DR. ARIF CHOWDHURY APOU

Assistant Professor | Department of Public Health | Faculty of Health and Life Sciences

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ACADEMIC QUALIFICATION

Master of Public Health (MPH) — Daffodil International University

Passing Year / Period: 2023 | Details: Completed

Bachelor of Medicine, Bachelor of Surgery (MBBS) — Shaheed Monsur Ali Medical College, Dhaka

Passing Year / Period: 05/2018 | Details: Medical Science

EMPLOYMENT & PROFESSIONAL EXPERIENCE

Assistant Professor | Department of Public Health, Daffodil International University

Present

Dermatologist (PGT) | Shaheed M. Monsur Ali Medical College, Uttara, Dhaka

01 Jan 2023 – 30 Jun 2023

Lecturer (Part Time) | Daffodil International University

10 Jan 2019 – 30 June 2023

Trainer & Chief Instructor (Short Course) | Global Research Centre, FAHS, Daffodil International University

01 Nov 2021 – 31 Dec 2021

Lecturer (Guest) | Daffodil Nursing College (DNC)

01 Mar 2020 – Present

Lecturer (Part Time) | Bangladesh Open University (BOU)

01 Jan 2020 – Present

Project Research Physician | International Centre for Diarrhoeal Disease Research, Bangladesh (icddr,b)

05 Mar 2019 – 31 Oct 2019

Fitness Consultant | Xtreme Fitness Center

02 Jan 2019 – Present

Intern Physician | Shaheed Monsur Ali Medical College & Hospital

15 Jan 2018 – 31 Dec 2018

Medical Officer | Prome Agro Foods Ltd.

04 Feb 2013 – 31 Mar 2013

TEACHING AREAS

Applied Nutrition, Community Nutrition, Human Biology, Geriatrics, Epidemiology, Hospital Management, Food Safety and Hygiene, Field Epidemiology, Ethics in Public Health Practice

PATENTS & INNOVATIONS

- Beetroot Energy Booster (Patent No: P/BD/2024/000212, Dated 09.07.2024; DPDT publication requested on 11.09.2024).
- Submitted 3 additional patent applications to Department of Patents, Designs and Trademarks (DPDT).

RESEARCH PUBLICATIONS & MANUSCRIPTS

1. Sagor, S. R., Binta, M. S., & Chowdhury, A. A. (2025). Assessing the effectiveness of community clinics in maternal and child nutrition in Sylhet and Chattogram divisions, Bangladesh. DIU Journal of Allied Health Sciences, 11(2), 17–27.

2. Islam, M. S., Roy, C., Ishadi, K. S., Mithu, M. M. U., Abedin, E. S., Karim, M. S., Alam, M. F., Apou, A. C., Chowdhury, A. A., & Mubarak, M. Dietary pattern and nutritional status of school-going adolescents in rural areas of Bangladesh.

3. Mia, M. M., Saha, D. K., & Apou, A. C. (2024). Quantitative analysis of caffeine in carbonated beverages from the Bangladeshi market using spectroscopy methods. International Journal for Multidisciplinary Research, 6(6), 1.

4. Bellal Hossain, Mohammed A. Mamun, Arif Chowdhury Apou, Nitai Roy (2024). Exploring mental health literacy among prospective university students using GIS techniques in Bangladesh: an exploratory study. Cambridge Prisms: Global Mental Health, 11, e92, 1–15.

5. Boby, F. A., Orhan, B. E., Apou, A. C., Sohel, M., Iqbal, A., & Mia, H. (2024). In pursuit of precision: Assessing the impact of physical attributes on change of direction speed in women's cricket. Retos, 60, 841–849.

6. Plabon, S. B., Suity, H. K., Tanny, U. H., & Apou, A. C. (2023). A comparative study about lifestyle between the sedentary and control groups of selected healthy volunteers at gymnastics in Dhaka. DIU Journal of Allied Health Sciences, 10(1), 68.

7. Islam, M. S., Chowdhury, A. A., Apou, A. C., & Mubarak, M. (2022). Water used in street food stalls: A possible source of transmission of antibiotic resistance bacteria. Daffodil International University Repository.

8. Apou, Arif Chowdhury; Farzana, Tasnim; Suzauddula, M.; Hossain, Md. Bellal (2019). The Physicochemical Characteristics and Quality Evaluation of Bael Fruit (Limonia acidissima L.) Pulp Powder for the Product of Functional Food. DIU Journal of Allied Health Sciences.

9. Hossain B, Akhter F, AC Apou, Rubaya Ahmed, N Uddin (2021). Assessment of antenatal care of third trimester pregnant women attending in antenatal clinic at Mohammadpur Fertility Services & Training Centre of Dhaka, Bangladesh. International Journal of Pregnancy & Child Birth.

10. B Hossain, Shameem H, UH Tanny, AC Apou, MR Sohag (2023). Effect of Incorporating Beetroot on Shelf-life Stability of Functional Pickles. International Journal of Membrane Science and Technology, 10(2), 1946-1955.

11. Shameem H, UH Tanny, AC Apou, B Hossain (2023). The study on the impact of Physical exercise and lifestyle on the mental health of psychiatric patients at the national institute of mental health hospital. EPH-International Journal of Medical and Health Sciences.

12. Submitted: Patient Awareness and Use of Herbal Dietary Supplements in Managing Diabetes in Southeastern Bangladesh (Journal of Preventive Medicine, 2024).

13. Submitted: Optimized Development of Energy-Dense Pangasius Fish Chips with Enhanced Nutritional and Sensory Attributes (Journal of Food Process Engineering, 2024).

AWARDS & FELLOWSHIPS

- UGC PhD Scholarship Fellow 2023-2024 (University Grants Commission of Bangladesh)

- South Asian Bodybuilding and Fitness Championship; Kathmandu, Nepal (2018)
- Independence Day Bodybuilding Competition 2018; Bangladesh Bodybuilding Federation (2018)
- Victory Day Bodybuilding Competition 2017; Bangladesh Bodybuilding Federation (2017)

TRAINING EXPERIENCE

Title: Bronchial Asthma
Place: Bangladesh Bokkhobadi Institute
Duration: 10 Days

PROFESSIONAL MEMBERSHIPS

- Bangladesh Medical Association (BMA)
- Bangladesh Sports Federation
- Bangladesh Body Building Federation