

**VISION**  
COLLEGE  
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**YOUR DREAM COURSE  
&  
CAREER PATHWAY  
WITH US**



**VISION COLLEGE**

Issue #20 | MAY 2019

# MAKE VISION YOUR DESTINATION

Ever since its establishment in 2005, Vision College has been pursuing global academic endeavours to bring the best out of our young resources. Alongside ethical and sustainable commitments, we have visions for the development of our students as individuals. We provide quality education and training in a broad range of fields of Business & Health Care.

With an increasing demand for self-driven and tech-driven human capital, the whole world is emphasizing on outstanding quality backed by a strong educational background.

Vision is the ideal place for students to pursue their tertiary education as we are equipped with top-grade facilities and academicians who dedicate their time, experience, and knowledge for our students' future. Our students feel blessed to be a part of Vision College.



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## PROF. DR. HAMZAH A. RAHMAN

### CEO'S MESSAGE

**E**ducation is the key resource which shall always be measured by its 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. I believe talents exist; but there is a huge need for proper training and guidance to produce graduate who are dedicated to their career. Vision College thrives simultaneously on the generation of potential individuals and the expansion of opportunities for higher education.

I am glad that we have a Newsletter to act 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 Vision College's activities.

Kindly, keep us informed on how to improve the Newsletter. I am always there to appreciate and acknowledge your thoughts. Thank you 

## UPDATES

# WELCOMING FOR PGDMU (ASIA) JANUARY INTAKE

The orientation programme for PgDMU(Asia) January intake was held on 7th January 2019. Welcome to all new students. Study hard and work smart to sonographer wannabes. We are very happy to have multinational students to join us, this time we have student from Nigeria, Myanmar and Bangladesh.

01 HAPPY PEOPLE



02 BRIEFING



03 GROUP PHOTO



UPDATE

## PARTNERSHIP AGREEMENT WITH UTM

Nelson Mandela once said **“Education is the most powerful weapon which you can use to change the world”**. At Vision College, we believe that knowledge through education is an important aspect of life and success. On February 15th 2019, Vision College signed a Memorandum of Understanding (MOU) with UTM to be officially known as “Pusat Kerjasama” UTM. Vision College is proud to be a part of the UTM family in offering quality education to school leavers.

At Vision College, we always try our best to strive for excellence in the education industry. We will be offering 3 UTM Diploma Programmes : Diploma Pengurusan Teknologi, Diploma Pengurusan Teknologi Perakaunan) and Diploma Sains Komputer (Multimedia) once they are approved by the Ministry of Education (MOE).

For graduation, students who are enrolled for the above programme will be able to choose if they want to attend the ceremony held by Vision College or by UTM. With this collaboration, we believe students will be able to have access to higher education with ease. Vision College looks forward into offering the best quality of education to students in line with our vision.

**“ TO BE A PREMIER ACADEMIC INSTITUTION  
THAT PROMOTES CREATIVITY AND EXCELLENCE ”**



## UPDATES

# HOSPITAL ELIZABETH VISIT TO VISION COLLEGE

Dr Ben Ng Jen Min from Mt. Elizabeth Hospital visited to Vision College on 16th February 2019. Two (2) of our students were interviewed. Our sonographer trainees look forward to practise their professional careers in Singapore.



**STUDENT  
ACTIVITIES**

## **CONVOCATION CEREMONY 2019**

# **VISION**

**C O L L E G E**

# **CONVOCATION CEREMONY**

**11 JANUARY 2019**

**SIME DARBY CONVENTION CENTRE**





Vision College's **Convocation Ceremony 2019** was held at the **Sime Darby Convention Centre** on **11th January 2019**. Here are photos of some great moments during the convocation. For parents and friends of students who couldn't make it for the event, Vision College has recorded the event especially for the graduate, the entire video were up to our youtube channel. Once again, congratulations to all our graduates. You make us feel proud of your achievement.



01 HAPPY CROWD



## 02 AWARD PRESENTATION



**Chow Jia Shi  
Dean List**



**Hil Yee Teen  
Dean List**



**K.Sarmila Dewi A/P Kaivalliam  
Dean List**



**Yap Jin Sheng  
Dean List**



**Emylia Binti Kamaruzaman  
Dean List**



**Rupaida Binti Binajul  
Dean List**



**Richie Encabo Rigi  
Dean List &  
Best Student Award**



**Nurul Syahida Bt Hasbullah  
Dean List**



## STUDENT ACTIVITIES

# CHINESE NEW YEAR CELEBRATION

**O**n 30th January 2019, before the Chinese New Year break, Vision College's Chinese Language Club (CLC) organised a Chinese New Year celebration event. The organisers broke their own record for having the longest lou sang in Vision College. Thank you all committee members for sharing the joy of the festival with all Vision College's staff and students.



01 YEE SANG CEREMONY



02 MEMORABLE MOMENTS

## STUDENT ACTIVITIES

# COLLEGE ACTIVITY WEEK (CAW) FEBRUARY 2019

The College Activity Week (CAW) held on 20th until 23rd February 2019 is an annual event in Vision College organised by the Student Representative Council (SRC) and assisted by the Student Affairs Department.

At Vision, we emphasise on academic content and at the same time, we try to sharpen students leadership skills as well. For first CAW of 2019, our CEO Prof. Dr.Hamzah officiated the opening ceremony. We gauged the event as being successful from planning to execution and we saw several improvements in it.





One of the activities of the CAW is the **Entrepreneurship booth**. This event allowed students to try and start up a small business during the week so that they can raise funds for their societies. All participating students were very creative in making their items outstanding during their promotions. They have spent a small amount but created a big success. We were looking at potential future entrepreneurs in process.

A debate event was organised by the Law Enforcement Student Association (LENSA) as part of the CAW. It was a significant event organised by law enforcer wannabes. Our students from law enforcement programme debated about their concerns on topics on the current affair and they did it professionally. Congratulations to all the winners; everyone did well in defending their points.





Vision College invited National Kidney Foundation (NKF) to give a health talk during the CAW. The health tips to prevent diabetes and its cause are useful to the participants. The NKF also opened a booth throughout the duration of the CAW to promote organ donation amongst VISION's staff and students.

One of the most happening events for CAW "Food eating challenge", was when the organizer prepared 5 bowls of Maggie mee with different spiciness levels - starting with plain soup right until the last bowl with Chili Padi. Contestants have to finish all the noodles including finishing the soup.

Two mobile phone games competition were organised for our student. The main motive for the games was to learn to work as a team. The SRC managed to attract a big crowd for the competition. The PUBG & Mobile Legend games had a large number of supporters. We do not encourage students to play games for long hours; playing it during a short break is fine.





Last but not least, on the last day of the CAW, the committee organised 2 games, i.e, badminton game for female students and sepak takraw for our male students. We also encourage students to do sports activities during their free time besides studying.

For this round the CAW also included escape rooms organised as a game allow the student to critical thinking. As usual as DHS club they will organised the “Hunter House” as name as Pobia Banker this round, they always not fail to make the student scare, it’s always the long queue.



## STUDENT ACTIVITIES

### SRC 2018/2019 RETREAT

The Student Affairs Department organised a retreat as a gesture of appreciation to thank the SRC2018/2019 team for their contribution for the past year. The event was held in Kuantan from 5th - 7th April 2019. During the appreciation night, the committee members were presented with token of appreciation from of Vision College. Excellent awards were given to the most committed, dedicated and hardworking committee members. Awards were presented to Divakaran A/L Parthivan(Student of DIO) and Lee Shi Yen(Student of DMI). Thank you all committee members for your commitment for the past one year.



### A THANK YOU NOTE TO THE SRC 2018/2019

*Thank you SRC 2018/2019 for their effort and hard work for the past one year. All your contributions may have taken a lot of your time and it has also given you a new challenge, as you have to maintain a good grade all the time. May the experience groom you to be a wiser person. We witnessed your passion to made Vision College a happening place and a level higher. We are very proud of your growth and development, from the start until the end. We strongly believe this would be an opportunity and advantage for you when you startup your career. We congratulate for your success, we wish you all the best in your studies and your career later on. Thank you.*

**ON BEHALF OF VISION COLLEGE.**



## STUDENT ACTIVITIES

# SRC ELECTION 2019/2020

**V**ision College's Student Representative Council 2019/20 election was held on 11th April, 2019. The election this year broke previous student election records in Vision College as it has the highest turnout, i.e., more than 400 voters voted this time around. Students, you have chosen your leaders and now let's get together and work with them to make the best of your student days at Vision. We have many amenities around our college; organise events and programmes to **LEARN** to **GROW** and to **EXCEL**.





We heartily congratulate the new council members for coming out and standing up to represent the student body of the college. We wish you all the best in the coming year to make Vision College a place with many happenings for the students by the students. We have faith in you to continue breaking the record. We are pleased to announce the following news of Vision College's student representations. A warm welcome to all our new student councillors of SRC 2019/2020 and

we urge all students of Vision College to give your full support to the newly formed team. There is a total of five General Constituency seats with 25 exco seats representing the Exco of Culture, Academic, Exco of Sport, Social & Community, Exco of Religious & Spiritual. All excos will be assisted by Deputy Vice President Academic, Deputy Vice President Student Development and Deputy Vice President Co-Curriculum.



Here is a list of members of the Students' Representative Council (SRC) for the 2019/2020 session:

**President - Muhammad Zulhilmi Akmal Rabbani Bin Riduan (DLE)**

**Vice President - Amir Hamzah Bin Shamsul Bahreim (DLE)**

**Secretary - Kimberly Anak Nel (DLE)**

**Treasurer - Nor Kamila Binti Abd Hamid (DBT)**

**Deputy Vice President Academic - Deventhiran A/L Parthivan (DHS)**

**Deputy Vice President Student Development - Nur Ainatul Dasyeema Binti Zamri (DMI)**

**Deputy Vice President Co-Curriculum - Aphaphon A/P Ainik (DLE)**

**Chairman Of Culture - Cinderella Munai Anak Christopher (DHS)**

**Chairman of Social & Community - Puteri Annalia Binti Mohammad (DLE)**

**Chairman of Religious & Spiritual - Redzaini Saimon (DHS)**

**Chairman of Sport - Adikah Bin Basrun (DLE)**

**Chairman of Academic - Noel Siran Reeves (DHS)**



# STUDENT REPRESENTATIVE COUNCIL VISION COLLEGE 2019/20 SESSION



**PRESIDENT**  
**Muhammad Zulhilmi  
Akmal Rabbani Bin Riduan**  
DIPLOMA IN LAW ENFORCEMENT



**SECRETARY**  
**Kimberly Anak Nel**  
DIPLOMA IN LAW ENFORCEMENT



**TREASURER**  
**Nor Kamila Binti Abd Hamid**  
DIPLOMA IN BIOTECHNOLOGY



**VICE PRESIDENT**  
**Amir Hamzah  
Bin Shamsul Bahreim**  
DIPLOMA IN LAW ENFORCEMENT



**DEPUTY VICE PRESIDENT  
ACADEMIC**  
**Deventhiran A/L Parthivan**  
DIPLOMA IN HEALTH SCIENCE



**DEPUTY VICE PRESIDENT  
STUDENT DEVELOPMENT**  
**Nur Ainatul Dasyeema Binti Zamri**  
DIPLOMA IN MEDICAL IMAGING



**DEPUTY VICE PRESIDENT  
CO-CURRICULUM**  
**Aphaphon A/P Ainik**  
DIPLOMA IN LAW ENFORCEMENT



**CHAIRMAN  
OF ACADEMIC**  
**Noel Siran Reeves**  
DIPLOMA IN HEALTH SCIENCE



**CHAIRMAN  
OF CULTURE**  
**Cinderella Munai  
Anak Christopher**  
DIPLOMA IN HEALTH SCIENCE



**CHAIRMAN OF  
RELIGIOUS & SPIRITUAL**  
**Redzaini Salmon**  
DIPLOMA IN HEALTH SCIENCE



**CHAIRMAN OF SOCIAL & COMMUNITY**  
**Puteri Annalia Binti Mohammad**  
DIPLOMA IN LAW ENFORCEMENT



**CHAIRMAN OF SPORT**  
**Adikah Bin Basrun**  
DIPLOMA IN LAW ENFORCEMENT

**LEARN • GROW • EXCEL**

## STUDENT ACTIVITIES

# APRIL INTAKE ORIENTATION

**T**he April Intake Orientation was held from 22-24th April 2019 and ran for 3 days. The first day comprised of briefings by each department. On the second day, students were made to explore Kelana Jaya and there was a treasure hunt organised to make the activity interesting. The 3rd day was filled with student performance which marked the closing ceremony. To all new students, *welcome to the Vision family.*

The college will do its best to work together with all students so that they can **LEARN, GROW** and **EXCEL** as much as they can during their college time



## STUDENT ACTIVITIES

# INTERNATIONAL WORLD BOOK DAY 2019

The World Book Day, which took place on **23 April 2019**, is a yearly event organized by UNESCO to promote reading and is celebrated in more than 100 countries with the aim to improve the habits of reading culture among the people.

In conjunction with World Book Day, Vision College Library organised a series of programmes to encourage our students to build their habit in reading. On 22nd April, Prof. Dr. Hamzah (CEO of Vision College) together with Zulhilmi (President of SRC) officially launched the **“Let’s Read Together for 10 minutes”** program witnessed by students from April intake. Prof. Dr. Hamzah said that every students must develop a habit of reading to keep abreast of latest news, knowledge and for self-improvement.

All students were invited to join the **Let’s Read Together For 10 Minutes** programme on 23rd April 2019. The Library unit also organising some contests such as **“Guess The Book Weight”**, **“Guess The Number of Books In The Library”**. There were also the **“World Book Day Photo Contest 2019”** and **“Spinning Wheel Game”** on the 24th April 2019.



## WORLD BOOK DAY

### The winners for the contests

#### Guess The Weight of The Book

1. Mardhiah Binti Mohd Nor (DNS1017-005)
2. Nur Syafiqah Binti Muhazani (DMI0717-005)

#### Guess The Number of Books In The Library

1. Mohamad Shahrul Najwan Bin Mohamed Phdil (DLE0718-039)
2. Joice Tie Xin Ying (DMI0417-012)

#### World Book Day Photo Contest 2019

1. Yusrin Bin Yusop (DLE0117-023)
2. Mohd Idzlan Nazri Bin Dullah (DMI0717-002)
3. Cassandra Premila A/P Robert Jeyakumar (DNS0117-001)

## INSIGHT

# OUR ACADEMICIAN' VIEWS

**M**s Afiqah Najiha. I graduated with a Bachelor Degree of Physiotherapy from Universiti Teknologi MARA (UiTM), Puncak Alam. I have been working at Vision College since December 2015 as a Programme Coordinator for Physiotherapy programme under the Faculty of Health Sciences. I have been in the education field for over 5 years and I have developed a keen interest in the teaching of the students. This initial interest led me to pursue a career in Physiotherapy as a lecturer. I went through a few very difficult years where I felt like I was going to face failure especially when I started up this programme alone. I had to set up everything with my own effort. But it was actually really important for me to go through all the process to get approved. Looking back the challenges I had faced in the early days of my academic years can be considered as the most inspirational thing because at the end of the day - as long as you treat it that way. However, I had never looked back on my career.

Teaching students who are weak in assessment during the beginning of the year and seeing them progress to a better result and eventually being able to manage patient independently has been a great source of satisfaction for me. My team and I also face the challenge of attaining full accreditation by the Malaysian Qualification Agency (MQA) with tears and pain. But we managed to go through it and with a success. I believe that my greatest achievement as a lecturer is being a wholesome person. A person who teaches and be able to be appreciated, listen too and valuable things to the students who gain so much by learning what I have taught. Being wholesome means a participant in the society or community that needed education and being a skilled lecturer helps me to contribute my knowledge and skills in a given task. There is no secret to success. It is the result of preparation, hard work, and learning from failure. You are capable of more than you know. Choose a goal that seems right for you and strive to be the best, however hard the path. Aim high. Behave honourably. Prepare to be alone at times, and to endure failure. Persist! The world



**AFIQAH NAJIHAH**  
Programme Coordinator and Lecturer  
for Diploma in Physiotherapy  
(DIP) Programme

## OUR ACADEMICIAN' VIEWS

**M**s Irmanisha binti Ibrahim. I have a Master of Science degree in Biotechnology Engineering and a Bachelor degree graduate in Biochemical-Biotechnology Engineering with Honours from the International Islamic University Malaysia (IIUM). I had joined Vision College as the Programme Coordinator for DBT for since March 2016.

There are a lot of challenges and experiences that I had faced to reach the 3-year journey of working at Vision College. Came here and held the programme coordinator position for a programme that is very new to me and was the only staff for the programme, had given me quite a shock to my mind for the first one year being here. Starting with four number of students and did not have even one documentations that i can refer, gave hard time to not only me, but also to the students. But that's not an excuse for me to put an end point to be here because all those challenges had giving me a very valuable experience in teaching and improving the skills inside me especially when dealing with adhoc task.

My biggest achievements here at Vision College include, firstly, is being successful in preparing all the documentations needed for the Diploma in Biomedical Technology programme, from teaching to administration documents for the programme. This achievement had led to the successful preparation of MQA visit for full accreditation of the programme in April 2018. Secondly but not least, the biggest one would be dedicated to my first batch students who graduated from the programme on the convocation ceremony held on 11th January 2019 with three graduates. I felt happy and grateful to be able to teach and graduate the first batch - it was as if I was like looking at my first child who graduated from school. A quote to share **“An investment in knowledge pays the best interest.”** - Benjamin Franklin



**IRMANISHA IBRAHIM**  
Programme Coordinator and Lecturer  
for Diploma in Biomedical Technology  
(DBT) Programme

## INSIGHT

# WHAT DOES OUR HUMAN RESOURCE SAY?



### 1. Kindly introduce yourself

I am Fatheen Nadira Bt Ghazali. My position at Vision College is as Assistant Manager of Human Resource Department. I have been working in Vision for almost 3 years.

### 2. Can you share your experience in Vision College?

My experience in Vision College started as a course counsellor in marketing department. After my leg injury, I cannot travel a lot, so I had been given a chance to be transferred to other department which is the Human Resource Department. It's been a long journey for me as I learn a lot from Vision College. When I'm handling the HR department, I need to communicate as well as settle staff-related matters including the disciplinary issues. It is not an easy job but I have learned a lot from the experiences.

### 3. Why should one join Vision College?

One can consider joining Vision College because the college provides life-long education and one that produces graduates with the skills necessary to sustain individual career success within a global economy. Besides that, Vision College also incorporate in its academic programmes quality student development programmes and activities designed to help students identify educational and career goals. By getting involved in such programmes, student are able to set they own career paths and develop skills necessary to achieve intellectual and personal growth. This is very important to make them well prepared for their future career and working life.



#### **4. What distinguishes Vision as unique from other institutions?**

Vision is unique when compared to other institutions because it is located in a surrounding that makes it convenient to students and staff to do their shopping, banking and there are many eateries here. In terms of its academic programme, students are exposed to many practical oriented activities and project and some related to community services which is call as Corporate Social responsibility (CSR) project.

#### **5. What is a “good staff” from the HR perspective?**

From HR perspective, a “good staff” is someone that is willing to go the extra mile whether to achieve company goals or make their way up the corporate ladder. They will not shirk from putting in their best because they set goals and have high expectations for themselves. They also strongly yearn to progress in their career. This characteristic will drive them to give the best to the company. Besides that, he/ she is willing to do more than what’s required from him/her (even things that don’t fall into his line of duty), is constantly exceeding expectations and happily accepts any task or project, however difficult it may be. This will require passion from the staff. When you have passion towards your work, you will do it full heartedly without complaining. Last but not least, following instructions shows that the employee takes his responsibilities seriously and is capable of shouldering additional responsibility. It also means that “good staff” is someone that is reliable. That means showing up for work on time, informing the concerned authorities when he cannot make it, and keeping to deadlines.

#### **6. Vision College is expanding, what do you think the mentality and requirement from a staff?**

As Vision College is expanding, there are few requirements from a staff that need to be considered. A staff should create a strong work culture that attracts other staff who are motivated to work. But it’s also important to build growth into that culture, ensuring anyone in the team has the same vision the staff do. They should also focus when it comes to their work and do it with lots of passion. A staff also should have a positive mind that can always influence other people in a positive ways.

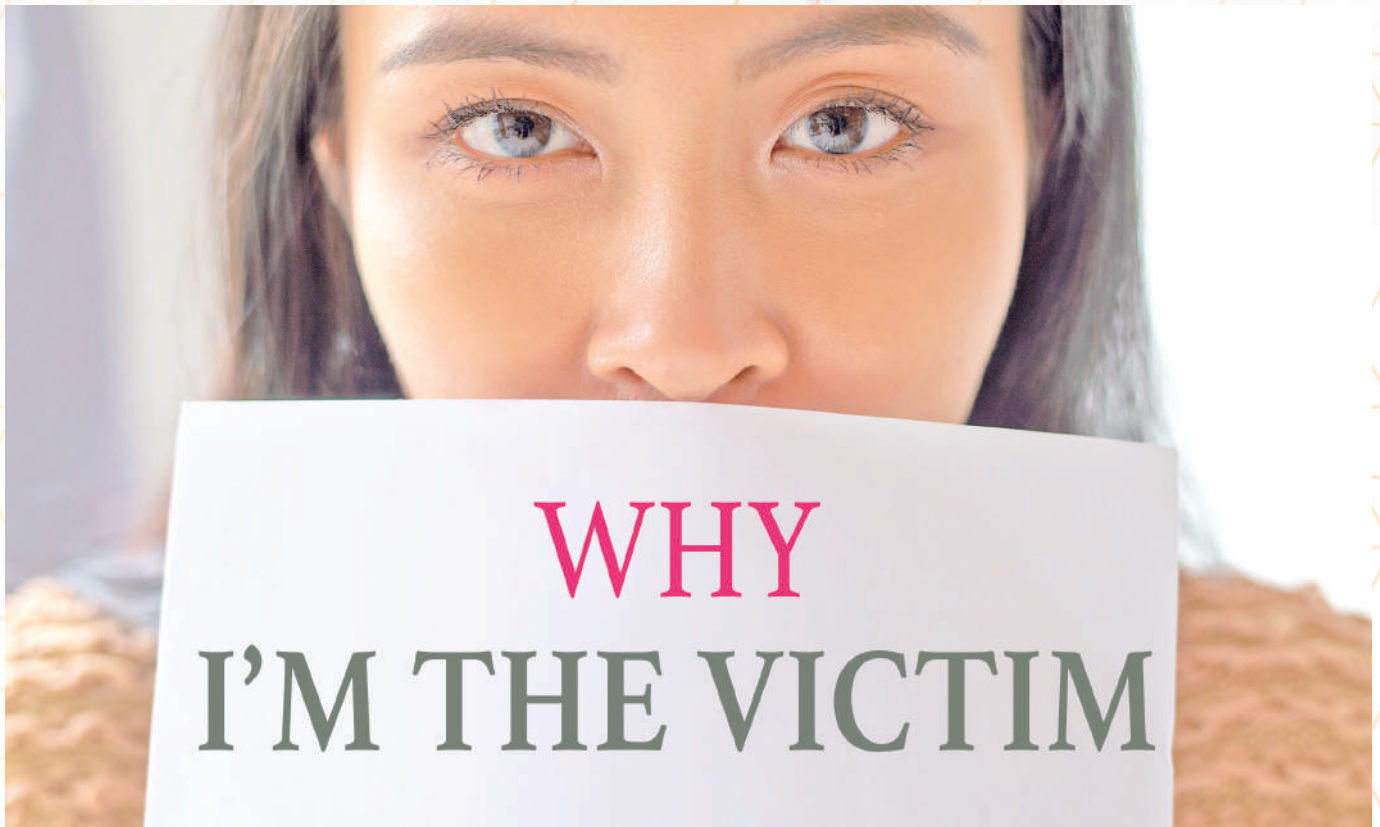
#### **7. What’s your plan for to enhance the staff’s productivity.**

I would plan focus more on planning the training programmes for all the staff. It maybe the in house training as well as outsource from outside. This will help to provide opportunities to the staff to develops skills. Staff will be more motivated if they know what they are expected to achieve. Setting clearly goals or having a company vision provides guidance for everyone. Short-term goals, in particular, are effective in encouraging the staffs to properly manage their speed in doing tasks to meet targets. Additionally, it is important for me to provide feedback or show that employees are being supervised. Maintaining and enhancing productivity in the workplace is not always very easy to accomplish but if it comes with the cooperation, it is not impossible to achieve.

## VISION BYTES

# VICTIM MENTALITY

“Victim” that is pointed out here is not the actual victim of a traumatic experience or something of that sort, but “victim” here refers to people who view their lives through the lens of “*Other people do it to me and it’s not my fault*”. I’m sure everyone has encountered this type of people throughout our lives or we might even be one of them.



### SO, FIRST LET’S LOOK AT THE POSSIBLE REASON ON WHY PEOPLE HAVE THE VICTIM MINDSET.

Firstly, they felt that they are always being taken advantage of or have the feeling of being treated unfairly of which leads them to feel powerless. This reassures them that no matter what, it will never be their fault. In this case, the personality of one also plays a role in feeling “**victimised**”.

Secondly, people fall into this victim mentality as it makes their life easier such as avoiding responsibility, to stay in their comfort zone and also to gain attention. It’s a way to save themselves in the midst of problems or any kind of shortcomings they have.

A victim mindset can also be emerged if valid concerns are not addressed properly which causes them feeling helpless. As these types of people are repeatedly being ignored after making a legitimate complaint, they will come to a conclusion that nothing will change. Thus, causes them to feel victimised.



**THUS, THE SIMPLE WAYS TO AVOID HAVING A VICTIM MENTALITY ARE:**

**1. To always take responsibility**

Whether in your personal life or working life, do take responsibility of your own work and position. Do not get away with it or ignore as it is not only selfish but also self-destructing. Avoid blaming others for your own shortcomings but instead acknowledge it and try to strive to be a better individual.



**2. Be grateful**

Stop comparing yourself with your peers and instead be grateful and have faith in yourself that something better is coming up.



**3. Take a break**

However, to try to break out from victim mentality could be hard as this need a strong determination and the correct attitude. It's ok to slip out. Take a break and be nice to yourself and try again.



*So let us all get up and free ourselves from this mindset to see the true potential of ourselves.*

## CLUB & SOCIETY

# THE ENGLISH LANGUAGE CLUB: THE LINGUIST CLUB

**M**s. Zulaikha binti Zulkifli, one of the lecturers in English Department; working alongside Miss Melissa, Miss Fazlieza, and Miss Husna. I became part of Vision College since March 2015, and currently the advisor of **The Linguist Club**. It has been quite a ride throughout the years here in Vision College. However, I am always willing to step outside of my comfort zone once in a while; and being an educator is the risk in life that seem worth taking. Teaching has always been my passion. Therefore, meeting new students and sharing knowledge are parts of the never-ending adventure.

**The Linguist Club** mainly aims to promote the use of English and to provide students with opportunities to use English purposefully. Its activities are student-centred and often involve students' active participation; making the language learning experience fun, dynamic and authentic.

It was established in 2015 by the English Department, and started off with 50 members from different programs and semesters. Because it is a "stand-alone" club, all students are welcome to participate or become committee members for any projects organised by the English Department lecturers.

The Linguist Club give students a chance to practice English in a relaxed, informal environment, and to meet new people. Students' confidence level will be increased and they will feel more comfortable in using English around people they trust and have fun with.



**"Vision culture"**. That's what makes Vision College unique.

**"Live as if you were to die tomorrow. Learn as if you were to live forever."**

I love this quote by Mahatma Gandhi. It means learn as much as you can, as though you had all the time in the world. **So, never stop learning!**

## **STUDENT'S SPORT**

# **AWARDS**

## **JOGA BORNEO FC FOOTBALL TOURNAMENT 2019**

**TIME : 8.00 A.M – 7.00 P.M**

**DATE : 24 MARCH 2019**

**VENUE : BUKIT LANJAN DAMANSARA**

**TEAM NAME : SNIPER FC**

**AWARDS : FIRST RUNNER UP**

**PARTICIPATING STUDENTS :**

- 1. YUSRIN BIN YUSOP – (DLE0117-023)**
- 2. AZUAN ERMAN – (DLE0117-002)**
- 3. RAZMAN HERMAN – (DLE0117-014)**



## STORIES

# NO EXCUSE

By Cassandra Chelliah

**T**hrough a project I found myself in different villages, in homes across Nagaland and at The Naga Authority Hospital. At the hospital is where I met a member of the Cancer's Survivor's Association. He was a small sized man with a humble personality. He asked me a number of questions and in return, I asked him a couple of questions. I'm glad I did. He had a story I needed to hear.

He spoke a little about his journey with cancer and what it did to him, how it changed him, as well as a few of the initiatives he was involved in. He then casually mentioned that cancer took one of his lungs from him and a huge chunk of his intestines leaving him with a quarter of it. That startled me. I immediately couldn't help but question ***"What was he doing here?"*** *"Is he alright doing all these things especially in the hospital?"* It wasn't that I thought he was incapable, however, it blew my mind that at the end of the day, he chose to be out here in the hospital serving and meeting with different cancer patients and their families and encouraging them. He didn't have to. He had every right to play the *"sick card"* or the *"tired card"*; especially with one lung! But that wasn't the case.





Prior to this experience, having been sick myself and have worked in a hospital, it would have been an option for me to take a day off if I ever found myself sick or even slightly unwell. Especially in the context of service. It requires much of your energy in all aspects; mentally, emotionally and definitely, physically. It's understandable that one stops working especially after being diagnosed with such a sickness such as cancer! Barely understandable; it's a no-brainer! But not for this guy. He was devoted to living his life with much purpose and love. He showed love and concern about others' condition as if it were his own not looking or thinking twice whether it might bring an inconvenience to his routine, life or even health.



I'll never forget this experience. It made me realise that when you've found meaning in your life, you won't want to go back. You would only want to go forward. You would want to see more, do more. Not anything physical or mental could keep you from doing what you're passionate about. This man who had one lung and a quarter of an intestine left could be on his feet serving the community and doing as much as he could to show love and encouragement. That changed me. That made me realise that I, as a 20-year-old with barely any sickly moments had no excuse for anything. Not missed deadlines, not calling in sick to work-days and not to any act of kindness or service outside my convenience; and I intend to walk in that light for as long as I can.

### **About Cassandra**

*Cassandra studies Diploma in nursing at Vision College, She is a talented singer and musician. She was inspired to start the Nagaland Project, because of her initiative, 90 school children and adult oncology patients in Nagaland (northeast India), had warm blankets for the 2018-2019 winter season.*

# Thank You

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SELAMAT HARI  
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2019

