

Messages from Graduates

Why did you enter the MPH course at Science Tokyo?

I am a medical doctor and was working in a hospital prior to entering the MPH program at the Institute of Science Tokyo. Through my clinical work, I realized that many health problems cannot be addressed at the individual level alone and require system-wide changes to prevent disease and promote healthier behaviors. I wanted to contribute to improving health systems so that more people could benefit, not only those who come to the hospital. While a doctor may treat hundreds of patients each year, strengthening health systems can improve outcomes for millions through prevention, early detection, and better access to care. This motivation led me to pursue public health training.

What kind of work do you currently do?

After obtaining my MPH degree, I began working as a Health Systems Consultant at the WHO Country Office in Uzbekistan. My work covers health financing, health workforce development, primary health care, and rehabilitation and assistive technology. I work with government counterparts and international partners, drawing on global best practices and WHO normative guidance to analyze systemic challenges and support the design and implementation of context-appropriate reforms that improve access, quality, and efficiency of health services.

What do you value about your current work?

What I value most about my current work is the opportunity to contribute to meaningful system-level change. Although the impact is not always immediately visible, the work is highly purposeful. It involves assessing health system performance, identifying key challenges, and developing evidence-informed recommendations that explain not only what needs to change, but why those changes matter and what benefits they can bring. I also help design sustainable projects and support capacity-building through training programs for health workers and other stakeholders. While this work often takes place at the policy level, I strongly believe that without coordinated policies and system-level action, health systems cannot function effectively or equitably.

Please give a message to the MPH students.

I would encourage MPH students to reflect on why they want to pursue public health before starting the program and to apply that purpose to guide their learning. Being proactive, asking questions, engaging with faculty, and exploring different fields are essential to discovering where your true interests lie. I also recommend building practical skills alongside academic knowledge and paying attention to the competencies employers value. The MPH is a unique opportunity to shape both your professional direction and skill set, so making the most of it requires curiosity, initiative, and openness to learning.



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

The MPH program at Science Tokyo has been highly valuable in my current work. It equipped me with strong research skills, including quantitative and qualitative analysis and applied statistics, which I now use in projects such as health-related labor market analysis and broader health system assessments. Beyond theoretical foundations, the program places a strong emphasis on practical learning. Professors share real-world experiences from their own projects, and we worked on real-time case studies that required us to propose feasible approaches for implementation. This combination of analytical training and practical, implementation-focused learning continues to directly support my work in designing, analyzing, and strengthening health system reforms.



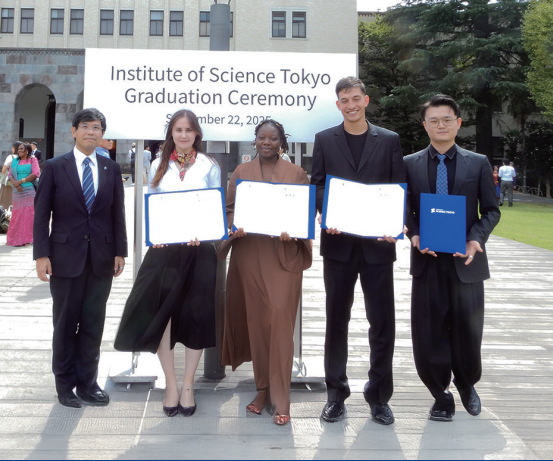
Science Tokyo TOPICS

Inter-Institutional Research Center for Air Pollution Studies (IRCAPS) Inaugurated at Osh State University

Osh State University (OshSU) has officially inaugurated the Inter-Institutional Research Center for Air Pollution Studies (IRCAPS), a research center dedicated to studying air pollution and its impact on human health. The center is based at OshSU and will conduct multi-disciplinary research on ambient and indoor air quality in Osh, Bishkek, and other regions of Kyrgyzstan.

The opening ceremony took place on 18 November 2025 and was attended by Principal Investigator Professor Nobutoshi Nawa of the Institute of Science Tokyo, Mr. Kotaro Nishigata, the Chief Representative of JICA Kyrgyz Republic Office, OshSU Rector Professor Kudaiberdi Kozhobekov, Dean of the International Medical Faculty Professor Roman Kalimatov, as well as representatives of JICA, the Institute of Science Tokyo, and Osh State University, including faculty members and research center staff.

For more details



Messages from the graduate students in September 2025

- 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 Science Tokyo.

Akpaca Geraldine Sedjro

Q1 I chose to enter the MPH course at Science Tokyo to acquire the knowledge and skills necessary to contribute to improving the healthcare continuum in my country and across low- and middle-income settings. In resource-limited environments where health systems can struggle to meet the needs of the population, public health knowledge can be a powerful tool.

Q2 I studied a wide range of public health topics, including behavioral sciences, epidemiology, biostatistics, environmental health, maternal and child health. We worked on real-world projects during the course, such as developing interventions to address air pollution in Kyrgyzstan, which provided me with valuable practical experience. I also gained hands-on experience using tools like STATA for statistical data analysis. My research focused on community health workers in my country, examining how their supervisors' management styles impact their mental health.

Q3 In the future, I hope to work as a public health consultant and health equity advocate, strengthening health systems and improving access to quality healthcare in low-income countries through research and evidence-based interventions. I am particularly interested in using data-driven approaches to inform policy and address health inequities.

Q4 The MPH program gave me the opportunity to participate in lecture series led by renowned lecturers from institutions such as Johns Hopkins. These lectures were enlightening and deepened my understanding of public health. I also participated in an educational tour at the World Health Organization (WHO) Western Pacific Regional Office (WPRO) in the Philippines, which allowed me to better understand the mandate of the WHO and how it operates in practice.

Q5 Public health is a powerful tool to create meaningful change. The knowledge and perspective you gain in this course will equip you to improve lives and make a lasting impact on communities. Take advantage of every opportunity to learn from diverse perspectives and build strong connections.

Yuxin Cai

Q1 I chose to enter the MPH course at Science Tokyo because of its strong international focus, with a diverse student body and faculty that provide a global perspective on public health. I also have a strong interest in Japanese culture, which further motivated me to pursue my studies in Japan.

Q2 During the MPH course, I studied public health research methods and statistical analysis, and developed a deeper understanding of the relationship between health behaviors and mental health. My research focused on the effects of social media use and fruit and vegetable intake on the mental health of Chinese international students in Japan. Through this research, I learned that subjective behavioral patterns, such as daily lifestyle choices, play an important role in influencing health outcomes, particularly mental well-being.

Q3 As I am already working in Japan, my future goal is to further improve my Japanese language skills and find a position that offers higher income while aligning with my professional and academic background. I hope to apply the knowledge and skills I gained from the MPH course to my future career in Japan.

Q4 One of the main strengths of this course is that the instructors come from all over the world, which allows students to learn from diverse perspectives and gain a broad range of knowledge. In addition, students have sufficient free time outside of classes during the two years of the program to pursue personal interests, work, or other activities they value.

Q5 Good luck! If you decide to join the MPH program at Science Tokyo, it will likely become one of the most enjoyable and memorable periods of your student life. You'll gain valuable knowledge, meet amazing people, and create experiences you can look back on with a smile.

Naoki Fujiwara

Q1 After completing my medical studies, I sought to broaden my knowledge and explore opportunities in public health, a field that had long interested me.

Q2 I learned practical statistical and epidemiological skills, as well as broader knowledge about health systems management and the theories that underpin it.

Q3 Currently, I would like to gain some clinical experience. After that, I have not yet decided which career path to pursue.

Q4 Learning from experts working in the field, exploring a wide range of public health topics, and being a part of a great group of students and teachers were all highlights of this course.

Q5 I really enjoyed my time in the MPH course at Science Tokyo. I gained valuable experience on both an academic and personal level. I hope you can have the same experience!

Bakhtigareeva Alina

Q1 My main reason for choosing the MPH course at Science Tokyo was its unique combination of academic excellence and flexibility. The diverse faculty have strong professional backgrounds, and the course provides the opportunity in the second year to focus intensively on research. In addition, the collaboration with Johns Hopkins University strongly attracted me, as it allowed me to learn from a global leader in public health and broaden my academic perspective.

Q2 During the two years of the MPH course, I studied the core disciplines of public health, including epidemiology, biostatistics, and global health. Under the close supervision of my academic advisor, I conducted a questionnaire-based study among Japanese dentists to assess their knowledge of oral manifestations of syphilis. This was the first study of its kind conducted in Japan. Given the recent increase in syphilis cases in the country, I was glad to contribute, even in a small way, to raising awareness and improving public health practice through research.

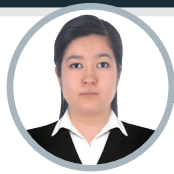
Q3 Currently, I work at a company that develops educational content, which I chose because education is one of the key determinants of human health. In the future, I aim to move into healthcare consulting, where I hope to contribute to evidence-based decision-making and the development of effective health strategies.

Q4 One of the most valuable aspects of the MPH course was the strong emphasis on practical learning. This included hands-on data analysis in biostatistics, real-world behavioral observations in epidemiology, and project-based work addressing current issues in public health management. Another distinctive strength of the course was the collaboration with Johns Hopkins University, which gave us the opportunity to attend lectures by international faculty members and further deepen our knowledge and professional competencies.

Q5 The MPH course at Science Tokyo was a major milestone in my life. It provided me not only with solid knowledge and research experience, but also with the opportunity to meet people from diverse countries and professional backgrounds. These two years helped me gain clarity and confidence about my future path. I would highly recommend this course to anyone who wishes to develop a global perspective on public health and make a meaningful contribution to society.



Messages from New First-Year Students in April 2025



 **Ziyoda Rakhimova**

Previous affiliation
Bachelor of European Public Health,
Maastricht University

I started my master's degree at Science Tokyo in April 2025. With a background in European public health, I was excited to get this opportunity to broaden my knowledge in global health and learn more about it in the context of Japan. I have been impressed by both the range of courses offered and our professors, who specialize in all areas of public health, allowing me to fully immerse myself in the field and find the area I enjoy the most to focus on for my Master's thesis. The structure of our lectures allows us to learn from the lecturers, interact with fellow students, make presentations on our findings, and practice writing academic papers. Studying in Japan has given me the unique opportunity to also better understand the country's healthcare system and the ways it is tackling emerging public health issues.



 **Clara Sato**

Previous affiliation
Bachelors of Arts in Sociology, Minor in Public Health,
University of Minnesota - Twin Cities

I am very grateful for the opportunity to study in the MPH course at Science Tokyo starting in April of 2025. With an academic background in sociology and public health, I have especially valued the program's interdisciplinary approach and the opportunity to learn from professors with expertise across a wide range of public health fields. Being taught by faculty from diverse professional and research backgrounds has broadened my perspective and deepened my understanding of how social, environmental, and biological factors intersect to shape health outcomes. The chance to engage directly with experts and to learn through discussion and collaboration has made the program both stimulating and rewarding.



 **Tamanna Masoud**

Previous affiliation
Dentist

I am a dentist by training. My decision to pursue the MPH course at Science Tokyo stems from a strong interest in understanding health beyond the clinical setting. Through my experience in dentistry, I have come to recognize that many oral and general health problems are closely linked to social determinants, health behaviors, and access to care. These experiences motivated me to seek formal training in public health in order to address health challenges at the population level rather than only through individual treatment.

The MPH program offers a comprehensive and multidisciplinary learning environment, providing essential knowledge in epidemiology, health promotion, and health policy. I believe these areas are crucial for designing effective, evidence-based interventions and sustainable health programs. Through this program, I aim to strengthen my analytical and leadership skills and to develop a broader perspective on disease prevention and health equity. In the future, I hope to apply these skills and insights to contribute to improved public health initiatives in Bangladesh and to collaborative global health efforts.

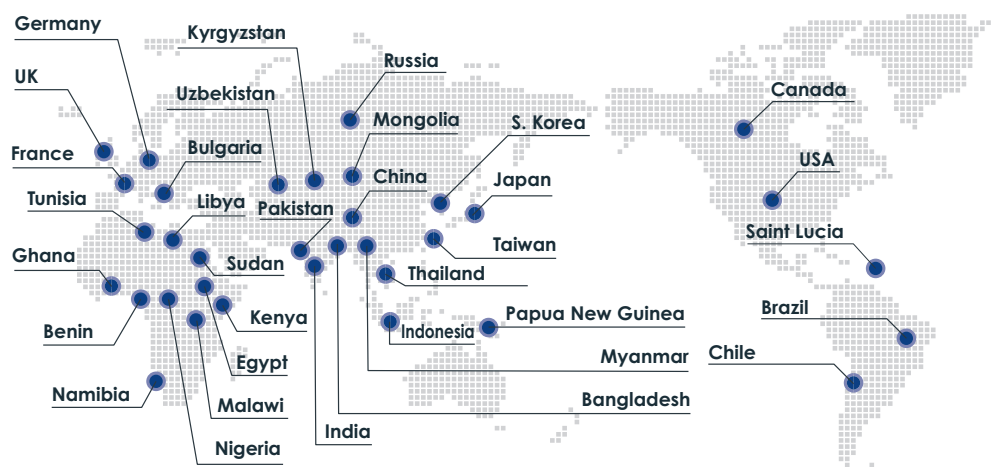
Birthplace

Career path after graduation

- International organizations such as the World Health Organization
- 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

SCIENCE TOKYO Master of Public Health in
Global Health (MPH) Course Alumni Report

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