

Why study Pharmacy? And how has the journey been thus far?

My interest in pharmacy sparked from a simple observation: the significant effect that a tiny pill can have on an individual's health. I was intrigued by the potential of Biology and Chemistry to be utilised in healing and reducing suffering. This curiosity about medication-based disease management inspired me to pursue a degree in Pharmacy to deepen my understanding.

The comprehensive and integrated curriculum has greatly expanded my knowledge and developed essential skills, including critical thinking, problem-solving, and effective communication. These competencies are crucial for my future interactions with patients and collaboration within a multidisciplinary healthcare team.



Kanesananthan Yahrliny
Year 3 Pharmacy

What interests you most in your studies?

Beyond the scientific principles of pharmacology and learning about the intricate mechanisms of drug action, my primary interest lies in the clinical aspects of pharmacy. I am eager to acquire the practical skills essential for providing patient-centred care.

I find immense fulfillment in learning to communicate effectively with patients, counseling them on their medications, and addressing their concerns. I believe pharmacists play a pivotal role in bridging the gap between scientific knowledge and patient comprehension, thereby empowering individuals to take charge of their health. I deeply value the human connection inherent in pharmacy, particularly the importance of building trust and rapport with patients.

Apart from academic lessons, what other programmes did you participate in? And how did the experience(s) benefit you in your (a) personal growth and development, and (b) academic pursuits?

I have actively sought opportunities that allow me to gain more volunteer experience and develop skills that will be beneficial in my future as a pharmacist. My interest in geriatric care inspired me to engage in initiatives that foster personal interactions with the elderly and enhance my understanding of their needs. In 2023, I participated in Project SilverScreen and SilverHomes, organized by NUS Yong Loo Lin School of Medicine. Project SilverScreen was a one-day event where medical and healthcare students visited the homes of senior citizens in Bukit Batok to conduct health screenings. We interviewed them using a health screening questionnaire, measured their blood pressure, height, and weight, and referred their cases to the doctor for further assessment and necessary actions, such as referrals.

Following this, Project SilverHomes, a six-month intervention programme, allowed us to befriend a senior, learn about his lifestyle and health conditions, and collaboratively develop a plan with him and his doctor to prevent illnesses and frailty, ultimately helping him adhere to the plan to enhance his quality of life.

I had the incredible opportunity to participate in the Study Trip for Engagement and Enrichment (STEER) to Hanoi, which significantly expanded my perspective on global healthcare. During our trip, we delved into the healthcare environment, focusing particularly on pharmacy practices in Hanoi. This involved visits to Hanoi University of Pharmacy (HUP), local pharmacies, hospitals, and a pharmaceutical company named Traphaco. We also engaged in insightful conversations with HUP's pharmacy students, pharmacists, and healthcare professionals, gaining firsthand insights into the successes and challenges faced by their public healthcare system. We were also able to compare the Pharmacy curriculum and healthcare systems of both our countries.



STEER Hanoi



What other interesting activities did you partake in to further enrich your student life, e.g. extra-curricular activities on campus (e.g. NUSPS, House, etc.)?

During my first two years in Pharmacy, I was active in NUS Pharmaceutical Society (NUSPS). In my first year, I contributed to the Inter-Professional Education (IPE), Procter House, and FLAG sub-committees, where I helped plan and execute a variety of events, from inter-healthcare programmes to welfare and volunteering activities. In my second year, I assumed the roles of Welfare Head for Procter and IPE Director. As the Welfare Head, I organised volunteer events for students in my House and prepared merchandise for welfare packs and fundraisers. I managed a collaboration with Bethesda Care Centre, where we hosted Christmas-themed activities for the beneficiaries. My role as IPE Director allowed me to organise inter-healthcare events and further develop my leadership skills. Collaborating with students from different healthcare disciplines deepened my appreciation for the importance of a multi-faceted approach to healthcare.



First General Meeting of the 63rd NUSPS Exco



Fit. Fun. Fruits. 2024 at Kranji Westlite Way Dormitory with most of my IPE committee