

2nd Karnival Rasa Sayang for pensioners

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LAST year's inaugural Karnival Rasa Sayang in Ipoh was a great success. The carnival is back this year with more activities for pensioners.

Organised by the Retirement Fund Inc (KWAP), the second edition of this carnival at the Shah Alam Stadium compound will run for two days from Oct 5 beginning at 9am.

To encourage a healthy lifestyle, KRS will kick off with a Rasa Sayang Run (Larian Rasa Sayang) at 7am before the official launch later.

More than 3,000 participants are expected to join the run, while pensioners can join the run without any charge.

KWAP launched the Pensioner Icon Award (Anugerah Ikon Pesara) in June.

The first-of-its-kind award is to recognise an excellent pensioner from the public sector for his services after leaving the workforce.

The recipient will be announced during the launch of the carnival.

"With the award, it is hoped that pensioners will continue being active in serving the nation. The award is also to recognise those who have and are still contributing to sectors such as entrepreneurship, education and social and community development works," said KWAP head of corporate affairs Nor Faridah Amin.

KWAP said the award recognised individuals who played meaningful roles in the community through their retirement. The award is to also to inspire pensioners to break retirement clichés by making retirement a productive one.

"We hope the award will inspire the community to think in a positive manner on ageing and to raise awareness that pensioners can continue to be active and contribute to various sectors and the economy while being active in their community."

KRS is KWAP's initiative to diversify from its usual areas of investment management and pensions.

It's part of KWAP's efforts to approach pensioners in a holistic manner by providing platforms for them to learn at the carnival.

Each stall and mini exhibition will consist of aspects of retirement and will provide visitors with information on their queries.

"Activities will help them understand the importance of preparing for an easy retirement."

KRS is organised to encourage active ageing among pensioners.

"We want to encourage pensioners to continue to be involved in activities and prepare future pensioners for retirement smoothly.

"The carnival is also aimed at raising awareness and preparing families and guardians of pensioners as well as the community on their roles in ensuring the welfare of pensioners," KWAP said.

Activities include a motivational talk by Datuk Dr Mohd Fadzilah Kamsah,



Karnival Rasa Sayang is open to everyone for free and is packed with activities for all ages. It's not just for pre-retirees and retirees.



(Right) KWAP Corporate Strategy and Performance director Ismail Zakaria showcasing a booth at Karnival Rasa Sayang last year. This year will feature activities focusing on career, hobbies as well as travel & lifestyle for pre-retirees and pensioners.



Kumpulan Wang Persaraan (Diperbadankan) [KWAP] chief executive officer Syed Hamadah Syed Othman addressing carnival goers at Karnival Rasa Sayang in Ipoh, Perak, last year.



KWAP head of corporate affairs Nor Faridah Amin says it hopes the Pensioner Icon Award will motivate pensioners to continue serving the nation.

exhibition booths as well as a session by celebrity fitness coach Kevin Zahri to educate people on being active and a healthy lifestyle.

Visitors can get a free health screening, while pensioners can find out about career opportunities provided at the carnival.

Healthy food demonstrations will be conducted by celebrity chef Datuk Fazley Yaakob as well as entertainment by celebrities.

Celebrities will include Amy Search, Datuk Rosyam Nor, Datuk Zainal Abidin, Dina Nadzir and Adi Fashia.

Last year, more than 30 partners took part in the event, including the Securities Commission, Counselling and Debt Management Agency (AKPK), the Congress of Unions of Employees in the Public and Civil Services (Cuepacs), Public Service Department and Amanah Raya.

The programmes and activities were to prepare the elderly and improve their quality of life, based on research carried out by Institut MyAgeing from Universiti Putra Malaysia.



Karnival Rasa Sayang is curated to help pre-retirees and retirees, covering the five pillars of retirement: health, environment, social, financial and psychological aspects.