











ADVANCING PSYCHOSOCIAL WELLBEING FOR OCCUPATIONAL SAFETY & HEALTH **ACROSS ASEAN**

11-12 DECEMBER 2025 | ALOFT KUALA LUMPUR SENTRAL

About **MHEC**

The Mental Health Experiential Conference (MHEC) brings together leaders professionals to advance workplace mental health through practical, experience-based learning.

From addressing workplace risks in 2019 to leadership-driven strategies in 2023, MHEC 3.0 now focuses on psychosocial wellbeing as a vital part of Occupational Safety and Health (OSH) across ASEAN.



mhec@ejasia.net +603-7971 3111

REGISTER NOW

Standard RM2,300

Group (5 pax) RM2,180

International **USD700**



GET

DOSH 5 CEP Points CIDB 20 CCD Points

Eligibility is subject to industry and

organisational requirements.

All fees quoted are exclusive of 8% SST.

Open to

- Policymakers
- HR professionals
- OSH practitioners
- Organisational leaders
- Educators & researchers
- Mental health advocates
- Anyone committed to healthier workplaces

Why Join MHEC 3.0

1. REGIONAL FOCUS

Explore psychosocial wellbeing integrated with OSH principals across ASEAN.

2. EXPERIENTIAL SESSIONS

Engage in experiential learning, not just lectures.

3. CREDIBILITY & IMPACT

Organised by industry experts in psychosocial wellbeing and OSH.

4. REAL-WORLD STRATEGIES

Gain practical tools to improve workplace psychosocial health.

5. EXPERT SPEAKERS

Learn from thought leaders, practitioners, and policymakers.

6. NETWORKING OPPORTUNITIES

Connect with professionals across ASEAN united by similar goals.

SPEAKERS

Distinguished Experts from Malaysia & Across ASEAN



Dato' Dr Hj. Mohd Fadzilah Kamsah Motivational Expert



Adj. Prof. Dr Sangeeta Kaur Director of EJAsia Psychosocial Risk Assessor



Dr Nurashikin Ibrahim

Director of the National Centre of
Excellence for Mental Health
(NCEMH), Ministry of Health



Rajeswari Karupiah

Deputy Chairman of the National
Wages Consultative Committee



Dr Rony Ambrose Gobilee

Chief Strategy Officer,
HRD Corp



Dr Melinda U General Manager of EJAsia Psychosocial Risk Assessor



Dr Amer Siddiq Associate Professor in Psychiatry and Consultant Psychiatrist, UM



Nor Fazleen Zakaria
General Manager, Education and
Outreach Division, AKPK



Nirmala Supramaniam Head of the Household Financial Education Department, AKPK



Shazwani Rhosky
Co-Founder of Artsy Journey
Self-Taught Bipolar Artist



Lydia Rhosky
Co-Founder of Artsy Journey



P. K. Low

Associate Professor at

James Cook University, Singapore



Dr Ipah SaripahCounselor for Mental Health
Indonesia



Hoeur Sethul Founder of KCPS Cambodia



Aung Min Thein
Founder of Counselling Corner
Myanmar

Conference AGENDA

THURSDAY, 11 DEC 2025

8:00 AM Registration / Morning - 8:45 AM Refreshment / Networking 8:45 AM **Attendees Taking Seats** - 9:00 AM 9:00 AM **Opening & Welcome Speech** - 9:15 AM Speaker: Organising Chairperson Adj. Prof. Dr Sangeeta Kaur 9:15 AM **Workplace Relationship** - 9:45 AM Speaker: Dato' Dr Hj. Mohd Fadzilah Kamsah 9:45 AM The Hidden Connection: - 10:15 AM Lifestyle Diseases and Mental Wellbeing Speaker: Associate Professor Dr Amer Siddig Amer Nordin 10:15 AM Tea Break & Networking - 10:45 AM 10:45 AM **Digital Addiction / Bully** - 11:30 AM 11:30 AM PANEL DISCUSSION: - 1:00 PM Elevate ASEAN: Addressing Mental Health as the Key Driver of Human Capital Excellence Across Borders 1. Assoc. Prof. Frederick Low, Singapore 2. Dr Ipah Saripah, Indonesia 3. Mr. Aung Min Thein, Myanmar 4. Mr. Hoeur Sethul, Cambodia 1:00 PM Lunch & Networking - 2:00 PM 2:00 PM **Experiential Selfcare Activities:** - 3:30 PM **Expressive Art** By: Shazwani Roshky and Lydia Rhosky 3:30 PM The Psychology of Safety: - 4:00 PM **Enhancing Occupational Wellbeing**

Through Psychosocial Support

Tea Break, Booth Exhibition &

Speaker: Dr Melinda U

Networking

4:00 PM - 5:00 PM

FRIDAY, 12 DEC 2025

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8:00 AM - 8:45 AM	Registration / Morning Refreshment / Networking
8:45 AM - 9:00 AM	Attendees Taking Seats
9:00 AM - 10:00 AM	PANEL DISCUSSION: Money, Mental Health & Fair Work: The Intersecting Pillars of Employee Wellbeing Panellists: 1. Pn. Rajeswari Karupiah 2. Pn. Nor Fazleen Zakaria 3. Dr Nurashikin Ibrahim
10:00 AM - 10:15 AM	Morning Tea Break & Networking
10:15 AM - 10:45 AM	Pioneering a Future-Ready ASEAN: The Critical Role of Mental Wellness in Human Capital Transformation Speaker: Dr Rony Ambrose Gobilee
10:45 AM - 11:00 AM	Arrival of VIP Guests
11:00 AM - 12:00 PM	Closing Ceremony & Speech By: YB Datuk Seri Dr. Dzulkefly Bin Ahmad (TBC)
12:00 PM - 2:00 PM	Lunch, Booth Exhibition & Networking

*The organiser reserves the right to change the venue, date, speaker, or topic if deemed necessary.