



**Mari Kusumi**  
President

President Mari Kusumi received her doctoral degree (Dr. Med.) from Showa University and her master's degree (M. Clin. Psychol.) from Alliant International University/California School of Professional Psychology. Her expertise lies in health sciences of mind and body from the integrated understanding of humans. She established the University of Human Arts and Sciences (UHAS) in 2000. Currently, she also serves as President of the Tokyo Human Health Sciences University Vietnam and President of the Japan Society of Health Sciences of Mind and Body.

## UNIVERSITY OF HUMAN ARTS AND SCIENCES (UHAS) Driven with Vision to Promote 'Knowledge for Well-being' & Holistic Education

**A**s the world becomes increasingly complex, the need for holistic education that addresses not only technical skills but also personal growth is on the rise. The University of Human Arts and Sciences (UHAS) in Japan is one such institution that recognizes the importance of developing human resources for the well-being of society. The declining birth rate and aging population in Japan have posed significant challenges for the country's higher education community. The university provides both leading-edge skills and wisdom to enrich the lives of people of all ages.

### Preparing Students for Society

UHAS addresses the issue of preparing students for society by researching human beings comprehensively. Based on the theory of 'mind-body correlation', the university aims to feedback to students on the research outcomes in their education. Cultivating the spirit of self-reliance and interdependence of students is the central goal. The university believes that education is not just about giving skills or qualifications. Graduates are expected to take licenses on the right hand, and the zest for living on the left hand; they acquire both professional skills and their way of life, through the understanding of humans.

"We have conducted collaborative research and educational programs with private enterprises and local public organizations. Recently, our undergraduate students participated in local events on food and environmental sciences and won several prizes. The job offer rate for undergraduates is almost 100 percent every year", says Mari Kusumi, President.

These achievements are products of the university's educational philosophy. UHAS hopes that students learn to stand on their own feet, think and feel with their minds, live their own life, and then fulfill their responsibilities in ever-

changing times, by expressing gratitude for everything and supporting each other.

### Unique Higher Education Courses & Faculties

UHAS offers courses that explore the holistic understanding of 'mind', 'body', and 'environment and society'. The university generates 'knowledge for well-being' for life-based on its approach to human nature. All students learn and practice the 'mind-body correlation' theory, which is the scientific understanding of organic correlations between mind and body that will enable them to seek life promotion in the future. This concept is the foundation of the university's all education, including the courses in health nutrition, food development, nursing, physical therapy, and prosthetics and orthotics.

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***The University of Human Arts & Sciences (UHAS) is the first private university to specialize in the correspondence course in Japan, promoting 'knowledge for well-being' & the theory of 'mind-body correlation' to Asia & the world***

UHAS has 8 departments in correspondence/commuter and undergraduate/graduate courses, and ensures the consistent quality of professors by having about 80 full-time faculties. These faculty members cover a variety of interdisciplinary human sciences, such as physiology, molecular biology, brain science, anthropology, clinical psychology, medicine, and social welfare.

### Facilities & Opportunities for Education & Research

UHAS has Research Centers for Bio-functional Analysis and Health Food Sciences. Students can conduct experimental studies using laboratory equipment there. The university collaborates with the Japan Society of Health Sciences of Mind and Body. Students can present and publish their research outcomes at the society's academic meetings



and journal. Additionally, students can obtain the title of 'Human Health of Mind and Body Advisor' from the society by obtaining certain credits at the university.

UHAS also holds public lectures and science cafe series to promote lifelong learning for people of all ages. Participants can know the frontier of research and consider scientific communication. Together with them, the university co-creates knowledge for a peaceful and affluent future.

### International Exchanges & Conclusions

UHAS has international collaborations with Vietnam, the USA, China, and Thailand. The university has exchange programs with the Tokyo Human Health Sciences University Vietnam. The Vietnam University is currently in preparation to establish a hospital, which boosts medical technologies and human exchanges between Japan and Vietnam.

In conclusion, UHAS is a unique institution in Japan that is dedicated to providing holistic education and training for students, with focuses on scientifically promoting 'knowledge for well-being' and the understanding of correlations between mind and body.

"UHAS is a part of the Waseda Health Sciences Education Corporation. Originally, our organization began as a vocational school of health care in 1953. In 2023, we celebrate the 70th anniversary. We have provided educational service for many years and a large number of graduates are active in each field all over the world", speaks Mari Kusumi.

The university is well-equipped to prepare students for successful professional careers and contribute to the wider community. Furthermore, its correspondence programs and international collaborations demonstrate commitments to global education and human exchanges. For those seeking comprehensive education that goes beyond traditional academic boundaries, the University of Human Arts and Sciences (UHAS) is a great choice. **ABO**

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