

TEAM BUILDING

Faculty of Pharmacy, Group Strengthening Workshop



The Faculty of Pharmacy conducted Group Strengthening Workshop/ Team building that involved 122 staff from the academic, administrator and laboratory sections. The program was held at the Institute of Leadership and Development (ILD) UiTM Bandar Enstek, Nilai, Negeri Sembilan on 27 to 28 May 2023.

The group strengthening workshop/ team building comprised of various activities and strategies to improve relationships, foster trust and develop a sense of unity within the team. The program started off with ice-breaking games – these activities were designed to help team members to get to know each other, break the ice and create a comfortable atmosphere, communication and collaboration exercises, problem-solving activities, and many others. Following that, a psychology officer, Pn Nurul Izzati Shaharudin, conducted a workshop called “Positive Mindset”. Pn Izzati explained how staff can develop a positive mindset and outlook on life. Positive thinking can help one stay motivated and work better with others. It reduces stress levels and boosts productivity. Pn Izzati also stressed that a growth mindset is important to develop resilience and persistence in the face of obstacles. People with a growth mindset are more likely to take risks and try new things, which can lead to greater success in life.

The faculty also conducted a Sustainable Development Goals program (SDG) which involved soap-making activity. This SDG program is one of the initiatives to promote a product by the faculty of pharmacy. Soap-making program can contribute to several goals and targets within the SDGs framework and align with SDGs; Good Health and Well-being and clean water and sanitation. Besides SDG goals, these activities strengthened the bond and relationships, collaboration, and encourage creative and innovative thinking among the staff. A gala dinner with the theme “Forest Night” was held at night. Staff attended the dinner dressed in theme-appropriate attire and also exchanged gifts. On the second day, an activity called “Explorace” consisting of various interesting games were conducted. Finally, the group adjourned after the prize giving and closing ceremony. This program was successfully implemented, achieving the faculty’s goals to enhance team work, culture, productivity, and communication. Staff interpersonal relationships, problem-solving skills, innovation, job satisfaction, collaboration, and camaraderie may also be improved by the program. Overall, the program was filled with joy and laughter.

Mdm. Azlinda Mohamad Nor, Assoc. Prof. Dr. Mahmathi Karuppanan
Faculty of Pharmacy, UiTM

Issue 6/2023

June 2023

PRESCRIPTION

Latest news and updates from the Faculty of Pharmacy



NEWSLETTER EDITORIAL TEAM

Editorial Advisor:

Prof. Dato' Dr. Abu Bakar Abdul Majeed

Authors:

Associate Prof. Dr. Fazlin Fauzi, Associate Prof. Dr. Aisyah Saad Abdul Rahim, Dr. Normala Abd. Latip, Dr. Siti Syairah Mohd Mutalip, Associate Prof. Dr. Mahmathi Karuppanan, Dr. Gurmeet Kaur Surindar Singh, Mdm. Azlinda Mohamad Nor, Mdm. Syahida Fathiah Ahmad Kamal, Mr. Md Faizul bin Kamaruddin, Ms. Zakiah Mohd Noordin, Mr. Muhammad 'Izzuddin Zamery, Mdm. Nur Sabiha Md. Hussin, Mr. Nik Raihan Afiq bin Nik Mohd Asri, Ms. Nur'Ainateiss Solehah Mohd Nawawi Reza, Mr. Aliff Zulkarnaik Zani, Ms. Nur Ainin Sofiya Mohamad Irwan.


Illustrator:

Ms. Norazua Ahmad

PRESCRIPTION

Faculty of Pharmacy,
Universiti Teknologi MARA,
Kampus Puncak Alam,
42300 Bandar Puncak Alam, Selangor.

CONTACT US

 @pharmacyuitm



 @pharmacy_uitm




 Faculty of Pharmacy UiTM



 <https://pharmacy.uitm.edu.my/>



 +603-3258 4645

 korporatff@uitm.edu.my