

Bringing Health, Knowledge and STEM to

# KAMPUNG LUBUK LEGONG

through 'Komuniti Sihat Berilmu'



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## Community Initiative

On **25 April 2026**, the Faculty of Pharmacy, UiTM Cawangan Pulau Pinang organised *Komuniti Sihat Berilmu*, a one-day Corporate Social Responsibility (CSR) initiative at Kampung Lubuk Legong, Baling, Kedah, in collaboration with the Faculty of Electrical Engineering, UiTM Cawangan Pulau Pinang Kampus Permatang Pauh. The initiative brought together lecturers and students from both faculties in a collective effort to deliver healthcare services, conduct community-based research, and provide educational exposure to the Orang Asli population, particularly school-aged children.



The delegation assembled at UiTM Bertam as early as 7.00 a.m. before beginning the journey to Baling. Prior to departure, the participants were honoured by the presence of Assistant Rector, UiTM Cawangan Pulau Pinang Kampus Bertam, Ts. Dr Mohamad Azhar Mohd Noor, who delivered a short speech to the students and lecturers. In his remarks, he emphasised the importance of outreach activities as an avenue for students to apply their academic knowledge in real-life settings while cultivating empathy, volunteerism, and social responsibility. A prayer recitation was then held together with all participants before the convoy set off for Kampung Lubuk Legong.



## Interesting Engagements

Upon arrival at Kampung Lubuk Legong, committee members immediately proceeded with the preparation of the community hall, registration area, and designated activity stations to ensure that all planned activities could be carried out in an orderly and efficient manner. As villagers gradually gathered at the hall, the atmosphere became increasingly lively with warm interactions between the organising team and the Orang Asli community. The outreach then officially commenced with several concurrent engagements involving both adult villagers and children.

## Health Screening Activity

One of the main highlights was a health screening activity managed by lecturers and students from the Faculty of Pharmacy. Through this activity, members of the Orang Asli population were offered basic health assessments including blood pressure measurement, blood glucose testing, and body mass index (BMI) calculations. This effort served as an important platform to raise health awareness among villagers, particularly in encouraging early monitoring of non-communicable disease risk factors. At the same time, the activity provided pharmacy students with the opportunity to strengthen their communication and counselling skills through direct interaction with the public.



## Period Poverty & Menstrual Health

Concurrently, an interview on period poverty and menstrual health was conducted at the *Surau Nurul Hidayah* area involving female respondents from the village. Led by Dr Siti Nur Fadzilah Muhsain, the interview focused on collecting qualitative information related to menstrual hygiene practices, access to sanitary products, and the challenges experienced by women in rural indigenous settings. The respondents were highly cooperative throughout the process, allowing the faculty to obtain meaningful insights that may contribute to future health interventions and research involving underserved populations.

## *Kenali Ubat Anda*

In addition to the screening and interview components, the Faculty of Pharmacy also carried out a *Kenali Ubat Anda* educational campaign aimed at improving public understanding of safe medication practices. During this sharing, villagers were introduced to the correct use of medicines, proper storage methods, and suitable disposal techniques for unused or expired medications. The information was delivered in a simple and approachable manner to ensure that it could be easily understood and practised at home. The Orang Asli responded positively and showed active interest by asking questions related to medicines commonly consumed by their family members.



### *Activities :*

- Correct use of medicines
- Proper storage methods
- Suitable disposal techniques



## STEM Activities

The collaborative element of the initiative was further strengthened through the participation of the Faculty of Electrical Engineering, led by Dr Belinda Chong Chiew Meng, who brought along students to conduct a robotic system demonstration for the Orang Asli children. The STEM-focused activity provided early exposure to technology, innovation, and basic engineering concepts in an interactive way. The children were visibly excited and highly engaged throughout the demonstration, indicating strong curiosity towards science-based learning. Such exposure is important in encouraging rural children to broaden their educational aspirations and develop confidence in exploring fields that may otherwise seem distant from their daily environment.

## Upcoming Invitation

During the presentation, Prof. Dato' Dr Abu Bakar Abdul Majeed also extended a warm invitation to the villagers, encouraging them to visit UiTM Bertam should they have the opportunity to come to Penang. This simple gesture highlighted the cordial relationship established between the university and the Orang Asli population through the initiative. The activities concluded at approximately 2.00 p.m., followed by a clean-up session by all committee members before departing from Baling. The organising team safely arrived back at UiTM Bertam at around 5.00 p.m. after a fulfilling day of service and engagement.

Overall, *Komuniti Sihat Berilmu* successfully met its intended objectives by integrating healthcare awareness, academic research, medication education, and STEM exposure into a single community-based initiative. More importantly, the outreach served as a valuable experiential learning platform for students while reinforcing UiTM's commitment towards sustainable and impactful engagement with underserved communities. Special appreciation is also extended to Encik Mohamad Tarmizi and Cik Hasanat from the Jabatan Kemajuan Orang Asli (JAKOA), Hulu Perak & Baling for their assistance, coordination, and valuable contribution towards ensuring the smooth implementation and overall success of the initiative.

