General

UMPSA committed to empowering youth spirit and mental health awareness among students

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KUANTAN, 15 May 2025 – Universiti Malaysia Pahang Al-Sultan Abdullah (UMPSA) remains committed to strengthening student development based on holistic values and mental well-being through the organisation of the UMPSA-level National Youth Day Celebration Programme 2025.

The programme was held in conjunction with the launch of UMPSA Mental Health Month, taking place at the Sports Complex Hall, Gambang Campus.

The event today was officiated by Deputy Vice-Chancellor (Research and Innovation), Professor Ts. Dr. Aida Mustapha, who is also carrying out the duties of Deputy Vice-Chancellor (Student Affairs and Alumni), and witnessed by Pahang State Assemblyman, Dato' Ahmad Irshadi Abdullah Al-Qari.



According to Professor Ts. Dr. Aida, the theme of National Youth Day, "Believe You Can", is very much in line with UMPSA's aspiration to produce youth who believe in their own abilities, are brave in facing challenges, and do not easily give up.

"The A.D.A.B. approach (Agile, Dynamic, Aspire and Balanced) is a holistic and integrated student

development framework.

“UMPSA always emphasises the importance of students being prepared to face the realities of the current world with agility, creativity, and foresight while remaining strong with a sense of internal balance,” she said.

In conjunction with the launching of Mental Health Month, themed “Turn Awareness into Action”, the programme aims to encourage the campus community to take active steps in safeguarding their mental health.

She also called for mental health issues to no longer be considered taboo and for all parties to be more supportive, to listen without judgement, and to have the courage to seek support when needed.

“Mental health influences the way we think, feel, and act.

“It determines how we interact, make decisions, and manage stress.

“A campus culture that supports mental well-being is a shared responsibility,” she added.

Also present at the ceremony were the Director of the Pahang State Youth and Sports Department, Nor Azli Mohamad Daud; Assistant Deputy Vice-Chancellor (Student Development), Associate Professor Dr. Mohd Nizam Mohmad Kahar; District Officer of Kuantan, Dato’ Hajah Aida Munira Abdul Rafar; and President of the Pahang State Youth Council, Saharuddin Ahmad.

This programme is part of UMPSA’s initiative to produce graduates who are not only excellent academically and professionally but also possess identity, empathy, and social responsibility towards the community.

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