



# HEALTH, SAFETY, FIRE PREVENTION & HUMAN CAPITAL EMPOWERMENT ASSOCIATION (PANDU)

(PPM-002-10-22012024)

## ASSOCIATION PROFILE

UNIT 17-2, BLOCK B, KAWASAN PERNIAGAAN HELIKONIA, SG. CHOH AUTO CITY,  
RAWANG SERENDAH, 48200 RAWANG, SELANGOR

**03-6092 0717**

**[sugunadevi.1957@gmail.com](mailto:sugunadevi.1957@gmail.com)**

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## WELCOME MESSAGE FROM PRESIDENT

We at the Health, Fire Safety & Human Capital Empowerment Association (PANDU), Our association was founded with the mission to address some of the most vital areas of health, fire safety, and human capital empowerment through education, awareness and collaboration.



In an increasingly complex world, ensuring the health and safety of individuals and communities has never been more important. Through our association vision and mission, we strive to promote healthy living, reduce risks, and equip individuals with the knowledge and skills necessary to safeguard both physical and mental well-being.

Our focus on fire safety reflects our dedication to preventing devastating incidents and ensuring that communities are prepared to respond effectively when emergencies occur.

PANDU also place a strong emphasis on human capital empowerment, recognizing that people are our greatest asset. By providing resources, training, and development opportunities, we aim to foster a culture of empowerment, self-improvement, and Self-employment.

We believe that through sharing and collective action, we can create environment that allow individuals to thrive, excel and contribute to the well-being of society at large. Together, we are building a stronger, safer and more empowered community.

I extend my highest appreciation to the members of the Health, Fire Safety & Human Capital Empowerment Association (PANDU) and the esteemed colleagues involved in making this effort a success.

A handwritten signature in black ink, appearing to be 'Azlan Bin Dato' Ismail'.

**Azlan Bin Dato' Ismail**

PRESIDENT

Health, Fire Safety & Human Capital Empowerment Association (PANDU)

PPM-002-10-22012024

## ASSOCIATION INFORMATION

<b>Association</b>	<b>Health, Safety, Fire Prevention &amp; Human Capital Empowerment Association (PANDU)</b>	
<b>Registration No.</b>	PPM-002-10-22012024	
<b>Address</b>	Unit 17-2, Block B, Kawasan Perniagaan Helikonia, Sg. Choh Auto City, Rawang Serendah, 48200 Rawang, Selangor	
<b>Phone number</b>	03-6092 0717	
<b>Email address</b>	sugunadevi.1957@gmail.com	
<b>Committee member</b>	<b>President</b>	En Azlan Bin Dato' Ismail
	<b>Vice president</b>	En. Mohd Fauzi Manivanan Bin Abdullah
	<b>Secretary</b>	Pn. Sugunadevi A/P Arjunan
	<b>Assistant secretary</b>	Kameni A/P Kolandai guru
	<b>Treasurer</b>	En Lukman Nurhakim Bin Yatim
	<b>Committee member 1</b>	Khoghila A/P Rajandran
	<b>Committee member 2</b>	Shamsul Shah Bin Abdullah
<b>Auditor</b>	<b>Auditor 1</b>	Lalitha Ambigei A/P Maruthan
	<b>Auditor 2</b>	Gogulankrishnan

# ASSOCIATION REGISTRATION CERTIFICATE

PPM-002-10-22012024



**MALAYSIA**

*AKTA PERTUBUHAN 1966*  
PERATURAN-PERATURAN PERTUBUHAN 1984

BORANG 3  
(Peraturan 5)

## **SIJIL PENDAFTARAN**

*Adalah diperakui bahawa*  
**PERSATUAN KESIHATAN, KESELAMATAN KEBAKARAN & PEMERKASAAN MODAL INSAN**  
**17-2 BLOCK B,KAWASAN PERNIAGAAN HELIKONIA,SG CHOH AUTI CITY**  
**48200 RAWANG**  
**SELANGOR**

*hari ini didaftarkan sebagai suatu pertubuhan di bawah Seksyen 7*  
*Akta Pertubuhan 1966 dan bahawa nombor pendaftarannya ialah*

**PPM-002-10-22012024**

*Diperbuat dengan ditandatangani oleh saya pada*  
**22 haribulan Januari 2024**



**(WAN ZAINUL AZAM BIN KHAMID @ ABDUL MAJID)**

*b.p. Pendaftar Pertubuhan,*  
*Malaysia*

## **VISION**

- ➔ To create a society that prioritizes mental health through mental and physical health programs.
- ➔ To empower knowledge in the field of fire prevention skills to enhance a community skilled in firefighting.
- ➔ Encouraging the community to improve their identity towards empowering entrepreneurship to create self-employment.

## **MISION**

- ➔ Develop mentally and physically health of capable community through health programs.
- ➔ Minimize the workload on the Malaysian Fire and Rescue Department by reducing the rate of fires in schools, workplaces and homes with the knowledge provided by the association to the community.
- ➔ Empowering human capital in the field of fire protection skills to produce knowledgeable entrepreneurs.
- ➔ Encouraging community to improve their identity towards empowering entrepreneurship to create self-employment.
- ➔ Increasing awareness among members and the community to engage in Technical and Vocational Education and Training programs.

# MENTAL HEALTH PROGRAMS

## OBJECTIVES:

- ➔ Encourage members and community to defend their mental and physical health.
- ➔ Develop mental and physical of community through health programs.

## NEWSPAPER CUTTING: MENTAL HEALTH

June 13, 2024

### NHMS 2023: A Million People Aged Above 15 In Malaysia Suffer From Depression

By CodeBlue | 13 June 2024

According to NHMS 2023, depression in Malaysia has double since 2019, with nearly half having thoughts of self-harm or suicide. It is most prevalent among ages 16-29. 1 in 6 children are also likely to suffer from mental health problems.

KUALA LUMPUR, June 13 – The National Health and Morbidity Survey (NHMS) 2023 has revealed that approximately one million people, or 4.6 per cent, of those aged over 15 in Malaysia, suffer from depression.

The number of people with depression has doubled from 2019 to 2023, with nearly half of them having thoughts of self-harm or suicide, according to the NHMS report released last May 16.

The survey found that depression was more prevalent among younger age groups, specifically those aged 16 to 19 (7.9 per cent) and aged 20 to 29 (7.6 per cent).

The prevalence of depression in other age groups were: 30 to 39 (4.1 per cent), 40 to 49 (3.1 per cent), 50 to 59 (2.4 per cent), and 60 above (3.1 per cent).

For children, the survey reported that one in six children in Malaysia are likely to experience mental health problems. The burden of mental health problems among children has also doubled since 2019.

Approximately 46 per cent of children with mental health issues attributed their problems to peer-related issues. These include difficulty playing with other kids, having no good friends, being bullied, not being liked by other children, and getting along better with adults.

About 25 per cent have conduct problems such as frequent tantrums, disobeying instructions, lying or cheating, stealing, and fighting with other children.

Around 17 per cent have emotional problems, tending to worry a lot, often being unhappy, nervous or clingy, easily scared, and frequently complaining about headaches.

Another 8 per cent have hyperactivity problems, including restlessness, fidgeting, being easily distracted, having short attention spans, and acting impulsively.

## NEWSPAPER CUTTING: MENTAL HEALTH

July 2, 2024

NEW  
STRAITS TIMES

# Tackling teenage depression

July 2, 2024 @ 12:04am

The National Health and Morbidity Survey 2022 showed that one in four teenagers had experienced depression, one in eight had suicidal thoughts and one in 10 had attempted suicide. - NSTP filepic

**LETTERS:** The prevalence of mental health problems among young people is worrying and requires immediate attention and creative solutions.

The National Health and Morbidity Survey 2022 showed that one in four teenagers had experienced depression, one in eight had suicidal thoughts and one in 10 had attempted suicide.

Young people face a variety of issues that have an impact on their mental health, from the constant presence of social media to the rising demands of social and academic life.

Dr Nurashikin Ibrahim, a public health specialist, stated that the increase in the percentage of teenagers feeling lonely, which is one of the symptoms of mental illness, could be due to a lack of communication with their parents rather than a lack of peers.

"When they feel lonely, they choose gadgets. When we use gadgets too much, we will communicate less physically," she said.

She said that depression, at any age, must be identified before further therapy is provided. Therefore, parents and communities need to take the initiative which will strengthen young people's mental health.

Young people can benefit from a supportive atmosphere that is created by encouraging good living practices, reducing the stigma associated with mental health disorders, and maintaining open lines of communication.

The pervasiveness of social media has affected how young people interact and view themselves.

Certain postings on social media can worsen feelings of failure and anxiety by exposing users to idealised illustrations of other people's lives.

Another major source of stress is the pressure to perform well academically.

Many students are under intense pressure to achieve excellent grades, gain college entrance, and perform well in extracurricular activities, frequently at the price of their mental health.

With the advancement of technology, several applications and online platforms now provide mental health solutions focused on young people.

These tools provide access to treatment, mindfulness exercises, and peer support networks, making mental health care more accessible.

Therefore, ignoring the silent struggles of our youth is not an option. The rising rates of sadness, anxiety and suicidal thoughts among young people should serve as a wake-up call to us.

Help our youngsters overcome these issues by prioritising mental health, creating supportive surroundings and encouraging open channels of communication.



July 2, 2024

SUMBER :The Sun

# Good food approach to maintain mental health

■ BY HAKEM HASSAN  
newsdesk@thesundaily.com

**PETALING JAYA:** Everybody knows that good food equals good mood.

Apart from keeping you in shape, good food also has positive effect on mental well-being.

A well-balanced diet is important for the maintenance of mental health, said Universiti Putra Malaysia Department of Nutrition, Faculty of Medicine and Health Sciences senior lecturer Dr Mohd Redzwan Sabran.

The connection between food and mental capacity has been well documented and, according to a recent article on scmp.com, focusing on nutrition optimises brain fitness.

The article quoted Harvard-trained nutritional psychiatrist Dr Uma Naidoo as saying that the right food helps to optimise brain health to prevent and even treat anxiety, depression, insomnia and fatigue, among others.

Mohd Redzwan said there is a link between the gut and mental health, known as the gut-brain axis.

"There are microbes that exist in

Well-balanced diet important as adequate nutrition facilitates 'gut-brain axis' to help optimise brain fitness, say experts

the gut, and an imbalance in the composition of these micro-organisms leads to depressive-like behaviour," he told *theSun*.

"Consuming probiotics, mainly live bacteria and yeasts, fermented food as well as prebiotics, which are a form of dietary fibre, has a beneficial impact on addressing psychological stress."

Mohd Redzwan said people should eat more fruits and vegetables as they are not only a source of vitamins and minerals but are also high in dietary fibre.

He also agreed with health experts that people should go easy on processed and sugary foods.

According to recent studies, the deterioration of mental health has become a pandemic that has been overlooked as the world focuses on Covid-19.

Covid-19 has adversely affect mental well-being, according to the scmp.com article, as people experiencing boredom and overall inertia seek stimulus foods.

Universiti Malaya Specialist Centre dietetic services head Rozanna M. Rosly said research has shown that there is a link between what we eat and how we feel.

"It is a complex relationship but we know that our diet can affect our brain, and some foods can help us feel better," she said.

For instance, a Mediterranean diet and the traditional Japanese diet, which consist of a lot of vegetables, fresh fruits, fish, fresh herbs and spices as well as healthy fats, nuts and seeds, can reduce symptoms of depression," she said.

Foods that have a negative impact on brain health can be

divided into two groups.

In the first group are items such as caffeinated beverages and sugary snacks that trick the brain into believing that the body is not tired.

The second group comprises processed foods, used cooking oil and coconut milk, as well as butter, lard and ghee that prevent the conversion of other foods into nutrients for the brain.

Rozanna also cited recent research showing that the gut and brain are physically linked by the vagus nerve that relays messages between the two organs.

"The gut can influence emotional behaviour, and the brain can alter the type of bacteria living in the gut," she said.

It is believed that 95% of the body's supply of serotonin, a mood stabiliser, is produced by gut bacteria.

But maintaining good mental well-being is more than just eating the right food.

"We can take care of ourselves by tending to our relationships, physical activity, career, spirituality and creativity," Rozanna added.



Wednesday, 24 Apr 2024 3:39 PM MYT

## **Health minister: Unhealthy food practices, lack of physical activity main causes of obesity**

PUTRAJAYA, April 24 — Unhealthy eating practices and lack of physical activity are among the main components that lead to obesity, said Health Minister Datuk Seri Dzulkefly Ahmad.

He said any allegation that 24-hour restaurants are the main cause of obesity in Malaysia must be proven empirically that is through objective and comprehensive studies.

"Prohibiting eateries to operate for 24 hours (demand-side restriction) will not guarantee consumers will not look for alternatives," he told the media when met after the 'Majlis Sulaman Kasih di Aidilfitri', organised by the National Unity Ministry here today.

Dzulkefly said CAP's proposal, to prohibit eateries from operating for 24 hours, will be refined and this includes holding an engagement session with all stakeholders so that the issue can be resolved comprehensively and the recommendation for a solution will have a clear direction and outcome.

"The proposal paper will be prepared for scrutiny and further action by the Health Ministry and government," he said.

Dzulkefly also explained that there is an urgent need for groups such as front-line workers comprising the police, firefighters, doctors, nurses, and security personnel which depend on the services of 24-hour restaurants.

"By stopping services in bulk (supply-side restriction), it will cause difficulties for them," he added. — Bernama

# **FIRE PROTECTION PROACTIVE PROGRAMS**

## **OBJECTIVE**

- ➔ Help to minimize the workload on the Malaysian Fire and Rescue Department by reducing the rate of fires in schools, workplaces and homes with the knowledge provided by the association to the community.
- ➔ Empowering human capital in the field of fire protection skills to produce knowledgeable entrepreneurs.

## **FIRE EXTINGUISHER AND FIRE SYSTEM MAINTENANCE PROGRAMS**

<b>Target group</b>	<ul style="list-style-type: none"><li>• Residential</li><li>• Tahfiz school</li><li>• Primary School</li><li>• Secondary school</li><li>• Kindergarten/ Daycare</li><li>• Mosque/temple</li><li>• Community central</li><li>• Community hall</li></ul>
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## ACTS REFERENCES

### Fire Service Act 1988 (Act 341)

#### Section 27A Act A1568 Fire Service Act (Amendment)

##### **Fire safety organization in designated premises**

**27A.** (1) The owner, occupier or person having the overall management of the designated premises shall establish a fire safety organization.

(2) Any owner, occupier or person having the overall management of the designated premises who fails to comply with subsection (1) shall be guilty of an offence and shall, on conviction, be liable to a fine not exceeding fifty thousand ringgit or to imprisonment for a term not exceeding five years or to both.

### Fire Service (Fire Certificate) Regulations (Amendment 2020)

##### **"Establishment of fire safety organization in respect of designated premises**

**6B.** (1) Any owner, occupier or person having the overall management of a designated premises shall, on an application made under regulation 6C, establish a fire safety organization in respect of the designated premises.

(2) The fire safety organization shall consist of one fire safety manager and at least three fire safety officers appointed by the owner, occupier or person having the overall management of the designated premises.

(3) The fire safety manager and fire safety officers appointed under subregulation (2) shall be certified by the Director General in a manner determined by the Director General.



## Occupational Safety and Health (Amendment)

### Act 2022 Act A1648

#### **New section 29A**

**29.** The principal Act is amended by inserting after section 29 the following section:

#### **“Occupational safety and health coordinator**

**29A.** (1) An employer whose place of work is not included in any class or description of place of work as published in the *Gazette* under subsection 29(1) shall appoint one of his employees to act as an occupational safety and health coordinator if he employs five or more employees at his place of work.

(2) An employee appointed as an occupational safety and health coordinator under subsection (1) shall be appointed for the purpose of coordinating occupational safety and health issues at the place of work.

(3) Notwithstanding subsection (1), an employer referred to in subsection (1) who has appointed a safety and health officer at the place of work shall be deemed to have complied with subsection (1).

(4) An employer who contravenes subsection (1) shall be guilty of an offence and shall, on conviction, be liable to a fine not exceeding fifty thousand ringgit or to imprisonment for a term not exceeding six months or to both.”.

## Relatable Acts

### **PART IV - GENERAL DUTIES OF EMPLOYERS AND SELF-EMPLOYED PERSONS**

Section 15. General duties of employers and self-employed persons to their employees.

Section 16. Duty to formulate safety and health policy.

Section 17. General duties of employers and self-employed persons to persons other than their employees.

Section 18. Duties of an occupier of a place of work to persons other than his employees.

#### **19. Penalty for an offence under section 15, 16, 17 or 18.**

A person who contravenes the provisions of section 15, 16, 17 or 18 shall be guilty of an offence and shall, on conviction, be liable to a fine not exceeding fifty thousand ringgit or to imprisonment for a term not exceeding two years or to both.

#### **Amendment of section 19**

**17.** Section 19 of the principal Act is amended—

- (a) in the shoulder note, by substituting for the words “**or 18**” the words “**, 18, 18A or 18B**”;
- (b) by substituting for the words “or 18” the words “**, 18, 18A or 18B**”; and
- (c) by substituting for the words “fifty thousand” the words “five hundred thousand”.

#### **“Rights of employees**

**26A.** (1) An employee, after informing his employer or his representative that he has reasonable justification to believe there exist an imminent danger at his place of work, shall have the right to remove himself from the danger or the work if the employer fails to take any action to remove the danger.

(2) An employee who removes himself from the danger in accordance with subsection (1) shall be protected against undue consequences and shall not be discriminated against.

(3) For the purposes of this section, “imminent danger” means a serious risk of death or serious bodily injury to any person that is caused by any plant, substance, condition, activity, process, practice, procedure or place of work hazard.”.

# The Star

people's paper

MONDAY 29 APRIL 2024 • PP19652/12/2020 (035234) (No. 23589) RM3.00

**Safety first for all:** Sim (front centre) with Malaysian workers at the World Occupational Safety Health Day 2024 event at Cyberjaya yesterday. — AZHAR MAHFUF/The Star

## New rules to benefit workers

Amended law on workplace safety to take effect on June 1

By ARFA YUNUS and HO JIA WEN  
newsdesk@thestar.com.my

**CYBERJAYA:** Employers must analyse risks in the workplace and appoint a health safety coordinator under a newly amended law that takes effect on June 1.

The amended Occupational Safety and Health Act is targeted at improving safety and health at workplaces throughout the country, said Human Resources Minister Steven Sim Chee Keng.

"The employer is obliged to appoint a safety and health coordinator if there are five employees and above," he explained.

With the presence of these trained people, he voiced hope that the work environment would

be safer.

He said the Act was meant to ensure that employers are responsible for identifying risks in the workplace.

As for the workers, he said they had the right to remove themselves from an unsafe environment at work.

"This is in line with Convention 155 of the International Labour Organisation (ILO)," he said.

C155, which is the Occupational Safety and Health Convention (No. 155), called for, among others, a national policy to prevent accidents and injury to health in the course of work.

Speaking yesterday after officiating the World Day for Safety and Health at Work, Sim said the

newly amended Act would provide more benefits to employees because of the additional provisions to look after their welfare.

"One of the advantages of this Act is that workers have the right to isolate themselves from high-risk places," he said.

He noted that the amendments were approved back in 2021 but its enforcement had been delayed.

However, he said he had looked into its implementation within 100 days of becoming the minister.

"I always insist that the safety and health practices of workers must catch up with the changing times," he said.

On yesterday's event which brought together 2,500 health and safety practitioners, Sim also said

the ministry had launched a campaign to create awareness about the mental safety of workers.

He said that about 13,000 workers had registered for the Occupational Mental Health First Aid training programme since it was launched in February.

About 4,000 of them had been trained so far, he added.

"We hope that this effort will further strengthen safety and health practices in the workplace, especially in the aspect of mental care," he said.



### WEATHER

GEORGE TOWN K. LUMPUR JOHOR BARU KOTA BARU K. KINABALU KUCHING

### PRAYER TIMES

ALOR SETAR PENANG K. LUMPUR

# OCCUPATIONAL SAFETY & HEALTH COORDINATOR (OSH-C)

(Occupational Safety and Health Department, Ministry of Human Resources)

## OBJECTIVES:

➔ Enlarge workforce that ventures into occupational safety and health in workplace.

### OSH-C MODULE

<b>TOPIC 1</b>	The challenges and Realities at work place
<b>TOPIC 2</b>	Introduction to department and legal basis
<b>TOPIC 3</b>	Fundamentals of OSH Management in SMEs
<b>TOPIC 4</b>	Chemical Management
<b>TOPIC 5</b>	Introduction to occupational disease
<b>TOPIC 6</b>	Introduction to work related road safety (WRRS)
<b>TOPIC 7</b>	Hazard identification, Risk Assessment and control (HIRARC)
<b>TOPIC 7.1</b>	Practical training on hazard identification
<b>TOPIC 8</b>	Material Storage and Handling
<b>TOPIC 9</b>	Work Station Design & Lighting
<b>TOPIC 10</b>	Productive Machine Safety
<b>TOPIC 11</b>	Premises and Work Related Welfare Facilities

### PROGRAM DETAILS

<b>Day 1</b>	<ul style="list-style-type: none"> <li>5S practice for cleaning, cleanliness, safety, and hygiene and workplace improvement.</li> </ul>
<b>Day 2 – Day 4</b>	<ul style="list-style-type: none"> <li>Occupational safety and health supervisor (OSH-C)</li> </ul>
<b>Day 5</b>	<ul style="list-style-type: none"> <li>Fire Safety Management &amp; Developing Fire Emergency Response Plans</li> </ul>



## OCCUPATIONAL SAFETY & HEALTH- COORDINATOR (OSH-C)



### MODULE

### TRAINING OBJECTIVES

- TOPIC 1 :** The Challenges and Realities at work place  
**TOPIC 2 :** Introduction to department and legal basis  
**TOPIC 3 :** Fundamentals of OSH Management in SMEs  
**TOPIC 4 :** Chemical Management  
**TOPIC 5 :** Introduction to Occupational Disease  
**TOPIC 6 :** Introduction to Work Related Road Safety (WRRS)  
**TOPIC 7 :** Hazard Identification, Risk Assessment and Risk Control (HIRARC)  
**TOPIC 7.1:** Practical Training on Hazard Identification, Risk Assessment and Risk Control (HIRARC)  
**TOPIC 8 :** Material Storage and Handling  
**TOPIC 9 :** Work Station Design & Lighting  
**TOPIC 10 :** Productive Machine Safety  
**TOPIC 11 :** Premises and Work Related Welfare Facilities

- ✓ OSH Coordinator (OSH-C) is a 'Trained Person' required under Sec 29A A1648, for the purpose of coordinating OSH matters at workplace

### BENEFITS

- ✓ Certified as "Trained Person"  
 ✓ Training meets DOSH requirements  
 ✓ Latest knowledge on Fire Protection system  
 ✓ Occupational Safety and Health (Amendment) Act 2022 effective 1 June 2024

### ACT

#### Occupational Safety and Health (Amendment) Act 2022 Act A1648

(4) An employer who contravenes subsection (1) shall be guilty of an offence and shall, on conviction, be liable to a fine not exceeding fifty thousand ringgit or to imprisonment for a term not exceeding six months or to both".

#### 19. Penalty for an offence under section 15,16,17 or 18

A person who contravenes the provisions of section 15,16,17 or 18 shall be guilty of an offence and shall, on conviction, be liable to a fine not exceeding fifty thousand ringgit or imprisonment for a term not exceeding two years or to both.

All premises with 5 or more employees shall have 1 certified OSH Coordinator  
Occupational Safety & Health Act, June 1, 2022

## 3 DAYS TRAINING

#### ASIAN INSTITUTE OF TECHNOLOGY (AIT)

Unit 17-2, Block B, Kawasan Pemiagaan Helikon, Sg. Choh  
Auto City, Rawang Serendah, 48200 Rawang, Selangor  
Tel : 03-6094 3306/03-6092 0717 Faks:03-6094 3306  
Email : septtender@gmail.com

Scan QR to register:





## *Certificate of Attendance*

Hereby certifies that

For attending

**Occupational Safety and Health Coordinator (OSH-C)**

Was held on

16<sup>th</sup> to 18<sup>th</sup> December 2024

At

ASIAN INSTITUTE OF TECHNOLOGY

**Sugunadevi Ariunan (PJK)**

DIRECTOR  
ASIAN INSTITUTE OF TECHNOLOGY



NO SUR : SSTCAOSH4C2301  
18/12/2022

Sample certificate of  
OSH-C

## DISCUSSION ON PROGRAM IMPLEMENTATION



OSH-C Program discussion with Hulu Selangor NGO secretaries (5<sup>th</sup> May 2024)



OSH-C Program discussion with Hulu Selangor NGO secretaries (5<sup>th</sup> May 2024)





Briefing on the OSH-C program with the Chairman of the Selangor State Rural Industry Chamber of Commerce (DUID) 8<sup>th</sup> May 2024



Discussion with Dr. Gadget founder Mr. Khalil & assistant Mr. Naren for Mobile Phone Repairing Course (10<sup>th</sup> May 2024)



Discussion with Y.B. Mr. Muhammad Muhaimin Harith Bin Abdullah Sani, ADN Batang Kali  
(23<sup>rd</sup> May 2024)



Discussion with Y.B. Mr. Muhammad Muhaimin Harith Bin Abdullah Sani, ADN Batang Kali  
(23<sup>rd</sup> May 2024)



Discussion with Dato' Ganesin President of Malaysian Association for the Blind  
(14<sup>th</sup> May 2024)



Meeting and Discussion with Gas Malaysia Berhad officers at AIT (13<sup>th</sup> June 2024)





Meeting and Discussion with Mr Balu and Mr Arumugam , Hindu Sangam Association President and Vice-President  
(20<sup>th</sup> June 2024)



Meeting and Discussion with Mr Balu and Mr Arumugam , Hindu Sangam Association President and Vice-President  
(20<sup>th</sup> June 2024)



Meeting and Discussion with KRT& Prima Association President (24<sup>th</sup> June 2024)



Fire Protection system Installer lab visit by KRT& Prima Association President (24<sup>th</sup> June 2024)





Meeting and discussion with Fire and Rescue Officers at the Malaysian Fire and Rescue Department  
(26<sup>th</sup> June 2024)



Meeting and discussion with Y.Bhg. Tan Sri Zainal Rampak , Director of Kolej Workers Institute of Technology (WIT)  
(10<sup>th</sup> July 2024)



Meeting with Y.B. Mrs. Pang Sock Tao, ADN Kuala Kubu Baru  
(17<sup>th</sup> July 2024)



Meeting with Batang Kali state constituency coordinator Tuan Saifuddin Bin Shafi Muhammad ,2024





Meeting with Y.B. Mr. Leong Tuck Chee, ADN Pandamaran  
(30<sup>th</sup> September 2024)



Meeting with President Kamarudin Hussain Association of Taxis', Rental Cars, Limousines and Airport Taxis Malaysia (GTSM), 27th November 2024



Meeting with YDP Tuan Shahman Bin Jalaludin, Selayang Municipal Council (MPS)  
(3<sup>rd</sup> December 2024)



Meeting with YDP Tuan Shahman Bin Jalaludin, Selayang Municipal Council (MPS)  
(3<sup>rd</sup> December 2024)





Meeting with YDP Tuan Mohamad Zahri Bin Samingo, Petaling Jaya City Council (MBPJ)  
(10<sup>th</sup> January 2025)

## PARTICIPATION IN PROGRAMS



Townhall with AND District Hulu Selangor, Y.B.Mr Muhammad Muhaimin Harith,  
19<sup>th</sup> October 2024



Townhall with ADN Hulu Selangor, Y.B.Mr Muhammad Muhaimin Harith,  
19<sup>th</sup> October 2024



## PARTICIPATION IN PROGRAMS



Participating in the Car-Free Day carnival organized by the Hulu Selangor Municipal Council with YDP Deputy Mr. Awaluddin bin Zakaria, A.M.S on 14 December 2024



Participating in the Car-Free Day carnival organized by the Hulu Selangor Municipal Council with YDP Deputy Mr. Awaluddin bin Zakaria, A.M.S on 14 December 2024





Participating in the Car-Free Day carnival organized by the Hulu Selangor Municipal Council with YDP Deputy Mr. Awaluddin bin Zakaria, A.M.S on 14 December 2024

## OUR PROGRAMS

### ***‘Keselamatan Tonggak Kesejahteraan Keluarga’ Program***



Closing ceremony Speech by Y.B. Mr. Muhammad Muhaimin Harith for *‘Keselamatan Tonggak Kesejahteraan Keluarga’* on 8<sup>th</sup> June 2024



Speech by Y.B. Mr. Muhammad Muhaimin Harith for *‘Keselamatan Tonggak Kesejahteraan Keluarga’* on 8<sup>th</sup> June 2024



Awarding Certificates to Participants, June 8, 2024



Participants of 'Keselamatan Tonggak Kesejahteraan Keluarga' program on 8<sup>th</sup> June 2024



## OUR PROGRAMS

### Let's Respond, Don't Be Silent (Mental Health) program with Women in Hulu Selangor



Let's Respond, Don't Be Silent (Mental Health) program with Women in Hulu Selangor on 28<sup>th</sup> July 2024



Briefing from president of program, Madam Suguna on 28<sup>th</sup> July 2024



Let's Respond Program, Don't Be Silent (Mental Health) with women with Y.B. Tuan Muhammad Muhaimin Harith, Guest Speaker & Program Committee Member and on 28<sup>th</sup> July 2024

## PROGRAM PROVIDED BY ASSOCIATION

No	Programs
1.	Food security
2.	Occupational Safety & Health Coordinator (Osh-C)
3.	Mental Health program
4.	Fire safety proactive programs
5.	Fire protection and prevention programs