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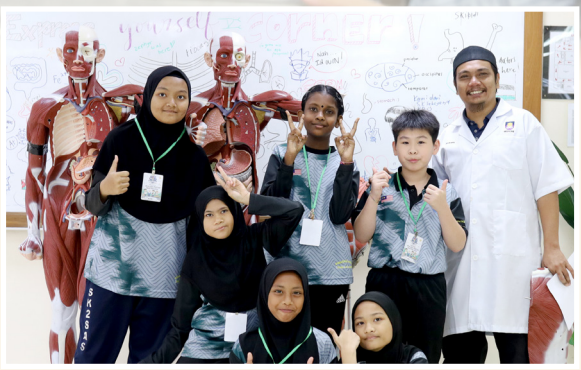
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'KEHAMILAN YANG HARMONI': A WEBINAR SERIES FEATURING EXPERTS FROM THE MATERNO-FOETAL EMBRYO RESEARCH GROUP

Professor Dr. Farnaza @ Farnaz Ariffin, Assoc. Prof. Dr. Mohamed Rodi Isa, Assoc. Prof. Dr. Suzanna Daud, Professor Dr. Salmi Razali, Assoc. Prof. Dr. Yuhaniza Shafinie Kamsani & Assoc. Prof. Dr. Bahiyah Abdullah

The Maternofoetal and Embryo Research Group (MatE) at the Faculty of Medicine, UiTM is a prominent research group focused on maternofoetal health and reproductive biology. The group aims to promote interest and collaboration in these areas through research and dissemination of findings.

In June, in collaboration with the Perpustakaan Perubatan Tun Abdul Razak (PPTAR), Hospital Al-Sultan Abdullah (HASA), MatE hosted a webinar series titled 'Kehamilan yang Harmoni' (A Harmonious Pregnancy). The initiative was designed to raise public awareness and encourage meaningful online conversations surrounding pregnancy, reproductive wellness, and the complex dynamics of family relationships.



WEBINAR 1: *'Teringin Nak Hamil? Jom Bincang Dulu'.*

The series commenced on 11 June 2026 with an insightful session focusing on pre-pregnancy health. Led by Professor Dr. Farnaza Ariffin, a Family Medicine specialist, the session laid down the foundational importance of well-being before conception. She provided a comprehensive overview of optimal nutrition, the necessity of a healthy living environment, and the proper use of prenatal supplements.



WEBINAR 2: *'Peranan Gaya Hidup Wanita terhadap kesihatan Embrio.'*

Furthermore, she emphasized the indispensable role of the father, highlighting how a partner's active participation is crucial in safeguarding the health of both the mother and the unborn child.

Building on this foundation, the second webinar pivoted to maternal health and its profound impact on the developing embryo. Associate Professor Dr. Yuhaniza Syafinie Kamsani, a physiologist specializing in embryonic research, guided the audience through the critical early stages of foetal development. She detailed the pillars of a healthy lifestyle, advocating for a balanced diet while strongly warning against exposure to smoke-filled environments and other lifestyle factors that can inadvertently jeopardize embryonic growth.

The third webinar tackled the issue of safety to ensure the physical protection of both mother and foetus. Associate Professor Dr. Suzanna Daud, an experienced Obstetrician and Gynaecologist, addressed common maternal anxieties. Her comprehensive talk covered travel safety protocols—such as the correct way to wear car seatbelts while pregnant and guidelines for air travel—while cautioning against the dangerous practice of altering or stopping prescribed medications without explicit medical supervision.

Concluding the series, the final webinar courageously addressed a highly sensitive yet critical issue: intimate partner abuse. Delivered by Professor Dr. Salmi Razali, a consultant psychiatrist, the session equipped attendees with the knowledge to identify crucial red flags of abuse. Dr. Salmi offered expert, empathetic advice on navigating these delicate situations and accessing appropriate support systems.

The 'Kehamilan

yang Harmoni' series was well received, attracting hundreds of live viewers, with full recordings available on the official Hospital Al-Sultan Abdullah YouTube Channel. Through initiatives like this, MatE remains deeply committed to expanding public knowledge on comprehensive healthcare—spanning pre-conception to the postpartum period—while championing healthy, supportive partnerships for couples embarking on the transformative journey of parenthood.

MatE would also like to express its sincere appreciation to PPTAR and Corporate Communication HASA for their invaluable support, including the provision of the live studio and promotional efforts.



WEBINAR 3: *'Melindungi Dua Nyawa: Keselamatan Semasa Kehamilan'.*



WEBINAR 4: *'Cyber-Intimate Partner Violence (C-IPV) - Alam Percintaan atau Alam Keganasan?'.*