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New Launch @ Warisan Puteri, Sepang Open For Registration

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Mr Kali Muthu said: "Together with my team, we strive to focus on not only the environment but safety as well since we do not want others to bear the rippling consequences."

drive along the Kuantan-Segamat Highway in Pahang, Malaysia, you will notice a sprawling plantation estate with a 19.16-hectare palm oil mill known as Pukin Palm Oil Mill (Pukin POM). Do you know that with only 71 employees, it is capable of processing about 60 metric tonnes of fresh fruit bunches (FFB) per hour? Not only that, it is the first mill of our four IOI Plantation Services Sdn Bhd mills in Peninsular Malaysia to fully automate and sterilise the process of the harvested FFB instead of using conventional methods.

When you

Furthermore, Pukin POM operates a methane capture biogas plant which effectively minimises emissions from oil palm production and manages palm oil mill effluent (POME) sustainably as well as clarifies POME in an environmentally-friendly way through a polishing plant. No wonder it received the Best Mill in Effluent Management, Best Mill in Desludging Management and Best Overall Mill awards during the Palm Oil Mill Awards Ceremony, which was held by the Department of Environment (DOE) Pahang in conjunction with the National Environment Day on 21 October 2021. A total of 76 mills participated for six distinct categories on environmental management.

Pukin Palm Oil Manager Mr Kali Muthu (left in pix) believed that this achievement would not be possible without teamwork and the collective responsibility towards the environment. He said: "With the rapid developments going on around the world, the least we could do is to care for our environment and to preserve it for the future generations ahead of us." A team leader with leadership, determination and a responsible mindset, Mr Kali Muthu was commended with a Best

Mill Manager award. Together with his Assistant Manager Mr Kunalan (right in pix), they received the prestigious awards from Director of DOE Pahang Tuan Haji Mohd Sani bin Mat Daud on 11 November 2021 at the DOE office in Kuantan. We are proud of the achievements which will inspire us to do our part too to address the many environmental challenges.



Yesterday, Today & Tomorrow

groceries and necessities of life to the underprivileged and those in need to visiting orphanages and old folks' homes for a spread of joy and happiness to reaching out to the communities to create awareness of the pandemic and ensure everyone is safe and healthy, IOI Properties Group Berhad (IOIPG) has not stopped practising its Think WE Not ME! #WeCare mentality since the campaign was launched in March

Our Corporate Social Responsibility (CSR) initiatives are in line with

and thriving communities through positive impacts and responsible actions. Our social contributions were acknowledged during the Sustainability & CSR Malaysia Awards 2021 as the Company of the Year Award (Real Estate) for Excellence in Community & COVID-19 Support

The annual event honours many outstanding Malaysian companies that have played an active role as an agent of change in transforming the socio-economic landscape in Malaysia. The recognition accorded our Group's mission to safeguard to IOIPG was based on the

the environment and create vibrant purpose and goal, impact, frequency, effectiveness and transparency of our CSR initiatives. Team IOI will continue to support the communities Don't Think ME, But Think WE!

and ensure we are safe and healthy together! Think WE, Not ME. Let us change our mindset and transform to be a driving force for change and make a positive difference together.



Driven by its Trusted. vision, IOI Properties Group Berhad (IOIPG) has continuously delivered innovative and high-quality products and a high standard of service. The challenging environment in 2021 did not stop us from excelling towards a commendable and solid financial

AT TOP PROPERTY

to raise the bar for our product and service

Our hard work led IOIPG to be positioned among the top 10 developers. We received the BCI Asia Awards' Top Ten Developers 2020/2021 on 3 December 2021 for having the biggest aggregate value of projects under construction during the last calendar year, by the extent of sustainability and confirmed Green building ratings.

On top of this accolade, our determination was rewarded on 14 December 2021 as we celebrated our return to the crème de la crème in Malaysia's real estate industry at the 19th The Edge Malaysia Property Excellence Awards (TPDA). We clinched the Top Property Developers Awards 2021 (No. 6) after a year of absence. IOIPG Chief Executive Officer Dato' Voon Tin Yow accepted the prestigious award at a gala dinner that was graced by the Housing & Local Government Minister Datuk Seri Reezal Merican Naina Merican at Shangri-La Hotel, Kuala Lumpur.



Here's to a double congratulations to IOIPG!

> IOIPG General Manager Mr Wong Peen Fook (centre) receiving the coveted award at the BCI Asia Awards' ceremony, which is currently into its 16th year, at Shangri-La Hotel,

Get Ready For Malaysia's Largest Malaysia's Largest

MSCI **ESG RATINGS**

CCC B BB BB BBB A AA AAA

BBB

LAST UPDATE: December 27, 2021

Being transparent and honest is not easy especially when you are always under public scrutiny. While it is not easy, it is a longterm effort that is undertaken by corporations which desire to grow. Good corporate governance practices and corporate transparency reflect positively on the reputation, trust with shareholders and employees, and performance of corporations.

IOI Corporation Berhad (IOIC) is always looking for to preserve the environment in which we operate opportunities to improve, and our efforts to improve corporate governance practices such as improving transparency in executive pay practices, which are well-aligned with shareholders' interests, and strengthening our ethics management practices, have been well commended. IOIC was upgraded to 'BBB' from 'BB' in the latest MSCI environmental, social and governance (ESG) ratings on 27 December 2021. The MSCI ESG rating measures our resilience to long-term, industry material ESG risks.

To enhance our ESG ratings, we initiated various capacity building and community engagement efforts. We launched the risks linked to potential community conflict. Nevertheless, we IOI Climate Change Action Initiative in March 2021 to reduce will continue to seek areas where we can improve, upgrade or IOIC's carbon emissions by 2025. We also engaged S&P Global excel.

Trucost in May 2021 to enhance our reporting and disclosure framework by adopting the Taskforce on Climate Related Financial Disclosure methodology. At our IOIC headquarters, we are encouraging our employees to practise the 7Rs of the Circular Economy to mitigate their carbon footprint. These initiatives are central to our commitment and achieve long-term business sustainability by moving beyond ESG.

All these efforts and more were elaborated by IOIC Group Head of Sustainability Dr Surina Ismail on 25 November 2021 at the Beyond ESG with Climate Stress Testing in APAC, which was part of the Beyond ESG Webcast organised by S&P Global Sustainable.

However, we remain exposed to regulatory and reputational



We are continuing our journey to go beyond ESG and striving towards positive changes.

June 2022, you can shop till you drop at IOI City Mall (ICM), which is set to be the largest shopping mall in

Malaysia. Once Phase II completes and opens its door for business, ICM's total net lettable area of 2.5 million square feet will surpass Sunway Pyramid (1.7 million square feet), Mid Valley Megamall (1.82 million square feet) and even 1 Utama (2.19 million square feet) that is currently the largest shopping centre in Malaysia.

Dato' Voon Tin Yow said: "We are pleased to inform that exhibition hall, a new cinema concept with an IMAX hall, despite the unpredictable market

environment in recent years,

Dato' Voon (centre) unveiled ICM Phase II with Golden Screen Cinemas Sdn Bhd Chief Executive Officer Ms Koh Mei Lee (third from left), AEON Co. (M) Bhd Chief Property Officer Mr Lee Beng Beng (third from right) and Deputy Managing Director & Executive Director Mr Tsutomu Motomura (second from right) together with IOIPG's senior management.

phase; and more and more tenants are signing up, as we speak. And those which have signed up in the 70% group for Phase II include current and trendy brands like Best Denki, Food Empire, MajuHome, Nitori, Objet, Valiram Group and many

ICM will house 11 anchor tenants, namely AEON, GSC, Proton, IOI Sports Centre, IOI Grand Hall, Lotus's, Harvey Norman, HomePro, Parkson, Icescape Ice Rink and District 21 Indoor Adventure Theme Park. Apart from the IOI Properties Group Berhad (IOIPG) Chief Executive Officer retail outlets, Phase II will also include a 40,000 square feet

arcade plus a new rooftop sports centre and gymnasium. With its diverse local and international brands offering various products and services spanning lifestyle, fashion, household

ICM Phase II was officially introduced on 6 December 2021 by Dato Voon in the presence of 350 invited guests comprising the media, business associates, mall tenants and IOIPG's senior management team at ICM Centre Courtyard.

and cuisines, we can't wait to explore and enjoy all the

attractions while we shop and dine to our hearts' content.





Editor's Note 2021 will never go down as a bright or positive year. We experienced unpredictable upheavals that caused us to teeter on the edge, wondering what's next? But we made it through. Flip through the pages and you will see there is still a silver lining in the name of Kindness, Support, Togetherness, Strength, Teamwork and more. These are the values that will continue to carry us through as we enter the Year of the Tiger with a roaring expectation and willpower that there are better things ahead in 2022. Come, let us start the New Year with some love for nature by practising our 5Rs.

We are the largest private provider of plantation-based

education in Sabah with up to 3,000 children from six to 17

years old attending classes during normal school hours in 27

during after-school hours. The Covid-19 pandemic makes it worse

"Children's voices are not as loud as ours when it comes to children's rights, that is why we need to speak for them." This sentiment against child labour, which was voiced by International Labour Organization (ILO), is shared by IOI Corporation Berhad (IOIC) and Humana Child Aid Society Sabah (HUMANA). Child labour worldwide has increased to 160 million for the first time in 20 years, and the Covid-19 pandemic has worsened the situation. The plight to end child labour is formidable but together, we can take effective actions to stop it.



Over 120 participants and attendees from IOIC headquarters and estates in both Sandakan and Lahad Datu regions in Sabah, IOIC's Sustainability Advisory Panel members as well as representatives from the ILO and HUMANA attended the hybrid mode launch event.

IOIC collaborated HUMANA about 25 years ago to provide basic education to children of our migrant workers who are living within our estates. We have constructed schools and Community Learning Centres (CLCs), built teachers' accommodations, provided free utilities and subsidised teachers'



Check out our pledge to combat child labour in Malaysia at: https://cutt.ly/KleORLO and https://cutt.ly/lleOAgg

> About 370 local and overseas participants from Brunei, China, Indonesia, Philippines, Singapore Thailand, Vietnam and Taiwa joined the conference on 6 and 7 November 2021

Young people are the backbone of society. According to the National Statistics Department, Malaysia has a youth-bulge whereby 14.6 million Malaysians are aged between 15 and 39 years old, which is a staggering 45% of our population. Therefore, our young people are a very important group to lead our country to greater heights.

This is in line with IOI Properties Group Berhad's (IOIPG) Sustainability Strategic Theme of Young Urbanites to groom young talents, introduce the spirit of sustainability and expose the best practices in socioeconomic and environmental ethics to them. We collaborated with Universiti Tunku Abdul

by forcing schools to close. Hence, we are collaborating with ILO and have submitted a To Counter Child Labour via Education Post-Covid: Providing Full-Day Zero Cost Educational Platform Access to our Employees' Children pledge in April 2021 to provide school-going children with better and more varied opportunities. On 13 December 2021, we launched our IOI Child Education Initiative in conjunction with ILO's International Year for the Elimination of Child Labour to reflect our commitment to eliminate all forms of illegal, forced, bonded, compulsory and child labour

IOIC Plantation Director Mr NB Sudhakaran (left) handing out schoolbags and stationeries to the



We are focusing on providing offline education platforms for our migrant workers' children in poorly connected areas in Sabah.



Rahman to jointly organise the International Youth Development Virtual Conference for the third consecutive year.

right to enjoy their childhood.

Together with 20 speakers who shared on 14 sustainability topics, IOIPG Group Corporate Communication & Sustainability General Manager Ms Kristine Ng encouraged our young ones to achieve the United Nations' (UN) Sustainable Development Goals and the New Urban Agenda during the two-day conference, which was themed Participation of Youths in Building Sustainable Cities.

Meanwhile, IOI Mall Puchong General Manager Mr Dylan Chan spoke on Achieving Sustainable Success in Retail Industry and their latest KITACycle recycling initiative. Ms Kristine Ng's words, "Youths are the leaders of tomorrow," echoes UN Secretary-General Mr António Guterres, who agreed that young people are the key to our future. He said: "Young people are on the frontlines of the struggle to build a better future for all. The Covid-19 pandemic has highlighted the dire need for the kind of transformational change they seek - and young people must be full partners in that effort."



As you are reading this newsletter, take a look at the furniture around you. Most likely, they are made of rubberwood. Sadly, rubber cultivation is steadily declining since the 1990s Recently, the Malaysian Timber Council held a meeting with the Malaysian Investment Development Authority on 14 December 2021 to explore the possibility of using oil palm trunks (OPT) as an alternative sustainable material source for the furniture

and construction sector.

Do you know what happens to OPT from palm oil trees that are cut down for replanting? Usually, they are left to rot and decompose. Every year, there are nearly 30 million of disposed OPT in the fields as Malaysia has approximately 14.5 million acres of oil palm plantations that are replanted every 20 to 25 years.

But thanks to IOI Corporation Berhad's sustainability commitment, we practise zero burning. Furthermore, our subsidiary, IOI Palm Wood Sdn Bhd, is Malaysia's first manufacturing plant to commercially and sustainably convert unused OPT into eco-friendly, sustainable and high-performance wood panels. Through IOI Palm Wood's OnCore® brand, we can have a better wood which is lightweight,

screw holding and a higher strength. More importantly, we are shaping a greener future by reducing deforestation greenhouse gas emissions. We are capturing about 250 kg of carbon for every cubic metre of palm wood that is produced.

Drop by at our IOI Information Hub at Ground Floor East Wing (in front of MUJI Store) at IOI City Mall. Check out our sustainability movement and take a seat on our innovatively and uniquely configured benches that are made from OPT.

IOI Palm Wood Chief Executive Officer Mr Peter Fitch looks forward to changing the world positively with OnCore® and said: "Palm wood is not such a beautiful wood with all its rough and heavy fibrous texture. But the core is beautiful because its inner fibres are like reinforced concrete that give the wood its ultimate strength.



The IOI Information Hub was

unveiled on 20 December 2021 at the Ground Floor East Wing



Racing Towards A Net ZERO Future

Globally, over 3,000 businesses have committed to Joining the British Malaysian Chamber of the United Nations' (UN) Race To Zero Campaign to achieve net zero carbon emissions by 2050. "In this world of polarised division, the Earth is something we all have in common," said IOI Palm Wood Sdn Bhd Chief Executive Officer Mr Peter Fitch, who agreed that leading companies today are recognising the need to decarbonise their supply chains in order to effectively decarbonise their own operations in the climate action journey. That is why converting unused oil palm trunks into usable and high-performance wood panels is such a game-changing opportunity to meet our net zero ambition.

Commerce's (BMCC) Climate Action Pledge is one of our first steps towards a net zero future. Along with YTL Corporation Berhad, IJM Corporation Berhad, MISC Berhad and other companies, Mr Peter Fitch shared the values of IOI Palm Wood during the Malaysia Climate Action Week's Race to Net Zero Supply Chain virtual forum webinar which ran from 25 to 29 October 2021. Co-organised by BMCC and the British High Commission Kuala Lumpur, the event was held in conjunction with the UN Climate Change Conference (COP26).

The time to act is now. Check out: https://climateactionweek.bmcc.org.my/ or https://cutt.ly/uUF90wd to listen to the webinar.



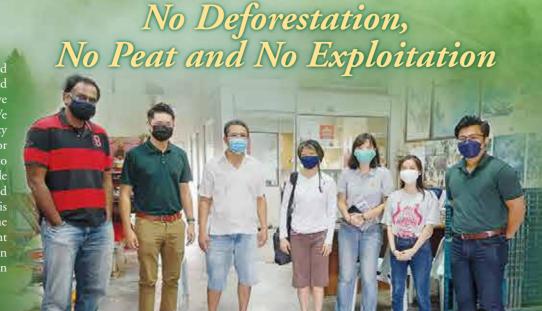
Mr Peter Fitch said: "We must all focus on the 'How' to make a positive change, because the time to question 'Why' is over."

Working Towards A Traceable Supply Chain

Our Responsible Sourcing team at IOI presented the type of information required Corporation Berhad (IOIC), together with to enhance our current mapping and Earthworm Foundation (EF), visited Sg monitoring progress, which the dealers have Kahang Mill (SKM) and their direct upstream agreed to co-operate in collecting data. We dealers between 7 and 9 December 2021, as provided information on our NDPE policy part of our No Deforestation, No Peat and No and explained the need to trace-and-monit ensuring a transparent and traceable supply create a deforestation-free supply chain, while

bunches from over 1,000 smallholders. EF 1930.

Exploitation (NDPE) requirements towards our suppliers in order to achieve our goal to chain as well as supporting transformation towards delivering responsibly-produced palm oil. the SKM team provided both logistics and networking support. We wrapped up this fruitful meeting with a sharing session on the Malaysian government's recent announcement During the visit, our team met with five of to ratify the International Labour Organization SKM's key dealers who source fresh fruit Protocol 29 on Forced Labour Convention



Green & Optimised Biogas Plant

Since July 2021, the operation team at IOI Oleo GmbH has set their focus to technically optimise the biogas plant at Wittenberge. Step by step, with detailed and meticulous operation, the team has transformed the biogas plant to an intelligent energy integration set-up that emits low CO₂ emissions and runs at a low energy cost.

A new electronically controlled drum filter has been installed to replace the former sewage sludge separation unit. In addition, waste water with an increased load of Chemical Oxygen Demand is buffered for separate controlled dosage to the biogas reactor. Meanwhile, the measurement devices, process control and automation have been improved. More importantly, the newly-installed dosage system of chemicals and trace elements is now located in a separate container.

The technical upgrade measures have just been completed The biogas reactor and excess sludge

and now the biogas plant is producing methane gas out of waste water and aqueous organic solutions from the Wittenberge site. The gas is utilised to operate the site's steam generators thus reducing the need for externally supplied gas. The operation team is now running the biogas plant at markedly reduced CO2 emissions and



The electronically controlled drum filter unit that replaced the former sewage sludge

Growing Tomatoes In Greenhouses

these red gems can only be cultivated in late spring and early summer in seasoned countries. The fact that they are available all year round in supermarkets is mainly due to greenhouses and prevent heating. In addition, the plants that allow the plant to thrive throughout the year. Even in frosty temperatures, the greenhouse effect ensures a warm indoor climate with no heating needed. Moreover, unproductive or dry land can be utilised for agriculture.

Greenhouse film is a science in itself: For greenhouses to work, the film naturally has to be tight so that the heat remains trapped. The technical term for this is thermal convection. On the other hand, the transparent film ensures that the shortwave radiation from the sun can penetrate but is absorbed. Thus, the heat cannot escape, and this leads to a high temperature difference between the inside of the greenhouse and the surroundings.

inner surface of the film. Once the droplets reach a certain size, they reflect the sunlight may be damaged through the magnifying glass effect or fungal attacks if the droplets fall onto

This is where SOFTENOL® 3190, a product of IOI Oleo GmbH's the inside instead of droplets and enables efficient plant Technical Applications Business Unit, comes into play. This antifog agent improves the efficiency of greenhouses and protects the check out: https://cutt.ly/wUqjA4M plants in them at the same time.

By applying this of different glycerine esters to agricultural films, the surface tension of

the water is reduced and hence the formation of unwanted droplets is prevented. An even film forms on

Greenhouse film is a science in itself. Even in frosty temperatures, the greenhouse effect ensures a warm indoor climate with no heating needed.

tank at

Wittenberge.



drop your recyclable items at KITACycle, which magazines/newspapers – and drop them off is a recyclable waste collection centre that is at the centre or drive-through as the centre and pay system. strategically located in IOI Mall Puchong is strategically located on the Ground Floor (IMP). Just collect all your recyclables - of IMP (near the Carnival Court), with easy cardboards, aluminium/metal cans, electronic access from the open car park via the West

KITO

ices, batteries, plastics and paper/ Each time you drop your recyclables

During the opening ceremony of KITACycle on 27 November 2021, IOI Properties Group Berhad (IOIPG) Chief Executive Officer Dato' Voon Tin Yow said: "We will continue to spearhead ecologically-

friendly initiatives that advocate low-carbon footprint principles, responsible

consumption of resources and waste minimisation. We hope our efforts future generations." KITACycle was also



officiated by Selangor State Exco (Local

Guided by our TRUSTED. vision, KITACycle is aligned to our mission to safeguard the environment and build sustainable communities as well as reinforce support towards the United Nations' Sustainable Development Goals (UN SDGs), especially SDG 12 on Responsible Consumption and Production.

Government & Public Transport) and State Assemblyman for Kinrara in Puchong Yang will contribute to a cleaner, greener Berhormat Tuan Ng Sze Han (left pix, centre) and sustainable environment for our and Yang Dipertua Majlis Bandaraya Subang Jaya Yang Berusaha TPr. Puan Hajah Noraini binti Haji Roslan (second from right).





Christmas Joy Early For Homes & Children

Christmas is a time for giving and sharing, and for 14 charity homes and organisations, Christmas came early in a wonderful and charitable gift

amounting to a total of RM260,000. From an old folks' home to a welfare organisation for Alzheimer's disease and dementia to a learning centre for the underprivileged to an animal shelter – many of these homes were affected by the pandemic, and they could hardly keep their business afloat due to the absence of a steady revenue.

On 1 December 2021, IOI Corporation Berhad Group Managing Director & Chief Executive Dato' Lee Yeow Chor and Yayasan Tan Sri Lee Shin Cheng (Yayasan TSLSC) Executive Director Datin Joanne Wong presented RM260,000 to the 14 organisations at IOI City Mall (ICM). The organisations were grateful for the spirit of giving from Bargain Basement, which donated the amount from

Founder of Bargain Basement Datin Joanne and her Bargain Basement champions and supporters specially handpicked the organisations - Pusat Jagaan & Rawatan Orang Tua Al-Ikhlas, Rumah Orang Tua Chok Lam, Pertubuhan Kebajikan Kristian Aman, Shelter Home for Children, Malaysia Lotus Charity Care Centre Association, PAWS Animal Welfare Society, Ti-Ratana Welfare Society Malaysia, Dignity for Children Foundation, Pusat Jagaan Sejati, Star Foundation, SJK (C) Chen Moh, Alzheimer's Disease Foundation Malaysia, Sin Chew Foundation and Dual Blessing Bhd

Bargain Basement is a charity pre-loved store and an initiative of Yayasan TSLSC. Since its inception in 2016, it has given over RM280,000 to 20 various homes, prior to the current donation.



Earlier, Datin Joanne and her champions dropped by at Bargain Basement at ICM. The second outlet is located at IOI Mall is located at Universiti Tunku Abdul Rahman (UTAR) in Perak through a collaboration with

By decluttering your life, you're

saving someone else's because all the

net proceeds of Bargain Basement

will be channelled to different

charities annually.

Woah, this is not an easy game

Ti-Ratana Welfare

Society Malaysia is a centre

of hope, sharing, caring and

growth that provides for more

than 500 residents a month.





Children were not left out from the joy of Christmas as Yayasan TSLSC invited children from Rumah Shalom (Puchong) for a day of fun and games at the adventurous District 21 at ICM. It was a rare outing for the children due to the pandemic but children never lose their sense of excitement and wonderment as they jumped, climbed and slided while exploring and challenging themselves at the first-of-itskind 70,000 square feet indoor adventure theme park. Lunch at Texas Chicken was a satisfying meal and their happy smiles say it all.

UTAR students.

Malaysia was hit by one of the worst floods in the country in December 2021. Said to be the worst flooding since 1994, the heavy downpours claimed many lives and caused over 70,000 people to be displaced from their homes. Since 17 December 2021, many have lost their homes, belongings and vehicles, which were either swept away or submerged in the recent floods.

"Thank you for your help!

IOI Plantation Services Sdn Bhd swiftly extended the much-needed help to the flood victims, regardless if they were our

estate workers or strangers. Once the floodwaters receded at Karak town in Pahang, Bukit Dinding Estate Manager Mr M. Nagaraja plus two Assistant Managers mobilised about 20 of our employees from Bukit Dinding Estate to clear the mud and debris using six estate tractors around Taman Sri Makmur. From 19 to 23 December 2021, we worked hand-in-hand with the residents to clean the affected areas. We supplied RM6,000 worth of groceries consisting of rice, cooking oil, flour and food aid to the flood victims, and distributed clean water to the residents while assisting them to source water directly from the river by using our estate road. Six houses that belonged to our Indian workers and two of our staff nouses were affected in the downpours.

Over at Tambang Estate in Segamat, Johor, our estate workers also came out in full force and worked in harmony to help the villagers. Our estate management constructed an excess road for the Kampung Spang Loi villagers to take refuge at the flood relief centre (PPS). Once they

were safely situated at the PPS, we helped to supply clean water to the villagers. Altogether, there were 400 villagers who were affected by the floods. Prior to that, we worked fast to move and help to salvage whatever we could from their homes. Items such as essential electronic appliances and furniture were shifted to a safe location before the floods worsened. The debris and clutter from the downpours were efficiently removed after the floods.



Kampung Spang Loi was flooded with the love and help from Tambang Estate.

Even our charitable foundation, Yayasan Tan Sri Lee Shin Cheng donated RM50,000 to the Tabung Misi Bantuan Banjir Negara through Yayasan Komuniti Negara to assist in the country's flood relief effort. The fund will be channelled to purchase food baskets, other essential goods and relocate victims to safe locations as well as to clean and repair their damaged houses.

Indeed, the affected areas were swamped with care and concern as we united for a good cause.

Flooding With CARE & CONCERN





Bukit Dinding olunteers

Love & Care In Old Age



Le Méridien Putrajaya is delighted to put smiles on familiar faces at Pusat Jagaan & Rawatan Orang Tua Al-Ikhlas, a nursing home based in Puchong, Selangor which is currently caring for 20 elderly people of different ethnicities.

Both our Kitchen and Engineering Departments were more than happy to collaborate for this second visit on 13 October 2021. Our hotel associates also sent their love and appreciation. Together, we contributed and presented a token of appreciation to the home.

WeCare For

Team IOI cares for the community and this is shown by IOI Properties Group Berhad, Johor Bahru and IOI Mall Kulai's joint effort to help the underprivileged families. Under the *Think WE Not ME! #WeCare* campaign, we jointly initiated a monthlong donation drive from 25 November to 24 December 2021 for the B40 families. Recently, over half a million middle-income group (M40) households have slipped into the bottom B40 category due to the current health and economic crises caused by the Covid-19 pandemic. Via the WeCare Bin campaign, we received an overwhelming response of generous donations of dry food and essential items. We then contributed to the B40 families in Bandar Putra Kulai. Together, we hope to alleviate the

poverty in our country and help to bring assistance to the families.



CHAMPIONING 5RS IN OUR LIVES

Be Kind To Nature And Protect Earth

It is a big task but we all can start small – the first step is to determine to do our part and resolve to be kind and treat nature with respect. With that determination set in resolution, let us learn and practise the 5Rs – refuse, reduce, reuse, repair and recycle – anywhere, anytime.

Step By Step, Learn About 5Rs



REFUSE Say "no" to things you don't want.



REDUCE Minimise instead of wasting with mindful purchases and consumption.



REUSE Repurpose any material whenever possible.



REPAIR Increase the life of any material before throwing away. Try fixing it and

give it a new life.



RECYCLE recyclable items.

Learn to separate the wastage from

R by R, Make 5Rs A Habit

Here are some items that we can refuse, reduce, reuse, repair and recycle. Go on, take a step and fill in your list of 5Rs.

REFUSE

plastic bags

styrofoam containers

plastic cutleries & straws

REDUCE

• water & electricity • go vegan for lunch

	•																				
	•	•																			
	•																				
	•																				

REUSE

used bottles

• buy second-hand items

REPAIR

 loose clothes • refurbish torn jeans to a pair

 ľ	
 Ē	

RECYCLE

- aluminium cans
- plastic bottles • build a Brick Bottle

66 Recycling is really a community effort and I feel motivated to be more mindful of my waste when my colleagues practise the 5Rs with me. 🤧

> **Eco-Warrior** Ms Dharshini A/P Mugunam IOIPG Senior Sustainability Executive



66 Waste segregation has never been this easy after being an Eco-Warrior.

> **Eco-Warrior** Mr Lau Zhi Hao IOIC Commodity Marketing Officer



As an Eco-Warrior, I believe that together we can make Earth a better place. Start doing something green today!

> **Eco-Warrior** Ms Choy Poh Yeng IOIPG Marketing & Branding Officer



l'm not an environmentalist, I'm an Eco-Warrior. 99

Eco-Warrior
Ms Aliza Mohamed IOIC Commodity Marketing Executive Secretary

Our Eco-Warriors Are Fighting For Earth

An Eco-Warrior pledges to be an environment ambassador that cares for the Earth and inspires those around him or her to make a positive influence to the environment. In November 2021, IOI Corporation Berhad (IOIC) and IOI Properties Group Berhad (IOIPG) elected 62 employees as our proactive and committed Eco-Warriors to promote recycling and environmental conservation as well as influence each other to take up the 5Rs seriously.

Yayasan Tan Sri Lee Shin Cheng (Yayasan TSLSC) kickstarted the recycling initiative at IOI HQ by collaborating with Tzu-Chi Foundation Malaysia (Tzu-Chi) in November 2021. A non-profit organisation, Tzu-Chi started its environmental protection initiatives since 1995. To date, it has over 160 recycling centres and 980 recycling points in Malaysia.

Back in March 2021, we visited one of Tzu-Chi's recycling centres in Taman Desa in Petaling Jaya, Selangor to increase our knowledge on waste segregation. On 22 and 23 November 2021, Tzu-Chi was invited to educate and train our 62 Eco-Warriors and their Heads of Departments. Yayasan TSLSC Executive Director Datin Joanne Wong said: "Ideally, if every single staff knew about this information, they will better support these activities in the office because they will gain a better understanding and they will perform it from the heart." Today, let us educate ourselves on some of the fundamentals of 5Rs.



Do you know paper egg cartons are more eco-friendly than plastic egg cartons as they biodegrade easily compared to plastic which cannot be recycled and does not



Tackle plastic waste by upcycling drink packs and sachets into useful baskets. But make sure vou clean and dry them first.



You cannot recycle your takeaway coffee cup. Although the outer part of the cup is made of paper, a thin layer of plastic (Polypropylene film) protects the coffee from seeping into the paper and keeps it warm. Hey, can you think of some way to reuse that coffee cup?

It takes 95% energy to make a

to produce one from a recycled can. So recycle your can drinks, disinfectant sprays, aerosol cans and any aluminium bottle.

totally new aluminium can than

WHAT IS BRICK

It is a plastic bottle packed with clean and dry used plastic (snack wrappers, receipts etc.). They can be used as building blocks to create various items, including furniture, wall and other structures.



Hand your completed Brick Bottle to your Eco-Warrior. Or get creative and build your own Brick Bottles.

Mother Nature now calls for our favour. Simple daily acts to REDŪCE, REUSE and RECYCLE may lead to a huge difference; together we can be Eco-Warriors!

Eco-Warrior Ms Safreena Sairee IOIPG PR & Social Media Marketing Assistant Manager

START YOUR BRICK BOTTLE



plastic bottle (33cm height e.g. Coke, Sprite, 100 Plus..)



the whole way through

PRACTISING THE 5Rs

I feel sad when I realise

that the conditions of the

ocean and the sea life are bad from

the waste and plastics that we throw

away. It causes animal extinction and

we should not take it lightly. Think

Eco-Warrior
Ms Azuriaty Abdul Latiff

IOIPG Group Quality Management

Service Quality Officer

twice before throwing waste.



What can be put in? All

clean & dry plastic packets



Fold the plastic &



Food, battery, paper or things that can be recycled



The bottle should be solid & not dent in











I realised I had wasted so much things which would be useful for Mother Earth. Now I encourage my family and

It's better late than never. **Eco-Warrior**

friends how to save the world.

Ms Annamah Santiago IOIC Commodity Accounts

9 November 2021 Visit To Rumah Shalom

In conjunction with the Deepavali celebration, business unit representatives from Puchong Financial Corporate Centre, Four Points by Sheraton Puchong and IOIPG Group Corporate Communication Department visited Rumah Shalom, a foster home for underprivileged children who come from families with difficult backgrounds. Their visit brought joy to the children as well as gifts such as home appliances, packed meals and terrarium containers that can produce three types of vegetables in one year.



In Every Festive Season

The saying goes by, "It is easy to feel powerless in the face of adversity, but with sheer will and determination, one can make a difference." And with this spirit, IOI Properties Group Berhad (IOIPG) and their portfolio of hotels and malls reached out to its connecting communities to lend a hand as well as spreading festive cheers.



A team consisting of staff members from both IOI City Mall and IOI Mall Puchong made a double visit to Pertubuhan Kebajikan Yesuvin Mahligai in Kajang, Selangor (home to 35 children and 15 elderly people) as well as Pure Life Society in Kuala Lumpur (home to 70 children), bringing gifts such as groceries and basic necessities as well as cash vouchers which were contributed by tenants from both malls.



20 December 2021 A Christmas FantaSEA

IOI City Mall opened its doors to children from Pusat Jagaan Kanak-Kanak Openhands Fellowship, Kajang and Kaizen Children Home, Semenyih as the children and their caretakers had a fun day out including enjoying a movie, having lunch at Marrybrown and a round at the Icescape Ice Rink. Each child left with a gift bag in hand and huge smiles on their faces.



donations which will help with its operating

Bottled Kindness

we saw kindness spread from all walks of life. Amidst the fear, we learnt that there was also community support and hope. And this was how IOI Pan-Century Oleochemicals Sdn Bhd (IOI Pan-Cen Oleo) responded when approached by the Sultan of Johor, His Royal Highness Sultan Ibrahim ibni Almarhum Sultan Iskandar's

foundation, Sultan Ibrahin Johor Foundation (SIJF) in early-October 2021, which was seeking contributions to help the needy and those who are affected by the pandemic in Johor, Malaysia.

IOI Pan-Cen Oleo has since contributed 4,000 bottles of our 1-litre of Century cooking oil to the foundation. They were handed over to SIJF co-ordinator Mejar Cina David Wong Khong Soon and SIJF representatives on 16 November 2021 before being distributed as food handouts to 318 students from various Chinese national-type primary schools (SJKC) around Johor Bahru on 30 November 2021. Among the receiving schools were SJKC Foon Yew (96 students), SJKC Foon Yew 1 (68 students), SJKC St Joseph (36 students), SJKC Kuo Kuang (50 students) and SJKC Pu Sze (68 students).

Since last year, the Sultan of Johor has given out aid to more than 21,000 needy families throughout Johor, and IOI Pan-Cen Oleo is honoured to share the same passion to assist those whose livelihood has been affected by the pandemic.



We Salute Our Healthcare Heroes!

A million appreciations are not enough to express our gratitude over the sacrifices of our frontline heroes during

To salute our healthcare heroes for working tirelessly, both Sales & Marketing, and Food & Beverage Departments of Four Points by Sheraton Puchong made a special trip to KPJ Kajang Specialist Hospital on 27 October 2021. We distributed 100 boxes of yummy Spaghetti Bolognese which were prepared with care by our in-house Chef De Partie, Chef Wayne.

While at the hospital, our dedicated Chef Wayne had the chance to share tips and presented a quick demonstration on how to prepare his delicious Spaghetti Bolognese to all staff members.

According to Chef Wayne (right pix, right), Spaghetti Bolognese is a yummy and heartwarming dish that is easy and simple to cook



Energise Your NuliGo > Muscles With

Many of us used to take our health and physical fitness for $NuliGo^{TM}$ is a revolutionary innovation in nutritional work matters. But since the Covid-19 pandemic, health and wellness have never been more essential and valued.

Bunge Loders Croklaan found that many people are now seeking functional ingredients that enable them to enjoy a longer active lifestyle. Vice President of Nutrition Dr Emiliano Rial Verde said: "Now, as part of our continuous innovation efforts, we are proud to be the first in the market to offer our customers a functional ingredient that provides a set of benefits previously not available in sports nutrition and active aging. This type of fast energy source delivered directly to muscles is something completely new in these categories."

granted, and prioritise other things such as our family or lipids with a uniquely structured medium and long-chain triglyceride (sMLCT) that brings rapid energy directly to muscles. It combines the rapid energy of MCTs and longer lasting energy of LCTs in a single molecule for greater benefit. By bringing easily accessible energy to muscles, NuliGoTM sMLCT spares protein for musclebuilding, maintenance, and recovery. When combined with the appropriate protein, it is an ideal ingredient for active adults targeting athletic performance, endurance, strength, enhanced mobility and post-injury recovery.

*NuliGo*TM is available in oil and powdered formats, and well-suited for:

- Sports Nutrition as it fuels physical performance and post-activity recovery by delivering rapid and long-lasting energy sources to muscles.
- Active Aging as it promotes muscle strength and maintenance to support a longer
- Medical Food Products as it combines tolerability with balanced energy delivery.

Mr Shyam sharing the sustainability practices in IOIEO and

more, at the virtual panel

IOI Edible Oils Sdn Bhd (IOIEO) General Manager Mr Shvam Lakshmanan was one of the invited speakers along with five renowned

industry players. A Fellow of IChemE, Chartered Engineer and Chartered Scientist, Mr Shyam is also a First Grade Steam Engineer and a registered Electrical Energy Manager. The participants learnt about IOI Group's sustainability practices and the

good engineering practices in IOIEO as well as IOI Bio-Energy Sdn Bhd's awardwinning co-generation plant.

Apart from this, Mr Shyam also worked with our Research & Development team to debunk the myths of palm oil in an article titled Let Us Not Allow That Misconception To Recur To Palm Oil. The article was awarded an Honorarium and the panel commented it as "information provided is thoroughly researched, serving as an authoritative for those seeking true facts about palm oil." Congratulations to Mr Shyam, Ms Yung

> Yen Li, Ms Kong Sing Lim and Ms Joanne

> > The forum, which was hosted by IChemE Student Chapter of Curtin

University Malaysia, and cohosted by IChemE Student Chapter of Swinburne University of Technology Sarawak, was a success in providing an informative and knowledgeable session on the true facts of

PALM OIL - Is It Good For You?

discussion.

The BOILING INNOVATION

A VISIT TO THE BOILING INNOVATION

Ever since IOI Bio-Energy Sdn Bhd's (IOIBE) award-winning steam boiler received the Winner in Renewable Energy award in the Cogeneration category during the National Energy Award (NEA) 2021, it has received much attention on its in-house modifications and improvements. It made a groundbreaking impression on the Member of Parliament for Sandakan Yang Berhormat (YB) Puan Vivian Wong Shir Yee (pix

above) during her visit with her Team 186 to IOIBE for a tour of the facility on 11 September 2021.

IOI Edible Oils Sdn Bhd General Manager Mr Shyam Lakshmanan and the IOIBE team explained how the high-performance and eco-friendly cogeneration plant can now operate efficiently on empty fruit bunches and palm kernel shells as fuel to generate steam, and supply electricity as well as steam to IOIBE and the neighbouring facilities.

YB Puan Vivian emphasised that we are inseparable from nature and sustainable developments are our common future. The innovative boiler is not only an achievement of great significance in environmental protection, it also heralds a new milestone in

Malaysia's palm oil industry as it utilises our

oil palm wastes innovatively.

ogether, we can create a sustainable futur y working hand-in-hand to bring the Malaysian palm oil industry to new heights

YB Puan Vivian expressing thanks to the management of IOIBE for the visit to for giving a live tour and rmation on how the boile

The Little Cube That Made A Giant Impression

Rubik's Cubes have been meticulously hand-twisted by circus artists to form a giant-scale Rubik's Cube?

This stunning 2.8 by 4.5 metre mural is a record-winning achievement of South Beach Singapore together with Marina Central Business Improvement District (BID).

Who hasn't played and tried to solve the Rubik's Cube? Can you imagine 4,000 Records. This giant-scaled Rubik's Cube was unveiled on 17 November 2021 and will be on display along with other Christmassy Rubik's Cube decorations until 2 January 2022.

> Together with BID, every corner dazzles with sparkling fairy lights, classic red poinsettias and huge Rubik's Cube gift boxes. BID is a private sector operated programme that helps to enhance vibrancy and attractiveness of the business precinct through targeted marketing, hospitality and events. It consists of various stakeholders namely South Beach, was awarded the Largest Marina Square, Millenia Singapore and Suntec City.



Do you know that the Rubik's Cube has 43 quintillion possible configurations?

What's In Store At **IOI Resort City** In 2022?

IOI Resort City, located 26 km from Kuala Lumpur city centre, connects matured towns such as Kajang, Bangi, Serdang, Puchong, Putrajaya, Cyberjaya and the southern states of Malaysia. This smart lifestyle resort, designed to be sustainable and walkable, offers five-star and four-star hotels, an 18-hole championship golf course and a soon-to-be largest mall in Malaysia, that currently welcomes 24 million visitors annually. Come 2022, IOI Resort City is set to be the next benchmark in resort living. A perfect place to stay, work and play in this future-ready city



1 Be the first to take your kids to explore IOI City Farm, the first indoor farm in Malaysia with a three-in-one aquarium, farm and petting zoo haven that is ready in April 2022.

🔼 Moxy Putrajaya Hotel is here to play as IOI Resort City's newest hotel offering a playful staycation that is affordable and fun with endless adventure.

Get ready for the biggest mall in Malaysia when IOI City Mall Phase II opens its doors in June 2022 (check out more in Hallmark).



Here's a perfect family-friendly zone to gather with your kids, tweens and teens. There's something for everyone at the Active Zone at the Central Park. Basketball, futsal and badminton courts, giant slides, boardwalk with soothing lake views, waterfront activities and many outdoor explorations.



Nothing beats a fun and sunny outing with our furry friends at the Pet Park. What's more, the challenging pet obstacle course will make it even more interesting.

There's no excuse not to get fit at the 10-acre Central Park, which is complete with a jogging track, a skate and bike track, and other outdoor activities plus a scenic view of nature as the backdrop.



Green is the new black as we solar panelled our IOI City Mall's roof. We generated 4,260 MWh of renewable energy and reduced 2,956 CO, last year. We are also installing solar-powered lights for the walkways and



Dato' Voon (left) said: "We are bound by the Group's

Vision of Trusted. with the focus on delivering service and quality excellence. We are Trusted to perform our best, prioritise our customers and demand excellence in everything we do.

folio hotel under the Marriott

Since IOI Properties Group
Berhad (IOIPG) inked an agreement with Marriott

Guests will enjoy Palms Café, the all-day dining restaurant and Aroi Dee, PGH's signature Thai restaurant, as well as the Courtyard Bar, which is an alfresco bar in an open-air courtyard. The spacious 22,000 square feet of flexible indoor meeting space, which includes 11 multi-functional event spaces and a pillarless grand ballroom that is over 6,000 square feet, is an ideal venue for

A Tribute To Stay



Check out the opening offer that is valid until 31 March 2022 at:

Mr Lee Yeow Seng (centre) with Dato

Excelling In

Winning the Challenge Trophy at the Prime Minister's Hibiscus Awards for the second time is no small feat. The technologies employed at IOI Pan-Century Oleochemicals Sdn Bhd (IOI Pan-Cen Oleo) are world class and the operating procedures are modernised. This commitment to innovation and excellence in execution impressed the Minister of Plantation Industries & Commodities Yang Berhormat (YB) Datuk Hajah Zuraida binti Kamaruddin who visited our award-winning IOI Pan-Cen Oleo and IOI Edible Oils Sdn Bhd on 28 September 2021.

Mr Kumar Renoo officiated the debut of PGH as Malaysia's first Tribute

and IOIPG's senior management shared the proud moment virtually.

Eager to gain a first-hand perspective of the oleochemicals and edible oils manufacturing in Malaysia, YB Datuk Zuraida and her entourage, including Malaysian Palm Oil Board Director-General Dr Ahmad Parveez Ghulam Kadir, toured the Fatty Acid Fractionation Plant, Quality Control Lab, Soap Noodle Pilot Plant and Edible Oil Packing Plant under the guidance of IOI Pan-Century Group Chief Operating Officer Mr David Koo and team.



Standing next to YB Datuk Zuraida is IOI Corporation Berhad Group Managing Director & Chief Executive Dato' Lee Yeow Chor (right pix, right) at the Splitting Column. Together, they gained a bird's eye view of the expansive complex. CUSTOMER



Congratulations to our Quality Excellence Award winners! May we continue to excel in the delivery of quality service homes.

When it comes to product and customer service at IOI Properties Group Berhad (IOIPG), building a Trusted. brand is paramount. That is why IOIPG Chief Executive Officer Dato' Voon Tin Yow commended 20 high service and quality champions comprising 15 high achievers in quality and five IOI Service Heroes who scored the highest customer service ratings at the IOI Quality & Service Excellence Awards 2021 on 8 December 2021. The hybrid ceremony was attended by approximately 650 IOIPG employees from Malaysia, Singapore and China.

Despite the new norm of working from home and the reduced face-to-face interactions, our employees have continued to deliver quality products and service excellence to our customers. Our IOIPG site employees have consistently discharged their duties to ensure the highest quality workmanship in the construction of buildings while our service frontliners have attended to our homebuyers tirelessly and patiently in order to give the best in

Congratulations to the 15 Quality Excellence Award winners from the Project Team of six projects in four integrated developments

(IOI Resort City, Bandar Puteri Puchong, Bandar Puteri Bangi and Bandar Putra Kulai). Our five Service Excellence Award winners were recognised for receiving the highest service ratings from our customers during the IOI Service Heroes' campaign period from 1 September 2020 to 30 June 2021. These participating frontliners are from the Sales & Marketing (16 Sierra and Bandar Puteri Klang), Building Services (IOI Resort City) and Project Departments (Bandar Puteri Bangi).

Let us continually raise the bar for service and product quality.



Well done to our Service Excellence Award winners Let us continue to create memorableservice experiences.



New opportunities and new challenges drove employees at IOI Pan-Century Oleochemicals Sdn Bhd (IOI Pan-Cen Oleo) to battle it out for the top prizes. The halfyearly Functional Team Programme for July to December 2022 motivated 24 teams to join and give their best. They presented their sixmonth performance of team management, KRA/KPI achievement, implemented Kaizen, Continuous Improvement and 5S TPM efforts, which were all evaluated by the Quality Council.

IOI Pan-Century Group Chief Operating Officer Mr David Koo was proud of the top 14 Exemplary Teams comprising six teams in the Good Performance and eight teams in the Exceeding Requirement categories, which received cash awards. Congratulations to the top three teams consisting of the Electrical & Instrumentation Refinery, Utility, Fatty Acid and Refinery Oil Filling & Operation. Six best performing teams also took home the Trophy Awards under the Team Achievement, Key Performance, Improvement, 5S/TPM Implementation, Presentation and Leader categories.

Keep up the culture of excellence!

Thank You For Being Our VALUED



Words speak louder than actions but on 16 November 2021, after two years since the Covid-19 pandemic, Marriott International (Marriott) made it loud and clear that we value our customers and we put people first". IOI Properties Group Berhad (IOIPG) Cluster General Manager (Hotels)

A total of 18 of Marriott Bonvoy's portfolio of hotels in Malaysia joined in to appreciate the guests at the meet-and-greet session to reinforce relationships and

Mr Kumar Renoo (left in pix) and Putrajaya Marriott Hotel (PMH) Manager Mr Louis Chiew revved up to PMH's porch in fourwheeler ATVs and performed a mini opening stunt followed by a thank you speech by Mr Kumar to 80 invited guests from local government agencies and government-linked companies.



Solutions To Formulation Challenges

In 1843, Englishman Mr William Brockedon (1787 - 1854) applied for

a patent for the medicinal tablet and caused one of the most tremendous upheavals in medicine. Active ingredients such as paracetamol, ibuprofen and insulin can be precisely dosed and are very stable. Tablets are easy to consume, can be massproduced and easy to transport. As a result, tablets occupy a special position today with a share of almost 50% amongst the

Yet formulators often face various challenges to give mechanical and chemical stability to the tablets during production due to

stable forms and achieving active delivery and dissolution profiles is a difficult and a key challenge.

IOI Oleo GmbH's Pharma business unit offers various plantbased mono-, di- and triglycerides for a wide range of dosage forms such as tablets, capsules, granules or powders. Our DYNASAN® portfolio is particularly suitable to overcome these formulation hurdles and simplify the process. The chemical origin, raw materials, production under the Good Manufacturing Practice conditions give our lipid-based DYNASAN® product range advantageous properties and an optimised purity profile.

guess the weight

of the palm

poor solubility and/or permeabilities. Formulating them into One of our products in our DYNASAN® portfolio is the DYNASAN® 118, which is a monoacid triglyceride that is suitable for the production of pharmaceuticals. It is available as a microfine powder or in flaked form that is particularly suitable for oral solid dosage forms so it limits the incompatibility of tablet formulations. Not only is it an effective lubricant for tablet production in low concentrations without the risks of fatty acid soaps, it enhances the tablet fracture stability. Come and check out https://cutt.ly/pIR6JPi to explore how our DYNASAN® portfolio can overcome the various challenges of formulations through proven benefits and products.



To remind our employees to maintain a safe and healthy workplace, we continued to create awareness of the importance of a safe and hazard-free workplace at IOI Edible Oils Sdn Bhd and IOI Bio-Energy Sdn Bhd. Though we could not gather together, we held a virtual Safety, Health and Environment (SHE) Campaign 2021 that ran from October till

Here are some activities we organised! From awareness talks to design competitions, our employees were more than thrilled to join the challenging activities. See if they can challenge your ability too.

based materials for

can you be using recyclable

Look at how happy

and honoured Member

of Parliament for Sandakan

Yang Berhormat Puan Vivian

Wong Shir Yee is when she

launched our SHE 2021 on

15 October 2021.

O O O O

know how to save someone and

provide hands-on

pencils, can you emember and drau out our good SHE



What Is **Mental Health**?

The World Health Organization (WHO) states: "Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity." An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities. Mental health is a state of well-being in which one realises his or her own abilities – to be able to cope with the normal stresses of life, to work productively and fruitfully and/or to make a contribution to his or her

Sadly, there are still many misconceptions associated with mental health. When a person says his or her mental health is decreasing, chances are there are some who would think he or she is "crazy," "nuthead," "coo-coo,"

GET PAIN CATING DEVISION TOMORIUS DEPOL ANOSTONOSIA PERSON PAIN CALING CLOSE OCE SIPOLAR ANOREX IN ANOSTONISM AND SOUND SIPOLAR ANOREX IN ANOSTONISM AND SOUND SIPOLAR AND SOUND PAIN CALING CASE OF SOUND SIPOLAR AND PAIN CASE OF DEPRESSION Stating disorders OCD bipolar ANOREXIA ANOSOGNOSIA persecutory DELUSION TOMOPHOBIA ARACHNOPHOBIA
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Mental health, just like physical health, affects everyone whether you are suffering from a mental illness or not. Do you know that about one every five people will experience a mental health issue in a given year? Your mental and emotional health can fluctuate from time to time depending on the stresses in your life. So, it is always a good idea to check in with yourself and try to gauge the direction your mental health is going in. How many of these signs do you relate to?

You Are Losing Interest In The Little **Things**

Do your favourite activities suddenly seem uninteresting and have you started to lose excitement for life's little things? You could be overloaded with stress, or you feel swamped with all of your responsibilities. When you lose interest and do not enjoy the hobbies and activities that you once did, this could also be a warning sign of depression.



You Feel **Overwhelmed More Often Than Normal**

Do you find that you have been getting overwhelmed more often than normal? When you have a to-do list for two or three tasks, does it feel more like you have 10 things to do? When you start to get overwhelmed easily with everyday things, it can signify worsening mental health, as feeling mentally overwhelmed could be an internal reaction to excessive



You Do Not Feel Like Socialising That Much Anymore

Does it feel more exhausting to interact with people nowadays? Regardless if you are an introvert, extrovert, or somewhere in between, we all have a standard comfort level when it comes to social interaction. If you feel yourself slipping below your comfort level, pay attention to



You Do **Not Have A Consistent You Always** Sleep Feel **Schedule Drained**

Have you developed a seemingly random sleep schedule or an Do you suffer this crushing sense of anxiety staying with irregular sleep schedule? Are you all day? Does it feel like you are trying to move up a mountain each time? Do you you struggling to regulate your sleep and finding it hard to constantly feel exhausted or maintain your routine to wake up and go to bed at the same drained despite sleeping and eating well? More than just time every day? A decline in your mental health can cause feeling tired, when you are sleep disturbance where your this drained and constantly body finds it difficult to have exhausted, you might struggle a regular rhythm of sleep and to get anything done.



You Feel **Mentally And Emotionally Scattered**

Do you feel like there are so many things happening around you, but you cannot focus on any of them? Do you have a harder time focusing and staying on task? Is it hard to comprehend a write-up despite having re-read the same passage over and over again? From time to time, it is normal to feel this way, especially when you are going through higher amounts of stress. However, if you are feeling scattered or things are spinning out of control, your mental health could be under



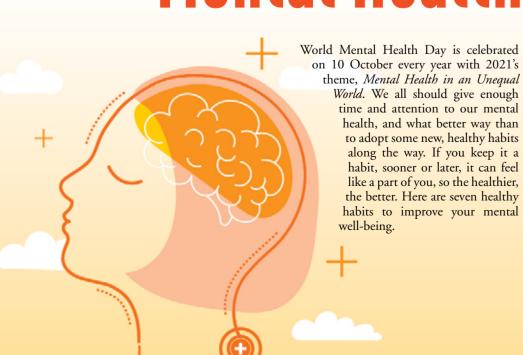
Are you acting more on impulse? Are you possibly indulging in things you should not? Whether it is retail therapy or playing video games for hours, when you act more on impulse like this, it can signify worsening mental health You might pick up some unhealthy habits as a way to cope with life stress, fulfil or distract yourself from a major issue going on in your life.

Speak Your If you experienced any of the above signs, know that you are not alone and that there is help and support available in order for you to make the changes you need to get your mental health back on track.

Mind & Talk About Mental Health

Seven Things To Do To Improve Your **Mental Health**

addiction DEPRESSION amoking MENTAL ILLNESS saw



Adopt An Upright **Posture**

According to a study in the Journal of Behaviour Therapy and Experimental Psychiatry, upright posture can have a positive effect and reduce fatigue. Preliminary studies' conclusions suggested that, adopting an upright posture may increase positive effect, reduce fatigue, and decrease self-focus in people with mild to moderate depression. Are you hunched over while reading this write-up? How is that posture looking?



IT'S OK TO BE NOT OK.

We encourage you towards building a stronger mental

Practise Positive Thinking

Research shows that your thoughts about yourself strongly affect how you feel. When we perceive ourselves and our lives negatively, we can end up viewing experiences in a way that confirms that notion. Practise using words that promote feelings of self-worth and personal power. Instead of saying, "I was horrible at my presentation," use positive words and self-compassion like, "I will do better next time, or I can do it if I keep



Take A Walk **Among Nature**

A simple walk among nature can boost your mental well-being. According to a 2019 study by Canadian researchers, a mere five minutes contact with the natural world improves mood, human health, selfesteem and general emotional well-being, and its results indicated that brief nature contact reliably improves both hedonic and selftranscendent emotions.

Hug Someone Or A Furry **Friend**

Sometimes we just need a hug. Hugging along with kissing, snuggling and physical touches are great ways to release oxytocin (often known as a cuddle hormone). Hugging a loved one or a furry friend helps release this hormone and perhaps also increase your self-esteem and optimism in the process.

Exercise

Exercise is not only important for our physical health, but our mental wellbeing as well. Regular exercise releases endorphins, which make us happy naturally. This is because exercise can release feel-good endorphins, natural cannabis-like brain chemicals, endogenous cannabinoids, and other natural brain chemicals that can enhance your sense of well-being.

Get Enough Sleep

Not getting your eight hours of sleep every day has been shown to negatively affect your mental health What makes things worse is 60 to 90% of patients with depression also have insomnia, according to the Sleep Health Foundation So, people whose emotional well-being may already be suffering are possibly causing further health problems by not being able to get their full rest. Not only do you get grumpy and groggy from not getting enough sleep, it is not the best for your emotional well-being in the long run.



IOI Corporation Berhad continues to provide monthly health talks in 2022 to promote better mind,

body and soul nourishment.

Keep A

Journal

Gratitude

Expressing gratitude has been

linked to increased happiness

and improved well-being

- and the best researched

method is to keep a gratitude

journal, or write a daily

gratitude list, which means,

every morning, write down

something you are thankful

for. At the end of the day,

write down a few more things

you appreciate before you hit

Disclaimer: This write-up is created for educational

YOU DON'T HAVE TO FEEL ALONE.

fortitude, in order to be a better version of 'you'.



purposes only and is not intended to substitute any professional diagnosis. If you suspect that your mental health is deteriorating, we highly advise you to seek help from a qualified mental health professional.



Busting Plastics Usage

Each patron of IOI City Mall (ICM) and Lotus's Malaysia at ICM received a reusable shopping bag on 16 October 2021, as part of the Selangor Government's Plastic Buster programme to curb singleuse plastic bags in the state.



Every Drop Saves Life

Associates and hotel guests at Putrajaya Marriott Hotel gathered and donated 19 pints of blood to assist the National Blood Bank in achieving adequate blood supply on 24 November 2021.



Besides attending a virtual awareness talk by a HIV/AIDS Prevention Advisor Specialist, each Putrajaya Marriott Hotel associate received a ribbon badge and snacks in conjunction with World AIDS Day on 1 December 2021 to create awareness that the AIDS pandemic is far from over as well as to remember the accomplishments made and progress in the making.

Xmas Cooking Workshop

A total of 30 participants from IOI Corporation Berhad attended the Xmas Lunch & Learn Cooking Workshop, held on 10 December 2021, to learn how to prepare six fuss-free Christmas dishes using palm oil in an hour.



#SeasonsOfGiving

Bearing the spirit of giving back to those less fortunate, IOI Oleochemical Industries Berhad's Community Service Committee donated cash contributions to Penang House of Hope, Penang Shan's Children Home and National Council for the Blind on 14 December 2021 to spread goodwill and to provide muchneeded financial relief to the homes.



Spreading Xmas Cheers

IOI Corporation Berhad spread Christmas cheers to the employees with a song and dance plus gift. Employees dressed as Christmas carollers sang and danced to Christmas tunes on 18 December 2021 while distributing boxes of Famous Amos's Christmassy cookies as gifts to the colleagues.



IOI City Mall, IOI Mall Puchong and IOI Mall Kulai were decked out with their best Deepavali festive decorations to of Lights during November 2021. allowing mall patrons to capture magical moments with



Magical Fantasea Christmas

Patrons at IOI City Mall, IOI Mall Puchong and IOI Mall Kulai enjoyed an enchanting Christmas in December 2021 as they captured magical moments with larger-than-life sea creatures on display and Christmas trees decorated with sea creatures.





ALL-YOU-CAN-EAT

11.30am - 2.30pm Available Daily & Public Holidays

RM118.00 nett per Adult | RM60.00 nett per Child

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