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# A 'SEASON OF JOY' IN MESTA

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The sudden impact of the Covid-19 pandemic, which has ravaged worldwide, has caused massive disruptions of our entire daily activities and completely changed our normal way of life. This sudden change has also greatly impacted the students of the Faculty of Medicine UiTM from the Selangor Branch, which consists of the Sungai Buloh and Selayang campuses. Among the most notable changes we can observe are the students were instantaneously required to shift their learning activities from physical classes to completely online courses. This has led to a concerning surge of stress-related problems and caused substantial negative impacts, particularly affecting the welfare of the student's psychological state. Therefore, in order to improve the psychosocial health of the

students, as the Medical Student Association (MESTA) took this initiative to carry out proactive measures such as preparing activities that are expected to liberate their minds from the various problems that they have encountered. Among the various activities that were held was "Sports Anthem", a program which is an annual event organized by the Sports and Recreations Exco. To combat the surge of COVID cases and protect the well-being of our students, this year's "Sports Anthem" was conducted virtually as an adaptation of the situation caused by the Covid-19 pandemic. This program aimed to provide a suitable medium for the students to manage their own mental health by participating in various fun and entertaining activities held by the committee.



The program was held for a total of four days, starting from Saturday (March 27, 2021) until Sunday (March 28, 2021) and then proceeded on Saturday (April 3, 2021) until Sunday (April 4, 2021). Various physical and virtual activities were held throughout the day. Among the activities carried out virtually were esports, namely Among Us, PUBG Mobile, Chess Online, Mobile Legends, skribbl.io, Telegram Games, and DOTA. Freestyle Sports Talents, Rope Skipping as well as Just Dance are among the physical activities that were held.

The esports games were broadcast on MESTA's official Youtube channel for those four days and ended with the closing ceremony with a speech given by Dr. Yuhaniza Shafinie Kamsani as the program's advisor. Many viewers filled the comment section with a lot of supports and positive feedbacks while watching the competition being broadcast. Even though the program was held online, it was so heart-warming to see that they still have the spirit of supporting their friends and favorite team.

In the end, Alpha Ophiuchus sat on the throne as the overall winner of all competitions that were held. In addition, the most important aim of the program was achieved as many students were brought together to keep each other in spirit and create a healthy community both mentally and physically.

