This summer I had the opportunity to work at International Centre for Diarrhoeal Disease Research, Bangladesh (icddr,b), a research institution located in Dhaka, Bangladesh, “committed to solving public health problems facing low- and middle-income countries through innovative scientific research.” I joined a dedicated and diverse group of researchers in the Maternal and Child Health Department (MCHD) at icddr,b on an adolescent health study in May. This opportunity reaffirmed my interests and goal to become a reproductive health specialist in the public health field.

As I anticipated, working on this allowed me to practice my scientific writing skills and improve my Bangla (especially public health terminology). It also gave me insight to the history of abortion (and abortion restriction) in Bangladesh, the policy changes and process of approval of menstrual regulation with medication (MRM, also known as “the combination pack” mifepristone - misoprostol), and the current situation of MRM use. I’m thankful for everything I learned from engaging in conversations with researchers in MCHD about family planning services in the context of Bangladesh's culture.

I am continuing to work with my internship supervisor, Dr. Huda to support a publication that aims to inform and change health policies and practices to improve reproductive health outcomes in Bangladesh.

I am grateful to my advisers, supervisors, Knowledge in Action Career Internship Fund (KACIF), and Milken Institute School of Public Health Capital Connections Fund for giving me the opportunity to work with Bangladeshi reproductive health experts and gain exposure to public health in my motherland.