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GOLDEN GIGGLES AT RUMAH EHSAN KUALA KUBU BHARU: *KETAWA BERSAMA, SIHAT SENTIASA*

Dr. Ibrahim Zuleffendi, Dr. Nurul Safiyah Ismail, Dr. Aimi Nadira Mat Ruzlin, Dr. Dalila Roslan, Dr. Mohd Shahril Ahmad Saman & Assoc. Prof. Dr. Chen Xin Wee

On 5 May 2025, in conjunction with World Laughter Day, postgraduate students from the Master of Public Health (MPH) program at UiTM Sungai Buloh brought joy to an Old Folks Home in Kuala Kubu Bharu. The group, comprising 17 students and four lecturers, was warmly greeted by the administrators and residents of Rumah Ehsan, Kuala Kubu Bharu. The mini health promotion program, called Golden Giggles, was held as part of the Society, Behaviour & Health, and Population Health & Dynamics courses.

Rumah Ehsan in Kuala Kubu Bharu, operating under the Department of Social Welfare, Malaysia Ministry of Housing & Local Government, is a

dedicated care facility for elderly individuals. This institution provides well-equipped accommodations and a staff that caters to the basic needs and essential care of residents in their later years, ensuring a comfortable and dignified living experience. It currently houses 109 elderly residents, most of whom (82%) are bed-bound or semi-dependent in their daily activities. The facility is supported by a dedicated team of 70 staff members, including nurses and physiotherapists.

The program began with a welcoming speech from En. Rizal, the manager of Rumah Ehsan, was followed by an address by Dr. Aimi Nadira, as the representative from UiTM. Knowing the physical limitations of many residents, students conducted activities directly in the dormitories, starting with bed-robic and chair-robic, light exercises performed in bed or while sitting in

chairs. These exercises help to improve blood circulation and release “feel-good” hormones to support mental health.

One of the highlights was laughter yoga. Starting with fake laughter, the session quickly turned into genuine, joyful laughter as everyone joined in. Students also entertained the residents with fun quizzes, triggering amusing answers and smiles from the elderly participants.

Triggering old memories, the students also played retro songs, which the oldies delightedly sang along to. Between activities, the elderly received multiple doses of happiness in the form of goodie bags, snacks, and small gifts. The stimulating experience was followed by passive activities, including pottery painting and colouring, to help the residents wind down.

The event concluded with a heartfelt speech from the administration



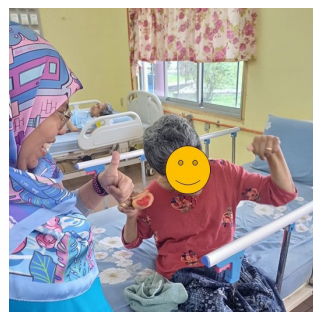
engagement and public health practice. It achieved its aim of inclusivity, creating stimulating interaction and emotional upliftment of all residents involved. It also served as a strong reminder of the power of laughter in promoting emotional well-being.

INTRODUCTION of Rumah Ehsan Kuala Kubu Bharu by the manager, En. Rizal.

of Rumah Ehsan, accompanied by the presentation of tokens of appreciation to Rumah Ehsan's dedicated staff in recognition of their tireless efforts in supporting the elderly. This program not only brought smiles and laughter to the elderly but also gave students valuable experience in community



STUDENTS singing along with the residents.



STUDENTS spread joy and care through bonding and meaningful interactions.

STUDENTS and lecturers pose with Rumah Ehsan staff after a joyful and meaningful World Laughter Day celebration.

