General

Students remain on campus during MCO

Wed, 04/01/2020 - 22:51

The Movement Control Order (MCO) until 14 April 2020 certainly provides the experience that will be remembered for the students of Universiti Malaysia Pahang (UMP), especially those who remain on the campus.

The directive does not deter the students to find alternatives to pass the time despite being able to return to home town and have to stay in the campus.

According to the third year student from the Faculty of Industrial Management, Risman Kusaini, many students love to exercise but they cannot perform daily activities or routines during the MCO.

“However, that does not deter them from continuing to engage in healthy activities and care for their wellbeing.

“To maintain healthy and active, they can still do minimum activities through exercise, stretching or physical activities such as push ups and ab lounge that work multiple muscles without special equipment, and can help to improve blood circulation and strengthen muscles.

“These activities do not involve contact and can be done privately and anywhere,” he said.

This period also gives them chances to complete assignments and clean rooms.

He added, “Apart from studying, much time is used to surf the internet, watch movies and play online games without having to meet them in person.”

This Sabah-born lad decided to stay on the campus, for he understands the concerns over the Covid-19 outbreak.

He is also grateful to UMP for being responsible for ensuring the welfares of the students on campus in Gambang and Pekan.

“Daily necessities such as food, medicine, and toiletries are available and sufficient.

“My family do not worry about my situation here because UMP provides the assistance needed.

“I am deeply indebted to the UMP staff who always give the best support to us,” he said.

In the effort of raising awareness among the UMP associates and the local community about Covid-19 and the importance of self hygiene such as washing hands, UMP also organised short video, photo, and poster competitions.

Students are advised to obey the directive by the National Security Council and the rules and

regulations of the university to guarantee their safety and health are in good condition.

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MCO

COVID19

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