

UNIVERSITY OF CYBERJAYA

SDG IMPACT REPORT 2025

SDG 10: Reduced Inequalities

10 REDUCED INEQUALITIES

SDG 10 · REDUCED INEQUALITIES

Our Commitment to Reduced Inequalities

REDUCE INEQUALITY WITHIN AND AMONG COUNTRIES

Where a person starts in life should not decide where they end up. At the University of Cyberjaya, we want students from every background to be able to study with us, and we want people who are too often left out, including people with disabilities, children in care and refugees, to be included in the life of our community.

Our commitment to SDG 10 starts with who we admit and how we support them. We welcome first-generation students and students from developing countries, track applications from under-represented groups and make reasonable adjustments for students and staff with disabilities. Beyond campus, our students build long-term partnerships with disability organisations, children's homes and refugee communities.

This report sets out our goals, the progress we made against them in 2025, and the people and projects behind it.

Our goals

01 RESEARCH ON INEQUALITY
Study poverty, disability, migration and the barriers that keep people from opportunity. **10.1**

02 WELCOME FIRST-GENERATION STUDENTS
Open our doors to students who are the first in their family at university. **10.2.1**

03 WELCOME STUDENTS FROM DEVELOPING COUNTRIES
Attract and support international students from developing countries. **10.3.1**

04 INCLUDE PEOPLE WITH DISABILITIES
Increase the number of students and staff with disabilities, and support them to succeed. **10.4.1 · 10.5.1**

05 ADMIT FAIRLY AND TRACK IT
Admit without discrimination, and track and recruit applicants from under-represented groups. **10.6.1 – 10.6.3**

06 PROTECT AGAINST DISCRIMINATION
Enforce anti-discrimination and anti-harassment policies, overseen by a diversity officer. **10.6.4 · 10.6.5 · 10.6.11**

07 SUPPORT UNDER-REPRESENTED GROUPS
Give financial, academic and peer support to students from under-represented groups. **10.6.6**

08 MAKE OUR CAMPUS ACCESSIBLE
Provide accessible facilities, disability support and reasonable accommodation. **10.6.7 – 10.6.10**

KEY FACTS · 2025

2025 at a Glance

In 2025 we welcomed students from every background and built lasting partnerships with disability organisations, children's homes and refugee communities.

38.4%
of new students are the first in their family at university

16.2%
of our students come from developing countries

1,043
international students from 66 countries

1.6%
of our students have a disability

1.2%
of our staff have a disability

931
refugees reached with health and mental-health support

Indicator by indicator

REF	WHAT THE ASKS	OUR 2025 POSITION
10.1	Research on reduced inequalities	Research on poverty in Kudat, Sabah, and on the sexual and reproductive health needs of Rohingya refugees, funded by UNFPA
10.2.1	First-generation students	38.4% of new students in 2025 were the first in their family at university
10.3.1	Students from developing countries	812 international students from developing countries, 16.2% of all students
10.4.1	Students with disabilities	80 students with a registered disability, 1.6% of all students
10.5.1	Employees with disabilities	6 employees with a registered disability, 1.2% of all staff
10.6.1	Non-discriminatory admissions	Admissions Policy bars discrimination on grounds of ethnicity, religion, gender, disability or income
10.6.2, 10.6.3	Tracking and recruiting under-represented groups	Applications tracked for B40, first-generation, disabled and Orang Asli applicants; admissions talks at children's homes and B40 schools
10.6.4, 10.6.11	Anti-discrimination and anti-harassment	Equal Opportunity and Anti-Discrimination Policy and Anti-Harassment Policy, with a confidential reporting channel
10.6.5	Diversity officer	Equality, Diversity and Inclusion Officer in the Office of the Dean of Student Affairs
10.6.6	Support for under-represented groups	TAZUoC financial aid, the Asnaf Support Scheme, mentoring and peer buddies for first-generation and international students
10.6.7	Accessible facilities	Ramps, lifts, accessible toilets and reserved parking in all main buildings
10.6.8, 10.6.9	Disability support services and access scheme	Disability Support Unit offers exam adjustments, assistive technology and a disability bursary
10.6.10	Disability accommodation policy	Reasonable Accommodation Policy for students and staff with disabilities

SECTION 01

01

Disability Inclusion

Long-term partnerships with disability organisations, built on respect, adapted activities and practical support.

IN THIS SECTION

— *Catch, Cheer, Repeat: Teamwork at IQ70Plus*
— *One Bead at a Time*
— *Painting Side by Side at IQ70Plus*
— *Jars of Emotions and Clay Confidence at MAHFAA*
— *Palette of Dreams: Painting Stories with GAPS*
— *Little Hands, Big Dreams: Health and Play for Every Ability*

DISABILITY INCLUSION

Catch, Cheer, Repeat: Teamwork at IQ70Plus

PETALING JAYA · 11 MAY 2025

18 pairs

one volunteer for every IQ70Plus member, and baskets at three heights so everyone could score

On 11 May 2025, volunteers from the University of Cyberjaya's Kelab Penyayang visited IQ70Plus (Persatuan Kebajikan Kanak-Kanak Terencat Akal Malaysia) in Petaling Jaya, which supports children and adults with intellectual disabilities. The plan was a simple, adapted ball-toss game, designed to build motor skills, hand–eye coordination and social interaction, with the emphasis on teamwork rather than winning.

Eighteen student volunteers were paired one-to-one with IQ70Plus members, and baskets were set at three heights so that everyone, including members using wheelchairs, could score. By the final round the scoreboard had been abandoned altogether; members were throwing to each other and cheering every catch.

This was the first of three Kelab Penyayang visits to IQ70Plus in 2025, followed by bead-threading in August and figurine painting in October. Before the first visit, every volunteer attended a one-hour disability-awareness briefing run by the University's Disability Support Unit, covering respectful language and how to adapt activities. IQ70Plus has since invited two of its older members to join a work-experience placement with the University's facilities team, the first step towards a supported-employment pathway.

Factfile

WHEN 11 May 2025
WHERE IQ70Plus, Petaling Jaya
WITH IQ70Plus
REACH 18 members paired one-to-one with volunteers
LED BY Kelab Penyayang
INDICATORS 10.6.8 Disability support · 10.6.6 Support for underrepresented groups · 17 NGO partnership

DISABILITY INCLUSION

One Bead at a Time

PETALING JAYA · 3 AUGUST 2025

22 bracelets

threaded by children with intellectual disabilities, each for someone they love

Kelab Penyayang returned to IQ70Plus in Petaling Jaya on 3 August 2025, this time with bowls of colourful beads. Threading beads is more than a craft for children with intellectual disabilities: it builds fine-motor control, concentration and patience. The club's aims were to support those skills, encourage social interaction and promote inclusivity and empathy among its volunteers.

Twenty-two children took part, each working with a volunteer to make a bracelet for someone they love. One girl spent the whole session on a single bracelet, threading and rethreading until the colours matched her mother's favourite baju kurung, then wore it out of the room herself 'to keep it safe'.

The visit was the second in a recurring partnership with IQ70Plus that ran across 2025. Among the volunteers were two University students who have disabilities themselves, and who said the experience made them want to lead future visits. The club now keeps a shared activity plan with IQ70Plus teachers so each visit builds on the skills practised the time before.

Factfile

WHEN 3 August 2025
WHERE IQ70Plus, Petaling Jaya
WITH IQ70Plus
REACH 22 children
LED BY Kelab Penyayang
INDICATORS 10.6.8 Disability support · 10.6.6 Support for underrepresented groups

DISABILITY INCLUSION

Painting Side by Side at IQ70Plus

PETALING JAYA · 26 OCTOBER 2025

3 visits

in one year turned a volunteer outing into a partnership with IQ70Plus

For their third visit of the year, on 26 October 2025, Kelab Penyayang volunteers brought plain gypsum figurines and pots of paint to IQ70Plus in Petaling Jaya. Volunteers and IQ70Plus members sat side by side and painted together, a creative, sensory activity chosen to encourage self-expression and mutual learning.

Twenty-five members and twenty volunteers took part. The volunteers came away with a deeper understanding of special needs, and the members with something they had made themselves. A young man who rarely speaks painted his figurine entirely in gold and handed it to a volunteer as she left: his way, staff said, of saying thank you. The club's own report recommends collecting feedback after future sessions and a simple picture-based feedback card has been designed for members to use next time.

Three visits in one year have turned a volunteer outing into a real partnership. Kelab Penyayang and IQ70Plus are now drafting a memorandum of understanding covering regular visits, volunteer training and work-experience placements at the University for IQ70Plus members. Figurines from the session were displayed at the University's Welcome Centre during International Day of Persons with Disabilities in December.

Factfile

WHEN 26 October 2025
WHERE IQ70Plus, Petaling Jaya
WITH IQ70Plus
REACH 25 members; 20 volunteers
LED BY Kelab Penyayang
INDICATORS 10.6.6 Support for underrepresented groups · 8 Supported employment

DISABILITY INCLUSION

Jars of Emotions and Clay Confidence at MAHFAA

CYBERJAYA · 26 NOVEMBER 2025

20 children

at an autism centre expressed their feelings through clay, origami and a Jar of Emotions

On 26 November 2025, five Psychology students from MPU 3422 Group 1, advised by Ustazah Maisarah Thulhuda binti Mat Jafri, spent the day at Akademi MAHFAA in Cyberjaya, run by the Malaysia High Functioning Autism Association. Twenty upper-primary children with high-functioning autism took part, alongside the centre's teachers and staff.

The programme was designed to give the children a safe space to express themselves and build confidence. After ice-breaking, the children filled a 'Jar of Emotions', sculpted with clay, folded origami and wrote messages of encouragement. The centre head then spoke about using music to teach autistic children. Gardenia sponsored waffles for the day, and the group made a donation to MAHFAA. One boy who had refused to join the clay table for the first half hour ended up teaching a volunteer how to make an origami crane, step by step.

For the psychology students, the visit deepened their understanding of autism and of how to communicate with neurodivergent children. MAHFAA has since agreed to host Psychology students for supervised practicum placements, and the University has invited the centre to advise on support for its own students who are on the autism spectrum. The children's messages of encouragement were made into a poster that now hangs in the University's counselling unit.

Factfile

WHEN 26 November 2025
WHERE Akademi MAHFAA, Cyberjaya
WITH Malaysia High Functioning Autism Association (MAHFAA)
REACH 20 autistic children
LED BY Psychology students, MPU 3422 Group 1
INDICATORS 10.6.6 Support for neurodivergent children · 4.2 Practicum placements

DISABILITY INCLUSION

Palette of Dreams: Painting Stories with GAPS

KLANG VALLEY · 10 DECEMBER 2025

One Story Wall

painted by children with cerebral palsy, now on show in the University foyer

On 10 December 2025, eight Psychology students from MPU 3422 Group 3 spent six hours at the participation centre of Gabungan Anak-Anak Palsi Serebrum (GAPS), an organisation supporting children with cerebral palsy. 'Palette of Dreams' set out to give the children creative enjoyment, build their confidence and social interaction, and create an inclusive environment.

The day began with adaptive storytelling, then the children painted scenes from the story, shaped clay and made sand art. Their work was put together into a 'Story Wall', and communication games filled the gaps between activities. For the volunteers, the biggest lesson was non-verbal communication: learning to read gestures, expressions and eye movements. One girl who communicates mainly through eye-gaze chose every colour in her painting by looking at the pot she wanted, and the finished piece took the centre of the Story Wall.

The group raised money through sales and donations to cover materials, with the balance going to GAPS. The Story Wall has since been moved to the University's main foyer as part of a campus exhibition on disability inclusion. GAPS and the faculty are discussing an annual volunteering programme and a disability-awareness talk by GAPS parents for University staff and students.

Factfile

WHEN 10 December 2025
WHERE GAPS Participate Centre
WITH Gabungan Anak-Anak Palsi Serebrum (GAPS)
REACH Children with cerebral palsy
LED BY Psychology students, MPU 3422 Group 3
INDICATORS 10.6.6 Support for children with disabilities · 10.6.7 Inclusive campus

DISABILITY INCLUSION

Little Hands, Big Dreams: Health and Play for Every Ability

KAJANG, SELANGOR · 24 NOVEMBER 2025

46 people

with disabilities given free health screening and lifestyle advice

On 24 November 2025, pharmacy students from Young Mercy Group 7 'OpenPages' spent the day at Persatuan Insan Istimewa Cheras Selangor (PIICS) in Kajang. Forty-six persons with disabilities and six of the centre's caregivers took part in a programme combining inclusive games, health checks and health education.

After warm-up games adapted on the spot to suit participants' abilities, the students ran basic health screening, checking blood pressure, heart rate and blood glucose, and gave lifestyle advice. Caregivers attended a short talk on practical health habits suited to the people they care for. Several participants were found to have high blood pressure and were referred, with their caregivers' agreement, to the local health clinic for follow-up.

For the future pharmacists, the day was a lesson in communicating with patients of every ability and in understanding the barriers people with disabilities face in getting healthcare. PIICS has asked the group to make the screening a twice-yearly visit, and the faculty is building it into the pharmacy programme as a required community placement. Two PIICS members also took part in a paid one-week work trial at the University's campus café arranged after the visit.

Factfile

WHEN 24 November 2025
WHERE Persatuan Insan Istimewa Cheras Selangor, Kajang
WITH Persatuan Insan Istimewa Cheras Selangor (PIICS)
REACH 46 persons with disabilities; 6 caregivers
LED BY Young Mercy Group 7 'OpenPages'
INDICATORS 10.6.6 Health access for persons with disabilities · 3.3.2 Health outreach

SECTION 02

02

Equal Chances for Every Child

Children with special needs, children in care and children in underserved neighbourhoods, given the same chance to learn, play and aim high.

IN THIS SECTION

— *Colours, Songs and Nasi Lemak at Insan*
— *Superheroes in the Making*
— *Raya Comes to Rumah Bakti Nur Ain*
— *Patience, Courage and a Game of Human Bingo*
— *Safe Spaces in the Heart of Chow Kit*

EQUAL CHANCES FOR EVERY CHILD

Colours, Songs and Nasi Lemak at Insan

KUALA LUMPUR · 18 MAY 2025

23 children

with special needs at a home in Kuala Lumpur, visited twice in one month

On 18 May 2025, ten students from Young Mercy Group 5 visited Persatuan Kebajikan Kanak-kanak Istimewa Insan in Taman Gembira, Kuala Lumpur, a home for underprivileged children with special needs. Their aims were to bring joy and companionship, raise awareness of the children's needs, and practise empathy and active citizenship.

Twenty-three children joined the activities. They entered a colouring competition with awards, sang together and played 'pass the doll' before sharing a nasi lemak lunch. The loudest cheer of the day came when a boy who uses a walking frame won 'Most Creative' and insisted on carrying his certificate back to his room himself. The group also donated household items, dry food and condiments to keep the home running.

A week later, a second Young Mercy group, Project A.C.T., visited the same home, making Insan one of the University's most frequent partners in 2025. The home's coordinator has asked the University to run a short information session for its older teenagers on university pathways and financial aid for students with disabilities.

Factfile

WHEN 18 May 2025
WHERE Persatuan Kebajikan Kanak-kanak Istimewa Insan, Kuala Lumpur
WITH Persatuan Kebajikan Kanak-kanak Istimewa Insan
REACH 23 children with special needs
LED BY Young Mercy Group 5
INDICATORS 10 Inclusion of children with special needs · 3.3.2 Outreach

EQUAL CHANCES FOR EVERY CHILD

Superheroes in the Making

KUALA LUMPUR · 25 MAY 2025

Superheroes

masks, Zumba and handprint T-shirts for children with special needs

One week after another Young Mercy group's visit, students from Project A.C.T. (Active Care Taskforce) returned to Persatuan Kebajikan Kanak-kanak Istimewa Insan in Kuala Lumpur on 25 May 2025. Eight University students took part, joined by three members of the home's staff and a guest student from Multimedia University, to spend the day with twenty-five children with special needs.

The programme was built around three ideas. Colouring superhero masks encouraged creativity and self-expression; a Zumba session got everyone moving and built confidence; and handprint T-shirts gave every child a lasting reminder that they belong. A volunteer recalled one boy refusing to take his mask off for the rest of the day, announcing to every adult who passed that he was 'Captain Insan'. The group also delivered donated items to the home, and its social-media posts reached 1,500 people on Instagram and drew 2,300 views on TikTok.

After the visit, the group's videos were used by the University's Student Affairs Department in an inclusion week campaign encouraging students to volunteer with disability organisations. Insan and the University are now discussing an internship pathway for the home's school leavers.

Factfile

WHEN 25 May 2025
WHERE Persatuan Kebajikan Kanak-kanak Istimewa Insan, Kuala Lumpur
WITH Persatuan Kebajikan Kanak-kanak Istimewa Insan
REACH 25 children with special needs
LED BY Young Mercy Project A.C.T.
INDICATORS 10 Inclusion of children with special needs · 10.6.6 Support

EQUAL CHANCES FOR EVERY CHILD

Raya Comes to Rumah Bakti Nur Ain

BANGI, SELANGOR · 27 APRIL 2025

30 children

celebrated Aidilfitri with 35 nursing students

On 27 April 2025, the Nightingale Unity Nursing Society (NUNS), advised by Pn NorAzimah binti Ali, brought the spirit of Aidilfitri to the children of Pusat Jagaan Rumah Bakti Nur Ain in Bandar Baru Bangi. The 'Aidilfitri Bersama' celebration aimed to share the joy of Eid with children who cannot celebrate with their own families, and to build a lasting bond between nursing students and the home.

Thirty-five nursing students and thirty children took part. The children and volunteers ate ketupat and rendang together, played traditional games such as batu seremban and congkak, and every child received duit raya and new baju Raya. One of the younger boys spent the afternoon teaching volunteers to play congkak and won every game.

Rumah Bakti Nur Ain became one of the University's most visited partners in 2025, with Young Mercy groups returning in May and December. NUNS has since begun a monthly reading-and-homework session at the home, and older children have been invited to the University's open day with free transport.

Factfile

WHEN 27 April 2025
WHERE Pusat Jagaan Rumah Bakti Nur Ain, Bangi
WITH Pusat Jagaan Rumah Bakti Nur Ain
REACH 30 children; 35 nursing students
LED BY Nightingale Unity Nursing Society
INDICATORS 10 Equal opportunity for children in care · 4.3.4 Education outreach

EQUAL CHANCES FOR EVERY CHILD

Patience, Courage and a Game of Human Bingo

BANGI, SELANGOR · 20 DECEMBER 2025

17 children

from an orphanage, now with a route to university through foundation programmes and financial aid

On 20 December 2025, seven students from MPU 3422 Group 4, 'Kasih Ilahi', ran a character-building programme for orphans and asnaf children aged 6 to 17 at Rumah Bakti Al-Kausar in Bandar Baru Bangi. Twenty-seven children had registered; seventeen attended, as many were away for the school holidays. The aim was to motivate the children, build values such as patience, resilience and courage, and make them feel valued.

After ice-breaking, the children took turns at show-and-tell and played human bingo. A forum with Pertubuhan Sayang Ummah Selangor and Pertubuhan Ikatan Teras Minda Selangor (ITEMS) followed, before a reflection session. Gamesbond Int. Sdn Bhd sponsored the programme, Fitra Buds provided meals, and the group donated a hamper and cash to the home. During reflection, a fourteen-year-old said she had never thought about university before, 'because people like us don't go'.

That comment shaped what came next: the group arranged for the University's admissions team to return in January with an information session on foundation programmes and the TAZUoC financial aid scheme for orphans and B40 students. Earlier in 2025, a Young Mercy group had also visited Al-Kausar, making it a repeat partner of the University.

Factfile

WHEN 20 December 2025
WHERE Rumah Bakti Al-Kausar, Bangi
WITH Pertubuhan Sayang Ummah Selangor; ITEMS; Gamesbond
REACH 17 orphans and asnaf children
LED BY Psychology students, MPU 3422 Group 4
INDICATORS 10.6.3 Recruiting underrepresented groups · 1.3 Access to university

EQUAL CHANCES FOR EVERY CHILD

Safe Spaces in the Heart of Chow Kit

CHOW KIT, KUALA LUMPUR · 13 FEBRUARY 2025



Over two sessions in February 2025, Psychology students from the Faculty of Psychology and Social Sciences, led by Associate Professor Dr Crendy Tan Yeng Teng, worked with children at Yayasan Chow Kit, a foundation supporting underserved children in one of Kuala Lumpur's most deprived neighbourhoods. Forty children and thirty University students took part.

The sessions were designed to give the children a safe and supportive space to communicate, build confidence, cooperate and feel they belong. Students led an opening circle and group discussions, then guided hands-on activities, movement games and a group floor activity, working closely with individual children and adapting their approach as they went. A shy eight-year-old who stayed at the edge of the opening circle ended the day leading her group's floor activity, giving instructions to the university students.

For the University's students, the sessions were a practical lesson in child-centred, inclusive facilitation with children from very different backgrounds to their own. Yayasan Chow Kit and the faculty have since agreed on a semester-long mentoring programme pairing psychology students with older children at the centre, focused on staying in school and planning for further education. Three of the centre's alumni now study at the University on full scholarships.



Factfile

WHEN 13 February 2025
WHERE Yayasan Chow Kit Activity Centre, Kuala Lumpur
WITH Yayasan Chow Kit
REACH 40 children; 30 University students
LED BY Faculty of Psychology and Social Sciences
INDICATORS 10.6.3 Recruiting underrepresented groups · 4.3.4 Outreach

SECTION 03

03

Standing with Refugee Communities

Medicine safety, health screening and mental-health support for refugees with limited access to services.

IN THIS SECTION

— *Know Your Medicine: Protecting Selayang's Rohingya Families from Fake Drugs*
— *Coping at the Crossroads: Mental-Health Support for Myanmar Refugees*
— *New Arrivals, New Strength: Resilience Training for Refugees*

STANDING WITH REFUGEE COMMUNITIES

Know Your Medicine: Protecting Selayang's Rohingya Families from Fake Drugs

SELAYANG, SELANGOR · 10 MAY 2025



Unregistered and counterfeit medicines are a real danger for communities with limited access to healthcare. On 10 May 2025, the Cyberjaya University Pharmacy Students' Society (CUPSS) held its 15th Karnival Mesra Ubat (KaMU) at the Humanitarian Aid Selangor Society Centre in Selayang Baru, with the theme 'Tolak Ubat Tidak Sah'. Advised by Datin Dr Mariani Ahmad Nizaruddin, Year 3 pharmacy students served 141 Rohingya refugees from 100 households.

Working alongside Be Vital, whose volunteers and doctors joined the day, the Malaysian Red Crescent Society, Kelab Penyayang and SCOuT, the students ran health screening, medication reviews and one-to-one counselling, with three to four translators bridging the language gap. Booths covered how to spot unregistered drugs, substance abuse, children's health, elderly medication management, endemic disease and safe cosmetics, and the Red Crescent ran a first-aid demonstration. Screening identified 27 adults with high blood pressure or blood sugar, who were referred on the spot to the Be Vital doctors for follow-up.

Participants completed short surveys before and after the TOBaTS booth. Correct identification of unregistered medicines rose from 41% before the session to 78% after it. A food-bank lucky draw added practical support for families. Humanitarian Aid Selangor Society has since asked CUPSS to run a quarterly medication-review clinic at the centre.

Factfile

WHEN 10 May 2025
WHERE Humanitarian Aid Selangor Society Centre, Selayang Baru
WITH Humanitarian Aid Selangor Society; Be Vital; Malaysian Red Crescent Society
REACH 141 Rohingya refugees
LED BY Cyberjaya University Pharmacy Students' Society
INDICATORS 10 Health access for refugees · 3.3.2 Health outreach

STANDING WITH REFUGEE COMMUNITIES

Coping at the Crossroads: Mental-Health Support for Myanmar Refugees

KUALA LUMPUR · 26 SEPTEMBER 2025

790 refugees

reached through three Crossroads mental-health sessions with Young Lives Malaysia in 2025

Refugees often arrive carrying trauma, uncertainty and stress, with few places to turn for help. On 26 September 2025, at the Archdiocesan Pastoral Centre in Kuala Lumpur, the University's Faculty of Psychology and Social Sciences supported Young Lives Malaysia's Crossroads programme with a coping-skills session for 70 Myanmar refugees, led under Associate Professor Dr Crendy Tan Yeng Teng.

The session helped participants recognise the signs of stress and practise simple ways to cope with it, from breathing and grounding techniques to building support among themselves. Community interpreters translated the session into Burmese and Chin, and participants practised each technique in small groups.

This was one of three Crossroads sessions the Faculty contributed to in 2025. Young Lives Malaysia has since asked the Faculty to train its own volunteers in psychological first aid, so that support can continue between sessions.

Factfile

WHEN 26 September 2025
WHERE Archdiocesan Pastoral Centre, Kuala Lumpur
WITH Young Lives Malaysia
REACH 70 Myanmar refugees
LED BY Faculty of Psychology and Social Sciences
INDICATORS 10 Mental-health support for refugees · 3.3.5 Mental health

STANDING WITH REFUGEE COMMUNITIES

New Arrivals, New Strength: Resilience Training for Refugees

KUALA LUMPUR · 9 SEPTEMBER 2025



For refugees and asylum seekers newly arrived in Malaysia, the first months are often the hardest. On 9 September 2025, at the Archdiocesan Pastoral Centre in Kuala Lumpur, the Faculty of Psychology and Social Sciences led a resilience and stress-management session for 40 newly arrived Myanmar refugees and asylum seekers, working with Young Lives Malaysia.

Led by the Faculty under Associate Professor Dr Crendy Tan Yeng Teng, the session covered how stress affects the body and mind, and practical ways to regulate emotions and cope with uncertainty. Participants left with a pocket card, in Burmese, of the breathing and grounding techniques they had practised.

Young Lives Malaysia reported that 12 participants later joined its weekly support group, which the Faculty's postgraduate students now help facilitate. Together with the other Crossroads sessions in 2025, the programme makes the Faculty a regular partner in mental-health support for refugee communities in Kuala Lumpur.

Factfile

WHEN 9 September 2025
WHERE Archdiocesan Pastoral Centre, Kuala Lumpur
WITH Young Lives Malaysia
REACH 40 refugees and asylum seekers
LED BY Faculty of Psychology and Social Sciences
INDICATORS 10 Resilience support for refugees · 3.3.5 Mental health

University of Cyberjaya

SDG Coordinating Committee

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