



# UP VOICE

The Official Newsletter of the University of Puthisastra (UP)

# WHY CHOOSE UP?

A STI (Science, Technology & Innovation based university)



**Commitment to the Country**

## **UP brings Cambodia to the World:**

- Strong international reach with over 220 MOUs including many international universities
- UP's pathway programs open up guaranteed direct entry to top quality UK and Australian universities.
- International exchange programs/visits for UP students – each year approx. 1500 UP students attend international conferences and events
- English tuition allowing Cambodians to embrace the world using English – the Language of International Success. Four years tuition - provided free of charge
- Leading curricula and modern teaching ensuring Cambodian graduates are on the World Stage
- Cambodia's only Science (Research) degree – STEM focused.
- Fully Accredited by ACC (Maximum from Accreditation Committee Cambodia), MOEYS and MOH. Only 1 of 9 (out of 138) Cambodian HEI accredited by ACC.

## **UP brings the World to Cambodia:**

- UP shortlisted as TOP 8 Asian University Leadership (THE Asia 2024) – beating >600 universities
- UP is only Cambodian university recognized in elite THE World education rankings.
- UP is TOP 13th private university in ASEAN (AppliedHE)
- UP is the Top private University in Cambodia
- 65% of our academic staff have doctorates (compared to just 8% in Cambodian Higher education) with 90% with masters or above
- 61% of UP Academic staff are foreign experts bringing modern expertise to Cambodia. High quality training from international experts from international hospitals and organizations.
- International level CPD (continuous professional development) across all faculties.
- Regular visits & symposiums from international experts



**Commitment to our Students**

- Top Performing university in National Exit Exams: 100% Pass rate for Dentistry, 100% Medicine, 100% for pharmacy, 100% nursing and 100% midwifery. And 95% for associate degrees.
- Professional English Program taught by 100% Native level Speakers free of charge – UP Students train in English, the international language of Health Sciences and Technology.
- Highly qualified & experiences staff - over 65% of UP's teaching staff have a Doctoral degree (compared to just 8% in Cambodia overall) and more than 80% have international expertise/training
- Free high speed WiFi – one of the fastest in Cambodia
- Monthly Repayment Plan – to help spread payments.
- Convenient fee payments through partnership with ABA & WING.
- UP Online learning platform (based on Moodle – used by Top universities world wide). UP delivered >75,000 hours of online learning). Recognized as one of best in Cambodia.
- Modern teaching delivery – including online, hybrid, blended and flipped delivery
- Online Digital Library – allowing students access to the Worlds Knowledge and experience
- Internationally Focused Curriculum to provide students with World experiences.
- Careers Conference to link students to employers – High 100% employment rate (3 months) ensuring UP graduates get the best jobs with the highest salaries.



**Commitment to Society**

## **Strong Community Focus:**

- UP spearheads many community missions providing free healthcare & education across Cambodia.
- UP health center including Cambodia's largest pharmacy, dental hospital & Medical center

## **Empowering women**

- Empowering women through education – 51% of our students are female, 47% of our staff and 38% of our leadership.

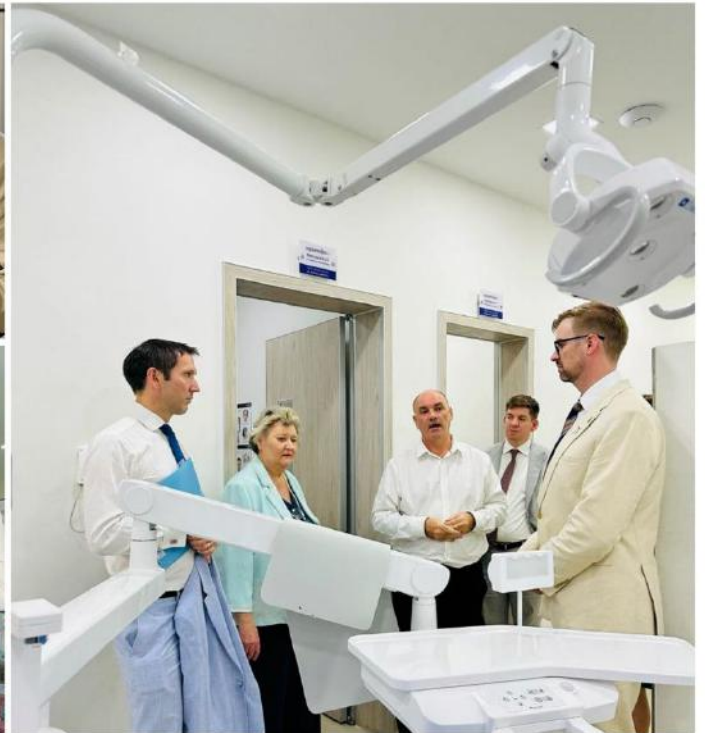


**Commitment to our Partners**

- Cambodia's most successful research university (~200 publications in 2022)
- UP's regular contributions to International journals ensure that UP students are actively engaged with thought leaders



# UK AMBASSADOR AND UK TRADE ENVOY CONGRATULATE UP



On the 19th of February, UP was honoured by a delegation visit from HE Dominic Williams, UK Ambassador Cambodia and Mrs Heather Wheeler MP, UK Special Trade Envoy and colleagues.

Both HE Mr Williams and Mrs Wheeler MP are very interested in developing strong links between Cambodia and the UK especially in the higher education area and were delighted to learn more from Professor Ian Findlay, UP's President and Vice-Chancellor about UP's high quality education and partnerships with UK organisations - Teeside University and International Foundation Group (IFG).

Normally Cambodian students wanting to study in the UK must undertake an expensive (~\$50,000) pathway course in the UK, but UP's partnership with IFG allows Cambodian students to take this pathway course whilst staying in Cambodia. Students then obtain a guaranteed direct entry place at more than 22 universities including top quality UK universities. Students study at UP from March 2024 and can start in the UK from September 2024 – no need to delay.

UP's partnership with Teeside university, a top quality university and previous winner of University of the Year in the Times Higher Education Awards; allows UP to explore joint degree programs and student and staff exchanges. Allowing Cambodian students to share their very rich culture with their UK counterparts.

HE Mr Williams and Mrs Wheeler MP also congratulated UP on its success in becoming the only Cambodian university in the prestigious Times Higher Education (THE) Ranking – recognizing UP and Cambodia with the World's Top 1400 universities. They were also delighted to hear about UP's success in becoming a Finalist (Top 8) in THE Asia Leadership Award – beating more than 600 other Asian universities and complimented UP on raising Cambodian education to a world arena.

Professor Findlay showed the UK delegation around UP's world class health facilities including the largest pharmacy in Cambodia and Cambodia's largest dental training hospital. Mrs Wheeler commented that in many ways UP's Health centre was better than those in the UK! Praise indeed!

Later we were honoured at lunch by UP's Chancellor HE Sok Puthivuth. HE Sok Puthivuth and Mrs Wheeler MP had a very fruitful conversation about joint UK and Cambodian education and trade opportunities and both expressed hope that the already excellent relationship between Cambodia and the UK would only grow.

This was Mrs Wheeler's 2nd visit to Cambodia in 6 months demonstrating the UK's commitment to Cambodia and she is looking forward to return later in the year.



# UP IS OFFERING 2ND CHANCE OPTION FOR THOSE WHO DID NOT PASS THE NATIONAL ENTRANCE EXAM!

If you did not pass the NEE, you can still enroll at UP with the following degrees:

1. Science Research
2. Information Technology
3. English, Business and Entrepreneurship

Just remember:

- No national entrance exam for these programs
- International level curriculum, top quality degree
- Up to 65% Scholarship available

Or enroll in International Foundation Year program, explore study options abroad with our partners in UK and Australia! Information about International program at UP: <https://www.puthisastra.edu.kh/international-foundation-programmes/>  
Hurry UP! Foundation year at UP will start on 4th March 2024!

Register via the following link for National program: <https://uperp.puthisastra.edu.kh/registration>

Register via the following link for International program: <https://uperp.puthisastra.edu.kh/intl-registration>

You need to make sure that the information filled in the form is clear and accurate. Deadline of registration and payment by 11th March 2024!

## MEET UP'S FOUNDATION-YEAR KEY MEMBERS



Mr. SORN Virak joined UP, Foundation Year (FY) Department, as a course coordinator of Khmer History and Culture, and Introduction to Research Methodology. He is now a new FY program coordinator. Virak actively takes part in both research and academic communities at UP, in addition to his current role as the FY program coordinator. He is a member of a few UP's committees, two of which are University of Puthisastra Committee (UPRC) and Curriculum Advisory Committee (CAC). He has published his research findings in international, peer-reviewed journals. He was also involved as an examiner for the student's proposal and thesis defense at UP.

Miss MAO Romnea is a course coordinator of biochemistry and embryology. Holding this role, she makes sure the course outlines, learning-and-teaching materials development, UPOP set-up, grading, and assessment design, are all in place. She is an active member of a few UP's committees: the Academic Integrity Committee (AIB), Digital Education and Innovation Committee (DEIC), Assessment Standard, and Teaching Curriculum Committee (TCC), in addition to her role as the course coordinator. She also teaches NEE class in National Entrance Exam preparation.

The FY Department, and UP as a whole, is really glad to have them onboard.







Session 4: Personal Growth Mindset and Attitude in a VUCA World  
Session 5: Communication and Conflict Management with MBTI  
Session 6: Career Coaching: Resume Writing and Interview Skills  
Session 7: Salary Negotiation Techniques  
Session 8: Professional Personal Branding  
Session 9: Financial Literacy: Are You Wealthy?

In order to be eligible for the program, students must meet the following requirements:

- Be current students of the University of Puthisastra.
- Have a good command of English.
- Have a strong commitment to complete the whole program.

Upon the completion of the program, students will be able to:

- Gain hands-on techniques to plan for academic success.
- Acquire useful tips on career readiness.
- Build up a network with the team from Bighton Academy and fellow UP students.
- Receive a Certificate of Completion co-signed by UP and Brighton Academy.

If you are interested, please register via this link <https://forms.gle/oroQ2DxFVpmmjWrSA> before February 29, 2024.

For more information, please contact Mr. Saing Chenlong at [schenlong@puthisastra.edu.kh](mailto:schenlong@puthisastra.edu.kh) or Tel: 070 295 445.

P.S. The refreshment is provided in each session.

## UP DENTAL HOSPITAL IS SITE OF SPECIAL NEEDS PATIENT TREATMENT



Special Needs Dental Patients (SNDP) are a greatly underserved portion of the population here in Cambodia. Dr Magnus, a faculty advisor who concentrates in the treatment of SNDP here and in the USA reports that this is also a great problem there and worldwide.

SNDP are often difficult or impossible to treat in the traditional dental setting due to lack of cooperation or complicated medical conditions. For this reason, treatment is often performed under General Anesthesia in the operating room of a hospital. Many less complicated cases can be treated successfully in dental clinics with special skills and often with the aid of Intravenous (IV) Sedation. Unfortunately, this opportunity is not widely available to most patients.

Recently, a dental patient with Special Needs was seen in our clinic at UP Dental Hospital 1 with the aid of IV Sedation under the expert care of Anesthesiologist Dr. In Sovutheara, Dr Magnus, with Im Puthisa and Sreng Ratana assisting.

The patient was carefully chosen for this procedure to ensure safety, and Dr Magnus feels that many more SNDP can be successfully treated in our clinics when properly selected. This will give the handicapped citizens of Cambodia greater access to care and give UP dental students opportunities to learn these valuable skills while raising everyone's awareness regarding these challenges.

UP was one of several dental schools that signed a pledge in 2022 to serve SNDP. UP has been doing this for several years in the hospital setting and will now be the first school to honor this pledge to serve them here in our clinic!



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## UNIVERSITY OF PUTHISAstra EMPOWERS GRADE 12 STUDENTS IN RURAL PROVINCES WITH EDUCATIONAL WORKSHOPS



In a bid to empower Grade 12 students with knowledge about higher education opportunities and equip them for life after high school, the University of Puthisastra embarked on a commendable initiative. Over the last two weeks, a dedicated team from the university traveled to the provinces of Takeo, Kandal, and Prey Veng to conduct educational workshops. These workshops served as platforms for students to learn about major programs available, scholarship opportunities, and crucial insights on preparing themselves for the transition to tertiary education.

One of the focal points of the workshops was preparing students for the transition from high school to university. Navigating this transition can be daunting, especially for students from underprivileged backgrounds who lack guidance and support. To address this, the university team provided practical advice on academic planning, career exploration, and personal development.

The impact of these educational workshops extended far beyond imparting knowledge; they instilled hope and ambition in the hearts of Grade 12 students. For many participants, the sessions served as a catalyst for envisioning a brighter future and setting ambitious goals for themselves. By fostering a sense of empowerment and self-belief, the University of Puthisastra reaffirmed its commitment to nurturing the next generation of leaders and change-makers.

UP's initiative to organize educational workshops for Grade 12 students in rural provinces exemplifies its dedication to promoting educational equity and empowering youth from all backgrounds. By extending a helping hand to those in need, the university is not just shaping futures but also fostering a more inclusive and prosperous society.

## SUPPORTERS AND SPONSORS FOR COMMUNITY OUTREACH AND ETHNOBOTANICAL SURVEY.

From February 5 to 8, 2024, the Faculty of Pharmacy, University of Puthisastra and the Union Youth Federations of Cambodia at the University of Puthisastra conducted Community Outreach and Ethnobotanical Survey in Monduliri province. This project was joint by 534 participants, including doctors of pharmacy, masters, pharmacists, botanical professors, traditional healers, drivers and 510 pharmacy students.

Project activities:

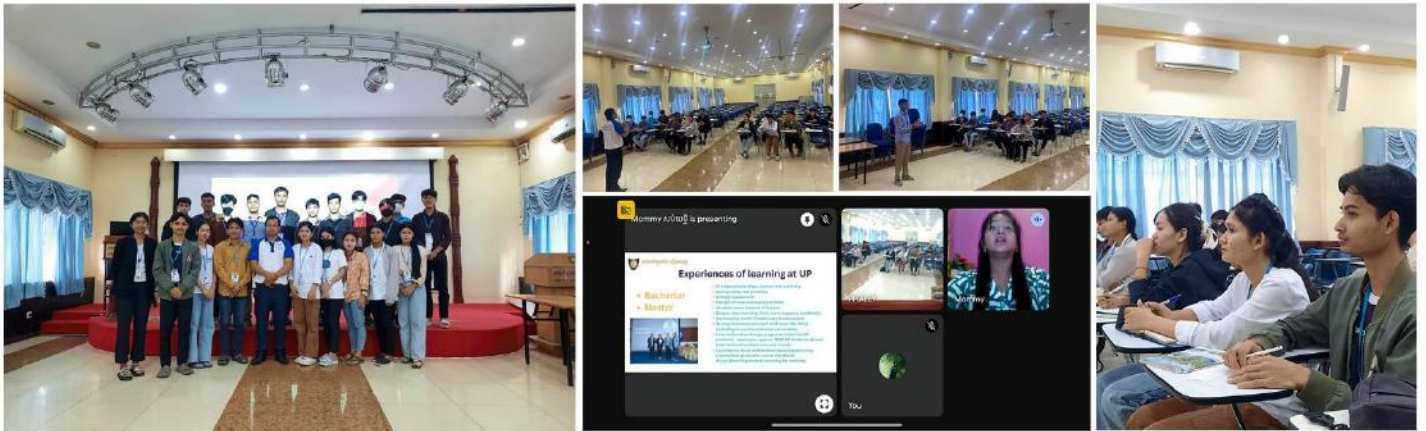
1. Medicine use review
2. Drug storage review
3. Risk factors of hypertension and diabetes mellitus screening
4. Hypertension and diabetes mellitus health education
5. Ethnobotanical survey
6. Voucher specimen collection
7. Community health education and charity.



The Faculty of Pharmacy would like to thank all the sponsors of the event including SOMA Group, University of Puthisastra, Chea Chamnan Laboratoire Co., Ltd, Vennue Foundation, EPHAC Co., LTD, SmartCare Medical Equipment, Aruna, Ucare pharmacy, V.S medical laboratory, Samaki Medical Laboratory, Chhay Hak Book lecturers, alumina, who have contributed to the success of this project. Faculty of Pharmacy also would like to be appreciative for the Monduliri Provincial governor, SOMA Initiative, KV Hospital for their support.



# PNC - PASSERELLES NUMÉRIQUES CAMBODIA'S STUDENTS CAMPUS TOUR



UP, Faculty of ICT are delighted that PNC' students chose UP as a destination for visit. We hope that the visit has given them a glimpse of what we have to offer at UP and has inspired them to consider UP as a potential institution for their higher education journey.

Thank our Alumni Mrs. Chem Sokea and our current student, Phalla Lanh for sharing their study experiences with UP to PNC's students. We wish PNC students all the best in your future endeavors and hope to welcome you as part of our university community in the near future.

## ATTEND MOU SIGNING WITH ANGKOR INTELLECTUAL ACADEMY (AIA)



We excited to inform that UP has signed a Memorandum of Understanding (MOU) with Angkor Intellectual Academy (AIA) on 13 February 2024. This marks the official partnership between our two institutions as we work towards a common goal of promoting education and intellectual growth.

The MOU outlines the areas of collaboration between our two institutions. It serves as a framework for our future joint initiatives and projects that will benefit both our students and the education community as a whole.

We believe that this partnership will not only benefit our institutions, but also contribute to the development of our society by nurturing the next generation of leaders and professionals.

We are excited about the possibilities that lie ahead and look forward to working closely with AIA. This MOU is a testament to our commitment to providing the best education opportunities for our students.



# ENCOURAGEMENT FROM THE FACULTY OF PHARMACY, UP OF VOLUNTEER WORK FOR PHARMACY STUDENTS



Volunteering work of students of the Faculty of Pharmacy of the University of Puthisastra in the second Congress of the Cambodian Association of Medical Technologists, which was held at Tonle Bassac 2 Restaurant, Phnom Penh, on January 27, 2024.

The Faculty of Pharmacy of the University of Puthisastra has a good culture and always encourages and motivates students to participate more in volunteer programs or volunteer work so that students gain experience and understanding of the work process.

In addition, students of the Faculty of Pharmacy also received a certificate of appreciation for their volunteer work from the Cambodian Association of Medical Technologists.

## TRAINING OF PLANT VOUCHER SPECIMEN FOR PHARMACY STUDENTS FOR THE COMMUNITY OUTREACH AND ETHNOBOTANICAL SURVEY 2024



Training of Plant Voucher Specimen for Pharmacy Students from Year 2 to Year 5 for the Community Outreach and Ethnobotanical Survey 2024, which was held from February 5, 2024, to February 6, 2024.

On Wednesday, January 31, 2024, the staff of the Faculty of Pharmacy created a short training on how to do the plant voucher specimen (herbarium) by specialized traditional herbalist Mr. Ky Bouhang from the National Center of Traditional Medicine (NCTM) for Pharmacy Students from Year 2 to Year 5 for the Community Outreach and Ethnobotanical Survey 2024, which was held from February 5, 2024, to February 6, 2024.

Our purpose of training is to create for

1. Understand the flow of working in the local forest.
2. Define and understand how to do the plant voucher specimen.
3. Applied the plant voucher specimen during the event and post-event.



# ACTIVITIES OF PHARMACY STUDENTS IN PLANTS VOUCHER

SPECIMEN AT BUSRA WATERFALL, PICHDA DISTRICT, MONDULKIRI PROVINCE DURING COMMUNITY OUTREACH AND ETHNOBOTANICAL SURVEY.



Activities of Pharmacy students in Plants Voucher specimen from 2nd year (batch 12th), 3rd year (batch 11th), 4th year (batch 10th) of Faculty of Pharmacy, University of Puthisastra at Busra Waterfall, Pichda District, Mondulkiri Province.

On Tuesday, February 6, 2024, the staff as well as the coordinator of the Community Outreach and Ethnobotanical Survey in Mondulkiri Province from February 5 to 8, 2024, led the students from the second year, the 12th generation, the third year, the 11th generation, the 4th year, and the 10th generation to collect plant voucher specimens at Busra waterfall, Pichda district, Mondulkiri province.

Also involved in the collection of plant voucher specimens were Professor Cheng Son Kang, traditional medicine teacher Kibohang, and teacher Oum Satya. The project has about 534 participants, including doctors, masters, pharmacists, professors of herbal medicine, traditional medicine teachers, drivers, and 510 medical students.

## JOIN WORKSHOP ON STANDARD AND SCOPE OF PRACTICE FOR PHARMACY PROFESSIONALS IN CAMBODIA



On Sunday, February 18, 2024, Prof. Chea Sin, Dean of the Faculty of Pharmacy, participated in a dissemination workshop on Standard and Scope of Practice for Pharmacy Professionals to 950 members of the Pharmacist Council of Phnom Penh under the chairman of Assistant Professor Va Sokkea, Representative of His Excellency Ban Botta, Under Secretary of State of the Ministry of Health and President of Pharmacist Council of Cambodia; Dr. Chan An, Deputy Director of Health Department of Phnom Penh, representative of His Excellency Dr. Ngy Mean Heng, Director of Health Department of Phnom Penh; and His Excellency Hor Ponlok, President of Cambodian Health Support Association.

The purpose of this workshop is to disseminate to pharmacists about the provision of quality, safe, effective and ethical services to the people and as a basis for professional development and improve the quality of pharmaceutical services.

At the end, Assistant Professor Va Sokkea brought thankfulness and message from His Excellency Pharmacist Ban Botta:



1. Pharmacy professionals must comply with effective regulations and law, especially the ethics for pharmacists
  2. Pharmacy professionals must have appropriate uniforms during practice.
  3. Pharmacy professionals must do further research and develop the professional capacity.
  4. Pharmacy professionals must participate in continuing professional development.
- Pharmacy professional should strengthen internal unity.

## 41 MEDICAL STUDENTS VOLUNTEERED IN CHPAA'S MISSION 2024



41 medical students participated for six days in the 12th mission of the Cambodian Health Professional Association of America (CHPAA) in Preah Vihear Province.

The mission offered free medical check-ups, focusing particularly on women's health problems, oral care, eye issues, pain management, health baby breathing, and provided free medications and glasses to people living also in neighboring provinces.

The students were assigned to medical, surgical, ophthalmological or pain management teams. The activities included translation from Khmer to English for American doctors, helping with physical examination and in the operating theatre. This mission allowed the medical students to develop also the soft skills of team building, communication and compassion to the patients.

Mr. CHY Vannet, a 5th year medical student, thinks that this was the most memorable event of his life, even though he could not do much to help with the mission, and appreciates CHPAA's help and the wonderful experience they offered, which has allowed him to get more knowledge and skills.

## CAMTESOL 2024



The Department of English Excellence and Employability recently attended the 20th Annual CamTESOL Conference on English Language Teaching at the Institute of Technology.

This once-a-year event brings together teachers, lecturers and education specialists from across South-East Asia and the wider Pacific region, to engage in professional networking and to attend a wide range of seminars and training sessions to broaden and deepen their professional skills and approaches to teaching.

This year, the English lecturers attended a variety of workshops. Some workshops included:

- Classroom strategies for engaging Generation Z learners
- Using Ai for teaching and learning
- Action research and curriculum: Adapting best language practices for English Language learners through curriculum development

Our newest faculty member, Mr. KER Hokheng also presented a workshop titled Teaching Strategies for motivating young learners. Thank you to CamTESOL for another inspiring conference.



# UP JOINS "HEALTH AND WELLBEING BREAKFAST"



In today's fast-paced world, prioritizing our health and wellbeing has become increasingly important. With this in mind, events like the "Health and Wellbeing Breakfast" serve as invaluable platforms for fostering awareness and understanding about the issues that impact our daily lives. Recently, the University of Puthisastra (UP) joined an enlightening workshop under the theme of "Health and Wellbeing," offering attendees a wealth of knowledge and practical insights.

The event featured informative panel discussions led by experts in various fields related to health and wellness. Topics ranged from health awareness to nutritional guidelines, providing attendees with a holistic understanding of how to lead a healthier lifestyle. These discussions delved into the importance of preventive care, the role of diet and exercise in maintaining overall wellbeing, and strategies for managing stress and improving mental resilience.

One highlight of the workshop was the University of Puthisastra's initiative to offer free diabetes checks to attendees. This proactive approach to healthcare allowed individuals to assess their risk factors and take proactive steps towards managing their health. By providing accessible and convenient screening services, UP demonstrated its commitment to promoting health and wellbeing within the community.

Through informative panel discussions, free diabetes checks, and engaging takeaway sessions, the workshop empowered attendees to prioritize their health and make informed decisions about their wellbeing. Events like these play a crucial role in promoting a culture of health and wellness, ultimately leading to healthier and happier communities.

## ENHANCE YOUR SKIN'S HEALTH WITH UNIVERSITY OF PUTHISAstra AND BIODERMA!

**BIODERMA**  
LABORATOIRE DERMATOLOGIQUE

April 5th and 6th, 2024  
**FREE SKIN TEST**

March 29th to April 10th, 2024  
**20% discount on Bioderma's Sensibio H2O 500 mL**

MARCH – APRIL 2024



BIODERMA AT THE SERVICE OF DERMATOLOGY

Are you concerned about healthy skin? Wondering how to achieve that radiant glow? Look no further! The University of Puthisastra (UP) is teaming up with Bioderma, a renowned skincare company, to bring you to a positive approach on dermatology safety.

Mark your calendars for April 5th and 6th, 2024, as the University of Puthisastra in collaboration with Bioderma host a Free Skin Test Event at the UP Health Center. This event is designed to provide you with insights into your skin's condition and care, all at no cost.



During the skin test, visitors will have the opportunity to undergo a comprehensive skin analysis using state-of-the-art technology. A team of pharmacist and skin advisors will be on hand to conduct these analyses and offer personalized skin care based on the results.

Whether you're concerned about skin type (sensitive, dry, oily), hydration, sensitivity, or signs of aging, Bioderma experts will provide guidance tailored to your specific needs.

Join us at the UP Health Center, where the Bioderma skin clinic will be conducted on the ground floor inside the UP Pharmacy. Whether you're a skincare enthusiast or someone looking to address specific skin care. BIODERMA Free Skin Test promises to be an enriching experience for all skin type.

But that's not all, as part of our commitment to promoting skin health, Bioderma is offering an exclusive promotion from March 29th to April 10th, 2024 at UP Pharmacy.

During this time, visitors to the UP Health Center can enjoy a generous 20% discount on Bioderma's Sensibio H2O 500 mL, renowned for its gentle yet effective cleansing actions. Plus, with any purchase of a Bioderma item, you'll receive a free gift to further enhance your skincare routine.

Don't miss out! Mark your calendars, spread the word, and join us for a journey towards healthier, happier skin from 29th March to 10th April. We will provide free samplings of Bioderma products throughout the event, allowing you to experience the benefits firsthand before making a commitment.

UP Health Center is located at building no.124, Street 184, Sangkat Boeung Raing, Khan Daun Penh, Phnom Penh, Cambodia. For more information, visit our website via the following link: <https://healthcenter.puthisastra.edu.kh/>

## ENGLISH DEPARTMENT LAUNCHES COMMUNICATION WORKSHOP SERIES: BUILDING BRIDGES THROUGH EFFECTIVE COMMUNICATION



The English department recently kicked off a highly anticipated workshop series focusing on the vital skill of communication. This initiative aims to equip participants with the necessary tools and strategies to enhance their communication skills in various contexts.

The first workshop, held on February 23rd, had a positive response and was successful by participants. Titled "The Importance of Effective Communication," the workshop explored the fundamental principles of clear and impactful communication. Attendees engaged in interactive activities and discussions, gaining valuable insights into topics like the communication process, the 7Cs of communication, and important styles of communication.

The second session, "Written Communication Skills: Email Etiquette, Tone, and Clarity," took place on February 27th. This workshop equipped participants with practical knowledge and techniques for crafting professional and effective emails. The participants also learned about the importance of written communication ethic, strategies for maintaining a professional tone, and writing clear and concise email.

The next workshop of these series will focus on how to deal with difficult communication. Stay tuned for further information on upcoming workshops and equip yourself with the power of effective communication!



# UP ON THE DAY OF LOVE



On Valentine's Day at the University of Puthisastra, love was not only in the air but also in the hands of the university staff. In a heartwarming gesture, the Student Services Unit and UP Library decided to spread joy and love by giving out fresh and handmade roses to every student on campus.

At the University of Puthisastra, Valentine's Day has evolved into a celebration of compassion, love, and community. Giving flowers was a small gesture that touched many people on campus and created a magnificent display of compassion and solidarity that will never be forgotten.

## COMMONNESS OF ILLNESS USE WITH MEDICINAL HERB AMONG PEOPLE IN MONDULKIRI PROVINCE



For many years, indigenous plants have been utilized in Cambodia to enhance health outcomes and treatments. Plant-based medications are frequently employed to treat a range of medical conditions. Based on the information and limitation research on traditional plants, we have come up with ethnobotanical study in Mondul Kiri province from February 5–9, 2024, with the aim of identifying common illnesses that the people of Krong Sen Monorom primarily treat with traditional herbs. Preliminary findings indicate that common illnesses like the flu, cold, stomachache, dizziness, hypertension, arthritis, and postpartum symptoms are the most common ailments among others. Nonetheless, several traditional plants whose origins are unknown are still used by the population without seeking from traditional healers. Additionally, we discovered that the use of traditional plants for medicinal purposes remains beneficial for Cambodians living in urban areas.

## VISITING KV HOSPITAL



February 5, 2024, a professor of plant biology, traditional healers, alumni, lecturers, staff, and 2nd- through 5th-year pharmacy students from the Faculty of Pharmacy visited KV Hospital, led by Professor Chea Sin, the Dean of the Faculty of Pharmacy. During the visit, students had the chance to learn about the KV hospital's work flow and management system, and they also received some good experience which was shared by the KV hospital's staff, doctors, and pharmacists.



# SCIENCE RESEARCH PROGRAM ORGANIZED A SEMINAR ENTITLED “GENERAL TECHNIQUE FOR PLANT TISSUE CULTURE”

On Friday, 23th February 2024, the Science Research Program, at the University of Puthisastra organized a special seminar entitled “General Technique for Plant Tissue Culture”. The honored invited speaker of the seminar was Mrs. CHHON Yanvary, lecturer in UP’s Foundation Year, and Mr. Be Sokkeang, UP’s Science Research program manager as the facilitator.

This special seminar was organized to share the overview of General Techniques for Plant Tissue Culture, and scientific research experience from the speaker. After the special seminar ended, all participants learned and gained a lot of knowledge and experience from our invited speaker.



# CLERKSHIP ACTIVITIES OF UP’S SECOND AND THIRD-YEAR STUDENTS OF MEDICAL LABORATORY TECHNOLOGY

Currently, second and third-year students in UP’s Medical Laboratory Technology program are actively doing their clerkship in the Medical Laboratory of the private and public hospital located in Phnom Penh.

Second-year students of Medical of Laboratory Technology are doing their clerkship at Cho Ray Phnom Penh Hospital, National Pediatric Hospital, and Preah Ang Duong Hospital.

Third Year students of Medical Laboratory Technology are doing their clerkship at Sunrise Japan Hospital Phnom Penh, Preah Ket Mealea Hospital, Preah Kosamak Hospital, Khmer Soviet Hospital, and N Health Cambodia of Royal Phnom Penh Hospital

The clerkship will last for one month (Full-Time Shift) which started from January 29 to March 01, 2024.





# STUDENT MISSION X PROJECT SALA SART

On March 17 and 24, 2024, the student services unit coordinated with seven nursing students a two-time journey to Prek Chrey Primary School, carrying with them posters, pamphlets, and interactive activities to engage the primary students. As they arrived at the school, they were greeted by the eager faces of children from grades 5 and 6.

The Mission X students wasted no time and began their health education session. They talked about the importance of personal hygiene, proper nutrition, and regular exercise. They demonstrated how to wash hands properly and shared tips on staying healthy and strong.

The Mission X Project Sala Sart's visit to Prek Chrey Primary School became a tale of empowerment, education, and hope for a healthier future for all.



# UP-ASSESSMENT STANDARD TRAINING

On February 16, 2024 in Hall B, UP's Assoc Prof Dr. Kaing Sopheap offered the follow-up training to 48 teaching staff from cross faculties at University of Puthisastra (UP) to enhance their understanding of the UP-Assessment Standards.

The training centered around various components of assessment, such as multiple choice, matching, sentence completion, cloze procedure, and open-ended question, as well as how to develop the scoring rubrics. In the training, he emphasized the fundamental objectives of this assessment standard, including the development of scoring rubrics and clear criteria for evaluating students' work to ensure alignment with course's learning outcomes. The standard aims to enhance the assessments by promoting fairness, validity, and accuracy in determining student achievement. Additionally, it seeks to formally demonstrate and measure learners' knowledge and abilities, providing timely and constructive feedback to identify the areas of improvement. Another crucial aspect is the tracking of student progress over time, enabling lecturers to identify areas of improvement and assess the effectiveness of teaching methods.

We believe that the UP-Assessment Standard serves as a comprehensive framework to guide both part-time and full-time teaching staff in creating meaningful assessments that will, in turn, result in enhancing students' academic performance.





# REFRESHING PROGRAM TO TRAINER OF TRAINING

The Collaborating Centre for Innovation in Population Oral Health (CIPO) at the University of Puthisastra recently supported a refreshing training program geared towards the Trainer of Training (TOT) initiative for Cambodia Smile, held at Kampong Chhnang Province, on the 13th and 14th of February, 2024.

The event participation of distinguished professionals, including four esteemed members from the Provincial Health Department (PHD) - Dr. Chhai Chhean, Dr. Khoul Nithyea, Dr. Vorn Thida, and Ms. Kieng Narin, alongside two dedicated personnel from the Operative District (OD) Kampong Trolach, namely Ms. Voeuk Vanny and Ms. Chhem Sokny, and from the OD Baribour, namely, Ms. San Chandan and Mr. Chea Soayet. The primary objective of this collaborative effort was to enhance their proficiency in administering fluoride varnish treatments to children within their respective communities, thereby elevating the quality of oral healthcare services provided.



# UP DENTAL STUDENTS ELECTED TO APDSA

The Asia Pacific Dental Students Association (APDSA) is a non-profit organization promoting dental education, friendship, and exchange between many countries in the Asia Pacific region. For the year 2023-2024, APDSA Cambodia Division has recruited new board members and university representatives, following the applications, shortlisting and interviewing process.

Those appointed as board members and university representative, include:

- Vice President, Thydanec Choeu, Year 4 student
- Creative Director, Laurana Ngoun, Year 3 student
- Editor, Sarana Bona, Year 4 student
- UP University Representative, Phomphoung Bona, Year 4 student

The goals and vision of APDSA Cambodia for the year 2023-2024 are to build stronger connections between the 5 dental schools, and promote dental health and knowledge through conferences and online webinars for dental students and new graduates. The APDSA Cambodia hopes that many Cambodian dental students who have an interest in research and want to exchange knowledge will attend the upcoming events this year. And we would also like to show our gratitude to UP for always providing its support for APDSA Cambodia meetings and activities.





# PROVIDE ORAL HEALTH EDUCATION TO THE CHILDREN AT TOUL KORK PRIMARY SCHOOL

In February, the Collaborating Centre for Innovation in Population Oral Health (CIPO) at the University of Puthisastra provided Oral Health Education to the children at Toul Kork Primary School.

Eight UP dental students from years 3 and 4 were involved in these activities for two days, conducting instructions inside the classroom and practicing group brushing with support from UP dental students and the CIPO Team. We provided Essential Health Package sets for 737 children, with these packages supported by Ivoclar Company.



# MOBILE DENTAL CLUB OUTREACH TO SIEM REAP

MDC (Mobile dental club) is a UP student-organized project that provides oral health education, dental check ups and some preventive dental treatments to underserved communities. The project focuses on rural areas and children. After the dental check up, SDF(silver diamond fluoride) and fissures sealants are applied to the teeth to arrest decay in the primary teeth and prevent dental caries in the permanent molars.

The Project provides a many benefits for the participating dental students. It helps them connect with poor communities, provides valuable clinical experiences, and develops students' hard and soft skills.

Recently MDC traveled to Siem Reap with the goal of teaching dental hygiene and applying SDF to 90 children located at the REACH NGO. Missions will be conducted two or three times a year. The next mission will be on 2-4 March 2024.

In addition to the activities described above, we will give the children education about hand hygiene, oral hygiene, and healthy eating, with a slide presentation, and play some games. MDC is a great chance for dental students to get to know each other and to learn about the local way of life, which includes visiting ancestor temples, dining locally, taking in the scenery, and other activities.





## UP DENTAL STUDENTS HELPING THE HOMELESS IN PHNOM PENH

Rotaract Club of Phnom Penh Central, which has many UP Dental Students, has many activities targeting people who need help. Since COVID-19 the club has been helping poor people who are homeless in the Phnom Penh area. These people don't have enough food for themselves and their families. The name of the project is called Food Bank. The project mainly provides the homeless with donated or bought food and water. Sometimes we can provide cooked food. The members of Rotaract go out on the streets 3 times per month. The destinations are Kandal market, Jas market, Orrussey market, Central market and the Wat Phnom area. We also share food with cyclo drivers. Rotaract members enjoy working together to do this work, and feel happy to make a small difference in people's lives.



## DR. MAGNUS PARTICIPATES IN ANNUAL MEDICAL-DENTAL MISSION PROJECT IN CANDON CITY, PHILIPPINES

Dr. Magnus from UPs, Faculty of Dentistry had an opportunity to serve dental patients in the Philippines in an annual mission sponsored by the Philippine Medical Mission Foundation of Michigan (PAMMFM). The mission took place from February 5-9, 2024. PAMMFM has been sponsoring medical-dental missions for over 20 years.

Dr Magnus participated with a group of nearly 50 other professionals from several regions in the United States and the Philippines. Teaming with three other dentists, they saw 574 patients and removed 1750 teeth over the 5 days mission. The medical team performed 1365 examinations, 106 minor surgeries, and 56 major surgeries.

This was Dr Magnus's fourth trip with PAMMFM. After spending several months in Cambodia this past year, he notes what Cambodia is doing with prevention, and feels that he was able to share many good ideas with his dentist colleagues in the Philippines. He states, "UP and the CIPO Team should be very proud to know that they are providing cutting edge, state-of-the-art preventive dental services to our Cambodian citizens!"



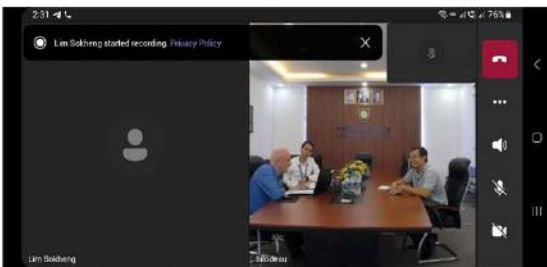


## THREE MEDICAL-STUDENTS RECEIVED A SCHOLARSHIP FROM THE CAMBODIA HEALTH PROFESSIONAL ASSOCIATION OF AMERICA

Three UP medical students, namely CHEA Moni Sota (Year 5), CHY Vannet (Year 5) and YEN Chheang Hong (Year 7) received 500\$ scholarship each. Around 80 medical students from different universities applied for this scholarship and five received it during the welcome gala dinner of the CHPAA's 12th Mission in Cambodia. The scholarship recognized both the academic achievements and the dedication of the students, and reduced their financial burden, allowing them to participate in more extracurricular activities.



## INTERNSHIP OPPORTUNITY DISCUSSION WITH SATHAPANA BANK



The discussion between the UP team, the Faculty of ICT and Sathapana Bank laid the foundation for a productive partnership aimed at providing valuable internship opportunities for students. The discussion focused on identifying potential internship positions within Sathapana Bank that align with the skills and competencies of ICT students. By collaborating closely, both parties are poised to enhance the learning experiences of students and contribute to the development of skilled professionals in the field of ICT.

## CONGRATULATIONS ON COMPLETING THE HEAD START PROGRAM AND WELCOME TO YEAR 1 SEMESTER 1

Congratulations to our Head Start program students on successfully completing the Head Start Program! This is a significant achievement and we are proud to have them as part of our academics.

Their hard work, dedication, and commitment have paid off and we are excited to see them embark on the next phase of their academic journey. As they move on to Year 1 Semester 1, they will be introduced to more advanced concepts and skills that will prepare for a successful career in the field of ICT.

Once again, congratulations on completing the Head Start Program and welcome to Year 1 Semester 1! We look forward to seeing our students thrive and make a positive impact in the world of ICT.





# CONGRATULATIONS TO OUR BACHELOR YEAR 2, YEAR 3, AND YEAR 4 AND MASTER YEAR 1 FOR COMPLETING THE FIRST SEMESTER AND TERM



It is with great pleasure that we extend our warmest congratulations to all of our Year 2, Year 3 and Year 4 students on successfully completing the first semester and our Master Year 1 for completing the first term of the academic year. Their hard work, dedication, and perseverance have paid off and we are proud to see our students make it through the challenges and obstacles of the past few months. As we all know, the first semester is always a crucial time for students as it sets the foundation for the rest of the academic year.

We are delighted to see that our students have all risen to the occasion and have shown exceptional performance in their studies. Their determination and commitment to excel in their chosen field is truly commendable. As we move forward to the next semester, we encourage our students all to continue striving for excellence and to never stop learning. The world of technology is constantly evolving, and we have no doubt that our students will all be at the forefront of it, making groundbreaking contributions and shaping the future. Once again, congratulations on completing the first semester at the Faculty of ICT. We are confident that our students will continue to make us proud in the future.

## DISCUSS WITH SMART START TO OFFER A UNIPRENEUR COURSE FOR ICT STUDENTS



Faculty of ICT and Smart start had a fruitful discussion regarding the opportunity for ICT students to learn Unipreneur course. Introducing a Unipreneur course for ICT students is an excellent initiative that can prepare them for the entrepreneurial world and startup pitching. Many students are eager to explore entrepreneurship and startup opportunities, but they may lack the necessary skills and knowledge to succeed in this domain. Emphasize the importance of equipping students with entrepreneurial skills early on to foster innovation and empower them to turn their ideas into viable businesses.

This course could include introducing students to the fundamentals of entrepreneurship. Propose a curriculum that covers key topics relevant to entrepreneurship in the ICT sector. This could include sessions on market research and analysis, product development, marketing and branding, financial planning, and pitching techniques. Consider incorporating case studies, guest lectures from successful entrepreneurs, and interactive workshops to enhance learning outcomes and engagement. The proposal to offer a Unipreneur course for ICT students through Smart Start represents an exciting opportunity to equip students with the entrepreneurial skills and mindset needed to succeed in the technology-driven startup ecosystem.

By collaborating with Smart Start, the Faculty of ICT aims to empower students to turn their innovative ideas into successful ventures, thereby contributing to the growth and development of the technology sector.



## IMPROVING THE QUALITY OF EDUCATION THROUGH COURSE OUTLINE REVISION

The Faculty of ICT is committed to providing high-quality education that equips students with the skills and knowledge needed to succeed in the rapidly evolving field of ICT. To enhance the educational experience and better meet the needs of students, the faculty proposes revising course outlines across relevant programs. The purpose of this revision is to ensure that the course outline reflects the latest advancements, trends, and best practices in the field of ICT. Also to enhance the relevance and applicability of course content to real-world scenarios. In addition, to improve students' engagement, learning outcomes, and preparedness for future careers. The revision of course outline presents an opportunity to improve the quality of education offered by the Faculty of ICT and better prepare students for the success in the ever-changing field of ICT. By engaging with stakeholders, collaborating internally, and integrating emerging technologies and experiential learning opportunities, the faculty can ensure that its programs remain relevant, rigorous, and responsive to the needs of students and up to date.

## EXCITING NEWS: FACULTY OF ENGLISH EXPANDS AND ACADEMIC ENGLISH TEAM GETS NEW DIGS!



The Faculty of English is thrilled to announce exciting developments! Due to increasing growth and a commitment to providing exceptional academic support, we're expanding and relocating our dedicated Academic English team to a new office space.

### Growth Onward and Upward:

To accommodate this dynamic, we're expanding our resources and personnel. This expansion allows us to provide even more comprehensive support to our students, ensuring their success in their academic journeys.

### A Dedicated Space for Academic Excellence:

The new office for the Academic English team will be fostering collaboration, learning, and effective support. The team will have a space to collaborate with each other but also to give dedicated support to the students of the Associate courses as well Y3 and Y4 Academic English courses.

### Building a Collaborative Community:

The new office will serve as a central hub for students seeking academic support and a vibrant space for fostering interaction and peer learning. We envision a collaborative environment where students can connect, share experiences, and get support from our dedicated lecturers.

### Where to find the teams?

Find your lecturers for the Associate Degree Courses, Y3 and Y4 Academic English courses in the E-Building downstairs next to the Foundation Year Office. We are happy to connect with our students during working hours. As for the lectures for Foundation Year English courses and Year 2 English courses, find them as usual in the E-Building upstairs.



# MORE UP DENTAL GRADUATES DEFEND THESIS



On 15 of February the Faculty of Dentistry hosted 2 thesis defenses for batch 4 group 53 and batch 3 group 47.

B4G53 students named SEAT Moniroth, HONG Konitha and HEN Sopheakta defended their thesis entitled “Occupational Health Problems among Cambodia Dentists” under the supervision of Dr. HORN Rithvitou. The thesis chair of examiners was Prof. Rodrigo Jose MARINO supported by examiners Dr. KONG Kalyan and Dr. KONG Sophannary. The result was a PASS WITH CREDIT. Congratulations. This is the first time that an investigation into occupational health problems in Cambodian dentists has been investigated, and several areas of concern were identified.

Below is the abstract for the thesis:

**Background:** Dental practitioners face many occupational related health problems despite numerous technical advances in recent decades. The dental profession is one of the most hazardous professions compared to other health related professions. Cambodian dentists do suffer from a range of physiological and psychological health problems and many dentists have been affected by various illnesses.

**Aim:** This study was conducted to investigate the occupational health problems related to dental practice among Cambodian dentists along with exploring the range and prevalence of health problems among Cambodian dentists with the associated risk factors.

**Methods:** A hundred and six convenience sampling from 4 locations in Cambodia was recruited and face-to-face interviewed.

The questionnaire included demographics, belief in health problems, their personal health problems, relevant factors and perception for preventing the problems.

**Result:** Musculoskeletal problems such as back pain, shoulder pain, pain on the arm, pain on the feet, eye problems, hearing problems and skin problem are common health problems identified among Cambodian dentists. Approximately half of males and two-thirds of female's dentists rated their current health status as fair. 84.9% of the participants beliefs that wrong posture during practicing is the cause of health problems. All dentists have experienced physical problems such as wrist pain, back pain, and neck pain. 20.7% have experienced stress.

**Conclusion:** Cambodian dentists face a variety of occupational health problems the most common being musculoskeletal problem such as backpain, shoulder pain, arm/hand pain, as well as stress and eyes problems. To minimize the risk of work-related musculoskeletal disorders (WMSDs) among dentists, work postures need to be improved.

The second thesis defended recently was group B3G47 which included TAING Muhok, OEUNG Lyheng, and UN Pechpiseth on the topic of “Dental Anxiety among Students at the University of Puthisastra”. This research was conducted under the supervision of Dr. SAM Sovatdy and co-supervisor of KONG Sophannary. The thesis chair of examiners was Prof. Rodrigo Jose MARINO and examiners were Dr. KONG Kalyan and Dr. SOM Sochenda. The result was PASS WITH CREDIT. Congratulations to the students. The study found that many students did have anxiety related to dental treatment, often because of previous dental experiences.



The Abstract is presented below:

**Background:** A thoughtful and appropriate questionnaires of the Modified Dental Anxiety Scale (MDAS) is necessary to manage dental anxiety. The reliability and validity of the MDAS is yet to demonstrate among Cambodian population. The present study aims to show the level of MDAS among University of Puthisastra (UP) 's students.

**Methods:** This was a cross-sectional online survey on UP students from different majors at all level using a Google form. Email invitations were sent to all student's university email addresses. Responses from dental students were excluded. Data was extracted from Google Forms as a CSF file. MS Excel was used to clean up the data, and quantitative analysis was performed using statistical program SPSS.

**Results:** The questionnaire was sent to UP Students. There were 195 eligible UP students who participated in the survey. Among them, 138 (70.8%) were female and 57 (29.2%) were male. There was no difference in mean MDAS score between gender. The total MDAS score was 12.27 ( $\pm 1.05$ ). Moreover, 10.3% of the students showed high dental anxiety scores (MDAS >19) with a mean score of 20.45( $\pm 1.84$ ). There was no correlation between the MDAS and general anxiety level of the participants. Individual past dental experiences was accounted for 25% of the total responses which presented with higher MDAS score (MDAS >19) which were statistically significant presenting with severe dental anxiety (p-value <0.05).

**Conclusions:** Dental anxiety among university students was relatively correlated with previous dental experiences, specifically on those who had pain and dental extraction. It is noticed that more female students express more dental anxiety than male students. The MDAS scale is a reliable tool to determine each patient's dental anxiety level prior to a dental treatment. It could be useful for local dentists to evaluate the patient's dental anxiety in their own practices specifically in patients who have had negative dental experiences from their previous dental treatment. Moreover, psychological and pharmaceutical interventions are key to diminish dental anxiety.

On 20th of February the Faculty of Dentistry hosted a thesis defense for batch 4 group 49. Students were HAN Sopheara, LIM Monyorth and SOVANN Rithy under the supervision of Dr. HORN Rithvitou. The chair of examiners was Asst. Prof. SOEUN Sopharith and examiners were Dr. TORT Borany, Dr. CHHE Phearom and Dr. YOS Chantho. The result was PASS with Credit. Congratulations.

#### Abstract

**Background** – In permanent dentition, majority of caries lesions occur is in the First Permanent Molars (FPM). Due to the high rate of caries on the occlusal surfaces of the FPMs a range of procedures such as pit and fissure sealant, Silver Diamine Fluoride (SDF) application, and Fluoride varnish, have been proposed and tested in order to prevent caries development on FPM. In this study the effectiveness for preventing caries lesions on the occlusal surfaces of the FPMs by biannually apply SDF and GIC pit and fissure sealants is compared.

**Aim** – to compare the incidence of caries on the occlusal surfaces of first permanent molars (FPM) after 1 year among children who were treated with SDF biannually compared to children who were treated with GIC pit and fissure sealants.

**Methodology** – a secondary analysis of three datasets was carried out to examine the incidence of cavitated caries lesions on occlusal surfaces of First Permanent Molars (FPM). Two datasets were derived from the SEAL Cambodia project which had two research cohorts. The first cohort involved placement of Fuji VII fissure sealants using a standard protocol (SEAL group). The second cohort involved placement of the same material, but with a modified protocol and with better control measures in place (mSEAL group). The third dataset involved children who brushed their teeth at school with a fluoride toothpaste and who were to be treated with Silver Diamine Fluoride (SDF) in a clinical trial (SDF/Tooth Brushing (TB) group). Details on method and collection of data have been previously published.

**Result** – Data from 3317 FPM were included and 2217 (66.8%) followed. Risk ratios for carious lesion development suggest some uncertainty around the benefits among the SEAL Group (RR = 0.81; CI 0.66, 1.05) whereas the mSEAL group had the greatest benefit (RR = 0.17; CI 0.12, 0.32) followed by the 38% SDF/TB group (RR = 0.54; CI 0.40, 0.80) **Conclusion**–The mSEAL group had the most favorable outcome in preventing carious lesion development. In addition, biannual application of 38% SDF and TB was able to halve the incidence of caries on FPM.