



# UP VOICE

The Official Newsletter of the University of Puthisastra (UP)



## UP IS FULLY VACCINATED AND READY TO REOPEN!

The Covid-19 pandemic has created a number of new challenges, especially as our university is ready to reopen as soon as Govt reopens schools. While students, faculty and staff may understandably feel a sense of urgency to get life and schools back to normal, there are important safety guidelines that UP follows to allow safe operations. Safety is our top priority.

We are glad to announce that all our UP staff and dental clinic staff have received the Covid-19 vaccine. Our team strives to create a safe and hygienic environment while doing our part in ending the effects of covid-19 pandemic. While this situation is not over yet, it gives us hope that we are one step closer to putting this past academic year behind us and strongly moving forward in creating our future together.

Even with our staff vaccinated, we will continue to follow strict guidelines to ensure a safe environment for our students, guests and staff. Our safety measure includes the following:

- Our staff have received both shots and will receive boosters when available
- We allow staff to work from home, when possible
- We encourage all staff to wash their hands frequently
- We maintain and ensure social distancing
- We continue to wear masks, covering the mouth and nose
- We make our staff aware of how to spot covid-19 symptoms
- We make sure our university is regularly cleaned and disinfected and all air conditioners checked and cleaned
- We have signs and posters around the university to remind us about the risk
- Provide hand sanitizer in all areas
- Personal Protective Equipment in our Dental Clinic
- We have a Covid Health Committee to rapidly implement MOH advice

The response to the Covid-19 pandemic is continuously evolving as we learn more about the virus and the best techniques to address the associated risks. The UP guideline for a safe working and studying place may change from time to time to determine the best practices to deploy.

<b>WHAT'S UP ON CAMPUS</b>	• 24 SEPTEMBER 2021   CONSTITUTIONAL DAY
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# WHAT IS FLIPPED LEARNING AND WHY IS IT SO IMPORTANT?

UP is rapidly introducing flipped learning across its curricula so why is it important?

The Flipped Classroom is the most modern learning model which the traditional classroom activities and homework are reversed or flipped. The teachers in this model have the students read the learning materials as homework first before the class starts. Then, the class time are spent for discussion and practice regarding the materials.

A flipped classroom allows students to have a control and responsibilities for their own learning. When students are in the class, they ask teachers for clarification, practice new skills, and even explore new concepts. This flipped classroom/learning is highly effective and has been adopted by all modern universities across the world as it been proven to increase engagement of students in learning.

According to Trach (2020), there are Four Pillars of F-L-I-P of a flipped classroom/learning model

- **F: Flexible Learning Environment**

Unlike the traditional lecture where the seating arrangement is static, students' tables and chairs in the flipped classroom are not fixed allowing students to work in-group or individually. This allows students to explore the lesson and understand it at their own pace.

- **L: Learning Culture**

The flipped classroom is student-centered where teachers play the role of a facilitator to guide students through practices and provide assistance in applying new knowledge.

- **I: Intentional Content**

The flipped classroom/learning model encourages students to engage actively in learning practice at maximum, and students can work independently.

- **P: Professional Educator**

This model enhances teachers' great pedagogical skill that requires them to be responsive, flexible, and attentive to students' learning needs of what and why.

How to Flip Your Classroom?

1. **Decide Your Technology**

A teacher needs to choose the latest technology of Learning Management System (LMS) to share the lessons materials to students before the class. At UP, UPOP is already available in place for lecturers to use.

2. **Create Your Videos and Content**

The lesson or lecture can be recorded in advance and break it into short video clips for students. Thus, teachers do not need to worry about classroom management. The recorded lessons can be entertaining!

3. **Be Transparent With Students and Parents**

Make sure the teachers clearly explain what flipped learning/classroom is and why they are doing it. This may be hard-working for culture, but teachers need to be ready to address the concerns and how deal with them.

4. **Make Your Students Responsible**

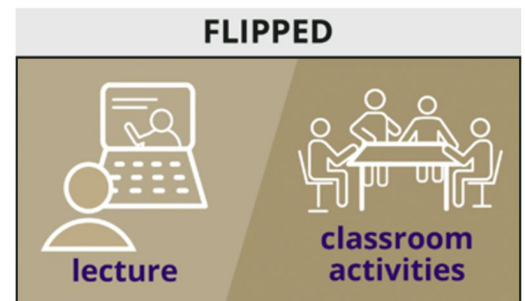
Flipped classroom/learning model relies on student participation. If the teachers don't keep their students to be prepared with the activities, it will not be effective. A system is also needed to ensure that students read and watch the lesson materials before the class. One way to do this is by using entry tickets, or short formative quizzes at the beginning of a lesson. These will help you determine which students did their homework, which didn't, and who needs help. If you are using an LMS, then you can get these results in real time, enabling you to differentiate instruction accordingly.

5. **Question Generation**

Make sure students are provided opportunities to ask questions to clear things up. The lesson has to be an active Q&A session. Teachers let students to write questions, and they need to be answered. Teacher may assign students into groups to find out the answers and/or solutions to the questions.

You may watch this video of a flipped classroom/learning via this link below:

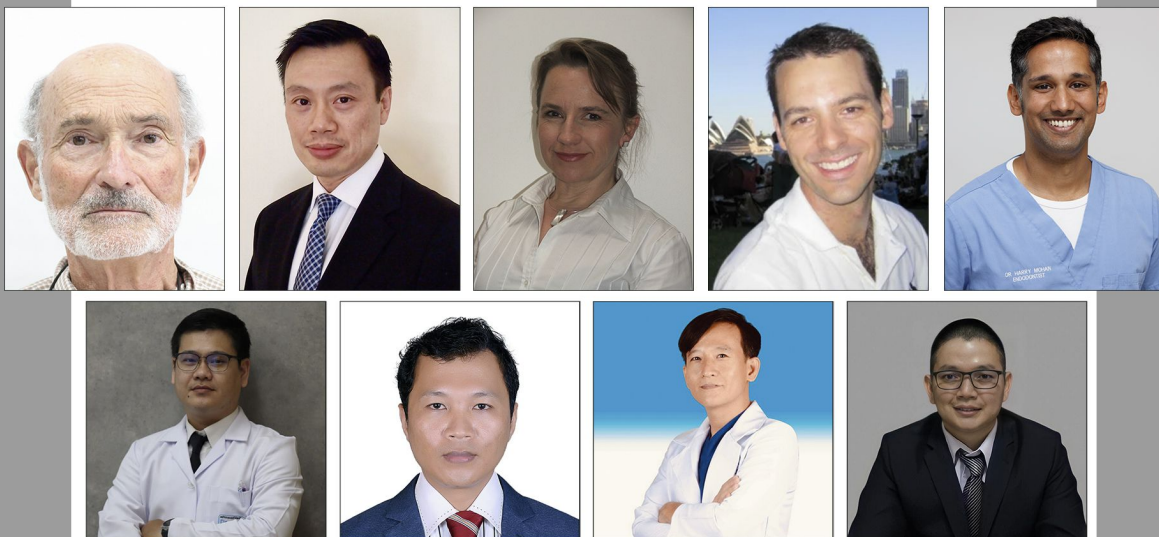
<https://www.youtube.com/watch?v=iQWvc6qhTds&t=3s>





All UP dental clinic staff, including dental assistants and dentists, are vaccinated against Covid 19. This along with our strict cross infection control procedures can provide some assurance to patients that the UP Dental Clinic is a safe place to come for their treatment. The UP Dental Clinic is open each day from 8.30am until 5pm Monday to Saturday, and our team of dentists and specialists is ready to provide you with excellent service at affordable prices. We are the only clinic in Cambodia which has specialists in pediatric dentistry, endodontics, prosthodontics, implantology, orthodontics, periodontics and oral surgery. Please ring for an appointment: 012 414 563 or 098 414 563.

## UP LAUNCHES POST-GRADUATE DIPLOMA IN ENDODONTICS



The new Post-Graduate Diploma in Endodontics (“root canal treatment”) will be offered at the University of Puthisastra starting from September 2021. The program is available to general dental practitioners, and provides a formal approach to case selection, treatment planning and clinical practice, including surgical and restorative aspects. It does not provide a specialist qualification, but graduates will be highly skilled in endodontic techniques at a much higher level than general practitioners.

The program will involve overseas specialists including Dr. Steven Cohn (course director), Dr Marcus Yan and Dr. Erika Vinczer from Australia, who previously conducted a Masters in Endodontics in Cambodia. They will be supported by Australian specialists Dr. Peter Case and Dr Harry Mohan. Most of the clinical part of the course will be supervised by 4 Cambodian specialist endodontists who teach at UP – Dr Soy Rasy, Dr Chum Chenda, Dr Leng Ravuth, and Dr Peung Kimsreang.

This program is open for dentists who are interested in upgrading their skills and knowledge in endodontics and who are willing to contribute back to the development of the human resources in this field of dentistry. Only 4 candidates will be selected.

UP is very happy to be offering postgraduate education in dentistry, and more courses are planned for the future.

# UP LAUNCHES COVID NO MORE MASK COMPETITION

Recently, UP introduces the COVID NO MORE mask competition with a chance to win \$50 and donate money to the charity of the winner's choice!

Link to register for the competition:

[https://docs.google.com/forms/d/e/1FAIpQLSfUG\\_3L7a4le1oK1VFkUFUVj060s6ybPwGnV7ZOM0ZxSow\\_w/viewform?fbclid=IwAR31gmSC5Pn2amhE\\_\\_mciDCe5vhO\\_tM1VclAqNd82ic7wqftJvP\\_HIU\\_g8U](https://docs.google.com/forms/d/e/1FAIpQLSfUG_3L7a4le1oK1VFkUFUVj060s6ybPwGnV7ZOM0ZxSow_w/viewform?fbclid=IwAR31gmSC5Pn2amhE__mciDCe5vhO_tM1VclAqNd82ic7wqftJvP_HIU_g8U)

The competition will be held in 3 stages.

Stage #1 – Design a logo

Any student is allowed to participate and design a logo.

The only rules are as follows:

1. Logo has to be related to the end of COVID.
2. Logo must not be too large.

You will have two weeks from today, design a logo and submit it to the

Student Services email: [studentservices@puthisastra.edu.kh](mailto:studentservices@puthisastra.edu.kh)

We will collect all of the logos and the STUDENTS will choose the winning logo!

Stage #2 - Charity

Students will recommend charities, student services will collect the names of

all recommended charities and finally STUDENTS will vote on their

favorite charity and 30% of all profits will go to the winning charity.

Stage #3 – Pre-order Masks

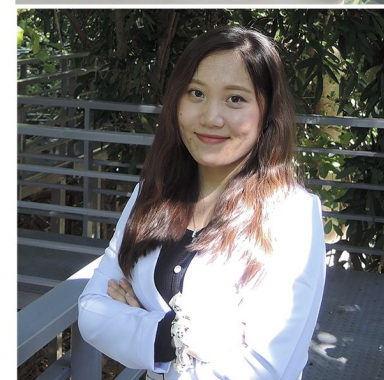
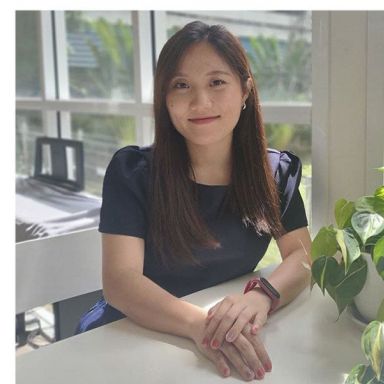
The price and final mask design will be released to everyone and may be pre-ordered! For full transparency this is the breakdown of the cost. The cost will include the cost to produce the mask + 30 cents per mask for charity + 10 cents per mask for UP. After 2 - 4 weeks of pre-ordering we the masks will be available for pick up at the Student Services office!

## WELCOME TO NEW HEAD OF BASIC PHARMACEUTICAL SCIENCES

Ms. Huykhim was born in Phnom Penh, Cambodia. She graduated from Bachelor of Pharmacy in 2018 from Faculty of Pharmacy, University of Puthisastra. Throughout the study, She had several opportunities for international internships and research presentations in Thailand, Malaysia and Indonesia. Soon after graduation, She began working as a pharmacy assistant and pharmacy officer at University of Puthisastra. A year after gaining experience and knowledge from her work, she received a scholarship from Her Royal Highness Princess of Thailand in 2019 to pursue her Master of Science in Health Consumer Protection and Health Management at Faculty of Pharmaceutical Science, Khon Kaen University, Thailand. Her research interest was in developing a measurement scale to measure the psychological factors of self-medication without antibiotic of pharmacy student and assess the validity and reliability of the questionnaire.

After graduation, she obtained an opportunity to be a head of basic pharmaceutical sciences, she is delighted to assist in teaching, and developing standard course outlines of pharmacy curriculum to align with the National curriculum and develop basic science laboratory in the faculty. Her own goal to contribute as much as she can in any way to develop the future quality of Cambodian pharmacy education and research.

She always believes that it doesn't matter to go slowly as long as we do not stop. With her presence at UP Faculty of Pharmacy, University of Puthisastra, the faculty will move to another level of success and bring better pharmacy education and research for the UP.



# UP STUDENTS GO FROM STRENGTH TO STRENGTH IN THEIR ENGLISH STUDIES!

With the end of the Academic Year approaching for students in Years 2, 3 and 4, they've been hard at work in their English studies, demonstrating their learning in a series of 'Final Projects' on a wide variety of topics. This year has been an excellent one in respect of the quality of work submitted to our team of lecturers in the Faculty of English Excellence & Employability.

UP provides a unique English programme to its students, with four years of study forming an essential part of undergraduate student learning. English is a vital global language, and the ability to read, write and speak English confidently is one that puts UP's students a step ahead of their peers when they graduate and it ensures that our future graduates will progress and represent Cambodia at the top of their chosen fields, both at home and abroad in the years to come.

We feel proud of the work our students have done. They've had to study and attend classes digitally due to the ongoing effects of the COVID-19 pandemic, but this hasn't slowed them down one bit. They've adapted, embraced flexible approaches to study, made amazing use of the university's online learning platform, UPOP, and engaged incredibly positively with their lecturers.

The generation of 2020-2021 are unique, and will continue to go from strength-to-strength, having made it successfully through one of the most challenging periods in the history of Higher Education. UP's students are proving that Cambodian learners are as capable and resourceful as any of their global peers.

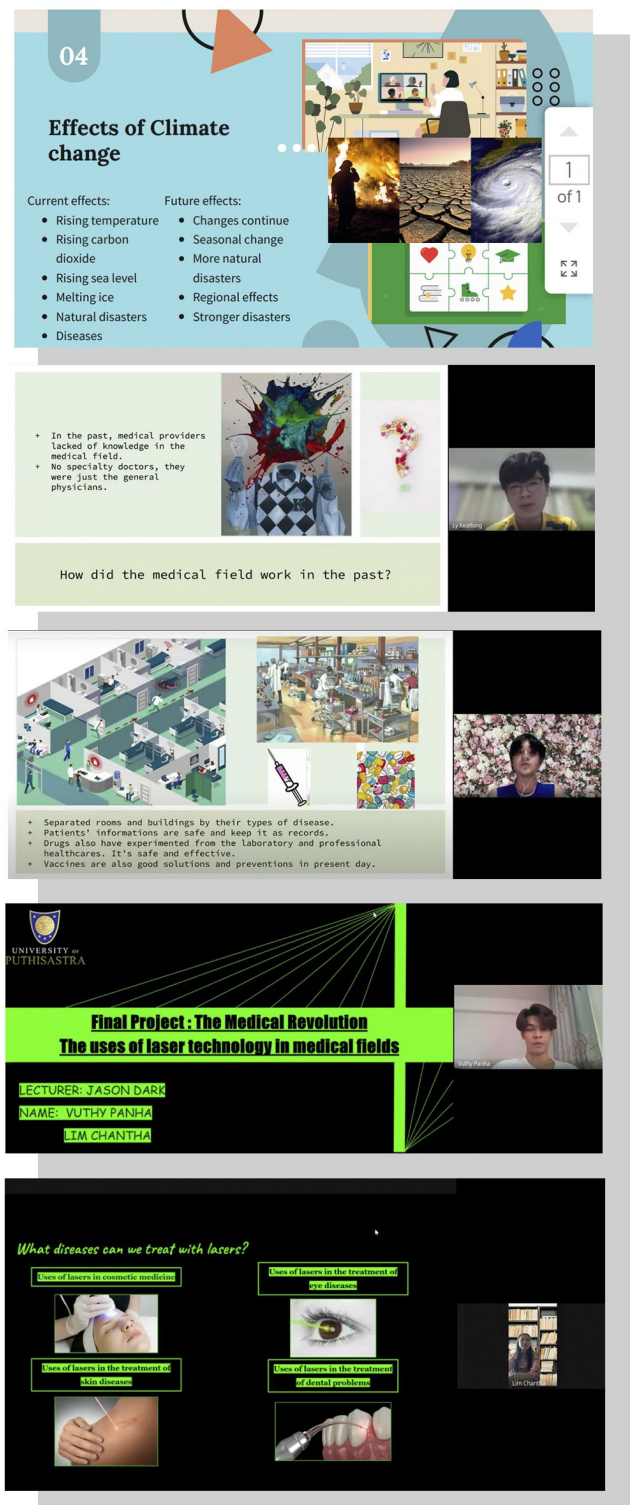
Here are a few examples of the fabulous work our students have been doing:

**Class:** Year 2 General English. **English Lecturer:** Mirjam Vigier  
**Student:** Hun Elyza  
**Topic:** Climate Change  
**Areas covered:** Evidence of climate change, the causes and effects of climate change and the possible solutions humanity must consider.

**Class:** MD31. **English Lecturer:** Jason Dark  
**Students:** Saly Kalif & Ly Keatlong  
**Topic:** The Medical Revolution & Modern Medicine  
**Areas covered:** Medicine in Modernity, the 18th-19th Century onwards and medicine's impact on wider society. From general practice to the development of specialised medicine. The creation of modern hospitals and the development of vaccines.

**Class:** DD41. **English Lecturer:** Jason Dark  
**Students:** Vuthy Panha & Lim Chantha  
**Topic:** The Medical Revolution & The Use Of Laser Technology  
**Areas covered:** The many different types of lasers in use in medicine and health science. The use of lasers to diagnose and help treat a wide range of illnesses and diseases.

**Class:** Year 2 General English. **English Lecturer:** Mirjam Vigier  
**Student:** Lor Chhay Sear  
**Topic:** Climate Change



## HIROSHIMA ALUMNI GATHERING ATTENDED BY UP DENTAL STUDENTS

On 1st August 2021, Hiroshima University and University of Indonesia (Airlangga) hosted an online Hiroshima Alumni Gathering (JSMID 6th).

The purpose of this meeting was to gather all Hiroshima's alumni together, including former post-graduate students and exchange students, in order to share recent experiences as well as share memories of their time while studying at Hiroshima University. During the virtual Zoom meeting, there were about 100 participants from countries all over the world, but mostly from Southeast Asia.

Two dental students, Choun Lina and Soun Somaly, represented University of Puthisastra, as they are former Hiroshima alumni exchange students. Lina commented "We were really honored to have the opportunity to join this gathering and represent our school (University of Puthisastra). It was great to meet some of those who looked after us and hear about recent developments at Hiroshima University, and the experiences of the alumni, especially during the Covid pandemic".

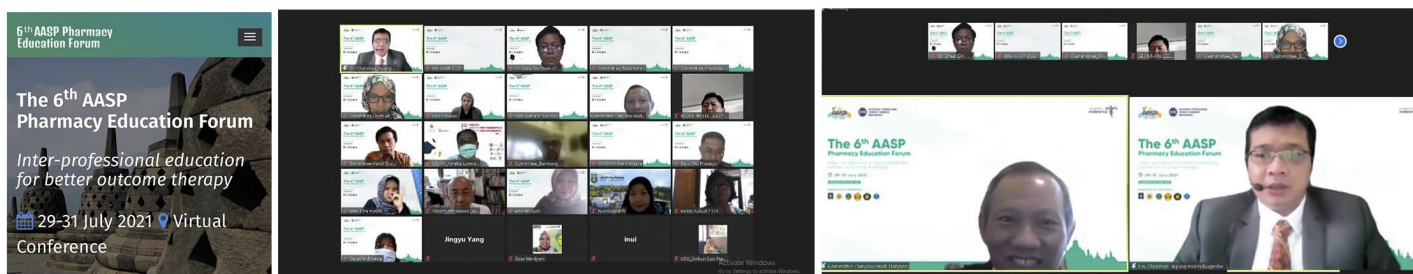


## DR. CHEA SIN JOINED THE 6TH AASP PHARMACY EDUCATION FORUM

AASP was established in April 2001 to promote cooperative advancement of pharmacy education and research amongst pharmacy schools in Asia. The AASP mission is to serve its member schools and their respective faculties by acting as their advocate and spokesperson at the international level, by providing forums for interaction and exchange of information among its members, by recognizing outstanding performance among its member educators, and by assisting member schools in meeting their mission of educating and training pharmacists and pharmaceutical scientists.

The 6th AASP Pharmacy Education Forum was hosted by Association of Indonesian Pharmacy Higher Education (AIPHE = APTFI, Asosiasi Pendidikan Tinggi Farmasi Indonesia) in Yogyakarta-Indonesia on 29-31 July 2021. The Forum will offer a valuable opportunity for interaction and networking among academia and students from the different pharmacy schools in Asia.

As a member of Asian Association of Schools of Pharmacy, Dr Chea Sin, Dean of Faculty of Pharmacy, University of Puthisastra, was invited to join the 6th AASP Pharmacy Education Forum 2021 with deans, directors, academics and leaders from all Asian countries to share each other the challenges and find ways to move forward together and prosper together.



# INTERESTS OF CLERKSHIP FROM MEDICAL LABORATORY TECHNOLOGY STUDENT

My name is HORN Sotheavuthik, and I am a second-year Medical Laboratory Technology student in the Department of Laboratory Sciences at the University of Puthisastra (UP). I graduated from Somdach Mae High School, Tbong Khmum province.

I have been doing Medical Laboratory Clerkship at the Khmer-Soviet Friendship Hospital (Full-shift). I have worked in three units in the medical laboratory such as Hematology, Immuno-Serology, and Microbiology.

I have responsible for the Hematology unit. In this unit, I have noticed that there are many tests that I have missed and have never seen in my previous clerkship program. For example, Cross-match test, is a set of tests that looks for harmful interactions between your blood and donor blood. The tests are done before a blood transfusion, it's important for donor blood to match your own as closely as possible. Microbiology is one of my favorite units. In my opinion, the Microbiology unit is unique among the others because it studies all living organisms that are too small to see with the naked eye.



**HORN Sotheavuthik, 2nd Year  
Medical Laboratory Technology student**

This includes bacteria, archaea, viruses, fungi, prions, protozoa, and algae, which are referred to collectively as "microbes". Trust me, it's really cool because only we can see those tiny hidden things.

This semester's clerkship program has taught me a lot regarding how to communicate effectively in the laboratory. I can see my theory class in action, and I'm better prepared to use high-tech machines, both manual and automated. I used to be nervous, no confident to deal with patients in front of me, but I've recently learnt that clerkship can make us braver and more confident, as well as provide us with broader knowledge in the real world.



**SIM Chanthou,  
Senior Medical Laboratory Technology student**

My name is SIM Chanthou, and I am a senior student of Medical Laboratory Technology, Generation 8, at the Faculty of Health Sciences & Biotechnology, University of Puthisastra.

I have started my internship program at Institute Pasteur in Cambodia since July, 2021. Institut Pasteur is a Medical Research Centre and Public Health institute in Phnom Penh, Cambodia, which is part of the Ministry of Health and has networks globally.

In the Medical Laboratory in IPC, I have worked with five units such as Biochemistry, Immuno-Serology, Hematology, Microbiology, and Molecular Biology unit. I am very excited about my new responsibilities for the time being, and this is a fantastic opportunity for me to improve my technical skills, soft skills, communication skill, gain experience, and

expand my medical laboratory knowledge. One of my favorite units is Hematology, which is the branch of medicine concerned with the cause, prognosis, treatment, and prevention of blood-related diseases.

Before this internship program, I gained some experience with my previous clerkship program at some hospital medical laboratories, including Khmer-Soviet Friendship Hospital, Preah Ket Mealea Hospital, and National Pediatric Hospital. It was such a great moment back then because it allowed me to both advance my medical laboratory skills and sharpen myself into who I am today.

Last but not least, I am grateful to the entire Faculty of Health Sciences & Biotechnology, UP staff for serving as my second guardian, friends, and a place where I can put my trust.

# IMPLANTS AT LOW COST (\$250) AT UP DENTAL CLINIC UNTIL 15 SEPTEMBER



The Faculty of Dentistry at UP is conducting a postgraduate Diploma in Dental Implantology for some of Cambodia's best dentists. The 2-year course taught mainly by Australian Implant Specialists and is based on a similar course at Sydney University, and will finish at the end of 2021.

The dentists enrolled in the course need to place several implant on patients. We are able to offer high quality implants (including a ceramic crown) for only \$250, until 15 September 2021.

Please contact Dr. Khom Pisal for a free consultation and more information on 089 245 456 or 016 956 289.

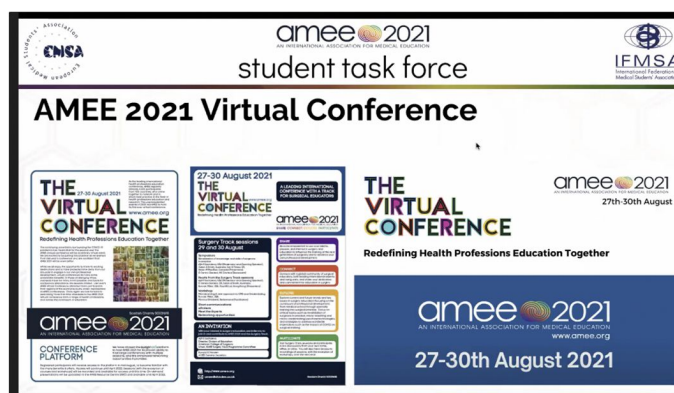
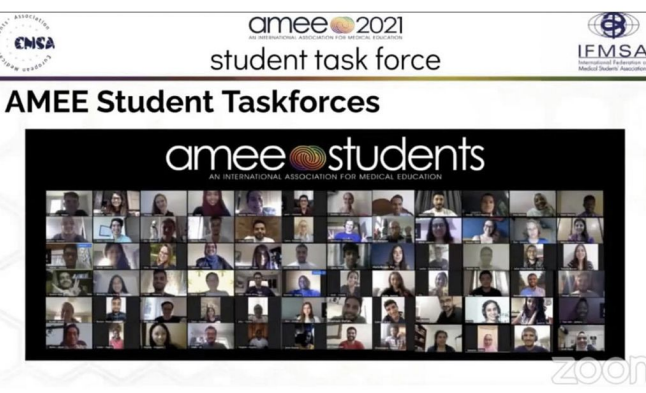
# TWO YEAR 2 MEDICAL STUDENTS HAVE ATTENDED THE "ASSOCIATION FOR MEDICAL EDUCATION IN EUROPE (AMEE) AND STUDENTS" WEBINAR 2021

On 7th July 2021, Ms. Hak Puthdaliya and Mr. Chhory Mengoeurn, both MD year 2 students and members of AMEE, attended the "AMEE and Students" Webinar 2021. The three speakers were Professor Trevor Gibbs (AMEE President) and two medical students, Mr. Al-Khafajy (International Federation of Medical Student Associations, IFMSA) and Ms. Philippa Lantwin (European Medical Student Association, EMSA).

AMEE (founded in 1972) is the most important association for medical education worldwide, promotes excellence in Medical Education, and covers undergraduate, postgraduate and continuing medical education. It offers online courses, webinars, conferences, publications ("Medical Teacher", "AMEE MedEdWorld Reports" - AMEE MedEdWorld is a community of individuals and educational organisations whose purpose is sharing of information, ideas, experience and expertise to improve education), grants and awards to promote research.

IFMSA (founded in 1951) organizes the world's largest medical exchange program, is recognized by the United Nations and the World Health Organization, and cooperates with AMEE, the World Federation for Medical Education, the World Medical Association, and UNESCO.

EMSA enables medical students to advocate for health, excellence in medical research, interprofessional health care education and the protection of human rights across Europe. The next AMEE Conference (attended by thousands of delegates from all over the world) will be virtual and will be held on August 27-30, 2021.





# NURSING CPD TRAINING ON MENTAL HEALTH AND MENTAL ILLNESS

The Faculty of Nursing & Midwifery at UP is proud to report that it has recently provided Continuing Professional Development (CPD) Training for Cambodian Nurses.

The Faculty received permission from the Board of the Cambodian Council of Nurses to open a training course on professional development under the theme: "Mental Health and Mental Illness."

Nursing professionals now have the opportunity to develop their career and professional standards without having to stop work, which is a great development. We aim to improve the knowledge of nurses and patient care outcomes nationwide with this new CPD training program.

Nursing CPD training and education is hosted online by the Faculty, and is presented by:

- Ms. Nicholas Heaton, UK Qualified Person Centre Counsellor. Accredited by 'BACP' Nicholas is from Manchester in the Northwest of England. Her previous career has been as a mental health counsellor and an advocate for domestic abuse victims.

The Faculty of Nursing provided a fifth round of CPD training, in respect of Mental Health and Mental Illness Training for Cambodian Nurses! This was hosted online by UP on 14th August 2021.

សាកលវិទ្យាល័យ ពុទ្ធិសាស្ត្រ  
UNIVERSITY OF PUTHISAstra

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សុខភាពចិត្ត និងជំងឺចិត្ត (Mental Health & Mental illness)

- កាលបរិច្ឆេទ: ថ្ងៃទី ១៤ ខែ សីហា ឆ្នាំ ២០២១
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- សិក្សាតាមប្រព័ន្ធអនឡាញប៊្រូម (Zoom)
- បង់ថ្លៃចូលរួមតាមរយៈ: UP ASA account - 001712925  
UP WING PAY : 39992

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Ms. Nicholas Heaton  
UK Qualified Person Centre Counsellor  
Accredited by BACP. Nicholas is from Manchester in the Northwest of England. Her previous career has been as a mental health counsellor and an advocate for domestic abuse victims.

Agenda			
Time	Content/s	Duration Hours	Speaker
08:45-09:00	Registration	15min	MC
09:00-09:10	Open course and introduction of speakers	10min	MC
09:10-10:10	1. Mental Health and Mental Health Illnesses 2. Depression and Anxiety 3. Causes of Mental Health and Mental Health Illnesses 4. Updated Mental Health Facts and Statistics (Video: Black dog, 4 minutes)	1hr	Speaker/ coordinator
10:20-10:30	Q&A	10min	MC
10:30-11:30	5. Mental Wellness - Preventing Stress, Depression and Anxiety 6. Post-Traumatic Stress Disorder and Interpersonal PTSD 7. Symptoms of Depression and Anxiety 8. Suicide - Seeing the signs and what can we do 9. Treatment and Counselling 10. Communication Skills (Empathy video - 3 minutes)	1hr	Speaker/ coordinator
11:30-11:40	Q&A	10min	MC
11:40-12:00	Evaluation of the session & Closing	15min	MC / Ms Tun Sreyeov

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UNIVERSITY OF PUTHISAstra

Faculty of Medicine

**TOPIC: Management of Heart Failure in Adult**

Open for all UP Students / Alumni and Non-UP students, and all medical doctors  
Date: Saturday 21<sup>st</sup> August, 2021 | Time 9am - 10am

▶ **Online workshop**  
**Free Registration**  
Presentation by online google meet

**Dr. An Maratha, Senior Doctor at Cardiovascular Department at Preah Ketmealea Hospital**

## FACULTY OF MEDICINE SECOND CME EVENT ON SATURDAY 21ST AUGUST

Dr. An Maratha, Senior Cardiologist at Preah Ketmealea Hospital, will deliver a presentation entitled "Management of Heart Failure in Adults" on Saturday 21st August, 2021 from 9.00am to 10.00am. The presentation will be online, through Google Meet. Participants will have to register in advance and the event will be free of charge.

The presentation will examine causes and clinical signs of heart failure, in addition to the management. Doctors and students are invited to participate.

# UP RESEARCHER APPOINTED AS A YOUNG FEMALE SPORT LEADER AT THE ASEAN-JAPAN WORKSHOP ON PROMOTING GENDER EQUALITY IN SPORTS

**ASEAN-JAPAN Workshop on Promoting Gender Equality in Sports**

Web page for **Young Women**

**Actions on Sports**

**ASEAN  
JAPAN**



**Workshop**



**DAY 1**  
10th (Tue)



**DAY 2**  
11th (Wed)



**DAY 3**  
12th (Thu)



**DAY 4**  
13th (Fri)

Ms. Muynгим ENG, a researcher and working with the Department of Research at UP undertaking research via funded projects related to physical activity and gender equality. Muynгим was nominated and selected as a representative from Cambodia as a young female sports leader by the UNESCO's Youth Task Force on Sports for SDG 5.

Muynгим said she learned so many things during the four-day workshop alongside getting to share experiences and views on women in leadership and sport with local and regional policy maker and other young female sport leaders across ASEAN member states. There were over 100 participants joining this workshop, including the 3 female leaders in sport from Cambodia and 4 policy markers including Dr. Ouk Diven, Deputy Director General of Sports, Ministry of Education, Youth and Sport.

The workshops consisted of 10 interactive sessions focusing on 'Advocacy, Communication, and Leadership' which encouraged young women sports leaders and policy makers to work together. Young women presented identified issues and future policy directions related to gender equality in sports to policy makers who in turn shared their vision, goals and action plans to promote women in sports. This included affirmative action for each country to further promote female leadership in sport and be included in any decision making.

Muynгим is a Cambodian gold medalist athlete and one of the first females in Cambodia to gain a Masters degree in Sport Sciences from the University of Toulouse III, Paul Sabatier, France.

Since 2013, she has actively volunteered her spare time to advocate sports in her community through her club 'We Run Cambodia' where she works together with other like-minded friends to organize running events, to write digital stories about running, and to promote physical activities among Cambodians. Last year she was awarded a grant from UNESCO to write up the WHO guidelines of Physical Activity for Health in Khmer for Cambodians. The Physical Activity for Health will be launched at the end of 2021 with Cambodian policy makers and other leaders in sport.

This will be a meaningful step to close the year while looking forward to stepping to the next level of the collaboration in sports development in the coming years. The hope is to see many more women engaging freely in sports and improve their performance significantly in Cambodia. That is the way to go!