

Public Program “GO M.A.D (Make a Difference) in the New Millennium”

A health-related public program entitled “GO M.A.D (Make a Difference) in the New Millennium” was organised on the 23rd January 2021 from 8 to 9.30 pm. This program was organised by Brahma Kumaris Malaysia (BKM) in collaboration with a local Non-Governmental Organisation (NGO) that provides tele-counselling services. The aim of the program was to provide public with some practical ways to:

1. Overcome stress, anxiety, crisis fatigue amidst uncertainties and adverse situations.
2. Develop positive attitude and vision and tap on hidden opportunities.
3. Enhance inner strength and stamina and thereby empower the self.

The panellists comprised of Dato Dr Florance Sinniah (Founder/President of SNEHAM Malaysia), Dato Dr Lai Fong Hwa (Consultant Child & Adolescent Psychiatrist), BK Dr Sachin Suksohale (Consultant Physician & Intensivist of Global Hospital and Research Centre) and moderated by Dr Saravanan Krishnan (Consultant Cardiologist & Electro physiologist). All three speakers are very well known in their respective fields. The moderator, Dr Saravanan is a well-known cardiologist in the Northern Region, Malaysia. The program started with opening speech by BK Letchumanan Ramatha, President of BKM. The panel discussion focused on how to make a difference in this present pandemic and increase the coping mechanism. The discussion was lively, interesting and informative for the public in general. BK Dr Sachin also highlighted that it is important to take care of the healthcare staffs and front liners by giving them sufficient break and rest to recuperate. In addition, going into introversion and connecting with the self and higher consciousness is necessary to be recharged and re-energised for the purpose of increasing the coping capability in the light of stress caused by uncertainties and high risk at work place. The program ended with a silent reflection by Dr Sachin, followed by certificate ceremony for the invited speakers. The closing remarks was by BK Perumalu Kandan, the treasurer of BKM. There were 2.1k viewers within the 24 hours of the programme.



GO M.A.D in the New Millennium

(Go Make A Difference in the New Millennium)



Dr. B.K. Sachin
(Consultant physician and intensivist of Global hospital and research center.)



Dato' Dr Florance
(Founder/President of SNEHAM Malaysia)



Dato' Dr Lai Fong Hwa
(Consultant Child & Adolescent Psychiatrist)



Dr. Saravanan (Moderator)
(Consultant Cardiologist & Electrophysiologist)



BK Kiruba (Host)
(Registered Pharmacist)



Brahma Kumaris
Malaysia

Collaborating With



In this new year, new decade, still new millennium and with new norms, what is your outlook like? Would you like to make a difference? Come and join us in a thought provoking journey with eminent speakers who will help you to

- Overcome stress, anxiety, crisis fatigue amidst uncertainties and adverse situations
- Develop positive attitude and vision and tap on hidden opportunities
- Enhance inner strength and stamina and thereby empower the self

EVENT LINK



<https://bkmevent.live/Go-MAD>

Date : 23rd January 2021 (Saturday)

Time : 08.00 pm – 09.30 pm

For more details please contact,

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FREE
EVENT