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UITM HEALTH FESTIVAL 2025: *BIJAK DI PINGGAN, SIHAT DI BADAN*

PROGRAM officiated by Puan Siti Aishah from MPP MBSA Zon 8.

Dr. Mohamad Zuhair Mohamed Yusoff, Dr. Mohamad Asraf Ahmad Nazari, Assoc. Prof. Dr. Siti Sara Yaacob, Dr. Kamarulzaman Muzaini, Prof. Dr. Mariam Mohamad, Assoc. Prof. Dr. Leny Suzana Suddin & Assoc. Prof. Dr. Chen Xin Wee

The health promotion programme, held on 23 August 2025 at Masjid Al-Ehsan, Seksyen 24, was organised by

Year 4 medical students (Group 4) under the supervision of Assoc. Prof. Dr. Siti Sara Yaacob and Dr. Kamarulzaman

Muzaini, in collaboration with Majlis Bandaraya Shah Alam. It featured health screenings, hands-on education stations translating guidelines into daily choices, and mental health awareness. Residents learned about label reading, calorie



HEALTH promotion team with local and mosque committee.

awareness, the “tiga serangkai” prevention, obesity and malnutrition, and the risks of smoking and vaping, supported by a bilingual take-home booklet. The programme aimed to turn health advice into action, encouraging wise daily choices to protect long-

term health.

The Health Promotion Programme received strong support and guidance, featuring key guests including Tuan Haji Ahmad Dahlan Kardi, Nazir of Masjid Al Ehsan Seksyen 24, and Assoc. Prof. Dr. Leny Suzana Suddin, Deputy Dean of

ICAN. The programme was officially opened by Puan Siti Nur Aishah Mohd Zain from Majlis Perwakilan Penduduk MBSA Zon 8.

Health screening booths were complemented by clinicians’ advice and seamless referrals. Participants needing further assessment

received clear referral notes and guidance on when to visit nearby clinics. Smokers were connected directly to mQuit support for immediate action. Those with normal results received positive reinforcement and simple tips to maintain healthy habits, with quick visits to label-reading and healthy plate stations to translate screening into action.

Screenings provided individuals with personal data they could act on; the booths translated guidance into practical steps; and the family corner made the morning welcoming for all ages. The mental health booth also attracted seniors who wanted to learn simple tips on managing stress, boosting mood, and eating well for a happier, healthier golden age. The partnership between UiTM, MBSA, and Masjid Al Ehsan created a safe, organised space where communities had the opportunity to enhance their health literacy.

This community health programme highlighted the power of collaboration between residents, students, and local leaders. Our heartfelt thanks go to the invited guests, mosque leadership and



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committee, MBSA officers, the faculty and clinicians, undergraduate students, and residents for their active participation and support. Their combined

efforts turned health guidance into practical action, fostering a community empowered to make informed choices for long-term well-being.