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12th Malaysia Festival of the Mind



UTAR Wushu Club students (left) and TAR UC Penang students (right) staging a grand performance during the opening ceremony at UTAR Kampar Campus and TAR UC Penang Branch Campus respectively

We all have known that playing with a Rubik's cube requires certain mental prerequisites. The number of algorithms and techniques needed to solve it just once seems enough to turn one's brain upside down. While solving it may sound complex, yet it has been proven otherwise by four-year-old Jinansh Vimesh Dedhia, an Indian national boy when he successfully solved three Rubik's Cube puzzles in just less than two minutes during the grand launching of the 12th Malaysia Festival of the Mind (MFotM) held at UTAR Kampar Campus in Perak on 16 July 2016, followed by the second leg of the festival in Tunku Abdul Rahman University College (TAR UC) Penang Branch Campus in Penang on 23 July 2016.

Much to the amazement of the crowd, Jinansh's astounding intellectual talents were revealed further following his next attempt to demonstrate his memory prowess coupled with his quick calculating skills by correctly adding up a series of double digit numbers flashed on screen rapidly.

Apart from Jinansh, 14-year-old Harshi Virendra Bhavsar from India also showcased her extraordinary talent when she wowed the audience by effortlessly memorising the sequence of a shuffled deck of cards within five minutes. Her ability to read the reverse order also left the audience impressed.

Trained at the Indian Cube Association and students of world-renowned mental sports coach Gwendolen Noronha from India, both Harshi and Jinansh were among the 12th MFotM's highlights which underscored the power and potential of the human brain, as well as encouraging people of all walks of life to tap into the potential of the brain.

Jointly organised by the Malaysia Mental Literacy Movement (MMLM), UTAR and TAR UC, the 12th MFotM was launched by Guests of Honour Perak State Executive Council Member Dato' Dr Mah Hang Soon at Dewan Tun Dr Ling Liong Sik in UTAR Kampar Campus and Member of UTAR Council Dato' Lim Khaik Leang at Dewan Tan Sri Loh Boon Siew in TAR UC Penang Branch Campus respectively.

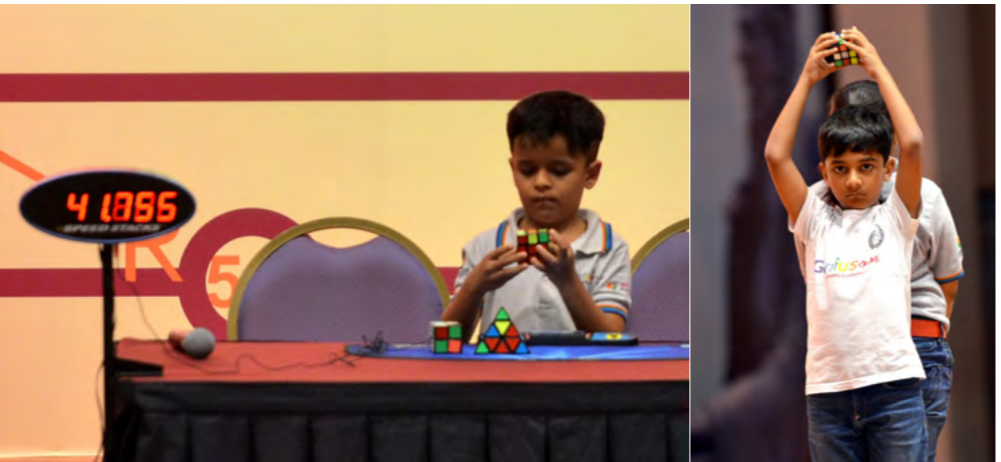
The official launching ceremony of the two-day festival in Kampar was attended by UTAR Council-cum-MMLM Chairman Tun Dr Ling Liong Sik and spouse Toh Puan Ena Ling, UTAR Vice-President for R&D and Commercialisation Prof Ir Dr Lee Sze Wei, UTAR Vice-President for Student Development and Alumni Relations Prof Dr Choong Chee Keong, TAR UC Perak Branch Campus Head Assoc Prof Dr Choy Siew Chee, UTAR Planning and Development Committee Advisor Tan Sri Hew See Tong and MMLM committee members; while in Penang the festival was attended by Tun Ling, Toh Puan Ena Ling, Prof Choong, TAR UC Penang Branch Campus Head Assoc Prof Dr Janice Toh Guat Guan, and MMLM committee members.

Aptly themed "Great Mind, Great Future", the annual Festival of the Mind aims to imprint the importance of mental literacy

among the general public and to create greater awareness about the human mind and ways of tapping into and developing one's brainpower. It also aims to introduce and to promote various techniques and skills pertaining to the improvement of mental literacy, such as memory skill, thinking skills, creativity, personality profiling, mind mapping, emotional intelligence, brainpower, mind power and other memory management tools.

Speaking on the importance of tapping into the potential of one's brain, Tun Ling in his opening speech said, "Our brains should be put to good use. However it is equally important to also use one's brain in a good and smart way." He further added that knowledge is created with the main purpose to be shared, making sure that the relevant knowledge reaches those who benefit from it.

Applauding MMLM's long-standing efforts in promoting mental literacy to the public, Dato' Mah said, "With the Malaysia Festival of the Mind, I believe we are one step closer to helping the whole Malaysia possess the full mental capacity. Regardless of financial status, everyone is presented the equal chance to learn more about their mind. This means, every Malaysian, young and old, is given the same, equal opportunity to expand their minds' capacities."



Impressive display of skills with the Rubik's cube



The crowd thronging the booths at both Perak and Penang

Dato' Lim also lauded the organisers' initiatives in nation building. "As we know, human capital is essential for economic, social and scientific development in every nation. We also know that human capital is the stock of knowledge, habits, social and personality attributes, including creativity and innovation. To this effect, I'm both proud and happy that MMLM has come far in helping to successfully spread mental literacy to our community. It stands as a strong pillar in developing human capital resources among Malaysians," he remarked.

With as many as 14 engaging workshops, seven enriching talks and an exhibition with 20 booths, the festival at both Perak and Penang managed to attract over 4,000 visitors including students, families, teachers, staff and many others.

Among the other mind-related talks that were delivered by experts and professionals during the festivals in both Perak and Penang were "Brilliant Brain Memory Skills" by Teo Kim Foo, "Numbers Are Gold in The Next 9 Years" by West Wong, "Autonomous Brain Computer Interface Wheelchair" by Danny Ng Wee Kiat, "Mind Map Your Way to Success" by S. Jeyaraman, "Peak Performance Through the Subconscious" by Ng Thian Watt, "Developing Emotional Excellence in Your Life" by Andrew Au,

"Rewiring the Brain via the 7 Secret Rhythms" by T. Elangovan, "Developing Emotional Intelligence for Future Career Success" by Choong Hoon Guan, "Achieving the Infinite Possibilities" by Wong Chooi Yee and "Holistic Learning for Personal Effectiveness" by SK Tan.

Apart from talks and workshops, the exhibition was also a one-stop centre for a hive of mind stimulating activities ranging from mind games, magic show to MENSA admission test and others.

The annual festival is currently in its 10th year and endeavours to create a greater awareness among Malaysians of all ages on how to develop thinking, memory and creativity skills through the empowerment of the mind. The 12th MFotM was proudly supported by The Star, Campus Plus, Grand Kampar Hotel, Berocca, Delfi, Dilmah and Julie's.



Visitors of all ages at the exhibition booths



Workshop participants gaining insight on various activities enhancing mental aptitude

With the aim to introduce and promote various techniques and skills pertaining to the improvement of mental literacy among Malaysians, the Malaysia Mental Literacy Movement (MMLM) together with UTAR and Tunku Abdul Rahman University College (TAR UC) have returned with the 12th Malaysia Festival of the Mind (MFotM) and the Mind Competitions 2016.

Following the Mind Festivals held in Penang and Kampar in July, the Mind Competitions was successfully held on 6 August 2016 at Sungai Long Campus. This year, the annual occasion saw some 650 participants from all walks of life, including primary and secondary school students, university students, working professionals and retirees, attending to hone their memory, mind mapping and mental calculation skills.

The Mind Competitions 2016 consisted of three competitions, namely Memory Competition, Mind Mapping Competition and Mental Calculation. Besides First, Second and Third Prize, each competition also awarded prizes for the following categories: Consolation Prizes, Best School Prize, Special Prize for Children and the newly-added category, Special Prize for Senior Citizen, with the cash prizes totalling RM60,000.

The youngest participant at the Mind Competitions was Goh Ai Ling who joined the competition for the first time. "My parents encouraged me to challenge my memory capacity as I often show good potential in memorising texts. I thought it would be an interesting experience and

Mind Competitions 2016



Participants at the competition

would also like to challenge my memory ability, therefore I decided to participate in the competitions," said the six-year-old.

Wan Mohd Ridwan bin Wan Razali, an 11-year old primary school boy, joined both Memory Competition and the Mind Mapping Competition. He said, "Challenging my memory is fun and I enjoy drawing and reading too. I am very

excited that I can participate in both the Memory and Mind Mapping competitions and discover how these could help me."

Form Two student Nura Husna said, "The skills required in these competitions are very much relevant to me as a student and they are also useful skills for studies and daily life. I have learnt how to make use of mind maps to help me better understand

reading materials and subjects like History."

Besides local participants, the Mind Competitions also saw some international contestants. Ri Ji Hyon from South Korea said, "Brain sports help me to train my brain power and keep me challenging myself." Rose Akeh, fourth time attendee from Nigeria, who participated in all the three competitions enthused, "It is a very meaningful and interesting competition as it allows me to unleash the potential of my memory and mental power. I have learnt a lot and would like to join the Mind Competitions again!"

MMLM will hold its final festival for this year in Selangor simultaneously with the Kuala Lumpur Engineering Science Fair (KLESF) from 4 to 6 November 2016 at the Mines International Exhibition & Convention Centre (MIECC), Mines Wellness City. Admission to the festival, talks and workshops is open to all and free of charge.

Results of the Mind Competitions will be posted on MMLM official website on 23 September 2016. Participants can view the results until 6 November 2016. The prize-giving ceremony will be held on 5 November 2016 at the Mind Festival (in conjunction with KLESF) at MIECC.

For more information on the Mind Competitions and the 12th MFotM, browse the MMLM official website at www.utar.edu.my/mmlm.

First offshore Mencius Institute at UTAR

UTAR reached a new milestone with the establishment of the first offshore Mencius Institute (孟子学院) at its Kampar Campus on 4 August 2016.

The first Mencius Institute was established in Xuzhou, China in 2008 under the joint initiatives of Jiangsu Normal University (JSNU), China Zoucheng Heritage Tourism Bureau, and Xuzhou Mengshi Clan Friendship Network to promote the study and research of Mencius, his Confucian thoughts, and also Chinese culture. To further promote these overseas, the institute chose UTAR as its first anchor point to establish the first ever offshore Mencius Institute.

The Mencius Institute at UTAR will emphasise on the dissemination and promotion of Chinese culture integrated with educational activities for all, allowing keen learners to gain deeper insight into Chinese history, geography, humanity and the essence of Chinese culture.

Invited to grace the opening ceremony was Senator Dato' Dr Hou Kok Chung, who was cordially received by UTAR President Ir Prof Academician Dato' Dr Chuah Hean Teik. Also present at the inauguration were JSNU Council Chairman Prof Xu Fangming, Mencius Thought Research Association President Meng Shuqin, UTAR Council Member Hew Fen Yee, UTAR Vice-President for Internationalisation and Academic Development Prof Ir Dr Ewe Hong Tat, UTAR Vice-President for Student Development and Alumni Relations Prof Dr Choong Chee Keong, and Dean of UTAR Institute of Chinese Studies (ICS) Assoc Prof Dr Chong Siou Wei.

The event commenced with Dato' Hou unveiling the plaque of the Mencius Institute located at UTAR ICS building, followed by an opening ceremony which was attended by over 100 staff and students.



From left: Meng, Prof Xu, Dato' Hou and Prof Chuah applauding after unveiling the plaque

"It is a great honour for UTAR to establish the first offshore Mencius Institute. As the most well-known Confucian philosopher besides Confucius, Mencius' thoughts and stories have inspired generations of people in perceiving and living life, as well as perfecting attitude to life. I believe that the inauguration will greatly benefit the university community by creating an atmosphere which encourages the learning of humanistic values. The institute will also promote sharing of knowledge and academic expertise, further helping us to enrich elective courses such as Confucianism in Modern Society and others," remarked Prof Chuah during his welcome speech.

Prof Xu highlighted that ICS's impressive teaching and research strength,

coupled with the sizeable Malaysian Chinese population with relatively well developed Chinese education infrastructure as well as enthusiasm in cultural inheritance, are amongst the top reasons for the Mencius Institute to anchor itself to Malaysian shores. "UTAR is highly reputed among the JSNU community following an exclusive coverage by JSNU on our nine postgraduate students' enriching and extraordinary learning experience at UTAR."

On behalf of the Mencius Thought Research Association and the Mengshi Clan Friendship Network, Meng said, "The establishment of UTAR's Mencius Institute heralds a new era in this country for the promulgation of universal values advocated by Mencius. Staff and students are able to use this platform for knowledge transfer and cultural exchange, further helping the institute to grow and progress. With the support given by all, I strongly believe that the institute's various projects and development will bear fruits of success."

Dato' Hou described UTAR as a "cultural fortress" and that the establishment of the first offshore Mencius Institute at the university is a great advantage. "Culture relies greatly on education, and it is through education that we understand the culture's essence and significance upon practising, thus enabling us to live a more meaningful, purposeful and fruitful life. UTAR has all the favourable conditions to have a Mencius Institute which will share positive cultural values and essence to a wider group of people," Dato' Hou explained.

The event was followed by a keynote address on Mencius and Confucianism titled "Dialogue among civilisations: Confucianism and Mencius through global lens" by Prof Xu, who is also a TV host for the China's television programme *Lecture Room* (百家讲坛).



Dr Chong receiving a portrait of Mencius from Meng while Prof Chuah and Dato' Hou look on



Participants from all walks of life at the Mental Calculation Competition



UTAR staff with delegates from SecureKi, MDEC, Glocomp and GCIS

UTAR and SecureKi signed a memorandum of understanding (MoU) at Sungai Long Campus on 15 July 2016. Signing on behalf of the parties were UTAR President Ir Prof Academician Dato' Dr Chuah Hean Teik and SecureKi Chief Executive Officer Brandon Low. It was witnessed by UTAR Vice-President for R&D and Commercialisation Prof Ir Dr Lee Sze Wei and SecureKi Solutions Director Ching Kim Joo. Also present at the signing ceremony was Malaysia Digital Economy Corporation (MDEC) Head of Technology Innovation Ecosystem and Innovation Capital Pak Mei Yuet, MDEC Head of Information Security Victor Lo, Glocomp Executive Director and PIKOM Council member Alex Liew, and GCIS Executive Director Chan Tze Ming.

"I hope that this MoU will be an active one in which UTAR works together with SecureKi to ensure our students are not only trained in traditional theoretical studies but also taught the real life applications in the industry to cope with challenges brought about by technological advances," remarked Prof Chuah.

"I am thankful for such a collaboration with UTAR and I hope

MoU with SecureKi

that through this MoU we can collaborate in key areas such as cyber security-related R&D activities; the exchange of ideas from both parties; and the facilitation of industry studies for the purpose of enhancing learning experiences, professional and future development, and also the industrial placements of UTAR students; while producing local cyber security talent with innovative and global mind-sets," said Low.

UTAR's Centre for Cyber Security (CSS) Chairperson Dr Yap Wun She said, "We hope to secure more grants so that we can focus on reducing gaps between theory and practical application in the industry, while boosting the commercialisation of products."

The CCS's research focuses on areas such as biometric security, information security, implementation and systems security, information privacy and network coding for security.

UTAR and Meizhou City People's Government (MCPG) inked a memorandum of understanding (MoU) at Kampar Campus on 3 August 2016.

Delegates from MCPG present at the ceremony were Standing Committee Member and Secretary of United Front Work Department of Meizhou City Committee of the Communist Party of China (CPC) Zhang Lixia, Vice-Chairman of Meizhou City Returned Overseas Chinese Association Tang Zhiping, Director of Meizhou City Returned Overseas Chinese Association Qiu Kaixin, Office Director of United Front Work Department of CPC Meizhou Municipal Committee Ling Lili, and staff of Communication Exchange Center of United Front Work Department of CPC Meizhou Municipal Committee Liang Jiafeng.

The delegates were welcomed by UTAR Planning and Development Committee Advisor Tan Sri Hew See Tong, accompanied by UTAR Education Foundation Board of Trustees Member Tan Sri Lee Oi Hian, UTAR Council Member Hew Fen Yee and Vice-President for Internationalisation and Academic Development Prof Ir Dr Ewe Hong Tat.

Prof Ewe said, "UTAR was established in 2002. Although still a young university, UTAR has achieved various commendable results such as being named one of the 'top three Malaysian universities in terms of number of citations per paper' in year 2015 by QS World University Rankings recently. Our capable graduates are popular among the industries, such as well-known Chinese company Huawei, which has repeatedly come to UTAR for recruitment."

Commenting on the bronze sculpture of Confucius and Einstein on UTAR's grounds, Zhang said, "The sculpture symbolises the convergence of wisdom from both the East and the West and impressed me a lot. I believe the multiracial, multicultural and multireligious environment in Malaysia

MoU with Meizhou City People's Government



Zhang (left) and Prof Ewe with the MoU agreements while (from left) Tang, Tan Sri Hew and Tan Sri Lee look on

and UTAR will provide our students with a good platform to learn cultural adaptation." She also gave a brief introduction about Meizhou City's history and culture during the meeting.

UTAR together with The Associated Chinese Chambers of Commerce and Industry of Malaysia (ACCIM) and Federation of Malaysian Manufacturers (FMM) Selangor Branch organised the inaugural University-Industry Link Campus Open Day at Sungai Long Campus on 23 July 2016 as an initiative to further strengthen the university-industry link in Malaysia.

The ACCIM's Science, Technology and Innovations (STI) Committee Chairman Datuk Ir Hong Lee Pee said, "In view of promoting sustainable socio-economic growth in Malaysia, the industry and the academia have come together to establish a university-industry link through numerous collaborations. Through today's occasion, we hope to emphasise the importance of STI as the key driver of socio-economic development, and wish more universities will join us to promote the university-industry link."

UTAR Vice-President for R&D and Commercialisation Prof Ir Dr Lee Sze Wei said, "The world is expecting the arrival of the Fourth Industrial Revolution with a combination of the physical, digital and biological worlds. This implies that we are moving towards a future which requires collective effort from the industry, academia and research institutions with STI as the prime mover." Prof Lee highlighted UTAR's role in optimising the University-Industry STI link through the sharing of resources such as expertise and facilities. He also proposed various forms of support that the university can contribute to better aid the industry.

Present at the University-Industry Link Campus Open Day were academics, researchers, Malaysian

University-Industry Link Campus Open Day



The Open Day saw over 200 participants from the industry and academia

small and medium enterprises and experts from diverse fields such as Science, IT and Business. The Open Day concluded with a networking lunch and dialogues between the industry and university members to promote mutual understanding and explore the possibilities for future collaborations.

Delegates from Taiwan's Nanhua University visited Sungai Long Campus on 2 June 2016.

The delegates were Nanhua University President Prof Lin Tsong-Min, Office of International Cross-Strait Affairs Dean Prof Dr Zhi-Hsien, College of Humanities Dean Dr Yang Szu-Wei, College of Science and Technology Dean and Chair Prof Dr Chen Shih-Shiung, Department of Business Administration Chairman Dr Chu Li Chuan, Department of Creative Product Design Chairman Dr Lu Chun-Huang, Chairman of Department of Communication Prof Dr Chang Yu-Liang, Department of Computer Science and Information Engineering Assoc Prof Dr Lee Chiung-Hon, Chair of Department of Information Management Prof Dr Wang Chin Bin, Department of Tourism Chairman Dr Ting Chih-Wen, and Life-and-Death Studies Former Director Dr Tsai Chang-Hsiung.

The objective of the visit was to discuss possible areas of collaboration, including staff and student exchange programmes, dual degree programmes, and short courses on Life Sciences and Thanatology.

Prof Chuah enthused, "Nanhua

Nanhua University visits UTAR



Delegates from Nanhua University with UTAR staff

University is one of UTAR's 38 partners from Taiwan and we are targeting for 500 students to participate in the student exchange programme. Currently, UTAR has international students from 41 countries. Joining the exchange programme will enhance students' social network and international exposure. We learn what we lack of, we share what we have expertise in."

He added, "Malaysia is currently dealing with healthcare issues such as a lack of trained

personnel to handle issues of life and death. I hope through our collaboration, proper knowledge of Thanatology could be taught and introduced."

Prof Lin said, "Nanhua University has the National Life Education Centre which studies life and death issues, the only one of its kind that is sanctioned by the Ministry of Education of Taiwan. It will be a great honour for both universities to exchange views and discuss on the topic of life and death."

A team of six UTAR researchers won a silver prize for their invention titled "Basketball Net – A Flexible and Resilient Topology for Wireless Sensor Networks" in the 27th International Invention and Innovation Exhibition (ITEX 2016) held at the Kuala Lumpur Convention Centre from 12 to 14 May 2016.

The exhibition is one of the largest annual invention exhibitions in the world which serves as a platform to showcase inventions to prospective investors for commercialisation. The winning team hailed from the Department of Computer and Communication Technology (DCCT), under the Faculty of Information and Communication Technology (FICT), and comprised team leader FICT Dean Assoc Prof Dr Liew Soung Yue, DCCT Head Dr Goh Hock Guan, Lecturer Dr Gan Ming Lee, FICT alumna Lim Chong Sen, and Master of Science (Computer Science) students Sia Yeong Kang and Ang Jenn Ning.

Explaining their patented invention, Dr Liew said, "The invention presents a novel basketball net topology and framework to address the disadvantages of the mesh, tree and clustering for wireless sensor networks. A multi-level connection table for routing decision is introduced to each node as part of the framework. This will enable the node to identify the next node on the path with the

Silver in ITEX 2016



Dr Gan (right) receiving the silver award from Honorary Secretary of MINDS Executive Committee Myocho Kan

minimum hop count to the base station, thus avoiding any packets from being trapped in a loop. The complexity of the routing table is also much simpler compared with that of the mesh."

"We were happy to have received a silver medal for our invention. We gratefully

acknowledge UTAR for its support in the design, development and patent filing of this invention. We are looking forward to the potential commercialisation or applications of our invention in the future," enthused Dr Liew.

Starken AAC rewards top students

Sixteen students from UTAR's Civil Engineering and Architecture programmes were awarded cash prizes totalling RM5,400 for their outstanding achievements in their studies at the Starken Awards held at Sungai Long Campus on 2 June 2016.

"I believe this recognition will inspire our students to strive even harder to pursue greater academic ventures and endeavours in the future, knowing that their efforts are acknowledged by prominent industry players," said UTAR President Ir Prof Academician Dato' Dr Chuah Hean Teik.

"It feels amazing to be recognised for the hard work I've put in. This award gives me encouragement and motivation to improve myself and do even better," said Gan Kang Chan, from the Civil Engineering programme.

Architecture student Teh Xian Zhi saw this award ceremony as an opportunity to better prepare himself and learn more about the industry. "This is a great networking opportunity for me to expose myself to learn what it is like to be in the industry," he said.

"Ir Dr Low Kaw Sai, Dr Tioh Ngee Heng, and Ir Dr Ng Soon Ching from the Lee Kong Chian Faculty of Engineering and Science (LKC FES) have collaborated with us on thermal conductivity tests for lightweight concrete," said Starken AAC Sdn Bhd Executive Director Ng Wai Luen.



Ng (centre) and Prof Chuah (fourth from right) with the award recipients

"This synergy between UTAR and Starken is a leading example of both institutions working together in developing innovative ideas and products for the masses. Our collaborations also enable students to be equipped with the latest skills and knowledge to be future leaders in the

industry," he continued.

Prof Chuah and Ng said both institutions are looking forward to more friendly and fruitful collaborations and opportunities in areas such as R&D projects, guest lectures and seminars, site visits and other joint initiatives in the future.

Special-mentioned paper award

Final Year Quantity Surveying student Lee Wai Jian received the "Award for the Special-Mentioned Paper" for his paper titled "The Impact of Implementation of Goods and Services Tax (GST) in the Malaysian Construction Industry" at the 8th RICS-RISM International Surveying Conference 2016 held on 27 and 28 May 2016 at Universiti Teknologi Malaysia (UTM).

"Construction practitioners are facing the issues of classifying input and output tax to claim GST rebates and of distinguishing taxable and non-taxable contracts to claim exemption," said Lee, who was supervised by Dr Chia Fah Choy.

The RICS-RISM International Surveying Conference is an annual conference organised jointly by the Royal Institution of Chartered Surveyors (RICS) and the Royal Institution of Surveyors Malaysia (RISM) together with participating universities who host the event on a rotating basis. This year was themed 'professionalism in emerging trends'.

The conference acts as a platform for undergraduate students pursuing quantity surveying in universities across Asia-Pacific to learn, exchange and share their undergraduate research papers.

Besides UTAR, the other participating universities were Universiti Malaya, UTM, Universiti Sains Malaysia, Universiti Teknologi Mara, Taylor's University, INTI International University, International Islamic University Malaysia and Assumption University, Thailand.



Lee with his award

Win at concrete competition

Four teams from the Department of Civil Engineering of the Lee Kong Chian Faculty of Engineering and Science (LKC FES) made UTAR proud by winning several awards in the 2016 International Highest Early Strength Self-Consolidating Concrete Cube Competition held at Universiti Teknologi MARA (UiTM) Shah Alam on 14 and 15 April 2016.

The competition was organised by UiTM Institute for Infrastructure Engineering and Sustainable Management (IIESM) in collaboration with UiTM Faculty of Civil Engineering, the American Concrete Institute Kuala Lumpur Chapter, and the Concrete Society of Malaysia.

The purpose of the competition was to encourage innovative ideas and technical skills from the participants, who were researchers, students and representatives of the building industry, in producing optimal high strength self-consolidating concrete within 24 hours.

UTAR Department of Laboratory Management and Safety Administration Head Dr Lim Jee Hock and Lecturer Ling Lloyd were the advisors for the teams, while Department of Civil Engineering Asst Prof Dr Yew Ming Kun assisted the teams as the technical advisor.

The teams competed against 38 teams and won two out of eight categories. The team which won the Most Efficient Team



Participants with (second row, from left) Dr Yew, Dr Lim, Dean of LKC FES Prof Ir Dr Goi Bok Min, Ir Dr Lim Siong Kang and Ling

Award comprised Wong Shi Wei, Choo Wen Yi and Thung Mun Heng, while the team which won the Most Flowable Concrete Award was made up of Hor Yon Hu, Chia

Khee Yang, Lee Chee Kiat and Tan Thean Long.

The winning teams took home a USD 100 cash award, a trophy and certificates.

Loh Hong Khai, an Electronic and Communications Engineering graduate, says UTAR has certainly nurtured him well. "UTAR's education gave me a strong foundation. I am very much grateful to UTAR for giving me the opportunity to pursue my dreams and interests in Engineering. The Engineering programmes in UTAR are really reputable and certified," said Loh.

2,399 UTAR graduates receive scrolls during 23rd convocation



Graduands on their way to Dewan Tun Dr Ling Liong Sik

"Throughout my four years of study at UTAR, I have learnt many new skills not only through my academic achievements but also through other invaluable experiences. The most memorable one was the once-in-a-lifetime chance to become one of the six youth Explorers in the Bosch World Experience 2014," he added.

Loh was one of the 2,399 graduates who received their scrolls at the 23rd UTAR Convocation held at the Dewan Tun Dr Ling Liong Sik in UTAR Kampar Campus from 19 to 21 August 2016. The graduates received their convocation scrolls in four sessions and graduated from 86 programmes comprising 61 Bachelor Honours degrees, 20 Master's degrees and five PhDs.



Bachelor of Engineering (Hons) Electronic and Communications Engineering graduate Loh (right) receiving the scroll from Hew



Tun Ling (left) and Prof Chuah delivering their convocation speeches

The Convocation also celebrated the academic accomplishments of the pioneer batches of graduates from the following five programmes: Doctor of Philosophy (Social Science) from Faculty of Arts and Social Science, Doctor of Philosophy (Medical Sciences) and Bachelor of Chinese Medicine (Hons) from Faculty of Medicine and Health Sciences, Master of Business Administration (Building Management) from Faculty of Accountancy and Management, and Master of Mathematics from Lee Kong Chian Faculty of Engineering and Science.

Of the 2,399 graduands, six received their PhDs, 54 received their Master's degrees, and 64 received their Honours Degree with Distinction, while the rest received their Bachelor of Honours with Merit and Bachelor Honours Degree.

The Convocation was declared open by UTAR Council Chairman Tun Dr Ling Liong Sik. UTAR President Ir Prof Academician Dato' Dr Chuah Hean Teik and other UTAR Council and Board of Trustees members, university partners and guests were also present at the ceremony.

The Guests of Honour for the four sessions of the Convocation were Chairman of TropBio Research Sdn Bhd Academician Tan Sri Dr Salleh Mohd Nor for Session One, Senior Partner of Kadir, Andri & Partners Abdul Kadir Kassim for Session Two, Board Chairman of Mont' Kiara International School Tan Sri Dato' (Dr) M.S. Tan for Session Three, and President & CEO of Zeta Advisory Prof Tan Sri Dato' Dr Lin See Yan for Session Four.



Guests of Honour, from left: Tan Sri Salleh, Abdul Kadir, Tan Sri M.S. Tan and Tan Sri Lin

The scroll presenters were Member of UTAR Council-cum-Minister of International Trade and Industry II Dato' Seri Ong Ka Chuan for Session One, Member of the Board of Trustees of UTAR Education Foundation-cum-Member of UTAR Council Tan Sri Dato' Seri Dr Ting Chew Peh and Member of the Board of Trustees of UTAR Education Foundation Tan Sri Lee Oi Hian for Session Two, Member of the Board of Trustees of UTAR Education Foundation Datuk (Dr) Oh Chong Peng and Member of UTAR Council Hew Fen Yee for Session Three, and again Member of UTAR Council Hew Fen Yee for Session Four.

Tun Ling congratulated the graduates on their outstanding achievements and advised, "The reality of following your passion is not an easy task. It takes time to develop a direction. Thus, my advice to young graduands is not to 'follow your passion', but rather to 'foster your passion'. If you view each stop as an opportunity to learn something, there is always something you will take away from that experience."

In his speech, Prof Chuah enthused, "In real life, there is no substitute for focused hard work. Cutting corners will bring you temporary respite but in the long run, your reputation will suffer, leading to significant losses. Never give up when you make mistakes because you learn from them and become better. Remember that every adversity, every failure, and every heartache carries with it the seed of an equal or greater potential benefit."

He added, "Acquiring knowledge is important in life, but exercising what we have learned is equally important because by doing so, we are able to share our knowledge with others. Think deeply about your values in life. Knowledge coupled with analysis and thinking will add value to your life, your community, society and the nation."

Tan Sri Salleh gave an inspiring speech to the graduating students, saying, "Every day is an opportunity for you to grow beyond your present circumstances. Do not let obstacles, frustration, fear and uncertainties hinder you as they are mere ladders for you to step up to reach your ultimate goal of success."

Abdul Kadir motivated the graduates and said, "Your future is in your hands — no one else's. Seize this opportunity and prepare for the challenges that meet each of you as you venture through life. Do not be afraid to take on challenges and make mistakes. You will learn and thus become better than before. Stay focused and be resourceful, creative and innovative in order to stay on the path towards success."

Tan Sri M.S. Tan reminded the graduating students, "Success lies in the hands of people who have information, knowledge and ideas. To receive these, you must socialise. When you socialise, you will definitely gain social intelligence. From social intelligence, you will build effective interpersonal skills, interaction skills, and these qualities will help you to achieve a bright future."

Tan Sri Lin inspired the graduates by telling his life story



Dato' Seri Ong (right) presenting the scroll to Doctor of Philosophy in Engineering graduate Lo Chin Kim



Tan Sri Ting (right) presenting the scroll to Accounting graduate Tan Wee Ling



Datuk (Dr) Oh (right) presenting the scroll to Financial Economics graduate Lo Sheng Xian



Hew (left) presenting the scroll to Business Information Systems graduate Wahithatul Bashariah binti M Mohideen



UTAR Registrar Yim Lin Heng leading the Guest of Honour procession

which touched on aspects such as tradition, living your life and sanctification. He recounted a quote of Confucius, as told by his father. "First, there is kindness, but that alone without love of learning, degenerates into silliness. Second, there is knowledge, but that alone without love of learning, tends toward amateurism. Third, there is honesty, but that alone without love of learning, produces heartlessness. Fourth, there is uprightness, but that alone without love of learning, leads to tyranny. Fifth, there is boldness, but that alone without love of learning, produces recklessness. Sixth, there is strength of character, but that alone without love of learning, produces wildness.' Therefore, these are the worthwhile virtues to live by. Use that love of learning, to avoid this sensation of purposeless living."

The convocation also witnessed the conferment of Honorary Doctorate Degree (Doctor of Architecture) to Member of UTAR Council Jay Yeunh Wee Tiong and Honorary Doctorate Degree (Doctor of Food Science) to the founder of Kam Lun Tai, Datuk Lum Tuck Loy, for their exceptional contributions and leadership in the fields of architecture and the food industry respectively.

With the addition of 2,399 graduates from this 23rd Convocation, the number of the University's alumni now stands at 45,427 since its inaugural convocation in 2005.



Jay Yeunh (right) receiving his Honorary Doctorate Degree from Tun Ling



Datuk Lum (right) receiving his Honorary Doctorate Degree from Tun Ling



UTAR 23rd Convocation in progress

UTAR Chinese Orchestra performance



Musical interlude performers (clockwise from top left): Thong Ching Fung, Janice Teh Yin, Lee Yong Hong, Alison Yoon, Evelyn Foo Ching Lin, Mohd Yusof Zulkefli, Ch'ng Jing Yan, Yang Shun Kai, Tan Boon Han, Grace Anne Mak Zhi Hui, Aaron Justine Ng-Hao, Sim Wen Qin, Lam Phui Yee and Rebecca Pang Sing Yun



Graduates celebrating their graduation day

Jubilant graduates

Prof Chuah with some graduates



English Education graduate Nurelysa binti Shahdan with her family members

Public Relations graduate Chia Yi Jing with her family members

Accounting graduate S. Divenesh with his family members, relatives and friends

Two wins at 11th NMC

UTAR students Teow Shua Hui and Ang Yi Xuan won third place at the 11th National Mathematics Competition (NMC) held at Sungai Long Campus on 18 June 2016. Teow and Ang also walked home with a certificate and cash prize of RM300.

"I feel really great, knowing my continuous effort over the years have paid off," said Teow with a smile. The Financial Mathematics student also thanked the organisers for hosting such a meaningful event.

Ang saw this competition as a platform to prepare her for the competitive job market. "Strong mathematical literacy is now a prerequisite for many careers and professions, from engineering and sciences, to finance and ICT," said the Actuarial Science student.

"With this competition, we hope to cultivate interest in mathematics among students, because mathematics is important in our daily lives. I believe that this competition will work towards dismantling the negative perception of mathematics," said 11th NMC Chairperson Tan Zan Sang.

"The development and advancement of mathematical literacy is one of the areas Malaysians must work towards to give ourselves a competitive edge in the global and regional economy," said Lee Kong Chian Faculty of Engineering and Science Dean Prof Ir Dr Goi Bok Min.

The competition also saw participation



Participants solving Mathematics questions

from Taylor's College Subang Jaya, USCI, Sunway University, Universiti Sains Malaysia, St Joseph Institution, Chung Hua High School, Seremban, Chong Hwa Independent High School, Kuala Lumpur, SMJK Chung Hwa Confucian, Penang, and

many more. The competition was organised by UTAR Mathematics Society and sponsored by Silverlake, Fusionex, Marco, and Real Data Matrix.

Four students from the Department of Mathematical and Actuarial Sciences took home a cash prize of RM1,500 at the Big Data Challenge, themed 'Big Data: The Big Deal', held at KDU University College on 27 May 2016.

The competition aimed to create awareness among tertiary students about the existence and importance of big data. Participants were given a limited time to analyse a set of data and then present their findings to the judges.

The four winners were See Yiap Sheng, Choo Jan Meng, Lim Soon Tat and Poi Tshu Yuan, all from the Financial Mathematics programme. The judges were impressed with the team's comprehensive presentation and their use of data in the business context. This led to the team being named the second prize winners. This competition was organised by KDU University College, and supported by Quandatics and Malaysia Digital Economy Corporation.

Second at Big Data Challenge



From left: See, Choo, Lim and Poi celebrating with their prize

Gold in kickboxing



Chong (left) and UTAR Wushu Club Advisor Lee How Ching

Big enthusiasm for sports enabled a UTARian to achieve triumph in the Unleashed Fight Night 2016, the first inter-university martial arts competition which was held at Asia Pacific University in Bukit Jalil on 28 May 2016. It was indeed a proud moment for Chong Zhuang Kit, an Accounting student from the Faculty of Business and Finance to secure a gold medal in the 57-kg male kickboxing event.

"I am really happy that I made it through; the competition has been a great platform for me to expand my combat skills. Through this competition, I have had the opportunity to gain international exposure. Therefore, I would like to thank UTAR for giving me this great opportunity to fight on its behalf. It was really a memorable experience. I also appreciate all the support given by my trainer and friends during the competition. I will continue to strive harder in the next competition and I believe I can garner more medals for UTAR."

Jointly organised by Asia Pacific University's Muay Thai Club and Global Elite Gym, the competition was aimed to promote martial arts among Malaysians, raise the standard of kickboxing, develop sportsmanship, and foster a close association and interaction among university students.

There were a total of 12 fights held throughout the two-day competition. The competition saw more than 20 participants from nine countries including Malaysia, Iran, France, Australia, Kazakhstan, Russia, Iraq, Afghanistan and South Africa.

Champion in public speaking



Sivaraj (second from right) and other winners with Dato' Geethanjali (third from right) and other officials at the prize giving ceremony

A Journalism student from the Faculty of Arts and Social Science emerged champion for the second time in a row in the Intervarsity Bhajan Competition 2016 held on 14 May 2016 at Universiti Putra Malaysia (UPM).

The final year student, L. Sivaraj walked away with a cash prize worth RM1,000 and a certificate of achievement for his topic on "Sivanin Uruvamam Sivalinga Thathuvamum – A Spiritual Poem on Hindu God".

Organised by the 1Malaysia Indian Student Movement, the competition aimed at promoting and instilling morality, positive values, discipline and unity among the younger Indian generation. It focused on topics related to Hindu culture and religion, as well as the Tamil Language.

The competition started with the primary round where each contestant must deliver a five to seven-minute impromptu speech on a topic given by the organisers. Contestants were assessed on their ability to speak well and present their thoughts relating to the topic given clearly and effectively.

"Participating in this competition was an enriching experience. It was challenging because most of the contestants were really articulate and well-trained. It was very exciting and we had to think very fast to speak impromptu upon receiving the topic. Public speaking in Tamil is my passion," said Sivaraj.

He added, "I would like to thank Centre for Foundation Studies Lecturer Gangadurai Ganeson for helping and encouraging me a lot during my preparation period. I also

would like to thank UTAR for giving me this opportunity to represent the university in this competition."

The guest of honour who gave the prizes was G Team Works Group Bhd President and Malaysian Association of Women Empowerment (MyWomen) President Dato'

Geethanjali G. Also present at the prize giving ceremony were 1Malaysia Indian Student Movement Director Mahaganapathy Dass, Hindu Association of UPM President Kanageswari Singaraveloo, and Malaysia Makkal Sakti Party President Datuk R.S. Thanenthiran.

Win at Blossom Short Film Contest

Four teams made UTAR proud by winning several awards in the Blossom Arts Festival Malaysia (BAFM) 2016 Blossom Short Film Contest. The competition was organised by the Malaysian Chinese Culture and Arts Consultative Council, with the prize giving ceremony held on 17 June 2016 at Wisma MCA.

The UTAR teams each consisted of eight individuals, and they clinched four out of five prizes in the student category. Faculty of Creative Industries (FCI) Dean Dr Chin Yee Mun presented at the prize giving ceremony.

FCI's Department of Media Head Beh Chun Chee said, "The primary objective of this competition is to encourage the younger generation to share their stories, as well as the hidden sides of our motherland to the public through short films."

BAFM Chairman Datin Paduka Chew Mei Fun remarked, "Short films are very challenging because the director needs to be sensitive enough to construct an exposition in limited time to convey information or stories. I also hope that the social values and thoughts of the younger generation can be presented through the lens organically."

Aaron Wong Kang Yong, whose



Student winners with Beh (fifth from left) and Dr Chin

team was crowned champion of the student category with the film "The Tin Star", said, "We have experienced many difficulties including a change of theme, language barriers and differences of opinion. We are glad that we overcame all of them to get the final version of our film."

"24", which was directed by Lee Shin

Shyuan won second place. Yap Yean Mei's team won third place with their film titled "The Legacy of Sungai Lembing". Timothy Chang Siao Yao and Chew Meng Jiun's teams won the fourth place and fifth place respectively with their films titled "Think About it" and "25°C". The winners received cash, presents and certificates.

UTAR the biggest winner

UTAR emerged as the biggest winner at the 7th Malaysian Symposium of Biomedical Science 2016 held from 14 to 15 March 2016 at Universiti Putra Malaysia (UPM).

Themed "Unlocking the Basis of Health and Diseases", the symposium was a platform that enabled students to present their final year projects, exchange ideas, foster research and development, and seek potential collaborations.

Of the eight awards in the oral and poster presentation competitions, three were awarded to UTAR final year Biomedical Science students.

Cha Yong Hong was awarded the Best Poster Presenter in the Biochemistry, Molecular Biology/Cell Biology, and Bioinformatics category. "I believe the reason my poster stood out was my good performance at the Q&A session, which earned praise from the judges. Receiving this award has definitely boosted my confidence and I am immensely grateful to those who helped me throughout this journey," mentioned Cha.

Winning the Best Poster Presenter in the Pharmacology, Toxicology and Physiology category was Chia Shiew Ling. Surprised to be announced as the winner in that category, Chia mentioned that she did



Fourth from left: Chan, Cha and Chia posing with the other five winners of the oral and poster competitions and the organisers

her best to convince the judges with the poster she was presenting. "The award gave me more confidence and I am truly motivated knowing that there is room for further improvement in the future," said Chia.

Best Oral Presenter award in the category of Microbiology, Virology and Immunology was awarded to Chan Szn Yi. "Winning the award

has made me all the more determined to pursue my postgraduate studies. I am really grateful to my supervisor for his patience, guidance and teachings that have helped me to complete the research," mentioned Chan, who added that the team of dedicated and passionate lecturers have nurtured her passion to be a competent biomedical scientist.

A team of UTAR Faculty of Information and Communication Technology (FICT) students won third place in the Big Data Analytics Challenge at AngelHack Kuala Lumpur 2016. The ninth global hackathon series was held on 4 to 5 June 2016 at Berjaya Times Square, Kuala Lumpur.

The team consisted of four students, namely Lau Kam Chuan and Chan Yong Jia from Information Systems Engineering, See Ree Na from Communications and Networking, and Tan De Zhen from Computer Science. For their efforts in coming in third, they were awarded RM500.

Gathering code creators and change makers, the hackathon focused on building technology that will have a positive impact on the world, people or environment.

Pouring their energy into the project with a time limit of 24 hours and going up against 90 other teams, the students managed to create a tinder-esque mobile web app named FindMate which assists individuals in finding potential housemates.

The idea behind the app is the real-life struggle of housemate hunting. As Tan explained, it is often difficult to find roommates or housemates interested in the same rental locations. Thus, the app works by allowing registered users to view available rentals listed in the app, and when other matching users show interest in the same location, the user will be prompted.

"It is truly awe-inspiring to see our idea being launched at the hackathon and building it up from the concept base to a prototype. I look forward to participating in more of these hackathon events and hopefully to developing this winning idea into a fully-functioning product," enthused Tan.

Third at AngelHack KL



From left: See, Lau, Tan and Chan with their prize

See added, "It is important to solidify our basics and develop interest in exploring new frontiers while still in our

studies. These skills enable us to stand out in the competition and to showcase our project."

New Student Representative Council (SRC) duties were once again officially passed down from outgoing SRC members of 2015/2016 to members of 2016/2017 during a handover ceremony on 30 June 2016 at Kampus Campus.

Thanking the outgoing members for their past effort and dedication, UTAR President Ir Prof Academician Dato' Dr Chuah Hean Teik also congratulated the incoming members by offering pieces of advice during his speech. They included time management, teamwork, community engagement and others which are crucial aspects to the personal and intellectual growth of the new SRC members, as well as the vitality of UTAR's vibrant student community.

SRC Kampar Chairperson of 2015/2016 Choong En Di spoke on his experiences and mentioned that new members should bear in mind SRC's role in bridging the gap between students and the university management. He offered his gratitude to the lecturers and DSA officers in charge for their patience and guidance that have led to the success of SRC in various activities.

"Learning interpersonal communication in my studies and applying it in my duties have certainly showed me how helpful and important it is for leadership," shared the final year Psychology student.

Sungai Long SRC Chairperson of 2015/2016 Chai Yong Se Nian also advised the newly elected SRC members to always be supportive of their teammates. "As

SRC handover ceremony



From left: Newly elected SRC chairpersons Ng Zi Kent and Liew Siong Hian, Prof Chuah, Vice-President for Student Development and Alumni Relations Prof Dr Choong Chee Keong, Choong and Chai

a team, you must show your unity and strength in walking through tough times together. Everyone is entitled to his or her own opinion, which, at times, may lead to difficulty in reaching an agreement. However, it is through that process that we discover

our strengths and weaknesses, then learn to improve ourselves by putting aside our differences to achieve a common goal together," said the Chemical Engineering student.

For a group of students with passion for e-sports, winning a medal at an international competition can be one of the best memories of university life. It was such a moment for a team of five UTAR students from Kampus Campus when they were announced as silver medallists in the ASEAN Games for E-Sports 2016 (AGES), in the game of DOTA 2 under the category of University Open held at Mid Valley Megamall in Kuala Lumpur from 27 to 29 May 2016.

Combining their aptitude, determination and passion, the team bested 49 other teams and bagged RM8,675 for the second prize. The team comprised Marketing student Cheong Tzun Yin, Advertising student Kok Liang Hua, Computer Engineering student Chai Mun Hong, Environmental Engineering student Tay Kok Sheng and Accounting student Ang Boon Liang.

The tournament was open to all ASEAN countries and aimed to unite electronic sports enthusiasts from all walks of life to compete and strive further in electronic sports.

The three electronic games that were played at AGES 2016 were DOTA 2, Counter Strike: Global Offensive (CS: GO) and FIFA 16. The participating countries were Thailand, Singapore, Philippines, Indonesia, Vietnam, Cambodia and Malaysia.

Silver in AGES 2016



From left: Chai, Ang, and Tay look on as Kok (third from right) and Cheong (far right) receive their prize from former Prime Minister Tun Abdullah Ahmad Badawi

"It was truly an unexpected win. The match was tough yet we managed to win in the finals and we are very happy. The competition served as a good platform for all of us to further improve our skills and knowledge in electronic sports. We too had fun during the entire

tournament. Besides that, one of the benefits I gained is that I learned how to handle extreme situations by staying calm and thinking about the solution to solve the arising problems," said Ang.

TCM Fiesta

UTAR Traditional Chinese Medicine (TCM) Club held a "TCM Fiesta" on 29 to 30 June 2016 at Sungai Long Campus.

Organising Chairperson Tay Ching Sheng said, "The aim of organising the TCM Fiesta was to promote the knowledge of Chinese medicine to the public and community." It also aimed to enhance the relationship between UTAR and the community and to provide an opportunity for the students to get involved in TCM treatments.

UTAR President Ir Prof Academician Dato' Dr Chuah Hean Teik said, "I am a supporter of TCM and I have full confidence in it as well. I hope students of TCM will continue to uphold the spirit of professionalism and contribute to the community, citizenry and country. I also hope that when students of TCM finish their studies, they will carry out the practice of TCM professionally and pursue higher ethical standards."

Department of Chinese Medicine Head Dr Te Kian Keong said, "This is the first time that UTAR TCM Club has held such a huge event on campus, and our students contributed a lot of effort and ideas to ensure the event goes smoothly. I wish to draw attention to the spirit of teamwork and innovation of the students. This is also the



Acupuncture session

first time that our lecturers and students provided in-campus medical treatment to the public. I hope both lecturers and students can gain more experience through this event and organise more beneficial events like this again in the future."

Among the other VIPs who attended the opening ceremony were Sungai Long

Medical Center CEO Alexandra Chong, Sun Ten Pharmaceutical Mfg (M) Sdn Bhd Assistant Marketing Manager Chia Chin Koon, Malaysian Chinese Medical Association Representative Erin Lim Lih Zhe, and UTAR Faculty of Medicine and Health Sciences Deputy Dean Alan Ong Han Kiat.

2016辅导与健康周系列讲座：

拉曼大学学生事务部辅导处有幸邀得前新闻主播刘子贤于2016年6月27日在金宝校区主讲以“癌过天晴”为题的心灵讲座，让出席者对抗癌之路有更深一层的了解。

主讲人在会上分享了自己的抗癌经历及抗癌过程，并从中领悟到了许多人生的道理及彻底改变了他一直以来的人生态度，“一个人能感恩多少，就能享受多少，能够感恩就会幸福。很多人往往都会把快乐建立在未来，而忘记了‘活在当下’的道理。其实我们不是因为幸福才笑，而是笑了才幸福。”

他认为快乐其实很简单，取决于个人的选择，“就像前来参与一场讲座，就能轻易感受到了自己的选择所带来的快乐。”他更以英文词语来简单地诠释了“开心”的含义，他认为“开心”的字面意思就是“open heart（直译：打开心），开心、快乐其实很简单，只需打开心。”

随后，他透露了患癌初期时所面对的一些消极想法，当时他一直问说“为什么是我？”，也曾有过轻生的念头。后来，他学会了换个角度思考，以“既然是我，我可以怎么做？”的心态来走出消极的想法，最后选择勇敢面对，接受治疗。这一路走来，他非常感恩父母的支持，更立志要尽自己所能照顾好自己，并好好地孝顺父母。

抗癌之路不容易，但心态很重要，他表示“常怀感恩之心、活在当下、选择快乐，还有好好孝顺父母”就是他这一路走来之心得的简单概括，让出席者为之动容。

刘子贤谈癌过天晴



刘子贤以“癌过天晴”为题，让出席者对抗癌之路有更深一层的了解。

讲座尾声，拉曼大学资深辅导员吴富业在刘子贤的见证下代表拉曼大学把模拟支票转交给马来西亚抗癌协会，并由该会会长谭文杰和秘书谢国荣代为接收。

颜江翰谈选择的恐惧

拉曼大学学生事务部辅导处于2016年7月11日邀请了著名新闻主播颜江翰前来金宝校区敦林良实礼堂主讲以“选择的恐惧”为题的心灵讲座，旨在激励出席者能够找到正能量和克服心中的恐惧，并成功吸引了逾1,800人的踊跃参与。

颜江翰进行以自我介绍为讲座拉开序幕，并说明了选择这个演说题的缘故。他表示，“在日常生活中我们常会遇到选择的情况，但有些人在做选择的时候却会左右为难，内心充满了挣扎，不懂哪一边更适合他们。”

他以五个做选择的要点为主轴，引领现场观众一同走出做选择的恐惧。选择的第一要点“你是不可能拥有全世界，在做选择的时候如果什么都要的话，结果将会是什么都没有。”

“选择也意味着放弃，在生活上必须学会‘选减法’和懂得‘取舍’的道理，去掉一些不适合自己的选项。可能很多时候选择当前，再吸引再好的选项也好，只有选择了的才是你的。”

“做选择的时候千万不要以‘不懂’、‘不知道’来做借口、来浪费时间。”他也不忘提醒与会者，做选择的时候也不要给自己太大压力，往往是有回头路和第二次机会的，以前首相敦马哈迪和台湾歌手罗大佑为例，虽然都是毕业于医学系，但却没有把医生视为终身事业。但医学系的训练，让他们在治理国家和做音乐上更细心和仔细。最后一点，他更以亲身经历体现了“广结善缘，不得罪人”的重要性。

在问答环节中，主讲人与现场观众交流甚佳，观众们积极发问，抛给主讲人从感情、日常、学业、媒体自由、政治等课题的一连串问题。主讲人亦以幽默的方式解答，让现场弥漫了欢乐的气氛。最后，他希望所总结的五点能够作为大家在做选择时的参考，从而减少对选择的恐惧。



颜江翰幽默又不失知性的演说，吸引了逾1800人的踊跃捧场。

拉曼大学学生事务部辅导处2016辅导与健康周(Counselling and Wellness Week)的其他系列讲座包括了由电台主持人ROYCE陈志康主讲的“怕，不怕”以及拉曼大学资深辅导员吴富业主讲的“前往欧洲的11号巴士”。

由拉曼大学应用心理学研究中心所出版的《彳亍(chì chù)向前 Move On》心理与辅导励志书于2016年8月25日在金宝校区文学与社会科学院举办了新书推介礼，并邀请了该中心主任陈子圣博士前来主持剪彩仪式。

这本书由心理与辅导、新闻和语言与文字三系的讲师携手编写，他们是心理学系的谢保泉副教授、郭燕群副教授、许伟源、新闻系的洪秀雯、语言与文字学系的钟秀媚、陈瑞美、退休讲师吕玛莉博士，以及研究生罗慧倩。作者团队的出版目的旨在通过讲故事的方式向青少年分享一些生活中的心理学知识及生活道理。

副主编罗慧倩在主持环节中特别感谢了出版商KS COPIER SDN BHD和设计师郑翔宏的赞助与支持，造就了这本书的出版。随后，她分享了筹备过程中的苦与乐，并寄望这本书能够成为学生们的“陪伴之书”。她也分享了自己和朋友在面对人生挫折时的一些故事，并带出“走向前”的主题，“人生就如一个一个的站，在面对任何困难或挫折时，最重要就是要懂得往前跨一步，机会可能就在前方。”

另外，大会在分享环节中安排了主编谢保泉以及另两位作者吕玛莉和许伟源进行心得分享。谢保泉表示，“我们希望通过这本书来帮助年轻的朋友们，通过简单的方法来传递心理学知识。”他也在会上感谢了其他几位作者兼同事的携手合作，让这本书成功面世。

心理学系前讲师吕玛莉在会上分享了其在攻读博士学位时面对的挫折及最后战胜挫折的故事，她相信“人生皆有目的”来勉励大家在面对挫折时不要轻易放弃，而是勇敢跨前并努力战胜它。负责此书摄影工作的许伟源表示，“耗时一年的成书过程并不简单，从排版、校对、摄影的过程中都得亲力亲为。除

《彳亍向前》新书推介礼



左起：罗慧倩、许伟源、陈瑞美、吕玛莉、陈子圣、谢保泉、洪秀雯、钟秀媚

了学生群，我们也希望此书能够在人生方向中感到迷失或迷茫的成年人提供正能量。”

《彳亍向前》共分为失恋篇、梦想篇、亲情篇、人生篇及理论篇五个主题，七个故事。欲知更多关于此书的详情，请联系《彳亍向前》主编兼拉曼大学心理学系谢保泉副教授，电邮：siahp@utar.edu.my。

被誉为“最了解马来西亚美食的知食分子”林金城于2016年8月26日受邀前来拉曼大学金宝校区主讲以“时速20公里的深度食旅——《巴厘岛食志》”为题的分享会。这项由拉曼大学中华研究院艺术研究组、摄影和旅游学会联合举办的分享会，成功吸引了逾90人的踊跃参与。

林金城首先进行了自我介绍为讲座拉开序幕。自2003年开始饮食书写起，他目前已出版了11本饮食书，并发表了超过700篇的饮食文章。他以提问的方式带出了选择这个演说题的缘故，“为什么是20公里？那么20公里是一个快或慢的速度？”，让出席者们若有所思，“其实每个人都有自己的一个速度，带着自己的速度前进就对了。”

巴厘岛作为他新作的主题和他对巴厘岛的情意息息相关，在千禧年以前他已到访巴厘岛9次，那时主要是进行与雕刻、建筑和绘画相关的巴厘岛文化研究，而这些经历恰好就是他写这本新书的养分。

他也分享了1908年发生在巴厘岛的“浦浦坛(Puputan)事件”，让与会者对巴厘岛的宗教、文化背景有更具体的了解。他特别提到了当时的荷兰政府因为这起悲剧后所采取的“仁政”殖民统治恰好让巴厘岛上的建筑物、舞蹈等传统古迹与文化得以保存下来，同时也让巴厘岛从上世纪30年代起就成为了西方人的观光热点。

他对这本开始编写于2013年的《巴厘岛食志》有几个想法，其中最重要的是受台湾友人詹宏志夫妇所启发而出版“以大马人自己共同的观点和视野去看世界”的饮食文化书，让国人或外国人看见大马人的观点和想法。



林金城的解说让与会者对区域的饮食文化有更深入的了解。

与一般饮食书不一样的《巴厘岛食志》通过文化与历史的角度，提供读者另一个角度去了解巴厘岛的饮食文化。他也分享了选择以乌布(Ubud)为主要的寻味版图的原因，“走入巴厘岛民间，感受到地的饮食文化。”他更透过图片和解说让与会者认识了巴厘到地的食品、食材、食器、烹饪法等。

最后的问答环节中，主讲人和与会者交流甚欢，一同探究了籍贯饮食文化、生活态度、饮食历史考证等课题。此外，大会也在讲座会后主办了《巴厘岛食志》的签书活动，获得出席者的热烈支持。

Persatuan Kebudayaan dan Bahasa India, Kampus Kampar UTAR telah berjaya menganjurkan sebuah malam kebudayaan merangkap malam kutipan dana bertajuk *Dhiiraati Nakshatra Night 2016*, sebuah aktiviti amal yang memberi seribu makna bertempat di Dewan Sekolah Menengah Pei Yuan, Kampar pada 16 Julai 2016.

Dihadiri lebih daripada 700 orang, malam amal kebudayaan tersebut dipenuhi dengan pelbagai persembahan kebudayaan yang menarik dan menghiburkan. Bertemakan "Kebajikan", salah satu objektif utama malam tersebut ialah untuk menanam sifat berbuat baik terhadap masyarakat setempat dalam kalangan pelajar UTAR. Di samping itu, aktiviti tersebut turut bertujuan untuk mengumpul dana bagi menyediakan barangan keperluan harian serta kemudahan asas kepada lima buah keluarga dan 22 orang pelajar dari SJK (T) Ladang Kampar yang kurang bernasib baik.

Majlis malam amal kebudayaan tersebut telah dirasmikan oleh Setiausaha Sulit kepada Timbalan Menteri Pelajaran I Uvaraja Maniam. Majlis perasmian tersebut turut dihadiri oleh Penasihat Persatuan Kebudayaan dan Bahasa India V. Thiagarajan, Penasihat Bersama Persatuan Meera Devarajoo, Penasihat Majlis Aruna Devarajoo, dan Pengerusi Penganjur V. Pavithran Raj.

Setelah berehat selama dua tahun, malam amal kebudayaan yang bertajuk *Dhiiraati Nakshatra Night* ini kembali semula dengan matlamat yang lebih bererti. Malam ini telah direalisasikan secara rasminya buat kali ke-empat di Kampar. Selain dari objektif utama, malam amal kebudayaan ini juga bertujuan untuk mewujudkan sebuah platform bagi pelajar-pelajar UTAR mengasah dan berkongsi bakat mereka, serta untuk memberi kesempatan kepada pelajar-pelajar baru untuk berinteraksi antara satu sama lain.

Selari dengan tajuknya malam kebudayaan, aktiviti tersebut bermula dengan sebuah persembahan tarian klasik India yang memberangsangkan. Persembahan itu diikuti dengan sebuah lagi persembahan yang menghiburkan iaitu persembahan vokal oleh seorang artis tempatan, Magen Aka Vikadakavi yang berbakat. Persembahan vokal beliau mendapat sambutan yang baik daripada para penonton. Malam tersebut juga dipenuhi dengan persembahan-persembahan yang lain seperti persembahan nyanyian, tarian, persembahan instrumental, dan sebagainya. Antara salah satu persembahan kemuncak pada malam tersebut ialah persembahan vokal oleh seorang penyanyi latar belakang dari India, Diwakar yang memberi persembahan nyanyian beberapa lagu *Kollywood* yang sungguh mengasyikkan.



Persembahan A cappella oleh jawatankuasa penganjur

Malam amal kebudayaan India



Meera (kanan) menyampaikan cenderahati kepada Uvaraja manakala Thiagarajan (tengah) menyaksikannya

Pengerusi Penganjur dalam ucapannya berkata, "Salah satu objektif utama malam ini ialah untuk melaksanakan aktiviti kebajikan kepada masyarakat setempat melalui kutipan dana. Aktiviti kutipan dana ini telah dilaksanakan melalui dua cara iaitu melalui hasil penjualan barangan dan makanan tradisi India dan juga melalui hasil penjualan tiket kemasukan untuk malam amal kebudayaan ini. Di samping itu, sejajar dengan misi UTAR yang bermatlamat untuk membentuk para pelajar untuk tidak sahaja berkemampuan dari segi akademik tetapi juga berakhlak tinggi, ahli-ahli persatuan tersebut juga telah memutuskan untuk menggunakan dana yang dikutip untuk membantu dan memberi sokongan kepada lima buah keluarga serta sekumpulan pelajar sekolah rendah yang kurang bernasib baik. Dana ini juga akan digunakan sepenuhnya untuk membantu keluarga-keluarga yang terpilih dengan barangan keperluan harian manakala hasil kutipan selebihnya akan digunakan untuk membeli dan menyediakan barangan keperluan seperti komputer, pakaian sukan, peralatan muzik, alat tulis, rak buku, buku-buku cerita, dan kamus untuk pelajar-pelajar sekolah dari SJK (T) Ladang Kampar."

Beliau juga menyampaikan ucapan penghargaannya kepada semua ahli-ahli jawatankuasa penganjur bagi usaha, pengorbanan dan kesabaran yang disemai oleh mereka untuk menjayakan aktiviti ini.

Selain daripada persembahan kebudayaan, malam tersebut turut menyaksikan sebuah sesi penganugerahan kepada beberapa pelajar India UTAR yang cemerlang dalam bidang akademik serta aktif dalam aktiviti kesukanan. Antara penerima anugerah yang telah menerima anugerah khas tersebut ialah S. Kirutiga bagi kategori Anugerah Pelajar Terbaik Kursus Pengajian Asasi, pelajar program pengajian Perhubungan Awam R. Keerthana Nair bagi kategori Anugerah Pelajar Terbaik Ijazah Sarjana Muda, pelajar program pengajian Pengiklanan S. Shaktynath dan pelajar Program Pengajian Perbankan dan Kewangan L. Liloshna masing-masing bagi kategori Anugerah Terbaik Sukan.

Malam kebudayaan tersebut berakhir dengan satu persembahan yang memberangsangkan dibawa khas oleh sebuah kumpulan pemain drum India yang dikenali sebagai *Urumi*. Malam kebudayaan itu disokong oleh peniaga-peniaga setempat dan para dermawan.

UTAR CAMPUSES

Sungai Long Campus

DU012-02(B)

Jalan Sungai Long
Bandar Sg. Long
Cheras, 43000 Kajang

Kampar Campus

DU012-03(A)

Jalan Universiti
Bandar Barat
31900 Kampar