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‘Reflections’

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Photo Competition



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CONTENTS

1. Empowering Communities	
Muh Syaiful Akbar (Indonesia)	Page 4
2. Hands Raised, Voices Counted—Harnessing QR Codes for Community Action	
Rachanon Sakol (Thailand).....	Page 5
3. Order in Care—Guiding a Patient to Timely Medication	
Kawee Pattarayukoltorn (Thailand)	Page 6
4. A gift of survival in a fragile world	
Mohd.Faizal Bin Madrim (Malaysia)	Page 7
5. Shared hunger, shared hope	
Mohd.Faizal Bin Madrim (Malaysia)	Page 8
6. Barefoot in tomorrow's uncertainty	
Mohd.Faizal Bin Madrim (Malaysia)	Page 9
7. Her hands, his shelter	
Mohd.Faizal Bin Madrim (Malaysia)	Page 10
8. Drawing the Invisible: Superbugs in a Disruptive World	
Zulkhairul Naim bin Sidek Ahmad (Malaysia)	Page 11
9. Climbing Ladders, Facing Snakes: Public Health in a Disruptive World	
Zulkhairul Naim bin Sidek Ahmad (Malaysia)	Page 12
10. Enduring the Heat: Public Health in a Changing World	
Zulkhairul Naim bin Sidek Ahmad (Malaysia)	Page 13
11. But Mama, I Am Hungry	
Zulkhairul Naim bin Sidek Ahmad (Malaysia)	Page 14

Empowering Communities

by Muh Syaiful Akbar

(Indonesia)



This photo portrays lower limb amputees enduring low back pain from post amputation biomechanical changes. With limited access and no guiding policies, they created their own space for healing. Their resilience shows they are not merely surviving, but striving to stay healthy for their families urging policymakers to recognize and support such community driven initiatives.

Hands Raised, Voices Counted—Harnessing QR Codes for Community Action

by Rachanon Sakol
(Thailand)



Neighbors of all ages gather in an open-air community hall, lifting laminated cards with bold QR codes toward a smartphone camera. With the Plickers app, scanning each code in an instant turns a process that once took hours into a matter of minutes. These modest pieces of paper become a conduit for each person's voice as they rank the most critical health issues in their community. What distinguishes this moment is not the technology itself but how it dissolves barriers. Elders accustomed to chalkboards and town criers participate confidently alongside smartphone-savvy youth, their delight obvious as the results appear before them. In a world where disruption often widens inequalities, this scene shows how innovation can bridge them—transforming a traditional community forum into a transparent, inclusive process that guides public health action with precision and respect.

Order in Care—Guiding a Patient to Timely Medication

by Kawee Pattarayukoltorn
(Thailand)



A community nurse practitioner kneels next to an aging patient seated in a plastic chair on a narrow gravel path. The young nurse is doing community service as part of his training. He takes a bunch of medicines out of a box and puts them into a clear pill organizer, explaining each dose and when it should be taken. The patient pays great attention while holding the newly organized medicines that would help him recall his routine. This kind of scene shows where public health is most needed: at home. Instead of a clinic, care is given on a driveway that is shaded by a parked vehicle and fits into the everyday routine. The nurse makes people feel more sure about taking their medicines by breaking them down and explaining how to take them. In a world that is always changing and where chronic sickness and complicated regimens can be too much to handle, these one-on-one meetings remind us that good healthcare starts with empathy, planning, and personal direction.

A gift of survival in a fragile world

by Mohd.Faizal Bin Madrim
(Malaysia)



An old homeless man sits behind his tricycle stacked with belongings, holding a neatly packed meal — perhaps given by a passerby. In the midst of disruption, his dignity and health hinge on the compassion of strangers. The scene reflects how vulnerability, aging, and inequality remain silent public health challenges.

Shared hunger, shared hope

by Mohd.Faizal Bin Madrim
(Malaysia)



An elderly man sits with his meager meal, his loyal dog tucked into the tricycle beside him. Together they embody both vulnerability and dignity — depending on charity, yet offering each other comfort. The scene reminds us that public health challenges extend beyond individuals, touching the bonds that keep them alive.

Barefoot in tomorrow's uncertainty

by Mohd.Faizal Bin Madrim
(Malaysia)



Three Sea Gypsy children walk barefoot along a jetty in Sabah. Their world is shaped by disrupted traditions, fragile livelihoods, and limited access to healthcare and education. The image reflects the public health challenges of marginalized communities – where the environment, poverty, and resilience walk hand in hand.

Her hands, his shelter

by Mohd.Faizal Bin Madrim
(Malaysia)



A Sea Gypsy mother holds her toddler firmly in her hands. In her grasp lies both care and protection, symbolizing resilience in a world disrupted by poverty, fragile health systems, and environmental change. The image reflects the centrality of maternal and child health in public health challenges.

Drawing the Invisible: Superbugs in a Disruptive World

by Zulkhairul Naim bin Sidek Ahmad
(Malaysia)



This image portrays a hand-drawn superbug, symbolising the invisible yet growing threat of antimicrobial resistance (AMR). In our disruptive world shaped by pandemics, climate change, and digital transformation, superbugs represent one of the greatest silent challenges to global health. As a public health academic from Malaysia, I use art and creative education to make complex issues like AMR visible and relatable. This drawing reminds us that while superbugs cannot be seen with the naked eye, their impact is real and urgent. The question remains: how will we act now to ensure medicines continue to protect us in the future?

Climbing Ladders, Facing Snakes: Public Health in a Disruptive World

by Zulkhairul Naim bin Sidek Ahmad
(Malaysia)



This photo of a simple Snake and Ladder game reflects the reality of public health today, progress and setbacks intertwined. Growing up in flood-prone Kelantan and now working in public health, I have seen how fragile our advances can be. One step forward with new vaccines or treatments, and suddenly a snake, climate change, pandemics, or antimicrobial resistance pulls us back. For me, this game is not just play; it symbolises the unpredictable journey of communities struggling to stay healthy in a disruptive world. I use such tools in my teaching and outreach, making abstract challenges tangible for children and youth. It is a reminder that resilience comes not from avoiding the snakes but from finding the ladders together. The question we must ask is: how do we design more ladders and fewer snakes for the future of public health?

Enduring the Heat: Public Health in a Changing World

by Zulkhairul Naim bin Sidek Ahmad
(Malaysia)



This photo shows a gardener covering himself to endure extreme heat while working outdoors. It reflects the lived reality of many low-income workers who, despite health risks, must continue their labour to support their families. Growing up in Malaysia, I have seen how climate change is no longer an abstract issue, it is reshaping daily survival, particularly for vulnerable groups. Heat stress is not just a personal discomfort but a growing public health challenge in a disruptive world. Rising temperatures, precarious jobs, and economic pressures combine to put workers' health at risk, often with little protection or safety nets. The image asks us to confront a difficult question: how can we create fairer systems that protect workers' health while ensuring families can survive? The way forward demands policies, innovation, and compassion that put human dignity at the centre of adaptation.

But Mama, I Am Hungry

by Zulkhairul Naim bin Sidek Ahmad
(Malaysia)



This photo captures a thin, anxious young boy saying, “But Mama, I’m hungry. I need food.” It reflects the silent toll of the COVID-19 pandemic on the nutritional status of children, especially among the urban poor. Behind the statistics are real families struggling with unemployment, rising costs, and reduced access to healthy food. Public health in a changing world is not only about fighting diseases, it is about protecting the most vulnerable from the ripple effects of crises. The image is a reminder that pandemics magnify inequalities, and that ensuring food security must remain at the heart of resilient and compassionate public health systems.



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