



3 GOOD HEALTH
AND WELL-BEING



University of Cyberjaya
SDGs Taskforce Committee



SDG 3 - Good Health & Well-Being

Impact Report

2022 / 2023

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Healthcare Graduates

University of Cyberjaya has **20 healthcare programmes** ranging from medicine, pharmacy, allied health sciences, traditional and complementary medicine producing **539 healthcare graduates** in 2022.

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805

Number of
graduates in
2022

539

Number of
healthcare
graduates in
2022

20

Number of
healthcare
programmes



Collaborations and Health Services



University collaborates with local, national, and global health institutions, local municipals, NGOs, government and private sectors to improve health & well-being outcomes.



Local collaboration

Faculty of Medicine collaborates with district health departments for their **Health Intervention Programme**.



National collaboration

Faculty of Psychology and Social Sciences established strategic partnership with the **Badminton Association of Malaysia (BAM)** to provide mental health support and professional development prioritising the holistic well-being of BAM's athletes.



International collaboration

Faculty of Nursing has a strategic collaboration agreement with IHH Healthcare Singapore to fully sponsor Bachelor and Diploma of Nursing students at the University to address **nurse shortages** in the South-East Asia region.

Collaborations and Health Services

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Badminton Association of Malaysia (BAM)

Faculty of Psychology and Social Sciences has a strategic partnership with the Badminton Association of Malaysia (BAM) to provide mental health support and professional development prioritising the holistic well-being of BAM's athletes.



65

Number of
BAM athletes

30

Number of
facilitators

25

Number of
student volunteers

Read more:

[University of Cyberjaya's Dynamic Skill Development Event in Partnership with the Badminton Association of Malaysia](#)

[University of Cyberjaya teams up with Badminton Association of Malaysia in exciting new partnership](#)



Health Outreach Programmes

University delivers outreach programmes and projects in community to improve and promote health and well-being including hygiene, nutrition, sports, exercise, aging well, and other health and wellbeing related.



Program Kembara Keluarga

The **Welfare and Zakat Trust fund** hosted a programme at **Indigenous village**, Kampung Orang Asli Bukit Dugang in Dengkil, Sepang District. A total of **50 students and staff** participated in the programme.

50
Number of
students and staff

Physical activities was conducted besides communal work, cleaning, and colouring competitions.

200+
Number of indigenous
community impacted

Read more:

[University of Cyberjaya Hosts Outreach with Orang Asli Community](#)



Health Outreach Programmes

A-Z Hygiene Program

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A **hygiene program** was conducted at Noor Manzil Welfare home. The main highlight of the program was the demonstration of handwashing and brushing teeth.

13

Number of participants



Health Outreach Programmes

Karnival Mesra Ubat (kaMU)



> 1000

Number of
participants
impacted since
2010

Karnival Mesra Ubat (KaMU) is an annual health promotion programme organised by Faculty of Pharmacy since 2010 in collaboration with village councils to create awareness on medications including misuse of antibiotics and empowering community to be the driver of their own health.

Read more:

[Karnival Mesra Ubat 2022 Promotes Awareness on Cardiovascular Health to Kampung Jenderam Hilir](#)



128

Number of
participants in
2022

150

Number of
participants in
2023

12

Number of
sessions
conducted since
2010



Health Outreach Programmes

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In 2022, the KaMU programme in collaboration with village community management council (MPKK) of Kampung Jenderam Hilir, Sepang, Selangor created awareness among the residents of Kampung Jenderam Hilir on **cardiovascular health** with insights on cardiovascular diseases such as **coronary artery disease**.

Free health screening, Home Medication Reviews (HMR), interactive booths, talk and a **Qigong session** was conducted.

128

Number of
participants in
2022



Health Outreach Programmes



Mental health programme at school

Faculty of Psychology and Social Sciences conducted **Mental Health programme** at National Secondary School (SMK Bandar Baru Bangi) for fostering mental wellness.

During SDG Week, lecturers Gaayatri Nesan and Cynthia Shoba conducted a **stress management** outreach activity for **900 secondary school students**. The **psychoeducation session** was conducted bilingually in Malay and English, featuring a 40-minute presentation that covered types of stress and coping techniques followed by a 20-minute interactive activity featuring engaging questions including general knowledge. Students who participated in the Q&A received plantable pencils from Magic Seeds.

900+

Total number of participants



Sports and fitness

MyPSA National Pharmacy Sports Carnival (NPSC)

Faculty of pharmacy students participates in the annual **National Pharmacy Sports Carnival (NPSC)** organised by the Malaysian Pharmacy Students' Association (MyPSA). In 2022, University of Cyberjaya won **3rd rank** among 10 universities in Malaysia.



Aerodance Medical Intervarsity Games (MIVG) 2022

Medical Students from Year 2 - Year 5 won the **Bronze medal** at the games. This is the 2nd time university was represented in the Aerodance competition, the most anticipated event in MIVG.

Sports and fitness

National Allied Health Sciences Students' Sport Event (NAHSSSE) 2022



Badminton Club and the Basketball team won medals at the **National Allied Health Sciences Students' Sport Event (NAHSSSE) 2022**. The Badminton Club scored **3 gold medals** and **1 bronze medal** while the Basketball team won 1 bronze medal.

Sports clubs



Read more:

[University of Cyberjaya Students Bring Home Medals at the National Allied Health Sciences Students' Sport Event \(NAHSSSE\) 2022](#)



Calyx Netball Club

Sports and fitness

Yoga



30+

Total number of participants at yoga sessions



In conjunction with the **International Day of Yoga**, a yoga event was organised by the High Commission of India Kuala Lumpur Malaysia in association with the **Faculty of Traditional and Complementary Medicine**.

The session was conducted by yoga teacher Mr. Sandeep Wankhede and graced by the presence of Mr. Aditya Fotedar, Second Secretary (Consular, passport & visa) from the the High Commission of India.

A yoga session was conducted during **SDG Week** at university's coutryard in the morning amidst fresh air, sunlight, greenery, fountain and instrumental music.



Sports and fitness

Zumba



40+

Total number of participants



Bachelor of Physiotherapy students from Faculty of Allied Health Sciences coordinated a **Zumba** session at **SDG Week's Fitness morning**.





Sports and fitness

Student athletes

University supports athletes and offers scholarships to Malaysian athletes.

Bachelor of Physiotherapy student Tee Wei Wen won GOLD at the Striermark Cup competition and SILVER at the IFAGG Trophy/World Championship 2022. She received the Vice Chancellor's award at 13th Convocation Ceremony in 2023.



Sexual Health

University's Health and Psychology Clinic offers open, judgment-free conversations, information and education services about sexual health.

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UNIVERSITY OF CYBERJAYA

Let's Talk: Your Sexual Health, Your Voice

Open, judgment-free conversations about your sexual health start here. Book an appointment with UoC Health and Psychology Clinic, and we'll listen, support, and empower you.

SCAN TO REGISTER

uoc.psychclinic
 uoc_hpc@cyberjaya.edu.my
 +60 19-926 6084

UNIVERSITY OF CYBERJAYA

HOW TO PRACTICE SAFE SEX

- Limit the number of partners
- Avoid alcohol and drug abuse
- Practice Abstinence
- Talk openly with your partner
- Get tested to know if you have STD
- Get medical treatment to prevent or cure STD
- Wash before and after sexual intercourse
- Use a latex or polyurethane condom
- Use a protection for all forms of sex

Remember, your sexual health is an essential part of your overall well-being.

uoc_hpc@cyberjaya.edu.my
 +60 19-926 6084

The faculty conducted a forum 'Beyond labels: Exploring Diverse Paths of Sexuality.'

50

Number of participants



Mental Health Support

Health and Psychology Clinic



UNIVERSITY OF CYBERJAYA

UOC HEALTH AND PSYCHOLOGY CLINIC

FREE FIRST 5 PSYCHOTHERAPY SESSIONS!

ADULTS, *TEENAGERS AND *CHILDREN ARE WELCOME
*with presence of parents

FOC for UoC Students | Special Rates for UoC Staff

SCAN TO REGISTER

PSYCHOLOGICAL ASSESSMENT & CONSULTATIONS:

- Depression, anxiety, stress management
- Intelligence Quotient (IQ) test
- Autism Spectrum Disorder
- Attention Deficit Hyperactivity Disorder
- Personality
- Learning Disability

Sessions will be conducted by Clinical Psychologist Trainees under the supervision of Clinical Psychologists

Monday - Saturday (9 AM - 6 PM)
Appointment basis only

019-926 6084 (WhatsApp only)

Level 2, University of Cyberjaya
uoc_hpc@cyberjaya.edu.my

Health and Psychology Clinic run by Faculty of Psychology and Social Sciences provides access to **free mental health support** to students, special rates for staff and charged mental support to public at reasonable cost.



798

**Number of clients
till date**

For more information:
[UoC Health and Psychology Clinic](#)

Mental Health Support

Mental Health Roadshow

The clinic organises **mental health awareness** on campus, at conference and public outreach events.



Mental Health Support

Suicide Attrition Intervention

Faculty of Psychology and Social Sciences in collaboration with the **Selangor State Government** launched the **Suicide Attrition Intervention Workshop**. These workshops are designed to increase awareness and preparedness needed to respond to friends and family in crisis.

CASCADE is a procedure invented by Assoc. Prof. Dr. Anasuya and team to help individuals better **manage self-harm and suicide issues** that arise. An educational video that provides Dos and Don'ts to those who may inadvertently get caught in a mental health crisis situation was created.



51

Number of
participants



Mental Health Support

World Mental Health Day



Associate Professor Dr. Anasuya Jegathevi Jegathesan, the Dean, Faculty of Psychology and Social Sciences together with staff members and students from the Faculty attended the launching of **National Centre of Excellence for Mental Health (NCEMH)** Launching.

University of Cyberjaya's booth highlighted the University's Psychology programme as well as its mental health clinic for staff, students and public.

Read for more information:

[UoC Commemorates World Mental Health Day 2022 at National Centre of Excellence for Mental Health \(NCEMH\) Launching](#)



Mental Health Support

Advocacy

Faculty of Psychology and Social Sciences actively advocates mental health on tv, radio and social media.



Podcast featuring Associate Professor Dr Anasuya Jegathevi Jegathesan on the topic '**Coping with Being Laid Off & Layoff Anxiety**'.

[Coping with being laid off & layoff anxiety.](#)



Cynthia Shoba, Licensed and Registered Counselor and Lecturer was featured in an interview with Mashable Asia about **preventing suicide**.

[How We Can Prevent Suicide](#)



She was also featured on national TV, TV2, where she talked about **mental health** during the second half of the talk show, '**Talk to Terrence**'.

Mental Health Support

Advocacy



A talk on suicide was organised for high school students.



Traditional and Complementary Medicine Clinic



The **Faculty of Traditional and Complementary Medicine** was established in 2010 in support of the Ministry of Health's efforts to integrate traditional and complementary medicine into the Malaysian national health system.

The **Traditional and Complementary Medicine clinic** provides homeopathic consultation and treatment for staff, students and public from Monday to Friday, 4pm to 6pm.



> 1000
Number of
patients till date



Anti-smoking campaign

Smoke Free Campus



University is a **smoke free campus**. University community is reminded about the warning on the smoking electronic or vapour cigarettes on campus.

Download

[Tabacco free campus policy](#)

Medical students organised an **anti-smoking campaign "Jom Berhenti Budaya Rokok Elektronik"** health intervention programme at **Dewan Komuniti Taman Gemilang**, a community centre at Dengkil in Sepang District. The event provided free medical checkup that measured blood pressure, glucose screening, and conducted BMI calculation and analysis.





CAMPUS

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