



Good Health and Well-being

Ensure healthy lives and promote wellbeing for all at all ages



Mencegah Lebih Baik Daripada Mengubati

SDG 3, which focuses on ensuring healthy lives and promoting well-being for all at all ages, is closely reflected in the Malay proverb "*Mencegah lebih baik daripada mengubati*" (prevention is better than cure). At UM, this wisdom is embodied through efforts to promote preventive healthcare, mental health awareness, and holistic well-being among students and staff.

Initiatives such as free health screenings, mental health counselling, wellness campaigns, and access to recreational facilities demonstrate UM's proactive approach to health. By encouraging early action and healthy lifestyles, the university not only reduces health risks but also nurtures a resilient, informed, and thriving campus community—contributing to the broader global mission of improving health and well-being for all.

Collaborations with Local, National, and Global Health Institutions

Universiti Malaya Medical Centre (UMMC) actively fosters collaborations with a wide range of local, national, and global health institutions to strengthen healthcare delivery, advance medical research, and promote community well-being. These strategic partnerships reflect UMMC's vision of improving health outcomes through innovation, education, and shared expertise. By working closely with hospitals, government agencies, corporate partners, and international research networks.

UMMC is able to expand access to quality healthcare, enhance clinical and academic capacity, and contribute to national and global health goals. The following section highlights UMMC's ongoing collaborations that collectively aim to enhance the quality of care, support preventive health initiatives, and drive transformative developments in medical science and patient well-being.

Local Collaboration: Universiti Malaya Medical Centre (UMMC) and the Department of Social and Preventive Medicine (SPM), UM Promote Healthy Ageing

On 12 October 2024, the Department of Sports Medicine, Universiti Malaya (UM), together with Universiti Malaya Medical Centre (UMMC) and the Department of Social and Preventive Medicine (SPM), organised a one-day workshop titled "Keeping Fit and Healthy for Older Adults." The workshop aimed to promote healthy ageing by improving physical, mental, and social well-being among older adults and equipping caregivers with practical knowledge.

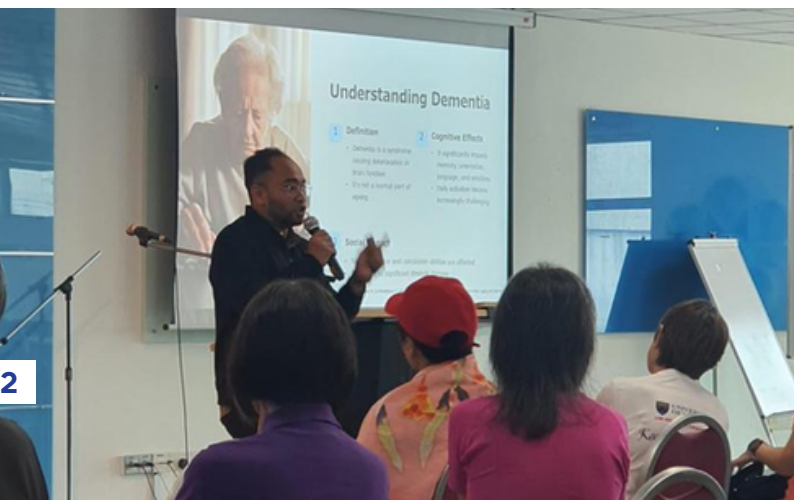
More than 50 participants attended the workshop at The Cube, Faculty of Medicine, UM. The programme included lectures and hands-on sessions on exercise, nutrition, healthy ageing, communication, and caregiver stress management.

Key lecture highlights:

- Exercise for Older Adults – Benefits of physical activity for maintaining fitness.
- Nutrition and Diet – Importance of eating well for physical and mental well-being.
- Healthy Ageing – Coverage of topics including sleep hygiene and lesser-known issues such as andropause.
- Caregiving Skills – Identifying dementia versus typical ageing, effective communication, and managing caregiver stress.

In the afternoon, participants joined practical exercise sessions focusing on resistance training, flexibility, stretching, and balance to support injury prevention and functional mobility.

Below: Workshop "Keeping Fit and Healthy for Older Adults" at Faculty of Medicine



Local Collaboration: Universiti Malaya and Hospital Tunku Azizah in Organising a Manuscript and Research Publication Writing Workshop

A manuscript write-up workshop held at Hospital Tunku Azizah on the 10th and 30th of September 2024, brought together esteemed lecturers and researchers from Universiti Malaya and the Ministry of Health. The event featured prominent speakers including Professor Dr Lucy Lum Chai See, Professor Dr Anna Marie Nathan, Professor Dr Khoo Ee Ming, Professor Dr Karuthan Chinna, Associate Professor Dr Farizah Mohd Hairi, and Dr Siti Idayu Hasan.

This workshop aimed to enhance the manuscript writing skills of doctors, fostering collaboration between Universiti Malaya and the Ministry of Health. Participants engaged in knowledge sharing, skill-building, and networking, making it a rewarding experience for both attendees and facilitators. The workshop helped refine writing techniques, guided participants through the complexities of research publication, and provided valuable feedback on challenges that medical professionals face.

By collaborating in this initiative, our faculty showcased its expertise in academic writing and strengthened partnerships with the Ministry of Health, paving the way for future collaborations and research projects. This event reflects Universiti Malaya's commitment to advancing medical research and education, and it highlights the importance of continuous professional development in healthcare.

This write-up was prepared by Associate Professor Dr Farizah Mohd Hairi and Dr Siti Idayu Hasan from the Department of Social and Preventive Medicine, Faculty of Medicine, Universiti Malaya.

Below: Group photo of participants at the Manuscript and Research Publication Writing Workshop



National Collaboration: Inter-Hospital Partnership with UCSI Hospital to Advance Healthcare and Clinical Training

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In addition, Universiti Malaya Medical Centre (UMMC) has strengthened its network of institutional partnerships through an inter-hospital collaboration initiative with UCSI Hospital. A working visit led by Prof. Dr. Nazirah Hasnan, Director of UMMC, was warmly received by YBhg. Tan Sri Dr. Noor Hisham Abdullah, Chairman of UCSI Healthcare Group, and his team.

The visit served as a valuable platform for both institutions to exchange insights and best practices in healthcare delivery, cutting-edge medical technologies, and the integration of Traditional and Complementary Medicine (T&CM). Discussions during the visit explored avenues for collaboration in medical education, professional training, and clinical research, with a shared goal of enhancing healthcare standards and patient care outcomes.

Through this partnership, UMMC and UCSI Hospital aim to leverage their respective strengths and expertise to promote innovation in healthcare and create learning opportunities that benefit both medical professionals and patients. The collaboration also envisions the joint development of training modules and knowledge exchange in T&CM, aligning with the growing emphasis on holistic approaches to treatment and patient well-being.

Ultimately, this inter-hospital collaboration contributes directly to improving health and well-being outcomes, as it encourages continuous learning, research excellence, and the delivery of more comprehensive, patient-centred care across Malaysia's healthcare ecosystem.

Below: Group photo of the Universiti Malaya Medical Centre (UMMC) and UCSI Hospital teams during a working visit to strengthen inter-hospital collaboration in healthcare, education, and clinical research



Local and National Collaboration: Klinik Kesihatan Lembah Pantai and the National Blood Centre (Pusat Darah Negara) in Organising Health Carnival Day

UMMC also partnered with Klinik Kesihatan Lembah Pantai and the National Blood Centre (Pusat Darah Negara) in organising the Health Carnival Day on 20 April 2024 at Universiti Malaya's Kompleks Perdana Siswa. The event was coordinated by the Health for All Committee under the Health and Well-being Cluster of the Universiti Malaya Volunteer Secretariat (SEKRUM) for the 2023/2024 session.

The Health Carnival Day provided the campus community with direct access to essential healthcare services, including free health screenings for blood pressure, glucose, and cholesterol levels, as well as consultations with medical officers. In addition, a blood donation drive was conducted in collaboration with the National Blood Centre to encourage voluntary blood donation and support the national healthcare system.

This collaborative effort reflected UMMC's commitment to promoting preventive health practices, raising health awareness, and encouraging early detection of non-communicable diseases among students, staff, and the surrounding community. By making healthcare services more accessible in an engaging and educational setting, the initiative directly contributed to improving health and well-being outcomes, fostering a culture of proactive health management within the university environment.

Below: Health Carnival Day on 20 April 2024 at Universiti Malaya's Kompleks Perdana Siswa



National Collaboration: Partnering with Tun Hussein Onn National Eye Hospital (THONEH) to Improve Vision Care for Underprivileged Patients

On 22 April 2024, Universiti Malaya Medical Centre (UMMC) signed a Memorandum of Understanding (MoU) with the Tun Hussein Onn National Eye Hospital (THONEH) at the THONEH Auditorium. The signing ceremony was witnessed by YAM Tengku Panglima Besar Pahang, Tan Sri Dato' Seri Tengku Azlan Ibni Sultan Abu Bakar Ri'ayatuddin Al-Mu'azzam Shah, representing THONEH, while UMMC was represented by YBhg. Prof. Dr. Nazirah Hasnan, Director of UMMC.

Through this collaboration, THONEH contributed RM50,000 to UMMC under the "Remove Cloudy Vision Project", which provides financial assistance for cataract patients requiring intraocular lenses and viscoelastic materials. The initiative was witnessed by Encik Michael Goh, Chief Executive Officer of THONEH, Puan Chew Yee Yean, UMMC Deputy Director (Professional Services), and Prof. Dr. Tengku Ain Fathlun Tengku Kamalden, Head of the Department of Ophthalmology, UMMC. This partnership directly supports improving health and well-being outcomes by enabling access to essential vision-restoring treatment for underprivileged patients, thereby enhancing their quality of life and promoting equitable healthcare access.



Above: Signed MoU ceremony between UMMC and THONEH

National Collaboration: Enhancing Health Outcomes through Robotic Rehabilitation with Fourier Rehab Sdn. Bhd.

UMMC also entered into a strategic Memorandum of Understanding (MoU) with Fourier Rehab Sdn. Bhd., marking a significant step in integrating healthcare expertise with advanced robotics technology to enhance rehabilitation services. This partnership aims to address workforce shortages and expand access to robotic rehabilitation, enabling patients to receive innovative therapies that restore mobility, dignity, and independence. Through this collaboration, UMMC reaffirms its commitment to improving health and well-being outcomes by advancing medical technologies that strengthen recovery and quality of life for patients.



Above: Signed MoU ceremony between UMMC and Fourier Rehab Sdn. Bhd.

National Collaboration: Auxi Therapeutics Sdn. Bhd.

In April 2024, Universiti Malaya Medical Centre (UMMC) established a landmark national partnership with Auxi Therapeutics Sdn. Bhd. through the launch of Malaysia's first GMP CAR-T & CGT Laboratory, located within the UMMC compound. The 6,000-square-foot facility, built with an investment of RM6 million, is dedicated to the research, development, and clinical application of Chimeric Antigen Receptor-T cell (CAR-T) and Cell and Gene Therapy (CGT)—a major milestone in advancing Malaysia's precision medicine capabilities.

The collaboration focuses on developing innovative and accessible cancer treatments, with joint research and clinical trials currently underway for patients with aggressive B-cell lymphoma, and future expansion planned for multiple myeloma. The facility integrates cell collection, manufacturing, and clinical testing under one roof, enabling seamless translation from research to treatment.

This partnership not only enhances research and clinical capacity but also provides training and technology-sharing opportunities for students and researchers from Universiti Malaya's Faculty of Medicine, fostering local expertise in advanced immunotherapy. Ultimately, the initiative directly contributes to improving health and well-being outcomes by offering cutting-edge, targeted cancer therapies to patients, supporting Malaysia's National Biotechnology Policy 2.0 and the nation's broader goal of strengthening public health through innovation and precision medicine.

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Below: GMP LAB grand launching ceremony



Global Collaboration: Sirindhorn National Medical Rehabilitation Institute (SNMRI), Thailand and UMMC on Rehabilitation Medicine

On 2 August 2024, UMMC renewed its long-standing collaboration with the Sirindhorn National Medical Rehabilitation Institute (SNMRI), Thailand, in a signing ceremony held in Bangkok. The MoU, witnessed by Thailand's Director-General of Public Health, Dr. Amporn Benjaponpitak, marks the continuation of a successful partnership spanning from 2016 to 2029. This renewed agreement strengthens joint efforts in hosting symposia, training, and knowledge exchange in rehabilitation medicine, ultimately enhancing the quality of patient care and improving global health and well-being outcomes.



Above: MoU Signing Ceremony between Sirindhorn National Medical Rehabilitation Institute (SNMRI) and UMMC

Global Collaboration: UMMC and Shanghai Renji Hospital on Paediatric Liver Transplant Program

In 2024, Universiti Malaya Medical Centre (UMMC) strengthened its international partnerships and expanded its research collaborations with renowned health institutions to enhance clinical research, education, and patient care. One of the most notable milestones was the renewal of the Memorandum of Understanding (MoU) between UMMC and Shanghai Renji Hospital, Shanghai Jiaotong University. The signing ceremony marked a significant moment for the UMMC Liver Transplant Team, reaffirming collaboration in the Paediatric Liver Transplant Program that initially began in July 2019. The MoU renewal, which had been delayed due to the COVID-19 pandemic, was officially signed by Professor Dr. Nazirah Hasnan representing UMMC and Professor Michael Wang Chun Ming from Shanghai Renji Hospital. Both institutions expressed optimism that the renewed agreement would foster deeper cooperation in research, training, teaching, and clinical excellence.



Above and below: MoU Signing Ceremony between UMMC and Shanghai Renji Hospital



Global Collaboration: UMMC and China's County Hospitals on Healthcare Innovation and Hospital Management

On November 8, 2024, UMMC welcomed a distinguished delegation from China's top county hospitals, including Xindu People's Hospital of Chengdu, Jin Tang First People's Hospital, and Mian Yang People's Hospital. The visit featured an engaging sharing session with the Department of Biomedical Engineering, during which innovative ideas on hospital management and engineering solutions were exchanged. This visit served as a valuable platform for fostering mutual understanding and exploring ways to enhance healthcare systems at the county level in China. The session was graciously hosted by Dr. Mohmmad Salleh Yahya, UMMC's Deputy Director (Clinical – Medicine).



Above: Universiti Malaysia Medical Centre welcomed a distinguished delegation from China's top county hospitals, including Xindu People's Hospital of Chengdu, Jin Tang First People's Hospital, and Mian Yang People's Hospital

Global Collaboration: UMMC joins the International Clinical Trial Center Network (ICN) as a Regular Member

Another major achievement was the Clinical Investigation Centre (CIC), UMMC becoming a Regular Member of the International Clinical Trial Center Network (ICN) in April 2024. This membership highlights UMMC's growing commitment to excellence in healthcare services, education, and clinical research. As part of this milestone, UMMC delegates attended the ICN Annual General Meeting (AGM) on 31 October 2024 at Kyoto University, Japan.

The AGM gathered clinical research leaders from around the world to discuss innovations in clinical trials, patient engagement, digital platforms for clinical operations, and ethical considerations in global research. The meeting provided valuable opportunities for strengthening professional networks and translating international insights into local clinical improvements at UMMC.

Below: UMMC delegates attended the ICN Annual General Meeting (AGM) on 31 October 2024



Global Collaboration: UMMC with ICN, ARISE, Kyoto University Hospital, and Intel on Clinical Research and Digital Innovation

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In addition to these international engagements, the Clinical Investigation Centre (CIC) actively collaborated with several local, national, and international health institutions. Local and national collaborations included partnerships with Clinical Research Malaysia (CRM) and the National Pharmaceutical Regulatory Agency (NPRA). On the international front, UMMC collaborated with key partners such as the International Clinical Trial Center Network (ICN), ARO Alliance for ASEAN and East Asia (ARISE), Kyoto University Hospital, Japan, and the Liverpool School of Tropical Medicine, United Kingdom. These collaborations focused on advancing early-phase clinical trials, digitalizing research processes, and strengthening regional research capacity.

In August 2024, UMMC also participated in the REACTA Forum 2024 held in Taipei, which emphasized the development of early-phase clinical trials in Asia. The UMMC team met with representatives from Kyoto University Hospital, including Dana Lin, to discuss launching UMMC's own Phase I Trial Centre, as well as developing internship opportunities and enhancing investigator-initiated trials (IITs) and industry-sponsored research (ISRs). These efforts are expected to solidify UMMC's position as a regional leader in early-phase clinical research. UMMC is slated to become an official REACTA member in 2025, further strengthening its role in collaborative clinical research across Asia.

As a member of ARISE, UMMC played an active role in initiatives that promote clinical trial readiness and digitalization across Asia. The CIC represented UMMC at the 2nd ARISE-PMDA Joint Symposium for Asian Clinical Trials, held on July 20, 2023, under the theme "How to Collaborate as One Asia." The symposium focused on regulatory harmonization, decentralized clinical trials, and patient-centered research. Additionally, UMMC participated in the 4th NCGM International Symposium on the digital transformation of clinical trials in low- and middle-income countries. Furthermore, UMMC co-led the Malaysia ARISE Operational Working Group, working closely with CRM, NPRA, and other regulatory bodies to enhance national coordination and digital infrastructure for clinical research.

In addition, UMMC established a strategic collaboration with Intel and the Chinese Medical University Hospital, Taiwan, to develop an Artificial Intelligence (AI) platform for diagnostics using pathology specimens. This initiative aims to revolutionize medical diagnostics through cutting-edge AI applications, enhancing both accuracy and efficiency in clinical pathology.

Collectively, these collaborations demonstrate UMMC's unwavering commitment to advancing healthcare research, clinical excellence, and international partnership. Through strategic alliances, participation in global networks, and shared expertise, UMMC continues to elevate its standing as a leading institution in clinical innovation and medical education.

YUEM Medical Assistance Programme

At the national level, Universiti Malaya Medical Centre (UMMC) continues to strengthen partnerships with corporate and medical institutions to enhance healthcare access. On 18 April 2024, UMMC received a RM500,000 contribution from Yayasan UEM under the YUEM Medical Assistance Programme 2024, aimed at supporting underprivileged patients requiring life-saving treatments.

The cheque presentation ceremony, held at Panorama Terrace, Mercu UEM, Kuala Lumpur, was officiated by YBhg. Dato' Mohd Izani Ghani, Managing Director of UEM Group Berhad and Trustee of Yayasan UEM, and attended by representatives from UMMC, HCTM, and HUSM.



Above: UMMC received a RM500,000 contribution from Yayasan UEM under the YUEM Medical Assistance Programme 2024

UMMC-AEON Collaboration: Welcoming 2024 Babies

UMMC actively engages with various local partners to promote community health and well-being. On 1 January 2024, UMMC collaborated with AEON Malaysia to launch the “AEON Celebrates 2024 Babies” campaign at the hospital. The initiative, part of AEON’s 40th anniversary celebration, offered essential mother-and-baby care products and cash vouchers worth RM1,000 to 40,000 newborns delivered in 2024. The event was officiated by AEON Malaysia’s Chief Merchandising and Marketing Officer, Ms. Low Ngai Yuen, alongside UMMC Director, Professor Dr. Nazirah Hasnan. UMMC, recognized as a Baby-Friendly Hospital, expects over 4,000 births this year, making this collaboration particularly impactful for new mothers and infants.



Above and below: AEON celebrates 2024 babies at UMMC



Charity Art Exhibition 2024

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Universiti Malaya Medical Centre (UMMC), in collaboration with Art Market Malaysia, organised the Charity Art Exhibition 2024 from 19 February to 3 March 2024 at the UMMC Plaza Building. This inaugural collaboration represented a meaningful convergence of art, community, and healthcare, aimed at fostering compassion and promoting holistic well-being.

The exhibition showcased a vibrant array of artworks by local artists, including differently-abled creators (OKU), whose unique perspectives reflected resilience, hope, and the healing power of creativity. Beyond serving as a platform for artistic expression, the event also featured handicraft sales that further enriched the cultural experience and encouraged public engagement.



Above: Poster of Pameran Amal Karya Seni @ UMMC

A portion of the exhibition's proceeds was channelled to the PPUMCare Fund, a dedicated fund that provides financial assistance and medical support to underprivileged patients receiving treatment at UMMC. Through this initiative, the exhibition directly contributed to improving health and well-being outcomes, ensuring that patients in need receive timely care and emotional support.

The event was officiated by YB Tuan Lee Chean Chung, Member of Parliament for Petaling Jaya, who commended the collaboration for its social impact. The Charity Art Exhibition 2024 exemplified how creative partnerships can bridge the gap between art and healthcare—cultivating empathy, community participation, and sustained efforts toward improving public health and overall well-being.



Above and below: Pameran Amal Seni Exhibition Program



Creative Collaborations for Therapeutic Care and Well-being

UMMC continues to promote holistic approaches to health and healing through creative collaborations within Universiti Malaya. On 25 March 2024, UMMC partnered with the Academy of Malay Studies (APM), Universiti Malaya, to organise an Art Therapy Programme at the Plaza Building. This initiative integrated art as a therapeutic medium, offering patients an opportunity to express emotions, relieve stress, and enhance mental well-being through creativity. The programme reflected UMMC's commitment to exploring non-clinical interventions that complement traditional medical treatment, nurturing both emotional and psychological health.

In another creative endeavour, UMMC collaborated with the Faculty of Creative Arts (Music Department), Universiti Malaya, to bring the joy of music into the hospital environment. Between 17 May and 7 June 2024, weekly piano performances were held at the UMMC Plaza Lounge, featuring talented students from the Music Department. The performances created a soothing and uplifting atmosphere for patients, visitors, and staff, transforming the public space into a zone of calm and comfort.

Both initiatives illustrate UMMC's innovative approach in integrating arts into healthcare, aligning with its mission to improve health and well-being outcomes by addressing the emotional, social, and psychological aspects of patient care. Through these collaborations, UMMC demonstrates that healing extends beyond medicine, encompassing creativity, connection, and compassion.



Above: Art Therapy Programme at the Plaza Building, held on 25 March 2024

Below: Students from the Faculty of Creative Arts (Music Department), Universiti Malaya, brought the joy of music to the hospital lobby



Advancing Community Health and Inclusion: UM Health Outreach Initiatives for All

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Universiti Malaya (UM) and Universiti Malaya Medical Centre (UMMC) are steadfast in their commitment to enhancing community well-being through a wide range of health outreach programmes. These initiatives aim to deliver meaningful outreach programmes and projects within the local community, including student volunteering activities, that promote health awareness and positive lifestyles. Focus areas include hygiene, nutrition, family planning, sports and exercise, ageing well, and other essential aspects of physical and mental well-being.

Beyond the campus, UM and UMMC extend their reach to serve local communities, disadvantaged groups, and refugee or immigrant communities through targeted health education, screenings, and wellness activities. These inclusive efforts embody UM's mission to create equitable access to healthcare and empower every individual—regardless of background or circumstance—to lead a healthier and more fulfilling life.

Community and Health Outreach Initiatives 2024

Community Service through E-Book Reading Programme for Children

On 17 April 2024, the Academy of Malay Studies, Universiti Malaya, conducted a heartwarming Community Service through E-Book Reading Programme at the School in Hospital, engaging young patients from the Paediatric Ward. Eight children, accompanied by their parents, participated in storytelling sessions, video-based picture narration, colouring activities, and mask-making. The event was graced by Associate Professor Dr. Tengku Intan Marlina Tengku Mohd Ali and other faculty members, alongside Associate Professor Dr. Azanna Ahmad Kamar from UMMC's Paediatric Department.

“Santai-Santai BME” Biomedical Engineering Department Open Day

Held on 10 July 2024, the Santai-Santai BME Open Day offered an insightful glimpse into the Biomedical Engineering Department's vital role at UMMC. The programme served as an interactive platform for staff and the public to understand the department's responsibilities in ensuring seamless hospital operations. Visitors enjoyed free equipment calibration and demonstrations, medical device exhibitions, and complimentary coffee in a relaxed and engaging environment.

Below: Community service through e-book reading programme for children at UMMC (left) and Santai-Santai BME Open Day programme (right)



Sentuhan Kasih & MEKAR Komuniti @ UMMC

On 1 October 2024, the National Registration Department (JPN WPKL) collaborated with UMMC to host the Sentuhan Kasih and MEKAR Komuniti Programme in conjunction with National Registration Day. The initiative featured the MEKAR mobile van, offering on-site services including MyKad applications, identity card replacements, and registration of births and deaths. This event exemplified the collaboration between healthcare and government agencies to enhance community accessibility and convenience.



Above: Poster of Sentuhan Kasih & Mekar Komuniti at UMMC

Influenza Awareness Campaign with Feminine Magazine and the Ministry of Youth & Sports

In collaboration with Feminine Magazine and the Ministry of Youth and Sports, UMMC participated in a health campaign officiated by YB Hannah Yeoh. The event, themed #FluPreventionIsAnActOfLove, featured a talk by Dr. Kejal Hasmukharay on influenza prevention, health screenings for older adults, and discounted vaccine offers by the National Pharmacy Malaysia. Importantly, B40 communities received free influenza vaccines, reinforcing the spirit of inclusive healthcare.

World Diabetes Day Celebration with the Ministry of Higher Education (KPT)

In conjunction with World Diabetes Day, UMMC partnered with the Ministry of Higher Education (KPT) to organise a large-scale health event officiated by Datuk Mohamad Azhan bin Md. Amir. The programme offered a variety of health screenings—blood glucose, cholesterol, BMI, and foot care—as well as nutrition and diabetes counselling booths. A total of 230 participants benefited from these screenings, fostering greater awareness of diabetes prevention and healthy lifestyles.



Above: Health Screening Activity on World Diabetes Day, UMMC partnered with the Ministry of Higher Education (KPT)

HOPE@PPUM Health Outreach Initiatives

The HOPE@PPUM (Hospital Outreach for Public Engagement) initiative represents Universiti Malaya Medical Centre's (UMMC) commitment to enhancing community health and well-being through proactive engagement and accessible healthcare services. This outreach program aims to bridge the gap between hospital-based care and community needs by offering on-site health screenings, consultations, and educational activities across Malaysia.

The HOPE@PPUM team conducted a series of health outreach programs in collaboration with local authorities and institutions across multiple states, including Putrajaya, Kedah, Pulau Pinang, Kajang, Pahang, Petaling Jaya, Perak, Kelantan, Langkawi, Pulau Pangkor, Hulu Selangor, and Manjung.

Right and below: The Committee of HOPE@PPUM and the health screening activities



Ambulatory and Emergency Medicine Day Celebration 2024

The Ambulatory and Emergency Medicine Day celebrated the importance of accessible outpatient care under the theme “Healthcare Partners for Life.” The programme emphasised collaboration between healthcare providers, patients, and families to ensure continuous, patient-centred care beyond hospital walls—promoting comfort, healing, and shared responsibility in health management.

Oral Health Outreach by the Faculty of Dentistry

The Faculty of Dentistry, Universiti Malaya, took an active role in community education through a series of Oral Health Talks and free dental screenings. Initiatives included health talks at local schools such as Sekolah Tinta and SK Pendidikan Khas Kg Baharu KL, where dental students provided demonstrations and practical oral hygiene tips. A mobile dental bus also offered free screenings around campus, extending the faculty’s reach to the wider UM community.



Above: Oral health outreach by the Faculty of Dentistry using a dental bus

Programme on Strengthening Elderly Care and Support Systems: “Dignified Ageing”

On 30 November 2024, the Programme on Strengthening Elderly Care and Support Systems: Dignified Ageing was held at UMMC’s Sekapur Sirih Hall. Organised by the Board of Visitors in collaboration with the Governance, Planning, and Policy Department, the event aimed to empower senior citizens and their caregivers through expert talks, health screenings, and exhibitions.

Health Education through Media Engagements and Talk Shows

Beyond physical outreach, UMMC leveraged media platforms to disseminate vital health information to the public. Through popular talk shows such as Helo Doktor, Wanita Hari Ini (TV3), Malaysia Hari Ini (MHI), and Borak Seeni (Astro Prima), UMMC experts discussed critical health topics including dementia, emotional stress, smoking and vaping, waterborne diseases, alternative health products, and wound-healing diets. These media engagements played a crucial role in raising nationwide awareness of health issues, bridging the gap between medical expertise and public understanding.



Above: Poster of health talk shows in WHI

Health Outreach Programmes for Disadvantaged Communities: H.A.T.I Programme at Pos Betau, Pahang and HOPE@PPUM Outreach to the Orang Asli Semai Community in Raub, Pahang

From 2 to 5 May 2024, the Sekretariat Sukarelawan Universiti Malaya (SEKRUM) organised a meaningful three-day, two-night community engagement programme titled Health Aid to Indigenous (H.A.T.I) at Pos Betau, Pahang. The programme aimed to raise health awareness and provide essential healthcare assistance to the Orang Asli community in the area. Throughout the visit, Universiti Malaya volunteers worked closely with local residents to share health knowledge, conduct basic health checks, and promote preventive care practices. The initiative created a significant positive impact by enhancing the community's understanding of hygiene, nutrition, and disease prevention, fostering long-term well-being and empowerment among the indigenous population.

Additionally, the Health Outreach Programme and Education Team of Universiti Malaya Medical Centre (HOPE@PPUM) joined forces with the Universiti Malaya Volunteer Team, Perlis Plantation Berhad (PPB) Group, and several non-governmental organisations (NGOs) to conduct a large-scale community service initiative for the Orang Asli Semai community in Raub, Pahang.

Held from 26 to 28 July 2024 at Sekolah Kebangsaan Satak, the programme was led by Dr. Ng Aik Hao from the Faculty of Medicine, Universiti Malaya, and involved 42 dedicated volunteers. Over the course of the event, approximately 500 Orang Asli residents from nearby villages received free medical screenings and consultations. Services provided included deworming treatments, dental examinations and basic oral care, breast and cervical cancer screenings, HPV vaccinations, and health talks focusing on nutrition and cancer prevention. The programme not only addressed immediate healthcare needs but also fostered trust and awareness among the Orang Asli community regarding the importance of preventive health practices.

Right: Health outreach programmes (health screening) for disadvantaged communities



Health Outreach Programmes for Refugee and Immigrant Communities: Oral Well-being for Street Children of Chow Kit

In an effort to promote healthcare equity, students from Universiti Malaya (UM) initiated a community outreach project to provide essential dental care to undocumented and immigrant children at Buku Jalanan Chow Kit (BJCK), Kuala Lumpur. This initiative formed part of the Service-Learning Malaysia, University for Society (SULAM) programme introduced by the Ministry of Higher Education, which empowers students to apply academic knowledge and professional skills to address real-world community issues.

Due to their undocumented or immigrant status, BJCK children face multiple barriers, including poverty, lack of formal education, and limited access to healthcare, that make them particularly vulnerable to oral health problems.

Recognising these challenges, ten dedicated fourth-year UM dental students, supported by faculty members and industry partners, launched a series of outreach visits in January, April, and June 2024 to deliver much-needed dental support.

The programme's objectives were to provide oral health education and basic dental services such as examinations, scaling, and fluoride therapy. Interactive learning sessions were also conducted to teach children and caregivers proper brushing techniques and preventive dental care. These sessions not only improved the children's oral hygiene knowledge but also built their confidence and trust.



Above: Dental Care Program for undocumented and immigrant children at Buku Jalanan Chow Kit (BJCK), Kuala Lumpur

Health and Dental Outreach for UNHCR Children at The Arch Place, Petaling Jaya

On 16 March 2024, postgraduate students from the Master of Oral Science (MOSc) programme, Faculty of Dentistry, Universiti Malaya, conducted a meaningful community outreach programme at The Arch Place @ The Assumption House, Petaling Jaya. The participants were refugee and immigrant children holding United Nations High Commissioner for Refugees (UNHCR) cards and currently enrolled in educational programmes at The Arch Place.

The initiative aimed to empower the UNHCR children community by providing comprehensive health education that covered both oral and general body health, as well as offering medical and dental screening. Beyond health services, the programme also included the donation of educational aids to support holistic well-being and academic growth among the children.

This outreach not only enhanced the children's understanding of proper hygiene and self-care but also nurtured their confidence and sense of belonging. It underscored Universiti Malaya's commitment to ensuring that refugee and immigrant communities—often marginalised and underserved—receive equitable access to essential healthcare and education.

Through this initiative, the MOSc students also gained valuable hands-on experience in community service and public health advocacy, reinforcing their sense of empathy, professionalism, and social responsibility. The programme served as a reminder that improving health equity begins with compassion, collaboration, and a shared vision of inclusivity for all members of society.

Below: Health and dental outreach for UNHCR children at The Arch Place, Petaling Jaya



Comprehensive Sexual and Reproductive Health Access at Universiti Malaya

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Universiti Malaya (UM) and Universiti Malaya Medical Centre (UMMC) are strongly committed to promoting sexual and reproductive health awareness within the campus community. In alignment with Sustainable Development Goal (SDG) 3 – Good Health and Well-being, UM and UMMC ensure free and inclusive access for all UM students and staff to a range of reproductive healthcare services, consultations, educational resources, and awareness programmes.

Through dedicated clinics, expert forums, and outreach activities, these initiatives aim to empower individuals with accurate information, encourage responsible health choices, and reduce stigma surrounding reproductive and sexual health. From fertility and reproductive care to HPV screenings and HIV/AIDS awareness campaigns, UM and UMMC continue to foster an informed, supportive, and equitable healthcare environment for the entire university community.

Sexual and Reproductive Health-Care Services: UMMC Infertility and Reproductive Services

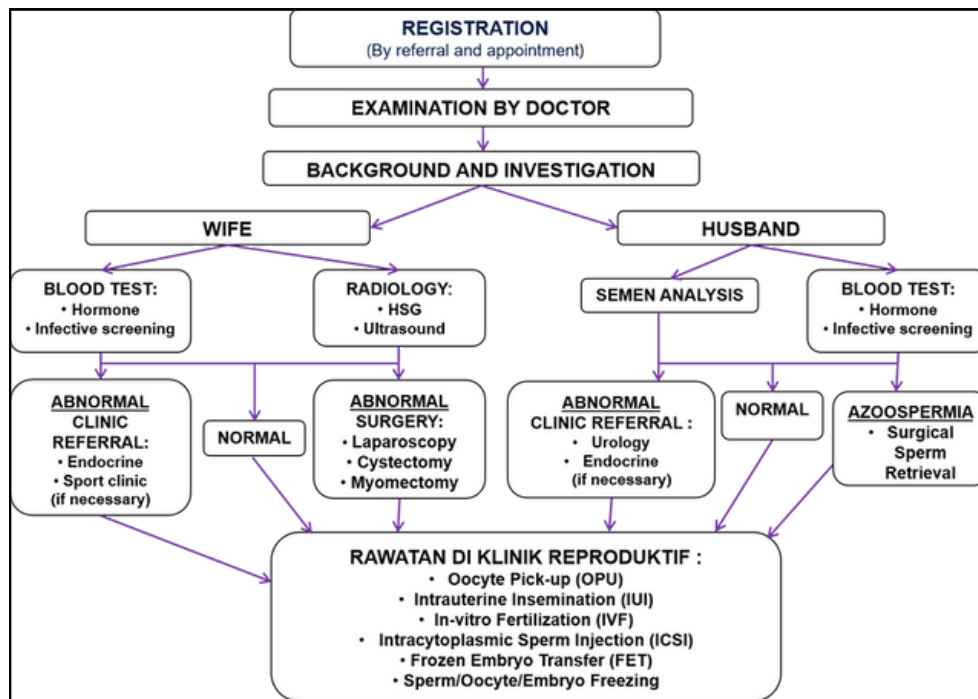
UMMC's Infertility and Reproductive Clinic offers a comprehensive range of fertility treatments to support individuals and couples in their journey toward parenthood. The clinic's objective is to provide fertility treatment for infertile couples and help fulfil their dreams of having a child.

Infertility is defined as the inability of a couple to conceive after one year of regular, unprotected sexual intercourse (at least twice a week) despite no known gynaecological issues. Couples facing this condition are encouraged to seek specialist consultation for appropriate diagnosis and treatment.

Through these treatments, UMMC provides advanced reproductive healthcare options supported by medical expertise, modern technology, and compassionate counselling — offering hope to couples and individuals navigating fertility challenges.

Available Treatments and Procedures:

- Oocyte Pick-up (OPU): Collection of eggs from the ovary under light anaesthetic.
- Intrauterine Insemination (IUI): Washed sperm is transferred into the uterus during ovulation.
- In Vitro Fertilisation (IVF): “Test tube baby” procedure where an oocyte is fertilised by sperm in a lab culture dish and developed into an embryo.
- Intracytoplasmic Sperm Injection (ICSI): A single sperm is injected directly into an oocyte for fertilisation.
- Semen Analysis (SA): Comprehensive testing of sperm count, motility, quality, and morphology.
- Sperm Freezing: Long-term storage of sperm in liquid nitrogen for future use.
- Oocyte/Embryo Freezing: Preservation of oocytes or embryos for future fertility attempts.
- Frozen Embryo Transfer (FET): Thawed embryos from previous IVF cycles are transferred into the uterus.
- Surgical Sperm Retrieval (SSR): Surgical extraction of sperm directly from the testes or epididymis.



Above: Flowchart of treatment in the reproductive clinic

UMMC Fertility Public Forum 2024

In response to growing concerns and challenges surrounding fertility among couples, UMMC organised the Fertility Public Forum on 17 August 2024. The forum aimed to provide valuable information and emotional support for individuals and couples facing fertility issues.

Participants had the opportunity to engage with medical experts and explore key topics such as:

- How infertility is diagnosed
- Signs and symptoms of infertility
- The role of diet and lifestyle in fertility
- When to seek specialist consultation
- The impact of previous pregnancies on fertility
- The effects of PCOS and endometriosis
- Male fertility and available treatment options

This public forum served as a safe and supportive space where participants could learn from professionals, share experiences, and find encouragement from others going through similar journeys.

UMMC FERTILITY PUBLIC FORUM 2024

OUR SPEAKERS

- Prof Dr Mukhlis bin Hamdan, Fertility Consultant, Universiti of Malaysia Medical Centre
- Dr Raymond Lim Chung Siang, Fertility Specialist, Universiti of Malaysia Medical Centre
- En. Muhammad Hazrin bin Husin, Registrar, Universiti of Malaysia Medical Centre
- Prof Muzaffar bin Hussain, Fertility Consultant, Universiti of Malaysia Medical Centre
- Prof Huguette binti Rosati, Fertility Consultant, Universiti of Malaysia Medical Centre
- En. Muhammad Hazrin bin Husin, Registrar, Universiti of Malaysia Medical Centre
- Prof Huguette binti Rosati, Fertility Consultant, Universiti of Malaysia Medical Centre

TENTATIVE PROGRAM

Time	Topic	Speaker
0830am - 0900am	Registration	
0900am - 0915am	Opening Remark	Prof Dr Mukhlis bin Hamdan
0915am - 0945am	The Journey of Becoming A Parent	Dr Raymond Lim Chung Siang
0945am - 1015am	What Should I Eat To Conceive Easier?	En. Muhammad Hazrin bin Husin
1015am - 1045am	Fertility Challenges - You, I or Us?	Prof Muzaffar bin Hussain
1045am - 1115am	Pathway To Success for TTC Couple - Is There A Hope?	Prof Huguette binti Rosati
1115am - 1200pm	Q & A Followed by Clinic & Lab Tour	
1200pm - END	Lunch	

FREE CLINIC TOUR **FREE LUNCH** **COUPON**

Above: Poster of the Fertility Public Forum 2024 organised by UMMC

Focus on Reproductive Medicine UM (FORUM) 2024

The Focus on Reproductive Medicine UM (FORUM) 2024, held at the Sheraton Petaling Jaya Hotel, aimed to deepen understanding of both male and female infertility. Open to all participants, the event featured distinguished speakers who shared insights on reproductive health issues, treatment advancements, and holistic fertility management.

By providing free registration and open access to the public, FORUM 2024 demonstrated UM's commitment to creating inclusive educational platforms that empower individuals to make informed reproductive health decisions.

Right: Poster of Focus on Reproductive Medicine UM (FORUM) 2024



Program ROSE: Free HPV Screening for Cervical Cancer Prevention

In November 2024, UMMC introduced the Program ROSE (Removing Obstacles to cervical ScrEening) to promote cervical cancer awareness and early detection among women in the community. The programme offered free HPV PCR screening every Monday from 4 to 25 November 2024 for the UMMC community and nearby residents.

This initiative empowered women, including students, to take charge of their reproductive health with greater privacy, comfort, and confidence.

Below: Poster of Program ROSE: Free HPV Screening for Cervical Cancer Prevention



Program Kesedaran Kesihatan Reproduksi UM 2024

In conjunction with World Sexual Health Day, Universiti Malaya organised Program Kesedaran Kesihatan Reproduksi UM 2024 on 19 September 2024 at the Auditorium Kompleks Perdana Siswa. The event was led by Klinik Universiti Malaya with collaboration from Pusat Asasi Sains UM, Pejabat Kesihatan Daerah Lembah Pantai, and UMSDC. The programme raised awareness on sexual and reproductive health, covering family planning, sexual education, and prevention of sexually transmitted infections (STIs). Dr. Zuraidah Mohamed, Director of Klinik Universiti Malaya, emphasised that greater awareness can help reduce the spread of HIV/AIDS and other STIs.

More than 500 students participated in health talks, exhibitions, private consultations, and free health screenings. Participants shared that the programme improved their understanding of reproductive rights and personal responsibility. Professor Ir. Dr. Abdul Aziz Abdul Raman, Acting Registrar of UM, stated that the programme supports students' well-being and aligns with UM's mission to nurture a healthy and informed campus community.



Above: UM reproductive health awareness programme 2024

World AIDS Day 2024 Celebration and Awareness Campaign

The World AIDS Day 2024 celebration at UMMC on 5 December 2024 was organised by the Infectious Disease Unit, Department of Medicine, with support from other departments. The event promoted HIV/AIDS awareness and carried the theme “*Tunaikan Hak Yang Saksama*” (Fulfil Equal Rights).

UMMC launched the Bakti-ID Fund to support patients living with AIDS and infectious diseases. The Plaza Building was lit in red from 1–8 December, symbolising solidarity and commitment to ending HIV/AIDS.

UMMC continues to advocate for equal healthcare access and the elimination of stigma, aligning with the global goal to end AIDS as a public health threat by 2030.

Through clinics, forums, screenings, and awareness programmes, Universiti Malaya and UMMC strengthen leadership in reproductive and sexual health education, improving health literacy and expanding access to care for students, the community, and immigrant populations.

Promoting Mental Wellness: Comprehensive Support for UM Students and Staff

Universiti Malaya (UM) recognises that mental well-being is the foundation of a healthy, balanced, and thriving university community. Through its comprehensive network of counselling, psychological, and wellness initiatives, UM ensures that both students and staff have free access to mental health support, alongside active promotion of positive mental health practices. The Psychology and Counselling Matters Unit, under the Student Affairs Department (HEP), spearheads the planning, implementation, and coordination of programmes that nurture emotional resilience, self-awareness, and mental stability.

UM's commitment is further reinforced through structured intervention procedures, inclusive residential support systems, and dedicated faculty mental health liaisons. Together, these efforts demonstrate UM's proactive approach to fostering a compassionate and supportive environment where every individual can flourish emotionally and academically.

Center for Counseling & Disability Empowerment (CCDE)

The Center for Counseling & Disability Empowerment (CCDE) is Universiti Malaya's one-stop centre providing free and confidential emotional, psychological, and disability-related support services to students and staff. Guided by its strategic objective to increase mental health awareness and inclusiveness on campus, CCDE delivers a comprehensive range of services through several key functions. The Counselling & Intervention unit offers individual and group counselling, psychological interventions, and consultation while ensuring uniform service standards and quality. The Psychology & Programme unit provides psychological assessments, psychotherapy, expert consultation, and develops psychological management policies, alongside conducting research, publications, and psychometric instrument development.

The Disability & Inclusion unit coordinates support services for students and staff with disabilities, manages disability data, implements empowerment programmes, and oversees financial support such as BKOKU assistance. Administrative and financial functions ensure smooth operations through data management, documentation, inventory control, and coordination of training and reporting. Additionally, CCDE manages social welfare initiatives, including financial aid, zakat assistance, Takaful and SOCSO matters, and emotional support during emergencies or bereavement. Through these integrated services, CCDE enhances mental health literacy, strengthens support systems, and promotes an inclusive and caring campus community.



Integrated Mental Health Support Systems for Students and Staff

UM has established a structured Integrated Intervention Management Guideline (*Garis Panduan Pengurusan Intervensi Bersepadu Universiti Malaya – Pelajar*) which outlines detailed procedures for managing both mental health and general welfare cases. Pages 14–18 of this document provide a comprehensive Standard Operating Flowchart for handling emotional well-being cases (Kes Kesejahteraan Emosi di Universiti Malaya), specifying clear responsibilities and referral pathways. This ensures that students in distress receive timely, confidential, and professional assistance from the appropriate departments and mental health professionals.

PROSEDUR TERPERINCI PENGURUSAN INTERVENSI BERSEPADU MENGIKUT KES

1. KES KESIHATAN MENTAL

- Kesejahteraan Emosi
- Percubaan Bunuh Diri
- Histeria

2. KES UMUM/LAIN-LAIN KES YANG BERKENAAN

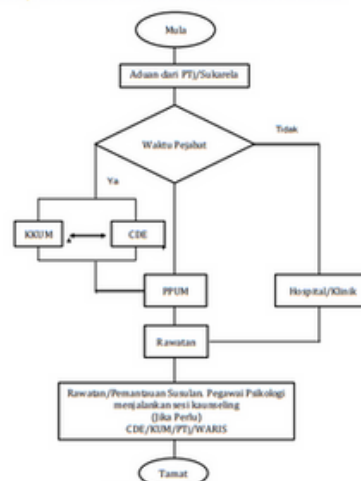
- Akademik
- Kewangan
- Lain-lain kes yang berkaitan

KES KESIHATAN MENTAL

a) KES KESEJAHTERAAN EMOSI DI UNIVERSITI MALAYA

Bil	Perincian	Tindakan
1	Pihak CDE/KUM menerima kes yang dirujuk daripada PTJ atau secara sukarela.	Staf CDE/KUM
2	Pihak CDE memaklumkan kepada KKP atau sebaliknya.	Staf CDE/KUM
3	Menghantar pelajar ke KUM/PPUM. Sekiranya di luar kawasan, pelajar dihantar ke hospital/klirik berhampiran oleh pegawai pengiring.	Staf PTJ/Pegawai Pengiring/CDE
4	Pelajar mendapat rawatan di PPUM/ hospital berhampiran.	PPUM/Hospital/ Pelajar
5	Memaklumkan kepada pihak PTJ/waris.	Staf PTJ/CDE/Waris
6	Menguruskan rawatan dan memantau keadaan pelajar selepas rawatan. Pegawai psikologi menjalankan sesi kaunseling (jika perlu).	Staf PTJ/CDE/KUM/ Waris
7	Merekod kes pelajar di dalam fail.	Staf PTJ/KUM/CDE

CARTA ALIR TATACARA PENGENDALIAN PIAWAI KES KESEJAHTERAAN EMOSI DI UNIVERSITI MALAYA



Above: The procedure for emotional well-being cases at Universiti Malaya and the intervention

Faculty-Based Mental Health Liaison Officers

Each faculty within UM has appointed a Mental Health Liaison Officer—a trained representative who acts as the first point of contact for students experiencing psychological challenges. For example, at the Faculty of Computer Science and Information Technology (FSKTM), the Student Affairs Division and Psychology & Counselling Unit provide accessible mental health guidance and referrals, ensuring that emotional support is always within reach.

Right: FSKTM Student Welfare webpage, which includes information on mental health Liaison Officers

Mental Health Liaison Officer (MHLO)

- Associate Prof Dr Suraya Hamid
suraya_hamid@um.edu.my
- Associate Prof Dr Maizatul Akmar Ismail
maizatul@um.edu.my
- Associate Prof Ts Dr Sri Devi Ravana
sdevi@um.edu.my

OKU Liaison Officer

- Associate Prof Dr Suraya Hamid
suraya_hamid@um.edu.my
- Siti Nurul Aisyah Zulzaidi
aisyahzulzaidi@um.edu.my

UM World Mental Health Day 2024 & Counselling Month Celebration

In conjunction with World Mental Health Day on 10 October, UM's Department of Psychological Medicine and Counselling & Disability Empowerment Centre organised the UM-level Counselling Month and Mental Health Day Celebration 2024 at Kompleks Perdana Siswa. The event was officiated by YBr. Professor Dr. Zamri Radzi, Deputy Vice-Chancellor (Student Affairs), and enlivened by performances from UM's OKU students.

Carrying the theme "Prioritise Mental Health in the Workplace," the celebration featured talks, exhibitions, role-plays, and Q&A sessions that equipped participants with strategies for maintaining emotional well-being. This annual initiative strengthens UM's culture of empathy and mutual support among staff and students.

Right: Photo of activities during the UM World Health Day 2024

Below: The poster of the UM World Mental Health Day 2024 & Counselling Month Celebration



Program Sambutan

BULAN KAUNSELING & HARI KESIHATAN MENTAL SEDUNIA

10 OKTOBER 2024 | KOMPLEKS PERDANASISWA, UNIVERSITI MALAYA

12pm - 12.35pm :	Behind the Curtain: Unveiling the Truth about Substance Use in University Life (Di Sebalik Tirai: Kebenaran Tentang Penggunaan Bahan Terlarang di Universiti)
12.35 - 1.00pm :	Inside the Mind: Live Interviews on Mental Health Issues Case demonstration
2.15 - 2.45pm :	Navigating Mental Health Challenges in the University and Workplace (Menangani Cabaran Kesihatan Mental di Universiti dan Tempat Kerja)
2.45 - 3.20pm :	Building Resilience: Thriving in University and Beyond (Rahsia Sukses: Pembinaan Kecekalan)
3.20 - 3.45pm :	Mindfulness
3.45 - 4.00pm :	Ask the Expert: Open Q&A with A Psychiatrist (Tanya Pakar: Sesi Soal Jawab bersama Pakar Psikiatri)
4.00 - 4.30pm :	Breaking Through: A Journey to Recovery and Empowerment (Mengatasi Cabaran dan Perjalanan ke Arah Pemulihan)

ANJURAN BERSAMA:

- PUSAT KAUNSELING & PEMERKASAAN OKU (CDE)
- JABATAN PERUBATAN PSIKOLOGI, UNIVERSITI MALAYA

"Tekad Empati, Sejahtera Insani"

"It's Time to Prioritise Mental Health in the Workplace"

Kelab Empati Universiti Malaya: “Lepak & Luah” Initiative

The Kelab Empati Universiti Malaya promotes openness and empathy through its “Lepak & Luah” sessions — informal sharing circles designed to break mental health stigma and provide a safe space for expression. These gatherings encourage meaningful peer connections and nurture a culture of compassion, emotional understanding, and acceptance within the UM community.

Right: The picture of Kelab Empati UM’s “Lepak & Luah” session



Continuous Mental Health Awareness Campaigns

UM actively promotes mental health through posters, social media campaigns, and UMInfoMail broadcasts. During Ramadan 2024, the Counselling Centre launched “Psikologi Ramadan: 30 Refleksi Kesejahteraan Jiwa”, a month-long digital reflection series sharing daily quotes and positive messages to promote mindfulness, gratitude, and inner peace throughout the fasting month.

Right and below: Mental health awareness posters displayed on social media and UMInfoMail

7 Tips Kekal Positif di Tempat Kerja

Mulakan Hari dengan Pemikiran Positif

- Amalkan bersyukur setiap pagi.
- Fokuskan diri kepada perkara-perkara yang ingin dicapai sepanjang hari.

Ambil Rehat yang Mencukupi

- Berhat sekurang-kurangnya 90 minit untuk mengantikan keletihan.
- Mandatkan waktu makan tengah hari untuk berehat dan melegakan fikiran.

Berinteraksi dengan Rakan Sekerja

- Luangkan masa untuk berbual dan membina hubungan baik.
- Sokong dan dorong rakan sekerja anda.

Kekal Teratur dan Berdisiplin

- Tetapkan tempoh kerja anda supaya berkonsentrasi dan teratur.
- Tetapkan matlamat harian dan uruskan masa dengan baik.

Jaga Kesihatan Fizikal dan Mental

- Amalkan gaya hidup sihat dengan bersenam dan makan secara seimbang.
- Meditasi atau amalkan teknik pernafasan untuk mengurangkan stres.

Fokus pada Penyelesaian, Bukan Masalah

- Hadapi cabaran dengan sikap positif dan carian penyelesaian.
- Elakkan daripada membesar-besarkan masalah.

Raikan Kejayaan, Kecil atau Besar

- Beri ganjaran kepada diri sendiri atas pencapaian dan usaha.
- Berikong kejayaan dengan rakan sekerja.

“We Care We Serve”

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Santapan Minda Kampus UM Bil 2/25

OVERTHINKING

"Lepaskan, Bukan Fikirkan: Mind Detox, Buang Toksik Overthinking"

OVERTHINKING?

Overthinking adalah satu bentuk pemikiran yang berulang-ulang dan tidak produktif. Ia boleh membawa kepada tekanan, kecemasan, dan masalah tidur. Overthinking sering kali berlaku apabila kita terlalu memikirkan perkara-perkara yang sudah berlaku atau yang akan berlaku, tanpa mengambil tindakan yang diperlukan.

5 STRATEGI MENGATASI DAN MENANGANI OVERTHINKING

- AMALKAN 5S (Check, Cut, Dig, Dig, Dig)**
 - Check:** Periksa semula apa yang sedang anda fikirkan.
 - Cut:** Jangan terus memikirlah apa yang sedang anda fikirkan, sebaliknya cuba pemikiran tersebut. Periksa betul atau tidak betul atau perlu atau tidak perlu. Fikir yang baik atau tidak dan sebagainya.
 - Dig:** Digra atau cari pemalar yang lebih tepat.
- FOKUS KEPADA 5 PERANA**
 - Penyelesaian Praktikal
 - Perkara Dalam Kawalan
- TIPS**
 - Visualize, tulis dan sampaikan apa yang sedang anda fikirkan.
- AMALKAN PRAKTIK YANG MENDUKUNG ANDA TENANG**
 - Deep Breathing, Progressive Muscle Relaxation (PMR) & Mindfulness (teknik melatih diri untuk fokus).
- LIBATKAN DIRI DENGAN PELAKSANA AKTIVITI**
 - Situasi diri anda dengan melakukan pelbagai jenis aktiviti.

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Santapan Minda Kampus UM Bil 4/24

BREATHING

Bernafas Dalam-dalam: Seni Mindfulness untuk Kesihatan Mental

"We Care We Serve"

PERNAFASAN DALAM (DEEP BREATHING)

- Carilah suasana yang tenang dan selesa, duduk atau berbaring dengan selesa.
- Tutupkan mata anda dan fokuskan perhatian anda pada pernafasan anda.
- Tarik nafas dalam-dalam melalui hidung anda, tahan sebentar, dan hembuskan perlahan-lahan melalui mulut anda.
- Ulangi proses ini sebanyak 10 kali.

PERNAFASAN DIFRAGMA (DIAPHRAGMATIC BREATHING)

- Carilah suasana yang tenang dan selesa, duduk atau berbaring dengan selesa.
- Tutupkan mata anda dan fokuskan perhatian anda pada pernafasan anda.
- Tarik nafas dalam-dalam melalui hidung anda, tahan sebentar, dan hembuskan perlahan-lahan melalui mulut anda.
- Ulangi proses ini sebanyak 10 kali.

PERNAFASAN 4-7-8

- Carilah suasana yang tenang dan selesa, duduk atau berbaring dengan selesa.
- Tutupkan mata anda dan fokuskan perhatian anda pada pernafasan anda.
- Tarik nafas dalam-dalam melalui hidung anda, tahan 4 saat, hembuskan perlahan-lahan melalui mulut anda.
- Tahan 7 saat, kemudian tarik nafas dalam-dalam melalui hidung anda.
- Hembuskan perlahan-lahan melalui mulut anda, tahan 8 saat.
- Ulangi proses ini sebanyak 10 kali.

PERNAFASAN TERATUR (PACED BREATHING)

- Carilah suasana yang tenang dan selesa, duduk atau berbaring dengan selesa.
- Tutupkan mata anda dan fokuskan perhatian anda pada pernafasan anda.
- Tarik nafas dalam-dalam melalui hidung anda, tahan 4 saat, hembuskan perlahan-lahan melalui mulut anda.
- Tahan 4 saat, kemudian tarik nafas dalam-dalam melalui hidung anda.
- Hembuskan perlahan-lahan melalui mulut anda, tahan 4 saat.
- Ulangi proses ini sebanyak 10 kali.

PERNAFASAN TERATUR (PACED BREATHING)

- Carilah suasana yang tenang dan selesa, duduk atau berbaring dengan selesa.
- Tutupkan mata anda dan fokuskan perhatian anda pada pernafasan anda.
- Tarik nafas dalam-dalam melalui hidung anda, tahan 4 saat, hembuskan perlahan-lahan melalui mulut anda.
- Tahan 4 saat, kemudian tarik nafas dalam-dalam melalui hidung anda.
- Hembuskan perlahan-lahan melalui mulut anda, tahan 4 saat.
- Ulangi proses ini sebanyak 10 kali.

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Santapan Minda Kampus UM Bil 2/24

JOM CEGAH BULI SIBER

Buli siber - Sebarang bentuk gangguan, ancaman, atau penghinaan yang berlaku melalui platform dalam talian, seperti media sosial, e-mel, atau aplikasi pesanan.

KESAN SIBER BULI

- Emosi - Buli siber boleh menyebabkan kesan emosi yang mendalam seperti kemarahan, kekecewaan, dan perasaan rendah diri.
- Sosial - Mengaungi mangsa dari interaksi sosial dan merasa terasing daripada rakan-rakan atau keluarga.
- Academik/Kerjaya - Tindakan dari buli siber boleh mengganggu fokus dan prestasi akademik/kerjaya mangsa.

LANGKAH MENGATASI

- Kenalpasti dan Penilaian - Menilai pelbagai risiko dan tahap risiko dari buli siber.
- Selamatkan dan Laporkan - Menghentikan mangsa untuk melaporkan insiden buli siber kepada pihak berkuasa atau platform media sosial.
- Sokongan Emosi - Memohon sokongan psikologi dan kaunseling kepada mangsa buli siber untuk membantu mereka mengatasi tekanan.

"We Care We Serve"

HUBUNGI KAMI

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