

**IMPACT
REPORTING
&
AUDITED
ACCOUNTS
YEAR 2022**



**YAYASAN
HEALTH ON WORLD**

REGISTRATION NO: PPAB-08/2020
INCORPORATION DATE: 20 MEI 2020

CONTENTS



	Page
• Our Purpose	2
• Founding Chairperson's Message	3
• Financial Statements for year 2022	4 - 5
• Strategic Partners	6
• Activities & Events	7 - 18
• How can you help us	19

OUR PURPOSE



YAYASAN
HEALTH ON WORLD

Our Objective

To promote mental, emotional & physical wellbeing towards harmonised nations.

Mission

To commit with compassion.

Vision

Towards a holistically harmonised world.

FOUNDING CHAIRPERSON'S MESSAGE



Dear friends,

"We all have battles to fight. And it's often in those battles that we are most alive: it's on the frontlines of our lives that we earn wisdom, create joy, forge friendships, discover happiness, find love, and do purposeful work." Eric Greitens, Resilience

There were 2 of us, to begin with; my co-founder Dr Sangeeta Kaur and I. Then came a few to form a Board, to discuss and decide on the direction of something new to all of us; a foundation that would holistically champion mental, emotional, and physical well-being.

Yayasan Health on World (YHOW) turned 3 in May. The next few pages prove that we are not financially rich, but we have achieved what we set out to do with the help of a strong, kind battalion of people.

Our significant training program; Psychological First Aid (PFA) with the endorsement and funding from the Ministry of Health, Malaysia successfully trained 700 individuals from NGOs not related to mental health in 2022 and early 2023.

Our jackpot, golden win came on mental health day itself; 10-10-2022 when our youth ambassador, Alvin Netto broke not 1 but 2 world records entering himself and YHOW into the World Guinness Book of Records. This win is the culmination of an enormous collective effort of many groups of people, including the Ministry of Health, UNITAR International University as venue sponsor, and Fly FM as radio sponsor.

In recent years, we witnessed a significant increase in concern among the people towards the issue of mental health. We have stepped in to play our part in advocacy via training, talks, seminars, forums, conferences, and public talks. Even so, we still have a long way to go, and only through a joint effort will we be able to reach our fundamental goal; to nurture a society that embraces the topic of mental health and not allow it to be labeled as a taboo topic.

Health is our priority. It's our responsibility to be healthy. It should be our lifestyle. At YHOW, we choose to focus on the holistic trio; mental, emotional, and physical well-being as we strongly believe that is a good balance towards thriving and living.

We wish to continue our efforts. Sadly, many who seek help from us cannot afford private therapy and counseling. They cannot afford the programs we wish to run. We often are left in a dilemma due to financial constraints.

As you flick through the pages of our financial and impact report you will notice we strive to do much with limited resources. Hence we seek YOUR help. If you've moved with the work we do, please support us and enable us to expand our services to those who depend on us to get better. That is all they want. To be well and live the normal life they truly deserve. They need a safe place and experienced people who will help them break free from the tangled chains of distraught emotions, anxiety, depression, and mental anguish.

We can't do it alone nor can we save the world, but we can certainly try to make a difference to those who cross our paths and seek our help.

A handwritten signature in black ink that reads "Aliyah Karen".

Dato' Aliyah Karen
Chairperson, YHOW

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2022

STATEMENT OF FINANCIAL POSITION AS AT 31 DECEMBER 2022

	2022 RM	2021 RM
ASSETS		
CURRENT ASSETS		
Inventories	0	138
Other receivable	2,000	2,000
Cash and bank balances	160,380	59,140
TOTAL ASSETS	<u>162,380</u>	<u>61,278</u>
FUNDS AND LIABILITIES		
ACCUMULATED FUNDS	<u>63,720</u>	<u>54,328</u>
CURRENT LIABILITIES		
Other payables	98,660	6,950
TOTAL LIABILITIES	<u>98,660</u>	<u>6,950</u>
TOTAL FUNDS AND LIABILITIES	<u>162,380</u>	<u>61,278</u>

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2022

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
31ST DECEMBER 2022**

	2022	2021
	RM	RM
INCOME	276,393	142,675
DIRECT COSTS		
Opening inventories	138	258
Signage for KKM Mental Health Center	6,890	0
<i>Cost of Projects:</i>		
-Break Fear, Break Records	13,405	0
-Yhow Experiential Conference 2022/2021	0	562
-PFA Training and B40 Youth Program	200,000	74,928
-Art Therapy	0	2,307
-Persidangan Guru-Guru Wilayah Persekutuan	22,600	0
-DAN Goes Bald	0	6,750
-One Million Steps Challenge 2	0	400
	<u>243,033</u>	<u>85,205</u>
Less: Closing inventories	0	(138)
	<u>243,033</u>	<u>85,067</u>
GROSS INCOME	33,360	57,608
EXPENDITURE		
Administration expenses	(23,968)	(12,614)
Surplus for the year	<u>9,392</u>	<u>44,994</u>

STRATEGIC PARTNERS



ACTIVITIES & EVENTS 2022



The foundation has been actively working to promote mental health and well-being throughout the year.

Our initiatives have focused on raising awareness, providing support, and advocating for positive change.

We had organized various educational campaigns, workshops, and events to reduce stigma and encourage open conversations about mental health. Additionally, we offered counseling services, support groups, and online resources to individuals in need.

In addition, we have collaborated with community partners and stakeholders who have helped expand our reach and impact.

We believe that together, we can create a significant impact towards a healthier society, which is led by empathy and compassion.



ACTIVITIES & EVENTS 2022



Events / Activities	Target Group	No of Paxs	Benefits/ Outcomes
YHOW Big Thank you Appreciation Day (January 2022)	Existing and potential partners, collaborators, donors, Ministry of Health	30-50pax	To gain feedback and future support for YHOW
Safety Edge Virtual Conference Promoting Health Through OSHMP25 : Coping Stress at Workplace. (March 2022)	OSH Practitioners	200 pax	To share knowledge and information on Mental Health at workplace and why it is essential to manage good mental wellbeing.
YHOW Mental Health Conference :Redefining Mental Wellness For A Brighter Future (May 2022)	Public	250 pax	Collaboration with Newcastle University Malaysia. Discussion on equity, relationship, wellbeing, good practices at workplace and how participants can apply them in their daily life and in society.
KOMAD Navigating Healthy Mind and Physical Wellness in a Digital World (August 2022)	Educationist local and international	380 pax	International Conference on how physical wellbeing does influence individuals mental health and overall wellbeing.

cont.d

ACTIVITIES & EVENTS 2022



Events / Activities	Target Group	No of Paxs	Benefits/ Outcomes
MELC 2022 Workforce uncertainties & its effect on our mental health and well beng . How prepared are we? (August 2022)	International advocates	350 pax	The importance of listening on issues that impact the mental well-being of people in general.
Psychological First Aid (Throughout Year 2022)	Non-mental health NGOs	400 pax	Provide Psychological First Aid tools and intervention for non-mental health NGOs to assist their members and the community in education and awareness.
World Suicide Prevention Day : Creating Hope Through Actions (September 2022)	Adult and Youth	500 pax	Awareness campaign on why suicide is not the right action.
Kettlebell Swing Challenge -"Break Fear Break Records" An Attempt to Break Guinness World Records (GWR). (October 2022)	Public	600 pax	In conjunction with World Mental Health day, an attempt to break and enter the GWR was a success proving that mental, emotional and physical well-being is crucial. 2 new world records was created (Alvin Netto, YHOW)
National Centre of Excellence for Mental Health (NCEMH) (November 2022)	NGOs and Ministries	1000 pax	Showcase play therapy and art therapy at the launching of NCEMH in Cyberjaya

cont.d **ACTIVITIES & EVENTS 2022**



Events / Activities	Target Group	No of Paxs	Benefits/ Outcome
Live interviews (March, July, September 2022)	Adults and Youth	More than 1300 pax	Discussion on various topics related to mental, emotional and physical wellbeing.
Mental Health' articles and videos (March, July, September 2022)	General	More than 1000 pax	Viewers obtain knowledge, awareness and guidelines on managing mental, emotional and physical wellbeing.
300th: On the Spike of Cyberbully in Malaysia (September 2022)	General	Asia Pacific	Provide insights about cyberbully in Malaysia and to create awareness on how to prevent being a victim.
Yayasan Sime Darby (YSD): 'Thrive Program' (Throughout Year 2022)	YSD Scholars	More than 700 pax	Provide Counselling and Safe space for YSD Scholars to express themselves.
Workshop: All About Foundation and Raising Funds (December 2022)	NGOs	200 pax	Provide knowledge and guidelines to set up foundations professionally.
SSEAYP International Conference (December 2022)	Youth	More than 400 pax	Dscussion on organsational Mental Health, a youth perspective, the effect of social media and mind matters

cont.d

ACTIVITIES & EVENTS 2022



Events / Activities	Target Group	No of Paxs	Benefits/ Outcome
10:10-One million steps challenge (October 2022)	Public	More than 500 pax	In conjunction with World Mental Health day, a physical activity was organized.
2022 Malang ICPM 13th International Conference of Project Management (April 2022)	Universities	Worldwide	Founding Chairperson Dato' 'Aliyah Karen spoke at the Conference in Malang, on "Mental Health: 7 pitfalls to avoid"

01

January

YHOW Big Thank you Appreciation Day

An appreciation day was organized to express gratitude to our valued partners, friends and supporters who have stood by us throughout the year. It was a heart warming event as we recognized their unwavering support and contribution to YHOW.



03

March



Webinar || 15 CEP POINTS

SAFETYEDGE VIRTUAL CONFERENCE 2022

Paper 4: Promoting Health Through OSHMP25: Coping Stress at Workplace.

Dr. Sangeeta Kaur
Founder, Yayasan Health on World (YHOW)

28th - 29th MARCH 2022 | 8AM - 5.30PM | PLATFORM: ZOOM
10 PAPERS | 2 FORUMS | 12 AMAZING SPEAKERS

15 CEP POINT

JOIN US!
SCAN TO REGISTER
<https://bit.ly/SEVC2022>

/mysheqaacademy www.mysheqa.com

Dr Sangeeta Kaur shared about Promoting Health Through OSHMP25: Coping Stress at Workplace.

2022 Malang ICPM

13th International Conference of Project Management (ICPM)

A Hybrid Conference that Combines an In-Person and Live Event

8 AM - 5 PM 23rd April 2022 (Online Presentation)

Theme
Preparing for the Unexpected: Lessons Learned from Covid-19 Pandemic (Multidisciplinary Perspectives)

Overview
International Conference of Project Management (ICPM) is a prestigious event organized with a motivation to provide an excellent international platform for the academicians, researchers, industrial participants and budding students around the world to share their research findings with the international business experts.

Topic
Topics of interest for submission include but are not limited to the areas listed below:
- Economics, Business and Management (EBM)
- Science, Technology and Engineering (STE)
- Education, Health and Sport Science (EHSS)
- Social Sciences, Art and Humanities (SSAH)

Registration Fee
Online Presenter (Non AIBPM Members) IDR - Rp 1.500.000,- USD - 150
Offline Presenter (AIBPM Members) IDR - Rp 1.250.000,- USD - 125

Benefit
Direct Publication for selected papers to:
- Scopus Indexed Journal
- Sinta 2 Indexed Journals
- International Journals (Social Science)

Publication Opportunities
16 Scopus Indexed Journals
10 Sinta Indexed Journals
7 International Journals
WOS Indexed Proceeding
International Proceeding

Important Dates
23rd April 2022 Conference Date
08th April 2022 Abstract Submission
15th April 2022 Full Paper Submission
15th April 2022 Last Date of

04

April

Founding Chairperson Dato' 'Aliyah Karen spoke at the ICPM Malang Conference , Indonesia. Her theme : Mental Health :7 pitfalls to avoid.

05

May

Mental Health Conference: Redefining Mental Wellness For A Brighter Future



MAY 2022

Conference Schedule



In conjunction with Yayasan Health On World (YHOW)'s 2nd birthday on the 20th of May 2022. The two-day conference kicked off with a bang.

YHOW thanks our partner and host Newcastle University Medicine Malaysia for excellence work and engagement.



Redefining Mental Wellness For A Brighter Future		Newcastle University Medicine Malaysia	
MAY 2022		Conference Schedule	
20th Friday		21st Saturday	
09:00	Welcome Speech from Newcastle University Medicine Malaysia	09:00	Welcome Speech from Yayasan Health On World (YHOW)
09:05	Keynote Address 1 Strategies For Enhancing Mental Healthcare Services	09:15	Morning Activity
	Keynote Address 2 The Underlying State of Mental Health in Malaysia: What Should Be Done?	09:30	How Much Do Parents Contribute to the Mental Welfare of their Children?
09:40	Mental Healthcare Beyond the Pandemic	10:15	Break
10:15	Mental Health as an Essential Insurance Coverage	10:30	Panel Discussion The Relationship between Equity and Mental Health
10:50	Break	11:45	The Impact of Mental Health on Caregivers – Family + Domestic Helpers
11:00	Panel Discussion Championing Women's Mental Health	12:30	Lunch Break
12:30	Lunch Break	13:30	Brain Gym Activity
14:00	Perceived Sense of Grandiose Narcissism	13:45	Panel Discussion Bridging the Gap of Mental Health @ Work – Impact and Good Practices
14:35	Spotlighting Men's Mental Health	14:45	The Role of Educators in Addressing Mental Health Issues
15:10	Break	15:30	Break
15:20	Mental Health First Aid (MHFA): Helping People with Mental Health Problems	15:45	Mental Wellness for a Brighter Future
15:50	Rapid Fire Sessions • How to Ask Kids and Families the Hard Questions: Having an Impact on Youth • Social Media and Mental Health –	16:15	Closing Speech

07

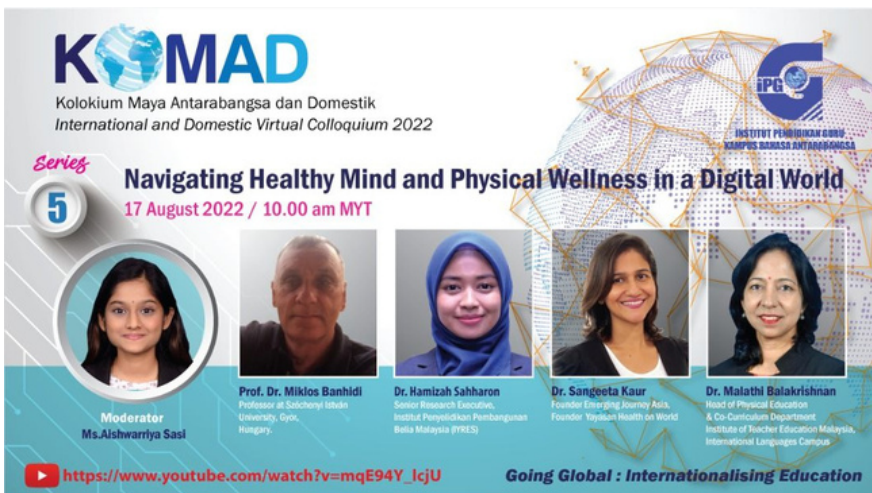
July



YHOW WOW (Wellness on Wednesday) Webinar.

08

August



Being a mental health expert in industry, Dr Sangeeta Kaur was invited by the Institute of Teachers Education International Languages Campus to be one of the presenters during International and Domestic Virtual Colloquium (KOMAD) with theme of Going Global: Internationalising Education.

Dato' 'Aliyah Karen reiterates the importance of truly listening to the issues that impact employees on mental health. Employers should provide a platform for voices to be heard.

“NO ONE SHOULD HAVE TO MAKE EXCUSES TO LOOK AFTER THEIR MENTAL HEALTH”



09

September



'The Spike Of Cyberbullying In Malaysia'

Dato' 'Aliyah Karen gave her insight on Cyber-bullying in Malaysia. Sadly, the awareness on cyber-bullying is relatively low where many victims shun away from help and advocacy.

Everyone should step up against cyber-bullying on a larger scale



Choice Theory - Everyone is Somebody



WORLD SUICIDE PREVENTION DAY 2022

If someone does let you know that they are having suicidal thoughts, always take them seriously. You don't have to be an expert, just being there to listen and showing you care can help them work through what's going on.



Psychological First Aid & Daily Crisis Brief with Nordin Abdullah

10 October

KETTLEBELL SWING CHALLENGE - BREAK FEAR, BREAK RECORDS

An Attempt To Break Guinness World Records!

Big congratulations to Alvin Netto for breaking 2 Guinness World Records: 12 & 24 Hours Kettlebell Swing Challenge from 9th October 2022@ 12.00noon-10th October 2022@12.00noon.

More than RM40,000 was raised to assist the B40 youth with mental, emotional and physical challenges.



UNITAR INTERNATIONAL UNIVERSITY

YAYASAN HEALTH ON WORLD

BREAK FEAR, BREAK RECORDS

Alvin Netto attempts to set a new Guinness World Record for most Kettlebell swings in 24 hours!

Help us raise **RM30,000** to support our Malaysian youths' emotional, mental and physical well-being.

Every bit counts!

9 - 10 OCTOBER 2022
12.00 P.M. - 12.00 P.M.
UNITAR Auditorium,
Main Campus, Kelana Jaya

unitar.my

#ACCELERATEYourFuture



11

YHOW is part of the National Centre of Excellence for Mental Health (NCEMH) in Cyberjaya.

November



Forum Cabaran Pendanaan Universiti Awam, Apa Kata Industri.

Dato' 'Aliyah Karen, invited by AKEPT to share on funding, projects, ideas and suggestions to all public universities.



12

DECEMBER



A workshop organized by our partner, UPM.



Dr. Sangeeta was a panelist at SSEAYP International Conference (SICO3.0).

"EMBRACING THE JOURNEY: OUR COMMITMENT TO MENTAL HEALTH AND WELL-BEING"

Thank you for your continuous support and trust in our foundation. We are proud to share the progress we have made and look forward to the opportunities and challenges ahead.

Your continuous support and trust in our foundation mean the world to us. Your financial assistance plays a crucial role in our continued growth and impact. We invite you to make a contribution and reach out to us to further support our cause.

Donation to Yayasan Health On World:
3218 103102 Public Bank.



TOGETHER, WE CAN MAKE A DIFFERENCE.

Feel free to reach out to us



+6019 7557708



yhow.org/index.php



info@yhow.org



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



YAYASAN
HEALTH ON WORLD

3A-C, LEVEL 3A, WISMA YPR LORONG KAPAR OFF JALAN SYED PUTRA 5800 KL

THE END

