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# Good dose of fun at health carnival

**Rizuwan Zaini**

**KUALA LUMPUR:** As part of its social service, Universiti Teknologi Mara's medical faculty students organised a series of fun-filled activities for residents of PPR Kg Li-mau in Pantai Dalam here.

The fourth-year medical students also conducted free health checks for the community there.

Federal Territories and Urban Wellbeing Minister Datuk Raja Nong Chik Raja Zainal Abidin officiated the event titled "Gempak Health Carnival 2010".

The event attended by over 1,000 residents, kicked off with an aerobics exercise session followed by telematches, and colouring competition for the children.

A series of talks were held and there were booths providing information on family planning, HIV/AIDS, drug abuse, diabetes and other common ailments.

A blood donation booth was also set up.

The National Population and Family Development Board (LPPKN) also set up a booth to highlight stress-related issues and parenting skills.

Marziah Md Nor, a mother of seven, said the health carnival was a wonderful event. She had an opportunity to check her stress level and to seek the assistance of the LPPKN counsellors.

Residents were able to undergo free medical screenings for diabetes, hypertension and obesity. There were also eye and dental checkups.

The young and the elderly were also seen taking part in many games.

Raja Nong Chik said the event was a praiseworthy effort by the students to promote a healthy lifestyle among the residents.

The prizes and gift vouchers were sponsored by Proton, Nestle, Pembinaan Mas-rafan Sdn Bhd, Kenny Rogers Roasters, Borders Bookstore, YaPEIM and CMP United Medica.



Datuk Raja Nong Chik Raja Zainal Abidin checking his blood pressure at the carnival.  
— Picture by Rizuwan Zaini