



UNIVERSITAS
AIRLANGGA

aircimms

11TH EDITION

SCO ACTIVITIES

SEQUENCE

CIMSA UNAIR PFN 2024

OUR ARTICLES

BY SEQUENCE, RONALD GERRY P., AND MANY MORE

EXCHANGE STORIES

BY REBEKA TOTHOVA AND INDRIANI PUTRI

ALUMNI CORNER

FEATURING DR. ROBBY AZHARI

ABOUT US



CIMSA is an Indonesian medical students organization that focus on activity-based programs. As a non government and non profit organization, CIMSA has its own traits, that are: independent, nationalist, non-political, and non-partisan. Being established since May 6, 2001, CIMSA has spread to various Medical Faculty all around Indonesia. As per today, CIMSA has 33 locals in 7 regions that are actively carrying out our mission to **“Empowering Medical Students, Improving Nations’ Health”**.

Ever since 2001, CIMSA has been affiliated with International Federation of Medical Students Association or IFMSA which is the world biggest students organization acknowledged by the United Nations.

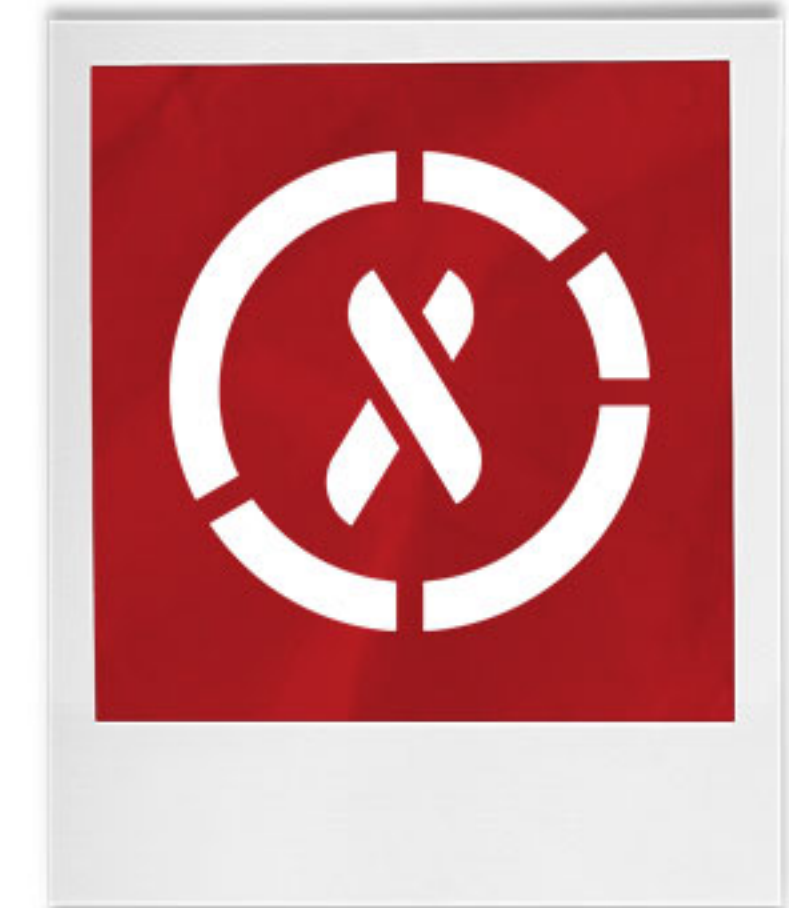
CIMSA is actively participating to help realize the 2030 Sustainable Development Goals, to do that CIMSA has **six standing committees** that work towards their each different, specific goals.



SCOME

Standing Committee on Medical Education is one of the standing committees in CIMSA, one of the firstly founded SCO (Standing Committee) in IFMSA, it was established in 1951. SCOME focuses on Medical Education, divided into two big fields of work which are Human Resources for Health and Medical Education Resources, Research, and Development System

SCORA



SCORA or Standing Committee on Sexual & Reproductive Health and Rights including HIV & AIDS is one of 6 standing committees in IFMSA and CIMSA. There are five SCORA's main focuses, they are Comprehensive Sexual Education, Gender & Sexual Identity, Gender Based Violence, HIV & Other STDs, and Maternal Health.

SCORP



Standing Committee on Human Rights and Peace (SCORP) is one of 6 stand committees in IFMSA and CIMSA which is engaged in the field of human rights and peace. SCORP itself was formed at IFMSA in 1983. SCORP has various main focuses including vulnerable people, Refugee's health, disaster management, and The Right to health.

SCOPH



Standing Committee on Public Health (SCOPH) is one of 6 standing committees in IFMSA and CIMSA. SCOPH formed in Indonesia firstly in 1999, and CIMSA was formed in 2006 with SCOPH as one of the SCOs. As already implied in the name, we focus on public health issues with 5 main focuses, such as health promotion, social and environmental determinants of health (SDH), universal health coverage, health in all policies (HiAP), global health, international health, and public health

SCORE



Standing Committee on Research Exchange (SCORE) is one of 6 standing committees in IFMSA and CIMSA. SCORE IFMSA was founded in 1991. Meanwhile SCORE CIMSA UNAIR was established in 2006. SCORE and its International Team coordinate the IFMSA Research Exchange Program at the international level, while it is run by National Officers on Research Exchange (NOREs) at a national level and Local Officers on Research Exchange (LOREs) at a local level. There are four SCORE's main focuses, they are research exchange, research promotion, research activities, and exchange promotion.

SCOPE



Standing Committee on Professional Exchange (SCOPE) is one of 6 standing committees in IFMSA and CIMSA which facilitates medical students to join the professional exchange. Professional exchange is an exchange program based on clinical clerkship, which means that the program allows medical students to experience working in a hospital, directly interact with patients, and even assist in surgery.

PRESIDENT'S NOTES

Dhanis Adrianto Setyawan
President CIMSA 2023/2024

Hai CIMSA!

Perkenalkan, saya Dhanis sebagai President CIMSA 2023/2024

Center for Indonesian Medical Students' Activities (CIMSA) adalah organisasi yang memfasilitasi mahasiswa kedokteran indonesia dalam meningkatkan kapasitasnya demi memajukan taraf kesehatan bangsa indonesia. Saat ini, CIMSA sudah tersebar pada 32 lokal di seluruh Indonesia. Dan salah satu dari lokal tersebut adalah CIMSA Unair, yang hingga saat ini telah berpartisipasi aktif dalam mewujudkan visi tersebut.

Selama perjalanannya, CIMSA telah memberikan dampaknya tersebut melalui lebih dari 900 aktivitas yang dilaksanakan



oleh lebih dari 10.000 member-membernya. Melalui enam Standing Committee, kami telah mencerdaskan mahasiswa kedokteran dan masyarakat terkait pengetahuan dan isu tertentu. Seluruh perjalanan tersebut tentunya juga ditemani oleh peran teman-teman CIMSA Unair yang telah memberikan dampak kepada lingkungannya. Dampak-dampak tersebut, telah teman-teman CIMSA Unair berikan melalui berbagai aktivitasnya yang luar bisa. Salah satu bentuk kontribusi dari CIMSA Unair tersebut adalah AIRCIMS ini!

Semoga dengan membaca AIRCIMS ini, teman-teman semuanya dapat mengetahui dan merasakan dampak-dampak yang telah diberikan oleh teman-teman CIMSA, terutama teman-teman CIMSA Unair.

Be Empowered and Empowering
So be active with CIMSA



LOCAL COORDINATOR

Greetings

Hola, CIMSA Unair!

Allow me to introduce myself, I am Bhrahmakanya Amithya Faulina, or Kanya as a Local Coordinator for CIMSA Unair 2023 - 2024. First and foremost, I would like to express my gratitude for my officials, member, and all of you who took the time to read Aircims 11th. Biggest shoutout to my beloved MCC and Team for making Aircims 11th happen!

Center for Indonesian Medical Students' Activities, known as CIMSA, has been present in Indonesia since 2001, and UNAIR is one of its founding members among the six universities in Indonesia. CIMSA is committed to progressing and developing medical students to continually have an impact on society through activities aligned with our tagline: "Empowering Medical Students, Improving Nations Health."

CIMSA, with its six characteristics—inclusive, nonprofit, non-governmental, non-political, independent, and nationalist—is here for all medical students, providing facilities to empower them. With over 9,000 members, 1000+ trainers, 400+ activities per year, 60+ community development and sustainable projects, and 100+ external partners.

So, are you to be empowered, empowering, and improving nation's health? Because we can't wait for #CIMSAmakamu! Let's go #JatuhCIMSA together, and don't forget to #BeActiveWithCIMSA!



**Bhrahmakanya
Amithya Faulina**
Local Coordinator CIMSA
Universitas Airlangga 2023/2024

EDITORIAL PAGE

Greetings CIMSA!

We are incredibly excited to announce that AIRCIMS 11th Edition: Dreams Unfolding has officially been released! I want to express my heartfelt gratitude to everyone who has been involved in AIRCIMS Edition 11 for their contributions to AIRCIMS, including the authors, activity committees, MC Team, MC SCO, and all OFFICIALS.

AIRCIMS stands as a testament to the dedication and creativity of our CIMSA UNAIR community. Filled with engaging articles and highlights of our activities, AIRCIMS embodies our commitment to sharing our passion and vision with the world. Our hope is that AIRCIMS will not only bring CIMSA Unair closer to readers but also offer enriching insights and perspectives!



Naura
MC Team

Ngurah
MC Team

Nazwa
MC Team

Tita
MC Team

Hilda
MC Team



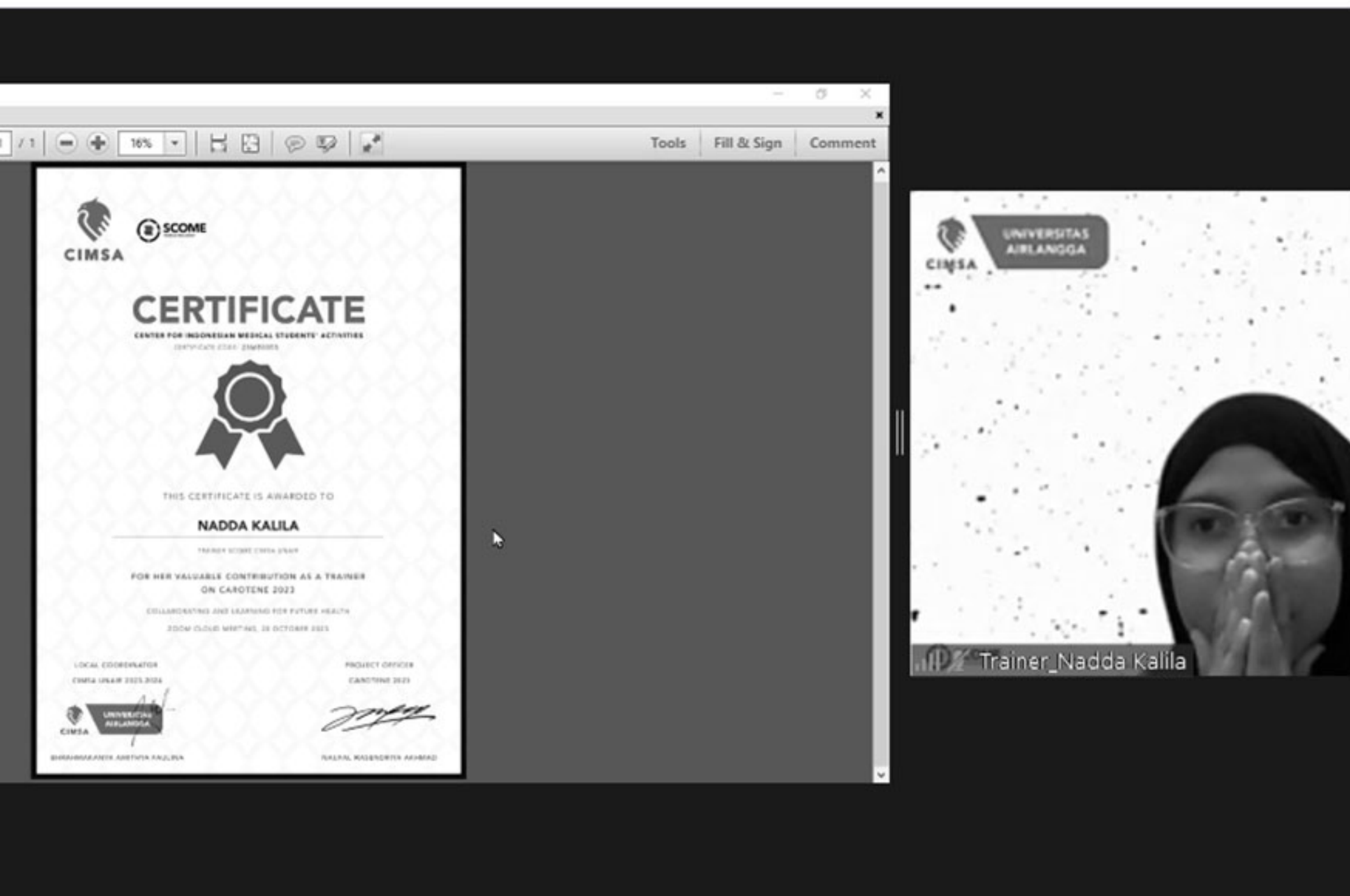
TABLE OF CONTENT

- About Us
- President Notes
- LOCO's Greeting
- Editorial Page
- Table of Contents
- SCOME: CAROTENE
- SCORA: CARCINOMA
- SCORP: PRETZEL
- SCOPH: MIOCARD
- SCORE: GEOMETRIES
- SCOPE: EXPECTO
- PFN: SEQUENCE
- THROUGH SEQUENCE LENS
- MCB
- RAMYEON ARTICLE
- EXCHANGE STORIES
- ALUMNI CORNER
- OCTOBER MEETING 2023
- OFFICIALS
- STAY CONNECTED WITH US



SCOME CIMSA UNAIR PRESENTS

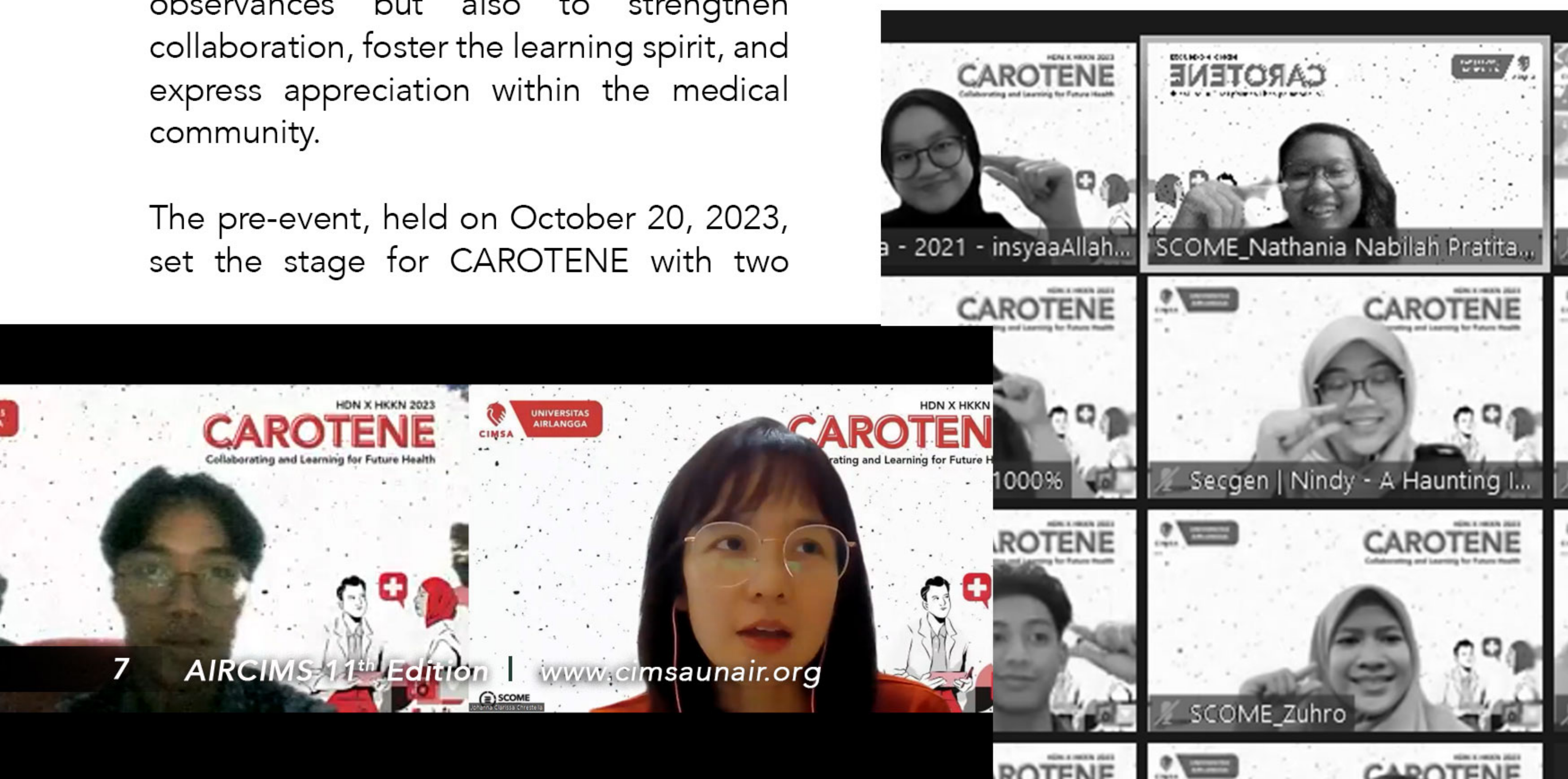
Collaborating And Learning For Future Health CAROTENE



engaging training sessions. Nadda Kalila, MET from CIMSA UNAIR, delved into "Interprofessional Education," shedding light on the importance of collaborative learning, while Maslim Syahrudin, MET from CIMSA UIN SH, explored the concept of "Social Accountability" in healthcare. These sessions provided a thought-provoking introduction to the principles that would echo throughout the subsequent events. The main event, a dynamic online talk show on October 25,

In a vibrant celebration of **National Doctor's Day and National Health Collaboration**, SCOME CIMSA UNAIR orchestrated CAROTENE (Collaborating And Learning For Future Health). This multifaceted event themed "Interprofessional Collaboration in Industrial Era 4.0 and 5.0" aimed to not only mark the significance of these observances but also to strengthen collaboration, foster the learning spirit, and express appreciation within the medical community.

The pre-event, held on October 20, 2023, set the stage for CAROTENE with two



2023, featured a compelling discussion on "How We Supposed to Use the New Method of Learning Skills." dr. Johanna Clarissa Chrestella, a distinguished speaker, offered valuable insights into the evolving landscape of learning methodologies in the medical field. Attendees were encouraged to contemplate and implement innovative learning strategies in their academic pursuits, setting the tone for a future-oriented approach to medical education.

Closing the CAROTENE event was the post-event series, culminating on November 19.

This phase involved a touching gesture of distributing flowers and conveying heartfelt congratulations to esteemed faculty members across the 11 departments at FK UNAIR. This act not only acknowledged their unwavering dedication but also strengthened the bonds of appreciation within the academic community. CAROTENE, with its diverse array of activities, successfully brought together students and professionals, creating a platform for knowledge exchange and emphasizing the importance



MAIN EVENT CAROTENE

COLLABORATING AND LEARNING FOR FUTURE HEALTH

VIRTUAL TALKSHOW



SPEAKER

Topic: How We Supposed to Use the New Method of Learning Skills

dr. Johanna Clarissa Chrestella
PPDS IKFR FK UNAIR



MODERATOR

Helga Anindiya Mubarok
Local Officer on Medical Education
CIMSA UNAIR

SAVE THE DATE!!!
Wed, 17.50 PM
25 Oct 2023
ZOOM MEETING

CP:
Naufal
LINE gopragopre
Kenny
LINE kennyvincentius1234



of continuous learning and interprofessional collaboration in the medical field.

Serving as a tribute to those shaping the future of healthcare, CAROTENE left a lasting impact on participants, reinforcing the importance of spirit of unity and appreciation within the medical education community in UNAIR. Through CAROTENE, SCOME CIMSA UNAIR has not only celebrated the present but also paved the way for a collaborative and knowledge-rich future in healthcare education. The event served as a testament to the commitment of **SCOME CIMSA UNAIR** in nurturing a culture of learning, collaboration, and appreciation within the medical community, ensuring a bright and collaborative future for healthcare professionals.

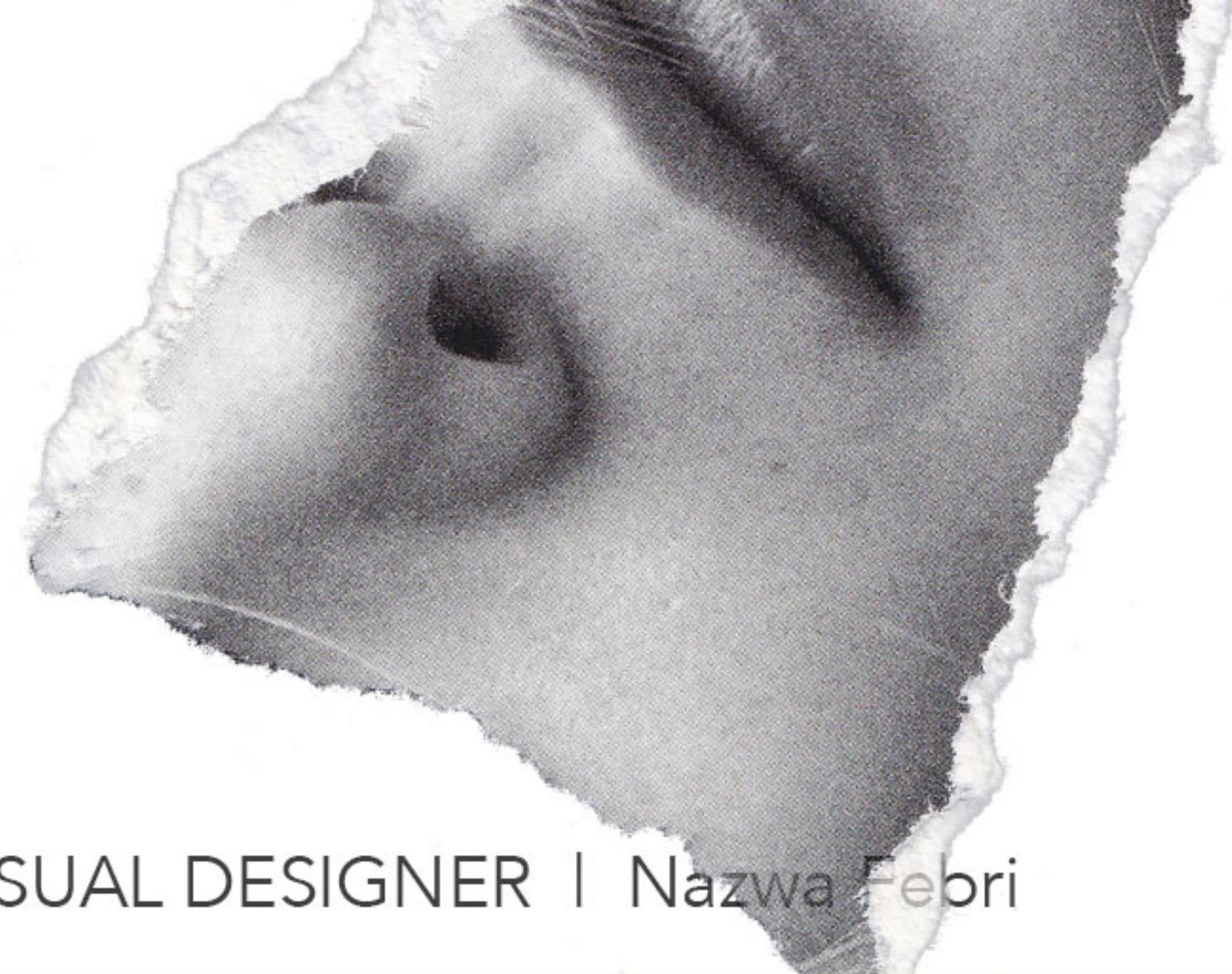
CARCI NOMA

Conquering and Spreading Awareness of
Breast and Cervical Cancer with SCORA

Globocan data in 2020, the number of new cases of breast cancer reached 68,858 cases (16.6%) of the total 396,914 new cases of cancer in Indonesia Meanwhile, the number of deaths reached more than 22 thousand cases. In fact, about 43% of cancer deaths can be defeated if patients routinely carry out early detection and avoid risk factors that cause cancer.

Based on these data, SCORA CIMSA FK UNAIR held an activity called CARCINOMA (Conquering and Spreading Awareness of Breast and Cervical Cancer with SCORA) in commemoration of Breast Cancer Day which falls in October. The implementation of CARCINOMA supports the CIMSA PROGRAM topic of Non-Communicable Diseases with a focus area of Cancer.

CARCINOMA has three series of events, PRE-EVENT which was held on October 7, 2023 which contained upgrading for members through training with the theme "Basic Knowledge on How to Detect, Prevent, and Protect Yourself From Breast & Cervical Cancer.", online campaign through instastory discussing the myths of breast cancer and cervical cancer facts on the CIMSA UNAIR Instagram account and all activity committees, and educational



VISUAL DESIGNER | Nazwa Febri

by SCORA CIMSA Unair



videos to the general public discussing the myths of breast cancer and cervical cancer facts uploaded through CIMSA UNAIR social media.

MAIN-EVENT which was held on October 22, November 4 and 11, 2023 contained a cooking class for a healthy menu to prevent cancer with mothers from Dukuh Pakis, Surabaya which was demonstrated by a nutritionist, a talk show with doctors with the theme Fighting Breast Cancer and Cervical Cancer: "Recognize the Symptoms, Prevent with HPV Vaccine and SaDaRi", a SaDaRi (Periksa Payudara Sendiri) workshop accompanied by a doctor, and last free Breast Ultrasound and doctor consultation for 50 people in collaboration with Lovepink Indonesia and held at PHC Surabaya Hospital.

POST-EVENT which was held on November 12, 2023 contained ground Campaign with education through posters about breast and cervical cancer by wearing pink clothes and distributing pink ribbons to the general public at Car Free



Day activities at Bungkul Park Surabaya, online and offline Open Donation channeled to Lovepink Indonesia as a form of concern for breast cancer survivors and the hope that the funds can be used to support breast cancer-related activity programs and, a podcast with the topic "The Journey Against Breast Cancer" with a breast cancer survivor from Lovepink Indonesia so that the wider community can listen to inspiring stories from



Last but not least, SCORA CIMSA UNAIR hopes that the knowledge provided from CARCINOMA activities can be applied in everyday life and women can check and prevent as early as possible so that more fatal things do not happen. **Because prevention is better than cure. So, let's care more about breast health.**



PRETZEL

Protect Children Rights to Fight Against Violence and Humanize Their Life

by SCORP CIMSA Unair



Human Rights Day is a humanity celebration that has been declared since 1948. This 2023, actually on this 75th year of Human Rights Day, SCORP CIMSA Universitas Airlangga enthusiastically joined the euphoria of this celebration. For this year's Human Rights Day celebration, SCORP CIMSA Universitas Airlangga chose a main theme that focusing on the Rights Fulfillment and Prevention of Violence Against Children. This theme was chosen based on the alarming data from Komnas PA in 2013, which revealed 1620 cases of violence against children: 490 (30%) physical violence, 313 (19%) emotional violence, and 817 (51%) sexual violence. The high number of child violence cases exposed the fact that children in Indonesia have not fully enjoyed their rights.

Therefore, SCORP CIMSA UNAIR is committed to raising awareness and knowledge among the society regarding the fulfillment of children's rights through a 'sweet' activity called PRETZEL (Protect Children Rights to Fight Against Violence and Humanize Their Life). PRETZEL took

time from December until January, with some exciting, engaging, and educating activities.

The journey starts with Pre-Event, an online Upgrading session for all the members and newbies of SCORP CIMSA UNAIR. This Upgrading session led by Nabila Sekar as HRT SCORP CIMSA UNAIR and Anintyas Windryoningrum as HREF SCORP CIMSA UNAIR. Two fascinating topics were discussed during the upgrading sessions: "Human Rights-Based Approach" and "Health as Human Rights". We had a lot of discussions about Human Rights Issues during this Upgrading.

Then, there is something special with PRETZEL Main Event. It was held specifically on Human Rights Day date, December 10th 2023. The first agenda of the Main Event was a Talk Show with a topic "Parenting Baik Mencetak Anak Terbaik" featuring Devina P. Zabrina, M.Psi., Psikolog as the speaker. The Talk Show was held in RW 02 Kelurahan Airlangga with an audience consisting of

parents that were affiliated with PUSPAGA.

In addition to the talk show, participants were invited to participate in exciting games with some engaging prizes for the winners.

After the talk show, the event continued with Visit and Workshop at the Panti Asuhan Darul Hikmah. Firstly we had a Brief Seminar with a topic "Never Stop Dreaming, Never Stop Believing" by Dini Agustin as HREF SCORP CIMSA UNAIR. The seminar aimed to inspire the children to pursue their dreams and never give up on chasing them. After the Seminar, next we had a Workshop on creating Dream Scrapbooks with all of Orphanage Children. It was an extraordinary experience to see all of the children's dreams that they drew on their paper. One week later, the Main Event continued with a Ground Campaign session at Taman Bungkul, Surabaya. During this session, we did a mobile education about Violences against Children.

After completing the Pre and Main Events, the sweet journey of PRETZEL concluded with the Post-Event, in the form of Instagram post such as Video Recap and BILIK SCORP titled "Setiap Anak Itu Spesial: Kupas Tuntas Hak-Hak Anak dari Sudut Pandang Psikiatri" with Dr. dr. Yunias Setiawati, Sp.KJ (K), FISCAM as a Child and Adolescent Psychiatry Specialist at RSUD Dr. Soetomo. Not stopping there, we also made a Podcast with Dr. Royke Tony Kalalo, S. Ked., Sp. KJ (K), FISCAM, who is also a Child and Adolescent Psychiatry Specialist at RSUD Dr. Soetomo. The podcast, titled "Menjadi Sahabat Terbaik Pendamping Tumbuh Kembang Anak" was uploaded on CIMSA UNAIR Spotify and is accessible for everyone, anytime, and anywhere.

That's a short story of PRETZEL's long journey. Even though the entire 'sweet' series of PRETZEL activities has finished, we hope the positive impacts that PRETZEL brought will be forever spread. **For you, for us, for the children in Indonesia.**





SCOPH MIOCARD



According to the World Health Organization (WHO), **the top 10 causes of death worldwide are associated with three broad topics, one of them is cardiovascular.** This is because of the lack of awareness about heart health and certain lifestyle habits. Therefore, SCOPH CIMSA UNAIR presents "Maintain Our Healthy Heart and Against Coronary Heart Disease" or MIOCARD to commemorate World Heart Day 2023. This event aims to increase public knowledge about the importance of maintaining our heart-health and preventing cardiovascular disease by making small changes in our lifestyle.

MIOCARD was held in several series of events such as podcasts, pre-event in the form of upgrading, and also main event. The podcast was held on 26 August 2023 in collaboration with UNAIR's American Corner by presenting expert speakers such as Dr. Christian Pramudita Budianto, Sp. JP; Dr. dr. Yan Efrata Sembiring, Sp. BTKV(K), and Dr. rer. nat Sulistyono Emantoko Dwi Putra S.Sc., M.Sc. Guided by the trainer of PHL SCOPH CIMSA UNAIR, Raisah Mazaya Madarina. This podcast discusses issues regarding coronary heart disease, how to prevent it, and also technological developments in coronary heart disease therapy. This podcast can be watched on the CIMSA UNAIR youtube channel.

The pre-event was held on 24 September 2023. Expert speakers were also invited, such as Dr. dr. Hendri Susilo, Sp. JP, FIHA regarding Pathophysiology, Early Detection, and First Aid of Coronary Heart Disease and

dr. Raden Argarini, M.Kes, PhD regarding Coronary Heart Disease Prevention Through Healthy Lifestyle. More than forty people attended this event, and they were all very satisfied with it.

On 30 September 2023, the main event was held at Balai RW 12 Pacar Keling. there were a total of 31 participants who participated in this main event. The activity begins with a morning walk to increase participants' enthusiasm. Next, a very interesting material was presented by dr. Eka Rahayu Utami, Sp.JP., MIPH., MHM. from "Perhimpunan Dokter Spesialis Kardiovaskular Indonesia" (PERKI) regarding coronary heart disease and its prevention. The participants were very enthusiastic because the material provided was easy to understand. There is also a first aid workshop for heart attacks. Participants were explained in detail how to perform Cardiopulmonary Resuscitation (CPR) and were given the opportunity to demonstrate.

This activity was closed with a free health check by the committee. The participants were very satisfied and asked for events like this to be held regularly because they considered it was very helpful. After all of the journey we've been through, MIOCARD has come to an end. But **we hope that SCOPH CIMSA UNAIR can always give contributions to the community.**

GEOMETRIES

by SCORE
CIMSA Unair



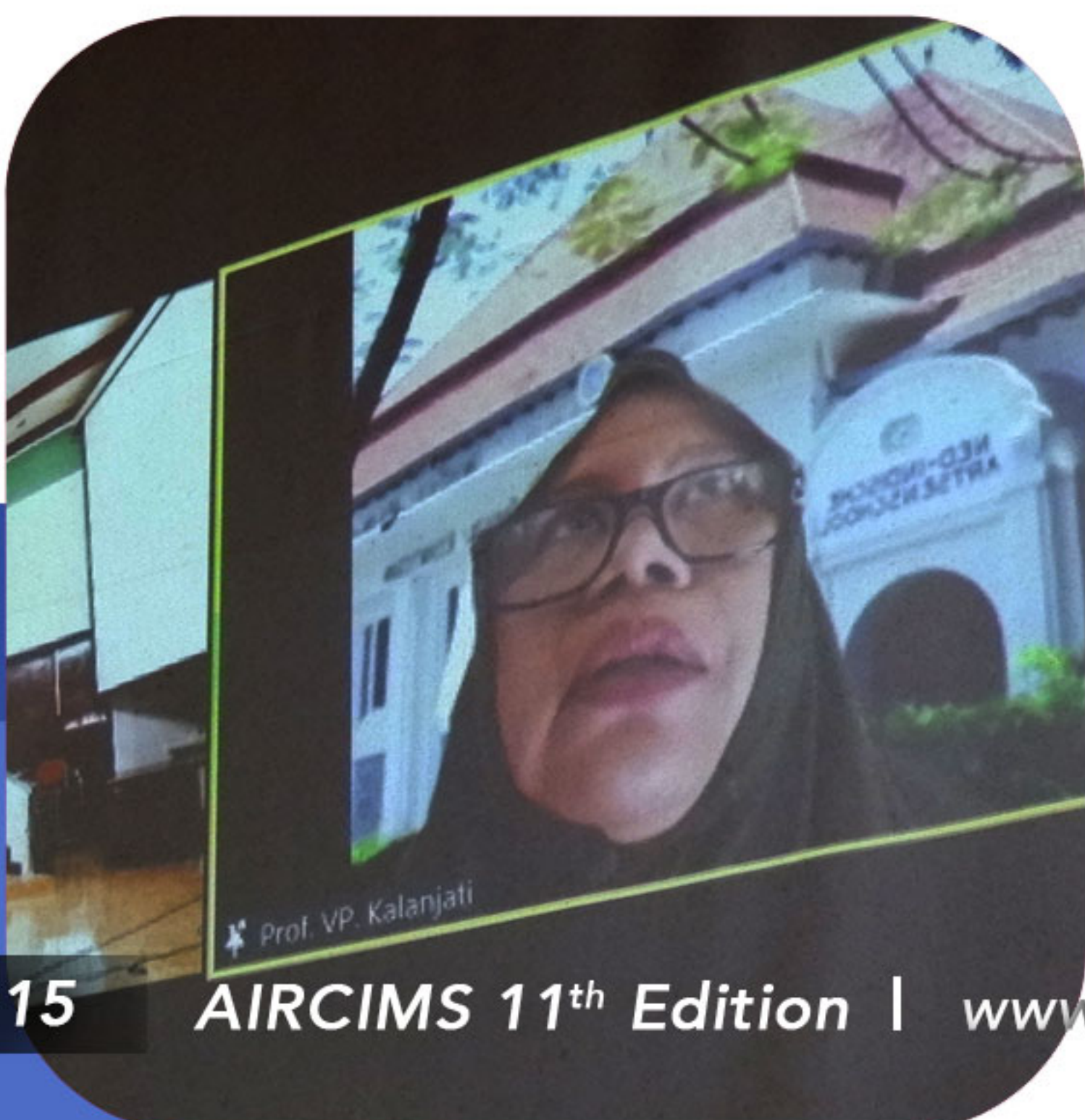
SGP 1 is a yearly event of SCORE with the aim to give members a foundation in basic research and empower them to apply it in their scientific work with the helps from experienced facilitators.

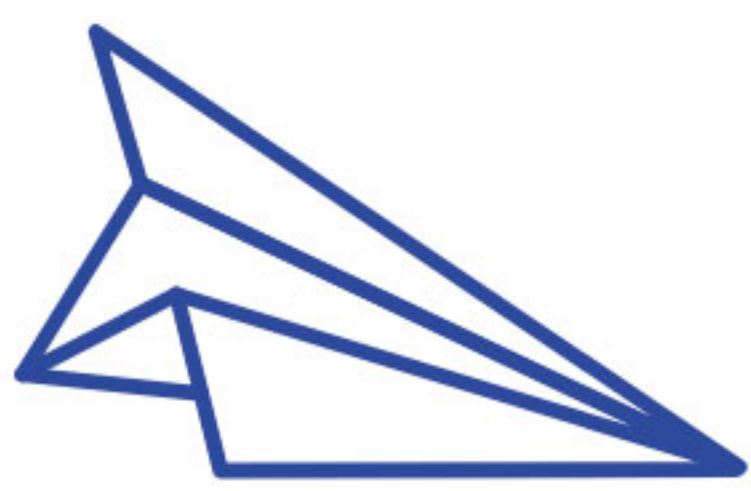
This year, SGP 1 has an activity name: GEOMETRIES which stands for "**Get to Know More on Research in SGP 1**". GEOMETRIES has 3 series of events, which are pre-event, main event and post-event.

The pre-event of GEOMETRIES was held on 4 November 2023 via online. The

upgrading was for SCORE and other CIMSA UNAIR members with three different topics, there are "Research 101", "Primary vs Secondary Research", and "Secondary Research 101". The upgrading was carried out by three different extraordinary people. The first one is Aadarsh Netha from IFMSA Delhi as the IFMSA Certified Trainer, also dr. Kevin Alvaro from CIMSA UNAIR also as the IFMSA Certified Trainer, and last Langgeng Agung Waskito, dr., Ph.D as the lecturer from FK UNAIR. We also had an online campaign that posted on Instagram Story at CIMSA UNAIR account (@cimsa.unair). It was a mini quiz of "True or False" with the topic of Primary and Secondary Research

The main events was then held on 17 December 2023 hybrid in FK UNAIR and online via the zoom meeting platform. In the main event, we conducted a seminar about "Ways of Access International Journal and How to Conduct Systematic





journal, Visuddho. At the end of the event, the participants had a forum group discussion on doing a literature review with facilitators guidance.

The post event was mainly about online campaign. The campaign was conducted by all the participants who participated on the main event. They posted about their feedback/review and thing they learned on the main event via Instagram Story at their own account.



Review from Zero until Published” and a talkshow about “Experiences on Publishing My Own Academic Research”. The seminar was attended by our Professor, Prof. Viskasari P. Kalanjati, dr., M.Kes., Ph.D., PA(K) who is a Professor of Neuroanatomy and Neuroscience from University of Airlangga. Meanwhile, the talkshow was presented by one of the student from FK UNAIR who already had over 10 published



EXPECTO



Explore Universal Health Coverage with SCOPE Today

Explore Universal Health Coverage with SCOPE Today (EXPECTO) 2024 is an event held by SCOPE CIMSA UNAIR to highlight **Universal Health Coverage** from all around the world. Through a series of exciting and insightful events, we hope to enlighten future healthcare workers regarding Universal Health Coverage and what can be improved from it. Along with that, this event is extra special as we had our wonderful newbies become committees and participants within this event, introducing them to SCOPE.

Kicking off our event, we started out with the Pre-Event. During this first series of events, we held an upgrading regarding Universal Health Coverage to increase our knowledge regarding the topic. We had

Beatrice Kunthi L. as our speaker on the 5th of January 2024. Our event was held online and had a record-breaking amount of participants, as we had more than 200 people in the Zoom meeting! In addition to the upgrading session done by our trainer, we also had a games session to keep our participants spirits up.

After the Pre-Event, we continued with the Main Event held on the 7th of January, 2024. We held our Main Event offline at Airlangga University's Medical Faculty. We invited dr. Maulana as our speaker during the talkshow session. This talkshow was



very interesting, as we got to experience different Universal Health Coverage systems, ranging from Indonesia, Japan, and all the way to the United States of America. Wrapping up the talkshow session, we continued with a fun little game to increase the hype of our participants.

Once the game was over, we went ahead with the Universal Health Coverage

We had our participants split into three groups, where they each had a respective role as different types of patients. They then travelled the world from Indonesia to Sweden and to the United States. Through their travels, they learned about the different types and systems of Universal Health Coverage. As the simulation session ended, each group presented their findings to each other regarding the Universal Health Coverage that they had as a certain type of patient within a specific country.



Wrapping up our event, we posted an after movie on CIMSA UNAIR's Instagram account as our Post-Event. Our after movie included a recap from our Pre-Event and our Main Event.

And that's a wrap for EXPECTO! Look forward to more activities and events with SCOPE! And of course, see you in next year's EXPECTO



Fresh Voices, Bold Impact:

SEQUENCE

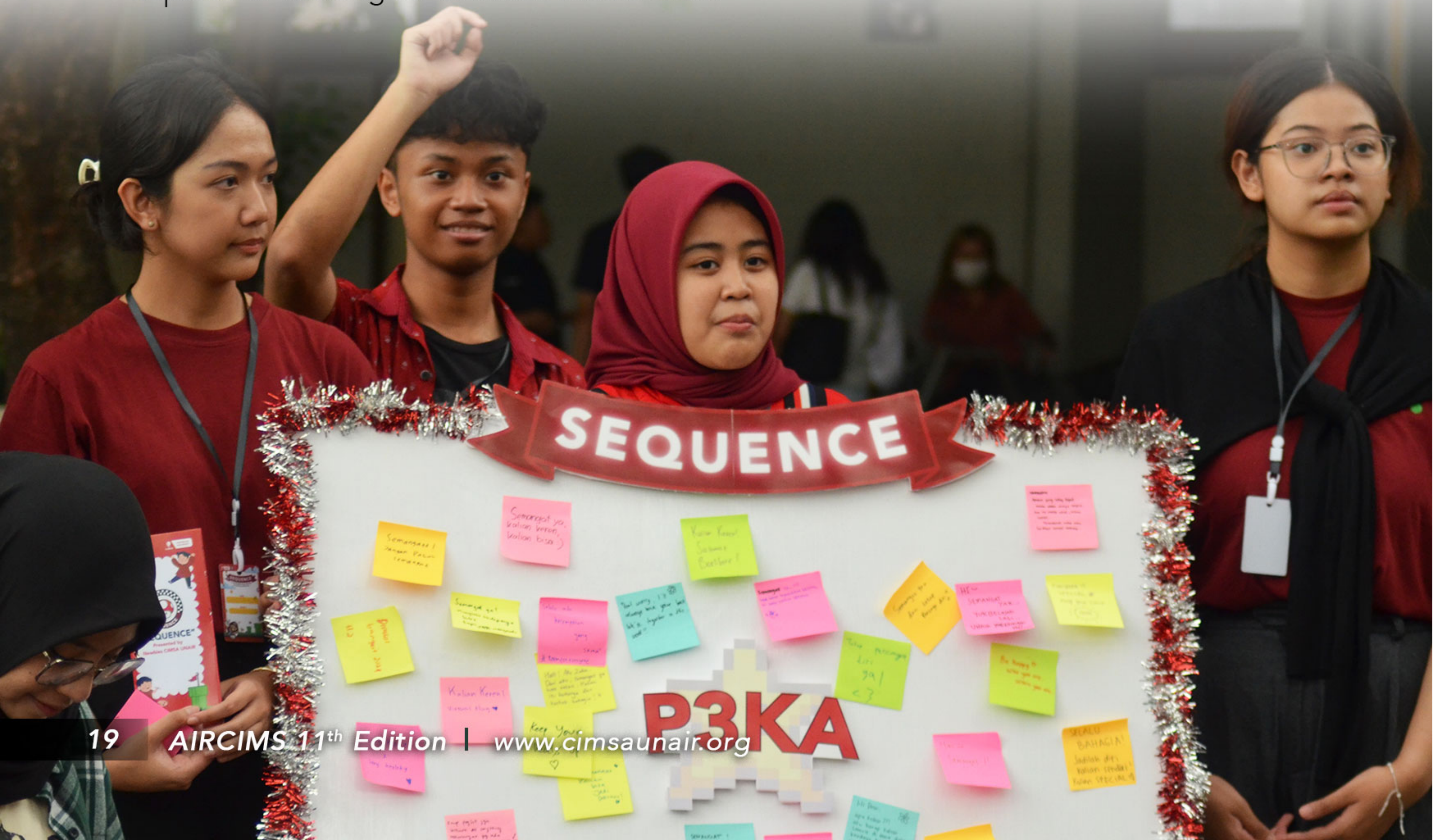
by CIMSA UNAIR's Newbies

In a dynamic demonstration of commitment and enthusiasm, the newbies of CIMSA UNAIR orchestrated a groundbreaking event named SEQUENCE (Sending Qualified Human Resources on Improving Health Society). This initiative aimed to raise awareness about **disability rights and promote inclusivity within the community.**

SEQUENCE's journey began with a focus on empowering participants with knowledge and skills essential for their mission. Under the guidance of Dini Agustin, the HREF of CIMSA UNAIR, a comprehensive training session titled "Rights for Disability: Room for All" unfolded. This session was not just theoretical; it delved into the practical aspects of creating an inclusive environment

for individuals with disabilities. A Sign Language Workshop conducted by Bunga Islami from KARTU Surabaya added a dynamic layer, equipping participants with essential communication tools for engaging with the diverse community.

Expanding on this foundation, an online campaign was launched to amplify awareness about disability rights. SEQUENCE participants utilized various digital platforms to educate the public and ignite conversations around forging a more inclusive society. Their collective efforts aimed to dismantle preconceived notions and foster a culture of acceptance and understanding.



The main event of SEQUENCE unfolded through a multifaceted approach, engaging both the university community and individuals with disabilities. A collaborative ground campaign with AIESEC brought the SEQUENCE team to Universitas Airlangga's campus, transcending traditional boundaries and reaching out to the diverse tapestry of students and faculty. Through this offline campaign, participants interacted with various communities within the university, seeking to bridge gaps and foster a culture of understanding and acceptance.

One of the most impactful chapters of SEQUENCE unfolded during the visit and workshop at SLB YPAC (Yayasan Pembinaan Anak Cacat) Surabaya. Here, participants engaged in recreational activities with their differently-abled peers and organized age-appropriate workshops tailored to different educational levels, ranging from kindergarten to vocational education. This immersive experience facilitated empathy and understanding among participants, breaking down barriers and promoting a more inclusive mindset.



As a fitting conclusion to this transformative journey, SEQUENCE culminated in an after-party that brought together newbies, officials, and CIMSA UNAIR members. This joyous occasion served not only as a celebration of the successful event but also as a platform for fostering camaraderie among participants. The after-party, beyond being a festive conclusion to SEQUENCE, symbolized the bonds forged among diverse individuals united by a shared commitment to positive change.

SEQUENCE stands as a powerful testament to the passion and commitment of CIMSA UNAIR's newbies. Through a holistic approach encompassing training, online campaigns, ground initiatives, and hands-on workshops, SEQUENCE delivered a profound message of inclusivity and understanding. As the curtain falls on this extraordinary event, the hope is that the ripple effects of SEQUENCE will continue to resonate, fostering a more compassionate and inclusive community. Kudos to CIMSA UNAIR's Newbies as the organizers and all of the participants for a truly outstanding endeavor! **The legacy of SEQUENCE serves as an inspiration for future initiatives, highlighting the transformative potential when fresh voices unite for a common cause.**





THROUGH SEQUENCE LENS

The Background Behind

by *SEQUENCE* committee

How do you feel when you see a green apple on a red apple box? If we're talking about differentiation, every human is born with their own characteristics. Some of them have their own gift from god. Since we took a step at Cimsa we are focusing on how people see the god gift in society, How far they accept them to be in the same society. Based on the BPS Inter-Census Population Survey (Supas) in 2015, the number of people with disabilities in Indonesia was 21.5 million. Talking about disability, the god gift, we believe that they have the same opportunities as we in society. They have the same opportunity to do their hobby, to improve their passion, and to catch their dream.

In this topic, Cimsa Universitas Airlangga came to be the part of supporting disabilities in an event called sequence or sending qualified human resources on improving health society. The philosophy of sequence is same as dna movement, we as a human never stop to sequencing our support to disability to develop theirselves. In one of 4 chapter activities, we're doing a campaign on an online and offline platform. In this campaign we are focusing on supporting disability to live pleasant in

society. Our campaign have an tagline P3KA that consist of protection (perlindungan) , freedom (kebebasan), life (kehidupan), justice (keadilan), dan accessibility (aksesibilitas). This campaign activity was held in order to engage society to care and support disability people. With 1 week of instagram content and also 1 day offline campaign in Kampus B Universitas Airlangga we hope that all campaign activities will help us to know how important our support is.

We hope all our activities in this event will impact society and sequence could be the part of supporting disability. **Like DNA sequencing, we hope that our support never stops and could make something new and beneficial.**



Member Card Benefits



As a member of CIMSA, you will get a **ton of benefits** that will be useful in this moment or even in the future. Here's some list of benefit that you will gain as a member of CIMSA :

RELATION

CIMSA is a national organization therefore there will be a lot of member from all over Indonesia. Every national meeting you will meet a lot of new people that maybe were local officials, members, regional coordinators from other locals and of course you will meet the national officials. Every single person in CIMSA will give you a warm greeting in every circumstance. Other than that you will have a relation from our Alumni especially the alumni from CIMSA UNAIR.

OPPORTUNITIES

As we all know, CIMSA is an organization that was based on activities. So, there are a thousand or even a million activities that are provided by CIMSA. As a member of CIMSA, anyone will have an opportunity to be a speaker, trainer, or even just being a guest and the activities are not only in our local but National opportunities and of course since we're affiliated with IFMSA, we also have an International opportunities.

MEMBER CARD BENEFIT

There will be identification card for members which we call this Member card. This card is not just an proof of membership, but also get MEMBER CARD BENEFIT. There is some brand that has been our partners that will give the benefit to our member just by showing the member card and will get the discount or voucher from our partners. We have a lot of partners from a lot of business, if you want food and beverages, there will be foresthree, kopi kompleks, and tarantula barak. If you want to check for you health you could go to paramita lab and use the card, etc.

So, since this is the page for Member Card Benefit, We hope every member of CIMSA UNAIR will acknowledge the benefit of the member card and will use it wisely. We're hoping that Member Card Benefit will help our member to save a lot of pennies lol. Also we are looking forward for more suggestion about our possible new partner, so you're welcome to suggest!

Our External Partners



Tahukah Anda '4 Sehat 5 Sempurna' sudah ketinggalan jaman?

Oleh Ronald Gerry Pratama

RAMYEON SCOPH CIMSA UNAIR

Gizi seimbang merupakan fondasi utama untuk mencapai kesehatan dan kesejahteraan tubuh serta merupakan interpretasi kadar kualitas diri suatu individu di masa sekarang. Apabila gizi seimbang telah mencapai standar proporsi tertentu maka suatu individu dapat dikatakan telah menjadi individu dengan gaya hidup yang sehat dan kondusif. Konsep gizi seimbang tidak hanya sekadar menyangkut aspek kuantitas konsumsi makanan, tetapi juga berkaitan erat dengan kualitas dan variasi jenis makanan yang dikonsumsi. Variasi dalam hal kebutuhan gizi diantaranya adalah kebutuhan dalam karbohidrat sebagai sumber energi utama, protein sebagai zat pembangun dan perbaikan jaringan tubuh, lemak sebagai sumber energi cadangan serta untuk membantu melindungi organ dalam, vitamin sebagai pendukung berbagai proses metabolik dalam tubuh, dan mineral sebagai zat untuk membantu pertumbuhan tulang serta pengaturan tekanan darah.

Pentingnya gizi seimbang dalam menjaga fungsi tubuh yang optimal, pertumbuhan yang baik, serta pencegahan berbagai penyakit tidak dapat dipandang sebelah mata. Karena, pada dasarnya, pemenuhan kebutuhan gizi seimbang dapat memberikan dampak positif seperti mendukung pertumbuhan dan perkembangan tubuh, memelihara fungsi normal organ dan sistem tubuh, meningkatkan daya tahan tubuh terhadap penyakit, meningkatkan energi dan produktivitas serta mencegah penyakit akibat kekurangan atau kelebihan gizi.

Kebutuhan gizi seimbang pada tiap individu memiliki indikator kebutuhan yang variatif sehingga tidak semua orang akan sama kebutuhan gizinya. Namun, ada beberapa hal yang perlu tercapai agar bisa memenuhi standar 'cukup atau tidaknya gizi seseorang' terutama pada remaja yang sedang dalam tahap perkembangan semua organ dan sistem organ paling efektif. Berikut ini adalah beberapa hasil elaborasi mengenai prinsip gizi seimbang

Pola Hidup Bersih dan Sehat: gaya hidup yang terjaga dapat menunjang tercapainya konsep gizi seimbang dalam diri seseorang karena dengan menjaga kebersihan dan kesehatan di tiap aktivitas

Keanekaragaman Makanan: makanan yang layak mencapai definisi 'gizi seimbang' adalah makanan yang bervariasi terutama kandungan yang bervariasi seperti karbohidrat, vitamin, protein, lemak sehat, dan mineral di dalamnya.

Aktivitas Fisik dan Olahraga: Beraktivitas dan mengeluarkan energi dengan cara berolahraga akan membantu mengoptimalkan proses metabolisme dalam tubuh dan akan membantu proses sekresi zat sisa dalam tubuh.

Menjaga Berat Badan Ideal: Menjaga tampilan visual tubuh agar sesuai dengan standar proporsional merupakan salah satu bagian dari gizi seimbang, karena gizi seimbang identik dengan proporsionalitas tubuh seseorang.

Edukasi terkait kebutuhan gizi seimbang perlu ditekankan lebih intensif kepada semua golongan. Karena dalam perjalanan untuk menunjang gizi seimbang pada seseorang, terdapat tantangan dan halangan yang sangat menghambat proses tersebut salah satunya adalah gangguan makan.

Gangguan makan adalah gangguan mental yang ditandai dengan perilaku makan yang tidak normal dan disertai gangguan emosi. Gangguan makan merupakan kondisi psikologis yang memengaruhi pola makan seseorang dan dapat mencakup anoreksia nervosa, bulimia nervosa, dan gangguan makan lainnya. Gangguan makan dapat terjadi secara inklusif di seluruh rentang usia, namun yang paling dominan terserang fenomena ini adalah remaja usia 13 – 17 tahun.

Gangguan makan yang terjadi dapat bervariasi karena banyaknya jenis gangguan makan yang dapat terjadi pada tiap individu, berikut penjelasan mengenai beberapa jenis gangguan makan:

PICA: kondisi dimana seseorang mengonsumsi benda-benda tak biasa yang tidak berbahaya, misalnya es batu; atau yang berbahaya bagi kesehatan, misalnya serpihan cat kering atau potongan logam.

Rumination: memuntahkan-menelan makanan berulang kali selama minimal satu bulan. Makanan yang dimuntahkan dapat dikunyah kembali, ditelan kembali, atau dimuntahkan

Binge - Eating Disorder: makan terus menerus tanpa henti, terjadi berkali-kali, makan lebih cepat, tanpa rasa lapar, diikuti rasa penyesalan

Avoidant/Restrictive Food Intake Disorder: merasa cemas terhadap akibat makan, seperti tersedak makanan atau muntah dan menghindari makanan yang memiliki warna, rasa, tekstur atau bau yang tidak diinginkan.

Anorexia Nervosa: ketakutan ekstrem akan kenaikan berat badan, self-starvation, berat

badan menurun secara drastis

Bulimia Nervosa: binge-eating diiringi memuntahkan makanan dan olahraga berlebihan, perasaan gelisah dan kehilangan kontrol atas diri sendiri

Gangguan makan dapat memiliki dampak serius pada kesehatan fisik dan mental seseorang. Berikut adalah beberapa dampak yang mungkin terjadi akibat gangguan makan ditinjau dari 4 aspek:

1. **Sosial:** kehilangan fungsi produktif, konflik sosial dengan orang lain, efek psikologis terhadap orang - orang terdekat
2. **Psikologis/mental:** gelisah, depresi, hypervigilance, perilaku obsessive-compulsive, peningkatan resiko bunuh diri
3. **Medis:** malnutrisi/kelebihan nutrisi berefek ke seluruh sistem tubuh, kehilangan massa otot dan tulang, melemahnya sistem imun, kerusakan hati & ginjal, gangguan perkembangan
4. **Fisik:** penurunan berat badan yang abnormal, masalah gastrointestinal

Mengatasi gangguan makan memerlukan pendekatan yang holistik dan melibatkan berbagai aspek kehidupan, termasuk aspek fisik, psikologis, dan sosial. Berikut adalah beberapa strategi yang dapat membantu dalam mengatasi gangguan makan:

1. Konsultasi dengan profesional kesehatan
2. Terapi psikologis
3. Konseling gizi mengenai perencanaan makan yang seimbang dan pendidikan gizi
4. Olahraga rutin
5. Edukasi dan kesadaran mengenai pendidikan tentang gangguan makan dan peningkatan citra tubuh positif
6. Pemantauan dan perawatan jangka panjang





EXCHANGE

CULTURAL EXPERIENCES

Rebeka Tothova | SCORE Incoming for July

My journey began in Surabaya, where I had the opportunity to experience their typical traditions and foods. Surabaya, the second-largest city in Indonesia, is known for its vibrant culture and history. One of the most prominent aspects of their culture is food. Surabaya's cuisine is famous for its diversity and intense flavors. I tasted traditional dishes like "Soto Ayam," a spicy chicken soup, and "Rawon," a dark beef stew, which were truly unforgettable.

As an exchange student at Airlangga Surabaya University, I have experienced a vibrant and welcoming academic community that fosters cultural diversity and global perspectives.

The university's commitment to providing a dynamic learning environment has enriched my educational journey, allowing me to engage with passionate professors and fellow students from various backgrounds.

Airlangga Surabaya University's emphasis on international exchange programs has not only broadened my academic horizons but also provided me with the opportunity to immerse myself in the unique cultural tapestry of Surabaya.

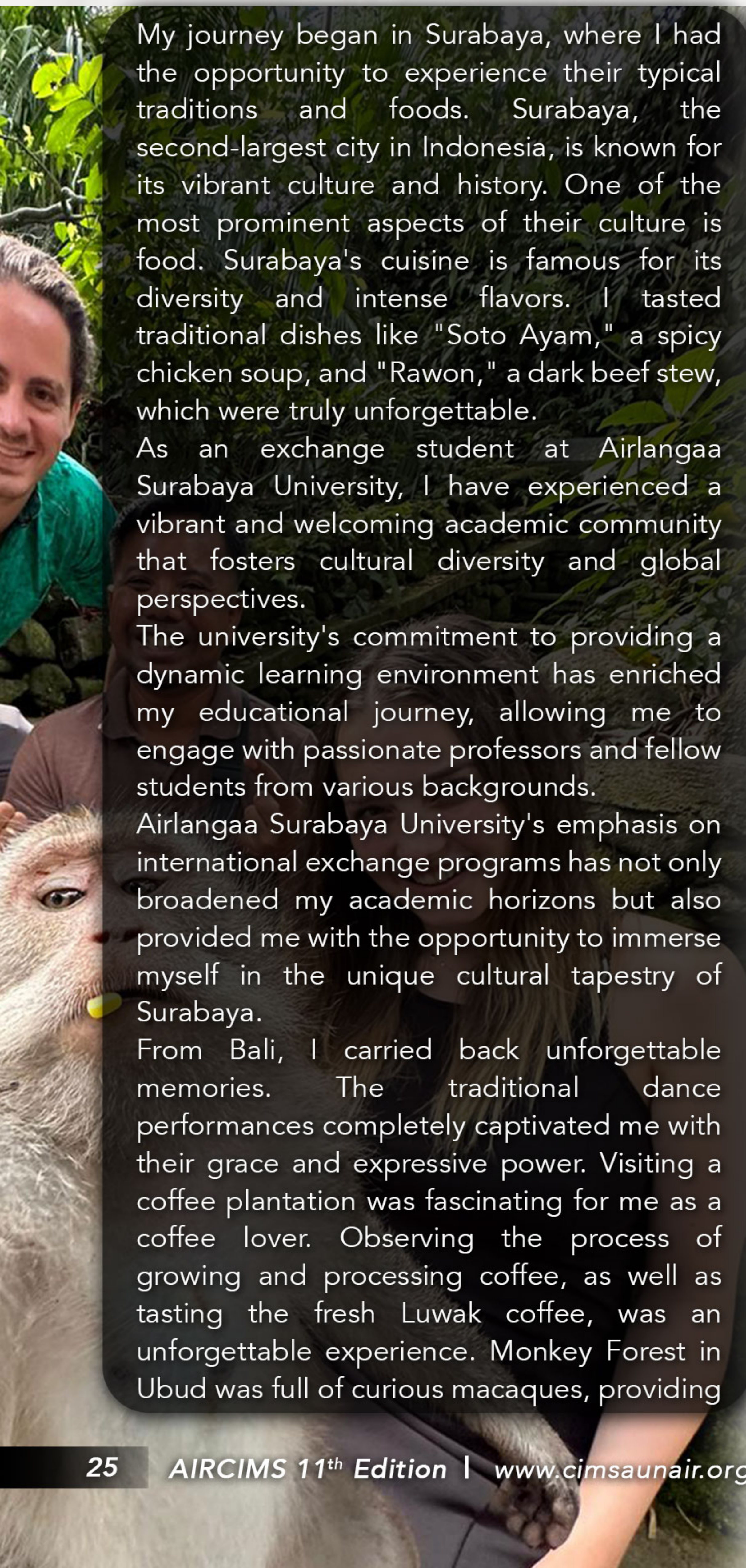
From Bali, I carried back unforgettable memories. The traditional dance performances completely captivated me with their grace and expressive power. Visiting a coffee plantation was fascinating for me as a coffee lover. Observing the process of growing and processing coffee, as well as tasting the fresh Luwak coffee, was an unforgettable experience. Monkey Forest in Ubud was full of curious macaques, providing

a fun and unique experience. The rice fields mesmerized me with their beauty and the peace I felt while admiring them. I also visited the famous Handara Gate, which has become an iconic spot for photography. Yoga in Ubud was a cleansing experience for me, where I could connect body and mind in a beautifully serene setting.

Visiting Yogyakarta and East Java was equally fascinating. The climb to Bromo Mountain was challenging, but the reward was a breathtaking view of the surrounding landscape at sunrise. This experience provided me with an amazing perspective on the natural beauty of Indonesia.

The cost of living in Indonesia is significantly lower compared to Europe. This affordability allowed me to enjoy more experiences without worrying about the budget. The cultural shock was present, especially in the differences in lifestyle, values, and social norms. Indonesians are very friendly and hospitable, and their way of life, which emphasized family and community, was very inspiring to me.

This trip provided me with many unforgettable experiences and lessons. **From tasting traditional foods, experiencing cultural rituals, to discovering natural beauties, every moment spent in Indonesia was a valuable addition to my life journey.**





STORIES

OUTGOING JOURNEY

Indriani Putri Paramitha | SCOPE Outgoing for July

My name is Indriani Putri Paramitha and I am from CIMSA FK UNAIR. I spent the last month of July 2023 participating in an exchange program at CHU de Caen in Normandy, France. I didn't go to France alone, but I went with my 2 best friends. This trip to Caen was interesting because it was my first time in Europe, let alone having an internship in a french-speaking city. It was quite nerve wracking for sure.

First day of clerkship at the hospital. I was placed at the Orthopaedic and Traumatology department. The hospital itself was huge but fortunately we had no problem navigating ourselves, especially since everyone was very nice. All doctors, residents, and nurses are very kind and welcoming. Even though I was at the orthopaedic surgery department, everyone was quite opened to exchange students. Every day I was invited to take part in hospital rounds, examine patients who were in consultations, and I also had the opportunity to observe numerous amounts of surgery.

I met a lot of nice people in Caen. In this batch, there were various amounts of incomings from different countries from Poland, Lithuania, Cyprus, Mexico, Turkey, and Brazil. We shared a lot about our respective countries. We talked a lot about the education system in each country, especially for medicine, the health system in each country, and from those

conversations I knew a lot of interesting facts about Europe. One night, we were invited to have dinner at one of the students from the Turkish incoming's house and it was our best dinner because that night we were served a lot of food and drinks. We also played a little game and we had lots of fun from the conversations and stories we shared.

On the last week before coming home, we had a social program to a majestic place called Mont Saint-Michel. The trip took an entire day and by the time we got home, we were all super tired but so much fun. It was a very memorable experience for sure.

In all Caen is a safe and student-friendly city. Public transportation here is also relative easy and cheap so it's easy for us to travel. One more good thing here is that it has a lot of historical building with great architecture, you'll never get bored with it. The memories I had during this exchange is one of a kind for sure, **I will treasure it for the rest of my life, especially the friends I got to make a long the way.**



ALUMNI CORNER

with dr. Robby Azhari

PPDS Ilmu Penyakit Dalam
FK UNAIR

SCOME CIMSA UNAIR Alumni

Medical Tutor NDNE

Co-Instructor Tramed FK UNAIR



Hello, Kak Robby! How are you? Would you mind telling us about your current day-to-day activities?

Hello! I'm doing fine! Let me introduce myself first, I'm dr. Robby Azhari, I am currently undergoing specialist or resident or PPDS courses in the Internal Medicine study program at Airlangga University. But I'm still studying general basic subjects (MKDU) and yes, I'm still very new, so currently I'm busy (briefly) studying. Hehehe...

As a pre-clinical student, what motivates and interests you to join and become a member of CIMSA?

Wow, just one word. CIMSA is....COOL! When I was a freshman, there used to be a parade of extra organizations, there were lots, the only one that attracted my attention was CIMSA, because from the first introduction, I was already excited. Not only that, there are actually several "work focuses" that made me interested in CIMSA. For example SCOME, which operates in the field of Medical Education. As soon as I knew that, I immediately convinced my heart, I MUST JOIN CIMSAAAAAAAAAA

What was the most interesting experience that you had while working as a CIMSA member?

How much do you want?? I guess 1 sheet isn't enough hahaha. because there are so many interesting experiences being a CIMSA member, because my focus is on SCOME, so we definitely hold various events, one of the most interesting is BTS (Break The Silence). BTS is one of the SCOME activities with a community of deaf friends. We learned sign language which will certainly be very helpful when we become doctors later, because we as doctors might get patients who are deaf, so we have to use and learn sign language. Surprisingly, THIS WAS USED when I was guarding the emergency room. So there is an accident patient with a history of autism and deafness, I wanted to communicate using writing, but I can't... because the patient is in pain, he wasn't able to write. Luckily, I had learned basic sign language, so it was quite helpful in taking the patient's history. Yes, even if it's just asking for names and complaints, but at least it builds trust in the patient if the doctor understands their condition.

According to Kak Robby, as someone who is active in an organization, what benefits have you felt during and after being a CIMSA member?

Wow, this is a lot too. CIMSA often holds events, especially collaborations with other SCOs and even invites speakers/lecturers who are really great in their fields. This actually helps improve our relationships. At least, we can get to know a lot of people who will help us later. We can get to know the seniors who will help us if we have difficulty studying. Moreover, the organizing will be of great use when you

become a doctor, because patient treatment is must be holistic and requires effective communication. Well, effective communication can be trained through organization. Apart from that, a decision-making attitude is also very useful, especially if you are an emergency room doctor who needs quick treatment.

Lastly, do you have any message for CIMSA members?

Message for my friends, my juniors who are currently members of CIMSA, keep your enthusiasm, besties... CIMSA is fun, seriously. If I can join more than 1 SCO, I'll join them all hahaha. There are many benefits you can get at CIMSA. You can exchange ideas, not only with friends from the same university, but also from other universities or even universities abroad. Don't forget to always guide your juniors so they don't get lost and don't give up easily, because the challenges definitely exist, we just have to go through them.

For you, who want to join CIMSA, don't hesitate. There are many focus options if you enter CIMSA. If you want to do research, you can. If you want to learn public health, you can. If you want to learn about reproductive health, you can do that too. If you want to exchange, it's very possible. If you are in doubt, just look at your seniors, see their achievements. There are already a lot of exchanges. There are also many who serve at the top level of IFMSA... apart from that, it must also be seen from the perspective of the benefits of organizational experience. Keep it up besties

OCTOBER 20 MEETING 23

The October Meeting is one of the National Meetings organized by CIMSA National. The purpose of this event is to gather every CIMSA local chapter in Indonesia with the aim of enhancing the experience and knowledge of all CIMSA members. Additionally, the October Meeting aims to introduce the CIMSA National board and their focus areas and programs for the 2023/2024 term. The October Meeting for 2023 was held at the University of Andalas.

Some agenda items for the October Meeting 2023 included:

NEWCOMERS SESSION

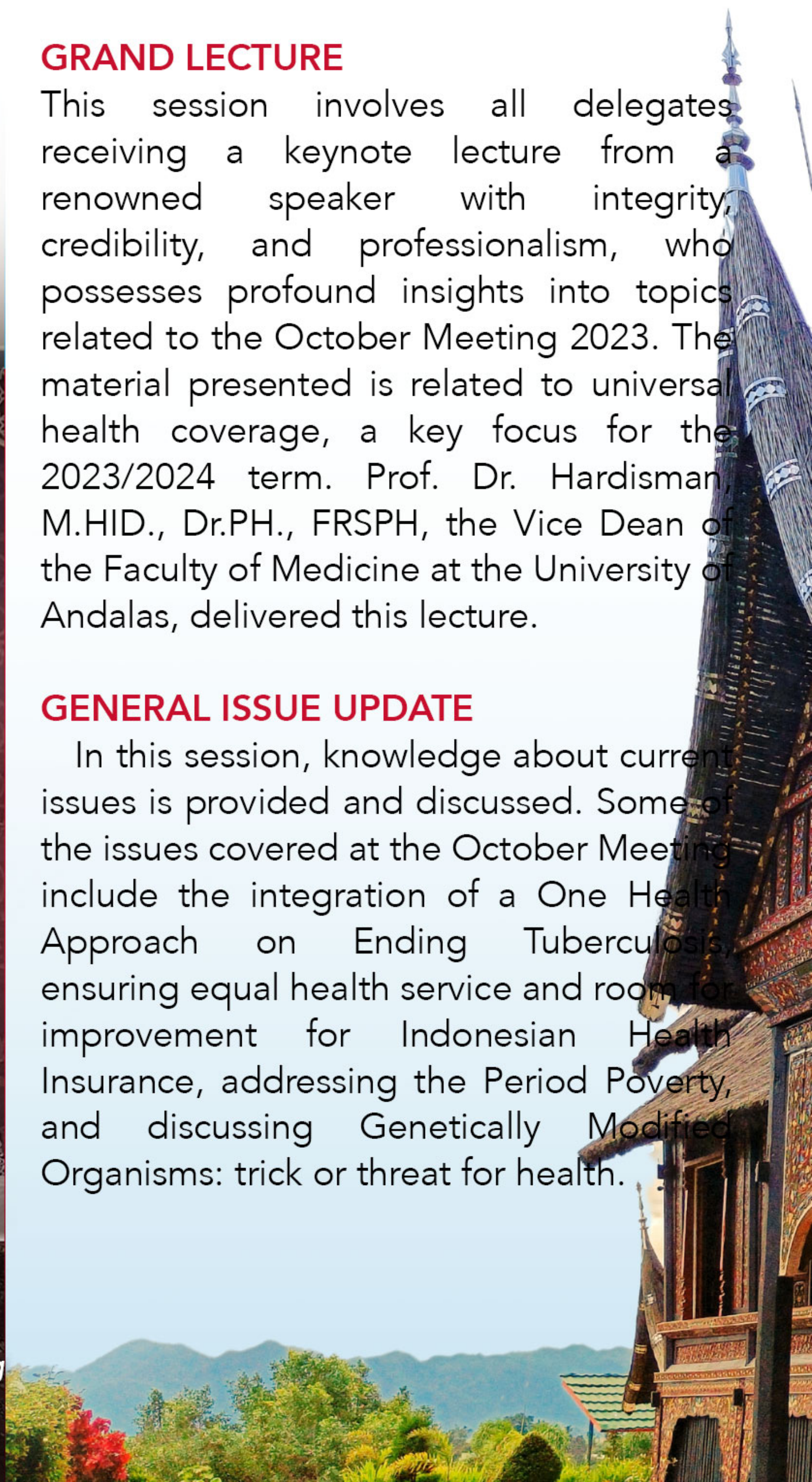
The Newcomers Session is an introduction and presentation session for the delegates about the agenda of the October Meeting 2023. It serves as a session to familiarize the National Officials of CIMSA Indonesia 2023-2024 with all the delegates attending the October Meeting 2023.

GRAND LECTURE

This session involves all delegates receiving a keynote lecture from a renowned speaker with integrity, credibility, and professionalism, who possesses profound insights into topics related to the October Meeting 2023. The material presented is related to universal health coverage, a key focus for the 2023/2024 term. Prof. Dr. Hardisman, M.HID., Dr.PH., FRSPH, the Vice Dean of the Faculty of Medicine at the University of Andalas, delivered this lecture.

GENERAL ISSUE UPDATE

In this session, knowledge about current issues is provided and discussed. Some of the issues covered at the October Meeting include the integration of a One Health Approach on Ending Tuberculosis, ensuring equal health service and room for improvement for Indonesian Health Insurance, addressing the Period Poverty, and discussing Genetically Modified Organisms: trick or threat for health.



Padang, Sumatra Barat

PLENARY SESSION

The highest decision-making forum in CIMSA. During the Plenary Session of the October Meeting, CIMSA National Officials present the focus, objectives, work programs, and other matters related to the CIMSA leadership for the 2023-2024 period.

PARALLEL SESSION

This activity is conducted simultaneously in several sessions. In these sessions, each delegation is directed to a room according to their Standing Committee on Outgoing (SCO) or Local Officials' positions, each with different discussions. The goal of the Parallel Session is to enhance a sense of camaraderie and understanding in line with the topics raised in each SCO or specific official's domain.

REGIONAL SESSION

This event brings together participants from different local chapters within the same region. Led by a Regional Coordinator, the session aims to strengthen the bond among CIMSA members within the same region.

ACTIVITY FAIR

A platform to present and promote local activities to all delegates. This session includes a brief exhibition of community development projects from selected CIMSA locals. The community development project with the best exhibition and presentation is selected as the winner.

FAREWELL PARTY

The concluding event of the October Meeting 2023 attended by all delegates. The Farewell Party is themed and supported by an interesting delegate dress code. This session is enlivened with performances and presentations from the Organizing Committee, Local Coordinator, Regional Coordinator CIMSA, and delegates from each SCO CIMSA.

CIMSA UNAIR ON OM 2023

LOCAL

Best Regeneration for 1st Period - CIMSA UNAIR

SCOME

Best Member for 1st Period - Nathania Nabilah P.

SCORA

TOP 5 LORA - Sean Muhammad Rabbani

Best Member for 1st Period - Nur Farhana Fatimah

SCORP

Top 2 Local - SCORP CIMSA UNAIR

Best LORP - Firnanda Bagoes
Honorable Mention SCORP Top Project Nominee - DAISY (IDoP 2023)

Best FNM Team for 1st Period - Arifatin Syafirah

Best Member for 1st Period - Shafira Amalia Putri Br Tambunan

SCOPE

Best Member for 1st Period - M. Ahsan Abdulloh

SCOPH

Best Member for 1st Period - Zunita Amilia Karima

Elected Activity for SCOPH Activity Presentation - MIOCARD (WHD 2023)

SCORE

Best External for 1st Period - SCORE CIMSA UNAIR

Best Hosting for 1st Period - SCORE CIMSA UNAIR

Best Member for 1st Period - Hanifah Dzakiyah

CIMSA UNAIR OFFICIALS 2023/2024



LOCAL COORDINATOR
Brahmakanya Faulina



VLI
Rania Sabrina



VLE
Valiant Ezekiel



SECRETARY
Nindy Vidyani



TREASURER
Agatha Anindya



SUPERVISING COUNCIL
Vanessa Vania



SUPERVISING COUNCIL
Angela Romauli



SUPERVISING COUNCIL
Mayoori Akirasena



SUPERVISING COUNCIL
Chindita Tri



SUPERVISING COUNCIL
Tarissa Diandra



HRDC
Reisyah Fadhlia



PC
Stephanie Angelica



CDC
Nadia Fairuz



RNDC
Kedyastasya Rae



MCC
Grace Amelinda



ASC
Callista Nadhifa



FNMC
Espridelavia Sektiara



LOME
Helga Anindya



LORA
Sean Muhammad



LORP
Firnanda Bagoes



LPO
Theresia Trishavena



LORE
Yasmin Azzahra



LEO IN
Amanda Widyadhana



LEO OUT
Ludwina Rouli



cimsaunair



cimsaunair



cimsaunair



CIMSA Unair



CIMSA Unair



CIMSA Unair



cimsaunair.org



STAY CONNECTED WITH US!



UNIVERSITAS AIRLANGGA

