

Heart and healing - Kenya chapter.

- Ian Mwita
President, HFH-Kenya Chapter



Ian is a Bachelor of Medicine and Bachelor of Surgery (MBChB) student from Nairobi, Kenya, with a strong passion for medical education, research, and humanitarian services. He is the founder of the Kenya Chapter of *Hearts for Healing*, a global NGO dedicated to supporting underserved communities through donations and healthcare initiatives. Currently, he serves as the Research Director at *Sanitae Vitae*—a youth-led nonprofit organization promoting medical education, research and art—and as a Public Relations and Communication Assistant in the Capacity Building team at the National Secretariat Board of the Medical Students Association of Kenya (MSAKE). He's also the Research Adviser at *The Bio Aesthetic*, and the Director of Professional Development at the Rotaract Club of Uzima University.

He is establishing the Kenya Chapter of *Hearts for Healing* with the mission of extending compassion through healthcare support, education, donations, and hope to vulnerable and underserved communities. His long-term goal is to pursue a highly competitive residency in Plastic and Reconstructive Surgery, where he aspires to combine clinical excellence with research and humanitarian service—restoring hope, function, and dignity to patients.

- Ritah Ongachi
Vice President, HFH-Kenya Chapter.



Medical Student | Vice President of Capacity Building, MSAKE | IFMSA Certified Trainer for New Trainers | Founder, St. James Youth Friendly Initiative

I am a dedicated medical student at Uzima University, passionate about advancing healthcare education and youth empowerment. As the Vice President of Capacity Building for the Medical Students Associations of Kenya, I represent 14 medical schools, leading initiatives to enhance leadership, governance, and professional skills among medical students. My role involves designing and implementing training programs, fostering collaboration with IFMSA Standing Committees, and integrating global health perspectives to strengthen Kenya's future healthcare workforce

.As a certified Trainer for New Trainers (TNT) under the International Federation of Medical Students' Associations, I deliver vital soft skill sessions and facilitate workshops that equip medical students with critical skills in research, advocacy, and leadership.

My commitment to capacity building extends beyond academia through my role as the founder of St. James Youth Friendly Initiative, a community-based organization focused on empowering youth. The initiative drives impactful projects in Sexual and Reproductive Health and Rights, raising awareness and advocating for solutions to challenges facing young people in Kenya ,with expertise in public speaking, social media management, and program coordination, I am driven to create equitable opportunities for medical students and youth, fostering transformative change in healthcare and community development. My vision is to bridge local and global health initiatives, ensuring sustainable impact through innovation and collaboration.

- Reuben Chacha,
Secretary General HFH-Kenya Chapter.



Chacha is a 4th-year MBChB student with a strong commitment to advancing healthcare both in clinical practice and through public health initiatives. Currently, Chacha serves on the National Executive Board Standing Committee of Public Health as a Capacity Building Development Assistant, under Medical Students Association of Kenya, contributing to strengthening programs that empower communities and health systems.

As a sexual and reproductive health advocate, Chacha is passionate about promoting awareness, access, and equity in SRHR services. Chacha's research interests extend to the role at Bioaesthetics, where Chacha explores innovative intersections between science and healthcare.

Beyond medicine, Chacha is deeply enthusiastic about tech-driven solutions, especially how digital innovations can bridge gaps in healthcare access, education, and delivery. Chacha's goal is to merge medicine, public health, and technology to create impactful, scalable solutions that improve lives.

- Laura Sung
Finance Director.



Laura Sang is a medical student in Uzima university. Laura served as a Local Officer for the Standing Committee on Mental Health, where she helped coordinate initiatives aimed at reducing stigma, educating peers, and promoting emotional well-being among students and the wider community. Her dedication to outreach has also led her to participate in several medical camps, offering healthcare services in underserved areas and gaining hands-on experience in patient care. Laura is passionate about bridging the gap between medical support and holistic healing.

- Suad Ahmed
Deputy Finance Director.



Suad Ahmed is a dedicated fourth-year medical student at Uzima University, known for her strong background in student leadership and her unwavering commitment to healthcare advocacy. Her impactful journey through medicine has been shaped by a deep passion for mental wellness, women's health, and community outreach.

Suad's interest in healthcare advocacy began early. In high school, she served as a student leader in the Guidance and Counselling department, where she supported peers and promoted mental well-being. This experience sparked a lasting interest in mental health and laid the groundwork for her future initiatives in medical school.

At Uzima University, Suad has continued to champion mental wellness. As a local officer in the university's Mental Health Department (SCOMH), she played a key role in raising awareness about mental health issues, reducing stigma, and advocating for better support systems for medical students — a population particularly vulnerable to stress and burnout. Her advocacy extends beyond mental health. Suad has been actively involved in promoting women's reproductive health, participating in numerous campus and community initiatives focused on menstrual hygiene, reproductive rights, and improving access to healthcare for women and girls. Her efforts reflect a holistic approach to healthcare that addresses both physical and social determinants of health.

In addition to her advocacy work, Suad has participated in several medical camps organized by the university and other organizations. These camps provide free medical services to underserved communities, offering essential care to those who might otherwise go without. Her involvement in these initiatives underscores her dedication to service and her commitment to health equity.

Suad's leadership, compassion, and determination continue to shape her journey as a future medical professional. She remains steadfast in her mission to improve lives through advocacy, education, and clinical care — with a special focus on mental wellness and women's health.

- Logistics Director.
Susan Maina



Susan Maina is a medical student at Uzima university, kisumu (Kenya). She is a champion of public health. She is an SRHR enthusiast and has participated in various events to spread

awareness on the same in collaboration with the various standing committees(SCORA, SCOPH)

- Morgan Ahidi.
Social Media Manager.



Student in Uzima University, Morgan Ahidi actively contributes to public health initiatives, including blood drives and mental health advocacy. His approach to medicine combines academic growth with meaningful service, making an impact both in class and in the community. Believing that medicine must extend beyond treatment, Morgan holds charity and compassion as essential values in healthcare. He continues to balance learning with leadership, striving to grow into a doctor who serves with purpose.

- Bethuel Wekesa.
Head of Events.



Bethuel Wekesa is a medical student at Uzima University with a strong commitment to advancing healthcare access and education in underserved communities. He currently serves as the Local Officer in charge of the Standing Committee on Medical Education (SCOME) at the Uzima chapter, advocating for improved medical education and professional development. In addition, Bethuel is the Treasurer of the Rotaract Club of Uzima University, an organization whose mission and vision align closely with community service and humanitarian efforts. Through these roles, he actively contributes to initiatives that support hospitals, promote sanitation, and deliver medical aid to those in need, in line with the mission of Heart for Healing.

- Stansfield Nyandoro.
Outreach Manager.



Stansfield Nyandoro is a medical student at Uzima University, deeply passionate about healthcare, humanitarian service, and community empowerment. With a strong interest in sexual and reproductive health, research, and patient-centered care, he strives to bridge gaps in access to quality healthcare for underserved populations. Beyond academics, he is

actively involved in leadership, advocacy, and collaborative projects that promote health equity and social impact. His vision is to combine medical expertise with innovative solutions to transform lives and strengthen healthcare systems locally and globally.