



# MUL Newsletter

## 9th edition



MEDICAL  
UNIVERSITY  
OF LODZ



## Message from the Editors

We are happy to present you with the 9<sup>th</sup> edition of our MUL Newsletter.  
In this issue we want you to meet Ms. Ewa Domińczak, a Student's Coordinator:

*Dear Graduates,*

*It has been my great honour and pleasure to support you as an administrative coordinator for almost a decade now.*

*Recruiting some of you, then assisting in your everyday academic issues and reality struggle, now I see confident young adults ready to take on the world.*

*I am incredibly proud to have been a part of this journey. The road was not always smooth, but each obstacle shaped you into the individuals you are today. As you embark on this new chapter in your life, I hope you will carry forward the spirit of your Alma Mater wherever you decide to walk a new path. We are always happy to see you again and share your experiences with MUL's students who are inspired and motivated by your stories.*

*Good luck in your future careers!*

*Let's be in touch!*



**Ms Ewa Domińczak**  
Student's Coordinator

## List of contents

• Graduation Ceremony 2025.....	3
• Interview with Dr Julia Resch - laureate of Rector's Award 2025.....	4
• EmpowHER Project by MUL student Elizabeth Odukoya.....	6
• Journey through the Individual Studies Mode by Lee Yin Qi.....	8
• ENDOMANIACY - new SKN for Polish and English Division Dentistry Students.....	9
• Connecting Students with Alumni: Career Pathways Across Borders.....	9
• New LinkedIn group for students and alumni.....	10
• Visit from our Alumna – Dr. Jaclyn Bala.....	10
• Career Monitoring Survey 2024 Outcomes.....	11

# Graduation Ceremony

## Class of 2025

On Thursday, June 26th, 2025, the Medical University of Łódź proudly celebrated the graduation of the Class of 2025. Overall 111 graduates obtained their diplomas – 83 doctors and 28 dentists.

The event was led by Prof. Sebastian Kłosek, Vice Dean for Studies in English at the Faculty of Medicine. Special guests included:



- His Excellency Dr. Hossein Gharibi, Ambassador of the Islamic Republic of Iran to Poland
- His Excellency Taoufik Chebbi, Ambassador of Tunisia to Poland
- Mr. Satyasheel Lall, Second Secretary at the Embassy of India to Poland
- Mr. Mohamed Boukerch, Counsellor at the Embassy of Algeria to Poland



After the Hippocratic Oath, diplomas were presented to the graduates by the university authorities, and certificates were awarded to the valedictorians:

- Dr. Yousif Shaya (DMD program)
- Dr. Monisha Moganakumar (MD program).

An inspiring speech to the newly graduated doctors was delivered by Dr. Ali Almajhad, a 2022 graduate of the MD program, who decided to stay in Poland and continue his medical career here after completing his studies at MUL.

Congratulations to the Class of 2025! We wish you all the best in your future endeavors.

 All graduation photos are available on our [Flickr](#) 

 Watch full ceremony recording on our [YouTube](#) 





## Interview with Dr. Julia Resch - a laureate of Rector's Award 2025

One of freshly graduated doctors, Dr. Julia Resch, was an Rector's Award winner in December 2024. Below we present interview with Dr. Julia, where she shared her experiences from her studies at MUL, participation in scientific circle, work in ICZMP hospital and plans for the future.

**MUL: Congratulations on receiving the Rector's Award! How does it feel to be recognized as the best student?**

JR: Thank you very much! I feel incredibly honored to receive such a prestigious award, it really means a lot to me. The Rector's Award is, on one hand, a recognition of my academic achievements and the effort I have put into various projects over the last six years. On the other hand, it is also an award for my personal growth. Medical University of Lodz offers a huge number of opportunities for its students, and I have tried to take advantage of as many of them as possible over the years. Looking back, I can confidently say that each of these opportunities has shaped me both professionally and personally and contributed to who I am today.

*I am deeply grateful for this journey at MUL, and immensely proud of my achievements.*

**MUL: What made you choose to study Medicine in Poland, specifically at the medical University of Lodz?**

JR: After graduating from high school in Germany, I was sure that Medicine was the right path for me. As someone who loves travelling and immersing herself in new cultures, I chose to pursue international studies in English. However, Lodz was not my first choice. I applied to medical schools all over Europe and told myself I would go where they accept me

first – and that's how I ended up in Lodz!

*Looking back, I feel Lodz chose me, and I am convinced that it was the best decision I could have made.*

**MUL: What were your first impressions after arriving in Lodz and starting University?**

JR: I remember clearly the day my parents brought me to Lodz, at the end of September 2019. It was my first time in Poland, I didn't know anyone, and I couldn't say a word in Polish. It was an emotional day. On the one hand, I was nervous about being far from home, but on the other, I was excited about the upcoming adventure. It only took a few moments for the city of Lodz to steal my heart. I immediately went on a bike ride around the city with my parents and fell in love with the charming architecture on Piotrkowska Street, the unique atmosphere of Manufaktura, and – above all – the warm and friendly attitude of the Polish people I met. Everyone was open and willing to help, which made me feel at home from day one.

**MUL: Can you tell us more about your research project on laryngoscopes with Professor Tomasz Gaszyński? What was the most challenging aspect of this project?**

JR: My research, titled "Comparison of the Miller Straight Blade and Macintosh Laryngoscopes for Intubation in Morbidly Obese Patients" was my first professional research project. It was particularly interesting as a prospective research project, and we collected data directly from patients during intubation and other medical interventions in the operating room.



*It gave me irreplaceable clinical experience at the beginning of my studies, something many younger medical students can only dream of.*

For me the most challenging aspect of this study was understanding the entire process associated with such a „large” research project – from the initial research concept to the finished article. A young scientist can get lost in the details easily, which happened to me several times, and resulted in a delay of the project. Nevertheless, throughout the entire time, I had tremendous support and help from Professor Gaszyński and the entire team of the Department of Anesthesiology and Intensive Care at the Barlicki Hospital in Lodz. I am very grateful for this support, and I believe that a good supervisor is the most important element in a first research experience!

**MUL: What did winning first place in the Surgery and transplantation category at the Juvenes Pro Medicina 2024 mean to you?**

Winning the Surgery and Transplantation category was a huge honor for me, especially since it was the second presentation of this project at the JPM conference.





Last year, I presented the same project at an earlier stage and received valuable comments and suggestions for improvement. Over the next year, I worked intensively to refine the project, implementing these comments, which led to a more advanced version of my study. Winning first place confirmed for me, how important systematic work and constructive feedback are. Above all, it showed me that research is a process, and perseverance really pays off.

**MUL: You are an active member of Non-Invasive Cardiology Research Students Scientific Club. Can you tell us briefly about the club's activities?**

JR: The Non-Invasive Cardiology Research Club at the Military Medical Academy Hospital, under the direction of Professor Małgorzata Lelonek is one of the first research clubs at our University to conduct research in English. This is particularly important, because it enables Polish and English-speaking students to cooperate on various research projects. The club organizes regular meetings and workshops on topics related to cardiology, such as: echocardiography, ECG, cardiac diseases

and others. Each member of the club works on their individual research projects as well.

*Members have the opportunity to present their work at conferences, allowing them to expand their clinical knowledge and gain valuable research experience.*

It's also a great opportunity to establish international contacts and make new friends.

**MUL: You also work at the Operative Gynecology and Oncology Clinic. What research do you conduct at this facility?**

JR: Since last year, I have been working on a study on primary dysmenorrhoea in adolescent girls at the Department of Gynecological Surgery and Oncology at the Institute of Mother and Child Health Hospital under the supervision of Professor Marek Nowak. This study is retrospective and aims to expand knowledge on the pathophysiology of primary dysmenorrhoea, under-diagnosed in teenage girls. I am conducting this research as a volunteer, which gives me an opportunity not only to collect data for the project, but also to join doctors on clinical duty, and assist with basic tests. For me, this is an excellent opportunity to expand my knowledge in gynecology and obstetrics – a field in which I would like to specialize.

**MUL: How do you manage to combine your medical studies with your scientific and social activities?**

JR: I believe the key to success is finding a balance between work and social life. It's important to meet with friends regularly and find time for your hobbies (for me it's mountain climbing). Having friends and passions gives you the opportunity to rest during stressful moments, allowing you to reset your mind and start new activities with

renewed energy! Short breaks definitely improve the effectiveness of academic work, and time management skills play a key role here.

**MUL: What are your plans for the future after graduation? Do you plan to pursue a scientific career or perhaps focus on medical practice?**

JR: This is a difficult question that probably every sixth-year student asks themselves. Personally, I decided to stay in Lodz for a few years. I plan to join the International Doctoral School in Lodz in September 2025, while simultaneously completing my internship in Lodz. Then I plan to begin specializing in gynecology and obstetrics. I would like to do an internship in Poland because I have been learning this language for three years, and I hope to achieve full fluency in it. Later we'll see where life takes me (hopefully somewhere near the mountains)!

**MUL: What advice would you give to your younger colleagues?**

*Live your MUL journey to the fullest!!!*

JR: From day one, the University offers you countless possibilities – from scientific research to joining sports teams, organizing events, meeting people from all over the world, expanding your medical knowledge, and participating in conferences. Take advantage of all of these opportunities, because each of them will help you become a better version of yourself. Embrace this journey with open arms and make your "first-year-self" proud of the doctor you will become after graduating! Believe in yourself!



# The EmpowHER project

## A Medical Student's Mission to End Period Poverty in Nigeria

**Elizabeth Odukoya, a first-year medical student at MUL, is the visionary behind EpowHER—a initiative aimed at tackling period poverty and dismantling the stigma surrounding menstruation in Nigeria. Through education, advocacy, and access to menstrual products, EpowHER is not only addressing a critical public health issue but also empowering communities to embrace menstrual health with dignity and openness.**

In a country where millions struggle daily to meet their most basic needs, menstrual health is often left behind, an unspoken issue buried under layers of poverty, stigma, and silence. In Nigeria, an estimated 47% of the population lives below the international poverty line according to the World Bank, and in rural communities, that percentage is even higher. For countless girls growing up in these environments, something as simple as a sanitary pad is a luxury, unaffordable, unavailable, and ultimately, out of reach. Amid this harsh reality, 37 million girls across Nigeria lack access to safe menstrual products, education, hygiene facilities and support. This is period poverty.

*For many of us, menstruation is simply a fact of life. But for too many girls, it is a monthly crisis marked by shame and isolation.*

Some are forced to miss school for days every month, others resort to using unhygienic materials like rags. In some cases, girls are subjected to harmful traditional beliefs that label menstruation as something taboo.

This is the painful reality that gave rise to The EmpowHER Project, a nonprofit I founded in June 2024 with a mission to end period poverty and make menstrual health education accessible to every girl in Nigeria, regardless of where she lives or what she can afford.

Since launching, The EmpowHER Project has reached over 3,500 girls across 13 schools and communities in Nigeria, delivering comprehensive menstrual health talks, distributing more than 3,500 menstrual products including 500 reusable pads to support sustainable solutions. We have grown into a vibrant community of over 60 passionate volunteers, all committed to changing the narrative around periods and

showing up for girls in real and meaningful ways. We don't believe in one-time interventions.

*We believe in lasting impact. That is why we focus not only on product distribution, but also on education, empowerment, and sustainability.*

We are now actively promoting reusable menstrual pads, a cost-effective and eco-friendly alternative that can last up to 3 years.





But beyond the numbers lie the stories, the girls who remind us why this work matters so deeply. One that continues to stay with me is the story of a 19-year-old girl who told us she thought menstruation was punishment for being a ‘bad girl.’ She had gotten her first period years ago but never received any education or reassurance about what was happening to her body. The only explanation she was ever given was wrapped in shame and misinformation. It was not until our outreach to her school that she finally understood what menstruation really was. And sadly, she is not alone. In fact, what we have come to realise is that the lack of menstrual health education is just as widespread as the lack of menstrual products.

In many of the schools we visit, even teachers tell us they had never heard the term period poverty before. Parents often feel unprepared or embarrassed to speak to their daughters and sons about menstruation, and in school curriculums, the topic of menstrual health is barely touched, if mentioned at all. This silence is dangerous. It perpetuates stigma, deepens ignorance and allows harmful myths to thrive.

***At The EmpowHER Project, we aim to break this cycle of silence with open, honest, and practical menstrual health education.***

Our school outreaches involve engaging health talks led by trained volunteers, interactive Q&A sessions, live demonstrations on how to use sanitary pads (both disposable and reusable). I recently authored a menstrual health guidebook, *Periods, Pads & Proud*. It’s designed to be a lasting resource, something girls can return to again and again, even after we have left their school. Our talks are powerful, but a book becomes a lasting voice. It answers the questions they might be too shy to ask, gently corrects harmful myths, and reminds them that their periods are natural and nothing to be ashamed of. The book will be distributed for free during our school visits. We hope it becomes a step toward seeing menstrual health education integrated into the Nigerian school curriculum.

***As a medical student, I believe our responsibility as future healthcare professionals goes beyond the clinic or hospital.***

Health starts in our homes, our classrooms, our communities. And menstrual health, a topic that touches half the global population, should never be an afterthought. It should be foundational.



#### References:

1. Macro Poverty Outlook for Nigeria : October 2024 (English). Macro Poverty Outlook (MPO) Washington, D.C. : World Bank Group. <http://documents.worldbank.org/curated/en/099203310152484785>
2. Over 37 million girls lack access to menstrual hygiene, Voice of Nigeria, June 2021 <https://von.gov.ng/over-37-million-girls-lack-access-to-menstrual-hygiene-minister/#:~:text=Over%2037%20million%20Nigerian%20adolescent,the%20country%2C%E2%80%9D%20Tallen%20said>

Author of the article:  
**Elizabeth Odukoya**

**Do you have a story, initiative or success you want to share with MUL community?  
We would be more than happy to publish it in our Newsletter! Just contact us via email:**

**[adrianna.adamus@umed.lodz.pl](mailto:adrianna.adamus@umed.lodz.pl)**



## Journey through the Individual Studies Mode by Lee Yin Qi

Embarking on an academic journey often involves navigating a structured curriculum, but for some students, the desire to explore beyond the standard path leads to unique opportunities. The Individual Studies Mode (Indywidualny Tok Studiów, ITS) offers such a path—one that fosters intellectual curiosity, independence, and close collaboration with academic mentors. Lee shared his personal experience with ITS, highlighting how it has shaped his development as a student and aspiring scientist, and offering insights for others considering this enriching academic route

Pursuing an Individual Studies Mode (Indywidualny Tok Studiów) has been one of the most enriching decisions of my university life. It has allowed me to expand my knowledge whilst balancing around compulsory classes with scientific activities within a specific department. This mode of study has given me the flexibility, autonomy, and opportunity to work closely with my mentor on our shared research interests.

***My journey began with participation in scientific activities organized by the SKN of Internal Diseases and Clinical Pharmacology.***

I was particularly drawn to cardiovascular diseases and their interplay with other internal conditions. Around the same time, I discovered ITS during a conversation with one of the SKN members. With the support of my mentor, Dr. n. med. Mateusz Staciwa, Prof. Broncel, and the faculty, I applied for ITS.



Lee Yin Qi (on the right) together with his ITS mentor Dr n. med. Mateusz Staciwa (on the left).

My study interests mainly focus on heart failure in patients with metabolic-associated fatty liver disease. As part of my Individual Studies Mode, I have also had the opportunity to develop professionally, both as a student and as an aspiring scientist. This includes attending additional courses, working under the guidance of my mentor, and participating in the clinical assessment and management of patients.

***My advice for budding scientists is to seek mentors early and build a strong proposal.***

A good mentor can guide your academic development, help refine your research ideas, and support you through the ITS application process. Show the initiative and reach out to doctors and professors, you would be surprised how much they appreciate students who show genuine interest and how willing they often are to help. Equally important to early engagement, a strong proposal shows that you've done your homework and reflects your readiness as well as deep interest in the topic. Rather than general ideas, include specific research questions, a study-plan and most importantly, relevant literature.

Author of the article:  
Lee Yin Qi



## ENDOMANIACY - new SKN for Polish and English Division Dentistry Students



An exciting development for our dental students at MUL for both English and Polish Division!

Now, hear from Sanjana Mistry, a 4th year DMD student, JPM 2025 participant and member of Endomaniacy:

On Tuesday 18th March 2025, the inaugural meeting for the new SKN, Endomaniacy, was held. This club was formed by Prof. Aleksandra Palatyńska-Ulatowska, Dr. n. med. Katarzyna Dąbrowska and Dr. n. med. Katarzyna Olczak with the aim of advancing scientific development within the student body and fostering a sense of community by offering support and guidance for students.

During the Juvenes Pro Medicina Conference 2025, a number of our Endomaniacs participated, presenting both original research as well as case studies. We would like to congratulate the following students:

- 1st Place Dentistry Session: Sebastian Gawlak-Socka
- 1st Place Dentistry & Maxillofacial Surgery Case Reports: Norbert Soboń
- 2nd Place Dentistry & Maxillofacial Surgery Case Reports: Sylwia Dąbrowska.

*"Endomaniacy is an incredible club that provided me with valuable research experience. The mentors are extremely supportive and guide you through every stage of the process. While preparing my abstract for Juvenes Pro Medicina, I received constant guidance — not only in writing the abstract and creating the presentation, but also in building the confidence to present effectively. The mentors are always available to help, ensuring that you never feel alone throughout the journey."*

If you have a passion for endodontics research or if you simply wish to be part of a close-knit community of ambitious, friendly and hardworking students led by accomplished and well-renowned leaders, please feel free to join us at our next meeting, which will be held at the beginning of the 2025/26 academic year. More details coming soon!

Author of the article:  
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Left to right: Sylwia Dąbrowska, Sanjana Mistry, Bernadine Abassah, Norbert Soboń.

## Connecting Students with Alumni: Career Pathways Across Borders

In response to students' growing interest in connecting with alumni who can share their career-building experiences in various countries and healthcare systems, we reached out to our graduates via LinkedIn. This initiative led to a series of insightful webinars held in April, May, and June 2025.

Each session featured alumni who generously shared their unique journeys:

- Dr. **Diana Sofowora** spoke about her professional path in the **United States**.

- Dr. **Margaret Kapotolo** offered insights into working in **Ireland**.
- Dr. **Natalie Charidza** described the challenges and rewards of the first year of residency in the **UK**.
- Dr. **Khalil El Jawhari** detailed his journey to becoming an ophthalmologist in **Germany**.
- Dr. **Julia Durka** discussed her experience as a dentist in **Ireland**.

These webinars provided valuable perspectives on navigating international

career opportunities and adapting to different healthcare systems.

As we begin the 2025/2026 academic year, we're excited to continue this initiative with new webinars focused on additional destinations. We encourage students to let us know which countries they're interested in exploring. **Likewise, we warmly invite alumni who would like to share their experiences to get in touch.**

Together, we're building a global network of support and inspiration.

## New LinkedIn group for students and alumni

Recently we have launched a new LinkedIn group dedicated to students and alumni of our English Division. The aim of this initiative is to foster networking, collaboration, and the exchange of experiences among current students and graduates.

It's not uncommon for students to ask their administrative coordinators about alumni who have moved abroad and might offer valuable insights or advice. Until now, this process involved several steps: the student would contact the coordinator, who would then reach out

to the LinkedIn administrator, who in turn searched for and contacted the alumnus to request permission to share their contact details. To simplify and streamline this process, we've created a space where students and alumni can connect more easily and independently. We warmly encourage all students and graduates to join the group and actively participate. Whether you're looking for advice, offering support, or simply want to stay connected, this group is for you!

**JOIN THE GROUP**

Let's build a strong and supportive community together!

## Visit from our Alumna – Dr. Jaclyn Bala

This July, we were delighted by a lovely surprise – our Centre was visited by one of our graduates from the class of 2019, Dr. Jaclyn Bala. Dr. Jaclyn had previously shared her career journey in one of our earlier newsletter editions ([Newsletter No. 2](#)). She is currently a Forensic Psychiatry Fellow in the state of Colorado, USA.

During her visit, she spent time with our coordinators, Ms. Natalia Gajek-Widerska and Ms. Ewa Domińczak, reminiscing about her time as a student at our University. It was a warm and inspiring meeting, filled with memories and reflections.

We're also thrilled to share that Dr. Jaclyn expressed her willingness to host a webinar for our current students, offering insights from her professional path. Thank you, Dr. Jaclyn, for this wonderful visit! We always love seeing our alumni return.

**To all our graduates – you are always welcome. Come visit us – it's always a pleasure to see you again!**



Left to right: Ms. Ewa Domińczak, Dr. Jaclyn Bala, Dr. Jaclyn's Mom, Ms. Natalia Gajek-Widerska



In December, we conducted our annual survey on the career outcomes of graduates. This year, the survey targeted alumni who completed their studies between 2020 and 2024. A total of 61 graduates from 26 different countries responded to the questionnaire, with the highest number of responses coming from Saudi Arabia citizens.

### Current Location and Employment Status

The most frequently indicated current country of residence was Poland, followed by the United Kingdom, Saudi Arabia, and Germany. At the time of the survey, 66% of respondents were employed.

Among those employed:

- 58% held resident positions,
- 25% worked as general practitioners,
- 13% were interns,
- 5% were already working as specialists.

### Specialization and Work Environment

A significant portion of respondents (41%) had already begun their medical specialization. The most commonly chosen fields included:

- Family medicine (28%)

- Internal medicine (20%)
- Emergency medicine (8%)
- Pediatrics (8%)

Regarding the workplace:

- 70% were employed in hospitals,
- 23% in private clinics,
- 15% in outpatient clinics.

Notably, none of the respondents reported running a private practice, and 23% were working in two or more workplaces simultaneously.

### Public vs. Private Sector Employment

Of those currently employed:

- 72% worked in the private sector,
- 16% in the public sector,
- 12% were employed in both

### Job Search and Satisfaction

Among graduates who actively sought employment after graduation, 55% found a job within one month. Furthermore, 95% of employed respondents reported being satisfied or moderately satisfied with their earnings.

### Graduate Satisfaction

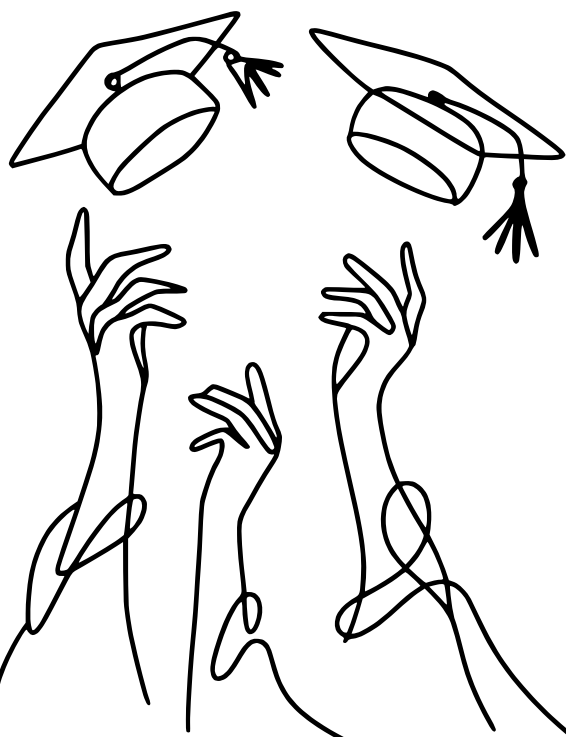
According to the latest survey, 72% of graduates stated they would recommend the Medical University of

Łódź to their family or friends. This marks a noticeable improvement compared to the previous year, when 66% of respondents gave the same answer.

### Student Employment and Extracurricular Engagement

During their studies, 38% of graduates reported having taken up paid work either occasionally or regularly. The most common form of student employment was tutoring, accounting for 40% of working students. Other types of jobs included roles in customer service, IT-related roles, food delivery, translation, academic writing, call center work, restaurant jobs, and nursing assistance.

In addition to employment, 53% of respondents were involved in extracurricular activities during their studies. The most popular form of engagement was volunteering, with over a quarter of graduates participating in such initiatives. Additional internships and clinical placements were also common, with 29% of respondents taking part in these opportunities beyond the standard curriculum.



We would like to extend our sincere thanks to all graduates who took the time to participate in this survey. Your input is incredibly valuable to us, as it helps us better understand your professional journeys and improve the quality of education we provide. By learning from your experiences, we aim to better prepare future specialists and more effectively meet the educational needs of our international student community.

We warmly encourage 2021-2025 graduates to take part in the **next edition of the Graduate Career Monitoring Survey**, which will be conducted in **December 2025**.



## Dear Reader!

Thank you for your time, we hope you enjoyed the Newsletter.

If you have any suggestions or anything to share, please contact us via email:

[mul.alumni@umed.lodz.pl](mailto:mul.alumni@umed.lodz.pl)

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**Adrianna Adamus**

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