



## Message from International Student

Name: HENRY

Nationality: Republic of the Philippines

Program: MSc /PhD PhD in Agricultural Science (Major in Food Science)

Duration of my Studies at Shinshu University:

From October 01, 2015 to September 30, 2019



### **Why did you choose to study at Faculty of Agriculture, Shinshu University?**

I recently earned my PhD in Agricultural Science at Shinshu University (Faculty of Agriculture) last September 2019 through the MEXT:Monbukagusho scholarship program of the Japanese government. I considered Shinshu University over top-ranking universities in Japan because of its unique education system, engaging study curriculum, and cutting-edge research in the field of agricultural and food science. I chose to study at Shinshu University because my research interest was very much inclined to my Professor's research projects with emphasis on the protective roles of bioactive compounds derived from agricultural crops and functional foods against age-related cognitive decline and neurodegenerative diseases. I joined in the Food Chemistry Laboratory. My study experience at Shinshu University was truly amazing and challenging. I studied the neuroprotective and cognitive decline-suppressing activity of biomaterials isolated from fermented rice beverage and by-products using human neuronal cells and mouse models of aging.



### **How was your life at Faculty of Agriculture, Shinshu University?**

Doing advanced research at the university was not a problem because most laboratories have sophisticated equipment and state-of-the-art facilities. With the guidance of my supportive, passionate and hard-working supervisors, I was able to complete my research and publish our papers in reputable peer-reviewed international journals related to food science, nutrition and brain research. The Japanese students and my fellow foreign students were also very helpful. They were always there to assist me in my animal experiments and cheer me up in times of trouble. Another perk of being a student in my laboratory was the opportunity to travel and meet potential research collaborators. I visited different places in Japan and North America by participating in international scientific conferences. The university also provides recreational activities to unwind students from their busy schedules in the laboratory. The university together with different organizations in Ina City engaged us in several campus activities and civic events. It was fascinating to experience Japanese distinct cultural heritage, customs, traditions and social atmosphere. I was also delighted to meet friendly people and discover incredible new foods that I never ate before. Among Shinshu University campuses, the Faculty of Agriculture in Ina City is the most conducive place to study

because of its quiet, peaceful and relaxing environment as well as the beautiful natural sceneries.



### **What is your profession? How do you apply your research or experience at Shinshu University to your current occupation?**

Shinshu University has honed me to become an expert in my profession as a researcher at the Rice Chemistry and Food Science Division, Philippine Rice Research Institute. The knowledge and skills I learned from my supervisors made me more capable of doing biomedical and pre-clinical research in order to understand the molecular mechanisms and signaling pathways involved in the preventive actions of rice nutraceuticals and rice-based functional foods on life-style and age-related diseases which are becoming rampant in the Philippines.



### **Message to the prospective International Students.**

Choosing the right school is crucial when studying abroad. Personally, I can attest that Shinshu University is one of the best universities that offer comprehensive graduate study program for international students who aim for higher personal and professional growth. So, I am inviting all prospective international students around the globe to study at Shinshu University and experience world-class education in Japan.

