General

Healthy Lifestyle promotion for the well-being of campus denizens

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PEKAN, 6 November 2020 - In an effort to improve the well-being of campus denizens and the importance of healthcare, the Office of the Vice-Chancellor (PNC), in collaboration with the Registry Department and Centre for Sports and Culture of Universiti Malaysia Pahang (UMP), organised a weekly Healthy Lifestyle Programme held around the clock tower at Tun Abdul Razak Chancellery Building, UMP Pekan.

Fifty staff from various departments joined the programme, and it was also attended by the Deputy Vice-Chancellor (Academic and International), Professor Ts. Dr. Mohd Rosli Hainin, Pro-Registrar, Abd Rahman Haji Safie, and Senior Deputy Registrar, from the Office of the Vice-Chancellor, Zainuddin Mat Hussin.
According to Professor Ts. Dr. Mohd Rosli, the intention of the university management is to ensure that staff can use this medium as a starting point in practising healthcare.
“The management also hopes that this programme can be made a culture to increase productivity, especially to the organisation.
“A healthy lifestyle prioritises health practices and disease prevention.

“Without doing physical activities, we will not achieve the goal towards a healthy lifestyle,” he said.

He added that a healthy lifestyle can benefit physical fitness.

“Physical activities carried out will help in strengthening the body, spiritually, emotionally, and mentally.

“In addition, the importance of healthcare will ensure the stability of mental health to be able to control or reduce stress, especially during the COVID-19 outbreak,” he said.
Meanwhile, a Yayasan UMP staff, Akmal Asyraf Mior Azalian said, such a programme can provide good health benefits to every staff.
He believes this program can open up the mind to foster and practice exercise and a healthy lifestyle.
“The togetherness of each staff who participates in this programme can indirectly strengthen their relationship and can get to know each other more closely.
“This programme is also seen as a good step from the organisers in providing time and schedule for a healthy lifestyle for staff.
“Healthcare is not just for internal or external well-being but also affects the surrounding community, organisation, and productivity,” he said.

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