

# Raising health awareness

## Orang Asli Seletar are treated to programmes to improve their lifestyle

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**S**OME 280 Orang Asli Seletar were educated on the importance of leading a healthier lifestyle during a programme here recently.

They started off with a 30-minute aerobic sessions session where the orang asli folk hopped and stretched to lively music led by a few instructors at the Merdeka park in Jalan Ayer Molek, Johor Baru.

After a cooling off exercise, they lined up for a health screening where the orang asli received checks on blood glucose, cholesterol and body mass index, among others.

This was all part of an Orang Asli Healthy Lifestyle programme organised by Johor State Representative Wives Association (Juita) under its 14th *Juita-ku Sayang* project, which was launched in December last year to support the development of the orang asli community, in collaboration with Johor Family Development Foundation and several other non-government organisations (NGOs).

The event included exhibitions of healthy foods and products and services single mothers as well as from the orang asli community.

Nen Kalan, 34, from Kampung Sungai Temon, said that through the programme, she has learned to cook healthier meals for her four children.

She said that the exhibitors advised her to add vegetables into her cooking, which she would try out soon.

Mimi Suni, 20, from Kampung Bakar Batu also said that the programme made her realise the importance doing the right exercises, as she does not want to be obese.



**Interesting:** Jamilah (center) looking on as children tries to complete some puzzle games at one of the Community Rehabilitation Centres.

attire unique to their own clans dressed with bracelets, anklets and crowns made from woven palm leaves worn over batik sarongs danced to drums and percussions beats on stage.

The entertainment was topped off with a popular Ketam Bangkang dance from a group of ladies from Kampung Bakar Batu, which represented the crab movements.

Juita president who is also Menteri

Besar's wife Datin Paduka Dr Jamilah Ariffin said that programme was aimed at raising awareness among the indigenous folk that leading a healthy diet and lifestyle should not be neglected.

"The state wants to help them with coping with the changes in its socio-economic landscape especially under the Iskandar Malaysia projects," she said in her speech.

She added that she understood that the orang asli have their own way of life and may not be accepting to a change in lifestyle and that the biggest problem they are facing is a shortage of marine resources.

Seeing that their main income is solely from fishery, Jamilah said that the state will educate them slowly as it is not easy to change their lifestyle and mindset immediately.

Meanwhile at the event, families from the three villages received a RM200 in a form of credit stored in their MyKad that could be used to shop for basic necessities at Giang Hypermarket Tampoi where the amount would be paid electronically.

Under the cashless transaction, the cardholder would not splurge the money unnecessarily and enables them to manage their finances more effectively.

The credit was sponsored by MyKasih Foundaton and its president Ngau Boon Keat and his wife Jean Ngau presented a mock cheque worth RM100,000 to Juita for the project.

Besides that, the orang asli folk were also presented RM50-worth of everyday products such as sugar, rice, instant noodles and cooking oil.

After a brief demo on how to swipe their MyKad upon checking out at the hypermarket counter, the guests and the orang asli enjoyed a scrumptious lunch spread, followed by games for children and more singing performances by the Orang Asli Seletar.

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**For a good cause:** Jamilah (left) receiving a sponsor from Ngau (right) and his wife Jean who presented a mock cheque worth RM100,000 during the programme.



**Natural dressing:** Orang Asli Seletar children getting ready for their performance during the Orang Asli Healthy Lifestyle programme organised by Juita.



**Hot and yummy:** Some disabled students learning how to make breads as part of the programmes to help the less fortunate develop skills.



**Learning new skill:** Single mothers trying their hands at soap-making as part of Juita's projects.