A group of 34 UniKL RCMP staff participated in the ‘Jom Sihat’ extreme activities held on 2nd and 3rd Feb 2018 at Ulu Village Camp, Gopeng.

The program kicked off with an expedition to explore Gua Tempurung caves located near Gopeng and this was followed by water rafting at Gopeng, hiking at Bukit Batu Putih and wading through the Kampar river.

The experience was exciting and exhilarating and holds sweet memories for all the 34 ‘Jom Sihat’ participants.

The activity demanded full teamwork, great energy, high tolerance and complete focus, otherwise one will end up drinking fresh water from the river if the boat were to capsize.

The teamwork code for all rafters was “T-grip, paddle high five, bum-bum, jump-jump, forward and backward.”
Dear Readers,

Welcome to this first issue of UniKL RCMP Newsletter for 2018. Alhamdullilah, we have completed 2017 with many activities and with most of our targets having been completed.

As a private institution under the umbrella of MARA, I would like to take this opportunity to congratulate MARA on its 52nd anniversary this year and may it continue to grow even stronger as it moves steadily forward.

For us here at UniKL RCMP, the first quarter of 2018 has been promising and exciting. Earlier on the 2nd of March 2018, UniKL led by its President/CEO, Prof Dato’ Dr Mazliham, BOD member, Prof Datuk Dr Syed Othman Alhabishi and the CEO of UniKL RCMP paid a courtesy visit to the Chief Minister of Perak, Y.A.B Dato’ Seri Dr. Zambrin bin Abdul Kadir to discuss our collaboration with the state in the area of healthcare and hospitality. We are hoping this visit would bring better progress for UniKL RCMP and hence its teaching-learning facilities and capabilities.

As far as teaching-learning is concerned, UniKL RCMP is supportive of its students’ activities and is eager to give due recognition to students’ achievements, both in academic and co-curricular activities. Therefore, the ‘Malam Permatang’ event was organised to honour our students’ excellence in both of these areas. Awards were given to students who excelled in academic and co-curricular activities and it is important to note that their excellence was recognised not just by the university but also by their peers as the awards were also based on peer nominations.

To provide the momentum for the rest of the year, the first quarter of 2018 was filled with various activities supported by the university. The 1st National Pharmacy Research Competition was organised and held at the campus to highlight and recognise research conducted by undergraduate students, not just by students of UniKL RCMP but also by other local universities.

Trips to Perak iconic cave, Gua Tempurung, and the National Affiliations Rapport Programme to Kuching, Sarawak were some of the activities organised to take learning outside of the classroom and to make it more exciting and fun-filled. These, and many other activities are highlighted in this issue of the newsletter.

Lastly, I hope the next quarter will be packed with more events and activities for us to share with you, the readers.

Thank you.

Prof Dr Noorzaid Muhammad
Head of the Editorial Board

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Happy 52nd Anniversary to Majlis Amanah Rakyat (MARA)

Majlis Amanah Rakyat is a Malaysian Government Agency. It was formed to aid, train, and guide Bumiputra and other indigenous Malaysians in the areas of business and industry.

MARA was formed on 1st March 1966 under the Rural and National Development Ministry.

Program Sihat Sekampung 2018

200 staff and students of UniKL RCMP from various programs participated in the ‘Program Sihat Sekampung 2018’ organized by YB Dato’ Dr. Muhammad Anin Zakaria, ADUN Bt Kurau with the intention of creating healthcare awareness among the kampung folk so that they could lead better lives. The program was officiated by YB Dato’ Seri Hamzah bin Zainuddin, Larut Member of Parliament at Dewan Astaka Batu Kurau on 10th March 2018.

19 Mobile Medical Teams led by Prof Dr Syed Rahim Syed Hamid, Dean, Faculty of Medicine UniKL RCMP were deployed to 19 villages in the Batu Kurau Constituency for a medical outreach CSR initiative.

Despite the hot spell and lack of equipment, the team managed to provide basic health care and health counselling to 402 villagers on the said day.

The program provided an opportunity for the university to undertake meaningful community work that benefits the less-privileged in society and make a positive impact on their lives.

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Thank you, doctors, lecturers, supporting staff as well as the students for your support and cooperation in making the program a success.
UniKL RCMP Student Representative Committee (SRC) Election Results 2018

The election was conducted via the ECITIE E-Voting System on 27th March 2018 and the official results were announced a day after on 28th March 2018 at the foyer.

Congratulations to the following SRC leaders:

1. Nur ‘Aqilah Nazihah Binti Ja’afar (MBBS)
2. Nik Syazanim Firdaus Bin Nik Ahmad Zahry (MBBS)
3. Raisahna Ahmad Selvanaraj (MBBS)
4. Muhmmad Daniel & Muhammad Naman (B,Pharm)
5. Farisha Sofea Binti Md Roslan (Dip in Pharmacy)
6. Muhamad Irfan Syazwan Bin Saruan (Dip in Pharmacy)
7. Siti Hawa Binti Rusli (Dip in Pharmacy)

MyPSA National Pharmacy Research Competition

The 1st Malaysian Pharmacy Students Association (MyPSA) National Pharmacy Research Competition was held on Saturday, 24th Feb 2018. Seven universities took part in the competition.

The Gold Medal Award recipients were:

1. Koh Wei Ying from UKM (A) with the research project entitled, “Adherence to Endocrine Treatment Among Breast Cancer Patients”.
2. Patricia Anne John Philip from Taylor’s University (B) with the research project entitled, “Shopper’s Path to Purchase of Vitamins and Dietary Supplements”.
3. Shubbaneswari A/P Selladurai from Taylor’s University (C) with the research project entitled, “Formulation and Evaluation of Cinnarizined Liquid Solid Compacts”.
4. Lim Chei Sin from UKM (B) with the research project entitled, “Antibacterial Activity of Biosynthesized Gold Nanoparticles Using Lignosus rhinocerotids and Chitosan”.
5. Teoh Xin Yi & Yeoh Yuyu from USM (B) with the research project entitled, “Fabrication and Characterisation of Supersaturated Nanofibers for Drug Delivery System”.

Our Fire Brigade Goes Camping

By Monarusnita Abu Bakar

The Fire Brigade platoon of UniKL RCMP organized a camping activity at the Fire and Rescue Station of Ipoh on 2nd and 3rd February, 2018.

The objective of this camp was to create awareness among the students about fire rescue activities in general and the role of the Fire and Rescue services. A total of 28 students took part in this camping activity.

The programme was successfully run with enthusiastic participation from all the platoon members. The leader of Platoon 5, Faris Aiman Minhaj Bin Norazmi, a first year Bachelor of Medicine and Surgery (MBBS) student said that they were very excited to participate in this camping activity and this was a very different learning experience for all of them as there were many physical activities which tested their courage as well as stamina. They also learned many new skills during the camping activity. Overall, it was a welcome change from the routine of their studies and they felt very much enriched by the experience.

UniKL RCMP Meets Mufti of Perak

Ustaz Muhammad Iqbal Samadi and Ibnu Sina Club (ISC) representatives met Perak Mufti, Tan Sri Dato’ Seri Mufti Dr. Hj Harunssani bin Haji Zakaria to discuss the ‘Smart Circle Module’. The meeting took place on Wednesday, 28th Feb 2018 at the Mufti’s office.

The module was presented by Mr. Mohamad Nur Aiman Bin Fadrul, President of Ibnu Sina Club. The good news is that the Mufti has given his approval for ISC to run the module at UniKL RCMP.
The Corporate Governance Department of UniKL RCMP organized a get-together with the media group of Ipoh with the objective of forging a close rapport with members of the media for our mutual benefit. The event was a great success going by the number of media representatives who attended the function.

Journalists from the STAR, BERNAMA, TV3, Nanyang Siang Pau, Suara Perak, Astro Awani, RTM, Kosmo, Ipoh Echo, Berita Harian, Tamil Malar, Harian Metro, Oriental Daily, Sin Chew Daily, NSTP and The Sun turned up for the event that was held on Thursday, 28th Dec 2017 at Tandoor Grill Restaurant.

Sasi Binti Hashim (Tingkatan 5) juga berpendapat bahawa program ini telah memberikannya semangat untuk mempelajari bidang perubatan.

“Saya ingin membantu kanak-kanak supaya mereka sentiasa sihat dan bebas daripada sebarang penyakit. InsyaAllah.”

Jassilina Nur Jalwaa Binti Jimat, peserta

“This program is so awesome! Saya bertambah minat untuk menjadi doktor setelah mendapat penjelasan daripada staf UniKL. Thank you, UniKL.”

Hanis Nur Jalwaa Binti Jimat, peserta

UniKL RCMP received guests from Institut Teknologi Petroleum Petronas (INSTEP). The representatives from INSTEP were here to gather information with regard to our transition process from ISO 9001:2008 to ISO 9001:2015. The sharing of experience was facilitated by Mr. Thian Yee Wei, Head of Corporate Services Division UniKL RCMP.

Also present at the meeting were YAB Dato’ Seri Abdul Puhat bin Mat Nayan, Perak State Secretary, Prof. Datuk Dr. Syed Othman Syed Hussin Alhabshi, UniKL Board of Director, Datuk Salmah Hayati Ghazali Deputy President, Tuan Haji Hishamuddin Omar, Head of Campus UniKL RCMP and Mr. Thian Yee Wei, Head of Corporate Services Division UniKL RCMP.

UniKL President/CEO Dato’ Dr. Mazliham Mohd Su’ud paid a courtesy visit to the Chief Minister of Perak YAB. Dato’ Seri DiRaja Dr. Zambry bin Abd.Kadir on Friday 2nd Feb 2018.

The meeting that took place at the Chief Minister’s residence lasted almost 2 hours. The objective of the visit was to discuss the possibility of future collaboration with the Perak State Government on healthcare issues.

Bench Marking Visit From Institut Teknologi Petroleum Petronas (INSTEP)
On 21st November 2017, the General Studies Unit in collaboration with Bachelor of Pharmaceutical Technology students organized Culture Fest 2017. The event was held at UniKL RCMP. The objectives were to introduce and exhibit the cultures and traditions of countries chosen by student groups, to create an opportunity for everyone at UniKL RCMP to learn about cultures from various countries, and to enhance students' confidence in using the English language through fun and enjoyable activities.

Culture Fest 2017 is the first integrated assessment which involves three General Studies subjects which are Professional English 1, TITAS and Technopreneurship. This event was monitored by lecturers involved in the subjects namely Ustaz Muhammad Iqbal Samadi, Madam Farah Ayuni Ramlan, Madam Siti Noraihan Sheikh Ahmad and Encik Shariff Harun.

Sulaiman bin Kamis was the Programme Director of Culture Fest 2017. Twelve different cultures were introduced and promoted in their own cultural booths. They are Korea, New Zealand, India, Japan, Egypt, Indonesia, Mexico, Thailand, China, Malaysia, Italy and Turkey. History, origin, food, interesting places to visit and costumes of the 12 cultures were displayed and explained by students to booth visitors. Some of the students came up with brilliant ideas to sell food related to the culture displayed.

The China booth clinched the first place in the best cultural booth competition. Besides cash prizes, they received five scarfs sponsored by Ariani Cawangan Ipoh. It was followed by Japan and Malaysia booths as second and third place winners.

Aliff Abdul Halil won best dress for male category while Nur Shakirah Ramlah binti Sharrizal won best dress for female category. Both of them won shoes sponsored by Medshoe Ipoh.

The closing ceremony was officiated by Prof Dr Noorzaid Mohamad, Deputy Director of SDCL UniKL RCMP. The audience were entertained to two performances by the students, before the end of the event. The play was very entertaining as the students creatively incorporated elements of many cultures into one performance. It was indeed a very joyous event.

By Farah Ayuni Ramlan

Recycle More & Waste Less

A talk on Recycle More & Waste Less was held on Saturday, 16th Dec 2017 at UniKL RCMP.

The talk was organised by Enactus Club to raise environmental awareness among UniKL RCMP community.

The Club had organised the program for three (3) consecutive years but unfortunately, based on the evaluation that had been done, the level of awareness among UniKL RCMP community regarding recycling is quite disappointing. Nevertheless, we are not discouraged with this situation. Instead we tried our very best to improvise and take the challenge to educate the public on the waste segregation programme, said Kharunisa Rumaizi, Project Manager.

The program was officiated by Mr. Thian Yee Wei, Head of Corporate Services Division of UniKL RCMP. Also present were Mr. Shamrulizam bin Shamsudin (Environmental Health Department), Mr Mohd Azhar bin Mohd Poad (SWCorp) and Mr Ahmad Rashal Bin Abdul Majid (Green Resource Recovery Sdn. Bhd).

The organizing committee records its appreciation to Sandwich Express for sponsoring sandwiches for the participants of this event.

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By Farah Ayuni Ramlan

Seminar Kebangsaan Pasukan Siswa APM ke-6


Tahniah kepada Pasukan APM UniKL RCMP!
UniKL RCMP Collaborates with Inomedik

The Deans and Heads of Programs of UniKL RCMP had a discussion with the Inomedik team from Kuala Lumpur. UniKL RCMP was invited to collaborate with Inomedik to provide updated medical contents to inomedik.com portal.

Inomedik is the first medical portal in Malaysia collaborating with medical providers, the public and forum community. Among their contributors are hospitals, specialist medical centers, medical universities, nursing colleges, medical support groups and more than 100 bloggers.

The portal provides medical & health information to the public, especially in Malaysia using layman’s terms. The articles are mainly in Bahasa Malaysia but English language articles are also accepted.

CEO’s Engagement Session with UniKL RCMP staff

CEO’s engagement session with UniKL RCMP staff was held on Wednesday, 17th January 2018.

The top management of UniKL RCMP was invited to highlight on their Faculty & Divisions achievements, activities and future plans for their faculties and divisions.

Ummah Awareness Talk (Remembrance of Al-Quds)

Ummah Awareness Talk (Remembrance of Al-Quds) was organised by UniKL RCMP PEMBINA in collaboration with Aman Palestine Perak & Penang on Saturday, 9th December 2017 at UniKL RCMP. About 150 students attended the talk. It was an eye-opening experience for the students.

Ustaz Muhammad Ibqal Samadi, Head of Student Development and Campus Lifestyle Department handed over a mock cheque of RM10,000.00 to Ustaz Shahruzzaman bin Bistaman representing Aman Palestine Sdn Bhd.

Fire Brigade Club Explores Gua Tempurung

UniKL RCMP’s Fire Brigade Club collaborated with the Fire and Rescue Station of Ipoh in conducting a special training programme on Saturday 24 February 2018 at Gua Tempurung, Gopeng, Perak.

Eight fire fighters, two lecturers and 48 students representing various academic programmes including MBBS, Bachelor of Pharmacy and Bachelor of Pharmaceutical Technology departed from UniKL RCMP by bus early in the morning. After a short briefing from the members of the fire-brigade, the group started the journey into the cave. The challenging journey took about two hours and thirty minutes to complete.

This program exposed the club members to many physical activities during the journey through the caves. They had to climb about 600 steps up the hill and climb down about 200 steps to the river below. At one point they had to slide down steep, rocky cliffs and then go through a small hole in the cave to get to the fast flowing clear stream located at the bottom of the caves. While crossing the stream, they had to crawl with their hands and feet through the narrow passage under the caves for almost an hour. Needless to say that everyone got drenched in the cold and refreshingly clear water of the stream. It was indeed a test of their nerves, strength and their perseverance.

At the end of the program, they organized themselves into groups and set out to collect the rubbish around the area of the caves as their contribution to the cleanliness of the environment.

The closing ceremony was held just outside the caves. The head of the Fire and Rescue Department of Ipoh, Tuan Mohd Subri Bin Hussain gave his closing speech. He highlighted the importance of teamwork and mental strength in undertaking tasks that we are faced with in our lives. He congratulated the team for their joint effort and the successful trip. The chairman of Bridged Bomba Club, Phathadon Uttraphan a/l Pim, (MBBS Year Two) thanked the coaches for their co-operation and expressed his hope that this cooperation and goodwill will continue in the future for many more such activities. The program ended with lunch at 1.00 pm.
Nurul Aisyah Binti Mustafa
By Suhailie Yaacob

Nurul Aisyah was offered to join Pantai Hospital as a Nursing Staff upon her graduation from UniKL RCMP in 2010. As she is familiar with Ipoh while studying at UniKL RCMP, Nurul Aisyah born and raised in Terengganu, decided to work and stay in Ipoh.

Originally she was not very interested in the nursing field, but she had to accede to the choice of her family to continue her study in Diploma in Nursing at UniKL RCMP in 2007. Nurul Aisyah said that she gained a lot of experience and encouragement from the lecturers and nursing team during her time at UniKL RCMP that piqued her interest in this field.

Nurul Aisyah currently serves in the Paediatric ward. She always considered her patients as part of her family and the children under her care as ‘anak-anak saya’. Her experiences with patients, her sacrifice to work during Hari Raya and performing her duties even when her own mother was very ill were shared during the Alumni Sharing Session in conjunction with Nurses Day Celebration 2017 at UniKL RCMP on 22 May 2017. Nurul Aisyah also reminded herself and others to always be ready to learn something new every day.

Dr. Mohd Ismail bin Mohd Isa
By Suhailie Yaacob

Dr. Mohd Ismail bin Mohd Isa had his early education at Sekolah Rendah Sultan Ismail, Terengganu and secondary education at Kolej Sains Pendidikan Islam Negeri Terengganu before pursuing his MBBS programme at UniKL RCMP from 2009 to 2014. He is currently serving as a Medical Officer in Klinik Kesihatan Merchang, Marang, Terengganu.

Dr. Mohd Ismail has been involved in humanitarian and volunteerism activities since becoming a student at UniKL RCMP by joining the social service programs under the Rural Medical Mobile Mission (RM3). RM3 is a special team established at UniKL RCMP aimed at providing health and education services for rural communities. RM3 is a team effort by medical, pharmacy, nursing, physiotherapy and radiotherapy students with guidance from experienced doctors and alumni of UniKL RCMP. Besides Malaysia, RM3 has also offered its services to other neighbouring countries such as Cambodia and Indonesia.

Dr. Mohd Ismail is also active in training new volunteers from UniKL RCMP as well as members of the public under the Malaysian Relief Agency (MRA), a non-governmental organization active in volunteerism activities. During the last seven years as a volunteer, he had several pleasant as well as unpleasant experiences. In one such incident he had to be admitted to the ICU due to "sepsis leptio" illness. He had also been infected by other tropical diseases like dengue, malaria, typhoid and asthma but all that has never stopped him from continuing his work as a volunteer.

Grand Annual Dinner & Appreciation Ceremony 2017

UniKL RCMP organised the Grand Annual Dinner & Appreciation Ceremony 2017 on 14th December 2017 at Casuarina Meru Hotel.

The dinner kick started with a performance from the Voice of UniKL RCMP.

Almost 300 guests including singers put on their best hipster attire for the dinner.

25 UniKL RCMP staff received Loyal Service Awards from Y.B Dato’ Dr. Hj. Noor Azmi bin Hj. Ghazali. They received plaques, cash and certificates for their 10 years and 15 years of service at UniKL RCMP.

“Tonight is a very special night, not only a night of recognition and celebration to honour 25 of our long serving and dedicated staff but also to congratulate all staff of UniKL RCMP for their hard work and for being part of us through thick and thin.”

Hishamuddin Omar

Y.B Dato’ Dr Hj. Noor Azmi bin Hj. Ghazali, Chairman of P.C.M. Sdn. Bhd; YB Dato’ Seri Abdul Puhat Mat Nayun, Director of P.C.M. Sdn. Bhd; Tuan Haji Hishamuddin Omar, CEO & Head of Campus UniKL RCMP attended the ceremony.

Almost 300 guests including singers put on their best hipster attire for the dinner.

Committee members of the event
Inculcating Altruism and Volunteerism among Medical Professionals

By Senior Professor Dr. Osman Ali

Altruism or selflessness

Altruism is the principle or practice of showing concern for the welfare of others. In other words, it is about sacrificing our time, energy or possession for the benefit of others. Volunteering is a sort of altruistic activity intended to promote the quality of life of recipients and in return get a notion of self-worth and respect of the others. Volunteers provide service at their own free will and help out communities without any financial reward. What motivates people to perform voluntary work? A survey has shown that more than 70% of people who donate blood do it out of selflessness (altruism).

Mostly, people volunteer for the following reasons:-

1. Empower people who are in need by providing nourishment to homeless people, teach and impart skills to unemployed youth, and conduct health campaigns.
2. Save lives and property (emergency relief) during natural disasters such as floods, earthquakes or people displaced due to war, riot or racial conflicts.
3. Build a sustainable world through a clean environment, planting trees and recycling efforts.
4. Lead an organization (volunteer organization) to coordinate such activities.
5. Be involved in fundraising and sales to generate income to support such activities.

Medical professionals, apart from being competent, need special attributes related to patient care, such as caring, compassionate, honesty, trustworthiness and altruism. Altruism is an inherent part of the medical profession. Medical personnel are required to work long hours, offering medical services outside working hours, rendering free medical services to poor patients and willingness to volunteer in voluntary activities. They pledge by the Hippocratic Oath to help others with dignity, benevolence and do no damage. They are committed to helping, attending and living for others, erasing disparities, and doing so at the sacrifice of their own self-interests.

How to impart the altruistic behavior among medical professionals?

The best way to impart the altruistic behavior to medical students is through experiential or service learning, coaching, mentoring, mutual learning, and embedded learning. The real-life involvement in community work such as emergency relief work to preserve lives and property during a catastrophe, maintaining an old folk’s home or hospice, improving the environment and helping with fund-raising activities are some activities to instill altruistic behavior among our students.

Service-learning is a structured learning experience that combines community service with preparation and reflection. Students engaged in service-learning provide community service in response to community needs and relate it to their academic coursework. In-service-learning, students are given tasks to address community needs, identify determinants of health and address the issues together with the people (reciprocal learning). For example, public health posting in the medical program (MBBS) is a part of the curriculum to develop student’s competency in public health. However, service learning can be a part of extra-curricular activities such as feeding-the-homeless program, rural mobile medical mission for the aborigines and providing relief for flood victims.

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Conclusion

Altruism is an important behavior that needs to be instilled in all our students. It is an attribute needed by all medical professionals. They are not born with this characteristic, so it must be learned through proper training and exposure. Service learning is found to be the best means to inculcate this behavior in our students. Learning in real-life situations such as involvement in relief efforts during natural disasters or providing health service delivery in inaccessible areas should be considered as part of the curriculum of our medical programme.
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