

Dr. Nowsheen Sharmin Purabi

Phone: +8801911357465

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, skilled in program evaluation, nonprofit organization, activism.

Highlights:

Dr. Nowsheen Purabi is dedicated to empowering under privileged women through comprehensive health education and support.

Focused areas of her works are adolescent health, contraception, STI, maternal health, respectful maternity care, safe abortion and post abortion care, non-communicable disease prevention and control, nutrition, mental health, first aid and basic life support.

She is the first consultant physician in Bangladesh who has taken all the initiatives to raise health awareness among the women 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

Licensed Physician: Bangladesh Medical and Dental Council, 2005

Professional experiences as media and communication professional, health activist, 2008-2017:

- 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]", 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.
- 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.

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.
2. Nominated by Microsoft, Bangladesh as **Brand ambassador**, Windows Women Program.
3. Selected for participation 2016-2017 **Community Solution Program**, 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>

Publication:

Article in medical journal:

- 1 Chlamydial infection and male factor infertility.
http://www.dinajmc.org/journal/djmcj_v5_i2/djmcj_v5_i2_108_purabi_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

Article in national newspaper:

1. Let's change our outlook to women. <http://dailyasianage.com/news/51554/lets-change-our-outlook-to-woman>
2. Realities in our medical sector. <http://www.observerbd.com/2016/02/16/136669.php>
3. School health program urgent need of our society. <http://www.observerbd.com/2016/04/13/146501.php>
4. Reality of women's right: Background Bangladesh <http://www.observerbd.com/2016/03/08/140318.php>
5. Before it's too late. <http://archive.dhakatribune.com/health/2014/jan/18/it%E2%80%99s-too-late>
6. <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

Chairman: Live Healthy Foundation

Language: Bengali, English, Hindi

Signature:

Dr. Nowsheen Purabi

25th October, 2017