

2022 NEW YEAR MESSAGE FROM MMAA PRESIDENT MR. S. SIVAPRAGASAM



Dear Master Athletes,
Greetings from MMAA!

I am glad to communicate with all master athletes of Malaysia through this message .

Yes, the year 2020 and 2021 have been difficult to all of us – with the pandemic and floods. We have suffered , struggled with many health, finance and mental problems. Some of us have lost our loved ones; some have lost their jobs/income and have gone through a very tough time.

Most of us have come through with a lot of new experiences and knowledge and consciousness . Thank the Lord for all his blessing and merci on us.

The time has come for us to think positively for the future of our life especially for the younger generation. We master athletes must be strong, will full and be good example to our younger generation so that they can face the challenges courageously !

“What lies behind us and what lies before us are tiny matters compared to what lies within us.” - Henry Stanley Haskins

“Life is not about having everything. It’s about finding meaning in everything.” – Joel Randyman

Let us start the year 2022 with positive thinking and with meaningful goals.

Life will be better when we stop finding faults in others and criticising others. Let us look at the positive side and the beauty in the flaws. In this way we will appreciate the good things in others, and at the same time we will get rid of the negative energy in us and live peacefully and make others live peacefully as well.

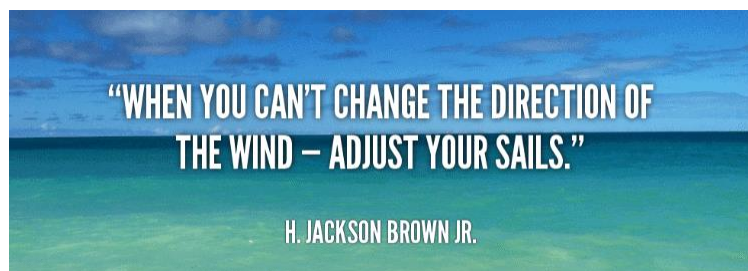
All these are possible if we have the courage to pursue them. We should not worry about getting knocked down, but concentrate in getting up. We can achieve our aims and goals.

Dear master athletes, we really hope in this new year all of us will get the opportunity to be in action again. There is always a light at the end of the tunnel. Always hope for the best.

Let us all be better, helpful and caring humans. Always respect others and be considerate .

Please keep yourselves healthy, fit, strong - mentally, physically, emotionally, and always care about other beings.

“There will be obstacles. There will be doubters. There will be mistakes. But with hard work, there are no limits.” – Michael Phelps



Wish you all a very HAPPY and PROSPEROUS NEW YEAR !

S. SIVAPRAGASAM, AMW

PRESIDENT

MMAA

31ST DECEMBER 2021