



Malaysia Nutrition Leadership Programme (MyNLP) 2022 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



Assoc Prof 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



Ms Khairul Zarina
Binti Mohd Yusop

Key Activities in Year 2022



Nutrition Career Journey



SEAPHN Leadership Programme Workshop

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	20 May 2022 (Friday), 2.45 to 4.30 pm	Corporate Sector	Ms Muhaini Hussin , Director, Health and Nutrition at Versacomm Sdn. Bhd	74 UG & PG students from 9 universities
2	27 May 2022 (Friday), 2.45 to 4.30 pm	Self Employed Nutritionist	Dr Tan Sue Yee , Freelance Nutritionist	45 UG & PG students from 9 universities
3	10 June 2022 (Friday), 2.45 to 4.30 pm	Government Sector	Mr Mohd Rizal Md Razali , Research Officer, National Sports Institute	43 UG & PG students from 9 universities
4	17 June 2022 (Friday), 2.45 to 4.30 pm	Global Perspective	Dr Kit Phanvijhitsiri , R&D Life Sciences Manager, Pepsico – Quaker	54 UG & PG students from 10 universities

WEBINAR SERIES ON
**NUTRITION CAREER JOURNEY 1/2022:
 CORPORATE SECTOR**

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



Ms. Muhaini M. Hussin
 Director, Health & Nutrition
 Programmes at VersaComm Sdn Bhd

**FRIDAY
 20 MAY 2022**

**TIME
 2:45-4:30 PM**

ZOOM MEETING



<https://bit.ly/3d8mUdI>

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Exclusively for Fresh Nutrition
 Graduates & Final Year Students!

For more information: www.nutriweb.org.my | myntp@nutriweb.org.my

WEBINAR SERIES ON
**NUTRITION CAREER JOURNEY 2/2022:
 SELF-EMPLOYED NUTRITIONIST**

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



Dr. Tan Sue Yee
 Freelance Nutritionist

**FRIDAY
 27 MAY 2022**

**TIME
 2:45-4:30 PM**

ZOOM MEETING



<https://bit.ly/3d8mUdI>

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Agenda briefing

**Webinar on Nutrition Career Journey:
 Corporate Sector**

**Date: 20 May 2022
 Time: 2:45 pm - 4:30 pm**

2:45 pm	Login of participants
2:55 pm	Housekeeping notes by emcee, Lavanya Velayudhan
3:00 pm	Welcome speech by Chair of MyNLP, Assoc Prof Dr Mahenderan Appukutty
3:05 pm	Presentation by Director, Health & Nutrition Programmes at VersaComm Sdn Bhd, Ms. Muhaini M. Hussin
3:50 pm	Q & A Session
4:20 pm	Summary and Closing Remarks by President of NSM, Dr Tee E Song
4:30 pm	End

Agenda briefing

**Webinar on Nutrition Career Journey:
 Self-Employed Nutritionist**

**Date: 27 May 2022
 Time: 2:45 pm - 4:30 pm**

2:45 pm	Login of participants
2:55 pm	Housekeeping notes by emcee, Cheong Yi En
3:00 pm	Welcome speech by Co-Chair of MyNLP, Dr Wong Jyh Elin
3:05 pm	Presentation by Freelance Nutritionist, Dr Tan Sue Yee
3:50 pm	Q & A Session
4:20 pm	Summary and Closing Remarks by Chair of MyNLP, Assoc Prof Dr Mahenderan Appukutty
4:30 pm	End

Nutrition Career Journey Session 1/2022:
 Corporate Sector with Ms Muhaini Hussin

Nutrition Career Journey Session 2/2022:
 Self-employed Nutritionist with Dr Tan Sue Yee

WEBINAR SERIES ON
**NUTRITION CAREER JOURNEY 3/2022:
 GOVERNMENT SECTOR**

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



Mr. Mohd Rizal Md Razali
 Research Officer at National Sports Institute of Malaysia (NSI)

**FRIDAY
 10 JUNE 2022**

**TIME
 2:45-4:30 PM**

ZOOM MEETING

<https://bit.ly/3K1NmUJ>

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WEBINAR SERIES ON
**NUTRITION CAREER JOURNEY 4/2022:
 CORPORATE SECTOR - GLOBAL PERSPECTIVE**

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



Dr. Kit Phanvijhitsiri
 R&D Life Sciences Manager at PepsiCo - Quaker

**FRIDAY
 17 JUNE 2022**

**TIME
 2:45-4:30 PM**

ZOOM MEETING

<https://bit.ly/3K1NmUJ>

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Agenda briefing

**Webinar on Nutrition Career Journey:
 Government Sector**

**Date: 10 June 2022
 Time: 2:45 pm - 4:30 pm**

2:45 pm	Login of participants
2:55 pm	Housekeeping notes by emcee, Ms Lavanya A/P Valiyutham (NSM Intern)
3:00 pm	Welcome speech by Honorary Secretary of NSM, Assoc Prof Dr Chin Yit Siew
3:05 pm	Presentation by Government Sector, Mr Mohd Rizal Md Razali (NSM)
3:30 pm	Q & A Session moderated by Pn Khairul Zarina Binti Mohd Yusop
4:20 pm	Summary and Closing Remarks by Co-Chair of NLP, Dr Wong Jyh Elin
4:30 pm	End

Agenda Briefing

**Webinar on Nutrition Career Journey:
 Corporate Sector - Global Perspective**

**Date: 17th June 2022
 Time: 2:45 pm - 4:30 pm**

2:45 pm	Login of participants
2:55 pm	Housekeeping notes by emcee, Ms Brandee You Yan Ying (NSM Intern)
3:00 pm	Welcome speech by Hon Secretary of NSM, Assoc Prof Dr Chin Yit Siew
3:05 pm	Presentation by Corporate Sector: Global Perspective, Dr Kit Phanvijhitsiri (PepsiCo)
3:30 pm	Q & A Session moderated by Mr Ng Chee Kai
4:20 pm	Summary and Closing Remarks by Chair of NLP, Assoc Prof Dr Mahenderan Appukuttu
4:30 pm	End

Nutrition Career Journey Session 3/2022:
 Government Sector with Mr Mohd Rizal Md Razali

Nutrition Career Journey Session 4/2022 :
 Corporate Sector with Dr Kit Phanvijhitsiri

Nutrition Career Journey Session 1/2022: Corporate Sector with Ms Muhaini M Hussin

Highlights of the talk:

- Get to know another career opportunity, challenges and self-motivation working in the corporate sector.

WEBINAR SERIES ON
NUTRITION CAREER JOURNEY 1/2022:
CORPORATE SECTOR

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

FRIDAY
20 MAY 2022

TIME
2:45-4:30 PM

ZOOM MEETING

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<https://bit.ly/3shimul>

Ms. Muhaini M. Hussin
Director, Health & Nutrition Programmes at VersoComm Sdn Bhd

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The screenshot below shows a Zoom meeting grid with 15 participants. The participants are arranged in a 3x5 grid. The names of the participants are: Christine Juan..., Nur Maharah M..., Karipya Kristin..., ONE XIN YI, UPM, SITI HAJAR MAI..., Cheng Shee Ho..., Muhammad Han..., Mahira Abdulk..., LIM SA AJ UPM, Thameer White..., NUR ALIA SYAFI..., and Chee Peng Hai... The Zoom meeting ID is 822 551 2222.

Nutrition Career Journey Session 3/2022: Government Sector with Mr Mohd Rizal Md Razali

Highlights of the talk:

- Career as a sports nutritionist
- Responsibilities and challenges as sports nutritionist
- Practising nutrition with elite athletes (ISN)

WEBINAR SERIES ON
**NUTRITION CAREER JOURNEY 3/2022:
GOVERNMENT SECTOR**

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

**FRIDAY
10 JUNE 2022**

**TIME
2:45-4:30 PM**

ZOOM MEETING

<https://bit.ly/3NHmull>

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Mr. Mohd Rizal Md Razali
Research Officer at National Sports Institute of Malaysia (ISN)

Exclusively for Fresh Nutrition Graduates & Final Year Students!

Khairul Zarina Moh...

Vinzie_UMS

Nutrition Career Journey Session 4/2022 : Corporate Sector with Dr Kit Phanvijhitsiri

Highlights of the talk:

- Exposure to the global perspective
- Networking to build a career
- Being ethical and professionalism



WEBINAR SERIES ON
**NUTRITION CAREER JOURNEY 4/2022:
CORPORATE SECTOR - GLOBAL PERSPECTIVE**

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

**FRIDAY
17 JUNE 2022**

**TIME
2:45-4:30 PM**

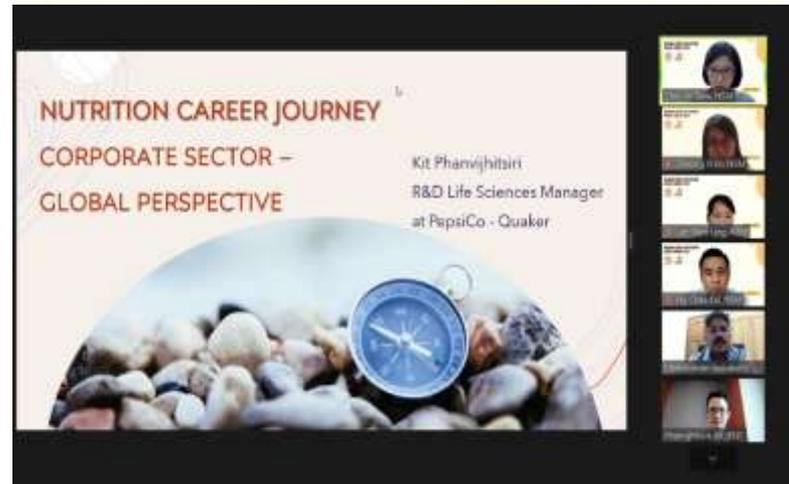
ZOOM MEETING

<https://bit.ly/3kNmUuI>

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Dr. Kit Phanvijhitsiri
R&D Life Sciences Manager
at PepsiCo - Quaker



NUTRITION CAREER JOURNEY
CORPORATE SECTOR -
GLOBAL PERSPECTIVE

Kit Phanvijhitsiri
R&D Life Sciences Manager
at PepsiCo - Quaker

Southeast Asia Public Health Nutrition (SEAPHN) Leadership Programme Workshop



Partner Societies/Associations:

Supported by Educational Grant from:



Food and Nutrition
Society of Indonesia



Nutrition Society of
Malaysia



Nutrition Foundation of
the Philippines, Inc



Nutrition Association
of Thailand under the Patronage
of Her Royal Highness Princess
Maha Chakri Sirindhorn



Vietnam Nutrition
Association

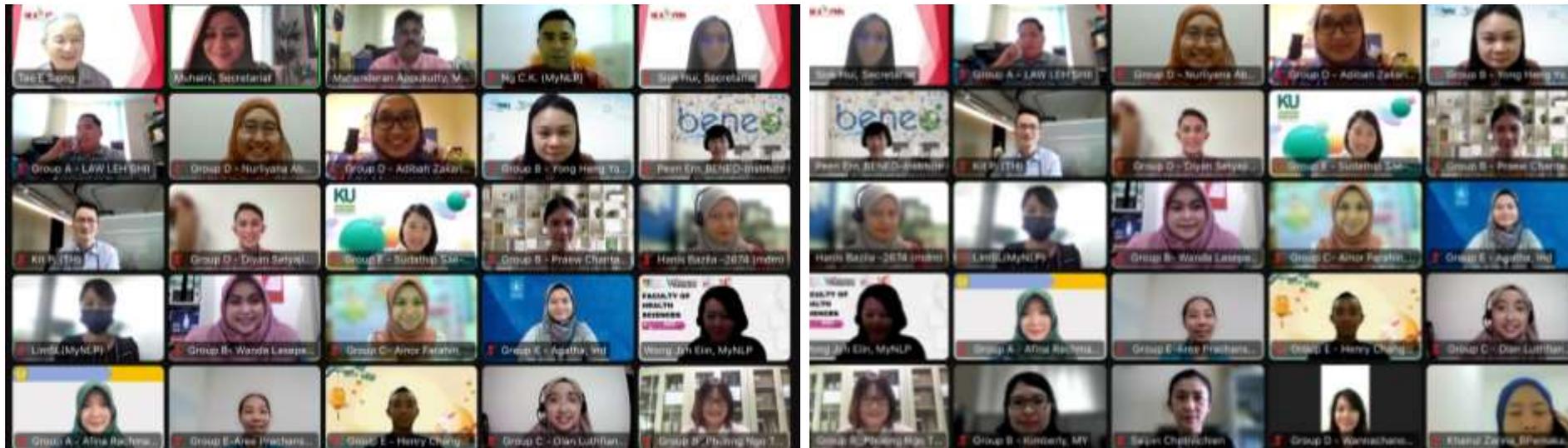


PEPSICO



MPOC

Southeast Asia Public Health Nutrition (SEAPHN) Leadership Programme Workshop



A total of **23 Nutritionists** from five SEA countries (Indonesia, Malaysia, Philippines, Thailand and Vietnam) participated in the workshop.

Agenda

Time	Items
8:45 – 9:00	Participants log in
9:00 – 9:15	Opening remarks by SEA-PHN Network Chairman
9.15 – 9:30	Introduction of Organizing Committee Members <ul style="list-style-type: none"> • SEA-PHN Network Council • Technical Working Committee of MyNLP
9:30 – 10:30	Self-introduction of participants
10:30 – 10:40	<i>Break</i>
10:40 – 13:00	Presentation of assignment reports (15 minutes presentation + 10 minutes discussion per group) <ul style="list-style-type: none"> • Presentation <ul style="list-style-type: none"> ○ A spokesperson from the group shall start the presentation, but all members of the group are expected to chip in • Discussion <ul style="list-style-type: none"> ○ All workshop participants, SEA PHN Network Council Members, Associate Members, MyNLP Committee Members ○ Comments on group reports presented including strategies and programmes of country NPANs
13:00	Overall discussion and closing remarks <ul style="list-style-type: none"> • Suggestions for future action at national/SEA level, including enhancing skills and training needs; strengthening networking and multisectoral approaches
13:30	End of Workshop

Times indicated are Kuala Lumpur time (GMT +8hrs)

The workshop comprised two main components:

1. Group assignment report presentation on the NPAN approaches in SEA countries in addressing selected nutrition problems as below:

- Iron deficiency anaemia
- Iodine deficiency disorder (IDD)
- Stunting and wasting
- Obesity
- Non-communicable diseases (NCDs)

2. Presentation of the group report and discussions on the specific nutritional problems identified

The workshop concluded with useful suggestions for improving future the NPAN's strategies and programmes, as well as capacity building and training needs of nutritionists.

Acknowledgements

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:

- Cheong Yi En
- Brandee Yau Yan Ying
- Lavanya Valayutham