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From: Unit Komunikasi Korporat
Sent: Sunday, March 17, 2019 3:38 PM
To: UUM - All Staff; UUM - All Students
Subject: SUKUUM 2019 Cultivates Healthy Lifestyle Among UUM Campus Community



Unit Komunikasi Korporat
CORPORATE COMMUNICATION UNIT
Universiti Utara Malaysia

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"UUM : UNIVERSITI PENGURUSAN TERKEMUKA"
(THE EMINENT MANAGEMENT UNIVERSITY)

Translated by Mahaliza Mahadhir

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SUKUUM 2019 CULTIVATES HEALTHY LIFESTYLE AMONG UUM CAMPUS COMMUNITY



UUM ONLINE: Universiti Utara Malaysia (SUKUUM) Sports Championship is the best mechanism for cultivating healthy lifestyle among the university campus community, especially among students.

Kedah State Government Executive Councillor (exco) member Mr. Asmirul Anuar Aris said the Championship could be the best mechanism to foster teamwork regardless of the background of the athletes involved.

According to him, UUM had also succeeded in gathering students not only to cultivate healthy lifestyle, but also to build self-esteem and fighting spirit.

"The experience gained from participating in this championship can help in developing future leaders who are active and healthy, thus boosting national productivity," said Mr. Asmirul Anuar Aris during the SUKUUM 2019 Championship Launching Ceremony at the UUM Stadium last Friday.

Meanwhile, Vice-Chancellor, Prof. Dr. Ahmad Bashawir Abdul Ghani in his speech said that SUKUUM was organised to foster healthy lifestyle among students.

He also reiterated that, SUKUUM provided the best platform to identify new talents to be featured as potential athletes to represent the university at national-level sports championships such as MASUM and SUKIPT.

"I hope all athletes will compete fairly and strengthen the relationship between students.

"I fervently hope the fighting spirit and the spirit of competitiveness will not only make their presence felt during sporting events, but can also be applied in the daily life of the students because healthy bodies and intelligent mind will help increase productivity," he said.

SUKUUM 2019 officially began on 15 until 27 March involved seven sports events namely netball, basketball, squash, sepak takraw, kayaking, cross-campus and petanque. The events will be held within the vicinity of the UUM Sports Complex.

SUKUUM runs in two phases with the first phase runs from 15 until 27 March, while Phase 2 is in October.

At the same event, the Athletic Glasses Scheme was launched and a replica of SUKUUM sponsorship cheque by OPTOM Optical company was presented.

At the end of the event, the Grant Student Residential Hall (INASIS) was named the SUKUUM Best Contingent while TM INASIS bagged the SUKUUM Best Cheering Team award.

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