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UiTM HEALTH FESTIVAL 2025: *SIHAT SEPANJANG HAYAT, MERDEKA SEPANJANG ZAMAN*

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carnival was to empower the community through health education, preventive measures, and early health screening. The programme highlighted the importance of adopting a healthy lifestyle, including balanced dietary habits, regular physical activity, and routine health checks. It also aimed to raise awareness of chronic diseases, women's health, mental health, dengue prevention, dog bite management, and food hygiene and safety. In line with the theme "*Sihat Sepanjang Hayat, Merdeka Sepanjang Zaman*", the carnival communicated that communities should strive for independence not only in spirit but also from preventable diseases.

The *Merdeka 360: Kesihatan Menyeluruh Health Carnival* was held on 23 August 2025, at Dewan Majlis Perbandaran Teluk Intan, Taman Desa Aman. The event was organised by the Public Health Department, Faculty of Medicine UiTM, in collaboration with the Hilir Perak District Health Office, Jabatan

Perpaduan, and Kawasan Rukun Tetangga Taman Desa Aman, Teluk Intan, Perak. This programme, led by fourth-year undergraduate medical students, was supervised by Dr. Nurhuda Ismail, Associate Professor Dr. Mohd Rodi Isa, Dato' Dr. Khalid Ibrahim, and Associate Professor Dr. Ahmad Taufik Jamil.

The main goal of the



ENCIK Muhammad Syahmi Sazali, Pegawai Perpaduan Daerah Hilir Perak officiated the carnival.



AEROBIC and warm-up session.



THE “Jejak Sihat Merdeka” walkathon around the Taman Desa Aman neighbourhood.

The event commenced with an aerobic and warm-up session, setting the tone for the “Jejak Sihat Merdeka” walkathon around the neighbourhood. This was followed by parallel activities including the outdoor Master Chef Healthy Food Competition and the indoor children’s colouring contest. Health screenings were complemented by consultations with medical officers, with special focus on participants identified as smokers, who received

counselling and advice on smoking cessation.

The official opening ceremony was held with key representatives and collaborators in attendance. Speeches were given by the Event Director, Miss Anis Syakirah Azizan; Dr. Zatil Zahidah Mohd Sharani, Public Health Medicine Specialist from the Hilir Perak District Health Office; and Associate Professor Dr. Yuhaniza Shafinie

Kamsani, Deputy Dean of Student Affairs, Faculty

of Medicine UiTM. Mr. Syahmi Sazali, Pegawai Perpaduan Daerah Hilir Perak, officiated the event symbolically and launched the theme “Merdeka 360, Kesihatan Menyeluruh”.

The carnival fostered a lively and festive atmosphere through various interactive health exhibition stalls. These included interactive educational games, mini innovative games with health messages, flashcard quizzes, live demonstrations on wound care for dog bites, and dengue awareness activities such as the mosquito toss game. These stalls offered participants opportunities to learn about health in an





COMMUNITIES involvement and participation.

engaging and practical way.

In conclusion, the event's success was evident in strong community turnout and effective inter-agency collaboration.

The carnival reinforced community empowerment and independence from preventable diseases, making it a fitting initiative for Independence Month.



GROUP photo of the core organising committee and collaborators.