

## MERDEKA DAY GREETINGS



  
**#KELUARGA  
MALAYSIA  
TEGUH BERSAMA**

# Selamat Menyambut HARI KEMERDEKAAN ke-65

**Ikhlas daripada:**  
Presiden Dr. Wilmot Sasindran Dass & Majlis  
serta seluruh warga Balai Ikhtisas Malaysia



**BIM**  
BALAI IKHTISAS MALAYSIA  
MALAYSIAN  
PROFESSIONAL CENTRE

## 49<sup>th</sup> ANNUAL GENERAL MEETING

The 49th Annual General Meeting was successfully convened on 27<sup>th</sup> July 2022, 3.00 pm at Le Meridien, Petaling Jaya Hotel. 17 voting member-institutions attended the AGM.

Past President, Ar Abu Zarim Abu Bakar was nominated the Election Chairman and with no objections from members.

Dr Wilmot Sasindran Dass from Malaysian Veterinary Medical Association (MAVMA) was re-elected as the President for the second term

The election of office bearers for term 2022/2023 was conducted.

The following were duly elected:

<b>President</b>	<b>: Dr. Wilmot Sasindran Dass (MAVMA)</b>
<b>Deputy President</b>	<b>: Assoc. Prof ChM. Dr Juan Joon Ching (IKM)</b>
<b>Vice President</b>	<b>: Ir Gunasagaran Kristnan (IEM)</b>
<b>Vice President</b>	<b>: Ts Dr Hj Mohd Nasir Alias (CILTM)</b>
<b>Honorary Secretary</b>	<b>: Assoc. Prof LAr Dr. Nor Atiah Ismail (ILAM)</b>
<b>Honorary Treasurer</b>	<b>: Sr Lim Kok Sang (RISM)</b>
<b>Ordinary Member</b>	<b>: Dr Rosazlin Abdullah (MSSS)</b>
	<b>Mr Wong Khin Yip (CIOBM)</b>
	<b>Ir Dr. Bhuvendhraa Rudrusamy (IEM)</b>
	<b>Dr. Ismail Harun (IRIM)</b>
	<b>Prof. Dato' Dr Mohd Azmi Lila (MAVMA)</b>
<b>Immediate Past President</b>	<b>: Ar Abu Zarim Abu Bakar (PAM)</b>
<b>Internal Auditor</b>	<b>: Mr Chan Pak Kuen (PRIM)</b>
	<b>Dr. Chee Liung Wun (MAVMA)</b>

# 49<sup>th</sup> ANNUAL GENERAL MEETING

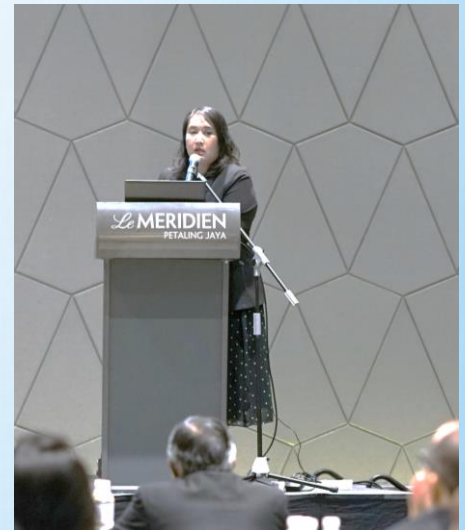


## BIM's EVENT

### SEMINAR WITH MATRADE 27<sup>th</sup> July 2022 @ 9.00 am

The Seminar with Malaysia External Trade Development Corporation (MATRADE) was held on 27<sup>th</sup> July 2022, 9.00 am at Le Meridien, Petaling Jaya Hotel attended by more than 50 participants from various professionals.

The seminar started with address by President Dr Wilmot Sasindran Dass to all members. After which, Mr Jai Shankar, Director and Sustainability Lead, Oil & Gas, Chemical and Energy (OGCE) Section, MATRADE was invited to deliver his talk on “Relevance of Sustainability to the Services Sector on Export Perspective”.



The second speaker, Ms. Noor Ezwanee Ahmad, Senior Manager, Exporters Advisory & Training Section, MATRADE delivered her talk on “Exporting Your Business Beyond Malaysia with MATRADE”.

The Seminar continued with Q & A Session. There were satisfactory response to the many questions from the floor. The event ended with the Balai Ikhtisas Malaysia giving souvenirs to the Speakers as a token of appreciation.

## BIM's EVENT

**SEMINAR WITH MATRADE**  
27<sup>th</sup> July 2022 @ 9.00 am



## BIM's EVENT

### MOU SIGNING CEREMONY WITH TALENT CORP 27<sup>th</sup> July 2022 @ 12.00 pm

The MoU signing ceremony between Balai Ikhtisas Malaysia and Talent Corp was successfully held at 12.00 pm after the MATRADE Seminar. The BIM President, Dr Wilmot Sasindran Dass presided over the MoU signing ceremony with Talent Corp represented by Mr Thomas.



From Left: BIM Honorary Secretary, Assoc. Prof. LAr. Dr Nor Atiah Ismail, BIM President, Dr Wilmot Dass, Talent Corp Group CEO, Mr Thomas, Talent Corp VP, Encik Nazrul Aziz

## BIM's EVENT

### MOU SIGNING CEREMONY WITH TALENT CORP 27<sup>th</sup> July 2022 @ 12.00 pm



## BIM's EVENT

### 50<sup>th</sup> ANNIVERSARY DINNER 27 July 2022

Balai Ikhtisas Malaysia celebrated its 50<sup>th</sup> Anniversary on Wednesday, 27 July 2022 with a dinner celebration at Le Meridien, Petaling Jaya Hotel, Selangor.

The 50<sup>th</sup> Anniversary Dinner was attended by the professionals of Member-Institutions representing Surveyors, Engineers, Architects, Planners, Pharmacists, Social Workers, Agronomists, Veterinarians, Scientists and Researchers involved with rubber, plastics and materials, Dentists and Medical Doctors, Planters, and experts in Logistics and Transport. BIM also welcomed two institutions as new members of Balai Ikhtisas Malaysia i.e. Association of Malaysian Optometrists and Malaysian of Social Impact Assessment.

YB Dato' Sri Mustapa Mohamed from Prime Minister's Department (Economy) had agreed to grace the 50th Anniversary Dinner represented by Encik Zahari bin Kechik.





## BIM's EVENT

### 50<sup>th</sup> ANNIVERSARY DINNER 27 July 2022

The highlights of the Annual Dinner included the presentation of the prestigious awards under the two categories:

#### 1. BIM Professional Excellence Awards

##### Winners

- Assoc. Prof. Dato' Dr. Vellayan Subramaniam (MAVMA)
- Ar. Datuk Tan Pei Ing (PAM)
- Prof. Dr. Mohd Khanif Yusop (AIM)



#### 2. BIM Lifetime Achievement Awards

##### Winners

- Academician Tan Sri Ir. Prof. Dr Chuah Hein Teik (IEM)
- Datuk ChM Dr Soon Ting Kueh (IKM)
- Dato' Ts Abd Radzak Abd Malek (CILTM)

## BIM's EVENT

### 50<sup>th</sup> ANNIVERSARY DINNER 27 July 2022



### BIM Professional Excellence Awards



### BIM Lifetime Achievement Awards

## BIM's EVENT

**50<sup>th</sup> ANNIVERSARY  
DINNER  
27 July 2022**



Welcome speech by Dr Wilmot Sasindran Dass, President of BIM



Assoc. Prof ChM Dr Juan Joon Ching, Organising Chairman delivering his welcome message



Cake cutting for the celebration of BIM 50<sup>th</sup> Anniversary



**Moderators**

Ts Dr Hj Nasir Alias

Assoc. Prof. LAR  
Dr Nor Atiah  
Ismail



Exco members with the Past President of BIM

## ABOUT MEMBERS



**PERSATUAN FARMASI MALAYSIA  
MALAYSIAN PHARMACISTS SOCIETY**

16-2, Jalan OP 1/5, 1-Puchong Business Park, Off Jalan Puchong  
47160 Puchong, Selangor

Tel: +603-8079 1861, WhatsApp: +6018-920 5758

Email: [admin@mps.org.my](mailto:admin@mps.org.my) Website: [www.mps.org.my](http://www.mps.org.my)

## PRESS RELEASE

2<sup>nd</sup> August 2022

### **MPS URGES HEALTH MINISTRY TO CONDUCT NATIONWIDE CHECKS OR RAID OUTLETS SELLING NICOTINE PRODUCTS**

The Malaysian Pharmacists Society accepts the delay in passing the Tobacco Product and Smoking Control Bill as mentioned by YB Khairy Jamaluddin, Minister of Health at parliament earlier after the bill's second reading.

MPS is supportive of this bill better known as Generation End Game bill (GEG) that seeks to ban the use, possession and sale of cigarettes and vape products for those born after 2007 ever since the proposal was presented.

On that note, we would like to urge the Health Ministry to immediately conduct nationwide checks on possible nicotine products sold by individuals who are not licensed under the Malaysian Poisons Act 1952, especially vape outlets.

The act classifies nicotine as a Class C poison that can only be procured and dispensed by licensed pharmacists and medical practitioners. Vape outlets do not employ pharmacists or doctors for that matter.

While the delay would see the GEG bill return to a newly appointed Parliament Select Committee to further improve the bill, there is no reason for the Health Ministry to not conduct checks and raids on vape outlets.

The last publicised raid on vape premises was done way back in November 2019, long before Malaysia entered its Covid-19 pandemic phase.

It is the right remedial action via nationwide raids since public wellbeing has been taken for a ride for several years now while we await for the GEG bill to be passed.



Amrahi Buang  
President  
RPH 581 BPharm (Hons), MMPS

**ABOUT MEMBERS**

**New Develplments in Natural Rubber**  
**6<sup>th</sup> to 8<sup>th</sup> September 2022, KLCC Malaysia**



**6th ~ 8th September 2022**

**Hybrid Format: Physical + Online**

**Kuala Lumpur Convention Center**

**Kuala Lumpur, Malaysia**

**Malaysia Time (GMT/UTC +08)**

# **New Developments in Natural Rubber;**

**Breaking Boundaries:  
Game Changing Initiatives.**

[www.rubbercon2022.com](http://www.rubbercon2022.com)



**No Siri Kursus:  
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## ABOUT MEMBERS

**Pharmacy Conference 2022**  
**9<sup>th</sup> to 11<sup>th</sup> September 2022, KLCC Malaysia**

### 34<sup>TH</sup> SABAH STATE PHARMACY CONFERENCE 2022

9<sup>TH</sup> - 11<sup>TH</sup> SEPT 2022 | KOTA KINABALU MARRIOTT HOTEL



**Mr. Amrahi Buang** is the current President of the Malaysian Pharmacists Society (MPS) since 2016. He has served for 35 years as the Chief Pharmacist and Deputy Director (Professional) of University Malaya Medical Centre (UMMC), Kuala Lumpur. During his tenure, he undertook leading involvement in UMMC's MS9001 Quality Management System certification and hospital accreditation under MSQH. UMMC later became the first hospital in Malaysia fully certified under MS9001 in 2002, a historical fact proudly commemorated in the Malaysian Book of Records. Mr. Amrahi is very passionate about hospital pharmacy practice and Quality Management as well as having profound interest in advancing halal pharmaceutical products development in Malaysia.



**PLENARY 3 :**  
**UPDATES ON THE CURRENT SCENARIO**  
**10.40AM - 11.20AM | 10<sup>TH</sup> SEPT 2022**

**MR AMRAHI BUANG**  
**MPS PRESIDENT**

## ABOUT MEMBERS

### Professional Discourse 2022 4<sup>th</sup> August 2022, Kuala Lumpur Golf & Country Club



BIM was invited to participate at Professional Discourse hosted by URBANICE Malaysia, which promotes the urban sustainability & resilience agenda with the aim of creating liveable cities and communities. The session engaged professional group stakeholders seeking input on their roles to play in accelerating SDG achievement through the implementation of the New Urban Agenda.

This discourse was attended by Ir Gunasagaran Kristnan, Mr Chan Pak Kuen and Ir Dr Bhuvendhraa Rudrusamy as representative from Balai Ikhtisas Malaysia.

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## NEWS

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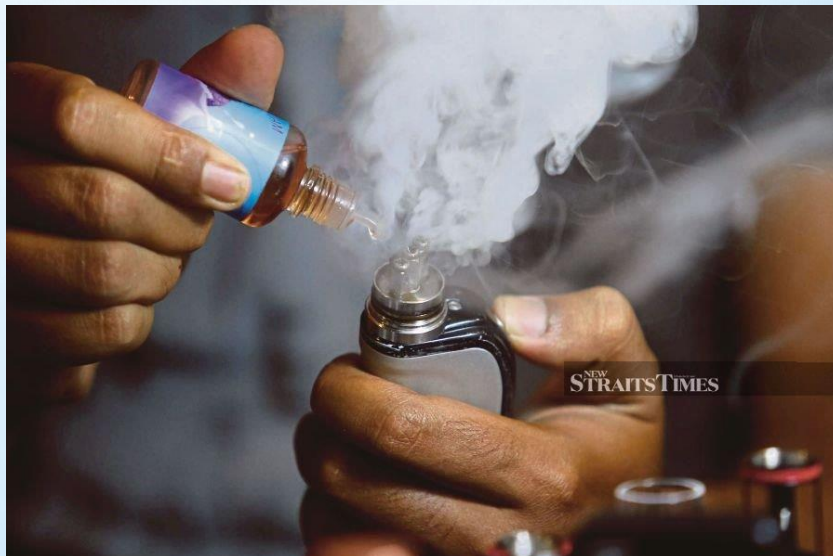
### CALL FOR NATIONWIDE RAIDS ON SHOPS SELLING NICOTINE PRODUCTS

NST, 3 August 2022

KUALA LUMPUR: The Malaysian Pharmacists Society (MPS) has urged the Health Ministry to conduct nationwide raids on outlets selling nicotine products without obtaining licences under the Poisons Act 1952.

MPS president Amrahi Buang said the nationwide raids would serve as the "right remedial action" while the country waits for the Control of Tobacco Product and Smoking Bill to be passed.

"MPS is supportive of this bill better known as Generation End Game bill (GEG) that seeks to ban the use, possession and sale of cigarettes and vape products for those born after 2007 ever since the proposal was presented.



MPS president Amrahi Buang said the nationwide raids would serve as the "right remedial action" while the country waits for the Control of Tobacco Product and Smoking Bill to be passed.

"MPS also accepts the delay in passing the bill, as mentioned by Health Minister Khairy Jamaluddin at the Dewan Rakyat earlier after the bill's second reading.

"While the delay would see the GEG bill return to a newly appointed Parliament Select Committee to further improve the bill, there is no reason for the Health Ministry to not conduct checks and raids on vape outlets," he said in a statement today.

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## NEWS

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Amrahi said under the Poisons Act 1952, nicotine is classified as a Class C poison that can only be procured and dispensed by licensed pharmacists and medical practitioners.

However, he said, vape outlets do not employ pharmacists or doctors in accordance to the regulation.

"The last publicised raid on vape premises was done way back in November 2019, long before Malaysia entered its Covid-19 pandemic phase.

"It is the right remedial action via nationwide raids since public wellbeing has been taken for a ride for several years now while we await for the GEG bill to be passed," he added.

Khairy, on Tuesday, told Dewan Rakyat that the GEG bill will be referred to a parliamentary special select committee (PSSC). The committee, he said, would also have to provide its recommendations on the legislation within a month.

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## NEWS

### SUFFICIENT ALLOCATIONS REQUIRED TO RESOLVE MANPOWER ISSUE IN GOVT HEALTHCARE SERVICES, SAYS MMA

NST, 22 August 2022



KUALA LUMPUR: The Malaysian Medical Association (MMA) requires adequate funding to address manpower shortages in government healthcare services nationwide.

The funds were required to train doctors, nurses, pharmacists and other allied health staff.

Its president Dr Koh Kar Chai said developing efficient staff would be critical in tackling long-term healthcare concerns.

"We have the numbers for doctors, but it will take years to develop them into a specialised workforce.

"As grateful as we are to the prime minister for recognising the need for extra funds to be given in the yearly health budget, we are hopeful that the percentage increase will be large enough to fix the manpower issue.

"Infrastructure investment is necessary, but we've seen that there is a workforce shortage that must be dealt with right away," he said.

Dr Koh proposed that the yearly budget increase should be used to absorb more employees into the service and focus should also be on training them as much as the construction of infrastructure.

"We want to see a significant increase in the proportion of the health budget to launch the reforms that our health system needs," he added.

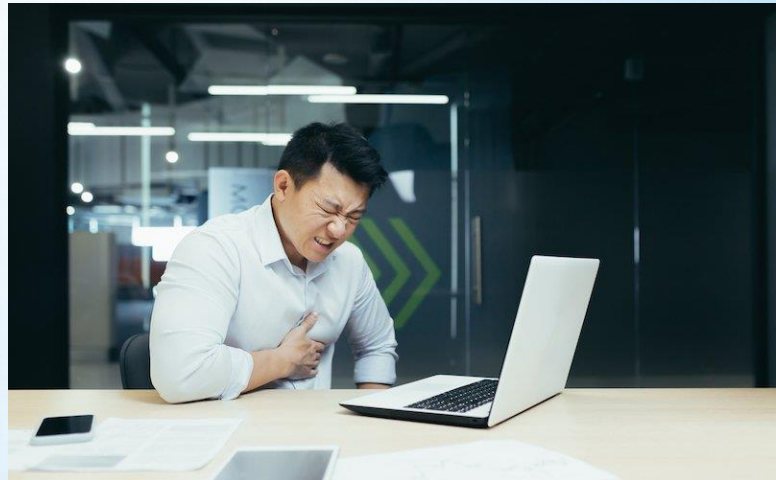
## FEATURES

### MALAYSIAN YOUTHS 'ALSO AT RISK OF DEVELOPING HEART DISEASE'

**FMT, 25 August 2022**

Heart attacks are on the rise among young adults, and it's becoming alarmingly apparent that heart disease is not just a concern for the elderly. In fact, studies show that having a heart attack in your 20s or early 30s is increasingly more common, with one of every five heart-attack patients younger than 40 years of age.

Additionally, a study on coronary artery disease among Malaysian youths found that almost 70% of participants aged 15-24 have at least one cardiovascular risk factor. The common misconception that heart attacks only happen when you're old no longer applies, and young adults need to take immediate action.



*Heart disease does not discriminate based on age – it can affect anyone and everyone, young or old.*

“Heart disease does not discriminate based on age – it can affect anyone and everyone, regardless of how young or old you are,” said Dr Nabil Haji Idris, resident consultant cardiologist at Aurelius Hospital Nilai.

“Hypertension, diabetes, and high cholesterol are major contributing factors to heart disease, and we’re seeing an increasing number of young adults experiencing this. Even in your 20s, it’s so important to have regular health check-ups and maintain a healthy lifestyle to mitigate these risk factors.”

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## FEATURES

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Here are some common misconceptions about heart-disease risk factors among young adults:

### 1. 'I can eat whatever I want, whenever I want, while I'm young'

Everyone loves a good late-night mamak session, but perhaps you should think twice before ordering that Maggi goreng or nasi kandar. A diet high in fat and cholesterol will build up plaque in your arteries and increase your risk of a heart attack.

Also, try swapping your usual teh tarik for a teh C kosong instead.



*A delicious plate of nasi kandar for supper might be incredibly tempting, but do consider your heart health before indulging.*

### 2. 'I'm still young, I can smoke and drink as much as I like'

Smoking is a strong risk factor for congestive heart failure as it causes atherosclerosis – the buildup of fats, cholesterol and other substances in and on the artery walls – and raises blood pressure.

Alcohol consumed in excess over several years can also produce alcoholic cardiomyopathy, where alcohol acts as a toxin to weaken the heart muscle directly. Time to kick those bad habits!

### 3. 'Young people can handle stress well, so it's no big deal'

Whether physical or emotional, constant stress increases the likelihood of developing heart and circulatory disease.

Studies have found that when you are stressed, your amygdala – the area of the brain that deals with stress – signals to the bone marrow to produce extra white-blood cells.

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## FEATURES

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This causes the arteries to become inflamed, which can lead to heart attacks, angina and strokes.

Stress is unavoidable in daily life, but you must intentionally set aside time to rest, recharge, and rejuvenate to combat its effects.

#### **4. ‘High blood pressure, diabetes, and high cholesterol only happen to older people’**

These are traditional risk factors for heart disease, but young adults might not even be aware of these ailments unless they go for regular check-ups.

Some risk factors for heart disease cannot be controlled, such as your age or family history, but you can certainly take steps to lower your risk.

“Small changes in your lifestyle, such as exercising and choosing healthy food options, can make a huge difference in your heart health,” Nabil said.

“Prevention is better than cure, so it is best to get a heart screening and identify your risk factors early, in order to take the necessary steps to protect and strengthen your heart.”



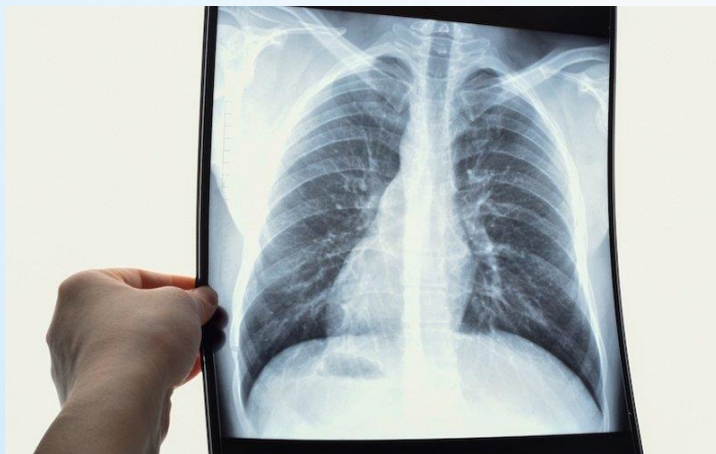
Dr Nabil Haji Idris.

## FEATURES

### MANAGING THE LONG-TERM EFFECTS OF INFLUENZA AND COVID-19

FMT, 8 September 2022

The World Health Organization estimates that 290,000 to 650,000 people die of flu-related causes every year worldwide. As influenza re-emerges in Malaysia, coupled with ongoing Covid cases, this has become a major public health concern.



*According to WHO, 290,000 to 650,000 people die of flu-related causes every year around the world.*

Fortunately, the mortality rate in Malaysia is lower than in other countries, which could be attributed to the high accessibility to flu shots and vaccines.

Post recovery, both Covid-19 and influenza patients may suffer from lingering symptoms such as anxiety, fatigue, and breathing problems for weeks. Most improve over time, though some take months, or even years.

It is, therefore, essential for each patient to take measures in their long-term recovery journey by seeking help from healthcare professionals.

#### Long Covid/influenza symptoms

Studies show a protein in the influenza virus helps it multiply and damages epithelial cells, causing fluid buildup in the lungs. A bad case of Covid-19, on the other hand, can produce lung scarring and other permanent problems.

According to Dr Kow Ken Siong of Sunway Medical Centre, Sunway City, long-Covid patients are predominantly the elderly because of their weak immunity. “Moreover, adults with heart or lung diseases are prone to these respiratory diseases as their airways are much narrower,” he said.

## FEATURES

Furthermore, lung healing from respiratory diseases produces its own set of symptoms. Patients generally experience discomfort as healing takes place. Through treatments and therapy, the doctor can determine a patient's stage of recovery.

In the meantime, here's how you can strengthen your respiratory system through some simple home exercises:



*The elderly are more prone to respiratory conditions as their immune systems are weaker. (Envato Elements pic)*

### Walking

Walking is the best way to regain your strength as it increases circulation and strengthens the tissues around your lungs. Set short realistic goals, and start slow by walking in or around your house for 10-15 minutes.

If you feel comfortable without any shortness of breath, you can gradually increase it by five minutes.

### Yawn to a smile

This exercise helps increase coordination and build strength in the arms and shoulder muscles. It will also help to open up the muscles in the chest, allowing the diaphragm to fully expand.

- Sit upright with a straight back. This can be done on the edge of your bed or in a sturdy chair.
- Stretch your arms up to shoulder height, overhead, then open your mouth wide and create a big stretching yawn.
- Bring your arms down and turn that yawn into a smile for three seconds.
- Repeat the process for one minute.

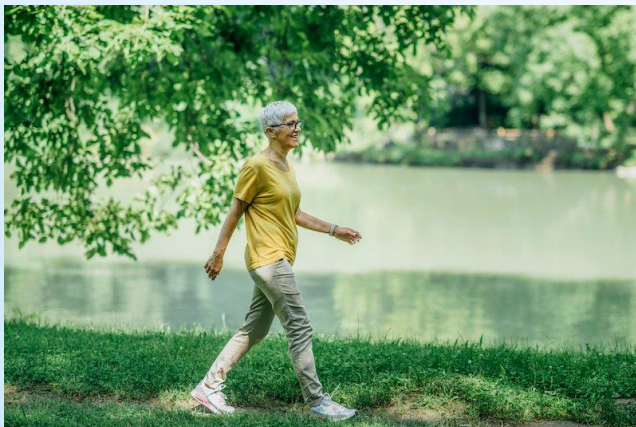
## FEATURES

### Humming

Humming increases nitric-oxide production, which helps with neural plasticity – the building and repairing of the nervous system. It dilates blood vessels, pulling more oxygen into the lungs with each breath.

Humming can also reduce stress as it calms and soothes the mind.

- Sit upright with a straight back and place your hands on the sides of your stomach.
- Keep your lips closed and rest your tongue on the roof of your mouth.
- Breathe deep and slow through your nose and spread your fingers while you're doing so.
- Keep your body relaxed and, when your lungs are full, exhale while humming, making a “hmmm” sound.
- Repeat by inhaling and exhaling through your nose while humming.
- Do this for several breaths.



*Walking increases blood circulation and strengthens the tissues around your lungs. (Envato Elements pic)*

### Treatment and rehabilitation

As symptoms vary from person to person, it's important to seek consultation from your doctor or healthcare professional.

After assessment, consultants will follow up with rehabilitation sessions involving physiotherapy

These are aimed at regaining the patient's strength, endurance, and cognitive function after being infected with Covid-19 or influenza

### BIM MEMBER INSTITUTIONS

- Malaysian Pharmacists Society (MPS)
- Royal Institutions of Surveyors Malaysia (RISM)
- The Institutions of Engineers Malaysia (IEM)
- Pertubuhan Akitek Malaysia (PAM)
- Malaysian Medical Association (MMA)
- Malaysian Institute of Planners (MIP)
- Malaysian Veterinary Medical Association (MAVMA)
- Agricultural of Institute of Malaysia (AIM)
- Institut Kimia Malaysia (IKM)
- Malaysian Society of Soil Science (MSSS)
- Malaysian Association of Social Workers (MASW)
- The Plastics & Rubber Institute of Malaysia (PRIM)
- The Chartered Institute of Building Malaysia (CIOBM)
- Institute of Landscape Architects Malaysia (ILAM)
- Institut Rimbawan Malaysia (IRIM)
- The Institute of Internal Auditors Malaysia (IIAM)
- The Chartered Institute of Logistics and Transport Malaysia (CILT(M))
- International Institution of Plantation Management (IIPM)
- Association of Malaysian Optometrists (AMO)

### CORPORATE AFFILIATE

- Malaysian Institute of Human Resource Management (MIHRM)
- Malaysian of Social Impact Assessment (MSIA)