UniRazak’s CSR programme

UNIVERSITI Tun Abdul Razak (UniRazak), a leading private university in innovation, leadership and entrepreneurship, recently launched its Healthy Mind, Body and Soul Campaign, which is a corporate social responsibility (CSR) programme for its staff. Featuring experts, 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 updated on issues and topics that will have a positive effect on not just their personal lives but their professional lives as well.

The campaign has featured two ‘Body’ talks and one ‘Soul’ talk. The two ‘Body’ talks featured speakers from KC & Hazrina Healthcare Sdn Bhd, Kamarudin Chik and Hazrina Hamid, both experienced pharmacists.

‘The first ‘Body’ talk, titled ‘Blood Pressure and You’ was held on April 14. Blood pressure is a good indicator of one’s general health. In this talk, Hazrina 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, Hazrina talked about various types of medicines, how they interact, and the various side effects.

‘The ‘Soul’ talk featured Ustaz Pahrol Mohamad Juol, who spoke on ‘What are our values?’ It was 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 judgments and actions.

In future, the Healthy Mind Body and Soul Campaign will address issues such as diabetes, pregnancy, stress management, moral values and the value of patience.

UniRazak’s CSR programme also has a community component. It 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 books and motivation to read.

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