



# PERSONALITY

OF THE MONTH

FROM ASHAIMAN TO ROSTOV  
RED DIPLOMA GLORY

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**DR. AYAMBA  
SHEENA**

**JULY EDITION**



# From Ashaiman to Rostov: Red Diploma Glory

My name is Ayamba Sheena Asibi, a 25-year-old medical university graduate from Rostov. I was born and raised in Ashaiman, Ghana, a vibrant community that instilled in me a strong sense of compassion and a desire to help others.

My academic journey began at Solidarity International School in Ashaiman, known for its excellence in the area. Following this, I moved to Kumasi to attend St. Louis Senior High School, where I pursued General Science with a focus on Biology, Chemistry, Physics, and Further Mathematics, driven by my ambition to become a doctor.





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*My passion for medicine stems from a deep desire to make a difference in people's lives*

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Growing up, I had a close friend whose father was a doctor. Witnessing firsthand the positive impact he had on his patients ignited a spark within me. His kindness, compassion, and dedication inspired me to pursue a career in medicine.

My journey to medical school wasn't easy, but the challenges only reinforced my determination. The rigorous coursework, challenging exams, and hands-on clinical rotations pushed me to my limits, but they also honed my skills and deepened my knowledge.

I even had the opportunity to contribute to the field of medicine through research projects, further fueling my passion.

Beyond the classroom, I sought to make a positive impact on my community. During the **COVID-19 pandemic**, I volunteered to help in the fight against the virus. This experience was incredibly rewarding, allowing me to work closely with patients and communities, gaining invaluable experience. I also participated in various extracurricular activities, from clubs and sports to community events, striving to develop a well-rounded personality.

My decision to move to Russia to study medicine was driven by a desire to expand my knowledge and experience. I sought out opportunities for advanced training, allowing me to specialize in a specific area of medicine.

Russia's renowned research institutions offered a platform for me to engage in cutting-edge research, contributing to the advancement of medical knowledge. Furthermore, I was eager to explore potential career opportunities within the Russian healthcare system, a chance to utilize my skills in a new and challenging environment.

Beyond the academic goals, I was also excited about the cultural immersion.

Moving to Russia exposed me to a completely new culture, language, and healthcare system. This was a chance for personal growth and a broadening of my perspective.

The journey wasn't without its challenges. There were times when I felt overwhelmed, like when I struggled with a pharmacy control exercise and felt utterly devastated. Looking back, I can laugh at those moments, recognizing how they pushed me to work harder and grow stronger.

Through it all, my unwavering faith in God has been a constant source of strength.

There have been countless instances where I've passed challenging exams and felt deeply grateful for His guidance. I'm also incredibly fortunate to have Andrew, a special friend who has stood by me through thick and thin, providing unwavering support. My parents and uncle have also been incredibly supportive, offering words of encouragement that kept me motivated.

And of course, my friends and classmates played a crucial role in this journey, creating a supportive and collaborative learning environment.

These challenges and triumphs have shaped me into the doctor I am today, and I'm grateful for the lessons learned and the relationships forged along the way. My time in Russia has been a transformative experience, both academically and personally.

### ***How do you see this feat of a red diploma - being the first Ghanaian in your university?***

This is an incredible accomplishment! It's a testament that dedication, resilience, and passion for medicine. It means I broke new ground, paving the way for other Ghanaian students who might dream of studying medicine in Russia. It also speaks to my ability to adapt to a new culture and academic system, demonstrating the power of perseverance and determination.

It's a proud moment for me, her family, and Ghana as a whole. It shows that Ghanaian students are capable of achieving excellence on a global stage. This achievement will hopefully inspire future generations to pursue their dreams, no matter the challenges they might face.



## ***Moving forward - what do you plan on doing?***

My future plans are exciting and promising. Now as graduate, I believe I have a wealth of options:

To further specialize in a particular area of medicine that aligns with her interests and skills and to leverage my qualifications and experience to find a fulfilling career in the Russian healthcare system.

Returning to Ghana: i can utilize her knowledge and experience to improve healthcare access and outcomes in Ghana.

Ultimately, my next steps will likely involve a combination of these options, depending on her personal goals and opportunities available to her.

***Dr. Ayamba Sheena Asibi***





## *What do you want to tell your younger self?*

Looking back on my journey, I want to tell young Sheena a couple of things :

- \* Embrace the challenges: Difficult times are inevitable, but they're also opportunities for growth.
- \* Believe in yourself: You have the potential to achieve great things, so don't be afraid to dream big.
- \* Seek support: Surround yourself with people who believe in you and who are willing to support you on your journey.
- \* Never give up: Your passion for medicine will guide you through the toughest moments. You can overcome any obstacle.
- \* Enjoy the journey: The journey itself is just as important as the destination. Savor the experiences, both good and bad.

*Today, I stand as a proud graduate of a medical university, eager to use my knowledge and skills to serve others and make a positive difference in the world. My journey from Ashaiman to Rostov is a testament to the power of passion, hard work, and dedication.*