



IMPACT REPORTING & AUDITED ACCOUNTS YEAR 2023



YAYASAN
HEALTH ON WORLD

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



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OUR PURPOSE

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Our Objective

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

Mission

To commit with compassion.

Vision

Towards a holistically harmonised world.



YAYASAN
HEALTH ON WORLD

CHAIRMAN'S MESSAGE

I hope this message finds each of you in good health and high spirits.

On behalf of the YHOW, I wish to extend my heartfelt appreciation to the entire team for the remarkable work that has been accomplished. Your dedication, passion, and relentless commitment to excellence have driven extraordinary results, and I am genuinely inspired by everything that has been achieved.

Your efforts have not only met but surpassed expectations, setting a benchmark for what can be accomplished when we work together toward a common goal. The successful events and initiatives led by this association have made a profound impact, and they serve as a testament to the strength of our collaboration and shared vision.

I am confident that, with the same level of enthusiasm and dedication, we will continue to achieve even greater milestones. I look forward to many more years of partnership, growth, and outstanding accomplishments as we push forward with our mission to create meaningful change.

Thank you once again for all that you do. Your contributions are invaluable, and I look forward to witnessing many more incredible achievements ahead.

Dr. Sathiabalan Selvaraju

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2023

Registration No.: PPAB-08/2020
YAYASAN HEALTH ON WORLD
(Incorporated in Malaysia)

STATEMENT OF FINANCIAL POSITION AS AT 31 DECEMBER 2023

	Note	2023 RM	2022 RM
ASSETS			
NON-CURRENT ASSET			
Property, plant and equipment	4	<u>7,486</u>	<u>-</u>
CURRENT ASSETS			
Other receivable	5	2,000	2,000
Cash and bank balances		<u>70,103</u>	<u>160,380</u>
		<u>72,103</u>	<u>162,380</u>
TOTAL ASSETS		<u><u>79,589</u></u>	<u><u>162,380</u></u>
FUND AND LIABILITY			
FUND			
Accumulated fund		<u>70,840</u>	<u>63,720</u>
CURRENT LIABILITY			
Other payables and accruals	6	<u>8,749</u>	<u>98,660</u>
TOTAL LIABILITY		<u>8,749</u>	<u>98,660</u>
TOTAL FUND AND LIABILITY		<u><u>79,589</u></u>	<u><u>162,380</u></u>

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2023

Registration No.: PPAB-08/2020
YAYASAN HEALTH ON WORLD
(Incorporated in Malaysia)

STATEMENT OF COMPREHENSIVE INCOME FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

	Note	2023 RM	2022 RM
Revenue	7	51,853	276,393
Direct costs	8	<u>(21,761)</u>	<u>(243,033)</u>
Gross income		30,092	33,360
Administration expenses	9	(18,300)	(23,968)
Other operating expenses	10	<u>(4,672)</u>	<u>-</u>
Net surplus for the financial year		<u>7,120</u>	<u>9,392</u>

STRATEGIC PARTNERS



ACTIVITIES & EVENTS 2023

The foundation has been dedicated to promoting mental health and well-being throughout the year.

Our initiatives have centered on increasing awareness, providing support, and advocating for meaningful change.

We organized a variety of educational campaigns, workshops, and events aimed at reducing stigma and fostering open discussions about mental health. Furthermore, we offered counseling services, support groups, and online resources for individuals in need.

Additionally, we partnered with community organizations and stakeholders to broaden our reach and enhance our impact.

We firmly believe that by working together, we can make a significant difference in creating a healthier society, one that is rooted in empathy and compassion.



ACTIVITIES & EVENTS 2023

Events / Activities	Target Group	No of Paxs
Physiological First Aid Train the Trainer - 1st Cohort 11 Feb & 12 Feb 2023	NGOs Associations	85
Physiological First Aid Train the Trainer - 2nd Cohort 18 Feb & 19 Feb 2023	NGOs Asscotions	54
Physiological First Aid Train the Trainer - 3rd Cohort	NGOs Association	84
Physiological First Aid Train the Trainer - 4th Cohort March 2023	NGOs Association	77
Wellness on Wednesday Celebrating Ramadan In the Healthiest Way March 2023	Community	20-50
Wellness On Wednesday Self Care for Autism Parent ^ Caregivers 12 April 2023	Community	20-50
Wellness On Wednesday Wellness for women what do you need to know 10 May 2023	Community	20-50

ACTIVITIES & EVENTS 2023

Events / Activities	Target Group	No of Paxs
Wellness On Wednesday Peak Health for all Time with Dr Muhilan 21 June 2023	Community	20-50
Wellness On Wednesday Raising Balance Kids 26 July 2023	Community	20-50
Wellness On Wednesday Ageing Well and Gracefully 23 August 2023	Community	20-50
Wellness On Wednesday Jazzercise A Joyful Path to Health 13 Sept 2023	Community	20-50
Online Message : International Day Non-Violence 2nd October 2023	Community	150
Healthy Body healthy Mind Charity 7 October 2023	Youth, Public	100-200
Mental Health Experiential Conference 2. 18 & 19 October 2023	Corporate	100

ACTIVITIES & EVENTS 2023

Events / Activities	Target Group	No of Paxs
Wellness On Wednesday To Promote World Mental Health Day October 2023	Community	20-50
Youth today, leaders tomorrow 2 days camp October 2023	Youth	30
Serve for Charity Badminton Tournament 22nd October 2023	Corporate	30
Wellness On Wednesday To Promote Navigating Nutrition,Health and Fitness Goals for Vibran 2024 29 November 2023	Community	20-50

01

Jan



Wellness On Wednesday (WOW)

Choice Living : Everybody Is Somebody



Melinda U
Counselor & Life Coach



Dr. Sangeeta Kaur
Founder YHOW

Let's join our wellness webinar talk to know the easy way how to reach the next level of wellness!

REGISTER NOW

18th January, 2023 | 01.00pm - 02.00pm



02

Feb

03
Mar



YAYASAN HEALTH ON WORLD
Work Differently

**2 DAYS
HEALTHY MINDS &
PSYCHOLOGICAL FIRST AID
(PFA)**
TRAIN-THE-TRAINER (TTT)
Specially Curated for Non-Mental Health NGOs

*A Mental Health initiative by
Ministry of Health Malaysia*

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

INTAKES
11 & 12 FEB 2023
18 & 19 FEB 2023
21 & 22 FEB 2023

REGISTER
<http://bitly.ws/v9hL>

VENUE
International Youth Centre
Kuala Lumpur

FREE PROGRAM

www.yhow.org 019 755 7708 info@yhow.org



04

Apr



Wellness On Wednesday (WOW)

Relationship Between Diabetes, Obesity and Mental Health

Feb 15, 2023 | 01:00 PM Kuala Lumpur

Registration > <https://forms.gle/7jm6fuNKsgYiow197>



Dr. Nik Mohd. Adzrul Ariff
Head of Clinical Services, Reset Health Malaysia

International Women's Day Celebration

@Q3 Management Solutions

Sharing Sessions With Our Guest Panelists

20 March 2023 | Union Artisan Coffee, 3 Damansara Mall | 2.00pm-5.30pm



Moderator
Mr. Simon Benjamin
ABRM President

SESSION 1

"EMBRACE EQUITY: WHY WOMEN'S DAY?"

Our Panelist:
YM Raja Azura Raja Mahayuddin
Co-Founder, AKRAB Resources



Our Panelist:
Y. Bhg. Dato' Aliyah Karen
Founding Chairperson, Yayasan Health on World (YHOW)



Our Panelist:
Ms. Emiliawati Zainol
Managing Director, Q3 Management Solutions Sdn Bhd



Our Panelist:
Mr. Ganesh Kumar Nadarajah
Country Director, Eden Strategy Institute (Malaysia)



Our Panelist:
Mr. Fareed Abdul Ghani
Founder/CEO, Mindsights Sdn Bhd



Our Panelist:
Ms. Sarine Loo
Director, Tricor Axcelsia Sdn Bhd

CONTACT US

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RSVP

LIMITED SEATS!

Scan here for registration:

Registration open until 15 March 2023

Fee: RM 30

SCAN ME





05

May

06

Jun



“We need to make mental health as important as physical health.” – Anonymous.
“Mental health is not a taboo, it's okay to seek help.” – Aditi Mittal.

08
Aug



Embrace Your Mind, Be Kind. Mental Health Matters,
Let's Shatter the Silence. Strong Mind, Strong World.
Heal Your Mind, Shine Your Light

10 Oct



YAYASAN HEALTH ON WORLD

SERVE FOR CHARITY
BADMINTON TOURNAMENT 2023
22 OCTOBER 2023, SUNDAY, 9AM - 4PM
PIONEER BADMINTON ACADEMY @ 1 SHAMELIN MALL

CATEGORIES:
MEN'S / WOMEN'S SINGLES | MEN'S / WOMEN'S DOUBLES | MIXED DOUBLES

Open for corporate sponsorship & individual participation

Singles Registration: **RM150.00 / pax** (Inclusive of door gift)
Doubles Registration: **RM280.00 / pair** (Inclusive of door gifts)

Call Suraya at +6012 - 267 9702



10,000 STEPS FOR MENTAL HEALTH

14th Oct 2023 (Saturday)
Adda Heights Town Park (Children's Playground), JB
8.00am
Join us as we walk towards better Mental Health

YAYASAN HEALTH ON WORLD

ONE BILLION STEPS

QR CODE

Show your support with 10,000 steps for MENTAL HEALTH DAY

15 October 2023
8.00 am
Ipoh Polo Club
Meet up @ Main stage

Championed by Raymond Ho
Exco of YHOW

Donations made to Yayasan Health on World will be utilised for mental health activities

10 Oct

I go to nature to be soothed, healed
and to have my senses put to order
-John Burroughs-

Join us for hike in support for Mental Health Day

📅 : 8 October 2023
🕒 : 7.00 am
📍 : Meeting point Bukit Pau Kemensah
📞 : WA 0173354605 for registration

Scan to donate for hiking made to
Yayasan Health on World will be
used for mental health activities.

Lead by
Alvin Netto
YHOW Youth Exco



Dance for a Healthy Mind 2023
JAZZERCISE

Magic Ball Therapy

Goodies on Sale

Talks & Wellness Check

A charity event in conjunction with
World Mental Health Day 2023

HEALTHY BODY HEALTHY MIND

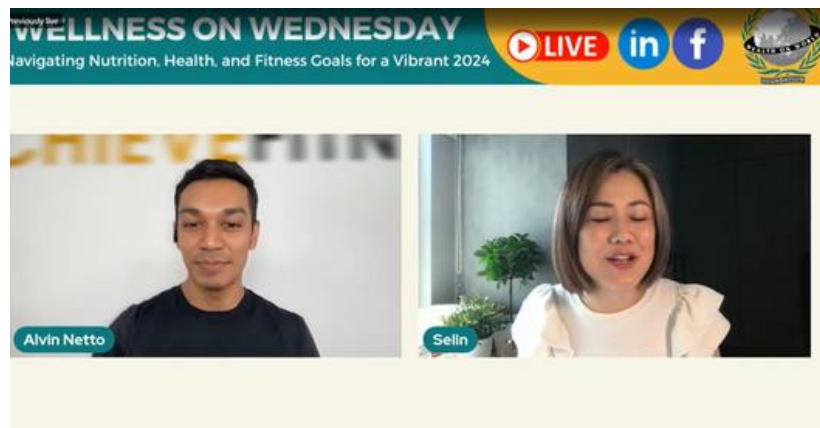
SAT, 7 OCT 2023
UNITAR UNIVERSITY
PETALING JAYA
FROM 8AM-1PM
RM100/PAX (DONATION)
All proceeds goes to Yayasan Health on World (YHOW)

YAYASAN HEALTH ON WORLD | Jany FITNESS | UNITAR

SH for an



11
Nov



3

12
Dec

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

We sincerely appreciate your ongoing support and trust in our foundation. We are excited to share the progress we have achieved and eagerly anticipate the opportunities and challenges that lie ahead.

Your ongoing support and confidence in our foundation are incredibly valuable to us. Your financial contributions are essential for our sustained growth and influence. We encourage you to consider making a donation and reaching out to us to enhance our efforts further.

Feel free to reach out to us



+6019 7557708



yhow.org/index.php



info@yhow.org



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

TOGETHER, WE CAN MAKE A DIFFERENCE.



YAYASAN
HEALTH ON WORLD