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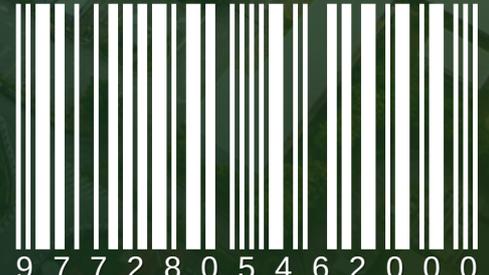
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Menyerlahkan Potensi
Membentuk Masa Hadapan



“JANTUNG AKTIF, HIDUP PRODUKTIF; JANTUNG SIHAT, MUDAH IBADAH”

By: Dr. Nurulizzah Mahfar, Dr. Ameerah Su’ad Abdul Shakor,
Dr. Mohd Hazim bin Ahmad Fuad, Prof. Dr. Siti Munira Yasin, Dr. Nik Nairan Abdullah,
Assoc. Prof. Dr. Leny Suzana Suddin & Assoc. Prof. Dr. Chen Xin Wee



A vibrant health carnival themed “Jantung Aktif, Hidup Produktif” (Active Heart, Productive Life) and “Jantung Sihat, Mudah Ibadah” (Healthy Heart, Easier Worship) was held on 13th October 2024, at Masjid Al-Azhariah in Seksyen 18, Shah Alam, Selangor.

Organised by fourth-year medical students from the Faculty of Medicine at UiTM Sungai Buloh Campus, in collaboration with Majlis Perwakilan Penduduk Zon Seksyen 18 Shah Alam and Majlis Bandaraya Shah Alam (MBSA), the carnival aimed to raise awareness about active lifestyles, heart disease prevention, and early detection of comorbidities.

The event, which ran from 7.30 am to 1.00 pm, attracted more than 500 participants from the local community. It began with registration and a light exercise session, followed by an official opening ceremony officiated by Associate Professor Dr. Leny Suzana Suddin, Deputy Dean of Industry, Community and Alumni Network of the Faculty of Medicine, UiTM. Dr. Nik Nairan Abdullah, the program advisor and representatives from MBSA and the local community also delivered opening remarks.

The carnival was filled with engaging activities, bright banners and colourful decorations, creating a lively and welcoming atmosphere.

Participants of all ages, predominantly from the older age group, attended the event. Informative posters and displays on heart health, healthy eating, and active living were supplemented by interactive exhibitions with anatomical models and leaflets on adopting healthier lifestyles. A children's corner, filled with laughter and excitement, saw youngsters participating in a coloring competition, word search, human organ puzzle games, Ping Pong Toss, Jenga Trivia Games and Musical Chairs, fostering fun and interaction with the children.



Figure 1: Participants explore various informational health booths promoting active lifestyles and heart health awareness.



Figure 2: Children enthusiastically participate in a Jenga game, sharpening their critical thinking skills during the carnival.

The health screening booths had received overwhelmingly positive feedback. Medical students conducted these sessions, while certified medical professionals offered health consultations. Meanwhile, equipped with portable dental chairs, the Dental Team provided oral check-ups and dental hygiene advice in a bus clinic parked at the mosque's entrance. Concurrently, a health forum held in a mosque hall featured talks by UiTM cardiologists, nutritionists, and religious scholars. These sessions emphasised the importance of a healthy heart in fulfilling religious obligations and engaged attendees in insightful discussions.



Figure 3: Local community members receive health screenings, including blood pressure, BMI, and cholesterol checks.



Figure 4: The Dental Team offers oral check-ups at the mobile dental clinic, providing advice on dental hygiene.



Figure 5: Insightful discussions during the health forum led by cardiologists, nutritionists, and religious scholars.



Figure 6: UiTM students, lecturers, and local community members come together to promote health awareness at the carnival.

The carnival proved to be a successful platform for interaction and collaboration, fostering strong bonds between aspiring medical students, engaged local authorities, and the community. More than just an event, it was a celebration of health, underscoring the potential of community engagement and acting as a catalyst for positive change.

By encouraging the adoption of healthier habits and proactive heart disease prevention measures, the carnival empowered the community to take charge of their well-being. The program concluded at 1.00 pm with Nurfhatin Atirah binti Mohamed Zoefry, a representative of the fourth-year medical students, delivering a heartfelt closing speech, marking the end of a successful event.