

Universiti Tunku Abdul Rahman (UTAR) will be hosting the "International Young Leaders Conference" (IYLC) themed Mental Health and Community Resilience – a program that fosters multi-stakeholder idea sharing and crosscutting partnerships for the implementation of SDG 3 (Good Health and Wellbeing), SDG 10 (Reduced Inequality) and 17 (Partnership for the Goals) as well as to harness the role of higher learning institutions in the implementation of the SDG 13 and 10 especially community resilience in times of crises. This conference is also to provide a platform for students and youths to discuss and share ideas of enhancing community resilience in cities as well as adaptation solutions towards crises.

Programme: International Young Leaders Conference 2023 + Inbound Study Tour

Theme: Mental Health & Community Resilience

Date: 23 November 2023 to 30 November 2023 (8 Days 7 Nights - Inbound Study Tour + Conference)

Venue: Multipurpose Hall, KB Block, Universiti Tunku Abdul Rahman Sungai Long Campus, Malaysia

Participant fee: USD 680

Targeted Participants: Students, Staff, Lecturers, Helping Professionals, NGOs in the Relevant Fields

Registration Link: <https://forms.office.com/r/zxd83UWQkM>

Registration Deadline: Friday, 17 November 2023

For more information or should you have any queries, please feel free to contact us via email ylc.sl@utar.edu.my.

Attached are the invitation letter, programme flow and registration form for your perusal.

See you in Malaysia!

Warm Regards,
International Young Leaders Conference Committee 2023
Universiti Tunku Abdul Rahman, Sg Long Campus



REF: UTAR/ DSA/IYLC/2023/001

29 September 2023

Dear Prof. / Dr. / Sir / Madam,

INVITATION TO PARTICIPATE IN INTERNATIONAL YOUNG LEADERS CONFERENCE 2023: MENTAL HEALTH & COMMUNITY RESILIENCE

Greetings from Universiti Tunku Abdul Rahman (UTAR), Malaysia.

Universiti Tunku Abdul Rahman, Sungai Long Campus is organising the International Young Leaders Conference (IYLC) 2023: Mental Health & Community Resilience. For the conference, we would like to invite your esteemed institution to participate where your institution may recommend up to **TEN (10)** students in the relevant fields whom may be interested to participate in or benefited from the conference.

The details of the two-day conference are as follows:

Date: 24 - 25 November 2023

Time: 09:00am – 17:00pm

Venue: Multi-Purpose Hall, UTAR Sungai Long Campus

Targeted Participants: Students, Staff, Lecturers, Helping Professionals, NGOs in the Relevant Fields

The conference aims to engage in an interaction with invited guests and speakers to discuss the innovative, institutionalised approaches, and initiatives for advancing the youth and community resilience in dealing with regional and global challenges of strengthening resilience, adaptation and sustainable development.

Enclosed herewith the conference's poster, tentative programme and registration form for your perusal.

Should you have any queries, please feel free to contact any of the followings:

Ms Norazilah Adnan at 03-9086 0288 ext. 825, email: norazilaha@utar.edu.my

Ms Intan Azfar at 03-9086 0288 ext. 820, email: azfar@utar.edu.my

Your kind support to the conference is greatly appreciated and we look forward to welcoming your delegations in the conference soon.

Thank you.

Yours faithfully,

Prof. Dr. Choong Chee Keong
Organising Chairperson IYLC
UTAR Vice President (Student Development and Alumni Relations)
Universiti Tunku Abdul Rahman,
Jalan Sungai Long,
Bandar Sungai Long,
Cheras 43000, Kajang,
Selangor Darul Ehsan

Kampar: Jalan Universiti, Bandar Barat, 31900 Kampar, Perak Darul Ridzuan, Malaysia

Tel : (605) 468 8888 ext : 1218

Sungai Long Campus: Jalan Sungai Long, Bandar Sungai Long, Cheras, 43000 Kajang, Selangor Darul Ehsan, Malaysia

Tel : (603) 9019 8831

Website : www.utar.edu.my **Email :** eweht@utar.edu.my



DAY 1 (23 November 2023, Thursday)

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

DAY 2 (24 November 2023, Friday)

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

DAY 3 (25 November 2023, Saturday)

Time	Programme
9.30 am – 9.45 am	Registration
9.45 am - 10.30 am	Appreciation Talk Ms Loh Nyuk Leung Head Department of Student Affairs
10.30 am – 10.45 am	Break
10.45 am - 12.15 pm	Harnessing the Power of Emotions for a Happier Life Speaker: Ms Moisy Moi Certified Practitioner @ The Golden Space Malaysia 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	Workshop 3 – Journaling Workshop Trainer: Ms Nadia
3.00 pm – 4.30 pm	Workshop 4 – How to Build Emotional Resilience? Trainer: Low Mi Yen Clinical Psychologist & Vice-President of Malaysia Association for Mindfulness Practice & 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	END

DAY 4 (26 November 2023, Sunday)

Time	Programme
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)

Time	Programme
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)

Time	Programme
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)

Time	Programme
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)

Time	Programme
All Day	Depart to KLIA/KLIA 2, Airport Transfer, Return Flight

Remark:

Programme / Titles and Speakers are subject to change.



International Young Leaders Conference

Mental Health & Community Resilience

**VENUE: MULTIPURPOSE HALL,
UTAR SUNGAI LONG**

**24 - 25
NOV 2023
09.00 AM
-
17.00 PM**

**FEES: USD 680
(INCLUSIVE OF TWO DAYS CONFERENCE,
EXPERIENTIAL LEARNING & CULTURAL
EXCHANGE,
7 NIGHTS ACCOMMODATION, GROUND
TRANSPORT AND MEALS)**



Jointly Organised By



Date: 23-30 November 2023

Venue: MPH, UTAR Sungai Long Campus, Malaysia

Registration Fees: USD 680

**(Inclusive of two-day conference, experiential learning & cultural exchange,
7 nights accommodation, ground transportation and meals)**

Name of Institution: _____

Team Leader: _____

Email: _____ Contact No.: _____



International Young Leader Conference 2023

**Mental Health &
Community Resilience**

24 - 25 NOVEMBER 2023

MPH, UTAR Sungai Long Campus



No.	Name (As per passport)	Student ID	Passport No.	Email	Contact No.	Dietary Restrictions	Signature
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Notes:

- 1) The organiser reserves the right to make any amendments and/or changes to the programme without prior notice.
- 2) Confirmation of registration is upon receipt of payment.
- 3) All fees paid are not refundable.
- 4) Personal data collected will be protected in accordance to Personal Data Protection Act 2010.