

Palani Dorothy Laina graduates from MPH course at TMDU


Palani Dorothy Laina
ENGLISH TEACHER, BORDERLINK

Why did you enter the MPH course?

The MPH enables health service providers in my case registered nurse to transition from clinical practice to research, policy, or management, preparing them to develop improvements for effective health systems that are responsive to public health needs.

What kind of work do you currently do?

Currently, I am working as an English teacher in Ota city, Gunma.

What is worthwhile about your current work?

My profession allows me to learn more about my community. It allows me to form deep relationships with your students because they will frequently passionately discuss their likes and dislikes with you, as well as confide in you their dreams and problems. Teaching English provides a unique opportunity in terms of intercultural relations: I am able to support international interchange by teaching my students about other countries and cultures.

How does what you learned at MPH help you in your current work?

For people who want to help others, the profession of public health offers numerous opportunities. With the knowledge I learned during my studies, I am able to concentrate on teaching youngsters various subjects. I mainly focus on promoting public health by teaching my students about healthy lifestyle choices, proper fitness, and any community challenges that may present.

Please give a message to the MPH students.

The vast discipline of public health is a unique branch of study that offers numerous professional work prospects for those who appreciate assisting others. Public health combines many academic disciplines to provide a comprehensive approach to the topic of health care, with virtually endless potential for professional specialization. Your motivations for choosing a career in public health will be as individual as you are. Best wishes in your studies.



The Degree Commencement Ceremony for AY2021 has been held.

On Thursday, March 17, 2022, the TMDU Graduate School's Degree Commencement Ceremony took place. A total of 328 graduates (130 for a master's and 198 for a Ph.D. degree) received a degree in their respective fields of study.

This was the fifth Degree Commencement Ceremony for the MPH Course, which began in April 2018.

Three graduates from the course were conferred degrees. (The graduates' messages can be found on the next page.)

Congratulations to three of our graduates on receiving your degrees!

Messages from the graduate students in March 2022

- Q1 Why did you choose to study the MPH program at TMDU?
- Q2 What did you study (or what did you learn) during the program? 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 the program?
- Q5 Please give a message to those who are considering applying for the MPH program at TMDU.

VOICE 01



Himawari Wakai

- Q1 In addition to a long-held interest in medicine, I got interested in a health gap issue during my undergraduate studies, especially children's health gap in the U.S. and Japan. Soon after, I was fascinated by the idea of preventing diseases in societies by addressing upstream social determinants of health. I was also attracted to this program since this was a course taught in English in Japan.
- Q2 In the first year, we had intensive online lectures to gain basic skills for conducting public health research. In our year, we also had lectures discussing the COVID-19 with professors working at the frontline with the government. In the second year, I was working on the research project on stressors and coping strategies among Japanese single mothers during the pandemic.
- Q3 My goal after graduating the MPH is to be engaged in global health promotion in a business sector. Since now I'm in a company, I'd like to develop marketing skills so that I can contribute to better health for everyone globally through the healthcare business.
- Q4 What I really liked about the MPH program was that I had an opportunity to discuss challenging issues with students from various backgrounds. Having discussions and prompt presentations during classes helped me a better understanding of public health issues from medical, political, and economic perspectives. Furthermore, I really appreciate the constant support from professors in this course throughout my research project.
- Q5 Although we are still facing challenges amid the pandemic, I believe that we now have many options to pursue our academic interests. And I'm sure joining the MPH program will give you an opportunity to connect with wonderful professors and peers which expands your perspectives in the public health field!

VOICE 02



Naoyuki Mita

- Q1 I applied for TMDU's MPH program in order to understand the many elements that drive the promotion of health and to make a significant contribution to my field. Before my application, I learned that the program accented to social epidemiology rather than clinical epidemiology. This resonated with my keen interest in the interplay between health and society.
- Q2 The MPH program taught me which factors influence people's health and how to uncover them. I conducted a literature review and a qualitative research project on the factors associated with paternity leave and maternal postpartum depression.
- Q3 My aspiration is to work at the global headquarters of my company and improve access to medicine around the world.
- Q4 As the classes were small and interactive, I had the chance to discuss public health topics with outstanding lecturers and other students from around the world. Through the primary research practice in the program, I was able to learn how important it is to stand in the shoes of the stakeholders of an issue in order to make a significant improvement. Thanks to the e-learning option, I was able to complete the program while continuing to work full-time. Plus, the lectures, discussions and practice conducted in English with the students from across the world will help me become a global leader.
- Q5 TMDU's MPH program is a unique opportunity to open up your way to contribute to global health. After the program, you will be able to find effective ways to promote health in a wide variety of circumstances.

VOICE 03

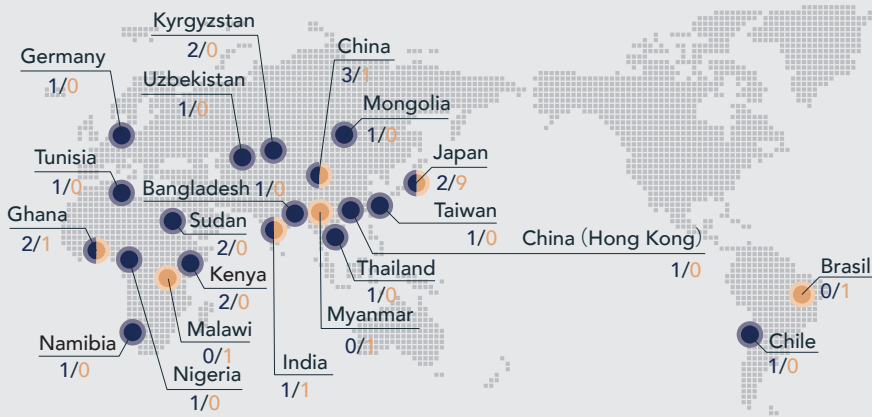


Sawako Furukawa

- Q1 I was looking for how to culture academic skills during the residency. TMDU is where I graduated, that's the main reason I first noticed the program. Besides, my friend has already studied at Fujiwara Lab as a Ph.D., publishing multiple amazing results which fascinated me.
- Q2 I learned various types of statistical methods, qualitative methods, and how to conduct research ethically. As a thesis, I studied the 'concern and needs of people with intellectual disabilities during the COVID-19 pandemic', which is a very essential topic today.
- Q3 My future goal is to be a child psychiatrist who can work in both an academic and social setting.
- Q4 The staff in the lab are very informative and enthusiastic. Every time I struggled with my project, teachers were always kind and gave me lots of helpful comments. The thesis training was fantastic!
- Q5 Especially for those who apply for the MPH course parallel to the residency, you can do it! The skills you'll achieve here can definitely emphasize your future opportunities.

Birthplace (Students / Graduates)

● Students ● Graduates



Number of people (Students / Graduates)

Date	Students	Graduates
2022.05	25	15

TMDU TOPICS



Associate Professor (in career development) Ayako Morita—a member of this field—has been appointed as a career development faculty member (second round).

As stated in a prior declaration, outstanding female teachers will be appointed as career development faculty members. We will help them strengthen their leadership and management capabilities and provide research assistants when necessary. TMDU is actively working to develop female leaders for the future based on our Declaration of Promoting Diversity and Inclusion (by President Tanaka in Sep. 2020).



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.



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