

# SUNWAYIAN

The Sunway Campus Magazine

Issue 02 | Mar-Apr 2023

ECHO MEDIA:  
MENTAL HEALTH

UNSUNG HEROES  
THE AVENDORS

EDUCATION  
BRAND OF  
THE YEAR

STORY HIGHLIGHT

#EMBRACE  
EQUITY

INTERNATIONAL  
STUDENTS —  
MARIYAM &  
PAULINE

CWAC STORY  
COMPOSTING  
ROOM

"DID YOU KNOW?"  
SERIES  
CALM COLLECTIVE

THE BODY SHOP  
SUSTAINABLE  
BEAUTY





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Please recycle!

## BE ONE OF OUR CONTRIBUTORS

Student contributors are  
ALWAYS welcomed 😊Email us at [pr@sunway.edu.my](mailto:pr@sunway.edu.my)

## Hello Sunwayians!

Welcome back to the 2<sup>nd</sup> issue of the Sunwayian magazine.

Firstly, a huge thank you to all our community for the overwhelming positive feedback emanating from the inaugural edition of the magazine. A magazine featuring YOU and written by YOU.

Our editorial team is 24/7 ready to help you showcase all your stories, hopes, dreams and achievements. Simply keep us in the loop and let us bring your news to the entire campus community.

This latest instalment contains both celebrations and innovations in equal measure and whilst we take a step back to reflect and recognise recent events, we also take a sneak preview into our exciting future.

Headlining this edition, our front cover story "Embrace Equity", highlights International Women's Day and what does #EmbraceEquity actually mean. Our passionate students have looked into the topic thoroughly and are happy to share their own personal insights.

Also included in this bumper issue are articles featuring The Body Shop Malaysia, the unsung heroes of Sunway campus – our very own Avendors, Sunway Echo Media, Calm Collective and so much more.

And it wasn't just the students who were winning this year. We are both delighted and honoured to note that the Putra Brand Awards 2023, an award showcase voted by the people and chosen by the people, saw Sunway Education Group winning the outstanding and coveted Platinum award in the Education & Learning category. Sunway is now officially the nation's best in education and it's our students who we have to thank as it's you who make all the difference.

As an all-inclusive community, we want to share stories from all corners of the campus – whether you're a changemaker, club and society, aspiring writer, budding photographer, influencer or simply enthusiastic about life, the Sunwayian magazine is your voice and your chance to shout out to the world. Well... the campus at least, for starters.

So as you turn over each page in this issue, we hope you feel proud and fascinated by the stories generated by our community and the next time you pick up The Sunwayian, don't just read the article. Be the article.

Share your story or contribute content ideas to our dedicated Sunwayian editorial team. We want to hear from you guys... and girls.

Wishing you all a fruitful semester ahead! 😊





### Welcome to the Sunway Family

Earlier this year, Sunway Campus welcomed the newest addition of students to the Sunway family. We wish all the best to our new students and get ready for adventures and fun times at the #MostHappeningCampus.

### ASEAN Education Cities Conference 2023

Focusing on the way cities function as spaces for education, and also how educational institutions can support the sustainable development of cities and communities, the conference was successfully held with inspiring speeches from Tan Sri Dato' Jeffrey Cheah AO, Chairman and Founder of Sunway Group; Datuk Patinggi Tan Sri (Dr) Abang Haji Abdul Rahman Zohari bin Tun Datuk Abang Haji Openg, Premier of Sarawak; and Tuan Mustapha @ Mohd Yunus bin Sakmud, Deputy Minister of Human Resources on sustainability and innovation.



### Hybrid Mural Artwork by Sunwayians

Designed and painted by hand of 21 students from Industry Based Project Module of the BA (Hons) Design Communication was the over 80-feet mural artwork located at Sports Direct, Bangsar.

Check out the mural and don't forget to tag us @sunwayuniversity.

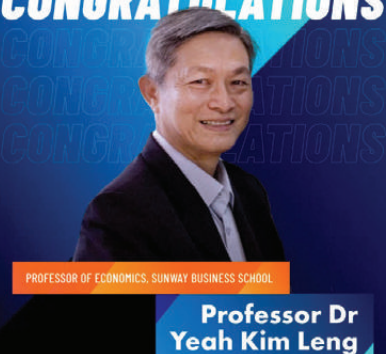
### Chinese New Year Celebrations

Celebrating Chinese New Year (CNY) signifies new beginnings for a great year ahead. This year, the Sunway University Chinese Independent School Alumni Club organised a 4-day celebration themed, "Together: A New Leap Forward" with various cultural experience activities and performances to celebrate the joyous occasion together.

This year also marked Sunway College @ Velocity's (SCV) first major CNY celebration with performances by SCV dance crew, music band and lion dance performances. A bazaar was also held in the student hub area selling food, drinks and accessories.



### CONGRATULATIONS



### Appointment as advisor to the Ministry of Finance

Congratulations to Professor Dr Yeah Kim Leng, Professor of Economic at Sunway Business School for his appointment as one of the five advisors to the special advisory body, Ministry of Finance.

### CAMBRIDGE GCE A-LEVEL

53.4% Straight A\* / A's scorers\*



### A-Level 100% Pass

Congratulations to our Cambridge GCE A-Level students for achieving a 100% pass rate and 53.4% straight A\*/A's in the October/November 2022 examination series.

### Sunway University February 2023 Convocation and Sunway College Graduation Ceremonies

Congratulations to all the graduates of Sunway University, AUSMAT and Sunway Diploma Studies. You have come a long way and we can't wait to see all the amazing things you will be accomplishing in the future.



### Campus With A Conscience Speaker Series

The very first Campus With A Conscience Speaker Series was brought to live with Professor Simon Guy, the Pro-Vice-Chancellor Global (Digital, International, Sustainability) from Lancaster University, where he spoke on "Sustainability and the Climate Emergency: Delivering on our Commitment".







**Evelyn Rebekah Wee Chia May**  
BSc (Hons) in Accounting and Finance

Two different words, "embrace" and "equity" here, a simple, yet powerful combination. A brief understanding of #EmbraceEquity is ensuring that everyone has equal opportunities and resources to succeed, while recognising and valuing the distinctive traits, experiences, and needs of each individual. Although "equality", being another interchangeable word to "equity" is often used in this context, equity considers a greater weightage of fairness and justice to the individual's end and state, being a motivating driver among many organisations to achieve the same today.

In my current involvements and leadership positions here on campus, I would continue pursuing conventional leadership styles which seek to create equitable opportunities for everyone. This includes removing obstacles that would impede individuals from effectively contributing their skills and talents in the community. When this ripple effect flows through to others in sharing the aforementioned objective and goal, there is a greater impact to #EmbraceEquity and create positive impacts to the community and society. Leadership has the significant means to achieve that.

One action that individuals can take to embrace equity this year is to actively seek out opportunities to learn about and engage with people from different backgrounds or perspectives. This could involve attending cultural events, joining community groups or organisations that promote diversity and inclusion, or simply having conversations with people who hold different views or life experiences. By opening ourselves up to new perspectives and experiences, we can expand our understanding of the world and build stronger connections with those around us. Additionally, we can commit to speaking out against discrimination, prejudice, and hate, and actively promoting kindness, compassion, and respect towards others in our daily interactions.



# INTERNATIONAL WOMEN'S DAY 2023

## #EMBRACEEQUITY

- 1 How will you define #EmbraceEquity?
- 2 Describe and commit to one action you will take as individuals to #EmbraceEquity this year?



**Aalyaa Anwar**  
BSc (Hons) Medical Biotechnology

"Embrace Equity" can be defined as actively seeking and promoting a sense of togetherness, collaboration, and common purpose among individuals or groups that may have differences in their backgrounds, perspectives, beliefs, or interests. It involves acknowledging and respecting diversity while finding ways to work together towards a shared goal or vision. This may require individuals or groups to put aside personal differences, overcome biases and prejudices, and cultivate empathy, understanding, and inclusiveness in order to form stronger relationships, increased cooperation, and greater social harmony.



**Kevvel Kaur Tewana**  
Victoria University Bachelor of Business

I define #EmbraceEquity as the mindset of understanding and celebrating the differences that are unique to each individual and how these said differences should be our uniting force as we strive to build a more inclusive, diverse and compassionate society.

One simple action that would enable individuals to #EmbraceEquity is to be more aware of their surroundings. As a society we should take active steps to be more aware of other members in our community who have been marginalised and deprived from the same treatment and rights than ourselves. We should also look upon others with compassion and empathy; taking inspiration from the famous quote by Angela Davis, "I am no longer accepting things I cannot change, I am changing the things I cannot accept".



**Anastasia Ruslanova**  
Victoria University Bachelor of Business

Equity is the principle of ensuring that everyone has the resources, opportunities, and support they need to succeed, regardless of their race, gender, socioeconomic status, or other factors. #EmbraceEquity means acknowledging and actively working to address systemic inequalities that exist in society, and ensuring that everyone has an equal chance to thrive. We, as a society have to continue creating opportunities to succeed and thrive, whether that is through education, leadership positions, or economic support. It also means challenging and changing the attitudes and structures that perpetuate gender inequality. Overall, embracing equity is a way to create a more equitable society where everyone has the opportunity to succeed.

As an international student of Sunway College, I can take more than one action to #EmbraceEquity. By constantly exposing myself towards the experiences or challenges that people from different backgrounds face whether they are local or international students. Listening to their stories, reading books and articles by diverse authors, and seek out opportunities to learn from people with different perspectives. I will and I do share my knowledge with others about the importance of equity and inclusion. I have always volunteered my time to help NGOs back in Kazakhstan. As a young adult, I am constantly self-assessing my own biases and address them in order to improve myself. As my favourite quote says "It takes one person to start a movement".



# SUNWAY EDUCATION GROUP WINS TOP EDUCATION BRAND OF THE YEAR

6 Putra Brand Awards 2022

SUNWAY EDUCATION GROUP



PROF DATO DR ELIZABETH LEE  
Chief Executive Officer  
Sunway Education Group

## PLATINUM WINNERS

With borders reopened and the nation in phase four of the National Recovery Plan, how has 2022 been for your brand? Ranked as one of the top private institutions in Malaysia, SEG has been leveraging long-term relationships and sealing partnerships with the world's leading institutions. The iconic partnership with top-ranked British uni Lancaster University offers students two degrees for the price of one.

The pandemic has accelerated digitalisation of businesses. Tell us about your digital journey or the digital innovations you have adopted.

The pandemic was a catalyst and accelerator to the adoption of digitalisation in our industry. Earlier digital initiatives were fast-tracked and adopted without hesitation to facilitate and enhance the teaching-learning experience.

The keyword in business practices these days is ESG – environmental, social and governance. Are ESG principles a cornerstone of your brand presence?

SEG is fully committed to advancing planetary health and sustainable solutions. We proudly developed #CampusWithAConscience to encourage our students to contribute back to the society and are the proud hosts of the Jeffrey Sachs

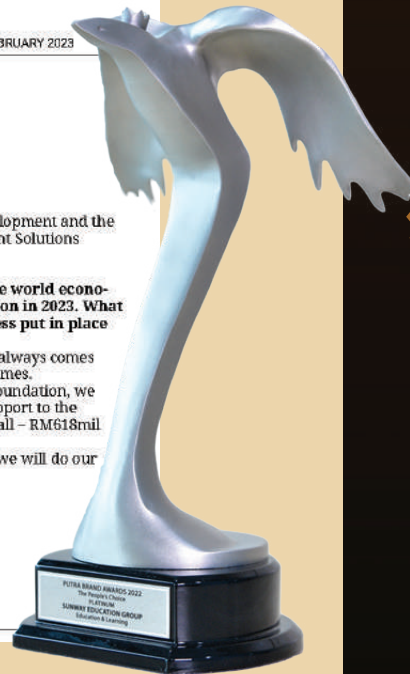
Centre on Sustainable Development and the UN Sustainable Development Solutions Network.

Analysts predict that the world economy is headed for a recession in 2023. What strategies has your business put in place to ride out a recession?

The Sunway community always comes together to ride out tough times.

With the Jeffrey Cheah Foundation, we will continue to provide support to the educational endeavours of all – RM618mil and counting.

Recession is a cycle, and we will do our best.



**SUNWAY®**  
PUTRA BRAND OF THE YEAR 2022

## Conglomerate with a conscience

SUNWAY Group dominated the Putra Brand Awards 2022, sweeping five accolades.

Sunway Education Group bagged the top platinum award in the Education and Learning category, Sunway Property won bronze in Property Development, and Sunway Lagoon also won bronze in Entertainment.

Sunway Group founder and chairman Tan Sri Dr Jeffrey Cheah received the coveted Putra Personality of the Year award.

And most importantly, the people have chosen Sunway as the Putra Brand of the Year 2022.

These awards exemplify Sunway Group's continuous product innovation and commitment to brand-building via communication, anchored by a strong sense of corporate social responsibility in line with the 17 UN Sustainable Development Goals (SDGs).

Humbled by the win, Cheah credits Sunway's success to the hard work, dedication and resilience of the "Sunway family", committed stakeholders, and Malaysian communities for shaping the group into a trusted brand that stood the test of time.

He also attributes Sunway's success to the adoption of three core values – integrity, humility and excellence.

"Upholding these core values will continue to keep us on the right track in decades to come, particularly in times of crises."

"The principles of sustainability were also embraced across our decision-making processes and business practices," says Cheah who is looking to celebrate Sunway's 50th anniversary in 2024 as a testament to the group's sustainability strategy.

He says that Sunway remains deeply committed in advancing the



Sunway City at dusk, with Sunway Lagoon in the foreground. Sunway City Kuala Lumpur which has more than 11,000 residential and commercial units is the country's first fully-integrated green township as certified by Green Building Index (GBI), and a low carbon city as certified by the Malaysian Institute of Planners.

sustainable development agenda in line with the group's vision to become Asia's model corporation in sustainable development, innovating to enrich lives for a better tomorrow.

"We strongly believe that sustainability and profitability can go hand in hand, and one can do well by doing good."

"Thus, we've fully embraced the 17 SDGs, integrating them with

clear, compelling ESG targets as part of our corporate strategy and social responsibility in driving the group's long-term success and commitment to nation-building.

"We pursue this mission through various avenues at Sunway and all of our affiliated entities, be it commercial enterprises, philanthropic endeavours and collaborative partnerships with world-renowned institutions," he says.

He adds that Sunway has pledged its commitment to achieve net zero carbon emissions as a group by 2050, with an interim target in 2030.

Cheah calls upon the public and private sector, academia, civil society and the people to join Sunway as responsible stewards of the planet and promote socio-economic goals to build a sustainable future, as such effort requires the commitment of all elements of society.

"Sunway Group as well as our Jeffrey Cheah Foundation have committed to the concept of sustainable development right from their founding, and are dedicated to nation-building and giving back to society in an impactful manner. "I hope that what we are doing here will encourage others to step forward to make a lasting change for the betterment of our nation and the planet at large," he says.

# AWARDS & ACHIEVEMENTS



## Prof Shandre Mugan Thangavelu Honoured with Royal Order for Contributions to Cambodian Development

As a recognition of the steadfast contribution to Cambodia's trade development endeavours, the Kingdom of Cambodia Ministry of Trade and Commerce awarded the Royal Order of Sowathara Commander to Professor Shandre Mugan Thangavelu, Head of the Jeffrey Cheah Institute on Southeast Asia at Sunway University.

The award also constitutes recognition of the Jeffrey Cheah Institute on Southeast Asia and Sunway University at large for their unwavering and instrumental support of the Cambodian Ministry of Trade and Commerce in formulating and executing policy and related economic strategies.



مبادرات محمد بن راشد آل مكتوم العالمية  
Mohammed Bin Rashid  
Al Maktoum Global Initiatives

سقى الإمارات  
UAE WATER AID

## Together for Water

In the third cycle of the Mohammed bin Rashid Al Maktoum Global Water Award, Professor Mohamed Kheireddine Aroua, from the School of Engineering and Technology along with collaborator Professor Mohamed Azlan Hussain from the University of Malaya won First Place in the Innovative Research and Development Award for International Institutions.

The project titled 'Solar Powered Self-Cleaning Mobile Ultrafiltration System' is a smart auto-backwash membrane system without chemicals, made tremendous impact of offering a sustainable solution to one of the global challenges – access of clean water for all.



## Top 10 Debaters in Asia

Sunway Debate Club makes history as Grand Finalists at the recent 2022 Asia British Parliamentary debating championships in Bali, Indonesia. The pair Wesley Wu and Shireen Ali were awarded the Top 10 Debaters in Asia, Asia's 10<sup>th</sup> Best Debater and Asia's 5<sup>th</sup> Best Debater respectively.





# THE SHIFT TO ESG ZERO FOOD WASTE MANAGEMENT

## SUNWAY CAMPUS COMPOSTING ROOM



The Composting Room is a joint collaboration between Facilities Services and the Sunway Material Smart and Engineering Research Cluster Grand headed by Professor Mohamed Kheireddine and Dr Jane Gew to repurpose food waste to compost. The facilities team have brought in a 60 litres Maeko compost machine in July 2022. This machine is located at the loading bay area at Sunway University.

The Cafeteria tenants also have an opportunity to participate in this composting initiative and learn the whole process of food composting. The campus cleaners are also educated to assist in the collection of the food waste and assist in the composting process.

The composted food waste is used as fertiliser for our Herb Garden and landscape around campus. The herbs are used by our School of Hospitality and Management training kitchens as ingredients for their culinary classes.



"Sunway University's aim of this initiative is to obtain data for research for food waste management and achieve a zero waste eco system for food waste on Sunway campus."

**Linda Tan**  
Director of Facilities Services  
Sunway Education Group





# INTERNATIONAL STUDENTS AT SUNWAY UNIVERSITY



## MARIYAM ZAINA SIRAJ



My name is Mariyam Zaina Siraj. I am an international student from Maldives, currently pursuing my second-year of Diploma in Nursing in the School of Medical and Life Sciences at Sunway University.

Before I came to Malaysia, I went through information about universities I can shortlist to study my course from and Sunway University caught my eye due to the vast number of facilities available.

I then made the decision to further my studies in Sunway University, and my journey started in November 2021 for my theory classes. Upon arrival, I realised how lively and active the campus life is. The University has a very welcoming and vibrant environment. I am blessed to have experienced and knowledgeable lecturers who guide and hone my skills to help me excel in my future career.

The library here has a wide variety of books that I frequently use to gain extra knowledge and complete assignments. The fully equipped Skills Labs in the university are some of the best facilities provided for us to practice and enhance our skills before we are exposed to real-life clinical experience.

I also had the opportunity to undergo clinical placements in which I get to work at different hospitals. I realised that these are the best places to implement my knowledge and skills on patients. The experiences I gained there gave me a good insight on the real-life work which will prepare me for the job after I graduate.



Alongside my education, I have been participating in extracurricular activities such as the university basketball team, which helped me made a lot of friends. It also provided me opportunities to join competitions that kept me active and built my teamwork skills.

Sunway City connects through an accessible transportation line which ease my daily travel to the university and allows me to enjoy my time in places like Sunway Pyramid and Sunway Lagoon during the weekends.

I had the best time in the #MostHappeningCampus and I will treasure the beautiful memories and friends I made here that will propel me further in my journey of life.



## PAULINE CLAUDIA HUTABARAT

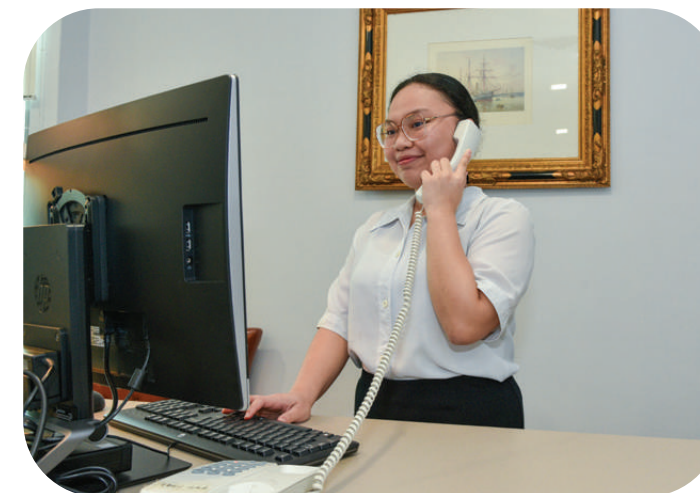
I am from Medan, Indonesia, which takes about 45-minutes to arrive in Kuala Lumpur. I am a final year student pursuing BSc (Hons) in International Hospitality Management in the School of Hospitality and Service Management at Sunway University.

I chose to study in Malaysia because of the short distance to my hometown and the duration of my studies is shortened compared to Indonesia. Another reason is that I successfully applied for the scholarship from Sunway University, namely the Jeffrey Cheah Scholarship, encouraging me to experience studying abroad and I chose the major that will develop my social skills which is the hospitality industry. The scholarship that I received eased my financial burden as it covers the tuition fee.

Due to the pandemic, I took online classes from home for the first two years. When I officially arrived here in April 2022, I was very excited to start my campus life in this conducive environment. Since then, I have gained many new knowledge, met many friends from various countries and learned the different cultures from them.

The lecturers are knowledgeable, patient and rich in industry experiences, making my learning process an ease. The top-class facilities on campus truly helped me in my practical learning and I believe it will give me extra advantage when I step into a real-life working environment.

Ever since I came to Sunway campus and started living independently, I have felt a lot of changes in a positive direction. I learned not to be too dependant on my parents and tried to solve problems on my own, learned to understand things from a different perspective, dared to try new things, and many others. I believe that everything we do with gratitude and positive thinking will always produce satisfying results in the end. The key is to be patient and keep working hard towards the goal.





# MENTAL HEALTH: DON'T FIGHT ALONE



In an age where coverage of mental illnesses have reached unprecedented levels worldwide, it's emphasised that having good mental health is cardinal in achieving a happy and fulfilling life. In 2019, World Health Organisation postulated that one in eight people worldwide live with a mental disorder. This would mean that in a classroom of 40 students, at least five of them may be struggling to keep their mental health in check. It could be the person sitting at the back, your best friend across the table, or it could even be you.

Long gone are the days where mental health issues were credited to the work of supernatural entities. Mental illnesses do exist and should not be stigmatised.

A mental illness is characterised by disturbances in an individual's cognition, emotional regulation, or behaviour. According to the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders), nearly 300 mental disorders have been identified. Amongst these disorders, the top 5 most prevalent in the United States have been discovered to be anxiety disorders, depression, bipolar disorders, post-traumatic stress disorder, and schizophrenia.

Mental health and disorders are constantly misportrayed in the media. They're often grossly dramatised to unrealistic heights for entertainment purposes. Yet BoJack Horseman, an animated Netflix comedy series, has received global acclaim for its realistic portrayal of mental health. The show follows the journey of its titular character, BoJack Horseman, a washed-up, alcoholic superstar that desperately seeks to reclaim his former stardom. Viewers are given the opportunity to peer deeper into the character's psyche as he wrestles with his own demons.

BoJack Horseman may be a horse on the outside, but he's all too human on the inside.

The show doesn't sugarcoat the behemoth that is mental health and illnesses; things get messy, people do things they don't mean to, and people get hurt. Episode 42 best exemplifies the mental hellcape that exists within the mind of a depressed person. Plagued by overwhelming self-loathing for himself, the episode illustrates BoJack's self-hatred as crude, distorted drawings in his mind. Even the most mundane things elicit a negative reaction in him as he constantly berates himself for past and current failures.



By the end of the series, BoJack doesn't miraculously become absolved of his inner demons or conflicts. There is no sudden metamorphosis; BoJack remains the same person as he has always been. Instead, he simply starts over on his path of rehabilitation and self-discovery. A six-season journey with multiple ups and downs culminates in him finally reaching the starting line to grasping a better life.

Like reality, there is no mythical panacea for mental afflictions; you can only learn to accept them as part of yourself and push forward. Yet, you should never let your mental illness be a justification for any wrongful actions.



The fight against mental illness can be lifelong for certain individuals, but it doesn't need to be undertaken alone. You should seek help under these circumstances.

1. You have thoughts, emotions, or behaviours that are out of control that detriment one's relationships or health.
2. You are struggling to cope with life's challenges, such as with a major illness, the loss of a loved one, occupational issues, etc.
3. Your use of alcohol or drugs detracts your health, emotions, relationships, and impairs normal functioning.
4. You are confused, anxious, or depressed and need the perspectives of an unbiased person to help resolve difficult choices.
5. You feel hopeless. You might feel like life is no longer worth living, as if death is better than the pain of the present.

If none of the above reasons resonate, that is okay – still reach out if there is even the slightest urge to do so. Often, individuals battling mental illness dismiss their instincts and inner cries for help. You should neither feel ashamed to ask for help nor feel undeserving of the support.

You don't have to suffer in silence.

## HERE ARE SOME AVENUES TO SEEK HELP:

### Malaysian Mental Health Association (MMHA)

Contact Number: 03 - 2780 6803  
Email: admin@mmha.org.my  
Website: https://mmha.org.my/

MMHA offers emotional support via their phone line on all mental health issues alongside qualified mental health professionals (psychiatrists, clinical psychologists, and counsellors) who provide psychological support services. Moreover, financial subsidies are available to ensure that required support is given to those in need.

### Mental Illness Awareness and Support Association (MIASA)

Contact Number: 03 - 7732 2414 / 60 13 - 878 1322 / 60 19 - 236 2423  
Email: miasa.malaysia@gmail.com  
Website: https://miasa.org.my/  
MIASA offers various programs, including support groups, therapeutic assessment, circle time, and Islamic spiritual therapeutic programmes.

YOU MATTER. YOU ARE LOVED. YOU ARE NOT ALONE.



## CAFÉ KERIS MAS



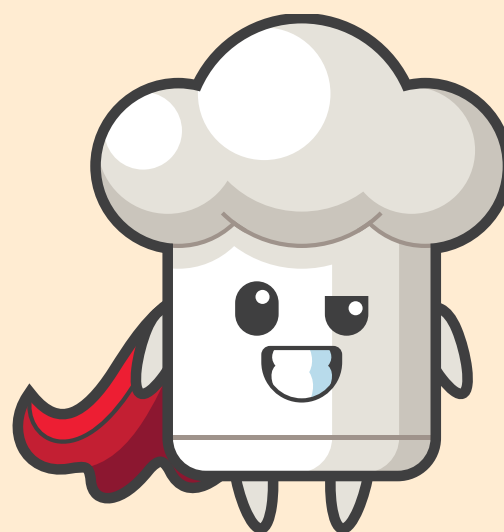
If you are craving for some *kuih-muih* (local confectionery) for breakfast or Malay rice for lunch, be sure to visit Café Keris Mas at Fresco (Sunway University cafeteria) before it runs out during the lunch peak hours.

Kak Uda (Owner of Café Keris Mas) prepares the cooking ingredients as early as 1 AM in the morning and the *Nasi Minyak Rendang* (fragrant rice dish enjoyed with curries and other dishes) with *Acar* (vegetable pickle) is one of the editor's favourite. Other dishes include *Nasi Briyani* (spiced rice), *Nasi Lemak Kukus* (rice steamed in coconut milk), fried noodles and many more.

Do check out their Menu Rahmah every Tuesday and Friday for a more budget option.

# SUNWAY UNSUNG HEROES

## THE AVENDORS



## RASAI MACHAN



An authentic Sri Lankan meal provider, Rasai Machan offer meals of excellent quality at an affordable price. The menu is designed (including South Indian, Asian and Chinese) for anyone looking for a healthy, delicate and scrumptious cuisine.

## SAN YUAAN VEGETARIAN



Opting for a greener choice? San Yuaan offers vegetarian economy rice meals at Fresco. From mixed curry veges to sautéed brinjal with tempeh, there are also varieties of soup and *Tong Shui* (sweet and warm soup offered as dessert) served every day.



The Alumni Relations team of Student LIFE believes in cultivating the culture of giving. They believe that giving back to your alma mater is a great way to keep the university legacy going and ensure that future generations will have the opportunity to pursue quality education. However, giving back to the community does not necessarily just mean monetary donations. While the act of giving comes from the heart, it may also come in various forms such as time, education, talent and skills.

We are proud and honoured to have the alumni community as part of the circle of giving via various platforms that Student LIFE has to offer. Alumni can contribute via the Mentoring Programme, share their experience through events and workshops, as well as donate to support the Jeffrey Cheah Foundation community scholars. We asked some of our alumni about their experiences and thoughts about giving back to the community – here are their stories.

# CULTIVATING THE CULTURE OF GIVING



## Au Ben Ley, Master of Business Administration, Class of 2018 Contract Manager, Pekat Group Berhad Contributed as mentor and speaker



### Is giving back to the community important to you? If so, why?

I have always felt that giving back to the community is important to me ever since I have graduated. I realise the society has given me so much goodness in my life and the time has come for me to contribute back to the community to make the society a better place.

### What made you want to contribute back to the community?

At a point of life, I felt really grateful for what the society has offered me (e.g. career, education, life) and I wish more people could feel it so the spirit of giving and energy could spread and reach further.

### What were some of the best moments for you?

Being active as a mentor in Sunway University has given me some of the best moments in community contribution. The best moment has always been watching mentees completing their studies and graduating. Students actually feel more confident stepping into society with a mentor's guidance.

## Sandra Khoo Huiyong, BSc (Hons) Psychology, Class of 2019 Executive, Group People, Star Media Group Contributed as mentor and speaker

### What made you want to contribute back to the community?

It would definitely be the impact made on the lives of other people. The purpose of empowering and enriching the lives of other people is not just for a "feel good" moment. It is the genuineness and authenticity of wanting to help others live better, and if there are gaps in the system that disempowers, we should take action and contribute in any other way that we can as individuals.

### How does your programme impact you in your current contribution to society?

Being a Psychology graduate, our programme taught us to see the different perspectives of human character and behaviour. It also made me discover my underlying passion for education. Hence, after stepping into the workforce, I found time to volunteer for organisations that focus on education, especially those that are targeted towards the underprivileged.

### How does your contribution impact your life?

My passion lies in education. Hence being able to contribute back to my alma mater in this form is just perfect. Another reason that I love working with youth is that there are many things we can learn from the younger generation as well.



## Neveen Hossam Mohamed Elafifi BSc (Hons) Information Systems (Business Analytics), Class of 2019 Associate, Risk Assurance, PwC Middle East Contributed as speaker

### Is giving back to the community important to you? If so, why?

It is very important for me to give back to the community. Giving back to the community gives you a sense of purpose. It allows you to bridge gaps and understand circumstances of other members of the community.

### What made you want to contribute back to the community?

Helping others has always been something that I try to do. I always try to help whether it is a friend, colleague, family member or someone I do not personally know. It warms my heart to know that I have made it a little easier for anyone. It has a huge impact on changing the way I see things in life.

### What were some of the best moments?

One of the talks I gave allowed me to reconnect with my lecturers at Sunway University and found that after three years they still remember me! Sunway always felt like a home away from home and reconnecting with all them made me feel like I am back home. Another thing is that a lot of the students messaged me after the session thanking me for the help and that I have guided them.



## Mohamed Safwaan Azmi, BA (Hons) in Communication, Class of 2017 Marketing Manager, Lava Protocols Sdn Bhd Contributed as mentor

### Is giving back to the community important to you? If so, why?

Whoever said money can't buy happiness has never had the joy of giving and helping others. That was a saying I heard once and related with instantly. For as long as I can remember, helping others has been an important personal mantra and one thing that I take seriously regarding karma: "You reap what you sow."

### What made you want to contribute back to the community?

My values for the community stem from being the eldest son and brother in my family, and even the age-old Petronas ads we watched growing up. As someone who has had to earn my qualifications and work hard to climb up the ladder from the bottom, I can empathise with students who are currently doing the same for themselves. There will always be obstacles and curve balls that life throws at you, but all it takes is a little good luck along with undying self-motivation to turn the tables towards your favour. I aspire to be that inspiration and a voice of experience for whoever needs it right now.

### How does the above contribution impact your life?

I anticipate being a part of the programme for the long run. My wish is to make a difference and help those who need it. It has given me the confidence and satisfaction of being a part of something that is bigger than myself that will be appreciated and remembered.



**Would you also like to be a contributor to the younger generation?  
Contact the Sunway Alumni Relations team at [alumni@sunway.edu.my](mailto:alumni@sunway.edu.my) for more details.**



# It's Time For Sustainable Beauty With The Body Shop



How you can help save the environment while making informed choices when it comes to beauty and body care.

It's the year 2023 and we humans are still clogging up the Earth with unnecessary waste. According to UNESCO's Intergovernmental Oceanographic Commission, 8 million pieces of plastic end up in the ocean every day. Even in Malaysia, the Malaysian Investment Development Authority (MIDA) estimates that 38,427 metric tonnes of solid waste is produced in one day.

We say it's time to put a stop to this and reduce waste where possible. That's why, as a beauty brand, it is important for The Body Shop to offer sustainable beauty options that are effective and environmentally friendly. We produce and package our products as sustainably as possible with an eye on conserving the environment for future generations.



Almost all of our products are vegan or vegetarian, made with ingredients of natural origins so that it's easily biodegradable, while the ingredients are sourced from our Community Fair Trade partners that practise sustainable farming.

As a consumer, you can do your part in practising sustainable beauty, too. Here are some tips for choosing beauty products that are better for the planet and better for you as well!

## Refill

Refill is really the way of the future when it comes to toiletries and body care, but we need to start practising this habit now in order to have a future. With refills, you stick to just one container for a longer period of time for one product, helping to prevent waste – especially plastic, from clogging up landfills. Think of how you refill your reusable water bottle instead of buying bottled water. It's the same concept!

In fact, our refills at The Body Shop come in aluminium bottles that are more environmentally friendly. Aluminium can be recycled over and over again without losing any of its chemical makeup or quality, while recycling anything aluminium saves 95% of the energy used in producing it from raw materials.

So if you want to start refilling your body care from now, just get to any The Body Shop store near you and ask about our refill options.

## Recycle

Unfortunately, sometimes it's not easy to refill everything (but we'll get there someday!). In the meantime, be sure to recycle or properly dispose of empty beauty product containers whenever you can. You can just bring back your empty The Body Shop containers to any of our stores in West Malaysia and Sabah for recycling and get a stamp for every bottle returned. Once you have collected 10 stamps, you get a reward from us. Meanwhile, the bottles you return will be recycled into usable plastic items such as detangling combs and tube winder keys.



## Reuse

When you do use something that cannot be recycled, avoid using single-use disposable products, such as makeup wipes and cotton rounds. Instead, opt for reusable options like washcloths or our reusable make-up remover pads.

### Additional Tip

Let's not forget how bringing your own shopping bag helps keep plastic bags out of landfills! Be sure to bring a bag wherever you go, not just for buying your beauty essentials at The Body Shop, but also when buying groceries, books, gifts and anything in general. It's time to Kick The Bag Habit!

As you can see, it's quite easy to practice sustainability when it comes to beauty, actually. What's even cooler is that it might actually be more cost-effective in the long run. You save money, help save the planet, and might even get rewarded for your efforts, too. Opting for sustainable beauty really helps you look good, and feel good as well.

For more information, go to [www.thebodyshop.com.my](http://www.thebodyshop.com.my).





# VALENTINE'S DAY GIFT FOR YOU



## ALYPH AND DJ BLINK LIVE AT 7 #MOSTHAPPENINGCAMPUS



# PLANETARY FUTURE FRIDAYS

## WITH HOOI SOONG LING, CHEMICAL ENGINEERING STUDENT



Planetary Future Fridays is an initiative to get to know inspiring individuals and groups who find Planetary Health to be an integral part of everyday life. This series showcases their passion for their work, as well as to how they can relate to planetary health.

### WHAT DOES PLANETARY HEALTH MEAN TO YOU?

I strongly believe that good planetary health is intrinsic and interconnected to the well-being of humans together with the other living things on Earth. Planetary health depends on how the main inhabitants of this planet, humans, ought to use the natural resources wisely or foolishly which reflects on our environment that can impact both the civilisation and nature.

Looking how we have just undergone a few unforeseen events with mother nature in Malaysia, the pandemic and more recently, the tragic incident where the lives that we have lost in the recent Batang Kali landslide. It sure speaks that the health of our planet is deteriorating tremendously and if we stay complacent about this, nursing our beloved planet back to health would be improbable. That is why I strive to make a change by first adopting good environmental practices at home.

These can be as simple as composting, planting, and nurturing your own fruits and vegetables and not to mention other good sustainable habits. Although efforts seem small, if the whole neighbourhood does this collectively, I can foresee the changes we can make to the environment. It is also one of the few reasons I chose Chemical Engineering at Sunway University – to gain insights on how I can help the environment professionally on a larger scale aiming to design manufacturing processes that are environmentally-friendly.

I want to establish that connection with mother nature, to truly understand her conditions before I can take the next steps. It is always the first steps that are challenging, but along with other like-minded people from different fields, I am prepared to embark on the journey of contributing for the betterment of our planetary health because every action has its own reaction.

### DO YOU HAVE ECO-ANXIETY? IF SO, WHY AND WHAT HELPS YOU RELIEVE SOME OF THAT ANXIETY?

Eco-anxiety which is defined as the chronic fear of environmental doom triggers within me when I watch documentaries or news on the natural disasters occurring so close to home. It is really frightening to see the number of victims and the losses that were incurred but I always remind myself that there will be light at the end of the tunnel if I keep doing what is best for the environment, to advocate and to constantly keep abreast with the knowledge on ways to protect our Earth. I am truly blessed to have a small garden outside of the house where I can tend to whenever the symptoms of this anxiety surfaces. Seeing how my fruit trees and vegetables flourish through my fingers gives me a small sense of accomplishment and continues to encourage me to take another step further. It changes my mindset in how I should be more careful on my actions as it will sooner or later impact the environment.

### WHAT DOES YOUR IDEAL, HEALTHY FUTURE LOOK LIKE?

The first difference I would like to see in the future is the reduction of landfills. Unknowingly, these are the main causes of the dwindling of planetary health. Slowly but surely the toxicity from these unsorted rubbish degrades the quality of the soil, which seeps into the rivers and evaporates to eventually produce acid rain and polluting the air. If these basic needs of all living things are tainted, the food that we consume and source from nature is no longer healthy, and we humans will be more susceptible to illnesses.

Ironically, I caught a glimpse of the healthy future I envisioned in the midst of the pandemic. When all manufacturing sectors have come to a halt, when office workers can work from home, the air I breathe each morning was so fresh that I was reluctant to return to the house. I am not afraid of staying out in the sun doing gardening for long durations as I felt rejuvenated and always looked forward to the very next morning. Having to spend time with my family out in the garden, away from the hustle and bustle of the city, boosts my overall mental and physical well-being without relying on supplements or medications.



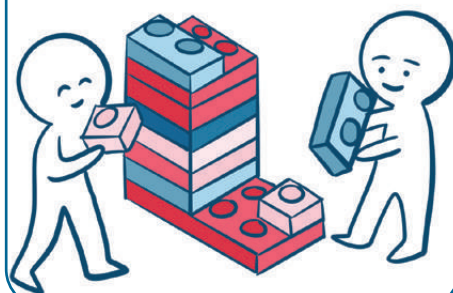
“To be able to live life to the fullest with nature – that is how I define my healthy future.”



# MENTAL HEALTH TIPS

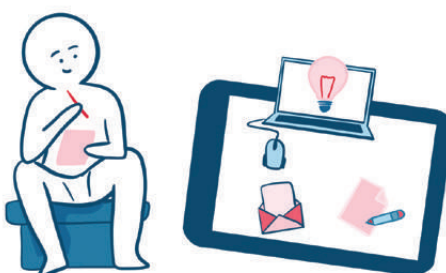
By:  CALM COLLECTIVE

## How to create a good habit



## Make it obvious

Design your environment so the cues of good habits are obvious and visible



## Make it attractive

Do something you enjoy immediately before a difficult habit, or be part of a group where your desired habit is the normal behaviour



## Make it easy

Decrease the number of steps to do the habit



@calmcollectiveasia

## Make it satisfying

Give yourself a reward when you complete your habit



Source - Atomic Habits by James Clear

## How to live in the present moment?



## Step 1: Find your centre and ground yourself.

Count along with your breath, do a body scan or fixate on the scenery in front of you



## Step 2: Find your flow and focus wholeheartedly.

Do not multitask, eliminate distractions and Find a peak time, if possible.



## Step 3: Find a take-away that carries you on to the next moment.

Reflect on the steps you took, how you felt and what you learnt in between each moments



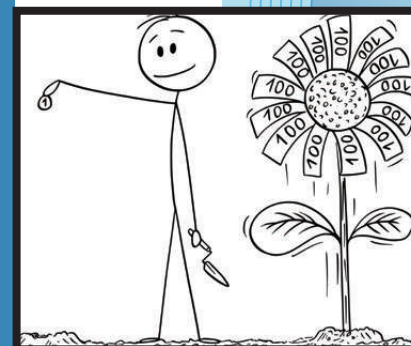
# ARE YOU IN CONTROL OF YOUR MONEY?

Brought to you in association with  SUNWAY UNIVERSITY PRESS



Planning your next holiday? Thinking of a new car, or your future dream home? Struggling to balance spending to enjoy life now and budgeting for the future? This will be easier if you have the understanding and awareness of money matters like budgeting, saving, and investing. In other words: **Financial Literacy**.

According to a 2022 RinggitPlus survey, 71% of the respondents think that they are in control of their money. However, 43% of this group spend exactly or more than what they receive every month. That means these people are unable to save or invest, and are actually living paycheck to paycheck.



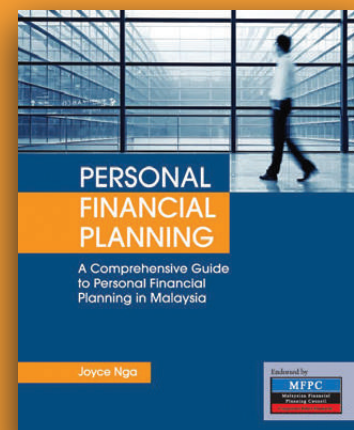
Here are some simple steps to start taking control of your money:

- **Keep track of your monthly expenditure.** Use a spreadsheet or open a separate bank account for expenses so you always know how much you spend, which will help you...
- **Avoid spending more than you get.** Whether it is your allowance, job earnings, or other sources of income, try spending less than you receive so you do not accumulate too much debt, so that you can...
- **Start saving now and leverage the power of compound interest.** If you get into the habit of saving and investing now, what may start out as a small emergency fund can snowball into extra money for a holiday, down payment for a house, or even an early retirement fund.



Whether you are still in school or are already working, financial literacy is a crucial life skill that everyone should have. You will be better equipped to handle money challenges, set and achieve financial goals, and ultimately attain financial freedom.

So why not take the next step to improve your financial literacy and learn more about personal financial planning now? Your future self will thank you.



## Need help taking control of your finances?

Personal Financial Planning is written by Sunway University's own Dr Joyce Nga. It covers all you need to know about taking control of your personal finances. Find out more at [press.sunway.edu.my](http://press.sunway.edu.my).

## Sunway University's AKPK Club

Founded in 2021 and named after Bank Negara's Debt Management Agency, they are a student club focused on enhancing financial literacy among the youth and empowering them to take charge of their finances.

To learn more, look for their Instagram page @sunway.akpk or email them at [sunway.akpk@gmail.com](mailto:sunway.akpk@gmail.com).



**ARIES (MAR 21 – APR 19)**

A healthy body is just as important as a healthy mind right, so why not try strike a balance between a Tip Top Brain and a Hip Hop Healthy lifestyle. Going up or down 1 or 2 levels on campus? Activate your brain and elevate your legs towards the stairs. You will feel so much fitter and a feeling of giving back to society. Or at least giving back space in the elevators to those old timers who really need it. 😊

**TAURUS (APR 20 – MAY 20)**

Your commitment to your studies is relentless and you deserve all the credit that will be coming your way. When that moment comes along and you are on the stage receiving your scrolls looking into the gazing proud eyes of your family and friends, you will know, you are A Class Above for a reason.

**GEMINI (MAY 21 – JUN 21)**

When you observe people with a graceful command of their craft, path and calling, what is it about them that you are most drawn to? Is it their discipline and sense of responsibility? The month is about you embodying your own authority. What makes you inspiring?

**CANCER (JUN 22 – JUL 22)**

So much of life is improvisation, and the embarrassment of making mistakes is not a good enough excuse to reject the unfamiliar. Do not be afraid of what has not happened yet. You'll never know where your Destiny will take you to until you try.

**LEO (JUL 23 – AUG 22)**

What does trusting yourself more look like? Know that with your accumulated wisdom comes power and potential—enough to get you through life's uncertainties. Life, like our campus, is full of opportunities, so keep the faith, your journey has only just begun.

**VIRGO (AUG 23 – SEP 22)**

Take the opportunity to explore other nations or other planets. With nearly 100 nationalities represented on campus, have a coffee with an international student and allow your mind to wander without leaving Madeleine Café. And if it is transportation to another lunar cycle you seek, then check out the **Tun Hussein Onn Sunway Library** and liberate your mind to a whole new world.

**LIBRA (SEP 23 – OCT 22)**

Approach it like a project manager, from ideas to completion. March and April are perfect for introspection and growth. And ultimately, the goal is supporting yourself to greater heights and an enhanced feeling of self-esteem. So go on and spoil yourself – you are a Sunway star and you are worth it.

**SCORPIO (OCT 23 – NOV 21)**

It seems paradoxical, but you gotta take your playtime seriously. In fact, this month is the most opportune time to dedicate specific hours for creative explorations. Even neuroscientists agree that creative focus does wonders for your brain's relaxation, enabling you to handle harder things down the road. Sounds like it is time to use your student discount card at Sunway Lagoon.

**SAGITTARIUS (NOV 22 – DEC 21)**

This month you may find yourself contemplating what it means to stay in one place long enough to become part of something. Like being part of our Sunway Campus Community. It does not have to mean that your sense of independence is at stake. Perhaps it is exactly the positive bonding spirit of togetherness you need to feel free.

**CAPRICORN (DEC 22 – JAN 19)**

Of all people, you understand how establishing routines keep you grounded and more present to attend to life's unexpected twists, like Starbucks on the Mezzanine floor being closed and you have to miss out on your favourite Wake Up drink.

**AQUARIUS (JAN 20 – FEB 18)**

During this upcoming period, learn to embody the grace of receiving heartfelt praise from others. You have worked hard for it and if it is positive endorsements from your lecturers, it is news you should also share proudly with your friends and family too.

**PISCES (FEB 19 – MAR 20)**

You know all your friends think you are out of this world, right? You are always trying to help your friends and be a positive influence on your family. It is really a no brainer that you chose to study at a #CampusWithAConscience, it was in the stars (In fact here it is). 😊



## GET TO KNOW YOUR EQ LEVEL

Emotional intelligence or more commonly known as emotional quotient (EQ) is the ability to understand and manage your own emotions in positive ways to relieve stress, communicate effectively, empathise with others, overcome challenges and defuse conflict (HelpGuide.org, 2023).

Understanding your EQ level not only help to enhance your ability to understand, it also helps to manage your emotions that will be helpful in every aspect of life.

**Choose your choice at first instinct!****QUESTION:**

Going out on a trip, there is a child throwing tantrum in the car. How do you think the parents will calm down the child?

- A. Lost and confused or pretend to be ignorant
- B. Shift the child's attention with toys
- C. Speak nicely to coax the child
- D. Reason with dignity

**A Straightforward, outspoken and dislike troubles (EQ level 30%)**

- You are straightforward in expressing yourself, including your emotions conveyed via facial expression. You are the type who is afraid of being disturbed, and you also dislike dealing with troublesome people or things, so when you encounter any disturbance, you will show impatience and start complaining to others.
- Because you are a straightforward person, you speak faster than you think. Impression of you is a kind-hearted and easy-going person.

**B Low-key personality with high endurance (EQ level 60%)**

- You are a relatively rational person, and you also have a certain level of patience.
- When you encounter a problem, you would think twice. Evaluate the situation first, and see if it has reached your endurance limit.
- You are more likely to be a reserve person. However, the volcano in your heart will erupt when someone triggers you.

**C Hot tempered and easily triggered (EQ level -10%)**

- You may show defensiveness while you are trying to reason with the situation.
- This is likely to worsen the situation, and even hurt someone's feelings. In fact, you have good abilities, you just need to manage your emotions well.
- Life will definitely go smoothly when you surround yourself with good people.

**D Easy-going, calm and steady (EQ level 100%)**

- Peace is your motto. You will remain patient when things do not go your way.
- You manage your emotions well. You hardly get emotional; you would choose intelligence over emotions.
- However, this does not mean that you do not have your own personality and are deceptive.
- It is just that you can resolve things wisely, while making wise decisions that are beneficial to yourself.





THE BODY SHOP

# REFILL FOR THE FUTURE



## JOIN US IN THE REFILL REVOLUTION

Get your fave body care ranges  
without the wasteful packaging

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