## ADWOA BENYIWAH'S UPDATE, 2022 FIRST QUARTER.

School reopened on 18<sup>th</sup> January, 2022. I began the year with Ophthalmology subspecialty, then to Anaesthesia, and then finally ended with Radiology subspecialty. I am currently preparing for exams on all these subspecialties. Also, I volunteered for an outreach to a village planned by an NGO called Teen Health Ghana. We provided free screening for hypertension, consultation and prescription under the guidance of doctors and nurses.it was a nice experience.

Also, my personal blog, The Pishon blog has grown beautifully. I have been able to post more write-ups, and the feedback has been impressive. I was fortunate to have been invited to perform a well scripted spoken word at a Sustainability Leadership Summit which focused on The Global Goals and how to achieve them. I had a standing ovation after my performance which was massive. I was also invited to perform another beautiful poem at a Medical Student Association Forum on writing CV's which was held on zoom. It was also a wonderful experience. I assisted a senior colleague who is a doctor to launch his book on Stage Performance and creative writing. This gave me a first-hand experience on how to organise a book launch. I hope to write a book someday too.

My first quarter of the year has been really fruitful and I hope to have more achievements by the end of the next quarter. I still want to thank you for giving me this opportunity by paying my fees. I am very grateful.