

Empowering people has always been a tempting concern to me as there is an unstoppable desire to give people a better feeling. It might not be surprising to see others know me as a supportive person who realizes the value of fruitful communication. In this light, I met a friend who had similar motives with me and I went to the university's class with him for the first time. The class was full of people who were worried about social inequalities in medical treatments and services. A million-dollar question now has been come to my mind, asking who is responsible for the medical services in society, and why the state solutions do not work for everyone, and can even be as bad as the problem itself? I was asking why people do not change their behaviors even with extensive government support? To find the lost answer, I realized that the answer to the most fundamental questions, cannot be found conventionally, thus I thought I should be different, and act differently so I can be successful in finding the answers to my questions and be successful as a member of healthcare family.

When I decide to study public health, I came to this understanding that for a subtle and different vision about behavioral change, the patient is the pain I have to bear with to gain. I used to think that people could be convinced at ease that eating fat or salty food is harmful, or the point that they should have daily physical activity to stay healthy. All of my assumptions were in vain, however, as people decide emotionally rather than logically. As a result, I came to realize that to inspire people to change their behaviors, I need to know them better before defining any health care strategy. To avoid failure then, I started to learn about the factors which are influential on human health. The desire for change and helping other people, took my hand through a labyrinth of success, to show me that for innovation in knowledge of behavioral interventions and development in public health, I need to continue my education.

As a hardworking and passionate bachelor student, I started a successful project with one of my experienced professors whose research interest was women's physical activities. Such interests raised the research questions about the effects of behavioral interventions on women's physical activity. In MSc and as my thesis topic, I worked on an innovative idea about educating road safety behaviors to children which were ended with an excellent mark. My intense incentives to help other people especially those impoverished and endangered groups like women, children, child workers, and workers were strengthened and put into action by working as a research assistant for my supervisor. Such plans, allowed me to focus on health-oriented interventions which had a large impact on my life. The project was about improving healthy eating behaviors in the workplace and was seeking to understand the reasons people are inclined to unhealthy eating behaviors. During this project, I had the experience of living in an industrial neighborhood as an employee which gave me many hints and determiners about such behaviors. My researches continued when I was admitted to study PhD and besides, I could obtain a new certificate in developing healthcare startups which encouraged me to define new jobs in the health business.

I am currently working on designing educational programs for a different course in health and also, I work as a health researcher in a cultural and educational institute. As an experienced person in education, and a person who has finished health management workshops successfully, I am particularly interested in designing personalized innovative interventions based on an individual's lifestyle. I am seriously interested to work as a health researcher who is highly experienced in working with endangered groups. In this plan, I am

decisive enough to help people to change their unhealthy behaviors and offer data and consultant to the health policymakers to reform the health structures and achieve new standards in quality of life. I am highly determined, seriously interested, and hardworking to conduct my plans and serve human society.

I am experienced in studying public health in my country, sometimes as a student and researcher, and sometimes as a lecturer. I am always interested in transferring my experiences to other students and I did so when I was a lecturer in the public health department. I even spend quite a time as a health expert in a remote village with people who live with a vastly different culture than mine. Working and communicating with them was one of the toughest jobs I have ever done and when I worked in the Ministry of Health as an expert in the Prevention of Mother-to-Child Transmission (PMTCT) Programs, I realized that I am still a beginner in achieving my goals. These are the main incentives to study abroad, and as a person who seriously follows certain plans to improve herself, studying abroad can allow me to be a better person who can work even more efficiently with high clarity. I need to learn a lot about international experiences in the field, enhance my knowledge, and see the world through different lenses and become familiar with other perspectives as well. Working with reputable professors will help me to see the question of health in a multi-dimensional way as it excites me to be in a new world with new scientific and communicative experiences. I also need to learn more about developing startups and be involved in their environment.

To continue my journey to always dreamt destinations, I decided to apply to the University of I am sure that by studying at this university and working with its experienced professors, I can achieve what I always wanted. Needless to say that, the democratic and diverse environment of the university is not just a positive point but is a tool for me, so I can communicate and enhance my knowledge effectively in a diverse environment.