



THE SSU POST

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CLUB MEMBERS NEWSLETTER

NOV 2025

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THE MEDICAL EDITION

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PRESIDENTS ADDRESS

Dear Members,

As I sit down to pen this note for our latest issue of SSU Post, I am reminded of how much the way we share information has changed in just a few short years. Today, most of our club's news, updates and highlights reach you first through social media. It is instant, it is accessible, and it allows us to connect in real time with members wherever you are.

In many ways, our Facebook and Instagram pages have become the "pulse" of SSU Kelab Aman – capturing our events as they happen, showcasing achievements, and keeping everyone informed at the tap of a screen. It will continue to play this vital role, and we are committed to using it to keep you updated quickly and efficiently.

At the same time, we believe there is still an important place for a club magazine like SSU Post. While social media delivers speed, a magazine offers something different: space for reflection, depth of thought, and content you can return to, share, and discuss over time. Instead of competing with our online platforms, this magazine is evolving to complement them.

With that in mind, SSU Post is undergoing a meaningful transformation. Rather than focusing mainly on reporting club activities – which you can now follow easily on our social media channels – we are repositioning the magazine as a platform for professional insights and practical knowledge, contributed by our very own members. In this first edition of the "new" SSU Post, we are pleased to present a collection of articles centred on medical advice and health awareness. These contributions come from medical practitioners within our community, who have generously shared their expertise for the benefit of all members and their families. You will find guidance, explanations and tips that are both accessible and relevant to everyday life – the sort of information that can genuinely make a difference to our well-being.

This is only the beginning. In future issues, we plan to feature articles from members across a wide range of professions – law, finance, education, engineering, entrepreneurship, mental health and many more. Our club is rich with talent and experience, and SSU Post will serve as a channel for that collective wisdom to flow back into the community.

My hope is that, over time, this magazine will become:

- A practical resource you can use in your daily life;
- A platform for members to share knowledge and give back; and
- A record of our community's strengths, values and aspirations.

To the contributors of this edition, thank you for your time, effort and willingness to share your expertise. To the editorial and production team behind SSU Post, your work in reshaping the magazine and bringing this vision to life is deeply appreciated.

Most importantly, to you – our members – I invite you not only to read this magazine, but to be part of it. If you have professional experience or insights that could benefit others, consider contributing an article to a future issue. Together, we can build a publication that truly reflects the breadth and depth of SSU Kelab Aman's membership.

Thank you for your continued support of the club, both on the ground and online. May this renewed SSU Post add lasting value to your connection with SSU Kelab Aman, beyond the quick scroll of a newsfeed.



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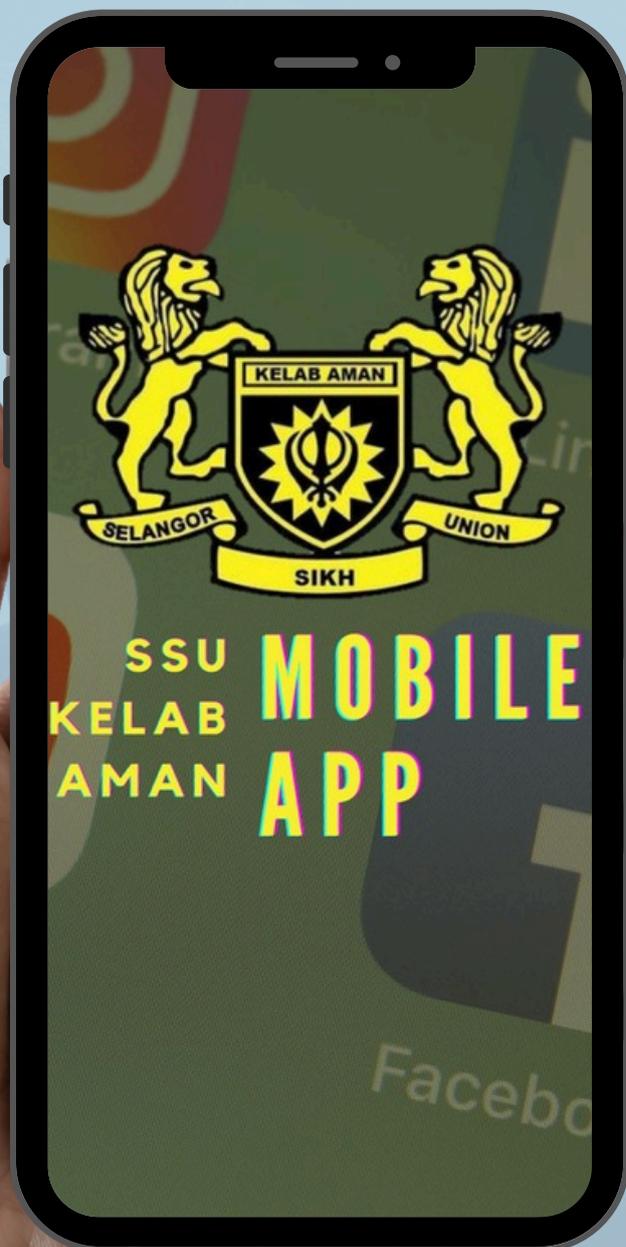
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UMBRELLA (RED/NAVY BLUE)

ENHANCING PERFORMANCE & PREVENTION INJURY: THE IMPERATIVE CARE OF THE ATHLETE



Sports, whether pursued professionally or recreationally, offers numerous benefits to individuals including physical fitness, mental well-being and a sense of community. However, injuries are an inevitable part of sports. From minor sprains to severe fracture, sports trauma affects athletes at all levels.

This article explores general sports trauma-its causes, prevention, and recent treatment advances. Such injuries can impact muscles, tendons, ligaments, bones and joints, with common examples including sprains, strains, fractures, dislocations and concussions.

Overuse, improper technique, inadequate of warm-up or cool-down muscle conditioning can often contribute to these injuries. While some are unavoidable, many can be prevented with proper precautions and risk management strategies.

Coaches, athletes and sports organizations all play crucial role in promoting injury prevention strategies.

P	R	I	C	E
Protect	Rest	Ice	Compress	Elevate
Protect your injury from further damage, for example, by using a support or splint.	Rest your injury for the first two to three days. You may need to use crutches if you've injured your leg and you want to remain mobile. Then reintroduce movement gradually so you don't delay your recovery by losing muscle strength.	Ice the painful area with a cold compress such as ice or a bag of frozen peas wrapped in a towel. This will help reduce swelling and bruising. Do this for 15 to 20 minutes every two to three hours. Don't apply ice directly to your skin as it can damage it.	Compress the injured area with an elastic bandage or elasticated tubular bandage to help limit swelling and movement. But don't leave the bandage on while you sleep.	Elevate your injury by resting it above the level of your heart and keep it supported. This could mean lying on the sofa with your foot on some cushions if you've injured your leg.

The first step of immediate and effective care is the **PRICE** method:

Protect, Rest, Ice, Compression and Elevation. This method addresses the initial response to pain and swelling.

Appropriate Equipment and Gear:

Wearing appropriate gears such as pads, braces and footwear can significantly reduce severity of injuries in contact sports but it also must be properly fitted and well-maintained to ensure maximum effectiveness.

Gradual Progression and Rest:

Athletes should sudden increase in training intensity or duration to avoid overuse injuries. Incorporating rest days into training allows the body to recover and reduces the risk of fatigue-related injuries.

Generally, sports trauma is an inherent risk associated with athletic participations, but this should not deter individuals from reaping the numerous benefits that sports have to offer. By understanding the causes of sports injuries and implementing effective preventions strategies athletes can minimize their risk of trauma and enjoy a safe sporting experience.

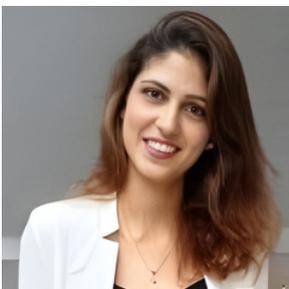
Ultimately, a collaborative effort among athletes, coaches, healthcare professionals and sports organizations is essential for promoting a culture of safely and well-being in sports ensuring that individuals can pursue their athletic passions with confidence.

Hydration and Nutrition: Proper hydration and nutrition is essential for supporting optimal athletic performance and reduces the risk of cramps, heart related illness and fatigue during exercises.

Warm-up and Cool-down: Dynamic warm-up exercises prepare the body for physical activity by increasing the blood flow to muscles and improves flexibility. Likewise, cooling down with static stretches helps prevent stiffness and soreness post exercises.

Monitoring and Managing Fatigue: Overtraining and inadequate recovery can increase risk of sports injuries; therefore, coaches and athletes should be mindful of signs of fatigue while training to prevent burnout.

Return-to-play Guidelines: Clear guidelines for safe return to play are important in preventing recurrent injuries. Healthcare professionals, coaches and athletic trainers all work together to assess an athlete's readiness to resume sports activities based on criteria and their assessments.



Written by:
Parvin Kaur Bhullar
Physiotherapy Manager
Propain Center Kuala Lumpur



SCAN US FOR MORE INFO

The Hidden Dangers of Self-Medication

Dr. MANDEEP SINGH SANDHU



Recently in my clinic I encountered a patient who came in with diarrhoea. She had purchased medication from the pharmacy to treat it, unaware that she was already on antidepressant treatment. Unfortunately, the combination of the two medicines triggered a seizure. This complication could have been avoided if medical advice had been sought earlier.

As doctors, we often see the consequences of self-medication. Many patients turn to leftover antibiotics, over-the-counter painkillers, or remedies recommended by family and friends. While these may seem harmless or convenient, they carry significant risks.

Why Do Patients Self-Medicate?

In my experience, the reasons are often the same. Some patients hope to save time or money. Others assume that because a medicine worked for them before, it will work again. Family members may also recommend treatments without understanding a person's full medical history.

Why Is It Dangerous..?

1. Wrong diagnosis

One symptom can have many different causes. A headache might be due to stress, but it could also be linked to high blood pressure or another underlying condition. Without proper medical assessment, the true cause is missed.

2. Incorrect dosage

Taking too little medicine may not help, while taking too much can harm vital organs such as the liver and kidneys.

The Hidden Dangers of Self-Medication

Dr. MANDEEP SINGH SANDHU

3. Antibiotic resistance

The misuse of antibiotics can make infections more difficult to treat in the future. Stopping a course too early or taking them without proper advice allows bacteria to grow stronger.

4. Drug interactions

Many patients do not realise how medicines interact. For example, some painkillers can interfere with blood pressure medicines, while certain antidepressants should not be combined with common gastrointestinal remedies. Without full disclosure of medical history, these risks are easily overlooked.

Safer Choices for Patients

Not every illness requires strong medicine. Rest, fluids, and proper nutrition are often enough for minor conditions. However, when symptoms persist or worsen, consulting a doctor is always the safest option. Doctors can consider the patient's overall health, medical history, and potential drug interactions before recommending treatment.

✔ Do's and ✘ Don'ts of Safe Medicine Use

DO

- ✔ Seek medical advice before starting new medication
- ✔ Complete prescribed courses fully
- ✔ Keep an updated list of your regular medicines and share it with your doctor

DON'T

- ✘ Share prescriptions with family or friends
- ✘ Use leftover or expired medicines
- ✘ Combine medicines with supplements without medical guidance

Final Thought

Medicine has the power to heal, but if misused, it can cause harm. A short consultation can prevent complications and protect your long-term health.

Dr Mandeep Singh Sandhu

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MENTAL HEALTH

EMBRACE YOUR JOURNEY, NURTURE YOUR MIND.

Mental health refers to cognitive, behavioural, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term “mental health” to mean the absence of a mental disorder.

Mental health can affect daily living, relationships, and physical health. However, this link also works in the other direction. Factors in people’s lives, interpersonal connections, and physical factors can all contribute to mental health disruptions.

Looking after mental health can preserve a person’s ability to enjoy life. Doing this involves reaching a balance between life activities, responsibilities, and efforts to achieve psychological resilience.

Conditions such as stress, depression, and anxiety can all affect mental health and disrupt a person’s routine. According to the World Health Organization (WHO)

“Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.”

The WHO stress that mental health is “more than just the absence of mental disorders or disabilities.” Peak mental health is about not only avoiding active conditions but also looking after on going wellness and happiness.

For example, those who got infected by the Corona Virus Disease 2019 (COVID-19), experienced health concerns as well as insecurity related to physical, performance, and occupational status.

Individuals were faced with :

- considerable modifications of their lifestyle and routines
- interpersonal relationships,
- financial status (e.g., a loss of a job or a sponsor)
- loss of aspirations and self-fulfilment.



Here are five things, an individual can do :

1. Know what to do if you are sick and are concerned about your health. Contact a health professional before you start any self-treatment.
2. Know where and how to get treatment and other support services and resources, including counselling or therapy (in person or through tele health services).
3. Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
4. Poor organization is one of the most common causes of stress. Structured approaches offer security against 'out of the blue' problems.
5. Prioritising objectives, duties, and activities make them manageable and achievable. Don't overload your mind.

Sources of social support-based intervention :

1. family and friends
2. support by professionals
3. medical staff

Social support provides emotional and informational support

The uncertainty and stress caused can put a great strain on you. Work quality and quantity can suffer and you will experience increased anxiety, depression, and fear.

Overcoming obstacles

A final thought to leave with you has to do with attitude. We, and our teams, must not allow for an outlook of fear toward facing obstacles. We must instead develop a mindset and culture where obstacles are looked at as not only opportunities but embraced as a blessing, as something meant to be overcome, and to bring out the best in us.

Taking constructive action that leads to worthwhile consequences requires thinking, planning and setting goals. You can only find or discover truth inside yourself. You must then , become involved, become willing to take action and to implement the ideas available to you.

“WHATEVER YOU IMAGINE, DESIRE, BELIEVE AND ACT UPON DEVELOPS AN ABILITY TO SUCCEED”

“YOU WERE BORN TO SHAPE A DESTINY FOR YOURSELF. THE DEPTH AND EXTENT OF THAT DESTINY IS MEASURED BY A DEFINITE, PERSONALIZED PLAN OF ACTION AND THE APPLICATION OF THAT PLAN OF ACTION EVERYDAY OF YOUR LIFE.”

Personal Development

Personal development is the ability to crystallize your thinking and provide a meaningful direction and pathway for your own life, to commit yourself to moving in that direction and then to take the right action to acquire, accomplish, or become whatever you identify as the key goals for your life.

Personal development begins with the development of a positive self image that gives you the drive and self confidence necessary to make a choice of a specific course of action that will satisfy your needs to follow that path, and to accept responsibility for the outcome.

TAKE HOME MESSAGE :

Heal the mind, heal the heart

Mental Health matters Today, Tomorrow and Always.

Dr. Balbir Singh Gill (PhD – University of Melbourne, Australia)
Director (R), Sports Centre, University of Malaya.



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Body in Motion – Stay in Game !

**The Art of Avoiding Sports Injuries;
& Why Physiotherapy is Your Best Workout Ally...**

By: Dato' Dr. B.S.Bains
Senior Chief Consultant
@ BainsPhysio Chain of Clinics

It's 6 a.m. and you're lacing up your sneakers. The world is still quiet, your playlist is queued, and your body feels electric—until it doesn't. A pull in the hamstring, a sudden ankle twist, or that dull, familiar ache in the knee. Whether you're running the city's trendiest trails or just perfecting your downward dog, sports injuries are the kind of unwanted guests that arrive without knocking.



But here's the empowering truth: you can outsmart most injuries with a little science, a touch of discipline, and the support of one essential partner—physiotherapy.

The Injuries We See—and Why They Happen?

Let's demystify the sports injury buzzwords:

- Sprains that twist the joints too far
- Strains from muscles pushed past their limit
- Tendonitis (hello, tennis elbow)
- And of course, overuse injuries that sneak up like bad habits.

Most of these are caused not by one wrong move, but by a series of micro-mistakes: skipping the warm-up, poor posture, wearing the wrong shoes, or just not listening to our bodies.

Prevention is Cheaper than Cure: Be Smart...

Ha Ha...There's nothing fashionable about limping out of the gym or in game.

Injury prevention isn't just for athletes—it's for anyone who wants to feel strong, graceful, and pain-free. This will add to graceful ageing.

Prevention Tips:

Body in Motion – Stay in Game !

- **WARM UP** like you mean it. Ten minutes of **DYNAMIC** movement can work wonders.
- Dress the part. From arch-support trainers to sport-specific gear, get fashionable it definitely meets **FUNCTION**.
- Perfect your **FORM**. Whether you're lifting, sprinting, or flowing through yoga... **LEARN** the technique, essentially is everything.
- Strengthening & Stretching - A balanced routine is your best **ARMOR**... Do it every day even though you are not out for games or recreation.
- Rest is the new **HUSTLE**. Remember - Recovery days are **NOT** being lazy—they're luxury for your muscles.

Enter: The Physio Effect

Physiotherapy is no longer just rehab—it's wellness intelligence. Today's physios are movement architects, injury whisperers, and recovery stylists rolled into one.

Why Physiotherapy Is the Ultimate Upgrade:

- They SPOT imbalances you can't see in the mirror.
- They DESIGN strength and mobility programs TAILORED to your body. They know not only about the muscles that you see, but the mechanism & chemistry behind every movement of the MUSCLES of your BODY.
- They use cutting-edge TOOLS—manual therapy, dry needling, electrotherapy—to soothe and repair.
- They guide your RETURN to movement safely, stylishly, and confidently.

Whether you're sidelined with an injury or just want to elevate your performance, your physiotherapist is your behind-the-scenes wellness icon.

To Ice or Not to Ice?

Here's the frosty truth: Ice is your BFF (Best Friend Forever) for fresh injuries.

Use it in the first 72 hours post-injury when there's pain, swelling, or inflammation. Wrap a soft cloth around an ice pack and apply for 15–20 minutes at a time, every 2–3 hours.

After that?

If the swelling subsides but the stiffness lingers, switch to heat for comfort. You cannot keep putting ice on painful areas all the while. ICE is best ONLY for acute (Recent) injuries.

Final Thought: Your Body is the Real Luxury

No matter your age or activity, your body is your forever collection. Treat it with respect. Or it will never treat you well filled with agony...

Move mindfully. And never underestimate the power of REST, RESISTANT bands, and a BRILLIANT physiotherapist. Because wellness isn't a trend—it's a way of life.

Your Body is an investment – Protect It

If you're active, you're at risk. But with the right guidance and a good physiotherapy support system, you can stay strong, safe, and in motion.

When It Comes to Movements, Move Beautifully. Heal Wisely.

Revolutionising Joint Care with 3D Image-Guided Hip & Knee Replacements

Featuring Dr. Amarjeet Singh



A Breakthrough in Joint Health

Living with hip or knee osteoarthritis often means constant pain, stiffness, and loss of mobility. Over time, daily tasks such as walking, climbing stairs, or even resting comfortably become difficult.

A major advancement now offers renewed hope.

Dr. Amarjeet Singh is leading the use of 3D image-guided joint replacement surgery—a personalised, highly precise method that significantly improves outcomes for patients with severe joint degeneration.

Why This Technique Is Transforming Care

Accessing advanced orthopaedic surgery has traditionally required travel to major centres. With Dr. Amarjeet Singh's expertise, patients can now benefit from modern joint replacement techniques without those barriers.

“3D technology allows us to customise every joint replacement with unprecedented precision.”

This personalised planning allows implants to match the patient’s exact anatomy, reducing complications and improving postoperative function.

Osteoarthritis: A Growing Challenge

Osteoarthritis is one of the most common causes of chronic pain and reduced mobility.

As the protective cartilage wears away, patients experience:

- Persistent joint pain
- Swelling and stiffness
- Limited movement
- Difficulty performing everyday activities

When therapies such as physiotherapy, injections, or medication no longer help, joint replacement becomes the most effective intervention.

“When conservative methods fail, joint replacement can provide long-term relief and restore independence.”

Inside 3D Image-Guided Joint Replacement

This advanced approach uses high-resolution CT or MRI scans to produce a personalised 3D model of the patient’s joint. From this model, a customised surgical plan is developed and executed with precision.

Key Advantages

- Tailored implant sizing and alignment
- Improved stability and natural movement
- Reduced soft tissue disruption
- Shorter recovery times
- Lower risk of postoperative complications
- Better long-term implant performance

“Every joint is unique. Personalised planning leads to better outcomes and greater patient satisfaction.”

Step-by-Step Surgical Planning

1. Detailed Imaging High-resolution scans capture the patient's exact bone and joint structure.

2. Virtual Simulation

A 3D digital model allows Dr. Amarjeet Singh to simulate the surgery, analyse alignment, and determine ideal implant placement.

3. Precision Execution

During surgery, custom surgical guides or robotic-assisted tools ensure the implant is positioned exactly as planned—down to millimetre accuracy.

“We enter the operating theatre with a precise blueprint of each joint.”

Is It Time to Consider Joint Replacement?

A professional evaluation is recommended if you experience:

- Pain persisting despite therapy or medication
- Difficulty walking, bending, or climbing stairs
- Stiffness or swelling limiting daily function
- Sleep disturbances from joint pain
- Emotional strain or reduced independence

“Pain is not something you should simply endure. Modern orthopaedics aims to restore lives, not just replace joints.”

A New Standard in Joint Care

3D image-guided joint replacement surgery represents a major advancement in achieving accuracy, personalisation, and long-term success. Patients now have access to a level of care that combines technology, expertise, and a strong focus on quality of life.

For further information please visit

<https://midwestorthopaedics.com.au/>

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