





# HUMAN RESOURCE DEPARTMENT

## Motivational Talk on Mental Health Awareness

### Program details

Organizer : Human Resource Department  
Date : 2<sup>nd</sup> February 2023  
Event's venue : SMK Pulau Indah  
Program duration : 5 hours  
Number of Participants : 150 students & 4 teachers  
Westports volunteers : 2 staff  
Total Volunteering Hours: 10 hours

### Brief descriptions

- The program aims to enhance overall students' performance and promote mental and emotional wellbeing.
- Provide awareness on additional avenues for help eg: Befrienders, Talian Kasih and Buddybear.





## CONTAINER DEPARTMENT

Gotong – royong @ TABIKA Kg Sg Kembong, Pulau Indah

### Program details

Organizer : Container Department  
Date : 12<sup>th</sup> January 2023  
Event's venue : Taman Bimbingan Kanak – Kanak Kg Sg Kembong  
Program duration : 4 hours  
Number of Participants : 7 teachers  
Westports volunteers : 31 staff  
Total Volunteering Hours: 124 hours

### Brief descriptions

- Container team helped to clean and refurbish the area of the tabika.
- The team painted the walls, fences, playground and cut the grasses.





# CONTAINER DEPARTMENT

Gotong – royong @ Sekolah Rendah Agama ( SRA), Pulau Indah

## Program details

Organizer : Container Department  
Date : 16<sup>th</sup> February 2023  
Event's venue : Sekolah Rendah Agama, Pulau Indah  
Program duration : 4 hours  
Number of Participants : 4 teachers  
Westports volunteers : 25 staff  
Total Volunteering Hours: 100 hours

## Brief descriptions

- Container team helped in cleaning activities at school common areas eg : bus stop, canteen and corridor.
- They also helped to cut the grasses and clean the drain to prevent mosquito breeding area.





# PORT POLICE DEPARTMENT

## Awareness Program on Flood, Fire and Safety at Home

### Program details

Organizer : Port Police Department  
Date : 12<sup>th</sup> March 2023  
Event's venue : Pangsapuri Samudera, Pulau Indah  
Program duration : 5.5 hours  
Number of Participants : 197 participants  
Westports volunteers : 29 staff  
Total Volunteering Hours: 159.5 hours

### Brief descriptions

- Westports Port Police teamed up with Bomba Port Klang provided awareness talk to the community on flood and fire awareness.
- Bomba Port Klang also demonstrated on how to put out fire in indoor situation especially in the kitchen area.



# FINANCE DEPARTMENT

## Food Handler Training

### Program details

Organizer : Finance Department  
Date : 19<sup>th</sup> March 2023  
Event's venue : TSG Hall @ Westports  
Program duration : 3.5 hours  
Number of Participants : 42 participants  
Westports volunteers : 8 staff  
Total Volunteering Hours: 28 hours

### Brief descriptions

- The objective is to increase the number of credible food provider in Pulau Indah community.
- This training is a mandatory course to attend by all food handlers according to Malaysian Food Act 1983





# CONTAINER DEPARTMENT

## Gotong – royong

### Program details

Organizer : Container Department  
Date : 13<sup>th</sup> March 2023  
Event's venue : Path heading to SK Pulau Indah  
Program duration : 4 hours  
Number of Participants : 2 from kampung committee  
Westports volunteers : 15 staff  
Total Volunteering Hours: 60 hours

### Brief descriptions

- Container team helped to cut the grasses and drains along the path.





# ENVIRONMENT, HEALTH AND SAFETY (EHS) DEPARTMENT

## Gotong – royong

### Program details

Organizer : EHS Department  
Date : 18<sup>th</sup> March 2023  
Event's venue : Pangsapuri Samudera, Pulau Indah  
Program duration : 4 hours  
Number of Participants : 57 from residents, COMBI and Health Department  
Westports volunteers : 54 staff  
Total Volunteering Hours: 216 hours

### Brief descriptions

- To promote public support and community participation in the prevention and control of dengue.
- To reduce the breeding of Aedes mosquitoes and the epidemic cases.





# HUMAN RESOURCE DEPARTMENT

## Talk on Healthy Lifestyle

### Program details

Organizer : Westports In house Clinic  
Date : 29<sup>th</sup> March 2023 ( Session 1)  
Event's venue : SMK Pulau Indah  
Program duration : 2.5 hours  
Number of Participants : 184 students  
Westports volunteers : 9 staff  
Total Volunteering Hours: 22.5

### Brief descriptions

- The talk includes topics on healthy eating habit, avoiding smoking, personal hygiene and benefits of stretching exercise in classroom.
- Trainer from Westports Gymnasium and in house physiotherapist were also present to help with the exercise activity.





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