

Messages from Graduates

Why did you enter the MPH course at Science Tokyo?

Working as a dental practitioner in a public health setting in Libya exposed me to the harsh realities of preventable diseases and the overwhelming burden they place on individuals and healthcare systems. I realized that clinical work alone was not enough to address these systemic issues. I chose to pursue an MPH at Institute of Science Tokyo (Science Tokyo) because of its strong academic reputation and well-structured global health curriculum. The course offered me the opportunity to gain a deeper understanding of public health concepts, disease prevention strategies, and health promotion interventions from a global perspective, which aligns with my long-term vision of contributing to global health organizations such as the WHO.

What kind of work do you currently do?

I am currently working in two distinct but complementary roles. First, I serve as a Dental Practitioner at the Tripoli Dental Center, under the Ministry of Health in Libya, where I provide clinical care to patients, many of whom suffer from preventable oral health issues. Second, I work as a Reporting and Capacity Building Associate at the International Organization for Migration (IOM). In this role, I contribute to project monitoring and evaluation, report drafting, and support the development of capacity-building initiatives within the Immigration and Border Management Unit. My dual roles allow me to engage with both the clinical and strategic sides of public and global health.

What do you value about your current work?

What I value most about my current work is the opportunity to make a meaningful impact at both the individual and systemic levels. Through my clinical work, I help alleviate patients' immediate suffering, while my role at IOM allows me to support long-term policy and program development that benefits entire communities. Being involved in two diverse settings has enhanced my appreciation for interdisciplinary approaches and the importance of bridging fieldwork with data-driven decision-making. I also value the chance to continue learning and growing professionally, which is why I am currently taking advanced online courses through Coursera on topics such as biostatistics and epidemiology, offered by prestigious universities.

Please give a message to the MPH students.

To all current and future MPH students: cherish this journey and absorb everything you can. The MPH is not just an academic course — it's a platform that transforms your thinking, broadens your worldview, and equips you to make a tangible impact in your community and beyond. Whether you're working in a hospital, an NGO, or on the frontlines of a public health crisis, the knowledge and perspective you gain here will empower you to lead, innovate, and advocate for change. Stay curious, stay committed, and never underestimate the value of collaboration and continuous learning.



Dental Practitioner at Tripoli Dental Center (Ministry of Health) / Reporting and Capacity Building Associate at International Organization for Migration (UN Org)

Graduated in September, 2024

Basma Diaeddin Sadek Abuhadra

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

The MPH course equipped me with essential skills that I apply daily in both my roles. My training in epidemiology and biostatistics enables me to critically interpret health data, design monitoring tools, and support evidence-based interventions at IOM. Similarly, my understanding of health systems and global health challenges has improved my clinical practice by reinforcing the importance of prevention and public awareness. Additionally, my MPH research on mental health, which led to two publications and two other manuscripts currently under review, has deepened my understanding of psychosocial dimensions of health — an area increasingly relevant in both humanitarian and clinical contexts.

Science Tokyo TOPICS

Science Tokyo selected as candidate for University for International Research Excellence accreditation

Institute of Science Tokyo (Science Tokyo) has been selected as a candidate in the second round of Japan's Universities for International Research Excellence program.

The program provides long-term support through a 10-trillion-yen fund to strengthen universities' research, financial, and governance capabilities.

Science Tokyo is expected to be formally designated and to begin receiving funding in fiscal year 2026.



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, 2025

Smitha Yellayi

Q1 I chose to enroll in the MPH course at Science Tokyo because of my strong interest in health-care and public health. Having earned a bachelor's degree in psychology and spending over a decade living and working in Japan, I became particularly passionate about researching the mental wellbeing of Japanese students. Science Tokyo's MPH course aligned closely with my academic interests and career goals, making it an ideal fit for my research aspirations.

Q2 The course offered a wide-ranging curriculum, but the most significant lesson was learning how to conduct independent research. Although the process was challenging, the course emphasizes self-directed learning while providing necessary support through faculty guidance. This structure allowed me to develop critical research skills, including project organization and ethical approval procedures. My thesis was a qualitative study exploring barriers to help-seeking behavior among Japanese high school students, drawing on interviews I conducted with 15 participants to gain deeper insight into their experiences.

Q3 Following graduation, I have accepted a position at a start-up NPO engaged in several projects in collaboration with the local Tokyo government. Our work focuses on addressing systemic poverty and improving the mental wellbeing of affected communities. Through this role, I hope to further contribute to public health initiatives and social welfare efforts within Japan.

Q4 One of the course's greatest strengths is its balance between independence and support. Students are encouraged to take ownership of their research while having access to guidance when needed. This approach provides a safe environment for learning, growth, and preparation for future doctoral studies.

Q5 The MPH course at Science Tokyo offers a flexible and self-directed learning environment, which is a valuable opportunity for motivated students. I especially encourage those who plan to work in Japan after graduation to dedicate time to strengthening their Japanese language skills. Although public health-specific jobs may be limited, there are many opportunities related to public health across various sectors for those proficient in Japanese.

Yoshiko Mizoguchi

Q1 While working on several nutrition projects as a dietitian at the grassroots level in low-income countries, I came to realize the importance of connecting successful field experience to policy in order to improve public health more effectively. I chose the MPH course because it offers the opportunity to gain the knowledge and skills needed for this, while also allowing me to learn alongside students and professors from diverse backgrounds, even as I continue working.

Q2 My research focused on food security in Laos. It was my first time planning, conducting, and analyzing a study on my own, which made it a very valuable learning experience. I especially enjoyed visiting 200 rural households and conducting interviews with the support of local health center staff. Through this process, I was able to apply many of the skills and knowledge gained during the MPH course, which helped me complete the research successfully.

Q3 I want to be a bridge between academic research and fieldwork. I hope to continue implementing nutrition projects on the ground, working to ensure that everyone has access to sufficient and nutritious food.

Q4 This course gave me a comprehensive understanding of public health. By collaborating with others, it provided a great balance of theoretical knowledge and practical experience.

Q5 It's a valuable opportunity to deepen your understanding of public health from both academic and practical perspectives. You'll meet people from diverse backgrounds, learn skills that can make a real impact, and open doors to meaningful work in global health. It's challenging but incredibly rewarding.

Gulnoz Abdullaeva

Q1 As a medical doctor and practicing cardiologist in Uzbekistan, I became increasingly aware that many of the health challenges my patients faced stemmed not just from medical conditions, but from broader systemic and social determinants of health. I wanted to understand and address these issues at the population level, which led me to pursue an MPH at the Institute of Science Tokyo. I was drawn to this course for its strong international focus, interdisciplinary approach, and commitment to health system reform, especially in areas like universal health coverage, which is highly relevant to my country's ongoing health transformation efforts.

Q2 The MPH curriculum covered a wide range of essential public health topics including Epidemiology, Environmental and Planetary Health, Health Management, Health Business, Statistics, and Maternal and Child Health. I particularly appreciated the Health Management module, where we worked on an actual project that provided practical, hands-on experience beyond theoretical learning. I also gained strong skills in research methodology and statistical analysis (i.e., learning how to conduct evidence-based research and analyze data meaningfully). For my thesis, I evaluated the association of depression with coronary artery disease in Uzbekistan, a topic that combined both my clinical background in cardiology and my public health training.

Q3 After graduation, I returned to Uzbekistan to apply what I had learned directly to our national health reforms. I am currently working with the WHO Country Office as a National Health Systems Consultant, collaborating with the Ministry of Health on major initiatives including social health insurance expansion, comprehensive primary health care reform, and medical workforce policy. My long-term goal is to continue supporting sustainable health system transformation — helping to build equitable, efficient, and resilient systems that ensure health support for all. I also aim to contribute to international efforts in global health by connecting policy, practice, and evidence.

Q4 One of the most valuable aspects of the course was its blend of theory and real-world application. In the Health Management module, for example, we worked on actual projects, which developed our practical skills significantly. Additionally, we visited the WHO Regional Office for the Western Pacific (WPRO) and WHO Philippines. There, we had the opportunity to engage directly with public health experts working in the field. These interactions were incredibly inspiring and helped us better understand how global health strategies are implemented in practice.

Q5 If you are a health professional looking to make a broader impact beyond the clinical setting, the MPH course can be a powerful next step. It equips you not only with academic knowledge, but also with practical tools and a systems-thinking mindset — both essential for real-world public health work. Whether you're passionate about health policy, research, or global health challenges, this course provides a solid foundation and an inspiring learning environment. For me, it was a turning point that opened the door to meaningful work in national health reform and global health systems — so I wholeheartedly recommend it to those ready to grow and lead in public health.

Robert Lewis

Q1 Although I am from a non-medical background, I have a keen interest in the promotion of public health and well-being. An interdisciplinary course like the MPH was an ideal place to pursue this interest.

Q2 Inspired by a topic introduced in the Global Health class, I chose to research the relationship between living space characteristics and mental health status among international students.

Q3 I hope to leverage what I have learned through the MPH to help promote public health from a position that bridges academia and society.

Q4 The students come from a wide variety of backgrounds, both in terms of nationality and academic discipline, and I very much enjoyed working on group projects that had such diverse input of knowledge and experiences.

Q5 This is a great opportunity to expand your horizons, but also requires self-motivation and being proactive in order to make the most of it.

Shinya Imura

Q1 After earning my PhD in organic chemistry and working in the pharmaceutical industry to develop innovative treatments, I recognized the critical importance of prevention and early intervention in improving health outcomes. To broaden my knowledge, I chose the MPH course at Science Tokyo because of its emphasis on global health, which aligns with my passion for addressing global public health challenges.

Q2 The MPH course provided me with comprehensive knowledge of public health, with a special focus on global health topics. For my master's thesis, I conducted systematic reviews and international policy research to evaluate newborn screening programs in the Asia Pacific region. This research enhanced my analytical skills and deepened my understanding of healthcare systems.

Q3 As a global public policy lead at a pharmaceutical company, I am focused on shaping policies in areas such as rare diseases and digital health to improve healthcare globally. In the future, I aim to further expand my expertise and contribute to impactful global health initiatives that address pressing challenges and ensure better health for all.

Q4 The MPH course offered excellent lectures from distinguished professors, complemented by collaborative group work with diverse students from around the world, fostering a truly global perspective. A standout experience was the WHO-WPRO study tour, which provided invaluable insights into international public health practices and greatly enriched my learning journey.

Q5 I strongly encourage anyone looking for a globally oriented public health program in Japan to apply for the MPH course. Its unique structure accommodates the needs of diverse students, including those with other commitments. For working professionals, I recommend taking time off during intensive study weeks to fully engage with the coursework and maximize this enriching experience.

Adimah Sandra Enyonam

Q1 I entered the MPH course at Science Tokyo to gain a better understanding of epidemiology, global health, and health policy. I wanted to enhance my ability to make a meaningful impact in public health both in Japan and internationally.

Q2 During the MPH course, I studied things like disease prevention, social determinants of health, health policies, and how to manage health programs. For my research, I investigated cognitive health and assessment tools used in Ghana, aiming to understand physicians' perspective on cognitive assessments with appropriate tools.

Q3 In the future I would like to work with public health institutions focusing on preventive care and health systems that strengthen disadvantaged communities. I aspire to contribute to policymaking that promotes equitable health outcomes worldwide.

Q4 The lectures were helpful, the classes were interesting, and I met many students from other countries. I also got to work on real health problems.

Q5 If you care about health and want to help people, this course is a good choice. You will learn a lot and meet people who share your passion. Be prepared for the challenges that come with graduate studies. However, you may feel uncertain sometimes, but remember to stay encouraged and focus on the goal.



Messages from New First-Year Students in October 2024



Vanessa Alexander Charles

Previous affiliation

Ministry of Health – Millennium Heights Medical Complex

As a physician, I came to the Master of Public Health in Global Health (MPH) course at Institute of Science Tokyo with a deep commitment to individual patient care, but also with growing questions about the broader forces shaping health outcomes. One of the most intriguing aspects of the MPH course is participating in the Johns Hopkins lecture series. Engaging in healthy discussions with public health leaders about infectious disease control, environmental health, and global health equity has allowed me to connect our coursework to real-world challenges. The curriculum has challenged me to explore the intersection between medicine, policy, and population health, examining not only how diseases manifest but also why they persist.

What continues to set this experience apart is the spirit of community among classmates, professors, and guest lecturers alike, fostered through collaborative projects and policy discussions. I feel like I'm part of a shared mission: to build a healthier, more equitable world. I am excited to develop the connections made within this growing network of passionate visionaries and to contribute wherever I can.



Sandy Salama

Previous affiliation

Department of Health Sciences, Wilfrid Laurier University

As a current public health professional, I enrolled in Science Tokyo's Master of Public Health in Global Health (MPH) course in October 2024 to further my knowledge of core public health concepts and advance global health and social welfare. I have since successfully expanded my understanding of public health through interdisciplinary courses that integrate social and biomedical perspectives on critical global health challenges.

Studying public health alongside a culturally diverse cohort has allowed me to gain a broader international perspective on public health planning and governance – one that can only be obtained at a globally diverse university such as Science Tokyo. Similarly, studying under professors and guest lecturers with various clinical and social science specialties has given me a multifaceted approach to generating concrete solutions to critical public health issues. Finally, the course's flexible schedule has allowed me to successfully balance my studies with my professional responsibilities and personal interests.

Overall, I look forward to continuing my studies and research at Science Tokyo, and I highly recommend the MPH course to any prospective students!



Hyunseo Chu

Previous affiliation

Life Sciences and Social and Behavioral Sciences, Soka University of America

After graduating from Soka University of America with a Bachelor of Liberal Arts degree, I enrolled in the Master of Public Health in Global Health (MPH) course at Institute of Science Tokyo in the fall of 2024. I have thoroughly enjoyed every lecture I have had the opportunity to take so far. This course has provided me with a comprehensive understanding of public health. As I progress through the course and explore my research interests more deeply, I find myself increasingly passionate about what I am studying.

Among the courses I have taken so far, my favorite was Maternal and Child Health, taught by Dr. Lorraine Dean from Johns Hopkins University. In this course, I gained a deeper understanding of how racial structures in the United States have contributed to health inequities across the country. I also found the concept of the Developmental Origins of Health and Disease (DOHaD) particularly fascinating, as it explores how epigenetic and early-life exposures influence health and disease risks later in life.

Overall, I feel honored and grateful to be part of the MPH course at Science Tokyo. Once I graduate, I hope to apply the knowledge and insights I have gained from this course toward a more health-equitable society.



Michelle Kanugen



Previous affiliation

Port Moresby General Hospital- National Department of Health Papua New Guinea

Through my professional experience as a registered theatre nurse, I witnessed firsthand the immense strain placed on curative health services by high volumes of patients presenting with conditions that could have been prevented through effective primary healthcare interventions. After being awarded the JICA SDG Global leader scholarship in my home country, I chose to enroll in the Master of Public Health in Global Health (MPH) Course at Institute of Science Tokyo, a recognized and distinguished academic institution with a specialized focus on core public health disciplines. I am confident that this course will equip me with both the theoretical knowledge and practical competencies required to advance evidence-based, preventive public health strategies in resource-limited settings, particularly in developing countries such as Papua New Guinea. Although this is my first year as an MPH student, I have settled in well thanks to the dedicated support of the MPH department staff, the Yushima International Student Support Group, my cohort peers, and my course coordinator, Professor Takeo Fujiwara. I look forward to learning more throughout my academic journey.



Zhoroeva Aliya



Previous affiliation

Medical Faculty/General Medicine, Osh State University

Since enrolling at Institute of Science Tokyo, my passion for science has taken on a new dimension.

The conduct and expertise of the professors and course lecturers has not only inspired me with fresh ideas, but also provided a clear direction for the development of my thesis. In just my first year of study, I've gained invaluable knowledge and skills. I deeply appreciate the structure of the academic program – well-balanced, thoughtfully designed, and enriched by guest lectures from professionals, whose practical experience offered valuable perspectives on the subjects we studied. One of the most remarkable aspects of this journey has been the warm, supportive learning environment. The sense of community among both faculty and students creates a space where ideas can flourish. Every day here feels like a step toward something bigger, and I'm truly thankful for that.



Yang Ziyang



Previous affiliation

Department of Psychology, Durham University

I believe that choosing to enroll in the MPH course at Science Tokyo is one of the best decisions I have ever made. It has fulfilled all my expectations for a balanced academic and personal life. The intensive course structure enables me to rapidly acquire and apply knowledge, helping me to gain a clearer understanding of my research topic. The course's flexible schedule also allows me to explore areas I am interested in and discover more potential directions for my future research, while revisiting and consolidating what I have already learned in class.

Here, every class provides a valuable chance to have open and stress-free discussions with excellent teachers and professors. At the same time, Science Tokyo brings together classmates from around the world, allowing us to exchange ideas freely. We also have opportunities to meet and engage in discussions with professors and special lecturers from top universities in the United States and Japan.

In short, making the most of these two years of study here will certainly be a worthwhile and important experience. I wish you the best of luck and hope you fully enjoy your time at Science Tokyo.

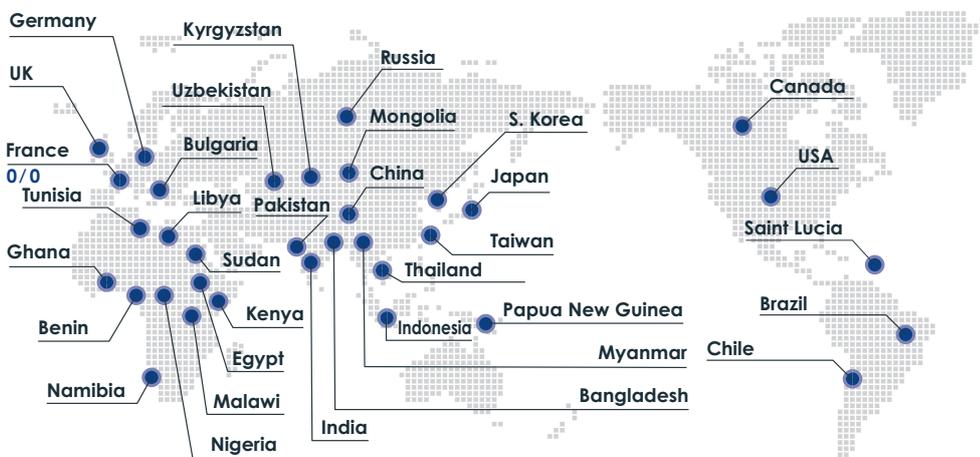
Birthplace

Career path after graduation

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

Number of people

Date	Students	Graduates	Participating Countries
2025.10	21	52	34



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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