



ARBA
FOUNDATION

IMPACT REPORT 2022



We Help Children in Malaysia Escape **Poverty Trap**

ARBA Foundation was featured on the front page of Sinar Harian on September 10, 2022.



Impak selepas Covid-19

Satu daripada lima kanak-kanak di Malaysia hidup di bawah paras kemiskinan

Peraturan kanak-kanak yang tinggal dalam keluarga isi rumah miskin di negara ini dianggarkan meningkat hampir 20 peratus selepas pandemik Covid-19, dengan satu daripada lima berada di bawah garis kemiskinan.

Situasi itu disebabkan pendapatan ibu bapa mereka terjejas akibat pandemik, malah lebih tinggi berbanding peratusan kenaikan kadar kemiskinan.

LAPORAN KHAS

nyebabkan pendapatan ibu bapa berkurang, maka perbelanjaan makanan yang lebih berkhasiat untuk kanak-kanak juga menurun," kata bekas penasihat ekonomi kepada bekas Perdana Menteri, Tun Dr Mahathir Mohamad di

Beliau berkata demikian ketika berucap pada program bual bicara bertajuk ARBAtalk: Kemiskinan Kanak-Kanak di Malaysia anjuran ARBA Foundation yang berlangsung di Putrajaya di sini.



MUHAMMAD

"Kita memerlukan tenaga buruh yang produktif. Jika kanak-kanak sekarang mai yang tidak sahat dan kurang pendidikan yang baik, produktiviti mereka akan berkurang dan pendapatan tidak di tahap optimum.

"Ini memberi kesan kepada perkembangan ekonomi negara," ujarnya.

FAKTA kemiskinan kanak-kanak di Malaysia

- Malaysia mempunyai 0.3 juta anak-kanak di bawah umur 18 tahun. Diperkirakan jumlah itu lebih dari 100 orang hidup dalam kemiskinan.
- Menurut Laporan Tabung Kanak-kanak dan Pembangunan Bangsa-Bangsa Bersekutuan (UNICEF), seramai 177 juta kanak-kanak yang tinggal dalam kemiskinan relatif. Angkanya tersebut boleh meningkat kerana ramai kanak-kanak tidak lahir dalam keluarga dengan kehidupan cukup.
- Sebanyak 85 peratus kanak-kanak sekolah datang daripada kawasan kurang maklumat.
- Sebanyak 22 peratus kanak-kanak belum tamat lima tahun yang tinggal dalam lingkungan miskin.
- Kemiskinan menyebabkan perkahwinan awal untuk perempuan.
- Sebanyak 9.2 peratus kanak-kanak disahkan kelangka B40 mengalami masalah makanan.
- Kanak-kanak yang tidak mempunyai wang pengiraan tidak mempunyai dokumen pendidikan.
- Lapan derajad mal.
- Anak mempunyai akses internet semasa Perintah Kawalan Pergerakan (PKP).

• Sumber : Wiki Impact

Hampir 120 jenis bantuan disediakan, tetapi tidak ramai tahu

YAH—Kerajaan perlu memperkasa pemberian bantuan untuk baki masyarakat golongan A1 kepada golongan B1 dan C1. Peranan pendidikan, pembangunan, dan kesihatan dalam meningkatkan taraf hidup masyarakat, terutama golongan B1 dan C1, adalah sangat penting. Oleh itu, kerajaan perlu memperkasa pemberian bantuan untuk golongan B1 dan C1.

Menurutnya, bagi Bantuan Kaabah (BK) daripada Jabatan Kebajikan Masyarakat (JKM), dianggarkan secara dalaman, selain pusat zakat, dan negeri, selain pusat zakat.

Program bantuan sudah ada tetapi ramai yang tidak tahu. Program bantuan sudah ada tetapi ramai yang tidak tahu.

Sumber: Wiki Impact

PUTRAJAYA - Kerajaan perlu memperluaskan liputan pemberian bantuan untuk kanak-kanak bagi memastikan golongan itu mendapat keperluan kesihatan, pemakanan dan pendidikan secukupnya.

Pakar ekonomi, Dr Muhammad Abdul Khalid berkata, ketika ini terdapat hampir 20 jenis bantuan untuk kanak-kanak yang disalurkan kerajaan Persekutuan.

Menurutnya, bagi Bantuan Kanak-Kanak (BKK) daripada Jabatan Kebajikan Masyarakat (JKM), dianggarkan hanya seorang daripada 100 kanak-kanak yang menerima inisiatif tersebut.

"Dalam kalangan kanak-kanak keluarga B40, hanya lapan peratus yang mendapat bantuan JKM ini.

"Program bantuan sudah ada tetapi liputannya amat rendah sekali. Ini harus diperluaskan supaya semua kanak-kanak dapat menikmati peruntukan disediakan secara sama rata," katanya ketika berucap pada program bual bicara bertajuk ARBAtaik: Kemiskinan Kanak-Kanak di Malaysia yang berlangsung di Putrajaya. Ujar Mohamed, pemberian bantuan

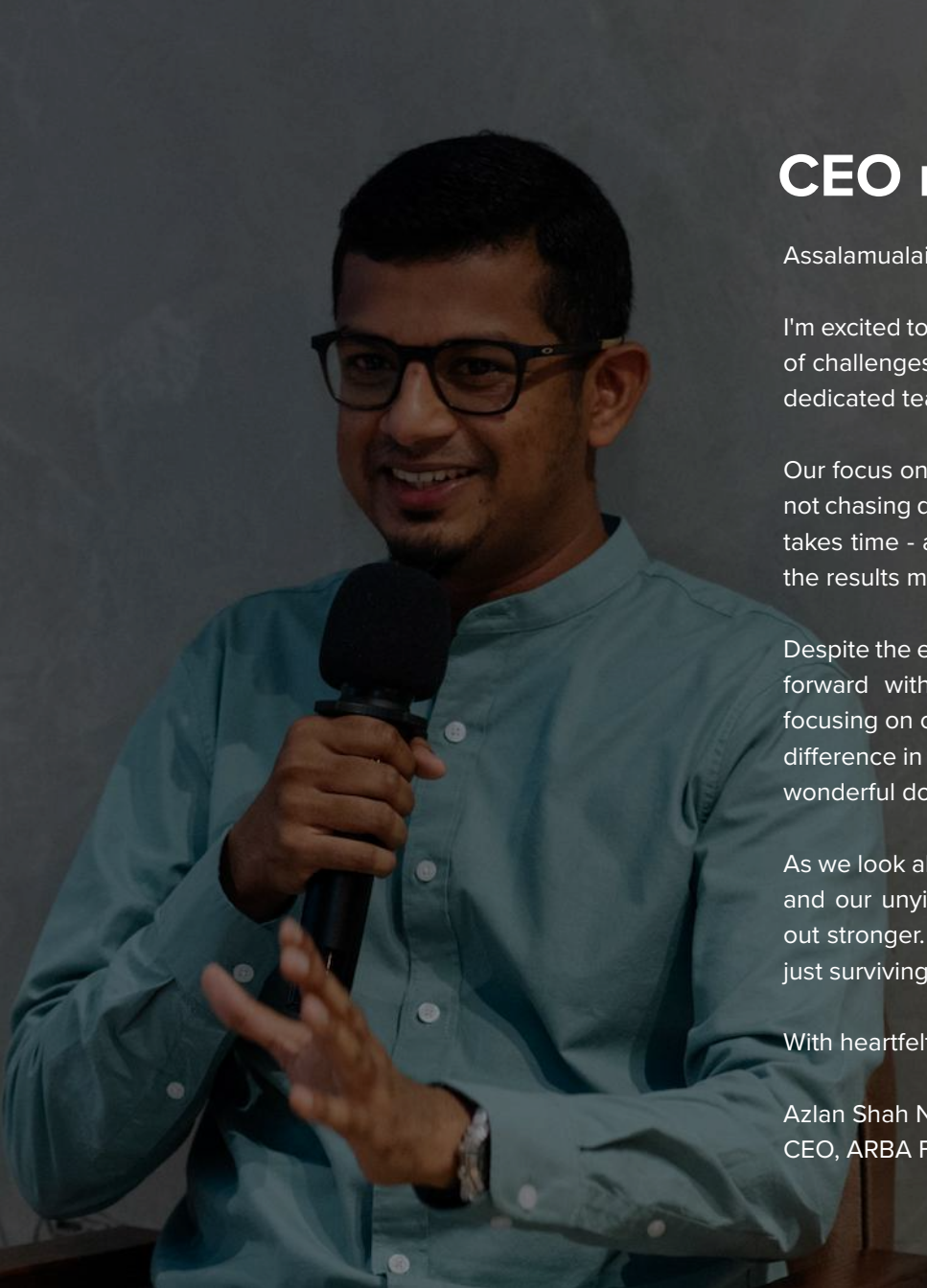
"Jika kita tidak berbuat demikian, kos menanganis isu ini akan jadi lebih tinggi pada masa akan datang. Maksudnya kos pencegahan adalah lebih murah," jelas beliau.

WAKTU	JAMUAN	STUNDEN	ZUMUH	ASAR	MALAM	ISYAK
PERUB	6:02	7:10	1:18	4:21		
AKOM SYARI	6:02	7:08	1:18	4:20	7:23	6:32
PERUB/PERUB	6:02	7:08	1:18	4:20		
PERUB	6:02	7:08	1:18	4:20		

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A man with short dark hair, glasses, and a light blue button-down shirt is speaking into a black microphone. He is smiling and gesturing with his right hand. The background is a plain, light-colored wall.

CEO remarks

Assalamualaikum & hello to our incredible supporters and friends,

I'm excited to share our ARBA Foundation's 2022 Impact Report. This past year has been full of challenges, but I'm overjoyed to tell you that we've made real progress, all thanks to our dedicated team and the continuous love from our donors.

Our focus on combating children's poverty adds a layer of complexity to our mission. We're not chasing quick fixes; we're in it for the long game. Changing the lives of these young souls takes time - and patience. But let me assure you, your support makes a difference, even if the results might take a little longer to surface fully.

Despite the economic uncertainty, ARBA Foundation has not only held its ground but moved forward with determination. We've kept pushing boundaries, thinking creatively, and focusing on our mission. We didn't just weather the storm - we managed to make a genuine difference in the lives we . And guess what? None of this would have happened without our wonderful donors' unwavering support and generosity.

As we look ahead, there's still uncertainty. Yet, I'm confident that, together with your support and our unyielding determination, ARBA Foundation will overcome challenges and come out stronger. This report isn't just about numbers; it's a tribute to your faith in us. We're not just surviving - together we're thriving, innovating, and leaving a lasting mark.

With heartfelt gratitude,

Azlan Shah Nabees Khan
CEO, ARBA Foundation

Our Mission

BREAKING THE POVERTY CYCLE

Our mission is to help children escape the poverty cycle in one generation.



Our Principles

GENUINE
ROOTED
IMPACTFUL



Breakthrough



Inauguration of Adiwira and Teroka

After extensive research and planning on the additional values required for poor children, our two new programs, Adiwira and Teroka, were finally launched.



Consistent One Off

Emergency online applications were opened throughout the year for anyone in need of one-off assistance and prior to approval, a thorough screening is completed within 72 hours.



Projek Susu Ibu Development in Kelantan

Following the halt imposed by Covid-19 and the Movement Control Order, Projek Susu Ibu operations have now resumed in Kelantan with positive development.

Breakthrough



Closer Relationship

As the year advances, the ongoing two-way connection helps to break down communication hurdles and build understanding between our team and families under Nadi.



Invention of Nadi Progress Book

A personalized progress book was invented as a diary for each family to chart their daily expenditures, dietary intake, and emotions. The book helps in determining whether or not the aids contribute to significant changes in each family.



Peninsular Visits

A successful excursion to visit every family under our care across the states of Peninsula Malaysia was completed. Every home setting and family dynamic was thoroughly observed in order to fully comprehend their predicament.



Work in Progress



RM 459,726.77

donation distributed

7,144

individuals benefitted

1,243

families benefitted

7

projects



Our Programs

Short Term

One-off financial assistance programs that provide immediate and short-term solution to beneficiaries who are in desperate need of immediate assistance for various factors.

**Bantuan
Pasca-Bah**

**Bantuan
Infaq Ramadan**

**Bantuan
"One-off"**

Long Term

A customised long-term commitment designed and executed through whole family approach. The impact is measure through data collection, analysis and monthly progress evaluations.

Nadi

Adiwira

Teroka

**Projek
Susu Ibu**

Short-term Programs



Bantuan Pasca Bah

RM 60,000 donation distributed
895 individuals benefitted
179 families benefitted

Flood Disaster

The flooding that affected eight states across Malaysia in late December and early January resulted in overall losses of RM6.1 billion, (Department of Statistics). An estimated total victim was 125,000 and more than 71,000 residents were evacuated from their home (Agensi Pengurusan Banjir Malaysia NADMA, 2022)

Heavy Downpour

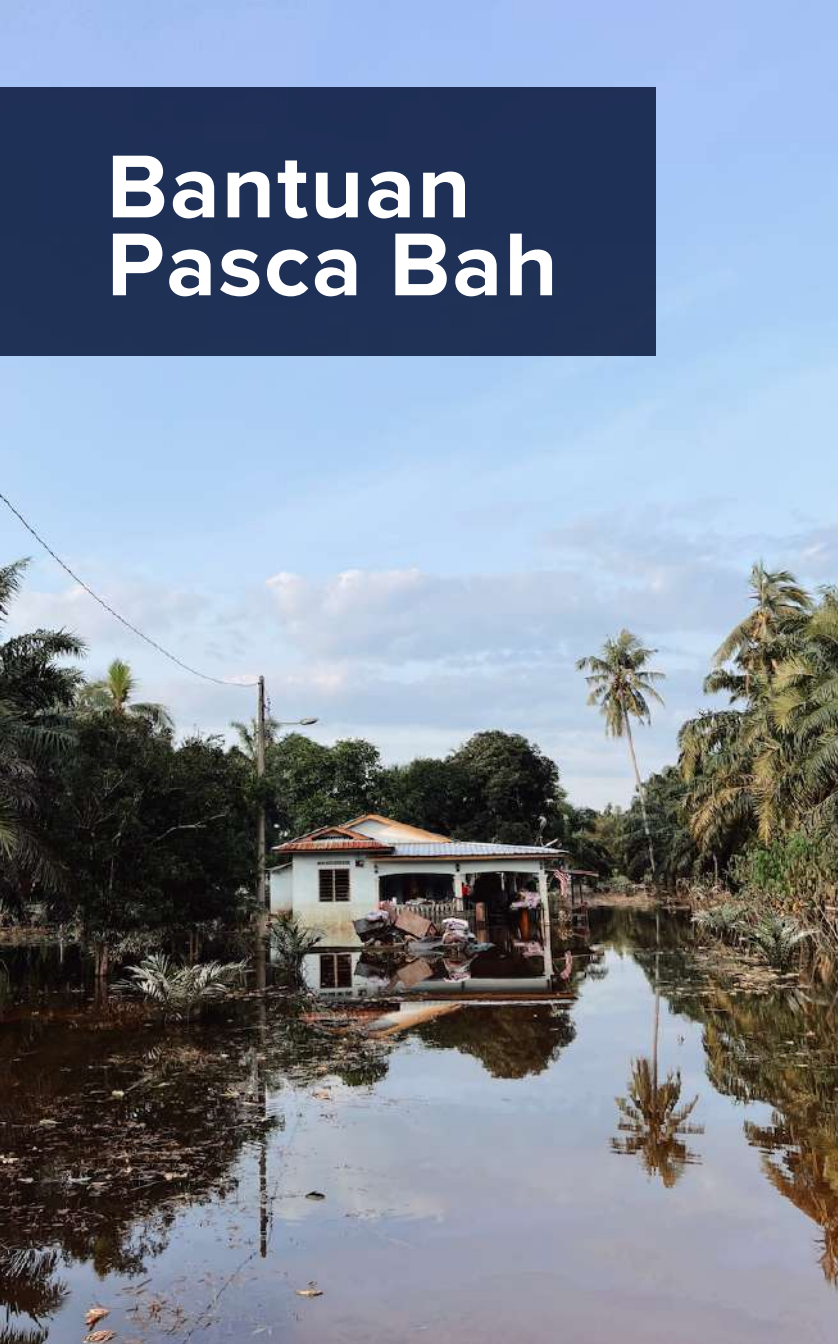
Unlike previous years, the rain poured so much in the Klang Valley. The first 48 hours saw the situation as chaotic. Appeals for help and assistance in the Klang Valley filled the social media airwaves.

Widespread Damage

Widespread damages were reported in the states of Selangor and Pahang, especially the district of Hulu Langat and the city of Shah Alam as well as Bentong, Mentakab and Temerloh.

Post Flood Assistance

In an effort to lessen the burden of the flood victims, we offered monetary help channelled through online applications and in districts of Sepang, Shah Alam, Bentong, Jengka and Johor.



#PeduliMangsaBanjir #PascaBah



Bentong, Pahang



Kg Kebun Bungah, Seksyen 22, Shah Alam



Kg Labohan Dagang, Banting



Kg Kebun Bungah, Seksyen 22, Shah Alam



Kg Labohan Dagang, Banting



Hulu Langat

Bantuan Infaq Ramadan

RM 140,750 donation distributed
2,682 individuals benefitted
1,523 children benefitted
447 families benefitted

Charitable Holy Month

Ramadhan is a month of immense blessings in our community and it is our largest one-off campaign to help low-income families who are unable to observe Ramadan in the way they want due to poverty and instability.

Cheer Them Up

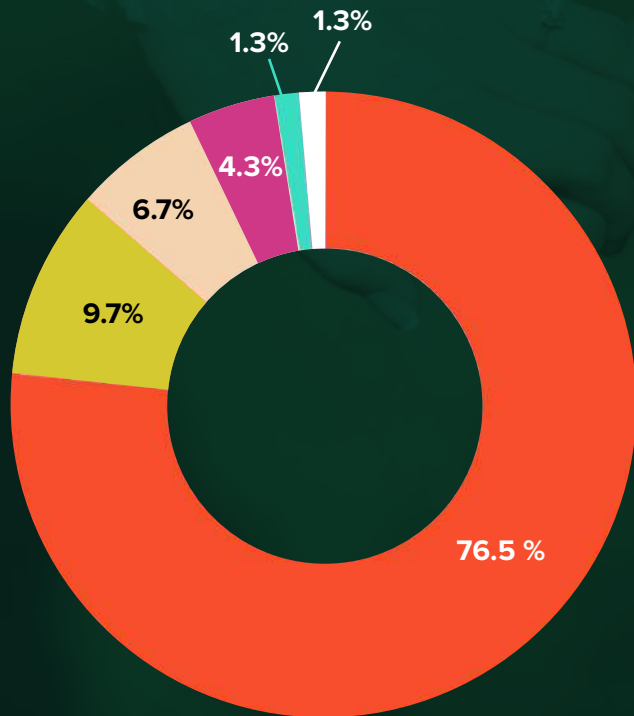
Through Bantuan Infaq Ramadhan, we helped the family to secure their basic needs and help make a positive difference in the lives of their children.

Being On The Edge

While there were signs that the Malaysian economy had recovered from the debilitating effects of the pandemic. The challenges remain for the low income families. Some have started to recover while many have continued to deteriorate and were close to breaking point.



Marital status of the beneficiaries

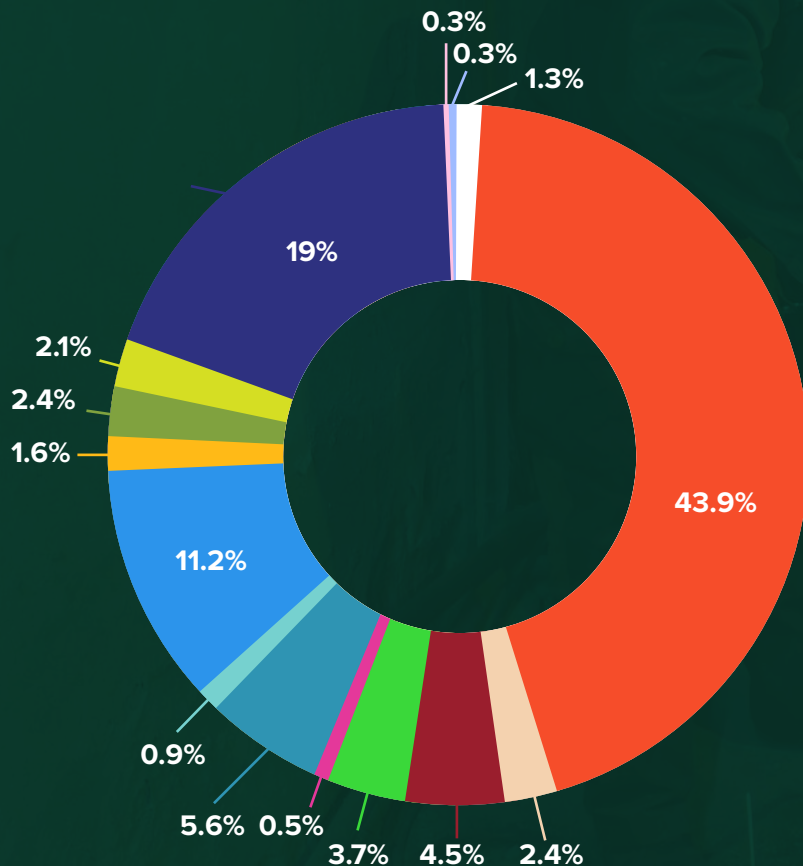


Legend

-  married
-  divorced
-  abandoned
-  widowed
-  spouse imprisoned
-  single

Type of occupation of the beneficiaries

42.3% are housewives who rely solely on their spouse's income to care for their children because they could not afford childcare or preschool fees.



Legend

	Cleaner		Shop Assistance
	Unemployed		Babysitter
	Farmer		Security Guard
	Laborer		Dispatch
	Self-employed		Smal Business
	Fisherman		Cook
	General Worker		Teacher
	Driver		

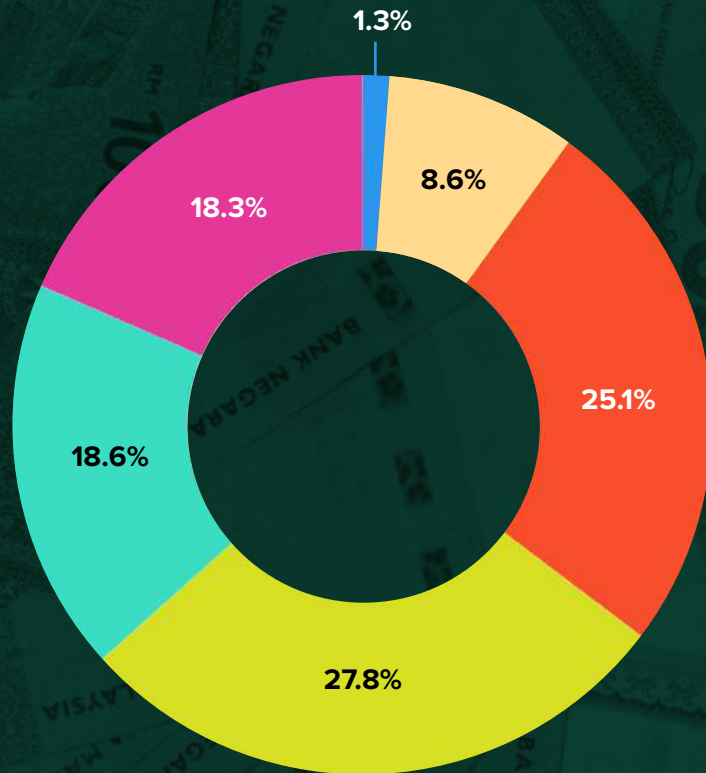
Beneficiaries income range

More than

90.1%

are earning
less than

RM1,500

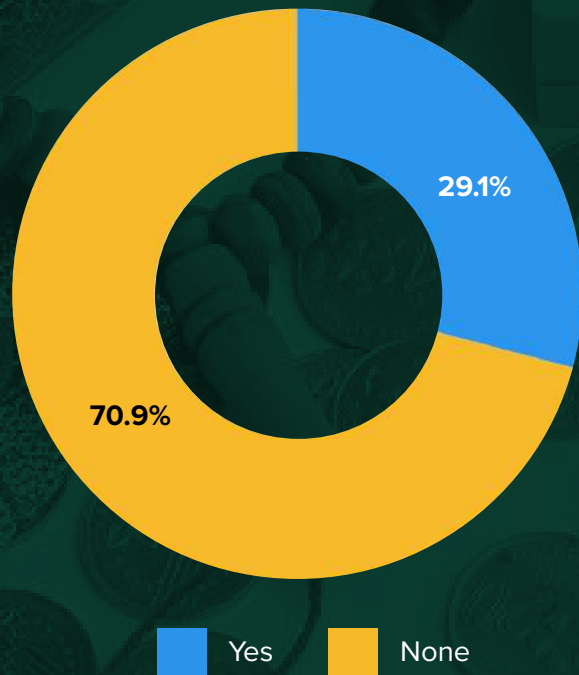


Legend

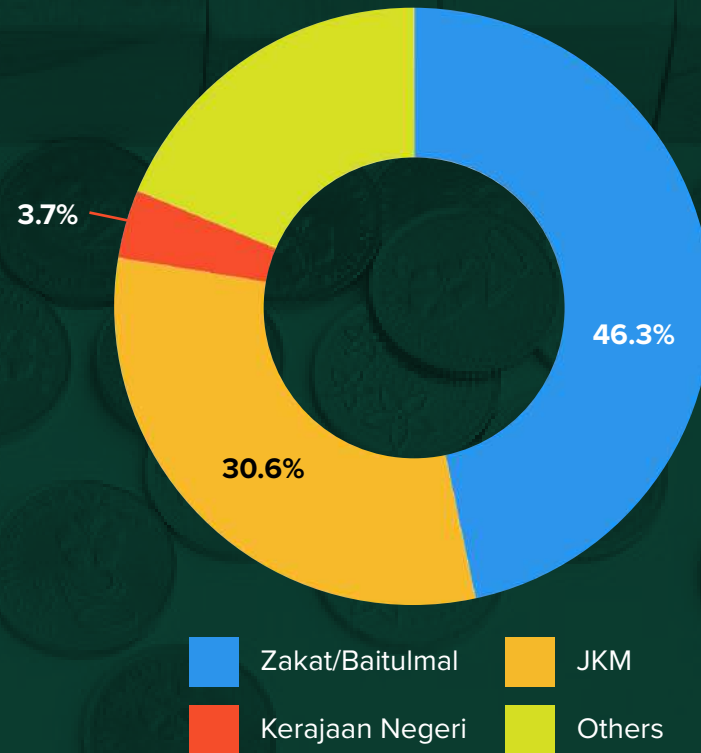
- RM 2,000 - RM 2,500
- RM 1,500 - RM 2,000
- RM 1,000 - RM 1,500
- RM 700 - RM 1,000
- RM 500 - RM 700
- RM 300 - RM 500

While some families may have received assistance from Zakat/Baitulmal, JKM, the state government, the majority of families do not obtain assistance owing to insufficient documentation presentation or other challenges encountered during the application process.

Beneficiaries receive help from others



Type of help received



Beneficiaries mapping data by states





Bantuan One-off

RM 49,053 donation distributed
1,183 individuals benefitted
169 families benefitted

Emergency Needs

Every family faces unique challenges, whether it's losing a home, being unable to work and pay bills, having a child with a severe illness, or being involved in an accident. Sometimes, these difficulties may intensify seasonally, particularly during school holidays, school opening, hot season, or wet season.

Thorough Vetting

Emergency applications are submitted using online forms with needed documents and evidence attached. A comprehensive screening of every applicants will be completed within 72 hours before an approval is decided.

Beneficiaries mapping data by states

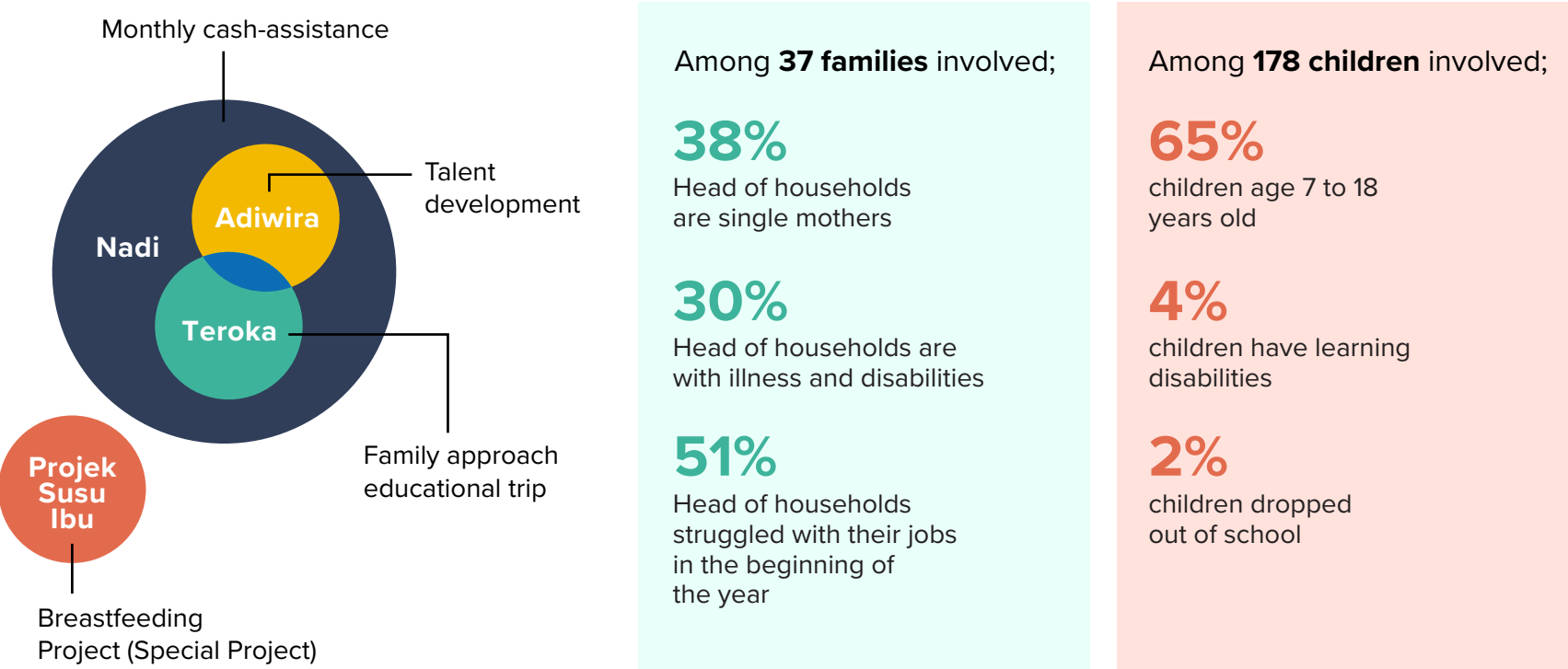


Long-term Programs



Real change takes time and customised long term solutions are the way forward

Working with our collaborators, we design and execute interventions according to the multidimensional poverty framework, focusing primarily on health, education and well-being. We measure the impact through data collection, analysis and monthly progress evaluations.



*Data are not inclusive of PSI

Projek NADI



RM 136,950 donation distributed
259 individuals benefitted for 12 months
37 families benefitted for 12 months

Lack of cash, not character

97% of low-income families cannot afford nutritious meals, decent housing, healthcare, or sufficient education for their children. The pandemic has worsened their condition. They work on several low wage jobs for long hours with no benefits and yet struggle to make ends meet. The majority are buried under immense debt.

Empower not dictate

We are assisting these families with an unconditional long-term monetary assistance program through our initiative. Each family has unique difficulties and circumstances, and we believe that families living in poverty have the right to make their own choices about how to improve their life.

**BUKU
CATATAN
PERKEMBANGAN**

ARBA
FOUNDATION

Invention of NADI progress book

A customised progress book was invented as a **diary** for each family to chart their daily expenditures, dietary intake, and emotions.

The book **helps in determining** whether or not the aids contribute to significant changes in each family's circumstances, as well as in understanding their predicament in depth.

To keep track of both earnings and expenditures to help families better understand their financial situation.

 **Baki:**

 **Baki:** $\text{RM}337.80$
 $+ \quad \underline{70.70}$
 $\text{RM } 408.50$

Diari Pemakanan

To better understand a family's eating habits and routines, as well as the foods they consume on a daily basis.

DIARI PEMAKANAN Minggu 2

Hari	Sarapan	Tengahari	Malam
Isnin	Jemput + Gandum	Nasi putih + Telur dadar	megi
Selasa	-	Nasi putih + Ikan goreng	mee goreng
Rabu	megi	Nasi Lemak bilis	Nasi Lemak bilis
Khamis	Roti Sosij	Nasi putih + ayam kungit	-
Jumaat	-	Nasi putih + Sup Telur	-
Sabtu	Jemput + Gandum	Nasi + Ikan Singgang	-
Ahad	megi	Nasi putih + Telur mata	Nasi + budu + Telur

DIARI PEMAKANAN Minggu 2

Hari	Sarapan	Tengahari	Malam
Isnin	-	Tom Yam Telor Goreng	Tom Yam
Selasa	miLO/kopi	Sup Ayam Ikan goreng	maggi
Rabu	Nasi Goreng. miLO/TEH	Sayur campur Culai Ayam	Culai Ayam Telor Goreng
Khamis	Roti miLO	Sambal Kering Ikan Goreng	Nasi Goreng.
Jumaat	Roti kopi/TEH	Ikan kering. Sup Ayam Telor.	maggi
Sabtu	-	Sambal Telor Sayur campur	Ayam Goreng sambal Telor.
Ahad	Roti miLO	Sambal bilis Ayam Goreng.	Nasi Goreng.

Cabaran

To understand the month's struggles and challenges, as well as the changes and hopes they anticipate.

Masalah dihadapi bulan lepas: ANAK YANG
KECIL KERAP TIDAK SIHAT. EXZEMA PUN
NAIK BALIK DEKAT KAKI.

Harapan bulan ini:

1. SEMOGA DAPAT DAWAK ANAK JALAN
2. DAPAT TUNJUK PERMINTAAN ANAK NAK
3. MAKANI KEC
4. SEMOGA KELAKGA KAMI DAPAT HIBUP
5. DALAM IMPIAN YANG KAMI INGIKANKAN

Masalah dihadapi bulan lepas:

semakin hari semakin terasa
membebankan keluarga dengan
kehadiran kami suami isteri dan anak².
Anak semakin membesar,
aktif, riuh, kadang² mengganggu
orang² lain nak berehat.
Anak-anak selalu kena marah.
Kesukaran nak bergerak/terbatas
sebab hujan Cuami hanya pusing moto form

Harapan bulan ini:

1. ADA TRASPORT SENDIRI
2. DAPAT MEMBERI PENDIDIKAN TERBAIK
UNTUK ANAK²
3. DAPAT BAGI ANAK RUANG TIDUR YG SELESA
(SEWARANG KAMI BERNJUAL SATU BILIK)
4. _____
5. NAK BINA RUANG TAMU JADI BILIK
6. NAK JADI IBU BAPA YANG HERAT
7. INGIN DIHARGAI ORANG SELELUNG

Diari Emosi

To monitor a family emotions throughout the months. Writing down their thoughts and feelings helps in the management of emotions and the improvement of mental health.

DIARI EMOSI
Minggu 2

ISNIN	SELASA
Tiada tempat mengadu masalah. tak nak kongs dengan suami dah sebab bukan fiksur pun.	Mengagis sepuas puasnya TO Jwa cara untuk lepaskan semua rasa yg terpendam
RABU	KHAMIS
STRESS ANAK? BUAT PERANGAI	Allah nasib baby ok, jatuh kati, kecurian diri sendiri, sebab krlalu banyak mikir
JUMAAT	SABTU
trngin nak makan keci azpi belum adaw rezeki	Baby neragam nak amunkh oisi
AHAD	
Baby neragam stress	

DIARI EMOSI
Minggu 1

ISNIN	SELASA
SUSAH HATI SENSAS BARANG SEKOLAH BELUM BELI	RISAU keperluan SEKOLAH ANAK BELUM BELI
RABU	KHAMIS
TAK BERAPA Sihat	Tiada aktiviti cuma TAK Sihat
JUMAAT	SABTU
SEDIH KEPERLUAN & BELUM SETTEL	SEDIH TIADA SEPAJANG
AHAD	
TIADA AKTIVITI	

Diari Anak

To recognize each of their children's struggles and strengths.

 **DIARI ANAK** **Anak 1** 

Nama: Muhammad Muzammil

Kelebihan: Suka tolok / degar geramah

Kelemahan: malas

Subjek Kegemaran: tak pasti

Subjek Tidak Disukai: tak pasti

Suka Bermain Di: lebih suka dokk umah

Jumlah Hari Tak Ke Sekolah: -

Cita-cita: Macam²

Keinginan Anak Bulan Ini ialah:
tak pasti sebab suka berubah

 **DIARI ANAK** **Anak 2** 

Nama: Muhammad Ramadan

Kelebihan: Suka tolong kemas rumah

Kelemahan: menjawab / takut jakuh

Subjek Kegemaran: koko / main

Subjek Tidak Disukai: disuruh²

Suka Bermain Di: Depan rumah

Jumlah Hari Tak Ke Sekolah: banyak hari

Cita-cita: x pasti

Keinginan Anak Bulan Ini ialah:
nak mandi kolam

Nota

2022/08/24 19:45

To identify each family's ideal holiday plan and dreams.

To identify each family's ideal holiday plan and dreams.

 RANCANGAN
LAWATAN/PERCUTIAN

 Lawatan/Percutian 1

1. Ke mana nak pergi: CAMERON HIGHLANDS

2. Kenapa nak pergi sana: LAMA DAH TERINGIN NAK
PETIK STRAWBERI, TAK PERNAH BERCUTI. ~~PERGI~~

3. Berapa hari: 3 HARI 2 MALAM (DAPAT SEHARI PUN
BERSYUKUR)

4. Macam mana nak ke sana: SEWA FERETA

5. Berapa duit yang diperlukan untuk lawatan/percutian ini:
~~RM2000~~ RM3000 (TAK PASTI ANGGARAN SAHAJA)

UNTUK 7 ORANG



 RANCANGAN
LAWATAN/PERCUTIAN
 Lawatan/Percutian 1

Nak pergi mana: Pulau Langkawi

Kenapa nak pergi sana: Sebab dia cantik cantik
dan anak nak masuk kindergarten

Berapa hari: 3 hari, 2 malam

Macam mana nak ke sana: Feri

Berapa duit yang diperlukan untuk lawatan/percutian ini:
3000.00 (8 orang)

How we help?

1

Need analysis

Recipients are mostly sourced from short term program such as Infaq Ramadhan and one-off programs.

2

Long-term cash assistance

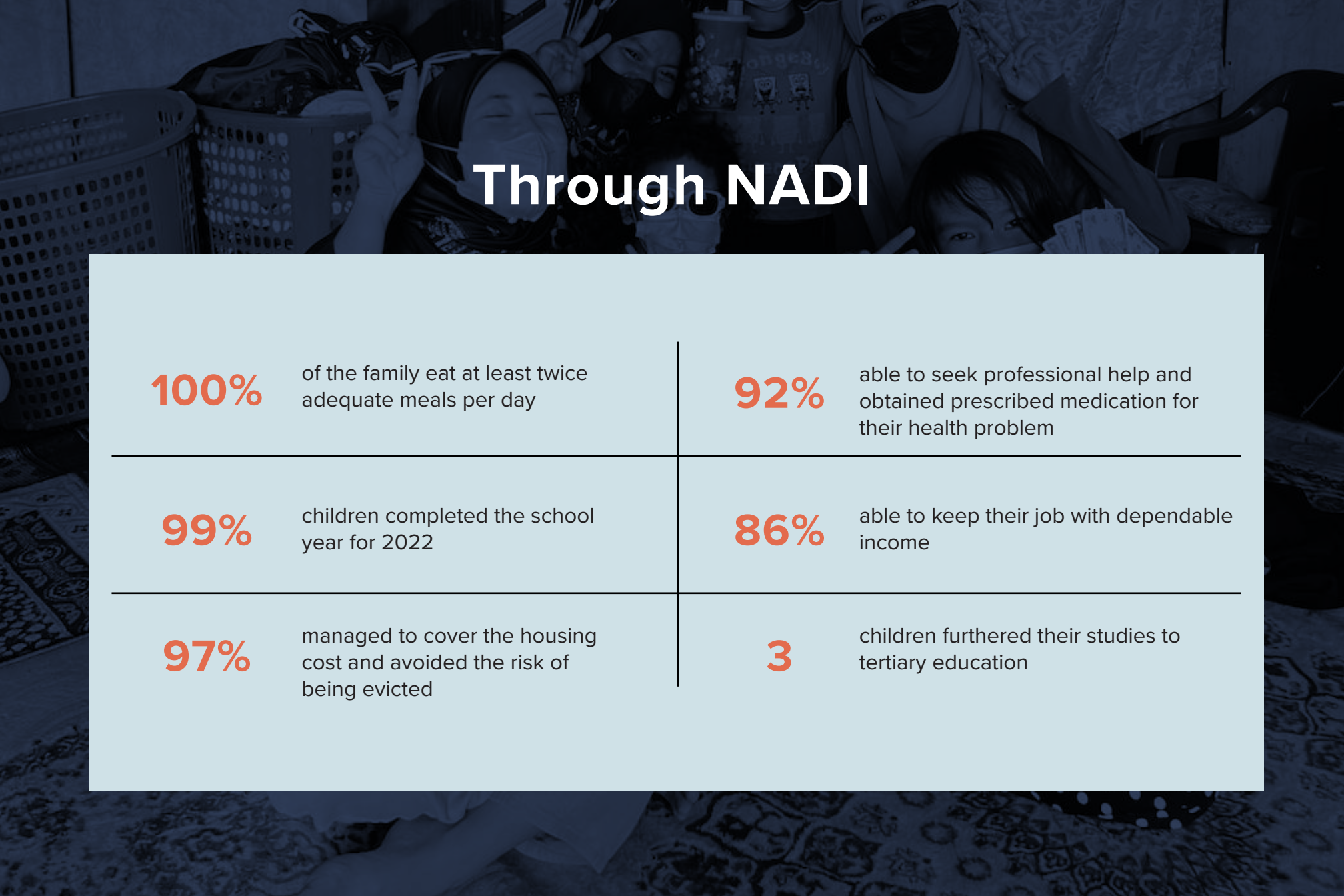
Home visits are conducted to make direct observations on the home environment, family dynamics and lifestyle before agreements are made.

3

Progress tracking

Monthly activities are tracked to monitor their spending priorities and behaviour to encourage progress.





Through NADI

100%

of the family eat at least twice
adequate meals per day

92%

able to seek professional help and
obtained prescribed medication for
their health problem

99%

children completed the school
year for 2022

86%

able to keep their job with dependable
income

97%

managed to cover the housing
cost and avoided the risk of
being evicted

3

children furthered their studies to
tertiary education

Beneficiaries mapping data by states





“ I am **happy** to stop receiving
monthly cash assistance.
I am doing better now”

- Kak Muna

Never give up

Kak Muna and her three children found themselves in debt with several banks due to her ex-husband's actions. He had remarried and showed no interest in providing any form of support, or even checking in on them. As a result, they had to resort to running away and avoiding calls from unknown numbers. Despite this hardship, Kak Muna is thankful that her mother-in-law is still willing to help care for the children when she needs to be away for work.

If there is a will, there is a way

Kak Muna is passionate about running small businesses and works tirelessly to support her children by taking on various odd jobs as a delivery runner. However, due to the pandemic and the Movement Control Order, she had to put her small business on hold and instead worked in the food packaging service.

Rising above

Since June 2021, she has been receiving monthly support from the ARBA Foundation. Thanks to this assistance, she was able to restart her cookie-selling business while also earning RM50 per day by babysitting.

Opportunity within difficulties

One of her daughter requires additional support for her special learning needs. Despite this, the mother is proud of her daughter's progress in school. She performs well in exams and actively participates in school sports, while holding an OKU card.

I'll have it one day

Kak Muna aspires to own a used car to support her online cookie business. Her sales surge during the Hari Raya season, which provides her with better income. She wants to become less dependent on the ARBA Foundation.

From Kak Muna to you;

"Syukur alhamdulillah, segala ehsan, keprihatinan daripada team ARBA & para penyumbang ke atas keluarga saya selama ini. Bermula daripada awal PKP sehingga sekarang tidak jemu-jemu bertanya serta mengambil tahu keadaan saya sekeluarga serta banyak membantu keluarga saya dengan bantuan yang diberikan. Hanya Allah SWT sahaja dapat membalas segala kebaikan dan segala pertolongan yang kalian berikan."





"I was **devastated** when he said he is cursed and brings bad luck to the family."

- Kak Wana





Managing house of 8

Kak Wana, a mother of six, has been tirelessly managing her household for years. Despite being married for two decades, her marriage has been nothing but agonising.

Battling with addictions

As his family expanded, he made a firm decision to turn his life around, which led them to relocate to a new town for a fresh beginning. He faithfully attended his Methadone Replacement Therapy, a program provided by the Ministry of Health Malaysia, where he received his medication daily from a designated clinic. This treatment helped alleviate his opioid cravings and withdrawal symptoms.

Haunted by the past

Kak Wana's husband struggled to secure a permanent and stable job due to drug addiction issues during his teenage years. Most companies are strict with background checks, and he often fails to pass the assessment.

Tough choice

Kak Wana's family struggled financially. Their son felt compelled to drop out of school at the age of 15 in order to work and help support the family financially. Kak Wana also worked to make ends meet.

Walking a tight rope

With continuous support from ARBA Foundation for the last two years, Kak Wana has been able to pay her rent on time. She also benefitted from the assistance in establishing a reliable source of income through her small food business.

From Kak Wana to you;

"Terima kasih sangat sumbangan dari pihak ARBA Foundation. Akak betul-betul bersyukur bila dalam keadaan sesak ada bantuan yang boleh membantu akak meneruskan kehidupan anak-anak.

Amin Insyaallah dengan ada sokongan atau pun nasihat dari orang akak semangat untuk teruskan kehidupan. Insyallah Naja doa kan akak kuat macam orang lain nak tempuh membesarkan anak-anak."



Projek Adiwira

RM 7,649.50 donation distributed
14 children benefitted

Learning poverty

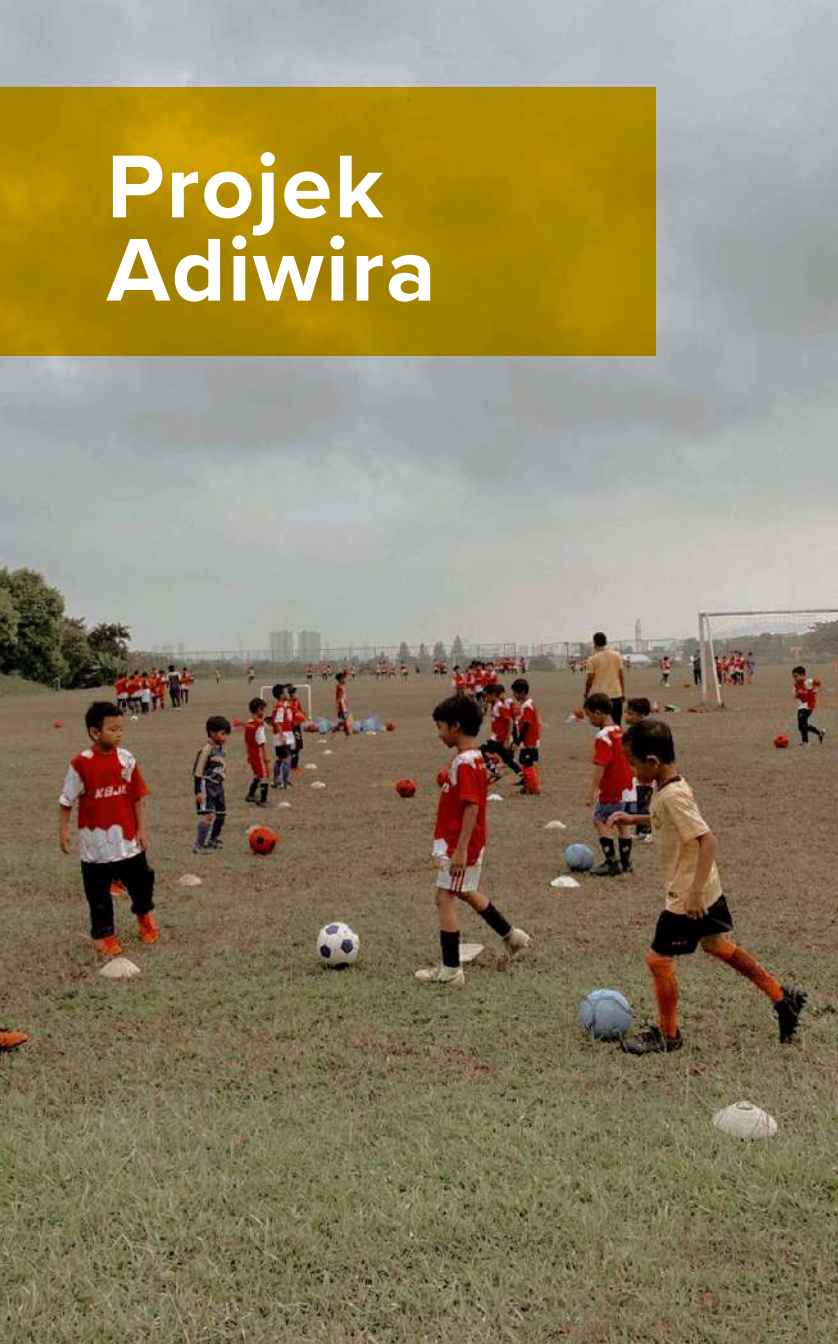
Learning poverty is growing bigger and faster. Children from low-income families receive fewer opportunities for talent and academic enrichment than children from higher-income backgrounds. As the school year progresses, these children aren't able to follow the teachings due to poor comprehension, which leads to lower self-confidence.

Vulnerable

As a result, they fall behind, lose interest in attending school and eventually become more susceptible to bad influences. These lead to poor life choices and reduce the chances of breaking free from the poverty cycle.

Nurture

The solution to "more schooling" does not work. Instead, we opt for "purposeful learning" by focusing on talent development to help the children expand their learning capacity.



Multiple intelligences



Visual-Spatial

$$x^2 + y^2 = z^2$$



Linguistic-Verbal



Interpersonal



Intrapersonal



Logical-Mathematical



Musical



Bodily-Kinesthetic



Naturalistic

Gardner's theory asserts that every individual possesses unique forms of intelligence. Everyone has unique talents and skills beyond just intellectual capability, and it's important to recognize and nurture them.

Projek Adiwira focuses on advancing the education and achievements of children aged 7 to 18 through tailored approaches based on their talents and interests.

Adiwira Programs

Activity		Total children involved
Academic	Tuition for learning disabilities	2
	Tuition for Islamic school	1
	Tuition fees for higher education	3
Sports	Football	4
	Taekwondo	2
Development Tools	Spectacles for vision correction	2
Total		14

Challenges faced for Projek Adiwira



AWARENESS

Majority parents from low income families have lack of knowledge or insights on their children development beyond the current schooling system.



ISOLATED

It has come to our attention that there are restricted opportunities for children to participate in talent development programs outside of the Klang Valley region.



LACK OF ACCESS

Despite having interest, many of the children could not find suitable platforms or have no easy access in their locality to enrol in related programs.

We are working on finding alternative ways to assist them.

How we help?

1

Listen & discover

We discover their interest through continuous two-way communication and assessment.



3

Connect to best platforms

We identify the best platform, cover their expenses and track their progress systematically.

2

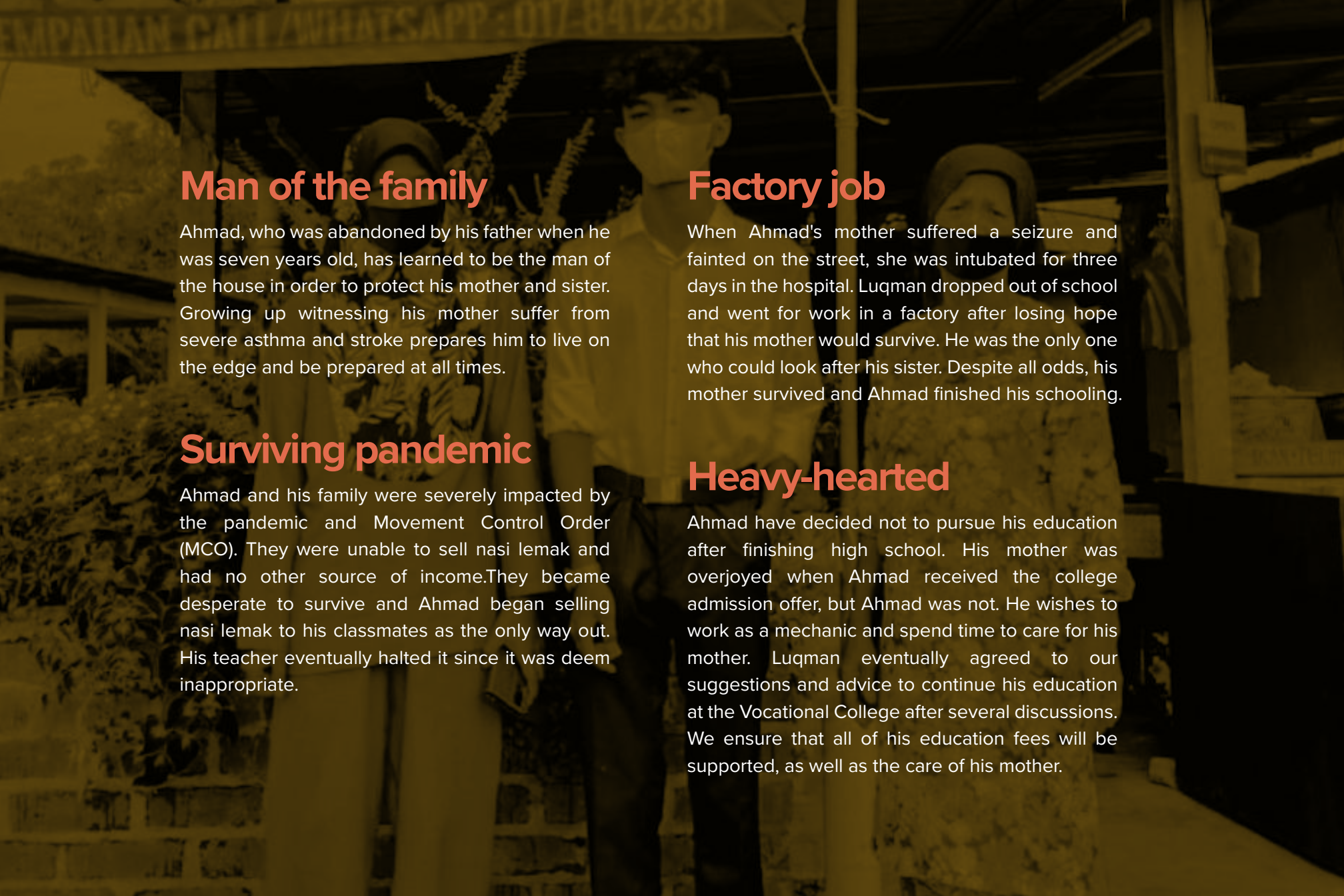
Exploring opportunities

We help them explore meaningful ways to pursue and strive in developing their talents.

"I know I am fully **responsible** for supporting my family. There are things I want to do for my future too, but my family has too many fears and worries."

- Ahmad





Man of the family

Ahmad, who was abandoned by his father when he was seven years old, has learned to be the man of the house in order to protect his mother and sister. Growing up witnessing his mother suffer from severe asthma and stroke prepares him to live on the edge and be prepared at all times.

Surviving pandemic

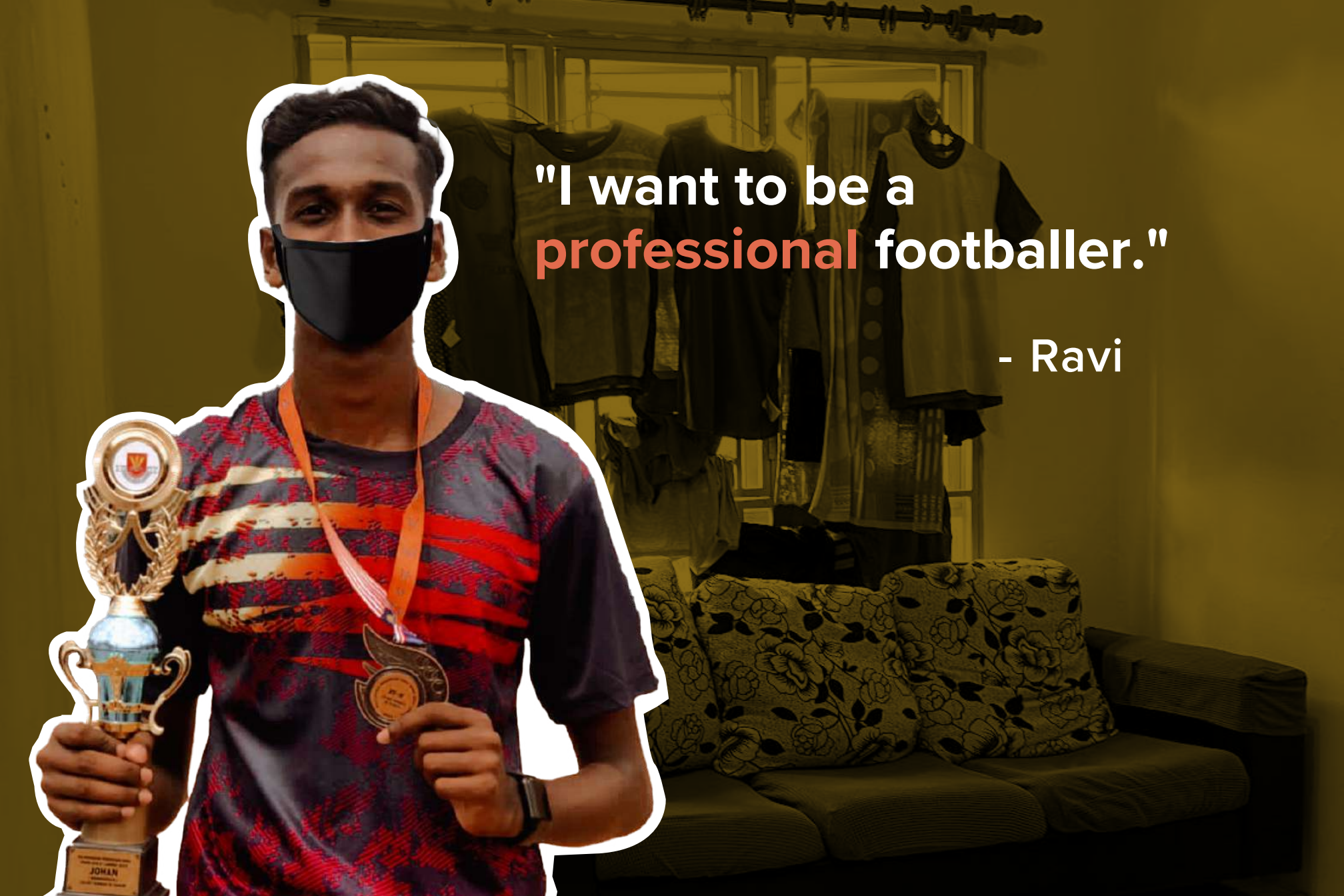
Ahmad and his family were severely impacted by the pandemic and Movement Control Order (MCO). They were unable to sell nasi lemak and had no other source of income. They became desperate to survive and Ahmad began selling nasi lemak to his classmates as the only way out. His teacher eventually halted it since it was deemed inappropriate.

Factory job

When Ahmad's mother suffered a seizure and fainted on the street, she was intubated for three days in the hospital. Luqman dropped out of school and went for work in a factory after losing hope that his mother would survive. He was the only one who could look after his sister. Despite all odds, his mother survived and Ahmad finished his schooling.

Heavy-hearted

Ahmad has decided not to pursue his education after finishing high school. His mother was overjoyed when Ahmad received the college admission offer, but Ahmad was not. He wishes to work as a mechanic and spend time to care for his mother. Luqman eventually agreed to our suggestions and advice to continue his education at the Vocational College after several discussions. We ensure that all of his education fees will be supported, as well as the care of his mother.



"I want to be a
professional footballer."

- Ravi

Tainted by resentment

Growing up as a first child and witnessing his mother's abuse is difficult. Ravi is deeply affected by the violence. He harbored a great deal of resentment towards his alcoholic and womanizer father for the sufferings of his mother and siblings throughout the years.

Enough is enough

After years of struggling, they finally decided enough was enough and moved away from their abusive father. They could only stay at a relative's house for years since their mother struggled to make ends meet while caring for Ravi's special needs sister. They would sleep as a family in the living room given that they had no other choices.

Emotional outlet

Through out the pandemic and MCO, Ravi was really upset that he could not attend school and play football like always. He has immense talent and passion in football. Growing up, football was Ravi's best emotional outlet.

200% committed

Recognising Ravi's football talent. We made the decision to enroll him in the football club. He was really committed. Even when he was hurt with arm and knee bruises, he turned up on the training field for the game and scored the winning goal for his team.

Up and coming

Ravi won several school's tournaments and he had received the award for the Most Athletic Student. With this progression, Ravi hopes to be successful in football and build a profession out of it. It's the only hope and way out of poverty for his family.

Projek Teroka

RM 15,274.27 donation distributed
84 individuals benefitted
12 families benefitted

We aim to provide children with the chance to broaden their horizons and aspire towards bigger dreams.

Life without leisure

Families with low income face difficulties in affording activities beyond their home. Most of their income is spent on shelter and food, leaving no disposable income for family trips during school holidays.

Confined surroundings

Children from low-income families who have been confined to their home environment since birth may lack the motivation to pursue higher education. They may be unable to see the bigger picture of what life has to offer.

Dream bigger

Studies have shown that children who travel tend to have better academic performance and earn incomes that are 12% higher than the average. Traveling is considered one of the most effective ways to enhance a child's imagination and creativity.



How we help?

1

Planning & budgeting

Families are offered opportunities with a budget to plan their family trip.



2

Make arrangement

Families are empowered to make the decision and necessary arrangement.

3

Capturing experience

Their valuable moments, feelings and excitement were captured to monitor well-being.

Teroka Programs

Activity		No. of family involved	Total individuals involved
Education Centre	Kidzania	3	19
	Pusat Sains Negara	1	9
Animals	Zoo Taiping	2	9
	Farm in the City	1	8
Travel/Holiday	Adena Beach Resort, Kuantan	5	32
	Total	12	84

Team observations on families involved:



Effort

Certain activities had long waiting times and only some of the parents were very supportive and waited in line with their children.

Inferior

In KidZania, most of the activity guidelines or instructions were given in English and the children felt inferior due to their lack of English literacy. As a result, they were too shy to participate in most activities and preferred to remain on the sidelines with their parents.

Too expensive

Each family was provided with an adequate lunch allowance but most of them however brought their own food or snacks from home. Some had even choose to buy cheaper outside food, and then return for the activities. They couldn't afford the in-house food vendor.

Parents non-involvement

Every activity does not allow parents to be a part of it. If the parents were involved in the activity, the children would have express more interest and confidence to explore more.

Overall family reactions and emotions:



"Rasa terharu sangat dapat bawa anak-anak pergi sebab kita nak pergi sendiri pun belum tentu lagi kan. Tapi saya tengok anak-anak main memang saya seronok. Macam happy tengok dia macam mana pergi keluar.

Selama ni kan dia tengok tv, dia tengok orang lain keluar. Selama ni dia dengar orang bercerita pergi sana sini. Lepastu, tiba giliran anak pergi, ya Allah tuhan saja yang tahu macam mana perasaan itu. Selama ni kalau cikgu tanya, "cuti ni pergi mana?" diorang diam. "Kamu pergi mana?" "Duduk rumah je.." Tapi harini, saya rasa gembira, terharu diorang dapat jawab "Saya pergi berjalan".

Saya berterima kasih banyak-banyak kepada yang memberi sumbangan. Saya doakan kepada para pemberi sumbangan bertambah lagi rezeki dia. Sebab membantu kami-kami anak-anak asnaf."

Team observations on families involved:



Futuristic

The centre houses numerous futuristic characteristics of science and technology, from the building's interior to its exterior. The entire welcoming and vibrant exhibition area thrilled the family. The interactive design was both interesting and encouraging to foster interest in science and technology.

Variety

Because of the existence of two scientific centers, the programs and activities are diverse and suited for people of all ages. The family kept themselves busy for at least a half-day. There was also a toddler-only play area and a learning lab for youngsters under the age of six. The museum also offered scientific demonstrations on their exhibition stage.

Hands on

As an informal learning institution, a variety of 'hands-on' activities were made available. The family was given the opportunity to conduct observations and experiments, collect and analyse data, make deductions, and draw conclusions based on the information they obtained.

Parents involvement

Parents were allowed to accompany their children at all times, and display materials were provided in both English and Malay. This greatly improves the ability of parents to assist their children in discovering science and its applications in everyday life.

Overall family reactions and emotions:

“Suruh anak-anak tengok YouTube, pilih nak pergi bercuti dekat mana2. diorang pilih Aquaria sebab ada ikan besar. Tapi ARBA Foundation cakap ada limit 2 jam je. Jadi kita recommend Pusat Sains, ada ikan besar ada dinosaur. Terus anak-anak excited!”



Team observations on families involved:



Independent

This is the first trip taken by a family without the presence of ARBA Foundation team on ground. They were overjoyed and kept us updated with images of their child with animals and their entire trip there.

First experience

The family had never taken a trip together, and it had always been their children's dream to visit the zoo. They went on a minishopping spree at the low-cost ECO store to prepare some snacks and holiday accessories.

Worry

Prior to the excursion, the family expressed concern about their children becoming hungry during the trip. They are aware that they could not afford outside food, particularly in tourist areas.

They were glad to learn that we provided them with food allowance for their excursions.

Overall family reactions and emotions:



"Anak-anak kata dari kecil tak pernah pergi zoo. Akak kata sabar. Anak-anak asyik tanya. Anak-anak tanya boleh ke pergi zoo. Akak kata tak tahu lagi. Anak-anak teringin sangat nak pergi. Dia kata seumur hidup tak pernah pergi. Dorang tak pernah pergi jalan-jalan mana-mana dari kecil tak pernah pergi mana-mana. Tadi pergi sekolah asik tanya jadi ke ibu. Aduh tiket dah ada, budak-budak tak reti sabar. Pandai pula 4 hari lagi dia kata."

Team observations on families involved:

FARM IN THE CITY 城の農場

Positive energy

This family have spent their whole lives in cities, with limited exposure to environment and animals. Being in this entirely different setting, surrounded by animals, provides them with a lot of positive energy. They were rushing about, laughing at each other, and even fleeing from the animals.

Cultivate courage

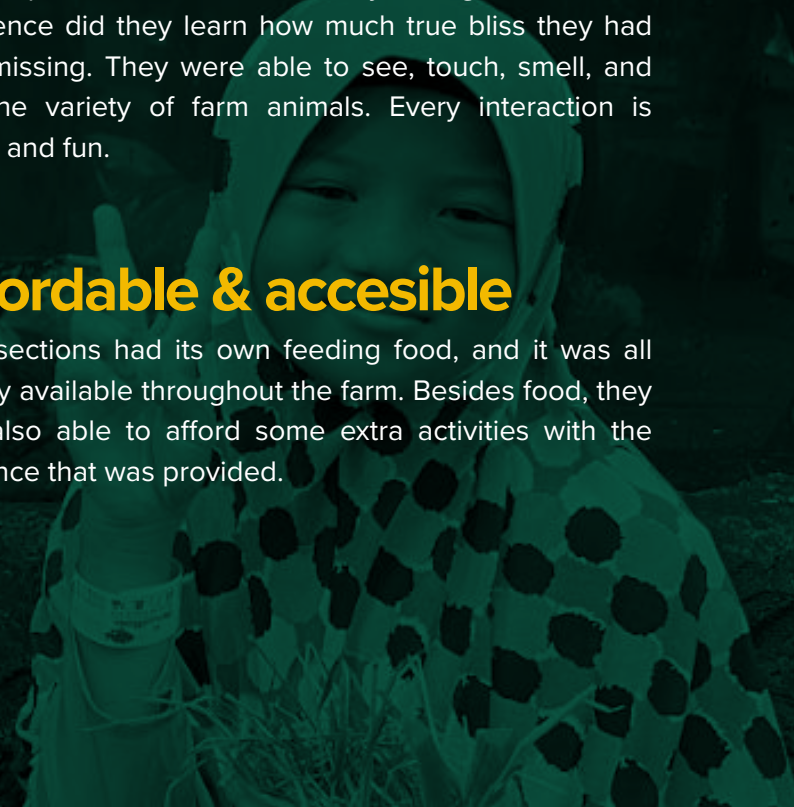
The parents were very supportive to their children because of their own traditions of growing up in the countryside. They continued to demonstrate how to approach the animals, pet them softly, and avoid becoming terrified. Being an OKU parents does not stop the effort. It truly strengthens their family relationship. had never taken a trip together, and it had always been their children's dream to visit the zoo. They went on a minishopping spree at the low-cost ECO store to prepare some snacks and holiday accessories.

Unique interactions

They were accustomed to seeing these animals in photographs and on television. Only through this real-life experience did they learn how much true bliss they had been missing. They were able to see, touch, smell, and hear the variety of farm animals. Every interaction is unique and fun.

Affordable & accessible

Every sections had its own feeding food, and it was all cheaply available throughout the farm. Besides food, they were also able to afford some extra activities with the allowance that was provided.



Overall family reactions and emotions:

"Seronoklah, anak-anak gembira. Berulang kali kata kalau ada peluang boleh nak pergi lagi. Tempat tu tak pernah pergi. Masing-masing bercerita dengan kawan-kawan. Seronok lah. Kakak-kakak ARBA pun melayan.

Kita hajat dah lama tak dapat. Tiba-tiba dapat peluang ni. Ya lah kan, tiket sorang dah berapa. Belum lagi yang lain-lain lagi. Mineral pun sebotol RM3. Bila dapat peluang ni kita rasa berharga sangat lah. Memang nak bawak budak-budak pergi tempat macam tu. Harapnya pihak ARBA enjoy lah bawa kiteorang.

Alhamdulillah, memang setinggi-tinggi penghargaan dah bagi peluang. Terima kasih banyak, tak terhitung. Hajat kiteorang yang dah lama tu sampai. Rupanya ada saluran bantuan yang beri kiteorang peluang untuk sampai. Anak-anak gembira. Alhamdulillah."



Team observations on families involved:



More than a decade

Being trapped in generational poverty, vacation is a luxury they could never afford. From their first child to the youngest, most families have never taken a family vacation or even stayed in a hotel. After nearly two decades of marriage, this is their first vacation together.

Journey against the odd

Transportation has long been a problem for most families. To travel to the resort, some family had to borrow a car from relatives or friends. Their car is either old or inadequate to accommodate their huge family of six or seven. All of them were crammed in for at least a two-hour ride to the resort without functioning car air conditioning. Some families had even faced their car breaking down several times too along the journey.

A dream came true

When they arrived at the resort, the kids were overjoyed to finally be in a hotel room. They had never stayed in a hotel before. They were astounded just to have a bed for themselves, as they had never had a comfort bed, room, or personal space in their own home. This has always been their dream.

Exciting outdoor games

Our team has prepared a variety of fun activities for all of the children to enjoy together as a group. It was hosted on the beach, and we were blown away by the joy shown in even the simplest games, such as musical chair, finding sweets in the sand, and a coloring contest. They had never played such games before, and winning the game prizes kept their spirits up.

All day long

Over the course of three days and two nights, all of the children were frequently seen enjoying fun in resort pools nearly three times every day. They did not have adequate swimming clothing, and some were swimming in anything they owned. Some were even wearing in jeans. They were having the fun of their lives diving in and out of the water with their siblings. It's their favorite part of the entire vacation.

A lifetime feast

To celebrate their first special holiday, we brought all of the families to a local steamboat and grill buffet dinner. They were baffled by the amount of food available. They have never had so many food selections in their life. They have no idea how the buffet works or where to start. Several decided to eat a lot of seafood since it is a luxury they can seldom afford, some picked their favorite meals, and some children had even requested for a handful of food to be brought home.



Overall family reactions and emotions:

"Setiap hari anak-anak tanya bila nak pergi bercuti lepas ARBA inform nak bawa pergi resort. Kami tak pernah bercuti sama-sama keluarga dari anak sulung, 18 tahun ke anak paling kecil, hotel pun tak pernah pergi. Bila sampai semua macam tanya betul ke duduk sini, betul ke kita tidur atas tilam. Kat rumah tak ada tilam tak ada katil, tido atas toto je. Hari-hari mandi pool pagi dengan petang. Pagi-pagi bangun sampai pukul 11, lepas tu petang 3 sampai 6.

Budak-budak gembira makan sedap dekat steamboat. Kenyang sangat, macam- macam ada. Siap bungkus dalam tangan hotdog dengan fishball bawa masuk kereta. Biasa kalau makan luar, ayah diorang bawa sorang je anak. Terima kasih pilih keluarga kiteorang untuk bercuti dan pilih untuk bantu kami bulan-bulan. Memang membantu kami sangat-sangat. "

- Kak Wana



Overall family reactions and emotions:

"Terima kasih kepada penyumbang dan pihak ARBA Foundation kerana sudi taja keluarga-keluarga yang macam kami untuk menikmati yang selama ni kami rasa kami dapat bercuti macam ni. Memang kami terharu campur sedih lah sebab kami ingat kami mampu tengok je kan. Sekarang kami anak 5 ni baru boleh merasai boleh bercuti, tidu macam gini. Selalu kalau kami lalu kami berangan-angan je bila lah dapat bercuti macam ni. tengok harga bilik seratus lebih. Nak makan pun kami kadang-kadang kena pinjam dengan jiran-jiran. Bila ARBA tolong ni, tak perlu dah nak pinjam dengan jiran nak beli beras apa semua. Memang terima kasih lah, hidup kami betul-betul berubah. Pemikiran kami dan anak-anak pun gembira semua."

- Kak Zue



Overall family reactions and emotions:

“Anak saya paling seronok mandi kolam dengan excited nak menang teddy bear. Seronok, tak tahu nak cakap macam mana. Seronok sangat tak nak balik. Lagi satu yang paling saya tak dapat lupakan, dapat bilik berkembar. Bilik gabung. Saya boleh tengok anak-anak, anak-anak pun boleh datang tengok saya. Ada katil sendiri. Selama 3 tahun saya rasa ARBA jaga saya ni, bantuan yang dibagi sangat bermanfaat. Saya ucapkan terima kasih kepada semua yang memberikan sumbangan ni. Saya ada depression anxiety semua ada. Anak saya yang sulung pun depression. Major Depression Disorder (MDD) dan Anxiety Disorder. Saya pun dah makan 4 jenis ubat dan anak saya makan 3 jenis ubat. Tapi dose ubat anak saya lebih tinggi, dose paling tinggi pun, dia tetap tak boleh tidur tanpa ubat tidur.

Itu yang saya bersyukur sangat bila ARBA Foundation pilih kiteorang, pergi bercuti ni. Ya Allah mashaallah, saya terharu sangat-sangat sebab saya sendiri pun tak mampu bawa Anak saya pergi bercuti. Ini dah nak balik, anak-anak sedih. Diorang seronok sangat. Tiga hari ni memang tak ada menangis. Kiteorang seronok sangat dapat mandi kolam, dapat kenal kawan-kawan, dapat kenal staff-staff ARBA Foundation. Dalam banyak-banyak NGO yang jaga kiteorang, saya jujur cakap, ARBA Foundation lah yang paling paling prihatin yang selalu tanya khabar. Dah jadi macam satu keluarga.”

- Kak Hana



Projek Susu Ibu



RM 59,050 donation distributed
108 babies benefitted
106 mothers benefitted

HIGHEST IN THE REGION

The stunting rates among children in Malaysia are amongst the highest in the region, which is concerning as stunting can lead to reduced immunity, cognitive impairment, chronic diseases, and limited socioeconomic opportunities in adulthood.

A FAIR CHANCE

Breastfeeding is a crucial tool in combating the effects of poverty on children's growth. It allows infants to thrive during their first few months of life and provides a more equitable beginning for the child.

IRREVERSABLE

Early childhood nutrition and care are crucial for children's development, especially for those in poverty who may resort to inadequate feeding. Stunted growth can become irreversible after age 5, making early intervention essential for future success.

How we help?

1

Identify & qualify

Health clinic officials refer qualified mothers to USM and ARBA Foundation.

2

Lactation support

Qualified breastfeeding counsellors are appointed to guide and support the mother to breastfeed the newborn baby exclusively.

3

Cash handouts

Mothers receive cash assistance for groceries to ensure they have the means to eat healthy.



The image features a woman in a blue hijab in the foreground, holding a crying baby. In the background, another woman in a brown hijab is seated on a patterned rug. The scene is overlaid with a semi-transparent reddish-brown filter. The text is centered in the upper half of the image.

**"With previous child, I thought
I **can't** breastfeed."**

- Khatijah

A woman wearing a black hijab and glasses is sitting on the floor, holding a baby. The baby is wearing a patterned onesie. In the background, there is a large electric fan and some household items. The entire image has a reddish-orange tint.

Knowledge is power

Prior to seeking guidance from a lactation counselor, Khatijah believed that she did not have enough breastmilk supply compared to other mothers and resorted to bottle-feeding her first child. However, after obtaining knowledge on the matter, she realized that her issue stemmed from a "nipple confused" condition. This occurs when mothers with short nipples struggle to latch their babies due to the nipples becoming inverted as the breastmilk supply increases.

Healthier baby

Her baby's antibody levels were better compared to her first child, resulting in mild jaundice and fewer trips to the clinic. Her goal is to continue breastfeeding until the baby reaches two years of age.

Pleasant improvement

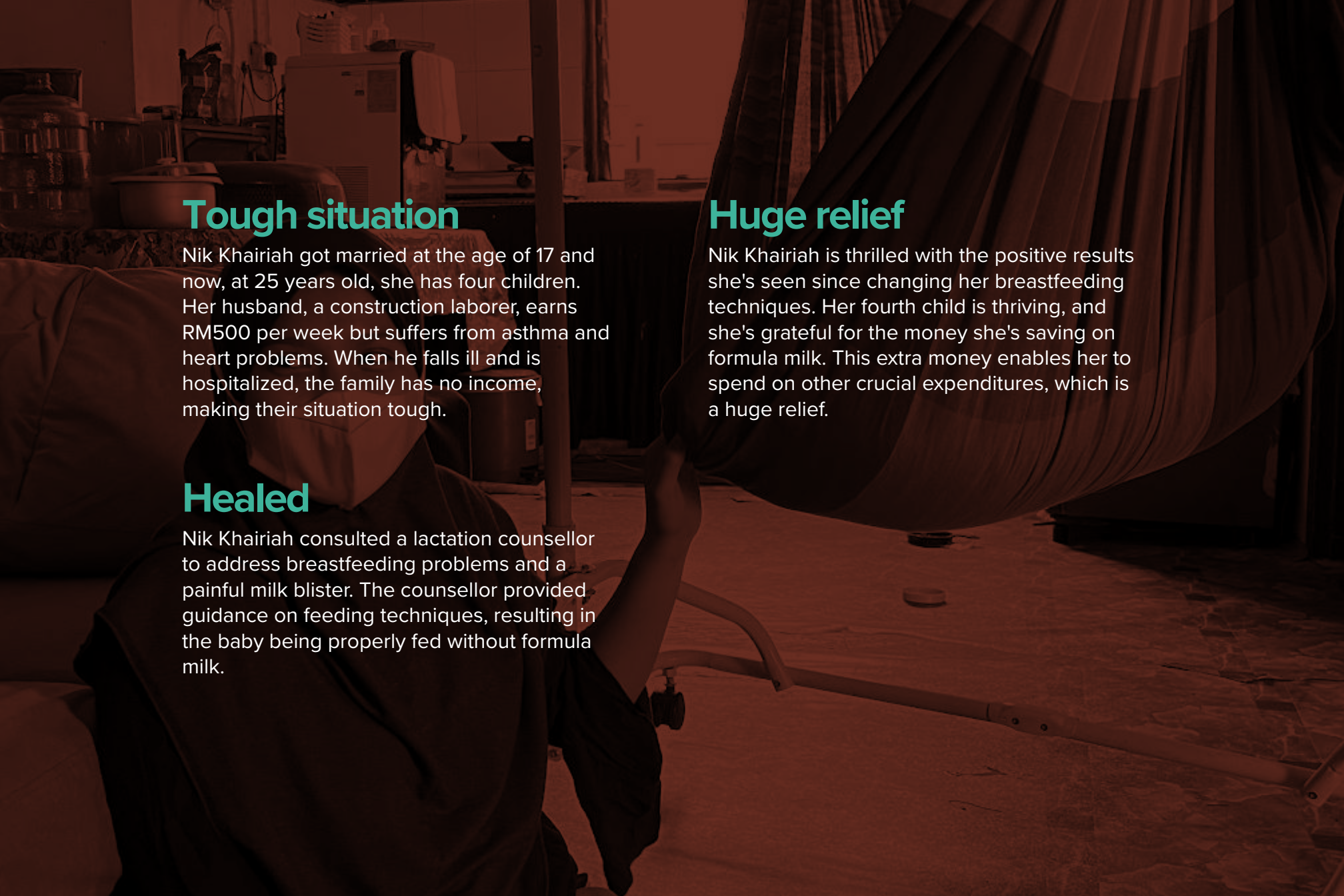
Khatijah was pleasantly surprised with the help she received from a counselor during her second baby's breastfeeding experience. Her milk supply improved and she did not experience any blisters or pain thanks to the correct feeding technique. This allowed her to directly feed her baby at home and pump milk while at work. Khatijah also noticed that her baby felt fuller with breastmilk compared to formula.



"I am so grateful to have met
the breastfeeding
counsellors, she **changed**
my life."

- Nik Khairiah



A woman wearing a dark hijab is seated in the foreground, facing away from the camera. She is in a room that appears to be a home or a simple clinic. In the background, there is a large hammock hanging from a frame. To the left, there is a table with various items, including a large water jug and some containers. The overall lighting is dim, and the image has a reddish-brown tint.

Tough situation

Nik Khairiah got married at the age of 17 and now, at 25 years old, she has four children. Her husband, a construction laborer, earns RM500 per week but suffers from asthma and heart problems. When he falls ill and is hospitalized, the family has no income, making their situation tough.

Healed

Nik Khairiah consulted a lactation counsellor to address breastfeeding problems and a painful milk blister. The counsellor provided guidance on feeding techniques, resulting in the baby being properly fed without formula milk.

Huge relief

Nik Khairiah is thrilled with the positive results she's seen since changing her breastfeeding techniques. Her fourth child is thriving, and she's grateful for the money she's saving on formula milk. This extra money enables her to spend on other crucial expenditures, which is a huge relief.

ARBAtalk



Featured on
Sinar Harian
10 Sept 2022

Front Page

KEMISKINAN KANAK-KANAK MENINGKAT

LAPORAN KHAS



Muti laporan wartawan Sinar Harian: MUKHRIZ MAT HUSN, NUR FITTAM HODJAN, MUHAMMAD AMYUAN HIBRAHIM dan NURUDAYAH HASPIQ di muka 2 & 4

- Pakar ekonomi mendedahkan peratusan kanak-kanak yang tinggal dalam keluarga isi rumah miskin selepas Covid-19 meningkat hampir 20 peratus, dengan satu daripada lima mereka berada di bawah paras kemiskinan.
- Walaupun terdapat 120 jenis bantuan kepada kanak-kanak miskin disalurkan kerajaan Persekutuan dan negeri selain pusat zakat, namun liputan yang tidak meluas menyebabkan ramai tidak menikmatinya.
- Akibat kemiskinan ini, ramai kanak-kanak terabai dari segi pendidikan, kesihatan, pemakanan dan kebersihan diri. Situasi ini tidak seharusnya dipandang ringan kerana ia memberi kesan kepada generasi masa depan negara.

8.90 RM
8.49 RM
MILO ACTIGEN

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Ratu Elizabeth II mangkat, Charles naik takhta

MONARKI Britain yang paling lama berasthta dalam sejarah negara, Ratu Elizabeth II mangkat pada usia 96 tahun. Ratu Elizabeth II mangkat pada usia 96 tahun. Ratu Elizabeth II mangkat pada usia 96 tahun.

Bayangan Perdana Menteri, Ismail Sabri Yaakob, dilihat sedang berucap di hadapan hadirin semasa sidang media selepas sidang kabinet di Istana Negara, Kuala Lumpur, pada 10 Sept 2022.

KEMISKINAN KANAK-KANAK MENINGKAT

LAPORAN KHAS

■ Pakar ekonomi mendedahkan peratusan kanak-kanak yang tinggal dalam keluarga isi rumah miskin selepas Covid-19 meningkat hampir 20 peratus, dengan satu daripada lima mereka berada di bawah paras kemiskinan.

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Bajet 2023: Pemandu teks, pengusaha bus harap berita gembira

SELAN bantuan one-off, pemandu teksi dan pengusaha bus berharap agar kerajaan menerbitkan tempoh bayaran pinjaman atau insurans insurans Bajet 2023 yang akan diterbitkan pada 7 Oktober ini.

PM arah empat projek di Pantai Timur

PKR nafi lebih 53 cabang perlu buat

Najib tarik saman terhadap kerajaan, tetapi tidak kepada Tommy

Dua anggota bomba wanita cabar diri

Team profile



Azlan Shah Nabees Khan
CEO



Najah Khalid
Project Management



Nuratika Alias
Project Management



Faziera Abdullah
Project Management



Fraja B.
Creative Design



Faradine Nordin
Media & Branding



Nur Najihah
Media & Branding

Founders



Ammar Roslizar
CEO, Yezza



Ammar Sahrin
CEO, Celsius Coffee



Dr. Wan Mohd Aizuddin
CTO, Yezza



Amiruddin Hamidun
CEO, ARBA Travel

Council Members



Muhammad Hussaini Khairudin
Co-Founder, Celsius Coffee
Social Activist



Ahmad Naim Jaafar
Pengasas,
Foresight Academy



Ammar Roslizar
CEO, Yezza

Secretary of the foundation: Sititrust & Administrator Limited (LL03986)
Supervisory person of the foundation: Dr Harith Roslizar



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5. Universiti Sains Malaysia (USM)
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8. Raudhatus Sakinah
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10. Siti Khadijah
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15. Pusat Pungutan Zakat (PPZ)
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17. SMK Seri Gunong
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