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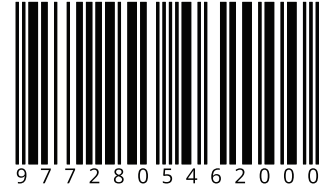


**A new
column
inside!**

Featuring
Assoc. Prof. Dr.
Norhafiza Razali

**Through the
Medical Lens**

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HEARTBEAT HEROES FOR A HEARTSAFE CAMPUS

Assoc. Prof. Dr. Mohd Fazrul Mokhtar & Dr. Muhammad Ainuddin Alias

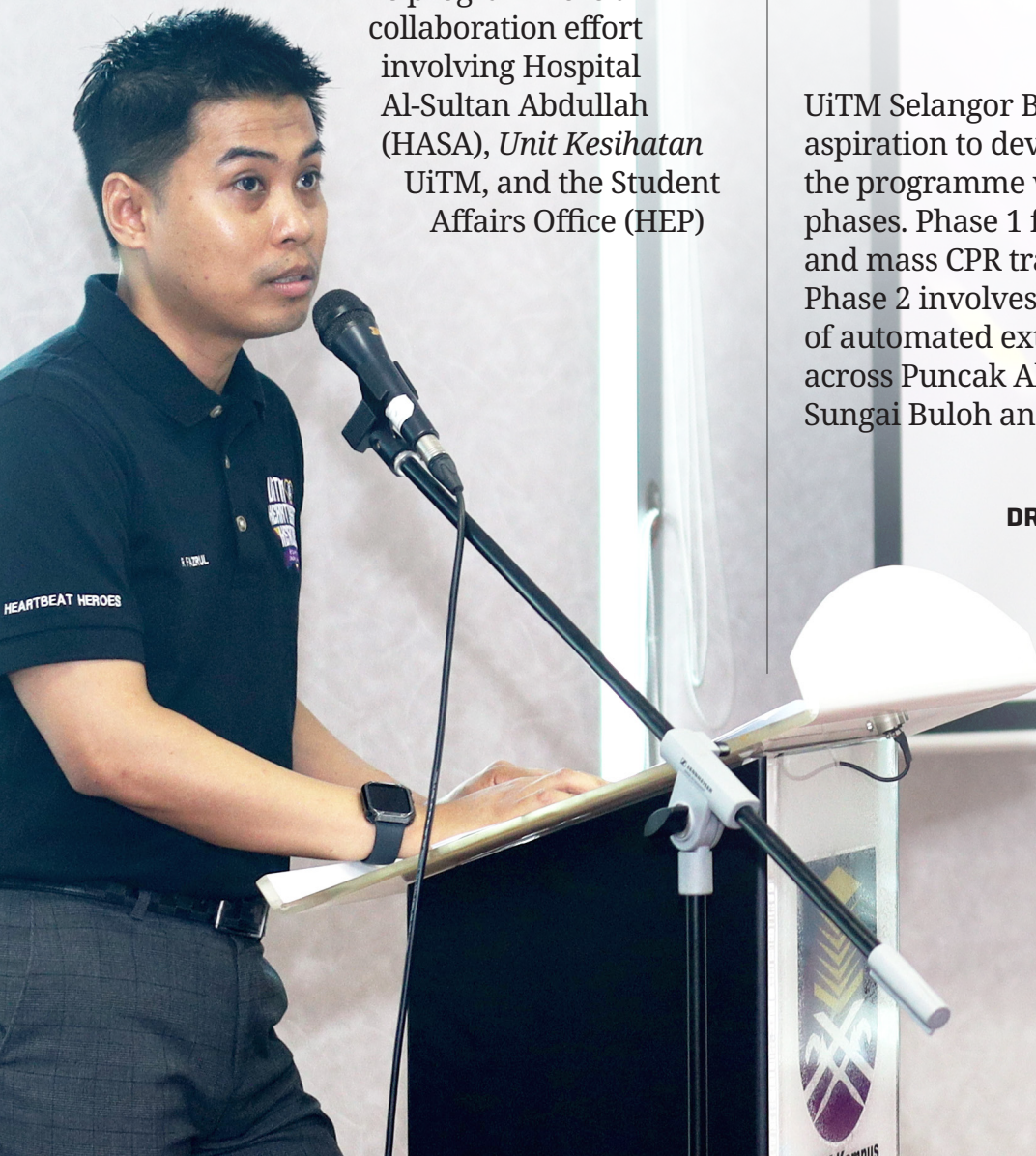
As part of a strategic effort to strengthen public cardiopulmonary resuscitation (CPR) skills, the Faculty of Medicine introduced a campus-wide public CPR initiative known as, “The Heartbeat Heroes Programme”.

This programme is a collaboration effort involving Hospital Al-Sultan Abdullah (HASA), *Unit Kesihatan UiTM*, and the Student Affairs Office (HEP)



UiTM Selangor Branch (UCS). Guided by the aspiration to develop a HeartSafe campus, the programme was designed in two phases. Phase 1 focuses on staff training and mass CPR training for students, while Phase 2 involves the strategic installation of automated external defibrillators (AED) across Puncak Alam, Puncak Perdana, Sungai Buloh and Selayang campuses.

DR. FAZRUL, Head Programme Coordinator, delivering a talk on the Heartbeat Heroes Programme, highlighting its aims and planned activities.



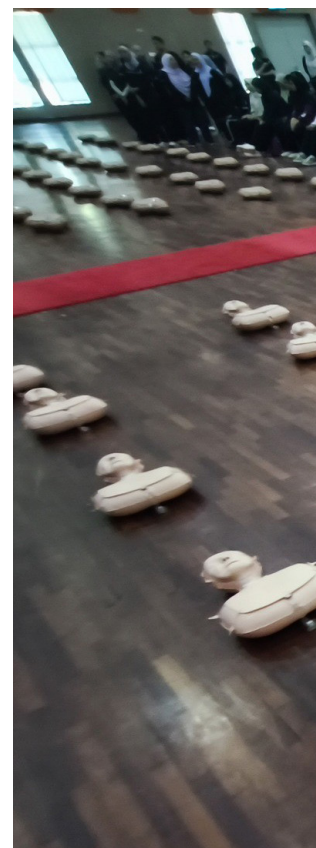


GROUP photo during the opening session and official commencement of the Heartbeat Heroes Programme.

The first training session was conducted on 9 September 2025. In total, three training sessions were successfully organised for staff this year, reaching 150 participants. This was followed by three mass CPR training sessions for students, which collectively trained 2313 students. All training sessions were delivered by Basic Life Support (BLS) instructors from the Faculty of Medicine and HASA, with support from trained medical student volunteers. Pre-programme surveys showed that less than 20% of participants had prior exposure to AED or felt

confident responding to a cardiac arrest. Following the training, participants are now informed, trained, and empowered to act decisively during critical moments.

The closing ceremony for the 2025 programme was held at Dewan Berlian, Puncak Alam campus on 6 December 2025. The ceremony was officiated by Professor Dr. Ahmad Taufek Abdul Rahman, Acting Rector of UiTM Selangor Branch. In his address, he highlighted the importance of the Heartbeat Heroes programme in strengthening campus





ROWS of CPR training manikins prepared for the large-scale Heartbeat Heroes hands-on practical sessions.



STUDENTS practicing high-quality chest compressions during the hands-on CPR segment of the Heartbeat Heroes Programme, guided closely by certified BLS instructors.

AN instructor demonstrating key steps of cardiopulmonary resuscitation (CPR) during a practical session of the Heartbeat Heroes Programme.

preparedness and fostering a culture of shared responsibility in responding to cardiac emergencies.

The achievements recorded over the four-month period, together with ongoing CPR initiatives such as Basic Life Support courses, Baktisiswa activities, and community programmes led by the faculty and HASA, will be incorporated into the national database of trained first responders in Malaysia.



The recent achievements and ongoing CPR initiatives will contribute to Malaysia's national first responder database, reaffirming UiTM's role as one of the country's most active institutions in lifesaving training.

Once again, this places UiTM among the most active institutions in the country for lifesaving training.

Looking ahead to 2026, the programme will continue to expand its reach, and the UiTM community are encouraged



INSTRUCTORS from the Faculty of Medicine and HASA demonstrating the proper use of an Automated External Defibrillator (AED) during a gimmick in the closing ceremony.



DR. ARIEF, Heartbeat Heroes instructor delivering lectures on basic life support (BLS), high-quality CPR and AED use.

to participate in the upcoming events. With sustained efforts, this initiative is envisioned to be replicated across other UiTM campuses, nurturing a growing network of trained first responders. We are hopeful that participants will not only be equipped to respond effectively to emergencies on campus but also empowered to act within their own communities. The Heartbeat Heroes Programme is therefore not a one-off effort, but the beginning of a long-term cultural shift-one that fosters readiness, responsibility, and the ability to save lives when it matters most.



BLS Instructor demonstrating CPR techniques during a hands-on training session of the Heartbeat Heroes Programme.



ORGANISING committee and trainers during the Heartbeat Heroes Programme, reflecting strong collaborative teamwork.