

Apply Healthy Living Lifestyle through Exercise, Students Advised

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TUESDAY, 09 SEPTEMBER – The new Universiti Malaysia Sabah (UMS) Deputy Vice-Chancellor of Student Affairs and Alumni (TNC HEPA), Associate Professor Dr. Ismail Ali participating in the exercise program with the new students intake at the Stadium, UMS Sports Complex recently.

The exercise which took place for 45 minutes is among one of the programmes for the Orientation Week (MSM), session 2014/2015 student intake.

According to Dr. Ismail, the programme was held to encourage healthy lifestyle among the new undergraduate students which in line with the existing practise among UMS students.

“We want to produce balanced students; excellent both in academic and also active in co-curriculum. Thus, leads to healthier and active lifestyle student,” he said.

The programme was also joined by the MSM Director, Assoc. Prof. Dr. Baba Musta and Head of HEPA Department, Mohd. Raffie Janau. -SS (JA)

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