**Motivation Statement for YGF-26***Madrid, Spain*

"Women can never be independent." These were the words I heard growing up in a society where women were discouraged from pursuing careers or personal ambitions. However, I refused to let these limiting beliefs define me. I grew up in a culture where women’s roles were often confined to domestic responsibilities, but I was fortunate to have a family that supported my educational aspirations. This belief in self empowerment fueled my desire to change the narrative not just for myself, but for the many women whose potential is often overlooked.

My academic background in **Human Nutrition and Dietetics**, combined with my passion for women’s health, allowed me to implement practical solutions in underserved regions like Thar, Pakistan. There, I co organized nutritional camps for malnourished pregnant women and developed a low cost energy bar specifically for them. This hands-on work sparked my deep commitment to making health solutions both accessible and impactful. Later, I leveraged my experience as a fellow at **Amal Academy**, sponsored by Stanford University, where I helped launch an online platform for raising awareness about women’s nutritional needs, particularly for those suffering from diabetes and PCOS.

I believe that **tangible change** is driven by **education and collaboration**. As a clinical dietitian and now as a student pursuing a **Master’s in Health Sciences** at the University of Lucerne, I have been able to expand my perspective and collaborate on intercultural initiatives, particularly through the **Zug International Women’s Club**, where I interact with people from diverse backgrounds. These experiences have strengthened my belief that **inclusive community-driven approaches** are key to addressing global health disparities.

The **Youth Global Forum 26 (YGF-26)** represents an extraordinary opportunity to build on these experiences. After researching the forum’s agenda, I am especially drawn to the **leadership and policy development tracks**, which will help me understand how to bridge the gap between grassroots health initiatives and national-level policies. Sessions on **youth empowerment**, **global health strategies**, and **innovative healthcare solutions** align with my career goals of promoting health equity, particularly for marginalized women. I am eager to learn from global leaders and exchange ideas on how to implement practical, scalable solutions that can be adapted to communities like mine in Pakistan.

At YGF-26, I look forward to engaging with fellow delegates from around the world to discuss strategies for **creating sustainable health initiatives**, particularly those focused on **women's health**. I am excited by the opportunity to gain tools that will help me enhance my work in community health. For example, I would like to explore strategies for **advocating for policy changes** that improve women’s access to nutrition and healthcare services in low-resource settings. I also hope to contribute my experiences working in both **clinical settings and grassroots health camps**, which could inform discussions on effective community health models.

My immediate goal after YGF-26 is to **leverage the connections** and insights gained to launch a **youth-led initiative**aimed at **advocating for women’s health policies** in Pakistan. This initiative will focus on raising awareness about the **nutritional needs of women** and **building capacity among local healthcare workers** to better address these needs. Additionally, I intend to form a **network of youth advocates** that can collaborate on **health-focused public campaigns**, with a particular focus on addressing the **nutrition challenges facing women** in marginalized regions.

YGF-26 is not just an opportunity to learn it is a chance to take **action**. I am committed to returning with the **skills, ideas, and networks** that will enable me to drive change both locally and globally. By collaborating with fellow youth leaders, I aim to build a network that can influence **policy decisions**, **health programs**, and **advocacy efforts** that make a tangible impact on women’s health, particularly in underserved communities.