

Dr. Nowsheen Sharmin Purabi

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Website: www.drpurabi.net

Email: dr.purabi@yahoo.com

YouTube channel: Nowsheen Purabi

Facebook: Dr. Purabi's help desk

LinkedIn: Dr. Nowsheen Purabi

Date of Birth, place: 9th November, 1979, Bangladesh

Summary:

Strong media and communication professional, Physician specializing in Obstetrics and Gynecology, working in health care industry with history of working in medical college hospital, experienced program planner, trainer, skilled in program evaluation, nonprofit organization, activism.

Objective:

Dr. Nowsheen Purabi, with her 15 years' experience as medical practitioner and 10 years' experience as media personality is in search of a position where her skills and abilities can be used to their fullest potential.

Highlights:

Dr. Nowsheen Purabi is dedicated to empowering the under privileged through comprehensive health education and support. Focused areas of her works are adolescent health, maternal health, reproductive health, non-communicable disease prevention and control, nutrition, hygiene, food safety.

She is the first consultant physician in Bangladesh who has taken all the initiatives to raise health awareness in such a level. She is named one of Linked In's "Top 10 Health Awareness Activist" in 2016. Her activities are challenging taboos and eradicating malpractice from the society.

Education: MBBS, MCPS[Gynecology and Obstetrics]

Certification: University of Dhaka, 2003

Professional experiences as Consultant ObGyn, Teacher, 2005-2018:

1. **Consultant**, Gynecology and Obstetrics, Orion Renal and General Hospital, Dhaka
January, 2017 to present, Dhaka
2. **Registrar**, Gynecology and Obstetrics
Anwer Khan Modern Medical College, Dhaka
April 2011-December 2016
3. **Registrar**, Gynaecology and Obstetrics
Z H Sikder Women's Medical College and Hospital, Dhaka

- July 2009-March 2011
4. **Medical Officer**, Renaissance Hospital and Research institute. Dhaka.
January 2008-June2009
 5. **Medical Officer**, CARE Hospital, Dhaka
January 2005-December 2007

Professional experiences as media and communication professional, health activist, 2008-2018:

1. **Electronic media:** She began her media carrier in 2008 as the writer and presenter of fortnightly health awareness popular TV show **“TONU MON[Mind and Body]”** in the only National Broadcasting Media “Bangladesh Television”. It is the longest running and only TV program that focus on women’s health in Bangladesh. It still airs in Bangladesh Television with approximate 40 million viewers per episode.
2. **YouTube:** She is the founder of **“Dr. Purabi’s Help Desk”** an educational health awareness YouTube channel. This desk provides free lecture in Bengali on maternal and reproductive health issues. The Obstetrical and Gynecological Society of Bangladesh uses this help desk as resource material for their member physician to refer to. [<https://www.youtube.com/user/drpurabihelpdesk/videos>]. It has a wide impact on health awareness and motivation. Bengali speaking people all over the world are using these free lectures. Number of viewers is increasing day by day.
<https://www.youtube.com/user/drpurabihelpdesk>
3. **Facebook:** Thousands of her followers are regularly updated with health education and information by her Facebook page. <https://www.facebook.com/DrPurabisHelpDesk/>
4. **Print media:** She is the regular contributor of health related articles in national Bengali and English newspaper of Bangladesh like The Bangladesh Observer, The Daily Star, The Asian Age, The Dhaka Tribune, The Bangladesh Protidin, Vorer Kagoj, Shokaler Khobor.
5. **Creating volunteer:** She is devoted to train volunteers, mostly among the college and university students. Having been trained by Dr. Purabi with the skills and health education materials these volunteers are running health awareness program individually in their community.
6. **Community level free health services:** Sometimes women of hard to reach area cannot go to the health center timely as she needs someone to accompany her or she is financially dependent or the health center is too far from her. With the help of the volunteers and stakeholders she moves to the door step of the women with the necessary equipment to **do free cervical cancer screening**. She is educating high school girls of rural, per urban and urban areas on **adolescent health changes and menstrual hygiene practice**. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4091465/>
7. **Drawing the attention of the policy maker:** Through TV show, newspaper write up and seminars she draws the attention of the policy maker to take urgent and necessary action on health related issues. <https://www.thedailystar.net/health/how-long-do-we-have-pay-tax-our-femininity-1559464>

Recognition:

1. Nominated by Embassy of the USA to participate **International Visitor Leadership Program 2012**. The International Visitor Leadership Program (IVLP) is the U.S. Department of State’s premier professional

exchange program. Through short-term visits to the United States, current and emerging foreign leaders in a variety of fields experience this country firsthand and cultivate lasting relationships with their American counterparts. Professional meetings reflect the participants' professional interests and support the foreign policy goals of the United States.

2. Nominated by Microsoft, Bangladesh as **Brand ambassador**, Windows Women Program.
3. Selected for participation in **Community Solution Program 2016-2017**, a program of Bureau of Educational and Cultural Affairs of US Department of States. It is a professional development program for the best and brightest global community leaders.
4. Listed as **Top 10 health awareness activist** by LinkedIn, 2016.
5. Selected as **member spotlight**: Springboard for health communication professionals by USAID and Johns Hopkins Bloomberg School of Public Health's Center for Communication Programs (CCP).
6. Finalist: **The 6th annual WEGO health award**, <https://www.wegohealth.com/2017/09/25/announcing-6th-annual-wego-health-awards-finalists/>.
7. Finalist: **120 under 40** By Bill and Melinda Gates Institute for Population and Reproductive Health, <http://120under40.org/nominee/dr-nowsheen-purabi>

Presentation abroad:

1. Guest speaker: South Asian Rotaract Conference, 2012
2. Global forum on Prevention of Cervical Cancer, 2013[KL, Malaysia]
3. Road to Better Health: The Journey of Dr. Nowsheen Purabi, University of California [UCSF], Global Health Science.
4. Personal leadership plan: Nowsheen Purabi, Bureau of Educational and Cultural Affairs of US Department of States, Washington DC

Training:

1. Hands on training on colposcopy, LEEP, Cryotherapy from Chittaranjan National Cancer Institute, Kolkata , 11/07/2015 to 17/07/2015
2. Hysteroscopy live operative workshop from Chittaranjan National Cancer Institute, Kolkata 09/07/2015 to 10/07/2015
3. Basic training on colposcopy, Bangladesh Society for Colposcopy and Cervical Pathology 25/07/2015 to 30/07/2015
4. Learning Solutions, George Mason University, United States of America Community Leadership Institute [IREX] , 08/08/2016 to 08/12/2016
5. Basic Surgical Skill, Dhaka 02/12/2014 to 03/12/2014 Institute of Advanced Medical Education
6. LARC training from SMC, July 2018
7. 4 years Post-graduation training in Gynecology and Obstetrics from Bangabandhu Sheikh Mujib Medical University [BSMMU], Dhaka Medical College, Bangladesh Medical College.

Publication:

Article in medical journal:

- 1 Chlamydial infection and male factor infertility.
http://www.dinajmc.org/journal/djmcj_v5_i2/djmcj_v5_i2_108_purubi_chlamydial_infection.pdf
- 2 Asthma in Pregnancy – An overview. [Chest and heart Journal 2011; 35(2): 107-112]
- 3 Effect of Bronchial Asthma on Premenstrual syndrome [Chest and heart Journal 2012; 36(1): 48-54]
- 4 Pleural Endometriosis: A case report [Chest and heart Journal 2012; 36(1): 88-89]
- 5 Accessibility of low cost sanitary napkin in rural and semi-urban community of Bangladesh:
http://www.ssnimc.gov.bd/journal/ssnimcj_2018_jan_v03_i1/27_sn_026_2018_v3_i1_purobi_sanitary_napkin.pdf
- 6 ENVIS Centre on Hygiene, Sanitation, Sewage Treatment Systems and Technology:
sulabhenvi.nic.in/PublicationDetails.aspx?SubLinkId=1789&LinkId=5904&Year=2018

Article in national newspaper:

1. Which one is more harmful: Mosquito or mosquito coil.
<https://www.thedailystar.net/health/which-one-more-harmful-mosquito-or-mosquito-coil-1223857>
2. Let's change our outlook to women. <http://dailyasianage.com/news/51554/lets-change-our-outlook-to-woman>
3. Realities in our medical sector. <http://www.observerbd.com/2016/02/16/136669.php>
4. School health program urgent need of our society.
<http://www.observerbd.com/2016/04/13/146501.php>
5. Reality of women's right: Background Bangladesh
<http://www.observerbd.com/2016/03/08/140318.php>
6. Before it's too late. <http://archive.dhakatribune.com/health/2014/jan/18/it%E2%80%99s-too-late>
7. How long we have to pay tax for our femininity?
<https://dailyasianage.com/news/115740/how-long-we-have-to-pay-tax-for-our-femininity>
8. <http://www.thedailystar.net/author/dr-nowsheen-sharmin-purabi>

Book:

- 1 Beating cervical cancer in developed countries: A dream or a reality?
<https://www.intechopen.com/books/howtoreference/current-topics-in-public-health/beating-cervical-cancer-in-the-developed-countries-a-dream-or-a-reality->
- 2 Ekjon Chikithsoker Dekha Jiboner Golpo [Life Stories: Observation of a physician]: Bengali
https://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Dstripbooks&field-keywords=ekjon+chikithsoker+dekha+jiboner+golpo

3. Life Stories: Observation of a Physician, English
https://www.amazon.com/dp/1982092440/ref=sr_1_1?ie=UTF8&qid=1514531659&sr=8-1&keywords=life+stories+observation+of+a+physician

Membership:

1. International exchange alumni [Government organization of USA].
2. Springboard for health communication professionals
3. Academic, research and training constituency member: PMNCH, WHO
4. Selection committee member: 2018 Community Solutions Fellow, US Department of States
5. Selection committee member: WEGO Health award
6. Stakeholder: United Nations Foundation
7. Resource person[Women's health]: a2i-Access to information, Prime Minister's Office, Bangladesh
8. WEGO Health Expert
9. TCI's Urban Reproductive Health Community of Practice by Johns Hopkins Bloomberg School of Public Health
10. Bangladesh Medical Association
11. Bangladesh Medical College Alumni Association
12. Viqarun Nisa Noon School and College Alumni association
13. Dhaka University Alumni Association.

Chairman: Live Healthy Foundation

Founder: Dr. Purabi's Help Desk

Language: Bengali, English, Hindi

Signature:

Dr. Nowsheen Purabi

4th September, 2018