

The world will not  
be destroyed by  
those who do evil  
but by those who  
watch them without  
doing anything.

*Albert Einstein*

## REFUGEE & ASYLUM SEEKER

# HEALTH

— DR. SHARUNA VERGHIS —

ATHYNA.EDUCATION

This session includes discussions of refugee and asylum seeker experiences, which may involve topics such as displacement, trauma, violence, and mental health challenges.

Some students may find this content distressing. You are encouraged to take care of your wellbeing during the session - this may include stepping out briefly if needed.

If you would like to speak to someone, please feel free to reach out to a member of the teaching team.

Additional support is available through [Counselling, Health & Wellness](#).

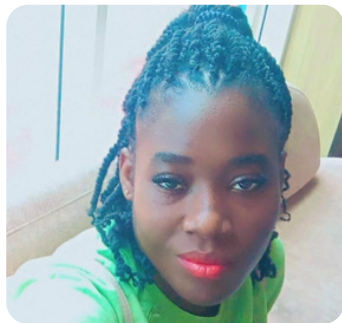
# GUEST SPEAKERS



Dr. Man Sian Dim is a Community Health Worker on mental health with Health Equity Initiatives and is highly active in promoting health and well-being within her community.

She graduated from the University of Medicine, Magway, Myanmar in 2018 (M.B., B.S) and worked as a medical officer in a private hospital, as well as in NGOs where she served as a Medical Coordinator and Team Leader before being displaced to Malaysia.

She arrived in Malaysia in April 2024 and joined Health Equity Initiatives in August 2024. She has completed a training Certificate as a Community Health Worker on mental health (November 2025) and is a certified Psychological First Aid (PFA) Trainer (April 2026), continuing her commitment to supporting and empowering underserved communities.



Comfort Wobil Brima is an advocate dedicated to improving the health and well-being of vulnerable communities, with a focus on refugee women and young people. A teacher and community support worker, she is committed to educating, guiding, and empowering individuals to enhance their lives.

She actively contributes to community initiatives through Teen Health International, a woman-led organization that promotes health education, protection, and empowerment. Her work focuses on raising awareness of menstrual hygiene, sexual and reproductive health, mental health, and gender-based violence.

Comfort is passionate about creating safe, supportive spaces where people can learn, connect, and access resources. Through collaboration and community-driven programs, she aims to foster lasting impact and empower individuals to lead healthier, more confident lives.

# TUTORIAL TASK

## IN CLASS

Please listen attentively and take notes during the presentations by our refugee guest speakers.

Once the speakers have concluded, we will move on to a group activity.

You will have 5 minutes to discuss the presentations within your group.

When it is your group's turn to share (one representative per group):

- Begin by stating your group number.
- You may either share a response to the presentation or ask a question.
- Any questions will be collected and addressed collectively at the end.
- If time permits at the end of the session, we will take additional questions.

### IMPORTANT REMINDERS

1. Maintaining professionalism is essential throughout this tutorial.
2. **Please avoid side conversations** during the speakers' presentations and while your peers are speaking, as these may be perceived as disrespectful or disruptive by our guest speakers. We will be guided by ProFESS in addressing issues of professionalism during the session.
3. Finally, be mindful to avoid questions that could retraumatize the speakers. For example, do not ask:
  - Why did you come to Malaysia?
  - What happened to you in your home country?

These personal questions may cause distress and are not appropriate for this setting.

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# TUTORIAL TASK

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## INDIVIDUAL REFLECTION

### IN CLASS

#### Individual Reflection Question:

**Reflect on the session: what are your overall thoughts, and what stood out to you the most?**

**Each member of the group should answer this question separately. A short paragraph (2-3 sentences) will suffice.**

|                                |  |                                |  |                                |
|--------------------------------|--|--------------------------------|--|--------------------------------|
| <a href="#"><u>GROUP A</u></a> |  | <a href="#"><u>GROUP E</u></a> |  | <a href="#"><u>GROUP I</u></a> |
| <a href="#"><u>GROUP B</u></a> |  | <a href="#"><u>GROUP F</u></a> |  | <a href="#"><u>GROUP J</u></a> |
| <a href="#"><u>GROUP C</u></a> |  | <a href="#"><u>GROUP G</u></a> |  | <a href="#"><u>GROUP K</u></a> |
| <a href="#"><u>GROUP D</u></a> |  | <a href="#"><u>GROUP H</u></a> |  | <a href="#"><u>GROUP L</u></a> |

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# REFUGEE & ASYLUM SEEKER HEALTH

ATHYNA.EDUCATION

DR. SHARUNA VERGHIS

THEME II: POPULATION, SOCIETY HEALTH AND ILLNESS  
Med1100/1200 Semester 1

