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## **COMMUNITY HEALTH DAY IN KG. PANGKAL PETAI DALAM, MACHANG: ENHANCING HEALTH AND UNITY**

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Nur Syahadah Syafiee, Fatihah Faiqah Mohd Isam &  
Muhammad Azim Shariff  
Department of Pathology**

On 14 th October 2023, the Community Health Day program unfolded in Kg. Pangkal Petai Dalam, Machang, Kelantan. The primary aim of this program was to cultivate leadership skills and communication proficiencies among students while concurrently bolstering health awareness and elevating the quality of life for the local community. This initiative was meticulously coordinated and executed by four second-year medical students as part of their elective program: Norsyazana, Nurshahadah, Fatihah Faiqah, and Muhammad Azim. They were under the guidance of their elective project advisor, Dr. Ummi Mohlisi Binti Mohd Asmawi, from the Department of Pathology.



The realization of this event was made possible through robust support and collaboration with partner organizations, including the Village Development and Security Committee (KRT) of Kg. Pangkal Petai Dalam, the Village Library of Pangkal Petai Dalam, the National Population and Family Development Board (LPPKN) Kelantan, Batu 30 Health Clinic, Pusat Rawatan Al-Farhain, and the Malaysia Relief Agency (MRA) Kelantan.

## Promotion of Health Awareness and Education

This program served as a platform for disseminating essential health information to the residents. Dr. Afif bin Mohd Ridzwan from the Pusat Rawatan Al-Farhain delivered an informative health lecture focusing on three diseases frequently observed within the community: Diabetes mellitus, hypertension, and heart disease. He imparted valuable guidance and advice on preventing and managing these health conditions.

Furthermore, Dr Alifah Binti Mohd Zizi from the Malaysia Relief Agency (MRA) Kelantan conducted an insightful lecture on cancer prevention, with a special emphasis on breast and cervical cancer. Dr. Alifah encouraged attendees to take advantage of free HPV DNA screenings and mammograms at the mobile LPPKN unit.

## Comprehensive Health Screenings and Check-Ups

The Batu 30 Health Clinic, under the leadership of Dr. Mursyidah, offered comprehensive health check-ups, encompassing measurements of blood pressure, blood sugar, body mass index, and health counseling. The National Population and Family Development Board (LPPKN) further provided complimentary HPV DNA screenings and facilitated mammogram registrations. This initiative enabled the residents to access crucial health screenings directly.



## Diverse and Engaging Activities

The Community Health Day has featured many activities that engaged the local community. Physical activities such as aerobic exercises, dodgeball, and soccer brought joy and fostered social interaction. A Nasheed performance by Quranic schoolchildren also added a cultural dimension to the event. Enjoyable activities for children and adolescents, like cupcake decorating and coloring, stimulate their creativity. A health quiz tested participants' knowledge of health-related topics.



### **Strong Support and Sponsorship**

The program received sponsorship and support from various concerned entities. The Faculty of Medicine at UiTM Sungai Buluh, in support of their commitment to student and community engagement, played a vital role in making this program possible. Moreover, KRT Kg. Pangkal Petai Dalam, the Malaysia Relief Agency (MRA), Pusat Rawatan Al Farhain, and personal contributors contributed significantly, including an exciting lucky draw with enticing prizes.



### **Community Potluck Lunch**

A distinctive aspect of this program was the community potluck lunch organized by KRT Kg. Pangkal Petai Dalam. This exemplified the spirit of community cooperation, where everyone shared and enjoyed a meal together.

The Community Health Day in Kg. Pangkal Petai Dalam, Machang, was triumphant and vibrant. This program is a remarkable example of how the synergy between health education and community engagement can improve health outcomes. It has elevated health awareness among the residents, fostering positive connections in an enjoyable atmosphere. Furthermore, it provided valuable experience to the students in community engagement and honed their communication and leadership skills. We hope these efforts will persist and inspire others to follow suit.