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'Reflections'

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Photo Competition

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"Generations Uniting: Learning and Laughter in the Circle of Care"

by Abylashaa Arulmolii
(Sri Lanka)



All three of us have done many health interventions to this family throughout the last 6 months in our family attachment programme. Here in this moment my colleague was explaining about preventing diabetes, diabetic foot care and how to fill the checklist properly. The little granddaughter not knowing what was going on was adamant on joining her grandmother and listened together about NCD prevention. I captured this cute interaction between the child and my colleague as the child tried to pull the leaflets to herself. This wholesome moment shows how community interventions bridge the gap of knowledge and as future doctors gives us so much gratitude to build these beautiful relationships together for a lifetime more.

"Sadong Jaya Elderly Yoga Session in Elderly Club"

by Muhammad Najib Bin Hasan
(Malaysia)



One of activity of "Kelab Warga Emas" is MOH initiative to help improve Elderly Health. During this programme, we were also involved in multiple health screenings for the elderly. The "Kelab Warga Emas" or Elderly Club is where activities of old people were initiated by themselves. It creates a social bonding between local old people and health programmes.

"Counselling"

by Alifian Soni Romadhoni
(Indonesia)



The first 1000 days of life are a golden period of growth where growth occurs very rapidly. Therefore, the best intake for toddlers is in the form of breast milk which is the best food for toddlers. However, as we get older, nutritional needs increase, so complementary foods are introduced to meet nutritional needs. Not all parents understand the importance of the best intake for toddlers. By providing counseling it is hoped that they can provide a greater understanding of the importance of nutritional intake for toddlers because it has short and long term impacts on the toddler's lifelong growth.

"Fogger in Action: A Community's Resolve to Enhance Public Health"

by **Tham Sin Wan**
(Malaysia)



Amidst the ethereal embrace of evening fog, a dedicated fogger takes centre stage in a housing area, weaving a delicate tapestry of mist through the air. This snapshot captures more than just a moment. In this captivating scene, a fogger envelops our housing area in a veil of mist, and as we watch this cloud of fog disperse, we reflect upon the formidable power of community-driven initiatives in our ongoing battle against Dengue, the power of community-driven initiatives to fortify public health. As we gaze at this image, we are compelled to reflect on the power of unity and resilience in the face of health challenges like Dengue. It serves as a reminder that communities can create ripples of change by coming together and taking action. As the fog clears and the mist lifts, we see a brighter future ahead, where Dengue no longer casts a shadow over our lives. This image embodies the power of reflection of unity and community-driven action in improving public health outcomes. Together, we stride forward, resolute and reflective, towards a Dengue-free community.

#Community Resilience #Dengue Reflections #Health in Harmony

"A Man and Old Women"

by Chalinee Chueachomi
(Thailand)



My father works in a community he loves. This is one of the tasks he does, which is to visit and monitor the lives of patients in his area of care.

"Tiny Learners, Big Lessons"

by Warisara Pongthong
(Thailand)



In the captivating photograph captured at the Child Development Center in Kudeekhao Community, a group of skilled and creative nurses are skillfully engaging with pre-school children to promote essential hygiene practices. Using the power of imagination, the nurses have integrated colorful cartoon characters into their teaching approach. With animated expressions and playful gestures, these dedicated nurses captivate the children's attention as they guide them through the step-by-step process of proper handwashing. The use of imaginative visuals underscores the nurses' commitment to making learning enjoyable and memorable, while also instilling crucial hygiene habits that will serve the children well throughout their lives. Whether they are adults or children, everyone is a member of the community. Consequently, nurses play a crucial role in communicating for the healthcare of people across all age groups.

"Together Say No to HIV/AIDS"

by Prof Dr. Rico Januar S
(Indonesia)



Everyone has a role in this life, everyone has the right to voice, have an opinion and obtain their rights. Likewise, with the right of every human being to receive health services, we invite all friends, especially those who are vulnerable to HIV/AIDS, to know about HIV/AIDS, its symptoms, impacts, vulnerable behavior, and how to prevent it in socialization activities and sitting in a circle to listening to opinions and voicing opinions, we together with health workers and friends of men who have sex with men (MSM) firmly reject HIV/AIDS.

"Core Memory"

by Farah Fadhillahi
(Indonesia)



The photo was taken on Sunday morning in Bogowonto field where people go for a walk or jog. But, there's an interesting thing, there is a father who carries his child on his shoulders while walking around the field. It reminds me of a 'Core Memory' and it gives me reflection from what I had already read in the news that Indonesia is ranked third among 'Fatherless Countries' in the world. Core memory is something experienced that's important to build a sense of identity or even shapes personality. Some memories are obtained from affection and happy experiences. However, there are many people that didn't receive affection properly from their family, especially with the presence of a father figure. So that people mostly feel incomplete and potentially have long-term mental health problems and social life problems. As we know, the WHO defines health as a state of complete physical, mental, social well-being etc. So, if someone has a less happy core memory, it will have an impact on the imbalance of their health and didn't fit with the meaning of health itself.

"Catching a Peace of Mind"

by Theresa Lona Anak Abel
(Malaysia)



Recreational fishing may not be just a hobby. Fishing was found to be effective in reducing stress and anxiety. Lake fishing with family is a good way of socializing. Even if there is no fish caught, it could eventually provide good mental health.

"Growing on Top"

by Sabarinah
(Indonesia)



A healthy ecosystem is one which plays into the diverse strengths of its components and provides benefits to all its constituents. There is much to be learned from this concept in the Faculty of Public Health UI's ongoing transformation to contribute to UI's vision to become a green university. UI GreenMetric, an important initiative by Universitas Indonesia, encourages its faculties to be aware of green spaces, planting trees wherever possible. Mr. Pramono, one of FPHUI's staff, used his keen eye and started planting grapes on the rooftop terrace of Building A in the Faculty. His endeavor is proven to be fruitful, with plump green grapes ready for the picking.

The photo was taken using smartphone OPPO A9 2020, ISO 100, Aperture f/1,8, lighting time 1/119 s, without flash.

"Quality of Life"

by **Benyathip Kerdphoksap**
(Thailand)



When there are pedestrian walkways in such deteriorated conditions, it causes inconvenience for people passing by, impacting their quality of life. This is because accidents can happen at any time due to the compromised condition of the walkway. If it rains on certain days, the urgency might lead to slipping into a drainage channel, or for elderly individuals walking alone, accidents are more likely to occur, leading to health repercussions. Apart from the broken and deteriorated walkways, there are also foul-smelling canals due to people disposing of various types of garbage into the water or the presence of dead aquatic animals floating, causing congestion. Public health authorities should promptly address this issue, as it will adversely affect people using the walkways and those residing near the canals in the future. We should uplift the quality of life in the community and enforce stringent regulations, along with providing access to diverse knowledge, for public awareness of personal safety, the safety of others, and an understanding of the environment and nature that surrounds us.

"Reflection Leave No-one Behind"

by Yoong Lee Yeen
(Malaysia)



In the midst of urbanization, public health is the key driver of change to build a better world by leaving no one behind.

"The Joy of Health Learning: English Camps in Action"

by Nanda Irwantika
(Indonesia)



This picture captures a significant moment during the English Camps held in 13 Ulu, Palembang City. As a visual narrative, it conveys profound meaning and a meaningful moment. When we gaze at this image, we are immersed in an atmosphere filled with joy and enthusiasm among children who are learning the proper way to wash their hands. They are not mere passive participants; they are the central actors in the ongoing learning process. The children in this picture appear fully engaged in this activity. They follow the instructions earnestly and attentively observe the examples set by the English Camps facilitator. This isn't just a lesson on handwashing; it's about laying a solid foundation for their future health. The dedicated students who are educating them understand the paramount importance of Clean and Healthy Behavior (CHB) in maintaining health, and they are committed to delivering this message with great enthusiasm. The approach at the English camp is designed to protect children from potential risks while providing essential knowledge on how to safeguard themselves. Above all, the most valuable message emanating from English Camps is one of self-love. This is reflected in the use of the song "I Love My Body." Through this song, English Camps aim to impart an understanding to children about the importance of embracing themselves as they are, fostering self-confidence, and appreciating their bodies. This portrayal illustrates English Camps' strong commitment to providing holistic and valuable education to children. They not only help children grow into physically and mentally healthy individuals but also assist them in valuing their uniqueness as valuable members of society.

“Nature's Fury and Beauty”

**by Giovanni Lim
(Phillippines)**



Behold the mesmerizing display of nature's fury and beauty as the majestic Mayon volcano erupts, casting its fiery explosion upon a stunning blooming lotus pond. A breathtaking mirror of contrasts. This scene captures the harmony of raw power and delicate blossoms in perfect symphony.

"A Prawn Trap"

by Nobu Tera
(Malaysia)



On the boat to Bako National Park, I could see a fisherman operating a prawn trap. It was quiet sea which allowed a reflection.

"Happy Independence Day Malaysia!"

by Mohamad Fuad Mohamad Anuar
(Malaysia)



This photo was taken at the nearest hotel in Kuala Lumpur Malaysia near Primadona bridge at night.

"Standing in the Eyes of the World."

**by Mohamad Fuad Mohamad Anuar
(Malaysia)**



This photo was taken near a pond in NIH Malaysia.

"Hello from NIH~"

by Mohamad Fuad Mohamad Anuar
(Malaysia)



This photo was taken in front of the block A, NIH Malaysia on a rainy day.

“Home Health Care”

**by Wisitpoln Theemaneeerat
(Thailand)**



A bed ridden woman had to live with her son, She sometimes lives by herself, I entered her house for home health care.

"Hope in Waiting - Each File a Different Story"

by Abylashaa Arulmoli
(Sri Lanka)



I captured this moment during a community out reach project: a free medical camp for the children of Shakthi Illam Orphanage organized by the Hindu Society of our faculty. Gathered on a simple bench were children from the orphanage clutching their medical files tightly. For many of them this was the first opportunity in years to be heard and cured inside and out. Each file and face tells a different story. Their angst, fear and hope is evident in their faces as they sit in line patiently. Moments like these made me realize that the essence of being a doctor is not only to heal with medicine but to nurture hope, to provide solace through caring to souls that need it most. - this was taken on a mobile phone, I've made it black and white so that the emotions are as raw as possible to the viewer.

