

Healthy Exercise Programme, an Innovation to Strengthen Ties: CM

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MONDAY, 06 JANUARY – Chief Minister cum Pro-Chancellor of Universiti Malaysia Sabah (UMS), Datuk Seri Musa Aman said the Healthy Exercise Programme which was held in conjunction with this year’s celebration of *Maulidur Rasul* was an innovation in efforts to strengthen ties and cultural cooperation among the community.

He said, through such innovation, *Maulidur Rasul* which was celebrated each year no longer focus on religious programmes but also included health programmes such as exercise which was participated by people from all walks

of life.

“Health is very important not only for religious purposes but also to fulfil the responsibilities and duties entrusted to us efficiently and effectively,” he said.

He said this in his speech which was read by Assistant Minister to the Chief Minister, Datuk Haji Mohd. Arifin Haji Mohd. Arif at the Healthy Exercise Programme held in conjunction with the *Maulidur Rasul* 1435H celebration at UMS Sports Complex.

Earlier, UMS Vice-Chancellor, Prof. Datuk Dr. Mohd. Harun Abdullah said the programme was fitting to ease any tension faced by students as UMS was in the midst of the semester exams.

“To all UMS students, besides being busy in preparation for the exams, don’t forget the Almighty. Ask for His blessings for a clear mind and soul,” he added.

The Healthy Exercise Programme was organised by the Dakwah Foundation of Malaysia (YADIM) in collaboration with Bank Muamalat and the Student Affairs and Alumni Department (HEP) UMS and successfully assembled 1435 participants consisting of staff and students of UMS. – ZMD (FL)

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