

NADI SMART SERVICES PROGRAMS & ACTIVITIES

MARCH 2026

SSO PROGRAMS	WEEK MAR N 01 - 08	WEEK MAR 09 - 15	WEEK MAR 16 - 22	WEEK MAR 23 - 29	WEEK MAR 30 -31
E-SPORTS	6-8/3/2026 - AWARENESS CLASS (9.00 AM - 6.00 PM)	13-15/3/2026- AWARENESS CLASS (9.00 AM - 6.00 PM)		28/3/2026 - WEBINAR (9.00 AM - 1.00 PM), 27-29/3/2026 -PODCAST EP15 (9.00 AM - 6.00 PM)	30-31/3/2026 -PODCAST EP15 (9.00 AM - 6.00 PM)
DILEA	GUIDANCE TUITION MT, BM, SEJ, BI TING 4 1-6/3 (2.45 PM-3.45 PM) OPEN TUITION MT, BI, BM, P.AM , TING 1-6 BWH 2-5/3 (2.45 PM - 3.45 PM) VOD REVISION VIDEO SESI 31 - 1-6/3 (9.00 AM - 6.00 PM)	OPEN TUITION SEJ, SNS, P.AM TING 1 - 6 ATAS 9 & 12/3 (2.45 PM - 3.45 PM) GUIDANCE TUITION BM, BI, SEJ, MT TING 5 14-15/3 (2.45 PM - 3.45 PM) WEBINAR BERKALA MT EDISI 5 14/3 (2.00 PM - 4.00 PM) VOD REVISION VIDEO SESI 32 - 9-15/3 (9.00 AM -6.00 PM) ENGLISH PROFICIENCY LESSON 26 - 9-15/3 (9.00 AM -6.00 PM)	VOD REVISION VIDEO SESI 33 - 16-20/3 (9.00 AM -6.00 PM)	WEBINAR BERKALA MT EDISI 6 - 28/3 (2.00 PM - 4.00 PM) VOD REVISION VIDEO SESI 34 - 25-31/3 (9.00 AM -6.00 PM) ENGLISH PROFICIENCY LESSON 27 - 25-31/3 (9.00 AM -6.00 PM)	VOD REVISION VIDEO SESI 34 - 25-31/3 (9.00 AM -6.00 PM) ENGLISH PROFICIENCY LESSON 27 - 25-31/3 (9.00 AM -6.00 PM)
EKLASS					
MAHIR	20 CLASSES PER WEEK (5 CLASS MASAK, 5 CLASS JAHIT, 4 CLASS FOTO, 3 CLASS BAIKI GAJET & 3 CLASS PERTANIAN PINTAR) 9:30AM – 11:00AM & 3:00PM – 4:30PM DAILY SLS FOTO - 3 MAC 2026, 9:30AM - 11:30AM SLS JAHIT - 5 MAC 2026, 11:30AM - 12:30PM SLS MASAK - 6 MAC 2026, 9:30AM - 11:00AM IHYA RAMADAN: JOM MENGAJI @ NADI (KHATAM) – 8 MAC 2026, 2:00PM – 3:00PM	20 CLASSES PER WEEK (5 CLASS MASAK, 5 CLASS JAHIT, 4 CLASS FOTO, 3 CLASS BAIKI GAJET & 3 CLASS PERTANIAN PINTAR) 9:30AM – 11:00AM AND 3:00PM – 4:30PM DAILY SLS JAHIT - 10 MAC 2026, SELASA, 11:30AM - 12:30PM SLS FOTO - 11 MAC 2026, RABU, 11:30AM - 12:30PM SLS MASAK - 12 MAC 2026, KHAMIS, 11:30AM - 12:30PM MAHIR FOTO PERTANDINGAN VIDEOGRAFI BAWAKU KESINI MUSIM KE2: TAYANGAN & BICARA KARYA - 14 MAC 2026, SABTU, 10:00AM - 12:00PM	CLASS BREAK HARI RAYA AIDILFITRI	CLASS BREAK HARI RAYA AIDILFITRI	20 CLASSES PER WEEK (5 CLASS MASAK, 5 CLASS JAHIT, 4 CLASS FOTO, 3 CLASS BAIKI GAJET & 3 CLASS PERTANIAN PINTAR) 9:30AM – 11:00AM & 3:00PM – 4:30PM DAILY

AAA: PROGRAM KPI PARTICIPANTS BBB: FOR NADI ENGAGEMENT CCC: BOTH A & B DDD: NATIONAL & ABOVE PROGRAM

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USAHAWAN (NADIPRENEUR & EMPOWERHER)	<p>[3 MARCH 2026: 2.00 PM] NADIPRENEUR/EMPOWERHER PRE-TRAINING VIDEO : BUSINESS PLAN DEVELOPMENT</p> <p>[5 MARCH 2026: 10.00 AM-11.30 AM] NADIPRENEUR/EMPOWERHER LIVE WEBINAR : BUSINESS PLAN DEVELOPMENT</p> <p>[6 MARCH 2026: 2.00 PM NADIPRENEUR/EMPOWERHER RECORDED WEBINAR : BUSINESS PLAN DEVELOPMENT</p>	<p>[10 MARCH 2026: 2.00PM] NADIPRENEUR/EMPOWERHER PRE- TRAINING VIDEO: FINANCIAL PLANNING</p> <p>[12 MARCH 2026: 10.00 AM-12.00PM] NADIPRENEUR/EMPOWERHER LIVE WEBINAR : FINANCIAL PLANNING</p> <p>[13 MARCH 2026: 2.00 PM] NADIPRENEUR/EMPOWERHER RECORDED WEBINAR : FINANCIAL PLANNING</p>			<p>[30 MARCH 2026: 2.00PM] NADIPRENEUR/EMPOWERHER POST-TRAINING VIDEO : BUSINESS PLAN DEVELOPMENT & FINANCIAL PLANNING</p> <p>[31 MARCH 2026: 2.00PM] NADIPRENEUR/EMPOWERHER PODCAST</p>
KIDSVENTURE	<p>[1 MARCH 2026:2.00 PM] KIDSVENTURE RECORDED WEBINAR: MARKETING 2 VIDEO PEMBELAJARAN</p> <p>[7 MARCH 2026: 2.00 PM] KIDSVENTURE WEBINAR: BUSINESS IDEA & MINI BUSINESS PLAN 1</p> <p>[8 MARCH 2026: 2.00 PM] KIDSVENTURE RECORDED WEBINAR: BUSINESS IDEA & MINI BUSINESS PLAN 1 VIDEO PEMBELAJARAN</p>	<p>[14 MARCH 2026: 10.00 AM-11.30 AM] KIDSVENTURE WEBINAR: BUSINESS IDEA & MINI BUSINESS PLAN 2</p> <p>[15 MARCH 2026: 2.00PM] KIDSVENTURE RECORDED WEBINAR: BUSINESS IDEA & MINI BUSINESS PLAN 2 VIDEO PEMBELAJARAN</p>			

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TINY TECHIES	7 MARCH (LIVE SESSIONS) 2:00 PM – 3:00 PM: MICRO:BIT 3:30 PM – 4:30 PM: HTML, PYTHON & SQL	8–20 MARCH 24–31 MARCH VIDEO ON DEMAND (AVAILABLE ANYTIME) MICRO:BIT HTML, PYTHON & SQL CODE & RECALL SHORT VIDEO SERIES			
CYBERSECURITY	5/3/2026 - Live Webinar 2:00pm-3:30pm	9/3/2026 - 13/3/2026 - Webinar on Demand (flexible) 12/3/2026 - Live Webinar 2pm - 3:30pm	16/3/2026 - 26/3/2026 - Webinar on Demand (flexible)		
WELLBEING	<p>NADI-CARE: Health Advocacy via Webinar (Live – every Tuesday & Friday - 10.30am), Podcast (every Thursday - 10.30am), Exercise (every Saturday - 9.30am) and Tips (every Monday - 10.30am and Wednesday - 9.30am). Refer to attachment Studio Sihat for details.</p> <p>NADI-FlourisHER & NADI-MenWell: Self-screening at NADI (everyday: 9 am to 4pm), Medical Outreach (depending on MCMC events), Tele-consultation (Monday to Friday: 9.30am to 4.30pm)</p>				
AWARENESS	<p>4-15/3/2026 - PERTANDINGAN REKABENTUK POSTER SSO PERAGOLD</p> <p>7/3/2026 (10am) SSO CCM - Webinar : Komunikasi Sihat di Alam Siber</p> <p>8/3/2026 (12pm) SSO OSS - Rakan Virtual, Penipuan Alaf Baru</p>				

March



NADI Kesejahteraan Kendiri
STUDIO SIHAT Content Calendar 2026



Mon	Tue	Wed	Thu	Fri	Sat
2 Menu Moreh tak rosak diet	LIVE 3 Auditory Processing Disorder	4 3 Mitos 'Fat Loss' Bulan Puasa	5 Bukan Diet Ekstrem Part 1	6 Mounjaro: Penyelamat atau Bahaya?	7 Nuzul Al-Quran
9 Cara Tepat Timbang Berat & Ukur Pinggang	10 Jadikan Sihat Sebagai Habit	11 Buka Puasa Dalam Jem? Awas Bahaya "Microsleep"	12 Bukan Diet Ekstrem Part 2	13 Kesihatan Alat Sulit Wanita	14 Senaman Untuk BMI Tinggi
16 Tips "Selamat" Makan Masa Raya	17 Raya tanpa Drama	18 Penangan Jem 12 Jam.. Pinggang Rasa Nak Patah	19 Anak Autisme & Muzik	20 Tips Makan Open House	21 Hari raya Aidilfitri
23 Hari Raya Aidilfitri	24 Beraya Sakan: Makan Sedap Tapi Badan Kekal Ringan	25 Otak Kena "Scam"? Punca Sebenar Asyik Lapar Lepas Puasa!	26 Kanser: Kenal Awal, Bertindak Awal, Lebih Banyak Harapan	27 Perut Buncit tanda Bahaya?	28 Senaman Warga Emas BMI Tinggi
30 Misi "Recharge" Badan	31 OKU & Sukan	1	2	4	5

STUDIO SIHAT NOTICE BOARD

IMPORTANT DATES:

- 3 - World Hearing Day
- 4 - World Obesity Day
- 7 - Nuzul Al-Quran
- 21 - World Down Syndrome Day
- 21-23 - Hari Raya Aidilfitri
- 24 - World Tuberculosis Day
- 21-29 - School Holiday

CONTENT TYPES



HEALTH TIPS

LIVE WEBINAR



PODCAST

PHY-WELL



*subject to changes

NADI DILEA TUISYEN RAKYAT

MARCH 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30  • HARI JADI YANG DIPERTUA NEGERI SABAH	31 • VOD - REVISION VIDEO 34 • EP LESSON 27					1 • GUIDANCE TUITION MT TING 4
2 • GUIDANCE TUITION BM,MT TING 4 • OPEN TUITION MT TING 1-5 • VOD - REVISION VIDEO 31	3 • GUIDANCE TUITION SEJ, BM TING 4 • OPEN TUITION BI TING 1-5 • VOD - REVISION VIDEO 31	4  • ULANGTAHUN PERTABALAN SULTAN TERENGGANU	5 • GUIDANCE TUITION BI,SEJ TING 4 • OPEN TUITION BM TING 1-5 • OPEN TUITION PA TING 6 BAWAH • VOD - REVISION VIDEO 31	6 • GUIDANCE TUITION BI TING 4 • VOD - REVISION VIDEO 31	7  • NUZUL AL QURAN	8  • NUZUL AL QURAN
9 • OPEN TUITION SEJ TING 1-5 • VOD - REVISION VIDEO 32 • EP LESSON 26	10 • VOD - REVISION VIDEO 32 • EP LESSON 26	11 • HARI KOKURIKULUM • VOD - REVISION VIDEO 32 • EP LESSON 26	12 • OPEN TUITION SNS TING 1-5 • OPEN TUITION PA TING 6 ATAS • VOD - REVISION VIDEO 32 • EP LESSON 26	13 • GUIDANCE TUITION BM,BI TING 5 • VOD - REVISION VIDEO 32 • EP LESSON 26	14 • GUIDANCE TUITION SEJ, MT TING 5 • WEBINAR BERKALA MATEMATIK EDISI 5 • VOD - REVISION VIDEO 32 • EP LESSON 26	15 • GUIDANCE TUITION BM,BI TING 5 • VOD - REVISION VIDEO 32 • EP LESSON 26
16 • VOD - REVISION VIDEO 33	17 • VOD - REVISION VIDEO 33	18 • HARI KOKURIKULUM • VOD - REVISION VIDEO 33	19 • VOD - REVISION VIDEO 33	20 • VOD - REVISION VIDEO 33 • PODCAST 12	21  • HARI RAYA AIDILFITRI	22  • HARI RAYA AIDILFITRI
23  • HARI KEPUTERAAN SULTAN JOHOR • HARI RAYA AIDILFITRI	24  • HARI RAYA AIDILFITRI (MELAKA)	25 • HARI KOKURIKULUM • VOD - REVISION VIDEO 34 • EP LESSON 27 • 2025 DILEA ALUMNI - REUNITE 2ND SESSION	26 • VOD - REVISION VIDEO 34 • EP LESSON 27	27 • VOD - REVISION VIDEO 34 • EP LESSON 27	28 • WEBINAR BERKALA MATEMATIK EDISI 6 • VOD - REVISION VIDEO 34 • EP LESSON 27	29 • VOD - REVISION VIDEO 34 • EP LESSON 27

*VOD : VIDEO ON DEMAND
 *EP : ENGLISH PROFICIENCY
 *ES : EXPRESSION SERIES

*NAMA SUBJEK:
 1.MT: MATEMATIK
 2.BM: BAHASA MELAYU

3. BI: BAHASA INGGERIS
 4. SEJ: SEJARAH
 5. SNS: SAINS

6. PA: PENGAJIAN AM