



Good Health and Well-being

Ensure healthy lives and promote wellbeing for all at all ages.



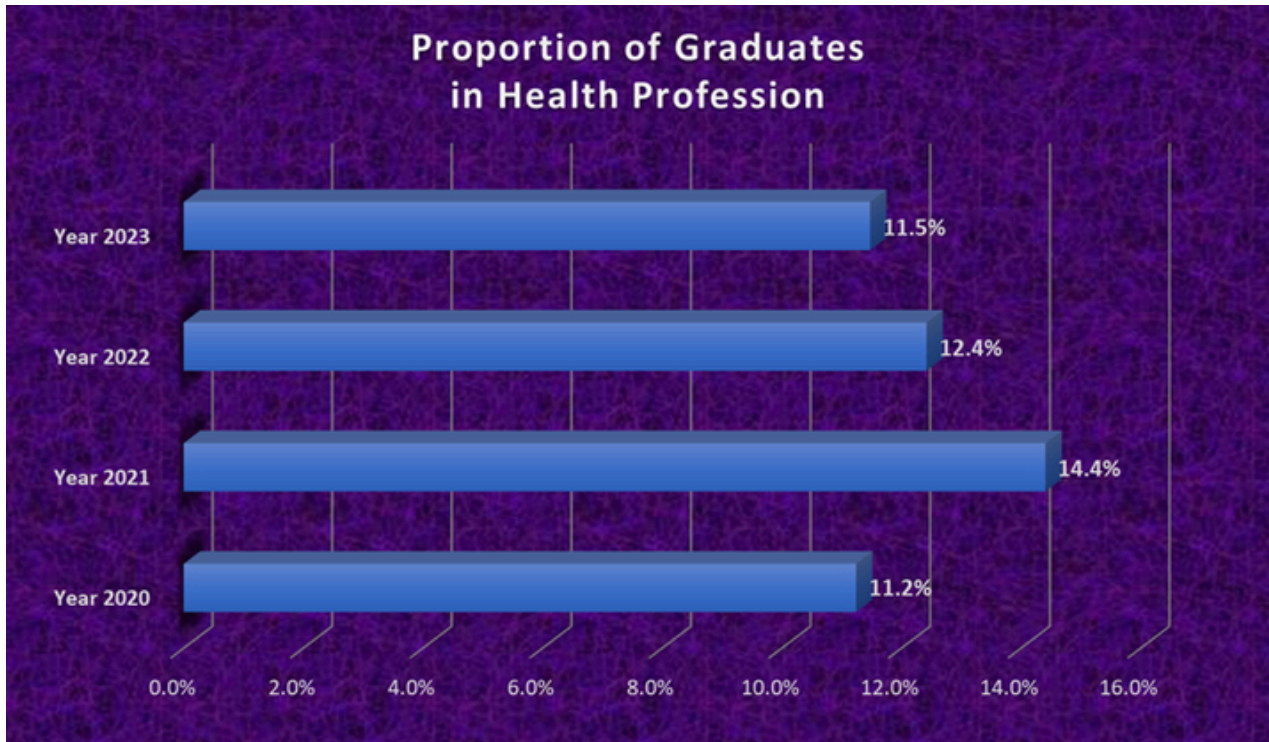
Universiti Malaya's Commitment to Good Health and Wellbeing

Universiti Malaya (UM) has consistently demonstrated its dedication to promoting health and well-being, aligning with Sustainable Development Goal 3 (SDG 3) – Good Health and Well-being. This commitment is evident in its proactive approach to addressing the diverse health needs of its community. In 2023, UM further strengthened its role as a leader in health-related initiatives by implementing various programs aimed at improving health outcomes, enhancing mental health support, promoting sexual and reproductive health, expanding community outreach efforts, and enforcing its comprehensive tobacco-free policy.

These initiatives not only focus on individual health but also contribute to a healthier campus environment, fostering a culture of wellness among students and staff alike. They are part of UM's broader strategic goals, as outlined in the UM Transformation Plan 2030 and UM Master Plan 2050, which guide the university's contributions to sustainable development. By integrating health promotion into its strategic vision, UM continues to play a pivotal role in shaping a healthier future for its community and beyond.

Proportion of Graduates in Health Professions

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The Universiti Malaya (UM) has consistently contributed to the education of health professionals, as reflected in the steady proportion of graduates in health-related fields over recent years. Although there was a slight fluctuation, with a peak of 14.4% in 2021 and a current rate of 11.5% in 2023, UM remains committed to producing a significant number of graduates equipped for careers in health professions, supporting the broader healthcare sector's needs.

Above: A graph showing the proportion of Universiti Malaya graduates in Health Professions, comparing data from 2020 to 2023



Partnering for Health: Collaborations for Better Well-Being Locally and Globally

In 2023, Universiti Malaya (UM) significantly expanded its network of partnerships, forging new collaborations with industry leaders, non-governmental organisations (NGOs), and academic institutions. These partnerships are essential to UM's strategy of becoming a global university with a profound impact on the healthcare industry. By increasing engagement with key players in the healthcare sector, UM not only enhances its visibility but also plays a more direct role in driving positive changes in the industry and extending benefits to the wider community.

Universiti Malaya is actively involved in various collaborations with local, national, and international health institutions to improve health outcomes and promote well-being. These partnerships enhance medical research, education, and community outreach, aligning with the university's mission to address health challenges on multiple levels.

Local Collaborations: A Focus on Healthcare Innovation

At the local level, UM's Faculty of Pharmacy played a pivotal role in establishing strategic partnerships aimed at addressing healthcare challenges and exploring growth opportunities. Collaborations were secured with prominent healthcare providers such as Sunway Multicare Pharmacy, BIG Pharmacy, Rhazes Telehealth, Rhazes Consultancy Services, and Caring Up. These partnerships focused on research and development projects designed to improve health-related services, reflecting UM's commitment to innovation and excellence in healthcare.

Another significant local collaboration was the establishment of the Muzium Perubatan Tan Sri Dr. Lim Wee Chai at the Faculty of Medicine. In 2023, Tan Sri Dr. Lim Wee Chai, founder of Top Glove Corporation Bhd., signed an agreement with UM to transform its existing medical museum into a state-of-the-art educational resource. The goal of this collaboration is to enhance medical education and research by creating an interactive learning environment for students and the broader community.

A major milestone in local collaboration was the partnership with Pusat Perubatan USM Bertam and the Advanced Medical and Dental Institute (AMDI) of USM. On April 19, 2023, AMDI visited Universiti Malaya Medical Centre (UMMC) to formalise a collaboration aimed at enhancing cancer care and research. This partnership includes extending USM's transfusion program to UMMC as a training site and developing joint cancer training and talent development initiatives, positioning AMDI as a northern hub for cancer research and treatment.

One of the most impactful community-based collaborations in 2023 was the **Early Detection Program for Underprivileged Women**, launched on October 21, 2023, by UMMC in collaboration with the Pink Ribbon Wellness Foundation. This program provides free biopsies to 50 underprivileged women, promoting breast cancer awareness and early diagnosis. The initiative emphasises UM's commitment to community outreach and women's health by supporting early detection efforts and addressing health disparities among underprivileged communities.





Above: The signing of a Memorandum of Understanding (MOU) between the Faculty of Pharmacy, Universiti Malaya and Sunway Multicare Pharmacy

Below: Memorandum of Agreement exchange between the Faculty of Pharmacy, Universiti Malaya, and CaringUp, involving a research project titled “Perception, Adherence, Clinical, Economical, and Health-Related Quality of Life Outcomes of CareAide® App Usage in Chronic Diseases”



Above: UMMC, in collaboration with the Pink Ribbon Wellness Foundation, provided free biopsies to 50 underprivileged women

National Collaborations: Expanding Academic and Healthcare Networks

Nationally, UM strengthened its partnerships within the academic and healthcare sectors. The Faculty of Pharmacy signed a Memorandum of Understanding (MOU) with Quest International University, Perak, with the aim of revolutionising pharmacy education and creating opportunities for student exchanges. This collaboration enhances UM's academic network and strengthens the ties between institutions working towards improving pharmacy education in Malaysia.

In a notable event at the national level, UM hosted the launch of the Lancet Commission: Women, Power, and Cancer Report on December 7, 2023. This event, co-organised with the National Cancer Society of Malaysia, attracted 111 participants, including cancer support group members, healthcare professionals, academics, and social activists. The aim was to discuss the role of women in cancer care and share findings from the Lancet Commission. The event showcased UM's commitment to advancing cancer care and research, particularly for women, highlighting the university's dedication to improving health outcomes at the national level.

On October 26, 2023, Universiti Malaya Medical Centre (UMMC) signed two Memorandums of Understanding (MOUs) with Diveheart Malaysia and RHB Islamic Bank Berhad. The MOU with Diveheart Malaysia focuses on promoting adaptive scuba diving for people with disabilities, making UMMC the first medical institution in Malaysia to offer scuba diving as a rehabilitation activity. Kids Scuba Malaysia will collaborate in training participants.

The MOU with RHB Islamic Bank supports these efforts by raising awareness and backing initiatives related to adaptive scuba diving. This partnership also aligns with Malaysia's goal to promote Accessible Tourism, helping to enhance rehabilitation programs and opportunities for the disabled community.



Left: MOU signing ceremony between Universiti Malaya Medical Centre (UMMC) with Diveheart Malaysia and RHB Islamic Bank Berhad

Right: Visitors from Quest International University (QI), Perak, Malaysia, visited UM on 23rd May 2023

International Collaborations: Global Impact on Healthcare

On the international stage, UM made significant advancements in expanding its global healthcare collaborations. In 2023, the Faculty of Pharmacy hosted delegates from Bakti Tunas Husada Tasikmalaya University, Buana Perjuangan Karawang University, and Garut University, all from Jawa Barat, Indonesia. These discussions culminated in the signing of an MOU, marking the beginning of collaborative efforts between the schools of pharmacy. This partnership reflects UM's dedication to fostering academic exchanges and joint research initiatives with international institutions.

UM also renewed its collaboration with the Royal College of Surgeons of England, which had originally been established in 2017. The renewed partnership enables UM to continue serving as an examination center for the Membership of the Royal College of Surgeons (MRCS) examination in Kuala Lumpur. With its exceptional faculty and advanced facilities, UM provides a conducive environment for the MRCS (OSCE) examinations, which will now be held annually in September.

Another significant international collaboration was with Yale University. Together with UM's Faculty of Medicine and Yale University, they organised a bootcamp titled Making Implementation Science Available and Approachable to Resource-Limited Settings. The bootcamp featured lectures from global experts, skill-building workshops, and proposal evaluations, aiming to improve healthcare delivery in resource-limited areas. This initiative highlights UM's global commitment to addressing healthcare challenges in under-resourced regions.

In addition, the Faculty of Pharmacy at UM signed an MOU with the Institute of Adherence to Medication (IAM), USA, to develop medication adherence assessment tools. This collaboration aims to enhance the research ecosystem at UM and support healthcare providers and patients in improving medication adherence. By developing these tools, the partnership is expected to make a significant impact on healthcare practices, particularly within UM's healthcare framework.



Left: Discussion with delegates from Bakti Tunas Husada Tasikmalaya University, Buana Perjuangan Karawang University, and Garut University, all from Jawa Barat, Indonesia

Right: MOU signing ceremony between Faculty of Medicine, UM and Yale University, New Haven

One of the major international collaborations in 2023 was the signing of an MOU between UMMC and Sir Run Run Shaw Hospital (SRRSH), affiliated with Zhejiang University School of Medicine in China. This MOU was signed on 21 November 2023, during the Conference on Promoting Belt and Road Cooperation in Zhejiang, China. The collaboration focuses on molecular pathology and encompasses several key areas, including:

- Knowledge and technology exchange between the institutions
- Cross-visitation between medical professionals and researchers
- Joint research and development ventures
- Educational programs and training workshops
- Exploring telemedicine systems for remote pathology consultations

This partnership aligns with the Belt and Road Initiative, promoting academic and technological cooperation between Malaysia and China. By working together, both institutions aim to advance medical research and improve patient care through shared knowledge and innovation.

A Year of Significant Growth and Impact

In 2023, Universiti Malaya achieved remarkable growth in its healthcare collaborations, both locally and globally. By forming strategic partnerships with leading institutions, UM has strengthened its role in healthcare innovation, research, and education. These collaborations not only enhance UM's reputation as a world-class academic institution but also enable it to contribute more effectively to improving healthcare outcomes and addressing health challenges on a global scale. As UM continues to expand its network of partners, the university remains committed to driving positive change in the healthcare industry and benefiting communities both in Malaysia and around the world.



UNIVERSITI MALAYA | Yale University School of Medicine | ceria | NIH | Centre for Epidemiology and Evidence-Based Practice (CEEP)

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Above: UM's Faculty of Medicine and Yale University organised a bootcamp titled "Making Implementation Science Available and Approachable to Resource-Limited Settings"

Below: MOU signing ceremony between Universiti Malaya Medical Centre (UMMC) and Sir Run Run Shaw Hospital, China.



Bridging Health for All: Empowering Communities, Disadvantaged People and Uplifting Refugees

3

Universiti Malaya (UM) has a longstanding commitment to community engagement, particularly in promoting health and well-being through various outreach programs and projects. These initiatives cover a wide range of topics, including hygiene, nutrition, family planning, sports, exercise, mental health, and aging well.

Local Community Outreach Programs

Universiti Malaya has engaged in a series of outreach events aimed at promoting health and well-being within the local community. These events not only address physical health but also aim to enhance mental and emotional well-being by encouraging holistic approaches to a healthy lifestyle.

- **Blackout Run and Heals Fithival** (12 January 2023). This event focused on promoting physical fitness among the local community through a night-time run, combined with health awareness activities. The event emphasised the importance of staying active as a key component of maintaining overall well-being.
- Universiti Malaya Community Engagement Centre (UMCares) Community Program 2023 introduced **Walking Football for Seniors** in Petaling Jaya. Eight teams of players, aged 55 to 65, trained for three months before competing in a two-day tournament. The program aimed to improve fitness, mental well-being, and social interaction among retirees.
- UMCares Program: **Health is Wealth: Healthy Aging for Senior Citizens of Petaling Jaya**. The “Health is Wealth” program is a community health event designed to educate senior citizens about the importance of healthy aging. Participants were provided with information and resources on how to manage their health as they age, focusing on exercise, nutrition, and preventive care.

Many of these programs also involve student volunteers, providing them with opportunities to contribute to the local community while gaining hands-on experience in addressing public health challenges. Below is a detailed overview of key health outreach events and programs conducted in 2023.



Above: The event poster for Blackout Run and Heals Fithival (Source: Kolej Kediaman Dayasari)

Below: Walking football for seniors program, under UMCares



- UMCares program: **Financial Literacy And Wellbeing For Healthy Ageing-Community Advisory Clinic:** Malaysia is rapidly aging, with over 7% of the population aged 65+ and expected to reach 20% by 2056. This poses challenges for retirement and healthcare funding, as many retirees lack sufficient savings. The project aims to improve financial literacy and protect the elderly from scams to ensure their financial security.
- UMCares program, INDRALOKA: **Low-income Urban Community (LIUC) Health Empowerment: The Key To A Healthier Nation** - Universiti Malaya initiated a community health program to improve healthcare access and promote self-health awareness in low-income urban areas. The program focused on better nutrition and reducing health disparities in the Klang Valley.
- **Health Carnival Lembah Pantai** (5 March 2023). This health carnival, held in Lembah Pantai, brought together healthcare professionals, community leaders, and local residents to promote various health services and offer free health screenings. The event also included educational workshops on topics such as nutrition, physical activity, and preventive health measures. (Link: [Facebook Post](#))
- **Liputan Program Aspirasi Sihat** (17 June 2023): Held at Pangsapuri Putra Ria, this event focused on promoting physical health and wellness, with free health screenings and fitness activities designed to encourage residents to adopt healthier lifestyles. (Link: [Facebook Post](#))
- **Program Psikososial@Komuniti:** A psychosocial health awareness initiative held on 18 July 2023 at SMK Puncak Alam. This program aimed to improve mental health awareness and provide support to students and community members facing mental health challenges.
- UM Clinic offers free health screenings to promote early detection and support the well-being of the university community.



Above: The INDRALOKA program.
Below: The Health Carnival Lembah Pantai.



Above: Poster for the free health screening by UM Clinic
(Source: UM Clinic)

Universiti Malaya Medical Centre (UMMC) Community Outreach Programs

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Universiti Malaya Medical Centre (UMMC) launched multiple outreach programs in different locations, focusing on delivering healthcare services and raising awareness on health issues:

- August 2023 – Kampung Pasir Baru, Lembah Pantai: Aimed at improving health literacy in underserved communities, this outreach provided medical screenings and health education to local residents. (Link: [Facebook Post](#))
- 10 October 2023 – Politeknik Port Dickson: Focused on promoting student health and well-being, this program provided health screenings and educational sessions for students. (Link: [Facebook Post](#))
- 15 August 2023 – Taman Pulau Indah, Johor Bahru: A program designed to improve health literacy and provide preventive healthcare services to local residents. (Link: [Facebook Post](#))
- 28 October 2023 – Segamat, Johor: A large-scale outreach event offering free medical services and educational workshops on community health. (Link: [Facebook Post](#))
- 9 October 2023 – Taman Negara Kuala Tahan, Pahang: A community health outreach program that provided health services and educational resources to residents and tourists at the national park. (Link: [Facebook Post](#))
- 16 November 2023 – Ekspo Kasih Madani: An event aimed at promoting mental health awareness and providing access to mental health resources. (Link: [Facebook Post](#))



Above: Free health screenings conducted by UMMC at Politeknik Port Dickson and Ekspo Kasih Madani
Below: Community health screenings at Taman Negara Kuala Tahan in Pahang and Taman Pulau Indah in Johor Bahru



KPT Prihatin Madani Community Programs

Universiti Malaya Medical Centre (UMMC) hosts the KPT Prihatin Madani Community Programs, launched in collaboration with the Ministry of Higher Education to enhance health and well-being in rural and underserved areas. Activities include:

- 8 July 2023 – In Kampung Durian Mentangau, Dungun, Terengganu, UMMC led a community health initiative offering free medical check-ups and health education sessions to local residents. (Link: [Facebook Post](#))
- 17 July 2023 – In Taman Pinang Jaya, Bukit Pinang, Kedah, UMMC conducted a program focused on reducing health disparities in rural areas through medical services and awareness campaigns. (Link: [Facebook Post](#))
- 3 October 2023 - Organised by UMMC, this health screening was held at the Projek Perumahan Rakyat Seri Rampai in Johor Bahru, with support from various UMMC departments, including senior management, the Engineering Department, nursing staff, the Radiology Department, pharmacists, physiotherapists from the Rehabilitation Department, administrative officers, and UMMC bus drivers. Health checks included screenings for blood pressure, blood sugar levels, and cholesterol. Eye screenings were conducted by a team of ophthalmologists, optometrists, and specialist trainee doctors, with assessments covering visual acuity for all patients, fundus imaging for adults, and auto-refractometer tests for children. The Malaysian Society of Ophthalmology provided the Spot Vision machine, while Excimed Sdn. Bhd. loaned two Horus Handheld Fundus Imaging units. A total of 131 patients received eye screenings, with 56 referred for further evaluation by optometrists and eye clinics. (Link: [UM Eye Research Centre](#))



Top: UMMC house visits in Kampung Durian Mentangau, Dungun, Terengganu
Middle: Health screenings at Taman Pinang Jaya, Bukit Pinang, Kedah
Bottom: Eye screenings at the Projek Perumahan Rakyat Seri Rampai

Special Outreach Initiatives for Disadvantaged Groups

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UM's commitment to inclusivity is reflected in its various health programs tailored for disadvantaged populations, including women, children, and individuals with disabilities:

- Early Detection Program for Underprivileged Women: On October 21, 2023, UMMC and the Pink Ribbon Wellness Foundation launched an Early Detection Program to provide free biopsies for 50 underprivileged women. This initiative is part of a broader effort to raise awareness about breast cancer and encourage early diagnosis, particularly in underserved communities.
- Webinar: General Care for Children with Cerebral Palsy (2 November 2023): This online event provided essential information and support for caregivers and professionals working with children diagnosed with cerebral palsy, focusing on improving the quality of care and access to services.
- Run With Me 2023: Held on 7 January, this inclusive running event brought together individuals with disabilities and the broader community, promoting physical fitness and social inclusion for people of all abilities.
- Program Psikososial Rumah Sinar Kasih (5 & 14 September 2023): In collaboration with the Universiti Malaya Centre for Addiction Science Studies (UMCAS), this psychosocial program aims to provide mental health support for the residents of Rumah Sinar Kasih, focusing on addiction recovery and rehabilitation. Rumah Sinar Kasih houses women receiving treatment for drug addiction.



Top: Early Detection Program offering free biopsies to underprivileged women

Middle: Running event promoting inclusivity with participants from the disabled community

Bottom: UM volunteers supporting activities at Rumah Sinar Kasih

- Seminar on Access to Information for the Visually Impaired and Print-Disabled: On 16 March, this seminar focused on increasing access to information and educational resources for students with disabilities, particularly those with visual impairments.
- Program Hala Tuju OKU (15 October 2023): A collaborative effort between UM and the Malaysian Communications and Multimedia Commission (MCMC), this program addressed the future direction for individuals with disabilities, particularly in the areas of education and employment.
- Sports Exergaming Competition For Individuals With Physical Disabilities (2023): A researcher from UMMC launched an initiative using exergames to improve the health and fitness of physically disabled individuals, encouraging exercise through fun, sports-themed games to reduce sedentary lifestyles.
- The UMMC Community Outreach Team, comprising 17 members, partnered with the Jerantut District Health Office to conduct a two-day health screening program on 1-2 October 2023 at Klinik Kesihatan Kuala Tahan and Klinik Kesihatan Kampung Bantal. With a focus on serving the local population, particularly the Orang Asli community, the program screened over 60 residents for vital signs, BMI, cholesterol, glucose levels, vision, and cardiac health. This initiative aimed to promote health awareness and enhance well-being within the Orang Asli community and nearby residents.

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*Peringkat IPT
Tahun 2023*

MAKLUMAT PROGRAM
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Masa : 8.00 pagi – 1.00 petang
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Kompleks Perdanasiswa,
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Jabatan Sumber Manusia, Universiti Malaya

Dengan Kerjasama:
Majlis Kebangsaan Bagi Orang Buta Malaysia
(NCBM)



Top: Seminar on Access to Information for the Visually Impaired and Print-Disabled
(Source: UM Human Resource Department)

Middle: Sports Exergaming Competition For Individuals With Physical Disabilities

Bottom: UMMC conducted free health screenings for the Orang Asli community

Refugee Support and Awareness Programs

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UM also engages in initiatives to support refugees in Malaysia, advocating for their rights and improving access to essential services.

- Forum: The Refugee Situation in Malaysia. This forum, hosted by Universiti Malaya, addressed the challenges faced by refugees in Malaysia. It provided a platform for discussion on improving refugee access to healthcare, education, and social services. (Link: [Forum Details](#))



Above: Poster for the “Refugee Situation Forum”
(Source: Faculty of Arts and Social Sciences).

These programs and initiatives demonstrate Universiti Malaya’s deep commitment to improving the health and well-being of all members of the community, particularly those who are disadvantaged or underserved.

Through these efforts, UM not only enhances public health but also fosters social responsibility and inclusivity, aligning with its mission of creating a healthier, more equitable society.



UM Sports for All: Sharing Facilities, Building Community

Recognising the importance of sports activities for a healthy lifestyle, Universiti Malaya (UM) has made all the sports facilities to be accessible for students and staff of UM. The facilities offered to the students and staff include badminton courts, tennis courts, squash courts, football and rugby fields, indoor and outdoor sepak takraw courts, indoor and outdoor volleyball courts, indoor and outdoor basketball courts, indoor, grass and hard court netball courts, ping pong tables, grass and hard court handball court, soccer hard court, kayaks, softball and sukaneka field, swimming pool, and bicycles.

As the world is revolving around the concept of digitalisation, UM has created a system acting as a one-stop centre for students and staff to book the facilities around the campus known as UMPoint. The system is also accessible to the public. However, an access fee is required for the public to use the sports facilities at UM. Apart from the paid facilities, there are also free facilities open for all including the public in UM such as a jogging track around the campus and open gymnasiums at the parks near Tasik Varsiti.



Above: Open gyms, swimming pool, and tennis court
Below: Badminton court and jogging track around UM



Empowering Students: Access to Sexual and Reproductive Health Services & Education

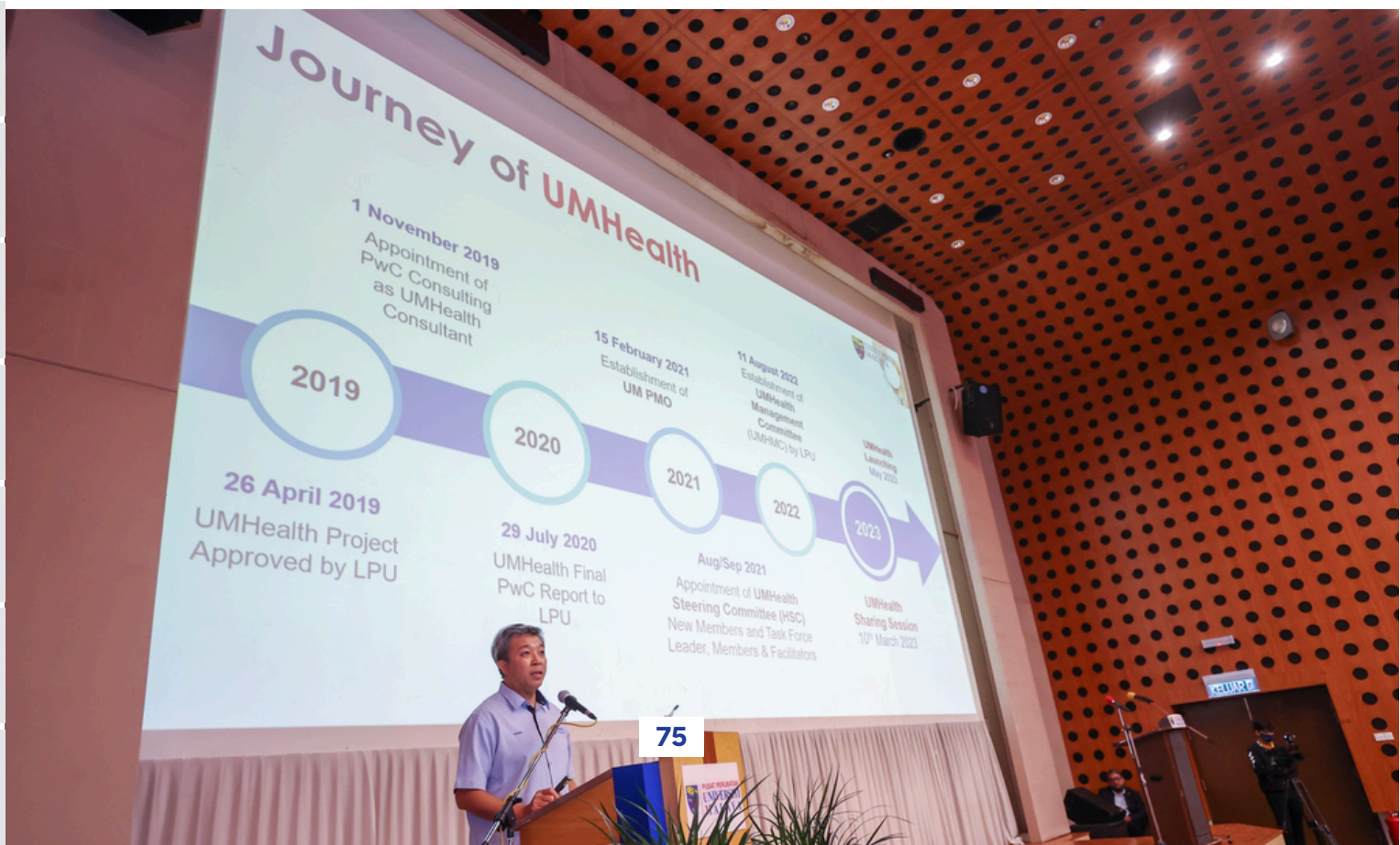
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The Universiti Malaya Medical Centre (UMMC) plays a vital role in providing comprehensive medical care and health education. Its Infectious Disease Unit (IDU) stands at the forefront of managing a wide array of infectious diseases and ensuring students and the community have access to necessary health services. As part of its commitment to student welfare, UMMC offers a free access program that includes webinars and educational series focused on key health issues. In addition, the centre ensures that students have access to sexual and reproductive health-care services, including information and education, fostering a well-rounded approach to student health.

The Infectious Disease Unit (IDU) at UMMC provides both inpatient and outpatient care through dedicated wards, WP1 and WP2, and its medical clinic. The unit offers referral services to other subspecialties and actively participates in ICU rounds to ensure thorough patient management.

The Infectious Diseases Unit (IDU) provides a comprehensive array of medical services, covering HIV and sexually transmitted diseases (STDs) care, tropical infection management—including treatment for dengue fever—and general infectious disease care. They offer specialised antibiotic consultations, including ICU rounds, along with vaccination services and an Antibiotic Stewardship Program designed to encourage the responsible use of antibiotics.

In addition to clinical services, the IDU is actively engaged in diverse research initiatives. These include trials for HAART (Highly Active Antiretroviral Therapy) and HIV-related studies, as well as research focused on sexual health issues within the MSM (men who have sex with men) community. The unit also conducts dengue research to enhance treatment outcomes, pharmacokinetic and pharmacodynamic (PKPD) studies of antibiotics, and investigations into antibiotic use and misuse, with a focus on combatting multi-drug resistant organisms.



Universiti Malaya (UM) recognises the importance of providing comprehensive Sexual and Reproductive Health (SRH) services on campus. The university is committed to promoting the well-being of the campus community by providing students with free access to sexual and reproductive health-care services, including information and education services. These efforts are supported through collaborations between key departments, including the Centre of Excellence for Research in AIDS (CERiA), the Department of Social and Preventive Medicine (SPM), and the Department of Obstetrics & Gynaecology (O&G).



1) Centre of Excellence for Research in AIDS (CERiA)

CERiA plays a central role in advancing SRH through research, events, and collaborations. A notable highlight is the Annual Summer Boot Camp, conducted in partnership with the Faculty of Medicine, Universiti Malaya, and Yale University's School of Medicine and School of Public Health. This event gathers public health practitioners from Malaysia and beyond to address pressing public health concerns, including SRH.

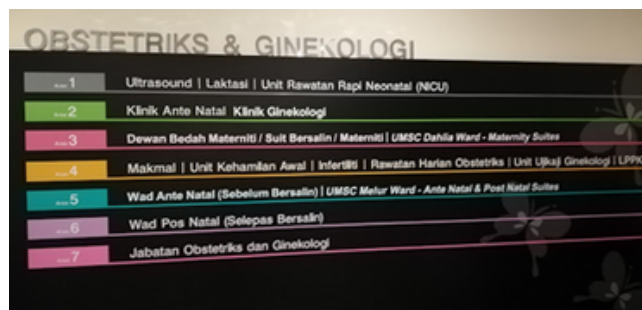
For more information, visit the [CERiA website](#).



2) Department of Social and Preventive Medicine (SPM)

The Department of Social and Preventive Medicine leads efforts in public health, with a strong focus on SRH services. Through webinars, research projects, and community outreach, SPM contributes significantly to promoting public health within and beyond the UM campus. Students are provided with free access to SRH information and education services to raise awareness and empower them with the knowledge to make informed decisions.

For additional details, visit the [SPM website](#).



3) Department of Obstetrics & Gynaecology (O&G)

The Department of Obstetrics & Gynaecology provides essential SRH services and functions as a major tertiary referral center in Malaysia for obstetric and gynecological care. The department also offers free access to SRH services through its events and initiatives, ensuring that students, staff, and the broader UM community have access to the care they need.

For more insights, visit the [Department of Obstetrics & Gynaecology website](#).

To enhance students' health education and promote proactive care, the Faculty of Medicine (FoM) has launched the Breakfast@UMHealth program, a series of free-access webinars and live discussions designed to deliver valuable insights across various health-related topics, with a particular focus on HIV, infectious diseases, and broader aspects of sexual and reproductive health. The program provides a platform for expert discussions and practical advice from healthcare professionals, equipping students with the latest knowledge and research in these fields. The initiative aims to cultivate a well-informed student body that is empowered to make responsible health decisions, seek timely support, and practice preventive health behaviors.

Notable events under the Faculty of Medicine include the World AIDS Day webinar, featured as part of the Breakfast@UMHealth Live Webinar Series (Episode 45), and an HIV Diagnostics Update on 14 March (Episode 9), which highlights significant developments in HIV screening and early intervention strategies. Additionally, special sessions such as World Kidney Day 2023 (8 March) focus on advancing the HIV agenda within nephrology, specifically addressing the unique needs of individuals managing both HIV and kidney health in Malaysia.

The Faculty of Medicine further expands its educational scope by tackling health issues beyond infectious diseases. For instance, webinars like "Rahsia Kesihatan Prostat untuk Lelaki" (Prostate Health Secrets for Men) on 17 November and Prostate Health & Men's Wellness on 28 November emphasise the importance of men's health and encourage proactive approaches to wellness. Another key session, organised by UM's Centre of Excellence for Research in AIDS (CERiA), is titled Optimising HIV Research and Practice in Resource-Limited Settings, held on 7 March. This session provides critical insights into enhancing health outcomes for individuals living with HIV, particularly in environments with limited resources. By addressing a wide range of health topics, these events contribute to a well-rounded health education program that empowers students to take charge of their health and well-being, fostering a culture of informed decision-making and proactive health management within the campus community.

UNIVERSITI MALAYA
Breakfast@UMHealth
LIVE WEBINAR SERIES
World AIDS Day

A Step Towards Zero: Advancing HIV Pre-Exposure Prophylaxis (PrEP) in Malaysia
Dr. Sazali Basri
Clinical Specialist
Infectious Diseases Unit
Department of Medicine
Universiti Malaya Medical Centre

Beyond Viral Suppression: Redefining Therapeutic Success in HIV Care
Associate Prof. Dr. Reena Rajasulur
Department of Medicine
Faculty of Medicine, Universiti Malaya

The Wow! Project: Addressing Holistic Health in Women Living with HIV
Dr. Anjanasa Kukreja
Physician & Lecturer
Infectious Diseases Unit
Department of Medicine
Faculty of Medicine, Universiti Malaya

Associate Prof. Dr. Sharifah Faridah Syed Omar
Consultant in Infectious Diseases
HIV, Infectious Diseases Unit
Department of Medicine
Faculty of Medicine, Universiti Malaya

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Prostate Health and Men's Wellness

SPEAKER **MODERATOR** **SPEAKER**

Tan Sri Nazir Razak
Prostate Cancer Survivor

Hazwan Najib
Co-Founder
DoctorOnCall

Dr. George Lee
Urologist
Clinical Associate Professor

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OPTIMISING HIV RESEARCH AND PRACTICE IMPACT IN RESOURCE-LIMITED SETTINGS
7 MARCH 2023 | 9:00 AM - 12:30 PM
Zoom Meeting ID: 8456537953
https://um2023.zoom.us/j/8456537953

SPEAKERS

PROF. DR. STEN H. VERMUND
Yale School of Public Health
Dean of the Yale School of Public Health and also serves as a Professor in Pediatrics at the Yale School of Medicine. He is a pediatric and infectious disease epidemiologist focused on diseases of low and middle-income countries.

PROF. DR. FREDERICK ALTICE
Yale School of Public Health
Professor of Medicine (Infectious Diseases) and of Epidemiology (Microbial Diseases), Affiliated Faculty, Yale Institute for Global Health Director, Clinical and Community Research Director, and in Prisoner Program Director, Community Health Care, Yale Academic, soon Professor of Medicine, University of Malawi, Center of Excellence for Research in AIDS (CERIA)

ASSOCIATE PROF. DR. SHEILA SHENOIT
Yale School of Public Health
Associate Professor of Medicine (Infectious Diseases), Associate Director, Office of Global Health, Yale Medicine, Affiliated Faculty, Center for Interdisciplinary Research on AIDS, Yale School of Public Health, Affiliated Faculty, Center for Methods in Implementation and Prevention Science, Yale School of Public Health, Affiliated Faculty, Yale Institute for Global Health

DATO PROF DR AISHEA RAMAKULAZAMAN
Director, Center of Excellence for Research in AIDS (CERIA)

ASSOCIATE PROF RABDEAH AHMAD ZAKI
Head of Centre for Evidence-based and Evidence-Based Practice (CEBP)

MODERATOR DR RUMANA AKHTER SAIFI
Associate Director, Center of Excellence for Research in AIDS (CERIA)

REGISTER NOW
https://forms.gle/W5T2BzGntvnu5B86

Top: Poster for the "Breakfast@UMHealth" webinar series on World AIDS Day
(Source: Faculty of Medicine)

Middle: Poster for "Prostate Cancer Awareness Talk"
(Source: Faculty of Public Health)

Bottom: Poster for webinar on "Optimising HIV Research and Practice in Resource-Limited Settings"
(Source: Centre of Excellence for Research in AIDS)

Prioritising Wellness: Mental Health Support for Students and Staff

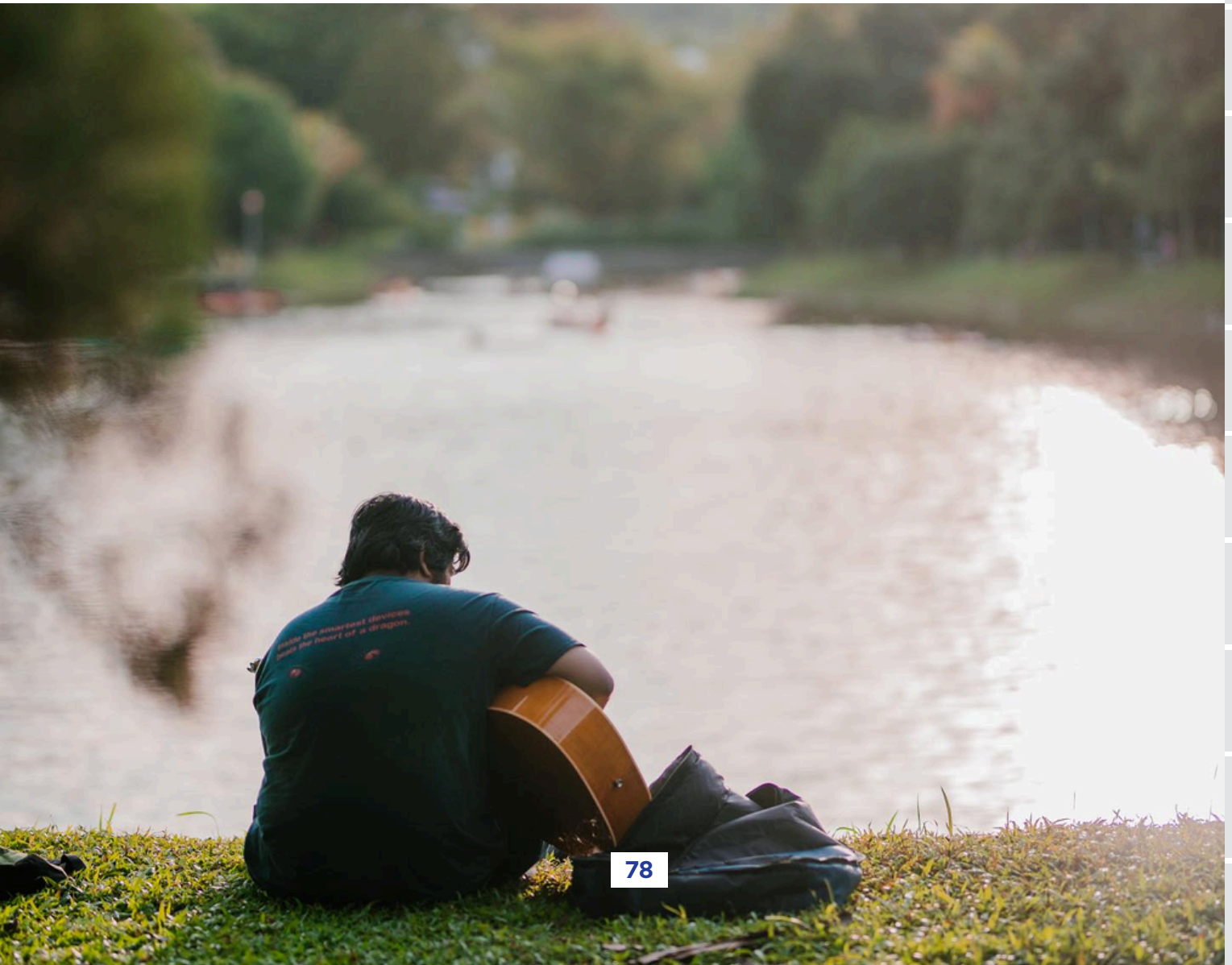
Universiti Malaya recognises the importance of mental health and has implemented several initiatives to provide students with access to mental health support while actively promoting positive mental well-being. This report outlines the key services and resources available to students for mental health support.

Student Affairs Department (HEP) Mental Health Services

The Student Affairs Department (HEP) plays a significant role in offering mental health support to students. They provide a range of counselling services designed to help students manage their mental health challenges, access professional advice, and find solutions to personal and academic problems.

Students can go to this website for more information:
<https://hep.um.edu.my/psychology-amp-counseling>.

Students seeking mental health assistance can visit the website, which provides comprehensive guidelines on how to access psychological and counselling services. This platform offers essential information and resources for students in need of support, along with multiple contact numbers for immediate assistance.



Free Counselling Services by the Faculty of Education

3

In addition to HEP services, the Faculty of Education's Master of Professional Counselling program offers free face-to-face counselling sessions. These sessions are open to all students and anyone interested in embarking on a journey of self-discovery. The counselling services are designed to address a wide range of personal, emotional, and psychological issues, contributing to the overall well-being of the student body. Promotions for these services are regularly shared through the UM student mail system.

UNIVERSITI MALAYA

INTERPERSONAL RELATIONSHIP

FREE GROUP COUNSELLING SESSIONS

COUNSELLING LAB, UNIVERSITY MALAYA
MON, 3PM - 4.30PM [6 WEEKLY SESSIONS]
TO BE CONDUCTED IN ENGLISH

SCAN TO SIGN UP NOW!

FACILITATED BY TRAINEE COUNSELLORS,
FELICIA TONG & HUI YING.
SUPERVISED BY PROF.DR. HASLEE SHARIL

LIMITED SLOT AVAILABLE

Above and Right-Hand Side Posters: These showcase various examples of individual and group counseling sessions conducted in 2023 by trainee counselors at UM, under the supervision of experienced academicians from the Faculty of Education

Problems? Stress? I am here to help

- **FREE** individual counselling service
- Private & confidential
- Safe & comfortable environment

Conducted by:
Trainee Counselor University Malaya

Book a session

UNIVERSITI MALAYA

UNIVERSITI MALAYA

Free Counselling Service

Christine Teoh
Trainee Counsellor
Master of Professional Counselling (UM)

- Relationship or family issues?
Loneliness?
- Academic worries?
Career issues? Burnout?
- At a crossroads in life?
Feeling stuck in life?

Life can be heavy, you don't have to go through it alone.
I'm here to offer a safe, non-judgmental space to support you.
Your thoughts and emotions matter!

UNIVERSITI MALAYA

FREE counselling services

Your journey in life can be tough
but you don't have to be alone.
Feeling burnout? Stressful? Or just
need someone to talk to?

LET'S TALK

THARMEN
Trainee Counsellor
Masters of Professional Counselling, Universiti Malaya

- ✓ Safe space
- ✓ Private & Confidential

Centre for Counselling & Disability Empowerment (CCDE)

Universiti Malaya has established a comprehensive one-stop center that offers free emotional and psychological services for the campus community, including both staff and students. This center operates with a strong commitment to confidentiality, ensuring that all users can seek help with complete privacy and security. The services provided by the center are designed to support the well-being of the entire university community and address a wide range of emotional, psychological, and social needs.

The center provides an array of services aimed at addressing various aspects of mental health and well-being. These services include:

- **Counseling & Intervention:** Professional counseling sessions are offered to individuals experiencing emotional or psychological difficulties, providing them with personalised support and strategies for overcoming challenges.
- **Psychological Management:** This service focuses on the management of psychological health, helping individuals understand, manage, and improve their mental well-being through expert guidance.
- **Prevention, Development & Awareness Programs:** The center organises programs aimed at preventing mental health issues while promoting personal development and raising awareness about mental health and well-being.

- **Disability & Inclusion:** Support services are available to ensure that individuals with disabilities are included and can access the resources they need to thrive within the university community.
- **Staff's Social Welfare:** In addition to supporting students, the center provides social welfare services specifically targeted at addressing the needs and well-being of Universiti Malaya staff members.
- **Consultation:** The center offers consultation services for those seeking advice or guidance on mental health issues, allowing individuals to explore solutions with professionals.
- **Collaboration:** The center actively collaborates with other departments and organisations to enhance its services and ensure that the campus community receives comprehensive support.

Through this one-stop center, Universiti Malaya reaffirms its commitment to fostering a supportive and inclusive environment that prioritises the emotional and psychological well-being of its staff and students. The diverse range of services offered is tailored to meet the unique needs of the campus community, promoting mental health and enhancing the quality of life for all members.

Staff can go visit this website for more information :

<https://registrar.um.edu.my/center-for-counseling-amp-disability-empowerment-ccde>



Active Programs for Mental Health

3

Universiti Malaya is dedicated to addressing mental health challenges by actively promoting good mental health among its students and staff through a variety of programs. These initiatives are conducted monthly and are designed to raise awareness about mental health issues, enhance well-being, and provide practical support for the campus community.

Each month, the university organises a series of workshops, seminars, webinars, and outreach programs aimed at educating participants about the importance of mental health. These sessions provide strategies for managing stress, anxiety, depression, and other common psychological issues. The programs are structured to engage both students and staff, ensuring that everyone on campus has access to the information and resources they need to maintain their mental and emotional well-being.



Above: Counselling seminar by the UM's Academy of Malay Studies (APM).

Faculty Initiatives for Mental Health Improvement:

- 27 February 2023: Departmental Talk Series “Psychological First Aid to Reduce Psychological Distress of Disaster Survivors”
- 21 May 2023: Seminar on “A Healthy Mind is the Greatest Treasure”
- 12 September 2023: *Program Kesedaran dan Intervensi Kesejahteraan Emosi*
- 5 December 2023: “Healing Through Humanities”



Above: Talk on “A Healthy Mind is the Greatest Treasure”

Below: Departmental Talk Series: Psychological First Aid to Reduce Psychological Distress of Disaster Survivor (Source: Faculty of Education)



Centre for Counselling & Disability Empowerment (CCDE) Initiatives for Mental Health Improvement:

- 21 March 2023: *Program Slot Suai Kenal & Persediaan Awal Happy@Work*
- 6 April 2023: *Program Kesedaran: Sembang Psikologi Siri 3/2023: Inside Out*
- 11 April 2023: Program “Is Depression a Chronic Disease?”
- 5 May – 14 July 2023: Annual Program Sembang Santai Season 3 (10 series)
- 7 July – 9 July 2023: *Program Perkembangan - Kaunseling Kelompok Perkembangan i-PsyCap*
- 12 September 2023: Program *Kesejahteraan Emosi* (3 modules)
- 26 September 2023: *Ceramah: Emosi Sejahtera, Keluarga Bahagia & Majlis Pelancaran Sambutan Bulan Kaunseling Kebangsaan & Hari Kesedaran*
- 23 October 2023: Sharing session - “Mental Health is as Important as Physical Health”, Cyberbullying & Mental Health, and Self-Care
- 25 October 2023: “Self-Care Towards Self-Reflective Healing and Stress Management” @ Library Open Day 2023
- 27 October 2023: Program Psych Talk: Mind Your Own Emotions
- 15 – 16 November 2023: *Program Intervensi & Kesejahteraan Emosi* at Research Management and Innovation Centre, Universiti Malaya
- 14 December 2023: *Sesi Ceramah Self-Care & Saringan Minda Sihat ADEC*

Public Service Counselor Partner (AKRAB) Initiatives for Mental Health Improvement:

- 23 October 2023: *Ceramah “Buli Siber dan Kesihatan Mental”*
- 6 October 2023: *Karnival Hari Kesedaran Kesihatan Mental Sedunia 2023*

Through these initiatives, Universiti Malaya is taking significant steps to foster a supportive environment for mental health awareness and promote overall well-being within its community.

Above: Poster for “Program Sembang Santai” by CCDE
Below: Poster for “Intervensi Kelompok: I-PsyCap (Staff) Melalui Modul Happy@Work”

Bagi staf bertukar jabatan - Intervensi kelompok penyesuaian di tempat kerja

Objektif Kursus

- ✓ Memberi pendedahan kepentingan produktiviti dan penyesuaian di tempat kerja.
- ✓ Memberi kesedaran kepentingan usaha-usaha mempertingkatkan kecekapan dan keberkesanan perkhidmatan.
- ✓ Memberi penerangan kaedah-kaedah meningkatkan produktiviti dan kualiti di dalam pekerjaan dan di tempat kerja.

Tarikh : 7-9 Julai 2023 (Jumaat - Ahad)
Tempat : Seri Menanti Resort Negeri Sembilan

PENYERTAAN ADALAH PERCUMA

Daftar Sekarang →



Sebarang pertanyaan, sila hubungi:
 03-79673244/3322
 kaunseling@um.edu.my
 (03-79673244/3342)



Bahagian Kaunseling & Pemerkasaan OKU
 Jabatan Sumber Manusia,
 Universiti Malaya



Left: Poster for the talk on “Buli Siber dan Kesihatan Mental” (Source: AKRAB UM)



Right: Poster for “Karnival Hari Kesedaran Kesihatan Mental Sedunia” (Source: AKRAB UM)

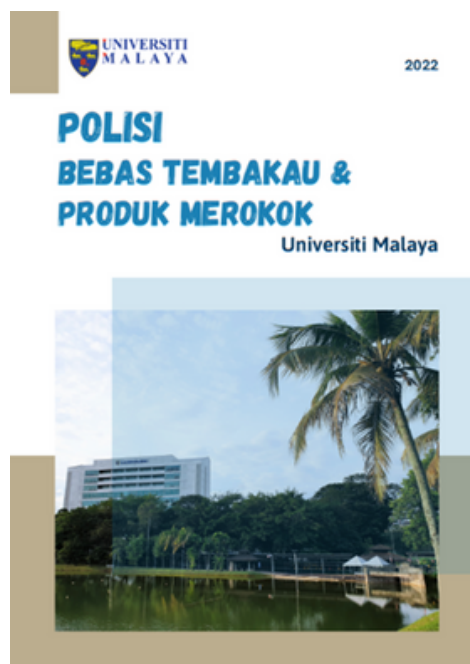
Breathing Easy: Welcome to Our Smoke-Free Campus

The Government of Malaysia has expressed commitment to table the Tobacco Product and Smoking Control Bill together with the Generational End Game Bill as part of the effort to control tobacco consumption in Malaysia. In line with this effort, Universiti Malaya introduced a Tobacco-Free Policy for the campus grounds. The aim of the policy is to protect the health of the students, staff and visitors of UM by ensuring the campus is safe, healthy and free from tobacco and any smoking products. It entails provisions that include:

1. The ban on the consumption of any smoking product (tobacco cigarettes, electronic cigarettes, and heat-not-burn devices).
2. The prohibition on any advertisement, sponsorship, distribution, and sale of tobacco and any smoking products.
3. The ban on students and staff from receiving support and financial aid from tobacco (and smoking products) companies for research purposes.
4. The prohibition on the students and staff from receiving sponsors and gifts from tobacco (and smoking products) companies.

5. The policy provides support for quitting smoking assistance for the UM staff and students.

6. The smoking status of new students and staff will be documented and referred to quit-smoking clinics.



Above: UM’s Tobacco & Smoking Products-Free Policy (*Polisi Bebas Tembakau & Produk Merokok*), published in 2022. View the complete document: [HERE](#).