

**Aga Khan University**  
**School of Nursing and Midwifery, Uganda**  
**Student Experience updates and achievements**  
**March 2022- March 2023**

**Provost's Football Tournament & Sports Fiesta**

The First Ever (after COVID 19 Lockdown) Sports Day of Aga Khan University, Uganda was held at Aga Khan Education Services (AKES) Schools Sports ground in Kampala, Uganda on Saturday, 5th November 2022.

**Opening Remarks**

The Provost and Vice President, Academic - Dr. Carl Amrhein, sent a virtual message to open the Annual Provost's Football Tournament and Sports Fiesta. In his address to the students, faculty and staff he encouraged participation, collaboration and competition.



**Orientation/Welcome and Goodbye (Au Revoir)**

The orientation for new students was organized between August 29 and September 2, 2022. Dr. Eunice Ndirangu, Dean SoNaM and Dr. Laila Akbarali, Interim Vice-Provost and University Registrar spoke to the students virtually.

**Welcome**

The students also were welcomed to the family of AKU.



## Goodbye (Au Revoir) – 11<sup>th</sup> January 2023



A farewell for the Post RN BScN and Post RN BScM was organized. This class had started in October 2020, virtually amidst the covid lockdown.

## AWARD DINNER - MARCH 17<sup>TH</sup> 2023

SoNaM Uganda had their first ever awards dinner for graduands of 2022. The graduands were from SoNaM Uganda (Diploma, BScN and BScM), MED – IED Tanzania, and Medical College – Kenya. Awards were distributed to SoNaM students excelled: at least 4.6 CGPA, MEd student got a leadership award, and one faculty member Dr. Grace Nakate received an award for Teacher Excellence. Among the attended were Dr. Nicholas Wachira Assistant Professor Faculty IED Tanzania, Prof. Eunice Ndirangu Dean EA and our own Faculty members. Some of the awardee recipients’.



*Some highlights during the dinner and graduands receiving their awards including one faculty member.*

## **Counselling Services**

### **Introduction**

Students' counselling is an ongoing activity at AKU Kampala Campus. This is an important service to support students maintain their mental health. AKU students are mainly nurses in service who work in stressful resource limited environments. When they start their programme at AKU, during orientation the students are made aware of the services available and to understand the need for a work life balance. Due to the inherent stress, students acknowledge the need for counselling services.

Counselling services include face to face and telephonic counselling.

A summary of the services between March 2022 and March 2023 is presented below:

- Counselling services, referral and follow up of clients
- Psychosocial health talks
- Organizing psychosocial health presentations
- Preparing for IBRO/Dana Brain Awareness Campaign, 2023

### **Counselling services**

In addition to in person counselling, due to the tight academic schedules, telephone conversations/counselling, because of the convenience, has become popular. Approximately, 80-90 counseling sessions are held with students each month. In addition, some students use individual WhatsApp to seek emotional support. Posting motivational messages on students' group WhatsApp is also popular now. These posts have made significant impact in the lives of some students. A self-report questionnaire was administered to students during the orientation week during which 30% of students scored at levels indicating some level of psychologist distress. These students were followed up and proactively dealt with.

### **Conducting psychosocial health talks**

Depending on the availability in the academic calendar, psychosocial health talks are organized. The objective is to increase the knowledge and skills among students that promote positive coping skills within life challenges. Introductory psychosocial health talks were conducted during the orientation workshops for new students of 2024.

### **Referral and follow up of clients**

Faculty and students refer client to the counsellor. During this term two students have benefited.

### **IBRO/Dana Brain Awareness Campaign, 2023**

Towards the end of 2022, the international Brain Research Organization (IBRO) in collaboration with Dana foundation, advertised the IBRO/Dana Awareness Week grant of 2023. The counsellor proposed activities to promote Brain Awareness amongst AKU students on the Kampala campus. The counsellor's proposal was accepted and a grant was received. Activities will be organized as soon as the grant money is received.