



STAY HEALTHY: Bujang Nor (right) and Dr Kiyu flag off a bicycle convoy from Unimas to UiTM in conjunction with the launching of the 'Tak Nak Merokok' programme.

Unimas remains 'No Smoking' zone, says board chairman

TBP

Thurs 30 Aug '07 P5

SAMARAHAN: Universiti Malaysia Sarawak (Unimas) will remain strictly a no-smoking campus, said board chairman, Tan Sri Bujang Mohd Nor, yesterday.

"Students and staff members are not allowed to smoke, and selling cigarettes is also strictly prohibited," he told a news conference yesterday when he launched 'Karnival Sihat Sepanjang Hayat - Jom Tak Nak Merokok' at the campus.

Bujang said the ruling was enforced 13 years ago when the university was first established.

He warned that spot checks would continue to be carried out to ensure that such ruling was strictly adhered to, adding that disciplinary action would be taken against students found smoking or possessing

cigarettes. Normally, those found smoking would be referred to the student disciplinary committee which decides on what action to be taken, he explained.

According to him, there had been "one or two students" caught smoking and disciplinary action had been taken against them.

"So far discipline among the students (those caught smoking) has been good and that must continue," he said.

Bujang also told reporters that the university had a counselling programme for student smokers.

Earlier on, he urged the students and staff to give serious attention to their health by taking recreational activities.

"Take some time for recreational

activities to stay healthy," he advised, suggesting that staff can take recreational activities during the day and continue their work at night.

Citing himself as an example, he said at the age of 72 he still played tennis and continued his work at night.

He also said that the lifestyle of the people had changed due to development, modernisation and socio-economic improvements.

This, he said, had caused some health problems because the people were paying less attention to physical activities. Present at the ceremony were Health Department director Dr Andrew Kiyu and Unimas deputy vice chancellor Prof Dr Khairuddin Abd Hamid.