

A healthy get-together in Sri Serdang

UPM students share knowledge with residents at *Jom Sihat* carnival

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Photos by RAJA FAISAL HISHAN

STUDENTS from Universiti Putra Malaysia (UPM) had the chance to share their knowledge with the community in Sri Serdang at a *Jom Sihat Serdang* carnival held at the Sri Serdang Lake recently.

The carnival was co-organised by UPM's medical and health science faculty, food and dietetic department, food and dietetic club committee and the Subang Jaya Municipal Council (MPSJ).

Visitors to the carnival learnt about healthy lifestyles at the information booths.

There was a green-themed colouring con-

test for children, a health food cooking competition, a *gotong-royong*, speed boat show, tug-of-war, musical chairs, *congkak* and mini golf.

UPM medical and health science faculty dean Prof Dr Norlijah Othman said this was a way for students to learn soft skills.

"It is a way to link students with the community and for them to practise what they had learnt.

"Instead of being confined to classrooms, the students had the chance to interact with the community," she said.

MPSJ councillor Sufari Tinnin, who attended the carnival, said the event was part of the council's efforts to make Sri Serdang a green town.



Creative endeavour: Children eagerly taking part in a green-themed colouring contest.



Fun time: Young visitors to the carnival having fun with the games and activities organised.



Towards good health: A visitor receiving a blood screening.