



News Release: 26 August 2026

HRUC graduate is living her dream as final year **Medicine student**



A former Uxbridge College student who came to the UK as a refugee is now in her final year studying Medicine at one of the UK's top universities.

Rukhsar Ahmad began her journey at Uxbridge College in 2016, studying English for Speakers of Other Languages before progressing onto GCSEs and then A Levels.

Now, she is in her final year studying Medicine at King's College London (KCL) and will graduate in August next year.

Explaining why she chose this course of study, Rukhsar said: "I like helping people, that's how I got into medicine. When I would see people who were sick, I would always try to comfort them and make them feel better.

"Medicine for me is not just a career. I love it."

Asked how Uxbridge College helped to prepare her for her studies, Rukhsar said: "All the teachers were great. My favourite teacher was Rupal Parekh. I'm in medical school because she helped me. I'm so proud to know her."

One thing Rukhsar doesn't shy away from is hard work.

She said: "A lot of people focus on the pretty things around medicine; no one talks about the hours they spend in the library on Saturdays. It's a lot of commitment. No one is going to chase you to do the work, so you have to do it yourself.

"It's not about how smart you are, it's about how hard you work. Every time in life I want to do something, I just try to do my best. If it doesn't work out, I've done my part. The universe has other plans for me."

Rukhsar recently found out that she is one of around 15 students to have been selected by KCL to complete her global health module at the famed John Hopkins Hospital in Maryland. She will be travelling to the US for the invaluable opportunity in spring/summer 2027.

She said: "When I found out I'd been selected, I couldn't feel my legs! So many students apply, so to be one of 15 is really special."

While studying Medicine has kept Rukhsar incredibly busy, she has still found the time to give back. She works with the charity Global Relief Trust, helping to raise money and distribute reusable sanitary pads to women in Afghanistan. She also volunteers with Rahela Online School, where she teaches girls in Afghanistan who have been denied access to education.

A passionate advocate for mental health awareness, she is hoping to move into psychiatry as her career progresses.

Rukhsar explained: "Physical medicine involves physical aspects; something you can see, you can easily fix. But psychiatry is really hard because you have to try to fix something you can't see."

Rukhsar's future certainly looks bright, and her success demonstrates Uxbridge College's commitment to helping students reach their full potential and achieve their dream careers.

To find out more about how Uxbridge College can help you fulfil your ambitions, please visit [Uxbridge College | Further Education, Higher Education & Apprenticeships - Uxbridge College | Top London College](#)

Note to editors: Following a merger in 2023, HRUC (Harrow, Richmond and Uxbridge Colleges) has rapidly evolved into a thriving educational hub with three colleges and a strong apprenticeship provision. The diverse and aspiring college group now serves nearly 15,000 learners across west and south London, offering a range of courses, including A-Levels, vocational programmes, T-Levels, higher education courses and apprenticeships. The College group also proudly supports over 850 learners with special educational needs and/or disabilities (SEND), providing tailored programmes and internships to help them thrive.