





Campus Life

‘Let’s Get Healthy with the Vice-Chancellor’ Programme boosts physical and mental fitness of UMPSA staff

8 October 2024

PEKAN, 25 September 2024 – Universiti Malaysia Pahang Al-Sultan Abdullah (UMPSA) recently held the ‘Let’s Get Healthy with the Vice-Chancellor’ programme, one of the initiatives launched in response to the call by UMPSA Vice-Chancellor, Professor Dato’ Ts. Dr. Yuserrie Zainuddin, highlighting the importance of work-life balance in addressing the rising burden of Non-Communicable Diseases at the university.

The programme successfully promoted a healthy lifestyle while fostering stronger bonds between the Vice-Chancellor and the UMPSA community.

In addition, the initiative helped improve the physical and mental fitness of UMPSA staff.

According to Professor Dato’ Ts. Dr. Yuserrie Zainuddin, the university's management aims to ensure that this programme serves as a starting point for staff to adopt health-conscious practices.

"The management also hopes that this programme can become a regular part of our culture, in efforts to enhance productivity, particularly within the university.

"A healthy lifestyle prioritises practices that promote health and prevent disease," he said.



The programme, which began at 8:30 a.m., featured a brief briefing, warm-up and stretching sessions, aerobics, brisk walking, and kayaking.

More than 100 staff members attended the event, which was organised by the Chancellery Department, the Academic Strategic Partnerships Centre (PKSA), and UMPSA Press.

This initiative aims to cultivate a culture of health awareness and create a community that practices a healthy lifestyle among colleagues.



Also in attendance were PKSA Director, Professor Ts. Dr. Mohd Ruzaimi Mat Rejab, Director of UMPSA Press, Associate Professor Ir. Ts. Dr. Norazlianie Sazali, Director of the Sports and Culture Centre, Aznorizamin Ismail, Director of the Occupational Safety and Health Management Unit, Ts. Muhammad Hairynizam Muhd Taib, and Chief Internal Auditor, Mohd Akram Abdul Razak.

The Director of Student Services, Mohd Raizalhilmy Mohd Rais, Director of Corporate Communications, Mimi Rabita Abd Wahit, and Head of Security, Mohd Nazri Samsudin, were also present.

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