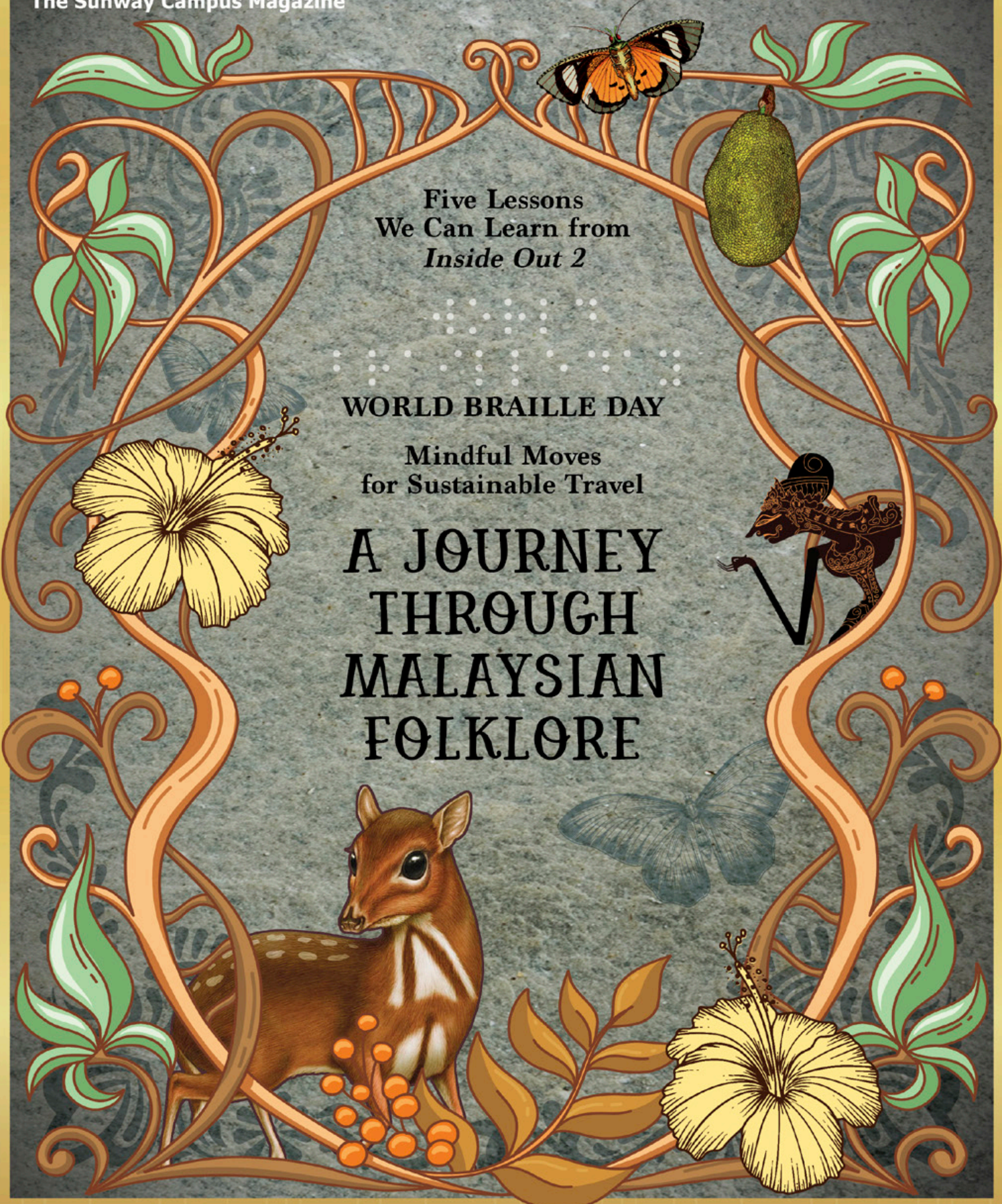


SUNWAYIAN

The Sunway Campus Magazine

Issue 13 | Jan-Feb 2025



Five Lessons
We Can Learn from
Inside Out 2

WORLD BRAILLE DAY

Mindful Moves
for Sustainable Travel

A JOURNEY
THROUGH
MALAYSIAN
FOLKLORE



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Please recycle!

BE ONE OF OUR CONTRIBUTORS

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ALWAYS welcomed 😊

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**A new year whispers.
dear Sunwayians we begin.**

**The thirteenth issue opens.
with dreams held within.**

**In the shadows.
our hopes ignite.**

**Bound by ambition.
we claim the night.**

Welcome back and gather round close. The #MostHappeningCampus has been buzzing with greetings and farewells, and within these pages, you will find hidden tales waiting for you.

Before you step in, prepare your heart with an open mind. For the #CampusWithAConscience thrives on kindness and inclusion. Listen closely, as only those with a gracious spirit, pure and true, will be blessed with the gift of luck in the year to come.

Within these pages, you will uncover countless lessons, each more wondrous than the last. Venture into the mysterious Malaysian folktales, where the history and culture of the land weave together in a dance as old as time. Our story highlight is but the first, a whisper in the wind, for many more tales await, crafted for and by our cherished Sunwayians.

And just as those ancient fables are born of wisdom and effort, so too is the pride of Sunway University. Once more, we stand crowned as the #1 private university in all of ASEAN, as declared by the AppliedHE Private University Ranking 2025. But heed this, dear ones, such greatness is not born of chance. It is the toil and dedication of the Sunway community that has brought us here.

In this spirit, we honour those who shape time with their strength and innovation. In this issue, we celebrate the women of STEM, whose discoveries light the path to the future. We also raise our glasses to Goh Zhi Xuan from A-Level and Ang Yi En from AUSMAT, whose courage has broken barriers, going far beyond the ordinary.

As the old year fades, we step into a world of adventure and change. A challenge awaits at the 2025 Resolutions Bingo, guiding you into the glow of the New Year's fireworks. Embark on a journey through the intricate twists and turns of the Snake in the Maze, where every step brings you closer to discovering the elusive snake hidden within its depths.

Do not fret if you remain unchanged, for there is magic in stillness. Just as the roots of an ancient oak endure through the storms, so has your unwavering support carried the Sunwayian Magazine far. And sometimes, the greatest adventures lie not in change, but in the peace that comes with the shifting winds of time.

Dearest Sunwayians, we long to hear the whispers of your voices and carry them far and wide through the tales of this magazine.

So, what are you waiting for? Be brave, and let your stories flow like rivers where mighty sunbears take a dip. The vibrant campus stands ready, eager to listen to the tales you have yet to unfold.



CAMPUS UPDATES

Jeffrey Cheah Foundation Awards RM754 Million in Scholarships

Sunway University is proud to share that the Jeffrey Cheah Foundation (JCF) awarded RM75 million in scholarships at the 2024 Scholarships and Awards Ceremony. To date, JCF has disbursed over RM745 million in scholarships, empowering deserving students across Malaysia.



Welcoming Mapua University Students to Sunway University

The School of American Education warmly hosted final-year students from Mapua University, Philippines, for a campus visit. They explored Sunway University's dynamic culture, world-class education system, and state-of-the-art facilities, fostering meaningful connections and enriching experiences.



Sunway TES College JB Collaborates with Prestigious Accounting Firms

Sunway TES College Johor Bahru (JB) collaborates with several prestigious accounting firms, including EY, KPMG, PwC, BDO, Grant Thornton, Baker Tilly, and the Institute of Singapore Chartered Accountants, to establish corporate suites within the Sunway TES College JB campus.



Learning Beyond the Classroom

Sunway International Schools (SIS) Johor's Grade 5 students had an unforgettable camp in Penyabong, participating in team-building activities like fire-making, kayaking, island-hopping, snorkelling and cozying up by the camp fire.



Learning Science Can Be Fun

Colourful bubbles filled the concourse and field as primary and middle school students witnessed awesome air cannon experiment with smoke rings projecting across the entire hall. High school students participated in an egg drop experiment as well as putting their paper airplane designs to the ultimate test during the much-anticipated Science Week at SIS KL.



Sunway University Partners with DBS Global University

Sunway Business School and Doon Business School (DBS) Global University have partnered to promote global academic collaboration. The partnership will enhance opportunities for student and staff mobility, support joint research initiatives, and foster transformative learning experiences.



Sunway Diploma Studies hosts the ICAS 2024 Symposium

The ICAS 2024 Symposium, hosted by Sunway Diploma Studies focused on "Fusion in Education: Integrating Pedagogy with Industry Acumen". The event featured keynote speaker Datuk Seri Idris Jala and industry experts discussing topics like technology, leadership, and emotional intelligence in education.



VU @ Sunway's Develop a Financial Plan Competition 2024

Victoria University at Sunway College hosted the "Develop A Financial Plan Competition 2024" in collaboration with the Financial Planning Association of Malaysia for the second year. Six elite finalists presented their financial plans, impressing judges with their analytical skills, strategic insight, and innovative recommendations.



Spoken Words Among Youths

The 10th edition of the Sunway National Poetry Slam (SNaPS) has concluded successfully as the 2024 Grand Finale saw talented students from 31 schools nationwide battle it out under the theme of "The Language of Our Journey". A job well done to all participants on an incredible achievement.



A Journey Through Malaysian Folklore

Dear Sunwayians, gather near and hear,
Tales to guide you through the year.
With cunning minds and hearts so bold,
In ancient fables wisdom's told.

As we step into the days ahead,
Let these stories show where we are led.
Through ambition's fire and fate's design,
May their lessons be yours and also mine.



Mahsuri

Mahsuri, the beautiful daughter of a Phuket Malay family, married the warrior Wan Darus and lived in Langkawi. When her husband went to war, Mahsuri befriended a traveler named Deramang. The jealous village chief's wife, Wan Mahora, spread rumors of an affair, leading the villagers to accuse Mahsuri of adultery. Despite her pleas of innocence, Mahsuri was sentenced to death.

When stabbed with her family's keris, white blood flowed, proving her innocence. Before dying, she cursed Langkawi with seven generations of bad luck. Soon after, the Siamese armada raided the kingdom, and the villagers burned their fields to prevent them from falling into enemy hands. Mahsuri's family later returned to Siam.



Dang Anum

The legend of the tomb is recorded in Tuhfat al-Nafis and dates back to 1699 during the reign of Sultan Mahmud Shah II. Pirates were attacking southern Johor, and Laksamana Bentan, who was of Bintanese origin, was sent to stop them and had to leave his pregnant wife Dang Anum behind. While pregnant, Dang Anum developed a craving for jackfruit. A sympathetic village head provided her with a piece of jackfruit that was originally intended for the Sultan.

The Sultan was enraged when he found out about this. A jealous palace officer saw this as an opportunity to conspire against Laksamana and convinced the Sultan that it was an act of disrespect. Dang Anum pleaded for mercy, explaining the fruit was for her unborn child, but the Sultan was overcome by wrath and demanded proof. In a cruel act, her belly was cut open to reveal the unborn child.

When Laksamana Bentan returned and learned of his wife's unjust death, he was consumed with grief and sought vengeance. Sultan Mahmud Shah II was fatally stabbed by the Laksamana, and it is said that with his dying breath, he cursed that all Bintanese people would die if they ever set foot in Kota Tinggi.



According to legend, there was a beautiful princess named Puteri Gunung Ledang who lived in the high mountains of Gunung Ledang. The Sultan, captivated by her beauty, wanted to marry her, but she set seven impossible conditions to test his love. These included a golden walkway from the mountain to Malacca, a silver walkway for her return, seven barrels of tears, barrels of betel nut juice for bathing, trays of mosquito and germ hearts, and a bowl of the Sultan's son's blood with gold. The princess knew the conditions were impossible, particularly the last one, which would require the Sultan to sacrifice his only son.

Some versions suggest the Sultan failed to fulfill any conditions, while others say he met the first six, leading to the Malacca Sultanate's downfall, but failed the final request. Legends claim the golden and silver walkways either remain overtaken by nature or can only be seen in the spirit world.



Si Janggang

Si Talang and Si Deruma, poor fishermen, had a son named Si Janggang, who dreamed of becoming wealthy and famous. One day, he saw a ship docked near his home and joined the crew, promising to return once successful. Si Janggang worked hard, earning the captain's respect and was eventually adopted. When the captain fell ill, Si Janggang took over as the new master and became rich and famous.

His success reached the Sultan, who married his daughter to Si Janggang. The couple sailed around the country, and one day, their ship docked near Si Janggang's village. His parents, proud of his success, came to see him. However, Si Janggang was ashamed of his humble origins and drove them away.

Heartbroken, his mother prayed for God to reveal that she was his mother. A storm suddenly struck, and Si Janggang realised his mistake too late. He begged for forgiveness, but it was in vain. The ship was destroyed in the storm, Si Janggang, his wife, and the crew were turned to stones as a punishment for his ingratitude.



Sang Kancil dan Buaya



The tales of Sang Kancil are a collection of traditional fables featuring a smart mouse-deer. Despite being small and weak, Sang Kancil uses his wit to outsmart stronger opponents.

One day, Sang Kancil wants to cross a river but faces a group of hungry crocodiles. He cleverly tells them they can eat him only if they line up. The crocodiles agree, and as they form a row, Sang Kancil hops from one to another, quickly reaching the other side, leaving the angry crocodiles behind.

In another version, Sang Kancil convinces the crocodiles that the king is hosting a party and needs them to line up so he can count their family members. While they are lined up, Sang Kancil hops across their backs, slyly reaching the other shore.



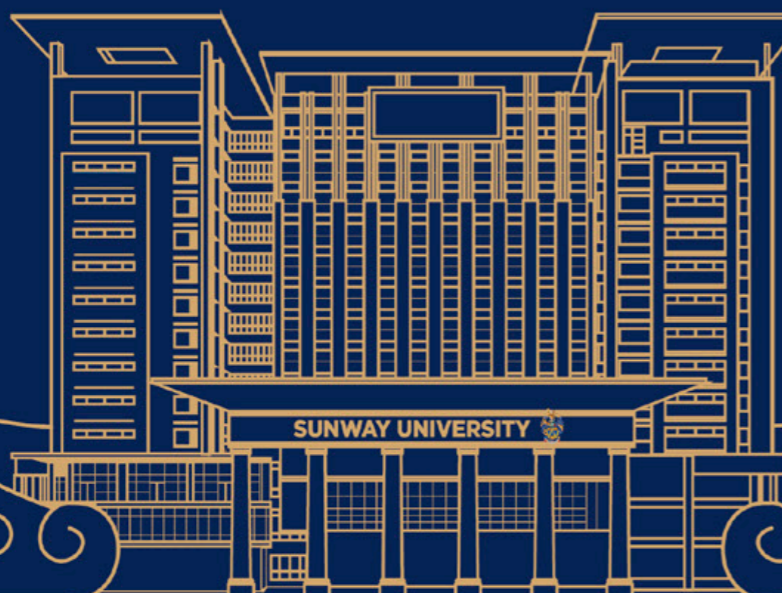
Sunway University Ranked Number One Private University in ASEAN

Sunway University is once again proud to be recognised as the number one private university in ASEAN in the AppliedHE Private University Ranking ASEAN 2025. This achievement underscores Sunway University's unwavering commitment to excellence in quality education and research, establishing its leadership in higher education within the ASEAN region.

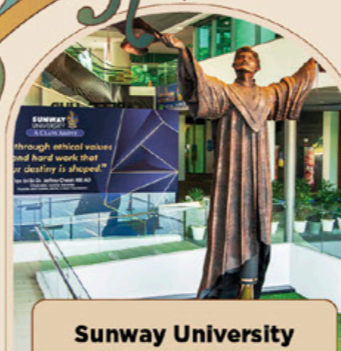
The AppliedHE University Rankings focus on key parameters that drive student success and societal contribution, including teaching and learning quality, employability, research impact, and community engagement. Sunway University's outstanding performance across these dimensions reflects its dedication to preparing students for meaningful roles in society and in the global workforce.

The rankings were unveiled during the inaugural AppliedHE Xchange: Recognising Excellence, Diversity, and Impact, held from 17-19 November 2024. This international event — the first of its kind in Malaysia — gathered academic professionals, thought leaders, and industry experts to discuss the role of higher education in shaping an inclusive, diverse, and impactful global landscape. The event marked a significant milestone, reinforcing Malaysia's growing prominence as a global education hub. This event, like the Planetary Health Annual Meeting (PHAM) 2024 and the Times Higher Education (THE) Asia Universities Summit 2024, was also hosted at Sunway University campus.

Professor Sibrandes Poppema, President of Sunway University, commented: "Being ranked as ASEAN's leading private university by AppliedHE is an honour and reflects the commitment of our staff to quality education and research. We are inspired to continue our mission to nurture future leaders who are well-prepared to make positive contributions in their communities and beyond."



AVENUE OF ACHIEVEMENTS



Sunway University Rises in QS Asia Rankings 2025

Sunway University has achieved a significant milestone by placing among the top 100 universities in Asia in the 2025 QS Asia Rankings. Building on this momentum, Sunway University is poised to strengthen its position among Asia's leading institutions in the coming years.

Tan Rou Xin, an Olympian swimmer and ADTP-Arts student from the School of American Education, has made history as the first Malaysian swimmer in 35 years to win a medal at a short-course World Cup event. She clinched bronze in the 400m individual medley with a time of 4:55.27, just 0.79 seconds off her national record.



Sunway Student Makes Waves with Historic Medal Win for Malaysia



Sunway College A-Level has consistently achieved the highest number of Outstanding Cambridge Learner Awards (OCLA) every year since 2014. At the November 2024 OCLA ceremony, 21 students were honoured with an impressive total of 22 A and AS Level distinctions, including awards for Top in Malaysia, Top in the World, and High Achievement.



A Decade of A-Level Dominance

Team Denim 04 from Monash University Foundation Year (MUFY), comprising Cheryl Lee Ka Xuan, Justine Woo Ho Yii, Stefan Olasiman Cicovic, and Tan Sze Yann, secured first runner-up at the Monash Business Discovery Day, earning an impressive RM2,000 for their outstanding performance.



MUFY Students Clinch First Runner-Up at Monash Business Discovery Day



Top Archer of the New Generation

Balancing her studies and training with pure dedication, Alicia Yeo Hui En from Sunway International Schools (SIS) Johor has shown that hard work and perseverance really do pay off, securing gold at the Batu Pahat Heritage City 30m International Archery Competition.

Kyoka from SIS Johor achieved a remarkable feat by clinching first place in the U18 girls' 6km Cross Country, 800m, and 1500m events at the MSSJ Championships in Johor.



Triple Triumph at MSSJ Championships



#CampusWithAConscience Miniseries:

Did you know?

Every minute, 1 million plastic bottles are purchased worldwide, and Malaysia consumes 9 billion plastics annually. Yet, only 9% of global plastic waste is recycled.

Ideally, 1 person needs 8 glasses of water a day, equivalent to 4 plastic bottles (500ml each). Imagine 2,000 people drinking bottled water—that will be 8,000 bottles in a single day.

Where do the rest of those bottles go? Most end up in landfills, rivers, or oceans, harming ecosystems and wildlife. So, what now?

In 2018, Sunway Facilities Services department took matters into their own hands by launching #TheLastStraw campaign that introduced the installation of five water refill stations across campus to eliminate the need for single-use plastic water bottles. Simultaneously, this campaign saw the discontinuation of selling of water in single-use plastic bottles on campus.

Water Refill Stations



With daily maintenance to ensure cleanliness and hygiene, these stations use advanced filtration systems, with carbon filters replaced every two weeks, ensuring clean and safe drinking water for all.

Converting Water Consumption to 500ml Bottles

Water usage at the water station is measured in cubic meters (m³) using the formula:

$$\text{Number of 500ml Bottles} = \frac{\text{Water Consumption in Cubic Meters} \times 10000}{0.5}$$

Where:

- 1 cubic meter (m³) = 1000 liters
- 500ml = 0.5 liters

There is also UV lighting feature in the filtration system that is changed annually to ensure proper disinfection. Additionally, a water meter is installed to track monthly consumption with its data being used for ESG (Environmental, Social, and Governance) reporting purposes.



Initiatives like this may seem like small steps, but they have a significant impact, showing how a community can unite to tackle plastic waste. Every refill, every straw avoided, and every reusable item used plays a part in creating a cleaner and greener future, bringing us closer to our sustainability goals.

Five Lessons We Can Learn from INSIDE OUT 2



Written by: Reeya & Zhi Lin
 Edited by: Tisyha

1

We need both the good and the bad



At the start, Joy presents a contraption to push memories aside, believing only the positive ones will help Riley build a strong sense of self with affirmations like "I'm brave" and "I'm a good person".

But when all of Riley's memories resurface, they create a more complex self-image. Joy realises Riley needs both positive and negative experiences to grow, as emotions and memories are too complex to label as simply "good" or "bad."

Research indicates that embracing "emodiversity"—a mix of positive and negative emotions—leads to better mental health. This shift helps Riley repair friendships, rediscover her love for hockey, and embrace happiness. Instead of suppressing feelings, practise self-awareness and allow yourself to experience them fully.

Recap of Inside Out (2015)

Pixar's *Inside Out* was an instant hit when it was released in 2015. It follows the story of 11-year-old Riley as she navigates life after moving to San Francisco, guided by her emotions—Joy, Sadness, Disgust, Fear, and Anger—living in her mind's headquarters. Joy initially sidelines Sadness, fearing she only causes pain, but ultimately realises Riley needs all her emotions to thrive. In the end, Sadness helps Riley reconnect with her parents and heal emotionally.

A Summary of Inside Out 2

As Riley's puberty approaches, Joy, Sadness, Anger, Disgust, and Fear are joined by Anxiety, Embarrassment, Envy and Ennui in the headquarters, where chaos ensues.

Disclaimer: The content in this article has spoilers for the movie *Inside Out 2*.

2

Anxiety and its baggage

Anxiety arrives with frizzy orange hair, frantic energy, and multiple bags, symbolising the psychological burden it brings. Her first question to Joy, "Where can I put my stuff?" reflects how anxiety often imposes weighty emotional baggage on us.

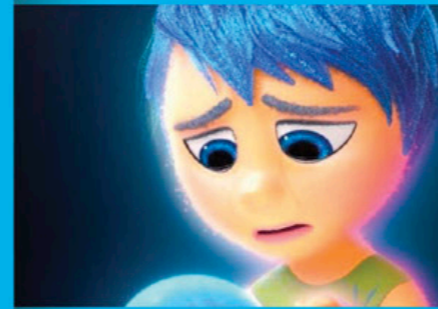
When Anxiety takes over the headquarters, Riley becomes consumed by worries about the future and unable to enjoy the present. This loss of "Joy," both figuratively and literally (when Joy is removed from headquarters), pushes Riley to act out of character, like breaking into the coach's office. Anxiety even distorts Imaginary Land into a realm of fear, ultimately leading to Riley's panic attack



In the climax, Anxiety apologises, realising she caused harm despite trying to protect Riley. This reflects how a normal level of anxiety can keep us safe, but too much can overwhelm us. In the closing scenes, Anxiety has a 'special chair' for when she feels anxious. This allows her to relax and think clearly about what the best course of action is. As students, we too can get overwhelmed by stress, but like Joy advises, we should only focus on what we can control.

3

The realisation of growing older



When all seems lost, Joy tearfully reflects, "Maybe this is what happens when you grow up, you feel less joy."

As we age, life becomes harder, and we move from childhood's carefree innocence to adulthood's responsibilities. Anxiety's act of bottling up emotions symbolises how we often suppress feelings to control how we are perceived.

Viewers also note that as Family Island shrinks and Friendship Island grows, it symbolises Riley's shift from relying on family to forming a 'found family' as she matures.

As a sequel to a successful movie, *Inside Out 2* faces tougher criticism. The plot is engaging, with high stakes that make audiences sympathise with Riley. However, the new emotions—Anxiety, Envy, Ennui, and Embarrassment—feel underdeveloped compared to the original established characters.

Anxiety dominates the plot, taking control after Riley bottles up her core emotions, leaving the others sidelined. While this focus makes sense, it limits the development of the other new emotions. Envy, Ennui, and Embarrassment have interesting designs but are mostly reduced to supporting roles in Anxiety's plan. Embarrassment has the most screen time by helping Sadness, but their actions could easily be replaced by other characters.

4

Control your emotions

This film reminds us that letting our emotions control us can have disastrous results. It can be hard to manage stress, but letting anxiety control our actions takes us out of the present moment. The key to overcoming this is finding balance—navigating challenges, nurturing positive relationships, and finding healthy outlets for stress, all while cultivating a strong sense of self. Have a balanced diet. Take a break. Learn and grow from your experiences.

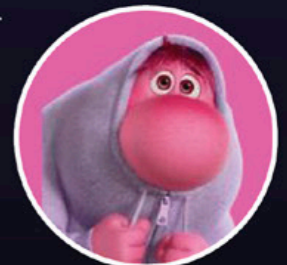


5

Protect Joy

When Anxiety suddenly makes an appearance, Joy is quick to push the others behind her. This serves as a reminder that Joy always tries to shield us from unpleasant feelings.

But who will protect Joy? At one point, Joy loses it and lashes out at the other emotions for their arguments. Note that it is Anger that offers consolation to Joy. This shows that anger, often seen as negative, can protect our joy by reminding us we deserve better. Sometimes, it is okay to be angry—stand up for yourself when wronged. Just remember, like any emotion, moderation is key.



In conclusion, despite appearing to be a children's film, *Inside Out 2* imparts valuable life lessons that are applicable to all audiences. All our emotions contribute to our mental well-being and help us become well-balanced individuals. Let your emotions guide you, but do not let them overwhelm you. Take time to pause, breathe, and appreciate every part of yourself.

WORLD BRAILLE DAY

Breaking Barriers for the Visually Impaired



Inspired by a military communication code known as "night writing," Braille developed this tactile writing system to empower visually impaired individuals by enabling them to read and write independently. The Braille system consists of six raised dots arranged in a rectangular cell, allowing for the representation of letters, numbers, punctuation, and even complex symbols like those used in music notation and mathematics. It has been adapted for use in many languages worldwide, demonstrating its universal value while accommodating cultural and linguistic diversity.

World Braille Day, celebrated annually on January 4, honours the legacy of Louis Braille, the Frenchman who invented the Braille system in 1824. This day highlights the importance of accessibility and inclusivity for visually impaired individuals worldwide, emphasising their rights to education, employment, and independence.

Despite advancements in technology and societal awareness, visually impaired individuals continue to face significant challenges. These include accessing information in inaccessible formats, navigating environments without adequate tactile or auditory cues, and overcoming social misconceptions about their abilities.

Our fellow Sunway AUSMAT student, Ang Yi En, opened up about her experience as a student with visual impairment. "I have retinoblastoma, which affects my right eye. While my academic life is largely similar to that of others, I avoid using electronic devices due to the glare, which easily tires my eyes. Instead, I prefer taking notes on paper and using highlighters to help me read."

Creating an inclusive environment requires collective effort, encompassing thoughtful integration of Braille into everyday items such as currency, elevator buttons, and product packaging. Additionally, harnessing assistive technologies like Braille displays and notetakers plays a crucial role in bridging accessibility gaps in the digital age.

When asked about potential improvements to make the environment more accessible, Yi En responded, "I am really happy with the environment I am in, though there is always room for improvement. What I think is most important right now is raising more awareness about visual impairment, as not many are aware of this issue. Educating the public about it will help make a significant difference."

By understanding these challenges directly from visually impaired individuals, we can take meaningful steps toward a more inclusive society where everyone thrives.



SUNWAY STARS



Welcome back to Sunway Stars 🌟

Let us delve into the inspiring story of Goh Zhi Xuan, a national squash player from Melaka, who is set to pursue Chemical Engineering at Stanford University in 2025.

A true Sunway Star, Zhi Xuan is destined to light up the world with her stellar talent, determination, and academic brilliance. She achieved an impressive 3As in Chemistry, Physics, and Mathematics for her A-Levels, reflecting her dedication both on and off the court.

We heard you were offered a confirmed place at Stanford University with a scholarship for the September 2025 intake. How do you feel about it?

ZX: Seeing the offer letter was a relief, as it represented the culmination of my efforts. I invested time and energy into crafting my personal statement and securing strong recommendations. I'm grateful my hard work paid off, as Stanford has always been my dream school.

How did you get started in squash, and what led to you becoming a national squash junior player?

ZX: I tried a few other sports when I was young. I was introduced to squash when I participated in a fitness test organised by the Squash Association. At the age of 14, I was selected for the national team after qualifying for the finals of several international junior tournaments.

Why did you choose to pursue A-Levels here at Sunway College while being a national squash junior player? A-Levels are known to be academically demanding. Was it difficult to manage both training and the tough syllabus?



ZX: I've always wanted to challenge myself, so I decided to pursue A-Levels, though I was unsure which school to attend. After visiting a few open days, I was drawn to Sunway College's study environment, especially the library. I was also offered a full scholarship with my desired subjects.

Balancing academics and sports was not easy. I would train early in the morning before my 8am lectures, often carrying my squash gear to class so I could head straight to training afterward. To stay on top of my studies, I made it a habit to revise using past-year papers at night. It was tough, but the discipline and time management I developed were invaluable.



Have you ever felt moments of wanting to give up? What helped you push through, and do you have any advice for fellow Sunwayians on perseverance?

ZX: There are moments when we feel burned out or on the verge of giving up. However, I would take a few minutes to rest before starting my next task, often listening to TED Talks for motivation. For those struggling now, remember that all your hard work is for your future. Every effort you make will be worthwhile when you achieve your goals. Trust the process, and you'll get there.

Is there anyone significant you would like to thank for their support throughout your academic journey?

ZX: First, I want to thank my parents for their endless support, both mentally and physically. They've always been there when I felt demotivated or frustrated. I also want to thank my lecturers and coaches. I appreciate the lecturers who made time for consultations after my tournaments, and my

coach for adjusting his schedule and offering valuable life advice. A big thank you to my friends who never left me behind in class, always helping me catch up. I'm also grateful to everyone I've met, as each of you taught me something valuable.



What are your plans after this?

ZX: I'm currently focusing on improving my squash skills and learning new skills, such as guitar and Korean, before starting university next September, where I plan to major in Chemical Engineering at Stanford University.

Sunway International Student Stories

Devindi Thathsara Edirisinghe

Vallerie Abednego

I am Devindi Thathsara Edirisinghe, an international student from Sri Lanka. I am currently studying Bachelor of Biomedicine degree at Sunway University.

My interest in Biomedicine began early on. I have always been fascinated by how the human body works and wanted to be part of a field where I could make a difference. Biomedicine seems like the perfect choice because it opens up so many opportunities to improve healthcare and quality of life.

My journey with Sunway started even before university, as I did my A-Levels at Sunway College. Transitioning to Sunway University felt like the right decision. It has a strong reputation in Biomedicine, and the campus offers a vibrant and supportive environment that is perfect for learning and building new skills. On top of that, its location makes it easy for me to travel back home when needed, which brings a sense of comfort knowing my family is just a flight away.

My time here has been an exciting mix of academics, campus activities, and new experiences. The guidance I have received from my lecturers and department has been invaluable. They have not only supported me academically but also encouraged me to explore new opportunities and push myself further.

SRI LANKA



Alongside my studies, I have been actively involved in extracurriculars and have had the chance to take on leadership roles as an EXCO member in a few clubs and societies. These activities have helped me connect with others and grow both personally and professionally.

Living in Malaysia as an international student has been a wonderful experience. At first, I was nervous about moving to a new country, but the friends I made here have made all the difference. They took me to see the sights in Kuala Lumpur, shared their hometown traditions, and introduced me to Malaysian food and culture. The campus facilities and accommodation are convenient and make day-to-day life much easier, which has allowed me to focus on enjoying my time here and learning as much as I can.

After finishing my studies, I hope to continue learning by pursuing a postgraduate degree in healthcare. I dream of working in a healthcare organisation or research institute where I can contribute to solving some of the challenges the world faces in healthcare today.

For other international students thinking about studying here, my advice would be to dive in with an open mind. Moving to a new country can be scary, but it is also an incredible chance to learn and grow. Sunway University is a great place to build your future and create memories that will stay with you for a lifetime.



My name is Vallerie Abednego, and I am from Jakarta, Indonesia. I previously completed the Foundation in Arts programme at Sunway College and am currently in my second semester pursuing Bachelor of Arts in Design Communication.

I chose Sunway University because it offers a wide range of programmes tailored to modern industries and career opportunities. The added advantage of obtaining dual certification from Lancaster University made it an even more appealing choice, as it would enhance my qualifications and open doors to greater career prospects. What truly stood out to me, however, was the campus itself. Unlike other university campuses I had visited in Malaysia, Sunway campus is exceptionally well-maintained and equipped with state-of-the-art facilities. The vibrant atmosphere instantly made me feel inspired and excited to begin my academic journey here.

My love for arts inspired me to pursue a degree in design communication. Since young, I have always loved drawing silly little characters and watching animated movies. This passion evolved into a desire to create meaningful work and share it with the world. I believe this course provides the perfect opportunity for me to turn that dream into reality.

INDONESIA

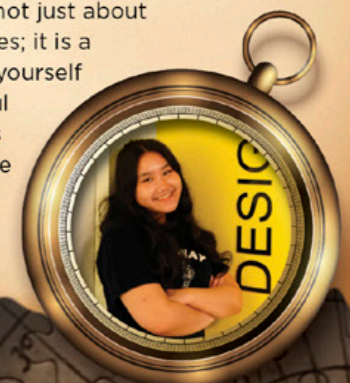


Studying at Sunway University has been an incredibly enriching experience. The quality of education is truly outstanding, with lecturers who are not only knowledgeable but also genuinely supportive and encouraging. Their guidance has consistently motivated me to push beyond my limits and strive for excellence. Beyond the classroom, my involvement in various student organisations, such as the Sunway Foundation Programme's Student Council and the Sunway Music Production Club, where I served as the Head of Graphic Design, has been equally rewarding. These opportunities have allowed me to develop valuable skills, gain fresh perspectives, and connect with a diverse community of talented and inspiring individuals.

Living in Malaysia as an international student has been an exciting adventure. While life here is not too different from Indonesia, the people make all the difference. I have met so many interesting and welcoming individuals from around the globe, and I am grateful to call them my friends.

After completing my studies, I aspire to work alongside fellow creatives, either in the film industry or a video game company. My ultimate goal is to be part of the entertainment industry, creating works that make the impossible possible.

To other international students, my advice is to step out of your comfort zone. Take this rare opportunity to explore new places, try new things, and push your boundaries. Studying abroad is not just about achieving high grades; it is a chance to immerse yourself in different, beautiful cultures. Sometimes all you need is a little push—trust me, it is worth it 😊



Sunway Education Group is renowned for delivering world-class education, producing alumni who excel across various fields. From Pre-University programmes to Sunway University degrees, the institution has set a benchmark for academic excellence. Beyond academics, Sunway fosters a culture of giving, creating opportunities and transforming dreams into reality, with alumni often giving back to ensure others benefit as they did.

In 2023, Sunway launched the "Name A Chair" initiative to honour generous alumni and staff donors. Donors contributing RM3,000 or more annually are recognised with a personalised name plaque on a chair in the prestigious JC 1 Auditorium at Sunway University.

Additionally, donations to the Jeffrey Cheah Foundation (JCF) enable students from underprivileged backgrounds to access higher education, transforming lives and breaking barriers.

The alumni donors have their own stories and motivations for contributing to the Community Scholars. **Jagadesan's** journey as a JCF Community Scholar himself, to becoming the founder of MyHealerDoc is a testament to the transformative power of education. At Sunway, he thrived in a programme that balanced academic rigour with practical experience, exemplified by his final-year project developing a Hotel Management System in collaboration with industry partners.

Sunway nurtured his sense of social responsibility. He led a project to establish a computer lab for Philea Home, empowering underprivileged children, and mentored a student from the organisation.

As a successful entrepreneur and an External Advisory Board Member for Sunway University, Jagadesan continues to give back. He credits the scholarship for enabling him to focus on his growth and instilling a commitment to help others. "The support I received was life-changing," he says, "and I want future scholars to have the same opportunities."



The Sunway Alumni Homecoming 2024 celebrated the impact of the "Name A Chair" initiative with a ceremony graced by Professor Dato' Elizabeth Lee, Group CEO of Sunway Education, and Ms Lee Siok Ping, Chief of Student LIFE & Services, honouring the generosity of our distinguished alumni including Leong Chee Keong, Mallory Loone Li Mei, Lenny Chiah Len Fong, Jagadesan A/L Chandra Mohan, Dato' Adrian Ooi Kock Aun, Evan Cheah Yean Shin, Dr. Lim Teck Ting, Yip John Wai, Chua Teck Boon, and Agus Lina.

As a Sunway TES alumna, **Mallory Loone** transitioned from studying accounting to founding Work Inspires, a company dedicated to workplace empowerment. Modules on business frameworks and financial management from her time at Sunway proved invaluable as she built her business.

What stood out for Mallory was the encouragement she received when choosing a non-traditional career path. Lecturers and the Career Services team supported her ambitions, giving her the confidence to pursue entrepreneurship.

Grateful for the opportunities and support she received; Mallory contributes regularly JCF too. "Sunway shaped my life," she shares. "I want to ensure others have the same chance to succeed and give back."



Professor Dato' Lee expressed heartfelt gratitude to the donors, highlighting how their contributions alleviate financial burdens for Community Scholars, covering tuition, living expenses, and study support. Certificates of Appreciation were presented as tokens of recognition for their invaluable support.

The event's highlight was the unveiling of the named chairs in JC 1. Donors were filled with pride as they saw their names displayed, symbolising their lasting contributions to education.



Leong Chee Keong's journey began with challenges. Growing up independently with his brother, he worked as a salesperson with little hope of pursuing higher education. The JCF Community Scholarship changed his path, enabling him to enrol at Sunway University.

After six years of determination, Leong graduated with a first-class honours in BSc (Hons) Financial Analysis, thereafter securing a successful career at Citibank.

As a regular donor to the Foundation, Leong says, "Having faced hardships, I understand how vital support is. Contributing allows me to help others overcome barriers, just as I did."

These stories showcase the lifecycle of the alumni journey. Alumni who are successful in their careers and understand that their alma mater provided the opportunities for those successes will always be more than willing to give back in their own way. We hope that the next generation of students, as beneficiaries of such generosity, will be inspired by these acts of selflessness to strive for success and contribute to this culture of giving.

We have the opportunity to shape the future of education. Together, we can give deserving students the chance to pursue quality education. Through our culture of giving, we can make an impression on the future generation of students and they in turn will take the initiative to find ways to give back.

Sunway Alumni

Shaping Futures



Mindful Moves for Sustainable Travel

Choose Eco-Friendly Transport

- Use public transport like buses and trains to cut your carbon footprint and enjoy local experiences.
- Walk or bike for short distances — it is healthy, affordable, and connects you to the area.



By: Dr Teh Pek Yen, Senior Lecturer, School of Hospitality and Service Management, Sunway University



In a world where travel is easier than ever, sustainable tourism has become essential for preserving the beauty of our planet. For students, travel is an opportunity to broaden perspectives and experience new cultures. Here are some easy tips and tricks to help us enjoy eco-friendly travel, making a positive impact on the environment, local communities, and even your wallet!

Support Local

- Prioritise locally owned businesses, from markets to small family-run accommodations. This keeps your spending within the community, creating jobs and boosting local economies.
- Support local artisans by purchasing their handcrafted goods and appreciating their artistry.

Minimise Waste and Plastic

- When exploring natural sites, bring your trash back with you, and leave the area clean.
- Invest in reusable essentials like water bottles, cutlery and tote bags to cut down on single-use plastics.

Reduce Conflict

- Speak softly in public spaces and take photos from a respectful distance. Not all locals are comfortable being photographed, especially for social media.
- If you find yourself in residential areas, keep noise to a minimum, particularly at night.



Choose Sustainable Accommodation

- Opt for eco-certified stays or those practicing energy efficiency, water conservation, and recycling.
- Many sustainable hotels and hostels offer opportunities to participate in environmental initiatives, which can be both educational and rewarding.

Learn and Educate Others

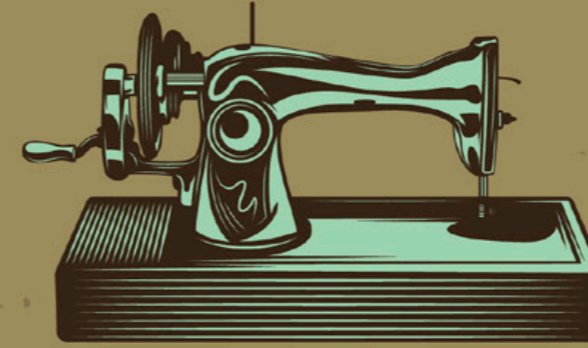
- Before visiting a place, learn about its customs and traditions to make informed, respectful choices.
- Share your sustainable travel tips and experiences with friends to inspire them to travel mindfully too.



Sustainable tourism is a meaningful way to care for our planet and respect the places and people we visit. By making mindful choices, we can all help preserve the beauty of our world for generations to come.



TIMELESS ELEGANCE: ONE SEAM DRESS FASHION SHOW



A remarkable collaboration between Sunway Pyramid and the Fashion Design Technology Studies at Sunway College, this initiative elegantly showcases the timeless allure of the iconic Little Black Dress. Reimagined by our talented fashion students, the dress is crafted using a unique one-seam construction technique.

This innovative approach not only minimises waste but also streamlines production, reinforcing our institution's commitment to the United Nations Sustainable Development Goals (SDGs).



Visit Sunway Pyramid Oasis, G Floor, to discover more stunning pieces and celebrate the future of sustainable fashion.

Empowering Learning Through Innovation



Congratulations to our Sunway University BSc in Financial Economics student, Mohammed Altaf Sayed, for his outstanding creativity in the HP AI PC Contest during the 2024 Local Action for Global Goals. The prize was presented by Professor Ir Denny Ng Kok Sum, Dean of the School of Engineering and Technology.

Mohammed shared, "My video highlights how AI can be an effective tool to help students with their studies, making learning more engaging and accessible."

We applaud his innovative ideas, which earned him the prize of an HP AI PC. A special thank you to Ms. Angeline Ang and HP for this wonderful prize. We are excited to see how this powerful tool will further enhance our brilliant student's academic journey and future creations.



Can You BINGO



Your 2025 Resolutions?

All geared up to take on 2025, kings and queens? How many of these resolutions can you tick off this year? Get five in a row (horizontally, vertically, or diagonally) to achieve a bingo!

Join a club or society	Ride the BRT	Study in the library for a whole day	Call a family member to check in on them	Take the stairs to class
Compliment a stranger	Learn one fun fact about a classmate	Finish an assignment 3 days early	Immerse yourself in the sounds of nature at the Brain Forest - you might even be able to tick things off your task list	Volunteer for a cause
Try a new café near campus	Have a social media detox weekend	Exercise at least once a week	Get 8 hours of sleep every night for a week	Organise your notes or files
Ask a question during class	Attend a campus event you have never been to	Spend a whole day exploring campus	Try something outside your comfort zone	Celebrate a small win
Host a study session with friends	Do a random act of kindness	Save money by cooking for a week	Stay offline for an entire day	Take some beautiful pictures overlooking the view at Observation Deck

CELEBRATING PIONEERING WOMEN IN SCIENCE



International Day of Women and Girls in Science, celebrated on February 11, recognises the remarkable contributions of women in science, technology, engineering, and mathematics (STEM). It honours the trailblazing women whose groundbreaking discoveries have advanced humanity and shaped the future. Among these extraordinary figures are seven pioneers whose scientific breakthroughs have left a lasting legacy, inspiring generations to pursue knowledge, innovation, and equality in science.

Elizabeth Garrett Anderson (1836 - 1917)

Elizabeth Garrett Anderson was an English physician who advocated the admission of women to professional education, especially in medicine. As the first female doctor in England, she broke through significant societal barriers to achieve success in a field dominated by men.

In 1872, she established the New Hospital for Women in London, later renamed in her honour, which was staffed entirely by women. Her advocacy contributed to the passing of the 1876 act that allowed women to enter the medical profession. After retiring in 1902 to Aldeburgh, Suffolk, she made history again in 1908 as England's first female mayor. Anderson also served as the first woman dean of a medical school, cementing her legacy as a pioneer for women in leadership and medicine.

Marie Curie (1867 - 1934)

Marie Curie was a physicist and chemist who revolutionised modern nuclear science with her groundbreaking research on radioactivity, and paved the way for advancements like X-rays and cancer radiotherapy. She was the first woman to win a Nobel Prize and the first person to receive Nobel Prizes in two different sciences.

Together with her husband, Pierre, she discovered the radioactive elements polonium and radium. She also established a medical research institute in Warsaw and developed mobile X-ray units that aided over a million wounded soldiers during World War I. Unaware of the risks her research posed, she eventually died of a radiation-related illness, but her discoveries continue to save lives today.

Katherine Johnson (1918 - 2020)

Katherine Johnson, a pioneering mathematician, played a critical role in U.S. space exploration. As a NASA scientist, she was responsible for calculating trajectories, launch windows, and emergency return paths, enabling the first U.S. astronauts to journey into space and orbit the Earth. She broke barriers as the first African-American woman to attend her graduate school and was among the few African-American women contributing to the NASA space programme.

She encouraged those inspired by her career to pursue their own interests. "Like what you do, and then you will do your best."

Anna Modayil Mani (1918 - 2001)

Anna Mani was an Indian physicist and meteorologist who made significant contributions to solar radiation, ozone, and wind energy research by developing advanced measurement tools. As one of India's first female scientists in meteorology, she rose to become Deputy Director-General of the India Meteorological Department.

Her study of the ozone led to the invention of the ozonesonde, a device for accurately measuring ozone layer thickness. Mani's work highlighted how the ozone layer varied with location and pollution, underscoring its vital role in protecting life on Earth.

Vera Florence Cooper Rubin (1928 - 2016)

Vera Rubin was an astronomer whose transformative work on galaxy rotation rates provided compelling evidence for the existence of dark matter, the strange glue that holds our universe together.

Her most important discovery occurred with her colleague, Kent Ford. They found that stars on the outer parts of galaxies moved as fast as stars in the center. This did not make sense with the usual rules of physics, suggesting there must be invisible matter, which we now call dark matter. Her work continues to inspire astronomers and physicists worldwide, cementing her place as one of the most influential astronomers of the 20th century.

Rosalind Elsie Franklin (1920 - 1958)

Rosalind Franklin was a British chemist whose work was central to the understanding of the molecular structures of DNA (deoxyribonucleic acid), RNA (ribonucleic acid), viruses, coal, and graphite. Using a technique called X-ray crystallography, she revealed the helical shape of DNA.

Despite her significant contributions, Franklin's role in advancing science often goes unrecognised. The discovery of DNA's structure is still primarily attributed to James Watson and Francis Crick, overshadowing her vital work in the field.

Flossie Wong-Staal (1946 - 2020)

Flossie Wong-Staal was a Chinese-American virologist and molecular biologist who made groundbreaking contributions to HIV research. She was the first scientist to clone HIV and identify the functions of its genes, a critical discovery in proving that HIV causes AIDS.

Her work formed the foundation for developing HIV diagnostic tests and drug treatments for the virus. As the Florence Riford Chair in AIDS Research at the University of California, San Diego, she established the university's Center for AIDS Research.

These seven pioneering women made revolutionary strides that continue to shape science today. Let us celebrate their legacy and inspire future generations to break barriers and innovate.

Snake in the Maze

As we slither into the Year of the Snake this Chinese New Year, let's take a moment to unwind and enjoy this fun and challenging maze game. Find the correct path through the maze that leads you to the snake. Will you navigate the twists and turns successfully? Let the adventure begin 🐍



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