

CADAMBA HIKING AND CPR PROGRAMME

Strengthen UiTM-IJNUC Collaboration



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On 26 April 2026 and 2 May 2026, the Bureau of Sports and Recreation under the Society of Pharmacy Students (SOPHYS), Faculty of Pharmacy, Universiti Teknologi MARA (UiTM), in collaboration with IJN University College, successfully organised two joint programmes. The activities received encouraging participation from students, staff, alumni, and external collaborators, while promoting a healthy lifestyle, teamwork, and practical healthcare knowledge among participants.

CADAMBA-IJN HIKING SESSION (26 APRIL 2026)

The Cadamba-IJN Hiking Session was held at Denai Cadamba, UiTM Puncak Alam. The activity brought together participants from both institutions in a refreshing outdoor environment that fostered physical fitness and meaningful social interaction. Throughout the hiking trail, participants honed their communication, leadership, and mutual support skills. The hike also integrated brief environmental awareness sessions to instill an appreciation for nature and environmental conservation. The programme also provided participants with an opportunity to reduce stress, strengthen friendships, and maintain physical wellbeing while enjoying the natural surroundings of the Cadamba Forest Trail.



Cadamba Hiking | 26 April 2026 at 10:07



CPR & BASIC LIFE SUPPORT (BLS) PROGRAMME (2 MAY 2026)

The CPR & Basic Life Support (BLS) Programme was conducted on 2 May 2026 at Bilik Aktiviti Pelajar (BAP), Faculty of Pharmacy. Guided by experienced trainers from IJN University College, participants gained valuable theoretical and practical exposure to emergency response techniques. The interactive workshop featured step-by-step demonstrations on proper cardiopulmonary resuscitation (CPR) procedures and the correct operation of an Automated External Defibrillator (AED). This practical training significantly boosted participants' confidence, awareness, and preparedness in responding effectively during emergencies.

Overall, both programmes were successfully conducted and achieved their intended objectives. Beyond advocating for a healthy and active living, these programmes strengthened collaboration, unity, and meaningful engagement among students, staff, alumni, and external partners. The programmes also provided valuable experiences that contributed to the holistic development of future healthcare professionals.