



When the Doctor Says...

Be Active and Stress-Free

27 Jan 2022 (Thursday)
10:00 am to 11:00 am

CPD CODE: T5/27012022/BC/BC224021/1

This webinar is free of charge

Register Online Here

or
Scan the QR Code to register.



As new COVID-19 cases continue to emerge and spread widely around the world, the pandemic impacts people's lifestyles and worsen sedentary issues among world population. Staying at home for prolonged periods of time can pose a significant challenge for a physically active person. Sedentary behaviour and low levels of physical activity will create negative effects on your health and well-being. Self-quarantine can also cause additional stress and challenges to the mental health of individuals. Physical activities and relaxation techniques can be valuable tools to help you remain calm and protect your health during this time.

Join Dr Faiz Baharudin and learn how to stay active and stress-free in the comforts of your home.



Dr Faiz Baharudin is a medical doctor by profession; he graduated with a Bachelor of Medicine and Bachelor of Surgery ("MBBS") degree from University of Malaya in 2013. He continued his postgraduate study in Master of Public Health ("MPH") at the same university in 2017 and graduated with distinction. He then pursued his doctorate study in public health ("DrPH") and developed a special interest in the field of occupational medicine and sports medicine, especially in musculoskeletal disorder, musculoskeletal injury, physical activities, and physical fitness areas.

He is a certified Occupational Health Doctor ("OHD") and a certified Medical Impairment Assessor ("CMIA"), Medical Review Officer ("MRO"), and Ergonomic Trained Person ("ETP"). He has experience as a Team Doctor for the Malaysia National Basketball Team in several international championships, such as Southeast Asia Basketball Association ("SEABA") Championship, Southeast Asian ("SEA") Games Championship, and the International Basketball Federation ("FIBA") Asia Cup Qualifiers.

Currently, he serves as the founding chairman of the Malaysia Basketball Association ("MABA") Medical Committee since 2020. On top of that, Dr Faiz is very active as a qualified basketball coach at national level since 2010. His highest achievement as a coach was when he brought the MABA Selection team to victory during the Agong Cup National Basketball Championships in 2017.

This webinar carries **1 CPD point**. It is free of charge, but advance registration is required. Upon successful registration, a link to the webinar session will be emailed to registered participants only.

Registration will close at 5:00 pm on 26 Jan 2022 (Wednesday).

Should you have any enquiries, please email pirm@malaysianbar.org.my or call 03-2050 2001.

A Step-By-Step Guide to Join a Webinar via Zoom

Webinar via Zoom is an initiative by the Bar Council during the Movement Control Order.

Continue learning even while at home. We're here to inspire you, connect with you and learn with you. This guide will show you how to join a webinar smoothly.

01

For seamless streaming, download the Zoom app.

You will be given a webinar ID and a password to join the webinar once your registration has been confirmed.



02

Log in to Zoom, and provide your username.

For Members of the Bar or pupils in chambers, use the format below for identification purposes when prompted: **Full name (as per NRIC) | Bar Council membership number or petition number.**

For non-Members, provide your full name only.

03

Set up your space.

Find a spot which is comfortable and free from background noises. You may use an earpiece with microphone for clarity. Having a strong internet connection is equally important.



04

Please raise your questions only during the Question-and-Answer session.

Please take note that no speaking is allowed when the webinar is taking place.

If you wish to raise a question, please type in the Q&A box and the speaker will respond accordingly.

05

Please do not do these

Sharing screen recording and webinar ID and password links, and reproducing the content of the webinar on any platform.

Any unregistered person may be removed without prior notice and no CPD point will be awarded. Failure to adhere to this may result in disciplinary action by the Bar Council.

