

Tokamachi, Niigata, Japan experience sharing on preparation towards active ageing, 2020

ABSTRACT

As the year 2020 marked a significant milestone to our country with regards to our vision to become a developed country, the UKM-Niigata University "Exchange Program & Seminar on Program for Enhancing Health Policies for Healthy and Active Aging In-Comparison Between Malaysia & Japan" was suitably conducted. The MOU between UKM-NU (Niigata University) since year 2009 has opened plenty of opportunities for various fruitful collaborations in terms of knowledge, research and experience sharing between both countries. This round, the opportunity was offered to two post graduate DrPH (Doctor of Public Health) students, together with professors, associate professors and senior officers from Department of Community Health, Faculty of Medicine, UKM, Faculty of Medicine & Health Sciences UMS and UPM, MyAgeing UPM and Cheras District Health Office. The Malaysian delegation was led by Associate Professor Dr. Mohd Rohaizat bin Hassan, who himself attained the PhD degree from Niigata University and has ushered in many opportunistic networking and good collaborations between both countries / universities.