SDG 3
GOOD HEALTH AND WELL-BEING



3

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01 Current Collaborations with Health Institutions

UM maintains active collaborations with local, national, and global health institutions to advance health research, strengthen healthcare practices, and improve health and well-being outcomes across communities.

Examples include:

Local:

- **Medical Student Community Posting Programme with District Health Offices** (Page 3)

National:

- **Deaf Healthcare Partnership with Malaysian Federation of the Deaf** (Page 4)
- **AI Malaria Diagnosis Collaboration with Hospital Kapit and Universiti Malaysia Sarawak** (Page 4)
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Global:

- **UMMC–Fortrea Clinical Research Partnership** (Page 7)
- **ASEAN Geriatric Dentistry** (Page 7)
- **UMMC–Renji Hospital Healthcare Collaboration** (Page 7)
- **Advancing Sustainable Healthcare through ASEAN and International Partnerships** (Page 8)

Medical Student Community Posting Programme with District Health Offices

Future doctors learn best by working directly with communities and understanding health needs beyond the clinical setting. In 2025, the Faculty of Medicine's University of Malaya Medical Programme (UMMP) conducted its Community Posting programme medical students from 19 May to 11 July 2025. The programme involved 18 student groups across nine health districts in Selangor and the Federal Territory of Kuala Lumpur, working closely with local District Health Offices (PKDs).



As part of the programme, students were assigned to individual health districts and gained first-hand exposure to the roles and functions of District Health Offices within Malaysia's public health system. Under academic supervision, each group conducted a community health needs assessment and developed and implemented a health promotion project addressing a specific issue identified within the community. Projects covered a range of public health priorities, including maternal and child health, non-communicable diseases and environmental health.

Through fieldwork, community engagement and the development of public health communication materials, students applied their academic knowledge to real-world population health needs. The programme also strengthened students' understanding of social determinants of health, evidence-based health promotion, cultural competence and interprofessional collaboration. By connecting medical education with local health institutions and community-based public health practice, the programme contributed to stronger university-community engagement while preparing future healthcare professionals to respond to the health needs of local populations.

Deaf Healthcare Partnership with Malaysian Federation of the Deaf



This first-of-its-kind collaboration between a public teaching hospital and a deaf organisation aims to improve healthcare access for the hearing-impaired community. The partnership focuses on better communication, more inclusive services, and improved patient care. UMMC partnered with the Malaysian Federation of the Deaf (MFD) through a Memorandum of Understanding (MoU) signed on 12 February 2025.

AI Malaria Diagnosis Collaboration with Hospital Kapit and Universiti Malaysia Sarawak



A joint initiative between Hospital Kapit, Universiti Malaysia Sarawak (UNIMAS), and Universiti Malaya (UM) demonstrates how academic–clinical collaboration can strengthen malaria detection in rural and low-resource settings. Blood smear samples collected at Hospital Kapit are sent to UNIMAS for staining, digitisation, and analysis using MalariaCare+, an AI-powered diagnostic tool developed by UM researchers. The system is designed to detect human malaria, including *Plasmodium knowlesi*, with greater speed and accuracy, addressing the challenges of diagnosis where specialised expertise and advanced laboratory facilities may be limited.

Supported by the AI for Medicine Research Grant Scheme 2025, the UM research team developed and validated a graph-enhanced YOLO deep learning model capable of identifying malaria-infected red blood cells, including in densely overlapping regions. The model has been integrated into a mobile-compatible MalariaCare+ application and is being tested using real blood smear samples from Sarawak, including those from Hospital Kapit.

UMMC–Cytomed Research Partnership

Advancing clinical research and healthcare innovation, this partnership improves patient access to new therapies and clinical trials while supporting smoother study processes and stronger coordination among stakeholders. Universiti Malaya Medical Centre (UMMC) formalised the collaboration with Cytomed through an MoU signed on 1 December 2025, reinforcing its commitment to research excellence and better health outcomes.

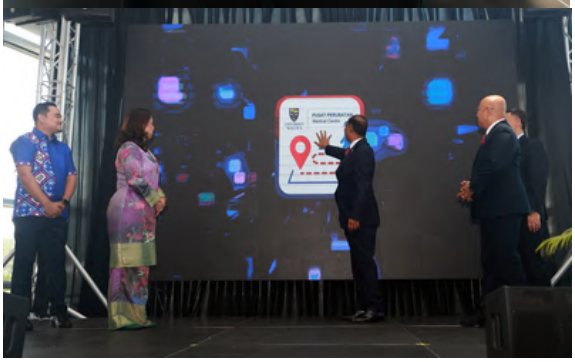




Collaboration on Medical Record Exchange Sultan Ahmad Shah Medical Centre

The digitalisation of health systems enables more efficient and seamless patient management. UMMC partnered with Sultan Ahmad Shah Medical Centre IIUM (SASMEC) through an MoU on Medical Record Exchange, marked by the Digital Transformation of Patient Experience and officiated by the Minister of Higher Education. The initiative introduces the Patient Journey mobile application and Virtual Ward system, supporting UMMC's vision of becoming a Smart Hospital.





Hospital Safety Benchmarking with Universiti Malaysia Sabah

Sharing knowledge is key to improving hospital systems. On 20 August 2025, Universiti Malaya Medical Centre (UMMC) hosted a benchmarking visit from Universiti Malaysia Sabah (UMS) to strengthen hospital safety management. The visit focused on best practices in perimeter control, risk management, and security governance. Through this collaboration, both institutions exchanged insights to enhance operational safety, improve efficiency, and support higher standards in hospital security management across Malaysia.



Sports Medicine Partnership with Malaysian Association of Sports Medicine

The Faculty of Medicine partnered with the Malaysian Association of Sports Medicine (MASM) to organise the Malaysian Sports Medicine Symposium 2025, officially launched by the Minister of Health Malaysia. Held under the theme “Enhancing Performance, Preventing Injuries and Promoting Health,” the symposium gathered over 300 participants and contributed to building a healthier and more active society.



UMMC–Fortrea Clinical Research Partnership



Strengthening global clinical research capacity, UMMC launched the UMMC–Fortrea Synergy Hub with Fortrea, an international clinical research organisation, enabling multiple global clinical trials with strong patient recruitment and research management while expanding access to innovative therapies and reinforcing its commitment to improving health outcomes through global collaboration.

ASEAN Geriatric Dentistry



Advancing oral healthcare for ageing populations, this regional conference brought together nearly 400 healthcare professionals, researchers, clinicians, and policymakers from ASEAN and beyond. The Faculty of Dentistry organised the ASEAN Geriatric Dentistry Conference (AGDC 2025) in August 2025, focusing on improving the health, dignity, and quality of life of older adults. A key outcome was the launch of the ASEAN Geriatric Dentistry Network (AGDN), a platform for continued collaboration in research, clinical practice, training, and policy development.

UMMC–Renji Hospital Healthcare Collaboration



Enhancing clinical excellence through international exchange, this collaboration advances healthcare innovation, training, and research. On 29–30 September 2025, a UMMC delegation visited Renji Hospital, Shanghai, to explore cooperation in artificial intelligence-driven healthcare, liver transplantation, and smart hospital systems, including knowledge sharing and observation of advanced transplant procedures, supporting shared goals in healthcare development.

Advancing Sustainable Healthcare through ASEAN and International Partnerships

GREEN@UMHealth at the Faculty of Medicine, Universiti Malaya, promotes sustainability in healthcare through education, research and collaboration at the regional and international levels. The initiative brought together health and academic institutions through the Southeast Asia Regional Meeting of the Alliance of Academic Health Centers International (AAHCI) on "Future Proofing Healthcare in ASEAN", the "Greening the Future of Healthcare in ASEAN" research symposium supported by the ASEAN Medical Schools Network through the ASEAN Research Collaborative Fund, and collaboration with the Centre for Sustainable Medicine, National University of Singapore, and Universitas Indonesia. The activities also involved representatives from the International University Cambodia, various ASEAN countries and Malaysian institutions, facilitating knowledge exchange and capacity building in sustainable healthcare.

The programme further included "WasteWise: Clinical Waste Management for Greener Healthcare", organised by the University Malaya Medical Centre (UMMC) Department of Pharmacy in collaboration with sustainability leaders from B Braun Malaysia. Through these collaborations, participating institutions and healthcare professionals explored practical approaches including carbon analytics, life cycle assessment, circular economy, sustainable procurement and clinical waste management, with the aim of reducing the environmental impact of healthcare and promoting more sustainable healthcare practices. Collectively, these partnerships demonstrate international and regional collaboration with health and healthcare-related institutions to advance sustainable healthcare and contribute to improved health and well-being outcomes in Malaysia and the wider ASEAN region.



02 Health Outreach Programmes

Universiti Malaya (UM) extends its commitment to promoting health and well-being beyond the campus through various community outreach programmes, collaborative initiatives and student volunteering activities. Throughout 2025, the University engaged with local communities through initiatives that support health awareness, knowledge-sharing and the improvement of overall well-being. These efforts reflect UM's role in contributing to healthier communities through education, engagement and community-based support.

Examples include:

Local communities:

- **Strengthening Community Health through HOPE@PPUM** (Page 10)
- **Diabetes Awareness Campaign at IWK Eco Park** (Page 11)

Disadvantaged people:

- **Urban PPR Health Literacy** (Page 11)
- **Oral Health for Children with Autism** (Page 12)
- **Oral Health for Orang Asli Rompin** (Page 12)
- **Orang Asli Health Outreach in Kuala Kubu Bharu** (Page 12)
- **Health Outreach for Intellectual Disabilities** (Page 13)
- **ODOCS Mobile Dental Care Outreach** (Page 13)
- **Drug Rehabilitation Oral Health Programme** (Page 14)

Refugee/immigrant community:

- **Empowering Myanmar Refugee Children Through Health Education** (Page 15)
- **Refugee Health Collaboration and Advocacy** (Page 15)

Strengthening Community Health through HOPE@PPUM

HOPE@PPUM is a series of community health outreach initiatives focused on improving access to preventive healthcare, health education, and early disease detection for diverse communities across Malaysia, including urban, rural, indigenous, and frontline groups.

Through collaborations with government agencies, universities, NGOs, and local partners, HOPE@PPUM delivers comprehensive services such as general health screenings (blood pressure, BMI, glucose, cholesterol), mental health support, eye and ENT checks, dental care, NCD risk assessments, health education talks, vaccinations, and mobile clinic services. The programme also extends to specialised interventions including child nutrition and stunting prevention training, emergency response support, and psychosocial care.

Key engagements include outreach for the Kuala Lumpur Deaf Association community, PDRM officers at Bukit Aman, urban communities in Gombak, as well as indigenous communities in Kuala Tahan, Pekan, Hulu Kuang, and Royal Belum. HOPE@PPUM also supported disaster response efforts, including healthcare services for Putra Heights fire victims in collaboration with public university teaching hospitals under KHUAM.

Across all initiatives, HOPE@PPUM has reached more than a thousand beneficiaries, strengthening health awareness, promoting early detection of diseases, and improving equitable access to healthcare services.

First piloted in 2023

Health Outreach Programme and Education (HOPE@PPUM)









HMA Awards 2025

Best in Community Involvement
HOPE@PPUM: A Teaching Hospital's Commitment to Sustainable Outreach

Diabetes Awareness Campaign at IWK Eco Park

Promoting diabetes awareness, UM PharmSoc organised its annual public health campaign, "Know, Prevent, Treat: Diabetes is Not a Barrier," at IWK Eco Park @ Pantai Dalam on 4 May 2025. The campaign engaged members of the local community through free health screenings, including glucose and blood pressure checks, as well as personalised consultations with professional pharmacists. Interactive exhibitions provided information on diabetes, medicines, healthy nutrition, and active lifestyles, helping participants better understand diabetes prevention and management. The initiative was supported by the Ministry of Health Malaysia, Diabetes Malaysia, Universiti Malaya Medical Centre, CARiNG Pharmacy, and health-related faculties at UM, strengthening community health awareness through collaboration among healthcare and academic partners.



Urban PPR Health Literacy

The HeLP-PPR Outreach Programme improved health literacy among local urban low-income communities through a collaboration between Tropical Infectious Diseases Research and Education Centre (TIDREC) UM and the Malaysian Society of Parasitology and Tropical Medicine (MSPTM) at two PPR locations in Selangor in May 2025. The initiative used interactive booths, demonstrations, and activities to educate residents on infectious diseases, hygiene practices, and early symptom recognition, reaching about 160 residents and increasing awareness of preventive healthcare.



Oral Health for Children with Autism



Tooth-TASTIC promoted inclusive oral healthcare through a programme organised by UM dental students at BrightFuture Academy on 26 April 2025 in conjunction with World Autism Day. The initiative used sensory-friendly activities, interactive learning tools, and caregiver engagement to improve oral hygiene awareness among children with autism and support long-term preventive care.

Oral Health for Orang Asli Rompin



Improving access to healthcare for indigenous communities, UM's Faculty of Medicine and Faculty of Dentistry conducted a health outreach programme for the Jakun community in Rompin, Pahang on 15–16 February 2025. The initiative provided dental care, oral health education, cancer screening, and preventive services to 261 villagers while strengthening collaboration with NGOs and healthcare partners.

Orang Asli Health Outreach in Kuala Kubu Bharu



A community health programme in Kampung Orang Asli Tun Abdul Razak from 28–30 September 2025 saw 74 medical students from UM Medical Society deliver health screenings, consultations, and education on nutrition, dental hygiene, and women's health. The initiative improved access to preventive care for villagers.

Health Outreach for Intellectual Disabilities



At IQ70+ Centre, Kuala Lumpur on 23 April 2025, UM students from the Faculty of Dentistry and Faculty of Pharmacy implemented the 3D (Dental, Diabetes & Disability) programme to provide screenings, diabetes awareness, and tailored health education. The initiative used interactive and accessible methods to support individuals with intellectual disabilities.

ODOCS Mobile Dental Care Outreach





The ODOCS (Outpost Dentist for Community Service) initiative by the Department of Restorative Dentistry, Faculty of Dentistry, Universiti Malaya, delivered mobile dental services to underserved communities through the UM Mobile Dental Clinic.

At Rumah Kasih Ulu Inas, Johol, the programme provided free dental care to 16 orphans, including fillings, scaling, extractions, and oral health education to improve awareness of preventive dental care. In Nilai, the initiative extended to asnaf and B40 communities in Taman Semarak, offering dental treatment such as extractions, scaling, and fillings, alongside oral health education and broader community activities in conjunction with the Program Khatam Al-Quran & Khatan Jama'ie 2025 Negeri Sembilan.

Drug Rehabilitation Oral Health Programme

Between April and May 2025, UM dental students conducted a community health outreach programme at Rumah Sahabat Drug Rehabilitation Centre, Hulu Langat, supporting former drug users undergoing rehabilitation. As part of an undergraduate service-learning initiative, the students conducted a needs assessment followed by educational talks, oral health activities, dental screenings, HIV screenings and preventive care. Educational posters, videos, reminder materials and a training module were also developed to support continued oral health awareness beyond the outreach sessions.



The programme addressed healthcare access challenges faced by individuals in recovery, who may experience stigma, discrimination and limited access to oral healthcare. The initiative was delivered in collaboration with the Hulu Langat District Health Office, National Anti-Drugs Agency and Persatuan Mencegah Dadah Malaysia (PEMADAM), enabling the students to provide more comprehensive health support. A short-term evaluation reported improved oral health knowledge among residents, while the centre noted that many participants had not previously received oral healthcare during their rehabilitation. The programme therefore contributed to improving health awareness, preventive care and access to healthcare among a marginalised and underserved community.

Empowering Myanmar Refugee Children Through Health Education

As part of the Service-Learning Malaysia – University for Society (SULAM) project, nine students from the Faculty of Medicine, Universiti Malaya, conducted "Empowering Myanmar Refugee Children Through Health Education" for the Myanmar refugee community in Taman Sri Murni, Batu Caves in 2025. The initiative focused on promoting health and well-being among refugee children through health education and awareness activities. The project reached 250 community members, providing an opportunity for students to apply their medical knowledge in a community setting while supporting health education among a refugee population.

This outreach initiative strengthened health awareness among Myanmar refugee children and demonstrated the role of student-led community engagement in promoting health and well-being among underserved communities.

Refugee Health Collaboration and Advocacy

Médecins Sans Frontières (Doctors Without Borders) Malaysia organised Building Bridges Towards Refugee Dignity on 10 June 2025 in Kuala Lumpur in conjunction with World Refugee Day. The event brought together policymakers, NGOs, and humanitarian organisations to discuss refugee rights, healthcare access, and inclusive policy development through panel discussions, a film screening, and a refugee artisans fair highlighting community resilience and entrepreneurship.

The Department of Social and Preventive Medicine (SPM), Faculty of Medicine, Universiti Malaya, was represented by Prof. Victor Hoe, Assoc. Prof. Dr Tharani Loganathan, and Dr Bala Murali, reflecting its commitment to refugee health and health equity. The programme also enabled networking with UN agencies and the World Health Organization in Malaysia, supporting future collaboration in research and public health initiatives for displaced populations.

Building on this, the UNHCR Health Stakeholders Coordination Meeting on 21 August 2025 in Petaling Jaya further strengthened multi-agency collaboration on refugee health. The meeting brought together UNHCR Malaysia, healthcare partners, NGOs, and grassroots organisations to align efforts on maternal and child health, sexual and reproductive health, and community-based care, emphasising coordinated and culturally sensitive approaches.



03 Shared Sports Facilities

Universiti Malaya shares its sports facilities with the local community, including schools, sports associations and the general public, through the UM Sports Centre. The outdoor gym surrounding Tasik Varsiti is free and open to the public, giving local residents a space for exercise and recreation without registration or booking.

Members of the public can also create an account on the university's online booking portal, UMPoint, to book indoor and outdoor facilities. These include courts for badminton, basketball, futsal, volleyball, netball, sepak takraw, squash, tennis and pickleball, as well as the synthetic-turf football field and multipurpose fields. Sports halls and studios are available for training and tournaments through an official application to the Sports Centre. UM Arena Stadium, with its World Athletics-certified track and 1,500-seat grandstand, is offered as rental packages for athletics championships, football matches and ceremonies. In 2025, UM's sports facilities also served as venues for various external sporting competitions, including the Varsity Racket Championship 2025, GBRSA Cup 2025 and Great Eastern Inter-Varsity Badminton Championship 2025. These events brought together athletes from universities, schools and sports clubs, providing opportunities for physical activity, sporting development and healthy competition. Through the provision of accessible sports infrastructure and facilities, UM supports wider community participation in sports and contributes to promoting active lifestyles and well-being.







04 Student Sexual and Reproductive Health Services

Students have access to sexual and reproductive health information, education and related healthcare services through various Universiti Malaya units.

Evidences include:

- **Campus Healthcare and Sexual Health Services** **(Page 18)**
- **Youth Sexual Health Seminar 2025** **(Page 18)**
- **Sexual and Reproductive Health Education through ERASE** **(Page 19)**

Campus Healthcare and Sexual Health Services



UM provides students with access to healthcare services through campus facilities such as the UM Clinic and Universiti Malaya Medical Centre (UMMC), including the Department of Obstetrics & Gynaecology (O&G). Services include consultations, health screening, and referrals, delivered by qualified healthcare professionals in a confidential and student-friendly environment. Under the UM Clinic's guarantee letter guidelines, several sexual and reproductive health services are excluded from UM coverage.

In addition, the Centre of Excellence for Research in Infectious Diseases and AIDS (CERiA) contributes through HIV/STI-related research, awareness programmes, and health education initiatives. The Department of Social and Preventive Medicine (SPM) further supports these efforts through webinars, research projects, and community-based programmes that promote sexual and reproductive health awareness and preventive care among students.









Youth Sexual Health Seminar 2025

The Seminar Kesihatan Anak Muda IPT–Universiti Malaya 2025, held on 25 June 2025, provided over 200 UM students with free comprehensive sexual and reproductive health education and services. Organised by UM Clinic in collaboration with Majlis AIDS Malaysia, Yayasan AIDS Malaysia, the Ministry of Higher Education (MoHE), Pejabat Kesihatan Daerah Lembah Pantai, PT Foundation, Majlis Kesihatan Universiti Awam Malaysia, Reszon Diagnostics, PALAPES, and SUKSIS UM, the seminar featured interactive talks, educational booths, quizzes, and live demonstrations. Students also had access to free HIV, STI, and Hepatitis C screenings, and were introduced to initiatives such as KAMI – Kelab Kesihatan Anak Muda IPT. The seminar aimed to promote safe sexual practices, family planning, and general well-being, delivered in an open, stigma-free environment. By empowering students with knowledge and practical tools, this initiative enhanced access to sexual and reproductive health services and underscored UM's commitment to supporting a healthy, informed, and resilient campus community.

Sexual and Reproductive Health Education through ERASE

The ERASE (Eradicate AIDS and Stigma for Equality) initiative continued its efforts to promote free awareness of sexual and reproductive health and infectious diseases among young people. On 1–2 November 2025, ERASE organised Escape from Infectious Diseases at the Faculty of Medicine, Universiti Malaya, using an interactive, game-based approach to free health education. Participants worked through an escape-room experience and ten themed disease stations that combined puzzles, teamwork and public health learning.









The programme aimed to equip young people with accurate knowledge about sexual and reproductive health and infectious diseases while addressing misinformation, stigma and prejudice. By using interactive activities rather than conventional awareness campaigns, the initiative encouraged participants to engage actively with health-related information and discuss issues that may otherwise be difficult to approach. The event attracted nearly 200 participants, with students from faculties including Dentistry, Computer Science and Technology, Engineering, Science, Pharmacy, Creative Arts, Language and Linguistics and the Academy of Islamic Studies, extending the reach of the health education initiative across the wider university community.

Through accessible and participatory health education, ERASE contributed to improving students' awareness of sexual and reproductive health and supporting a more informed and open environment for discussions surrounding health, prevention and stigma.

05 Mental Health Support for Students and Staff

Active promotion of good mental health and access to mental health support is provided for both students and staff through various Universiti Malaya units, and programs.

Evidences include:

- **Centre for Counselling and Disability Empowerment (CCDE)** (Page 21)
- **Student Counselling and Wellbeing Support** (Page 22)
- **InSYNC@UM Training Workshop: Islamic Psycho-Spiritual First Aid (IPSFA) and Eco-Spirituality Module** (Page 23)
- **Happiness Screening Instrument** (Page 24)
- **SMILED ASEAN 2025 Mental Health Symposium** (Page 24)
- **Psychological First Aid Training for Campus Leaders** (Page 25)
- **Program Sejahtera OSHEC 360** (Page 25)
- **Feedback Session on the Introduction to Garis Panduan Neuro Diversiti Universiti Malaya** (Page 26)
- **Psychology Open Day 2025** (Page 26)

Centre for Counselling and Disability Empowerment (CCDE)

The Centre for Counselling and Disability Empowerment (CCDE) serves as Universiti Malaya's central hub for providing free and confidential support services related to mental health, well-being, and disability inclusion for both students and staff. In line with the university's commitment to fostering a supportive and inclusive campus environment, CCDE promotes mental health awareness, early intervention, and accessible psychosocial support services.

CCDE delivers its services through a multidisciplinary approach, including individual and group counselling, psychological interventions, and consultations tailored to diverse needs. The centre also conducts psychological assessments, including standardised tools such as the Depression Anxiety Stress Scale (DASS-21), and provides psychotherapy and support for psychological case management. In addition, CCDE contributes to mental health awareness programmes, workshops, and outreach activities, while also engaging in research, publications, and the development of psychometric tools to strengthen evidence-based practice within the university community.





Student Counselling and Wellbeing Support

Yearly, free counselling sessions are provided to students by trainee counsellors from the Faculty of Education, under the supervision of senior lecturers. The sessions provide a safe, confidential and supportive space for students to discuss personal, academic, career, relationship and emotional wellbeing concerns. Individual and group counselling are available, with professional supervision supporting the quality and ethical delivery of the services. The initiative promotes students' mental health, emotional wellbeing and personal development by providing accessible support within the university community.





InSYNC@UM Training Workshop: Islamic Psycho-Spiritual First Aid (IPSFA) and Eco-Spirituality Module

The Integrative Spirituality, Youth and Community at UM (InSYNC@UM) Research Project, funded under the UM Living Lab Towards Just Net Zero grant (Cycle 1/2024), aims to enhance the well-being of the Universiti Malaya (UM) campus community through a collaborative and multidisciplinary approach. The project fosters the co-creation of knowledge, skills, and attitudes among students, promoting sustainability and holistic well-being within and beyond UM. Led by experts in academia, mental health, psycho-spirituality, and sustainability, InSYNC@UM emphasizes student engagement, capacity building, and leadership development through cross-faculty collaboration.

On 15th February 2025, a workshop was held at Rimba Ilmu, Universiti Malaya, attended by 19 students from the Academy of Islamic Studies and the Faculty of Science. The project aims to develop an Islamic Psycho-Spiritual First Aid (IPSFA) and Eco-Spirituality Training Modules. Once validated, this module will be the first of its kind, integrating religiosity, spirituality, and mental health within the Psychological First Aid (PFA) and ecosystem-based well-being framework.







Happiness Screening Instrument

In April 2025, CCDE organised a workshop to develop the Happiness Screening Instrument for students and staff. Led by psychology experts, the tool is designed to assess well-being and support early intervention strategies for mental health. This initiative reflects UM's commitment to fostering a caring and inclusive campus environment, while strengthening resilience and overall well-being within the university community.





SMILED ASEAN 2025 Mental Health Symposium

The SMILED ASEAN 2025 Symposium (Solutions for Mental Health from a Dakwah Perspective) brought together over 700 participants from Malaysia and across ASEAN on 29–30 April 2025 at the Academy of Islamic Studies. Organised in collaboration with Yayasan Dakwah Islamiah Malaysia (YADIM) and key national agencies, the event was officiated by the Minister in the Prime Minister's Department (Religious Affairs). The symposium promoted a holistic approach to mental health, integrating clinical, educational, spiritual, and community perspectives, while strengthening awareness and support for student well-being.





Psychological First Aid Training for Campus Leaders



The Psychological First Aid (PFA) Certification Programme was held on 18–19 October 2025, bringing together 95 campus leaders, including deputy deans, faculty managers, college wardens, and representatives from student affairs and My Rescue Team UM. The programme equipped participants with essential skills to support mental health, respond to crises, and provide basic psychosocial support, strengthening a more responsive and caring campus environment for staff and students.

Program Sejahtera OSHEC 360



Held on 25 November 2025, this OSHEC initiative promotes healthy lifestyles and supports the mental and physical well-being of the UM community. The programme included health screenings, a smoking cessation clinic, and a dental exhibition provided by the Lembah Pantai Health Office. Through interactive activities and health education sessions, it raised awareness on workplace well-being and encouraged active participation among staff and students in maintaining a healthier and safer environment.

Feedback Session on the Introduction to the Neurodiversity Guidelines Universiti Malaya

Held on 5th March 2025, Universiti Malaya held a consultation session presenting the draft Neurodiversity Guidelines to UM staff to gather feedback. The guidelines aim to support staff with neurodivergent conditions such as autism and ADHD. They extend UM's existing support for students with disabilities to its workforce, recognising neurodivergent employees and promoting an inclusive, non-discriminatory workplace.



Psychology Open Day 2025

In collaboration with the Psychology Management Section, Ministry of Higher Education (KPT), and the Centre for Counselling & Disability Empowerment (CCDE), the Psychology Open Day 2025 was held on 10 October in conjunction with National Counselling Month and World Mental Health Day.

Under the theme "Minda Sejahtera; Revolusi Digital", the programme promoted mental well-being alongside digital transformation, offering psychosocial support, mental health awareness activities, and resilience-building sessions for staff in support of holistic workplace well-being.



06 Smoke-free Policy

Universiti Malaya adopted a fully smoke-free campus through the Universiti Malaya Tobacco and Smoking Products-Free Policy (Polisi Bebas Tembakau dan Produk Merokok Universiti Malaya). A university task force chaired by Associate Professor Dr Farizah Mohd Hairi of the Faculty of Medicine drafted the policy in consultation with the Tobacco Control Unit of the Ministry of Health. The policy was approved on 7 April 2022, and was launched on World No Tobacco Day, 31 May 2022 by the then Deputy Minister of Health.

The policy applies to everyone entering UM premises, including staff, students, contractors, tenants and visitors. It declares every location on campus a no-smoking area, covering enclosed, semi-enclosed and open spaces, residential buildings, and both UM and private vehicles on campus. The ban extends to e-cigarettes, vapes and other smoking products. The policy also prohibits tobacco advertising, sales and industry sponsorship, and it refers smokers to UM's quit-smoking clinic. The Occupational Safety, Health and Environment Division is responsible for the policy, which remained in force without amendment throughout 2025. The policy gave UM a single campus-wide standard for conventional and electronic smoking products, aligned with Malaysia's National Strategic Plan for Tobacco and Smoking Products Control 2021–2030.

