

Motorists still parking illegally at entrance to Bukit Wawasan, Puchong



Vehicles parked along the main road of Persiaran Bukit in Pusat Bandar Puchong.

THE addition of 49 parking bays near the Bukit Wawasan trail entrance in Pusat Bandar Puchong has not stopped vehicles from parking illegally on the main road.

Taman Wawasan Forest Community (WFC) association chairman Joe Lim said the additional parking would greatly benefit hiking enthusiasts.

"Hopefully, with the new bays, we can resolve issues like double parking near the entrance.

"This could obstruct access for emergency vehicles such as ambulances or fire and rescue teams," he said.

Ng Ah Sing, 65, who runs a stall near the entrance of the trail, said vehicles were still double parked along Persiaran Bukit.

He said there was a bigger number of visitors last weekend compared to before.

"At least 20 cars were parked irresponsibly, hindering access for larger vehicles like lorries.

"I will seek permission from Subang Jaya City Council (MBSJ) to place cones to prevent vehicles from parking near the entrance," said Ng who is also a WFC member.

StarMetro reported that 49 new parking bays were built between Persiaran Bukit and Jalan Wawasan 5/1.

Kinrara assemblyman Ng Sze Han said RM160,000 was allocated for the project.

He said with over 1,000 visitors flocking there every weekend, the need for expanded parking facilities was undeniable.



Vehicles parked along the main road of Persiaran Bukit in Pusat Bandar Puchong.

Motorists still parking illegally at entrance to Bukit Wawasan, Puchong

Story and photo by
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Council joins nationwide campaign to reduce food waste at Ramadan bazaars

By **EDWARD RAJENDRA**
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KLANG Royal City Council (MBDK) teamed up with two non-governmental organisations to collect unsold food at Ramadan bazaars and to deliver them to underprivileged communities last month.

MBDK Corporate Communications Department director Norfiza Mahfiz said the unsold food was collected under the MySaveFood @ Ramadan, a nationwide programme that aimed to save unsold food at Ramadan bazaars and distribute them to the needy.

The initiative was done over a five-day period in late March at the Ramadan bazaar at Jalan Sri Sarawak, Taman Sri Andalas.

There were a total of 166 stalls at the bazaar in Klang.

"The MySaveFood @ Ramadan programme was a joint initiative with Pertubuhan Pemuda Gema Malaysia and youth organisation Ikram Muda Klang," said Norfiza.

"It was a team effort to feed the less fortunate and at the same time reduce waste being sent to landfills."

She said the team of volunteers collected 1,016kg of drinks and food.

This included *kuih*, noodles and rice-based dishes.

Most of the food was given to residents who live in the shop lots at Jalan Sri Sarawak 19, Surau An-Nur and Asrama Bengkel Daya, Klang, which houses physically challenged individuals.

She noted that there was an increase in food wastage during the fasting month compared to other months.

Norfiza added that the unsold food collected under the programme equalled to an estimated 1,800kg of carbon emission that would have been emitted if dumped in a landfill.



Volunteers (right) collecting unsold food from traders at the Ramadan bazaar, to be distributed to the less fortunate.

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Going undercover to uncover bus drivers' misconduct

By ARFA YUNUS
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KUALA LUMPUR: The Road Transport Department (JPJ) has deployed undercover officers to check whether bus drivers are adhering to the law.

Its senior enforcement director Datuk Lokman Jamaan said the operation, which will continue until April 20, is part of its efforts to reduce deaths from road accidents.

"So far, our undercover officers have gone on 84 buses. Of that number, there were 62 cases related to driver misconduct and dangerous driving," he said.

Lokman urged the public to also become JPJ's eyes and ears.

"If you are in a bus where the driver is driving dangerously, submit your complaint to us and we will take action because we want to stop such misconduct.

"Lodge your complaints with us through either the MyJPJ e-aduan@jpj mobile application or email us at aduantrafik@jpj.gov.my," he added.

Lokman was speaking to reporters in a press conference at Terminal Bersepadu Selatan here yesterday before conducting inspections on several interstate buses leaving Kuala Lumpur, in



Safety first: Lokman and a JPJ enforcement officer checking the tyre thread of a bus to ensure it is up to standard.
— CHAN TAK KONG/The Star

"We aim to reduce the statistics of accidents and deaths due to road accidents."

Datuk Lokman Jamaan

issued on six bus drivers who failed their urine tests," said Lokman, adding that a total of 244 bus drivers have been tested.

"Of the six, two are from Sarawak, another two from Kedah, and one each from Kelantan and Perak.

"What is surprising is that one of them is above the age of 60.

"JPJ will call on the bus company and a complete investigation report will be submitted to the Land Public Transport Agency for further action under Act 715.

"We will also suspend the drivers' licence under Section 36 of Act 333 after verification extension obtained from National Anti-Drugs Agency," he added.

conjunction with Hari Raya Aidilfitri celebration.

He said JPJ will not compromise with any bus company, owner or driver found to have broken the law.

"The department is determined to create a safe ecosystem for all road users.

"We aim to reduce the statistics

of accidents and deaths due to road accidents.

"We call on all road users to cooperate ... this is important for the safety of ourselves and our families," he said.

He added that JPJ has so far conducted inspections on 3,799 buses at 54 depots and 28 terminals nationwide from April 1-7.

Out of those, he said 47 summonses have been issued for various reasons such as driver misconduct or not having Competent Driving Licence (CDL), while 42 have been issued with the Vehicle Use Prohibition Notice (PG1) for violating established technical regulations.

"A driving ban has also been



Traders at Taman Sri Nanding Ramadan bazaar continuing to operate their stalls even when a flash flood struck the area about two weeks ago. — Photos courtesy of Taman Sri Nanding Residents Association.



Ahmad (second right) has been selling murtabak in the area for the past 35 years. At right is Muhammad Sherhan.

A crowd-puller despite bad weather

Floods no deterrent for visitors looking for Ramadan delicacies at Hulu Langat bazaar.

By GRACE CHEN
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DESPITE having to wade in knee-deep water, it was business as usual for traders at Taman Sri Nanding Ramadan bazaar in Hulu Langat, Selangor when a flash flood struck the area about two weeks ago.

"This is how popular our Ramadan bazaar is with the community," said Taman Sri Nanding Residents Association (RA) president Muhammad Sherhan Nizam Abdul Aziz, 37.

According to residents, the Ramadan bazaar has been held here annually since 1991.

It is the largest in the Dusun Tua constituency, with 84 stalls selling a variety of evergreen favourites.

This year marked the first time the RA, which represented an area of some 1,500 houses, organised the bazaar with approval from Kajang Municipal Council (MPKJ).

Muhammad Sherhan said the



bazaar drew visitors from Pangsun to Taman Suintex in the Dusun Tua constituency as well as Taman Muda, Taman Mulia Jaya and Taman Putra in Ampang.

He said the bazaar was most crowded and congested during the first week of Ramadan, so much so some people even fainted.

Volunteer marshalls from RA's committee said visitor count could reach up to 3,000 people daily in just four hours.

Its popularity stems from its consistency — 60% of the bazaar's traders have been selling their delicacies there for at least two decades.

One of them, murtabak seller Ahmad Kassim, 55, who has been operating in the area for the past 35 years.

"I have been here even before Muhammad Sherhan started schooling.

"He loves my beef murtabak with pickled onions and curry," said Ahmad.

Culinary attractions at this bazaar include *kuih jongkong* (steamed rice cake in sugar syrup wrapped in banana leaf) and *wajik* (glutinous rice cooked in coconut milk and *gula melaka*).

"*Kuih jongkong* is a Hulu Langat original and you see this being sold everywhere in this district during fasting month," said Muhammad Sherhan.

RA committee members Roslen Abdullah and Rosli Abdullah, both 62, were on hand to ensure all traders adhere to conditions set by MPKJ.

"The biggest challenge was in assigning the lots to the various traders. Naturally, everyone wanted to be close to the bazaar



The bazaar is the largest in the Dusun Tua constituency, with 84 stalls selling a variety of evergreen favourites.

entrance," said Roslen.

"Luckily, the location of this Ramadan bazaar is also where the weekly night market is held and many of the traders at the night market and nearby stalls had also applied for bazaar lots.

"So, we decided that the night market traders would go back to their own lots while the stall traders would occupy the lots close to their original stall location," he said.

To ensure visitors could have variety, traders selling the same items were put at least three stalls apart.

One feature the bazaar organisers are proudest of is a stall run by eight volunteers, most of them students from Institut Kemahiran Tinggi Belia Negara (IKBTBN), to collect unsold food.

The initiative, which is part of the MySaveFood @ Ramadan programme, is monitored by

Hulu Langat Youth and Sports Ministry (KBN) Office.

Volunteers would check, weigh and label the unsold food which would be then sent to the nearby Surau Al Munir in Jalan Mutiara 8, Taman Sri Nanding, as well as taken home by IKBTBN students.

The recipients would also be reminded to consume the food and beverages within two hours of receiving them.

Based on data from seven days, the highest types of unsold food at this bazaar were packet drinks, fried noodles and local kuih.

In total, 310kg of unsold food was saved from the landfills.

Hulu Langat KBN officer Suhaila Mohd Saat said MPKJ is considering placing booths for the MySaveFood @ Ramadan programme at all 39 Ramadan bazaars under its purview next year.

Tough stand against litter



Keep clean:
Local councils have begun aggressively issuing compound notices to those caught littering.

By **MOHD FARHAAN SHAH**
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JOHOR BARU: Compound notices exceeding RM85,000 were issued to litterbugs in Johor within the first two months of this year, says Datuk Mohd Jafni Md Shukor.

The state housing and local government committee chairman said all 16 local councils in Johor have been proactive in addressing the issue of littering.

"Under the Johor Bersih agenda, which was introduced by Menteri Besar Datuk Onn Hafiz Ghazi some two years ago, the state government, through local councils, wants the people to stop littering," he said when contacted.

Mohd Jafni said this is by empowering local councils, in particular in Greater Johor Baru – comprising Johor Baru City Council (MBJB), Iskandar Puteri City Council (MBIP), Pasir Gudang City Council (MBPG) and Kulai Municipal Council (MPKu).

"Their enforcement personnel can issue compound notices on the spot to those caught littering, including smokers who throw cigarette butts," he said.

Mohd Jafni said in January this year, local councils had issued 190 compound notices amounting to RM35,080.

"All local councils have been aggressive in our campaign against littering. In February, 379 compound notices were issued, amounting to RM50,870," he said.

Mohd Jafni advised those travelling back to their hometowns for Hari Raya Aidilfitri to refrain from littering, especially along major roads in the state.

On Saturday, it was reported that the Housing and Local Government Ministry had ordered local councils to be strict in their enforcement against litterbugs and refrain from granting any discounts on fines.

"I have instructed all 155 local councils to levy fines on individuals caught littering in public areas, with no exceptions for discounts," said its minister Nga Kor Ming, reported Bernama.

Nga's statement came after social media was flooded with pictures showing piles of rubbish scattered on the side of the road near the Pahang-Kelantan border, presumably tossed by motorists.

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Embracing sustainability during festive seasons

MPAJ
STAR
9/4

IN CONJUNCTION with Hari Raya Aidilfitri and International Zero Waste Day, Ampang Jaya Municipal Council (MPAJ) organised a Clean-Out programme to reduce waste from ending up at landfills.

MPAJ offered recycling and clothing collection services in residential areas, providing Ampang Jaya residents with a convenient disposal option.

The council reported that 827kg recyclable items such as plastic bottles, plastic waste, paper, cardboard and aluminium cans were collected alongside 827kg of used clothing at 10 selected locations.

Among these locations were Ndayu 62 Condominium Taman Melawati, Taman Bukit Mulia Bukit Antarabangsa, Taman Keramat Permai Hulu Kelang and Ampang Saujana Flats.

A total of 388.5kg of used cooking oil and 780.3kg of ewaste were also collected during the programme.

As a token of appreciation, cash rewards were given to individuals who contributed to the recycling efforts.



Residents who deliver used cooking oil received cash according to the current rate and the weight of the used cooking oil collected.

KDEB Waste Management (KDEB) also provided bulk waste collection services, through its 2024 Hari Raya

Aidilfitri Spring Cleaning efforts, which aimed at preventing bulk waste from being dumped indiscriminately.

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By VIJENTHI NAIR
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SEPANG Municipal Council (MPSepang) is constructing a new headquarters as part of its expansion plans.

The RM129mil project will be built next to the current headquarters at Persiaran Semarak Api, in Cyberjaya, Selangor.

The project comprises an 18-storey office tower, with a gross floor area of 22,104.9sq m.

It will also have a multi-storey parking complex, amphitheatre and a multipurpose hall.

MPSepang president Datuk Abd Hamid Hussain said the new building is expected to be completed by Jan 18, 2027.

The municipal council currently has 869 staff members.

"The existing building, which was built in 2008, can only comfortably accommodate a maximum of 700 staff members," he said.

Abd Hamid said funds for the project would come from MPSepang's reserves over the next three years.

The Sepang municipality was seeing rapid development and they foresaw a 5% increase in staff members every year, he added.

"The new tower will be able to accommodate up to 1,500 staff members comfortably.

"Once completed, it will be MPSepang's new headquarters while the present building will be retained for other purposes."

Abd Hamid said the building

Towering landmark for Sepang municipal council

RM129mil project slated to be completed by January 2027

would incorporate green design to lower energy costs.

"The roof will be fitted with insulation to reduce thermal transmission, while the facade is designed with external shading to further reduce heat transmission."

"The building will also use low-emissivity glass, a thin glass coating that is transparent and reflects heat."

Abd Hamid said there would be provisions to monitor energy and water usage in each area.

"Carparks will be equipped with EV chargers while only LED lighting will be used," he said.

When contacted, Orang Besar Daerah and MPSepang councillor Tengku Datuk Dr Jamaluddin Tengku Mahmud Shah Alhaj said the construction of a new building was timely.

"The present MPSepang building has exceeded its maximum capacity."

"There is a pressing need to expand the office space, as more staff will be hired to manage the municipality efficiently," he said.



Artist's impression of the 18-storey MPSepang tower overlooking Taman Tasik Cyberjaya.

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MBI spreads Ramadan cheer with food packs

MENTERI Besar Selangor Incorporated (MBI) chief executive officer Saipolyazan M Yusop (second from right) being warmly welcomed by Star Media Group (SMG) group chief executive officer Chan Seng Fatt (second from left), chief content officer Datin Paduka Esther Ng (left) and chief revenue officer Lydia Wang (right). MBI distributed 200 food packs to (SMG) Bhd's employees as part of its 'Agihan Juadah Berbuka Puasa'

corporate social responsibility (CSR) programme. Saipolyazan said they prepared 1,000 packs of meals every day during Ramadan, 600 of which were distributed within the MBI building and to those nearby, while the rest are given to selected beneficiaries. Also present at the event was MBI Social Responsibility and Corporate Communications head Ahmad Azri Zainal Nor. — **By ETHEL SIAO**

STAR
9/4

Festive travels ramp up Aidilfitri feel

KUALA LUMPUR: The Aidilfitri festive atmosphere is becoming more and more evident, especially at public transport terminals where many travel from to return home for Hari Raya using public transport such as buses and trains.

Although some choose to drive their own vehicles to take advantage of the toll-free offer yesterday and today, public transport remains an option for those who want peace from the hustle and bustle of traffic on the highways.

A survey at KL Sentral found the place was a bit crowded as many opted for public transport to go home.

Trader Suriati Ibrahim, 47, said she and her three children were very excited to celebrate Hari Raya and had booked their train tickets from Kuala Lumpur to Batu Gajah last month.

"We bought early because we were worried about tickets running out since there are five of us, including my sister-in-law.

"We use the ETS (Electric Train Service) because it saves time as we don't have to go through traffic jams," she said.

Sharing her view was videographer Muhammad Rashid Dany Abdullah, 24, who bought a ticket a week earlier to return home to Gemas in Negeri Sembilan.

"Alhamdulillah, it's easy to get a train ticket because you buy it online and you don't have to queue. Otherwise, I have to ride a motorcycle to go home."

Two university students in Perak, Syarifah Musliha and Noor Aliah Sailin, both 21, chose public transport provided by the university.

"We will take the ETS from Perak to KL Sentral and then, we have to catch a plane to return to Tawau and Kota Kinabalu in Sabah. There was no problem of buying a ticket because we can claim a free flight ticket," she said. — Bernama

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Indeks Antidadah Kebangsaan petunjuk kejayaan perang dadah

9/4/24



Hafidah adalah Ketua Penolong Pengarah Bahagian Dasar, Perancangan dan Penyelidikan, Agensi Antidadah Kebangsaan (AADK), manakala Zulkifli adalah Pensyarah Fakulti Sains Sosial dan Kemanusiaan, Universiti Teknologi Malaysia (UTM)

Oleh Hafidah Mohd dan Dr Zulkifli Khair
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Indeks Dasar Dadah Antarabangsa (GDPI) diwujudkan pada peringkat global memabitkan 30 negara anggota Konsortium Dasar Dadah Antarabangsa (IDPC).

Indeks ditaja Open Society Foundation diasaskan *billionaire* Amerika Syarikat (AS), George Soros dan Robert Carr Fund dari Belanda itu, selari dengan Perisytiharan Hak Asasi Manusia Sejagat, Pertubuhan Bangsa-Bangsa Bersatu (1948).

Ia tidak memberi kredit kepada polisi dan undang-undang hukuman mati kepada penjenayah dadah, sekali gus menjadikan Malaysia yang terikat dengan Akta Dadah Berbahaya 1952 (Akta 234) terkecuali dalam indeks berkenaan.

Bagaimanapun, Malaysia sudah lama konsisten menyediakan dan menghantar Laporan Tahunan Soal Selidik ARQ kepada Pejabat Jenayah dan Dadah Pertubuhan Bangsa-Bangsa Bersatu (UNODC) saban tahun.

Berdasarkan sikap konsisten Malaysia, Agensi Antidadah Kebangsaan (AADK) dengan kerjasama kumpulan penyelidikan Universiti Teknologi Malaysia (UTM) membangunkan Indeks Antidadah Kebangsaan (IADK) komprehensif pada penghujung tahun lalu.

Sejak Akta Dadah Berbahaya 1952 digubal dan Dasar Dadah Negara 2017 diwujudkan, belum ada indeks seumpama untuk menilai sejauh mana keberkesanan inisiatif, program dan dasar dilaksanakan AADK.

Kewujudan data seumpama itu amat penting seperti dibuktikan Portugal hingga menjadi antara negara berjaya mengurangkan bilangan penagih dadah ekoran data kajian indeks dimanfaatkannya.

IADK menggunakan metodologi kuantitatif kualitatif dan analisis dokumen rasmi bagi memper-

oleh data signifikan, tepat serta komprehensif. Data terkumpul dianalisis untuk memperoleh nilai indeks skor keseluruhan.

Berdasarkan kajian 15 bulan dan membabitkan 1,333 responden di seluruh negara, hasil gabungan data kajian lapangan dan laporan pentadbiran mendapati nilai IADK pada peringkat nasional ialah 68.2 peratus, ia berada pada skala 55.1 hingga 77.5 peratus, iaitu kedudukan baik.

Bagaimanapun, ia perlu ditingkatkan agar sasaran negara untuk melahirkan masyarakat bebas dan bersih daripada dadah dapat dicapai.

Fokus tiga faktor penting

Berdasarkan dapatan kajian, tiga faktor penting menjadi kejayaan kritikal perlu diberi perhatian AADK, pemegang taruh dan kerajaan untuk membasmi dadah secara komprehensif iaitu penguatkuasaan, pencegahan dan pendidikan serta sinergi pelbagai pihak. Ketiga-tiga faktor ini jika dapat dipertingkatkan mampu memberi impak kepada pembasmian dadah berskala besar khususnya kawalan pengedaran, penyeludupan, salah guna dan pembuatan dadah.

Pertama, aktor penguatkuasaan antara teras dalam Dasar Dadah Negara perlu dipertingkatkan dan ia membabitkan perkara berkaitan logistik seperti peralatan, teknologi dan pengangkutan, kawalan di pintu masuk sempadan serta kawalan barangan (kargo dan kontena).

Sumber manusia cekap, berintegriti dan kompeten menjalankan amanah serta tanggungjawab juga antara faktor kejayaan kritikal.

Kedua, faktor pencegahan dan pendidikan untuk mewujudkan kesedaran khususnya kepada generasi muda terhadap kesan buruk dan dahsyat dadah terhadap kehidupan.

Usaha lebih padu, komprehensif dan meluas menerusi pelbagai saluran mesti diperbanyak. Media massa dan media sosial tumpuan anak muda seperti TikTok, WhatsApp, Instagram dan tidak ketinggalan Facebook perlu dimanfaatkan sebaik mungkin.

Jika perlu memanfaatkan pempengaruh untuk menarik perhatian anak muda, ia seharusnya dilakukan. Jika media massa dan sosial dapat dimanfaatkan secara kreatif, ia mampu menjadi alat pencegahan dan pembelajaran sangat berkesan.

Begitu juga peranan ahli politik, majikan, guru, kaunselor, rakan dan pemimpin komuniti perlu pertingkatkan.

Ketiga, faktor sinergi antara sumber kekuatan mesti digembengkan. Banyak pemegang taruh seperti agensi, majikan, pertubuhan bukan kerajaan (NGO) dan komuniti berperanan penting untuk membasmi najis dadah hingga akar umbi.

Segala inisiatif dan program berkaitan lima te Dasar Dadah Negara, iaitu pendidikan dan pencegahan, rawatan dan pemulihan, penguatkuasaan, pengurangan kemudaratan dan kerjasama antara bangsa memerlukan suatu sinergi yang bersepadu dan holistik antara pelbagai pihak.

Perkara asas mesti diambil kira ialah skop tugas, jelas, telus dan tidak bertindan antara agensi dan institusi.

Realitinya, IADK penting dan bermakna kepada usaha kerajaan memerangi dadah kerana menggambarkan sebenar kejayaan dicapai berdasarkan sistem perkhidmatan dan penyampaian.

IADK turut memaparkan 'apa' lagi harus dilakukan untuk mengelakkan pertambahan bilangan kes penagihan, pembuatan, penyeludupan dan pun pengedaran dadah.



Bandar mesra autisme lahir masyarakat berempati

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Setiap tahun, tanggal 2 April adalah Hari Kesedaran Autisme Sedunia. Hari khusus itu bertujuan memberi tumpuan kepada isu yang dihadapi oleh individu autisme serta menyebarkan maklumat mengenai keperluan dan keupayaan mereka.

Dalam usaha untuk mewujudkan masyarakat yang lebih inklusif dan berdaya saing, pendekatan lebih peka terhadap keperluan golongan autisme seharusnya menjadi tumpuan.

Antara inisiatif yang terkini dan berkesan adalah pembangunan bandar mesra autisme, bertujuan untuk menyantuni dan memahami keperluan mereka dalam kehidupan harian.

Kementerian Perumahan dan Kerajaan Tempatan (KPKT) melalui Jabatan Perancangan Bandar dan Desa, sudahpun menjalankan kajian dan membina kerangka panduan pelaksanaan bandar mesra autisme.

Isa selaras dengan Agenda Perbandaran Baharu atas prinsip 'tidak ada yang tertinggal di belakang'. Ini bukan hanya mengenai mencipta bandar yang mesra autisme, tetapi juga membina masyarakat berempati dan inklusif terhadap kepelbagaian.

Bandar mesra autisme adalah konsep pembangunan yang menyediakan persekitaran sesuai untuk individu autisme dalam setiap aspek kehidupan, dari infrastruktur fizikal hingga perkhidmatan sokongan.

Inisiatif ini tidak hanya tertumpu untuk meningkatkan kualiti kehidupan individu autisme, tetapi juga untuk memastikan bahawa mereka dapat mengintegrasikan diri dalam masyarakat.

Antara ciri utama bandar mesra autisme adalah reka bentuk bandar yang sensitif terhadap keperluan sensori individu autisme. Ini termasuklah ruang terbuka yang tenang dan selamat, pengurusan bunyi terkawal, penyediaan kemudahan awam mesra autisme, serta pengangkutan awam fleksibel dan mudah diakses.

Wujudkan kemudahan sesuai keperluan

Selain itu, bandar mesra autisme juga menyediakan capaian kepada perkhidmatan kesihatan dan pendidikan yang khusus kepada mereka. Ini termasuklah pusat terapi awal, lokasi pembelajaran

ran khas dan sokongan pekerjaan yang disesuaikan dengan kebolehan mereka.

Pengiktirafan terhadap keperluan golongan autisme juga diberi penekanan melalui pelbagai kemudahan komuniti yang ditawarkan dalam bandar mesra autisme. Contohnya, terdapat pusat rekreasi yang menggalakkan interaksi sosial positif, serta program latihan untuk memperkukuhkan kemahiran sosial dan kehidupan sehari-hari.

Kerjasama antara pihak kerajaan, pertubuhan bukan kerajaan (NGO) dan komuniti tempatan adalah kunci kejayaan pembangunan bandar mesra autisme. Ini membabitkan perancangan pembangunan teliti, penyediaan peruntukan kewangan, serta pembabitkan aktif masyarakat dalam proses perancangan dan pelaksanaan.

Pembangunan bandar mesra autisme bukan sahaja membawa manfaat kepada individu autisme, tetapi juga kepada masyarakat secara keseluruhan. Ini kerana konsep inklusif ini memupuk semangat kepelbagaian dan penghormatan terhadap keperluan individu berbeza, membawa kepada masyarakat yang lebih harmoni dan berdaya saing.

Walaupun terdapat pencapaian yang signifikan, masih banyak cabaran perlu ditangani. Antaranya termasuklah kesedaran dan pemahaman lebih luas dalam masyarakat, peluang pekerjaan dan akses mudah kepada perkhidmatan sokongan.

Jika ada usaha berterusan dan komitmen yang teguh, pembangunan bandar mesra autisme akan terus menjadi model terbaik dalam menyantuni dan memperkasa golongan itu.

Isa adalah langkah penting menuju ke arah masyarakat yang lebih adil, inklusif dan berdaya saing bagi semua.



Pusat sokongan awal
penuhi keperluan pendidikan
anak autisme. (Foto hiasan)

BERITA HARIAN
Tarikh 09 APR 2024

Budayakan amalan kelestarian alam ketika Syawal

2014/15



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Mencegah pembaziran ketika perayaan, termasuk Aidilfitri menjadi tanggungjawab bersama. Malah, Kementerian Sumber Asli dan Kelestarian Alam (NRES) turut menyuarakan sambutan hari raya tahun ini dibuat lebih positif dengan membudayakan amalan kelestarian alam sekitar.

Ini menuntut umat Islam merancang penyediaan juadah untuk tetamu bagi mengelakkan pembaziran makanan dan peningkatan lambakan plastik sekali guna.

Pembaziran dan pembuangan makanan berpunca daripada pembelian berlebihan, persiapan makanan tidak teratur serta kurang kesedaran terhadap nilai makanan itu sendiri. Sisa makanan bukan sahaja merujuk kepada apa dihasilkan apabila memasak atau selepas makan, tetapi sisa organik seperti buah dan sayur dibuang kerana tidak 'sempurna'.

Rekod menunjukkan rakyat Malaysia membuang 38,000 tan sisa domestik setiap hari sedangkan

4,080 tan daripada jumlah itu masih boleh dimakan. Jika kita mampu mengawal penghasilan makanan dan menyelamatkan makanan masih boleh dimakan, kita sudah selangkah mengatasi masalah individu kelaparan di negara ini.

Elak plastik sekali guna

Penggunaan pembungkusan plastik sekali guna ketika menyediakan hidangan menyumbang juga kepada masalah pembaziran. Plastik sekali pakai antara bahan paling banyak digunakan ketika hari raya sedangkan ia paling merosakkan alam sekitar kerana mengambil masa antara 400 hingga 1000 tahun untuk terurai.

Kesan dibawa pembuangan plastik secara tidak teratur adalah amat menakutkan. Malaysia menghasilkan 0.94 juta tan sisa plastik terbuang dan lebih kurang 40 peratus terbuang ke lautan. Daripada keseluruhan sisa pepejal dihasilkan di negara ini, 13 peratus daripadanya ialah sisa plastik. Peningkatan lambakan sisa plastik ketika perayaan akan meningkatkan lagi statistik ini.

Justeru, demi mengelakkan sambutan hari raya dikaitkan pembaziran makanan dan peningkatan

plastik sekali buang, umat Islam perlu merancang pembelian dengan bijak seperti membuat senarai perbelanjaan terperinci berdasarkan keperluan sebenar, menetapkan bajet munasabah dengan jumlah wang dimiliki serta membeli barang dalam kuantiti sesuai dengan bilangan jangkakan tetamu.

Masyarakat juga perlu amal pengurusan sisa makanan yang bijak, termasuk menyimpannya untuk dimakan semula atau menggunakannya kembali untuk hidangan baharu, selain atau menyumbangkan makanan kepada mereka memerlukan.

Program sukarelawan tempatan atau organisasi amal boleh dijadikan saluran menyumbangkan makanan kepada golongan kurang bernasib baik.

Hakikatnya, kelestarian alam sekitar perlu diberi perhatian serius demi kepentingan sejagat. Masyarakat perlu mengubah gaya hidup kepada kehidupan lebih mesra alam agar kelestarian alam sekitar dapat dikekalkan. Segala keputusan berada di tangan kita, sama ada ingin berterusan mengamalkan budaya menjayakan persekitaran dengan mengikut kehendak hati atau berubah dari segi pengetahuan, amalan dan sikap yang menjurus kepada kelestarian persekitaran.

BERITA HARIAN
Tarikh 09 APR 2024

Banyak hutang cetus masalah sosial

PETALING JAYA: Kecenderungan penjawat awam untuk berhutang perlu ditangani kerana tindakan itu hanya akan menimbulkan pelbagai masalah sosial.

Bercakap kepada *Utusan Malaysia*, pensyarah ekonomi dari Universiti Malaya (UM), Prof. Dr. Mohd. Nazari Ismail berkata, memburukkan keadaan apabila pinjaman itu melibatkan ah long.

"Kebiasaannya, pemberi hutang akan terus menggalakkan pelanggan mereka berhutang bagi menambahkan keuntungan mereka.

"Ini satu trend yang tidak baik kerana apabila ramai berhutang, macam-macam masalah sosial akan timbul dan apabila kadar pinjaman terlalu tinggi, bertambah sukar untuk mereka keluar," katanya ketika dihubungi.

Menurut beliau, pinjaman

ah long pula kini kebanyakannya sudah dijenamakan sebagai kredit komuniti untuk menggalakkan orang ramai berhutang.

Semalam, akhbar ini melaporkan, Angkatan Koperasi Malaysia Berhad (Angkasa) menguruskan hampir RM1.2 bilion sebulan atau RM14.4 bilion setahun bayaran balik 800,000 penjawat awam yang membuat pinjaman dengan pelbagai institusi kewangan dan koperasi.

Jumlah pinjaman keseluruhan berubah-ubah setiap masa kerana setiap hari ada pinjaman habis dibayar dan terdapat permohonan baharu diluluskan kepada peminjam.

Sementara itu, Profesor Madya Dr. Ahmed Razman Abdul Latiff dari Putra Business School (PBS) pula berkata, isu ketidakmampuan untuk mem-

bayar semula hutang perlu diberi perhatian serius.

"Kebanyakan tahap keberhutan mereka lebih tinggi berbanding gaji yang diterima kerana mereka berbelanja tanpa perancangan disebabkan tiada komitmen berkaitan pemilikan rumah dan kos lain seperti penyenggaraan, cukai dan sebagainya.

"Penjawat awam perlu lebih peka kepentingan literasi kewangan peribadi dari awal perkhidmatan.

"Sebagai contoh, perancangan kewangan yang teratur sepanjang tempoh perkhidmatan perlu ditekankan pada setiap peringkat bagi melengkapkan diri dengan ilmu dan disiplin yang tinggi berkenaan literasi kewangan bagi menjamin persaraan yang tenang," katanya.

um
9/4

Aidilfitri bukan untuk bermewah-mewah um 9/4

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PETALING JAYA: Kira-kira 20 juta umat Islam di negara ini dinasihatkan tidak berbelanja melebihi kemampuan kerana sambutan Aidilfitri bukanlah satu sunnah untuk bermewah-mewah.

Yang Dipertua Persatuan Ulama Malaysia (PUM), Datuk Wan Mohamad Sheikh Abd Aziz berkata, masyarakat Islam memang dituntut untuk menyambut Aidilfitri dalam suasana yang bergembira melalui pelbagai cara dan pendekatan.

Paling utama, katanya, adalah dengan mengeratkan lagi hubungan silaturahim melalui aktiviti ziarah, saling mendoakan serta ingat mengingati.

"Hakikatnya, kita mahu zahirkan kegembiraan kerana kita telah berjaya melalui satu proses madrasah Ramadan yang boleh menjana kekuatan kerohanian untuk berdepan dengan 11 bulan berikutnya sehingga Allah izinkan kita bertemu semula dengan Ramadan akan datang.

"Pastinya dalam menzahirkan kegembiraan, ia termasuk dengan kita bersikap murah hati berbelanja khususnya kepada orang tersayang, ahli keluarga dan jiran kerana saling menghadihkan satu sunnah mulia, yang bergantung kepada kemampuan dan keupayaan.

"Namun sambutan Aidilfitri bukan untuk bermewah-mewah, tetapi ia lebih kepada memberi



TOKOH agama menasihatkan umat Islam yang kini sibuk membuat persiapan akhir termasuk pulang ke kampung untuk berhari raya agar bersederhana meraikan lebaran esok. - UTUSAN/AMIR KHALID

nilai kasih sayang dan ingatan yang terpatut dalam hati dan fikiran kita," katanya ketika dihubungi, semalam.

Justeru, Wan Mohamad yang juga Timbalan Pengerusi Institut Kefahaman Islam Malaysia (IKIM) berkata, orang ramai perlu berbelanja secara berhemah dan elak pembaziran.

Sementara itu, Pengerusi PUM Wilayah Persekutuan, Datuk Mohamad Abdullah berkata, umat Islam disaran meneruskan sebahagian besar amalan yang dilakukan Ramadan pada bulan-bulan seterusnya terutama menaikkan solat berjemaah di masjid serta menghadiri majlis ilmu.

"Kena jaga hasil daripada sebulan latihan pada Ramadan.

Apabila sudah raya, mahu mula semula mungkin lambat, jadi tidak boleh ditinggalkan. Kena sentiasa bersama," katanya.

Dalam pada itu, Timbalan Dekan, Sekolah Perniagaan dan Ekonomi Universiti Putra Malaysia (UPM), Profesor Madya Ts. Dr. Anuar Shah Bali Mahomed berkata, umat Islam disaran berbelanja mengikut keperluan pada sambutan Aidilfitri kali ini.

Katanya, ia susulan keadaan ketidaktentuan ekonomi, kenaikan kos sara hidup serta peningkatan sebahagian harga barangan.

"Jangan berlebihan berbelanja sebab akan menyebabkan kita berhadapan defisit atau tidak cukup wang selepas musim perayaan," katanya.

Kes denggi di Johor kedua tertinggi selepas Selangor

JOHOR BAHRU - Kes denggi di negeri ini dilihat membimbangkan dengan peningkatan mendadak apabila 4,848 kes dilaporkan sehingga 30 Mac berbanding 1,907 kes bagi tempoh sama tahun lalu.

Exco Kesihatan dan Alam Sekitar negeri, Ling Tian Soon berkata, lapan kematian dicatatkan akibat komplikasi demam denggi berbanding dua kematian bagi tempoh sama tahun lalu.

Menurutnya, situasi itu menjadikan negeri ini menjadi yang kedua mencatatkan jumlah kes denggi tertinggi di peringkat kebangsaan selepas Selangor.

"Jumlah terkumpul lokaliti wabak ialah 737 kes berbanding 229 kes bagi tempoh sama tahun lalu iaitu peningkatan 508 lokaliti.

"Johor adalah negeri tertinggi melaporkan kematian akibat komplikasi denggi dengan lapan kematian. Peningkatan denggi secara langsung memberi kesan kepada bilangan kes kematian.

"Situasi ini juga berkait rapat bebanan dihadapi pihak hospital. Oleh itu, bagi

mengurangkan insiden kematian, aktiviti kawalan dan pencegahan perlu dipergiatkan bagi mengurangkan kes demam denggi," katanya dalam satu kenyataan pada Isnin.



TIAN SOON

Menurut Tian Soon, musim perayaan menyebabkan pergerakan masyarakat meningkat seterusnya meningkatkan risiko berlakunya jangkitan demam denggi.

Katanya, langkah pencegahan perlu dilakukan supaya kediaman bebas nyamuk aedes.

"Peranan membendung kes denggi bukan hanya terletak kepada Jabatan Kesihatan semata-mata tetapi

perlu membabitkan kerjasama pelbagai jabatan, agensi, syarikat swasta, badan bukan kerajaan dan masyarakat awam termasuk sukarelawan.

"Terdapat lima kategori premis tertinggi mencatatkan peratus pembiakan positif nyamuk aedes perlu diberi perhatian iaitu tanah lot kosong, taman permainan/rekreasi, projek rumah terbengkalai, tapak binaan dan tanah perkuburan," katanya.



GELOMBANG ALTERNATIF BEBAS ASAP

Produk alternatif bebas asap adalah pilihan lebih baik daripada merokok

Selama beberapa dekad, rokok telah mendominasi landskap Malaysia, meninggalkan kesan dan ketidakseimbangan kesihatan dalam kalangan umum.

Situasi ini tidak menghalang revolusi alternatif bebas asap untuk berkembang menawarkan laluan ke arah masa depan yang lebih sihat.

Walaupun istilah 'alternatif bebas asap' kedengaran asing sehingga baru-baru ini, perjalanan alternatif bebas asap sudah bermula sejak awal 2000-an dengan pengenalan e-rokok dan kini, muncul pula produk tembakau dipanaskan.

Meskipun fungsi rokok, vape dan produk tembakau dipanaskan kelihatan sama, tetapi setiap produk ini mempunyai perbezaan dan pemahamannya penting bagi pengguna membuat pilihan termaklum tentang kesihatan mereka.

Mitos alternatif bebas asap

Umum mengetahui rokok digunakan dengan membakar tembakau. Dalam satu artikel yang ditulis oleh Ketua Penglibatan Saintifik PMI di Amerika Latin dan Kanada, Dr Andrea Constantini, proses

pembakaran rokok boleh mencecah suhu dari 400 hingga melebihi 800 darjah Celsius semasa dihisap.

Asap rokok ini mengandungi sisa-sisa karbon atau tar serta lebih daripada 6,000 bahan kimia yang mana lebih daripada 100 bahan kimia ini telah dikenal pasti berbahaya dan berpotensi bahaya kepada individu.

Berbeza dengan rokok, e-rokok dan vape berfungsi dengan mengewapkan cecair nikotin dan menawarkan alternatif bebas asap kepada perokok yang mahukan pilihan yang kurang berisiko.

Kandungan nikotin dalam cecair vape juga berbeza-beza.

Sementara itu, peranti tembakau yang dipanaskan pula berfungsi dengan memanaskan tembakau pada suhu terkawal tanpa perlu membakar bagi membebaskan nikotin.

Banyak kajian menunjukkan kaedah pemanasan tembakau ini mampu mengurangkan pembentukan bahan kimia yang berbahaya dan berpotensi berbahaya sebanyak 95 peratus berbanding dengan rokok.

Perbezaan ini penting bagi menghapuskan tar dan karsinogen berbahaya

dihasilkan melalui pembakaran seterusnya berpotensi mengurangkan risiko penyakit berkaitan rokok.

Walaupun bagaimanapun, persepsi orang ramai kekal dikaburi oleh ketidakseimbangan mengenai kesan kesihatan mereka untuk jangka masa panjang selain kesedaran yang rendah dalam kalangan umum tentang alternatif bebas asap.

Antara salah faham lain yang biasa berlaku dalam kalangan umum ialah nikotin menjadi punca utama di sebalik penyakit berkaitan rokok.

Walaupun nikotin menyebabkan ketagihan, bukti saintifik menunjukkan tar dan kandungan toksin dalam asap rokok yang dihasilkan ketika pembakaran rokok menjadi punca kepada penyakit berkaitan rokok seperti kanser, penyakit jantung dan masalah pernafasan, bukanlah nikotin.

Tidak seperti rokok yang membakar dan menghasilkan campuran bahan kimia berbahaya, produk alternatif bebas asap seperti vape dan peranti tembakau yang dipanaskan membebaskan nikotin tanpa melibatkan pembakaran.

Alternatif ini sekali gus mengurangkan jumlah dan

jenis bahan kimia berbahaya yang dikeluarkan.

Walaupun tidak sepenuhnya bebas risiko, produk ini menawarkan alternatif pengurangan bahaya buat perokok yang memilih untuk tidak mahu berhenti sepenuhnya.

Masa depan bebas asap rokok

Salah faham yang berlaku sejak kemunculan alternatif bebas asap ini jelas menunjukkan keperluan untuk kesedaran dan pendidikan yang lebih besar bagi menghapuskan mitos serta memastikan

wacana awam yang bermaklumat.

Dengan memupuk dialog terbuka, menjalankan penyelidikan yang teliti, dan melaksanakan polisi berasaskan bukti, Malaysia boleh membuka jalan untuk masa depan di mana pilihan bebas asap rokok menjadi kebiasaan, melindungi kesihatan awam dan memperkasakan perokok dengan pilihan termaklum.

Usaha seperti ini akan memberikan peluang untuk meneroka strategi pengurangan bahaya kepada

perokok.

Hanya dengan itu Malaysia boleh menavigasi landskap yang kompleks ini dan mencipta masa depan di mana penyakit berkaitan rokok menjadi sejarah.

Walaupun produk alternatif bebas asap adalah pilihan lebih baik daripada merokok, ia masih tidak membebaskan pengguna daripada risiko kesihatan.

Justeru, keputusan terbaik yang harus diambil adalah dengan tidak mendedahkan diri kepada kegiatan merokok.



KEPUTUSAN terbaik harus diambil dengan tidak mendedahkan diri kepada kegiatan merokok.