

Stride Towards Wellness: OSH Fun Run 2023



KUCHING: On 26 August 2023, I-Systems College Kuching successfully organized its annual event, the OSH Fun Run 2023, on August 26th. The run saw active participation from both staff and students hailing from AITC Kolej Kuching and I-Systems College Kuching.

Head of the Department of Occupational Safety and Health (OSH) emphasized the primary objective of this program: to raise awareness about the importance of health among college staff and students.

Head of the Department of Occupational Safety and Health (OSH) stated that, our goal extends beyond promoting an active lifestyle among college staff and students. We also aim to combat obesity and encourage healthy stress management through activities like running or walking.

In addition to these objectives, the program also seeks to foster stronger bonds between the staff and students at I-Systems College Kuching and AITC Kuching.

Referred to the National Health and Morbidity (NHMS) 2022 Public Health: Adolescent Health Survey, revealing that one in three Malaysian teenagers is overweight or obese, primarily due to lifestyle and dietary habits.

Four out of five adolescents lead a physically inactive lifestyle, with two out of three engaging in sedentary behaviors, as reported by the NHMS survey.

This OSH Fun Run 2023 aligns with the vision and commitment of our OSH safety committee to promote a healthy lifestyle every day.

The OSH Fun Run 2023 was organized by I-Systems College Kuching Student Council in collaboration with the College Safety and Health committee.

The success of the event was further enhanced by the dedication of student volunteers and sponsorship from Happy Sun Supermarket, WT Mart, Musbee Catering, and several college students.

Ends///

PICTURE DURING OSH FUN RUN 2023



