



UCSI's Dr Abdul Rahman having his blood pressure taken during the campaign.

# Living healthy

UNIVERSITY College Sedaya International (UCSI) organised its 7th annual public health campaign at Sunway Pyramid, Selangor, last month.

It was an initiative by UCSI's Faculty of Medical Sciences through collaboration with the School of Medicine, School of Pharmacy and the School of Nursing. It was aimed at raising public awareness towards a healthier lifestyle.

UCSI chancellor Tan Sri Dr Abdul Rahman Arshad launched the campaign, which drew a crowd of over 2,000 over two days.

Free health screening tests for body mass index, body fat screening, blood glucose, cholesterol and blood pressure were

conducted by 30 students.

UCSI lecturers also counselled members of the public who had undergone the tests.

An exhibition on various diseases was held, as well as breast self-examination demonstrations. A colouring competition was also organised for children.

Meanwhile, the UCSI Indian Cultural Society held a benefit concert in aid of Christus Home in Cheras.

Proceeds from ticket sales was used to buy items on the children's "wish list".

The children also performed at the concert.

UCSI has 14 clubs and eight student associations registered with the Student Council.