



ANNUAL REPORT ON SDG 3
LINCOLN UNIVERSITY COLLEGE
MALAYSIA
2025



GOOD HEALTH AND WELL-BEING

Overview of SDG 3: SDG 3, "Good Health and Well-Being," aims to ensure healthy lives and promote well-being for people of all ages. Key areas under SDG 3 include reducing maternal mortality, ending preventable deaths in newborns and children under five, fighting communicable and non-communicable diseases, promoting mental health, and strengthening healthcare systems.

Global Context and Challenges: Health disparities, limited access to healthcare, and rising cases of lifestyle-related diseases present ongoing challenges. Low-resource regions are disproportionately affected by infectious diseases and have limited healthcare access, while global issues like antibiotic resistance and mental health crises require urgent action.

Lincoln University College's Initiatives for SDG 3:

Healthcare Education and Training:

Medical and Health Sciences Programs: LUC offers a range of programs in fields such as nursing, pharmacy, and public health to prepare students for essential healthcare roles.

Health Awareness Campaigns: Workshops and campaigns on preventive health, nutrition, and disease awareness are regularly organized on campus and in local communities.

Research and Innovation in Health:

Disease Prevention and Control: Research focuses on communicable and non-communicable diseases, with projects exploring innovative solutions for preventive care and disease management.

Mental Health Studies: LUC researchers conduct studies to understand mental health trends, aiming to contribute to improved mental health services and awareness.

Community Health Initiatives:

Outreach Programs: Health camps and free health check-ups are conducted in underserved communities, providing screening and basic health services.

Health Education for Communities: LUC provides education on hygiene, nutrition, and health, empowering communities to make informed health decisions.

Collaborations for Health Impact:

Partnerships with Healthcare Organizations: LUC collaborates with hospitals, NGOs, and public health organizations to improve healthcare access and quality for local populations.

Student Internships and Volunteering: Health students are encouraged to intern with local clinics and NGOs, gaining practical experience while contributing to community health efforts.

Achievements and Impact:

Increased health awareness and preventive care practices in local communities.

Trained healthcare professionals equipped to address diverse health challenges.

Contributions to healthcare research, particularly in the areas of mental health and disease prevention.

Memorandum of Understanding (MoU) has been officially signed between Lincoln University College, Malaysia and Bionutricia Manufacturing Sdn. Bhd., Malaysia

Memorandum of Understanding (MoU) has been officially signed today (29/05/2025) between Lincoln University College, Malaysia and Bionutricia Manufacturing Sdn. Bhd., Malaysia. The signing ceremony was graced by esteemed representatives from both institutions.

From Bionutricia Manufacturing Sdn. Bhd.:

Mr. Ng Kuak Ping, Director

Dr. Yong Yi Yi, Operation Manager

From Lincoln University College:

Dato' (Amb) Dr. Mohd Yusof A Bakar, Chief Executive Officer

Prof. Dr. Satheesh Babu Natarajan, School of Pharmacy and TCM

This strategic partnership is designed to foster meaningful collaboration in several impactful areas, including:

- Internship and industrial training opportunities for our students
- Joint research and development initiatives
- Exchange of academic, scientific, and technical expertise
- Organization of guest lectures, seminars, and workshops
- Industry-driven curriculum development and feedback
- Employment and recruitment pathways for our graduates
- Placement of students for internships and industrial attachments
- Collaboration on research projects, proposal development, and funding applications



We look forward to a dynamic and productive partnership that bridges academia and industry for mutual growth, innovation, and excellence in education and research.

Zyvia Moringa & Ginger Herbal Bath Soap Launch – From Research to Market-Ready Innovation

The School of Pharmacy & TCM at Lincoln University College proudly launched its first handmade bath soap under the ZYVIA brand — Zyvia Moringa & Ginger Herbal Bath Soap, marking a significant milestone in research-to-reality innovation. The event brought together university leadership, faculty members, and staff to celebrate this achievement.

The ceremony commenced with an inspiring address by Dr. Amiya Bhaumik, President of Lincoln University College, who joined the event virtually via Zoom, highlighting the university's commitment to innovation, research excellence, and community impact. This was followed by motivating speeches from YBhg Datuk Dr. Hajjah Bibi Florina Abdullah (Pro Chancellor) and Prof. Dr. Datin Hafizah Che Hassan (Deputy Vice Chancellor – Academic), who emphasized the importance of perseverance, teamwork, and turning academic research into real-world solutions.



**INTRODUCING ZYVIA – HERBAL BATH SOAP
LAUNCHING 18-08-2025**



The launch was guided by Assoc. Prof. Dr. Hazrina Hamid, Dean of the School of Pharmacy, whose mentorship and leadership were pivotal in the development of the soap, and supported by Deputy Dean Assoc. Prof. Dr. Sreemoy Kanti Das, faculty members, and staff across Lincoln University College. Mdm Aslin, the Registrar Mr. Nikmat, and other distinguished guests also attended, lending their encouragement and presence to the celebration.

Special congratulations were extended to Prof. Dr. Satheesh Babu Natarajan and the School of Pharmacy research team for their dedication in transforming innovative research into a consumer-ready product. The launch of ZYVIA marks a proud moment for the School of Pharmacy & TCM, showcasing the team's commitment, creativity, and collaboration.

Short Course on Diagnostic Tests for T&CM Practitioners — A Successful Knowledge-Sharing Session at LUC

The Department of Homeopathy, School of Pharmacy & Traditional & Complementary Medicine (TCM) at Lincoln University College successfully conducted the Short Course on Diagnostic Tests for T&CM Practitioners, bringing together professionals from Homeopathy, Ayurveda, and Siddha backgrounds for a day of insightful learning and networking.

The program was led by Dr. Sofiyah Shater RHom(Mal), who delivered an engaging and highly informative session on diagnostic approaches relevant to T&CM practice. Participants praised the depth and practical relevance of the content, sharing positive feedback about the value it added to their professional expertise.



The event was graced by Assoc. Prof. Dr. Hazrina Hamid, Dean of the School of Pharmacy & TCM, who delivered an inspiring speech on the importance of continuous professional development in traditional and complementary medicine. Dr. Hazrina also engaged in meaningful discussions with participants and personally presented certificates to each attendee.

Mr. Azzeme Bin Harun, Short Course Coordinator School of Pharmacy & TCM, and Dr. Maneesha Manoj, Coordinator for the Bachelor of Ayurvedic Medicine program, together with other faculty and staff members, were present to support the program.

Following the academic session, attendees participated in a networking gathering, fostering collaboration among practitioners and faculty. The day concluded with a

group photo session, marking a memorable Sunday of shared learning and professional connection within the TCM community.

CRAFTING EFFECTIVE PROMPTS FOR AI: A BEGINNER'S GUIDE FOR HEALTHCARE PROFESSIONALS

WEBINAR



Crafting Effective Prompts for AI: A Beginner's Guide for Healthcare Professionals



07 AUGUST 2025
9.00AM - 1.00PM

SPEAKER



**MR. MOHAMAD NIZAM
ABDUL GHANI**
SENIOR LECTURER

HIGHLIGHTS:

- ✓ The key principles of prompt engineering.
- ✓ Develop and test effective AI prompts.
- ✓ Apply prompt design to support pharmacy tasks, education, and research.

FEE
RM50

E-CERTIFICATE

CPD POINTS

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ORGANIZED BY: SCHOOL OF PHARMACY AND TRADITIONAL COMPLEMENTARY MEDICINE
LINCOLN UNIVERSITY COLLEGE



LUC Professor of Biochemistry Prof. Dr. Krishnajyoti Goswami's Global Recognition for Research on Lead Toxicity and Kidney Health

Lincoln University College (LUC), Malaysia, proudly recognizes the international acclaim received by its esteemed faculty member, Prof. Dr. Krishnajyoti Goswami, Professor of Biochemistry, LUC, for his innovative contributions to medical science, particularly in the domain of lead toxicity and its biological impact on kidney health.

Featured in the July–September 2025 issue of *Techagappe*, a respected diagnostics and medical science publication, Prof. Dr. Goswami's life work was spotlighted in a detailed interview highlighting over 35 years of academic and clinical excellence. His research has significantly advanced global understanding of the subtle yet severe health consequences of lead exposure, especially on the renal system, and continues to inform preventive healthcare and public policy.

Prof. Dr. Goswami has authored over 306 peer-reviewed scientific papers and guided more than 140 postgraduate and doctoral students across institutions in India and Malaysia. His meticulous studies on the synergistic protective effects of Vitamin C (ascorbic acid) against lead-induced kidney damage have garnered recognition from both national and international scientific bodies.

plantation Immunology in 1989. In 2003, he received his D.Sc. in Medical Biochemistry. "I started my career in transplantation immunology. I was a Transplantation Immunologist at Belle Vue Clinic, Kolkata from 1989 to 1994. There weren't many in that field during the 90's. During that time, the renal failure cases increased in number which made me think about the reason," remembers Prof Krishnajyoti. Curious, he started his research in it and found out that 'lead' was the main culprit in the increasing number of kidney failure cases.

In 1995, he moved to VIMS (Vivekananda Institute of Medical Sciences), Kolkata taking teaching as a career. After 11 years, he joined ESIC Hospital and ODC (EZ), Kolkata as a Specialist in Biochemistry. "I shifted to ESIC Kolkata because it was the only occupational disease centre. The industrial area workers treatment facility was ESIC Medical College, and it was helpful for my research," adds him. In the same year, he completed his Ph.D. in Biochemistry. Lead poisoning was the topic of his Ph.D. In 2013, he moved to Malaysia as a teaching faculty at LUC, Kuala Lumpur. He also holds a patent on discovery of the metabolic derangement associated with lead toxicity that could be partially restored to normalcy with dietary supplementation of Ascorbic acid.

Academic excellence

Prof Krishnajyoti has published six books mostly on lead poisoning in different languages. Amongst his 306 publications, 80% of them are first authorship. Majority of them are related with lead poisoning and the remaining related to lipid profile, medical related errors and diagnostic manufacturing. Around 82 students completed their Ph.D. under him from LUC, Kuala Lumpur and around 60 students are currently under his guidance from Indian universities.

In 2002, Prof Krishnajyoti received Service Award for contribution to environmental research from Asian Pacific Congress of Clinical Biochemistry and Laboratory Medicine (APCCB). In the following year, he was selected by the International Federation of Clinical Chemistry and Laboratory Medicine for Young Scientist Award (International contributor). In 2005, he received an award for the contribution to toxicology research from American Association for Clinical Chemistry.

He also holds the position of General Manager, Quality Assurance and Accredi-



Prof. Krishnajyoti Goswami chit chats with Mr. Suprateem Bhattacharya, Regional Manager - Core Diagnostics, Agappe.

tation, North City Hospital and Neuro Institute, Kolkata from 2013. He was a Consultant (R&D, Production, QC, QA) at Meril Life Sciences India Pvt Ltd, Gujarat from 2015 to 2023.

He was also the Former President of Association of Clinical Biochemists of India in 2008. He was the youngest president of ACBI at the age of 42. "I attained professorship at the age of 38. "During my tenure,

we successfully organized an international ACBI conference in Kolkata, which is still regarded as a landmark event and set the precedent for many such conferences that followed. World Association of Societies of Pathology and Laboratory Medicine (WASPaLM) International conference is hosted by ACBI in Pune this year," says a proud Krishnajyoti. He doesn't associate with any other organisation apart from ACBI. He is also a member of Kolkata Climate Action Network.

Lead, the silent killer

The effects of lead poisoning usually develop slowly, and the symptoms are imperceptible. Lead exposure can have significant health impacts. "Lead replaces your haemoglobin and thus carrying of oxygen is reduced. Also, lead is deposited in your bone leading to fragile nature of your bones. It replaces your calcium and vitamin D," explains Prof Krishnajyoti.

He has also been a part of joint venture of Indian government and Bangladesh government along with Showa University, Japan on a study on the lead toxicity of jewellery workers in Bangladesh. "We found that the number of renal failure cases were high among them. In most of the places, the extraction of metals was in the top floors. We urged them to move it to the ground floors as lead is a heavy metal. It will reduce the exposure to them. Apart from that we found that metabolic derangement associated with lead toxicity could be partially re-

The effects of lead poisoning usually develop slowly, and the symptoms are imperceptible. Lead exposure can have significant health impacts. "Lead replaces your haemoglobin and thus carrying of oxygen is reduced. Also, lead is deposited in your bone leading to fragile nature of your bones. It replaces your calcium and vitamin D," explains Prof Krishnajyoti.

Renowned Psychologist Akshara Damle Visited LUC, Malaysia to Promote Mental Wellness

The School of Social Sciences, Arts & Humanities, Lincoln University College, Malaysia hosted a special Meet and Greet event with celebrated psychologist Akshara Damle, founder of Manosamvaada and Vishisht Wellness.

Mr. Damle highlighted the mental health risks of excessive gadget use among children, including anxiety, depression, and lowered self-esteem. He shared real-life solutions, such as outdoor activity camps that help reduce screen addiction.

The interactive session also covered emotional regulation, anger management, and the role of AI in mental health care. The event was attended by faculty and students, including Prof. Dr. Manual Selvaraj Bexci, Pro Dean, School of Social Science, Arts, Psychology and Humanities and Dr. Shahnaz Sheibani, Lecturer of Psychology, LUC, Malaysia.

MEET *And Greet*



organised by:
School of Social Sciences,
Arts & Humanities

Don't miss this exclusive opportunity to meet and engage with Akshara Damle – a celebrated figure in the field of psychology and wellness. Learn about his journey, insights into mental health, and ask your questions during the interactive session.

Akshara Damle

WEDNESDAY, 9 JULY 2025
9.00 AM – 10.00 AM

AUDITORIUM HALL, WISMA
LINCOLN UNIVERSITY COLLEGE

FOUNDER OF
MANOSAMVAADA &
VISHISHT WELLNESS
CELEBRITY
PSYCHOLOGIST



Prof. Dr. Sandeep Poddar's Lecture on "Sustainable Research in Healthcare & Allied Sciences"

The Faculty of Applied Science, Lincoln University College, Malaysia organized an open lecture by Prof. Dr. Sandeep Poddar on July 5, 2024. The talk was titled "*Sustainable Research in Healthcare & Allied Sciences*" and a total of 19 students and 12 lecturers participated in the session.

The talk was highly beneficial as it raised awareness about the importance of a safe and sustainable environment. It was followed by a lively Q&A session, during which Prof. Dr. Sandeep Poddar addressed various questions from the audience.

Study Tour to UPM's Animal Anatomy Museum and University Veterinary Hospital (UVH)

On 3rd July 2025, our pharmacy students had the exciting opportunity to visit UPM's Animal Anatomy Museum and the University Veterinary Hospital (UVH). This visit provided valuable hands-on learning, allowing our students to gain insights into animal care, anatomy, and the emerging role of veterinary pharmacy.



Special

Our undergraduate students, along with academic staff, participated in this enriching experience, which broadened their understanding of the critical connections between pharmacy and veterinary medicine.

Highlight:

Event Highlights:

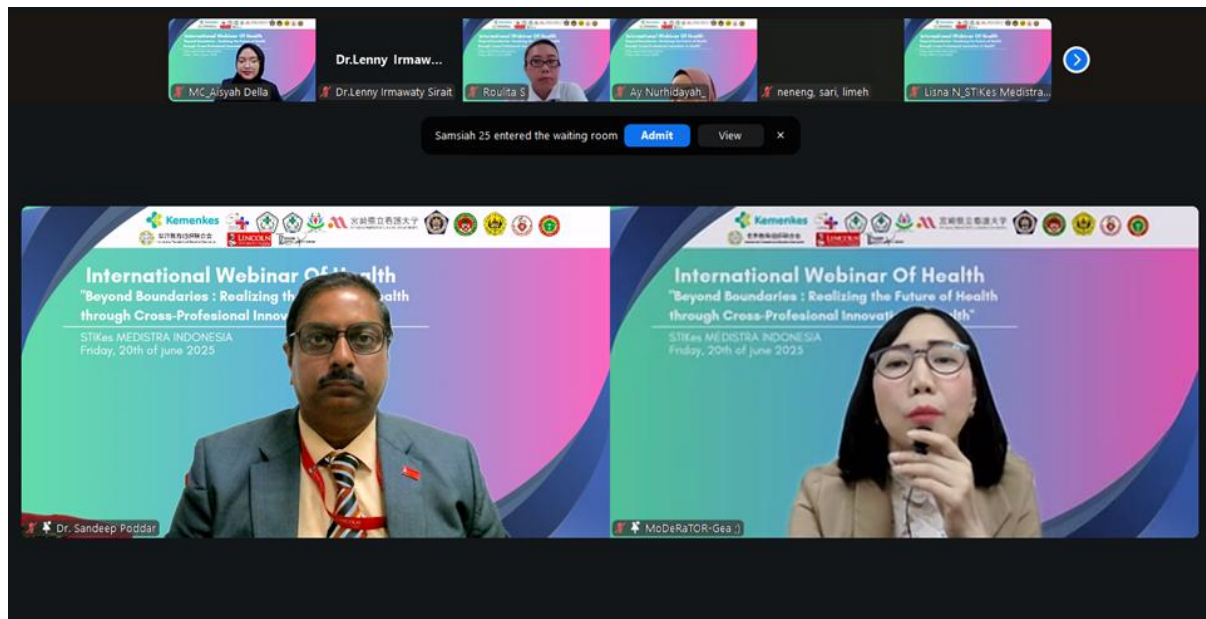
- Real-life exposure to veterinary pharmacy practices at UVH.
- Exploration of animal anatomy at the Animal Anatomy Museum, enhancing students' knowledge.
- Insight into the interdisciplinary role of pharmacists in veterinary medicine.

This Pharasa-led activity is paving the way for students to explore the exciting field of veterinary pharmacy, offering them new perspectives for their future careers. Photo: Pls refer to this link : A Visit to UPM & UVH-1

International Webinar of Health 2025

The International Webinar of Health 2025 was organized by STIKes Medistra Indonesia on June 20, 2025, with the theme of *“Beyond Boundaries: Realizing the Future of Health through Cross-Professional Innovation in Health”*.

Prof. Dr. Sandeep Poddar, Deputy Vice Chancellor (Research & Innovation) delivered an insightful virtually on the topic of *“Transforming Health Professions Education: From Silos to Synergy”*.





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RHB Bank Acct No: 21234900066912
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Contact Us:

Mdm Vijaya- 01116699703
Dr Devi- 0143661992

4th International Conference on Sustainable Environment & Healthcare (ICSEH 2025)

Lincoln University College, Malaysia, in collaboration with the Dr. Tarak Nath Podder Memorial Foundation of Kolkata, India, successfully organised the *4th International Conference on Sustainable Environment & Healthcare (ICSEH 2025)* on May 28, 2025, at the Dorsett Grand Subang, Malaysia.

Aligning with the “*International Day of Action for Women’s Health*”, the conference centered on the theme “*Combating Zero Hunger & Women Empowerment*”.

ICSEH 2025 served as a platform for interdisciplinary dialogue, covering a broad spectrum of topics including healthcare systems and policies, traditional medicine practices, health economics and medical ethics, environmental sciences and biodiversity etc.

The conference emphasised the importance of integrating data analytics and technological innovations in addressing environmental and healthcare challenges. It also highlighted the necessity of fostering collaborations between academia and industry to drive sustainable solutions.



Dental Health Book “Bicara Gigi dan Mulut” Launched at Pesta Buku Antarabangsa Kuala Lumpur 2025

The National Publisher, Dewan Bahasa dan Pustaka (DBP), proudly announced the launch of the book “*Bicara Gigi dan Mulut*” (*Discussing Tooth and Mouth*) at the prestigious Pesta Buku Antarabangsa Kuala Lumpur 2025, held at World Trade Centre, Kuala Lumpur, Malaysia on May 27, 2025.

The launch was officiated by the Honourable YB Dato’ Haji Mohammad Yusof bin Apdal, Deputy Minister of Science, Technology and Innovation, Malaysia.

Authored by Prof. Dr. Farid Ghazali, Faculty of Dentistry, Lincoln University College, Malaysia, and Dr. Nur Farthiah Ministry of Health, Malaysia, the book aims to raise public awareness and understanding of dental and oral health in a reader-friendly manner.

“*Bicara Gigi dan Mulut*” is recognised as one of the Top 19 Best Scientific Publications under the Science and Technology theme, as part of the “*50 Best Book Titles in Malaysia*” (*Anugerah 50 Judul Buku Terbaik Malaysia*) initiative.



AMSA Lincoln Health Day event – “Gut Matters: Understanding Dyspepsia and Diet in Malaysia”

On Saturday, 10th May 2025, AMSA Lincoln successfully held its Health Day event, themed “*Gut Matters: Understanding Dyspepsia and Diet in Malaysia*” at Lecture Hall 2, Lincoln University, Lembah Sireh.

The highlight of the event was an insightful session delivered by Dr. Cheong, a gastroenterologist from HRPZ II, who discussed the prevalence, causes, and dietary factors contributing to dyspepsia in Malaysia.

A total of 41 students from Years 3, 4, and 5 attended the event, which also featured an engaging interactive quiz. Prizes were awarded to the top five participants:

1 st Place:	Tariq	Bin	Ahamad	Dusuki	(Y5)
2 nd Place:	Hasindu		Erandika	Ranasinghe	(Y3)
3 rd Place:	Zulhakim	Hafizi	Bin	Mohd	Zulkefli (Y4)
4 th Place:	Nurul	Auni	Bin	Kholad	@ Khalid (Y4)
5 th Place:	Mohamed Sofian Abudaia (Y4)				

Special appreciation goes to Assoc. Prof. Fazirah, Mr. Subra, and Puan Hasbiah for their guidance and support throughout the event.

Optimizing Chemotherapeutic Strategies in Endodontics through AI Integration and Digital Dentistry Innovation

Lincoln University College’s School of Dentistry, Associate Professor Dr. Mark Low Jun Fay was invited by the International College of Dentists (ICD) to deliver a lecture on the global stage.



His presentation, titled “Optimizing Chemotherapeutic Strategies in Endodontics through AI Integration and Digital Dentistry Innovation,” the first of it’s kind in Malaysia, explored how cutting-edge technologies are revolutionizing endodontic care and treatment outcomes.

AP Dr Mark's contribution underscores the University's ongoing commitment to advancing dental education, research, and clinical excellence on an international platform.

Congratulations, Prof Mark, on this prestigious recognition and for representing our academic community with distinction!

Grand Opening of Poliklinik Lincoln





REPORT

SHORT COURSE ADVANCED ELDERLY CARE.

9th & 10th JUNE 2025

SCHOOL OF NURSING

TABLE OF CONTENTS

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1.0 INTRODUCTION

The short course on “Advanced Elderly Care”, held on 9th and 10th June 2025, aimed to provide participants with a comprehensive understanding of the elderly care is to enhance the quality of life for older adults by addressing their physical, emotional, social, and mental needs, promoting independence, ensuring safety, and providing holistic and dignified support throughout aging. Organized by Faculty of nursing, the course attracted professionals, staff nurses, paramedical professionals, students and from various fields. This program mainly focuses on Aging Process and Health Considerations, Communication Skills, Non-Pharmacological Approaches for Chronic Pain Relief and Mobility Improvement, Advanced palliative care including symptom control and holistic comfort measures. Complications and role of family member in Care of Elderly, Compassionate end of life care supporting patients, care givers & families, Legal and Ethical Issues in Elderly Care, managing dementia, delirium, and late-life depression. Behavior modification techniques for elderly people, Grief counselling

Practical care skills like feeding tubes, I.V. insertion, Catheter insertion and care, dressing, wound care and infection management Ms. Wan nur eziana Wan Ibrahim lecturer, delivered the welcome address. The nursing Dean gave the overall description on elderly care in her inaugural address.

The sessions were conducted by Ms. Jyothi Sharma discussed about the aging process and health considerations, shown how to collect history from the geriatric people, and she elaborated about the assessment and diagnose about the Parkinson's, Alzheimer's & frailty disorders. Dr. Aruna conducted a comprehensive session combining theoretical knowledge with practical demonstrations to enhance participants' understanding. She covered evidence based pharmacological and Non-Pharmacological Approaches for Chronic Pain Relief and Mobility Improvement. Dr. Anjali Hans enhanced about the palliative care support

Prof.Dr.Faridah Mohd.Said discussed about the Legal and ethical issues were discussed to ensure compliance and protect the rights of older adults. The session also highlighted managing dementia, delirium, and late-life depression by Ms.Saedah binti muda. Dr.Seyed Abbas Ghasemi explained about behavior modification techniques for elderly people. Additionally, Dr. Anjali Hans explained Grief counselling. Dr.Aruna She concluded with detailed information on end-of-life care. There are 16 participants registered for this short course.

PARTICIPANTS

No	NAME	DESIGNATION	ORGANIZATION	METHOD OF PAYMENT
1	Ms.Zoujin	Student	Lincoln University College	Online
2	Ms. He Jiarong	Student	Lincoln University College	Online
3	Ms. Liu Yibing	Student	Others	Online
4	Ms. Qiu Jianan	Student	Lincoln University College	Online
5	Ms. Vinicia Jamillee	Master Student	Lincoln University College	Online
6	Dr. prof, Fatimah binti yahya	Nursing dean	Lincoln University College	Online
7	Ms. Hemalatha A/P Sathiasen	Master Student	Others	Online
8	Ms.Sofia MacdalineJ.N	Lecturer	Lincoln University College	Online
9	Ms. Yuwanqing	Master Student	Lincoln University College	Online
10	Ms. Paun Salbiah	Clinical instructor	Lincoln University College	Online
11	Ms. Mary Vineela Pathri	Lecturer	Others	Online
12	Ms. Wang Jingyi	Master Student	Lincoln University College	Online
13	Ms. Xurongyang	Master Student	Lincoln University College	Online

14	Ms. Josephine Obba Ada	Lecturer	Lincoln University College	Online
15	Ms. Chaima eel azhar essaadi	Tutor	Lincoln University College	Online
16	Ms. Maharbanu binti Yusof	Clinical instructor	Hospital	Online

2.0 COURSE OBJECTIVES

Module 1	Introduction to advanced elderly care, Aging Process and Health Considerations, Communication Skills, Practical Care Skills and Ethical Issues in Elderly Care
Objectives:	1. Examine the physiological and psychological changes 2. Determine and develop essential practical care skills necessary to provide high-quality, compassionate care for elderly individuals. 3. Implement non-pharmacological interventions for chronic pain management, including physiotherapy and alternative therapies. 4. Identify and address legal and ethical considerations in elderly care
Learning outcomes	1. Understand of age-related changes and their impact on daily living: 2. Enhance proficiency in tasks such as personal care, medication administration, and mobility assistance. 3. Establish ability to build rapport and trust with elderly individuals and their families. 4. Apply policies and procedures to ensure compliance and protect the rights of older adults.

3.0BUDGET AND EXPENSES

Module 2	Comprehensive Geriatric Assessment Tool, Managing Chronic Conditions, like neurodegenerative disorders, understanding of palliative and End-of-Life Care, Caregiver Self-Care
Objectives :	1. Enhance participants' ability to effectively manage chronic conditions in older adults. 2. Foster understanding of end-of-life care for older individuals. 3. Identify and address caregiver stress, providing support and resources to promote well-being and resilience.
Learning outcomes	1. Develop ability to effectively manage symptoms and improve quality of life for older adults with chronic conditions. 2. Articulate ability to provide compassionate and supportive care during the end-of-life process of elderly. 3. Develop Behaviour modification techniques for elderly people 4. understanding grief counselling

EXPENSES

S. No	Expenses	Amount (RM)	Quantity	Total Amount
1	Refreshment (Lunch)	8.50 (day 1-Lunch 6.00 8.50 (Day 2) Lunch	10 1 12	85.00 6.00 102.00
2	Goodie bag	Pen -2 Scribbling note 6	15 15	30 90
3	Gift	Calculators-7 Fridge Magnet-6	2 2	14 12
4	Certificates	20	16	320
			TOTAL	659.00

DAILY BASIS EXPENSE				
	Expenses	Amount (RM)	Quantity	Total Amount
DAY 1	Refreshment (Breakfast & Lunch)	(day 1- L) 8.50 6.00	10 1	85.00 6.00
	Learning facilities (lab)	0	16	0
	Learning material	0	16	0
	Goodie bag	Pen -2	15	30.00
		Scribbling note 6	15	90.00
DAY 2	Refreshment & Lunch)	8.50	12	102.00
	Learning facilities (lab)	0	16	0
	Gift (calculator)	7.00	2	14.00
	(magnet)	6.00	2	12.00
	Certificates	20	16	320.00
			TOTAL	659.00

Fee per student (RM)	Expenses to run the course (RM)	Total no. of participant	Total fee (RM)	Income (RM)
150	659	16	2400	1741.00

4.0 PARTICIPANT'S FEEDBACK

Out of the 16 participants who attended the short course, 13 provided feedback through the evaluation form given. The feedback reflected the participants' overall satisfaction with the course content, trainers, delivery, facilities and organization.

5.0 RECOMMENDATIONS

- ✚ Allow registration up to the time course started with maximum 30 participants.
- ✚ It would be great if you could incorporate more activities throughout the course, or perhaps consider organizing it as a seminar or workshop.
- ✚ more hands-on content
- ✚ Organize short courses through online

6.0 CONCLUSION

The short course on "advanced Elderly Care," held on 9th and 10th June 2025, successfully provided participants with a holistic understanding of elderly care. By addressing the physical, emotional, social, and mental needs of older adults, the course emphasized the importance of promoting independence, ensuring safety, and delivering dignified support throughout aging. The sessions, combined theoretical insights with practical demonstrations, equipping participants with essential skills and knowledge. Topics like the aging process, assessment and diagnosis of chronic conditions, nonpharmacological approaches for chronic pain relief and mobility, end of life care support, managing dementia, delirium, and late-life depression, behavior techniques, legal and ethical considerations, and end-of-life care were comprehensively covered. The inclusion of caregiver self-care and strategies to prevent falls further enriched the program, ensuring a well-rounded learning experience.

With participation from 15 individuals from diverse professional backgrounds, the course fostered an engaging and collaborative environment, reflecting its goal of enhancing the quality of life for older adults. This initiative by the Faculty of Nursing stands as a testament to their commitment to improving geriatric care through education and practical training.

This short course program reaffirms the importance of continuous learning and knowledge exchange in staying updated with advancements in elderly care. The course also generated a profit of RM **1741.00**

7.0 APPENDIX

PHOTOS OF EVENT



**Inviting for Opening speech by Dr.
prof, Fatimah binti yahya, Dean, Faculty of Nursing**



1st day welcome speech by the Pro-Dean Dr. Smitha Madhavan



Participants and Lecturers



Theory lecture given by Dr. Aruna.



Nasogastric Tube Feeding redemonstration by the participants



I.V Line demonstration done by Paun Salbiah



Participants playing mind game



Closing ceremony by DVC



Group photo

16:01

Share Receipt

 **Maybank**

DuitNow Transfer

Reference ID
437864997M

BENEFICIARY ACCOUNT INFORMATION

Beneficiary name
K-SUPPORT COMMERCE SDN BHD

Beneficiary account number
2123 4900 0228 26

Receiving bank
RHB BANK

Recipient reference
Hemalatha

Amount
RM 150.00

Bank Negara Bersepadu Malaysia
Bank Negara Bersepadu Malaysia

SOFIA



Payment Successful

4:09PM Friday, 16 May 2025

Reference ID

20250516RHBBMYKL0300QR5876
6821

To

K-SUPPORT COMMERCE SDN BHD

Amount

MYR 150.00

Payment Type

DuitNow QR

Other Payment Details

Sofiya

SALBIAH



Maybank

Scan & Pay

Success

Reference ID

84978015

21 May 2025 2:06 PM

Merchant Name

K SUPPORT COMMERCE

Amount

RM 150.00

Note: This receipt is computer generated and no signature is required.

Malayan Banking Berhad (Co. Reg.: 196001000142)

Maybank Islamic Berhad (Co. Reg.: 200707029411)

MARY VINELA



Payment Successful

10:52AM Thursday, 22 May 2025

Reference ID

20250522RHBBMYKL0300QR5989
0357

To

K-SUPPORT COMMERCE SDN BHD

Amount

MYR 150.00

Payment Type

DuitNow QR

WANG



RM 50.00

成功

商家

K-SUPPORT COMMERCE
SDN BHD

收款类型

DuitNow QR

DuitNow 付款码

20250522TNGDMYNB03
00QR50765156

日期/时间

22/05/2025 11:23:10

电子钱包付款码

2025052210110000010
00TNGDWJMY1718002
82612373

付款方式

电子钱包余额



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Chaimae

Maharbanu binti Yusof

Maybank

Scan & Pay

Reference ID
86154936

Merchant Name
K SUPPORT COMMERCE

Amount
RM 150.00

Note: This receipt is computer generated and no signature is required.

Maybank Banking Berhad (Co. Reg. : 196001000142)
Maybank Islamic Berhad (Co. Reg. : 200701029401)

12:30

M2U_20250609_0816

Maybank

Scan & Pay

Reference ID
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Merchant Name
K SUPPORT COMMERCE

Amount
RM 150.00

Note: This receipt is computer generated and no signature is required.

Maybank Banking Berhad (Co. Reg. : 196001000142)
Maybank Islamic Berhad (Co. Reg. : 200701029401)

VINCIA

12:34

Share Receipt

Maybank

Scan & Pay

Reference ID
72553273

Merchant Name
K SUPPORT COMMERCE

Amount
RM 150.00

Note: This receipt is computer generated and no signature is required.

Maybank Banking Berhad (Co. Reg. : 196001000142)
Maybank Islamic Berhad (Co. Reg. : 200701029401)

EXPENSES PAYMENT RECIEPTS

Ms
School of Nursing

日期 07/06/25 No

数量 BAHYAK	品名 JENIS BARANG-BARANG	单位 HARGA	数量 Jumlah
1	Kertas Pens	15	2 RM 30.00
2	Scrubbing Net	15	6 RM 10.00
3	Spillage Magnet	6	2 RM 12.00
4	Calculator	7	2 RM 14.00

Associate Professor Dr. Fatimah Yahya
Dean
School of Nursing and Applied Science
Lincoln University College

總計
JUMLAH RM 146.00

RESTORAN ASNEYAMAJU
(002632925 PUBLICK G & G)
JALAN SS 6/16A, KELANA JAYA,
47301 PETALING JAYA, SELANGOR
TEL: 016-9181786

TAX INVOICE (DRAFT BILL)

TERMINAL : C1
CASHIER : IPAD
DATE : 2025-06-09 13:06PM
TAKEAWAY : 15

Qty	Product	U.Price	Total
10	MAKANAN	8.50	85.00
1	MAKANAN	6.00	6.00

Total Items = 2.00
Total Qty = 11.00

Sub Total	RM	91.00
Discount	RM	0.00
Rounding	RM	0
Total RM		91.00

THANK YOU!!!
COME AGAIN!!!
2025-06-09 13:06PM

RESTORAN ASNEYAMAJU
(002632925 PUBLICK G & G)
JALAN SS 6/16A, KELANA JAYA,
47301 PETALING JAYA, SELANGOR
TEL: 016-9181786

TAX INVOICE (DRAFT BILL)

TERMINAL : C1
CASHIER : ADMIN
DATE : 2025-06-10 09:54AM
TAKEAWAY : 114

Qty	Product	U.Price	Total
12	MAKANAN	8.50	102.00

Total Items = 1.00
Total Qty = 12.00

Sub Total	RM	102.00
Discount	RM	0.00
Rounding	RM	0
Total RM		102.00

THANK YOU!!!
COME AGAIN!!!
2025-06-10 09:54AM

Ministry of Health, MALAYSIA

Program Details

PROGRAM NAME: ADVANCE ELDERLY CARE
 TARGET USER: Private & Public Sector
 START: 27 May 2025 09:00
 END: 28 May 2025 18:00

PROGRAM DESCRIPTION:
<https://drive.google.com/drive/folders/1prENyTJkwH98UwUmUZEnBqp7iDeeX2w?usp=sharing>

EVENT NAME: List of Target Group

#	HCP Category	Category	Sub Category	Point	Status	Remarks
1	REGISTERED NURSE REGULATORY BODY CONTACT DETAILS: bkj_cpd@moh.gov.my	A3 - WORKSHOPS / COURSES / FELLOWSHIPS / ATTACHMENT	2 FULL DAYS	10	Approved	

Close

#	Program Name	Start Date/Time	End Date/Time	Status	Actions
1	ADVANCE ELDERLY CARE	27 May 2025 09:00	28 May 2025 18:00	Open For Registration	

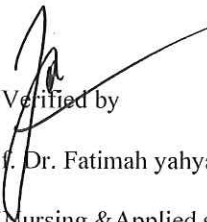
Showing 1 to 1 of 1 entries

CPD Points Approved by the Ministry of Health Malaysia



Prepared By

Dr. Aruna Gundluru



Verified by

Asso. Prof. Dr. Fatimah yahya
 Dean, School of Nursing & Applied science

Approved By

Prof.Datin Dr.Hafizah Che Hassan
 Deputy Vice Chancellor (Academic)


 Prof. Datin Dr. Hafizah Che Hassan
 PhD, M.Ed, BSc, SRN, SCM
 Deputy Vice Chancellor (Academic)
 Lincoln University College



POST-MORTEM REPORT

SHORT COURSE

DESIGNING GENE EXPRESSION EXPERIMENT FOR QPCR

07TH MAY 2025

SCHOOL OF NURSING AND APPLIED SCIENCE

TABLE OF CONTENTS

		Page
1.0	INTRODUCTION	3
2.0	PARTICIPATION	4
3.0	BUDGET AND EXPENSES	4
4.0	PARTICIPATE FEEDBACK	4
5.0	APPENDIX	5

1.0 INTRODUCTION

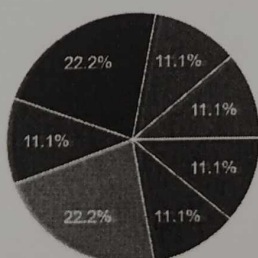
This report provides an overview of participant feedback on the course, covering key aspects such as content, instructor effectiveness, and overall learning experience. It highlights positive responses as well as suggestions for improvement to enhance future sessions.

2.0 PARTICIPATE

No	Name	TAC Number	Contact Number	Designation	Payment (RM)
1	Liang Chen	0131240925984	01125582109	LUC Postgraduate Student	30
2	Aseel Alhazmi	0131240524956	0198814543	LUC Undergraduate Student	30
3	Assoc. Prof. Dr. Fatimah Binti Yahya	TAC1264	0146794845	LUC Staff	30
4	Hiba Ahmed Hassan	0131230923724	01131789894	LUC Postgraduate Student	30
5	Dr. Norhashima Binti Abd Rashid	TAC1776	0192039892	LUC Staff	30
6	Low Kai Xuan Denny	-	01129986932	Non-LUC Undergraduate Student	50
7	Annisa Husna Binti Zulazli	-	01151145007	Non-LUC Postgraduate Student	50
8	Dinesh Prasad A/L V. Thanga Velu	-	0105247450	Non-LUC Postgraduate Student	50
9	Abdulmutalib Alabeed Alkamil Allaq	-	01161757020	Non-LUC Postgraduate Student	50
Total fee collected					350

LUC Staff/Student ID or Organization Name

9 responses



- LUC Staff
- LUC Undergraduate Student
- LUC Postgraduate Student
- Non-LUC Undergraduate Student
- Non-LUC Postgraduate Student
- Research Scientist/Research Fellow/Research Assistant
- Lecturer/Assistant Professor/Associate Professor/Professor

2.0 BUDGET AND EXPENSES

Net Profit Calculation

Category	Details	Credit (RM)	Debit (RM)
Total Fee Collected	9 participants (Online)	350	
Expenses	Trainer's fee		200
	Net Profit	150	

3.0 Revenue and Income Comparison Report

This is the first webinar conducted by the Applied Science, therefore, a comparison will be made with the upcoming webinar.

4.0 PARTICIPANT FEEDBACK

The majority of participants found the course content to be informative and well-structured, appreciating the clarity in its delivery. However, some suggested incorporating more practical examples and hands-on activities to enhance learning. The instructor received positive feedback for being engaging and clear in explanations, though a few participants recommended a slightly slower pace to allow for better understanding.

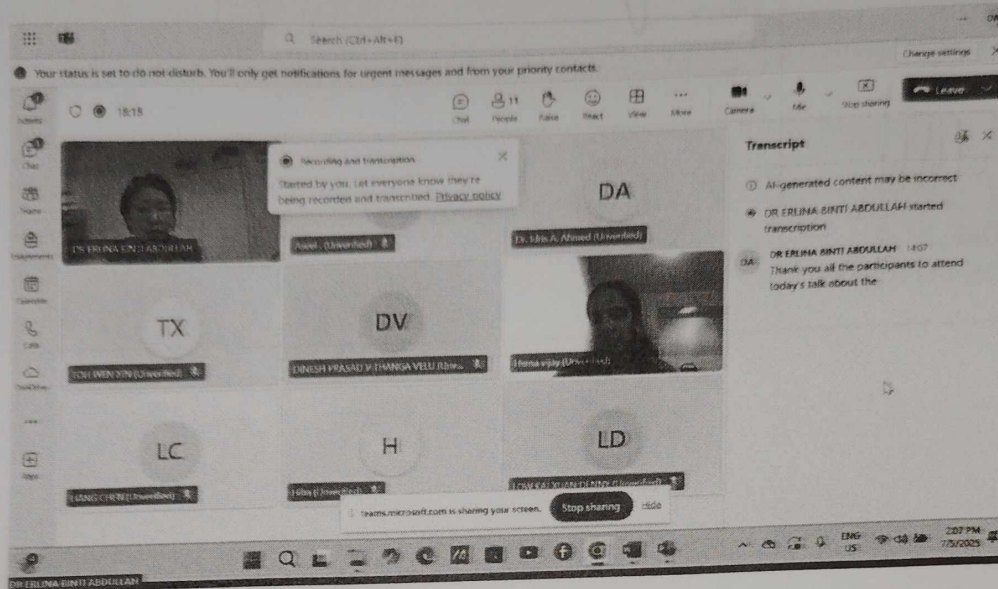
Overall, the learning experience was well-received, with participants valuing the interactive sessions and supporting materials. However, some felt that the session duration could be adjusted to provide more time for discussions and deeper engagement with the topics.

4.1 Assessment Results

No assessment was given

5.0 APPENDIX

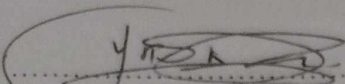
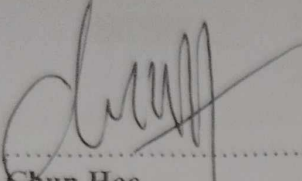
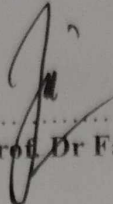
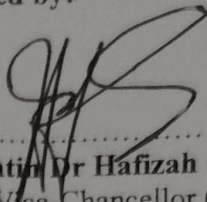
PHOTOS OF EVENT



Designing a Gene Expression Experiment using qPCR

By Dr. Weiwei Lee
New Era Scientific Solutions

A black and white photograph of three scientists (two men and one woman) in a laboratory setting, looking at a laptop screen. The laptop displays a bar chart with multiple bars of varying heights.

Prepared by  Ms Vijaletchumy Rajendran (Committee Member)  Dr. Tan Chun Hoe School of Nursing and Applied Science	Verified by:  Assoc. Prof. Dr Fatimah Yahya (Dean) School of Nursing and Applied Science	Approved by:  Prof. Datin Dr Hafizah Che Hassan Deputy Vice-Chancellor (Academic) Lincoln University College
--	---	--

Dr. Lee Wei Wei

Founder, New Era Scientific Solution

Subject: Invitation as Guest Speaker for Biotechnology Webinar – 7th May 2025

Dear Dr. Lee,

Warm greetings! It is our pleasure to invite you to be a guest speaker at our upcoming Biotechnology Webinar, scheduled to be held on 7th May 2025 (Wednesday). Given your remarkable expertise in molecular biology and your inspiring work as the founder of New Era Scientific Solution, we believe your insights will be of tremendous value to our participants.

For this webinar, we would be honored if you could share your knowledge on the topic related to the effective gene expression experiment design for qPCR. This session aims to benefit students, researchers, and professionals in understanding the principles and critical steps involved in designing gene expression studies using qPCR.

As a token of our appreciation, an *honorarium of RM 200* will be provided upon your acceptance of this invitation. We hope you will be able to join us for this enriching event. Kindly indicate your response by completing the reply section below and returning this letter by 25th April 2025.

Thank you, and we look forward to your favorable reply.

Tan Chun Hoe (Ph.D)

Assistant Professor

Department of Biotechnology,

School of Nursing and Applied Science,

Lincoln University College, Malaysia.

Reply Slip:

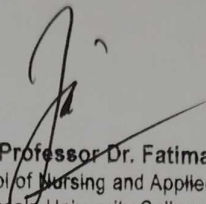
Response	Please Tick (✓)
I accept the invitation	✓
I regret to decline	

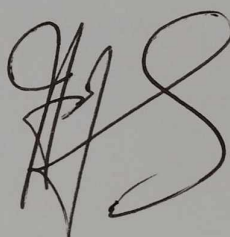
Signature:

weiwei

Date: 4th April 2025




Associate Professor Dr. Fatimah Yahya
Dean, School of Nursing and Applied Science
Lincoln University College



noted -

Prof. Datin Dr. Hafizah Che Hassan
PhD, MEd, BSc, SRN, CIPD
Deputy Vice Chancellor (Academic)
Lincoln University College

10:12

5.5 K/s 146% 79%

← IMG_3124 - Nula An...  

You paid LINCOLN HIGHER LEARNING SDN. BHD. (A/C 2) MYR 30.00 & added as a favourite on 24/4/2025 10:57:34 PM. Call us if this isn't you.



Amount

MYR 30.00

Reference ID

17455066549447618

From

RHB Smart Account-i
2-62344-0001204-7

To

LINCOLN HIGHER LEARNING SDN. BHD.(A/C 2)
RHB
21234900066912

Recipient Reference

online class



MAKE NEW PAYMENT

SHARE RECEIPT



10:12

2.1 K/s 4G+ 79%



IMG-20250412-WA...



Amount

MYR 30.00

Reference ID

17444589884090532

To

LINCOLN HIGHER LEARNING SDN. BHD.(A/C 2)
RHB

21234900066912

Recipient Reference

aseel



10:12

15.7 K/s 1 4G+ 79%



CIMB OCTO...



CIMB OCTO

Successful

Transaction Summary

MYR 50.00

05 May 2025 08:42:19 PM

Reference No. 270109732

To LINCOLN HIGHER LEARNING
SDN. BHD.(A/C 2)
RHB Bank 21234900066912

When Today, 05 May 2025

Repeat No

Transfer Method DuitNow to Account

Payment Type Fund Transfer

Recipient Reference Biotechnology webinar

Transfer Amount MYR 50.00

Bank Charges MYR 0.00

Note
This receipt is computer generated and no signature is required.



10:12

4.7 K/s 146% 80%



Annisa Receip...



RECEIPT SUMMARY

Success

03 May 2025 10:05:38 AM

Fund Transfer

Reference Number:
250503100538080962435
03 May 2025 10:05:39 AM

Recipient Details

LINCOLN HIGHER LEARNING SDN. BHD.(A/C 2)
RHB Bank
21234900066912

Transfer Mode

DuitNow

Transfer Type

Fund Transfer to Savings/Current

Reference

biotech webinar

Total Amount

RM 50.00

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All Rights Reserved.



10:11

104 K/s 146% 80%

← Screenshot_20250...



favourite on 1/5/2025 12:12:42 AM. Call
this isn't you.

Amount

MYR 50.00

Reference ID

17460295615303181

From

Savings Pro Account-i
1-51085-0031405-8

To

LINCOLN HIGHER LEARNING SDN. BHD.(A/C
2)
RHB
21234900066912

Recipient Reference

fee

Payment Details

fee



MAKE NEW PAYMENT

SHARE RECEIPT

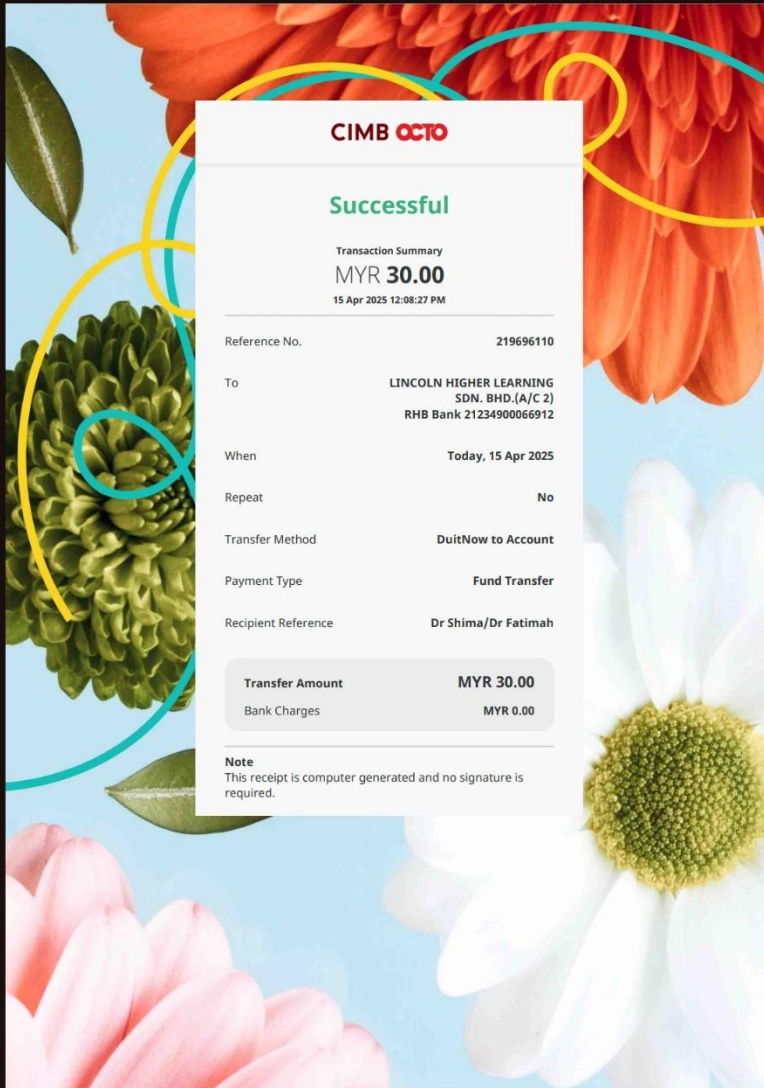


10:11

1.8 K/s 146% 80%



Payment for Bi...



CIMB OCTO

Successful

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15 Apr 2025 12:08:27 PM

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To LINCOLN HIGHER LEARNING
SDN. BHD. (A/C 2)
RHB Bank 21234900066912

When Today, 15 Apr 2025

Repeat No

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Payment Type Fund Transfer

Recipient Reference Dr Shima/Dr Fatimah

Transfer Amount MYR 30.00
Bank Charges MYR 0.00

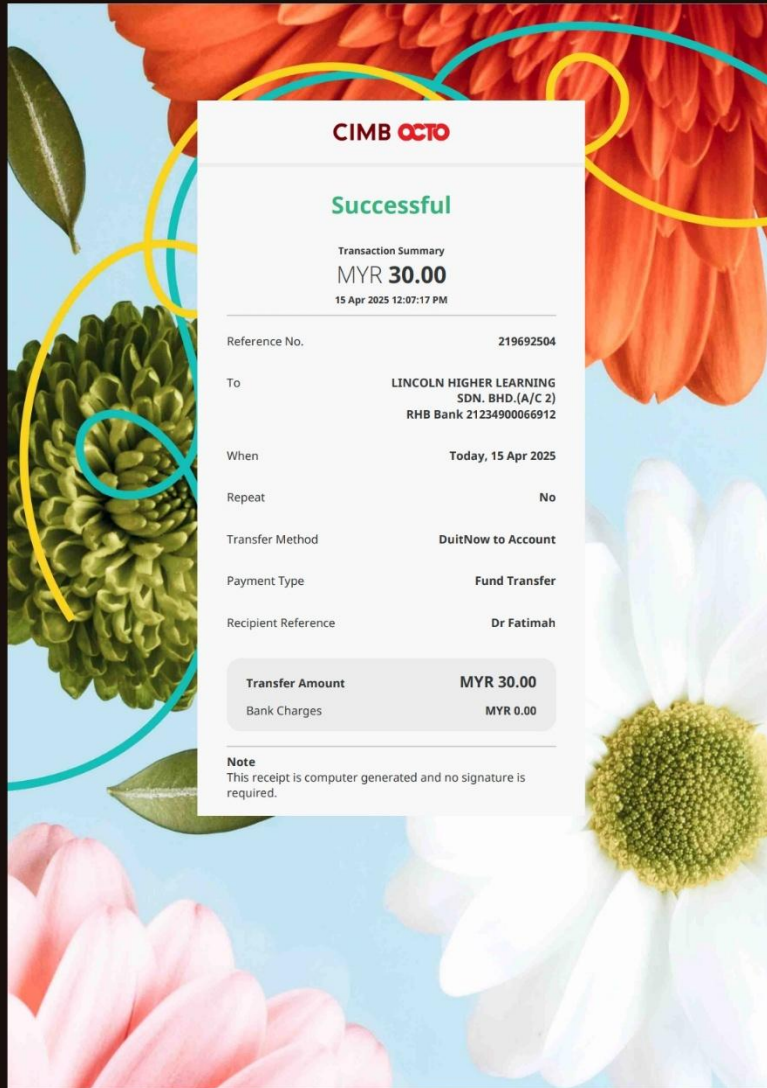
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10:11

97.3 K/s 146% 80%

← CIMB OCTO...



CIMB OCTO

Successful

Transaction Summary
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15 Apr 2025 12:07:17 PM

Reference No. 219692504

To LINCOLN HIGHER LEARNING
SDN. BHD. (A/C 2)
RHB Bank 21234900066912

When Today, 15 Apr 2025

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Payment Type Fund Transfer

Recipient Reference Dr Fatimah

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Bank Charges MYR 0.00

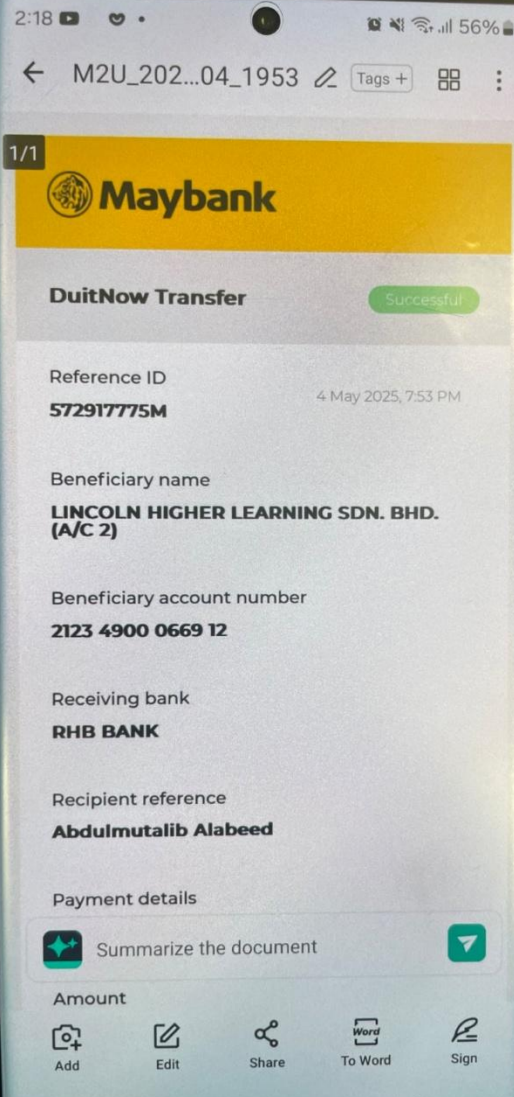
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10:11

1.5 M/s 146% 80%

← IMG_9632 - 19 ALG... ⋮



10:12

33.5 K/s 146% 79%

← 1744261100273782...



CIMB OCTO

Successful

Transaction Summary

MYR 30.00

10 Apr 2025 12:50:22 PM

Reference No. 209501395

To LINCOLN HIGHER LEARNING
SDN. BHD.(A/C 2)
RHB Bank 21234900066912

When Today, 10 Apr 2025

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Payment Type Fund Transfer

Recipient Reference Liang Chen

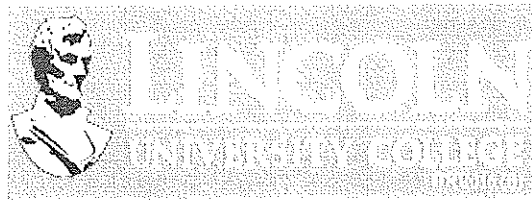
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Bank Charges MYR 0.00

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REPORT

SHORT COURSE

COMPREHENSIVE ELDERLY CARE.

17th & 18th DECEMBER 2024

FACULTY OF NURSING

TABLE OF CONTENTS

S.NO	CONTENT
1.0	Introduction
2.0	Course objectives
3.0	Budget and expenses
4.0	Participant's feedback
5.0	Recommendations
6.0	Conclusion
7.0	Appendix

1.0 INTRODUCTION

The short course on “Comprehensive Elderly Care”, held on 17th and 18th December 2024, aimed to provide participants with a comprehensive understanding of the elderly care is to enhance the quality of life for older adults by addressing their physical, emotional, social, and mental needs, promoting independence, ensuring safety, and providing holistic and dignified support throughout aging. Organized by Faculty of nursing, the course attracted professionals, staff nurses, paramedical professionals, students and from various fields. This program mainly focuses on Aging Process and Health Considerations, Communication Skills, Practical Care Skills, Nutrition and Meal Planning, Legal and Ethical Issues in Elderly Care, Comprehensive Geriatric Assessment Tool, Managing Chronic Conditions, End-of-Life Care, Caregiver Self-Care. Ms. Wan nur eziana Wan Ibrahim lecturer, delivered the welcome address. The nursing Dean gave the overall description on elderly care in her inaugural address.

The sessions were conducted by Dr. Viji Alexander discussed about the aging process and health considerations, shown how to collect history from the geriatric people, and she elaborated about chronic disease conditions and its management. Dr. Aruna conducted a comprehensive session combining theoretical knowledge with practical demonstrations to enhance participants' understanding. She covered effective communication techniques with disabled elderly individuals and other methods to improve interactions. Legal and ethical issues were discussed to ensure compliance and protect the rights of older adults. The session also highlighted meal planning and dietary considerations tailored to their needs. Additionally, Dr. Aruna explained elderly care essentials, strategies to prevent falls, and ways to manage caregiver stress. She concluded with detailed information on end-of-life care. There are 15 participants registered for this short course.

PARTICIPANTS

No	NAME	DESIGNATION	ORGANIZATION	METHOD OF PAYMENT
1	Ms.yeap yong yee	Student	Lincoln University College	Online
2	Dr. prof, Fatimah binti yahya	Nursing dean	Lincoln University College	Cash
3	Ms. Ainon Babok	Freelance	Others	Online
4	Ms. Reena Joice flora	Lecturer	Lincoln University College	cash
5	Ms. Marwa Saad Alahmadi	Master Student	Lincoln University College	Online
6	Ms. Xurongyang	Master Student	Lincoln University College	Online
7	Ms. Hari Kumar Thapa	Staff nurse	Others	Online
8	Dr. Saifulla	Ortho physician	Lincoln University College	Cash
9	Ms. Chaima eel azhar essaadi	Tutor	Lincoln University College	Online
10	Ms. Wan nur ezhana wan ibrahin	Lecture	Lincoln University College	Online
11	Ms. Noor Fatin izzati binti nordin	Staff nurse	Others	Online
12	Ms. Wang Jingyi	Master Student	Lincoln University College	Cash
13	Ms. Yuwanqing	Master Student	Lincoln University College	Cash
14	Ms. Fauziah	Lecture	Lincoln University College	Cash
15	Paun Salbiah	Clinical instructor	Lincoln University College	Cash

2.0 COURSE OBJECTIVES

Module 1	Introduction to comprehensive elderly care, Aging Process and Health Considerations, Communication Skills, Practical Care Skills, Nutrition and Meal Planning, Legal and Ethical Issues in Elderly Care
Objectives:	1. Examine the physiological and psychological changes 2. Determine and develop essential practical care skills necessary to provide high-quality, compassionate care for elderly individuals. 3. Enhance communication strategies. 4. Identify and address legal and ethical considerations in elderly care
Learning outcomes	1. Understand of age-related changes and their impact on daily living: 2. Enhance proficiency in tasks such as personal care, medication administration, and mobility assistance. 3. Establish ability to build rapport and trust with elderly individuals and their families. 4. Apply policies and procedures to ensure compliance and protect the rights of older adults.

Module 2	Comprehensive Geriatric Assessment Tool, Managing Chronic Conditions, End-of-Life Care, Caregiver Self-Care
Objectives :	1. Enhance participants' ability to effectively manage chronic conditions in older adults. 2. Foster understanding of end-of-life care for older individuals. 3. Identify and address caregiver stress, providing support and resources to promote well-being and resilience.
Learning outcomes	1. Develop ability to effectively manage symptoms and improve quality of life for older adults with chronic conditions. 2. Articulate ability to provide compassionate and supportive care during the end-of-life process of elderly.

3.0BUDGET AND EXPENSES

EXPENSES

S. No	Expenses	Amount (RM)	Quantity	Total Amount
1	Refreshment (Breakfast & Lunch)	17 (day 1-B &L)	11	187
		(Day 2) BREAK FAST	12	55.50
		Lunch -12	6	72
		LUNCH-12	5	60
2	Goodie bag	Bag -5	15	75
		Pen -2	15	30
		Scribbling pad-4	15	60
		Water bottle - 6	15	90
3	Gift	Food container - 2.40	5	12
		Text liner -3.50	3	10.50
4	Learning material	0	15	0
5	Certificates	Certificates 20	15	300
			TOTAL	952.00

DAILY BASIS EXPENSE				
	Expenses	Amount (RM)	Quantity	Total Amount
DAY 1	Refreshment (Breakfast & Lunch)	17 (day 1-B &L)	11	187
	Learning facilities (lab)	0	15	0
	Learning material	0	15	0
	Goodie bag	17	15	255
	certificates	20	15	300
DAY 2	Refreshment (Breakfast & Lunch)	4.6	12	55.50
		12	06	72.00
		12	05	60.00
	Learning facilities (lab)	0	15	0
	Gift (Food container)	2.40	5	12
	(Text liner)	3.50	3	10.50
	TOTAL			952. 00

Fee per student (RM)	Expenses to run the course (RM)	Total no. of participant	Total fee (RM)	Income (RM)
200	952	15	2240	1288
7 participants paid -200				
6 participants paid 100				
2 participants pad -120				

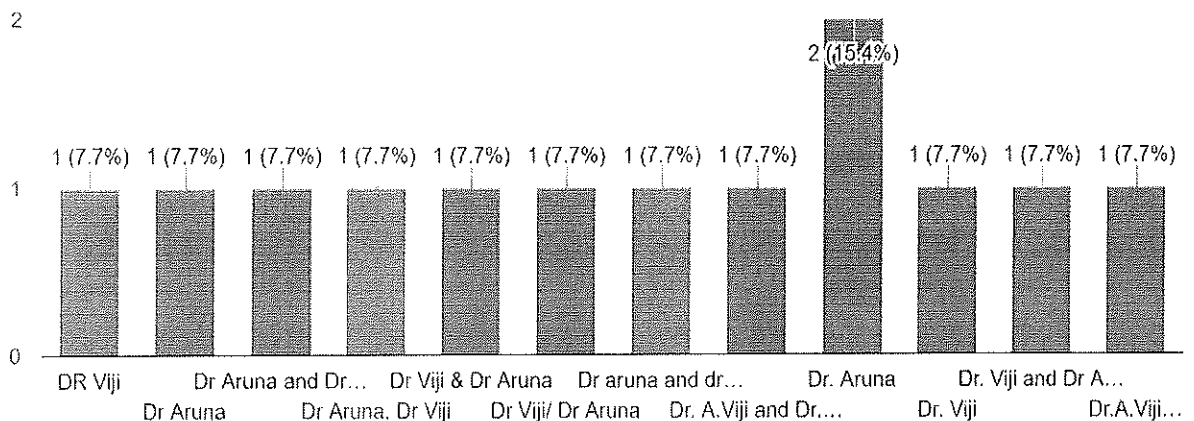
NOTE: Remaining budget of 148 RM paid by Dr. Aruna to K management support SDN BHD

4.0 PARTICIPANT'S FEEDBACK

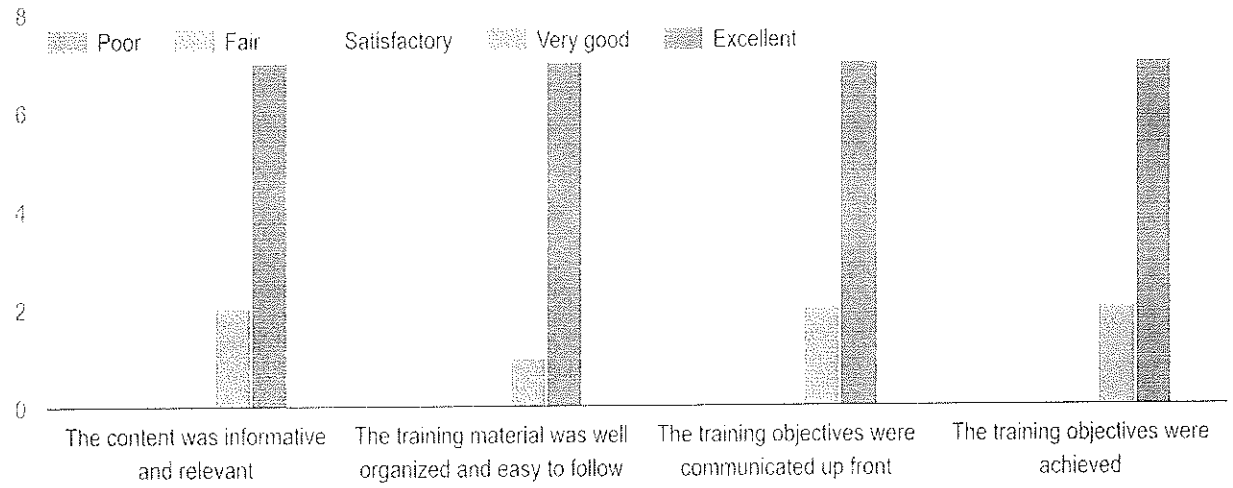
Out of the 15 participants who attended the short course, 13 provided feedback through the evaluation form given. The feedback reflected the participants' overall satisfaction with the course content, trainers, delivery, facilities and organization.

Instructor

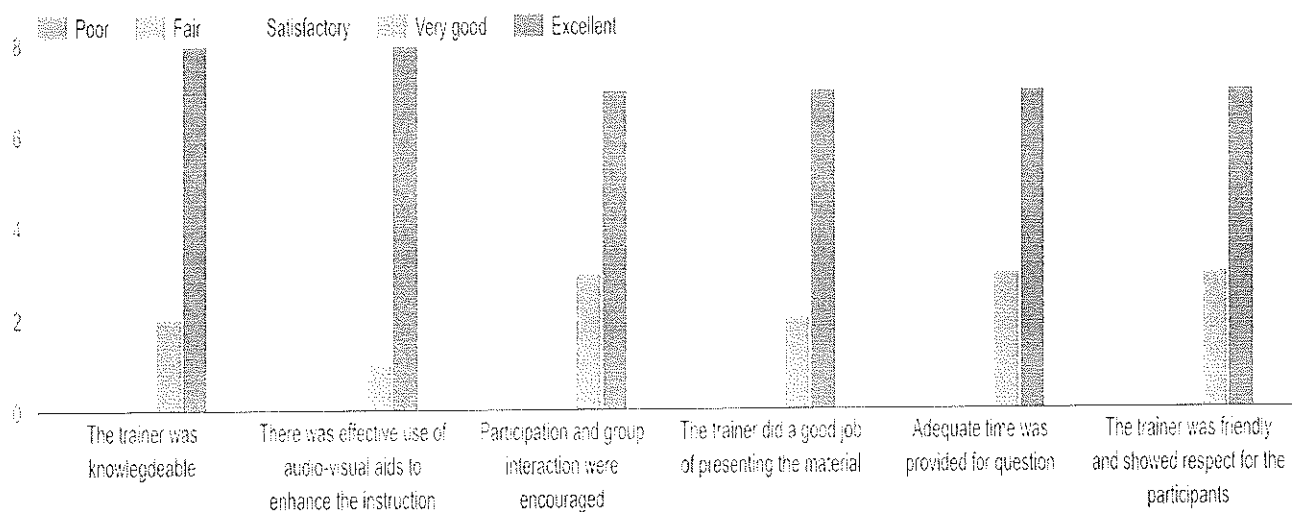
13 responses



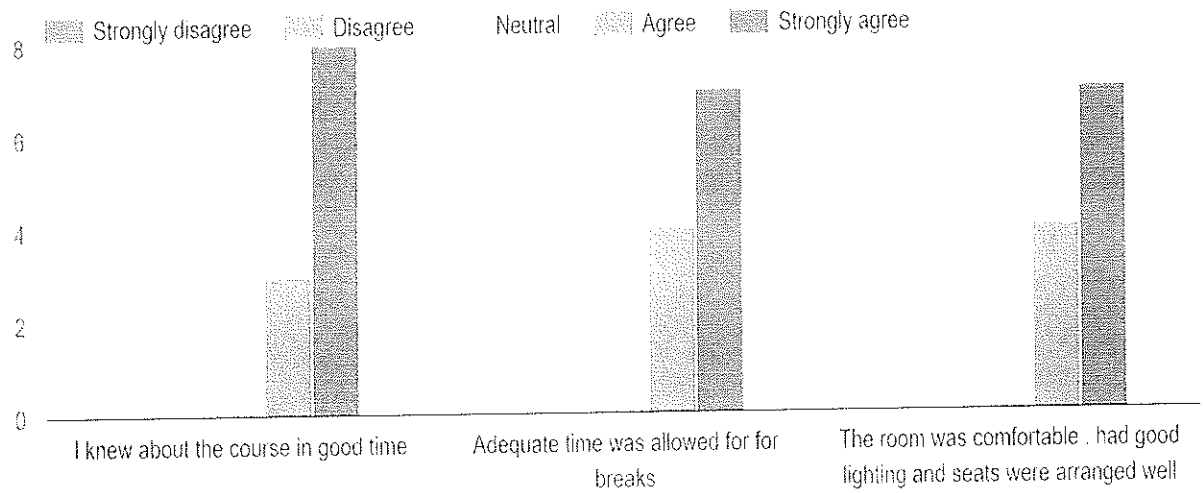
CONTENT & IMPACT



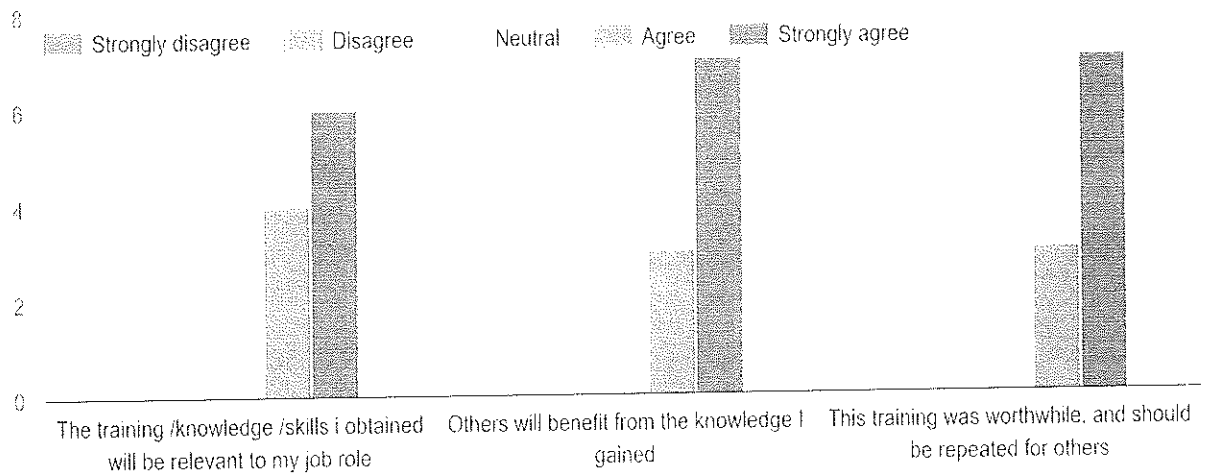
TRAINER



ORGANIZATION



OVERALL IMPRESSION



5.0 RECOMMENDATIONS

- ↓ Allow registration up to the time course started with maximum 30 participants.
- ↓ CPD point to attract more participants and enough budget for boosting for short course (Facebook, TikTok, Instagram, LinkedIn and E-mail)
- ↓ To have more practice session
- ↓ It would be great if you could incorporate more activities throughout the course, or perhaps consider organizing it as a seminar or workshop.
- ↓ more hands-on content
- ↓ Organize short courses through online

6.0 CONCLUSION

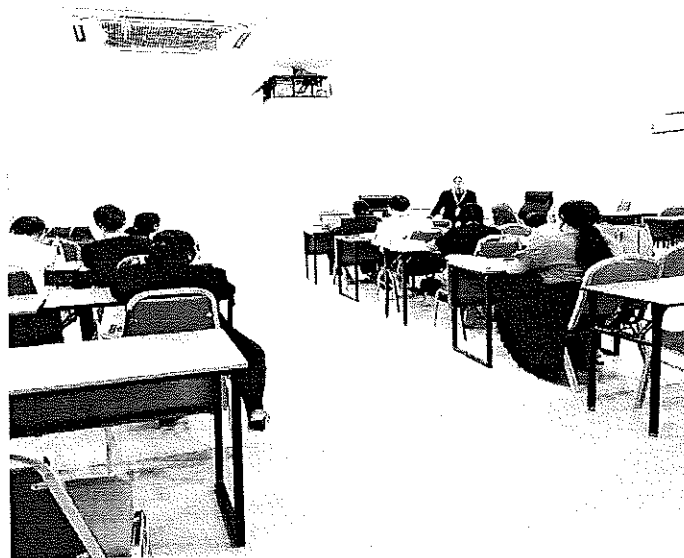
The short course on "Comprehensive Elderly Care," held on 17th and 18th December 2024, successfully provided participants with a holistic understanding of elderly care. By addressing the physical, emotional, social, and mental needs of older adults, the course emphasized the importance of promoting independence, ensuring safety, and delivering dignified support throughout aging. The sessions, combined theoretical insights with practical demonstrations, equipping participants with essential skills and knowledge. Topics like the aging process, managing chronic conditions, communication techniques, legal and ethical considerations, and end-of-life care were comprehensively covered. The inclusion of caregiver self-care and strategies to prevent falls further enriched the program, ensuring a well-rounded learning experience.

With participation from 15 individuals from diverse professional backgrounds, the course fostered an engaging and collaborative environment, reflecting its goal of enhancing the quality of life for older adults. This initiative by the Faculty of Nursing stands as a testament to their commitment to improving geriatric care through education and practical training.

This short course program reaffirms the importance of continuous learning and knowledge exchange in staying updated with advancements in elderly care. The course also generated a profit of RM1,780

7.0 APPENDIX

PHOTOS OF EVENT



Opening speech by Dr.

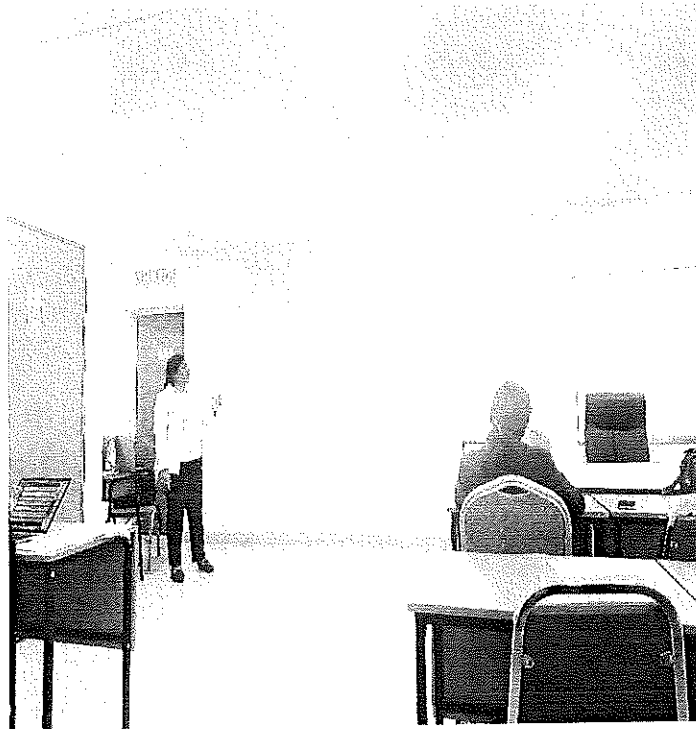
prof, Fatimah binti yahya, Dean, Faculty of Nursing



1st day participants for the short course



Theory lecture given by Dr. Viji



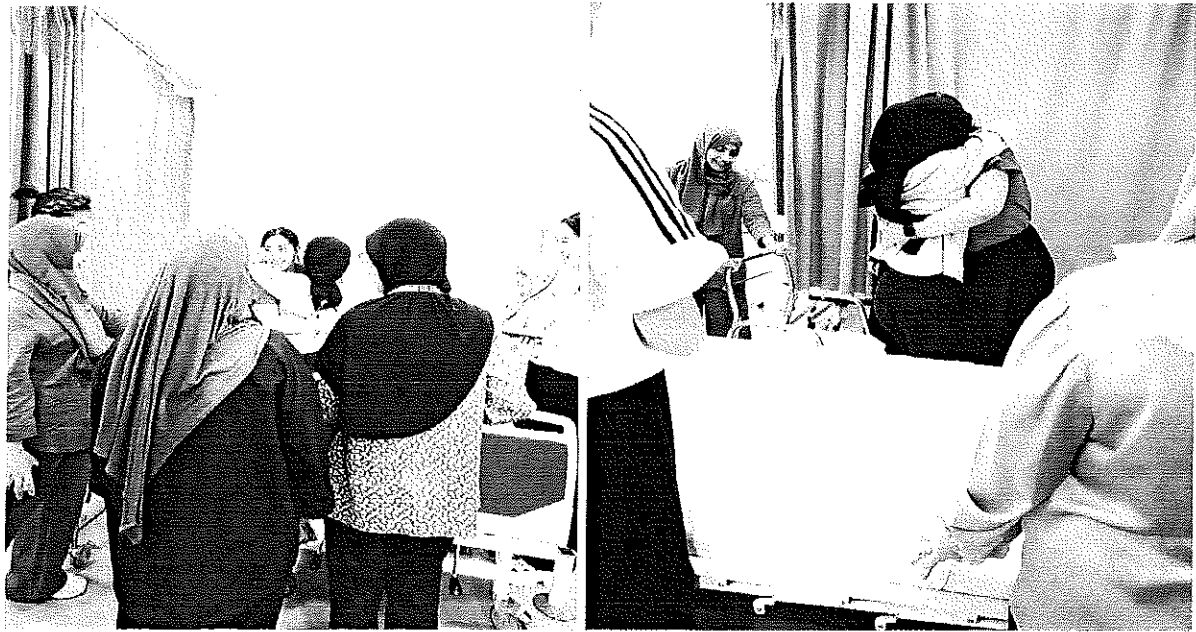
Theory lecture given by Dr. Aruna.



Bed bath Demonstration shown by the paun Salabiah to the participants



Lifting and positioning Demonstration shown by the paun Salabiah to the participants



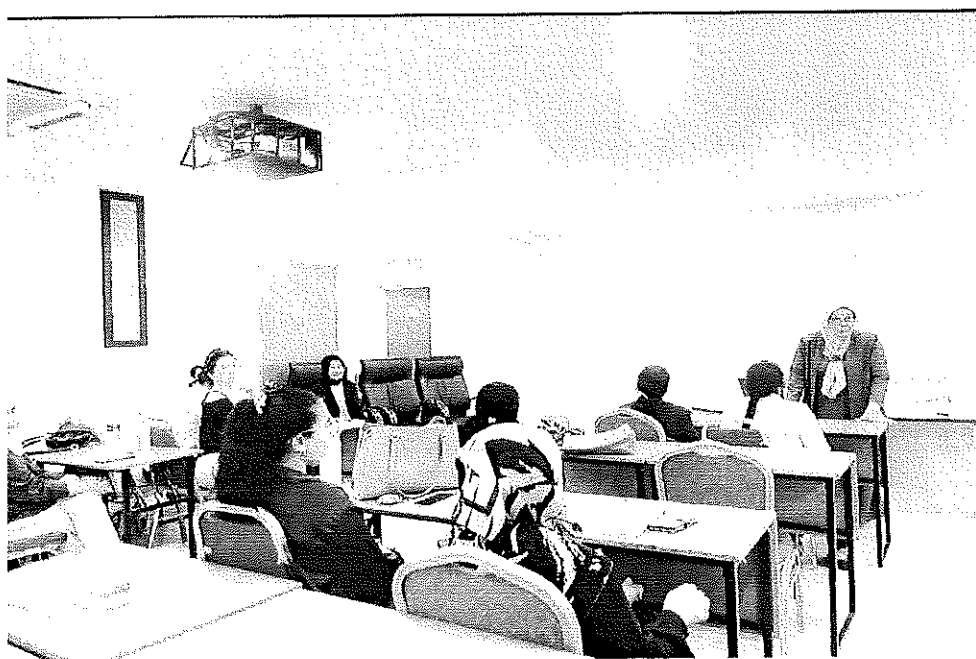
Lifting and positioning Redemonstration shown by the participants



Ms. Hidhaya showing Nasogastric Tube Feeding to the participants



Nasogastric Tube Feeding redemonstration by the participants



**Closing speech by Prof. Datin Dr. Hafizah Che Hassan, Deputy Vice
Chancellor (Academic)**



Participants were playing mind games



Certificates giving ceremony



Certificates giving ceremony



Certificates giving ceremony



Prize distribution to the participants by the Deputy Vice Chancellor and Dean



Group photo

Aruna
Prepared By

Dr. Aruna Gundluru

Verified by

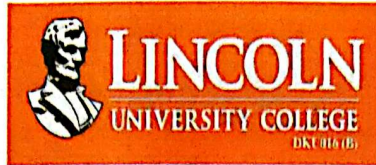
Asso. Prof. Dr. Fatimah yahya

Dean, Faculty of Nursing

Approved By

DVC

[Signature]
Prof. Dr. Dr. Hafizah Che Hassan
PhD, M.Ed, BSe, SRN, SCM
Deputy Vice Chancellor (Academic)
Lincoln University College



POST-MORTEM REPORT

SHORT COURSE

BAHASA MALAYSIA LANGUAGE FOR HEALTH CARE PERSONNEL (BASIC LEVEL)

25th APRIL 2025 to 11th JULY 2025

SCHOOL OF MEDICINE

TABLE OF CONTENTS

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2.0	PARTICIPATION	3
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1.0 INTRODUCTION

The programme, held by School of Medicine on 25th April 2025 to 11th July 2025, named as Bahasa Malaysia Language for Health Care Personnel (Basic level), aimed to provide participants with a comprehensive understanding simple and basic communication of Bahasa Malaysia and speaking Malay language during the career as medical & Health Sciences Profession. The course attracted students from the faculty itself. The sessions were trained by the dean of School of medicine (Professor Dr. Zarina Binti Awang) and experienced local lecturers namely Dr. Zariah Binti Mohd Zain, Dr. Nurul Azmir Bin Amir Hassan, Dr. Farra Aida Bin Jumuddin, Dr. Azma Binti Abdul Malek, Dr. Mohd Fazirul Bin Mustafa and Madam Usha.

2.0 PARTICIPANTS

No	NAME
1	Nirrul Ilam Asra Hafizah
2	Aaya Ahmed Mohamed Abdelhai
3	Sehrish Ahmed
4	MaXingJian
5	Kahandawa Arachchige Ranudi Nehansa
6	Mohamed Zaheer Hishma
7	Mohammed Rifaz Fathima Salma
8	Tasneem Moutasim Hassan Mahjob
9	Manar Sultan AlSulayhabi
10	Dr. Tin Htay Khine
11	Mamoun Siddiq
12	Kwabla Chris-David Selassie
13	Khalid Abuelgasim Abbas Mohamed Ahmed
14	Amro Abdelmoniem Mohamed Ahmed
15	Mustafa Mohammed Hasan Al-Hasani
16	Fatima Irfan
17	Razaz Sabt Azrag
18	Abdalmuttalb Mohamed Abdalmaged Abdalmuttalb
19	Kenan Albasti
20	Jiya Arafat Amina
21	Ola Abdelhafiz Ali Mohamed
22	Mohammed Muawia Hamed
23	Alaa Rafia Mohammed Ahmed
24	Eltayeb Brair Mohamed Elfaki
25	Reel Sidahmed Bakry Abdelwahid
26	Dalugama Mudiyansele Doni Binakshie Parindiya Gunawardana

3.0 COURSE OBJECTIVES

Objectives:	The goal is for understanding simple and basic communication of Bahasa Malaysia and speaking Malay language during the career as medical & Health Sciences Profession.
Learning Outcomes:	By the end of this course, participants will be able to: • Understand and can speak simple Bahasa Malaysia. • Read and write simple Bahasa Malaysia medical terminology.

4.0 EXPENSES

SCHOOL OF MEDICINE

Bahasa Malaysia Language for Health Care Personnel

Date: 14.07.2025

LIST OF PARTICIPANTS FOR SHORT COURSE BAHASA MALAYSIA 2 MEI 2025

No.	NAME	1st PAYMENT	2nd PAYMENT	3rd PAYMENT	Total
1.	Nirul Ilam Asra Hafizah				RM300
2.	Aaya Ahmed Mohamed Abdelhal				RM300
3.	Schrisht Ahmed				RM300
4.	MaXingJian				RM300
5.	Kahandawa Arachchige Ranudi Nelansa				RM300
6.	Mohamed Zaher Hishma				RM300
7.	Mohammed Rifaz Fathima Salma				RM300
8.	Tasneem Moutasini Hassan Mahjob				RM300
9.	MANAR SULTAN ALSULAYHABI				RM300
10.	Dr. Tin Htay Khine				RM300
11.	Mamoun Siddiq	RM100 (CASH)			RM100 (CASH)
12.	Kwabla Chris-David Selassie	RM100			RM100
13.	Khalid Abuelgasim Abbas Mohamed Ahmed	RM50			RM50
14.	Amro Abdelmoniem Mohamed Ahmed	RM100			RM100
15.	Mustafa Mohammed Hasan Al-Hasani	RM100			RM100
16.	Fatima Irfan	RM100			RM100
17.	Razaz Sabt Azrag	RM100			RM100
18.	Abdalmuttalib Mohamed Abdalmaged Abdalmuttalib	RM100			RM100
19.	Kenan Albasti	RM100			RM100
20.	Jiva Arafat Amina	RM100			RM100
21.	Ola Abdelhafiz Ali Mohamed	RM100			RM100
22.	Mohammed Muawia Hamed	RM100			RM100
23.	Alaa Rafia Mohammed Ahmed	RM100			RM100
24.	Eltayeb Brair Mohamed Elfaki	RM100			
25.	Reel Sidahmed Bakry Abdelwahid	RM100			RM100

26.	Dalugana Mudiyanselage Dona Binakshile Parindiya Gunawardana	RM100			RM100
	Danish Miqail Moduying Alexius (Local student wrongly transferred)	RM150			
	(Refund cash to Danish local student who wrongly transferred) RM 100				RM 4700- 100 = 4600 (Total income)

Total No. of Students = 26

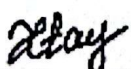
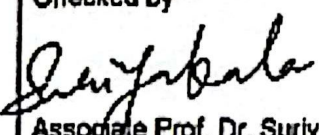
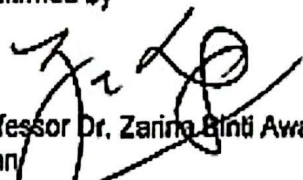
Expense

Expenses Splitup

S.No	Items	Expense/ 70 person	Total Cost (RM)
1	Certificate	10	100
2	Refreshment		
3	Facilities and material	5 x 26	130
4	Fees for tutors for 12 weeks	100 x 12	1200
5	Fees for 6 facilitators	60 x 12	720
Total		10	2150

Net Income

Fee Per student (RM)	Expenses to run the course	Total no. of participants	Total fee	Net Income (RM)
300	2150	10+16	3000+1600=4600	2495

Prepared by  Dr. Tin Htay Khina Assistant Professor Faculty of Medicine	Checked by  Associate Prof. Dr. Suriyakala Pro Dean Faculty of Medicine	Confirmed by  Professor Dr. Zarina Binti Awang Dean Faculty of Medicine
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5.0 EXPENSES RECEIPTS

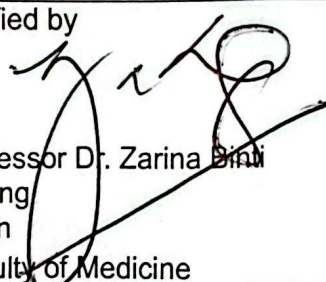
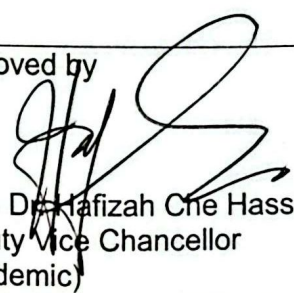
Aaya Ahmed Mohamed Abdelhai  RM 300.00 Transferred Receiver MAXURA HEALTHCARE SDN BHD Transaction Type  DuitNow Transfer Transfer to Bank/E-Wallet Account Recipient Bank/E-Wallet RHB Bank Account Number 21234900061147 Transfer Type Fund Transfer Remark Fund Transfer Date & Time 12/04/2025 09:27:05 DuitNow Ref No. 20250412TNGDMYNB01 OORM88351863	Nirrul Ilam Asra Hafizah Transaction Successful 8:43PM, Wednesday, 9 Apr 2025  Amount MYR 300.00 Reference ID 20250409RHBBMYKL030OQR54189552  From RHB Smart Account-i 26234400012640 To MAXURA HEALTHCARE Payment Type DuitNow QR
Fatima Irfan  Transfer successful Reference ID 665760613M Date & time 23 Apr 2025, 06:32 PM Transaction type DuitNow Transfer 	Khalid Abuelgasim Abbas Mohamed Ahmed Transaction Successful 9:29AM, Tuesday, 29 Apr 2025  Amount MYR 50.00 Reference ID 20250429RHBBMYKL030OQR54698864  From RHB MaxSave *****9591 To MAXURA HEALTHCARE Payment Type DuitNow QR
MaXingJian  Amount MYR 300.00 Reference ID 20250408RHBBMYKL030OQR57987766  From RHB MaxSave 11257200109702 To MAXURA HEALTHCARE	Amro Abdelmoniem Mohamed Ahmed  Scan & Pay  Reference ID 74264337 16 Apr 2025, 3:11 PM Merchant Name MAXURA HEALTHCARE Amount RM 100.00

Dr. Tin Htay Khine  Payment Successful 2:38PM Friday, 09 May 2025 Reference ID 20250509RHBBMYKL030OQR5617 0697 To MAXURA HEALTHCARE SDN BHD Amount MYR 300.00 Payment Type DuitNow QR Other Payment Details resident	Cherry  Amount MYR 300.00 Reference ID 20250408RHBBMYKL030OQR565 85975  From RHB Smart Account-I 26234400012810 To MAXURA HEALTHCARE Payment Type DuitNow QR Other Payment Details payment for Malay class
Jiya Arafat Amina  Payment Successful 1:05PM, Sunday, 27 Apr 2025  Amount MYR 100.00 Reference ID 20250427RHBBMYKL030OQR58920791 From RHB Smart Account 2-12349-0007051-0 To MAXURA HEALTHCARE Payment Type DuitNow QR Other Payment Details Installment mpu course	Mohamed Zaheer Hishma  Maybank Scan & Pay  Reference ID 85356546 9 Apr 2025, 8:25 PM Merchant Name MAXURA HEALTHCARE Amount RM 300.00
Kahandawa Arachchige Ranudi Nehansa  Maybank Scan & Pay  Reference ID 74883700 10 Apr 2025, 11:37 AM Merchant Name MAXURA HEALTHCARE Amount RM 300.00	Razaz Sabt Azrag  Maybank Scan & Pay  Reference ID 84876753 24 Apr 2025, 4:24 PM Merchant Name MAXURA HEALTHCARE Amount RM 100.00

Kenan Albasti  Scan & Pay Successful Reference ID 85450561 25 Apr 2025, 1:02 AM Merchant Name MAXURA HEALTHCARE Amount RM 100.00	Manar Sultan AISulayhabi  Scan & Pay Successful Reference ID 85636731 1 May 2025, 11:54 PM Merchant Name MAXURA HEALTHCARE Amount RM 300.00
Dalugama Mudiyanse Lage Dona Binakshie Parindiya Gunawardana  Scan & Pay Successful Reference ID 86316850 9 May 2025, 1:20 AM Merchant Name MAXURA HEALTHCARE Amount RM 100.00	Ola Abdelhafiz Ali Mohamed  RM 100.00 Paid Merchant MAXURA HEALTHCARE SDN BHD Payment Details Ola Abdelhafiz bahasa Transaction Type  DuitNow QR DuitNow Ref No. 20250505TNGCMYH80300QR98807117 Date/Time 05/05/2025 14:57:27 eWallet Ref No. 2025050510110000010000TNGOW3M Y171521678807431 Payment Method eWallet Balance
Kwabla Chris-David Selassie  Payment Successful 9:39PM, Monday, 28 Apr 2025  Amount MYR 100.00 Reference ID 20250428RHBBMYKL0300QR54871269 From RHB Smart Account-I XXXXXXXXXXXX2233 To MAXURA HEALTHCARE Payment Type DuitNow QR Other Payment Details Payment for BM Short Course	Eltayeb Brair Mohamed Elfaki  Amount MYR 100.00 Reference ID 20250502RHBBMYKL0300QR57076570 From Savings Account-I *****3805 To MAXURA HEALTHCARE Payment Type DuitNow QR Other Payment Details Eltayeb

Alaa Rafia Mohammed Ahmed  Scan & Pay Successful Reference ID 77597181 1 May 2025, 6:25 PM Merchant Name MAXURA HEALTHCARE Amount RM 100.00	Tasneem Moutasim Hassan Mahjob  Payment Successful 5:34PM Wednesday, 30 Apr 2025 Reference ID 20250430RHBBMYKL030OQR5949 5920 To MAXURA HEALTHCARE SDN BHD Amount MYR 300.00 Payment Type DuitNow QR Other Payment Details Tasneem Moutasim Bahasa Malayu course
Mohammed Rifaz Fathima Salma  Scan & Pay Successful Reference ID 75921365 11 Apr 2025, 6:58 AM Merchant Name MAXURA HEALTHCARE Amount RM 300.00	Sehrish Ahmed  Amount MYR 300.00 Reference ID 20250408RHBBMYKL030OQR565 85975 From RHB Smart Account-i 26234400012810 To MAXURA HEALTHCARE Payment Type DuitNow QR Other Payment Details payment for Malay class 
Dalugama Mudiyanseelage Dona Binakshie Parindiya Gunawardana  Scan & Pay Successful Reference ID 86316850 9 May 2025, 1:20 AM Merchant Name MAXURA HEALTHCARE Amount RM 100.00	Mustafa Mohammed Hasan Al-Hasani  Scan & Pay Successful Reference ID 81036776 21 Apr 2025, 2:59 PM Merchant Name MAXURA HEALTHCARE Amount RM 100.00

Abdalmuttalb Mohamed Abdalmaged Abdalmuttalb	
 RM 100.00 Paid	
Merchant	MAXURA HEALTHCARE SDN BHD
Transaction Type	 DuitNow QR
DuitNow Ref No.	20250424TNGDMYNB03 00QR99511371
Date/Time	24/04/2025 22:51:23
eWallet Ref No.	20250424101100000100 00TNGOW3MY171459375 044383
Payment Method	eWallet Balance

Prepared by  Dr. Nor Hidayah Mustafa Lecturer Faculty of Medicine	Verified by  Professor Dr. Zarina Binti Awang Dean Faculty of Medicine	Approved by  Datin Dr. Hafizah Che Hassan Deputy Vice Chancellor (Academic) Lincoln University College
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Prof. Datin Dr Hafizah Che Hassan
 PhD, M.Ed, BSe, SRN, SCM
 Deputy Vice Chancellor (Academic)
 Lincoln University College



POSTMOTERM REPORT

SHORT COURSE

ADVANCING THE ROLE OF PRECISION MEDICINE IN COMMUNITY PHARMACY: APPLICATIONS OF PHARMACOGENOMICS

17th APRIL 2025

SCHOOL OF PHARMACY

TABLE OF CONTENTS

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3.0	Budget and Expenses	4
4.0	Participant's feedback	5
5.0	Recommendations	15
6.0	Conclusion	15
7.0	Appendix	16

1.0 INTRODUCTION

The hybrid short course on Advancing the Role of Precision Medicine in Community Pharmacy: Applications of Pharmacogenomics, held on 17th April 2025, aimed to provide participants with the knowledge and tools to integrate pharmacogenomic principles into community healthcare. Participants will explore the fundamental role of precision medicine in optimizing drug therapy, analyze real-world case studies showcasing its clinical impact, and identify emerging opportunities and challenges in pharmacogenomics. Participants also will get to understand how the genetics related to the disease. Organized by School of Pharmacy, the course attracted professionals, researchers, and students from various fields. The sessions were conducted by Assist. Prof. Dr. Nadiyah Syafiqah, Senior Lecturer from School of Pharmacy, Lincoln University College, Ms, Ng Yi Ling, Pharmacist and Dr. Jessica Kaur, Telehealth Doctor, from Alpro Group, experienced professionals and academic experts, to ensure an engaging learning experience. There are **37** participants registered for this short course.

PARTICIPANTS

	No. of Participant (Physical)	No. of Participant (Virtual)
Outsider	5	1
Alumni	-	1
LUC Staff	4	-
LUC Student	25	1
TOTAL	37	

2.0 COURSE OBJECTIVES & LEARNING OUTCOMES

Objectives:	1. Understand the Role of Precision Medicine in Community Healthcare. 2. Analyse Case Studies Demonstrating the Impact of Precision Medicine. 3. Recognize the Future Opportunities and Challenges of Pharmacogenomics. 4. Understand the role of genetics in affecting the disease and how pharmaceutical drugs can treat the disease.
Learning Outcomes:	By the end of this course, participants will be able to: 1. Gain insights into how precision medicine is applied in community settings, including its potential to enhance patient outcomes and optimize medication use. 2. Learn through real-world examples how pharmacogenomic approaches have successfully improved patient care and addressed challenges in medication management. 3. Explore the evolving landscape of pharmacogenomics, including its implications for healthcare professionals and the importance of interdisciplinary collaboration. 4. Understand the underlying genetics that affect the disease and how drugs can help to treat the disease.

3.0 BUDGET AND EXPENSES

EXPENSES

No.	Expenses	Amount (RM)	Quantity	Total Amount
1	E-Certificate	-	-	-
2	Facilities	-	-	-
3	Goodie bag	Bag	30	76.20
		Notepad	30	44.35
		Mineral water & Bread		73.20
		Pen – 1.48	30	44.4
4	Digital marketing (Boost)	100		100
	TOTAL			338.15

Fee per student (RM)	Expenses to run the course (RM)	Total no. of participant	Total fee (RM)	Income (RM)
Regular – RM100	338.15	1	100	1280 – 338.15
Early Bird – RM80		1	80	
LUC staff /Alumni/ Student (Non-LUC) – RM50		5	250	
LUC Student – RM25		26	650	
Alpro – RM50		4	200	
TOTAL		37	1280	941.85

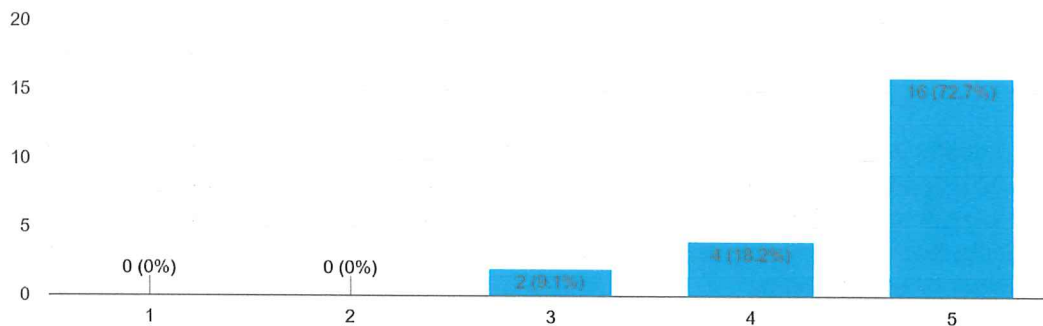
4.0 PARTICIPANT'S FEEDBACK

Out of the 37 participants who attended the short course, 22 provided feedback through the evaluation form given. The feedback reflected the participants' overall satisfaction with the course content, speakers, delivery, facilities and organization.

GENERAL FEEDBACK

1. How satisfied were you with this course?

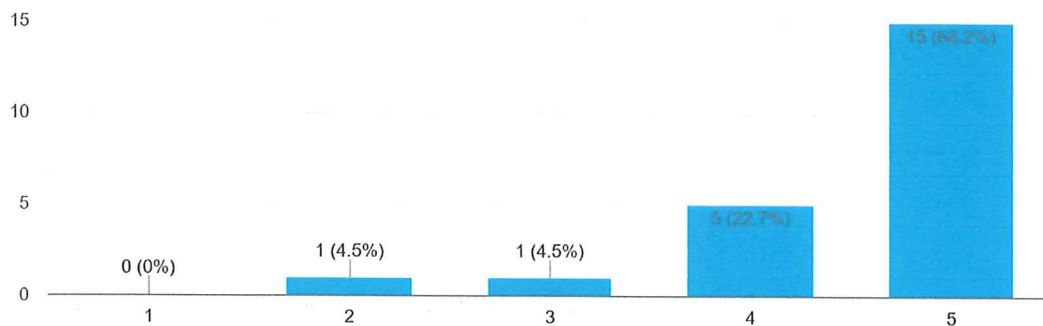
22 responses



Majority of the participants (72.7%) are satisfied with the course while only 18.2% rated 4 and 9.1% rated 3. This reflects overall contentment with the short course and its delivery.

2. Was the course relevant and helpful for your job/study?

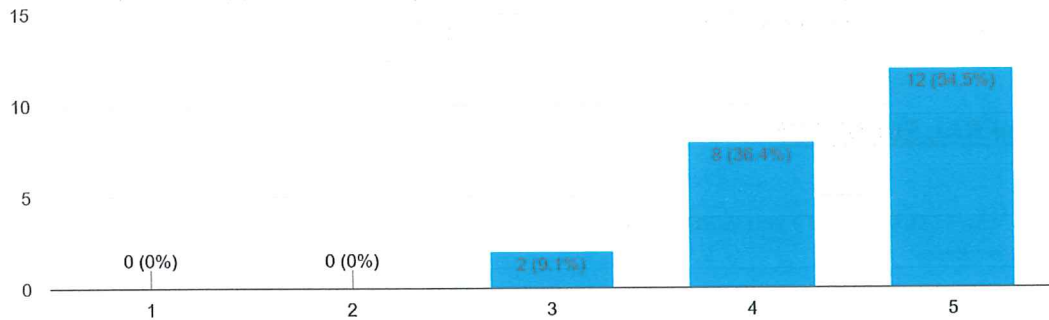
22 responses



68.2% of participants rated the course as 5, indicating its relevance to their job or study interests. However, 22.7.1% rated it a 4, 4.5% rated it a 3 and another 4.5% rated it a 1, suggesting the content may not have fully aligned with their expectations or background/job.

3. Did the course meet your expectations?

22 responses

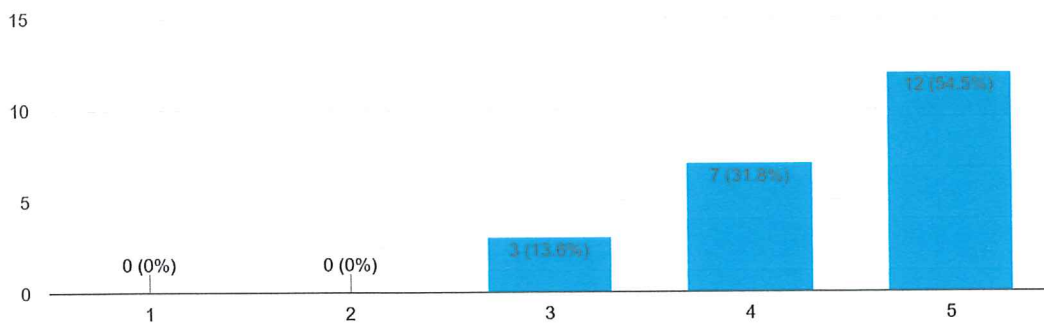


The majority of participants (54.5%) felt that the course met or exceeded their expectations, with 36.4% rating it a 4. However, 9.1% rated it a 3, indicating that the course moderately met their expectations. This could be attributed to factors such as course delivery, structure, and duration. Some improvements may be needed in these areas to better align the course with participants' expectations.

CONTENT AND STRUCTURE

1. Was the course content relevant to your needs or interests?

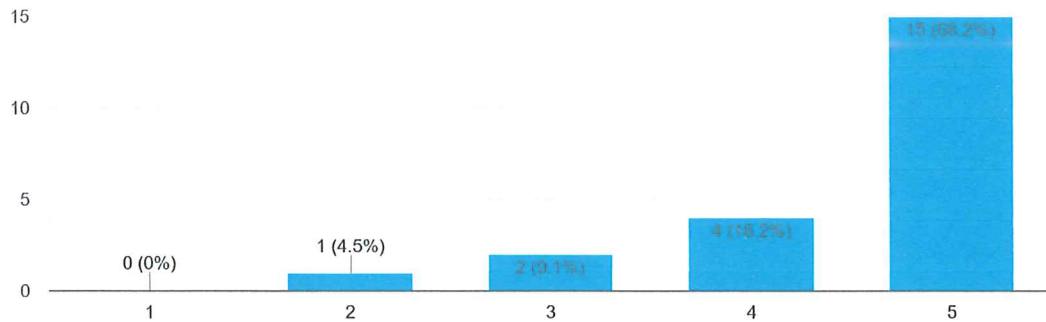
22 responses



54.5% of the participants found that this course is relevant to their needs and interests. 31.8% of them rated a 4 while only 13.6% rated a 3. The lower ratings from this group could be due to a mismatch between the course content and their specific professional or personal needs, possibly due to the course being more tailored to those with a pharmacy background.

2. Was the course content presented clearly?

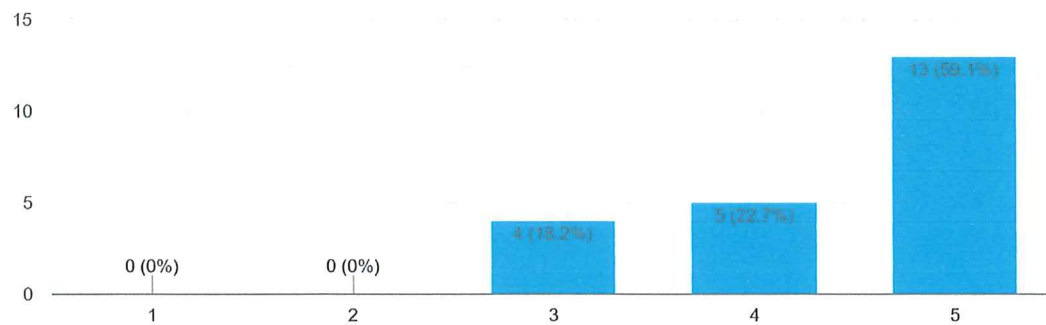
22 responses



68.2% of participants rated the clarity of the course content highly, with many appreciating the clear presentation by the trainers. However, a small percentage rated it lower, which may suggest that some areas of the content could benefit from more straightforward explanations or examples.

3. Was the course duration sufficient to cover the topics?

22 responses

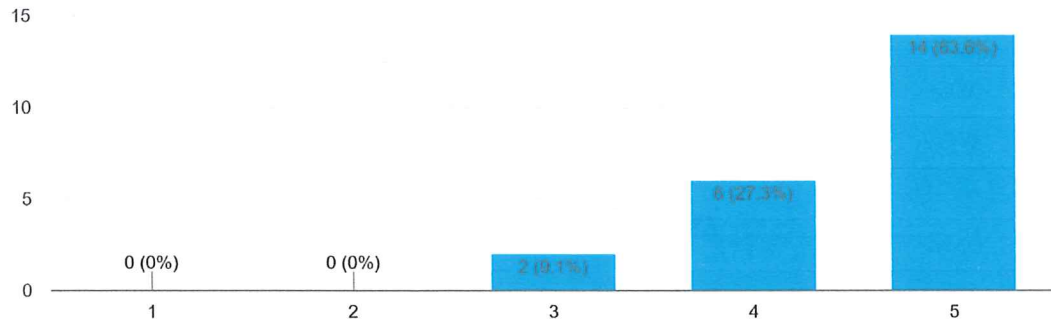


59.1% and 22.7% of participants rated this aspect positively with a rating of 5 and 4 respectively, suggesting that the course duration was adequate for most. However, 18.2% participants rated 3, indicating that the course duration may not have been sufficient, potentially pointing to the need for more time to cover all topics in detail.

MATERIALS AND RESOURCES

1. Were the provided materials useful?

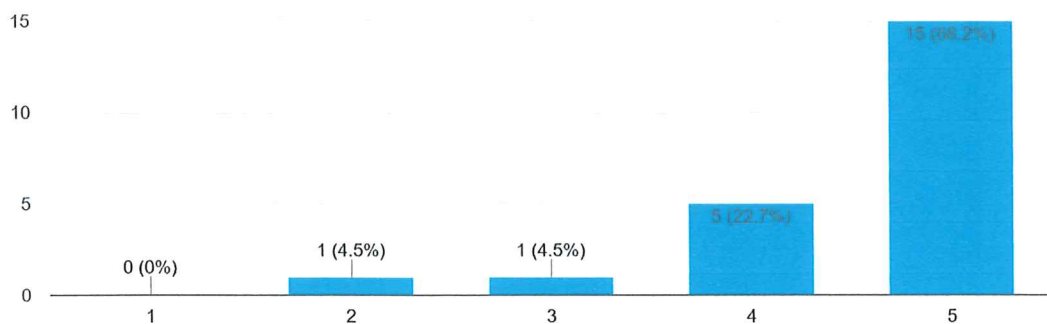
22 responses



The majority of participants found the provided materials useful, with 63.6% rated a 5. However, 27.3% and 9.1% participants rated a 4 and 3, respectively, possibly indicating that some materials were not detailed as expected, or that more specific resources could have been provided.

2. Were the resources adequate to support your learning?

22 responses

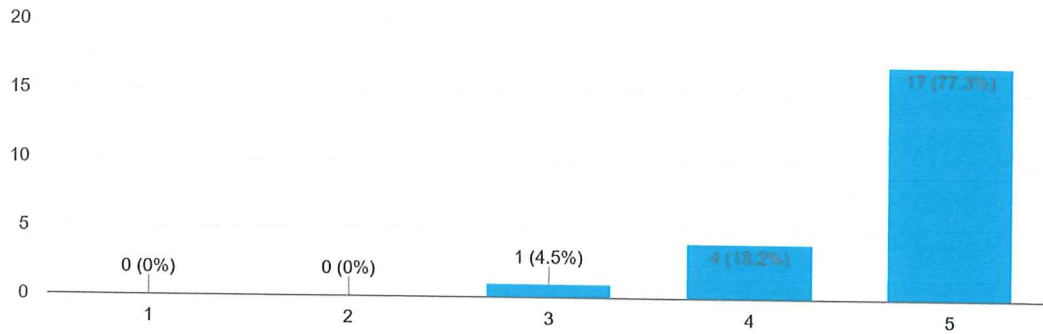


Majority (68.2%) of the participants rated the resources as adequate, indicating that most participants felt well-supported in their learning through the materials and resources provided. However, for the remaining 31.7%, there may have been concerns regarding the availability or sufficiency of learning aids or supplementary resources.

SPEAKERS PERFORMANCE

1. How would you rate the speakers' knowledge and expertise?

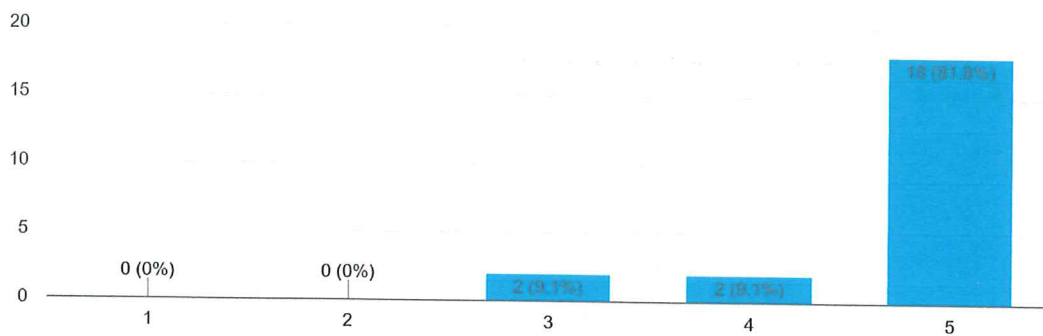
22 responses



Majority of the participants (77.3%) rated a 5, indicating that the speakers are regarded for their strong expertise and knowledge.

2. Were the speakers engaging and clear in their explanations?

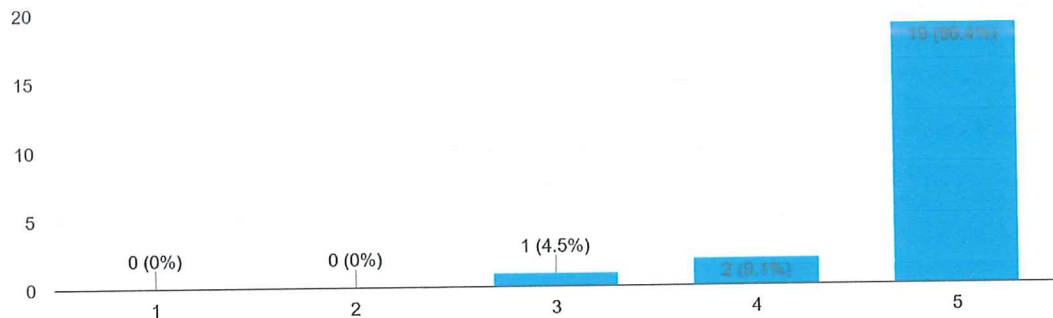
22 responses



81.8% of the participants rated the trainers a 5, indicating that the majority found the speakers' delivery to be clear, understandable, and engaging. This contributed to a positive learning experience, where participants were able to grasp the course information effectively.

3. Did the speakers provide adequate opportunities for questions and interaction?

22 responses

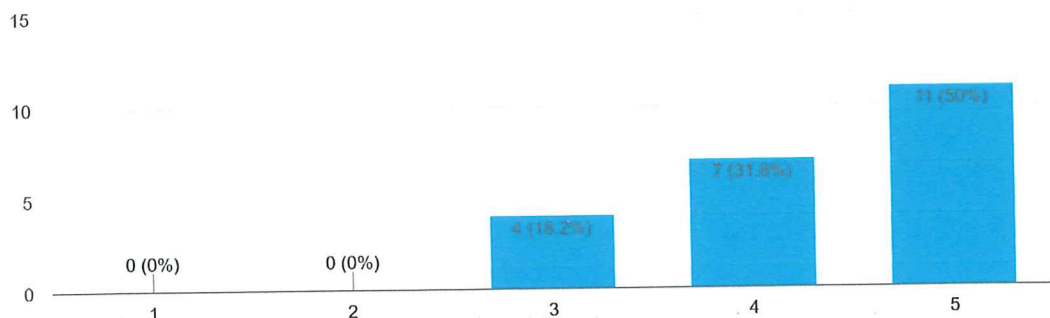


86.4% of the participants rated the trainers a perfect score of 5, indicating that they highly appreciated the opportunities for questions and interaction. This suggests that the speakers successfully created an interactive learning environment, encouraging active participation and ensuring that participants had the chance to engage with the content and clarify any doubts.

LEARNING OUTCOMES

1. Do you feel confident applying what you learned?

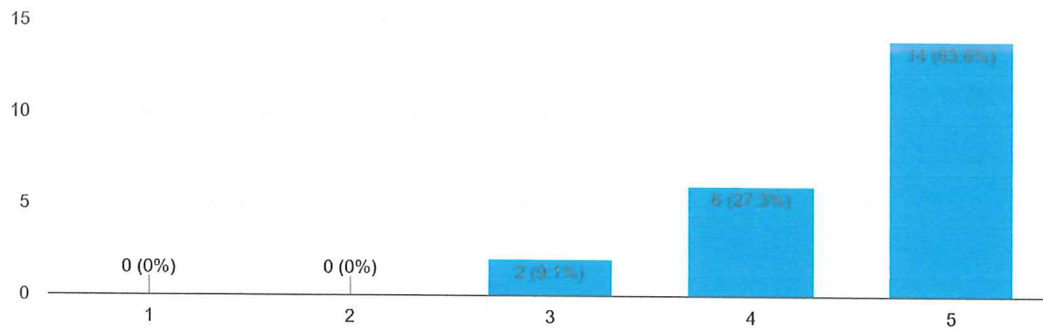
22 responses



50% of the participants felt confident in applying the knowledge gained from the course. However, the remaining participants who rated this question a 4 and 3 may feel they need more practice or follow-up resources.

2. Has the course enhanced your understanding of the subject?

22 responses

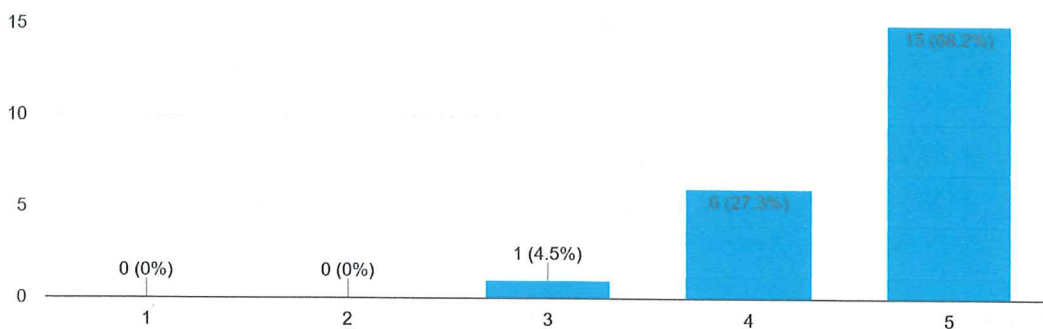


63.6% of participants agreed that the course enhanced their understanding of the subject. A smaller portion (27.3%) rated it a 4, which suggests that while they found the course helpful, they may have felt that additional depth or more practical applications could further enhance their comprehension.

FACILITIES AND HOSPITALITY

1. How would you rate the short course facilities?

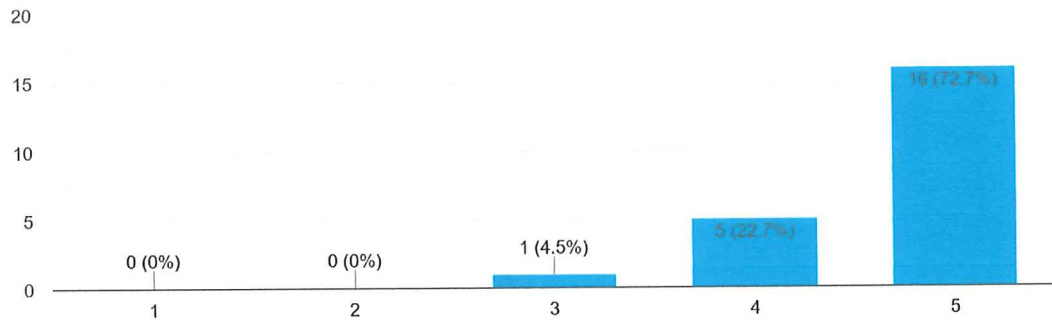
22 responses



68.2% of participants rated the course facilities positively, indicating satisfaction with the learning environment. However, some participants rated 4 and 3, which suggested that some improvement could be made or prepared regarding the facilities.

2. Was the environment comfortable for learning?

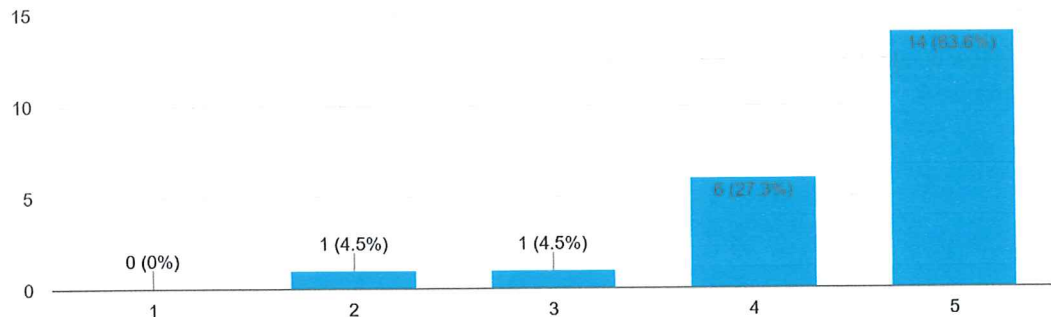
22 responses



72.7% of participants rated the learning environment positively, indicating that the space and conditions were conducive to effective learning. The remaining participants who rated it 4 and 3 may have had concerns regarding the comfort or appropriateness of the learning environment.

3. How satisfied were you with the course organization and logistics?

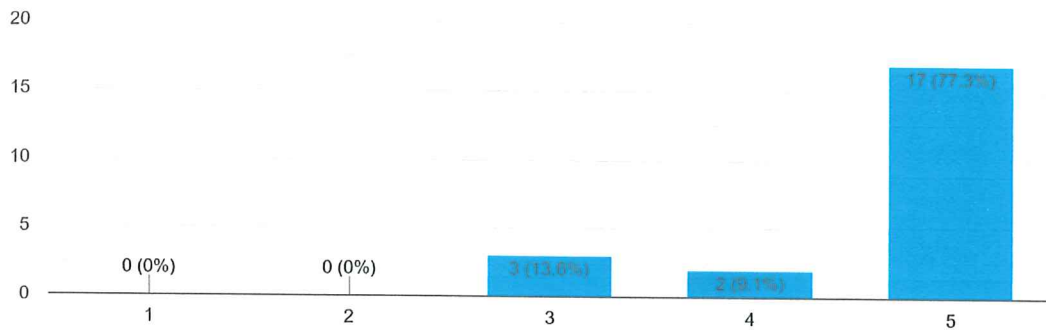
22 responses



63.6% of participants expressed satisfaction with the organization and logistics of the course, including scheduling and coordination. However, the remaining may have found certain logistical aspects lacking, such as technical issue and timing or organization, which could be improved for smoother course execution.

4. Was the course location convenient?

22 responses

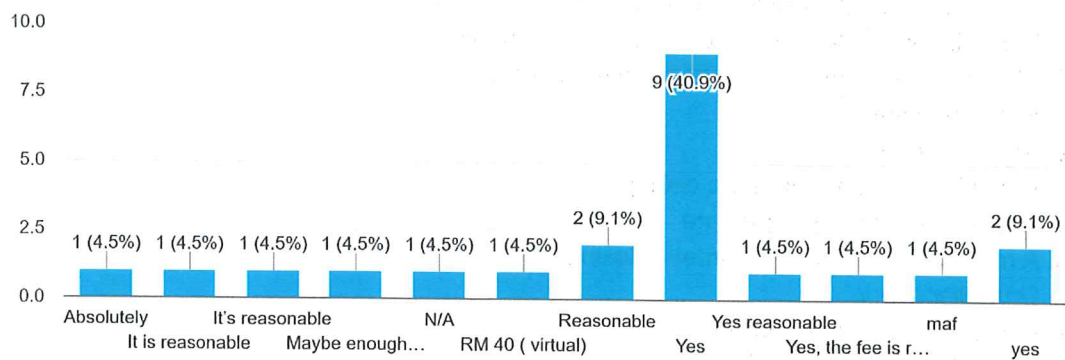


77.3% of participants rated a 5 for the convenience of the course location, indicating that the venue was well-located for attendees. Those who provided lower ratings may have experienced issues with parking.

ADDITIONAL COMMENTS

1. Do you feel the fee for this short course is reasonable? If not, could you please suggest a suitable fee range?

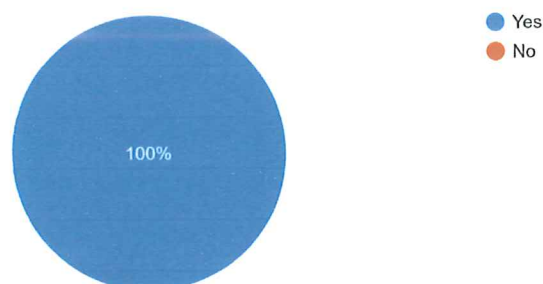
22 responses



More than 90% participant answered yes that the fee of the short course is reasonable. 1 participant suggest that the fee for virtual is RM40.

2. Would you recommend this short course to others?

22 responses



100% participant would recommend this short course to others.

Suggest your interested topic for future short courses.

1. Hands on workshop on PGx
2. Related to the medicines
3. Herbal medicine or patient counselling and communication skills
4. AI in pharmacy
5. Continuous blood glucose monitoring device
6. Make more practical short course such as formulation of medicine, traditional medicine, cosmetic and more
7. Cosmetic
8. Pharmacology of Herbal and Traditional Medicines
9. Formulation of medicine such as practical practice
10. Pharmaceutical drug compilation in small scale
11. Pharmacology
12. AI in pharmacy
13. Workshop on learning gene coding
14. Cancer Research programme
15. A more insight view of Cosmetic Science
16. Drug discovery
17. Knowledge on pharmacology
18. Latest Development in Drug Design
19. Interpret result for genomic test
20. Molecular pharmacology

Any additional comments or suggestions?

1. Today I gain a lot of information
2. It would be great if the courses include hands-on activities or case-based learning to make them more engaging and practical.
3. More technical support for online participant
4. Thank you for this very interesting and easy to understand short course. I learned how pharmacists can use genetic information to help choose the right medicine and avoid side effects. The speaker explained the topic clearly with good examples. I hope to join more

courses like this in the future. As for my suggestions, I suggest providing short notes or summary handouts after the session for easier revision.

5. course for kidney PT drugs problems and how changing of duration and concentration.
6. I am satisfied
7. After this I will join the upcoming short courses.

5.0 RECOMMENDATIONS

- If any workshop is hybrid, whether face-to-face or online, it should run smoothly. There should be no technical issues or glitches.
- Speakers' session arrangements, for example, Dr. Nadiah's presentation was on the Introduction of Pharmacogenomics, so it should be the first presentation.

6.0 CONCLUSION

The hybrid short course successfully achieved its objective of enhancing participants' understanding of precision medicine and its practical application in community pharmacy through pharmacogenomics. Through interactive lectures, real-world case discussions, and expert insights, participants gained valuable knowledge on how genetic factors influence drug responses and how this information can be used to optimize patient care. The diverse backgrounds of the attendees fostered rich discussions and networking opportunities, further strengthening interdisciplinary collaboration in this evolving field. With strong engagement from the 37 participants and high-quality delivery by esteemed speakers, the course marks a significant step forward in equipping healthcare professionals to embrace the future of personalized medicine in community settings. This short course generated a profit of **RM941.85**.

7.0 APPENDIX

PHOTOS OF EVENT



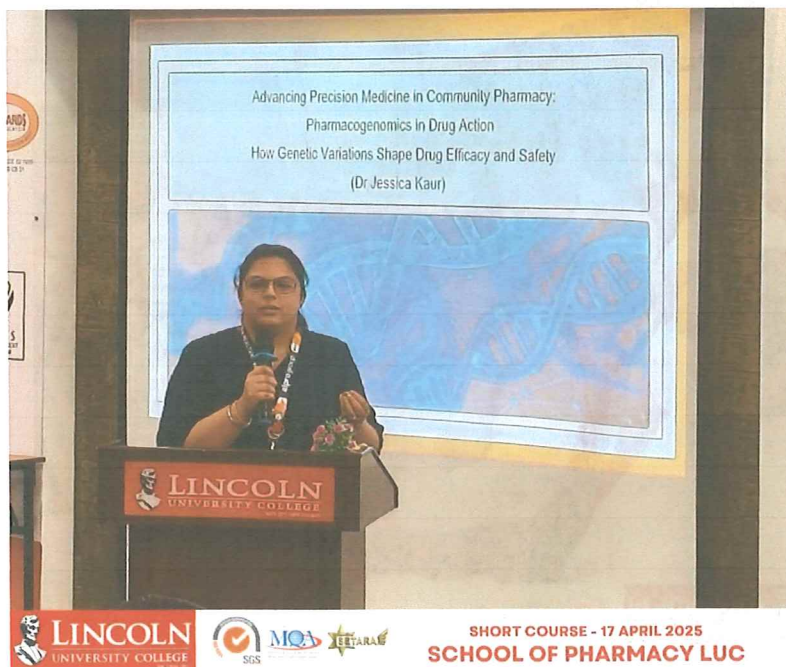
Hosted by Dr. Ahmad Syamil



Opening speech by Assoc. Prof. Dr. Hazrina Bt Hamid, Dean, School of Pharmacy



Lecture given by guest speaker Ms. Ng Yi Ling from Alpro Group



Lecture given by guest speaker Dr. Jessica Kaur, Telehealth Doctor from Alpro Group



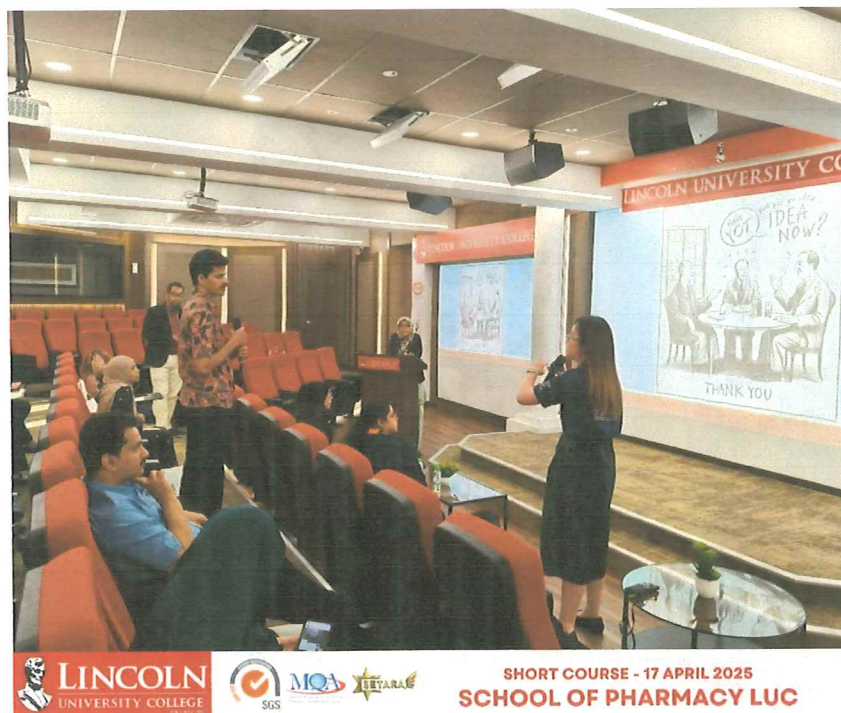
Lecture given by Asist. Prof. Dr. Nadiah from School of Pharmacy, Lincoln University College



Participants



Participants



Participant asks question to the speaker during the Q&A session.



Participant asks question to the speaker during the Q&A session.



Presentation of a token of appreciation to the guest speaker by the Dean



Presentation of a token of appreciation to the guest speaker by the Dean



Presentation of a token of appreciation to the guest speaker by the Dean



Closing speech by Assoc. Prof. Dr. Sreemoy Kanti Das, Deputy Dean



Photo group session



SHORT COURSE - 17 APRIL 2025
SCHOOL OF PHARMACY LUC

Laboratory visits for guest speakers

Prepared by:

Azzeme Harun
Coordinator/Lecturer
School of Pharmacy

Verified by:

Assoc. Prof. Dr. Hazrina Bt Hamid
Dean
School of Pharmacy

Approved by:

Prof. Datin Dr. Hafizah Che Hassan
Deputy Vice Chancellor (Academic)
Lincoln University College



SHORT COURSE : **ADVANCING THE ROLE OF PRECISION MEDICINE IN COMMUNITY PHARMACY: APPLICATIONS OF PHARMACOGENOMICS**
DATE : **17TH APRIL 2025 (TUESDAY)**
VENUE : **AUDITORIUM, LEVEL 3, WISMA LINCOLN**

NAME LIST FOR E-CERTIFICATE

NO	NAME	REF. NO.
1	Dr. Nur Afiqah Binti Mohamad	PDP0418062025
2	Mohammed Luqman Nurhaqim Bin Sauzi	PDP0418072025
3		
4	Devaasiniy A/P Arivanantham	PDP0418092025
5		
6	Nur Azwanie Binti Arifin	PDP04180112025
7		
8	Ismail Samat	PDP04180132025
9	Faiza Binti Naimat	PDP04180142025
10	Tao Wen	PDP0814062024
11	Aseel Alhazmi	PDP04180162025
12	Purvia Jagru	PDP04180182025
13	Shah Fahad	PDP04180192025
14	Assoc. Prof. Dr. Hazrina Bt Hamid	PDP04180202025
15	Afsana Papri	PDP04180212025
16	Nur Afiqah Nabila Binti Hairun	PDP04180222025
17	Heashem Al Ansary	PDP04180232025
18	Monalesa Matthew	PDP04180242025
19	Samiksha Muniandy	PDP04180252025
20	Dayangku Najwa Syamimi Binti Awangku Adanan	PDP04180262025
21	Nirosha A/P Mogen	PDP04180272025
22	Muhammad Afif Irfan Bin Shahrizal	PDP04180282025

PREPARED BY MR. AZZEME



23	Siti Nur Farhanah Aliah Binti Hiyang	PDP04180292025
24	Naomi Mahen A/P Mahindran	PDP04180302025
25	Md. Mominul Islam	PDP04180312025
26	Mohamad Amri Bin Abdullah	PDP04180322025
27	Noor Hamizah Binti Mohd Nasir	PDP04180332025
28	Aisshwrya Naaidu A /P Ammarayson	PDP04180342025
29	Jevita A/P Munian	PDP04180352025
30	Mohamed A Farag Fannosh	PDP04180362025
31	Alzabni Sattam Nawaf O.	PDP04180372025
32	Alshammari Khalid Raheel Mohseen	PDP04180382025
33	Saravanakumar Parameswaran	PDP04180392025
34	Moon Sahara Parveen	PDP04180412025
35	Assoc. Prof. Dr. Sreemoy Kanti Das	PDP04180402025
36	Nivetha Shanmugam	PDP04180422025
37	Thanusha Perera	PDP04180432025

CPD APPROVAL

myCPD

Ministry of Health, MALAYSIA

FACULTY OF PHARMACY

USER SETTINGS

Logged in as Provider

USER MENU

Dashboard

Create Event

Event/Program List

Attendance

Assessment Report

Program Details

PROGRAM NAME:

ADVANCING THE ROLE OF PRECISION MEDICINE IN COMMUNITY PHARMACY: APPLICATIONS OF PHARMACOGENOMICS

TARGET USER:

Private & Public Sector

START:

17 Apr 2025 08:30

END:

17 Apr 2025 13:00

PROGRAM DESCRIPTION:

Advancing the practice of pharmacy in the era of precision medicine is critical for addressing the unique needs of patients. This short course, Advancing Pharmacists' Role in Precision Medicine: Applications of Pharmacogenomics, is designed to equip pharmacists with the knowledge and tools to integrate pharmacogenomic principles into community healthcare. Participants will explore the fundamental role of precision medicine in optimizing drug therapy, analyze real-world case studies showcasing its clinical impact, and identify emerging opportunities and challenges in pharmacogenomics. Participants also will get to understand how the genetics related to the disease.

List of Target Group

#	HCP Category	Category	Sub Category	Point	Status	Remarks
1	NEW_PHARMACIST REGULATORY BODY CONTACT DETAILS: yh.bing@moh.gov.my	A3 - WORKSHOPS / COURSES / SEMINARS / PRE-CONFERENCE / FELLOWSHIPS / STUDY TOUR / ATTACHMENT ETC.	HALF DAY (2-4 HOURS)	4	Approved	
2	NEW_ASSISTANT PHARMACIST REGULATORY BODY CONTACT DETAILS: yh.bing@moh.gov.my	A3 - WORKSHOPS / COURSES / SEMINARS / PRE-CONFERENCE / FELLOWSHIPS / STUDY TOUR / ATTACHMENT ETC.	HALF DAY (2-4 HOURS)	4	Approved	

Search:

Actions

EXPENSES RECEIPTS

NOVA MAGIC PHOTO SDN.BHD. 202301043199
45, Jalan Tiaj 2/1, Taman Industri Alam Jaya, 42300 Puncak Alam, Selangor (MCC)
Shah Alam 42300 Selangor

ORDER RECEIPT

Customer Name: Adilah

Receipt Number: 2503070W8WT7J8

Customer Address: No. 22, Jalan Lundu 2,
Taman Beringin, Jinjang Utara, 52000 Kuala
Lumpur, W.P. Kuala Lumpur, 52000, W.P.
Kuala Lumpur

Receipt Date: 10/03/2025

Order SN: 2503070W8WT7J8

Order Paid Date: 07/03/2025

Payment Method: Online Banking

Order Details

No.	Product	Variation	Net Product Price	Qty	Subtotal
1	B5 A5 A6 160 Pages Blank Grid Line Matte Cover Notebook Spiral Book Journal Diary Student Buku Nota	A6 Line	1.40	2	2.80
2	B5 A5 A6 160 Pages Blank Grid Line Matte Cover Notebook Spiral Book Journal Diary Student Buku Nota	A6 Line	-	28	-
小本子文具套装优惠					38.02
Subtotal					RM 40.82
Total Quantity (Active)					30 items


ASSOC. PROF. DR. HAZRINA BT HAMID
BPharm(UM), MClin Pharm(CUCMS), PhD. RPh 2216
DEAN
FACULTY OF PHARMACY
LINCOLN UNIVERSITY COLLEGE, MALAYSIA
Reg No: DKU016(D)

Merchandise Subtotal	40.82
Shipping Fee	4.90
Shipping Fee SST	0.29
Shop Voucher Applied	-1.66

Total Paid RM 44.35

For service tax on shipping fee purposes:

Total exclusive of service tax	4.90
Service tax on shipping fee (6%)	0.29

Total inclusive of service tax 5.19

Note This document is issued by Shopee Mobile Malaysia Sdn Bhd (Business address: Level 25,
Menara Southpoint, Mid Valley City, Lingkaran Syed Putra, 59200 Kuala Lumpur; LVG

MY HERO HYPERMARKET SDN BHD
(Kelana Jaya) 676676-T
119, Jln SS6/12,
Kelana Jaya, 47301 PJ
Service Tax No : W10-1909-32000048

Invoice No: KJP05202504150132 15/04/25
Cashier : MANAGER ON DUTY 14:40:53

GARDENIA CREAM ROLL-JAGUNG 50G *1		
9556641320119	1.20*15	18.00
LIPTON POT6AG (20X2G)		
8720608616428	3.40*1	3.40
SPRING FRESH MINERAL WATER 300ML *24		
9557485002421	8.95*2	17.90

SUNSHINE COOKIES & CREAM 50G		
9551004914028	1.20*10	10.00
PROMO 1.00	-0.20*10	

SUNSHINE CREAMY VANILLA 50G		
9551004914035	1.20*15	15.00
PROMO 1.00	-0.20*15	

Total Item 5	Sub Total	64.30
Total Qty 43	Rounding	0.00
Total Saving 5.00	Total	64.30
	Tender	
	SELF-PAY	64.30

Scan QR Code at self payment kioks to pay



Point Missed: 32
Please sign up as member to earn points.
Please Sign Up As Member To Earn Points

Please Retain This Receipt For Exchange Within
7 days For Grocery And 2 Days For Fresh Market.
Thank you for shopping with us. Please come again :)

To request an E-invoice, scan the QR code
below or access the printed URL.
This code will expire on the 2nd day of the following
month.



URL:
<https://myinvoice.biz-edoc.com/#/einvoice/selfgenerate/?cc=HERO001>

MY HERO HYPERMARKET SDN BHD
(Kelana Jaya) 676676-T
119, Jln SS6/12,
Kelana Jaya, 47301 PJ
Service Tax No : W10-1909-32000048

Invoice No: KJP05202504150134 15/04/25
Cashier : MANAGER ON DUTY 14:44:18

DIAMOND CLING WRAP 30H /100FT + 30%		
010900857765	8.90*1	8.90
Total Item 1	Sub Total	8.90
Total Qty 1	Rounding	0.00
Total Saving 0.00	Total	8.90
	Tender	
	SELF-PAY	8.90

Scan QR Code at self payment kioks to pay



Point Missed: 4
Please sign up as member to earn points.
Please Sign Up As Member To Earn Points

Please Retain This Receipt For Exchange Within
7 days For Grocery And 2 Days For Fresh Market.
Thank you for shopping with us. Please come again :)

To request an E-invoice, scan the QR code
below or access the printed URL.
This code will expire on the 2nd day of the following
month.



URL:
<https://myinvoice.biz-edoc.com/#/einvoice/selfgenerate/?cc=HERO001>


ASSOC. PROF. DR. HAZIRINA ET HAMID
BPharm(Clin), MClin Pharm(CUCMS), PhD, RPh 2216
DEAN
FACULTY OF PHARMACY
LINCOLN UNIVERSITY COLLEGE, MALAYSIA
Reg No: DKU016(B)

Thanks for your order: PX149422 (invoice)

From: service@printexpert.my

To: suhaili_z@yahoo.com

Date: Wednesday, March 12, 2025 at 10:34 AM GMT+8



Dear SUHAILI,

The following is your order and payment information.

Receipt Number: PX149422

Receipt Date: 12 Mar, 2025

Kindly refer to the product descriptions for printing duration for your order.

Billing Details

Suhaili

NO 42 LORONG NALURI SUKMA 8/1
Kuala Selangor
Kuala Selangor Selangor 42300
Malaysia
Phone: 013-344 2885

Delivery Details

Self Pickup Print Expert Puncak Alam
No. 22 & 24 Puncak Bestari,, Jalan Niaga
Bestari 8
Bandar Puncak Alam
Bandar Puncak Alam Selangor 42300
Malaysia
Company Name: : Print Expert Sdn Bhd
Phone: 03-5525 0588

Print order Details

Products	Additional Information	Quantity	Price
293723	Non Woven Bag Express (BNH-2H) [BNH-2H] Printing Side: 1 Sided Full Color Print Printing Size 1 Side: 100mm x 100mm Bag Colour: White Process Time (Exclude Postage Duration): 4 Working Days	30	76.20

ASSOC. PROF. DR. HAZRINA BT HAMID
BPharm(UM), MChs Pharm(CUCMS), PhD. APH 2216
DEAN
FACULTY OF PHARMACY
LINCOLN UNIVERSITY COLLEGE, MALAYSIA
Reg No: DKU016(2)

Subtotal	76.20
Shipping Charges	0.00
Tax	0.00
Total	76.20

Payment Details

Date

Payment Method

Transaction Id

12 Mar, 2025

ipay88

T168421862725

To view complete details of your order, [Click Here](#)

Regards, Customer Services
12 Mar, 2025

Receipt for School of Pharmacy -LUC

Account ID: 665366042688066

Meta

Invoice/payment date

4 Mar 2025, 15:35

Payment method

Manual payment

Funded

MYR100.00

Transaction ID

9039767479467166-9039767512800496

No reason available.

Product type

Meta ads


ASSOC. PROF. DR. HAZRINA BT HAMID
BPharm(UM), M Clin Pharm(CUCMS), PhD. RPh 2210
DEAN
FACULTY OF PHARMACY
LINCOLN UNIVERSITY COLLEGE, MALAYSIA
Reg No: DKUM16(2)

VGift Enterprise
26, Jalan 13/33b, Kawasan Perusahaan
Kepong

ORDER RECEIPT

Customer Name: Azzeme Harun

Receipt Number: 241025FM430Q26

Customer Address: C-3-5 , Apartment
JMB, Desa Perangasang Blok C, Jalan PJS
3/52, Taman Medan, 46150 Petaling Jaya,
Selangor, Petaling, 46150, Selangor

Receipt Date: 07/11/2024

Order SN: 241025FM430Q26

Order Paid Date: 25/10/2024

Payment Method: Online Banking

Order Details

No.	Product	Variation	Net Product Price	Qty	Subtotal
1	[50pcs] Pen + PRINTING Plastic Ball Pen Door Gift Annual Dinner Cetak Pen (mix colour) print pen	100pcs X RM1.80	159.43	1	159.43
Subtotal					RM 159.43
Total Quantity (Active)					1 items

Merchandise Subtotal	159.43
Shipping Fee	8.00
Shipping Discount Subtotal	-5.00
Shipping Fee SST	0.18
Shop Voucher Applied	-15.00
Redeemed 10 Shopee Coins	-0.10

Total Paid RM 147.51

RECEIVED BY PHARMACY

For service tax on shipping fee purposes:

Total exclusive of service tax	8.00
Service tax on shipping fee (6%)	0.18

Total inclusive of service tax 8.18
tax

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PARTICIPANTS PAYMENT RECEIPTS



DuitNow Transfer

Successful

Reference ID
522810036M

3 Apr 2025, 2:41 PM

Beneficiary name
LINCOLN TCM SDN BHD

Beneficiary account number
2123 4900 0686 13

Receiving bank
RHB BANK

Recipient reference
LUC Pharmacy

Payment details
ShortCourse Pharmacy

Amount
RM 25.00



Scan & Pay

Successful

Reference ID
87535527

3 Apr 2025, 10:23 AM

Merchant Name
Lincoln TCM

Amount
RM 25.00

Note: This receipt is computer generated and no signature is required.

Malayan Banking Berhad (Co. Reg. : 196001000142)

Maybank Islamic Berhad (Co. Reg. : 200701029411)



DuitNow Transfer

Successful

Reference ID
706870974M

3 Apr 2025, 11:39 PM

Beneficiary name
LINCOLN TCM SDN BHD

Beneficiary account number
2123 4900 0686 13

Receiving bank
RHB BANK

Recipient reference
LUC Pharmacy

Payment details
ShortCourse Pharmacy

Amount
RM 50.00

Note: This receipt is computer generated and no signature is required.



Payment Successful
2:22PM, Monday, 24 Feb 2025



Amount
MYR 25.00

Reference ID
20250224RHBBMYKL0300QR54597074

From
**RHB Smart Account-i
2-62344-0001420-1**

To
Lincoln TCM

Payment Type
DuitNow QR



DuitNow Transfer

Successful

Reference ID
523698545M 6 Apr 2025, 2:40 PM

Beneficiary name
LINCOLN TCM SDN BHD

Beneficiary account number
2123 4900 0686 13

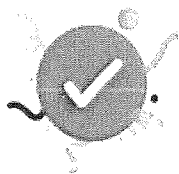
Receiving bank
RHB BANK

Recipient reference
LUC Pharmacy

Payment details
ShortCourse Pharmacy

Amount
RM 100.00

Note: This receipt is computer generated and no signature is required.



Successful

Transaction Summary

MYR 80.00

21 Feb 2025 8:39:07 PM

OCTO Reference No. 294269530

DuitNow Reference No. 13040545

To LINCOLN TCM SDN BHD

From SA PASSBOOK
7030870048



DuitNow Transfer

Successful

Reference ID
796699507M 14 Mar 2025, 6:13 PM

Beneficiary name
LINCOLN TCM SDN BHD

Beneficiary account number
2123 4900 0686 13

Receiving bank
RHB BANK

Recipient reference
LUC Pharmacy

Payment details
Short Course Pharmac

Amount
RM 50.00



Scan & Pay

Successful

Reference ID
75845003 27 Mar 2025, 2:55 PM

Merchant Name
Lincoln TCM

Amount
RM 50.00

Note: This receipt is computer generated and no signature is required.

Malayan Banking Berhad (Co. Reg. : 196001000142)

Maybank Islamic Berhad (Co. Reg. : 200701029411)



Transaction Successful
9:23AM, Thursday, 17 Apr 2025



Amount
MYR 50.00

Reference ID

20250417RHBBMYKL0300QR57569
770

From

Statement Savings
11220000166819

To

Lincoln TCM

Payment Type

DuitNow QR



Payment Successful
10:24PM, Wednesday, 12 Mar 2025



Amount
MYR 50.00

Reference ID

20250312RHBBMYKL0300QR57117323

From

Basic Savings Opt2
XXXXXXXXXX0928

To

Lincoln TCM

Payment Type

DuitNow QR

3:15



Details

-RM25.00

Transaction Type

DuitNow QR

Merchant

LINCOLN TCM SDN BHD

Pay Via

RHB Bank Berhad DuitNow QR

Payment Details

DuitNow QR - LINCOLN TCM
SDN BHD

Payment Method

eWallet Balance

Date/Time

22/03/2025 15:14:57

Wallet Ref

2025032210110000010000TNGOW
3MY171214867860282

Status

Successful

Transaction No.

20250322TNGDMYNB0300Q
R19201017

DuitNow Ref No.

20250322TNGDMYNB0300Q
R19201017



Maybank

DuitNow Transfer

Successful

Reference ID

867527405M

11 Apr 2025, 12:13 PM

Beneficiary name

LINCOLN TCM SDN BHD

Beneficiary account number

2123 4900 0686 13

Receiving bank

RHB BANK

Recipient reference

LUC ALUMNI

Payment details

G SARAVANAAND

Amount

RM 50.00



DuitNow Transfer

Successful

Reference ID
715900986M 9 Apr 2025, 8:05 AM

Beneficiary name
LINCOLN TCM SDN BHD

Beneficiary account number
2123 4900 0686 13

Receiving bank
RHB BANK

Recipient reference
LUC Pharmacy

Payment details
ShortCourse Pharmacy

Amount
RM 25.00



Transfer - GIRO

Accepted

Reference ID
754635750M 14 Feb 2025, 03:18 PM

Beneficiary name
LUC Pharmacy

Beneficiary account number
2123 4900 0686 13

Receiving bank
RHB BANK

Recipient reference
LUC Pharmacy

Amount
RM 50.00



DuitNow Transfer

Successful

Reference ID
950014418M 12 Apr 2025, 5:36 PM

Beneficiary name
LINCOLN TCM SDN BHD

Beneficiary account number
2123 4900 0686 13

Receiving bank
RHB BANK

Recipient reference
LUC Pharmacy

Payment details
ShortCourse Pharmacy

Amount
RM 25.00

Receipt

MERCHANTRADE

Transaction Successful

Transaction Type	DuitNow QR
Transfer To	LINCOLN TCM SDN BHD
Transfer Amount	RM 25.00
Fee & Charges	RM 0.00
Recipient Reference	QR Payment
Payment Details	
Date & Time	08/04/2025 23:28:40
DuitNow Ref No.	20250408MASBMYNB0300QR04489856
Ref No.	RPP25040804626075



Payment Successful
2:41PM, Friday, 11 Apr 2025



Amount
MYR 25.00

Reference ID

17443536847187146

To

LINCOLN TCM SDN BHD
RHB
21234900068613

Recipient Reference

LUC Pharmacy

Other Payment Details

Short course

BANK ISLAM

RECEIPT SUMMARY

Success

11 Apr 2025 7:57:15MYT

DuitNow QR

Reference Number: 250411075703055058002

DuitNow Ref Number: 20250411BIMBMYKL030OQR20311456

Beneficiary Details

LINCOLN TCM SDN BHD

Total Amount

RM 100.00

Bank account is owned by user named LINCOLN TCM SDN BHD
© Bank Islam Malaysia Berhad and Bank Islam (Kuala Lumpur) Berhad
All Rights Reserved



Payment Successful
2:36PM, Thursday, 10 Apr 2025



Amount
MYR 25.00

Reference ID

20250410RHBBMYKL030OQR55586334

From

RHB Smart Account-i
2-62344-0001408-2

To

Lincoln TCM

Payment Type

DuitNow QR



DuitNow Transfer

Successful

Reference ID

547347452M

10 Apr 2025, 9:15 PM

Beneficiary name

LINCOLN TCM SDN BHD

Beneficiary account number

2123 4900 0686 13

Receiving bank

RHB BANK

Recipient reference

LUC Pharmacy

Payment details

ShortCourse Pharmacy

Amount

RM 50.00



Maybank

DuitNow Transfer

Successful

Reference ID
524057336M

8 Apr 2025, 2:52 PM

Beneficiary name
LINCOLN TCM SDN BHD

Beneficiary account number
2123 4900 0686 13

Receiving bank
RHB BANK

Recipient reference
LUC Pharmacy

Payment details
ShortCourse Pharmacy

Amount
RM 50.00



Payment Successful

12:17PM, Thursday, 20 Mar 2025



Amount

MYR 25.00

Reference ID

17424442755295643

To

**LINCOLN TCM SDN BHD
RHB
21234900068613**

Recipient Reference

LUC Pharmacy

Other Payment Details

Short Course Pharmacy



DUITNOW QR PAYMENT SUCCESSFUL

You've paid LINCOLN TCM SDN BHD MYR 25.00 via
DuitNow QR on 17/4/2025 12:42:06 PM.



Amount

MYR 25.00

Reference ID

**20250417RHBBMYKL030OQR581
28102**

From

**RHB MaxSave
11257200111081**

To

Lincoln TCM

Payment Type

DuitNow QR



Transaction Successful

3:49PM, Wednesday, 9 Apr 2025



Amount

MYR 25.00

Reference ID

**20250409RHBBMYKL030OQR596
96155**

From

**RHB MaxSave
11257200111081**

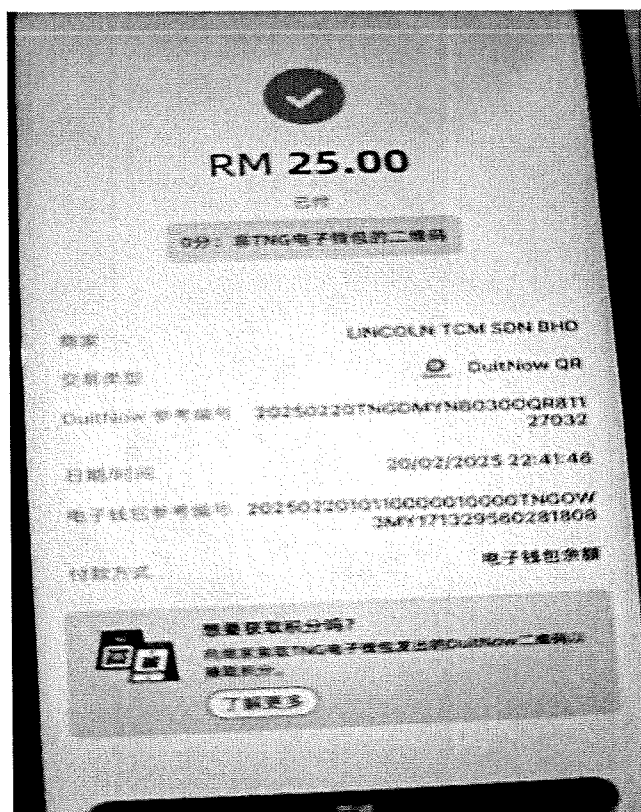
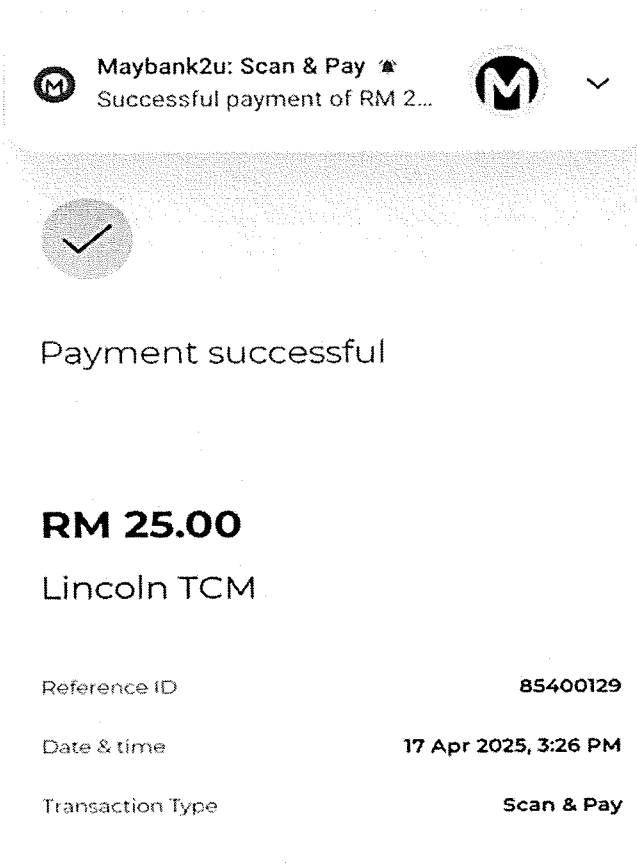
To

Lincoln TCM

Payment Type

DuitNow QR





CIMB OCTO

Successful

Transaction Summary
MYR 50.00

18 Mar 2025 11:28:36 AM

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To LINCOLN TCM SDN BHD
RHB Bank 21234900068613

When Today, 18 Mar 2025

Repeat No

Transfer Method DuitNow to Account

Payment Type Fund Transfer

Recipient Reference Fund Transfer

Transfer Amount MYR 50.00

Bank Charges MYR 0.00

CIMB OCTO

Successful

Transaction Summary
MYR 50.00

18 Mar 2025 01:21:37 PM

Reference No. 253874991

To LINCOLN TCM SDN BHD
RHB Bank 21234900068613

When Today, 18 Mar 2025

Repeat No

Transfer Method DuitNow to Account

Payment Type Fund Transfer

Recipient Reference LUC Pharmacy

Other Payment Details Short Course Pharmacy

Transfer Amount MYR 50.00

Bank Charges MYR 0.00



Maybank

Malayan Banking Berhad (196001000142) /
Maybank Islamic Berhad (200701029411)

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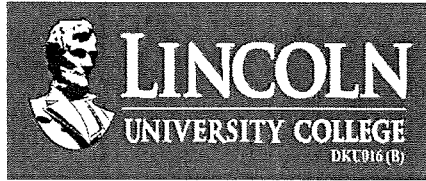
MCCS AMOUNT DATE TIME
RM25.00 14/04/25 03:11PM

FROM TO LOCATION
ZEST-I OTHER A/C KELANA JAYA 1

ZEST-I BALANCE = RM389.93
OTHER A/C NO. = 21234900068613
TRACE = 691691
RESP = 00
TRANSACTION FEE = RM 0.00
TOTAL = RM 25.00

YOUR TRANSACTION IS SUCCESSFUL

SILA SIMPAN PENYATA UNTUK REKOD ANDA
TERIMA KASIH KERANA BERURUSAN DENGAN KAMI
RETAIN STATEMENT FOR YOUR RECORD
THANK YOU FOR BANKING WITH US



POSTMORTERM REPORT

SHORT COURSE

DIAGNOSTIC TESTS FOR T&CM PRACTITIONERS: WHAT YOU NEED TO KNOW?

10th AUGUST 2025

**SCHOOL OF PHARMACY AND
TRADITIONAL COMPLEMENTARY MEDICINE**

TABLE OF CONTENTS

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3.0	Budget and Expenses	4
4.0	Participant's feedback	5
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6.0	Conclusion	11
7.0	Appendix	12

1.0 INTRODUCTION

This course is designed for Traditional and Complementary Medicine (T&CM) practitioners, who wish to understand the basics of interpreting modern diagnostic tests such as blood tests, urine tests, and others. The course will introduce participants to the key components of laboratory reports, the meaning of important readings, and how to explain them using simple and understandable language—suitable for those with minimal background in conventional medicine.

PARTICIPANTS

	No. of Participant
Outsider	35
Alumni	-
LUC Staff	-
LUC Student	-
TOTAL	35

2.0 COURSE OBJECTIVES & LEARNING OUTCOMES

Objectives:	• Provide basic exposure to common diagnostic tests used in clinical practice • Help practitioners understand medical terminology and normal values in laboratory reports • Support traditional practitioners in identifying when to refer cases to conventional medical specialists • Encourage the use of diagnostic information as an additional guide in Traditional and Complementary Medicine (T&CM)-based treatment
Learning Outcomes:	• List basic types of diagnostic tests and their functions (e.g. FBC, LFT, RFT, lipid profile, TSH, urine test) • Interpret simple readings in lab reports and understand the clinical significance of high or low values • Identify early warning signs from test reports that may require further referral • Integrate diagnostic test knowledge into holistic assessment and treatment monitoring • Communicate more confidently with patients regarding test results and appropriate follow-up action

3.0 BUDGET AND EXPENSES

EXPENSES

No.	Expenses	Amount (RM)	Quantity	Total Amount
1	Certificate	20	35	700
2	Facilities	-	-	-
3	Food and Drink	366.65	1	366.65
4	Mineral water	21.60	1	21.60
5	Digital marketing (Boost)	-	-	-
6	Miscellaneous	13.70	-	13.70
	TOTAL			1101.95

Fee per student (RM)	Expenses to run the course (RM)	Total no. of participant	Total fee (RM)	Income (RM)
100	1101.95	35	3500	2398.05

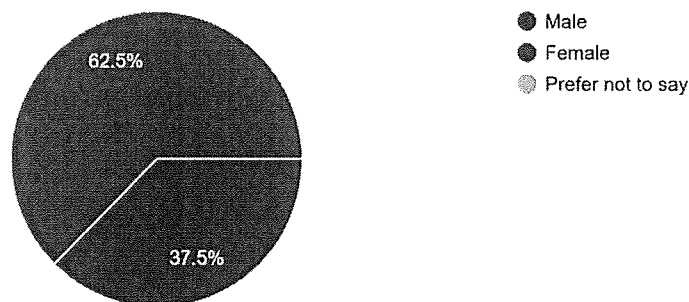
4.0 PARTICIPANT'S FEEDBACK

1.1 Gender

The majority of participants were female, comprising 62.5% of the sample. Male participants accounted for 37.5%, while none selected the 'Prefer not to say' option. This reflects a higher female representation in the surveyed group

Sex

8 responses

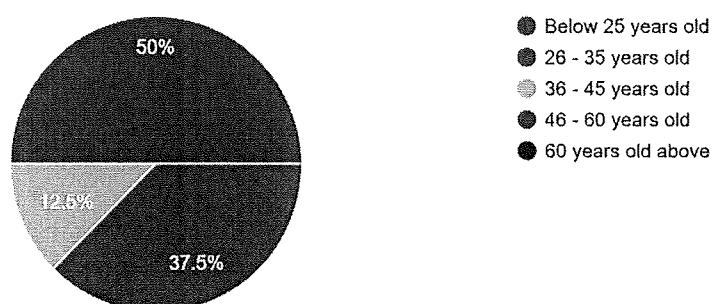


1.2 Age

Half of the respondents (50%) were aged between **46–60 years old**, followed by **28–35 years old** at 37.5%, and **36–45 years old** at 12.5%. No participants were below 25 years old or above 60 years old.

Age

8 responses



1.3. Experience

Half of the respondents (50%) had **1–5 years** of experience in the field of T&CM/Alternative Treatment, while the other half (50%) had **over 10 years** of experience. No respondents reported having 6–10 years of experience.

Experience in the field of T&CM / Alternative Treatment
8 responses

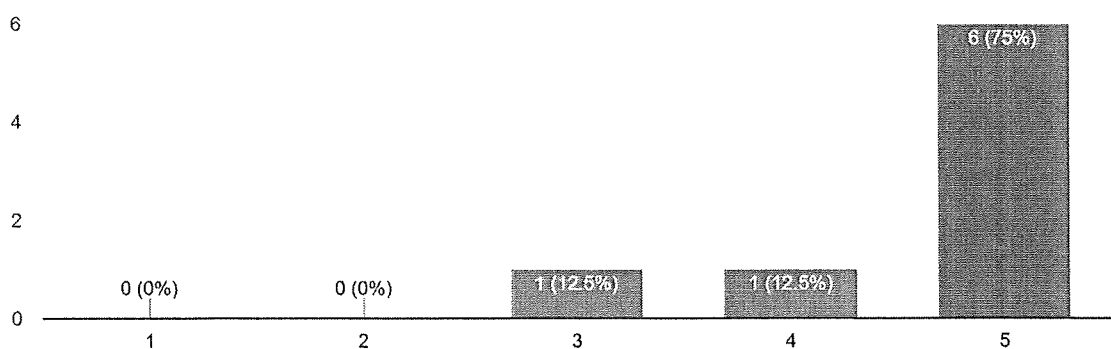


1.4 Course content

The majority of respondents (75%) rated the course content as **5**, indicating they found it very easy to understand and highly relevant to their practice. A smaller proportion, 12.5%, rated it as **4**, suggesting they also perceived it positively with minor reservations. Another 12.5% rated it as **3**, reflecting a neutral stance. No respondents rated the course content as **1** or **2**, indicating that all participants generally viewed the course content as clear and relevant.

1. Course Content Is Easy to Understand and Relevant to My Practice

8 responses

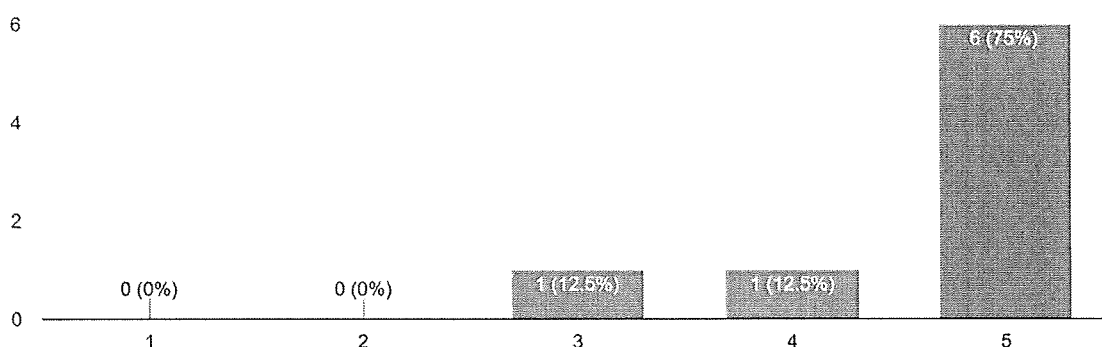


1.5 course objective

Most respondents (75%) rated **5**, indicating they strongly agreed that the course objectives were clearly achieved. An equal proportion of 12.5% each rated **4** and **3**, reflecting generally positive views with some room for improvement. No respondents rated **1** or **2**, showing that all participants felt the objectives were met to at least a satisfactory level.

2. Course objectives are clearly achieved

8 responses

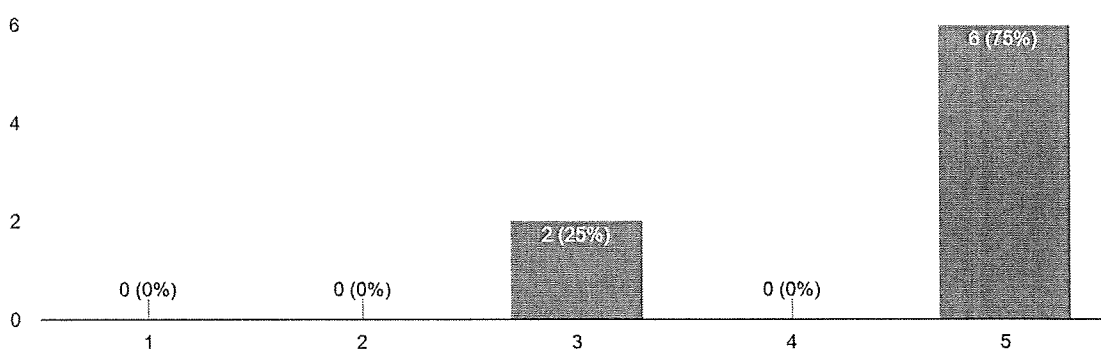


1.6 Practical activities

A majority of respondents (75%) rated **5**, indicating they strongly agreed that practical activities or exercises effectively helped them understand diagnostic tests. Meanwhile, 25% rated **3**, showing a neutral perception. No respondents rated **1**, **2**, or **4**, suggesting that while most found the activities highly beneficial, a small portion felt only moderately supported in their understanding.

3. Practical activities or exercises help me understand diagnostic tests

8 responses

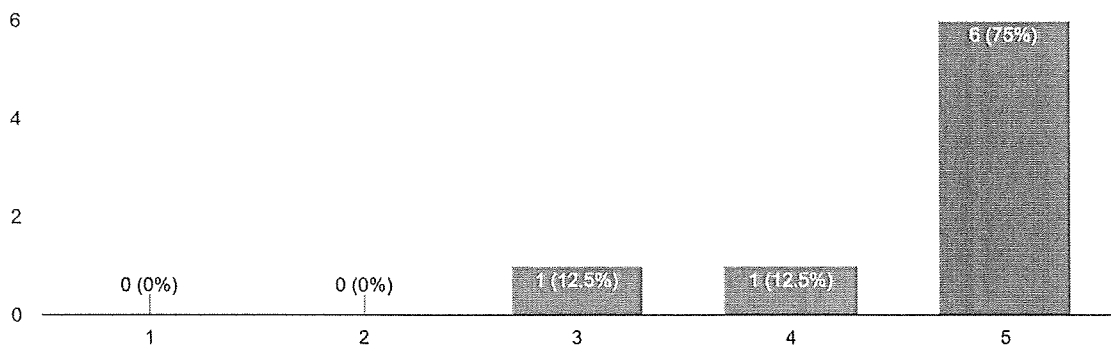


1.7 Course duration

The majority of respondents (75%) rated **5**, indicating strong agreement that the course duration was sufficient. Meanwhile, 12.5% rated **4** and another 12.5% rated **3**, suggesting a few participants felt the duration could be slightly adjusted. No respondents rated **1** or **2**, showing overall satisfaction with the course length.

4. Sufficient Course Duration

8 responses

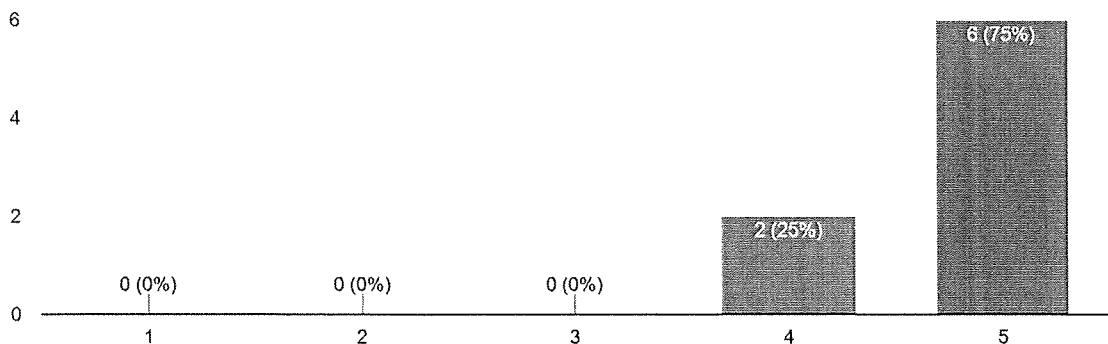


1.8 Speaker

The speaker received highly positive feedback, with an **average rating of 4.75**. A majority of respondents (75%) rated **5**, indicating they found the speaker's delivery highly effective and engaging. The remaining 25% rated **4**, showing they still viewed the delivery positively but with minor room for improvement. No respondents rated **3** or below, reflecting overall strong satisfaction with the speaker's effectiveness and presentation style.

5. The speaker delivers effectively and interestingly

8 responses



1.9 Takeaway lesson

Participants highlighted several key takeaways from the course. Many valued the **knowledge gained**, including new insights and a deeper understanding of medical concepts. Specific mentions included **proper practice methods**, **understanding blood readings**, and familiarity with **medical terminology**, particularly regarding causes of disease. Additionally, participants appreciated that **all sessions were well-informed**, indicating that the course provided comprehensive and practical learning.

1.10 Application of knowledge

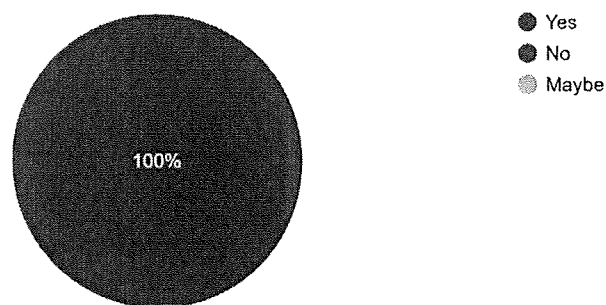
Responses indicate that participants plan to apply the knowledge gained in various practical ways, particularly through **correct and effective practice** and **integration into diagnostic processes**. Several mentioned using it directly in their professional roles as practitioners, while others intend to **review and relearn materials** such as slides to reinforce understanding. The knowledge was also seen as **very useful for reading and evaluating medical results**, with one participant highlighting its application in **interpreting patient readings during consultations**.

1.11 Participation in future

All respondents (100%) expressed interest in participating in advanced courses or related topics in the future, indicating strong enthusiasm for continued learning and professional development

9. Are you interested in participating in advanced courses or related topics in the future?

8 responses

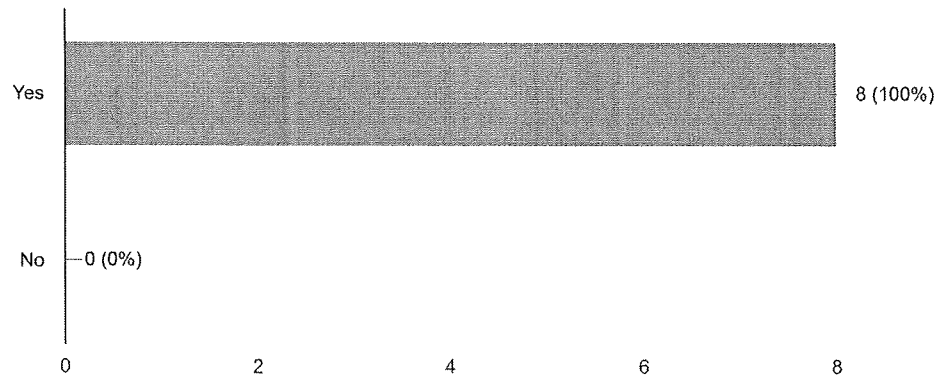


1.12 Future course invitation

All respondents (100%) agreed to be contacted for future course invitations, showing unanimous openness to receiving updates and participating in upcoming training opportunities.

10. Can we contact you for future course invitations?

8 responses



5.0 RECOMMENDATIONS

The feedback indicates a highly positive response to the course, with strong agreement across key areas such as content relevance, achievement of objectives, practical application, course duration, and speaker delivery. Participants particularly valued the knowledge gained, practical skills, and clarity in medical concepts. There is unanimous interest in attending advanced or related courses in the future, as well as full consent to be contacted for future invitations.

To build on this success, it is recommended to:

- Continue offering similar high-quality, practical, and relevant courses.
- Incorporate more **hands-on activities** and **practical reporting exercises** as suggested.
- Explore the possibility of **more frequent or short-format advanced courses** to meet the strong demand for ongoing professional development.

Overall, the course is well-received and serves as an effective platform for enhancing practitioners' skills and knowledge in T&CM/Alternative Treatment.

6.0 CONCLUSION

The course was highly successful, receiving overwhelmingly positive feedback from participants. The content was regarded as clear, relevant, and practical, with objectives effectively achieved and the speaker delivering in an engaging manner. Participants valued the knowledge and skills gained, particularly in accurate practice, diagnostic interpretation, and understanding medical concepts.

In addition to the training, this event also served as a platform to introduce Lincoln University College's new program — **Bachelor of Ayurvedic Medicine (BAM)**. An emcee from the BAM student cohort was appointed to assist in the promotion, and the lecturer for the program was also introduced to participants, further enhancing program visibility and engagement.

With unanimous interest in future advanced courses and full agreement to be contacted for upcoming programs, the course not only met but exceeded expectations, reinforcing its value as a meaningful contributor to professional growth in T&CM/Alternative Treatment while simultaneously promoting new academic opportunities

7.0 APPENDIX



"Education For All , Creating Jobs Worldwide"



THANK YOU

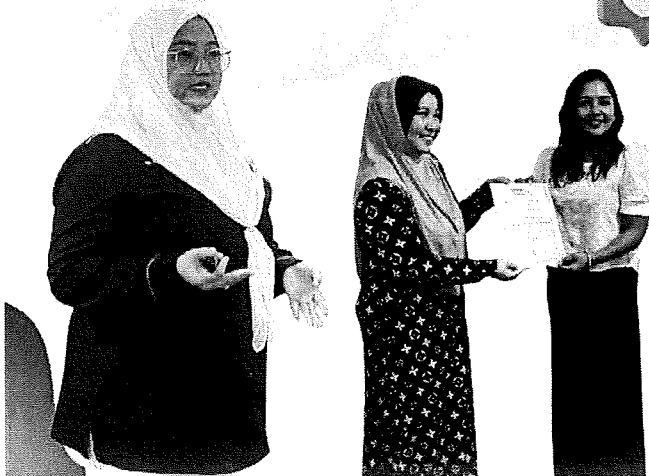
TO ALL PARTICIPANTS

**JOINING OUR T&CM
SHORT COURSE**



**"DIAGNOSTIC TEST FOR T&CM
PRACTITIONERS "**

HELD ON 10 AUG 2025 - @WISMA LINCOLN



ORGANIZED BY T&CM LINCOLN
UNIVERSITY COLLEGE MALAYSIA





SHORT COURSE

DIAGNOSTIC TEST FOR T&CM PRACTITIONERS: WHAT YOU NEED TO KNOW ?



DATE 
Sunday, 10 August 2025

TIME 
9.00 am - 1.00 pm

VENUE 
Room 4, Hall Dental, Level 2

SPEAKER
Sofiyah Shater RHom(Mal)

CONTACT

Sofiyah Shater RHom(Mal)
sofiyahlincoln@gmail.com

Dr Meera Suresh
drmeera@lincoln.edu.my

Open For

T&CM PRACTITIONERS

Organised by

DEPARTMENT OF HOMEOPATHY,
SCHOOL OF PHARMACY, TRADITIONAL & COMPLEMENTARY, MEDICINE
LINCOLN UNIVERSITY COLLEGE

In collaboration with

HOMEOPATHY SOCIETY LINCOLN UNIVERSITY COLLEGE

NAME LIST FOR E-CERTIFICATE

NO	NAME	CERTIFICATE NUMBER
1	NAGADEVI A/P NARAYANAN	PDP0860842025
2	VIJAYA KUMAR MUNISAMY	PDP0860852025
3	NANTHA KUMARAN RAJAH GOPAL	PDP0860862025
4	S.KAVITHA A/P SUBRAMANIAM	PDP0860872025
5	SATHI MUTHAIAH	PDP0860882025
6	KARUNAKARAN A/L A DORRASAMY	PDP0860892025
7	NITHIYANANTHAN A/L V MUNIANDY	PDP0860902025
8	DEVAN SIVAKUMAR A/L SUPPIAN	PDP08609120250
9	SUNDARAVADIVU A/P DORAI RAJA	PDP0860922025
10	SELVARAJA KANDASAMY	PDP0860932025
11	KOTHAI A/P SANGARAM	PDP0860942025
12	PAVAANI A/P THANGARAJA	PDP0860952025
13	VASANDA KUMAR A/L NADARAJAH	PDP0860962025
14	S VAIL MURUGAN A/L SEVEDAS	PDP0860972025
15	VEERASAMY S/O BATUMALLAH	PDP0860982025
16	VIKNESWARAN A/L SAKKARAWARTHY	PDP0860992025
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18	G.DEVIKA A/P K.GANAPATHI	PDP08601012025
19	KOMALA A /P RAMANUJAM	PDP08601022025
20	LOSHINIVENI A/P SUBRAMANIAM	PDP08601032025
21	VIJAYESHWARRY A/P M.KESAVAMURTHY	PDP08601042025
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23	RAVINTHIRAN A/L RAMUTHU	PDP08601062025
24	GANESAN A/L VENGADASALAM @ BALAN	PDP08601072025
25	KAMALADEVI A/P KALIAPPAN	PDP08601082025
26	SUMATHI A/P GOPAL DAS	PDP08601092025
27	JOSEPHINE NAGADRAN	PDP08601102025
28	SAMYNATHAN A/L G.GOVINDASANY	PDP08601112025
29	ANBALAGAN KRISHNAN	PDP08601122025
30	KUMARAGURU A/L VEERASAMY	PDP08601132025
31	SARVANAKUMAR A/L GANESAN	PDP08601142025
32	ASHVINITHA A/P SAKTIVEL	PDP08601152025
33	YOGESWARI DEVENTHIRAN	PDP08601162025
34	SHAMINI KARISENAN	PDP08601172025
35	SIVAGNANAM MANICKAVASAGAR	PDP08601182025

RECEIPTS OF EXPENDITURES

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3RD FLR, AEON TAMAN MALURI SC
JLN, JEJAKA, TAMAN MALURI
CHERAS, 55100 KUALA LUMPUR
ST ID : W10-1808-32000514
#250809220510128010258
09/08/2025-10:05 PM



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Total Amount : 21.60
E-Voucher Entitlement : 0

Please show the QR to security, Thank You.

CamScanner

CIMB OCTO

Successful

Transaction Summary

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VADAI	40	1.4	56.00
CAPATI	80	2.83	226.40

Reference No. 221631388

To **SYED FOOD HOLDINGS SDN.
Public Bank Berhad/Public
Islamic Bank Berhad 3811508703**

When Today, 11 Aug 2025

Repeat	No
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Transfer Method	DuitNow to Account
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Payment Type	Fund Transfer
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Recipient Reference	Fund Transfer
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Transfer Amount MYR 366.65

Bank Charges	MYR 0.00
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Note
This receipt is computer generated and no signature is required.

ASSOC. PROF. DR. HAZRINA BT HAMID
BPharm(USM), MClm Pharm(CUCMS), PhD. RPh 2216
DEAN
FACULTY OF PHARMACY
LINCOLN UNIVERSITY COLLEGE, MALAYSIA
Reg No: DKU016(B)

RECEIPTS OF PAYMENT FROM PARTICIPANTS



Maybank

DuitNow Transfer

Successful

Reference ID

882634191M

5 Aug 2025, 2:16 PM

Beneficiary name

LINCOLN TCM SDN BHD

Beneficiary account number

2123 4900 0686 13

Receiving bank

RHB BANK

Recipient reference

Blood Test Report

Payment details

10th Aug 25

Amount

RM 3,500.00

Note: This receipt is computer generated and no signature is required.

Malayan Banking Berhad (Co. Reg. : 196001000142)

Maybank Islamic Berhad (Co. Reg. : 200701029411)

Prepared by:



Nurul Sofiyah bt Md Shater
Lecturer
School of Pharmacy
and Traditional
Complementary
Medicine

Verified by:



Assoc. Prof. Dr. Hazrina Bt Hamid
Dean
School of Pharmacy and Traditional
Complementary Medicine

Approved by:



Prof. Datin Dr. Hafizah Che Hassan
Deputy Vice Chancellor (Academic)
Lincoln University College

Prof. Datin Dr Hafizah Che Hassan
PhD, M.Ed, BSe, SRN, SCM
Deputy Vice Chancellor (Academic)
Lincoln University College



REPORT

STRESS AWARENESS & MANAGMENT

WEBINAR SERIES 1

30th APRIL 2025

SCHOOL OF NURSING

TABLE OF CONTENTS

S.NO	CONTENT
1.0	Introduction
2.0	Objectives
3.0	Budget and expenses
4.0	Participant's feedback
5.0	Recommendations
6.0	Conclusion
7.0	Appendix

1.0 INTRODUCTION

The webinar on “stress awareness and management”, held on 30th April 2025, aimed to provide participants with a Stress is the body's natural response to any demand or challenge. It can be triggered by both good and bad experiences. It mobilizes physical and mental resources for immediate action. The webinar Organized by Faculty of nursing, the course attracted professionals, staff nurses, paramedical professionals, students and from various fields. This program primarily focuses on helping individuals understand the sources and effects of stress while equipping them with effective coping strategies. The goal is to recognize the early signs of stress—whether physical, emotional, or behavioral—and identify the stressors that cause them, such as work pressure, academic demands, personal relationships, or financial problems. By becoming aware of these triggers, individuals can take proactive steps to manage stress before it becomes overwhelming. Ms. Chaima eel azhar essaadi, delivered the welcome address. Before starting the session, a pretest was conducted for all participants to assess their initial understanding. The Dean of Nursing delivered the inaugural address, providing an overview of stress awareness and highlighting its importance in both personal and professional contexts

The sessions were led by Dr. Smitha Madhavan, who delivered a comprehensive presentation on stress. She began with an introduction to the concept of stress, explaining its definition and relevance in everyday life. The discussion then explored the nature of stress, emphasizing how it can arise from both external pressures and internal responses. Dr. Smitha also categorized the different types of stress, such as acute stress, episodic acute stress, and chronic stress, helping participants understand how each

type can impact individuals differently. Dr. Aruna delivered a concise and informative session focused on the causes of stressors, the symptoms and complications of stress, and the methods of diagnosing stress. She outlined how everyday challenges and significant life events serve as stressors, triggering responses that manifest in both physical and emotional symptoms. Dr. Aruna also highlighted the potential complications that can arise when stress remains unmanaged. Furthermore, she provided an overview of the diagnostic techniques used to assess stress levels, ensuring that participants gained a comprehensive understanding of identifying stress in a clinical setting. Additionally, Dr. Aruna explained the importance of early recognition and effective stress management techniques to maintain overall well-being. By raising awareness, the program aimed to empower individuals with the knowledge and tools needed to cope with stress in a healthy and constructive manner, ultimately promoting better mental, emotional, and physical health.

She concluded with detailed information on complications of unmanaged stress, including anxiety, depression, and burnout, were discussed in detail. Participants developed an awareness of the physical effects of stress, including fatigue, headaches, muscle tension, and sleep disturbances. The session underscored the importance of early recognition of stress and encouraged taking proactive measures for effective management. There are 17 participants registered for this webinar.

PARTICIPANTS

No	NAME	DESIGNATION	ORGANIZATION	METHOD OF PAYMENT
1	Ms. YU WAN QING	Master Student	Lincoln University College	Online
2	Ms. WANGJINGYI	Master Student	Lincoln University College	Online
3	Ms. Yanti	Staff	Others	Online
4	Ms. Reena Joice flora	Lecturer	Lincoln University College	Online
5	Ms. WAN NUR AZZAHRA BINTI WAN AZLAN	Student	Lincoln University College	Online
6	Ms. Xurongyang	Master Student	Lincoln University College	Online
7	Ms. Nor humairah maiza norman	Student	Others	Online
8	Ms. Kemie Janny	Staff	Lincoln University College	Online
9	Ms. Claressa S. Gintoron	Staff	Lincoln University College	Online
10	Ms. Bavani Balu	Staff	Lincoln University College	Online
11	Ms. Halis Hasmoni Ali	Student/working	Others	Online
12	Ms. Noor Kumala Udari Binti Badrul Hisham	Student /working	Lincoln University College	Online
13	Ms. MAZWAN BINTI AHMAD	Nurse	Lincoln University College	Online
14	Ms. PREEVITHA SUGUMARAN	Student	Lincoln University College	Online
15	Ms. HANNAH M MAGEENDRAN	Student	Lincoln University College	Online
16	Ms. Wan Azniha Wan Abdullah	Student	Lincoln University College	Online
17	Ms. Anitha a/p Selvathurai	Staff	Others	Online

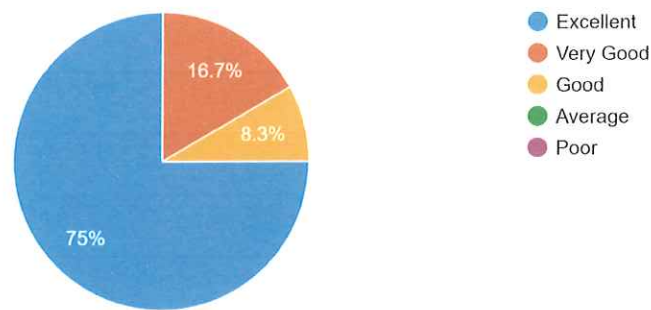
Webinar	• Stress Awareness Webinar designed to help you understand the stress and full impact of stress on your mind and body. • Stress is a natural response to everyday pressures, but when it becomes chronic, it can lead to serious physical and mental health challenges.			
Objectives:	• To increase awareness about the nature of stress and its role in everyday life. • To identify common causes and triggers of stress in personal and professional settings. • To recognize physical, emotional, and behavioral symptoms of stress. • To educate participants on the short-term and long-term health impacts of unmanaged stress.			
Learning outcomes	1. Define stress and explain its different types (acute vs. chronic). 2. Identify common stressors in both personal and professional life. 3. Recognize the physical, emotional, and behavioral symptoms of stress. 4. Understand the impact of chronic stress on overall health and well-being.			
Fee per student (RM)	Expenses to run the course (RM)	Total no. of participant	Total fee (RM)	Income (RM)
50	-	17	850	850

4.0 PARTICIPANT'S FEEDBACK

Out of the 17 participants who attended the webinar, 12 provided feedback through the evaluation form given. The feedback reflected the participants' overall satisfaction with the webinar content, trainers, delivery & time management, communication, voice audibility, A.V. aids, group interaction, resource materials, overall knowledge and opinion on stress awareness.

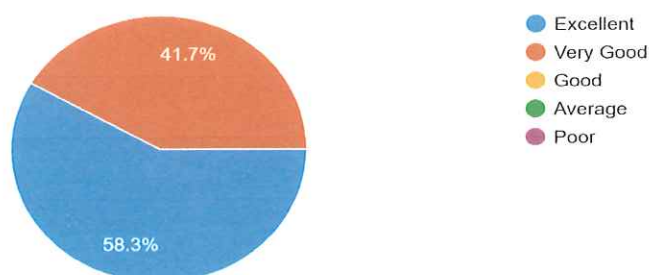
1. Objectives are well defined

12 responses



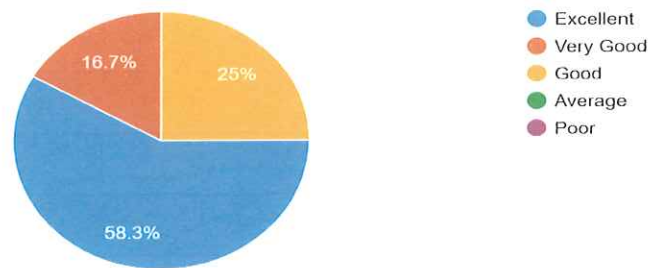
2. Organization of content

12 responses



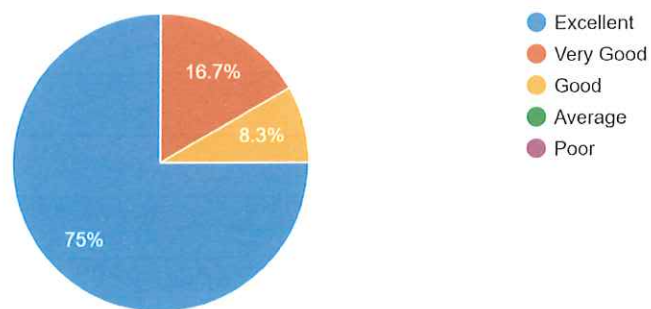
3. Stress Awareness presentation & Time Management

12 responses



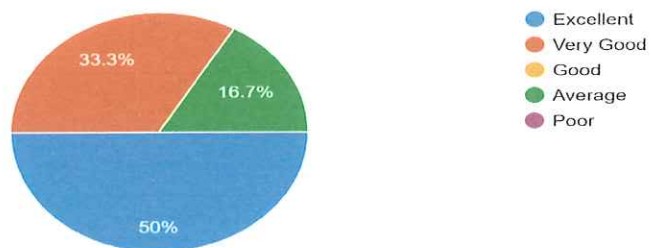
4. The content is communicated effectively and clearly by presenter

12 responses

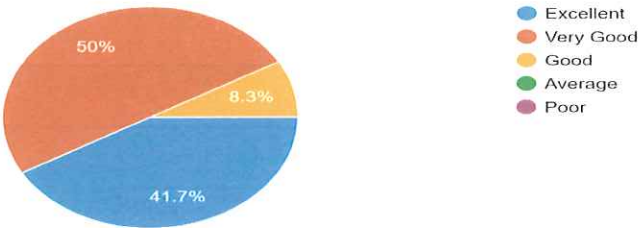


5. Voice audibility

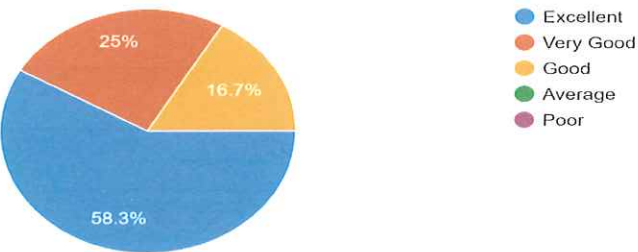
12 responses



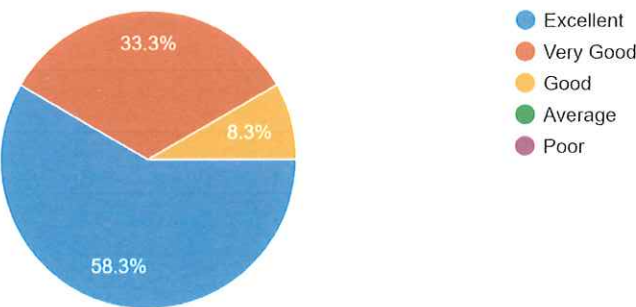
6. The audio-visual aids were effective and creative
12 responses



7. Group interaction and involvement
12 responses

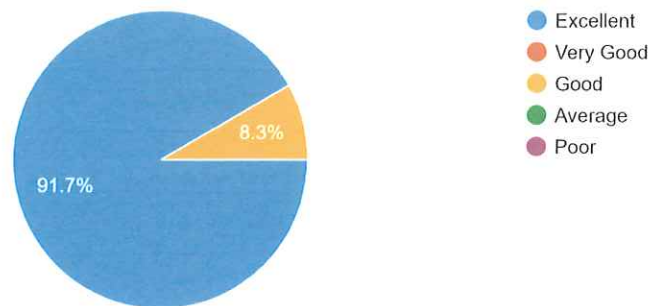


8. Learning resource materials are adequate (PPT, Video, Images etc)
12 responses



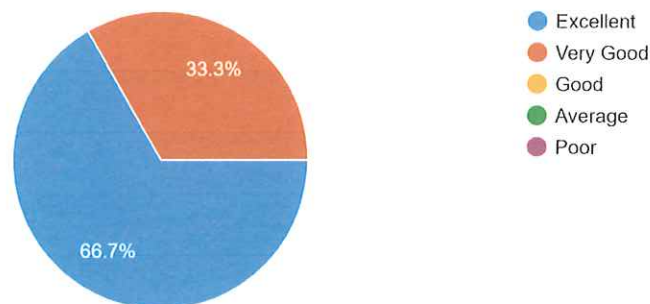
9. Overall knowledge about the topic

12 responses



10. Overall opinion on stress awareness

12 responses



5.0 RECOMMENDATIONS

- ✚ Broaden promotional efforts to reach more participants from various sectors, including students, healthcare workers, and corporate professionals.
- ✚ CPD point to attract more participants and enough budget for boosting for webinar (TikTok, LinkedIn and E-mail)
- ✚ Involve psychologists, occupational therapists, or wellness practitioners to share specialized knowledge.

- ✦ Provide content or subtitles in multiple languages to increase accessibility for diverse audiences. Partner with hospitals, schools, or wellness centers for broader reach and credibility.

6.0 CONCLUSION

The webinar on "stress awareness & management," held on 30th April 2025, successfully provided participants comprehensive knowledge on stress awareness. Stress is a natural response of the body to any demand or challenge, helping individuals cope with various situations. While it can sometimes be beneficial, such as in motivating action or enhancing performance (known as eustress), excessive or prolonged stress can be harmful. Stress can be categorized into several types, including acute stress, which is short-term and typically caused by recent pressures; chronic stress, which is long-term and arises from ongoing issues like financial problems or unhealthy relationships; and episodic acute stress, experienced frequently due to a highly demanding lifestyle or personality traits like constant worry.

The effects of stress are widespread, impacting physical, emotional, cognitive, and behavioral aspects of life. Physically, it may cause headaches, fatigue, or increased blood pressure. Emotionally, stress can lead to irritability, anxiety, or depression. Cognitively, it may reduce concentration and memory, while behaviorally, it can result in changes like sleep disturbances, poor eating habits, or social withdrawal. If unmanaged, stress can lead to serious complications such as heart disease, weakened immunity, digestive disorders, and mental health conditions like anxiety or depression.

Common symptoms of stress include muscle tension, sleep problems, mood swings, rapid heartbeat, digestive discomfort, and difficulty concentrating. Being aware of these signs is crucial to prevent long-term damage. In conclusion, stress awareness is

essential for maintaining overall well-being. Recognizing its symptoms early and adopting effective coping strategies—such as exercise, mindfulness, healthy communication, and professional support—can help manage stress and lead to a healthier, more balanced life.

With the participation of 17 individuals from diverse professional backgrounds, the course created an engaging and collaborative learning environment, aligning with its objective of enhancing quality of life. This initiative, led by the Faculty of Nursing, highlights their dedication to advancing geriatric care through education and hands-on training.

This webinar reinforced the importance of continuous learning and knowledge exchange in keeping up with the latest advancements in stress management. Additionally, the course achieved a positive financial outcome, generating a profit of RM 850.

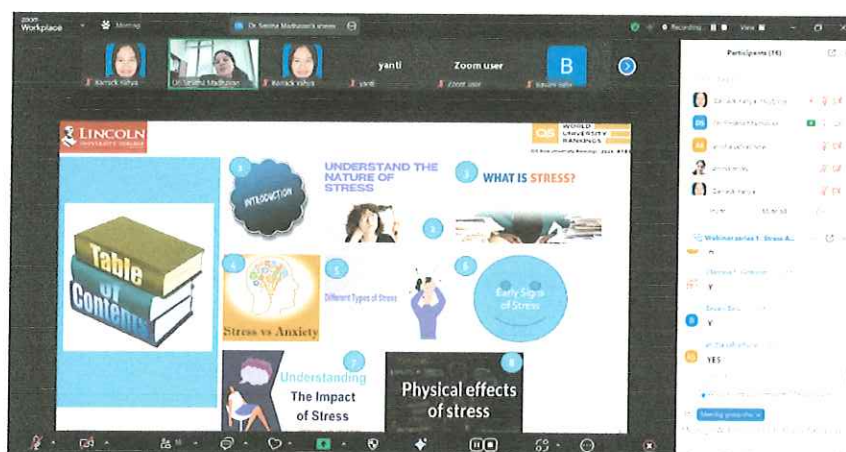
7.0 APPENDIX

PHOTOS OF EVENT



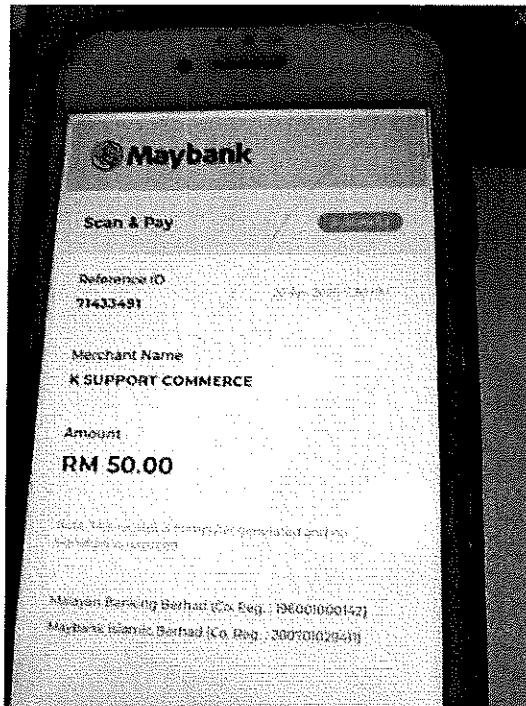
Participants (20)

Find a participant			
	Barrack Yahya (Host, me)		
	Dr. Smitha Madhavan		
	anitha selvathurai		
	aruna milky		
	Barrack Yahya		
	Bavani Balu		
	Claressa S. Gintoron		
	Kemie Janny		
	mazwanahmad		
	nor humairah maiza		
	OnePlus PJF110		
	Preevitha Sugumaran		
	Suppamah Ma...		
	Wan Azniha		
	WAN NUR's iPhone		
	Invite	Mute all	



ONLINE PAYMENT RECEIPTS (STRESS AWARENESS WEBINAR)

Reena joice



ANITHA

DuitNow Receipt

AmBank Group

Reference Number: RPP20250425126514
Transaction Status: Successful
Recipient's Reference: Sent from AmOnline
Order Payment Details: Anitha Looch - 0505

Transfer Date & Time: Friday, 26 April 2023 22:29 PM

From: mmm111310
To: K-SUPPORT COMMERCE SDN BHD

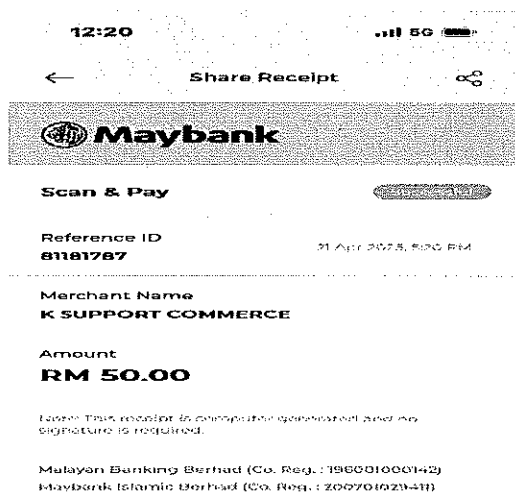
Account Number: 2123490022826 RHB Bank Berhad
DuitNow ID Type:
DuitNow ID:
Amount: RM 50.00
Service Charge: RM 0.00

Customer Service Contacts:
Email: customercare@ambankgroup.com
Call: +603 21 18 6634

Important Notes:
This receipt is computer-generated and no signature is required.

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Nur Humairah



Claressa

Share Receipt

Maybank

DuitNow Transfer

Reference ID: 531174534M
21 APR 2023, 2:47 PM

Beneficiary name:
K-SUPPORT COMMERCE SDN BHD

Beneficiary account number:
2123 4900 0228 26

Receiving bank:
RHB BANK

Recipient reference:
Claressa

Payment details:
Webinar Stress Aware

Amount:
RM 50.00

Noor Kumala

19:51

Share Receipt

Maybank

Scan & Pay

Reference ID

72615476

21 Apr 2025, 7:51 PM

Merchant Name

K SUPPORT COMMERCE

Amount

RM 50.00

Note: This receipt is computer generated and no signature is required.

Malayan Banking Berhad (Co. Reg.: 196001000142)

Maybank Islamic Berhad (Co. Reg.: 260701029-11)

Bavani Balu

Maybank

DuitNow Transfer

Reference ID

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21 Apr 2025, 7:57 PM

Beneficiary name

K-SUPPORT COMMERCE SDN BHD

Beneficiary account number

2123 4900 0228 26

Receiving bank

RHB BANK

Recipient reference

Stress Management

Amount

RM 50.00

Note: This receipt is computer generated and no signature is required.

YANG XURONG

KEMIE

CIMB OCTO

Successful

Transaction Summary

MYR 50.00

21 Apr 2025 05:20:10 PM

OCTO Reference No.

223028186

DuitNow Reference No.

00535458

To

K-SUPPORT COMMERCE SDN BHD

Note

This receipt is computer generated and no signature is required.

15:41

RM 50.00

已付

0分：非TNG电子钱包的二维码

商户

K-SUPPORT COMMERCE SDN BHD

款项详情

Yang Xurong

交易类型

DuitNow QR

DuitNow 参考编号

20250428TNGDMYNB0300QR
28704606

日期/时间

28/04/2025 15:41:10

电子钱包参考编号

2025042810110000010000TNG
OW3MY171026377583817

付款方式

电子钱包余额

想要获取积分吗?

向商家索取TNG电子钱包发出的DuitNow二维码以赚取积分。

完成

WANG jingyi

YU WAN QING



RM 30.00

已付

商家	K-SUPPORT COMMERCE SDN BHD
交易类型	DuitNow QR
DuitNow 参考编号	20250417TNGDMYNB03 00QR28350275
日期/时间	17/04/2025 12:09:57
电子钱包参考编号	2025041710110000010 000TNGOW3MY1718002 74017786
付款方式	电子钱包余额



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1分，并兑换奖励！

立即参加

完成



RM 30.00

已转账

接收者	K-SUPPORT COMMERCE SDN BHD
交易类型	DuitNow 转账
转账至	银行/电子钱包账户
收款人的银行/电子钱包	RHB Bank
账号	21234900022826
转账类型	资金转账
备注	Fund Transfer
日期与时间	17/04/2025 11:33:43
DuitNow 参考编号	20250417TNGDMYNB01 0ORM31137558

Wang

13:22

97



RM 20.00

已付

商家 K-SUPPORT COMMERCE SDN BHD

交易类型 DuitNow QR

DuitNow 参考编号 20250728TNGDMYNB03 00QR27459935

日期/时间 28/07/2025 13:22:12

电子钱包参考编号 2025072810110000010 000TNGQW3MY1718002 00094903

付款方式 电子钱包余额



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完成

YU

WANQING



RM 20.00

已转账

接收者 K-SUPPORT COMMERCE SDN BHD

交易类型 DuitNow 转账

转账至 银行/电子钱包账户

收款人的银行/电子钱包 RHB Bank

账号 21234900022826

转账类型 资金转账

备注 Fund Transfer

日期与时间 17/04/2025 12:13:59

DuitNow 参考编号 20250417TNGDMYNB01 00RM30686113

ASMONI A

7Wise

Transfer created
April 23, 2025 12:21:03 WED

Paid out
Apr 1 21 2025

Membership
937786527

Funded
April 23, 2025 13:47:29 V4.6

Transfer
#1505756145

Название
Книжкина Анна Владимировна

Amount paid by Emilia Irwin
223,950.00 IDR

Amount converted
191,957.02 EUR

Total to K Super Commerce Sdn Bhd
53,421,142

Transfer fees
Conversion 31,979.00 IDR
Total 31,979.00 IDR

Exchange rate
1 AUD = 2.039 07 BOP

Dr. William Hargrett-Anderson, a world-renowned expert on the use of medical cannabis, reports that 97% of patients in his study, conducted by Rick Strassman, a friend of the doctor, were cured or improved. 2001/0002-14-001, M.D. Hargrett-Anderson, D-016 (1999) of the Medical <https://www.williamhargrett.com/>

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Page 127



DuitNow Transfer

Reference ID
522259959M

21 Apr 2025, 06:08 PM

Beneficiary name
K-SUPPORT COMMERCE SDN BHD

Beneficiary account number
2123 4900 0228 26

Receiving bank
RHB BANK

Recipient reference
webinar registration

Amount
RM 50.00

Next, the receipt is computer-generated and no signature is required.

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Maybank Islamic Berhad (Co. Reg. : 20070102943)

HALIS HASMONI ALI

CIMB OCTO

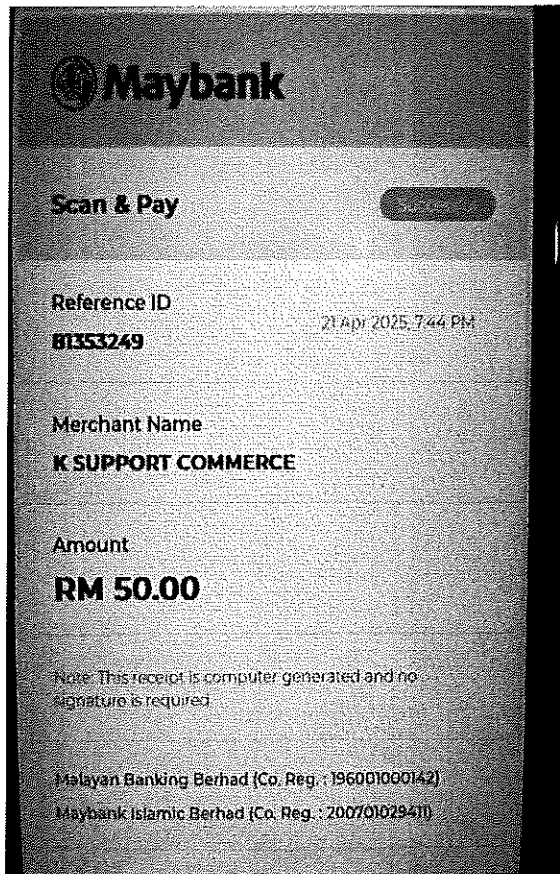
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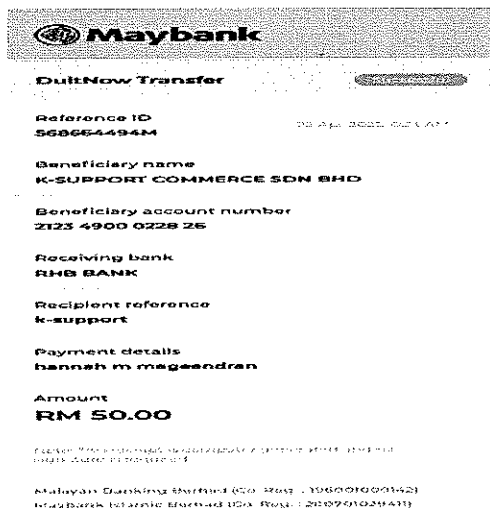
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MAZWAN BINTI AHMAD

Preevitha



HANNAH M



WAN AZNIHA WAN ABDULAH

 **Maybank**

Scan & Pay 

Reference ID

73419425

12 Apr 2024 12:17:01

Merchant Name

K SUPPORT COMMERCE

Amount

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Note: This receipt is computer generated and no signature is required.

Maybank Banking Berhad (Co. Reg.: 190001000142)

Maybank Islamic Berhad (Co. Reg.: 20070102940)

ONLINE PAYMENT RECIEPTS

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Ms Reena Joice Flora	https://drive.google.com/open?id=1Z1wa2IJd-08orch1_436Ko-Kyt_zQdbb
Yanti	https://drive.google.com/open?id=1yaYQgP9Wgr5NJq9LpTb4HSb15nFc5JLj
WAN NUR AZZAHRA BINTI WAN AZLAN	https://drive.google.com/open?id=10L1rpnKp8I59kMjrAdWYgPyCLOHqOA19
Nor humairah maiza norman	https://drive.google.com/open?id=11dPRZYQvnk_I9XCWfuEoyVRa1uZQwdaK
Kemie Janny	https://drive.google.com/open?id=1Blhg1I1ohVNgYrYRbhutMCKE2spXIU77
Claressa S. Gintoron	https://drive.google.com/open?id=17eqWS2KQzUNOIVLi_swMxJNnx60ZPgVj
Bavani Balu	https://drive.google.com/open?id=1P1NQbVG-zuenKAsJbmnNhp5enUWpu9g5
Halis Hasmoni Ali	https://drive.google.com/open?id=1zxAbtTto_Fmllg_8F6rIX_TtVYV2HZLR
Noor Kumala Udari Binti Badrul Hisham	https://drive.google.com/open?id=1W8Y8zndRjdKsK3fazORobAd114q8nsUE
MAZWAN BINTI AHMAD	https://drive.google.com/open?id=1mIUs7ltOuk4QWvCa686v-2IUaACBaq8z
PREEVITHA SUGUMARAN	https://drive.google.com/open?id=14cYUf8gVA0fBLR_LmlpO9-HulbJhbQvM
HANNAH M MAGEENDRAN	https://drive.google.com/open?id=1D_UelMfqtZoNTDQ1_6tGvsRaaf2BcnAj
Wan Azniha Wan Abdullah	https://drive.google.com/open?id=1nDMLu0CFyAvNkWZF7tH15-yr4awXm2_3
Anitha a/p Selvathurai	https://drive.google.com/open?id=1kvzufCflpupxbGuJ6XYQIAh7Jm7FQ1i4
YANG XURONG	https://drive.google.com/open?id=1WPgYBKD6cZYZsCoHNqmp0XXkHLOK7Ftn



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