



**COMPILATION REPORTS ON  
TRAINING OR PROGRAMMES TO IMPROVE ACCESS TO  
BASIC SERVICES FOR ALL CONDUCTED BY LINCOLN  
UNIVERSITY COLLEGE STUDENTS**



**SUSTAINABLE DEVELOPMENT GOALS**  
17 GOALS TO TRANSFORM OUR WORLD



**2023**



## PARTICIPATION OF BIOTECHNOLOGY STUDENTS AND STAFFS IN ZOO NEGARA VOLUNTEER PROGRAM



Lincoln University College, Department of Biotechnology faculty members Ts. Dr. Asita Elengoe (Head of Biotechnology Department), Mrs. Hema Priyaa (Lecturer-in-charge), Dr. Tan Chun Hoe, Dr. Idris Adewale Ahmed along with students of Bachelor of Biotechnology (Hons) and Master of Science in Biotechnology had involved in volunteer program at Zoo Negara, Ampang, Selangor on 13th March 2023 from 8 am until 5 pm. They were assigned to help at the Aquarium, Bird's Park and Child's World areas. The students got exposure to the preparation of the food for the animals, feeding the animals such as fish, penguin, giraffe, cleaning the animal's house, etc.

## THE HEALTH CARNIVAL 1.0: “YOUR MIND WILL MIND YOUR HEART”



Lincoln University College, represented by the Non-Health Sciences department, co-hosted the Health Carnival 1.0 with UiTM Puncak Alam’s School of Nursing on September 7, 2023. The event, held at Lecture Hall 2, MAS Building on Level 3, aimed to raise awareness about the critical link between mental health and heart health.

**Objective and Target Groups:** The event’s objective was to educate and empower four specific target groups:

- ❖ Family Caregivers for Cardiovascular Patients
- ❖ School Teachers
- ❖ University Students
- ❖ The Elderly

**Event Highlights:** The Health Carnival 1.0 featured:

- Keynote Addresses: By Dr. Manual S Bexci and Ms. Yamala from Lincoln University College, emphasizing the mental-health-heart-health connection.
- Interactive Workshops: Covering stress management, relaxation techniques, and healthy lifestyles.
- Information Booths: Providing educational materials on mental and heart health.
- Panel Discussions: Engaging experts in discussions on research and strategies.
- Community Engagement: Fostering networking and sharing of experiences.

The event successfully raised awareness of the link between mental and heart health. Lincoln University College’s collaboration with UiTM Puncak Alam demonstrated a commitment to community well-being. Future collaborations are anticipated for continued health awareness initiatives.



## MERDEKA SPORTS DAY 2023



The Student Representative Council of Lincoln University College proudly orchestrated the Lincoln Family Merdeka Sports Day on August 30th, 2023. This festive occasion coincided with Malaysia's National Day, which falls on August 31st.

The event brought together faculty members, staff, and students for a day filled with various sports activities, including Futsal, Netball, traditional games, and board games. It was a delightful celebration of unity and sportsmanship within the Lincoln University College community.

## LUC STUDENT EDUCATIONAL TRIP TO BUKIT TINGGI



The students of Master of Education, Lincoln Education College, Malaysia visited Bukit Tinggi, a French village, for an educational trip. It was conducted by coordinator Prof. Nidhi Agarwal. The students were

assigned to do case study on cultural diversity. Enjoying the day, the students got an immersive experience that fosters a deep understanding of the diverse cultural heritage of the city.



## VISIT TO AGRICULTURAL RESEARCH FARMS OF UNIVERSITY PUTRA MALAYSIA



Mr. Mayukh Bhattacharyya, PhD Research Scholar and G.R.G Ravindu Dilshan, Student of B.Sc, Dept of Department of Agriculture, Faculty of Applied Sciences, Lincoln University College, Malaysia visited the Agricultural Research Farms of University Putra Malaysia on June 28, 2023 and met Nik Mohd Rodzha gave some tips on how the research farm can improve access to basic needs of the community.



## A MOMENT OF IMMENSE PRIDE AND HONOUR: LINCOLN UNIVERSITY COLLEGE – 1ST RUNNER UP



Lincoln University College (LUC) recently was the 1st runner-up for the Petaling Jaya City 17th Anniversary Celebration on the auspicious evening of 24 June 2023, at Laman MBPJ in Petaling Jaya. The passionate students, faculty members, and staff of LUC participated in the 17th anniversary of Majlis Bandaraya Petaling Jaya (MBPJ).

The distinguished guests, including the Selangor Menteri Besar YAB Dato' Seri Amirudin Bin Shari and Datuk Bandar Tuan Mohamad Azhan bin Md Amir, graced the event with their esteemed presence, further enhancing the grandeur of the celebration.

## MENTAL HEALTH SURVEY CONDUCTED BY MEDICAL FACULTY, LINCOLN UNIVERSITY COLLEGE



Lincoln University College's Medical Faculty pre-clinical students have arranged a field trip to the Perdana Botanical Garden on 13th June 2023 and conducted a comprehensive mental health survey, randomly selecting 100 individuals from Taman Butani Perdana. They engaged with the community, fostering open conversations about stress, anxiety, depression, and emotional well-being. The field trip also included health screenings, such as blood pressure measurement, BMI, glucose test and brief consultations to address any immediate health concerns, to assess physical well-being alongside mental health. Additionally, the students organized exciting activities like treasure hunts and games to promote teamwork, problem-solving skills, and provide a break from academic routine.

## SELAMAT HARI RAYA IDUL FITRI 2023



All the staffs and students of Lincoln University College (LUC), Malaysia celebrated the joyous occasion of Hari Raya Idul Fitri on May 18, 2023.

Festivities during Hari Raya Idul Fitri included gathering together, exchanging greetings, and sharing meals and entertainment. The celebration is meant to be a time of forgiveness, reconciliation, and spreading happiness among the loved ones.

## MAJILIS BUBUR LAMBUK – IKATAN RAMADAN 2023



Lincoln University College, Malaysia celebrates Ramadan 2023 by cooking bubur lambuk for the University staffs and students.

Bubur lambuk, a very nutritious meal, is a Ramadhan staple, as proteins are essential for replenishing energy and nourishing one's body after fasting.

The University arranged to cook the delicacy item together and completed the distribution among all the Lincoln family members. The event marked harmony and unity to a great extent.

Video Link: <https://lincoln.edu.my/wp-content/uploads/2023/04/LUC-Bubur-Lambuk-Ikatan-Ramadan-2023.mp4>

## STUDENT REPRESENTATIVE COUNCIL (SRC) CABINET FORMATION 2023-2024



Student Representative Council (SRC) Election Committee organised the SRC Cabinet Formation 2023-2024 on April 6, 2023.

Ariff Mahmood Ariffin, Head of Program, Joshua Kelvin Raj, President, SRC Election 2023-2024, Dr. Amiya Bhaumik, Founder & President, Dato (Amb) Dr. Mohd Yusoff Bin A. Bakar, Vice Chancellor & CEO, Prof. Dr. Sandeep Poddar, Deputy Vice-Chancellor (Research & Innovation), and Mohd. Nikmat Bin Wahib, Registrar, Lincoln University College, Malaysia graced the event with their attendance along with the other SRC committee members.

## LUC'S EARLY CHILDHOOD EDUCATION (ECE) PROGRAM ORGANIZES HANDCRAFTING WORKSHOP



The early childhood education program organised a handcrafting workshop in a multi-purpose room at Lincoln University College, Malaysia on October 22, 2022. It was conducted by a qualified trainer, Ms. Sari Dewi, an early childhood teacher at the International Modern Arabic School (IMAS), Malaysia. This workshop is related to two subjects of the Bachelor and Diploma in Early Childhood Education, which are: (1) Arts and Creativity in Early Childhood Education and (2) Language Arts in Early Childhood, respectively. This workshop came as a preparatory stage for the exhibition planned to be conducted in December 2022.

## SHOOTING OF ASTRO MOVIE 'MEMBURU' IN LINCOLN UNIVERSITY COLLEGE, MALAYSIA



First time ever the students from the Faculty of Nursing, Faculty of Medicine, and Foundation in Science of Lincoln University College, Malaysia got an opportunity to be a part of their upcoming horror movie 'MEMBURU' with senior Malaysian actors such as Fauzi Nawawi, Puteri Sarah and Shah Iskandar.

From 24th of January 2022 to 5th February 2022, Mas Campus of Lincoln University College became the shooting location for this SUPERTELE ASTRO MOVIE.

In view of this, credentials to Lincoln University, Malaysia will be shown as sponsors and members associated with this project in the special thanks section on the behalf of the production crew of this movie.



**LINCOLN UNIVERSITY COLLEGE**

**MALAYSIA**

**FORMULATION OF HERBAL HAND SANITIZER**

**YEAR: 2023**

**PREPARATION, FORMULATION  
AND DISTRIBUTION OF HERBAL  
SOAP AND DISTRIBUTION TO  
LOCAL COMMUNITY**





## **INTRODUCTION**

Herbal soap is made from natural ingredients such as juice, extracts, and vitamins derived from fresh medicinal plants. The complexity of combining various herbs makes the job both enjoyable and challenging. It's a lot of fun to come up with one's unique combination using artistry and creative imagination.

Herbs are natural and are safe, but those with sensitive skin should also be vigilant about herbal ingredients that may irritate the skin. Making herbal soaps is the same as with any other soap making. The trickiest part of it is choosing the herbal ingredients for the family. Soaps with synthetic chemicals strip the skin of its protective oils and may cause dryness, flaking, and skin dehydration.

## **AIM**

The purpose of this project is to provide community-based support for the prevention of communicable disease and to promote good hygiene.

## **OBJECTIVES**

1. To provide community-based support.
2. To help community who is unable to purchase hand soap.
3. To promote Lincoln University College (LUC) Faculty of Pharmacy.
4. To instill awareness and promote practice hygiene.
5. To estimate the effective soap and the complete protection time provided by asanitizer after application on the skin.

## **COMMITTEE MEMBERS**

**Researcher of Hand Sanitizer and Soap** : 1) **Dr. Sreemoy Kanti Das**  
: 2) **Dr. Mohammad Gousuddin Inamdar**  
: 3) **Prof Satheesh Babu**

## **LOCATION**

The location for this research of University Social Responsibilities (USR) is conducted at:

**Location** : **Kelana Jaya Learning Site**

**Address** : **02, Jalan Stadium SS7/15, SS7. 47301 Petaling Jaya, Selangor**

specific ingredients are used to make this sanitizer. Next important ingredient use to make this

### Laboratory Studies

Sequence of stages for evaluation of technical grade hand sanitizer materials and single-dose formulations of sanitizer products applied to human skin for personal protection.

Sanitizers containing alcohol concentration between 60% - 85% are suggested to kill 99.99% of microorganisms on hands. The sanitizers are effective on bacteria, virus and vice versa. Therefore, we were forced to assess the efficacy of alcohol-based hand sanitizers only on the selected bacteria but not on virus (SARS-CoV-2) due to our laboratory set up constraint for viral isolation and growth. Following this assumption and reviewing related literature, Staphylococcus Aureus, Escherichia Coli, Pseudomonas Aeruginosa, Klebsiella Pneumoniae, Salmonella Typhimurium and Shigella Boydii were selected at the department of microbiology laboratory at Lincoln University College (LUC).



The microorganisms were isolated from clinical specimens with culture, gram stain and biochemical test. During the study, clinical specimens were inoculated on chocolate agar, blood agar, and Monnitol Salt agar incubated overnight (35°C - 37°C) for colony isolation.

On the second day, the gram stain test was examined to differentiate gram positive from negative bacteria for all colonies. At the third day, the test organisms were isolated with biochemical tests using their biochemical characteristics after overnight incubation (35°C - 37°C). The isolated test organisms were stored on storage media and kept at (2°C - 8°C). It will refresh on nutrient agar and used when needed.

Aloe vera leaves and ten (10) pieces of guava leaves are collected and washed thoroughly to remove the unwanted particles and dusts. The aloe vera leaves are cut into half and inner pulps are separated from leaves with knife. The pulps were grinded in grinder machine and place the gel into a separate bowl. washed guava leaves were added in water and the leaves are boned out

specific ingredients are used to make this sanitizer. Next important ingredient use to make this a syrupy texture.

The syrup will then be strained to remove dust. In a 100ml empty bottle, it will be filled with 70ml of surgical spirit. Then, 07ml of guava extract syrup were added into the bottle. Lastly, 01 ml of Dettol is added and mixes the whole mixture to get homogeneous liquid sanitizer. The total amount of sanitizer is 100ml per bottle. The ingredients used for hand sanitizer are brought from the market. Besides that, the amount of ingredients used to make the sanitizer is listed and the corresponding prices are calculated. The total cost of one bottle of sanitizer (100ml) is calculated.



The main ingredient of sanitizer is alcohol. Alcohol based sanitizer is effective to control the

specific ingredients are used to make this sanitizer. Next important ingredient use to make this transmission of disease and it maintains the hygiene on hand. Besides that, surgical spirits is also used as it contains Isopropyl alcohol. After reviewing on all the side effects of sanitizer, some sanitizer is the aloe vera gel. Aloe vera has high healing capacity. It reduces wrinkles on skin because it contains Polysaccharides and growth Hormone Gibberellins. It also prevents the scar tissue and helps to form new cells. Aloe vera gel also gives relief from skin burn and itching. Aloe vera is one of the famous herbal for skin treatment.

The next ingredient is glycerin. Skin disease like dryness, damaging, cracking of skin, eczema, skin irritating can be recovered by applying glycerin. It accelerates the wound healing process and it shows anti-microbial effect. Glycerin has unique ability to remove dead skin cell and it helps to generate new skin cell which is why glycerin is introduced as and ingredients for this hand sanitizer. Guava extract is effective against bacteria and it shows good activities against intestinal microbes, Vibrio Cholera, etc. Guava leaves has also the ability to heal the wound surface.

Maintaining proper hygiene is an important part of sanitizer. Due to the demand of sanitizer in this pandemic, many new brands of sanitizer have come into the market but there is always a doubt on the effectiveness of sanitizers. If proper amount of alcohol is not used, the sanitizer willnot be effective. In order to check the amount in the sanitizer is accurate or wrong, we have performed two small experiments which are:

- I. Tissue Paper Test
- II. Wheat Dough Test

#### **Tissue Paper Test**

This test is based upon Paper Chromatography. We have drawn circle by ball pen on tissue paper and poured some drops of sanitizer on the circle. If the sanitizer contains sufficient amount of alcohol, the ink will be dissolved into sanitizer and starts spreading. It is observed that the sanitizer slowly diffused and moved out of the circle.

#### **Wheat Dough Test**

In this process, we have poured some sanitizer on 01 table spoon on the wheat and mixed it. If excess water is present, it will turn the wheat into dough. It was observed that there was no formation on the dough. If both hands are rubbed by alcohol sanitizer for 30 seconds, following by a complete air drying. This can effectively reduce population of bacteria, and fungi. The similar result was seen after rubbing the hands by the sanitizer.

## REPORTS

Lincoln University College (LUC) have conducted a campaign to distribute this herbal formulated based hand sanitizer to the common people in completely free of cost

1. Jalan Hang Tuah Lembah Subang
2. Pantai Dalam
3. Hulu Langat



**Lincoln University College Building**



**Jalan Hang Tuah Lembah Subang MRT**



**Hulu Langat**



**Giant Kelana Jaya**

### **Certificate of Consent (Based on WHO guidelines)**

This section can be written in the first person. It should include a few brief statements about the research and be followed by a statement similar to the one in bold below. If the participant is illiterate but gives oral consent, the witness must sign. The researcher or the person checking the informed consent, they must sign on each consent form.

***I have read the foregoing information, or it has been read to me. I have had the opportunity to ask questions about it and any questions that I have asked has been answered to my satisfaction. I consent voluntarily to participate as a participant in this research and understand that I have the right to withdraw from the research at any time without in any way affecting my medical care.***

**Name of participant:** \_\_\_\_\_

**Signature of Participant:** \_\_\_\_\_

**Date (dd/mm/yy):** \_\_\_\_\_

#### **If Illiterate**

A literate witness must sign (if possible, this person should be selected by the participant and should have no connection to the research team)

***I have witnessed the accurate reading of the consent form to the potential participant, and the individual has the opportunity to ask questions. I confirm that the individual has given consent freely.***

**Name of Witness:** \_\_\_\_\_

**Signature of Witness:** \_\_\_\_\_

**Thumb Print of Witness:** \_\_\_\_\_

**Date (dd/mm/yy):** \_\_\_\_\_



**LINCOLN**  
**UNIVERSITY COLLEGE**  
DKU016 (B)



**REPORT ON COMMUNITY PROJECT AT KAMPUNG  
PARIT 9/10 & 11, GAMBUT SUNGAI PANJANG,  
SABAK BERNAM, SELANGOR**

**Venue:**

**BALAI RAYA KAMPUNG AND TADIKA**

**Time:**

**9:00 am to 13:00 pm**

**Organizer:** Year 4 DDS Students Lincoln University College

**Committees:**

- Dr Mislihah Ahmad (Advisor)
1. Muhammad Izhar Bin Ismail
  2. Nurilham Azim Bin Rahamzan
  3. Nurul Syafiqah binti Shaifulizan
  4. Idani Firdaus binti Hairollizam
  5. Izzdeena Athirah binti Rosmadi Nasir
  6. Sinthiya a/p Chandra
  7. Chin Hong Jun
  8. Kashmirah Kaliswaran
  9. Ahmad Amin Bin Sumin
  10. Muhammad Zulqarnain Bin Al' Amin
  11. Wajan Yasser Mansour
  12. Nurain Nabilah Binti Mohd Yusof
  13. Nur Qistina Binti Mohd Hafidin

**Volunteers:** (Year3)

1. Ain Nur Fatihah
2. Khairul Rasyidah binti Abd Rahman
3. Wan Nur Alia binti Wan Zaidi

## **1.0 INTRODUCTION**

### **1.1 PREAMBLE**

Oral health education is an important issue that should be discussed with children and adolescents, promoting the acquisition of correct oral health behaviors. The promotion of oral health is mostly aimed at improving oral health through the acquisition of knowledge, eventually leading to motivation and finally, to behavioral changes according to the health belief model.

### **1.2 AIM**

The main aim is to increase awareness of the importance of oral health and oral hygiene habits which should start early in children as well as to do health promotion on the effects of diet on oral health and the ill practice of smoking and vaping.

### **1.3 OBJECTIVES**

- a. To assess the level of awareness on oral health amongst the residents
- b. To determine the caries prevalence
- c. To determine the prevalence of gum disease

### **1.4 ITINERARY**

<b>Time</b>	<b>Activities</b>
06:00 am	Gather on campus
06:30 am	Depart to destination
08:30 am - 09:00 am	Arrival of the organizers Attendance of participants Program Preparation
09:00 am - 09:30 am	Zumba
09:30 am - 09:40 am	The opening <ul style="list-style-type: none"><li>● Prayer recitation (Muhammad Izhar)</li><li>● Welcome speech (Dr Mislihah Ahmad)</li><li>● Welcome speech (Mr. Mohamad Zamri bin Jamil)</li></ul>



09:40 am - 12:00 pm	<ul style="list-style-type: none"> <li>● Talk: <ul style="list-style-type: none"> <li>- Oral Health Care (Nurul Syafiqah)</li> <li>- Balanced Nutrition Practices (Nurilham Azim)</li> <li>- Bad Effects of Smoking (Kashmirah)</li> </ul> </li> <li>● Activities</li> <li>● Dental examination</li> </ul>
12:30 pm - 01:00 pm	<p>Closing ceremony</p> <ul style="list-style-type: none"> <li>● Picture event and consolation presentation</li> <li>● Lucky draw</li> </ul>

## 1.5 ACTIVITIES HELD

- i. Oral Health Care.
- ii. Balanced Nutrition Practices.
- iii. Bad Effects of Smoking.
- iv. Demonstration of how to brush teeth effectively
- v. Coloring competition (children)\*
- vi. Nutritious food cooking competition (adults) (Theme: Nutritious Breakfast for Children to take to school)\*
- vii. Dental examination

## 1.6 BUDGET LIST

	Item	Price (RM)
1.	E&D set	-
2.	Banner	70.00
3.	Brochure	100.00
4.	Fruit Basket	70.00
5.	Souvenir	126.00
6.	Goodies bag	46.30
7.	Torch Light	15.80
8.	Breakfast	97.50
9.	Printing of brochures	80.00
	<b>TOTAL</b>	<b>605.60</b>

## 1.7 SPONSORS

Bil	Sponsors	Items
1.	Colgate	Kids and adult toothbrush Toothpaste Mouthwash
2.	Aquapick	Aquapick home A300 oral irrigator(2x) Aquapick toothfoam (2x)
3.	Haleon	Sensodyne Toothpaste 20gm (144pcs) Parodontax Herbal 18gm( 144pcs)
4.	Duopharma	Flavettes Effervescent 1000mg Vit C PSF 30's 200packs
5.	Lincoln Dental Faculty	RM 200

## PICTURES OF THE EVENT



STUDENTS AND ORGANISERS

## ACTIVITIES OF THE DAY





### 3.0 Conclusion

- There shall always be room for improvement and we gained a lot of new experiences through conducting this community project. We will try to improve upon our future project. Besides, this is a good start for us as future successful dentists in order to educate the community regarding oral health and hygiene and most of all in planning a project that involves collaboration with other agencies.
- We would like to thank Mr. Mohamad Zamri bin Jamil, Dr Mislihah for giving us an opportunity to conduct this programme at residents of Kampung Parit 9/10 & 11, Gambut ,Sungai Panjang in order to educate the residents on the importance of good oral health and ways to maintain good oral health.

#### APPROVED BY:



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**(DR MISLIAH AHMAD)**  
Senior Lecturer,  
Dental Public Health,  
Lincoln University College.