



Cawangan Negeri Sembilan  
Kampus Seremban

# FACULTY OF SPORTS SCIENCE AND RECREATION

*"Where sports and knowledge come together"*



## FSR@S3 e-BULLETIN

1<sup>ST</sup> EDITION

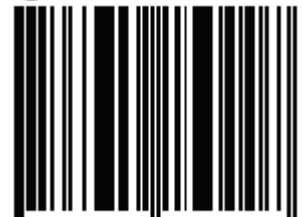
YEAR 2023

In conjunction with student association



Faculty of Sports Science and Recreation

eISSN 3009-1500



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9 NOVEMBER 2023

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## **WORLD KIDNEY DAY FUN RUN 2023**

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The World Kidney Fun Run 2023 is a collaborative program between UiTM Negeri Sembilan and the National Kidney Foundation of Malaysia, the Nephrology Society of Malaysia, the Department of Nephrology, and The Competitive Sports Department. This fun run program took place at Dataran Nilai, Negeri Sembilan with a total of almost 125 participants. The purpose of this program was to raise awareness among the community about the importance of our kidneys. As we can see, the community is increasingly making themselves aware of their health regardless of the cost as long as they stay healthy and lead a good healthy lifestyle. The goal of the management is not only to set kidney care as the main objective but also to highlight the importance of body care and being properly diagnosed for diseases that may damage the body's systems. In addition, the program was to also aid those suffering from kidney cancer by creating further awareness of the disease.

### **Create Awareness Among the Public about How Important Taking Care of Our Kidneys:**

The kidney is a very important organ in our body. There are various diseases that can lead to kidney damage regardless of us being young or old. If we do not maintain the body with the right exercise or the right diet our kidneys might experience damage quickly. So, this program was organized to create awareness of leading a healthier and more productive lifestyle.

### **Donation to NKFM to create awareness for kidney cancer patients:**

The donation collected from participants as well as non-participants was directly donated to the NKFM for kidney cancer patients who are in need. Besides creating a healthy community, the purpose of this program was also to show awareness and concern towards kidney cancer patients, in order to help them stay strong. As a wise woman once said, "Try to be a rainbow in someone else's cloud". Even if it's just a small favour, it may bring hope to someone who is in need.

### **Benefits to participants:**

This program was also not just a run – it also benefitted the participants through their support and contribution to making this program a success. The sponsoring management, RIVAL, gave a contribution to the participants, in the form of comfortable shirts with the latest designs. Meanwhile, the program management provided a running kit to the participants as a sign of appreciation.



*Picture 1: The opening ceremony*



*Picture 2: The registration processes*



*Picture 3: Flag off*