

BEYOND

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PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam
Quarterly Newsletter



Artist Wu Chun joins BHS Dentistry students for a commemorative photo during their Chinese New Year celebration on February 2nd, 2023. Photo credit: Dr. Joe Knights.

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PAPRSB IHS HELD THE 4TH ANNUAL GRADUATE RESEARCH DAY

Nur Aziemah Binti Mohammad Azizi (Ph.D. candidate in Biomedical Sciences)



Top left: Speakers and attendees of the 4th annual graduate research day in a commemorative photo. **Top right:** Associate Professor Dr. Hj Mas Rina Wati Hj Abd Hamid, the Deputy Dean of Graduate Studies and Research of PAPRSB Institute of Health Sciences, officiated the event with her opening address. **Bottom:** the event concluded with the awarding of prize winners for oral and poster presentations.



On Wednesday, the 22nd of February 2023, PAPRSB Institute of Health Sciences (IHS) successfully held its 4th Annual Graduate Student Research Day (GRD). The annual event served as a platform for the current graduate research students, both Master and Ph.D. levels, to showcase their research accomplishments via oral and e-poster presentations. This symposium was held to (1) enhance the awareness of ongoing research at the faculty, (2) provide a platform that enables students and faculty to critically assess and provide feedback on ongoing research projects, and (3) promote and foster cross-disciplinary research. With assistance from the Programme Leader (PL) and Assistant PL of Graduate Studies, the 1-day mini-symposium was organised and run by the graduate students. This year's event highlighted a total of 28 abstract submissions, which is the highest number of submissions recorded so far! For the first time too, there were prizes awarded to the best top three presenters in both categories (oral and e-poster). Various sponsorships for goody bags and refreshments were also successfully sought from Samima Sdn Bhd, Bismi Sdn Bhd, Sugar & Spice Restaurant Sdn Bhd, Amsarra Kedai Kopi, and HTC Restaurant & Catering.

The event began with an opening remark by the student chair, Nur Aziemah Mohammad Azizi (Ph.D. candidate in Biomedical Science). The Deputy Dean (Graduate Studies and Research), Associate Professor Dr. Hajah Mas Rina Wati Hj Abdul Hamid officiated the event, whose opening address highlighted the accomplishments that the faculty and the graduate students have made in research, and congratulated the graduate students for their hard work in organising the day. A keynote speech entitled "Survival Skills for Graduate Students" was delivered by Visiting Associate Professor Dr. Anne Catherine Cunningham. The event continued with four sessions of oral presentations by both Master and Ph.D. students covering research topics including nursing, public health, digital health, drug discovery, and cancer genetics. There were also e-posters on display throughout the day. Judges consisting of academic members from various fields were appointed to evaluate all oral and e-poster presentations. The day concluded with the announcement of winners for both categories by PL of Graduate Studies, Assistant Professor Dr. Siti Rohaiza Ahmad. The winner, 1st runner-up, and 2nd runner-up of oral presentations were awarded to Mohammed Abd El-Fattah (Ph.D. candidate in Digital Public Health), Said Moshawih (Ph.D. candidate in Biomedical Science), and Nurul Wafiqah Binti Saipol Bahrin (Master by Research in Biomedical Science), respectively. Whereas Norafiqah binti Yusof (Ph.D. in Biomedical Science), Nur Aziemah Binti Mohammad Azizi (Ph.D. Candidate in Biomedical Science), and Nur Syafiqah Haji Saime (Ph.D. in Midwifery) came as 1st, 2nd and 3rd place winners in the e-poster presentation category, respectively. The prizes were handed out by the Deputy Dean (Undergraduate Studies and Global Affairs), Prof Kenneth Kok Yuh Yen.

BHSC NURSING STUDENTS DOMINATED A VIDEO MAKING COMPETITION ON MENTAL HEALTH POST-COVID-19 HOSTED BY @TAKEABREAK.BN

Dr. Deeni Rudita bin Idris (Assistant Professor) & Dr. Agong Lupat (Lecturer)



Left photo: the 'Take a Break' team at the Mental Health Forum with their supervisors Dr. Deeni & Dr. Agong. **Right photo:** Top three places of the video making competition were won by BHS Nursing students – Umi Kalsum Binti Haji Mislee, Nazatul Erna Natasha Binti Aminuddin, and Noorzawanah Binti Jubli. Prize award ceremony was held in December 2022 at UBD Pro Chancellor Arts Centre.

"Take a Break" was a collaborative community project between final year BHS Nursing students of PAPRSB Institute of Health Sciences (IHS), Universiti Brunei Darussalam and Brunei Methanol Company (BMC) Sdn. Bhd. BMC sponsored cash in the amount of BND\$10,305.00 to fund and run this project from August to December 2022. The team members were Nurfadhlin Najihah Hj Mohd Yussof, Mohd Hafiy Waquiuddin Hj Supry, Dk Al Umairah Pg Hj Asyura, Nur Aida Farhanah Hj Ade Suhardy, and Rahidah Ibrahim. Also involved were IHS Student Council and volunteers who were UBD undergraduate students and were led by Farhan Ramlee. The team was supervised by Dr. Deeni Rudita Idris and Dr. Agong Lupat from PAPRSB IHS, and Iswandy Ahmad from BMC Sdn. Bhd.

The rise in COVID-19 cases earlier in the pandemic affected businesses and resulted in the closures of schools. It forced businesses to swiftly make adjustments to allow their staff to work from home and students to move to home online learning. Now as we transition to the endemic phase and adopt the new normal, everyone has returned to office and schools which requires them to readjust. This readjustment involves a lot of changes in our daily routines such as in our ways of carrying out our activities including work and study, as well as in protecting ourselves and others from COVID-19. Such sudden changes can be overwhelming for both adults and children and may cause stress and evoke negative emotions such as fear and anxiety. Thus, this project aimed to raise awareness of the importance of mental health among students post-COVID-19 and to emphasise the significance of taking a break to reflect on their mental health state and emotional awareness.

One of the activities conducted was the dissemination of information on mental health during and post-COVID-19 to the public during Bandarku Ceria and on their official Instagram account @takeabreak.bn. The team also participated in a Mental Health Forum at UBD Pro Chancellor Arts Centre where they set up a booth and displayed their informative posters for public viewing. A creative video competition was also held which focused on the theme of 'Living in the New Normal (post COVID-19): Looking After Your Mental Health'. A total of 29 entries were received which were judged based on three criteria; (1) clarity of message, (2) creativity, and (3) originality/novelty. The judges were Awang Abdul Rahman Hj Harith from BMC Sdn Bhd, Dr. Hjh Asmah Hj Husaini from Universiti Brunei Darussalam, Hjh Radiah Omar from the Ministry of Health, and Mohammad Riyat Iman Mustaqim bin Muhammad Shahjohan from Memorito Vision. The prize presentation ceremony for the video competition was held on 15th December 2022 at the UBD Pro Chancellor Arts Centre. The guest of honour was Mr. Kaneshige Kubushiro, Chief Executive Officer of BMC Sdn. Bhd. who presented the prizes to the top 3 video winners, winners of the "Most Favourite Video", and the "Most Inspiring Video". Also in attendance were UBD Assistant Vice Chancellor (Research) Associate Professor Dr. Abby Tan, staff members of PAPRSB IHS, Senior Management of BMC, and students of UBD. All video entries can be viewed at their official IG: @takeabreak.bn.

MINISTER OF HEALTH VISITED BIOMEDICAL GENOMICS CORE LABORATORY OF PAPRSB IHS

Dr. Mas Rina Wati Haji Abd Hamid (Associate Professor)

The Biomedical Genomics Core Laboratory (BGCL) at PAPRSB Institute of Health Sciences (IHS) received a special visit from The Honourable Minister of Health, Dato Seri Setia Dr. Haji Mohammad Isham bin Haji Jaafar on 29th December 2022. Accompanying the Minister of Health were senior officials from the Ministry of Health that included Directors and Head of respective services at the Ministry of Health. Welcoming the Minister and his delegation was the Vice Chancellor of UBD, Dr. Hazrie bin Haji Kifle; AVC (Innovation and Entrepreneurship), Professor Mohd Ayub Sadiq; Dean of PAPRSB IHS, Dr. Zaw Wint; Deputy Dean of PAPRSB IHS (Undergraduate and Global Affairs), Professor Kenneth Kok; Lead of Precision Genomic Medicine (PGM), A/P Dr. Mas Rina Wati Haji Abdul Hamid, and members of PGM including research assistants and students. The PGM research lead presented on the development of BGCL that was commenced following His Majesty Sultan Haji Hassanal Bolkiah's Titah at UBD's 32nd convocation in 2020, on UBD's plan to embark on personalised medicine studies in the country. One of the first of these studies was to initiate the "Development of A Bruneian Population-specific Breast Cancer Genotyping Panel", a project that has now been awarded funding by CREATES. The Minister and his delegation were also briefed on the establishment of PGM in late 2020 and its entrusted tasks to build Brunei's human capacity in genomics and to drive research in areas such as cancer genome, cancer biomarkers, genetic diseases, medical bioinformatics, and pharmacogenomics.

A fruitful discussion and feedback session followed the briefing where the Honourable Minister of Health voiced his delight at the start of a genomics initiative at UBD. He was particularly pleased with the training provided to students and young researchers from PGM to develop their knowledge and skills in genomics and prepare them for the future where Brunei can become an important player and contributor to regional and global research in genomics and unique population data. He also encouraged collaboration in research between UBD and the Ministry of Health, especially in light of the recent pandemic which had demonstrated that a global problem required active collaboration in finding solutions, and the latter can be enormously facilitated by collaborative research between scientists and clinicians alike. He also welcomed the idea that BGCL will develop partly into an accredited service-providing laboratory in the future that offers specific genetic testing as a means to develop and support the current laboratory services available to clinicians and patients in the country.

PGM and PAPRSB IHS were honoured and highly appreciative of the Honourable Minister of Health's visit and advice on various matters, and were encouraged by his recognition of the importance of the BGCL facilities and the efforts we have conducted so far to facilitate genomics research and training in the country.



YB Minister of Health, Dato Seri Setia Dr. Haji Mohammad Isham bin Haji Jaafar, in a photo with Vice Chancellor of UBD, Dr. Hazrie bin Haji Kifle, faculty members of PAPRSB Institute of Health Sciences, and members of the Biomedical Genomics Core Laboratory (BGCL) and Precision Genomic Medicine (PGM) Research Group.

PHD IN MIDWIFERY STUDENT ABROAD IN AUSTRALIA UNDER STUDENT MOBILITY PROGRAMME

Hajah Nadhirah Binti Haji Baharin (PhD student in Midwifery)

I have been very fortunate to be given this opportunity to join the School of Nursing and Midwifery at La Trobe University in Melbourne, Australia, under the UBD student mobility programme. The goal of this 6-month programme is for UBD students to participate in an international programme with the hope to gain exposure beyond their university compound and acquire the necessary competence skills, and promote international networks.

As part of my Ph.D. research topic, I am currently completing a systematic review on women's health-seeking behaviour for bereavement counselling in coping with miscarriage. I am also planning for future manuscripts for publication with my host supervisor, Professor Lisa McKenna, who is also the Dean of the School of Nursing and Midwifery at La Trobe University. Several months into this mobility programme, I have learned a lot about the management of miscarriage in Australia which involves a lot of support groups and accessible platforms for women to reach out for emotional help and support. I hope that in the future, I could adapt this knowledge of miscarriage management to the Bruneian context and increase the awareness of the mental health of women who experienced miscarriage. Additionally, I am learning a lot about the learning and teaching system at La Trobe University by attending and observing classes at the School of Nursing and Midwifery.

It has been an amazing journey for me so far as I get to experience a conducive learning environment at La Trobe University where the academic staff members are very helpful in their guidance and advice for me. Also, the international community on campus means that I can meet new peers from other countries with whom I could exchange knowledge. Even though there is no current Bruneian student at La Trobe University, I am still able to engage with other Bruneians in Melbourne via the Brunei Student Society of Melbourne (BSSM) which consists of students who are pursuing studies mainly at Monash University and RMIT University. I had a wonderful sharing session with them during the Brunei National Day celebration and obtained some advice regarding how to get around Melbourne and its interesting places to visit.

I am thankful to both of my supervisors, Dr. Sarena Haji Hashim and Dr. Khadizah Haji Abdul Mumin who recommended me and supported me to pursue this experience at La Trobe University as part of my learning research experience as a candidate for Ph.D. in Midwifery at PAPRSB Institute of Health Sciences. I am also grateful to my host supervisor, Professor Lisa McKenna, for her constant guidance and help throughout my time at the School of Nursing and Midwifery, La Trobe University.



Top photo: Hajah Nadhirah Hj Baharin (bottom row, second from left), a Ph.D. candidate in Midwifery, joined the Brunei National Day celebration in February 2023 with the Brunei Student Society of Melbourne. **Top right photo:** Hajah Nadhirah next to a poster promoting the Nursing & Midwifery programme at La Trobe University. **Bottom right photo:** Hajah Nadhirah in a photo with her supervisors Dr. Sarena Haji Hashim and Dr. Khadizah Haji Abdul Mumin before departing Brunei in January for La Trobe University.

PAPRSB IHS WELCOMED INTERESTS AT UBD OPEN DAY AND HIGHER EDUCATION EXPO 2023

Earlier this year, PAPRSB Institute of Health Sciences participated in both Higher Education Expo 2023 and UBD Open Day. The Higher Education Expo was held virtually from the 13th to the 16th of February and organised by the Ministry of Education. The expo provided a platform for all higher education institutions to interact virtually with the public who may be interested in pursuing studies with them.

Running in parallel was UBD Open Day which took place from 15th to 17th February at Chancellor Hall, UBD. This physical event was hosted by UBD to give the public an opportunity to meet course representatives and current students and ask them face-to-face any questions they may have before applying for the courses. The event also hoped to provide the public or prospective students with information that can help them make the important decision of which course is right for them. It also allowed them to explore the faculties and facilities that UBD offers and identify accommodation options and student services that are available. All 6 programmes that are currently offered by PAPRSB IHS (Undergraduate programmes – Medicine, Dentistry, Biomedical Science, Pharmacy, and Nursing & Midwifery; and Postgraduate programmes – Master of Nursing, Master of Public Health, and Masters and PhD by Research) were on site, giving advice and information to interested applicants. Administrative staff members were also available during the open days to offer help with the process of programme admission and application.

More information on entry requirements and opportunities for life-long education at PAPRSB Institute of Health Sciences can be found on IHS website: <http://ihs.ubd.edu.bn/>



PAPRSB Institute of Health Sciences administrative and academic staff members participated in UBD Open Day 2023 and received a great interest from prospective students and the general public about the programmes that are offered by PAPRSB Institute of Health Sciences.

ASSISTANT PROFESSOR ATTENDED THE GLOBAL YOUNG SCIENTISTS SUMMIT IN SINGAPORE

Dr. Muhammad Hazim bin Hj Abdul Ghani (Assistant Professor)

The Global Young Scientists Summit (GYSS) is an annual gathering of young researchers worldwide to interact with eminent scientists and technology leaders. The 11th edition of the GYSS took place at the Singapore University of Technology and Design (SUTD) from 17th to 20th January 2023. As many as 350 delegates from different parts of the world assembled on-site in Singapore, while another 1450 participants attended the hybrid event online.

The four-day event featured exciting lectures from distinguished speakers including Nobel Laureates, Fields Medal, and Millennium Technology Prize winners. The disciplines covered in this event included Medicine, Chemistry, Mathematics, Physics, and Engineering. Central to these talks were the background of these speakers and their journey that led to award-winning discoveries. These stories were truly inspiring and uplifting. Ultimately, a combination of perseverance, precise timing, and luck pushed them to excel and push boundaries in science. Just like any of us, they went through tough challenges and rejections, but their positive attitude and self-belief carried them far. Following their lectures, long lines usually formed to ask questions regarding the speakers' insights on scientific matters and advice for young researchers who would like to pursue careers in science.

The GYSS also featured open panel discussions and small group sessions. Open panel discussions generally involved three to four distinguished speakers talking on a range of topics in science, moderated by a local scientist. The small group sessions featured a more personal interaction of no more than two dozen young scientists with an eminent scientist of their choosing. Dr. Hazim was fortunate to join a session with Sir David Klenerman, one of the co-founders of Next-Generation Sequencing. A handful of postgraduate students and postdoctoral scientists were also selected to present short talks on their current research projects. Other attendees were given the opportunity to present their work in terms of poster presentations.

Dr. Hazim would like to thank members of the faculty for their support and funding of the once-in-a-lifetime experience.



Dr. Hazim (standing fourth from left) joining a small group session with Sir David Klenerman (centre) who is one of the co-founders of Next-Generation Sequencing.

BIOMEDICAL SCIENCES STUDENTS ORGANISED A BLOOD DONATION DRIVE AT PAPRSB IHS

Mursyidah Syahirah Binti Haji Sabtu (Year 2 of BHSc Biomedical Sciences student, Cohort 14)

In February 2023, 2nd-year Biomedical Sciences of Cohort 14 hosted a two-day blood donation drive in collaboration with the Blood Donation Centre team from Raja Isteri Pengiran Anak Saleha (RIPAS) Hospital as a community project for the Haematology and Blood Transfusion module. The objective of the blood donation drive was to: 1. spread awareness about the importance and educate the UBD community and public on blood donations, 2. help in replenishing the blood supply at the Blood Donation Centre of RIPAS Hospital, and 3. improve soft skills such as critical thinking, decision-making, and communication. To attract blood donors and the public, my team and I sought out sponsorship for donor prizes and invited food vendors during the event. The event was sponsored by GongCha, Air Rainwater, Infusion by Seri Damai, and Dynamics Café. Vendors invited namely, Boost, Coffee Bean and Tea Leaf Café, Mirza's Churros, Burgergar, and Grandmama by Bungkus Kilanas. Each day we receive approximately 200 applicants and in total we managed to collect 154 successful donors.

As the team leader, I learned to treat my team members with kindness, patience, and understanding, and to appreciate their differences. We cooperatively worked together towards the same objectives in mind. As Biomedical Sciences students, organising this event benefitted us in our education and personal growth. We were able to experience the blood collection process firsthand. Particularly, the RIPAS Hospital staff members taught us many takeaways related to our Haematology and Blood Transfusion module, such as the eligibility criteria for donating blood and the normal range of a test to become eligible donors, and demonstrated to us the eligibility testing process. Despite our awareness of the low blood supply in Brunei and the rise of the blood donation drives, we were not able to fully grasp the real impact of donating blood until we experienced this event. As we were constantly interacting with the donors, participants, and the RIPAS hospital staff, we learned how significant and life saving blood donations are through our short but meaningful conversations. The event was very successful and it left a big impact on the team and gave us an experience to remember. It helped us learn new skills, improve our communication and teamwork skills, and also further strengthen the bond in the team. The team share their experience in their anonymous statements below:

"It was great as I was able to contribute as a team and gave ideas and help with setting up. It was interesting to hear other people's donation stories as well."

"The feeling that the event gave me at the end was new and refreshing, and I feel very grateful to have done this event with my peers from Biomedical Science. It helped relieve my stress and pressure from studying and it also boosted my soft skills, such as being able to work in a team, communication, and adaptability."

"Overall the process was fun and educational. Getting to spend time with everyone in the class was a great experience. In the end, the event went smoothly and successfully and I'm especially grateful to our leaders for their huge cooperation and willingness to lead us."

"It was quite nerve-wracking and overwhelming at first due to other commitments but in the end, it was quite a rewarding and challenging experience as this event taught me how to plan carefully, coordinate with other people, and execute the plans. It also improved my teamwork and communication skills."



Left photo: the team members with their supervisor Dr. Ihsan Nazurah Zulkipli. **Right photo:** group photo of the organising team with the staff members of the Blood Donation Centre, RIPAS Hospital.

PAPRSB IHS CONTRIBUTES TO COMMUNITY BY PROVIDING FIRST AID AND CPR TRAINING TO A LOCAL SCHOOL

Dyg Asnah binti Haji Yusof (Instructor at International Training Centre of PAPRSB Institute of Health Sciences)



The International Training Centre (ITC) of PAPRSB Institute of Health Sciences was invited to give a first aid and CPR training at Dato Basir Primary School during which certified instructors demonstrated useful first aid knowledge and practical skills.

On the 8th of March, PAPRSB Institute of Health Sciences (IHS) International Training Centre (ITC) was invited to provide a First Aid training for a community outreach programme at Dato Basir Primary School in Kampong Perpindahan Lambak Kanan. The training was facilitated by the centre's certified instructors, including Mohd Khairulamin Abdullah Sungkai (Coordinator of ITC), Rozita Hj Tamin, and Asnah Hj Yusof. It was also assisted by nine nursing students (from Year 3 of BHSc Nursing Programme on Elective Emergency Module & from the three-year Articulate Nursing Programme). The goal of this training was to share knowledge and skills of common first-aid interventions for school teachers.

The session began with a welcoming speech by the Deputy Principal of Dato Basir Primary School, and was followed by a briefing by Mr. Simon Barras Gleeson (a teacher at CfBT) about the programme and the activities planned for the day. PAPRSB IHS ITC Coordinator, Mohd Khairulamin, proceeded with an introduction to first aid, which included a talk on early signs of heart attack and ways to recognise it, cardiac arrest, and stroke. After this, the participants, which were composed of 25 primary school teachers, were divided into groups of four. Following practical skill demonstrations by instructors, each group was assigned a hands-on practical task and was given 20 minutes to complete it. The practical task involved performing cardiopulmonary resuscitation (CPR), using an automated external defibrillator (AED), management of choking (infant & adult), controlling bleeding (bandaging), and immobilising fracture and applying a splint. Once the practical skill session was completed, a question and answer session was held, followed by a brief talk on the principles of first aid management. The training was very successful and productive, and the day ended with a group photo session with everyone. Special thanks to Mr. Simon Barras Gleeson for inviting the ITC of PAPRSB IHS and giving this opportunity to contribute to the community.

To learn more about training fees, schedule, registration and other details, please contact PAPRSB IHS International Training Centre at cprtraining.ihs@ubd.edu.bn or access their main webpage <https://ihs.ubd.edu.bn/basic-life-support/>

UNIVERSITY OF OTAGO INTERNATIONAL OFFICE REGIONAL MANAGER'S VISIT TO PAPRSB HIS

Professor Dr. Kenneth Kok Yuh Yen (Deputy Dean of Undergraduate Studies and Global Affairs)



Left photo: Dr. Zaw Wint, Dean of PAPRSB IHS and Mr. Gary Cao exchanging tokens of appreciation. **Right photo:** A group photo at PAPRSB IHS with Mr. Gary Cao, faculty members of PAPRSB IHS, and representatives from the Department of Scholarship Management, Ministry of Education Brunei.

On 30th January 2023, Mr. Gary Cao, Regional Market Manager from the International Office, University of Otago, Dunedin, New Zealand visited PAPRSB Institute of Health Sciences (IHS), UBD. Mr. Gary Cao is the Regional Manager for Malaysia, Singapore, Indonesia, and Brunei Darussalam. During his visit, a meeting was held between Mr. Gary Cao and faculty members of PAPRSB IHS (Dr. Zaw Wint, Dean; Dr. Mas Rina Wati Binti Hj Abdul Hamid, Deputy Dean of Graduate Studies and Research; Professor Kenneth Kok, Deputy Dean of Undergraduate Studies and Global Affairs; and Dr. Hjh Fazean Irdyati Binti Hj Idris, Programme Leader of Medicine) and two representatives from the Department of Scholarship Management, Ministry of Education, Brunei Darussalam.

A range of topics was discussed in the meeting relating to the Medicine and Dentistry programmes, and student mobility between the two institutions. Mr. Gary Cao informed that the Medicine programme at the University of Otago is six years with a common first year and that the Dentistry programme is five years. Students from the Medicine programme can choose to complete their medical education in Auckland, Wellington, or Christchurch, or continue in Dunedin. The University of Otago currently has twinning programmes for these courses with one of the universities in our neighbouring country. The University of Otago had been one of the universities in New Zealand where students under the Brunei Government Scholarships undertook their Medicine course as direct first-year entry into the programme. Discussions were held exploring the possibility of the University of Otago as one of the potential Partner Medical and Dental Schools for UBD, and the potential collaboration in terms of student mobility involving the Nursing and Midwifery and Biomedical Sciences students undertaking their Discovery Year.

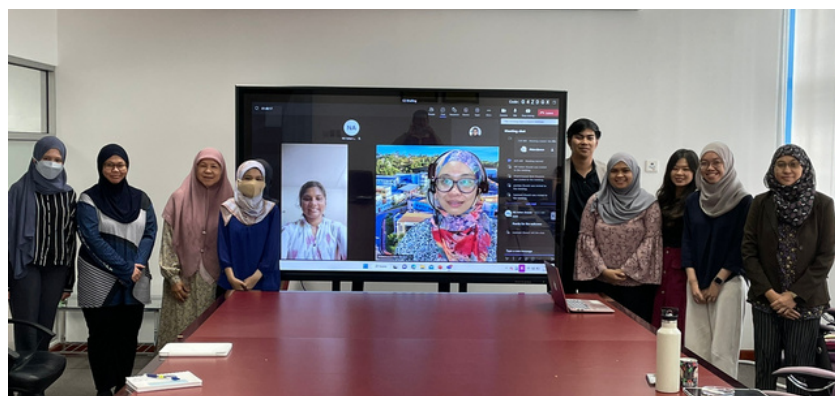
Both University of Otago and UBD had agreed to continue the discussion, with a proposed virtual meeting to connect the relevant faculties from both institutions.

PAPRSB IHS GAVE A WARM WELCOME TO NEW INTAKE OF GRADUATE STUDENTS 2023

Dr. Siti Rohaiza Ahmad (Assistant Professor)

Starting a Graduate program at a university can be an exciting but daunting experience. To help ease the transition and ensure a smooth start, PAPRSB Institute of Health Sciences (IHS) typically organises a welcoming session for the new graduate students. This session is designed to provide them with essential information and resources to help them navigate their academic journey and make the most of their time at the university. This session is also an opportunity for the students to ask questions, clarify expectations, and get to know the people who would be supporting and guiding them throughout their studies at PAPRSB IHS. In January 2023, a briefing and welcoming session was held for new graduate students at PAPRSB IHS which was delivered by Dr. Siti Rohaiza Ahmad, who is the Programme Leader of Graduate Studies. Also present was Associate Professor Dr. Mas Rina Wati Haji Abdul Hamid, the Deputy Dean of Research and Graduate Studies of PAPRSB IHS. In January, a total of 15 new graduate students enrolled at PAPRSB IHS: 2 students pursuing PhD in Biomedical Sciences and in Clinical Sciences, 7 Master students pursuing MHS in Biomedical Sciences, in Clinical Sciences, and in Nursing, and 6 students pursuing Master in Medicine as part-time.

The day began with a welcoming session, where students were introduced to key staff members of the faculty, including the Faculty Management Team and the support staff. In addition to academic skills, the briefing session covered useful information, such as campus facilities including the Graduate Room, modules registration, and thesis submission requirements. This information was important for the students to navigate the university and make the most of the resources available to them. Another key aspect of the welcoming session was socialisation. Graduate study can sometimes be isolating, particularly for students who are new to the university or the country. This year, the welcoming session included a small Welcome Party, which allowed students to meet their peers, form connections, and feel a sense of belonging. Overall, the welcoming program was a crucial part of the graduate experience by providing students with the information, skills, and support that they need to succeed. By attending the welcoming session, students hopefully will be able to start their academic journey with confidence knowing that they have the tools and resources to achieve their goals.



Top photo: a total of 15 new graduate students joined PAPRSB IHS in January 2023 who attended the welcoming session organised by Dr. Siti Rohaiza Ahmad, the Programme Leader of Graduate Studies. **Bottom photo:** Some of the new graduate students took a group photo with Dr. Siti Rohaiza and Associate Professor Dr. Mas Rina Wati, the Deputy Dean of Research and Graduate Studies.

The Pengiran Anak Puteri Rashidah Sa'datul Bolkiah (PAPRSB) Institute of Health Sciences

UBD's PAP Rashidah Sa'adatul Bolkiah Institute of Health Sciences (PAPRSB IHS) has expanded beyond solely providing medical training. Graduate programmes such as Master of Medicine, Master of Nursing, Master of Public Health, and Masters and PhD by Research as well as undergraduate programmes across six main disciplines – Medicine, Biomedical Sciences, Nursing, Midwifery, Pharmacy and Dentistry are now offered. We ensure the Institute remains relevant and sensitive to the rapidly changing needs of the country. Our programmes are products of a continuous review of our curricula, and all our undergraduate programmes have undergone major enhancements and are now also designed to encourage innovation and entrepreneurship, and for students to assume leadership roles, tempered with a keen awareness of the environment.



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You may freely distribute copies of this newsletter and information about the PAPRSB Institute of Health Sciences to any interested parties.



Academic and administrative staff members of PAPRSB Institute of Health Sciences attended the opening ceremony of Quranic Journey at UBD Chancellor Hall on the 6th of January, 2023.



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