

Sarkina Bt Mat Saad @ Shaari

From: Unit Komunikasi Korporat
Sent: Wednesday, November 7, 2018 11:35 AM
To: UUM - All Staff; UUM - All Students
Subject: Klinik Golf@OYAGSB Tingkatkan Daya Konsentrasi



Unit Komunikasi Korporat
CORPORATE COMMUNICATION UNIT

Universiti Utara Malaysia

7 NOVEMBER 2018 / 29 SAFAR 1440H

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

Oleh: OYAGSB

KLINIK GOLF@OYAGSB TINGKATKAN DAYA KONSENTRASI



UUM ONLINE: Klinik Golf@OYAGSB memberi peluang kepada setiap staf Othman Yeop Abdullah Graduate School of Business (OYAGSB) menjalani gaya hidup sihat.

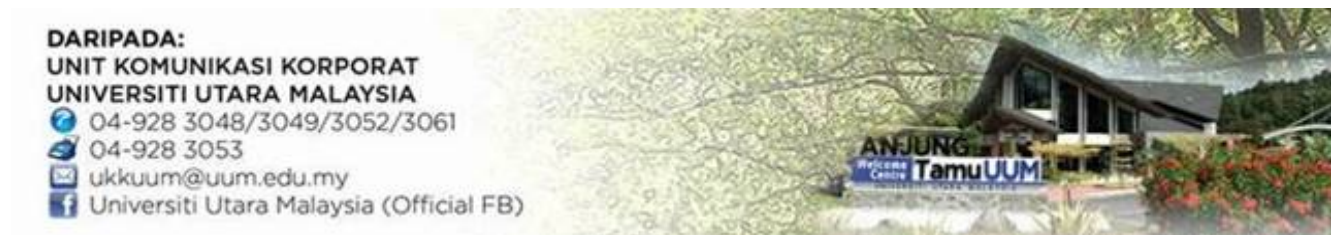
Peserta melibatkan diri dalam aktiviti sukan bagi memperoleh manfaat dari segi fizikal dan mental di samping mengeratkan ukhwah sesama staf.

Usaha ini dilaksanakan oleh OYAGSB kepada semua staf bertempat di Driving Range, Akademi Golf Nasional UUM (UUMNGA).

Selain itu, sukan golf dikatakan mampu meningkatkan daya konsentrasi pemain dan mendidik pemain untuk bersikap tenang serta fokus dalam menghadapi sebarang situasi.

Staf turut berpeluang mendapatkan bimbingan serta latihan dalam aspek teknik asas sukan golf daripada Resident Faculty OYAGSB, Prof. Madya Dr. Zahiruddin Ghazali.

Turut hadir memberi dorongan dalam program ini adalah pemain golf kebangsaan yang sedang mengukir nama, Muhammad Wafiyuddin Abdul Manaf.



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