

BEYOND THE CLASSROOM



VOLUME X4

APRIL TO JUNE 2025

MAKING SPACE



Student Affairs Newsletter



“As we reach the midpoint of the year, I find myself reflecting not only on how much has happened, but on how intentionally students have shown up for one another. These past few months were filled with programs, gatherings, and initiatives, but what stands out most is the thought and care behind them.

Students across AKU made time for what mattered. They created opportunities to learn, to share, and to recharge. They brought back club events with new energy, facilitated mentorship sessions, hosted football tournaments, led panel discussions, and turned creative ideas like paint-a-pot week into spaces of connection. Each of these moments came during a time when academic pressures were rising and holidays were around the corner, yet students still chose to build community and look out for each other.

This kind of student leadership is not always loud or formal, but it is consistent and deeply felt. I am grateful to witness it and proud to support it.

As we look ahead to the rest of the year, I hope we carry this same momentum forward.

RACHEL BALDWIN
Vice Provost, Students



INTRODUCTION TO VOLUME X4

As the semester moved toward exams and summer break, students found time to make space. Space to reconnect with each other, to focus on wellness, to learn outside the classroom, and to bring energy back into student life.

From April to June, campuses stayed active. Clubs and societies relaunched with purpose, offering everything from game nights to thought-provoking discussions. Paint-a-pot week encouraged creativity and conversation around mental health. Leadership breakfasts, trivia evenings, and wellness workshops created new spaces for connection. Football tournaments and academic competitions brought students together in both spirit and skill.

This issue brings together those moments from the final stretch of the semester when students made space not just for events, but for each other.



Pugu Forest Hike Reignites Environmental Club

The Environment Club organized a hiking and bonding trip to Pugu Forest, aimed at revitalizing club activities, promoting student solidarity, and reconnecting members with nature through shared outdoor experiences.





A Journey Toward AKUSA-T

Student representatives from different academic programs in Tanzania gathered for a working session to review a draft constitution for the establishment of a student association in Tanzania. This milestone sets the foundation for a representative student body that promotes participation and a culture of openness.

TZ

Stepping Stones

This two-day workshop focused on academic communication and networking strategies. Sessions included guidance on approaching research supervisors, building academic portfolios, and developing confidence in professional settings.

PK



Data Club Game Day

Data Club welcomed students to the new semester with a laid-back Game Day, featuring board games and fun activities that encouraged connection and community-building.



Environment Club Tree Planting

Students came together for a tree-planting activity at the Sam Nujoma campus, organized by the Environment Club. The event promoted sustainability, built community spirit, and reaffirmed the importance of protecting green spaces.

TZ



Mentor Mentee Breakfast

The Faculty-Student Mentorship Programme launched with a vibrant breakfast event bringing together MBBS Year 1 and 2 students with their assigned faculty mentors. The atmosphere was warm and welcoming as students connected with peers across both years and formed WhatsApp groups to stay in touch. The event set a positive tone for ongoing mentorship, collaboration, and personal growth throughout the academic year.



AKUSA Leadership Training

AKUSA's leadership retreat, held in collaboration with the Student Affairs Office, brought student leaders together for a day of learning and reflection. The training featured hands-on sessions on strategic leadership and communication, including a standout talk by global speech trainer Hinn Walubengo. The Vice Provost Students and the Student Affairs team also joined, sharing insights on student governance and collaboration.



MED Cohort 18 Farewell Ceremony

The community came together to celebrate the achievements of MED Cohort 18. Faculty and peers offered reflections and words of encouragement as students prepared to transition into their next professional roles.



Startup Bazaar

Student-run startups presented their products at an open bazaar format, inviting peers to browse, buy, and engage with small business ideas. The stalls featured a wide mix of handmade goods, creative ventures, and service concepts.

Writers' Club Launch and Poetry Night

The Writers' Club launched with an evening of poetry, creative writing, music, and artistic workshops. Students participated in collaborative activities like sip-and-paint and storytelling sessions, with the club's new logo unveiled to mark the occasion.



Stingers Kick off New Season

The AKU Stingers kicked off their first friendly of the semester against Parklands Sports Club, a great start to the season that offered valuable insights as the team prepared for upcoming tournaments.



Rang/Rangreza!

This Holi-inspired celebration featured vibrant cultural performances, water games, matka phod, and music. Designed as a stress reliever after exams, the event encouraged students to unwind and enjoy a colorful day with peers from across programs.

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Swimming Saves Lives Graduation and Club Launch

Sixteen students completed a months-long training and graduated from the swimming program. The launch of the Swimming Saves Lives Club followed, underscoring a campus-wide commitment to safety, health, and life skills.

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Pebble Painting

The Aurora Society hosted a calming art activity where students painted and decorated pebbles. Timed with the arrival of new batches, the event symbolized new beginnings and offered a creative outlet for mindfulness and expression in a peaceful setting.

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Mind Wars: Continental vs. Analytical Philosophy

A full-day trip to Bahria Adventureland included rollercoasters, water rides, and group activities. Designed to offer a break from routine, the outing encouraged camaraderie through shared experiences.

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Stress Awareness Week

The Counselling and Wellness Office led a full week of activities focused on stress awareness, self-care, and mental well-being. The week began with a helpful brochure offering tips to recognize and manage stress. The creative wellness activity Paint a Pot, Plant a Thought was held at two locations, inviting students and staff to paint pots and plant symbolic seeds representing personal growth and care. A special workshop trained hostel staff to recognize signs of student distress and respond with appropriate support. Students also took part in a calming yoga session with Yogi Wajahat, learning simple breathing and movement techniques to manage daily stress.





Understanding Schizophrenia: Breaking Myths, Building Compassion

In collaboration with the Department of Psychiatry, this panel discussion brought together mental health experts to share insights on schizophrenia, reduce stigma, and promote compassionate care. The event ended with a powerful art exhibition titled Healing Through Art, featuring creative expressions by patients from the Occupational Therapy program.

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Mental Wellness Talk

Student Affairs partnered with the Kenya Association of Professional Counsellors for a campus-wide mental wellness session. Students reflected on their stress triggers and explored strategies for time management and self-care, encouraging a proactive approach to emotional wellbeing.

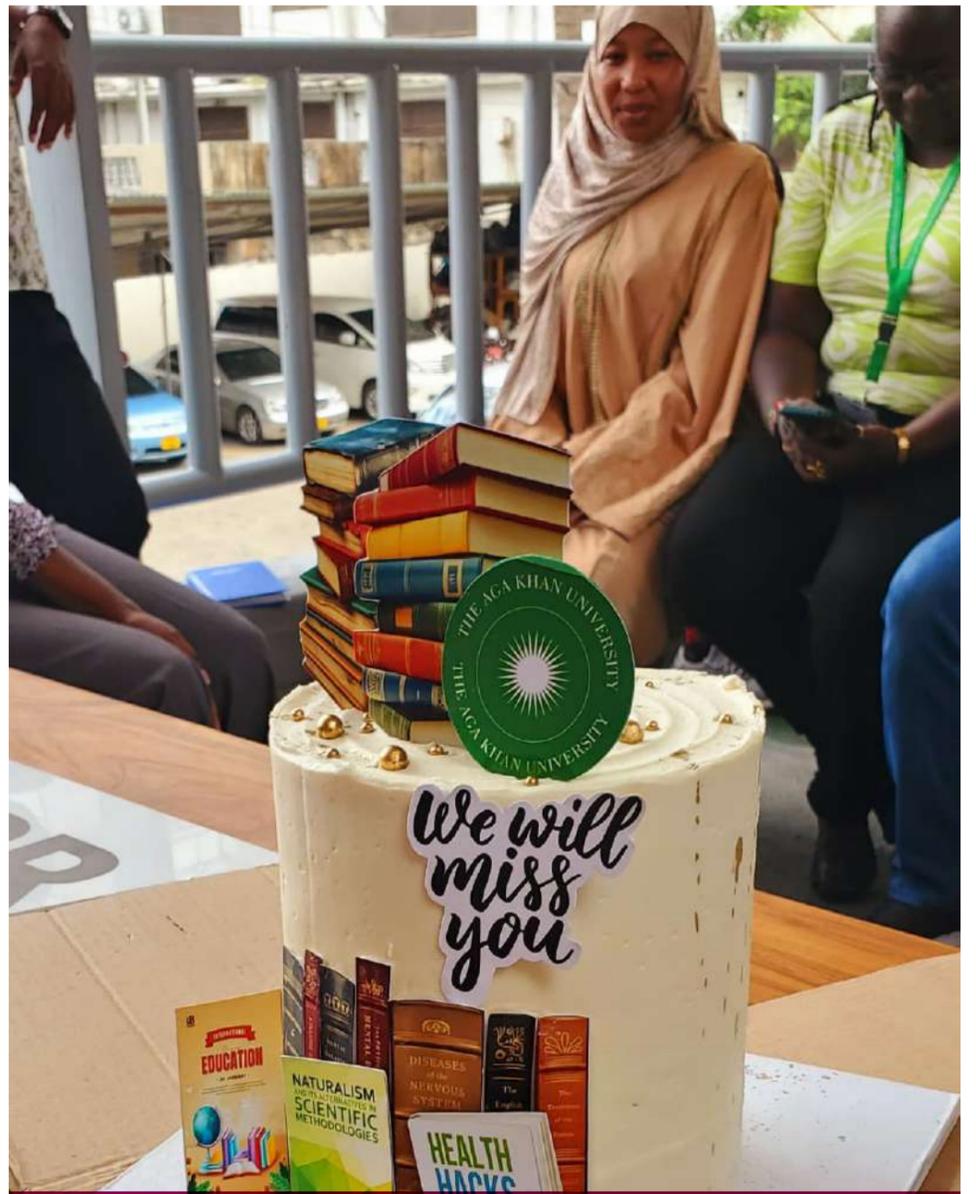
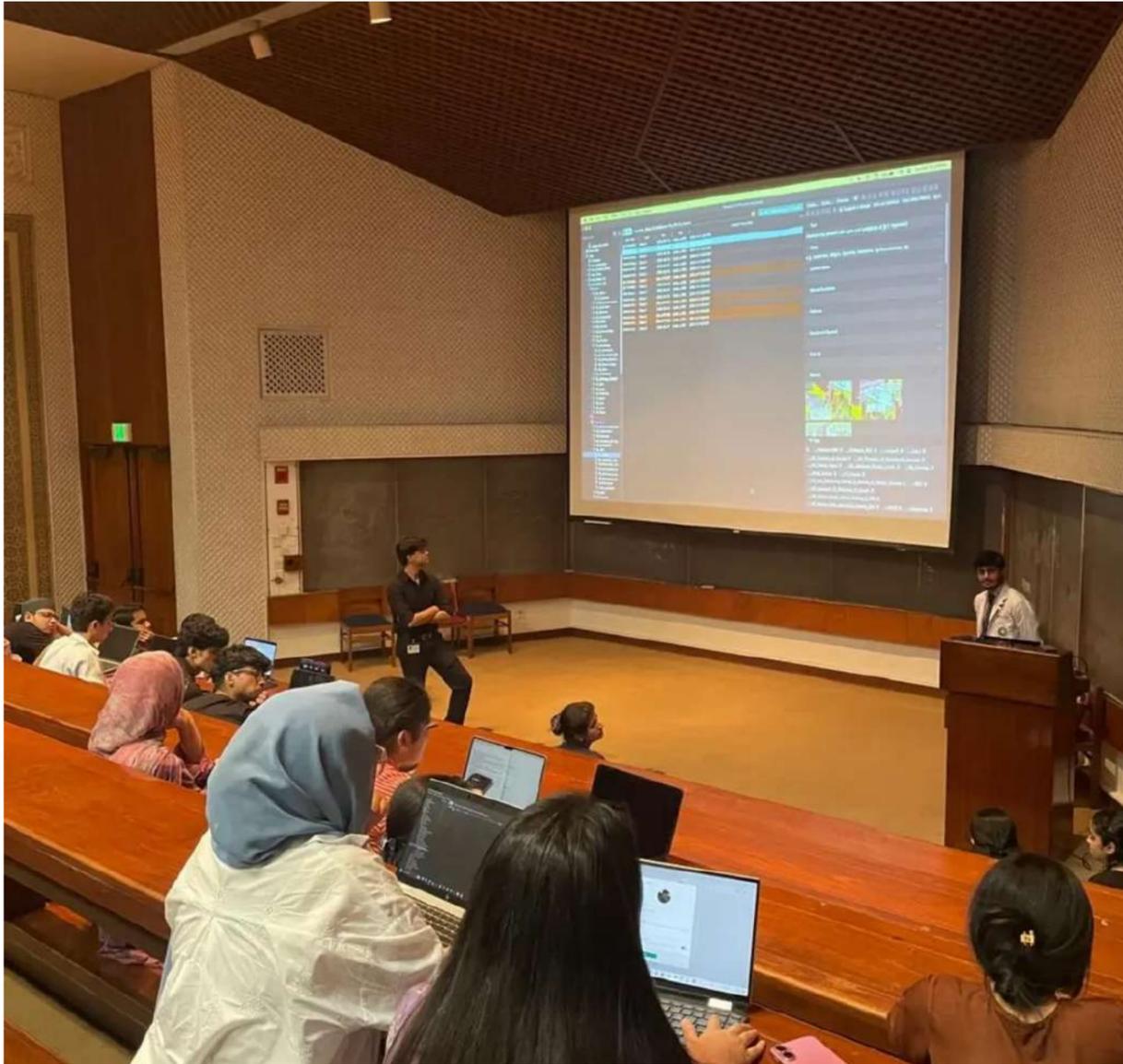
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Anki Masterclass

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Three MBBS students from different years led a session on how to use Anki for medical studies. Topics included spaced repetition theory, deck-building tips, and add-ons that streamline long-term retention.



Student Book Club at Book Launch

Members of the Student Book Club attended the launch of People Buy People by Charles Nduku. The event inspired students to nurture a love for writing and encouraged the habit of exploring new ideas through books.

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Students Celebrate the Spirit of Sport

The newly formed Sports Club kicked off with friendly football and netball matches, bringing together students, staff, and alumni. The launch marked the beginning of a more structured approach to campus sports, with plans to promote physical wellness and student bonding through regular events.

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Daktari Cup

The AKU Football Team Stingers proudly returned for the second edition of the Daktari Cup. As a pre-semester break tournament, the event brought together students and practitioners from medical institutions for a weekend of competition, camaraderie, and sportsmanship.



Women's Volleyball Exhibition Match

Held in honor of International Women's Day, the match between AKU Green and AKU White brought energy, competition, and visibility to women's sports on campus. The crowd turnout reflected growing student interest in supporting athletic representation for women.



Farewell for the EN-RN 2025 Cohort

The EN-RN class celebrated the completion of their program with a farewell event at the Kampala campus. Students and faculty reflected on the journey, shared memories, and marked the transition from academic life to professional practice.



Building a Balanced Identity

First-year MBBS students participated in an engaging personal development workshop designed to help them explore their personal values, build self-confidence, and develop a strong mindset. With interactive quizzes, group discussions, and hands-on activities, the session encouraged reflection and resilience at the start of their academic journey.





AKU Sports Olympiad Triumph

The fifth edition of the AKU Sports Olympiad brought together over 1300 athletes from 36 universities across Pakistan. With high-energy competitions in cricket, futsal, swimming, chess, archery, powerlifting, rowing, and more, the campus was buzzing with excitement and school spirit. AKU emerged victorious, clinching the overall trophy with the highest total points across all sports. The event highlighted not just athletic talent, but also teamwork, sportsmanship, and the unifying power of sport across diverse institutions.

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Managing Time and Work Life Balance

PGME Year 1 residents attended a practical workshop on managing their time and well-being during training. Through self-assessments and reflective exercises, they explored how to prevent burnout, set boundaries, and build healthy habits to support their long-term success in medical education.



UNSATA Annual Meeting

AKU nursing students took part in the University Nursing Student's Association of Tanzania (UNSATA) Annual General Meeting in Zanzibar. Beyond the professional engagement, students explored the historic Forodhani area, immersing themselves in Zanzibar's rich cultural heritage and gaining a broader perspective on social welfare alongside their academic journey.

SPIE MEDEX Series

Organised by the SPIE Club with the Education and Medical Technology wings, the Hybrid Anatomy Revision Series on the respiratory system helped students identify key knowledge gaps ahead of exams through an engaging quiz and discussion session.



Jijenge Mentally

SCOPH AKU and Student Affairs brought a day of mental wellness activities to Limuru Hostels, where students engaged in team challenges and shared stories of resilience. The event also included a motivational talk on navigating mental health issues and seeking support, with awards given to winning teams.





Interact Club Launch

The Interact Club launched as a platform for student engagement, leadership, and connection. Activities included art-based team-building, collaborative discussions, and a focus on inclusive community-building under the motto **Interact, Inspire, Empower**.



Medical Ethics Event

SPIE, Journalism Club, Debate Club, and SCORP teamed up for an interprofessional event that challenged students to think through real-world medical ethics cases. The discussions offered new insights on the legal, emotional, and professional complexities of patient care.



Sitaron Talai Sangeet 2.0

The Music Society hosted an evening of live student performances with support from FALAH, which offered food stalls. The event welcomed students from all academic programs to enjoy music in a communal setting.





Growing a Greener Campus

The Environment Club partnered with the Commonwealth Scholarships and Fellowships Alumni Association of Uganda (CSFAAU) for a micro forest tree-planting event at the Nakawa Campus. More than 200 fruit and shade trees were planted with support from Roofings Group Ltd. Students, staff, alumni, and environmentalists joined forces for climate action under the theme **If the heat bothers you, plant a tree!**



Spins, Screams, and Dreams!

The Explorers Club spent an action-packed day at Bahria Adventure Land, taking on thrilling rides and sharing plenty of laughter along the way. The event brought students together for a day of fun and adventure.



AI Literacy Week – AI for ALL

Students from AKU Kenya joined AI Literacy Week 2025, an initiative led by the Data Innovation Office. With active participation from the Data Club, the event helped demystify AI and encouraged students to explore its potential across disciplines, building future-ready skills with real-world applications.

Making Space for Mental Health

Students engaged in an open dialogue on mental health and emotional wellbeing during a relaxed and supportive session. The space encouraged honest reflection, peer support, and practical takeaways on managing stress and burnout.



Student Dialogue with University Leadership

Tania Bubela, Provost and Vice President – Academics, and Rachel Baldwin, Vice Provost – Students, met with student leaders for an open discussion on academic concerns, campus development, and priorities for student life. The visit also included support for new student-led initiatives and leadership opportunities.

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AKU Stingers vs Kenya Forest Service

To mark Mental Health Month, the AKU Stingers joined the Kenya Forest Service for a friendly football match at Karura Forest, combining wellness, teamwork, and environmental awareness in a memorable day outdoors.

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Leadership Talk Series

Girl Up AKU and the Public Speaking Club co-hosted a leadership talk featuring Margaret Njoroge, an executive coach and Distinguished Toastmaster. Students explored practical tools for building confidence and communication skills.



National Nursing & Midwifery Quiz

AKU students represented the university at the Inter-University Nursing and Midwifery Quiz, competing with peers from institutions across Uganda. The quiz promoted critical thinking, academic excellence, and peer-to-peer learning.

Sports Kit Reveal Ceremony

The AKU Sports Society organized a kit distribution ceremony for team captains participating in the Sports Olympiad. Rachel Baldwin, Vice Provost, Students, unveiled the new kit designs, followed by a photo session capturing captains proudly representing their teams in the latest gear.

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AKU MUN 2025 Inaugural Edition

Organized as a pilot project for FAS students, the first-ever AKU Model United Nations (AKUMUN) introduced participants to the structure and spirit of international diplomacy. Students represented countries in simulated sessions of the UN General Assembly, Security Council, and the Economic and Social Council.



SRF Research Sprint

Medical students participated in an intensive one-day research sprint to complete stalled case reports and case series. Teams received hands-on guidance in literature review, data analysis, scientific writing, and publishing essentials.

Transforming Tales Branding Workshop

An interactive masterclass on personal branding introduced students to strategies for self-presentation, online presence, and career development.

Qawwali Night!

A live performance by the Sabri Brothers brought together students for an evening of devotional music rooted in South Asian heritage.



Blood Drive Awareness and Bake Sale

Falah MBBS, FAS, and SONAM teamed up for a bake sale and awareness campaign to raise funds for charity and encouraged students and faculty to sign up as donors.

ONE RUN Marathon

AKU's Athletics Club participated in the ONE RUN Marathon for the first time. The event marked a step into external competitions and reflected growing interest in long-distance running.

Vice Provost Joins Students for Campus Dialogue

In an open session, students met with Rachel Baldwin, Vice Provost, Students, to share candid feedback on academic policies, campus life, and opportunities for improvement. The discussion helped clarify student concerns and built mutual understanding around ongoing and future developments on campus.

AKU



Student Affairs

