



UNIVERSITI
TEKNOLOGI
MARA

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Perubatan

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PROGRAM KOMUNITI JOM SIHAT JULAI 2021

The Department of Primary Care Medicine UiTM had organized Program Komuniti Jom Sihat Julai 2021 involving the UiTM staff, students, and the public in collaboration with Perpustakaan Tun Abdul Razak (PTAR) Cawangan Selangor, Department of Medical Education (DoME), and Health Education and Awareness Leaders (HEALX).

This program was a Virtual Outreach Community Programme conducted over one month from the 28th of June 2021 to the 31st of July 2021. The success of this program outreaching into the community throughout Malaysia shows that the COVID-19 pandemic is not a barrier to encourage our nation to practice a healthy lifestyle.

👉 In addition, the advancement in technology provided a platform for remote meetings, program delivery, and advertisements, as well as the opportunity to record and replay the sessions for future viewing and sharing. 👉



KESIHATAN ITU ANUGERAH

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👉 The program aimed to increase community awareness on the importance of health and educate and empower the public on healthy lifestyle practices. 👉

PROGRAMME ACTIVITY



The running of Program Komuniti Jom Sihat Julai 2021 was virtual from the planning to the conduct of the program. The program started with an online meeting via google meet platform involving Family Medicine Specialists from the Department of Primary Care Medicine UiTM.

After that, communication with other departments and organizations was via WhatsApp and phone calls. A list of those involved in this program included:

1. DoME: Posters, e-certificates, T-shirts, and medal designs.
2. PTAR: Hosted Virtual Talks, generated automated e-certificates for the virtual talks.
3. HEALX: Promotion via video ads, Youtube, Instagram, Facebook, website, the postage of T-shirts and medals, emailing e-certificates to participants.
4. Unit Komunikasi Korporat: Blast the program to all UiTM users.
5. Bendahari UiTM: Budget and Student Development (TAPA) funding for medical students to claim the registration fees for the virtual 5km run event.
6. Speakers from Department of Primary Care Medicine, Rehabilitation and Centre of Dietetics.
7. T-shirt and medal printing company.

For future programs, participants were given a link to join either a telegram or WhatsApp group upon submission of the google registration form for ease of communication. In addition, an arrangement should be made with Bendahari UiTM so that receipts are auto-generated after payment. Special thanks are dedicated to all those involved in this program. We hope that this sharing would encourage other departments to hold virtual programs beneficial to our community.