



PCA @ Offline 16 Play Like Good Old Days

Offline 16 is a mental wellness and digital detox initiative organised by VitaHealth Malaysia and Tropicana Corporation Berhad. The Penang Chess Association supported this wonderful initiative by organising its own booth filled with fun-filled activities. The central idea is for participants to lock away their phones to unplug from digital overload and build real-life human connection.

In a nutshell, we should use 16 hours of our awake hours in a more meaningful away. Get connected, not online but face-to-face!



A variety of fun activities was planned for the over 220 participants who were present at the MBS Penang grounds from 9am to 2 pm. It includes nostalgic team challenges, old-school carnival games, trishaw rides, health checks and creative DIY activities. The event was officiated by YB Joseph Ng Soon Siang, the State Assemblyman for Air Itam. Dr. K.S. Beh, the CEO of VitaHealth (Malaysia & Singapore) was also present.

“Phones down, fun up!”











YB Joseph Ng leading his tug of war team. Mr. Harry Chai Heng Hua, the Penang Sports Council Director is just behind him.



Nostalgic “Langchia” Ride for YB Joseph and Dr. Beh. Mr. Harry Chai stepped in as the “langchia pek”



The Chess Challenge was well-received!



A stop over at the MBS Heritage Centre
where the Heritage Hunt was held