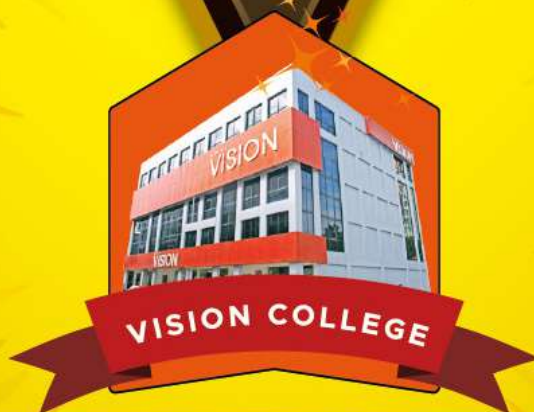


VISION
COLLEGE
LEARN • GROW • EXCEL

welcomes

2019





The **VISION** contents

03

CEO's MESSAGE

04 - 10

UPDATE

Vision College Welcomes Its New CEO
A Merry July Orientation Programme Orientation for
PgDMU (Asia)
Partnership Agreement with KLC Placement Services
October Intake Orientation

11 - 30

STUDENT ACTIVITIES

Harvest Festival with our Students
Happy World Chocolate Day Campaign
Watch FIFA World Club 2018 Live at Vision
College Activity Week (CAW)
A United Vision Celebrates Merdeka Day
Safety Awareness Programme
Free Health Check-ups during "Mendaya Komuniti" Programme
Lawyers Provide Insights into Court Proceedings
Cover Letter and Resume Writing Workshop
Vision of My Career
Prom Night

31 - 34

INSIGHT

What our counselor say?
Our Academician's Thought

35 - 36

VISION BYTES

Does Your Mobile Phone Damage Your Spine?

37 - 38

AROUND THE CAMPUS

New Society Formed: Chinese Language Club

The CONTRIBUTORS

CHIEF EDITOR Dr. Hamzah A. Rahman | **COPYWRITING** Daniel Wong | **GRAPHICS** Kamal Rezuan | **PHOTOGRAPHY** Sabbir Ahmed |



PROF. DR. HAMZAH A. RAHMAN

“EDUCATION IS THE KEY RESOURCE WHICH SHALL ALWAYS BE MEASURED BY THE QUALITY. HERE AT VISION COLLEGE, WE DELIVER EXCELLENCE THROUGH AN INTENSIVE CROSS-CULTURAL LEARNING APPROACH.”

At this threshold of global challenges, we all need to identify our strength to shine. Combating challenges and responding well to new opportunities require leadership and creativity. In this era, talents exist; but there is a huge urge for proper training and guidance. Vision College thrives simultaneously on the generation of potential individuals and the expansion of opportunities for higher education.

I am glad that Vision College is relaunching its Newsletter as a platform to share the ongoing activities, events and valuable thoughts. I hope, readers will find the Newsletter useful in terms of getting updates on the college's activities and progress.

Keep us informed on how to improve the Newsletter. I am always there to appreciate and acknowledge your feedback.

VISION COLLEGE WELCOMES ITS NEW CEO

Congratulations to Prof. Dr. Hamzah A. Rahman on his appointment as Vision College's CEO during the Ramadan event on 7th June 2018 as announced by Director of Vision College, Dato' Lee Wee Loong. Prof. Hamzah is the former president of International University of Malaya-Wales and he has held several senior management positions at the University of Malaya.

“We wish Prof. Hamzah all the best in achieving his goal at Vision College. We aim to educate and train our student to become highly successful individual that can contribute to our community.”

Dato' Lee - Director of Vision College

01 THE NEW CEO WAS ANNOUNCED DURING THE IFTAR DINNER



02 GIVING SPEECH



UPDATE

A MERRY JULY ORIENTATION PROGRAM

01 NEW LEADERS



A warm welcome to all the students who came from different parts of Malaysia to join Vision College during the July intake, one of our biggest intakes. Thank you for choosing us as part of your higher education journey. Let's continue to grow bigger and better together.



02 A BURNING SPEECH



As a complement to the July intake orientation, our Student Affairs Department has organised the Pre-Orientation Programme, from 26th May until 13th July 2018, for our students to get acquainted to each other and adapt to college life before the class starts.

The official Orientation Day was held on 17th to 19th July 2018 which included briefing on each department, followed by an introduction of clubs and societies available at Vision College.

The orientation ended with the Hari Raya song “Riang Ria Raya”.

UPDATES

ORIENTATION FOR PgDMU (ASIA)



9th July 2018 was the orientation for Postgraduate Diploma in Medical Ultrasonography (Asia) July intake 2018.

Greetings to all the students from all around Malaysia and overseas who aspire to be future sonographers. The orientation started with an inspiring welcome speech by CEO of Vision College, Prof. Dr. Hamzah A. Rahman, followed by an ice breaker with our lecturers. We wish you all the best in your studies.



01 BRIEFING MOMENTS



UPDATES

VISION COLLEGE AND KLC PARTNERSHIP

On 29th August 2018, Vision College signed a partnership agreement with KLC Placement Services. This tie-up will provide our students with a wider selection of foreign universities to further their studies. We will announce special talks on the opportunities to study abroad by KLC and the scholarships offered.



UPDATES

OCTOBER INTAKE ORIENTATION

Welcome to all of our new students. You are now a part of the Vision family.

An orientation programme was held on 22 October 2018 for the new batch of students who joined us for the October intake.

Thank you once again for choosing Vision College as the place to develop your talent, we wish you all the best in your studies. Study hard and study smart, you will eventually get to harvest the fruits of your labour.



STUDENT ACTIVITIES

HARVEST FESTIVAL WITH OUR STUDENTS



Vision College has a good number of students from Borneo and most of them did not go back to their hometowns during the holidays. Instead of keeping them idle in their hostels, we organised the Harvest Festival, a major celebration in Borneo, together with our students on 1st June 2018.

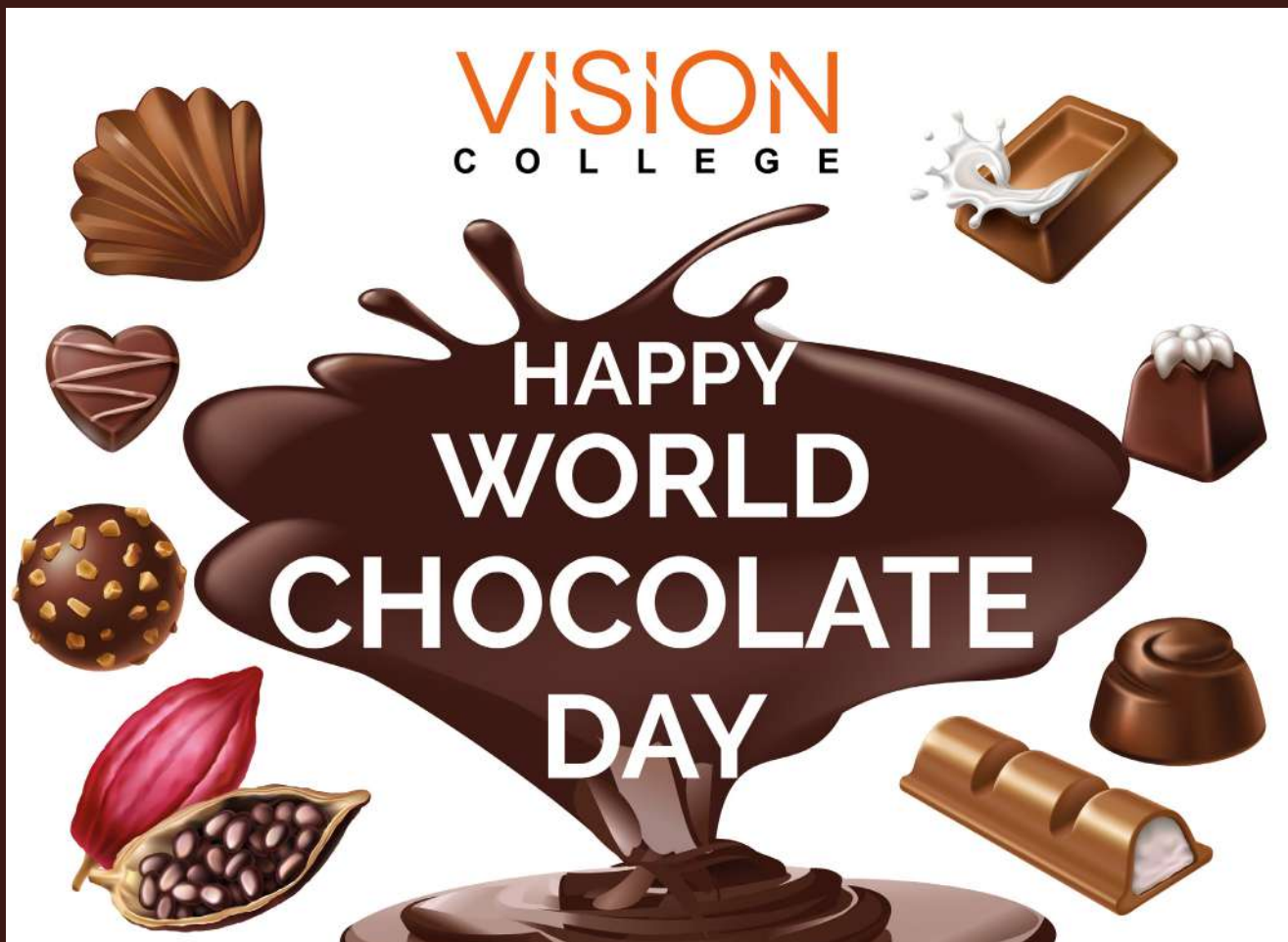
Our students prepared performances for the celebration, including the cultural bamboo dance. We had a lot of fun dancing together and got to know each other better. We hope the celebration gave our Borneo students some cheers from their home state.



STUDENT ACTIVITIES

WORLD CHOCOLATE DAY CAMPAIGN

On the 6th July 2018, Vision College celebrated the World Chocolate Day by giving away chocolates to its students and staff. The gesture was to encourage everyone to spread love to the people around us.





VISIONCOCODAY



STUDENT ACTIVITIES

WATCH FIFA WORLD CUP 2018 LIVE AT VISION



Following the excitement of one of the grandest events in year 2018 – the FIFA World Cup – Vision College hosted a live viewing of the semi-final and final matches at the ECA hall

Surprisingly, the number of partakers exceeded our expectation. We had both our staff and students watching the live broadcast together. In order to make everyone feel right at home, Vision prepared some complimentary snacks to go with the occasion.



**FIFA WORLD
CUP 2018
SEMI FINAL
& FINAL**

JULY 11- 2.00 AM | JULY 12- 2.00 AM
| JULY 15- 11.00 PM

ECA HALL,
LEVEL 4 VISION COLLEGE



STUDENT ACTIVITIES

COLLEGE ACTIVITY WEEK (CAW)

The annual College Activity Week (CAW) was held successfully from 8th to 10th August 2018. The CAW was organized by the Student Affairs Department and the Student Representative Council (SRC) - the response was great.

The National Kidney Foundation (NKF) participated in our activity week; their campaign was on how to take care of kidney and an awareness on organ donation. Full support was given by our students.

During the CAW, various societies and clubs in Vision College participated in the Entrepreneurship booths. Our students used the event to raise funds for their respective clubs and societies. The main purpose of this event was to introduce our students to the business world; and hands-on learning about teamwork, communication, and business skills. It was a good and priceless experience as our students were able to create and sell items, including their own unique home-made food. Participating students were





seen to be cooperative with one another and treated each other as part of their own family. We are delighted that the event went well and our students were able to handle their respective booths independently while learning valuable lessons along the way.

Besides that, our physiotherapy students ran a booth in our physiotherapy centre. They provided body massage to staff and students who turned up.



On top of that, for the first time ever we had the famous “Samyang Challenge”. You may be wondering, “What is the Samyang Challenge?” Well, it is actually a viral challenge where people video themselves attempting to finish a bowl of the fire noodles, and the name “Samyang Challenge” came about because the noodles are manufactured by Samyang Food. We had 14 lionhearted students who participated in the Samyang Challenge and we found out that there are many spicy food enthusiasts in our institution! Our team prepared the famous



01 SAMYANG CHALLENGE

“Korean Spicy Noodles” with the combination of chili padi and chili flakes added in to increase the hotness and spiciness, and in a way, affecting the intensity of the tournament! Though the level of heat during this tournament was intense, the majority of the participants managed to finish their noodles with nothing left in their bowl.

Vision College has many talents and we have always received immense participation from our students whenever the programme “Vision Got Talent” was organised; and this time is no exception. Regardless of their respective diverse ethnicity and background, Vision College never stopped encouraging our students to showcase their talents with confidence, commitment, and determination. With these skills, we always believe that their stage fright can be conquered. This is an important event as students are able to improve their confidence, leading them to be fearless no matter if they are on a stage or doing presentations. And just as we had expected, our students showed us their prowess in singing, dancing, and playing instruments brilliantly.





We had a beauty contest as well, where students did their own makeup and fashioned their dresses using only recyclable materials for their models. This event espouses our belief on beauty being not only in physical appearance but also wisdom. Congratulations to the winners and a thank you to everyone who has participated. No matter what the results were, you are all beautiful with your confidence.



Blood donation campaign is conducted regularly in Vision College. We encourage all our staff and students to be generous in donating their blood. Sure enough, they were very altruistic and the booth was packed with people this time around.





Students from the Law Enforcement Student Association (LENSA) organised a debate. A majority of the participants were from our Diploma in Law Enforcement (DLE) programme but we also had students from other courses as well. This was a superb event, as it allowed our students to simulate a court in Vision College, with our DLE students taking on the role of judges for the day.

The ECA was transformed into a mini funfair, and the teams had some amusing mini-games – such as cup stacking, congkak, and more – set up for our students.



STUDENT ACTIVITIES

A UNITED VISION CELEBRATES MERDEKA DAY



Vision College had a Merdeka Day Celebration with our students and staff on 5th September 2018. We were touched when participants sang the Merdeka song together without differentiating one's color or status. Vision is a harmonious multi-racial campus, where everyone lives peacefully in a diversified environment; no one will discriminate against another because of religion or race. In Vision, we share our festival celebrations, thoughts, and dreams together. No matter where we go, Malaysia will always be our home, and we are proud to be Malaysians.



STUDENT ACTIVITIES

SAFETY AWARENESS PROGRAMME

On 24th September 2018, Vision College's Law Enforcement Student Association (LENSA) together with the Student Representative Council (SRC) organised a safety awareness programme. Our guest of honour was Sub-inspector Mustaka Bin Abd Shukor, Deputy OCPD of Kelana Jaya, who shared with us some important pointers on how to be safety-conscious.

He encouraged students to be disciplined, stressed the need of putting on helmets when riding motorbikes, never drive a vehicle without license, and never try any form of drugs. The sharing session was beneficial to our students, especially those who study Law Enforcement, and it was quite fun as the speaker did make some jokes. Thanks to this event, our students will be more knowledgeable to be on the frontline of law enforcement in the future.



STUDENT ACTIVITIES

FREE HEALTH CHECK-UPS DURING “MENDAYA KOMUNITI” PROGRAMME



The Petaling Jaya City Council (MBPJ) organised the “Mendaya Komuniti” Programme on 30th September 2018; Vision College volunteered to serve the community by dispensing free health check-ups. We are thankful to MBPJ for providing

the opportunity to serve the community, and also feel proud of our students who performed their duties professionally. We hope that the hands-on experience will prove useful to our students in their studies and their future career



STUDENT ACTIVITIES

LAWYERS PROVIDE INSIGHTS INTO COURT PROCEEDINGS



On the 5th October 2018, Vision College invited three experienced lawyers to provide a special training programme to our students. They created a mock court and shared their perspectives on how cases are being handled, as well as the flow of court proceedings. A big thank you to our guest speakers, Mr. Muhammad Hafiz Bin Hood, Mr. Ziadi Bin Zaidin, and Mr. Syed Mohammed for sharing their experiences. Their insights would definitely benefit our students, especially those who will be undergoing their practical training.



STUDENT ACTIVITIES

COVER LETTER AND RESUME WRITING WORKSHOP

In anticipation for “Vision of My Career”, a workshop on cover letter preparation and resume writing was organised jointly by Hire Vision and our Student Affairs Department on 5th October 2018. The purpose of the event was to enable students to communicate their profile with their future employers clearly and effectively. It was a great event as all participating students managed to produce functional cvs for themselves. Vision College wishes our students all the best in their future job hunting.



STUDENT ACTIVITIES

VISION OF MY CAREER

Vision College held its first-ever career fair known as “Vision of My Career” on the 26th October 2018 with huge success. Thanks to Sri Kota Specialist Medical Centre, Thomson Medical Group, Mediviron Group of Clinics, Coffee Bean & Tea Leaf, Sheraton Hotels & Resorts, KLC Placement Services, DP Biz Internship, Mintygreen Wellness, LYC Mother & Child, and GHHS Healthcare, all of whom had shared about their organisations to our students. We appreciate the career opportunities, guidance, presentations, and Q&A sessions that you have provided. Our students were extremely excited and motivated by the event, and look forward to joining your organisations upon graduation.





STUDENT ACTIVITIES

PROM NIGHT

We had our annual prom night “Masquerade Ball 2018” – which was a collaborative effort between our students and the Student Affairs Department – on the 23rd November 2018.

The event was a huge success. We were mesmerised by the students in their smart and beautiful attires, and the participants seemed to have really enjoyed the night. It was an amazing and wonderful night, and the performance was absolutely beyond our imagination!

Shout-out to our 2018 Prom King & Queen who stole the night with their stunning outfit! Vision College would like to congratulate our prom queen and king of the night, Ms. Merry and Mr. Noel! We wished that the night was longer, but as the saying goes, “Time flies when you are having fun”.

A round of applause to our organising committee for making the night such a memorable one, your efforts – from the decorations to the programmes – are much appreciated. We hope to see more people participating our prom night next year!





INSIGHT

WHAT OUR COUNSELOR SAY



As a sneak peek into Vision College's inner workings, we conducted an interview with Ms. Zainur Suhada, one of our student counsellors.

1. Kindly introduce yourself and what role you play at Vision College?

My name is Zainur Suhada. I'm a Master graduate of Family Counselling from Universiti Sains Islam Malaysia and a Bachelor degree of Counselling with Honours from the same university. I began working here as a Student Counsellor cum Student Affairs Officer since April 2018.

2. Can you share with us your experience at Vision College?

It has been amazing. My life as a counsellor here involves spending a lot of time with students. This challenges me, and keeps me on my toes on how to liaise and live together with them in the same era. I've learnt to understand them and how to fit in with their group. The challenge is in that they used to live in a culture of spoon-feeding. We need to pull them away from that culture, and let them learn on their own and take the lead.



3. What distinguishes Vision as unique from other institutions?

I have observed that students from all over the country with different backgrounds and culture have been able to learn to assimilate each other's culture and create a vibrant college cultural colour.

4. As a college counselor, what is your advice for students to cope with their stress?

Talk to someone when you're facing any challenges, be it your family, friends, lecturer, or counselors like myself. Stress is normal and can be used as a driving force to achieve excellence, but oversteering is something dangerous that you need to pay attention to. You need to know the difference between depression and feeling depressed.

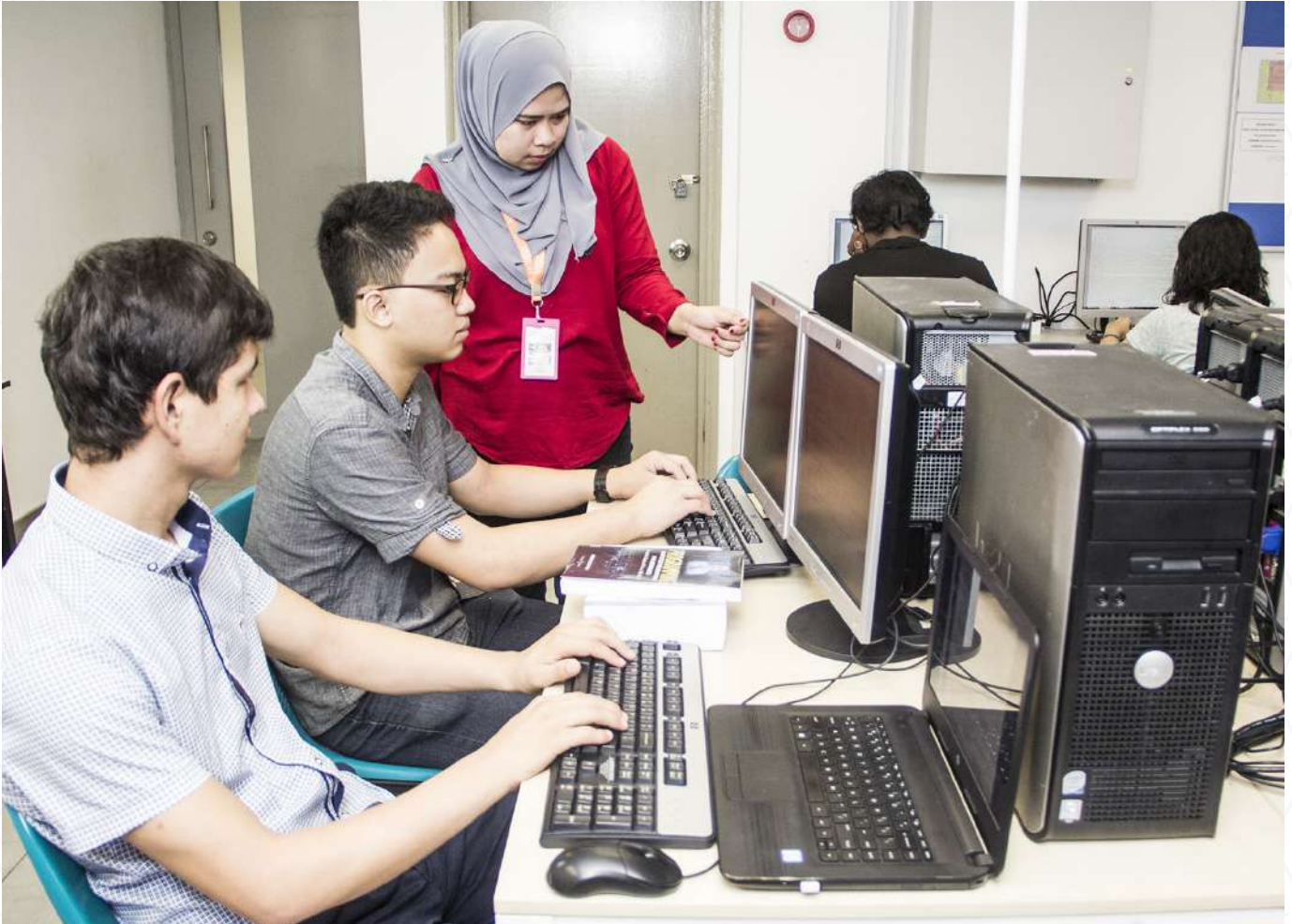
5. What advice would you give to help enhance our students' mentality in facing the working world?

Encourage them to involve themselves in extracurricular activities & explore student life to the fullest so that they will discover another set of skills that might come in handy in the working world.

6. Is there anything else that you would like to add or share?

Life is full of surprises. Don't let one failure stop the journey that you have planned. Just prepare backup plans for it. :)

OUR ACADEMICIAN'S THOUGHT



In Vision College, I get to meet and teach a lot of students from different countries such as Tajikistan, Bangladesh, the Philippines, etc.; I would have to reconsider my teaching style, as they had different teaching and learning styles, and culture in their home country. Additionally, I have also experienced engaging student in activities such as the team building event at Taman Botani Shah Alam. The activity was organized by the Business Club and involved all of the student from our Business School (DIT, DBA, DHM and DIA). One of my achievements working at Vision College was when I had the opportunity to host a workshop for my fellow lecturers. Workshop name: How to Create Entrance and Exit Survey Using Google Form.

Juliana Mohd Misnan

Programme coordinator and lecturer for DIT programme





Being a Programme Coordinator of Diploma in Business Administration, I have seen the positive behavioural changes in students, especially after they have been exposed to a variety of learning experiences inside and outside the classroom. Students coming from different backgrounds and experiences, especially the naive and mature students, is a source of inspiration to me. Students of Diploma in Business Administration will be exposed to how organisations operate, focusing on what they do, their styles of management, and their business strategies. At Vision College, there is a mixture of lecturers' knowledge and experiences whereby lecturers were previously from academic institutions as well as the industries. This creates an interesting blend of learning and sharing of real working experiences, which is definitely an added value for our students in Vision College.

Wan Faridah Wan Abbas

*Programme Coordinator & Lecturer
for Diploma in Business Administration*



DOES YOUR MOBILE PHONE DAMAGE YOUR SPINE?

**Heads Up:
Are YOU
DEVELOPING
“TEXT NECK”?**

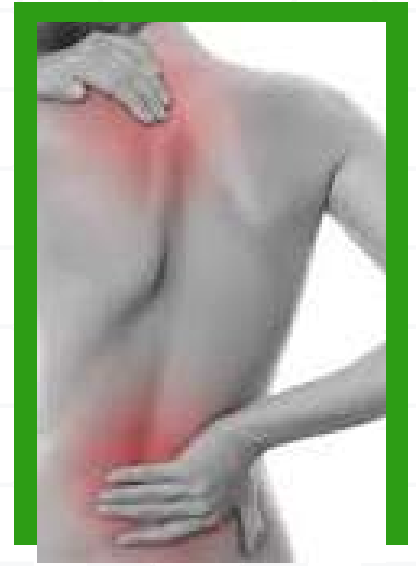


Text neck is the term used to describe the neck pain or cervical pain caused by damage sustained from looking down at your cell phone, tablet, ipad, or other wireless devices for too long and too frequently. Cellphones, tablets, and a host of other modern mobile devices are changing the way we access information and entertainment. The use of these devices influences our posture and body mechanics in ergonomically dysfunctional ways that contribute to neck, upper back, shoulder, and arm pain.

Furthermore, poor posture while sitting, standing, walking, or in a static position can lead to more upper body pain and stiffness which could result in transmission of the poor postures to other parts of the spine such as the middle and lower back.

Is your neck producing symptoms like these?

- Neck pain
- Muscles spasm
- Shoulder pain and tightness
- Pinched cervical nerve, radiating towards your shoulder



What treatment options do you have?

- Don't bend your neck to look at the screen
 - this way you can maintain good posture, relieving your back and shoulders from the pain and strain of being hunched over.
- Hold your mobile device at about your eye level
 - holding the phone closer to eye level helps maintain a healthy posture and puts less strain on the back.
- Do exercises that strengthen your posture.

Fortunately, there are several treatment options available for you to deal with this ergonomically dysfunctional habit. First and foremost, consider taking some ergonomically functional habits of proper neck alignment and posture as stated above as a preventive measure. Perhaps you can even take up activities such as massage therapy, yoga, and physiotherapy to improve your posture.

If I could suggest to you, the best option would be a physiotherapy session which will enable you to get rid of noxious fluids that could have built up in your neck, and other degenerative changes that could be going on. At Vision Physiotherapy Centre we have been able to put together highly specialised physical rehabilitation programs that could help you alleviate the pains and dysfunctional postures that are making it hard for you to have a productive life. Don't wait till it's too late!



Prepared by, **Keetha Mohan** (Lecturer, Diploma in Physiotherapy)

AROUND THE CAMPUS

NEW SOCIETY FORMED: CHINESE LANGUAGE CLUB



At the beginning of the year, a new society called the Chinese Language Club (CLC) was formed. The advisor of CLC is Ms. Sherlyn Liew, a staff member of Vision College; and the President is Mr. Ang San Neng, a student of Diploma in Law Enforcement.

“I have had a great and different experience working in Vision College, where it enabled me to have the wonderful opportunity to establish a club and spend plenty of my time with a group of lovely students.”

– Ms. Sherlyn Liew - CLC Advisor

CHINESE  LANGUAGE CLUB
Vision College



The initial idea for the Chinese Language Club started from my observation of the Chinese students in the college, where I realized they are passive and less proactive in participating all the activities organised by the college. Therefore, my vision is to build and train a group of young people to be leaders who are able to lead and guide others, and capable of organising and executing events, all through the sharing of their own culture with others.

Yes, I do believe that the Chinese Language Club can benefit our students not only in developing leadership skills, but also in character building. To initiate and get involved is the first step in character building. Taking everything they do in life seriously, having passion in even the simplest matter, and always making a difference along the way, I believe they will be able to be successful in all things they do in the future and bring hope to the society with all these qualities. I personally believe that character is one of the things that is of utmost important in this society; while a person can have a lot of knowledge, but it means nothing without a good character.

Multicultural is what makes Vision College unique from other institution as most of the students come from different states such as Sabah, Sarawak, Johor, etc.. Therefore, in Vision we get to experience the differences we have in term of languages and cultures together as a family.

“I would like to take this great opportunity to share this with all of the students in Vision College: We can have thousand of reasons expecting the college to change in the way we expect, but there is one saying that goes, “If you want to change the world, start with yourself”. Yes, the world and the environment may affect us, but it cannot stop us from becoming who we want to be today. So if you want to see changes in this college, it has got to start from both you and me!” – Ms. Sherlyn Liew - CLC Advisor

”

Thank
you