

Message



Since its inception in the 60's the International Centre for Diarrhoeal Disease Research, Bangladesh (icddr,b) has served as an international public health research organization that continues to address some of the most critical health concerns facing

the world today through the generation of knowledge and use of this knowledge in its treatment and training activities.

icddr,b has been working across a range of critical public health issues: vaccines and improving immunization coverage for impacting the lives of children living in impoverished setting in Bangladesh and globally; integrated WASH interventions yielding promising results; combating kala-azar with research and treatment; monitoring the spread of emerging infectious diseases; using mobile phone technology to reduce maternal mortality; knowledge translation to improve reproductive health; tackling severe acute malnutrition; addressing equitable access to healthcare; provision of training and capacity building; delivery of clinical services in the urban and rural areas, and sharing expertise in cholera detection and management at home and abroad.

icddr,b is developing global partnerships and is pleased that its relationship with the Government of Bangladesh allows for rapid translation of research evidence into policy action. The health and development challenges we will tackle share common elements: they are poorly understood, exist in Bangladesh, and require national and international collaboration for breakthrough research.

Under-5 child mortality reduction in Bangladesh remains an absolute priority for icddr,b. Bangladesh is poised to achieve many MDGs, especially MDG4 & 5, and icddr,b is keen to work in partnership with government and with non-government organizations such as the Public Health Foundation of Bangladesh with whom we hope to develop a mutually fruitful relationship.



John D Clemens, MD
Executive Director



Department of Public Health North South University (NSU)

North South University, the first private university in Bangladesh, established 18 years back by a group of philanthropists, industrialists, bureaucrats and academics. The government of Bangladesh approved of North South University in 1992 under Private University Act (PUA) 1992 (now replaced by PUA 2010). The university was formally inaugurated on 10 February 1993 by then Prime Minister of Bangladesh.

The university follows the American system with all its distinctive features- semesters, credit hours, letter grades, one examiner system and so on. Its curricula, when first introduced, were reviewed by relevant departments of University of Illinois, Urbana-Champaign, and University of California at Berkeley, USA, and duly approved by University Grants Commission. The academic programs are continually updated and adapted to meet the local needs.

Masters of Public Health (MPH) & Executive Masters of Public Health (EMPH) Programme

Department of Public Health is one of the most demanding departments in the North South University, which is already recognized as the biggest Public Health Program in Bangladesh and the 2nd largest Masters Program in NSU. It is committed to provide high quality education and training in public health and in various emerging and reemerging health issues. Department of Public Health offers the Master of Public Health (MPH) and Executive Masters of Public Health (EMPH) which is completely parallel program to the best Universities of the world.

NSU as a leading private university in Bangladesh and the Department of Public Health is dedicated to ensure quality education and capacity building related to biomedical aspects of the vulnerable people. The vision is to create public Health Leaders to facilitate best practices in Management, communication and discovery of highly effective public health intervention and scientific tools for ensuring quality healthcare for prevention, promotion and prolonging life in the developing world.

Public Health department is offering need based modular courses which are similar to the world best universities. The faculty members in this department are with PhD & Post Doctorals from reputed international universities or institutions. For the convenience of the students they the MPH & EMPH program offered in weekdays evening and the weekend.

Recent Advancements

At present, the Department has MPH & EMPH program and they are planning to offer Bachelor in Public Health Administration (BPHA) soon to meet the need of the students and the country to keep pace with the fast-growing demands and changing needs around the globe. In addition to that, the department is



Prof. G U Ahsan chairing a session

Next page ▶

►After 1st page

already offered a GED course namely Introduction to Public Health (PBH 101) for the under graduate students, which demonstrates the increasing demand in NSU.

International Collaboration & Research

Recently the Department has awarded a highly prestigious research grant from International Development Research Centre (IDRC), Canada for Dengue Hemorrhagic Fever (DHF) Prediction, Prevention and Control in tropical countries like

Bangladesh for 4 years (2010-2013) under the leadership of Dr. GU Ahsan.

Public Health Club

The students formed “Public Health Club” & organises various public health programs Medical Camp for Health check-up and free consultation, dental Camp, health awareness programs for anti smoking, HIV/AIDS, Breast Cancer & Cervical Cancer.

Training on “Basic and Applied Teaching Methodology”

Public Health Foundation of Bangladesh (phfbd) conducted a four days training on “Basic and Applied Teaching Methodology” in collaboration with Medical Education Unit, Christian Medical College (CMC), Vellore, India, from 14-17 January, 2013 at the conference room of Bangladesh Medical College, Dhanmondi, Dhaka.



Christian Medical College (CMC) is the accredited centre of WHO for Medical Education in South East Asia Region. Resource persons from CMC were Prof. Dr. Rashmi Vyas, Convener, MCI Regional Center for National Faculty Development, and Dr. Dhayakani Selvakumar, Coordinator, Medical Education Unit, Christian Medical College, Vellore, India.

The training was coordinated by Prof. Sharmeen Yasrmeen, CEO of phfbd, and by Dr. Iqbal Naser as teacher.

Participants were from various medical, dental and other health institutes. The training was based on adult learning principles incorporating teaching & learning and students' assessment.

In the closing session certificates were distributed by the Chief Guest Prof. MA Mazed, Former President of BMA and Former Adviser to Care Taker Government. Prof. Taimor Nawaz, Principal, Bangladesh Medical College was the Special Guest. Prof. M Muzaherul Huq, Chairman, Public Health Foundation of Bangladesh chaired.

FDI Istanbul- A success story

Istanbul, Turkey a historical place, full of beautiful historical monuments like Hagia Sophia was the venue for FDI 102nd congress from 28th -31st August 2013. FDI World Dental Federation serves as the principal representative body for more than one million dentists worldwide, developing health policy and continuing education programmes, speaking as a unified voice for dentistry in international advocacy, and supporting member associations in oral health promotion activities worldwide.

Dr. Shegufta Mohammad an executive committee member of Public Health Foundation of Bangladesh was selected as a presenter at one of the scientific sessions on 30th August at FDI 2013. With a panel of renowned leading international experts and

a conference hall stretched to the limit of its capacity, It was one of the success stories of the 2013 Annual Dental Congress in Istanbul. Dr. Shegufta presented her topic on “Lupus Patient-A Dental Surgeon Has An Important Role To Play”. During the conference Dr. Shegufta met Dr. Tin Chun Wong from China the newly elected president of FDI. Dr. Shegufta also attended a forum of “Women Dentist Worldwide” on 29th August, where they discussed about the limitations and barriers of work environment of the female dentists and how it can be overcome.



 towards
"Building a Healthy Bangladesh"

Training Course on “Advanced Research Methodology”

Public Health Foundation of Bangladesh (phfbd) organized a four day training course on “Advanced Research Methodology” from 1-4 June, 2013 at IT room of Shaheed Suhrawardy Medical College, Dhaka. A total of 24 doctors of various disciplines of Shaheed Suhrawardy Medical College, Ibne Sina Medical College, Bangladesh Medical College and others participated in the training program. It was coordinated by Prof. Fatema Ashraf, The main facilitator was Dr. Md. Nazmul Karim, Technical Officer, WHO, SEARO and another resource person was Prof. M Hakim.

The course objective was to overview the basics of research and

study designs, estimation of sample size in accordance to various study designs. Hands on training on data entry and data analysis using the soft ware SPSS was also demonstrated in the practical session.

In the closing ceremony Prof. Dr. Margub Husain, Former Dean, Postgraduate Faculty of Medicine, Dhaka University distributed certificates among the participants as Chief Guest. Prof. Dr. A B M Makedul Alam, Principal of Sh.S.M.C and Prof. Dr. M A Rashid, Vice-Principal of same medical college graced the occasion as Special Guest and Guest of Honour respectively.

"I Love My Heart- Asia"

"I Love My Heart"-the 1st simultaneous multi-continental congress on cardiac disease prevention was held on 24th October 2013 at Shaheed Suhrawardy Medical College, Dhaka with more than 100 participants from 11 medical colleges of Bangladesh. This initiative was taken by *Cardiovascular Prevention Student's Network (REPC) of Latin-American Federation of Medical Student's Scientific Societies (FELSOCEM)*. Bangladeshis the congress organizer of Asia zone.

On that event key note speech on 'Prevention in cardiovascular diseases' was delivered by Professor Sharmeen Yasmeen, CEO, Public Health Foundation of Bangladesh(phfbd). Other speakers were Dr. Lima Asrinb Sayami, NICVD, Dr. Kazi Rezaul Ahsan, icddr,b, Dr. Md. M. Islam Bulbul, Consultant, HSS & Global Health Cell, DGHS, MOH&FW and Member, phfbd. Video presentation was displayed on 'Healthy Heart, Healthy life' by Dr. Gourab Adhikary, icddr,b and New Development in Percutaneous Coronary Intervention" by Tajdit, 5th year MBBS student. The

demonstration of 'Cardio Exercise' was done by MST Halima Khatun, Physiotherapist, United Hospital Bangladesh Ltd. The continent manager of ILMH- Asia was Dr. M. Tasdik Hasan, icddr,b and Member, phfbd worked as Program Coordinator. Professor Sharmeen Yasmeen with the continent manager and other speakers launched the website of the congress for abstract submission for Phase 2 event of I Love My Heart which will be held in 2014.

It is expected that this courageous venture will open a lot doors of opportunities internationally for the medical students of Bangladesh who are interested in research and disease prevention.



phfbd Members in 7th SEAPHEIN Meeting, Colombo

The 7th SEAPHEIN meeting was held at Mount Lavinia Hotel in Colombo, Sri Lanka from 10- 12 October, 2013.

SEAPHEIN (South East Asia Public Health Education Institutes Network) is a non-profitable international organization. The charter of SEAPHEIN was officially adopted on 7 April 2004 by SEAPHEIN members at the international forum in Bangkok, Thailand.



The vision of SEAPHEIN is to be a collaborative network of Public Health Education Institutes in the South-East Asian region for strengthening capacity in the area of public health education, service and research.

The theme of 7th SEAPHEIN Meeting was “The Leadership Role of SEAPHEIN in Strengthening Public Health Education for the 21st Century”. This meeting was sponsored by WHO, SEARO.

The following members of Public Health Foundation (phfbd) were actively participated in the 7th SEAPHEIN Meeting viz Prof. M Muzaherul Huq, Chairman, Prof. Sharmeen Yasmeen, CEO and Prof. Dr. Md. Mahfuzar Rahman, Associate Prof. Nahid Shahana, Assistant Prof. Sharmila Huda, Dr. Ehsaan-Ul- Alam Chowdhury and Dr. Shamim Ara Hoque, among members of phfbd. The Bangladesh delegates of phfbd also attended in

WHO workshop on theme held from 8 to 9 October, 2013

Professor M Muzaherul Huq, chairman of phfbd, moderated symposium on “Public Health Education for the 21st Century” and Professor Dr. Md. Mahfuzar Rahman was among the key speakers.

10 South East Asian countries along with Bangladesh participated the 7th SEAPHEIN Meeting. About 76 participants participated in 3 day long programs like oral presentation, a symposium and group discussion on various issues and topics on public health. Prof. Dr. Md. Amirul Hassan, NIPSOM, presented the country report of Bangladesh.



In this meeting, a new executive committee of SEAPHEIN has been formed with Dr. S.D. Gupta of India as President elect.

The meeting was an opportunities to share the views, activities of phfbd to other delegates. All have appreciated the activities of phfbd in Bangladesh & expressed solidarity to work together in SEPHEIN umbrella to promote public health education & research.



Meet the Living Legend

Professor T A Chowdhury is a legendary personality in the field of Gynecology and Obstetrics in Bangladesh; born at Dhaka on 10th October, 1937. He passed his MBBS Examination in 1960 from Dhaka Medical College and stood First in the University with Honours in Obstetrics & Gynaecology. He passed primary FRCS Course at King Edward Medical College, Lahore and went to U.K. for higher studies on government scholarship and the passed the Final FRCS Examination from the Royal College of Surgeons of Edinburgh with Gynaecology and Obstetrics as special subject. He passed the MRCOG Examination from the

Royal College of Obstetricians and Gynecologists in 1965 at the very first attempt.

Prof. Chowdhury is an excellent teacher, academician as well as a very reputed clinician. After coming back from England he joined Sir Salimullah Medical College as Associate Professor and served there for 6 years. Then he was transferred to Chittagong Medical College and worked both as Associate Professor and Professor. Afterwards he worked at the then Institute of Postgraduate Medicine and Research (IPGMR) as Professor of Obstetrics and Gynaecology and served in this capacity for 22 years till his retirement from government service in 1994. He was also appointed as Director of that prestigious institute and worked in that capacity for the last seven years before his retirement. Currently he is working as Professor of Obstetrics and Gynaecology at BIRDEM and is as active as before in his academic and clinical work.

He was pioneer in organizing and expanding the scope of postgraduate education in the country. He was the Founder Secretary General of the Obstetrical and Gynecological Society of Bangladesh (OGSB) and served as its Secretary General and President for several years. He was also the Founder President of the Bangladesh Peri-natal Society and Fertility and Sterility Society of Bangladesh. He served as the Vice-President of Asia and Oceania Federation of Obstetrics and Gynecology and also the President of the South Asia Federation of Obstetrics & Gynecology (SAFOG). He was an elected Counselor of the Bangladesh College of Physician and Surgeons consecutively for more than 20 years. He is currently the Chairman of the Faculty of Obstetrics and Gynecology of the College. He has published many scientific papers in National and International Journals. He is in the Editorial Board of many National and International Journals. He is the Chairman of the Editorial Board of Bangladesh Journal of Obstetrics & Gynecology since its inception.

Prof. T A Chowdhury received honours from many National and International organizations at home and abroad. He was awarded the ATCO Gold medal for standing First in the MBBS Examination of the Dhaka University, 'GorkhaDakshinBahu Gold Medal' one of the highest Civil Award of Nepal, by the King of Nepal for his contribution in producing postgraduate trained medical manpower for Nepal, the Rotary Gold Medal for social services and his contribution towards health care in Bangladesh, Life-time Achievement Medal by the Obstetrical & Gynecological Society of Bangladesh and Presidential Medal of the South Asian Federation of Obstetrics & Gynecology.

Prof. Chowdhury is married and has three daughters; all of whom are well established in their respective academic and professional fields.

Editorial

Long sitting decrease life years

Many of our works are desk based and we work sitting on chairs. This is again common with senior people in senior positions in offices who are of age more than 40 years. Many other workers also work sitting while many more sitting in their workplace irrespective of types of works.

Studies conducted in Chester University in UK show those who spend more time standing at work feel less sluggish and more likely even to lose weight. Standing at least three extra hours a day burns up to 4kg of fat in a year. This burning of fat is for improved circulation of blood while standing.

Sitting down at your desk for a longer time can make people obese. Reports in recent times also warn about other adverse effect of sitting at work or desk based work. Severe back ache followed by continuous sitting is an example due to Spondilyti's. There are also risks of diabetes, hypertension with the belly bulging.

An Australian study last year has reported that sitting down for a long lime decrease life years from your life span. The recent Chester University study is a strong warning for those who are already obese, diabetic and hypertensive. They should from now push their chairs away and stand to burn fat.

Prof. Muzaherul Huq

Announcements

Training Programmes of Public Health Foundation of Bangladesh

★ Training on Basic and Applied Teaching Methodology

Course Duration : 4 Days, Course Fee : Tk. 4000/=

★ Training on Basic and Applied Epidemiology

Course Duration : 3 Days, Course Fee : Tk. 4000/=

★ Training on Basic and Applied Research Methodology

Course Duration : 4 Days, Course Fee : Tk. 4000/=

Register Now

Celebration of PUBLIC HEALTH FOUNDATION DAY

on December 08, 2013

Workshop on Stress Management & Joyful Living

Contact: CEO, phfbd

Contributed by: Dr. Aftab Uddin, Prof. Sharmeen Yasmeen, Mr. Nizam Khan