

***Friday 14 Jan 2022 (1:00pm – 1:30pm) & *Saturday 15 Jan 2022 (12:30pm -1.00pm)**

**The videos and virtual tour are available throughout the day. Above are suggested timings for viewing.*

Mindfulness Therapy Video

Facilitated by a Psychological Medicine specialist (Dr Lim Poh Khuen from Universiti Malaya Medical Centre), this session aims to help you to be calm and relax and to prepare your mind for another long session in the afternoon.

Malaysian Culture Video

View the various traditional dances ranging from Malay (Fan) dance, Chinese (Lotus) dance and Indian (Bhangra and Folk) dance as well as the attractions in Malaysia.



The Rimba Ilmu Virtual Tour

Virtually visit this tropical botanical garden set up in the Universiti Malaya campus. The garden emphasises the flora of the Malaysian and Indonesian regions with a living collections of over 1,600 species.



Friday 14 Jan 2022 (12:30pm – 1:00pm) Recorded
Saturday 15 Jan 2022 (12noon -12.30pm) Live
Zumba Fitness Exercise

Get up and exercise with Sports Medicine specialist – Prof Nahar from Universiti Malaya Medical Centre. This session aims to help you loosen the stress and energise you for the next session.