

**DAY 1 (23 November 2023, Thursday)**

| <b>Time</b> | <b>Programme</b>                                       |
|-------------|--|
| All Day     | Arrive at KLIA/KLIA 2, Airport Pick-up, Check in Hotel |

**DAY 2 (24 November 2023, Friday)**

| <b>Time</b>         | <b>Programme</b>  |
|---------------------|---|
| 9.30 am - 10.00 am  | Registration  |
| 10.00 am - 10.30 am | <b>Opening Ceremony</b><br>- Opening Speech: UTAR President<br>- Opening Speech: IOI Properties Group Berhad  |
| 10.30 am – 10.50 am | <b>Keynote Address: Prioritizing Mental Health &amp; Community Resilience in Times of Uncertainty</b><br>Speaker: Y.B Puan Michelle Ng Mei Sze  |
| 10.50 am – 11.00 am | Break   |
| 11.00 am – 12.30 pm | <b>Keynote Forum 1 – Winning Mind Battles</b><br>Speaker: Mr Tarun, Lecturer<br>Moderator: Dr Avneet<br>Senior Lecturer<br>Department of Physiotherapy, MK. FMHS, UTAR Sungai Long Campus<br><br>Dr Lee Poh Foong<br>Associate Professor<br>Department of Mechanical and Material Engineering<br>Lee Kong Chian Faculty of Engineering and Science, UTAR Sungai Long Campus |
| 12.30 pm - 2.00 pm  | Lunch Break   |
| 2.00 pm – 3.30 pm   | <b>Workshop 1 – Emotional Freedom Techniques and Calming with Yoga</b><br>Trainer: Dr Thavamalar, Ms Shamala and Ms Thulasy (Department of Nursing, MK FMHS, UTAR SL Campus)  |
| 3.30 pm – 5.00 pm   | <b>Workshop 2 - How to Support the Bereaved through the challenging Times</b><br>Trainer: Ms Lee Phei Wei<br>Counsellor and Lecturer  |
| 5.00 pm             | Closing of Day 1  |

**DAY 3 (25 November 2023, Saturday)**

| <b>Time</b>         | <b>Programme</b>  |
|---------------------|---|
| 9.30 am – 9.45 am   | Registration  |
| 9.45 am - 10.30 am  | <b>Appreciation Talk</b><br>Ms Loh Nyuk Leung<br>Head<br>Department of Student Affairs  |
| 10.30 am – 10.45 am | Break   |
| 10.45 am - 12.15 pm | <b>Harnessing the Power of Emotions for a Happier Life</b><br>Speaker: Ms Moisy Moi<br>Certified Practitioner @ The Golden Space Malaysia<br>Certified & Accredited HRD Crop Trainer      |
| 12.15 pm – 12.30 pm | Group Photo   |
| 12.30 pm – 1.30 pm  | Lunch Break   |
| 1.30 pm - 3.00 pm   | <b>Workshop 3 – Journaling Workshop</b><br>Trainer: Ms Nadia  |
| 3.00 pm – 4.30 pm   | <b>Workshop 4 – How to Build Emotional Resilience?</b><br>Trainer: Low Mi Yen<br>Clinical Psychologist &<br>Vice-President of Malaysia Association for Mindfulness Practice &<br>Research |
| 4.30 pm - 4.45 pm   | Lucky Draw Contest  |
| 4.45 pm – 5.00 pm   | Summary Session of the Day 1 & 2 and Closing Remarks  |
| 5.00 pm             | <b>END</b>  |

**DAY 4 (26 November 2023, Sunday)**

| <b>Time</b>         | <b>Programme</b>            |
|---------------------|-----------------------------|
| 8.00 am – 8.30 am   | Breakfast (Included)        |
| 8.30 am – 9.30 am   | Depart to Kuala Lumpur City |
| 9.30 am – 10.15 am  | King Palace                 |
| 10.15 am – 12.30 pm | Batu Caves                  |
| 12.30 pm – 2.00 pm  | Lunch (Included)            |
| 2.00 pm – 4.00 pm   | Royal Selangor              |
| 4.00 pm – 5.00 pm   | Batik Workshop              |
| 5.00 pm – 6.00 pm   | Central Market              |
| 6.00 pm – 7.30 pm   | Dinner (Included)           |
| 7.30 pm             | Return to Hotel             |

**DAY 5 (27 November 2023, Monday)**

| <b>Time</b>         | <b>Programme</b>                      |
|---------------------|---------------------------------------|
| 8.30 am – 9.00 am   | Breakfast (Included)                  |
| 9.00 am – 10.00 am  | Dataran Merdeka                       |
| 10.00 am – 11.00 am | Masjid Jamek                          |
| 11.00 am – 11.45 am | KL Tower                              |
| 11.45 pm – 12.30 pm | Twin Tower                            |
| 12.30 pm – 2.00 pm  | Lunch (Included)                      |
| 2.00 pm – 4.00 pm   | Chan She Shu Yuen Clan Ancestral Hall |
| 4.00 pm – 7.30 pm   | Pavilion (Dinner Excluded)            |
| 7.30 pm             | Return to Hotel                       |

**DAY 6 (28 November 2023, Tuesday)**

| <b>Time</b>        | <b>Programme</b>                |
|--------------------|---------------------------------|
| 8.30 am – 9.00 am  | Breakfast (Included)            |
| 9.00 am – 12.00 pm | Malaysia Tourism Centre (MaTiC) |
| 12.00 pm – 2.00 pm | Lunch (Included)                |
| 2.00 pm – 4.00 pm  | Putrajaya Tour                  |
| 4.00 pm – 6.00 pm  | Depart to Melaka                |
| 6.00 pm – 7.30 pm  | Dinner (Included)               |
| 7.30 pm            | Return to Hotel                 |

**DAY 7 (29 November 2023, Wednesday)**

| <b>Time</b>         | <b>Programme</b>              |
|---------------------|-------------------------------|
| 9.00 am – 9.30 am   | Breakfast (Included)          |
| 9.30 am – 11.00 am  | Dutch Square (Red Square)     |
| 11.00 am – 12.30 pm | A'Famosa Porta de Santiago    |
| 12.30 pm – 2.00 pm  | Lunch (Included)              |
| 2.00 pm – 4.00 pm   | Baba & Nyonya Heritage Museum |
| 4.00 pm – 6.00 pm   | Jonker Street                 |
| 6.00 pm – 7.00 pm   | Dinner (Included)             |
| 7.00 pm – 8.00 pm   | Melaka River Cruise           |
| 8.00 pm             | Return to Hotel               |

**DAY 8 (30 November 2023, Thursday)**

| <b>Time</b> | <b>Programme</b>                                       |
|-------------|--|
| All Day     | Depart to KLIA/KLIA 2, Airport Transfer, Return Flight |

**Remark:**

**Programme / Titles and Speakers are subject to change.**