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Malaysia Nutrition Leadership Programme (MyNLP) 2021 Activity Report

Prepared by
MyNLP Technical Working Committee



MyNLP Technical Working Committee



Advisor



Dr Tee E Siong

Chair



Assoc Prof Dr A. Mahenderan

Co-Chair



Dr Wong Jyh Eiin

Committee Members



Dr Roseline Yap Wai Kuan



Ms Lim Siew Ling



Mr Ng Chee Kai



Assoc Prof Dr Chin Yit Siew

Key Activities in Year 2021

1. Nutrition Career Journey
2. NSM Scientific Update Session with Nutritionists
3. NSM Leadership Webinar 'Unlock the Leader in You'



Nutrition Career Journey

Event objective

- To gain insights into leadership roles, challenges and opportunities of nutritionists in different work settings.

Target audience

- Fresh nutrition graduates and final year undergraduate & postgraduate students

Coverage of speakers

- Career opportunities
- Challenges of nutritionists in different sectors



Nutrition Career Journey: Summary

#	Date/Time	Theme	Speaker	Attendance
1	4 June 2021 (Friday), 5.30 to 7.00pm	Corporate Sector	Ms Wong Mei Ching, Group Corporate Nutrition Manager at Nestlé Products Sdn. Bhd	151 UG & PG students from 10 universities
2	18 June 2021 (Friday), 3.00 to 4.30pm	Government Sector	Pn Zalma Abdul Razak, Director of Nutrition Division at the Ministry of Health (MOH) Malaysia	138 UG & PG students from 9 universities
3	30 July 2021 (Friday), 5.00 to 7.30pm	Global Perspective	Ms. Cyndy Au, Global Regulatory Strategy Lead at IFF	74 UG & PG students from 8 universities
4	13 August 2021 (Friday), 5:30 - 7:00 pm	Self Employed Nutritionist	Pn Surainee Wahab, Director at AAA Vision Academy	109 UG & PG students from 9 universities

Webinar on Nutrition Career Journey: Corporate Sector



Guest Speaker | **Ms Wong Mei Ching**
Group Corporate Nutrition Manager
Nestlé Products Sdn Bhd

Programme Details | **Friday**
4 June 2021
5.30-7pm
GotoMeeting

Gain insights into leadership roles, challenges and opportunities of nutritionists in the corporate setting.

Exclusively for Fresh Nutrition Graduates & Final Year Students

Don't miss this opportunity!

Register Now



For more information:
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VISIT OUR WEBSITE

<https://forms.gle/LujURNW8TbPhE337>



Nutrition Career Journey Session 1/2021:
Corporate Sector with Ms Wong Mei Ching

Webinar on Nutrition Career Journey: Government Sector



Guest Speaker | **Madam Zalma Abd Razak**
Director of Nutrition Division
Ministry of Health Malaysia

Programme Details | **Friday**
18 June 2021
3:00-4:30pm
Zoom Meeting

Gain insights into leadership roles, challenges and opportunities of nutritionists in the government setting.

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Nutrition Career Journey Session 2/2021 :
Government Sector with Pn Zalma Abd Razak



Webinar on Nutrition Career Journey: Global Perspective

Guest Speaker | Ms Cyndy Au
Global Regulatory Strategy Lead (Asia Pacific)
IFF

Programme Details | Friday
30 July 2021
5:30-7:00pm
Zoom Meeting

"Global Vision, Local Impact: Building Nutrition Capability and Leadership in the Food Industry"

Exclusively for Fresh Nutrition Graduates & Final Year Students

Register Now



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Webinar on Nutrition Career Journey: Self-Employed Nutritionist

Guest Speaker | Madam Surainee Wahab
Director of AAA Vision Academy

Programme Details | Friday
13 August 2021
5:30-7:00pm
Zoom Meeting

Gain insights into leadership roles, opportunities and challenges of self-employed nutritionists.

Exclusively for Fresh Nutrition Graduates & Final Year Students

Register Now



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Nutrition Career Journey Session 3/2021: Global Perspectives with Ms Cyndy Au



Nutrition Career Journey Session 4/2021 : Self-employed Nutritionist with Pn Surainee Wahab

Nutrition Career Journey Session 1/2021: Corporate Sector with Ms Wong Mei Ching

“Nutrition Career Journey: Have You Got What It Takes to Succeed?”

Highlights of the talk:

- Five essential competencies (resilience, tenacity, critical thinking, problem solving, and initiative) needed to succeed in the nutrition field

Summary report is available [here](#)

Webinar on Nutrition Career Journey: Corporate Sector

Guest Speaker | Ms Wong Mei Ching
Group Corporate Nutrition Manager
Nestlé Products Sdn Bhd

Programme Details | Friday
4 June 2021
5.30-7pm
GotoMeeting

Gain insights into leadership roles, challenges and opportunities of nutritionists in the corporate setting.

Exclusively for Fresh Nutrition Graduates & Final Year Students

Don't miss this opportunity!

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Nutrition Career Journey Session 2/2021 : Government Sector with Pn Zalma Abd Razak

“Nutritionists’ Roles in Government Sector: Challenges and Opportunities”

Highlights of the talk:

- Description and scope of practice for public health nutritionists
- Roles, challenges, and opportunities for nutritionists in the government setting
- How to apply for a position as Pegawai Sains Pemakanan (Nutritionist) in MOH

Summary report is available [here](#)

Webinar on Nutrition Career Journey: Government Sector

Guest Speaker | Madam Zalma Abd Razak
Director of Nutrition Division
Ministry of Health Malaysia

Programme Details | Friday
18 June 2021
3:00-4:30pm
Zoom Meeting

Gain insights into leadership roles, challenges and opportunities of nutritionists in the government setting.

Exclusively for Fresh Nutrition Graduates & Final Year Students

Register Now

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Nutrition Career Journey Session 3/2021: Global Perspectives with Ms Cyndy Au

“Global Vision, Local Impact: Building
Nutrition Capability and Leadership in the
Food Industry”

Highlights of the talk:

- Staying true to one’s character, vision and values.
- Embracing diversity, inclusiveness, engaging multi-stakeholder, reading and discerning wisely

Summary report is available [here](#)

Webinar on Nutrition Career Journey: Global Perspective

Guest Speaker | Ms Cyndy Au
Global Regulatory Strategy Lead (Asia Pacific)
IFF

Programme Details | Friday
30 July 2021
5:30-7:00pm
Zoom Meeting

"Global Vision, Local Impact: Building Nutrition Capability and Leadership in the Food Industry"

Exclusively for Fresh Nutrition Graduates & Final Year Students

Register Now

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[<https://bit.ly/2Vjep0G>]



Nutrition Career Journey Session 4/2021 : Self- employed Nutritionist with Pn Surainee Wahab

“Gain insights into leadership roles,
opportunities and challenges of self-
employed nutritionist”

Highlights of the talk:

- Importance of self-improvement, perseverance and hard work in dealing with setbacks in life
- Ten success secrets

Summary report is available [here](#)

Webinar on Nutrition Career Journey: Self-Employed Nutritionist

Guest Speaker | **Madam Surainee Wahab**
Director of AAA Vision Academy

Programme Details | **Friday**
13 August 2021
5:30-7:00pm
Zoom Meeting

Gain insights into leadership roles, opportunities and challenges of self-employed nutritionists.

Exclusively for Fresh Nutrition Graduates & Final Year Students

Register Now

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Scientific Updates with State Nutritionists

Event objectives

- To foster greater understanding and communication among different stakeholders in promoting multi-sectional collaboration
- To connect and provide networking opportunities among nutritionists across the country

Target audience

- State nutritionists

Coverage of speakers

- Community nutrition promotion in combating double-burden of malnutrition
- NSM and its roles in promoting community nutrition
- Views about NSM, roles and nutrition promotions activities of PSPs in the community / different states

Scientific Updates with State Nutritionists: Summary

#	Date/Time	States	Guest Speakers	Attendance (n)
1	16 April 2021 (Tuesday), 9am-12pm	Sabah, Sarawak and WP Labuan	En. Shahrulnaz Norhazli bin Nazri (Sabah), Pn. Bong Mee Wan (Sarawak) and Ms Gui Shir Ley (Labuan)	71
2	24 May 2021 (Tuesday), 9am - 12.30 pm	Kelantan, Terengganu, and Pahang	Pn Puspawati Mohamed (Kelantan), Pn Zaharah Mohd Nordin (Terengganu) dan Ms Rafidah Yusof (Pahang)	66
3	29 June 2021 (Tuesday), 8:45am -12pm.	Perlis, Penang, Kedah, and Perak	En Faizal Ibrahim (Perlis), Puan Zuhaida binti Harun (Penang), Pn Rohida Saleh Hudin (Kedah), Pn Junidah Binti Raib (Perak)	67
4	28 September 2021 (Tuesday), 8.45am - 12.30pm	Johor, Malacca, and Negeri Sembilan	En Yahya Ahmad (Johor), Dr Wirdah Mohamed (Malacca), Dr Norlela (Negeri Sembilan)	50
5	23 September 2021 (Tuesday), 8.45am - 12.30pm	Selangor, WP Kuala Lumpur, and Putrajaya	En Jaafar Mohamed Idris (Selangor) and Pn. Nor Azah Ahmad (WP Kuala Lumpur & Putrajaya)	41

NSM Scientific Update Session with State Nutritionists

Community Nutrition Promotion: Approaches & Challenges

Speakers



Dr Tee E Siong
President NSM



Assoc Prof Dr Chin Yit Siew
Hon. Secretary, NSM

Moderators



Prof Dr Norimah A Karim
Council Member, NSM



Assoc Prof Dr Mahenderan Appukutty
Vice President, NSM

Session 1/2021 for PSPs in Sabah, Sarawak & Labuan



16th April 2021
9am-12pm

REGISTER HERE



Register Before **31ST March 2021**



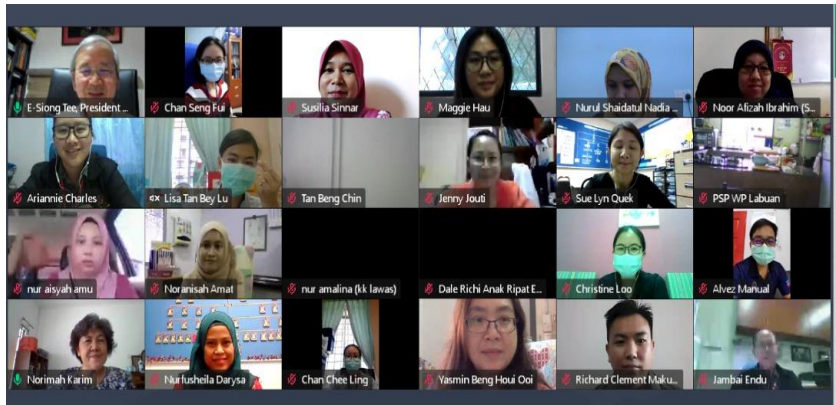
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Scientific Updates with State Nutritionists session 1/2021



**NSM Scientific Update Session with State Nutritionists
Session 1/2021 for PSPs in Sabah, Sarawak & Labuan
Theme: Community Nutrition Promotion: Approaches & Challenges**

Agenda:

- | | |
|------|--|
| 0090 | <p>Opening and message by Dr Tee E Siong, President of NSM</p> <ul style="list-style-type: none"> • Objectives and agenda of session • Nutritionists play key roles in the national health agenda |
| 0930 | <p>Scientific Update Session: Community Nutrition Promotion - Approaches and Challenges</p> <p>Moderator: Assoc Prof Dr Mahenderan Appukutty, Vice-President of NSM
Presentation by Dr Tee E Siong, President NSM</p> <ul style="list-style-type: none"> • Community nutrition promotion in combating double-burden of malnutrition • NSM and its Role in promoting community nutrition |
| 1030 | <p>Presentation by Assoc Prof Dr Chin Yit Siew/Dr Roseline Yap/Dr Tan Sue Yee, NSM Roadshows 2.0 Management Team</p> <ul style="list-style-type: none"> • NSM Roadshows 2.0 – a community outreach programme |
| 1100 | Break |

Cont

- | | |
|------|--|
| 1105 | <p>Sharing by PSPs and council members</p> <p>Moderator: Prof Dr Norimah A Karim, Council Member, NSM</p> <ul style="list-style-type: none"> • Presentation of short statements by senior PSPs
(views about NSM and role of PSPs in community nutrition promotion) • Sharing by Council members |
| 1215 | <p>Summary and recommendations: Dr Tee E Siong, President of NSM</p> |
| 1230 | <p>End of session</p> |

Summary report is available [here](#)

NSM Scientific Update Session with State Nutritionists

**Community Nutrition Promotion:
Approaches & Challenges**

Speakers



Dr Tee E Siong
President
Nutrition Society of Malaysia



Dr Roseline Yap Wai Kuan
Hon. Treasurer
Nutrition Society of Malaysia

Moderators



Assoc Prof Dr Chin Yit Siew
Hon. Secretary
Nutrition Society of Malaysia



Assoc Prof Dr Mahenderan Appukutty
Vice President
Nutrition Society of Malaysia

For more
Information:



www.nutriweb.org.my
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secretary@nutriweb.org.my

Session 2/2021 for
PSPs in Terengganu,
Kelantan & Pahang



24th May 2021
8.45am-12.30pm

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Register Before
17th May 2021



GoToMeeting

Organised by:



Scientific Updates with State Nutritionists session 2/2021



**NSM Scientific Update Session with State Nutritionists
Session 2/2021 for PSPs in Terengganu, Kelantan, Pahang
Theme: Community Nutrition Promotion: Approaches & Challenges**

Agenda:

- 0845 Participants and NSM Council Members login
- 0090 **Opening and message by Dr Tee E Siong, President of NSM**
- Objectives and agenda of session
 - Nutritionists play key roles in the national health agenda
- 0930 **Scientific Update Session: Community Nutrition Promotion - Approaches and Challenges**
- Moderator: Assoc Prof Dr Chin Yit Siew, Hon Secretary of NSM
- Presentation by Dr Tee E Siong, President NSM
- Community nutrition promotion in combating double-burden of malnutrition
 - NSM and its Role in promoting community nutrition
- 1030 Presentation by Dr Roseline Yap/Dr Tan Sue Yee,
NSM Roadshows 2.0 Management Team
- NSM Roadshows 2.0 – a community outreach programme

Cont

- 1100 **Sharing by PSPs and council members**
- Moderator: Assoc Prof Dr Mahenderan Appukutty, Vice-President of NSM
- Presentation of short statements by senior PSPs
(views about NSM and role of PSPs in community nutrition promotion)
 - Sharing by Council members
- 1215 **Summary and recommendations:** Dr Tee E Siong, President of NSM
- 1230 **End of session**

Summary report is available [here](#)

NSM Scientific Update Session with State Nutritionists

**Community Nutrition Promotion:
Approaches & Challenges**

Speakers



Dr Tee E Siang
President
Nutrition Society of Malaysia



Assoc Prof Dr Chin Yit Siew
Hon. Secretary
Nutrition Society of Malaysia

Moderators



Dr Roseline Yap Wai Kuan
Hon. Treasurer
Nutrition Society of Malaysia



Dr Wong Jyh Eiin
Asst. Hon. Secretary
Nutrition Society of Malaysia

For more
Information:



www.nutriweb.org.my



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secretary@nutriweb.org.my

Session 3/2021 for
PSPs in Perlis, Kedah,
Penang & Perak



29th June 2021
8.45am-12.30pm

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Register Before
22nd June 2021



Scientific Updates with State Nutritionists session 3/2021



NSM Scientific Update Session with State Nutritionists
Session 3/2021 for PSPs in Perlis, Kedah, Penang and Perak
Theme: Community Nutrition Promotion: Approaches & Challenges

Agenda:

- 0845 Participants and NSM Council Members login
- 0900 **Opening and message by Dr Tee E Siong, President of NSM**
- Objectives and agenda of session
 - Nutritionists play key roles in the national health agenda
- 0920 **Scientific Update Session: Community Nutrition Promotion - Approaches and Challenges**
- Moderator: Dr Roseline Yap Wai Kuan, Hon Treasurer of NSM
- Presentation by Dr Tee E Siong, President NSM
- Community nutrition promotion in combating double-burden of malnutrition
 - NSM and its Role in promoting community nutrition
- 1005 Presentation by Assoc Prof Dr Chin Yit Siew and Dr Tan Sue Yee, NSM Roadshows 2.0 Management Team
- NSM Roadshows 2.0 – a community outreach programme

Cont

- 1045 **Sharing by PSPs and council members**
- Moderator: Dr Wong Jyh Eein, Asst. Hon. Secretary of NSM
- Presentation of short statements by senior PSPs (views about NSM and role of PSPs in community nutrition promotion)
 - Sharing by Council members
- 1205 **Summary and recommendations:** Dr Tee E Siong, President of NSM
- 1230 **End of session**

Summary report is available [here](#)

NSM Scientific Update Session with State Nutritionists

Community Nutrition Promotion:
Approaches & Challenges

Speakers



Dr Tee E Siong
President
Nutrition Society of Malaysia



Assoc Prof Dr Mahenderan Appukutty
Vice President
Nutrition Society of Malaysia



Dr Roseline Yap Wai Kuan
Hon. Treasurer
Nutrition Society of Malaysia

Moderators



Assoc Prof Dr Chin Yit Siew
Hon. Secretary
Nutrition Society of Malaysia



Mr Ng Chee Kai
Alumni
Malaysia Nutrition Leadership Programme

Session 4/2021 for PSPs
in Johor, Malacca &
Negeri Sembilan



28 September 2021
8.45am-12.30pm

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Register Before
20 September 2021



Zoom Platform

Organised by:

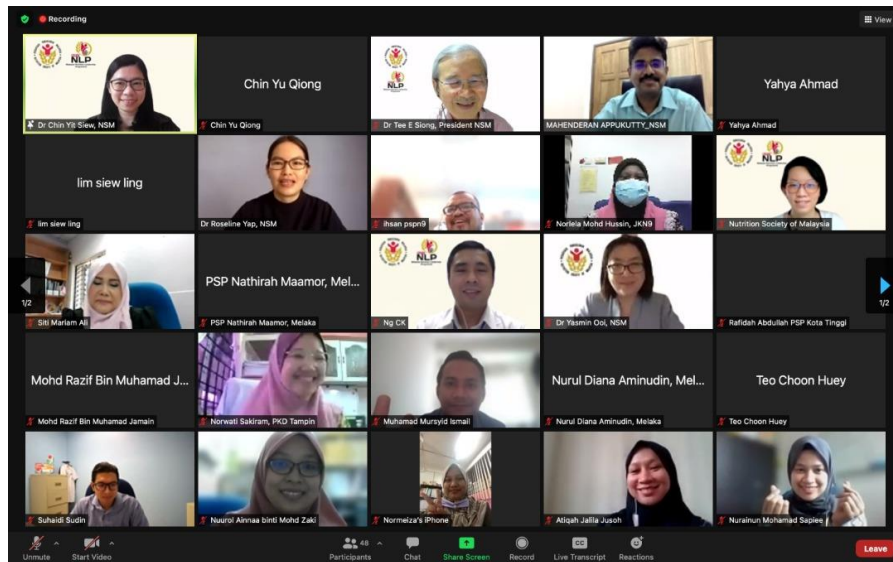


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Information:



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myntp@nutriweb.org.my
secretary@nutriweb.org.my

Scientific Updates with State Nutritionists session 4/2021



**NSM Scientific Update Session with State Nutritionists
Session 4/2021 for PSPs in Negeri Sembilan, Melaka and Johor
Theme: Community Nutrition Promotion: Approaches & Challenges**

Agenda:

- | | |
|------|--|
| 0845 | Participants and NSM Council Members login |
| 0900 | Opening and Welcoming Message by Dr Tee E Siong, President of NSM <ul style="list-style-type: none"> • Objectives and agenda of session • Nutritionists play key roles in the national health agenda |
| 0920 | Scientific Update Session: Community Nutrition Promotion - Approaches and Challenges by Assoc. Prof. Dr Mahenderan Appukutty, Vice President NSM
Moderator: Assoc. Prof. Dr Chin Yit Siew, Hon Secretary of NSM <ul style="list-style-type: none"> • Presentation Community nutrition promotion in combating double-burden of malnutrition • NSM and its Role in promoting community nutrition |
| 1005 | NSM Roadshows 2.0 – A Community Outreach Programme
Presentation by Dr Roseline Yap Wai Kuan and Dr Tan Sue Yee, NSM Roadshows 2.0 Management Team |

**NSM Scientific Update Session with State Nutritionists
Session 4/2021 for PSPs in Negeri Sembilan, Melaka and Johor
Theme: Community Nutrition Promotion: Approaches & Challenges**

Cont:

- | | |
|------|--|
| 1045 | Sharing Session by PSPs and NSM Council Members
Moderator: Mr Ng Chee Kai, Alumni of MyNLP <ul style="list-style-type: none"> • Presentation of short statements by senior PSPs (views about NSM and role of PSPs in community nutrition promotion) • Sharing by NSM Council members |
| 1205 | Summary and Recommendations by Dr Tee E Siong, President of NSM |
| 1230 | End of session |

Summary report is available [here](#)

NSM Scientific Update Session with State Nutritionists

Community Nutrition Promotion: Approaches & Challenges

Speakers



Dr Tee E Siong
President
Nutrition Society of Malaysia



Assoc Prof Dr Mahenderan Appukutty
Vice President
Nutrition Society of Malaysia



Assoc Prof Dr Chin Yit Siew
Hon. Secretary
Nutrition Society of Malaysia



Moderators
Ms Lim Siew Ling
Alumni
Malaysia Nutrition Leadership Programme



Dr Wong Jyh Eiin
Asst. Hon. Secretary
Nutrition Society of Malaysia

Session 5/2021 for PSPs
in Selangor, Kuala Lumpur & Putrajaya



23 November 2021
8.45am-12.30pm



<https://tinyurl.com/4tn57wjm>



Register Before
15 November 2021



Zoom Platform

Organised by:



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Scientific Updates with State Nutritionists session 5/2021



**NSM Scientific Update Session with State Nutritionists
Session 5/2021 for PSPs in Selangor, WP Kuala Lumpur & Putrajaya
Theme: Community Nutrition Promotion: Approaches & Challenges**

Agenda:

- | | |
|------|---|
| 0845 | Participants and NSM Council Members login |
| 0900 | Opening and Welcoming Message by Dr Tee E Siong, President of NSM <ul style="list-style-type: none"> • Objectives and agenda of session • Nutritionists play key roles in the national health agenda |
| 0920 | Scientific Update Session: Community Nutrition Promotion - Approaches and Challenges by Assoc. Prof. Dr Mahenderan Appukutty, Vice President NSM
Moderator: Ms. Lim Siew Ling, Alumni of MyNLP <ul style="list-style-type: none"> • Presentation Community nutrition promotion in combating double-burden of malnutrition • NSM and its Role in promoting community nutrition |
| 1005 | NSM Roadshows 2.0 – A Community Outreach Programme
Presentation by Dr Chin Yit Siew and Dr Roseline Yap Wai Kuan and, NSM Roadshows 2.0 Management Team |

**NSM Scientific Update Session with State Nutritionists
Session 5/2021 for PSPs in Selangor, WP Kuala Lumpur & Putrajaya
Theme: Community Nutrition Promotion: Approaches & Challenges**

Cont:

- | | |
|------|--|
| 1045 | Sharing Session by PSPs and NSM Council Members
Moderator: Dr Wong Jyh Eiin, Asst. Hon. Secretary of NSM <ul style="list-style-type: none"> • Presentation of short statements by senior PSPs (views about NSM and role of PSPs in community nutrition promotion) • Sharing by NSM Council members |
| 1205 | Summary and Recommendations by Dr Tee E Siong, President of NSM |
| 1230 | End of session |

Summary report is available [here](#)


NSM Leadership Webinar: Summary

Leadership Webinar

Unlock the Leader in You

9 July 2021 | 2.45pm-5.30pm | GoToMeeting

Leadership Trainer




Dr Saw Horng Yuan
PhD, AMInstLM, Communicator,
Senior Coach at Lead-Plus.org

Learning Outcomes

- I. Choose effective strategies for leadership development.
- II. Recognise different perspectives on leadership and development.
- III. Identify hindrances to leadership development.
- IV. Differentiate between a leader and a manager.

Scan to pre-register





FEES: RM 30.00
(Accept via online transfer only)

Terms

- ✦ Registration of participations will be **limited to 40 participants.**
- ✦ **Priority** will be given to **active NSM members and those who practice in the field of nutrition.**
- ✦ Please note that your **pre-registration is NOT confirmed** until you receive a confirmation notice from the organiser.

For more information and enquiries,
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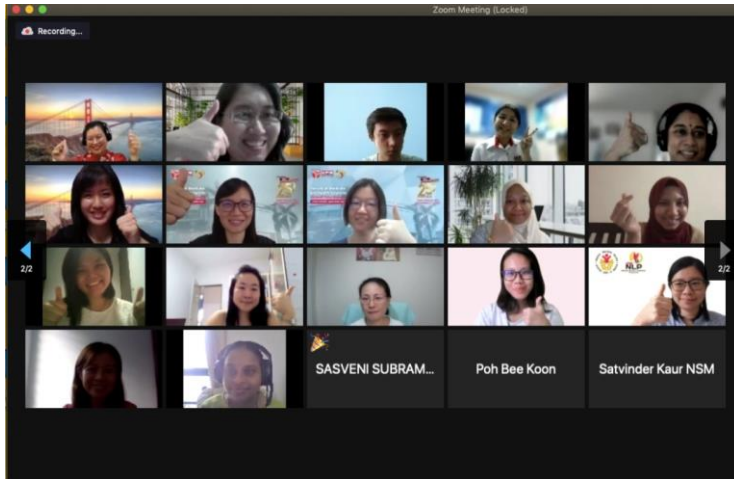
Organised by:

Date: 9 July 2021 (Friday), 2.45-5.30pm

Trainer: Dr Saw Horng Yuan

Attendees: 36 participants including 11 NSM Council / MyNLP committee members and 3 NSM interns



Leadership Webinar: Unlock The Leader In You

Date: 9 July 2021

Time: 2.45 pm- 5.30 pm

Agenda:

- 2.30 pm Login of participants
- 2.45 pm Housekeeping notes by Mr Ng Chee Kai (Moderator)
- 3.00 pm Opening remarks by Dr Tee E Siong, President of NSM
- 3.15 pm Leadership Presentation by Dr Saw Horng Yuan on **“Unlock The Leader In You”** & Debriefing on Leadership Style Self Assessment
- 5.00 pm Q&A
- 5.15 pm Closing with group photo
- 5.30 pm End

Summary report is available [here](#)

Acknowledgement

The MyNLP Technical Working Committee would like to express our sincere gratitude to all invited speakers and participants.

Also, special thanks to the following volunteers who assisted in the implementation of the different programmes:

- Sasveni Subramaniam
- Chong Wan Yi
- Scott David Hastie
- Woon Fui Chee

