

Sustainability Reporting & Audited Accounts 2021



YAYASAN
HEALTH ON WORLD

Registration No: PPAB-08/2020
Incorporation date: 20 Mei 2020

Mission

TO COMMIT WITH COMPASSION

Vision

TOWARDS A HOLISTICALLY HARMONISED WORLD

Table of Contents

Contents	Page No
YHOW Mission & Vision	1
Chairperson's Message	2
Financial Statement Year 2021	3-5
Strategic Partners	6
Activities & Events - 2021	7 - 20
Contact Us	21

Founding Chairperson's Message



"A diamond is a chunk of coal, that did well under pressure" Henry Kissinger. This brings back memories to 2020 when the Health on World Foundation (Yayasan Health on World - YHOW) was established during the rise of the Covid 19 pandemic.

There was no time for trial and error, no fancy office, no army of staff nor funds to splurge. Saddled with commitment, dedication, and empathy we marched into the fiery, unprecedented times with a sole intention; to HELP. We gave what we had and did what we could in our own way; funds, workshops, talks, counseling, manning hotlines, motivation, mentoring, home visits and simply being a friend to many who reached out.

As the Board and I look back at 2021, we are grateful to our friends, and associates who helped us organize the many events and activities which brought a huge impact to hundreds. As you flick the pages to this Sustainability Report, you will first see our audited accounts for the year ending December 2021. We have been prudent with our spending keeping our administrative costs low without any full-time employees.

Our two main highlights were organizing the 1st Mental Health Experiential Conference in May 2021, which was supported by the Ministry of Health, Malaysia, and obtaining a grant from the Ministry of Health to conduct 20 Psychological First Aid (PFA) workshops for non-mental health NGOs. Both events engaged hundreds of people towards understanding the need to be mentally alert, emotionally resilient, and physically active. An added bonus was almost 500 people spent two days each, getting trained as psychological first aiders to support their local community, and disseminate valuable information on mental health and well-being.

We continued with our monthly talks, counseling, workshops, forums, and webinars with various groups of people. A breath of fresh air outdoors on world Mental Health Day in October brought us closer to our families, friends, and supporters, who continuously encouraged and stood by us as volunteers and community partners.

Hence in January 2022, it was befitting to celebrate our friends and personally thank them for being part of the 'YHOW associates'. May 2022 witnesses our collaboration with New Castle University Medicine (NUMed) for our 2nd Mental Health Experiential Conference. October 2022 is significant with double celebration; world Mental Health Day and our youth ambassador, Alvin Netto striving to enter the Guinness book of records. We believe our collaboration with UNITAR International University, as venue sponsor and partner will encourage more youth to be advocates and ambassadors of mental health while championing overall holistic wellbeing.

My co-founder, Dr. Sangeeta and I extend our sincere gratitude to everyone who have crossed our paths, played a role no matter how small, and left a significant impact on us and the YHOW Foundation. May you be rewarded with incalculable blessing.

Together, let's not just count our blessings, but be the blessing other people count on.

Dato' 'Aliyah Karen

Financial Statement Year 2021

Registration No.: PPAB-08/2020

YAYASAN HEALTH ON WORLD
(Registered under the Trustees (Incorporation) Act, 1952)

STATEMENT OF FINANCIAL POSITION
AS AT 31 DECEMBER 2021

	Note	2021 RM	2020 RM
ASSETS			
CURRENT ASSETS			
Inventories	4	138	258
Other receivable		2,000	2,000
Cash and bank balances		59,140	10,275
TOTAL ASSETS		<u>61,278</u>	<u>12,533</u>
FUNDS AND LIABILITIES			
ACCUMULATED FUNDS			
	5	<u>54,328</u>	<u>9,334</u>
CURRENT LIABILITIES			
Other payables and accruals	6	<u>6,950</u>	<u>3,199</u>
TOTAL LIABILITIES		<u>6,950</u>	<u>3,199</u>
TOTAL FUNDS AND LIABILITIES		<u>61,278</u>	<u>12,533</u>

Financial Statement Year 2021

Registration No.: PPAB-08/2020

YAYASAN HEALTH ON WORLD
(Registered under the Trustees (Incorporation) Act, 1952)

**STATEMENT OF INCOME AND EXPENDITURE
FOR THE YEAR ENDED 31 DECEMBER 2021**

	Note	2021 RM	2020 RM
INCOME	7	142,675	31,157
DIRECT COSTS			
Opening inventories		258	-
Bantu Sabah expenses		-	14,485
Purchase of pins		-	300
Seminar and workshop expenses		-	646
Cost of conference		562	-
Cost of Grant KKM		74,928	-
Cost of Art Therapy		2,307	-
Cost of Admin		1,000	-
Cost of Botak Project		6,750	-
Cost of One Million Challenge 2		400	-
		<u>85,205</u>	<u>15,431</u>
Less: Closing inventories		<u>(138)</u>	<u>(258)</u>
		<u>85,067</u>	<u>15,173</u>
GROSS INCOME		57,608	15,984
EXPENDITURE			
Administration expenses	8	(12,614)	(6,650)
SURPLUS FOR THE YEAR/PERIOD		<u>44,994</u>	<u>9,334</u>

Financial Statement Year 2021

Registration No.: PPAB-08/2020

YAYASAN HEALTH ON WORLD
(Registered under the Trustees (Incorporation) Act, 1952)

**STATEMENT OF RECEIPTS AND PAYMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021**

	2021	2020
Balance brought forward	152,950	34,175
PAYMENTS		
Audit fee	1,000	-
Bank charges	20	9
Bantu Sabah expenses	-	14,485
Cost of Art Therapy	2,307	-
Administrative charge	1,000	-
Cost of Botak Project	1,500	-
Cost of Conference	562	-
Cost of Grant KKM	74,928	-
Cost of One Million Challenge 2	400	-
Filing and stamping fee	1,070	1,440
Meeting expenses	397	697
Printing and stationery	50	360
Purchase of pins	-	300
Payment to other payable	2,199	5,000
Service tax	68	-
Telephone charges	243	112
Travelling expenses	12	-
Website expenses	6,950	833
Workshop expenses	-	646
Gifts to Trustee	1,104	-
	<u>(93,810)</u>	<u>(23,882)</u>
CASH AND BANK BALANCES AT END OF THE YEAR/PERIOD	<u>59,140</u>	<u>10,275</u>

Strategic Partners



ALIYAH & KAREN
RESOURCES

LEAP FORWARD



EMERGING JOURNEY ASIA



Events & Activities

Activities	Target Group	No of Pax	Benefits / Outcome
1 Million Steps Challenge, World Mental Health Day	Community	400 above	<ul style="list-style-type: none"> • Physical health • Mental Health Awareness • Interaction and socialize
Emotional Intelligence	Employees	60	<ul style="list-style-type: none"> • Understanding Emotional Health • How emotions affect the mental • Holistic wellness tips
Mental Health Programs	Employees	60	<ul style="list-style-type: none"> • Understand the difference between illness and mental health • Risks, symptoms and signs • Reach Out – Help
Counselling Sessions	Community	45	<ul style="list-style-type: none"> • Listen and express feelings • Get help from various aspects • Relieves anxiety, stress • Basic assessments • Basic intervention and homework
Tele-Psychosocial Support	Adults & Employee	50	<ul style="list-style-type: none"> • Listen and express feelings • Get help from various aspects • Relieves anxiety, stress • Basic intervention
Mental Health Webinars	Adults	500 above	<ul style="list-style-type: none"> • Various topics from children to elderly
20 PFA Workshops	Adults	200	<ul style="list-style-type: none"> • To non-mental health NGOs • Support and mentoring

Events & Activities

Activities	Target Group	No of Pax	Benefits / Outcome
Articles and videos on Emotional, Mental and Physical Health	Adults & Employee	1700 above	<ul style="list-style-type: none"> • Readers get awareness from the author on various issues faced in terms of mental health from the authors on real life stories
Video promotion on Domestic Violence, Cyber Bullies	Community	2500 above	<ul style="list-style-type: none"> • Provide awareness of the consequences of violence • Substance abuse • Cyber bullying
Live Interviews	Adults & Employee	1200 above	<ul style="list-style-type: none"> • Various topics on Mental Health • Critical Mental Illness • The Importance of Breathing • From a clinical psychological point of view • Management Psychology • Children's Mental Health • Family Mental Health • Workplace • Organisation Psychology
Stories & Friends	Community	1000 above	<ul style="list-style-type: none"> • friends who contribute personal stories and shares on their struggles and lessons learnt.
Workshops	Community	500 above	Branding , Self-Awareness & Social Media

January

- The Covid Stigma : Addressing Your Fears
- Re-path Your Mind Blueprint
- Life Quality & Satisfaction



Yayasan Health on World (YHOW)
Significant Thursday

with:



Dr Ganesh Vythilingam
Pediatric Surgeon

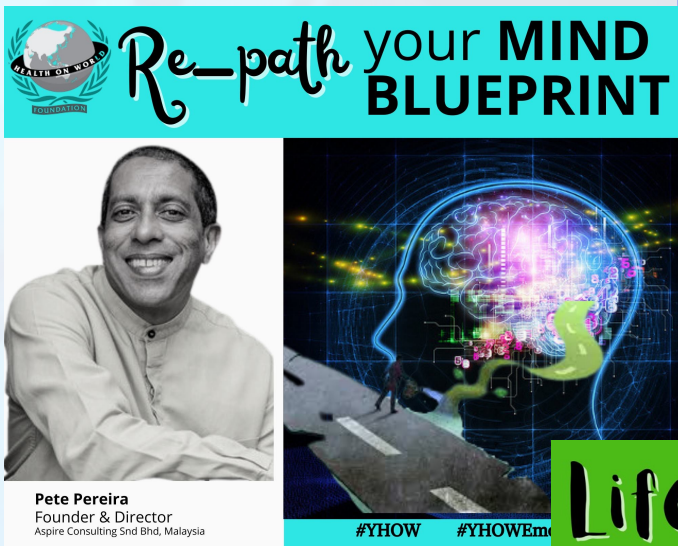


Dr Amer Siddiq
Psychiatrist


**THE COVID STIGMA:
ADDRESSING YOUR FEARS**

 21 January 2021, Thursday
03:00 pm (MST) / (GMT +8)


Exclusively Moderated by Dato' 'Aliyah Karen, Founding Chairperson



**Re-path your MIND
BLUEPRINT**



Pete Pereira
Founder & Director
Aspire Consulting Snd Bhd, Malaysia



#YHOW #YHOWEm



**Life QUALITY AND
SATISFACTION**



Alice Neo Wei Sze
YHOW Intern Counsellor



#YHOW #YHOWMentalWednesday

February - March

- Industry partnerships with International Medical University
- Panellist at UNITAR International Women's Day
- Workshop on Branding Kaw-Kaw
- Counselling and Support Services
- Creative Society on Allatraunites
- ALLATRA TV
- Change Makers & Queens
- SSEAYAP – Mental Health
- All Aboard with Capt James
- Art Wellness with Sameeta

STARFISH PROJECT
by
Yayasan Health on World (YHOW)

Tele-psycosocial Support
+603 3310 0212
(10:00am to 6:00pm daily)

DONATE Donation to Yayasan Health on World (YHOW)
Public Bank Berhad - **3218 103 102**
(Swift code: PBBEMYKL)
Please email payment slip to help@yhow.org

MEMPERKASAKAN WANITA DI CABARAN 2021

MODERATOR: PUAN SHAKIMAH
Ketua Modal Insan, Kumpulan Maju

PANEL 1: DATO' NORASHIKIN
• Pengarah, Maju Holdings
• Naib Presiden Sumber Manusia Asia, Synthomer

PANEL 2: DATO' AISHAH
• Ketua Pegawai Operasi, Polis Bantuan Maju Holdings
• Trustee Yayasan Health on World

PANEL 3: PUAN SITI AMINAH
Timbalan Ketua Perundingan, Kumpulan Maju

30 MAC 2021, SELASA

IMU | Industry Partnership & Career Development
INTERNATIONAL MEDICAL UNIVERSITY MALAYSIA

Future of Work Webinar #1

EMPOWERING WOMEN AT THE WORKPLACE
PRACTICES FOR GENDER EQUALITY

PANELLISTS

Shareen Dato' Abdul Ghani
Co-Founder & CEO, Sorgo Innovation

Dr Mugliarasi Arasarethimam
Physician/Plink, Bayu Medics & Founder, Aligned Life

Dato' Aliyah Karen
Founder, Health on World Foundation/Tulip/ AKRAB Resources

Chiah Ruey Chee
SRC Member, IMU

MODERATOR

Hanie Razali-Bohlander
Co-Founder, Dragonfire Corporate Solutions

7 MARCH 2021
10:00AM-11:30AM

For further information:
reen.lim@imu.edu.my

SCAN HERE FOR REGISTRATION

UNITAR INTERNATIONAL UNIVERSITY

UNITAR International Women's Day Event #ChooseToChallenge
Employee Engagement Session :
The Wellbeing Factor: Get Rid of Negative Energy, Embrace Positivity!

2 Moderators

Nuzha Mohamed Taha
Senior Lecturer (Authorised and Licensed Counsellor)
Faculty of Education and Humanities
UNITAR International University

Marc Kevin Natusch
Corporate Communications & Strategic Planning UNITAR

Dr. Saingeela Kaur
Co-Founder
Yayasan Health on World

Dato' Aliyah Karen
Co-Founder
Yayasan Health on World

Alvin Nello
Founder
Achieve Fitness

Raudhah Nazran
Chief Executive Officer
Accutrade Global

4 Panelists

Wednesday, 24th March 2021
2:30pm - 5:00pm | Microsoft Teams

February - March

My Father! My Hero!



EDUCATION provides you with not only knowledge but also a new outlook on life

I grew up in a large family of 15, and we did not have many material possessions. What we had instead of growing up were some good friends. Going to school has always been an important aspect of our family. I believe we are working hard because of this. We were collected very much dependent on the quality of our education from the start. Our father is going, and we can never be enough. I come from a family with seven brothers, 2 sisters and 20 nephews and nieces. Growing up, I began to understand the value of education.

We were poor in material possessions but we were valued and respected by our parents, with whom I shared a strong bond. Our lives, even though we were chaotic, we learned to be there for each other and do what we could for the family. Going, sharing, caring and discipline were strictly followed in our home. It is still something we follow to date. I firmly hold values of integrity and honesty. I follow my heart in terms of education, which helps me to take my responsibility seriously.

With our extended family's presence, all of us meet at least a few times a year, which helps to be our strong bond. In my own year, I took a leave. The gap job between me and my other siblings was huge. When I started school at 11, my four older siblings had already left home to venture abroad and for work.

Dato' Hiyah with her mom. Photo credit to Dato' Hiyah Karen

I soon began working at a new job in a Non-Profit Organization. This was where I realized that career and social media are not the same. They had the same need for energy because they were both and had a degree from abroad and professional from our own. In my own I found myself I spent all my savings on my tuition. I juggled work and travel part time classes and studied for almost 4 years. There were no people back then and someone needs to be heard. I had a very good group of supportive friends, so much more knowledge and understanding towards society and the workforce. Studying boosted my confidence. I had a new outlook and embraced myself that I was good enough to earn some respect and gain the same respect to everyone. I could make my own decisions confidently. It was a blessing in disguise. We had earned money and worth every cent.

After 22 years leading the Non-profit, I quit in 2020 to pursue my Doctorate and do my own business. I am happy getting my Ph.D. degree writing. Sometimes I do miss the service all your learning journey. I am so proud of my life. I do not believe in studying work and personal life. We have to do what is needed and practice. Our commitment, service to the public and commitment through their responsibility.

I have been an adviser to the Tulip Movement for two years. It's a non-profit movement. Although I was founded by a man, both the team currently consists of independent women, who champion's rights and empower women and push to achieve greater health and social in society. I am also the Founding Chairperson for the Health on World Foundation, which advocates mental, emotional and physical well-being. My son founded 'RM10' for another remarkable women.

Dato' Hiyah and her dad.

Counseling and Support SERVICES



Who Are We?
At YHOW, we provide services that enriches individual's mental, emotional and physical wellbeing. By managing your health, you will be able to function at a satisfactory level that will improve your mood, performance, and many more.

We are here to help and listen.
OUR CARING TEAM CAN HELP YOU WITH:

BRANDING KAW-KAW

WORKSHOP

10 AM - 12 PM

RM10

to you by

In collaboration with

Public Bank Berhad - 3218 103 102
the transfer slip to finance@yhow.org
CC email to eric.choo@yhow.org
ation as #choobub for accounting purposes.

REMEMBER TO BREATHE!



A Working Lunch with Nordin

Joining us this week is Dato' Aliyah Karen

one of the leading Women leader in the region with years of experience in corporate, entrepreneurship and social entrepreneur. As we chat about the role of women in the business world, the challenges and change for women leader in the future beyond COVID 19.

#WorkingLunchWithNordin

LIVE! THIS Wednesday (3 March 2021)

Women's Day 2021

Change Makers & Queens

12TH MARCH 2021
6.00 P.M TO 7.30P.M

Dato' Aliyah Karen
Founding Chairperson
Yayasan Health On World
Adviser - Tulips movement

HEN INTERNATIONAL WOMEN'S DAY 2021 SYMPOSIUM

8th - 12th March 2021 | Homepreneur Empowerment Network

#HENIWD2021 #MOMSVILLAGEASIA
#CHOOSETOCHALLENGE #HENIWDABZ2021

powered by:

May

- International Guest Speaker at ISTD Chapter India
- YHOW Experiential Conference : Mental & Emotional Endurance in a Borderless World
- Supporting Partner on Safety Virtual Edge Conference : Workplace Cluster; Action Today, Preparation for Tomorrow



PROGRAM BOOK
SafetyEdge Virtual Conference 2021
Workplace Clusters: Action Today, Preparation For Tomorrow
24 & 25 May 2021

SUPPORTING PARTIES
YAYASAN HEALTH ON WORLD (YHOW)
Website: www.yhow.org.my
Contact No: 03-3510 0212

We provide services that enriches individual's mental, emotional and spiritual wellbeing. By managing your health, you will be able to function at a Satisfactory level that will improve your mood, performance, and many more...

Objectives:
To promote mental, emotional & physical wellbeing towards harmonised nations

Vision:
Towards a holistically harmonised world

Mission:
To commit with compassion



Indian Society for Training & Development, Northern Region
ISTD Kota Chapter | ISTD Delhi Chapter

An International Webinar on
"Mental & Emotional Resilience During Challenges"

Eminent Speaker

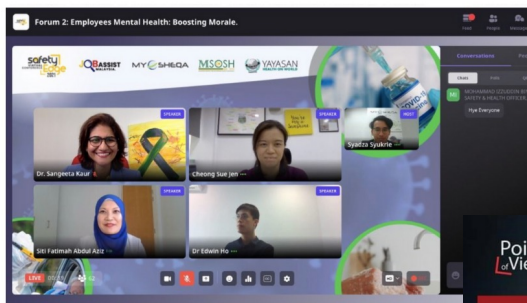
Dr. Sangeeta Kaur
Founder & Chief Engagement Director,
Emerging Journey Asia (EJA)
Malaysia

Sunday, 9th May, 2021
1.30 pm (India Time) / 4 pm (Malaysia Time)

Prof. P K Sharma RVP (North), ISTD
Ms. Anita Chauhan Chairperson, ISTD Kota Chapter
Mukesh Kumar Jain Chairperson, ISTD Delhi Chapter
Ms. Sujata Tarberh Vice-Chairperson, ISTD Kota Chapter
D V Shastry Vice-Chairperson, ISTD Delhi Chapter

LIVE <https://www.facebook.com/groups/kotatrainers>

Join Zoom Meeting - Meeting ID: 843 0975 0191 Passcode: ISTD123




Point of View @ UKM GSB | **UNIVERSITI KUALAUMPUR**

IMPORTANCE OF TRANSPARENCY AND ACCOUNTABILITY IN NGOs

YBHG. DATO' NUR'ALIYAH KAREN BINTI ABDULLAH
Founding Chairperson
Yayasan Health On World

24 MAY 2021
10.00 AM

Via Zoom: <https://bit.ly/3bS0S5N>
Meeting Id: 954 4825 4091
Passcode: 967305



AACSB ACCREDITED | **ABEST21**

<http://www.ukm.my/gsbukm/>

May

May 2021
 YHOW Experiential Conference
 "Mental & Emotional Endurance in a Borderless World"

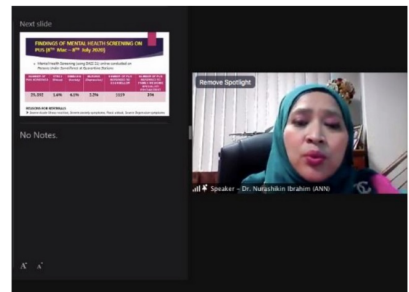
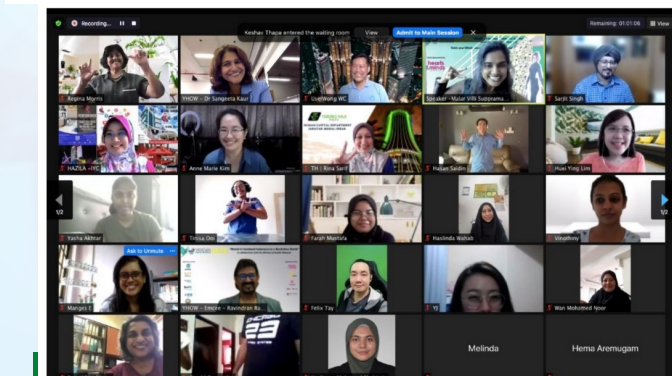


YAYASAN HEALTH ON WORLD Experiential Conference
 "Mental & Emotional Endurance in a Borderless World"
 21st & 22nd May 2021 | 09:00 – 16:00

Register Now!
 MYR 88 (USD 25)

Choochub Creatives

Supporting partners: ejo, IEM, TULIPS, hearts4minds, FRESHLY, ExPG, CHOOCHUB



YHOW Experiential Conference
 "Mental & Emotional Endurance in a Borderless World"

YAYASAN HEALTH ON WORLD Experiential Conference
 "Mental & Emotional Endurance in a Borderless World"
 In collaboration with the Ministry of Health Malaysia
 21st & 22nd May 2021 | 09:00 – 16:00

"Resilience is knowing it's your responsibility to pick yourself up and you have the power to do so." Aiyah & Sangeeta

Speakers include: Dr. Jeewanan Jehandran, Dr. Ong Woon, Dr. Mohamed Malik Rapie, Dr. Nurashikin Ibrahim, Assoc. Prof. Dr. Amir Siddiq Bin Amer Nordin, Dr. Nurashikin Ibrahim, Assoc. Prof. Dr. Amir Siddiq Bin Amer Nordin, Dr. Nurashikin Ibrahim, Assoc. Prof. Dr. Amir Siddiq Bin Amer Nordin, Dr. Nurashikin Ibrahim, Assoc. Prof. Dr. Amir Siddiq Bin Amer Nordin.

Supporting partners: ejo, IEM, TULIPS, hearts4minds, FRESHLY, ExPG, CHOOCHUB, SPA CYCLON, hearts4minds

YAYASAN HEALTH ON WORLD Experiential Conference
 "Mental & Emotional Endurance in a Borderless World"
 In collaboration with the Ministry of Health Malaysia
 21st & 22nd May 2021 | 09:00 – 16:00

Register Now!
 MYR 88 (USD 25)

Dr. Jeewanan Jehandran
 Consultant Otorhinolaryngologist (ENT),
 Penang Hospital Kuala Lumpur
Breath + Sleep + Mental Health

Dr. Ong Woon
 Dentist, ST Teew Dental Group

Dr. Mohamed Malik Rapie
 Director, International Health Centre (IHC)
How to Safeguard your Cyberspace Vulnerability that is Affecting Your Mental Health

Supporting partners: ejo, IEM, TULIPS, hearts4minds, FRESHLY, ExPG, CHOOCHUB, SPA CYCLON, hearts4minds

YAYASAN HEALTH ON WORLD Experiential Conference
 "Mental & Emotional Endurance in a Borderless World"
 In collaboration with the Ministry of Health Malaysia
 21st & 22nd May 2021 | 09:00 – 16:00

Register Now!
 MYR 88 (USD 25)

Dr. Nurashikin Ibrahim
 Public Health Specialist, Ministry of Health Malaysia

Assoc. Prof. Dr. Amir Siddiq Bin Amer Nordin
 Associate Professor, Department of Psychological Medicine, University Malaysia

How Physiological and Psychological Factors Influence Performance at Work?

Supporting partners: ejo, IEM, TULIPS, hearts4minds, FRESHLY, ExPG, CHOOCHUB, SPA CYCLON, hearts4minds

June

- Workshop - Meeting Your Emotional Needs
- Guest Speaker - Swiss Malaysian Chamber of Commerce



Date : 17th June 2021
Time : 2.30pm – 4.30pm
Venue : Virtual via Zoom
(log in details will be provided after closure of registration)

Join us for our Q2 HR Circle 2021 to discuss these current issues: Follow up on the IR Act 1967 amendment and Mental Health Awareness.



Sudhev Sreetharan

With the recent amendment to the IR Act 1967, one key amendment you need to know that affects all businesses is the Automatic Referral to the Industrial Court. This means The HR Minister's discretion to refer unfair dismissal complaints to the Industrial Court is removed and all cases will be referred to the Industrial Court if no settlement is reached at the Industrial Relations Conciliation Sessions. Is there a solution that helps Companies to minimize / mitigate this Financial risks. The answer is Yes. Find out more from our next two speakers, Mr. Sudhev Sreetharan, CEO of EPLI Asia Sdn Bhd and Dharmen Sivalingam, Managing Partner, Dharmen Sivalingam & Partner.



Dharmen Sivalingam



Dr. Sangeeta Kaur

We are pleased to introduce to you our next speaker, Dr Sangeeta Kaur. She is the Founder of Emerging Journey Asia (EJA) and Yayasan Health On World (YHOW). She is also a mental health advocate and has organized Malaysia's 1st Mental Health Experiential Conference in year 2019 in collaboration with the Ministry of Health. Dr Sangeeta will create awareness on the topic of mental health and share its importance for productivity, sustainability, performance and overall organizational culture.



MEETING YOUR EMOTIONAL NEEDS

"Meeting important emotional needs creates the feeling of love, but thoughtfulness keeps it alive."
- Willard F. Harley

• KNOW Your emotional needs
• UNLOCK Your Personality and know YOU

SATURDAY
DATE :19.06.21
0900-1230

UNLOCK EMOTIONAL NEEDS

- APPROVAL
- PERFECTION
- CONTROL
- RESPECT

July

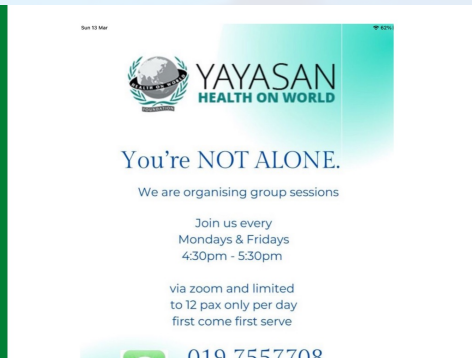
- Group Counselling Sessions
- Discussion – Counsellors : The Health Police
- Emotional & Mental Endurance for Malaysian Pharmaceutical Society

July 2021

Every Mondays & Friday

YHOW organize group sessions for anyone who just want to share, talk, listen or ask any question without being judge

It's All About You

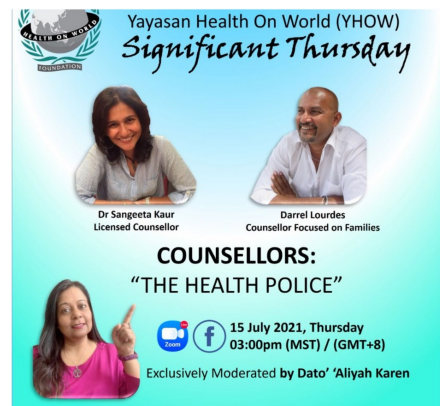


July 2021

Continues online sharing

Topic: Counsellors
"The Health Police"

Significant Thursday



EMOTIONAL & MENTAL HEALTH ENDURANCE POST COVID-19

10TH JULY 7.30 - 9.00PM



ASSOCIATE PROFESSOR
DR AMER SIDDIQ BIN
AMER NORDIN
PSYCHIATRIST UNMC



MODERATOR
BHARATI CHAND,
STRESS AND MENTAL
HEALTH TRAINER



YG BHG DATO' ALIYAH KAREN,
FOUNDING CHAIRPERSON,
YAYASAN HEALTH ON WORLD
(YHOW), MALAYSIA



DR SANGEETA KAUR,
FOUNDER, EMERGING
JOURNEY ASIA,
MALAYSIA

August - November

- Psychological First Aid for non-Mental Health NGOs
- The Forgotten Mental Health Crisis
- Self Development & Mental Health

Mental Health

IS A POSITIVE CONCEPT RELATED TO

- The social & emotional wellbeing
- The enjoyment of life
- The ability to cope with stress and sadness
- The fulfillment of goals & potential
- A sense of connection

2 DAYS HEALTHY MINDS & PSYCHOLOGICAL FIRST AID (PFA)

Specialty Curated for Non-Mental Health NGOs

- To raise awareness of Mental Health & its challenges
- To inspire action to promote the message of good Mental Health
- To enhance immediate and ongoing safety
- To provide physical & emotional comfort

*A Mental Health initiative by
Ministry of Health Malaysia*

FREE PROGRAM

Register today



THE FORGOTTEN MENTAL HEALTH CRISIS: WORKING ONLINE AND THE PSYCHOLOGICAL PRESSURE COOKER



DR. SANGEETA KAUR Mental Health Ambassador

- ◆ Founder of Emerging Journey Asia (EJA)
- ◆ Founder of Yayasan Health On World (YHOW)
- ◆ The Association of Psychological, Educational Counselors of Asia Pacific (APECA)
- ◆ Psychological First Aid (PFA), John Hopkins University, USA

27 AUGUST
2021

15:00PM
16:00PM



WWW.SAITO.EDU.MY

YAYASAN HEALTH ON WORLD

UNITAR INTERNATIONAL UNIVERSITY

- General Track in Self Development and Mental Health for all programme
- Total of 4 Sessions / 4.5 Hours conducted

DR. Sangeeta Kaur
Yayasan Health on World

THANK YOU

Muhammad Amir Bin Zainal ***

September

- Guest Speaker - ASEAN Youth Volunteer Program
- Discussion – Suicide: A Taboo Word?
- Majlis Guru Cemerlang Malaysia

DENGAN KERJASAMA
MAJLIS GURU CEMERLANG MALAYSIA
membawakan bual bicara
**GURU DAN PENDEMIK :
BERSANGKA BAIK, JANGAN STRES!**

Moderator
Hairunnisa bt Khalid
YDP MGCKL
Maktab Tentara Diraja

Panel 1
Dr Sangeeta Kaur,
FOUNDER
Emerging Journey Asia
& Yayasan Health on World

Panel 2
Norhaiza binti Che Amat
GC KAUNSELING
SMK Cheras

Panel 3
Siti Suhaila binti Burihan
GC MATEMATIK (SM)
SMK Pendidikan Khas Setapak

16 Sept 2021 | Khamis | 10.00 pagi

ASEAN YOUTH VOLUNTEER PROGRAMME (e-AYV)
Theme: Strengthening ASEAN Education Delivery Systems in Challenging Times
30 AUG - 17 SEPT

From AYVPI18: Lihanna A. Sanico Jr, PHL, to Everyone
Social Awareness I got the point

Yayasan Health On World (YHOW)
Significant Thursday

**“SUICIDE”
A Taboo Word?**

In conversation with
Dr Sangeeta Kaur
Founder YHOW

Dr Joel Low
Director & Clinical Psychologist
The Mind Psychological Services & Training

30 Sept 2021, Thursday
04:30pm (MST) / (GMT+8)

<https://zoom.us/j/9901332422>



October

- Discussion - Women Empowerment Toward Wellbeing
- E-Book : Burpees Your Heart – My Journey
- One Million Steps Challenge
- Zumba and Yoga
- IDEP 2021 Conference
- When Women Leaders Agree to Disagree
- Moulding The Future of Mental Health at Workplace



Yayasan Health On World (YHOW) Significant Thursday
Women Empowerment Towards wellbeing
In conversation with **Dato' 'Aliyah Karen** Founding Chairperson YHOW
7 Oct 2021, Thursday 04:00pm (MST) / (GMT+8)

IDEP 2021 International Day for Empowerment of People with Disabilities
CONFERENCE
15 OCTOBER 2021 8:45am - 4:30pm
Partnerships for Inclusive Transformation & Sustainability of Non-Profits
PLENARY 5 3:15pm - 4:05pm
Keynote Speaker
Dato' Dr Ahmad Faizal Mohd Perdaus President, NPO Malaysia
Panelists: **Dato' 'Aliyah Karen**, **Dr. Khammarul Azahari Razak**, **Ms Alya Iman Roslan**

FORWARD NU Med
Plenary Speech 2: Moulding The Future Of Workplace Mental Health In Malaysia
Speaker: **Dato' 'Aliyah Karen** Founding of AKRAB Resources & Yayasan Health on World (YHOW)

WHEN WOMEN LEADERS AGREE TO DISAGREE
EMILIA Q3 Management Solutions Sdn Bhd vs **'ALIYAH KAREN** Yayasan Health On World (YHOW)
GLOBAL EMPOWERMENT SUMMIT
DATE : 3 OCTOBER 2021 / 4.00-5.00PM (+8)

BURPEES YOUR HEART - MY JOURNEY
eBook
All proceed goes to Yayasan Health On World in conjunction of mental health awareness month

Version 2 10-10-2021 ONE MILLION STEPS
This Mental Health Day...
"To walk in nature is to witness a thousand miracles" - Mary Davis
Open to everyone for a minimum donation of RM10 to YAYASAN HEALTH ON WORLD
Join Us! Happy runners at Bukit Kiara
ALVIN NETTO The Longest Non Stop Backwards Run In Malaysia. Book of Records
TO BREAK THE RECORD BY COMPLETING 2,700 BURPEES IN 8 HOURS FOR CHARITY

November - December

- Supporting Partner at Employment Law Conference
- Discussion - Psychology behind Organisation's Culture & Value
- Flood relief coordination and support
- YHOW Plans for 2022!

2 Sun 13 Mar 10:5 57%

TALK ABOUT MENTAL HEALTH IN THE WORKPLACE

Mental health has been getting a lot of attention lately because of the rise in suicide cases as well as the early indications of long-term psychological risks. Many in the workforce choose to hide their depression, burnout, repressed emotions or lack of focus in fear of the stigma that comes from having a mental illness or it threatening their career prospects. Mental health is not a one-size-fits-all type of problem, it is a complex issue that requires careful consideration from various stakeholders including lawmakers, corporate bodies as well as the legal, healthcare and education systems to be a success.

Legal Plus and L2 i-CON will be organising Mental Health Talk 2021 which is a parallel session of the Employment Law Conference 2021. This special free talk will examine the role of employers in the mental wellbeing of their employees while taking a closer look at the matter from a legal and medical perspective.

DATE: 26 NOV 2021 / FRI
TIME: 10.30AM - 12PM
VENUE: zoom

JOINTLY ORGANISED BY:

IA PARTNER:

FREE ADMISSION
A parallel event of
EMPLOYMENT LAW CONFERENCE 2021

Yayasan Health On World (YHOW)
Significant Thursday

Psychology Behind Organisation's Culture and Value

In conversation with
Dr Sangeeta Kaur
Founder YHOW

Dr Alizi Alias
Co-founder Psychospiritual Institute
Organisational Psychologist

25 Nov 2021, Thursday
03:00pm (MST) / (GMT+8) <https://zoom.us/j/95640647468>



Dear friends,

We need your help!

If you'd like to donate towards YHOW allowing us to run more programs and events or be part of our campaigns and activities, do reach out to us. We appreciate your generosity.

Public Bank account: 3218 – 103 - 102



You're NOT ALONE.

We are organising group sessions

Join us every
Mondays & Fridays
4:30pm - 5:30pm

via zoom and limited
to 12 pax only per day
first come first serve

 **019 7557708**
to book your slot

WWW.YHOW.ORG



Counseling and Support SERVICES



Who Are We?

At YHOW, we provide services that enriches individual's mental, emotional and physical wellbeing. By managing your health, you will be able to function at a satisfactory level that will improve your mood, performance, and many more.

We are here to help and listen.

OUR CARING TEAM CAN HELP YOU WITH:

- Anger and Stress Management
- Personal Empowerment
- Post Traumatic Stress Disorder
- Depression/Anxiety Disorder
- Suicide Prevention and more...

Email us to book your session.
help@yhow.org

www.yhow.org • Yayasan Health On World



Launched!

STARFISH PROJECT

by
Yayasan Health on World (YHOW)

Tele-psycho-social Support

+603 3310 0212
(10:00am to 6:00pm daily)

 Donation to Yayasan Health on World
Public Bank Berhad - **3218 103 102**

Email payment slip to
help@yhow.org

3A-C, Level 3A, Wisma YPR
Lorong Kapar Off Jalan Syed Putra
58000 Kuala Lumpur

+6019 755 7708
info@yhow.org

<https://www.linkedin.com/company/yhow>

[Yayasan Health On World | Facebook](#)