



CAPE BRETON MEDICAL CAMPUS

Jastina Mahendrarajah

Class of 2029

Growing up in Guysborough, Nova Scotia—a small, close-knit community on the eastern shore—shaped not only who Jastina is, but the kind of physician she hopes to become. In a town where neighbours are family, she witnessed how limited access to healthcare could deeply affect lives. Those early experiences inspired a lifelong commitment to serve and strengthen rural communities like her own.

The Morning Everything Changed

Jastina's journey toward medicine began as a teenager volunteering at the Guysborough Nursing Home, where she learned how simple acts of kindness and continuity of care can preserve dignity and bring comfort. That experience grew into a passion for advocacy, leading to work in mental health, addiction pharmacy, and community outreach. When her acceptance to the Cape Breton Medical Campus arrived, she could hardly believe it.

"My heart raced as I refreshed my email. When I finally saw the offer letter, it didn't feel real. I immediately called my parents and my twin brother—my biggest supporters. That moment wasn't just mine—it belonged to my whole family."



Jastina Mahendrarajah

A Future Rural Family Physician

Why Rural Medicine Matters

For Jastina, rural family medicine is both personal and purposeful.

“I want to serve the kinds of communities that raised me.” She believes every person, no matter their postal code, deserves access to compassionate, culturally competent, and continuous care. To her, being a family doctor means being more than a clinician—it means being a trusted presence and an advocate for those often overlooked. “Healthcare isn’t just about diagnosis and treatment—it’s about connection, trust, and presence.”

Studying in a Rural Setting

Training in Cape Breton allows Jastina to learn in a setting that mirrors where she’ll one day practice. “Rural training teaches you to be adaptable and resourceful, but most importantly, to listen deeply.”

By studying in a rural environment, she’s gaining the tools and insight to deliver patient-centred care in communities with unique challenges and strengths.

Why Your Support Matters

A scholarship would be transformative—helping Jastina focus fully on her studies, community engagement, and clinical work without the weight of financial strain. “Your support isn’t just an investment in my future—it’s an investment in the future of rural healthcare.” With donor support, students like Jastina can thrive in medical school and return to serve the communities that need them most.

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