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## Staying healthy while on Haj

CHEMICAL Company of Malaysia Berhad (CCM) has contributed 30,000 personal health kits worth RM526,238 to this year's Sahabat Korporat Tabung Haji programme.

To-date, CCM has presented 376,000 kits worth over RM7.5mil to hundreds of thousands of Malaysian pilgrims.

Pilgrims begin converging in the Holy Land in mid-September.

CCM Bhd Group managing director, Amirul Feisal Wan Zahir said the group's continuous contribution to the Sahabat Korporat Tabung Haji programme was testament to its commitment to help Haj pilgrims maintain overall health while on this momentous yet strenuous journey.

"The Haj is a once-in-a-lifetime opportunity for most Muslims. Every year, millions of pilgrims from around the world converge in Mecca to perform the fifth pillar of Islam under intense heat, which could be challenging especially the elderly," said Amirul.

"With the large gathering of

people, it is important for pilgrims to protect themselves against diseases and assure that they are fit to perform the rituals.

"We hope that the health kits will help them treat and manage simple ailments," Amirul added.

The health kit comprises *halal*-certified products from CCM Pharmaceuticals such as Uphamol 650 for safe and effective relief from headaches, pain or fever; Flavettes vitamin C to strengthen the immune system; Sloan's Analgesic Rub ointment to provide relief for muscular aches and pains; Eye Glo Regular to relieve eye irritation caused by the dry conditions; and Donna Glucosamine for effective relief of joint-related symptoms.

Every year, CCM participates in the Kursus Asas Haji (KAH) and Kursus Haji Perdana (KHP) organised by Tabung Haji around the country.

During the KAH, CCM educates pilgrims on their products in the health kits and also organises promotional activities.