

Messages from Graduates

Why did you enter the MPH course at Science Tokyo?

I enrolled for the MPH course driven by my passion for improving community health, addressing health disparities, and tackling public health challenges, such as non-communicable diseases, environmental health issues, and barriers to healthcare access. As a policymaker and manager of rehabilitative healthcare services in Kenya, I wanted to deepen my understanding of these critical areas and enhance my ability to make a meaningful impact.

I chose Institute of Science Tokyo (Science Tokyo) because of its outstanding reputation as one of Japan's leading institutions. The university's strong affiliations with globally renowned institutions, such as Harvard University and Johns Hopkins University, further reinforced my decision. The involvement of faculty members from these prestigious universities in the training at Science Tokyo speaks to the course's exceptional quality and its global perspective.

What kind of work do you currently do?

I currently serve at the Ministry of Health in Kenya, where my responsibilities include formulating health policies to enhance the quality of healthcare, building the capacity of the healthcare workforce nationwide, and overseeing professional regulation as a member of the Occupational Therapy Council of Kenya. Additionally, I provide technical assistance to county governments and other state departments to strengthen healthcare systems and services.

What do you value about your current work?

I value my work because it enable me to impart knowledge and skills to fellow healthcare workers, contributing to the delivery of high-quality patient care. Additionally, being involved in the development of health policies that improve access to healthcare is particularly rewarding, as it directly impacts and transforms the lives of Kenyans.

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

The knowledge and skills I gained during the MPH course have been invaluable to my work. They have greatly enhanced my facilitation abilities, enabling me to impart knowledge more effectively. Furthermore, the in-depth exposure to research I got at Science Tokyo has equipped me to conduct studies that inform policy decisions, fostering evidence-based decision-making within the Ministry of Health.

Please give a message to the MPH students.

To the MPH students, I encourage you to make the most of this incredible opportunity by actively engaging with the esteemed faculty at Science Tokyo, who will bring you a wealth of knowledge and expertise. Focus on building meaningful connections that will serve you well throughout your career and beyond your time at Science Tokyo. Finally, please take the opportunity to explore the beauty of Japan and immerse yourself in its rich and vibrant culture. Wishing you an enriching and memorable stay in Japan!



Nyamweya Nicholas Ngoge

Science Tokyo TOPICS

Institute of Science Tokyo established on October 1, 2024

Institute of Science Tokyo (Science Tokyo) opened its doors on October 1, 2024, following the merger between Tokyo Medical and Dental University and Tokyo Institute of Technology, and Naoto Ohtake began his duties as the inaugural president and chief executive officer (CEO).

On the same day, Ohtake appointed Yujiro Tanaka as president and chief academic officer (CAO) of Science Tokyo, marking a great step forward following the unprecedented integration of two national university corporations.

By taking advantage of the traditions and innovations of both merging communities, Science Tokyo will become a new type of institution, which no other university has been able to achieve. It aims to serve as a center of international excellence in education and research while forging a vibrant future for and with society.



Messages from the graduate students

- Q1** Why did you enter the MPH course at Science Tokyo? **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 Science Tokyo.

in March 2024

Shengxu Su

- Q1** Science Tokyo is a renowned and advanced university, and its MPH course has a strong reputation in the public health field, with good links to other leading research institutions. Many researchers are keen to join this course, and I am no exception. During my years working in hospitals, I realized the importance of health literacy and equity. This lab is absolutely a fantastic place that can help prepare me to achieve my goals.
- Q2** Public health encompasses a broad range of diverse knowledge and subjects. It focuses on the health of humanity from various dimensions, including physical health, mental well-being, social determinants, the natural environment and even planetary health. And all these elements I mentioned above are all covered in the courses here. My current research is about parental oral health literacy. I am interested in understanding the global levels of parental oral health literacy and identifying the factors contributing to the differences between them.
- Q3** I want to contribute more to society, particularly helping those who are experiencing challenging circumstances. Therefore, I hope to undertake further research into the areas of health equity, health literacy promotion, maternal health and children's health.
- Q4** This course provides a great opportunity to internationalize public health professionals. It acts like a torch, igniting the spirit and ideas of people from all over the world. Researchers from diverse fields and backgrounds gather here to share and exchange knowledge, information, and cultures, and then disperse to every corner of the planet to deliver what they have learned. I hope I can bring some spark to people, somewhere in the world.
- Q5** Be bold and passionate. Here, you will find like-minded people to collaborate with and create things together with. Ask for help if you encounter obstacles. There are excellent researchers here, and many challenging tasks can be accomplished through teamwork. It is also perfectly fine not to be bold and passionate. Research is just one part of your life, so don't overlook the beauty around you. A warm hug, a fluffy cloud, a patch of grass - if it's all waiting to be discovered. Tokyo has beautiful evenings, and fortunately, you can enjoy them from Science Tokyo.



in September 2024

Oluwaseun Adewunmi

- Q1** I chose to pursue the MPH at Science Tokyo to deepen my understanding of global health systems and acquire the tools necessary to make a tangible impact on healthcare delivery, particularly in Nigeria and Africa at large. The course's emphasis on collaboration with international experts perfectly aligned with my goals.
- Q2** During this course, I focused on Global Health, Health System Management, Planetary Health, Epidemiology, and Biostatistics. My research centered on strengthening healthcare systems in Nigeria, beginning with a systematic review and culminating in a master's thesis on Psychological First Aid.
- Q3** My future goal is to lead initiatives that enhance healthcare accessibility and resilience in Nigeria and other African countries. I am committed to applying the knowledge and skills I've gained to develop and implement innovative solutions in public health management. I am also set to continue my journey with a PhD.
- Q4** This course offered a rich blend of theoretical knowledge and practical experience, especially through collaborations with global health experts. The diverse perspectives from classmates around the world added immense value, fostering a deeper understanding of global health challenges.
- Q5** If you are passionate about making a difference in public health, Science Tokyo's MPH course offers an excellent platform. The combination of academic training and real-world application provides you with the skills and network needed to tackle global health challenges effectively.

Jiaranaisilawong Prangkhwan

- Q1** Public health is the foundation of ensuring health equity and addressing societal challenges that impact well-being. As a medical doctor from Thailand, I have long been passionate about improving the quality of life at a population level. I chose to pursue the MPH course at Science Tokyo to expand my understanding of public health issues and develop the necessary skills in research.
- Q2** During the MPH course, I gained more understanding of global health issues, both within Japan and internationally. This provided me with valuable insights into healthcare systems beyond Thailand. For my research, I investigated self-medication in Thailand. The Thai population has easy access to medications due to the availability of many drugs without a doctor's prescription. While this can be convenient for individuals, it also carries risks, such as inappropriate medication use. My research aimed to explore this situation further.
- Q3** My future goal is to contribute my public health knowledge and experience to enhance the quality of life for populations.
- Q4** Studying in the MPH course was a great opportunity to meet many international students. This multicultural environment enables me to learn various ideas and perspectives from different cultures.
- Q5** The MPH course offers an opportunity to deepen your understanding of public health, not just within Japan but also on a global scale. You will gain more insights into the healthcare situation in various countries and develop skills necessary for public health research.



Focus Interview

Liu Kuan-Ting >> Junior resident at the University of Tokyo Hospital from April 2025

Q1 Why did you enter the MPH course at Science Tokyo?

When I was in university, I developed a strong interest in studying statistics and epidemiology. In my clinical work in Taiwan, I also enjoyed analyzing data and reviewing various research reports to understand the impact of diseases on human society. As part of my career plan, I had considered pursuing an MPH to gain a deeper understanding of various public health research fields. Additionally, during my early residency training in Taiwan, I encountered the COVID-19 pandemic, which heightened global awareness of public health. After researching MPH courses at several Japanese universities, I found that Science Tokyo's MPH course offered not only a great curriculum but also opportunities to collaborate with researchers from around the world and to learn from leading professors from various countries. Professor Fujiwara's research topics in particular align with many of my interests, so I decided to apply to Science Tokyo.

Q3 What do you value about your current work?

This job enables me to stay updated with the latest medical knowledge and treatment methods across various fields, and I have the opportunity to learn from and collaborate with experts in each specialty. Clinically, it is highly rewarding to successfully treat patients' illnesses and help them overcome difficult situations.

Q5 Please give a message to the MPH students.

The time you spend in this course will undoubtedly become a lifelong treasure.

Q2 What kind of work do you currently do?

After graduating from the MPH course, I secured a position as a junior resident at a university hospital in Japan. My primary responsibilities include inpatient care, outpatient clinics, and emergency care at the university hospital. Over the course of two years, I will rotate through various specialties for training, after which I'll choose a specialty of interest for further specialization. In addition to my hospital duties, if I come across topics of interest during clinical work, I can also apply my previous studies to conduct clinical or statistical research.

Q4 How has what you learned in the MPH helped you in your current work?

In the MPH course, I had numerous academic and cultural exchanges with people from various countries, which gave me a deep understanding of the importance of considering diverse perspectives when addressing public health and medical issues. As a result, after completing the MPH course, I now make a point of exploring different viewpoints when tackling clinical problems, learning from others' approaches and thought processes. This has greatly enhanced my ability to solve clinical issues.



Messages from New First-Year Students in April 2024



 **Yu Kanaya**

Previous affiliation

College of Liberal Arts and Sciences, Chiba University

After graduating from the College of Liberal Arts and Sciences at Chiba University, I enrolled in the MPH course in Spring 2024. My aims were to study public health from the basics and to gain practical knowledge through case-based studies. Although I do not have a medical background, I can gain the fundamental knowledge in medicine and learn basic research techniques. There are plenty of opportunities to attend lectures from a variety of experts, which I feel has led to a multifaceted understanding of public health. Furthermore, the environment in which students from different countries come together to study is very attractive and I hope to continue to grow in this course. The course is also considered to be a great environment for Japanese students. One of the biggest attractions is the diversity of the students. By taking classes with international students from different backgrounds, I can learn new perspectives on things that I don't have, and I feel that this has helped me to grow a lot. It is a challenging environment, but I think it is very attractive for those who like to try new things. I feel that this course is a great environment for Japanese students to learn about public health from the basics and deepen their understanding in a global environment while being in Japan.

Nanako Asakura 

Previous affiliation

College of Liberal Arts and Sciences, Chiba University

It has been over six months since I started my academics here as an MPH student and so far, the experience has been stimulating to say the least. Before starting, since I do not have a background in medicine, I was worried about understanding the lectures. However, lecturers from various backgrounds come in to teach us their area and it is structured so that prior medical knowledge is not needed. Furthermore, the variety of lecturers helps me to consider my future career plans as well. In addition, if anyone attending a university in Japan is considering this course, I would like to say, "Go for it!" Though this course is conducted in English, which is different from what people may have been used to, the atmosphere is welcoming and warm. Learning with students from diverse backgrounds is giving me an opportunity to broaden my perspective on topics that may have been difficult if it were not for this course.



 **Nanami Jikuya**

Previous affiliation

International Liberal Arts, Akita International University

Firstly, I would like to mention how grateful I am to be able to study in the MPH course. Although my knowledge of medicine and science is insufficient, thanks to my professors and classmates, I can learn a lot from each course. Moreover, the diversity of the lectures is incredible, and it enables me to perceive the world differently. I find this MPH course particularly attractive because it enables students to study the entire curriculum in English while being in Japan. Also, I am delighted to have met people who I admire, and excited for more to come.

Mohira Giyosova 

Previous affiliation

Bachelor of Psychology, Tashkent Branch of Lomonosov Moscow State University

My journey at Science Tokyo started in April 2024. The educational process is different from universities in my country, and everything was very new. In particular, I am really impressed by the opportunities to talk to different professors and specialists from different areas of public health who share their knowledge and experience with us. Most of the time is spent doing group work activities such as presentations and projects. The interaction between different group members is helpful when it comes to seeing other people's perspectives and for generating ideas. So far, I have a very positive impression of the learning process and department professors.

Daniela Dimitrova 

Previous affiliation

Government Relations Consulting, The University of Tokyo

I was accepted to Science Tokyo in April 2024, and the MPH Course has been everything I had hoped it would be. The course is well designed and comprehensive, and the emphasis on global health is a unique aspect of it. I do not have a scientific or medical background, so I am excited that the MPH course provides a solid foundation at both introductory and advanced levels in disciplines such as epidemiology, biostatistics, and biology. As someone who is passionate about translating scientific findings into evidence-based policies, I am also pleased that the MPH course offers plenty of practically oriented lectures and group work. However, without a doubt, the greatest strength of the course is the diversity of its people. I am honored to be among faculty and fellow students with such diverse academic and professional backgrounds who contribute to a stimulating educational environment.

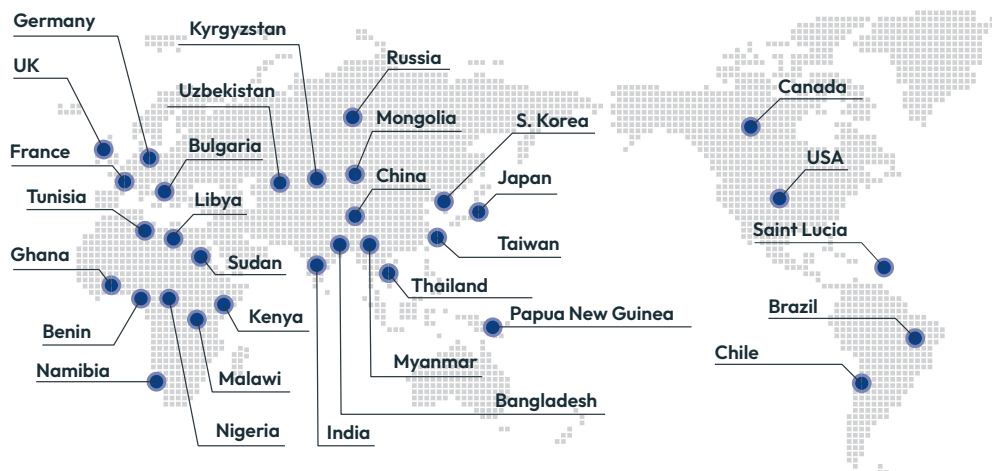
Birthplace

Career path after graduation

- NGO
- Medical doctor
- Government institution
- Private company
- PhD etc.

Number of people

Date	Students	Graduates	Participating Countries
2024.10	20	42	31



 **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.



SCIENCE TOKYO MPH Alumni Report

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