

# BEYOND

JANUARY TO MARCH 2025 | ISSUE 39

PAPRSB Institute of Health Sciences, Universiti Brunei Darussalam  
Quarterly Newsletter



PAPRSB Institute of Health Sciences organised a Health Carnival on 27<sup>th</sup> to 28<sup>th</sup> August where visitors participated in health screenings, educational games, and interactive exhibits. The event brought together various student community projects that aimed to raise public awareness on healthy lifestyle habits and foster community engagement. Photo credit: Borneo Bulletin.

## INSIDE THIS ISSUE:



Medical students lead 'Cancer Catcher' project to promote breast cancer screening - 2

PAPRSB IHS Student Council launches a three-week Healthy Living Challenge - 3

Less salt, better health: SeeSalt leads the change - 4

Life's sweeter with less sugar: SWEET Smart empowers youth to curb sugar intake - 5

Dentistry students promote awareness of dental cavities in the community - 6

PharmaGold highlights the importance of medication review for the elderly - 7

SPARK campaign boosts stroke awareness and prevention education - 8

'Ease the Jaw' initiative increases public awareness of jaw joint disorders - 9

Medical students advocate for Down syndrome awareness and inclusion - 10

Students of PAPRSB IHS unite for IHS Fun Day at Muara Beach - 11

# MEDICAL STUDENTS LEAD 'CANCER CATCHER' PROJECT TO PROMOTE BREAST CANCER SCREENING

**Mohammad Azim Daniel Bin Bahrin, Nurhidayatul Binti Awang Azman, Siti Farahiyah Teo Binti Muhammad Zakwan Teo; Nurbatrisyia Binti Haji Abdul Manan, Nurul Hidayatul Syafiqah Binti Muhammad Ali Firdaus, Auni Basyeerah Binti Mohamad Rizal & Bryan Wong Xiu Yong (BHSc Medicine, Cohort 18)**

Cancer Catcher is a student-led initiative founded by third-year medical students from Universiti Brunei Darussalam (UBD). The project aims to raise awareness about breast cancer, combat stigma, and correct common misconceptions surrounding the disease and its screening methods. By promoting accurate information and encouraging early detection through self-breast examination (SBE), the team seeks to empower the community, particularly women, to take proactive steps in safeguarding their breast health.

As part of their outreach, the Cancer Catcher team organised a series of awareness roadshows held at the UBD Library and IHS building on in August 2024. These events drew over 300 participants, including students, staff, and members of the public. Promoted via Instagram, the roadshows aimed to educate attendees on the signs and symptoms of breast cancer, its risk factors, and available screening services in Brunei. Participants were guided through a series of educational banners by team members and completed a short questionnaire to assess their understanding. To enhance engagement and learning, interactive games and prizes were incorporated, making the experience more enjoyable and memorable. A separate SBE workshop was also held exclusively for female participants. This hands-on session taught proper self-examination techniques using a breast model, followed by an open Q&A discussion. Many of the 28 attendees described the workshop as highly informative and empowering. The initiative primarily benefited young women, especially UBD students, and some members of the general public. Post-event analysis revealed that the initiative significantly improved participants' knowledge of breast cancer and helped shift public perception positively, helping reduce the stigma often associated with breast cancer diagnoses.

Beyond its community impact, Cancer Catcher offered the student team valuable experience in public health advocacy, communication, and teamwork. They learned to deliver complex medical information in an accessible way and adapt to real-time challenges with flexibility and empathy. Most importantly, the project fostered a compassionate and inclusive healthcare outreach.



**Top left:** Cancer Catcher team with supervisors Dk Dr. Nuramalina Mumin and Dr. Lim Ya Chee, showcasing their custom T-shirts promoting breast health awareness. **Top right:** Group photo with team members, participants, and Dr. Lim Ya Chee at the Self-Breast Examination Workshop. **Bottom left:** Team members engaging participants and raising breast health awareness at a UBD library roadshow. **Bottom right:** Cancer Catcher team and students in pink for Breast Cancer Awareness Month, showing support and solidarity.



# PAPRSB IHS STUDENT COUNCIL LAUNCHES A THREE-WEEK HEALTHY LIVING CHALLENGE

## PAPRSB Institute of Health Sciences Student Council

Institute of Health Sciences Student Council (IHSSC), a student-led organisation within PAPRSB Institute of Health Sciences (IHS) at Universiti Brunei Darussalam (UBD), launched the Healthy Living Challenge as part of its ongoing commitment to student well-being. Held over three weeks from February 10 to March 2, 2025, this online wellness initiative aimed to raise awareness about the importance of maintaining physical and mental health, particularly among UBD students.

Designed to promote healthier habits and foster a stronger sense of community, the challenge featured weekly activities hosted on Instagram. Each week focused on a specific health goal: achieving 10,000 steps daily using the BruHealth app in Week 1, completing at least three workouts in Week 2, and incorporating a healthy meal into one's daily routine in Week 3. These activities were intentionally simple, accessible, and conducive to sustainable lifestyle changes.

The program aligned with several Sustainable Development Goals (SDGs), including SDG 2 (Zero Hunger), SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), and SDG 11 (Sustainable Cities and Communities). Through this initiative, IHSSC sought to instil a holistic approach to health by encouraging physical activity, balanced nutrition, work-life harmony, and peer support.

A total of nine students actively completed all weekly challenges. Participants demonstrated consistent engagement and reported increased energy levels, greater health awareness, and enhanced motivation to maintain wellness practices. Top-performing participants were awarded vouchers from local vendors as a gesture of appreciation and to further encourage the continuation of their healthy habits. Overall, the Healthy Living Challenge marked a meaningful step in nurturing a health-conscious student culture at UBD. IHSSC remains dedicated to advancing student welfare through inclusive, impactful, and sustainable initiatives.



**Top right:** PAPRSB Institute of Health Sciences Student Council (IHSSC) launched the Healthy Living Challenge through a promotional poster. **Left:** Winners of the Week 1 challenge – achieving 10,000 steps a day using the BruHealth app. **Middle:** Winner of the Week 3 challenge – incorporating healthy eating habits into daily routines. **Bottom right:** Winners of the Week 2 challenge – exercising at least three times a week.

# LESS SALT, BETTER HEALTH: SEESALT LEADS THE CHANGE

**Ronah Jee Khoo Xiao Ling, Azaharina Aisyah Ashanti Binti Haji Kifli, Norulazreena Binti Haji Zulkiffle & Effa Surya Humyrah Binti Haji Ali-Bolkiah (BHSc Pharmacy, Cohort 7)**

Non-communicable diseases (NCDs) such as hypertension and heart disease are often referred to as "silent killers," affecting millions of people worldwide. One of the major contributors to these conditions is excessive salt consumption – a habit that may seem harmless or even enjoyable, yet poses significant health risks. In response to this concern, SeeSalt, a group of passionate Pharmacy students, partnered with health educators from the Health Promotion Centre's Salt Reduction Movement to raise public awareness and promote healthier salt habits.

To drive this initiative forward, SeeSalt organised a series of impactful events targeting diverse audiences. These included an interactive workshop at Seri Mulia Sarjana School, a panel discussion at Laksamana College of Business, a health segment recording on Pilihan FM, and active participation in the World Kidney Day event held at PAPRSB Institute of Health Sciences (IHS). Each event was carefully designed to engage participants across different age groups and emphasize the importance of reducing salt intake for better health outcomes. At Seri Mulia Sarjana School, the team conducted an interactive workshop for Year 9 students that included presentations, group discussion, and interactive booth activities, aiming to encourage the development of healthier lifelong habits from a young age. The panel discussion at Laksamana College of Business was held for culinary students featuring Dr. Siti Nur Hasanah from Health Promotion Centre, Ministry of Health, and Miss Shazrinah Shazali, a Level 1 certified Health and Fitness Nutritionist and meal plan specialist at Nourish Enterprise, to share practical strategies for preparing healthier and low-salt meals. Through a health segment on Pilihan FM, SeeSalt extended its reach to radio listeners across Brunei, offering practical tips on managing salt intake and educating the public on the health risks of excessive sodium consumption. The group also took part in the World Kidney Day event at PAPRSB IHS, where they engaged with both healthcare professionals and the wider public to raise awareness about the link between high salt intake and kidney disease. Beyond physical events, SeeSalt extended its outreach through Instagram, where they ran weekly quizzes, posted educational content, and offered exclusive merchandise such as tote bags and dri-fit T-shirts to boost engagement and spread their message further.

The team expresses its sincere gratitude to their supervisor, Dr. Rajan Rajabalaya, and to their sponsors – the Health Promotion Centre, Mr Baker Bakeshop, Top Grind Café, Waw Café, Merch Studio, and Zenith Digital Bay Printing – whose support was instrumental to the success of the campaign. Through their multi-faceted approach and unwavering dedication, SeeSalt remains committed to expanding their reach and fostering a lasting positive impact on public health in the community.



**Top left:** Group photo with Year 9 students and teachers of Seri Mulia Sarjana School after the workshop. **Top right:** Dr. Siti Nur Hasanah and Miss Shazrinah Shazali, alongside moderator, Azaharina Aisyah Ashanti, during panel discussion at Laksamana College of Business. **Bottom left:** SeeSalt team with DJ Marilyn from Pilihan FM. **Bottom right:** Group photo with Professor Kenneth Kok, Dean of PAPRSB IHS, and UBD academics during the World Kidney Day event.



# LIFE'S SWEETER WITH LESS SUGAR: SWEET SMART EMPOWERS YOUTH TO CURB SUGAR INTAKE

**Ye Htet Oo, Muhammad Zamir Zahran Bin Burhan, Mohammad Haziq Fakhry Bin Mohammad Bahtiar, Noor Yasirah Husna Binti Hj Mohamad Yura Faizal, Muhammad Al Amin Bin Haji Shufian & Sharellyn Binti Johnny (BHSc Medicine, Cohort 18)**

With obesity and non-communicable diseases (NCDs) on the rise in Brunei Darussalam, a group of third-year medical students from Universiti Brunei Darussalam (UBD) launched SWEET Smart (Sugar Wellness Education and Empowerment for Teenagers) as part of their Special Study Module III (SSM3). The initiative aimed to promote healthier sugar habits among adolescents and raise awareness of the health risks linked to excessive sugar intake, such as obesity.

Supported by the Health Promotion Centre (HPC), the team reached students at several schools, including Sayyidina Umar Al-Khattab Secondary School (SMSUA), Tutong Sixth Form Centre (PTET), St. James School, Maktab Duli PMAMB, and Maktab Sains PSBS. The campaign also extended its reach through booths at the IHS Health Carnival, BandarKu Ceria, and World Kidney Day. Roadshows featured educational talks integrated with Kahoot! quizzes, interactive booths, BMI screenings, and engaging games aimed at educating participants on appropriate sugar intake, the health benefits of reducing sugar consumption, and improving mindfulness of their daily intake. Students were also invited to join "Bring Your Fruits and Water Day," where they brought healthier food options such as fruits and water for lunch. SWEET Smart's digital outreach also played a crucial role. Its Instagram account (@sweetsmart.bn), which shared infographics, quizzes, and giveaways, reached over 139,000 accounts, while TikTok videos amassed more than 8,000 views. Three educational episodes aired on PilihanFM's Health360. The team gained national recognition through interviews and coverage in Borneo Bulletin, as well as RTB's Rampai Pagi and Liputan Semasa.

Proceeds from campaign merchandise including T-shirts and tote bags featuring the slogan "Life's Sweeter with Less Sugar" were donated to Pusat Al-Ehsan, a local NGO supporting individuals with special needs. Post-intervention results showed improved knowledge and attitudes toward sugar intake. With HPC adopting its materials for future use, SWEET Smart has laid a strong foundation for sustainable health promotion in Brunei – empowering youth to make informed, healthier choices.



**Top left:** The SWEET Smart team at their educational booth during BandarKu Ceria. **Top right:** Group photo of the SWEET Smart team with teachers and students from St. James' School after the health talk. **Bottom left:** Maktab Sains students engaged in an interactive SWEET Smart health talk presented by Al-Amin, Haziq, Zamir, and Ye. **Bottom right:** Members of the public participating in the SWEET Smart educational activities at BandarKu Ceria.

# DENTISTRY STUDENTS PROMOTE AWARENESS OF DENTAL CAVITIES IN THE COMMUNITY

**Dalila Azra Binti Awang Mawardi, Natasha Nade Anak Ensu, Lim Zi Heng @ Fa Heng & Haziyah Binti Haji Hazilan (BHSc Dentistry, Cohort 6)**

A passionate group of third-year Dentistry students from Universiti Brunei Darussalam launched a campaign that elevated oral health awareness to a whole new level. Titled “Cavities & Sugar” under the Special Study Module 3 (SSM3), the campaign delivered a powerful message: Don’t sugarcoat your teeth. With dental caries remaining one of the most common chronic diseases among children and adults in Brunei, the campaign aimed to raise awareness of how sugar consumption contributes to tooth decay, and how simple habits such as proper brushing, flossing, and smarter food choices can make a meaningful difference.

The campaign reached over 2,000 people across all four districts of Brunei through school visits, public events, special needs centres, and even radio segments. Educational talks and hands-on activities were tailored for different age groups, with engaging games like “Tooth in the Hole” and “Pick the Plaque” making dental education fun and memorable for children. Meanwhile, parents were invited to learn about sugar’s impact and how they can support their children’s oral hygiene at home.

One standout feature of the campaign was its strong online presence. Through Instagram (@cavityfree.bn) and TikTok, the team posted informative videos, infographics, quizzes, and hosted creative competitions—from poster design to a charity virtual run. The virtual run was organised not only to raise funds but also to actively engage the community in the health campaign. The event successfully attracted over 200 participants and generated a profit of more than \$1,000, thanks to sponsorships and collaborative efforts. These platforms extended the campaign’s reach beyond physical events, connecting with people of all ages in an accessible and interactive way. Importantly, the campaign also ensured the inclusion of often-overlooked groups, such as students in rural areas and individuals with special needs. At centres like Pusat Ehsan and YASKA (Yayasan Kanser Kanak-Kanak), the team adapted their approach to suit varying needs, ensuring that everyone had the opportunity to learn and participate.

What truly set this campaign apart was not just its reach, but its heart. It wasn’t about lectures or lists of do’s and don’ts—it was about sparking real conversations, busting myths, and empowering people to take small steps toward better dental health. Because at the end of the day, cavities are preventable. And with the right knowledge and support, healthier smiles really are within reach.



**Top left:** Group photo with fellow Dentistry students from Cohort 7 who volunteered at the BandarKu Ceria event. **Top right:** Cavities & Sugar team members outside the RTB building. **Bottom left:** Sharing correct toothbrushing techniques with eight children from YASKA. **Bottom right:** Students engaging with interactive educational games.



# PHARMAGOLD HIGHLIGHTS THE IMPORTANCE OF MEDICATION REVIEW FOR THE ELDERLY

**Siti Nur 'Aqilah Binti Yahya & Hidayatul Nadya Binti Mohamad (BHSc Pharmacy, Cohort 7)**

Medication Use Review (MUR) is a systematic evaluation of a patient's medication regimen aimed at optimising drug use and minimising medication-related issues. This review provides a patient-centred approach, allowing individuals to be actively involved in their treatment while improving their knowledge, adherence, and use of medicines. Ultimately, MUR helps reduce medication wastage, improve chronic disease management, and empower patients to practise self-care and make informed health decisions.

Recognising the importance of medication reviews, PharmaGold, comprising of third-year pharmacy students from PAPRSB Institute of Health Sciences (IHS) including Siti Nur 'Aqilah Binti Yahya, Hidayatul Nadya Binti Mohamad, Muhammad Haziib Fakhruy Bin Bakir, and Nur Hannani Damia Binti Hamdani), conducted a community MUR initiative at Pusat Kegiatan Warga Emas (PKWE), Tutong, on 28th September 2024. The initiative was carried out under the supervision of Dk Dr. Nurolaini Binti Pg Hj Muhammad Kifli and Dr. Goh Poh Hui. A total of 45 senior citizens participated, alongside Radio Televisyen Brunei (RTB), which helped amplify the campaign's message to a wider audience.

Held in conjunction with World Pharmacists Day, the initiative was a collaborative effort between PAPRSB IHS, UBD; the Ministry of Health Brunei Darussalam (MOH); and Universitas Airlangga (UNAIR), Indonesia. An educational talk was delivered by two MOH pharmacists, Mr Sebastian Koh Eng Chong and Ms Wardah Haji Mohamed Daud. The session covered the different types of medications and their proper storage, understanding medication labels, and the importance of adhering to prescribed regimens. It also included demonstrations on how to use medication devices (e.g., inhalers) correctly, how to organise medicines using tools (e.g., pill boxes), and how to identify and dispose of expired medications. The talk concluded with a Q&A session to address common misconceptions about medication usage and management.

The highlight of the event was a series of one-on-one MUR sessions with participants, led by pharmacy students from UBD and UNAIR under the supervision of pharmacists and PAPRSB IHS lecturers. Each session was tailored to the participant's lifestyle and habits, assessing their understanding and promoting the safe use of medications. Additionally, a structured questionnaire was administered to evaluate the impact of the initiative on the community. To further enhance engagement, two interactive mini-games focusing on medication management and recognising different types of medications were conducted.

The initiative was well received by the PKWE community and aimed to promote confidence among the elderly in self-managing their medications, ultimately contributing to better medication adherence.



**Top photo:** An individual Medication Use Review (MUR) session with an elderly participant, promoting safe medication use, adherence, and health education. **Bottom photo:** A group photo marking the success of the community-based MUR initiative, featuring PKWE members, Universitas Airlangga (UNAIR) students, and Ministry of Health (MOH) pharmacists.

# SPARK CAMPAIGN BOOSTS STROKE AWARENESS & PREVENTION EDUCATION

**Asma Mohammad Zafar, Nursheba Abqarah Binti Arifin, Aiman Danisha Binti Haji Johari, Dk Siti Nurmasturina Binti Pengiran Haji Suhaini & Nur Akmalina Binti Ahmad Kamal (BHSc Medicine, Cohort 18)**

Stroke is a time-critical emergency, affecting nearly 12 million people annually worldwide. Despite this alarming statistic, public awareness of its signs and preventive measures remains limited. In response to this healthcare challenge, SPARK (Stroke Prevention, Awareness, and Rehabilitation Knowledge) was established by a group of dedicated third-year medical students from Universiti Brunei Darussalam (UBD), aiming to educate the community on stroke prevention, early recognition of symptoms, and the importance of timely intervention through engaging activities.

To lead this initiative, the SPARK team was grateful for the opportunity to shadow at the Brunei Neuroscience Stroke and Rehabilitation Centre (BNSRC) in Pantai Jerudong Specialist Centre (PJSC). This experience gave the team a comprehensive understanding of stroke and its impact on survivors and caregivers. Building on this knowledge, the team conducted health roadshows targeting senior citizens at Pusat Kegiatan Warga Emas (PKWE) across various districts, in collaboration with the Health Promotion Centre (HPC). Assisted by the Kare Medical Team, the group delivered informative health talks highlighting the increased risk of stroke in elderly populations and the importance of prompt intervention. Elderly participants were offered blood pressure checks, and individuals with elevated readings were referred to the Kare Medical Team for further assessment. This intervention aimed to increase awareness of stroke, including the significance of early detection. In addition, the team set up educational booths at PAPRSB Institute of Health Sciences (IHS) Health Carnival 2024, PJSC, and BandarKu Ceria at Taman SOAS. These booths sought to enhance knowledge about stroke through interactive learning using brochures, posters, 3D anatomy models, and reward-based games involving stroke-related questions. Following increased community interest, the team was invited to deliver short stroke awareness sessions at several local events, including the Brunei Medical Student Association (BMSA) Conference 2024, the World Heart Day programme by Persekutuan Peniaga-Peniaga Melayu Brunei (PPMB), and finally concluded their initiative at the World Stroke Day Walkathon hosted by PJSC.

Through this project, the community engaged in meaningful conversations about early stroke recognition, prevention, and the importance of timely care. The initiative aimed to empower individuals, especially vulnerable groups, with confidence and in-depth knowledge about stroke. The team hopes that the awareness they have raised will continue to inspire small efforts and support the development of a proactive, well-informed, and health-conscious community.



**Top left:** Participants taking part in a warm-up session led by the SPARK team. **Top right:** A SPARK team member conducting a blood pressure screening for a senior citizen, in line with the team's health objectives. **Bottom left:** An educational talk in progress at Pusat Kegiatan Warga Emas (PKWE) Lambak, Brunei Muara. **Bottom right:** A group photo with PKWE Tutong members following an engaging and meaningful session.



# ‘EASE THE JAW’ INITIATIVE INCREASES PUBLIC AWARENESS OF JAW JOINT DISORDERS

**Asmiratul Jasmin Binti Mohamad Rhyme, Sarah Nabihah Binti Mohamad Fadzli, Wong Chew Hui & Ajmal Haziqah Binti Abd. Nasir (BHSc Dentistry, Cohort 6)**

Four third-year students from the Bachelor of Health Sciences in Dentistry (BHSc Dentistry) programme at Universiti Brunei Darussalam (UBD) recently launched “Ease the Jaw: Join the Movement”, a community awareness campaign focused on Temporomandibular Disorders (TMD) in Brunei Darussalam. Supervised by Dr. Joe Knights, Dr. Solachuddin Jauhari Arief Ichwan, and Dr. Norazah Abu Bakar, the campaign aimed to address the widespread lack of awareness surrounding TMD—a condition that affects the temporomandibular joint (TMJ) and surrounding muscles, often leading to jaw pain, restricted movement, joint clicking, headaches, and facial discomfort.

The campaign targeted two high-risk groups which were students and working adults through educational talks and interactive booths at several institutions, including Pusat Tingkatan Enam Tutong (PTET), Maktab Duli Pengiran Muda Al-Muhtadee Billah (MDPMAMB), Universiti Teknologi Brunei (UTB), ALEIA Voyages, Aegis Secure Solutions, and Poni Divers Brunei. Participants engaged in jaw exercises, educational quizzes, and station-based games such as “TMD Hoops” and the “Decibel Bite Challenge,” designed to educate in a fun and memorable way. To extend its reach, the team leveraged social media platforms including Instagram and TikTok, sharing bite-sized educational content and interactive infographics. A Linktree hub provided easy access to digital resources such as campaign videos, pamphlets, and merchandise order forms. The campaign also gained national media coverage through Borneo Bulletin, Media Permata, and a live radio interview on Pilihan FM’s Health360 programme.

A creative highlight of the campaign was “Timmy’s Journey to a Happy Jaw”, a children’s story about TMD delivered through a live storytelling session at the Brunei Cancer Support Group (Yayasan Kanser Kanak-Kanak, YASKA). The team later released an audiobook version featuring original illustrations and music, accessible via QR code. To promote mental and physical wellness, the campaign also organised a Virtual Charity Walk, Run, and Cycle, encouraging physical activity as a stress management tool—one of the key factors in preventing TMD. Proceeds from event registrations and merchandise sales were donated to SMARTER Brunei.

Throughout the campaign, the students collaborated with volunteers, delivering their message to over 600 individuals directly. The Ease the Jaw team hopes their efforts have sparked lasting conversations about jaw health and empowered the public with knowledge to seek timely care.



**Top left:** Ease the Jaw storytelling session at the YASKA Centre. **Top right:** Group photo with Ease the Jaw supervisors and volunteers at Bandarku Ceria. **Bottom left:** On air with DJ Allen during the live session at Pilihan FM. **Bottom right:** Donation handover to SMARTER Brunei.

# MEDICAL STUDENTS ADVOCATE FOR DOWN SYNDROME AWARENESS AND INCLUSION

**Farah Izzati Binti Rosman, Alviana Amanda Anak Rait, Nursyafiqah Fadzillah Binti Haji Hassan, Mirza Aniqah @Ezza Binti Haji Nor Ahmadi, Ak Mohammad Hafizad Bin Pengiran Dato Paduka Maun & Muhammad Al Haziq Bin Haji Zulkifli (BHSc Medicine, Cohort 18)**

The CHEER group (Celebrate and Honour the Extra Chromosome, Embrace and Radiate Down Syndrome) is a team of six passionate medical students from PAPRSB Institute of Health Sciences (IHS), Universiti Brunei Darussalam (UBD). Comprising Alviana Amanda Rait, Nursyafiqah Fadzillah binti Haji Hassan, Mirza Aniqah @Ezza binti Haji Nor Ahmadi, Farah Izzati binti Rosman, Ak Mohammad Hafizad bin Pengiran Dato Paduka Maun, and Muhammad Al Haziq bin Haji Zulkifli, the team is dedicated to raising awareness, promoting inclusion, and supporting individuals with Down syndrome and their families in Brunei Darussalam.

CHEER embarked on their volunteering journey at the ABLE Centre on 6th July 2024, where they hosted their inaugural "Cheerful Hangout." Activities included a teeth-brushing session, handwashing demonstration, and guided grocery shopping. The session was designed to build personal hygiene, life skills, and stronger community bonds. On 13th July, the team organised a vibrant Community Day at the ABLE Centre. The event featured Zumba, colouring activities, and a sensory game called "Guess What's Inside the Box"—all aimed at encouraging physical health, creativity, and sensory development in a fun, inclusive environment. Continuing their outreach, CHEER volunteered at the Child Development Centre (CDC) in Kiarong on 8th and 15th August. Each session included interactive activities such as singing nursery rhymes, crafting pasta necklaces, sponge painting, and navigating obstacle courses. These were tailored to strengthen motor skills, boost confidence, and enhance social interaction. On 10th August, "Cheerful Hangout V2" featured cookie decorating, a magic show, Jenga, and special interviews with ABLE honorary members, offering them a meaningful platform to share their interests and aspirations. A Housekeeping Training Programme was also conducted on 12th August at the Mulia Hotel, equipping participants with essential housekeeping skills and fostering confidence and independence for potential employment.

To extend their advocacy to the wider public, CHEER hosted Down Syndrome Awareness Booths on 27th-28th August during the Health Carnival at PAPRSB IHS, and on 1st September at BandarKu Ceria. Through interactive games and informative talks, these booths helped correct misconceptions and encouraged inclusive attitudes. The culmination of CHEER's campaign was Down Syndrome Family Day, held on 15th September 2024 at Pantai Muara. Organised in collaboration with ABLE Brunei and the Down Syndrome Association, the event brought together over 160 attendees for a day of Zumba, family games, and a lucky draw, celebrating unity, joy, and shared advocacy.

Through these initiatives, CHEER Brunei has strengthened public understanding, nurtured inclusion, and empowered individuals with Down syndrome to thrive. Their efforts are a testament to the power of youth-led advocacy and the importance of building meaningful, compassionate connections within the community.



**Top:** Group photo of participants who visited the Down Syndrome Awareness booth at BandarKu Ceria. **Bottom left:** An ABLE honorary member observing a Mulia Hotel staff demonstration on the proper technique for putting a pillowcase on a pillow. **Bottom middle:** The CHEER team engaging visitors at their educational booth during the PAPRSB IHS Health Carnival. **Bottom right:** Coconut bowling was one of the fun games featured at Down Syndrome Family Day 2024.



# STUDENTS OF PAPRSB IHS UNITE FOR IHS FUN DAY AT MUARA BEACH

## PAPRSB Institute of Health Sciences Student Council

PAPRSB Institute of Health Sciences Student Council (PAPRSB IHSSC) successfully organised IHS Fun Day 2025 on Saturday, 4th January 2025 at Muara Beach. The event aimed to foster relationships and a sense of community among PAPRSB IHS students from different years and programmes. It also encouraged the development of teamwork and collaboration skills by bringing together students, staff, and lecturers. The event marked the beginning of the second semester with a series of engaging and enjoyable activities.

The event supported several Sustainable Development Goals (SDGs), including SDG 3 (Good Health and Well-being) by promoting physical activity through warm-up exercises and friendly competitive mini-games. It also aligned with SDG 4 (Quality Education) by fostering teamwork and collaboration, as well as SDG 13 (Climate Action) through a beach cleaning campaign to raise environmental awareness.

A total of 50 participants took part in the event, including PAPRSB IHS lecturers Dr. Sarena Hj Hashim, Dr. Siti Rohaiza Ahmad, Dr. Hj Fazean Irdyati Hj Idris, Dr. Nurolaini Kifli, and Dr. Solachuddin Jauhari Arief Ichwan, along with 14 IHSSC committee members. Students were grouped with lecturers and peers from different programmes and year levels to encourage cross-programme communication and relationship-building.

IHS Fun Day 2025 began with the recitation of Surah Al-Fatihah led by the Head of Religious Affairs of IHSSC, followed by a warm-up session led by the Head of Sports of IHSSC. The first activity was a beach cleaning campaign at Muara Beach to raise awareness of environmental responsibility and the impact of pollution on climate change. This was followed by a series of competitive mini-games such as Dodgeball, Guess the Beverage, Guess the Bottle, and Word Charade. The day concluded with lunch, the announcement of winners, a group photo session, and the recitation of Surah Al-Asr.



**Top left:** The day began with a warm-up session led by the Head of Sports from the IHS Student Council. **Top right:** Participants took part in the beach cleaning campaign in designated groups. **Bottom left:** The day featured a series of mini-games, including Dodgeball, Guess the Beverage, Guess the Bottle, and Word Charade. **Bottom right:** IHS Fun Day participants gathered in their groups for a group photo.

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

UBD's PAP Rashidah Sa'adatulk 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](mailto: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.



PAPRSB Institute of Health Sciences held a farewell party for Dr. Jagjit Singh Dhaliwal (Senior Assistant Professor of Dentistry programme) on the 6<sup>th</sup> of January. The faculty expresses its utmost gratitude for his contribution during his time at the university, and wishes him all the best for his future endeavors.



## ARTICLE CONTRIBUTORS

Students:

BHSc Dentistry, Cohort 6

BHSc Medicine, Cohort 18

BHSc Pharmacy, Cohort 7

PAPRSB Institute of Health Sciences Student Council

## EDITORIAL BOARD

Dr. Liyana Ahmad

Dr. Goh Poh Hui

Dr. Zaidah Rizidah Murang