



PMPS

News

FOR MEMBERS ONLY

DECEMBER 2024

ISSUE 38

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Editor's Request

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Letters to the Editor / President / Committee may be published in the Newsletter in full or in abbreviated form at the Editor's discretion. If the writer does not wish her/his name to be published she/he must specifically state so. Articles / letters must be in MS Word format. Please limit word count to less than 1,000.

From the President's Desk

Greetings, how the year has flown by. This will be the last newsletter for this year. As we reflect on the past year, perhaps we have some regrets, some triumphs, some challenges, some losses and some gains. But one thing we can be sure of, we will never be out of work!

Recently there have been much challenges for our GP members. The ever encroachment of third-party administrators (TPA) which seem to be heavy handed, just because they are big conglomerates, telling GPs what they can prescribe and how much they can charge and delaying payment after treatment. There is also the recent push for GPs to display prices of medicine, much like the coffee shops displaying their drinks prices. This is putting a strain on solo clinic practitioners and threatening their sustainability, not to mention undermining the professionalism of our doctors.



Hence the MMA Private Practitioners Section has called for 9 December 2024 to be Black Monday, a day to bring awareness of the plight of GPs via social media to the attention of Ministry of Health. This is a call to highlight the unrevised fee schedule, the non-regulation of TPA, and the price display policy.

FPMPAM has called on doctors to boycott the TPAs en masse, to demand cash for

Continue next page.

service and to be united in solidarity. The tagline is Stand United for GPs, for Fair Fees, Regulation and Respect.

I hope you will enjoy reading the travelogue of our recent tour to Sri Lanka, a country I cannot help thinking is very much like our own. They had a peaceful and quiet parliament election while we were there. We thoroughly enjoyed the beautiful and varied scenery, culture, cuisine and the polite and friendly people.

The last quarter was a busy time for PMPS. We concluded the annual games with record number of participants and playing pickleball, a recent craze, for the first time. We also had our informal night in October, a good time was had by all who came.

As we end the year, I wish you all good health, the love of family and friends, season's cheers and a happy new 2025.

Dr Loke Yee Heng

GREETINGS

PMPS Committee would like to extend warm greetings to members and families on the following Public Holidays:

25/12 (Wed), Christmas;
1/1/25 (Wed), New Year's Day;
29 - 30/1 (Wed - Thu), Chinese New Year;
11/2 (Tue), Thaipusam;
18/3 (Tue), Nuzul Al-Quran;
31/3 - 1/4 (Mon - Tue), Hari Raya Aidilfitri.

When a public holiday falls on a Sunday, it is replaced on the following Monday.

Fun Corner

Getting older has some benefits. Call it a "Senior Moment" and you can get away with just about anything.

sassysisterstuff.com



MEETING

PMPS COMMITTEE (2023-25)

The ninth meeting was held on 6/10/24, Sunday.

CME: GP MASTERCLASS & PRACTICAL SESSION IN O&G & PAEDIATRIC EMERGENCY

Dr G Nanthakumar, CME Coordinator

Continuing Medical Education (CME), as we know, encompasses educational activities designed to maintain, develop, and enhance a physician's knowledge, professional performance, and relationship. These activities enable physicians to provide high-quality services to patients while supporting comprehensive medical care in alignment with the policies and standards of the Ministry of Health.

For this edition, the Perak Medical Practitioner Society (PMPS) and MMA Perak jointly organized a CME session in collaboration with Pantai Hospital Ipoh. The event took place on 24/11/2024 at Weil Hotel from 8:30 AM to 1:30 PM. Participants of this GP symposium earned 4 CME points.

The event began with welcome addresses by Dr Nagen from MMA Perak, and myself representing PMPS. The program featured engaging and informative presentations delivered by doctors from Pantai Hospital Ipoh. This CME session was structured as a GP Masterclass and Practical Session, focusing on Obstetrics & Gynaecology and Paediatric Emergencies.

The session was highly successful, well-organised, and concluded with a delicious buffet lunch sponsored by Fonterra and Pantai Hospital Ipoh.

We extend our heartfelt thanks to Pantai Hospital Ipoh for their generous hospitality and support in successfully conducting this CME session. Special appreciation goes to the CEO of Pantai Hospital Ipoh, Ms Yow Huai Mim, for granting permission to host this event. We also thank Mr Karthikeyan and Mr Aiman Danial from Pantai Hospital's HR department, as well as Ms Debbie Cheong from Fonterra Brands, for their invaluable contributions.

A special mention goes to our esteemed speakers:

- Dr Anjalai Pathmalingam (Obstetrics & Gynaecology Department)
- Dr Sushintha (Paediatric Department)
- Dr Daniel Chau (A&E Department)

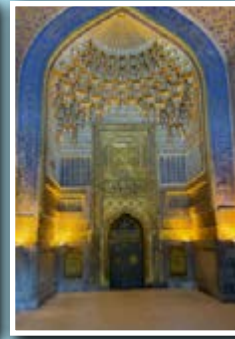
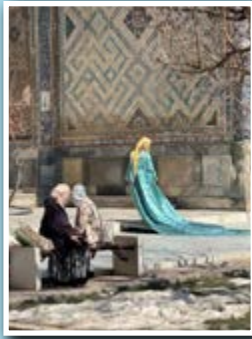
Their insightful talks and practical sessions added immense value to the event.

Thank you to everyone who participated and contributed to making this CME session a memorable success.



UZBEKISTAN TOUR, 02-10/3/24 (PART 2)

by Shanti Lingam (Mrs Kumar)



Day 6

Our stay in Samarkand was at the sparkling sprawling modern Lia! by Minyoun Stars of Ulugbek. After breakfast we had a city tour of Samarkand.

We visited the lush tree canopied University Boulevard where the city's many universities and higher education institutes were located. There was an imposing bronze work statue of Amir Timur, one of the most powerful of rulers in the 14th century in Uzbekistan.

Our next stop was the famed Registan Square. It was an expansive amphitheatre with three stunning Madrassas, Ulugbek Madrassa, Sher Dor Madrassa and Tilla Kori Madrassah.

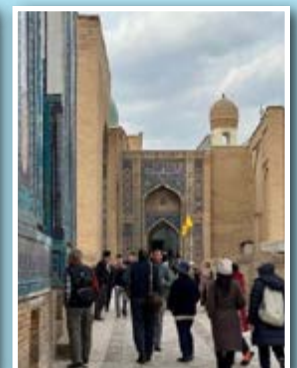
The following day was International Women's Day, a national holiday in Uzbekistan. It warmed the hearts of all the ladies in the group to see men and women busy buying celebratory cakes, flowers or balloons for their loved ones.

Next, we visited the Shah-i-Zinda ("The Living King") complex, a necropolis of eleven

mausoleums, the final resting place of the most beloved and famed personages of the city. The main mausoleum was that of the Prophet Mohamed's cousin Kusam bin Abbas, who preached in the region. The site was considered sacred to Muslims and its sanctity had been equated to Mecca.

The opulent mausoleums, with their rich geometric tile work, array of floral designs on its doorways, towers and interiors, left the visitors with a lasting impression of the magnificence of Central Asian artistry.

We had a lovely Indian dinner in a restaurant set up by some entrepreneurial chefs from Tamil Nadu. Samarkand boasted the presence of medical schools, which attracted Indian students. Dr Jeevaraj was delighted with the unexpected opportunity to converse in Tamil with South Indian chefs.





Day 7

We visited a spanking new complex still in the process of being constructed. As we left, the ladies were enchanted when presented with a lovely tulip each, the national flower of Uzbekistan, as it was International Women's Day.

Next we saw a picturesque paper mill in the village of Koni Ghil near Samarkand. It was nestled in an idyllic setting of a working water wheel using the water of the Siab River. We were shown the centuries-old tradition of making paper from the branches of young mulberry trees. The Samarkand paper is distinguished from the Chinese paper and the papyrus versions with its smooth glossy finish. It absorbed less ink and could be used on both sides. Our guide at the paper mill proudly declared that their paper would last 2,000 years.

After a wonderful lunch with some enormous samosas we visited the Siyob Bazaar for some retail therapy. We were all enthralled by the varieties of dried fruit, nuts, teas, handicrafts and clothes on display.

We left the bazaar to catch the fast train to Tashkent, where we checked into the plush five-star Hilton Hotel. Dinner was at a restaurant where guests were entertained by belly dances and various modern dances.

Day 8

Two hours away from Tashkent was the Amirsoy Ski Resort. We took a steep three-km cable ride up the mountain to the Resort and exited into a blustery snowstorm at the peak.

We had hot coffee and hot chocolate at one of the cafes. Warmed, we headed down the cable ride for some hot food at a restaurant. After lunch we had a photo stop at the beautiful blue Charvak Lake on the Chimgan Mountain, part of the Ugam-Chatkal National Park.



Day 9

We explored Tashkent city. Our first stop was a poignant historical landmark, The Park of Memories. We walked through a verdant park, guarded at various points by silent soldiers. The Alley of Memory sheltered memorial copper plaques inscribed with the names of some 450,000 soldiers from all 14 regions of Uzbekistan, fallen during World War Two. Another 150,000 names of fallen unknown soldiers were remembered here as well.

Seated nearby was a heartbreaking statue of a Sorrowful Mother awaiting the return of her son from the front. There was an eternal flame burning before the statue. There were words in both Uzbek and Russian at the site recording that the fallen soldiers' sacrifice for the nation would always be remembered.

We continued to Independence Square. We admired the 16-marble-pillared Arch of Kind and Noble Intentions (Ezgulik) representing peace and freedom. Next was the Independence Monument, a tall granite pedestal on which was installed a large gold globe outlining Uzbekistan's borders. At its base sat the statue of a young mother with a baby in her arms, representing hope and a new beginning for the country.

We walked past many government ministries and other administrative buildings for the Uzbek Senate, Parliament and Cabinet. Then there was the picturesque romantic looking residence of Prince Nikolai Romanov, grandson of the Russian Emperor Nicholas 1. He was exiled to Uzbekistan and lived here till his death. He was popular as he introduced the first cinema and set up various projects to benefit the people as well as various business ventures. He bequeathed his residence and his valuable collectibles to the city.



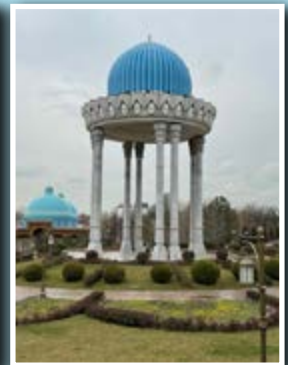
We visited the famed Tashkent Metro, the first underground transport system in Central Asia. One was struck by the cleanliness of the underground station. The stations, designed by artists, honouring writers, scientists, composers and the nation's economic resources like cotton, were like chapters in the history of Uzbekistan.



Next was the Square of Martyrs, built in 2000 to commemorate the victims of repression during the Tsarist and Soviet eras.



We had one last spend-till-the-end opportunity at the blue domed Chorsu Bazaar selling a range of goods from exquisite gold jewellery to ceramics, clothes, dried fruit, breads and even horse meat. Then we headed for a nearby mall to browse around the shops for some final packing of Uzbek souvenirs.



Many thanks to all the wonderful travel companions who have made this holiday a memorable and happy one. Travel certainly expands the heart and mind. It also makes you speechless at the unexpected wonders you see, and in the end, it makes you a story teller.

Thank you, Dr Loke, for organising this eye-opening travel experience to far flung Uzbekistan and the opportunity to learn about the Uzbek people and their ancient heritage.



TOUR OF SRI LANKA (13–20/11/2024) – PART I

by Shanti Lingam (Mrs Kumar)



Day 1

A group of 21 intrepid PMPs members together with family and friends were off to explore beautiful Sri Lanka. We flew from Kuala Lumpur to Colombo on Sri Lankan Airways. It was a packed but comfortable flight. On landing we met our local guide Ruwan and received a flower garland welcome from Tourism Sri Lanka. We then make our way to the coastal town of Negombo.

Sri Lankan parliamentary elections were to be held on 14 Nov. One ruling party had reined for 70 years! Ruwan our guide voiced a young hope that change would happen.

The Negombo fish market was the largest dry fish market in Sri Lanka. However, it was after 6:00 pm. It was closed and in darkness, since nightfall here was around 5:30 pm. We could not view the Indian Ocean.

We visited the beautiful 150-year-old Saint Mary's Church when a solemn mass was in session. We got incidentally blessed by the priest as he walked down the central nave sprinkling holy water on the congregation.

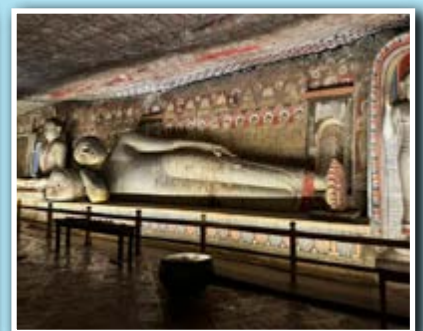
We stayed at the spacious beach front Jet Wing Beach Hotel in Negombo. We had a sit-down dinner and time to relax and chat.

Day 2

Breakfast at the Hotel was a never-ending delectable array of Sri Lankan traditional food like the hoppers served with local curries and sambals. We also had the choice to savour European cuisine, delicate Chinese and spicy Indian foods.

We traversed the land to reach Dambulla passing green padi fields with hardworking farmers busy planting. Coconut and rice grown in this soil were the staple food for Sri Lankans.

As we travelled Ruwan related the history of this rich land. Centuries of greed of the Portuguese, Dutch and English left scars and robbed the land of its resources, wealth, culture and religion. When independence dawned in 1948, the people, weighed under the yoke of colonial dominance for centuries, seemed to have lost their soul. They continued to choose charismatic and wily leaders who continued to wreak havoc on the country. From being the





second strongest economy in Asia it plunged to become bankrupt in 2020.

We visited a sacred pilgrimage site for Buddhists, Rangiri Dambulla Cave Temple, a UNESCO World Heritage Site. The cave monastery was the best-preserved cave-temple complex in Sri Lanka. It was also one of the largest and most outstanding Buddhist complexes in the Southern and Southeastern Asian region. It housed some 150 statues of Buddha, and it was remarkable for its continuous tradition of having ritual practices and pilgrimage for more than two millennia.

We stayed the night at another Jet Wing Hotel, overlooking a beautiful lake.

Day 3

We took a boat ride at a lake, using the oar power of skilful boatmen. They awed us with skills of making us hats from the lotus leaves found in abundance on the lake. The ladies were charmed with a gift of a beautiful, folded lotus flower.



Our dauntless Dr Jaspal and Dr Yip opted to climb the colossal monolithic and iconic symbol of Sri Lanka, the ancient Sigiriya Lion Rock Fortress, a UNESCO World Heritage Site often referred to as the eighth Wonder of the World. The rock was accessible through steps at the base of the paws of an enormous carved rock lion.

The rest of us opted to visit a traditional Sinhala village. We took a bullock cart ride through mud paths. The cart made from locally sourced wood was covered with woven coconut leaves making up the canopy.

At a little village at the lakeside, we were greeted by drumming by two pretty Sinhala young ladies. We had a demonstration of how the famous Sri Lankan coconut sambal was prepared. We were served on banana-leaf-covered clay plates a meal of red rice pancakes, coconut sambal, watermelon and banana, washed down with a traditional drink made of herbs.



We left the village by tuk-tuks, the most common means of transport for many Sri Lankans. We reunited with and applauded Dr Jaspal and Dr Yip for their successful ascent of Sigiriya Rock Fortress.



At Ranweli Spice Garden, the oldest spice garden in the area, we were given an interesting tour of nature's pharmacy, the wonderful turmeric, cinnamon, ginger, cardamom plants that fuelled Western interest for conquest and domination. Sri Lanka produced 80 percent of the world's cinnamon.

Back on the bus we headed to Kandy. We had a sumptuous Chinese lunch spiced ala Sri Lanka.

For the first time since we arrived, heavens poured. Undeterred, we visited the Isini Gems & Jewellers. Sri Lanka was most famed for the quality of its blue sapphire.

As night fell, we reached the UNESCO World Heritage Site in Kandy where Buddha's tooth was encased in the Temple of the Sacred Tooth Relic, Sri Dalada Maligawa, located in the Royal Palace Complex of the former Kingdom of Kandy. Devotees dressed in white, carrying trays of flowers, offerings, seated patiently waiting for the doors to the inner sanctums to be opened.

On our way out we saw the magnificent wood carved pillared Audience Hall of the Royal Palace where the king held audience. Sadly, this same hall was also the place where the last king signed over the sovereignty of his country to British colonial powers in 1815.

We stayed in Kandy that night at the magnificent Earl's Regency Hotel.

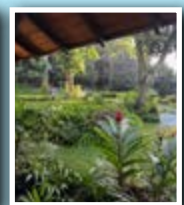
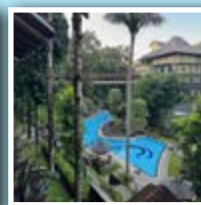
Day 4

At the Hotel we enjoyed its gorgeous, landscaped gardens. Trees and plants were landscaped to perfection resulting in a harmonious blend of man-made and nature.

We set off to the town of Gampola to Ambuluwawa Mountain on which Ambuluwawa Tower was built in 2000. As we drove, Ruwan could not but spoke of the general election which had given the People's Party a whopping mandate of 159 seats, up from the three it held before. The other parties lagged far behind with a mere 40 seats. Hopes had materialised at the ballot box for Sri Lankans to be on the path of economic prosperity.

We reached Ambuluwawa and took tuk-tuks to negotiate the hairpin bends in the ride uphill. It was a hair-raising experience being swerved around the inside of the tiny tuk-tuks with the drivers skilfully and daringly trying to overtake each other to the top.

The summit housed a complex of stupa, mosque, temple and church, showcasing the religious diversity of Sri Lanka. The Ambuluwawa Tower, 48 metres in height, shaped like a stupa winding into the sky. Visitors had the option to climb ten floors





of winding steps inside it and further outer winding steps that narrowed to a needlepoint steeple.

Again, our challenge-happy Dr Yip and Dr Jaspal made it to the top. The view at the top was glorious: clear blue skies and soft clouds over the hills of the surrounding countryside, shades of green broken only by meandering rivers and populated township.



We had lunch at a restaurant with a spectacular view of plunging waterfalls that meandered into a huge lake. We were entertained with songs from yesteryear sung by two local singers on guitar. The songs were good enough to get Dr Nurul and Dr Loke on their feet dancing.

After lunch we drove to another waterfall to get a close-up view.



We continued along the twisting roads through tea estates. There were brightly clad workers, predominantly women of Tamil origin, working among the manicured rows of tea bushes.

At the Bluefield Tea Estates a lovely, enthusiastic and bright young lady took us through the complex process of tea making. Then we got the opportunity to sip various teas in delicate teacups served in the Bluefields Tea Room and to buy one that suited our own personal preferences. After that we headed uphill to Nurwara Eliya and checked into the Araliya Green City Hotel.

PMPS Sports 2024

Dr T Kumar, Sports Coordinator

The Annual PMPS games were held this year as per the dates given below.

Sunday, 23 June 2024

The Golf Tournament was held at the Royal Perak Golf Club and was well attended by 32 participants and two guest players, including two octogenarians! I was informed by the golf convener Dr Lai Thian Seong that the golfers were feted to a dinner which was partially sponsored by Snow Marketing due to budget constraints. The results are as follows:



Ladies	1st: Koh Ling Ling 2nd: Dr Ding Soo King
Men (gross)	1st: Dr Mah Kin Kheong 2nd: Dr Ramesh Singh 3rd: Dr Kek Kim Huat
Men (nett)	1st: Dato Dr Mukudan 2nd: Dr Inderjeet Singh 3rd: Dr Lai Thian Seong

Tuesday, 6 August 2024

The Bowling event was attended by 17 members and their families. It was held at Ipoh Bowl Kinta City from 8:00 PM to 10:00 PM. It was indeed an enjoyable evening for all of us and quite a challenging one too. We extend our grateful thanks to the two gentlemen who helped make the bookings and coordinated the sessions for us. They are Mr Tony Teh and Mr Andrew. We were feted to light refreshments at the venue before parting for the night. The results are as follows:

Children's Category

Winner: Ms Sangeetha Jeyaratnam
Runner-up: Master Yek Kai Liang

Women's Category

Winner: Dr Ding Soo King
Runner-up: Ms Wendy



Men's Category

Winner: Dr George Chan
1st Runner-up: Dr Yek Sing Chee
2nd Runner-up: Dr R Jeyaratnam

Sunday, 25 August 2024

All the Racquet Games were held at the YMCA premises and adjacent badminton stadium. There were 35 participants including one child and one grandchild.

The players had great fun playing all the games. Many were indeed interested in the new game of pickleball introduced for the first time this year and I believe it will be a permanent feature in our sports games in the future. Light refreshments including delicious kueh were provided by Dr Ding Soo King.

Badminton Results:

Only doubles played, winner pair listed first

Dr T Vishvanathan, Dr N Supparamaniam —
Dr Yap Jun Lin, Dr Tew Pei See

Dr. Manmeet Singh, Dr Chang Kok Liang —
Dr Yong Yew Kay, Dr Wong Chee Kin

Dr Chin Ket Meng, Dr Goh Dar Wen —
Dr G Nanthakumar, Dr Chai Yoon Moy

Dr Yee Meng Kheong, Dr Yap Jun Lin —
Dr George Chan, Dr Choong Choon Hooi

Dr Karthik M Kannairan, Dr Wong Chee Kin —
Dr Lai Thian Seong, Dr Manmeet Singh

Table Tennis Results:

Winner listed first

Singles

Dr Hu Wen Shiong — Dr T Kumar
Dr Suppramaniam — Dr Lai Thian Seong
Dr Chong Khek Nyen — Mrs Wendy Chan
Dr Chong Khek Nyen — Dr Goh Dar Wen
Dr Chong Khek Nyen — Dr Hu Wen Shiong
Dr Chong Khek Nyen — Dr Ding Soo King

Doubles

Dr Yee Meng Kheong, Dr George Chan —
Dr Choong Choon Hooi, Dr Chai Yoon Moy

Dr Choong Choon Hooi, Dr Chai Yoon Moy —
Dr Foo Joo Ee, Mrs Veronica Foo

Dr N Supparamaniam, Dr G Nanthakumar —
Dr Choon Choon Hooi, Dr Chai Yoon Moy

Dr T Kumar, Dr G Nanthakumar —
Dr Yee Meng Kheong, Mrs Yee MK

Pickle Ball Results:

Winner listed first

Singles

Dr T Kumar — Dr Hu Wen Shiong
Dr Lai Thian Seong — Dr Chong Khek Nyen

Doubles

Dr Goh Dar Wen, Master Xander Chan —
Dr Lai Thian Seong, Mrs Wendy Chan

Dr Goh Dar Wen, Master Xander Chan —
Dr Yee Meng Kheong, Dr George Chan

Dr N Supparamaniam, Dr Jaspal Kaur —
Dr Yee Meng Kheong, Dr George Chan

Dr Ding Soo King, Dr Chong Khek Nyen —
Ms Preeta Kaur, Master Dhillon



Tennis Results:

Only doubles played, winner pair listed first

Dr God Dar Wen, Dr Hu Wen Shiong —
Dr Foo Joo Ee, Dr Khoo Yee Leong

Dr. Yip Wai Hong, Dr Chong Kok Liang —
Dr T Kumar, Dr Karthik M Kannairan

Dr Goh Dar Wen, Dr Foo Joo Ee —
Dr Ahmad Latiffi, Mr Ling Nyok Thai

Dr Yee Meng Kheong, Mrs Yee MK —
Mrs Ng Sooi Kheh, Dr G Nanthakumar

Dr Ahmad Latiffi, Dr Ng Sooi Kheh —
Dr Ruslan Razak, Dr George Chan

Conclusion

Overall, this year's PMPs Annual Sports Games were well participated and successful, and we look forward to more participation from our members and their families next year.

SOCIAL DINNER "CELEBRATING LIFE"

Organised by
Dr Ding, Dr Amarjeet and Wendy
26/10/24 (Sat) in Kinta Riverfront Hotel

It was a very enjoyable evening.

HIGHLIGHTS

- Fellowship Get-Together
- PMPs Games 2024 – Prize Giving to Participants
- "Karaoke" Singing,
- Dancing, Games
- PMPs Subsidising 'Chinese' dinner and beer



MEMBERSHIP

Reminder

The usual reminder to support your society:

1. pay your subscriptions
2. check that your latest details are recorded.

BANK DETAILS

Account name:

THE PERAK MEDICAL PRACTITIONERS' SOCIETY

Bank: Public Bank Berhad

Account number: 3072790829

Send to:

The Perak Medical Practitioners' Society

c/o KPJ Ipoh Specialist Hospital

26 Jalan Raja Dihilir, 30350 Ipoh



**New
Member**

PMPS welcomes the following new members:

Ordinary members

Dr Sivasangkari Mugilara
Dato Dr Aruku Naidu
Dr Nitiyanantam Perremal
Dr Tew Pei See
Dr Yap Jun Lin

Associate Members

Dr Chin Ket Meng
Dr Wong Chee Kin
Dr Chang Kok Liang



Benefits To Be PMPS Members

The membership of PMPS is open to registered medical practitioners and dental surgeons resident in Perak.

- a) **Continuous Professional Development (CPD)** – PMPS is a registered CPD provider. It regularly holds CPD sessions for its members.
- b) **PMPS News** – Each issue is emailed and WhatsApped to members. It keeps you informed of issues relevant to members. All issues are available at <http://www.pmps.org.my/>.

To Keep You Continuously Informed and Updated

1. **PMPS Broadcast** – The Secretariat handled by Wendy uses this one-way avenue to inform members of relevant issues and sending soft copies of PMPS News when published.
2. **PMPS Members WhatsApp Group** – Members are urged to be prudent in using this chat group and avoid inadvertently sending unauthenticated information.

ANNUAL PRACTISING CERTIFICATE (APC) RENEWAL

• **SUBMIT APPLICATION BEFORE 01 DECEMBER EACH YEAR**

• **CPD Points**

- Period to obtain CPD points for **APC 2026**: between 01 July 2024 and 30 June 2025.
- New MMC-CPD Grading System w.e.f. 1/7/2023 - <https://mma.org.my/web/wp-content/uploads/comparison-of-the-mmc-cpd-grading-system.pdf>

• **Professional Indemnity Cover** - compulsory from **APC 2021** onwards.

• **Fee**

- The APC application fee is RM100.
- Late application is subjected to an additional fee of RM100.

ENQUIRIES

- o MeRITS – <https://merits.mmc.gov.my/>
- o Unit Perakuan Amalan Tahunan (APC) Majlis Perubatan Malaysia
 - Email: unitapc@mmc.gov.my
 - WhatsApp Chat: 016-3261751
 - WhatsApp Call: 019-8022171 / 019-3832171
- o Working Hours
 - MONDAY-FRIDAY;
8:30 AM - 4:30 PM