



PERSONALITY OF THE MONTH

**FESTUS KAASUNG- KUNDE
(PRESIDENT)**

**SANDRA MILLS
(VICE-PRESIDENT)**

**AKOSUA BEMAH ADJEI
(GENERAL SECRETARY)**

**JEFFREY OFORI- MINTAH
(ORGANISING SECRETARY)**

**ISABELLA ADJARKUOR NARH
(FINANCIAL SECRETARY)**

**EXECUTIVES
EDITION [MAY]**



KUNDE-MILLS ADMINISTRATION

“BRIEF INTRODUCTION ABOUT YOURSELF”



KUNDE FESTUS KAASUNG

PRESIDENT OF NUGS-RUSSIA

Hello, and welcome to Personality of the Month! This month, we are interviewing all the executives, including myself.

My first guest is my boss, the *President of NUGS-RUSSIA*.

Bemah: Mr. President.

Festus: Madam General Secretary.

Bemah: Thank you very much for honoring my invitation to be here.

This edition is for the NEC, and as you are the President, it is wonderful to have you start us off. I'd like for you to introduce yourself and give us a brief summary of who you are.

Festus: Thank you for this opportunity. My name is Kunde Festus Kaasung. I am from a small town called Laura in the Upper West Region, though I was born and have lived my entire life in Obuasi. Due to my parents' jobs, I attended several primary schools and eventually completed my basic education in a boarding school.

“During this time, I developed a strong desire to study medicine. Despite not being among the top students, I seized the opportunity to study in Russia when it arose.

After that, I went to Kumasi Academy to study science, which had its own set of challenges.

After Kumasi Academy, I pursued a degree in biomedical engineering at All Nations University College. During this time, I developed a strong desire to study medicine. *Despite not being among the top students, I seized the opportunity to study in Russia when it arose.* Initially, I struggled academically but persevered.

Initially, I struggled academically but persevered. After taking a nearly three-year break in my third year, I returned to continue my education.

Upon my return, with a heavy heart, I ran for and was elected Organizing Secretary FOR Dr. Derek Yamoah’s administration. Subsequently, I became the President of NUGS-Russia, and we've worked hard to support the union. I believe our efforts will be evaluated by the next administration.

Hopefully, I will complete medical school next year. Post-graduation, I am considering various specialties such as public health, global health, AI medicine, and space medicine. While I wish to stay in Ghana for a while, the future remains uncertain.

Bemah: Thank you for this comprehensive summary of your journey and contributions. Now, let's discuss your transition from being the Organizing Secretary under Dr. Derek Yamoah to your current role as President. How was that experience?

From Organizing Secretary to President

Festus: The experience has been quite different. As the Organizing Secretary, I often wondered why certain decisions were made. Now, as President, I realize the complexity involved in decision-making. You must consider various angles—right, wrong, legal, illegal—before making a choice. With the support of my NEC, the job has been manageable. A functional NEC makes a significant difference.

Decision-making has shifted from a collaborative effort to sometimes bearing the sole responsibility, especially when facing backlash. However, every decision is made with the organization's best interest in mind.

Bemah: What were your top priorities for the Students' Union this year, and do you think you've achieved most of them?



Reviving member interest has been a priority.



Festus: First, I'd like to address some shortcomings, not due to incompetence but rather circumstances. The union has experienced a decline in member participation and dues payment, possibly due to past administrative issues. Despite our efforts to engage members and solve their problems, response rates remained low. Financially, when we took office, the fund account was empty, limiting our ability to provide loans.

We innovated with a grocery support program, allowing us to use funds from the main account with CCCS approval. This was a significant achievement. Reviving member interest has been a priority.

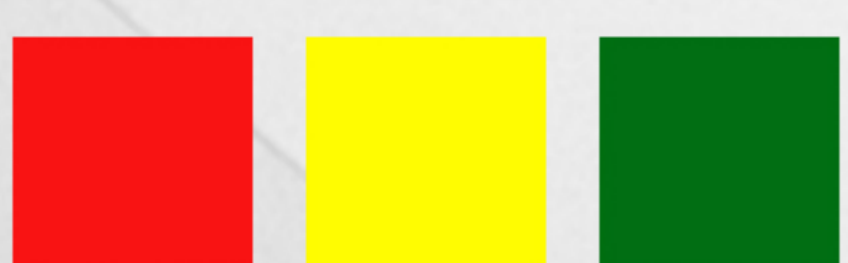
We organized this Congress to showcase our achievements and bring everyone together. We facilitated registrations on our website and even received applications from Ghana, which we are processing for visas. The response from external parties, including Nooks Ghana, has been encouraging.

For future administrations, maintaining engagement is crucial. Physical meetings, despite logistical challenges, could help foster unity. Liaising with the embassy and securing external sponsorships should be priorities. Financial stability will ease many operational difficulties.

Festus: Finally, I've noticed a lack of interest from former NEC members. Many feel their efforts were unappreciated. To address this, I've created a WhatsApp group to engage past presidents from the last 12 years. While their participation is currently low, re-engaging them is vital for institutional memory and continuity.

Bemah: What will be your advice to the next administration?

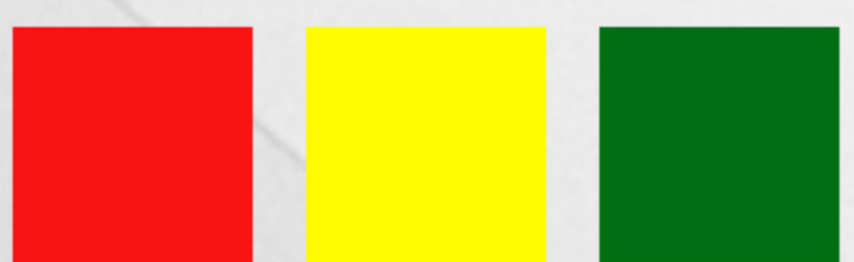
Festus: Looking forward, the next administration should focus on better engagement and appreciation of its members. It's a challenging task, but with a committed NEC, it is achievable.





Bemah: Thank you for your insights, Mr. President. I hope increased member interest will lead to financial stability and active participation, ensuring the union's continued success.

Festus: I hope so too, Thank you very much Madam Secretary.





**SANDRA MILLS / VICE PRESIDENT
OF NUGS-RUSSIA**

Now, we have the honor of speaking with the Vice President, Sandra Mills.

Bemah: Sandra, thank you very much for joining us.



Sandra Mills: Thank you very much for having me.

Can you *tell* us a bit about *yourself*?

It's an honor to interview everyone on the national executive

committee, especially you as the Vice President. So, Sandra, can you tell us a bit about yourself?

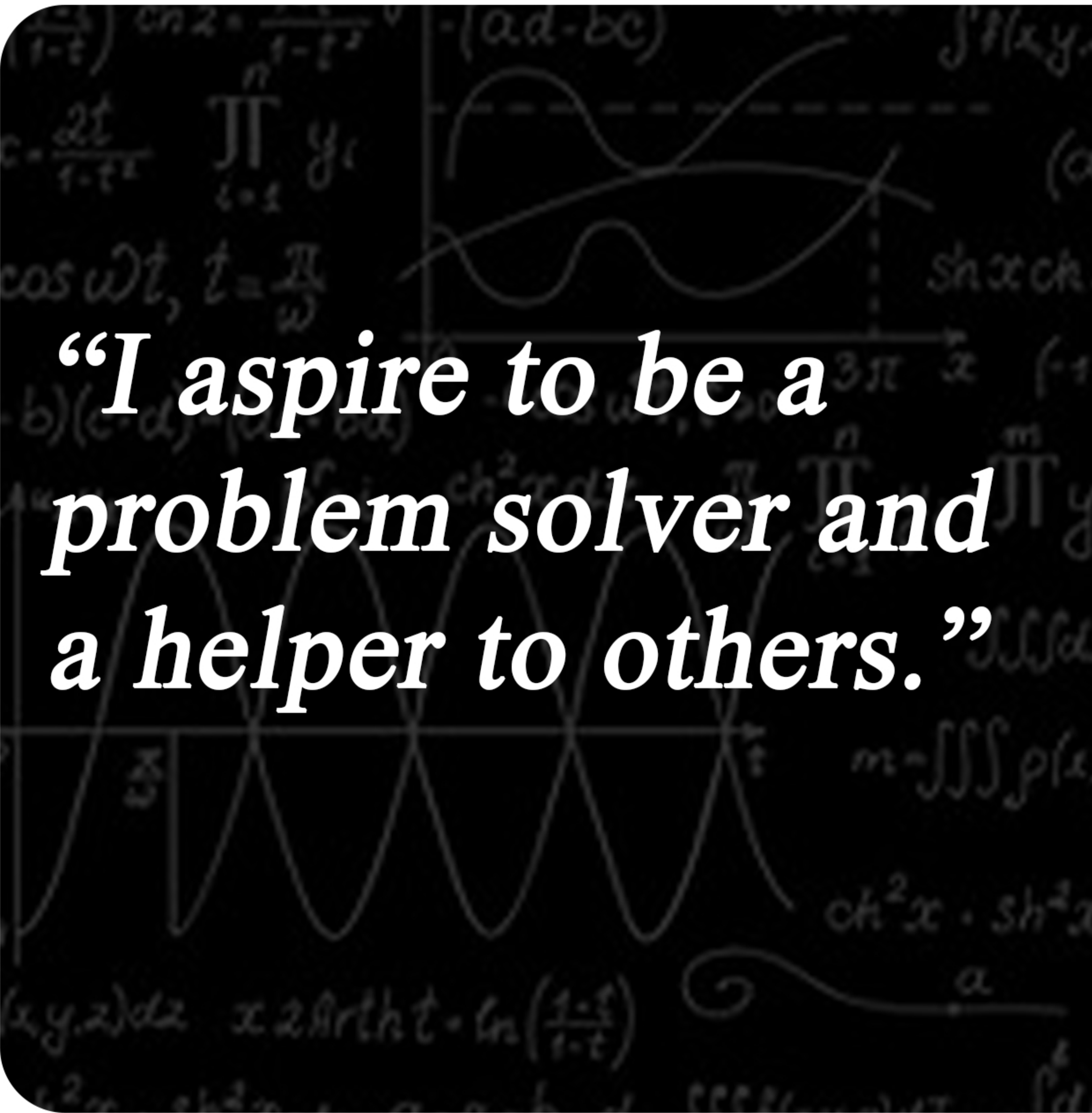
It's a great pleasure and an honor to be interviewed. I'm really grateful. How are you?

Bemah: : I'm doing well, thank you.

Sandra Mills: Sure. My name is Sandra Mills. I'm 25 years old and from Accra, Ghana. I'm currently pursuing a master's degree in bioengineering in Russia at the University of ITMO. I grew up in a family with five kids, and I'm the only girl. My educational journey began at Alpha Beta in Dansoman, then St. Martin De Porres for junior high, and St. Rose's Senior High School where I majored in general arts. I always wanted to study science, but it wasn't possible to switch from general arts to science in Ghana, so I chose to study in Russia, which allowed that transition.

I'm a calm, collected, and comprehensive person. I aspire to be a problem solver and a helper to others. I'm supportive, friendly, neutral, and a devoted Christian, having grown up in a Christian home.

After a year in Vladivostok, I became the secretary for the vetting committee and later, the chairperson. Although I stepped back for a year to focus on my studies, I returned to support the union and became the Vice President.

A graphic featuring a quote in white, italicized text against a dark background with faint mathematical formulas and graphs. The quote is: "I aspire to be a problem solver and a helper to others."

“I aspire to be a problem solver and a helper to others.”

Bemah: What led you to rally behind the current president to become the Vice President?

Sandra Mills: I saw that NUGS-Russia needed revitalization. Despite doubts about the union's future, I decided to support the current president and help the union stand strong. I wasn't seeking attention but wanted to contribute positively.

Bemah: What challenges have you faced as Vice President?

Sandra Mills: Surprisingly, I didn't face many challenges. Our executives were well-coordinated and knew their roles, which made things smoother.

My disappointment lies in not being able to do more. I wanted to address deeper issues within the union. Our main goal was to keep the union running and maintain effective communication with the student body.

Bemah: What do you think has been the greatest achievement of the NEC?

Sandra Mills: I'm proud of our ideas and initiatives, such as the mentorship program and grocery support for students. It's been a step-by-step process, laying the foundation for future administrations to build upon. Despite doubts, we ensured the union remained active and supportive.

Bemah: What advice would you give to the incoming executives and the union?

Sandra Mills: To the incoming executives, I advise not to feel pressured. Keep your heads up and do what you need to do to keep the union alive. Support each other, especially in finding sponsorships or other help. For our current administration, I commend everyone for their hard work. We've laid a platform for higher aspirations and greater achievements.

Bemah: Thank you very much for coming, Sandra. We appreciate your insights and dedication. I look forward to the upcoming Congress and the transitional activities.

Sandra Mills: Thank you so much for having me. It was a pleasure. Long live NUGS-Russia.



For our current administration, I commend everyone for their hard work. We've laid a platform for higher aspirations and greater achievements.

Bemah: Thank you very much for coming, Sandra. We appreciate your insights and dedication. I look forward to the upcoming Congress and the transitional activities.

Sandra Mills: Thank you so much for having me. It was a pleasure. Long live NUGS-Russia.





AKOSUA BEMAH ADJEI
GENERAL SECRETARY OF NUGS-RUSSIA

Hello everyone, my name is Akosua Bemah Adjei, and I'm the General Secretary for NUGS-Russia for the 2023-2024 term. In addition to my duties as General Secretary, I also conduct the "Personality of the Month" interviews. However, today, I'll be sharing a bit about myself without an interviewer.

BRIEF INTRODUCTION ABOUT ME



So, who is Akosua Bemah Adjei?

I'm a 25-year-old woman, having just turned 25 in May. I'm the eldest of six children, with five siblings. I spent most of my life in Kumasi, Ghana, where I was raised. I attended senior high school in Akwatia at St. Rose's Senior High School in the Eastern Region. My journey there was unique because I skipped a year in junior high school, so I didn't graduate with my original classmates.

At St. Rose's Senior High School, I studied general science from 2013 to 2016. After high school, I attended Kwame Nkrumah University of Science and Technology (KNUST) in Kumasi, where I initially pursued dentistry.

For the first three years, I completed a BSc in Human Biology. However, my true passion was in medicine, not dentistry. I felt unsatisfied and restricted by focusing solely on dental health. This led me to make a significant decision in 2019.

I moved to Russia to study medicine, a challenging but ultimately rewarding choice.

Adjusting to life in Russia was difficult at first. I didn't know anyone, and it felt like starting over, especially since my peers in Ghana were completing their studies while I was starting.

Despite the challenges, I excelled academically. Initially, I didn't participate in NUGS-Russia activities because I was focused on my studies.



However, my background in student leadership in Ghana eventually drew me back in. I had served as the HESA Women's Commissioner and was involved in the Medical Students' Association.

In my third year in Russia, I began engaging more with NUGS-Russia activities. By my fourth year, I became a deputy women's commissioner. Although I initially resisted taking on a major role, I embraced the position and enjoyed serving the union. This experience led me to run for General Secretary, a position I've held with pride and dedication.

My time as General Secretary has been filled with challenges and achievements.

Despite these hurdles, we've made significant progress thanks to the support of some dedicated members and leaders.

As I approach the end of my term, I look forward to passing the baton to the next set of leaders. To the incoming executives, especially the new General Secretary, I offer this advice: stay true to your principles, communicate effectively, and always prioritize your studies.

My advice to all Executives

To all executives, be diligent, honest, and sociable. Build on the foundations we've laid and aim for greater heights.

To the members of NUGS-Russia, please support the new administration. Pay your dues, volunteer, and participate in programs. We are here to serve you, but our efforts will only be successful with your active involvement.

Thank you so much for your attention and support.



JEFFREY OFORI-MINTAH
GENERAL ORGANIZING SECRETARY

Next on the line-up, we have the Organizing secretary.

Bemah: Thank you so much for coming. I'd like to extend my gratitude to our amiable General Organizing Secretary, Mr. Jeffrey Ofori-Mintah.

Jeffrey: Thank you, for this beautiful invitation.

TELL US ABOUT YOURSELF

Bemah: Jeffrey, could you tell us about yourself? How has life been for you before and since you came here?

Jeffrey: My name is Ofori Jeffrey Minta. I was born in Asin-Fosu in the Central Region. My father, Kojo Ofori, and my mother, Adelaide Brown Stephens, have four children. I'm the first-born from my mother's side and the last from my father's, as we are two from his side. My educational journey started at University Practice Secondary School in Cape Coast, where I completed my SHS from 2010 to 2013. After school, I stayed home for two years before entering school in 2015, which I completed in 2017 at the College of Community Health and Nursing in Winneba. During my time there, I served as the General Organizer for the SRC, then known as GEMTA, the Ghanaian Nurses and Midwifery Training Association local union. That's a brief biography of me.

Bemah: What led you to come to Russia, and how has your experience been here?

Jeffrey: After completing my nursing studies in 2017, I started working at Metro Health Hospital in Abrepo Junction from 2018 to 2021. The hospital's director, Dr. Felix Tawia, a physician specialist and lecturer, advised me to further my education, suggesting I become a nurse practitioner. My father, who passed away in 2021, was initially not supportive of me traveling for medical studies.

However, my uncle encouraged me and offered to support me financially. I first applied in 2019 but was denied a visa. I reapplied in 2020, but the COVID-19 pandemic delayed my travel. Finally, I arrived in Russia on December 17, 2021, to study medicine, thanks to my uncle's support and my boss's encouragement.

Bemah: You were studying online before coming to Russia. How was the transition?

Jeffrey: The online studies were challenging as I balanced work and studies, often working in three hospitals. When I came here, I had issues with my assignments not being received, particularly for histology. Despite these challenges, I managed to pass my exams and adapt to the new system.

Bemah: How were you introduced to NUGS-Russia?

Jeffrey: I was introduced to NUGS-Russia by a friend, Gilbert, who helped me with my process. He connected me with Pobee, a former NUGS president, who later encouraged me to join the union despite various opinions. My first appointment was as an Electoral Commissioner

Bemah: Could you tell us about your experience as an Electoral Commissioner?

Jeffrey: It was a challenging role. For instance, I once had to handle a case where a candidate submitted forms late and then took me to the JC. Thankfully, I had a good lawyer, Maxwell, who helped me win the case.

Bemah: Were you able to hold any other role in the union, and how have they influenced you?

Jeffrey: I was appointed to the Audit Committee by the previous administration, but my appointment was contested, and I didn't get the chance to serve. This allowed me to focus on my studies, which was beneficial as I passed all my exams.

Bemah: Why did you decide to run for General Organizer despite previous challenges?

Jeffrey: Initially, I didn't want to take on another role due to the finances and time demands. However, friends and mentors encouraged me, seeing my previous experience and passion for organizing. Their support led me to run for General Organizer.

Bemah: What challenges and achievements have you experienced in this role?

Jeffrey: Balancing school, work, and union duties has been tough. I often handle tasks alone due to a lack of support from the media committee. However, with the help of dedicated individuals like Amma, media personnel for LOC – Congress 2024, I've managed to cope. I look forward to handing over the role soon.



Bemah: What advice would you give to the incoming General Organizer?

Jeffrey: Have passion for the job, be prepared to use personal funds, and avoid getting easily frustrated. Self-control and dedication are key.

Bemah: What advice can you share to the members of the union?

Jeffrey: Stay hopeful, support the leadership, and work together. Unity is crucial for the union's success.

Bemah: Thank you for your insightful words, Jeffrey. We hope to speak with you again in the future.

Jeffrey: Thank you for having me.



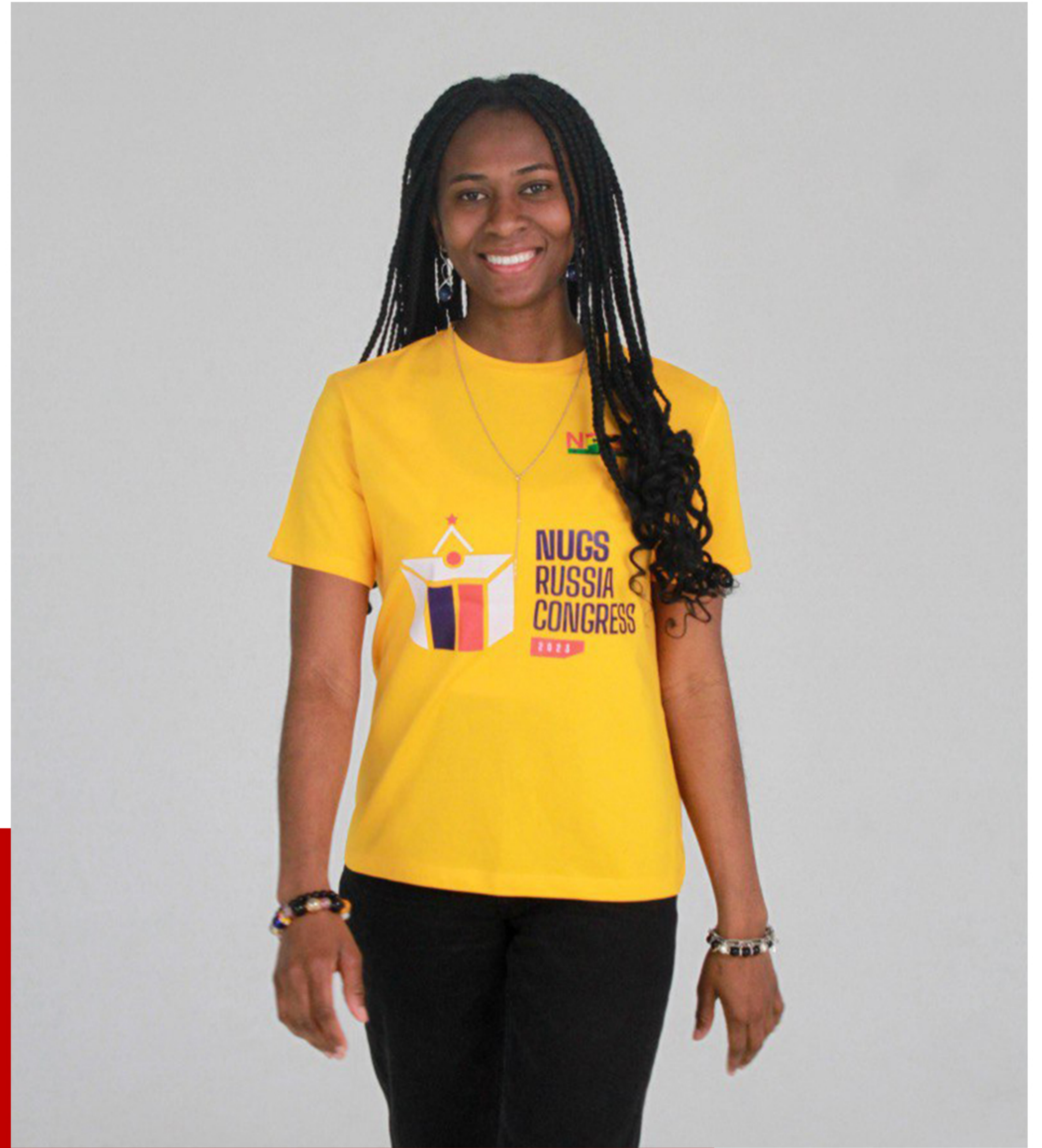


ISABELLA ADJARKUOR-NARH
FINANCIAL SECRETARY

Last but the never the least, Madam Financial Secretary.

Bemah: Good evening, Ms. Isabella. Thank you very much for honoring my invitation.

A BRIEF INTRODUCTION



ISABELLA ADJARKUOR-NARH

Isabella: Good evening, Madam Secretary, You're welcome. It's my pleasure to be here.

Bemah: As part of this month's initiative to have all members of the National Executive Committee, we have with us our Financial Secretary, the honorable Isabella, who handles all the finances of the administration. Anything concerning money, she's in charge. Isabella, could you please give us a rundown of who you are?

Isabella: My name is Isabella Adjarkuor-Narh. I'm Ghanaian from the Eastern Region, and I'm 25 years old. I've been in Russia for the past seven years, studying medicine. I'm currently in my final year.

Bemah: Could you give us a bit more detail about your background? How was your upbringing, what high school did you attend, and did you go to university before coming here?

Isabella: Back in Ghana, I attended a private school called Universal School for my primary and junior high education, which I completed in 2011. Then, I went to Koforidua Senior High Technical School from 2011 to 2013. After high school, I was deciding on studying abroad. Russia wasn't initially my choice, but I ended up here. I had a year gap before coming to Russia in September 2017.

Bemah: How has your experience in Russia been?

Isabella: My first year in Russia was quite an adjustment. I remember arriving in Moscow and being detained at the airport for document validation. The cold was intense – it was seven degrees, which was quite a shock for me.

I missed my connecting flight and had to navigate to the train station. Upon arriving in Volgograd, I found there were many Ghanaians who helped me settle in, which made the transition smoother. The language barrier was tough, but I managed. In my second year, due to some document issues, I transferred to Tambov, where I started medical school. Adapting to a new place again was challenging, but over time, I made friends and settled into the Russian culture.

Bemah: How has your journey with NUGS- Russia been since your first year till now?

Isabella: In my first year, I was very active with NUCS in Volgograd, attending the congress and participating in events like Miss Ghana in 2018. However, as time went on and I moved to Tambov, my involvement lessened due to personal and academic commitments. Recently, I decided to become more active again and took up the position of Financial Secretary to contribute more to the union.

“EXPECTATION VS REALITY”

Bemah: What inspired you to take on the role of Financial Secretary?

Isabella: Initially, I just wanted to get involved with NUGS-Russia and thought that holding a position would make me more active.

I looked at the various roles and felt Financial Secretary was something I could handle better compared to others. However, once I took on the role, I realized it wasn't as easy as I thought. Despite the challenges, I felt it was manageable for me.

Bemah: How has it been handling the finances of the administration?

Isabella: It's been a mix of easy and challenging times. Managing the union's finances requires patience and meticulous record-keeping.

Handling bulk transactions and ensuring everything matches up can be stressful, but it's important to stay organized and clear-headed. There are risks involved, such as mishandling funds, so it's crucial to double-check everything frequently.

Bemah: What challenges have you faced, and how did you overcome them?

Isabella: One of the main challenges has been dealing with mobile money transactions. With numerous daily transactions, it's easy to make mistakes. Balancing my duties as a student and NUGS-Russia responsibilities can also be overwhelming.

To manage this, I prioritize tasks, keep detailed records, and set aside time specifically for NUCS work. Planning and organization are key.

Bemah: What advice would you give to the incoming Financial Secretary?

Isabella: To the incoming Financial Secretary, remember that while the job is challenging, good planning helps. Don't hesitate to ask for help from fellow NEC members if you need it. Prioritize your tasks and don't neglect NUGS-Russia duties.

It's important to fulfill your responsibilities, even if it requires effort. Stay organized, take breaks when needed, and ensure you have a clear system for tracking transactions. With patience and diligence, you'll manage just fine.

Bemah: Thank you so much, Isabella. Your advice is invaluable, and it's been wonderful getting to know more about you and your role. We are grateful for your contributions.

Isabella: Thank you for having me. It's been a pleasure.