

HERBAL GARDEN ACTIVITY

- April to June 2025 -



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ABOUT OUR PROJECT

The Society of Pharmacy Students (SOPHYS), through the Bureau of Sports and Recreation, successfully organised the Herbal Garden Activity from April to June 2025 at the Faculty of Pharmacy, UiTM Puncak Alam. This weekly initiative was specifically designed for students from the Rx23 batch, involving 159 participants across six classes. Held from 30 April to 18 June 2025, the programme aimed to introduce students to the hands-on aspects of caring for herbal plants, while deepening their appreciation of the plants' medicinal and cultural significance.



Each week, a different group of students was tasked with maintaining the Herbal Garden. Duties included cleaning, weeding, watering, and ensuring the garden remained neat and inviting. These activities fostered not only a sense of responsibility and teamwork but also encouraged environmental awareness and practical knowledge of local herbs.

A key highlight of the programme was a sharing session with Professor Ts. Dr. Mohd Ilham Adenan, held on 21 May 2025. An expert in herbal medicine, Prof Ilham engaged with 29 selected students in an interactive session that explored the uses of various herbal plants in both traditional and modern healthcare. He also shared practical insights on effective garden management. The session, which complemented the academic curriculum, provided students with an opportunity to apply classroom knowledge in a meaningful, real-world context. It also reinforced the role of herbal plants in promoting sustainable health practices and biodiversity conservation.



The objectives of the programme included enabling students to accurately identify and differentiate between various herbal species, understand their benefits in daily life and healthcare, acquire fundamental skills in gardening and garden management, and recognise the importance of sustainability and the preservation of local ecosystems. Beyond serving as a co-curricular activity, the Herbal Garden programme provided a valuable platform for students to develop both academically and personally. Through this initiative, SOPHYS reaffirms its commitment to nurturing well-rounded, knowledgeable, and environmentally responsible future pharmacists.