Directors	Board	Audit & Risk	Nomination & Remuneration
Number Held	6	4	3
Dato' Rosman bin Abdullah	6	4	3
Dato' Roslan bin Hamir	6	N/A	N/A
Azizan bin Mohd Noor	6	4	3
Rozana Zeti binti Basir	6	4	N/A
Rozilawati binti Haji Basir	6	N/A	3

In addition to time spent at Board and Committee meetings, the Directors attended a 3-day Joint Board Retreat with the Group's senior management from 8 March until 10 March 2019 to review, discuss, debate on the respective divisions performance and assess business plans for the years ahead. This offsite session was conducted jointly with the Board of FimaCorp, the Company's listed subsidiary.

All Directors of the Company have complied with the Bursa Listing Requirements of not holding more than five (5) directorships in listed issuers at any given time. This ensures that the Directors do not have competing time commitments that may impair their ability to discharge their responsibilities effectively. The list of directorship is annually tabled to the NRC for noting.

Training and Development

In accordance with Paragraph 15.08(3)(b) of the Bursa Listing Requirements, the Directors had attended various external programmes in FYE2019, which include the following:

Directors	Training Attended	Date Held
Dato' Roslan bin Hamir	 The 17th High Security Printing Asia Conference in Hanoi, Vietnam. 	3 -5 Dec 2018
	 Sustainability Workshop on Materiality and Stakeholder Engagement organized by Group Corporate Services, Kumpulan Fima Berhad (in-house). 	15 - 16 Jan 2019
	Board Dynamics - What are the key essential requirements organized by Malaysian Institute of Corporate Governance.	27 Mar 2019
Dato' Rosman bin Abdullah	 'Introduction to Corporate Liability Provision: What it is, how will my Company be affected, and what do I need to put in place by way of safeguards?' organized by Malaysian Institute of Corporate Governance. 	6 Sept 2018
	 Anti-Corruption Summit 2018 "Good Governance and Integrity for Sustainable Business Growth" organized by Aram Global Sdn. Bhd 	30 Oct 2018
	 Power Talk & Directors Dialogue 'Effective Boards in a VUCA World' organized by Institute of Corporate Directors Malaysia. 	31 Oct 2018