

UNIVERSITY OF CYBERJAYA

SDG IMPACT REPORT 2025

SDG 3: Good Health and Well-Being

3 GOOD HEALTH AND WELL-BEING

SDG 3 · GOOD HEALTH AND WELL-BEING

Our Commitment to Good Health and Well-being

ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES

Health is where the University of Cyberjaya began, and it remains at the heart of who we are: a university that trains doctors, pharmacists, nurses, psychologists and health scientists, and that measures its success by the health of the communities around it.

Our commitment to SDG 3 runs through everything we do. We educate the health workforce Malaysia needs, and we send our students into communities from their first year, so that they learn medicine by serving people. We work with the Ministry of Health, district health offices, hospitals and international bodies, including the World Health Organization, to turn research into better care. And we look after our own: every student and member of staff should be able to find support for their physical and mental health on campus, free of charge.

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

Our goals

01 EDUCATE THE HEALTH WORKFORCE
Graduate doctors, pharmacists, nurses, psychologists and allied health professionals ready to serve where they are needed most. 3.2.1

02 PARTNER FOR BETTER HEALTH
Work with health ministries, hospitals, district health offices, NGOs and the WHO on research, policy and services. 3.3.1

03 TAKE HEALTH TO THE COMMUNITY
Run free screening, health education and research-led programmes with the communities around our campus and beyond. 3.3.2

04 OPEN OUR SPORTS FACILITIES
Share our sports and fitness facilities with local people, schools and community groups. 3.3.3

05 PROTECT SEXUAL AND REPRODUCTIVE HEALTH
Provide students with free, confidential sexual and reproductive health information and care. 3.3.4

06 SUPPORT STUDENT MENTAL HEALTH
Give every student free access to counselling, peer support and mental-health education. 3.3.5

07 KEEP OUR CAMPUS SMOKE-FREE
Maintain a smoke- and vape-free campus and help students and staff to quit. 3.3.6

08 LOOK AFTER OUR STAFF
Offer staff free, confidential mental-health support and well-being programmes. 3.3.7

KEY FACTS · 2025

2025 at a Glance

In 2025 our students and staff ran 46 health and well-being activities, working with 39 partners, from the World Health Organization to village health clinics. These are the numbers behind that work.

46
health and well-being activities run by students and staff

3,100+
people reached directly through our community programmes

14
health institutions we worked with, from the WHO to district clinics

71.7%
of our 2025 graduates qualified in health professions

931
refugees reached with health and mental-health support

43
blood donations collected on campus for the national reserve

1,870
free counselling sessions for students

612
free, confidential sexual and reproductive health consultations

520
student volunteers in health outreach

Indicator by indicator

INDICATOR	WHAT THE ASKS	OUR 2025 POSITION
3.2.1	Proportion of graduates in health professions	1,184 of 1,652 graduates (71.7%) qualified in medicine, pharmacy, nursing, dentistry, psychology and allied health
3.3.1	Collaborations with health institutions	14 health institutions, including the WHO, the National Blood Bank, Hospital Putrajaya, the Sepang and Muar district health offices and five health clinics
3.3.2	Health outreach programmes in the community	46 activities reaching more than 3,100 people, including 10 research-led community health programmes in Sepang and Muar
3.3.3	Sports facilities shared with the community	Sports complex, fields and courts open to local schools and community groups free of charge; 2,450 community visits in 2025
3.3.4	Free sexual and reproductive health care for students	Free, confidential consultations, testing referrals and information through the Student Health Centre; 612 consultations in 2025
3.3.5	Mental health support for students	Free professional counselling, peer Listening Tables and a 24-hour helpline; 1,870 counselling sessions in 2025
3.3.6	Smoke-free campus policy	Whole campus smoke- and vape-free under the University Smoke-Free Campus Policy, in force since 2019, with free quit support
3.3.7	Mental health support for staff	Free, confidential counselling for all staff and a staff well-being programme with 214 participants in 2025

SECTION 01

01

Global and National Health Partnerships

Working with the World Health Organization, the Ministry of Health and national health services to strengthen health systems at home and abroad.

IN THIS SECTION

— *Advising the World Health Organization on Safe Blood*
— *Forty-Three Bags, Up to 129 Lives*
— *Colour and Comfort on the Children's Cancer Ward*

GLOBAL AND NATIONAL HEALTH PARTNERSHIPS

Advising the World Health Organization on Safe Blood

GENEVA · FROM 14 SEPTEMBER 2025

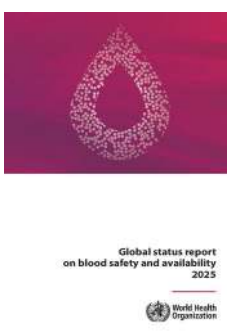
Safe blood for every health system

One of the experts advising the World Health Organization on blood regulation, availability and safety, 2025 to 2027

Safe, sufficient blood is one of the foundations of every health system, from routine surgery and childbirth to the response to disasters and pandemics. In 2025, Dr Noryati Abu Amin, a transfusion medicine consultant and academic at the University of Cyberjaya, was appointed by the World Health Organization to its Advisory Group on Blood Regulation, Availability and Safety (AG-BRAS) for a two-year term from 14 September 2025.

As a member of the group, she helps shape the policy frameworks and technical guidance WHO gives its Member States on regulating blood and blood products, improving their availability and keeping them safe, including how health systems should prepare for crises that require mass transfusion. She is a named contributor to the WHO Global Status Report on Blood Safety and Availability 2025 and to the fifty-eighth report of the WHO Expert Committee on Specifications for Pharmaceutical Preparations (WHO Technical Report Series 1060).

The appointment places the University's expertise at the centre of global health policy, and connects with work much closer to home: in December 2025, University students and the National Blood Bank collected 43 blood donations on campus for the national reserve.





Factfile

WHEN Appointed 14 September 2025 for two years

WHO Dr Noryati Abu Amin, transfusion medicine consultant

WITH World Health Organization

REACH WHO Member States worldwide

OUTPUTS Named contributor to two WHO global reports

INDICATORS 3.3.1 Collaboration with global health institutions · 17.2.4 International best practice

GLOBAL AND NATIONAL HEALTH PARTNERSHIPS

Forty-Three Bags, Up to 129 Lives

CYBERJAYA · 17 DECEMBER 2025



On 17 December 2025, pharmacy students from Young Mercy Group 6 turned the VIP Suites at the University of Cyberjaya into a blood donation centre in partnership with the National Blood Bank (Pusat Darah Negara), Ministry of Health. Nine National Blood Bank staff handled blood grouping, eligibility checks and donation, while the students ran a health screening booth for blood pressure, body composition and glucose.

Sixty-eight people came forward, 64 of them University students and 4 members of the public, and 43 successful donations were collected for the national blood reserve. With each donation able to help up to three patients, the drive could support as many as 129 people. More than half of the donors were giving blood for the first time.

The drive went ahead even after the original clinic partner withdrew, with the students borrowing screening equipment to keep the booth running. The National Blood Bank has since listed the University as a regular mobile donation site, with drives planned twice a year from 2026.



Factfile

WHEN 17 December 2025

WHERE University of Cyberjaya campus

WITH National Blood Bank (Pusat Darah Negara), Ministry of Health

REACH 68 donors; 43 donations

LED BY Young Mercy Group 6, Faculty of Pharmacy

INDICATORS 3.3.1 Collaboration with health institutions · 3.3.2 Health outreach programmes

GLOBAL AND NATIONAL HEALTH PARTNERSHIPS

Colour and Comfort on the Children's Cancer Ward

PUTRAJAYA · 25 MAY 2025



On 25 May 2025, nine Young Mercy students and their lecturer, Mr Mohd Fairus bin Nikmat, visited the Paediatric Department of Hospital Putrajaya, where children are being treated for cancer. Working with seven of the department's nurses, the group brought colouring books and pencils for 26 young patients and spent the morning talking with 16 parents.

Long hospital stays can be isolating for children and exhausting for their families. The students moved from bed to bed, colouring with the children and listening to parents, many of whom had been on the ward for weeks. Ten extra activity packs were left with the nurses for children in isolation who could not receive visitors. Nurses said the visit was the first time some of the children had sat up and played in several days.

The Paediatric Department has since agreed to host a University group every three months, and the Faculty of Psychology and Social Sciences is preparing a set of play-therapy kits for the ward. The visit was shared on social media to raise awareness of childhood cancer.



Factfile

WHEN 25 May 2025
WHERE Paediatric Department, Hospital Putrajaya
WITH Hospital Putrajaya, Ministry of Health
REACH 26 children and 16 parents
LED BY Young Mercy Group 3
INDICATORS 3.3.1 Collaboration with health institutions · 3.3.2 Health outreach programmes

SECTION 02

02

Research-led Community Health

Every third-year medical student researches a community's health needs, then designs and delivers a programme to meet them with the local health services.

IN THIS SECTION

— *Healthy Kitchens, Happy Lives in Taman Seroja*
— *From Survey to Plate: Nutrition Help for Bakri's Villagers*
— *Balanced Screens, Brighter Children in Jenderam Hilir*
— *Gadgets vs Kids: Muar Parents Get the Evidence*
— *Clearing the Air in Taman Mawar*
— *Hapuskan Asap: A Whole Town Says No to Smoke in Parit Jawa*
— *Making Homes Safer for Children in Muar and Sepang*

RESEARCH-LED COMMUNITY HEALTH

Healthy Kitchens, Happy Lives in Taman Seroja

SEPANG, SELANGOR · 19 APRIL 2025



On 19 April 2025, Year 3 MBBS students from the Faculty of Medicine's Community Medicine posting brought their Health Intervention Programme, 'Dapur Ceria, Hidup Bahagia', to Balai Raya Taman Seroja in Bandar Baru Salak Tinggi, Sepang. Supervised by Associate Professor Dr Alabed Ali Ahmed and organised with the Taman Seroja Residents' Association and the local councillor, the programme drew 82 residents.

The students first presented the results of their own research into the community's eating habits, then turned the findings into practical advice: poster talks, a healthy-cooking demonstration in the traditional merewang style with Chef Sue, and food tasting for families. Children took part in a colouring contest, while adults were screened for blood glucose, blood pressure and BMI, with results recorded in their KOSPEN health record books. Of 64 adults screened, 19 had raised blood pressure or blood glucose and were given referral letters to Klinik Kesihatan Salak.

Linking the screening to the Ministry of Health's KOSPEN community programme means residents can track their results over time. The residents' association's KOSPEN volunteers have since agreed to follow up with each referred resident within a month, and the Faculty will return for a repeat screening in 2026.



Factfile

WHEN 19 April 2025
WHERE Balai Raya Taman Seroja, Salak Tinggi, Sepang
WITH Taman Seroja Residents' Association
REACH 82 residents
LED BY MBBS Year 3 Community Medicine students
INDICATORS 3.3.2 Health outreach programmes · 3.3.1 Collaboration with local health services

RESEARCH-LED COMMUNITY HEALTH

From Survey to Plate: Nutrition Help for Bakri's Villagers

MUAR, JOHOR · 19 APRIL 2025



Before the health event, there was the research. Seventeen Year 3 MBBS students surveyed 218 residents of Kampung Parit Wahid in Bakri, Muar, about their eating habits, and found that only 116 had healthy habits. On 19 April 2025, at Kompleks Penghulu Mukim Bakri, they brought the results back to the village, working with Pejabat Kesihatan Daerah Muar, Klinik Kesihatan Maharani and the village head.

Thirty-six villagers attended, and 26 adults aged 26 to 66 were screened for BMI, blood pressure and blood glucose, with advice on any abnormal results. A Klinik Kesihatan Maharani nutritionist gave a two-hour talk and Q&A on preventing obesity, diabetes and hypertension through everyday food choices, and 40 ten-kilogram bags of rice were handed out. Nine of the 26 villagers screened had readings that needed follow-up and were referred to Klinik Kesihatan Maharani with written referral notes.

The programme was supervised by Associate Professor Dr Mohamad Zulkipli Othman and Dr Ahmad Nizal Mohd Ghazali. Following the event, Klinik Kesihatan Maharani added Kampung Parit Wahid to its KOSPEN outreach visits for the rest of the year.



Factfile

WHEN 19 April 2025
WHERE Kompleks Penghulu Mukim Bakri, Muar, Johor
WITH Muar District Health Office
REACH 36 villagers; 218 surveyed
LED BY MBBS Year 3 Community Medicine students
INDICATORS 3.3.1 Collaboration with health institutions · 3.3.2 Health outreach programmes

RESEARCH-LED COMMUNITY HEALTH

Balanced Screens, Brighter Children in Jenderam Hilir

SEPANG, SELANGOR · 14 JUNE 2025



How much time do children spend on their phones, and does it affect their health? Year 3 MBBS students set out to find the answer in Kampung Jenderam Hilir, Dengkil, surveying 164 parents of adolescents aged 10 to 19. Combined with a parallel study in Muar, the research covered 366 families and found that higher gadget use was clearly linked to higher health-impact scores ($r = 0.383$, $p < 0.001$).

On 14 June 2025, the students brought the findings back to the village at 'Skrin Seimbang, Anak Cemerlang', held at the community hall with the village development committee (JPKK) and Klinik Kesihatan Salak, whose counselling psychologist, Pn Rasyidah Bahrim, joined the programme. Seventy-five people attended. Parents were screened for blood pressure and blood glucose and joined an aerobics session, while children rotated through game stations designed as screen-free alternatives. Every family went home with a food pack.

The findings were shared with the local health authorities and taken into account in their planning. Forty parents signed a family screen-time pledge on the day, and Klinik Kesihatan Salak offered follow-up counselling to 12 families who asked for help managing their children's gadget use.



Factfile

WHEN 14 June 2025
WHERE Kampung Jenderam Hilir, Dengkil, Sepang
WITH Klinik Kesihatan Salak
REACH 75 residents; 164 parents surveyed
LED BY MBBS Year 3 Community Medicine students
INDICATORS 3.3.1 Collaboration with health institutions · 3.3.2 Health outreach programmes

RESEARCH-LED COMMUNITY HEALTH

Gadgets vs Kids: Muar Parents Get the Evidence

MUAR, JOHOR · 14 JUNE 2025



In Taman Desa Sungai Abong, Muar, Year 3 MBBS students went door to door with a consent-based questionnaire, surveying 202 parents about their children's gadget use, its effects on their health, and how much control parents had. Together with the Sepang arm of the study, the research covered 366 families: 80.2% of children had low to moderate use, but higher use was significantly linked to physical, mental and social health problems.

On 14 June 2025, at the Dewan Serbaguna Taman Desa Sungai Abong, the students shared the results at 'Gadget vs Kids – A Parental Guide'. Pejabat Kesihatan Daerah Muar ran a screening station for parents, checking blood pressure, weight, height and blood sugar, and Dr Fakrul Azren led a 'Myth or Fact' talk on gadgets and child health. Children had their own colouring contest and mini-games. About 180 residents attended.

Supervised by Dr Ahmad Nizal Mohd Ghazali and Associate Professor Dr Mohamad Zulkipli Othman, the study was submitted for ethics review to the University's research ethics committee. Its findings were shared with Pejabat Kesihatan Daerah Muar and taken into account in the district's community health planning. The surau committee has also agreed to display the parental guide on its notice board and in its WhatsApp community group.



Factfile

WHEN 14 June 2025
WHERE Taman Desa Sungai Abong, Muar, Johor
WITH Muar District Health Office
REACH About 180 residents; 202 parents surveyed
LED BY MBBS Year 3 Community Medicine students
INDICATORS 3.3.1 Collaboration with health institutions · 3.3.2 Health outreach programmes

RESEARCH-LED COMMUNITY HEALTH

Clearing the Air in Taman Mawar

SEPANG, SELANGOR · 9 AUGUST 2025



Smoking and vaping remain among the biggest preventable causes of disease in Malaysia. On 9 August 2025, 20 Year 3 MBBS students brought a community health awareness event on smoking to Surau Al-Amin in Taman Mawar, Bandar Baru Salak Tinggi. They worked with the Health Promotion Unit and quit-smoking clinic of Pejabat Kesihatan Daerah Sepang, Klinik Kesihatan Salak, the surau committee and the Taman Mawar community leadership (KRT).

In the weeks before, the students surveyed households on their knowledge of and attitudes to smoking. On the day, a Klinik Kesihatan Salak medical officer spoke on the dangers of smoking and vaping, the students presented their survey findings, and more than 60 residents had their BMI, blood pressure and blood glucose checked, with spirometry for lung function and individual counselling. A lung model and posters showed the damage smoking does, and children took part in an anti-smoking colouring contest.

Fourteen smokers signed up on the spot for the PKD Sepang quit-smoking clinic, and at a three-month check, five of them had stopped smoking. The students also shared the University's own smoke-free campus policy as a model for the surau, whose committee has since declared its grounds smoke-free.



Factfile

WHEN 9 August 2025

WHERE Surau Al-Amin, Taman Mawar, Salak Tinggi, Sepang

WITH Sepang District Health Office (Health Promotion Unit)

REACH More than 60 residents

LED BY MBBS Year 3 Community Medicine students

INDICATORS 3.3.1 Collaboration with health institutions · 3.3.2 Health outreach · 3.3.6 Smoke-free

RESEARCH-LED COMMUNITY HEALTH

Hapuskan Asap: A Whole Town Says No to Smoke in Parit Jawa

MUAR, JOHOR · 9 AUGUST 2025



On 9 August 2025, Year 3 MBBS students brought 'Hapuskan Asap, Selamatkan Nyawa' to the Dewan Serbaguna Islam Taman Cempaka in Parit Jawa, Muar. The event was officiated by the Assistant District Officer of Muar and run with Majlis Perbandaran Muar, Klinik Kesihatan Parit Jawa, the Muar Health Promotion Unit, Komuniti Madani Parit Jawa, Muar Care, World Vision and PDK Nur Zaharah, a community rehabilitation centre for people with disabilities. Pupils from five local schools also took part.

A total of 139 people attended, including around 50 schoolchildren and 11 PDK Nur Zaharah clients. After a talk, 'Nikmat Seketika, Derita Selamanya', Klinik Kesihatan Parit Jawa nurses screened residents' height, weight, blood pressure and blood glucose, and the Health Promotion Unit ran an anti-smoking booth. Children joined a drawing contest and quiz relay, and the whole hall joined a senamrobik session with May Teo Dancing Class. Nine smokers were referred by the clinic nurses to the Klinik Kesihatan Parit Jawa quit-smoking service.

Earlier, the students had surveyed residents on their smoking habits and knowledge. Two of the participating schools, SK Parit Jawa and SK Parit Samsu, have since put up 'Kawasan Larangan Merokok' signs at their gates and asked the students to help run anti-smoking talks for parents.

Factfile

WHEN 9 August 2025
WHERE Taman Cempaka, Parit Jawa, Muar, Johor
WITH Majlis Perbandaran Muar; World Vision Malaysia
REACH 139 residents and pupils
LED BY MBBS Year 3 Community Medicine students
INDICATORS 3.3.1 Collaboration with health institutions · 3.3.2 Health outreach · 3.3.6 Smoke-free

RESEARCH-LED COMMUNITY HEALTH

Making Homes Safer for Children in Muar and Sepang

MUAR AND SEPANG · 16–26 JANUARY 2025



How often are children hurt at home, and what can families do about it? In January 2025, Year 3 MBBS students from Group 4, supervised by Dr Norhafizah Ab Manan, surveyed 249 guardians of children aged 0 to 18 in Kampung Baru Sepang Jaya and Kampung Parit Bakar, Muar. They found that 28.4% of children had been injured, and that falls accounted for 68.8% of injuries.

The students then ran two health intervention events: at SK Parit Bakar Tengah, Muar, on 16 January, and at Taman Sri Sepang on 26 January. Klinik Kesihatan Parit Bakar gave a talk on child injury prevention, and local emergency medical technicians helped the students run first-aid, CPR and fire-drill demonstrations, emergency simulations and free health checks. About 200 households took home a printed home-safety checklist covering stairs, windows, medicines and kitchen hazards.

The findings were shared with the district health offices in Sepang and Muar and taken into account in their planning of community health programmes for low-income households. Klinik Kesihatan Parit Bakar has since included the home-safety checklist in its child-health clinic sessions.



Factfile

WHEN 16–26 January 2025

WHERE Parit Bakar, Muar and Kampung Sepang Jaya, Sepang

WITH Klinik Kesihatan Parit Bakar; Yakult Malaysia; local emergency medical teams

REACH 249 guardians surveyed; about 200 households

LED BY MBBS Year 3 Community Medicine students

INDICATORS 3.3.1 Collaboration with health institutions · 3.3.2 Health outreach programmes

SECTION 03

03

Health Outreach in Our Communities

Students and staff take screening, first aid, medicine safety and health education to families, children and older people.

IN THIS SECTION

— *A Rite of Passage, Safely Done at Masjid Besi*
— *Bringing Safe, Affordable Circumcision to Larut Matang*
— *Future Doctors, First Lessons at SMK Putrajaya Presint 9(2)*
— *Golden Hearts: Health Checks and Medicine Reviews at Kenang Budi*
— *Medicine Is Not Candy: A Health Adventure in Bukit Jalil*
— *Small Hands, Life-Saving Skills at At-Taqwa*
— *Clean Hands, Strong Bodies at Rumah Bakti Nur Ain*
— *Because You Came: An Afternoon at Unique Family Care Home*

HEALTH OUTREACH IN OUR COMMUNITIES

A Rite of Passage, Safely Done at Masjid Besi

PUTRAJAYA · 26 JANUARY 2025



On 26 January 2025, the University of Cyberjaya's Sunathon team brought a medically supervised community circumcision programme to Masjid Tuanku Mizan Zainal Abidin, Putrajaya's landmark 'Masjid Besi'. Working with the mosque, which officially hosted the day with an opening address by its Imam Besar, a team of 36 MBBS student volunteers, 9 committee members and 3 supervising doctors served Muslim families from Putrajaya and the surrounding areas at a low registration fee of RM150.

Every child went through registration and a medical screening before two procedure cycles were carried out under direct supervision. Parents were then briefed on post-operative wound care before their sons went home. In total, 22 boys aged 6 to 12 were circumcised, with no major complications, and every family received a printed wound-care guide and a hotline number staffed by the student team for the following week.

For the medical students, the day was supervised clinical practice in a real community setting, with the cultural and religious context that patients bring with them. Three days later, the team returned to the mosque to run a free follow-up wound check for every child, and the mosque has since agreed to host Sunathon as an annual University programme.



Factfile

WHEN 26 January 2025
WHERE Masjid Tuanku Mizan Zainal Abidin, Putrajaya
WITH Masjid Tuanku Mizan Zainal Abidin
REACH 22 boys and their families
LED BY Sunathon Team UoC
INDICATORS 3.3.2 Health outreach programmes · 3.3.1 Collaboration with local health and community institutions

HEALTH OUTREACH IN OUR COMMUNITIES

Bringing Safe, Affordable Circumcision to Larut Matang

TAIPING, PERAK · 9 FEBRUARY 2025



On 9 February 2025, the Sunathon team took its community circumcision programme to Taiping, Perak, in partnership with Majlis Belia Daerah Larut Matang, the district youth council, whose chairman officiated the event at Hotel Taiping Perdana. Five doctors, all alumni of the University, supervised 33 student volunteers and 7 committee members in serving families with young boys from the semi-urban and rural communities of Larut Matang.

After registration and medical screening, procedures ran from 10:15 am to 4:30 pm, and every family received post-operative counselling before leaving. In total, 58 boys were circumcised, and for each one the team prepared a referral letter to the nearest Klinik Kesihatan in case of any complications after the event. The programme also drew local media coverage, raising awareness of safe, medically supervised circumcision in the district.

A follow-up call to every family seven days later found no cases needing further treatment. Taking the programme beyond the Klang Valley gives medical students experience with patients from communities that have fewer options for affordable care, and the district youth council has invited the team to return in 2026 with a second session in Kamunting.



Factfile

WHEN 9 February 2025
WHERE Taiping, Perak
WITH Majlis Belia Daerah Larut Matang
REACH 58 boys and their families
LED BY Sunathon Team UoC
INDICATORS 3.3.2 Health outreach programmes · 3.3.1 Collaboration with local institutions

HEALTH OUTREACH IN OUR COMMUNITIES

Future Doctors, First Lessons at SMK Putrajaya Presint 9(2)

PUTRAJAYA · 2–6 JULY 2025



For first-year medical students, community service starts early. On 2 July 2025, the Year 1 MBBS 'Neurovia' batch, through the Medical Undergraduates Society (MUGS), held a health day at SMK Putrajaya Presint 9(2). Students received a health and career talk, an emergency medical workshop and health screening, giving teenagers practical skills and a first look at careers in medicine. A total of 165 students took part, including pupils from the school's special-education (PPKI) class.

During the screening, the medical students recorded height, weight and BMI for each pupil, and 23 students found to be underweight or overweight were given advice sheets to take home to their parents. On 5 July, the batch returned to paint murals with positive messages at the school's PPKI block, and prepared meals at Masjid Raja Haji Fi Sabilillah, Cyberjaya, for residents of Rumah Faith in Semenyih.

The school has invited MUGS back to make the health day an annual event for each new batch of medical students. The batch closed the programme with a reflection session led by Dr Maria on what community service means for future doctors.

Factfile

WHEN 2–6 July 2025
WHERE SMK Putrajaya Presint 9(2), Cyberjaya and Semenyih
WITH SMK Putrajaya Presint 9(2)
REACH 165 secondary-school students
LED BY Medical Undergraduates Society (MUGS)
INDICATORS 3.3.2 Health outreach programmes (school health)

HEALTH OUTREACH IN OUR COMMUNITIES

Golden Hearts: Health Checks and Medicine Reviews at Kenang Budi

SUBANG JAYA · 24 NOVEMBER 2025



On 24 November 2025, eleven pharmacy students from Young Mercy Group 2 visited Pertubuhan Kebajikan Warga Emas Kenang Budi, an elderly care home in Subang Jaya. Their programme, 'Golden Hearts, Healthy Starts', set out to screen residents for common health problems, counsel them on safe use of their medicines and good nutrition, and bring some companionship.

Twenty senior citizens had their blood pressure and blood glucose checked, and the students explained the results to the home's manager so that staff could follow up. A short health talk and memory-match games followed, and the day ended with a festive meal sponsored by Lizz's Kitchen and thetwelvechef. The students also raised RM605 for the home. Six residents had high blood pressure and were flagged to the home's visiting doctor, and a review of residents' medicines found three cases of duplicated medication, which were corrected.

For older people taking several medicines, a simple review can prevent serious harm. The home has asked the Faculty of Pharmacy to make the medication review a twice-yearly visit.



Factfile

WHEN 24 November 2025
WHERE Kenang Budi elderly care home, Subang Jaya
WITH Pertubuhan Kebajikan Warga Emas Kenang Budi
REACH 20 elderly residents
LED BY Young Mercy Group 2, Faculty of Pharmacy
INDICATORS 3.3.2 Health outreach programmes (healthy ageing and medication safety)

HEALTH OUTREACH IN OUR COMMUNITIES

Medicine Is Not Candy: A Health Adventure in Bukit Jalil

KUALA LUMPUR · 6 DECEMBER 2025



On 6 December 2025, Young Mercy Group 3, 'KidSpire', turned a corner of Bukit Jalil Recreational Park into 'The Great Health Adventure: Healthy Habits, Happy Hearts!' Thirty children aged 2 to 12 and their parents visited four health stations designed to teach good habits through play.

At the first station, children practised tooth-brushing and handwashing. At the second, they sorted food into a healthy plate. The third got them moving with active dice games, and at the fourth, 'Medicine or Candy?', they learned to tell sweets from tablets that look like them, while parents practised measuring doses correctly. Every child went home with a goodie bag. In a short survey, 26 of 28 parents said they would now store medicines out of their children's reach.

Accidental poisoning with medicines is a common risk for young children, and teaching both children and parents together tackles it at home. The group's 'Medicine or Candy?' cards have been shared with two nearby kindergartens for use in their classrooms.



Factfile

WHEN 6 December 2025
WHERE Bukit Jalil Recreational Park, Kuala Lumpur
WITH Kuala Lumpur City Hall (venue)
REACH 30 children and their parents
LED BY Young Mercy Group 3 "KidSpire"
INDICATORS 3.3.2 Health outreach programmes (child health and medicine safety)

HEALTH OUTREACH IN OUR COMMUNITIES

Small Hands, Life-Saving Skills at At-Taqwa

PUCHONG · 11 DECEMBER 2025



What should a child do if a friend starts choking? On 11 December 2025, eleven pharmacy students from Young Mercy Group 5 visited Rumah Kebajikan dan Bimbingan At-Taqwa, an orphanage in Puchong, to teach 55 children basic emergency skills. A Year 3 student led the main session.

The children were split into age groups and learned, then practised, choking management, CPR on mannequins and basic bandaging. Older children took turns doing chest compressions to the right rhythm, while younger ones learned how to call for help and press on a wound. By the end of the session, 41 of the older children could correctly demonstrate the steps for choking and CPR, and six of the home's caregivers also took part in the training.

The group also donated RM810 to the home. A fully stocked first-aid kit and a wall poster of the steps were left at the home, and caregivers agreed to run a short refresher with the children each school term. This was the third University visit to At-Taqwa in 2025.



Factfile

WHEN 11 December 2025

WHERE Rumah Kebajikan dan Bimbingan At-Taqwa, Puchong

WITH Rumah Kebajikan dan Bimbingan At-Taqwa

REACH 55 children

LED BY Young Mercy Group 5, Faculty of Pharmacy

INDICATORS 3.3.2 Health outreach programmes (first aid and emergency skills)

HEALTH OUTREACH IN OUR COMMUNITIES

Clean Hands, Strong Bodies at Rumah Bakti Nur Ain

BANGI · 7 DECEMBER 2025



On 7 December 2025, eleven students from Young Mercy Group 8 visited Rumah Bakti Nur Ain in Bandar Baru Bangi to run 'Nurturing Health, Shaping Future!' for 25 children and their 4 caregivers. The programme set out to teach hygiene, nutrition and self-care, and to support the children's emotional and social growth.

After an ice-breaker, the students gave a health talk on handwashing, healthy eating and looking after yourself, followed by a pop quiz. A Zumba session and team games got everyone moving, and the day ended with a shared meal. Before the talk, only 9 of the 25 children could name the five steps of handwashing; by the end of the quiz, 22 could.

The group installed a handwashing poster above each sink in the home, and the caregivers have added a weekly 'health corner' session using the materials the students left behind. It was the University's third visit to Nur Ain in 2025, part of a growing relationship with the home.

Factfile

WHEN 7 December 2025
WHERE Rumah Bakti Nur Ain, Bandar Baru Bangi
WITH Pusat Jagaan Rumah Bakti Nur Ain
REACH 25 children
LED BY Young Mercy Group 8
INDICATORS 3.3.2 Health outreach programmes (child health and hygiene)

HEALTH OUTREACH IN OUR COMMUNITIES

Because You Came: An Afternoon at Unique Family Care Home

SELANGOR · 24 MAY 2025



Loneliness is one of the biggest threats to the health of older people. On 24 May 2025, ten Young Mercy students spent the afternoon with 20 elderly residents and 5 caretakers at Unique Family Care Home, run by Mr Suresh. They came with groceries for the home, but the real purpose was company.

The students began with ice-breakers, then sat with residents to fold origami and talk. Some residents shared stories from their working lives; others simply held hands with the students. The group used a short, validated loneliness checklist in conversation with each resident, and flagged six residents who reported rarely receiving visitors so the home could plan more contact for them. As one resident put it: "We're happy not because of the gifts, but because you came."

Funds for the groceries were raised by the students on campus beforehand. The home has asked the University for regular monthly visits, and a rota of Young Mercy groups has been set up so that the six residents flagged receive a visit at least once a month.

Factfile

WHEN 24 May 2025
WHERE Unique Family Care Home
WITH Unique Family Care Home
REACH 20 elderly residents
LED BY Young Mercy Group 2
INDICATORS 3.3.2 Health outreach programmes (healthy ageing and social well-being)

SECTION 04

04

Health for Refugee Communities

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

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*

HEALTH FOR 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 3.3.2 Health outreach for refugee communities · 3.3.1 Collaboration with health organisations

HEALTH FOR 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 3.3.2 Health outreach for refugee communities

HEALTH FOR 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 3.3.2 Health outreach for refugee communities

SECTION 05

05

Mental Health and Well-being

Psychology students and counsellors bring mental-health support to schools, shopping centres and the public.

IN THIS SECTION

— *Mental Health Takes Centre Stage at AEON Cheras Selatan*
— *Here to Hear: A Listening Booth in the Middle of the Mall*
— *Hati Kuat, Kawan Selamat: Strong Hearts for Young Minds*
— *Learning to Name Feelings at SK St John 1*
— *Forever Young at Heart: Getting Ready for Secondary School*

MENTAL HEALTH AND WELL-BEING

Mental Health Takes Centre Stage at AEON Cheras Selatan

CHERAS · 29 JUNE 2025



Shopping malls are not the usual place for a conversation about mental health, which is exactly why JCI Bandar Kajang chose one. On 29 June 2025, at the Healthy 'U' Showcase in AEON Cheras Selatan, a speaker from the University's Faculty of Psychology and Social Sciences gave a public talk on mental health and seeking help, organised with Associate Professor Dr Crendy Tan Yeng Teng.

Forty shoppers and family members stopped to listen. The talk covered the early signs of stress, anxiety and depression, how to support a friend or family member, and how to take the first step towards professional help. At the end, every participant was given a card listing free and low-cost counselling services in the Klang Valley, and 12 people asked for a follow-up appointment.

Taking mental-health education to where people already are helps reduce stigma. JCI Bandar Kajang has invited the Faculty to give the talk at its next two community health showcases.

Factfile

WHEN 29 June 2025
WHERE AEON Cheras Selatan, Selangor
WITH JCI Bandar Kajang
REACH 40 members of the public
LED BY Faculty of Psychology and Social Sciences
INDICATORS 3.3.2 Health outreach programmes (public mental health)

MENTAL HEALTH AND WELL-BEING

Here to Hear: A Listening Booth in the Middle of the Mall

CYBERJAYA · 24 AUGUST 2025



Sometimes the most helpful thing is someone who listens. On 24 August 2025, Diploma in Psychology students set up 'Here to Hear', a 'Let it Out' listening booth and mental-health screening point at DPulze Shopping Mall in Cyberjaya, as part of their DPSY 3003 course, supervised by Associate Professor Dr Crendy Tan Yeng Teng.

Over the day, 51 members of the public sat down with students and clinical-psychology trainees. Some came out of curiosity; others shared real personal difficulties. Those who agreed completed the DASS-21 screening questionnaire, and 9 people with elevated scores were given information on how to reach professional counselling services, including the national Talian HEAL 15555 line. A 'tree of support' board let visitors leave anonymous messages of encouragement.

The booth showed how simple it can be to start a conversation about mental health in an everyday setting. The mall's management has offered the space again for a quarterly listening day.



Factfile

WHEN 24 August 2025
WHERE DPulze Shopping Mall, Cyberjaya
WITH DPulze Shopping Mall
REACH 51 members of the public
LED BY Diploma in Psychology students
INDICATORS 3.3.2 Health outreach programmes (public mental health)

MENTAL HEALTH AND WELL-BEING

Hati Kuat, Kawan Selamat: Strong Hearts for Young Minds

TAMAN MELAWATI · 14 NOVEMBER 2025



On 14 November 2025, the Faculty of Psychology and Social Sciences worked with Sekolah Agama Rakyat Kafai in Taman Melawati to run 'Hati Kuat, Kawan Selamat' for 70 Year 5 and Year 6 pupils. Led by Associate Professor Dr Crendy Tan Yeng Teng and Mr Muhammad A'zmuddin Paiman, the programme focused on mental-health awareness and simple ways children can cope with worry and look out for their friends.

A University counsellor spoke to the pupils about emotions, stress and when to ask an adult for help. In the afternoon, the children travelled by bus to the University of Cyberjaya for a campus visit, giving them an early taste of university life. Pupils also wrote anonymous worries on cards; the most common were exams, family arguments and being left out by friends.

The worry cards were shared, without names, with the school's teachers, who have since set up a weekly 'Sudut Luahan' sharing corner, and the Faculty has agreed to train two teachers in basic peer-support skills.



Factfile

WHEN 14 November 2025
WHERE SAR Kafai, Taman Melawati, and UoC campus
WITH Sekolah Agama Rakyat Kafai
REACH 70 pupils
LED BY Faculty of Psychology and Social Sciences
INDICATORS 3.3.2 Health outreach programmes (child and adolescent mental health)

MENTAL HEALTH AND WELL-BEING

Learning to Name Feelings at SK St John 1

KUALA LUMPUR · 25–27 NOVEMBER 2025



From 25 to 27 November 2025, lecturers from the University's Faculty of Psychology and Social Sciences joined Universiti Sains Malaysia to deliver PIPSE, a personality and emotional development intervention, at SK St John 1 in Kuala Lumpur. Forty pupils took part in two psychoeducation sessions led by Mr Muhammad A'zmuddin Paiman and Mdm Putri Intan Dianah.

The sessions taught children to recognise and name their emotions, manage strong feelings, behave kindly towards others and interact safely with their peers. Teachers reported fewer playground conflicts in the two weeks after the programme, and 34 of the 40 pupils could name at least three calming strategies when asked.

The programme brought two universities together to support children's emotional health in school. USM and the University are now planning to run PIPSE in two more Kuala Lumpur primary schools in 2026.



Factfile

WHEN 25–27 November 2025
WHERE SK St John 1, Kuala Lumpur
WITH Universiti Sains Malaysia; SK St John 1
REACH 40 pupils
LED BY Faculty of Psychology and Social Sciences
INDICATORS 3.3.2 Health outreach programmes (child mental health) · 17 University partnership

MENTAL HEALTH AND WELL-BEING

Forever Young at Heart: Getting Ready for Secondary School

SELANGOR · 25 MARCH 2025



Moving from primary to secondary school is a big step. On 25 March 2025, eleven Psychology students from the Faculty of Psychology and Social Sciences ran 'Forever Young at Heart', a mental-health support camp for 200 graduating Standard 6 pupils at SJK (C) Sin Ming, under Associate Professor Dr Crendy Tan Yeng Teng.

Through team-building games, leadership tasks, problem-solving challenges and physical activities, the pupils worked in groups to build confidence, resilience and friendships before the move to secondary school. Before the camp, 58% of pupils said they felt worried about secondary school; after it, that figure fell to 31%.

The school's counselling teacher has adopted two of the camp's activities for the weekly guidance period, and the Faculty plans to make the camp an annual partnership with the school.



Factfile

WHEN 25 March 2025
WHERE SJK (C) Sin Ming
WITH SJK (C) Sin Ming
REACH 200 Standard 6 pupils
LED BY Faculty of Psychology and Social Sciences
INDICATORS 3.3.2 Health outreach programmes (child and adolescent mental health)

University of Cyberjaya

SDG Coordinating Committee

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