

Creating Sustainable Wellness

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Sustainability Report 2022 Mega Lifesciences Public Company Limited





MEGA WAY

is to build a THINKING organization which will CHANGE before it is forced to and Live and GROW beyond each of us.





Creating Creating Sustainable Health

Mega shall focus on high-quality products and helping people stay healthy as long as they live



Creating 🖗 Sustainable Wellness

Mega focus on the physical, mental, emotional, and social health for sustainable wellness.







Creating Sustainable Business Inspired by Nature

MEGA is committed to incorporating eco-friendly practices and aspires to efficiently utilize resources, reduce pollution, and slash greenhouse gas emissions for a Creating a Sustainable Operation Inspired by Nature.



About this Report

Welcome to our first sustainability report prepared in accordance with the Global Reporting Initiative (GRI) Standards. As a reputed and a formidable Pharmaceutical company we remain committed to achieve and demonstrate a sustainable growth. We have made an effort to publish our practices and data which will indicate the intent and willingness of our Board of Directors and Executives to build a sustainable Mega Lifesciences and we sincerely hope our stakeholders will appreciate the same.

Mega Dharma WE CARE

For your wellness, For your health, For you to stay healthy as long as you live

We care ... not about long life, But a life lived well, A life lived on your own.... Till the last day of your life Enjoying every breath, every moment, every relationship, Free, Independent, Walking

We care... Not just about more pills, But the right ones. Not just about any food But a lot of right food Not about more cures, But a lot of care

We care For your wellness, So you can live every moment, Independent, Free, Walking So you can say in the, end A life lived well

WE CARE

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Reporting Frameworks

GRI standards, core option United Nations Sustainable Development Goals (UN SDGs) External Assurance: None Write back to <u>Info@megawecare.com</u> or <u>investor@megawecare.com</u> for feedback and queries.

Driving Business for Sustainability

Message from CEO and Chief Coach

Dear Stakeholders,

I am proud to present our second sustainability report on the GRI framework and United Nations Sustainable Development Goals (UN SDG). The report covers Mega Lifescience's philosophy, strategy and practices for achieving a sustainable Company and workplace. The report covers the Economic, Social and Environmental aspects of Mega way of life. Central to the Mega Way in all of the 35 countries where we do business is the concept of Creating Shared Value. To us, that means going beyond the traditional parameters of Corporate Social Responsibility. It means embracing an entire philosophy of generating economic value while achieving social value. Simultaneously it means connecting our success to the success of the communities where we operate. It means practicing what we preach in terms of caring for Human Wellness – economic wellness, physical wellness, and social wellness. The world has witnessed an unprecedented pandemic and businesses were

Creating Shared Value

- Revenue achieved 15.69 Billion baht
- Total product registrations filed **4,405** (Year 2022 : 234)

Safeguarding environment

- Solar energy generated % Energy from Renewable sources : **10%** (PY 5.8%)
- Investment of **Thai 20 million baht** in 2023

Social enrichment

- 70,826 hours of training
- 100 Hours of human rights training
- Thai 30 million baht invested in community and other programs
- **100 hours** of sustainability training in year 2022
- Thai 15 million baht for employee training

Governance

- Board committees reorganized
- 10 New policies

exposed to serious risks and continuity was threatened. Mega Lifesciences has chosen to elevate its involvement to uplift the communities and businesses. Mega Lifesciences has leveraged its sustainable business practices to build a more resilient company with a enriched/enabled workforce and a better planet through sustainable environmental practices.

From building talent and creating jobs in the markets where we work, to spreading the wisdom of self-care, to successfully pursuing ISO certification for our facilities, Creating Shared Value is not just at the periphery of what we do : it is at the center of it.

Mega We care for People.

We introduced and arranged a bouquet of training courses under Mega Academy® for our employees ranging from work engagement and capacity creation to managing own health including a talk on COVID by our Chief Wellness Officer with me as a moderator. The talk was held on August 21, 2021 attended by 600 participants and covered a range of COVID related concerns and Do's and Don'ts. We also arranged a follow-up talk on Sep. 18, 2021 to cover the queries/concerns and this was attended by 400 participants. Mega Lifesciences has championed a Strengths Based Outcome Management system (SBOMS) which is a performance evaluation system that focuses on strengths. Mega Lifesciences has also launched a Good Health BY Yourself GHBY® program to enable our employees and business partners to be sensitive about their health issues including Non Communicable Disease which is a silent killer in the current times. Living in the world we have a responsibility to help build a society that is sustainable and will live and grow beyond us. We start with this at home by helping create a healthy environment for our own team. So they enjoy good health. A good environment that accepts failures and encourages opinions. A place where people have fun and their mental wellbeing is not compromised by the demands of results. An environment where employees learn to stay healthy by making lifestyle changes. As a company we have a role to help the world we live in, so they can all stay healthy as long as they live. Our wellness we care center is at the center of spreading knowledge and behavior change among our country men and women, so they can prevent and reverse chronic diseases. Thereby reducing the financial burden on countries, on families and on themselves. And freeing themselves to remain active and enjoy moments of their lives. It is our social endeavor to spread this message to the world where we operate. We offer comprehensive medical coverage to employees in markets where this is often unheard of, with annual check-ups and individualized advice on healthy living along with incentives for pursuing healthy ways of life.

Mega We care for Communities

We have programs which are focused on certain communities and locations including health screening, scholarships, donations, patronage for institutions. We organized marathons in Vietnam and Myanmar. We donated rice in Cambodia and sponsored pharmaceutical studies for lesser privileged. Mega Lifesciences prepared COVID care kits and reached out to various sections of the society. A common understanding is to build resilient societies and the intent of our outreach is to enhance our relationship with out stakeholders. Our Corporate Social Responsibility or community outreach is also a primary objective of Mega Wellness Foundation. The activities are in line with the UNSDGs. Creating Shared Value or Sustainability is not just philanthropy or reports. Nevertheless, it makes us proud to be able to plow a significant proportion of our profits back into the communities where we work to achieve sustainable growth benefiting all.

Innovations for communities : Mega Lifesciences has implemented mobile phone applications to connect patients, healthcare professional and pharmacies. Mega has launched this project on pilot basis in Myanmar and has onboarded more than 1,000 patients to connect with the healthcare ecosystem. Mega Lifesciences has committed approximately USD 10 million over next 8-10 years for this project.

Mega We care for environment

We want to play our role in conserving the environment and for this we will do everything possible from using solar energy to LED lights to reducing waste in our operation and use single use plastics that can be recycled among many other initiatives and going paperless in many areas. We have installed solar plants in Thailand manufacturing facility, Myanmar Distribution center and Australia manufacturing facility. The solar plants have collectively saved 863 ton (2021 : 716 ton) Co_2 emissions. We have invested USD 1.50 million in installing the above solar plants and have achieved a saving of USD 200,000 in costs of electricity. Australia and Thailand manufacturing facilities have installed 100% LED lighting.

Innovations to make this planet cleaner and safer : Mega Lifesciences has invested Thai baht 1.5 million to achieve efficiencies in electrical usage of chillers in the Thailand manufacturing plant resulting in net savings of 337 tons of Co₂ emissions and Thai Baht 2.5 million per annum.

Motion and time sensor switches have been installed in the Thailand manufacturing plant resulting in net savings of 29 tons of Co_2 emissions by investing Thai Baht 100,000.

Improved roller in feed sealing station has resulted in a reduction of waste by 2.88% thus resulting in a net saving of 581 kgs of waste per annum.

Improvement of carton design lead to reduction of 834 kgs of waste per annum.

Mega We care for values

We care for our core values of Truth, Trust Respect and Freedom and these also have become our guiding posts for Governance. We have a responsibility to follow the rules in every part of our business including revenue and tax and Good Manufacturing Practices (GMP) and product quality and to build a culture where it is way of life to work honestly, where we do not promote outcomes that drive employees to cheat, lie and find short cuts. The pursuit of profit cannot be above our values/purpose.

Recognitions/Achievements in year 2022.

 THSI – Mega has been included in the Thailand Sustainable Investing group by the Stock Exchange of Thailand for Mega's initiatives in Sustainability.



 Mega Lifesciences has signed Letter of Intent for inclusion in the Collective Alliance Against Corruption by the Institute of Directors of Thailand. We have also submitted a self evaluation checklist certified by the Chairman of Board of Directors, Chairman of Audit Committee and CEO and this checklist has been audited by a reputed third party auditor from Thailand.

CEO & Chief Coach Vivek Dhawan

About Mega Lifesciences

Mega Way - Mission

Mega Lifesciences a Thinking Organisation

MEGA is a deep-thinking organization, where we strive to allow people the opportunity to learn from the best. We want to encourage not just thinking about everything we do, but the why and how of it too. Only by using our freedom to question do we challenge outdated methods and traditions, in order to form new ideas. Seek new solutions, find new approaches and exploit new opportunities to work together with us, to build a better MEGA.

Mega Values

TRUTH

Being truthful in what we do every day is the way of life here at MEGA. We insist on truth in action every day. We will not manufacture, market, sell, or distribute any product that is not safe for humans. We will do everything to report and inform the public truthfully about our performance, successes and failures, and own up to the mistakes we make.

TRUST

We trust people as adults who know what needs to be done. We show 100 percent trust in people who work at MEGA, till this trust is lost. We believe everyone is honest and is here to give their best, they wish to come to work on time, contribute, and want to be respected for the work they do. Our trust extends beyond our own people to our suppliers and partners who work together to help us create value for their customers.

RESPECT

Each one of us is different and brings his or her distinct abilities to the team. A team is made up of passionate, committed and caring people who bring different views. We encourage respect amongst our team members, fostering a culture of learning and changing together. Mega is an equal opportunity employer and does not discriminate based on race, nationality, religion, civil status, sex, or sexual orientation. Mega respects a good work & life balance.

FREEDOM

MEGA insists on freedom to be oneself, encouraging you to do what you are best at. We believe in hiring adults and trusting them to make responsible decisions once that freedom is given. We believe in giving them freedom to make choices to lead their lives the way they wish to, without being judgmental. As an adult, you are expected to value your responsibilities and maximize your freedom, utilizing the existing guidelines.

Mega Commitment – The Vision



The MEGA commitment is to provide quality products and services through constant improvement and innovation. We are also committed to developing mutual trust and respect in our suppliers, distributors, and customers, as well as the country in which we operate. We offer our valued consumers products of that fit their needs, with a focus on the quality and quantity of ingredients, in addition to accurate information, and we believe in our good judgment as our guide.

Business segments

We are a leading international manufacturer and distributor of pharmaceutical, nutraceutical products and Fast Moving Consumer Goods or FMCG headquartered in Bangkok, Thailand. Currently, we are a leading distributor in developing countries with high growth trends such as Myanmar, Vietnam and Cambodia. In addition, we develop, manufacture, market and sell our own market leading brands of nutraceutical products, generic prescription pharmaceutical products, and OTC products under our Mega We Care[®] brand through our distribution network and third party distributors in countries across the world. As of December 31, 2021, our Mega We Care[®] branded products were being sold in a total of 35 countries around the world.

Our business activities across all major stages of the pharmaceutical industry value chain provide us with increased opportunities to pursue growth by realizing potential synergies arising from coordinating our efforts across business segments in our selected markets. We believe the market leading positions held by our Mega We Care[™] branded products and Maxxcare[™] distribution businesses will enhance our ability to increase market share through both organic growth and acquisitions. In addition, the growth of our business will provide us with sufficient resources to continue developing new products, and allow us to invest in our distribution services to drive and strengthen future growth and profitability.

We believe that significant growth opportunities will arise from our focus on fast growing developing markets. The pharmaceutical and nutraceutical markets in the developing world are expanding rapidly, in line with strong economic growth and demographic changes. The consumer health market in particular is the direct beneficiary of favorable global and local healthcare trends and is expected to grow significantly over the coming years.

Due to the economic growth of the key markets in which we operate, in addition to increased consumer health awareness in those markets, we foresee opportunities and a trend of revenue growth from our major business segments, namely, our Maxxcare® distribution business segment and Mega We Care® branded products business segment.

Mega We Care[®] branded products achieved a higher rate of profit than other business segments. Such growth was attributable to increased revenues derived from Mega We Care[®] branded products (mainly from the sales of pharmaceutical prescription products, nutraceutical products and OTC products). Revenue from our Maxxcare[®] distribution business - an important business segment with high growth potential, given the growth potential of our customer base (principal) in pharmaceuticals and FMCG.

We operate in the following three business segments :

1. Our Maxxcare[®] distribution business : We market, sell and distribute various branded prescription pharmaceutical products, OTC and FMCG products.

Our services include warehouse management, collections (including assuming the liability for bad debts), and value-added services, such as marketing services for some major principals.

We operate our Maxxcare® distribution business in three countries, namely, Myanmar, Vietnam, and Cambodia. Our clients for this business segment include leading domestic and international pharmaceutical and FMCG companies.

In addition, we also distribute our Mega We Care[®] branded products in the markets in which we operate.

2. Our Mega We Care[®] branded products business : We develop, manufacture, market and sell our own brand

of nutraceutical products, prescription pharmaceutical products and OTC products.

 Our OEM business : In addition to manufacturing our own branded products, our manufacturing facilities in Thailand and Australia accepts various production orders from third-party customers.

Mega Lifesciences' revenue is derived mainly from Mega We care Branded products which comprise of Medicinal Supplements and Niche Pharmaceutical products and Maxxcare distribution business. These two businesses contribute more than 95% of the business revenues. Mega Lifesciences also manufactures products under OEM contracts in its facilities located in Thailand and Australia.

Our Growth Strategies

- Continue to make investments in capacity building
- We will engage with stakeholders and build a mutual growth platform
- Sustain and grow the revenue streams by introducing specialty Pharmaceutical and Supplement products in our existing and new markets. We aim to be a champion of developing and underdeveloped markets by introducing high technology/niche products at affordable prices.
- We will improve the standards of offerings in products under Mega We care[®] through compliance of higher standards of GMP and in services under Maxxcare[®] by adopting technology and higher standards of services.
- Mega Lifesciences will also optimize costs to ensure sustainable existence and growth in the markets where it operates.

Our Resources

- 3 high technology manufacturing operations
- High value and deep engagement outsourcing contracts for certain niche pharmaceutical products
- Deep technology investments for connecting Patients, Health Care Professionals and Pharmacies to improve the healthcare ecosystem.
- 5,700+ employees worldwide
- Presence in 35 countries
- 3,508 trademarks registered (Year 2022 : 210 trademarks)

Our presence



Corporate Governance

Material Concerns

- Anti-Corruption
- Risk Management
- Human Rights
- Business Continuity
- ESG compliance



Mega's governance with Ethics and Integrity.

Mega Lifesciences Public Limited Company and its Subsidiaries and Associates (collectively "MEGA") has a comprehensive and a holistic framework for corporate governance. Central to MEGA's Corporate Governance are the values of Truth, Trust, Respect and Freedom. MEGA's framework ensures creating an enduring framework that has transparency, compliance, integrity, business continuity and risk management which will be a foundation of sustainable MEGA.



MEGA's Business Ethics and Code of Conduct is a bedrock of all the above policies and contributes to building a strong and sustainable MEGA which will continue to Live and Grow beyond Us.

The framework of Governance sets parameters and standards to ensure a behavior beyond Compliance with Laws. MEGA also champions product quality and regulatory compliance including a robust practice and policy framework to ensure Pharmacovigilance system to mitigate the sectoral risks related to Pharmaceutical industry.

The Board of Directors and their respective Committees ensure a robust oversight to ensure compliance with the above policies.



Mega Lifesciences identifies Corruption Risk as one of the key risks since the Company operated in Developing and under developed countries.

The Company's Audit Committee is assigned the task of oversight for Anti-Corruption. The Company has recently signed an intent to join CAC – Thai Private Sector's Collective Alliance Against Corruption spear headed by the Institute of Directors, Thailand as per the Principles of UN Convention Against Corruption (UNCAC).

MEGA's LEADERSHIP

MEGA's Board of Directors is responsible for Strategy and oversight of the Company's performance. The Leadership reflects various strengths which are essential for excellence and implementation of a winning strategy for a company. The Board members have diverse skills and experience which has generously contributed to the growth and sustainability of MEGA in turbulent times. Directors review policies periodically and contribute towards development of policies. Board also undertakes self-evaluation and publishes the results of its evaluation process.



Mr. Mechai Viravaidya

- Independent Director
- Chairperson



Mr. Alan Kam,

- Independent Director
- Chairperson of the Audit Committee
- Member of Nomination Committee
- Chairperson of Sustainability, Risk Management and Corporate Governance Committee



Mr. Vijay Karwal

- Independent Director
- Member of Audit Committee
- Chairperson of Nomination Committee
- Chairperson of Remuneration Committee



Mr. Thor Santisiri

- Independent Director
- Member of Audit Committee
- Member of Nomination Committee
- Member of Sustainability Risk Management and Corporate Governance Committee



Mr. Kirit Shah

- Non-executive Director
- Member of Remuneration Committee



Ms. Sameera Shah • Non-executive Director



Mr. Vivek Dhawan

- Executive Director
- Chief Executive Officer
- Member of Remuneration Committee



Mr. Thomas Abraham

- Executive Director
- Chief Financial Officer
- Member of Sustainability, Risk Management and Corporate Governance Committee



Mr. Shiraz Erach Poonevala • Non-executive Director



Mr. Ishaan Shah • Non-executive Director

		Strategy	Industry Knowledge	Accounting and Finance	Risk Management	Corporate Governance
1	Mr. Meechai Viravaidya, Independent Director and Chairman of Board of Directors	•				•
2	Mr. Alan Kam, Chairman of Audit Committee and Independent Director	٠	٠	•	•	•
3	Mr. Manu Sawangjaeng, Chairman of Remuneration and Nomination Committee and Independent Director	•	•			•
4	Mr Vijay Karwal, Chairman of Remuneration and Nomination Committee and Independent Director	•	•	•	•	•
5	Mr. Thor Santhisiri, Member of Audit Committee and Independent Director	٠				•
6	Mr. Kirit C. Shah, Non-executive Director	٠		٠		٠
7	Mr. Ishaan Shah, Non-executive Director	٠				٠
8	Ms. Sameera Shah, Non-executive Director	٠				٠
9	Mr. Shiraz E.Poonevala, Non-executive Director	٠		٠		٠
10	Mr. Vivek Dhawan, Executive Director, Member of Remuneration and Nomination Committee and CEO	٠	•	•	•	٠
11	Mr. Thomas Abraham Executive Director and CFO	٠	٠	•	٠	٠

The Board of Directors has a well-defined Authorization Table which clearly lays down the authority limits for Board of Directors, Executives and Senior/Middle Management. MEGA follows a detailed process of approvals from Board of Directors and also sharing significant events.

Risk Management

Mega Lifesciences continues to function in challenging markets and during challenging times especially when commerce is affected by COVID-19. MEGA faces competition in the Pharmaceutical and Medicinal Supplements sector and has a diligent and well thought strategy to cope with the risks arising due to various reasons.

A holistic/ comprehensive Enterprise Risk Management framework in accordance with COSO's guidance has been put in place to ensure survival and sustainability of MEGA. The ERM framework deals with risks and creates a risk culture in Mega Lifesciences across all its operations to enable the Management to mitigate the adversities/ risks and to exploit the opportunities to maximum extent possible.

The framework involves

- Setting a Risk Management policy in accordance with the COSO's framework and principles and the policy is designed to cover Mega Lifesciences Public Company Limited and all its subsidiaries and associates worldwide
- Setting up a Risk Appetite for the Company
- Collecting the risks from all the functional/ location heads
- Evaluating the inherent risks
- Preparing a plan to mitigate the risks
- Monitoring the situation and the progress

Key Risks Commercial and Product Risk

Mega Lifesciences risk of product technological obsolescence, erosion of market share/margins and competition pressures

Mitigation strategies include

- i) Sourcing/ developing better quality products with next generation technologies.
- ii) Diversification of product portfolios and strengthening the Business Developing and Marketing Support functions.
 Niche products launched in markets with a primary objective of affordable healthcare.
- iii) Strategic choices between manufacturing and sourcing need to be made diligently.
- iv) Vendor development including regulatory and quality assurance audits and adopting a risk based approach for evaluation/ monitoring the suppliers for materials/ products.
- v) Safeguarding intellectual property and focused brand building strategies in markets/ product segments.
- vi) Encouraging cost and other efficiencies on ongoing basis.

Manpower Risk

Mega Lifesciences being a market and marketing oriented company risks loss of business opportunities due to high levels of turnover

Mitigation strategies include

- i) Manpower capacity building
- ii) Effective performance evaluation and reward systems
- iii) Tailoring Long term and short term reward systems
- iv) Leadership building including succession planning

Pharmaceutical Industry related and or Regulatory risks

Mega Lifesciences manufactures, sources and markets Medicinal supplements and pharmaceutical products and is faced with a risk of Product quality failures, risk of failure to meet the GMP/ other Quality framework and also has a risk of failure to maintain a pharmacovigilance system in the Company

Mitigation strategies include:

- i) Build and maintain robust quality assurance practices and continuously challenging/revising the Quality Audit/Quality check processes
- ii) Vendor development and audits and systematic batch evaluation techniques
- iii) Training and development of manpower for GMP audits/ practices
- iv) Maintaining a strong network of pharmacovigilance with clearly defined SOPs and helplines

Business Continuity Risks

Mega Lifesciences faces an ever increasing risk of business continuity

Mitigation Measures include

- i) Maintaining adequate funds, inventories and addressing the risk of manpower turnover at various levels
- ii) Maintain business continuity plan and guidelines on occurrence of any event threatening to affect business continuity
- iii) Building an effective leadership succession plan
- iv) Building a diverse product range with alternative supply sources

Corruption Risk

Mega Lifesciences operates in developing and under developed countries including some in Asia and Africa. Many of the countries are classified under Red Zone in the Corruption Perception Index published by Transparency International. Mega Lifesciences undertakes corruption risk assessment and the inherent risk of corruption is high.

Mitigation Measures include:

- i) Policy measures and implementation
- ii) Internal Controls including accounting and processes

Emerging Risks Cyber Risk

Mega Lifesciences faces risks of business continuity due to cyber events and also continues to face risks of unauthorized penetration of IT system an event which can be seen as invasion of its intellectual property and confidential data

Mitigation Measures include

- i) Investing in cyber protection systems including encryption processes, firewalls, updated virus protection patches, cyber security training and cyber security awareness
- ii) Investing in updated IT systems in the Company

Climate change/ Environmental Risk

Mega Lifesciences is growing worldwide and requires ever increasing use of non-renewable resources and has a risk of shortage of such resources due to increasing competition and consumption

Mitigation Processes include

- i) Building, developing and or sourcing alternative technologies for its products
- ii) Helping the world develop alternate materials/ therapies

Materiality – Mega's Key Concerns

Mega Lifesciences has interacted with stakeholders in various forms including analyst reports, shareholder meetings both annual as well as quarterly, opportunity day interaction, regulatory changes, employee feedbacks on policies and work environment, supplier inputs by Supply Chain team and customer interaction by sales teams. Considering the key concerns expressed and raised by all the stake holders Mega Lifesciences has identified its key concerns or material concerns which need to be addressed to ensure Mega remains a sustainable company and truly as per Mega's thinking continues to live and grow beyond all of us at Mega. Mega Lifesciences has on a regular basis conveyed the concerns to the Board of Directors and the Company's strategy has been greatly influenced by the Material concerns from stakeholders.

Materiality Matrix



Economic Dimension

- C1. Corporate Governance (H, H)
- C2. Risk Management
- C3. Sustainable sourcing
- C4. Responsible business practices C5. Information Technology
- C6. Affordable and Innovative Medicines
- C7. Anti-Corruption
- C8 Combatting Counterfeit Drugs/ Enforcement

Environment Dimension

- V1 Waste Management
- V2 Water Management
- V3 Energy Management
- V4 Compliance with Environment laws
- V5 Community engagement

Social Dimension

- S1 Attracting and retaining Talent
- S2 Training and Development
- S3 Diversity
- S4 Human Rights
- S5 Non-Discrimination and no harassment
- S6 Community development

Dimension	Reporting Boundary	Key performance Indicators	SDGs at play
Economic Dimension C1 Corporate Governance (H, H) C2 Risk Management C3 Sustainable sourcing C4 Responsible business practices C5 Information Technology C6 Affordable and Innovative Medicines C7 Anti-Corruption C8 Combatting Counterfeit Drugs/ Enforcement	Thailand and rest of world	 Optimize risks and exploit opportunities Fines for not complying with environmental laws/standards. Continuity of supplies Optimization of supply prices Data Privacy Avoid business disruptions due to cyber attacks 	3 GOO HALIH AN WELL SENS CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT CONSTANT
 Environment Dimension V1 Waste Management V2 Water Management V3 Energy Management V4 Compliance with Environment laws V5 Community engagement 	Thailand manufacturing	 Hazardous and non-hazardous waste Water recycling and usage of ground water/municipal supplies Energy from renewable and non-renewable sources Total energy consumption Engaging with communities in and around manufacturing operations 	C CLUS MARTIN C CLUS
 Social Dimension S1 Attracting and retaining Talent S2 Training and Development S3 Diversity S4 Human Rights S5 Non-Discrimination and no harassment S6 Community development 	Thailand and Rest of world	 Building talent at workplace Capacity development/training Fatalities and absence due to workplace injuries Corporate Social Responsibility Ensuring a free and fair workplace 	1 Portuge

Technology and Innovation

Mega Lifesciences believes in investing in and employing contemporary information technology for its operations. The Company employs risk based approach for deciding on the selection and deployment of security systems, training and response time for any adverse events. We employ multi-layered Information Technology security measures and internal controls. Our key computing infrastructure is in a closed environment with no public access.

Mega Lifesciences views cyber risk as inherently high risk event but the residual risk due can be Low-Medium. Highlights of our technology environment

- Password management complimented by Multi Factor Authentication (MFA)
- Encryption of data
- Internal Controls
- Cyber Security training and awareness
- Firewalls and virus protection
- Distributed Network
- Mobile Device Management (MDM)
- Virtual Private Network (VPN)

Key Risks

- Cyber hacking event
- Data security risk including breach of personal data and business data theft

Corporate Governance enablers

IT policy with emphasis on Intellectual Property, Licensed software, access controls and data protection.



Administrative enablers



Stakeholder engagement

Stakeholder engagement is a part of Mega Lifesciences' policies, processes, procedures and reporting. It is embedded in the Business Ethics and Code of Conduct. Stakeholder engagement manifests in various forms.

Stakeholders	Expectations	Engagement	Results
Shareholders, Analysts and Financial Institutions	 Product Management & responsibility ESG standards Legal compliance Continuity Supply Chain management 	 Annual General Meetings Quarterly Financial Statements Annual Report Earnings Calls Roadshows Questions and Answers Complaints Factory Visits 	 Sustainable Return on Investment Long term sustainable strategy Good Governance
Customers	 Responsible business practices Synergies/collaboration 	 Regular visits Knowledge building programs through keynote speakers and other programs Training and Development 	 Good Quality Products/ Services Consumer education Consumer feedback and reporting related training.

Stakeholders	Expectations	Engagement	Results
Suppliers	 Responsible Supply Chain Fair business partnership Synergies/collaboration 	Regular meetingsSupplier CodeSupplier audits	Fair relationshipsLong terms
Employees	 Fair work environment Decent workplace Responsible business practices 	 Newsletters (Mega Views News) Minds we Share meets Annual Trips/picnics Appraisal meetings 	 Good remuneration Decent working conditions Career path, security, benefits and training.
Society	 Responsible business practices ESG compliance Responsible Product management 	• Regular Involvement with communities	 Long term community and social development
Government/ Regulators	 Regulatory compliance Payment of taxes Responsible business practices 	 Filing reports and returns Responding to directives, queries, etc 	Payment of taxesCompliance with laws

Creating Shared Value

Mega Lifesciences believes in creating wealth and distributing wealth among the stakeholders. Mega Lifesciences believes in rewarding its employees adequately in the form of incentives, stock options, friendly work places and healthcare for all. Mega Lifesciences believes in paying its due share of taxes to the society and has a policy of paying minimum 25% dividend to the shareholders. Mega Lifesciences also invests for the betterment of the society through its wellness we care foundation. Mega Lifesciences pays its suppliers on time and ensures diligent repayment to all the banks and financial institutions on due dates.

Economic Value Added

Direct Economic Value Generated				
		FY 2022	FY 2021	FY 2020
Sale revenues	Million Baht	15,686	14,136	12,589
Revenues from sale of goods and rendering of services	Million Baht	15,686	14,136	12,589
Net sales plus revenues from financial investments and sales of assets	Million Baht	15,728	14,149	12,602

Economic Value Distributed		FY 2022	FY 2021	FY 2020
Employee wages and benefits	Million Baht	2,404	2,259	2,058
Operating cost	Million Baht	5,298	4,686	4,154
Payments to government : Gross taxes	Million Baht	389	363	227
Payments to providers of capital : Dividend payments	Million Baht	1,404	924	671
Community investments	Million Baht	1	7	-
Economic value retained	Million Baht	8,316	7,542	6,497

Mega Lifesciences believes in paying its share of taxes to the society and governments and has in the past received the Thailand Prime Ministers' award for best practices in Taxation.

Our subsidiaries in tax havens are purely for the purpose of facilitating our operations and not for the sake of avoidance of taxes.

Reconciliation of Effective Tax rate

	2	2022	2021	
Particulars Consolidated	Rate (%)	Baht ('000)	Rate (%)	Baht ('000)
Operating Profits before Income tax expense		2,594,676		2,276,880
Income tax using the expected average tax rate $\!\!\!\!\!\!^\star$	20.9%	543,323	22.8%	519,184
Tax effect of income and expense that are not taxable or not deductible in determining taxable profit, net		(193,312)		(179,392)
Others		4,622		(3,768)
Total	13.7%	354,633	14.8%	336,024

* Expected average tax rate corresponds to the weighted average tax rates by operating profits before tax expense in those countries where Mega Operates

Mega Lifesciences's – The growth Story

Mega Lifesciences pursues believes in growth as a step towards sustainability. The Company pursues an active growth strategy blended with it's We care philosophy. The Company focusses on improving its key ratios and keeps its cash flows and expenses/costs under control to be able to address its material concerns including providing good quality medicines/supplements at affordable prices.

Company has expanded its business from 4 countries in Indo-China to more than 35 countries now in Asia and Africa covering most of the under developing and underdeveloped countries due its strategy of Improving Human Wellness and Making People's lives. Revenue Push Mega Lifesciences' growth story involves improving revenue streams through product introductions, expanding to new markets, technological upgrades in product and information systems and through human capacity building and human empowerment.

Affordability Mega Lifesciences promises affordable medicines in developing and under developed countries to improve human life and cost rationalization is an important part of the strategy towards human wellness. To achieve this Mega Lifesciences partners with suppliers to reduce costs and optimizes supply chains to ensure efficiencies in costs across the Supply Chain without compromising on the ethics and integrity of our operations.

Risk Management and Compliance Company believes in mitigating its risks in various ways and primarily compliance with laws, regulatory and quality standards is the mainstay of the strategy. Mega Lifesciences complies with top class manufacturing and distribution standards in its operations. The manufacturing facility in Thailand is EU GMP and Australia GMP certified. Manufacturing operations of suppliers are mostly EU GMP/PICS compliant to ensure supplies are sustained in various ASEAN and African markets. Responsible Product Pricing through Sustainable Sourcing and optimum Supply Chain Mega Lifesciences believes in sharing the gains with stakeholders and indulges in responsible product pricing in its markets considering the affordability is a sensitive factor in making choices. This is made possible by optimizing the supply chain including the resellers/caregivers and by balancing profit and social citizenship.



Mega Lifesciences's growth story is embedded with its concerns community and without losing sight on its obligations to achieve the United Nations' Sustainable Development Goals.

MEGA's resilience

Mega Lifesciences along with other companies witnessed the unprecedented COVID-19 related crisis which threatened Business Continuity for multiple reasons. Pharmaceutical industry and businesses were at the forefront of the fight against COVID-19 pandemic. We promptly developed the strategy to stay along ahead of the challenges and updated the strategy with the passing phases and the evolution of the virus. We continued to stay ahead of times and met our material concern of making available good quality medicines at affordable prices in developing and underdeveloped countries.

MEGA witnessed challenges in Supply Chain, Employee Health and Safety at levels experienced never before. We decided to take the following steps to ensure continuity :

- 1. Inventories of Raw Materials were procured to ensure buffer stocks
- 2. Manufacturing of certain essential products like vitamins, NSAIDS, etc was increased exponentially
- 3. Office related employees were instructed to work from home

- 4. COVID awareness and coordination committees were formed
- 5. Business Continuity guidelines for pandemic were activated
- 6. Responses were classified as A-B-C depending on the aggravation of the pandemic
- 7. Factory employees were provided the best amenities and fool-proof plans

- 8. Medical checkups and vaccinations were arranged for employees
- 9. CEO, Mr. Vivek Dhawan arranged a COVID awareness program along with the Chief Wellness Officer
- 10. Special leaves, quarantine leaves, etc were announced.
- 11. Medical Insurance for employees was checked
- 12. Mega Lifesciences' material concerns including Product Responsibility, Making medicines available at affordable prices, Employee Safety, etc were challenged

- 13. COVID Coordination Committees were formed
- 14. COVID-19 care supplements were distributed among employees and business partners including suppliers, heath-care professionals (HCPs) and customers.

COVID-19 HEALTHCARE SUPPLEMENTS DISTRIBUTED FREE OF CHARGE APPROXIMATELY THAI BAHT 3.3 MILLION TIME SPENT APPROXIMATELY 1,000 HOURS IN ALL OFFICES



During the strict quarantine time, all employees who got COVID-19 are isolated and supported with necessary items, prepared with knowledge of prevention and treatment of the disease. Mega Lifesciences Vietnam's operation is still maintained although facing some challenges.



The image recorded representatives of Mega Vietnam checking in with employees infected by COVID-19

Mega Lifesciences was identified as a resilient performer by Forbes® by including Mega Lifesciences in the list of best 200 companies in Asia with revenues under USD 1 Billion.

We care for Human Wellness- Product Responsibility and Stewardship

Product responsibility and Responsible business practices is a backbone of Mega Lifesciences' existence and is one of the Material Concerns for the Company and its Board of Directors and Executives/Management.



Employees, Consumers, Patients, Regulators and Healthcare Professionals (HCPs) are the key stakeholders involved.



The Regulatory Affairs team comprises of the Global Head – Regulatory Affairs and the team comprises of more than 150 people worldwide with technical qualifications including Ph.D. level.

The team conducts dossier preparation (self- formulation/ manufacture) and dossier audits (3rd Party sourcing) and files the product registration applications across more than 35 countries in the world.

As on December 31, 2021 we have the following number of registrations :

Registrations Across the World (except Thailand)

Number of Registrations						
Category	Active	Non-Active	Applied	Total		
Nutra	727	842	219	1788		
ОТС	61	72	37	170		
Prescriptions	392	280	372	1044		
Total	1180	1194	628	3002		

Registrations in Thailand only

Number of Registrations						
Category	Active	Non-Active	Applied	Total		
Nutra	131	1106	18	1255		
отс	12	21	2	35		
Prescriptions	38	53	22	113		
Total	181	1180	42	1403		

Total Registrations Worldwide (including Thailand)

Number of Registrations						
Category	Active	Non-Active	Applied	Total		
Nutra	858	1948	237	3043		
OTC	73	93	39	205		
Prescriptions	430	333	394	1157		
Total	1361	2374	670	4405		

Details of Unique Products

Number of Registrations						
Category	Active	Non-Active	Applied	Total		
Nutra	243	746	5	994		
OTC	21	17	1	39		
Prescriptions	179	98	128	405		
Total	443	861	134	1438		

Non-Compliance with Regulatory/manufacturing/quality standards is one of the key risks for Mega Lifesciences. The key mitigation mechanisms would include strict compliance with regulatory standards including current Good Manufacturing Practices (GMP) of respective markets, EU GMP standards, Australian GMP standards and certain specific requirements of various regulators worldwide.

Failure to comply GMP standards would result in expensive product recalls and expensive litigation among other serious consequences. The Company follows a Risk based approach for quality assurance and a robust quality control process which is normally followed upon completion of manufacturing on test samples including storage of samples.

Risk based Regulatory control processes ensure compliance with law, safety for use, prevent contamination/cross contamination, minimizes variations in potency of finished product and prevents mislabeling/adulteration.

We follow 21st Century : Risk-Based Approach

- Risk-based assessment
- Up-to-date Science-based policies and standards
- Integrated Systems approach
- Quality/Facilities and Equipment/Materials/ Production/Packaging and Labeling/Laboratory Control

International cooperation

- ICH : International Conference on Harmonisation
- WHO GMP guidelines (adopted by over 100 countries)
- PICS : Pharmaceutical International Cooperation Scheme

The foundation of cGMP

- Risk Based Quality Assurance Systems to ensure documentation and implementation of process controls and consistency and validation at each step.
- Raw Materials related controls including supplier selection and followup audits, robust formulation and testing incoming material.
- Purified water.
- Buildings and facilities including vacuum, Air filtration systems (HVAC), Hygiene and sanitation of personnel/ environment.

- Production and Process controls as per Quality Assurance standards and manufacturing processes as per formulations.
- Reporting of deviations and expiration dating, packaging/labelling.
- Testing and release of finished products including batch controls and lab certificates.
- Reports and records
- Certifications including ISO etc and followup audits.
- AllMega's manufacturing facilities in Thailand (2 plants), Australia and Indonesia complies to PIC/S guidelines. Periodically audited by FDA of various countries around the world including Germany (for European Union), Australia, Thailand, Indonesia, Ukraine, Azerbaijan, Kenya, Uganda, Tanzania, Ethiopia,

Zimbabwe, Nigeria, Ghana, UAE, Yemen, Oman, Peru for GMP compliances – audits are scheduled every 3 years. Also audited by our customers from Europe

- Mega Lifesciences' has a robust Pharmacovigilance program with Standard Operating Procedures and hotlines and email IDs for consumers, healthcare professionals.
- Our distribution business in Myanmar, Vietnam and Cambodia has achieved ISO 9001 certification of distribution systems.

Quality, human rights, supplier code and safety audits conducted for more than 50 suppliers in year 2022.



Myanmar ISO 9001





Target : Mega Lifesciences is preparing for ISO 17025 for competence in laboratory and testing processes in year 2023

Mega We care for Environment

Central to Mega Lifesciences' We care approach is to safeguard our environment.

Material Concerns

- Optimize and conserve Energy Management
- Water Management
- Waste Management



	Energy			
GRI 302-1 (2016)	Energy Consumption within Organization			
	Total Energy consumption within the Organization	MWh	22,832.18	
	Total fuel consumption within the organization from non-renewable sources			
	Total Non-renewable fuels purchased and consumed	MWh	9,115.94	
	Natural Gas	MWh	9,115.94	
	Diesel	MWh	-	
	Gasohol	MWh	-	
	Total Non-renewable electricity purchased	MWh	12,342.01	
	Electricity purchased	MWh	12,342.01	
	Total fuel consumption within the organization from renewable sources			
	${\it Total} {\it Renewable} {\it Energy} {\it consumption} {\it within} {\it the} {\it organization}$	MWh	1,374.23	
	Solar Energy	MWh	1,374.23	
	Energy Consumption Outside the Organization			
	Total Energy Consumption Outside the Organization	MWh	803.31	
	Total Transmission and Distribution (T & D) Losses	MWh	803.31	
	Upstream Transportation and Distribution	MWh	-	
	Downstream Transportation and Distribution	MWh	-	
	Energy intensity			
	Energy intensity ratio inside the organization	MWh/Million Capsule	-	
	Energy intensity ratio outside the organization	MWh/Million Capsules	-	
	Reduction of energy consumption			
	Amount of energy consumption reduction achieved through energy conservation and efficiency initiative projects	MWh	-	

	Water		
GRI 303-3 (2018)	Water Withdrawal		
	Total water withdrawal from all areas	m³	0.068
	Surface water	m³	-
	Groundwater	m ³	-
	Seawater	m ³	-
	Produced water	m ³	-
	Third-party water	m ³	0.068
	Fresh water (≤1,000 mg/L Total Dissolved Solids)	m ³	0.068
	Surface water	m ³	-
	Groundwater	m ³	-
	Seawater	m³	-
	Produced water	m ³	-
	Third-party water	m³	0.068
	Other water (>1,000 mg/L Total Dissolved Solids)	m³	-
	Surface water	m³	-

	Water		
	Groundwater	m ³	-
	Seawater	m ³	-
	Produced water	m ³	-
	Third-party water	m³	-
	Total water withdrawal from all areas with water stress	m ³	-
	Surface water	m ³	_
	Groundwater	m ³	
	Seawater	m ³	-
	Produced water	m ³	-
	Third-party water	m ³	-
	Total third-party water withdrawal by withdrawal source		
	Surface water	m³	-
	Groundwater	m³	-
	Seawater	m ³	-
	Produced water	m ³	-
	Fresh water (≤1,000 mg/L Total Dissolved Solids)	m ³	-
	Surface water	m³	-
	Groundwater	m ³	-
	Seawater	m ³	-
	Produced water	m ³	_
	Third-party water	m ³	-
	Other water (>1,000 mg/L Total Dissolved Solids)	m ³	-
	Surface water	m³	-
	Groundwater	m ³	-
	Seawater	m ³	-
	Produced water	m ³	-
	Third-party water	m ³	-
GRI 303-4 (2018)	Water Discharge		
	Total Water discharge to all area	m ³	0.004
	break down by destinations :		
	Surface water	m³	-
	Groundwater	m ³	-
	Seawater	m³	-
	Third-party water	m³	0.004
	Third-party water sent for use to other organizations	m³	-
	break down by type of water :		
	Fresh water (≤1,000 mg/L Total Dissolved Solids)	m³	-
	Other water (>1,000 mg/L Total Dissolved Solids).	m³	-
	Total Water discharge to all area with water stress	m ³	-

Pieck down by type of water :Fresh water (s1,000 mg/L Total Dissolved Solids)m³GRI 303-5 (200)Water consumption from all area with water stressm³.0.014Water consumption from all area with water stressm³.0.014GRI 303-5 (200)Water storagem³.0.014GRI 303-5 (200)GME storagem³.0.004GRI 305-5 (200)GME storagem³.0.004GRI 305-5 (200)GME storagem³.0.004GRI 305-1 (200)GME storageTome Co. equivalentsGRI 305-1 (200)GME storageTome Co. equivalentsGRI 305-2 (200)GME Scope 1) GME storageTome Co. equivalentsGRI 305-2 (200)GME Scope 2Tome Co. equivalentsGRI 305-2 (200)GME Scope 3)Tome Co. equivalentsGRI 305-5 (201)Reduction of GHE substorace (ODS) emissionsTome Co. equivalentsGRI 305-5 (201)Relation of GME scope 3)Tome Co. equivalentsGRI 305-5 (201)Relation scope s		Water		
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				-
-		-	Tonne	_
GRI 306-4 (2020) Waste diverted from disposal (Offsite)	GRI 306-4 (2020)			
Total waste diverted from disposal Tonne -		• • • • • • • • • • • • • • • • • • • •	Tonne	-
Total hazardous waste diverted from disposal		Total hazardous waste diverted from disposal		
Total hazardous waste diverted from disposal Tonne -		Total hazardous waste diverted from disposal	Tonne	-
Preparation for reuse Tonne		Preparation for reuse	Tonne	-

	Waste		
	Onsite	Tonne	-
	Offsite	Tonne	-
	Recycling	Tonne	_
	Onsite	Tonne	-
	Offsite	Tonne	-
	Other recovery operations	Tonne	-
	Onsite	Tonne	_
	Offsite	Tonne	-
	Total non-hazardous waste diverted from disposal		
	Total non-hazardous waste diverted from disposal	Tonne	-
	Preparation for reuse	Tonne	_
	Onsite	Tonne	-
	Offsite	Tonne	_
	Recycling	Tonne	-
	Onsite	Tonne	_
	Offsite	Tonne	_
	Other recovery operations	Tonne	_
	Onsite	Tonne	_
	Offsite	Tonne	_
GRI 306-5 (2020)	Waste directed to disposal (Offsite)		
	Total waste directed from disposal	Tonne	-
	Total hazardous waste directed to disposal		
	Total hazardous waste directed to disposal	Tonne	-
	Incineration (with energy recovery)	Tonne	_
	Onsite	Tonne	-
	Offsite	Tonne	-
	 Incineration (without energy recovery) 	Tonne	-
	Onsite	Tonne	-
	Offsite	Tonne	-
	Landfilling	Tonne	_
	Onsite	Tonne	-
	Offsite	Tonne	_
	Other disposal operations	Tonne	_
	Onsite	Tonne	_
	Offsite	Tonne	_
	Total non-hazardous waste directed to disposal		
	Total non-hazardous waste directed to disposal	Tonne	-
	 Incineration (with energy recovery) 	Tonne	_
	Onsite	Tonne	_
	Offsite	Tonne	-
	Waste		
--	------------------------------------------------------------	-------	---
	 Incineration (without energy recovery) 	Tonne	-
	Onsite	Tonne	-
	Offsite	Tonne	-
	Landfilling	Tonne	-
	Onsite	Tonne	-
	Offsite	Tonne	-
	Other disposal operations	Tonne	-
	Onsite	Tonne	-
	Offsite	Tonne	-

Find out Baseline Water Stress using this website :

https://www.wri.org/applications/aqueduct/water-risk-atlas/

Source of Water	Province	Baseline Water Stress*	Water Stress Classiciation	Comment
MWA	Samut Prakan	Medium - High (20-40%)	Yes	2021, Reference from AQUEDUCT Tool

* Note : Baseline water stress should be updated annually.

47,200 kg solvent diverted to other uses and saved from incineration in year 2022.

Month	Non-Hazardous	% of Non- Hazardous waste directed to Incineration	Hazardous	Hazardous waste directed to Incineration	Hazardous waste diverted from disposal
	Net Gelatin,Paper, Glove+Other (kg)	%	Product Defect, Net Gelatin (kg)	kg	Used Solvent (kg)
January	70,480.00	100	5,405.50	5,405.50	4,200.00
February	76,650.00	100	7,900.00	7,900.00	5,600.00
March	82,959.00	100	8,138.60	8,138.60	5,000.00
April	61,578.00	100	6,481.40	6,481.40	4,800.00
May	80,207.00	100	5,823.40	5,823.40	4,200.00
June	97,400.00	100	7,802.90	7,802.90	4,800.00
July	76,170.00	100	6,460.50	6,460.50	5,000.00
August	75,550.00	100	6,995.00	6,995.00	3,800.00
September	52,020.00	100	6,169.90	6,169.90	2,800.00
October	75,904.00	100	4,358.20	4,358.20	3,400.00
November	60,760.00	100	3,820.40	3,820.40	2,400.00
December	27,510.00	100	2,320.00	2,320.00	1,200.00
Total	837,188.00	100	71,675.80	71,675.80	47,200.00

Planted fruit and local herd trees in our manufacturing facility in Bangpoo.

Name	Quantity
Coconut	45
Sugar apple, Annona	4
Malay apple, Pomerac	3
Guava	10
Mango	12
Java apple	5
Tangarine	4
Jack fruit	4
Dates palm	1
Mangosteen	4
Cucumber tree, Bilimbi	1
Star gooseberry	4
Black plum	1
Rambeh, rambi	1
Star apple, Star fruit,	4
Carambola	
Indian gooseberry	2
Curry leaf	2

Name	Quantity
Santol	3
Рарауа	10
Tamarind	6
Longkong	2
Longan	2
Gold apple	2
Rambutan	1
Manila tamaMr.ind	2
Grapefruit, Pomelo, Pummelo	3
Olive	2
Madan	1
Banana	6
Marian plum	2
Lychee, Litchi	4
Neem	1
Moringa	2
Avocado	2

Name	Quantity
Great marindo	1
Curd fruit	2
Acacia	1
Cork wood	2
Kaffir lime	1
Eggplant	13
Mulberry	28
Lemon grass	20
Ginger	8
Termeric	4
Pineapple	2
Finger root	2
Galangal	2
Sweet basil	6
Holy basil	6
Chaya spinash	4
Shrubby basil	2







Innovations and savings

Innovations to make this planet cleaner and safer : Mega Lifesciences has invested Thai baht 1.5 million to achieve efficiencies in electrical usage of chillers in the Thailand manufacturing plant resulting in net savings of 337 tons of Co_2 emissions and Thai Baht 2.5 million per annum.



Motion and time sensor switches have been installed in the Thailand manufacturing plant resulting in net savings of 29 tons of Co_2 emissions by investing Thai Baht 100,000.



Improved roller in feed sealing station has resulted in a reduction of waste by 2.88% thus resulting in a net saving of 581 kgs of waste per annum.



Improvement of carton design lead to reduction of 834 kgs of waste per annum.



Governance Mechanism

- Environment Policy
- EHS policy



Environment Goals

		,
Short term - 2023	Medium term - 2025	Long term - 2030
10% water neutrality	15% water neutrality	30% water neutrality
8% renewable energy	10% renewable energy	25% renewable energy
15% waste circularity	20% waste circularity	25% waste circularity
Carbon neutrality 12%	Carbon neutrality 20%	Carbon neutrality 30%

Mega We care for employees



Material concerns

Being an employer of choice

- Safety and Health of Employees
- Business Ethics and Code of Conduct
- Human Rights Policy

• Non-Discrimination and Non-Harassment Policy

Base year 2021

• Non-retaliation Policy

Organizational enabler

Vision to empower people and treat all employees as co-owners of the Company

Mega Lifesciences' values of **Truth, Trust, Respect** and Freedom

Extending the We Care and **Creating Owners Improving Lives** philosophy to all the employees.

CEO and Chief Coach Board of Management

Human Capital Development Head

MEGA is a people centric organization which believes in goodness of people and gives an opportunity to people to make careers, improve their own lives as they are improving lives of their customers and partners.

Every member of the Mega team is an owner of a way of life. Our daily lives are driven by a simple cause : To improve lives, to care for human wellness and to help people stay healthy as long as they live. It's a cause that unites our 5,700 -plus strong team across the world, sparking ingenuity, passion and a zest for life. They have created a learning organization that believes in Thinking, Changing and Growing.

At the core of the Mega culture is Respect, Freedom, Trust and Truth :

- Respect : for each other's differences
- Freedom : in work and personal lives
- Trust : our people as adults who know what needs to be done.
- Truth : in everything we do.

Mega Academy arranges a variety of training programs and workshops for the people at Mega Lifesciences.



'MINDS WE SHARE at Mega Lifesciences, is an approach to organize hands-on meets with the purpose of exchanging knowledge and gain wisdom, a conclave where we invite world-renowned speakers to offer new perspectives, which participants then cascade to their worldwide teams. World-renowned facilitators have included Dr. Park, Partner of Blue Ocean Strategy, Dr. Clotaire Rapaille, author of 'The Culture Code', Jason Jennings, Curt W Coffman, Dr. Eric De Smet, Fredrik Haren, Dr. Jody Hoffer Gittell and Robert Spector.

These forums were the genesis of our passion for 'Employee Evangelism & Ownership', and 'Creating Owners, Improving Lives'.

We engage our teams by enlisting their participation in workshops with management gurus and best-selling authors like Marshall Goldsmith, Ram Charan and Paco Underhill, marketing gurus like Al Ries and Jack Trout, strengths coach Marcus Buckingham and The Lean Start up by Eric Ries.



Skill and knowledge development programs are designed to deliver leadership, behavioral and technical skills making Mega's human capital ready to meet business challenges and reach organizational goals.

Executive education and leadership development at mega is a one on one approach driven by the immediate coach. Colleagues undergo various trainings in the organization as well as with external bodies and universities. Few to name are Minds We Share at Mega, SASIN Thailand, IIM-Ahmedabad India, Institute Of Directors (IOD), Thailand, Mahidol University Thailand and more. The executive education and leadership development interventions aims at developing future leaders by bring them knowledge, skills and experience to lead influentially and enhance business results.



Employee Satisfaction survey year 2022

895 employees (approximately 16% worldwide) participated in the survey and Mega Lifesciences scored an average of 4.12 out of 5. The target is to maintain the same in year 2023. The survey and results were published/displayed on notice boards.



Employee remuneration and benefits

- Allowances
- Bonuses
- Incentives
- Share based payments
- Provident Fund
- Social Security
- Employee education

- Awards based on years of service
- Benevolent funds
- Protective equipment
- Overtime payments
- Support for employee and family bereavement
- Diet planning and healthy living
- Accident Insurance

Employee Rights

The Company respects Human rights and provides healthy and hygienic working conditions. Mega Lifesciences respects and observes the labour laws of the country of its operations and files the reports as required by law within due dates. The Company's Business Ethics and Code of Conduct and non-discrimination and non-harassment policy bars discrimination on any grounds. Mega Lifesciences has a clearly laid down policy for Health Safety and Environment and measures the data as per current standards.

Employees in Mega Lifesciences have the right to collective bargaining for their rights and Mega Lifesciences has a clear policy of disclosure of policies on corporate website for public display.

Amounts in million Thai Baht

	Consolidated		Standalone	
Compensation	Year 2022	Year 2021	Year 2022	Year 2021
Management	338.71	298.39	143.11	110.05
Employees	2,065.04	1,961.09	594.6	579.11

Compensation includes salaries, allowances, incentives, provident fund/ superannuation fund and retirement fund

Total Number of Employees

Employee Category	Total Nos	Less than 30 (< 30)	Between 30 - 50	Greater than 50 (> 50)	Female	Male
Top Management (L8)	5	0	0	5	1	4
Senior Management (L7 & L6)	74	0	43	31	15	59
Middle Management (L5)	328	6	274	48	174	154
Employees in L4 and below	5360	1706	3372	282	3044	2316
Total	5767	1712	3689	366	3234	2533

Safety data for Mega Lifesciences Public Company Limited – Standalone

- Total working hours of company employees in year 2022 2,382,847 hours
- Total working hours of hired contractors in year 2022 126,752 hours
- Recordable work related injuries (number) 8
- Rate of recordable work-related injuries of employees (TRIR) (per person per 1,000,000 hours) : 3
- Rate of recordable work-related injuries of contractors (TRIR) (per person per 1,000,000 hours) : 8
- Total number of workdays lost : 40 days for employees and 3 days for contractors
- Employee Absentee rate (days) : 4,095 (0.02)

Training for sustainability

IMPROVED FOCUS ON SAFETY TRAINING

- Lost Time Injury Frequency Rate (LTIFR) has reduced from 1.03 to 0.59 (-43%)
- Total lost days and ISR has reduced 40%
- 2023 Target to reduce accident 50%



Mega's accident statistics





Safety for contractors



Basic firefighting



Target : Reduce LTA, LTIFR 50% from 0.59 to 0.23

Strategy : Intergrade OHS to daily work all function

Develop people capability all level, Able to Identify hazard, Risk evaluation and eliminate unsafe condition/Unsafe behavior

Targets

- OHS compliance
- Develop OHS skill
- Develop process review and governance
- Focus areas improvement to reduce risk.

Mega We Care for Employees

Mega Thailand

Dr. Sant gave a keynote speech at the Elite+ magazine's 8th anniversary event during April 2022. The topic was focused on "Good Health by Yourself - a journey to sustainable health and peace" at Health town. During the event, Elite+ Magazine presented an award to Dr. Sant for his contributions to the society. The award was presented by Mr. Shigeru Aoyagi, Director of UNESCO (Asia and Pacific Regional Bureau for Education) who later gave the honorary speech. Mega Wecare kitchen brought the plant-based bakery for 150 guests, including expats, ambassadors, journalists & senior corporate executives to experience the delicious food.



Mega Academy in collaboration with Wellness Wecare Center (WWC) facilitated "Mindfulness Coach Program" at WWC, Thailand. Dr. Sant, master coach & facilitator, conducted this wonderful & amazing two & half days' workshop. The objective was to drive a "Culture of Mindfulness" & help participants be aware of the importance of mindfulness in daily life to reduce stress & anxiety.



Mega Thailand, Bangpu running club returned to walk-run outdoor activity after two years of pandemic restriction. During June & July 2022, Mega Thailand, Bangpu organized a Walk & Run event. Around 85 employees & their family members participated in the event. This was a good opportunity to strengthen family bonding as well as raise awareness to lead a healthy & active lifestyle.



Mega Thailand, Factory has Badminton club that helps employees to stay physically fit & remain active while playing fun matches at the badminton courts. During 2022, friendly matches were played among colleagues on 11 different occasions. Employees had fun & displayed healthy sportsmanship spirit during Mega matches. In addition, badminton tournament was organized 14 times during 2022. An average of 22 colleagues participated in these tournaments. Further, during Nov. 2022, Badminton championship was organized with 35 teams & 120 participants.



Mega Thailand, Factory has football club as a part of Exercise is Thy Medicine (EIM). The objective is to encourage colleagues to participate thereby facilitating employee engagement through healthy interventions.



Mega Thai started the 2022 BMI racing competition for those employees with high BMI levels. The objective was to motivate colleagues to take ownership of their own health and compete with themselves & others in order for them to stay healthy as long as they live. A total of 140 colleagues participated in the BMI racing competition.



During May 2022, a team from Wellness Wecare Center Muak Lek, Saraburi organized Good Health by Yourself - "Healthy Weight Loss & Plant-Based inspiration" activity for Mega employees, who love to live a healthy lifestyle and want to lose weight in the right way. There was a lecture on the topic "Healthy Weight Loss" by Dr. Warisara Rutaravanich, a preventive and anti-aging medicine specialist. Further, there were cooking demonstrations including smoothie bowls, exercises, and yoga training by the Wellness Wecare team. Through this initiative, Mega facilitated an awareness session on "self-care" for colleagues in order to help them stay healthy as long as they live.



During April 2022, Mega Thailand organized Health Talk related to various Dietary approaches focusing on losing weight. As a part of knowledge sharing, basic information on how to eat healthy food & lose weight was highlighted during the online event.



Mega Thailand, Bangna driving a culture of mindfulness among colleagues. During the session, the 7-step process of mini-meditation video by Dr. Sant was shown to the participants. Colleagues were encouraged to follow the instructions of Dr. Sant while performing mini-meditation. Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. While mindfulness is something we all naturally possess, it's more readily available to us when we practice on a daily basis. Whenever we bring awareness to what we're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, we're being mindful.



Mega Thailand organized weight loss & Plant-based Inspiration program for all Mega colleagues. The objective was to motivate employees to take charge of their own health & encourage them to lose weight. In order to achieve this goal, Mega collaborated with weight loss specialists and nutritionists to demonstrate how to cook healthy Plant-based food. In addition to this, yoga is practiced on a regular basis under the guidance of expert coach.



Mega Thai in collaboration with Wellness Wecare Center (WWC) initiated the GHBY online consultation for Mega colleagues. The idea was to encourage colleagues, having health issues, to seek expert medical advice from Subject Matter Expert (SME) via MS Teams. In addition to this, Mega Thailand, Factory facilitated ergonomics exercise training under the guidance of medical coach.



During Jul. & Aug. 2022, Wellness Wecare Center (WWC) organized Good Health by Yourself Camp (GHBY) for Mega colleagues. The objective was to drive a culture of health-focused environment that motivates & encourages employees to stay healthy as long as they live. The health retreat encouraged colleagues to stay healthy by sensitizing them on consuming healthy food & by avoiding unhealthy lifestyles in order to reduce risk of contracting critical illnesses. This health goal can be achieved by applying the correct healthcare principles for self & loved ones. Like the saying, "Charity beings at home", we must start practicing healthy habits first & facilitate others on their health journey.



Mega Thailand, factory management always arranges to serves healthy food to colleagues during meetings, trainings & lunch hours. As a part of GHBY initiative of Food is Thy Medicine (FIM), employees enjoy health & nutritious food during office hours and are encouraged to continue the health drive in personal lives as well.



Mega Thailand, Factory organized cancer treatment camp for Mega colleagues suffering from this illness at Wellness Wecare Center (WWC). Under the guidance of expert medical coaches colleagues were advised on healthy food intake, appropriate exercises and precautionary measures to be taken for speedy recovery.



Mega Myanmar

Chinlone & Caneball are the traditional sports of Myanmar. The game consists of six members playing as one team with each player maintaining their hands, arms, upper body and head coordination. The objective of these games is to have a balanced state of mind.



Mega Cambodia

Mega Cambodia organizes regular annual health check-ups for colleagues once a year. Based on the results of the health check-up, colleagues seek appropriate advice from medical experts. Such interventions help colleagues to be aware of their health status & take necessary actions to maintain/improve their health.



Mega Cambodia colleagues regularly meet for health activities like cycling, badminton & football during weekends & public holidays. Such interventions instill a spirit of sportsmanship among colleagues & facilitate them to stay fit & be healthy as long as they live.



Mega Vietnam

Flexsa marathon is a running contest wherein participants run at their own convenience-anywhere/anytime. Such interventions encourage participants to stay fit & healthy. The result of Flexsa marathon is updated real-time on the website & top 500 runners will be felicitated with a medal. Colleagues can motivate other runners in their wellness journey. On social media, the Flexsa marathon challenge has more than 40,000 organic views. There were 4,483 participants, who ran a total of 206,882 km during the contest.



Mega Philippines

Mega Philippines employees were invited to participate in the blood donation campaign facilitated by the Red Cross society. Based on screening if colleagues were qualified to donate blood & then they will be considered bonafide blood donors. Through this activity, Mega was able to identify 30 eligible donors.



Mega India

Mega India organized Annual Sports month during Feb. & Dec. 2022. Employees participated with lots of energy & enthusiasm while competing to win & showcasing great sportsmanship. Various games were played involving carom, cricket, badminton, table tennis and chess.



Mega India conducted Health check-up for its employees in order to raise the awareness level of its staff on various health parameters like BMI, Blood Glucose, etc. Mega India had collaborated with certified registered paramedical agencies & facilitated an annual health check-up with expert medical advice being shared to employees based on their health reports.



Mega Tanzania

Mega Tanzania colleagues regularly engage in GHBY activities like beach sport, running and beach football in order to maintain active lifestyle and staying healthy.



Mega Zambia

Mega Zambia conducted health activities during the annual meeting 2022. The idea was to encourage colleagues to be aware of fun ways to stay fit & healthy.



Mega We care for Communities

Mega Lifesciences cares for the communities among which it operates. Mega Lifesciences extends it We care philosophy to the communities. Mega Lifesciences has set up a Wellness We Care foundation to undertake community support and enablement exercises. The Wellness We Care Foundation has taken lead in several community development projects to promote **Human Wellness**

Wellness We Care, Thailand

The Company has set up a Wellness We Care Center in Muak Lek, Thailand for disease reversal and good health through improved Lifestyle.

Every hour 43 Thai people die from non-communicable diseases (NCDs), causing an estimate of 380,000 deaths or 76% of all deaths each year. The rise in NCDs does not only increase financial, physical and mental costs in families, but it also extends beyond the people who are directly affected. Costly chronic diseases also lead to a decline in the working-age population of the labor force, which reduces productivity and results in the decrease of GDP per capita growth. According to the World Health Organization (WHO), NCDs pose a real and significant threat to Thailand, with a huge economic burden costing Thai society an estimated THB 280 billion in 2013. In 2009, the economic cost of NCDs was an estimated THB 198,512 million, or 2.2% of GDP, due to premature deaths and loss of productivity among the country's work force. With serious ailments, many physical and emotional losses may come before the loss of life itself. One of the major behavioral risk factors of NCDs is an unhealthy diet. People are adopting a more sedentary lifestyle which contribute to a steady increase in long-term health problems and double the risk of cardiovascular diseases, diabetes, and obesity. Mega Lifesciences goal is to help people stay healthy as long as they live. We believe in building holistic health in communities we live and work in, as healthy population means happiness and prosperity to Individual, family, society and nation.

Aligned to this goal Mega has built The Wellness We Care Center, located at Amphur Muak Lek, Saraburi, to promote to common people and health care providers around the work, scientifically proven method of preventing and reversing chronic diseases through food and lifestyle changes. The foremost objective of Wellness We Care is to disseminate scientific knowledge and skills to people, which will help them to take charge of their own health. By teaching people about lifestyle changes, the center helps them develop the skills necessary for prevention and reversal of chronic and lifestyle diseases. Our holistic health center offers guests access to the various wellness center services such as the Praana Kitchen, where they can learn to cook plant-based whole food meals, and the vegetable garden. The center is also equipped with a well-stocked library and video room, where visitors can learn and enhance their knowledge about health and holistic living.

Onsite Training

Year	No.of training sessions	No.of hours	No.of participants
2019	34	1,008	520
2020	26	888	495
2021	20	552	396
2022	26	584	605
Total	106	3,032	2,016

Online Health Educational VDOs

Year 2021

- WWC had produced all 38 health educational VDOs and published on YouTube. Among 38 clips, there are 4 Covid-19 related VDOs
- Facebook Live broadcasted 5 times with 5 clips posted after Live session. Among 5 times Live session, there was 1 time COVID-19 related session.
- 11,410 FB Followers
- 141K YouTube subscribers

Year 2022

Online Health Education Content

- VDOs content:83 VDOs were produced and published through WWC's social media, including YouTube, Facebook, Line OA, and IG.
- Articles : 358 short and long articles have been published through our social media, including YouTube, Facebook, Line OA, and IG.
- 183,823 YouTube followers
- 12,620 FB followers
- 6,553 Lind friends
- 175k followers



Dr. Sant Chaiyodsilp, Chief Wellness Officer, Wellness We Care Center received a plaque for recognizing QUALITY PERSONS OF THE YEAR 2021 from Privy Councilor Kasem Chankaew, which was organized by Foundation of Science and Technology Council of Thailand (FSTT) at the Grand Ballroom, Miracle Grand Convention Hotel on December 9, 2021.



Foundation of Science and Technology Council of Thailand (FSTT) by appointing a selection committee to screen and select people with outstanding scientific contributions to society to honor them as quality person of the year, 1 person in each field, total 5 areas : Science, Technology, Public Health, Social, Child and Youth. Dr. Sant Chaiyodsilp has been honored as a Quality Person of The Year 2021 in Public Health, by specifying the work in both the medical field by specifying the work including The medical field, Textbook writing, Research, The contributions to society and public health, including The establishment and Chairman of The Resuscitation Council of Thailand, Co-founder and Director of the Pediatric Cardiac Surgery Foundation of Thailand, Establishing a Wellness We Care Center to teach people how to prevent and reverse disease by themselves and educating the public on self-care through blogging and YouTube video clips with more than 2 million readers per year.

Dr. Sant gave an opinion with FSTT on the occasion of receiving this honor that "Medical Field also has the opportunity to help people take great leaps in taking care of their health. If we accept and strive to bring information technology into serious use".

Mega Lifesciences believes in elevating public health and has invested significant amounts in this Human Wellness initiative.

	Year 2019	Year 2020	Year 2021	Year 2022
Amount	17.25	16.57	18.70	25.52
Invested				
(Thai Baht)				

Benefits to the community

- 6 RDBY Camps were organized in 2022 (Reverse Disease by Yourself Camp) to teach and practice skills to improve NCD patients' health.
- 25 patients with diseases joined the Rehabilitation Program (RP). Patients' problem lists varied, including NCDs, post-stroke, ischemic heart disease, post-hip surgery, etc.

38 local employees in this operation earned salaries and benefits averaging Thai Baht 20,000 per month.

Employing Deep-Teach to Improve Health care for Communities Worldwide

WeCare Digital Health Platforms

Mega Lifesciences' Initiative impacting Society and Environment

Mega Lifesciences has committed USD 10 million for this project over the next 8-10 years for betterment of healthcare for communities through deep-tech and other technological applications.

Over 1,200 patients and healthcare professionals onboard and this number will only multiply and grow exponentially.

The WeCare Digital Health Platform of Mega Lifesciences has been conceived with a mandate to create meaningful impact in healthcare information and care delivery. Our digital products are clinical in nature, endorsed and vetted by specialists. To this end, we work directly with health consumers and providers; doctors, coaches, nurses and pharmacies.

Organisations are microcosms of the society and the environment where they come from and for us, any meaningful growth cannot be without that holistic thought as one of our guiding principles.

Overview

Our digital offerings; WeCare Diabetes post soft launch, WeCare Mother n Child in Beta, WeCare TeleHealth (internal use), WeCare Wellness in pilot phase have all been selected in conditions where the user requires the most engagement with the care provider. All these conditions necessitate multiple consultations, numerous yet timely alerts, early addressal of impending complications and improving quality of life. Bringing our digital solutions into these conditions thus helps create the maximum impact vis a vis time, effort, finances saved.

Mega, as a strategy works in countries and markets which are developing in nature, with large disease burden and limited care facilities. Healthcare systems, additionally, tend to be concentrated in few cities in each country with specialty care virtually non existent outside those. Our Digital Health offerings, once embedded, have a huge potential to democratise quality care across these populations. As with other Mega initiatives, the effort to understand the population and then localise offerings for them is the way we plan ahead.

A short note on technology-These are connected software applications, made available native on all platforms and hosted on the Cloud, thus limiting the carbon footprint to a bare minimum. For comprehensiveness, we integrate with necessary hardware eg. Home based clinical devices and wearables. Our dependency on tech support is also limited as all aspects are managed centrally. Minimal local support staff manages the operations.

Specifics and examples

At this point we have the maximum experience from our We Care Diabetes platform. We have more than 1,200 patients connected to doctors and coaches on our platform in Myanmar. Taking a single doctors example, 35% of his patients on the platform are from outside Yangon. Distances range from 50 to 320 miles, all the way to Rakhine and Shan state - urban, semi urban to rural areas. The advice and care oversight they have now obviates the need to be in the vicinity of high end care facilities, and in real time. Please go through some of the patient testimonials attached alongwith*

For the upcoming offering, the WeCare Mother and Child platform has had good reviews in all our initial discussions.

Projections

The impact in the community and the healthcare benefits we aim to bring is on similar lines across our WeCare Digital platforms. Again, this is being rolled out into our other markets in a systematic manner post due diligence of need and localised requirements.

Based on the above, we plan to scale to 4 markets in 2023, 8 by 2024 and 12 by 2025. Projected number of users are to reach 50,000+ by 2025. By Year 24-25, we will also add significantly more self-managed tools based on our data learnings and continuing market research t 2022 53

Society and Environment

Mega Lifesciences has always been conscious of the impact that we make on the society and environment. Consciously, all our activities, at concept stage itself incorporates best practices. However, we have an opportunity to go beyond mandate in many cases. This is one such where we can marry the societal need with prudent use of technology, mindful of local contexts and create lasting and sustainable impact in one of the most draining of human challenges- healthcare. In this initiative, keeping our physical footprint small, making access of care and information where the user is and enabling providers to reach out digitally – we have already started this meaningful impact. This is the beginning- we aim to update you with increasingly better numbers and stories of our users in the coming years.

Testimony (1)

ကျွန်တော့်နာမည်ကတော့သုခ (အမည်လွှဲ) ပါ။အသက် 37 နှစ်ပါ

ကျွန်တင်္ဘာ 2021 Covid ဖစ်ြပီြးနတေက် medical checkup လုပ်ခဲ့ရာမှဆီးချိရှိနတောသိခဲ့ရပါတယ်။ကျွန်တင်္ခရဲ့သုံးလပျမ်းမျှဆီးချိ HbA1c က 13% ထိရှိနခေဲ့တာကမြာင့်ဆီးချိအထူးကုဆရာဝန်ကီြးနှဲပ်သြခဲ့ပါတယ်။ဆရာဝန်ကီြးမှလိုအပ်တဲ့သဘောက်ဆီးတွေပေးခဲ့ပြီးဆီးချိရှိသူ တွအေတွက်အဆင်ပြေတဲ့ WeCare Diabetes app ကိုအသုံးပြုနိုင်းခဲ့ပါတယ်။ဆီးချိရှိမှန်းစသိသိချင်းမို့ဆီးချိအက ခြာင်းသသေချောချာ မသိခဲ့ပါဘူး။ App ထဲမှာနစော်လက်ထိပ်ဖဓာက်စစ်တဲ့ဆီးချိအဖနတွေကေိုယ်လက်လုပ်ရှားမှမှတ်တမ်းတွစေားသဓာက်မှပုံစံတွမှေတ်သား ရပါတယ်။ App ထဲမှာပါတဲ့ chat box ကနတေစ်ဆင့် WeCare Health Coach ထံမသိတာ၊မရှင်းတာတွကိုေးမေန်းဆွဲေးနွဲးေလို့ရခဲ့ပါ တယ်။ဆရာဝန်ပးေလိုက်တဲ့သဓာက်ဆးေတွနေဲ့ပတ်သက်လို့မရှင်းတာတွကေိုလည်းပနြာပပြမ်းပါတယ်။ဆဓာင်ရန်၊ရှဓာင်ရန်များလည်းသိ ရပါတယ်။ကျွန်တင်ာ်ဆိုဆီးချိရှိမှန်းသိသိချင်း.... အစားတွင်လုံးဝရှင်ာင်ပစ်ခဲ့တယ်။ကိုယ်လက်လကျေင့်ခန်းတွအေလွန်အကျွံလုပ်ခဲ့ပါ တယ်။အဲ့ဒီအခါဆီးချိကျတာတက်တာတွလေည်းခံခဲ့ရပါတယ်။ WeCare ကကျန်းမာရမေနည်းပမြုားမှကျွန်တင့်ရဲ့ BMI, အသက်နဲဆီးချိ အခြအေနအေရတစ်နှင့်တာစားသင့်တဲ့ကယ်လိုရီပမာဏာကိုတွက်ချက်ပးထားပါတယ်။ဘာတွရွေးချယ်စားသင့်ကဲြနာင်းအစားအစာဥပမာ များအပင်္ဂြအစားအစာနဲ့ဆဧးဝါးဟန်ချက်ညီအံဓာင်အချိန်မှန်မှန်စားသင့်ကခြောင်းစတာတွရှေင်းပင်္ခြာင်ပပြမေးပါတယ်။နစေ၌စားဖစ်တာတွေ ကို app ထဲက Diet Plan နရောမှာပုံလးေတွတေင်ဖစ်ြပါတယ်။ Health Coachကမင်္ဂြတဲ့အခါကျွန်တင်္ခစားနတောတွမှေန်ကန်လားမှားယွ င်းနလေားကိုချက်ချင်းအကံပြ၊ေးပါတယ်။ကိုယ်လက်လကျေင့်ခန်းကိုလည်းပုလြုပ်သင့်တဲ့အမျိုးအစားနဲ့ကၥြချိန်ကိုစနစ်တကျရှင်းပပြမေး ပါတယ်။ဆီးချိစစ်ဖို့မတေဲ့နတွေမှောလည်း app ကန reminder လဧးရဓာက်ပါတယ်။ App ထဲကကျွန်တင်ာ့ရဲ့ဆီးချိမှတ်တမ်းတွကို အပတ်စဉ်၊လစ်ဥ်ဂရပ်ပ်နဲမင်္ဂြရတဲ့အတွက်တကယ်ကိုစနစ်တကျရှိလုပါတယ်။ ၃ လပည်ြလ်ုရက်ချိန်းပန်ပြတဲ့အခါကျွန်တင်္ခာ့ရဲ့ HbA1c ဟာ 6.5% သာရှိပါတခေ့တယ်။ဆရာဝန်ညွှန်ကြားတဲ့သင်္ဘက်ဆင်းတွဲကိုေတိတိက်ကြကျလိုက်နာသင်္ဘက်သုံးတဲ့အပင်္ငု WeCare app လင်္လေရဲ ကျန်းမာရဗေဟုသုတပမေ့မှန် health coach တွရေဲ့အကူအညီတွလေည်းအများကရီးပါခဲ့ပါတယ်။ဒီလိုနဲ့ကျွန်တင်္ခေဆီးချိဟာ control ရ ခဲ့ပါိဳးနာေက်ထပ် ၃ လအက်ငြာ follow up တွမှော် HbA1c ရာခိုင်နန်း 6.3 %, 6 % ထိလျှခေ့ချိနိုင်ခဲ့ပါတယ်။ယခုဆိုရင် WeCare app လင်္န သုံးလာတာ ၁နစ်ပြည့်ပါပီ ။ကျွန်တင့်ရဲ့ Diabetes Journey ကိုအခုလိုပင်္ချပင်္ပြပါးပါးနဲ့ဆက်ခွင့်ရတာဝမ်းသာမဆုံးပါပဲ။

I'm Ko Thukha (renamed) and 37 years old. I found out that I have diabetes through a post-covid checkup in 2021. My HbA1c was 13% when I first saw an endocrinologist. Doctor prescribed me the required medications and suggested to signup and use WeCare Diabetes application on my phone, which is convenient and useful for people with diabetes. Since I was newly diagnosed with DM, I didn't notice about the nature of disease at all. In the app, daily glucose results, physical activity, diet plan and many others can be noted. Through the build-in chat box in the app, I was able to ask and discuss what was not clear with WeCare health coach. They explain about dos and don'ts of my oral medications and coached to have a healthy lifestyle. When I was totally new to diabetes, I cut out all carbohydrates and did lots of strenuous activity, which were completely wrong. Instead of being well-controlled, I experienced frequent episodes of hypo/hyperglycemia. WeCare health coaches calculated daily required calories based on my current BMI, age and diabetes. They explained about healthy category of foods, what foods to avoid and the importance of regular timing for meals and medications. I uploaded my diet plan photos in the app and obtained advice from coach. Regarding exercises, they suggested the most suitable physical activity and duration. What's more, the app sends me a reminder on days I forgot to log my activities. I could also review my weekly and monthly diabetes records with graphs from the app, which is really organized. On my follow-up visit after 3 months, my HbA1c was only 6.5%. In addition to strictly following the medication prescribed by the doctor, WeCare app provided health information and obtained a lot of help from health coaches. Thus, my diabetes was well-controlled, and after 3 months of follow-up, I was able to reduce the HbA1c percentage to 6.3% and 6%. Now it's been 1 year since I used the WeCare app. I feel so grateful to be able to continue my Diabetes Journey so lightly.

Patient testimonial (2)

အန်တီနာမည်ကတော့သင်းသင်းပါ။အသက်၄၅နှစ်ရှိပါပြီ။ဆီးချိုရှိတာကတော့ ၄နှစ်လောက်ရှိပါပြီ။ဆီးချိုအထူးကုဆရာဝန်ကြီးနဲ့ လည်းပြနေပါတယ်။အရင်ကတော့ဆီးချိုမနက်စစ်ပြီးတိုင်းစာရွက်လေးနဲ့မှတ်ထားတယ်။ဒါပေမယ့်ဆရာဝန်ပြခါနီးတိုင်းစာရွက်ပျောက် သွားလို့ အမြဲစိတ်ညစ်ရတယ်။ခုတော့ဆရာဝန်ကြီးပြောတယ့် WeCare Diabetes App လေးသွင်းထားတာအဆင်ပြေသွားပါပြီ။ appလေးထဲကဆီးချိုဖြည့်တယ့်နေရာမှာမနက်တိုင်းဖြည့်ပါတယ်။၃လတစ်ခါစစစ်ရတယ့်HbA1cပါဖြည့်ထားပါတယ်။ဆီးချိုတက်နေလား/ ကျနေလားပါသိရတော့ပိုအဆင်ပြေပါတယ်။အဖြေပြန်ကြည့်ပြီးဆီးချိုထိန်းနိုင်မထိန်းနိုင်သိရတော့အစားအသောက်လည်းဆင်ခြင်လို့ ရတယ်။ အဖြေဖြည့်ဖို့ မေ့သွားတယ့်အခါကျရင်လည်း app reminder လေးပို့ ပေးတယ်။ဆရာဝန်ကြီးနဲ့ပြတယ့်အခါကျရင်ဖုန်းပါသွားရုံနဲ့ကိုယ့်ဆီး ချိုအဖြေကိုပြနိုင်တော့အရမ်းအကျိုးရှိပါတယ်။အဲ့ဒါအပြင်အဲဒီappလေးထဲမှာမသိတာရှိရင် We Care Health Coach ကိုမေးလို့ ရတယ့် အပြင်ဆီးချိုရောဂါနဲ့ဆိုင်တယ့်ကျန်းမာရေးပညာပေးဆောင်းပါးနဲ့ video တွေ ပါကြည့်လို့ ရတော့သဘောကျမိပါတယ်။အခုဆိုရင်အန်တီဆီး ချိုဟာ control ရနေပါပြီ။ WeCare Diabetes app လေးကြောင့်ခုလို self manage လုပ်နိုင်တာမို့ လို့ ဒီappလေးကိုအမြဲသုံးသွားမှာပါ။

My name is Thin Thin and I am 45 years old. I have been diagnosed with Diabetes for almost 4 years and meeting an Endocrinologist regularly. I used to write down my fasting blood sugar level in the paper. But everytime I was about to go for my regular doctor meeting, I lost my paper. Now I am using WeCare Diabetes app as the doctor recommended. I fill in the FBS box whenever I prick my fingertip. It is convenient to know whether my blood sugar level is normal or not. I checked my results, noticed my blood sugar level and managed my diet. When I forgot to fill in my results, the application sent me a reminder which was helpful. I can show my blood sugar level results to my doctor just by bringing my phone to the clinic visit. Moreover, I can ask Health Coach in the message box of the app and also can read diabetes related articles and watch videos. Now I am in good control of diabetes. Because of WeCare Diabetes app, I can self-manage. That's why I am gonna use this WeCare Diabetes app always.





Wellness We Care Foundation - Vietnam - Total investment of Thai Baht 5.0 million across various activities

After receiving donations from employees together with company's contribution, we have raised a total amount of 750,000,000 VND. (Thai Baht 1.1 million)

On July 15, 2021, the entire amount and 506 health care vitamin products were given directly to the Vietnam Fatherland Front Committee in Ho Chi Minh City by Mr. Jiji George – Managing Director.



Mega Lifesciences Vietnam sponsored medicines and Kendall SCD™ 700 Sequential Compression System to the field hospital in district 7. Health kits included our products : Vitacap, Mega wecare Nat C, We Vitz.



Mega Lifeciences Vietnam provided 2700 protection and health care products for Ho Chi Minh City Health Department.

Mega Lifesciences Vietnam offered 700 protection and health care products for TBA (Thailand Business Association) (Vietnam).

Mega Lifesciences and the Future Builder project have collaborated to provide education and food support for disadvantaged children who were orphaned by the pandemic. Include : 66,000,000 VND approximately Thai baht 97,000 and 20 tablets.

Outcome of this exercise :

- 20 children have received tablets for online learning amid COVID-19 outbreak
- 6 children who lost their parents by COVID-19 are supported with school fees and food supplies.
- 3 kids at Que Huong Orphanage receive tuition fee support in 2021



Ferrovit Iron Woman Award

For Any woman living in Vietnam above 12 years old and wishing to share their inspiring story about the iron spirit which helps them overcome life's struggles.

Cost of the event USD 14,833 (Thai Baht 495,000)

SOCIAL OUTCOME With IRON WOMAN AWARD, we encourage Vietnamese women to continue following their dreams which bring good impact to the society. We would like to create this Award as an annual event in which every Iron Women can be found and celebrated with their contribution to the world.

For more details, visit our fanpage & website http://www.facebook.com/Ferrovit.vn, https://ferrovit.com.vn/

ENAT woman campaign against violence in Vietnam encouraging every woman to be courageous and fight violence and stereotypes.

The event has been conducted since 2019 (3 years) with a total outreach to approximately 4 million people each year.



Mega Thailand

Vitamin D has several benefits to bone, teeth and muscle including immunity enhancement. As per credible reports, 45.2% of Thais have vitamin D deficiency. In order to help the community, Mega Thai took the initiative to boost vitamin D intake for patients in hospitals. During September 2022, Mega Thailand distributed NAT D 5,000 IU (Vitamin D3) to several hospitals at Damnoen Saduak Hospital, Photharam Hospital and Pathumthani Provincial Public Health Office.



Mega Thailand, Factory colleagues initiated Reforestation drive as a part of CSR/CSV activity. Reforestation is the process of regenerating or replanting forest areas that have been destroyed or damaged for the benefits of mankind. Reforestation is a very important procedure in order to save our planet. This is needed as huge forests are being destroyed or damaged due to various reasons on a daily basis. Removal of the green cover from the surface of the earth has become common due to various reasons such as forest fires, agricultural needs, human needs, logging, and mining. Many organizations are working towards the protection and restoration of forests by various methods such as imparting education to people regarding the importance of forests, reforestation, and expansion of the protected areas. Governments in different countries are also trying to introduce strict policies regarding the protection and restoration of forests. A collective global effort is required in order to achieve a sustainable and balanced ecosystem.



Mega Thailand conducted two blood donation camps at factory premises. A total of 66 colleagues donated 26,100 cc of blood. 4 colleagues pledged to donate eyes & another 4 employees committed to donate organs after they leave for heavenly abode.



Mega Myanmar

As a part of social commitment, Mega Myanmar distributed hand sanitizers to ICU wards of key hospitals in Myanmar.



The annual Kahtain Robe Offering Ceremony was held at the Yangon Head Office. The event was attended by HO staff and management team in remembrance of an important Buddhist custom. Five Sangas who had been invited were offered Kahtain Robes and a midday meal and two monasteries known as Yadanar-Bone-Yeik-Nyein and Ar-Thaw-Ka-ThidaGu received Kahtain Donations (1,571,000/-MMK & Kahtain Offertories).



Mega Lifesciences provided all employees with a Thadingyut present of 10 pyi of paw-hsan-hmwe rice and 2 viss of peanut oil. In totality, 1688 Mega Myanmar employees received the gift during October 2022. Everyone who received the gift expressed their gratitude to Mega for showing such generosity during a time of rising inflation.



Mega Vietnam

Mega Vietnam distributed gifts to children at Anh Dao Shelter (Ninh Xuan Commune, Ninh Hoa District, Khanh Hoa Province) during an outing trip. In order to provide better opportunity for the kids to study and have basic necessities, Mega donated 30,000,000 VND (cash) to the shelter home. The charity included 30 packages of diaper, 250 notebooks, and school supplies (erasers, pencils, pens & crayons), comics, toys, clothes, milk, candies. Besides this, 100 mid-autumn gifts including lanterns and moon cakes were distributed to the children.



The total amount of employees' contribution & the amount collected in the auction during the Mid-Autumn Festival was 10,000,000 VND.



Mega Malaysia

During June 2022, Mega BioLife collaborated with Watsons for the annual Watson's Get Active Fest held in Sunway Lagoon Theme Park. More than 5,000 Malaysians participated in the event. Given the strategic location of our booth, several visitors stopped by our booth and we had the opportunity to engage with delegates via sampling of Nat B Fizzy and encouraging them to play mini games. Many visitors shared positive feedback on the refreshing taste of Nat B Fizzy - making it an ideal companion as an after-sports booster drink.



Mega Cambodia

Mega Cambodia always takes initiative to give back to the society. As a part of CSR, Mega colleagues visited primary school for the under privileged located at the around Phnom Penh. Mega Cambodia supported the kids in the school by donating books, bags, pens, pencils along with other basic necessities. This benevolent gesture was very well received and appreciated by the school management.



Mega Cambodia has always contributed to the society with its CSR activities. Mega colleagues planted trees in a pagoda where it caters to around 70 students.



Mega Kenya

At Angel children's home in Waithaka, Kawangware, Kenya, there are 29 kids aged 1 yr 9 months to 13 years. This home has been a refuge for abandoned and orphaned babies since 2009. The founder of this place is Wamaitha Mwangi who is on a mission to provide basic human needs for the kids until they are traced back to their families or adopted. The kids cherished Megan's presence by receiving essentials from Mega Kenya to support & help with basic needs.



Awards and Recognitions



Mega was included in the Forbes[®] Best under a Billion – A list of 200 small-medium sized companies with revenues less than a Billion Dollars across Asia SECOND YEAR in a row.

Mega Lifesciences is preparing for ISO 17025 for excellence and competence of testing and calibration laboratories in year 2023.

Mega Lifesciences was included in the THSI listing by the Stock Exchange of Thailand for reporting on sustainable business practices.





Best Companies to work for In Asia by HR Asia

Included in the ESG100 Listed companies published by Thaipat Institute of Thailand.

Corporate Memberships

Thailand Memberships

1. Health Food and Supplements Association (HFSA) – Mega Lifesciences was a Founder member.

C Paring

รก๊าซเรือนกระจก (องค์การมหาชน

Certificate of Honor received from Ministry of Natural Resources and

Environment of Thailand for voluntary

greenhouse gas reduction program for installation of rooftop solar

electricity generation plant and

reduction of greenhouse gas by 690

tonnes equivalent per year.

เคโฟฟ้า

รรมชาติแร

เทย กรจัดการก๊าซเรือนกระจก (องค์การมเ ขณะขไบประกาศเกียรติคุณนี้ได้แก่ เมก้า ไดพ์โซแอ็นซ์ จำกัด (มหาชน)

หมาย เปรียท เมกา โดยใจของประเทศ ได้รับการทั้งแปลของป เสียงการความสอกใจการเกตรฐานระประเทศ สิ่งประกอบการสอกใจการเกตรฐานระประเทศ สิ่งประกอบการสอกใจการกร้างของ จะส่วง ICO_equiyear การศิสรรโตราการสื่อส่ง ล.พ.ค.ยะกุร - คร.ร.ค.

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- 2. Thai Pharmaceutical Manufacturers Association (TPMA)
- 3. Thai Self Medication Industry Association (TSMIA)
- 4. The Federation of Thai Industries (FTI)
- 5. TIPA THAI INDUSTRIAL PHARMACIST ASSOCIATION
- 6. ISPE The International Society for Pharmaceutical Engineering

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GRI 408 :	CHILD LABOR		
408-1	Operations and suppliers at significant risk for incidents of child labor	None as per our Risk based Checklist answered by more than 50 suppliers in 2022	

GRI Standard	Disclosure	2022 Annual Report Page Number	2022 Annual Report Section Reference		
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412-3	Significant investment agreements and contracts that include human rights clauses or that underwent human rights screening	All significant contractors are fully complied with the local labor laws.			
GRI 418 :	CUSTOMER PRIVACY				
418-1	Substantiated complaints concerning breaches of customer privacy and losses of customer data	None			
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405-1	Diversity of governance bodies and employees	127-138, 202	Sustainability Report - Employees		
GRI 406 :	NON-DISCRIMINATION				
406-1	Incidents of discrimination and corrective actions taken	None			
GRI 408 :	CHILD LABOR				
408-1	Operations and suppliers at significant risk for incidents of child labor	None as per our Risk based Checklist answered by more than 100 suppliers in 2021			
GRI 412 :	HUMAN RIGHTS ASSESSMENT				
412-3	Significant investment agreements and contracts that include human rights clauses or that underwent human rights screening	All significant contractors are fully complied with the local labor laws.			
GRI 418 :	CUSTOMER PRIVACY				
418-1	Substantiated complaints concerning breaches of customer privacy and losses of customer data	None			
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