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Self-introduction of Ms.Khaing Zar Lwin

About me

My name is Khaing Zar Lwin. I come from Shan State, Northern Part of Myanmar. My parents are U Htay Aung and Daw Myint Myint Kyi. I passed the matriculation examination with three distinctions from Basic Education High School, Wat Won, Pyin Oo Lwin in 2004. I studied at the University of Nursing (Mandalay) and I graduated in 2008 and received the Bachelor of Nursing (B.N.Sc). Also, I studied the “Development Studies” and “Research Studies” at Yangon University of Economics and I received post graduate diplomas.



Moreover, I was awarded the fellowship from “Australia Awards Fellowship Programme” and received the honored Certificate of Recognition on “Strengthening Civil Society in Myanmar” in order to improve the goals and outcomes of the Public Sector in 2015.

My Aspiration and My Future Goal

As I have determined to become a leader and researcher in public health care profession in order to promote the role of public health in civil society and to upscale preventive, promotive, curative and rehabilitative health care in Myanmar, with emphasis on strengthening country’s health care system by engaging in health policy and planning, management, technical support, medical research and education with priority thematic area in reproductive health.

Medical experiences

After graduation, I became nurse-in-charge in Mandalay City hospital for one and a half year. Working as an In-charge, I started to become interested in NGO (non-profit) work. In 2010, I was selected by Relief International as Maternal and Child Health Nurse.



I took the responsibility in conducting health trainings and performing Ante-natal, Post-natal and Newborn care in 18 villages. During my professional work at RI, I went to Rakhine State to support people who were the victims of the natural disaster "Giri" hurricane. After finishing this project, I joined in International Organization for Migration (IOM) as 3Diseases Support Nurse (HIV, TB and Malaria). At IOM, I had a chance to take a step forward in my professional career working in technical role, counselor role, coordination role, management and supervision in this job.

Current Occupation

I have been working as Assistant Project Manager (Health and HIV/AIDS) in Karuna Mission Social Solidarity (KMSS), Caritas Myanmar, a faith-based organization which based on Catholic Social Teaching from July 2013 to present.

Future Plans

After my graduation, I will strongly involve in promotion of the role of civil society in health sector by conducting and implementing effective researches related to Reproductive health. For the national development of the health sector, Civil societies are the bridging gaps which link the national level strategic policy making process to the effective implementation at the community level. Therefore, the development of Civil Societies in Health Sector play an essential role to accelerate the development of that sector, which is the reason I am taking master degree in population and reproductive health research so that I can explore and engage in health management and guidance in implementation and evaluation for successful and sustainable development of the Health Sector.

I would like to give my heartfelt thanks to every single person from "Bettina-Katterman-Foundation", the KAAD for the invaluable support to me and other candidates to become effective human resources for Myanmar.

With warm regards;
Ms. Khaing Zar Lwin

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