General

The Ifiter program succeeded in fostering health awareness

Wed, 04/12/2023 - 10:08

PEKAN, March 17, 2023 - The I Fit and Eat Right (IFITER) program organized by the UMP Health Centre has succeeded in raising awareness among citizens concerned on health through healthy lifestyle practices and balanced nutrition.

In this program, Administrative Executive Assistant, Faculty of Chemical and Process Engineering Technology (FTKKP), Norfarahani A. Bakar was crowned as the champion when she managed to lose 10 kilograms out of 102.5 kilograms.

She won a cash prize of RM1,000.



While the second place was won by Muhamad Badrulisham with a weight loss of 9.87 kilograms and managed to win RM700 in cash.

Meanwhile, third place belongs to Wafa'a Mokhtar from the Department of Knowledge Management and Information Technology after successfully losing 9.63 kilograms and she received a cash prize of RM500.

At the same time, a total of eight participants received consolation prizes and received RM100 cash each.

The program organized by the UMP Health Centre started around September last year with 80 participants who were selected to follow the program using a module developed by the Malaysian Ministry of Health (KKM) for six months.

All prizes were presented by the Director of the UMP Health Centre, Dr. Khairul Abdul Basit.

Present with the UMP Health Centre Medical Officer and IFITER Coordinator, Dr. Hilda Abdul Karim and officials from the Pahang State Health Department.



Dr. Khairul Abdul Basit in his speech expressed his congratulations to all the participants who successfully completed the unprecedented program, especially to those who successfully lost weight.

"The high commitment, enthusiasm and seriousness of all the participants in participating in various activities is very dignifies," he said.

This program is one of the initiatives in making the UMP Strategic Plan 2021-2025 a success, especially for the Key Performance Indicator which is the Reduction of Non-Communicable Disease Risk Factors among UMP Staff.

By: Nor Salwana Mohammad Idris, Corporate Communications Division, Chancellery Department

Translation by: Aminatul Nor Mohamed Said, UMP Career Centre (UMPCC)

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