

HEALTH CAMPAIGN 09

On the 8th of February 2009, the annual health campaign organized by MEDSTAS in collaboration with JAKMAS of Kampung kicked off at 8 a.m. with the the blessings of our dean, Professor Dr. Osman Ali and the representative for Kampung C/D's principal, Madam Earnie Helmie. Various activities were held, which included the health examinations and exhibitions. The health examinations included examinations of blood pressure, blood glucose level, visual acuity and measurements of Body Mass Index (BMI). Exhibitions like demonstrations on first aid and cardiopulmonary resuscitation (CPR) were also held. During the demonstrations, participants were given the opportunity to try out these life-saving techniques themselves. Posters and talks on various health problems and diseases were also delivered to expose the public to global health issues. The health campaign lasted nine tiring hours. However, knowledge and experiences gained through this event was worthwhile. It is hoped that this health campaign would continue to be carried out for years to come.

By Michelle Foo Tse Teng

