



**EVERSAFE ACADEMY®**

Reg No : 200813706C **Steps To Success**



# EA JOURNAL

NOVEMBER 2025 *38<sup>th</sup> issue*



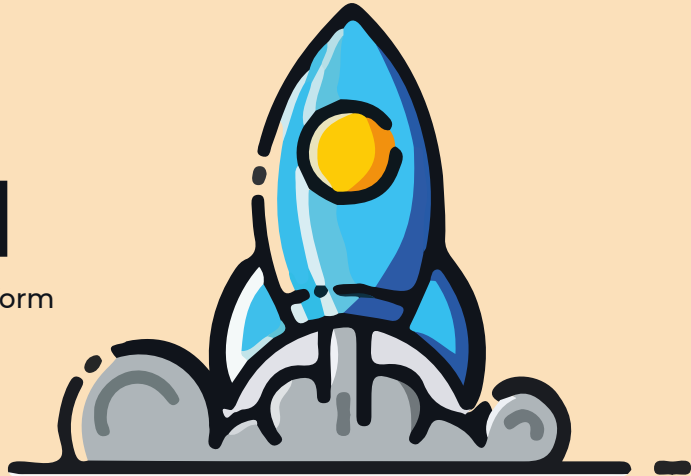
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PREVIOUS JOURNALS





*Our*  
**VISION**

Educate, Empower and Transform



*Our*  
**MISSION**

Quality, Innovation and Research

*Our*  
**VALUES**

Excellence, Life-Long Learning and  
Technological Advancement



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# MD's Message

*Dear*

**Esteemed Readers,**

Welcome to the 38th edition of the EA Journal. As we draw the curtains on 2025, it is a fitting moment to reflect on the remarkable journey of Eversafe Academy over the past year. This year has been one of growth, learning, and achievement, marked by both memorable milestones and valuable lessons.

From celebrating our collective accomplishments during the Annual Day to warmly welcoming new students on Freshers' Day, 2025 has been a year defined by collaboration, innovation, and dedication across all levels of the Academy. Furthermore, our strategic review initiatives have helped us align our goals, enhance operational efficiency, and lay the foundation for an even more impactful year ahead.

## 1. Annual Day Celebration 2025

Eversafe Academy successfully conducted its Annual Day Celebration on 1 December 2025, marking an important occasion to reflect on the organisation's journey and accomplishments throughout the year. The event served as a platform to review key milestones achieved in 2025, acknowledge collective efforts, and reinforce our shared vision.

During the address, I highlighted significant achievements, memorable moments, and the operational and strategic challenges faced during 2025, along with the initiatives and corrective measures implemented to overcome them. This provided staff with a clear understanding of how challenges were addressed and how continuous improvement remains a core focus of the Academy.

The management formally expressed appreciation to all team members for their dedication, teamwork, and commitment. Outstanding performers were recognised and rewarded as Achievers of the Year, reinforcing a culture of excellence and motivation. In addition, the strategic direction, priorities, and key initiatives planned for 2026 were shared to align all departments towards common organisational goals.

The celebration was further enriched by cultural performances prepared and presented by staff members, showcasing creativity, teamwork, and organisational spirit. The event concluded with a dinner, providing an opportunity for informal interaction, strengthening camaraderie, and fostering a positive and inclusive workplace culture.



# MD's Message

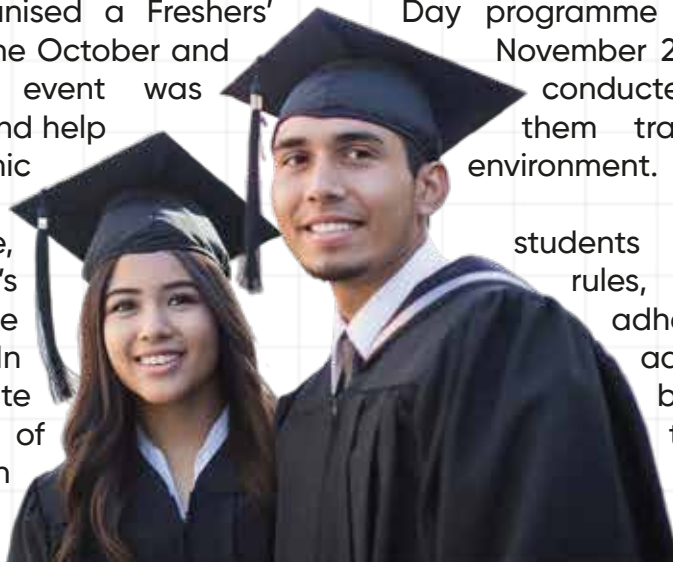


## 2. Freshers' Day

Eversafe Academy organised a Freshers' Diploma students from the October and November 2025. The event was well received and helped to formally welcome new students and help them transition smoothly into the academic environment.

Day programme for the full-time November 2025 intakes on 19 November 2025. The event was conducted to formally welcome new students and help them transition smoothly into the academic environment.

During the programme, students were briefed in detail on the Academy's rules, regulations, and code of conduct to be adhered to within the school premises. In addition, emphasis was placed on appropriate behaviour and responsibilities expected of them as Eversafe Academy students in public settings, ensuring they uphold the institution's values and reputation at all times.



students were briefed in detail on the Academy's rules, regulations, and code of conduct to be adhered to within the school premises. In addition, emphasis was placed on appropriate behaviour and responsibilities expected of them as Eversafe Academy students in public settings, ensuring they uphold the institution's values and reputation at all times.

The session also served to familiarise students with institutional expectations, promote discipline, and reinforce the importance of professionalism, safety, and respectful conduct, laying a strong foundation for their academic journey at the Academy.



# MD's Message

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## 3. Preparation for the strategic review

As we approach the end of the year, we are undertaking a thorough and structured strategic review to evaluate our overall performance in 2025 and to set a clear roadmap for 2026. This process involves a detailed assessment of both long-term and short-term organizational goals, a careful review of each department's workplans, and an in-depth analysis of KPIs to gauge effectiveness and impact.

We are reflecting on the successes achieved, challenges encountered, and lessons learned over the past year to identify opportunities for improvement and innovation. This review also includes assessing resource allocation, workflow efficiency, staff productivity, and the effectiveness of ongoing initiatives. By doing so, we aim to optimize operational processes, enhance inter-departmental collaboration, and ensure that each team member is aligned with the institution's broader objectives.

Furthermore, this strategic planning allows us to anticipate potential risks, adapt to emerging trends, and set realistic yet ambitious targets for the coming year. By proactively preparing in this manner, we are ensuring that the organization is fully equipped to achieve its goals, foster sustainable growth, and continue delivering excellence in 2026.



## 4. Season's Greetings from Eversafe Academy

As the year comes to a close, Eversafe Academy takes this opportunity to extend warm festive greetings to all our students, staff, partners, and stakeholders. May this Christmas bring joy, peace, and happiness to you and your loved ones, and may the New Year 2026 be filled with good health, success, and new opportunities.

We sincerely thank everyone for their trust, support, and dedication throughout 2025. Your contributions have been instrumental in achieving our milestones and in fostering a culture of excellence, innovation, and collaboration. As we step into 2026, we look forward to building on our accomplishments, embracing new challenges, and continuing our journey of growth and positive impact in the education and workplace safety sectors.

On behalf of Eversafe Academy, we wish you a Merry Christmas and a Happy New Year 2026, filled with prosperity, fulfillment, and shared success.



# MD's Message

## Looking Ahead

As we look forward to 2026, I would like to extend my heartfelt gratitude to all our students, staff, partners, and stakeholders for their unwavering trust, support, and commitment. Your contributions have been instrumental to our success and have fostered a culture of excellence, teamwork, and continuous improvement. Let us carry forward the momentum of 2025, embrace new challenges, and work together to achieve even greater milestones in the year ahead.

On behalf of Eversafe Academy, I wish everyone a joyful Christmas and a prosperous New Year 2026, filled with good health, success, and shared achievements.



WARM REGARDS,



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

MERRY  
*Christmas*  
&  
HAPPY NEW YEAR - 2026



# Our Achievements

~ SINCE 2008 ~

**WE'RE PROUD TO REPORT THAT,  
WE'VE SUCCESSFULLY TRAINED & CERTIFIED**

# 930,626+

AS OF NOVEMBER 2025





# Features & Highlights

## 1. EA SAFETY

### COMMITTEE INITIATIVES:

The EA Safety Committee consists of members of the EA Management Team and a panel of senior, highly experienced WSH trainers.

### THE COMMITTEE OVERSEES:

1. DAILY SAFETY SURVEILLANCE
2. ROUTINE SAFETY REVIEWS
3. COMPLIANCE ASSURANCE ACROSS ALL FOUR TRAINING BRANCHES

The monthly meeting for November took place on 24th November 2025 at 2 Kampong Kapor Road.

The meeting was chaired by the Managing Director, Mr. Murugesh, alongside other committee members. The committee remains committed to strengthening safety governance and enhancing operational safety performance.



2. On 29th November 2025, Eversafe Academy conducted an Extracurricular Activities workshop titled "Learning Styles."



The workshop engaged 73 participants and contributed to a deeper understanding of diverse learning preferences, thereby supporting our ongoing commitment to personalized and effective educational practices.

# Features & Highlights

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**3. Freshers' Day Celebration:** On 19th November 2025, Eversafe Academy hosted the Freshers' Day celebration, providing an engaging and inclusive platform to welcome newly enrolled students. The event played a key role in fostering a sense of belonging and integrating new learners into the academic community.



**4. Spoken English Class:** During the month of November 2025, Eversafe Academy conducted a Spoken English program, through which 13 students enhanced their communication skills and benefited from targeted language support designed to improve academic and professional readiness.



**5. Blood Donation Drive:** On 8th November 2025, Eversafe Academy successfully organized a Blood Donation Drive at No. 02 Kampong Kapor Road, Little India, Singapore. The initiative marked a meaningful contribution to community health and reinforced the institution's commitment to social responsibility and civic engagement.



**6. Eversafe Academy conducted an Annual Teachers' Meet** on 15th December 2025 via Zoom, with the participation of approximately 116 teachers. The meeting provided a platform for educators to discuss academic updates, share best practices, review institutional progress, and align on future goals. The session encouraged collaborative discussion and strengthened coordination among the teaching faculty



## **Breathing Safe at Work: Effective Indoor Air Quality Management in Air-Conditioned Buildings**

### **Importance of Indoor Air Quality (IAQ)**

- ▶ Indoor Air Quality (IAQ) is a key component of workplace safety, health, and wellbeing. Employees spend a substantial amount of time indoors in offices, factories, and commercial buildings, making the quality of indoor air a significant factor affecting health, comfort, and productivity. In air-conditioned workplaces, particularly those using sealed environments and mechanical ventilation systems, the potential for indoor air contamination is higher.
- ▶ Indoor air contaminants may include gases such as volatile organic compounds (VOCs), particulate matter (PM), and biological contaminants such as mould and bacteria. These contaminants can originate from building materials, furnishings, office equipment, renovation works, cleaning agents, and poorly maintained air-conditioning and mechanical ventilation (ACMV) systems. When IAQ is poorly managed, occupants may experience symptoms such as headaches, coughing, eye irritation, fatigue, and discomfort, commonly referred to as Sick Building Syndrome (SBS).
- ▶ Poor IAQ can also lead to reduced work performance, increased absenteeism, and long-term health concerns. Recognising these risks, the Workplace Safety and Health (WSH) Council, together with the Ministry of Manpower (MOM), developed the Workplace Safety and Health Guidelines on Management of Indoor Air Quality in Air-Conditioned Workplaces. These guidelines supplement Singapore Standard SS 554: Code of Practice for Indoor Air Quality for Air-Conditioned Buildings and provide practical guidance for effective IAQ management.
- ▶ The guidelines are primarily intended for building owners, occupiers, facility managers, and appointed IAQ Managers who have direct control over indoor environmental risks and owe a duty of care to workplace occupants.





# Industry News & Trends

## Risk Management and IAQ Management Framework

- ▶ IAQ should be managed as part of the organisation's overall workplace risk management system. Under the Workplace Safety and Health (Risk Management) Regulations, employers are required to identify hazards, assess risks, and implement appropriate control measures to protect employees and other persons affected by workplace activities.
- ▶ IAQ-related hazards may arise from routine operations or specific activities such as ACMV maintenance, addition and alteration (A&A) works, pest control, cleaning activities, or emergency situations such as water leakage or haze. A proper risk assessment (RA) must be conducted before any IAQ management activity, particularly where there are additional risks such as working at height, confined spaces, or chemical exposure.
- ▶ The IAQ Management Framework provides a systematic approach to managing indoor air quality. Key elements include:
  - **Appointment of a competent IAQ Manager**
  - **Communication with building occupants and stakeholders**
  - **Review of relevant documentation**
  - **Conducting IAQ audits**
  - **Evaluation of audit findings**
  - **Implementation of preventive or corrective actions**
  - **Ongoing monitoring and documentation**
- ▶ This structured framework ensures IAQ issues are managed consistently and effectively. Communication plays a critical role, as occupants' feedback often provides early indicators of IAQ problems such as odours, discomfort, or health symptoms that may not be immediately evident through measurements alone.



## IAQ Management Programme and IAQ Audit Process

- ▶ The IAQ Management Programme forms the operational backbone of IAQ control in air-conditioned workplaces. A competent IAQ Manager must be appointed to establish, implement, and oversee the programme. The IAQ Manager should have adequate training, experience, and knowledge of IAQ principles, ACMV systems, and relevant WSH requirements.
- ▶ Regular engagement with occupants is essential. Feedback may be obtained through questionnaires, interviews, or reporting channels to identify potential IAQ concerns. Documentation review is equally important and should include ACMV operation and maintenance records, previous IAQ audit reports, renovation details, cleaning schedules, pest control activities, and records of complaints.
- ▶ IAQ audits should be conducted at least once every three years or when triggered by complaints, system modifications, or rectification works. The audit process includes:
  1. **Acceptable IAQ**
  2. **Acceptable IAQ with potential concern**
  3. **Unacceptable IAQ**
- ▶ These outcomes guide the IAQ Manager in determining the appropriate course of action. Corrective Actions, Documentation, and Continuous Improvement
- ▶ Based on the evaluation results, preventive or corrective actions must be implemented. For acceptable IAQ, findings should be communicated to occupants to maintain transparency. Where potential IAQ concerns exist, preventive measures such as system optimisation, enhanced monitoring, or professional consultation may be required. In cases of unacceptable IAQ, corrective actions must be implemented promptly to eliminate or control the source of contamination.

Examples of corrective actions include improving ventilation rates, upgrading air filtration systems, managing humidity levels, rectifying water leakage, controlling chemical usage, and addressing mould or bacterial growth. When selecting control measures, factors such as energy efficiency, system compatibility, space constraints, potential secondary pollutants, and sustainability should be considered.





# Industry News & Trends

Documentation is a critical requirement of IAQ management. All IAQ-related activities, including risk assessments, audits, complaints, corrective actions, and communications, must be properly recorded. IAQ audit reports should clearly document methodologies, results, identified issues, and follow-up actions. Proper documentation demonstrates compliance with WSH requirements and supports continuous improvement.

In conclusion, effective IAQ management requires a proactive, systematic, and risk-based approach. By implementing the IAQ Management Programme in line with WSH guidelines and Singapore Standards, organisations can protect occupants' health, enhance comfort, and maintain a safe and productive indoor working environment.



**MR. THANIKACHALAM RAMESHKUMAR**



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

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## **Generative Intelligence Meets Occupational Health: The New Frontier**

Generative intelligence – advanced AI systems that can create new content and insights – is rapidly transforming workplace safety. By leveraging machine learning, computer vision, and large language models, organizations can now automate hazard detection, forecast risks, and personalize safety interventions in real time. For example, AI systems can continuously monitor video feeds and environmental sensors to detect falls or unsafe zones almost instantly. Such tools promise a new frontier in occupational health: smarter prevention of injuries and data-driven support for employees.

## **AI-Enabled Hazard Detection and Prevention**

Modern AI platforms use computer vision and IoT sensors to flag hazards as they occur. In practice, an AI camera might identify a worker's fall and trigger an emergency alert. Similarly, wearable devices (smart vests, helmets, or wristbands) continuously monitor posture and movement. When a sensor detects poor lifting technique or excessive strain, it can vibrate or send an alert so the worker can correct their posture. AI also tracks workers entering restricted areas or unsafe conditions, notifying supervisors if someone wanders into danger zones. These real-time systems act faster than human observation alone, allowing immediate interventions before an accident happens.



## Predictive Analytics for Injury Prevention

Beyond on-the-spot alerts, AI excels at forecasting risks from historical data. By mining years of incident reports and work logs, machine learning models can uncover patterns that humans might miss. For example, analysis might show that back injuries spike during seasonal peak workloads, or identify equipment that frequently leads to accidents during night shifts. Armed with these insights, managers can schedule refresher training, adjust staffing levels, or upgrade tools to mitigate risk. AI also enables predictive maintenance for machinery: by analyzing sensor data, the system can predict equipment failures before they occur and schedule repairs proactively. This forward-looking approach turns reactive safety management into a preventive strategy, reducing downtime and preventing equipment-related injuries.

## Personalized Training and Safety Education

Generative AI is revolutionizing safety training by customizing content to each worker. Instead of one-size-fits-all lectures, AI-driven platforms deliver role-specific modules and even immersive simulations. For example, a virtual reality (VR) system can adapt a fall-arrest scenario to a trainee's skill level, providing real-time feedback on their performance. AI chatbots and LLMs can also act as on-demand safety tutors. Workers can ask questions about equipment use or emergency procedures and receive instant, context-aware answers. During drills, a generative AI can simulate dynamic scenarios (such as a chemical spill) and guide the response in real time. These personalized, interactive methods increase engagement and information retention, ensuring that employees learn best practices more effectively.





## Generative AI Assistants and Safety Reporting

Generative intelligence also streamlines safety management behind the scenes. AI assistants can draft comprehensive safety documents—updating risk assessments and compliance plans based on the latest regulations. For instance, an AI model with EHS (Environmental Health & Safety) expertise can generate or revise a Process Hazard Analysis report by integrating incident data and expert guidelines. It can continuously scan legal updates to ensure that safety protocols remain aligned with OSHA or other regulatory standards. Real-time AI dashboards can alert managers to compliance gaps or rising trends, such as an uptick in slips on a particular site, prompting swift corrective action. By automating routine documentation and analysis, AI lets safety professionals focus more on strategic prevention and worker engagement.



## Challenges and Ethical Considerations

Despite its promise, implementing AI in occupational health requires caution. Automated monitoring and data collection raise valid privacy and consent issues. Workers must trust that collected health or behavior data is used responsibly. AI algorithms themselves can err or be biased; robust validation is needed to prevent false alarms or unsafe oversights. Experts warn that over-reliance on AI without human oversight may introduce new risks: for example, unattended machines might behave unpredictably, or constant connectivity could contribute to worker stress and burnout. Companies must establish clear governance—defining how AI tools are tested, how data is protected, and how workers are trained to use these systems. Ensuring transparency and involving employees in technology rollout are key to a positive safety culture.



## Conclusion: The Future of Generative Intelligence in OHS

Generative intelligence is unlocking new capabilities in workplace safety. From AI-driven hazard alerts and predictive analytics to tailored training and real-time chatbots, these technologies represent a transformative leap for occupational health. Industry studies indicate major organizations are already achieving efficiency gains and higher compliance by deploying AI solutions. Going forward, regulators and companies alike stress the importance of policies and worker education to guide AI adoption responsibly. With proper safeguards and continual evaluation, generative AI can help create smarter, safer work environments – truly the new frontier of occupational health.

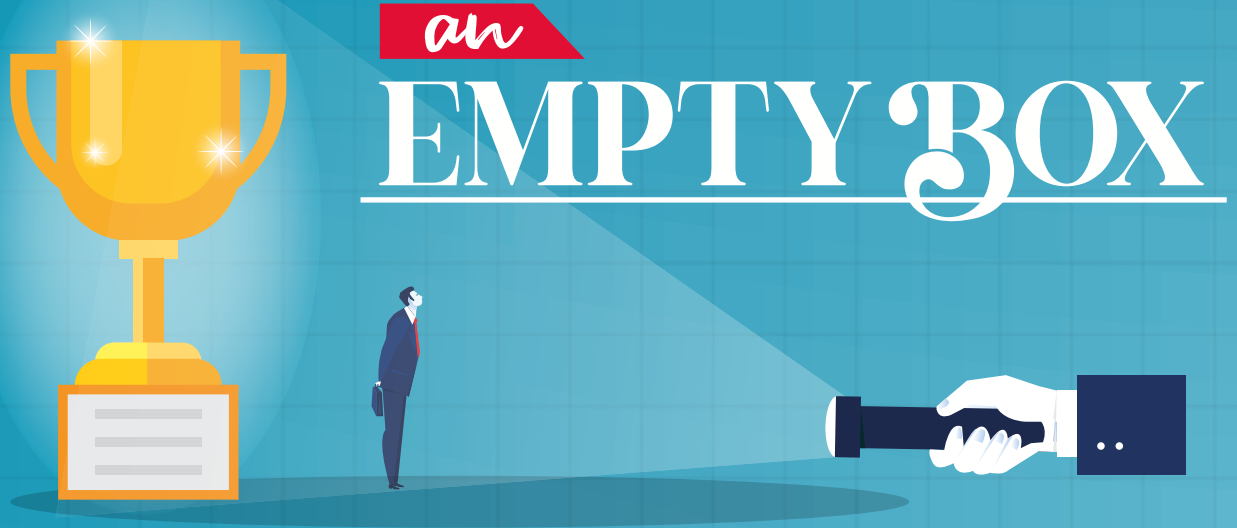
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# Motivational Story



ON HIS FIRST DAY AT WORK, ARJUN RECEIVED A SMALL BROWN BOX FROM HIS MANAGER. IT WAS NEATLY WRAPPED BUT COMPLETELY EMPTY. CONFUSED, HE ASKED, “SIR, WHAT’S THE PURPOSE OF THIS?” THE MANAGER SMILED AND SAID, “THIS BOX REPRESENTS YOUR CAREER. IT STARTS EMPTY — WHAT IT HOLDS DEPENDS ON WHAT YOU PUT IN.” AT FIRST, ARJUN DIDN’T TAKE IT SERIOUSLY. BUT OVER THE YEARS, EVERY TIME HE LEARNED SOMETHING NEW, TOOK RESPONSIBILITY, OR HELPED SOMEONE, HE’D WRITE IT ON A SMALL NOTE AND PLACE IT INSIDE. SOME DAYS, HE WANTED TO QUIT. SOME PROJECTS FAILED. YET, EACH FAILURE TAUGHT HIM SOMETHING NEW — AND INTO THE BOX IT WENT. AFTER TEN YEARS, ARJUN WAS PROMOTED AS A LEADER. BEFORE LEAVING, HIS OLD MANAGER VISITED HIM. ARJUN HANDED HIM THE SAME BOX — NOW FILLED WITH HUNDREDS OF NOTES. “SIR,” HE SAID, “THIS IS NO LONGER EMPTY. IT’S FILLED WITH LESSONS, EFFORT, AND GROWTH — JUST LIKE ME.” THE MANAGER SMILED, “EXACTLY. SUCCESS ISN’T ABOUT WHAT YOU’RE GIVEN — IT’S ABOUT WHAT YOU CHOOSE TO BUILD WITH IT.”

## **Moral:**

**LIFE GIVES EVERYONE AN EMPTY BOX. WHAT FILLS IT — DEDICATION, LEARNING, KINDNESS OR EXCUSES — IS YOUR CHOICE. FILL IT WISELY.**

By - Ms. Samyktha,  
Executive - Academic Department



# Our Trainers

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

**CERTIFICATE OF APPRECIATION FOR OCTOBER 2025 EXEMPLAR TRAINER'S**

**FULL-TIME  
TRAINERS**



**MR. MOHAMED ALI  
BIN TAIB**



**MR. ANWAR NIAZI  
BIN MOHAMED**



**MR. PRINCETON SINCLAIR  
PETER**

**ASSOCIATE  
TRAINERS**



**MR. MOAHMED IMTIAZ  
HOSSAIN BHUIYAN**



**MR. HANUMANTHASAMY  
ASOKAN**



**MR. JOHN MOHAN  
DURAISANGAM**





# Testimonials (Clients)

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



**Company name:**  
Ampere Engineering Pte Ltd  
**Company incharge:**  
Siew Peng  
**Course Incharge:**  
Ms. Shenbagam

Dear Student Support Service team,  
I would like to express my appreciation to Ms Shenba for her assistance in the re-issuance of invoice. Her response is fast and has helped us to resolve the billing issue without delay.





**Company name:**  
IKM Testing Asia Pte Ltd  
**Company incharge:**  
Husnul Fatkhiyah (Mrs)  
**Course Incharge:**  
Ms. Shenbgam

Your team has been very helpful in providing the necessary information and addressing our concerns. We appreciate the professionalism and clarity in your communication.




**Company name:**  
B S M ENGINEERING WORKS TRADING  
**Company incharge:**  
Thanaletchumi Murugesan  
**Course Incharge:**  
Ms. Jaya

Hi Team,  
I just wanted to give a big shout-out to Ms. Jaya for her amazing help! Her professionalism and efficiency really stood out, and I'm super impressed with the service overall. Thanks so much for the support—it's truly appreciated.



**Company name:**  
MJ METAL PTE LTD  
**Company incharge:**  
kiki  
**Course Incharge:**  
Ms. Sengini



Thank you for the outstanding customer service you provided. The quick resolution and attention to detail were remarkable and greatly helped to settled my problem. Your dedication to customer satisfaction is evident and I am incredibly impressed by your professionalism.












# Testimonials (Students)

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




**Student Name:**  
lin Hartati Wijaya  
**Course Name:**  
MWAH  
**Course Incharge:**  
Ms. Shenbagam




We are pleased with Ms. Shenbagam's service, her quick and efficient responses have been incredibly helpful, especially in addressing my almost my last-minute inquiry. Thanks to her promptness, I was able to make the necessary arrangement over my side without any delays.

**Student Name:**  
KARUTHAKANNAN SENTHILKUMAR  
**Course Name:**  
DME  
**Course incharge name:**  
Ms. Revathi




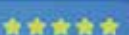



Everything hear is very good.revathi is very friendly and handles everything well.this my first time coming to study singapore at eversafe academy. the document processing is very quick ,and revathi is very efficient in clearing any doubts you have,she is all ways ready to help and is very friendly.






**Student Name:**  
MYAT THURA AUNG  
**Course Name:**  
Level b  
**Course in charge:**  
Ms. Vigneshwari

She has been very helpful, responsive, and professional in her communication. Her customer service is excellent, and she always responds promptly with clear information. I really appreciate her support and friendly attitude throughout the process.

**Student Name:**  
SIGAMANI THEEPAN  
**Course Name:**  
WCRT  
**Course incharge:**  
Ms. Mahalakshmi

Just wow" I really want to say that the Eversafe Academy service team is humble and polite to serve their students, even for my misunderstanding about the class location they help to change the schedule for me in 0 cost, really I don't know how many nstitutions can do that really I got to give 5 star ratings for the team and heartfelt thanks.



# Health & Fitness Programmes

*Hey, Eversafe Academy Family!*

November brought cooler days but our steppers stayed red-hot! As the year winds down, our champions kept the energy high and the step counts even higher. Every stride this month was a reminder that consistency always wins.



**Ms. Ezhilmathi**  
**616,183 Steps**

*(Leading the way with unbeatable drive!)*

**Mr. Bharathiraja**  
**500,453 Steps**

*(Turning everyday walks into victory laps.)*



**Ms. Parameshwari**  
**451,670 Steps**

*(Finishing strong with steady determination!)*

A big shoutout to all our participants for keeping the challenge alive and inspiring! Let's close the year on a high note—step by step, stride by stride.



# Health Tips & Strategies

## Health Tip: Foods That Help Heal Fatty Liver (NAFLD)

A liver-friendly diet can significantly reduce fat buildup and inflammation.

### ✓ BEST FOODS TO INCLUDE

- Leafy greens (spinach, methi, kale): Detoxify the liver and reduce fat accumulation
- Cruciferous vegetables (broccoli, cauliflower, cabbage): Boost liver enzymes
- Fatty fish (salmon, sardines, mackerel): Rich in omega-3s that reduce liver fat
- Whole grains (oats, brown rice, millets): Improve insulin sensitivity
- Legumes (beans, lentils, chickpeas): High fiber, low fat
- Nuts (walnuts, almonds – in moderation): Support liver health
- Fruits (berries, apple, papaya, citrus): Antioxidants help repair liver cells
- Garlic: Helps reduce liver fat and body weight
- Turmeric: Anti-inflammatory; supports liver repair
- Green tea: Improves liver enzyme levels



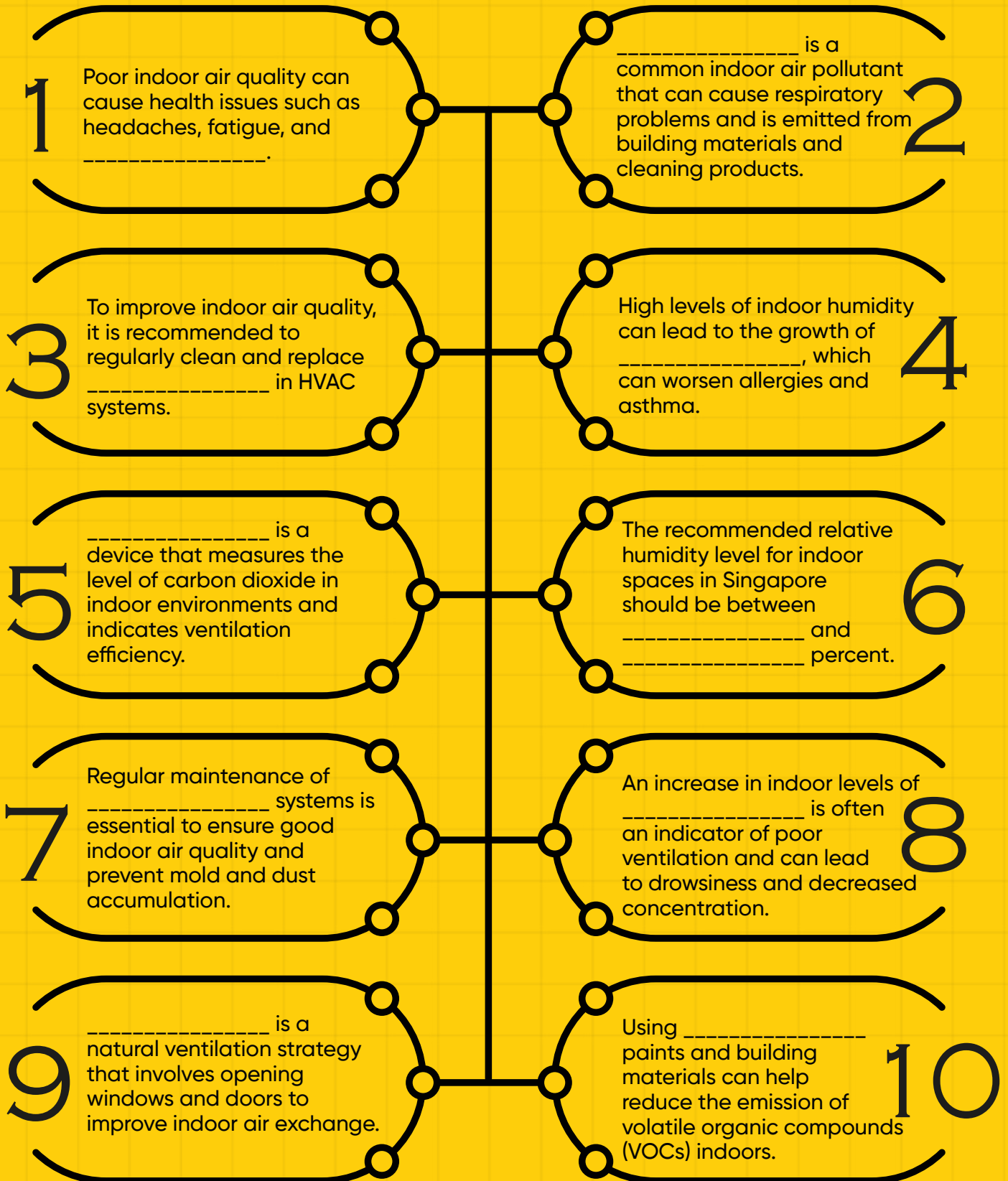
### ✗ FOODS TO AVOID

- Fried & oily foods
- Sugar, sweets, soft drinks
- Refined carbs (white bread, maida)
- Alcohol (strictly avoid)





# Fun with Puzzle & Games





# Fun with Puzzle & Games

PLEASE PICK FROM THE LIST OF SUGGESTED ANSWER FOR EACH QUESTION:

CHOOSE YOUR ANSWERS FROM THE LIST AND FILL IN YOUR ALPHABETIC ANSWERS IN (A TO J) IN THE TABLE BELOW:

Alphabet	Answer	Question No	Answer (Alphabet)
A	Carbon dioxide (CO2)	1	
B	Mold	2	
C	Respiratory issues	3	
D	Air filters	4	
E	CO2 monitor	5	
F	Air conditioning	6	
G	Low-VOC	7	
H	40; 60	8	
I	Volatile Organic Compounds (VOCs)	9	
J	Cross-ventilation	10	



**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



**S\$ 50**



**S\$ 40**



**S\$ 30**

### LAST MONTH WINNERS (OCTOBER)



**1st S\$50**

**ABDUL VAHAB  
KAMALUDEEN**



**2nd S\$40**

**MOHAMED  
ABUBAKKAR ABDUL  
NAZIR**



**3rd S\$30**

**SOHEL MD  
AL AMIN**



QUIZ DEVELOPED BY

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



# Social Media Presence



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

SOCIAL MEDIA VIEWS

**#757**

MOBILE APP VIEWS

**#29,785**



YOUTUBE IMPRESSION - 829



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





## 1. FREE YOGA CLASSES FOR MIGRANT WORKERS

Eversafe Academy continues its CSR initiative to promote the physical and mental wellbeing of migrant workers through a series of FREE Yoga Classes. Due to high demand and strong participant engagement, the Academy has launched another batch of sessions scheduled from December 2025 to February 2026. These sessions aim to help participants improve flexibility, reduce stress, and maintain overall health.

### SCHEDULED DATES:

- 14TH DECEMBER 2025
- 21ST DECEMBER 2025
- 28TH DECEMBER 2025
- 04TH JANUARY 2026
- 11TH JANUARY 2026
- 18TH JANUARY 2026
- 25TH JANUARY 2026
- 01ST FEBRUARY 2026

**TIMING** : 6:00 P.M. TO 9:00 P.M.  
**LOCATION** : 2 KAMPONG KAPOR ROAD, SINGAPORE  
**CONTACT** : +65 6297 8417  
**EMAIL ID** : TRAINING@EVERSAFE.COM.SG

## 2. FREE COMPUTER CLASSES FOR MIGRANT WORKERS

As part of its effort to empower migrant workers with essential digital skills, Eversafe Academy will be conducting FREE Computer Classes. The aim of this program is to help participants acquire foundational computer literacy, enhancing their employability and enabling them to navigate digital platforms confidently.

- 14TH DECEMBER 2025
- 21ST DECEMBER 2025
- 28TH DECEMBER 2025
- 04TH JANUARY 2026
- 11TH JANUARY 2026
- 18TH JANUARY 2026

**TIMING** : 6:00 P.M. TO 9:40 P.M.  
**LOCATION** : 2 KAMPONG KAPOR ROAD, SINGAPORE  
**CONTACT** : +65 6297 8417  
**EMAIL ID** : TRAINING@EVERSAFE.COM.SG

## 3. INTERNATIONAL MIGRANTS DAY

Eversafe Academy is organizing a International Migrants Day as part of its continued commitment the event was organized to create awareness among students about global migration, cultural diversity, inclusivity, and respect for people from different backgrounds.

**DATE:** 14 DECEMBER 2025

**LOCATION:** D'MARQUEE, DOWNTOWN EAST (1 PASIR RIS CLOSE, SINGAPORE 519599) THIS INITIATIVE UNDERSCORES THE ACADEMY'S DEDICATION TO COMMUNITY WELLBEING AND REINFORCES ITS ROLE AS A RESPONSIBLE CORPORATE CITIZEN.



## E-WASTE MANAGEMENT

At Eversafe Academy, responsible e-waste management is an integral part of our commitment to sustainability and alignment with the Singapore Green Plan 2030. As a training institution that utilizes electronic equipment such as laptops, computers, Smart TV and training hardware, we recognize the importance of managing end-of-life electronics in a way that minimizes environmental impact and supports recycling & re-using of materials.

All laptops, computers, and electronic hardware at Eversafe Academy are disposed of exclusively through authorized and licensed e-waste vendors in Singapore. This ensures compliance with national environmental regulations while promoting appropriate recycling, recovery of valuable materials, and the safe handling of hazardous components. We engaged approved vendors to ensure ISO 27001 compliance and environmentally responsible treatment of collection of electronic waste, storage, and disposal.

Through these measures, Eversafe Academy actively contributes to the goals of the Singapore Green Plan 2030 by reducing e-waste pollution and supporting sustainable resource management. Our e-waste disposal practices reinforce our ongoing commitment to environmental responsibility, regulatory compliance, and the promotion of sustainable practices within the safety and training industry.





# Latest EA Courses & Upcoming Events

Eversafe Academy is preparing to launch two new specialized programs designed to strengthen industry competencies and support emerging training needs.

## • Predictive Data Analytics for Safety Professionals (PDASP)

Provides safety professionals with essential data analytics knowledge to support predictive risk assessment and proactive safety management.



## • Effective Implementation of Fall Prevention Plan (EIFPP)

Strengthens skills in designing, implementing, and overseeing fall-prevention systems aligned with workplace safety standards.

## • SAFETY COMMITTEE MEETING

- **Date:** 29th December 2025
- **Venue:** Wan Lee
- **Purpose:** Monthly review of safety operations and compliance across all EA training branches.

## • WORKSHOP: "HARNESSING CHATGPT FOR EFFICIENCY"

- **Date:** 27th December 2025
- **Venue:** Zoom Platform
- **Objective:** Enhance participants' understanding of diverse learning approaches as part of EA's Extracurricular Activities initiative.



## • CHRISTMAS SPECIAL DAY CLASSES

- **Dates:** 25th, 26th, 27th, & 28th. December.
- **Purpose:** The Christmas Special Day Classes at Eversafe Academy are organized to provide students with an engaging, enjoyable, and meaningful learning experience during the festive season.



## About Eversafe Academy

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.





EA Sky Yoga

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## Our Featured Courses:

1. YOGA FOR HUMAN EXCELLENCE – FOUNDATION COURSE
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)



For more info



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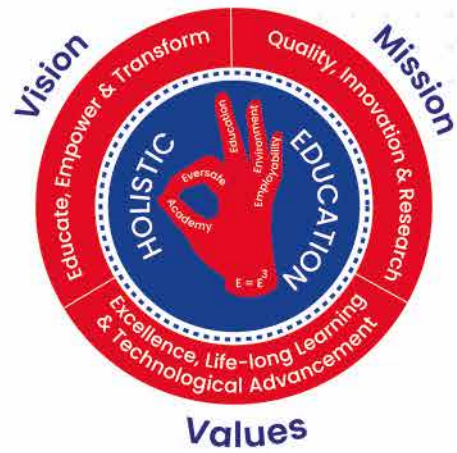


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