



MYJICA ACTIVITY REPORT SESSION 2023 / 2024

CONTENT

1. INTRODUCTION

MYJICA Exco for term 2023/2024 have planned and executed several activities which related to its five main categories. This program is in-line with myJICA objectives. Ideas and implementation of these program mainly contributed by Exco's and several myJICA members from Sarawak Chapter and Sabah Chapter.

2. MEMBERS

More than 8000 Malaysian successfully attended various courses and program at Japan organized by JICA. 5975 has been registered as myJICA member as below:

Ordinary Members	=	5634 (till April 2024)
Associate Members	=	261
Honorary Members	=	19
Life Members	=	61

3. ACTIVITIES

MYJICA ACTIVITIES UNDER JAPAN FISCAL YEAR 2023 BUDGET

MYJICA activities are divided into 5 categories;

1. ACTIVITIES NECESSARY FOR ORGANIZATIONAL OPERATION OF ALUMNI ASSOCIATIONS

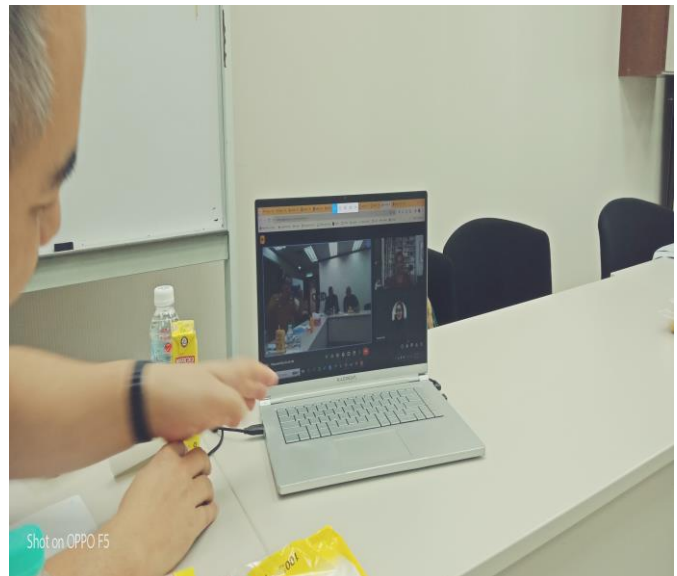
i. EXCO MEETING

For 2023 till April 2024, myJICA Exco Meeting conducted for 7 times as follows:

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

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ii. **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.



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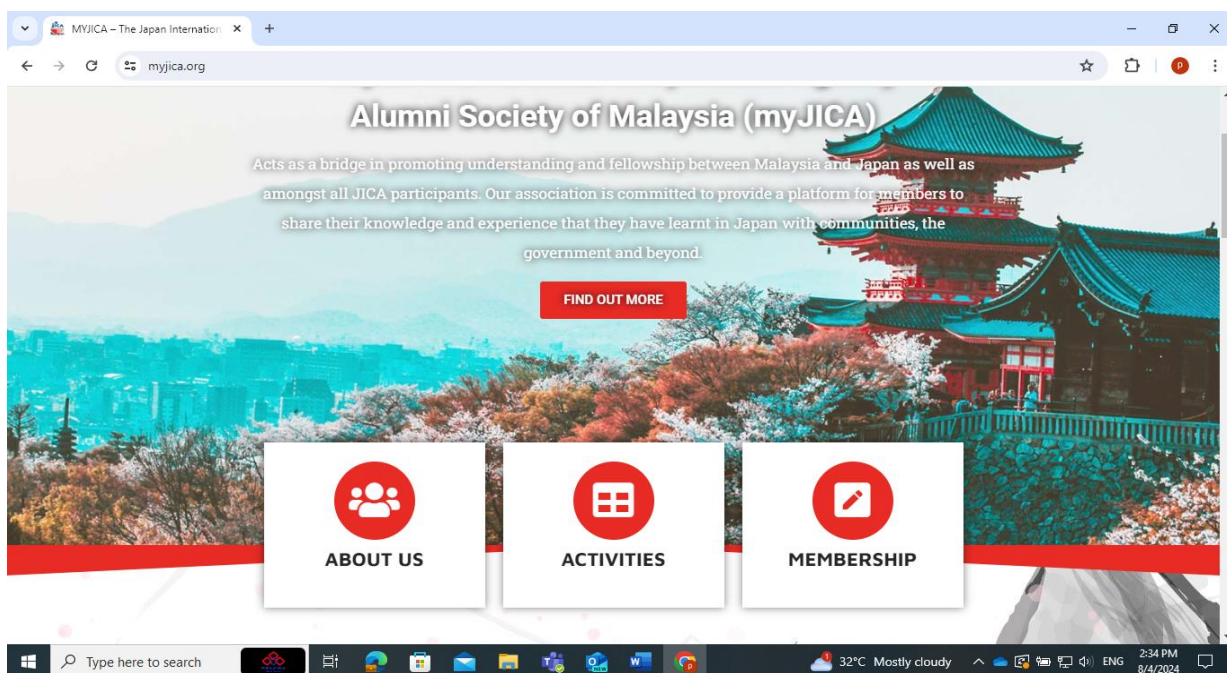


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iii. MYJICA WEB PORTAL

MYJICA web portal was redeveloped and the contents have been continuously updated.

MYJICA updates the program in the website (myjica.org)



2. ACTIVITIES CONTRIBUTING TO DEVELOPMENT OF PARTNER COUNTRIES

i. SAFETY & HEALTH AWARENESS PROGRAM SABAH CHAPTER

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, Sabah.

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ii. OUTREACH PROGRAM (SABAH CHAPTER)

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 various Departments.

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3. ACTIVITIES FOR SUPPORTING JICA'S PROJECT

i. 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 from April 2023-April 2024.

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ii. **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.



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4. ACTIVITIES THAT PROMOTE UNDERSTANDING ABOUT JAPAN AND FRIENDSHIP BETWEEN JAPAN AND PARTNER COUNTRIES

i. JAPANESE CULTURAL DAY IN COLLABORATION WITH PAWE KEMAMAN, 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.



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ii. OUTREACH PROGRAM IN TERENGGANU

MYJICA organising the outreach program with myJICA member in Terengganu on 19 August 2023. This event was attended by Datin Jaiyah from Terengganu in attendance of Ir Norain, Hon. Secretary of myJICA and Mr. Sabaruddin.



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iii. JAPANESE CULTURAL DAY IN COLLABORATION WITH UKM (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.



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5. ACTIVITIES FOR NETWORK BUILDING AMONG EX-PARTICIPANTS

i. MYJICA BULLETIN

500 copies of myJICA Bulletin will be printed out and to be distributed to myJICA members, myJICA Sarawak & Sabah Chapter, JICA office and etc.



Previous myJICA Bulletin

ii. MANGROVE PLANTING AT KUALA GULA

MYJICA in collaboration with Department of Forestry Perak have 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 Forestry Perak. A total of 10 participants participated in this programme.

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6. OTHER ACTIVITIES

i. HARI RAYA GATHERING

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.



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ii. COURTESY VISITS TO JICA MALAYSIA'S CHIEF REPRESENTATIVE

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



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iii. **THE RECEPTION OF CELEBRATE THE 64TH BIRTHDAY OF HIS MAJESTY THE EMPEROR OF JAPAN**

MYJICA has been invited by the Ambassador of Japan, H.E. TAKAHASHI Katsuhiko & Madam TAKAHASHI Mami to attend the event on on 20 February 2024 at JW Marriott Hotel, Kuala Lumpur. Mr President and Dr. Fadhil, Vice President participated and photo session with the VIP's were taken during the event.



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iv. NETWORKING SESSION AND 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.



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v. JAPAN FISCAL YEAR (JFY) 2024 MEETING WITH JICA MALAYSIA

MYJICA attended JFY 2024 meeting with JICA Malaysia on 19 April 2024. Mr President, Dr. Fadhil-Vice President and Mr Adam-Hon. Treasurer attended on myJICA behalf. Special thanks to JICA Malaysia Chief Representative, Ms SUGAWARA Minako, Mr INAGAKI Yoshitaka-Senior Representative and Mr. Charles Lau for organizing these fruitful meeting.



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MYJICA IN NEWS

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UTUSAN BORNEO-SABAH

12 September 2023



ILP ikuti program kesedaran keselamatan dan kesihatan pekerjaan

KOTA KINABALU: Seramai 51 peserta dari Institut Latihan Perindustrian (ILP) Kota Kinabalu mengikuti program Ceramah Kesedaran Keselamatan dan Kesihatan Pekerjaan dengan jayanya,

TAHNIH: Norazizul menyampaikan sijil penghargaan kepada wakil peserta program berkenaan.

kelmarin.

Program yang diadakan di ILP Kota Kinabalu itu turut dihadiri pengurusan ILP, exco dan alumni Agensi Kerjasama Antara-bangsa Jepun Malaysia (myJICA), perwakilan myJICA Sabah dan alumni myJICA Sabah.

Ceramah dikendalikan oleh Ketua Seksyen mewakili Jabatan Keselamatan dan Kesihatan Pekerjaan (DOSH)

Sabah, Jinurah Sintian.

Presiden Persatuan Alumni myJICA, Norazizul Abdul Aziz, berkata ceramah itu adalah acara tahunan yang diselenggarakan oleh myJICA Sabah.

Katanya, menerusi program itu, peserta diharapkan dapat meningkatkan kesedaran dan pengetahuan terhadap aspek keselamatan dan kesihatan pekerjaan terutamanya berkaitan sistem pengurusan

risiko di tempat kerja.

"Kita merakamkan ucapan terima kasih kepada pihak pengurusan ILP kerana memberi kerjasama baik sepanjang program ini," katanya ditemui media selepas menyempurnakan majlis perasmian program itu.

Turut hadir Pengarah ILP Kota Kinabalu, Sudirman Hamade.

Program berkenaan di-

jayakan myJICA dengan kerjasama ILP Kota Kinabalu dan DOSH Sabah.

Pada waktu sama, Norazizul turut mengadakan mesyuarat khas bersama pengurusan alumni myJICA Sabah.

Mengulas lanjut, beliau berkata kejayaan program berkenaan adalah hasil komitmen dan kerjasama semua pihak yang terlibat.



KERJASAMA: Norazizul (berdiri, tengah) bergambar bersama alumni myJICA Sabah.



ALBUM: Norazizul bergambar bersama peserta program berkenaan.

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myJICA to bring awareness for elderly caregivers in Kuching

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



Norazizul (sitting centre) is pictured together with myJICA leaders at one of the organisation's events.

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 Sarawak General Hospital (SGH) and Lions Nursing Home.

It is one of myJICA's initiatives to raise awareness on understanding and managing behavioural 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 improving their nursing care skills," he said in a statement.

JICA Malaysia chief representative is expected to officiate at the programme, which will also 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.

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New Sarawak Tribune

19 October 2023

Lectures on elderly and nursing care skills



Norazizul (sixth right) with myJICA Sarawak Alumni at their previous event.

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.

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Norazizul (seated centre) with myJICA leaders.

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 Sarawak Alumni.

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



Norazizul (front row, right) poses with participants of the previous Occupational Safety and Health workshop in Sri Aman

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New Sarawak Tribune

27 October 2023

Elderly Care Programme a success



Participants take pictures together during the programme.

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 alumni.

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 their nursing care skills.

"The success of the programme is the result of the commitment and cooperation of all parties involved," he said.

It was organised by myJICA in collaboration with Sarawak General Hospital and the Lions Nursing Home.

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