

# OG Department Stores – Mr Tay Tee Peng

## Distinguished Undergraduate Student Award

TCM Outreach project

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Date: Jan 2022 – May 2022

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### Overview & Purpose

Many people are unsure of what Traditional Chinese Medicine (TCM) means and the benefits it can bring about as an alternative option for healthcare and medical treatment. Hence, my project aims to provide exposure to people in my neighbourhood on TCM knowledge via sharing sessions. It also aims to spark their interest and gain acceptance towards this alternative form of healthcare and medication.

### Event Details

Collaborating parties:

- Bukit Panjang Community Club
- Singapore Chung Hwa Medical Institution (Bukit Panjang)
- NTU Chinese Medicine Clinic

Event day timeline:

<u>Time</u>	<u>Event (9<sup>th</sup> April)</u>	<u>Remarks</u>
0900 – 0930	Setting up	
0930 – 1030	Speaker sharing from NTU	Physical booth available for viewing anytime
1030 – 1100	Viewing of physical booths	
1100 – 1200	Speaker sharing from SCHMI (BP)	
1200 – 1245	Booths	
1245 – 1300	Closure and packing up	

Learn more about  
**Traditional Chinese Medicine Remedies**  
 了解更多有关中医的治疗

Date 日期: 9 April 2022  
 Time 时间: 9.30am - 1pm  
 Location 地点: Bukit Panjang Community Club  
 8 Pending Road S(678295)

Register now!  
 现在报名!

**Guest speakers**



**Physician Wong Jun Jie**  
 NTU Chinese Medicine Clinic  
 Time 时间: 9.30am - 10.30am  
 How to testify with TCM?  
 如何用中医调理?



**Physician Tan Wu Sang**  
 SICM Clinic Head  
 Time 时间: 11am - 12pm  
 Post-Covid recovery  
 新冠疫情影响的健康调理

**Mini Booths\***

- Try acupuncture and cupping on dummy
- Learn how to identify raw herbs

\*Test out more at [www.alltcms.com](http://www.alltcms.com)

Ever wondered how it feels like to acupuncture someone?



Poster design to inform public of the event



Website: [www.alltcms.com](http://www.alltcms.com)



Interactive booths





Mr Liang Eng Hwa, Member of  
← Parliament representing Bukit Panjang  
SMC, visiting the booths

Free herbal teas given to the public →



← Public taking down notes



Guest speaker sharing →





Student helpers from NTU BMSxTCM

#### Event Summary:

- Gained attention from not only elderly, but also families with children.
- As one of the sharing sessions was held in English and the student helpers were bilingual, it was lovely to see people of different races attending and benefitting from the event.
- Good feedback regarding the hands-on booths where the public could try acupuncture and cupping under supervision.

#### Future planning:

- Reach out to other communities across Singapore to further expose TCM to the public.
- Reach out to more young adults by publicising the event on online

#### Acknowledgements:

Firstly, I would like to thank OG Department Stores and Bukit Panjang Community Club for providing me with the opportunity and venue to share TCM benefits to the people in my neighbourhood. Secondly, I am grateful towards Dr Goh Chye Tee, Ms Neo Min Jun and Ms Irene Tay for their patient guidance throughout the project in various aspects. Lastly, I thank my course mates for freeing up their time to support me during the course of this project. From helping me behind the scenes, to helping me manage the crowd on actual day. After obtaining good feedbacks about the event, I do look forward to reaching out to more communities across Singapore!