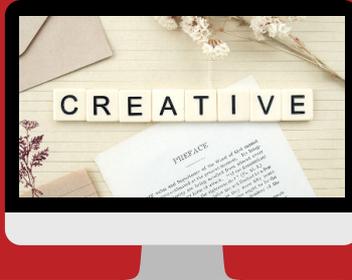
Modern dance! Med-dancers is a modern dance troop started by two second-year med students, Eric and Cesar. “Taking a few minutes away from books and having a moment of recharging is always necessary,” Eric said. Although our main activity as students is studying, we need this - even if brief - the moment of bliss... to hyper our brains and get ready for the next work sessions! After all, all work and no play make Jack a dull boy.

#### *Medical education Vs Music*

Medical practice and music may both serve as metaphors. We can consider the consultation to be performance art, which would simply increase my anxiety at work. What better way to describe general practice than as a virtuoso battle to accomplish almost unimaginable accomplishments against the backdrop of physical constraints to achieve something lovely and moving?

Perhaps a musical sheet might serve as a model, requiring skillful interpretation, and effective cooperation between individuals playing different parts to create a whole that is greater than the sum of its parts, and professional disputes about who is actually the conductor.

“In a secure setting, music may evoke strong feelings. It could only be employed to create a certain mood, such as one of sadness, joy, or reflection. Sometimes a more specialized solution may be necessary”~~ Samuel Baker!



### “Urukundo Nanze” Book Launch

Urukundo Nanze’ is a Kinyarwanda fiction book that narrates a story of a young girl aiming to become a medical doctor, her life struggles including being betrayed by a man she loved, childhood traumas, early pregnancy, abortion...etc and how it all affected her as a human being and those around her. This book was written by Joselyne Nzisabira, an MBBS 2025 student.

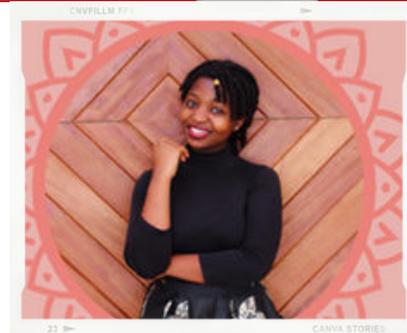
The book launch took place on May 15, 2022, from 3:30-4:45 PM at UGHE Butaro Campus in classroom F but was also being screened live on social media. Attendees included UGHE students, staff members, and high school students from Gs. Runaba and Gs.Nyamasicucu with their teachers. The MC of the day, Jennifer Dickson Mkunde from MBBS 2028 awesomely led the event mostly with an interactive panel discussion with the author.



You can get a hard copy of the book from the Caritas Book Shop in Kigali.

Find a soft copy of the book here:

<https://www.haapastore.com/contents/urukundo-nanze-2914yrmgmd>

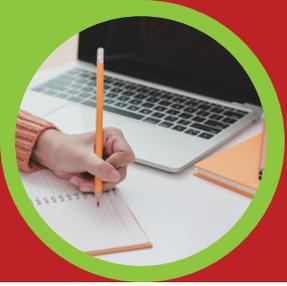


Joselyne Nzisabira MBBS 25

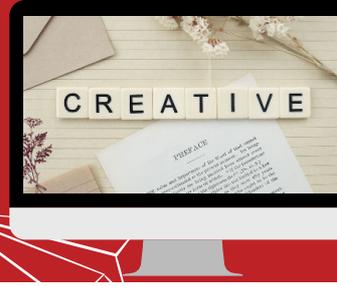
After the event, attendees who wanted the book and those who have pre-ordered had an opportunity to buy as many copies as they could from the author. Joselyne also donated a few copies to students’ high school in the community she has invited because one of her goals in organizing the book launch was to inspire younger people to write mostly in her local language, Kinyarwanda.



Joselyne would like to thank the UGHE family for being supportive most of the student services and the community outreach team for supporting her with the organization of the book launch.



## 2. Poems



**\*\*\* Where did noontide warmth go?\*\*\***

**Delphine Mizero**

The sunset arrived,  
Darkness is conquering the skies,  
Mountains are shadowing the valleys  
Birds' excitement faded, sand tart groaning,  
It is nightfall, the weather is cooling down,  
Goosebumps take over my whole skin,  
I wrap my arms around my tiny body,  
Chills take over my whole body,  
My teeth cracked like pellets of snow.

*Where did noontide warmth go?*

I see the children grabbing their balls, and  
running back home.

Cattle are moaning down in the valley,  
Crickets and katydids take over the atmosphere,  
The noontide smile on my face fades,  
Owls start calling,  
Shivers conquer my spine,  
My legs are weakening,  
They can't support my weight anymore.

*Where did noontide warmth go?*

My own breath is clamorous,  
I hold it for a while,  
The harshness of the wind blows strands of my  
hair,  
That's a relief; I am at least not alone.  
But wait, I can only feel my companion if I stop  
breathing.

Can life be any less cruel?

*Where did noontide warmth go?*



Delphine Mizero MBBS 25

The trees, flowers, and rivers always held my  
accompany,  
I never felt alone.

The scent of the flowers, the sound of falls,  
The smell of earth when rain hits the dusty  
ground,  
The warmth of the sun kissing my bare  
shoulders,  
The thunderstorms,  
Heavy dark clouds, gathering to pour  
They are now my worst nightmare;

*Where did noontide warmth go?*

My legs are too weak,  
I feel too heavy for myself to carry,  
I move back to the corner,  
None is moving, nothing is moving,  
Just little mosquitos,  
Probably to remind me that life is possible in  
the corner,  
Taking their bite on my outstretched ankles,  
one by one,  
My arms are wrapped on my tiny chest,  
It's very dark, fear takes over me,  
There might be creepy creatures in the corner.

*Where did noontide warmth go?*

I felt warmth kindled from my abdomen and spine,  
Then chest, and down my thighs and legs  
Goosebumps vanished,  
I felt my lips grinning,  
Sadness was chased off, faded like yesterday,

I unwrapped my arms, stretched my legs,  
inclined on the corner,  
Lifted my gaze and faced the rising moon.  
Moonlight chased the darkness,  
I saw my own shadow,  
I don't feel alone anymore.

Probably sunset for the moon to rise,  
I probably gave too much attention to the flowers,  
and forgot that I am one myself,  
Did I ever recognize myself?  
Do I really need my shadows to see myself?  
Can life be less cruel?

*Where does noontide warmth fade to?*

**Why should noontide warm have to fade?**

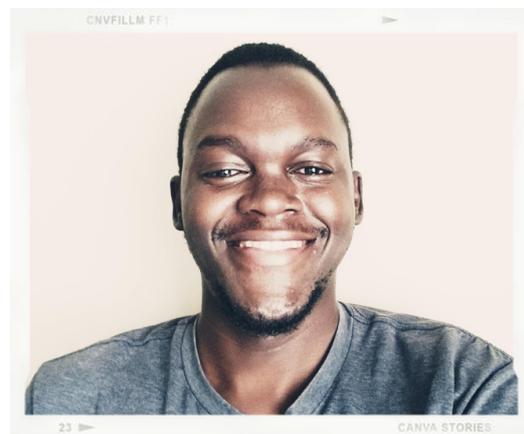
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And now we going to represent to you the greater and 1st winning Poem that recently was announced as the 1st short and creative poem during the UGHE Writing Center launched on 03rd of Aug 2022.

This UGHE Writing Center was created to help the multitudes in UGHE maintain their writing skills because they have a chance to do just that with its help.

Many students from MBBS and MGHD and Staff gladly participated in the contest of creative writing of either short stories or no more than 30 lines of poems. All participants got the certificate of participation and the first three winners were given an inbox Prizes.

Meet A.  
O. Ernest  
The 1st  
poem  
winner  
from  
MBBS 28.  
Congrats



Ernest Aben Oumo MBBS 28

### **\*\*\*Toast From The After to Come\*\*\***

In my mind were thoughts that could have changed the world,  
but for fear, these thoughts would never become.  
I ponder if another bears my curse,  
of a burning desire without a will to act.  
Perhaps with means and the right instruction,  
I would not have dawdled in vain protraction.

I wonder if back in the realm of man,  
there is a soul with a desire and a mind like mine.  
Will they seize the moment and claim the prize?  
or they'd simply let their thoughts float through time.  
Someday when they're here, in the after to come,  
We'll toast in silence to the thoughts that would never become.

Ernest A. O

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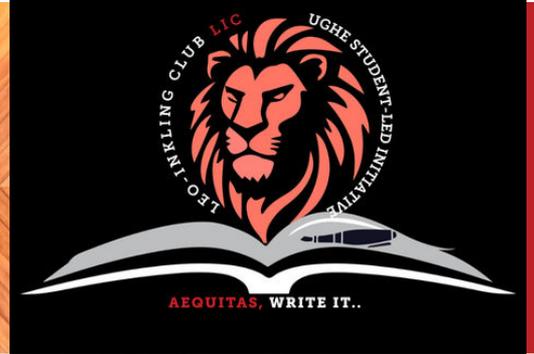
**The End.**



UNIVERSITY OF  
Global Health  
EQUITY

# MEET UGHE STUDENT NEWSLETTER TEAM

## AEQUITAS



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#### REMINDER

This publication is released twice a year in equal month intervals. We keep a track of all that happens with the help from student suggestions.

## AEQUITAS



FOR MORE INFORMATION

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