

(A) Hands-on Workshops

Workshop title:	Knowing Your Body Constitution Type (体质) Based on Traditional Chinese Medicine(TCM) Evaluation
Workshop owner: (Name of School/ Institution/University/Organizat ion)	Department of Chinese Medicine, Faculty of Medicine and Health Sciences, Universiti Tunku Abdul Rahman
Description of workshop: (objective, content, etc)	<p>Objectives:</p> <ul style="list-style-type: none">• To introduce the 9 constitutions type based on TCM to the participants.• To enhance participants' understanding to their own body constitution.• To share some tips on health for different body constitutions. <p>Proposed activities :</p> <ol style="list-style-type: none">1. Brief introduction of the concept on the types of body constitution type.2. Quiz on the types of body constitution will be conducted for participants.3. Explanation based on the types of participants' body constitution will be done by referring to poster4. Q&A sessions will be conducted for participants.5. General health tips will be given to the participants based on their body constitution.6. A bookmark printed with information about their type of body constitution will be given to the participants. <p>Number of helpers:15 persons/day</p>
Age group:	7 years old and above
Number of sessions & Duration per session:	Session ongoing throughout the event hours. Estimated time per participant: 20 – 40 mins

Exhibition

Activity/Experiment title:	The meridian attribution of Chinese herb
Activity owner: (Name of School/ Institution/University/Organization)	Department of Chinese Medicine , Faculty of Medicine and Health Sciences, Universiti Tunku Abdul Rahman
Description of activity/experiment: (objective, content, etc)	Objectives: To exhibit the Chinese herbs and show their meridian contribution through the indication of human model.