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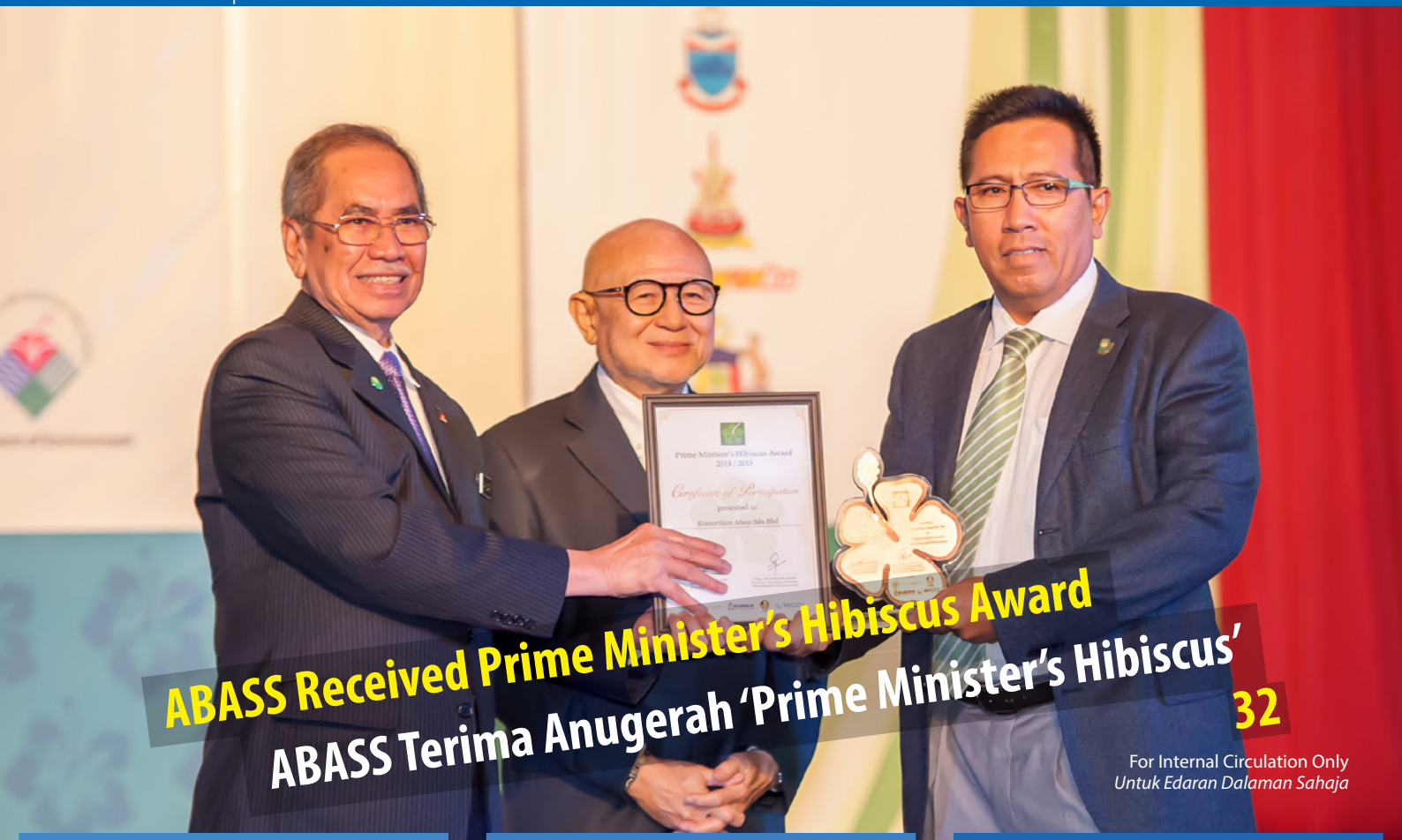

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Editor's Note
Nota Pengarang

As a responsible corporate entity, Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) is committed to ensuring all Corporate Social Responsibility (CSR) initiatives implemented achieve the desired goals inline with our vision and mission.

In the final edition of 2015, Perangsang Bulletin highlighted major CSR activities which include skill courses under the Selangor People Career Stimulus (SPCS) programme by sponsoring 20 youths, self-employed individuals and unemployed graduates to participate in the air conditioning installation and maintenance services training, 20 single mothers in traditional medicine course and mobile spa assistance as initial capital to single parents and housewives. Perangsang Selangor also emerged as the main sponsor of the 28th edition of Raja Muda of Selangor's Cup and Dato' Mokhtar Dahari's Football Championship worth RM250,000.

In addition, staff birthday celebrations, announcement of births, religious programmes and health articles were also included in this issue.

Other news include, Konsortium ABASS Sdn Bhd's (ABASS) 'Notable Achievement Award' in the environment management system presented by Malaysian International Chamber of Commerce and Industry at the Prime Minister's Hibiscus Award 2014/2015 and YM Raja Dato' Idris Raja Kamarudin, Chairman of Kumpulan Perangsang Selangor who appeared as one of the panelists for the topic of 'The Changing Governance Landscape in Malaysia' at the National Conference on Governance, Risk and Control.

Those who wish to share interesting stories or events are welcomed to e-mail details to info@kps.com.my in Microsoft Words format, together with high resolution photographs if available.

The editorial team wish to record our appreciation for all the support rendered, and we looking forward to hearing more exiciting news from you.

Wishing Everyone Happy New Year !

Thank You and Wassalam

Sebagai sebuah entiti korporat yang bertanggungjawab, Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) komited untuk memastikan semua inisiatif Tanggungjawab Sosial Korporat (TSR) yang dilaksanakan mencapai matlamat selaras dengan visi dan misi syarikat.

Di dalam edisi terkahir bagi tahun 2015, Buletin Perangsang masih memaparkan aktiviti-aktiviti utama TSR termasuk kursus kemahiran di bawah program Rangsangan Kerjaya Rakyat Selangor (RKRS) dengan menaja 20 belia, orang yang bekerja sendiri, penganggur dan pelajar terpilih mengikuti kursus pemasangan pendingin hawa dan perkhidmatan penyelenggaraan, 20 ibu tunggal di dalam kursus perubatan tradisional dan sumbangan peralatan spa mudah alih sebagai modal permulaan untuk ibu tunggal dan suri rumah. Perangsang Selangor juga merupakan penaja utama edisi ke-28 Kejohanan Bola Sepak Piala Raja Muda Selangor dan Piala Dato' Mokhtar Dahari dengan jumlah penajaan bernilai RM250,000.

Selain itu, sambutan hari lahir, pengumuman kelahiran baharu, program keagamaan dan artikel kesihatan turut dipaparkan di dalam keluaran ini.

Berita lain juga termasuk Konsortium ABASS Sdn Bhd (ABASS) menerima 'Anugerah Notable Achievement' dalam pengurusan sistem alam sekeliling yang disampaikan oleh Malaysian International Chamber of Commerce and Industry di Majlis Anugerah Prime Minister's Hibiscus 2014/2015 dan penglibatan YM Raja Dato' Idris Raja Kamarudin, Pengerusi Kumpulan Perangsang Selangor sebagai salah seorang ahli panel mengenai topik 'Perubahan Lanskap Tadbir Urus di Malaysia' di Persidangan Kebangsaan Tadbir Urus, Risiko dan Kawalan.

Sekiranya anda mempunyai cerita atau aktiviti menarik yang ingin dikongsi bersama, sila hantar kepada kami di info@kps.com.my dalam format Microsoft Words serta gambar beresolusi tinggi (jika ada).

Kami, di redaksi merakamkan setinggi penghargaan dan mengalu-alukan sumbangan cerita serta gambar-gambar yang menarik daripada anda!

Selamat Menyambut Selamat Tahun Baru !

Terima kasih dan Wassalam

Corporate / Korporat

National Conference on Governance, Risk and Control Persidangan Kebangsaan Tadbir Urus, Risiko dan Kawalan

The Institute of Internal Auditors Malaysia (IIA Malaysia) conducted the National Conference on Governance, Risk and Control at the Kuala Lumpur Convention Centre on 7 and 8 September 2015, with the theme, Gearing for Innovation.

Gearing for Innovation emphasises on the evolving business landscape and mode of doing business that has been transformed, leading to conventional way of doing business no longer effective and efficient. Government Link Company (GLC) practitioners are now expected to be more adept in a more complexed environment.

YM Raja Dato' Idris Raja Kamarudin, Chairman of Kumpulan Perangsang Selangor was invited as one of the panelists on the topic of The Changing Governance Landscape in Malaysia. Other distinguished panelists were YBhg Tan Sri Dato' Setia Hj Ambrin Buang, YBhg Tan Sri Datuk Dr Abdul Samad Hj Alias and YBhg Dato' Shaharuddin Ibrahim as moderator.

Institut Juruaudit Dalaman Malaysia (IJD Malaysia) telah mengadakan Persidangan Kebangsaan Tadbir Urus, Risiko dan Kawalan di Pusat Konvensyen Kuala Lumpur pada 7 dan 8 September 2015, bertemakan Memacu ke Arah Inovasi.

Memacu ke arah inovasi dengan memberi penekanan kepada pembangunan perniagaan yang sentiasa berubah dan cara menjalankan perniagaan secara konvensional, tidak lagi berkesan dan cekap. Pengamal Syarikat Berkaitan Kerajaan (SBK) kini dijangka akan menjadi lebih cekap dengan persekitaran yang lebih kompleks.

YM Raja Dato' Idris Raja Kamarudin, Pengerusi Kumpulan Perangsang Selangor telah dijemput sebagai salah seorang ahli panel mengenai topik Perubahan LanskapTadbir Urus di Malaysia. Ahli panel terkenal yang lain adalah YBhg Tan Sri Dato' Setia Haji Ambrin Buang, YBhg Tan Sri Datuk Dr Abdul Samad Haji Alias dan YBhg Dato' Shaharuddin Ibrahim sebagai moderator.

Corporate / Korporat

DRI and Sterling Seminar
Seminar DRI dan Sterling

DRI (Disaster Recovery Institute) has invited Nuranisah Hj Mohd Anis, Head of Risk Management as one of the panellists at the DRI and Sterling Seminar held at Intercontinental Hotel on 15 September 2015 on Risk Management Practices: Requirement & Expectation of Boards. Other distiguished panellists were Lim Tong Kang, Chief Risk Officer of Tenaga Nasional Berhad, Wan Norman Nasir, CRO of Felda Global Ventures Berhad, Sabarina Laila Dato' Mohd Hashim, Company Secretary of Malaysia Airport Berhad, and Patrick Abdullah, Head of Group Risk Management of ASTRO. There were about 60 participants from various GLCs and government agencies.

DRI (Disaster Recovery Institute) telah menjemput Nur Anisah Hj Mohd Anis, Ketua Pengurusan Risiko sebagai salah seorang ahli panel seminar DRI and Sterling yang berlangsung di Hotel Intercontinental pada 15 September 2015 mengenai Amalan Pengurusan Risiko: Keperluan & Harapan Ahli Lembaga Pengarah. Ahli panel terkenal yang lain ialah Lim Tong Kang, Ketua Pegawai Risiko, Tenaga Nasional Berhad, Wan Norman Nasir, CRO, Felda Global Ventures Berhad, Sabarina Laila Dato' Mohd Hashim, Setiausaha Syarikat, Malaysia Airport Berhad dan Patrick Abdullah, Ketua Pengurusan Risiko Kumpulan, ASTRO. Terdapat kira-kira 60 orang peserta daripada beberapa GLC dan agensi-agensi kerajaan.

Perangsang Selangor's contingent
Kontinjen Perangsang Selangor

Corporate / Korporat

Prophet's Birthday Procession
Perarakan Maulidur Rasul

Stage performance by Hijjaz
Persembahan oleh kumpulan Hijjaz

24 November 2015 : The Islamic Religious Department, Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) led by Ustazah Khairunnisa Ahmad Nordin participated in 'Maulidur Rasul' procession organised by the Selangor Islamic Religious Department at Stadium Malawati, Shah Alam.

A total of 40 female staff from Perangsang Selangor and its subsidiaries namely Cash Band (M) Sdn Bhd, Konsortium ABASS Sdn Bhd (ABASS), Kumpulan Darul Ehsan Berhad (KDEB) and its subsidiary Konsortium Air Selangor Sdn Bhd (KASB) and Hebat Abadi Sdn Bhd participated in the procession. In this year's parade, Perangsang Selangor won third place in the Best Banner category and received a cash prize of RM1,000, trophy and certificate presented by Tengku Panglima DiRaja, YAM Tengku Sulaiman Shah Ibni Al-Marhum Sultan Salahuddin Abdul Aziz Shah.

The procession began from the Mini Stadium to the Shah Alam Malawati Stadium and attended by distinguished guests which include His Royal Highness The Sultan of Selangor as well as The Right Honourable Chief Minister of Selangor, EXCO members and heads of department in Selangor.

24 November 2015 : Jabatan Agama Islam, Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) yang diketuai oleh Ustazah Khairunnisa Ahmad Nordin telah menyertai perarakan Majlis Maulidur Rasul anjuran Jabatan Agama Islam Selangor (JAIS) di Stadium Malawati, Shah Alam.

Seramai 40 warga kerja wanita daripada Perangsang Selangor dan anak-anak syarikat iaitu Cash Band (M) Berhad, Konsortium ABASS

Perangsang Selangor representative receiving prizes from Tengku Panglima DiRaja
Wakil kontinjen Perangsang Selangor menerima hadiah kemenangan daripada Tengku Panglima DiRaja

Other contigents participated in the procession
Kontigen lain yang menyertai perarakan

Sdn Bhd (ABASS), Kumpulan Darul Ehsan Berhad (KDEB) dan anak-anak syarikat iaitu Konsortium Air Selangor Sdn Bhd (KASB) dan Hebat Abadi Sdn Bhd telah menyertai perarakan ini. Pada perarakan kali ini, kontinjen Perangsang Selangor telah memenangi tempat ke-3 dalam kategori Sepanduk Terbaik dan menerima hadiah wang tunai RM1,000, piala dan sijil yang disampaikan oleh Tengku Panglima DiRaja, YAM Tengku Sulaiman Shah Ibni Al-Marhum Sultan Salahuddin Abdul Aziz Shah.

Perakan telah bermula dari Stadium Mini hingga ke Stadium Malawati Shah Alam. Turut memeriahkan perarakan adalah tetamu kehormat DYMM Sultan Selangor dan YAB Dato' Menteri Besar Selangor, ahli-ahli EXCO serta ketua-ketua jabatan kerajaan negeri Selangor.

SMK Tinggi Kajang player with Chief Minister of Selangor
Pemain SMK Tinggi Kajang bersama Dato' Menteri Besar Selangor

Community / Masyarakat

SMK Tinggi Kajang Champion of Dato' Mokhtar Dahari's Cup

SMK Tinggi Kajang Juara Piala Dato' Mokhtar Dahari

Selangor Chief Minister presenting the throphy to the champion
Dato' Menteri Besar Selangor menyampaikan piala pusingan kepada juara

11 October 2015 : In the final match of Dato' Mokhtar Dahari's Championship Cup sponsored by Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) SMK Tinggi Kajang emerged as champions by defeating SMK Meru 1-0 at PKNS Sports Complex, Kelana Jaya. As champions, SMK Tinggi Kajang took home a cash prize of RM10,000, medal and trophy while SMK Meru received cash prize of RM7,000 and medal as runner-up. Meanwhile, SMK Sultan Sulaiman Shah, Bestari Jaya took third place with a cash prize of RM5,000 and medal after defeating SMK La Salle in fourth place with RM3,000 and medal.

The prizes was presented by the Selangor Chief Minister, the Honourable Dato' Seri Mohamed Azmin Ali, witnessed by the Main Committee Chairman of Dato' Mokhtar Dahari's Football Championship Cup, Datuk Emran Kadir, Acting Chief Executive Officer of Perangsang Selangor, Ahmad Fariz Hassan, , Perangsang Selangor's Board of Director, Mustaffa Kamil Ayub as well as Deputy Director Selangor State Education Department, officials from Subang Jaya Municipal Council (SJMC), Shah Alam City Council (SACC), Petaling Jaya City Council (PJCC), Selangor Football Association (SFA), Perbadanan Kemajuan Negeri Selangor (PKNS), Petaling Pedana and Petaling Utama District Education Office, parents and spectators.

The tournament was participated by thirty-two (32) secondary schools under 10 education offices from every district in Selangor.

The championship began with a trophy presentation ceremony by the Royal Highness Sultan of Selangor to the Main Committee Chairman of Dato' Mokhtar Dahari Football Championship at Istana Bukit Kayangan, Shah Alam on 27 August, 2015. In addition, a total of 160 players and teachers participated in a seminar on 'career as a professional footballer' on 5 September 2015 aimed to provide an overview as a professional football player.

This tournament has also become a platform to unearth talented football players to represent Selangor and Malaysia football team someday.

SMK Tinggi Kajang football players with the throphy
Pemain-pemain bolasepak dari SMK Tinggi kajang bersama piala pusingan

11 Oktober 2015 : Perlawanan akhir kejohanan bola sepak piala Dato' Mokhtar Dahari tajaan Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) telah menyaksikan SMK Tinggi Kajang muncul juara dengan mengalahkan SMK Meru dengan jaringan gol 1-0 di Stadium Kompleks Sukan PKNS, Kelana Jaya. Selaku juara, SMK Tinggi Kajang telah membawa pulang wang tunai berjumlah RM10,000 berserta pingat dan piala pusingan manakala naib juara, SMK Meru membawa pulang wang tunai RM7,000 dan pingat. SMK Sultan Sulaiman Shah, Bestari Jaya berjaya meraih tempat ketiga dengan membawa pulang wang tunai RM5,000 dan pingat setelah mengalahkan SMK La Salle yang menduduki tempat keempat mendapat RM3,000 beserta pingat.

Hadiah telah disampaikan oleh YAB Dato' Menteri Besar Selangor, YAB Dato' Seri Mohamed Azmin Ali disaksikan oleh Pengerusi Jawatankuasa Induk, Kejohanan Bola Sepak Piala Dato' Mokhtar Dahari, Dato' Emran Kadir, Pemangku Ketua Pegawai Eksekutif, Perangsang Selangor, Ahmad Fariz Hassan, Ahli Lembaga Pengarah Perangsang Selangor, Mustaffa Kamil Ayub, serta para jemputan yang terdiri daripada Timbalan Pengarah Pendidikan Negeri Selangor, pegawai Majlis Perbandaran Subang Jaya (MPSJ), Majlis Bandaraya Shah Alam (MBSA), Majlis Bandaraya Petaling Jaya (MBPJ), Persatuan Bolasepak Selangor (PBS), Perbadanan Kemajuan Negeri Selangor (PKNS), Pejabat Pendidikan Daerah Petaling Perdana dan Petaling Utama, ibu bapa serta penonton.

Kejohanan kali ini telah disertai tiga puluh dua (32) buah sekolah di bawah 10 Pejabat Pendidikan di setiap daerah negeri Selangor.

Kejohanan telah bermula dengan acara penyerahan piala Dato' Mokhtar Dahari oleh DYMM Sultan Selangor kepada Pengerusi Jawatankuasa Induk, Kejohanan Bola Sepak Piala Dato' Mokhtar Dahari di Istana Bukit Kayangan, Shah Alam pada 27 Ogos 2015. Selain itu, seramai 160 pemain dan guru juga telah mengikuti seminar 'kerjaya sebagai pemain bola sepak profesional' pada 5 September 2015 bertujuan untuk memberi pendedahan mengenai kerjaya sebagai pemain bola sepak professional.

Kejohanan ini juga telah menjadi satu medan untuk mencungkil bakat pemain bola sepak untuk mewakili pasukan Selangor khususnya dan Malaysia amnya suatu hari nanti.

SK Seksyen 20 players with Tengku Panglima DIRaja Selangor and organising committee
Pemain-pemain SK Seksyen 20 bersama Tengku Panglima DIRaja Selangor dan jawatankuasa perlaksana

Community / Masyarakat

SK Section 20 Wins Raja Muda Of Selangor's Cup
Sk Seksyen 20 Rangkul Piala Raja Muda Selangor

5 November 2015 : SK Section 20 Shah Alam team coached by Noor Azman Hashim clinched their 8th title after defeating SK Section 24 Shah Alam 2-1 during the final match held at SUK field, Shah Alam.

The goals were scored by Muhammad Faiz Amer Runnizar and Muhamad Farez Iqhmal Nazarudin in each half to ensure victory for Section 20 while SK Section 24's consolation goal was scored by Muhammad Raziq Rafi through a free kick in the second half.

The prize and championship trophy was presented by Tengku Panglima Diraja Selangor, YAM Tengku Sulaiman Shah Alhaj Ibni Almarhum Sultan Salahuddin Abdul Aziz Shah Alhaj witnessed by the Organising Committee Chairman of Raja Muda Selangor Cup's Championship, Datuk Emran Kadir and Chairman of Perangsang Selangor, YM Raja Dato' Idris Raja Kamarudin.

As champions, SK Section 20 received a cash prize worth RM4,000, including a challenge trophy, medals and certificates while the runners-up received RM3,000, medals and certificates.

Ahmad Uday Zidane Ariffin from (SK Section 20), was named the best goalkeeper, Nik Mohd Alif Nik Muhamad Radzilan (SK Section 20) and Muhammad Aliff Izwan (SK Seksyen 24) were the tournament's joined top scorer with 7 goals, while the best player in the final match was Muhammad Faiz Amer Runnizar (SK Sekysen 20).

The Raja Muda of Selangor's Cup championship was mooted by the HRH Sultan Sharafuddin Idris Shah Alhaj Ibni Almarhum Sultan Salahuddin Abdul Aziz Shah Alhaj in 1988 when he was the Raja Muda Selangor aimed to unearth talented football players under 12 years of age in the state of Selangor. The tournament has attracted 576 football players from 32 national schools under the Petaling Perdana and Petaling Utama district.

Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) has emerged as the main sponsor of the 28th edition of Raja Muda Selangor's Cup with the sponsorship of RM100,000.

YAM Tengku Sulaiman shook hands with the players
YAM Tengku Sulaiman bersalaman dengan pemain-pemain

Players in action
Pemain-pemain sedang beraksi

5 November 2015 : Pasukan SK Seksyen 20 Shah Alam di bawah bimbingan Noor Azman Hashim merangkul kejuaraan buat kali ke-8 apabila berjaya menundukkan SK Seksyen 24 Shah Alam 2-1 bertempat di padang SUK, Shah Alam.

Gol-gol telah dijaringkan oleh Muhammad Faiz Amer Runnizar dan Muhamad Fareez Iqhmal Nazarudin pada separuh masa pertama dan kedua perlawanan bagi memastikan kemenangan buat Seksyen 20 manakala gol saguhati SK Seksyen 24 dijaringkan oleh Muhammad Raziq Rafi menerusi sepakan percuma pada separuh masa kedua.

Majlis penyampaian hadiah dan piala kejohanan telah disempurnakan oleh Tengku Panglima Diraja Selangor, YAM Tengku Sulaiman Shah Alhaj Ibni Almarhum Sultan Salahuddin Abdul Aziz Shah Alhaj disaksikan oleh Pengerusi Jawatankuasa Pengelola Kejohanan Piala Raja Muda Selangor, Dato' Emran Kadir dan Pengerusi Perangsang Selangor, YM Raja Dato' Idris Raja Kamarudin.

Selaku juara, SK Seksyen 20 menerima hadiah wang tunai RM4,000 termasuk piala pusingan, piala iringan, pingat dan sijil manakala naib juara menerima RM3,000 beserta pingat dan sijil.

Penjaga gol terbaik dimenangi oleh Ahmad Uday Zidane Ariffin (SK Seksyen 20), penjaring terbanyak bersama dengan jumlah 7 jaringan menjadi milik Nik Mohd Aliff Muhamad Radzilan (SK Seksyen 20) dan Muhammad Aliff Izwan (SK Seksyen 24) manakala pemain terbaik perlawanan akhir ialah Muhammad Faiz Amer Runnizar (SK Sekysen 20).

Kejohanan Piala Raja Muda Selangor telah diilhamkan oleh DYMM Sultan Sharafuddin Idris Shah Alhaj Ibni Almarhum Sultan Salahuddin Abdul Aziz Shah Alhaj pada tahun 1988 selaku Raja Muda Selangor ketika itu bertujuan untuk mencungkil bakat pemain bola sepak bawah 12 tahun negeri Selangor. Kejohanan kali ini menyaksikan penglibatan seramai 576 pemain bola sepak daripada 32 sekolah kebangsaan di bawah PPD Petaling Perdana dan PPD Petaling Utama.

Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) telah muncul sebagai penaja utama kejohanan Piala Raja Muda Selangor edisi ke-28 dengan tajaan berjumlah RM100,000.

Briefing by Clever Speda School
Taklimat oleh Clever Speda School

Participants of the 'Cycling Clinic'
Peserta yang telah menyertai 'Klinik Basikal'

Community / Masyarakat

Perangsang Selangor Unearth Young Talented Cyclist
Perangsang Selangor Cungkil Bakat Pelumba Basikal Remaja

10 October 2015 : Cycling has become the latest trend among the society, especially youngsters who want to live a healthy and active life. Aware of this, Corporate Social Responsibility department of Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) under the Selangor Sport Stimulus (SSS) programme in collaboration with Clever Speda School organised a Cycling Clinic at SMK Sungai Besar, Sabak Bernam. The programme aimed to provide exposure, create awareness among the students and unearth new talents to be absorbed into the elite squad of SSS besides practising a healthy lifestyle.

A total of 26 boys and 14 girls aged between 13 and 14 years participated in the programme, which was launched by Mohd Ismail Zam Zam, Assistant Manager, Corporate Social Responsibility, Perangsang Selangor and organised by Mohd Sabri, Hadi Putra Ismail and Mahadzir Hamad from Clever Speda School.

This Cycling Clinic is the second series implemented in 2015.

10 Oktober 2015 : Sukan berbasikal telah menjadi aliran terkini dalam kalangan masyarakat terutamanya golongan remaja yang mahukan kehidupan yang sihat dan cergas. Menyedari hakikat ini, bahagian Tanggungjawab Sosial Korporat, Perangsang Selangor di bawah program Rangsangan Sukan Selangor dengan kerjasama Clever Speda School telah menganjurkan Klinik Basikal di SMK Sungai Besar, Sabak Bernam. Program ini bertujuan untuk memberi pendedahan dan kesedaran kepada para pelajar tentang sukan lumba basikal serta mencungkil bakat baharu yang layak untuk diserap ke skuad elit Perangsang Selangor disamping mengamalkan gaya hidup yang sihat.

Seramai 26 pelajar lelaki dan 14 pelajar perempuan berumur antara 13 hingga 14 tahun telah menyertai program yang telah dilancarkan oleh Mohd Ismail Zam Zam, Penolong Pengurus, Tanggungjawab Sosial Korporat, Perangsang Selangor dan dianjurkan oleh Mohd Sabri, Hadi Putra Ismail dan Mahadzir Hamad daripada Clever Speda School.

Program Klinik Basikal ini merupakan siri yang kedua dilaksanakan pada tahun 2015.

Among the employees who receive Employee Emergency Assistance
Antara kakitangan yang menerima Bantuan Kecemasan Pekerja

Community / Masyarakat

Perangsang Selangor Prioritise Staff Welfare
Perangsang Selangor Utamakan Kebajikan Warga Kerja

29 October 2015 : The Corporate Social Responsibility Department, Perangsang Selangor presented financial assistance amounted to RM68,965.82 under the Employee Emergency Assistance Programme as medical and disaster aid. The donation cheque was presented by Mohd Fauzi Mohd Ghazali, Senior Manager, Corporate Social Responsibility at the Club Room, 16th Floor, Plaza Perangsang to Nazurah Mat Arif, Mohd Asrul Ismail, Mohamad Zaidi Jaafar, Mohd Izad Misri, Intan Izlina Abd Rashid, Rosmila Shamsudin, Arba'ayah Ahmad, Saliza Shamsudin dan Jamilah Budin.

29 Oktober 2015 : Jabatan Tanggungjawab Sosial Korporat, Perangsang Selangor telah menyampaikan bantuan kewangan berjumlah RM68,965.82 di bawah Program Bantuan Kecemasan Pekerja bagi tujuan bantuan perubatan dan bencana. Cek sumbangan telah disampaikan oleh Mohd Fauzi Mohd Ghazali, Pengurus Kanan, Tanggungjawab Sosial Korporat di Bilik Kelab, Tingkat 16, Plaza Perangsang kepada Nazurah Mat Arif, Mohd Asrul Ismail, Mohamad Zaidi Jaafar, Mohd Izad Misri, Intan Izlina Abd Rashid, Rosmila Shamsudin, Arba'ayah Ahmad, Saliza Shamsudin dan Jamilah Budin.

Course participants
Peserta kursus

Community / Masyarakat

Air Conditioning Installation and Maintenance Services Course
Kursus Perkhidmatan Pemasangan dan Penyelenggaraan Penyaman Udara

Mohd Ismail giving words of encouragement to the participants
Mohd Ismail sedang memberi kata-kata semangat kepada para peserta

2-7 November 2015 : The Selangor People Career Stimulus (SPCS) programme under the auspices of Corporate Social Responsibility Department, Perangsang Selangor sponsored 20 youths and self-employed individuals, unemployed and selected students to participate in the Air Conditioning Installation and Maintenance Services course at the Industrial Training Institute, Kuala Lumpur conducted operated by Adimega Sdn Bhd.

Participants were exposed to theoretical and practical maintenance of air conditioning systems and introduction to business fundamentals. With this training, participants have the opportunity to pursue a career as a technician or assistant air-conditioning technicians and entrepreneurs.

Perangsang Selangor allocated RM39,600 for this 6 days course. Mohd Ismail Zam Zam, Assistant Manager, Corporate Social Responsibility, Perangsang Selangor officiated the course.

2-7 November 2015 : Program Rangsangan Kerjaya Rakyat Selangor (RKRS) di bawah kendalian Jabatan Tanggungjawab Sosial Korporat, Perangsang Selangor telah menaja 20 belia dan individu berstatus bekerja sendiri, penganggur dan pelajar yang terpilih menyertai kursus Perkhidmatan Pemasangan dan Penyelenggaraan Penyaman Udara di Institut Latihan Perindustrian, Kuala Lumpur yang dikendalikan oleh syarikat Adimega Sdn Bhd.

Peserta didedahkan dengan ilmu teori dan praktikal penyelenggaraan sistem penyaman udara serta pengenalan asas perniagaan. Dengan latihan ini juga, peserta berpeluang untuk menceburi kerjaya sebagai juruteknik atau pembantu juruteknik penyaman udara dan usahawan.

Perangsang Selangor telah memperuntukkan RM39,600 untuk kursus 6 hari ini. Kursus telah dirasmikan oleh Mohd Ismail Zam Zam, Penolong Pengurus, Tanggungjawab Sosial Korporat, Perangsang Selangor.

The Honourable Amirudin presenting incentive to one of the receiver
YB Amirudin menyampaikan insentif kepada salah seorang penerima

The Honourable Amirudin presenting his speech
YB Amirudin menyampaikan ucapan

Community / Masyarakat

Equipment Assistance for Selangor Entrepreneurship Stimulus Participants

Bantuan Peralatan Untuk Peserta Rangsangan Usahawan Selangor

19 November 2015 : Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) has contributed equipment as inital capital to former Selangor People Career Stimulus (SPCS) participants and additional assistance to potential mobile spa entrepreneur under Selangor Entrepreneurship Stimulus (SES) programme.

A total of 90 livestock participants trained by MJ Fatonah, 25 instant printing participants trained by ANQR Flash Stamp, 30 sewing participants trained by Kamsiah Sewing Academy, 24 contractor participants (KOBINAS) trained by YSP Management and Training Sdn Bhd, 6 air conditioners maintenance participants trained by Adimega Sdn Bhd, 6 motorcycle maintenance participants trained by Adimega Sdn Bhd and 20 mobile spa participants trained by Tini Beauty and Slimming received the contributions presented by Mustaffa Kamil Ayub, Corporate Social Responsibility Board Committee Member, Perangsang Selangor witnessed by The Honorouble Amirudin Shari, Executive Councillor for Youth Development and Sports, Culture and Entrepreneur Development and Mohd Fauzi Mohd Ghazali, Senior Manager, Corporate Social Responsibility, Perangsang Selangor. The overall 2015 contribution for phase 1 and 2 including Fenton Medicine amounted to RM937,211.00.

The ceremony was held at the Ballroom, Jubli Perak Hall, Selangor State Secretariat attended by 200 people including participants and training providers, as well as Perangsang Selangor staff.

19 November 2015 : Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) telah menyerahkan bantuan peralatan sebagai modal awal kepada bekas peserta Rangsangan Kerjaya Rakyat Selangor (RKRS) dan bantuan tambahan kepada usahawan-usahawan spa bergerak yang berpotensi di bawah program Rangsangan Usahawan Selangor (RUS).

Seramai 90 orang peserta penternakan yang telah dilatih oleh syarikat MJ Fatonah, 25 peserta percetakan segera yang dilatih oleh ANQR Flash Stamp, 30 perserta jahitan pakaian yang dilatih oleh Akademi Jahitan Kamsiah, 24 peserta kontraktor binaan (KOBINAS) oleh YSP Management and Training Sdn Bhd, 6 peserta penyelenggaraan penghawa dingin oleh Adimega Sdn Bhd, 6 peserta penyelenggaraan motosikal oleh Adimega Sdn Bhd dan 20 peserta spa bergerak oleh Tini Spa Beauty andSlimming turut menerima bantuan yang disampaikan oleh Mustaffa Kamil Ayub, Ahli Jawatankuasa Lembaga Tanggungjawab Sosial Korporat, Perangsang Selangor disaksikan oleh YB Amirudin Shari, Ahli Jawatankuasa Tetap Pembangunan Generasi Muda dan Sukan, Kebudayaan dan Pembangunan Usahawan serta Mohd Fauzi Mohd Ghazali, Pengurus Kanan, Tanggungjawab Sosial Korporat, Perangsang Selangor. Sumbangan keseluruhan tahun 2015 bagi fasa 1 dan 2 termasuk bantuan tambahan dan Fenton Medicine berjumlah RM937,211.00.

Majlis telah diadakan di Ballroom, Dewan Jubli Perak, SUK Selangor yang telah dihadiri seramai 200 peserta dan penyedia latihan serta kakitangan Perangsang Selangor.

Clinical cupping course participants
Peserta kursus bekam klinikal

Community / Masyarakat

Clinical Cupping Therapy Entrepreneurship Course Sponsored By Perangsang Selangor

Kursus Keusahawanan Juru Bekam Klinikal Tajaan Perangsang Selangor

Centre: Ismail presenting certificate to one of the participants
Tengah: Ismail menyampaikan sijil penyertaan kepada salah seorang peserta

12-13 December 2015 : Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) throught its Selangor People Career Stimulus (SPCS) programme sponsored 20 single mothers and traditional medicine practitioners to participate in the 2 days training course at Sani Hotel, Kuala Lumpur conducted by House of Cupping.

Participants were exposed to potential cupping therapy business, branding and marketing strategies, clinical cupping techniques and standard operating procedures, demonstration and practical. The participants were provided cupping therapy sets and also given an extensive training on hygiene and clinical equipment usage in order to convince the patients to undergo cupping therapy as well as to protect them from any infection.

SPCS programme is one of Perangsang Selangor's Corporate Social Responsibility initiatives, to create accredited clinical cupping therapy entrepreneurs in accordance to the Ministry of Health's standards. The trained single mother and traditional medicine practitioners would be able to generate income by starting their own clinical cupping therapy business. Mohd Ismail Zam Zam, Assistant Manager, Corporate Social Responsibility, Perangsang Selangor presented certificates to all participants at the end of the course.

12-13 Disember 2015 : Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) melalui program Rangsangan Kerjaya Rakyat Selangor (RKRS) telah menaja 20 ibu tunggal dan perawat traditional menyertai kursus latihan 2 hari di Sani Hotel, Kuala Lumpur yang dikendalikan oleh House of Bekam.

Peserta diberi pendedahan potensi perniagaan perkhidmatan bekam, penjenamaan dan strategi pemasaran, teknik dan prosedur kendalian standard bekam klinikal, demonstrasi serta praktikal. Peserta dibekalkan set bekam dan juga diberi pendedahan berkaitan aspek kebersihan, cara penggunaan peralatan klinikal supaya dapat meyakinkan pesakit untuk menjalani rawatan bekam selain melindungi pesakit daripada sebarang jangkitan kuman.

Program RKRS merupakan salah satu inisiatif Tanggungjawab Sosial Korporat, Perangsang Selangor bagi melahirkan usahawan jurubekam klinikal yang bertauliah mengikut piawaian Kementerian Kesihatan Malaysia. Ibu tunggal dan perawat traditional yang dilatih boleh memulakan perniagaan serta dapat menjana pendapatan menerusi perniagaan perkhidmatan bekam. Mohd Ismail Zam Zam, Penolong Pengurus, Tanggungjawab Sosial Korporat, Perangsang Selangor telah menyampaikan sijil penyertaan kepada semua peserta di akhir latihan.

Participants learning thethe facial massage technique
Peserta diajar cara pengurutan di bahagian muka

Community / Masyarakat

Perangsang Selangor Sponsor Maternity Care Training Course

Perangsang Selangor Taja Kursus Latihan Rawatan Bersalin

Maternity care participants
Peserta kursus rawatan bersalin

14-18 Disember 2015 : Selangor People Career Stimulus (SPCS) programme under the Corporate Social Responsibility Department, Perangsang Selangor has sponsored 20 single parents and housewives to participate in Maternity Care training course conducted by Tini's Spa at Section 7, Shah Alam.

During the 5 days course, participants were taught skills such as post-natal massage,, baby bathing and massage skill as well as basic nutrients during confinement. They were also taught on management and marketing aspects such as therapist ethics, operations management, time management, appointments, stock, financial management, sales targets, cost calculation, profit and effective marketing strategy.

At the end of the course, participants would be able to run a mobile post-natal care and massage services charging between RM80-RM100 or RM450 for a 3 days package that promises a monthly income of RM1,800.

14-18 Disember 2015 : Program Rangsangan Kerjaya Rakyat Selangor (RKRS) di bawah kendalian Jabatan Tanggungjawab Sosial Korporat, Perangsang Selangor telah menaja 20 ibu tunggal dan suri rumah untuk mengikuti kursus latihan Rawatan Bersalin kendalian Tini's Spa di Seksyen 7, Shah Alam.

Sepanjang kursus 5 hari, peserta diajar kemahiran seperti urutan selepas bersalin dan bertungku, bertangas, berbengkung, berparam dan berpilis serta cara memandikan bayi serta urutan bayi dan asas nutrisi semasa berpantang. Aspek pengurusan dan pemasaran seperti etika juruterapi, pengurusan operasi, pengurusan masa, temu janji, stok, pengurusan kewangan, sasaran jualan, pengiraan kos, keuntungan serta strategi pemasaran yang berkesan.

Selepas tamat kursus, peserta boleh menjalankan perkhidmatan rawatan selepas bersalin dan urutan daripada rumah ke rumah dengan caj sebanyak RM80-RM100 atau pakej RM450 untuk 3 hari yang menjanjikan pendapatan sebanyak RM1,800 sebulan.

Norazlan presenting the donation to Armina
Norazlan menyampaikan sumbangan kepada Armina

Community / Masyarakat

Perangsang Selangor Contributes School Supplies
Perangsang Selangor Sumbang Kelengkapan Sekolah

From left: Nor Hidayah, Nur Muhammad and their mother Armina with the contribution ofschool supplies.
Dari kiri: Nor Hidayah, Nur Muhammad dan ibunya Armina dengan sumbangan kelengkapan sekolah

23 December 2015 : Nor Hidayah and Nur Muhammad from Gombak, Selangor have been living in deprivation after being abandoned by their father for the past 2 years. As a company that cares, Perangsang Selangor through its Corporate Social Responsibility Department contributed school supplies such as uniforms, bags, shoes, books, stationery and cash for payment of school fees amounted to RM2,500.

The contribution was presented by Norazlan Jantan from Corporate Social Responsibility to Armina Mat Rashid, mother of Nor Hidayah and Nur Muhammad. Hopefully this contribution will ease their burden and provide encouragement to both of them to study harder to achieve success.

23 Disember 2015 : Nor Hidayah dan Nur Muhammad berasal dari Gombak, Selangor merupakan anak yang terbiar setelah ditinggalkan bapa kandung tanpa sebarang nafkah sejak 2 tahun yang lalu. Sebagai syarikat yang prihatin, Perangsang Selangor melalui Jabatan Tanggungjawab Sosial Korporat telah menyampaikan sumbangan kelengkapan sekolah berupa pakaian seragam, beg, kasut, buku, alat tulis serta wang tunai untuk bayaran yuran sekolah berjumlah RM2,500.

Sumbangan telah disampaikan oleh Norazlan Jantan daripada Jabatan Tanggungjawab Sosial Korporat kepada Armina Mat Rashid, ibu kepada Nor Hidayah dan Nur Muhammad. Semoga sumbangan ini dapat meringankan beban serta memberi dorongan kepada kedua beradik ini untuk belajar dengan lebih tekun dan gigih demi mencapai kejayaan.

From left: Ustaz Syed Abdul Kadeer Al-Jofree, Ustaz Hezry Yasin and Ustaz Azhar Yahya
Dari kiri: Ustaz Syed Abdul Kadeer Al-Jofree, Ustaz Hezry Yasin and Ustaz Azhar Yahya

Staff / Kakitangan

'Al-Quran' and 'As-Sunnah' Solidarity of 'Ummah'
Al-Quran Dan As-Sunnah Teras Perpaduan Ummah

27 November 2015 : Religious Talk entitled 'Al-Quran' and 'As-Sunnah' Solidarity of 'Ummah' organised by Islamic Religious Department, Perangsang Selangor was held at the Lobby, Plaza Perangsang. For this session, the religious talk was conducted by Ustaz Hezry Yasin as moderator, Ustaz Syed Abdul Kader Al-Jofree as the first panel and Ustaz Azhar Yahya as a second panel. The ceremony started with a welcoming speech by Ustaz Zaharudin Muhammad, Chief Religious Officer, Peangsang Selangor.A total of 210 of staff, tenants and surrounding residents attended the talk.

'Al-Quran' and 'As-Sunnah' of the Prophet Muhammad is solidarity of ummah. History has proven that only the confident towards 'Al-Quran' and 'As-Sunnah' would be able to provide a strong sense of unity. God has put Al-Quran as a basis of consolidation and solidarity, the best solution in the event of any problems and disputes between communities is through the 'Al-Quran and As-Sunnah'.

27 November 2015 : Forum Perdana dengan kupasan bertajuk Al-Quran dan As-Sunnah Teras Perpaduan Ummah anjuran Jabatan Agama Islam, Perangsang Selangor telah diadakan di Ruang Legar, Plaza Perangsang. Forum perdana pada kali ini dibarisi oleh Ustaz Hezry Yasin selaku moderator, Ustaz Syed Abdul Kader Al-Jofree sebagai ahli panel pertama dan Ustaz Azhar Yahya sebagai ahli panel kedua. Majlis telah dimulakan dengan peyampaian kata alu-aluan olth Ustaz Zaharudin Muhammad, Ketua Pegawai Agama, Perangsang Selangor. Seramai 210 peserta yang terdiri daripada warga kerja, penyewa bangunan serta penduduk sekitar telah menghadiri forum ini.

Al-Quran dan As-Sunnah Rasulullah merupakan teras perpaduan ummah. Sejarah telah membuktikan melalui pegangan kuat umat kepada Al-Quran dan As-Sunnah sahaja yang mampu menjadi teras perpaduan yang paling utuh. Allah SWT telah meletakkan Al-Quran sebagai asas penyatuan dan perpaduan, sekiranya berlaku segala permasalahan dan perselisihan antara masyarakat dalam mencari jalan penyelesaiannya adalah melalui Al-Quran dan As-Sunnah.

ERM awareness participants
Peserta kesedaran Pengurusan Risiko

Staff / Kakitangan

Enterprise Risk Management Staff Awareness Session For Perangsang Selangor 2015
Sesi Kesedaran Pengurusan Risiko Perniagaan 2015 Untuk Warga Kerja Perangsang Selangor

Right: Nuranisah presenting token to Norchahya
Kanan: Nuranisah menyampaikan cenderahati kepada Norchahya

The Enterprise Risk Management (ERM) staff awareness organised by Risk Management department was held on 20 and 21 October 2015 at the K-Centre, Plaza Perangsang with the objective to enhance the ERM awareness amongst the Perangsang Selangor Group's staff. 80 participants attended the session which include staff from Quality Hotel City Centre (QHCC), Aqua-Flo Sdn Bhd, CERES and NGC Energy.

External speakers were also invited to share their challenges, experiences, latest trends and updates on ERM. The speakers were, Head of Group Risk Management of UMW Holdings Berhad, Norchahya Ahmad, who had won the Risk Manager Award of the Year 2015, and has recently been appointed as the Deputy Chairman of Malaysian Association of Risk and Insurance Management (MARIM) for the year 2015/2016; and the Managing Director, Columbus Advisory, Derek Lee who presented on the topic of Managing Risk Is Everyone's Responsibility.

Sesi kesedaran Pengurusan Risiko Perniagaan (PRP) anjuran bahagian Pengurusan Risiko telah diadakan pada 20 dan 21 Oktober 2015 di K-Centre, Plaza Perangsang dengan objektif untuk meningkatkan kesedaran PRP dalam kalangan warga kerja Perangsang Selangor. Seramai 80 orang peserta yang telah menghadiri sesi ini termasuk kakitangan daripada Quality Hotel City Centre (QHCC), Aqua-Flo Sdn Bhd, CERES dan NGC Energy.

Penceramah luar juga dijemput untuk berkongsi cabaran mereka, pengalaman, aliran terkini dan maklumat terkini mengenai PRP. Penceramah terdiri dari Ketua Pengurusan Risiko, Kumpulan UMW Holdings Berhad, Norchahya Ahmad, yang telah memenangi Anugerah Pengurus Risiko 2015, dan baru-baru ini telah dilantik sebagai Timbalan Pengerusi Malaysian Association of Risk and Insurance Management (Marim) bagi tahun 2015/2016; dan Pengarah Urusan, Columbus Advisory, Derek Lee yang menyampaikan topik bertajuk Pengurusan Risiko Tanggungjawab Bersama.

Staff gathering at dataran Shah Alam after the evacuation process from Plaza Perangsang Building
Warga kerja berkumpul di Dataran Shah Alam selepas proses pengosongan bangunan Plaza Perangsang

Staff / Kakitangan

Business Continuity Plan Live Simulation Test
Ujian Simulasi Pelan Kesinambungan Perniagaan

An injured staff during the BCP Simulation test
Warga kerja yang cedera semasa Ujian Simulasi PKP Simulasi

Group Risk Management organised a Business Continuity Plan (BCP) Live Simulation Test on 1 December 2015. This exercise is to check the consistency and accuracy of the following sections of the Emergency Plan:

- Activation process of Initial actions.
- To provide an opportunity to increase the knowledge of playing staff on the Emergency Plan and related emergency procedures.
- To ensure that representatives of responding agencies involved in communicating information to the public have the understanding of target audiences and the communication channels used during an emergency.

Pengurusan Risiko Kumpulan telah menganjurkan ujian simulasi Pelan Kesinambungan Perniagaan pada 1 Disember 2015. Latihan ini adalah untuk menyemak secara konsisten dan ketepatan bahagian mengikut pelan kecemasan berikut:

- Proses pengaktifan tindakan awal.
- Memberi peluang untuk meningkatkan pengetahuan warga kerja mengenai pelan kecemasan dan prosedur kecemasan yang berkaitan.
- Bagi memastikan wakil-wakil agensi yang terlibat menyampaikan maklumat kepada orang ramai dan faham tentang golongan sasaran dan saluran komunikasi yang digunakan semasa kecemasan.

QIAMULLAIL & TAZKIRAH PERDANA ke 23

Staff / Kakitangan

'Qiamullail' and 'Tazkirah Perdana' Qiamullail Dan Tazkirah Perdana

24-25 October 2015 : Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) organised the 23rd Prayer During the Night and Religious Talk at the Quality Hotel City Centre attended by 123 staff and family members of Perangsang Selangor and its subsidiaries. According to the Programme Director, Ustaz Muslim Zainudin, the programme started with congregation Maghrib prayer and followed with souvenirs and lucky draw presentation by Ustaz Zaharudin Muhammad, Chief Religious Officer of Perangsang Selangor on the next day.

The congregation Maghrib prayer was led by Ustaz Zaharudin while Isya' prayer by Ustaz Muslim. Religious talk was presented by Ustaz Hishamudin Abdul Karim, an independent speaker who elaborated on the Prophet Muhammad's journey going through difficult challenges and tests in order to spread Islamic teachings and build an Islamic country. He also invited participants to think why Allah does not facilitate Prophet Muhammad's journey from the Masjidil Haram to Al-Aqsa Mosque as the Isra' and Mi'raj event, but instead Allah tested the Prophet Muhammad with a long journey under the heat and various tests. All those were to prove to us that the victory of Islam must go through a long and difficult journey. Difficulties and hardships are the sweetness in achieving success.

On the next day, the Prayer During the Night began as early as 4.00 am led by Ustaz Wan Mohd Nor Wan Ali, Al-Quran Lecturer at Darul Quran JAKIM who also touched on the Prophet Muhammad's migration in the pre-dawn sermon. The event ended at 8.15am with a prize presentation to the children quiz and lucky draw winners.

1 24-25 Oktober 2015: Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) telah mengadakan

program Qiamullail dan Tazkirah Perdana yang ke 23 di Quality Hotel City Centre, Kuala Lumpur yang dihadiri oleh 124 orang peserta terdiri daripada warga kerja dan ahli keluarga Perangsang Selangor dan anak syarikat. Menurut Pengarah Pogram, Ustaz Muslim Zainudin, program bermula dengan solat Maghrib berjemaah sehinggalah berakhirnya dengan acara penyampaian cenderahati dan cabutan bertuah oleh Ustaz Zaharudin, Ketua Pegawai Agama, Perangsang Selangor keesokan harinya.

Solat maghrib berjemaah telah diimamkan oleh Ustaz Zaharudin sementara solat Isyak oleh Ustaz Muslim Zainudin. Tazkirah Perdana telah disampaikan oleh Ustaz Hishamudin Abdul Karim, seorang penceramah bebas yang menyentuh kisah Penghijrahan Nabi melalui kepayahan dan menempuh pelbagai ujian, demi mencapai kemenangan buat Islam dan tertegaknya sebuah negara Islam. Beliau juga mengajak peserta berfikir kenapa Allah tidak memudahkan sahaja penghijrahan Nabi sebagaimana Allah memudahkan perjalanan Nabi dari Masjidil Haram ke Masjidil Aqsa dalam peristiwa Israk dan Mikraj, tetapi Allah menguji nabi dengan perjalanan yang jauh dan panas serta pelbagai ujian dan dugaan. Semuanya itu adalah untuk membuktikan kepada kita bahawa kemenangan bagi Islam mestilah melalui jalan yang panjang dan payah. Kesusahan dan kepayahan itulah kemanisan dalam sebuah kejayaan.

Keesokannya, qiamullail bermula seawal jam 4.00 pagi yang diimamkan oleh Ustaz Wan Mohd Nor Wan Ali, Pensyarah Al-Quran di Darul Quran JAKIM yang juga menyentuh sirah penghijrahan Rasulullah SAW dalam kuliah subuhnya. Majlis berakhir pada jam 8.15 pagi dengan penyampaian hadiah kuiz anak-anak dan cabutan bertuah.

YM Raja Dato ' Idris presenting a painting to Mihat as a souvenir
YM Raja Dato' Idris menyampaikan cerderahati berbentuk lukisan kepada Mihat

Staff / Kakitangan

Birthday Celebration and Long Service Award Sambutan Hari Lahir dan Khidmat Setia

Staff performence
Persembahan oleh kakitangan

19 November 2015 : The Human Resource Department, Perangsang Selangor organised a birthday celebration, long service award, new born and retiring staff of Perangsang Selangor at the Kayangan 5, Plaza Perangsang. Ahmad Fariz Hassan, Acting Chief Executive Officer, Perangsang Selangor presented souvenirs to 19 employees, who were born in October, November and December and 2 employees who received new born baby. He also presented the opening speech and welcomed new employee Sakeenah Azman and expressed his appreciation to Aris Fadzillah Zulkifli who is leaving the company as well as Mihat Jadi who will retire soon.

YM Raja Dato' Haji Idris Raja Kamarudin, Chairman of Perangsang Selangor also presented long service awards to 5 employees.

19 November 2015 : Jabatan Sumber Manusia, Perangsang Selangor telah mengadakan majlis sambutan hari lahir, penganugerahan khidmat setia, cahaya mata baharu serta persaraan warga kerja Perangsang Selangor di Bilik Kayangan 5, Plaza Perangsang. Ahmad Fariz Hassan, Pemangku Ketua Pegawai Eksekutif, Perangsang Selangor telah menyampaikan cenderahati kepada 19 warga kerja yang lahir pada bulan Oktober, November dan Disember dan 2 orang warga kerja yang mendapat cahaya mata baharu. Beliau turut menyampaikan kata alu-aluan serta mengucapkan selamat datang kepada warga kerja baharu Sakeenah Azman dan menyampaikan penghargaan kepada Aris Fadzillah Zulkifli yang telah menamatkan perkhidmatan dan Mihat Jadi yang akan bersara tidak lama lagi.

YM Raja Dato' Haji Idris Raja Kamarudin, Pengerusi Perangsang Selangor juga telah menyampaikan anugerah khidmat setia kepada 5 warga kerja.

Azlan Abdul Jalil

Ungku Asif Ungku Farid

Nurliana Kamarudin

Staff / Kakitangan

New Staff
Warga Kerja Baharu

1 December 2015 : Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) appointed three new staff Azlan Abdul Jalil as an Assistant General Manager, Strategic Planning and Investment. Azlan holds a Bachelor of Science (Hons) in Accounting from University of Wales, Cardiff, United Kingdom. He began his career in 2001 at Price Waterhouse Coopers, CIMB Investment Bank Berhad, HSBC Bank (Malaysia) Berhad, Kuwait Finance House (Malaysia) Berhad, Siraj Capital Limited and Bursa Malaysia Berhad and Hong Leong Islamic Bank Berhad.

Ungku Asif Ungku Farid holds a Bachelor of Science in Mathematics and Statistic from Australian National University was appointed as Assistant Manager, Strategic Planning and Investment. He began his career in 2012 at Khazanah Nasional Berhad and Employees Provident Fund in 2014 before joining Perangsang Selangor.

Nurliana Kamarudin was appointed as Senior Manager, Finance and Treasury. She holds a Bachelor in Accountancy from University Technology MARA (UiTM), Shah Alam. She began her career in 2004 at Ernst and Young and Malaysian Airlines System Berhad in 2013 before joining Perangsang Selangor.

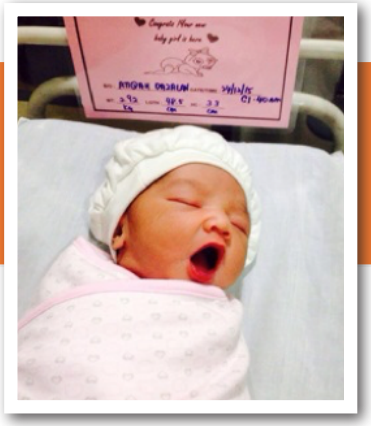
1 December 2015 : Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) telah melantik tiga warga kerja baharu iaitu Azlan Abdul Jalil ke jawatan Penolong Pengurus Besar, Perancang Strategik dan Pelaburan. Azlan pemegang Ijazah Sarjana Muda Sains (Kepujian) Perakaunan daripada University of Wales, Cardiff, United Kingdom. Beliau telah memulakan kerjaya pada tahun 2001 di Price Waterhouse Coopers, CIMB Investment Bank Berhad, HSBC Bank (Malaysia) Berhad, Kuwait Finance House (Malaysia) Berhad, Siraj Capital Limited dan Bursa Malaysia Berhad dan Hong Leong Islamic Bank Berhad.

Ungku Asif Ungku Farid pemegang Ijazah Sarjana Muda Sains dalam Matematik dan Statistik daripada Universiti Kebangsaan Australia telah dilantik sebagai Penolong Pengurus, Perancangan Strategik dan Pelaburan. Beliau memulakan kerjaya pada tahun 2012 di Khazanah Nasional Berhad dan Kumpulan Wang Simpanan Pekerja pada tahun 2014 sebelum menyertai Perangsang Selangor.

Nurliana Kamarudin pula dilantik ke jawatan Pengurus Kanan, Kewangan dan Perbendaharaan. Beliau memegang Ijazah Sarjana Muda Perakaunan daripada Universiti Teknologi MARA (UiTM), Shah Alam. Beliau memulakan kerjaya pada tahun 2004 di Ernst and Young dan Malaysian Airlines System Berhad pada tahun 2013 sebelum menyertai Perangsang Selangor.

Staff / Kakitangan

New Born
Kelahiran Baharu



24 December 2015 : Muhammad Ezral Aziz, Executive Human Resource Department's wife delivered their first baby girl Athiya Ezzahra at Umra Hospital, Shah Alam. May Athiya become a pious and noble as of our beloved Prophet Muhammad PBH in conjunction with her birthday that falls on Maulidur Rasul celebration.

Congratulations to Ezral and wife!

24 December 2015 : Isteri kepada Muhammad Ezral Aziz, Eksekutif Jabatan Sumber Manusia, Perangsang Selangor telah selamat melahirkan cahaya mata perempuan sulung, Athiya Ezzahra di Hospital Umra, Shah Alam. Semoga Athiya menjadi anak yang solehah serta berakhlak mulia seperti junjungan kita Nabi Muhammad SAW bersempena dengan tarikh lahir yang jatuh pada hari sambutan Maulidur Rasul.

Tahniah diucapkan kepada Ezral dan isteri!

Staff / Kakitangan

New Born
Kelahiran Baharu

6 November 2015 : Norhaniesa Hasan from Finance and Admin Department has delivered a baby boy Muhammad Adzhan Hafizi Amir at Sime Darby Medical Centre.

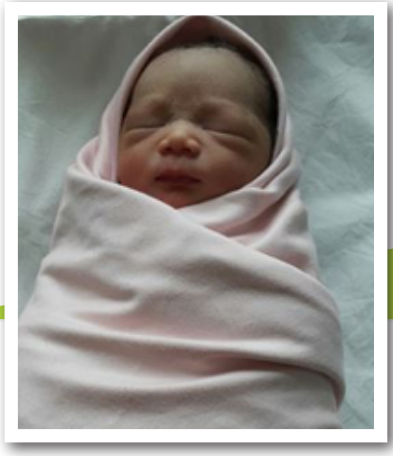
Congratulations from all staff of Perangsang Selangor.

6 November 2015 : Norhaniesa Hasan dari Jabatan Kewangan dan Pentadbiran telah selamat melahirkan cahaya mata lelaki Muhammad Adzhan Hafizi Amir di Sime Darby Medical Centre.

Warga kerja Perangsang Selangor mengucapkan tahniah kepada Norhaniesa.

Staff / Kakitangan

New Born
Kelahiran Baharu



Nazurah Mat Arif from Human Resource Department, Perangsang Selangor delivered a baby girl Khayra Alana on 9 December 2015 at UMRA Hospital, Section 13, Shah Alam.

Khayra Alana is the 3rd child to Nazurah and may she become a pious child. Congratulations!

Nazurah Mat Arif daripada Jabatan Sumber Manusia, Perangsang Selangor telah selamat melahirkan cahaya mata perempuan Khayra Alana pada 9 Disember 2015 di Hospital UMRA, Seksyen 13, Shah Alam.

Khayra Alana merupakan anak ke-3 kepada Nazurah dan semoga menjadi anak yang solehah. Tahniah!

Social / Sosial

Watching Star Wars: The Force Awakens Movie With Family

Menonton Filem Star Wars: The Force Awakens Bersama Keluarga

Perangsang Selangor Sports and Recreation Club sponsored 200 tickets for club and family members to watch "Star Wars: The Force Awakens" movie at Golden Screen Cinema Setia City Mall, Shah Alam. They were also treated with free popcorn and soft drinks.

Watching movies is a leisure activity that was organised to foster closer ties among family members.

Kelab Sukan dan Rekreasi Perangsang Selangor telah menaja 200 keping tiket untuk ahli kelab dan dan keluarga menonton filem 'Star Wars: The Force Awakens' di Golden Screen Cinema, Setia City Mall, Shah Alam. Mereka juga telah dengan bertih jagung serta minuman ringan.

Aktiviti menonton wayang merupakan satu aktiviti santai yang diadakan bertujuan untuk merapatkan hubungan di antara ahli keluarga.

Mohd Fauzi holding the flag and representative from MBSA officiating the fun ride
Mohd Fauzi memegang bendera dan wakil dari MBSA melepaskan peserta kayuhan

Sports / Sukan

400 Cyclists Ride Through Shah Alam City
400 Sertai Kayuhan Rentasi Bandar Raya Shah Alam

15 November 2015 : The 'Exercise the Poor Man's Plastic Surgery (EPPS) programme sponsored by Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) through Perangsang Selangor Sports and Recreation Club (PSSRC) in collaboration with Selangor State Cycling Association (SSCA) and Shah Alam City Council (SACC) organised Perangsang Fun Ride 2015 for club members, family and cycling enthusiasts.

About 400 cyclists from all ages participated in a 29km on road Fun Ride across the city of Shah Alam.

According to the PSSRC President, Mohd Fauzi Mohd Ghazali, "The event was held for the first time to promote a healthy lifestyle as well as to foster closer ties with the local community. Besides that, participants can enjoy the beautiful scenery and also witness Shah Alam as a comfortable as well as a safe city suitable for recreational activities".

"Besides the fun ride, we had also organised an informative cycling clinic to create awareness and exposure conducted by former national cyclists Mohd Mahazir Hamad and Hadi Putra Ismail".

"The ride started from Shah Alam Independence Square and across strategic locations such as the city centre, section 15 industrial areas, section 20, section 16 and section 7 commercial centre," added Mohd Fauzi.

The fun ride was officiated by Mohd Fauzi, witnessed by the Secretary of SSCA, Amrun Misnoh and SACC Youth and Sports Officer, Jaid Idham Idris.

Former national athlete and gold medallist recipient at the 1999 Brunei Sea Games, Shahrul Neeza also participated in the event.

73 participants also took home lucky draw prizes such as a Ghost bike worth RM4,000, 40" LED TV, HTC and ASUS smartphones and various electrical appliances.

Participants began cycling from Dataran Shah Alam
Peserta memulakan kayuhan dari Dataran Shah Alam

Mohd Fauzi received souvenir from Selangor State Cycling Association
Mohd Fauzi menerima cenderahati daripada Persatuan Berbasikal Negeri Selangor

15 November 2015 : Program 'Exercise the Poor Man's Plastic Surgery' (EPPS) tajaan Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) melalui Kelab Sukan dan Rekreasi Perangsang Selangor (KSRPS) dengan kerjasama Persatuan Berbasikal Negeri Selangor (PBNS) dan Majlis Bandaraya Shah Alam (MBSA) telah menganjurkan Kayuhan Ceria Perangsang 2015 untuk ahli kelab, keluarga serta peminat-peminat sukan berbasikal.

Kira-kira 400 peserta terdiri daripada pelbagai lapisan umur telah menyertai acara kayuhan ceria sejauh 29km atas jalan raya mengelilingi bandar raya Shah Alam.

Menurut Presiden KSRPS, Mohd Fauzi Mohd Ghazali berkata, "Acara yang diadakan buat julung kali itu bertujuan untuk memupuk gaya hidup sihat disamping menjalinkan hubungan rapat dengan penduduk setempat. Selain itu, peserta yang datang dari luar dapat melihat Shah Alam sebagai bandar raya yang indah, selesa, selamat dan sesuai untuk beriadah".

"Selain Fun Ride, sesi klinik berbasikal yang meliputi program kesedaran dan informasi yang telah dikendalikan oleh bekas jaguh lumba basikal negara Mohd Mahazir Hamad dan Hadi Putra Ismail turut dianjurkan".

"Kayuhan telah bermula dari Dataran Kemerdekaan Shah Alam dan perjalanan basikal merentasi lokasi strategik seperti pusat bandar raya, kawasan perindustrian seksyen 15, seksyen 20, seksyen 16 dan pusat komersil seksyen 7", tambah Mohd Fauzi.

Upacara pelepasan kayuhan telah disempurnakan oleh Mohd Fauzi dan disaksikan oleh Setiausaha PBNS, Amrun Misnoh dan Pegawai Belia dan Sukan MBSA, Jaid Idham Idris.

Turut serta di dalam acara kayuhan itu, penerima anugerah olahragawan kebangsaan dan pemenang pingat emas Sukan Sea di Brunei pada tahun 1999, Shahrul Neeza.

73 peserta bertuah turut membawa pulang hadiah-hadiah menarik seperti basikal Ghost bernilai RM4,000, TV LED 40", telefon pintar SAMSUNG dan ASUS dan pelbagai peralatan elektrik.

From left: Noor Azami Ahmad and Hassan Abu, Champion male veteran category received a trophy from Ahmad Fariz (middle)
Dari kiri: Noor Azami Ahmad & Hassan Bin Abu, Johan kategori veteran lelaki menerima piala pusingan daripada Ahmad Fariz (tengah)

Sports / Sukan

Perangsang Selangor Closed Badminton Championship
Kejohanan Badminton Tertutup Perangsang Selangor

21 November 2015 : Perangsang Selangor Sports and Recreation Club organised the Perangsang Selangor Closed Badminton Championship at the SUK Sport Club, Shah Alam for Kumpulan Perangsang Selangor Berhad (Perangsang Selangor), Kumpulan Darul Ehsan Berhad (KDEB) and its subsidiaries. 60 staff participated in the competition which were divided into three categories, namely men's veteran doubles, men's open doubles and women's doubles.

Noor Azami Ahmad (Perangsang Selangor) and Hassan Abu (Kumpulan Hartanah Selangor Berhad) was the champion of men's veteran doubles category, while second place was won by Roslan Ahmad and Shahnoor Rudy Asmara of Quality Hotel City Centre (QHCC).

In the men's open doubles, Muhammad Kamal and Ahmad Zul-Hilme Ramli of Konsortium ABASS Sdn Bhd (ABASS) emerged as the champions while Mohd Ikram Harun and Azizan Ahmad from QHCC in second place.

The women's doubles category saw players from Perangsang Selangor dominated the final when Nor Fadzillah Idris and Najihah Othman emerged as champions by defeating Jamilah Budin and Nor Syakeyla Mustaffa Kamal in the finals.

The champions for each category took home a trophy, medals and badminton sports equipment worth RM700. The runners-up receive a medal and badminton equipment worth of RM500 and third and fourth place winners each took home medals, badminton sports equipment worth of RM100 and hamper.

Participants were also surprised with a lucky draw by Ahmad Fariz Hassan, Acting Chief Executive Officer Perangsang Selangor. The tournament was jointly organised with J World Sports and assisted by six professional referees from the Badminton Association of Malaysia.

From left: Nor Fadzillah Idris and Najihah Othman, Champion women category
Dari kiri: Nor Fadzillah Idris dan Najihah Othman, Johan kategori wanita

From left: Ahmad Zul-Hilme and Muhammad Kamal Rami, Champion men's open category
Dari kiri: Ahmad Zul-Hilme Ramli dan Muhammad Kamal, Johan kategori terbuka lelaki

21 November 2015 : Kelab Sukan dan Rekreasi Perangsang Selangor telah menganjurkan Kejohanan Badminton Tertutup di Kelab Sukan SUK, Shah Alam bagi warga kerja kerja Kumpulan Perangsang Selangor Berhad (Perangsang Selangor), Kumpulan Darul Ehsan Berhad (KDEB) serta anak syarikat. 60 warga kerja telah menyertai pertandingan yang terbahagi kepada 3 kategori iaitu beregu veteran lelaki, beregu terbuka lelaki dan beregu wanita.

Pasangan Noor Azami Ahmad (Perangsang Selangor) dan Hassan Abu (Kumpulan Hartanah Selangor Berhad) telah menjuari kategori beregu veteran lelaki manakala tempat kedua dimenangi oleh pasangan Roslan Ahmad dan Shahnoor Rudy Asmara daripada Quality Hotel City Centre (QHCC).

Bagi kategori lelaki terbuka, pasangan Muhammad Kamal dan Ahmad Zul-Hilme Ramli daripada Konsortium ABASS Sdn Bhd (ABASS) muncul sebagai johan manakala pasangan Mohd Ikram Harun dan Azizan Ahmad daripada QHCC di tempat kedua.

Kategori beregu wanita pula menyaksikan pemain daripada Perangsang Selangor mendominasi perlawanan akhir apabila pasangan Nor Fadzillah Idris dan Najihah Othman muncul johan dengan menumpaskan pasangan Jamilah Budin dan Nor Syakeyla Mustaffa Kamal di perlawanan akhir.

Johan bagi setiap kategori telah membawa pulang piala pusingan, pingat dan peralatan sukan badminton bernilai RM700. Naib johan menerima pingat dan peralatan sukan badminton bernilai RM500 dan pemenang tempat ketiga & keempat masing-masing membawa pulang pingat, peralatan sukan badminton bernilai RM100 dan hamper.

Peserta telah dikejutkan dengan acara cabutan bertuah yang telah disempurnakan oleh Ahmad Fariz Hassan, Pemangku Ketua Pegawai Eksekutif Perangsang Selangor. Penganjuran kejohanan ini telah mendapat kerjasama daripada J World Sports serta dibantu oleh 6 orang pengadil daripada Persatuan Badminton Malaysia.

Right: Ir Abas receiving the Prime Minister's Hibiscus Award from Dato' Sri Dr Wan Junaidi
Kanan: Ir Abas menerima Anugerah'Prime Minister's Hibiscus' dari Dato' Sri Dr Wan Junaidi

Corporate / Korporat

ABASS Received Prime Minister's Hibiscus Award
ABASS Terima Anugerah 'Prime Minister's Hibiscus'

K14 December 2015: Konsortium ABASS Sdn Bhd (ABASS), a subsidiary of Kumpulan Perangsang Selangor Berhad (Perangsang Selangor) received the 'Notable Achievement Award' in the environment management system organised by Malaysian International Chamber of Commerce and Industry at the Prime Minister's Hibiscus Award 2014/2015 event at The Royale Chulan Kuala Lumpur.

The Prime Minister's Hibiscus Award is a benchmark to recognise organisations that have practiced and successfully implemented environmental sustainability agenda at all levels of management, activities and work culture.

The award presentation was organised in collaboration with four Malaysia leading private sector organisations namely Business Council for Sustainability and Responsibility Malaysia, Environmental Management and Research Association of Malaysia, Federation of Malaysian Manufacturers and the Malaysian International Chamber of Commerce and Industry, who shared a common goal to promote the preservation of the environment as an agenda.

Ir Abas Abdullah, Director of ABASS received the award presented by YB Dato' Sri Dr Haji Wan Junaidi Tuanku Jaafar, Minister of Natural Resources and Environment.

6th from left, standing at the back row Ir Abas holding the award with other receipients
Ke-6 dari kiri berdiri barisan belakang Ir. Abas memegang anugerah yang diterima bersama peserta lain bersama anugerah masing-masing

14 Disember 2015 : Konsortium ABASS Sdn Bhd (ABASS) anak syarikat Kumpulan Perangsang Selangor Berhad telah menerima "Anugerah Notable Achievement" dalam pengurusan sistem alam sekeliling anjuran Malaysian International Chamber of Commerce and Industry di Majlis Anugerah Prime Minister's Hibiscus 2014/2015 di The Royale Chulan Kuala Lumpur.

Anugerah Prime Minister's Hibiscus Award ini mewujudkan penanda aras untuk memberi pengiktirafan kepada mana-mana syarikat yang berjaya mempraktikkan agenda melestarikan alam sekitar secara menyeluruh di semua peringkat pengurusan, aktiviti dan budaya kerja.

Anugerah ini dianjurkan dengan kerjasama empat pertubuhan sektor swasta terkemuka di Malaysia iaitu Business Council for Sustainability and Responsibility Malaysia, Environmental Management and Research Association of Malaysia, Federation of Malaysian Manufacturers and the Malaysian International Chamber of Commerce and Industry yang berkongsi matlamat yang sama untuk memajukan agenda melestarikan alam sekitar.

Ir Abas Abdullah, Pengarah, ABASS telah menerima anugerah tersebut yang disampaikan oleh YB Dato Sri Dr Haji Wan Junaidi Tuanku Jaafar Menteri Sumber Asli dan Alam Sekitar.

Controlling Eye Disease

Diabetes is one of the most prevalent non-communicable diseases among Malaysian. However, many people do not realise that there is a long list of complications that can arise from diabetes, not least of which is diabetic eye disease.

Also known as diabetic retinopathy, eye diseases that occur as a complication of diabetes affect the blood vessels and nerve (retina) in the eye.

This is why it is important to go for regular eye check-ups as advised by your doctor, says Dr Sendhil Kumar Somasundaram consultant ophthalmologist at Mahkota Medical Centre.

“Once the eyes” baseline health is determined, the ophthalmologist will set a timeline for regular check-ups.

“The duration of diabetes and control of blood sugar levels have a significant relationship with the health of the retina. Patients may not display symptoms, but there can still be ongoing damage to the eye. Thus, screening and early detection is essential,” says Dr Sendhil.

He explains that diabetes affects the blood vessel walls within the retina, which become more porous and leak or get blocked, causing poor blood circulation. This leads to poor visual function.

Symtoms of diabetic eye disease include:

- Progressive or sudden deterioration in vision lines in the vision)
- Dark patches or spots in the vision

During an eye check, an ophthalmologist will look into the eye to examine the health of the retina and take pictures of or scan the interior surface of the eye if necessary

Nipping It In The Bud

Once the patient becomes symptomatic, meaning his or her sight is affected, the problem may be controlled but is not always reversible. Early detection is therefore crucial so that the problem can be controlled at an early stage.

The underlying cause of diabetic retinopathy is, of course, diabetes.

“The only way to prevent diabetic eye disease is to prevent diabetes altogether, this means leading a healthy and active life with balance diet, enough exercise and not smoking,” says Dr Sendhil.

However, if you have diabetes, proper management of your diabetes is crucial for control of the eye disease.

Compounding effects of the eye disease include with poor management and other non-communicable disease such as hypertension and high cholesterol.

Another compounding effect on diabetic retinopathy is smoking. The risk of developing an eye disease is increased two-fold in diabetics who smoke.

Treatment And Management

Dr Sendhil explains that the best way to manage and treat diabetic retinopathy is a holistic approach. To this end, Mahkota Medical Centre will soon open the Mahkota Diabetic Centre, where patients will be able to complete necessary tests and assessments and consult with a range of expert – for example, a foot care expert, ophthalmologist, dietician and physician – in one place.

At the end of the day, patients will be given a comprehensive overview by a physician of their condition and advised on what steps to take for treatment and control.

“The treatment depends on the stage of the diabetic retinopathy. The first thing to do is control the co-morbidity – this means controlling other diseases such as diabetes or hypertension,” says Dr Sendhil.

Treatments (if necessary) include:

- Laser treatment
- Drugs – A drug is injected into the eye to control the disease. This treatment may need to be repeated.
- Surgery – For more severe cases such as when the vitreous fluid in the eye is filled with blood due to a haemorrhage of the blood vessels. It may clear up by itself but sometimes surgery is required.

“Based on research data, a significant number of people who have been living with diabetes for 20 years and more will have some degree of diabetic retinopathy,” reveals Dr Sendhil.

“Reversing the condition is not always possible, but by picking up the problem in a timely manner, and with sufficient treatment and control, the condition can be stabilised to prevent loss of sight.

Your Health - Article from The Star, Tuesday 25 August 2015

Prevent Metabolic Syndrome

Metabolic syndrome is a group of the most dangerous heart attack risk factors such as diabetes, abdominal obesity, high cholesterol and high blood pressure, which often occur as a result of a combination of overeating and living a sedentary lifestyle.

If these metabolic abnormalities occur all at once, it may significantly increase the risk of contracting heart diseases.

The underlying cause of metabolic syndrome has been largely attributed to insulin resistance and central obesity.

Insulin resistance happens when some cells in the body use insulin less effectively than normal, which eventually leads to an increase in body fat, putting the person at risk of getting metabolic syndrome. Central obesity is when a person has excessive weight around the middle and upper parts of the body.

It is often associated with abdominal obesity, blood lipid disorders, inflammation, insulin resistance, prediabetes and diabetes, and increased risk of cardiovascular diseases.

Metabolic syndrome may be present if you have three or more of these signs occurring simultaneously:

- Blood pressure >_ 130/85 mmHg
- Fasting blood sugar (glucose)>_ 100mg/dL
- Large waist circumference (length around the waist: Men >_40 inches, women >_ 35 inches
- Low HDL (good) cholesterol: Men <_40 mg/dL, women <_ 50mg/dL

Dietary management and lifestyle adjustments are the key factors in the treatment and prevention of metabolic disorders.

A daily diet that consists of wholegrains helps maintain a healthy body weight, prevents abdominal obesity and improves utilisation of insulin.

Oats, a type of wholegrain, contain oat beta-glucan, which is found most prominently in the bran of oats.

A study published in Vascular health and risk management in 2006 and another in Critical reviews in food science and nutrition in 2008 showed that beta-glucan in wholegrains were beneficial for heart health and helped slow down the absorption of sugars from diet.

Effects of oat bran beta-glucan:

- **Lowers Cholestrol**
  Oat bran beta-glucan dissolves inside the digestive tract and forms a thick, viscous gelatinous mass that binds with cholesterol-rich bile acids to help prevent or reduce the amount of LDL cholesterol absorbed into the body.

  Too much LDL cholesterol will cause plaque build-up, which narrows the arteries and eventually leads to heart attack or stroke.

- **Reduces blood sugar**
  Oat bran beta-glucan gelatinous mixture delays the release of the stomach's contents into the small intestine for further digestion.

  This contributes to slower production and release of insulin by the pancreas and slows the rate of the glucose uptake from the small intestine, thus improving insulin sensitivity.

- **Help satiety**
  Colonic fermentation of beta-glucan produces short-chain fatty acids, which affects satiety by controlling the release of various appetite-regulating hormones.

  Reduction in the amount of food intake and feeling of satiety helps control total energy intake, which improves body composition and facilitates fat loss.

- **Improves intestinal health**
  Oat bran beta-glucan behaves as a prebiotic, which is a beneficial bacterium that ferments beta-glucan to produce volatile fatty acids used by the cells lining the intestine to protect against various bowel disease.

  Beta-glucan also helps promote bowel regularity by bulking up and softening stools.

- **Anti-tumour, anti-microbial and increases immune potential**
  Tests carried out on animal subject showed that oat bran beta-glucan can stimulate immune functions by activating monocytes/ macrophages and increasing the amounts of immunoglobulin, natural killer cells and killer T-cells, which improve resistance to cancer, bacterial infections and parasitic diseases.

  The Malaysian Dietary Guideline recommends taking four to eight servings of cereal foods daily for adults, of which half should contain wholegrains and cereal products that are high in fibre but low in fat, sugar and salt.

  Essentially, oat bran beta-glucan, when consumed in conjunction with a diet low in saturated fat and cholesterol, coupled with regular daily physical activities can help prevent the onset of metabolic syndrome components and lower the effects it has on individuals who may already be suffering from this syndrome.

The Star,
Tuesday 25 August 2015

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