

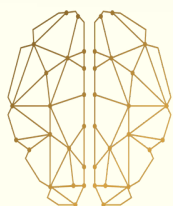
Organised by:



In Collaboration With:



NGO Partner:



MHEC 3.0

MENTAL HEALTH EXPERIENTIAL CONFERENCE

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 and 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
+6019-335 5199

REGISTER NOW

Standard
RM2,300

Group (5 pax)
RM2,180

International
USD700

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

GET

DOSH 5 CEP Points
CIDB 20 CCD Points

Eligibility is subject to industry and organisational requirements.



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.

MHEC 3.0

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



**Assoc. Prof. Dr Frederick
P. K. Low**
Associate Professor at
James Cook University, Singapore



Dr Ipah Saripah
Counselor for Mental Health
Indonesia



Hœur Sethul
Founder of KCPS
Cambodia



Aung Min Thein
Founder of Counselling Corner
Myanmar

Conference **AGENDA**

THURSDAY, 11 DEC 2025

- 8:00 AM
- 8:45 AM Registration / Morning
Refreshment / Networking
- 8:45 AM
- 9:00 AM Attendees Taking Seats
- 9:00 AM
- 9:15 AM **Opening & Welcome Speech**
*Speaker: Organising Chairperson Adj.
Prof. Dr Sangeeta Kaur*
- 9:15 AM
- 9:45 AM **Workplace Relationship**
*Speaker: Dato' Dr Hj. Mohd Fadzilah
Kamsah*
- 9:45 AM
- 10:15 AM **The Hidden Connection:
Lifestyle Diseases and Mental
Wellbeing**
*Speaker: Associate Professor Dr Amer
Siddiq Amer Nordin*
- 10:15 AM
- 10:45 AM Tea Break & Networking
- 10:45 AM
- 11:30 AM **Digital Addiction / Bully**
- 11:30 AM
- 1:00 PM **PANEL DISCUSSION:**
Elevate ASEAN: Addressing Mental
Health as the Key Driver of Human
Capital Excellence Across Borders
Panellists:
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
- 2:00 PM Lunch & Networking
- 2:00 PM
- 3:30 PM **Experiential Selfcare Activities:
Expressive Art**
By: Shazwani Roshky and Lydia Rhosky
- 3:30 PM
- 4:00 PM **The Psychology of Safety:
Enhancing Occupational Wellbeing
Through Psychosocial Support**
Speaker: Dr Melinda U
- 4:00 PM
- 5:00 PM Tea Break, Booth Exhibition &
Networking

FRIDAY, 12 DEC 2025

- 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.