

WORLD PHARMACISTS DAY 2023: PHARMACY STRENGTHENING HEALTH SYSTEMS

The Faculty of Pharmacy, UiTM Puncak Alam hosted the World Pharmacists Day 2023 on the 28th of October 2023. The event was a remarkable achievement, meticulously coordinated and executed by our dedicated students, under the capable leadership of Ms. Intan Rynn Zulaikha. This event brought together students from different faculties for a day filled with informative talks, interactive sessions, and health screenings. The event that was conducted at Rafflesia Student Complex offered a range of activities designed to promote health awareness and educate the community about the role of pharmacists in healthcare.



The day began with an energetic start as participants gathered at the complex for a fitness session led by a renowned coach, famous for his signature "Pound with Hasif" session. This invigorating workout set the tone for the day, promoting the importance of physical fitness as an integral part of a healthy lifestyle. Afterwards, participants quenched their thirst by enjoying ice pops made with real fruit, sponsored by Pops Malaya.

Throughout the day, attendees had the opportunity to participate in health screenings at various stations, which included blood pressure, blood sugar level, body mass index (BMI), body fat and muscle composition, and bone mass density. These stations also emphasized the crucial role of pharmacists in preventive care whereby it increases the public's awareness about their health parameters. Although most of the attendees are youth, these health screening stations gave them insight into parameters that they can occasionally monitor. It is also hoped that this information and awareness can be shared to their family members and relatives in the future.



The "Know Your Medicine" booth was a standout feature of the event, serving as an educational hub that covered various essential aspects of medication. It included sections on proper medication handling, considerations for paediatric medication use, safe drug practices, managing adverse effects, and medication compliance. An engaging "Antibiotic Combat Game" was incorporated to raise awareness about antibiotic use and antimicrobial resistance. This comprehensive exhibit not only enhanced attendees' understanding of pharmaceuticals but also empowered them to make informed healthcare decisions, underscoring the Faculty of Pharmacy's commitment to promoting health awareness and knowledge within the community.

During the midday session, the event hosted insightful presentations by esteemed speakers, each focusing on crucial healthcare topics. A representative from Jardin Pharma, Mr. Johary delivered an enlightening talk titled "Merdeka Dari Ekzema," shedding light on dermatological conditions and their effective management. Mr. Tiong Chi Kai, representing GT Health Pharmacy, provided valuable insights in his presentation, "Mental Health: You Shouldn't Fight Alone," emphasizing the importance of mental health support. Additionally, Dr. Faiz Othman, a distinguished lecturer from the Faculty of Pharmacy, explored various aspects of pharmacy practice, further enriching the audience's understanding of this vital profession. The event concluded with a prize presentation for the speakers who shared their expertise and insights with the audience. Attendees also had the chance to participate in a lucky draw sponsored by Jardin Pharma, adding an element of excitement to the day.



This event not only celebrated the global contributions of pharmacists but also empowered individuals to take control of their health and make informed decisions about medication. It served as a testament to the dedication of the Faculty of Pharmacy at UiTM Puncak Alam to promoting health and knowledge in the community. World Pharmacists Day 2023 was a day well spent, fostering a healthier and more informed society.

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