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MASK OFF, GAME ON!: STRENGTHENING OUR ANAESTHESIA FAMILY 2025



ANAESTHESIA doctors finally with their masks off!

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On 9 August 2025, the Department of Anaesthesia and Intensive Care UiTM successfully organised its inaugural Team Building event at Beacon Resort, Kerling, Selangor. Set amidst tranquil rivers, natural hot springs, and lush greenery, the programme aimed to strengthen bonds, promote wellbeing, and revitalise team spirit among departmental members and their families.

A total of 126 participants attended, comprising 77 adults and 49 children, including alumni of the department.

Dressed uniformly in specially designed T-shirts, participants symbolised unity and collective identity. The event commenced with a group photograph by the lakeside, accompanied by the banner “*Mask Off, Game On! Team Building*

2025 – Department of Anaesthesia and Intensive Care, UiTM.” This image captured the essence of the event — teamwork, camaraderie, and shared joy. As the organising committee aptly stated, “This is more than a retreat; it is an



SENAMROBIK & ice-breaking session with anaesthesia family.



TELEMATCH for participating children.

opportunity to reconnect, recharge, and reignite our team spirit.”

The day began with an opening prayer and welcoming remarks by the Head of Department, followed by a heartfelt tribute to the late Professor Dr Karis Misiran, a distinguished academic and clinician who profoundly shaped Malaysian anaesthesiology. A montage of memorable moments was presented, celebrating his mentorship and contributions.

As a token of appreciation, a handcrafted wooden Rehal was presented in remembrance of his lifelong service and enduring legacy. The tribute served as a poignant reminder of the department’s foundation and the values he instilled — professionalism, compassion, and dedication to excellence.

Following the tribute, participants engaged in *senamrobik* and interactive ice-breaking sessions. The atmosphere was filled with laughter and enthusiasm as colleagues from various clinical units



TEAMWORK game using a string to write ‘UITM dihatiku’

came together outside their usual work environment.

A series of telematch games then encouraged teamwork, strategic thinking, and friendly competition. Children participated in engaging activities such as sponge relays and ping pong challenges, while adults competed in water-based games, charades involving Malay proverbs and anaesthesia-related terms, and a coordination task using a single marker to navigate a maze and write “*UiTM di hatiku.*” These activities strengthened team cohesion and highlighted the importance of communication and synchrony — qualities integral to anaesthesia practice.

Prizes were awarded to winning teams, followed by a communal lunch and prayer session. The afternoon featured recreational activities including horse riding, jungle trekking, grass sliding, and visits to the animal farm. Many participants also enjoyed the hot springs and riverside relaxation, reflecting the



SOAKING in the hot spring water to revitalize.



PRIZE-GIVING ceremony by our HOD.

event's theme of restoration and balance.

The day concluded with a high tea session, during which each participant received a small pouch of baked goods and confectioneries as a token of appreciation.

As the sun set over the resort, the event's closing message, *"Strong alone, unstoppable together"*, encapsulated the spirit of the day. Anaesthesiology & Intensive Care Department hopes to continue this tradition annually, celebrating unity, honouring mentors, and nurturing the bonds that make UiTM's anaesthesia fraternity stronger than ever.