

No. 2 / 2025

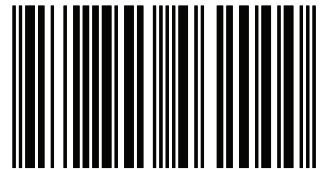
IMED

BULL'

FACULTY OF
— MEDICINE UiTM —



eISSN 2805-4628



9 772805462000



PRESENTING a token of appreciation to the owner of the old folks' home, Puan Muji.

ZAMAN KE ZAMAN 2025: A LESSON IN EMPATHY AND SERVICE

■ Dr. Muhammad Fairuz Azmi

It began like any other Saturday: early, quiet, and full of anticipation. However, for 32 medical students from the Faculty of Medicine, UiTM, 19 April 2025 became far more meaningful than a typical weekend. As part of the *Zaman ke Zaman* programme, students visited *Pusat Jagaan dan Rawatan Orang Tua Al-Ikhlas* in Puchong, embarking on a journey that would offer lessons no lecture hall could provide.



The program’s highlight came during a dialogue with the centre’s founder, Puan Muji, who shared the financial and emotional challenges of running the facility. The centre largely relies on contributions from residents’ families and personal support from the founder herself.

MESTA, in collaboration with *Kelab Harmoni*, organised the visit to nurture empathy and social awareness among students. From the moment they stepped into the centre, it was clear that the day would be filled with warmth. The residents’ smiles spoke volumes,

welcoming the students not as visitors but as companions.

Activities started with morning aerobics – students and residents swaying side by side, laughter echoing through the hall. Students then divided into groups: some engaged in storytelling and song sessions with residents, others helped prepare meals, and the rest conducted basic health screenings. What stood out wasn't the checklist of activities but the sincerity behind each moment. One student remarked how singing a simple Raya tune together created an unexpected bond with a resident who rarely spoke.

The program's highlight came during a dialogue with the centre's founder, Puan Muji, who shared the financial and emotional challenges of running the facility. The centre largely relies on contributions from residents' families



THREE clinical students performed a basic health check-up on one of the residents..

and personal support from the founder herself. She also addressed the stigma often associated with care homes, encouraging understanding that such decisions are often made in the best interest of the elderly.

Moved by this, MESTA presented a speaker system to support the home's wellness sessions – a small but heartfelt gesture of appreciation.

Behind the scenes, Salma Auni Masturah, the program director, and her

committee dedicatedly led the program under the guidance of program advisor Dr. Muhammad Fairuz Azmi and the Deputy Dean for Student Affairs, Assoc. Prof. Dr. Yuhaniza Shafinie Kamsani.

As educators, we take pride in programmes like this, which bridge clinical knowledge with community compassion. *Zaman ke Zaman 2025* achieved its goals and left a lasting impression on everyone involved.



UiTM students joined the morning aerobic with the residents of Pusat Jagaan dan Rawatan Orang Tua Al-Ikhlash.