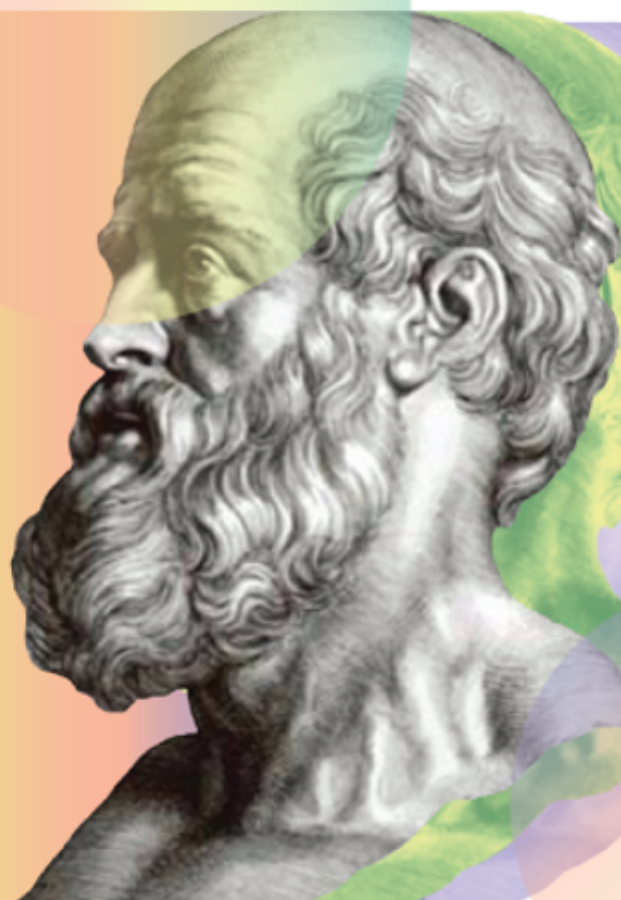


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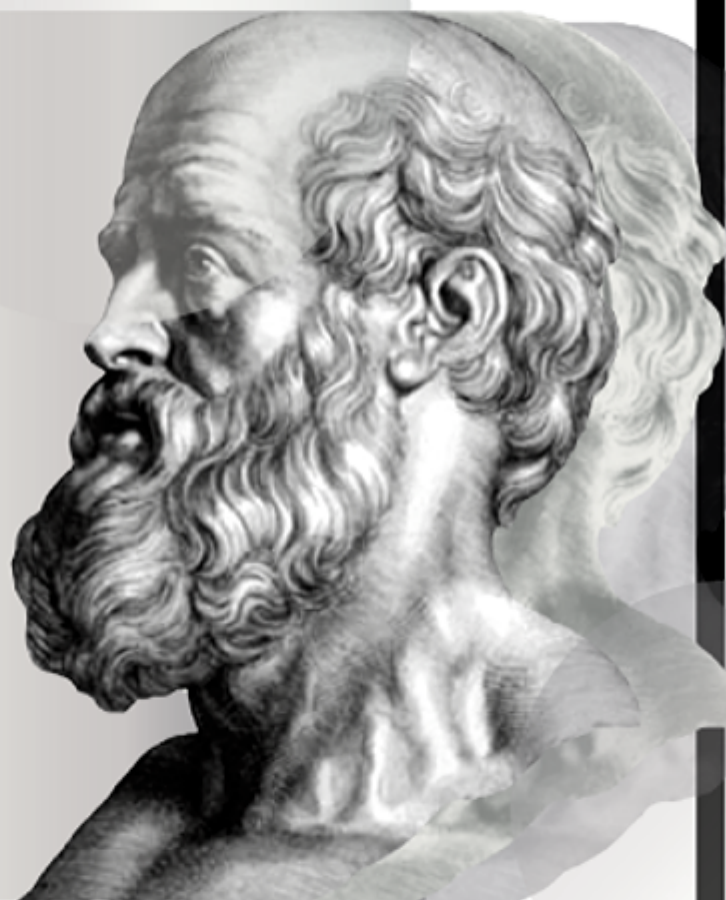
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FORWARD

*THE PRACTICE OF MEDICINE IS AN ART, NOT A TRADE; A
CALLING, NOT A BUSINESS; A CALLING IN WHICH YOUR HEART
WILL BE EXERCISED EQUALLY WITH YOUR HEAD.*

— SIR WILLIAM OSLER (1849–1919)

Dean's FOREWORD

O



n behalf of the Faculty, my heartiest congratulations to the members of this year's Pacemaker committee on the production of this year's edition of Pacemaker.

This annual publication that chronicles year's activities by the graduating students of UM's Medical Faculty is certainly something that everyone looks forward to.

Aside from documenting memories of your time at the Medical Faculty, it also showcases the collective talents of the students who undertake to write, edit, design and publish this magazine.

You will no doubt cherish your time at UM not only for the training and the clinical skills gained towards becoming a doctor but also for the hours spent on the extra-curricular activities that helped to develop and sustain friendships. These activities have also undoubtedly provided you with leadership, organizational, negotiation and financial skills, teamwork and resilience to face the next phase of your journey.

PROFESSOR DR. ADEEBA KAMARULZAMAN

Dean,
Faculty of Medicine
University of Malaya

Deputy Dean's FOREWORD



T

he word 'Pacemaker' had been in used since 1884 and originally meant to denote a rider or a boat that sets the pace for others in training (1). Since then its meaning had expanded to describe an artificial electronic device that helps to stimulate and regulate the rhythm of the heart as well as to identify a person or an organisation regarded as being the leader in a particular field (2).

I remember reading the 'Pacemaker' as a medical student in this very faculty: crowding around one copy of the magazine with a bunch of friends and giggling over the pictures within. We were of course hoping that our contributions would be selected and featured in the magazine. And we were hopeful that our awful candid pictures did not make it in there! (What with the 80's garments and hairdos).

As an alumnus of this faculty, I am very thrilled that the 'Pacemaker' lives on. It gives me a strong sense of nostalgia and tradition and I am happy to be a part of it. I congratulate the editorial team that had worked hard to put this magazine together, amidst their busy learning load. To the writers, designers, photographers etc, I applaud you on your creativity and encourage you to continue with your efforts. So go ahead, turn these pages and be inspired. Enjoy!

PROFESSOR DR. YANG FARIDAH ABDUL AZIZ

Deputy Dean (Undergraduate),

Faculty of Medicine

University of Malaya

Advisor's FOREWORD

As the advisor of the Medical Society of University Malaya (MEDSOC), I would like to welcome all the students, staffs & alumni of the Faculty of Medicine, University of Malaya to journey with us through a year that has been both memorable and impactful in nature.

We are delighted to present to you our annual magazine, **PACEMAKER**, edition 2018/2019!



It is our ongoing mission to advance further in the field of medicine, regardless of your profession. Be it a future doctor, nurse, pharmacist, or biomedical scientist, we are deeply rooted in the world of science, specifically in the physiology and medicine. Our persistence on bettering the world through our published work and research has been ongoing and shall continue in many years to come. Even though you may think little of your research material, but know that you have truly contributed in the advancement of the medical world. Your words are forever etched in the library of knowledge, aiding others on their own studies. Thus, we have always provided our students and staff with an easy access to scientific papers, as well as with the equipment and materials needed to enhance their research.

Volunteering opportunities and community service is an integral part of the medical profession. It is to enable our students and staff at University Malaya's Faculty of Medicine to offer health services to the underprivileged within our country.

The act of giving back selflessly is an essential part of a medical practitioner. We are to empathize with our patients, experiencing their sufferings through our history taking and examinations. It is more than being in their shoes, it is being them. We look forward to bringing many of these opportunities through collaborations with the government and NGOs to our members in the following years to come.

Furthermore, we are extremely proud with the invigorating energy of our alumni. Their contributions stemmed from their work and contributions ever since their university days. Though unseen, they are constantly setting time aside to aid our dedicated and active members by giving advice and relaying their own personal experience to them. Let's continue to walk hand in hand in making the Faculty of Medicine a conducive and better place for our future colleagues.

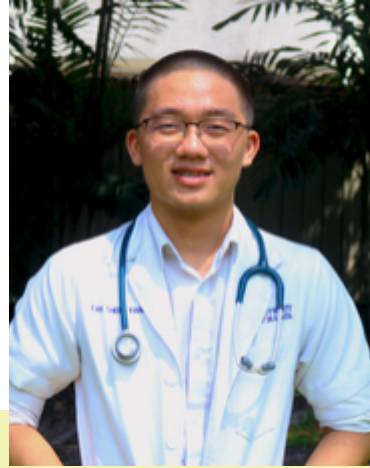
I would like to take this opportunity to etched my heartiest thanks and congratulations to the PACEMAKER 2018/2019 team in permanent ink, for their endless toiling and diligence on ensuring the success of our magazine this year. My gratitude and thanks also to those who have supported and contributed to this upcoming issue in your own way. May this magazine be a gentle reminder on how far you have come, and of the many dreams you shall achieve.

PROFESSOR DR. JAMIYAH BINTI HASSAN

Professor,
Department of Obstetric and Gynaecology,
Faculty of Medicine,
University of Malaya

President's FOREWORD

It is my great pleasure to introduce to you this issue of Pacemaker, which will take you through a journey, in which you will witness the amazing achievements and explore the creative minds of students in the Faculty of Medicine. Throughout this publication, you will get to know about inspiring stories, student-led projects, ideas and creative contents all submitted genuinely, by students from this robust medical faculty.



The first issue of Pacemaker was published in 1966. To quote our Founding Dean, the late Professor Dr. T.J. Danaraj, “The choice of the title (Pacemaker) is most appropriate, for the contribution to national health that needs to be made by this Medical Faculty will depend largely upon the pace set by its students.”, 53 years may have gone by, but I still find these words very much relevant to our current generation of medical students.

The Pacemaker magazine was initially a publication made to summarise the highlights of Medsoc events throughout the year. The decision to bring together all the societies in the Faculty of Medicine was made by the 2016/17 Pacemaker Editorial Board. Since then, the Pacemaker magazine has a new obligation of promoting the beautiful spirit of unity and teamwork within our beloved faculty.

I would like to take this opportunity to commend the editorial team for their hard work that brought the voices and ideas of the students together into one publication. On behalf on Medsoc, we would like to extend our gratitude to our fellow colleagues for their submission of contents, as the existence of this publication builds solely from the submission of articles and creative contents from our fellow students.

On behalf of Medsoc, we hope you will enjoy reading this issue, get inspired by the stories and ideas of students in our faculty, then go on and accomplish great things!

TAN CHEE YANG
President,
Medical Society 2018/2019
University of Malaya

Editor's FOREWORD

S

alut, readers! Another term is ending and what more to end it with a magazine to reminiscent on what has been going on for the past year? So, without further ado, I welcome you all to, PACEMAKER 2018/2019!

First of all, I want to extend my most heartfelt thanks

and gratitude to my committee, especially my sub-editor, Mr. Ahmad Shaharizman Shah, for listening to my endless demands, meticulous changes and late night food cravings. I am proud of every single one of you, PACEMAKER 2018/2019 committee, I couldn't have asked for a better team.

PACEMAKER this year decided to go theme-less. (We couldn't think of a theme, joking). We want our fellow colleagues to express themselves without any restriction, to expand their horizons and ideas to the entire world. Cheesy as it is, the true purpose of PACEMAKER has always been "For Students, By Students", in alignment with MEDSOC's vision and mission. No matter what, we aim to reflect the FOM's students' ideas through these pages, through their very own words.

Sit back and relax as we take you through a rundown on all the different activities and events organised by the various societies and staff of the Faculty of Medicine (FOM). Flip through the pages and try to spot yourself amongst the pictures (candid or not) in the programs you have participated in; laugh or be embarrassed about it, doesn't change the fact that it is permanently printed. Jokes aside, we are also super duper proud to present to you creative contents made by your fellow colleagues. Who says we are always studying 24/7 and lack a single artistic cell? For those who have contributed, you are the real MVPs.

I hope that this edition will be a memento for you to remember back in the future. May this be something that you cherish and look back to with happiness and joy. The journey of a university student, let alone one in the competitive Faculty of Medicine, is tiring and often times disheartening. However, chin up, warrior! You have made it through the year and going to new heights, don't let anything hold you down. If you were happy every day of your life, you wouldn't be a human. You'd be a game show host.

Once again, my utmost thanks and gratitude to every single one of you who has made PACEMAKER 2018/2019 a success. Apologies for anything that may have offended you in the magazine. Your words, not mine. This magazine may not be much (IT IS), but it is our gift to you.

Bon appetit.

AMANDA TING YI JIA

Editor,
PACEMAKER
2018/2019



SOCIAL THE S

SEMMELEIS REFLEX: THE TENDENCY TO REJECT NEW EVIDENCE OR
NEW KNOWLEDGE BECAUSE IT CONTRADICTS ESTABLISHED NORMS,
BELIEFS OR PARADIGMS.



MEDSOC UM has undergone a lot of transformative changes over the years. We have more diversity in our committee, more interaction between the pre-clinical and clinical students, larger than life events and programs as we continue to aim higher.

Our organisation consists of a central high committee members and five departments, namely Education, Community Service, Sports, Media, Sales & External Relations. These bureaus each play their respective roles in MEDSOC by organizing activities and events under their departments.

In order to ensure a certain organisation is able to run smoothly like a well-oiled machine, commitment is crucial. Along with a medical student's daily life filled with endless studying and clinical postings, it is understandable

that many will think that the idea of commitment is time-consuming. The common misconception has hindered few from joining MEDSOC. On the contrary, joining MEDSOC has provided a platform for students to develop their soft skills and gain experiences which will aid them as a future health care professional, which cannot be acquired from pages of a book.

The events and programs organised are with the ultimate objective to expose our fellow colleagues to a world beyond our books, through first hand experiences. With regards to academic performance, we have continued on with organizing mock anatomy spot tests and OSCEs for the first year medical students prior to said exams. We are also proud to say that this has not only aided the juniors but also help us seniors refresh on our own medical knowledge. All these couldn't have been a success without any help from our colleagues from PSIPUM.

Beyond academia, communication skills and teamwork is an integral part of a health care professional, especially in the care and management of a patient. MEDSOC has long been organizing or collaborating with various NGOs, societies and organizations in enhancing such skills in the students. Notable programs such as Eradicate Aids and Stigma for Equality (E.R.A.S.E.), Gathering of the Great Minds (GOTGM), KeepAble Cancer Walk, Medical Sports Day and PACEMAKER all delve into various categories be it sports, public service and publications.

However, making these programs a success is no easy feat. A strong team with clear communication between each team player is the key to all these events' success. We hope the future MEDSOC members will continue to carry a heart for the people and reach even greater heights than our predecessors. Keep moving forward!



UNIVERSITY OF MALAYA
MEDICAL SOCIETY

Secretary

M E D S O C

2018/2019

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&
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Nursyahida



Pane Malar



Pon Suek Xuan



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Raymen Arviin



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Lim Pei Thong



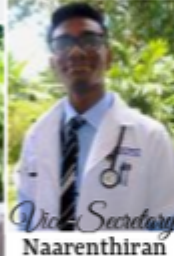
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Vice-Secretary
Naarenthiran



Teh Ru En



President

Tan Chee Yang



Vice-President

Sushmita Chandran



UM Biomedical Science Society

UM Biomedical Science Society is an official society recognized by the authority of University of Malaya. This society involves students and lecturers from the Department of Biomedical Science, Faculty of Medicine, University of Malaya. Annually, the society will organise a series of events such as the Annual Gathering (BioMed Gala Night), BioMed Sukaneka, BioMed Career Seminar and many exciting events to foster the bonds between the students and lecturers of Biomedical Science and to advance in the understanding of Biomedical Science.

University Malaya Pharmacy Society

Better well known as UMPHarmsoc has been grow for almost 64 years from the first established in 1955. UMPHarmsoc is a society lead by Adilah Nur Binti Ariffin, our beloved President for session 2018/2019 with help from 9 strong people holding different posts working together to run events conducted by UMPHarmsoc throughout this academic session. Phamrsoc members do not only comprise of undergraduate students as we do welcome our postgraduate students, lecturers and staff in the department to join our events. The society was supervised and guided by Dr. Syireen Binti Alwi who is our one of dedicated lecturer in Department of Pharmacy.

Being a pharmacy student, we are always swamped with projects. Yes! We are. We have 4 local events and 4 national events. The local events are Pharmsport, Pharmnight, Career Talk and Social Engagement. Meanwhile for national events are National Pharmacy Sport Carnival (NPSC), National Pharmacy Debate Competition (NPDC), Public Health Campaign (PHC) and National Gathering of Pharmacy Students (NoGAPS).



Nursing Society



Nursing Society (NurSoc) is a society for nursing students established to introduce the Nursing Science Program to students in University Malaya. With help and feedback from the lecturers and students, the society was successfully established on the 29th October 2014. Since then, a variety of activities have been held to ensure we achieve our society's goals. The main goal of the society is to preserve the welfare and importance of its members and also training the leadership, teamwork and personality within the academic and non-academics.

In addition, the members can apply the nursing knowledge from the lectures to increase the awareness of the importance of health among the students in the university besides strengthening the relationships among the nursing students as well as students from other courses.

INTERVIEW



THE KNOWLEDGE OF ANYTHING, SINCE ALL THINGS HAVE CAUSES, IS NOT ACQUIRED OR COMPLETE UNLESS IT IS KNOWN BY ITS CAUSES.

– IBN SINA [AVICENNA] (980–1037)



REMOVING OBSTACLES TO CERVICAL SCREENING

INTERVIEW

ROSE with Prof. Dr. Woo Yin Ling & Associate Prof. Marion Seville On 28th July 2019, we were privileged to meet the brilliant minds and advocates of the Removing Obstacles to Cervical Screening at one of the program's launching event at SMK Padan Mewah.

This event also marked the commencement of Etiqa's Free Cervical Screening Campaign, a nationwide campaign between Etiqa and ROSE Foundation, aimed at screening 6,000 women for cervical cancer from B40 communities across the country.



Prof. Dr. Woo Yin Ling is a gynaecological oncologist at University Malaya Medical Centre who has endlessly dedicated herself in reducing, if possible completely eradicating cervical cancer in Malaysian.

Onboard with us, we have Associate Prof. Marion Seville who is the Executive Director and Public Officer of Victorian Cytology Services Foundation (VCSF) of Australia since 2000. She has served on numerous cervical screening advisory in Australia and New Zealand with one of her most recent involvement being the ROSE program.

(W: Prof. Dr. Woo Yin Ling, M: Associate Prof. Marion Seville)



What's the ROSE program?

W: ROSE stands for Removing Obstacles to Cervical Screening. It started as a pilot project, research led by our team here at the University of Malaya with contribution from VCS back in 2017. It is a cervical screening program that employs a human-centered approach where the women themselves can conduct their cervical screening sample as an alternative.

M: In more detail, VCS focuses on the technical aspect as the swabs are sent to our labs for testing. UM focus more on gathering the local patients' contacts, guiding and providing the screening kits to the women of Malaysia. It is a revolutionary approach to cervical screening through the combination of self-sampling by the women themselves, HPV testing and secured digital E-health platform.

What inspired the launch of ROSE?

W: Whenever I see women of my age, especially with children of their own, present with late-stage cervical cancer, I feel a sense of great sadness and burden towards them. When women do not receive adequate cervical screening, many families are at risk of losing their mother to cervical cancer. Cervical cancer can be fully prevented. In 2018, WHO has called upon everyone all over the world to work together in eliminating cervical cancer once and for all. This includes us, Malaysia.

M: One woman dies of cervical cancer every two minutes, making it one of the greatest threats to women health-wise. According to WHO, if we don't act now, death rates will rise by almost 50% by 2030 and all due to cervical cancer.

How is ROSE cervical screening test conducted?

M: ROSE cervical screening test only takes 5 minutes to complete. It is effective, painless, simple and quick and can be done all by yourself. Those eligible for the test are women aged 30-49 years old and never had a hysterectomy. On the day of the test, they should not be pregnant nor have heavy menstrual bleeding.

W: Women are to bring their mobile phone and MyKad (IC) to register for ROSE. Then they are given a self-kit consisting of just the swab and a test tube to contain it. They are shown a private room where they can swab themselves and return the kit to us. It is that simple. For those who have difficulties performing the swab, we have trained female personnel and volunteers to aid them. If your test was done on Sunday, your results will be sent to your phone via SMS on Wednesday.

M: Using the "coverage, test accuracy, and completeness of follow up" policy, depending on the results of the test, we will follow through with the women on an appointment with the local hospitals or clinics for further investigations. Always remember that not all positive results are a confirmation of cervical cancer. If the results are normal, which means HPV is not detected, we recommend having the test repeated in 10 years.

How's the progress of ROSE so far?

W: ROSE is established with the purpose of self-screening and teaching women in Malaysia regarding cervical cancer, especially those in B40. So far, the program is contained within Malaysia itself and we are hoping that the local government will implement and have ROSE as a replacement for the traditional Pap smear. So far, we have screened 4188 women between the ages of 30-49 years old. From their (1000 participants) feedback, 99% of them would repeat ROSE with 97% of them recommending ROSE to others. We also found out that 1 in 3 never had a Pap smear done whereas 1 in 2 was overdue (last Pap smear was more than 3 years ago) for screening.

M: HPV testing has been proven to be more sensitive, 95% to be exact, than Pap smear. This is way better than using the speculum which is not as sensitive and quite uncomfortable. Once the swab is done, it is then sent to VCS for validation as the E-health platform.

How about in Australia? Is there a similar program instilled?

M: In Australia, the self kits are part of the national plan actually, called the national cervical screening test. It is used for women who prefer not to have a doctor examine them through Pap smear. The difference between the screening tests in Australia and Malaysia is that instead of sending the results via phone, letters are sent instead. We are currently transitioning from the traditional method to a more modernized way of providing adequate information and aid to women.

What makes Malaysia a good setting for ROSE?

W: Malaysia is a good platform as the urban community has a high penetration of tech. Majority of the women in Malaysia owns a phone, regardless if it is smart or not. Women are informed of their results through SMS after some time, usually two weeks. If no results are sent by then, they can SMS or contact our hotline to inquire on it.

M: We also have an app which is a good way to communicate with the women in a more comfortable and private setting. It is a secure E-health platform integrated with mobile technology that empowers women to navigate through the 'screening to treatment' pathway.

On a more private note, for Associate Prof. Marion, what spurred you to become a pathologist/ cytologist?

M: When I was in med school, someone told me, "If you're good at something and not many people are in it, why not go for it?" Although being in this line of work does not require me to meet patients face-to-face, the fact that I am aiding them down the path of recovery or even to palliate their illness gives me enough satisfaction. When you prevent cancer, you do not know who you're saving but you know that you and your colleagues are doing good.

Last but not least, any parting messages or words?

W: You will see me around anyway still *laughs*. We hope that all women in Malaysia can be screened and treated from cervical cancer. As both a mother and doctor, I hope that in the future, I would not see or treat any women that have late-stage cervical cancer.

M: What do you call someone who graduated from medical school? A doctor, nether less. All the best in med school. The journey is long but it is worth it.



SIRIRAJ INTERNATIONAL MEDICAL MICROBIOLOGY, PARASITOLOGY & IMMUNOLOGY COMPETITION

MEET THE TEAM



WHAT MADE YOU WANT TO JOIN SIMPIC?

KW: At first, the SIMPIC competition was introduced to me by my seniors. They shared a lot of their amazing experiences regarding the journey which includes the selections, training, and also the competition. From the stories shared, I was deeply attracted to the program and looked forward to be part of it. To be honest, I was told that this is the only few competitions that have full sponsorship from the Faculty of Medicine, which means it's my ticket to have a free trip to Bangkok for both competition and sightseeing. Extra classes on my favourite subject, amazing experiences abroad, an exciting competition with medical students from all over the world, and it's ALL free. So I said to myself, why not give it a shot? I bet anyone would do the same.

CW: My answer is simply two words, to learn. From poxvirus to MERS-CoV and from ESBL to VIM, we understand that outbreaks and drugs-resistance concerns are mushrooming all over the world and there might come a day when healthcare advancement that we are proud of today may not be able to assist us in tackling certain infections but landing us into a tricky situation, which is why I think there's a need for each and everyone of us to learn more about microbiology and SIMPIC is absolutely one of the available learning platforms that I can opt for as a medical student. And I wished, by joining SIMPIC, I would be able to test and to improve my understanding level towards this field besides putting my best foot forward to win back a trophy, which I had failed to do so.

KH: Truth to be told, I was attracted by the fact that the expenses for the competition was covered by the Faculty of Medicine. That was actually a year ago, when I first entered medical school, I was fortunate enough to be selected as one of the team to compete in iMicrobe competition in USIM. The whole process turned out to actually be quite fun, though I was still a zygote and most of the time clueless back then. So, I figured, why not join again this year, and even more, in a larger scale.

HOW DOES IT FEEL GOING FOR A COMPETITION OVERSEAS ON AN INTERNATIONAL LEVEL? HOW IS IT DIFFERENT FROM A LOCAL COMPETITION?

KW: I personally find it exciting to be able to compete with international students from all over the world. The experiences I had in SIMPIC compared to other microbiology competition I had locally are two totally different kind of story. From the aspect of facilities, venues, quality of questions and the way of conducting the competition, local competition is no match for an international competition of such caliber. I personally think that there are a lot more to improve on for the way our local competitions are held.

CW: Excited and of course, with a little bit of nervousness as this was my first time taking part in an international medical related competition.

By joining SIMPIC, I get to know people from different countries from all walks of life and I was quite surprised that we could get along with each other pretty well albeit we came with different backgrounds. Not to say we don't need to behave when we are at locals but by participating an international event, we were representing our beloved country as well and our first impression to other participants as well as the event committees does matter a lot.

THE MOST FUNNY/RIDICULOUS INCIDENT THROUGHOUT SIMPIC?

CY: A lot of moments happened there. To simplify everything, we are the only team that went 'crazy' throughout the whole competitions and pretty sure we stood out from the rest hahaha. All in all, for me, the most funny incident was doing the 'yoga' poses HAHA

AG: When those Thai people started speaking Thai to me and all I could say was 'pod thai mai dai' (i cant speak thai) (yes, I learned this phrase purposely for this) and they would be like 'woah ok bye' hahahahaha

ANY WORDS OF ENCOURAGEMENT FOR FUTURE JUNIORS WHO WISH TO PARTICIPATE IN THIS?

DM: If you are interested in joining medical knowledge related competitions, it is a great chance for you to join SIMPIC as it is such a great competition because you will gain much through the whole process of competition. Don't miss it!!!

CW: Just go for it as you will never regret of joining it. Albeit the process of preparation was not a bed of roses and you might find yourself not qualified enough to represent our university for this competition (as what had happened to me before), but remember, none of us were born to be perfect and all you need to do is to try continuously. After all, we only live once and leaving regrets in life is the last thing that I want.

WILL YOU JOIN IT AGAIN IN THE FUTURE?

KW: Definitely a yesyes for me if I got the chance and time to join again.

YS: I will definitely join SIMPIC again if the schedule during clinical years allows me to do so!

KH: Surely yes if my timetables allow me to.





Health . Opulence . People . Education .

WHAT IS THE HOPE PROJECT?

H.O.P.E. project was a 4 day program, organised by AMSA UMS, participated by medical students from all over Malaysia, including UM, UCSI, MAHSA, MONASH, NUMED and UKM. Those who represented UM were second year medical students, which were Sushmita Chandran, Miraahdevi Muthuckumar, Pane Malar Sivaganam, Taasha Kunalan, Subashini Ambalahen, Darshinidevi Ratnam, Prasath Selvam and Guhaan Balakrishnan. H.O.P.E stands for Health, Opulence, People and Education, in which we aimed to assess the healthcare status of the villagers of Kampung Kituau, Penampang, Sabah. The project was also aimed to improve the villagers' current level of information about their health as we believe health is an important slice of life that should be taken care of in the best way. It also provided an opportunity for medical students to sharpen their medical skills, enhance their communication abilities as well as teaching them to work well with other colleagues from other universities. Some activities that were done throughout the project were health screening and home visits at Tamu Donggongan and Kampung Kituau, health talks in SMK Limbanak, Penampang about mental health, reproductive health, basic life support and career talk. At SK ST. Aloysius, students there were educated regarding oral and personal hygiene, wound care and health education.

HOW DID YOU KNOW ABOUT THE HOPE PROJECT AND WHY DID YOU JOIN IT?

We heard about the H.O.P.E. Project from our friends, either those from UMS or among our batch mates, as news regarding the project was spreading via social media. I decided to join it as it is a one-of-a-kind project that MEDSOC did not have the opportunity to organise one properly. We get to understand what it's like for the villagers especially in Borneo, regarding the demographics and how much they understand about healthcare, as well as how much access they have to the healthcare service provided in their area.



WHAT WERE THE PREPARATIONS YOU ALL HAD TO DO FOR THE PROJECT?

We had to brush up on our clinical skills as we were doing health screening there, like measuring blood pressure, taking blood glucose level, checking for visual acuity and etc. In terms of communicating with the locals, we had a crash course on how to communicate in Kadazan Dusun on the first day of the project, as some of the locals may prefer speaking in their native language. We had to mentally and physically prepare ourselves on what to expect in Borneo, in terms of the challenges we will face during the project, as some of us have not been there before.



GIVE US A RUNDOWN ON THE ITINERARY AND ACTIVITIES DONE OVER THERE.

On the first day, we were welcomed by the medical students of UMS as we registered at UMS Faculty of Medicine and Health Science, and we had a tour around UMS campus, which included places like their Dewan Cansellor and their famous in-campus beach. We were lucky to have a cultural session which included trying their local delicacies, trying on Kadazandusun traditional garment as well as learning one of their traditional dances, Sumazau. We also had an opportunity to learn their native language with the local medical students, as some of them took this language to learn as an elective subject. After the ice-breaking session, we went to Tamu Donggongan for the health screening.

On the second day, we went to Kampung Kitauu to set up health screening at the village. In the morning, we had Zumba coordinated by UMS students, as well as a health talk given by Dr Meryl Grace Lansing, an Internal Medicine lecturer of UMS. There was a blood drive set up by Jabatan Perubatan Transfusi of Queen Elizabeth II Hospital at the village to encourage not only the villagers, but also medical students to donate blood for a good cause. In the afternoon, we were divided into groups to go about the village home visits. This gives us a better understanding on how the locals live there and get by on a day-to-day basis. Some of the home visits we went to had villagers who were disabled. It gives us an insight on how they cope with their disabilities as well as what they have to go through to get the healthcare services they need. At night, we had a cultural dinner at Kampung Nelayan, where we had an opportunity to take part in their cultural dance center stage.

The next day was basically touring around Kota Kinabalu. We went to Gaya Street Sunday Market, where we get to indulge in the local morning market vibe. Later in the day, we went on island hopping, specifically to Pulau Mamutik and Pulau Manukan. We had the opportunity to try out some water sports such as banana boat and snorkelling.

On the last day, we organised health talks at SMK Limbanak and SK St Aloysius. In SMK Limbanak, we focused on teaching them basic life support skills like CPR, as well as giving talks regarding mental health, reproductive health and career talk. On the other hand, we taught them basic hygiene practices like oral hygiene and proper hand washing and health care education for SK St Aloysius. By afternoon, we departed to our own ways.

HOW HAS THIS CHANGE YOUR PERSPECTIVE ON THE HEALTHCARE SYSTEM IN MALAYSIA, ESPECIALLY OVER AT BORNEO?

It was an eye-opening experience. We learned that the public perception of healthcare, especially to those who live in rural areas, is different compared to those who live in KL for example. Some of the obstacles for them to get healthcare services there include transportation problem. Some clinics are located quite a distance from the villages, and may take quite some time to get there. Some may be reluctant to spend the time and money to travel for check-ups and follow-ups with doctors, fearing they need to put their responsibility on hold for the day. This is different compared to Semenanjung, especially in the city area, as clinics and hospitals are widely available.



HOW DID IT FEEL LIKE WORKING TOGETHER WITH MEDICAL STUDENTS FROM OTHER UNIVERSITIES?

The medical students that participated were from UMS, UKM, NUMED, MONASH, UCSI and MAHSA. At first, since we barely knew each other, it was a little awkward. But as we had ice-breaking sessions and a lot of the activities we did were in groups, we managed to get along with one another. By the end of the project, we've gotten pretty close. We still keep in contact with each other every now and then. It's a great experience learning from other medical students from different universities all over Malaysia, as we managed to get to know how similar and yet different our medical programs are, and get to learn certain medical skills from one another.

WHAT WAS THE MOST MEMORABLE MOMENT FOR YOU THROUGHOUT THE ENTIRE PROGRAM?

One of the most memorable moments for me was the home visits. I get to be up close and personal with the villagers, and get a better understanding on how they get by day to day. We managed to do some community service as well, for example helping them clean their housing compound. We also get to understand the struggles of some of the villagers who live with disabilities and what they have to go through to get basic necessities including going for health check ups. It is eye opening to see that there is a stark difference between those from West and East Malaysia, especially in terms of the quality and coverage of healthcare in the area.

WOULD YOU ENCOURAGE YOUR COLLEAGUES TO JOIN THIS PROGRAM?

Definitely. The experience one gets while volunteering in places like Sabah and Sarawak is like no other. It's very useful especially when we're posted to Borneo, as we have a rough idea on how it is there, and by then we can go about helping them efficiently. Malaysia is very diverse, in terms of geography and demographics. A lot of people don't really know what Borneo is like unless they've been there to see it for themselves. This project can give an eye opener and change the perception of what people think of East Malaysia. Other than that, it's a great opportunity to get to know and establish connections with medical students from other universities around Malaysia. Through the project, we put aside our differences and work together educating the locals on healthcare.



WILL YOU JOIN IT AGAIN IN THE FUTURE IF YOU HAD THE CHANCE?

Of course, it's a good initiative started by AMSA UMS, and I hope they would continue the project, as well as recruit more medical students for it.

IF MEDSOC WERE TO ORGANIZE A SIMILAR EVENT, WOULD YOU JOIN?

Technically this was supposed to be a collaboration with AMSA UMS. However, due to the unprofessionalism posed by certain individuals from MEDSOC, we had to let AMSA UMS organise the project by their own. I believe if the collaboration would have happened, we would still take part of it, and that many of our medical students would have benefited from the project. The experience that we got is one of a kind, and I for one would not trade it for anything else lesser than this. Maybe one day in the future we can collaborate with the pioneer of the project if we decide to be collaborative with other medical societies.





EVENTS

IT IS THE LONE WORKER WHO MAKES THE FIRST ADVANCE IN A SUBJECT: THE DETAILS MAY BE WORKED OUT BY A TEAM, BUT THE PRIME IDEA IS DUE TO THE ENTERPRISE, THOUGHT, AND PERCEPTION OF AN INDIVIDUAL.

– SIR ALEXANDER FLEMING (1881–1955)

2018

BAKTISISWA



Baktisiswa is an annual community service outreach program organized by the second medical students of the University of Malaya. The main purpose of this program is to give back to the community particularly targeted to those who don't have access to the medical facilities and also as early exposure to the second-year medical students before getting into their clinical years. This year, a group of 39 students has chosen to conduct this program at Kampung Marak Parak, Kota Marudu, Sabah, a rural village located at the foot of Mount Kinabalu which is at least an hour car ride from its nearest town, Kota Marudu. After a year of preparation, this group of medical students departed to Sabah on the 1st of September 2018 to embark on this journey contributing to the people there.

DAY 1

After reaching the Kota Kinabalu International Airport, we took a 6-hour bus ride to Kampung Marak Parak, Kota Marudu. We are accompanied by Professor Jamiyah Hassan and Associate Professor Sofiah Sulaiman, consultants of obstetrics and gynaecology in the University Malaya Medical Centre who are the advisors for this year's Baktisiswa. After a full day of traveling, we finally reached our destination at sunset. Once we reach the village, we are welcomed by the Ketua Kampong and some of the villagers and a breathtaking view of Mount Kinabalu. We straight away settle our luggage and personal belongings at the back of a small balai raya. We quickly set up the banners and arranged the chair for the opening ceremony.

One of the most exciting essences of Baktisiswa is the 'Foster Family' or 'Keluarga Angkat' program. Around 2-4 medical students will be attached to one family and will be living together as a family for the next 5 days and 4 nights. After the officiating ceremony, we had an ice-breaking session with the villagers and a foster family hand over the session. After the session, all the members went home with their respective foster families and had dinner with them.



DAY 2

The 2nd day of Baktisiswa began with our first day of health screening which is carried out at the Balai Raya of Kampung Marak Parak, Kota Marudu. After setting up the health screening stations and the posters, the health screening started around 9 am. The members are divided into 7 respective stations which were the registration counter, Body Mass Index (BMI) station, blood pressure station, blood glucose station, elderly assessment station, poster presentation corner and a consultation station at the end. The consultation station is guided by Professor Jamiyah Hassan and Associate Professor Sofiah Sulaiman.

At the poster presentation corner, there are several posters on infectious diseases, hand hygiene, a healthy diet and the dangers of smoking. The elderly assessments include the IDEA memory test, grip strength test, and timed up-and-go test. The hall is filled with kids from all over the village making the program cheerful all day long. In the evening, the foster family brings the members to a river in the village. The water was so clear and it was a refreshing evening after a long day.



DAY 3

On the third day, the members started the day off by having an aerobics session led by the dance team from Kampung Marak Parak. After having breakfast with respective foster families, the members continue to organize the health screening at the Balai Raya of Kampung Marak Parak. However, today they have an additional team that does a mobile health screening. The team went from door to door in the village and do the health screening for those who are immobilized or do not have the strength or energy to go to the Balai Raya to have them checked up.

In the evening, the recreational activity was also dependent on each of the member's foster family. A lot of the members were brought to a farm organized by the Korean Agriculture Department. A lot of the members were also brought to the Kinabalu Park. What is interesting about Kinabalu Park is that it has 2 rivers flowing from different sources. One of the streams is hot and the other is cold. That night, most of the foster family held a big feast with the members and their close relatives.



DAY 4

On the fourth day of Baktisiswa, the members organized a school visit programme at SK Marak Parak.

After having breakfast with their foster family, the members gathered at the Balai Raya and walked to SK Marak Parak guided by some of the foster sisters who are learning there. The members started with an opening ceremony and were greeted by a Dusun song sang by the Year 1 and Year 6 students which are the participants of the program. The standard 1 students were divided into 2 groups and each group was taught on handwashing and tooth brushing. The standard 1 students then were brought to their classes and the members held a quiz session for them. The standard 6 students were separated and given a motivational talk to boost their morale and confidence for their upcoming UPSR which was just a month away.

After the talk, the standard 6 students were also taught on hand hygiene. During the closing ceremony, we gave out goodie bags containing some biscuits, cereals, toothbrush, toothpaste and some other things prepared by the sponsorship team.

At night, we had a cultural night with all the villagers and foster family members. A lot of performances were showcased that night such as Dusun dance by the members, modern dance, traditional Indian dance, and Wushu performance. The highlight of the night was the Dusun dance by the cute tiny dancers from Kampung Marak Parak itself. We also had a feast that night prepared by the foster families and the villagers. The final prize-giving ceremony was done that night which concludes the end of the Baktisiswa program.



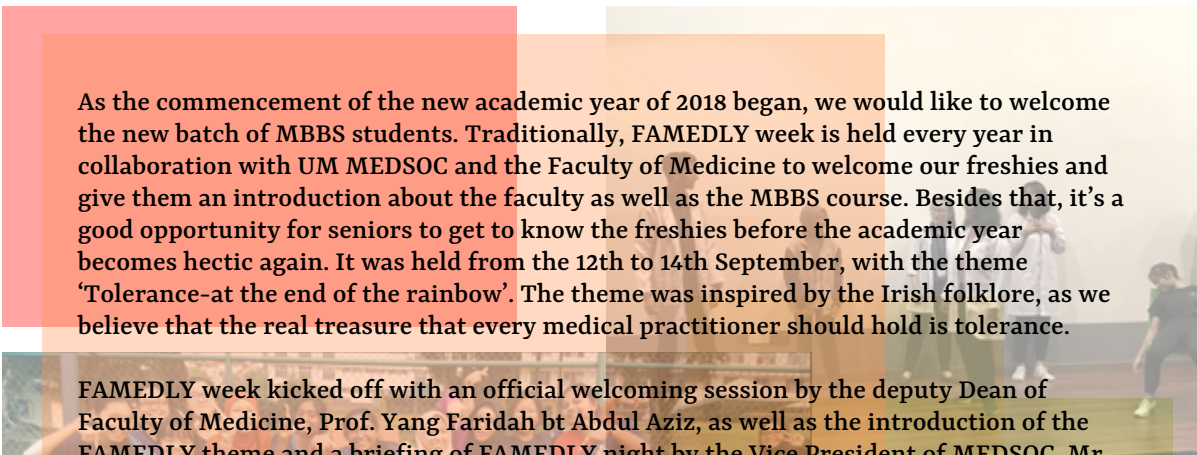
DAY 5

This is the last morning for us at Kampung Marak Parak. We had our last breakfast with our foster families. We were sent off by the families at the Balai Raya. We took our last moments with our foster family. As soon as our bus arrived, most of the foster families especially the child started crying. The bond we built in this short time remains a lifetime. The people of Kampung Marak Parak taught us the simple pleasures in life that we may have forgotten.

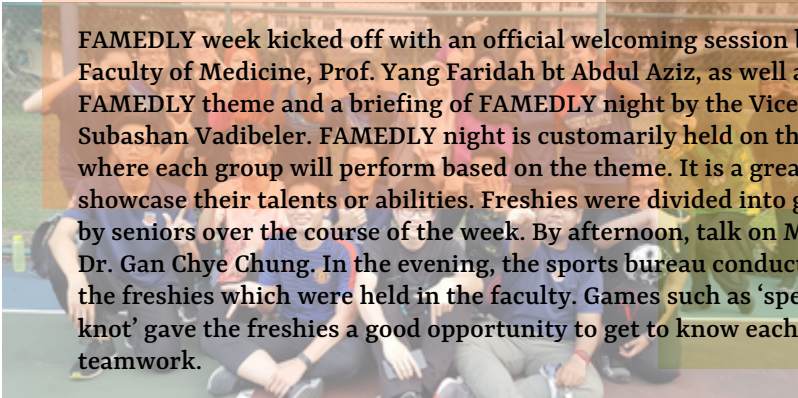
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"The
bond we built in
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remains a
lifetime."



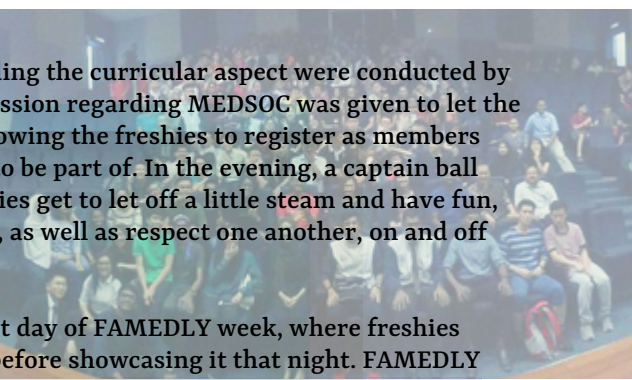


As the commencement of the new academic year of 2018 began, we would like to welcome the new batch of MBBS students. Traditionally, FAMEDLY week is held every year in collaboration with UM MEDSOC and the Faculty of Medicine to welcome our freshies and give them an introduction about the faculty as well as the MBBS course. Besides that, it's a good opportunity for seniors to get to know the freshies before the academic year becomes hectic again. It was held from the 12th to 14th September, with the theme 'Tolerance-at the end of the rainbow'. The theme was inspired by the Irish folklore, as we believe that the real treasure that every medical practitioner should hold is tolerance.

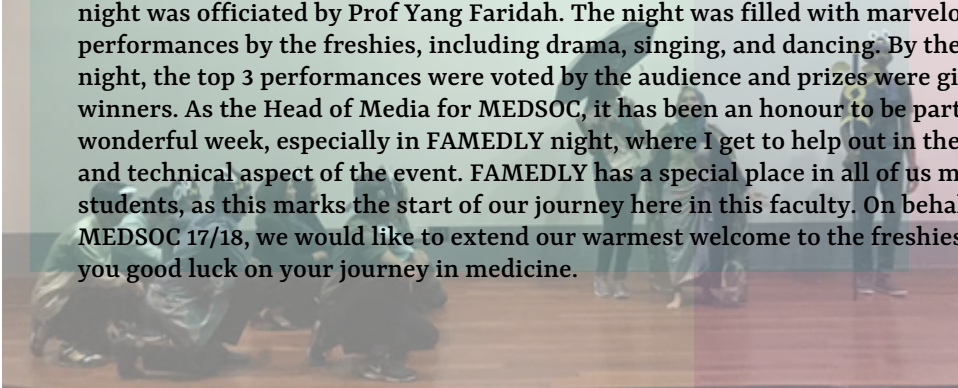


FAMEDLY week kicked off with an official welcoming session by the deputy Dean of Faculty of Medicine, Prof. Yang Faridah bt Abdul Aziz, as well as the introduction of the FAMEDLY theme and a briefing of FAMEDLY night by the Vice President of MEDSOC, Mr. Subashan Vadibeler. FAMEDLY night is customarily held on the last night of the week where each group will perform based on the theme. It is a great opportunity for the, to showcase their talents or abilities. Freshies were divided into groups that are supervised by seniors over the course of the week. By afternoon, talk on Metamorphosis was given by Dr. Gan Chye Chung. In the evening, the sports bureau conducted a few station games for the freshies which were held in the faculty. Games such as 'speed-dating' and 'human knot' gave the freshies a good opportunity to get to know each other well and build teamwork.

FAMEDLY



On the second day, talks and briefings regarding the curricular aspect were conducted by MERDU. In the afternoon, an introduction session regarding MEDSOC was given to let the freshies understand the society as well as allowing the freshies to register as members and to choose which bureau they would like to be part of. In the evening, a captain ball game was held at KK1 basketball court. Freshies get to let off a little steam and have fun, they also get to practice good sportsmanship, as well as respect one another, on and off the court.



Final preparations were conducted on the last day of FAMEDLY week, where freshies rehearsed their performances one last time before showcasing it that night. FAMEDLY night was officiated by Prof Yang Faridah. The night was filled with marvelous performances by the freshies, including drama, singing, and dancing. By the end of the night, the top 3 performances were voted by the audience and prizes were given to the winners. As the Head of Media for MEDSOC, it has been an honour to be part of this wonderful week, especially in FAMEDLY night, where I get to help out in the multimedia and technical aspect of the event. FAMEDLY has a special place in all of us medical students, as this marks the start of our journey here in this faculty. On behalf of UM MEDSOC 17/18, we would like to extend our warmest welcome to the freshies, and we wish you good luck on your journey in medicine.

Organs for Love Jogathon 2018

On 22 September 2018, students from the Faculty of Medicine held a charity jogathon called 'Organs For Love Jogathon 2018', with a focus on Kidney Transplant as the theme. The aim was to raise awareness on the need for organ donation and encourage more pledgers to the cause. As medical students, we also hoped to provide the public with knowledge on kidney health and transplantation, as well as raise funds for dialysis patients.

Our tagline 'Bring Your "Kids" For A Jog!' was a play on words, encouraging participants to care for their health by bringing their kidneys ("kids") and also families to bring along their children to this event. Partnering with volunteers from the National Kidney Foundation (NKF) and the National Transplant Resource Centre (NTRC), educational and game booths were set up in Centrepoint to provide the public with accurate information regarding organ donation and transplantation in Malaysia. In addition to that, there were also booths where you could pledge to be an organ donor and health screening tests by the NKF such as BMI, blood sugar and cholesterol measurement which were offered for free to the first 150 visitors.

Professor Dr. Ng Kok Peng, a nephrologist at University of Malaya Medical Centre (UMMC) and Dr. Hasdy Haron from the National Transplant Resource Centre were present at the event and gave talks on 'Living Donor Transplantation' and 'The Gift of Life', respectively. Professor Dr. Ng Kok Peng shed some light on the plight of patients with chronic kidney disease who are increasingly undergoing dialysis because of a lack of kidney transplants in Malaysia. Some patients would have to wait years before even finding the right organ for them and sometimes, it might be too late. Patients opting for kidney transplant face obstacles because most of the transplant surgeries are undertaken by a handful of government hospitals where resources are limited, whereas patients who opt for private facilities would have to spend a considerable amount of money to undergo transplantation and this causes them to opt for dialysis instead.

However, dialysis is far from the best answer to their health problems. "Dialysis disrupts one's normal life as they need to travel to the dialysis centre frequently and this impacts their ability to keep their job – each dialysis session can take up to four hours, and patients need to undergo dialysis three times a week without fail, this does not factor the travel and waiting time into the equation. Given the number of time patients and their caregivers need to spend on dialysis, it not only impacts the patient's quality of life but also their families and caregivers," said Dr. Hasdy Haron.

In Malaysia, about 21,047 patients are waiting for organ transplants at the time of writing, of which 99% of them are awaiting kidney transplants, while the others include liver, heart, and lungs. Yet, only 1.3% of Malaysians have registered to become organ donors. We believe that more efforts are required to increase awareness on this issue amongst Malaysians and nurture a caring and giving society. A single organ donor has the potential to save up to 8 lives and a single tissue donor can potentially improve many more lives. Organs that can be donated for transplants include kidneys, heart, lungs, and liver and examples of tissues that can be donated are corneas, heart valves, bone, skin, veins, and tendons.

Organs For Love Jogathon 2018 saw a total of 415 people participating in the run which had two categories: 7KM and 5KM. Our main sponsor was Novartis Corporation Malaysia. At the end of the event, there were 87 new organ pledgers, which was an encouraging and gratifying outcome for us.



On the 8th and 9th December 2018, the Medics Intersivity Games (MIVG) was held and many of the students from Faculty of Medicine, University Malaya participated. MIVG 2018 is an annual sports event under the Public Relations department of AMSA Malaysia. UKM was proud to be chosen as the hosting university for MIVG 2018. This project involved other universities and aimed to strengthen relationships among medical students of the various universities in Malaysia through a sports event. This program is also expected to encourage the involvement of medical students in sports as well as to enrich their soft skills. MIVG 2018 was mainly held at the Panasonic Sports Complex, Shah Alam and is targeted to be a platform to attract the interest of medical students to engage in the sports event.

On the first day of the event, the participants for track & field, futsal, swimming, frisbee, tennis, and badminton together with our contingent leaders boarded the 6:15 am a bus to the Panasonic Sports Centre in Shah Alam.

These students also participated in the contingent march during the opening ceremony of the event. After the formalities have proceeded with it was officially time for the games to start. Our students tried their very best and we did snag a few wins. Our female futsal team managed to win gold while Lim Chia Xiang and Rochelle Dawn Augustin won bronze for 1500m in track & field not forgetting Ong Rui Yan and Chin Tian Fu also scoring a bronze for badminton singles and swimming respectively.

On the same evening, the participants for singing, Rubik's cube, PUBG, and chess went to PPUKM for their events. The bus left UM at 2.00pm and arrived with a lot of time to spare before the events started, this gave some time for our PUBG team to continue sharpening their skills. With great effort, our first chess team managed to win gold. This group consists of Wong Win Yi, Nur Aina Binti Mohamad Nur, Heng Wei Yang, and Loo Qing Yuan.

On the second day of MIVG 2018, the teams for basketball, ping pong, ultra challenge, squash, bowling, and handball had their events at the Shah Alam sports complex. Ooi Chiou Jia won silver for ping pong singles while Megat Hilman and Teh Jing Xuan also scored silver for the ultra challenge. Our female basketball team got 2nd place while our male basketball team won a bronze. Naven a/l Mahalingam scored a bronze for squash singles.

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spreading awareness around the area too.

To add some spices to this event, the committee had made countless effort to provide and spread

awareness to more people by having free health screening done by medical students and hospital staff from University Malaya Medical Centre. Furthermore, there were also mini-games, a photo booth, and Instagram Challenge to spread across social media about the event. The committee also partnered with many companies like PT

Foundation, KLASS, One@Condom and "Ilmu Seks" to open educational booths about health and sexual education, providing private counseling, distribution of free condoms and so on. The campaign went well with all these small but important booths to lighten up the atmosphere by providing an open-minded and free thinking aura for people to come and listen. It was an impactful day worth nothing that many people including the students had new input to their knowledge about HIV and I think that many people went back satisfied to the core.

Everyone plays a huge role in eliminating this public stigma against people living with HIV as well as preventing its infectability. Therefore, we shall embrace the next coming E.R.A.S.E. campaign hopefully which will be done on a larger and more impactful scale!

Take Action, No Discrimination! E.R.A.S.E (Eradicate AIDS and Stigma for Equity), an annual movement made purely by medical students from the Medical Society of Faculty of Medicine, University of Malaya. This campaign was held at Gazebo, Kompleks Perdanasiswa in the University of Malaya on the 20th of December 2018. The event served as a medium to educate and spread awareness to the youths and leaders across the whole university as the main audience of this event is students studying at the University of Malaya, which they will be the main pillars of the country in the future years.

This is an annual campaign where students find ways to express and deliver messages to the public about awareness of stigma against HIV and AIDS and educate the public about what is HIV and AIDS.

This campaign was also done to show the public how people living with HIV live the ir lives and how were they treated in the stigmatized public society so that people can empathise and change their misconceptions towards them. The great phrase "prevention is better than cure" also greatly suggests the prevention of this infectious disease, and therefore this campaign is also to raise awareness of safe sex and "say no to drugs" to prevent the transmission of HIV. The theme "Take Action, No Discrimination" was chosen specifically to help fight against the stigma and discrimination against people living with HIV, which had been a known problem for many years.

The workshop cut its ribbons by a line of some very experienced and knowledgeable people in the field, giving talks on the basic knowledge of HIV and AIDS. First, Puan Jubaidah from the Malaysian AIDS Council (MAC) presented a speech on "Eradicate Stigma and Discrimination towards people living with HIV".

Next, Mr. Jeffrey from Kuala Lumpur AIDS Support and Services Society (KLASS) gave a

wonderful talk on his personal experiences dealing with people living with HIV. We also have Mr. Kent Chong, a final year medical student representing Flash-ED, a public health education team presenting and

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An Insight into Medicine 2019

We have all watched shows like Grey's Anatomy or The Good Doctor but everyone knows that the life of a doctor is far less glamorous than those portrayed in TV shows. That is why we decided to have "An Insight Into Medicine" or better known as AIM, a pre-medical student workshop conducted at the University Malaya Faculty of Medicine. The mission of the event was to invite pre-university students to expose them to what medical school would be like.

The workshop took place on 23 February 2019 from 8 am to 5 pm at TJ Danaraj Auditorium. The workshop allowed the participants to try basic procedures such as taking blood pressure. For the measuring of blood pressure, the students were taught how to determine the readings of systolic and diastolic blood pressure using a sphygmomanometer.

Participants also got to visit Pusat Perubatan UM (PPUM), the hospital where medical students have clinical sessions. The participants were given a tour of University of Malaya Medical Centre's Accident & Emergency (A&E) Department. The experience gave participants a sneak peek of what it's like to be working in the Emergency department. To add on, they even got to know about the Triage System and what basic procedures are carried out in a briefing given by seniors.



Furthermore, there were sharing sessions from medical students themselves. These were the most memorable parts of the workshop as participants could interact personally with some of the medical students. They were able to ask any questions and find out, what medical school is like from the eyes of a medical student.

At the end of the workshop, we hope that the participants found the activities fun and engaging but most importantly, beneficial in helping them determine whether medical school is the true choice for them. We hope to foster and inspire pre-university students who truly have a passion for medicine to take it up as a career. It is also a way for us medical students to give back to the community by having such workshops that help future generations of doctors decide to join medicine.



MEDICAL SPORTS DAY 2019

Every year, the Faculty of Medicine organizes Medical Sports Day, a gathering of medical students from different courses to come to together for healthy competition. Other than students from Medicine course, BioMed, Nursing and Pharmacy courses, the medical faculty staff and hospital were invited too. The games are organized mainly to improve the relationship between students of different courses and faculties, as well as of that between staff and students. This year the games were held on the 9th of March 2019. The events that were held were basketball, futsal, Rubik's Cube, captain ball, netball, carrom, and EXPLORACE. The events were held at multiple locations within UM Campus and some using the UMMC Hospital's Sports Facilities.

The planning of the Medical Sports Day 2019 was by Medical Society (MedSoc) Sports Bureau. The team comprised of Ayesha Saadiqah and Emily Tang as program director and vice-director, Peter Tan and Soh Keng Ying as head and assistant of administrative exco, Phoon Leon as Logistics Exco, Naven as Activities Exco and Yesotha as the Publicity Exco.

On the morning of the 9th, participants for basketball and futsal showed up at KK2's Gym 2 and UMMC's Futsal court where their respective events were held, lacing up their sports gear and bringing their best to the table. After a short briefing of the rules and regulations, the games began, without a hitch. The competition was fierce and evenly matched. Not too long after, Chess began followed by Captain ball, Rubik's Cube and carrom. Everybody gave it their all, and not yielding to their opponent, but in the end, there's always a winner and a loser. Slowly, each event ended and participants proceeded to join the next event they joined.



Finally, after lunch, the final event began: EXPLORACE. EXPLORACE was the brainchild of our committee members to have an event similar to Amazing Race, having multiple stations across UM Campus. At each station, the participants in groups of 5 will have to strategize and achieve the objective set by the game master of the station. Among the locations for the stations was Tasik UM, where participants had to kayak to get a clue to complete the task.

As the day drew to an end, and the participants slowly turning up for the closing ceremony. After an inspiring speech by Vice President of MedSoc UM, Sushmita Chandran, the awards were given to the winners of each category.

Sports have a certain way to bring people together and have fun, which makes it a good way to meet new people. Regardless of whether we are winners or not, we are still united at the end of the day.



Gathering OF THE Great Minds 2019

On the 23rd of March 2019 (Saturday), the Society of Malaysian Medical Association Medical Student (SMMAMS) in collaboration with the UM Medical Society organized its 5th edition of the Gatherings of The Great Minds (GOTGM) medical student conference. It was event commenced from 8 am to 5 pm, at the TJ Danaraj Auditorium, Faculty of Medicine, University of Malaya. This year, over 150 keen participants from around 15 various medical school backgrounds attended, most of which were medical students and a handful of graduates.

The theme chosen was “A million steps, starts with one”, which endeavors to remind participants that to become exceptional, one has to make initiate progressive achievable efforts towards one’s goal, even if it means to start with baby steps.

This year, reputable speakers were invited to share their expertise in their respective fields. These comprise of the deputy minister of health, YB Dr. Lee Boon Chye; University Malaya Medical Centre (UMMC) clinical oncologist Dr. Ho Guo Fang; MSF Humanitarian Field Worker & Board director Dr. Nason Tan Day Seng.



After the talks, a forum entitled “HIV & AIDS: The Current Situation In Malaysia” was presented. The speakers were the Pahang State Department of Health, Dato’ Indera Dr. Sha’Ari Ngadiman; UMMC Infectious Disease specialist Assoc. Prof Dr. Raja Iskandar Shah Raja Azwa; general manager of Kuala Lumpur AIDS Support Services Society Mr. Martin Choo and the moderator Dr. Nason Tan Day Seng.

In the afternoon, there were various workshops in which participants can attend. These workshops include laparoscopy workshop led by Assoc Prof Lau Peng Choong; arthroscopy workshop led by Dr. Mohamed Zubair Mohamed Al-Fayyadh and the National Orthopaedic Center of Excellence for Research & Learning (NOCERAL) team; suturing and knotting workshops led by the Surgical Department of the UM Faculty of Medicine.

The evening concluded with a scientific workshop entitled “Critical Appraisal Of Research: Abstracting Papers and Research” by Dr. Helmi Sulaiman from the UMMC Department of Medicine.

With many opportunities provided by the SMMAMS, the UM Faculty of Medicine and its vibrant committee of preclinical year students, the event was indeed made fruitful.



Baktisisiwa 2019 Charity Concert





MOCK 2019 AFST

A mock AFST session was organized by the student-driven medical society of our university MEDSOC with the collaboration of PSIPUM and it was conducted on 7th May 2019 (Thursday). The venue of the activity was at the Centrepoint of Faculty of Medicine, UM and started sharply by 8 p.m.. The objective of the event was to introduce the format of the AFST test to the first-year medical students of University Malaya batch 2018/2019.



Before the mock AFST, google form link was distributed in respective WhatsApp groups to inform the students about the activity and also to get the number of students attending the activity. The event was attended by more than 60 students and sufficient arrangements were done for the event. The second-year medical year students contributed by setting up the questions and the participants were separated into several small groups to enhance the learning activity.

Each group was assigned a second-year student to aid the participants in marking their answers. At the end, a Q&A session was carried out to provide a platform to the students to clear their doubts regarding the AFST examination. The senior medical students also guided the first-year students on the techniques of studying anatomy and histology and introduce them some mnemonics which would be helpful in understanding anatomy. The participants gave good feedback regarding the activity as it helped them in understanding the answering techniques and model questions better for the real test.



KEEPABLE CANCER WALK 2019

Cancer is Preventable and Curable. In conjunction with UICC (Union for International Cancer Control) calls for more engagement on cancer awareness and cancer prevention, every stratum of the society are encouraged to produce something with the commitment of “I can, I will” platform.

KeepAble Cancer Walk 2019 was a movement to destigmatize cancer patients, to stand together with KeepAble Community, and to advocate KeepAble’s mission to prevent cancer in the community. The walk was organised by medical students of the Community Service of the Medical Society of University of Malaya, collaborated with the founder of KeepAble Community Centre (KACC) and the advisor of the event, Assoc. Prof. Dr. Loh Siew Yim. This is an annual event for the community centre that boosts public awareness towards the fight against cancer.

Held on the 22nd of June 2019 at KACC in Petaling Jaya, it is situated along the road to KK9 beside University of Malaya and a 10-minute walk from the Faculty of Medicine. From the community centre, the walk started a little bit uphill towards the KK9 Gate at University of Malaya. The path went along the road inwards to the varsity, crossing a few roads and a U-turn was made at the Centre of Foundation Studies in Science, University of Malaya. The same route was taken back and forth which accumulated to 3km.



The walk was accompanied by a few VIPs, starting from the YB Maria Chin Abdullah, Dr Kadir Abu Bakar, Tan Sri Ramon, and many more. Many people, including specialists, doctors, and nurses, working in the University Malaya Medical Centre (UMMC) nearby also came to the event to show support towards the fight against cancer. A song was also sung by the participants, titled “Seasons in the Sun” edited by the community people to thank every participant for the event.

Aerobic exercises were conducted before the walk to warm up and excite people from the lazy and damp morning. The gardens of the KACC, which includes a path of more than a hundred steps of feet reflexology, decorated with different types of flora at its parameter and shaped like a ribbon (indicating the fight for cancer), were introduced by Prof Loh to the participants. After the run, the participants were also instructed with a course of relaxing and healthy chair-bound exercises which were led by VIPs. To make the day more impactful, free breast examination (a mobile breast clinic by Breast Cancer Welfare Association (BCWA)), free colorectal screening and free cervical cancer were offered to the participants.

Lastly, I think that the process of preparation for this event was very tiring and stressful but it was all for the public’s greater good which exposes them towards the existence, prevention, and cure of cancer. It turned out to be small but quite a fruitful event.



Another year full of excitement, a plethora of emotions and of course the burnings of midnight oils to achieve our goals and aims is coming to an end soon. The year of 2018/2019 has not only been a challenging year due to the depth of knowledge that follows along with the advancement of our medical field, but also has been a stepping stone for many new faces to put their hard work in activities out of the lecture halls as contribution to the students of Faculty of Medicine, University of Malaya. With that being said, the Bureau of Sales and External Relations of Medical Society (MEDSOC) has not only successfully ensured and guided every first-year medical students on being well equipped with various medical instruments, accessories and medical books, but was also able to help the graduate doctors, house officers as well as lectures in obtaining certain equipment that they needed.

To ensure the sales were organized and conducted systematically, the heads of bureau delegated the tasks to all the members based on colour codes, which were blue, green and red. Before the sales, the members cleaned the MEDSOC room to facilitate the arrangement of new stocks upon arrival. For the first semester, Blue Code team was responsible to contact the clinical students and graduates as well as distributing equipment to all students. On the other hand, the Green Code team was involved in logistic responsibilities while the Red Code team packed all the purchased items accordingly. There were a lot of challenges that the teams had to go through so that all students were satisfied with the products that they purchased.

SALES & EXTERNAL RELATIONS

SEMESTER I SALES DAY

The team of first-year students chosen to lead the second term sales. During the second semester, members with great commitment were chosen to lead the second session of sales. This time, it was all handled by the first-year students. The task delegation followed the same concept of colour codes. Every team member played their role accordingly and cooperated well. As a result, there was no miscommunication in terms of task delegation as well as delay in terms of preparation before sales. The second term sales involved lab coats, scrubs, MEDSOC casual t-shirts, tendon hammer, pen-torch, measuring tape, neuro-kit as well as the pediatric kit.

In a nutshell, the sales of the year 2018/2019 were successful. Hopefully, the Bureau of Sales and External Relations can accommodate the students with products of better designs and quality the following year.

SOCIETY

B I O M E D

Gala Night 2019

Previously, for the past 20 years, this event was known as the Annual Gathering of Biomedical Science, which was held in Faculty of Medicine, University of Malaya. Commonly, this event was organized by the whole batch of second year students of Biomedical Science under the guidance of the lecturers. However, in the session of 2018/2019, which was at its 21 st year, the current second year students were determined to make a different by revamping this event into BioMed Gala Night. BioMed Gala Night, which was held on 17 November 2018 in Arina Skyview, Kuala Lumpur, is a course night involving all students and lecturers of Biomedical Science wearing formal attire, with the theme “Magis Et Magis Felix”. “Magis Et Magis Felix” indicates hard work makes success possible. This event aimed to strengthen the bonds between the students and lecturers of Biomedical Science, to nurture the soft skills of organizing committee members and to give awards to the high score achievers to recognize their efforts.



SUKANEKA

BioMed Sukaneka, which was held on 24 November 2018 in Faculty of Medicine, University of Malaya, is a sport event, involving multiple game stations. All students of Biomedical Science are encouraged to join this event. This event aimed to tighten the bonds between students of Biomedical Science regardless of their study year, and to foster several soft skills among students of Biomedical Science, such as leaderships, communication skills, interacting skills and proper organizing abilities. Breakfast are provided, and fantastic prizes are given to the winners.



Career Seminar: A Glance into Your Future

This career seminar, which was held on 2 March 2019 in Faculty of Medicine, University of Malaya, aimed to provide an extensive future prospect for the students of Biomedical Science and to expose the students of Biomedical Science about what are the current job opportunities for the Biomedical Science graduates. Several relevant talks, which were brought to the students of Biomedical Science, including “Life After Graduation”, “Experience in Research and Diagnostic Lab”, “Allied Health Science Act” and “Global Korean Scholarship Programmed”. Students of Biomedical Science also gained an insight regarding how the working life in a laboratory is.



SOCIETY NURSING



On 6 April 2019, the 14 final year students from Cohort 5 went to Universitas Airlangga in Indonesia for The 10th International Nursing Conference. Their topic was about Tropical Health and Coastal Region Development.



We had our annual Nurses Day on 26 April 2019 and was handled by Year 2 students from Cohort 7. This event was actually to appreciate our nurses and to get to know the students better.

Jamuan Junior (JAMJUNI) was held on 25 September 2018 to celebrate our juniors from Cohort 8. Usually the juniors will perform a dance or singing to show their hidden talent.



On 6 October 2018 we had Nurses Day Out at Taman Eko Rimba Kanching Waterfalls. This event was handled by Year 3 students from Cohort 6.



SOCIETY

PHARMACY

SOCIAL ENGAGEMENT

Social engagement course is a compulsory course under Seksyen Kokurikulum, Elektif Luar Fakulti dan Titas (SKET) for Universiti Malaya students. The second-year Pharmacy student had conducted the Social Engagement with the theme “We Love, We Engage” at Pusat Jagaan Rumah Kesayangan, Petaling Jaya, Selangor. The program was held on the 27th and 28th April 2019. The residents of this home were people from different walk of life. There were children around 5 to 12 years old. The main objective of this event was to build and design a future pharmacist who is aware and care of his surrounding besides having a good grade in academics. A total of 33 second-year students participated in this two-days project.

Students arrived at the home as early as 8.30 am. They received a warm welcome by the founder and guardian of the home, Madam Wan Nor Azlin Binti Wan Yacob and cute little innocent kids. After gathering everyone at the home, we filled our stomach with some home-made breakfast. Then, we started the event with opening ceremony in a semi-formal way. After speeches from the director, Mohd Irwan Aidy Bin Hadiman; coordinator of the program, Dr. Rozana, we proceeded with painting a banner for ice-breaking session. All the kids were enjoying painting and showing us their full creativity on to the banner. Then, we divided the kids into 5 groups and we making a frog, bird and love origami. Surprisingly, there are some of the kids who were very fast learner did not need to follow the instruction and guide from us. After half of the day being active, the kids and students being recharge with lunch provided. Then we proceeded with an activity called “Tiup belon tulis cita-citaku”, each one of the kids will get a balloon and they need to write their dreams on the balloon. After that, some of the kids bravely volunteer themselves to share their dreams with others. On the evening, we were having short warm up session before playing some mini games. Before we were leaving the house, we were entertained by the kid’s performances.



On the last day of the event, the students were divided into some groups for “gotong-royong” session. There were some of us who were cleaning the house and the front yard, ironing the kids school uniform, and teaching and helping the kids with their homeworks. Lastly, we came to the final agenda which is the sponsor and donation giving ceremony. We gave some money, rice, detergents and other needs hoping we can help them a little bit.

It is without a doubt through this visit, the second-year Pharmacy students managed to learn to appreciate all the blessings they were given in life. They learned not to complain about the things they do not possess as there are many more out there with much less. As pharmacists, showering empathy and compassion has always been a part of our profession, it is not an option but an obligation.



The kids are painting their hands to decorate the banner.

PHARMSPORT

Pharmsport is an annual event that is designed to give all pharmacy students the opportunity to participate in all kinds of sports; The sport included were as mentioned: ping pong, badminton, volleyball, netball and futsal. The main aim of this event was to discover the students' talents in the field of sports, as well as foster the bond between students of different years!

Moreover, Pharmsport served as a platform to recognize and pick out talented individuals to represent University Malaya in the National Pharmacy Sports Carnival (NPSC) which was held every year. Pharmsport also aimed to cultivate sportsmanship in Pharmacy students. Kudos to the organizing committee which consisted of second year students by Ooi Ming Liang, for successfully organizing Pharmsport for the session 2017/2018. The event was carried out on the 20th of October 2018. The event started out with a registration session at around 7:30 in the morning at the basketball court in Avicenna Residential College.

To kick-start the event, all students has a warming up session. After that, the food bureau distributed breakfast and drinks to everyone to boost their energy before starting the games. Volleyball and netball were the first two matches of the day for both categories, men and women.



Then, futsal matches took place at the futsal court. At around 11 o'clock in the morning, the crowd shifted to the basketball court as the game was about to start. The amazing pharmacy students continued to cheer for their favourites even after two games. After the basketball matches, the students were given a short break and a scrumptious lunch.

Last but not least, there was a small prize giving ceremony to officially mark the end of this event.

Third year students were announced as the overall winner for Pharmsport this session. They deserved this triumph after battling on the courts and field, bravely beating their opponents and eagerly showing their teamwork. Other batches have also put their best effort in and despite not winning, they were satisfied as they had a great time on the field. Don't be disappointed and prepare yourselves for the upcoming Pharmsport.



PHARMNIGHT

Pharmacy Night is an event that is held annually to commend the final year students as well as to honour the excellent students from each year. Pharmacy Night was organized by the third-year Pharmacy students under the lead of Ong Wei Xiang, as the Director. The event was held at the Hotel Crystal Crown Petaling Jaya, Kuala Lumpur on the 16th March 2019. The theme for Pharmacy Night 2019 was "Sandglass Firmament". The theme was conceptualized based on the effort to encourage all the students to step out of their comfort zones, to always aim higher to become a better version of themselves.

The event started with the arrival of the VVIP, VIPs and all the guests. After singing the National Anthem and the University of Malaya song, the Director of the event delivered a welcoming speech. Shortly after that, an insightful speech was given by the Head of Department of Pharmacy, Professor Dr. Zorlah Aziz. It was then followed by an invitation for YB Dr Maszlee Malik, the Ministry of Education Malaysia to officiate the opening ceremony. After that, a multimedia presentation comprising of a video regarding the organizing committee and a video of the performers was carried out.

The highlight of the night was without a doubt the performances presented by the talented second-year students. The first performance, which was the "The Firing Squad", began right after the food was served. "The Firing Squad" was a fan dance that mesmerized the night with the flow to the beat of the songs of "Asmaradana", "My Song Knows What You Did In The Dark" and "Burnin Up" had enlightened the mood of the night. The next performance was an instrumental and singing performance by "Tachycardians and La La Dream Land". This performance allowed the guest to experience the beautiful harmonies of 4 combination songs.

The performances continued with an entertaining and hilarious show from "Funky Aquaboys". This funny performance was about 6 guys that enjoying their beach vacation on the stage. Next in line was the illusion and LED dance performance that was known as "The Dazzlers". This performance allowed the guests to experience a visual and auditory feast in the darkness like no other. All the performances were great, however the climax of the night was the performance by a group called "Motion In Space". It was a combination of dances from different eras that brought us back to memories. The performers received a big round of applause for their amazing ng "Good Time".

performance. After the contemporary dance, the second-year and third-year students took part in a flash mob where they danced to the so

In between the performances, there were several lucky draws and award-giving sessions. Students who had excelled in their academics were awarded the cash prizes sponsored by a few companies. The event also comprised of the issuing of certificates to the previous year's Pharmacy Society Board of Committees to honour them for their contribution in the advancement and development of the society.

There was also the Sparkling Awards giving session to the winners with the highest votes with the titles: Mad Hatter, White Rabbit, Alice and White Queen. The winners of the awards were voted and selected by all the Pharmacy students two weeks before the event. Apart from that, there was another award session that was specially designed for the final year students, which was the King and Queen of Pharmnight 2019 Awards. After all the award giving ceremonies, it was time for the final year students to perform. They had lined up several performances including singing and dancing. To make the moment more special, they had also presented a video showing their journey throughout these four years. The final year students ended their performances with their batch's theme song entitled "Colourful World" by Shayne Rose. We were fascinated and amazed when watching the performances presented by the final year students. After their performances, the final year students went on to present flowers to all the lecturers and staffs of the department to show their gratitude for guiding them throughout these four years.

It was indeed a night to remember as everyone came together and made Pharmacy Night 2019 a success. As the organizing committee, we hope that every guest who attended the event had enjoyed themselves. A million thanks to the committee members and all the guests who attended Pharmacy Night 2019. Stay tuned for Pharmacy Night 2020!



SOCIETY

PSIPUM

CHARITY 4 UNITY



FAMILY DAY



Apart from C4U, PSIPUM's very own annual Family Day features exciting games (and food) to cheer up participants up, while strengthening the 'ikatan ummah' among Muslim students of the Faculty of Medicine.



GEMPAK INTEGRATING GATHERING



Gempak Integrated Gathering (GIG) is an annual event that brings discussions about current medical issues based on science and Islam. This year's GIG discussed about issues on the use of in-vitro fertilization (IVF) in acquiring a child in Islam.

YEAR



I SHALL ENDEAVOUR STILL FURTHER TO PROSECUTE THIS
INQUIRY, AN INQUIRY I TRUST NOT MERELY SPECULATIVE,
BUT OF SUFFICIENT MOMENT TO INSPIRE THE PLEASING HOPE
OF ITS BECOMING ESSENTIALLY BENEFICIAL TO MANKIND.
— EDWARD JENNER (1749–1823)

BOOK

FIRST YEAR

(BATCH 2018-2022)



SECOND YEAR

(BATCH 2017-2021)



BTHIRDYEAR

(BATCH 2016-2020)



FINAL YEAR

(BATCH 2015-2019)



NURSYENING

FIRST YEAR

(BATCH 2018-2022)



SECOND YEAR

(BATCH 2017-2021)



THIRD YEAR

(BATCH 2016-2020)



FINAL YEAR

(BATCH 2015-2019)



PHARMACY

SECOND YEAR

(BATCH 2017-2021)



THIRD YEAR

(BATCH 2016-2020)



PHILAR MAGY

(BATCH 2015-2019)



1st row (left to right):

Law Ting Zhao, Woo Wen Jie, Lee Derk Yuan, Khaw Yong Fu, Leong Boon Zun, Low Wei Kent, Jonathan Ho Wei En, Ammar Sallehuddin Bin Yahya, Muhammad Alif bin Burhanuddin, Yew Chee Ming

2nd row (left to right):

Tan Zhi Jing, Chong Yoke Ping, Ang Yen Xin, Ooi Yu Xin, Nur Shamimah bt Rahmadullah, Sabariah bt Mansur, Nurul Hanani bt Ab Aziz, Atiqah Syahirah bt Rosmi, Nurul Wardah bt Mohd Taib, Law Ming Hui, Lee Pei Pei, Lee May Hoi, Nyia Chiun Ying, Kelly Loh

3rd row (left to right):

Tang Mei Hui, Genieta a/p Jeeva, Khor See Ying, Lim Ming Hui, Tan Shi Ying, Kaw Shin Yee, Khoo Yi Lian, Kuak Lee Ying, Chan Kit Yee, Aina Mardhiah binti Ridzuwan, Carmel Petrus Chin, Beatrice anak Gepat, Afifah Najihah binti Zamzuri, Gemine Yap Yi Jing, Loh Zi Ying

4th row (left to right):

Lai Jet Nee, Chuan Wei Ying, Nyew Kai Sen, Sing Zi Qi, Tan Pei Yin, Wan Jie Yee, Chan Xin Hui, Woon Huei Ying, Teh Shi Ying, Ng Tong Yan, Ng Di Wan, Tee Chia Mien, Grace Lim Xiao En, Dayang Marwinna binti Omar, Nur Ashikin binti Abdullah Sani, Norashikin binti Mohd Nor, Nor Farzana binti Mohammad Zambri

Not in the picture:

Beh Teng Han, Ko Yong Rui, Nur Baitina binti Hassan, Siti Hajar binti Mahmud, Mohammad Amin Ikmal bin Zahari, Nurazreen Elissa binti Azhari, Najah Athirah binti Mohamad, Rosmaisarah binti Ibrahim, Nurul Izyan Adlina binti Mohd Najid, Nurul Diana binti Zainuddin, Syazana binti Mohd Yusof

FIRST YEARS

(BATCH 2018-2023)



SECOND YEAR

(BATCH 2017-2022)



THIRD YEAR

(BATCH 2016-2021)



FOURTH YEAR

(BATCH 2015-2020)





Afiq Amani Bin Sa'at

Keep believing and never give up.



Agnes Ng Yew Chien

You do your best, God will do the rest.



Aina Salihah binti Shahrniza

Sometimes you'll find that you only have yourself to work with. But that's okay. You are your best bet.



Beh Keng Hau

...



Chew Poh Yan

All grown-ups were once children... but only few of them remember it.



Chien Kah Kah

FLB since 2014, thanks to Ny and Boss.



Harvin A/L Anbu Manivanna Bharathy

Ellam pugazhum iraivanukey 🤗



Hazlin Binti Mohd Hanif

"The limit does not exist"



Hoe Hong Xian

Age quod agis.



Jane Ho

The future belongs to those who believe in the beauty of their dreams!

FINAL YEAR (BATCH 2014-2019)



Jason Chia Zhi Jien

Above all else, guard your heart, for everything you do flows from it.



Lim Kai Bin

Love is the best thing we do; and this world needs more kindness yo.



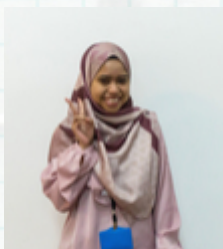
Mohamad Ridwan Bin Abdul Manap

In medical school, I gained weight instead of knowledge. Btw, thank you Google! You rock!



Muhamad Irfan Bin Ismail

Stop worrying about what can go wrong but start worrying about what can go right.



Nurul Madiah Bt Md Jamaludin

Que sera, sera.



Nydelene Llewellyn Tong Yiu Shyong

I followed my heart and it led me to the fridge. 😊



Ong Xin Kai

MERDU is like.....menses, they come every month to make you suffer, yet it is important.



Wan Nur Solehah Binti Wan Abdullah Zubir

Don't lose your heart or fall into despair, for you'll surely be stronger when you are true in faith.



Wong Sui Weng

MERDU is the best.



Affandy bin Ahmad Fawazzi

And that, kids, is how I met your mother.

FINAL YEAR (BATCH 2014-2019)



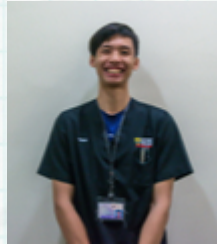
**Muhammad Amin
Bin Mohamed
Usuf**
Always ☐



**Azra Balqis
Basaruddin**
Verily, with every
hardship comes ease.



Cheong Jun Leong
And now these three
remain:
faith, hope and love.
But the greatest of
these is love. So,
let's love each
other deeply.



Cheow Wen Hao
MERDU is the best.



Chuan Deik Roy
Was released from
his 5 year sentence.



Law Xing Yu
Wherever you go,
go with all your heart.



**Muhammad Azra
Hafizi Bin
Ahmad Azam**
All's Well That
Ends Well.



**Nur Aisyah Binti
Zainal**
No more free
vitamin after this.



**Nursyameem
Binti Azahar**
I got a haircut and
no one noticed.



Rozita binti Ishak
MERDU is the best.

NEAL (BAT CH 2014-2019) FARE



**Sakinah Binti
Muhammad
Firdaus Ooi**

Always be grateful :)
He would provide you
when it is the right
time. Meanwhile, do
the best!



Tung Yu Zhen

Be original.



**Varrsha A/P
Manoharan**

You get to enjoy every
little thing in life
including staring at
walls.



**Abdul Kadir Shah
Bin Sahibudeen**

If you want to see the
world tomorrow, then
see the young
generation now.



**Adrian
Lee Yen Xian**

Don't Forget to be
Awesome.



**Afif Jazimin Bin
Adienuar**

You'll never know if you
don't go, You'll never
shine if you don't glow.



**Alif Arifin Bin
Asrar**

I'm sexy and
I knew it.



Lim Wei Chun

MERDU is the best.



**Melvin Isaac
A/L Sasuraja**

Never ever stop
believing in yourself
and always
remember that God
is good.



Ng Soh Chen

TQ Nescafe, Lai
Vege, Grabfood with
promo and Yan Yan.

FINAL YEAR CHAT 2014-2019



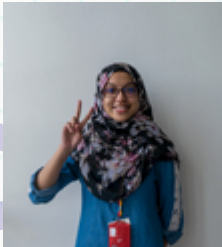
**Nisa Sahira
Binti Yahya**

Organize your
"folders"



**Noor Nadia
Binti Sarbini**

All is well.



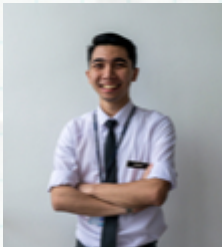
**Nur Syuhaida
Bt Mohd
Noorazam**

You'll be fine.



**Nurhanida Azera
Binti Shahidan**

Difficult roads often
lead to beautiful
destinations.



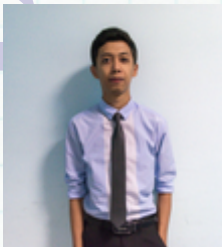
**Wan Muhammad
Afnan Bin
Wan Airol Anuar**

Never believe anyone
who says they are too
busy. It's the matter
of PRIORITY.



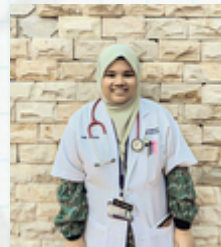
Yee Jia Cin

If failure is the
condiment that gives
success it's flavour,
medschool will give you
diabetes.



**Ahmad Asyraf
Bin Azman**

MERDU is the best.



**Aimi Syakirah
Binti Baharudin**

Never think that any
request you have is
too much for Allah.



**Banuvithiya A/P
Selvamani**

Face all those
challenges life throws
at you, so that you
can feel the
exhilaration of
success!!!! "Just keep
swimming"



Chang Jo-Ven

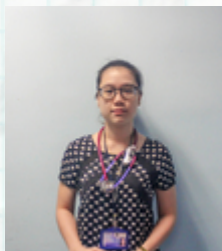
Always remember
and contemplate on
the reasons you begin
this with, do your best
and leave the rest to
the one above.

(B A T C H 2 0 1 4 - 2 0 1 9) F A R E W E L L A R



Chong Yueng Kent

I can, You Can,
Everybody Can.



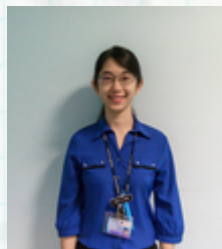
**Christal Asong
Vinsien**

Life's an adventure.
Enjoy the ride!



Lim Wai Chen

Make the impossible
possible.



Ting Yi Wen

Laugh, play and give
thanks for all you have.
:)



**Abdul Rauf
Bin Behtera**

Keep calm and do
your best.



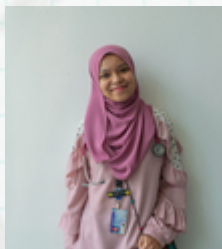
**Ashvini Devi
A/P Paramesvaran**

All progress takes
place outside the
comfort zone.



Chong Kai Ning

Everything happens
for a reason. Just do
what should be done
and everything will
fall into place :)



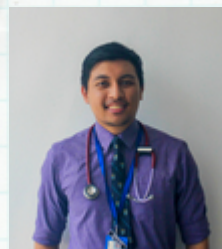
**Fairuza Nur
Syahira
Binti Md Idris**

MERDU is the best.



**Khairunnisak
Binti Mohd Nor
Azman**

Meet good friends,
make memories,
enjoy every moment
to the fullest. You will
be happy with no
regrets!



**Muhammad
Aiman
Bin Lod**

Never back down
from the challenges
life throws at you.

FINAL YEAR (BATCH) 2014-2019



**Muhammad Amin
Rashidi Bin
Mohd Lazi**
MERDU is the best.



**Muhammad
Fauzan
Bin Redzuan**
Don't do last minute or
else your quotes will be
like mine.



**Nur Syafiqah
Binti Idris**
Dream! May your
trials end in full bloom.



**Nursyafiqah Binti
Ahmaddin**
Love yourself before it's
too late.



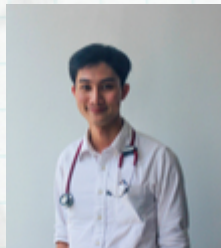
**Nurul Husna
Binti Azizah**
Are you a pleural
effusion ? ☐



**Sarveshwarry
A/P Gangatharan**
Panicking never helps.



**Siti Mardhiyah
Lee Binti
Muhammad
Hisyam Lee**
The key to success is
action and the
essential in action is
perseverance.



**Jerry Song
Zhi Liang**
Life is worst yet
beautiful than a
250km desert
marathon.



Tan Say Ying
I can't think of what
to write but I really
don't want my quote
to be "MXXXX is the
best".



Chong Ro Wan
Wherever you go, go
with all your heart ;
Wherever life plants
you, bloom with
grace.



Chua Chia Ean

Do what you love and love what you do. Thank you for visiting my chicken rice shop in the future.



Hamsia Binti Mappiase

TBH, I spent more time sleeping than reading medical books. Don't be like me seriously.



Kuan Szee Ling

MERDU is the best.



Lim Wan Ting

Be yourself and trust yourself.



Nur Ayuni Binti Mohd Salleh

MERDU is the best.



Nur Faizah binti Mohamad Rahim

When Allah is your strength, nothing can break you.



Sarah Aisyah Binti Anuar

When you look at a field of dandelions, you can either see a field of weeds or a field of wishes.



Tan Ling Han

If you want to go fast, go alone. If you want to go far, go together.



Thesenrao A/L Samudra Raja

Pain is temporary, but medical degree is forever.



Wong Xue Zheng (Johnny)

When you leave here, don't forget the reason you came.

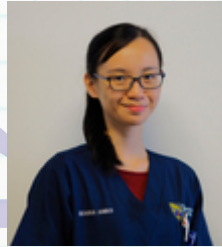
FINAL YEAR (BATCH 2014-2019)



Yeow Ri Qi
Just keep swimming.



Asma' Mohd Hussin
The breeze at dawn has secrets to tell you.



Deanna Marcella Amboi
Stay woke.



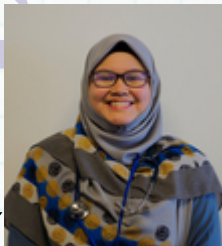
Farah Alia Binti Abdul Rahman
"Aut viam inveniam aut faciam" -
If there's a will, there's always a way.



Hafizullah Kamaruddin
Failure is like a pause button. Just unpause and go continue.



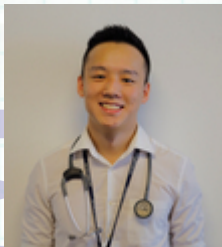
Haidhar Haziq Bin Jamaluddin
MERDU is the best.



Jazmina binti Azahar
Look for me if you ever need a hug - but for girls only >_<



Khairunnisa Binti Mohd Khalid
Never stop believing in yourself and keeps moving forward.

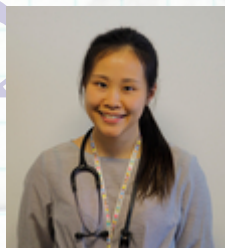


Khoo Kay Jin
MERDU is the best! - said no one ever



Kushla A/P Renganadan
I never laugh until I've had my coffee.

(BATCH 2014-2019) FUTURE LEADERS



Lim Wen Tzien

Don't give up what you want most for what you want now.



Lisa Anak Kennedy Nik

I wish to wakeup as Lalisa Manoban so I can say "if i'm not beautiful, then idk what beautiful is"



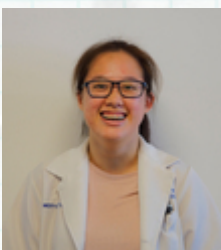
Mayzathul Akhma Binti Mohammad Ramly

It is not an easy journey. Always find a reason to keep moving forward.



Melody Foong Weng Kei

Through the eyes of gratitude, everything is a miracle.



Meryl Tong Hui Xin

MERDU is the best.



Mohamad Jabbar bin Abdul Rahman

Don't judge someone from his past, but judge him from ... errr just don't judge ok, at all.



Mohd Safarali Bin Othman

Don't stop dreaming just because you had a nightmare.



Muhammad Amer Iskandar Bin Ahmad Mahmud

If you cannot be a good medical student, it's okay. At least be a good person.



Muhammad Azri Bin Mohamad

Work hard till the door of your car opens in a vertical way!



Muhammad Iznul Haziq bin Md Daud

Progress is progress.

FINAL YEAR (BATCH 2014-2019)



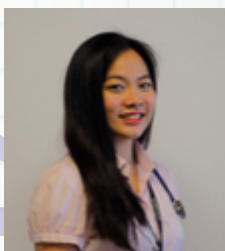
**Muhammad
Naquiddin Bin
Tawang**

Quiet quiet potato
contain.



**Muhammad
Nasuha
Salim Bin Fuad
Salim**

All it takes is faith and
trust.



Natalie Lai Zi

In the end, we'll only
regret not having
enough fun in our
best years. Well, not
me!



**Navinnash Kumar
A/L Gopal**

Always never give up,
one day be it sooner or
later, you will achieve
what you're supposed
to get!



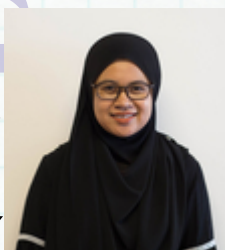
**Nur Syafiah
Husna Binti Elmi
Azham Shah**

Live as if there is no
tomorrow.



**Nur Syafira Binti
Bilalluddin**

Lemme ask Mr Light
first!



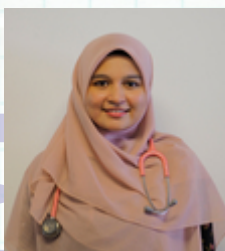
**Raja Faisnoor
Suhaida binti
Raja Ishar**

You are safe here.



Ravitha A/P Ravi

I didn't choose the last
bench. the last bench
chose me - Ravitha
since year 1



**Wan Nur Amani
Binti Wan Hussin**

Lama nya fikir quote
amani.



Yuvidelci Nilrat

Live the life you
always wanted.



**Zaitul Ilham
Bin Saadin**

"No power on earth
compares to a
mother's tender
prayers" Terima kasih
mak. 😊



**Nur Haziera Binti
Abdul Ghani**

All it takes is faith and
trust.

Absent but Graduating:

Aida Binti Rahimi

Jesse Perrin Jenarun

Ariff Hamdi Bin Sulaiman

Siti Sarah Binti Johan

Habbibur Rahman

**Raja Muhammad Zainur Afiq Bin Raja
Zalnuzzaman**

Hazrain Bin Mohd Roslan

Ummi Syahirah Binti Damanhuri



STUDENT WORKS

MEDICINE IS NOT ONLY A SCIENCE; IT IS ALSO AN ART. IT DOES NOT CONSIST OF COMPOUNDING PILLS AND PLASTERS; IT DEALS WITH THE VERY PROCESSES OF LIFE, WHICH MUST BE UNDERSTOOD BEFORE THEY MAY BE GUIDED.

– PARACELSUS (1493-1541)

HER HEART OF CLAY

Rochelle Dawn Augustin

Dear Diary,

The nondescript white walls are staring expressionlessly at me. The alluring pastel colours of flowers are complimenting the resplendent ray of light that peers through the champagne- coloured curtains. I will never forget the fragrant smell of those flowers. It's something like a mixture of strawberry peppermint with a tinge of fresh, morning dew. The deep-coloured balloons alongside a huge pile of rustic- looking cards are adorning every nook and cranny of the room. The mellow tone of Jude's voice is akin to a sweet serenade whilst the beguiling smile of my mother warms my heart. What more could I ever ask for?

It was a serene autumn evening when Jude and I were quietly sitting, accompanying each other by the placid waters of a small lake while admiring the sky that was a kaleidoscope of purple, pink and orange. We were relishing the silence that seemed to have drowned the noise of all our worries and fears.

"Jude, why are you still here?" "What do you mean by that?" "You know exactly what I mean. Why waste your life with someone like me? Why carry such an unnecessary burden when you can easily find someone else?"

We then continued to chat about the thrilling adventures we had undergone together from hiking, snow-boarding, bungee jumping, scuba diving and parasailing. Life was like the perfect Shangri-La on Earth.

We were young and the world had loads to offer us and we had a lot to offer the world as well.

I told him all my dreams and aspirations. I was determined to enrol in nursing school right after my high school education. I mean, what is life if it is not a life lived for others? Jude would just smile as he understood the kind of person I was. Since young, I loved to share everything I had with everyone.

"Mum, why is she staring at Sue (my doll)?"

"Perhaps she likes it very much," "Doesn't she have any dolls of her own?" "I'm not sure, dear. Orphans don't usually have many toys to play with. Even if they did, they are probably torn and tattered" "I'm gonna give her Sue!" "But, isn't Sue your favourite toy?" "Mum, I really want to,"

Since that day, my mum would often bring me to the Children's Hospice every New Year's Eve where I would donate a few of my dolls and toys to the children who had none. I enjoyed listening to the endless stories of the old people at the welfare home where my mum used to work.

They were lonely and needed someone they could share their golden life stories with. After all, loneliness is the worst form of poverty that could encapsulate anyone.

I never knew how intense pain could possibly be. Like normal people, I suffered cuts and bruises before especially when learning how to ride the bicycle. I even scalded my hand before after touching a hot kettle. But this pain was very different. It was a kind of its own. This pain

won't just leave me alone despite the painkillers. It followed me incessantly like a shadow and each time it attacked, I slowly lost my ability to walk.

Osteosarcoma, was its name.



Hours became days, days turned to weeks and weeks enfolded into months. My condition was getting worst and I was soon bed ridden.

"She will never be able to walk again. You might as well just prepare for the worst. There is nothing much we can really do except for palliative care." "Doctor, there must be another way? Another treatment for my daughter? You are the doctor. Do something!"

Oh, how I missed the life I had. I went for countless chemotherapy sessions but nothing seemed to have worked. After everything, I was left pale and bald. So often, I would hear my mother crying with immense agony and sorrow. She would only do so when she thought I was fast asleep. Once, I heard her pray solemnly that she would rather take my place instead as she could scarcely bear the burden of seeing me suffer.

I remember telling myself repeatedly, that this pain will not last forever no matter how excruciating it may be. I would not let cancer get the better of me. I refuse to give in to its vehemently angry pursuit. I wanted to show that only life exists and not death. I yearned to be the coruscating light in that dark, dismal ward.

As the cancer progressed insidiously yet aggressively, I kept smiling and laughing whenever my mother or Jude or any of my friends visited me. It was infectious. Soon, Jude and my mother were beaming with delight which radiated with such beauty. It brought me such tremendous joy to see them that way. I didn't want them to shed tears of sadness but rather tears of happiness as I loved the life I had lived. The cancer I had taught me that in the midst of sufferings, love and joy can still blossom.

In the late stages of my life, I was often asked by other cancer patients if I was afraid.

"Aren't you afraid of death? You do know that you may have just a few days or weeks left. Why still pretend to be happy and hopeful? I'm sorry but it's time to face reality, girl." "Reality is how you would perceive it. This pain, this cancer is but a mere fantasy. Living the last days of my life with faith and bliss is the ultimate reality. I want to see my loved ones full of rapture before I breathe my last. Writing this letter is the epitome of my life. If you are reading this, it would mean that I have already passed on.

I am more than grateful to have died in such peace and tranquility with Jude and my mother by my bedside. Dr. Stanley, thank you for giving me the best you could. Mum, please don't ever lose that lovely smile of yours as it kept me going for months. Jude, the words you said to me on that autumn evening will forever be entrenched in my mind and this wedding ring is a testament to it. I will always love and cherish you all.

*Forever yours,
Chiara*



A Trick, Trip, Mended Friendship.

Shannon Goh Shan Yen

"Won't you shut up?" Looking up from my game, I snapped at Jane's third attempt to get me to study. Mei and Melody froze at my icy tone. "It's for your own good, Yen," Jane glared at me. "Don't worry, my grades are fine. Unlike yours." I couldn't resist adding that last pinch of salt, but regretted it as soon as I saw hurt flash in Jane's eyes.

It was Monday night, and the Fabulous Four were studying in Mei's room. Melody, Jane, Mei, and Yen. The four of us met in Form One and clicked instantly. We stayed together through thick and thin, and even enrolled in the same college. Yet, inevitably, our bond was slowly falling apart.

Mei was spending more of her time with another gang of friends than with us, and I still felt betrayed by what she did. The picture of me confessing to Mr Tee, our Biology lecturer, went viral and I later found out that the person who took the picture was one of Mei's friends, and she had known where and when to spy on me because Mei had spilled the beans. It was embarrassing enough that I ever thought any good would come out of confessing my feelings to a lecturer, but no, the ignominy increased tenfold when I saw the hurtful comments directed at me posted on our student blog. Mei had not apologised, and had kept her distance from me.

On the other hand, I, an avid gamer, had encouraged Jane to try gaming and she was hooked immediately. However, things took a turn for the worse when Jane's grades dropped and she received a tongue-lashing by her parents. Jane had the nerve to blame me for being a bad influence on her. I scoffed at her, but deep down I knew I really was to blame. Ever since that scolding from her parents, the bubbly Jane had turned moody like sunshine to storm and traded games for reference books.

Melody, still on good terms with each of us, had to tread on hot coals every single time a spat occurred. She tried to make things right between the three of us, but it seemed that she would only succeed when the sun rises in the West. Or maybe North. Day by day, slowly but surely, we were drifting apart. Melody was very concerned about our "everlasting" friendship, we could clearly see, but there was little she could do about it.

Before Jane could storm out of the room, enraged by my nasty remark, Melody stopped her and in a grave tone, said she had something serious to confess. I grudgingly stopped my game. "We're all ears," said Mei warily. What Melody said in the next five minutes shocked us to the bone, and we stared at her with disbelief in our eyes. Her mother is an entrepreneur, and her business had been going downhill for years. Her father had just gotten a job offer from his international company which would pay handsomely, and he is expected in the headquarters in Belgium in a month's time. Her family has decided to move to Belgium, and it all happened very suddenly. Her whole family was excited to start a new chapter in life, but Melody loves her life here and was having mixed feelings about moving ten thousand kilometres away. She pleaded us to take a hike up Broga Hill with her, as it was the first thing on her bucket list. She really wanted to watch a beautiful sunrise with us, her Fabulous Four. A single tear slid down her cheek as she ended her solemn speech with "I don't know when I'll ever see you again, and I'm going to miss you terribly. Before I leave, I want to create more memories with you. So let's go hiking this weekend, please?"

After recovering from our initial shock, we agreed to hike with her. The three of us grudgingly tried to put our grievances aside for the moment, for Melody. For the first time in what felt like ages, Jane, Mei and I went shopping together. Since we knew exactly what Melody would love receiving most, it didn't take long for us to find her the perfect farewell gift: a Pandora charm bracelet. Much to our dismay, the Pandora outlet attendant informed us that the RM289 was the nett price for a silver bracelet, and each basic silver charm costs RM229, whereas special charms cost RM299. The three of us visibly gulped, seeing figures and stars waltzing in our heads. Eventually, hoping our parents wouldn't kill us for the amount we just spent, we purchased a charm bracelet for Melody.

Soon enough, Friday came. As soon as class dismissed, we made our way to a homestay at Semenyih, where we unpacked and discussed the details for the next day's hike. As expected, sarcastic comments flew around without pause. "Should I bring a backpack?" "No, you should take your water bottle and your phone in your hands. That way, you'll have no hands to break your fall." Then there was Mei trying to use the bathroom first. "I'm taking a shower now." "Right, because all of us silently agreed to let you use the shower first. Of course. Go right ahead, don't mind us." Our bickering annoyed Melody to no end, but after several fruitless attempts at peace-making, she gave up and let us shoot nasty retorts at one another to our hearts' content. "I brought sunscreen." "Because the sun would fry us to critters at 5.30am? Wow, why didn't I think of that, Yen?" Melody heaved a long sigh as Jane and I stared daggers at each other.

The sun retired and the moon took the night shift in the skies. Having filled our bellies with three regular pizzas between the four of us, we lounged in the living room. Melody and I were engaged in a game of cards, and seated on opposite ends of the sofa, Jane watched Avengers on HBO channel, while Mei was typing away on her iPhone, no doubt deep in conversation with her other gang of friends on WhatsApp. The only sounds that could be heard was Chris Hemsworth's deep timbre on screen and the soft sliding of cards across the tiled floor. Melody was enjoying the rare peaceful moment, when Jane broke the silence.

"Mel?" Melody made a questioning sound in the back of her throat, still engrossed in our card game. "Promise you won't forget all about us when you're in Belgium?" Jane said in a tremulous voice, followed by a suspicious sniff. Alarmed, we turned to look at her, and sure enough, her red eyes, filled with emotion, were trained on Melody as her lower lip started to tremble. Melody scrambled out of her seat and put her arms around Jane, whose sniffs were growing louder by the second. "Jane, Jane, come on, I promise. You're my best friends!" Jane buried her face in the crook of Melody's neck and bawled like a baby, while Melody frantically tried to calm her down. Sitting down on either side of the pair, I awkwardly patted her back, and Mei gently stroked her hair. "There's still Skype, we can always video call..." "It's not the same!", wailed Jane. Mel kept trying to placate her to no avail.

The mood turned melancholic, and as though the skies felt our imminent parting, a heavy downpour started, accompanied by bright flashes of lightning and ominous thunder, drowning out Jane's sniffs and sobs. Mei and I looked at each other's gloomy faces, the sorrow of parting with a dear friend mirrored in our gazes. Needless to say, there was no more bickering that night. Lost in our own thoughts, none of us realised that Melody had not shed a single tear.

My eyes snapped open. It was 4.00am. I got up and stumbled around groggily, dressing up and chewing on bread, my actions replicated by three others. It was the day we would conquer Broga Hill. The only reason we arose at that ungodly hour was to watch the first rays of dawn light up the skies, the hills, and the city beneath it, with Melody.

An hour later, we departed for our destination just a 10 minute ride away. Dressed in breathable tops and track pants with towels slung across our necks, we applied plenty of repellent (I'm 100% certain mosquitoes are early risers unlike us), our minds having escaped grogginess at last. We were all excited at the prospect of challenging our physiques to witness the magnificent display of nature awaiting us at the top of Broga Hill. It was not the first time the Fabulous Four had gone on a trip (we had toured the historical city of Malacca for three days), but it would be the first physically-challenging journey for us.

What surprised us was the throng of people already gathered at the foot of the hill. Two things came to mind: It seemed we had undermined the hill's popularity and the number of Homo sapiens' with the ability to rise before dawn. Oh, it was not going to be a quiet hike. I stared at a 5-year old boy whose head barely reached my hips (I'm five feet two), his hand clasped tightly in his mother's, with no little amount of dubiousness. My brows shot up further into my hairline as I spotted a fit-looking elderly couple stretching their limbs, giving off an air of regular hikers, and I nudged Mei, drawing her attention to what I saw. She poked my side, and gave me an arched brow. Right, best not get distracted and worry about my own physical abilities. This would be my first hike, and I was dead set on reaching the first summit (there are three peaks). After all, this hike was meant for beginners.

With a determined glint in our eyes, the four of us joined the ceaseless line of hikers ascending the hill, with Mei, the ringleader (she had hiked this very hill recently), at the forefront. I always had the image of Gandalf, Frodo, my fair Legolas and the rest of the fellowship climbing the never-ending range in Lord of the Rings. Jane's imagination of hiking was an even further cry from reality, as she was picturing the scene in Sound of Music, where lovely Maria aka Julie Andrews effortlessly ran up the green hills of Austria singing about hills being alive. Basically, from our "observations", hiking must not be that hard, right? Mei snickered ahead of us, no doubt having overheard our conversation, but said nothing. Heavens, how naively misled Jane and I were.

Twenty minutes into our journey, perspiration coursed down our faces and into our eyes, and my top clung to my back like a second skin. Contrary to Jane's belief that the forest ground was smooth thanks to Julie Andrews, the ground was actually covered with fallen branches, thick and thin, ready to make us trip and break our necks. Most of the way there were worn trails and stair-like steps, though uneven, and in certain areas of steep incline, sturdy ropes were tied to the sides, where we could hold onto for support. Some areas were covered with fallen leaves, some were lined closely by tall weeds that caressed our bare forearms and unprotected faces. The fact that the mud was treacherously slippery in some areas due to the heavy pour the night before didn't help, as the sport shoes I was wearing was not meant for hiking, and gave no extra grip on the mud. I risked a glance at Jane and Melody, who were treading with outstretched arms and furrowed brows. It was obvious we were facing the same dilemma.

Mei advised us not to look backward, and to focus solely on the ground beneath us, lest we miss a step and fall to our demise. "This. Is. No. Joke." Jane forced out through gritted teeth. I nodded my head vehemently in agreement. Forty minutes into the hike, my breathing grew increasingly laboured, and my quadriceps and hamstrings were screaming, aching for a reprieve. Mei looked no worse for wear, but soon, Melody's gasps for breath and Jane's wheezing forced us to stop and take a much needed break at the side of the trail.

Mei rolled her eyes and called Jane a weak ninny, grinning when Jane couldn't find the breath to retort. I told Melody she sounded like a dying fish, and snickered as she sputtered in protest. We took gulps of water and Revive to replenish our depleted reserves of body fluid (extracellular fluid to be exact). Our eyes had grown more accustomed to the dark, and I managed to make out my friends' faces. In between deep breaths, Jane repeated a mantra: When the going gets tough, the tough gets going. And I am tougher than a tough cookie. I can do this. We shot her amused looks, but kept our mouths zipped. Mei kept saying the peak was just a little way further, though we suspected she said it to keep our spirits up, and later on we would find out we were actually approaching the peak.

A cool breeze started up, and it was soothing, as though Mother Nature was gently pushing us on, giving us motivation and encouragement. With renewed vigour, we continued on our journey to the sunrise. Thankfully none of us got hurt, though Melody slipped, she managed to break her fall. Belatedly, we realised the east sky was slowly morphing from navy blue, to azure. We hastened our steps, eager to arrive at the summit before dawn broke. The inexperienced hikers among us huffed and puffed at the exertion, while the experienced, physically adept one (Mei) put one foot in front of the other surely and steadily, never faltering. As a team, with the fit supporting the weak like a lioness with her cubs, we headed up and up and up.

After one last crest, we finally set foot on the first peak. Again, defying my belief that the peak is like the top edge of a triangle, it was actually an uneven piece of land with a smattering of rocks. Groups of hikers were staking their claim on those rocks, which were the perfect vantage point for Instagram worthy pictures. With ecstatic cries of "We made it!" and unladylike whoops of victory, we hurried to claim a rock for ourselves. We settled down on our Pride Rock and awaited the sunrise.

Melody was hopping around like a bunny, and we smiled to see her so ecstatic. Suddenly, Mei, who had been fidgeting for a while, said: "Yen, I have something to say." Feeling anxious at her serious tone, I sobered up and encouraged her to go on with my eyes. "I am really sorry. I shouldn't have let the others know your plans to confess to Mr Tee. I didn't know things would turn out so bad. Forgive me." It took a while for the words to diffuse into my brain. "Then why did you avoid me after that incident?" Her eyes downcast, Mei said: "I didn't have the courage to face you. But I want to make things right between us now. I'm sorry." Wordlessly, I hugged her tight, and felt the tension dissolve between us. Then Jane spoke up. "Yen, I know it's my own fault for being addicted to games. It was selfish of me to blame you. But you really should focus more on studies, you know?" "No, Jane, I knew it was partly my fault. To be honest, my grades have been slipping too, so I made up my mind to put games aside for now." We beamed at each other, and I felt so good, like all was right with the world.

I took out the gift box from my drawstring bag and handed it to Melody. We saw surprise spread across her face, then..... guilt? Melody cleared her throat, and in a slightly sheepish tone, said she had something serious to confess. "Actually... I'm not moving to Belgium." "Say what?" "Well... I was desperate to mend our friendship, and I suddenly had this brilliant idea that a trip together might solve my dilemma. To ensure the three of you would agree to my plan, I tricked you about moving away, and look how well it worked! Oh, and thanks for the bracelet! I love it!" Stupefied, we gave Melody open-mouthed stares. Then a few things happened simultaneously.

Jane snatched the box from Melody and bellowed, "We spent half of our monthly allowance on this gift, you lying witch!" Mei grabbed Melody's face in her hands and with their faces inches apart, said: "You think this is funny?" in a lethal tone. I was doubled over on Pride Rock, guffawing until my sides hurt, aware of the stares we were receiving from other hikers, but caring less than I probably should. Then the delighted murmur of the crowd had me focusing on the scenery. The view was spectacular, to say the least. As the skies slowly lightened in hue, the layer of mist above the city thinned out to reveal the city lights beneath. My eyes greedily took in the pretty view, the sight forever etched in my mind.

Finally, the long-awaited moment has arrived. The sun peeked out from the hills with clouds surrounding it like knights protecting their king. The first glorious rays of light shone across the sky, symbolizing the start of a new day. In that awe-inspiring moment, the hills were alive with the sound of music, a combination of the frantic clicking of cameras and smartphones and the delighted gasps and exclamations of the crowd. Hikers posed with the breath-taking scenery at their backs. Temporarily halting their revenge on Melody, we took a group photo, our smiles rivaling the brightness of the sun.

As the skies turned various shades of pink, crimson and orange, I thought the sweat, the aching muscles, the laboured breaths, all of it was worth it. Mission accomplished (on Melody's part), victory achieved, we started our descent of Broga Hill. It marked the end of our journey to the sunrise, and the renewal of the unbreakable bonds of friendship of the Fabulous Four.



OUR PRIDE ROCK



BROGA HILL



FABULOUS 4

DEATH as my roommate

They say there are only 2 certainties in life: death and taxes. While some people can evade taxes, no one can avoid death. Most people are afraid of it, some welcome it. The fear is justified because they don't know what happens after that so they pray. Fear of the unknown, after all, is the cornerstone of faith. I should probably introduce myself, but then again some of you might see me very soon. I'm Death and I spend my time on Earth, in a corporeal form, surrounded by creatures that I will take into the light. Why do I do it you ask? Who knows. Something is satisfying about watching a creature take the first and the last breath, completing the circle of life.

I have been here since the beginning. I have watched mankind discovering fire, I was there when they made the Tower of Babel. The Industrial Revolution, The Great London Fire, Salem witch hunt and Chernobyl. War, famine, and pestilence across the world eventually end with me. I was there and everywhere else. It's like what the big purple man said: I am inevitable.

While I make it a rule not to interfere with lives, last night was an exception. Last night I came back to my apartment and found my roommate hanging from a ceiling. Such a contradictory picture in an otherwise normal apartment unit. The shoes are strewn on the floor, plates are piled up in the kitchen (was he planning to leave those to me?) and the cold pizza from last night was still on the coffee table. The whole unit smells like Axe deodorant and leftover takeout. Luckily for me and him, I saved him before he managed to kick the bucket (Death saves a guy, ironic I know). The only reason I saved him was that the apartment was too expensive to afford by myself and he bought the pizza last night, so I figured I owed him. Reaping souls is not exactly a lucrative job.

"What the hell are you doing?" I asked him right after I cut the rope with a kitchen knife and brought him down.

He clasped his neck with his right hand, massaging some life into it. His breath was raspy and quick. A rope around your neck and gravity does that to a man. I looked around his room and felt weird. This is the first time I've been here in almost 2 years we've been roommates. His comic books and assortments of novels are arranged neatly on the bookshelf. The computer setup is nice though. I think he built that PC himself. Everything was strangely neat. He looked at me with venom in his eyes while he tried to breathe.

"What do you think?"

He untied the rope, threw it away and turned around. I just saved his life and you'd think he'd be a little grateful, but the arrogance of mankind is astonishing.

"I'm Death. It's not your time yet and that's why I saved you." I blurted out.

The dude just tried to off himself by hanging, subtlety is not really the theme we're going for today. He looked at me with a smirk like I'm crazy. Pretty high and mighty for a guy that just tried to off himself. This is the predicament of humans. They believe in something bigger than themselves but when that something emerges in front of them, they seek their best to dismiss it. An angel can come in front of them, wings spread across the sky, but they will think they're hallucinating. A believer and a skeptic at the same time. Although if an alien were to come to Earth, they would believe it.

"Would you prefer I wear a black robe and wield the scythe?" I asked, before changing my appearance.

The black hoodie I was wearing started getting longer, falling into the ground before turning into a black robe. The frayed edges fluttered in the wind. I lifted my right hand and drew my scythe from thin air. He fell to the ground and tried to inch away from me, all the while screaming at me not to come any closer. Funny seeing him run away from death when a moment ago he welcomed it.

"Yeah everyone sees different things. It depends on your religion, social upbringing and in some cases, which TV shows you're currently watching. That was a weird interaction with a dead fangirl, I must admit. She said I wasn't hot enough."

"Are you here for me?" he whimpered. I reverted to the previous form and sat on a nearby chair. He appeared frightened and that was confusing to me. Dude wants to die but when Death is literally in front of him, he's afraid of it.

"No, I just saved you. Honestly a thank you would not be amiss. It's not your time yet, so you will live for now."

I looked at him. A minute passed without him saying anything. It's a lot to process obviously. Death sitting in front of you in a black hoodie and jeans. I dress like this to make it easier to mingle around humans. Can't really go into a shop wearing my usual getup now, can I? Bubble tea and a soul-reaping scythe do not go together.

"If you are what you say you are, why didn't you just let me die?" he looked at me angrily.

"So, what now?" This was the question he finally asked because he expected the lights would be out now

"Now roomie, I'm going to teach you why you should live and that this is never the answer."

THE FIRST LESSON:

I teleported us both to the location of the next person on my list, another soul to be taken. He was flabbergasted to realize that we weren't in the apartment anymore. Dude just teleported you think he'd be excited although I can't blame him. Seeing Death in person was bad enough and now he wants to teach you a lesson. Enough to make anyone unravel.

"Where are we? You could have warned me about that first." He finally said after vomiting on the ground.

We were standing under a tree, taking some cover from the surrounding wetness. Heavy rain was pouring down onto the ground as if the sky was crying for the occasion. The smell of freshly dug up soil filled the moist air, thick and earthy. The sound of sniffing could barely be heard, veiled by the weather. A large crowd of people dressed in black was gathered near a grave. It was new.

"Don't worry, people can't see you. Only the dead or dying can see you and me right now. And we are here for a funeral. Specifically, her funeral." I pointed to one odd woman out of the crowd.

She was wearing a pink cardigan and yoga pants, looking rather out of place from the crowd of black-wearing mourners. Unlike the others, she was not staring down the hole in the ground. She was fixated on someone. We approached the lady and she spoke before any of us did.

"I'm dead, aren't I?" she said with a somber expression and a tone of acceptance.

Her hair was slightly disheveled, and the eye bags said she had not slept a lot lately. Her pale lips trembled as she spoke. She stared intently at one man. He was a large man but looked smaller in grief.

His loved ones were struggling to hold him in their embrace when each sob shook them. Some of them patted him on the shoulder

reassuringly, not knowing what else to do. A small child was clutching his feet, looking up to him and asked why are they burying her mom.

"Yes, you are. Brain aneurysm. No warnings I'm afraid, for you or them." I told her, allowing her to absorb that.

She stared at the mass surrounding the casket being lowered to the ground. The man cried even louder, spluttering words of apologies to her, or her casket at least. She, however, seemed to take this better than I expected. So many people have screamed at me, cursed me for taking them before what they assumed was their time, bargained with the promise of money, glory, and love. They all learn you can't bargain with death.

"My daughter, I'll never be able to see her grow up. My husband. We were arguing the night before I..." her voice trailed off, drowned by the noise of falling rain.

Death often reminded people of the ones they love, usually with regret. She cupped her face and silently wept, the rain fell harder, agreeing with her.

"Do not despair. Your husband loves you dearly. He will bury you proper, mourn for a time and he will find happiness again. He will not remarry for the love he bears you. He will visit your grave with flowers whenever he can. Your daughter will grow up to look just like you. He will see you in her eyes and she will grow up listening to stories of you and love you in her heart." She smiled sadly and approached the husband slowly and hugged him. I could see the pain in the husband's eyes lessen as if he knew she was there.

"I'm sorry I yelled at you when we fought. I'm sorry I didn't kiss you enough, or hug you enough or tell you I love you enough. Please take good care of our daughter. She likes chocolate chip pancakes for breakfast and spaghetti for dinner. She loves to hug her plushie cow doll and a lullaby before she sleeps. She's scared of thunder and bugs so please protect her. Stop putting the nearly empty milk carton in the fridge. I always hated when you do that, though I think you only do that just to annoy me and get me to pay attention to you. I wish I can go back and tell you all this but it's too late now. Please raise our daughter well and know that I love you both so much now and always. I will wait for you on the other side, my dearest beloved."

As she said this, tears rolled down her eyes and eventually she disappeared like fog in the morning sun. My roommate shifted in his feet and averted his eyes from me. It's a weird feeling to see death from a different perspective especially when you courted it just minutes ago.

"I wonder if the husband caught all that. She's right though. He only does the milk thing so she gets mad. He thinks it's cute when she scrunches her nose." I turned around and walked back to the tree in my muddy shoes.

"what's the meaning of this? why did you show that to me?" he said, following behind me.

"Nothing haunts us more than the unspoken words,"

The rain was still going on.

THE SECOND LESSON:

We came to the second destination on our list. He has not said another word since the first lesson. Either due to shock or simply spite, who knows. We were standing in the middle of a field, the needle pines around us stood tall like green sentinels. Everything was picture-perfect, except for one thing. The same thing that stole my roommate's attention. He was looking at the cause of my arrival in front of him.

The breeze passes through us, carrying smoke and ash with it to the sky. The mansion was beautiful before this. Though to be fair, anything can be beautiful before this. It glowed bright orange as the flames licked the walls, growing more and more out of control. My roommate covered his eyes from the brightness of the embers. The heat from the fire was so intense that the firefighters struggled to put it out. Ambulances and the police were crowding the place along with some interested passersby with their phones up. Near the house was a field, untouched by the inferno that was still crackling away. We headed there for that was where the souls were, all 9 of them. But the only one knew what had happened.

A woman was looking over the field. She was in a sky-blue dress with a floral pattern. Her hair was white as snow peppered with a few strands of black waiting for age to claim them. Half-moon glasses perched on her nose, she looked like the lovely aunts who would pinch your cheeks at family gatherings and tell you that you have grown so big.

"These souls, they are all children." My roommate said in fear as he looked at the eight small figures chasing each other in the field, content and oblivious

A boy in a blue striped shirt ran after another boy, breathless in exhilaration. A little girl was watching them, a small worn-out bunny doll on her lap. She would play too but she liked her pink dress and didn't want to stain it.

"All but one," I told him.

The woman turned around and looked at us with glassy eyes, glistening with tears she's barely holding back. She told us she was the caretaker for the children. The orphanage has been run down for quite a while now. No fundings, minimal donations meant their financial situation was not good. They had to cut down on a lot of things including the monthly maintenance on the fire alarm system.

"It was all my fault. I was supposed to protect them, care for them and they are dead because of me. They will never grow old, find love and heartbreak. They will never have children of their own. They have known the world for long enough before it was snatched before their eyes. Such cruel fates for them." She was still watching over the children even in death, perhaps out of guilt, or maybe responsibility.

"It was not your fault. Their time has come and no one can stop that. Many have tried, none were successful. The girl that just got adopted yesterday will know what will happen and that made her treasure her life even more. She will grow to be a lovely young lady and worked hard to cherish the life she has been granted. One day, she will build another orphanage here in honor of you and all that you have done. The lessons and the kindness she learned from you will be passed on to those who live under this roof" The lady smiled a little bit but she turned sad in an instant like she just had a revelation.

"But these children, they will never grow up and be someone or do something. They will not know the world beyond this place. Please, I beg of you let them live. Let them see the world, have a family. Take me and leave them be."

She dropped to her knees, put her face in her hands and cried. Soft sobs can be heard, mingled with the howling of the children in the background. Her small frame shook as she moans.

"They won't get to do any of that. But they do know love, of you and what you did for them. You made their last day a happy one. You tried your best and your best is enough. Now go on Madam, your children are calling for you."

She turned around and saw one of the children waving his hand, beckoning the lady to come and play with them. She rubbed her tears and walked to the children waiting for her with her arms stretched out. They rushed toward her and embraced her in a big hug and vanished. Sunlight shone through them as she passed on to the other side. It was still for a moment.

"They were children. Innocent and you took them. How could you that?" his eyes widened with fury.

He was angry as people often are when they see something like this. The smallest coffin is the heaviest after all. Hard to carry, even harder to accept. They forget Death claims all without exemption.

"Yes, they were. And what of it? What do you think death is? Is it only the old that dies? Should only the evil be claimed and the good left alive? I claim everything and everyone. Politicians, kings, dictators, and peasants. They all die regardless and they all bargained in the end with futility. If these children know the truth of what happened, they would have given everything to reclaim the chance that was so cruelly denied. But you were willing to throw away what they would offer the world for. You tell me which of us is the monster here?"

I turned back leaving him standing amidst the field, ashes in the air and the second lesson in his head.

"Enough, please. I get it. I shouldn't waste my life. I have seen enough. Just let me go home."

"Not yet. We have one more place to go."

In the background the fire was still crackling away, devouring the mansion and the dwellers that were once inside.

THE THIRD LESSON:

The last place we went to was different from the ones before. No souls, no one waiting to go into the light. It was a normal house. Was being the keyword here. The kettle was boiling when we stepped in. A lady was in the kitchen making tea. Her hair was a mess, her eyes and nose were red. A solitary tear was falling from the side of her cheeks, she rubbed at it hard. She took her time making the tea, embracing the dullness of mundane, everyday tasks. The living room was empty, but the television was on, the only source of sound in the house. Whatever warmth was there in this house has gone.

Upstairs in the master bedroom, a man was looking through old photo albums. Tears were dropping on the laminated photographs like rain. He caressed one photo longingly before moving on to the next one. The whole family was at a waterpark in this one. The memory brought a smile to his lips before the tears take over. There were two other rooms for the children. A teenage girl was in one, looking out the window, listening to her music to drown her sorrow. She had been crying too.

Finally, we went to the last room. It was neater than to be expected but I supposed it's hard for a room to be messy when no one is living in it. Clothes were folded in the wardrobe untouched since the mother put them there. A phone and a wallet were on the table along with some books, collecting a fine layer of dust. A picture on the nightstand shows a teenage boy smiling around his family. Happier times. Nothing in this room had been touched since the mother came in here to clean it.

"Where is the soul? All I can see here are people crying. Is something going to happen to them?" he asked me.

I sat down on the bed, picked up the picture and studied it. They were at the beach celebrating a birthday.

"I reaped the soul here a week ago. Suicide." Clearly, I struck a nerve because he looked away from me, ears red from shame.

"Why are we here then?" he wanted to get away from this place. He felt guilty just being here.

"The young man was only 18. His sister in the other room found him hanging from the ceiling when she was going to ask him to go and eat dinner. She screamed so hard the parents barged in, wondering what happened. The mother screamed his name as if that will wake him up. The father called an ambulance even though he knew it was too late. Tears were abundant. In his note, he apologized and revealed his reasons for doing this. Life is meaningless, he wants to die, no one will miss him and so on. But the father had just lost a son. The mother will forever wonder if it was her fault for not loving him enough and the sister will live with the image of his swinging body in her mind. These three will miss him, and they will never be the same."

My roommate said nothing and kept looking down on the floor.

"When I asked him why, he said he wanted the pain to be over. I pointed at the grieving family and told him the pain is not over. He had simply passed it to someone else. He looked at his father clutching his lifeless body and the mother trying to console the wailing sister, he regretted it that instant. He begged and begged and begged me for another chance, but I think you would know by now that no one can make a deal with me." I put the picture back on the nightstand.

"What's your point here? Don't commit suicide? I get that already!" he screamed at me. His face was flushed with anger and pain.

At that moment, the mother came in and lingered in the room. She touched her son's belongings softly, whispering his name like a prayer. I pointed at the mother.

"The lesson here is; you are more loved than you know."

We were back at the apartment after several minutes of silence. He has yet to say a word. As soon as we went back, he ran to his room and stayed there for the entire day. I figured, whatever happens, happens. I have intervened in a mortal's affair today more than I have ever done in a century. If after all of that and he is still adamant of taking his own life, what can I do except for my duty?

It was morning the next day when he emerged from his room, carrying the ropes that were supposed to be around his neck and threw them away. He took out his phone and called his mom and dad. He didn't waste time telling them he loved them because he knows I can come to him at any time. His mom was delightfully surprised and his dad asked if he was high on drugs. He just laughed it off.

"No mom, dad. I promised I'm not high or drunk. I just realized how much I love you."

Tears were streaming down his face and he tasted the saltiness in his smile. After that, he called a girl from his workplace and confessed. Facing Death and going with him to reap souls really did a number on his confidence. She was surprised but accepted his invitation to a date. They'll talk about how he found the courage for this but he didn't say anything. He will marry that girl one day but I don't need to tell him that. He'll find out eventually.

"I'm sorry. I didn't realize you are still here." He said with a smile. A rare thing to see someone smile at Death.

"I am always here for you and everyone else. Just waiting for the right time."

"Can I just ask you a question? What's the meaning of life?" he looked at me expectantly. So many people have asked me this question before. Everyone wants to know what it means.

"That is something you can find out by living your life. To some people, money gives their lives meaning. For others, it may be family, friends, careers or to do good things in the world. I cannot tell you what is the meaning of life because I am not of Life. I am of Death. So, go out there and do what you want to do. Explore, eat exotic food, go bungee jumping, find love and heartbreak and live life to the fullest. One day when the time comes, you will see me again and I want you to tell me what's the meaning of life to you."

"I guess I better get started then."

AN OPEN LETTER TO MY REGRET

Regret, that's one way to start a story. To those who lived without having any regrets, they're the lucky ones. Unfortunately, I'm not one of them. Don't get me wrong, I don't hate regrets, it's one of the ways that one can learn from their mistakes. I, however, ponder on those regrets longer than I want to. It's not like I want to be stuck in the past, reminiscing on what has happened and sulk about it. But if you're reminded of regrets every day, it gets harder to live with it.

Life was so different without regrets. I can't remember a time when I get to live carefree, not worried about what I did or said, when I just get to be me, without feeling bad or guilty about it. I missed those times, when these worries cease to exist, people's opinions don't bother me much. Now, every move I make, every word I say, I have to think twice, even thrice before doing anything. Who knew my life would've changed because of one regret. If only I knew then, what I know now, things may have been different.

Ever since having that regret, it felt like I've been living my life in fear. Fear of facing reality haunts me. I couldn't live with the fact that there was nothing I can do about it, considering I did try to do something, and it backfired on me pretty badly. I tried fixing it, fixing this, but how can I fix something that no one besides me wants to be fixed in the first place? How could I just accept everything and pretend as nothing happened? Without having anything to move on with? This isn't something I can fix on my own, despite this issue wasn't even my fault in the first place, but somehow I'm the one who has to take the blame for it.

I tried searching for answers, to make this regret go away. It's been cruel, the fact that I could never solve this kept on replaying in my head. The reason to my regret, the only person who could provide me with answers to this doesn't want to say a word to me. It's clear that no one is benefiting from this tug-of-war, but nobody wants to 'give in' to fix this situation.

Time passed, I was still living with this regret. When it first started, I couldn't accept the fact that I have to suffer like this. I tried forgetting about it, I tried putting it in a little box and send it out of space, I punished myself, to hate myself to even think about this regret. Nothing works. I despise the fact that I can't just forget about it and move on. I felt weak because I can't 'just forget about it like everyone else. This was imprinted in my head, no matter how hard I tried to ignore it, to erase it from my memory, it's still there. I was reminded by it all the time, and there was nothing I could do about it.

I tried being happy, going out with friends, watching movies and all, just to forget about my regret. But somehow I'm still reminded of this. It felt like it was a punishment, for not being good enough, for not being smart enough to avoid all these issues. If only this didn't happen, things would've been different. I tried hiding this broken part of me so that people close to me won't worry much about me. I did not want to be that sad friend that they have to feel bad about, the one they have to be sorry about. I felt bad because I felt like I can never be happy hanging out with them as if they were of lesser importance to me than before.

Those who mind, don't matter; those who matter, don't mind'. Eventually, I did tell a few of my close friends about it. I'm lucky to have them by my side, especially through rough times like these. Hiding away from them did no justice. They are the ones who ended up being there when I needed them the most, telling me that it's ok to have regrets, that I don't have to go through this alone. They are the ones who matter to me, and I'm lucky that they don't mind that I'm living with this regret and that they helped me get through this.

It's been a year and not a day goes by when I'm not reminded of it. I'm trying to live with it, but it's easier said than done. I had to sacrifice things I love doing most to keep myself away from my thinking or facing my regret. One day I hope I can get past this, but I feel like it's gonna take a while before that will happen. How long do I have to wait for it? I'm not sure, nobody knows. But one thing I know for sure, I have other things to live for. To my regret, be reminded that I don't hate you for what happened, in fact, if one day you decide that you might want to move on from this, you know where to find me. Till then, I can't let you govern my life forever, as I have a lot of other reasons to live for other than worrying about you.

Nec possum tecum vivere, nec sine te.

Sincerely,
Amie

*Nec possum tecum
vivere, nec sine te.*

*I can live neither with you,
nor without you*



[LOVE LETTERS]

Is it out of love?
But everyone hates
Though the senders hailed as the sweet voice
Tuned in melodious poise
When duty calls, if you fail to remember
With a sudden shudder
You dreadfully embrace
The impending fear of the letter's grace.

What is this love
A compounding relationship?
Some crave it for companionship
Some long it for showmanship
Soon, you approach housemanship
And just when you thought
You've conquered the world
Your joy is short-lived
When the letters beckon
An emotional rift.

In bold black blocks
The senders pen
On pink passionate parchments
The senders impress
"Love is reflection,
Love is evaluation,
Love is submission"
For every time you forget
The letters won't neglect
Their duties to incite a tearful regret.

Love is so hateable
But can you hate love?
Maybe they mean well
And maybe it's true
They are only doing what they are meant to
do.

But perhaps
Like the words we wail when we are hurt
Love is another four-letter word
Like many words that we hold dear
Never true, always queer
Just like many words in medicine
Love is just a misnomer.


I Cell, and
Philadelphia Chromosome

~~Linger~~

I have a friend
We're total opposites
Yet similar in every way
He loves to talk
About everything under the sun
Yet I don't hear him at times
He teases me often
About my hair and the way I walk
Yet I don't really care
He tells me everything
About his life and dreams
Yet I don't know a thing about him
I would love to know
Where all these years gone
Passing by without a notice
Where all the raindrops gone
When they're no longer on my skin
Where all the tunes gone
When we don't hear them anymore
What are words for
If we only know how to hope
How to pray
And how to stare
At the scars on our hands
Before they all fade into pale
Staring blankly into the mirror
Is the same old you
Staring back at you
At the corner of the closet
Was a picture of me and you
Sitting on the swing
Hair blowing in the wind
Laughters still lingering in my ear.



Reggina Chong
Syin Tze



Thanks for the Memories

I recall each day
My mind saunters to the thought of you
A flutter in my heart
Whenever you walked in
I stole timid glances
Only to turn away
Whenever the dazzle in your eyes
Danced their way to mine.


Imagine
The confetti of fireworks
Invigorating me
The day we met
As we told our stories
A life worth living
But worth much more
If there was a "you and me".

Is it wrong
For a man to dream
For a man to be more than friends?

-Dimitri

Imagine
A night
A magical fantasy
The whole world withdrew
And there was you
And me
And all for us to do.

I found solace in your warmth
Oh, how I wished for more
The pictures we took
All to cherish for
The comfort I felt
When our eyes met
No more turning away
As we dwelled in our gaze
Your smile, so infectious
I hope it never fades
The night was beautiful
And so were you
But like all nights
It had to end
I would relive it
Till we meet again.
Thanks for the memories
The treasures, the laughs
And the blissful blossoms
In what little time we shared.



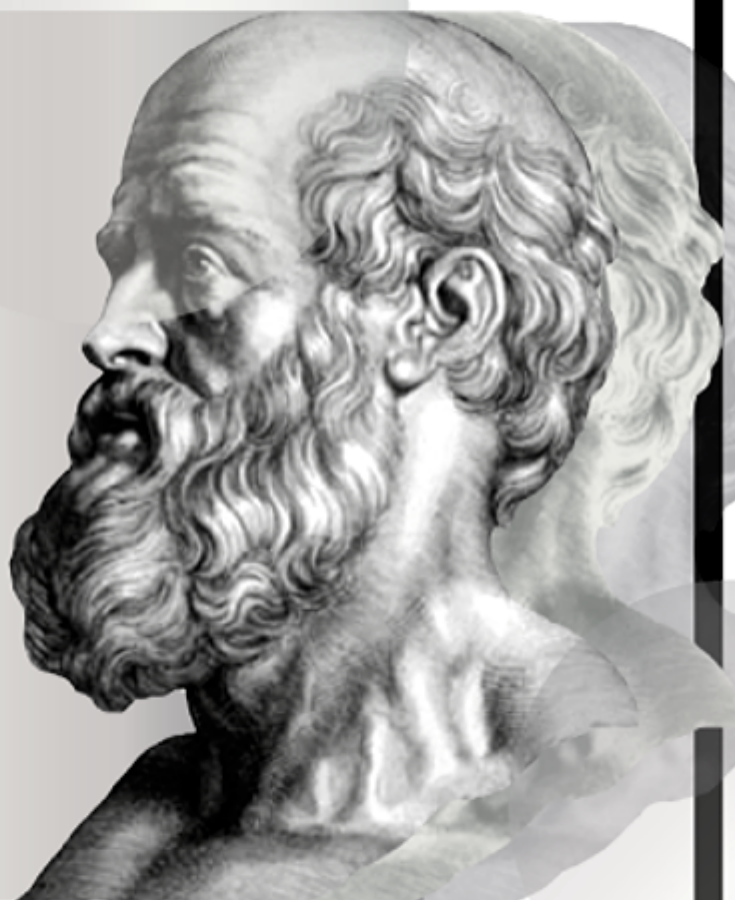


MBBS Raya 1 – Afif Izuddin

My Memories

PACEMAKER

19/20



PACEMAKER ●

PACEMAKER

12/50

