



# New Launch

PGC EXCLUSIVE DESIGNED CLOTH MASK  
3-ply reusable & washable mask

Handmade with love by single mothers & housewives

1 for RM10 (exclude shipping fee)

Materials: 100% Polyester (Outside Layer), Polyester 65%, Cotton 35% (Inside Layer)  
\*Insert for filter pocket available.

Photo for illustration purpose only.

**LIMITED PIECES ONLY**  
Price: RM 10.00 per piece (excluding postage fee)  
Shipping Fees: RM 6.00 (WM)  
Free shipping when you purchase 5 masks and above.

Upgrade Asia's ageing  
**hydropower fleet**  
to secure reliable clean  
energy supply, experts urge

# News**letter**

Dozens of hydropower stations across Asia that were built decades ago are in need of multi-billion dollar investments to sustain their contribution to the region's renewable energy goals, new research has found.

The analysis, conducted by the International Hydropower Association for the Asian Infrastructure Investment Bank (AIIB), identifies 21 hydroelectric plants boasting a capacity of more than 6 gigawatts (GW) that urgently require an upgrade due to poor performance, equipment deficiencies and major failings in their civil infrastructure, with \$2.7 billion in investment needed.

**As the need for steady clean electricity generation grows, refurbishing Asia's decades-old hydropower plants could help them regain past strength, enhancing their contribution to the region's energy transition, shows a new study.**

Hydropower accounts for about 14 per cent of total annual electricity generation in Asia, which is home to around half the world's installed hydropower capacity. From Nepal to Laos, nations have placed big bets on hydroelectric dams to increase energy access and spur economic growth, with dozens of new projects in the pipeline.

But while much attention has been paid to scaling up new development, there is a growing need to optimise existing assets to enhance their safety and output while extending their lifespan, reads the study. In the past, poor maintenance and a disregard for safety concerns have resulted in dam collapses and other catastrophic accidents in countries like Laos, India and Russia

## What Are Anxiety Disorders ?

Anxiety is a normal emotion. **It's your brain's way of reacting to stress and alerting you of potential danger ahead.**

Everyone feels anxious now and then. For example, you may worry when faced with a problem at work, before taking a test, or before making an important decision.

Occasional anxiety is OK.

But anxiety disorders are different. They're a group of mental illnesses that cause constant and overwhelming anxiety and fear.

### Generalized anxiety disorder

You feel excessive, unrealistic worry and tension with little or no reason.

### Panic disorder

You feel sudden, intense fear that brings on a panic attack.

### Social anxiety disorder

You obsessively worry about others judging you or being embarrassed or ridiculed.

### Specific phobias

You feel intense fear of a specific object or situation, such as heights or flying.

### Agoraphobia

You may panic or feel anxious when on an airplane, public transportation

### Separation anxiety

You'll always worry that something bad may happen to your loved one.

### Selective mutism

This is a type of social anxiety in which young kids who talk normally with their family don't speak in public, like at school.

### Medication-induced anxiety disorder

Use of certain medications or illegal drugs.

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# ANXIETY



These tips may help you control or lessen your symptoms:

**Learn about your disorder.** The more you know, the better prepared you will be to manage symptoms and roadblocks along the way.

**Stick to your treatment plan.** Suddenly stopping your meds can cause unpleasant side effects.

**Cut down on foods and drinks that have caffeine,** such as coffee, tea, cola, energy drinks, and chocolate.

**Don't use alcohol and recreational street drugs.** Substance abuse increases your risk of anxiety disorders.

**Keep a journal.** Writing down your thoughts before the day is done may help you relax.

**Seek support.** Some people find it helpful and uplifting to talk to others who are experiencing the same symptoms and emotions.

**Manage your negative thoughts.** Thinking positive thoughts instead of worrisome ones can help reduce anxiety.

**Get together with friends.** Whether it's in person, on the phone, or the computer, social connections help people thrive and stay healthy.

Source : WebMD .com



# Which Is It?

Everyday Anxiety	Anxiety Disorder
Worry about paying bills, landing a job, a romantic breakup, or other important life events	Constant and unsubstantiated worry that causes significant distress and interferes with daily life
Embarrassment or self-consciousness in an uncomfortable or awkward social situation	Avoiding social situations for fear of being judged, embarrassed, or humiliated
A case of nerves or sweating before a big test, business presentation, stage performance, or other significant event	Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one
Realistic fear of a dangerous object, place, or situation	Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger
Anxiety, sadness, or difficulty sleeping immediately after a traumatic event	Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before

## TECHNICIAN OF THE MONTH

(June & July 2020)

This certificate is awarded to

*En Abu Dzar Bin Mohamad Johari*

In recognition for going the extra mile.



7 September 2020

DATE

*Abu Dzar*  
SIGNATURE



You such a dedicated and  
valuable employee.

**Keep it up Abu!!!**



# Congratulations