

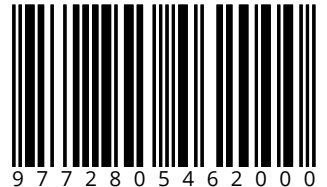
No.1/2025

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FACULTY OF MEDICINE UTM



eISSN 2805-4628



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# SUKAF BANDAR PUNCAK ALAM 2024: COMMUNITY RALLIES FOR HEALTH AND WELLBEING

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On Saturday morning, October 12, 2024, hundreds of residents gathered for the much-anticipated Karnival Sukan Antara Fasa (SUKAF) Carnival, a day-long event focused on health, fitness, and community bonding at IJM Land Central Park, Bandar Puncak Alam, Selangor. Organized by the local council in collaboration with the Public Health Medicine Department, Faculty of Medicine and Hospital Al-Sultan Abdullah (HASA), UiTM the carnival offered various activities to promote healthier

lifestyles.

The event kicked off at 8:00 AM with the Fun Walk, attracting participants from all age groups. The lively atmosphere set the tone for the day, with participants engaging in activities such as the Netball Penalty Shoot-Out and the Mini Sukaneka, encouraging physical activity and friendly competition among community members.

A Mobile Legends tournament was officially opened by YB Youth and Sports Exco of the Selangor State Government, Tuan Mohd

Najwan bin Halimi.

The official opening ceremony was presided over by the Political Secretary (SUPOL), Office of the Minister of Health, Tuan Haji Mohammad Faisal bin Ismail, who emphasized the vital role of community-driven health initiatives in ensuring public well-being. In his remarks, the minister highlighted the importance of preventive care and community engagement in tackling rising health challenges, particularly non-communicable diseases (NCDs) such as heart disease, diabetes, and



and materials were provided by 4th year UiTM medical students.

In addition to the health activities, the event was packed with family-friendly competitions. Children participated in fun challenges like the colouring competition, while adults showcased their skills in the afternoon's Cooking Competition. These events not only provided entertainment but also promoted healthier eating habits, with contestants preparing meals in line with dietary guidelines recommended by health experts.

Mental health was another focus of the carnival. Associate Professor Dr. Siti Sara Yaacob, a Public Health expert from UiTM, conducted a mini-podcast session on mental health. Dr. Siti Sara discussed the growing need for mental

cancer.

One of the key attractions of the carnival was the free health screenings conducted by healthcare professionals from HASA, UiTM. A total of 178 individuals took advantage of the screenings, which included tests for heart conditions, cancer, and other NCDs. The screenings allowed participants to assess their health and take early preventive measures. This strong turnout reflected the increasing awareness

within the community about the importance of regular health check-ups.

The carnival also featured educational health exhibitions, which offered information on healthy living practices and strategies to reduce the risks of developing chronic illnesses. The booths provided advice on nutrition, physical activity, and mental well-being, aligning with previous health initiatives that emphasized the need for holistic health education. These educational booths



health awareness in a post-pandemic world and shared valuable insights on maintaining emotional resilience and seeking support when needed.

As the evening approached, attendees were treated to various performances, including a special appearance by popular local artist Adam AF and a live busking competition. The atmosphere was electric, and the excitement peaked with the Lucky Draw, where participants had the chance to win prizes, adding an extra layer of

fun to the already eventful day.

The SUKAF Carnival concluded with a sense of accomplishment and unity. The event was more than just a fun-filled gathering—it was a meaningful initiative that brought health to the forefront of community life. With 178 individuals receiving vital health screenings and hundreds more engaging in health education and physical activities, the carnival succeeded in its mission to foster a healthier, more informed, and united community.

