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PAG OUTREACH PROGRAMME AT SMK JERAM: HEALTH EDUCATION BEYOND THE CLASSROOM

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On 18 June 2025, the Paediatric Adolescent Gynaecology (PAG) team from the Department of Obstetrics and Gynaecology (O&G), HASA UiTM, was invited to collaborate on the “*Kasih NR @ Anti-Gangguan Seksual*” programme at SMK Jeram, Kuala Selangor. The event was mainly organized by the Non-Resident UiTM, specifically targeting Form 2 to Form 5 students, and focused on raising awareness about sexual harassment and reproductive health. The main objective of the programme was to educate students on the critical issues of sexual harassment and abuse, while enhancing their knowledge and awareness of reproductive health, particularly menstrual



TEAM from Jabatan O&G HASA with the students. (From left : Dr. Nisya, Dr. Zaidatul Husna, Dr. Zatul, Dr. Kardiffa, Dr. Faezza, Dr Qistina).

health. It aimed to empower students with accurate information and equipped them with the necessary tools and support to handle sensitive issues with confidence and safety.

The morning session commenced with a keynote address by Puan Zarinah Mohd Yusoff, Deputy Director of the Women’s Development Department, Negeri Sembilan. Her speech emphasized advocacy and awareness regarding sexual harassment. This was followed by an insightful talk by Dr.

Noorkardiffa Syawalina Omar, PAG Consultant. She delivered a comprehensive session on reproductive health, focusing on menstrual well-being, understanding adolescent-related changes, and recognizing signs of possible health issues.

Students were shown an educational video titled “*My First Menses*”, produced by the O&G team. The video portrayed the journey of a young girl experiencing her first menstruation, highlighting the emotional and physical challenges, the importance of personal hygiene, and



O&G Booth with educational materials (video, pamphlets, menstrual problem screening).

what girls should expect during their menstrual cycle.

The HASA PAG team, led by Dr. Kardiffa and supported by Dr. Zatul, Dr. Faezza, Dr. Zaidatul Husna, Dr. Qistina, and Dr. Nisya, actively engaged with students through various interactive activities. These included menstrual problems screening, discussions, and the provision of medical advice. Pamphlets containing essential information on menstruation, hygiene practices, and common

menstrual concerns were distributed. Students also enjoyed a crossword puzzle designed to reinforce key messages from the programme. A screening questionnaire was administered to identify symptoms of dysmenorrhea (painful menstruation) and heavy menstrual bleeding. Students reporting concerns were offered appropriate medical advice and referred to the PAG clinic for follow-up care.

The programme received enthusiastic

participation from students, who actively took part in quizzes, discussions, and consultations. The educational video and informational pamphlets were especially well-received. The screening process proved valuable in identifying students needing medical support, ensuring early intervention and appropriate care.

Program Kasih NR @ Anti-Gangguan Seksual marked a meaningful step toward promoting awareness of sexual harassment and reproductive health among students at SMK Jeram. The collaboration demonstrated the power of joint efforts in fostering a supportive and informed school environment. It is hoped that similar initiatives will continue in the future to further support the well-being and development of our youth.



DR. NOORKARDIFFA was delivering her educational talk on 'Reproductive Health'.