

**FOR IMMEDIATE RELEASE**

**Congratulations to Aya Al-Ali and Vikaash Angusami Subasri,  
recipients of  
NHH's 2026 Health Professions Scholarships**

**NORTHUMBERLAND COUNTY, Thursday, June 11, 2026**—Northumberland Hills Hospital (NHH) is pleased to announce that local students **Aya Al-Ali** and **Vikaash Angusami Subasri** are the recipients of the **2026 Health Professions Scholarships**. The awards, \$1500 each, were announced by NHH Board Chair Cyndi Gilmer during the June 11 meeting of the Board held this evening at the hospital.

“It is my pleasure to recognize Aya and Vikaash for both their academic achievements and their dedication to volunteerism that furthers healthcare delivery and patient experience in our region. We wish them both continued success with their studies in their respective fields. I understand NHH will be welcoming Aya later this summer as a student learner. NHH patients will also be benefiting from Vikash’s care and compassion as he intends to continue his volunteering with the NHH Auxiliary this summer. I would also like to extend our thanks to our Health Professions Scholarship Committee for their time and careful review of the many excellent applications we received. We are grateful to all those who submitted applications, and those who supported with references and letters of endorsement,” said Cyndi Gilmer.

Presented by the hospital’s Board of Directors since 2003, the annual scholarship supports two students from west Northumberland who have chosen to pursue a career in the healthcare sector.

In addition to being enrolled or accepted for enrollment in a full-time study program, applicants are evaluated on a combination of criteria, including:

- academic achievements;
- extra-curricular activities;
- a testimonial explaining (in their own words) their career goals; and
- written references.

While the 2026 recipients could not attend the ceremony in person, they both participated virtually.

Aya thanked NHH and the Board for their support, saying: “I am deeply honoured to be chosen as one of the recipients of this scholarship. I grew up in Cobourg, and this scholarship allows me to do observerships right here at NHH.... This time is so valuable as a future physician as I can take my knowledge outside the classroom and apply it to real patients...thank you for your investment in Northumberland’s

future healthcare professionals.”

Vikaash also looks forward to continuing his volunteerism at NHH.

He wrote, “I am so grateful to have received this scholarship that will help to support my studies. I believe, for students my age, volunteering is an invaluable experience since it allows you to work hands-on while simultaneously making connections with like-minded individuals. Volunteering at NHH has given me lived experience, which I can connect with the concepts I am learning to improve my pursuit of knowledge. I aim to continue helping others throughout my professional career through learning to the best of my abilities.”

Information on the requirements for NHH’s Health Professions Scholarship program will be found under the [Careers section of the hospital website](#), nhh.ca. Applications are invited at any time, but typically close in February of each year with presentations at the June meeting of the Board.

For more about this year’s recipients please see below.

### **Aya Al-Ali, Cobourg**

Cobourg resident Aya Al-Ali is completing her second year of study at the University of Limerick in Ireland where she is pursuing a Bachelor of Medicine, Bachelor of Surgery (BMBS).

After completing Trinity College School in Port Hope, Aya attended the University of Ottawa and graduated with an Honour’s Bachelor of Health Sciences *magna cum laude* and completed her Honours thesis in language barriers in emergency care.

While at the University of Ottawa, Aya contributed as a research assistant to multiple projects including data extraction for a scoping review on artificial intelligence and frailty. She is a co-author on a peer-reviewed publication in the *Journal of the American Geriatrics Society* (2026).

Aya served as a Volunteer Crisis Response Team (VCRT) member while at the University of Ottawa. The VCRT is a team of student volunteers providing emergency response for physical and mental health emergencies 24/7. Through VCRT, she became a certified Canadian Red Cross First Responder and Emergency Medical Responder and served on the team and within the city of Ottawa for two years.

In parallel with her academic and research achievements, Aya has actively pursued hands-on clinical and emergency medicine experiences. As a competitor in the ‘SimWars’ emergency medicine competition this year, she trained extensively for five months before being selected to compete on a multidisciplinary team of medical students across all years of training. As a First Year Representative for the Emergency Medicine Society of Ireland, Aya serves as a liaison between students and the society while helping organize simulation-based training sessions.

After completing her studies, Aya hopes to return to the community and NHH.

## **Vikaash Angusami Subasri, Cobourg**

Vikaash will enter his second year of studies at the University of Ottawa this fall, where he is pursuing a Bachelor of Nursing Sciences degree with a goal of working as a Nurse Anesthetist or a Nurse Practitioner in his future.

Vikaash has served as an active volunteer with Northumberland Hills Hospital (NHH) as a Hospital Elder Life Program (H.E.L.P.) and hydration volunteer. As a H.E.L.P. volunteer he works to support individual and group therapeutic recreation activities, as well as working to promote mental health and improve socialization with patients.

He has also volunteered locally with the Cobourg Public Library and Community Living and Respite Northumberland.

Vikaash is a past recipient of the NHH Auxiliary's Dixie Mikel Award given to an exceptional student volunteer who has contributed more than 80 hours of volunteer time. He was also awarded the Della Taylor Scholarship and Student Legacy Award by Cobourg Collegiate Institute.

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**About Northumberland Hills Hospital** – Located approximately 100 kilometres east of Toronto, NHH delivers a broad range of acute, post-acute, outpatient and diagnostic services. Acute services include emergency and intensive care, medical/surgical care, obstetrical care and palliative care. Post-acute specialty services (PASS) include restorative care and rehabilitation. Mental health care, cancer and supportive care, dialysis and other ambulatory care clinics are offered on an outpatient basis through partnerships with regional centres and nearby specialists. NHH offers a full range of diagnostic services, including magnetic resonance imaging (MRI), computed tomography (CT) and mammography. The hospital serves the catchment area of west Northumberland County. A mixed urban and rural population of approximately 67,000 residents, west Northumberland comprises the Town of Cobourg, the Municipality of Port Hope, Alderville First Nation and the townships of Hamilton, Cramahe and Alnwick/Haldimand. NHH employs more than 850 people and relies on the additional support provided by physicians, midwives and volunteers. NHH is an active member of Ontario Health (East)—formerly the Central East Local Health Integration Network—and the Ontario Health Team of Northumberland. For more information, please visit [nhh.ca](http://nhh.ca) or follow us on Facebook [@northumberlandhillshosp](#) and LinkedIn [Northumberland Hills Hospital](#).