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Branding &
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Please recycle!

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ALWAYS welcomed 😊

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Hello Sunwayians!

Step into the latest edition of the SUNWAYIAN magazine, where we invite you to join in the joyous celebration featured in our 8th instalment.

Under the banner of the #MostHappeningCampus, we warmly welcome our freshies, and under the same sunlit sky, we extend heartfelt congratulations to our proud graduates embarking on a new journey. May your future be filled with prosperity, and Sunway community will always be cheering you on.

Nurtured by the spirit of our Sunwayians, every day unfolds with happiness and good times within the community. In this edition, we joyfully spotlight the wonderful occasions that unite us in shared merriment. We celebrate the incredible women in our lives, cherish festive moments, applaud achievements, and bestow well-deserved honours.

Within the heartwarming pages of this issue, our cover story, "Sunwayian's SHEreos: Celebrating International Women's Day," shines a light on the extraordinary women who grace the lives of our Sunwayians, capturing the essence of warmth and gratitude in honour of International Women's Day.

Adding to the festive charm is a Raya recipe from Chef Fadillah of the School of Hospitality and Service Management. Head on to the next page and discover what your favourite Kuih Raya reveals about you. Whether you lean towards the irresistible Cornflakes

Madu or Team Tart Nenas, remember, the sweetest delight is you... Sorry hehe. 😊

Yielding pride as the best private university in ASEAN, Sunway University proudly clinched two accolades in the Putra Brand Awards 2024 - Gold in the Education & Learning category, and the esteemed Enterprising Brand of the Year Award.

In addition, Sunway University enthusiastically celebrates the wonderful honour of hosting major global events like the 2024 Planetary Health Summit and 6th Annual Meeting, and the Times Higher Education Asia Universities Summit 2024, actively contributing to the transformation of global landscapes in planetary health and education.

As we continue in the joyful spirit with laughter, don't forget to check out the carefully curated features, including Sunway International school sports scholars, Sunway Stars: MBTI edition, stories from our Sunway alumni and international students, as well as the proud top achievers in A-Level.

Nothing is more valuable than your voices, and we are always glad to play a part in amplifying them. As we look towards the upcoming issues, tell us your story. We are nothing but proud to feature and celebrate the unique narratives that make our community truly exceptional. After all, we are a #CampusWithAConscience.

CAMPUS UPDATES



SDS Honours First DDCC Graduates in Graduation Ceremony

Sunway Diploma Studies (SDS) concluded 2023 with immense pride, hosting another historic graduation ceremony to celebrate the inaugural graduates of the new programme, Diploma in Digital Creative Content (DDCC).



SISJ Science Fair

Young minds sparked with bright ideas as students showcased their science projects in a fantastic burst of curiosity and creativity, making it a science fair of knowledge and discovery.



Sunway Model United Nations Conference

The Sunway Model United Nations (SUNMUN) Conference was the 8th iteration of the flagship event in Sunway University that was organised by Sunway students. More than 170 passionate young people, known as delegates, were role-playing as world leaders in the United Nations or politicians at parliament to enhance their knowledge of various international and national organisations.



Sunway Fashion Collaborates with Glossardi for Christmas Campaign

With Sunway fashion students spearheading the execution of the visual merchandising for the campaign, they developed a comprehensive product campaign proposal, encompassing various aspects of visual merchandising such as campaign key visuals, ideas and concepts, display layouts, marketing strategies, and social media engagement.



Sunway TES-ACCA Global Audit Simulation

Hard-working and enthusiastic aspiring auditors underwent an intense week of real-world auditing challenges during the Sunway TES-ACCA Global Audit Simulation, demonstrating their exceptional skills in teamwork, time management, and leadership.



SISKL Discovery Camp

Students got the chance to enhance their skills through exposure of various engaging activities where they took on multiple roles to craft, design, compile, research, and reflect on the lessons delivered by experienced instructors.



Sunway University wins Talentbank Graduates' Choice of Employer Award

Sunway University returns as Talentbank Graduates' Choice of Employer champion in the Private Higher Education Institution category for the 5th consecutive year. Such an achievement reflects the University's commitment to excellence in education, research, and overall academic performance.



Sunway University Resumes Collaboration with Jinan University

In 2018, Sunway University and Jinan University signed a partnership agreement for specialised courses, which was later disrupted by the pandemic. As the collaboration resumes, both universities are set to work together in promoting educational development and providing students with a broader academic perspective.



SISKL'S Golden Soiree Prom 2023

The KL campus' high school prom night glistened with sparkling outfits and shining conversations, as students came together to celebrate the end of 2023, dressing up to the theme of "Golden Soiree". It was an enjoyable night of bonding over dining and dancing, with the photo booth proving to be a crowd favourite.

Sunwayian's SHEROES

Celebrating International Women's Day

Wishing a radiant International Women's Day to the phenomenal women who continually inspire and empower our fellow Sunwayians.



Heng Yen May

(BA (Hons) in Communication)

Professor Dato' Dr Elizabeth Lee - "She's such a girlboss; I want to achieve as much as she has. If she can do it, so can I. I'm going to become Professor Dato' Dr Heng Yen May, just like her."

Jaden Santhana

(American Degree Transfer Program)

My mother - "She raised me and helped me develop my math skills. Being an accountant, she played a significant role in making me proficient in math."



Siyara Marietta

(Diploma in Business Administration)

My mother - "She inspires me to strive harder and become a better person every day."



Praveentthen Shanbagamaran

(Monash University Foundation Year)

Mother Teresa - "She is exceptionally kind to others, having helped numerous people, which is why she has become my role model."



Zarith Adam

(American Degree Transfer Program)

My mother - "She has helped me a lot, and her being in the engineering field has inspired me to become an engineer myself. I truly appreciate her, especially for helping me get to where I am today."

Navineeta Gunabalan

(Diploma in Business Administration)

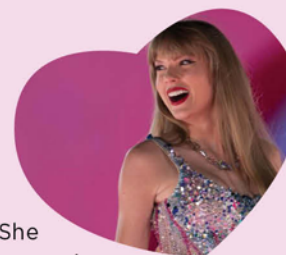
Malala Yousafzai - "She fought for women's rights to education in her country, and I find it immensely respectable."



Evelyn Shee

(Cambridge GCE A-Level)

Taylor Swift - "She advocates for women's rights and expresses her support through her music. One of her songs, 'The Man,' genuinely mirrors today's society, particularly the recent dynamics in the entertainment industry. I truly admire her for addressing these issues, as the importance of women's rights deserves more attention."



Madeena Azhar

(Monash University Foundation Year)

Bisan Owda - "She is a renowned journalist, passionate about her career, always at the forefront of events, delivering perspectives hidden from the mainstream media."



Chen Mun Mun

(BSc (Hons) Psychology)

My mother - "She is kind, compassionate, and she is my definition of a perfect mother. Her never-ending love and support for me and my brother are truly admirable. My goal in life is to grow up and become someone just like her."



Shaktivel Krishnakumar

(American Degree Transfer Program)

My mother - "She is someone I'd die for and care deeply about. She is one of the most beautiful and strongest women I've ever met in my life. She is my guiding light; her strength is my inspiration, and I am forever thankful to her for being my unwavering support and the heart of my home."



Ku J-Wei

(Diploma in Business Administration)

My mother - "She has been a tremendous help in both my studies and my life. She instilled in me the value of independence, especially during my college years and throughout my life. I consistently admire and respect my mother for her remarkable success, and I would like to give a shoutout to her."



Arjoonha Kumaran

(BSc (Hons) in Computer Science)

My mother - "She is the person who taught me all I know about my finances, how to take care of my family, and how to cook and bake. She is also the primary breadwinner of the family—a super hard-working woman who loves to read, even the same genres as me. I wouldn't exchange her for anybody else."



Sunway Shines



Sunway University winning the most Enterprising Brand of the Year award

Putra Brand Awards 2023
A joyous night at the 2023 Putra Brand Awards ceremony

Sunway University was awarded Gold in the Education and Learning category



Graduates' Choice Awards 2024



Sunway University was awarded Champion in the Graduates' Choice Awards 2024 for Private Higher Education Institution category

AVENUE OF ACHIEVEMENTS

Sunway A-Level Alumni Win 1st Runner-Up in International Hackathon

Sunway College A-Level alumni Eunice Gwee and Lee Wei Lun proudly secured the 1st runner-up position in the AI-themed international hackathon, Hack@10. With 226 participants across Southeast Asia, they dominated the competition with the creation of an AI model for the Social Good case study.



SMLS Student Receives Gold Lancaster Award

John Yue Han Lim, a fellow student from School of Medical and Life Sciences' (SMLS) Psychology programme, has been awarded the Gold Lancaster Award for participating in co-curricular activities during his exchange programme at Lancaster University. He was involved in Enactus Lancaster as a Project Leader and was also chosen as a Psychology Student Ambassador.



Girl Power Earns Gold in Nationwide Taekwondo Championship



Joanna Lim Yan Yan from Sunway International Schools (SIS) ended her 2023 with a bang by winning Gold in Pattern in the 7-8 Years Old Female category at the Malaysia Best of the Best Taekwondo Championship 2023. Also graced by Deputy Minister of Youth and Sports, YB Adam Adli, the event witnessed 821 participants from 44 academies nationwide.

SIS Students Dominate IBDP Examination



Sunway International Schools (SIS) students surpassed the world average of 29.06 marks in the recent International Baccalaureate Diploma Programme (IBDP) examination, achieving an astonishing feat of being placed in the top 3% globally. Students from the main campus obtained a 100% passing rate, bringing the average score to 35 points.

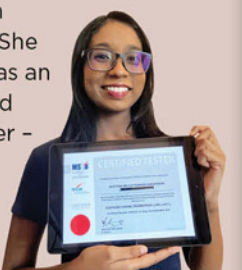
Sunway AUSMAT Students Excel in WACE



AUSMAT students have once again conjured enchanting results in the Western Australia Certificate of Education (WACE) examination. An outstanding 32% of students clinched the prestigious distinction of ranking in the top 10% globally, accompanied by the remarkable attainment of seven world awards.

SET Alumna Recognised as an ISTQB Certified Software Tester

Sujittra Sri A/P Kumara Guruparan, a School of Engineering and Technology (SET) alumna who studied Bachelor of Software Engineering (Honours), successfully completed the International Software Testing Qualifications Board (ISTQB) Certified Tester Foundation Level (CTFL) examination in August 2023. She is recognised as an ISTQB Certified Software Tester - Foundation Level.



SUNWAY

World Series

CLUB

A snapshot of some of our
A-Level Outstanding Cambridge
Learner Award recipients*



Gerald Lau Jin Yang
Top in World,
Mathematics



Cheong Ruoh Kai
Top in World,
Mathematics



Tan Yik Xian
Top in World,
Mathematics



Tan Zen Yil
Top in World,
Mathematics



LeAnne Tee Jie Ern
Top in World,
Mathematics



Lee Jun Yuan
Top in World,
Mathematics



Lim Zi Yong
Top in World,
Mathematics



Ong Zhun Hao
Top in World,
Mathematics



Cheng Kai Xuan
Best Across Three,
First Place in Malaysia



Lim Yi Ning
Top in Malaysia,
Psychology




Liew Er Jun
Top in Malaysia,
Chemistry



Liew Zi Xian
High Achievement,
Thinking Skills

*June 2023 examination series



A century of FASHION

No matter what changes humanity has gone through, fashion has been a constant throughout time. The trends which course through history reflect the nature and likes of humans who utilise clothing as a form of self-expression. Let us travel back in time to have a glimpse of fashion's evolution through the ages.

By: Natalie & Zhen Li

Echo
MEDIA



1930s Cheap, but Classy

In the wake of the Great Depression and the rise of Hollywood, fashion in America saw changes in broad, sweeping strokes – washing away the reckless freedom of the Roaring 20s with a slight return in conservatism.

As opposed to the almost-boyish styles of the 1920s, the 1930s signed in an era of feminine elegance, with a heavy focus on slinky, outlined figures and silhouettes.

The ideal figure was a slender, long torso with wide shoulders. One such fashion trend that highlighted said figures was the 'bias cut', made popular by designer Madeleine Vionnet, which involved cutting the dress fabric 45 degrees against its weave, making the fabric skim over the wearer's curves.

As for daywear, the 1930s ushered in an era of romanticism – with clothing littered with prints of polka dots, plaid, and floral patterns hitting the streets. The look of exaggerated shoulders was also heavily popularised in this era, with suits and dresses alike adorned with padding, embellishments, and extra layers to achieve the look.

Following the economic recession, it is also important to note that fashion became far more affordable in the 1930s: while people used to buy copies of Paris fashion pieces and resell them for a high price, cheaper and simpler copies of said pieces were now being produced and sold at a much lower price.



1960s Wild and Free

The 1960s ushered in a complete change in the world of fashion. During the early years of the decade, fashion trends remained relatively formal, being greatly influenced by the first lady of the United States of America at the time, Jacqueline Kennedy. With her well-put-together style and ladylike glamour, Kennedy's outfits (from the boxy-skirt suits to the sheaths, to the A-line dresses, paired with her signature white gloves and pearls) were admired worldwide.

Although, moving into the mid-60s, the movement of "The Swinging Sixties" bore its influence more, with youth, music, and fashion hitting an all-time high alongside the rising popularity of bands like The Beatles.

Mary Quant was the defining designer of the decade. Opening her store "Bazaar", Quant created simple and colourful mix-and-match designs that had an almost childish air to them, rejecting the prim and proper styles of the previous decades to embrace the peppy candidness of the sixties. Miniskirts and minidresses were also becoming increasingly popular following Quant's influence.

With new scientific developments and discoveries, designers began to find easier access to new and revolutionary materials. Designs built on acrylics, polyester, and even PVC found its footing in the 60s, creating looks that were totally and utterly "camp", inspired by growing interest in pop art and space.

In the late 1960s, hippie fashion began to emerge, bringing with it the rise of maxi skirt. Headbands, flowing skirts, beads, and thrifted clothing began to make its mark on fashion. With such drastic changes in style over the course of this decade, fashion was now embracing originality and freedom, breaking the expectations and hegemony of high fashion.



1980s Big and Bold

This decade brought anything but subtle. With oversized shapes and eye-catching patterns, 1980s fashion was like a whirlwind of styles and colours. Big hairstyles and mullets were a trend during this time as well. With shoulder pads and voluminous outerwear, standing out in a crowd with flashy outfits was adding flair. Truly, drama at its finest.

Leg warmers were initially mostly used for ballerinas to keep their legs warm during their practice. Eventually, the accessorising of the item was popularised by Jane Fonda and other fashion icons, but the trend accelerated when one of the biggest fashion icons of the decade, Madonna, adorned these in her "Hung Up" music video. This sparked people to accessorise them as aerobic wear or jeans.



Street looks were filled to the brim with fashion brands like Calvin Klein, Ralph Lauren and Giorgio Armani. This fit the common idea that most clothing was meant to flaunt status and celebrate wealth. Clothes were all just mediums to show the fabulous shades and ups of life.



2000s Tacky and Wild

As people began to lose interest in consuming products of high-end fashion brands, they turned to cheaper retail options such as Zara. With the rise of fast fashion, this era had brands cater to the mass market for affordable and accessible accessories and clothing pieces. Brands decided to shift their focus to high volume, lower quality. Tons of these garments would be manufactured, but they would not last for long in consumers' wardrobes.

The entertainment industry had the world in a chokehold over various fashion statements. Movies like Mean Girls and Legally Blonde played a huge influence on people's taste in clothing. Low-rise pants, handkerchief tops, and sequins were all popular pieces of the decade. This also went hand-in-hand with the new era of technology which everyone was obsessed with. Mini shoulder handbags and oversized hoop earrings were fun to accessorise, adding finishing touches to the outfits.



Due to the rising popularity of futuristic styles in this decade, denim saw a massive wave in consumers. And this is especially towards distressed denim or those with embroidered patterns along the material.

In some parts of the world like the United Kingdom, it became a trend for women to layer skirts over trousers. The extra layer allowed them to play with silhouettes and shape, incorporating some extra oomph to their outfits.



2020s Y2K Revival

Fashion trends usually make a comeback in a cycle of 20 years. Look no further than this case in point: Right as the world was hit with the COVID-19 pandemic, and everything was available online at our fingertips, Y2K fashion was revived.

Thanks to the widespread audience of social media platforms such as Instagram and TikTok, influencers and even everyday ordinary person decided to get creative with their appearances for this spark in their mundane stuck-at-home life.

Wide-legged jeans, loud printed tops, knitwear and chunky jewellery are parts of the Y2K trend. With the skirts over trousers looks, influencers added their little twists for the outfit to look edgier and more appealing.

Along with the rise of vintage fashion being implemented in more outfits, thrifting for vintage and second-hand clothing items saw a massive wave. People wanted to lead a more sustainable lifestyle, concerned for the consequences of fast fashion which have damaging effects on the environment.

Clothing gives us the choice to show others how we want them to see us. We feel good about ourselves by throwing on these outfits to let the world know who we are.

For the years to come and what path fashion brings us to, let us enjoy the colour intertwined in our lives.



Raya Recipe: Lontong

By Chef Nur
Fadilah Saidin
of the School of Hospitality
and Service Management

ingredients

Main:

1L Coconut Milk
30g Suhoon
30g Fucuk
50g Carrot
40g Brinjal
40g Long beans
60g White cabbage
60g Sweet turnip
1 Lemongrass, pounded
Meat item (optional):
100g Prawn/chicken

Spice blend:

50g Shallot
20g Garlic
30g Dried shrimp
30g Ginger
20g Turmeric

Garnitures:

50g Tempeh, deep-fry
4 Nasi Impit (big)
2 Boiled egg
8 Fried tofu (small)
1 Red Chilli, thinly slice
Sambal Tumis

preparation of ingredients

- Soak suhoon and fochuk in room temperature water. Keep it aside and let it soften.
- Cut carrots, white cabbage and sweet turnip into 5-6cm long strips.
- Trim the long beans into 5-6cm length.
- Cut the brinjal into big dice or chunks and immediately soak in salted water to avoid oxidation.
- Blend all the spice blend ingredients using a blender with a bit of water.

cooking of longtong

- In a pot, heat up 4 tbsp of cooking oil and sauté the spice blend until fragrant.
- Add the meat item of choice and sauté for a couple of minutes.
- Add coconut milk, and bring to a boil then reduce to simmer.
- Add carrots, pounded lemongrass, and brinjal. Let it cook for 3 minutes.
- Add the rest of the ingredients and simmer until cooked. This will take about 5 minutes. Adjust the seasoning accordingly.
- Once all ingredients are cooked, serve with the garnitures.

What your favourite kuih raya says about you

Almond London

- ✓ You're a good dresser
- ✓ You probably cry at minor inconveniences
- ✓ Loves attention and you WILL GET the attention

Tart Nenas

- ✓ You're the golden child
- ✓ You have good balance and you're versatile
- ✓ But sometimes please CALM DOWN with the mood swings

Florentine

- ✓ You're not like the others *tugs hair behind ear*
- ✓ You're not weird, just... UNIQUE
- ✓ Ambitious but deep down you're teeny tiny bit of a scaredy cat

Semperit

- ✓ A GREEN FLAG
- ✓ You lowkey fall for people easily
- ✓ This softie needs a lot of care

Cornflakes Madu

- ✓ Cute, bubbly, loved by everyone
- ✓ You can't make plans, the "otw 5 more minutes" friend
- ✓ Can spill the hottest tea

Kuih Ros

- ✓ People expect more from you but you're YOU for who you are
- ✓ You're actually a tsundere
- ✓ You have a lot of unexpected charms



**IVY WANJIKU
KAMWARA**

My name is Ivy Wanjiku Kamwara and my roots lie in Nairobi, Kenya, though I have lived in Tanzania for most of my life. Prior to this, I was a Foundation in Arts student with Sunway College and am now pursuing BA (Hons) in Interior Architecture.

When I was doing my own research on Malaysian universities, I wanted a diverse university that offers design courses within the country. Sunway University's dual degree award was a major factor in my decision as that also makes me a Lancaster University graduate.

It is undeniable that the University's state-of-the-art facilities and services contribute to my academic experience that has been great thus far. However, another vital aspect that some may take for granted is the lecturers who have been nothing but incredibly supportive. They truly are the backbone who help me persevere through every step of my journey in achieving my career goals.

Speaking from an honest perspective, I did face challenges as an international student in terms of language barrier. Despite that, it was not long before I learnt that in certain places – Sunway



being a perfect example – Malaysians are very welcoming and accepting towards foreigners such as myself. This has undoubtedly made my experience living here a wonderful one with many more beautiful memories yet to be made and I am definitely looking forward to that!

My plans after graduating and completing my studies here would be to return home and kickstart my career in the field of three-dimensional (3D) design. For the time being, I am open to any opportunities should they cross my path.

As an international student, it is important to be open-minded towards the various dynamic cultures and distinctive delicacies. I would highly recommend all of you out there to explore this beautiful country and make the most of your stay here.



**JEREMY FERNANDEZ
ALTAMIA**



My name is Jeremy Fernandez Altamia and I am currently studying BA (Hons) in Advertising and Branding. I am Filipino and originally from Tondo, Manila, but have been living here in Malaysia with my parents for 10 years now.

Personally, I find the entire process of how advertisements and brands are created to be deeply fascinating. When you witness what goes on behind the scenes, you learn to appreciate the hours and even days of hard work that were put in to create short, few-minutes commercials which we often see on televisions and social media platforms including YouTube and TikTok. This meaningful art is what intrigued me to pursue this field.

Sunway University has always been my first choice as it offers various opportunities for creative thinkers like me to be equipped with the necessary specialised and contextual knowledge to present visual information and creative ideas.

Previously, I completed my Diploma in Communications at Sunway College, so it also felt like the natural next step to further my studies



here. Not only that, upon completion of the degree, students are granted dual certificates from Sunway University and Lancaster University.

The facilities and services that the University currently have provide tremendous support in my pursuit, helping me get closer to achieving my aspiration in becoming a video editor in the future.

My experience living in Malaysia has been nothing short of amazing. I have never seen so many nationalities all in one place, so it is certainly an eye-opening experience to witness how different cultures, delicacies and festivities are uniquely reflected in the local performing art scene. What I love most about this country is the warmth and hospitality of Malaysians who are friendly, welcoming and ever ready to lend their helping hands when you need it.

My two cents for other students like me who are looking to study overseas is to make that leap and go for it! It is crucial that you step out of your comfort zone and make a conscious effort to meet people. Trust me. You will be surprised with how much you can learn and grow as a person, no matter which phase in life you may be at.



Learning, Growing, Giving



As a proud alumna, my journey in Sunway started when I was woken up by my parents for Sunway's Open Day. My first impression of the campus was "Wow, it's such a buzzing campus!" That was when everything started, meeting Mr. Jana (a lecturer from CAT and ACCA) - the most comedic lecturer from Sunway TES who then convinced my parents and the next thing I knew, I was enrolled into Sunway College.

Studying ACCA was a family recommendation. Despite realising midway that it was not exactly a passion of mine to be an accountant, I still managed to graduate with the help of my lecturers. That said, some of the key learning modules have played a key role in my business growth today.

An honourable mention goes to my CAT lecturer Mr. Jack Wong who encouraged me to apply for the P&G CEO Challenge despite nearing my final exams. He assured me that winning the competition was not as important as gaining business exposure in the process, and I might even discover my passion there. Sure enough, despite falling short, I found my interest in building my business and even met one of my longest friends and current client through that competition. Mr. Jack even spent time coaching me and answering all my business queries. He made sure I did not neglect my studies as I still needed to graduate.

During my schooling days, I managed to make some extra money by grading and invigilating exams. I also improved my skills in PowerPoint and creating modules by working with my lecturer to adapt his notes for the China market. The Mallory you see today was shaped by opportunities from the Career Services team at Sunway University, and I am thankful for that.

Currently, I am the Co-Founder and Director of Work Inspires, a people development and engagement company that has worked with numerous organisations across eight countries and won many awards such as Best Management Training Consultancy, Best Engagement Consultancy. I am also a 4-time TEDx speaker. We were featured on the Economist Impact as well as BRM 89.9. In summary, we work with companies in the areas of leadership and talent development, culture transformation, management trainee and graduate programmes, and team building.

To be frank, I never planned to be an entrepreneur. My career choices whilst studying shifted from becoming an auditor to an investment banker, a business development manager, and now finally an entrepreneur. After I graduated, I took up a job with the late Nazrin Hassan from Cradle Fund Sdn. Bhd. under the Ministry of Finance. I really appreciate my lecturers and the amazing people at Sunway Career Services for encouraging and giving me the confidence to keep going.

My love for people and business growth continues to be my anchor. On top of being my pillar of support, Sunway University even hired me to run their annual Career Bootcamp for years. Even during the pandemic when business was at its worst, they did not abandon me.

I have been so blessed with the support and guidance given by Sunway University, and in return, I am more than happy to share and give back to my alma mater and juniors whenever I can. Working with these "younger ones" always keeps me on my toes on trends and challenges that the new generation is facing, which helps me when I work with corporate clients, especially when it comes to bridging the generational gap.

I truly believe that we "die" when we stop learning. So, I will make it a point to have a meal with business leaders and CEOs to learn and be mentored. I believe that being hungry for knowledge, growth (both for yourself and for the business), and the curiosity to see how far you can fly should be the three core values everyone has. Only then, you will want to improve, do better and strive for a better life for yourself, your loved ones, and the community. Do not choose to settle, instead continue to stir up the hunger to be better!



At Work Inspires, we have two key elements to contribute to the wider community:

- Sharing life skills with those who may not have the same privilege as others because we believe that though a certificate will give you a head start, but to survive, you will need life skills. We have conducted several initiatives with orphanages and will continue to do more where possible. The work may not be as sophisticated as compared to our corporate clients' as it focuses mainly on building an individual's confidence and goal setting, but it is truly meaningful.
- We also believe in providing a second chance at employment to those who are still able. Interestingly, this is also part of the government's initiative this year to get retirees back into the workforce wherever possible. We hope that we will be able to go the extra mile in helping those nearing retirement to better prepare for their life post-retirement, be it from a mental health standpoint or for future income and skills. We are currently working with a few partners to launch this nationwide initiative.

In retrospect, I really believe that we are blessed so we must bless others too. We came into this world with a purpose, so let us leave it a better place than it was. My dad always reminds me the concept of "just one more" or "JOM". Essentially, in everything we do, just go the extra mile and your "one extra" initiative can create a ripple effect that may be bigger than what you expected. So "JOM", let's make an impact together!

Mallory Loone
ACCA-2016
Co-founder and Director,
Work Inspires



Have an alumni story to share? Reach out to the Sunway Alumni Relations team via alumni@sunway.edu.my as we would love to hear from you!



PHAM2024

at Sunway University

The Planetary Health Annual Meeting (PHAM) is a hugely important global event which aims to address major challenges faced by human civilisation and provide tools for driving transformative systemic change. Held every 18 months, this meeting brings together scientists, policymakers, educators, young leaders, civil society and non-governmental organisations, medical practitioners, private sector representatives, and concerned citizens to foster connections, exchange ideas and engage in collaborative effort to accelerate the momentum behind the now ten-year-old planetary health movement.

The previous hosts of PHAM include Harvard University, Stanford University and the University of Edinburgh. It is with great pride that this prestigious forum is coming to Asia for the very first time, and equally, an honour for us to host this at our very own Sunway Centre for Planetary Health.

Recognising the pivotal role of Asia in addressing planetary health issues, PHAM 2024 will be headlining the theme "From Evidence to Action: Confronting Reality". The Summit will take place on our campus from 16 - 19 April 2024.

Featuring an innovative agenda with experiential learning in Malaysian nature, renowned keynote speakers, cartoon capture of key discussions, and a series of side events and lightning talks, PHAM 2024 will acknowledge its roots in academia while embracing a transformative role in accelerating the

translation of science-based evidence into popular discourse. In addition, two books - Planet Saving Meals and a Planetary Health Playbook - will be launched.

Executive Director of Sunway Centre for Planetary Health and the driving force behind PHAM 2024, Professor Tan Sri Dr Jemilah Mahmood shared, "Recognising the centrality of planetary health is a key step to foster a sustainable, healthy future for both the environment and human civilisation. At Sunway University, we take proactive measures to integrate sustainability into every aspect of our operation and culture. The goal here is to create an all-inclusive and diverse environment that empowers young people to be responsible global citizens who strive towards achieving planetary health."

Mark your calendar and join us at the 2024 Planetary Health Summit and 6th Annual Meeting to contribute to the global effort in addressing environmental, social, and economic challenges affecting human and planetary health. For more information, kindly refer to www.pham2024.com.



Asia Universities Summit

at Sunway University

Globalisation has significantly influenced educational institutions to expand their reach and embrace internationalisation in various ways. Universities worldwide are drawing in talent and fostering a diverse cultural exchange that equips graduates to thrive in an interconnected global environment.

In view of the ever-evolving economic and employment landscapes, there is a heightened need for universities to synchronise their curricula with industry requirements, providing graduates with practical skills that enhance their job prospects and contribute to economic growth.

Coming to Malaysia for the first time, it is with great honour and pleasure to announce that this year's Times Higher Education (THE) Asia Universities Summit will be held at Sunway University.

With the theme of "Bridging frontiers to reimagine the evolving landscape of education in Asia", the summit is set to showcase the premiere live unveiling of THE Asia University Rankings 2024, accompanied by an in-depth masterclass aimed at delving into the most recent data and pinpointing the top-performing institutions in the region.

The summit will take place on our campus from 29 April - 1 May 2024. Over 500 esteemed global educational leaders, delegates and academics from universities across the region, including City University of Hong Kong, National University of Singapore, Monash University, North South University, The Chinese University of Hong

Kong, Xi'an Jiaotong-Liverpool University and many others, will be attending the conference.

Additionally, the summit will play host to THE Awards Asia 2024 winners' ceremony. Marking their sixth year, these awards provide a significant international stage to acknowledge exceptional leadership and institutional achievements, celebrating the diverse excellence present in the continent's higher education landscape.



President of Sunway University, Professor Sibrandes Poppema said, "It is our first time hosting THE Asia Universities Summit here in Malaysia and at Sunway University. This presents a fantastic opportunity to showcase Malaysia's academic excellence, promote international collaboration, and contribute to the global dialogue on higher education. It also serves as a platform to highlight our research and innovation initiatives that contribute to the educational landscape in Asia."

Do not miss this chance to join us at THE Asia Universities Summit 2024. For more information, kindly refer to www.timeshighered-events.com/asia-universities-summit-2024.

THE 21ST CENTURY: THE DISINTEGRATION OF REALITY'S FABRIC

The convergence of immersive technology and Artificial Intelligence (AI) seldom sparks excitement, despite their potential to create a science fiction-like future. Presenting my vision, I will discuss a life-changing application and an impending challenge.

Beyond the Smartphone

Despite privacy concerns, I support Meta's goal to integrate Extended Reality (XR) into our daily lives, advancing our integration with the metaverse. The metaverse is an immersive virtual shared space, allowing interactive 3D digital office meetings and 3D digital stadium experiences, mirroring physical workspaces and live events. XR enables immersion in virtual worlds like the metaverse and blending digital objects into our physical surroundings, such as summoning a holographic friend during a 'video call'.

With the debut of the Apple Vision Pro, this future appears inevitable. As the Vision Pro becomes more financially accessible, waves of Apple enthusiasts are likely to eagerly adopt it, prompting competition from other industry players. Yet, current XR headsets, including the Vision Pro and Quest 3, are bulky and have limited battery life due to the high computational demands of XR applications and processing sensor data, like eye movements or 3D mapping of the physical environment.

In the future, with advancements in wireless connectivity (WiFi 7, 5G, etc.), the need for a high-powered processor in eyewear might become obsolete. These technologies could enable us to delegate heavy computation to server computers via the internet, streaming immersive experiences directly to our retinas with negligible latency. This shift could lead to a form factor like glasses or contact lenses, offering more comfort compared to headsets, making us almost unaware of wearing them. Looking ahead, launching XR applications could be as natural as pulling out our phones from our pockets and tapping on Instagram

A New Species

I should preface this by saying that I am not referring to Artificial General Intelligence, which pertains to AI beings that are conscious and capable of independent thought. Current AI operates on pre-programmed algorithms and data-driven learning, lacking consciousness or self-determination. Instead, my focus is on AI beings convincingly human in their interactions.

Considering ChatGPT4's capability to simulate human-like text interactions, adeptly adopting various personas like "an irate, critical teacher, or a nurturing, inquisitive therapist," and coupling it with the natural-sounding voice in ChatGPT Plus voice chats, it's clear we are approaching a future where

conversing with AI closely resembles interactions with humans.

Conversely, a synthesis of advancing AI capabilities and increasingly realistic avatars is emerging. Avatar here refers to a digitally created body using computer graphics for appearance and computer animation for gestures. Channel 1, a media company, plans to unveil a newsroom in 2024 featuring AI-generated news anchors delivering personalized content. In their teaser video released on X, the anchors' appearance, voice, gestures, and the content delivered are virtually indistinguishable from real news anchors. In the future, envisioning AI beings in the metaverse, taking on roles like teachers or clinicians, indistinguishable from humans, is not unrealistic.

Personal Assistants

Exploring personal productivity with the intersection of such AI species with XR, envision the summoning a lifelike Assistant by saying 'Hey [its name]' through your XR glasses. This holographic figure, akin to a hired human personal assistant, can handle tasks like email filtering, meeting minutes, and weekly planning, among countless others.

At the 2024 Consumer Electronics Show, a significant step towards such product emerged: the Rabbit R1. Featuring a Large Action Model AI, it adeptly navigates app interfaces, executing tasks like booking a Grab, sending emails, and researching travel itineraries on your device.

Applying this concept to future metaverse navigation is feasible. An assistant could execute 'physical' tasks, like representing you in corporate meetings within the metaverse, articulating your points with fidelity. This is facilitated by a vast dataset collected from your metaverse speech, past meetings, and even calendar habits.

Silent Observers

Every interaction with AI beings, in the metaverse or our physical world, is both an asset and a potential vulnerability. Enhanced surveillance, inspired by Apple's iCloud photo scanning, could be applied in the AI domain. Surveillance algorithms may analyse user interactions with AI child avatars, reporting suspicious behaviours as a proactive measure against predatory actions. Justifying these privacy intrusions for the greater good raises debates on the societal threshold for conceding privacy in the name of collective security.

As we move toward this exhilarating future with AI beings in the metaverse, this is just one of many ethical dilemmas to face. Successfully navigating these challenges could transform our lives even more profoundly than the advent of the smartphone.

By Lee Wei Lun
Cambridge
GCE A-Level
January 2022
batch

The Scholar's Game: Conquering the Classroom and the Field

Since its inception in 2008, Sunway International Schools (SIS) possesses over a decade worth of proven track record of academic excellence with numerous students achieving exceptional results and distinguished awards.

The School also boasts a great deal of student athletes, attributable to their rich extra-curricular programmes consisting of an array of activities that complement students' academic developments and goals, successfully producing batch after batch of all-rounders.

One who has graced the world stage in rhythmic gymnastics and attained four medals – three of which are gold – at the prestigious Mallorca Dance Festival (MDF) in Calvia, Spain is Canadian International Matriculation Programme (CIMP) graduate, **Cherry Yeo Xiao Wei**.

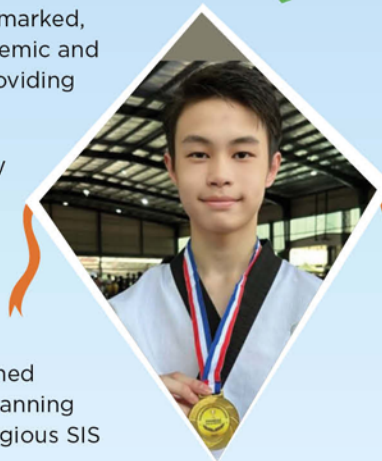
A former Sports Scholar from 2017 until 2021, the SIS alumna remarked, "The SIS sports scholarship has played a pivotal role in my academic and athletic journey. My teachers were so understanding as well, providing additional time for assignment submissions when needed."

Fellow sports scholarship recipient, **Dillon Choo** who is currently in Year 12 undergoing his CIMP, is recognised for his resounding accomplishments in taekwondo. The black belt holder has made it as far as competing in the Majlis Sukan Sekolah-sekolah Selangor (MSSS) Taekwondo Tournament 2023 and securing the eighth spot under the Boys Under-15 Poomsae category.

Accumulating a myriad of noteworthy accomplishments, he earned the distinguished Male Athlete of the Year title for the period spanning 2022 to 2023, along with achieving the highest tier of the prestigious SIS Student Letter Award as an all-rounder student.

Yet another outstanding sports scholar is fellow CIMP Year 12 student, **Liew Zi Hin** who represented Malaysia at the World Sport Stacking Association (WSSA) 2023 Asian Open Sport Stacking Championships held in Korea. Along with four other team members, they were labelled as the fastest country in the world under the 3-6-3 timed relay category with the fastest overall time of 12.9 seconds.

Speaking on the opportunity of being awarded the sports scholarship, Zi Hin credited it to the support of the School and his teachers. "My teachers have all been very supportive through gestures such as providing me with an extended deadline for submission assignments that I missed out on due to my training sessions that sometimes clash, ensuring that I do not fall behind," he shared.



INTERNATIONAL MOTHER EARTH DAY

Having an optimal distance from the Sun, a diverse atmosphere with the existence of liquid water, and a planet-wide magnetic field, Earth's unique combination of factors, including its active geology and diverse landscapes, makes it exceptionally habitable compared to other planets in our solar system.

EARTH

Mercury, the closest planet to the Sun, is a scorching world with extreme temperature variations between its searing day, bathed in lethal levels of radiation, and its frigid night due to the cold.

MERCURY

VENUS

As the hottest planet in the solar system, Venus boasts a thick atmosphere that shrouds its surface in perpetual clouds of sulfuric acid, resulting in extremely high density and pressure.

Jupiter, the largest planet in our solar system, is a giant ball of gas with no surface to land, hosting a mesmerising array of swirling clouds and massive storms.

JUPITER

MARS

Although Mars does have an atmosphere, it is extremely tenuous and lacks oxygen. The absence of a magnetic field, like that of Earth, means the surface is exposed to a fair amount of cosmic radiation, which is dangerous to human life.

Uranus has a hostile atmosphere with high-speed winds and extreme temperatures. The unusual tilt of the planet also leads to extreme seasonal variations, making it inhospitable for life.

URANUS

SATURN

Much like Jupiter, Saturn is a gas giant, devoid of a solid surface. Its temperatures are extremely cold, and the lack of a solid surface renders it unsuitable for life.

NEPTUNE

Being a giant gas ball like Jupiter and Saturn, Neptune has a turbulent atmosphere with fast winds and extreme weather conditions. It lacks a solid surface and is not conducive to life as we know it.

There is no Earth 2.0. Appreciating these conditions of Earth helps us understand the rarity and preciousness of our home in the vastness of the universe. Let's join hands to safeguard our planet and foster awareness in conjunction with International Mother Earth Day on 22 April.

The Dragon Hunters

A massive congratulations to the fiery winners who conquered 'The Dragon Hunt' in our Jan-Feb issue of Sunwayian.

Here are some of the lucky winners.



Felicia Then Ru Xin
BSc (Hons) in International Hospitality Management



Chew Hual Yan
BSc (Hons) in Psychology



Lee Swee Hong
Australian Matriculation



Maisara Hana
Australian Matriculation



Angelene Tan Pei Wen
Foundation In Science and Technology



Tan Zhen Ning
Cambridge GCE A-Level



Cheong Jia En
Certificate in Finance, Accounting and Business



Ong Sue Pei
Cambridge GCE A-Level

Wishing fellow Sunwayians a roaring good time in the Year of the Dragon. May 2024 bring you joy, prosperity, and exciting adventures within the Sunway community!

The correct number of dragons is **23**

MBTI

If you have not jumped on the MBTI (Myers-Briggs Type Indicator) bandwagon yet, it is an online personality test designed to assess and categorise personality preferences. Basically, it is about how you get your energy, take in information, make decisions, and pretty much deal with the world. There are 16 distinct personality types based on four pairs of opposing preferences via a four-letter combination:

Give it a whirl and see if this personality code can help add a little extra flavour to your university experience.

www.16personalities.com/free-personality-test

I Are you more of an outgoing party person (Extraverted) or someone who enjoys chill time alone (Introverted)?

S Do you prefer facts and details (Sensing) or like to think about big ideas (Intuition)?

E

N

When making decisions, are you more about logic and facts (Thinking) or do you go with your gut and consider feelings (Feeling)?

J

P

When dealing with the world, are you organised and planned (Judging) or go with the flow and keep things open (Perceiving)?

T

F



ISFJ: Being a supportive and caring Protector, you can gain satisfaction by helping those in need as a Sunway Student Volunteer.



ISTJ: Known as the Inspector, you are detail-oriented and thrive in structured environments. Consider integrating new ventures into your academic journey such as study groups, online courses or mentorship programmes.



INFJ: Possessing an insightful and determined attitude, the Advocates seek meaning in their interactions. The best outlet to channel your empathetic nature is by joining the Sunway Theatre Club, where you can let your creativity flow.



INTJ: Strategic and analytical thinkers, the Architects excel in long-term planning. They are logical and innovative problem solvers who can work independently. Explore societies such as Sunway Social Innovators Club and Sunway University Global Supply Chain Society, where major decisive decisions await you.



ISTP: True to the nature of a Craftsman, this bunch love hands-on activities and solving concrete problems. Activities like sustainability initiatives, social impact projects, and innovation and ideation workshops can satisfy your adventurous soul.



ISFP: The Composer's artistic and empathetic side makes them appreciate beauty and focus on personal values. Creative pursuits such as the Sunway University Ensemble are suitable avenues for self-expression.



INFP: Seeking to make a difference in our vast and rapidly evolving world, the Mediators maintain an idealistic and open mindset. Soaring high among the finest – all while being guided by their strong inner values – they will emerge A Class Above and land on our Avenue of Achievements.



INTJ: True to your name of being the Thinker, your curiosity makes you enjoy exploring theories and complex ideas. Being part of our Sunway iLabs community is the best way to stimulate that analytical mind.

ESFP: Spontaneous and fun-loving are the ingredients that make up an Entertainer like yourself. That sociable and outgoing personality is exactly what our Sunway Student Ambassadors look for.

ESTP: You are the ever bold and risk-taking Dynamo who is practical yet adaptable no matter the hurdles that come your way. Explore the various martial arts clubs that we have – it might just suit your action-oriented cup of tea.

ENFP: As the Campaigner, you are passionate about exploring possibilities. Consider joining clubs such as Sunway Model United Nations and Rotaract Club, which are perfect for the expressive you who seeks meaningful connections.

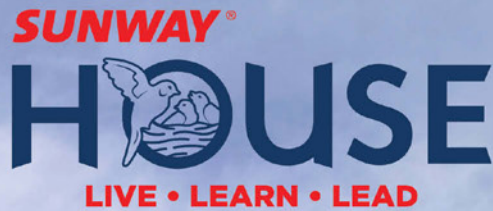
ENTP: Exploring new concepts and debating ideas are exactly what the Debaters dig. If you think you are quick-witted enough, put it to the test through the brainstorming scenarios that our Sunway Debate Club offers.

ESTJ: Your efficiency and organisation skills are what makes you the most responsible and dependable Executive. You value structure and order, which might be advantageous for you working in Sunway Project for Asian and International Relations.

ENFJ: Being a charismatic Protagonist, others view your selfless nature to be inspiring. Use your persuasive gift to offer care and passionately help those around you as a peer counselling volunteer.

ESFJ: The Consuls prioritise harmony and nurturing relationships. Their overflowing compassion coupled with their social butterfly character makes them superb members of Sunway Global Friends Community.

ENTJ: As a Commander, you are a natural leader who is goal-oriented and assertive. Visionary individuals with a strategic mindset like you are the best candidates to join our student councils.



STUDENT RESIDENCES

Your ultimate home away from home

Elevate your student living with comfort and convenience
at Sunway House Student Residences.

Discover a range of accommodation options and prices
tailored to meet all your needs.

Secure Your Room Today

- Prime Location
- Modern Amenities
- Vibrant Community
- Total Connectivity

