



UMS Vice-Chancellor officiating KARSUMS 2025.

UMS holds Staff Sports Carnival to foster camaraderie, promote mental and physical health

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KOTA KINABALU: Universiti Malaysia Sabah (UMS) is organising its 2025 Staff Sports Carnival (KARSUMS) as a platform to strengthen camaraderie among staff while promoting the importance of maintaining mental and physical health through sports activities.

UMS Vice-Chancellor Prof. Datuk Dr Kasim Hj Mansor said the event was not just an annual fixture, but played a vital role in reinforcing a sense of family spirit among university staff.

"The sports carnival has three main objectives: to strengthen

ties among UMS staff across Kota Kinabalu, Labuan and Sandakan; "Secondly, to encourage a healthy lifestyle that looks after physical and mental well-being, while giving staff an opportunity to unwind from the pressures of work and daily tasks," he said when officiating the opening of KARSUMS 2025 at the UMS Stadium here on Monday.

According to Dr Kasim, the enjoyment of participating in sports helps reduce workplace stress, refreshes the mind and renews enthusiasm upon returning to work.

He noted that a new approach

was introduced this year, with KARSUMS being held on a working day to allow more staff to take part and support their respective contingents.

The Vice-Chancellor also expressed appreciation to UMS Registrar Luqman Ridha Anwar and the UMS Sports Centre for organising the carnival, which features a variety of events and staff participation from all campuses.

"I hope KARSUMS 2025 will run smoothly, harmoniously and without incident, leaving fond memories for all UMS staff involved," he said.