

Problem Based Learning in Islamic Management

Edited by
KHALIQ AHMAD



IIUM Press

PROBLEM BASED LEARNING IN ISLAMIC MANAGEMENT

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TABLE OF CONTENT

| | Page |
|--|------------------|
| <i>Preface</i> | 3 |
| <i>Acknowledgement</i> | 4 |
| Chapter-1 Eat Healthy and Help The Needy <i>Khaliq Ahmad/Fatima Fareeha et.al.</i> | 7 |
| Chapter-2 Share a Smile with Orphans <i>Khaliq Ahmad/Habib Abu Omar et.al.</i> | 21 |
| Chapter-3 Upgrading Facilities of KENMS Musolla <i>Khaliq Ahmad/ Nurul Afifa Sofin, et.al.</i> | 34 37 |
| Chapter-4 Facebook Addiction among Students <i>Khaliq Ahmad/ Nur Izzati, et.al.</i> | 48 |
| Chapter-5 Types of Food Awareness among School Children <i>Khaliq Ahmad/ Norsyuhada Zainal, et.al</i> | 58 |
| Chapter-6 The Wisdom Behind the Do's and Don'ts in Islam <i>Khaliq Ahmad/ Mohd Amin Firdaus, et.al</i> | 78 |
| Chapter-7 Unemployed KENMS Graduates <i>Khaliq Ahmad/Intan Paraha, et.al</i> | 98 |
| Chapter-8 Be Aware of Stealing- A Campaign <i>Khaliq Ahmad/Norazleen bt. Othman</i> | 108 |

| | | |
|------------|--|-----|
| Chapter-9 | Theft Prevention in Brothers Mahallahs <i>Khaliq Ahmad/Baktash Sharifi, et.al.</i> | 119 |
| Chapter-10 | Healthy Lifestyle among IIUM Students <i>Khaliq Ahmad/ Rira Zulyani, et.al</i> | 133 |
| | About the Editor | 147 |

Chapter-10

Healthy Lifestyle among IIUM Students

Khaliq Ahmad/ Rira Zulyani, et. al

Introduction

Obesity means having too much body fat. It is not the same as being overweight, which means weighing too much. A person may be overweight from extra muscle, bone, or water, as well as from having too much fat. Both terms mean that a person's weight is higher than what is thought to be healthy for his or her height. Health Minister Datuk Seri Liow Tiong Lai said obesity is becoming the major health issue in Malaysia with the number of obese people almost tripling in the past 15 years from four per cent in 1996 to 14 per cent in 2010. Since obesity is the gateway to other chronic diseases such as high blood pressure, heart and kidney problems, the risk of more Malaysians developing these diseases will become greater in future.

Because of that fact, our group has chosen a topic which is “**awareness of healthy lifestyle among IIUM students**”. Objective of this project is to know how deep the students are care about their healthy lifestyle. Our vision for this project is “Health is Wealth”.

Base on this project, we have done some activities such as:

- 1- Conduct a survey: each of group members distribute survey form among students.
- 2- Conduct BMI project: we have set 2 days to conduct this BMI calculation which is at HS café and mahallah. Every participant will receive a badge as a token of appreciation.
- 3- Create a blog.
- 4- We have created our own product which is button to be selling to students.

OVERVIEW OF OVERWEIGHT IN MALAYSIA

Overweight is generally defined as having more body fat than is optimally healthy. Like other nations experiencing rapid industrialization, urbanization and a nutrition transition, there is concern in Malaysia of a possible escalation in the prevalence of overweight and obesity. In 1996, the National