

Sabah doc's suicide a wake-up call: Sabah Medical Association

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By: David Thien

Kota Kinabalu: The recent case of a 30-year-old specialist who committed suicide in Lahad Datu is an alarm bell that issues regarding depression and mental health cannot be taken lightly.

Holistic medicine should include the mental aspect that we cannot see physically, said Sabah Medical Association President Datuk Dr Christina Rundi.

"When we want to find out on how many people in Sabah committed suicide in the past. There is no available data. Some families might not want to report on suicide," she said.

Dr Rundi drew attention to overworked doctors suffering from burnout which affect mental health. She and Gynaecologist and Obstetrician Dr Felice Huang were fellow houseman serving in Queen Elizabeth Hospital during the start of their medical career and recalled that they were very well looked after by their nurses. It may not be so today.

She recalled a recent case of a 16-year-old student who fell or leaped off a high-rise building and wished there was a counselling service that the student could have reached out to for help.

Dr Rundi is concerned over disturbing trends in the Adolescence Health survey 2022 – on those studying in Form 1 to Form 5 in Malaysia.

"There were 280 schools selected nationwide to participate in the survey and 16 were from Sabah with about 2,342 students selected to give feedback on their prevalent health risk behaviour from loneliness, inability to sleep due to worry, suicidal ideation, suicidal plan, suicidal attempt to depression.

"20 per cent reported suffering from loneliness, 15 per cent had sleep worry woes. 15 per cent had entertained suicide thoughts and 10 per cent had made a suicide attempt while 30 per cent suffered from depression."

The statistics from Sabah showed a higher percentage than the national average figures. Depression is a common mental health problem among adolescents worldwide. It can manifest as symptoms such as sadness, guilt, low self-esteem, a lack of happiness and dissatisfaction with their surroundings.

Depression can also cause individual problems such as difficulty sleeping, loss of appetite, lack of energy, and easy despair, leading to suicidal ideation.

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"Sabah Voices to Action - Shaping Sabah's Future Together" is a citizen-driven, non-partisan initiative running from March to June 2025, dedicated to amplifying Sabahans' voices, fostering meaningful discussions, and shaping policies on education, healthcare, public infrastructure, and good governance.

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Together, we can build a stronger, more inclusive Sabah!

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Blue carbon initiative to fight poverty

Nikko Fabian

KOTA KINABALU: A groundbreaking initiative spearheaded by the Bimp-laga Business Council (Sabah) aims to tackle poverty and environmental degradation in northern Sabah's Kota Marudu and Pitas districts.

BIBC chairman Dr Raymond Alfred unveiled a comprehensive blue carbon programme designed to integrate mangrove conservation, sustainable fishing practices, and solar energy deployment, creating a climate-smart model for economic development.

He highlighted the critical need for collaboration between large-scale plantation companies and local communities, emphasizing that the current economic situation, with households earning only RM500-RM700 monthly, constitutes a structural crisis demanding systemic solutions.

Raymond sharply criticized the ineffectiveness of current government cash handout programmes, arguing they fail to address root causes and create dependency rather than empowerment.

He further challenged Parti Warisan's Wira Chief, Terence Au, to engage more deeply with local realities before offering

broad policy recommendations.

The proposed blue carbon initiative focuses on empowering local communities through sustainable income generation and improved infrastructure.

This includes addressing land tenure insecurity, providing access to electricity, water, and communications, and creating sustainable employment opportunities.

Joint ventures with plantation companies, particularly the top 10 oil palm companies operating in Sabah, are central to the plan. Dr Alfred specifically invited IOI Corporation, Genting Plantations, Sawit Kinabalu, Wilmar International, FGV Holdings, and others to participate.

"The initiative also emphasizes youth development and entrepreneurship in sustainable resource management, partnering with government-linked institutions like the Sabah Forestry Department, Yayasan Sabah, Sedco, and Taman-Taman Sabah," Raymond stressed.

Raymond envisions a future where economic prosperity and environmental sustainability are intertwined, restoring dignity and opportunity for the communities of northern Sabah.

Bid to smuggle over RM1m worth of bonsai trees foiled



Some of the 2,780 bonsai trees.

KOTA BHARU: The General Operations Force (GOF) Southeast Brigade successfully foiled an attempt to smuggle ornamental plants from a neighbouring country by intercepting a lorry carrying over 2,000 bonsai trees during an operation dubbed 'Op Taring Wawasan Kelantan' in the Kij Pos JPN Pak Teh Kana area here on Tuesday.

Its commander, Datuk Nik Ros Azhan Nik Ahmad said that members of the GOF 18th Battalion conducted the seizure at 7:20 pm as a result of a routine patrol in the nearby border area.

"The inspection of the lorry found 2,780 bonsai trees suspected to be brought in from Thailand without any valid documents.

"These trees are believed to contain pests and diseases that can threaten local crops," he said in a statement today.

He also said that the 29-year-old lorry driver, a local man, was detained for further investigation, while the total value of the seizure, including the vehicle, was estimated at RM1.31 million.

"The case is being investigated under Section 5 of the Plant Quarantine Act 1976 (Act 167), and all seized items have been handed over to the Kelantan Plant Biosecurity Division for further action," he also said.

Nik Ros Azhan added said that the GOF will continue to enhance monitoring and operations at the country's borders to curb smuggling activities that could jeopardise the country's biosecurity, particularly in the agriculture and plantation sectors. - Bernama

Shoddy work in CLP exam



Report said candidates generally lacked drafting skills and had poor command of English. - Cover pic FMT

PETALING JAYA: A report on the performance of lawyers sitting for the Certificate in Legal Practice last year was damning, with examiners recommending that candidates do a six-month internship before being allowed to sit for the papers.

The report released recently by the Legal Profession Qualifying Board spoke of poor to average command of English, inadequate preparation, failing to understand questions, regurgitating model answers and not taking the examination seriously.

Their analyses were on each of the five subjects that the 1,174 candidates sat for in August last year. The subjects were general paper, civil procedure, criminal procedure, evidence and professional practice. The passing mark is 40pc for each of the papers.

Only 20pc - 25pc full passes

The report did not say how many of them obtained full passes but it's understood to be about 20pc to 25pc.

All candidates must pass all five subjects at one go before they are allowed to do their nine-month period as pupils in chambers before they can obtain their practising certificates.

Those allowed to sit for the examination a second

time were not

Generally, candidates were able to identify the legal issues involved but were poor at applying the relevant law to the facts even if the legal issues were identified, the authorities were not sufficiently cited," it said.

About 54pc of candidates failed the evidence paper, with the report saying most candidates were

Pengambilan Pelatih Baharu Bagi Kemasukan Julai 2025

