



Tunku Tan Sri Imran Tuanku Ja'afar

BECOMES WOU'S 4TH CHANCELLOR

Wawasan Open University (WOU) notches another milestone with the installation of Tunku Imran as the new Chancellor during a simple ceremony at the main campus in Penang.

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EDITOR'S NOTE

In this issue, we are happy to feature the installation of Tunku Tan Sri Imran Tuanku Ja'afar as the Chancellor. WOU is indeed honoured to have Tunku Imran as its ambassador to the world, and we believe his immense influence in the business and sporting circles will certainly help raise the profile of the University.

A changing of guard at the helm also sees Dato' Dr Lim Thuang Seng proclaimed as the new Pro-Chancellor - taking over from Tan Sri Dr Koh Tsu Koon – and Prof Lily Chan appointed as WOU's new Vice Chancellor.

All private institutions of higher learning in the country are facing challenging times in its recruitment of students. WOU is therefore gearing to meet these challenges by unfolding new and exciting strategies in the near future.

We at WOU believe that the University is a bedrock for new ideas and new innovations. In this regard, the University will continue to hold dialogues and workshops for the public and its students on such topics as the economy, new technologies, stress management and choosing a career.

We look forward to more Malaysians joining the growing WOU community and enrolling in our full-time or part-time undergraduate and postgraduate programmes. We recently introduced the Doctor of Business Administration (DBA) in July this year to enable you to obtain your doctoral degree.

WOU will be organising its 10th Convocation Ceremony this year on December 7th and 8th at our main campus in Penang.

It is our hope you find the new look of the newsletter refreshing and the contents enlightening. Enjoy reading this latest issue!

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INTRODUCING THE NEW VICE CHANCELLOR

With over 30 years of stellar leadership in academia, industry and government, Prof Lily Chan has taken over the mantle as the fourth Vice Chancellor of Wawasan Open University (WOU) effective 29 April 2019.

Her experience ranges from initiating start-ups and venture investments to creating innovation and entrepreneurial (I&E) ecosystems. She has also served on Singapore's national-level innovation and enterprise committees, including sub-committees under Singapore's Committee for Future Economy.

Her vision to inject an enterprise dimension to teaching and research involving students, staff and alumni earned her accolades in her previous position of Chief Executive Officer of NUS Enterprise, the entrepreneurial arm of the National University of Singapore (NUS) – a post she held from February 2006 to March 2019.

She spearheaded and created the foremost comprehensive innovation and entrepreneurship ecosystem for NUS, with particular focus on entrepreneurial education and venture development. She was instrumental in raising the profile of the university's enterprise division to become a highly respected ecosystem on the local and international fronts. Her various initiatives have helped to nurture hundreds of successful start-up companies in Singapore.

Prof Chan also steered the growth of the NUS Overseas Colleges (NOC) programme, which placed more than 2,800 students in overseas start-up internships. NOC alumni have founded over 600 companies, prompting The Straits Times to cite the programme as "the single most important development to boost the start-up movement (in Singapore)".

In recognition of her talents and efforts, she was bestowed the Public Administration Medal (Silver) at the Singapore National Day Awards in 2018.

Prior to joining NUS, Prof Chan held the position of Managing Director, Investments, of Bio*One Capital Pte Ltd, an investment arm of the Singapore Economic Development Board with focus in expanding the growth of biomedical science industry in the island republic. Here she managed a portfolio of over 80 biomedical investments in Singapore and internationally, and was involved in the creation of biomedical start-ups in Singapore.

Her other previous leadership roles were as General Manager of Genelabs Diagnostics, Singapore, and concurrently as Director of Product Development (USA) for Genelabs Inc from 1991 to 1995. She served as Deputy Director of Bioprocessing Technology Centre, NUS, from 1995 to 1998.



Prof Chan has joined WOU as she is passionate about developing an education framework for those who have missed the opportunity for tertiary education, as well as continuing education for working professionals to meet the needs of industry in an affordable, flexible and accessible format.

She is taking on a challenging task at WOU at a time when the country's economic landscape is in an uncertain period, and discussions about the future of universities are becoming intense.

She holds a PhD (Microbiology & Immunology) from the University of Illinois, Chicago, which she pursued under full scholarship, and a BA (Hons) in Biology from Agnes Scott College in Atlanta.

Fortuitously, Prof Chan's upbringing and roots were in Penang. She had her primary education at Island Girls School in George Town before moving on for secondary schooling at St George's Girls School.

TUNKU IMRAN

installed as **NEW CHANCELLOR**



▲ Installation of Tunku Imran as Chancellor.

Tunku Tan Sri Imran Tuanku Ja'afar, a stalwart of the Malaysian sports and corporate scenes, was formally installed as the fourth Chancellor of Wawasan Open University during a simple yet momentous ceremony held at the main campus on 1 August 2019.

Tunku Imran, 71, takes over from Tun Mohamed Dzaiddin Abdullah, a former Chief Justice of Malaysia who served as the University's third Chancellor from 2013 until 2018.

In his installation address, WOU Board of Governors Chairman Tan Sri Dr Koh Tsu Koon lavished praises on Tunku Imran for his extensive achievements in various fields, particularly sports administration and business. He said that Tunku Imran will bring "his wisdom, insight and leadership from his very rich experience to guide the university, and also to connect us with his many contacts, nationally and internationally, in the best ways possible".

Among his many influential roles, Tunku Imran was President of the Olympic Council of Malaysia from 1998 to 2018 and President of the Commonwealth Games Federation from 2011 to 2015. He has also held top leadership positions in various corporate and civic bodies.

In accepting the honour, Tunku Imran said that WOU owed a great debt of gratitude to the late Tun Dr Lim Keng Yaik for turning his vision of an open distance learning university into a reality. He also paid homage to Tan Sri Emeritus Prof Gajaraj Dhanarajan, "the chief architect of WOU", who he said "has left behind a legacy of opening up tertiary education opportunities for adult learners in various parts of the world".

Tunku Imran reiterated the vision, mission and values of the University, adding that everyone in WOU has a role to play and should not be neglected, as otherwise "the fabric of the University will begin to disintegrate". He called on the University to learn from its past and to move with a greater sense of purpose if it wants to achieve success.



▲ Tunku Imran delivers his Acceptance Address.



▲ Tan Sri Dr Koh delivers the Installation Address.

“Tunku Imran will bring his wisdom, insight and leadership from his very rich experience to guide the university, and also to connect us with his many contacts, nationally and internationally, in the best ways possible”

In his closing address, Tunku Imran spoke about selflessness, and encouraged the true spirit of giving and sharing by individuals and corporations. “I cannot overstate how important it is for every establishment, whether it is commercial or voluntary, to do its part by providing philanthropic aid or community service to society and the environment.”

The ceremony also saw Dato’ Dr Lim Thuang Seng being proclaimed as the new Pro-Chancellor, taking over from Tan Sri Dr Koh, who had held the position since 2012. Dato’ Dr Lim is the Managing Director of a holdings company based in Kuala Lumpur, with investments in Malaysia and Thailand.

During the event Tunku Imran conferred University’s first Honorary Doctor of Education degree upon Tan Sri Dhanarajan for his immense contributions to the field of higher education, particularly open distance learning.

Tan Sri Dhanarajan had committed 14 years of dedicated service to the University, as a planner from 2004 to 2006, founding Vice Chancellor from 2006 to 2009, and Chairman of the Board of Governors from 2011 to 2017.

He also conferred the Honorary Doctor of Business degree on Tan Sri Rashid Hussain, the former Executive Chairman of the RHB Group of Companies and currently the Executive Chairman of Arah Advisory Services Sdn Bhd.

Tan Sri Rashid has more than 30 years’ experience in securities, fund management, merchant banking, and commercial and consumer banking businesses.

Over 250 people were present, including WOU Sdn Bhd Chairman Dato’ Seri Stephen Yeap, Vice Chancellor Prof Lily Chan, former Vice Chancellors Prof Emeritus Dato’ Dr Wong Tat Meng and Dato’ Dr Ho Sinn Chye, members of WOU Board of Governors, and leaders from various higher learning institutions, industries, consular corps and Parti Gerakan.



▲ Tan Sri Dhanarajan receives his Honorary Doctorate from the Chancellor.



▲ Tan Sri Rashid conferred the Honorary Doctor of Business degree.

RECLAIM BUSINESS FOR 'PROFIT WITH PURPOSE', SAYS EX-KHAZANAH CHIEF

Conventional business thinking is dominated by a notion that companies must make money only for their shareholders, with little focus on social obligations towards stakeholders such as the workers, suppliers, customers, society at large and the environment.

Tan Sri Azman Mokhtar, former managing director of Khazanah Nasional Bhd, has offered a very different view that places the role of business to be not just for profit, but for "profit with purpose". It basically entails conducting business activities without inflicting harm on others and actually doing some good.

"Finance must serve the real economy, and the real economy should serve society," he said in a special lecture on *Profit with Purpose: Building Sustainable and Inclusive Businesses in an Age of Turbulence* at the WOU main campus on 24 June 2019.

He explained the real economy as one that includes practical aspects like jobs, raising a family and retirement. However, the link between the real economy and society has been fractured by factors like corruption. "There is a need to reclaim finance to serve the real economy, and the real economy to serve society as a whole," he said.

Tan Sri Azman said that in 2008 problems like climate degradation, poverty, inequality and the global financial downturn led to heightened calls for fairness and justice, and demands for greater responsibility and sustainability in business and finance.

"The world has become very turbulent due to overconsumption, irresponsible businesses, irresponsible citizens, and the increased frequency and amplitude of financial crises," he said.

Citing the example of Khazanah, where he served for 14 years, he said the government-owned company not only raked in profit but also undertook economic regeneration by creating jobs, new economic corridors, new capabilities, new networks and new knowledge, even as it built regional businesses like Axiata and CIMB.



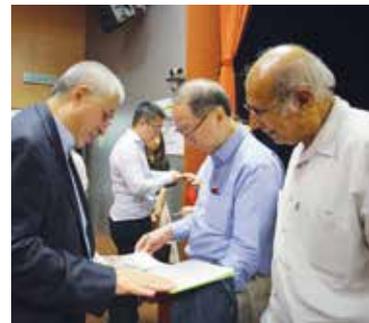
▲ Tan Sri Azman elaborates on Profit with Purpose.



"We did it in a balanced manner so as not to crowd out the private sector or prevent them from operating well," he said.

Khazanah also undertook corporate social responsibility (CSR) initiatives like establishing foundations, scholarships and think tanks to tackle public issues, he added.

The lecture, organised by the George Town Institute of Open and Advanced Studies (GIOAS), was attended by over 200 people, including WOU Board of Governors Chairman Tan Sri Dr Koh Tsu Koon, Vice Chancellor Prof Lily Chan, representatives from institutions of higher learning and industry, and the staff and students of WOU.



◀ Tan Sri Azman and Tan Sri Andrew Sheng (left) during the Q&A session.

▲ Tan Sri Azman (left) with Tan Sri Dr Koh (centre) after the talk.

AN INSPIRING EVENING WITH A MALAYSIAN POET

It was a sumptuous feast of artistry and intellectualism when WOU played host to a reading of literary works composed by Malaysian author Professor Malachi Edwin Vethamani at the main campus on 19 July 2019.

The audience was left captivated by the recitations of poems and short stories that transported them to a kaleidoscope of memories, experiences and emotions. Indeed, Prof Malachi evokes various images and themes in his works, such as on growing up in Brickfields, celebrating Christmas with the family, and reminiscing and longing for old friends and loved ones. He also addresses issues related to contemporary culture, significant national events and other topics of interest.

In her welcome speech, WOU Deputy Vice Chancellor (Academic and Educational Technology) Prof Zoraini Wati Abas hoped that the Reading & Conversation session would spark a passion for poetry and generate admiration for English literature in general.

She noted that Prof Malachi, whom she has known since the late 1980s, was the first Dean of WOU's School of Education, Languages and Communications (SELC). He is currently a Professor of Modern English Literature at the School of English, University of Nottingham Malaysia.

SELC lecturer Arathai Din Eak later engaged Prof Malachi in conversation on stage, getting him to open up about his love for reading from a young age, and his desire to share lost human heritage such as the "old" Brickfields with his sons and the younger generation.

Prof Malachi began the evening by reading three poems. The first, titled *I Will Text You*, touched on the current culture of digital texting which



▲ Prof Malachi emotes as he reads.



▲ David Teoh reading a poem.



▲ Adeline recites from 'Complicated Lives'.



▲ Lucille endearing herself to the audience with her animated reading.

has replaced personal human conversation. It was followed by readings of *A New Beginning* and a tragic poem *MH17*, the latter having been published in his first anthology titled *Complicated Lives*.

His peers then took turns to read his poems. WOU's School of Humanities and Social Sciences (SHSS) Deputy Dean Jasmine Emmanuel stirred feelings of longing as she recited *One Christmas Morning* and *Those Grand Womenfolk*, while David Teoh Seng Aun delivered *It Was a Wondrous Sight!* and *The Vows*.

Adeline Cruz read *Farewell, Lovely Flower* and *Voices*, and Yee Heng Yeh read *Beautiful Butterfly* and *Things Come to a Head*. Lucille Dass recited the poignant *Maternal Moments*, her voice resonating with the theme of personal loss as she drew on her memory of being at the bedside of her late mother. She also delivered excerpts from Prof Malachi's collection of short stories, in which the author explores conflicts between family and sexuality.

The session concluded with Prof Malachi reciting *Still Brickfields*, *Boyhood Street Buffet*, *Mr Will-Have-to Do*, *Words for the Lonely* and *Speak of Now*, all of which captured his astute observation of people and happenings.

Over 250 people attended the event organised by SELC, including former Dean Dato' Dr Santhiram Raman, current Dean Prof Balakrishnan Muniandy, trainee teachers from Institute of Teacher Education (IPG) Tuanku Bainun campus and IPG Penang campus, students from SMKA (P) Al-Mashoor, and staff and students of WOU.

Several publications of Prof Malachi were on sale, while people queued for the book signing and to take snapshots with the poet.

COMMONWEALTH WOMEN STRIVE FOR TRANSFORMATIONAL LEADERSHIP



▲ Prof Rashidah interacting with the participants.



▲ Prof Asma, Vice Chancellor of USM.



▲ Caroline Ong shares on leadership.

Women educationists from 22 countries recently converged in Malaysia to share their experiences and learn about transformational leadership at a three-day workshop jointly organised by WOU and the Commonwealth of Learning (COL).

The 2nd Pan-Commonwealth Workshop on *Women's Leadership in Open Distance Learning (ODL)* was held at the main campus from 26 to 28 April 2019. It aimed to recognise women leaders, while motivating and equipping them to become advocates for change. The event was also focussed on gender mainstreaming to advance women's leadership.

The thirty-five participants were top academics and senior management staff of higher learning institutions in their respective nations, namely Bangladesh, Belize, Fiji, Ghana, Guyana, Jamaica, Kenya, Mauritius, Namibia, Nigeria, Papua New Guinea, Seychelles, Sierra Leone, Solomon Islands, South Africa, Sri Lanka, Swaziland, Tanzania, Tonga, Uganda, Zambia and Malaysia.

Prof Dato' Dr Rashidah Shuib from the School of Health Sciences, Universiti Sains Malaysia (USM), served as the lead facilitator for the event.

The workshop's keynote lecture on *Women's Transformational Leadership in the Commonwealth* was delivered by Prof Asha Kanwar, President and Chief Executive Officer of COL headquartered in Vancouver, Canada. She cited four components of transformational leadership - charisma, inspiration, intellectual stimulation and individualised consideration. She explained that individualised consideration is "giving support and personal attention to the group members, and helping them to develop self-confidence".

Prof Kanwar shared the stories of two women from different backgrounds who are today leaders in their respective accomplished fields. The first was Dame Carol Kidu, who became Minister for Community Development in Papua New Guinea, helped other women become leaders and retired from politics to work in an NGO. The other was Peria Jakkamal, an illiterate farmer from a village in India who transformed herself and started self-help groups in her village.

Prof Kanwar said both the women were people-oriented, empathetic and respectful. They broke free from traditional norms, becoming effective negotiators, excellent workers and communicators, and lifelong learners.

USM Vice Chancellor Prof Datuk Dr Asma Ismail delivered a special lecture on *Women's Leadership in the Context of Industry 4.0 and Society 5.0 in Developing Societies*. She cautioned that emerging technologies will displace 5 million jobs in the future while also creating 2 million new jobs. She said that females are five times less likely to consider a career in technology-based jobs than males, adding that almost one-third of all jobs globally could be automated by 2030. She also touched on the development of smart societies or Society 5.0 in Japan following Industry 4.0, with new services offered through artificial intelligence, robotics and Internet of Things.

The workshop also featured lectures and discussions on leading new technologies in ODL, data analytics and interactive learning. Among the presenters were LEADERONOMICS country manager for Malaysia Caroline Ong and WOU Deputy Vice Chancellor (Academic & Educational Technology) Prof Zoraini Wati Abas.

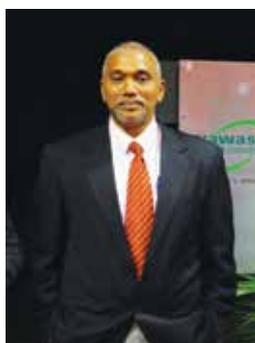
EMPLOYEE ENGAGEMENT vital for PERFORMANCE and EFFICIENCY

While organisations demand workers to provide optimum productivity, they should also take the responsibility of having employee engagement to enhance the workers' performance and commitment.

Parameswaran Ayahoo, Human Resources Director of MIMOS, explained employee engagement as a two-way communication at the workplace to build a bond and connect with an employee emotionally and mentally. He was speaking at a public seminar on *Issues and Challenges of Human Resource and Talent Management in the Digital Economy* at the main campus on 13 April 2019. More than 50 people attended the event organised by the School of Business & Administration (SBA).

Parameswaran stressed that an engaged employee is high-performing, committed and efficient. In contrast, a "not engaged" worker is less committed, possessing little passion, minimal effort, poor motivation and scant creativity. "Actively disengaged employees are disruptive and very miserable, have a bad attitude, are often late or absent, waste time, don't follow instructions, engage in insubordination and undermine co-workers."

He said that activities like family day are examples of initiatives that can be undertaken. "We must determine the employee engagement level at the organisation and their expectations. Only then can we know what intervention initiatives can be undertaken to overcome disengagement and enhance the organisation's culture."



◀ Parameswaran shares on how to enhance employee engagement.

WHY MATCHING PROFILES to jobs is GOOD TALENT MANAGEMENT



◀ Dr Arivalan responding to a question.



▲ Part of the audience at the event.

Employers should match each individual worker's profile to his or her job to ensure optimum performance and good work attitude at the workplace.

Dr Arivalan Ramaiyah, Director & Principal Consultant for Praxis Skills Training & Consultancy Sdn Bhd, said this can be done through the Language and Behaviour (LAB) Profile tool to match a job to a worker's profile and to know what "influencing language" to use in communicating with that person. "Most conflicts arise in the company from profile mismatch of the worker to the job," he said.

"Understanding a person's personality type allows you to give them information in a way they are most receptive to," he said during a presentation on *Talent Management via Neuro Linguistic Programming (NLP) in the digital economy* at the recent seminar on *Issues and Challenges of Human Resource and Talent Management in the Digital Economy*.

Dr Arivalan highlighted the various LAB Profile categories of individuals. The 'Towards To' people are solution providers, anxious to know the problem and diagnose it. The 'Away From' worker gets disturbed when you bring them problems. The 'Procedural' people are all about filling forms, and the 'Optional' people are averse to procedures, he clarified.

Dr Arivalan also described 'Proactive' people as those who blame themselves when something happens, while 'Reactive' workers blame everybody else. "Reactives can destroy the culture of an organisation as they play the blaming game," he declared.

He added that 'Internal' people hate the meeting culture and want to be left alone to do a job, while 'External' characters are very sociable. "A 'Self' person is selfish, micro-manages, and wants a say in everything. An 'Others' person is considerate and concerned about people. An 'Independent' is comfortable working solo, produces results and is a good taskmaster, while a 'Cooperative' person is dependent," he explained.

He advised employers to have interview questions to determine the applicant's profile. "If the job matches their profile, then he gives his best and loves his job."

HYPNOTHERAPY

can **REDUCE STRESS AND PAIN**, says expert

Did you know that you can take advantage of your subconscious to reach the highest potential of your professional career and personal life?

"Why not use your imagination to bring up positive images like speaking confidently in front of a crowd? Use that capacity to daydream and to imagine to unleash your true potential."

This message was imparted by Jyothi Chelamcharla, senior lecturer at International College of Clinical Hypnosis Practitioners (ICCHP) Malaysia, during a talk and workshop that shed light on how hypnotherapy can help with pain management, stress, anxiety, behavioural issues and negative emotions.

The event titled *Hypnotherapy: Unleash Your True Potential* was organised by WOU's School of Humanities and Social Sciences in collaboration with ICCHP Asia. Held at the main campus on 30 June 2019, it was attended by over 200 people, including individuals from the medical and legal professions.

Jyothi described hypnotherapy as the use of hypnosis for therapeutic purposes to help with issues with psychological causes. However, past practices by hypnotists have given rise to a lot of misconceptions. These include the fear that someone under hypnosis may lose control over his actions and become susceptible to suggestions implanted in his thought.

Another misgiving is that only the hypnotist can bring a person, whose personal secrets may not be safe, out of a trance. Jyothi said that an ethical hypnotherapist always includes the suggestion for one to tell only what feels comfortable sharing.

She explained that everyone is naturally capable of entering a trance, and demonstrated this by getting the audience to think deeply of a pleasant memory. "With hypnosis, 80% of the people can go into light to medium trance. Barely 10%



▲ Jyothi explains how hypnosis works.

of the people go into deep trance; they are the ones most suggestible and gullible," she said.

She added that while pleasant memory can lead to helpful positive trance, people can also be caught in an unhelpful trance during strong emotions like anger and in being addicted to smoking, alcohol or any food. Other negative emotions like phobia, irrational fear, obsessive compulsive disorder and post-traumatic stress disorder can also lead to an unhelpful trance.

"Hypnotherapy can make you relaxed so that you can face whatever it is," she said. "If you are playing a game, you won't feel pain so much because you are distracted and not focused on your pain. Hypnosis helps through relaxation and distraction to lower pain."

She also stressed that it is a myth that one's memory can be completely erased during hypnotherapy. The process only helps to transform and lower the impact of a memory by changing the emotions associated with the relevant thought or fear.

▼ Students playing seven stones.



JOY of traditional games relived at mini festival

Casting aside any liking or obsession for digital games proved to be a rewarding and fruitful move for some 100 students and staff of WOU who indulged in the forgotten joy of playing traditional games.

The Traditional Games Mini Festival held at the main campus on 19 June 2019 was organised by the full-time Students Council. It saw participants relishing the experience of participating in the good old games of congkak, rolling coconuts onto square boxes drawn on the floor, knocking down stacks of cans with rubber bands, and playing "seven stones".

NEW STUDENT COUNCIL urged to prepare for real world



▲ Prakash (front row, centre) with the new student body.

The full-time Student Council was advised at its annual general meeting on 29 May 2019 to help students adapt to the rapacious and cold conditions of the real world instead of being mollycoddled by the academic shelter of university life.

Speaking at the opening of the meeting at the main campus, WOU's School of Business & Administration Acting Dean Prakash Arumugam said the university is a good place to learn skills to survive outside, like problem solving, organisational skills and leadership. He discouraged students

from complaining about every small matter and to accept that they may not always get what they want. "Remember that the working world needs problem solvers and not problem creators," he stressed.

Outgoing Student Council President Muhammad Farid Arsyad Foad shared, "One thing I have learnt as a leader is that you must always be firm with your decisions and at the same time be open to opinions and criticisms."

The new Student Council members for 2019/2020 were inaugurated, as follows:

President:	Nur Batrisyia Kamal Mohd
Vice Presidents:	Nurul Sifati Abdullah Cheah Thim Weng
Secretary:	Andrew Yeap Hong Wei
Treasurer:	Venise Chong An Theng
Marketing team:	Henry Goh Han Jie Vishaal Manoj Kumar
Social Media team:	Jayson Lew Chi Kheong Seshmitaa Govinda Murali Ch'ng Li Shan
Weekly Activity team:	Sureynjen Manogaran Tang Khai Wen
Monthly Activity team:	Siti Khadijah Azizan Judith Anne Nisha Marshal Jay Sri Yoganathan

TAKE THE RIGHT CAREER JOURNEY through mountains and valleys

The dilemma of choosing the right career affects many graduates and even those who are already working. Ideally, you should opt for a career that aligns with your life purpose and areas of interest, to help you surmount any difficulties and challenges you may face while drawing contentment in life.

This was the advice proffered by Alexis Chuah, founder of Dreamvast, during a talk on *Finding and Pursuing Your Purpose for a Fulfilling Career* organised by WOU's School of Humanities & Social Sciences (SHSS) at the main campus on 13 May 2019.

"Choose a job based on your life purpose and you will be able to love the journey through the mountains and the valleys," she told over 100 students and staff who attended.

Chuah shared her own journey of finding a purposeful and fulfilling career through self-discovery, non-stop learning, trial and error, risk-taking, and planning. She revealed that she took on jobs such as in customer service, lecturing, sales and copywriting to accumulate experience and learning. It was her freelance writing that eventually helped to launch her career in communications.



▲ Chuah (foreground, seated right) with Student Council advisor Khoo Geok Ling.

"Do not shy away from taking side jobs related to your passion and interest. Grab whatever opportunities you can to build your career," she said. "Work from your core strengths and interests. Finding your purpose is about meaning and contribution, knowing why you are doing something, as then you will be able to persevere through the hard times."

Chuah urged the audience to add value and invest in themselves by enrolling in higher studies, attending workshops and so on. "Build your skills, qualifications and experience in your desired area," she said. "Freelance and offer your skills for free at first in exchange for testimonials. Tweak your resume and LinkedIn profile to highlight clearly the things you have done."

STUDENTS FLAUNT UNIQUE ENTREPRENEURIAL INNOVATIONS

The creativity and critical thinking of WOU's student fraternity were put on full display during the *Entrepreneurship Product Idea Pitching* exhibition held at the main campus on 18 June 2019.

The event saw full-time students undertaking the Entrepreneurship course putting their best foot forward to create and present new innovative product models. Divided into nine teams of four, they had also prepared information pertaining to each item's description, costing, benefits, competitive advantages, target market, competitors and marketing strategy, along with the product that was exhibited.

A panel of judges went to each booth for review and assessment. The panel comprised WOU's School of Science & Technology Lecturer Azrina P Jamal Mydin, Ripples of Joy Enterprise Director Khor Chiew Chi, and Bank Negara Malaysia's northern region Liaison Officer for Economics, Panimalar Kalidass.

Among the teams and their products were Hann Tech Gloves with a vision-impaired reading glove, Solis with a multi-function camping water container, 3R Smart Garbage with a Go Green garbage disposal system, A-Eye with a virtual reality software application, and EZ-Cart with a Go Green foldable shopping cart.

The Team Excellence award for teamwork was won by the Hann Tech Gloves team who created a reading glove for the visually-impaired to read normal books without using Braille. The Creative Innovation award went to Solis, and the best presenter award was won by Ameline Lai from Solis.



▲ The innovative glove on display.

The judges' choice for best presenter was given to Ooi Aun Chuan from A-Eye.

The product pitching event was organised by School of Business & Administration Senior Lecturer Lalitha Ramasamy to help her Entrepreneurship course students explore innovative practices for potential start-up ventures.



▲ Team Excellence award went to Hann Tech Gloves.

IMPORTANCE OF GOOD SLEEP HYGIENE FOR HEALTHY LIVING



▲ Dr Irifhan talks about obstructive sleep apnoea.

A medical expert has cautioned the public to heed the importance of sleep hygiene in their daily lives. Penang Hospital consultant chest physician Dr Irifhan Ali Hyder Ali said this included limiting daytime naps to 20 minutes, exercising, and avoiding stimulants like caffeine and nicotine close to bedtime. One should also avoid heavy meals or rich foods before sleep, and ensure a pleasant sleep environment.

Dr Irifhan was speaking at a recent public talk on *Sleep and Obstructive Sleep Apnoea* held at the main campus. The event was organised by WOU's School of Humanities & Social Sciences and the Human Resources Department.

He said obstructive sleep apnoea (OSA) and other sleep problems can be detected with an electroencephalogram (EEG) which records brain activity when sleeping. However, sleep hygiene must be considered before any diagnosis of OSA.

He emphasised that in OSA, gravity and muscle relaxation during sleep allow the tongue to fall backwards into the throat area and obstruct air flow. "There will be loud snoring and then quiet when the tongue completely collapses. The person stops breathing followed by sudden gasps," he explained.

He said sleep apnoea occurs when a person stops breathing for 10 seconds or more and has at least a 4% drop in oxygen in the blood. Factors like being male and obese can influence the incidence of OSA, together with other aspects related to age, alcohol consumption, race and familial history.

Dr Irifhan said although people do not stop breathing and die from OSA, it can lead to complications like hypertension, increased insulin resistance, depression, stroke and heart attack. He clarified that most OSA episodes occur when a person sleeps supine as then there is more chance for the airways to be blocked.

Book on **YEAP CHOR EE** launched at **HISTORIC RESIDENCE HOMESTEAD**

It was poignantly appropriate that the Homestead mansion at WOU's main campus became the backdrop for the launch of a book on the late philanthropist tycoon Towkay Yeap Chor Ee.

The publication titled *The King's Chinese: From Barber to Banker, the story of Yeap Chor Ee and the Straits Chinese* was written by his great-granddaughter Daryl Yeap. She explained that this year marks the 100th anniversary of the Homestead building, which was once the private family home of the Yeap family and is now part of WOU. The event held on 20 July 2019 was also to commemorate the 150th anniversary of the birth of Yeap, who was born in October 1868.

The book delves into the life of Yeap, a poor immigrant from China who rose from being a barber to become a prominent business icon. His achievements included founding the Ban Hin Lee Bank in Penang. The book also traces the history of the Chinese immigrants in Penang.

Daryl shared the history of the Yeap clan through photographs and charts, and introduced to the guests a few living descendants included in her book. The crowd also had a glimpse of how the Homestead building looked in the olden days compared to today.

More than 120 people turned up for the book launch. Among them were Daryl's parents, WOU Sdn Bhd Chairman Dato' Seri Stephen Yeap and Datin Seri Irene, WOU Board of Governors Chairman Tan Sri Dr Koh Tsu Koon, George Town Institute of Open and Advanced Studies (GIOAS)'s International Advisory Board Chairman Tan Sri Andrew Sheng and former Ban Hin Lee Bank Bhd Chairman and CEO Dato' Seri Goh Eng Toon.



▲ Daryl Yeap (centre) with (from left) Tan Sri Andrew Sheng, Dato' Seri Stephen Yeap, Tan Sri Dr Koh and Dato' Seri Goh Eng Toon.



▲ A huge crowd at the book launch.

Seminar on **MALAYSIA'S LEGAL LANDSCAPE** after GE14



▲ Chia (left) with Andrew Chiew.

A leading law firm recently held a half-day seminar on legal developments in Malaysia following a change in the federal government after the 14th General Election in May 2018.

The event titled *New Malaysia's 1st Anniversary: How 9 May 2018 Changed Our Legal Landscape* was organised by Lee Hishammuddin Allen & Gledhill (LHAG) at the WOU main campus on 27 June 2019. Prof Lily Chan, Chief Executive and Vice Chancellor of WOU, delivered the opening speech.

The seminar looked into fraud and corporate disputes in the country, corporate law, as well as laws on competition, real estate and taxation. LHAG Corporate and Conveyancing expert Chia Loong Thye, a member of the WOU Board of Governors, acted as the moderator for the sessions.

LHAG Dispute Resolution partner Andrew Chiew Ean Vooi and Corporate and Commercial Disputes specialist Ang Hean Leng gave a presentation on *Fraud and Corporate Disputes in New Malaysia: What's New, What's Hot*. Other panel speakers from LHAG were Intellectual Property and Technology, Media and Telecommunications expert Eunice Chan Wei Lynn, Corporate and Conveyancing professional Tan Gek Im, and Tax, SST and Customs specialist S Saravana Kumar.



▲ Chia (2nd from left) with a few of the speakers.

About 100 people from the legal fraternity, including clients of firms, high ranking executives and directors of corporate entities, attended the seminar, which was part of LHAG's annual Corporate Counsel Day series that is held for the corporate counsel community.

VALUABLE INSIGHTS

for IT COMMUNITY AT GOOGLE I/O WORKSHOP

More than 200 people benefited from a day-long Google I/O Extended workshop organised by Google Developer Group (GDG) and hosted by the University at the main campus on 29 June 2019. The event was intended to sharpen knowledge and skills among local IT practitioners, including web developers, mobile developers, designers, students, startup entrepreneurs, digital marketing managers and copywriters.

GDG is a non-profit community of like-minded developers that hosts events every quarter of the year to share experiences in developing applications with open-sourced technologies.

In her speech to open the workshop, School of Science & Technology Dean Assoc Prof Dr Wendy Bong Chin Wei spoke about *Digital Skills Gap and the Future of Jobs 2020*. She highlighted the impact of smart devices, smart networks, smart data and smart integration in global business trade and services.

The workshop proper began with a presentation on *Building Fast, Searchable Web with App-Like Experience* by Vin Lim, Google Developer Expert (GDE) web director and the co-founder and CEO of Green Room, a mobile and web application development company.

Other presentations included those on *Building iOS with Flutter* by Jason Seah, GDG organiser cum manager and software engineer in Green Room; *What's new in Firebase* by Lim Shang Yi, software developer at IdealHub; *Need for Speed: Actionable Web Performance Optimisation* by Jecelyn Yeen, GDE for angular and web technologies; and *Being Data Scientist: The Facts & Myths* by Dr Poo Kuan Hong, principle machine learning engineer at ADA, a digital marketing company.



▲ The participants and speakers. Front row seated is Vin Lim (left) and Jason Seah (3rd from left)

REIN IN STRESS

with EMOTIONAL INTELLIGENCE SKILLS

Many people are affected by stress but not everyone is adept at handling it. In particular, most people do not know that they can manage their emotions when in such a condition a condition by using what is known as Emotional Intelligence (EI).

Speaking on stress management during a workshop at the main campus on 13 April 2019, Dr Yasmin Othman Mydin, a psychology counsellor at Universiti Sains Malaysia (USM), explained that EI skills are needed to manage, cope and solve emotional issues within oneself and with others.

"People with less resilience are more easily shaken, angry and sad. When you have too many things happening in your life, negative emotions pop up to affect your thoughts and behaviour," she told the audience of over 100 teachers and non-academic staff of St Xavier's Institution who attended the session.

Dr Yasmin cited four EI skills sets for self-awareness, self-management, social awareness and social skills. "Firstly, recognise, understand, and identify your emotions when stressed. If you are aware, then you can better manage your emotions, rather than react with anger." Self-awareness helps to prevent your emotions from over-ruling or disturbing you, she continued, adding, "Then you are more alert and respond more appropriately."



▲ Dr Yasmin interacting with the audience.

Social awareness involves the ability to show empathy, concern and care. "When you understand another's emotions, it will help you deal with that person more rationally," she said. As for social skills, Dr Yasmin explained that they relate to communication, building a bond and teamwork.

"Stress largely depends on how one thinks of the event. There is a connection between thoughts, emotion and behaviour. So you listen to your thoughts. An event becomes stressful when we think negatively, we feel negatively, and act negatively," she pointed out.

The workshop was jointly organised by the Penang Regional Centre and the School of Humanities & Social Sciences (SHSS).

FESTIVE AID

for needy single mothers during Ramadhan

In the spirit of giving during the month of Ramadhan, WOU helped to alleviate the burden of five single parents by handing them food, beverage and necessities contributed by staff, and adding some welcome festive cheer.

In a simple ceremony at the main campus on 27 May 2019, WOU Student Relations and Publishing Director Grace Lau Pee Hoay presented the provisions to the single mothers who are registered with Persatuan Kebajikan Asas Pulau Pinang (PKAPP) under its Women Empowerment Bureau and Welfare Aid Division.



▲ Alagesan (left) of PKAPP with provisions for the poor families.



▲ Recipients (front row) thankful for the aid.

The recipients were Jumah Bee Mohd Ali, 58, from Taman Nusantara, George Town; Salmah Mohd Iqbal, 46, from Sungai Nibong; Suraiyah K Hussain, 51, from Bandar Baru Ayer Itam; Mariam Abdullah, 60, from Rifle Range, Ayer Itam; and Selahar Bee S M Syed, 60, from River Road, George Town.

The University had launched the charity project themed "The reward of giving Sadaqah" from 6 to 21 May this year. Staff and students were encouraged to drop off their contributions during this period. According to Lau, the project was part of the University's corporate social responsibility to reach out to the less fortunate in society during major festivals.

The guests and recipients were later treated to a simple *buka puasa* dinner with the staff of WOU. Among those who attended were PKAPP founder/president Alagesan Ayaru and patron Dato' Shahul Hamid Abdul Kadir.

WOU

continues its support for

ANNUAL CANCER RELAY



▲ The WOU team participates in the walkabout.

WOU has been supporting the Relay for Life Penang, observed to generate awareness and encouragement in the battle against cancer, for over a decade. This year the annual event was held for the first time on the grounds of the Penang Hospice Society.

WOU once again extended its support as a silver sponsor and sent a 33-member team to participate in the customary walkabout around a field, together with hundreds of other supporters on 27 July 2019. The relay, which entered its 15th edition, was organised by the National Cancer Society Malaysia (NCSM) Penang branch and the Penang Hospice Society.

In his welcoming speech, NCSM Penang branch chairman Dato' Seri Dr T Devaraj urged everyone to "never lose hope" in the face of the sadness and suffering in the world today. He stressed that adopting a proper lifestyle helps to reduce incidences of cancer, adding, "We must, as individuals, realise our own responsibilities in preventing cancer and other diseases."

In his speech, Think City Sdn Bhd Chairman Dato' Dr Anwar Fazal noted that Malaysia ranks top in ASEAN and second in Asia for obesity, and warned that obesity along with stress could lead to health problems if not managed "intelligently, urgently and dramatically".

Dato' Anwar offered seven steps to better health: eat less; exercise regularly; have a spirit of caring and sharing; treat other people as you would like to be treated; smile; learn how to listen with your ears, eyes and heart; and make your life centred around service to the community.

Dato' Anwar and Dato' Seri Devaraj joined the cancer survivors in the first lap of the walkabout, after which they were joined by teams from sponsoring organisations and other participants.

FULFILLING THE PROMISE of a DOCTORATE DEGREE to his late wife

Human resources manager Teh Beng Soo from Sungai Petani, Kedah, has an especially poignant and compelling reason to diligently pursue the Doctor of Business Administration (DBA) programme at WOU.

The 55-year-old is fulfilling the promise he made to his late wife, Lee Lee Fong, who succumbed to breast cancer in 2015. "I promised her that I would pursue my doctorate after my master's degree," he said. Teh is among the inaugural batch of learners for the 80-credit DBA programme which was launched in July this year.

Teh graduated with an MBA degree in Manufacturing and Production Management (MBA-MPM) from WOU in November 2016, with his only daughter at his side. He has a degree in HR Management from a private university.

He has been a HR manager at Lypometal Sdn Bhd in the Cendana Industrial Area of Sungai Petani since August 2016. He had previously worked as a HR cum operations manager, freelance trainer and senior plant operations manager.

He chose the DBA as the programme is designed for experienced corporate leaders and managers, bringing together the required academic theories and concepts with business management practices. "After I retire, the

knowledge gained from the DBA will still come in handy for advancing my career as a consultant, trainer and academician," he said.

Teh maintains a rigid discipline and time management to accomplish his academic tasks, balancing his studies with his professional work and personal commitments. He credits the support of his family as being the main inspiration for his perseverance towards lifelong learning.

He is also thankful for the substantial rebate awarded to him as a WOU alumni to pursue his DBA. He says that he is driven to succeed in life by eight core values which he holds dear: authenticity, truthfulness, joyfulness, curiosity, responsibility, love, fearlessness and loyalty.



▲ Graduating with an MBA in 2016.



▲ Teh with his late wife (right) and daughter in August 2010.



▲ Teh at his current workplace.

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