

# 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		<u>10,275</u>
<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
<b>CASH AND BANK BALANCES AT BEGINNING OF THE PERIOD</b>	
<b>RECEIPTS</b>	
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	<u>5,000</u>
	34,157
<b>PAYMENTS</b>	
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	<u>5,000</u>
	(23,882)
<b>CASH AND BANK BALANCES AT END OF THE PERIOD</b>	
	<u>10,275</u>

# 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



# 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.....



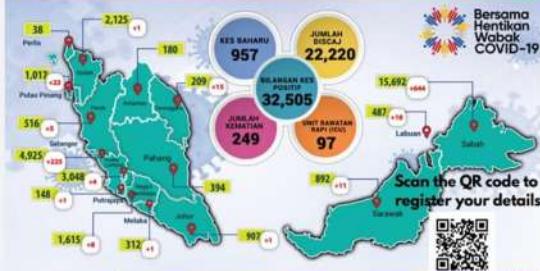
# Bantu Sabah

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**

**YAYASAN HEALTH ON WORLD**  
**#BANTUSABAH FUNDRAISING CAMPAIGN**

**LinkedIn** **Facebook LIVE**

330 PM  
**2 NOV**



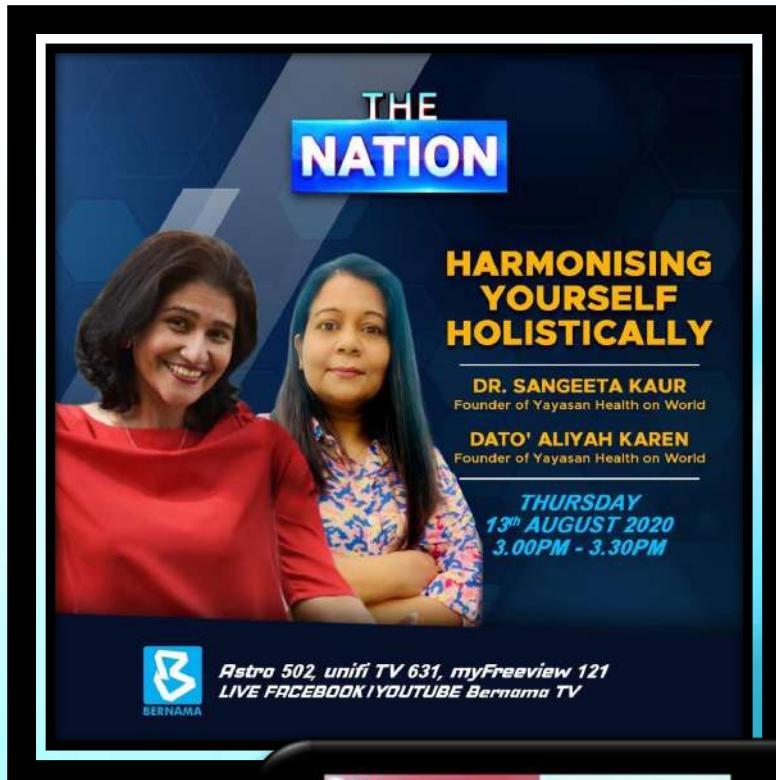
# Significant Thursday Launched!

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

**aviuity**  
international

#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 Puah**  
Vice President of Fintech Association of Malaysia

**KB Basar**  
Director of Programs of Aviuity International

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

There's more!

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

**UNITAR** INTERNATIONAL  
UNIVERSITY  
FOR  
ADVANCED  
LEARNERS

**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 stress 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-Founder, Yayasan Health On World (YHOW)

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

**NUZHA BINTI MOHAMED TAHA**  
Psychologist and Counsellor, UNITAR International University

**BILLY URUDRA**  
Chief Executive Officer, Deepblueco Business Ltd

**25 NOV, 9:30AM – 1:00PM**

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

**Disclaimer:**  
Full 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 solutions, technologies and products/services are deemed as useful and relevant in improving members' operational efficiency. Offering of the FMM Business Promotion Package is not to be construed as an endorsement by the FMM of the products, services or technology providers.

#AccelerateURFuture

unitar.my

**UNITAR**  
**THOUGHT LEADER** SERIES

**EPISODE 4**

**MODERATOR**

**Dr. Mcken V Ayroll**  
Associate Professor of Strategy and Innovation and Director of Research, Nottingham University Business School (NUBS)

**SUSTAINABLE DEVELOPMENT GOALS**

**Gender, SDGs and Business: A Winning Combination to Drive Meaningful Change**

**LIVE** 28th JULY 2020 4:00PM - 5:30PM

**PANELISTS**

**Faroze Nader**  
Executive Director, UK Green Compact Network Malaysia

**Dato' Aliyah Karen**  
Chairperson, Taysoan Movement

**Siti Nooraznie Abdul Rahim**  
Principal Advisor, Ministry of Environment and Water

**Scan the QR Code to register!**

**FOR MORE INFO:** +6011 1051 2825 | [enquiries@unitar.my](mailto:enquiries@unitar.my)

**unitar.my**

**STARS** STANDING LEARNING AND RESEARCHING IN INNOVATION

**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 and Managing Director, Emerging Journey Asia (EJA)

**Dr Rethna 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.

**#dangoingbald**



RM1,920 ----- RM5,000

Donations will be used to conduct Mental Health & Emotional Resilience workshops for B40 community students.

Fundraising period: 15 Feb - 15 March 2021. Chip in for a good cause and botak-kan Daniel!

YAYASAN  
HEALTH ON WORLD

Public Bank Berhad - 3218 103 102  
Kindly email the transfer slip to [finance@yhow.org](mailto:finance@yhow.org)  
Please label donation as #botak for accounting purposes.

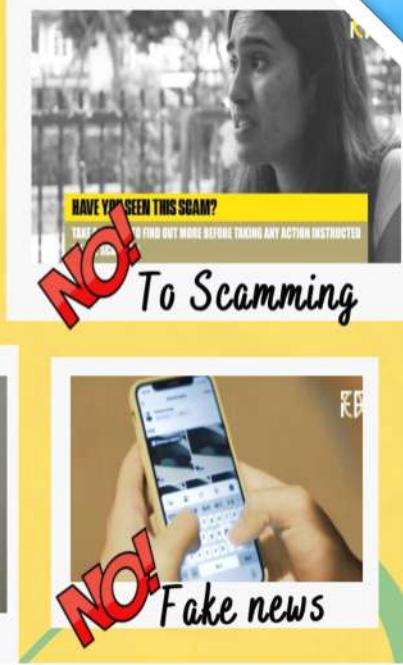
**Community Support Video Production**

**BYB**  
BRAIN YOUR BRAND  
DEEP THOUGHTS, WELL WROUGHT

**NO!** To Scamming

**NO!** Domestic Violence

**NO!** Fake news



How does a sailor attract 13,888 followers on LinkedIn?



All Aboard!

19 FEBRUARY 2021, FRIDAY  
08:30 PM MST (GMT +8)

Learn the secret on how to increase your LinkedIn Followers

Open to participants for a minimum donation of **MYR 10 or USD 5** to Yayasan Health on World (YHOW)

Donation transfer to Yayasan Health on World  
Public Bank Berhad - 3218 103 102 (Swift code: PBBEMYKL)  
Please email the transfer payment slip to [finance@yhow.org](mailto:finance@yhow.org)

**BRANDING KAW-KAW**

WORKSHOP

20 March 2021 10 AM - 12 PM

RM10

Brought to you by **CHOOBUB**

In collaboration with 

Public Bank Berhad - 3218 103 102  
Email the transfer slip to [finance@yhow.org](mailto:finance@yhow.org)  
CC email to [eric@choobub.my](mailto:eric@choobub.my)  
Label donation as #choobub for accounting purposes.

# 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.

#WorkingLunchWithNordin

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

**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**

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

**2 Moderators**

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

**4 Panelists**

[unitar.my](http://unitar.my)

**TRANSFORMATIVE EDUCATION**

**SICO 2.0 | SSECAP INTERNATIONAL MALAYSIA**

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

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

**FACILITATOR ALIATI KHAIRULNISYAH**  
EX-PY 2004

# A Quick Look at 2021

HARI WANITA SEDUNIA

maju

## MEMPERKASAKAN WANITA DI CABARAN 2021



**MODERATOR:**  
PUAN SHAKIMAH

Ketua Modal Insan,  
Kumpulan Maju



**PANEL 1:**  
**DATO' NORASHIKIN**

- Penyayang, Maju Holdings
- Nab-Prestien Sumber Manusia Asia, Syntemer



**PANEL 2:**  
**DATO' AISHAH**

- Ketua Pegawai Operasi, Polis Bantuan Maju Holdings
- Trustee Yayasan Health on World



**PANEL 3:**  
**PUAN SITI AMINAH**

Timbahan Ketua Penurunan, Kumpulan Maju

30 MAC 2021, SELASA  
10 PG - 11 PG

Teams Meeting

#ChooseToChallenge

SAVE THE  
DATE

**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, Sorga 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**

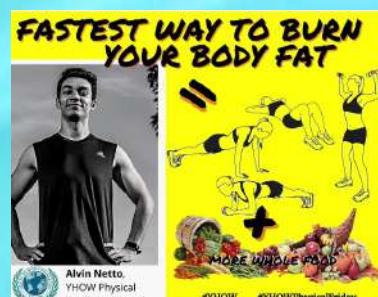
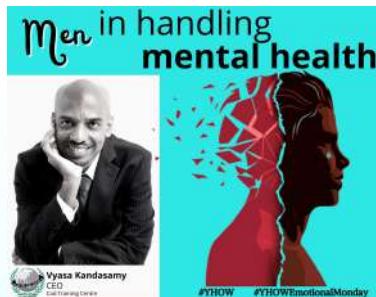
The pink tulip represents my passion to empower women & youth

The green ribbon is synonym with mental health advocacy & awareness

#YHOW

#InternationalWomensDay

# Their Opinion, Their Thoughts





# YAYASAN HEALTH ON WORLD

## Experiential 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

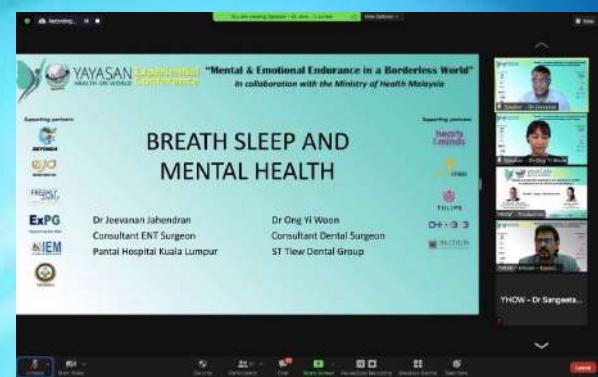
info@yhow.org



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**



3A-C, Level 3A, Wisma YPR  
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58000 Kuala Lumpur

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[info@yhow.org](mailto:info@yhow.org)

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

[Yayasan Health On World | Facebook](#)