

ALTUS NOW

ALTUS MALAYSIA NEWSLETTER

SOARING HIGH TOWARDS NEW HORIZONS

This quarter, Altus Oil & Gas Malaysia has elevated and accelerated towards various successes. From strategic partnerships, unveiling new business opportunities, embarking on awareness campaigns, executing successful projects, and hosting honourable celebrations – this quarter is anything but dull. In fact, it symbolises new beginnings and progress in our 2024 journey.

Vol. 2. 2024.



HIGHLIGHTS

- A Strategic Partnership with EPIC Marine to Boost Kemaman Port
- Supporting Employee Development through Training
- New Opportunities for Business in Vietnam
- Cultivating Safety in a Changing Climate
- Celebrating a Decade of Dedication
- Teaming Up with AADK Kemaman

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THE EMPEROR & THE SEEDS

A story about a boy whose honesty earned him the throne in the test of integrity.



'The Emperor and The Seeds' tells a story of an emperor seeking a successor for his kingdom. He gathered all the children in the kingdom and gave them each a pot with a seed which he then announced, "Whoever can grow their seed the best in a year will become my successor."

A boy brought home his pot of seed, excited to watch it grow. However, after weeks of watering and tending to the pot, he saw no changes to it at all. He thought he only needed to be patient, perhaps it was a slow-growing seed but as months have gone by, soon enough, the one-year deadline was due. The boy was worried because he had nothing but an empty pot.

At the palace, everyone else had beautiful trees and plants to present. The others who saw his pot pointed and laughed at him. As the presentation to the emperor was coming to an end, the emperor saw the boy and called him up, "You will be the new emperor!" he proclaimed. Everyone was shocked! It turned out that the emperor had given them all boiled seeds, which meant it would have been impossible to grow anything out of it! Yet, it was only the boy who was honest about it.

The Moral

Dishonesty will always unveil itself. Don't put your integrity at risk by lying just to appear to have favourable results. An honest failure will be better rewarded than dishonest success.

▲
As Altusians, it is within our core value to always apply integrity wherever we are, be it offshore, at sites, at ports, or in the office. We are always truthful, responsible, accountable and strive to do what is right by our colleagues and clients. Integrity is one of the most important and rewarding values in a workplace and that is why, as Altusians, we hold integrity very highly.

“They saw us as a transparent, honest and trustworthy company that provides solutions. In addition to that, we provide them with a peace of mind experience.”

- En. Mohammad Taufik, Group Managing Director of Altus Malaysia
Extracted from MD Monthly Message of March 2023.



BUSINESS UPDATE

BINTULU UPDATES

PICKING UP MOMENTUM FOR THE MCDERMOTT – SHELL FAS PROJECT

- Under the Shell FAS project, Altus Bintulu acts as the vessel agent, arranging all vessel activities. Starting off, our team at Kuching Port assisted the inward clearance for the vessel's arrival, which included the arrangement for pilot boat, escort tugboat, and water taxi for the boarding officer. The following activities upon vessel clearance involved arranging crew sign-off and supplying a chemist to conduct gas freeing operations on the supply tugboat.



On the 14th of May 2024, Executive Courage was finally prepared to sail out on her journey from OceanMight Sdn. Bhd. (OMSB) yard in Kuching to Bintulu Port. This marked the start of the McDermott – Shell FAS project. The next day, a kick-off meeting was held with Bintulu authorities and Bintulu Port for offshore transportation and installation from May to November 2024 under the Shell FAS project. The objective of the meeting was to discuss vessel activity for 22 vessels and 1500 manpower involved.

Our operations team, led by Mr. Adam, facilitated and monitored the heavy lifting activities for Executive Courage. This was a 24-hour operation that ran over the course of 2 days.



On the 26th of May 2024, the Altus Bintulu team assisted with the arrival of vessels Executive Courage and Avatar Victory. One of the activities conducted was the heavy lifting of the concrete mattress onto Executive Courage and rearrangement of the concrete matters balance in the yard.



Additional successful activities conducted under the Berlian McDermott project include the sign-on for DLV 2000 crew, 10 vessel movements back-to-back, and a meeting with authorities and the McDermott team regarding ongoing projects, including the Kasawari and Shell FAS projects. Lastly, there was the successful movement of the F22 substructure from Kuching to Bintulu.

SUPPORTING SSTCM AT BINTULU

- Early May, SSTCM HSE team conducted an audit visit to follow-up from the findings of their previous visit back in December 2023. This follow-up is to conduct HSE discussions and exchange of issues, as well as to assist Altus Bintulu in preparing for Petronas iCare visit.

Additionally, Altus Bintulu engaged in the successful delivery of 4 units of tote tank and 2 intermediate bulk containers (IBC) fresh water for Landing Craft (LCT) BIMA 10.



LOGISTICS SUPPORT FOR ENERGY EQUIPMENT TECH (EET)

- Upon arriving from Altus Johor, Altus Bintulu supported one of our clients, Energy Equipment Tech (EET) with logistics support for load and backload deck clearance, inward and outward clearance, crew sign-on & sign-off, providing water taxi, and immigration visit to EET vessel.



CHEMICAL HANDLING FOR SSTCM

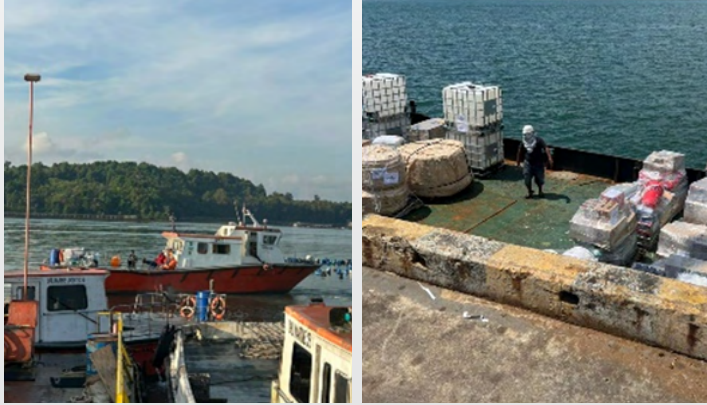


- Altus Labuan has been a dedicated oilfield solutions provider for Sumisaujana TCM Chemicals (SSTCM) Sdn. Bhd.

On the 8th of April 2024, Altus Labuan received two 20-feet Full Container Load (FCL) shipments with chemical contents from SSTCM. These shipments were delivered from the port to Labuan yard, where fellow Altus Labuan personnel carried out safe unstuffing, storage arrangement, and inventory of the products.

Intermediate bulk containers (IBC) were safely placed in a dedicated chemical warehouse for storage before the utilisation and decanting of the products, which will occur on a "first-in, first-out" (FIFO) basis.

THE PREPARATION FOR CEAN DEPARTURE



CEAN, previously known as Ocean Monarch has been under Altus for lay up services since last year. This year during the 2nd quarter, the team at Johor was preparing for her departure to Alang, India.

Altus Johor received a request to supply 10 units of fire extinguishers and various types of medicines during the 2nd day of deballast operations of Rig Cean.



Altus Johor also arranged the formalities of crew change for Rig Cean at Pasir Gudang's immigration office, as well as provided the necessary transportation.



▲ A month later, Altus Johor made the arrangement for the Marine Warranty Surveyor (MWS) to onboard Rig Cean for his monthly report routine, which includes transportation and accommodation. At the same time, the team also organised the supply of provision to Rig Cean.

PREPARING THE MOVEMENT OF RIG BOSS 6 TO MMHE SHIPYARD

This quarter, Altus Johor arranged the port passes for UZMA representatives and attended pre-operations meeting for Rig Boss 6, shifting operations from Johor Port wharf to MMHE shipyard.

On top of that, Altus Johor provided services such as lifting of genset and equipment rentals for Rig Boss 6, which was sent via a cargo boat from Johor Port wharf to the rig. This is in line for the preparations prior rig shifting operations to MMHE shipyard.





VESSEL CLEARANCE & MORE!

- ▶ Altus Johor carried out berthing slot and vessel clearance activities at Johor Container Terminal, Johor Port for TB Melor and GU Melor 1. For 7 GU Melor crews, Altus Johor successfully completed the Special Pass (SP) application at the Pasir Gudang Immigration Office for Pas Lawatan Kerja Sementara (PLKS) document submission to Setia Tropika Immigration.



72 packaged cargos from Technip FMC and Deugro Projects (M) Sdn. Bhd. were loaded onboard barge Infiniti 9. A total of 6 trucks arrived that day for the load out activity. Additionally, 10 crates of cargos were also loaded onboard barge Infiniti 9 for our client, Infiniti Marine. Altus Johor was responsible for the vessel clearance and equipment booking.



In the following month, Altus Johor arranged vessel berthing at Johor Port wharf for Infiniti Marine and Deugro Projects (M) Sdn Bhd, which includes vessel clearance, loading operations for 10 packages, and lashing activity by the ship's crew.

Vessel – Ena Samurai, berthed at Johor Port wharf for inward vessel clearance, loading operation of lashing and rigging equipment, and bunkering of fresh water.

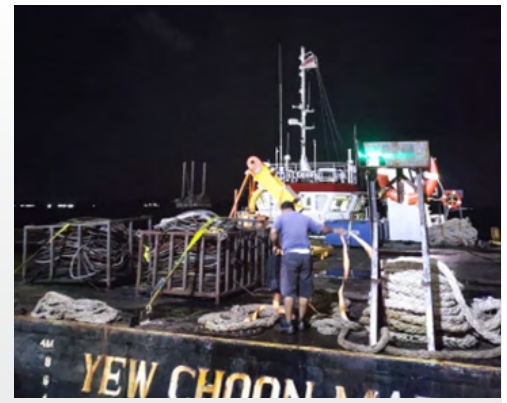
She then shifted to Johor Anchorage for low sulphur marine gas oil (LMSGO) bunkering via ship-to-ship (STS), and boarding officer prior her departure to the next port.

At Port of Tanjung Perlepas (PTP), boarding officers successfully onboarded Tug Bina Marine 35 and Barge Infiniti 3 for her outward clearance to the next port.



KIKEH SHIPMENT – PROJECT MCDERMOTT

- ▶ Altus Johor arranged the loadout activity for reels arriving from Aker, Klang to Lumut Maritime Terminal (LMT) open yard for the Kikeh Shipment, a project under McDermott. Altus assisted the inward clearance to Tanjung Langsat wharf for the loadout activity of 3 reels onto Yew Choon Marine 9 that was held the following day with the help of Altus Johor.



ALL ONBOARD BEACON ALTAIR!



Energy Equipment Tech Sdn. Bhd. (EET) delivered 30 boxes of safety equipment and office items to temporary store at our warehouse prior to the Beacon Altair inward clearance and onboard loading. On 30th May 2024, trucking and lifting arrangement was made for the boxes to Johor Port wharf and the boxes were successfully loaded onboard Beacon Altair in preparation for her to sail to Bintulu for its next arrangements.

SUPPORTING EMPLOYEE DEVELOPMENT THROUGH TRAINING



At Altus, we encourage and support growth for all our personnel to further develop themselves in both, technical and personal aspects. Our Altus Johor personnel, Zharif and Syafiq, attended a Licensed Manufacturing Warehouse (LMW) Awareness seminar that was conducted by Seaport. Through this seminar, our personnel can further improve their knowledge and awareness on LMW and reflect this through their day-to-day work to achieve impeccable results for our clients.



ALTUS OIL & GAS MALAYSIA FORMS STRATEGIC PARTNERSHIP WITH EPIC TO BOOST KEMAMAN PORT

► Altus Oil & Gas Malaysia Sdn. Bhd. has joined forces with Eastern Pacific Marine Services Sdn. Bhd. (EPIC Marine), a subsidiary of Eastern Pacific Industrial Corporation Bhd. (EPIC Berhad), to promote Kemaman Port as a premier port of call for oil rigs.

The collaboration aims to expand business opportunities within the oil and gas sector, including temporary rig placement, rig maintenance and repair, project preparation, and other related services. This partnership marks a significant milestone in meeting the increasing demand for platform services at Kemaman Port, driving growth for both companies.

Additionally, the partnership is expected to enhance the range and quality of services offered by EPIC Marine and its subsidiaries. It will also contribute to the socio-economic development of Terengganu. This strategic partnership is set to elevate the role of Kemaman Port, fostering regional growth and development while strengthening the capabilities of both Altus Oil & Gas Malaysia and EPIC Marine.

SUCCESSFUL DELIVERIES!

Under logistics, Altus Tok Bali arranged the delivery of an off-hire unit from Hibiscus Petroleum to Kemaman, involving loading the unit onto a low loader using a forklift. Additionally, units were delivered from Kemaman to TBSB for our client, HESS Corporation, to be on-hire.





On top of that, two of our Altus Tok Bali personnel took the initiative to assist our vendor, Mycob Usaha Bina, with the repair works for the roof in the maintenance area to ensure safety in the work areas. This activity took a week to complete.



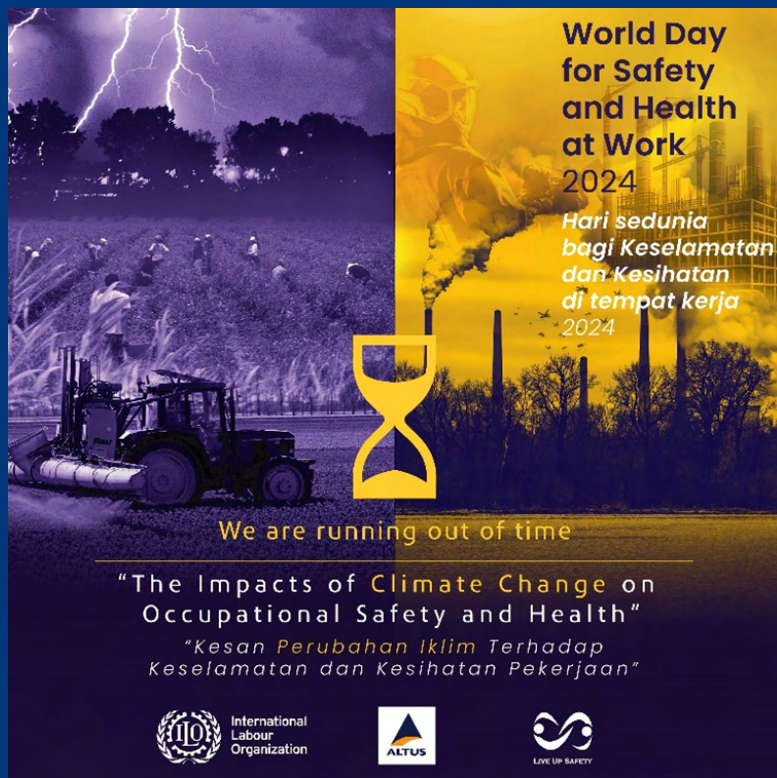
MAINTENANCE FOR OUR ALTUS YARD



OILFIELD ACTIVITIES IN TOK BALI

► This quarter, Altus Tok Bali carried out the inspection of multiple Cargo Carrying Units (CCUs), ensuring that slings were complete, alongside plate repair work and color-coding maintenance, before delivering the units in their best condition to our clients: Tok Bali Supply Base (TBSB), LISS Petroleum Limited, and HESS Corporation. For our CCU on-hire, Altus Tok Bali efficiently assisted with the loading of items for our client, Bayu Maritime.





CULTIVATING SAFETY IN A CHANGING CLIMATE

► World Day for Safety and Health at Work 2024, observed on the 28th April 2024, is a pivotal event dedicated to promoting safe, healthy, and decent work environments. This year's theme, "The Impacts of Climate Change on Occupational Safety and Health", underscores the urgent need to address how climate change affects workplace safety and health.

Climate change is not merely an environmental issue; it significantly impacts human health and safety, particularly in the workplace. Rising temperatures, increased frequency of extreme weather events, and shifting environmental conditions pose substantial risks to workers. These changes can lead to heat stress, respiratory issues, injuries, and disruptions in work schedules and productivity.

Celebrating World Day for Safety and Health at Work with this theme encourages a proactive approach to safeguarding workers in the face of climate change. It calls on all stakeholders to prioritise workers' health and safety while fostering a sustainable future.

Recognising the intersection of occupational safety and health with climate change enables us to ensure that workplaces are not only safe and healthy but also resilient and adaptable to evolving environmental conditions. This comprehensive approach is essential for building a safer, healthier, and more sustainable world for everyone.

In alignment with this theme, during the celebration at Altus Labuan on 3rd May 2024, all personnel participated in planting trees as a symbolic effort to mitigate climate change. Planting trees is one of the most effective and accessible ways to combat climate change. Trees act as natural carbon sinks, absorbing carbon dioxide from the atmosphere and storing it, thereby reducing the greenhouse gases responsible for global warming.

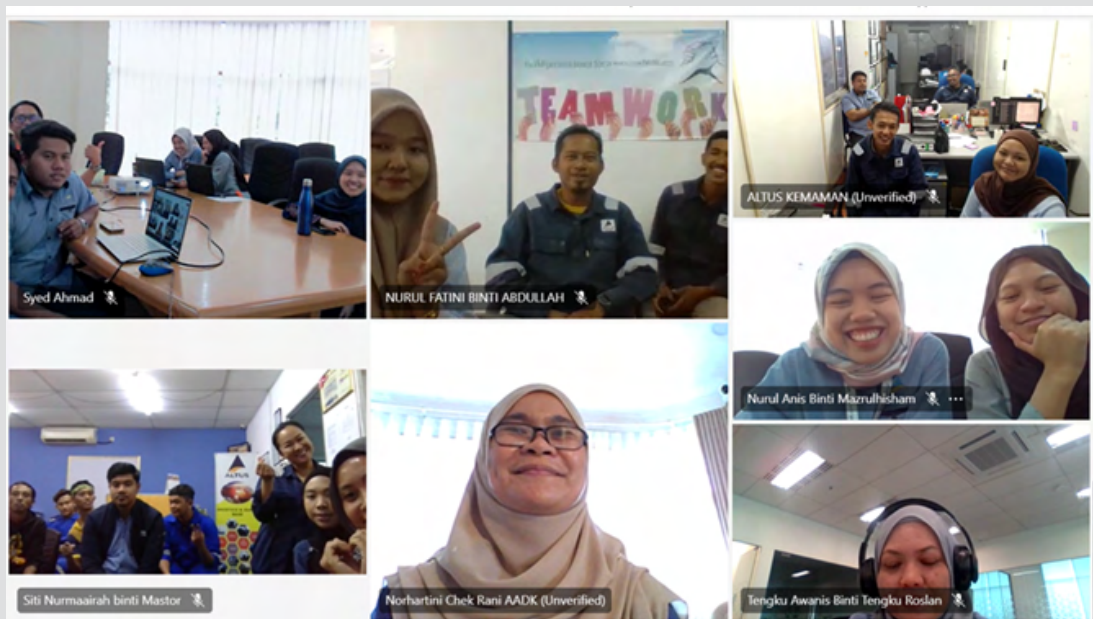


CELEBRATING OUR CORE VALUE – INTEGRITY



In conjunction with the celebration of our core value, integrity, during the month of May, Altus invited Ms. Noor 'Amirah binti M. Effandy from Lembaga Hasil Dalam Negeri (LHDN) Malaysia to give a talk on 'Taklimat Klik HASIL 2024'. This online session was held during our weekly Thursday Talk programme, with participation from Altusians nationwide. The purpose of this session was to educate Altusians on their personal responsibility to the nation.

COLLABORATION WITH AADK TO RAISE AWARENESS ON THE EFFECTS OF DRUG ABUSE



During our weekly Thursday Talk programme, Altus invited Ms. Norhartini binti Chek Rani, Pegawai Pendakwa Agensi Antidadah Kebangsaan (AADK) Negeri Terengganu, to give a talk on 'New Psychoactive Substances in This Era'. This session aimed to raise awareness and educate Altusians on the negative effects of drug abuse, smoking, vaping, and new psychoactive substances. Additionally, it provided insight into the role of AADK in addressing these social issues. The session was conducted online and attended by all Altusians nationwide.

ROBOT DEMONSTRATION FOR SHELL MALAYSIA & MMHE



In preparation for deploying the Competitive Transformation-1 (CT-1) robot on the E8 platform, Shell Malaysia took the proactive step of showcasing CT-1 to their entire regional staff. Altus Marine team played a key role by conducting a pre-deployment test of the robot's capabilities on the Rosmari-Marjoram platform. This meticulous demonstration, aimed at both Shell Malaysia employees and Malaysia Marine and Heavy Engineering (MMHE) personnel, was successfully executed.



SITE SURVEY AT PENERANG INTEGRATED COMPLEX

Our client, SPT Services, has requested a site survey at Pengerang Integrated Complex (PIC) to assess the need for preservation services for their Gantry Railway located near a coastal area. Their primary concern is the rapid corrosion of the equipment due to its proximity to a sulphur tablet storage facility at the port. Altus Marine team has been invited to conduct a comprehensive on-site evaluation to address these concerns.



EXR-2 MAINTENANCE AT SHELL JURONG ISLAND

Shell Jurong Island has been a steadfast user of the Ex-R2 robotic system for routine inspections. However, recent maintenance needs involving specific Ex components required Altus's expertise. We were selected to handle maintenance for all Ex-R2 robots and oversee the general upkeep of all four systems.



NEW OPPORTUNITIES FOR BUSINESS IN VIETNAM

Altus Marine is looking to expand business operations into Southeast Asia, focusing strongly on Vietnam as it offers a welcoming environment for skilled contractors and boasts plentiful diving opportunities, making it an ideal target for our growth strategy.

On a site visit to Vietnam, Altus Marine team has successfully established a presence to initiate preservation efforts in Vietnam, particularly the Lan Tay Platform.

Altus Marine team conducted a comprehensive week-long site survey at the Lan Tay Platform to assess the necessary equipment and procedures for preservation.

Lan Tay (Orchid West) & Lan Do (Red Orchid) is a conventional gas production field located in Vietnam operated by our client, Zarubezhneft EP Vietnam.



FIRST-HAND EXPOSURE TO INDUSTRIAL OPERATIONS FOR STUDENTS

AFM Fulfillment hosted its first industrial visit at their fulfillment centre for students of the Diploma in Logistics and Supply Chain program from Politeknik Nilai, Negeri Sembilan. This visit aimed to provide an opportunity for the students to gain firsthand insights into real-world operations, fostering collaborations and enhancing their knowledge of the industry.

By opening their doors to students, they can inspire the next generation of supply chain professionals and benefit from fresh perspectives and ideas that could spark further innovation within their operations. Together, they can continue to push the boundaries of possibilities in creating a more efficient and sustainable supply chain ecosystem.

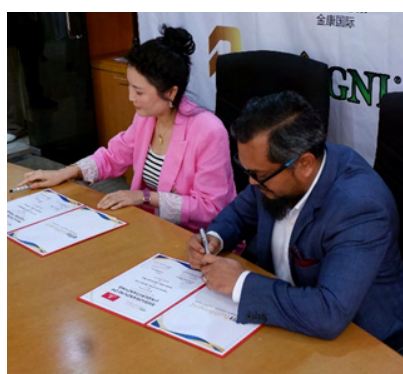


INTERNATIONAL BEAUTY EXPO 2024



► AFM Fulfillment participated in the International Beauty Expo 2024, held at the Kuala Lumpur Convention Centre from 11 to 14 May 2024. During the 4-day event, AFM Fulfillment presented their services to key players in the beauty industry, including both local and international brands. AFM Fulfillment have now established themselves as a one-stop centre for e-commerce business solutions, offering a range of solutions from fulfillment services to marketing hub packages. The event significantly increased their market exposure, resulting in numerous business inquiries and visits to their fulfillment centre.

AFM FULFILMENT'S INAUGURAL MOU SIGNING CEREMONY, ALONGSIDE ITS CUSTOMER ENGAGEMENT DAY



AFM Fulfillment held its inaugural Memorandum of Understanding (MoU) signing ceremony on 28th May 2024 at its headquarters, where they also hosted a Customer Engagement Day, planned to occur on a quarterly basis. The six clients who signed the MoU were Zaitun Beauty Industries Sdn. Bhd., GNI Pharma Sdn. Bhd., Mamabear Group Sdn. Bhd., Powerod Sdn. Bhd., ComCom International Sdn. Bhd., and Halagel Sdn. Bhd. Officiating the MoU signing ceremony was the Executive Advisor of AFM Fulfillment, En. Hafidzamzahry bin Othman.

These events aim to honour existing clients and invite potential ones to visit the fulfillment centre, build rapport, and attract more to join AFM Fulfillment in this business evolution. Additionally, these events also help in creating opportunities for clients to network with each other, fostering mutual support for their business development.



MAKING A DEBUT TO THE PUBLICATION INDUSTRY AT KUALA LUMPUR INTERNATIONAL BOOK FAIR 2024

Bookcafe, one of AFM Fulfillment's client, has extended a spot near their booth during the Kuala Lumpur International Book Fair (KLIBF) 2024, held from 24th May to 30th May 2024, for AFM Fulfillment to showcase their services. This event presented a significant opportunity to demonstrate their credibility as a reputable fulfilment provider, thereby instilling confidence towards a wider audience, particularly in the publication industry. Additionally, they held a Memorandum of Understanding (MoU) signing ceremony with Bookcafe, accompanied by a presentation by En. Jookaplee Shaaibon, who shared insights about their services with the audience.

En. Hairul Faizal Adli bin Ab Ghani, the CEO of Bookcafe, shared with the audience his satisfaction with AFM Fulfillment's services. He highlighted how business operations were able to run continuously and sales have increased since partnering with AFM Fulfillment.



AFM FULFILLMENT ATTENDS THE FIRST SERIES OF SELANGOR 1000 DIGITAL

AFM Fulfillment was invited to attend the first series of Selangor 1000 Digital 2024 to showcase their services to local entrepreneurs. This event, an initiative by the Selangor Information Technology & Digital Economy Corporation (SIDEK), aims to strengthen the capabilities of entrepreneurs in Selangor, particularly within the digitalisation ecosystem. At AFM Fulfillment, their mission is to bolster entrepreneurs' operational growth through their one-stop business solution. They will be participating in the second series in Sabak Bernam on the 27th of June 2024.





AFM FULFILLMENT AT IUM MEGA INTERVIEW DAY 2024

► AFM Fulfillment participated in IIUM's Mega Interview Day 2024 with the Section of Counselling and

Career Services Centre. IIUM, in collaboration with Jobstore, aims to recruit fresh minds for AFM Fulfillment's marketing hub. The AFM Fulfillment team assisted to share insights and advice to the students and fresh graduates that attended the event.

EMPLOYEE UPDATES

ALTUS HARI RAYA CELEBRATION 2024







"Click this icon to watch our event highlight"

CELEBRATING A DECADE OF DEDICATION: HONOURING OUR LONG-STANDING TEAM MEMBERS



We are thrilled to commemorate a significant milestone in the careers of four exceptional individuals, Mr. Adil, Mr. Rosli, Mr. Balachandar, and Mrs. Zalifah, who have dedicated the last decade to excellence at Altus Oil & Gas Malaysia. Their unwavering commitment, passion, and expertise have been instrumental in our success and growth over the years.

Each of these employees embodies our core values and has played an integral role in shaping our company's journey.

Their hard work, resilience, and innovative spirit have not only contributed to our achievements but have also inspired their colleagues. We celebrate more than their tenure; we celebrate their leadership, teamwork, and relentless pursuit of excellence.

We are immensely proud to have them as part of our Altus family and look forward to many more years of shared success.



 **Mr. ADIL'S**

 **Mr. ROSLI'S**

 **Mrs. ZALIFAH'S**

 **Mr. BALACHANDAR'S**

"Click this icon to watch their tribute video"

ALTUS FAMILY

► Welcoming the new joiners to Altus Malaysia

ALTUS OIL & GAS MALAYSIA SDN BHD



**NURUL SYAHIRAH
BINTI HUSAINI**

ASSISTANT MANAGER,
BUSINESS DEVELOPMENT & SALES
OILFIELD SOLUTIONS,
AOGM, KUALA LUMPUR

ALTUS FREIGHT MANAGEMENT (M) SDN BHD



**MOHD ARIFIRDAUS
BIN MOSTAPHA**

RIGGER OPERATION
AFM, BINTULU



**AIMI AKRAMIN
BIN AZAMAN**

RIGGER OPERATION
AFM, BINTULU



**MUHAMMAD IRFAN HAQIM
BIN ZAINI**

EXECUTIVE HR
AFM, KUALA LUMPUR



**NURSYAMAINÉ
BINTI SAMSUDIN**

BILLING ASSISTANT
AFM, KUALA LUMPUR



**DANG ANIS SOFIA
BINTI SAMSUDIN**

EXECUTIVE ADMINISTRATION
AFM, JOHOR



**NUR AISYA
BINTI NOORAZLI**

EXECUTIVE CORPORATE COMMUNICATIONS
AFM, KUALA LUMPUR



**NORAZLIN
BINTI AZIZ**

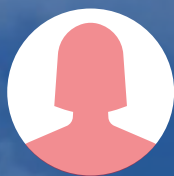
SALES / LOGISTICS COORDINATOR
AFM, KUALA LUMPUR



**TENGGU MASITAH
BINTI TENGGU MAZLAN**

SALES / LOGISTICS COORDINATOR
AFM, KUALA LUMPUR

ALTUS AVIATION SERVICES SDN BHD



**NURHANA FATIAH
BINTI AB ZULKIFLI**

EXECUTIVE ACCOUNT & FINANCE
AVM, KUALA LUMPUR



AFM FULFILLMENT (M) SDN BHD



**AHMAD KAMAL IKRAM
BIN AMINUDIN**

SALES EXECUTIVE
AFM, KOTA DAMANSARA



**MOHAMAD ADAM AQIL
BIN MOHAMAD SHUKRI**

LEADER LAST MILE
AFM, KOTA DAMANSARA



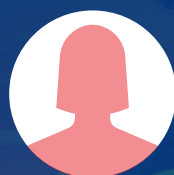
**MUHAMMAD FAHMI AIMAN
BIN JASRI**

CONTENT CREATOR
AFM, KOTA DAMANSARA



**MUHAMMAD AKMAL
BIN AZHAR**

SUPERVISOR, WAREHOUSE
AFM, KOTA DAMANSARA



**SYAFIQAH
BINTI OMAR**

LIVE STREAM HOST
AFM, KOTA DAMANSARA



TEAMING UP WITH AADK KEMAMAN



► During our 1M LTI-Free Man-Hours Celebration with Kemaman team in March, Mrs. Anisah from Agensi Anti-Dadah Kebangsaan (AADK) Kemaman conducted a sharing session whereby she highlighted on drug abuse issues. With this, AADK Kemaman also expressed their interest in partnering with Altus Oil & Gas Malaysia for future initiatives.

Here at Altus Oil & Gas, we are greatly passionate and supportive about the awareness, education, and services provided by AADK and we believe that our values align closely together. Therefore, we have decided to assist AADK by sponsoring one of their programmes in Kemaman.

On 11th June 2024, Altus Kemaman sent a representative to volunteer as a facilitator for “Kem Pintar 2.0 2024: Program Intelpek Asuhan Rohani”, an initiative by **Agensi Anti-Dadah Kebangsaan (AADK) Daerah Kemaman.**

This programme was held to educate and increase awareness among primary school students on the dangers of drug abuse. Additionally, the students were taught valuable life skills to build resilience. This year, the programme is in collaboration with students from SK Bukit Kuang, Kemaman.

Our representative volunteer, Ms. Che Wan Anisa from Altus Kemaman, facilitated the “Eksplorasi” activity where she expressed the joy of seeing the enthusiasm and strong teamwork among the students.



SUPERFOODS FOR A SUPER YOU!

 *Unlocking the secrets towards a healthier life by understanding the benefits of superfoods.*

What are Superfoods?

WHAT ARE SUPERFOODS?

Here's some health benefits aided by superfoods:

Superfoods are natural foods that are exceptionally rich in vitamins, minerals, antioxidants, and other nutrients. These foods are believed to provide numerous health benefits, often surpassing those of typical foods. While there is no scientific definition of a superfood, they are generally recognised for their high nutrient density and ability to support overall health and well-being.

Boosting Immunity:

Superfoods like **citrus fruits**, **garlic**, and **ginger** are rich in vitamins and antioxidants that can enhance the immune system, helping to fend off illnesses and infections.

Reducing Inflammation:

Chronic inflammation is linked to various diseases, including heart disease and cancer. Superfoods such as **turmeric**, which contains the anti-inflammatory compound, curcumin, and **fatty fish**, such as **salmon** and **mackerel**, rich in omega-3 fatty acids, can help reduce inflammation in the body.





Supporting Heart Health:

Foods like **berries**, **nuts**, and **seeds** are high in heart-healthy nutrients like fiber, healthy fats, and antioxidants. These components can help lower cholesterol levels, reduce blood pressure, and improve overall cardiovascular health.

Enhancing Brain Function:

Superfoods such as **blueberries**, **nuts**, and **fatty fish** are known for their brain-boosting properties. They contain nutrients that support cognitive function, improve memory, and protect against age-related mental decline.

Aiding Digestion:

Foods rich in fiber, like **chia seeds**, **oats**, and **leafy greens**, support a healthy digestive system by promoting regular bowel movements and fostering a healthy gut microbiome.

Weight Management:

Many superfoods are low in calories but high in fiber and protein, making them satisfying and effective for weight management. For instance, incorporating **quinoa** or **kale** into meals can help control hunger and prevent overeating.



🌿 With this, it is important to take note that the things we eat play a significant role in improving our health. So, to all Altusians, remember – on top of participating in our weekly badminton games or any other recreational activities hosted by the company, prioritising what you eat is also crucial. Physical exercise and proper food intake goes hand-in-hand to ensuring a healthier lifestyle.