



Faculty of Engineering
School of Computing
Semester II 2021/2022

EXTRA-CURRICULAR ACTIVITIES REFLECTION REPORT

Mind Your Shape, Shape Your Mind

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This program is conducted by one of the clubs in UTM which is known as Psychology Interactive Club. This program has set their uniqueness by creating 2 different slots that being held in the same day. This means that this program has 2 parts and they had separated the sessions according to the main focus.

Since this program has two sessions, they had invited two individuals that acted as the speakers. For the first session, they had invited Mr. Muhammad Syamil Bin Ishak, a nutritionist at Cameron Highland District Health Office with the main focus is physical health. He had talked about how an individual can have a well-rested mind when they consume healthy balance diet in their daily life. Not only that, he also had shared some tips on what type of food that we should consume and what we should consume less.

Then, for the second session which is held on the evening of the same day, they had invited Director of UTM Counselling Centre, Dr. Zulfikar Bin Ahmad to talk about mental health. His main interest during his speech is the importance of having a healthy mental health for an individual. He also highlighted the way or steps in achieving healthy mental health that is really interesting.

At the end of both sessions, the audiences can freely ask any question they had in mind so that the speakers can answer them as well as try to solve the problem stated by the audiences.