

# INVESTING IN YOUR FUTURE, BRIDGING THEORY AND PRACTICE: WHY PURSUE A MASTER'S DEGREE IN PUBLIC HEALTH?

*Posted on February 8, 2024 by CHD Group*



**Category:** [Opinion](#)

After earning your bachelor's degree, you find yourself at a crossroads: which route will take you towards the rewarding job you want? Isn't it? And you also want to make a significant impact in the community. Right? Then, a [Master of Public Health](#) (MPH) is your answer. It is a powerful degree that opens up a plethora of opportunities in the field of public health. It equips you with the skills and knowledge to address the most significant health challenges at the global, national, and local levels. Personally, for me, it is a very interesting and exciting field that illuminates one with deeper knowledge, practical application of that knowledge, and diverse career paths to explore. A career in public health offers a wide range of opportunities to make a significant impact on society. Whether you are interested in research, policy development, community outreach, or healthcare management, or you have a keen interest in any particular health topic, public health offers a vibrant landscape to explore. Public health is a blooming field at a global level, especially after the COVID-19 pandemic. Public health professionals play an important role in designing and implementing interventions that promote health, prevent diseases, and improve the overall well-being of communities. It allows you to apply your knowledge and skills in real-world settings and develop a deeper understanding of public health practice at the grass-roots level. Public health campaigns encourage healthy lifestyle choices such as quitting smoking, eating a balanced diet, getting regular exercise, etc. that aid in preventing chronic diseases, this is just one of the examples that public health activities include. A public health professional finds a place in diverse areas. The

leading recruiters include, but are not limited to, international agencies like WHO, UNICEF, UNDP, government and ministries, academia, hospitals, think tanks, NGOs, research organisations, etc.

One of the key advantages and interesting aspects of pursuing a career in public health is its interdisciplinary nature. It is a unique blend of professionals from different areas that bring quality insights and skills to work towards better health outcomes for the community. Many students who want to be a part of public health miss the opportunity, owing to the misconception that it is only for those who have a medical background. However, the reality is far different. The public health platform at the [Edward and Cynthia Institute of Public Health](#)- an advanced technical partner to [Yenepoya University](#), only demands your true intention and interest to be a changemaker in the community, and students with bachelor's degrees in any background can pursue MPH. Moreover, the students here experience real public health and are exposed to various field visits, outreach programs, and research projects. Our MPH students are highly motivated and passionate about learning and growing in the field of public health. Therefore, the students are exposed to learning beyond the four walls of the classrooms and are encouraged to participate in various workshops, field activities, guest lectures, etc., thereby instilling critical thinking, improving communication, giving the relevant grass-roots experience. The institute values the opinions of students and encourages them to use the power of writing to raise community awareness about emerging public health issues. Overall, students are nurtured here to be better and more responsible public health professionals by equipping them with the required skills, hands-on training, research publications, internships, and notability in the public health sector.

*Investing in an MPH and at the right place is an investment in the health of the world as a whole, your community, and yourself. It's a path towards a fulfilling career where you can actually contribute to improving the health and well-being of people.*

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