



UiTM Global

News

ENGAGING THE WORLD

SUMMER PROGRAM:
INTERNATIONAL EXPOSURE &
EXPERIENCE ACT LOCAL, BE LOCAL

15th – 29th January 2024

SUMMER PROGRAM:
LANGUAGE AND CULTURE 2024

31st January 2024

ERASMUS + FAB
PROJECT CONSORTIUM MEETING

16th February – 18th March 2024

Psychiatry UiTM Global Engagement:

**RDC Women Empowerment
Conference 2024
at the
2nd Asia Pacific Regional
Development Community Summit**



The Department of Psychiatry, Faculty of Medicine UiTM, and Hospital Al-Sultan Abdullah (HASA) received the honor from Regional Development Community (RDC) Berhad, Pertubuhan IKRAM Malaysia (IKRAM), and the Pertubuhan Kesejahteraan Psikospiritual Malaysia (PKPM) to serve as a collaborative partner and coordinator of the scientific conference during the RDC Women Empowerment Conference 2024 at the 2nd Asia Pacific Regional Development Community Summit (RDC SUMMIT) under the theme 'Empowering the Community through Women's Mental Healthcare'. The event, held at the Ideal Convention Centre (IDCC), Shah Alam, on November 4, 2024, was attended by participants from Malaysia, Indonesia, Singapore and Brunei, including health professionals, NGOs, volunteers, researchers, and students.



Key activities during the conference included the presentation of papers on various topics related to mental health and women's empowerment, such as the relationship between mental health and religion or culture, the stigma surrounding mental health issues, and the role of NGOs and women in addressing mental health challenges. Participants also had the opportunity to engage in interactive sessions led by psychiatrists and clinical psychologists from the Department of Psychiatry on effective relaxation techniques. The

department members, Associate Professor Dr Salmi Razali, shared her insights on 'Dealing with Stigma in Mental Health Issues', and Dr Nurul Azreen Hashim led the workshop on relaxation techniques with the audience.

An e-book titled "Initiatives & Projects for Women Advancement" was successfully launched during the conference. This e-book explores diverse aspects of women's mental health through research, real-life community projects, and practical solutions. It highlights the evolving understanding of women's mental health needs, focusing on empowering women to lead healthier, more fulfilling lives. Each section features evidence-based research, infographics, and summaries of community projects aimed at raising awareness and providing practical tools for managing mental health. The e-book also addresses critical issues like intimate partner violence and cyberbullying, shedding light on their hidden impact on women's psychological well-being. Furthermore, it emphasises the importance of building resilience and providing psychosocial support, particularly for women balancing multiple roles in healthcare and caregiving.





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