

BEYOND

JULY TO SEPTEMBER 2023 | ISSUE 33

PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam
Quarterly Newsletter



BHSc Pharmacy Cohort 4 took a photo with the academic members of the programme to commemorate their graduation at the recent UBD 35th Convocation event that took place on the 21st August at Chancellor Hall. Photo credit: Dk Dr. Nurolaini Pg Hj Md Kifli. Read more on Page 2.

INSIDE THIS ISSUE:



PAPRSB IHS graduates celebrated at the 35th UBD Convocation - 2

MHSc Biomedical Science student attended G20 Research Innovation Initiative Gathering Conference in India - 3

New student intake received a warm welcome at PAPRSB IHS - 4

PAPRSB IHS hosted International Nurses and Midwives' Day Conference 2023 - 5

Pharmacy programme welcomed delegates from the Faculty of Pharmacy, Maharakham University of Thailand - 6

Biomedical Science student shared his Brazilian jiu jitsu journey to international championship - 7

Three pharmacy students went abroad for the 9th International Pharmacy Summer School in Yogyakarta - 8

BGC Laboratory (BGCL) welcomed Biomedical Science students for a visit - 9

PAPRSB IHS recent graduates received university medals and book prizes - 10

Mouth Breathing Awareness campaign raised fund through a charity run at PAPRSB IHS - 11

PAPRSB IHS GRADUATES CELEBRATED AT THE 35TH UBD CONVOCATION



Top left: the 35th convocation ceremony was graced by His Majesty the Sultan and Yang Di-Pertuan of Brunei Darussalam and His Royal Highness The Crown Prince. **Right photo:** His Majesty addressing the morning ceremony with his titah on harnessing artificial intelligence (AI) to enhance productivity. **Bottom left:** some of PAPRSB Institute of Health Sciences (IHS) academic members joined in on the celebration in their formal gowns. **Middle:** this year's convocation in particular also celebrated a faculty's academic member, Dr. Agong Lupat (left), who recently completed his Doctor of Philosophy in Nursing at PAPRSB IHS.

A total of 1149 graduates made it to the class of 2023 and were celebrated on Monday, 21st of August at the Chancellor Hall in separate morning and afternoon sessions. The morning session was attended by both His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah ibni Al-Marhum Sultan Haji Omar 'Ali Saifuddin Sa'adul Khairi Waddien, Sultan and Yang Di-Pertuan of Brunei Darussalam, Chancellor of UBD and His Royal Highness Prince (Dr) Haji Al-Muhtadee Billah, the Crown Prince and Senior Minister at the Prime Minister's Office, the Pro-Chancellor of UBD. In the morning session, UBD Vice Chancellor Dr. Hazri Haji Kifle highlighted several academic accomplishments and initiatives that the university established across the year, including international collaborations and research achievements. He introduced two new programmes: Master's and Ph.D. in Digital Public Health and Micromaster of Occupational Health and Safety in collaboration with the Ministry of Health and the Safety, Health, and Environment National Authority (SHENA). These two programmes are designed to support lifelong learning which aligns with industrial and professional needs. UBD has also offered entrepreneurial education for the students via its collaborations with international institutions including City University in Hong Kong and Babson College in the United States. The Vice Chancellor also celebrated the accomplishment of eleven academicians who have been listed by Stanford University in the top 2% of Best Scientists in the world. In addition, two research groups have been set up in UBD, namely Digital Health and Sustainability which aim to address today's fast-moving healthcare challenges by using current digital technology and big data.

This year, the PAPRSB Institute of Health Sciences celebrated the graduation of a total of 127 students. Among them, 15 achieved postgraduate degrees, while 112 earned their bachelor's degrees. Notably, four students were awarded PhDs in Nursing, Midwifery, and Clinical Sciences. Another five students successfully completed master's degrees through research in Nursing, Midwifery, and Biomedical Science. Furthermore, six students accomplished master's degrees through coursework in Medicine, Nursing, and Public Health. In addition to these achievements, 27 students earned bachelor's degrees in Medicine, 9 in Dentistry, 13 in Pharmacy, and 19 in Biomedical Science. Furthermore, 44 students proudly graduated with Bachelor's degrees in Nursing and Midwifery. Having completed their programmes at PAPRSB IHS, graduating medical and dental students are currently pursuing their clinical training at their respective partner medical and dental schools overseas.

We extend our heartfelt congratulations to all our graduates and express our sincere appreciation to our dedicated teaching and administrative staff for their valuable contributions and support. The faculty extends its best wishes to the graduates for success in all their future pursuits.

MHSC BIOMEDICAL SCIENCE STUDENT ATTENDED G20 RESEARCH INNOVATION INITIATIVE GATHERING CONFERENCE IN INDIA

Hajah Fathiin Najihah Binti Hj Mohd Rozaini (Master of Health Science in Biomedical Science)

Hajah Fathiin Najihah Binti Hj Mohd Rozaini – an MSc (Biomedical Science) student under the supervision of Associate Professor Dr. Jagjit Singh Dhaliwal, Dr. Siti Hanna Muharram, and Dr. Hazim Ghani – was selected for the ASEAN-India Research Training Fellowship (AIRTF) scheme offered by the Department of Science and Technology, Ministry of Science & Technology, Government of India to attend the prestigious G20 Research Innovation Initiative Gathering (RIIG) conference on Circular Bio-economy. This conference was held in Dibrugarh, Assam, and Itanagar, Arunachal Pradesh, India from the 24th to the 25th of March, 2023. Upon arrival at the Dibrugarh Airport, conference attendees were welcomed with traditional Assamese 'gamosa' and dance performances. All attendees were hosted at Manohari the Tea Retreat which was an amazing resort surrounded by a vast tea plantation and fresh air where attendees enjoyed tea plucking and tasting. A total of 103 participants comprising 56 foreign delegates from 26 countries were present at the conference. On the 24th of March, the conference started with an inaugural session and welcoming address by Dr. S. Chandrasekhar, the secretary of the Department of Science & Technology. This was followed by an opening remark by Dr. Rajesh S. Gokhale, the secretary Department of Biotechnology, Ministry of Science & Technology. Facilitated by prestigious scientists, professors, and clinicians, the conference intensively discussed four major themes: Agriculture: Challenges and Opportunities, Industry Towards Decarbonisation, Bio-Energy, and Bio-resource Management. In addition, there were presentations and comments by policymakers and advisors that stimulated complex discussions. The fruitful conference and long day ended graciously with a dinner at the banks of the River Brahmaputra which introduced the attendees to the amazing flavours of Indian food.

The following day was a day of cultural experience for the international delegates. They travelled by a chartered flight from Dibrugarh Airport to Donyi Polo Airport, Itanagar. On arrival, they were welcomed by rows of dancers and singers showcasing their native attires and performances. The delegates stayed at Hotel Wai International which offered a beautiful scenic view of Itanagar City which is also known as the land of the rising sun. The delegates enjoyed an innovative exhibition showing a live demonstration of Handloom and Handicrafts of the locals and visited the local museum (Jawaharlal Nehru State Museum) and Thupten Gatseling Monastery. The day ended with a cultural performance titled – “Many Journeys, One Dream... The Arunachal Tale”. This was an amazing performance that embraced the delegates with the history and culture of the native people of Arunachal Pradesh State. Lastly, a dinner was hosted by the Honourable Governor of Arunachal Pradesh, Kaiwalya Trivikram Parnaik, and the Honourable Chief Minister of Arunachal Pradesh, Pema Khandu. According to Hajah Fathiin Najihah, this experience exposed her to the vast aspects of research and their impact on the world. She learned varieties of biotechnologies that may potentially help achieve a bio-circular economy in the future. This memorable and enriching experience proved to be inspiring to her who aspires to work on something impactful for the community and the world.



Left photo: Hjh Fathiin Najihah pictured with dancers who welcomed the arrival of delegates outside an airport. **Top right:** a commemorative group photo with all conference delegates and guests. **Bottom right:** Hjh Fathiin Najihah in a photo with fellow delegates at the conference.

NEW STUDENT INTAKE RECEIVED A WARM WELCOME AT PAPRSB IHS

PAPRSB Institute of Health Sciences (IHS) welcomed a fresh batch of students this new academic semester. A total of 159 freshers joined the undergraduate programmes at PAPRSB IHS. A total of 25 students who are representing the 19th cohort, are pursuing BHSc in Medicine at the faculty. For the 7th year of its running, BHSc in Dentistry admitted 15 students to its programme. BHSc in Pharmacy, Biomedical Science, and Midwifery accepted 17 (cohort 8), 26 (cohort 16), and 14 new students (cohort 3 of articulated programme), respectively. BHSc in Nursing, in particular, received the most number of freshers, amassing a total of 62 students (cohort 15 and cohort 3 of articulated programme). During the UBD Freshers Week that was held between 24th to 28th July, all new UBD students were exposed to a variety of activities and events. The first day of the orientation week was held at Chancellor Hall where the Vice Chancellor of UBD gave his welcoming address to the new students who then took their oath. New students were given briefings and introductory talks about student matters and information that would help them transition into life on campus and as UBD students. Also included in their schedule were various fun activities and tours around the campus and its facilities. Students were also given the opportunity to browse student clubs and societies that may be of interest to them.



Programme Leader of BHSc Biomedical Science, Dr. Suwarni Hj Md Diah, held an introductory briefing to the new batch of Biomedical science students on the 24th of July.

At the same time, PAPRSB IHS also offered postgraduate courses to 18 new students for this 2023/2024 August intake. As an icebreaker, the Graduate Programme at PAPRSB IHS organised a teambuilding session for the new graduate students on the 14th of September. This session was aimed at introducing the students to each other by involving them in competitive group activities. This not only encouraged bonding and friendship, but also stimulated their team spirit, and communication and problem solving skills. After an opening speech

by Prof. Kenneth Kok, the Dean of PAPRSB IHS, a number of competitive group activities were organised for the graduate students. Among the activities of the day was 'Pipeline' where students were required to transport a small ball through a pipeline that was constructed using half pipes and to have the longest pipeline by adding length using earlier pipes. Another activity they organised was the 'Numbers Game' where students were assigned numbers in an order and they were expected to shout and count up from 1 without losing track of their order.



The Graduate Programme organised a fun ice-breaking event in September for all IHS graduate students to welcome the new August intake, which was composed of multiple competitive games and activities including 'Pipeline' and the 'Numbers Game'.

PAPRSB IHS HOSTED INTERNATIONAL NURSES AND MIDWIVES' DAY CONFERENCE 2023

Abdul Hadi Zulhiqman Bin Abdul Rahim (Master of Health Science in Nursing by Research)

This year, the International Nurses and Midwives' Day Conference 2023 was held on the 20th of May 2023. With the theme of 'Nursing and Midwifery Innovations: Enhancing Impacts and Outcomes', this annual conference provided an opportunity for everyone to appreciate, learn, and promote the current academic research activities in Brunei that were related to the nursing and midwifery field. It also served as a platform that spurred creative ideas and future innovative developments that can better improve the existing healthcare and educational systems for the future generations of nurses and midwives in Brunei.

The event was organised by Jerudong Park Medical Centre (JPMC) in collaboration with the PAPRSB Institute of Health Sciences (IHS), UBD. The event was attended by the guest of honour, Yang Mulia Ms. Chung Yea Fui, the Director of Nursing at JPMC. The conference began with a welcoming remark which was delivered by Yang Mulia Dr. Hazri bin Haji Kifle, the Vice-Chancellor of UBD. This was shortly followed by an opening remark by Yang Berhormat Dato Seri Setia Dr. Haji Mohd Isham bin Haji Jaafar, the Minister of Health in his capacity as the Executive Director of JPMC. The audience of the day was composed of academic and clinical researchers, healthcare practitioners, and nursing and midwifery students of PAPRSB IHS. The conference was composed of a series of presentations that were structured in competitive categories including Group presentations, Individual Professional Presentations, and Individual Nursing/Midwifery Student Presentations. The grand prize for the Group category was BND1,000, which was won by Abdul Hadi Zulhiqman Bin Abdul Rahim (MHS in Nursing by Research). In the individual Professional category, prizes of BND500, BND300, and BND200 were awarded, and the Individual Nursing/Midwifery Student category was presented with BND500. JPMC vouchers worth more than BND400 were also granted to the winners of the Best E-poster and People Choice Award.

The overall experience of the conference was smooth and well organised. The research topics showcased by speakers and E-posters were thought-provoking and inspiring as they provided an insight into the future development of the healthcare and educational systems in the nursing and midwifery field. The conference also showed a special appreciation for the valiant effort of Brunei's public healthcare system in the past few years in battling the COVID-19 pandemic.



Top photo: All conference attendees and organising committees from both Jerudong Park Medical Centre and PAPRSB Institute of Health Sciences took a commemorative group photo together at the end of the day.
Right photo: The winners of both group and individual presentation categories comprising of both students and healthcare professionals brought home various cash prizes from the conference.



PHARMACY PROGRAMME WELCOMED DELEGATES FROM THE FACULTY OF PHARMACY, MAHASARAKHAM UNIVERSITY OF THAILAND

Dk Dr. Nurolaini Pg Hj Md Kifli (Senior Assistant Professor & the Deputy Dean of Undergraduate & Global Affairs)

On 10th August 2023, the UBD Pharmacy team members warmly welcomed three delegates from the Faculty of Pharmacy of Mahasarakham University (MSU), Thailand. This official visit was facilitated by the Deputy Dean (Undergraduate & Global Affairs) of PAPRSB Institute of Health Sciences (IHS), Dk Dr. Nurolaini Pg Hj Md Kifli who is also one of the members of the UBD Pharmacy team. The delegates were comprised of Assistant Professor Chanuttha Ploylearmsang (the Dean of the Faculty of Pharmacy of MSU), Assistant Professor Phayom Sookaneknun Olson (the Assistant Dean for International Relations and Corporate Image, MSU), and Ms. Panissa Serawong (the General Administrator Office of MSU). Present during the collaborative visit at PAPRSB IHS were the Dean of PAPRSB IHS Professor Kenneth Kok, the Programme Leader of the UBD Pharmacy Programme Dr. Sheikh Naeem, and the members of the UBD Pharmacy team. Extending on the existing Memorandum of Understanding on the Student Exchanges Programme between UBD and MSU, the two institutions discussed about strengthening their partnership by introducing an exchange of pharmacy students via UBD Discovery Year beginning in January 2024. Additionally, the visit explored the potential for a joint academic staff participation in conducting a UBD Global Classroom for MSU students in the near future. Furthermore, the UBD Pharmacy team and MSU will be co-hosting a webinar to commemorate World Pharmacy Day in September 2024. MSU also extended their warm invitation to UBD to attend the US-Thai Consortium Conference which they will be co-hosting in June 2024.

In the afternoon of the visit, the delegates went to visit the Pharmacy Department of the Ministry of Health Brunei where they were welcomed by the Head of Pharmacy, Dyg Zanathul' Aini Hj Md Zainin, and other members of the department. Here, the delegates learned about the organisational structure of the department and its preceptor training programme which is offered to pre-registration training pharmacists and is regulated by the Brunei Darussalam Pharmacy Board. On the following day, the delegates visited the Pharmacy Department of Jerudong Park Medical Centre (JPMC). They were received by the Deputy Medical Director, Dr. Muhd Hiza Wardy Hj Abdul Halim, and his team. They were introduced to the organisational structure of the Pharmacy Department at the medical centre and exposed to the role of the department in both out-patient and in-patient clinics. Afterward, they toured the aseptic preparation unit of chemotherapeutic drugs at The Brunei Cancer Centre (TBCC). Overall, it was a fruitful and beneficial visit for the delegates as they got to learn about the various roles of pharmacists in Brunei and the types of cancer that are being treated at TBCC.

As added information, the Faculty of Pharmacy at Mahasarakham University is the 12th faculty of pharmacy in Thailand, the second to provide a PharmD curriculum, and the newest among the three faculties of pharmacy in the Northeast region of Thailand. More information about the Faculty of Pharmacy at MSU can be found at: <https://pharmacy.msu.ac.th/en/>.



Top left: The delegates from the Faculty of Pharmacy of Mahasarakham University (MSU) took a commemorative photo with the UBD Pharmacy Team. **Top right:** the Dean of the Faculty of Pharmacy of MSU, Asst.Prof. Chanuttha Ploylearmsang, received a token of appreciation from the Dean of PAPRSB IHS Prof Kenneth Kok at the end of their visit at PAPRSB IHS. **Bottom left:** the UBD Pharmacy team and the delegates from MSU visited at the Aseptic Unit at the Brunei Cancer Centre. **Bottom right:** the UBD Pharmacy Team and the delegates also toured PJSC and JPMC as part of their visit itinerary.

BIOMEDICAL SCIENCE STUDENT SHARED HIS BRAZILIAN JIU JITSU JOURNEY TO INTERNATIONAL CHAMPIONSHIP

Ak Faris bin Pg Shamhary (BHSc in Biomedical Science, Cohort 14)

Initially, my brother and I decided to start Brazilian Jiu Jitsu (BJJ) because we noticed that grapplers had the highest win rate in the UFC, and we wanted to emulate that. It was the roughest sport I had ever experienced, and I was even beaten by people smaller than myself. I quit after a few classes and it took a while for me to muster up the courage to come back and when I did, I fell in love. All the techniques and submissions started making sense. That being said, my journey only began from there and what followed was 3 years of hard work full of ups and downs. Getting into the sport I began to understand the importance of perseverance and being comfortable with failing forward. Each week I would attend at least 2 classes and the very least I could do was show up. I realised that each sparring session was different as each practitioner progressed at different rates and this kept things interesting and forced me to focus during each training session. This made BJJ a great stress reliever for me as it allowed me to shift my focus from schoolwork and other matters. Additionally, the sport relies on the community as you need teammates to spar. This encourages socialisation and meaningful connections which reflects Khalifa's core values of "alone you go faster, together you go further". Both factors made practicing the sport enjoyable.

After 6 months, I joined my first competition, and I could only describe it as a failed expectation. It was more intense than I had imagined, and I only managed to win one match. That first experience hooked me into the sport further and about a year later I joined my first international competition. The atmosphere was electrifying, and I was petrified. Fortunately, I was able to win a gold medal in one of my divisions. I participated in two more competitions after and about 3 years into my journey I was promoted to blue belt by my coach, Prof. Eazy Anuar.

As for the next step in my journey, I plan to compete in the blue belt category and hopefully, win. My desire to compete comes from the desire to learn and grow as BJJ competitions are one of the best ways to improve in the sport. The journey to winning a blue belt competition will be a hard-fought one full of losses. All I can do now is keep showing up to train so that I can keep growing my skills within the sport. This may not sound hard, but approximately 70% of people quit Brazilian Jiu Jitsu before they receive a blue belt and about 50% of people who receive it quit. So in the long run, I do hope I keep practicing BJJ. To prove to myself that I could do it as well as to show other people that they could do it too if they really wanted to.



Top left: Faris at his first BJJ competition at Rollup 2021, the first BJJ competition in Brunei. **Top right:** The following year, Faris went international and won a medal at BJJ Roots International SEA Open in June 2022. **Bottom left:** in July this year, Faris bagged more medals at AJP Tour Johor Bahru in Malaysia. **Bottom right:** upon returning home, he was promoted to Blue belt, a testament to his skills and talent.

THREE PHARMACY STUDENTS WENT ABROAD FOR THE 9TH INTERNATIONAL PHARMACY SUMMER SCHOOL IN YOGYAKARTA

Dk Syaida Qistina Bt Pg Ibrahim (BHSc in Pharmacy, Cohort 6), Dyg Nur Zahidah Bt Hj Ahmad Sofrin (BHSc in Pharmacy, Cohort 6) & Azaharina Aisyah Ashanti binti Haji Kifli (BHSc in Pharmacy, Cohort 7)

In July this year, three pharmacy students from PAPRSB Institute of Health Sciences – Dk Syaida Qistina binti Pg Ibrahim, Nur Zahidah Haji Ahmad Sofrin, Azaharina Aisyah Ashanti binti Haji Kifli – had the opportunity to participate in the 9th International Pharmacy Summer School (IPSS) programme, which was held from July 14th to July 24th and was hosted by the Faculty of Medicine and Health Sciences of Universitas Muhammadiyah Yogyakarta (UMY), Indonesia. This year, the programme focused on herbal cosmetics with the theme of “Green Cosmetics: Discover the Potential of Indonesia’s Nature as a Raw Material for Healthy Cosmetics”. The objectives of this summer school program were to offer a platform for participants to interact and engage with multidisciplinary professionals, learn more about herbal cosmetics, create memorable experiences, and experience Indonesian culture and traditions. The IPSS programme combined academic and extracurricular activities, and exposed participants to the learning process of the UMY pharmacy programme. The educational activities revolved around the main theme of the programme which included lectures from experts in the field, Interprofessional Education (IPE) that discussed a medical case, a dialogue on the development of sunscreens, the formulation of cosmetic products in the lab, field trips to community health centres, and promoting of the pharmacy profession to schools in Yogyakarta. The non-academic activities involved visits to numerous cultural sites in Yogyakarta, including the Borobudur Temple, Taman Sari, Lava Tour, Desa Wisata Jamu Kiringan, Hutan Pinus Pengger, and Parangtritis Beach. Moreover, cultural nights were also organised where participants learned about the Indonesian language and culture and enjoyed traditional Indonesian dance performances. The three students are sharing their thoughts on their experience at the 9th IPSS programme:

My experience with the IPSS programme has been amazing, I made many unforgettable memories and experience new things. One of the best memories I treasure the most would be staying up late with my friends, preparing the slides that we had to present the next day, and staying up late at night just to spend time with all the IPSS participants. – Nur Zahidah Hj Ahmad Sofrin.

The 9th IPSS programme was a dynamic blend of academic and personal experiences. The interprofessional education session left a lasting impression on me, shedding light on what it is like to work in a multidisciplinary team within the healthcare setting. Additionally, exploring Hutan Pinus Pengger of Yogyakarta was a personal highlight. The genuine warmth and camaraderie among other participants also allowed me to form lasting connections – Dk Syaida Qistina binti Pg Ibrahim.

I have gained a significant amount of knowledge and personal growth through my participation in this IPSS programme. My enduring fascination with the field of cosmetics was reinforced by the invaluable insights and hands-on experience offered by this programme. Additionally, I had the privilege of connecting with inspiring individuals from diverse backgrounds. One of my highlights was the enlightening excursion we did in Yogyakarta that explored the Indonesian culture and history – Azaharina Aisyah Ashanti Hj Kifli.



First photo: Three pharmacy students (from left: Nur Zahidah Hj Ahmad Sofrin, Azaharina Aisyah Ashanti Hj Kifli & Dk Syaida Qistina Pg Ibrahim) received a warm welcome on their arrival at Universitas Muhammadiyah Yogyakarta (UMY), Indonesia. **Second photo:** the 9th IPSS programme involved various educational activities including the formulating of cosmetics products in a laboratory workshop. **Third photo:** the programme also brought the students on a tour around cultural and touristic sites in Yogyakarta such as the Borobudur Temple. **Last photo:** all participants took a commemorative group photo to conclude the 9th IPSS programme.

BGC LABORATORY (BGCL) WELCOMED BIOMEDICAL SCIENCE STUDENTS FOR A VISIT

Halimatul Syuhrah Binti Musa (BHSc in Biomedical Science, Cohort 13)

On the 10th of August, my class (Cohort 13, Biomedical Science students) went to visit UBD's very own Biomedical Genomics Core Laboratory (BGCL). We were newly introduced to bioinformatics in this semester by HB-4222 'Medical Genetics and Applied Bioinformatics' which is facilitated by Dr. Lu Zen Huat. This module covers a wide range of topics from biological databases to personalised medicine. However, it was all theory-based where we were taught the integration of biological and computational knowledge through the lectures. This visit which was coordinated by Dr. Lu Zen Huat, on the other hand, allowed us to observe the demonstrations of bioinformatics first-hand.

The concept of bioinformatics was initially foreign to us, so it was no surprise that the field was not popular among us. However, after every keen explanation of the principles and purpose of each piece of equipment in the laboratory by Dr. Lu Zen Huat who is the head of the BGC Lab, I began to notice a change in perspective within my cohort, including myself. There was an increase in awareness and interest in the field of bioinformatics research after learning about the applications and the many potentials that the field of genomics has in medicine and healthcare. Dr. Lu Zen Huat also touched on the topic of personalised or precision medicine which is leading the front of medical genomics. Personalised medicine allows the tailoring of medical care based on an individual's unique genes, health, and lifestyle. It also makes medical treatments and healthcare strategies customisable which in turn leads to more effective targeted therapies.

One of my peers, Jalalludin, expressed his interest in the bioinformatics field. He remarked that the visit had inspired him to consider pursuing bioinformatics for his Master's research topic in the future. He added that the Illumina Sequencing technology particularly piqued his interest as our class was not exposed to their innovative methods prior to this visit. This short visit highlighted the multifaceted nature of the biomedical research field that we could explore as prospective career options. In Brunei, genomics research can play a vital role in understanding the prevalence and genetic basis of various diseases, such as cancer, which is one of the leading causes of death in the country. With an increasing interest in bioinformatics, it is becoming possible to conduct large-scale population genomic studies to understand diseases in the context of the Bruneian population. Currently, there are multiple research projects taking place at the BGC Lab, including the pharmacogenomic study of the Brunei population, the transcriptomic study of Big K channel protein, the Brunei breast cancer genome project, and the study of genetic variants in diabetic chronic kidney disease. There is no doubt that genomics laboratories such as our own UBD BGC Laboratory will be pivotal in translating and bringing the field of genomics closer to the patient's bedside.



Biomedical Science students of Cohort 13 had a productive and inspiring visit at the Biomedical Genomics Core Laboratory (BGCL) hosted by Dr. Lu Zen Huat (middle).

PAPRSB IHS RECENT GRADUATES RECEIVED UNIVERSITY MEDALS AND BOOK PRIZES

On the 23rd August 2023, a total of 16 graduates from PAPRSB Institute of Health Sciences were celebrated for their academic achievements and merits at the University Medals, Book Prize, and Excellence Award Ceremony which was held in conjunction with the recent UBD 35th Convocation. Awards were presented by the event's guest of honour, Yang Berhormat Datin Seri Setia Dr. Hajah Romaizah Haji Mohd Salleh, Minister of Education and Chairperson of the UBD Council. The award presentation was in the presence of the UBD Vice Chancellor Dr Hazri Haji Kifle, administrative and academic staff members, award sponsors, and family members of recipients of the awards.

Ayuni Syahindah Hj Mohd Taufik who earned a bachelor's in health science in Pharmacy received a university silver medal and a book prize awards for her excellent academic performance. Additionally, another 4 recently graduated students were awarded book prizes (level 4000 & 5000) - Mohammad Farhan Awang Ramlee (BHSc in Biomedical Science), On Jing Wei (BHSc in Medicine), Amal Amirah Mohammad Asri (BHSc in Midwifery), and Rahidah Ibrahim (BHSc in Nursing).

A total of six current students from PAPRSB IHS were recipients of Book Prize of level 2000 & 3000. They were Amal Nazurah Awg Hj Abd Aziz (BHSc in Biomedical Science), Lim Ren Yi (BHSc Dentistry), Muhammad Durrani Aiman Bin Mat Darus (BHSc in Medicine), Nur Alya Izzati Binti Julaihi (BHSc in Nursing), Dk Hazwani Binti Pg Saifuzzaman (BHSc in Pharmacy), and Damia Hazimah Binti Muhammad Asnawi (BHSc in Midwifery). Moreover, three students received Book Prize for level 1000 were awarded to Dk Elisya Amanina Binti Pg Dr Mohammad Bahrin (BHSc in Dentistry), Nur Syarah Basirah Binti Yahaya (BHSc in Biomedical Science), and Azaharina Aisyah Ashanti Binti Hj Kifli (BHSc in Pharmacy). One postgraduate student from PAPRSB IHS who is also a nursing officer working for the Ministry of Health, Cathrina Hj Mohamad Sigie Al-Islam, was awarded a book prize for her academic achievement in Master in Nursing. During the ceremony, Nurizzqah Binti Bungsu received the Book Prize for outstanding performance in Bachelor of Health Science (Medicine) programme.



A total of 16 students from PAPRSB Institute of Health Sciences (IHS) were celebrated for their outstanding academic performance and achievements at the University Medals and Book Prizes Presentation Ceremony that took place on the 22nd of August and in conjunction with the 35th UBD Convocation. Photos are showing IHS lecturers with their accomplished students at the end of the ceremony.

MOUTH BREATHING AWARENESS CAMPAIGN RAISED FUND THROUGH A CHARITY RUN AT PAPRSB IHS

Chua Teng Huey, Chong Hui Ru @ Adeline Chong, Dk Nur Batrisyia Binti Pengiran Mohammad Noor Joffren, Chin Tzer Rong & Grace Kuan Qian Tung (BHSc in Dentistry, Cohort 5)



Left photo: at the end of the Charity Run event, the Breathe Right team took a group photo with the student volunteers and members of the PAPRSB IHS faculty, as well as individuals who together helped make the event a huge success. **Top right:** participants getting ready at the Start line for their run. **Bottom right:** the Breathe Right team (three from left: Chua Teng Huey, Dk Nur Batrisyia binti Pg Mohammad Noor Joffren & Grace Kuan Qian Tung; and two from right: Chin Tzer Rong & Chong Hui Ru @ Adeline Chong), raised over \$2,000.00 from this charity event which was donated to Brunei's Children's Cancer Foundation, YASKA.

Breathe Right was a community project undertaken by five third-year BHSc Dentistry students from PAPRSB Institute of Health Sciences as part of their Special Study Module 3 (SSM3) programme module. Mouth breathing typically develops in childhood, and it can become an unconscious habit during sleeping, exercising, or even as a default breathing method. Hence, to advocate for and promote the knowledge of mouth breathing, the students organised the Mouth Breathing Awareness Charity Run at Universiti Brunei Darussalam on the 3rd of September 2023. The charity run was set up to encourage people to lead healthier lifestyles and address obesity which is one of the underlying causes of mouth breathing. Additionally, it served as a fundraising event for the community project. Through this charity run, the Breathe Right team was able to raise over two thousand dollars which was later donated to Brunei's Children's Cancer Foundation, YASKA.

One of the most memorable moments during the event was when the emcee for the event invited the Breathe Right team to the stage to give an impromptu speech. While the team was not prepared, they were given a genuine standing ovation from the audience as a heartfelt gesture of appreciation for their hard work in hosting the event. Additionally, the team would like to express their appreciation to all their 27 sponsors who supported their project including NETA Auto Brunei, Yayasan Sultan Haji Hassanah Bolkiah, Sunshine Trading Sdn. Bhd., Joffren Omar Co. Sdn. Bhd., Massutera Engineering Sdn. Bhd., ANTA Brunei, Dynamic Sports, Kim Super Save, Capt Fred Fishing, Marine & Outdoor, Performance X, FS Create, Digimark Enterprise, Jaya Hypermart, Digital World, Milimewah Group, Utama Grand, M-porium Jaya, Rainfresh Super Oxygenated Water, Kingston Beverage & Creamery, Premier Dental & Orthodontic Centre, Tenten Electronics, Tiah Trading, Project PrintHub, AV Electronics, Virtue Boutique, ST Solutech Computer, and Vision Works Optical Company.

The Breathe Right team commented that hosting a charity run was nothing like what they initially expected. They studied multiple charity runs, inquired and met with professional charity-run organisers, and conducted thorough surveys to negotiate market prices. The organisation of this charity run required advanced detailed planning and preparation to ensure that all approvals, scheduling, and production times were met on time. Although the journey was not easy, the success and experience of organising this charity run made it worthwhile for the team. The Breathe Right team also remarked that it was a rewarding experience overall and they took pride in knowing they had made the most out of their SSM3 project. The team wishes to convey their deep appreciation to Prof. Kenneth Kok, the Dean of PAPRSB IHS, for gracing their event as the guest of honour, and to Miss Bazillah Irwan, the Assistant Registrar of PAPRSB IHS, for their support. They also express their gratitude to their supervisors, Dr. Joe Knights, Dr. Jagjit Singh Dhaliwal, and Dr. Uday Kumar, for ensuring the smooth running of the event. Finally, the team wishes to thank the 38 student volunteers who assisted in making the event a big success!

The Pengiran Anak Puteri Rashidah Sa'adatul 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.



PAPRSB Institute of Health Sciences
Universiti Brunei Darussalam
Jalan Tungku Link, BE1410
Brunei Darussalam

Phone: +673 2463001
+673 246 0922/0923
Ext. 2202/2206/2266
Fax: +673 2463062
Website: <http://ihs.ubd.edu.bn>
E-mail: office.ihs@ubd.edu.bn

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



Two academic members of PAPRSB IHS of the serology research team were presenting their research findings on COVID-19 vaccines in Brunei to His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah and His Royal Highness The Crown Prince, as part of the exhibition in conjunction with UBD's 35th Convocation Ceremony that took place on the 21st of August.



ARTICLE CONTRIBUTORS

Dk Dr. Nurolaini Pg Hj Md Kifli

Hajah Fathiin Najihah Binti Hj Mohd Rozaini
(MHSc in Biomedical Science)

Abdul Hadi Zulhiqman Bin Abdul Rahim
(MHSc in Nursing by Research)

BHSc in Dentistry (Cohort 5):

Chua Teng Huey

Chong Hui Ru @ Adeline Chong

Dk Nur Batrisyia Pg Mohammad Noor Joffren

Chin Tzer Rong

Grace Kuan Qian Tung

BHSc in Biomedical Science:

Ak Faris bin Pg Shamhary (Cohort 14)

Halimatul Syuhrah Binti Musa (Cohort 13)

BHSc in Pharmacy:

Dk Syaida Qistina Bt Pg Ibrahim (Cohort 6)

Dyg Nur Zahidah Bt Hj Ahmad Sofrin (Cohort 6)

Azaharina Aisyah Ashanti binti Hj Kifli (Cohort 7)

EDITORIAL BOARD

Dr. Liyana Ahmad

Dr. Goh Poh Hui

Dr. Zaidah Rizidah Murang