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PP 16530/05/2013 (032400)
www.pharmaniaga.com
A Quarterly Publication of
Pharmaniaga Berhad

Vol. 26

- Bulimia Nervosa : Kecelaruan Tabiat Pemakanan
- Work From Home Guidelines
- Amal 10 Adab Dalam Pekerjaan, Gaji Berkat

Healthy Eating Quiz

ME VS Bulimia

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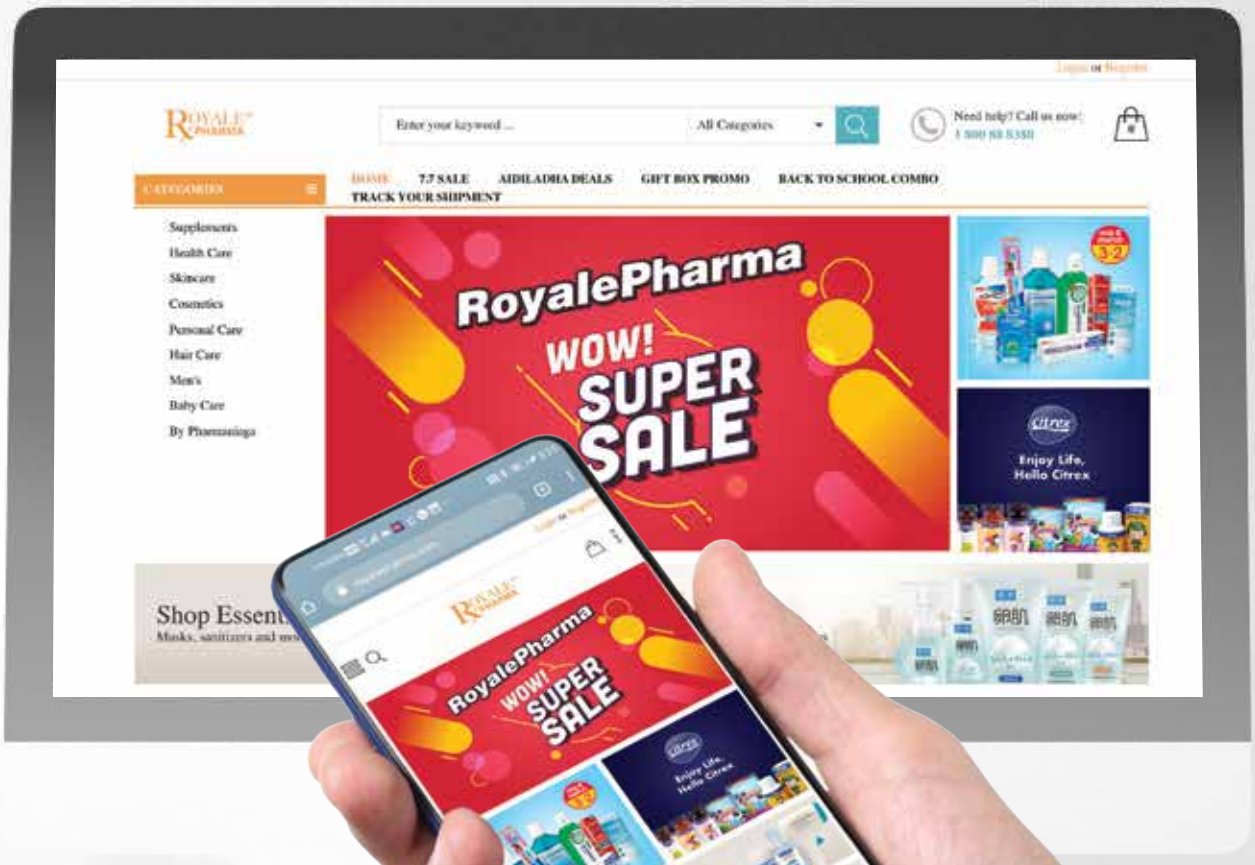

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No. 7, Lorong Keluli 1B,
Kawasan Perindustrian Bukit Raja Selatan,
Seksyen 7, 40000 Shah Alam,
Selangor Darul Ehsan, Malaysia

Hotline: 1 800 88 8380 Fax : +603-3341 7777

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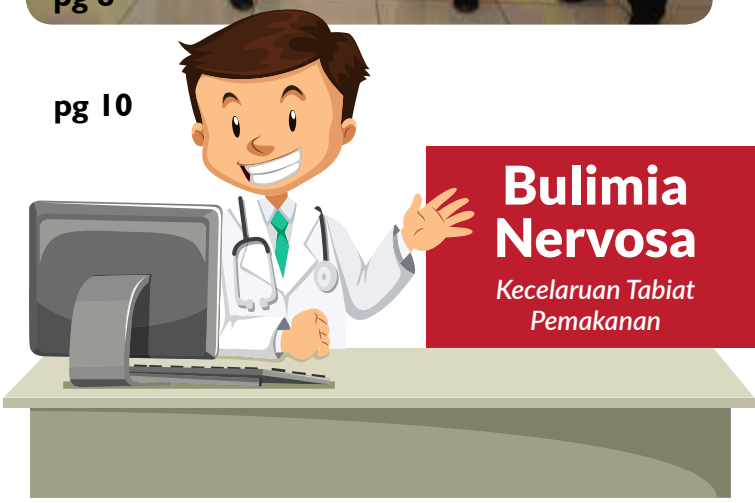

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Ask the Pharmacist

Do you have questions or concerns on medication and health-related matters? Get the answers from our pharmacists and stand a chance to win mystery gifts.

Submit your questions to ***royalepharma@pharmaniaga.com***

Editorial Team

Advisor
Datuk Zulkarnain Md Eusope

Editorial Committee
Yang Fairuz Abdul Aziz *(yangfairuz@pharmaniaga.com)*
Dato' Zuhri Iskandar Kamarzaman *(zuhri@pharmaniaga.com)*
Syarina Hj Mohd Idris *(syarina@pharmaniaga.com)*
Nadhirah Naaim *(nadhirah.naaim@pharmaniaga.com)*

Contributor
Khairun Nizam Hosen *(nizam@pharmaniaga.com)*

Designer
Fandee Rosni *(fandee@pharmaniaga.com)*

Publisher
Pharmaniaga Berhad 199801011581 (467709-M)
Corporate Communications Department
No. 7, Lorong Keluli 1B
Kawasan Perindustrian Bukit Raja Selatan
Seksyen 7, 40000 Shah Alam
Selangor Darul Ehsan
Tel : +603 3342 9999 Fax: +603 3342 6629
Email: *ccd@pharmaniaga.com*
www.pharmaniaga.com

Printer
PRINTMORE SDN. BHD.
No. 38, Jalan PBS 14/9
Taman Perindustrian Bukit Serdang
Seri Kembangan
43300 Selangor

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Eating disorders do not discriminate

Talking about eating disorders is uncommon and considered a taboo amongst most Asian communities. By not addressing this issue, it does not mean that it does not exist. In reality, eating disorders such as Anorexia and Bulimia Nervosa are prevalent amongst men and women of any age, body size and race in our country. It is also becoming a public health issue globally. Eating disorders are a very serious health problem and if left untreated, can be fatal.

So, this time around, our cover story will delve into the life of Sarah, a fellow Pharmaniagan who has dealt with Bulimia Nervosa for most of her life. Do read up on how she overcame this deadly eating disorder. Also, please catch up on other interesting articles in this edition such as 'Bulimia Nervosa: *Kecelaruan Tabiat Pemakanan*', '*Pelancaran Citrex Gummies Multivitamin*', 'Work From Home Guidelines' and take our 'Healthy Eating Quiz'.

Please bear in mind that eating disorders such as Bulimia do not discriminate. It can affect anyone of any gender, age or race and can potentially be life-threatening. If you think that you may have an eating disorder, or is worried that someone close to you is exhibiting the signs and symptoms, do seek support immediately. Getting access to treatment as early as possible can give a person the best chance of making a lasting recovery. Please remember that we are all unique creatures and that we are beautiful, no matter what shape or size.

We hope that this edition has been an eye-opener. Please stay safe, and healthy. ■ CURE

Dato' Zuhri Iskandar Kamarzaman
The Editor

To become a volunteer

please drop us an email at ***skuadoperasisihat@pharmaniaga.com***

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- BODY MASS INDEX (BMI)
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- HEALTHCARE EDUCATION AND COUNSELLING

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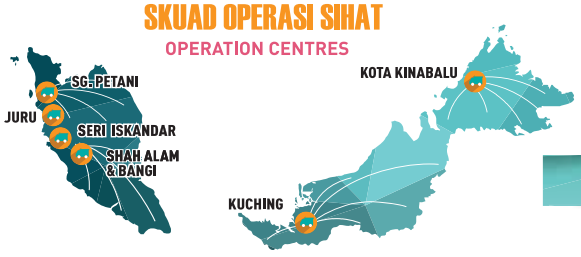

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Words by Syarina Hj Mohd Idris

ME VS Bulimia

Bulimia Nervosa, also known as Bulimia is characterised by bouts of excessive overeating followed by some kind of compensatory behaviour such as vomiting. Due to a strong desire to be 'thin', 'beautiful' and keep up with unrealistic 'beauty standards', this method is often preferred by some to lose weight.

This topic is not something that we usually talk about in our society, but it is indeed ugly. We hardly ever see the after effects of this potentially life-threatening eating disorder. Dehydration, tooth decay and intestinal problems are amongst the common side effects. It will not only destroy a person's physical well-being; it will also severely affect a person's mental health.

We recently had a chance to speak to Sarah (name changed to protect anonymity), a fellow Pharmaniagan about her long battle with Bulimia and how she overcame it. Please read this article with an open heart and mind and let us all learn from her experience.

The Beginning

My battle with Bulimia began when I was 19 years old. I was relatively healthy, neither skinny or fat, but at the back of my mind, I was always the FAT kid. I practically tried everything to lose weight naturally, but it felt like a dead end. I did not know what to do about this so-called problem of mine.

It all changed when I met this new group of friends. They told me it was super easy. All I had to do was throw up after each meal and I would be skinny. I did not believe it at first as I have never heard about this technique before. But hey, they were doing it too and their results were amazing! To keep things short, I succumbed to the temptation.

Their support throughout this time became my motivation. For the first time ever, I felt like I had the right friends. But little did I know that this act was dangerous and would scar me for life.

Once I started, I felt like a new me and that nothing could stop me. I had the freedom to eat anything and everything I ever wanted without the fear of becoming fat. Mealtimes were my favourite time of the day as I no longer needed to supress my appetite. I would eat anything and everything (Halal of course) in large quantities. But post-binging sessions, guilt would gnaw at me. This was when I would vomit out everything that I had feasted on for the sake of maintaining my 'perfect body'.

This was indeed a vicious cycle. It was exhausting, mentally and physically, but I felt that it was something that I needed to do. The mantra I kept chanting in my head at that point of time was "To achieve the 'perfect body', I need to sacrifice". Despite losing around 10 kgs in the earlier phase, I still did not feel good. I still did not feel skinny enough. I was still unsatisfied and wanted to lose even more weight, as much as I could.

The situation worsened when I was 20 years old. My family approached me after noticing that I was unusually skinny and haggard. Initially they thought that my condition was due to my frustration of breaking up with my boyfriend, but they were wrong. I brushed them off. I told them that was not the case and that I was doing just fine. Basically, I hid my situation from my family all these years. It suddenly hit me; I had resorted to lying just to keep my dangerous habit.

The Realisation

I am sure many of you are asking why I did not stop. Believe me, a part of me badly wanted to stop this dangerous habit, but if I stopped, I knew that I would become fat. Back then, I believed that this was the ONLY option.

The stress I felt was not only reflected on my physical well-being, but it was also mentally exhausting. So, one day, I decided to finally talk to someone about it, a friend of mine who had also gone through a similar situation. But lucky for her, she realised earlier on and stopped. After pouring my heart out to her, she suggested I meet with her dietician.

Determined to turn over a new leaf, I underwent the necessary assessments with a healthcare professional. I was diagnosed with Bulimia Nervosa. It was shocking. I did not know what Bulimia was and how dangerous it was to my physical and mental health.

But I should count my lucky stars. With the support of my family, the right friends and healthcare professionals, I started getting better. This was by no means an easy feat, but their constant encouragement helped put me on the right track.

I started to change my mindset, focusing more on positivity. I no longer felt guilty for not throwing up and I kept that feeling of being fat as far away from my mind as possible. As I slowly began to feel confident about myself, my lifestyle too changed for the better.

The Healing

Healing from damage caused by Bulimia to my body and mind is far from over. I am still overcoming this. I know it has been years, but the effects of Bulimia still haunt me to this day.

Health wise, I am not doing too good. Damaged oesophagus and digestive system are amongst the health complications I face up until this day. It is a long and challenging process, but I will take it one step at a time. I honestly did not foresee that I would be saddled with these problems when I decided to jump on the bandwagon, but now I know better.

Many have asked how I divert myself from relapsing. Well, I will not deny that a daily battle constantly rages in my mind and the itch to get back to the old habit is still there. But I know I need to be strong for myself.

With the right people around me, I know I can overcome this. Nowadays, I try my hardest to focus on the positives in life. I partake in sports and other physical activities. There will be no more short cuts for me.

The Future

Being diagnosed with Bulimia Nervosa forever changed my life. It is something which I regret up to this day. I'm no expert when it comes to this matter, but what I can say about it after undergoing this harrowing experience is that it does not discriminate. It can happen to practically anyone, male or female of any age, with any body shape and size.

Wherever you are in the process of recovery, it is okay. It is a daily battle, so take things one day at a time. Surround yourself with positivity, understanding family and friends. Take up sports or a new hobby to focus your mind on other things. Remember, you are your own biggest cheerleader, so learn to accept and love yourself. With the right mindset, anyone can overcome this. If I can do it, you can too ■ CURE

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https://www.mayoclinic.org/diseases-conditions/bulimia/symptoms-causes/syc-20353615
https://www.eatingdisorderhope.com/information/bulimia/the-physical-side-effects-of-bulimia

This article is sourced from the internet http://www.infographicsking.com/infographic-effective-work-from-home-tips/153504

Some best practices to follow for effective remote working

1 CREATE A WORK SPACE

Identify a suitable area where you can work without being disturbed by children, guests and the household routine. Dress for work so you are comfortable joining video calls if required.

2 EDUCATE YOUR FAMILY

Let your family know that when you are "at work" in your space, they need to respect your "work time" and not expect your availability for other activities / household chores.

3 FIX YOUR WORK TIMING; UPDATE CALENDAR

Decide your 8 hour work timing. Make sure you have at least 5-6 hours of overlap with the rest of the team. Mark off this timing including your lunch or snack breaks on your calendar.

4 WORK TIME IS ONLY FOR WORK

Make sure that you are totally focused on your work commitments during the work time. Switch off social media and avoid procrastination.

Work from Home GUIDELINES

5 BE AVAILABLE

Use chats to quickly clarify queries regarding your work. Be available for all meetings.

6 SHORT FOCUSED VIDEO CALLS / ONLINE MEETINGS

Chats may be quick in clarifying straightforward queries. But if you have a point to discuss or debate, have a quick 5-10 mins video call to discuss the matter with your teammate(s). Be sure to not digress into personal or social banter; those can be had after the work hours.

7 UPDATE YOUR SUPERVISORS/ PROJECT COORDINATORS

At the end of the day, update your time log and update the daily status report (if any). Stay connected with your lead and keep him/her abreast of your status, any hiccups or queries.

8 YOUR COMPANY TRUSTS YOU

Work from home is a privilege extended by your company to ensure the safety and health of you and your family, while keeping the business running. Please live up to the trust and use this privilege with commitment ■ CURE

Words by Khairun Nizam Hosen

Pelancaran Citrex Gummies Multivitamin

Citrex Gummies Multivitamin juga telah menjalinkan kolaborasi dengan produksi Digital Durian menerusi siri animasi Omar & Hana yang dikenali di saluran YouTube dan juga televisyen Astro Ceria.

Citrex Gummies Multivitamin berperisa anggur mengandungi vitamin A, D3, E, B6, B12 dan mineral yang dapat membantu perkembangan kanak-kanak serta tumbesaran mereka

Citrex Gummies Multivitamin merupakan produk terbaharu daripada jenama Citrex yang pastinya sedap dan memberi pelbagai kebaikan kesihatan kepada kanak-kanak.

Gula-gula kenyal berperisa anggur ini menggunakan rumusan multivitamin yang baik dan sesuai untuk kanak-kanak kerana mengandungi vitamin A, D3, E, B6, B12 dan mineral yang dapat membantu perkembangan serta tumbesaran mereka.

Menariknya, produk ini didatangkan dalam saiz poket yang mudah untuk dibawa ke mana-mana dan diambil pada bila-bila masa. Bukan itu sahaja, Citrex Gummies Multivitamin juga telah mendapat pensijilan Halal oleh Jabatan Kemajuan Islam Malaysia (JAKIM).

Pelancaran awal Citrex Gummies Multivitamin telah berlangsung di ibu pejabat Pharmaniaga, Shah Alam pada 13 Oktober 2020. Majlis yang telah disempurnakan oleh Datuk Zulkarnain Md Eusope, Pengarah Urusan Kumpulan Pharmaniaga Berhad bersama-sama warga kerja Pharmaniaga.

Persiapan untuk majlis pelancaran itu telah dilakukan seawal jam 4 pagi oleh kakitangan dari jabatan Penjagaan Kesihatan Pengguna untuk mendekorasi setiap blok di premis Pharmaniaga dengan ratusan belon. Pada hari tersebut juga, setiap kakitangan Pharmaniaga juga diberikan sampel percuma di mana ia diedarkan ke setiap kubikel sebelum kakitangan hadir ke pejabat.

Selain daripada majlis pelancaran awal, Citrex Gummies Multivitamin telah menjalinkan kolaborasi dengan produksi Digital Durian menerusi siri animasi Omar & Hana yang dikenali ramai di saluran YouTube dan juga televisyen Astro Ceria.

Melalui kolaborasi ini juga, dua karakter baharu yang dinamakan sebagai Nick & Elly diperkenalkan sekali gus menjadi duta untuk produk jenama Citrex. Lagu tema berjudul "Citrex X Omar Hana : Siapa Lebih Hebat?" juga dikeluarkan bagi tujuan promosi Citrex Gummies Multivitamin.

Citrex adalah salah satu jenama keluaran Pharmaniaga yang memberi fokus kepada produk-produk penjagaan kesihatan kepada pengguna yang bersesuaian untuk semua lingkungan umur termasuklah kanak-kanak dan orang dewasa. Antaranya adalah Vitamin C, makanan tambahan untuk pengurusan berat badan, mobiliti, pencernaan dan kesihatan umum.

Bagaimanakah cara untuk mendapatkan produk-produk Citrex?

Dapatkan produk Citrex anda di Aeon Wellness dan farmasi-farmasi terpilih atau secara atas talian melalui laman web www.royalepharma.com, Shopee dan Lazada ■ CURE

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AEON Wellness

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Shopee

Citrex Gummies Multivitamin juga telah mendapat pensijilan Halal oleh Jabatan Kemajuan Islam Malaysia (JAKIM)

Bulimia Nervosa

Kecelaruan Tabiat Pemakanan

This article is sourced from the internet http://nutrition.moh.gov.my/wp-content/uploads/2019/10/Bulimia.jpg

1 *Makan secara berlebihan pada satu-satu masa dan memuntahkan kembali makanan tersebut*

2 *Melakukan senaman secara berlebihan*

3 *Persepsi yang salah tentang imej tubuh dan berat badan*

4 *Mengambil ubat-ubatan untuk mengurangkan berat badan (laksatif, diuretik)*

Suarakan kegusaran persepsi

"BODY IMAGE"

anda kepada rakan-rakan atau ahli profesional kesihatan

IMPLIKASI KEPADA KESIHATAN

- X Kerosakan gigi
- X Sakit otot
- X Inflamasi esofagus
- X Kelenjar air liur yang bengkak
- X Gangguan kitaran haid
- X Pendarahan rektum
- X Ketidakseimbangan bendalir elektrolit
- X Sakit perut yang teruk
- X Kerosakan ginjal dan jantung
- X Boleh menyebabkan kematian

Play the Name Game and Get a Personalised Workout Just For You

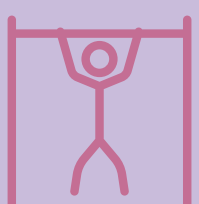
What's in a name? A great workout, that's what! Take your full name — first, middle, and last — and use our handy guide to create a killer personalised workout by matching the exercise associated with each letter of your name. It's a great way to create a fun and unique sweat session. Best of all, all the moves are bodyweight exercises, meaning you don't need any equipment. Basically, you can do this workout anywhere. We think "Say My Name" by Destiny's Child makes a perfect soundtrack for this one.

This article is sourced from the internet https://www.popsugar.com/fitness/Name-Challenge-Workout-44530548

THE NAME WORKOUT CHALLENGE

Spell your name to make your workout!

A - 10 Burpees
B - 1-minute plank
C - 20 high knees
D - 10 mountain climbers
E - 15 lunges
F - 20 crunches
G - 30-second raised-leg plank (each leg)
H - 20 mountain climbers
I - 15 squats
J - 10 tricep dips
K - 20 push-ups
L - 1-minute wall sit
M - 15 squats
N - 20 burpees
O - 15 push-ups
P - 10 jump squats
Q - 30-second side plank (each side)
R - 45-second wall sit
S - 15 sumo squats
T - 15 burpees
U - 20 jumping jacks
V - 30 high knees
W - 15 tricep dips
X - 2-minute wall sit
Y - 15 crunches
Z - 20 burpees



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FOR ESSENTIAL NUTRIENTS

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Active ingredients
Ascorbic Acid, Sodium Ascorbate, Vitamin C (100mg).

Direction for use
1 tablet, 1 - 3 times daily.

Suitable for
Children 4 - 12 years old.

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HEALTHY EATING Quiz

INSTRUCTION : Choose one answer for each question that best describes your diet routine.

1. Do you eat three meals a day?
- a. Always
- b. Usually
- c. Never

2. Do you start the day with a good breakfast?
- a. Always
- b. Usually
- c. Only during weekends

3. Do you eat fast food?
- a. Very rarely
- b. Quite often, more than three times a week
- c. At least five times a week

4. Do you eat a lot of fried food?
- a. Not often
- b. Quite often, three or four times a week
- c. Yes, nearly every day

5. Do you eat sweets?
- a. Very few
- b. Quite often
- c. Yes, a lot. I love them!

6. Do you eat fruit everyday?
- a. Three or four pieces
- b. One piece
- c. No, I do not like fruit

7. Do you eat vegetables everyday?
- a. Yes, lots of them
- b. A small amount, occasionally
- c. Never, I hate them

8. Do you eat snacks between meals?
- a. Never
- b. Usually
- c. Always

Scoring grade

A score 2
B score 1
C score 0

0 to 4 points:
You do not have a very healthy diet! Think about changing it!

5 to 11 points:
You have quite a healthy diet

12 to 16 points:
You have a healthy diet

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Habbatus Sauda

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PENJAGAAN KESIHATAN UMUM

AKTIVITI KELAB SUKAN & REKREASI PHARMANIAGA

Juara FIFA 20

Juara Tekken 7

Juara F1 2019

Kejohanan e-Games - DIRA 2020

SHAH ALAM - Permainan dalam talian atau e-games *(gaming)* semakin mendapat tempat dalam kalangan orang muda dan mempunyai kumpulan peminatnya yang tersendiri.

Pada 26 September 2020 yang lalu, Kelab Sukan dan Rekreasi Bukit Raja (KSRBR) telah berjaya menganjurkan pertandingan e-games, 'E-Games Employee Activation' yang diadakan di PharmaCafe, Bukit Raja, Selangor.

Antara permainan dalam talian yang dipertandingkan adalah FIFA 20, Playerunknown's Battlegrounds Mobile (PUBGM), F1 2019, Beat Saber dan Tekken 7. Pertandingan dalam talian seperti FIFA 20 dan PUBGM turut disiarkan secara langsung *(live streaming)* melalui laman Facebook Kitamen Shah Alam.

Semangat kesukanan turut dirasai apabila warga kerja Pharmaniaga yang berada di Kota Kinabalu, Kuching, Seri Iskandar, Bangi dan Juru turut serta dalam permainan dalam talian PUBGM. Tahniah kepada pemenang dan kepada yang kalah jangan berputus asa, berlatih bersungguh-sungguh dan kembali bertanding di masa hadapan.

Senarai pemenang
(kumpulan & nama kakitangan):

F1 2019 simulator

Pertama : Mohd Azran Khirudin
Kedua : Muhammad Fandee Rosni
Ketiga : Ahmad Firdaus Shariffudin

Beat Saber

Pertama : Mohd Hafizi Abdul Rahim
Kedua : Muhammad Fadhil Shabudin
Ketiga : Siti Nuraishah Hashim

Tekken 7

Pertama : Mohd Izwan Abd Aziz Jaafar
Kedua : Noramizi Mohd Bajuri
Ketiga : Mohd Farid Nasir

FIFA 20

Pertama : Muhammad Asyraf Kamil Shahrin
Kedua : Mohd Azran Khirudin
Ketiga : Mohd Fadzrul Naim

PUBG Mobile

Pertama : Yob's Empire
Kedua : Amoxicillin Squad
Ketiga : Sting Yahuu

■ CURE

Pharmaniaga Spreading Christmas Cheer and Joy to the Underprivileged Community

Christmas is a time of giving and sharing with those around us, but the sharing is not only limited to those that we love and care for. It is also for those that we have never met before; those that are not so fortunate in their lives and that could use a helping hand. At the end of last year, Pharmaniaga was able to spread a little Christmas cheer and joy to the underprivileged community in Melaka, Sabah and Sarawak.

Our mission to liven up Christmas began on 22 December 2020. Through a viral Twitter posting which we spotted, our team was able to meet up with Uncle Chew Kok Seng, a spinal cord injury patient for the past 10 years at Sahjayram Kirubai Illam Home in Melaka. He was presented with a wheelchair that is suitable for his condition.

In Sabah and Sarawak, we mobilised our Skuad Operasi Sihat (SOS) team to reach out to various Non-Governmental Organisations (NGO), orphanages and the needy. Our journey continued on 23 December 2020, where our team was able to visit three different locations. The first location was the Tolumis Care Centre in Tuaran, Sabah. Our gifts to the centre focusing on the disabled included monetary contribution, basic necessities and essential food items. There, we were able to provide the orphanages with hampers filled with essential food items.

While on 29 December 2020, we stopped by Cheshire Home in Likas, Kota Kinabalu, Sabah and presented the home with monetary contribution, essential food items and a washing machine. Lastly, we visited En. Roslee Yusuf, a high blood and stroke patient in Kg. Sembulan Lama, in Kota Kinabalu, Sabah. Our contribution included monetary donation, basic necessities and essential food items.

We believe that everyone deserves to enjoy Christmas and we hope that the gifts presented to the various NGOs, orphanages and the needy will help raise their level of comfort and joy during the festive season.

Merry Christmas! ■ CURE

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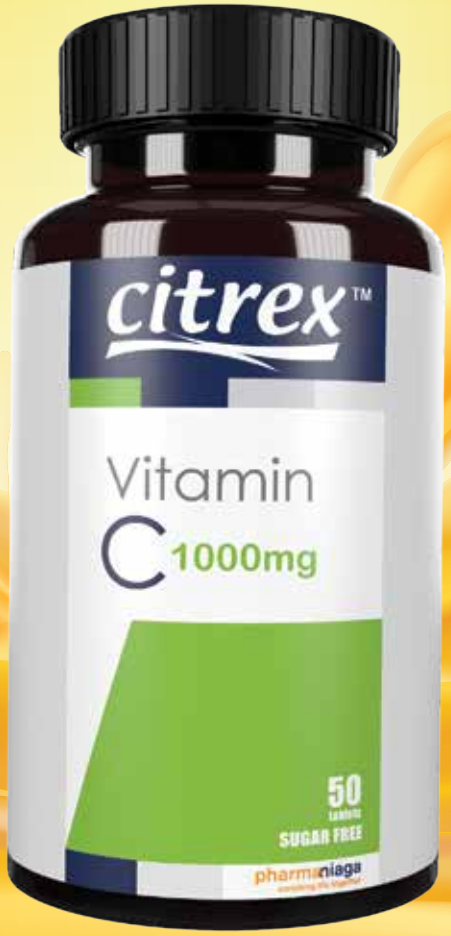

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SEKALI SEHARI **MUDAH KUNYAH** **BEBAS GULA**

Tambahan khasiat pemakanan harian Vitamin C

Hubungi : 1 8 0 0 - 8 8 - 8 3 8 0

MS 2424 : 2012
1 064-03/2015

Pristine Pharma Sdn. Bhd.
No. Syarikat: 198301016096 (111488-X)

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KKLIU 2979/2020
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Tarikh luput iklan: 31/12/2022

Pharmaniaga shines light on the needy during Deepavali

pharmaniaga Sustainability Committee

do it RIGHT ALWAYS

An initiative by pharmaGREEN

In conjunction with Deepavali last November, Pharmaniaga extended a helping hand to Persatuan Kebajikan Jagaan Sri Sai Selangor, located in Klang, Selangor. The home is occupied by 50 children aged between one month to 15 years old, eight senior citizens as well as four employees.

Madam Raneswary Amma, founder of the Sri Sai Selangor Orphanage Welfare Organisation received the donated items such as mattresses, bedsheets, clothes drawers, food and other basic necessities on behalf of the home.

We hope that this contribution has made their lives better by increasing their level of comfort and joy during Deepavali. ■ CURE

Kami kongsikan langkah-langkah penyediaan **Yogurt Berry Popsicles Sweetroyale** yang menggunakan **SweetRoyale Natural Stevia. Jom buat!**

Tonton di saluran **YouTube 'SweetRoyale Stevia'** untuk resipi penuh.

Bahan-bahan :

135 gram/ pek cawan kecil Yogurt kosong
¼ cawan air
1 mangkuk Raspberi
1 mangkuk Beri Biru
1 mangkuk Strawberi
2 sudu besar SweetRoyale Natural Stevia

Cara-cara :

1. Campur semua bahan dalam pengisar. Rasa dan laraskan pemanis seperti yang dikehendaki.
2. Tuangkan campuran ke dalam acuan popsikel. Sejukkan selama 4 jam sehingga sejuk beku.

Apa tunggu lagi? Dapatkan bahan-bahannya segera dan cubalah hari ini. Yogurt Berry Popsicles siap untuk dihidangkan. Selamat mencuba! ■ CURE

Boleh dapatkan di semua rangkaian @sweetroyalemy Pemanis Stevia ini secara online di **www.royalepharma.com**, Lazada, Shopee atau di farmasi-farmasi yang terpilih.

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Amal 10 adab dalam pekerjaan, gaji berkat

This article is sourced from the internet https://www.bharian.com.my/rencana/agama/2019/05/559350/amal-10-adab-dalam-pekerjaan-gaji-berkat

Islam menggariskan adab yang perlu diamalkan oleh setiap orang beriman dalam mencari rezeki sama ada menjadi pekerja awam, swasta mahupun bekerja sendiri. Ini untuk memastikan setiap pekerjaan membuahkan hasil dalam bentuk rezeki halal, malah lebih penting mendapat keredaan Allah SWT.

Malah keredaan Allah SWT inilah yang menjadikan rezeki yang diperoleh bukan sahaja halal, bahkan berkat dalam erti kata kebaikan yang melimpah-ruah.

Ia menjadi rahsia kepada orang beriman yang sebahagiannya memiliki pendapatan kecil atau sederhana tetapi bahagia dalam kehidupannya sama ada sebagai individu mahupun keluarga.

Berikut 10 adab yang boleh diamalkan untuk memastikan pekerjaan kita membuahkan hasil yang halal dan berkat :

❖ **Membaca doa sebelum keluar rumah.** Antara yang boleh diamalkan ialah, 'Dengan nama Allah, aku bertawakal dengan Allah dan tiada daya dan upaya kecuali dengan Allah Yang Maha Tinggi lagi Yang Maha Agung.

❖ **Niat keluar bekerja dengan ikhlas kepada Allah SWT untuk mencari rezeki yang halal** untuk diri dan keluarga serta menyumbang kepada masyarakat. Abu Mas'ud RA berkata Nabi SAW bersabda: Apabila seorang lelaki memberikan nafkah kepada keluarganya dengan ikhlas, maka (pahala) nafkah itu sama dengan (pahala) sedekah. (HR Bukhari)

❖ **Bekerja dengan bersungguh-sungguh** dan berusaha gigih kerana mengikuti pesanan Nabawi seperti hadis yang diriwayatkan Saidatina Aishah RA bahawa Rasulullah SAW pernah bersabda: Sesungguhnya Allah SWT mencintai seorang hamba yang apabila dia bekerja, dia menyempurnakan pekerjaannya. (HR Tabrani)

❖ **Menunaikan tugas dan tanggungjawab dalam pekerjaan dengan jujur serta amanah,** sekali gus tidak menyalahgunakan jawatan, kuasa dan harta. Abdullah Mas'ud RA berkata: Rasulullah SAW bersabda: Wajib ke atasmu jujur kerana sesungguhnya kejujuran menunjukkan kepada kebaikan dan kebaikan menunjukkan ke syurga serta seseorang selalu jujur dan memelihara kejujuran hingga ditulis dan di sisi Allah sebagai orang jujur. (HR Tirmizi)

❖ **Tidak terbabit dengan pekerjaan haram atau syubhah,** iaitu yang tidak jelas halal-haram. Nu'man Basyir RA berkata: Saya mendengar Rasulullah SAW bersabda: Perkara halal itu jelas, perkara haram juga jelas dan antara keduanya adalah syuhbat; banyak orang tidak mengetahui apakah perkara halal atau haram dan sesiapa meninggalkannya bebaslah ia untuk agama dan kehormatannya serta selamat (daripada kecaman syaral). Dan barang siapa terjatuh di dalamnya, dikhuatiri terjatuh dalam keharaman. (HR Tirmizi)

❖ **Tidak melakukan perbuatan dosa dan mungkar** kerana ia boleh menjadi sebab terhalangnya rezeki seperti hadis diriwayatkan Tsauban RA yang berkata Rasulullah SAW bersabda: Tiada sesuatu yang boleh menambah umur kecuali kebajikan dan tiada sesuatu boleh menolak takdir kecuali doa. Sesungguhnya seseorang akan tercegah daripada rezeki oleh sebab dosa yang dia lakukan. (HR Ibnu Majah)

❖ **Sentiasa bersyukur dengan apa yang diperoleh** seperti yang diriwayatkan Abdullah ibnu 'Amru ibnu 'Ash RA bahawa Rasulullah SAW bersabda: Sungguh amat

beruntunglah orang Islam (berserah diri) dan berasa cukup dengan apa yang direzekikan Allah serta berpada dengan apa yang diberikan-Nya. (HR Muslim)

❖ **Bersedekah** kerana sebahagian apa yang diperolehnya juga menjadi hak orang lain dan meyakini hartanya tidak akan berkurang dengan ibadat itu. Daripada Abu Hurairah RA bahawa Rasulullah SAW bersabda: Harta tidak akan berkurangan dengan sebab sedekah. (HR Muslim)

❖ **Tidak menjadikan alasan sibuk mencari rezeki untuk tidak beribadat** kerana Abu Hurairah RA berkata Nabi SAW bersabda: Allah SWT berfirman: "Wahai anak Adam, kerjakanlah ibadat semata-mata untuk-Ku, nescaya Aku penuhi dadamu dengan kekayaan dan Aku tutup kemiskinanmu. Jika engkau tidak mengerjakannya, maka Aku penuhi dadamu dengan kesibukan tetapi Aku tidak menutup kemiskinanmu." (HR Ibnu Majah)

❖ **Bertawakal kepada Allah SWT selepas melaksanakan tugasan atau pekerjaan.** Umar al-Khathab RA berkata Rasulullah SAW bersabda: Sungguh kalau kamu sekalian bertawakal kepada Allah dengan tawakal yang sungguh-sungguh, nescaya kamu diberi rezeki seperti burung diberi rezeki, ia berangkat pagi dalam keadaan lapar dan pulang petang dalam keadaan kenyang. (HR Tirmizi) ■ CURE

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KKLIU 3087/2020
Ini adalah iklan produk ubat
Keberkesanan ubat adalah berbeza bagi setiap individu
Tarikh tamat iklan: 31/12/2022