**1)Describe your professional goals within your chosen track. How will a TechWomen mentorship help you achieve your professional goals?**

An infectious disease doctor who risks his life identifies and treats dangerous infectious diseases in an effort to advance medical research.During the COVID-19 pandemic, people have repeatedly seen that the profession of infectious disease doctors is very noble and in short supply. After all, how many people died in how short a period. It is frightening that during the pandemic, due to the lack of specialist doctors, we worked as students, residents and it was very difficult to see human losses. The shortage of doctors is a global problem in my country, the reason for it is low pay and lack of conditions for both doctors and patients themselves. Therefore, many doctors go abroad for a good life. However, there are words by Emma Watson that have sunk deep into the soul of "Who if not us?" I remember one case during Covid, “ while working, I got sick myself and had to lie at home and there was no one to put an IV drip on, many of our nurses worked tirelessly in hospitals, and some were afraid to get infected, then I plucked up the courage and started injecting myself, which was effective. At that moment, I had such a motivation idea, it is necessary to attract more women and girls to medicine and develop our country at all costs, no matter what the salary. Fortunately, everything went well, but so far only a few cases of covid have been detected, which is why our health care system needs strong, brave, experienced female doctors and nurses. And here I have a question: what is the motivation, incentive for doctors in America? As we all know, we are a human being, and it is common for a person to sometimes make mistakes, give up, be sad, worry about every lost patient, because everything does not always go smoothly in the medical profession. Sometimes, sometimes there is not enough internal motivation, I want external motivation, to see the work of colleagues outside our country. How do our colleagues work, what is the healthcare system in the United States? What are their differentiation methods, treatment tactics, and approach to the patient

My goals include developing differentiated diagnostics, improving treatment, and contributing to my country's health care. As an ordinary girl from Naryn who graduated from the Kyrgyz State Medical Academy, I strive to inspire and train women doctors in my region. My love for the English language originated in school, in the third grade, and I remember these moments now with such a smile. I remember running after the teacher, I wanted her to teach me.At that time, there were no clubs or individual classes. Our teacher was a German language specialist, she taught us English, no matter how strange it may sound, then there were not enough English teachers and it was very difficult for us. There were not even books like this, at that time we were studying according to the book Skulte. That's why I was self-taught, working hard through sweat and tears. In grades 8-9, I wanted to go to the courses that opened at the Agakhan University in Naryn and since I was from a large family, my parents did not have money, but I continued my self-study and in 10th grade I received a scholarship after passing an English test in AAP group in Agakhan and studied English IT and mathematics in English for free. study and prepare for the TOEFL SAT. I also went to American corners at talking clubs. All this was not easy, I was able to achieve success somewhere, I had to lose somewhere, for example, in the Olympics, but I always had an inner motivation that pushed me only forward. Even if there was no money at that time, I was able to take advantage of all the opportunities that God had given me and was able to go to university in the future.

My main focus in the field of infectious diseases is the use of technology to improve diagnosis and prevention. Special attention is paid to innovative laboratory methods and vaccine development. My goal is to involve young women in the region in developing their skills and potential.

Stepping on the path of mentoring, I strive to use the experience of techwomen women to develop cutting-edge solutions in medicine. This collaboration not only contributes to my professional goals, but also creates a bridge between the medical and technological fields.

The mentoring program also provides an opportunity to expand my professional network, which is important for developing a holistic approach to infectious diseases. Interaction with mentors from various fields opens the door to collaboration with technology experts.

Thanks to my participation in the TechWomen program, I look forward to sharing experiences with wonderful women all over the world. It will also provide the global vision and initiatives needed to combat infectious diseases globally.

In conclusion, I strive to make a significant contribution to the development of women in medicine by working in a large family team and creating projects to improve the quality of life in the highlands.

**2) Explain how you have demonstrated leadership, specifically in your chosen track. Highlight those professional accomplishments that you are most proud of and discuss the positive impact of your leadership. (Limited to 2000 characters**

Leadership is more than just a fancy job title—it's about qualities that make someone really stand out. Let's break down what makes a good leader.

A good leader demands accountability of himself/herself and others. Good leaders avoid isolation and promote a coterie of advisors. This is important for several reasons. Communication is important for anyone in a leadership position and isolation undermines communication. The best way to understand the changing dynamics of any organization is to utilize multiple sets of eyes and ears. My leadership skills has started from the volunteering .

Volunteering is a half of my life. I have always participated in all volunteering clubs during school and in university. Viluteering gives me motivation to live with meaning and benefit our country. The most remembering experience was in UNICEF, Club-25( Blood donation club) and Help together Bishkek Club. In UNICEF we conducted training for school students about earthquakes and many other nature catastrophes and their consequences. To protect them or at least be ready to save their lives, we demonstrated how to act in certain circumstances. Also, we taught about children/women’s rights and their physical/mental health. It was crucial to teach them and also being taught because in our country there were many cases of husband killing wife or children, women being robbed and killed or being raped. There were many which showed up in social media, but I believe that there were tons of which was ignored. In blood donation club we donated our blood which is healthy for 100% and invited local guardians to donate as well. In this club we agai visited schools and universities to explain the consequences of infectious diseases as HIV, AIDS and others to our youth preventing them from being infected.

Another great club was ‘Help together to Bishkek’ is a volunteering club where I live. There we bought groceries to take them to families in need, orphanages and nursing home. I saw very difficult situations people faced and did my best to help and support them, which I continuing doing now. In orphanages we used to make conversational/ discussion sessions with kids talking with them, making new friends and trying to make them feel not alone. There in the orphanage I met girls who wanted to apply to the Medical Academy too and be as I am. These feelings and strengths encouraged me to open group of mentors who are really wants mentoring for those girls with bright eyes that are eager to learn new things. With this group of girls we went to the Nursing Home where we cleaned every room and talked with grandfathers grandmothers, discussed their lives and most of them had diseases like arterial hypertension, diabetes and etc we told everything we learned. I felt that time that I am happy with leading and making others to be happy. Moreover we used to go to clean some parks, areas of our city- Bishkek , by that showing other people that we need to keep our country clean and safe.

In 2020 during the Pandemic days we helped and worked also in consulting hot line 5070 where we consulted patients and prescribed treatments. Because so many people didn’t know where to ask all the hospitals fulled of patients so many patients passed away.

All of these experience gave me deep consciousness and realizing real life. It strengthened the leader in me and made more caring and empathizing person. I appreciate every moment of my social volunteering time.

**3) After participating in the TechWomen program, how will you leverage your experience and the TechWomen network to impact your home country and community? Please be as detailed and concrete as possible. (Limited to 2000 characters)**

**4) Describe a situation in which you faced an obstacle and explain how you were able to overcome it. (Limited to 2000 characters)**

В моей жизни наступил момент, который явился истинным испытанием моей силы и способности справляться с трудностями. Этот эпизод произошел, когда мой первенец, Мухаммад, всего лишь семимесячным младенцем, получил серьезную травму головы.

На тот момент я находилась в первом году ординатуры и пыталась балансировать между учебой, работой и материнством. Не имея средств на няню, я сама заботилась о ребенке, переключаясь между обязанностями дома и больницы. Муж, также поддерживая нашу семью, трудился на работе.

Трагедия случилась в выходной день, когда мой муж, вернувшись с работы, взял на себя ответственность за ребенка. Он нечаянно упал, сломав часть темной кости черепа. Это был удар, который изменил нашу жизнь.

Ситуация стала чрезвычайно сложной, учитывая наше финансовое положение. Следовало совмещать уход за ребенком, работу и учебу. Сделав рентген, врачи предложили операцию, предотвращающую возможные осложнения в будущем.

В ожидании операции в отделении нейрохирургии, я осознала, что самая значимая и ответственная роль в моей жизни — быть матерью. Операция прошла успешно, но период восстановления требовал высокой степени терпения и поддержки.

Этот трудный опыт научил меня ценности семьи, управлению стрессом и принятию неизбежных перемен в жизни. Я научилась ценить каждый момент, проведенный с семьей, и признавать важность поддержки и силы в трудные времена. Этот эпизод сделал меня сильнее и более благодарной за каждый день вместе с близкими.