

Mr Chairman, members of the MSA electoral commission, members of the Executive Board, honourable members of GA, Fellow students, distinguished ladies and gentlemen.

Leadership at one time meant muscle, but today it means getting to know the people, getting to understand the challenges and the needs of the people. It is why I believe leadership and learning are indispensable..... Great ideas are all the greatest leaders ever were. From countless consultations with the members of our prestigious association, I stand before you this evening brimming with ideas on how to take our affairs a notch further. I stand before you this evening with infinite enthusiasm to present this manifesto as an aspirant for the Health Officer of our distinguished association, UDS-MSA.

Mr. Chairman, it is a privilege to be offered this venerable platform to espouse my plans and actions for the office I am aspiring to occupy. As ephemeral this office is, it will only be in the interest of members of our noble association to listen keenly as I enumerate and elucidate on a few, yet cogent policies of mine which I believe are crucial if indeed we want to take our affairs a notch further from where it is now. I have carefully elucidated my policies under two categories.

To begin,

### **Student welfare**

**Mentorship:** For so long a time, students have expressed unparalleled challenge at studying and adopting strategies for the Block system practiced by our prestigious institution especially by our first year students. Undeniably, all in this Hall can testify of the eccentric nature of this system coupled with its heavy workload; the resultant effect culminating in trails and repetitions' suffered by colleague students. If students are granted the unique opportunity where senior colleagues mentor junior colleagues on how to go about their studies, the books to read, readily availing study material before hand and offering practical and highly essential advice; this will help alleviate the number of trails and repetitions students suffer and concomitantly eliminate the stress and depression students go through after suffering a trail during an exam. This does not cost much to establish. It is highly attainable.

**Mental Health:** Real wealth is great health, sadly not so many of us in this hall are wealthy. This leads me to my second policy under student welfare, which is centered on mental health. One of the commonest diseases students suffer is of mental origin. A phenomenon termed **Burn out**, a state of emotional, physical and mental exhaustion caused by excessive and prolonged stress. When given the nod, it is my principal aim to make students comprehend that, just as good as medicine fixes bones and organs, minds too can be fixed by the provision of an enabling environment which would seek to mentor and comfort persons going through such painful ordeals. Through the organization of symposia, students can be adequately educated on how to stay healthy mentally and be mentored and motivated when they fall into depressed states. Also creating avenues for socialization and embarking on field trips can help abate the stress from the excessive academic work.

Moving on,

### **Health week**

**Radio broadcasting:** As mandated by the constitution, it is the duty of the Health Officer to ensure effective planning and execution of the Health week. Now the Health week is a period where organize events, embark on outreaches and undertake a number of activities to sensitize the student populace and general public on the theme of focus. Now considering our immediate surrounding or locality, in order to reach a maximum population of the public, it should be through the radio broadcasting and sensitizing them through their own dialect. It is for this reason, that I propose that, if given the nod, as the chairperson of SCOPH, I will collaborate with SCOME to garner a set of students with great oratory skills and impeccable fluency in the local dialect to man the various radio stations during our health week and other necessary days to sensitize the general populace on public health issues and medical conditions of concern.

**Funding outreaches:** one of the major challenges we have experienced as an association has been the difficulty to generate adequate fund to undertake a number of our activities. We have relied solely on dues to fund our activities and this is largely inadequate. This has greatly affected the number of health activities we could undertake and the outreaches we could embark on. From the careful analysis of this predicament, I thought of the idea of **Cooperate partnership**. This I believe will help alleviate the burden of funding our own outreaches. Most co-operations as part of their co-operate social duty is to embark on a number of outreaches as a way of giving back to the society and also to promote their brand. UDS-MSA as part of our core objectives is to embark on community outreaches through medical education and screening. What we can do is that, we can offer assistance to this cooperation with regards to performing their social duty and in return request that these outreaches be solely funded by them. This is a win win situation and is highly realizable.

**Red Cross:**

**Heightening patronage:**

Mr. Chairman, I would like to end with this. These submissions are not solely my ideas they are yours as well. The reason I say this, is because most of these policies sprouted from my countless interactions with you. I have come to the realization that the strength of UDS-MSA lies in our numbers and our diversity, it is why I believe with my great interpersonal relationship coupled with other qualities, I can harness this strength in order to attain formidable accomplishments. Vote for Dynamism, vote for all inclusiveness, vote for MDK. Endorse Meshach Kibilsua Duut as your next Health Officer.

Thank you.