

# DISCOVERY

INSTITUT LATIHAN PERINDUSTRIAN MERSING

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### *From the Editor*

As we embark on the final journey for the year 2022, it gives me immense pride and joy that this was the year of excellence.

Our current edition is an Mental Health Awareness. This edition is exclusive to provide readers, ILP Mersing students especially pertaining mental health issue as we believe prevention is better than cure.

Not to forget, the activities that were held in December also described in this newsletter.

I hope this newsletter will be able to promote an awareness pertaining to mental health among the students.

Happy reading!

# DEPRESSION

## *symptoms & treatments*

by: Muhammad Zaid Asraff bin Azmi

Depression is classified as a mood disorder. It may be described as feelings of sadness, loss, or anger that interfere with a person's everyday activities. Depression usually involves self-loathing or a loss of self-esteem, while grief typically does not. In grief, positive emotions and happy memories of the deceased typically accompany feelings of emotional pain. In major depressive disorder, the feelings of sadness are constant.

People experience depression in different ways. It may interfere with your daily work, resulting in lost time and lower productivity. It can also influence relationships and some chronic health conditions. Not everyone with depression will experience the same symptoms. Symptoms can vary in severity, how often they happen, and how long they last. If you experience some of the following signs and symptoms, you may be living with depression:

- feeling sad or anxious
- feeling hopeless, worthless, and pessimistic
- feeling bothered, annoyed, or angry
- loss of interest in hobbies and interests you once enjoyed
- decreased energy or fatigue
- difficulty concentrating, remembering, or making decisions
- moving or talking more slowly
- difficulty sleeping, early morning awakening, or oversleeping
- appetite or weight changes
- chronic physical pain with no clear cause that does not get better with treatment (headaches, aches or pains, digestive problems, cramps)
- thoughts of death, suicide, self-harm, or suicide attempts

Depression can be serious, but it's also treatable. Treatment for depression includes:

- Self-help: Regular exercise, getting enough sleep, and spending time with people you care about can improve depression symptoms.
- Counseling: Counseling or psychotherapy is talking with a mental health professional. Your counselor helps you address your problems and develop coping skills. Sometimes brief therapy is all you need. Other people continue therapy longer.
- Alternative medicine: People with mild depression or ongoing symptoms can improve their well-being with complementary therapy. Therapy may include massage, acupuncture, hypnosis and biofeedback.
- Medication: Prescription medicine called antidepressants can help change brain chemistry that causes depression. Antidepressants can take a few weeks to have an effect. Some antidepressants have side effects, which often improve with time. If they don't, talk to your provider. A different medication may work better for you.
- Brain stimulation therapy: Brain stimulation therapy can help people who have severe depression or depression with psychosis. Types of brain stimulation therapy include electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS) and vagus nerve stimulation (VNS).



*Scan for more information*

by: Muhammad Farid bin Mohd Rafee

Deep breathing is a relaxation technique in which a person focuses on taking slow, deep breaths. Deep breathing involves breathing in slowly through the nose and then out through the mouth using the diaphragm (the thin muscle that separates the chest from the abdomen) and abdominal muscles. This helps boost the amount of oxygen in the blood, lowers blood pressure and heart rate, and reduces muscle tension.

One of the biggest benefits of diaphragmatic breathing is reducing stress. Being stressed keeps your immune system from working at full capacity. This can make you more susceptible to numerous conditions. Over time, long-term or chronic stress even from seemingly minor inconveniences like traffic can sometimes lead to anxiety or depression. Deep breathing exercises may help you reduce the effects of stress.

You will get the most benefit if you do it regularly, as part of your daily routine. You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor. Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing. If you are lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor. If you are sitting, place your arms on the chair arms. If you're sitting or standing, place both feet flat on the ground. Whatever position you are in, place your feet roughly hip-width apart.

There are several other breathing technique :-

- Rib-stretch technique
- Numbered breathing
- Lower-back breathing
- Box breathing
- 4-7-8 breathing

Here's the basic procedure for diaphragmatic breathing. It may be easiest to practice while lying flat on your bed or the floor when you first start.

- Sit or lie down on a comfortable, flat surface.
- Relax your shoulders, shifting them downward away from the ears.
- Put a hand on your chest and a hand on your stomach.
- Without straining or pushing, breathe in through your nose until you can't take in any more air.
- Feel the air moving through your nostrils into your abdomen, expanding your stomach and sides of the waist.
- Your chest remains relatively still.
- Purse your lips as if sipping through a straw.
- Exhale slowly through your lips for 4 seconds and feel your stomach gently contracting.
- Repeat these steps several times for best results.



*Scan for more information*

# DEEP BREATHING *technique*

# MENTAL HEALTH COACH

by: Muhammad Norsyahmi bin Sawal Rizal

**Track gratitude and achievement with a journal.**

Include 3 things you were grateful for and 3 things you were able to accomplish each day.

**Start your day with a cup of coffee.**

Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.

**Set up a getaway.**

It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!

**Work your strengths.**

Do something you're good at to build self-confidence, then tackle a tougher task.

**Keep it cool for a good night's sleep.**

The optimal temperature for sleep is between 60 and 67 degrees Fahrenheit.

**Show some love to someone in your life.**

Close, quality, relationships are key for a happy, healthy life.

**Take time to laugh.**

Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.

**Go off the grid.**

Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.

**Feeling stressed? Smile.**

It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.

**Do something with friends and family.**

Have a cookout, go to a park, or play a game. People are 12 times more likely to feel happy on days that they spend 6-7 hours with friends and family.

# STATISTICS

*State of Adolescents' Mental Health in Malaysia*

**1** in 5  
depressed



**2** in 5  
anxious



**1** in 10  
stressed



Malaysia is one of three remaining ASEAN countries that still criminalise suicide



Half a million Malaysians were already feeling depressed even before COVID-19 struck

**1,081**

Malaysians attempted suicide in 2020



In July 2021, there were only 268 registered psychiatrists for both the country's public and private sectors



**EVENTS** *in*  
*December*





# APPLICATION AND CONTRIBUTION OF DRONE TECHNOLOGY IN EMPLOYMENT

by: Muhammad Hamizan Adzhar bin Mohd Zamani

Drones are a valuable addition to any employment facility's efforts, enabling limitless aerial perspective. The possibilities for drones to create real value are endless. Hence, a seminar on Application and Contribution of Drone Technology in Employment Sector was held in Dewan Kuliah Utama, Institut Latihan Perindustrian Mersing on 13 December 2022. The focus of the seminar session was to give participants hands-on experience on drone construction and flying, from concept initiation to drone application. About 30 registered participants from various departments participated in the seminar.

Undoubtedly, considering the current demands, drones technology open up new opportunities and generate efficiencies in industries such as mining, sea ports, oil & gas and other large industrial facilities. They have emerged as incredibly powerful, versatile industrial tools capable of completing a wide range of applications. Industry professionals are increasingly using drones to improve and optimise industrial processes as well as enhance operational efficiencies. Drones can be employed during various phases of the facility's lifecycle. The nearly limitless visibility, data gathering and analysing capabilities make automated drones valuable for several industry sectors.

Therefore, the seminar has benefited the participants to obtain a clear perspective on how to apply the technology in employment sector.





# MONTHLY STAFF ASSEMBLY

by: Jaazli bin Ahmad

On 14 December 2022, a Monthly Staff Assembly was held in Dewan Kuliah Utama, Institut Latihan Perindustrian Mersing. It was organised by CESS Unit in collaboration with Welding Technology Workshop. This Staff Assembly focuses on matters of importance to staff including outreach and communications, performance management & career development, health and wellness, and employee recognition.

The assembly began with a sharing session by the director of ILP Mersing, Ts. Syahrull Nizam bin Haji Perdan about his experience attending a programme in Japan. It was a beneficial sharing that made the staff become motivated to explore such great opportunities in the future. The staff were shown a motivational video about sacrifice. There were wonderful moral values delivered in the video showing. Many were touched and inspired by watching the video. Other than that, a prize giving ceremony was also held in conjunction with Sports Carnival recently organised. All staff participants were recognised and their efforts were being appreciated. Before dismissal, a lucky draw activity was made. The lucky staff received hampers from the organising committee. It was fun and believed to strengthen a bond.

In a nutshell, the Monthly Staff Assembly was held successfully. The initial aims of the assembly were achieved. May the assembly provides staff with an ongoing mechanism to enhance their skills and knowledge that can lead to mastery of their current jobs.





# CLOSED BOWLING TOURNAMENT

by: Najmy Fareez bin Zaidi Anuar

What a better way to spend your weekend than enjoying a good bonding time with your friends? On 17 December 2022, BPPL organised a Closed Bowling Tournament at Daiman Bowling, Johor Bahru involving all class monitors from each programme. This tournament is a platform to inculcate strong camaraderie and sportsmanship among the students. We went there from 8.00 a.m until 5.00 p.m. The main purpose of this tournament was to appreciate the class monitors for their wonderful job handling their classes for this particular semester. All of us had a great time playing bowling. The Closed Bowling Tournament 2022 portrayed a great participation from all students attending, by demonstrating their bowling prowess to put themselves on top of the chart. The tournament also joined by some staff of Institut Latihan Perindustrian Mersing and they made it even more fun by joining competing with us.

Huge congratulations to the winning team especially the overall champion award! Social gatherings are common in ILP Mersing as we continue to build a strong social culture that emphasises respect, loyalty and trust. Thank you BPPL for organising this Closed Bowling Tournament. We as class monitors will make sure this tournament be a meaningful moment and we will continuously do our job greatly afterwards!





# WORKERS' RIGHTS SEMINAR

by: Fahmi Hareez bin Zaidi Anuar

Workers' productivity, happiness, safety and working conditions at the workplace go hand in hand. It is important for workers to understand their rights for them to be able to advocate for their rights. Advocacy and protection start with education. Hence, BKKL organised a Workers' Rights Seminar to all final semester students in two sessions. The first session was on 11 to 12 December and the following session on 18 to 19 December 2022. The seminar was delivered by Puan Siti Marhaini, Examination and Certification Unit Officer.

The objective of this seminar is to provide knowledge about the law and the rights of workers protected by the Department of Labour to all final semester students who will finish their studies soon. The students were also taught the right of everyone to the opportunity to gain living by work which freely chooses or accepts, the right to the enjoyment of just and favourable conditions of work, in particular remuneration which provides all workers, as a minimum, with fair wages and equal remuneration for work of equal value, and a decent living for themselves and their families. Furthermore, safe and healthy working conditions were also introduced to the students.

Hopefully all the knowledge shared in the seminar will help the students in the future.



DISCOVERY

Discovery Creative Team  
we would like to take our deepest condolences

surely we belong to Allah and to Him shall we return

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ



MOHD ATIF BIN ABU BAKAR

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿٢﴾  
الرَّحْمَنِ الرَّحِيمِ ﴿٣﴾ قَلِك يَوْمَ الْكَيْدِ ﴿٤﴾ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ  
نَسْتَعِينُ ﴿٥﴾ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ﴿٦﴾ صِرَاطَ الَّذِينَ  
أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ﴿٧﴾

may Almighty Allah dwell him in Jannatul Firdaus