



KENYATAAN MEDIA

500 Participants Liven Up Jom Fit Program with UniMAP SUKSIS

Sungai Chuchuh, December 4, 2016 - A total of 500 participants took part in various programs in conjunction with Jom Fit Program with the Police Undergraduate Voluntary Corp (SUKSIS) which took place at the Unicity ALAM Campus Universiti Malaysia Perlis (UniMAP), recently.

The program was organised by the UniMAP SUKSIS Club and UniMAP Sports Centre and it was divided into three events, namely '5 Kilometer Run Zorro', 'Fear Factor Physical Fitness' and Traditional Sports.

Program Director, Danial Mirza Muammar Rozilan said, SUKSIS Jom Fit Program was organized to improve the fitness of the body and the mind of the SUKSIS members plus to test their mental and physical endurance.

"This is the first time that we organize Jom Fit Program and we did not expect to get an overwhelming response.

Other than the SUKSIS members, UniMAP staffs and locals took the opportunity to participate in these events, thus, rendered positive impact on the local community, " he said.

Meanwhile, the Deputy Commander of UniMAP SUKSIS, SUKSIS Supt, Assoc. Prof. Dr. Khairul Nizar Ismail launched the opening ceremony of 'Zorro 5KM Run' while the closing ceremony officiated by Assistant Superintendent Raja Shah Erman Raja Arifin.

Also present were the Principal of Unicity Alam Residential College, Sir Syed Akhmal Syed Jamalil, President of UniMAP SUKSIS Club, Muhammad Ikhwan Faruk Abdul Karim and the Training Officer of SUKSIS.

Besides the exciting events, the Blood Bank Unit of Hospital Tuanku Fauziah also offers an opportunity for the participants and the public to donate blood.

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