

VISION
COLLEGE
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Be
VISIONARIES





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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CEO'S MESSAGE


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 moment of global challenges, we all need to identify our strength in order to shine. Facing current 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 happy that Vision College has produced its second Newsletter this year as a platform to share the ongoing activities, events and valuable thoughts. I hope you'll find it 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. 

UPDATES

STAFF RAMADAN IFTAR



Was held on 30th May 2019 in China Treasures Restaurant, Sime Darby Convention Centre, 1A, Jalan Bukit, Bukit Kiara, 60000 Kuala Lumpur.

01 HAPPY PEOPLE



02 BEFORE DINNER START



03 GROUP PHOTO



UPDATE

PARTNERSHIP AGREEMENT WITH UTM

Vision College has signed a Memorandum of Understanding with **Universiti Teknologi Malaysia (UTM)** in February 2019. The MoU was signed at the UTM, Kuala Lumpur. The partnership would enable Vision College to run three courses as a franchisee. We would expect the offering of these programmes in 2020.



STUDENT ACTIVITIES

PROGRAM BELIA RAIKAN WARGA EMAS SEMPENA SAMBUTAN HARI RAYA

Students from Vision College attended the **“PROGRAM BELIA RAIKAN WARGA EMAS SEMPENA SAMBUTAN HARI RAYA.”** Our students participated in organising the event and also were emcees for the program. Hats off to Vision College students; you make us feel proud of you. Keep up the good work and enjoy what you do.



STUDENT ACTIVITIES

RAYA GAWAI, KAAMATAN & SHOUT-OUT DAY EVENT

Vision College's students celebrated the **Raya Gawai, Kaamatan & Shout-out** day event on 28 June 2019. After the long semester break, the Student Representative Council (SRC) thought that is good to organise a combined event for new and returning students. So, the SRC organised the event combining four (4) celebrations into one event. During the event, students also celebrated the birthdays of those who were born in April - June. We kicked start a new semester with big great smile; study hard students.



STUDENT ACTIVITIES

HELLO! JULY INTAKE

The orientation for July intake was held on 1st July - 4th July 2019. Professor Hamzah gave a welcome speech, followed by briefings from the respective departments. To all July intake students-welcome to Vision college. We hope that you were exposed to the many amenities and food courts found around the campus and by now you'd have noticed the facilities available at the College too.

Please improve your communication skills and try to speak in English as much as possible so that you'd be sought after for employment once you graduate. Make new friends with your mates and other students, and get involved in college activities. ***All the best to all of you!***



On the second day of the Orientation, the academic and club briefings were held, followed by a treasure hunt activity organised by the Student Affairs department and the SRC. Thanks to SRC members who made the treasure hunt a success. On 4th July, the last day of orientation, there were students performance event participated by all our freshies.





STUDENT ACTIVITIES

FINANCIAL LITERACY WORKSHOP

On 3 July 2019, Vision College students had the opportunity to learn about the basics of financial management during an intensive talk provided by Money Compass. Students who participated in the talk learned a lot about “ULearnMoney” and also the basics of financial literacy. ULearnMoney is an online financial learning platform curated for students in colleges and university.

This event was really good for college students to learn how to manage their finance while being a student and to prepare for their work life later when they start earning an income. We hope that our student will put into practice the knowledge they learn from the talk



Vision College is grateful to the invited speakers comprised of experts in financial management. The event started with an opening speech by Mdm. Amy Seok (Founder and CEO of Money Compass), followed by Dr. Isaac Lim (COO of Money Compass) who shared with Vision College's students on some sad real life stories about people who landed into bankruptcy at a young age. Both shared knowledge on how to better manage their finance and they advised students to manage their finances wisely. Mr. Jordan Peh (Registered Financial Planner) shared information on student's liberty and asset management. Mr. Ahmad Fahmin bin Haris (Regional Director of PTPTN KL Office) spoke of the advantages and importance of paying back PTPTN loans.

This event was really good for college students to manage their finance while being a student and to prepare for their work life later when they start earning an income. We hope that our student will put into practice the knowledge they learn from the talk.

02 EXCITED PARTICIPANTS



AGENDA FOR THE ORIENTATION

01 July 2019 (MONDAY)

- 9.00 am Orientation Registration & Induction
- 9.30 am Welcome Speech Prof. Hamzah
- 10.30 am Oath Taking Rehearsal English Department
- 11.15 am Oath Taking All Academicians
- 11.45 am Finance Briefing by Course Financial Aid
- 1.00 pm BREAK
- 2.00 pm Librarian Briefing
- 2.30 pm Student Handbook Briefing Ms. Syafikah
- 3.00 pm Student ID Briefing Mr. Saiful
- 3.15 pm Student Affairs Briefing Mr. Akmal
- 3.30 pm Accommodation Briefing Mr. Arziat
- 4.00 pm Club Briefing
(Zumba Fitness, Linguist, Chinese Language)

02 July 2019 (TUESDAY)

- 9.30 am Academic & Club Related Briefing
- 11.00 am - 05.00 pm Activity 1 (LDK + Treasure Hunt)

03 July 2019 (WEDNESDAY)

- 9.00 am Activity 2 (Motivation Talk)
- 2.00 pm Activity 3 (Financial Management Seminar)

04 July 2019 (THURSDAY)

- 09.30 am Activity 4
(Performance) All MPH 1 SRC + Student Affairs
- 2.00 pm Closing Ceremony



STUDENT ACTIVITIES

QRIOSITY QUIZ

On 5th July 2019, the SRC “Exco Academic” organised a quiz in Vision College’s library. This is a collaborative project between the Student Representative Council (SRC) and the Student Affairs Department. The “**Qriosity Quiz**” has an objective to sharpen student’s strategic thinking, to keep the student’ mind strong and to challenge student’s memory and logic thinking. The program attracted 71 students. Congratulations to all winners and well done to all participants, all of you made a good step forward to enhance your knowledge outside the textbook. We encourage all students to participate and support all events organised by the SRC.

Program : Qriosity Quiz

Date : 5 July 2019

Time : 9.00 am - 3.00 pm

Venue : Library, Vision College



STUDENT ACTIVITIES

PGDMU(ASIA) JULY INTAKE

Welcome to all students of PgDMU(Asia), July intake. The orientation for this batch began on 8th July 2019 (Monday). This time, we have an interesting mix of students - a few graduates from Vision College, several international students, medical doctors, experienced staff from the industry and local university graduates. We are very proud and happy to have DMI graduates in this programme to continue their studies at Vision College to become a qualified sonographer. We wish you all the best on the journey to the professional sonographer.



STUDENT ACTIVITIES

INDOOR GAME PING PONG & CONGKAK

Vision College's Student Affairs department, in collaboration with the Student Representative Council (SRC) organised an **"Indoor Game Ping Pong & Congkak"** competition on 11 July 2019 at the ECA Hall.

The event attracted students who were keen to participate in Indoor games. By participating in such an event, we hope to improve the relationship among students and also their communication skills. We strongly encourage all students to participate in our activities for your own benefit.

For the record, forty one (41) participated in the competition.

The winner for Ping Pong :

1. Muhammad Zulhilmi Akmal Rabbani
2. Izmi Haziq Bin Surado

The winner for Congkak :

1. Siti Nurain Sofia
2. Siti Nur Aisyah
3. Noel Siran Reeves



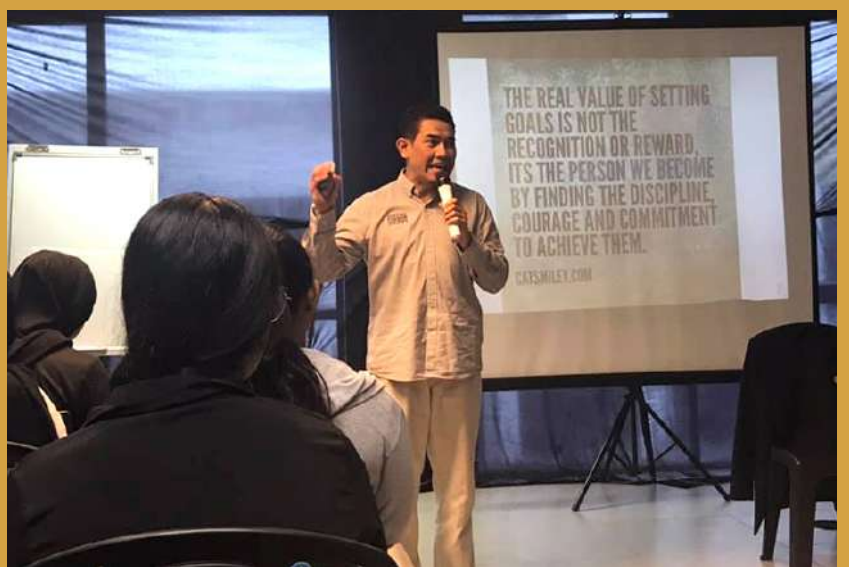
STUDENT ACTIVITIES

ABC'S TO GOLD! MOTIVATION TALK

“ABC’s TO GOLD” That was the title for the motivation talk held on 12th July 2019 (Friday) for Vision College’s students. The event was held at the ECA Hall, Vision College. All participants said that the talk was so beneficial to them, especially the new students who recently joined Vision College. The talk focused on encouraging and motivating students who will be working hard to complete their assignments. It was also a platform for students to interact with one another and it also provided tips on how to be successful in life.

Special thanks to Mr. Azlan Chulan for the enthusiasm and interesting motivation talk. He is the Founder and NLP Trainer of QTF Consulting Sdn Bhd and actively conducts nlp-based training programs. *Thank you QTF Consultanting.*

ABC'S TO GOLD!



STUDENT ACTIVITIES

MBPJ FAMILY FUN RUN PJ CAR FREE DAY

The MBPJ “Family Fun Run PJ Car Free Day” event was held 14th July at Taman Bandaran, Kelana Jaya. The run started at 6.30am finished at about 3.00pm. The event is to ensure our nature is free from pollution. We also encourage our students to participate in more outdoor activities, to stay healthy and be energetic. There were 132 participants for the run. Vision College congratulates its students for their success in winning the awards.

The winner for Family Fun Run (Individual male category):

1st place - NARIZAN JAIWAT (DLE)

The winner for E-Game Beat Saber :

2nd Place - SHANIAH LIEW (DMI)

4th Place - NOOR FEEZATUL NINA BINTI ZAMRI (DMI)

5th Place - NOR AZLINA BINTI IDRIS (STAFF)

6th Place - NUR AINATUL DASYEEMA BINTI ZAMRI (DMI)



STUDENT ACTIVITIES

DEAN'S LIST AWARD PRESENTATION

On 17th July 2019, Vision College held its first Dean's list award ceremony. The event was held as recognition to students who have scored flying colours in their result as a motivation for them to continue to work hard and smart. Never stop learning as pointed out by the honourable Prime Minister, Tun Mahathir when he said: ***"never ever stop learning, improving yourself from day by day"***. As a college, we are very concerned about student academic's performance, as much as their attitude and behaviour. We would like to encourage students who did not get the award this time to study hard and have a vision to climb higher. Remember always to improve yourself everyday, not compare to others but do compare to yesterday's you.

This dean's list award ceremony was organised by the Student Affairs Department assisted by the Student Representative Council (SRC).



STUDENT ACTIVITIES

COLLEGE ACTIVITY WEEK (CAW) 2019



The College Activity Week (CAW) August was successfully held from 21-23 August. The student turn up was very encouraging. Thank you to all students who participated in the event, and to Student Affairs Department for the managing the event and of course a big thanks to the SRC committee members for your sleepless nights to make the event a wonderful and unforgettable one. We are so grateful to have Tuan Haji Yusop Bin Mohd Amin (Pegawai Khas DUN Seri Setia) to attend to the opening ceremony of CAW.

Vision College has always collaborated with Pusat Darah Negara (PDN) for them to set up their booth in our lobby. This collaboration has helped to create an awareness on the importance of blood donation. Vision College has always given its full support for the blood donation event and we are glad that most of the students and staff have participated in such events. Congratulations to first-time blood donors who have sacrificed their time to help others. Each time we organise the College Activity Week (CAW), we will have “**entrepreneur booths**” for Vision College students’ clubs and societies to experience to be an entrepreneur. They were given the booths to operate and this year the booths have been placed along the corridor, it allowed students to engage with the public. Such an arrangement would enhance their interpersonal and communication skills. This event was also supported by all the staff, students and also the local residents.



The Law Enforcement Student Association (LENSA) has organised the Lip Sync Challenge. This event has been fun and was a challenging one for participants. From the looks of it, students have really enjoyed the challenge.

The SRC organised a special event called the “**Mask Singer**” where student participants put on a face mask when singing in the first round. The judges will gauge participants singing skill without seeing their faces. The audience will only know the singers’ identities in the second round. Many of our students are really talented and have good singing skills. Apart from scoring good grades in academic, we believe that Vision College is also full of hidden talents. In conjunction with the Merdeka spirit, the team celebrated the event simultaneously. The SRC committee members organised the “**Merdeka Stylo Show**” where student participants dress themselves with the Malaysian flag. The style of the dresses depended on their creativity. Participants were not judged merely on how they dressed up. The competition judges have prepared questions related Malaysian independence. The event ended with everyone singing the Negara Ku and a few other patriotic songs. Our hearts felt so touched hearing these music. Thanks to all and ***Selamat Menyambut Hari Merdeka.***





“**Haunted House**” game is always packed with people. It is also known as “**MataBatin**”, or even called the “third eye”. The event always attracted long queues from when it was launched. A big round of applause to the SRC committee members who came out with the concept for which they spent a few sleepless nights setting up the “Haunted House”. This year’s haunted house hosted special guests including “**The Nun**”, “**Mummy**”, “**Hei Bai Wuchang**”, “**Bomoh**” & “**ghosts**”. The make-up was so amazing and actors really tried their best in make-up and costumes. It was really a great event whereby the students and staff really enjoy it very much.☒

The “**running man**” competition ran smoothly during the last day of CAW. The event was overwhelmingly supported by our students and there were 13 teams of players for the games. The committee members prepared a few sets of games; the last station was about to tear-out the name which pins behind the participant’s shirt. Thank you all for your hard work and creativity in making the game so interesting. The students had fun and really enjoyed it.



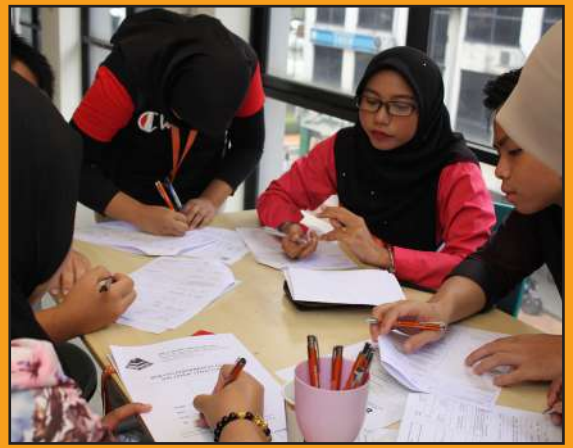
STUDENT ACTIVITIES

VISION OF MY CAREER

Vision of my career was successful run on 21st August 2019. There were more than 10 companies joint for the event. We are very glad that we have industry partners who came from medical background and some other related fields. This objective of this event was to create exposure and widen the vision of fellow students toward the industry. There was talk session open for all our partners where they shared with our students about their respective organisations, the company culture and also job opportunities offer in the company. There were also face to face interview sessions conducted.

We promise that we will continue creating more exposure and career opportunities for our students. Thanks for all the industry partners, for your trust and opportunities given to our students;, we believe that our students can contribute a lot to your organisations. We hope we will have more companies cooperate with us in the future. If you would like to be apart of our industry partner, please feel free to write to us at: hirevision@vision.edu.my





INSIGHT

OUR ACADEMICIAN' VIEWS



MS MELISSA NG
LECTURER
ENGLISH DEPARTMENT

I have been part of Vision College since 2015. I was assigned to be the **Programme Coordinator** of the department and is still holding the position up till today. It is not an easy ride to be given much responsibility upon joining and learning everything from scratch. I am very thankful at that time to have a helpful academic coordinator such as Miss Lina, to consistently guide and teach me about most of the academic procedures and how does things work over here at Vision. It has been almost 5 years since I joined the company and I still find myself learning something new everyday. Besides work related matters, I have also built strong bond of relationships with colleagues whom I now call sisters.

Throughout my time at Vision, they have taught me to be a little more kinder, portrayed what it is to possess selfless love and most importantly have been a good listener to all my emotional plight. I think they make everything a little bit meaningful in life and I look forward coming to work because of them.

Achievement is being defined as a thing done successfully with effort, skill or courage. In my opinion, not matter how big or small the achievement is, if you feel satisfied with the outcome of what you have worked for, you should be proud of yourself. My biggest achievement can be as simple as ensuring all my students pass the subject I am teaching or even have the quietest student speak and share his or her idea in class. As an educator, all these small things occupies the biggest space in my heart.

“ No matter what you plan
to pursue or achieve in life,
do it with much passion! ”



QUOTE OF THE DAY

IN LIFE,
WE SHOULD
NOT BUILD
WALLS AROUND
OURSELVES

Sudirman Haji Arshad

INSIGHT

WHAT DOES OUR STUDENT AFFAIR SAID?



1. KINDLY INTRODUCE YOURSELF, WHAT ROLE DO YOU PLAY IN VISION COLLEGE?

My name is Nor Azlina Binti Idris. I'm a Bachelor (Hons) Science Information Management from Universiti Teknologi Mara (UiTM) Puncak Perdana. I began working here as a Head of Student Affairs Department since March 2018. I have been in the education field for over 6 years.

2. KINDLY DESCRIBE A ROLE AND YOUR RELATIONSHIP WITH THE STUDENTS?

My life as Student Affairs of Vision College need me to perform a varied mixture of leading, educating, individual and group advising, supervising, training, program development, inquiring, financial management, assessment and evaluation. Emerging roles include entrepreneurship, outcomes assessment, and cultural assessment. It is because I involves spending a lot of time with students and for some students, they portray myself as a mother.

3. CAN YOU SHARE YOUR EXPERIENCE IN VISION COLLEGE?

It has been an amazing journey and experience. I have experienced conducted students in activities that involve third parties such as Majlis Bandaran Petaling Jaya (MBPJ), Adun Seri Setia, National Kidney Foundation, Pusat Derma Darah (KKM), Malaysia Medic Crew, Ozanam NGO and Masjid Tabung Haji Kelana Jaya.

4. SHARE WITH US YOUR MOST MEMORABLE EXPERIENCE DEALING WITH STUDENTS.

From my experience dealing with students, I have understood that this college will go beyond the borders due to its varieties of culture. I have well observed on the Student Representative Council(SRC) that they have the opportunity to meet task and work with a wide variety of people. From an early age, they also learn how making a positive impact on college and in the community. They also can gain experience in public speaking and develop leadership skills.

5. AS STUDENT AFFAIRS DEPARTMENT OF THE COLLEGE, WHAT IS YOUR CHALLENGE IN HANDLING THE STUDENT?

There are a lot of challenges that I had faced to reach the 1 year journey of working at Vision College. Came here and held this position that is very new to me. Starting with no collaboration among students and third parties, gave a hard time for me, But that's no excuse for me and I accept that challenge as a valuable experience for my career growth. I also faced with students' problems such as attitude problems, break the rules, critical issues like our student involved with drug and immoral behavior.

6. WHAT DISTINGUISHES VISION AS UNIQUE FROM OTHER INSTITUTIONS?

The unique thing about Vision College is its diversity. Vision College has a diverse community with students from all backgrounds, religious, cultural, and academic alike. Vision College has so many extracurricular opportunities for students. We endeavour to assist each student in maximising their potential through student leadership activities, and club and society management to foster a culture of leadership and teamwork in each student.

7. IS THERE ANYTHING ELSE THAT YOU WOULD LIKE TO ADD OR SHARE?

Enjoy your student life. Don't let what you cannot do interfere with what you can do.

8. WHAT IS YOUR BIGGEST ACHIEVEMENT IN VISION COLLEGE?

One of my achievements working at Vision College was when I had the opportunity to introduce Vision College to outsiders such as Yang Berhormat Tuan Halimey Bin Abu Bakar (Ahli Dewan Undangan Negeri Kawasan Seri Setia), "Persatuan Aktiviti Warga Emas (PAWE)" Petaling Jaya and Sungai Buloh. Most of them never know and not familiar with Vision College.

9. WHAT ARE THE ACTIVITIES THAT YOU WOULD LIKE TO HAVE FOR OUR STUDENTS?

I would involve students in volunteer projects, project based learning and exploration, competition program. This will make them able to think critically on their feet and are not afraid to speak out. This also will help to provide opportunities to the student to develop skills.

STUDENT ACHIEVEMENT NEWS

THE BIRTH OF THE NEXT TOP SONOGRAPHER

By Steve Goh. 01 November 2019

GE Healthcare Kuala Lumpur, NU Tower 2. **Tengku Ahmad Fadzwan** made Vision College proud when he was announced the **winner of the GE Healthcare's The Next Top Sonographer** contest on 1 November 2019, in all 4 categories available to be contested: Ultrasound Physics, Abdominal Ultrasound, Small parts & Musculoskeletal and Obstetrics & Gynaecology. Fresh from winning all four categories in the prestigious event, we caught up with Medical Ultrasonography student for a quick interview. It was fun to chat with the big-tall, yet gentle and humble Terengganu-born student...





SG: Congratulations on your clean sweep in the competition.

TAF: **Thank you.**

SG: Were you expecting to come up top in all 4 categories you participated?
How did you feel when you realized you actually won **Gold** for all categories?

TAF: **I wasn't expecting to win at all. It did felt like I've won the grand-prize lottery everytime the host announced my name as the Gold Award winner.**

SG: In this competition organized by **GE Healthcare**, there were participants from all around the world like **Sudan, Nigeria, Hong Kong, Myanmar, India** etc. Does it give you more confidence now as you're known as **"The Next Top Sonographer"** in such an International event? Do you now think you can be a top sonographer if you were practise as a sonographer abroad?

TAF: **It certainly does give some jolt to my confidence level, especially at the stage where I really need it. It's still too early to say whether I can perform well as a sonographer locally, let alone abroad because I still have so much to learn. But at least I know that I'm on the right track and at the same time I need to strive better and keep improving myself.**

SG: Who would you credit this victory and success to?

TAF: **Of course it goes to all my tutors, classmates, and my seniors at Vision College. Credit also goes to my wife who managed to convince me to pursue my studies in sonography and really pushed me out of my comfort zone so that I can outdo myself.**



Tengku with fellow colleagues in Vision Diagnostic Centre

SG: Kindly tell us about your academic background. How did you end up at Vision College? Where in the industry would you like to practise in when you complete your studies?

TAF: I come from a medical background and I graduated from UIAM, ventured into F&B business after 2 years of working in a government hospital. I came upon a Vision College ad on the sonography programme. At that time, I was pursuing my master's degree by research at UKM. That email somehow piqued my interest on sonography. As I started reading more about the requirements and career pathway, I eventually decided to quit my master's study to undergo this programme at Vision College.

SG: Any regrets on your decision?

TAF: Not at all. Laughed

SG: Could you please share with us your experience while studying the **Medical Ultrasonography** programme at Vision College. How was your everyday experience?

TAF: Well...Our clinical training sessions are in the mornings, while lectures and tutorial lessons are usually in the afternoons. During the clinical session, we have help operate the clinic and we get the opportunities to scan on different kinds of patients with different cases, general and obstetric. It was stressful initially, because I did miss some pathologies and I kept on exceeding the time limits. After a while, I managed to improve my scanning techniques under the tutors' and seniors' guidance. What I like most is the social environment here because my classmates here are so friendly and the tutors are all very approachable.

SG: Do you think you have learnt a lot in this programme? Are the trainers and teachers in the programme good or helpful?

TAF: Yes! I have learnt a lot of things that could only be learnt through this course. The guidance from the tutors and trainers is immensely helpful and actually very vital in order for me to learn the proper scanning technique. They also emphasize more on good habits and advise us how we can keep on improving our skills and train our eyes to detect any abnormalities.

SG: Would you recommend your friends or family members to undergo the **Medical Ultrasonography** programme at Vision College one day? Any advice?

TAF: Definitely! Even though the course is quite costly, I will end up with an internationally-recognized professional certification and able to practise in various countries like the US, UK and even Canada. Now is the right time to study this, as the high employment demand for clinical sonographer will definitely make it a worthwhile investment. I'd even say there's no better institution to study Ultrasonography than Vision College!



SG: **Congratulations once again!** Thank you! Let's take some photos of you!



Tengku with all the awards received



GE Healthcare Malaysia's Director Cindy Kim presenting Tengku one of his many Gold Awards.



Tengku posing together with the other award winners from Myanmar and Nigeria.



Tengku celebrating his victorious outing together with his fellow coursemates.

MINDFULNESS

WHAT IS MINDFULNESS?

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there’s a “right” or “wrong” way to think or feel in a given moment. When we practice mindfulness, our thoughts tune into what we’re sensing in the present moment rather than rehashing the past or imagining the future.

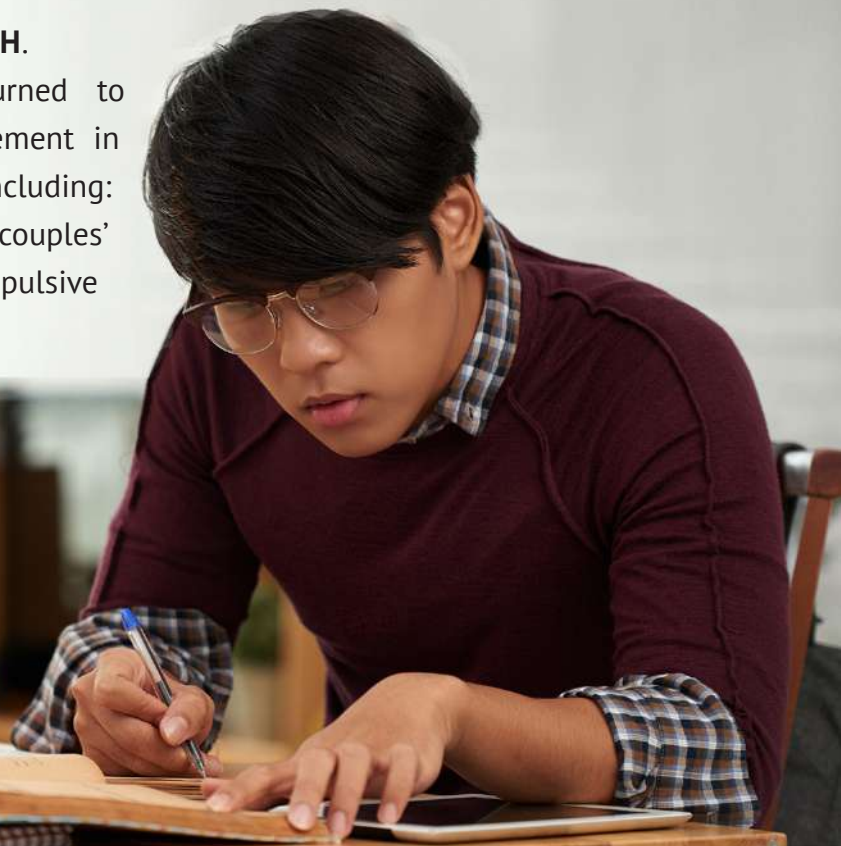
BENEFITS OF BEING MINDFUL

MINDFULNESS IMPROVES WELL-BEING. Increasing your capacity for mindfulness supports many attitudes that contribute to a satisfied life. Being mindful makes it easier to savor the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events. By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others.

MINDFULNESS IMPROVES PHYSICAL HEALTH. If greater well-being isn’t enough of an incentive, scientists have discovered that mindfulness techniques help improve physical health in a number of ways. Mindfulness can: help relieve stress, treat heart disease, lower blood pressure, reduce chronic pain, , improve sleep, and alleviate gastrointestinal difficulties.

MINDFULNESS IMPROVES MENTAL HEALTH.

In recent years, psychotherapists have turned to mindfulness meditation as an important element in the treatment of a number of problems, including: depression, substance abuse, eating disorders, couples’ conflicts, anxiety disorders, and obsessive-compulsive disorder



VISION BYTES

METICULOUS

Inspired by New Straits Times online, in 2017, Shankar Santhiram said that being meticulous is the key to workplace results. At workplaces, a similar emphasis on conscientiousness is definitely required for successful personal results. Through my work, I too have come to understand that being structured is one of the keys to an effective workplace. It seems like such an innocuous concept to discuss, but the fact remains that if you connect with the idea of organising yourself properly and being methodical, you will automatically become more efficient.

The most famous principle for an organised workplace is the Japanese 5S system. This method uses five Japanese words that translate to: sort; set in order; shine, standardize; and sustain. This system was identified as one of the techniques that enabled the Toyota Production System; a system which is employed to eradicate overburden, inconsistency, and to eliminate waste. There is abundant research available for you to learn about, and implement this 5S method. Perhaps, you should find out more about this. I believe strongly that being structured at work will lead you to success.

If you take pride in your working environment, you will be inclined to organise your workspace, clean up after yourself, maintain proper filing systems, and work more proficiently with your team. This will unquestionably lift your morale.

When you are tidy and inhabit an orderly office, the atmosphere you create is professional. It becomes infectious to your team, and consequently you end up adding value to your company. Well-orderedness also demonstrates your dedication to detail, and thoughtful planning. This will increase your organisation's confidence in you.

A frenzied work environment will obstruct your effectiveness. Conversely, a well thought-out workplace encourages you to be productive, and reduces work stress.

It also saves time, especially since you spend less time looking for things. When you establish an efficient workplace, you also establish structure. By doing this, you will accomplish more, and generate more business.

The meaning of meticulous is showing extreme care and concern for details

References

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STORIES

BE ACTIVE IN YOUR COLLEGE LIFE! PHYSIOTHERAPIST WANNA BE

By **Lim Yi Cuan** (Diploma in Physiotherapy)

Since I choose to start my college journey at Vision College on 2017, I had made a lot of wonderful and memorable college life as Vision students.

Firstly, I joined the **Student Representative Council(SRC)** on April 2017 until I finished on April 2019. I got the positions for **ESCO Student Welfare & Community Services** and **Treasurer** during my 2 years services as SRC. I am very grateful that we had successfully accomplished different events and programmes with our college students. We invited National Blood Centre for the blood donation booth. Moreover, we assisted MBPJ to invited college students to join the **FUN COLOURRUN 5KM** for free car. Even though me and my team always face many obstacles and conflicts through discussion while planning the events, but we still managed to solve the problems and carry out the events to make sure the events run smoothly and successfully.

Well, the best reward I got from joining the SRC was not just getting a certificate, but we as a team together managed to solve the problems while our service term in SRC. The most exciting reward I got by joining SRC was the retreat trip to Kuantan before the SRC dissolved. This was my first time visit to Kuantan. We stay at home stay, BBQ beach side, and we build





We stayed at a homestay after arrived in the afternoon, at night we go to a nearby beach for BBQ, Fire Camp at the beach. For the second days we went to Teluk Cempedak beach looking for lunch. The beach was so clean and the sand were reflected under the hot sun, which look like there are many crystals on the sand. After lunch, we straight went to a Mini Zoo near the Teluk Cempedak beach to visit the animals.

After finished visit the mini zoo, we go back to prepare for the dinner to bring to our next destination, at the Sungai Pandan waterfall, we planned to go there for BBQ and enjoy the beautiful waterfall. There even got public waterpool for people to swim. When we went there, there was crowded and many parents bring their family to come here for barbecues too! At night, we went to Hotel Seri Malaysia for our SRC Appreciation Ceremony, we enjoyed different types of delicious foods and played a game which involved everyone to sing a song.

For the last days, after finished packing the luggages bag, we sign out from the homestay and went back to Kelana Jaya with a reluctant feeling and still hoping one day we still can come back here again.





Besides joining the SRC, I also joined a new club known as **Chinese languages Club** on 2018 as the first batch students. Our student advisors was Ms Suet Ling who was there to guide us how to plan for the activities and Chinese festivals. We had organise a Chinese New Year event at the ECA Hall where all students can come and celebrate. I still remember that all members gathered together after class to decorate the ECA Hall by using **Ang-Paus** to make a long ring and then hung them up together with lanterns. We also practised to sing several Chinese New Year songs together before we performed in front of the students. During that special day, with our traditional dresses on, we prepared the Yee Sang which is a special food consists of strips of raw fish, mixed with shredded vegetables and a variety of sauces. Normally, the Yee Sang is prepared in a round big plate, but we planned to do it in a long table which made the Yee Sang looks longer and more beautiful. The most exciting part was when we started the Yee Sang, all students and staff will together scoop up and mixed the ingredients as high as possible while saying “**Huat Ah!**”, which means prosperity in the future. It was the best Chinese New Year event since I had joined in college!

As for my Physiotherapy course, I did have many fun and enjoyable moments with my juniors and seniors. I still remember when we were having our first pot luck together - me and my 2 friends were sharing money to buy a chocolate cake, while my lecturers brought her own delicious chicken curry from home. We ate the mouth-watering foods while chatting happily among us. In addition, we had organised a one-day trip to Port Dickson on September 2018. We went there with our lecturer, Ms Keetha and Sir Jad who drove the college van. When we arrived at Port Dickson, we shared foods among



us and rested before continuing for the next activity. After resting for about 1 hour, we continued to our next game which was using our faces to find the sweets that was hidden in the white flours and who found the most was the winner. The game made me swallow the flours and made my face full with the flour which made me look like a kid with a dirty face. Then, we continued with our last game which was to break balloons using legs tied at our ankles. We were screaming and laughing so hard because it was so fun and that made us forgot about the time. In the end, we concluded our trip with prize exchanges and I got a coloured pen which proved to be useful for me. Even though we didn't get a chance to see the sunset, but I still had so much fun with my juniors and seniors in that one-day trip to Port Dickson.

I am thankful and I appreciated all the experiences that had filled my college life at Vision College as I was blessed with wonderful teammates in the SRC and my DIP colleagues. I will remember them in my heart and memory for them whole of my life!



**Sometimes,
life is going to hit
you in the head
with a brick.**

DON'T LOSE FAITH.

Steve Jobs