

Getting fit while raising funds for charity

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ACTIVE and Burning Calories (ABC Day) 2014 was held recently to encourage people to get fit and raise funds for charity. The event, organised by UCSI University and held at its Kuala Lumpur (South Wing) Campus, saw more than 800 people taking part. Activities included a 5km and 10km run with more than 600 participants, as well as a one-and-a-half hour yoga session by the Malaysian Yoga Society, which saw 200 enthusiasts taking part. "The run was very well organised, with well-placed water stations and marshals at every checkpoint," said software engineer Hong Zhi Shen, who was the Men's 10km category first-place winner. The second place for the Men's 10km category went to Joshua Ian, while the Men's 5km category first and second places were won by Calvin Chan and Abdul Muaz respectively. The Women's 10km category first and second places were won by Tea Si Ying and Emmeline Lew, respectively, while the 5km category positions were won by Tao Ler Xr and Lai Jie Hui, respectively. Medals were awarded to the top 10 runners in each category while the next 20 runners were awarded finishing certificates. UCSI deputy vice-chancellor of Student Affairs and Alumni Division Asst Prof Sylvester Lim said they planned to have more community engagement activities. The event was entirely organised by the UCSI University Pharmacy Student Association. "We learned how to communicate with people, such as sponsors in a non-classroom setting," said the event's organising chairman Cheong Sok May. The proceeds from ABC Day will be used to fund the 13th UCSI Annual Public Health Campaign where pharmacy students, under the guidance of their lecturers, conduct free health screening tests. This year's campaign with the theme, "Treasure your Health, Prevent Diabetes", will be held on July 26 and 27.