



GOOD HEALTH AND WELL-BEING

GOVERNANCE AND OPERATIONS

UCSI University advances Sustainable Development Goal 3 (Good Health and Well-being) through campus health services and preventive healthcare initiatives that improve access to medical support for students, staff and surrounding communities.

The Free Optometry Services Programme, organised by the Faculty of Medicine and Health Sciences and the School of Optometry, provides accessible eye care services including comprehensive eye examinations, binocular vision assessments, children's eye care, diabetic eye screening and digital eye strain evaluation. Services are available through walk-in and appointment systems, with subsidised eyewear offered to ensure affordability. The programme supports early detection of vision problems and promotes preventive eye health among students, staff and the public.



In addition, the Year-End Health Screening Programme provides preventive healthcare services to students and staff through on-campus screenings conducted in collaboration with Laurent Bleu Medical Clinic. The programme includes blood tests, general medical assessments and optional influenza vaccinations, supported by pre-registration and walk-in participation. UCSI University also allocates a medical allowance for staff health screening, encouraging regular health monitoring.

These initiatives strengthen early disease detection, improve health awareness and demonstrate the university's commitment to accessible and preventive healthcare in alignment with SDG 3.

TEACHING AND LEARNING

1. STRENGTHENING NASOPHARYNGEAL CANCER RESEARCH THROUGH KNOWLEDGE SHARING

UCSI University hosted the 13th Nasopharyngeal Carcinoma Research Day (NPCRD) alongside the 15th NPCSM Annual Meeting to address the public health challenge of nasopharyngeal cancer (NPC), which is often detected late due to subtle symptoms. The event aimed to advance research, improve early detection awareness and strengthen collaboration among researchers and healthcare stakeholders, directly supporting SDG 3. The NPCRD was officiated by UCSI deputy vice-chancellor of Academic and Internationalisation, Prof Datuk Ts Dr Rohana Yusof.



The programme featured six symposiums with expert speakers from the Nasopharyngeal Carcinoma Society of Malaysia, NEXTGENE Scientific Sdn Bhd and multiple universities, presenting findings on diagnostics, genomics, treatment strategies and disease management. The event enhanced awareness, knowledge exchange and interdisciplinary collaboration among researchers, clinicians and academics. It also contributes to SDG 4 through professional development, SDG 9 by fostering innovative technologies and SDG 17 through collaboration between universities, research institutions, healthcare organisations and industry partners.



2. UCSI MENTAL HEALTH WEEK 2025: SPEAK YOUR MIND, HEAL YOUR HEART

From 14 to 16 March 2025, UCSI University organised Mental Health Week 2025 across its campus to raise awareness and promote mental well-being among students, addressing the increasing prevalence of stress, anxiety and emotional challenges among young adults. Led by the Student Affairs and Alumni division and collaboratively organised with Prof Dr Mansor Abu Talib from the Wellbeing Research Centre, Timmie Liew Tean Mui from Human Resource and Farhah Afifah Zulkiflee from the Counseling Unit, Student Affairs and Alumni, the programme aimed to normalise mental health conversations, reduce stigma and strengthen emotional resilience in line with SDG 3.

The week featured educational talks such as “Finding Peace in the Chaos”, interactive booths, guided group discussions and creative workshops like “Art Therapy for Inner Calm” to equip students with practical coping strategies. The initiative reached hundreds of participants, enhancing awareness of mental health resources, fostering peer support and reducing stigma around help-seeking behaviour. At a broader level, the programme contributes to holistic student well-being, supports SDG 4 through learning on emotional intelligence and resilience, and advances SDG 10 by addressing mental health challenges equitably across all student groups.



3. HPV AWARENESS CAMPAIGN

The Human Papillomavirus (HPV) Awareness Campaign was organised by UCSI University under the leadership of Assoc Prof Dr Muhammad Junaid Farrukh from the Faculty of Pharmaceutical and Health Sciences, to support SDG 3. The campaign addressed low public awareness and misinformation regarding HPV and its link to preventable cancers, aiming to educate students, staff, parents and the wider community to promote informed health decisions and improve vaccination uptake among adolescents and young adults.

Key activities included a partnership with Hospital UKM with a keynote lecture by Prof Mohamad Nasir Shafiee, consultant obstetrician and gynaecologist, covering HPV transmission, risk factors, cancer prevention and vaccination. Educational materials and interactive discussions reinforced public health messages. The campaign helped in increasing awareness and understanding of HPV risks and preventive measures. At a broader level, it contributes to national cancer prevention efforts, strengthens community health literacy and supports SDG 4 through evidence-based health education as well as SDG 10 by ensuring equitable access to critical health information and preventive resources.



RESEARCH AND DISCOVERY

1. INSIGHTS INTO BIOLOGICAL ACTIVITIES PROFILE OF GINGEROLS AND SHOGAOLS FOR POTENTIAL PHARMACOLOGICAL APPLICATIONS

(Archives of Pharmacol Research, Volume 48, (2025). Asst Prof Dr Anand Gaurav)

Ginger (*Zingiber officinale*) rhizome has been widely used in traditional medicine for centuries to promote good health and well-being, treating conditions such as diarrhea, stomach discomfort, nausea, cholera, asthma and respiratory diseases. Gingerol and shogaol are essential bioactive phenolic compounds abundantly found in fresh and dried ginger and have been extensively studied using modern technology to evaluate their therapeutic effects. These phenolic compounds demonstrate a wide range of properties, including antioxidant, anti-inflammatory, antidiabetic and anticancer effects, which operate through various mechanisms. Furthermore, researchers have utilised the chemical structures of gingerol and shogaol as templates to develop novel, safer and more effective drugs for treating multiple illnesses. This review article focuses on previous literature assessing the potential efficacy of these compounds as therapies based on their antioxidant, anti-inflammatory, antidiabetic, anticancer and neuroprotective properties.

2. BOOSTING THE VENTROLATERAL PERIAQUEDUCTAL GRAY-VENTRAL TEGMENTAL AREA PATHWAY BY DISINHIBITION OF GROUP II MGLURS ALLEVIATES CHRONIC RESTRAINT STRESS-INDUCED DEPRESSION-LIKE BEHAVIOR IN MICE

(Journal of Psychopharmacology, Volume 39, (2025). Prof Ts Dr Lee Ming Tatt)

Major depressive disorder (MDD) is a prevalent psychiatric illness, significantly contributing to disability and suicide rates. While dysfunctions in neurotransmission, notably monoaminergic transmission, are commonly attributed to MDD, involvement of the glutamatergic system in comorbid depressive disorders suggests its potential as a target for antidepressant therapy. Despite evidence of diminished glutamatergic neuron activity in the midbrain ventrolateral periaqueductal gray (vLPAG) in rodent models of depression - which projects to the ventral tegmental area, a region regulating depression-like behaviours - the precise neurocircuit mechanisms within the vLPAG remain unclear.

COMMUNITY AND PARTNERSHIP

1. AMSA HEALTH DAY 2025

The AMSA Health Day 2025 was organised by the Asian Medical Students' Association at UCSI University under the guidance of Faculty of Medicine and Health Sciences dean, Prof Ts Dr Cheah Shiau Chean, to promote holistic digestive health and preventive care among students and the Kg Paya community, supporting SDG 3. The event addressed the growing public health challenge of digestive disorders, including colorectal cancer, driven by poor nutrition, sedentary lifestyles and low awareness. Consultant Dr Mahadevan Deva Tata delivered a health talk focusing on risk factors, early detection and lifestyle interventions for gut health.

Key activities included a Zumba aerobics session to encourage physical activity, a partnership for free health screenings by Klinik Kesihatan Port Dickson covering blood glucose, blood pressure and BMI assessments as well as three interactive poster booths - "The Gut Microbiome: Your Inner Ecosystem," "Digestive Myths and Facts," and "The Gut-Brain Connection". The posters were intended to engage participants and reinforce health messages. The programme improved practical knowledge on digestive health, early disease prevention and personal accountability. At a broader level, it strengthened community health literacy, fostered engagement with local residents, and contributed to national and global health initiatives. Additionally, the initiative advanced SDG 4, SDG 10 and SDG 11, while highlighting UCSI University's role in promoting inclusive, preventive health outreach.



2. LOWER THE PRESSURE: HOLISTIC WAYS TO MANAGE HYPERTENSION

The Hypertension Awareness Programme was organised by UCSI University Faculty of Applied Science department head, Asst Prof Dr Vaidehi Ulaganathan, and conducted in collaboration with Health Coach International. The programme aimed to raise awareness on hypertension management through lifestyle modification, addressing the growing public health concern of high blood pressure in Malaysia linked to poor diet, sedentary behaviour and stress. Targeting students and the broader community, the initiative promoted preventive health practices in alignment with SDG 3.

Key activities included practical coaching on diet, mindfulness and physical activity, complemented by real-life examples and interactive Q&A sessions for evidence-based guidance. The online session enabled 50 participants to engage effectively while ensuring accessibility. Immediate outcomes included increased understanding of hypertension management, motivation to reduce sodium intake and interest in regular blood pressure monitoring. At a broader level, the programme strengthened community health literacy, encouraged preventive health practices and supported national initiatives to combat non-communicable diseases. The initiative also contributes to SDG 4 by fostering health literacy and informed decision-making, reflecting UCSI's commitment to promoting wellness and preventive care in the community.



3. GOLDEN YEARS, GOLDEN HEALTH: CARE AND CHECK

Golden Years, Golden Health: Care and Check was organised by UCSI and led by Asst Prof Dr Siti Fatimah Kader Maideen and Asst Prof Dr Halyna Lugova from the Faculty of Medicine and Health Sciences. The programme targeted 30 elderly participants and aimed to enhance the health and well-being of senior members by addressing age-related challenges such as falls, chronic conditions and limited access to preventive care, in alignment with SDG 3.

Activities included a welcome briefing for students, an aerobics session to promote physical activity, a tour of the centre's facilities as well as health screenings measuring blood glucose, blood pressure, weight, height, waist and hip circumference. Whereas the health education aspect mainly focused on fall prevention, including hands-on practice of the Timed-up and Go test. Participants gained practical knowledge on physical health, self-monitoring and fall prevention. At a broader level, the programme strengthened university-community engagement, promoted healthy ageing and contributed to national preventive healthcare efforts. The initiative also supports SDG 4 through intergenerational learning and SDG 10 by addressing the health needs of vulnerable elderly populations.

