

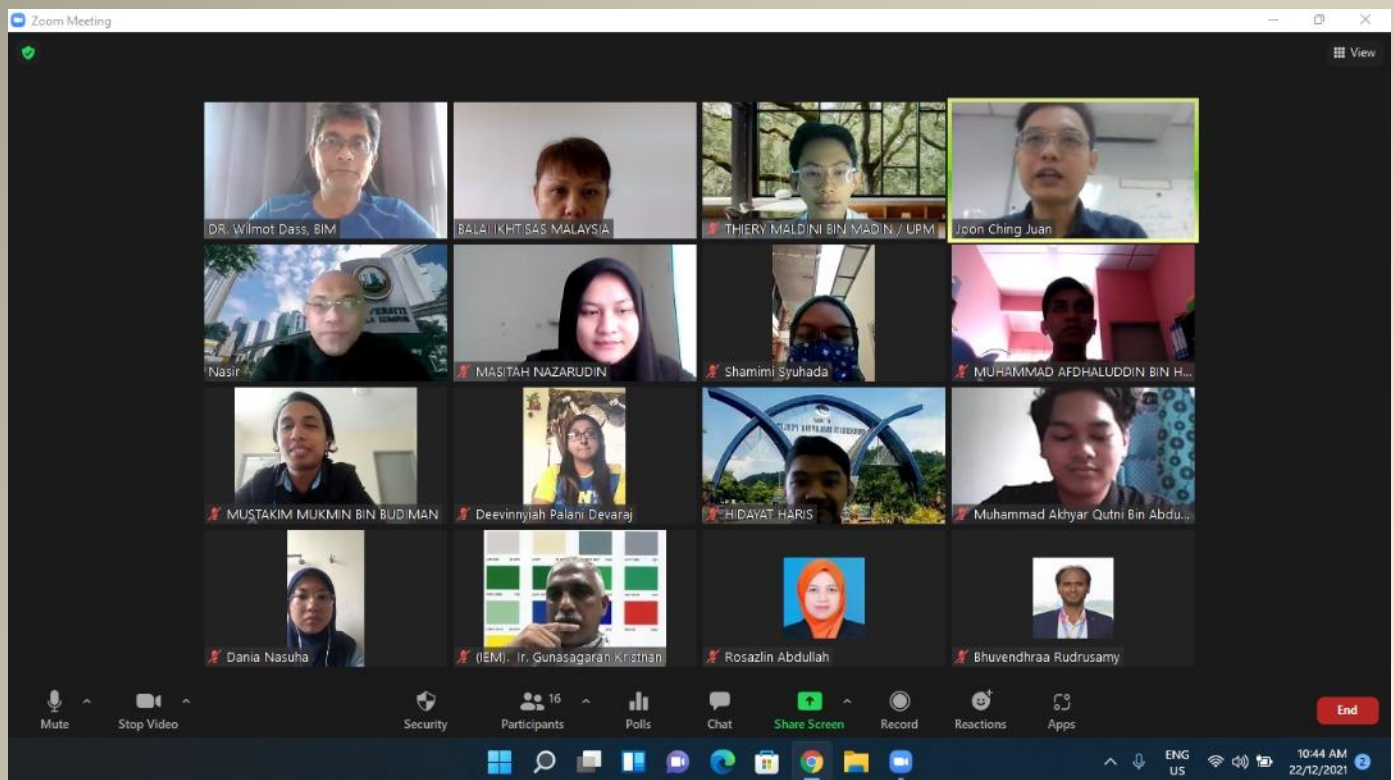
## CHINESE NEW YEAR GREETINGS



## BIM's EVENT

### BIM GRANT RECIPIENTS – GETTING TO KNOW SESSION 22 December 2021

Balai Ikhtisas Malaysia have organized an Introduction Session, BIM Grant Recipients – Getting to Know Session by Zoom online on 22<sup>nd</sup> December 2021. The session is basically to announce that 10 recipients have been selected by BIM Education Fund Committee for grant of RM1000.00 each at the total of RM10,000.00 from Education Funds for those students in need during this time of pandemic to subsidise the purchase laptops, etc for online learning.



## BIM's EVENT

### BIM GRANT RECIPIENTS – GETTING TO KNOW SESSION 22 December 2021

The Education Fund Committee has been finalized the 10 recipients of RM1,000 grant as follows:

No	Institutions	Name of Recipients	University	Course Applied
1	AIM	MASITAH BINTI NAZARUDIN	UNIVERSITI PUTRA MALAYSIA	BACHELOR OF AGRICULTURAL SCIENCE
2	AIM	DEEVINNYIAH A/P PALANI DEVARAJ	UNIVERSITI PUTRA MALAYSIA	MASTER OF SCIENCE IN AGRONOMY
3	AIM	MUHAMMAD AKHYAR QUTNI BIN ABDUL HAMID	UNIVERSITI PUTRA MALAYSIA	BACHELOR OF AGRICULTURAL SCIENCE
4	AIM	HAZRAH BINTI ZAINUL ABIDIN	UNIVERSITI PUTRA MALAYSIA	BACHELOR OF AGRICULTURAL SCIENCE
5	AIM	THIERY MALDINI BIN MADIN	UNIVERSITI PUTRA MALAYSIA	BACHELOR OF AGRICULTURAL SCIENCE
6	IEM	MUHAMMAD HIDAYAT BIN HARIS	UNIVERSITI MALAYSIA PERLIS	BACHELOR OF ENGINEERING
7	IEM	NURDANIA NASUHA BINTI HASSAN	UNIVERSITI MALAYSIA PERLIS	CHEMICAL ENGINEERING
8	IEM	MUSTAKIM MUKMIN BIN BUDIMAN	UNIVERSITI MALAYSIA PERLIS	BACHELOR OF CIVIL ENGINEERING
9	MAVMA	MUHAMMAD AFDHALUDDIN BIN HASSAN	UNIVERSITI MALAYSIA KELANTAN	DOCTOR OF VETERINARY MEDICINE
10	MAVMA	NURSHAMIMI SYUHADA YUSAIRI	UNIVERSITI MALAYSIA KELANTAN	DOCTOR OF VETERINARY MEDICINE



## BIM's EVENT

### FELLOWSHIP DINNER WITH PRESIDENTIAL ADVISORY COUNCIL (PAC) 11 January 2022



The PAC Dinner successfully held on 11 January 2022 organized by Presidential Advisory Council (PAC) Committee after the Exco (6) meeting at Eastin Hotel. The dinner was attended by Eight (8) Past Presidents namely:

1. Datuk Dr. N. Arumugam (MMA)
2. Prof. Dato' Dr. S. Vellayan (VAM)
3. Hjh Ungku Anna Ungku Mohamed (IPDM)
4. Dr. Tan Yoke Sing (MDA)
5. Dato' Sr John SC Loh (RISM)
6. Dato' LAr. Ismail Ngah (ILAM)
7. Mr John C.P. Chang (MPS)
8. IPP Ar Abu Zarim Abu Bakar (PAM)

## BIM's EVENT

### FLOOD RELIEF DONATION – AID DISTRIBUTION TO 62 FAMILIES AT DENGKIL 15<sup>th</sup> January 2022



Balai Ikhtisas Malaysia have donated RM5,000.00 to 62 families who is affected by the flood at Dengkil area. The program is organized on 15 January 2022 by Suriana Welfare Society. The donation including the distribution of pillows, blankets and towels has presented by Assoc. Prof. ChM Dr Juan Joon Ching, BIM Deputy President with other Exco members, Dr. Rosazlin Abdullah, Mr Wong Khin Yip and IPP Ar Abu Zarim Abu Bakar.





**BIM's EVENT**



## ABOUT MEMBERS

PRIM WEBINAR #4  
27<sup>th</sup> January 2022 @ 8.00 pm  
By Zoom online

### PRIM WEBINAR #4

27TH JANUARY 2022  
TIME: 20:00 HR (GMT +8.00)



PRESENTATION NO.1

**FRONTIER OF GRAPHENE COMPOSITE IN LATEX**  
BY ASSOCIATE PROFESSOR CHM DR. JUAN JOON CHING  
UNIVERSITI MALAYA



PRESENTATION NO. 2

**MARKET SURPLUS & SHORTAGE: AN EXPLANATION OF THE GLOVE BOOM**  
BY MR. PONG KAI SEE – *MANAGING DIRECTOR*  
CY HANDEE RUBBER MOULDINGS SDN. BHD.



CLICK ON THE LINK BELOW OR SCAN THE QR CODE TO REGISTER

[https://zoom.us/join/zoom/register/tUukdeysrjkvEtyf0MiQoSteI\\_AKNCdixqXh](https://zoom.us/join/zoom/register/tUukdeysrjkvEtyf0MiQoSteI_AKNCdixqXh)





## ABOUT MEMBERS

CHEMISTS BREAKFAST @ NATURE  
IUPAC Global Women Breakfast 2022  
16 February 2022 @ Kepong Botanical Garden (FRIM)

# CHEMISTS BREAKFAST @NATURE

IUPAC Global Women Breakfast 2022



**16 FEB 2022, WED**

**8:00am – 12:00pm (GMT +8)**

**Kepong Botanical Garden, FRIM**





Time	Activities
8.00 am	Registration
8.50 am	Doa Recitation
9.00 am	Opening Remark by MNPS President
9.10 am	Welcoming Remark by IKM President
9.20 am	Sharing Session: Earlier Chemist in the 70's 
10.10 am	Photo Session
10.20 am	Live Streaming
11.00 am	Skywalk FRIM adventure climbing*

\*Only registered participants



**Datin ChM Dr Zuriati Zakaria**  
IKM Vice President



For more info and registration  
please scan the QR code or click:  
<https://tinyurl.com/3jbmfx8>

**Register Now!!**  
Limited seats only!



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## ABOUT MEMBERS

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LARIAN HARI LANDSKAP NEGARA 2022  
6 March 2022 @ Taman Bandar Ekoflora, Johor Bahru



In conjunction with the annual National Landscape Day 2022 to be celebrated in Johor Bahru, Johor. ILAM through Southern Chapter team is delighted to organise "Larian Hari Landskap Negara" (National Landscape Day Run) with the collaboration of National Landscape Department and Johor Bahru City Council.

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## NEWS

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### BOOSTER MOVE HARSH BUT NECESSARY, SAYS HEALTH EXPERT

FMT, 17 December 2021

PETALING JAYA: Making boosters mandatory if one wants to maintain their fully vaccinated status may be a harsh move, but a health expert says it has to be done.

Yesterday, health minister Khairy Jamaluddin said those over the age of 60 will no longer be considered fully vaccinated after February if they have not received a Covid-19 booster shot. For Sinovac recipients, this applies to everyone over the age of 18.



Health minister Khairy Jamaluddin says those above 60 and Sinovac recipients above 18 will no longer be considered fully vaccinated after February if they have not received a booster shot.



Azrul Mohd Khalib

Azrul Mohd Khalib, CEO of the Galen Centre for Health and Social Policy, said the reasoning behind this “shifting of goalposts” must be clearly communicated to the public.

“No, it’s not fair, but the policy is necessary and reflects new and hard realities,” he told FMT.

“We are guided by the science and what we know regarding the virus and its variants. This latest variant Omicron is a more transmissible version.”

In light of this, and with the efficacy of certain vaccines appearing to wane quicker than others, boosters have now become a necessity, he said.

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## NEWS

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Dr Koh Kar Chai, president of the Malaysian Medical Association, encouraged eligible recipients to get their booster jabs when offered.

“We believe the health minister has valid concerns, as the protective effect of vaccines wanes over time and it may not offer enough protection against new variants such as the highly transmissible Omicron,” he said.

On vaccine hesitancy, which has in part led to the slow take-up of boosters and thus the ministry’s ruling, Koh said the government must better educate the public about mixed dose regimes.



Dr Koh Kar Chai.

“The government needs to increase awareness on the safety of heterologous vaccination through the sharing of evidence recognised by leading health authorities,” he said.

Currently, only vaccines made by Pfizer/BioNTech, AstraZeneca and Sinovac have been approved for use as boosters. The first two have also been approved for use in people who did not receive them during their initial stages of vaccination.

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## NEWS

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### COLLABORATION TO PROVIDE FREE MEDICAL CARE FOR ANIMALS

NST, 21 December 2021



A mobile veterinary clinic is seen near Taman Sri Muda, Shah Alam.

KUALA LUMPUR: The Malaysian Veterinary Medical Association (MAVMA) is collaborating with the Malaysian Small Animal Veterinary Association (MSAVA) to provide free services to animals affected by the floods.

Universiti Putra Malaysia Veterinary Medicine Faculty lecturer Dr Farina Mustaffa Kamal said the mission started today till Dec 27.

She said the mobile veterinary clinic is based in the most affected flood area near Taman Sri Muda, Shah Alam, and will operate from 9am to 6pm.

"The public can bring their own pets or stray animals to the mobile clinic. Animals such as dogs and cats will be examined and given treatment by licenced veterinarians for free.

"This effort has obtained support from veterinarians from various agencies and clinics, and we will also be distributing animal food, and other medical tools.

"The coordinates of the mobile clinic are .0209197998046875,101.53856658935547, at Taman Sri Muda KFC/Pizza Hut parking area," she said in a statement today.

Acknowledging that many animals were affected by the floods, Dr Farina hopes this mission could help them accordingly.

"This is to make sure animals also get treatment and are healthy despite the floods.

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## NEWS

### FAKE CERTS CAN DENT PUBLIC'S TRUST IN VACCINATION PROGRAMME, SAY EXPERTS

FMT, 24 January 2022



Police have raided several clinics selling fake Covid-19 vaccination certificates in Selangor, Johor, Kedah, Kelantan and Terengganu. (Bernama pic)

PETALING JAYA: The increasing reports of private clinics selling fake Covid-19 vaccination certificates will create doubt among the public on the high vaccination rate in the country, say experts.

Malaysia's vaccination programme has been a bright spot in the two-year pandemic, with the government easing restrictions as the rate rose after the first dose

was given out on Feb 24 last year. As of Saturday, 97.9% of the adult population have completed two doses.

However, this month alone, police busted clinics selling fake Covid-19 vaccination certificates in Selangor, Johor, Kedah, Kelantan and Terengganu – with 5,601 patients registered as vaccine recipients in just the one clinic in Selangor, which allegedly threw away vaccines but issued legitimate digital vaccination certificates.

“It's very clear that this kind of behaviour results in an erosion of public trust and confidence in the vaccination programme,” said Azrul Mohd Khalib of the Galen Centre for Health and Social Policy.

“However, I am confident that we have vaccinated most of the population, and these fraudulent cases represent a small minority of cases out there.”

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## NEWS

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Dr Mark Cheong, a lecturer at Monash University Malaysia's school of pharmacy, noted how the national Covid-19 immunisation programme had been among the few highlights of the battle against the pandemic, and that the easing of restrictions had been "backed by confidence" in the high vaccination rate.

However, in light of reports about fake vaccination certificates, including a clinic in Terengganu said to have issued 1,900 such certificates, Cheong said the public may think twice about whether further easing of lockdown measures, such as allowing schools to resume, would be a wise move.

"It makes it very hard to get a good sense of how well protected we are as there are people flying under the radar with fake vaccine certificates," he said.

Cheong, whose research is focused on public health and access to healthcare services and medicines, also said there were other concerns at play.

"Let's say a number of people who claim to have been vaccinated later get infected but they have only got mild symptoms. If it turns out that they are not vaccinated, it will increase scepticism among them that vaccines are needed," he said.

Malaysian Medical Association (MMA) president Dr Koh Kar Chai said although "some may question" the high vaccination rate, the significant reduction in severe Covid-19 cases proved that the high rate was not a facade.

Federation of Private Medical Practitioners' Association Malaysia (FPMPAM) president Dr Steven Chow, however, said there had been a "trust deficit" in the vaccination programme from its onset, before private clinics were involved.

Chow noted how this "trust deficit" was first highlighted by the numerous cases of "empty syringe injections" and reports of negative antibody tests following vaccinations.

"The entire programme was planned and implemented from the top, and input from our private fraternity was not sought out," he said.

"It is clear that a comprehensive consultation of all stakeholders would have made a difference in how this programme could have been rolled out and abuses prevented."

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## NEWS

### PANDEMIC HIGHLIGHTS NEED TO MEET WOMEN, GIRLS EMPOWERMENT GOALS

**NST, 30 January 2022**

**LETTERS:** For more than two years, the world was rocked by the arrival of Covid-19 virus, which has caused many people to lose jobs and impacting in many other areas.

More women lost their jobs as they worked in industries most affected by business closures and government-mandated lockdowns. With schools and early childhood education centres closed for weeks or months, women shouldered a larger burden of



domestic duties at home, and some experienced greater risk of domestic violence.

In the early months of the pandemic in Australia, between March and May 2020, more than 800,000 workers lost their jobs. Women accounted for 54 per cent of that number.

Because of their overrepresentation in part-time and casual employment in service sectors hardest hit by business closures and pandemic-related shutdowns (such as retail, accommodation and food services, and other professional services), women experienced much sharper drops in their working hours and salary than men.

In the three months until May 2020, women experienced a 10.8 per cent drop in their working hours, compared with 7.5 per cent for men.

The pandemic has also led to a steep increase in violence against women and girls. With lockdown in place, many women are at home with their abusers, struggling to access support services that are also suffering from cuts and restrictions.

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## NEWS

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Emerging data shows that, since the start of the pandemic, violence against women and girls, particularly domestic violence, has intensified.

The increasing rate of domestic violence shows that one of the targets for United Nations' Gender Equality in the Sustainable Development Goals (SDG5) — to eliminate violence against women and girls in the public and private spheres, including trafficking and sexual and other types of exploitation — is more challenging to achieve.

The other targets are:

TO end discrimination against women and girls everywhere.

ELIMINATE harmful practices, such as child, early and forced marriage and female genital mutilation.

ENSURE women's participation and equal opportunities for leadership at all levels of decision-making in political, economic, and public life.

ENSURE universal access to sexual and reproductive health and reproductive rights in accordance with the Programme of Action of the International Conference on

Population and Development and the Beijing Platform for Action and the outcome documents of their review conferences.

UNDERTAKE reforms to give women equal rights to economic resources, as well as access to ownership and control over land and other forms of property, financial services, inheritance, and natural resources, in accordance with national laws.

PROMOTING empowerment of women through technology.

ADOPTING and strengthening sound policies and enforceable legislation for the promotion of gender equality and the empowerment of women and girls at all levels.

Though gender equality has improved to 71.4 per cent in Malaysia, we're still behind Singapore, New Zealand, and the Philippines.

Therefore, we must work harder to achieve the target of gender quality in 2030.

**NUR ZAHIDAH NATASHA MAT ZAM**

Kuala Lumpur

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## FEATURES

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### HOW TO LOWER CHOLESTEROL LEVELS: EXPERTS EXPLAIN WHY YOUR DIET OR EXERCISE ROUTINE ISN'T WORKING

CNA Lifestyle, 20 January 2022

You've done everything to lose weight by going to the gym, avoiding wagyu beef and going on one of those trendy diets. Turns out, you might be sabotaging your efforts. Experts explain why it's backfiring on you.

Cholesterol. You know it as the waxy fat or lipid that exists in your blood. High cholesterol levels are a cause for concern as they are an established risk factor for atherosclerosis (the thickening or hardening of the arteries) and coronary artery disease (the build-up of plaque in the arteries). Depending on where the cholesterol pools, it can also lead to stroke.



The gameplan is to keep your cholesterol levels as low as possible. But what if the opposite seems to be happening to you over the years?

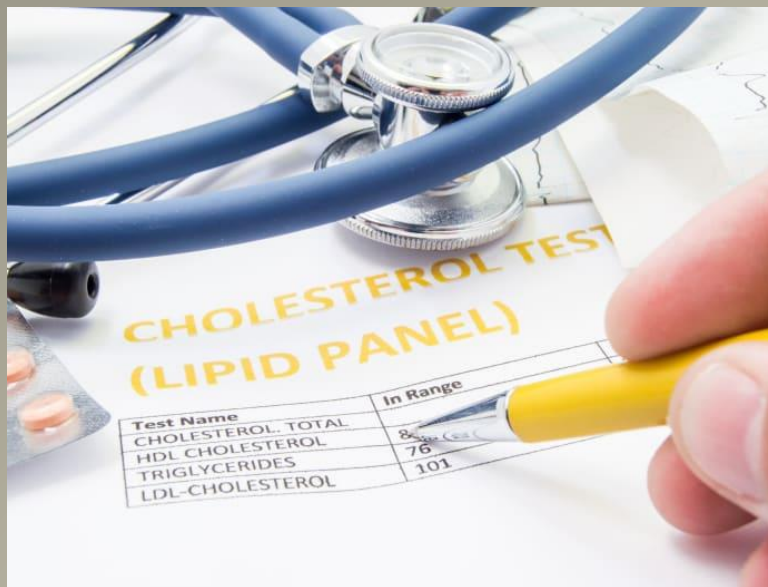
You aren't alone because the likelihood of dyslipidemia does increase with age. It is a condition referring to the unhealthy levels of one or more kinds of lipids in your blood (including high-density lipoprotein or HDL; low-density lipoprotein or LDL; and triglycerides).

“Human beings are born with low cholesterol levels, which increase with age and eating habits,” said Professor Tan Huay Cheem, a senior consultant with the Department of Cardiology at National University Heart Centre, Singapore.

Take, for instance, the LDL or “bad” cholesterol level of newborns. It starts at between 30mg/dL and 70mg/dL but typically rises above 100mg/dL by age 20, added Prof Tan.

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## FEATURES



As a basis, the LDL level should be kept below 130mg/dL. However, the average LDL level among those newly diagnosed with high blood cholesterol in Singapore was 186mg/dL for 2019 to 2020, according to the recent National Population Health Survey 2019/2020.

### THE CHOLESTEROL NUMBERS TO KEEP TO

It is recommended that you start screening for high cholesterol from the age of 40, said Dr Ian Phoon, a family physician and the clinical lead for the Cardiovascular Health Workgroup at SingHealth Polyclinics.

“However, start screening from age 30 if you have other risk factors such as a family history, obesity, associated diabetes and/or hypertension, sedentary lifestyle and a diet rich in saturated or trans fat,” he said. Prof Tan goes even further and suggested screening from as young as 18 years of age if you have the above risk factors. “Patients who are born with genetically high cholesterol conditions (more on familial hypercholesterolemia later) can even develop coronary artery disease in their teenage years,” he explained.

## FEATURES

On the whole, the Health Promotion Board recommends keeping your cholesterol numbers to the following:

Total cholesterol	Less than 200mg/dL
HDL cholesterol	Greater than 40mg/dL
LDL cholesterol	Less than 130mg/dL
Triglycerides	Less than 150mg/dL

You should consult a doctor if your LDL cholesterol level is higher than 160mg/dL, said Prof Tan.

### WAYS YOU COULD BE SABOTAGING YOUR EFFORTS

Your body does need some cholesterol to be healthy. “It is an essential component of every cell in your body, giving cell membranes strength and flexibility,” said Prof Tan. “It plays important roles in the production of hormones, vitamin D and bile necessary for digesting fats.” Even so, you’ll only need less than 300mg a day as recommended by the Ministry of Health.

So when it comes to lowering your cholesterol levels, keeping your weight under control is likely your MO. You might follow a certain diet, eat less of certain foods and exercise more. You may even be put on statins (cholesterol-lowering medicines) by your doctor to help you manage.

But despite the efforts, the numbers aren’t quite coming down as you’d expect. What could be going wrong and how do you rectify it? Here’s a look:

- **Following the keto diet to lose weight**



## FEATURES

The keto diet is a high fat, moderate protein and low carbohydrate diet, which can result in significant weight loss, especially among people with obesity, said Prof Tan.

He added: “However, the long-term health consequences of this diet are uncertain and there is no evidence to suggest that it improves cardiovascular health. Some people with genetically high triglyceride levels can even develop serious complications such as pancreatitis from high fat consumption”.

Furthermore, saturated fats are not restricted in the keto diet, which will likely increase the LDL level, said Dr Phoon. Saturated fats – found in foods including red meat, ghee and butter – are bad news as they increase LDL levels. But because carbs are omitted in the keto diet, you’ll need a substantial amount of fat to meet your daily energy needs, he said.



Not only that, being on such a restrictive diet may also mean a lack of fruit and vegetable intake, and along with it, a lack of vitamins, minerals and fibre, added Dr Phoon. “This may cause constipation and even piles. It is also difficult to maintain such a diet for the long term.”

- **You think you’re fine by avoiding wagyu beef, pork belly and fried chicken**

Yes, animal products such as fatty meat, organ meat, skin, seafood and full-fat dairy products are known sources of saturated fat. But here’s the thing: The bad fat is also present in trans fat (it is manufactured by adding hydrogen to vegetable oil to solidify it at room temperature) as well as coconut and palm oils, said Prof Tan.

## FEATURES

And trans fat is pervasive; it can be found in [myriad commercial foods](#) ranging from bread to margarine, instant noodles, ice cream and frozen pizza.

“Singapore has banned the use of trans fat since June 2021,” said Prof Tan. But you might still come across some foods that contain it. Look out for



Amount Per Serving		% Daily Value*
<b>Calories</b> 150	Calories from Fat 50	
<b>Total Fat</b> 6g		9%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Polyunsaturated Fat 1.5g		
Monounsaturated Fat 2.5g		0%
Cholesterol less than 5mg		7%

Restricting saturated fat and cholesterol intake may sound perfectly logical to lower your cholesterol levels (you are what you eat, right?). But there’s a catch: Such measures can lower blood cholesterol levels by up to 20 per cent at best, said Prof Tan.

“The rest of your blood cholesterol comes from your liver’s own production. Therefore, it is not surprising that one will have to rely on a combination of lifestyle change and medications,” he said.

- **Relying on exercise alone**

There are good and bad news when it comes to the effects of exercise on cholesterol levels. First, the bad: The impact of regular exercise on LDL level is actually very limited, said Prof Tan. “Exercise can improve the lipid profile (such as reduce the triglyceride level and increase HDL level) by causing weight loss, but the magnitude of the effect is also small.”

He added: “However, in obese persons, this may still be useful in that a decrease in LDL concentration of 8mg/dL can be observed for every 10kg of weight loss”.



A man tracking his fitness. (Photo: iStock)

## FEATURES

Now, the good: Exercise may increase the HDL or “good” cholesterol level modestly. “An increase of the HDL level by 6mg/dL may be achieved with 25km to 30km of brisk walking per week,” he said.

- **Doing the wrong type of exercise**

When it comes to lowering your cholesterol levels, those muscle-building reps at the gym or any other strength-building workouts may not be as effective as aerobic exercise such as jogging, brisk walking, cycling and swimming, according to Dr Phoon.

“Aerobic exercise tends to move big muscle groups, and raises the heart and breathing rates for about 20 to 30 minutes. It is considered a ‘total body exercise’ as compared to other exercises that focus only on some muscle groups,” he said.

The recommendation is to aim for at least 150 minutes of moderate-intensity exercise (you should be able to talk but not sing) a week, he advised. “The exercise can be split into several days, such as 30 minutes per day, over five days a week.”

- **You aren't aware your body can't regulate bad cholesterol**

Your genes account for 80 per cent of your blood cholesterol; diet makes up the rest, said Prof Tan. So when you're diagnosed with a genetic disposition such as familial



hypercholesterolemia (FH), which causes the liver to be ineffective at removing excess “bad” or LDL cholesterol, it can be a double whammy.

In Singapore, there are about 20,000 such patients, which means one in 300 people has the defective gene, said Prof Tan. “However, more than 90 per cent are unaware of this condition and remain undiagnosed,” he said.

According to Prof Tan, if left untreated, men with FH have a 50 per cent risk of having heart disease by age 50; women run a 30 per cent risk by age of 60.

Patients with FH have extremely high levels of cholesterol from adolescence, said Dr Phoon. “They may even show skin deposits of cholesterol under their eyes or back of their hands.”



## FEATURES



Other signs of FH, said Prof Tan, include:

- Adults with LDL levels of 190mg/dL.
- Children with LDL levels of more than 155mg/dL.
- A family history of high cholesterol.
- Premature coronary artery disease and stroke below age 55 for men and below age 65 for women.

“Such patients will always need medications to control their cholesterol levels and survey their health conditions closely,” said Prof Tan.

- **You’re expecting results too soon**

It has been a couple of weeks since you’ve given up kway chap and taken up cycling. But at your last medical check-up, the numbers still aren’t budging. What gives?

It can take between three and six months to see lower LDL numbers through just diet and exercise, according to Prof Tan. “LDL levels can be lowered by 10 per cent to 20 per cent through lifestyle modifications. With medications, the reduction may be observed earlier at two months.”



The doctor’s decision to put you on statin (cholesterol-controlling medicine) is not made lightly, said Dr Phoon. What is your risk of getting a heart attack in the next 10 years? Would diet and lifestyle changes already work if your risk is low or moderate?

“If nothing improves after 12 weeks of these changes, statin should be started to lower one’s risk of a heart attack or stroke,” he said.

### BIM MEMBER INSTITUTIONS

- Malaysian Pharmaceutical Society (MPS)
- Royal Institution of Surveyors Malaysia (RISM)
- The Institution of Engineers Malaysia (IEM)
- Pertubuhan Akitek Malaysia (PAM)
- Malaysian Medical Association (MMA)
- Malaysian Dental Association (MDA)
- Malaysian Institute of Planners (MIP)
- Veterinary Association Malaysia (VAM)

- Malaysian Institute of Interior Designers (MIID)
- Malaysian Society of Soil Science (MSSS)
- Malaysian Association of Social Workers (MASW)
- The Plastics & Rubber Institute of Malaysia (PRIM)
- Agricultural Institute of Malaysia (AIM)
- The Chartered Institute of Building Malaysia (CIOBM)
- Institute of Landscape Architects Malaysia (ILAM)

- Institute of Internal Auditors Malaysia (IIAM)
- Institut Bahan Malaysia (ICOMM)
- The Chartered Institute of Logistics And Transport Malaysia (CILTM)
- International Institution of Plantation Management (IIPM)

### CORPORATE AFFILIATE

- Malaysian Institute of Human Resource Management