

**CUHK Convocation Outstanding Services
and Creativity Student Awards 2022/23**
香港中文大學校友評議會傑出服務及創意學生獎 2022/23

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| Name 姓名 | TAYYAB SALIM SHAHZADA |
| Major 主修 | Medicine (Global Physician-Leadership Stream) |

As someone of Pakistani descent who was born in Hong Kong, I from a young age was exposed to a diversity of settings and communities both locally and back in Pakistan. The exposure to low-resource settings, whether that be from visualizing the poverty-stricken communities of Pakistan, or whether it be the unique challenges faced by local ethnic minorities had always instilled in me a sense of responsibility.

Prior to University, I had done simple volunteer work such as visiting elderly centers and having founded START Foundation, a non-profit student organization which raised funds for facilities for a rural school in China. Coming into university, I aimed to continue my efforts towards society and to elevate them. In my first year of university, I participated in the CUHK Health Exhibition as a health volunteer. One of my aims as a doctor from day 1 was to make sure that I always looked into the community to see where I could extend my contributions; besides this health exhibition I had also participated in other minor health check programs such as towards Domestic Helpers. Through CCOUC, I had the opportunity to continue my contributions locally, into the Mainland, as well as eventually overseas. Locally, I have worked with CCOUC and GX foundation on community outreach programs to distribute goods and education relating to COVID-19 in areas such as Kwun Tong and Cheung Chau.

In the mainland, we visited a rural part of Sichuan to educate on various important health related topics. Eventually, I had the opportunity to work with GX Foundation, a foundation I had interned in, to develop a Vector-Borne Disease Project which would be delivered at health clinics and healthcare settings in countries like Cambodia, which I directly visited. Furthermore, during the summer of 2020, I joined MSF to train myself further in health promotion and mental health and to deliver educational programs at the peak of COVID-19 in Hong Kong. Noting the difficulties the Crossroads Foundation Medical Department had, a group of friends and I had decided to run a small project for our college project to support them in elevating the department as the area was heavily understaffed.

Nonetheless, to me what has always driven me and continues to drive me is the feeling that those in privileged positions carry a duty to extend our expertise and efforts to the needy, and as someone who is of a mixed ethnic background, I have always considered 'my' community to be the global community. It is for this reason that I always have made efforts to also look beyond simply Hong Kong to help wherever I can.

Ultimately, I would like to express my gratitude to the CUHK convocation for granting me this award. With such awards, I have been able to continue forward with my ambitions in learning more about global health and engaging with various needy communities. Such rewards are also a reminder that the ambitions I hold are valued and are a further motivation for me to continue down this ambition in the future.



Volunteering for the 2022 CCOUC/GX Foundation Urban Health Emergency and Disaster Risk Management Field-based Experiential Learning and Research: Hong Kong Community Outreach Project in Cheung Chau. *Photo Credits: CCOUC/GX Foundation*

(Tayyab is the first person from the left)



Volunteering at the GX-CCOUC Community Outreach Programme in August 2022. I joined the volunteer team in visiting elderly people and low income families in Kwun Tong, Hong Kong, to distribute anti-pandemic materials, provide health education, and general wellbeing check to those in need. *Photo Credits: CCOUC/GX Foundation*

(Tayyab is at the center in the second row)