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Health important in achieving excellence, undergraduates told

Cheah Phaik Kin

HEALTH is a pre-requisite to achieve excellence, says the Malaysian AIDS Council president Datin Paduka Marina Mahathir.

She told undergraduates of the Universiti Putra Malaysia's Chancellor College during the Jelapang Awards Night held at the college's premises in Serdang recently.

"An individual must be healthy physically and mentally to face challenges, solve problems and face competition.

"Health becomes a more important asset as the country continues to progress and develop. This is because people need to change their lifestyles to suit the changing living conditions. The change of lifestyle is the catalyst of social and physical problems and diseases," she said.

The night was an annual event organised by the college's Student Council to recognise students who excelled in sports and co-curricular activities for the year.

Student council president Jailani Kabeb said the Jelapang Awards Night this year took a different approach.

"The theme for this year's event 'Healthy undergraduates towards excellence' is timely as we aim to promote a healthy lifestyle through sports and the prevention of HIV/AIDS.

"The project committee has been organising activities all year round such as AIDS campaign, forum and workshop and an exhibition on living a healthy lifestyle," he said.

Chancellor College principal Prof Abd Aziz Abd Rahman said, in his speech, that the students learned about the importance of charity and contributing to the less fortunate.

"The students also learnt a lot about HIV/AIDS and the suffering of the patients and carriers," he said referring to a forum held earlier.

The students collected donations for the Pink Triangle's shelter home for AIDS carriers.

Marina received the contributions worth RM360 in kind on behalf of the organisation.

She then presented awards to Syemsul Bahrin Abdul and Ivylin Joti who won the Sportsman and Sportswoman of the Year awards.

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