## JAPANESE CULTURAL DAY EVENT

### TERENGGANU

MyJICA has successfully organised Japanese Culture Day (JCD) on 20 August 2023 at Senior Citizen Activity Centre known as PAWE (Pusat Aktiviti Warga Emas) Pantai Teluk Mak Nik, Kemaman, Terengganu. The opening was officiated by Mr. Mohd. Fadzli Ismain Fadzli, Welfare Officer of Kemaman District, Department of Social Welfare, Ministry of Women, Family and Community Development. The closing ceremony was officiated by Madam Hanum Isa, Principle Assistant District Officer, Kemaman

The event received overwhelming response from PAWE members and the students from nearby religious school. Among the JC activities conducted by myJICA during this event are Kimono Demonstration, Origami and Japanese Cooking. Special thanks to the Kimono & Origami Instructor-Madam Hikaru Sugiura and Japanese Cooking-Mr Razali Othman for kindly support myJICA throughout this event.



## **SELANGOR UKMatsuri**

The Students' Union of Faculty of Sciences and Humanities has collaborated with myJICA to organise UKMatsuri on 4 July 2023. The program was held at the vicinity of Faculty of Social Sciences and Humanities (FSSK), The National University of Malaysia (UKM), Bandar Baru Bangi, Selangor. It was officiated by Mr Yohei ISHIGURO, Project Formulation Advisor, Partnership with the Private Sector, JICA Malaysia office. The event received overwhelming response from the students from various faculties in UKM as well as surrounding local community.



# MANGROVE PLANTING

myJICA has successfully organised Mangrove Planting at Hutan Paya Laut Matang, Taiping, Perak on 22 July 2023. Event was officiated by MYJICA President En Norazizul bin Abdul Aziz and welcoming speech given by En Hamzah District Forest Officer, Department of A total of 10 participants participated in this programme. orest Officer, Department of Forestry Perak.











# SABAH CHAPTER

# **OUTREACH PROGRAM WITH MYJICA SABAH CHAPTER MEMBERS**

MYJICA Sabah Chapter organising the outreach program on 10 & 11 September 2023. This event was attended by Mr. Norazizul, President of myJICA, Dr. Colonius, myJICA Sabah Chapter Representative and other members from







# SAFETY AND HEALTH AWARENESS PROGRAMME **KIKEN YOCHI TRAINING (KYT)**

MYJICA has successfully conducted the Safety and Health Awareness Programme, known as Kiken Yochi Training (KYT), for students at Institut Latihan Perindustrian (ILP) Kota Kinabalu, Sabah on 11 September 2023. The program is organized by myJICA in collaboration with ILP Kota Kinabalu and DOSH Sabah and officiated by myJICA President, Mr. Norazizul bin Abdul Aziz. Also present in this program include Mr. Sudirman bin Hammade, Director of ILP Kota Kinabalu. The program was attended by 63 students and 10 staff members of ILP Kota Kinabalu,









# **ELDERLY CARE & CAREGIVER** MENTAL HEALTH PROGRAM

SARAWAK CHAPTER

A total of 32 participants from Lions Nursing Home have been selected and successfully attended the Elderly Care & Caregiver Mental Health Program on 26 October 2023. This program is organized by myJICA in collaboration with Sarawak General Hospital and Lions Nursing Home. This program which was held at Lions Nursing Home, Stutong Baru, Kuching, Sarawak on was also attended by Lions Nursing Home Management, Exco & myJICA Alumni, myJICA Sarawak representatives & myJICA Sarawak Alumni. It is important for the staffs in any nursing home to equip themselves with a number of skills such as communication skills, listening skills, stress management skills as well as improving their nursing care skills. The lecture will be delivered by two (2) myJICA Alumni namely Dr. Razjeh Robert Drahman and Dr. Azizah Saie who serves as a Psychiatrist at Sarawak General Hospital.







# 2023/2024 SERIES

THE JAPAN INTERNATIONAL COOPERATION AGENCY ALUMNI SOCIETY OF MALAYSIA

Ms Fazdlina bt Sape

MOH
Dr. Colonius Atang
(Sabah Chapter)
UMS



# HARI RAYA GATHERING

VIP's were taken during the event.

MYJICA organising Hari Raya Gathering on 20 May 2023 at National Centre Excellence of Mental Health (NCEMH), Cyberjaya.

Attended by Mr Yohei ISHIGURO from JICA KL, Mr. President, Exco and Alumni members.



Lumpur. Mr President and Dr. Fadhil, Vice President participated and photo session with the



## 35th MYJICA ANNUAL GENERAL MEETING (AGM)

The 35th myJICA AGM was held on 18 March 2023 virtual and physical at JICA Malaysia office and officiated by Mr Norazizul bin Abdul Aziz, President of myJICA. The meeting was attended by 46 members throughout Malaysia including members from Sarawak and Sabah Chapter.



## **MYJICA EXCO MEETING**

MYJICA Exco Meeting conducted for 7 times as follows:

No.	Meeting	Date	Venue
1	1* Meeting	14 April 2023	JICA Office & Virtual
2	2 <sup>th</sup> Meeting	20 May 2023	NCEMH
3	3* Meeting	13 July 2023	JICA Office & Virtual
4	4" Meeting	20 August 2023	PAWE Kemaman, Terengganu
6	5" Meeting	18 February 2024	JICA Office & Virtual
7	6" Meeting	23 March 2024	AlRawsha Restaurant, Kuala Lumpur



# **COURTESY VISIT TO** MS SUGAWARA MINAKO. **JICA MALAYSIA CHIEF** REPRESENTATIVE

myJICA paid a courtesy visit to JICA Malaysia Chief Representative on 16 June 2023 in JICA office to welcome the new JICA Malaysia Chief Representative, Ms SUGAWARA Minako to Malaysia.

The courtesy visit was attended by Mr. President. The meeting was very fruitful and myJICA looks forward to the continuous support and to work closely with the new JICA Chief.



SPECIAL ANNOUNCEMENT

Jfy meeting with JICA Malaysia on 19 April 2024

# **NETWORKING SESSION & IFTAR**

MYJICA organising networking session and Iftar on 23 March 2024 at Al Rawsha Restaurant, Kuala Lumpur. Attended by Mr Charles Lau from JICA KL, Mr. President, Dr. Fadhil-VP, Ms Teh, Mr Adam, Mr. Ir Hj. Asri and Mr. Shahairman.









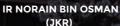
Congratulations TO OUR NEW MEMBERS. WE LOOK FORWARD TO ACTIVE INVOLVEMENT OF THE NEW MEMBERS IN OUR FORTHCOMING ACTIVITIES. SEE YOU GUYS!

### 21 FEBRUARY 2023 - 03 MAY 2024

MOHD HAIRIL B HOD; RAZILAH BT LATIF; NUR HANIS ALISA BT MD HASRI; DR RAVI A/L MAHALINGAM; MAZNIM BT ISMAIL; NOR AZLINA BT BAHARUM; MOHD FAIZAL B DOLAH; EDAWATI MOHAMED YUSOFF; NAZARUDIN B MOHAMED@IBRAHIM; LEE SHEAU FONG; NOORULHUDA BT MOHAMMED ALI; ISMARIWAN B SHAMSUDIN; S.TANABAL A/L SOCKLINGAM; MOHD HAFIZ B SHAFIE; AHMAD NARIN B AMER HAIDER NUAR; SITI NAJILA BT MOHD JANIB; NOR AIZAH BT SUMEDI; KHAIRUL NIZAM B ANUAR: MOHAMAD NAZMI B ISMAIL: NADHIRAH BT AZMAN: NORASHIKIN BT MARDZUKI: DZULHELMI B MOHD RAZALI: NUR RISYAH BT MUSA: TAN FUNG LING B ANDAR, MOTAMIAD NAZMI B ISMAIL, NORASHIAN BI AZMAN, NORASHIAN BI MARZOUN, DZOLHELIM B MOHA RAZALI, NOR RISTAT BI MUSA, IAN FUND LING, ELIANA BT MALAY, DR CHAI MUI FATTZULKIFLI B AHAMADMOHD HAFIR B ISMAILNURUL SHAFIQAH BT MOHD INDERAM; SUZILIYANTY BT MADON; KHAIRUL ARIFFIN B MOHAMED HUSSAIN; MOHAMED AMIR HAKIM B MOHAMED ANUAR; NOR AMIRA BT AHMAD; NORISMAH BT ISMAIL; MOHD FAHMY B ABDUL SAMAT; NURUL AZIMAHTUL HAWA BT ROSLAN; ROS ALINAWATI BT MAT ISA; NORFAZLIZA BT ZAKARIA; TAN FONG YI;FARAH NUR SARAH MOHD SUBAKIR;MUHAMAD FAKRUL FAIZ B SAZALI;WAN SITI AISHAH NOOR BT MOHD HASSAN; MOHAMAD HAZWAN BIN ZAHARI; SAFWAN BIN SHAARI; RAJA ZURAIFAH BIN RAJA MUSA; NOOR MUHAMMAD FAIZAL BIN MOHD YUNUS; MOHAMMAD TENGKU YAHYA SHAH; MOHD HAIRUDIN BIN JAFFRI; JOHARI BIN ABDUL HAMID; FADGHULLAH FAHIM BIN ABDUL AZIZ; BADRI BIN HAJI SIDEK; NUR SHAHRUL BARIAH BT MOHAMAD NAIM; MOHAMAD KAMIS BIN BAHARUDIN; NOR AIDILA NATASHA BINTI AZHARI; MOHAMMAD SHAFIQ SYAZWAN BIN MOHD ASHRI; HING JAN NIE; RASHIDAH BINTI YUSOFF; MUHAMMAD FAREEZ BIN JAMALI; TIE HIENG ONG; NUR WAHIDAH BINTI AZHAR; SHARIFAH NURUL FARIHEEN SYED MOHD AZI; WAN AZMAN BIN WAN YAHAYA; MOHD AZMIN B MASLAN; MOHD RAWI BIN SAIB; AZMI BIN MUHAMAD; NUR LIYANA BINIT CHE MD AZMI; AVINSIA AVP
RAMASAMY; JULIA KOH; SHARIFAH NOORLAILA BINTI WAN MOHAMAD; SHARON WEE EE LIN; HILYATI BIN MUHAMMAD NASIR; NOR AZIAN BT MYUSOF; SRI
SALAWA SALAWATI BINTI HARUN RONALD; DR NUR SHASHA AIN ABDUL AZIZ; NURUL ADIAH HANI BT HUSIN; SYAHRIZAD BINTI MAHPAR; NURUL HALIAH BINTI
MUIN; MIOR HASRUL AFFENDI BIN MIOR AHMAD; MOHD HERMY BIN ABDULLAH; MUHAMAD HARITH BIN HAMDAN; MOHD NAZROL BIN MARZUKE; MOHAMAD
ROSHIDI BIN ROZALI; MOHD RIZAL BIN MOHD ROSLI; RAZLAN BIN ABD RAUF; FLORINA BINTI SANGAU; MUHAMMAD HAIKAL BIN AHMAD FAIROJI; BANU BINTI
ZAINAL ABIDIN; LAISYAH BINTI ANUAR; CHAN CHEE LING; MACKENDY MAUGGIS; JAAFAR BIN MOHAMED IDRIS; PERON NANCY ANAK RUPA; NUR ANIS BINTI MOHD
SANI; SHIRLY CHAI SOOK YIN; AZLI SUHARDI BIN IBRAHIM; FATIMAH ZURINA BINTI AHMAD; LLOYD HUFFMAN ANAK MIKO; ANIQAH HUSDA BINTI ABDUL LATIF; MUZZAMMIL BIN NGATIMAN; HARINAWATI BINTI AHMAD ADAM; TAN KHENG HUAT; MUZAFAR SHAH MOHD SHAH; MUF MUZZAMMIL BIN NGAI IMAN; HARINAWAIT BINIT AHMAD ADAM; TAN KHENG HUAT; MUZAFAR SHAH MOHD SHAH; MUHAMMAD HAZIQ BIN MOHAMMAD RUSE RUSE MANSANI B SURIN; RAIHAN BIN NAWAWI; MUHAMMAD EKKTZARIZAL BI MOHAMED EUSOP; SUHAIDI BIN HASHIMAH; MAD BASHEER BIN MOHAMED HISHAM BIN HASHIM; NINSAKINA BINTI HASNUL HADI; NOR AKMAL RIZAL BIN MANSOR; AHMAD AZLI BIN MOHAMED NOR; NUR HAFIZA BINTI HASAN SYATHIBI HELMI BIN MOHD SUHAIMI; MUHAMAD ARIF BIN OTHMAN; AKOI EJAU; NORALIZA BINTI NOORDIN MERICAN; MOHD ISZROLE ALHALMY BIN MOHD NUR BALQIS ZAHIRAH BT ALI; MEOR HAMZAH BIN BADRI SHAH; MOHAMAD FADLI BIN ARIFFIN TAIT; YIP POH YEE; FUN WENG HONG; SUHANA BINTI JA JEBBRY KINSUI GURAT; SHELEASWANI BT INCHE ZAINAL ABIDIN; ANUAR BIN ABDULLAH; RAMLI BIN MAHMOOD; ROSTINOR BIN ROSLI; AMIRUL ROFIQ BIN FADLI BIN AHMAD; MOHD SANI BIN SALAN; SHAHIRA NUR BIN SODIL NAMBIAR MADAVAN; NUR AKMAL FATIN BIN AZAHARI; SHAHIRA NUR BIN ZONINA BIN ROSLI SHAHIRA NUR BIN ZONINA BIN ZONINA BIN SALARI; SHAHIRA NUR BIN ZONINA BIN ROSLI SHAHIRA NUR BIN ZONINA BIN SALARI; SHAHIRA NUR BIN ZONINA BIN ROSLI SHAHIRA NUR BIN ZONINA BIN ZONINA BIN SALARI; SHAHIRA NUR BIN ZONINA BIN ROSLI SHAHIRA NUR BIN ZONINA BIN ZONINA BIN ZAHARI; SHAHIRA NUR BIN ZONINA BIN ZONINA BIN ZONINA BIN ZAHARI; SHAHIRA NUR BIN ZONINA NADIAH BIN AHMAD; MOHD SANI BIN SAIAN; SHAHRIZAD BIN SAAD; LANZULI NAMBIAR MADAVAN; NOR AKMAL FATIN BIN AZAHARI; SHAHIRA NOR BIN ZOLERPL;
MOHD KHAIRUL ANWAR BIN HAMZAH; SAFRUL AZA BIN MUSTAPA; ANUAR BIN SEFIE; ALVYN CLANCEY MICKEY; AHMAD HADIDDIN BIN HASIM; MUHAMMAD AKIF
BIN ZURKORNAIN; AHMAD ZAKI BIN MD NOR; MUHAMMAD AFIQ BIN SUHAIMI; JAINEH BIN LINGI; MUHAMMAD AZRI BIN ISMAIL; MUHAMAD RIZUAN BIN YAHAYA;
JOSHUA ANAK JALIN; MOHD NAJIB SHAARI; MUHAMAD NAZRI CHE ANI; SYAZWIN AHMAD SURIN; ZURAINI GHAZALI; AYUB MOHD RASIDI; MOHD HAIRI BIN ABD
GHANI; MOHAMMAD ZAINI BIN ZAINAL; AIMAN HAKIM BIN SUPEE; DR NURHARANI SELAMAT; MIFTAHULJANAH KAMARUDDIN; ZULKIFLI AWANG; AHMAD SUKRI AB RAHMAN; MOHD BAHAUDIN BOKHARI MANAF; AZRINA MAT DIN; NORLIZA LAU HAU KIONG; NUR SHUHAIDA JALALUDIN; MOHD RIZAL HARUN; MOI ABDULLAH SHAHAIMI; NURUL EZAIDAH MOHAMMADIAN; SERMAN RAO SUBRAMANIAM; NAZIPAH ZAKARIA; ALIAS SAIYED HAMID; MAYASARI OMAR; MOHD FAIRUZ ADDNAN; KON YEU HOOI; MOHD FAIRUZ ANWAR BIN ROSLAN; ENGKU ARIFF BIN TUAN LOWIK; MOHD ZAINAL AZRIE BIN SHUIB; MOHD ALIFH BIN ABU HASSAN; THARUMASELAN A/L RAMANATHAN; SHAHRUDDIN SHAH BIN ABD RAHMAN; NAZARUDIN BIN HARON; ZAHRIL ASRI BIN MOHD ZAIN; ROHAIZAD BIN ZOOLKEPLI; MOHD HASHIDIE B MOHD FANZLI; AIN SYAFIQAH BINTI ABD HARIS; SAHRUL NIZAM BIN AHMAD; NAZIAN BINTI ZAINAL ABIDIN; MOHD IKRAM BIN RAHIMI; KHAIRUL FADZILAH BINTI MOHD OMAR; MOHD SARUJI BIN DERAMAN; MOHAMAD RAZALI BIN MOHD NAZRI; NORHASNITA BINTI ABD SAMAD; RAJA NOR BINTI TENGKU MOHD ARIFFIN; SYAFIZ HELMI BIN SULAIMAN; WAN AHMAD HAZMIL BIN WAN A.AZIZ; FAISZAH BT MUHAMMAD ZINER; LENDAWATI BINTI MOHD ANUAR; ZALEHA BINTI MD NOR; NOR FARAH BINTI BAKHTIAR;NOR HAYATI BINTI IBRAHIM; SAMSIAH BINTI AWANG; MAIZATUL IZYAMI BINTI KAYAT; BASYIR BIN KAMARUZAMAN; AZLINHANIS BINTI ABDUL HADI; LT(M) FAEZAL BIN ALIMAT; LEON JIA JUN; MUHAMMAD KIFAH BIN WAN ARIFFIN; GANESAN JEYABALAN; VAANIA A/P MUNIANDY; MOHD SHAHRIZAL B AZHARI; MOHD ZAFRI BIN BAHARUDIN; MUHAMMAD UWAIS FARIHIN BIN FAUZIAH; MAD RIFAAN BIN SALMAN; MOHD RIDUAN BIN AHMAD; ROGAYAH BINTI AHMAD; IZZATUL FARDIAH BINTI OTHMAN; MOHAMED ASRI BIN MOHAMED; ISBAHANISAIDATUL HUSNA BINTI ABDUL LAIF; NUR LIYANA BINTI ABD RAHIM; NORHAIZAM BINTI MD SANI; SHAMSUL SHAH BIN SULAIMAN; NORZANITA BINTI MUHAMAD MUKHTAR; SYUHADA YUSOFF; AHMAD HWEE; NORMANJALINA BINTI HASSAN; ABDUL HADI BIN NURDIN; TS EZRI EZANI BIN ABU; MUHAMMAD SYAFIQ BIN MOHD ADNAN; MOHD AKMAL ARIF BIN MOHD YUSOF; MOHD GHAZALI BIN AMAN; MOHD SYAFIQ BIN ZOLKIFLY; NORAMAN MOKHTAR; ASYIRA BINTI NAJA; DZULQARNAIN BIN RUSLAN; SHAHRIL BIN ISMAIL;

## **LIFE MEMBERSHIP IN 2023 -2024**







DR RAMLAH HJ MUKHTAR



DATO'DR MOHD AZMAN **BIN YACOB** (MINISTRY OF HEALTH)

# PRE-DEPARTURE BRIEFING

The Government of Malaysia continues to receive tremendous support and cooperation from the Government of Japan where trainees are sent to Japan for training. Prior to departure, the trainees attend a Briefing Session at the JICA Malaysia Office during which trainees are enrolled as members in myJICA. Briefings on myJICA are conducted by Mr. Christopher, Mr. Hj Mustapha, Mr. Sabaruddin, Dr.Fadhil, Ms Siti Rodziah and Mr. Hj. Harun



We wish to congratulate our new members registered as Life Membership for 2023-2024.

We look forward for your full support on







mvJICA activities.





# **MYJICA IN LOCAL NEWS**

## **NEW SARAWAK TRIBUNE**

27 October 2023

**Elderly Care Programme a success** 

KUCHING: Twenty-six participants from the Lions Nursing Home attended an Elderly Care and Caregiver Mental Health Programme on Thursday

The programme, held at Lions Nursing Home in Stutong Baru, was also attended by Lions Nursing Home management, Japan International Cooperation Agency Alumni Society of Malaysia (myJICA), myJICA Sarawak representatives and myJICA Sarawak

In his statement, president of myJICA Norazizul Abdul Aziz said that through the programme, the participants learnt they had to equip themselves with several skills such as communication skills, listening skills, stress management skills and improve

 $\hbox{\it ``The success of the programme} \hbox{\it is the result of the commitment and cooperation of all}\\$ 

It was organised by myJICA in collaboration with Sarawak General Hospital and the





## **BORNEO POST. SARAWAK**

**POSTED ON OCTOBER 20.** 2023, FRIDAY AT 8:00 AM



with myJICA leaders at one of the

## myJICA to bring awareness for elderly caregivers in Kuching

KUCHING (Oct 20): The Japan International Cooperation Agency (myJICA) Alumni Society of Malaysia will be organising a programme for elderly care and mental health of caregivers at the Lions Nursing Home here this Thursday, Oct 26.

Its president Norazizul Abdul Aziz said the programme is held in collaboration with arawak General Hospital (SGH) and Lions Nursing Home.

It is one of myJICA's initiatives to raise awareness on understanding and managing ehavioural issues in the elderly, in addition to obtaining health statuses as well as sharing of mental health tips with staff working in nursing homes.

It is important for staff in any nursing home to equip themselves with a number of skills such as communication skills, listening skills, stress management skills as well as nproving their nursing care skills," he said in a statement.

JICA Malaysia chief representative is expected to officiate at the programme, which will lso include lectures to be delivered by myJICA alumni Dr Razjeh Robert Drahman and Dr Azizah Saie, a psychiatrist at SGH.

Apart from that, a meeting with myJICA Sarawak alumni members will also be held in

conjunction with this programme," said Norazizul.
myJICA was established and registered under the Malaysian Registrar of Societies in 1988 as a link to promote friendship between Malaysia and Japan.

# **NEW SARAWAK TRIBUNE**

19 October 2023

Lectures on elderly and nursing care skills

KUCHING: The Japan International Cooperation Agency (myJICA) Alumni Society of Malaysia will be organising a programme focused on elderly care and mental health of caregivers at Lions Nursing Home, Stutong Baru here on October 26.

Its president Norazizul Abdul Aziz said that this initiative aimed to address behavioural issues among senior citizens, assess health statuses, and provide mental health insights to nursing home staff.

"It is important for the staff in any nursing home to equip themselves with a number of skills including communication skills, listening skills, stress management skills as well as improving their nursing care skills," he said in a statement today. The programme will feature lectures by two distinguished myJICA Alumni, namely Dr Razjeh Robert Drahman and Dr Azizah Saie, a psychiatrist at the Sarawak General Hospital (SGH).

In collaboration with SGH and Lions Nursing Home, the event is expected to be officiated by JICA Malaysia Chief Representative and attended by representatives from SGH, Lions Nursing Home, myJICA President, myJICA Exco, and myJICA

A meeting with myJICA Sarawak Alumni members will also be held in conjunction with this programme.





