

LETTER of MOTIVATION

Please explain your motivation to start full-time studies at Rīga Stradiņš University. Include information about relevant personal, professional or academic achievements and qualities that demonstrate your suitability for the chosen study programme and career field.

Please feel free to write a longer motivation letter should you wish to do so – the space below automatically adjusts to the length of your description (continues on the next page).

I, Garima Chhabra, am exhilarated to submit my candidature for the medical program at Riga Stradins University. The university's excellent academic resources and connections align with my academic and personal goals in life. In this statement, I aim to provide a comprehensive outline of my previous education, personal experiences, my passion for medicine, and why I believe that the medical program at Riga Stradins University, Latvia is the best place for me to achieve both my short-term and long-term goals.

Being a doctor is not just a job; it's a commitment to improving the lives of others. I am deeply motivated by the desire to contribute to the well-being of patients and make contributions towards community betterment. It is my responsibility to give back and wholeheartedly serve underserved population.

I will begin with a brief story how destiny guided me to choose the path of becoming a doctor. Hailing from a small town in state of Punjab in northern India, the lack of advanced healthcare facilities in my town always motivated me to be a doctor. When I was three months old my paternal grandfather was paralyzed and was bedridden for the next seven years. Due to lack of medical facilities in my town my father had to take my grandfather for regular checkup to an established hospital which is two hundred kilometers away from my town. For the first seven years of my life I saw my father struggling with visits to hospitals almost every week along with his business. Seeing all this while growing up motivated me to be a doctor. Another incident which affected my decision of choosing medicine is the time when one of my friend was diagnosed with failed kidney and sarcoidosis and had to go for routine checkups in PGI Chandigarh which is two hours drive away from my hometown. I visited her once and I was shocked to see the conditions of patients in the hospital. The attendants of the patients were sleeping on floors. The washrooms were unhygienic. In spite of poor working and living conditions, the doctors worked relentlessly and they had unwavering zeal to serve the patients. I was captivated by the dedication and hard work that doctors put in to heal their patients. I personally feel life without a purpose is meaningless and this visit motivated me to dive deep into medical life. I started shadowing doctors after the visit and luckily an year later I chose the path to be a doctor. These all events in my life led me to choose to study medicine.

Biology and chemistry allowed me to develop analytical skills and computer science (in grade 9 and 10) and mathematics have developed my deduction skills in following logical processes to infer results. I was the only student in my class in my school to choose math and biology together. My motivation to choose math along with biology is my love and curiosity towards developing new healthcare technologies and processes to help people suffering from rare diseases. As an avid reader of pub med articles, I found that learning about peculiar health conditions fascinates me. This attribute of mine gravitated me towards medical school of Riga Stradins University. As Riga is the capital of Latvia and has one of the best hospitals in central Europe, a lot of peculiar and rare health conditions are encountered in the hospital. This makes Riga, a dream place for me to study. I am excited to engage in research opportunities that the university will offer allowing me to explore the limitless world of science. The fact that the program is taught in English makes it accessible to students like me and fosters an inclusive academic environment.

During my time at school, I actively participated in MUN's, debates and speech competition. I shadowed few doctors in my home town in my gap year and I had the privilege of witnessing their

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commitment, empathy, and sense of mission. This experience ingrained in me an appreciation for the respect and admiration society holds for doctors and reinforced my belief in the noble responsibilities they shoulder to save lives. No matter how advanced the medical technology becomes in future, the constant requirement of medical field stays the same i.e. the ability to communicate effectively with patients. These all experiences have strengthened my communication skills and presentation abilities, which are essential for building meaningful connections with patients.

I voluntarily tutored underprivileged kids in my hometown during this summer and found the experience to be among children the most rewarding one. Soon after that I shadowed a paediatrician and I found it to be one of the most exciting and interesting hospital experience I have ever encountered. Children absorb things from their surroundings, and having a great physician early on in life can make a huge difference. A physician who is understanding and compassionate can make a lot of difference when it comes to treating children, especially those with chronic illnesses who spend a humongous amount of time in the healthcare system, and deserve to feel safe within it. While shadowing the pediatrician, I realized that pediatric care in my hometown is not upto the mark. I wish to be a pediatrician in future and serve the little ones in my home town. The European healthcare system is known to have empathetic and diligent doctors, if I am given the opportunity to learn medicine in your university *I feel I would be able to help numerous patients, even peculiar ones, as a pediatrician and fill the gaps in healthcare system of my town and country.*

Growing up I have witnessed my father's dedication to work long hours without any breaks and sacrificing leisure activities, such as vacations, parties etc. to support my education. It has been truly humbling experience. This kind of upbringing has instilled in me a sense of gratitude and an unwavering determination to make the most of the opportunities presented to me and make my parents proud. The lack of proper healthcare in my home town fuels my desire to be a doctor. I wish to meet the needs of people in my hometown without expecting anything in return.

If I am given the opportunity to study medicine it will not only fulfill my ambitions, but will also allow me to be an asset to your institution. I am a dedicated learner and I have the ability to listen diligently and patiently to people. The medical field is saturated with intellectual, ethical, physical and emotional challenges, but yet this is most dynamic and rewarding profession. Medical field demands aspiration for academic excellence and desire to make a difference to the lives of the future generations. I am a self motivated, laborious individual and I am willing to bravely face the personal and academic challenges of medical school. I am aware that medical field demands a lot of commitment and my desire to become a doctor has only been strengthened throughout my experience and academic journey. I may not be the brightest applicant you have encountered yet, but I promise to be the most dedicated and hardworking student the university will ever have. Please give me the opportunity to study medicine at your university and fulfill my dream to be a doctor. Thanks for considering my application and I look forward to be a part of your excellent university.

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Signature: _____

Garina Čuhalova

Date: _____

29/10/24