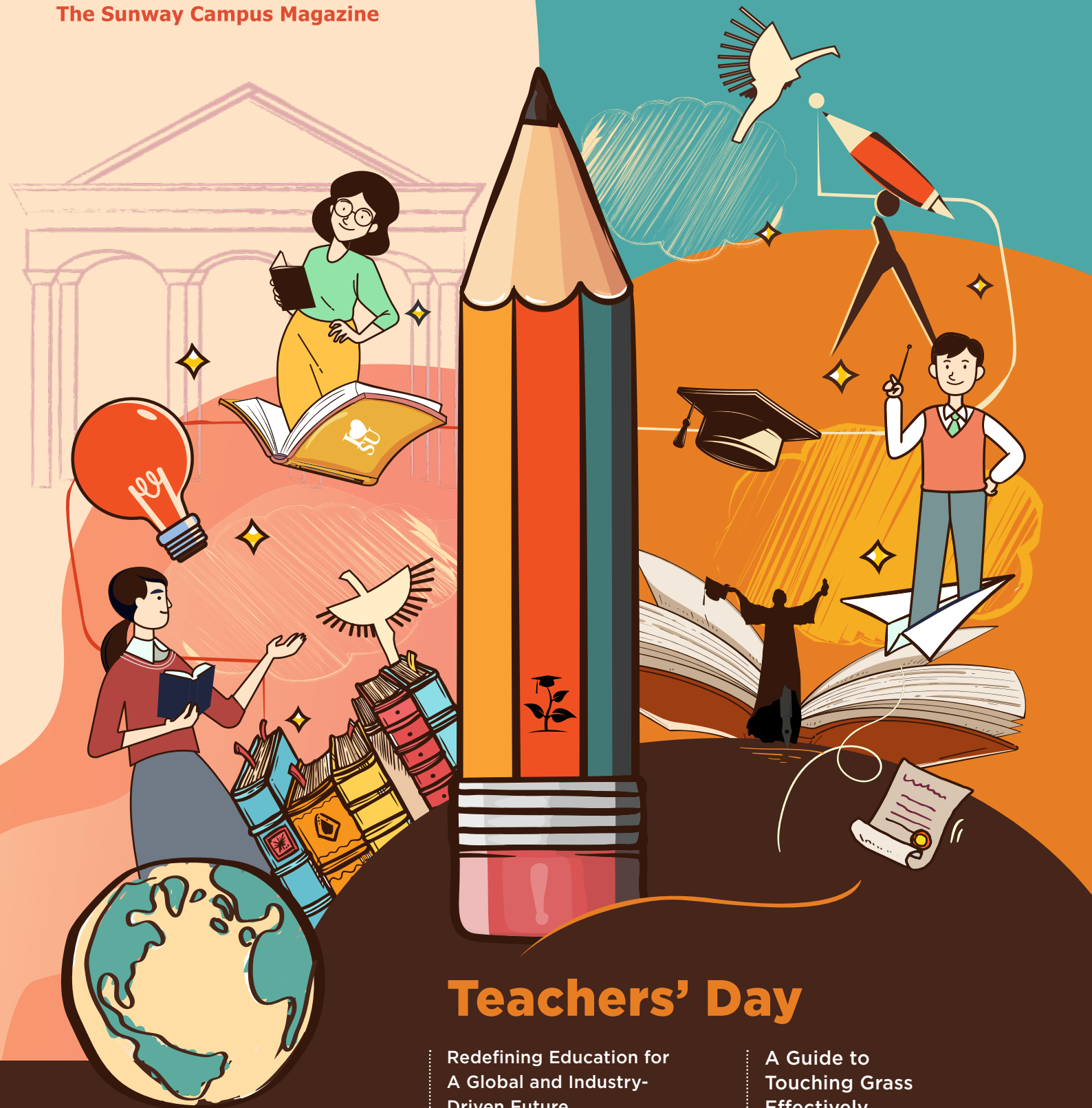


# SUNWAYIAN

Issue 15 | May-Jun 2025

The Sunway Campus Magazine



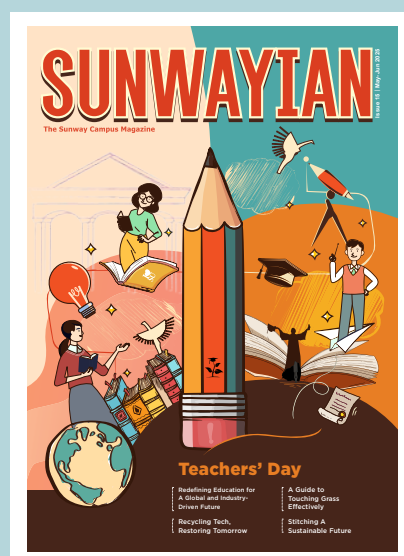
## Teachers' Day

Redefining Education for  
A Global and Industry-  
Driven Future

Recycling Tech,  
Restoring Tomorrow

A Guide to  
Touching Grass  
Effectively

Stitching A  
Sustainable Future



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Please recycle!

#### BE ONE OF OUR CONTRIBUTORS

Student contributors are  
**ALWAYS welcomed** 😊

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24 International Day of Potato

# Hello Sunwayians!

Good morning, class. Everyone, please sit down and welcome to the 15<sup>th</sup> issue of the Sunwayian Magazine. We began the year with a lot of positive energy and exciting events in the #MostHappeningCampus. Now, it is time to keep that momentum going.

In Lesson One, the cover story highlights a heartfelt and inspiring collection of appreciation messages from our Sunwayians to their beloved lecturers. Let us take this moment to express our gratitude and celebrate the incredible educators who make a difference in our lives here at Sunway.

Sunwayians, we need you to pay attention to Chapter 3 on page 8 because we are exploring the blueprint for changemakers. This chapter is key to understanding how Sunway University is bridging the gap between academic theory and real-world practice through its strategic pillars. As Professor Chai wisely said, "When you eventually do leave Sunway University, you ultimately leave as a leader."

Now, we are about to shift gears to a topic of real-world importance. As a #CampusWithAConscience, we strongly advocate for responsible disposal practices, especially when it comes to technology. In the segment, Recycling Tech, Restoring Tomorrow, we will examine the environmental impact of electronic waste and learn how Sunway Education is actively addressing this growing concern.

We will tackle one more chapter before we take a break. Flip to page 22, where Notes of A Dream showcases Tammy Lee Xin Ying's journey as a testament to how dedication and passion, when nurtured with proper support, can shape both talent and character. Her musical growth reflects the power of steady learning and heartfelt expression, which is something we can all learn from as driven Sunwayians.

Time to pause and refresh. Stretch, take a sip of water, and touch some grass. If you are unsure how to do that, our brilliant Echo Media members will be presenting A Guide to Touching Grass Effectively. Take a close look at the presentation, as it will provide valuable tips on engaging with reality and allowing real experiences to shape your perception.

We are in the final sprint of our lesson, as the last chapter wraps up with a valuable takeaway from the Sunway community's bubur lambuk distribution initiative. This effort reflects the values of empathy and togetherness that we strive to uphold, reminding us that education extends beyond the classroom and into acts of kindness.

That brings us to the end of our lesson for today, Sunwayians. Keep showing up with curiosity, compassion, and that signature Sunwayian spark. Until the next issue, class dismissed!

Go conquer the world (or at least your next assignment). Snacks are not mandatory for the next class, but highly encouraged. Psst... we have potato recipes on page 24.



# CAMPUS UPDATES

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

## Sunway University Partners with Sunway Multicare Pharmacy

Sunway University has collaborated with Sunway Multicare Pharmacy to launch the Sunway Biofunctional Molecules Discovery Centre - Sunway Multicare Pharmacy Innovation Hub. This partnership advances drug discovery, personalised medicine, and community healthcare, bridging academic research with real-world applications.



## Sunway University and Universitas Trilogi Forge Academic Partnership

Sunway University and Universitas Trilogi, Indonesia, has recently signed an MoU, marking the start of a promising collaboration. Discussions focused on student exchanges, research partnerships, and joint educational initiatives to expand academic opportunities for both institutions.



Sunway TES College Johor Bahru (JB) proudly signed a Memorandum of Understanding with the Institute of Singapore Chartered Accountants (ISCA), strengthening their collaboration in advancing professional accounting education. This partnership opens new doors for students, fostering excellence and creating global opportunities in the accounting industry.

## Sunway TES College JB Join Forces with ISCA



## Camaraderie Beyond Age

When Sunway International Schools (SIS) Iskandar Puteri's elementary teachers were away for training, some incredible student volunteers stepped in to guide and support their younger peers. It was a heartwarming display of collaboration, mentorship, and a strong sense of community.

## Sparking Interests, Shaping Futures

From sports and performing arts to academic clubs and leadership programmes, SIS KL campus students had the opportunity to explore over 60 co-curricular activities at the annual Secondary ECA Fair. Students were able to engage with club representatives and learn more about the diverse range of extracurricular options available.



## School of Education Launches the Doctor of Education Programme

Sunway University's School of Education introduces the Doctor of Education, a transformative programme for educators, policymakers, and professionals seeking to drive meaningful change and shape the future of education.



## A-Level ALSTARS Hosts Successful PR Workshop

Sunway A-Level students hosted a successful PR workshop, Build-A-Brand, featuring guest speaker Pudds (Chan Pui Ting), interactive games, and the 'Market Me' session. Attendees gained valuable insights into personal branding and learned effective strategies for selling their products.



## SDS Students Gain Insider Tips on Excelling in Internship

Sunway Diploma Studies' (SDS) Department of Communication hosted an engaging sharing session with an industry expert, bringing together 85 students preparing for their internships in May. The session equipped students with valuable knowledge and practical strategies to maximise their internship experience.



## Reflecting for A Greener Home

Cultivating an appreciation for our planet and subsequently protecting it by influencing actions for a greener future served as the inspiration behind Sustainability Week at SIS KL campus. The vibrant celebration of creativity, awareness, and action was brought to life through activities such as a poster competition, pot painting and a mural painting at the canteen as well as insightful talks before the week was wrapped up with a clothes swap.





# Teachers' Day

As we celebrate Teachers' Day on May 16 here in Malaysia, let us take a moment to honour the educators who have made a lasting impact on our lives.

This special collection of appreciation messages is a small but heartfelt tribute to the lecturers whose dedication and passion continue to guide and inspire Sunwayians.

Student Name:

**Reeve Le' Sachien Nagarajan**  
(Diploma in Entrepreneurship,  
Sunway College Ipoh)

Favourite Lecturer:

**Mr Hariaran R Vasuthevan**



*You are more than just a lecturer. You are a guide, a mentor and a true light throughout our academic journey.*



Student name:

**Kenneth Gan Jin Hao**  
(Foundation in Arts)

Favourite Lecturer:

**Ms Chloe Yong Wern Jin**

*Thank you so much for always being there for me, for being so friendly, for making FIA such a wonderful experience, and for giving me the courage to be more outgoing and live my college life to the fullest.*

Student name:

**Vallerie Abednego**  
(BA (Hons) in Design  
Communication)

Favourite lecturer:

**Mr Delas Santano**

*Thank you so much for your guidance and support. Your lessons have truly opened my eyes to the importance of visuals in design, and you've inspired me to continue exploring and pushing my ideas further.*



*Ms Grace Lien is always kind, smiley and positive. She really has this fun energy all the time, which makes a difference in how I feel when I'm in her class.*



Student name:

**Zainab Illi** (Cambridge A-Level)

Favourite lecturers:

**Ms Grace Lien, Ms Grace Tan**



*Ms Grace Tan is very thoughtful and honest with her feedback, always pushing me to think differently. Even when she is critical, she is very nice and motivating. She taught us confidence!*



*Mr Ashton has been my economics lecturer, and his teaching has inspired me to pursue a degree in applied economics. His effort and dedication to teaching have consistently motivated me to achieve the best results, and he has done the same for all his students, many of whom have attained outstanding marks.*

Student name:

**Arya Kuhan** (MUFY)

Favourite lecturers:

**Mr Ashton Quah Tzu Seng,  
Ms Joyce Daniel,  
Mr James Stephon,  
Ms Uma Devi K Sabanayagam**



*Before Semester 1, math had always been my weakest and most disliked subject, until Mr James came along and changed the way I saw it. His patient teaching, crystal-clear explanations, and continuous encouragement helped me go from low to high scores in Fundamental Mathematics. He didn't just teach equations, he also helped me build confidence.*

Student names:

**Phoebe Chong and  
Teng Yu Thong**  
(American Degree  
Transfer Program)

Favourite lecturer:

**Ms Cheah Pei Yi**



*Ms Pei Yi is our health and wellness lecturer. She's always encouraging us to learn new sports and gives us helpful daily wellness advice. She is an inspiration, with so much experience in the athletics field, and her presence is both refreshing and riveting. She's friendly and easy-going. Thank you, Ms. Pei Yi. Happy Teachers' Day!*



*With many years of teaching experience, Ms Uma, my Global Studies lecturer, has shown great love and dedication to me and all her students, treating us as if we were her own. She often shared her humour and wisdom while giving us life advice in class—something we will always remember her for.*

*My Semester 1 English lecturer, Ms Joyce, was always approachable and easygoing. As a fresh student just out of school and stepping into college life, her relaxed and supportive teaching style made the transition much less stressful. Even after she stopped being my lecturer in Semester 2, she remained supportive, always made us feel comfortable, and was genuinely enjoyable to talk to.*



## THANK YOU!

If a teacher or lecturer has made a difference in your life, don't forget to let them know. A simple "thank you" can go a long way. Who knows, it might just make their day.





Malaysia is stepping up its efforts to redesign higher education, focusing on bridging the gap between academic learning and real-world application. This new strategy is built upon four strategic pillars—personalised pathways, industry as a classroom, global excellence with local impact, and future-proofing through sustainability.

At the forefront of this transformation is Pro Vice-Chancellor Professor Chai Lay Ching of Sunway University. Through initiatives like Career Xcellerator and Career Flex Pathways, students embark on a structured journey from day one, combining traditional education with industry-driven learning, career-focused content, live projects, and hands-on experiences to shape their career paths.

The enhanced coaching model provides mentorship throughout students' studies. A success coach guides them from their first year, while an industry leader steps in during their final year, leveraging Sunway Group's network to unlock career opportunities.

Titled as Sunway Signature Collection, this portfolio of programmes integrates industry-driven learning across all disciplines. Students also participate in industry experiences to gain practical skills and real-world exposure before graduation.

As part of its global outlook, Sunway University maintains strong academic collaborations. Through its long-standing partnership with Lancaster University, students can gain a UK education experience locally or use it as a pathway to study in the UK. The University also partners with Harvard, MIT, Cambridge, Le Cordon Bleu, and Arizona State University, further expanding opportunities for global engagement.

"We have created a pathway for students to engage with the rest of the world, by bringing that world to them here on campus. This relationship extends to students crossing borders, and having lecturers come in. We have global online classrooms where students can learn and engage," says Professor Chai.

The University campus serves as a dynamic hub for innovation and collaboration, featuring AI-enabled labs, co-learning spaces, and over 100 student-led clubs and associations. This supports the final pillar of future-proofing through sustainability and innovation.

Students also engage with urban poor communities, applying their skills to address planetary health challenges such as climate change and overpopulation. These real-world experiences foster problem-solving skills and ethical leadership.

Professor Chai emphasises that while the journey may take unexpected turns, the outcome remains the same: "You come here to Sunway University to explore your life, to explore who you really are, and get to know and improve yourself, and are ultimately given the freedom to design your career path. When you eventually do leave Sunway University, you ultimately leave as a leader."



**Redefining Education for A Global and Industry-Driven Future**

The Sunway Signature Collection

### Sunway University Rises in QS Rankings Across 10 Subjects

Sunway University reached a milestone in the QS World University Rankings by Subject 2025, with Hospitality & Leisure Management ranked 51-100 globally. Arts & Humanities and Social Sciences & Management advanced to the 401-450 band. Additionally, four new subjects debuted in the rankings: Art & Design (201-260), Accounting & Finance (301-375), Economics & Econometrics (501-550), and Computer Science & Information Systems (751-850).



### Sunway University Press Books Among Malaysia's Best

Sunway University Press celebrates the recognition of three books among the "50 Best Malaysian Titles for International Rights 2023-2025" by the Ministry of Education's National Book Council of Malaysia. Congratulations to the authors of "Edible Waste: A Cookbook" (Chef Soon Pau Voon & Sunway University Young Chefs), "An Introduction to the History of Southeast Asian Architecture" (George T Gray), and "Higher Education in the ASEAN Region: Shaping the Future" (Glenda Crosling, Graeme Atherton & Siti Norbaya Azizan).



### Sunway TES Student Achieves No.1 Global Ranking

Sunway TES celebrated the outstanding achievement of Siti Sarah Ahmad Lutpi, who has been ranked No.1 in the world in the 2024 ACA examinations for ICAEW Professional Level Modules. Her exceptional performance has earned her the first place and the Plender Prize in the Annual International Subject Order of Merit.



### Six A-Level Students Bound for Oxbridge

Six A-Level students have made the nation proud by securing offers from the prestigious universities of Cambridge and Oxford. These straight-A achievers include Ho Zheng Ying, Lim Ho Hua, Tan Wee Henk, Amber Chong Wen Xuan, and Lim Hsien Loong, who received offers from Cambridge, while Ooi Jin Ming was offered a place at Oxford.

### A Goal-Den Strike with the Stick

Albert Ranasinghe from Sunway International Schools (SIS) KL campus absolutely crushed it at the MBPJ Mayor's Hockey Championship U17 together with his team, JM Hockey Academy as they stayed undefeated and ultimately took home the championship title.



### Deuced to Dominate

SIS Iskandar Puteri's Aleksander Mathev Sirin clinched the Under-10 title at the MILO Junior Open Tennis Championship where he served and smashed his way to victory, emerging as the champion among 18 players.





# RECYCLING TECH, RESTORING TOMORROW

E-waste is a growing global concern, and Malaysia is no exception. While the manufacturing industry significantly contributes to e-waste production, households in Malaysia also generate a substantial amount.

Improper disposal of e-waste, such as discarded computers, mobile phones, and other electronic devices, can lead to severe environmental degradation and health risks, as many of these devices contain harmful materials like lead, mercury, and cadmium, which can contaminate soil and water sources if not handled responsibly. Additionally, informal recycling methods, often carried out without proper safety measures, pose significant health hazards to workers and nearby communities.

The lack of widespread awareness and accessible recycling facilities further exacerbates the issue, leading to increased illegal dumping and environmental pollution. Addressing this challenge requires a collective effort from individuals, businesses, and policymakers to promote responsible e-waste disposal and encourage sustainable consumption practices.

## Sunway Education's Commitment to Responsible E-Waste Disposal

As part of its Campus With A Conscience initiative, Sunway Education recognises the pressing need for sustainable e-waste management and has been actively promoting responsible disposal practices among its staff and students. The institution has implemented an e-waste collection programme, ensuring that electronic waste from the Sunway community enters proper waste streams for material recovery.

The initiative empowers individuals by increasing awareness of the environmental impact of e-waste and encouraging responsible disposal habits. By simply separating e-waste from regular household waste and depositing it at designated drop-off locations on campus, students and staff contribute to a more sustainable future.



Since its inception in 2012, Sunway Education's e-waste initiative has successfully collected over 41,046 kg of e-waste. By instilling responsible e-waste management habits among students and staff, the initiative fosters a culture of environmental consciousness that extends beyond campus grounds.



## Towards A Greener Future

At the heart of this initiative is Sunway Education's vision of transforming its campus into a Green IT campus. By integrating sustainability into its operations and fostering eco-friendly practices, the institution sets an example for others to follow. Through collective action and ongoing awareness, Sunway Education continues to play a crucial role in shaping a more sustainable future for Malaysia and beyond.

By promoting responsible consumption and disposal habits, Sunway Education's e-waste initiative proves that small, consistent actions can lead to significant environmental benefits. As technology advances, so must our efforts to ensure that progress does not come at the cost of the planet. Through education, awareness, and action, a cleaner and greener future is within reach.





# A Guide to Touching Grass Effectively

Written by: Mario (Fel) & Sarah Tan • Edited by: Tisyha

*Echo*  
MEDIA

## Brain Rot and the Cost of Digital Overconsumption

Thank you, WikiHow, for always being around when times are dire—and times are indeed dire. The world has been complicated for every generation, but for the youth born into technology, further unprecedented complications continuously arise. The widespread use of the smartphone has only brought its users different forms of confusion.

In the past, people consumed news and entertainment through traditional media: newspapers, radio, and television. These forms, though not without bias, operated under editorial standards. Social media, by contrast, presents a constant stream of unfiltered content, with algorithms prioritising engagement over accuracy. As a result, misinformation spreads easily, and reality itself becomes unclear. The shift from old media to social media has left many struggling to discern fact from fiction.

Language evolves to reflect cultural shifts. In 2024, The Oxford Word of the Year, amassing over 37,000 votes, was “brain rot,” a term describing “the supposed deterioration of a person’s mental or intellectual state, especially viewed as the result of overconsumption of material (now particularly online content) considered to be trivial or unchallenging. Also: something characterised as likely to lead to such deterioration.” The effects are widespread: declining attention spans, mental fatigue, and a growing sense of detachment from reality.



## When the World was Stuck Online

The COVID-19 pandemic forced people indoors, making digital spaces more central than ever. For a moment in time, seated in cold, fog-laden pockets in between evergreen forests of dipterocarp and myrtle trees, the modest traveller’s destination that is Tanah Rata, a town within the Malaysian municipality of Cameron Highlands, slumbered all night and day, silent as a lichen. When the 2020 Malaysian Movement Control Order restrictions had relaxed around early May, the people of Tanah Rata had observed monkeys swinging in the mist from tree to tree, reclaiming the silence, thriving, just behind the schools and shop-lots.

Online, however, narratives took on a different shape. Stories of animals “reclaiming” urban spaces went viral, such as the widely shared claim that a group of elephants in China got drunk on wine. This, along with the idea that dolphins had returned to the canals of Venice, was later debunked by National Geographic, yet many continued to believe it, including several reputable news outlets. The rapid spread of misinformation revealed just how easily social media could shape perception, distorting reality to fit an engaging narrative.



## Escaping the Digital Fog

If social media clouds the mind, then it makes sense to replace it with clarity. Many of the things that keep people glued to their screens—news, conversations, hobbies—exist in better forms outside of social media. Seeking information from books or reputable sources, talking to people in real life, and engaging in hands-on activities help restore a sense of presence.

Chris Gabriel, in his YouTube channel MemeAnalysis, describes how even walking in nature is just like another “nature channel” experience. This speaks to the way social media has altered perception. To break free, one must engage with the world fully, observing without distraction, and resisting the urge to document every moment for online validation.



## Finding Community Beyond the Internet

Social media simulates connection, but often, it leaves users feeling lonelier. Real relationships form through shared experiences, not through likes and retweets. Building a community outside the internet, whether through local groups, clubs, or casual gatherings, fosters genuine belonging and reduces dependence on digital interactions.

Expression should not be limited to tweets and Instagram stories. These are simulations. Writing, painting and playing music are the ways to communicate feelings without the pressure of online approval. Unlike fleeting social media posts, creative expressions have lasting depth and personal meaning.

Social media conditions the brain for rapid, surface-level consumption. Long-form entertainment—books, films, in-depth articles—retrains the mind to engage with stories and ideas over extended periods. Reading and watching thoughtfully curated content offers not only knowledge but also the patience to understand it.



## Touching Grass, for Real

The antidote to digital confusion is simple: step outside, engage with reality and let real experiences shape perception. Social media will always be there, but it does not have to be the main lens through which life is experienced. To truly “touch grass” is to reclaim clarity, presence, and meaning; then, maybe, one will be able to see the real, thriving in a world that often feels lost in the fog of the internet.





## The Golden Throw

Some people run with purpose. Ng Jing Xuan throws with it. At just 21 years old, the national javelin athlete from Miri, Sarawak is turning heads for more than just her powerful throws.

Born into a sports-loving family, Jing Xuan was drawn to athletics from an early age. With a footballer father and a mother who played volleyball and ping pong, she explored various sports such as squash, basketball and more, before discovering her true passion in track and field.

"I was very active as a child," she laughs. "Always jumping and running around. Sports gave me a place to put all that energy."

By the age of nine, she was already competing in shot put, and not long after, she made the switch to javelin, a decision that proved to be a game-changer.

Fast forward to August 2024, Jing Xuan etched her name into Malaysian athletics history by shattering a 16-year-old SUKMA Games record with a remarkable throw of 45.12 meters. The previous record, 44.98 meters, had remained unchallenged since 2008.

She did not stop there. She placed fourth at the 2023 SEA Games in Cambodia, and secured silver at the 2024 University Games in Thailand with a 42.61-meter throw.



But perhaps her most impressive achievement is her ability to juggle these sporting milestones while maintaining academic excellence. Balancing national team training with studies was no easy feat. At one point, she even considered stepping back from athletics altogether. However, when she received an offer to join the national team under the Pelapis Programme, and later a scholarship from Sunway College, she knew she had to give both dreams a fair shot.

"Choosing Sunway's Foundation Programme was the best decision," she says. "The environment was really supportive. The lecturers understood my schedule, and they gave me the flexibility I needed."



With guidance from the Sunway Foundation Programme team, especially Ms. Sharenee and Ms. Suzana, Jing Xuan managed to thrive both academically and athletically. In fact, she graduated with a 3.9 CGPA.

With her sights set on breaking the 50-meter barrier in javelin—something no Malaysian woman has done yet—Jing Xuan knows the road ahead will be tough, but she is more motivated than ever. Her goals are clear: the SEA Games, the World University Games in Germany, and ultimately, the 2032 Olympics in Brisbane.

Ng Jing Xuan's journey is more than just about trophies or grades. It is a powerful reminder that with grit, guidance, and a little help from the right support system, young Malaysians can go far, even all the way from Miri to international podiums.

The Sunway Foundation Programme prides itself on nurturing students like Jing Xuan—individuals who are not only academically driven but also world-ready. As she continues to chase her goals, one thing is clear: her story is only just beginning.

## SUNWAY STARS

For this issue of Sunway Stars, we are going to spotlight Bianca Lim Shyin Yii, a former national rhythmic gymnast and proud alumna of Sunway International Schools (SIS) and Sunway College. Her journey, shaped by passion, resilience, now continues at King's College London, where she shines ever brighter.



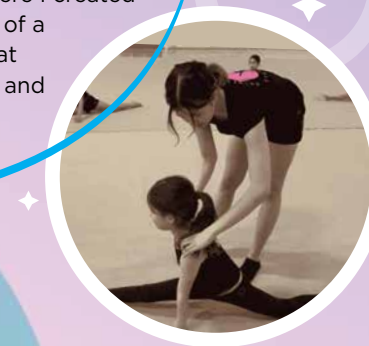
**You were a national rhythmic gymnast all while you were still a high school student. How did you manage both so successfully?**

It came down to the right mix of discipline, resilience, and passion, with demanding training six days a week. Though my student-athlete journey was short, it taught me to balance academics, gymnastics, and leadership as Student Council President. SIS played a huge role in supporting me through their Sports Scholarship and academic flexibility. My teachers understood my training and competition schedule, offering flexibility with deadlines and assessments. I'm also grateful to Mr. Owen and Mr. Kondro, the then-principal, for granting me a Leave Early Pass for training. Without their understanding, I wouldn't have made the Honor Roll while excelling as a leader of the school.



**What made you choose SIS, and how did the programme suit your needs as a student-athlete?**

SIS was the only school offering a pure Canadian syllabus, which helped me transition smoothly into the Canadian International Matriculation Programme at Sunway College. The Ontario Secondary School Diploma suited me with its focus on continuous assessment over final exams, promoting consistent learning. I especially enjoyed the hands-on Course Culminating Task (CCT), which felt like university-style learning. One of my most memorable CCT projects was for Grade 10 History, where I created a 10-page diary from the perspective of a nurse during the 1918 Spanish Flu. That project deepened my love for history and inspired me to pursue it at university.



**What are some of the key memories or experiences throughout your time at SIS beyond the classroom?**

Serving as President of the Student Council was a highlight as it sharpened my leadership and teamwork skills and became a masterclass in time management. Balancing leadership, academics, and athletics wasn't easy, but with the support of my peers and our advisor, Mr. Terrance Tam, I pulled through. Receiving the 2020 Leadership Award was a meaningful recognition of that journey.

Beyond that, SIS felt like a second home thanks to teachers who genuinely cared. I'm especially grateful to Ms Sharon, Mdm Talbot, Mr Sauro, Mr Brush, Mr Adam, and Mdm Chantelle for their presence and patience.

**Did SIS play a role in your transition to university life?**

Absolutely. SIS gave me a strong foundation both academically and in adapting to new environments. The open, collaborative learning culture helped me engage with diverse perspectives and connect with people from all walks of life. Academically, SIS' focus on critical thinking, research, and independent learning instilled the confidence I needed to navigate the rigorous coursework at King's College London. Honestly, the only thing SIS didn't prepare me for was the heartbreak of London weather 🌧️

**Looking back on your journey, what are you most grateful for?**

Without a doubt, my parents. Their support, encouragement, and sacrifices shaped who I am today. SIS holds the fondest memories—friends, teachers, staff, and the sense of home it gave me. I'm also grateful to my coaches, Ms Carolyn Au Young, Ms Jeannie Yeo, Ms Eriko, and Ms Low, for believing in me and pushing me. And to my friends from SIS: Justin, Risa, Chiao, Merissa, Vaness, Chaeun, Cherie, Garyeong, Hyunah, Emelyn, Wen, Zoe, Max, Ian, Pierre, Kai Jun, and Tyler.



# SUNWAY INTERNATIONAL STUDENTS

My name is Kim Dae Yeol, and I am from Seoul, South Korea. I am currently studying chemical engineering at Sunway University.

I chose Sunway University because it offers an enriching environment where I can improve my English proficiency. After completing the Canadian International Matriculation Programme (CIMP) at Sunway College, I explored various universities, and a friend highlighted Sunway's diverse scholarship opportunities. Beyond financial support, I was drawn to Sunway's international setting, which allows me to enhance my skills, refine my English communication, and engage with students from different cultural backgrounds.

**Kim Dae Yeol**



I chose to study at Sunway to pursue my dream of living abroad and becoming fluent in English. Since English is not widely spoken in Korea, being in Sunway's English-speaking environment would help me improve my skills. Another factor was the convenience of the campus, with Sunway Pyramid, banks, and great restaurants all close by.

Sunway College and Sunway University have been instrumental in bringing me closer to my goals. The teachers and lecturers at Sunway are supportive, approachable, and dedicated. Their guidance has boosted my confidence and assured me I am on the right path to achieving my goals.

Living in Malaysia as an international student has been an amazing experience. The kindness and hospitality of the people here have left a lasting impression on me. Malaysians are always willing to help others, and I have personally experienced their generosity. Additionally, Malaysia's diverse food culture is something I truly enjoy. Some of my favourites include nasi lemak, curry mee, and roti canai.

Moreover, Malaysia is home to many beautiful destinations worth visiting. Langkawi offers breathtaking beaches and scenery, Penang is known for its incredible food and historical sites, and Ipoh has great food and stunning cave temples. I make it a point to travel around Malaysia whenever my semester ends, allowing me to immerse myself in a calm and relaxing environment.

After graduating from Sunway University, I hope to work in the oil and gas industry in Malaysia or Singapore. This sector plays a vital role in society, and I would feel a sense of fulfilment knowing that my work contributes to something essential.

For other international students, my advice is to step out of your comfort zone and connect with people from different backgrounds. I have noticed that many international students, including myself in the past, tend to stick to friends from their own country. However, building friendships with people from diverse cultures offers valuable perspectives, inspiration, and advice. Join clubs, make friends from different countries, and experience new cultures—these experiences will stay with you for life 🥰



My name is Shasenem Mammetyarova, I am 21 years old, and I come from Turkmenistan. Currently, I am pursuing a Diploma in Communication at Sunway College.

My decision to study here was not made alone. My mother played a significant role in shaping this path for me. Initially, she had plans to send me to Europe, but after weighing the options, we realised that Malaysia, and Sunway College in particular, had so much to offer. The affordability, the vibrant multicultural atmosphere, and the rising reputation of Sunway University made it the perfect choice.

**Shasenem Mammetyarova**



Arriving in Malaysia was both exciting and nerve-wracking. Instead of jumping straight into my diploma with International English Language Testing System (IELTS), I chose a two-month English programme at Sunway College, and it was the best decision I made.

I met international friends, bonded with supportive teachers, and even got to host the graduation ceremony for my English programme.

Studying abroad changed me in ways I never expected. Back home, I spoke only Russian and was surrounded by people of the same culture. Here, I had to adapt to new ways of communicating and living. Malaysian English took some getting used to, and the food and humid climate were challenges at first—but now, I love the cuisine and have grown to enjoy the weather.

I am still figuring out my future. My goals are not set in stone because life is unpredictable, and I believe in keeping my options open. I do know that I want to work abroad or perhaps pursue a master's degree, possibly in Malaysia or another neighboring country. Time will tell where my path leads me.



If I could offer advice to other international students, it would be this: be flexible. Adapting to a new country is not always easy, and I have seen some students struggle to the point where they decide to leave. However, I believe that giving up is the biggest mistake you can make. The key to thriving in a new environment is to be open-minded and willing to learn. Talk to people, ask questions, and embrace the experience fully. Malaysia has a warm and welcoming culture, and if you give it a chance, it can become a second home, just as it has for me.

Looking back, I sometimes wonder how different things would have been if I had researched Malaysia more before arriving. Perhaps my first months would have been easier. But then again, maybe the beauty of this journey lies in the unexpected discoveries and the personal growth that comes with them. And for that, I am truly grateful.





# A JOURNEY OF SCIENCE AND LEADERSHIP

Sunway has long been a nurturing ground for bright minds, shaping individuals who go on to make meaningful contributions to society. One such distinguished alumnus is Ooi Ghee Chien, a leading figure in the field of medical biotechnology and currently serving at CryoCord. With a career spanning over two decades, he has played a pivotal role in advancing cell and gene therapy, ensuring the highest standards in research, compliance, and development.

All these stemmed from solid foundation, and to that, Ooi credits his academic journey at Sunway as the cornerstone of his professional success. "Studying at Sunway provided me with a solid grounding in science and a deep appreciation for scientific research. The emphasis on ethics and integrity has profoundly influenced my approach to compliance and development in medical biotechnology," he shares.

Ts. Ooi Ghee Chien,  
Sunway Cambridge  
A-Levels (2002)

Ooi's experience at Sunway was a period of personal growth and inspiration. "The learning environment encouraged curiosity and critical thinking, and the lecturers were not only knowledgeable but also genuinely passionate about teaching. Practical lab sessions sharpened my technical abilities and prepared me for real-world applications in biotechnology."

Beyond the classroom, campus life offered countless opportunities to develop soft skills. "Through various campus activities and sports, I built strong interpersonal and leadership capabilities - qualities that continue to support me in managing laboratory operations today."

Sunway instilled in him a leadership philosophy based on continuous improvement, adaptability, and mentorship. This generosity came from the philosophy and value of giving back that Sunway instills in both students and alumni. Not only does Ooi impart wisdom and experience to the next generation, but he is also a generous donor towards the Jeffrey Cheah Foundation, ensuring that deserving students from underprivileged background are able to obtain quality education.



Ooi joined CryoCord when the field of cell and gene therapy was still in its infancy. CryoCord is a medical biotechnology company specialising in the cutting edge of cell and gene therapy, particularly in regenerative medicine. As a pioneer in this field, CryoCord not only provides stem cell storage, but is also heavily involved in research and development of human cell and gene therapeutics.



"At that time, the technology and regulatory landscape were rapidly evolving. My role required the development of robust quality control systems to ensure the integrity of our products," he explains. Starting out as a biotechnologist, he rose through the ranks to become Head of Laboratory and Development, a position he held for 17 years.

One of the most complex projects Ooi has led involved upgrading CryoCord's facilities to meet evolving international standards without disrupting ongoing operations. Staying competitive in such a dynamic industry demands constant learning. Ooi remains deeply engaged in scientific research, international conferences, and professional networks.

"CryoCord continues to reshape the future of regenerative medicine, and I'm honoured to contribute to that journey through integrity, excellence, and innovation. My accomplishments are built upon the strong educational foundation from Sunway, and the collaborative spirit within CryoCord and our partners. Together, we strive to improve lives through cutting-edge, safe, and effective therapies."

Ooi's journey from Sunway to leading advancements at CryoCord exemplifies the power of education and purposeful leadership. "To current students: embrace every learning opportunity, seek guidance, and stay flexible in your journey. Sunway offers a launchpad for a fulfilling career and one day, you too can make a significant impact."

As Ooi Ghee Chien continues to push the boundaries of science and innovation, his story stands as an enduring source of inspiration for the Sunway Alumni community and beyond.



## Nourishing Communities Through Acts of Kindness



As part of Sunway University's ongoing Campus With A Conscience initiative, the School of Hospitality and Tourism Management recently led a meaningful effort to prepare and distribute 500 servings of bubur lambuk to various communities. This initiative reflects Sunway University's commitment to fostering goodwill and strengthening community ties through acts of service.

Supporting the effort was Y.B. Puan Michelle Ng Mei Sze, ADUN of Subang Jaya, who highlighted the importance of community-driven initiatives in building a more connected and compassionate society. The rice, generously sponsored by Jasmine Food Corporation Sdn Bhd, enabled Sunway University to extend its reach to several communities, including Masjid Al-Irsyad, Surau Al-Muhajirin, Surau Shafiee, Angsana, Meranti, Goodyear Court 2, and Surau Al-Hijrah.

Professor Dato' Elizabeth Lee, Chief Executive Officer of Sunway Education Group, expressed her gratitude for the opportunity to contribute to the community. "We are honoured to be able to share this meaningful tradition with our surrounding communities and hope that this small act of kindness brings joy and warmth to those receiving it."

This initiative underscores Sunway University's dedication to social responsibility and community outreach. Through collaborative efforts like this, the University continues to bridge the gap between education and civic engagement, demonstrating that even small acts of kindness can create a lasting impact.

## Myanmar Earthquake Emergency Appeal

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UNICEF Malaysia



Music has been a constant in Tammy Lee Xin Ying's life for as long as she can remember. For Tammy, music is more than just a passion, it is a form of expression and a way to connect with others on a deeper level, where words sometimes fall short.

Her musical journey has been shaped by numerous performances, competitions, and learning experiences. She has taken part in concerts, festivals, and competitions, each one teaching her something new. Some of her proudest achievements include winning first prize and earning the highest overall score at the Malaysia International Youth Music Competition 2025 at Dewan Philharmonic Petronas, as well as at The Taipei International Piano Competition. These victories were not just about the awards; they were a reminder that dedication and persistence pay off.

Performing in different settings has also played a huge role in her development. Whether she was on stage at the Woodking Theatre, at a school recital, or in a competition, each experience contributed to her growth as a musician. Performing in front of an audience, no matter the size, has helped her build confidence and refine her skills.

## Notes of A Dream

Tammy has been under the guidance of Professor Panovska at the Sunway Conservatoire of Music. Her time there has been instrumental in helping her develop better technique, improve her musical interpretation, and expand her repertoire. The structured and supportive environment at the conservatoire has allowed her to approach music with greater discipline and artistry, strengthening her identity as a musician.

A crucial part of her journey has been the unwavering support of her family. Her parents have always encouraged her to follow her passion while maintaining a balance with her studies. Her family is her biggest source of motivation to push her limits and strive for excellence.

Looking ahead, Tammy is eager to take on new challenges and opportunities in music. One of her biggest goals for 2025 is to compete in the Steinway Piano Competition, with hopes of reaching the final round in Germany. She is also excited to explore different aspects of music beyond performance, such as composition, and even learning a new instrument like the saxophone. For Tammy, music is an ongoing journey—one she is excited to continue with passion and purpose.



## Stitching A Sustainable Future

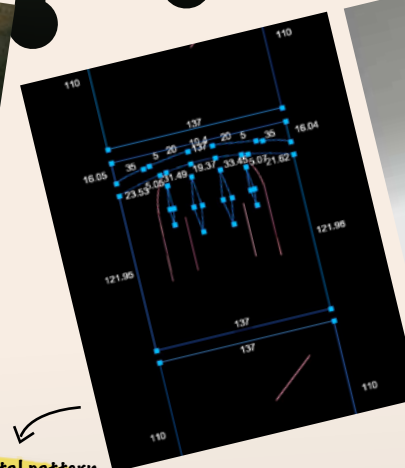
The fashion industry is shifting gears, driven by a growing call for sustainability and the need to mitigate its environmental impact. Traditional mass production and synthetic fabrics generate 92 million tons of textile waste yearly, with materials like polyester and nylon shedding microplastics into waterways. As fashion is both a form of self-expression and a tool for shaping identity, it is imperative to embrace responsible practices that champion zero waste and support the Sustainable Development Goals (SDGs).

The Zero-waste and One-seam dress project is designed to bring this vision to life, empowering students to adopt sustainable design practices and cultivating a new generation of designers who are deeply committed to environmental responsibility. Built on the 3Rs of sustainability—Reuse, Rethink, and Repurpose—the project reimagines the very process of garment creation.

Zero-waste fashion eliminates fabric waste by maximising material use. Unlike traditional methods that leave excess fabric, zero-waste draping shapes a single piece of fabric directly on a dress form, minimising cutting and ensuring full utilisation in the final garment.

Beyond its environmental advantages, zero-waste draping sparks creativity among designers. Working with the fabric's texture, drape and form, designers are encouraged to think innovatively and experiment with novel construction techniques. Each fold, pleat and tuck becomes an integral design element, fostering a deeper connection between the designer and the material, while ensuring no fabric goes unused.

One-seam Dress project by Sunway College Fashion Design Technology Studies student, Medine



Written by:  
Vincent Leong Jia Hou,  
Head of Programme,  
Diploma in Fashion Design  
Technology (FDTS) at  
Sunway College

The one-seam dress takes sustainability a step further by employing a single, continuous seam to construct the garment. This minimalist approach eliminates the need for multiple panels, zippers, or other fastenings, reducing both fabric waste and labour costs.

Additionally, Browzwear VStitcher, a cutting-edge 3D fashion software, enables a fully digital sampling process that can reduce fabric waste by up to 80%. Sunway College's Fashion Design Technology Studies is currently the only institution to incorporate this advanced software into its curriculum. This technology not only minimises material waste but also enhances efficiency by enabling real-time adjustments and instant visualisation of design changes.

Incorporating sustainable fabrics like organic cotton and recycled materials ensures garments are both eco-friendly and durable. These materials enhance sustainability while offering versatility, making them adaptable to different body types and wearable across seasons.

Local sourcing is key to reducing transportation-related carbon footprints and supporting regional economies. The use of locally sourced Batik fabric in the one-seam dress project blends traditional textile techniques with modern design, creating meaningful opportunities for local artisans.

Educational institutions play a vital role in shaping future designers by integrating digital technologies, sustainable materials, and problem-solving skills. Fashion's true evolution lies in purposeful design, where every stitch respects both the planet and its heritage.



# International Day of Potato: Spud-tacular Recipes for Students

Potatoes are a student's best friend. Versatile, filling, and budget friendly. As we celebrate International Day of Potato 🥔 on May 30, why not try spicing up your meal prep with these 5 easy-to-make potato dishes from around the world? Whether you are in your dorm or at home, these recipes are simple, quick, and sure to satisfy.



## Spanish Patatas Bravas

### Ingredients:

2 large potatoes (cubed)  
2 tbsp olive oil  
1 tsp paprika  
½ tsp salt  
¼ cup mayo + 1 tbsp hot sauce (for bravas sauce)

### Instructions:

1. Toss the cubed potatoes with olive oil, paprika, and salt.
2. Bake at 200°C (400°F) for 25-30 minutes or air-fry until crispy.
3. Mix mayo and hot sauce for a quick bravas sauce.
4. Drizzle over the potatoes and enjoy.



## Japanese Potato Croquettes

### Ingredients:

2 potatoes (boiled & mashed)  
½ onion (chopped)  
1 egg  
½ cup flour  
½ cup breadcrumbs  
Oil for frying

### Instructions:

1. Sauté onions, then mix with mashed potatoes.
2. Shape them into small patties.
3. Coat in flour, dip in beaten egg, then cover with breadcrumbs.
4. Fry until golden brown.
5. Serve with ketchup or tonkatsu sauce.



## Korean Glazed Potatoes

### Ingredients:

2 potatoes (cubed)  
1 tbsp soy sauce  
1 tbsp honey or sugar  
1 tbsp sesame oil  
1 clove garlic (minced)  
Sesame seeds for garnish

### Instructions:

1. Sauté potatoes in a pan with sesame oil until golden brown.
2. Add soy sauce, honey, and garlic, then cook until the sauce thickens.
3. Sprinkle with sesame seeds and serve as a side dish or snack.



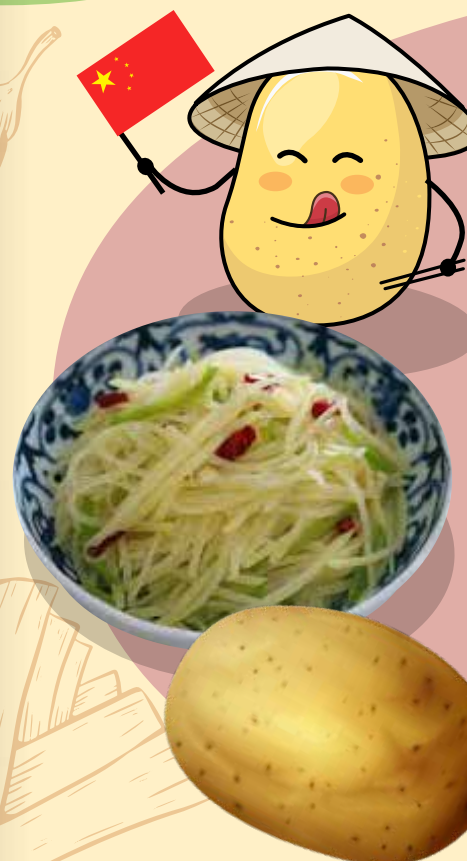
## Chinese Potato Stir Fry

### Ingredients:

1 tablespoon cooking oil  
2 medium-sized potatoes  
3 dried chillies (deseeded)  
½ teaspoon Sichuan peppercorns  
2 fresh chillies (sliced)  
3 cloves garlic (sliced)  
1 teaspoon black rice vinegar  
¼ teaspoon salt

### Instructions:

1. Peel the potato and cut it into julienne strips
2. Rinse the potato strips to remove excess starch.
3. Heat up a wok on a high heat, pour in the oil, then add dried chillies and Sichuan peppercorn.
4. Put fresh chillies, garlic and potato strips into the wok. Stir fry constantly until the potato is cooked.
5. Add black rice vinegar and salt, give everything a quick stir then dish out.



## British Jacket Potato

### Ingredients:

1 large potato  
1 tbsp butter  
¼ cup grated cheese  
Salt & pepper to taste

### Instructions:

1. Pierce the potato with a fork and bake at 200°C for 1 hour (or microwave for 8-10 minutes).
2. Cut open the potato, fluff the inside with a fork, and mix with butter.
3. Top with cheese, salt, and pepper.
4. Optional: Add baked beans, sour cream, or tuna as toppings.



# A Word in Progress

By Hani Hazman, Managing Editor, Sunway University Press



"I was old once," Mr Zain pronounced without a hint of irony.

He was scrawling corrections in red on my English essay. I blinked in confusion—at what he had just said and why he had crossed out the final "e" in my misspelling of "penguin".

Isn't "penguin" a female penguin? Was I wrong? I quietly wondered to myself.

"I was set in my ways, thinking I knew everything," he continued without glancing at me, still scribbling on my paper.

"Then I realised life is all about discovering, learning—no matter the struggle. I feel younger every day, ever since!"



His words came to me now as I stood before the class. The piece of paper with my chicken scratch handwriting trembled in my grasp. I felt all eyes on me, waiting for me to say the wrong thing or mispronounce something that would make me the butt of their jokes for the rest of the week.

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Mrs Lee cleared her throat, signalling me to begin reading my short composition.

"Somebody believed in me once," I began. "I was not confidence—"

Some students in the back row of the class snickered.

"...not con-fi-dent," Mrs Lee corrected in a flat tone, emphasising each syllable. "Adjective. Continue."

I sighed.

Mr Zain came to work on a beat-up bicycle with a pink motorcycle helmet, a sight that drew much ridicule from my classmates. I felt a sense of relief that at last there was somebody else they could mock.

In our first English lesson with him, I noticed his strong Malay accent, unlike our other teachers at school. Somehow, his cadence felt familiar, safe—as if it was OK not to be perfect.

I nodded at Mrs Lee and took a deep breath.

"I was not confident and found silence more truthful than words."

A classmate who had been resting her head against her palm out of boredom straightened up.

I kept going.

Mr Zain caught me listening to music on a Walkman at the back of the school. I was meant to be in class, so I had expected a reprimand, a shameful walk to the Headmaster's office.

Instead, he crouched beside me and asked what I was listening to. I shrugged in response, reluctant to reveal too much of myself.

"Let's play a little game," he said with glee. "Write down the lyrics of an English song you like. Show them to me after my class tomorrow. Boleh?"

Out of curiosity more than anything, I did as he had asked. He went through the spelling of each word with me and encouraged me to read the lyrics aloud without the melody. Somehow, the English words and pronunciations came more easily to me that way.

"Words, like lyrics, can mean different things to different people. That's the power—words belong to you," he said.

The exercise became our little ritual following his English class.



The hum of Mrs Lee's class faded gently into silence, still with attention.

"But words got strength," I read loudly from my paper, errors and all. All I knew was that I meant every word I wrote.

"Because words make us feel and give us a voice. A friend made me realise that."

Mr Zain left a month ago. I only knew this when Mrs Lee stepped into the classroom instead of him. She had returned from her break—somebody had said it was because of a "baby". I wasn't quite sure what that meant.

I was only sure that my English rituals with Mr Zain had come to an unceremonious end.

I continued to read my composition aloud, each line inspiring greater confidence in me. I knew Mr Zain would be proud.

When I finished reading, I was met with scattered applause from my classmates.

"Far from perfect, but good," Mrs Lee declared after a pause.

I gave her a tight smile and returned to my seat, feeling one foot taller. Somehow, being good was good enough.

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