



# Malaysia Nutrition Programme (MyNLP) 2024 Activity Report

This report highlights the key activities of the MyNLP Technical Working Committee in year 2024.



by MyNLP Technical Working Committee (MyNLP TWC)



# MyNLP Technical Working Committee

## Chair

Assoc Prof Dr Wong Jyh Eiin

## Members

Assoc Prof Dr A. Mahenderan

Assoc Prof Dr Chin Yit Siew

Mr Ng Chee Kai

Dr Mohd Shah Kamarudin

Ms Lim Siew Ling

## Volunteers

Mr Ang Zheng Feng

Ms Chong Kar Mun





# Key Activities in Year 2024

1

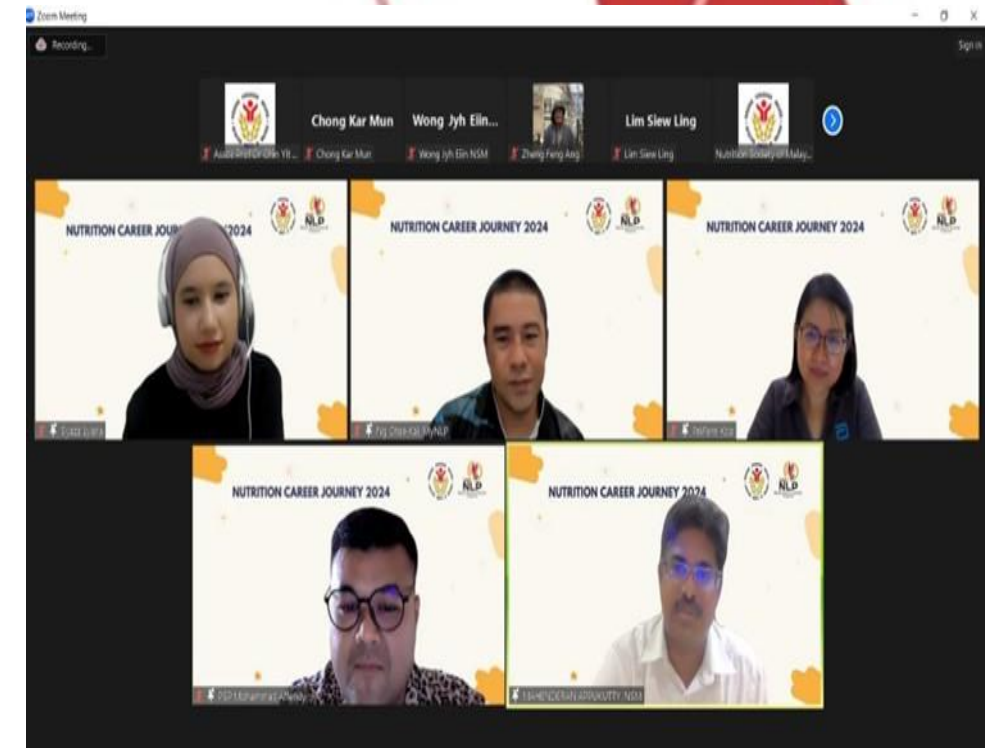
## Nutrition Career Journey 2024

A webinar providing insights into leadership roles, challenges, and opportunities for nutrition students and fresh graduates.

2

## The 2nd Southeast Asia Public Health Nutrition Leadership Programme (2nd SEAPHN LP) and the 2nd Malaysian Nutrition Leadership Programme (2nd MyNLP)

A five-day international leadership workshop to leadership competencies among young nutrition professionals in the Southeast Asia region.



# Nutrition Career Journey 2024

**WEBINAR ON NUTRITION CAREER JOURNEY 2024**

Gain insights into leadership roles, challenges and opportunities of nutritionists in different settings.

**Syaza Lyana Bt Idris**  
CEO/Chief Nutritionist  
Jomsayheart Nutrition  
Consultancy Sdn Bhd

**Mohammad Affendy  
Bin Mhd Akhir**  
Nutritionist  
PKD Gua Musang, Kelantan

**Koo Pei Fern**  
Regulatory Science Innovation  
Manager  
Abbott Laboratories (Singapore)  
Pte. Ltd

**FRIDAY  
8 MARCH 2024**

**TIME  
3 - 5 PM**

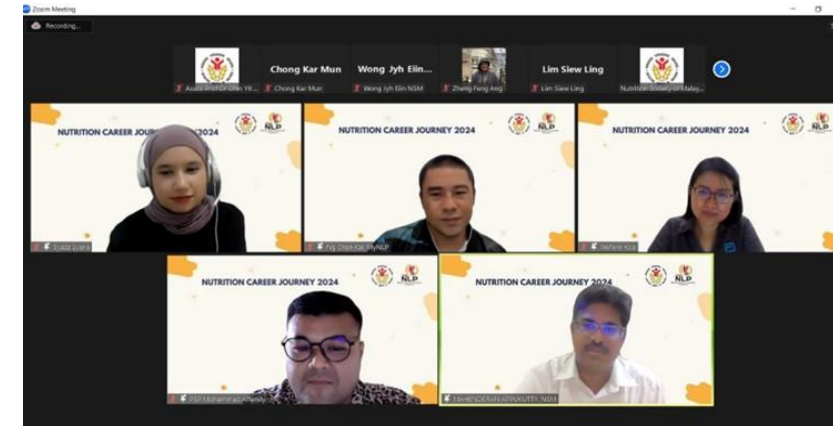
**ZOOM MEETING**

Free webinar exclusively for  
nutrition undergraduate  
and postgraduate students.

**REGISTER NOW!**

  
<https://bit.ly/48FKb8E>

For more information: [www.nutriweb.org.my](http://www.nutriweb.org.my) | [mynlp@nutriweb.org.my](mailto:mynlp@nutriweb.org.my)



## Event Objective

To provide insights into leadership roles, challenges, and career opportunities for nutritionists in different work settings.

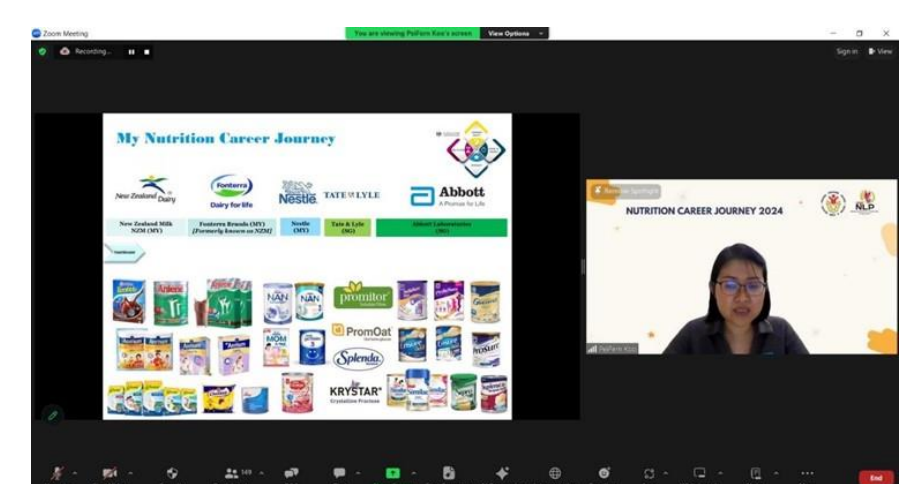
## Target Audience

Fresh nutrition graduates and final year undergraduate & postgraduate students.

## Program Details

8<sup>th</sup> March 2024, 3pm – 5pm  
At Zoom Meeting Platform

# Nutrition Career Journey 2024



## 1 Highlights

- ✓ A total of 170 participants attended the webinar.

## 2 Key Takeaways

- ✓ Speakers provided insights to future nutritionists working in different settings, especially in governmental and non-governmental sectors.
- ✓ Participants gained new insights from both speakers, with few comments indicating that the sharing helped them learn about career opportunities for nutritionists in corporate settings.





Date : 6<sup>th</sup> – 10<sup>th</sup> September 2024

Venue : UiTM Bandar Enstek, Nilai, Negeri Sembilan, Malaysia

The Nutrition Leadership Programme aims to enhance leadership competency among young nutritionists in the Southeast Asian (SEA) region. The five-day training program brought together 30 Nutritionists/Dietitians from Indonesia, Malaysia, Philippines, Thailand, and Vietnam.

## 2nd Southeast Asia Public Health Nutrition Leadership Programme (2nd SEAPHN LP) and the 2nd Malaysian Nutrition Leadership Programme (2nd MyNLP)

# Day 1: Beginning the Leadership Journey

## Welcome and Ice Breaking

The program commenced with welcome remarks from Assoc Prof Dr Mahenderan Appukutty, Chair of the Malaysia Nutrition Programme (MyNLP) and President of the Nutrition Society of Malaysia.

## Programme Overview

Dr Tee E Siong, Chairman of Southeast Asia Public Health Nutrition Network, kickstarted the program with a talk entitled Championing Nutrition.





# Day 2: Building a Strong Team

1

## Icebreakers and Briefing

The day began with team building icebreakers and a briefing session for the Hot Topics Debate.

2

## Outdoor Activities

Participants engaged in outdoor team building activities facilitated by Elite Trainers.

3

## Evening Discussion

The evening included a group discussion and preparation for the Hot Topics Debate.





# Day 3: Self-Discovery and Communication

## 1 Self-Discovery

Participants engaged in self-discovery activities through personal profiling sessions.

## 2 Impactful Communication

The day focused on impactful communication and presentation skills.

## 3 Value-Based Leadership

The program explored value-based leadership principles.





# Day 4: Professional Excellence and Application

## Hot Topics Debate

The day featured a Hot Topics Debate facilitated by the Technical Working Committee (TWC).

## Sharing Sessions

Participants gained insights from sharing sessions by corporate sector representatives.

## Dinner & Nutritionists' Got Talent





# Dinner & Nutritionists' Got Talent





# Day 5: Reflecting on the Leadership Journey

1

## Morning Sharing

The day began with a sharing session by Dr Kit Phanvijhitsiri (Quaker Oats).

2

## Reflection and Sharing

Participants engaged in reflection and sharing sessions facilitated by the TWC.

3

## Closing Ceremony

The program concluded with a closing ceremony and certificate giving.







# Key Takeaways

## Teamwork

The importance of teamwork and collaboration in achieving common goals.

## Communication

Effective communication skills are crucial for leadership success.

## Self-Awareness

Understanding one's strengths and weaknesses is essential for personal growth.

## Program Highlights:

<https://www.youtube.com/watch?v=ehiyy8KS-Kc>