

# SDG Week Report 2023





# SDG WEEK 2023

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# 16-20 OCTOBER 2023



The **Sustainable Development Goals (SDGs)**, also known as Global Goals, are a set of 17 integrated and interrelated goals to end poverty, protect the planet and ensure that humanity enjoys peace and prosperity by 2030.

## INTRODUCTION

**University of Cyberjaya** is steadfast in driving the Sustainable Development Goals agenda. We have included a sustainable campus initiative as a core component of the university's strategic plan 2021 - 2025. **SDGs Taskforce Committee**, which comprises representatives from various faculties, centers, and departments, is at the forefront of activities and events that push the SDGs via teaching, research, stewardship, and outreach.

**SDG Week** is one of the significant events organized by the committee. The event's primary objective is to engage students, staff, NGOs, governmental organizations, the private sector, and the broader community with the SDGs. This is achieved through forums, workshops, activities, exhibitions, and competitions. A highlight of the event is the promotion of plant-based diet as a sustainable food choice. All meals for speakers and guests was exclusively plant-based. Furthermore, the event is designed to produce minimal waste, in line with the sustainability theme. Additionally, the committee organised a healthy plant-based cooking online video contest, open to both students and the public.

# INAUGURATION CEREMONY



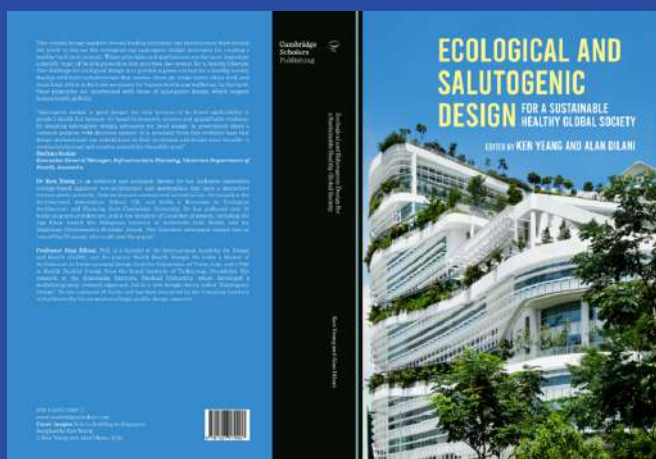
Vice Chancellor Prof. Dr. Zabidi Hussin officially launched SDG Week in the presence of distinguished guests, including Prof. Dato' Dr. Shaharuddin Mohd, Deputy Vice Chancellor of Student Affairs and Alumni, Prof. Dr. Mudiarsan Kuppusamy, Deputy Vice Chancellor of Research and Innovation, and Dr. Hassan Basri, Director of Academic Affairs and Advisor to the SDGs Taskforce Committee. The inaugural ceremony took place at the university library and was attended by local stakeholders, sponsors, partners, students, staff, and members of the public.





# BOOK LAUNCH

At the exclusive book launch of Ecological and Salutogenic Design for a Sustainable Healthy Global Society, the audience had the opportunity to meet the authors, Dato Dr. Ar Ken Yeang, Prof. Dr. Alan Dilani Ken and Arch Angela and gain insights from them on the importance of ecological and salutogenic design principles for human health and well-being in building a sustainable, healthy global society.



The book, published by Cambridge Scholars brings together a diverse array of experts, including scientists, architects, designers, practitioners, economists, and landscape planners who share their invaluable insights and experiences on progressive design approaches and their impact on human health and well-being.

The principles discussed encompasses creating clean air, clean water, clean food, and clean land through sustainable infrastructure, water management, natural heating and cooling and renewable energy.

**Link to purchase the book online**  
**[Book: Ecological and Salutogenic Design for a Sustainable Healthy Global Society](#)**





# FORUMS

## DAY 1 - 5

At the heart of the event, the forum sessions engaged industry experts, leaders, changemakers from government, NGOs and private sectors in cross sectoral dialogue for the exchange of ideas, knowledge and best practices to explore solutions for a more sustainable future.



### DAY 1

Sustainability in the university curriculum



### DAY 2

Sustainable Business Model Towards Achieving Net Zero



### DAY 3

Sustainable Food Systems



### DAY 4

Diet and Lifestyle Modification in Diabetic Patients



### DAY 5

Biodiversity, climate change and sustainable communities

**5**  
**FORUMS**

**5**  
**DAYS**



# FORUM 1

## SUSTAINABILITY IN THE UNIVERSITY CURRICULUM: APPROACH TO ACHIEVE A HEALTHY SOCIETY USING ECOLOGICAL AND SALUTOGENIC CONCEPTS

In this forum moderated by Prof. Dato Dr. Hj Abd Rahim from the Faculty of Medicine, Prof. Dr. Alan Dilani spoke on creating a healthy society through Interdisciplinary education and research while Dato Dr. Ar Ken Yeang provided insights into ecology-based architecture as the foundation of a healthy society.

11 SUSTAINABLE CITIES AND COMMUNITIES



**Moderator**  
**Prof. Dato Dr. Hj Abd Rahim**  
**Hj Mohamad, Professor**  
Faculty of Medicine, University of Cyberjaya



**Panellist**  
**Prof Dr Alan Dilani**  
Founder, International Academy  
for Design and Health



**Panellist**  
**Dato' Dr Ar Ken Yeang**  
Architect and Ecologist, Executive  
Director, T.R Hamzah & Yeang Sdn. Bhd.



3 GOOD HEALTH AND WELL-BEING



1 NO POVERTY



6 CLEAN WATER AND SANITATION



7 AFFORDABLE AND CLEAN ENERGY



9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



# FORUM 2

## SUSTAINABLE BUSINESS MODEL TOWARDS ACHIEVING NET ZERO

Some of the key takeaway messages from this forum included the need for companies to adopt and integrate sustainability frameworks, sustainable practices in daily routines, the importance of ESG in protecting the environment, and the value of businesses having a clear vision and mission beyond profit.

One student was particularly inspired by Mr. Collin's words, "it all starts with little steps, you just have to start now."



**Moderator**

**Mdm. Priya  
Sukirthanandan**  
Deputy Dean,  
Faculty of Business  
and Technology,  
University of Cyberjaya



**Panellist**

**Ms Shirley  
Chiu**  
Persatuan Perisai  
Hijau Malaysia



**Panellist**

**Ahmad Yazed  
Yahaya**  
Senior Manager,  
Sustainability UDA  
Holdings Berhad



**Panellist**

**Wan Ahmad Syahir  
Bin Wan Ab Kadir**  
Manager, ESG Integration,  
Environment,  
Social & Governance,  
MDEC



**Panellist**

**Mr. Colin  
Han**  
Founder,  
3DTap

**1** NO  
POVERTY



**12** RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



**13** CLIMATE  
ACTION





# FORUM 3

## SUSTAINABLE FOOD SYSTEMS

Audience gained valuable insights on food supply chain particularly livestock, the importance of reducing the environmental impact of agriculture, promoting healthy diets, and supporting the livelihoods of farmers and communities.

The forum also emphasized the need to ensure that our food production and consumption does not compromise future generations ability to do the same.

The benefits of a plant-based diet in reducing carbon footprint were also discussed, along with the importance of knowing consumer rights, checking food labels, and understanding the source of the food we consume.



**Moderator**  
**Dr. Anni Mitin**

Vice President, The Malaysian Agroecology Society for Sustainable Resource Intensification, SRI-Mas



**Panellist**  
**Ms. Elizabeth Gimbad**

Women & Indigenous People, SRI-Mas



**Panellist**  
**Dr. Ainu Husna Binti M S Suhaimi**

Principal Research Officer Livestock Science Research Centre, MARDI



**Panellist**  
**Mr. Anthony Tan Kee Huat**

Director of Finance, APPGM-SDG



**Panellist**  
**Faisal Mansor**

ProVeg Malaysia & Malaysian Vegetarian Society



# FORUM 4

## DIET AND LIFESTYLE MODIFICATION IN DIABETIC PATIENTS

The prevention and management of diabetes requires a holistic approach, including diet and lifestyle changes. While genetics may play a role, lifestyle choices can manage the disease. Implementing 21 days of lifestyle modifications, such as adopting a plant-based diet and practicing portion control, can contribute to reducing blood glucose levels. There is no one-size-fits-all approach to diet. Personalizing diet to lifestyle and making sustainable choices is key to a long and healthy life. Maintaining a balanced diet with nutrient-dense foods is essential for preventing insulin resistance.

2 ZERO HUNGER



3 GOOD HEALTH AND WELL-BEING



**Moderator**  
**Dr. Hassan Basri Jahubar Sathik**  
Director,  
Academic Affairs,  
University of Cyberjaya



**Panellist**  
**Dr. Nurul 'Ain Azizan**  
Assistant Professor,  
School of Biosciences,  
University of Nottingham



**Panellist**  
**Dr. Mohammed Yamin Khan**  
Lecturer,  
Faculty of Traditional and  
Complementary Medicine,  
University of Cyberjaya



**Panellist**  
**Dr. Eddie Chan**  
Nutrition & Lifestyle  
Medicine Physician,  
Coordinator of Tzu Chi  
Medical Association  
(TIMA) KL & Selangor



**Panellist**  
**Choong Shiau Yin**  
Diabetes Nurse Educator,  
National Heart Institute  
(IJN)





# FORUM 5

## BIODIVERSITY, CLIMATE CHANGE AND SUSTAINABLE COMMUNITIES

The forum on Biodiversity, Climate Change and Sustainable Communities was an eye-opener for audience who realized the devastating impact taking the environment for granted can have on our planet. The panelists urged audience to take action, appreciate wildlife and adopt sustainable practices in daily lives. Maintaining the world's biodiversity is a collective responsibility and we can all contribute to building a better future. There is an urgent need for integrated efforts to address climate change and protect biodiversity, creating resilient and sustainable communities.

**13** CLIMATE ACTION



**11** SUSTAINABLE CITIES AND COMMUNITIES



**15** LIFE ON LAND



**Moderator**  
**Prof. Dr. Ahmad Bin Ismail**  
President,  
Kongres Persatuan  
Akademik Malaysia



**Panellist**  
**Dr. Dana Badang**  
Timbalan Ketua Pengarah  
Jabatan Mineral dan Geosains  
(JMG) Kelantan,  
Kementerian Sumber Asli, Alam  
Sekitar dan Perubahan Iklim (NRECC),



**Panellist**  
**Dr. David Megintan**  
Ketua Penolong Pengarah Bahagian  
Taman Zoologi, Jabatan Perlindungan  
Hidupan Liar dan Taman Negara  
(PERHILITAN) Malaysia,  
Kementerian Sumber Asli,  
Alam Sekitar dan Perubahan Iklim  
(NRECC)



**Panellist**  
**Mr. Ng. Sean Fong**  
E-Media  
and Data Officer of the  
Conservation Division,  
Malaysian Nature Society



**Panellist**  
**Datuk Mohd Noordin Abbas**  
Ex – Group  
Managing Director  
of Utusan Malaysia





# TALK

## ROLE OF ZAKAT IN SDGS

The concept of Zakat, a fundamental pillar of Islamic finance and philanthropy, holds immense potential in advancing the Sustainable Development Goals (SDGs) and fostering a more equitable and prosperous community.

Zakat's core principle is wealth redistribution. Embracing the potential of Zakat in the context of the SDGs is a practical step toward realizing a more just and sustainable future.



The talk on role of Zakat in SDGs was presented by Associate Professor Dr. Abdul Aziz Bin Mat Isa, Deputy Vice Chancellor (Student Affairs & Alumni) and Director, Uniten Islamic Centre.



1 NO POVERTY



2 ZERO HUNGER



10 REDUCED INEQUALITIES



# WORKSHOPS

3  
WORKSHOPS



## ECOLOGICAL AND SALUTOGENIC APPROACHES

In this workshop, insights into the Kuching experience of the healthy city concept were provided by Dr. Rosalia bt Saimon from the Faculty of Medicine and Health Sciences at UNIMAS. Arch. Angela Lee presented on salutogenic healthcare design, while Prof. Dr. Alan Dilani discussed the application of the Salutogenic Design Concept.



## CANDLE MAKING

30 students from the Faculty of Business and Technology attended the candle-making workshop conducted by Eyka Bakri from LT Flowers & Gifts Studio. Each student had the opportunity to make wax candles and decorate them with dried flowers.

## STRESS MANAGEMENT

Gaayatri Nesan and Cynthia Shoba, lecturers from the Faculty of Psychology and Social Sciences, 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 covering types of stress and coping techniques, followed by a 20-minute interactive activity with engaging questions, including general knowledge. Two sessions were held for groups of Form 1 and Form 2 secondary students, and participants in the Q&A received plantable pencils from Magic Seeds





# FIELD VISIT

## SUSTAINABLE BUILDING AT REKASCAPE AND URBAN FARM TECH

*In collaboration with*

reka  
scape

CYBERVIEW

UFT urban  
farm tech



2 ZERO  
HUNGER



13 CLIMATE  
ACTION



11 SUSTAINABLE CITIES  
AND COMMUNITIES





In collaboration with

UNIVERSITY OF  
CYBERJAYA  
SDG WEEK

# FITNESS

## FITNESS MORNING - ZUMBA



It was a lively Zumba session at SDG Week's Fitness morning, coordinated by Dr. Amirah Abedinlah from the Faculty of Safety and Health. The session was conducted by UoC Physiotherapy Society under the guidance of lecturer Nor Najwatul from the Faculty of Allied Health Sciences. It was truly motivating to have Professor Dr. Rosnah Ismail from the Faculty of Psychology and Social Sciences participating alongside students and staff. Vice-Chancellor Professor Dr. Zabidi Hussin took the time to attend the session and motivate staff and students. The response from the participants has been overwhelmingly positive, with many expressing their desire for more similar activities and sessions in the future.

3 GOOD HEALTH  
AND WELL-BEING



# FITNESS

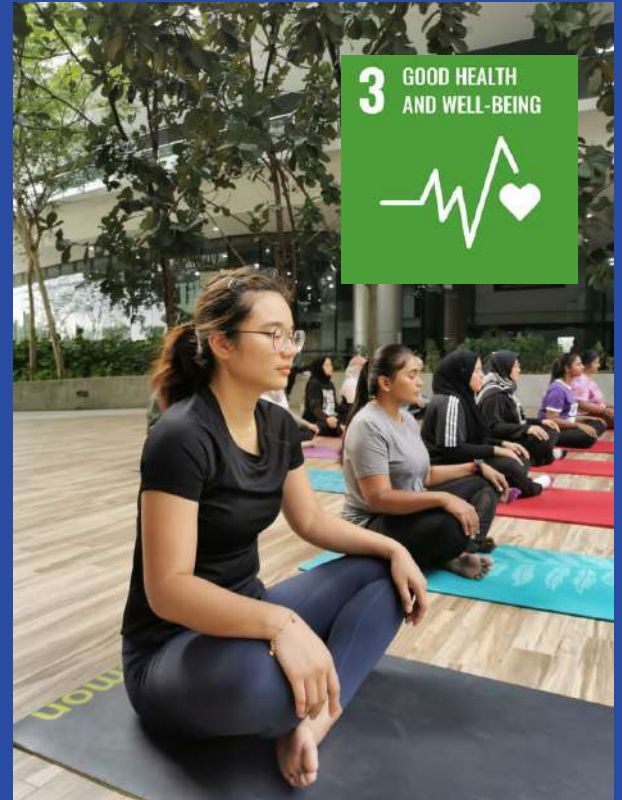
## FITNESS MORNING - YOGA

In collaboration with



Students and staff relaxed their minds and bodies at a yoga session held in the courtyard in the morning, surrounded by fresh air, sunlight, greenery, a fountain, and instrumental music. The session was coordinated by Rob, founder of Kinofit Cyberjaya, and conducted by yoga instructor Jessie Zee. It was inspiring to see Assoc. Prof. Dr. Anasuya Jegathevi Jegathesan, Dean of the Faculty of Psychology and Social Sciences, joining the session.

The Fitness morning during SDG Week featured both Yoga and Zumba sessions, aiming to kickstart a regular fitness regimen amidst fresh air and sunlight.





# FITNESS

## FITNESS ASSESSMENT

In collaboration with



A fitness assessment was organized in collaboration with Celebrity Fitness, a fitness service provider. The free assessment included body composition analysis and lifestyle consultation, provided by fitness trainers.

3 GOOD HEALTH AND WELL-BEING





# RESEARCH & INNOVATION EXHIBITION

The exhibition showcased the latest research studies and projects by academics and students, all mapped to the SDGs. It provided a glimpse into the impact of these studies and innovations.

## RESEARCH & STUDENT PROJECTS

# 14

RESEARCH /  
STUDENT PROJECTS

9 INDUSTRY, INNOVATION  
AND INFRASTRUCTURE



No.	Researcher/ Person in Charge	Co-researchers / Students	Faculty	Title of Research/Project	SDG
1	Dr. Mohd Haizal Mohd Nor	Jonathan Viven P. Dorai, Ayah Nassereldeen Ahmed Kabbashi, Anis Nurjannah Kamarolzaman, Siti Aliya Mohd Zahir, Mohd Haizal Mohd Nor	Faculty of Medicine	An Association Study On Smartphone Addiction & Sleep Quality Among Young Adults In Malaysia.	3
2	Prof. Dr. Abdul Latiff Mohamed	Muhammad Mohd Zaidi, Thiyashine Murugan, Quratu Aini, Nurul Uwaina, Aizzatul Aelsyah, Abdul Latiff Mohamed	Faculty of Medicine	Knowledge On Safe Sex Practice Among University Students In Selangor.	3
3	Dr. Mohammed A. Abdalqader	Wan Farah Nadia Binti Che Wan Kamaruddin, Sanmaty A/P Kumar, Nurul Iffah Binti Azman, Muhammad Aimaan Bin Roseland, Dr Mohammed A. Abdalqader	Faculty of Medicine	Study On Quality Of Life Among MBBS Clinical Year Students During Covid-19 Endemic Phase In University Of Cyberjaya.	3
4	Dr. Hafiz Ngoo	Jana Hesham Sharif A, Ahmad Khairul Fitri Bin Ahmad Khairudin, Eprinaviallentra A.E, Barraty Karuna D/O Karunakaran, Hanani Binti Rusli, Hafiz Ngoo	Faculty of Medicine	A Cross-Sectional Study On The Prevalence Of Anxiety, Depression And Their Associated Risk Factors Among Medical And Pharmacy Students In Public And Private Universities In Malaysia.	3
5	Dr. Ahmad Fairuz Mohamed	Anusha A/P Periasamy, Muhammad Anas Farhan Bin Abu Yazid, Nur Ain Binti Ramli, Syafiqah Syahirah Binti Mohd Ya'acob, Mehreen Chowdhury, Ahmad Fairuz Mohamed	Faculty of Medicine	A Cross-Sectional Study On Gaming Disorder And Advanced Ergonomic Assessment Among Esports Players In Malaysia.	3
6	Dr. Myat Thida Win	Nur Athirah Binti Alias, Pavitra Siva Pergahsum, Pang Yong Shen, Ravivarman Thuraisingam, Theviya Sundharajan, Myat Thida Win	Faculty of Medicine	A Cross Sectional Study On Relationship Of Smoking Habits Among University Students Towards Their Health In Malaysia.	3
7	AP. Dr. Thein Win Naing	Kavil Varma A/L Rajasegaran, Kogila A/P Muthusamy, Yeoh Chia Rou, Ghana Kavinya A/P Gunasegaran	Faculty of Medicine	Cross-Sectional Study On The Dietary Habits And Lifestyle Practices Among University Students In Malaysia.	3
8	Mohamad Rasyid Sukifto	Foundation Students	Centre for Foundation, Languages and General Studies	Climate Change.	13
9	Mohamad Rasyid Sukifto	Foundation Students	Centre for Foundation, Languages and General Studies	Preserving Ecosystem for a More Sustainable Future (Deforestation).	15
10	Mohamad Rasyid Sukifto	Foundation Students	Centre for Foundation, Languages and General Studies	Microplastic: Unveiling the Impact of Life Below Water.	14
11	Dr. Mohammed Yamin Khan	BHMS student	Faculty of Traditional and Complementary Medicine	Understanding the role of homeopathic medicines in Treating mood disorder - Depressive disorder.	3
12	Ms. Gaayatri Nesan		Faculty of Psychology and Social Sciences	The Relationship Between WorkLife Balance and Psychological Well-being among Adult in Malaysia.	3, 8
13	Ms. Gaayatri Nesan		Faculty of Psychology and Social Sciences	The Relationship Between Work Family Conflict and Turnover Intention Among Employees in Malaysia.	8
14	Dr. Intan Barul Akma Bakhtiar / Mdm. Nur Izzati Ismail	Ang Hui Ying, Jayasri A/P Theyvendren, Louis Tressa A/P Louis Dass	Faculty of Allied Health Sciences	The Abuse of ADHD Medications Among College Students.	3

# RESEARCH & INNOVATION EXHIBITION

## INNOVATION

12  
INNOVATIONS

9 INDUSTRY, INNOVATION  
AND INFRASTRUCTURE



No.	Researcher/ Person in Charge	Co-researchers / Students	Faculty	Title of Research/ Innovation	SDG
1	AP. Ts. Dr. Liew Kai Bin	Liew Kai Bin, Shamima Abdul Rahman, Fashli Syafiq Abd Razak, Loke Ying Hui, Ganesan Gobal, Long Chiau Ming, Goh Choon Fu, Chew Yik Ling	Faculty of Pharmacy	Freeze Dried Memantine Hydrochloride Oral Fast Melt Film With Unit Dose Film Box For Geriatrics	3, 9
2	AP. Ts. Dr. Liew Kai Bin	Loke Ying Hui, Eric Tang Cher Hing, Long Chiau Ming, Chew Yik Ling, Goh Choon Fu	Faculty of Pharmacy	Choc-ing Away at Non-Compliance: The Quetiapine Fumarate Medicated Chocolate for Schizophrenic Patients	3, 9
3	AP. Ts. Dr. Liew Kai Bin	Ganesan Gobal, Loke Ying Hui, Najwa Mohamad, Shamima Abdul Rahman, Long Chiau Ming, Chew Yik Ling, Goh Choon Fu	Faculty of Pharmacy	Revolutionizing Alzheimer's Treatment: The Game-Changing Memantine Hydrochloride Fast Melt Film with Unit Dose Film Box	3, 9
4	AP. Ts. Dr. Liew Kai Bin		Faculty of Pharmacy	Que-solving Film: A Schizophrenic Friendly Film	3, 9
5	AP. Ts. Dr. Liew Kai Bin		Faculty of Pharmacy	Chocapine: A Treat for Body and Mind	3, 9
6	Dr. Kee Phei Er	Grrace Ng Hui Suan, Cheng Yu-Shen, Yim Hip Seng, Jonathan Lim Chee Woi	Centre for Research and Graduate Studies	LeCoco - Wormy Bites: <i>Tenebrio molitor</i> Dog Treats	3, 9, 12
7	Prof. Dr. Shamima Abdul Rahman	Mahani Mahadi, Mariani Ahmad Nizaruddin, Waheedah Abdul Hakeem, Siti Khadijah Adam, Mohd Aris Mohd Moklas, Iylia Farzana	Faculty of Pharmacy	E-C Heart Protect Capsule	3, 9
8	Prof. Dr. Shamima Abdul Rahman		Faculty of Pharmacy	Piper sar cream	3, 9
9	Dr. Mahani Mahadi		Faculty of Pharmacy	Camomile-based Cosmeceutical Skincare	3, 9
10	Dr. Suraiya Abdul Rahman	Nurul Huda Alya Jainuddin, Adlin Norisyia Adzman, Azwin Ab Rahim	Faculty of Pharmacy	Formulation, evaluation and halal assessment of shower gel and shampoo containing a combination of bidara leaves extract and other herbal ingredients	3, 9
11	Madam Nadhirah Binti Mohd Khaidir	Haffiz Firraus Bin Harris	Centre for Biomedical Engineering	Sign Language Recognition System Using Sensory Glove	9
12	Dr. Nadia Shaira Binti Shafii	Aisya Nursaffiya Bt Shaharul Sadri	Centre for Biomedical Engineering	Blood Flow Visualisation and Comparison for Coiled MCA Aneurysm	9





# RESEARCH & INNOVATION EXHIBITION

8  
EXHIBITORS

17 PARTNERSHIPS  
FOR THE GOALS



The Malaysian Vegetarian Society, along with their youth arm, The Green Spoon, aims to inspire and support people in embracing and maintaining a vegetarian/vegan lifestyle, fostering a more sustainable world. ProVeg Malaysia, as the Malaysian chapter of ProVeg International, is dedicated to driving change and raising awareness to address environmental and health issues through dietary and food-system transformations.



Upcycle4better is a company that repurposes, recycles, and upcycles unwanted fabrics. They offer diverse textile recovery and recycling solutions, diverting textiles from landfills while supporting the circular economy.



They showcased their upcycled items made from repurposed Ikea uniforms and denim materials, and displayed refurbished sneakers which extends their lifespan. Student volunteers were involved in the promotion and sales of these products, and they donate 10% of their total sales to charity.



# RESEARCH & INNOVATION EXHIBITION



17 PARTNERSHIPS FOR THE GOALS



Tabung Amanah Zakat & Kebajikan University of Cyberjaya (TAZUoC) is the university's welfare and Zakat Trust fund, established in 2007 to provide financial assistance for B40 students.

Ecopeal is a pioneer in circular building materials, specializing in turning beverage cartons into roofing and board materials.



The Malaysian Nature Society (MNS) has been a pioneer in conservation in Malaysia, focusing on habitat conservation and environmental education. It has emerged as a strong advocate for the protection of Malaysia's natural heritage and rich biodiversity.

## PERHILITAN

Perhilitan, the Department of Wildlife and National Parks Peninsular Malaysia under the Ministry of Natural Resources and Environmental Sustainability, leads wildlife conservation efforts aimed at promoting the well-being of Malaysians.



# ZERO WASTE FEST

The Zero Waste Fest, organized in collaboration with Veg-Hub and the Malaysian Vegetarian Society, was a crowd-puller and received an overwhelming response from students and staff. Veg-Hub is Malaysia's premier vegan/vegetarian/ plant-based platform for food and groceries, as well as self-care products. University supported 13 local small businesses offering plant-based food and eco-friendly products. The vendors were carefully selected to ensure they promote healthy plant-based food, encourage the use of reusable containers, utilize eco-friendly packaging, and avoid single-use plastic.

*In collaboration with*



Watch: [Highlights of plant-based meals at Zero Waste Fest](#)



**13  
VENDORS**



\*Click on the vendor's logo to access vendor's site.



# ZERO WASTE FEST



# ZERO WASTE FEST





# ZERO WASTE FEST



# COMPETITIONS

## HEALTHY PLANT-BASED COOKING VIDEO CONTEST

*In collaboration with*



The objective of this contest is for participants to showcase their culinary skills, creativity, and talent while promoting the virtues of a plant-based diet for health and the environment. The contest was open to students and public. The judges included lecturers, Dr. Hanisah and Nur Amirah from the dietetics programme. The event was supported by Vegan Journey by Chef Dave and Malaysian Vegetarian Society.



**1st Prize winner –**  
 Lee Chin Swan  
 (Public)

**2nd Prize winner –**  
 Nur Amielia Arissa  
 (BHMS student)

**3rd Prize winner –**  
 Chong Hui Min  
 (BBA student)



Watch: [UoCVideoChallenge](#)



# COMPETITIONS

## SUSTAINABILITY CHALLENGE

*In collaboration with*



The session was led by Yuki from Upcycle4better, a company that repurpose, recycle and upcycle unwanted fabrics. The objective of Sustainability Challenge was to raise awareness about the environment impact of waste and promote circular economy solutions. A quiz was conducted at the end of the session.



### The winners of the Sustainability Challenge Quiz :

**1st Prize** - Sachendraa Muralitharan, Diploma in Occupational Safety and Health

**2nd Prize** - Jeremy Fong, Bachelor in Occupational Safety and Health

**3rd Prize** - Nethraa Nair, Bachelor in Occupational Safety and Health





# MOVIE SCREENING

## FRIDAY MATINEE

Friday Matinee, an educational documentary event featuring 'Seaspiracy' drew a full audience of students. Following the screening, an interactive Q&A session led by Faisal Mansor representing Malaysian Vegetarian Society, ProVeg Malaysia, the green spoon malaysia and Diyana Rahim from Youths United For Earth (YUFE) and Animal Alliance Asia sparked meaningful discussions aimed at nurturing curiosity and inspiring change. Attendees were treated to plant-based finger foods. The event's success was made possible through the support of the student affairs and Student Club Activities Patronage (SCAP).

*In collaboration with*



14 LIFE BELOW WATER





# CLOSING CEREMONY

The prize giving ceremony for the winners of the Healthy Plant-Based Cooking Video Competition and Sustainability Challenge quiz took place during the closing ceremony. In addition to the monetary prize provided by the university, the winners were presented with a healthy food hamper sponsored by the Malaysian Vegetarian Society (MVS) presented by Dato Pishu Murli Hassaram, the president of MVS. The hamper was presented in a upcycled bag crafted from repurposed banners. Furthermore, the winners of the Sustainability Quiz Challenge also received their prizes which included cash rewards from the university and upcycled bags sponsored by upcycle4better.



Dr. Hassan Basri, Chairman of the SDGs Taskforce Committee, delivered a concluding speech to wrap up the closing ceremony.



# IMPACT SUMMARY



**10**  
NGOs



**4**  
GOVERNMENT  
AGENCIES



**31**  
SPEAKERS /  
MODERATORS/  
FACILITATORS



**14**  
FEMALE SPEAKERS /  
MODERATORS/  
FACILITATORS



**13**  
SMALL BUSINESS  
ENTERPRISE



**9**  
FEMALE  
ENTREPRENEURS



**> 200**  
TOTAL SINGLE USE  
PLASTICS SAVED  
FROM LANDFILL



**> 749**  
PARTICIPANTS



**100%**  
PLANT BASED MEALS FOR  
GUESTS AND SPEAKERS



**> 200**  
TOTAL NUMBER OF  
PLANT BASED MEALS

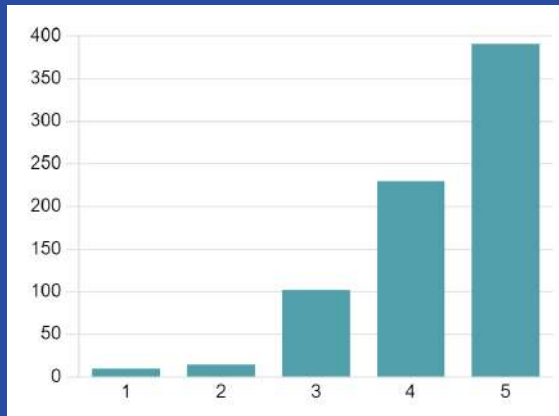




# IMPACT SUMMARY

## PARTICIPATION FEEDBACK SURVEY

### OVERALL EXPERIENCE



**TOTAL RESPONDENTS - 749**

**83% RATED BETWEEN '4 - 5' WITH AN AVERAGE RATING OF 4.31.**

### KEYWORDS FROM KEY TAKEAWAY MESSAGES FROM THE EVENT

- Spreading awareness
- Taking action
- Sustainable future
- Self-awareness
- Personal growth
- Climate change
- Global warming
- Biodiversity
- Environmental conservation
- Sustainable business practices
- Sustainable Development Goals (SDGs)
- Food sustainability
- Healthy diet
- Wildlife conservation
- Community engagement
- Plastic pollution
- Waste reduction
- Environmental education
- Mindfulness
- Mental well-being
- Ocean conservation
- Marine life

### GENERAL COMMENTS

The comments indicate overall satisfaction, appreciation and positive evaluation. The event offered participants an enjoyable experience focused on sustainability, climate change and biodiversity. Attendees gained practical knowledge and tips on waste reduction, textile recycling, and sustainable fashion inspiring personal accountability for environmental conservation. Zumba and Yoga sessions provided a calm atmosphere and promoted mental well-being. Learning about sustainable business models motivated participants to integrate sustainability into their daily lives. The event fostered a sense of community and collaboration, empowering attendees to take meaningful action towards a more sustainable future.

# ACKNOWLEDGEMENTS

We thank our speakers, moderators, facilitators, sponsors, partners, volunteers, clubs, faculties, centres, departments, staff, students and public for supporting SDG Week.



## SUPPORTED BY







## PRIZE SPONSORS

Besides cash prize from University, competition winners received prizes from our sponsors.



## PLANT BASED MEAL PARTNER



## ZERO WASTE FEST PARTNER



## MOVIE SCREENING PARTNER



# ACKNOWLEDGEMENTS

## EXHIBITORS



## PERHILITAN

## SPECIAL THANKS



*Special thanks to Chef Dave for supporting the Healthy Plant-Based Cooking Video Contest Challenge.*



*Special thanks to Prima Avenue for providing gift vouchers.*



## MODERATORS

1. Professor Dato Dr. Hj Abd Rahim Hj Mohamad, Professor, Public Health, Faculty of Medicine
2. Priya Sukirthanandan, Deputy Dean, Faculty of Business and Technology
3. Dr. Anni Mitin, Vice President, The Malaysian Agroecology Society for Sustainable Resource Intensification (SRI-Mas)
4. Dr. Hassan Basri Jahubar Sathik, Director, Academic Affairs
5. Professor Dr. Ahmad Bin Ismail, President, Malaysian Academic Association Congress



## PANELISTS / SPEAKERS

1. Dato' Dr Ar Ken Yeang, Architect and Ecologist, Executive Director, T.R Hamzah & Yeang Sdn. Bhd.
2. Prof Dr Alan Dilani, Professor of Public Health and Design & Founder, International Academy for Design and Health
3. Ms. Shirley Chiu, Green Shield Association Malaysia
4. Ahmad Yazed Yahaya, Senior Manager, Sustainability, UDA Holdings Berhad
5. Wan Ahmad Syahir Bin Wan Ab Kadir, Manager, ESG Integration, Environment, Social & Governance, MDEC
6. Mr. Colin Han, Founder, 3DTap
7. Dr. Ainu Husna Binti M S Suhaimi Principal Research Officer, Livestock Science Research Centre, MARDI
8. Ms. Elizabeth Gimbad, Women & Indigenous People, The Malaysian Agroecology Society for Sustainable Resource Intensification (SRI-Mas)
9. Mr. Anthony Tan Kee Huat, Director of Finance, APPGM-SDG
10. Faisal Mansor, ProVeg Malaysia & Malaysian Vegetarian Society
11. Dr. Nurul 'Ain Azizan, Assistant Professor, School of Biosciences, University of Nottingham
12. Dr. Mohammed Yamin Khan, Lecturer, Faculty of Traditional and Complementary Medicine, University of Cyberjaya
13. Dr. Eddie Chan, Paediatrician, Lifestyle Medicine practitioner, Coordinator of Tzu Chi Medical Association (TIMA) KL & Selangor
14. Ms. Choong Siau Yin, Diabetes Educator, National Heart Institute (IJN)
15. Assoc. Prof. Dr. Abdul Aziz Bin Mat Isa, Deputy Vice-Chancellor, (Student Affairs & Alumni), Director, Uniten Islamic Center
16. Dr. Dana Badang, Deputy Director General, Department of Minerals and Geosciences Kelantan, Ministry of Natural Resources, Environment and Climate Change
17. Dr. David Megintan, Assistant Director of Zoological Parks Division, Department of Wildlife Protection and National Parks. (PERHILITAN), Ministry of Natural Resources, Environment and Climate Change
18. YBhg. Datuk Mohd Noordin Abbas, Ex-Group Managing Director of Utusan Malaysia
19. Mr. Ng Sean Fong, E-Media and Data Officer of the Conservation Division, Malaysian Nature Society
20. Yuki Liew You Qi, Sustainability Project Manager, Upcycle4Better

## FACILITATORS

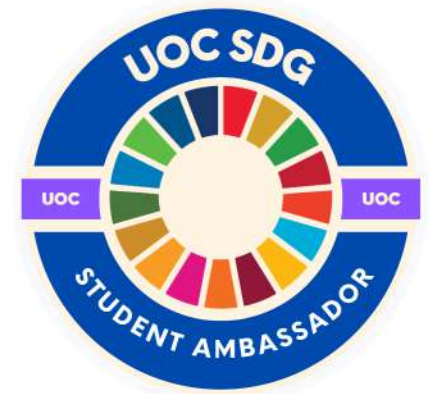
1. Prof Dr Alan Dilani, Professor of Public Health and Design & Founder, International Academy for Design and Health
2. Dr. Rosalia bt Saimon, Faculty of Medicine and Health Sciences, UNIMAS
3. Arch. Angela Lee, Managing Director Asia Pacific, HKS, Singapore
4. Gaayatri Nesan, Lecturer, Faculty of Psychology and Social Sciences, University of Cyberjaya
5. Cynthia Shoba, Lecturer, Faculty of Psychology and Social Sciences, University of Cyberjaya
6. UoC Physiotherapy Society
7. Jessie, Yoga trainer, Kinofit Cyberjaya
8. Eyka Bakri, LT flowers & gifts studio

## SDG STUDENT AMBASSADORS

*Our dedicated team of student volunteers hails from various faculties and programs across the campus. You may have noticed them throughout SDG week, easily identifiable by the badges customized with their names.*

### List of SDG Student Ambassadors

1. Abirahmi
2. Azrin Amira
3. Arianne
4. Ayleesarah
5. Ameir Andyka
6. Chong Hui Min
7. Catherine Kong
8. Dyivya Shalini
9. Ilmi Umairah
10. Jennifer Chua
11. Kenny Kiyai
12. Maira Qaileesya
13. Nurul Eisyah
14. Nur Azerina
15. Nur Syaqlira
16. Muhammad Zulhilmi
17. Nicole Frankie
18. Pang Wei Mei
19. Rodzyiahtuljannah
20. Rosaliana
21. Shareefa Fatima
22. Yousef Omran Allouji



**22**  
**Student**  
**volunteers**



## UOC MANAGEMENT



### **Vice Chancellor**

Professor Dr. Zabidi Hussin

### **Deputy Vice Chancellor of Student Affairs and Alumni**

Prof. Dato' Dr. Shaharuddin Mohd

### **Deputy Vice Chancellor of Research and Innovation**

Prof. Dr. Mudiarsan Kuppusamy

### **Director of Academic Affairs**

Dr. Hassan Basri



## SDG TASKFORCE COMMITTEE MEMBERS

*Our dedicated team of committee members are represented by faculties, centres, student affairs, global engagement, zakat welfare fund, corporate communications and facilities departments.*



### Chairman

Dr. Hassan Basri Jahubar Sathik, Director, Academic Affairs

### Secretariat

Yang Fatimahanom Binti Abdullah Sani, Manager,  
Academic Management Department

### Administrative Assistant

Nurul Asyikin Binti Amran, Academic Management Department

### Chairperson

Reishmi B. Devan, Lecturer, Faculty of Traditional and Complementary Medicine

### Members

1. Professor Dato Dr. Hj Abd Rahim Hj Mohamad, Professor, Public Health, Faculty of Medicine
2. Associate Professor Dr. Mohammad Husni Ahmad Jamal, Faculty of Medicine
3. Dr. Mohammed A. Abdalqade, Faculty of Medicine
4. Assoc. Professor Dr. Intan Zarina Binti Zainol Abidin, Senior Research Officer, Centre for Graduate Studies, Research and Commercialisation
5. Nurazra Binti Robaai, DVC Research Office
6. Waheedah Abdul Hakeem, Lecturer, Faculty of Pharmacy
7. Masro, Lecturer, Faculty of Pharmacy
8. Mahani Mahadi, Lecturer, Faculty of Pharmacy
9. Dr. Amirah Binti Abedinlah, Faculty of Safety and Health
10. Dr. Hanisah Rosli, Lecturer, Faculty of Allied Health Sciences
11. Kala Raani A/P Chandra Guindan, Acting Dean, Faculty of Nursing
12. Joemmaicca Augustta Anak Joggerly, Lecturer, Faculty of Nursing
13. Dr. Maniyarasi A/P Gowindasamy, Lecturer, Faculty of Business and Technology
14. Dr. Syed Abdul Kadir Bin Abdullah, Lecturer, Faculty of Business and Technology
15. Priya Sukirthanandan, Deputy Dean, Faculty of Business and Technology
16. Cynthia Shoba A/P Anthony, Faculty of Psychology and Social Sciences
17. Gaayatri Nesan, Faculty of Psychology and Social Sciences
18. Norhafizah Abdul Ghani, Lecturer, Centre for Foundation Studies, Languages and General Studies
19. Mohd Faiez Bin Zaidon, Lecturer, Centre for Foundation Studies, Languages and General Studies
20. Mohamad Rasyid Bin Sukifto, Centre for Foundation Studies, Languages and General Studies
21. Mohd Fairus Nikmat, Centre for Disaster Relief Medicine
22. Nurul Shazlin Fadzil, Manager, Student Affairs Department
23. Mohd Khairul Fatha Sharuddin, Student Affairs Department
24. Theresa Shalini Stephen, Assistant Manager, Corporate Affairs Department
25. Nalena Balachandran, Manager, Global Engagement Department
26. Siti Hajar, Tabung Zakat University of Cyberjaya – TAZUoC (Zakat Welfare Fund)

**30**  
**Committee**  
**members**





## Websites

[SDG Week webpage](#)

[UoC Sustainability](#)

## Article

[Empowering Sustainable](#)

[Futures: A Recap of University of Cyberjaya's SDG Week 2023](#)

## Videos

[Empowering Sustainable Futures](#)

[UoC Video Challenge](#)

[Highlights from plant-based meals during SDG Week by MVS](#)

LINKS



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*We thank you for your support in our efforts to contribute to the SDGs.*

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