



MAJLIS PERBANDARAN AMPANG JAYA
BAHAGIAN PERHUBUNGAN AWAM DAN SEKRETARIAT
MENARA MPAJ, JALAN PANDAN UTAMA,
PANDAN INDAH, SELANGOR,
55100 KUALA LUMPUR

KERATAN AKHBAR
07 FEBRUARI 2019 (KHAMIS)

AKHBAR

MUKA SURAT

The Star

- All 12 local council in Selangor to host women's welfare and wellness events

04

Sinar Harian

- Suri rumah hasil bantal bunga ros

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All 12 local councils in Selangor to host women's welfare and wellness events

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7/2/19
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By SHEILA SRI PRIYA
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ALL local councils in Selangor will be hosting Karnival 3W (Women, Welfare and Wellness) throughout the year starting from Feb 10.

The 3W programme is being organised to inform the public, especially women, about state government related benefits, aid and welfare available.

Karnival 3W is the brainchild of state Health, Welfare, Women Empowerment and Family Committee chairman Dr Siti Mariah Mahmud who has collaborated with government agencies to focus on her portfolio to help the public.

"With a good support system, women can achieve success. They are commonly more involved in their family's well-being.

"With the right information on eating habits, exercise and knowledge, they will be able to uplift their own as well as their family's well-being.

"Our aim during this carnival is to bring all agencies together to inform and assist women on the



Dr Siti Mariah is hoping women will take the opportunity to find out information that will be useful for them at Karnival 3W. — Bernama

benefits tailored for them and their families by Federal and state government agencies.

"Each of the 12 local councils in Selangor will take turns to host Karnival 3W.

"We want to reach out to as many people as possible from all localities. Each council will have a theme to follow such as TB day, breastfeeding day, diabetes day and

volunteers' day.

"The first local council to host the event is Ampang Jaya Municipal Council on Feb 10.

"The main theme is World Cancer Day," said Dr Siti Mariah, adding that the one-day event would start at 7am and end at 10.30pm.

Among the highlights at the carnival are the 10,000 Steps programme, Slim Selangor and Selangor Healthy Forum which will be held during the day.

The afternoon sessions will comprise competitions for different age groups such as women, senior citizens, persons with disabilities and children, as well as other programmes.

Events at night will feature performances by celebrities and activities on male empowerment as well as prize-giving presentations.

Among the agencies taking part are state Health Department and Welfare Department, National Population and Family Development Board, Pusat Wanita Berdaya (PWB) – a women's empowerment initiative, Selangor Childcare Association and Selangor OKU Action group.

Dr Siti Mariah hoped the public would take the opportunity to seek information from government agencies that would benefit them.

She said these agencies also want public feedback so they could serve them better.

For details, visit the Selangor 3W Facebook page.



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Suri rumah hasil bantal bunga ros

PANDAN INDAH - Seramai 30 wanita di sini terlibat dalam program membuat bantal hiasan berbentuk bunga ros anjuran Pusat Wanita Berdaya (PWB) N21 Pandan Indah, baru-baru ini.

Penyelia PWB N21 Pandan Indah, Norashimah Saad berkata, ia merupakan program pertama PWB N21 Pandan Indah tahun ini.

"Bantal ini boleh menjadi hiasan di sofa atau di dalam kenderaan, malah boleh menjadi hiasan pelamin pada majlis perkahwinan atau pertunangan," katanya.

Beliau berkata, majoriti yang terlibat dalam jahitan membuat bantal itu adalah suri rumah.

"Mereka turut diajar cara mengira bajet untuk membuat perniagaan. Bantal hiasan tersebut mereka boleh buat secara

Bantal hiasan tersebut mereka boleh buat secara sambilan di rumah bagi mendapatkan pendapatan sampingan."
- Norashimah

sambilan di rumah bagi mendapatkan pendapatan sampingan," katanya.

Menurutnya, harga sepasang bantal dianggarkan RM50.

"Secara keseluruhan untuk menghasilkan bantal menggunakan jahitan tangan. Kita berharap dapat melahirkan lebih ramai usahawan kecil dalam kalangan suri rumah," katanya.



Antara peserta yang menghadiri program anjuran PWB N21 Pandan Indah bergambar bersama hasil tangan mereka dan tetamu jemputan.