

# Annual Report 2020

*and our 2021 highlights*



**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

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# Founding Chairperson's Message



***“I alone cannot change the world but I can cast a stone to create many ripples.”*** Mother Theresa.

Reflecting on this quote, Dr Sangeeta and I realised what we had to do in June 2020, when Yayasan Health On World (YHOW), was approved as a non-profit Foundation.

We were right smack in the ‘lock-down’ mode with so many uncertainties. We had no finances to start, no grants nor donations. However, we had a few kind souls, who said YES to us wanting to make a difference. They became YHOW’s immediate family; our Board and Exco. Many cheered us on as they knew a Foundation, which was advocating mental health, emotional well-being and physical fitness was indeed timely.

I am honoured and proud to share with you our 1<sup>st</sup> annual report. We believe you are part of our journey and it’s important that we are transparent with each and every one of you.

Friends, as you glide through the pages of this report you’ll witness and resonate with the quote by Misty Copeland ***“Anything is possible when you have the right people there to support you.”*** That’s what we are blessed with; the right people. Thank YOU for being one of them.

Our audited accounts ending December 2020 is enclosed. We share with you the many activities we have organised from August 2020 till June 2021. We have had the opportunity to speak at international platforms and now YHOW has an extended family in many countries.

We are thankful for the many friends and associates, who have collaborated with us to organise programs and events, which has brought tremendous benefit and assistance to those who have been brave to seek help and advice.

This year we took a bold step and organised the first Experiential Conference with the theme *‘mental and emotional endurance in a borderless world’*. We were humbled and overwhelmed with the support from the Ministry of Health, specialists, corporate entities, NGOs and universities. With over one hundred participants, we welcomed some from India, Nepal, Singapore and Pakistan.

We pledge to continue assisting those in need and bringing awareness from a holistic perspective via our educational talks, programs, events and activities as we have so much more to offer. Please continue riding with us on our journey of hope, joy and peace while allowing everyone who crosses our path the opportunity to live well, a basic right we truly deserve.

On behalf of the team at YHOW, my sincere thanks. May you be blessed abundantly for your kindness and generosity.

*Don't do charity, do humanity.*

**Dato' 'Aliyah Karen**

# Financial Statement Year 2020

Registration No.: PPAB-08/2020

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

**STATEMENT OF FINANCIAL POSITION**  
**AS AT 31 DECEMBER 2020**

	Note	RM
<b>ASSETS</b>		
<b>CURRENT ASSETS</b>		
Inventories	4	258
Other receivable		2,000
Cash and bank balances		10,275
<b>TOTAL ASSETS</b>		<u>12,533</u>
<b>FUNDS AND LIABILITIES</b>		
<b>ACCUMULATED FUNDS</b>	5	<u>9,334</u>
<b>CURRENT LIABILITIES</b>		
Other payable and accruals	6	<u>3,199</u>
<b>TOTAL LIABILITIES</b>		<u>3,199</u>
<b>TOTAL FUNDS AND LIABILITIES</b>		<u>12,533</u>



# Financial Statement Year 2020

Registration No.: PPAB-08/2020

## YAYASAN HEALTH ON WORLD

*(Incorporated under the Trustees (Incorporation) Act, 1952)*

### STATEMENT OF INCOME AND EXPENDITURE FOR THE PERIOD FROM 20 MAY 2020 (DATE OF REGISTRATION) TO 31 DECEMBER 2020

	Note	RM
<b>INCOME</b>	7	29,157
<b>DIRECT COSTS</b>		
Bantu Sabah expenses		14,485
Purchase of pins		300
Seminar and workshop expenses		646
		15,431
Less: Closing inventories		(258)
		15,173
<b>GROSS INCOME</b>		13,984
<b>EXPENDITURE</b>		
Administration expenses	8	(6,650)
<b>SURPLUS FOR THE PERIOD</b>		7,334

# Financial Statement Year 2020

Registration No.: PPAB-08/2020

## YAYASAN HEALTH ON WORLD

*(Incorporated under the Trustees (Incorporation) Act, 1952)*

### STATEMENT OF RECEIPTS AND PAYMENTS FOR THE PERIOD FROM 20 MAY 2020 (DATE OF REGISTRATION) TO 31 DECEMBER 2020

RM

#### CASH AND BANK BALANCES AT BEGINNING OF THE PERIOD

-

#### RECEIPTS

Donations received for Bantu Sabah	14,485
Cardiopulmonary resuscitation seminar fee	604
Donations received	8,531
One million steps challenge subscription fee	3,980
Sale of pins	70
Workshop income	1,487
Advance from other payable	5,000
	<hr/>
	34,157

#### PAYMENTS

Bank charges	9
Bantu Sabah expenses	14,485
Filing and stamping fee	1,440
Meeting expenses	697
Printing and stationery	360
Purchase of pins	300
Telephone charges	112
Website expenses	833
Workshop expenses	646
Repayment to other payable	5,000
	<hr/>
	(23,882)
	<hr/>
CASH AND BANK BALANCES AT END OF THE PERIOD	10,275

# Get to Know Us!



Founder  
Dr. Sangeeta Kaur



Founding Chairperson  
Dato' 'Aliyah Karen



Trustee  
Dato' Aishah Mohammad



Trustee  
Dr. Chandrasegaran



Trustee  
Leong Yin Kit



Exco  
Cynthia Paul



Exco  
Raymond Ho



Exco  
Alvin Netto

# Strategic Partners



**ALIYAH & KAREN  
RESOURCES**

*LEAP FORWARD*





# Our Start

August

A simple launch on the 8<sup>th</sup> August 2020 with our associates and friends was an endorsement to kick start our journey.



# What We Have Been Up To...

September



**YAYASAN**  
HEALTH ON WORLD

## REGULATING EMOTIONAL INTELLIGENCE & MENTAL HEALTH



**Register NOW!**





# Mental Health Month

October

## Raising Funds

World Mental Health Day  
10/10/2020



## One Million Steps



October is synonym with mental health and we organized a fun 'fundraising' walk - a million steps. We collectively surpassed two millions steps. Let's do it again.....





# Bantu Sabah

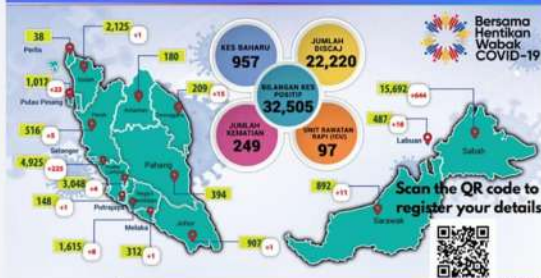
November

## #bantusabah Fundraising Campaign

People of Sabah and Frontliners  
need your help.

Get Involved Now!

Every donation counts and will make a  
difference in saving lives  
(644 cases reported on 1/11/20)



Yayasan Health on World aims to raise RM10,000.  
Your generous donations will be used to supply  
medical equipment, PPE and dry foods.

Closing date: 7 November 2020



THANK  
YOU

#bantuSabah



We raised RM14,485 to purchase  
medical disposables for 4 hospitals in  
Sabah; KK, Tawau, Lahad Datu and  
Semporna and 20 families in Kampung  
Mandalipau, Papar got some early  
Christmas cheer.

CONVERSATIONS  
THAT MATTER  
with VYASA KANDASAMY

VYASA RAJA AZURA DR SANGEETA MUNESWARAN

LinkedIn f LIVE YAYASAN HEALTH ON WORLD #BANTUSABAH FUNDRAISING CAMPAIGN 330 PM 2 NOV





# Significant Thursday Launched!

December

Our monthly 'Significant Thursday' live show was launched. We have brought in the best to discuss on important health related topics and this will continue.



# A Quick Look at 2020



Board meets, rolling out plans, media highlights, workshops and talks kept us on our toes.





# A Quick Look at 2020

**avidity** **#MalaysiaKuat**

## Inspiring Impact Builders





**Kenneth Chan**  
Managing Director/Founder of  
Zappy Production/Green Robot



**Dato' Aliyah Karen**  
Chairperson and Founder of the  
World on Health Foundation



**Karen S Pua**  
Vice President of  
Fintech Association of Malaysia



**KB Bakar**  
Director of Programs of  
Avidity International

Supported by **invigorate** **WONDERMAKERS**

There's more!

**Exclusive Webinar**  
- in partnership with FMM (Federation of Malaysian Manufacturers)

**UNITAR** United Nations Institute for Training and Research

## MENTAL HEALTH IN THE WORKPLACE

The COVID-19 pandemic has changed everything from the way we work, to the way we socialize with others. It has also had a major impact on our mental health, adding additional stresses to our lives. UNITAR is taking this opportunity to help FMM members find new ways to manage work and family issues through these tough times.



**DATO' ALIYAH KAREN**  
Co-Chairman  
Yayasan Health On World (YHOW)



**DR. SANGEETA KAUR**  
Co-President  
Yayasan Health On World (YHOW)



**NUZHA BINTI MOHAMED TAHA**  
Senior Lecturer  
Psychology and Counselling  
UNITAR International University



**BILLY URUDRA**  
Chief Development Officer  
Daughters Network Ltd

### 25 NOV, 9:30AM – 1:00PM

This event is organized by FMM and sponsored by UNITAR under the FMM Business Promotion Package.

**Disclaimer:**  
FMM reviews requests by solution/technology providers for a platform to create awareness and market their products/services to FMM members. The FMM Business Promotion Package is offered when the solution, technology and product/services are deemed as viable and relevant in improving member's operational efficiency. Offering of the FMM Business Promotion Package, however, does not constitute as an endorsement by the FMM of the products, services or technology providers.

#AccelerateURFuture unitar.my

**UNITAR THOUGHT LEADER SERIES**

**EPISODE 4**

**MODERATOR**



**Dr. Mohan V Arvori**  
Associate Professor of Strategy and Innovation and Director of Research  
Nottingham University Business School (NUBS)

**PANELISTS**



**Farooz Nadar**  
Executive Director  
UK Global Compact Network Malaysia



**Dato' Aliyah Karen**  
Chairperson  
Yayasan Health On World



**SRI Nooraznie Abdul Rahim**  
Principal Assistant Secretary  
Ministry of Environment and Water

**FOR MORE INFO:** +6011 1051 2825 enquiries@unitar.my

**UNITAR** **ASIA GRADUATE SCHOOL** First Virtual University in Southeast Asia

**STARS** 5 UNITAR

unitar.my

**THE ASTRAZENECA GRAVITY SQUAD PRESENTS**

## MENTAL HEALTH FORUM 3.0

**DO YOU EXPERIENCE ANXIETY & STRESS?**

Our renowned speakers:



**Dato' Aliyah Karen**  
Founder of Yayasan Health On World



**Dr Sangeeta Kaur**  
Founder of Yayasan Health On World and Emerging Journey Asia (EJA)



**Dr Rethina Gunaseelan**  
Associate Medical Affairs Manager, AZ

21 SEP 2020 (Monday)  
9.00AM - 9.45AM  
Zoom (in calendar invite)

# A Quick Look at 2021

Our friends stepped in, and we were part of community videos, branding workshops, painting sessions and the commitment went up a notch with 'Dan going bald' to raise funds.





# A Quick Look at 2021

## A Working Lunch with Nordin

Joining us this week is Dato' Aliyah Karen

one of the leading Women leader in the region with years 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.

#AWorkingLunchWithNordin

**LIVE!**  
THIS Wednesday  
(3 March 2021)  
in



**HEN INTERNATIONAL WOMEN'S DAY 2021 SYMPOSIUM**  
8th - 12th March 2021 | Homepreneur Empowerment Network

**GRAND CLOSING PANEL SPEAKERS**

Dato Aliyah Karen

Parames Perumal

Saradha Sivalingam Kalai

Datuk Dr. Alice Prethima Michael

**Change Makers & Queens**

Moderator  
Andrea Zsapka

12th March 2021 | 4.00 p.m - 5.00 p.m

powered by:

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

Marc Kevin Natusch  
Corporate Communications & Strategic Planning UNITAR

Dr. Sangeeta Kaur  
Co-founder  
Yayasan Health On World

Dato' Aliyah Karen  
Co-founder  
Yayasan Health On World

Nuzha Mohamed Toha  
Senior Lecturer  
(Authorized and Licensed Counselor)  
Faculty of Education and Humanities  
UNITAR International University

Alvin Netto  
Founder  
Athlete Fitness

Raudhah Nazran  
Chief Executive Officer  
Accelerate Global

**2 Moderators**

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

**4 Panelists**

unitar.my

**TRANSFORMATIVE EDUCATION**

**SPEAKER**  
DR. SANGEETA KAUR  
Founder Of  
Yayasan Health On World (YHOW)

**MODERATOR**  
POTTER KA KAI FONG  
EX-PY 2016

**FACILITATOR**  
ALIATI KHAIROLNISYAK  
EX-PY 2004

**SSCIP INTERNATIONAL CONFERENCE 2.0**  
March 2021

**SSCIP INTERNATIONAL MALAYSIA**

# A Quick Look at 2021

HARI WANITA SEDUNIA **maju**

**MEMPERKASAKAN  
WANITA  
DI CABARAN 2021**

**MODERATOR:**  
**PUAN SHAKIMAH**  
Ketua Model Insan,  
Kumpulan Maju

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

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

**PANEL 3:**  
**PUAN SITI AMINAH**  
Timbalan Ketua Penubung,  
Kumpulan Maju

30 MAC 2021, SELASA  
10 PG - 11 PG

#ChooseToChallenge  
**SAVE THE  
DATE**

Teams Meeting

**IMU**  
INTERNATIONAL MEDICAL UNIVERSITY  
MALAYSIA

Industry Partnership &  
Career Development

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 Mugilarasi Arasarethnam**  
Physician(Klinik  
Bayu Medic) &  
Founder, Aligned Life

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

**Chiah Ruey Chee**  
SRC Member, IMU

**MODERATOR**

**Hanie Razailf-Bohlender**  
Co-Founder,  
Dragonfire Corporate Solutions



**INTERNATIONAL  
WOMEN'S DAY 2021**

The pink tulip represents my passion to empower women & youth

The green ribbon is synonym with mental health advocacy & awareness

#YHOW #InternationalWomensDay



# Their Opinion, Their Thoughts





# YAYASAN **Experiential** HEALTH ON WORLD Conference

## "Mental & Emotional Endurance in a Borderless World"

In collaboration with the Ministry of Health Malaysia

21<sup>st</sup> & 22<sup>nd</sup> May 2021 | 09:00 – 16:00

Supporting partners:



Scan to Registration:  
**MYR 88 (USD 25)**

+6019 755 7708  
info@yhow.org

ONLINE CONFERENCE



Dr Nurashikin Ibrahim  
Public Health Specialist, Ministry of Health Malaysia





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**



**YAYASAN  
HEALTH ON WORLD**

**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](http://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](http://www.yhow.org) • Yayasan Health On World



**Launched!**

**STARFISH PROJECT**

by  
**Yayasan Health on World (YHOW)**

**Tele-psychosocial 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

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

[Yayasan Health On World | Facebook](#)