

Incubator Spa For Disabled Community

1. Nor Intan Wahidah Binti Md Razim
2. Muhammad Hafizi Bin Mazhanafi
3. Mohammad Norikhal bin Md Sudin
4. Nuraini Binti Mohd Nasir
5. Siti Nurhaliza Binti Mohd Jaffar
6. Muhammad Aiman bin Abdul Aziz
7. Aina Dayana Batrisya Binti Muhammad Fairuz
8. Mohamad Syafiq Bin Mohd Jais
9. Nuraishah Binti Rosli
10. Hafizal Bin Mohd Jais
11. Nur Aina Madihah Binti Sidek
12. Mawaddah Binti Mohamed Yunus

By cabcos uitm segamat johor

CabCos (Campus/Center Based Cosmetology System) 2.0 CUBE For Disabled Community

INTRODUCTION

PROJECT BACKGROUND

Person with Disabilities (OKU) is defined in the Act 2008, as persons with disabilities as those who have long term physical, mental, intellectual or sensory impairment which in interaction with various barriers may hinder their full and effective participation in society. There are 7 types of Disabilities such as learning, mental physical, multiple disabilities, visual impairment, hearing impairment and speech impairment. This is challenging one especially when the family has a poor lifestyle. For a parent of the OKU's people, it becomes difficult in meeting the basic needs of their children such as food, clothing, school fees, maintaining the previous standard of living and meeting personal expense. Furthermore, lack of education and qualified skills makes it difficult for the OKU community to meet the current job expectation that requires certain requirements. Majority of the OKU community reported that they felt lonely, helpless, hopeless, lacked own identity and self-confidence. In social sphere, majority of OKU community tried to avoid attending social gatherings with the society. People with disabilities and their family members have the same hope and aspirations as all of us. But for them, it is harder to perhaps do many things we take for granted/

In view of the scenario above, CabCoS is designed to help the OKU community to lessen their parent family struggles. CabCoS is the acronym for Campus-based Cosmetology Specialist System, designed to reach out to the OKU's community in Johor. Estimated over 4 million Malaysian are living with disabilities. Needless to say this impacts their immediate family members too who care and support them. CabCoS aims to train these OKU with Professional Beauty Skills until they are qualified as Cosmetology Specialist.

PROJECT OBJECTIVES

- ❖ To create awareness about the capability of the disabled community through our project, we targeted 20 participants from the OKU community from PDK Segamat.
- ❖ To help the disabled community to generate income by their own targeted at range of RM 1000 to RM 1500.
- ❖ To help disabled community to start socialize with another person. To provide a medium for the OKU community to blend in with the normal community
- ❖ To improve quality of life. To enhance their ability in communicating, socializing and labour skills.

MEET OUR TEAM

MADAM JANNAH MUNIRAH
BINTI MOHD NOOR
(PROJECT ADVISOR)

NOR INTAN WAHIDAH BINTI
MD RAZIM
(CHAIRMAN)

MUHAMMAD HAFIZI BIN
MOHD MAZHANAFI
(VICE CHAIRMAN)

MOHAMMAD NORIKHMAL
BIN MD SUDIN
(SECRETARY)

NURAINI BINTI MOHD NASIR
(VICE SECRETARY)

SITI NORHALIZA BINTI
MOHD JAFFAR
(TREASURER)

MOHAMAD
SYAFIQ BIN
MOHD JAIS

MAWADDAH
BINTI
MOHAMED

NUR AINA
MADIHAH BINTI
ALI SIDEK

AINA DAYANA
BATRI SYA BINTI
MUHAMMAD
FAIRUZ

MUHAMMAD
AIMAN BIN
ABDUL AZIZ

NURAI SHAH
BINTI ROSLI

PROJECT BENEFICIARIES

	IMPACT TO THE DISABLED COMMUNITY	IMPACT TO THE STUDENTS & LECTURERS	IMPACT TO THE UNIVERSITIES	IMPACT TO KEY PARTNERS FUSE
Skill & confidence	Improving self-confidence, boost the spirit of optimism	Improving leadership qualities in conducting community services	Encourage more participation in community programs	Improving the quality of the goodwill of organization
Social context	Give them happiness with the skill	Improving sense of human governance	Have a social context with the community	Give attention to the OKU community to improve the quality of life
Economic context	Increase the income	Increase the quality of volunteering work	Increase the quality of university in community of work	Increase the quality of company in community of work
Values of Human Governance	Increase Values of Human Governance	Increase Values of Human Governance	Increase Values of Human Governance	Values of Human Governance

ACTIVITIES AND TASK

CabCos INCUBATOR MODULES

Phase 1-Basic Facial Treatment

STEP 1 : Introduction for the basic treatment in theory & understand the type of skin

STEP 2: Do it Facial for your Self &feel it
-Makeup remover, Scrub, Basic clean and wash face, Toner, Moisturizer.

STEP 3 :Find your partner and do it & get the response from your partner

STEP 4 : Sitting for the test to be qualified to move PHASE 2

The completion time in PHASE 2 differs accordingly; 1.5 hours completion time for step 1, 3 hours for step 2, and 2 hours for step 3. Every OKU community will be assisted by 1 Cabcos group member.

Every step in PHASE 1 estimated to be done in 1.5 hours. Therefore, overall time to complete PHASE 1 is 6 hours. Every OKU community will be assisted by 1 of the Cabcos group member.

Phase 2-Facial Treatment

STEP 1: Understanding the tools and machine in SPA
-Makeup remover
-Scrub
-Basic clean and wash face
-Machine hot (normal skin) / cold (acne skin)
-Toner
-Moisturizer
- Massage

STEP 2: Find your partner and do it & get the response from your partner

STEP 3: Sitting test to be qualified **AS A PROFESIONAL FACIAL BEAUTICIAN**

Phase 3-Basic Body Massage Treatment

STEP 1: Introduction for the basic body massage treatment in theory & understand the type of body structure

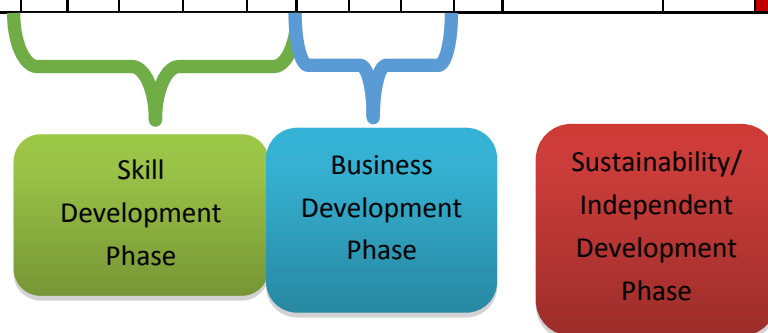
STEP 2: Find your partner and do it & get the response from your partner

STEP 3:Sitting test to qualified to **AS A PROFESIONAL BODY MASSAGE BEAUTICIAN**

The completion time for each step in phase 3 is 2 hours respectively. Every OKU community will be assisted by 1 CabCos group member.

PROJECT TIMELINE

Time Line Of the Project Week	September				October				November				December	2020	2021
	1	2	3	4	1	2	3	4	1	2	3	4	1-4		
Proposed our project under FUSE programme															
Renovating Incubator Spa at UiTM Johor															
Meeting with industry, My Home Lab for mobility kits															
Preparing mobility kits															
Training of trainers															
Training with disabled Community															
Market Validation in UiTM Johor															
Prepare for final FUSE															
BoVEsMall in U Sentral\One Segamat															
Planning to open spa branches to another UiTM															
Open spa branches in UiTM Pasir Gudang															



Later, the project result is divided into three sections namely; Skill Development Phase, Business Development Phase and Sustainability/Independent Development Phase. In Skill Development, the participants were certified to have basic knowledge on Cosmetology theories and application which are critical to build a strong base on establishing a Cosmetology Business. Business Development Phase is referring to the next step in grooming the OKU Community to discover the opportunity towards financial independent through basic business comprehension. The third section, Sustainability/Independent Development Phase is referring to the activities that can be done in long-term period are relevant and compatible to the project's framework; to boost single mothers' confidence level and to ensure the continuity of the project.

PROJECT RESULT

SKILL DEVELOPMENT PHASE

On September 2019, we advertised CabCoS in Social Media to attract participation from the OKU community and the public. We also contacted Segamat Social Welfare to channel us to a few OKU community who might be interested to join. On October, CabCoS team arranged a workshop and we managed to receive participation from 20 OKU participant, 13 participations from UiTM students.

Module- Phase 1

The first slot was on the introduction to CabCoS whereby the project leader gave a brief explanation on the objectives of CabCoS and the function of CabCoS as a channel to help the OKU community. In Facial

Treatment slot, the first step was the participants were introduced to the basic facial treatment theoretically and learned the different type of skin condition and problem in based on the module given. The theories learnt were being demonstrated whereby it was done practically by the OKU community themselves on their skin. Step 2 was begun with removing makeup, followed by facial cleanser, mask, scrub proper usage of facial toner and moisturizer application.



The participants were being introduced to the tools and machine needed in Spa Business operation ranging from makeup remover, facial scrubbing, and facial cleansing. The face steamer machine has two different types of steam; cold steam for acne-prone skin and hot steam for normal skin. In step 3, each participant was required to apply the theories and practical they had learnt in step 1 and step 2 with a partner. Two ways communication was being practiced in this step whereby the beautician should obtain responses from the partner who acted as their client. Later, the participants would be sitting for phase 1 test to be qualified to move to PHASE 2.

Module- Phase 3

To complete PROFESIONAL FACIAL BEAUTICIAN certification, the participants need to go through Beauty and Makeup Slot. Beauty and Makeup is a special addition to CabCoS project framework to make it compatible with the objectives of CabCoS itself which is to boost the OKU community' confidence level. In the slot, the participants were exposed to two types of makeup pattern; daily makeup and special event makeup. the basic makeup technique is very simple and it suits daily application for working women meanwhile special event makeup has a striking pattern and it makes the person stand out in an event. After every practical test, the answer sheet was compiled to be sent to Beautician Board Malaysia.

Program tentative

Date	Time	Programmes
Wednesday 30/10/2019	7.30 am- 8.30 am 9.00 am-10.00 am 10.20 am-12.30pm 12.30pm-1.00pm	Registration Introduction to CaBCos Facial Treatment Slot Lunch
Thursday 31/10/2019	7.30am-8.30 am 9.00am-11.00 am 11.00am-12.30 pm 12.30pm-1.30 pm	Breakfast Body Massage Slot 1 Body Massage Test Break

Module- Phase 2

In Hand and foot Massage, basic hand and foot massages treatment theoretically to understand the type of body structure. The participants learned the type of oils; lavender and lemongrass oil that are commonly used in spa for body massage. At this slot, the participants were also taught on the ethics and manners they should know in interacting with the clients. The same as in facial treatment practical training, each participant is required to. The participants will be sitting for PHASE 3 test to be qualified as a **PROFESIONAL HAND AND FOOT MASSAGE BEAUTICIAN**.



BUSINESS DEVELOPMENT PHASE

November 12, 2019

CabCoS 2.0 was held in PTDI,UiTM whereby the paperwork was fully discussed among the OKU community with the help of . As the startup, the participation was opened only the UiTM students and we encourage the presence of the student's participation. We, the CabCoS team gave guidance to the OKU community on how to carry out Massage program in UiTM.

CabCoS 2.0 was done in great time whereby the OKU community were given a slot each to handle. At this stage, the OKU community shown a good communication skill that we found had improve over the time.



13 NOVEMBER 2019,

The participants gather with OKU community and give a guidance to make the foot and hand massage to the lecturer by visit office to office . In this way, the OKU community would get the opportunity to engage in real business situation before they venture out to create their own business. OKU community joined to be trainer for foot and hand massage class and open the booth for massage treatment by office to office. In this stage all the OKU community independently manage their task and their business. Their confidently increasingly to face with the society, they are more positive thinking, and more have more



SUSTAINABILITY/INDEPENDENT DEVELOPMENT

Short-term Plan

December 2019 – Entrepreneur Mentorship program

Madam Jannah, as the project supervisor as well acted as the entrepreneur mentor to the OKU community had successfully conducted spa workshop, commercial Spa and BovenCoMall with the OKU community. The program was done in consultation form to make it less formal and conducive for learning since they were free to ask any question.

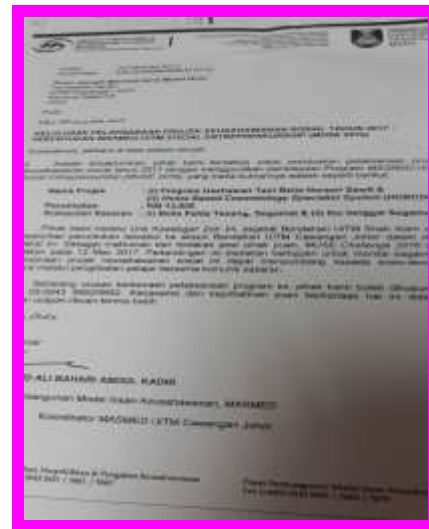


Long-term Plan

For the next project, we aimed to expand our scope of participation because we want to reach out to more and more OKU community out there. As the result of negotiation with many communities.



Another great news keep coming. Our CabCoS team had successfully won a fund from MASMED-UiTM Social Entrepreneurship 2017. The award is important for CabCos because we are not only receive the fund, but also a space in UiTM to open the first Cosmetic and Spa room in UiTM exclusively for the next CabCos project. The Cosmetic and Spa Room will be filled with complete facilities such as Hot & Cold Steamer Machine, Spa Body & Face Bed Massage, Spa Trolley and a storage compartment to keep all the beauty tools.

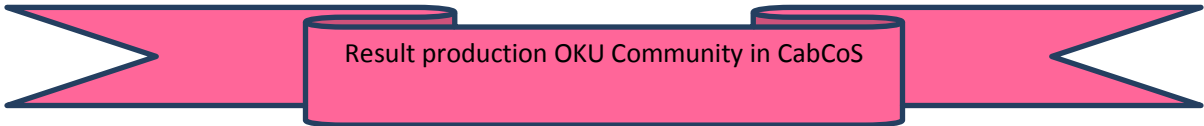


Comparison of Cost Between CabCoS with Spa Shop

CABCOS	ITEM	SPA AND BEAUTY SHOP
RM0	RENTAL PER MONTH	RM700
RM150	MESIN STEAMER FACIAL TREATMENT	RM650
RM0	UTILITIES	RM250
RM70	BUSINESS REGISTRATION	RM70
RM0	SIGNBOARD LICENSE	RM100
RM300	RAW MATERIAL AND TRAVEL EXPENSES	RM300
RM520	TOTAL	RM2070
	SERVICES OFFERED IN SPA	
RM30	BASIC FACIAL TREATMENT	RM30
RM50	EXTENSIVE FACIAL TREATMENT WITH MACHINE	RM50
RM50	LIPS, HAND AND FOOTS SPA	RM50
RM110	TOTAL INCOME FOR SERVICE OFFERED	RM110
RM330 X 24= RM7920	CALCULATION FOR 3 CUSTOMER PER DAY	RM330 X 24= RM7920
RM7400	PROFITABILITY WITH OPERATIONAL EXCELLENCE	RM5850

FINDINGS RESULT

OKU Community Income



November 2019 – Result productivity Entrepreneur Mentorship CabCoS Program

After the training, OKU community have independently doing the spa monitoring by the CabCoS members and mentor Pn Jannah. The result show increasingly from the total production OKU community. In 12 November 2019 the total production of OKU Community is RM 345, increasing in 13 November 2019 to RM 425.

Total Trainee's Income

PKPDK TAMAN YAYASAN

Trainee's Name	12/11/19	13/11/19	TOTAL
1. Izzati binti Zulkiflee	RM 30	RM 70	RM 100
2. Ummu Syaikhah binti Mohamed	RM 65	RM 95	RM 160
3. Azalinda binti Alias			
4. Mohd Noor Taufik bin Shahri	RM 20	RM 20	RM 40
5. Muhammad Saifullah bin Ismail	RM 15	RM 10	RM 25
6. Muhammad Saiful Najib bin Ali	RM 30	RM 30	RM 60
7. Muhammad Zharfan bin Nor Suffuidin	RM 20	RM 15	RM 35
8. Lau Chzee Young	RM 15	RM 10	RM 25
9. Mohammad Khairul Faizie bin Arba'ee	RM 20	RM 10	RM 30

PKPDK SAYANGKU SEGAMAT

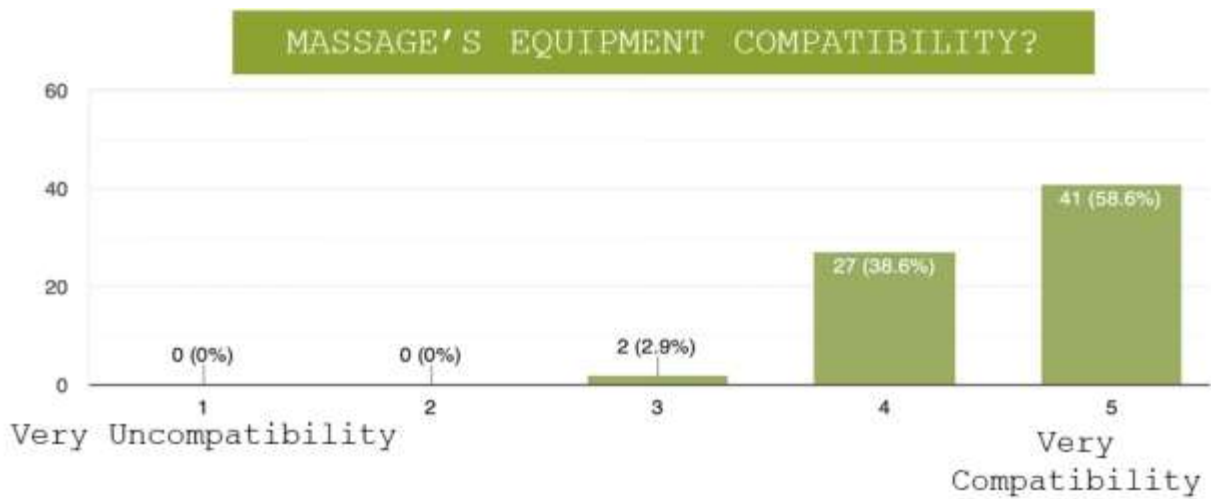
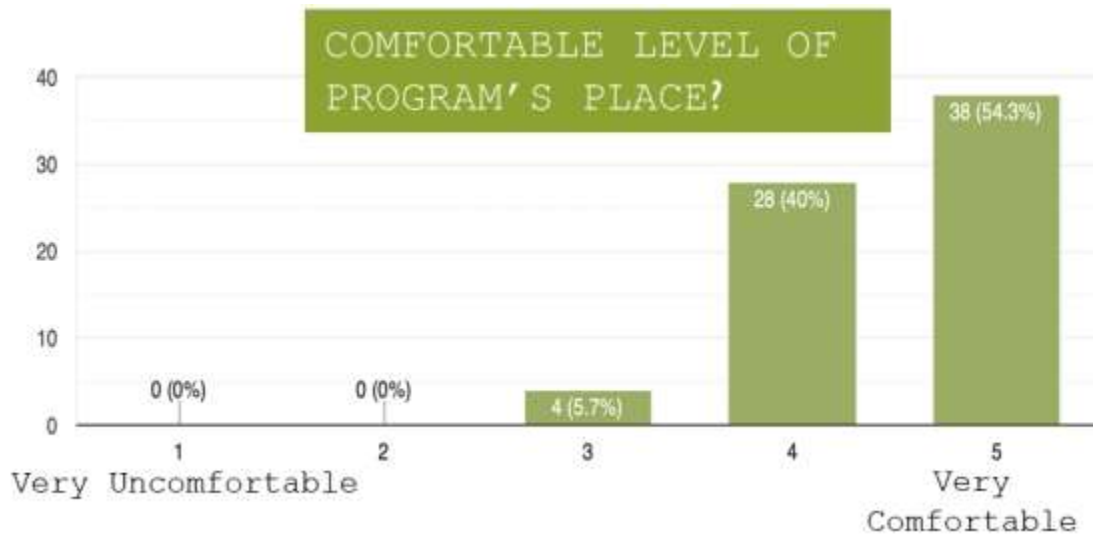
Trainee's Name	12/11/19	13/11/19	TOTAL
1. Nur Syazana Binti Fuad	RM 25	RM 45	RM 70
2. Quratuain binti Amir Rasid	RM 45	RM 50	RM 95
3. Ahmad Nizam bin Abdul Aziz	RM 40	RM 40	RM 80
4. Muhd Azri bin Mahamad Razi	RM 20	RM 30	RM 50

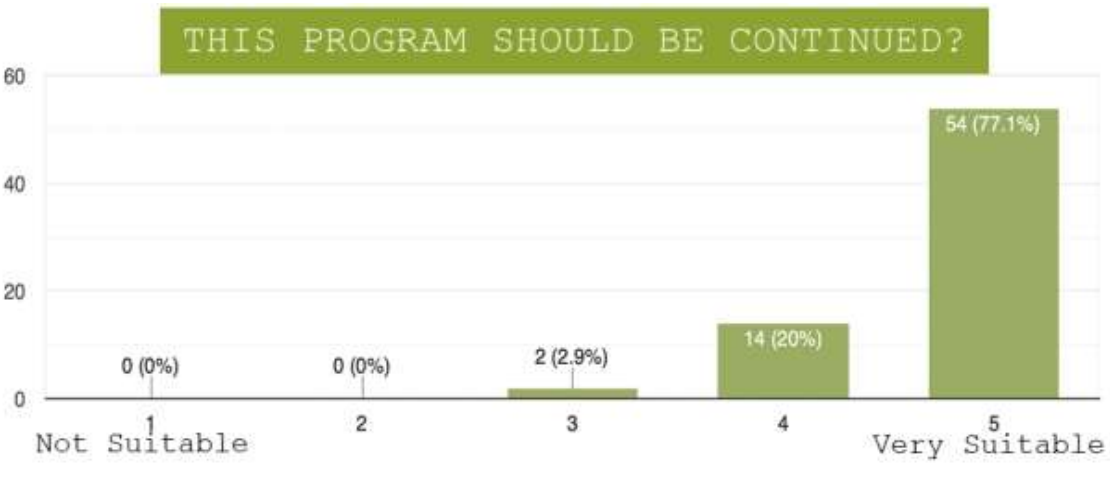
OKU COMMUNITY'S SELF ESTEEM



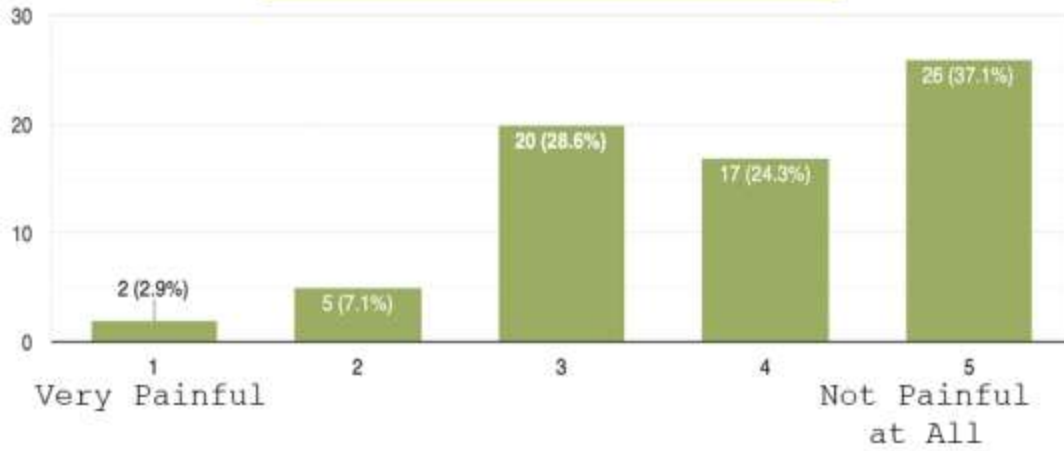
CabCoS also increase the level of esteem OKU Community in critical thinking. Communication, etiquette and professionalism, entrepreneurship skill and leadership skill. When CabCoS was implemented by using KHIND STARFISH FOUNDATION we delivering the happiness to OKU Community.

Satisfaction Among Customer





DURING MASSAGE'S PROCESS



- ❖ Improving the single mothers' comprehension in Experiential Learning Skill (ELS) via Campus Based Cosmetology Project to be certified as a professional beautician
- ❖ Improving the self-confidence with the beauty to improve the circulation of positive aura in the single mothers' working and living environment.
- ❖ Improving the OKU Community's knowledge on the procurement of income with the skill to become a full-time professional beautician at home, working in SPA & Salon with the professional certificate, and become micro entrepreneurs mobility in spa & salon
- ❖ Assisting the single mothers in marketing strategies, operation management and financial book-keeping which are crucial in running a spa and salon business.

CabCoS OBJECTIVE
FOR SINGLE
MOTHERS

CONCLUSION

The project began a bit later than the expected timing. However, it did not stop the CabCoS's team spirit from proceeding with the project. Searching for the participants among the disable community was a tough process because the community not yet see the opportunities lied in Incubator Spa field. Another challenge that we faced was convincing the disable community that the project was meant for them. We were much aware and understood the situation, the struggles and pessimism that they have gone through for quite some time in their life. To overcome the challenge, our team had decided to open the participation to the UiTM students and the public. The purpose of this was because we want to create a surrounding whereby the disable community can reminisce back their youth and beautiful days and feel good about themselves.

The module used in this project is derived from a few researches which later was arranged by the project advisor, Jannah Munirah whom was a certified Beautician herself. The techniques and steps implied in the module were very simple and it could be seen how fast the participants memorize the steps. We made a change on the module framework by adding facial treatment classes as one of completion skill to obtain Facial Beautician Certificate. As a freelance beautician, we believe in the ability of good makeup skill to boost women's confidence level. The addition of this slot is important for the participants to make themselves presentable as a beautician.

We totally respect the commitment shown by the disable community throughout the development process in CabCoS project. However, there were days when they wanted to quit CabCoS because they have the perception saying engaging in business is difficult and risky. Gladly, the team had already expected this kind of situation. We took advantage of modern technology by creating a group in Whatsapp Application made for daily enquiries and also a medium for the mentor for the follow-up. Sometimes, we had motivational session in the group with the purpose to constantly remind the disable community on the real purpose of joining CabCoS.

Little by little, our team had observed a significant change in the attitude of the disable community. 4 months time in CabCoS had created a strong bond among the participants. We, the CabCoS team feel happy and proud to be part of the transformation in every and each of the disable community. Overall, CabCoS has received positive feedback from the disable community and wished to participate more.

And again, the CabCoS team would like to express our gratitude to Khind Starfish Foundation for believing us to make changes in the society.

INCUBATOR PARTICIPANT DETAILS

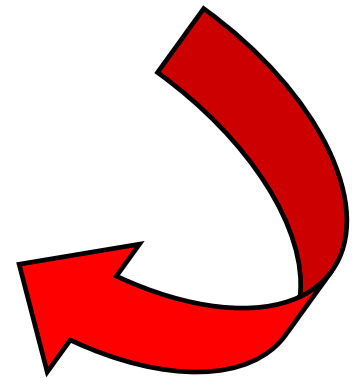
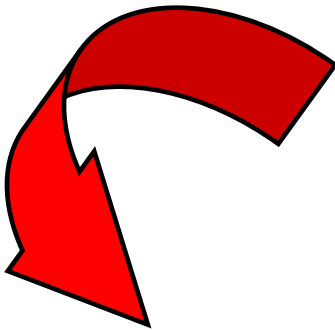
#	Consultant Number	NAME	Postal Code	Province	City	Street 2	Country	Mobile Phone	Home Phone	Email Address Personal
1	154801	NUR AISHATUL HIDAYAH BINTI MOHD KAMIL	85000	JOHOR	SEGA MAT	UITM JOHOR KAMPUS SEGAMAT	Malaysia	017 7042674	017 7042674	put3kelipkelip@gmail.com
2	154800	JANNAH NAEMAH BINTI MOHD NOOR	84400	JOHOR	TANG KAK	SUNGGAI MATI	Malaysia	013 6801038	013 6801038	jannahnaemah@yahoo.co.uk
3	154803	WAN AMIRAH SHAFIKA BINTI WAN ASIAH	85000	JOHOR	SEGA MAT	UITM JOHOR KAMPUS SEGAMAT	Malaysia	014 7388310	014 7388310	miramoichan@gmail.com
4	154806	ZUNYKA BINTI ADNAN	85000	JOHOR	SEGA MAT	UITM JOHOR KAMPUS SEGAMAT	Malaysia	019 6184796	019 6184796	azunyka@yahoo.com
5	154872	SITI ASNIDAH BINTI JASNI	86200	JOHOR	KLUANG	TAMAN SIMPANG RENGGAM	Malaysia	017 7343276	017 7343276	asnidahjasni@gmail.com
6	155165	ALIZA BINTI ADNAN	85000	JOHOR	SEGA MAT	UITM JOHOR KAMPUS SEGAMAT,	Malaysia	019 6201003	019 6201003	alizaadnan74@gmail.com
7	158467	SYAHIDATUL HANI BT SAMSIJAN	85000	JOHOR	SEGA MAT	UITM JOHOR	Malaysia	017 6365951		syah_hani@yahoo.com
8	157141	NURULASHIKIN BINTI ROMLI	85009	JOHOR	SEGA MAT	UITM JOHOR	Malaysia	019 2970663	07 9352223	nurulashikin.romli@yahoo.co.uk
9	158522	NUR FARHANA MOHD DAUD	85000	JOHOR	SEGA MAT	UITM JOHOR	Malaysia	013 7393079		nurfarhanamuhddaud@gmail.com
10	158443	FATIMAH SYAHIRAH RAMLEE	76450	MELAKA	ALOR GAJAH	TMN PAYA RUMPUT PERDANA	Malaysia	014 2784546		sya_kyle95@yahoo.com
11	158441	NUR UMAIRA MUSTHAPA	98107	SARAWAK	MIRI	BANDAR BARU PERMYJAYA,	Malaysia	012 8507185	079311603	patricia.lita18@gmail.com
12	157145	SITI NOORSIAH BINTI JAMALUDIN	85009	JOHOR	SEGA MAT	UITM JOHOR	Malaysia	012 6047179		alongt82@gmail.com
13	157146	AFLAH BINTI ISA@DARAMI	85009	JOHOR	SEGA MAT	UITM JOHOR	Malaysia	013 6532610		aflah5610@gmail.com
14	161036	SITI NUR ZARINA ABDUL MUTALIB	85000	JOHOR	SEGA MAT		Malaysia	017 7608827		Zarinafisyah@gmail.com
15	161681	SITI NOR NATHRAH ZA'ADUN	85200	JOHOR	SEGA MAT	JEMENTAH	Malaysia	013 2261027		embunseroja@gmail.com
16	154758	DAYANG AMELIA BINTI SHAHRUM	85000	JOHOR	SEGA MAT	KOLEJ SI MANJA KINI, UITM JOHOR,	Malaysia	019 7270979	019 7270979	dayangamelia@gmail.com
17	161258	NOR LIYANA BT RAMLY	85000	JOHOR	SEGA MAT		Malaysia	012 6352436		norliyana83@gmail.com
18	162363	NOR FAZIERAH BT ISNIN	85200	JOHOR	SEGA MAT	JEMENTAH	Malaysia	014 5327485		fazierah84@gmail.com
19	164523	NUR AZIEMAH BT MAJID	85000	JOHOR	SEGA MAT	KOLEJ SI MANJA KINI, UITM JOHOR,	Malaysia	017 2771702		aziemah82@gmail.com
20	154321	NURUL ELYANA BT YAHAYA	85000	JOHOR	SEGA MAT	KOLEJ SI MANJA KINI, UITM JOHOR,	Malaysia	017 28145322		nuruliyana@gmail.com

IMPACT OF CabCoS



From **20** OKU Trainee

Helpless, hopeless, lack of identity and lack of confidence & income



- ❖ Giving income to the disabled community.
- ❖ Giving morale boost to disabled community.
- ❖ People are more aware & confident of the capability of the OKU.
- ❖ OKU community can interact better.

Spa & Sauna Herbs

Traditional Spa & Sauna

UiTM Johor



The space used previously was an unused store, then converted into the Incubator Centre for Spa & Traditional Entrepreneurship



Signage Mini incubator training unit of Spa & Sauna



Space for teaching and learning activities of facial treatments, body massage, body scrubs and body therapies.

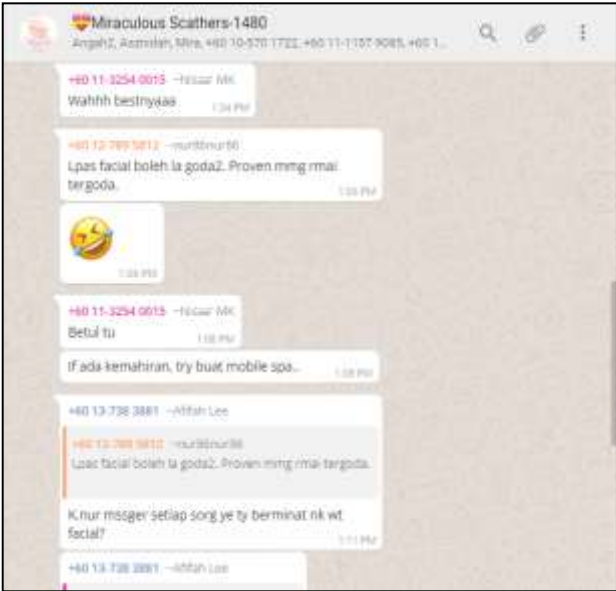


The area for chatting and relaxing with the cup of Herbal Tea

Sauna Room using traditional herbs such as lemongrass, ginger, lemon for body freshness.



Exhibition shelves and products of herbal items and products used



Feedback from the WhatsApp Group from the OKU Community from CabCoS participant.