SDG 3 Good Health and Well-being

3.1 Research on Health and Well-being

Good health and well-being are fundamental to sustainable development, and Universiti Malaysia Sarawak (UNIMAS) is committed to fostering a healthier and more inclusive environment for its university community and the wider society. Through health-related academic programmes, community outreach initiatives, and collaborations with local, national, and international healthcare institutions, the university contributes to improving healthcare access, raising health awareness, and strengthening public health outcomes. UNIMAS also supports the well-being of students and staff through healthcare services, sports and recreational facilities, and initiatives that promote healthy lifestyles and a safe campus environment. By integrating education, research, healthcare collaboration, and community engagement, UNIMAS continues to contribute to the development of a healthier society and the advancement of health and well-being in Sarawak and beyond.

3.2 Number graduating in health professions

3.2.1 Proportion of graduates in health professions

Universiti Malaysia Sarawak (UNIMAS) is committed to supporting good health and well-being through education, professional development, research, and community engagement. In 2025, UNIMAS produced a total of 6,613 graduates, including 475 graduates in health professions, representing approximately 7% of the total graduate population. This highlights the university's contribution to developing a skilled healthcare workforce to support healthcare delivery and meet the health needs of the community. Beyond producing qualified professionals, UNIMAS promotes healthier communities through initiatives that focus on disease prevention, health awareness, access to healthcare services, and physical and mental well-being. These efforts reflect UNIMAS's role in advancing health and well-being among its students, staff, and the wider community.

UNIMAS Graduates in 2025	Number
Graduates in Health Profession	475
Graduates in Other Field	6138
Total Graduate	**6613**

Table 1. Proportion of graduates in health professions

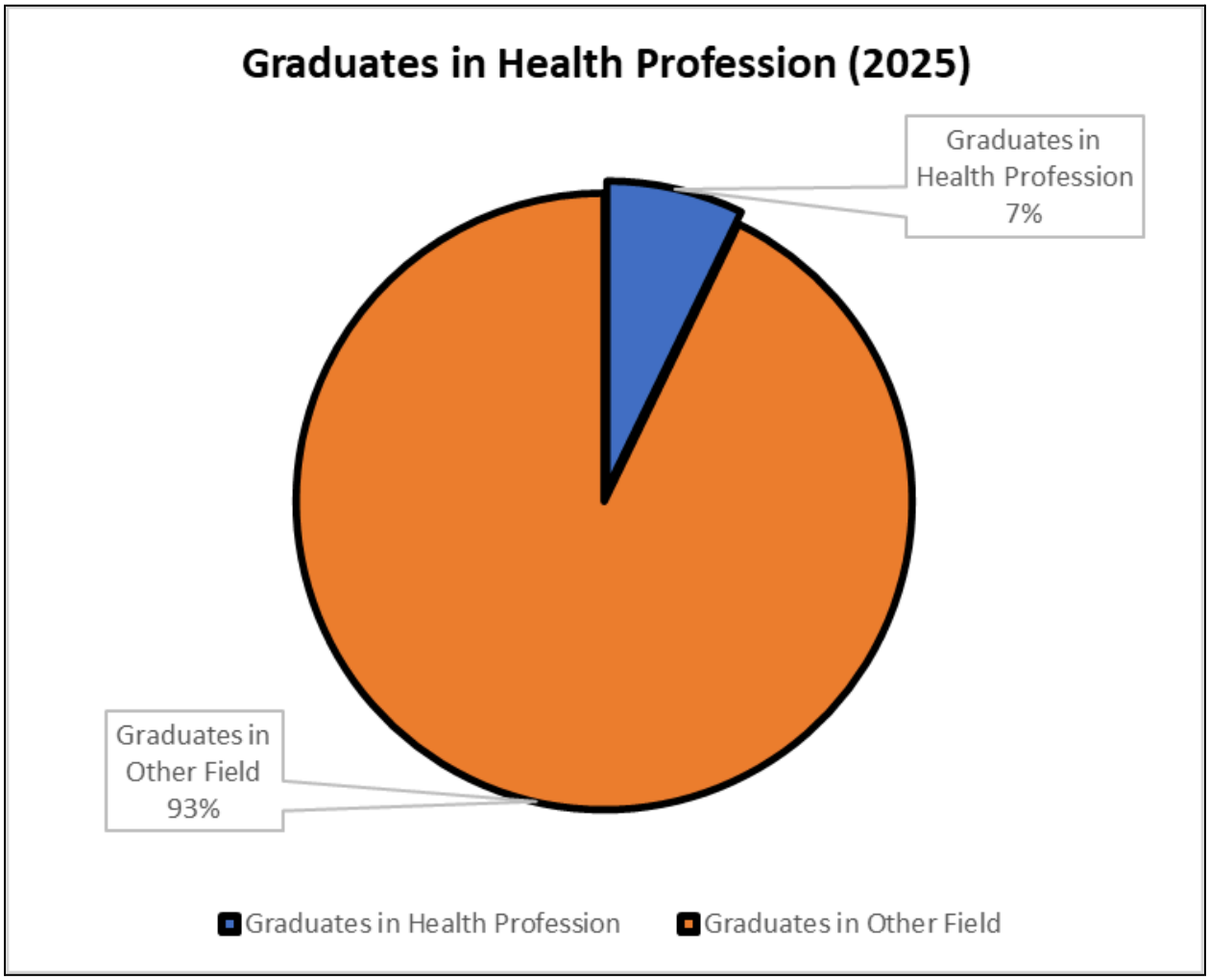


Figure 1. Proportion of graduates in health profession in 2025

3.3 Collaborations and health services

3.3.1 Current Collaboration With Health Institution

Universiti Malaysia Sarawak (UNIMAS) is committed to improving health and well-being through collaborations with local, national and international health institutions. Through strategic partnerships, community health programmes, medical research and knowledge exchange, UNIMAS works with healthcare providers, government agencies and academic institutions to strengthen healthcare services, promote disease prevention and address community health needs. These collaborations support the advancement of Sustainable Development Goal 3 (Good Health and Well-being) by contributing to better health outcomes and improved access to healthcare services.

Local Collaboration

Community Health Programme with AADK, Kuching Health Office and Sarawak AIDS Concern Society

On 22 November 2025, Universiti Malaysia Sarawak (UNIMAS), through its Postgraduate Student Association under the Faculty of Medicine and Health Sciences, collaborated with the National Anti-Drugs Agency (AADK), Kuching Divisional Health Office and Sarawak AIDS Concern Society (SACS) to provide health screenings and health education to 70 AADK clients. The programme included screenings for blood pressure, glucose, cholesterol, mental health and infectious diseases, alongside education on nutrition, safe sexual practices and stress management. This local collaboration strengthened access to preventive healthcare, addressed barriers to seeking medical care and supported the health and well-being of vulnerable community members, including individuals undergoing recovery and rehabilitation.

Keyword: Healthcare access, health equity, health screening, mental health, infectious disease prevention, nutrition, stress management, community health

Reference Link: Community Health Programme Supports AADK Clients in Kuching – UNIMAS Gazette



Mental Health Support through Clothing Donations at Sarawak General Hospital

Recognising the importance of emotional well-being and community support during mental health recovery, the UNIMAS Medical Society (UNIMED) organised a clothing donation initiative at the Psychosocial Rehabilitation Unit of Sarawak General Hospital (SGH) on 18 July 2025. The initiative provided more than 40 clothing items to support individuals receiving rehabilitation services. The engagement also allowed UNIMED volunteers to interact with hospital staff and gain a better understanding of mental health rehabilitation. This initiative reflects UNIMAS's commitment to supporting mental well-being and fostering engagement with local healthcare institutions.

Keyword: Mental health, psychosocial rehabilitation, emotional well-being, social inclusion, community support, holistic healthcare

Reference Link: From Campus to Community: UNIMED Supports Mental Health Through Clothing Donations – UNIMAS Gazette



UNIMAS Brings Vital Health Services to a Remote Penan Community

Access to healthcare remains particularly important for rural and remote communities. In 2025, UNIMAS, through its Faculty of Medicine and Health Sciences, partnered with the Sarawak Breast Cancer Support Group and Klinik Kesihatan Lusong Laku to bring health services to Kampung Lusong Laku, Belaga. More than 100 villagers benefited from health screenings, health education, malaria prevention activities, and women's health services, including HPV screening and cervical cancer awareness. The programme also involved local healthcare providers and community partners in promoting preventive care and training local women as family health advisors. Through this multi-agency collaboration, UNIMAS helped extend health education and essential healthcare support to a remote community.

Keyword: Healthcare access, rural healthcare, health screening, malaria prevention, women's health, HPV screening, cervical cancer awareness, disease prevention

Reference Link: [UNIMAS Brings Vital Health Services To Remote Penan Community In Belaga]



The 4-Hour Sunday That Made a Difference

UNIMAS contributed its medical and public health expertise to the Chawan Healthcare Day held at Kampung Chawan Pendam, Kuching, on 23 February 2025. The Faculty of Medicine and Health Sciences participated alongside MyCorps volunteers in a community health screening initiative designed to bring healthcare engagement closer to local residents. The programme demonstrated the value of collaboration between higher education institutions and volunteer organisations in supporting community health needs. By participating in grassroots outreach, UNIMAS helped promote health awareness and encourage access to preventive healthcare beyond the university campus.

Keyword: Community health outreach, health promotion, preventive healthcare, health education, community engagement, public health

Reference Link: The 4-hour Sunday that made a difference – UNIMAS Gazette



UNIMAS Community Steps Up: Blood Donation Drive Exceeds Goal

The partnership between UNIMAS and the Sarawak General Hospital Blood Bank Unit strengthened efforts to maintain blood supplies for patient care through a donation drive held at the Faculty of Medicine and Health Sciences on 10 July 2025. Coordinated by the Postgraduate Medical Education Committee, the initiative recorded 62 successful donors, surpassing its initial target of 50. The response reflected active participation from students, staff, and members of the public in supporting an essential

healthcare service. By working with the hospital's blood bank, UNIMAS contributed to community health preparedness and helped promote awareness of the importance of voluntary blood donation in saving lives.

Keyword: Blood donation, life-saving healthcare, blood supply, healthcare services, public health awareness, community participation

Reference Link: UNIMAS Community Steps Up: Blood Donation Drive Exceeds Goal



Blood Donation and Dental Check Campaign with Sarawak Dental Union and Hospital Umum Sarawak Blood Bank

Promoting preventive healthcare and access to essential health services, the Industrial Relations and Employment Programme at UNIMAS collaborated with the Sarawak Government Dental Employees' Union (SGDEU) and the Blood Bank of Hospital Umum Sarawak to organise a Blood Donation and Dental

Check Campaign on 14 and 19 April 2025. The campaign attracted 152 participants for a health awareness talk, while 65 individuals took part in blood donation activities. Free dental check-ups were also made available to participants, encouraging regular oral health consultations alongside community participation in blood donation. This collaboration brought university organisers and public healthcare partners together to promote oral health awareness, preventive care, and a stronger culture of community health responsibility.

Keyword: Oral health, dental screening, blood donation, preventive healthcare, health awareness, health promotion, community health

Reference Link: Blood Saves Lives: FSSH UNIMAS Hosts Health Campaign with Sarawak Dental Union and Blood Bank



National collaborations

UNIMAS DrPH Students' Public Health Field Visit to Kuala Lumpur

Strengthening connections between public health education and national healthcare practice, UNIMAS Doctor of Public Health (DrPH) students undertook a four-day field visit to key health institutions in Kuala Lumpur in August 2025. The visit included engagements with divisions of the Ministry of Health Malaysia, the National Institutes of Health, the National Cancer Society Malaysia, and the Selangor and

Wilayah Persekutuan Family Reproductive Health Association. Through discussions and institutional visits, students gained insight into national health policy, disease control, emergency preparedness, digital health, cancer prevention, and reproductive health services. These engagements supported professional learning and knowledge exchange while strengthening the capacity of future public health practitioners to contribute to improved healthcare delivery and population health outcomes.

Keyword: Public health, health policy, disease prevention, cancer prevention, reproductive health, emergency preparedness, digital health, healthcare knowledge exchange

Reference Link: From Classrooms to Policy Corridors: UNIMAS DrPH Students' Public Health Field Visit to Kuala Lumpur



Community Health Programme Supporting AADK Clients in Kuching

UNIMAS also worked with AADK and community health organisations to address healthcare needs among individuals affected by substance use and rehabilitation on 22 November 2025. Supported by the Kuching Health Office and Sarawak AIDS Concern Society, the programme offered health screenings and education for 70 AADK clients who may otherwise face difficulties seeking medical attention due to stigma. The involvement of government and community-based partners helped connect participants with preventive health information and screening services, including mental health and infectious

disease assessments. This initiative illustrates the importance of coordinated public health interventions that make healthcare more accessible to vulnerable populations and support recovery and reintegration.

Keyword: Healthcare access, vulnerable populations, mental health, infectious disease screening, early detection, preventive care, community reintegration, health equity

Reference Link: [Community Health Programme Supports AADK Clients in Kuching – UNIMAS Gazette]



CAKnA 2025: Bringing Health Closer to the Community

Through CAKnA 2025 (Citra Akademik untuk Komuniti dan Alam), UNIMAS strengthened inter-university cooperation by partnering with Universiti Malaya (UM), through UMCares and its Faculty of Sports and Exercise Science, to deliver community health activities in Kampung Tringgus Bong and Kampung Sadong Jaya Tengah on 24 November 2025. Supported by local administrative offices, the programme brought academic volunteers and community partners together for health screenings, group exercise, and preventive health awareness. By combining university expertise with local engagement, the initiative encouraged healthier lifestyles and strengthened community access to health promotion activities, particularly in rural areas. The partnership demonstrates how collaboration between higher education institutions can extend public health outreach and support community well-being.

Keyword: Community health, rural healthcare, health screening, physical activity, healthy lifestyles, health promotion, preventive healthcare, community well-being

Reference Link: [Bringing Health Closer to the Community: CAKnA 2025 in Tringgus Bong and Sadong Jaya – UNIMAS Gazette]



Global collaborations

UNIMAS and NTUNHS Strengthen Academic Collaboration through MoU Handover

International academic partnerships provide opportunities to exchange expertise and strengthen approaches to health and well-being. On 24 February 2025, UNIMAS and the National Taiwan University of Nursing and Health Sciences (NTUNHS) reaffirmed their partnership through a Memorandum of Understanding (MoU) handover in Taipei, building on their earlier agreement in 2019. The collaboration aims to advance teaching, learning, academic exchange, and joint research. During the engagement, discussions explored mental health, grief counselling, psychological resilience, and interdisciplinary approaches to emotional well-being. This international partnership provides a platform for sharing knowledge and developing expertise that can contribute to improved mental health support and health-related education across both institutions.

Keyword: International health collaboration, mental health, psychological resilience, grief counselling, health education, academic exchange, joint research, emotional well-being

Reference Link: [UNIMAS and NTUNHS Strengthen Academic Collaboration through MoU Handover]



UNIMAS Research and Knowledge Sharing on Zoonotic Diseases

Addressing infectious diseases that can spread between animals and humans requires research, surveillance, and cooperation across disciplines and institutions. In December 2025, the Faculty of Medicine and Health Sciences at UNIMAS published an issue of ATRIA Medical focusing on zoonotic diseases in Sarawak. The publication discussed regional health risks, including rabies, leptospirosis, and zoonotic malaria, alongside the importance of disease surveillance, diagnostic capacity, and outbreak preparedness. It also highlighted the role of international partnerships in strengthening disease detection, prevention, and response. By sharing research-based knowledge on emerging infectious disease risks, UNIMAS contributes to public health awareness and supports the broader exchange of expertise needed to protect human health.

Keyword: Zoonotic diseases, infectious disease prevention, disease surveillance, outbreak preparedness, diagnostic capacity, public health education, health research, disease control

Reference link : UNIMAS Research and Knowledge Sharing on Zoonotic Diseases



GUARDIANS OR CARRIERS?

What Bats and Rodents Reveal About Emerging Diseases

Small mammals are recognised as reservoirs for zoonotic diseases, many of which can be transmitted to humans. Factors such as urbanisation, deforestation and climate change further intensify the spread of these diseases by altering habitats, influencing animal behaviour and expanding the geographical range of certain pathogens. Even relatively undisturbed forests can harbour novel or previously uncharacterised bacteria within their small mammal populations. Among these, bats and rodents are of interest due to their frequent associations with zoonotic pathogens.

A fruit bat (*Cynopterus brachyotis*) roosts in the forest. One of many species playing a vital role in pollination and seed dispersal

A Long-tailed giant rat (*Leopoldamys sabanus*) released back into the forest after non-invasive sampling for microbiome research

Recent advancements in next-generation sequencing technologies have enabled scientists to study the microbiomes of wildlife directly from environmental or faecal samples. This approach allows rapid screening of bacteria, revealing microbial communities that were previously overlooked. Our work on bats in forested habitats of Sarawak reveals key bacterial groups such as *Lactococcus*, *Enterococcus*, *Ligilactobacillus*, *Klebsiella* and *Enterobacter*, highlighting their major role as bat gut microbiome.

Of particular concern is the detection of **ESKAPE** bacteria -

E (*Enterococcus faecium*)
S (*Staphylococcus aureus*)
K (*Klebsiella pneumoniae*)
A (*Acinetobacter baumannii*)
P (*Pseudomonas aeruginosa*)
E (*Enterobacter species*)

a group of known antibiotic-resistant pathogens capable of causing severe infections. These findings reveal bats as potential reservoirs of emerging diseases, underlining the importance of continuous surveillance to balance conservation priorities with public health resilience.

3.3.2 Health Outreach Programmes

Universiti Malaysia Sarawak (UNIMAS) supports SDG 3 by delivering health outreach programmes that promote health awareness, disease prevention, and well-being among local communities, rural residents, and vulnerable groups. Through student-led initiatives, community engagement, and collaboration with healthcare providers and relevant organisations, the university extends health education and preventive healthcare beyond the campus. These initiatives address diverse needs, including personal hygiene, sexual and reproductive health, mental health, physical activity, and healthy ageing. By bringing health-related knowledge and services closer to underserved communities, UNIMAS contributes to improving healthcare accessibility, encouraging healthier lifestyles, and enhancing the overall quality of life in Sarawak.

Local Communities

CAKnA 2025: Bringing Health Closer to the Community

UNIMAS, through its Faculty of Medicine and Health Sciences, partnered with Universiti Malaya (UM) to deliver the CAKnA 2025 community health programme in Kampung Tringgus Bong and Kampung Sadong Jaya Tengah on 24 November 2025. The two-day initiative engaged rural residents in health screenings, blood pressure and glucose assessments, BMI measurements, group exercise, and educational activities on rabies prevention, nutrition, and safe physical activity. By bringing preventive healthcare and health education directly to rural communities, the programme encouraged healthier lifestyles and improved awareness of disease prevention and personal health management.

Keywords: Community health outreach, rural healthcare, health screening, disease prevention, health education, nutrition, physical activity, healthy lifestyles, preventive healthcare.

Reference Link: [Bringing Health Closer to the Community: CAKnA 2025 in Tringgus Bong and Sadong Jaya – UNIMAS Gazette]



UNIMED Raises Filariasis Awareness in Kampung Bako

To strengthen community awareness of neglected tropical diseases, the UNIMAS Medical Society (UNIMED) organised the Kesedaran Filariasis: Lindungi Keluarga, Lindungi Kampung outreach programme in Kampung Bako Lot, Kuching, on 7 December 2025. Conducted in collaboration with the Kuching Divisional Health Office and the Malaysian Society of Parasitology and Tropical Medicine, the programme educated residents about filariasis, including its transmission, symptoms, and prevention. The initiative demonstrates UNIMAS's contribution to community-based health promotion and infectious disease awareness, encouraging residents to recognise health risks and adopt preventive measures to protect their families and the wider community.

Keywords: Community health outreach, filariasis awareness, neglected tropical diseases, infectious disease prevention, health education, disease awareness, community health promotion.

Reference Link: [UNIMED Strengthens Community Awareness on Filariasis Through Outreach Programme in Kampung Bako – UNIMAS Gazette]



Sexual and Reproductive Health Programme at SMK Asajaya

Promoting adolescent health through education, UNIMAS Doctor of Public Health (DrPH) students conducted a sexual and reproductive health programme at SMK Asajaya on 4 August 2025. The half-day

initiative engaged 60 Form Two students in interactive activities addressing anatomy, consent, online safety, sexually transmitted infections, and peer influence. Through games and role-play, the programme provided age-appropriate information to help adolescents make informed decisions, understand personal boundaries, and recognise risks associated with unsafe behaviour. This outreach supports sexual and reproductive health education, early prevention, and the development of healthier and safer behaviours among young people.

Keywords: Adolescent health, sexual and reproductive health, health education, STI prevention, consent awareness, health promotion, disease prevention, youth well-being.

Reference Link: Empowering Adolescents with Knowledge and Confidence: DrPH Students Lead SRH Programme at SMK Asajaya – UNIMAS Gazette



The 4-Hour Sunday That Made a Difference

UNIMAS participated in Chawan Healthcare Day at Kampung Chawan Pendam, Kuching, on 23 February 2025, as part of a community outreach initiative organised by MyCorps volunteers. Working alongside the Kuching Division Health Office and Tanah Puteh Health Clinic, the university's Faculty of Medicine and Health Sciences contributed health screenings, medical consultations, health talks, exhibitions, and first-aid education. A total of 31 residents attended health screenings, with some referred to a nearby health clinic for further assessment after previously undetected high blood pressure, blood glucose, or cholesterol readings were identified. The programme helped bring preventive healthcare closer to an underserved urban community while promoting health literacy and early detection of potential health problems.

Keywords: Community health outreach, underserved communities, healthcare access, health screening, early detection, cardiovascular health, diabetes prevention, health literacy, preventive healthcare.

Reference Link: The 4-hour Sunday that made a difference – UNIMAS Gazette



FOSSH 2025 Water Colour Run

UNIMAS promoted physical activity and community participation through the Festival of Social Sciences and Humanities (FOSSH) 2025 Water Colour Run, held on 19 April 2025. Organised by the Faculty of Social Sciences and Humanities and its student association, the event attracted more than 300 participants, including students, government agency representatives, and local community members. By encouraging participants of different fitness levels to engage in recreational running, the initiative promoted active living, physical fitness, stress relief, and social connection. The event demonstrates how inclusive sports and recreational activities can contribute to physical and mental well-being while strengthening relationships between the university and the surrounding community.

Keywords: Physical activity, sports and recreation, healthy lifestyles, physical fitness, mental well-being, stress management, community participation, health promotion.

Reference Link: Running Towards Wellness: FOSSH 2025 Water Colour Run – UNIMAS Gazette



Knee-Pain Relief Programme for Elderly Residents in Rural Sarawak

Supporting healthy ageing and mobility among older adults, UNIMAS Master of Public Health students conducted a knee-pain relief programme in Sadong Jaya, Sarawak, on 23 November 2025. The initiative brought together university personnel, health officials, community leaders, and local healthcare partners to support elderly residents experiencing knee pain. The programme also included free eye screenings and spectacles for eligible residents through the involvement of a local optical provider. By addressing mobility-related concerns and facilitating access to basic health assessments, the initiative promoted healthy aging, functional independence, and improved quality of life among older people in rural communities.

Keywords: Healthy aging, elderly health, rural healthcare, knee-pain management, mobility, health screening, eye health, preventive healthcare, quality of life.

Reference Link: UNIMAS students bring knee-pain relief programme to elderly in rural Sarawak



Disadvantaged and vulnerable groups

Community Health Programme for AADK Clients in Kuching

To improve healthcare access for individuals who may face stigma when seeking medical attention, UNIMAS organised a community health programme in collaboration with the National Anti-Drugs Agency (AADK), the Kuching Health Office, and Sarawak AIDS Concern Society. Held on 22 November 2025, the initiative provided health screening and education for 70 AADK clients, covering blood pressure, glucose, cholesterol, mental health, and infectious diseases. Participants also received guidance on balanced nutrition, safe sexual practices, and stress management. By providing a supportive environment for health assessments and education, the programme promoted preventive care, reduced barriers to healthcare access, and supported the health and well-being of individuals undergoing recovery and community reintegration.

Keywords: Disadvantaged groups, vulnerable populations, healthcare access, health screening, mental health, infectious disease prevention, nutrition, stress management, health equity, community reintegration.

Reference Link: [Community Health Programme Supports AADK Clients in Kuching – UNIMAS Gazette]



MINDCARE: PRS Hebat, Sokong Minda Sihat!

Recognising the importance of early mental health support among young people, UNIMAS conducted the MINDCARE programme at SMK Kota Samarahan on 1 November 2025. The initiative engaged 42 peer counsellors (Pembimbing Rakan Sebaya, PRS) in activities designed to strengthen their understanding of mental health, early identification of emotional distress, and psychological first aid. Particular attention was given to rural adolescents who may experience financial hardship and limited access to psychosocial support. By equipping students with practical knowledge and coping strategies, MINDCARE helped develop peer-support networks and encouraged a more supportive school environment. The programme contributes to mental health promotion, early intervention, and emotional resilience among young people.

Keywords: Mental health outreach, disadvantaged youth, rural communities, mental health awareness, early intervention, psychological first aid, peer support, emotional resilience, psychosocial well-being.

Reference Link: [MINDCARE: PRS Hebat, Sokong Minda Sihat! – UNIMAS Gazette]



Learning, Healing, and Hope at Sekolah Tunas Bakti Kuching

UNIMAS DrPH students extended health and life-skills education to boys at Sekolah Tunas Bakti Kuching, a rehabilitation institution, through a one-day community engagement programme held on 6 August 2025. The initiative involved 36 participants in interactive activities covering personal hygiene, self-care, resilience, and confidence-building. Basic health screening for conditions such as scabies and head lice also highlighted the importance of hygiene and the early recognition of common health concerns. By combining practical health education with activities that encourage personal development, the programme supported the well-being of vulnerable adolescents and promoted healthier daily habits within a rehabilitation setting.

Keywords: Vulnerable adolescents, health outreach, personal hygiene, self-care, health education, disease prevention, early detection, rehabilitation, psychological resilience, youth well-being.

Reference Link: Learning, Healing, and Hope at Sekolah Tunas Bakti Kuching



Refugee and immigrant communities

UNIMAS–Queensland University Medical Student Mobility Programme

On 28 November 2025, UNIMAS reported its collaboration with The University of Queensland, Australia, through a 30-day medical student mobility programme involving 12 Australian medical students and five accompanying officers. Organised by UNIMAS Global and the Institute of Borneo Studies, the programme provided participants with exposure to public health among Indigenous communities through visits to Sarawak General Hospital and local community sites. The initiative encouraged cross-cultural learning and a deeper understanding of healthcare delivery in diverse community settings. By connecting international medical students with local healthcare and community contexts, the programme supported public health education, knowledge exchange, and awareness of health challenges affecting Indigenous populations.

Keywords: Public health education, international student mobility, Indigenous health, healthcare delivery, cross-cultural learning, health knowledge exchange, community health, health equity, international collaboration.

Reference Link: UNIMAS–Queensland University Medical Student Mobility Programme



UNIMAS Global Ramadan Outreach at Rumah Seri Kenangan

UNIMAS Global organised its annual Ramadan outreach at Rumah Seri Kenangan, bringing together 25 international and local students to engage with elderly residents through shared activities and community service. During the visit, the UNIMAS Vice-Chancellor, a medical professional, conducted health check-ups and provided medical advice to residents. Three residents with health concerns were referred to the UNIMAS PRIMA Health Centre for further treatment. Although the programme also included food preparation and donations, its health-related contribution was particularly reflected in the medical assessments, advice, and referrals provided to older adults. The initiative supported healthcare access, elderly well-being, and continuity of care for residents requiring further medical attention.

Keywords: Elderly health, vulnerable populations, health check-ups, medical advice, healthcare referral, healthcare access, healthy ageing, community well-being.

Reference Link: UNIMAS Global Ramadan Outreach at Rumah Seri Kenangan



3.3.3 Shared Sports Facilities

Universiti Malaysia Sarawak (UNIMAS) provides a range of sports and recreational facilities to support physical activity, fitness and well-being among its university community. The facilities include a swimming pool, gymnasium, futsal and badminton arenas, stadium, courts for various sports, and water-based recreational facilities. The UNIMAS Sports Centre supports sports development and encourages the participation of students and staff in sporting activities and the sports facilities are available free of charge to students and staff. Below is the list for UNIMAS Sports Centre:

List of UNIMAS Sports Centre

1. 1 FIFA-Sized Futsal Court
2. 2 Minimum-Sized Futsal Courts
3. 1 Stadium
4. 8 Badminton Courts
5. 2 Squash Courts
6. 1 Olympic-Sized Swimming Pool
7. 3 Volleyball Courts
8. 3 Basketball Courts
9. 1 Gymnasium

10. 1 Rugby Field
11. 6 Tennis Courts
12. 2 Netball Courts
13. 4 Sepak Takraw Courts
14. 2 Wall Climbing Structures
15. 1 Boat House

In addition to supporting campus life, UNIMAS has identified its sports facilities as resources that can be shared with the wider community, including local schools, community groups and sports associations. Access to these facilities provides opportunities for recreational activities, sports training and community participation, contributing to healthier lifestyles and improved well-being.

Reference Link: [List of UNIMAS Sports Centre]



Sarawak State Special Education Talent Carnival 2025 at UNIMAS

On 11–12 November 2025, Arena Tun Tuanku Haji Bujang at UNIMAS hosted the Sarawak State Special Education Talent Carnival, involving primary and secondary school students. The event highlights the use of UNIMAS facilities to support inclusive community activities, providing opportunities for students with special educational needs to showcase their talents.

Keywords: Special education, inclusive participation, student talent development, community engagement, emotional well-being, social inclusion, sports facilities, SDG 3, Good Health and Well-being.

Reference Link: Sarawak State Special Education Talent Carnival 2025 at UNIMAS



Inter-FIPB UNIMAS Staff Sports Festival 2025

Universiti Malaysia Sarawak (UNIMAS) provided its sports facilities as a venue for the Inter-FIPB UNIMAS Staff Sports Festival 2025. The event involved university staff participating in various sports activities, including futsal and netball. The use of university sports facilities for staff tournaments supports physical activity and encourages an active lifestyle among staff members, contributing to their health and well-being.

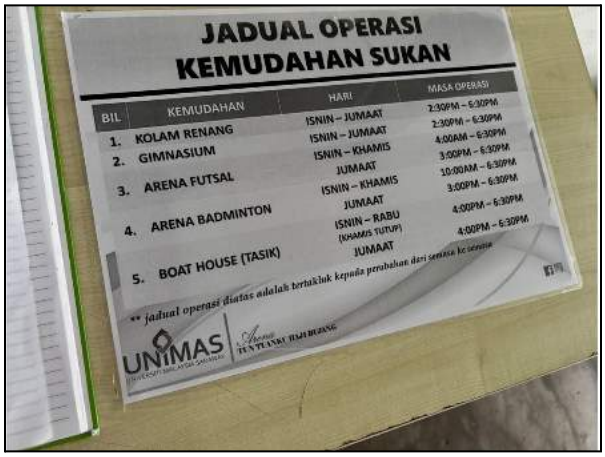
Keywords: Inter-FIPB UNIMAS Staff Sports Festival 2025, UNIMAS sports facilities, staff sports tournament, futsal, netball, physical activity, active lifestyle, staff well-being, SDG 3, Good Health and Well-being.

Reference Link: Inter-FIPB UNIMAS Staff Sports Festival 2025



The facilities operate according to designated schedules, with some activities subject to booking arrangements. Operational notices displayed at Arena Tun Tuanku Haji Bujang provide information on facility opening hours and usage requirements, helping users plan their activities and comply with facility rules.







These facilities contribute to Sustainable Development Goal 3 (SDG 3: Good Health and Well-being) by encouraging regular physical activity, promoting healthier lifestyles and supporting physical and mental well-being. By providing opportunities for sports and recreation, UNIMAS helps create an environment that encourages its university community to remain active and maintain healthy living habits. The availability of these facilities also supports preventive health practices by providing spaces for exercise, fitness and social interaction, contributing to improved quality of life and overall well-being.

Keywords: Sports facilities, recreational facilities, free access, student and staff access, community access, swimming pool, gymnasium, futsal arena, badminton arena, boat house, physical activity, sports participation, health and well-being, UNIMAS Sports Centre.

Reference Link: Map to UNIMAS Sports Facilities

3.3.4 Sexual and Reproductive Health Care Services for Students

UNIMAS promotes sexual and reproductive health awareness through educational programmes and community outreach initiatives. These efforts provide information on reproductive health, consent, sexually transmitted infections (STIs), and responsible decision-making. Through health education and awareness activities, UNIMAS aims to improve understanding of sexual and reproductive health and encourage informed choices that support overall health and well-being.

Women Health and Infertility Clinic, UNIMAS

The Women Health and Infertility Clinic at the Faculty of Medicine and Health Sciences, UNIMAS, provides reproductive healthcare services, including antenatal and gynaecological consultations, pelvic scans, Pap smears, VIA screening and infertility-related services. The clinic supports access to women's health assessments and reproductive healthcare. Its services are relevant to sexual and reproductive health, although the availability of specific services and applicable charges for UNIMAS students should be confirmed with the clinic.

Keywords: Reproductive healthcare, women's health, gynaecological consultation, antenatal care, cervical cancer screening, infertility services, reproductive health screening.

Reference Link: Women Health and Infertility Clinic, UNIMAS

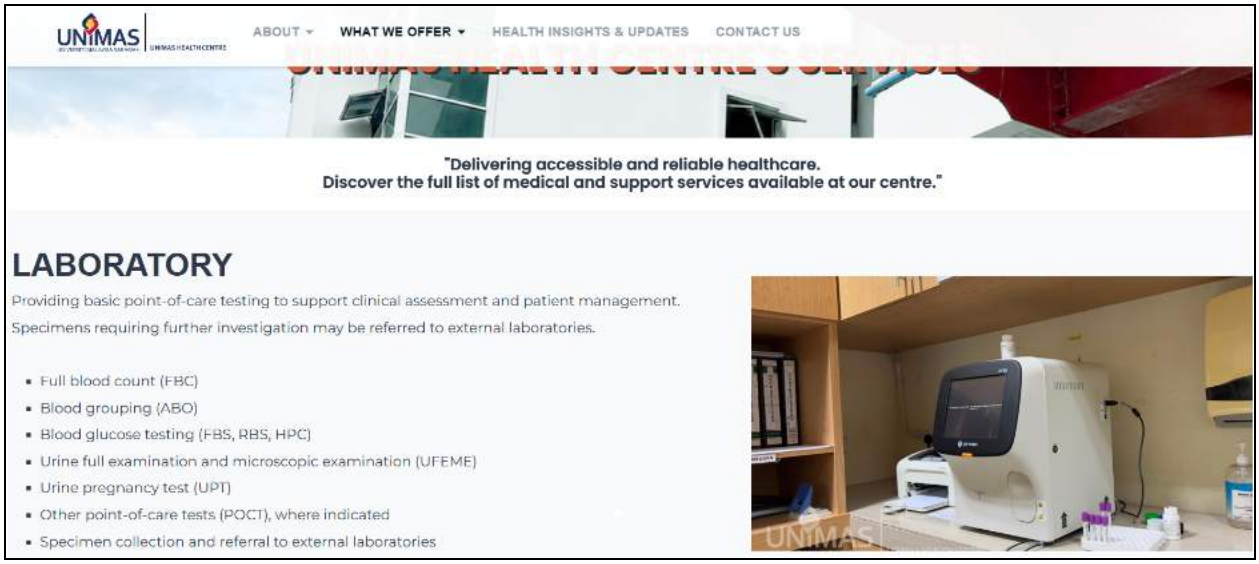


UNIMAS Health Centre (PKU)

UNIMAS provides students with access to healthcare services through its Health Centre (PKU), which offers medical consultations, health assessments and health education. The centre also lists urine pregnancy testing among its services, supporting students' access to reproductive health-related care. Through these services, UNIMAS supports students in obtaining relevant healthcare information and assistance to make informed decisions about their sexual and reproductive health.

Keywords: Student healthcare, sexual and reproductive health, urine pregnancy testing, health education, medical consultation, reproductive health services, healthcare access.

Reference Link: UNIMAS Health Centre (PKU)



UNIMAS DrPH Students' Public Health Field Visit to Kuala Lumpur

In August 2025, Doctor of Public Health (DrPH) students from UNIMAS participated in a four-day public health field visit to Kuala Lumpur as part of their academic training. The visit included engagements with the Selangor and Federal Territory Family Reproductive Health Association and the National Cancer Society Malaysia, providing students with exposure to sexual and reproductive health, family planning, and cancer prevention initiatives. Reported in the UNIMAS Gazette on 11 September 2025, the programme enhanced students' understanding of reproductive health education and preventive healthcare services, highlighting the importance of access to reliable health information in promoting informed decisions and overall well-being.

Keywords: Sexual and reproductive health, family planning, reproductive health education, cancer prevention, public health awareness, preventive healthcare, student learning.

Reference Link: UNIMAS DrPH Students' Public Health Field Visit to Kuala Lumpur



Program Bicara Jiwa, Semera Lestari

On 19 October 2025, UNIMAS organised Program Bicara Jiwa, Semera Lestari in conjunction with the Kampung Angkat MADANI 2025 initiative. The programme included sexual and reproductive health education for adolescents, alongside guidance for parents on communicating about sexuality. Through talks, interactive activities and role-play, participants were encouraged to develop a better understanding of sexual and reproductive health and make informed decisions about their well-being. Reported in the UNIMAS Gazette on 21 October 2025, the initiative demonstrated UNIMAS's commitment to promoting reproductive health awareness and providing accessible health education to the community.

Keywords: Sexual and reproductive health, adolescent health, reproductive health education, sexuality education, health awareness, informed decision-making, community outreach.

Reference Link: PROGRAM "BICARA JIWA, SEMERA LESTARI" SEMPENA PROJEK KAMPUNG ANGKAT MADANI 2025 – UNIMAS Gazette



3.3.5 Mental Health Support

UNIMAS supports students' mental health and well-being through mental health awareness programmes, psychoeducation, counselling initiatives and institutional policies. These efforts aim to improve mental health literacy, encourage early identification of emotional and psychological challenges, and promote access to appropriate support services. By fostering a supportive campus environment, UNIMAS encourages students to seek help and maintain their mental well-being.

Psychoeducation Programme at the Faculty of Engineering, UNIMAS

On 23 April 2025, the Psychology and Counselling Section (PsyCon) organised a psychoeducation programme at the Faculty of Engineering, UNIMAS, to improve staff awareness of mental health challenges faced by students. The programme covered early signs of emotional distress, the Mental Health Action Plan, psychological crisis management, referral procedures and confidentiality. Through interactive discussions and counselling simulations, the initiative helped staff better understand how to recognise students experiencing difficulties and connect them with appropriate support.

Keywords: Mental health promotion, psychoeducation, early intervention, emotional distress, crisis management, counselling referral, student well-being.

Reference Link: [Psychoeducation Program at the Faculty of Engineering, UNIMAS]



Student Mental Health Matters: Practical Strategies for University Lecturers

Faculty of Engineering, UNIMAS, organised a talk titled Student Mental Health Matters: Practical Strategies for University Lecturers on 5 May 2025, delivered by Professor Dr. Siti Raudzah Ghazali from the Faculty of Medicine and Health Sciences. The session addressed common challenges among university students, including stress, anxiety and depression, and highlighted the role of lecturers in identifying early signs of emotional distress. It also emphasised empathetic communication, supportive teaching practices and collaboration with family members, peers and campus support networks to create a more supportive learning environment.

Keywords: Student mental health, mental health awareness, stress management, anxiety, depression, lecturer awareness, emotional support, supportive learning environment.

Reference Link: Student Mental Health Matters: Practical Strategies for University Lecturers – UNIMAS Gazette



Collective Efforts to Strengthen Mental Health in the UNIMAS Creative Community

On 9 July 2025, the Faculty of Applied and Creative Arts, UNIMAS, organised a mental health talk titled Mental Health in the Creative Space: Practical Support Strategies. Delivered by Dr. Nur Iwana Abdul Taib, a psychiatrist from the Faculty of Medicine and Health Sciences, the session discussed challenges such as burnout, perfectionism, anxiety and social isolation. The programme introduced the SARAH model (Support, Assess, Refer, Assist and Help Follow Through) to guide staff and lecturers in providing initial support to students and colleagues experiencing emotional distress. The initiative promoted early intervention, empathy and stronger mental health support networks within the university.

Keywords: Mental health promotion, burnout awareness, emotional support, early intervention, SARAH model, psychological well-being, student support, mental health referral.

Reference Link: Collective Efforts to Strengthen Mental Health in the UNIMAS Creative Community



5th Sarawak Counselling Colloquium (SCC 2025)

Held on 20 June 2025, the 5th Sarawak Counselling Colloquium was organised by Year Three Counselling students from the Faculty of Cognitive Sciences and Human Development, UNIMAS, under the guidance of Associate Professor Dr. Amalia Madihie. The colloquium introduced the Human Resilience Library, an initiative that uses shared experiences, storytelling and guidance to strengthen emotional resilience. The concept was applied through community engagements involving several local villages, an NGO, UNIMAS pre-university students and counselling students. The initiative highlighted the role of counselling, community connection and early emotional support in promoting mental well-being.

Keywords: Mental health promotion, counselling, psychological resilience, emotional support, Human Resilience Library, community well-being, early intervention, peer support.

Reference Link: 5th Sarawak Counselling Colloquium (SCC 2025)



Amendment to the UNIMAS Student Mental Health Policy

In 2025, UNIMAS issued Administrative Circular No. 10/2025 to notify the university community of amendments to the definitions in its Student Mental Health Policy. The circular, deposited in the UNIMAS Institutional Repository on 6 June 2025, documents an update to the university's student mental health policy framework. This provides institutional evidence of UNIMAS's continued attention to its approach to student mental health and supports its wider efforts to promote student well-being and appropriate mental health support.

Keywords: Student mental health policy, institutional commitment, mental health governance, student well-being, mental health framework, university policy.

Reference Link: Pekeliling_Pentadbiran_Bil.10 2025 Pemakluman Pindaan Takrifan Dasar Kesihata…



Rujukan: UNIMAS/PEND/01-104 Jilid 5 (39)

UNIVERSITI MALAYSIA SARAWAK (UNIMAS)

PEKELILING PENTADBIRAN
BILANGAN 10 TAHUN 2025

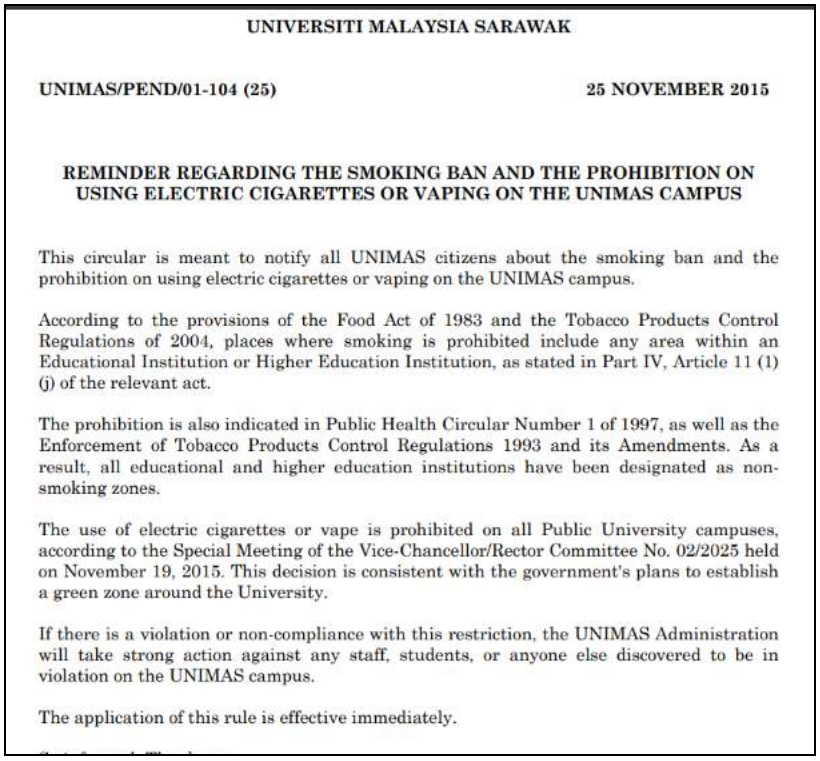
3.3.6 Smoke-free Policy

UNIMAS is committed to promoting a healthy and safe campus environment through the implementation of its smoke-free policy. The policy aims to protect the health and well-being of students, staff, and visitors by reducing exposure to second-hand smoke and discouraging smoking within the university premises. This initiative also supports the promotion of healthier lifestyles and raises awareness of the health risks associated with smoking. By establishing a smoke-free environment, UNIMAS demonstrates its commitment to creating a healthier campus community, protecting public health, and supporting the broader goals of Sustainable Development Goal 3 (Good Health and Well-being).

UNIMAS reinforces its commitment to maintaining a healthy and smoke-free campus through its circular on the smoking ban and the prohibition of electronic cigarettes and vaping on university premises. The policy designates the campus as a non-smoking zone in accordance with relevant tobacco control regulations and the university's directives. It prohibits smoking and the use of e-cigarettes or vapes by students, staff, and other individuals within the campus. The university also states that appropriate action will be taken against those who fail to comply with these restrictions. This policy supports the protection of the campus community from the harmful effects of smoking and second-hand smoke while promoting a healthier and safer environment for everyone.

Keywords: Smoke-free campus, smoking ban, e-cigarette prohibition, vaping prohibition, tobacco control, second-hand smoke, healthy campus environment, public health.

Reference Link: reminder-regarding-the-smoking-ban-and-the-prohibition-on-using-electric-cigare…



UNIVERSITI MALAYSIA SARAWAK

UNIMAS/PEND/01-104 (25) 25 NOVEMBER 2015

REMINDER REGARDING THE SMOKING BAN AND THE PROHIBITION ON USING ELECTRIC CIGARETTES OR VAPING ON THE UNIMAS CAMPUS

This circular is meant to notify all UNIMAS citizens about the smoking ban and the prohibition on using electric cigarettes or vaping on the UNIMAS campus.

According to the provisions of the Food Act of 1983 and the Tobacco Products Control Regulations of 2004, places where smoking is prohibited include any area within an Educational Institution or Higher Education Institution, as stated in Part IV, Article 11 (1) (j) of the relevant act.

The prohibition is also indicated in Public Health Circular Number 1 of 1997, as well as the Enforcement of Tobacco Products Control Regulations 1993 and its Amendments. As a result, all educational and higher education institutions have been designated as non-smoking zones.

The use of electric cigarettes or vape is prohibited on all Public University campuses, according to the Special Meeting of the Vice-Chancellor/Rector Committee No. 02/2025 held on November 19, 2015. This decision is consistent with the government's plans to establish a green zone around the University.

If there is a violation or non-compliance with this restriction, the UNIMAS Administration will take strong action against any staff, students, or anyone else discovered to be in violation on the UNIMAS campus.

The application of this rule is effective immediately.

28 Designated No-Smoking Areas (2025)

Universiti Malaysia Sarawak (UNIMAS) promotes awareness of smoking restrictions and public health regulations among its university community. UNIMAS highlighted the enforcement of 28 designated no-smoking areas under the Control of Smoking Products for Public Health Act 2024 (Act 852), which came into effect on 1 January 2025. These designated areas include workplace buildings and laundry buildings, where smoking is prohibited.

The initiative reinforces awareness of the legal consequences of smoking in prohibited areas, including a potential fine of up to RM5,000. The university also encourages its staff and students to quit smoking and adopt healthier lifestyles by highlighting the availability of smoking cessation treatment at designated clinics nationwide and the Ministry of Health Malaysia's JomQuit portal.

These efforts reflect UNIMAS's commitment to promoting a health-conscious university environment by encouraging compliance with public health regulations, discouraging smoking and supporting healthier lifestyle practices among its community.

Keywords: No-smoking awareness, designated no-smoking areas, smoking prohibition, Act 852, smoking cessation, JomQuit, public health regulations, healthy lifestyle, workplace health and safety.

Reference Link: 28 Tempat Dilarang Merokok.pdf



Smoking Cessation Awareness under Program Doktor Muda Dalam Komuniti UNIMAS

From May to June 2025, the Faculty of Medicine and Health Sciences at Universiti Malaysia Sarawak (UNIMAS) conducted activities under Program Doktor Muda Dalam Komuniti, which included a smoking-cessation exhibition and nicotine addiction assessments to encourage participants to take steps towards quitting smoking. The programme provided health education to community members and promoted awareness of preventive healthcare and the importance of a healthier lifestyle. This initiative supports SDG 3: Good Health and Well-being by raising awareness of smoking-related health risks and encouraging smoking cessation.

Keywords: Program Doktor Muda Dalam Komuniti UNIMAS, 21 June 2025, smoking cessation, smoking awareness, nicotine addiction, health education, preventive healthcare, healthy lifestyle, SDG 3, Good Health and Well-being.

Reference Link: Smoking Cessation Awareness under Program Doktor Muda Dalam Komuniti UNIMAS



3.3.7 Mental Health Support for Staffs

UNIMAS recognises the importance of supporting staff mental health and well-being as part of creating a healthy and supportive working environment. Access to mental health support helps staff manage work-related stress, address emotional challenges, and maintain their overall psychological well-being. Through mental health services and support initiatives, UNIMAS aims to promote a positive workplace culture where staff can seek assistance when needed and maintain a healthy balance between their professional and personal lives. These efforts reflect the university's commitment to improving staff well-being in line with Sustainable Development Goal 3 (Good Health and Well-being).

Sarawak Counselling Colloquium 2025

On 20 June 2025, UNIMAS organised the 5th Sarawak Counselling Colloquium (SCC 2025), which introduced the Human Resilience Library (HRL) as an initiative to strengthen emotional resilience and mental health support within the community. The initiative promotes open conversations, shared experiences, and guidance from individuals who can provide early emotional support before professional

counselling is needed. This initiative highlights UNIMAS's contribution to mental health awareness and the development of accessible support networks that can help individuals, including staff, cope with emotional challenges and improve psychological well-being.

Keywords: Mental health support, emotional resilience, counselling services, early emotional support, mental health awareness, psychological well-being.

Reference Link: Sarawak Counselling Colloquium 2025



Mental Health in the Creative Space: Practical Support Strategies

Faculty of Applied and Creative Arts (FSGK) organised a mental health talk titled Mental Health in the Creative Space: Practical Support Strategies on 9 July 2025. The session addressed mental health challenges such as burnout, perfectionism, anxiety, and social isolation, which can affect individuals in creative and academic environments. It also introduced the SARAH framework (Support, Assess, Refer, Assist, Help Follow Through), providing staff and lecturers with practical guidance on offering initial support to colleagues or students experiencing emotional distress. This initiative strengthens mental health awareness and encourages a more empathetic and supportive working environment within the university.

Keywords: Staff mental health, mental health awareness, workplace well-being, burnout prevention, emotional support, SARAH framework, psychological well-being.

Reference Link: [Mental Health in the Creative Space: Practical Support Strategies]



Psychoeducation Programme on Mental Health Awareness and Psychological Support for UNIMAS Staff (2025)

On 23 April 2025, the Psychology and Counselling Section (PsyCon) of Universiti Malaysia Sarawak (UNIMAS) organised a psychoeducation programme for academic and administrative staff at the Faculty of Engineering. The programme focused on strengthening awareness and understanding of mental health through the introduction of the Mental Health Action Plan, which covered prevention, intervention and follow-up measures. Participants were also guided on psychological crisis management, professional referral procedures and the importance of maintaining confidentiality when handling mental health concerns. Through counselling simulations, interactive activities and discussions, the programme equipped staff with basic knowledge and practical skills to recognise psychological challenges and respond appropriately to individuals experiencing emotional distress. This initiative reflects UNIMAS's efforts to promote mental health awareness and strengthen psychological support within its university community.

Keywords: Mental health awareness, psychological well-being, staff mental health, psychoeducation, Mental Health Action Plan, psychological crisis management, counselling support, emotional distress, psychological intervention, professional referral, workplace support, academic and administrative staff.

Reference Link: [Psychoeducation Programme on Mental Health Awareness and Psychological Support for UNIMAS Staff (2025)]

