

PROFESSIONAL
BULLETIN



FOR MEMBERS ONLY
SEPTEMBER - NOVEMBER 2023

PRESIDENT'S MESSAGE

2023/2025

PROF. ChM DR. JUAN JOON CHING



I am deeply honoured and grateful to be elected as President of Balai Ikhtisas Malaysia (BIM) for 2023-2025. As president of BIM, I am reminded of the immense trust and responsibility that you have bestowed upon me.

At the same time, I would also like to congratulate all the newly elected EXCO members from different professional societies. This message is not just a solely writing beautiful words but a heartfelt expression of my commitment to serve and lead this great BIM. Since BIM is built on the values of integrity, accountability, transparency, and good governance, these have served as a pillar and a source of support for its members.

As professionals, we recognize the importance of upholding the highest standards in our respective fields. Thus, we are dedicated to maintaining and advancing the reputation and credibility of our profession. In this new era, we are subject to exponentially technology advancement such as digitalization and artificial intelligence (AI). Therefore, any professional organization should be committed to continuous learning and improvement. We must remain at the forefront of our industries, adapting to the ever-evolving landscape of the technological revolution. Besides that, climate change has caused catastrophic environmental damage and humanitarian crises. In 2015, United Nations has developed Sustainable Development Goals (SDGs) to create a more sustainable, equitable, and prosperous world by the year 2030. On top of that, the enforcement of Environmental, Social, and Governance (ESG) standard has been implemented. These three key factors will be considered by investors, businesses, and organizations when evaluating the sustainability and ethical impact of an investment or business operation. BIM will invest more effort in professional development and ensure that our members are equipped to excel in a rapidly changing world to meet SDGs ESG requirements.

As BIM President, I am obligated to fostering an environment of cooperation and knowledge-sharing among our members. By uniting our strengths and unique expertise, we can better influence policy, advocate for our professions, and make a meaningful impact on the people. Ethical conduct, professional integrity and good governance are non-negotiable values that must always be upheld. We must set the gold standard for ethical behavior and hold ourselves to the highest standards of honesty, transparency, and accountability. Our commitment to these principles is not only a testament to our dedication but also a means to earn the respect and trust of our peers and the wider community. BIM will continue to advocate for policies and regulations that benefit our members. We will engage with decision-makers, share our expertise, and make a positive impact on the direction of our fields. By actively participating in the shaping of our professions, we ensure a prosperous future for ourselves and future generations.

As President of BIM, it is a privilege to serve you and lead us into a new chapter of growth, innovation, and collaboration. Together, we will navigate the challenges and create new opportunities. Our commitment to excellence professionalism practice, good governance, continuous improvement, and ethical conduct will enable us to serve the society. Thus, we have pledged to our new tagline of "Professional excellence, serving the society". Lastly, I would like to thank you for being a part of this incredible endeavor and thus let us work hand in hand to build a brighter and more prosperous future for our professions.

BIM's Event Courtesy Visit to Asian International Arbitration Centre (AIAC) 1st November 2023



BIM's Event

Memorandum of Understanding (MoU) Between Balai Ikhtisas Malaysia And Asian International Arbitration Centre (AIAC)

The MoU signing ceremony between Balai Ikhtisas Malaysia and Asian International Arbitration Centre (AIAC) was successfully held on 1 November 2023 during the Courtesy Visit to AIAC. The BIM President, Prof ChM Dr. Juan Joon Ching presided over the MoU signing ceremony with the Director of Asian International Arbitration Centre, Datuk Sundra Rajoo.



About Members

World Architecture Day

2nd October 2023



2ND OCTOBER 2023

2023 WORLD ARCHITECTURE DAY

Architecture for Resilient Communities



PAM PERTUBUHAN AKITEK MALAYSIA
MALAYSIAN INSTITUTE OF ARCHITECTS

100 YEARS
1923-2023

“Enable architects to develop innovative solutions and design viable buildings and public spaces for resilient communities, aiming to “humanise” all types of urbanisation, respect cultural heritage and restore the relation to nature and biodiversity.”

Members Activity

World Sight Day 2023

12 October 2023

Inaugurating World Sight Day 2023 in the Parliament Chamber, with the theme "Love Your Eyes at Work" organized by the Malaysian Optometric Association (AMO)

This initiative is in line with global efforts to raise awareness of the importance of eye health in the workplace.

Together we emphasize education and prevention as the main step in maintaining healthy vision while working. Malaysians are invited to join this campaign, through the hashtag #LoveYourEyesMY, to celebrate and support eye health in the workplace.



Members Activity

IEM-YES Beach Clean Up 2023

14 October 2023 | 8am - 12.30 pm



The poster features a background image of a tropical beach with turquoise water, palm trees, and people. A large, textured cardboard sign is overlaid on the image. The sign contains the event title, date, venue, time, a QR code, a list of Sustainable Development Goals (SDGs), and the text 'Open to IEM Members Only'. At the bottom of the poster are the logos for IEM (The Institution of Engineers, Malaysia) and YES (Young Engineers Section).

IEM-YES Beach Clean Up 2023

Date : 14th October 2023
Venue : Pantai Tanjung Harapan
Time : 8.00am to 12.30pm



- SDG 14: "Life Below Water"
- SDG 15: "Life on Land"
- SDG 13: "Climate Action"
- SDG 12: "Responsible Consumption and Production"

Open to IEM Members Only

Let's turn the tide for our planet! 🌊🚀
Join us at the IEM YES Beach Clean Up 2023. 🏖️
Embrace your inner eco-warrior and help us make a splash for a greener and cleaner Earth. 🌱❤️

We're diving into sustainability and tackling the UN Sustainable Development Goals:

- 🌊 SDG 14: "Life Below Water"
- 🌿 SDG 15: "Life on Land"
- ⚙️ SDG 13: "Climate Action"
- ♻️ SDG 12: "Responsible Consumption and Production"

Mark your calendars and ride the wave of change with us! 📅

Date: 14th October 2023 (Saturday) 📅
Time: 8.00am - 12.30pm 🕒
Venue: Pantai Tanjung Harapan 📍

🌊 Let's be the change we wish to see! 🌱

Register now to be a part of this epic cleanup mission 🗃️🌐: bit.ly/3NWSVzW 🌐🌐
#IEMYESBeachCleanUp23 #SustainableSaturdays
#CleanSeasCleanEarth 🌊🌐

Members Activity

IIAM National Conference 2023

24 October 2023



Members Activity

IEM Conference: Women Empowerment Unleashing The Potential As Leader of Change

28 October 2023 | 8.30 am to 5.30 pm



8:30 am - 5:30 pm
28 October 2023 (Saturday)

Location

Perdana Leadership Foundation
1, Jalan P8H, Presint 8
62250 Putrajaya
Wilayah Persekutuan Putrajaya

Contact

+603 7968 4026
+6011 64521401
shamalah@iem.org.my

Registration Fee/Person
(not including SST 6%)

	1	2-5	6-10	>11
DISCOUNT	0%	5%	7%	10%
IEM Student Member	RM200	RM190	RM186	RM180
IEM Member	RM500	RM475	RM465	RM450
Non Member	RM700	RM665	RM651	RM630

BEM Approved Hours : 3CPD Hours
CPD Ref Num : IEM23/HQ/456/C



<https://shorturl.at/jiARW2>



Keynote Speaker
**TUN DR. SITI HASMAH
HAJI MOHAMAD ALI**
Special Guest of Honour

Forum 1

Career Advancement: Building the Bridges & Breaking the Walls



**IR. DR. SITI HAWA
HAMZAH**
*Vice President (APT)
IEM*



**IR. TS. BIBI SABRENA
SAKANDAR KHAN**
*Project Director
KLIA Malaysia Airports (Sepang)
Sdn. Bhd.*



AIDA ISMAIL
*President
Women in Corporate
Aviation Asia*



**IR. PROF.
DR. ZUMAINA ZAKARIA**
*Honorary Secretary
IEM*

Forum 2

Diversity in Professionalism: Grabbing the Opportunities



**DATIN TS.
HABSAH NORDIN**
*Chief Data Officer
PETRONAS*



**IR. DR. MEGAT ZUHAIRI
MEGAT TAJUDDIN**
*Chief Executive Officer
National Cyber Security
Agency*



**IR. ADJ. PROF. TS.
GLENDA CHANG**
*Founder & Entrepreneur
of Strallex Group
Sdn. Bhd.*



ONG JEE LIAN
*Chief Sustainability Officer
Gamuda Group
Executive Director
Gamuda Engineering*



**IR. AP EUR, ING.
DR. SYUHaida ISMAIL**
*Chair
Women Engineers IEM*

Forum 3

Women Leading in STEM: Inspiring Success Stories



**AINAA ATIKAH
ROSLI**
*Chief Executive Officer
Co-Founder Tech Up Group*



**HAKIMAH
SAIFUL BAHRI**
*Seafarer/ITF Inspector
International
Transport Workers' Federation*



**IR. SHARIFAH AZLINA
RAJA KAMAL PASMAM**
*Chief Executive Officer
HSS Engineers Bhd.*



**DR. AMANI
SALIM**
*Co-Founder
Chief Technologist
nansShankWorkX*



**IR. RUSNIDA
TALIB**
*Vice Chair II
Women Engineers IEM*

Why you should attend?

This conference provides a platform for women from diverse backgrounds to share experiences and cultivate connections that empower them in personal and professional lives. The conference encompasses insightful keynote speeches and panel discussions, alongside meaningful networking sessions to facilitate knowledge sharing, mentorship, and collaboration.

Who should attend?

Accomplished women professional leaders, industry experts, professionals, and students.

Organiser:



Sponsors:



Supporters:



Members Activity

Pink Plane 2.0 Breast Cancer Awareness Camp 2023

29 October 2023

Pink Plane 2.0 Breast Cancer Awareness Camp 2023- UniKL and UPNM under CWAL. Supported by CILTM (WiLAT Malaysia & Nextgen), WCAA, IKK and Balai Ikhtisas Malaysia. Presented about WiLAT and Nextgen during the closing ceremony.



Organised by:      

In collaboration with:    

PINK PLANE 2.0

Breast Cancer Awareness Camp

29th OCTOBER 2023

JOIN US!

📍 Multipurpose Hall
Unikl MIAT

🕒 8:30 AM - 3:00 PM

📷 Campaign to raise breast cancer awareness with a theme "Keeping Her in the Picture"

📷 treasurehunt, zumba, sharing sessions and more

www.unikl.edu.my |  womeninaviationmiat |  womeninaviationmiat |  MPPFA



Members Activity

Larian Arkitek 2023

5 November 2023 | 7am - 10am



SCAN TO REGISTER

PAM PERTUBUHAN AKITEK MALAYSIA
MALAYSIAN INSTITUTE OF ARCHITECTS

WORLD ARCHITECTURE DAY 2023

LARIAN ARKITEK 2023

DATE : 05 NOVEMBER 2023 (SUNDAY)
TIME : 7.00AM - 10.00AM
VENUE : TAMAN BOTANI PERDANA, KUALA LUMPUR
CATEGORIES : 4 KM & 8 KM
REGISTRATION FEES : RM 25 (PAM MEMBERS), RM 50 (NON-MEMBERS)

Side events: Senamrobik Strong Nation with Coach Sync Elvis Chong, Yoga session. T-shirt, medal, light breakfast & free drinks provided. Top 10 prizes to be won!

Open to all ! Everyone is welcome to register. Registration closes 30/10/2023, 12pm.

RUN ARCHITECTS, RUN!

LARIAN ARKITEK 2023 organised by Pertubuhan Arkitek Malaysia (PAM) in conjunction with the World Architecture Day 2023 🌍🏗️🏃
Open to everyone!
Registration link:
<https://forms.gle/79NQVmXxdgCXBTs78>

Date: 5 November 2023 (Sunday) 📅
Time: 7.00 am - 10.00 am 🕒
Venue: Taman Botani Perdana, Kuala Lumpur



Members Activity

MIP Planning Congress 2023: Planning For Malaysia Madani To Accelerate SDG2030

8 - 9 November 2023

Officiated by YBhg Tan Sri Dato' Seri Mohd Zuki bin Ali, Ketua Setiausaha Negara at Dewan Sri Siantan, Kompleks Perbadanan Putrajaya

National Planning Congress 2023

8-9 NOV 2023

KOMPLEKS PERSIDANGAN PERBADANAN PUTRAJAYA

PLANNING FOR MALAYSIA MADANI TO ACCELERATE SDG2030

SCAN TO REGISTER

REGISTRATION FEE
MIP Fellow / Corporate / Associate Members / Government Agencies – RM 350
MIP Graduate Members – RM 300 | MIP Student Members – RM 100 | Non-Members – RM 650

Organized by **MALAYSIAN INSTITUTE OF PLANNERS** In Conjunction With **PLAN Malaysia** Host City **Putrajaya** Strategic partners **PLAN Malaysia**

Support by **CIAP** **COMMONWEALTH ASSOCIATION OF PLANNERS** **earoph** **Official Airlines** **malaysia** **fierfly** **Official Hotel** **Hilton FOR THE STAY**

PLANNING FOR MALAYSIA MADANI TO ACCELERATE SDG2030

We are thrilled to introduce the theme for the National Planning Congress 2023: "Planning for Malaysia MADANI to Accelerate SDG2030". This theme encapsulates our collective commitment to crafting a sustainable and inclusive future for our nation, guided by the United Nations Sustainable Development Goals (SDGs).

As we stand at the threshold of the SDG2030 agenda, the role of urban and regional planning becomes especially pivotal. The concept of Malaysia MADANI embodies our aspiration to develop cities and regions that are not only functional but harmonious, people-centric and conducive to the well-being of all.

With a strategic focus on propelling progress towards SDG2030, our congress will delve into the transformative power of planning. We will explore how effective planning can act as a catalyst for sustainable development, fostering economic growth, social equity and environmental resilience.

Backed by our strategic partners and international affiliates, we are facilitating participants of international presenters from the Commonwealth and ASEAN nations. These experts will share their successful insights and expertise in advancing the realization of the SDG2030. Specifically, they will be emphasizing on the aspects of resilience, industry and the spirit of collaborative partnerships.

Sub Themes

- Building City Resilience**
Delving into strategies for designing and fortifying cities that can withstand challenges, adapt to change, and thrive amidst uncertainties. Resilient cities are better equipped to address climate change impacts, natural disasters, social disruptions and ensuring the well-being of communities.
- Fostering Innovation Through Planning**
Exploring the convergence of urban planning and innovation, leveraging technological advancements, data-driven approaches to drive smarter and innovative sustainable urban solutions.
- Social Industry Towards Resilient Growth**
Celebrating diversity and promoting inclusive urban planning practices that empower communities, leading no one behind in the pursuit of equitable access to resources, services, and opportunities while driving resilient growth.
- National and Regional Transboundary Planning Strategies**
Collaboratively addressing urban planning challenges at a national and regional level, breaking down barriers, and fostering cross-border cooperation for greater shared prosperity.
- Building Sustainable City for Future Generations**
Pioneering initiatives that prioritize environmental stewardship, renewable energy, and resource-efficient urban development to create a sustainable legacy for generations to come.

HOST CITY

We are delighted to have our Perbadanan Putrajaya, the extensive and visionary city management authority of our Federal Administrative Capital as our Host City for the National Planning Congress 2023. As a partner in urban transformation, Perbadanan Putrajaya's invaluable contribution will play a pivotal role in our collective mission of accelerating Sustainable Development Goals (SDGs) 2030 through Planning in Malaysia Madani.

Conference Programme **DATE 1: 08 November 2023, Wednesday**

10:00am	Arrival & Registration of Participants	
9:30am	NPC2023 OPENING CEREMONY Welcome Remarks YBhg Datin Prita Nuraida Saadiah President, Malaysian Institute of Planners Official Opening Speech of NPC2023 Launch of Planning, Sustainable Urbanisation and The Governance Book	
9:30am	10:30am	
NETWORK BREAK		
11:15am	Spezialisasi Address YBhg. Tuan Sri/Dr. Hani Muzammil bin Mohd Saiff Executive Director, IRI Habitat Keynote Address YBhg. Datin Prita Nuraida Saadiah Director General, Town and Country Planning Opening Plenary Address Dr. Hassan Mohd Yusoff President, Commonwealth Association of Planners	
11:45am		
12:15pm		
NETWORK BREAK		
PARALLEL SESSION 1 2:00pm - 5:15pm		
Session 1	Session 2	Session 3
BUILDING CITY RESILIENCE Moderator YBhg. Ruzik Saadiah Akhina Hassan Deputy Secretary General, Ministry of Local Government Development (KPT)	FOSTERING INNOVATION THROUGH PLANNING Moderator YBhg. Datin P. Dr. Aminuddin Hassan Secretary General, Ministry of Science, Technology & Innovation (MSTI)	HOSTED BY STRATEGIC PARTNER
INDUSTRY DAYS		

Conference Programme **DATE 2: 09 November 2023, Thursday**

8:30am	Arrival & Registration of Participants	
PARALLEL SESSION 2 9:00am - 11:30am		
Session 1	Session 2	Session 3
SOCIAL INCLUSIVITY TOWARDS RESILIENT GROWTH Moderator Ms. Nefise Nurce Secretary General, Commonwealth Association of Planners	INTERNATIONAL REGIONAL TRANSBOUNDARY PLANNING STRATEGIES Moderator YBhg. Datin P. Dr. Zaini Haryng Chief Executive Officer, Ministry of Urban Resilience	BUILDING SUSTAINABLE CITY FOR FUTURE GENERATIONS
NETWORK LUNCHEON		
WORLD TOWN PLANNING DAY CELEBRATION		
ARRIVAL OF MINISTER LOCAL GOVERNMENT DEVELOPMENT		
2:30pm	Moderator Remarks YBhg. Datin Prita Nuraida Saadiah Director General, Town and Country Planning Official Opening Speech YBhg. Tan Sri/Dr. Hani Muzammil bin Mohd Saiff Executive Director, IRI Habitat Minister, Local Government Development PER MINGGUAN ANNOUNCEMENT Anggota Perbadanan Putrajaya Malaysia 2023 Anggota Perbadanan Putrajaya Malaysia 2023 Majlis Ahli Urban Planning (MUA) NPC2023	
2:45pm		
3:15pm		
3:30pm		
END OF DAY 2		

DISCLAIMER:
****The programme is subject to any changes in the event program. Timetable, change may be made due to unforeseen circumstances and organizers shall not be responsible for any changes in the event program.





KONGRES PERANCANGAN KEBANGSAAN 2023

PERANCANGAN UNTUK MALAYSIA MADANI
MEMACU SDG 2030

8 NOVEMBER 2023 | KOMPLEKS PERBADANAN PUTRAJAYA | DEWAN SERI SIANTAN

Dirasmikan oleh
**YBHG. TAN SRI DATO' SERI
MOHD ZUKI BIN ALI**
KETUA SETIAUSAHA NEGARA



Members Activity

World Architecture Day Forum 2023

19 November 2023 | 9am - 2 pm



WORLD ARCHITECTURE DAY FORUM 2023

'architecture for resilient communities'

DATE : 19 NOVEMBER 2023 (SUNDAY)

TIME : 9.00 AM - 2.00 PM

VENUE : DEWAN PRESIDEN, PAM CENTRE KUALA LUMPUR

Inter-profession forum between the construction industry & its allied communities to discuss on the difficult task of how to best respond to today's social, environmental, governance & cultural challenges together in building respectful architecture & resilient communities for the future.

SPEAKERS



Tan Sri Ar. TPr. Hj. Esa Mohamed
International Union of Architects (UIA)
President 2014 - 2017
'Preserving Malaysian Architectural Identity'



Ir. Dr. Norlida Mohd Dom
Director, Pusat Ramalan & Amaran Banjir
Negara, Jabatan Pengairan & Saliran Malaysia
'Flood Forecasting & Warning Systems'



Dr. Khor Swee Kheng
CEO, Angsana Health
'Optimising Healthcare Infrastructure
For Communities'



Munawiza Juliana Mohd Jasin
CEO Legal Knights; Former Director (Legal
Services), Suruhanjaya Tenaga Malaysia
'ESG - Where Are We Now?'



Mohd Hafiz Mohd Amirrol
Deputy Executive Director
MERCY Malaysia
'Collective Role in Humanitarian Aid'



Dr. Najah Md. Alwi
Presenter, UIA World Congress of Architects
Copenhagen 2023
'Indigenous Guardianship of Resources'



SCAN ME

REGISTRATION FEES

- PAM members with renewed membership 2023 = FREE
- Others (suspended members / non-members) = RM 64.00

HOW TO REGISTER?

Scan the QR code, OR
Log in www.eipam.info, OR
Visit www.pam.org.my
Registration closes when seats are full.

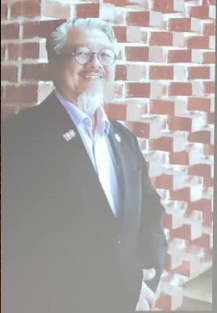


MODERATOR:
Ar. Aimee Roslan
PAM Council Member
Convenor, PAM World Architecture Day 2023



How to Optimize Healthcare Infra for Communities
"Basket of Solutions"

<p>Involve the Community</p> <p>"Patient-Centric Systems" In Healthcare.</p> <p>"Human-Centric Architecture?" For architecture and urban planning = social design?</p> <p>Patient-Reported Outcomes In Healthcare, we use clinical evidence + health economics + PROs.</p>	<p>Health in All Policies</p> <p>Architects are Public Health! Water Engineer > Microbiologist > Statistician > Doctor > Architects & Civil Engineers?</p> <p>Architects and MOH More systematic interactions.</p> <p>Architects and Climate Change GHG contributions. Mitigation. Adaptation. Resilience. Biodiverse & Biophilic buildings.</p>	<p>Public Admin & Public Policy</p> <p>Public Admin PAM and BIM is a good start for inter-disciplinary collaboration. Create "routine daily operations" instead of "flagship events".</p> <p>Public Policy To write Joint Policy Statements on relevant topics. To establish relevant policymaking workshops.</p>
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Ar. Abu Zarim Abu Bakar
President of Pertubuhan Akitek Malaysia (PAM)



About Members

The Chartered Institute of Logistics and Transport Malaysia (CILTM)



NEWS

Sinar, 8 October 2023

Muhammad Zaly Shah dilantik Presiden CILTM baharu



SHAH ALAM - Timbalan Dekan Fakulti Alam Bina dan Ukur, Universiti Teknologi Malaysia (UTM) Profesor Ts Dr Muhammad Zaly Shah Muhammad Hussein dilantik sebagai Presiden Institut Piagam Pengangkutan dan Logistik Malaysia (CILTM) baharu.

Pemilihan untuk jawatan itu dilakukan dalam satu mesyuarat tahunan institut berkenaan pada Sabtu.

Muhammad Zaly Shah berkata, ahli-ahli CILTM yang berpengalaman diajak untuk bersama-sama memikirkan hala tuju logistik dan pengangkutan pada masa akan datang.

“Harapan saya adalah untuk memberikan manfaat kepada ahli, fokus kepada jaringan akademik, industri dan pengantarabangsaan.

“Ahli-ahli baharu yang dilantik diharap dapat memberi khidmat terbaik kepada CILTM khususnya di Malaysia dan amnya di peringkat antarabangsa,” katanya dalam satu kenyataan pada Ahad.

Dalam pada itu, ujar beliau, CILTM telah dilantik sebagai Badan Peneraju Perindustrian Kebangsaan (ILB) bagi sektor logistik dan pengangkutan.

Justeru, menurutnya, CILTM sentiasa bersedia menjadi pakar rujuk dan pemikir negara untuk bidang logistik dan pengangkutan.

“Peranan Women in Logistics and Transport (WiLAT) Malaysia dan Next Generation Malaysia akan dipergiatkan dengan menganjurkan program-program yang inovatif dan kreatif untuk menarik minat golongan muda dalam bidang-bidang logistik, pengangkutan dan rantai bekalan.

About Members

Congratulations

to

IR. GUNASAGARAN KRISTNAN

on your receiving of

CIDB FELLOWSHIP AWARDS 2023



News

14th International Conference on World Class Sustainable Cities 2023 Focuses on Malaysia MADANI's Vision

Businesstoday.com.my, 5 September 2023



The stage is set for a visionary discourse on the future of our cities at the **'14th International Conference on World Class Sustainable Cities' (WCSC 2023)**, themed **'Resilient Urbanization: Planning Towards Malaysia MADANI'**. Scheduled for 26th September 2023, this transformative event promises to be a beacon of knowledge, innovation, and collaboration in the pursuit of sustainable urban futures.

Co-organized by the esteemed partners – the Real Estate & Housing Developers' Association Malaysia Wilayah Persekutuan Kuala Lumpur (REHDA KL), the Malaysian Institute of Planners (MIP), and the Malaysian Institute of Architects (PAM) – alongside the continued and invaluable endorsement of Kuala Lumpur City Hall (DBKL), WCSC 2023 is all set to elevate the discourse on city resilience and usher in a new era of urban planning.

Themed **'Resilient Urbanization: Planning Towards Malaysia MADANI'**, this conference delves into the heart of urban challenges and opportunities.

As cities grapple with multifaceted pressures, WCSC 2023 seeks to explore proactive strategies for cities to attain resilience, sustainability, and liveability. With a special focus on economic, environmental, governance, and societal dimensions, the conference aims to shed light on comprehensive urban resilience strategies that embrace the diversity of city life.

WCSC 2023 isn't just a conference; it's a movement that empowers City Managers, planners, architects, engineers, residents' groups and change-makers to contribute to the future of our cities. With a legacy dating back to 2009, the WCSC series has established itself as a hub for learning, collaboration, and inspiration, catalysing community engagement and forging new partnerships among public and private sectors, community groups, and city residents.

With a special focus on economic, environmental, governance, and societal dimensions, the conference aims to shed light on comprehensive urban resilience strategies that embrace the diversity of city life.

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Prepare to be captivated by a distinguished lineup of international and local speakers, including renowned figures such as:

1. **HIS EXCELLENCY DR. IR. BAMBANG SUSTANTONO** – Chairman, Nusantara Capital City Authority, Republic of Indonesia
2. **MR. JAMES TUMA** – Managing Partner, Urbis, Australia
3. **MR. JAIME PARSONS** – Principal Advisor Urban Design, City of Hobart, Tasmania, Australia
4. **MR. SARAVANAN SUGUMARAN** – Co-Founder & Managing Director, MORROW Intelligence, Singapore
5. **TPr. Ts. NORLIZA HASHIM** – Chief Executive Officer, URBANICE Malaysia
6. **MS. CHATCHANIN SUNG** – Studio Director, Arsomsilp Community and Environmental Architect, Thailand
7. **EN. MOHD AZHARUDDIN MAT SAH** – President & Group Chief Executive Officer, PRASARANA Malaysia (TBC)
8. **ASSOC. PROF. Ts. DR. VINCENT WOON KOK SIN** – Head of Ph.D. Programme of New Energy Science and Engineering & Principal Investigator, Xiamen University Malaysia

The conference program is designed to ignite imagination and foster dialogues that will shape our urban destiny. From illuminating keynote addresses by global influencers to insightful panel discussions and presentations, WCSC 2023 offers an immersive experience that promises to expand horizons and drive action.

Mark your calendars for the 26th of September 2023 at the M Resort & Hotel Kuala Lumpur and join us in shaping resilient urban futures. The WCSC series has garnered immense support from Kuala Lumpur City Hall (DBKL), a strategic partner and backbone of the WCSC series since its inception in 2009. The WCSC Organizing Committee remains deeply honored and encouraged by DBKL's continued endorsement, which highlights the vital role that the partnership has played in promoting sustainable and liveable cities throughout Malaysia.

Together with the invaluable support of our distinguished Conference Sponsors and Media Partner for WCSC 2023, the event was able to thrive. The commitment to sharing knowledge and educating city stakeholders from both the public and private sectors remains strong, as WCSC continues to shape the urban landscape towards a more sustainable and vibrant future.

In conclusion, the WCSC 2023 Organizing Committee extends a warm invitation and strong encouragement to all public and private stakeholders to continue joining the movement, learning, engaging, raising awareness, and sharing experiences and best practices.

For comprehensive information and registration details, please visit www.wcsckl.com

News

WCSC 2023 drives proactive urban development practices to achieve resilient cities

The EdgeProperty, 26 September 2023

KUALA LUMPUR (Sept 26): The 14th International Conference on World Class Sustainable Cities (WCSC) 2023 commenced today at M Resort & Hotel here with a focus on “Resilient Urbanisation Planning Towards Malaysia MADANI”. The event brought together experts, government officials, industry professionals and stakeholders from various sectors to deliberate on critical issues related to urban development, sustainability and resilience.

The central theme of WCSC 2023 reflected the importance of proactive measures required for cities to achieve resilience, sustainability, and liveability. In the face of increasing climate challenges, cities must pivot their focus to establish resilient urbanisation strategies that prioritise flood-resistant infrastructure and sustainable water management systems.

WCSC 2023 Chairman Chan Jin-Wy, in his opening remarks, noted the importance of WCSC as a platform to facilitate needle-moving actions and forward-thinking approaches to city planning and development that takes into account the complex challenges and uncertainties faced by modern cities.

The event was officiated by Deputy Local Government Development Minister Haji Akmal Nasrullah Bin Mohd Nasir, who emphasised the importance of planning how cities are built and designed to better respond to current and future crises.

He noted that presently there are 320 cities and towns in Malaysia contributing to approximately 70% of the national gross domestic product (GDP), while urban population is projected to rise from 79% in 2020 to 87% by 2050.

This calls for concerted efforts between government, businesses, civil societies, youth and academia to create a better foundation for growth and productivity,” he said in his officiating speech.



From left: Rehda Malaysia president Datuk NK Tong, WCSC chairman Chan Jin-Wy, Deputy Local Government Development Minister Akmal Nasrullah Mohd Nasir, MIP president Datin Hajah Noraida Saludin and PAM council member Datuk Zulhairi Md Zain

“Akmal applauded the WCSC committee for aligning the conference with the government’s policy framework and slogan “Malaysia MADANI” and its six core values of sustainability, care and compassion, respect, innovation, prosperity and trust. He added that adopting these values in the urban planning can manifest good city design, affordable homes, resilient public transport, green building index, centralised green lung, Sustainable Development Goals and walkable cities.

Government initiatives

Recognising the need to sustain positive urban development, Akmal outlined five initiatives the government has embarked on as the nation races to balance urbanisation with environmental and social sustainability and meet the Nationally Determined Contributions. These are the National Energy Transition Roadmap, Smart City Reconnaissance Programme, Urban Renewal Act, Electric Vehicle (EV) Charging Station Guideline and Ease of Doing Business.

The first, National Energy Transition Roadmap will outline Malaysia’s effort towards achieving a sustainable and inclusive energy system, and shifting away from the traditional fossil fuel-based economy to

a high-value creation economy. The Smart City Reconnaissance Programme is based on 87 targeted indicators under the ISO 37122:2019 and aims to reward the efforts of local governments in implementing smart city initiatives. At least five cities will be recognised as Smart City early adopters by 2025.

Akmal also noted that the third initiative – Urban Renewal Act, which is scheduled to be tabled next year, will help hasten the development of old properties which will facilitate the redevelopment, regeneration, revitalisation and conservation of 139 old developments that have already been earmarked.

“Currently, urban renewal is being carried out through nine existing legislations and laws. Among them are the National Land Code, Town and Country Planning Act, Contracts and Land Acquisition Act. So you can imagine how difficult it is for us to redevelop a certain place,” he told *EdgeProp.my* during a press conference after the launch ceremony.

10,000 charging stations by 2025

To achieve sustainable cities, the government is stepping up efforts to increase the availability of charging infrastructure for EVs, which is crucial to transforming the carbon-intensive automotive sector.

“The EV Charging Station Guideline aims to introduce 10,000 charging stations nationwide by 2025 in line with the Low Carbon Mobility Blueprint. The guideline will be revisited to enable this,” he said.

At present, Akmal said there are about 1,300 to 1,600 charging stations nationwide.

The deputy minister also emphasised the importance of ensuring ease of doing business and efficient development processes in order to support the economic strength required for resilient urbanisation planning.

“In doing so, the ministry is proactive in ensuring the service of the local government is above par and the timeline for development is according to schedule,” he said.

Social inclusiveness

Earlier, the conference kicked off with the first keynote speaker, Sylvia Halim, deputy for Facilities & Infrastructure, Nusantara National Capital Authority, Indonesia, who provided a comprehensive overview of the Nusantara development and the initiatives taken to create a fully sustainable city.

The WCSC features seven expert speakers from Malaysia, Singapore, Indonesia and Australia, each providing valuable insights into sustainable initiatives undertaken. The full-day conference addressed critical aspects that contribute to an enhanced quality of life, including social inclusiveness, providing equal opportunities and access to resources for all residents, solutions and policies to make housing more accessible to diverse socioeconomic groups and strategies to improve public transportation systems and reduce congestion.

The conference is endorsed by Kuala Lumpur City Hall (DBKL), and jointly organised by Real Estate and Housing Developers’ Association (Rehda) Wilayah Persekutuan KL, Malaysian Institute of Architects (PAM) and Malaysian Institute of Planners (MIP), while *EdgeProp.my* is the media partner.

News

Budget 2024: Expand Madani medical scheme, say healthcare associations

The Star, 28 September 2023

KUALA LUMPUR: Healthcare-related associations hope that the government will allocate more funding to expand the Madani medical scheme as well as for the prevention of non-communicable diseases (NCDs) under Budget 2024.

Malaysian Medical Association (MMA) president Dr Azizan Abdul Aziz said the scheme has helped to decongest the public healthcare system, through partnerships with private general practitioner (GP) clinics, and should be expanded to include NCD management.

Dr Azizan said that NCDs have become a national concern, and as such, she hoped to see more allocations to step up preventive measures, with funds to support health education programmes and awareness campaigns for the public in schools and at the community level.

"The government should leverage the 13,000 private GPs nationwide in these efforts. Involving all key stakeholders from the planning stages must be emphasised for the successful implementation of any public-private initiatives.

"As part of national efforts to prevent cases of obesity and diabetes, taxes high in sugar products should also be raised, with revenue collected channelled towards the treatment of diseases associated with high sugar intake," she said.

Meanwhile, Malaysian Association for the Study of Obesity (Maso) president Dr Geeta Appannah hoped that the healthcare allocation of Budget 2024 gives priority to studies of obesity, to ensure that individuals benefit from effective interventions.

She said studies on obesity interventions and prospective areas are currently lacking and should be conducted as most studies are cross-sectional, but fail to find the real cause of obesity.

Besides increasing the risks of several debilitating diseases and mortalities, she said that obesity decreases quality and life span, while also increasing individual and national healthcare costs.

"Having said that, the good news is that weight loss can curtail some obesity-related risks. However, more efforts are needed to increase awareness and education about obesity in the country, and this needs to include all age groups.

"Extra allocation in the public health field to empower people and communities to take action on obesity is a good start, nonetheless it is important to note that awareness alone will not bring the prevalence of obesity down, as it only answers one part of obesity complexities," she explained.



On Sept 8, Deputy Health Minister Lukanisman Awang Sauni said that 73% of deaths in Malaysia are caused by NCDs, with nearly half of Malaysians being unaware that they have the disease, which leads to a higher risk of complications when not treated early.

The 2019 National Health and Morbidity Survey found that, among others, one in two adults is overweight or obese, with the highest prevalence among women at 54.7%, and individuals aged 55 to 59 years old at 60.9%, while one in three Malaysians has low health literacy, as evidenced by unhealthy and inactive lifestyles, not eating adequate amounts of fruit and vegetables, and smoking.

Meanwhile, Malaysian Public Health Physicians' Association (PPPKAM) president Datuk Dr Zainal Ariffin Omar suggested that the government require employers to provide periodic health screening packages to their employees.

"Budget 2024 should entail healthcare incentives which facilitate employees to go for check-ups periodically, stay healthy and have a good safety net," he said.

The health sector received the second-largest allocation of RM36.3bill in Budget 2023 with the Madani medical scheme receiving an allocation of RM100mil.

News

Budget 2024: Malaysian Pharmacists Society hopes govt will expand community pharmacists' role in healthcare

TwentyTwo, 10 October 2023



The Malaysian Pharmacists Society hopes the government will consider expanding the role played by community pharmacists to strengthen the nation's healthcare system.

In the run-up to Budget 2024, Malaysian Pharmacists Society president Prof Amrahi Buang said while many government health initiatives, including health screenings, had been set up, the response has not been good.

In the run-up to Budget 2024, Malaysian Pharmacists Society president Prof Amrahi Buang said while many government health initiatives, including health screenings, had been set up, the response has not been good.

This includes the Social Security Organisation's (Socso) health screening programme, and Skim Peduli Kesihatan for the B40 group (PeKa B40). "We hope the government will consider expanding the role played by community pharmacists. There are many health screening programmes being set up by the government, but the people are not going for these screenings. Pharmacists can conduct such screenings, and they will be cheaper, as they will not include a consultation fee," said Amrahi.

"The whole idea is to help (the system). Pharmacists can help in the screening process, for example HIV, by using self-test kits. If we already have test kits where patients can perform tests themselves, what is the issue?" He however, stressed that pharmacists would only help in the screening process, and not perform diagnoses. "Community pharmacists can be the gateway (to proper healthcare) ... the public can always come to us."

Amrahi however, said such a recognition (to screen) must first be accorded to the sector. There are some 5,000 community pharmacists in Malaysia.

Separately, Amrahi commended the government, which had earlier this month, said that the Education and Health ministries will be among those that will receive the biggest allocations in Budget 2024.

Amrahi said the focus on health was in line with the Health White Paper, adding that Malaysia has to be future-ready if we want to shift from curative, rehabilitative, and palliative care, to preventive, and promotive care.

"The role of pharmacists is recognised in the Health White Paper. Community pharmacists are already giving out professional services (educating the public on medication adherence, etc) and they do it for free," said Amrahi.

"We are essentially 'medicines use experts' and this is recognised throughout the world. We hope the powers that be in Malaysia will also acknowledge this," Amrahi said.

News

20 eminent construction industry players receive 2023 CIDB Fellowship Award

NST, 17 November 2023



Works Minister Datuk Seri Alexander Nanta Linggi delivers his keynote address during the launch of the International Construction Week (ICW) 2023 at MITEC in Kuala Lumpur on Nov 16

KUALA LUMPUR: The Construction Industry Development Board (CIDB) of Malaysia yesterday (November 16) celebrated 20 distinguished players through the 2023 CIDB Fellowship Award.

Works Minister Datuk Seri Alexander Nanta Linggi, who presented the award, said it was to honour role models in the industry who have continuously contributed to the development and improvement of the construction sector.

"The CIDB Fellowship Award is an opportunity for us to recognise the industry pioneers, who have championed construction excellence in a myriad of ways.

"At the same time, we are paying homage to their illustrious careers, as well as their vast experience that spans decades," he said in a statement today.

CIDB Malaysia chairman Yusuf Abd Wahab and its chief executive Datuk Mohd Zaid Zakaria were also in attendance at the ceremony.

The recipients hold vast experience in various fields in the industry including contractors, developers, construction professionals, academia, manufacturers and government agencies.

The 2023 CIDB Fellowship Award marks the third installation of the programme. In 2015, 65 industry leaders were feted in conjunction with its 20th anniversary, and a batch of 46 fellows received the award in 2018.

CIDB Fellowship 2023

Raising The Bar On Building Excellence (1/3)

Gunasagaran boasts an extensive repertoire, specialising in various facets of civil construction like steel structural design, roads, and geotechnical infrastructure. His credentials include Fellow of the Institution of Engineers Malaysia (IEM), Honorary Fellow of ASEAN Federation of Engineering Organisations (AFEO) and ASEAN Chartered Professional Engineer (ACPE).

He holds esteemed positions in several professional bodies, underscoring his multifaceted expertise. He is a Fellow of the Institution of Engineers Malaysia (IEM), an Honorary Fellow of AFEO, and an ASEAN Chartered Professional Engineer (ACPE). His past roles include serving as the Honorary Secretary of IEM as well as an Executive Committee Member, Council Member, and Chairman of IEM's Highway & Transportation Engineering Technical Division (HTETD).



IR. GUNASAGARAN KRISTNAN
Owner, Perunding Permai KG



Being conferred as an Honorary Fellow of the ASEAN Federation of Engineering Organisations (AFEO).

Born in Puchong, Malaysia, Gunasagaran's early life was marked by simplicity and hard work. Raised amidst rubber plantations, he was exposed to the world of construction through his father's role as a driver for JKR, where he would ferry engineers and technical assistants. At that time, engineers were sparse, but technical assistants were the backbone of projects, offering Gunasagaran a firsthand look at their skill and influence. The experience was both inspiring and foundational, eventually leading his father to start a small contracting company. Gunasagaran, taking on the role of a labourer, gained practical knowledge of wet works and infrastructure. This hands-on upbringing provided him with a robust understanding of ground-level work, establishing a strong foundation for his later ventures.

Gunasagaran later attended the University of Michigan, Ann Arbor, graduating in 1984 with a Bachelor of Engineering (Civil Engineering) with honors. This catapulted him into the engineering world, offering theoretical depth to complement his practical skills.

CIDB Fellowship 2023

Raising The Bar On Building Excellence (2/3)

Upon graduation, he joined the Department of Irrigation and Drainage (JPS) as a contract engineer, navigating through the challenges of a then-recession that had curtailed permanent placements. Subsequently, he gained business acumen by working with a contractor for two years. In 1989, he founded his construction company, KG Construction, and later a consulting firm, Perunding Permai KG, in 2012.



Ali wall.



In addition to these roles, Gunasagar serves as a Technical Working Group Member for CIDB, focusing on converting MYCESSM to the MS Civil Engineering standard of measurement. His specialisation also extends to areas such as civil engineering contracts, adjudication and arbitration, geotechnical engineering, pavement, transportation, and industrialised building system (IBS).

He held the Vice Presidency of Balai Ikhtisas Malaysia (BIM) (2021-2023) and has been a board member of the Board of Engineers Malaysia (BEM) (2013-2015). He has also been involved in the PPC BEM committee (2021-2023) and served on the Board of Quantity Surveyors, Malaysia (2014-2016). His roles as the Honorary Secretary and Board member of BIM span multiple years, showcasing his long-term commitment to the institution.

Passionate about elevating industry standards, Gunasagar is a strong advocate for the Malaysian Standard Method of Measurement (MyCESMM2). He believes that the adoption of a unified method will reduce contractual disputes and ultimately save costs. He aims to champion the adoption of MyCESMM2 within ASEAN to bolster the employability and mobility of our local engineers, thus broadening their career horizons. This illustrates his commitment not just to uphold industry standards but also to the development of future engineering professionals. As a testament to this, Gunasagar serves as a certified trainer for the CIDB IBS Professional Training Programme and the CIDB MyCESMM2 Module.



SEB terrafix.

CIDB Fellowship 2023

Raising The Bar On Building Excellence (3/3)



Siena Stone Brown.

He also volunteers in the EU-ASEAN Collaboration, a regional event of the Eurocodes Design Standards, and is an advocate for the adoption of Eurocodes in Malaysia, citing that they are globally advanced, performance-based engineering codes and that the BS codes will soon be rendered obsolete. This will align Malaysia with international best practices, and due to Eurocodes' flexibility, increasing adaptation of structural design to climate change is feasible.

Gunasagaran aims to champion the adoption of MyCESMM2 within ASEAN to bolster the employability and mobility of our local engineers, thus broadening their career horizons.



News

320 graduan diiktiraf sempena Majlis Konvokesyen CILTM Suara TV, 18 November 2023



SHAH ALAM – Majlis Konvokesyen The Chartered Institute of Logistics and Transport Malaysia (CILTM) telah diadakan hari ini dengan memberi pengiktirafan kepada graduan tamat pengajian.

Selain itu, CILTM turut mengiktiraf beberapa alumni dari universiti, kolej, dan persatuan profesional Malaysia di seluruh negeri.

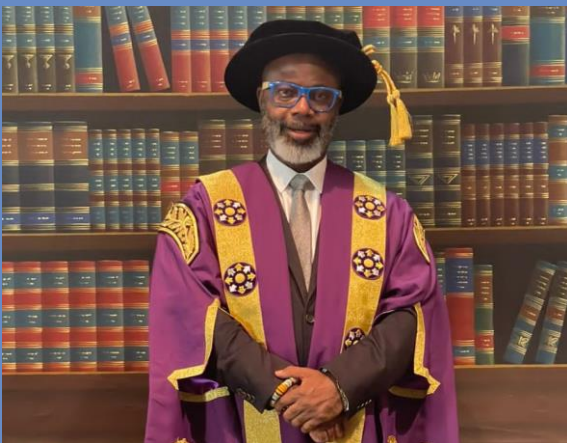
Menurut Prof Ts. Dr Muhammad Zaly Shah, CILT membawa manfaat dan kelayakan antarabangsa dengan piawaian daripada organisasi antarabangsa yang telah memegang Piagam Diraja sejak 1926.

“CILTM telah dilantik sebagai Rakan Strategik Kementerian Pendidikan Tinggi dan Badan Peneraju Perindustrian Negara (ILB) bagi Sektor Logistik dan Pengangkutan.

“Ini adalah pelantikan eksklusif oleh Kementerian Pendidikan Tinggi dan Jabatan Pembangunan Kemahiran (JPS), di bawah Kementerian Sumber Manusia yang bertujuan untuk menyokong aspirasi negara untuk membangun dan meningkatkan kemahiran kecekapan dan keupayaan kakitangan yang bekerja dalam Logistik dan Pengangkutan di Malaysia,” katanya dalam satu kenyataan hari ini.

Jelasnya graduan CILT diiktiraf secara global oleh industri logistik dan pengangkutan di 39 negara komanwel di seluruh dunia.

Seramai 320 graduan menerima keahlian gred MILT, manakala 117 profesional termasuk pegawai kanan Tentera Laut Diraja Malaysia dan Kor Perkhidmatan Diraja, dianugerahkan gred CMILT, dan 27 akan menerima gred FCILT.



Majlis itu disempurnakan oleh Chief Teete Owusu-Nortey, Presiden Pilihan CILT Antarabangsa (2024) dan Ahli Majlis Tertinggi CILTM di Pusat Konvensyen Shah Alam (SACC).

CILT ialah organisasi keahlian global yang terkemuka untuk semua orang yang bekerja dalam rantaian bekalan, logistik dan industri pengangkutan.

Peperiksaan Kelayakan Institut adalah kelayakan pengangkutan profesional dan logistik yang diiktiraf di peringkat antarabangsa dengan standard pendidikan tinggi.

Features

Growths In Your Nose That May Be Bad For Health

The Star, 13 October 2023

The nose is the subject of many sayings. A measurement could be “on the nose” or an object be “right under your nose”. You may be reminded to “keep your nose clean” and “keep your nose out of” another’s affairs.

While often the focus of these idioms, your nose can also be affected by physical conditions, such as nasal polyps. These are soft, painless, non-cancerous growths on your nasal passages or sinus linings, which hang down like teardrops or grapes.

Nasal polyps may form anywhere in your sinuses or nasal passages. But they most often appear in the area where the sinuses near your eyes, nose and cheekbones drain through winding passages into your nose.

Here’s what you need to know about these small growths.

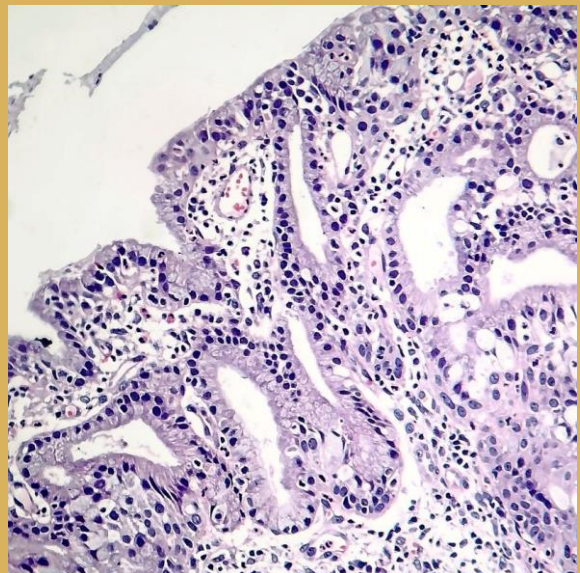
The cause

Nasal polyps often result from chronic inflammation of the nasal passages. That’s why people who have chronic sinusitis have an increased risk of developing nasal polyps. Chronic sinusitis is when the sinuses become swollen and inflamed for more than 12 weeks. This causes the lining in the nose to make more mucus, while the swollen lining interferes with drainage. People with asthma, allergies, drug sensitivities or certain immune disorders also have an increased risk for nasal polyps.

Scientists don’t yet fully understand why certain conditions and inflammation trigger polyps to form in some people and not in others. Nasal polyps can develop at any age, but are most common in young and middle-aged adults.



Small nasal polyps usually cause no symptoms, but larger ones can result in the feeling of nasal congestion, impaired sense of smell and taste, decreased airflow and recurring sinus infections.



This is what a nasal polyp looks like (with the help of chemical colouring) under a microscope.

The symptoms

A person can have nasal polyps and not know it, especially small ones. Larger or multiple polyps can cause a sensation of nasal congestion, impaired sense of smell and taste, decreased airflow and recurring sinus infections.

Some people with nasal polyps develop an intolerance to over-the-counter pain-relieving medications like ibuprofen and naproxen. Nasal polyps can cause complications because they block airflow and fluid drainage. The long-term inflammation underlying their development also causes complications.

In some people, they cause worsening asthma or structural changes in the sinuses. Many people with nasal polyps have recurring sinus infections.

This increases antibiotic exposure and could lead to a potentially severe gastrointestinal infection caused by the bacteria *Clostridium difficile* (also called C-diff).

Your healthcare team can usually make a diagnosis based on your answers to questions about your symptoms, a general physical exam and an examination of your nose.

Polyps may be visible with the aid of a simple lighted instrument called a nasal endoscope.

They may also suggest skin tests to determine if allergies are causing chronic inflammation.

With a skin prick test, tiny drops of allergens are pricked into the skin of your forearm or upper back.

Your healthcare team observes your skin for signs of allergic reactions.

If a skin test can't be performed, a blood test can screen for specific antibodies to various allergens.

The treatment

The treatment goal for nasal polyps is to reduce their size or eliminate them. Medication is usually the first approach.

Surgery may sometimes be needed, but it may not provide a permanent solution because polyps tend to recur.

Nasal steroids and budesonide rinses may reduce swelling and irritation.

These treatments may shrink polyps or eliminate them completely.

If you have nasal polyps and chronic sinusitis, your healthcare team may give you an injection of a medication called dupilumab to treat your condition.

This biologic medication may reduce the size of the nasal polyps and lessen congestion.

It's often prescribed by an allergist (an immunologist who specialises in allergies) and can be administered at home.

Nasal polyps in children are typically treated with topical medications and dupilumab.

You may be able to reduce your chances of developing nasal polyps or having polyps come back after treatment by reducing inflammation in your nose and sinuses.

Start by following these tips:

> Manage allergies and asthma

Follow treatment recommendations from your healthcare team.

If your symptoms aren't well-controlled, ask about changing your treatment plan.

> Avoid nasal irritants

As much as possible, avoid breathing airborne substances that are likely to contribute to swelling or irritation in your nose and sinuses, such as allergens (allergy-causing agents), tobacco smoke, chemical fumes, dust and fine debris.

> Practice good hygiene

Wash your hands regularly and thoroughly.

This is one of the best ways to protect against bacterial and viral infections that can cause inflammation of the nasal passages and sinuses.

> Humidify your home

Using a humidifier may help moisten your breathing passages, improve the flow of mucus from your sinuses, and help prevent blockages and inflammation.

Clean the humidifier daily to eliminate bacterial growth.

> Use a nasal rinse

Use a saline spray or nasal wash to rinse your nasal passages.

This may improve mucus flow and remove allergens and other irritants.

Do talk with your healthcare team if you have recurring sinus infections, infections that last longer than 12 weeks, impaired smell or taste, or are having trouble breathing through your nose. – By Dr John Wheeler Jr/Mayo Clinic News Network/Tribune News Service

Dr John Wheeler Jr is an allergist in Wisconsin, United States.

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)
- Agriculture Institute of Malaysia (AIM)
- The Chartered Institute of Logistics and Transport Malaysia (CILTM)
- 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)
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- Malaysian of Social Impact Assessment (MSIA)
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