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UiTM HEALTH FEST 2025: BREATHE WELL, LIVE WELL

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A group of fourth-year undergraduate medical students under the guidance of Professor Dr. Siti Munira Yasin and Dr. Mohamad Ikhsan Selamat, successfully organised a community health promotion event at PPR Kg Baru Hicom on 24 August 2025. This initiative was held in collaboration with Majlis Bandaraya Shah Alam (MBSA), involving input from residents' representatives. The programme aimed to raise awareness on the importance of indoor air quality and the health risks associated with



ASSOC. PROF. DR. HAZLYNA BAHARUDDIN, the Deputy Dean of Academic Affairs, Faculty of Medicine UiTM officiated the ceremony.



"BREATHE Well, Live Well" Forum.

vaping, the event sought to educate residents through various educational activities. It also provided opportunities for health checks and screenings

of common non-communicable disease.

The day began with a lively 30-minute Zumba session led by students, drawing enthusiastic



engaging health forum titled “Breathe Well, Live Well,” delivered by Professor Siti Munira, Dr. Mohamad Ikhsan, and Ustaz Azam Safuan, and moderated by a fourth-year student. The session offered insights into the health risks of vaping, comparable to traditional smoking, the importance of clean indoor environments, and Islamic perspectives on vaping and maintaining healthy homes.

After the forum, residents explored seven interactive health booths covering indoor air quality, vaping risks, a “Say No to Vape” pledge with a Kahoot quiz, non-communicable disease (NCD) screening, and mental health. Other booths included an elderly mental



HEALTH screening booth in partnership with NCSM.

participation from both adults and children. Following Zumba, participants gathered for the opening ceremony, attended by distinguished

guests from MBSA and the residents' association. The event was officiated by Assoc. Prof. Dr. Hazlyna Baharuddin, Deputy Dean of Academics, Faculty

of Medicine UiTM, in a simple ceremony witnessed by nearly 160 community residents.

The morning continued with an



BASIC life support booth.



HEALTH education booth.

health station by the Faculty of Medicine and a MOOC-based Occupational Safety and Health (OSH) booth in collaboration with Workplace Health and Safety Solutions Hub (WHaSSH). Together, these booths promoted awareness of vaping risks, indoor air quality, elderly mental health, OSH for workers, and healthy food choices.

A key highlight was the Basic Life



MOOC module on ergonomics at work.

Support (BLS) area, where students demonstrated life-saving techniques on mannequins. Residents actively practiced and

asked questions, making the session both educational and hands-on.

A health screening booth, in collaboration

with the National Cancer Society Malaysia (NCSM), offered free body measurements, blood pressure checks, and liver (Hep B & C), lung (Smokerlyzer), and breast cancer (clinical exam) screenings. Advanced tests for prostate (PSA), cervical (HPV DNA/Pap smear), and colon cancer (iFOB) were available for a nominal fee of RM60, or free for residents covered under PEKAB40 or PERKESO.