

JOHORE BAR COMMITTEE

JAWATANKUASA PEGUAM NEGERI JOHOR

No. 5, Jalan Tun Abdul Razak, Susur 1/1 80000 Johor Bahru, Johor Darul Ta'zim
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Website: <http://www.johorebar.org.my>

CIRCULAR NO. 20/16

FOR MEMBERS ONLY
Internal Circulation

14th June 2016

PRIVATE & CONFIDENTIAL

TO ALL MEMBERS OF THE JOHORE BAR

BY COURT BOX/EMAIL/FAX/JBC WEBSITE

(Note: As the circular is distributed via email/fax, in the event it is forwarded to one person in a firm, Kindly print the same and distribute amongst the other lawyers and pupils in your office)

RE: TALK ON 24TH JUNE 2016 BY DR SIVAKUMAR THURAIRAJASINGAM ON

1) MENTAL ILLNESS – THE EFFECT OF STRESS

2) STRESS MANAGEMENT

As lawyers, listening to and resolving the problems of others is primarily our job. And I am not only referring to the litigators. Our friends doing conveyancing have their fair share of resolving disputes.

Add to that, aiding, abetting, counselling and procuring and you have all the ingredients for a potful of health problems, the worst of these being stress related issues.

Runner lawyers have the added stress of certain parties having a bad case of kleptomania and “accidentally” (pun intended) taking their clients, clients having amnesia and forgetting which firm they had engaged and of course, the one that takes the cake, the Defendant in your paralysis case not having insured his car.

The Building, House, Library and Members' Welfare Sub-Committee is organising a talk on stress management and the effect of stress on our mental health.

The Befrienders of Johor Bahru are also joining us to give us their input on this issue. We will also be conducting a “depression” screening so we may be able to perceive symptoms of mental illness. Seriously friends, it is important for us to recognise if we or our loved ones or our brethren at the Bar are displaying any symptoms that may indicate a serious, underlying mental issue.

About the speaker: Dr. Sivakumar joined Monash University Malaysia on 1st August 2006 as a Lecturer. He obtained his MBBS from the University of Mangalore, India (1994) and then went on to complete his Master in Medicine in Psychiatry in 2002, at the University Sains Malaysia. He has served in the medical field for the past 10 years at the Kota Bharu General Hospital, University Sains Malaysia Hospital in Kubang Kerian, and Hospital Permai. He previously served as Head of the Substance Abuse Unit, Hospital Permai, Coordinator of the Psychiatry Research Unit at Hospital Permai and also as the State Coordinator of the National Methadone Maintenance Programme. His special interests are in the field of Psychiatry Research and Drug and Alcohol Treatment/Research.

The details are as follows:

Date	24th June 2016 (Friday)
Time	2.00 p.m. – 5.00 p.m. (Including Q&A Session)
Venue	Level 1, Abdullah A. Rahman Auditorium Johore Bar Building No. 5 Jalan Tun Abdul Razak Susur 1/1 80000 Johor Bahru
Attendance	FREE

Refreshments will be served. Kindly complete the Reply Slip attached and returned it to the Johore Bar Secretariat by fax on or before Tuesday, 21st June 2016.

Meneka Kanasmorthy
Chairperson
Building, House, Library & Member's Welfare
Sub-Committee

(This is a computer-generated letter. No signature is required)

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Reply Slip

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I would like to attend.

1.	Name	1. _____ 2. _____
2.	Membership No. (for Members of the Bar only)	1. _____ 2. _____
3.	Name of firm	
4.	Office Tel No.	
5.	Office Fax No.	
6.	H/P No.	
7.	Email	

Date: _____

Signature : _____

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