

# UMS urges women to prioritise health, wellbeing

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KOTA KINABALU: Universiti Malaysia Sabah (UMS) Vice Chancellor Datuk Prof Dr Taufiq Yap Yun Hin urged women in the UMS Housewives and Female Staff Club (Kesumba) to prioritise their health and wellbeing.

“Practising good healthy habits are important because only healthy workers are capable of producing quality and productive work.

“Therefore, I urge all women to take care of their personal health and not be negligent as a result of being too busy”

He said this in his officiating speech during the 2020 UMS Women’s Day Celebration here, Wednesday.

Taufiq, who is also the advisor for Kesumba, opined that women play a substantial role in progressing the country.

“I believe that when women are at peace and successful, men, children, society and even the country will be in harmony and become more prosperous.

“As the former United Nations Secretary-General Ban Ki-Moon once said, ‘the world would never realise 100 percent of its goals if 50 per cent of its people cannot realise their full potential. When we unleash the power of women, we can secure the future for all,’” he said.

Meanwhile, Kesumba President Datin Dr Amalina Abdullah said the club had received a donation of RM22,920 from Yayasan Buruj.

“The donation has been channelled to the needy, such as the Tuaran Orphanage Home, B40 students, Labuan International Campus Autism Center and the Tahfiz students back to school



**Taufiq (centre) and Amalina (right) at the 2020 UMS Women’s Day Celebration opening ceremony.**

programme,” she said.

She added that Kesumba will continuously serve the people through its activities.

“Kesumba will continue to hold activities that benefit all its and the surrounding community.

“As Kesumba president, I will ensure that the programmes run by this club are not limited to charity, but also women empowerment.

“To date, Kesumba has 509 registered members. Let us work side by side and continue to support each other so that we women will stay strong and move forward,” she said.