

## Messages from Graduates

### Why did you enter the MPH course?

As a clinical researcher for over a decade with a passion for a healthier world, I began to realize how little I knew about health beyond my own experience. To understand more about the health care system and how this system works on a micro to macro scale, the Public Health in Global Health (MPH) course at TMDU was a suitable choice.

### What kind of work do you currently do?

After graduation, I started my new career at MSD.K.K. (also known as Merck in the US and Canada), as a Senior Vaccine Policy Specialist while continuing to be a full-time father to my daughter.

### What do you value about your current work?

Being able to gain equitable access to one of the meaningful tools for disease prevention.

### How has what you learned at MPH helped you in your current work?

During MPH, the lecture looked at multiple dimensions of health, and influencers of the health and the healthcare system. These lectures taught me that making a healthier world would require the "will" of each key decision-maker, the system to run the will, and the communication that conveys the will to society and its agreement.

### Please give a message to the MPH students.

This is a VERY unique course and has such a diverse curriculum and lectures as well as the colleagues you learn together. The course truly looks at current health challenges on a global scale and you literally have colleagues from around the world. Every discussion and research in this MPH are built upon these diverse ideas and backgrounds of your peers. If you are looking for the answer that does not exist today, this course is the right choice to discover a hint for the answer.



**Yasushi "YASU" Takahashi**

## TMDU TOPICS

### A startup event called 'Techcracker Lab' was held in collaboration with Horizons Ventures.

On March 11, 2024, the startup event "Techcracker Lab" was held for the first time in Japan at the Akio Suzuki Memorial Hall, Yushima Campus, Tokyo Medical and Dental University, Tokyo, Japan with over 700 participants registered from Japan and overseas, and the venue was fully booked on the day. Many participants also joined online via YouTube Live.

Dr. Jennifer Doudna, who won the Nobel Prize in Chemistry, along with five individuals who transitioned from medical students or university professors to entrepreneurs with doctoral degrees, provided insights into their respective successes and failures, as well as reflections on the intersection of academia and business. They encouraged the younger generation.



**Dr. Jennifer A. Doudna**

### In memory of Prof. Benjamin Villasol Lozare

### Memorial Message from Prof. Fujiwara

I was deeply saddened to hear the news that Prof. Benjamin Lozare, otherwise known as Ben-san, passed away. We are immensely proud of the two visits you and Ben made to Japan on Feb 2022 and March 2023, and it is our great honor to have had Ben as a faculty member at TMDU. He was not just an honorable presence, but a substantial leader who changed the world. We cannot express enough appreciation for Ben-san, and we will never forget the kindness and wisdom he shared. The spirit of Ben has been passed on to us, and we will carry the torch forward in Japan once more. With him in our hearts and minds, we will continue to enlighten the world.





# Messages from the graduate students in September 2023

- Q1** Why did you enter the MPH course at TMDU?
- Q2** What did you study (or what did you learn) during this course? What kind of research did you do?
- Q3** What do you want to do in the future? Or, what is your future goal after graduation?
- Q4** What were the good things about this course?
- Q5** Please give a message to those who are considering applying for the MPH course at TMDU.

## Liangzhi Liu



- Q1** When I first came across the MPH course at TMDU, I was immediately attracted by this course that offers an in-depth learning and collaboration opportunity. I also discovered that the MPH course at TMDU is really tailored for each student based on their focused area of research with renowned professors from Japan and around the globe.
- Q2** I studied a comprehensive covering of public health offered by this course, and this course helped me build a solid foundation in Public Health knowledge including Epidemiology, Biostatistics, Behavioral Sciences, and so on. My research would focus on the study of Women Trafficking issues and demographics in China. I utilized the models I learned from the Public Health course and performed the literature review and data analytics in conducting my research, which emphasized the women trafficking issue and imbalanced sex ratio issue in China.
- Q3** After graduating from TMDU, I am currently working in the space industry with a focus on program management. I am intrigued by opportunities in both academy and industry to keep learning.
- Q4** There are many valuable aspects of the MPH course at TMDU. Firstly, I would say the collaboration culture that is rooted deeply in this course. We have collaboration sessions in almost every single class that are facilitated by the instructors! The collaborations really helped spark different ideas and communications among the students. At the same time, the professors and instructors from the MPH course offered instrumental insights in this area and shared invaluable guidance during the entire curriculum.
- Q5** The MPH course at TMDU is a great opportunity to learn from the world class professors and it is a great platform to collaborate with people who share the same passion. Please do not hesitate to enroll!

## Daniel Uche



- Q1** I entered the MPH course at TMDU to be exceedingly equipped with the right tools to tackle public health problems in underserved communities globally. Being introduced to the TMDU platform by a colleague, I discovered that the institution had a great reputation and possesses all I desire to thrive as a public health specialist.  
My experience was enormous; TMDU provides quality education to diverse scholars globally. During my study years, I had the opportunity to learn and interact with diverse scholars and professors with in-depth knowledge of public health in global health. I was equipped to contribute positively to humanitarian services globally and in the quest to achieve equity in Health for all people.
- Q2** I studied Master of Public Health in Global Health.  
I learned different components of public health and had the opportunity to participate in group work on different article reviews, health models, discussions on different country health systems, and analyze gaps observed in developing countries like Nigeria, etc.  
My research work was on awareness and utilization of antenatal care services among women in northern Nigeria and factors influencing utilization.
- Q3** To return to my Humanitarian work with Medecins Sans Frontieres (Doctors Without Borders).  
To contribute innovative ideas to improve public health challenges in my home country.  
The good things were numerous to mention;
- Q4** The class was composed of diverse experiences from different countries of the world. The professors were great teachers and very supportive. Despite the COVID-19 pandemic limiting the entry of some of us, the study period felt face-to-face as we had real-time activities and interactions with the professors. The administrators, support staff, and all kept us updated with relevant information.  
I had the opportunity to participate in global initiative activities with first-year medical students.
- Q5** Dear MPH aspirants, TMDU has all you desire to achieve your dream in your public health career. The professors and staff are committed to offering the best services for excellence.

## Tasnim Zarin



- Q1** I always have a passion for improving the health and well-being of communities. When I wished to pursue my MPH course, I thought it would help me to advance my career in public health related fields such as epidemiology, health policy, environment health, or global health. The reason behind choosing TMDU is because it offers opportunities for students to develop essential skills, which are valuable in the future. Moreover, the classes were in English which is also important for non-Japanese people. Overall, the decision to enter the MPH course at TMDU was influenced by a combination of personal interests, career goals, and the specific offerings and reputation of the course.
- Q2** The MPH course at TMDU serves students typically a broad range of topics related to public health which includes Epidemiology, Biostatistics, Environmental Health, Behavioral Sciences, etc. In the second year of the course, students need to do research which trains themselves to develop research design, implementation, data collection and analysis, interpretation, and including qualitative and quantitative methods. Overall, the MPH course at TMDU provides students with the knowledge, skills, and practical experience necessary to address complex public health challenges and contribute to improving population health and well-being.
- Q3** Currently, I am doing PhD in TMDU in the Oral Health Promotion department.
- Q4** TMDU is a prestigious institution known for its excellence in medical and health-related fields. The MPH course benefits from TMDU's reputation, ensuring high-quality education and resources. Also, it helps to create a network. Students in the MPH course may benefit from exposure to diverse perspectives and global health issues. This global perspective is invaluable in addressing public health challenges that transcend national boundaries.
- Q5** To those considering applying for the Master of Public Health (MPH) course at Tokyo Medical and Dental University (TMDU), within this course, you will find a rich tapestry of interdisciplinary learning experiences waiting for you. From epidemiology to health policy, biostatistics to community health, the course offers holistic approaches to public health education that equip you with the diverse skill set needed to tackle complex health challenges. The Public Health Practice II (thesis research) which is in the second-year curriculum was a great platform where students can apply their learning into solve real problems through their research. They will also learn how to do a comprehensive literature search which is very helpful in the real world. So, to all those considering applying for the MPH course at TMDU, I extend my heartfelt encouragement and best wishes.

## Omondi Sharon Awino



- Q1** I have always been interested in promoting health and well-being of people at the community level. I wanted to develop my skills and competencies that would enable me to participate in interventions that aim to improve the health of not only individuals but populations as well. I was drawn to TMDU because it is one of the most high-ranking universities in Japan. The MPH course also has guest lectures from renowned professors from the Harvard and Johns Hopkins Universities.
- Q2** During my time at TMDU, I explored the different aspects of public health including maternal health, epidemiology, biostatistics, planetary health, healthcare business, health system and management, among others. Due to the diversity of the class, I learned about the different contexts and perspectives regarding health from my colleagues. During my second year, I did a research on the perceived role of Kenyan community pharmacists in primary mental healthcare. It was a qualitative study whose method of data collection was in-depth interviews.
- Q3** I would like to be involved in Project Management for public health initiatives. I am now specifically leaning toward digital health initiatives.
- Q4** The combination of case-based and lecture-based learning approaches worked very well. Through lectures, we were able to interact with and learn from distinguished professors in their fields. Through working on both individual and group projects, we developed critical thinking, teamwork, and communication skills. Having students from different parts of the world enabled us to gain different perspectives and learn about health systems in different regions.
- Q5** Do apply to this course. You will gain knowledge, skills, experiences, and networks that will last you a lifetime!!

## Negumbo Tuwilika Kondjela Omwene



- Q1** As a nurse manager in my health facility, I took this chance to study MPH in order to enhance my understanding of public health care needs and learn how I can best advocate for policies that will improve the health of our population.
- Q2** I learned how to review literature systematically, global health care systems and how they impact public health, environment changes and effects on human health, and mainly how diseases and health related events spread within populations, how to identify them, tackle them, and preventative measures that can be given to the public. I did qualitative research on patient-centered communication from patient's experiences with health care professionals.
- Q3** I would like to be a public health professional in the Ministry of health making policies that will improve the health of our people and improve on public health burdens.
- Q4** The interaction with skilled & expert professors and colleague students from different backgrounds and sharing ideas and skills that will help enhance public health.
- Q5** Frankly, MPH is a great course that will help health care professionals in growing their public health careers. It entails different modules that are taught by skilled professors and experts that give you an in-depth understanding of how to tackle public health burdens. This course also gives you an opportunity to do research in real life situations plus systematic review which I found very interesting. It will also give you a picture of how human health is associated with society, environment, and development. If you are considering applying, and have the ability to learn, I encourage you to enroll and wish you all the best!

## Liu Tung Wei



- Q1** I planned to sharpen my professional ability in medical science, especially in the field of public health, and statistical science for a better career path.
- Q2** I have gained knowledge in behavioral science, which has aided my research in the medical decisions of sexual minorities among foreigners living in Japan.
- Q3** I would like to devote myself to the pharmaceutical industry in the departments of regulatory affairs. Through my experience here, I would like to try more businesses related to global health and cooperate with people who are from multiple cultural backgrounds.
- Q4** Thanks to the MPH course at TMDU. The experience here has broadened my sight and perspective. The diversity of colleagues and global visions here could help everyone in this course figure out one's position in the career path and the acquired knowledge would be the best tool and skills to distinguish you from others.
- Q5** Enjoy. And the time here would be one of the most unforgettable experiences in your life. Try to grasp knowledge as much as you can.



# Messages from New First-Year Students in October 2023



## Géraldine Sedjro Akpaca

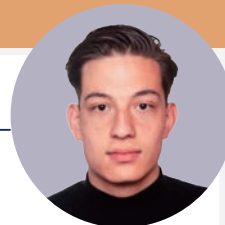
### Country

Republic of Benin

### Previous affiliation

Pentecost University, Health Planning Policy and Management

I have started the MPH course at TMDU in October 2023 and so far, I can say that I have enjoyed the lectures. The diversity of lecturers that teach courses makes the lectures interesting and permits one to learn from the experiences of different lecturers with different perspectives. In addition to that, the in-class presentation and assignments related to actual public health issues allow active participation in the class. The timetable as well is quite flexible. I am enjoying the course and am excited to attend my next lectures.



## Naaki Konstantin Fujiwara

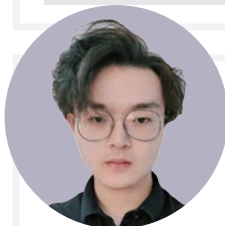
### Country

Germany

### Previous affiliation

Medical Student at Goethe University, Frankfurt

I entered the MPH course at TMDU in October 2023 after finishing Med school in Germany in the summer. My aim was to learn more about public and global health and the underlying mechanisms. So far, I am enjoying the lectures a lot. They provide valuable insights in various fields of public health from experienced professors and researchers. Furthermore, the international atmosphere in our class with students from all over the world is a great opportunity to learn from different cultures!



## Yuxin Cai

### Country

China

### Previous affiliation

Clinic Drug, Queen Mary University of London

First of all, I am very honored to be a student at TMDU. Secondly, it was actually a big change for me to switch from a pharmacy-related program to MPH, but I was determined to do it. On the one hand, it is because of my interest in this field, and at the same time, Tokyo is really too attractive to me. I hope that I will be able to utilize what I have learned in the future and provide better assistance to the people concerned!



## Alina Bakhtigareeva

### Country

Russia

### Previous affiliation

National Research University Higher School of Economics, Russia

Although I don't have a medical degree, the MPH course at TMDU is structured in such a way that the education is accessible to students with different, even non-medical experiences. What I especially like about the MPH course is that we can look at various topics and problems from different points of view through discussions among students and professors with completely different backgrounds, both culturally and professionally.

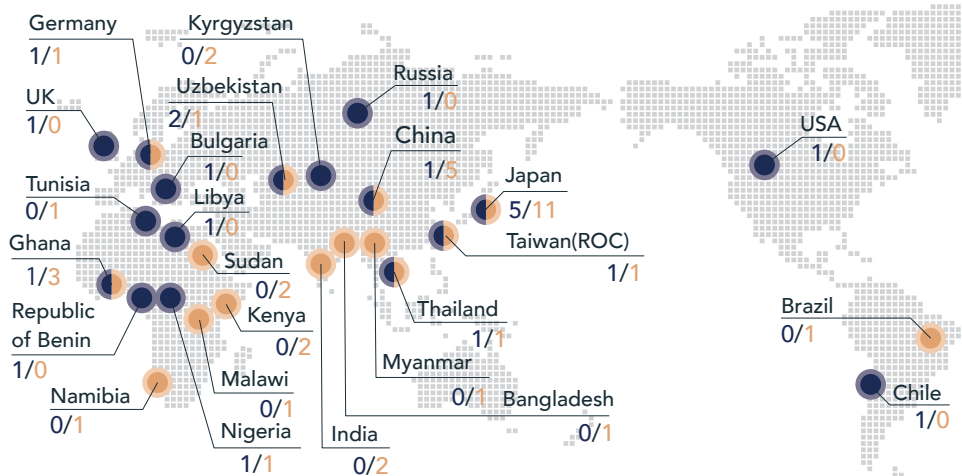
## Birthplace

(Students / Graduates)

● Students ● Graduates

### Number of people (Students / Graduates)

| Date   | Students | Graduates |
|--------|----------|-----------|
| 2024.4 | 20       | 38        |



**MPH Official Facebook**

This is the official Facebook page for the MPH Course. It has news about the course, scenes from classes, event information, and more.



## TMDU MPH Alumni Report

TMDU Master of Public Health in Global Health (MPH) Course Alumni Report May 2024 vol.09

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