

Empowering Change:

A Pharmacist's Journey from YALI RLC EA to Building a Healthier Sudan

Nada Sirag, Cohort 53 - Sudan

I am Nada Sirag from Sudan, a passionate pharmacist dedicated to the ideals of inclusivity, a vital aspect of the sustainable development goals that champion diversity and equality. My leadership journey at YALI RLC EA was nothing short of incredible, an experience etched in my memory forever.

Having spent my entire life between Sudan and the Middle East, I never had the opportunity to explore other African countries. I am delighted that my first visit was to the beautiful Kenya, a place where I felt at home and truly appreciated. YALI RLC EA leadership experience provided me with the chance to connect with young vibrant leaders and change-makers from various 14 East and Central African countries, sharing knowledge and experiences that enriched my perspective.

The lessons I learned during my time at YALI surpassed my expectations. Each day brought new insights, and the facilitators played a significant role in making the experience even more valuable. I am forever grateful to YALI RLC EA for this opportunity, an experience I am confidently sharing with my community here in Sudan.

Given the challenging conditions Sudan has been facing since April 2023, I am committed to leveraging my skills to contribute to resolving some of these issues that have been bedeviling the youths. I launched an initiative, "*Mental Health Matters*," and I plan to dedicate the rest of my life to improving and rebuilding my nation.

Alongside my project, I aspire to pursue a master's degree in health economics to contribute to the growth of Sudan's health sector. My ultimate goal is to foster a more equitable, prosperous, and healthy society in Sudan. I firmly believe that Africa is our collective responsibility, and together, we must collaborate to build a better future for it.



Nada Sirag has two years experience in the healthcare sector. Throughout her career, Nada has worked in both community and hospital pharmacies where she has been instrumental in educating patients on a wide range of medical issues.

One of her primary areas of focus has been the dangers of using antibiotics without a prescription, which is a common practice in Sudan.

In 2018, Nada co-organized her university's first TEDx event, TEDx Alneelian University, which was a resounding success. Nada holds a bachelor's degree in Pharmacy from Alneelian University.

She is a strong advocate for inclusivity, which is one of the sustainable development goals that promote diversity and equality.