



# EA JOURNAL

OCTOBER 2025 37<sup>TH</sup> ISSUE



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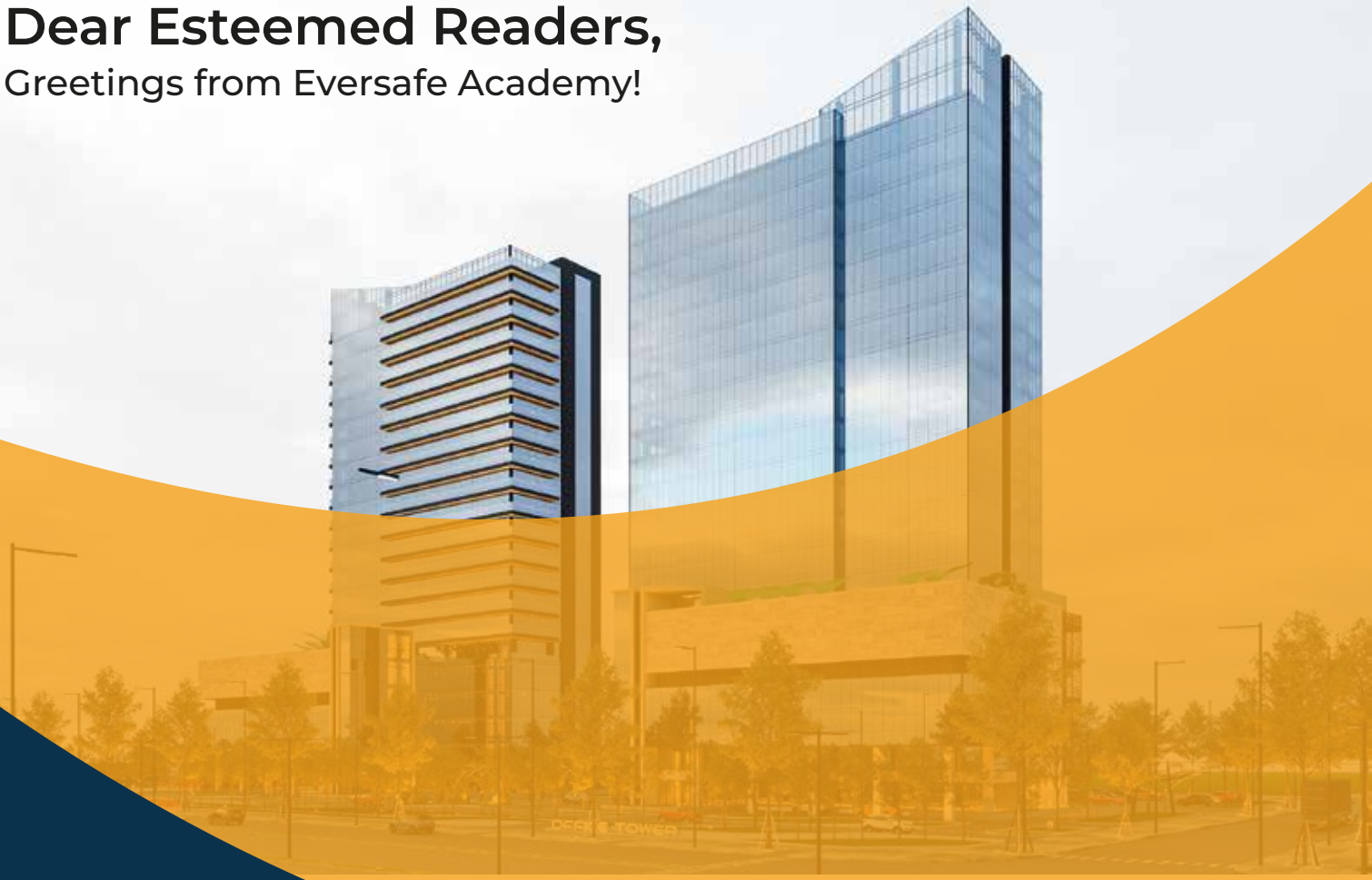


**“KNOWLEDGE IS THE EYE OF DESIRE AND CAN BECOME THE PILOT  
OF THE SOUL.” — WILL DURANT**

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**Dear Esteemed Readers,**  
Greetings from Eversafe Academy!



**Welcome to the 37th edition of the EA Journal.** This issue highlights a series of meaningful milestones, celebrations, and initiatives that reflect the spirit, commitment, and continuous growth of Eversafe Academy. Over the past months, we have strengthened our community bonds through cultural celebrations, advanced our organisational excellence with international certifications, ensured the robustness of our management systems through external audits, and extended our social responsibility through outreach initiatives.

From celebrating Deepavali with our staff and supporting learners during the festive season, to achieving ISO 55001 certification and undergoing successful surveillance audits for ISO 27001 and ISO 22301, each accomplishment represents a collective effort from our dedicated team. We also take pride in contributing to the wider community through our blood donation drive in collaboration with the Red Cross Singapore.

This edition showcases not only our achievements but also the values that continue to guide us, “unity, continuous improvement, responsibility, and service.”



## 1. Deepavali Celebration 2025

We had a truly meaningful and memorable Deepavali celebration this year at Eversafe Academy. As part of our festive initiative, we distributed Deepavali goody bags to all our employees and trainers as a gesture of appreciation for their hard work and dedication. This small token was our way of encouraging everyone to celebrate the festival with joy together with their families.

In addition to the celebration, we also conducted a series of special classes during the Deepavali public holidays on 18th, 19th, and 20th October. These sessions were arranged to support our migrant workers, especially errand and essential workers who wished to utilise the holiday period to enhance their knowledge and upgrade their career opportunities. The turnout was encouraging, and many learners benefitted from the additional training provided during this festive season.

This year's Deepavali celebration not only strengthened our sense of community but also aligned with our commitment to continuous learning, inclusiveness, and supporting our learners in every possible way.

## 2. AMS 55001 Audit

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We are pleased to share that we have successfully completed the ISO 55001 Asset Management System certification process and have officially obtained the certificate. This achievement reflects our commitment to adopting internationally recognised best practices in asset management and continuously enhancing our operational efficiency.

The Stage 1 audit was conducted on 8th October 2025, during which the auditor reviewed our documentation, readiness, and overall compliance framework. Following this, the Stage 2 audit took place on 13th, 14th, and 15th October 2025. Throughout the assessment, the auditor, who was highly knowledgeable and experienced, conducted a detailed and comprehensive evaluation of our processes, systems, and implementation.

Successfully meeting the requirements of ISO 55001 is a significant milestone for our organisation. It demonstrates the effectiveness of our asset management strategies and the dedication of our entire team in upholding the highest standards.



## 3. ISMS 27001 & BCMS 22301

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The Surveillance Audit 2 for ISO 27001 (ISMS) and ISO 22301 (BCMS) were successfully conducted as part of our ongoing commitment to maintaining compliance with international standards. The audit activities for ISO 27001 were carried out on the 1st, 2nd, 3rd, and 28th of October 2025, while the audit for ISO 22301 was conducted on 4th November 2025.

During the audit, our Information Security Management System (ISMS) and Business Continuity Management System (BCMS) underwent a comprehensive review to ensure continued effectiveness, alignment with regulatory requirements, and adherence to industry best practices. The assessment provided valuable insights and reaffirmed the robustness of our controls, processes, and risk management framework.

This successful surveillance audit strengthens our dedication to safeguarding information assets and ensuring operational resilience across the organization.

## 4. Blood Donation Drive

As part of our Corporate Social Responsibility (CSR) initiative, we organized a blood donation drive in collaboration with the Red Cross Singapore on 8th November 2025. A total of 12 volunteers, including members of our organization, alumni, and members of the public, stepped forward for this meaningful cause, demonstrating strong enthusiasm and a genuine willingness to contribute. Out of these, 7 volunteers successfully completed their blood donation.

This initiative reflects our ongoing commitment to giving back to the community and supporting life-saving efforts. We extend our heartfelt appreciation to all participants for their dedication and to the Red Cross Singapore for their continuous support and partnership.



## Looking Ahead

As we close this edition of the 37<sup>th</sup> EA Journal, we reflect with pride on the progress we have made and the positive impact of our initiatives. Our celebrations, audits, certifications, and CSR activities highlight the resilience, teamwork, and unwavering dedication of the Eversafe Academy family.

These efforts reaffirm our mission to foster a supportive learning environment, uphold international standards, and contribute meaningfully to the communities we serve. We extend our sincere appreciation to our employees, trainers, partners, and volunteers whose commitment made these achievements possible.

As we move forward, we remain dedicated to excellence, innovation, and continuous improvement. We look forward to creating more milestones together in the months ahead.



WARM REGARDS,



**R. MURUGESH**  
(MANAGING DIRECTOR)  
EVERSAFE ACADEMY PTE LTD



**EVERSAFE ACADEMY<sup>®</sup>**  
Steps To Success



SINCE 2008

WE HAVE SUCCESSFULLY  
TRAINED AND GRADUATED

**923,617+**

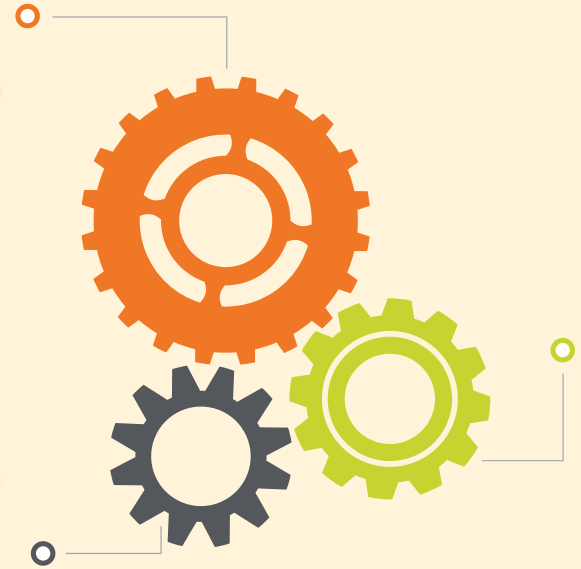
STUDENTS AS OF OCTOBER 2025

Our EA Safety Committee was created comprising of EA Management and selected highly experienced WSH Trainers with a focus on the daily safety surveillance and safety reviews of our 4 training branches. October month meeting was conducted on 27<sup>th</sup> October 2025 at our Pioneer location.

The meeting was headed by our Managing Director Mr. Murugesh along with the other members.



2. Eversafe Academy conducted workshop on Extracurricular Activities: “Resume Writing Skills” on 01st November 2025 with 74 members.



3. Eversafe Academy had conducted Free Computer Class on October month, 17 students got benefited.

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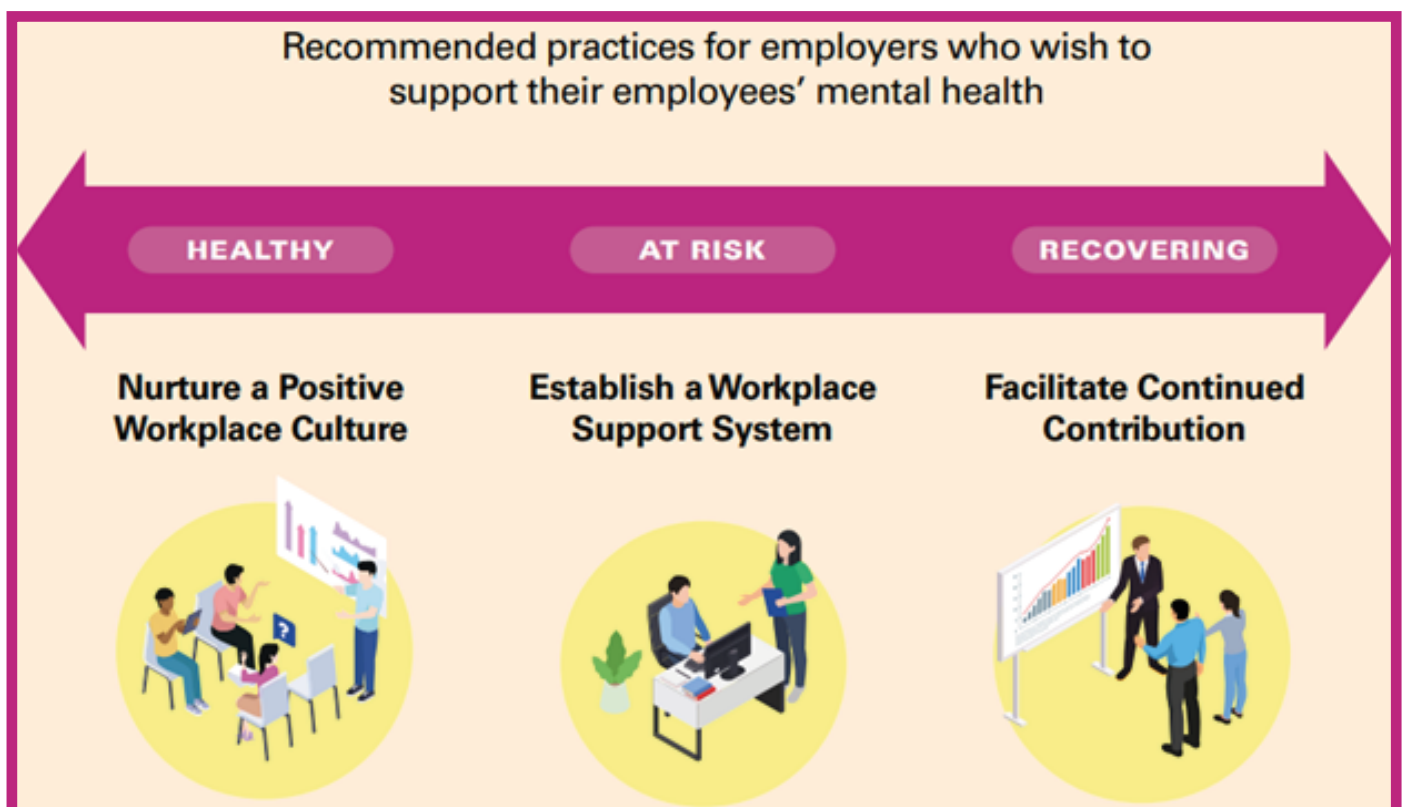
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## Implementing Workplace Mental Health Standards

### Reviewing and Implementing Singapore's Workplace Mental Health Standards

I must first extend sincere commendation to the WSH Council and its extensive list of supporting partners for developing and releasing the Handbook on Supporting Employees' Mental Health. This monumental effort was supported by a wide alliance that includes government agencies like the Ministry of Health (MOH) and the Health Promotion Board (HPB), professional bodies such as the Institute for Human Resource Professionals (IHRP) and SHRI, and tripartite/social partners like the National Council of Social Service (NCSS), NTUC, SNEF, and the Association of Small & Medium Enterprises (ASME). This comprehensive collaboration clearly signals a unified national commitment to making mental health a core pillar of Total WSH.

The launch establishes mental well-being as a strategic imperative, moving beyond mere moral obligation. Employers who successfully integrate mental health support can realize tangible benefits, including reduced absenteeism, stronger talent retention, and improved productivity. The Handbook focuses on providing practical guidance for employees who are at risk of, or actively recovering from, mental health conditions.



The core principle for action, set out in Recommendation 1: Nurture a Positive Workplace Culture, is applicable to all employees. This involves adopting national guidelines, such as the Tripartite Advisory on Mental Health and Well-being at Workplaces and the Playbook on Workplace Mental Well-being. Crucially, this cultural foundation must be built with leadership accountability, meaning our senior management must actively role-model positive behaviors and integrate mental health into overall business strategy.



## Implementation Focus: Support Systems and Training

Recommendation 2: Establish a Workplace Support System provides the structure for intervening when employees are at risk. The handbook clarifies that feelings of withdrawal or depression should never be seen as personal flaws or signs of weakness. To support recovery, a key component involves Training Supervisors on Mental Health. This training, aligned with the National Mental Health Competency Training Framework, is how we build mental health literacy, enabling personnel to spot distress signs and make timely referrals. Peer Supporters are trained in Basic (Tier 1) competencies, which include Psychological First Aid and supporting individuals with mental health needs. Conversely, Managers and HR representatives need the Intermediate (Tier 2) level, which adds the critical skills of Management of Mental Health Crisis (including suicide prevention) and assessing fitness for return to work.

A vital part of this system is fostering a Safe Space—an environment that supports open communication without the risk of penalty or judgment. Managers are advised to conduct regular, private check-ins using empathetic, open-ended questions like, "How are you coping so far?" or "What has been challenging for you lately?". We must ensure managers avoid judgmental language and refrain from forcing employees to share or giving unsolicited, immediate solutions. Finally, making external resources widely accessible is essential; employers should share touchpoints like the national mindline 1771 and the Samaritans of Singapore (SOS) 24-hour Hotline (1767), to provide confidential and professional pathways for help.



## Facilitating Return to Work (RTW) and Accommodations

Recommendation 3: Facilitate Continued Contribution focuses specifically on structured support for employees recovering from mental health conditions. A formal Return to Work (RTW) Programme is highly recommended to support recovery while ensuring the employee can continue to contribute. The program starts with Early Contact, where a trained RTW coordinator is appointed to consult the employee's medical professional (with consent) and discuss initial preferences for work scope. This leads to the Co-creation of a RTW Plan with the employee, which involves assigning a trained peer supporter as a buddy, developing a gradual RTW schedule, and collaboratively aligning job duties with the employee's comfort and abilities. Throughout the process, Regular Check-ins must be conducted to monitor progress, address concerns, and recognize the employee's resilience.

## Key Reference Points from the Mental Health Handbook:

The primary non-emergency mental health resource for employees is the National mindline 1771. However, in an imminent crisis scenario, the protocol requires immediately contacting both the Police (999) and the Samaritans of Singapore (SOS) 24-hour Hotline at 1767. For organizational assessment, employers can leverage the free iWorkHealth tool to measure and monitor the state of organizational well-being over time. Furthermore, all training for supervisors and HR must be benchmarked against the standards set by the National Mental Health Competency Training Framework. Specifically for HR professionals involved in return-to-work planning, the handbook highlights Beyond the Label's Return to Work Workshop as a specialized training option. The overarching principle remains that job accommodations must be reasonable, customized to the individual, and regularly reviewed to align with the employee's current abilities.

## References

WSH Council (2025). Handbook on Supporting Employees' Mental Health.

Retrieved from

<https://www.tal.sg/wshc/resources/publications/guides-and-handbooks/handbook-on-supporting-employees-mental-health>

<https://www.tal.sg/wshc/resources/collaterals/posters/infographics-on-supporting-employees-mental-health>



**Mr. Thanikachalam  
Rameshkumar**



**Head – Academic Department  
Eversafe Academy Pte Ltd**

**ORGANOID**

**INTELLIGENCE**



THE FUTURE OF WORKPLACE SAFETY

## Organoid Intelligence: The Future of Workplace Safety

Workplace safety has evolved significantly with the adoption of automation, artificial intelligence, and smart sensors. The next breakthrough on the horizon is Organoid Intelligence (OI)—a revolutionary technology that uses lab-grown human brain cells (organoids) to create adaptive, energy-efficient biological computing systems. While still in its early stages, OI holds tremendous potential to transform how companies predict, prevent, and respond to workplace hazards.

### What Is Organoid Intelligence?

Organoid Intelligence refers to the use of human brain organoids—three-dimensional clusters of neurons grown from stem cells—to perform computational tasks. These mini-brains can:

- ▶ **Process information**
- ▶ **Learn from patterns**
- ▶ **Adapt to changing environments**
- ▶ **Make predictions based on incomplete data**

In workplace safety, this ability to learn and adapt in real time can radically improve how organizations manage risks.

## How OI Can Transform Workplace Safety

### 1. Predictive Accident Prevention

Traditional safety systems rely heavily on pre-defined rules or large datasets. OI, however, can learn just like a human brain, allowing it to detect subtle patterns that machines often miss.

This means OI could:

- ▶ Predict equipment failures
- ▶ Identify unsafe worker behavior
- ▶ Detect hazardous conditions early
- ▶ Avoid accidents before they happen



For example, an OI-powered safety system in a factory could analyze machinery sound, vibration, and worker movement to warn supervisors of a potential accident minutes—or even hours—in advance.

### 2. Real-Time Hazard Identification

OI can process multiple streams of data at once:

- ▶ CCTV footage
- ▶ Heat sensors
- ▶ Gas detectors
- ▶ Wearable devices
- ▶ Environmental monitors

Because organoids excel at pattern recognition, they can identify danger quickly—even in noisy, complex environments.

This enables early detection of:

- ▶ Gas leaks
- ▶ Fire risks
- ▶ Electrical short circuits
- ▶ Unsafe machine operation
- ▶ Worker fatigue or dizziness

Such rapid learning and adaptation give OI a unique advantage over traditional AI.

### 3. Reducing Human Error

Studies show over 80% of workplace incidents are due to human error.

OI-integrated systems can monitor worker behavior and detect subtle signs of:

- ▶ Fatigue
- ▶ Stress
- ▶ Loss of concentration
- ▶ Cognitive overload

For example, an OI-powered driving system may identify micro-changes in eye movement or steering patterns, and alert the driver before a lapse leads to an accident.

### 4. Enhancing PPE With Intelligent Response

Personal Protective Equipment (PPE) can evolve dramatically with OI integration. Future smart helmets, gloves, and safety shoes could:

- ▶ Detect falling objects
- ▶ Warn of dangerous temperatures
- ▶ Predict slips or falls
- ▶ Sense chemical exposure
- ▶ Adjust protection based on real-time risk

Such biological intelligence-enabled PPE could react faster and more intuitively than digital-only devices.



## 5. Smarter Safety Training and Simulation

AI can create realistic training models that learn from real accident data. This opens the door to highly adaptive safety simulations for:

- ▶ Fire evacuation
- ▶ Heavy machinery operation
- ▶ Hazardous chemical handling
- ▶ Construction-site risk navigation

Workers receive training tailored to their behavior, improving retention and reducing risk.

## 6. Early Worker Health Monitoring

Workplace well-being directly impacts safety. AI can analyze biometrics to detect early signs of:

- ▶ Heatstroke
- ▶ Heart strain
- ▶ Anxiety or mental fatigue
- ▶ Chemical exposure
- ▶ Cognitive slowdown

By alerting safety officers early, AI can prevent medical emergencies and long-term injuries.



## Why OI Matters for the Future Workplace?

Organoid Intelligence represents a shift from reactive safety systems to proactive and predictive ones. Its human-like learning ability, low energy consumption, and adaptability make it ideal for modern workplaces where:

- ▶ **Machines operate continuously**
- ▶ **Complex data streams need interpretation**
- ▶ **Human behavior is unpredictable**
- ▶ **Safety risks evolve rapidly**

While OI is still developing, its early research signals a powerful future where biological intelligence enhances worker protection, operational efficiency, and organizational resilience.

### Conclusion:

Organoid Intelligence has the potential to become a groundbreaking tool in workplace safety management. By combining biological adaptability with modern technology, OI offers a new era of accident prevention, hazard recognition, human-error reduction, and intelligent safety training. As research advances, industries that embrace OI early will be better prepared for a safer, smarter, and more resilient future.

### Key Source Data:

1. Smirnova L., Morales Pantoja I. E., Hartung T. "Organoid intelligence (OI): the new frontier in biocomputing ..." Foundational review of OI: describes the field, the prospects of using brain organoids for biological computing. *Frontiers*  
Useful quotes:  
"...Biological computing (or biocomputing) could be faster, more efficient, and more powerful than silicon-based computing..." *Frontiers*  
"...We envisage complex, networked interfaces whereby brain organoids are connected with real-world sensors and output devices..." *Frontiers*  
Good for your article to show how OI is being developed.
2. Hartung T. "Brain organoids and organoid intelligence from ethical, legal ..." (2024)  
Gives detail on ethical, legal, and conceptual issues in OI. *PubMed Central*  
Useful to show that although OI has promise, there are still major questions – helpful when talking about adopting it in workplace safety.
3. Nestor M.W. "Assessing the Utility of Organoid Intelligence: Scientific and Conceptual Concerns" (2025)  
Critically examines the limitations: "Current brain organoids lack the anatomical complexity, network organization ... necessary for intelligence or sentience." *MDPI*  
Good for balance – showing that this is promising but not fully mature.
4. Wadan A.H.S. "Organoid intelligence and biocomputing advances" (2025)  
A more recent review on technological advances enabling OI (microfluidics, AI integration, electrophysiology) *ScienceDirect*  
Good support for the "how it could work" section of your article.
5. De Jongh D., Massey E.K., Bunnik E.M. "Organoids: a systematic review of ethical issues" (2022)  
Although not OI-specific, covers ethical issues of organoid technology which are relevant when you apply OI in workplace safety context. *BioMed Central*

## The **Soul** That **Seeks**

### **Morning mist covered a small quiet village.**

Every day, a man would walk slowly to the riverside and sit there — his name was Peter. A faint scar rested near his eye, and within those eyes lived an endless search. Once, he was a city photographer — a man who could find stories hidden in the smallest of smiles and shadows.

But one night, a terrible accident took away his sight. The world went dark. Yet, Peter never stopped seeing. His camera still hung around his neck — the same one that once captured life in colors. “I may have lost my sight,” he said softly, “but not my vision. I can still listen to the light.” So he began taking photographs again — not through sight, but through sound. The rustle of leaves became frames, the rhythm of river waves became motion, and the laughter of children became light.

One day, a little girl appeared — Helena. She watched him curiously and asked, “But Uncle, how can you take pictures when you can’t see?” Peter smiled. “Because, Helena, I take pictures not with my eyes... but with my soul.” From that day, Helena became his eyes. Each morning, she would describe the world for him — “The sky is orange today...” “The river shines like gold in the sunlight...” “A blue butterfly is sitting on your camera strap.” Through her words, Peter saw again — not through vision, but through emotion. Months passed. Together, they created a unique photo exhibition — “Echoes of Light.” The pictures were imperfect, abstract — yet deeply alive. People were moved to tears. When asked how he managed to create art without sight, Peter simply said, “Everyone in this world is searching for something — some for love, some for meaning, some for peace. My search is for light. A soul that seeks... is a soul that lives.” After the exhibition, Peter returned to his quiet riverside. Helena sat beside him, smiling. “Uncle,” she asked softly, “Has your search ended now?” Peter turned toward the sound of the river, smiling faintly. “If my search ever ends, Helena... that would mean my life has ended too.” The wind blew gently across the river, carrying with it the quiet truth — that to live is to seek, and to seek is to stay alive.

### **Insight:**

The moment a soul stops seeking, it stops living. A soul that keeps searching — for light, love, or meaning — is truly alive.



**By - Mr. Rambu Paul Dhinakaran G**  
Senior Manager  
- Human Resources

## OUR MD MR MURUGESH PRESENTED THE MONTHLY TRAINER EXCELLENCY PATHWAY (TEP)

CERTIFICATE OF APPRECIATION FOR SEPTEMBER 2025 EXEMPLAR TRAINER'S

### FULL-TIME TRAINERS



Mr. Affandy  
Westlake



Mr. Kabir Mir  
Mohammed Humayun



Mr. Princeton Sinclair  
Peter



### ASSOCIATE TRAINERS



Mr. ABM  
Mohsin



Mr. John Mohan  
Duraisangam



Mr. Shamim  
Ahmed



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✦ Endorsement of our Commitment to our **Student and Customers**,  
Some of the endorsements and feedback from our **Valued Clients**.

<b>COMPANY NAME</b>	QUAKER HOUGHTON CHEMICAL & LUBRICANT PTE.LTD.
<b>COMPANY INCHARGE</b>	MS ANGELINE TAY
<b>COURSE INCHARGE</b>	MS SENGINI

THANK YOU FOR YOUR HELP FROM THE DAY OF ENROLMENT TO THE COMPLETION OF THE TRAINING. YOU HAVE BEEN PROMPT ON YOUR REPLY AND MAKING THINGS EASY FOR ME. AS A STUDENT SUPPORT SERVICE OFFICER, YOU ARE DOING GREAT. KEEP UP THE GOOD WORK.



<b>COMPANY NAME</b>	REWONA STAFFING & SERVICES PTE LTD
<b>COMPANY INCHARGE</b>	MS LIM LAY PENG
<b>COURSE INCHARGE</b>	MS SENGINI

SENGINI IS A FRIENDLY, POLITE AND SUPPORTIVE SERVICE OFFICER WHO IS VERY PROFESSIONAL AND PROMPT IN HER RESPONSES. I AM HAPPY AND SATISFIED TO BE SERVED BY HER.



<b>COMPANY NAME</b>	JAE ENGINEERING PTE LTD
<b>COMPANY INCHARGE</b>	MS ISHU K
<b>COURSE INCHARGE</b>	MS PARAMESHWARI

I REALLY APPRECIATE HOW SMOOTH THE RESCHEDULING PROCESS WAS WITH EVERS SAFE ACADEMY. MS. PARAMESH WAS QUICK TO RESPOND, CLEARLY COMMUNICATED THE AVAILABLE SLOTS, AND HANDLED EVERYTHING IN A FRIENDLY AND PROFESSIONAL MANNER. EXCELLENT SERVICE!"



<b>COMPANY NAME</b>	NORDIC GROUP LIMITED
<b>COMPANY INCHARGE</b>	MS MIRSHA
<b>COURSE INCHARGE</b>	MS SHENBAGAM

THANK YOU FOR YOUR MESSAGE. I TRULY APPRECIATE THE SUPPORT AND GUIDANCE YOU'VE PROVIDED AS THE MWAH COURSE INCHARGE. YOUR COMMUNICATION AND RESPONSIVENESS HAVE BEEN EXCELLENT, AND I'M SATISFIED WITH YOUR SERVICE.



◆◆ Endorsement of our Commitment to our **Student and Customers**,  
◆◆ Some of the endorsements and feedback from our **Valued Students**.

<b>STUDENT NAME</b>	SETHURAMAN RAJA KUMARAN
<b>COURSE NAME</b>	ADCE
<b>COURSE INCHARGE</b>	MS REVATHI

I WOULD LIKE TO TAKE A MOMENT TO PROVIDE POSITIVE FEEDBACK ON THE ASSISTANCE PROVIDED BY MS. REVATHI. HER SUPPORT HAS BEEN EXCEPTIONALLY CLEAR, PROFESSIONAL, AND RESPONSIVE. SHE DEMONSTRATES A STRONG UNDERSTANDING OF STUDENT NEEDS AND DELIVERS GUIDANCE IN A PATIENT AND APPROACHABLE MANNER. HER ABILITY TO MANAGE AND COMMUNICATE WITH MULTIPLE STUDENTS EFFICIENTLY IS COMMENDABLE AND GREATLY APPRECIATED.



<b>STUDENT NAME</b>	MARUTHAI SATHISHKUMAR
<b>COURSE NAME</b>	MWAH
<b>COURSE INCHARGE</b>	MS. SHENBGAM

DEAR MS. SHENBA, THANK YOU FOR DELIVERING THE MANAGING WORK AT HEIGHT COURSE EFFECTIVELY. YOUR EXPERTISE AND GUIDANCE WERE INVALUABLE. I'M SATISFIED WITH THE COURSE CONTENT AND YOUR SUPPORT.



<b>STUDENT NAME</b>	ANBALAGAN S/O VEERASAMY SUPPIAH
<b>COURSE NAME</b>	MWAH
<b>COURSE INCHARGE</b>	MS SHENBAGAM

I WOULD LIKE TO TAKE THIS OPPORTUNITY TO EXPRESS MY SINCERE GRATITUDE FOR YOUR STAFF MEMBER, SHENBA, FOR HER OUTSTANDING SERVICE AND UNWAVERING SUPPORT. I TRULY APPRECIATE HER DEDICATION IN LIAISING WITH THE WAN LEE TEAM AND ENSURING THE CERTIFICATE WAS PREPARED WITH THE CPD APPROVAL CODE AND SDU POINTS CLEARLY PRINTED. HER EFFICIENCY, CHEERFUL DISPOSITION, AND KEEN ATTENTION TO DETAIL ARE GENUINELY COMMENDABLE.



<b>STUDENT NAME</b>	RAYAPPAN JUDE FRANKLINE
<b>COURSE NAME</b>	MWAH
<b>COURSE INCHARGE</b>	MS SHENBAGAM

"RESPECTED MS. SHENBAGAM ,  
""CONSISTENTLY DELIVERS EXCEPTIONAL CUSTOMER SERVICE WITH A POSITIVE ATTITUDE.""  
""RESPONDS TO CUSTOMER INQUIRIES PROMPTLY AND EFFECTIVELY"



## EVERSAFE ACADEMY HEALTH CHALLENGE RESULTS – OCTOBER 2025

### ***HEY, EVERS SAFE ACADEMY FAMILY!***

October was full of energy and movement—and our champions didn't skip a beat! From sunrise walks to evening strolls, every step counted toward stronger, healthier habits.



**Jegadeesh**  
569,232 steps



**Ezhilmathi**  
531,214 steps



**Shenbagam**  
480,724 steps

A huge round of applause to all our October steppers

—you're motivating the whole academy to keep moving!



## • Health Tip to Avoid **Cold and Cough:**

Boost your immune system naturally by keeping your body warm, hydrated, and nourished.



## **Practical Tips:**



- **Drink warm water** throughout the day to flush out toxins and soothe your throat.
- Include immunity-boosting foods like **ginger, garlic, turmeric, honey, and citrus fruits (lemon, orange)**.
- **Avoid chilled drinks, ice cream,** and late-night cold exposure.
- **Steam inhalation** once a day with a pinch of **turmeric or eucalyptus** oil helps clear nasal passages.
- Practice good hygiene – **wash hands** often and avoid touching your face unnecessarily.
- Sleep well – **7-8 hours of rest** keeps your immune defense strong.

## HEAT STRESS SAFETY QUIZ!!!



1 Heat stress occurs when the body cannot \_\_\_\_\_ itself adequately.

6 Wearing \_\_\_\_\_ clothing can help prevent heat stress by allowing sweat to evaporate.

2 One common symptom of heat stress is excessive \_\_\_\_\_.

7 Workers should be aware of the signs of heat exhaustion, which include nausea, dizziness, and \_\_\_\_\_.

3 To prevent heat stress, it is important to drink plenty of \_\_\_\_\_ throughout the day.

8 \_\_\_\_\_ is a severe form of heat stress that requires immediate medical attention.

4 The main cause of heat stress is prolonged exposure to \_\_\_\_\_ temperatures.

9 Heat stress is more likely to occur when working in environments with high \_\_\_\_\_.

5 A key method to reduce heat stress is to take regular \_\_\_\_\_ in shaded or cool areas.

10 Employers should provide training on the proper use of personal \_\_\_\_\_ to prevent heat stress.

Choose your answers from the list and fill in your alphabetic answers in (A to J) in the table below:

Question No	Answers
A	Safety goggles or face shields
B	Stabilized or supported
C	Barriers or fencing
D	Asbestos
E	Fall protection equipment (e.g., harnesses, guardrails)
F	Emergency response
G	Personal protective equipment (PPE)
H	A risk assessment
I	Isolation or decommissioning
J	Certified or trained



**SCAN QR CODE TO SUBMIT YOUR COMPLETED MATCHING SAFETY PUZZLE**

\*CONDITIONS APPLY



Please complete the matching quiz questions and **Snap a Picture** to upload via our **QR Code** with your details for a chance to win prizes.

### Prizes



### LAST MONTH WINNERS (SEPTEMBER)



1st S\$50

GABRIEL JERAMAE



2nd S\$40

MOHAMED ABUBAKKAR ABDUL NAZIR



3rd S\$30

CRISTINE GRACE DONGUILA



QUIZ DEVELOPED BY

**Mr. Richard Sim**  
Academic Manager  
Eversafe Academy Pte Ltd



## Eversafe Academy reach and Impressions for **September 2025**

SOCIAL MEDIA VIEWS **#1,359**

MOBILE APP VIEWS **#30,146**



YOUTUBE IMPRESSION - 990



Eversafe Academy believes that creating awareness through Social Media can make a positive impact on the public and learning communities. Eversafe Academy has been producing helpful and informational videos on our YouTube Channel "Eversafe Academy".

**Some of the recent videos posted on our channel are**



### 01. Student Testimonial Videos

Testimonial videos are valuable for presenting positive student experiences, contingent on securing the necessary consent.



### 2. Course Informational Videos

Create engaging informational videos detailing course content, duration, and fees to effectively promote in-demand skills and courses that significantly enhance career advancement across various industries.



### 3. General & Safety Videos:

In September 2025, we released instructional videos featuring our teachers explaining various courses. Additionally, we published a separate safety awareness video focused on workplace safety.



## **CORPORATE SOCIAL RESPONSIBILITY (CSR) ACTIVITIES BY EVERSAFE ACADEMY.**

1. We have planned to start the next batch for FREE YOGA Classes for migrant workers, and we are most pleased to share that there was a high demand for this type of FREE classes, which forms part of our Corporate Social Responsibility (CSR) service by Eversafe Academy for the migrant worker community.

### Dates:

- 16th November 2025
- 23rd November 2025
- 30th November 2025
- 07th December 2025
- 14th December 2025
- 21st December 2025
- 28th December 2025
- 04th January 2026

**Timing:** 6 PM to 9 PM **Location:** Little India branch,  
No 2, Kampong Kapur Rd, Singapore 208674



2. EA will be conducting Free Spoken English Class on the below scheduled dates.

### Dates:

- 09th November 2025
- 16th November 2025
- 23rd November 2025
- 30th November 2025
- 07th December 2025



3. Eversafe Academy going to conduct the **“Blood Donation Drive”** at No, 02 Kampong Kapur Road, Little India, Singapore.

### FOR MORE DETAILS

Call: +65 6297-8417 | WhatsApp: +65 9381 3608  
[www.eversafe.edu.sg](http://www.eversafe.edu.sg) | [training@eversafe.com.sg](mailto:training@eversafe.com.sg)

## EVERSAFE ACADEMY GREEN PLAN INITIATIVE:

*Cleaner Air. Greener Future*

At Eversafe Academy, our commitment to safety extends beyond the classroom. We believe that creating a safe and sustainable learning environment begins with the air we breathe. In line with Singapore's Green Plan 2030, Eversafe Academy has implemented a proactive Air-Conditioner Filter Maintenance Programme — ensuring our facilities stay energy-efficient and environmentally responsible.

### Monthly Air-con Filter Service: A Simple Step, A Big Impact

Every month, our maintenance team carries out a water wash and service of all air-conditioning filters across our training facilities. This simple but effective initiative helps to:

- **Improve Air Quality** – Clean filters reduce airborne dust and allergens, promoting a healthier environment for our trainees and staff.
- **Enhance Energy Efficiency** – Regular cleaning ensures the aircon units operate at optimal performance, lowering electricity consumption and carbon footprint.
- **Extend Equipment Lifespan** – Proper maintenance minimizes wear and tear, reducing the need for replacements and electronic waste.



Eversafe Academy remains committed to leading by example — promoting safety, health, and environmental responsibility as part of our continuous improvement journey.

## **EVERSAFE ACADEMY WILL BE SOON LAUNCHING THE BELOW NEW COURSES:**

1. WPL Preparatory Course (Listening)
2. WPL Preparatory Course (Speaking)
3. WPL Preparatory Course (Reading)
4. WPL Preparatory Course (Writing)
5. WPN Preparatory Course (Numeracy)

### *Upcoming Events*

**1.**

Safety committee meeting will be conducted at 2 Kampong Kapor Rd, Singapore on 24th Nov 2025.

**2.**

Eversafe Academy has planned to conduct workshop "Learning Styles" on 29th November 2025.

**3.**

Eversafe Academy has planned to conduct the "Freshers day" on 19th November 2025.



Eversafe Academy is a well-established training institute providing innovative training to meet the needs of the adult learners and PMETs of Singapore and regionally. We are one of the well-known Training Providers in the WSH sector, with a team of highly experienced and dedicated safety professionals who are trained and capable in the implementation of workplace safety, corporate loss control and regulatory compliance. We have a group of experienced engineers.

We shape the safety skill sets of workers, Supervisors and Managers to ensure that they have adequate knowledge to carry out their works safely. We also organize training for corporate companies.

We are also accredited with a 4-year EduTrust Accreditation quality standard mark as part of the recognition of our excellence in quality teaching and student experiences as a registered Private Education Institute.



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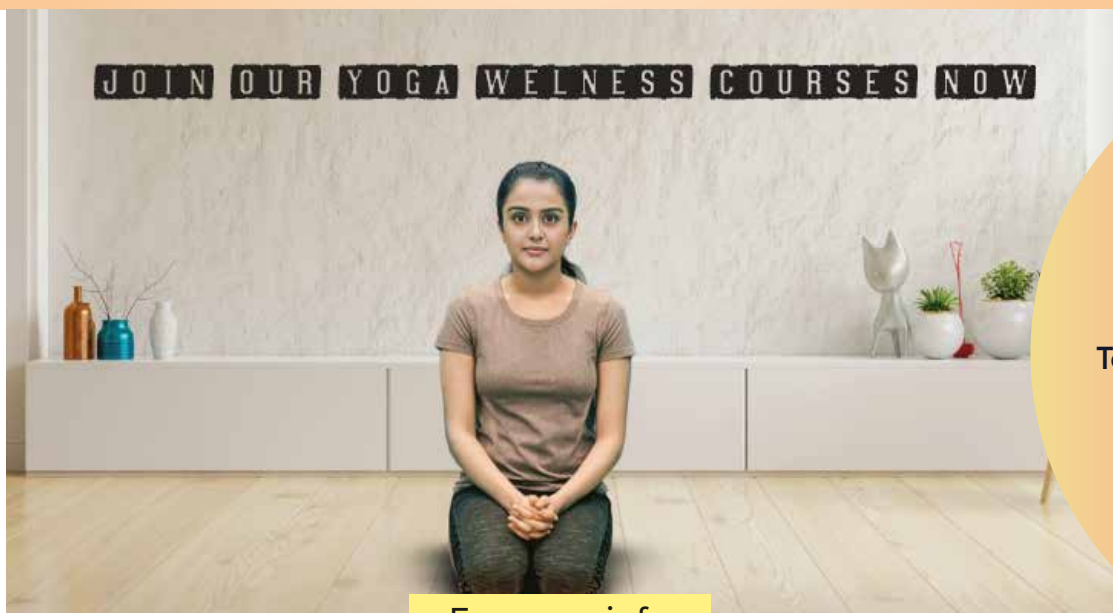
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2. *KAYAKALPA YOGA*
3. *INTROSPECTION COURSE (I, II & III)*
4. *CHILDREN YOGA*
5. *CERTIFICATE IN YOGA FOR HUMAN EXCELLENCE (CYHE)*
6. *DIPLOMA IN YOGA FOR HUMAN EXCELLENCE (DYHE)*



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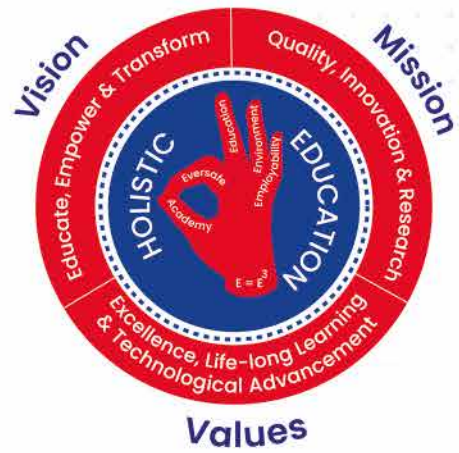
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**FOR MORE INFO CONTACT:**

**Call: (+65) 9059 6339 | [www.eversafe.edu.sg](http://www.eversafe.edu.sg)**



# Island wide 4 Locations

LITTLE INDIA



No. 2, Kampong Kapur Rd,  
Singapore 208674

JOO KOON



No. 2, Joo Koon Road,  
Singapore 628966

PIONEER JUNCTION



No.3, Soon Lee Street, #04-14,  
16,17, Pioneer Junction,  
Singapore 627606

WAN LEE



No. 2, Wan Lee Road,  
Singapore 627934

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