

TRENDING NOW:
THE DIGITAL ERA

DACEMAKER 2025



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Editorial by the Pacemaker Committee 2025.

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TRENDING NOW:
THE DIGITAL ERA

DACEMAKER

2025



DEAN'S *Foreword*



Welcome to PACEMAKER 2025, showcasing a snapshot of memories, milestones, and momentum in a year where the digital revolution continues to reshape our lives.

This year's theme, "*Trending Now: The Digital Era*", could not be more fitting. From AI-assisted diagnostics to virtual learning ecosystems, we are not just witnessing change—we are training, adapting, and leading through it.

The Faculty of Medicine, Universiti Malaya continues to embrace innovation while holding firmly to our humanistic roots. While technologies evolve, the core principles of care, empathy, and professionalism remain timeless. In a world of fast-moving trends, may you never lose sight of what truly matters: your purpose, your values, your patients.

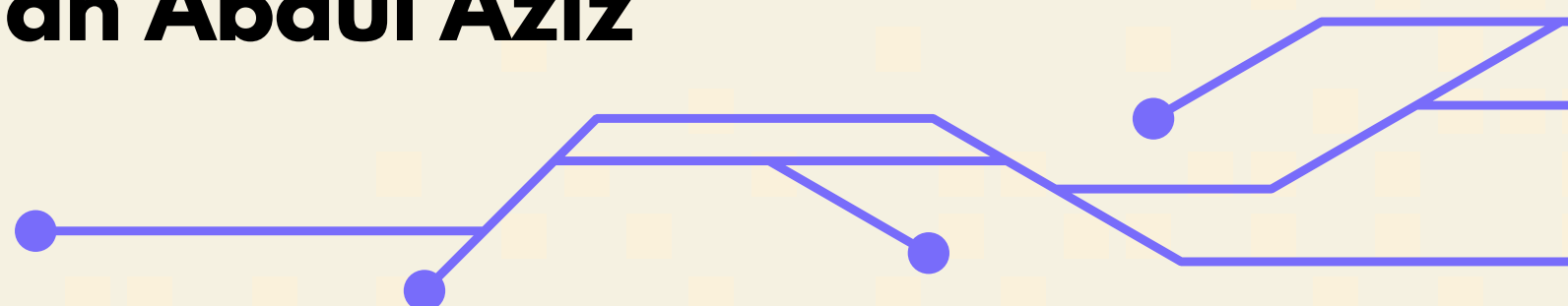
As students and future leaders of the medical profession, I hope you embrace this era with open minds and a spirit of curiosity. Cultivate the ability to think critically, to integrate knowledge across disciplines, and to apply digital tools responsibly. More importantly, let technology empower you to be more empathetic, innovative, and resilient practitioners.

To MEDSOC and the editorial team behind this publication I extend my heartiest congratulations on capturing the vibrancy of campus life in these pages. This yearbook reflects not only your creativity but your commitment to community and camaraderie. May this yearbook serve as a reminder of your growth and achievements, and as an inspiration to continue striving for excellence.

So scroll, swipe, laugh, and above all, reflect. Let this yearbook remind you all that you have achieved in the past and make possible all that you will achieve moving forward. You are the trend, and the future of Malaysian Healthcare!

Professor Dato' Dr. Yang Faridah Abdul Aziz

Dean
Faculty of Medicine
Universiti Malaya



DEPUTY DEAN'S *Foreword*



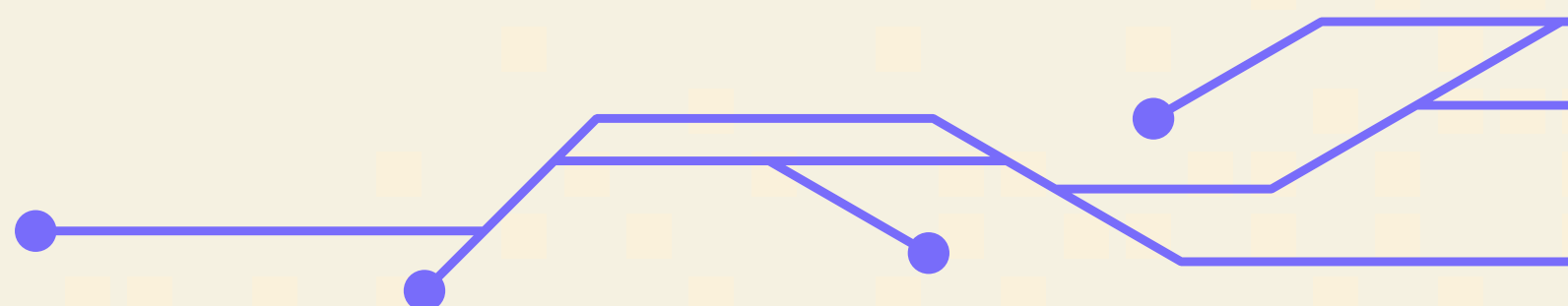
The Pacemaker has always been more than a publication; it is a reflection of the heart and spirit of our students. Each edition captures not only your creativity and resilience, but also your ability to adapt and thrive in a rapidly changing world. This year's theme, "*Trending Now: The Digital Era*," is especially timely, as digital innovation continues to shape the way we live, learn, and practice medicine.

As medical students, you are part of a generation uniquely positioned at the intersection of tradition and transformation. You are not only absorbing knowledge but also creating new ways to share it. The digital space has amplified your voices, broadened your access to information, and connected you to communities beyond borders. Yet, it also challenges you to remain discerning, to uphold professionalism, and to protect the values that define our noble profession.

This yearbook is a celebration of your journey, your persistence in the face of challenges, your ingenuity in embracing change, and your vision for the future. May it remind you that while technology continues to evolve, the essence of medicine remains constant: compassion, integrity, and service to others. Hold fast to these values, and you will shape a future worthy of your calling.

Professor Dr. Muhammad Yazid Jalaludin

Deputy Dean (Undergraduate Studies)
Faculty of Medicine
Universiti Malaya



DEPUTY DEAN'S *Foreword*

Digital technology is fast being increasingly utilised as a tool to serve human evolution. In the midst of the COVID-19 calamity, technology aided humanity to still survive and function together despite the physical isolation ranging from local to worldwide magnitude. The inevitable urgent need for technology to help sustain humanity in various aspects of survival has also positively sparked human creativity in extending its utilisation and also finding novel applications.



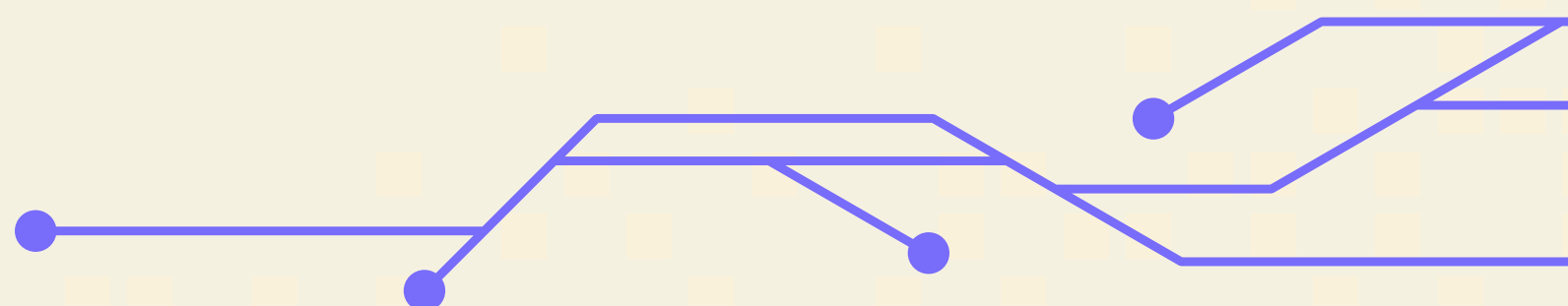
Education is a sector which has embraced various technological advancements in expanding its applications towards more effective and efficient teaching and a wider spread of knowledge. Not surprisingly students have also exercised their creativity in further ramifying digital technology utilisation in networking, collaboration and research in both academic and non-academic settings.

We have learnt from history that while using tools aids evolution, over dependence and abuse leads to regression. As advance as it is, digital technology remains as merely a tool. Humans' higher intellectual functions should dictate tool usage, as opposed to being replaced by it. Those dominated by digital technology and artificial intelligence face selective disadvantage compared to those who judiciously regulate their technological engagement. The highest levels of human intelligence will always remain superior by having certain facets devoid in artificial intelligence.

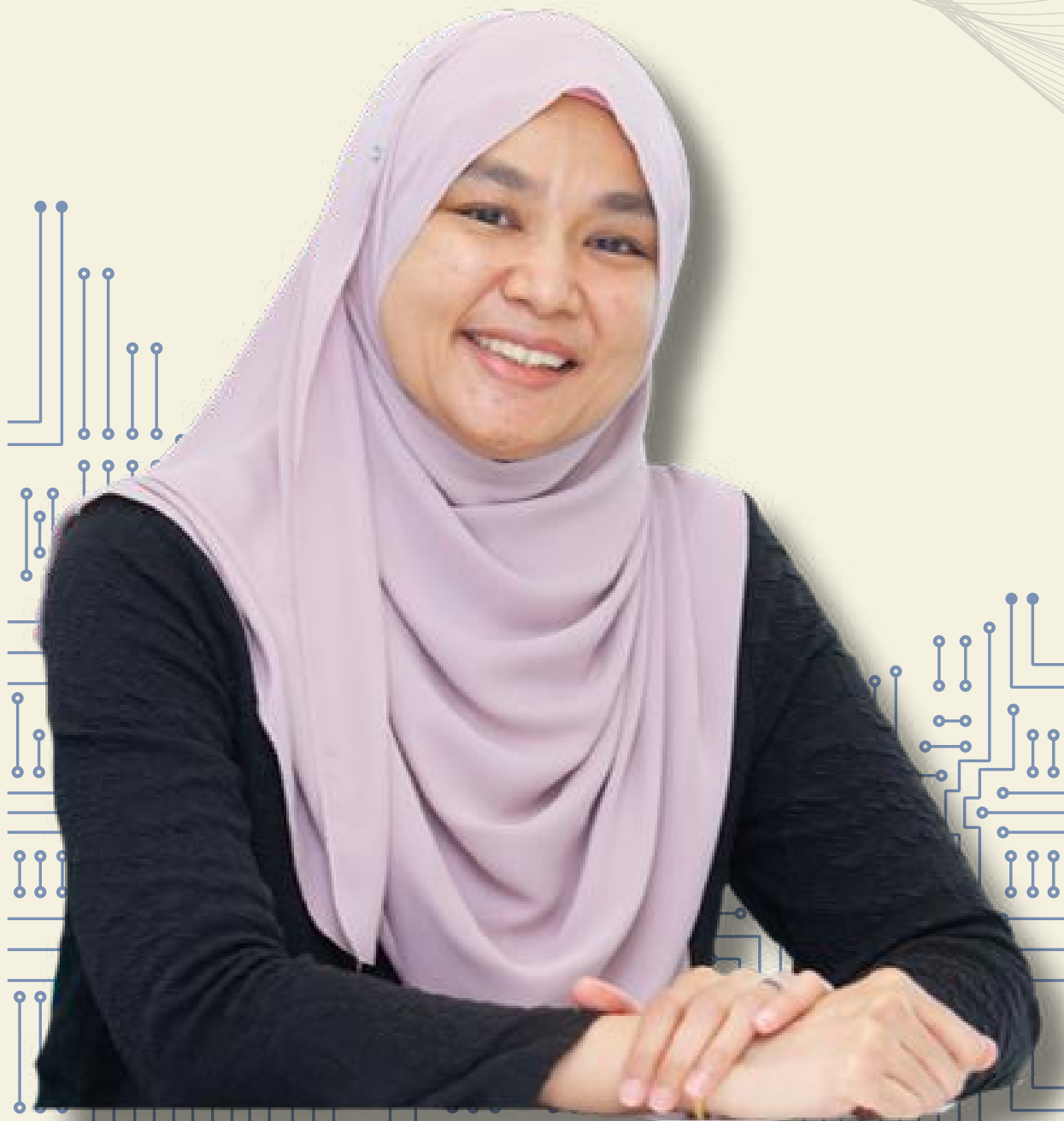
This year's Pacemaker theme, "*Trending Now: The Digital Era*" reflects this rapid evolution in digital technology utilisation among our students. I would like to congratulate and thank all our students, academic and non-academic staff who have tirelessly contributed to this year's publication. May this edition remind us that while trends may change, commitment to learning, service, and innovation remains timeless.

**Associate Professor Dr. Tengku Ahmad Shahrizal
Tengku Dato' Omar**

Deputy Dean (Student Affairs)
Faculty of Medicine
Universiti Malaya



MEDSOC ADVISOR'S *Foreword*



The annual Pacemaker yearbook has long served as more than a record of events; it is a snapshot of the evolving spirit of the medical students' community. This year's theme, "*Trending Now: The Digital Era*" is especially fitting, as it speaks to the transformations shaping both our profession and our daily lives.

In recent years, the digital sphere has redefined how we learn, connect, and share knowledge. From virtual classrooms to online collaborations, technology has woven itself into the fabric of medical education.

The annual Pacemaker yearbook has long served as more than a record of events; it is a snapshot of the evolving spirit of the medical students' community. This year's theme, "Trending Now: The Digital Era," is especially fitting, as it speaks to the transformations shaping both our profession and our daily lives.

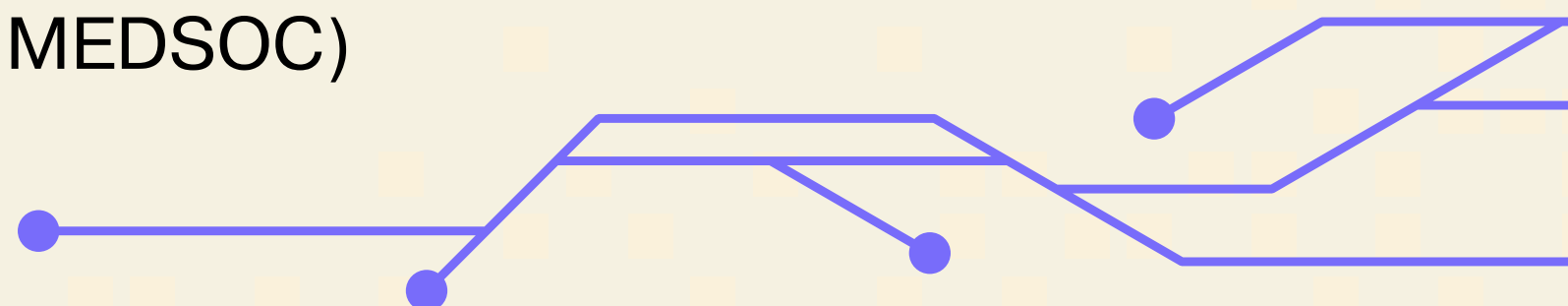
In recent years, the digital sphere has redefined how we learn, connect, and share knowledge. From virtual classrooms to online collaborations, technology has woven itself into the fabric of medical education.

In the fast-paced digital era, let us all be reminded to remain mindful and careful, balancing innovation and creativity with empathy, and efficiency with the human touch as the heart of medicine.

This edition not only reflects students' life but also sparks reflection on what it means to thrive in this challenging but rewarding medical pathway. May this yearbook remind us that while trends evolve, our commitment to growth and compassion must remain constant, towards self and one another.

Associate Professor Dr. Nur Amani @ Natasha Ahmad Tajuddin

Advisor
Universiti Malaya Medical Society (UM MEDSOC)
Faculty of Medicine
Universiti Malaya



PACEMAKER ADVISOR'S *Foreword*



It is my sincerest pleasure to once again welcome all students, staff, and alumni to PACEMAKER, the Official Student Magazine of the UM Faculty of Medicine. As we step into the 2025/2026 academic year, it is inspiring to see how our student community has continued to grow, adapt, and thrive amidst the ever-changing landscape of healthcare, artificial intelligence and education. .

As the world of medicine rapidly evolves, we find ourselves standing at the beginning of a new transformative chapter in healthcare, one that is shaped by digital revolution, sustainability, and the boundless potential of artificial intelligence. Hence, it is with great pleasure that I welcome you to the latest edition of our student magazine, themed “*Trending Now: The Digital Era.*”

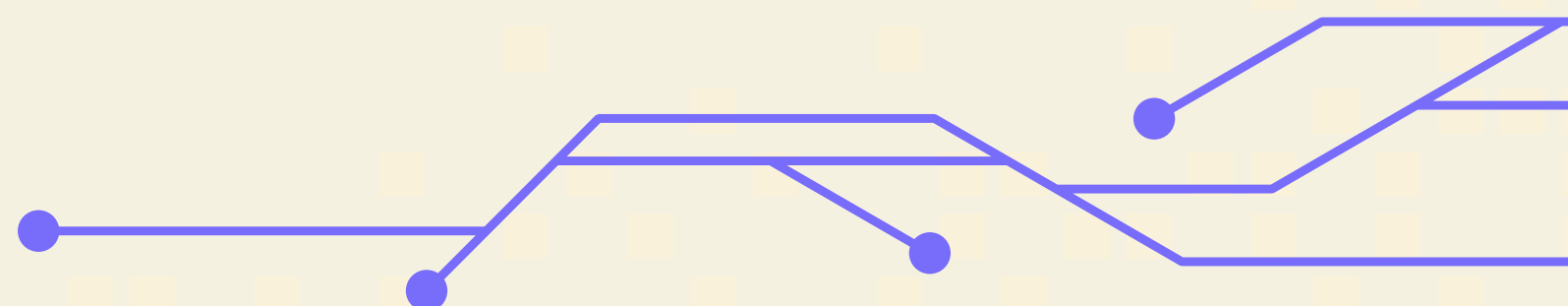
Healthcare today is no longer confined within the walls of the hospital. Digital tools, from wearable health monitors to telemedicine platforms, are expanding access to care while helping us use resources sustainably and more effectively. Perhaps the most exciting development of our time lies in the growing integration of artificial intelligence. With its capacity to analyze vast amounts of data and uncover patterns beyond human reach, AI holds the promise of truly personalised medicine, where treatments are tailored to the unique genetic, environmental, and lifestyle factors of each individual.

The past year has once again been a testament to the brilliance and dedication of our students. From international conferences to impactful student-led initiatives, your achievements speak volumes of your passion and commitment. As we continue forward to the year ahead, let us remember that change, though often uncomfortable, is necessary for progress. Embrace boundaries not as limitations, but as guiding forces that shape your journey and elevate your growth, as individuals and as part of a community dedicated to scientific and medical breakthroughs.

I would like to take this opportunity to congratulate Editor-in-Chief, Ms. Fareeha Fareej Mohamed and the entire editorial team of PACEMAKER 2024/2025 for their creativity and hard work in producing this year's magazine. I hope this edition inspires you to think critically and creatively about the digital era in which we live in and to imagine your future role as healthcare workers, and, above all, to maintain the human touch that remains at the heart of healing. Together, let us shape a sustainable and intelligent healthcare system for generations to come.

Associate Professor Dr. Muhammad Fazril Razif

Advisor
Pacemaker 2024/2025
Faculty of Medicine
Universiti Malaya



PRESIDENT'S *Foreword*



As we come to the close of another tenure of Universiti Malaya Medical Society (UM MEDSOC), it is with great gratitude that I reflect on the journey we have shared. This year has been filled with growth, resilience, and aspirations, and it is through the collective efforts of our members that the society has continued to thrive. Together, we have faced challenges, embraced changes, and celebrated successes, each experience shaping us into a stronger and more dynamic community. Beyond the projects, let us also take a moment to cherish the friendships formed and the memories created, which I believe will endure long after this tenure.

With that in mind, I would like to extend my deepest appreciation to the Pacemaker team for their dedication in bringing back this yearbook. Their effort has given us the opportunity to preserve not just a record of our events, but also the memories, challenges, and triumphs that have defined our journey. This publication is more than pages bound together; it is a testament to the hard work, creativity, and perseverance that sustain our society.

My heartfelt thanks also go to every member of the society, from project committees to the executive and high committee, as well as to our faculty management. Without your time, energy, and support, none of what is captured in these pages would have been possible.

May this yearbook serve as both a reminder of what we have accomplished together and as inspiration for the milestones yet to come. Here's to the enduring spirit of UM MEDSOC, and to the many more journeys ahead.

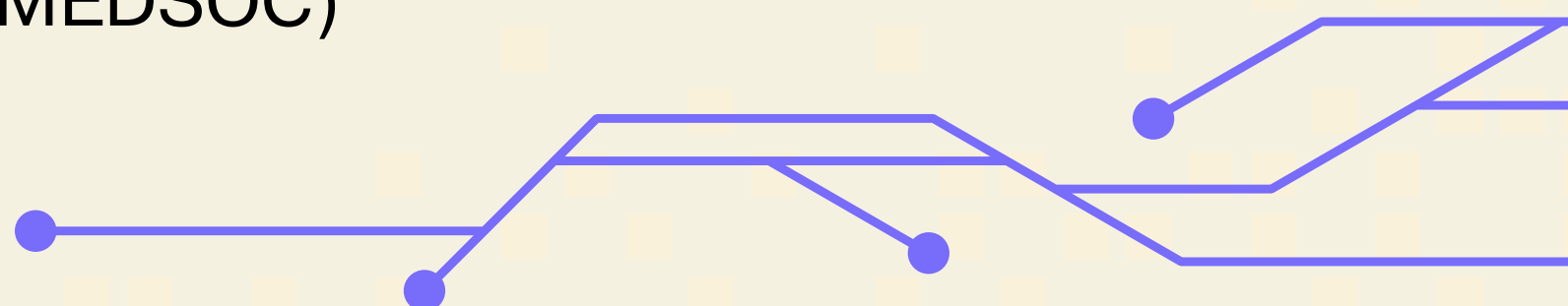
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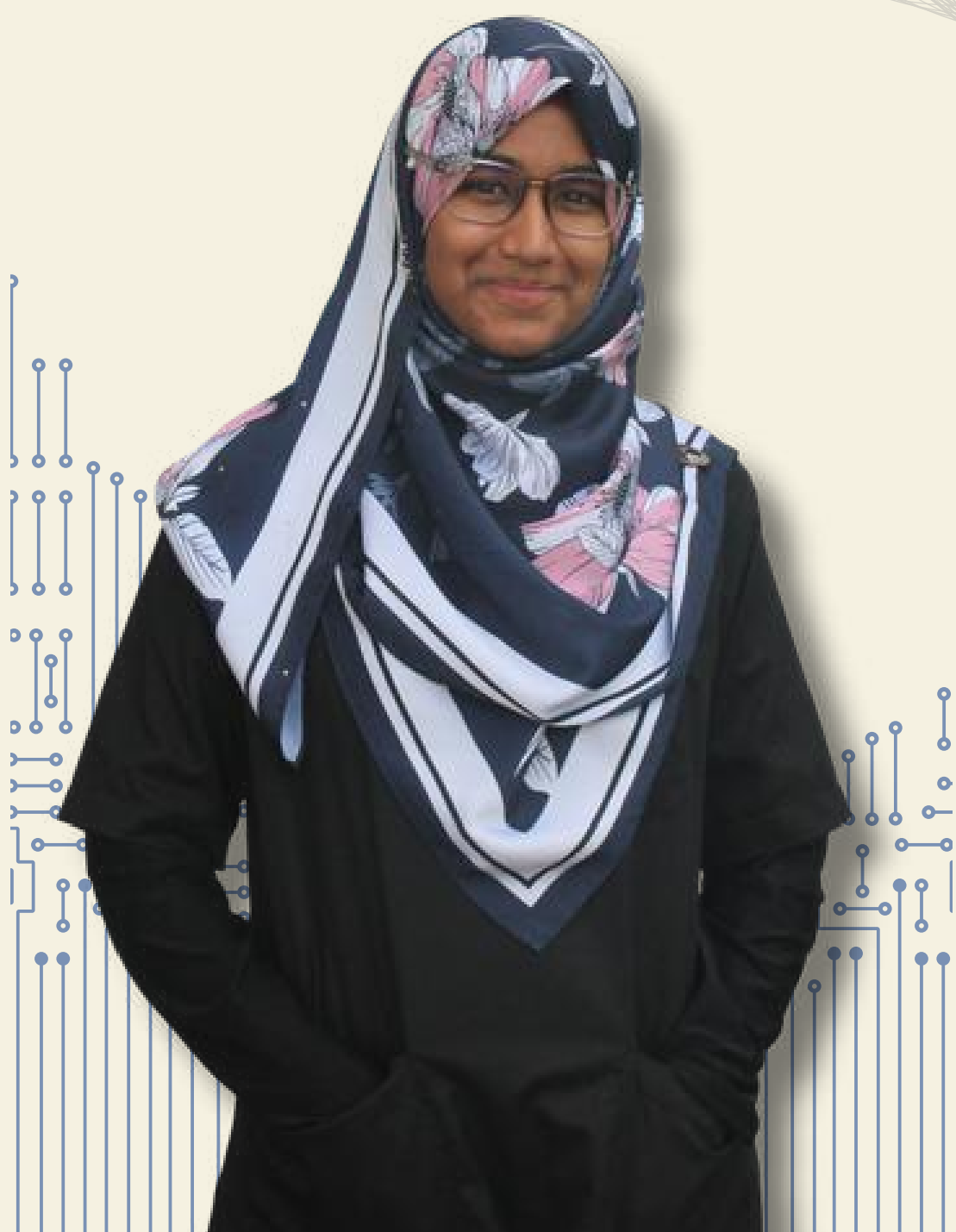
Universiti Malaya Medical Society (UM MEDSOC)

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EDITOR-IN-CHIEF'S *Foreword*



As the Editor-in-Chief of Pacemaker 2024/2025, I've spent a good amount of time thinking about what makes this academic year so distinct; this would, after all, dictate the direction of this year's edition. I thought about the great heights that many student interest groups have managed to reach under the headship of competent leaders, the wonderful extracurricular accolades of several others, and at the core of it all, an ever-evolving digital space that presents new and unique challenges to the medical field. Therein lies my theme for the year "*Trending Now: The Digital Era.*"

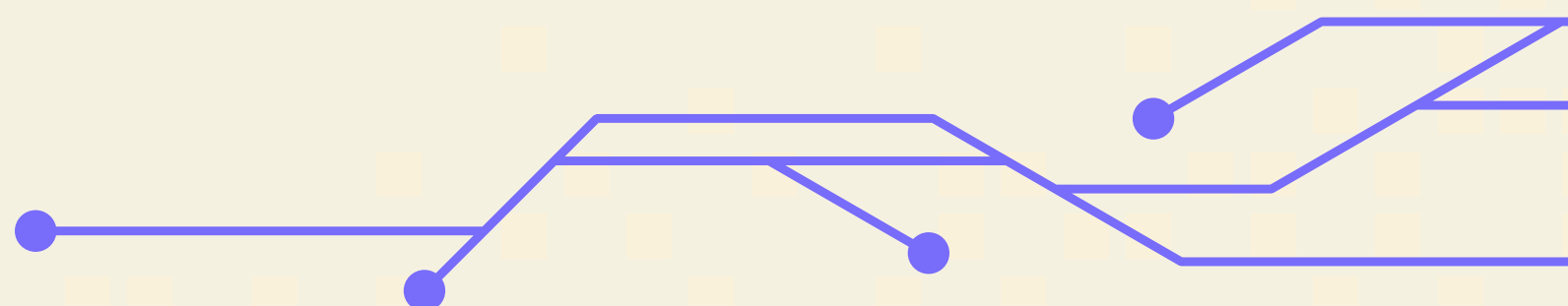
In this edition, we take a closer look at how our generation of students continues to adapt, innovate, and thrive in an increasingly connected world. From student organizations leveraging online tools to expand their reach to AI-assisted learning, from social media's influence on campus culture to the growing intersection between medicine and technology, we see how the digital age shapes not only how we study but also how we think, create, and connect.

Yet, beyond the screens and streams of data, what stands out most is the unwavering spirit of our community, the friendships forged, the resilience displayed, and the curiosity that keeps us moving forward. Pacemaker 2024/2025 is more than a chronicle of achievements; it's a reflection of who we are in this moment in time: learners and leaders navigating a world where the virtual and the human constantly meet.

To everyone who contributed their time, creativity, and heart to this publication, thank you. May these pages remind not only of how far we've come but also of the exciting, ever-evolving future that lies ahead.

Fareeha Fareej Mohamed

Editor-in-Chief
Pacemaker 24/25
Faculty of Medicine
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Introducing the Pacemaker Committee



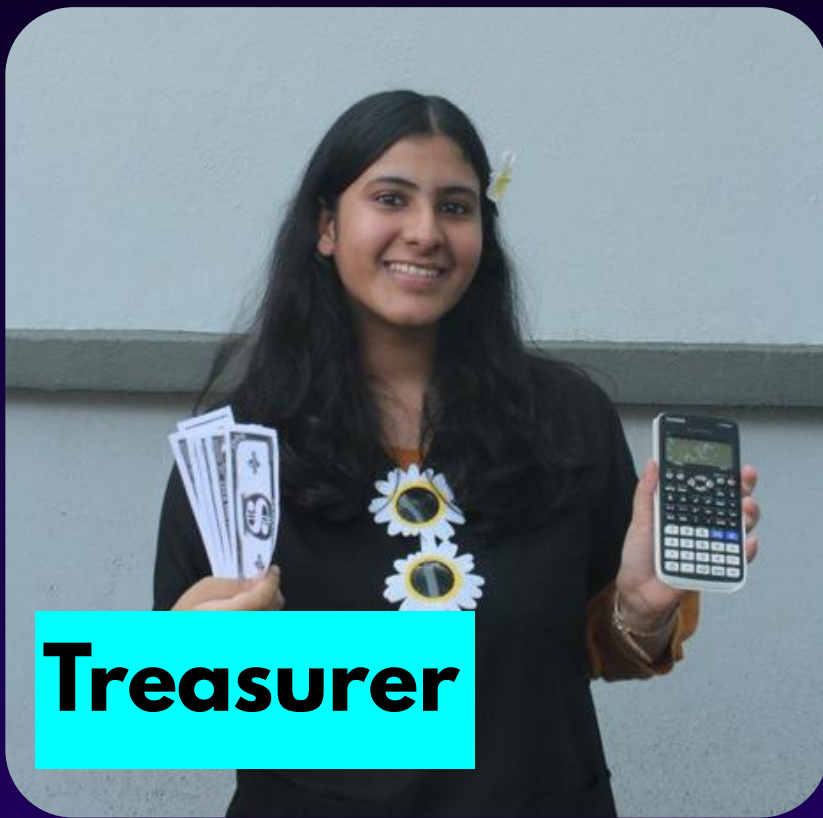
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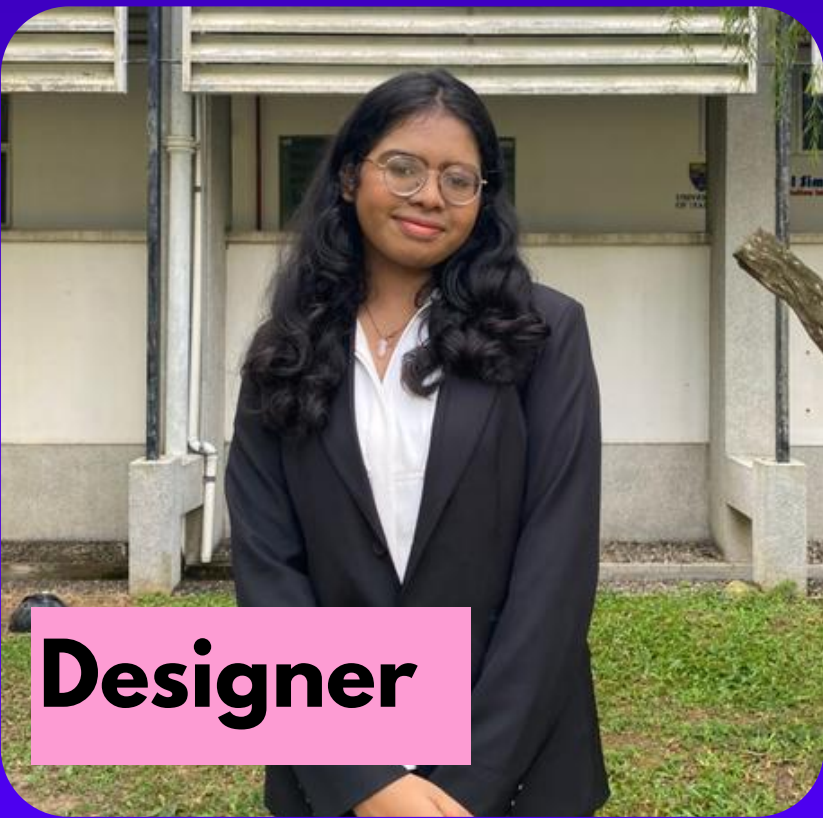
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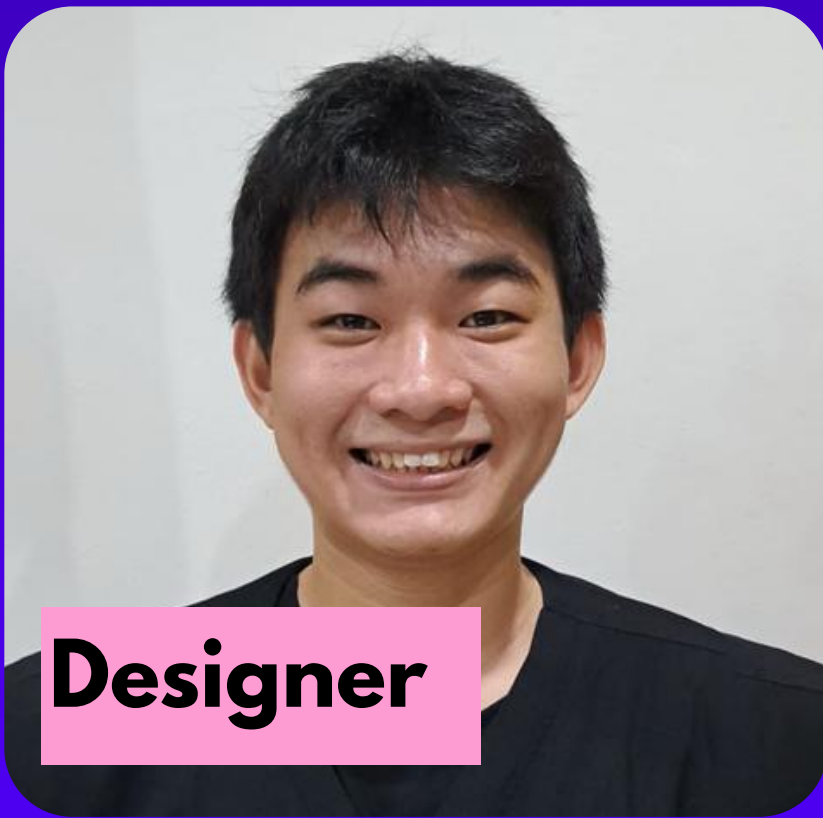
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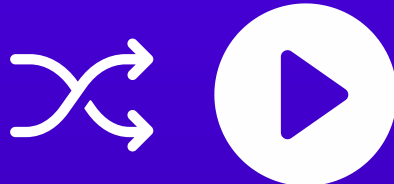
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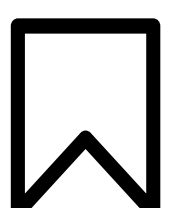
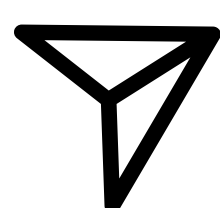
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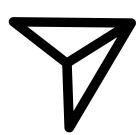


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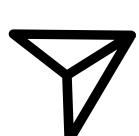


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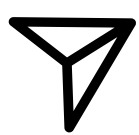
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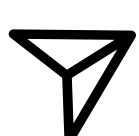
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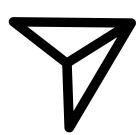


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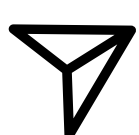


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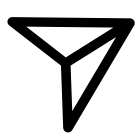
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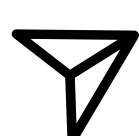
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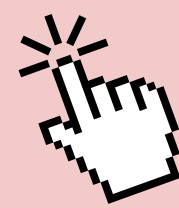
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HIGHLIGHTS OF THE YEAR

STRATEGY & DEVELOPMENT OFFICE



Written by Felicia Koh En Min
Strategy and Development Officer 2024/2025

You might be hearing about the Strategy & Development Office (SnD) for the very first time, but yes, it exists! Though our team comprises just two officers, Syafiqah and Felicia, we have strived to make a meaningful impact within the Universiti Malaya Medical Society (UM MEDSOC).

SnD serves as the strategic arm of UM MEDSOC, working closely with the High Committee and all departments to ensure every initiative aligns with the society's direction. This year, we focused on four main pillars: organisational maturity, capacity building, member engagement, and external visibility, each crucial in shaping a sustainable and impactful student body.

At the start of the term, SnD facilitated a structured goal-setting session, helping departments break down ambitious plans into clear and achievable targets. An EXCO retreat in Negeri Sembilan was also organised to build bonds among members, while providing briefings on documentation practices and internal guidelines, setting the tone for a collaborative and well-coordinated term.

Throughout the year, SnD took on the role of a neutral advisor, offering objective recommendations that prioritised the long-term sustainability of UM MEDSOC. To strengthen organisational maturity, we conducted quarterly audits to ensure documentation was consistent and transferable across terms. This not only supports continuity but also safeguards institutional memory.

In the spirit of capacity building, new systems were introduced, including an Engagement Tracking Sheet to monitor participation and encourage active involvement. Recognising that people are at the heart of any organisation, we also conducted a Needs Assessment survey to better understand



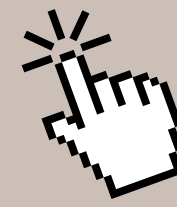
members' mental well-being, helping to foster a more supportive and inclusive culture.

To further enhance member engagement, SnD collaborated with the High Committee to organise a festival gathering – a simple yet meaningful event that provided moments of bonding and appreciation amidst busy academic schedules.

As part of our efforts to boost external visibility, we also spearheaded the creation of UM MEDSOC's official LinkedIn page. This milestone allows the society to showcase its initiatives and achievements on a professional platform, connecting members with future collaborators, alumni, and the wider medical community.

While SnD often works quietly in the background, we hope our efforts have supported each department in meaningful ways. Whether it is helping with direction, keeping things organised, or simply checking in on how everyone is doing, our goal has always been to help build a MEDSOC that feels like a family – connected, sustainable, and growing together, one step at a time.

Public Relations (PR)



Written by Aaron Lim Sheng Yu
Head of Department 2024/2025



ROLE OF PUBLIC RELATIONS

Established in the 2024/2025 term, the Public Relations Department of the University of Malaya Medical Society (UM MEDSOC) evolved from the former Liaison Office to become a central pillar of communication and engagement. We foster meaningful connections with students, faculties, local and international organizations—positioning UM MEDSOC as a dynamic, outward-looking medical society.

As the main liaison for collaborations, we facilitate both inbound and outbound programmes, offering students valuable exposure to diverse healthcare systems and medical education models. These initiatives foster cultural exchange, academic enrichment, and global awareness. In addition, the department oversees all academic competitions and conferences—both locally and internationally. From recruitment to selection and registration, we ensure that student representatives are well-supported and UM is strongly represented on every platform.

We also actively promote the society's initiatives, achievements, and values, amplifying its presence on national and international stages. Our goal is to position UM MEDSOC as a forward-thinking, student-led organization that champions holistic development, academic excellence, and global engagement. Through every initiative and partnership, we aim to open doors, empower future healthcare leaders, and drive meaningful impact across the medical community.

AMR AWARENESS CARNIVAL: PILLS TO ART

The AMR Awareness Carnival: Pills to Art is a collaborative initiative co-organized by United for Global Antimicrobial Stewardship (UGAS) and the Public Relations Department of UM MEDSOC, in partnership with UM Cares and Watsons. This innovative project combines science, sustainability, and creativity to raise awareness on antimicrobial resistance (AMR) and promote responsible medication practices. The initiative begins with a community medication disposal drive, encouraging proper and sustainable disposal of unused or expired medicines. These collected pills are then transformed into interactive art installations, serving as powerful educational tools and visual representations of the AMR crisis.

The carnival, held at the Faculty of Medicine, Universiti Malaya, features additional activities including AMR-themed Batik painting, colouring competitions, and exhibition booths by sustainability and AMR-focused organizations such as the Infectious Diseases Department of UMMC and the AMS Research Group UM. In support of Malaysia's National AMR Action Plan, this initiative aims to raise public understanding, inspire responsible antibiotic use, and encourage behavioural change through impactful storytelling. "Pills to Art" is more than an event—it's a movement that transforms awareness into meaningful action.





OUTBOUND STUDENT EXCHANGE PROGRAMME (OSEP) 2025

The Outbound Student Exchange Programme (OSEP) 2025, entirely student-led by the Public Relations Department of UM MEDSoc, reflects the society's ongoing commitment to fostering global engagement and academic collaboration among medical students.

Held from 15–22 September 2025, the 8-day programme involved 24 selected students in a short-term exchange at three institutions — The Chinese University of Hong Kong.

(Shenzhen), the Chinese University of Hong Kong, and the University of Hong Kong. Participants attended academic sessions, observed clinical practices in Oncology, Obstetrics and Gynaecology, Orthopaedics, and Paediatrics, and explored Traditional Chinese Medicine through a hospital visit.

Beyond academic enrichment, networking sessions facilitated professional exchange and cultural understanding among students. The collaboration is set to continue on an annual, reciprocal basis between Universiti Malaya and its partner institutions.

MEDICS INTERVARSITY GAMES (MIVG) 2025

MIVG is an annual sports competition held between medical students from different universities in Malaysia. This year, the PR department was actively involved in organizing the event. With fun-filled games and several bonds forged, the event went smoothly. Many of our students even made the faculty proud by bringing home victories.



PROMOTING UNITY AND LEARNING THROUGH STUDENT EXCHANGE (PULSE)

Written by Ng Kin Him
Director of PULSE 2024/2025

PULSE 2025, short for Promoting Unity & Learning through Student Exchange, is a bold new baby of the Public Relations Department of UM MEDSOC (previously known as the Liaison Office). Aiming to achieve the height of its predecessor, MUNUS Games from an absolutely different perspective, this programme is all about bringing together medical students from across Southeast Asia to the Faculty of Medicine, Universiti Malaya for four meaningful days from 4th to 7th July 2025 to achieve something more than just an exchange; it is a celebration of ideas, cultures, and future changemakers



With participants from Universiti Malaya (UM), Universiti Kebangsaan Malaysia (UKM), Universiti Putra Malaysia (UPM), Universiti Sains Malaysia (USM), Monash University Malaysia as well as foreign institutions such as Universitas Indonesia (UI), Universitas Gadjah Mada (UGM) and Mahidol University Siriraj Hospital, the objectives are clear: make global friends, see the world through new lenses and putting UM MEDSOC on the global map showcasing who we are, sparking exciting collaborations with medical schools far and wide. At PULSE, participants made cross-cultural friendships, dived into different healthcare systems, discovered how others practice medicine, and soaked up unique cultural perspectives, with no passport stamps required and all wrapped up in a programme that's as meaningful as it is fun.



Whether they were vibing over health policy debates, bonding over late-night Kuala Lumpur tour, or dancing the night away during cultural night, PULSE is where community meets impact.

This year's theme? Pioneering Change: Student-Led Initiatives in Public & Global Health. We aimed to bring future backbones of healthcare together to share knowledge, dive into regional health challenges, and brainstorm bold solutions. Participants gained fresh perspectives, new friends, and maybe even the spark to start their own initiative. It is not just about what they learn — it is about how they can grow, connect, and create change. Together, we explored how students can lead the charge toward a more equitable, inclusive, and borderless healthcare future. So take PULSE as a platform to make waves, make friends, and make a difference because PULSE 2025 is not just a programme, it's a movement.



Achievements

EXTERNAL COMPETITIONS



CHAMPIONS Cochrane Intersvarsity Competition

Naylee Izzati Binti Zamri
Mohamad Nur Firdaus Bin
Zulkifli
Khadijah Binti Zun 'Arif
Hakim



1ST RUNNER UP Intersvarsity Battle of Skills (IBOS) 2025

Chook Pei Yi
Jeffrey Tee Wei Yang
Lim Yee En
Pon Xhao Juan



TOP 8 INTER-MEDICAL SCHOOL PHYSIOLOGY QUIZ (IMSPQ) 2025

Afrina Ayu binti Mohd Irwan
Anis Solehah binti Zolkharnain
Tan De Fu Alex



MEDICAL INTERVARSITY DEBATE CHAMPIONSHIP 2025

TOP 4

Team 2

Fareeha Fareej
Muhammad Afnan
Afif
Ali Hydar

TOP 8

Team 1

Nur Adriana Zulaikha
Ameera Nailya
Dayang Zeti Kartini

Team 3

Lois Low Xin Ning
Boo Jia Hee
Goh Xiao Yue

Individual Achievements

- Overall Best Speaker: Ameera Nailya
- 4th Best Speaker: Fareeha Fareej
- 5th Best Speaker: Nur Adriana Zulaikha

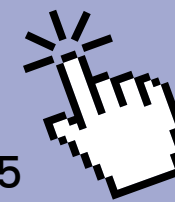


TOP 10 USIM INTERNATIONAL MICROBIOLOGY QUIZ COMPETITION 2025 (IMICROBE25')

Ong Jelyn
Ng Kin Him
Lee Jun Xuan
Chu Yu Zhe

Academic and Career Planning Department

Written by Nurul Afifa Aeisya
Head of Department 2024/2025



ROLE OF ACP

The Academic and Career Planning Department (ACP) is a department under the University Malaya Medical Society which plays a significant role in empowering academics for all medical students who are taking the MBBS programme of University Malaya. The department not only provides reliable high-yield academic resources to enhance student's knowledge but acts as an intermediate or platform for teaching sessions and briefings between pre-clinical and clinical year medical students. The department helps bridge the gap between seniors and juniors via various events which provides a casual and comfortable environment which helps in rapport between seniors and juniors with the objective to empower knowledge and practical skills of each party. In summary, the department acts as a gateway and map for medical students to navigate their way through medical school with accurate resources and enhancing interactions with reliable mentors of different years.



MENTOR-MENTEE PROGRAMME

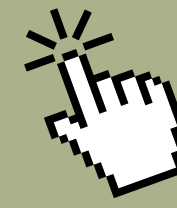
An annual programme held every term, which is always in high demand every year is the Mentor-Mentee Programme. Though sounds cliché, the programme is a platform for medical students of all years to get together and have interactive teaching sessions via various physical and online platforms such as Google Meet or Zoom. Through this programme, pre-clinical as well as clinical students get to learn from their seniors to deepen their understanding on particular topics as well as practice physical examination and procedural skills such as blood pressure taking. In this way, students are able to form professional relationships with others, enhance their knowledge via in depth discussions as well as improve teaching skills.

OSCE MOSCE

OSCE-MOSCE, an event born from a combination of two words, 'mock' and 'OSCE'. Objective Structured Clinical Examination, is an infamous examination in medical school which causes shivers running down the spine of each medical student. The anxiety mainly comes from not knowing if what you do is correct and if what you know is enough. Thus, the Academic and Career-Planning Department has held Osce Mosce sessions throughout the academic year in order to assist students polish their physical examination skills and learn a systemic approach to history taking.

The session also helps enhance procedural skills such as ECG interpretation, blood pressure taking, chest X-ray interpretation and many more! The session unites much experienced clinical year students to help correct the techniques of participants whilst building a good senior-junior relationship. The session is held in a way that is a stimulation of the actual examination which helps to set the expectations of the students which helps reduce their anxiety as well as build their confidence prior to the examination.

Community & Health Outreach (CHO)



Written by Alisha Nashwa
Assistant Head of Department 2024/2025

OUR VISION

The vision of CHO is to cultivate socially responsible medical students who understand that medicine is not confined to hospitals, but rooted in humanity. We believe that being a doctor begins long before one steps into the wards. It begins in the community, in the simple yet profound act of showing up for others.

While our goal was to educate, the experience taught us something invaluable in return: that genuine connection, encouragement, joy and kindness are just as powerful as knowledge.

JOM MASUK KAMPUNG

(in collaboration with MyHeart)

CHO also collaborated with MyHeart for “Jom Masuk Kampung” at Kampung Sungai Sireh, where we conducted community health screenings for local villagers. Participants received checks for blood pressure, blood sugar, BMI, and other basic indicators, alongside health education and counselling.

For many of our members, it was their first time engaging in rural healthcare, learning how culture, accessibility, and trust shape the delivery of medical services. The experience was eye-opening and deeply grounding, reminding us that good healthcare begins with compassion and communication.



ANNUAL HEALTH SCREENING WORKSHOPS

These sessions provided hands-on training in fundamental skills such as blood pressure measurement, BMI calculation, and glucose testing. The workshops also built confidence and empathy, teaching members how to communicate, reassure, and connect with patients.



HOME VISITS UNDER MAKNA

(in collaboration with UiTM)

In collaboration with MAKNA (Majlis Kanser Nasional) and our peers from UiTM, CHO members joined a meaningful initiative in Kuala Selangor, visiting the homes of cancer patients both young and old. We met patients who faced their illnesses with quiet courage, families who continued to smile despite pain, and communities bound by resilience. It reminded us that the essence of healthcare lies not only in medicine, but also in empathy, presence, and human connection.

HANDS-ON HEROES

(with EMSOC)

Partnering with the Emergency Medicine Society of MEDSOC, we organized “Hands-On Heroes” at PPR Lembah Subang, an outreach for public health screening and an emergency medicine workshop, where attendees learned CPR, AED use, the Heimlich manoeuvre, and wound dressing. Seeing members of the public eager to learn lifesaving skills was a powerful reminder that community health is a shared responsibility.

PULAU CAREY TUITION VISIT

(with PSIG and Jubilee)

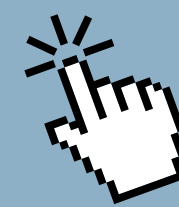
In collaboration with the Paediatric Student Interest Group of MEDSOC and Jubilee, CHO travelled to Pulau Carey for a tuition and outreach session with local children. Together, we taught basic Mathematics and Bahasa Melayu, using creativity, games, and laughter to make learning engaging.

This year, CHO’s projects reaffirmed one simple truth: medicine begins with humanity. Through our various collaborations and initiatives, we have witnessed how even the smallest acts can a ripple into something far greater.

Social and Well-Being (SWB)



@swb_ummedsoc



Written by Shaista Sufia,
Head of Department 2024/2025

ROLE OF SWB

The Social and Wellbeing (SWB) department, under the University Malaya Medical Society, plays a vital role in cultivating a vibrant, supportive, and inclusive community among medical students. As the heart of student engagement, SWB is dedicated to organizing a wide range of social, recreational, and wellness-oriented activities designed to promote camaraderie, mental well-being, and work-life balance amidst the demanding nature of medical studies.

The department's flagship event is the much-anticipated orientation week for incoming Year 1 medical students, known as FAMEDLY. This week-long event is carefully curated to help new students transition smoothly into university life, familiarize themselves with the campus environment, and foster strong connections with their peers and seniors. FAMEDLY is predominantly organized by Year 2 students, who pour their time and energy into planning engaging activities, team-building games, and welcoming sessions. Through these efforts, SWB ensures that every new student begins their medical journey with a sense of belonging and encouragement from the wider medical faculty community.



AVICENNA MEDICAL DEAN'S CUP

The Avicenna Medical Dean's Cup (AMDC) is an annual sports event co-organized by UM MEDSOC and Avicenna College (KK6), uniting medical students across all batches in the spirit of friendly competition and camaraderie. Now in its second year, AMDC continues to grow as a celebrated tradition, with each batch guided by passionate Contingent Leaders (CLs) who inspire teamwork and enthusiasm. This year introduces exciting new sports such as Mobile Legends, Woodball, Ping-Pong, and Kayak, adding variety and energy to the line-up. More than just a competition, AMDC aims to strengthen bonds within and between batches, offer students a refreshing break from academic life, and nurture future leaders who will carry forward KK6's SUKMUM legacy. Beyond the games, the event encourages the values of perseverance, sportsmanship, and collaboration, which are essential qualities for future medical professionals. It also provides a platform for students to showcase both their athletic skills and their ability to work as a team under pressure. With heightened excitement and participation, AMDC 2025 promises to be a memorable showcase of sportsmanship, unity, and the vibrant spirit of the medical faculty, leaving behind moments and friendships that will be cherished for years.



In addition to orientation, SWB also oversees interbatch sports events and friendly competitions, such as AMDC (Avicenna Medical Deans Cup), which aim to promote teamwork and physical fitness. The department spearheads various social initiatives and inter-batch bonding events, all of which are designed to enrich the student experience beyond academics.

By prioritizing both social and emotional well-being, SWB stands as a cornerstone of the Medical Society, creating meaningful experiences, lifelong memories, and a strong sense of unity within the Faculty of Medicine, Universiti Malaya.





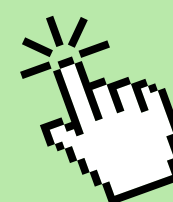
FAMEDLY

FAMEDLY 2025 is the annual flagship event of the Faculty of Medicine, University of Malaya, held during orientation week to welcome new MBBS students. A blend of the words “Family” and “Medicine,” FAMEDLY captures the essence of camaraderie and belonging that defines the medical journey ,where batchmates become lifelong friends and colleagues. This year’s theme, “Hollywood: Lights, Camera, Action!”, turned the week into a cinematic experience brimming with creativity, teamwork, and laughter. From faculty tours and sharing sessions to energetic house games and captivating performances, the event gave freshies a heartfelt introduction to medical school life while strengthening bonds across batches. The week concluded with a vibrant Closing Ceremony at the PASUM Auditorium, where students celebrated their efforts and memories in true Hollywood style. Beyond the lights and cheers, FAMEDLY 2025 was a celebration of people, connection, and the stories that remind us we are one family in medicine.





Orthopaedic Student Interest Group (ORTHOSOC)



Written by Carlos Sebastien John
Head of Department 2024/2025

Founded in 2025 by a couple of passionate penultimate-year medical students, OrthoSoc is a newly established student-led society that aims to cultivate a thriving community of aspiring orthopaedic surgeons. Our vision is rooted in a shared commitment to inspire and nurture future leaders in orthopaedic surgery, while enhancing clinical competencies in musculoskeletal health. With 35 active members spanning from first-year to final-year students, we strive to provide a structured and inclusive platform for students to explore orthopaedics as a potential pathway.

The program featured three key components:

1. From Scrubs to Screws : A Journey in Orthopaedic Surgery – where distinguished orthopaedic surgeon from across the region share their passion and insights on becoming orthopaedic surgeons.



2. Women in Orthopaedics Forum — Esteemed orthopaedic surgeons from across ASEAN were invited to share their journeys, insights, and the unique challenges they faced in a traditionally male-dominated field. The session inspired many participants and highlighted the importance of diversity and resilience in orthopaedic surgery.

3. Hands-On Workshop — This signature session consisted of three interactive stations: plastering, drilling, and sports rehabilitation. Participants had the rare opportunity to operate actual medical equipment and practice clinical techniques not typically covered in the medical curriculum.



Through forums, mentorship, and skill-building opportunities, BONE 2025 successfully fostered a deeper understanding and appreciation for orthopaedics while encouraging the next generation of surgeons to explore this dynamic specialty.



We are actively curating events and workshops designed to sharpen knowledge in musculoskeletal anatomy, injury management, and basic orthopaedic procedures. From suturing workshops to career talks our activities are tailored to meet the needs of students at various stages of their medical education. OrthoSoc is proudly led by a dedicated team: President Carlos, Vice President Risshen, Secretary Edwiina, Vice Secretary Faith and Treasurer Muthu .

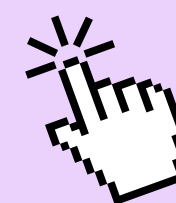
BUILDING ORTHOPAEDICS FOR THE NEXT ERA (BONE 2025)

BONE 2025 marks the inaugural event organized by the Orthopaedic Society (OrthoSoc), a student-led interest group committed to nurturing enthusiasm for the field of orthopaedic surgery among aspiring medical professionals.

Held on the 14th June 2025, BONE 2025 has attracted over 40 enthusiastic participants, including both medical and pre-medical students. BONE 2025 was designed to introduce the fundamentals of orthopaedics through engaging and interactive formats, blending academic depth with hands-on experience.



Surgical Interest Group



In the 2024/2025 tenure, the Universiti Malaya Surgical Interest Group (UM SIG) didn't just run events. They built a surgical ecosystem, one needle, thread, and forum at a time. The purpose this year was clear: exposure, empowerment, and engagement. To open doors into the surgical world for medical students, demystify the life of a surgeon, and build skills early, all while making it fun and accessible.



Their biggest event MEDSURG Symposium aside, UM SIG partnered and hosted many sharing sessions, often participating in larger medical-education platforms like An Insight into Medicine (AIM) and Promoting Unity & Learning through Student Exchange (PULSE). These sessions provided opportunities for participating students to practice many hands-on skills, ranging from basic suturing and knot-tying to laparoscopic procedures using DIY laparoscopic practice kits. PULSE also provided a platform for UM SIG to engage in a surgical skills exchange with top universities, namely Universitas Indonesia (UI), Universitas Gadjah Mada (UGM) and Mahidol University. They also collaborated with Incision Malaysia on STARZL: The Odyssey, an event raising awareness on organ transplantation.



At times, UM SIG also brought the operating theatre straight to students' screens through engaging webinars featuring consultants who shared their real-world experiences in surgery and beyond. One standout was a talk by Dr. Ronie Romelean, Consultant Neurosurgeon at Universiti Malaya Medical Centre (UMMC), who delivered an eye-opening session on Stroke Management, guiding students on how to recognize, respond to, and manage one of the most critical neurological emergencies. Their Medmyth Monday video series on Instagram, an initiative seeking to bust medical myths across different surgical specialties, is another testament to their strides at making surgical knowledge much more accessible to students. In their final burst of effort for the tenure, UM SIG even ventured far to collaborate with surgical societies from UK and Spain to organise an international online teaching series on plastic subspecialty surgical decision-making.

Behind the scenes, the committee worked tirelessly to turn their vision into reality. From meticulous planning and coordination to late-night preparations, every event was a product of passion and teamwork. The members themselves also underwent in-house training sessions, sharpening their own suturing and knot-tying skills, embodying the same curiosity, discipline, and commitment they sought to inspire in others. UM SIG also provides several opportunities for members to attend various external surgical conferences, for free, to keep abreast of the advancements in the field.



As the tenure draws to a close, UM SIG stands proud, not just for the events they hosted, but for the community they built. In every stitch tied and every skill shared lies a spark of inspiration for the next generation of surgeons to come.

MEDSURG SYMPOSIUM

On 26 April 2025, at the Clinical Auditorium of our faculty, the hum of excitement filled the air as the MedSurg Symposium 2025 kicked off. A full day that brought together surgeons, trainees, and students united by a shared passion for the art (and science) of surgery, the symposium was more than just an academic gathering, it was a celebration of skill, resilience, and the spirit of discovery.



The day opened with a keynote address titled “The Journey of a Trailblazer” by none other than Prof. Dato’ Dr. April Camilla Roslani. Her talk, part memoir, part masterclass, captured the essence of perseverance and innovation, setting an inspiring tone that carried through the day.

The momentum continued with two engaging forums that didn’t shy away from the tough questions:

“Breaking Stereotypes – Building an Inclusive Surgical Community” brought together Prof. Emeritus Dato’ Dr. Yip Cheng Har, Prof. Dr. Ong Teng Aik, and Prof. Dr. See Mee Hoong. Together, they unpacked what it truly means to build diversity and inclusion in a traditionally demanding field, sparking thoughtful reflection and lively dialogue among attendees.

“Work-Life Balance in Surgery — Myths and Realities” followed with a panel featuring Prof. Dato’ Dr. April Camilla Roslani, Dr Jeyasakthy Saniasiaaya, and Assoc. Prof. Dr. N. Vairavan. Their candid exchange painted a realistic yet hopeful picture of life in the operating room, reminding participants that passion and personal wellbeing can indeed coexist.

A crowd favourite, “Behind the Mask: A Dialogue with Surgical Experts,” transformed the MD2 labs into a hub of inspiration. Students got up close with leading surgeons from a range of specialties, gaining rare insight into the untold stories, challenges, and triumphs that shape surgical practice.

As the afternoon rolled in, it was time to trade pens for instruments. The hands-on workshops took centre stage, transforming knowledge into tangible skill. The “Precision Hands: Fundamentals of Suturing & Knotting” workshop



had participants perfecting the basics under expert guidance, a rite of passage for every aspiring surgeon. The “Ultrasound Workshop: From Imaging to Intervention” took things a step further, offering hands-on experience in diagnostic and procedural ultrasound with special emphasis on breast ultrasound and biopsy techniques. Meanwhile, “LapMastery: Precision in Practice – Laparoscopy Training” gave participants a rare chance to try their hand at minimally invasive surgery. By the end, many walked away not only more confident in their suturing and laparoscopic skills but also with newfound respect for the precision surgery demands.

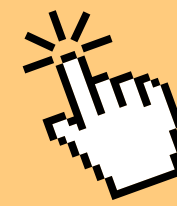


As the final sessions wrapped up, one thing was clear: MedSurg Symposium 2025 had done more than teach skills. It had sparked inspiration. The event successfully fostered a vibrant community committed to surgical excellence, blending innovation, education, and mentorship in equal measure. The conversations, laughter, and “aha!” moments shared throughout the day will no doubt echo in future operating theatres, where today’s learners will become tomorrow’s trailblazers.





Emergency Medicine Student Interest Group (EMSOC)



Written by Sanakian A/L Subramaniam
Assistant Head of Department 2024/2025

IN-HOUSE SESSIONS

The Emergency Medicine Society holds regular in-house sessions just for our members, where we get to learn and practice essential emergency skills in a relaxed and supportive setting. These include hands-on training in things like CPR, fracture management, and how to insert a nasogastric (NG) tube. The goal is to help us feel more confident and prepared to handle real-life medical situations, whether during our clinical postings or in the future as doctors. It's a great opportunity to go beyond textbooks and actually apply what we've learned in a practical way.

These sessions are often led by our seniors or peers, which makes the learning feel more approachable and collaborative. Everyone gets a chance to ask questions, try things out, and support each other. It also helps build teamwork and communication, which are just as important as the technical skills. For those of us interested in emergency medicine, or even just wanting to be better prepared in any clinical setting : these sessions give us a solid head start. Plus, they're a fun way to bond with fellow members while learning things that could one day help us save a life.



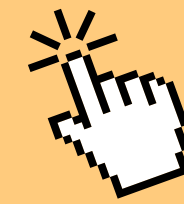
CPR TO KK

"CPR to KK" was one of our most exciting outreach programs, where we brought basic life support (BLS) skills straight to the residents of KK10, UM. The event was all about sharing essential emergency knowledge with the community in a fun, engaging way. We set up multiple booths, each focusing on different aspects of BLS and first aid: like CPR, how to use items in a first aid kit, and other simple but life-saving skills.

Throughout the day, we had a steady stream of participants dropping by, eager to learn and try things out for themselves. Our team members took turns guiding them through each station, explaining and demonstrating the techniques, and giving them a chance to practice too. It was really rewarding to see how interested and involved everyone was, and we're proud that we could help more people feel confident about responding in emergencies. For us, it was also a great learning experience; teaching others helped reinforce our own knowledge and improve our communication skills. "CPR to KK" wasn't just about spreading awareness; it was about building a community that's better prepared to help in times of need.



EMSOC: A STORY OF ITS BEGINNINGS



Written by Tan Wei Zhen
Founder of EMSOC

Emergency medicine is a relatively new specialty in Malaysia, where the Ministry of Health officially designated emergency medicine as the 14th medical specialty in Malaysia in 2004. Currently, there are more than 700 emergency specialists across the country. The inspiration to establish EMSOC came from witnessing the success of the clinical specialty interest group (Emergency Medicine) of the National University of Singapore (NUS) where they collaborated with the Central Region Trauma Services to organize online seminars on various topics surrounding trauma and emergency medicine.



As a start, the activities of EMSOC were designed to revolve around 3 components, which are the seminars, in-house sessions and annual workshop open to all medical students. These activities were spread throughout the entire tenure to ensure consistency and better participation from students.

For the seminars, we invited a few lecturers from the emergency department and other departments like Orthopaedic to give insights on relevant topics. Some interesting ones included geriatric emergency medicine, bites and stings, and military medicine. Next, the in-house sessions are a series of procedural and hands-on sessions exclusively catered to EMSOC committee members as part of the objective to improve emergency medicine skills among them. These included intravenous cannulation, basic life support and first aid skills, and ambulance service attachments. These would be great exposure to the members especially to the pre-clinical students, where early exposure would better prepare them during the clinical years.

Lastly, EMSOC proudly organized its first ever workshop titled "From Chaos to Control: Saving Lives under Pressure". It featured lecturers on a wide range of emergency medicine components like electrocardiogram (ECG), paediatric basic life support, intubation and first aid skills. The workshop ended with an exciting relay competition, where participants rotated through different stations to complete the given tasks as a team. In general, the workshop received good feedback from the participants, and we certainly hope to provide another platform of opportunity for all medical students in the future.

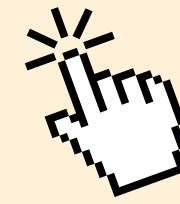


EMSOC also collaborates closely with the Emergency Department of the Universiti Malaya Medical Centre (UMMC) in various activities such as cardiopulmonary resuscitation (CPR) booths and the first ever CPR run on the 19th of October 2024. The aim of the run, apart from encouraging healthy lifestyle, is to raise awareness on the importance of CPR among the public. EMSOC members partook as volunteers to teach the public on the basics of CPR and how to utilize the automated external defibrillator (AED). This event not only enhanced the members' knowledge on the algorithm of CPR, but promoted communication and teaching skills which are important in patient interaction as a doctor.

I would like to take this opportunity to thank UM MEDSOC for providing the foundation to establish EMSOC. I would like to thank Muna and my fellow batchmates for taking their busy time off to oversee and guide the members of the team. Not to forget my dear members, you all are the main supporting pillars. Thank you and congratulations for being the pioneering team of EMSOC!



Paediatrics Student Interest Group (PSIG)



Written by Dania Shri A/P Sivakumar
Head of Department 2024/2025

ABOUT PSIG

The heart of PSIG lies in its mission to cultivate interest in paediatrics among medical students, enhance knowledge and provide opportunities for exposure and contribute to child health in any way possible. Beyond academics, PSIG strives to nurture future doctors who are not only knowledgeable, but also compassionate and empathetic, understanding that the practice of medicine extends beyond clinical care into the realms of humanity and community service. Being part of PSIG teaches us so much, from the wonderful children and parents we meet along the way, to the dedicated doctors and inspiring peers we work with.

To achieve this, PSIG is organised into five main bureaus Outreach and Advocacy, Education and Awareness, The Bald and The Beautiful, Sponsorship and Fundraising and Media and Publicity. Each bureau plays a vital role in shaping the group's initiatives, ensuring that every project contributes meaningfully to both student development and community welfare.



OUTREACH & ADVOCACY

- Teaching, entertaining and reading to children admitted in the wards of PPUM through the Jom Baca programme.
- Conducting basic language, mathematics and science lessons for Orang Asli children in Pulau Carey.
- Organising a donation drive and Chinese New Year gift-giving event for the kids, alongside an orphanage visit and motivational talk on academics and career pathways in collaboration with Malaysian Medical Association Wilayah Persekutuan.
- Volunteering for the Munch and Move Programme under Prof Dr. Lucy Lum.
- Planning and volunteering for the Teddy Bear Hospital in collaboration with Incision Malaysia, a hands-on educational session introducing children to the world of medicine and doctors.

EDUCATION & AWARENESS

- Conducting a Basic Life Support Workshop for PSIG members with guidance from lecturers in the Emergency Department.
- Collaboration with the Oxford, Cambridge and Cardiff University Rare Disease Student Societies to organise an insightful session discussing Rare Diseases 101 and the landscape of rare diseases in Malaysia.
- Hosting lecture series and case discussions on a range of paediatric topics throughout the year with the support of our dedicated paediatric lecturers for all medical students nationwide.
 - Producing awareness reels on important subjects for the public such as proper inhaler techniques.
 - Planning and preparing for the upcoming first-ever National Junior Paediatric Conference: PaediatrIQ, in November 2025.



As medical students, it's important that we continue to explore our interests in the medical field and joining student interest groups like Paediatrics Student Interest Group is a wonderful way to do just that. Whether or not one ultimately pursues a career in paediatrics, being part of PSIG allows us to work as a team with our peers, organise activities, gain knowledge, have fun and most importantly, work with children and give back to the community in any way we can as students. It's a chance to grow both as future doctors and as people. We hope that future students will continue to join PSIG, carry on its initiatives, and keep the spirit and our shared goals of compassion and community alive for years to come.

BALD & BEAUTIFUL

Written by Khadijah Arif,
Project Director 2024/2025

The Bald & The Beautiful 2025 is a student-led initiative dedicated to raising awareness about childhood cancer and empowering the community to support children and families affected by this journey. Organised as a flagship event under the Paediatric Student Interest Group (PSIG), the campaign strives to promote understanding, compassion, and advocacy for paediatric cancer patients receiving care at Universiti Malaya Medical Centre (UMMC).



The highlight of the campaign was the final event day, which featured three impactful sessions. Session 1 – “Beyond the Diagnosis” Forum brought together healthcare professionals, an NGO volunteer, and a mother of a childhood cancer survivor, who shared invaluable insights into the medical, emotional, and social dimensions of childhood cancer care. Session 2 – “Story of Hope” featured a childhood cancer survivor who shared his personal journey, inspiring all present with his strength and optimism. Finally, Session 3 – “Shave to Pledge!” showcased a powerful act of solidarity, where pledgers including doctors, students, and members of the public, shaved their heads to raise funds and awareness. Those who opted to cut their hair (minimum 15 cm) donated it to Locks of Hope to be transformed into wigs for cancer patients. This session was made possible through a meaningful collaboration with APT Salon Academy, whose professional stylists volunteered their time and expertise to support the cause.

The inspiration for The Bald & The Beautiful was born from the courage and resilience witnessed in children undergoing cancer treatment. Many of us, through our weekly volunteering sessions with CARES NGO in the 5PA ward, saw firsthand the emotional and financial challenges faced by these young patients and their families. This inspired us to create a platform that unites education, advocacy, and compassion. Planning began months ahead, with committees dedicated to sponsorship, publicity, programme flow, and logistics.

The Bald and The Beautiful campaign extended far beyond a single day. Throughout the year, our team carried out educational outreach via social media, sharing infographics on childhood cancer to raise awareness. We also continued our volunteering work in the 5PA ward on Wednesdays and organised successful fundraising efforts – including a charity book sale that received overwhelming support. All these initiatives culminated in the main event, where months of teamwork, coordination, and passion came together seamlessly.

Some of the key challenges we faced were managing time constraints, securing sponsorships, and coordinating logistics between various teams. Clear communication, teamwork, and proactive problem-solving were crucial. Regular meetings, early planning, and collaboration with UMMC’s administrative staff ensured that every aspect of the event, from venue setup to stage management, ran smoothly despite the inevitable last-minute hurdles.

The Bald & The Beautiful 2025 left a profound impact on everyone involved. Together, we raised RM23,884.15, and 100% of the proceeds were channelled to Tabung PPUMCare. The funds will be allocated specifically for paediatric cancer patients under UMMC who face financial difficulties, whether to support their hospital stay, essential investigations, or an additional course of chemotherapy – in other words, another chance at life.



For many participants, the event was deeply moving. Listening to survivors and families during the Story of Hope session reminded us of the unseen strength behind every treatment journey. One important takeaway came from Tang Qi Wei, a childhood cancer survivor, who reminded us as future medical practitioners to “always go the extra mile for your patient – take that bet, even if it’s only a 5% chance, or even if you have to bet on a miracle.” His words resonated deeply and captured the very essence of why we do what we do.

For the patients and families, the overwhelming show of solidarity – through shaved heads, heartfelt pledges, and donations – served as a powerful reminder that they are not alone. The event reignited hope, strengthened community ties, and reminded all of us that compassion, when shared, truly heals.



BAKTISISWA

INTRODUCTION

Baktisiswa, a programme with over two decades of history, is an annual initiative organised by first- and second-year medical students from the Faculty of Medicine, Universiti Malaya. It aims to provide health screenings, promote community education, and encourage cultural exchange between medical students and local indigenous communities. In the lead-up to the main event, Baktisiswa also upholds its tradition of hosting flagship activities such as An Insight into Medicine (AIM), HEBAT — a smoking cessation programme — and various other outreach efforts.

OZANAM OUTREACH

On 3 May 2025, students from the Activity and Protocol Department of Baktisiswa, embarked on a heartwarming outreach to Ozanam House, an orphanage dedicated to nurturing children in need.

The programme kicked off with an ice-breaking session and a few games, helping to set a joyful tone and foster initial connections between the students and the children. Next, the students conducted a health education session, sharing essential knowledge on oral and hand hygiene alongside ways to protect themselves from common infectious diseases like Dengue. Afterward, everyone enjoyed a well-deserved lunch break, providing a moment to recharge and further connect with the children over friendly conversations.

The afternoon continued with a creative Arts & Crafts session, allowing the children to explore their imagination while bonding with the medical students. A final game kept the energy high with more fun-filled activities, creating memorable moments of joy and laughter. The event also included a Secret Santa exchange, where the medical students got an opportunity to present their thoughtful gifts for the children, ending the event on a cheerful note.

This outreach not only offered valuable lessons in empathy and community engagement but also strengthened the bonds between Universiti Malaya students and the children of Ozanam House, leaving lasting memories for all involved.



AN INSIGHT INTO MEDICINE (AIM)

Written by Natalie Chan Jie Yiing,
Vice Director of An Insight into Medicine 2025

Never had we resonated so deeply with the quote “It was the best of times, it was the worst of times” than we did in the months leading up to the event days of An Insight into Medicine (AIM). For 4 months, our lives (mine, Jane’s, Shaman’s) revolved around AIM, for better or for worse.

To put some things into context, the three of us were the directors of AIM 2025, a fundraising initiative by the Baktisiswa project. However, before the Baktisiswa project could get started, the funds would need to come from somewhere, and AIM was one of the means to do so.

We knew early on what the vision of this annual event would be. Every tenure’s directors brought something new to the table – something that defined their event and made it unique from all the ones that came before it. For us, we felt deeply that this event should be personal, and we wanted to get as close to the participants as possible, some of whom could potentially be our future juniors and friends.

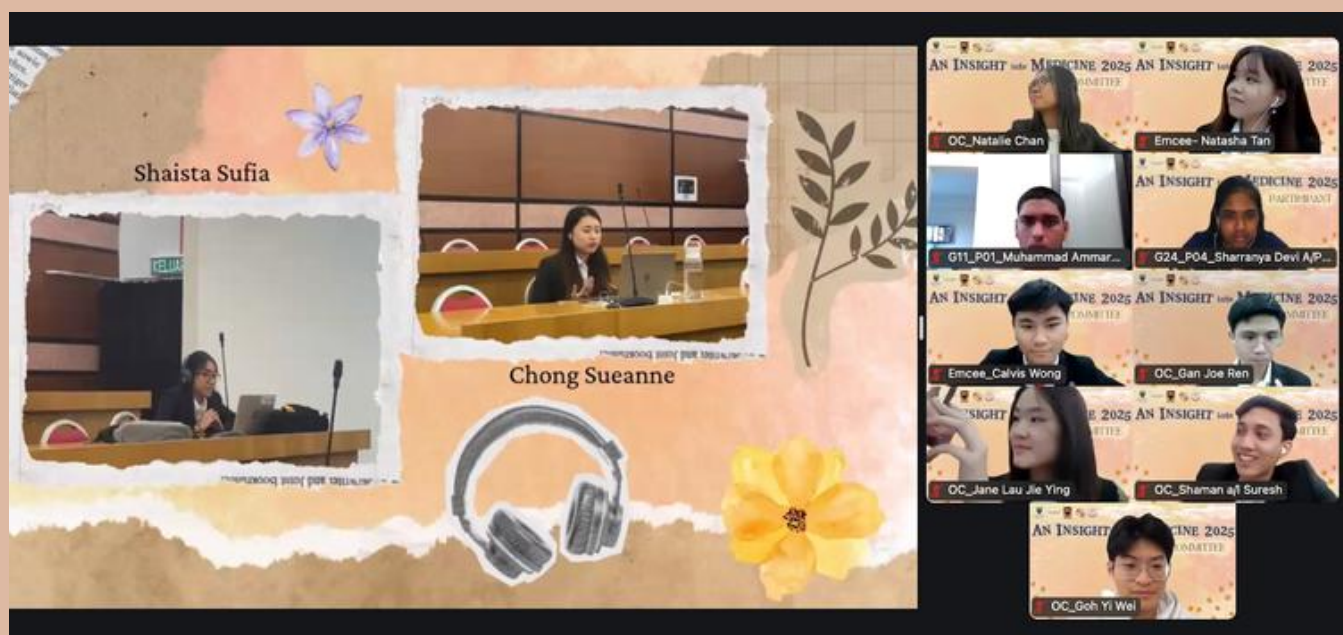


There was, of course, measured amounts of stress behind it all: we had a quota to hit, a target participant number that needed to be reached, but it faded into the back of our minds when it came to interacting with pre-university and high school students when we had the opportunity to. Something our peers sometimes forget when getting wrapped up in planning an event for pre-medical students is empathy, that almost exactly a year prior we stood where they now stand, and we believe that that should be the heart of any good event. It’s not about showing off; it’s not about pride or ego – it is about giving back.

It’s about the act of remembering how we got into UM in the first place, and the support system and seniors who were there to help even though they hardly knew us and weren’t obliged in the first place. It’s about the simple acts of kindness and small moments of time that they would take out of

their schedules to help in the times when we needed them the most.

This year, we continued with the mode of conducting AIM that was pioneered by the previous committee – conducting the event on two separate days, in two different modes: virtually via Zoom and physically in our medical faculty, each with varying learning objectives. AIM Online was a 'How-To Guide' on entry into UM, focusing on the various entrance pathways, exams and interviews. With AIM Physical, on the other hand, we took full advantage of the in-person contact to teach hands-on skills, ones that would be worthwhile for participants to dip their toes in a little, to gauge the field and see if they would be interested in delving deeper before making the decision to commit to the long term investment of medical school.



We closed out the chapter with AIM Physical on the 12th of April. It had been a long day (lasting from 6am to 6pm for most of us) and an even longer week, jam packed with last-minute meetings, contingencies and dry runs. To be frank, it was a thankless job. We all knew deep down that no matter how hard we tried and how much sleep we sacrificed, there would always be aspects that people weren't happy with – there were simply too many people, expectations and requests that needed to be satisfied – and our premonition came true. Reading through the feedback forms brought us through an array of emotions: satisfaction, annoyance and exhaustion all at once.

For us, however, the most important thing was that we were happy. We felt at peace with what we had done, whatever the results may be. The participants mostly had a good time; the committee was satisfied with the work done and funds were raised for a good cause; what more could you ask for? Whether we felt like the event was ultimately a success or failure was secondary to the inherent knowledge that we had: that we had done our best with what we could, and we could only hope that most people involved felt the same way.

While AIM was a tsunami of euphoric moments and tiny disasters happening all at once, one thing we could never begrudge it for was the friendship it brought us. As Shaman aptly said: "Maybe the true AIM was the friends we made along the way" – and that was a fact that we could not dispute. Many join events with the ultimate wish to meet and connect with new people, for it is one of our most honest desires to meet people who understand and accept us at our core, but not many are fortunate enough to find it.

We most certainly did.



HENTI! ELAK! BASMI! ASAP TEMBAKAU! (H.E.B.A.T)

On 17 June 2025, the H.E.B.A.T (Henti! Elak! Basmi! Asap Tembakau!) programme was successfully held at SMK Damansara Utama. Organised by first- and second-year medical students from the Faculty of Medicine, Universiti Malaya, H.E.B.A.T aimed to raise awareness about the dangers of smoking and vaping while empowering school students to make informed, healthy lifestyle choices.

The event began with a pre-event questionnaire designed to assess the initial understanding that the students had of smoking-related issues. The programme commenced with an introductory talk delivered by Tee Yee Han and Anis Sofiah binti Zolkharnain, offering an engaging overview of the harmful effects of smoking and vaping, not only on physical health but also on mental, social, and environmental well-being.

After a short recess, participants were divided into groups and began rotating through a series of interactive educational booths. Each booth focused on a specific aspect of smoking cessation and tobacco harm awareness, from the health consequences of nicotine addiction to its social and economic impacts. The activities were designed to be fun, participatory, and thought-provoking, ensuring that students remained engaged while gaining valuable insights into the importance of living smoke-free.



The programme concluded with a post-event questionnaire to evaluate knowledge gained, and the positive feedback received from participants reflected the event's success in making smoking cessation education both accessible and impactful.

Under the leadership of Director Eunice Ling Li Xuan and Vice-Directors Hii Yu Xiang and Lim Jing Xuan, and with the guidance of Associate Professor Dr. Nur Amani @ Natasha binti Ahmad Tajuddin and Dr. Mohd Hafyzuddin bin Md Yusuf, H.E.B.A.T 2025 ran smoothly, reaching and engaging its participants effectively. This event not only educated and inspired its participants but also reaffirmed the team's commitment to a healthier, smoke-free generation.

TRIP TO KAMPUNG ORANG ASLI SENTA

After months of research and planning, the Baktisiswa Committee set their sights on Kampung Orang Asli Senta, Bidor, Perak, as the destination for this year's main trip. Held from 25 to 28 September 2025, each day of the programme was thoughtfully dedicated to a different aspect of health and community engagement. Members came back to UM one day earlier to conduct dry runs and prepare materials for some of the activity segments.



On the first day, the focus was on building relationships with the local community. The students visited the local school, where they sought to inspire the younger generation through motivational talks that highlighted the importance of pursuing higher education. They also organised interactive educational booths to introduce STEM subjects in a fun and engaging way, empowering students with both knowledge and confidence. In the evening, the team conducted house visits, learning about the villagers' daily lives, challenges, and hopes through meaningful conversations. The evening ended with laughter and games shared with the children, fostering warm bonds that would linger throughout the trip.



The second day was devoted to health screenings and education, carried out in collaboration with the Health Outreach Program and Education (HOPE) Team from Pusat Perubatan Universiti Malaya (PPUM). Various health stations were set up to offer BMI assessments, blood pressure monitoring, and glucose and cholesterol screenings, alongside specialised consultations for both paediatric and adult care. The Batang Padang District Health Office also joined the effort, providing blood screenings and consultations under the Peka B40 scheme, while their dental team conducted check-ups for the villagers.

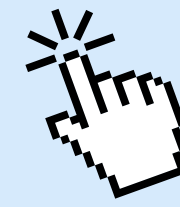
Meanwhile, the Baktisiswa students ran health education booths covering essential topics such as oral and hand hygiene, water safety, balanced nutrition, infectious disease prevention, smoking cessation, menstrual hygiene, family planning, and first aid. These topics were carefully curated based on the community’s most pressing health concerns identified during earlier site visits. That evening, the students and villagers gathered for a lively cultural night, filled with music, performances, laughter, and a celebration of connection that beautifully captured the spirit of Baktisiswa.

On the final day, the team expressed their gratitude by helping to clean SK Kampung Senta, the school that had graciously hosted all of their activities. They also took part in a memorable cultural exchange, learning how to cook Ubi Kayu and trying their hand at Sumpit, the traditional blowpipe. As the closing ceremony came to an end, heartfelt farewells were exchanged, and many tears were shed by both the students and the village children. In just a few days, the bonds formed had grown deep and genuine. By the conclusion of the programme, the medical students not only gained valuable hands-on experience but also renewed appreciation for the importance of accessible healthcare and the lasting impact of goodwill and service within underserved communities.



In many ways, this year’s Baktisiswa stood out as a resounding success. With the generous support of 11 sponsors — including Care Latex, ProCare Bangsar Dental Surgery, Libresse, B Braun Medical Industries, Tasty Touch, Medicafe, Med School Bootcamp, Priority Frontier, Nulatex, Bookdoc, and Yakult — the team was able to carry out their plans seamlessly and bring each initiative to life. Behind the scenes, the dedication and synergy of the various departments shone brightly, as months of hard work culminated in a smooth and meaningful event. From Logistics and Welfare, Fundraising and Sponsorship, Activity and Protocol, Health Screening and Education to Media and Publicity, every single team played an essential role in turning vision into reality. In the end, Baktisiswa became more than an event, it was a testament to what compassion, determination, and teamwork can achieve. Truly, what began as yet another student initiative grew into a heartfelt journey of connection, one that will continue to inspire for years to come.

Gathering of The Great Minds (GOTGM)



Written by Tharani Alagesan
Director of GOTGM 2024/2025



To this day, I'm still not entirely sure how I found myself in this role. What began as a playful joke among friends — that I would sit for the interview and run for director — unexpectedly became reality.

I've always enjoyed leadership, but stepping into the role of Director was both daunting and exhilarating. GOTGM had struggled in the years before — with events faltering in execution and participation dwindling. I made it my mission to change that. I wanted GOTGM to be spoken of with excitement among medical students, and I knew to make that happen, I needed the right team.

Thankfully, I was not alone. I was blessed with an incredible group of high committees who shared my vision. From countless recruitment drives to interviews and planning sessions, we built the team of our dreams — one that could turn imagination into reality.

The next step was choosing a theme. GOTGM has always been a platform to spark conversations and explore developments in medicine, but I felt this year needed something different — something weightier and more meaningful. After much reflection and discussion, the answer emerged: Oncology.

It was not an easy choice. Oncology carries immense complexity and emotion — a field that is as much about courage, loss, and hope as it is about science. But it felt right. For us as medical students, oncology represents the realities we will one day face: healing, resilience, and sometimes the acceptance of limits. By choosing it, we hoped to ignite meaningful conversations among our peers.

With the theme set, we brought it to life through two events.

The first was "Road to A to Z on Oncology", a fundraising carnival blending fun and knowledge. We filled Centerpoint with booths designed by our members, food vendors, performances, and games. Making it happen was far from easy — exams loomed, paperwork piled up, and deadlines pressed in. Yet, when the carnival came alive on June 9th and 10th, it was all worth it. With hundreds of booklets sold and a buzzing crowd, our dream had become reality.

Our main event, "A to Z on Oncology," was the true culmination of our efforts. After weeks of climbing hospital staircases and reaching out to countless people, we secured inspiring speakers from Hospital Canselor Tuanku Muhriz (UKM), Hospital Pakar Kanak-Kanak UKM, and Pusat Perubatan Universiti Malaya, among others. Their sessions offered both clinical wisdom and human perspective. We also heard from house officers about life after medical school, and collaborated with MAKNA, whose cancer survivors shared deeply moving stories. A stoma bag workshop with PPUM's Nursing Department and mock OSCEs added practical learning, making the day both inspiring and educational. With over 80 participants, it was a true success.

Looking back, GOTGM 2024/2025 was more than just events — it was a journey of teamwork, resilience, and growth. What began as a joke became one of the most defining chapters of my life. Together, we proved that GOTGM could be more than a name — it could be a tradition of learning, community, and heart.

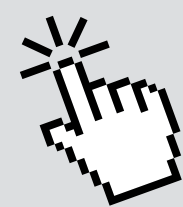
This journey not only made GOTGM great again, but it also shaped me into a stronger, humbler, and better version of myself. And though my role as director ends here, I leave with a full heart, grateful for the people I walked with, and hopeful for the seeds we've planted to flourish in the years to come.



Eradicate AIDS and the Stigma for Equality (ERASE)



@erasecampaignofficial



Written by Nickson Dass
Director of ERASE 2024/2025

Every year, ERASE, short for Eradicate AIDS and the Stigma for Equality, strives to create a safe and open space for conversations that many still shy away from. This year, I had the incredible privilege of serving as the Director of ERASE (Eradicate AIDS and the Stigma for Equality) for the 2024/2025 tenure. Looking back, it still feels surreal. What began as a simple vision, to raise awareness and break the stigma surrounding HIV/AIDS, evolved into one of the most inspiring projects I've ever been part of.



Held on 1-2 November 2025 at the Faculty of Medicine, Universiti Malaya, the event transformed the faculty grounds into an immersive, game-based learning experience. Participants were challenged to 'escape' through puzzles and station games themed around infectious diseases, combining fun, strategy and public health education in one unforgettable experience.



What made it even more meaningful was its unprecedented reach. We welcomed nearly 200 participants, many of whom came from outside the Faculty of Medicine, a milestone that reflected our growing impact beyond medical students. It was amazing to see participants from various faculties engage in discussions about public health, stigma and empathy, proving that awareness is most powerful when it transcends boundaries.



Planning the event however, was no small feat. From building props and puzzles to coordinating logistics and balancing academic schedules, our team faced its fair share of sleepless nights. There were even times we doubted if it would all come together. But what kept us going was our shared purpose, the belief that awareness and compassion go hand-in-hand.

When the day finally arrived, the Faculty of Medicine was transformed into a hive of energy and excitement. Watching participants laugh, learn and collaborate reminded us why we started. Beyond the fun and games, every puzzle solved represented understanding and every station visited sparked conversations that mattered.

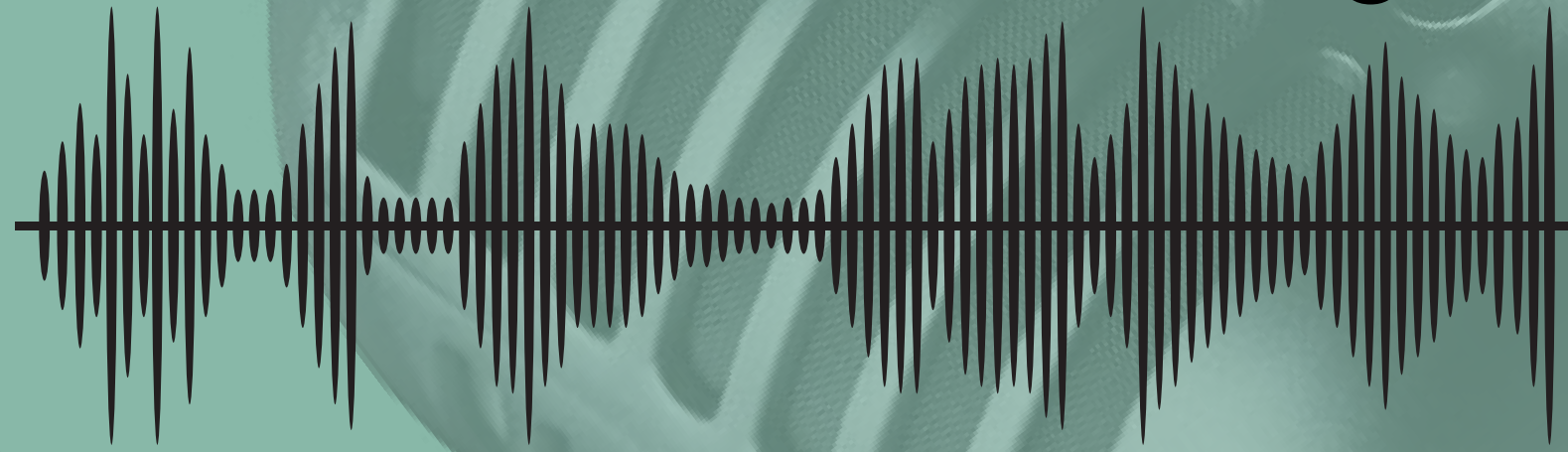
The success of "Escape from Infectious Diseases" didn't end when the doors closed. The proceeds from the event were donated to the Infectious Disease Department of Universiti Malaya Medical Centre (UMMC), extending our impact beyond the walls of the faculty and back into the community we hope to serve as future doctors.

Looking back, I couldn't be prouder of what ERASE achieved. It wasn't just an event, it was a movement of compassion, education and purpose. And as I close this chapter, I'm deeply grateful to the team who made this dream a reality. Together, we didn't just spread awareness, we built understanding, broke stigma and left a mark that will last.



REAL TALK

POVs Worth Listening To



EXCERPTS FROM INTERVIEWS WITH

OUR VERY OWN

FEATURING:



COLORECTAL SURGERY
PROF DATO' DR APRIL



REHABILITATION MEDICINE
PROF DR JULIA PATRICK



PHARMACOLOGY
AP DR DHARMANI M



UROLOGY
PROF DR ONG TENG AIK



PATHOLOGY
AP DR MUN K. SEONG

PROF DATO' DR APRIL CAMILLA ROSLANI

ABOUT

- Professor and pioneer of Colorectal Surgery at Universiti Malaya
- Founded Malaysia's first Colorectal Surgery Unit and introduced the nation's Cytoreductive Surgery and HIPEC service
- Many international leadership roles with the Royal College of Surgeons of Edinburgh and the International Society of Surgery.
- Interests: colorectal cancer outcomes, surgical education, and gender equity



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IT'S NOT ABOUT DOING EVERYTHING, BUT DOING WHAT TRULY MATTERS—AND DOING IT WELL.

1. What inspired you to choose a career in surgery, and what keeps you passionate about it today?

Having a background in the arts, I wanted a specialty that combined both art and science. Surgery is, at its core, both creative and technical—it demands precision, discipline, and empathy, yet it also allows for artistry in problem-solving and execution. What continues to inspire me is the privilege of being able to make a tangible difference in patients' lives and to train the next generation of surgeons who will carry that same sense of purpose forward.



2. How do you approach challenges in building or leading a team?

I believe leadership begins with trust, transparency, and shared vision. When I established the Colorectal Surgery Unit at UMMC, I focused on building a multidisciplinary team grounded in respect for each member's expertise. I encourage open communication, ensure that contributions are acknowledged, and make decisions collaboratively. Challenges are inevitable, but when people feel heard and valued, they become part of the solution rather than part of the problem.

3. What skills do you think are most important for young doctors to develop early in their careers?

Technical skill is important, but what distinguishes an excellent doctor is professionalism, integrity, and emotional intelligence. Young doctors should learn to listen, communicate effectively, and manage uncertainty. They must also cultivate resilience and self-awareness—medicine can be demanding, and how we care for ourselves influences how we care for others. Lifelong learning and humility are the cornerstones of sustained excellence.



4. How do you balance your many leadership roles with your clinical work and research, and what time management or prioritisation strategies have worked for you?

Balance comes from clarity of purpose. I prioritise tasks that align with long-term impact—whether improving patient outcomes, advancing surgical education, or shaping healthcare policy. I delegate effectively and trust my team to execute shared goals. I also compartmentalise my time: protected hours for clinical work, structured blocks for administration, and weekends reserved for reflection or writing. It's not about doing everything, but about doing what truly matters—and doing it well.



PROF DR JULIA PATRICK ENGKASAN

ABOUT

- Professor at the Department of Rehabilitation Medicine.
- Research areas: spinal cord injury (SCI) rehabilitation, medical humanities, ethics and pulmonary rehabilitation.
- Committed to improving the quality of life of persons with SCI.
- Undergraduate and postgraduate educator.

1. What first drew you to Rehabilitation Medicine, and how has your view of the field evolved since then?

While working in the outpatient department at Hospital Kuala Lumpur, a colleague shared with me what rehabilitation physicians actually do; how they focus not just on treating disease, but on restoring function and quality of life. That sparked my curiosity. I visited the department, saw the team in action, and immediately knew this was something I wanted to explore.

As I grew in the field, I realised that rehabilitation is much more than individual patient care; it's about systems, equity, and advocacy. We must ensure that rehabilitation is recognised as an essential component of almost all health conditions and an important element of preventive strategies. My work now extends beyond clinical care, extending into advocating for policy change, expanding access to rehabilitation services, and empowering persons with disabilities to have a voice in shaping their own care. We need to work system-level transformation.

“ *REHABILITATION
MEDICINE IS NOT JUST
ABOUT TREATING
ILLNESS; IT'S ABOUT
REBUILDING LIVES.* ”

2. When you began working with spinal cord injury patients, what was a surprising lesson or experience that reshaped how you approach care?

One of the earliest and most important lessons I learned was that you should never say “It's OK” to a person who has just sustained a spinal cord injury. Because for them, at that moment, it isn't OK. Life as they know it has changed completely — physically, emotionally, and socially. What they need most is honesty and acknowledgment, not false reassurance.

I learned to slow down, to listen deeply, and to really understand the person behind the injury: their fears, their family dynamics, their hopes. Spinal cord injury care is never just about physical recovery; it's about rebuilding a sense of identity and meaning. Once you truly know your patient, only then can you provide rehabilitation that's holistic and life changing.

3. What's an ethical or emotional challenge you've faced in your research journey—and how did you overcome it?

In research, one major challenge has been ensuring that people with disabilities are truly represented in our studies. Much of our research in Malaysia, especially in rehabilitation, is hospital-based. That means we often miss those who are not in the healthcare system — people who never come for follow-up, or who cannot access services due to distance, cost, or social barriers. As a result, our data may not reflect the real needs and lived experiences of the wider community. To address this, I've been working toward building community partnerships and inclusive research networks, involving persons with disabilities themselves in research planning and outreach. It's a gradual process, but I believe that only by hearing the voices of those outside the system can we design rehabilitation services that are equitable and truly responsive to everyone's needs.

4. Rehabilitation Medicine isn't always the first choice for medical students. What would you say to students who are unsure about exploring this field?

I'd tell them: come and see what we do. Spend a week in our ward, talk to our patients, join the therapy sessions. You'll realise that rehabilitation medicine is not just about treating illness; it's about rebuilding lives. It's the field of hope, of second chances.

5. If you could design your dream rehabilitation program that integrates technology, community care, and education—what would it look like?

My dream rehabilitation program would be one that brings rehabilitation closer to where people live. Each facility would integrate three key elements: functional

training, technology, and education. Therapy would focus on functional training in realistic environments such as kitchens, living room, bathrooms, and workplaces. This will help individuals regain confidence in their daily activities within their house environment.

Most people would talk about robotics or virtual reality when technology is brought up; but I would focus on smart home technologies and assistive gadgets that can be easily assembled or installed at home. These include adjustable bathroom equipment, voice-activated devices, or mobility aids that enhance safety and independence. Patients and families could experience these technologies firsthand to understand what they might need at home.

Education is super important. But as they are being discharged home, we should instill active learning rather than dependence on healthcare professional to provide the education, which is usually the case in a hospital. They should be taught and trained to look for information in the internet, get connected to peers who could provide practical and real-life solutions and perhaps get connected to consumer societies.

In essence, this kind of facility would help people transition smoothly back into society; equipped with the right skills, knowledge, and tools to live independently and with dignity. The ultimate rehabilitation goal is re-integration into the community, where people live, work, and belong.

ASSOC PROF DR DHARMANI DEVI MURUGAN

ABOUT

- Associate Professor of Pharmacology
- Research areas: Metabolic and cardiovascular disease pathophysiology with a focus on vascular regulation and therapeutic peptides or natural products.
- Stage 1 Coordinator for the UMMP programme
- Malaysian Society of Pharmacology and Physiology (MSPP), Malaysian Society of Molecular Biology and Biotechnology (MSMBB), Asian Society of Vascular Biology (ASVB)



“

TEACHING ISN'T JUST ABOUT DELIVERING CONTENTS, BUT IT IS ABOUT SHAPING HOW STUDENTS SEE THEMSELVES.

1. What's the most common misconception students have about pharmacology, and how do you address it?

One common misconception students have about pharmacology is that it's all about memorizing drug names and mechanisms. In fact, it's really about understanding how drugs affect the body and using that knowledge to ensure safe and effective treatment. To help students appreciate this, I focus on the “why” behind each drug action, often using clinical scenarios and case-based discussions in my lectures. I also remind them not to study pharmacology in isolation, but to connect it with physiology, pathology and biochemistry because pharmacology really builds on those foundations.

2. As the Stage 1 coordinator, what would you love to introduce to improve the first-year medical curriculum?

Many Year 1 students struggle to adapt to the very different learning environment in medical school compared to their pre-university experience. The transition can be overwhelming and students often resort to memorization rather than developing conceptual understanding. To support them, I hope to work with the faculty and MERDU to strengthen the existing academic advisory programme by establishing a more structured mentorship system with faculty mentors. With clearer terms of reference and better coordination, this initiative could provide both academic guidance and emotional support, helping students develop resilience, self-awareness and lifelong learning habits early in their medical journey.

3. What's your proudest moment as an educator—one that reminded you why you teach?

My proudest moment as an educator is when a former student reached out a few years after graduating to tell me that something I said in class had inspired them to pursue a career in research. Moments like that remind me that teaching isn't just about delivering contents, but it is about shaping how students see themselves and what they believe they can achieve.

4. What are your thoughts on the role of telemedicine in managing chronic conditions?

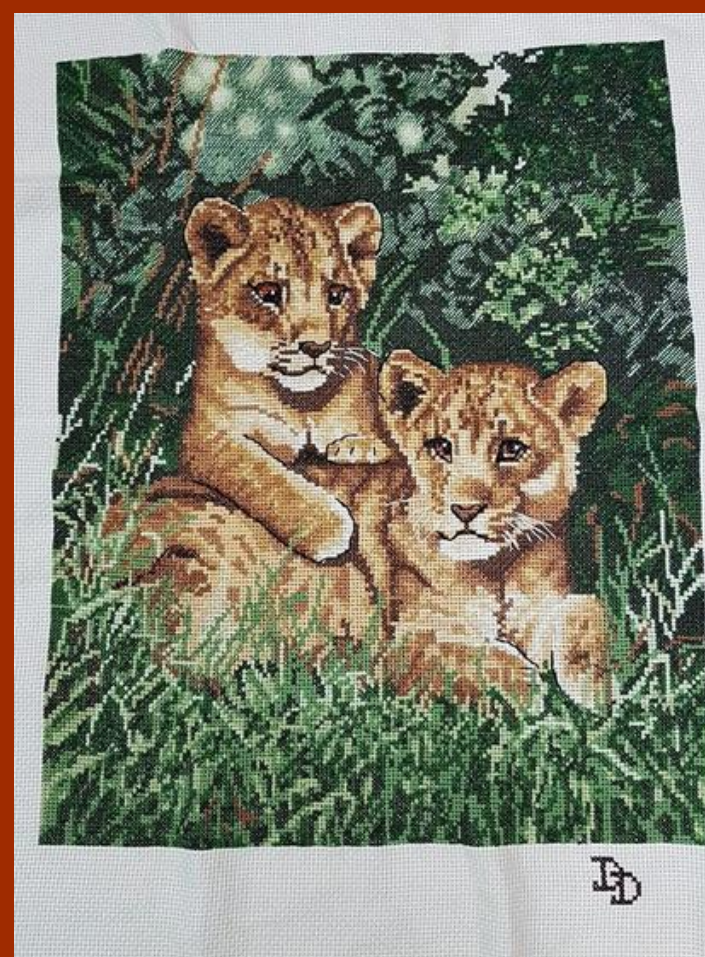
From a research standpoint telemedicine can generate a wealth of real-world data for pharmacological studies and treatment outcomes. Of course, its success depends on ensuring that digital tools enhance rather than replace the patient-clinician relationship. I believe researchers have an important role in evaluating the quality, safety and long-term impact of these technologies, particularly in supporting safe and effective medication use.

5. If you could design a digital tool to improve patient care or medical education, what would it do?

If I were to design a digital tool for education, I would like to create an interactive pharmacology simulation platform that connects molecular mechanisms to clinical decision-making. The idea is to let students "treat" virtual patients by selecting drugs, adjusting doses and then observing real-time physiological and biochemical responses. The system would also explain the underlying pharmacodynamics and pharmacokinetics as they go, helping students see the direct link between theory and clinical outcomes. I think this kind of experiential learning would really help students to move beyond memorization toward true conceptual understanding, which is something many learners often find challenging in pharmacology.



FUN FACT:
DR DHARMANI LOVES TO CROSS-STITCH IN HER FREE TIME.
TAKE A PEEK AT HER WORK!



PROF DR ONG TENG AIK

ABOUT

- Leading urologist with Fellowships from the Royal College of Surgeons in Ireland and the European Board of Urology
- Research areas: Bladder health, sexual dysfunction, and bladder cancer diagnosis
- Has over 120 publications and RM6 million in funded projects
- Recognised for advancing urological care and inspiring the next generation of clinicians

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*“TOUGH” WORK IS A JOY
WHEN IT HAS MEANING.*

1. What first inspired you to become a surgeon, and when did research become an integral part of your surgical journey?

I’ve always thought surgery was one of the most challenging specialties – and if I was going to specialize, I might as well take on the “most difficult” one. During my housemanship in Hospital Kuala Lumpur back in 1995, I was assigned to the UKM surgical team. The environment there was incredibly positive and supportive, and that experience really sparked my interest in pursuing surgery as a career.



Surgical MO in Hospital
Duchess of Kent, Sandakan
(1996-1998)

2. Surgery is hands-on and high-pressure, while research is methodical and slow. How do you balance both, and how do they complement each other?

Research is an endeavor with many layers. At its heart, it nurtures curiosity – and that curiosity is what keeps us learning throughout our careers. It’s also not entirely true that research is “slower” than surgery. In fact, surgery can be equally methodical and sometimes painstakingly slow! Both demand patience, precision, and reflection – and each makes the other stronger.



Learning laparoscopic surgery

3. From your work on urinary diagnostics, was there a finding that surprised you?

One small but interesting project I did showed that using normal saline to inflate a urinary catheter balloon doesn't cause it to get "stuck" later. It debunked a long-held myth! Sometimes, even small "fun" studies can change everyday practice.

4. You've studied global variations in varicocele management. How do you reconcile international guidelines with what works locally in Malaysia?

International guidelines are built on evidence, but not all medical practices have strong, level-1 evidence. Even when they do, applying them in the real world requires understanding local differences — disease patterns, ethnic makeup, socio-economic realities. Medicine isn't one-size-fits-all. Context matters.



5. You've mentored many students and residents. What qualities make a student stand out to you?

The best students are proactive — they add value to the team and, in doing so, learn far more. When someone completes a task 100%, and then goes the extra mile to deliver another 50–100% beyond expectation — that's when you know you're looking at a future leader.

6. To students considering surgery but worried about the workload, long hours, or research expectations — what would you say?

If you see long hours and hard work not as burdens but as joys, then you'll do well in surgery — or any demanding specialty. Good things never come easy, and that's exactly what makes them worth pursuing.



7. What keeps you going through tough surgeries, late nights, or slow research progress? What's your personal "why"?

My "why" is simple: to remember why we entered medicine in the first place — to help others. "Tough" work is a joy when it has meaning. I often say that surgeons are like professional athletes. The operating room is our arena. We need to train, rest, eat, and focus just like them — because excellence isn't an accident; it's a discipline.

ASSOC PROF DR MUN KEIN SEONG

ABOUT

- Cancer researcher in the Department of Pathology
- Research areas: chemotherapy resistance and advanced diagnostics, including exosomal biomarkers for personalised cancer care.
- A passionate mentor, inspiring Malaysia's next generation of medical scientists.

1. Pathology is often considered the “hidden backbone” of medicine. What do you wish more medical students understood about this field’s importance?

I suppose you can call Pathology the backbone, but the spine is not of much use unless attached to the rest of the skeleton and tendons and muscles, and nothing will survive without blood, or know what to do without nervous signals.

I think I would rather wish for students to learn about the different topics in medicine in an interconnected way and not as isolated silos of data. Once you realise the human body is like a fantastically complex symphony orchestra, where each instrument has to play its part, and that perhaps disease is a bad note or chord, then it all begins to make sense. As for “hidden” I can't speak for others but I don't like the limelight much, preferring to hide in my lab and office and do my work, surfacing now and then to teach.



“
*IF YOU REALLY LOVE
SOMETHING – STRIVE
FOR IT, WORK HARD,
BE HONEST, AND FAIR*



2. How has digital technology changed the way you examine tissue samples or make diagnoses compared to when you first started?

One day, AI and digital pathology will be a big part of our practice. I don't believe it will ever completely replace the role of a pathologists but it would be most interesting indeed to live through the progress.

When I first started my postgraduate studies, immunohistochemistry staining was still being done manually and I had the privilege of performing that myself. Now, almost everything is automated. I wish we still had the old methods to "torture" students with – this would make them more appreciative of new technologies and not to take things for granted, but instead to respect and honour those who had passed before us who had struggled with so much less and yet, done so much more to take care of our fellow man. This is what we hope to do in the Museum of Medicine. Have you been there yet? Go NOW.



3. Are you already using artificial intelligence or machine-learning tools? If so, what tasks do they handle best?

I try not to use AI. Maybe just to search for relevant articles, updates on latest developments and current trends. I am the kind of person who prefers a Nokia to an iPhone, a handwritten diary to the Google calendar and live in the country.

4. What skills or tech knowledge should future pathologists, and even students in general, start developing now?

I suppose they should learn to be comfortable around computers, programming and robotics early. But it's not all machines – you still have to deal with your fellow man; be they colleagues or patients. In the end, my belief is that if you really love something – strive for it, work hard, be honest and fair, and never ever give up. Unless you are truly hopeless and can't tell a squamous cell from a glandular cell, then I suggest you specialise in something other than pathology.

5. What's the most unforgettable thing a student has ever said in one of your pathology classes?

A recent visit by a private high school to the Medical Museum led to one student's remark that to me was memorable. As part of their visit, I showed them wet specimens.

This young man, instead of looking happy and enthused, looked very sad and depressed. I thought I had done a bad job and I asked him what was wrong. He looked at me morosely and told me he thinks he had chosen the wrong profession, that he should have taken Biology instead of Business, and if I could hire him to work in the museum part time. This is what I hope for when I teach – to share the wonders of the human body and medicine, ignite a passion and help young people find their defining interest that may shape their future.

GLOW-UP GUIDE

INSIGHTS FROM INSPIRING STUDENTS

MUHAMMAD AZAD IMAN BIN MOHD PAUZI

QUICK FACTS:

- MBBS Batch 2020/2025
- Active contributor of UM MEDSOC
- President of UM MEDSOC 2023/2024



What motivated you to pursue medicine, and how has your journey at UM shaped you so far?

I was drawn to medicine because I enjoy challenges and wanted a career where learning never stops. UM has been especially formative because of its rigorous environment and the healthy competition among peers. Over the years, I've grown more resilient, disciplined, and reliable, and I feel confident stepping into the role of a doctor.

What inspired you to run for MEDSOC President in the 2023/2024 tenure, and what vision did you carry into your term?

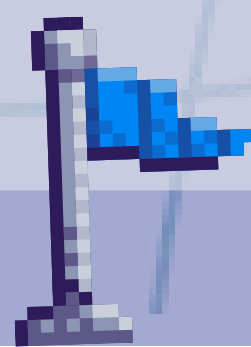
I wanted to run because leadership is essential for doctors, and UM MEDSOC gave me the platform to grow. My vision was simple which is to use UM MEDSOC projects to unite students across batches, backgrounds, and beliefs.

Leading a student body is no small task. What was the biggest challenge you faced as President, and how did you overcome it?

One challenge was low participation in academic projects like MEDSURG Symposium and From Chaos to Control. Working with my team, we overcame this through creative promotion and adding unique activities. It taught me that leadership is about listening to what students find meaningful, and adapting projects so they feel excited to join.

What advice would you give to students who want to get involved but are afraid they can't cope?

Start small, maybe join a bureau or volunteer for one project while keeping studies your main priority. It may feel busy, but involvement teaches you to value your time and gives you experiences you'll never regret.



JOEL IMBERT NESAN



QUICK FACTS:

- MBBS Batch 2020/2025
- Active contributor of UM MEDSOC
- Co-Founder of informal student community group DLG

What motivated you to pursue medicine, and how has your journey at UM shaped you so far?

A: Ever since I could remember, I loved helping people. And yes, there are many ways to help someone, but personally, I feel the best way I could help is by being a doctor and treating them. I loved medicine because to me, it is a profession like no other. It is not about margins, supply and demand, profits and loss. It is about life and death. To be trusted with managing a patient is an utmost honour and a responsibility like no other.

My journey in UM has taught me that medicine is not just science, but an art. When I see doctors treating patients, sometimes just by lending a listening ear or providing words of comfort, I am reminded again about the art of medicine.

“To cure sometimes. To comfort, always.”

You had experience in being a forum panelist and giving briefings for flagship projects like Baktisiswa. What advice would you give other students who are nervous about public speaking or representing their peers in such settings?

Being nervous is completely normal and human. To this day, I am always nervous before every forum, briefing or presentation. I believe that the right amount of nervousness allows me to better prepare myself to ensure that everything goes smoothly. As the saying goes, “Courage is not the absence of fear, but rather the triumph over it.” And if things do not go as planned, that is fine too. Give yourself a pat on the back for daring to try. And don’t stop trying.

You created an informal student community group called ‘DLG’ that has been effective and helpful to many students here. How did you first come up with this?

The creation of DLG was not mine alone, but also among my 2 closest friends, Vishnu and Tristan. The first 2 years of our degree were done online due to the pandemic. We met online almost every day to discuss and question each other on lectures. We realised that this system was effective as it ensured consistency and created a platform where we could support each other. So we felt it was only right to share this system with everyone. That’s how DLG came to be.

What do you think has been the key to its success?

All credit goes to the 3 of us. We were consistent in helping our juniors with academic briefings, exam briefings, mock history taking sessions and weekly questions. This inspired juniors to take up the role of briefing their younger juniors, and the cycle continued. The secret to its success would be the innate need in each of us to help others.

How has it grown into the supportive community it is today?

I am happy to see that each year, the number of students in DLG continues to grow. Many are now organising extra classes, briefings and teachings. But more than DLG being there after I’m gone, I hope that the supportive environment among medical students continues and translates into teamwork in the working world.

How did you approach your studies this year to prepare for Stage 3.3 BA—what changed from previous years?

Being in the final year was an extremely different experience. We were repeating postings like Internal Medicine, Surgery and Paediatrics, but the level of expectation was much higher. I understood this early on and planned my academic year strategically.

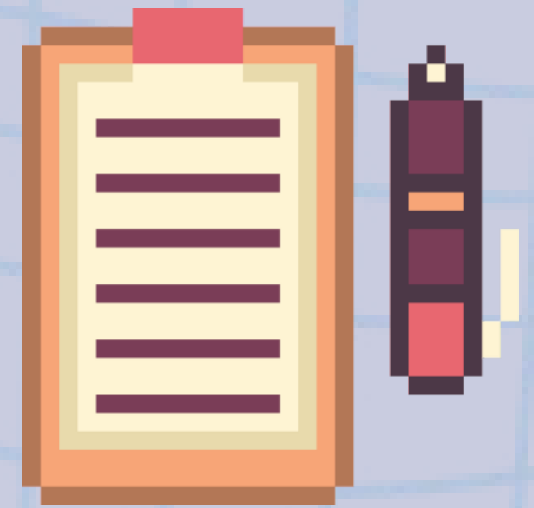
What really helped was consistently clerking patients every day and immediately presenting the case to simulate an exam scenario. This helped identify gaps in my knowledge as I explained investigations and management right after clerking. I’m thankful to many friends and lecturers who shared their knowledge and experience. The credit goes to them.

PRASHWIN SINGH TEJPAL SINGH



QUICK FACTS:

- MBBS Batch 2020/2025
- Research internship in Singapore, 2022
- Amgen Scholar in the University of Tokyo, Summer of 2024
- Completed 2 months of rotation in the Yale Cancer Centre in 2025
- Research interests: cancer biology, therapeutics, and community-based healthcare interventions



Where did you go for your research elective posting?

In summer 2024, I was hosted by a biomedical microsystems laboratory in the Institute of Industrial Science, the University of Tokyo through the Amgen Scholars Asia Program.

What were your expectations going into the elective, and were they met?

Far too often, as clinical years in medical school commence, the appreciation for basic science dwindles. However, I found myself being continually inclined towards exploring basic science and uncovering the reasons behind why disease, particularly cancers manifest in such a heterogenous manner. I was eager to engage with fundamental cancer science and gain exposure to working in a laboratory. The 10 weeks I spent in Japan was life transforming. The phenomenal mentorship, exposure to translational science, witnessing the impact of multidisciplinary research in driving advancement in cancer diagnostics and international friendships formed were some of my key takeaways.

Can you describe the clinical exposure or hands-on opportunities you had there?

Hands-on opportunities included acquiring laboratory skills such as cell culture, immunostaining, using advanced microscopy techniques and developing a microfluidic device for single cell analysis. Since it was a laboratory-based research project, clinical exposure was limited to handling cancer cells obtained from patient biopsies and being a part of discussions with oncologists. I am beyond grateful for the support demonstrated by mentors through their continuous support in encouraging me to pick up laboratory skills.

How did you manage accommodation, food, and finances during the elective?

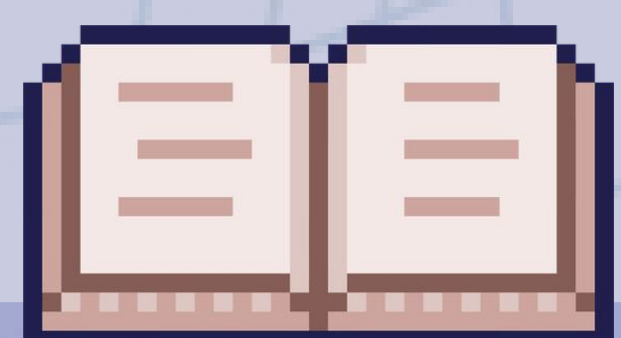
The Amgen Scholars program was extremely generous with the stipend and accommodation provided for scholars. With regards to budgeting, it is important to plan your finances well. Allocate a daily budget and save up for special activities or trips. Most days, I cooked dinner in advance ('meal prep') and I encourage you to do so too. When you are back home from a long day, you will have a nutritious meal awaiting!

What did a typical day during your elective look like?

I would reach the lab at 9 am and kickstart the day by discussing my research progress with my mentor. Thereafter, we would conduct our experiments in the laboratory and discuss our results. We were constantly identifying avenues for improvement and explored new ideas throughout the day. The bulk of my time was also spent preparing for an oral and poster presentation that took place at the end of the Amgen Scholars programme during a symposium attended by scholars throughout Asia.

Any advice for juniors planning their research electives soon?

Start planning early. Identify areas of your interest and apply to relevant programs or institutions. A rejection email should not stop you from pursuing your interest! Persevering will consolidate your drive to explore science! Going abroad can be a fun prospect but if you are unable to do so, do not worry! UM and other local institutions have amazing opportunities for learning and growth.



CARLOS SEBASTIEN JOHN



QUICK FACTS:

- MBBS Batch 2021/2026
- Faculty of Medicine Student Representative 2022/2023, Universiti Malaya Students' Union
- Vice Secretary of Finance 2022/2023, Universiti Malaya Students' Union
- Vice-Coordinator, Demokrat Malaya 2023/2024
- Founder of Orthopaedic Surgery Students' Interest Group

You founded the Orthosoc (Orthopaedics Society) at UM, a big step for any student. What inspired you to start it, and what were the biggest challenges in making it a reality?

While the field [of Orthopaedics] is growing and demand throughout Malaysia for more orthopaedic surgeons in both public and private practice is booming, there lacks avenues for students beginning their career to meet like-minded peers or network with senior orthopaedic consultants at an early point of their career in order to ensure that once they enter a training programme, they have a good comprehension of musculoskeletal disease and hone good skills which allow them to stand out. One of the biggest challenges granted was structuring the society from scratch and making ourselves known to faculty and staff. Additionally, as orthopaedic surgery spans beyond basic surgical skills, it is often hard to secure equipment for training such as bone drills, screws etc.

Juggling medicine and student leadership isn't easy — what's tougher: aligning bones in orthopaedics or aligning opinions in student politics?

I would confess that my academics were significantly easier to address. It stems from the very passion of medicine and by extension orthopaedic surgery. Working with like-minded peers who share a common goal of career advancement proved inspiring on a day to day basis. Tackling the vast majority of student politics, even within the vicinity of the campus has truly been a tough experience to navigate. While every student comes from different backgrounds, mindsets, political ideologies and requires specific needs, the demand to appease everyone is certainly heavy. However, I am grateful for my team during my tenure who works as a constant support to ensure the needs of students throughout the campus are met at a reasonable level.

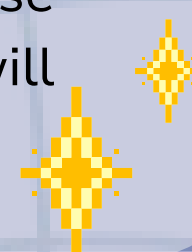


If your leadership style were a type of fracture, which one would it be—and what does that say about how you lead?

I would say, the fracture that best defines my leadership style is a greenstick fracture. Like greenstick fractures, which occur in young bones, my leadership journey is still only starting out. I have learnt that leadership requires flexibility and like the greenstick fracture I have had to bend to accommodate the needs of my team and students of the faculty.

Now that Orthosoc is established, how do you envision it growing further—and how would you encourage more students to get involved?

I hope that those who succeed me keep up the vision of growing the field of orthopaedics amongst students more. When I started my tenure, we had a long list of activities and plans we hoped to achieve, unfortunately being freshly formed, garnering support was not as simple as we had hoped. Moving forward, especially after our flagship event, BONE 2025, I hope students of the society can use the networks we have created to foster more skill training and research within the field which will inherently set them up for a competitive career in orthopaedic surgery.

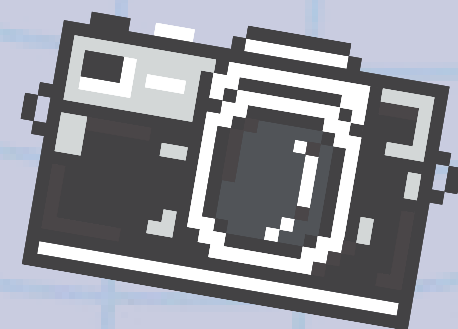


DHANYA VYSHNAVI K RAMESH



QUICK FACTS:

- MBBS Batch 2021/2026
- Content creator sharing wellness tips, lifestyle insights, and personal reflections
- Clinical elective at Imperial College London

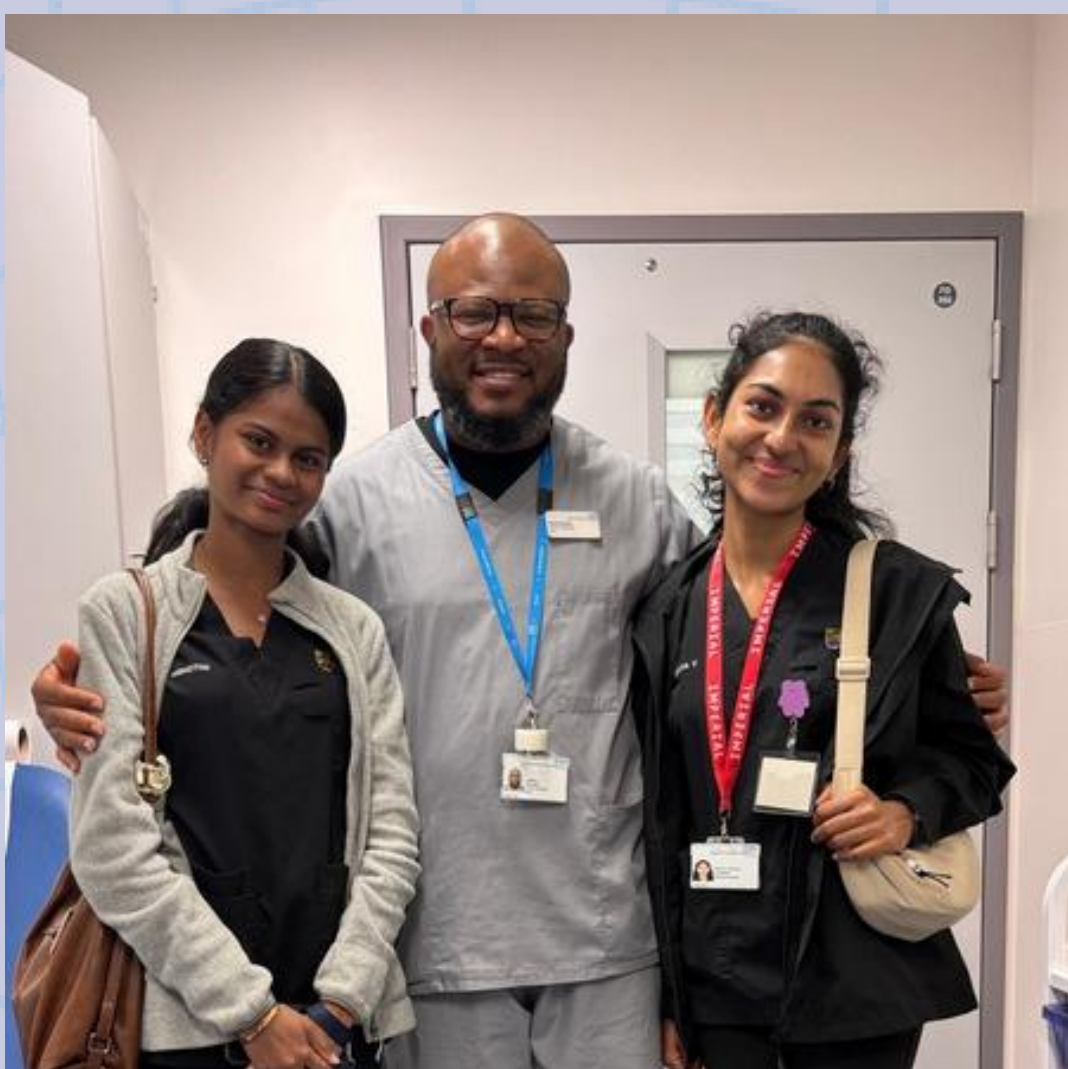


What inspired you to start sharing medical knowledge on social media, and how has that journey been for you?

As the eldest child, I didn't have an older sibling to turn to for advice. I had to figure everything out on my own, and during that time, I often turned to YouTube to learn from people my age who shared their experiences online. That sense of connection and guidance really helped me, and it made me want to do the same for others.

What impact do you hope your social media presence has on other students, peers, or even the public?

I truly hope that my content reaches people in a way that makes them feel seen, understood, and a little less alone. For students, especially, I want them to know that it's okay to feel overwhelmed sometimes. Studying can be hard, and everyone moves at their own pace. I want my page to be a space where they can find comfort and motivation to keep going. When it comes to my peers, I really value collaboration. There's something powerful about young people in similar fields coming together to share ideas and create meaningful content. I hope my work encourages more of that which includes building each other up and learning from one another. And for the public, my goal is to educate and inspire. Whether it's through sharing health tips or simple reminders to care for your mental and physical wellbeing, I want to help people feel more confident in taking small steps toward becoming the best versions of themselves.



Tell us about your clinical elective at Imperial College London — what was the most eyeopening experience for you there?

I was placed in the Emergency Department, and one of the biggest differences I noticed compared to Malaysia was how well-informed and involved patients were in their own care. Many of them understood their conditions and treatment options in great detail, which really changed the way I viewed patient communication and shared decision-making.

The types of cases were also very different. In London, we saw quite a number of stabbing and assault-related injuries, whereas in Malaysia, it's more often motor vehicle accidents. That contrast helped me appreciate how social factors can shape the kinds of emergencies doctors face.

Another thing that stood out to me was how polite and appreciative most patients were toward the healthcare staff. Even in stressful situations, there was a sense of mutual respect and gratitude that made the environment feel supportive and humane. Overall, it was an experience that not only broadened my clinical exposure but also reminded me why empathy and communication are just as important as medical knowledge.

What advice would you give to other medical students who want to pursue electives abroad?

My number one tip to juniors will always be that if you're able to do it, go abroad for your clinical elective! It's truly a once-in-a-lifetime experience that I'll always cherish. It doesn't matter where you go, but go somewhere with your friends, learn as much as you can, and have fun before final year starts. It's an opportunity you might never get again once work life begins.

As for applying, it's actually simpler than most people think. Do your research, find doctors or departments you're interested in, and email them directly. Google is your best friend during this process. Apply to as many places as you can and once you get that acceptance, pack your bags and go. It'll be one of the best experiences you'll ever have, both personally and professionally.



VEYRROSHEN



QUICK FACTS:

- MBBS Batch 2021/2026
- Active member, Malaysian Students' Surgical Society (MSSS)
- Former Head of Department, Paediatrics Society, University of Malaya
- Moderator, AI & Robotic Surgery Forum
- Coordinator, national-level surgical workshops and research initiatives
- Areas of interest: surgical education, innovation, and medical technology
- Often found hiking or at a mamak stall perfecting the art of lepak

The Malaysian Students' Surgical Society (MSSS) plays a key role in promoting surgical interest among medical students nationwide. What made you want to join MSSS, and how has your role in the committee contributed to your personal and medical growth?

I joined MSSS because I wanted to be part of something bigger than just my own medical school journey. Surgery has always fascinated me, and MSSS gave me a platform to explore that interest while also building friendships and connections across the country. Being in the committee has challenged me to step out of my comfort zone. From planning workshops to engaging with consultants, I've learned leadership, teamwork, and communication skills that go far beyond textbooks. At the same time, I've gained deeper clinical insights that make me more confident stepping into the wards. MSSS has really shaped me not just as a future doctor, but as someone who can contribute to the medical community.

Being in a surgical club nationally isn't just about scalpels—what's one non-clinical or soft skill you've developed that you didn't expect to learn, but now find essential?

Honestly, communication and people management. I went into MSSS thinking it would just sharpen my knowledge of surgery, but I ended up learning far more about leadership. Coordinating national-level events forces you to adapt, listen, manage differing opinions, and make decisions under pressure. Those experiences taught me that the best surgeons aren't just skilled with their hands; they're calm leaders who bring out the best in everyone in the room.

What's one gap in surgical training you think students are facing, and how can student-led initiatives like MSSS help bridge that gap?

One major gap is the lack of early hands-on exposure and mentorship. Many students only truly experience surgery once they become house officers, and by then, confidence takes time to build. MSSS helps fill that gap through simulation-based training, peer-to-peer learning, and mentorship opportunities that allow students to learn and make mistakes in a safe environment. It's not about pretending to be surgeons; it's about understanding the discipline, teamwork, and mindset surgery demands.

How has working with MSSS at the national level changed your perspective on surgical education among Malaysian medical students?

It genuinely changed everything for me. Before joining MSSS, I assumed surgical exposure depended on which medical school you were from. But MSSS opened my eyes to how much can be done when students take initiative. When we connected universities, we realised collaboration could level the playing field. Workshops, mentorship programmes, and speaker sessions became shared spaces where anyone passionate about surgery could grow. Surgical education doesn't have to be exclusive, it can be student-driven, inclusive, and forward-thinking.





ONG JELYN



QUICK FACTS:

- MBBS Batch 2022/2027
- Faculty Representative 2024/2025, Universiti Malaya Student Union
- Areas of advocacy: student needs, National Health, Women's empowerment, youth advocacy
- Vice President of Astar Dance Squad
- Content creator on Instagram and TikTok, sharing med school vlogs, product reviews, and more

If you could change just one thing about the current medical education system, what would it be, and why?

I'd provide school leaves for mental health. As much as we're afraid of people abusing it, I'm pretty much more concerned about what if someone really needed that break but couldn't? Instead of preparing us to be future doctors, we should be reminded to prioritize ourselves first.

If you had to give a 'diagnosis' for the biggest issue students face today, what would it be, and what's the treatment?

Diagnosis : Societal Pressure Overload with a constant need for validation

Treatment : A multidisciplinary plan of peer support, accessible mental health services, and systemic reforms that prioritize quality learning over quantity. And like any chronic condition, it requires both individual self-care and institutional change.

Do you think doctors should take a more active role in political or social advocacy? Why or why not?

Of course. In Malaysia, many of the people involved in political and social advocacy for healthcare aren't even from the healthcare sector. That means decisions are often made by those who don't fully understand what's really happening on the ground. At the same time, many healthcare professionals stay silent, complaining only behind closed doors, afraid of getting into trouble or jeopardizing their jobs. But if we continue like this, the system's flaws will never be addressed. Doctors need to take a more active role, because no one understands the realities of healthcare better than those working in it.

If UMSU were a hospital department, what role would best represent your place in it, and why?

I'd probably be the Emergency Department. Things often land on my desk unexpectedly, whether it's sudden university policy changes, last-minute event crises, or students needing urgent representation. Like in the ED, I triage, stabilize, and then connect issues to the right "specialty team" for long-term management. Maybe that's why I aspire to be an Emergency physician with all the indirect training I got.

Can you share a moment where you truly felt the weight of leadership, and how you handled it?

During the National Healthcare Forum, I expected student voices to be highlighted. I expected them to give us the credit we deserve. Instead, the media only wanted quotes from VIPs. I felt invisible despite months of work. It was frustrating, but I chose to handle it by writing and speaking openly afterward about the lack of recognition for student contributions. It reminded me that leadership sometimes means advocating even when no one is watching.

What's one lesson from your time in UMSU that you believe should be part of medical education?

That advocacy is as important as anatomy. Doctors are trained to save lives, but if we don't advocate for better systems, policies, or resources, we're only treating symptoms. Medical students should learn how to use their voices effectively in institutions, because healthcare is shaped as much by policy as by clinical skill. If we don't change the system, we are just slaves trying to keep an outdated system alive, which is why I decided to step up into UMSU.

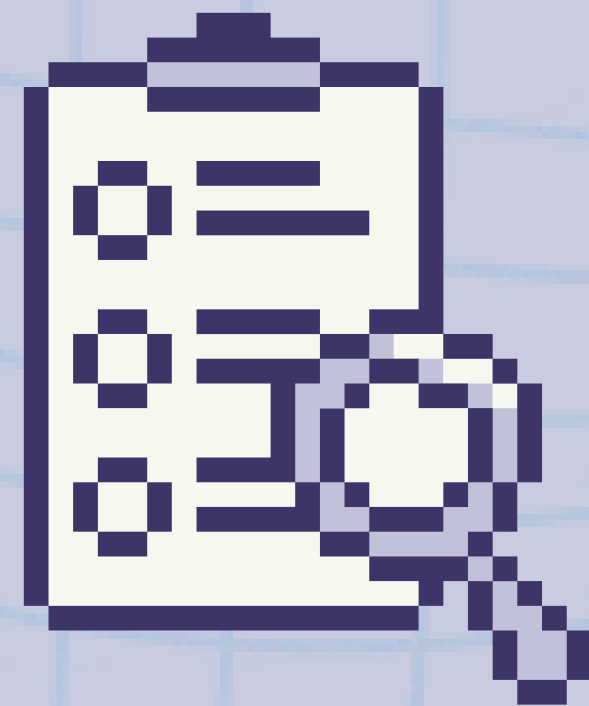


TAN ZE XIU



QUICK FACTS:

- MBBS Batch 2022/2027
- Did a Research Elective in Belgium in 2025 as part of the International Federation of Medical Students' Association (IFMSA) Research Exchange Programme
- Research focus: Research methodologies, quantitative and qualitative analyses



How did you come to decide what to do for your research elective?

When I first decided to do my elective abroad, I wanted an experience that would push me beyond my comfort zone—both academically and personally. That was how I found myself applying research overseas, and I managed to get into Belgium, a country rich in history, culture, and scientific curiosity. My elective mainly focused on research methodology, encompassing both quantitative and qualitative analysis.

What were some particularly challenging aspects of your experience?

At the beginning, I had to familiarise myself with new concepts, read extensively, and adapt to a different academic environment. Yet, as I progressed, I found immense joy in the learning process. I started from the very basics—learning how to conduct literature searches, formulate research questions, analyse data, and interpret findings. I also had the opportunity to prepare a research poster and write an abstract, which gave me a glimpse into the effort and creativity that go into producing scientific work.

What did you learn from your elective experience abroad, both professionally and personally?

In terms of medical learning, this elective taught me the importance of evidence-based thinking. I realised that research is not just about numbers and data—it's about curiosity, persistence, and the desire to answer meaningful questions that can eventually improve patient care. The experience strengthened my critical thinking skills and deepened my appreciation for the scientific process that underpins medicine.

Beyond academics, my time in Belgium shaped me in many personal ways. Living alone in a foreign country, I had to navigate daily life in a different language and culture. I am truly grateful that I found the courage to embrace this challenge. I also took the opportunity to travel across a few neighbouring countries on my own—an experience that taught me independence, adaptability, and confidence. It was liberating to explore new places, meet people from around the world, and learn to appreciate different perspectives on life.

Of course, the journey was not without challenges. There were moments of self-doubt, homesickness, and uncertainty—especially at the start when everything felt new and unfamiliar. But those moments became valuable lessons in resilience. I learned that stepping into discomfort often leads to the most meaningful growth.

Based on your experience, what advice would you give to juniors looking to do their research elective in the upcoming year?

Looking back, I would wholeheartedly recommend this experience to my juniors. If you are someone with an adventurous spirit, eager to learn and explore beyond the familiar, an overseas research elective will be an incredibly rewarding journey. My advice would be to go in with an open mind, be proactive in learning, and don't be afraid to ask questions. Every challenge you face will teach you something valuable, and every person you meet will add to your story.

In the end, my elective in Belgium was more than just an academic experience—it was a journey of discovery, growth, and gratitude. It reminded me that medicine is not only about science, but also about the people, cultures, and experiences that shape us along the way.

AARON LIM SHENG YU



QUICK FACTS:

- MBBS Batch 2023/2028
- President of MMI Young Medics 24/25
- Head of Public Relations of UM MEDSOC 24/25
- Local Exchange Officer of Universiti Malaya, Standing Committee on Professional Exchange (SCOPE), SMMAMS.
- Involvement in more than 10 event and managerial positions in the past year
- Passionate about networking and building meaningful connections, as well as supporting and teaching those around me.
- Hobbies: Baking, listening to music, and dancing



What motivated you to get involved in extracurricular activities so early in medical school?

Since young, I've been taught that leadership is essential—it's not just about guiding people, but also about relating to them, being sensitive, and learning to think logically. These values motivated me to take on roles beyond academics, because I see them as a way to grow holistically while giving back to the community. Most importantly, extracurricular activities have shaped who I am today. They've given me unique experiences, and more importantly, introduced me to amazing, capable people who have become not only close friends but also a kind of family

What challenges did you face while managing both academics and extracurricular commitments, and how did you overcome them?

Thinking back to the last two weeks of May, an astronomical amount of things came at me all at once. I was suddenly assigned by the Dean's Office to help orientate new exchange students—from planning games to leading sharing sessions—while also managing an internal collaboration with the United for Global Antimicrobial Stewardship. On top of that, I was training for an upcoming performance under Kuayue, preparing for my written and OSCE exams, and advising two more projects in preparation for June. To be very frank, none of this was expected and none of this could be planned beforehand, so it all came crashing down on me within just 14 days.

The planning was hectic, and there were moments where I truly felt I might crash out. However, what kept me intact was the responsibility I felt toward both my academics and my roles. I learned that no matter how bad a situation feels, it will not last forever, and the best way to face it is with a comprehensive, well-thought-out plan. More importantly, I realized that nothing could be done alone—reaching out to capable teammates and trusting them to share the load was essential. Without their support, I would not have managed to pull through.

How do you prioritize your time between classes, studying, and your organizational responsibilities?

At the start of every year, I ask myself the same question: what's next? I sit down to visualize the year ahead, setting clear goals and dividing them into three main branches—growth, academics, and hobbies. This balance keeps me grounded; even if it looks like I've joined many things, everything has its place. On most days, I don't over-plan, but when multiple commitments collide, I make a structured plan for the month ahead—listing deadlines, blocking out days for events, and allocating time for studying. This helps me see my daily life at a glance and ensures I don't lose track of priorities. On a typical day, I dedicate 2–3 hours to organizational work (sometimes more, if needed), while also aiming to finish 1–2 lecture slides. This way, I stay consistent in academics while remaining fully committed to my responsibilities.





What skills do you think you've gained from these leadership positions that will be useful in your future career as a doctor?

From these leadership positions, I have learned how to connect and network with people from all walks of life. Being in roles that required constant communication also taught me the importance of clarity. As a future doctor working in multidisciplinary teams, ensuring that every word and action is communicated clearly and effectively will be essential.

Leadership has also taught me about sensitivity. As a future doctor, being sensitive to a patient's background and emotions will help me connect with them more deeply and provide care that is not only top-quality, but also compassionate and holistic.



How has your role as Head of Public Relations in UM MEDSOC helped you grow personally and professionally?

When I first joined MEDSOC, the Public Relations department was not a department but rather an EXCO liaison office, where everything was done separately without a clear niche. I was given the opportunity to take on this role and establish the department anew. Going back to the drawing board taught me how to think further ahead—how to build a system that is not only sustainable, but also easy to pass down and continuously improved over time. Management, I learned, is not just about creating something that lasts for a year, but about laying a strong foundation for the future.

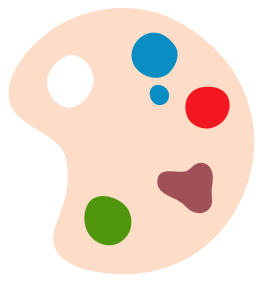
Personally, I am a perfectionist who always strives to deliver top-quality work. But leading a brand-new department taught me to give myself more allowance, to understand that growth takes time, and to accept that there will always be room for improvement. This experience reminded me to never to be complacent, but always to keep learning and becoming better. Ultimately, it has shaped me into not only a more capable leader, but also a more grounded individual.

What advice would you give to other medical students who want to get involved in extracurricular activities but are worried about the workload?

Being worried to join extracurricular activities is a valid concern, but always remember that fear is that one thing that tries to stop you from progressing further. Without joining and experiencing it firsthand, you'll never know what it's truly like. You can consult seniors and hear their stories, but at the end of the day everyone has a different capacity. Some people may find it extremely tough, while for others it might actually be easier than expected. Regardless of how good or bad the experience turns out, what matters is that you took the first step in your growth journey and contributed to the team.

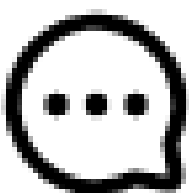
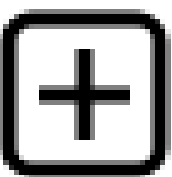
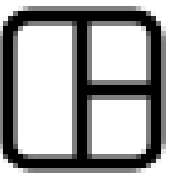
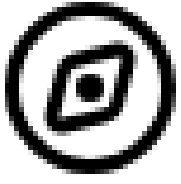
To tie this off, extracurricular activities might sound really fun and fulfilling, but nobody walks the exact same path. My experiences will undoubtedly be different from yours. Walk your own path and write your own story. Everyone has their own goals in life—if an activity aligns with yours, then by all means join. But if it doesn't, don't join just because you fear missing out. At the end of the day, it's not about doing everything—it's about doing what's meaningful to you.





Lowkey Aesthetic

Our Creative Corner



The Silence after the Scroll

The clock strikes midnight,
Heavy textbooks scattered across the room,
My only light,
The bright glow of an iPad screen,
The silence feels deafening,
Another long day folds into its end,
I gather what little courage remains,
A little cleaning was needed,
Though I know I'll collapse into bed,
The very next breath

As I lay on my bed,
Stared at the ceiling blankly,
As I picked up my phone,
Opening apps I was so familiar to,
All the laughter,
All those fleeting words,
The perfect couples,
Those picture perfect faces,
So familiar, yet strangely hollow

Hours slipped away,
A red warning flashed on my phone,
The battery slowly fading,
And so was my energy,
Perhaps it was time to surrender for the day,
Alas, I stared at the ceiling again,
And so it drowns upon me,
The silence after the scroll.

The silence after the scroll,
Was louder than the voices on the screen,
A fleeting relief that slipped through my fingers,
There was no escape, no place to hide,
Only the weight of myself,
Waiting in the dark,

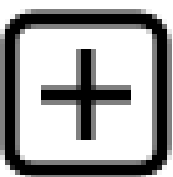
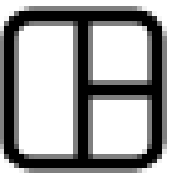
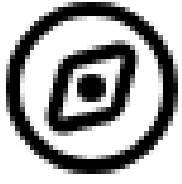
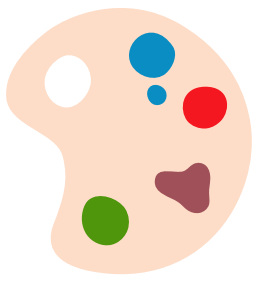
I lie still, the sound of my breath echoing,
My chest heavy,
As if the weight of the world,
Is measured in unread messages,
The bright glow disappears,
But the emptiness lingers around

My eyes felt heavy, barely half awake,
As I wonder,
If anyone would notice,
If I'd vanished into thin air,
Or would I just be a name erased,
A profile left behind,
Another ghost in the feed,
Another user not found

Alas, was there any difference?
Of existing in this day and age,
As screens scream louder than our names,
We now shrink into thumbnails and timestamps,
Valued not by feelings but by feeds and trends,
In this bright crowd, we learn to fade,
Becoming less human, more parade.

And so I close my eyes,
Not from peace,
But from exhaustion,
Hoping sleep would be kinder,
Than the silence after the scroll,
And the question still lingers,
At the end of the day,
Was silence a form of peace,
Or mere loneliness?





@Edwiina A/P Ravi Selvan



@Edwiina A/P Ravi Selvan

**“To draw anatomy is
to draw the poetry of
the human machine.”**

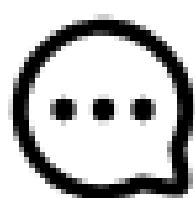
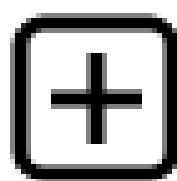
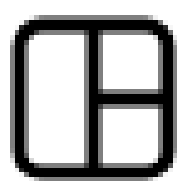
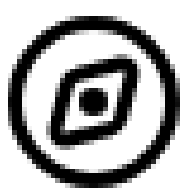
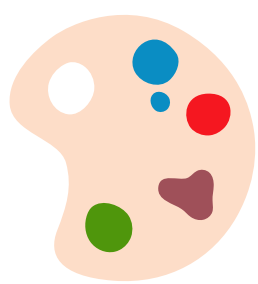
@Honoré de Balzac



@Edwiina A/P Ravi Selvan

**“i have loved the
stars too fondly to
be fearful of the
night.”**

@Sarah Williams



《毕业》

我忘了自己，是一棵树。
风从枝桠间溜走，我听不清它的呢喃。
我向天空索要答案，
它只回我一片欲雨的云。

有人在我脚边坐下，说他听见年轮的回声，
是时间遗落的口信。
我不敢回答，怕惊醒沉睡的根须，
它们正梦见潮湿的泥土，
梦见早被遗忘的春天。

肩膀曾长出柔软的枝条，
伸向光——或者幻觉。
那时我以为，生长是一种信仰；
后来才懂，
是另一场等待。

我忘了自己，是一棵树。
直到夜深，蝶茧从身上脱落，
树皮的皱纹在轻轻呼吸。
那一刻，我几乎相信——
根，还记得我。

我忘了自己，是一棵树。
每当枯叶飘下，我都以为
是有人离开。我没有挥手，一动不动，
怕惊扰那片仍未落的
绿。



The title "Graduation" may seem to speak of parting, but it isn't. The poet sees each of us as a tree, firmly rooted and growing in our own patch of earth. Even when our paths diverge, we continue to grow in our own ways, bound by time and memory.

The tree does not chase the wind nor mourn the falling leaves. It simply stays, breathing through each season, carrying the scent of spring and the life beneath the soil. In that stillness there is a quiet strength, an understanding that growth is not always about moving forward, but sometimes about staying, remembering and becoming.

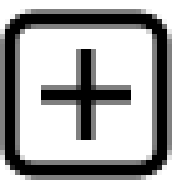
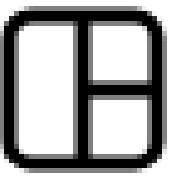
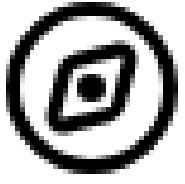
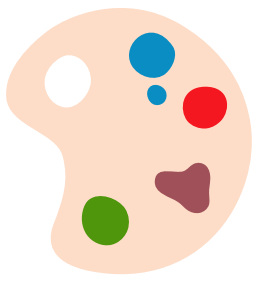
The repeated line "I forgot I was a tree" speaks of moments when we lose sight of who we are, yet through that forgetting, we begin to understand what truly remains. In the final lines, the tree does not wave as the leaves fall. This is not indifference but tenderness. The tree hesitates, careful not to make the last green leaf tremble, just as we sometimes hold back from letting go of the memories that shaped us.

People come and go, winds fade, seasons turn, and time folds softly into itself. Still we remain, not waiting, just growing.

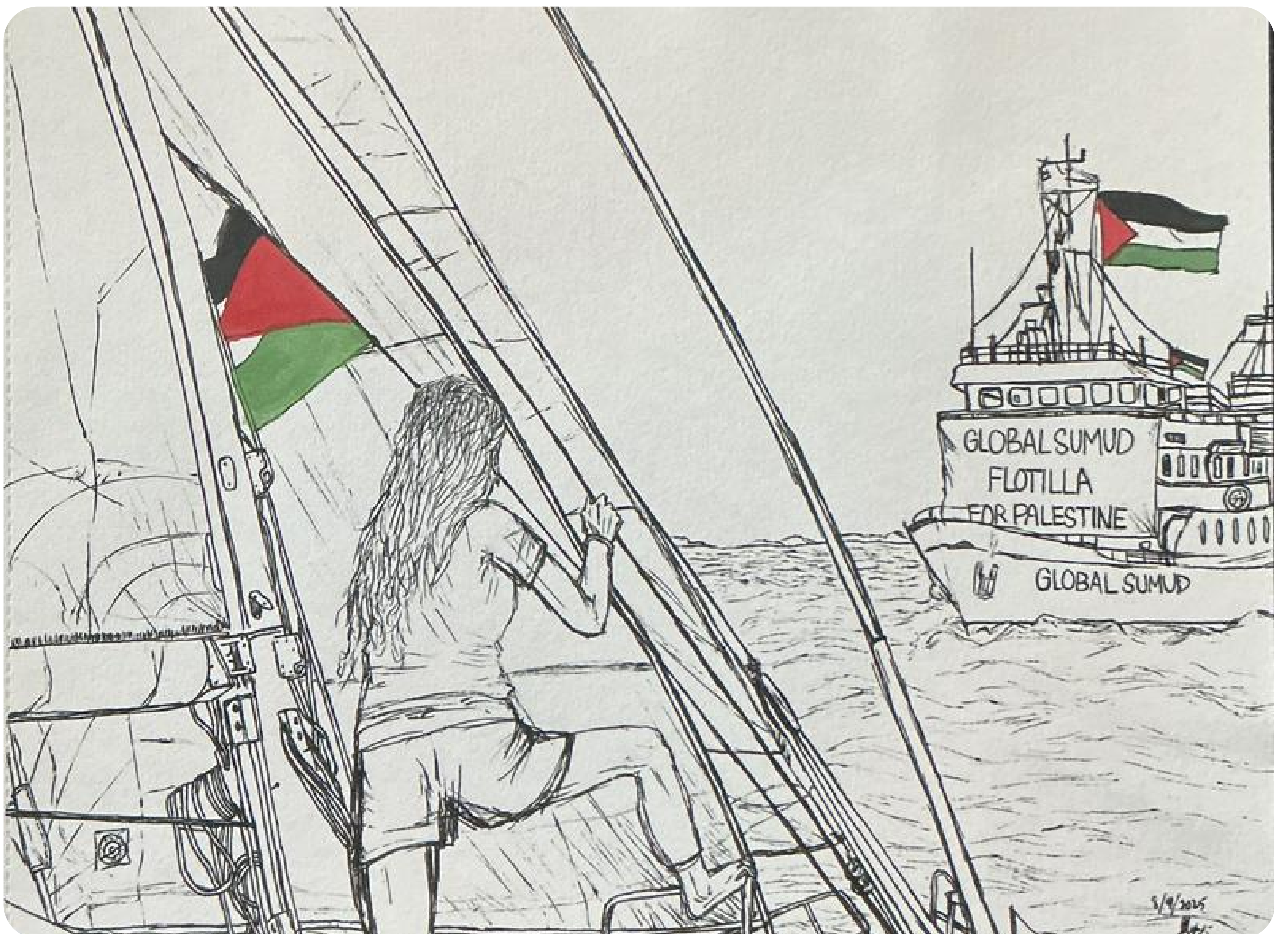


《毕业》

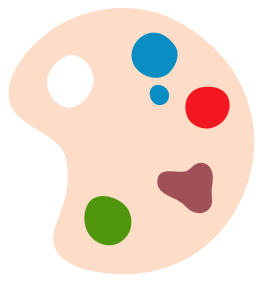
@Foo Jia Min



@Alyaa Maisarah

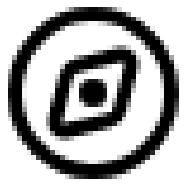


@Alyaa Maisarah



The Stethoscope of Future

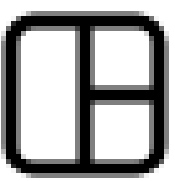
Kindness in their eyes,
Every beat holds gentle care,
Patients first, always.



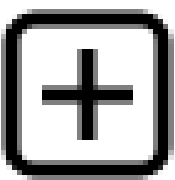
A humane healer,
Virtuous in art of healing,
Whispers that calm souls.



With golden ears aglow,
Listens to what's left untold,
Mending fretful hearts.



Eyes that sight afar,
To where hidden sorrows rest,
They heal what they can.



In the doctor's heart,
Humanity shines brightest,
Love for all they serve.



In the darkest nights,
Their hands never falter once,
No life is too small.

The world owes its thanks,
To the hands that heal others,
Thank you, gentle souls.

More than skill alone,
A heart of compassion leads,
That's a good doctor.



**The Stethoscope
of Future**

@Haseena Munawara

Humanity

Humanity
Where the world begins,
From crib to casket.

Humanity
A basic need,
A timeless faith.



Humanity
The act of service
Everyone should offer.

Humanity
Never too small
To be ignored.



Humanity
Goes beyond clauses,
To save lives.

Humanity
A story never too old
To be told again.

Humanity
A lesson to be learned
By the new.

Humanity
Brings hearts together,
Makes the world whole.

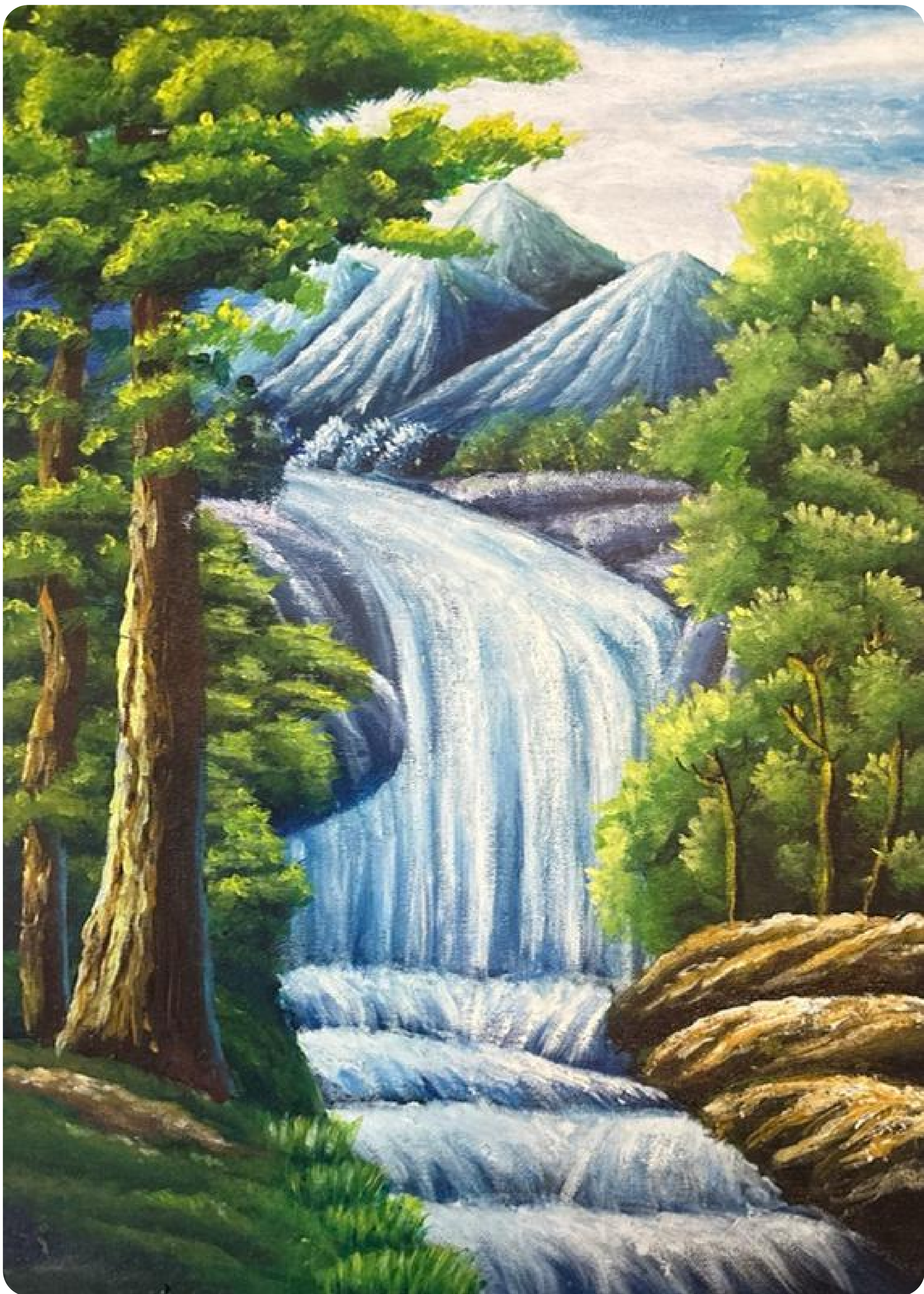
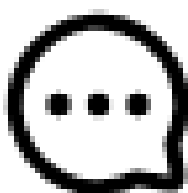
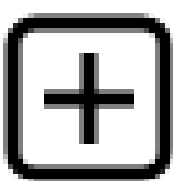
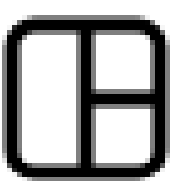
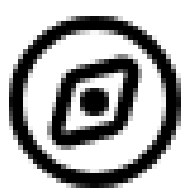
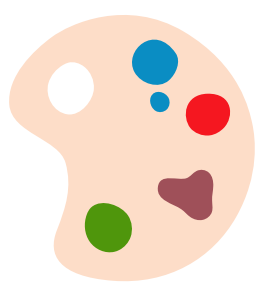
Humanity
Bigger than it seems,
In reality.



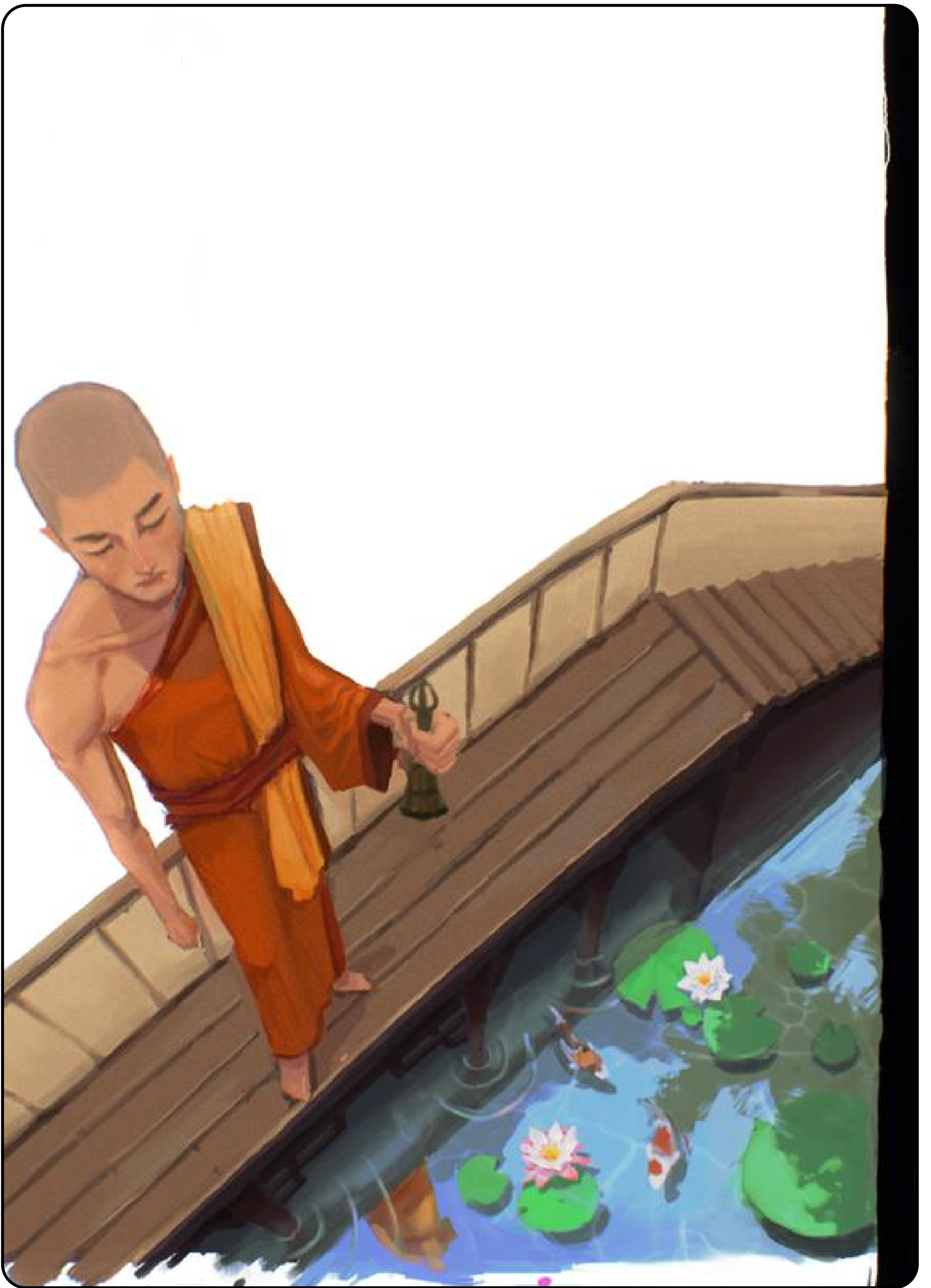
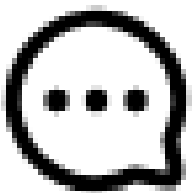
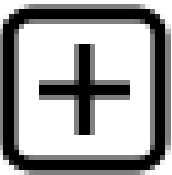
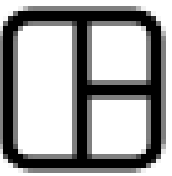
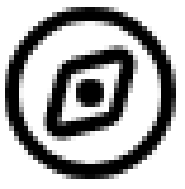
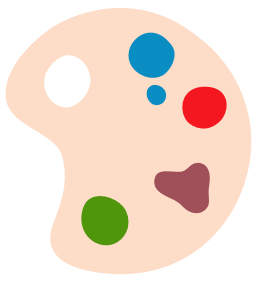
Humanity
Is what the world needs
To be a better place

Humanity

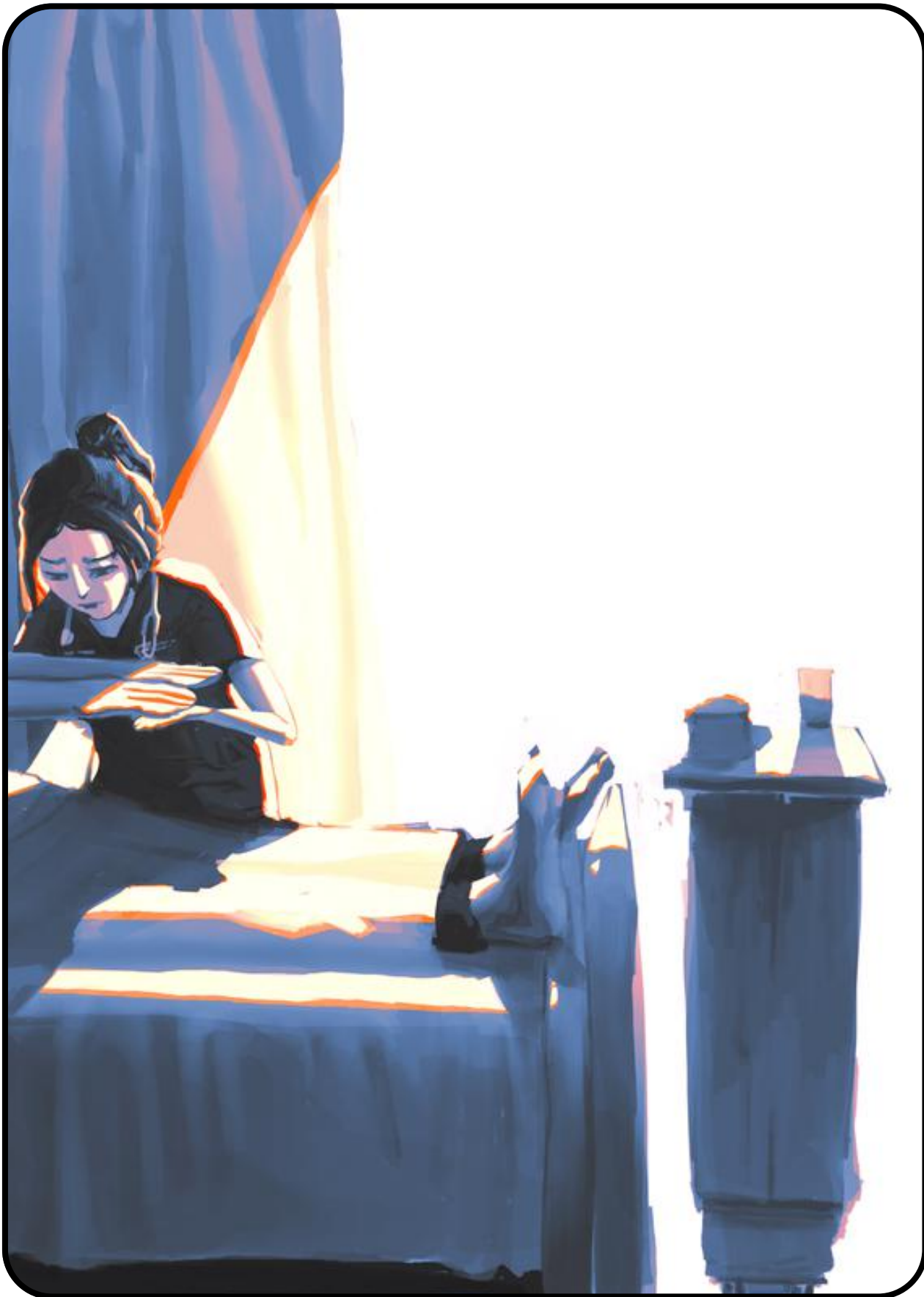
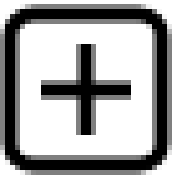
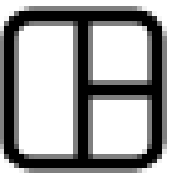
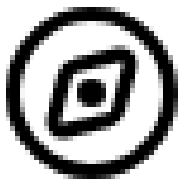
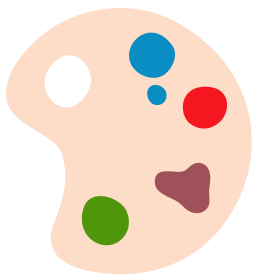
@Haseena Munawara



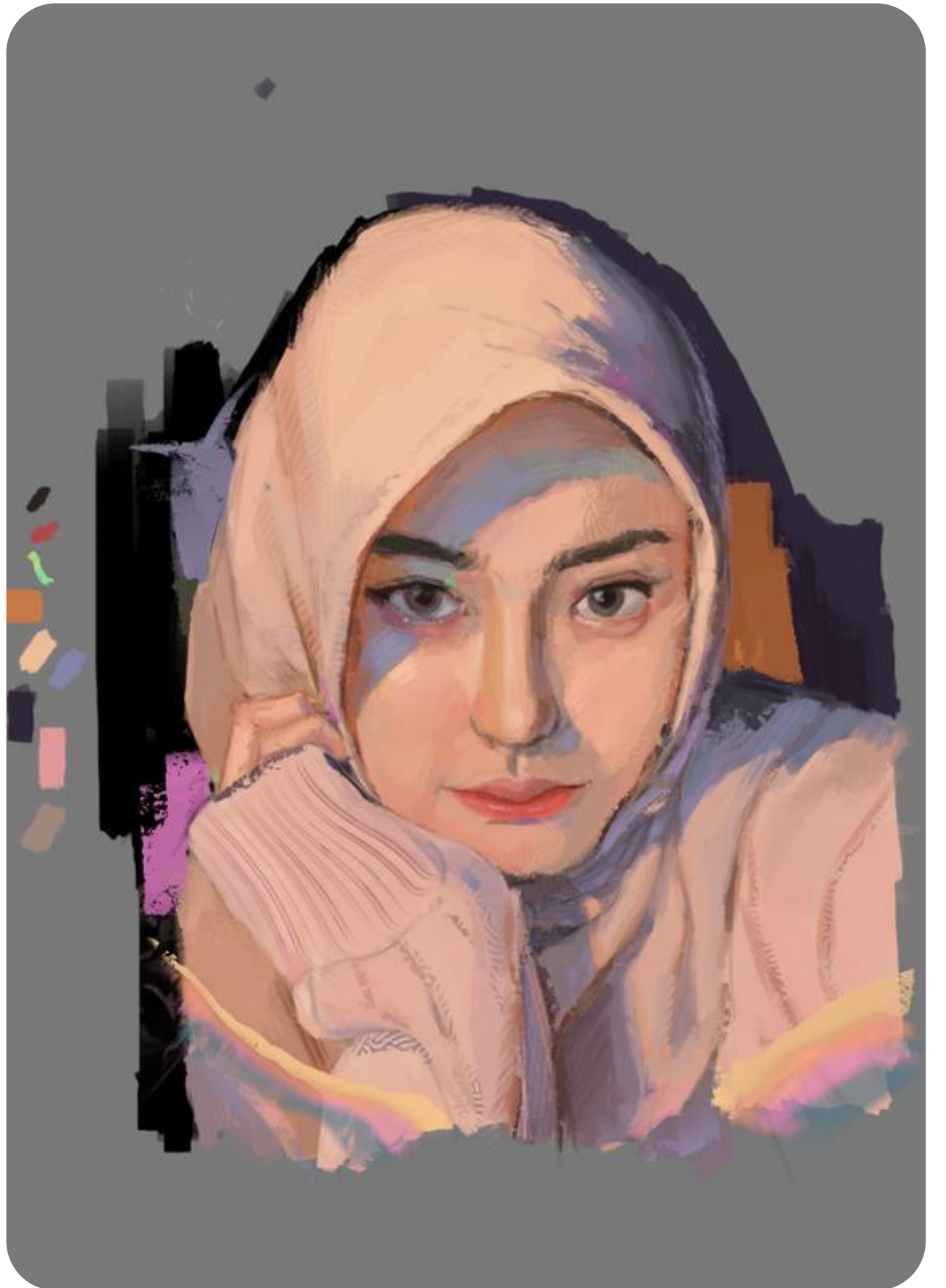
@Liang Chong Ren Enoch



@Gunn Wei Xue



@Gunn Wei Xue



@Gunn Wei Xue



Starry Night

@Tan Wei Zhen

No matter where we stand, we gaze upon the same night sky. My dear batchmates, let us walk this path of medicine together — shining as the brightest stars, even amidst the darkest nights.

Location:

Kangaroo Island, South Australia

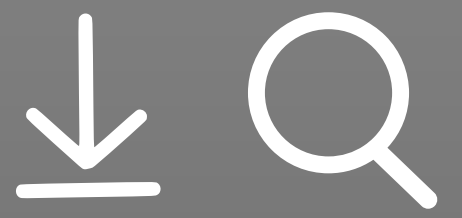
@Tan Wei Zhen

**Ablaze
your limits**

@Legendang

VIBE CHECK

PACEMAKER 25



UM SERIES

Batch 24/25

Stage 1

4y remaining

More Like This





UM SERIES

Batch 24/25

Stage 2

3y remaining

More Like This





UM SERIES

Batch 24/25

Stage 3.1

2y remaining

More Like This





UM SERIES

Batch 24/25

Stage 3.2

1y remaining

More Like This





UM SERIES

Batch 24/25

Stage 3.3

More Like This



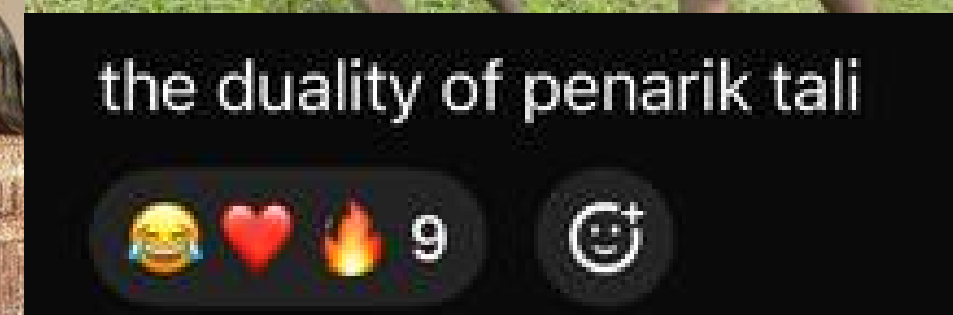




Stage 1

2,025 Items







Stage 3.1

2,025 Items







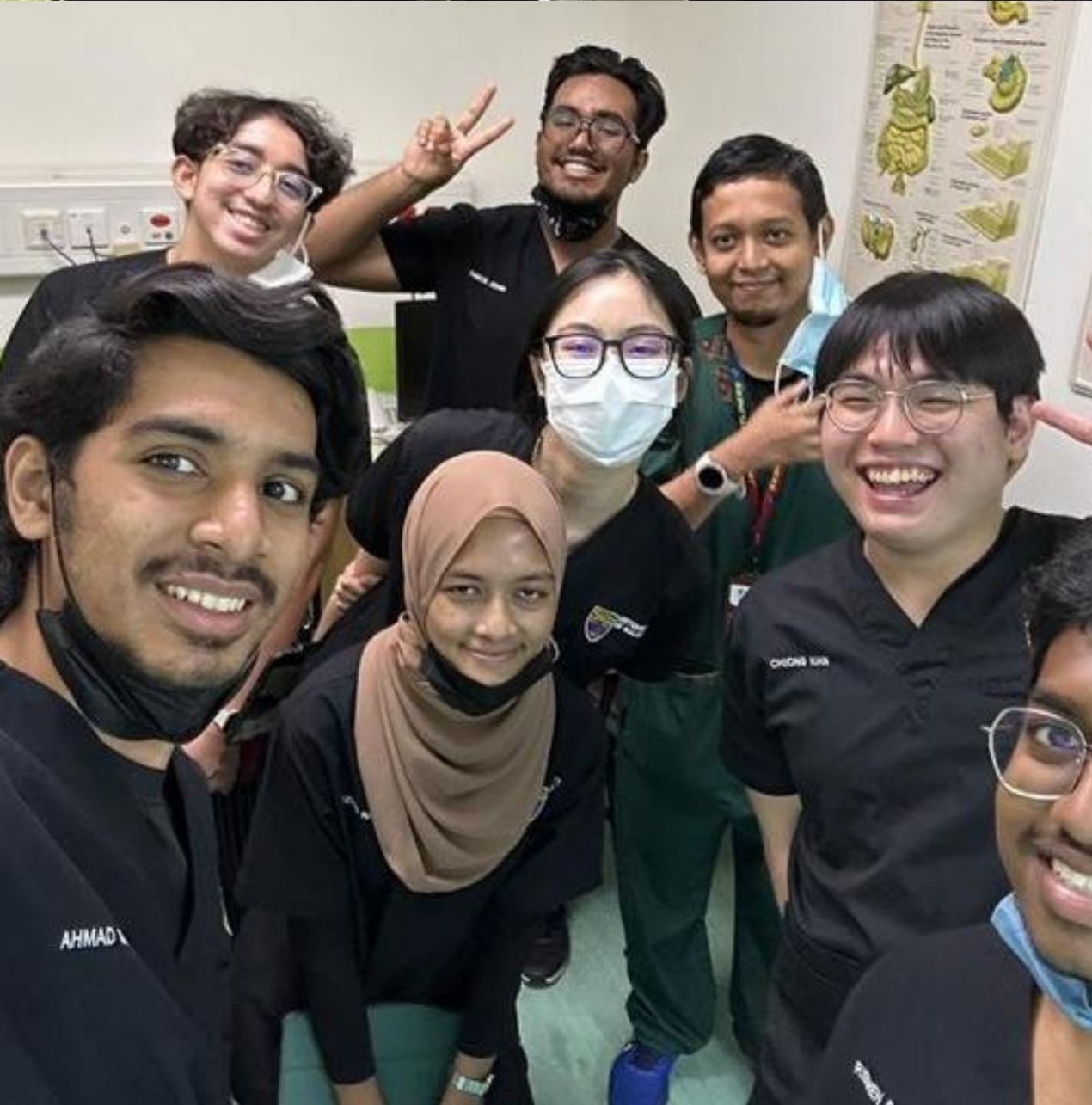
Stage 3.2

2,025 Items



Stage 3.2

2,025 Items







GRADUATING FUTURE DOCTORS

CLASS OF 2020/2025



**ABANG MUHAMMAD
DAILAMI BIN
ABANG FAISAL**

Do it with the right
intention, Do it with
kindness and have fun
whole you're at it



ADAM BIN ROSMAN
0 fears



**AFIQAH FARLINA
BINTI AL-ZAMBRI**
Guess I'll go touch
grass now



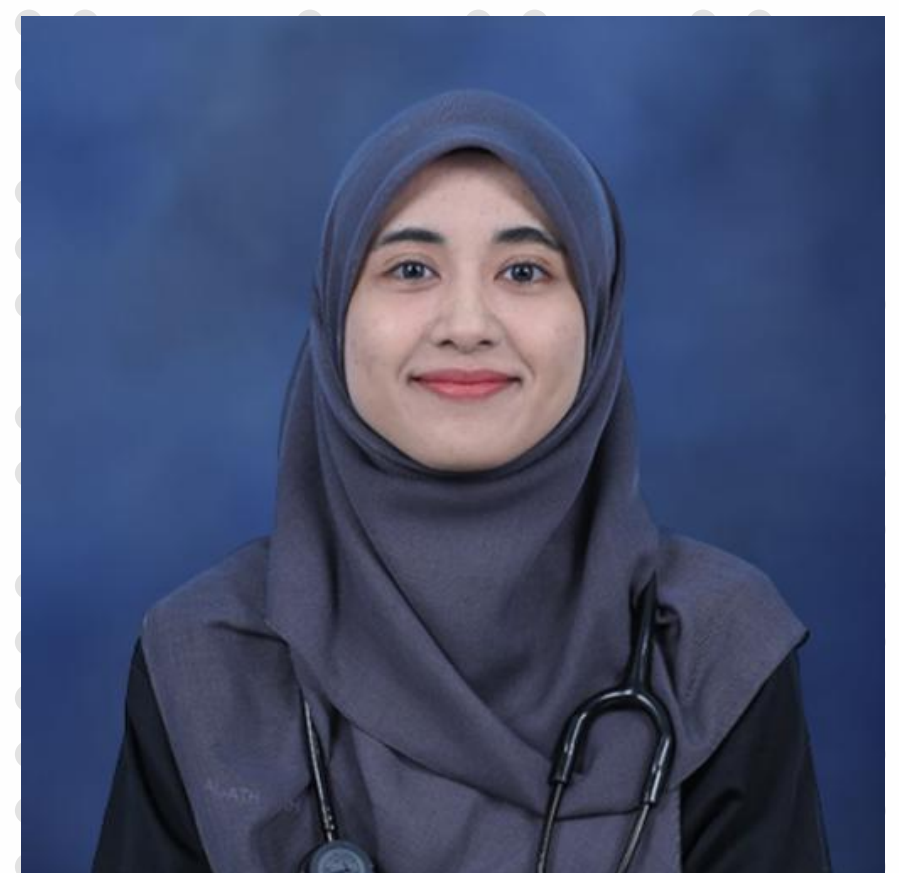
**AFIQAH NAJIHAH
BINTI MD RAZI**

Don't try so hard to be
the next someone, be
the first YOU! This too
shall pass ^_^



**AHMAD KASHFUL
AKMAL BIN KAMARUL
ZAMAN**

Insert medical quote
here



**AL-ATHIRAH BINTI AL-
SHAFIQ**

Keep moving forward!



**ALEESYA QISTINA
BINTI MOHD SAHIZAN**

I didn't always believe in myself, but I never stopped asking Him



ALVIN CHIN WEI XIAN

I spent more time with caffeine than my own family



**AMINA SOLEHA
BINTI ZULKIFLI**

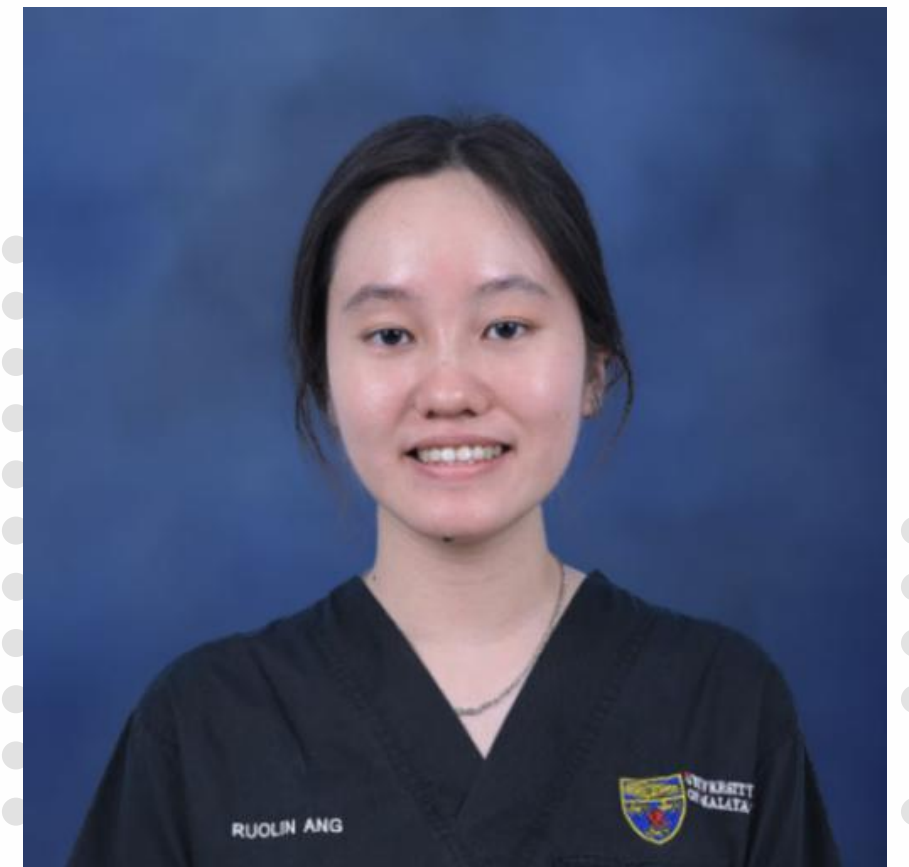
Carried by mercy, anchored by dua, and softened by the kind hearts around me.



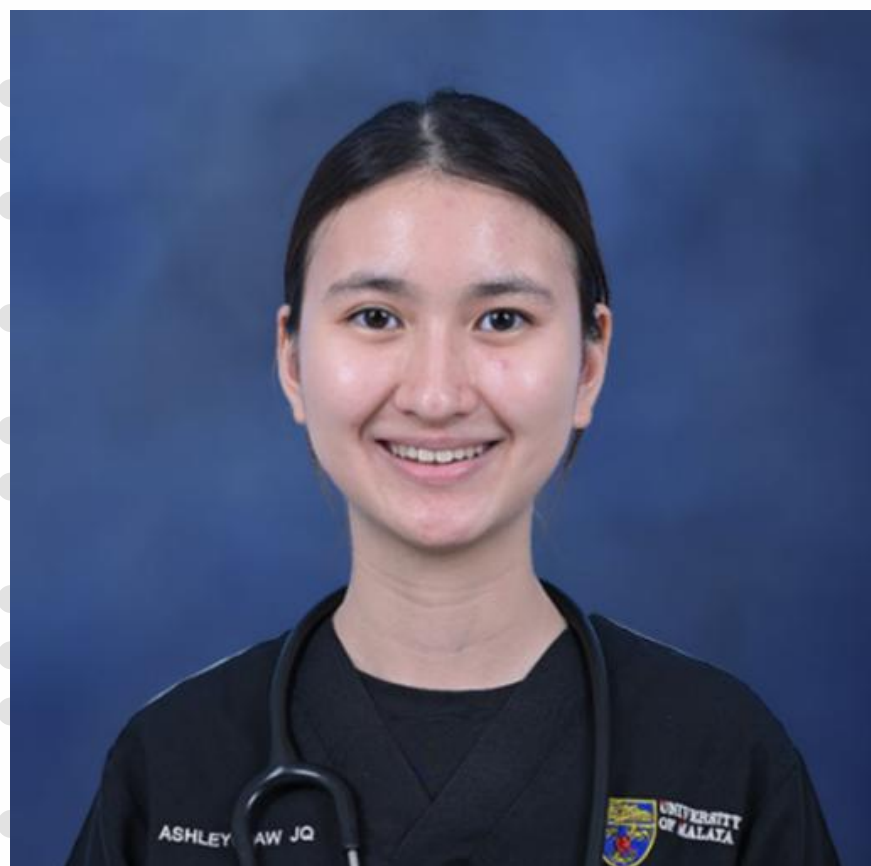
**AMIRAH BATRISYIA
BINTI NURAZLAN
ISKANDAR**



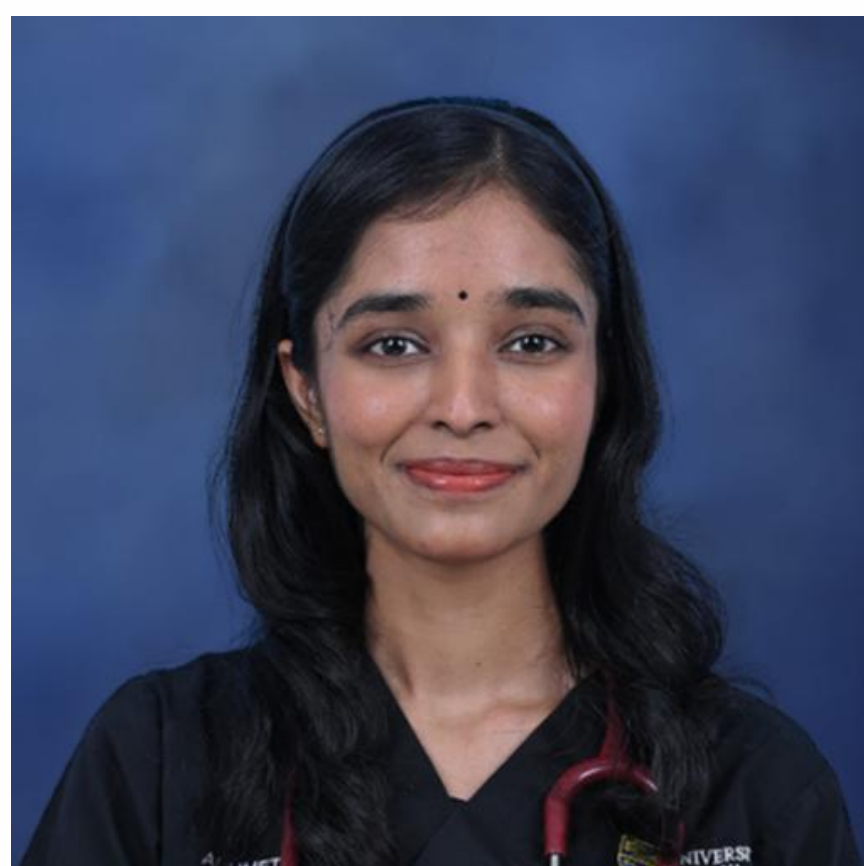
ANDREW LESLIE LEE
Live without regret



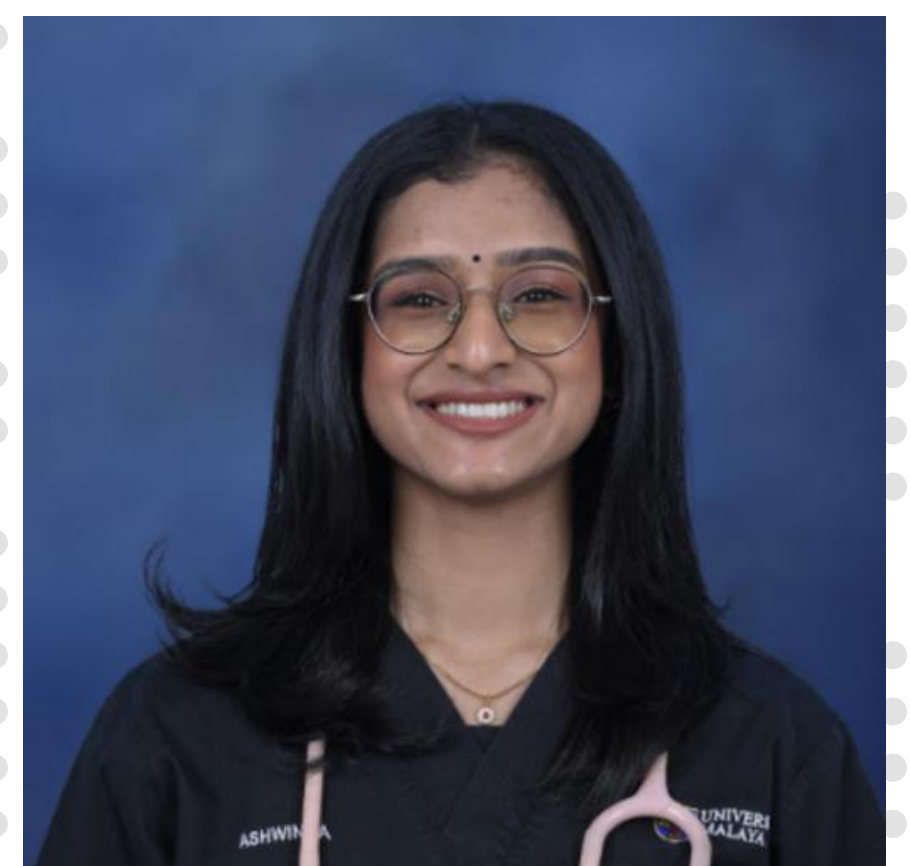
ANG RUOLIN
Not sure what this meant to me. Maybe I'll know later.



ASHLEY SAW JIA QIAN
Sleepless, stressed, but still smiling



**ASHMETA A/P DEVA
DASS**
Harden your mind, soften your heart

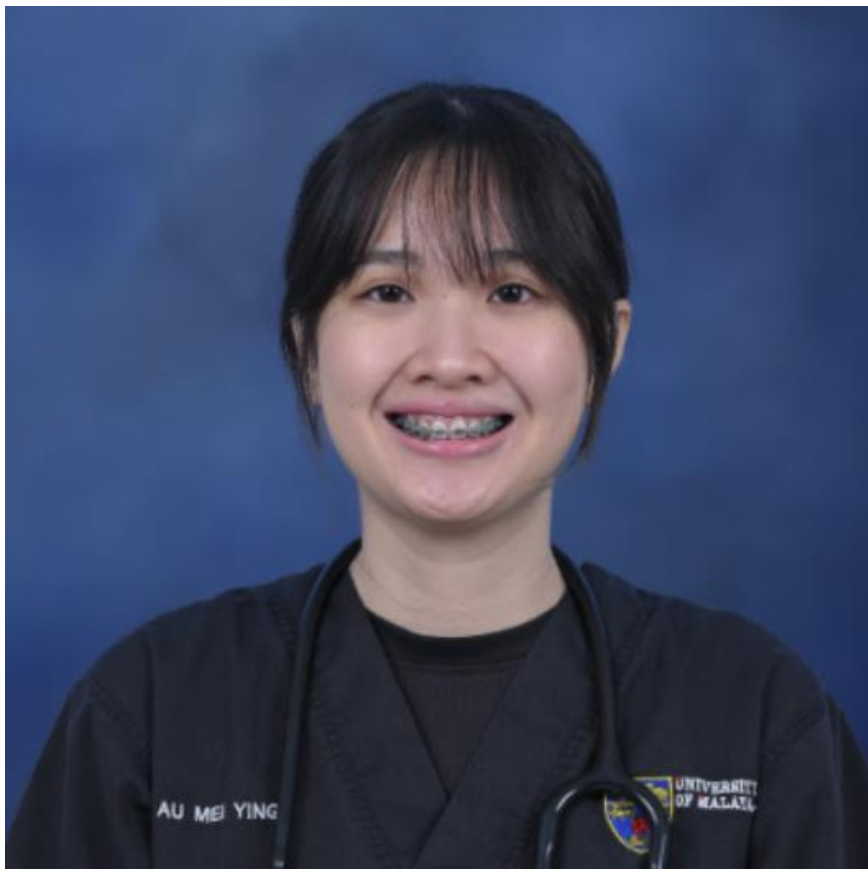


**ASHWINAA
CHITRAMESSH
A/P RAMESH**
It's not the easiest road but it's the only road





**ATIQAH SARAH
BINTI HASBI**



AU MEI YING
This was nothing like
the movies.



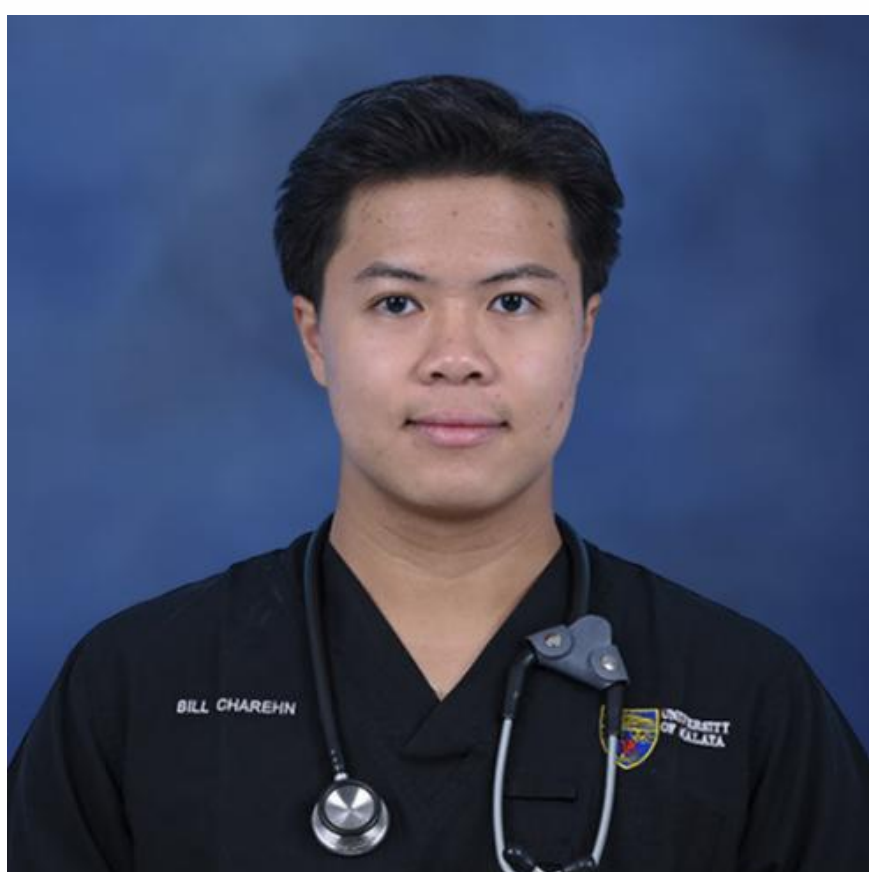
AUSTIN LIM XUAN YI
This light momentary
affliction is preparing
for us an eternal weight
of glory beyond all
comparison



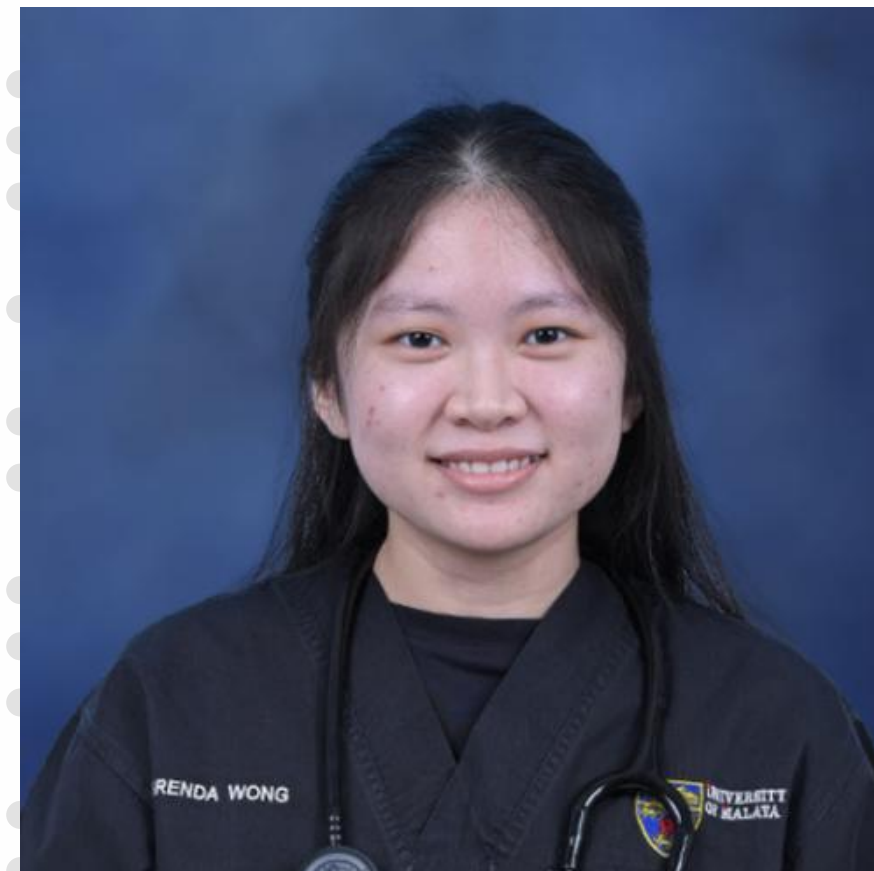
**BATRISYIA FARHANAH
BINTI MOHAMAD
FARIS**
This journey is a sprint,
not a marathon



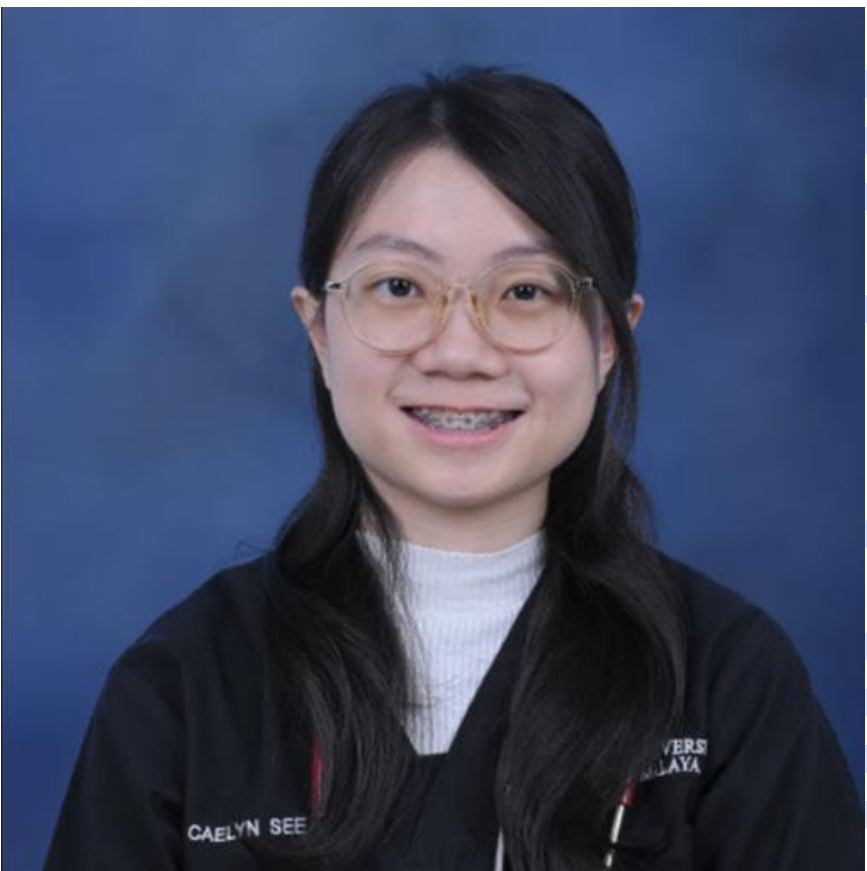
**BEATRIZ LEOW
YONG LER**
Med school made
sleeping a hobby



**BILL CHAREHN
SUVANMANNEE**
I'm Batman



**BRENDA WONG
YONG HAN**
Our tomorrow is a
brighter day 🎓



CAELYN SEE QI EN
Viva survival tip:
confuse them before
they confuse you

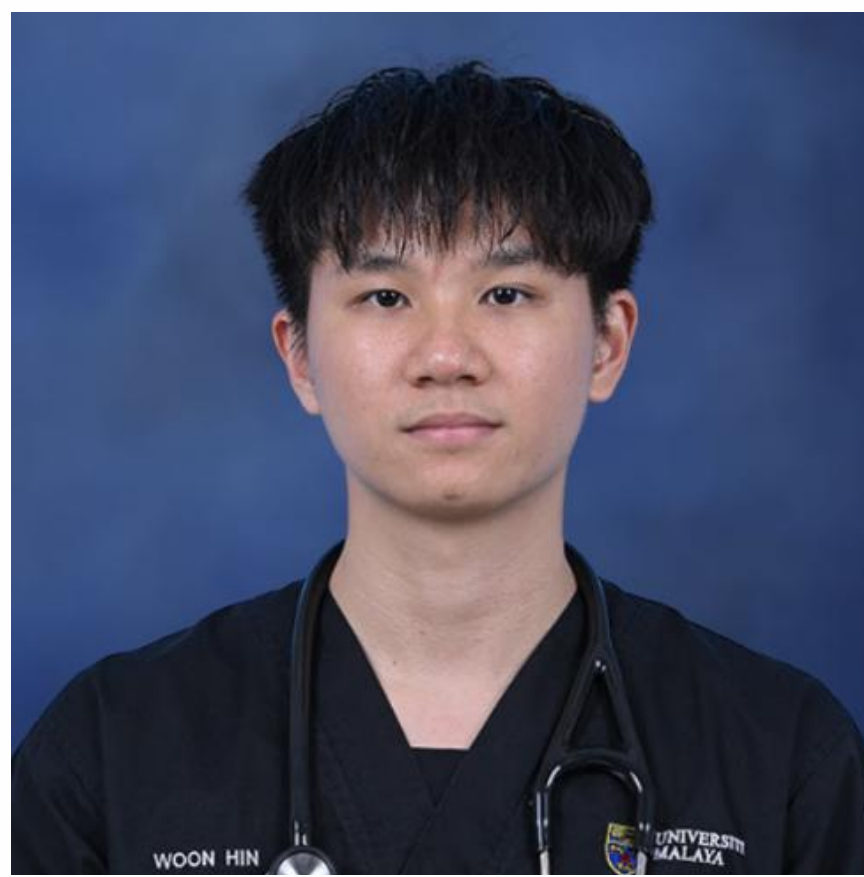


CHAN ZHEN KHAI
“And where your heart
is, that doesn't change”



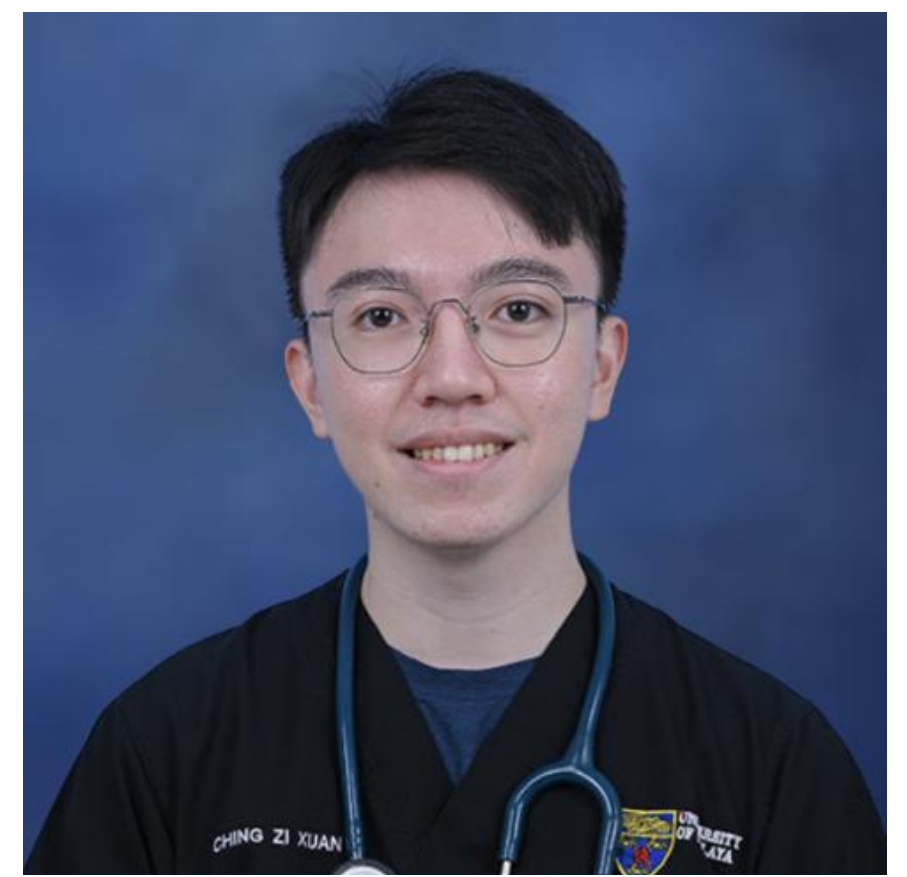
CHARLES GUNN LI QI

“Humility is not thinking less of yourself, it's thinking of yourself less.” -C.S Lewis



CHING WOON HIN

Are you medullary thyroid cancer and am I pheochromocytoma? Because you and I are MEN2b.



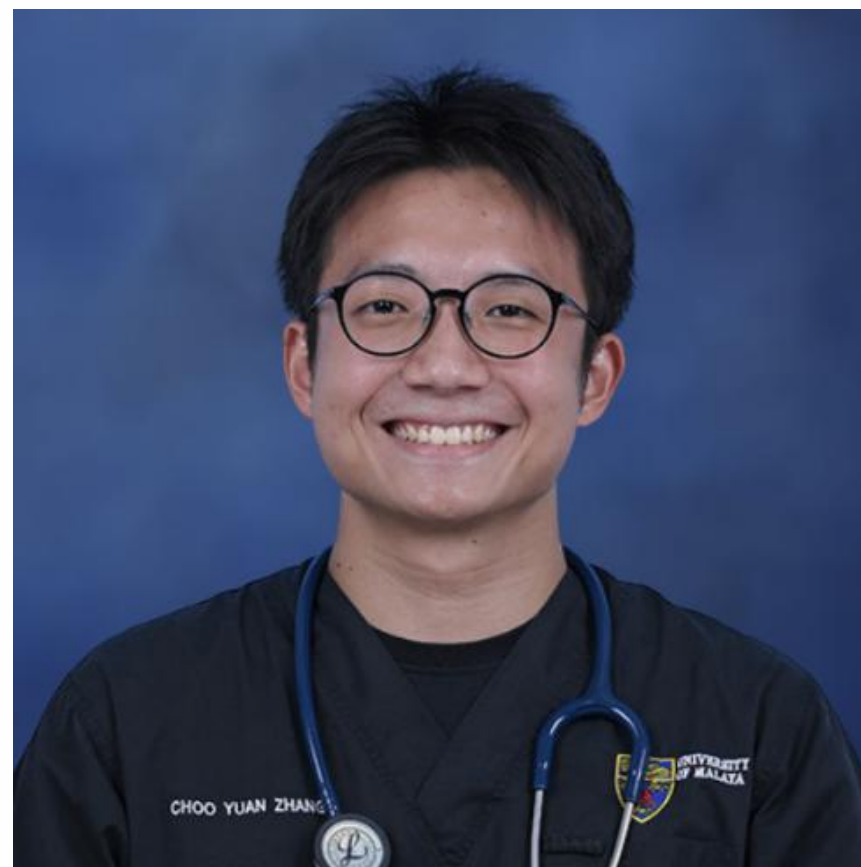
CHING ZI XUAN

Appropriate developmental milestones achieved :)



CHIW YEN YI

Embrace that which defines you



CHOO YUAN ZHANG

Medical school: Tough to get in, Tougher to get out



CHOOK PEI YI

Living proof that praying works 🙏



CHOW KHAI TEENG

Fit for discharge



CHOY YOONG MIIN

Progress often hides in the quiet — in persistence, in presence, and in patience



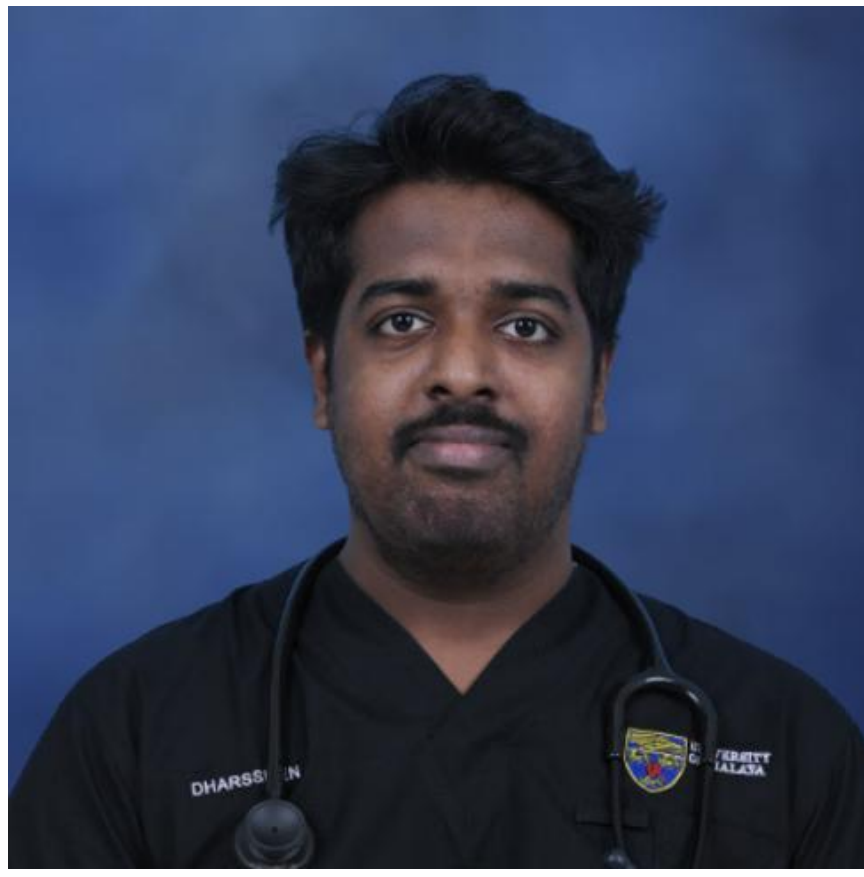
DEEVAN MARC CHANDRAN

Honestly, if I had to rate my med school experience, I would give it a 20/25



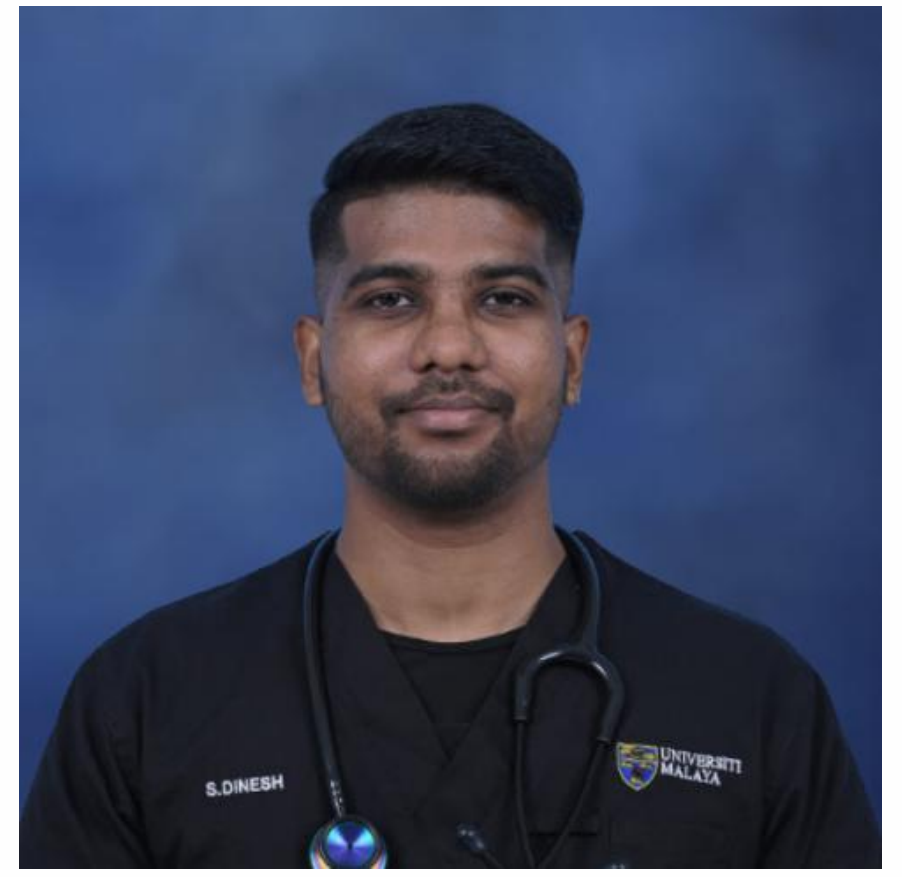
**DHANIA CAMELIA
NGU EE-FEN**

Did I learn everything?
No. Am I a doctor?
Somehow, yes.



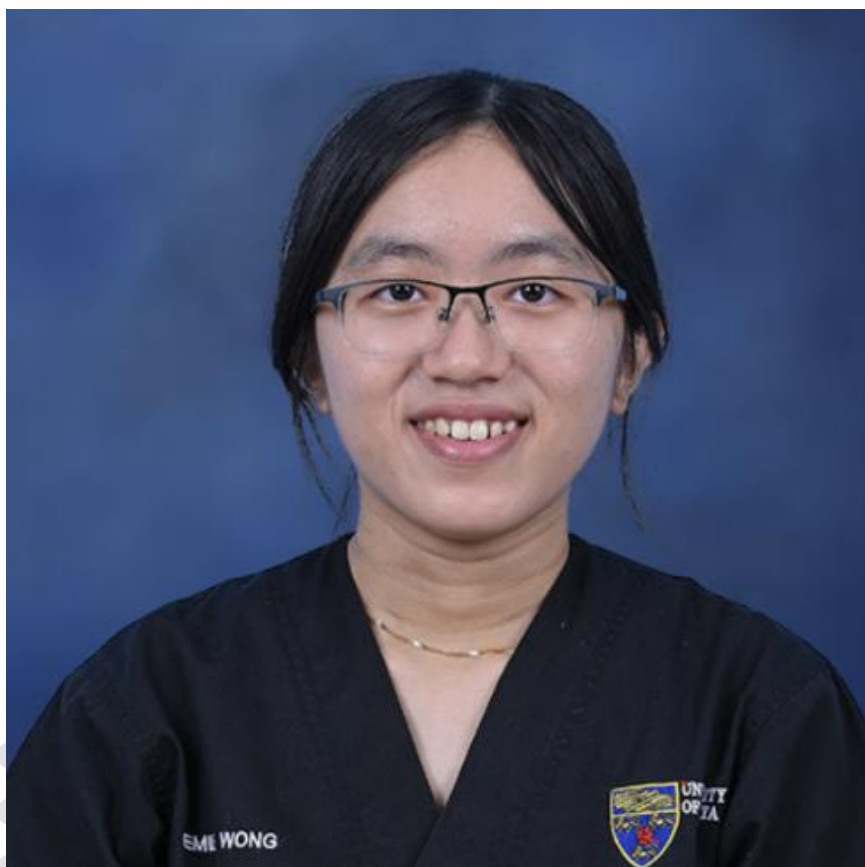
**DHARSSHEN A/L M
BALAKRISHNAN**

Not the end—just where
the real questions begin



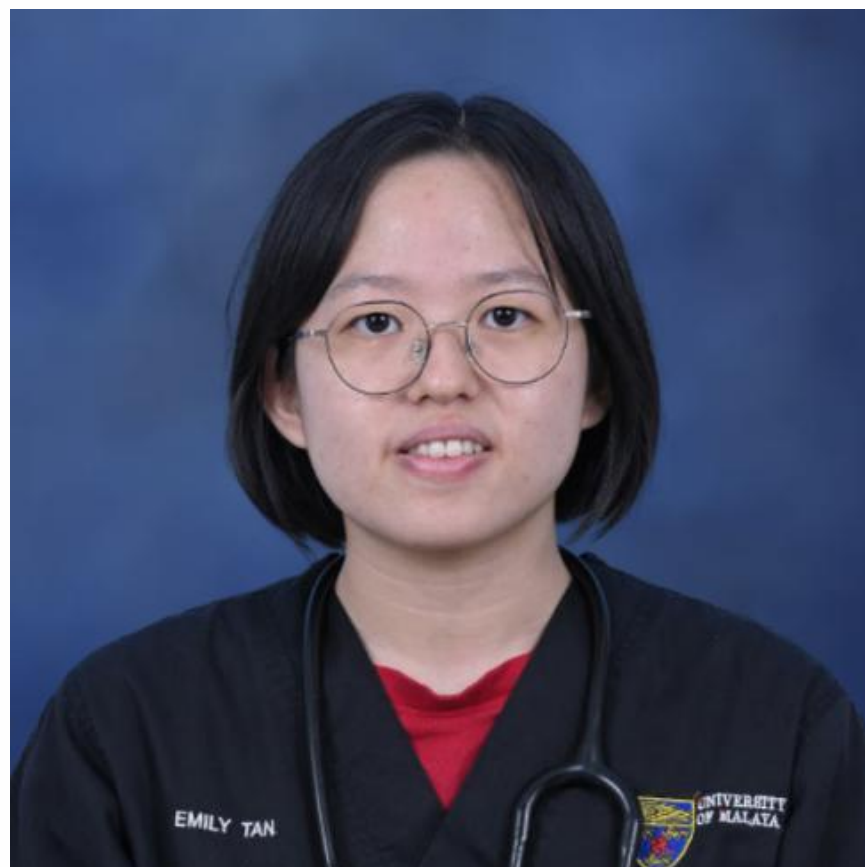
**DINESH A/L
SIVAKUMAR**

Is this due at 11:59 too?



**EMILIE WONG
SING YEE**

Remember my face
not my quote



EMILY TAN TZE YIN

I came to this world
just to see how the
flower blooms.



EZRA TAN ZHE SHEN

God is good



FAN SI WEI DAVID

God is good!



**FARAHNURBAIN
BINTI GHAZALI**

Quotes? Ask
Shakespeare



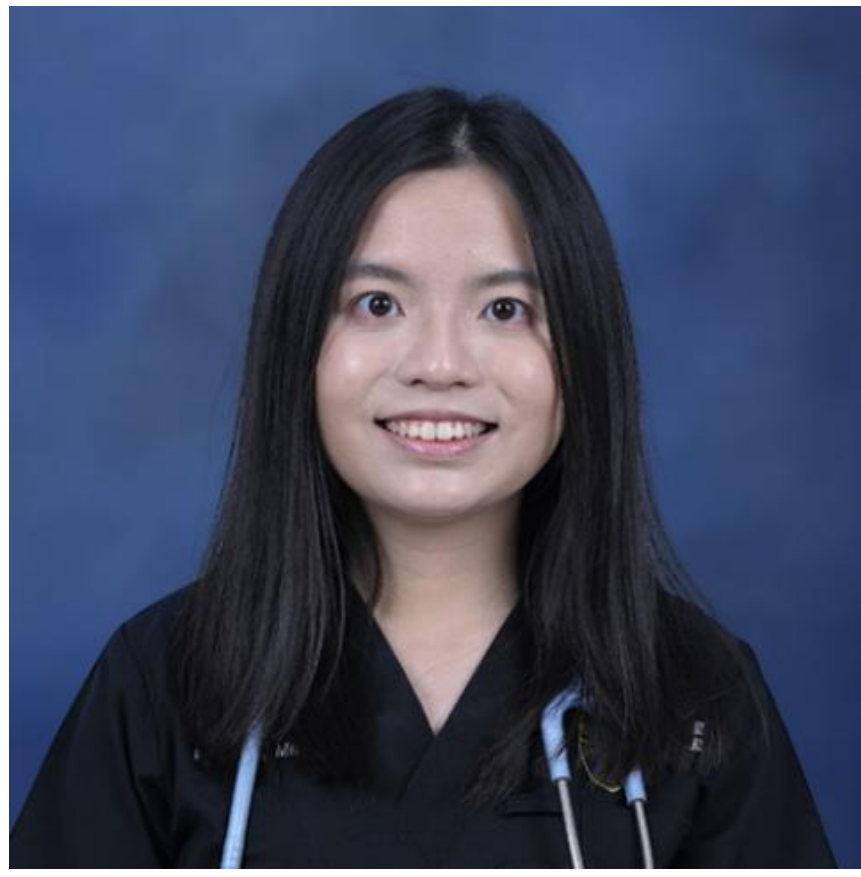
**FATHIN NAJWA BINTI
MOHD DAMAQ SYARIE**

The bravest heart is the
one that stays close to
his Rabb, even when it
is in pain.



**FEDERIC KHO
YIONG POH**

Not intubated, not sedated
— just graduated.



FOO JIA MIN

Chase the star they
said was too far



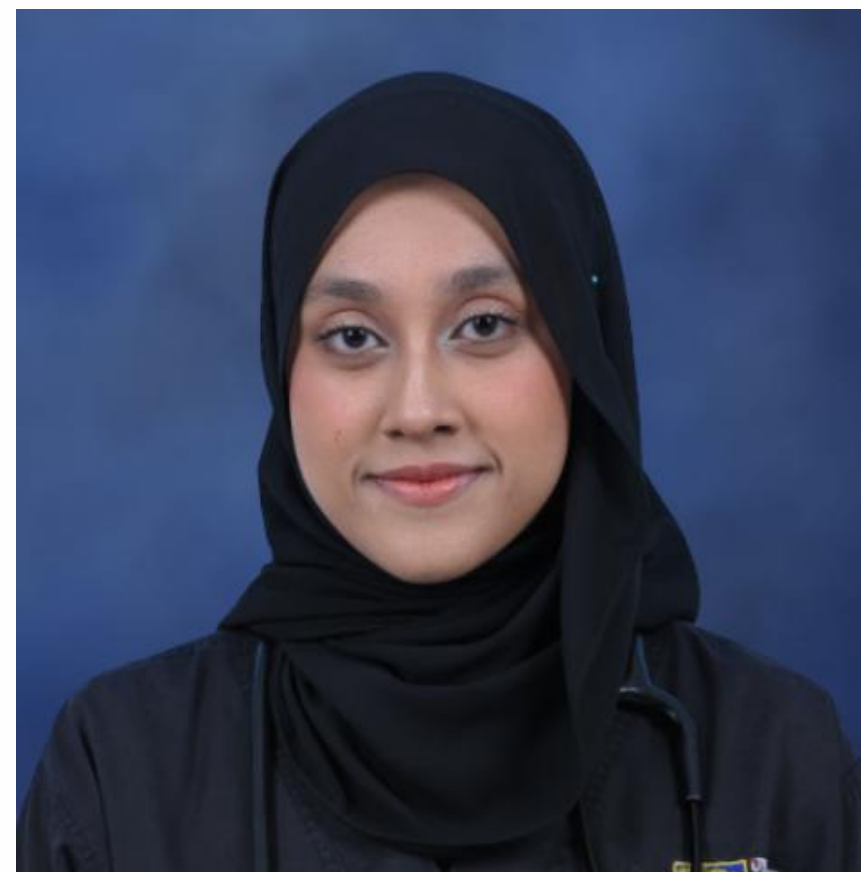
FOO MING XIAN

Raised Temperature:
1 Degree



GOO YONG XIAN

Diagnosis: vitals stable
degree done



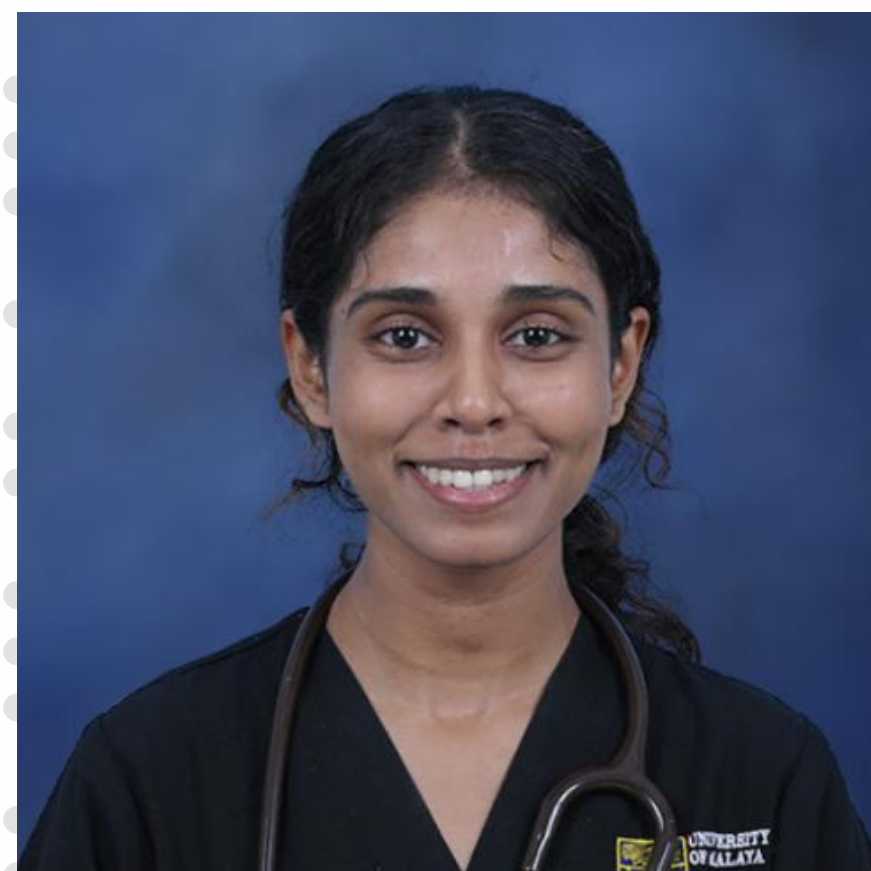
**HANNAN NAZIRA
BINTI NAZERI**

Bled, broke, burned
out... but we made it!



HARIS BIN HAFIZAL

Famous last words:
sorry Dr, segame dua
ni, you okay babe?



**HARSHINI A/P
MAHENDRAN**

TBC - and it shall
remain as such till the
end of time



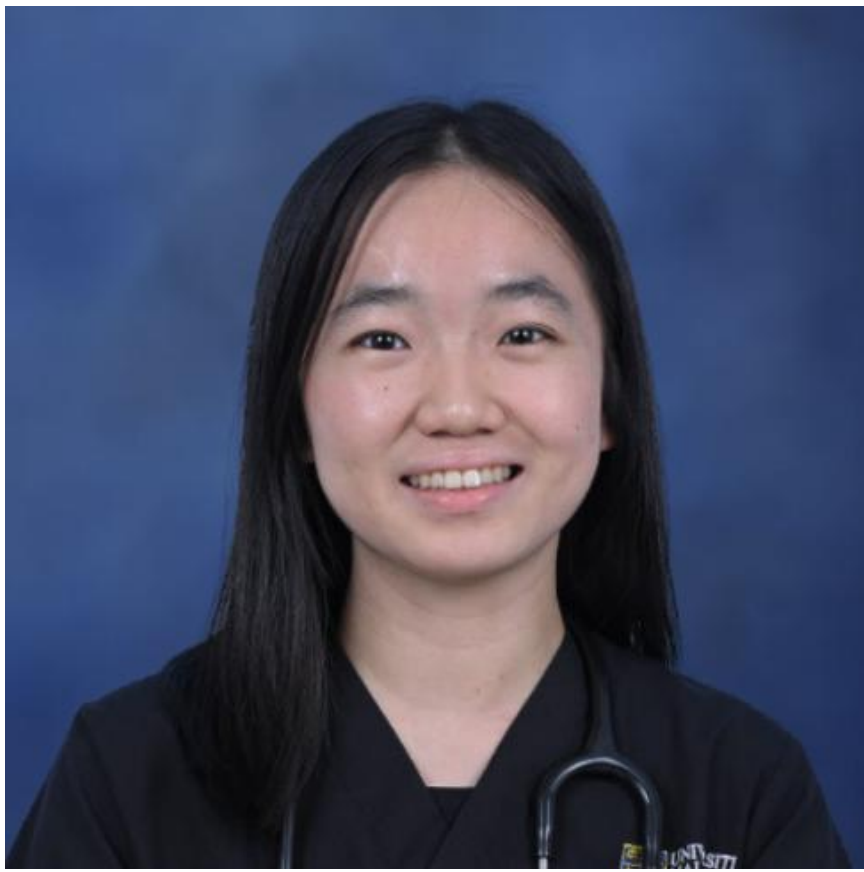
**HAZIQ HAKIMI BIN
PUA'AT**

This is only the beginning.



**HEIFA NUR ATHIRAH
BINTI HAZLI SHAM**

Indeed with hardship
comes ease



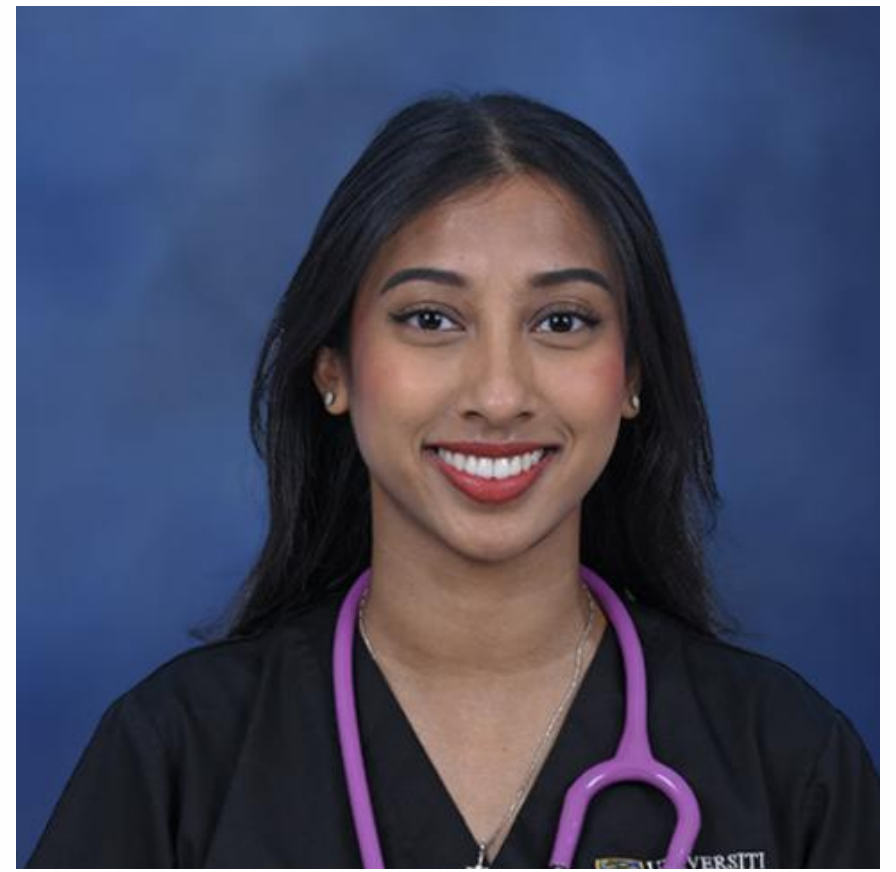
**HELENA CHIN
SHU HUA**

Believe in yourself and
somehow you will
make it through



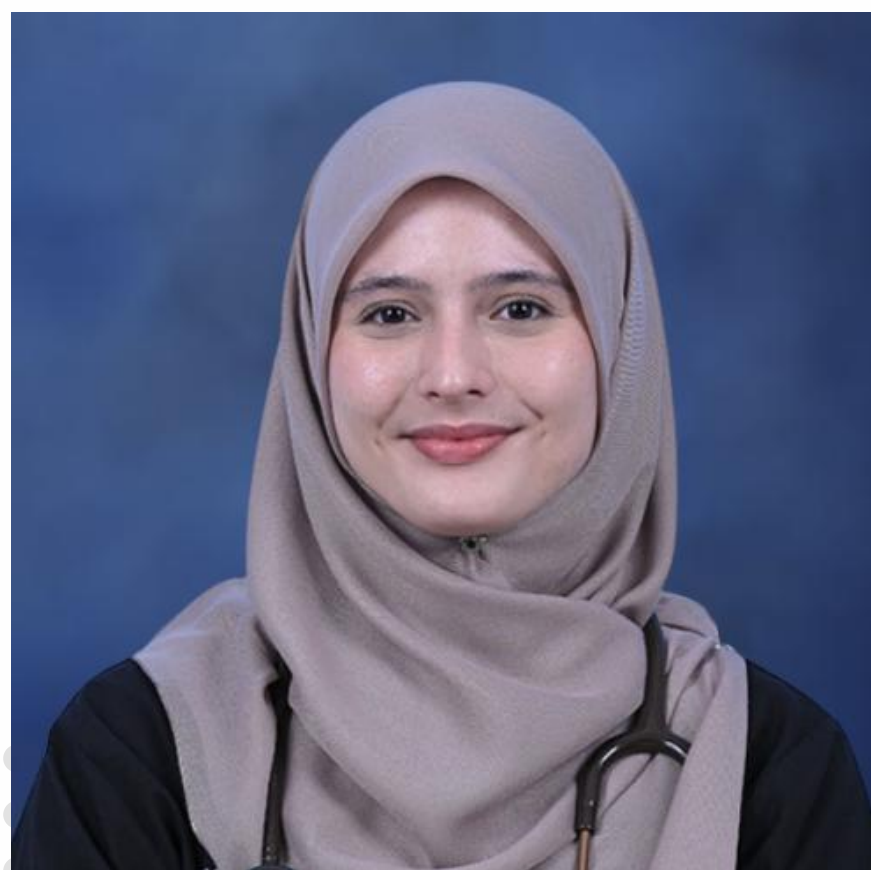
**IMRAN SHAFIQ BIN
SHAHROL ANUAR**

Call me Dr Imran
today, and the next
Prof Imran tomorrow.



JACLYN ASHA JOSEPH

Take pride in how far
you've come, have faith
in how far you can go



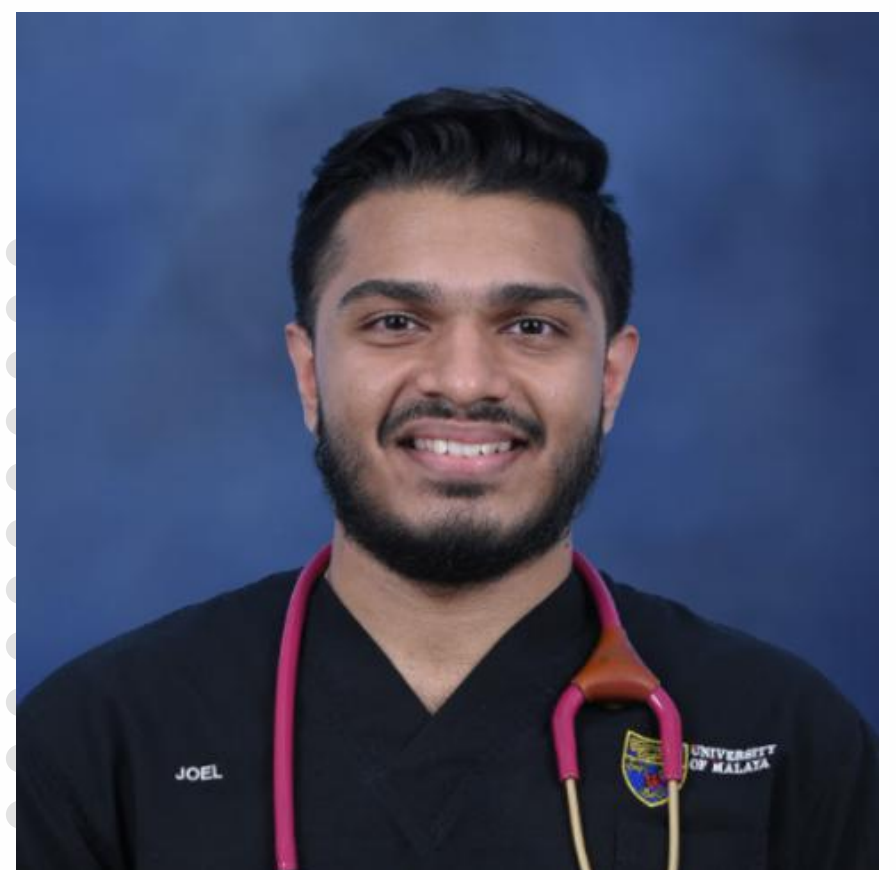
**JASMIN
FAREESHAH**

A degree hotter



**JEFFREY TEE
WEI YANG**

Becoming isn't loud. It
was in the late night, the
quiet doubts and
choosing to try again.



**JOEL IMBERT NESAN
A/L DANNY NESAN**

You need a hero, look
in the mirror



JOHN LEONG YUNG EN

Majulah Singapura
Malaysia



**JOSHUA JEYARAJ
JEREMIAH**

Went through some
massive character
development to get
here but I'm still
standing!



KANG MYANN LYNN

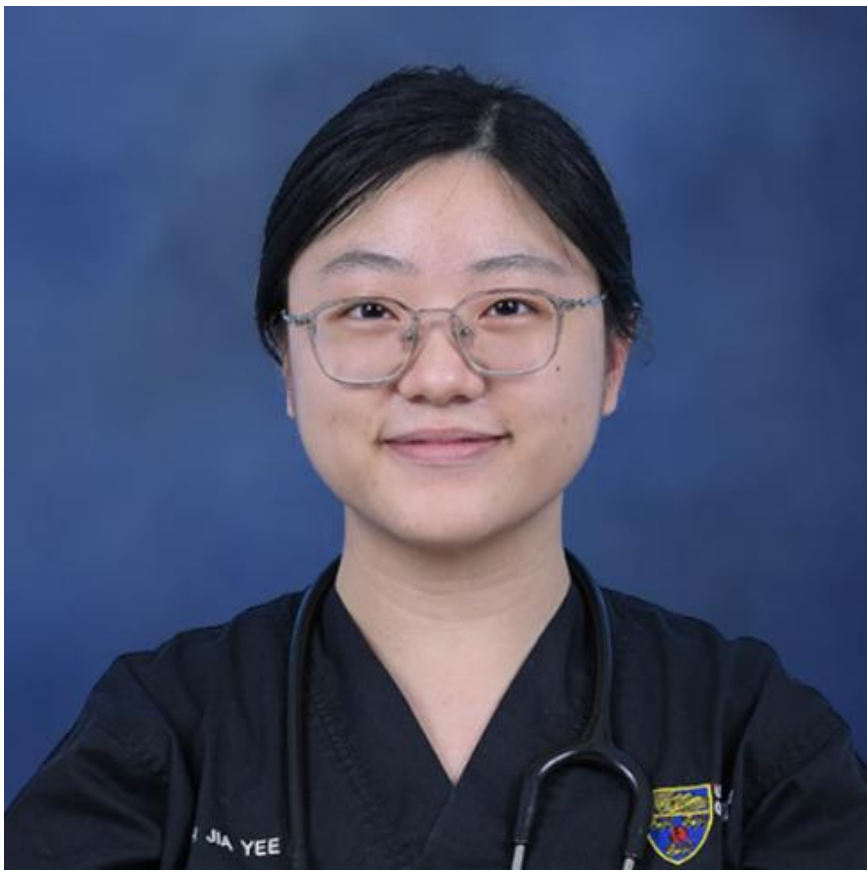
Dobby is a free elf!



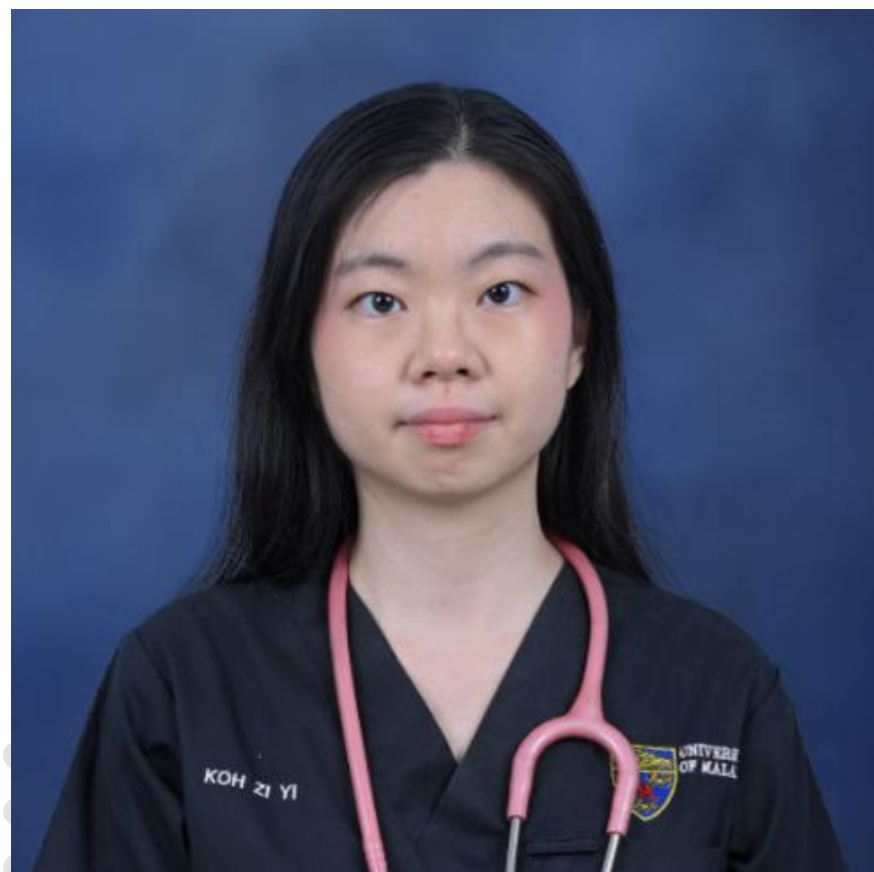
**KELVIN TIONG
ING LEONG**
Say My Name



**KHAIRUNNISA BINTI
KHAIRUDDIN**
Don't manifest your
TIME and ENERGY in
the WRONG place and
person <3



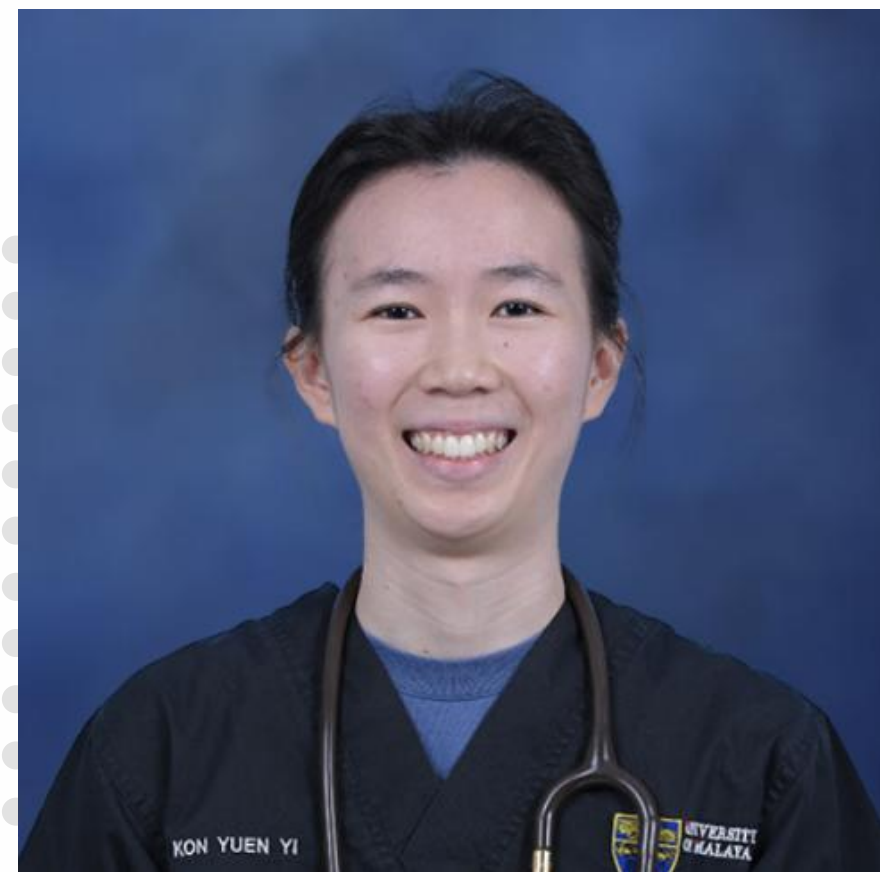
KOH JIA YEE
Mari mari home! Keep
in touch friends! Be
good doctors okay 🤔



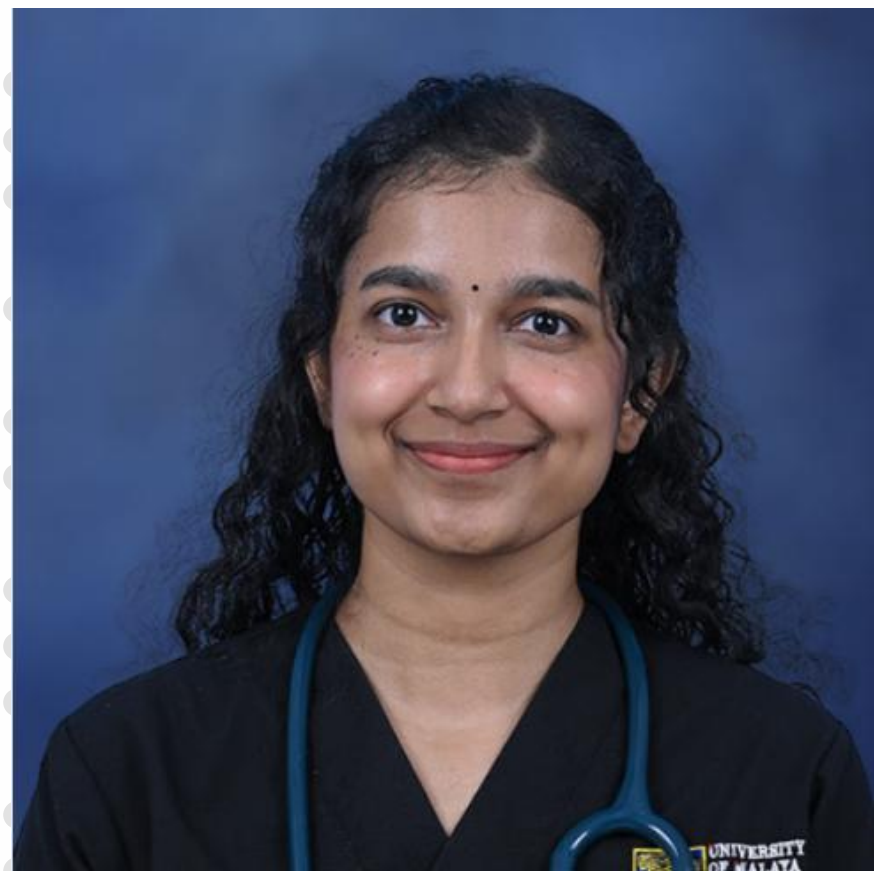
KOH ZI YI
Stay determined



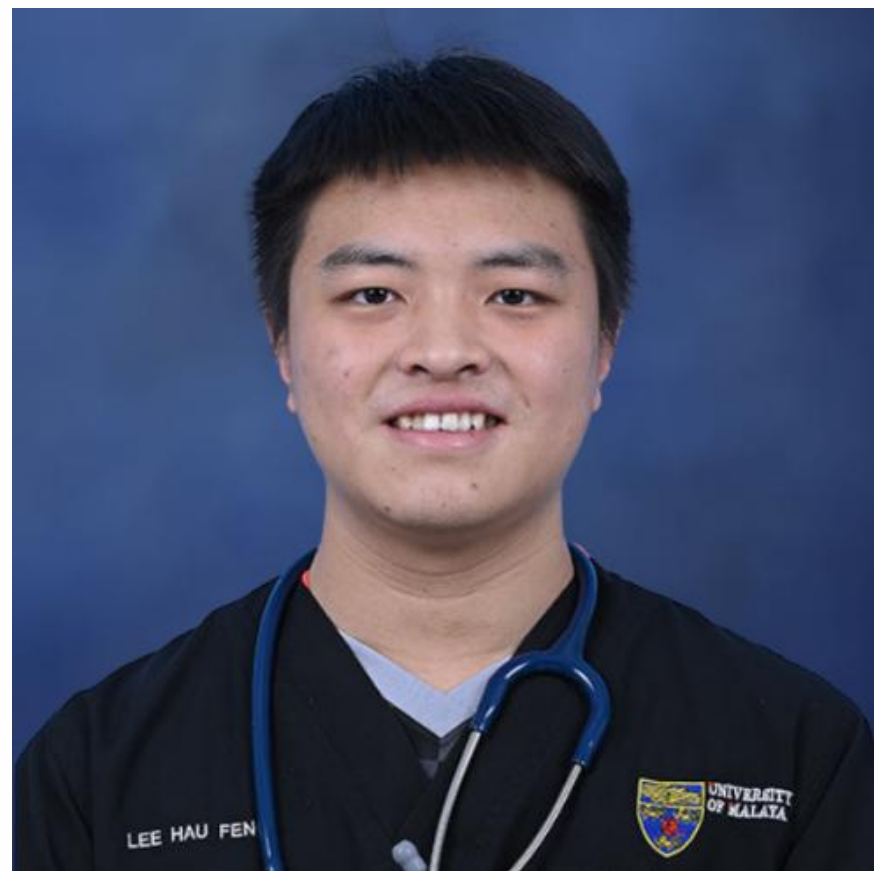
KOK FANG JUIN
“Rejoice in hope, be
patient in tribulation,
be constant in prayer.”
Romans 12:12



KON YUEN YI
amor fati



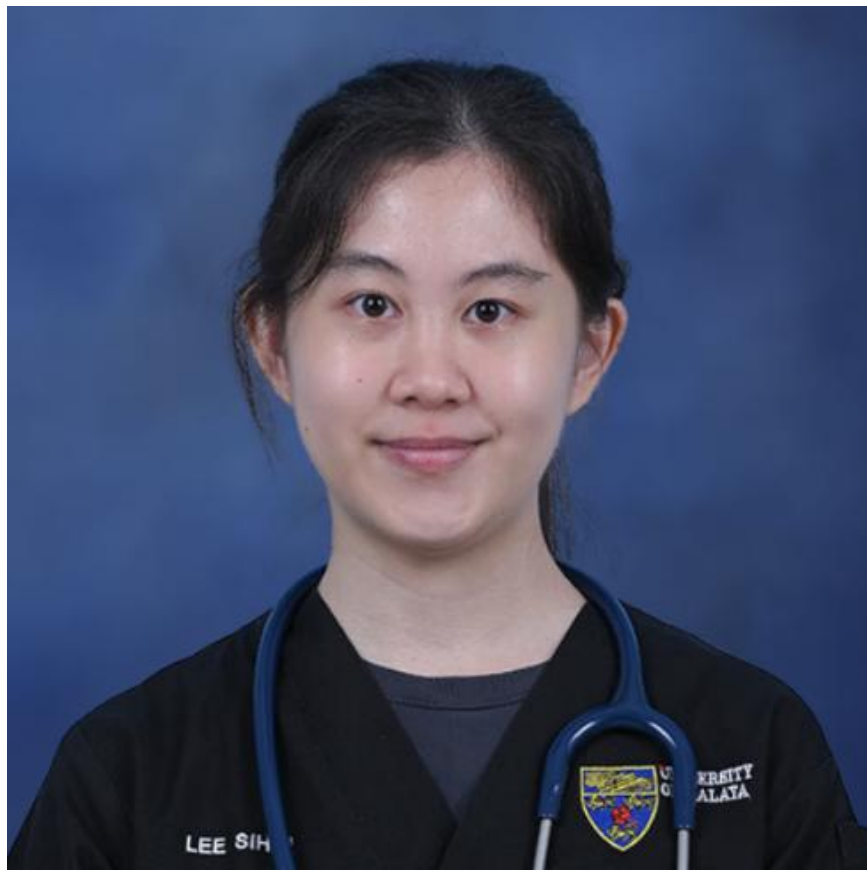
**KUGANIE A/P
TANNIMALAI**
Giving myself
arrhythmia is my fav
hobby :)



LEE HAU FEN
Surviving med school :
10% talent, 90% caffeine
and sheer willpower.



LEE JIA XUEN
Take your time, be it
good or bad.



LEE SIHUI

Shine. Dream. Smile.



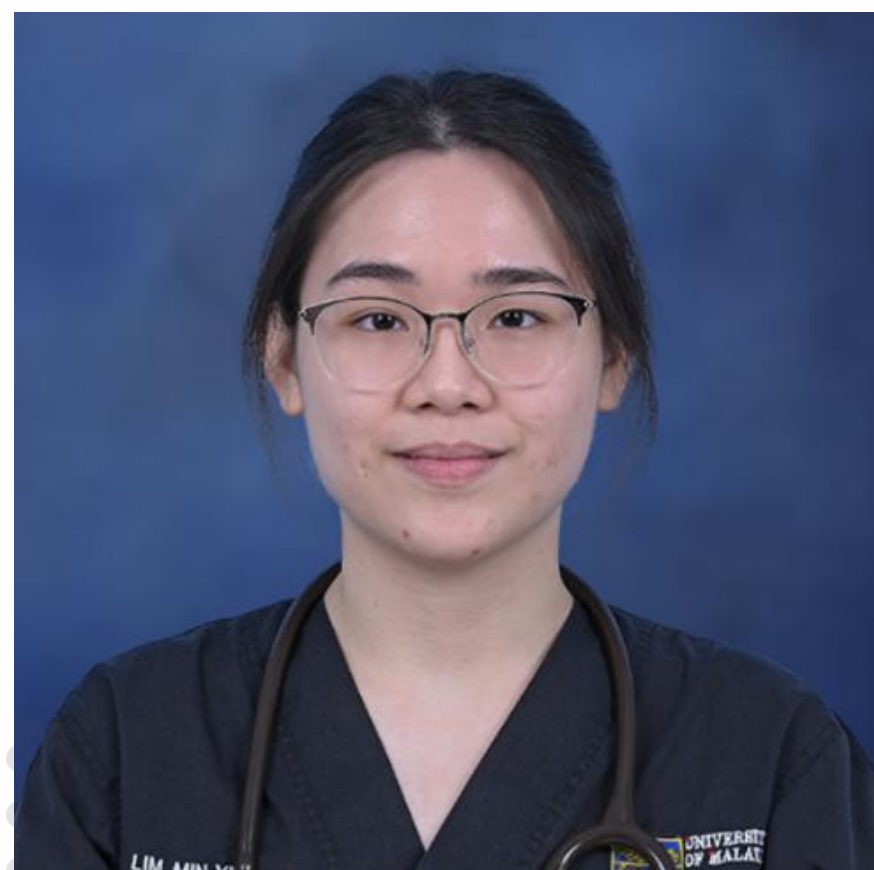
LEE ZI-HENG

We made it!



LIM JUN XIN

It's just 5 years, so...
JUST DO IT!!



LIM MIN YIE



LIM YEE EN

My parents wanted
me to be happy, and I
chose to become a
doctor instead.



LIM ZHENG PEI

Vitals stable,
emotionally unstable,
mentally
unsalvageable



LOOI JEN LI

In nihility, we journey.
Ad astra per aspera 🌟
But, I'm lost.



LOW KAH SENG

The only phrase
which got me
through medschool:
Sorry Dr I dunno



LOW YUET CHIN

My motivation is at
an all-time low, but
my cortisol levels?
Sky-high.



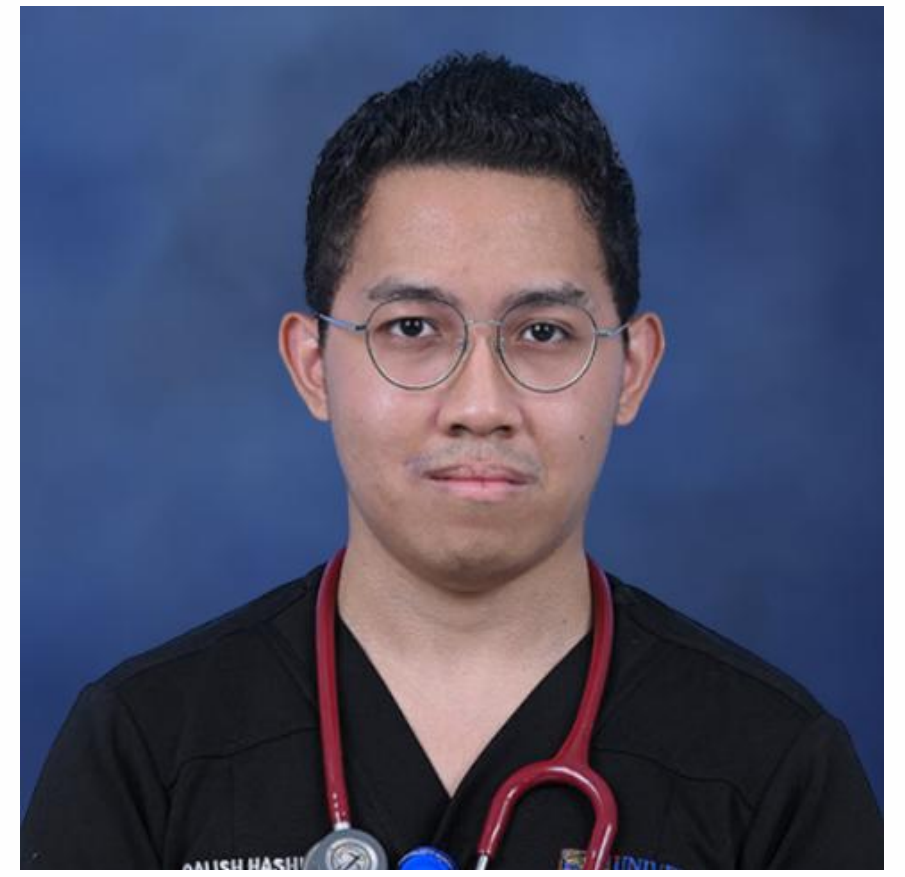
**MAN AMRIT KAUR
A/P PARDIP SINGH**

Nothing worth
having comes easy



**MOHAMMAD FIKRI
BIN RAJIMAN**

These hands used to
shake when holding a
penlight — now they
hold lives.



**MOHAMMAD QALISH
BIN MOHD HASHIM**

TCA 6/12 to review
post-medskool stress!



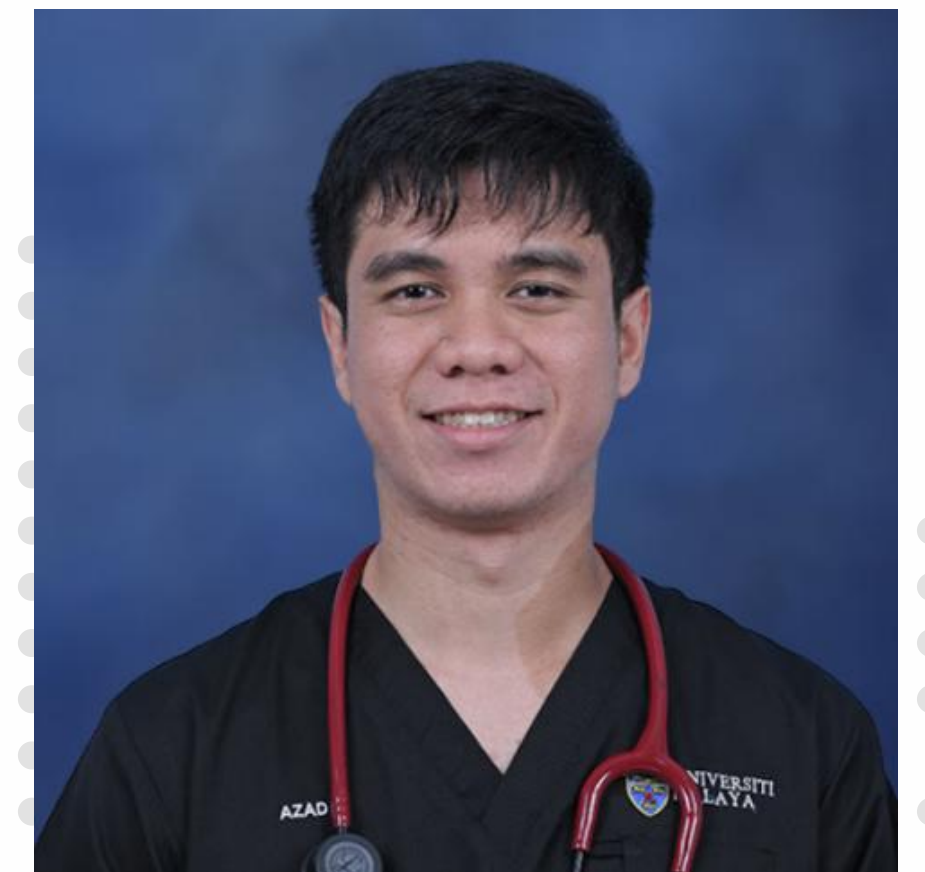
**MUHAMAD NURHARIZ
BIN MOHD NASIR**

Fracture sumpah tak
rilek lagi-lagi mal-
union



**MUHAMMAD AMIR
HAZIQ BIN ZAKRIA**

It's really not that deep



**MUHAMMAD AZAD
IMAN BIN MOHD
PAUZI**

I started with ambition.
Now I just want a nap.



**MUHAMMAD
DANIAL ISKANDAR
BIN RIZAL**

Do not lose hope,
nor be sad



**MUHAMMAD IMAN
BIN MOHAMMAD
SHAH**

Senang jek. Tak la
susah mana :)



**MUHAMMAD TORIQ
AKMAL BIN TAHRAN
NAZIM**

Trusting that there is a
reason for everything.



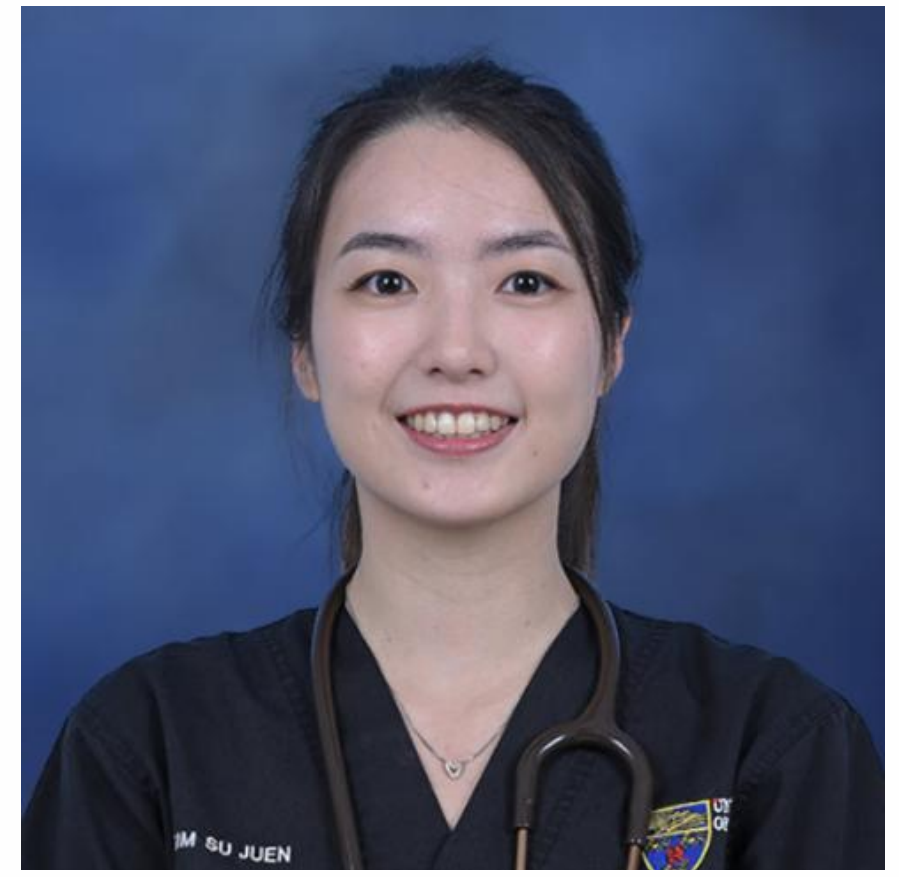
**MUHAMMAD ZUHAIR
BIN JUMAAT**

Made it through med
school with du'a,
caffeine, and...
ChatGPT.



**MUNA IZZAH BINTI
MD ARFIZAL**

"Keep your eye on the
donut, not the hole." -
David Lynch



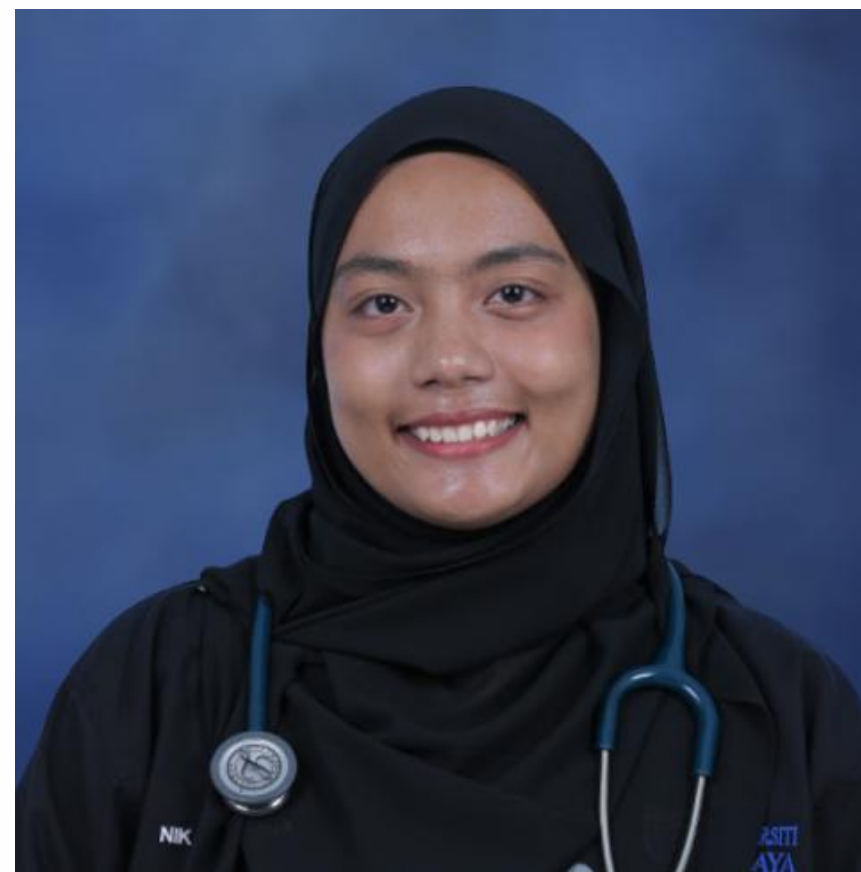
NGIM SU JUEN

Sour lemons contribute
to the lemonade too :)



**NICOLE TAN
WEI XIN**

"The mitochondria is the
powerhouse of the cell" -
brain during BA



**NIK NUR SYAHMINA ALIA
BINTI NIK SHAM ZUKI**

This path? Blame the 19-
year-old me. I'm just here
cleaning up and trying to
survive.



**NOOR WAHIDAH
BINTI NORDIN**

This degree was
powered by friends,
Chagee, and my last
2 brain cells.



**NOR ARINA BINTI
NOOR AZMAN**

Hadith 19 (from 40
Hadith An-Nawawi)



**NORFARZANA HUDA
BINTI ARIFFIN**



**NUQMAN HAKIMI
BIN MAZHAR**

Set your sail and trust
the tide; what's meant
will find its way.



**NUR ADLIN RAIHANA
BINTI ROSLAN**

if it doesn't kill you it'll
only make you stronger



**NUR ALEEYAA MADIHA
BINTI MOHAMAD BAHTIAR**

"Master has given Dobby
clothes. Dobby is free!!"
Me, after 5 years of Medical
School.



**NUR AMIRAH SALWANA
BINTI ABDUL WAHIB**

Is it not clocking to
you that I stood on
business?



**NUR ANIISA BINTI
ZULKIFLEE**

Free Palestine, Find
your Why and
Quran 28:34



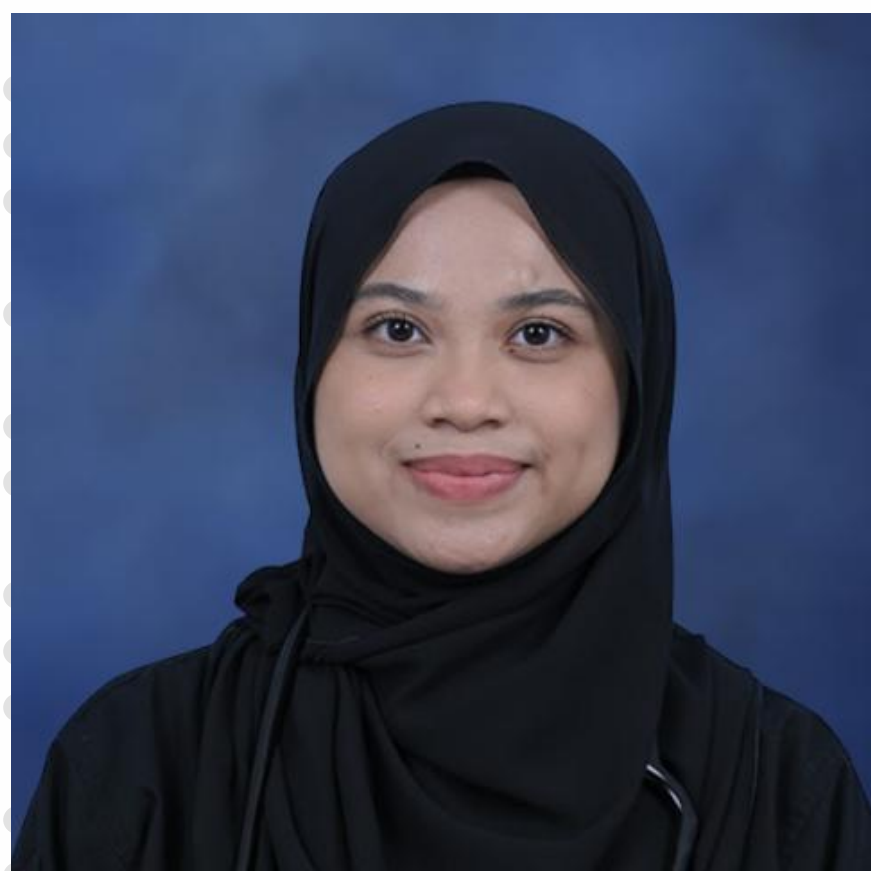
**NUR ELLIYANA BINTI
ABD. RAHMAN**

omg don't think so much,
JUST DO IT!!! *proceeds
to overthink this quote*



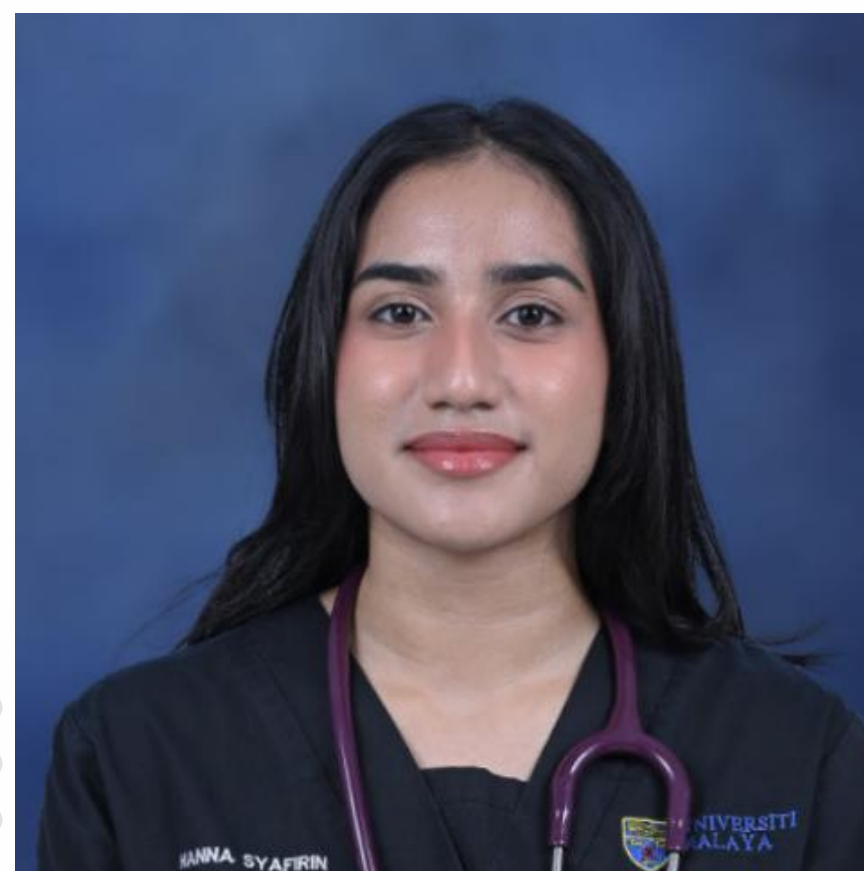
**NUR ZAWANI
BINTI MOHAMAD**

Final exam strategy:
blank stare + whispered
dua.



**NUR NADIA BINTI
MD SAAD**

Fake it 'til you make it



**NURHANNA SYAFIRIN
BINTI MOHD
HAFARIZAM**

My blood type is
basically espresso



**NURIRDINA SAFIA
BINTI AZMI**

Breathe. Trust. Allah
will make a way, even
when you see none.
(Quran 65:3)



**NURUL FATIN NABILAH
BINTI ZAINUDIN**

They said 'rest is important'. MBBS said 'that's cute'



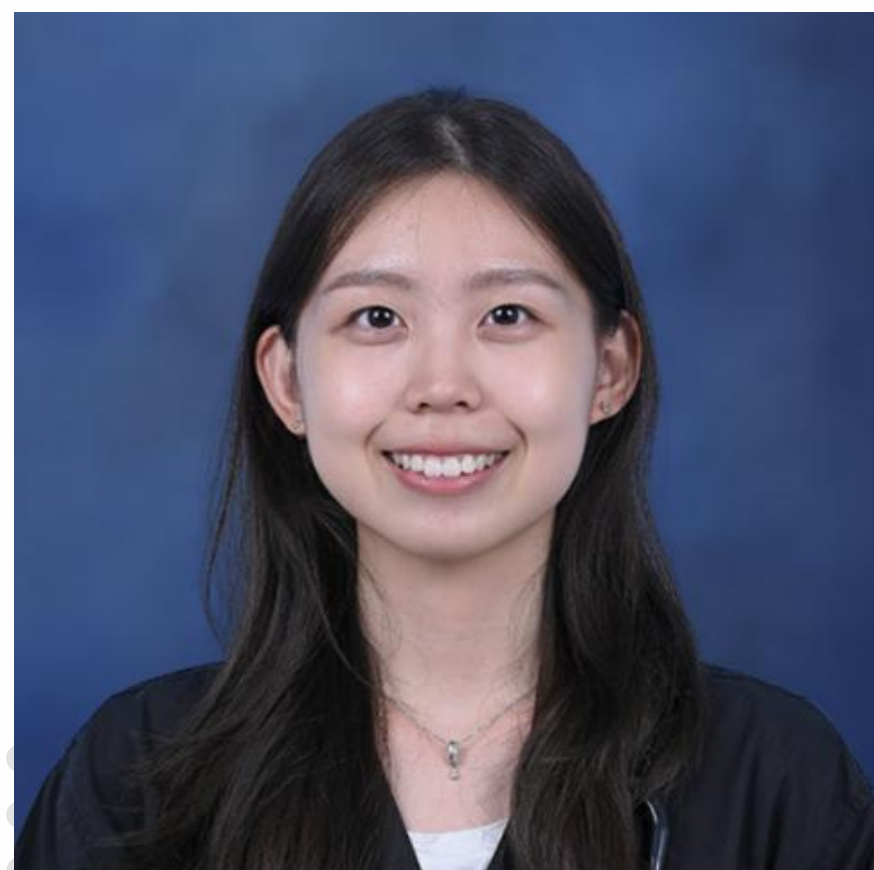
**NURUL IZZATI
BINTI HASNI**

I lost sleep, sanity, and the will to keep going—but never faith in Allah.

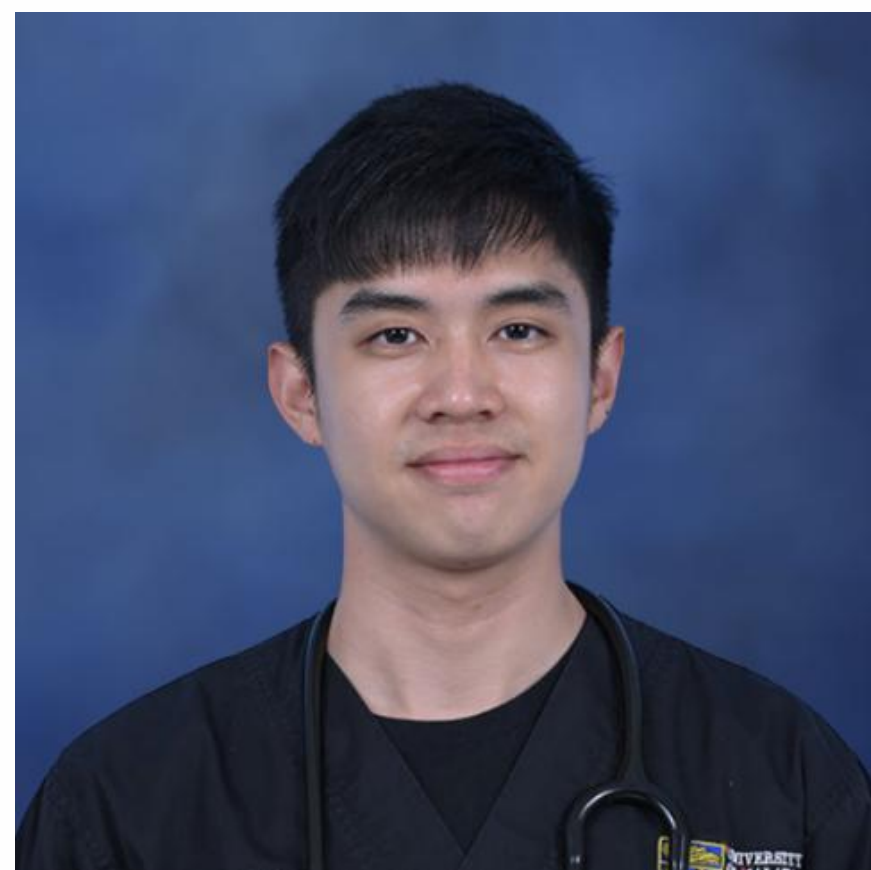


ONG JIA SHENG

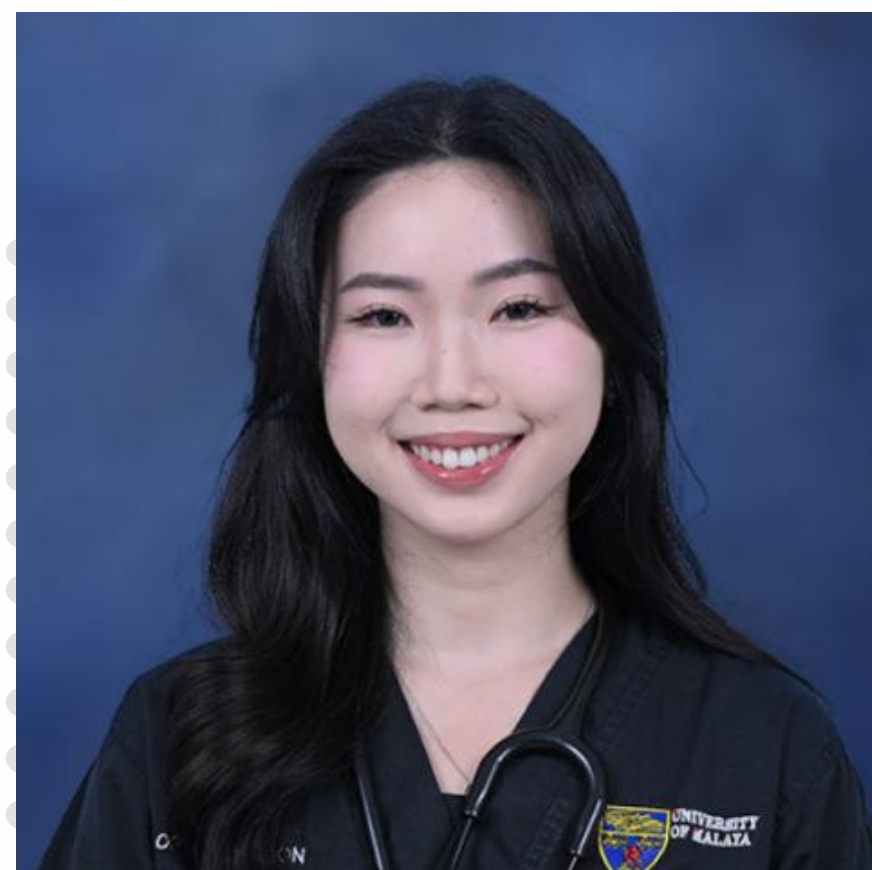
The two most important days in your life are the day you are born and the day you find out why.



ONG MIN LI
One degree hotter



OOI YU KUAN
You're exactly where you need to be.



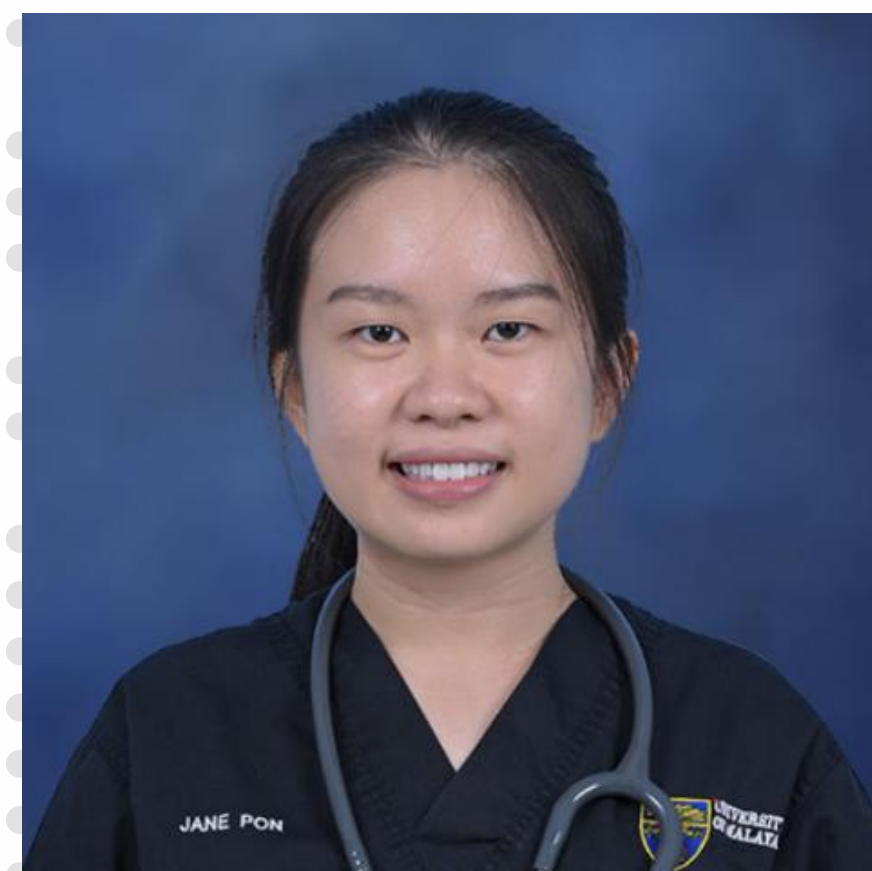
**ORIANNA SOON
WEN QIAN**
To you, 2000 years from now



PHUA TZE YEE
Survived med school. Gained knowledge, friends, and a mild caffeine addiction.



POK XUE YI
Failed IM 3 times in a row. Nothing else. Truly divine intervention. Eh, can't wait for my vacayssss



PON XHAO JUAN
Trust the process.



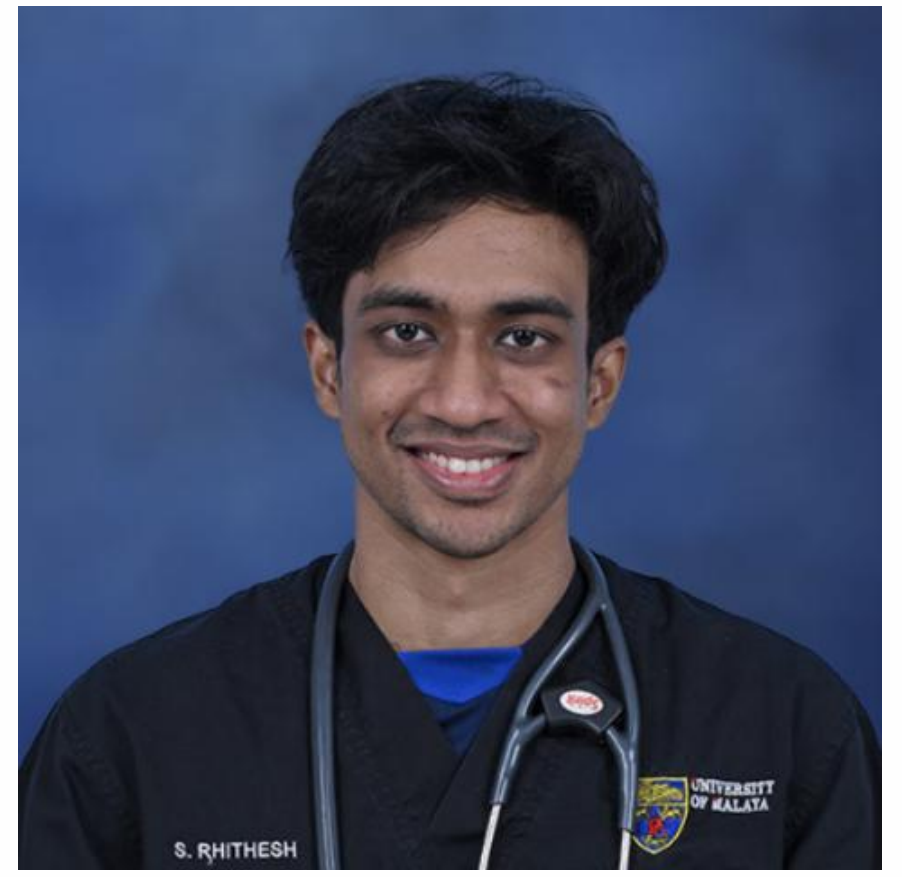
**POORENI A/P
SURIA KUMARAN**

To the wounds that
taught and the
words that healed



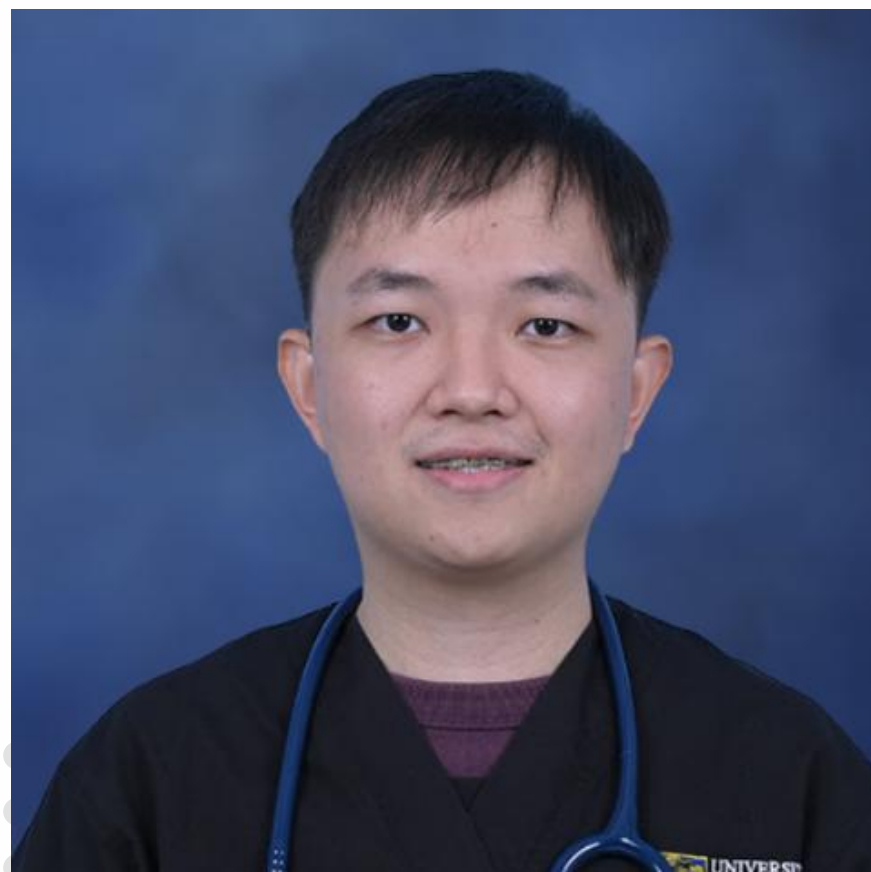
**PUUJAA
ELANGGOVAN**

If you see this take a sip of
water. Leaving my mark by
keeping you hydrated. 🐯



**RHITHESH A/L
SELVAKUMARAN**

Marriage/relationships are like
free public toilets, those
outside desperate to get IN,
those inside desperate to get
OUT (from a concerned guy)



SEAN YONG JUN BING

Appointed Senior
Consultant,
Department of
Verbal Tai Chi.



SHEE KER WEI

Never give up, Great
things take time.



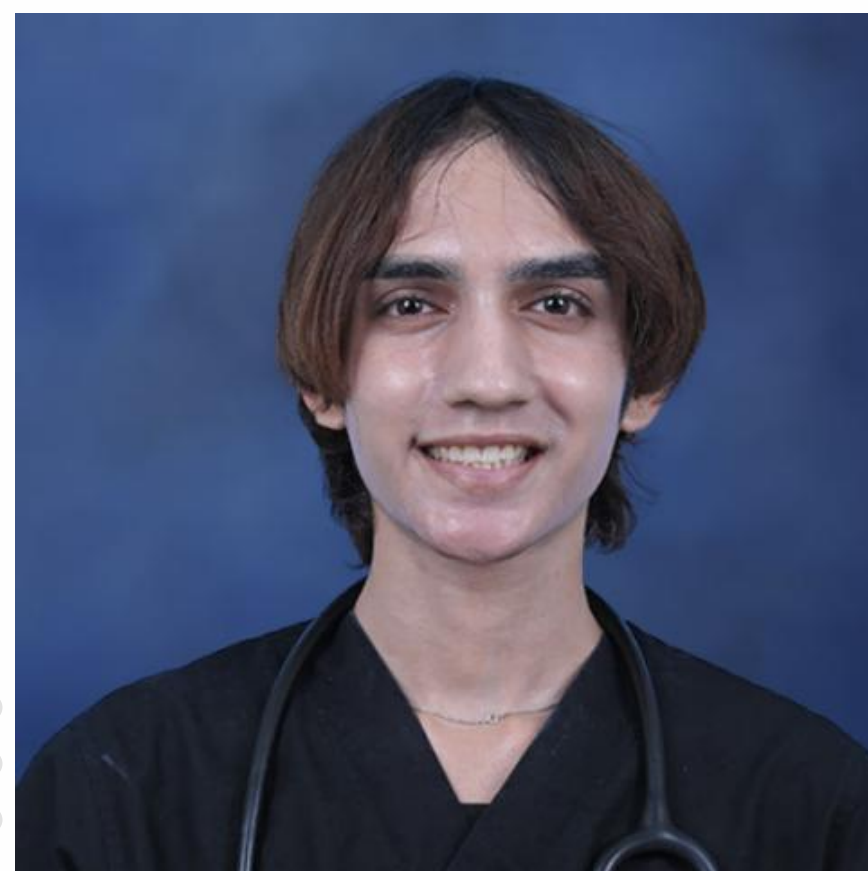
SHEE LOKE YUAN

Grateful for the hands
that taught me, the
minds that challenged
me, and the patients
who trusted me



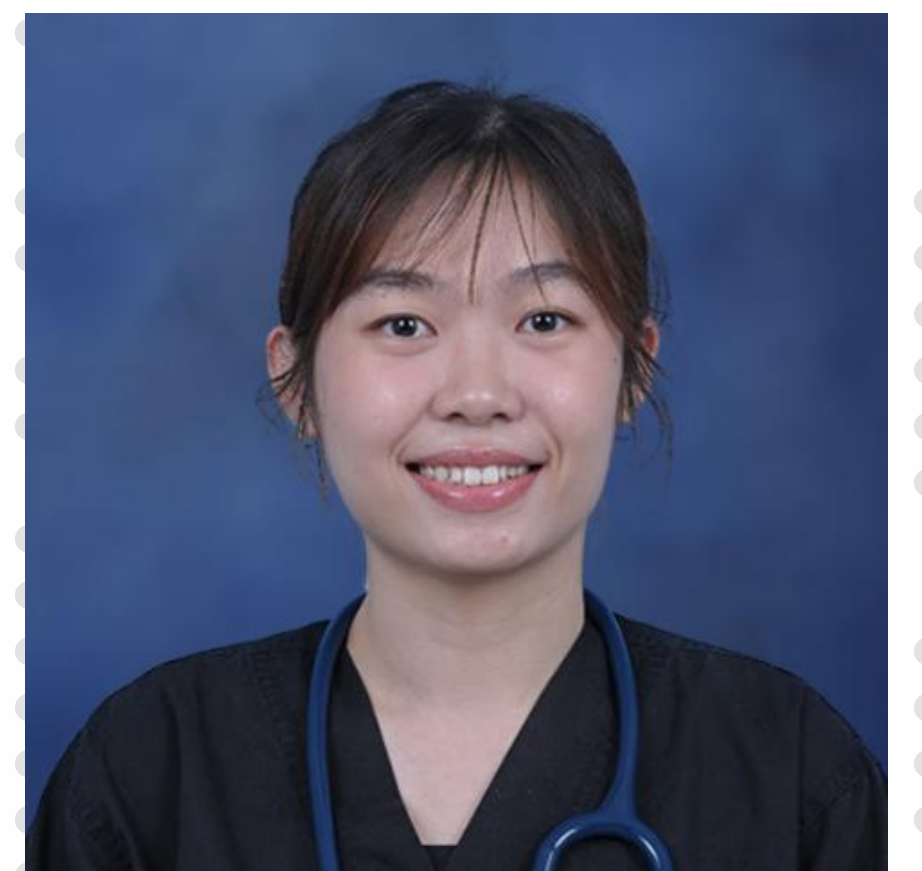
SHIM VEN QING

I hope I can still eat
apple



**SHIRAAJ
SUBRAMANIAM**

Brb, saving the world!
After a fat nap.



SIA JIA XUEN

Take your time, be
it good or bad.



SOH HUI WEI

They said medicine is a calling—I picked up and never hung up.



SOON MING YI

Oh no, not eligible for student price anymore



**SRI VISHNU A/L
NITHIYANANTHAN**

My degree says I'm a doctor, but my goal is to be the person my patient needed most that day



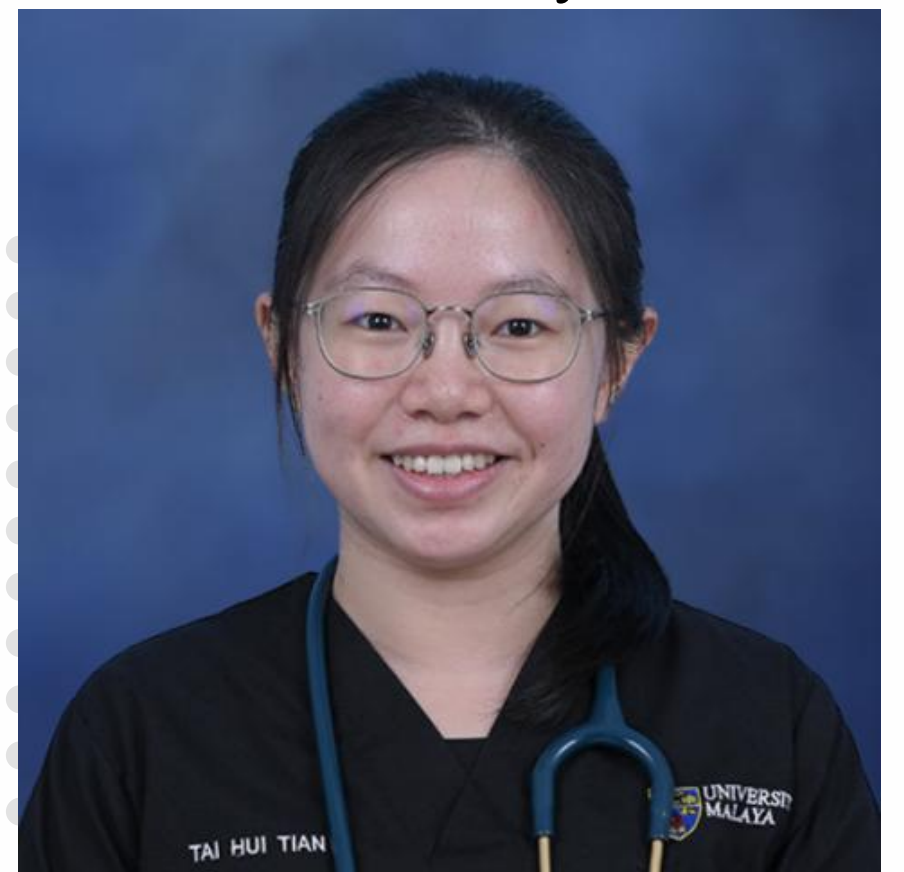
**SUFIYAH AQILAH
BINTI SHAMSUD-DIN**

We were just students once, learning the language of saving lives.

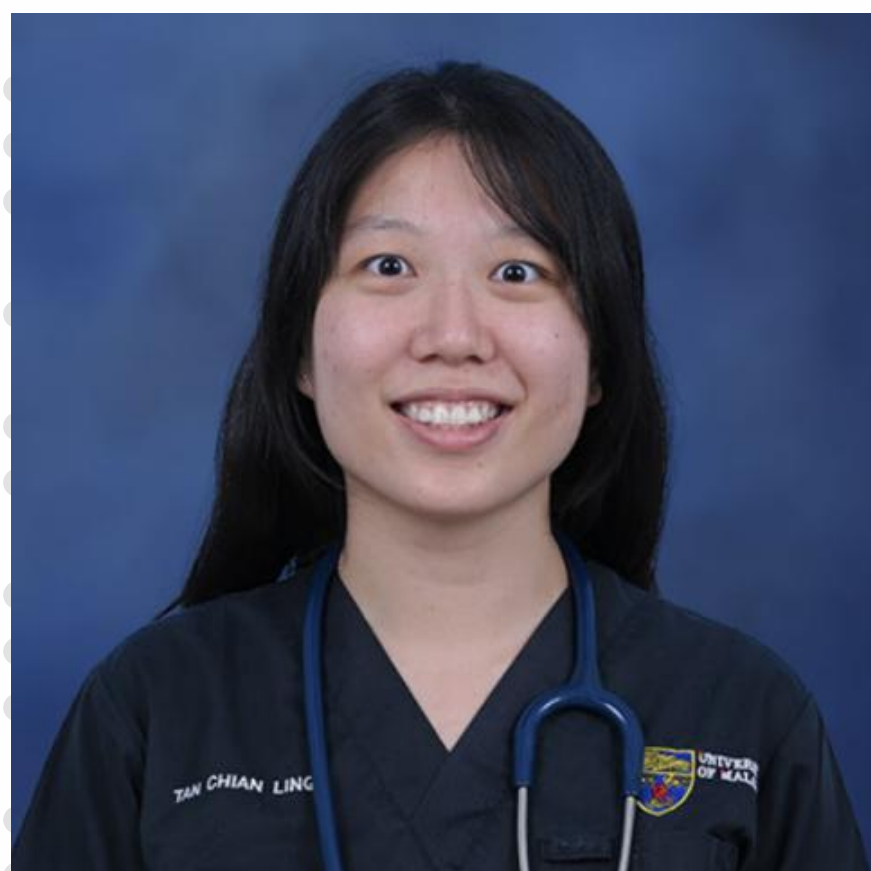


**SUMAYYAH BINTI MD
SUBHINOR**

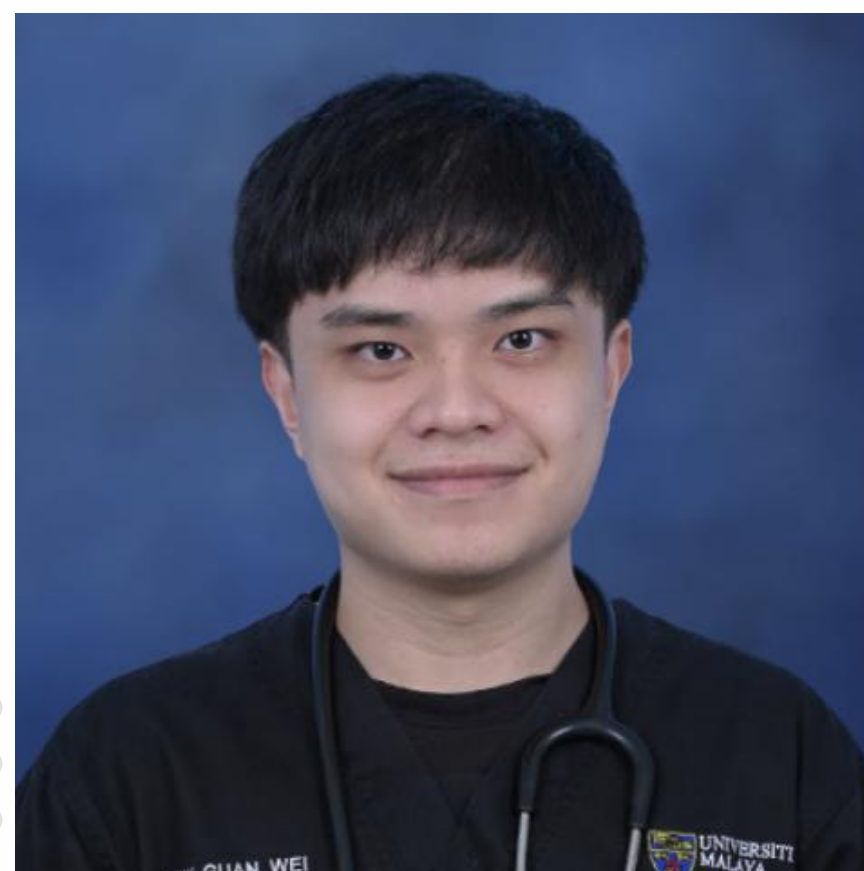
Success is a series of small victories.



TAI HUI TIAN
Flow true to your source.



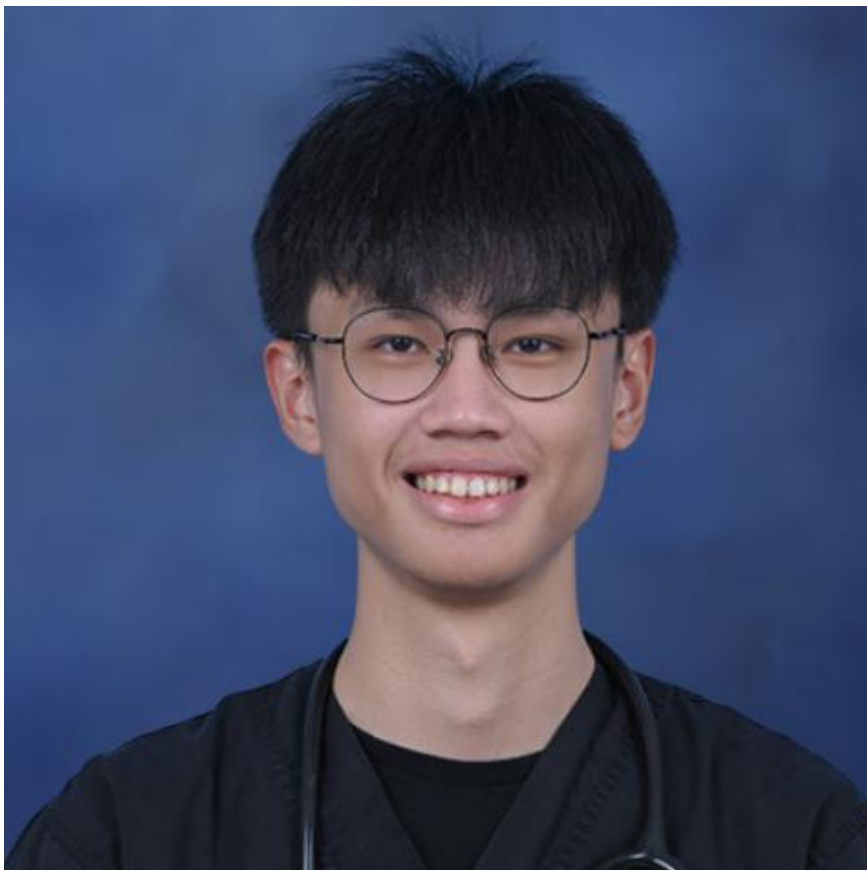
TAN CHIAN LING
More 36 hours to go...



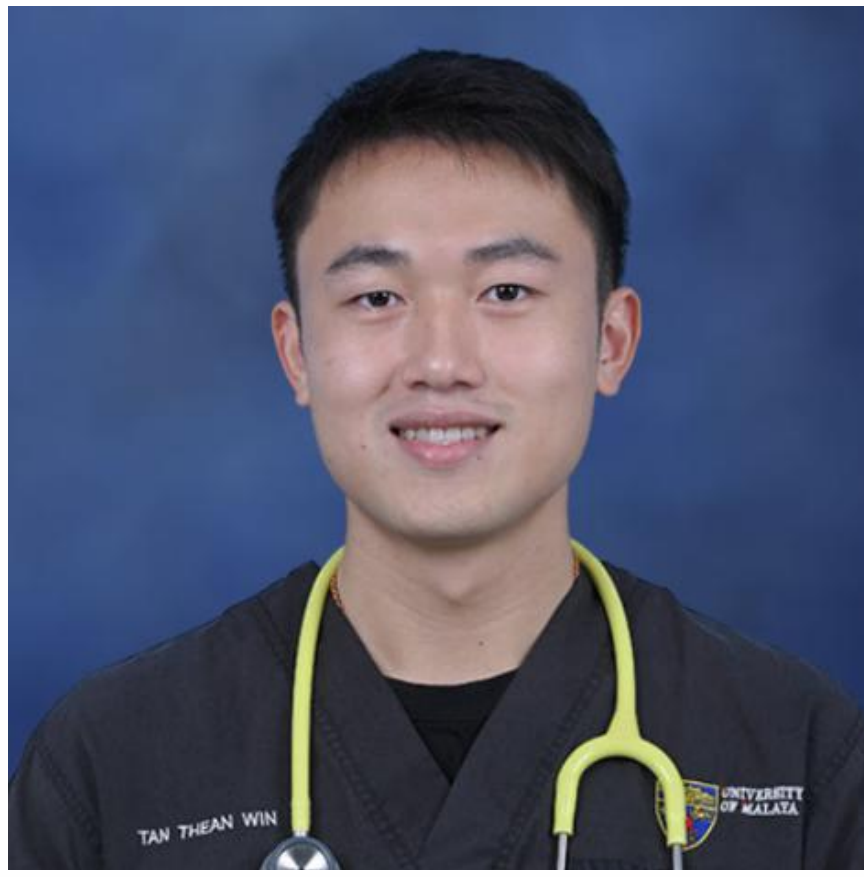
TAN GUAN WEI
Roses are red, violets are blue, there is always a med student better than you.



TAN SAN SHIAN
Paediatrician in making: Powered by caffeine, cuddles and Cocomelon

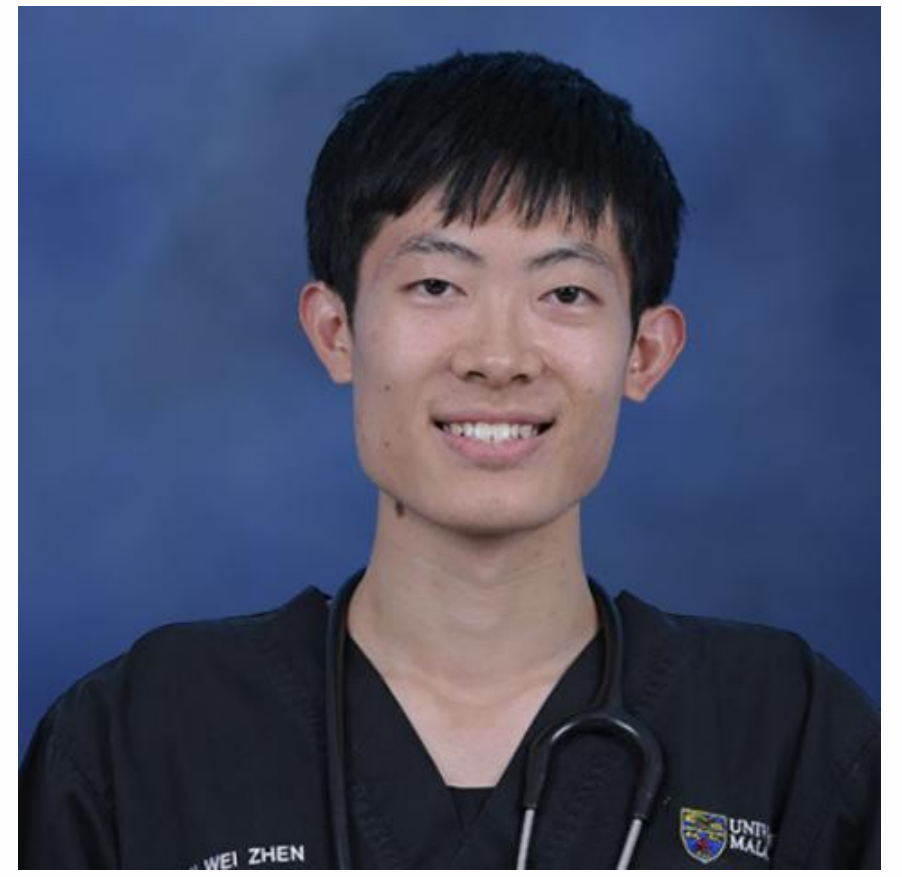


TAN SHU FAN



TAN THEAN WIN

We live, we love, we
laugh, we game, we
spike, we study, we
procrastinate and we
make it



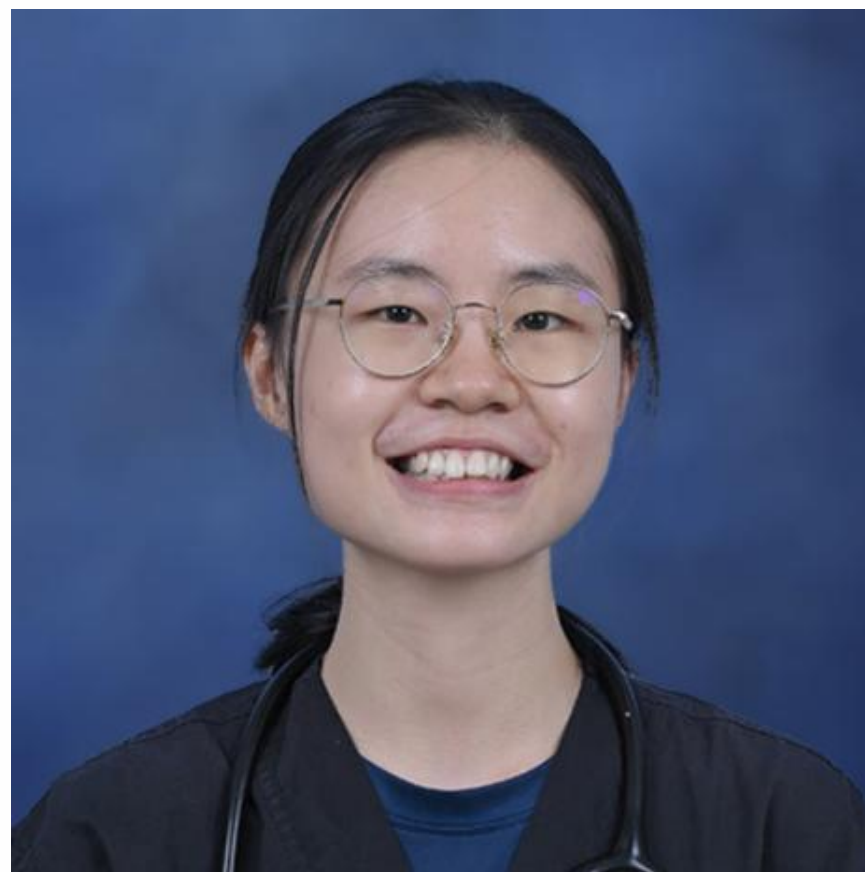
TAN WEI ZHEN

Dreamed to be,
strived to be. Now, a
doctor to be.



TANG KAY YENG

Dreamt it, Stressed it,
Did it **°.★



TEH HUI MIN

One step at a time, all
in good time!



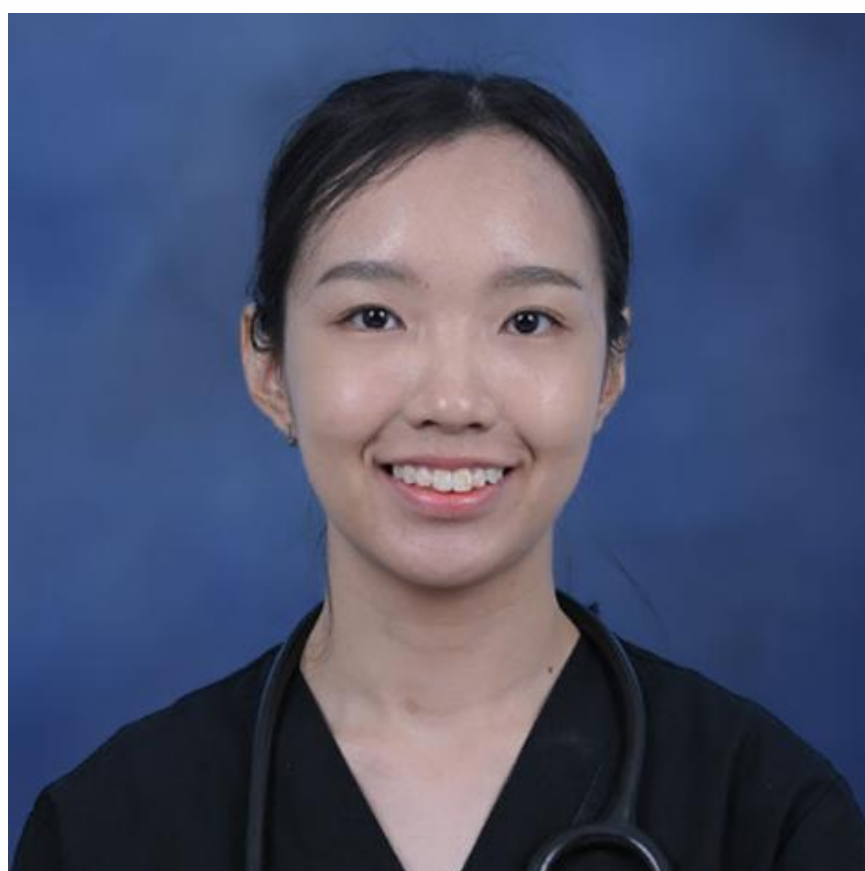
TENG QING YONG

I hate ED but I want to
treat ED in future



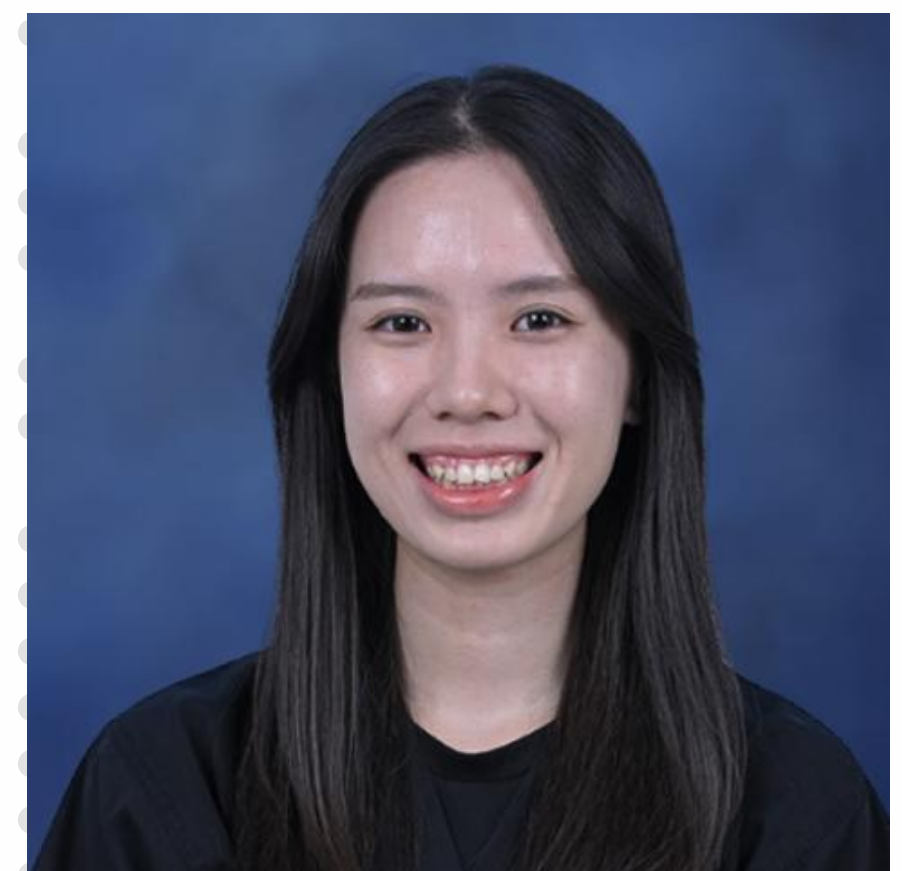
TEO BO EN

ars longa, vita brevis •
gate gate pāragate
pārasaṃgate bodhi svāhā



TEOH E-SHING

It always seems
impossible until it is done



TEW HUI QI

Still confused, but now
with a degree



TOH XIN YING

Came to diagnose others, left fulfilling half the DSM-5 criteria myself



TRISTAN GANES

Progressively overload your life

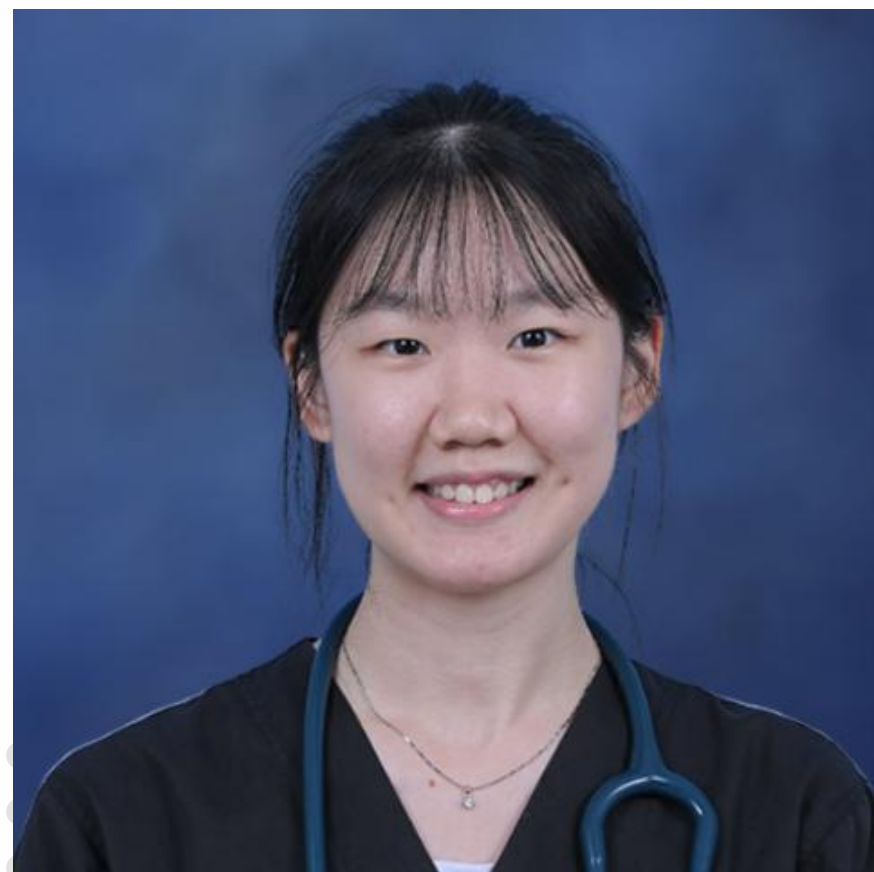


WAN IZZATI

SYAHIRAH BINTI WAN

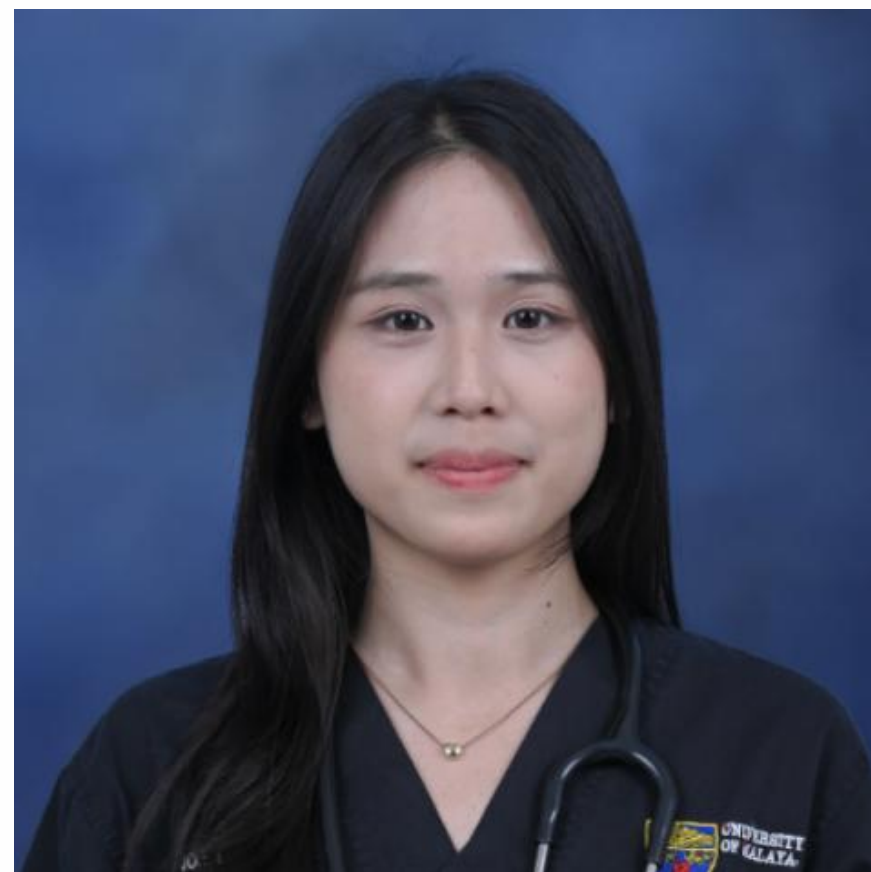
MOHD SUHAIMI

Prognosis: graduation imminent



YAP XING YI

small dream, big effort, humble heart



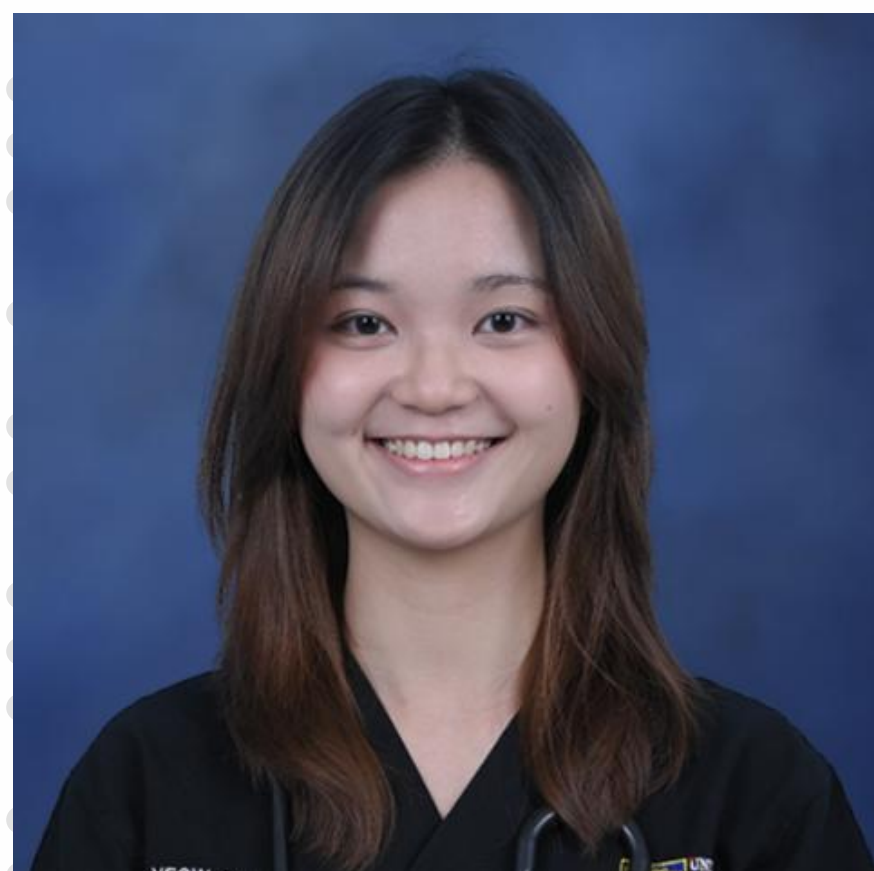
YEE JOE LYNN

Bad things at times do happen to good people



YEE TEONG SENG

The practice of medicine is a calling in which your heart is exercised equally with your head



YEOW ZHI QING

Emotionally unstable but survived med school without burning the hospital down. That's growth



YONG ZHI SHENG

When life gives you lemon, just take it, at least it's not apple

🔍 *NOT PICTURED:* ✕

1. NURUL ASYIKIN BINTI SA'ARI

2. THAM YE HAU

3. DESMOND LIM KEE JUAN

4. VINCENT WONG YII SION

5. TAY LI YANG

WARMEST THANKS TO

PACEMAKER'S ADVISOR

ASSOCIATE PROF. DR. MUHAMMAD FAZRIL BIN MOHAMAD RAZIF

PACEMAKER TEAM

FAREEHA FAREEJ MOHAMED

SEETHA VALLI A/P VENKATACHALAM

KARISHMA MANJINDER RANDHAWA

NURUL AFIFA AEISYA BINTI SULAIMAN

AIN ZULAIKHA BINTI MUHAMMAD HELMI

ARVIN CAO PIN SELVA RAJA

HOO YU XIANG

DAARSHINI A/P KALIANA SUNDARAM

ABIGAIL ANNE DAVID

MUHAMMAD AIMAN HAKIM BIN SARKAWI

MUHAMMAD HAZIQ IZZUDDIN BIN ANUAR

LEAN YEW MING

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NG KIN HIM

SHAISTA SUFIA

NATALIE CHAN JIE YING

CARLOS SEBASTIEN JOHN

FELICIA KOH EN MIN

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GUNN WEI XUE

FOO JIA MIN

ALYAA MAISARAH

HASEENA MUNAWARA

LIANG CHONG REN ENOCH



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Faculty of Medicine