

UMSKAL Programme Promotes Mental Well-Being, Oral Health Among Students

July 1, 2026 11:23 am



Participants and the organising committee of the Inside Out: From Mind to Smile 2026 programme in a group photo at UMSKAL recently.
(Photo: UMSKAL)

LABUAN — Universiti Malaysia Sabah Labuan International Campus (UMSKAL), through the KAL Student Volunteer Club (KESUWA-KAL), organised the Inside Out: From Mind to Smile 2026 programme to promote mental well-being and oral health awareness among students and the school community.

The programme, held at Podium A Lecture Hall last Sunday, was officiated by UMSKAL Student Affairs Division head Nur Iman Reedzal, who performed a ribbon-cutting ceremony to mark its opening.

Also present were SMK Rancha-Rancha Senior Assistant for Administration Marziawati @ Ziah Mardan, Labuan Dental Clinic dental officer Dr Nur Zawani Daud, KESUWA-KAL coordinator Noreffaizza Jali and Inside Out: From Mind to Smile 2026 programme director Selina Saiba.

The programme began with an ice-breaking session before proceeding with two main slots, namely Mind Matters: A Better Me by Nur Iman, which focused on emotional balance and self-resilience.

Dr Nur Zawani also conducted the 6020 Campaign, which promotes the message that by the age of 60, a person should have at least 20 natural teeth.

The session provided participants with exposure to oral care, a flossing technique demonstration and mouth self-examination.

A total of 80 participants also took part in the Mind and Smile Stations activities, which combined elements of positive psychology and physical health.

Nur Iman said the programme not only strengthened ties between the university and the school community but also served as an important platform to develop a younger generation with healthy minds, bright smiles and a competitive spirit.

The closing ceremony saw prizes presented to the best groups, followed by appreciation speeches by the programme director and club adviser.



Selina Saiba (fourth left), accompanied by Noreffaizza Jali (third left) and Deva Nair (right), presenting a prize to a winner. (Photo: