



In this issue:

Featured Interview
with Professor Ts. Dr
Mohd Nazip Suratman
*Thriving in Research
during Pandemic*

Page 08

Featured Articles

*Hope is on Its Way:
COVID-19 Vaccination
in Malaysia*

*Working from Home in
the New Norms*

Page 11

**FSG Led PPE Mission
for Sabah Frontliners**

Page 34

**FSG Won Multiple
Awards**

Page 62

UNSTOPPABLE: FSG WON GLOBAL PROMINENCE AWARD 2020 & THE AWARDS UiTM 2021



Raising Mental Health Awareness

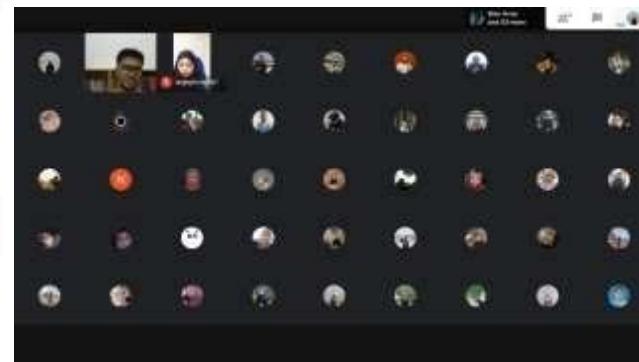
SHARE THE LOVE WITH MYHEART

Chemistry Fusion Club (CFC) of Faculty of Applied Sciences (FSG) had organised "Share the Love with MyHeart" to provide knowledge and exposure on mental health issues to students. This virtual event was held on 20 December 2020 from 9.00 to 10.15 p.m. via Google Meet.

The aim of this programme was to raise awareness on the importance of mental health among students. This could encourage the students to take care of themselves mentally, spiritually and physically, especially during the COVID-19 pandemic. The students faced challenges in dealing with online classes particularly new students for the 2020/2021 session. In addition, this programme can also cultivate self-awareness in an effort to address mental health problems.

A total of 100 FSG students which comprised of 21 CFC's members and 79 members from FSG student associations joined the event. The invited speaker was Dr Ahmad Luqman Ahmad Suhaili, a medical officer at Sungai Siput Hospital, Perak who is also the President of the Malaysian Heart Health Association (MyHeart).

The programme was conducted interactively in the form of question-and-answer format between the speakers and the students where they shared reasons and ways in overcoming mental health problems.





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