

UMS Students Support On-Campus Cycling Culture Recommendation

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WEDNESDAY, 9 MARCH – The Tun Mustapha College Cycling Club(TMCCC), Universiti Malaysia Sabah (UMS) recently organised a ‘Tanjung Lipat Fun Ride’ programme.

The programme was a first of its kind ever organised to encourage residents of UMS residential colleges to cycle in groups whilst outside the campus.

The ride started at 6.30 am from UMS Mosque up to Tanjung Lipat and was participated by 16 participants, led by the Head of Tun Mustapha Residential College, Dr. Mohamad Nizam Nazarudin and several marshals on motorcycles and cars to control the safety of participants.

The participants comprised representatives from Tun Mustapha College, Tun Fuad College and E College, involved in the group bicycle ride with the public in conjunction with the Sunday Family Ride programme organised by the Sabah government and Kota Kinabalu City Hall, at the Public Park Tanjung Lipat.

Besides cycling, the programme aimed to encourage students to enhance their two-way communication skills with the public.

According to a participant, Muhammad Fadhli Ahadin, he felt happy on being able to join the programme, which was seen to be a relaxing and enjoyable activity.

As for Darshene Subramaniam, she stated that the programme gave her a new experience and felt the bond with the rest of the participants.

Dr. Mohamad Nizam, who is also a lecturer at the Faculty of Psychology and Education also hoped that more people would participate in the cycling activity in future.

“It is important for students to be involved in recreational activities and cycling is one of those activities.

“Apart from attending lectures and completing their assignments given by lecturers, students should also make cycling a daily routine going to their lectures, as recommended by the Vice-Chancellor and Deputy Vice-Chancellor of Student Affairs UMS,” he added.

Source: Siti Khadijah Mohd Rashid, KKTM

