

NADI SMART SERVICES PROGRAMS & ACTIVITIES

MAY 2026

SSO PROGRAMS	WEEK MAY 01 - 03	WEEK MAY 04 - 10	WEEK MAY 11 - 17	WEEK MAY 18 - 24	WEEK MAY 25 -31
USAHAWAN (NADIPRENEUR & EMPOWERHER)					
KIDSVENTURE					

NADI SMART SERVICES PROGRAMS & ACTIVITIES

MAY 2026

SSO PROGRAMS	WEEK MAY 01 - 03	WEEK MAY 04 - 10	WEEK MAY 11 - 17	WEEK MAY 18 - 24	WEEK MAY 25 -31
E-SPORTS	2-3/5/2026 - AWARENESS CLASS (9.00 AM - 6.00 PM)	8-10/5/2026 - AWARENESS CLASS (9.00 AM - 6.00 PM)	15-17/5/2026 - AWARENESS CLASS (9.00 AM - 6.00 PM)	22-24/5/2026 - AWARENESS CLASS (9.00 AM - 6.00 PM)	29-31/5/2026 - AWARENESS CLASS (9.00 AM - 6.00 PM) 30/5/2026 - WEBINAR (9.00AM - 1.00PM)
TUISYEN RAKYAT	GUIDANCE TUITION MT TING 4: 3 MEI(3.30 PM-4.30 PM)	GUIDANCE TUITION MT, BM, SEJ, BI TING 4: 4-10 MEI (3.30 PM-4.30 PM) GUIDANCE TUITION MT, BM, SEJ, BI TING 5: 8-10 MEI (2.15 PM-5.00 PM) OPEN TUITION MT, BI, BM TING 1-5: 4-8 MEI (3.30 PM-4.30 PM) VOD REVISION VIDEO SESI 40: 4-10 MEI (9.00 AM - 6.00 PM) ENGLISH PROFICIENCY LESSON 30: 4-10 MEI (9.00 AM - 6.00 PM) WEBINAR BERKALA BI EDISI 8 (2.30 PM-4.30 PM)	OPEN TUITION SEJ, SNS, P.AM TING 1-6 ATAS: 11-14 MEI (3.30 PM-4.30 PM) VOD REVISION VIDEO SESI 41: 11-16 MEI (9.00 AM - 6.00 PM) 2025 DILEA ALUMNI-REUNITE 4TH SESSION: 13 MEI (3.30 PM-4.30 PM) WEBINAR BERKALA BI EDISI 9: 16 MEI (2.30 PM-4.30 PM)	VOD REVISION VIDEO SESI 42: 19-24 MEI (9.00 AM - 6.00 PM) ENGLISH PROFICIENCY LESSON 31: 19-24 MEI (9.00 AM - 6.00 PM) EXPRESSION SERIES SAJAK SIRI 2: 23 MEI (2.30 PM-4.30 PM)	VOD REVISION VIDEO SESI 43: 25-29 MEI (9.00 AM - 6.00 PM)

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MAY 2026

SSO PROGRAMS	WEEK MAY 01 - 03	WEEK MAY 04 - 10	WEEK MAY 11 - 17	WEEK MAY 18 - 24	WEEK MAY 25 -31
EKELAS					
TINY TECHIES	<p><u>1–3 May</u> Videos on Demand (Flexible Access) and Short Video Series (Quick & Easy Learning)</p> <p>Modules available (5): Robotic, MICRO:BIT, HTML, PYTHON & SQL</p>	<p><u>4–10 May</u> Videos on Demand (Flexible Access) and Short Video Series (Quick & Easy Learning)</p> <p>Modules available (5): Robotic, MICRO:BIT, HTML, PYTHON & SQL</p>	<p><u>16 May ; 10 am - 11 am</u> Interactive Expert Session #1: ROBOTIC IN INNOVATION</p> <p><u>16 May; 11.30 am - 12.30 am</u> Interactive Expert Session #2: PYTHON IN ANIMATION</p>	<p><u>18–24 May</u> Videos on Demand (Flexible Access) and Short Video Series (Quick & Easy Learning)</p> <p>Modules available (5): Robotic, MICRO:BIT, HTML, PYTHON & SQL</p>	<p><u>25–31 May</u> Videos on Demand (Flexible Access) and Short Video Series (Quick & Easy Learning)</p> <p>Modules available (5): Robotic, MICRO:BIT, HTML, PYTHON & SQL</p>
CYBERSECURITY		<p>WEB 8 BAGAIMANA AKAUN BANK ANDA DI CURI TANPA SEDAR (3:00 pm - 4:30 pm)</p>	<p>WOD 8 BAGAIMANA AKAUN BANK ANDA DI CURI TANPA SEDAR</p>	<p>WEB 9 ANCAMAN SIBER DITEMPAT AWAM (3:00 pm - 4:30 pm)</p>	<p>WOD 9 ANCAMAN SIBER DITEMPAT AWAM</p>
WELLBEING	<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>				

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MAY 2026

SSO PROGRAMS	WEEK MAY 02	WEEK MAY 04- 09	WEEK MAY 11 - 16	WEEK MAY 18-23	WEEK MAY 25 -30
	<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>				
WELLBEING	<p>2/5/2026 : Cara Guna Cardio Machine Dengan Betul Dos & Don'ts Untuk Beginner E087 (Exercise)</p>	<p>4/5/2026: Makan Sihat? Belum Tentu Bebas Gula S127 (Shorts)</p> <p>5/5/2026: Berat dah turun tapi stuck? Cara atasi “plateau” dengan betul W144 (Webinar)</p> <p>6/5/2026: Skip Sarapan : Bahaya atau Ok? S128 (Shorts)</p> <p>7/5/2026: Realiti Seorang Caretaker : Apa Yang Orang Luar Tak Nampak? (Part 2) P082 (Podcast)</p> <p>8/5/2026: Perut Kembang: Normal atau Tanda Kanser Ovari? W145 (Webinar)</p> <p>9/5/2026: Leg Exercise Cara Selamat Elak Sakit Lutut di Gym E088 (Exercise)</p>	<p>11/5/2026: “Belum Sakit, Tak Perlu Check” — Betul Ke? S129 (Shorts)</p> <p>12/5/2026: Neurofibromatosis (NF1): Penyakit Genetik Jarang (Rare Disease) W146 (Webinar)</p> <p>13/5/2026: Game & Otak: Apa Berlaku Bila Main Terlalu Lama? S130 (Shorts)</p> <p>14/5/2026: Kenali Neurofibromatosis (NF1): Penyakit Jarang yang Perlu Diberi Perhatian P083 (Podcast)</p> <p>15/5/2026: Gula dalam Darah: Jom Faham Diabetes! W147 (Webinar)</p> <p>16/5/2026: Back Exercise di Gym? Cara Guna Mesin Back Dengan Selamat E089 (Exercise)</p>	<p>18/5/2026: Rokok Ganggu Hormon Lelaki? Fakta Yang Ramai Tak Sedar S131 (Shorts)</p> <p>19/5/2026: Obesiti Kanak - Kanak : Salah Ibu Bapa atau Pesakitaran? W148 (Webinar)</p> <p>20/5/2026: Berapa Lama Screen Time Selamat Untuk Anak? S132 (Shorts)</p> <p>21/5/2026: Cuti Sekolah & Anak Autism: Kenapa Perubahan Rutin Sangat Memberi Kesan P084 (Podcast)</p> <p>22/5/2026: Ubat Obesiti: Strategi Nutrisi untuk Mengelak Kekurangan Zat Berganda W149 (Webinar)</p> <p>23/5/2026: Cable Machine Explained Cara Guna & Kesalahan Paling Biasa E090 (Exercise)</p>	<p>25/5/2026: Makan Daging Banyak, Esok Ibu Jari Kaki Berdenyut? S133 (Shorts)</p> <p>26/5/2026: Gout & Kolesterol: Cara Nikmati Daging Korban Dengan Selamat W150 (Webinar)</p> <p>28/5/2025: Cuti Sekolah & Anak Autism: Kenapa Perubahan Rutin Sangat Memberi Kesan P055 (Podcast)</p> <p>29/5/2026: Anak & Gadget: Apa Peranan Ibu Bapa? W151 (Webinar)</p> <p>30/5/2026: Cable Machine Explained Cara Guna & Kesalahan Paling Biasa E091 (Exercise)</p>

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

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MAY 2026

SSO PROGRAMS	WEEK MAY 01 - 03	WEEK MAY 04 - 10	WEEK MAY 11 - 17	WEEK MAY 18 - 24	WEEK MAY 25 -31
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	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	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	25/5 SHORT LEARNING SERIES
AWARENESS		<p>9/5/2026 - SSO PERAGOLD - WEBINAR SIRI 16: ADD TO CART ATAU ADD TO TRAP? JAGA DUIT ANDA! - 3:00PM - 4:00PM</p> <p>07/05/2026 - 08/05/2026 : SSO NERA - LAMAN WEB BERBAHAYA 3:00PM - 4:00PM</p>	<p>16/5/2026 (10am - 11am) : SSO CCM - AI Bijak - FOMO vs SAFE</p>		
GOVERNMENT					
EVENTS					

JADUAL KELAS MAHIR

Mei 2026

Hari / Tarikh	Sesi Pagi	Sesi Petang
JUMAAT (01.05.26)	CUTI HARI BURUH	
ISNIN (04.05.26)	mahir jahit mahir pertanian pintar	mahir masak mahir foto
SELASA (05.05.26)	mahir masak mahir foto	mahir jahit mahir gajet
RABU (06.05.26)	mahir masak mahir gajet	mahir jahit mahir pertanian pintar
KHAMIS (07.05.26)	mahir jahit mahir pertanian pintar	mahir masak mahir foto
JUMAAT (08.05.26)	mahir masak mahir foto	mahir jahit mahir gajet
ISNIN (11.05.26)	mahir jahit mahir pertanian pintar	mahir masak mahir foto
SELASA (12.05.26)	mahir masak mahir foto	mahir jahit mahir gajet
RABU (13.05.26)	mahir masak mahir gajet	mahir jahit mahir pertanian pintar
KHAMIS (14.05.26)	mahir jahit mahir pertanian pintar	mahir masak mahir foto
JUMAAT (15.05.26)	mahir masak mahir foto	mahir jahit mahir gajet

Hari / Tarikh	Sesi Pagi	Sesi Petang
ISNIN (18.05.26)	mahir jahit mahir pertanian pintar	mahir masak mahir foto
SELASA (19.05.26)	mahir masak mahir foto	mahir jahit mahir gajet
RABU (20.05.26)	mahir masak mahir gajet	mahir jahit mahir pertanian pintar
KHAMIS (21.05.26)	mahir jahit mahir pertanian pintar	mahir masak mahir foto
JUMAAT (22.05.26)	mahir masak mahir foto	mahir jahit mahir gajet
ISNIN (25.05.26)	SLS : TOPIC TBC	
26.05.26 - 29.05.26	CLASS BREAK HARI RAYA AIDILADHA	

★ Sesi Pagi : 9.30 - 11.00 pagi

★ Sesi Petang : 3.00 - 4.30 petang

JADUAL MODUL MAHIR MEI 2026

04/05/2026 - 08/05/2026	MAHIR JAHIT INTAKE 3 MODUL 14 - JAHIT KEBAYA	MODUL 14	WEEK 17
04/05/2026 - 08/05/2026	MAHIR MASAK INTAKE 3 MODUL 14 - MAKANAN BARAT BAHAGIAN 2: CARA MEMASAK DAN PLATING		
04/05/2026 - 08/05/2026	MAHIR FOTO INTAKE 3 MODUL 14 - PENGENALAN DAN SEJARAH TIKTOK, MONETISASI KREATOR + ALGORITM		
04/05/2026 - 08/05/2026	MAHIR PERTANIAN PINTAR INTAKE 3 MODUL 14 - PENULISAN CADANGAN PROJEK TANAMAN PERTANIAN PINTAR		
04/05/2026 - 08/05/2026	MAHIR BAIKI GAJET INTAKE 3 MODUL 14 - PEMILIHAN KOMPUTER		
11/05/2026 - 15/05/2026	MAHIR JAHIT INTAKE 3 MODUL 15 - DRAF POLA KURTA	MODUL 15	WEEK 18
11/05/2026 - 15/05/2026	MAHIR MASAK INTAKE 3 MODUL 15 - PENGIRAAN KOS BAGI MENENTUKAN HARGA JUALAN PRODUK		
11/05/2026 - 15/05/2026	MAHIR FOTO INTAKE 3 MODUL 15 - CONTENT CREATION - ASAS PENCIPTAAN KANDUNGAN (HOOK & NICHE)		
11/05/2026 - 15/05/2026	MAHIR PERTANIAN PINTAR INTAKE 3 MODUL 15 - RANCANGAN PERNIAGAAN		
11/05/2026 - 15/05/2026	MAHIR BAIKI GAJET INTAKE 3 MODUL 15 - UJIAN AKHIR PEMAHAMAN BAIKI GAJET		
18/05/2026 - 22/05/2026	MAHIR JAHIT INTAKE 3 MODUL 16 - GUNTING FABRIK KURTA	MODUL 16	WEEK 19
18/05/2026 - 22/05/2026	MAHIR MASAK INTAKE 3 MODUL 16 - PEMBUATAN BURGER		
18/05/2026 - 22/05/2026	MAHIR FOTO INTAKE 3 MODUL 16 - CONTENT CREATION - ASAS PENCIPTAAN KANDUNGAN (SEO), CREATOR CHECKLIST & IDEA + HOOK		
18/05/2026 - 22/05/2026	MAHIR PERTANIAN PINTAR INTAKE 3 MODUL 16 - MIKROBIOLOGI & SIMBIOTIK TUMBUHAN		
18/05/2026 - 22/05/2026	MAHIR BAIKI GAJET INTAKE 3 MODUL 16 - ASAS & PENGENDALIAN SMART HOME DEVICE (SHD)		
25/05/2026	MAHIR SHORT LEARNING SERIES - TOPIK AKAN DIMAKLUMKAN KELAK		WEEK 20
26/05/2026 - 29/05/2026	CLASS BREAK CUTI HARI RAYA AIDILADHA		WEEK 20

May



NADI Kesejahteraan Kendiri
STUDIO SIHAT Content Calendar 2026



Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1 Labour Day	2 Cardio Machine
4 Makan Sihat? Belum Tentu Bebas Gula	5 Berat dah turun tapi stuck	6 Skip Sarapan : Bahaya atau Ok?	7 Realiti Seorang Caretaker Part 2	8 Perut Kembung: Normal atau Tanda Kanser Ovari?	9 Leg Exercise
11 Belum Sakit, Tak Perlu Check	12 Neurofibromatosis (NFI)	13 Game & Otak	14 NFI: Perlu Diberi Perhatian	15 Jom Faham Diabetes	16 Back Exercise di Gym?
18 Rokok Ganggu Hormon Lelaki	19 Obesiti Kanak - Kanak	20 Screen Time Selamat	21 Cuti Sekolah & Anak Autism	22 Ubat Obesiti	23 Cable Machine Explained
25 Makan Daging Banyak	26 Gout & Kolesterol	27 Hari Raya Aidiladha	28 Kesihatan Jantung	29 Anak & Gadget: Peranan Ibu Bapa	30 Cable Machine: Teknik Betul & Elak Kesilapan

STUDIO SIHAT NOTICE BOARD

IMPORTANT DATES:

- 1 - Labour Day
- 8 - World Ovarian Cancer Day
- 17 - World Hypertension Day
- 27 - Hari Raya Aidiladha
- 23-30 - School Holiday
- 31 - World No Tobacco Day

CONTENT TYPES

- HEALTH TIPS
- LIVE WEBINAR
- PODCAST
- PHY-WELL

*subject to changes



NADI TUISYEN RAKYAT

MAY 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 • HARI PEKERJA	2 • HARI PEKERJA (KEDAH)	3 • GUIDANCE TUITION MT TING 4
4 • GUIDANCE TUITION BM,MT TING 4 • OPEN TUITION MT TING 1-5 • VOD - REVISION VIDEO 40 • EP LESSON 30	5 • GUIDANCE TUITION SEJ, BM TING 4 • OPEN TUITION BI TING 1-5 • VOD - REVISION VIDEO 40 • EP LESSON 30	6 • HARI KOKURIKULUM • VOD - REVISION VIDEO 40 • EP LESSON 30	7 • GUIDANCE TUITION BI,SEJ TING 4 • OPEN TUITION BM TING 1-5 • VOD - REVISION VIDEO 40 • EP LESSON 30	8 • GUIDANCE TUITION BI TING 4 • GUIDANCE TUITION BM,BI TING 5 • VOD - REVISION VIDEO 40 • EP LESSON 30	9 • GUIDANCE TUITION SEJ, MT TING 5 • WEBINAR BERKALA BAHASA INGGERIS EDISI 8 • VOD - REVISION VIDEO 40 • EP LESSON 30	10 • GUIDANCE TUITION BM,BI TING 5 • VOD - REVISION VIDEO 40 • EP LESSON 30
11 • OPEN TUITION SEJ TING 1-5 • VOD - REVISION VIDEO 41	12 • VOD - REVISION VIDEO 41	13 • HARI KOKURIKULUM • VOD - REVISION VIDEO 41 • 2025 TUISYEN RAKYAT ALUMNI - REUNITE 4TH SESSION	14 • OPEN TUITION SNS TING 1-5 • OPEN TUITION PA TING 6 ATAS • VOD - REVISION VIDEO 41	15 • VOD - REVISION VIDEO 41	16 • WEBINAR BERKALA BAHASA INGGERIS EDISI 9 • VOD - REVISION VIDEO 41	17 • KEPUTERAAN RAJA PERLIS
18 • KEPUTERAAN RAJA PERLIS	19 • VOD - REVISION VIDEO 42 • EP LESSON 31	20 • HARI KOKURIKULUM • VOD - REVISION VIDEO 42 • EP LESSON 31	21 • VOD - REVISION VIDEO 42 • EP LESSON 31	22 • HARI HOL PAHANG	23 • EXPRESSION SERIES LATHAN SAJAK SIRI 2 • VOD - REVISION VIDEO 42 • EP LESSON 31	24 • VOD - REVISION VIDEO 42 • EP LESSON 31
25 • VOD - REVISION VIDEO 43	26 • HARI ARAFAH (KELANTAN & TERENGGANU)	27 • HARI RAYA HAJI	28 • HARI RAYA HAJI	29 • VOD - REVISION VIDEO 43	30 • PESTA KAAMATAN	31 • HARI WESAK

*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