



AMSA newsletter

KNOWLEDGE, ACTION AND FRIENDSHIP

Issue 2012

STEP
BY
STEP
INTO THE ZENITH

CONTENT

1) Foreword from the editor	3
2) Foreword from the regional chairperson	4
3) About AMSA Malaysia	5
4) Organization chart	6
5) History	8
6) AMSA Achievement	9
7) UMS	11
8) UKM	12
9) UCSI	17
10) USM	19
11) UTAR	22

FOREWORD FROM THE EDITOR

First and foremost, I would like to thank all the committees that had contributed their precious time in making this newsletter a huge success. The great designs from Eng Yii Hern and the co-operation between all the team members are great. And not to forget, our dearest seniors who offered us their advices and experiences in the publication of the newsletter.

Step by step, into the Zenith

With every newsletter we published, new themes are formed. This year's theme is as stated above "Step by step, into the Zenith". So, what is Zenith? It spells like a name of a planet but it truly indicates the greatest height or the height of success or prosperity. As years pass by, AMSA is now an association with a widespread members ranging from all over Asian and Australia.

In this newsletter, we included everything u need to know in AMSA Malaysia and all the activities that is held by all the member universities of AMSA Malaysia. The lack of mutual interaction had always been a hindrance for events involving collaboration between universities. Hence, AMSA Malaysia Newsletter can keep all the member universities well-updated on the events held.

Last but not least, I would like to congratulate all the new board of committees and hope that everybody will enjoy this issue of AMSA Malaysia newsletter.

Chiew Wern Way
Editor-in-chief
AMSA Newsletter 2012

FOREWORD FROM THE REGIONAL CHAIRPERSON

Greetings, friends of AMSA Malaysia.

Time does fly, that it is again the time, where the new committees are going to take over the responsibility of steering AMSA Malaysia to a brighter future.

AMSA Malaysia has been improving in recent years, and the 34th Asian Medical Student Conference hosted in Malaysia definitely marked its peak. Throughout my tenure as the Regional Chairperson, AMSA Malaysia continues to strive, by winning multiple awards in the academic competition of both AMSC Philippines and EAMSC Japan. And also, we have new members joining our big family of AMSA.

The objectives of AMSA Malaysia are “Action, Knowledge and Friendship”, that we hope we can achieve all these in all of our activities. We hope our members; can stand out a little bit more as compared to their colleagues, by providing them opportunities to join various activities, to be able to contribute to the society, to gain knowledge and at the same time, to be able to forge friendship with medical students at national and international level.

On the other hand, it is of great hope that the momentum of our footsteps will be maintained with the continuous support of our member universities that provide us with dedicated officers and talented participants, and the efforts of our officers, that in the not distant future, AMSA Malaysia will reach its new summit.

I would like to take this opportunity to welcome the all the 1st year juniors, to seize the opportunity to participate in AMSA Malaysia’s activities in the university, national and international level. Last but not least, I would also want to extend my gratitude and appreciation to the editorial board for coming out with this volume of newsletter.

“Building Bridges, Sharing Dreams”

Lee Zheng Cong

Regional Chairperson 2012/2013





ABOUT AMSA MALAYSIA

The Asian Medical Students' Association is a peak representative organization for medical students from across Asia, the Asia-Pacific and beyond. Training doctors from 11 Member Nations and 2 Associate Nations combine to share knowledge, undertake activities and social services and create international and trans-continental friendships.

The AMSA vision is *Knowledge, Action and Friendship*. Three areas we continuously strive to further in our members and peers through our organizational mission:

Knowledge : We promote scientific and medical activities to increase and expand our knowledge whilst training to become the medical professionals of the future.

Action : As medical students, we are concerned for the community around us and endeavor to do things for the benefit and improvement of our fellow citizens.

Friendship : As future doctors, we aim to build and maintain a good relationship among our colleagues of the Asia-Pacific and beyond.



ASIAN MEDICAL STUDENTS ASSOCIATION MALAYSIA EXECUTIVE COMMITTEE



SECRETARY
PRASANA K. THIRUCHELVAM



PRESIDENT
ASILAH SARIMAN

REGIONAL
LEADER

ACADEMIC DEPARTMENT



ISAAC TAN YIENG ER



KATRINA HO WOON YEE



TAN JU ANN



FONG WAI DIC



CHAN YING XIN VAN



TEH KANG WEI



SHARON LIM JUI KIM



CHANG WING LIONG



CHONG LI SHE



YAP WAI LEONG



THAM MIN



UVIAN CHONG SIN YUE



HO JIA HAO

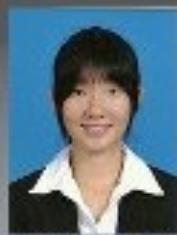
STUDENTS' ASSOCIATION MALAYSIA COMMITTEE 2012/2013



GENERAL CHAIRPERSON
LEE ZHENG CHONG



VICE PRESIDENT
TEH SOH WEN



TREASURER
NGUI PEI HWA

DEPARTMENT



WINESSE WONG PHEY JIA

PUBLIC RELATION DEPARTMENT



DANNY WONG
LING SIONG



LEE CHEE YUEN

MULTIMEDIA & PUBLICITY DEPARTMENT



ENG YIT HERN



AIMI AQLAH ABD HARITH



AMNOR AIDILIANA AMIR



CHEW WERN WAY



UNIVERSITY REPRESENTATIVES



CHUA HUI JIAN



HWA JONG SONG



LIM HUI WEN



MONASH
University

JORANNE CHIAM



UNIVERSITI
TEKNOLOGI
MARA

ZAFRAN ARRIFIN

HISTORY

Asian Medical Students' Association (AMSA) Malaysia is a non-profit and non-political organisation led by medical students, started its operation in The National University of Malaysia (UKM) since year 1985.

AMSA was officially founded in Manila, Philippines in 1985 and from that day has been an active, dynamic and exciting student-led, non-profit, non-political organization. Having established AMSA Malaysia in year 1983, AMSA Malaysia was one of the 6 founding members of AMSA International.

Professor Dato' Dr Lokman Saim, the founder of AMSA Malaysia re-capped the introduction of AMSA into Malaysia during the recent interview,

“In the year 1980, medical students from Japan joined students in Thailand in the very first Asian medical Students' Conference (AMSC) which was held in Bangkok, Thailand. It was the first meeting of its kind among medical students in Asia. In 1981, Malaysia was also invited to the conference. Medical students from UKM responded to the invitation and participated in the event. I was one of the students who had the privilege to participate in the event. 2 years later, UKM offered to organize the Asian Medical Students' Conference (AMSC) in 1983 with the theme “Drug Abuse”. This was the first step in bringing AMSA to Malaysia.”

In present, AMSA Malaysia has also secured partnership from other medical students' associations from other universities in Malaysia, namely International Medical University, Universiti Malaysia Sabah, Universiti Putra Malaysia, Universiti Sains Malaysia, University College of Sedaya International, Universiti Teknologi MARA, Monash University, Asian Institute of Medicine, Science and Technology University, Penang Medical College dan Universiti Tunku Abdul Rahman.



AMSA ACHEIVEMENT

AMSA Malaysia also won awards for many competition during the conference:

Year	Conference	Conference/ Categories	Award
2009	Kajian Akademik	The 22 nd East Asian Medical Students' Conference (EAMSC)	2nd
2010	Kajian Akademik	The 23 rd East Asian Medical Students' Conference (EAMSC)	3rd
2010	Kajian Akademik	The 31 st Asian Medical Students' Conference (AMSC)	3rd
2011	Kajian Akademik	The 24 th East Asian Medical Students' Conference (EAMSC)	1st
2011	Anugerah Inovasi Universiti Kebangsaan Malaysia Ke-6 Tahun 2010	Kategori Pembangunan Kendiri dan Profesional	Champion
2011	Kajian Akademik	Joint Conference 2011	Champion
2011	Poster Awam	Joint Conference 2011	Champion
2011	Poster Saintifik (Kategori Terbuka)	Joint Conference 2011	Champion
2012	Scientific Poster	The 33 rd Asian Medical Students' Conference (AMSC)	Champion
2012	Public Poster	The 33 rd Asian Medical Students' Conference (AMSC)	3rd Place
2012	Academic Research Paper	The 33 rd Asian Medical Students' Conference (AMSC)	2nd Place
2012	Video Making	The 33 rd Asian Medical Students' Conference (AMSC)	2nd Place
2012	Academic Research Paper	The 26 th East Asian Medical Students' Conference (EAMSC)	3rd Place
2012	Public Poster	The 26 th East Asian Medical Students' Conference (EAMSC)	Champion
2012	Scientific Poster	The 26 th East Asian Medical Students' Conference (EAMSC)	Champion

AMSA Malaysia : Host for the International Conference

Year	Conference	Theme
1983	<i>The 4th Asian Medical Students' Conference (AMSC)</i>	<i>Drug Abuse</i>
1987	<i>The 8th Asian Medical Students' Conference (AMSC)</i>	<i>Medical Curriculum for Year 2000</i>
1992	<i>The 13th Asian Medical Students' Conference (AMSC)</i>	<i>The Role of Medical Students in Primary Health Care</i>
1998	<i>The 19th Asian Medical Students' Conference (AMSC)</i>	<i>The Challenges of Health Care Management in the next Millennium</i>
2005	<i>The 26th Asian Medical Students' Conference (AMSC)</i>	<i>Technology in Medicine: Embracing the Progress, Serving the People</i>
2009	<i>The 22nd East Asian Medical Students' Conference (EAMSC)</i>	<i>Engaging Asia-Pacific Youth in the Fight Against HIV/AIDS</i>
2010	<i>The 23rd East Asian Medical Students' Conference (EAMSC)</i>	<i>Men's Health: Defining The Past, Refining The Future</i>

And in 2013,



STEP
BY
STEP
INTO THE ZENITH



The Malaysia Sabah University (UMS)

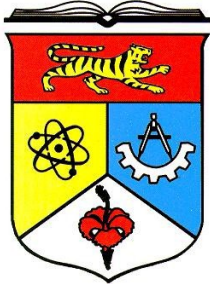
AMSEP Indonesia-Malaysia 2012

Last October 13-October 20, 2012, 11 delegates from different universities in Indonesia which are Padjadjaran University, Hasanuddin University, Brawijaya University and Diponegoro University participated in the Asian Medical Students' Exchange Program hosted by Malaysia Sabah University (UMS). This seven-day experience for the students from Indonesia was composed of various activities in the university, hospital, around our city, Kota Kinabalu and Kundasang.

The 11 medical students from different university in Indonesia which are Anastrinia Syafiqah Hanun(Anas), Anggadha Yuniarko Saputra(Ang), Citra Lady Angga Dewi(Citra), Fidesha Nurganiah Siregar(Desha), Ilmania Norma Aini(Ilma), Rifan Nugraha(Rifan), Selly Apriani Lestari(Selly), Chrisandi Yusuf Rizqiansyah(Sandi), Yeni Purnamasari(Yeni), Galang Perdamaian(Galang) and Zahrotun Nadliroh(Nana) joined.

(Written by Ameera Tiara, secretary of organizing committee of AMSEP Indonesia-Malaysia 2012)





THE NATIONAL UNIVERSITY OF MALAYSIA (UKM)

AMSEP Philippines-Malaysia 2012

Last November 23-November 30, 2012, 10 delegates from University of the Philippines College of Medicine participated in the Asian Medical Students' Exchange Program hosted by The National University of Malaysia (UKM). This seven-day experience for the students from Philippines was composed of various activities in the university, hospital, around our capital, Kuala Lumpur and Malacca.

This collaboration program (AMSEP Philippines-MALAYSIA 2012) between the University of the Philippines College of Medicine and Universiti Kebangsaan Malaysia had been a successfully organized program. 10 medical students from University of the Philippines College of Medicine which are Amanda Christine F. Esquivel (Mandy), Benedict Mihangel Parungao Crisostomo, Gienah F. Evangelista, Harroun Valdimir Tan Wong, JOHNA PAULINE O. MANDAC, Jose Conrado Tan Paulino (Toby), Joseph Alexander Dela Cruz Paguio, Kimberly Anne G. Ednalino (Kim), Nicole Marella Garcia Tan (Alla) and Noel Bernardo joined.

(written by Low Chea Yee, secretary of organizing committee of AMSEP Philippines-Malaysia 2012)



STEP
BY
STEP
INTO THE ZENITH

AMSEP Malaysia-Philippines 2012 (UNIVERSITY OF THE EAST RAMON MAGSAYSAY MEMORIAL MEDICAL CENTER)

Philippines is a country which made up of 7,107 islands. The capital, the City of Manila is situated in Luzon. On January 16-22, 2012, a group of 10 delegates from The National University of Malaysia (UKM) participated in the Asian Medical Students' Ex-change Program hosted by University of the East Ramon Magsaysay Memorial Medical Center (UERM). Malaysian delegates who joined this exchange programme were Loh Kent Mun, Ong Li Wen, Tan Chim Yoong, Soon Chong Hong, Khairol Azhar bin Abdul Rahim, Nur Hidayah binti Abdul Samad, Kalaiarasan A/L Gemini, Ooi Chwee Fern, Heng Xue Min and Koh Chee Teck.

(written by Ong Li Wen)



This trip was the most precious and unforgettable memories for all of us. We were very grateful to meet all the new friends in Philippines and we will always treasure our friendship throughout the rest of our life.

AMSA Health Day 2011

Themed "old pathogens, new challenges", the 2011 AMSA health day was successfully held on the 18th of December 2011 at Taman Tasik Permaisuri, Cheras. In line with the upcoming pre-EAMSC conference in Singapore, the committee started off many challenges in making this program a success. The committee members and runners from UKM and IMU arrived as early as 8am to prepare our booth.

We invited Malaysia Pulmonary Tuberculosis Association (MAPTB) to join our campaign. Among the leaflets distributed by them include introduction to tuberculosis ,methods of curbing the spread and its treatment. Besides this, they also communicated with the public by answering the questions raised by them.

The health campaign started at 9am with the clinical screening booth accepting participants to undergo a series of screening tests which included fat distribution measurement, blood pressure, blood glucose and blood grouping. At the end of the screening, they will be provided with a counselling session to explain their results and clear their doubts.

Dr Aida's keynote speech on infectious diseases was probably the highlight of the day. Representing The Ministry of Health, she delivered her speech in a lively manner, much to the delight of the public. We followed up the talk by providing pamphlets printed from the ministry website. Some diseases that are more prevalent in Bandar Tun Razak such as dengue and influenza virus infection were given emphasis. Other diseases that were selected to be educative topics were cervical cancer, tuberculosis, yellow fever and malaria.

A booth without games and public interaction will be deemed to be a dull one. However, if IMU students were to conduct the games booth, you ought to be in for some fun. The 'match disease and vector' game was the best of all where laughter and excitement can be found. Participants who matched all correctly were given a small gift.

Crowd slowly tapered as the day proceeded but there was a small crowd who turned up around 5pm, thanks to the publicity made by MY FM. The MY FM crew managed to draw a small crowd through its publicity of our event over the air. They also helped us increase awareness of the public through its question and answer session. In the session, the public had to flip through our pamphlets and answer various questions posted by the MY FM crew.

Our clinical booth garnered a total of 250 participants while around 300 people visited our mini exhibition and the booth set up by MAPTB. Although it was a small scale, our campaign managed to achieve our objective. The health campaign ended around 6pm.



STEP
BY
STEP
INTO THE ZENITH

Post EAMSC Singapore Conference

On 19th of May 2012, the Post EAMSC Program is held at Auditorium, Pusat Perubatan UKM (PPUKM). The program an annual event of AMSA Malaysia always done after an International Conference. This program is joined by medical students from different private and government universities throughout Malaysia where they come together and learn about the theme of the respective conference. This time the event shares the theme of EAMSC Singapore 2012 – Infectious Diseases.

The event was carried out smoothly as planned. Registration fee of RM 5 was collected from all non-UKM participants. We have 70 participants from different universities excluding the organizing committee. Apart from this, our organizing committee managed to invite our supervisor which is Dr. Azlin Mohammad Mohd. Yasin to come as a VIP to officiate our event and also doctors from Ministry of Health and UKM to help conduct our workshops and keynote lectures.



Registration



Settle down for Opening Ceremony



Case Study during Workshop



PPE Session

AMSEP Japan-Malaysia 2012

Last **March 27-April 1, 2012**, 4 delegates from Kanazawa Medical University Japan participated in the **Asian Medical Students' Exchange Program** hosted by **The National University of Malaysia (UKM)**. This seven-day experience for the Japanese students was composed of various activities in the university, hospital, around our capital, Kuala Lumpur and Penang.

This collaboration program (AMSEP JAPAN-MALAYSIA 2012) between the Kanazawa University and Universiti Kebangsaan Malaysia had been a successfully organized program. 4 medical students from Kanazawa University which are Yuki Ka-neko, Yuri Higashi, Yusuke Seki, and Shotaro Innoue joined.

(written by Khairol Azhar bin Abd Rahim, secretary of organizing committee of AMSEP Japan-Malaysia 2012)



THE AMSEP MALAYSIA-JAPAN (KANAZAWA UNIVERSITY)

On April 2-8, 2012, a group of 4 delegates from The National University of Malaysia (UKM) together with 2 delegates from AMSA Philippines participated in the Asian Medical Students' Exchange Programme hosted by Kanazawa University. Malaysian delegates who joined this exchange programme were Lee Kee Tat, Chan Tze Hwei, Foong Wai Dic and Vannese Wong Phey Jia.

The enlightening programme started off with a tour around Tokyo for the first 2 days before we headed off to the main venue- Kanazawa. We arrived at Tokyo International Airport at about 10 pm on April 2 and were welcomed with open arms by Yusuke Seki, who is the chairperson of this exchange programme. We stayed overnight in a hostel with a delegate from Philippine (Irish May Co) who arrived in Tokyo in the morning.



STEP
BY
STEP
INTO THE ZENITH



UNIVERSITI COLLEGE SEDAYA INTERNATIONAL (UCSI)

Joy Garden Gardening Project

On 01 December 2012 (Saturday), 12 students from UCSI University, including 3 committees, have joined the “Joy Garden Gardening Project” event organised by UCSI Year 2 medical students as part of the BSCPPD project “Faith in Humanity: Restored”. This is the second sub-event after the visit to an old folks home.

The participants gathered at 7.30 am and departed from UCSI South Wing Campus at 8.00 am. After we arrived at Joy Garden Old Folks Home located at Semenyih, all the participants were divided into 2 groups with a group leader respectively. The participants were guided by one of the residents there. She explained first what works have to do and was instructing the participants throughout the event. Some of the old folks there are mentally challenged, and some were even fighting among themselves. On the other hand, some are even handicapped and some are bed ridden.

After that, works are distributed among the participants. The main task is to transfer all the residents’ things from one building to another block including beds, pillows, clothes, chairs and personal things. After transferring everything, the participants helped to clean the rooms in the new block. Some helped to sweep the floor and some mopped the room. On the other side, some boys helped to fix the beds there and arranged it neatly in the respective rooms.

About one hour later, the participants gathered together and cleaned the small garden inside the home. They cleared the unwanted plants, clean the rubbish and even planted a few “misai kucing” plants.

Around at 1pm, the participants had their lunch there and were given goodie bags and mineral water. After the lunch, the participants talked and chatted with the old folks for a while. Each of them came from different backgrounds and some stories were heartwarming. Before leaving, the participants had a photo shooting session with the old folks there. The participants shared their feeling and expressions helping the old folks.

Although it was very tiring and exhausted, we had the satisfaction of helping the residents there. We returned back to the campus around 2pm. It was definitely a great and new experience to the participants.

Prepared by,
Sobana Natarajan



Visit to Old Folks' Home

On 24th November 2012 (Saturday), 23 students from UCSI and other universities, including 3 committees, have joined the "Visit to Old Folks' Home" event organised by UCSI Year 2 medical students as part of the BSCPPD project "Faith in Humanity: Restored". This is the first sub-event and it kick-started the chain of events after this.

The participants gathered at 12.30 pm and departed from UCSI South Wing Campus at 1.00 pm. After we arrived at Bellevue Residential Home Care, all the participants were divided into 2 groups. It was a two-storey building and each group visited one of the floors first. The participants went around to talk to the old folks there and listened to their stories. Old folks living here have different backgrounds. Some had family who visit them regularly; others were living there alone. Most of them were happy to see us there since not many people visit the place.

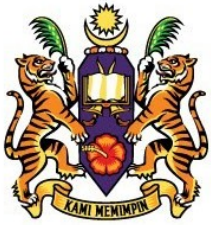
About one hour later, the participants gathered and performed some songs for the old folks. Most of the participants sang in the centre of the crowd while some mingled among the old folks. It was a joyful moment and some of us were reluctant to end the session. After that, the participants had a short tea break outside the building. We also gave some fruits to the Bellevue Residential Home Care. Before we left the place, the participants had a photo shooting session.

We left Bellevue Residential Home Care for UCSI South Wing Campus at 4.15 pm. On the way back, the participants have a sharing session on the bus to express their feelings and experience during the visit to old folk's home. For the participants, the visit has made them learn something new and gain a new perspective of life. In a nutshell, we should be responsible and take good care of our parents. The community should also show kindness and love to those people who live in the old folks' home and need love.

Prepared by,
Ooi Kang Jie



STEP
BY
STEP
INTO THE ZENITH



UNIVERSITI SAINS MALAYSIA (USM)

Medical Camp 2011

A medical camp was organised by the Malaysian Medical Association (Kelantan branch) in Pulau Perhentian, Terengganu, with collaboration of AMSA USM and the Nursing College of Kubang Kerian.

This was a 2 days 1 night camp held on the 8th and 9th October 2011, with a variety of program. These program aimed to provide free healthcare services for the villagers in Pulau Perhentian. Participants for this activity had their in Water Colours Resort, Pulau Perhentian, Terengganu.

On the first day, 7 health stations were set up, with each station looking into different aspects of the participants' health profile. Station 1 is to assess height and weight. These 2 components will then be used for BMI analysis. Participants who were underweight and overweight were advised on healthier lifestyle habits. Station 2 collects urine samples for further test. Station 3 is to assess for blood pressure. Patients who were hypertensive were advised on ways to reduce blood pressure. Station 4 is to assess for glucose level. Patients who have high glucose level were advised to follow a selective diet for diabetic patients.

Moreover, station 5 is specifically for the young male teenagers who have yet to circumcise. This procedure was conducted by doctors and 4th year medical students. Circumcision procedure was demonstrated by experienced doctors from HUSM and thereafter, 4th year USM medical students were given the chance to have hands on experience.

Station 6 is to assess heart conditions. The readings were slightly inaccurate as there were noises coming from the crowd. Second year USM medical students assisted by training nurses had hands on experience on electrocardiogram procedure. Station 7 is to distribute medication such as vitamins and deworming medication for children aged 12 years and below.

On the second day, the program are quite flexible and relaxing. Kayaking, snorkeling, beach volleyball are carried out by the participants. Through these activities, the bonds between students and doctors are pulled closer.

All in all, this camp was successfully carried out, with students gaining experiences on health screening; in addition the villagers were happy to have free health care services.

Written by,
Jeslyn Ang Su Mei



AMSA Health Month

In conjunction with AMSA Health Month, AMSA USM organized several activities such as Infectious Disease Talk, Hepatitis B Vaccination, AMSA Hand Wash and AMSA Interschool Games in UPM. Hereby is the report for the Hepatitis B Vaccination Program. This event was held on the 18th of May 2012, from 9 in the morning till 12 noon at the Examination and Student Resource Block. The committee members of AMSA USM came as early as 8.00 in the morning to set up the event place.

Pre-event preparations include attaining approval and contacting the staff nurses from Unit Kawalan Jangkitan dan Epidemiologi (UKJEH) to be in-charge of the vaccine administration. We managed to obtain sponsorship from the Pharmacy Unit; as much as 150 vaccines. This vaccination program was divided into three slots; each with half an hour gap in between.

This event was organized in the hope to increase the awareness of the medical students as well as the dental students regarding the danger of the Hepatitis B infection. This vaccination program was opened to both medical and dental students as well. We hope that this vaccination program can help prepare these students in facing the clinical years later on. We also hope to educate them on the seriousness and the danger of Hepatitis B infection and vaccination is one way to prevent the infection. Prevention is always better than cure.

The event kicked off at 9 in the morning with the registration of the participants. Then, the participants were given a talk on this Hepatitis B infection; the route of infection and its complication. About 10 in the morning, the vaccine administration began. We managed to get about 105 participants. By 11.30am, the vaccination was done and we had light refreshment. Souvenirs were given to participations as a sign of appreciation. We were glad that we managed to achieve our objectives by the end of the day. This is the first time we organized Hepatitis B vaccination and we will definitely continue this meaningful act to provide all subsequently both medical and dental students the vaccine against Hepatitis B infection in the future.

Written by,
Tiong Sin Yi



Sex Education Health Talk

On the 8 of October 2012 , from 9am-12pm, we held a talk on sexual education in SRJK Chung Cheng, a primary school in Kota Bharu to educate 80 Standard Six students on sex education. This talk was held in collaboration with Reproductive Health Association of Kelantan (REHAK).

The objectives include instilling the understanding of secondary sex characteristics development for both genders, highlighting the importance of reproductive organ hygiene and also ways to protect them from sexual harassment.

We divided the students into two groups according to their gender for our talk. We also divide ourselves into two groups to conduct the talk. This is to prevent any discomfort and embarrassment between both genders. For the girls, the talk was held in the school library where we introduced the physical changes to a teenage girl's body during secondary sexual characteristics development. Besides, we showed and explain to them the anatomy of female reproductive organ by using graphic (cartoon) illustrations and anatomical model. Then, we explained to them about menstruation and how to use and dispose sanitary pads properly. Furthermore, we taught them how to respect the opposite gender and steps to protect one's self from being sexually harassed and violated. Besides that, we reminded them how important it is to say "No" to any physical contacts to their body without their consent.

For the boys, their session was held in the school hall. We introduced the physical changes to a teenage boy's body during secondary sex characteristics development. The anatomy of male reproductive organ was shown by using graphic illustrations. We taught them how to clean the area of penis covered by the foreskin to ensure the hygiene of their reproductive organ is taken care of. After that we explained to them about pregnancy.

By the end of our talk, we raised a number of questions to be answered by the floor. Gifts were given to those who can answer correctly. The students were actively involved in our talk, demonstration and Q&A session. Our program ended at 12pm.

Written by,
Wendy Ong Yun Ru





UNIVERSITI TUNKU ABDUL RAHMAN (UTAR)

Community Service: HOUSE OF JOY

On 3rd of December 2011, 28 members from UTAR Medical and Health Sciences Society (MHSS) visited an orphanage home. A few games were carried out to break the ice between the children and students before a session on “How to eat healthy” was conducted. The children were then taught to do an effective hand washing before lunch was served. After lunch, a basic eye checking were conducted by the medical students for the children of House of Joy. The visit ended with an art and craft session where the students and the children were grouped and to complete decoration of cups. The cups were to give to the children as souvenir.



Medical Sciences Workshop-Camp

A teambuilding camp was held to foster the relationship between students from different batches and courses of UTAR MHSS. This was carried out at Outbac Broga, Negeri Sembilan. Besides teambuilding, another purpose of this event was to enhance the knowledge in basic medical sciences of participants from various health-related fields. The activity “Leap of faith” was believed to have built up the team spirit among the participants. Quiz and workshops was a good channel for the participants from several courses such as medicine, nursing, traditional Chinese medicine and physiotherapy to share their knowledge.



STEP
BY
STEP
INTO THE ZENITH

World Diabetic Day

This year, World Diabetes Day was held on the 14th of November 2012. In conjunction with the day, on the 28th of November 2012, the Medical and Health Sciences Society (MHSS) of UTAR organized a Diabetes Health Awareness Campaign, as an effort to create the awareness among community in UTAR. This entire event was the brainchild of Miss Woo Li Fong and her team of creditable colleagues.

The event kick started with an aerobic session held at 8.00 am. The dancers that led the group of people were the medical students who were very well-prepared and fully enthusiastic in performing their routine to the hyped beat of the music. This aerobic session was conducted in the South Lobby of the UTAR Sg Long campus for three days, until the 30th of November. It was the most enjoyable session to start with each day.

At 10.30 am, an opening ceremony was held. The event was inaugurated by the Dean of the Faculty of Medicine and Health Sciences, Professor Emeritus Dr. Cheong Soon Keng. A short video regarding diabetes and healthy lifestyle was then played for the audience. The inauguration ceremony was also graced by the presence of Mr K.S Maniam from Persatuan Diabetes Malaysia. Being a diabetic patient himself, Mr Maniam enlightened the audience about his journey, struggles and method of living with diabetes. Shortly after, the guests were treated with tantalizing light and healthy refreshments sponsored by Tokyo Walker.

The Health Screening commenced at 11am. Booths were set up for blood pressure measurements, BMI readings, waist circumference measurements, and also for blood glucose reading measurements. Medical supplies such as the blood glucose strips were sponsored by leading global health companies, such as Abbott and Roche. Free counselling was also given to each and every participant by our very own experienced Health Sciences lecturers. On top of that, representatives from Hospital Sungai Long, Persatuan Diabetes Malaysia and Pejabat Kesihatan Kajang set up their own booths to spread information and awareness to the students. The Unit Promosi of Pejabat Kesihatan Kajang had a booth regarding the 10 000 steps pedometer campaign, which encourages the general public to increase their average daily steps.

The unique display and exhibition that was put up was a crowd puller as well. Posters sponsored by Kinsmedic and Eli Lily were put up to educate and spread awareness among the crowd regarding diabetes and its severity in the global community today. A unique array of real food items depicting a well-balanced diet were put for display. The recommended calories were also put next to each food item. This particular display helped the participants to determine the necessary amount of calories to be taken each day. The first 100 participants were given an umbrella sponsored by Hospital Sungai Long, while the rest of the participants were given Vitagen drinks respectively.

All in all, the Health Awareness Campaign held was a great success, with a very good response. Approximately 207 people had participated in this event. This entire event also depicted the immense teamwork, cooperation and dedication that the lecturers and students of the Medicine and Health Sciences Faculty had put in.



Sample



Sample

