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, a corporate social responsibility (CSR) programme for its employees. 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 the staff to keep updated on issues that have a positive effect on both their personal and professional lives.

Thus far the campaign has seen two Body sessions and one Mind session. The Body sessions featured speakers from KC & Hazrina Healthcare Sdn Bhd, Kamarudin Chik and Hazrina Hamid, both of whom are experienced pharmacists.

In her talk titled Blood Pressure and You, Hazrina helped the participants understand everything there was about blood pressure, including how to make a blood pressure reading, the kind of food to avoid in taking care of one’s blood pressure, and the relevant medications.

In her second session, Know Your Medication, Hazrina covered 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, chief editor of Solusi magazine and general manager of Fitrah Perkasa Sdn Bhd. His session highlighted the importance of knowing one’s personal vision and mission in life, and the corresponding values that help determine one’s motivations, moral judgments and actions.

Future talks will address such issues 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 blood donation events.

UniRazak’s CSR programme also has a community component and will soon launch a Read to Succeed campaign that should transform a local children’s shelter into a sanctuary in which they will be encouraged to pick up the reading habit.

More information, call 03-76277000 or email crm@unirazak.edu.my

Pahrol’s session highlights the importance of knowing one’s vision and mission in life.
CSR to benefit staff

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Keeping the employees happy and healthy... the university's CSR programme stands to benefit the very people who make up the organisation.