

Pharmily EcoExplorer: An Engaging Experience with Nature

By: Dr. Maziana Mahamood



On 28 August 2024, a group of 24 staff members from Faculty of Pharmacy, UiTM participated in a vibrant jungle trekking activity, known as **Pharmily EcoExplorer**. The main goal of the program was to conduct a hiking session at Denai Cadamba and complemented by a knowledge-sharing session with five staff from Taman Botani Negara Shah Alam (TBNSA).

The program started at 8.00 am at the designated starting point at Tasik 5, where the trekking would begin. Before starting the trekking, a warm-up session was conducted to prepare participants physically for the hike. This session included light stretching and exercises to prevent injuries and ensure everyone was ready for the activity. The participants then began trekking up the 3.5 km trail which is suitable for all ages. The journey was significantly enhanced by the presence of five knowledgeable staff members from TBNSA. These experts provided insightful commentary about the diverse flora and they expertly identified various plant species found along the trail such as Senduduk Bulu, Tambun, Bertam, Tongkat Ali and others. Additionally, the participants were introduced to several medicinal plants used in traditional remedies, which sparked lively discussions among them about sustainable practices and the importance of preserving natural habitats. A demonstration on the traditional use of Senduduk Bulu leaves as treatment for skin problems was conducted by one of the TBNSA staff, Mr. Muhammad Faiz.

In summary, the **Pharmily EcoExplorer** jungle trekking activity at Denai Cadamba was a wonderful experience to all the participants. This activity enhanced the team spirit among the staff by strengthening social bonds and promoting effective cooperation and communication between participants. It also offered valuable lessons in nature and had a positive impact on mental and physical wellness. It was a perfect mix of learning, teamwork, and enjoyment, leaving everyone excited for future adventures!

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