



**SUSTAINABLE
DEVELOPMENT GOALS**

SDG 3 - Good Health & Well-Being

Impact Report

3 GOOD HEALTH
AND WELL-BEING



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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 **650 healthcare graduates** in 2024.



788

Number of
graduates in
2024

650

Number of
healthcare
graduates in
2024

20

Number of
healthcare
programmes



Health and Well-being Initiatives



Malaysian Cancer NGOs and Stakeholders Unite on National World Cancer Day 2024, Pledging Equity and Support

Over **20** Malaysian cancer NGOs convened at the University of Cyberjaya to commemorate World Cancer Day under the theme “Together We Can Do Better.” The event emphasized the need for equitable cancer care across Malaysia.



- **Government Support:** Health Minister Datuk Seri Dr. Dzulkefly Ahmad reaffirmed the government's commitment to supporting innovative partnerships that prioritize equitable access to cancer care.
- **HPV Vaccination Initiative:** The Life Insurance Association of Malaysia (LIAM) pledged RM3 million to support the National Cancer Society of Malaysia's (NCSM) "Leaving No One Behind" program, aiming to administer 300,000 doses of HPV vaccines to underserved women and girls nationwide.
- **Collaborative Efforts:** Axios International partnered with NCSM to establish the "Axios-NCSM Cancer Fund," providing financial assistance for cancer patients in need.
- **Memorandum of Understanding:** NCSM and the University of Cyberjaya signed an MoU to enhance collaboration in cancer research, healthcare innovation, and training of healthcare professionals.

Health and Well-being Initiatives

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



Health Talk: Science of Salutogenesis

Dr. Alan Dilani led a health talk on building healthier societies through public health and design at the Grand Hall, University of Cyberjaya



Free Health Screening

A free health screening at the Welcome Centre, offering general health checks, blood pressure, glucose tests, and eye screenings.



Jom Tip Pah (Trash Collection Activity)

Participants engaged in a trash collection event along Persiaran Bestari by promoting sustainability and community involvement.

Health and Well-being Initiatives



UoC on the Radio - Having Babies: It's Complicated

Associate Professor Dr. Anasuya Jegathevi Jegathesan, Dean of the Faculty of Psychology and Sciences at the University of Cyberjaya, was featured in a podcast titled UoC on the Radio - Having Babies: It's Complicated.



In her discussion with BFM Radio, Dr. Jegathesan delved into the psychological factors influencing individuals' decisions to start a family in today's society. She highlighted that government interventions aimed at addressing declining birth rates could be effective if implemented with positivity, support, and precision.

For more details, can listen to the full podcast on the University of Cyberjaya website.



Research and Academic Excellence



Faculty of Pharmacy Students Shine at National Pharmacy Research Competition 2024

Two students from the Faculty of Pharmacy at the University of Cyberjaya achieved notable success at the 2024 National Pharmacy Research Competition. Shahrul Ikhwan secured the Overall Best Presenter award in Category A, while Yuen Suet Yee clinched the top spot in Category B. Their achievements underscore the university's commitment to fostering research excellence among its students.



Research and Academic Excellence



Fostering Collaborative Research Excellence: University of Cyberjaya Lecturers' One-Week Research Attachment at Universitas Muslim Indonesia



Two lecturers from the University of Cyberjaya participated in a one-week research attachment at Universitas Muslim Indonesia (UMI) in Makassar, Prof. Dr. Shamima Abdul Rahman, Director of the Graduate Research School, and Assoc. Prof. Dr. Mahani Mahadi, Head of the Department of Pharmaceutical Sciences, Faculty of Pharmacy. This program aimed to enhance collaborative research efforts, provide professional development opportunities, and improve research metrics for the university. The initiative reflects the university's dedication to international academic partnerships and research advancement.

Research and Academic Excellence



University of Cyberjaya and Medical Device Authority Forge Groundbreaking Partnership to Advance Medical Device Sector



University of Cyberjaya and the Medical Device Authority (MDA) signed a transformative Memorandum of Understanding (MoU) to advance the medical device sector. The collaboration focuses on joint initiatives, groundbreaking research, and the seamless exchange of expertise to redefine standards in the medical device field. This partnership aligns with the government's mission to empower the medical device sector, as outlined in the New Industrial Master Plan 2030.

Sustainability and Environmental Efforts



Forum : The Role of Diet in Cancer Prevention and Management

The University of Cyberjaya hosted a forum discussing the impact of diet on cancer prevention and management. The panel emphasized the importance of a balanced, whole-food nutrition approach in reducing cancer risks and supporting treatment outcomes.

Vibrancy of UOC's 2024 Environmental Fun Run

The University of Cyberjaya hosted the 2024 Environmental Fun Run organized by the Environmental Volunteerism Committee, part of the Centre of Foundation and Language Services (CFLGS). The event promoted community health and well-being while encouraging environmental consciousness. Participants engaged in physical activity, supporting a healthier and happier community.



Sustainability and Environmental Efforts



University of Cyberjaya Hosts Inaugural Selangor State Public Health Conference 2024: A Call for Sustainable Healthcare

The inaugural Selangor State Public Health Conference focused on "Future-Proofing Health: The Role of Prevention in Sustainable Healthcare." Keynote speakers, including Professor Dr. David Whitford and YB Jamaliah Jamaluddin, discussed transitioning from reactive to proactive healthcare models, emphasizing prevention, personalized health plans, and community engagement.



Youth and Community Empowerment

Empowering Young Minds Programme: Collaboration with SMK Bandar Baru Bangi



The University of Cyberjaya collaborated with SMK Bandar Baru Bangi to deliver the "Empowering Young Minds" programme. This initiative aimed to enhance students' mental wellness by focusing on emotional intelligence, self-worth, and confidence. Through interactive sessions, students were encouraged to step out of their comfort zones, fostering personal growth and resilience.



Nurturing Healthy Relationships: Insights from Dr. Crendy Tan Yen Teng's Visit to SJK (C) Serdang Baru 2

Dr. Crendy Tan Yen Teng, Associate Professor at the Faculty of Psychology and Social Sciences, visited SJK(C) Serdang Baru to engage students in discussions about healthy relationships. The session aimed to address the complexities of young love and relationships, providing students with insights and guidance to navigate these aspects of their lives.



National Day and Social Awareness



University of Cyberjaya Celebrates National Day with Special Needs Awareness Run, Promoting Unity and Inclusivity

The University of Cyberjaya celebrated Malaysia's National Day by hosting a Special Needs Awareness Run in collaboration with Beacon Life Training Centre. The event aimed to promote inclusivity and unity within the community. A total of **241** participants, including **33** university volunteers, took part in the run. The event featured performances by children with special needs, showcasing their talents and raising awareness about their abilities. This initiative highlighted the university's commitment to fostering an inclusive environment and supporting individuals with special needs.



Public Engagement and Collaboration



University of Cyberjaya thrive at the National Allied Health Sciences Students' Sport Event (NASHSSE) 2024

The University of Cyberjaya participated in the National Allied Health Sciences Students' Sport Event (NASHSSE) 2024, held at Sultan Zainal Abidin University in Terengganu. The university's team demonstrated outstanding athleticism and sportsmanship, earning the **3rd** champion rank and winning **9** medals. This achievement reflects the university's dedication to promoting physical fitness and well-being among its students.



Sports and fitness



Zumba

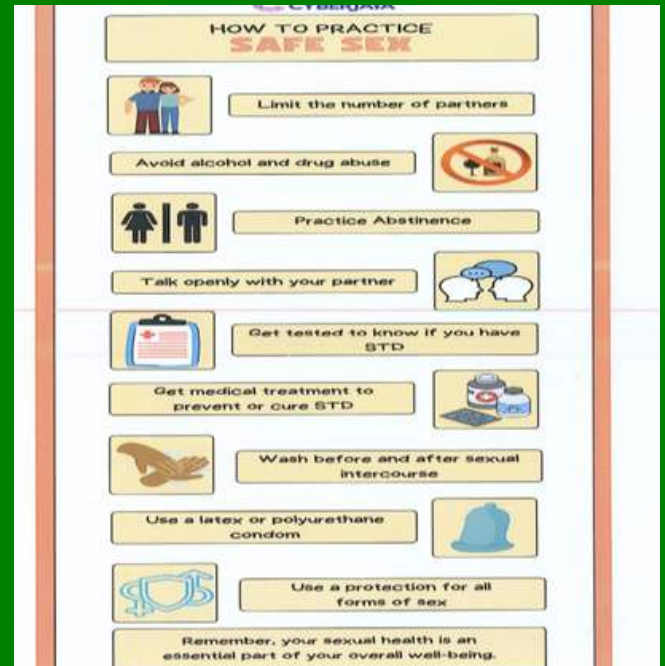
Bachelor of Physiotherapy students from Faculty of Allied Health Sciences coordinated a **Zumba** session at **SDG Week's Fitness morning**.



Sexual Health

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

3 GOOD HEALTH AND WELL-BEING



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.



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

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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