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STUDENTS confined to their education institutions have been keeping busy amid the movement control order (MCO).

Many utilised the time to catch up on their coursework, some picked up new skills, while others volunteered to help their fellow students.

Universiti Kebangsaan Malaysia (UKM) Ethnic Studies student Mansurni Abadi, 25, from Lampung, Indonesia, became a part-time food delivery worker and student helper.

"I work on my thesis and I deliver food to other students on campus. I also started a campaign with friends to stop the spread of fake news, which causes panic, by disseminating legit information from trusted sources on our student

Keeping busy on campus

Facebook page, Demokrat UKM. We have over 6,000 followers."

The spirit of altruism, said Mansurni who has been active in social work since young, keeps him positive.

"The MCO requires social distancing, not psychological distancing. We can still connect and support each other virtually," he said, adding that UKM has a strong support system for students staying on campus.

Universiti Malaya (UM) real estate student Muhammad Afiq Danial Bin Mohd Azman, 22, has created a 'MCO timetable'.

"Instead of just studying and doing assignments 24/7, I make

time to relax, and go online to watch shows and catch up with family," he said, adding that it is lonely as many students had left campus.

"We've taken the freedom to move around for granted."

Universiti Putra Malaysia (UPM) Biotechnology student Keita Isago, 21, from Shizuoka, Japan, is brushing up on his English language skills and studies, while keeping fit.

Despite being away from family and friends, he is coping well thanks to technology which lets him keep in touch with his loved ones.

UPM, Keita said, makes sure that students won't have to worry about

food and necessities.

"The staff are kind and respond quickly to students."

His campus mate, Fatima Asseidali Mohamedahmed Amlis from Sudan, keeps busy by drawing and playing the guitar.

"I work out and started getting in touch with old friends. I also worked on my Final Year Project (FYP). The MCO is a good opportunity for students to improve ourselves," she said, adding that family bonding is possible via phone and video calls.

"I contact my family three times a day to chat," she said, while praising the Malaysian government's effort in curbing the spread of

Covid-19.

Besides working on his FYP and assignments with group mates via the Internet, Universiti Sains Malaysia (USM) civil engineering student Au Soung Ying, 24, said he has been exercising more these days.

"I do Tabata (high-intensity intermittent exercise) everyday, which I stream live online."

Another USM student Yonina Teah, 22, took up guitar lessons to fill her time.

"I started learning how to play the guitar through YouTube. It's something I've wanted to do for some time," said the communications student from Taiping.