

BOOSTING ENGINEERS' ENERGY

How to Tune Up Your Focus & Attention

SPEAKER: DR DICKY NG TEIK KEE

DATE / DAY : 8 JULY 2026, WEDNESDAY

TIME: 4:00 P.M. - 5:00 P.M. (1 HOUR)

PLATFORM: ZOOM (ONLINE)

CPD: N/A



***** Free Registration *****

ORGANIZED BY:

**THE STANDING COMMITTEE ON
WELFARE AND MEMBER SERVICES**



SPEAKER'S BACKGROUND

Dr Dicky Ng Teik Kee BSc (Toronto), MBBS (Vellore), MHSc (Occ Med, Health & Safety (Perth), DipIBLM (Korea), AOEMM & ACOEM Dr Dicky Ng is a DOSH-registered Occupational Health Doctor and Lifestyle Medicine Doctor in Malaysia. He currently heads the Wellness Centre of Penang Adventist Hospital. Having graduated in BSc in Physiology from the University of Toronto in 1984, Dr Ng pursued his medical degree in Christian Medical College, Vellore, India. Since qualifying as a doctor in 1989, he has served in both West and East Malaysia in various capacities. During these years, he has played the roles of physician, trainer, speaker and teacher and accumulated a vast knowledge of lifestyle and its relationship to health. It is now his mission to promote health and safety at every level of community and industries. He received his Masters in Occupational Medicine from Perth and is currently actively involved in the Preventive Medicine and health promotion and he also serves as Consultant Occupational Health Physician for Intel Malaysia. With a special interest in chronic lifestyle diseases such as diabetes, cancer and coronary health disease, he is actively involved in NGOs and has been leading Penang Branch of Diabetes Malaysia since 1999, previously known as PDM.

SYNOPSIS

Engineering professionals in Malaysia face grueling project timelines, intense mental demands and chronic daily fatigue. This essential health seminar targets the specific lifestyle challenges of modern engineers to combat low energy levels and burnout. Participants will uncover practical, science-backed strategies to bring back your youthful vigor. By attending, you will learn to reclaim your vitality, sharpen focus for complex technical tasks and balance physical health with career demands.

Do not let exhaustion compromise your safety or performance—join us to restore your peak energy.



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