

SMK Puncak Alam Students Dive into Health & STEM for Healthy Minds and Healthy Lives

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The Healthy Lifestyle and STEM Programme, held at SMK Puncak Alam, Bandar Puncak Alam, Selangor, was a success, with 120 students participating in a half-day of discovery, inspiration, and hands-on science. This programme, organised in collaboration with the Faculty of Pharmacy, Universiti Teknologi MARA (UiTM) and the school, was more than just another school event. It was an eye-opening journey into the world of health and Science, Technology, Engineering, and Mathematics (STEM).

The event commenced at 1:30 p.m. with the registration of participants, followed by an opening address from Madam Siti Maslina Syed Musa, Assistant Principal of SMK Puncak Alam. The three speakers then delivered their respective talks. First, Madam Noor Anilizawatima Sulong presented "Bananas Unpeeled: Health Benefits and Tissue Culture Secrets". Students discovered not only the surprising nutritional benefits of bananas but also the fascinating science behind banana tissue culture. The second talk, delivered by Dr. Ruzianisra Mohamed on the topic of "Bioinformatics, Tools, and Apps for Health Monitoring", was an eye-opening session that highlighted how modern digital tools and bioinformatics applications are revolutionising personal health monitoring, empowering individuals to take control of their wellness in smarter and data-driven ways. Dr. Mohd Shihabuddin Ahmad Noorden delivered the final talk on the topic of STEM and its direction. This is an inspiring look at the evolving landscape of STEM careers, highlighting opportunities for the younger generation and the importance of critical thinking, creativity, and innovation in shaping the future.



Following the talks, participants visited the mini STEM Exhibition Corner, which featured:



Scientist workbench - The speakers have prepared posters, materials and experimental tools to attract students with graphic presentations and a real situation of a project.



Banana Tissue Culture Demonstration – Demonstrated plant science in the form of plant biotechnology to inspire curiosity among students.



Throughout the sessions, facilitators, including Dr. Nurfarhana Ferdaos, Miss Qaisara Rozan (an internship student from the University of Manchester, UK), Miss Nurin Irdina binti Ismail, and Miss Nur Fatin Amira binti Noor Haimay (from the University of Malaya, UM), assisted in managing the audiences, distributing materials, and taking feedback forms. By the end of the event, an MOU between the school and lecturers was signed for more collaboration events in the future. The feedback was collected, and it was loud and clear as the students left the hall, not only with healthier habits in mind but also with a deeper appreciation for science. The event concluded at 4:30 p.m. with a group photo session and the presentation of tokens of gratitude to the speakers and facilitators.

In conclusion, this programme demonstrated the power of collaboration between schools and the Faculty of Pharmacy, UiTM. By blending health education with STEM engagement, it created a space where students could learn, interact, and dream big. Thus, it is pointed out that such programmes should be repeated periodically, with varied themes and partnerships, to involve more schools in the community.