

PHYSICAL HEALTH-CARE SERVICES

STRONGER TOGETHER: BUILDING MENTAL & PHYSICAL RESILIENCE

On 2 October 2025 (Thursday), the Counselling, Career and Alumni Sector of UPTM successfully organized the program *"Stronger Together: Building Mental & Physical Resilience,"* which offered valuable content focused on enhancing the mental and physical well-being of the campus community. The eNCD Program & Health Screening, held at LT 5.1, Level 5, UPTM from 9:00 AM to 1:00 PM, received an encouraging response, helping students and staff monitor their health status while raising awareness on the importance of preventing non-communicable diseases.



HIV/AIDS AWARENESS CAMPAIGN

Meanwhile, the HIV/AIDS Awareness Campaign – Red Ribbon took place at Nilam Hall, Level 2, UPTM from 8:30 AM to 11:00 AM, creating awareness about HIV/AIDS, emphasizing the importance of community support, and reducing stigma towards those affected.





SARINGAN KESIHATAN (11 Disember 2025)



LET'S ZUMBA SWEAT MORE (25 Jan 2025 & 5, 12 dan 26 Feb 2025)



FIESTA RAKAN MUDA PERINGKAT WPKL (30 Ogos 2025)









FUN WALK SENAM MINDA (12 Oktober 2025)



SISWI MERDEKA FUN RUN (24 Ogos 2025)





SEXUAL AND REPRODUCTIVE HEALTH-CARE SERVICES

PINK RIBBON INITIATIVE SARINGAN KESIHATAN WANITA (BREAST CANCER)

In addition, the Pink Ribbon initiative, held at the Counselling Room from 8:30 AM to 11:00 AM, provided participants with the opportunity to undergo early screening for cervical and breast cancer, highlighting the importance of early detection in saving lives and promoting awareness of women's health care.





YOUTH HEALTH FESTIVAL 2025 (AIDS & HIV) (15 NOV 2025)







MENTAL HEALTH SUPPORT FOR BOTH STAFF AND STUDENTS COUNSELLING, CAREER AND ALUMNI SECTOR

The Counselling, Career and Alumni Sector of UPTM successfully organized the program “*Stronger Together: Building Mental & Physical Resilience,*” which provided valuable content focused on the mental and physical well-being of the campus community

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KAUNSELOR ANDA KAMI SEDIA MEMBANTU

📅 ISNIN - JUMAAT ⌚ 8:30 AM - 5:30 PM 📍 TINGKAT 2, UPTM

Untuk maklumat lanjut layari sosial media kami: [@KauselingUPTM](#) UPTM STUDENT AFFAIRS AND ALUMNI

Feeling overwhelmed with academic pressure, personal challenges, or just need someone to talk to? You don't have to go through it alone. At UPTM, support is always within reach. Our Trainee Counsellor is ready to provide a safe, confidential, and non-judgmental space where you can openly share your thoughts and feelings while being guided towards meaningful solutions. Whether you need a listening ear, help with unresolved issues, or emotional support, this service is here for you.

JOM JUMPA KAUNSELOR
"YOUR MENTAL HEALTH MATTERS"
A LOT OF PROBLEMS IN THIS WORLD WOULD DISAPPEAR IF WE TALKED TO EACH OTHER

ENCIK HARIS
KAUNSELOR PELATIH

PERKHIDMATAN

- Kaunseling Individu
- Kaunseling Kelompok
- Kaunseling Kerjaya
- Kaunseling Keluarga, Perkahwinan & Pasangan

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SCAN ME

CIK HUMAIRAH
(KAUNSELOR PELATIH)

Perkhidmatan kaunseling dan bimbingan.

"Saya sedia menjadi pendengar anda."

1. KAUNSELING INDIVIDU
2. KAUNSELING KELOMPOK
3. KAUNSELING KELUARGA
4. BERBINCANGAN BERKAITAN KESEHATAN MENTAL
5. SESI BIMBINGAN
6. UJIAN PSIKOLOGI DAN PERSONALITI

UNTUK MEMBUAT JANJI TEMU
LOKASI: BAHAGIAN KAUNSELING, KERJAYA DAN ALUMNI, ARAS 2.

EMAIL: HUMAIRAH088@GMAIL.COM

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ATAU SCAN QR CODE DI SINI

SCAN ME

**ANDA KELIRU?
SAYA BANTU**

**JOM!
JUMPA
KAUNSELOR**

SESI ADALAH PERCUMA
KERAHSIAN TERJAMIN
TERBUKA KEPADA SEMUA PELAJAR

PERKHIDMATAN YANG DITAWARKAN

- KAUNSELING INDIVIDU
- KAUNSELING KELOMPOK
- KAUNSELING KERJAYA/ KELUARGA
- UJIAN PSIKOMETRIK
- PERKAHWINAN/ PASANGAN

HUBUNGI SAYA
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sitiaainaa246@gmail.com

SCAN ME

I'm here, reach out! there's no shame in reaching out

JELAJAH MINDA SIHAT

The Jelajah Minda Sihat Series 2 was held on 18 January 2025 at MyTOWN Shopping Centre, Kuala Lumpur, organized by NCEMH under the Ministry of Health Malaysia. The program focused on promoting mental health awareness through casual talks, health exhibitions, screenings, and interactive activities for the public. It also featured participation from agencies such as Yayasan Budi Ihsan Malaysia (YBIM) and LPPKN Kuala Lumpur, which set up special booths to engage with the community.









INVENTORI PSIKOLOGI

(12 Mac 2025)





SARINGAN MINDA SIHAT (22 April 2026)



KURSUS PENGURUSAN STRES BERSAMA DR MALAR (30-31 Julai 2025)







JOM NGETEH BERSAMA KAUNSELOR (18 Feb 2025)



(12 Ogos 2025)



(19 Ogos 2025)



STRESS MANAGEMENT TALK (20 Mei 2025)



(4 Ogos 2025)



EMPOWERING MINDS (18-20 Mei 2025)



(3-5 Ogos 2025)

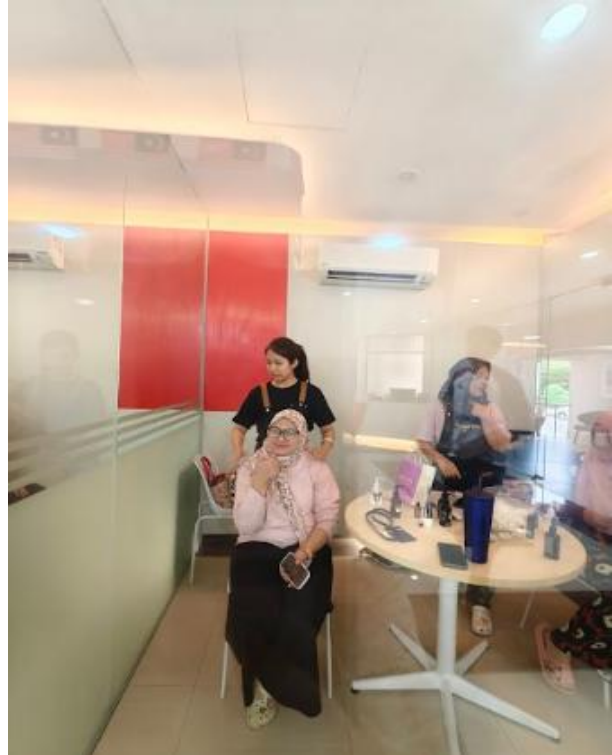


(14-16 Disember 2025)

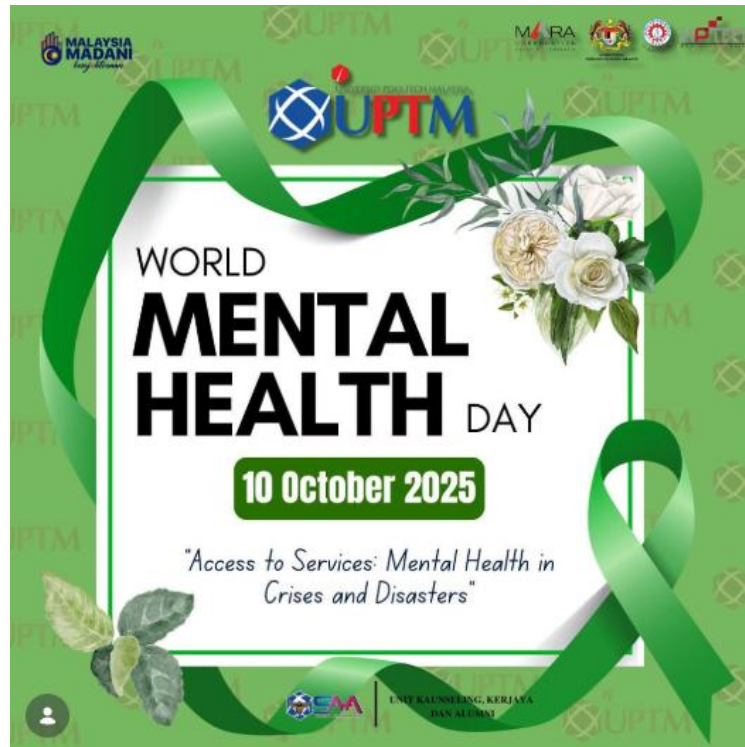


KEMPEN KESEDARAN PENJAGAAN PSIKOLOGI (19 Nov 2025)





WORLD MENTAL HEALTH DAY



SAMBUTAN BULAN KESIHATAN MENTAL PERINGKAT KEBANGSAAN (12 Oktober 2025)







DEPRESSION, ANXIETY & STRESS SCALE (DASS) INVENTORY

The Depression, Anxiety & Stress Scale (DASS) Inventory program serves as a simple emotional check-up to help you better understand how you have been feeling lately. Sometimes we think we are “doing fine,” but when we take a moment to pause and reflect, we may realize that we have been holding a lot inside. There is no need to worry, as all responses are strictly confidential and will not be seen or judged by anyone—this is purely for your own self-awareness. Take a little time to understand yourself better. The program will be held at the UPTM Lobby on 9 April 2025 (Wednesday), from 9:00 AM to 12:00 PM.



PERTANDINGAN VIDEO KREATIF KESIHATAN MENTAL 2025

The program, held on 18 November 2025 from 9:30 AM to 11:30 AM at Dewan Nilam, Universiti Poly-Tech Malaysia (UPTM), and organized by the Counselling, Career and Alumni Sector, UPTM, aimed to recognize students who demonstrated creativity in producing short videos themed around mental health, featuring two competition categories: Individual and Group. The ceremony was officiated and the prizes were presented by Dr. Hasbullah bin Seman, Director of Student Affairs and Alumni, with a total of 10 prizes awarded to winners across both categories. The event was further enlivened by screenings of the winning videos and a photo session, while also promoting awareness of mental health among students, enhancing creative talents and visual communication skills, and recognizing students' efforts in delivering positive and meaningful messages.



UPTM
UNIVERSITI POLYTECH MALAYSIA

PERTANDINGAN VIDEO KREATIF

TEMA: **KESIHATAN MENTAL**

TEMPOH PERTANDINGAN 10 NOV - 15 NOV 2025
TERBUKA KEPADA SEMUA PELAJAR UPTM

Dua kategori penyertaan:
Kategori Individu
Kategori Kumpulan (maksimum 4 orang)

Kategori Individu	Kategori Kumpulan
Tempat Pertama – RM300	Tempat Pertama – RM500
Tempat Kedua – RM200	Tempat Kedua – RM400
Tempat Ketiga – RM150	Tempat Ketiga – RM300
Tempat Keempat – RM100	Tempat Keempat – RM200
Tempat Kelima – RM100	Tempat Kelima – RM200

Daftar kategori Individu : 

Daftar kategori Kumpulan : 

Anjuran Bersama :   





SEMINAR PEMULIHAN KESIHATAN MENTAL PERSPEKTIF PSIKOSPIRITUAL (14 Oktober 2025)



