UNIVERSITI Tun Abdul Razak (UNIRAZAK), one of Malaysia’s leading private universities in innovation, leadership and entrepreneurship, recently launched its Healthy Mind, Body and Soul Campaign, which is a corporate social responsibility (CSR) programme for UNIRAZAK staff. Featuring expert speakers and divided into three segments (mind, body and soul) with talks scheduled to take place throughout the year, the campaign is a way for UNIRAZAK staff to keep themselves updated on issues and topics that will have a positive effect on not just their personal lives but their professional lives as well.

Thus far UNIRAZAK’s Healthy Mind, Body and Soul Campaign has had two ‘Body’ talks and one ‘Soul’ talk. The two ‘Body’ talks featured speakers from KC & Hazrinya Healthcare Sdn. Bhd., Kamarudin Chik and Hazrinya Hamid, both of whom are experienced pharmacists.

The first ‘Body’ talk, titled ‘Blood Pressure and You’ was held on April 14. Blood pressure awareness is very important as it is a good indicator of one’s general health. In this talk, Hazrinya showed the participants how to read blood pressure and if the blood pressure readings are considered high or low. She also gave advice on what foods to eat and avoid, and what medications to take to control one’s blood pressure.

The second ‘Body’ talk, ‘Know Your Medication’, was held on May 12. In this talk, Hazrinya talked about various types of medicines, how they interact, the various side effects they might have and the best times to take them.

The ‘Soul’ talk featured Ustaz Pahrol Mohamad Juoi, whose talk was titled ‘What is our Value?’ and held on May 19. Ustaz Pahrol is the chief editor of Solusi magazine and general manager of Fitrah Perkasa Sdn. Bhd. In his talk, Ustaz Pahrol talked about the importance of knowing one’s personal vision and mission, and the corresponding values that help determine our motivations, moral judgements and actions.

In future Healthy Mind Body and Soul Campaign talks, UNIRAZAK will address issues such as diabetes, pregnancy, stress management, moral values and the value of patience. There are also plans to hold activities such as health screenings, group walks and a blood donation drive.

Furthermore, UNIRAZAK’s CSR programme also has a community component and will be launching a ‘Read to Succeed’ Campaign that will transform a local children’s shelter into a sanctuary in which they will be provided motivation books to read.