



MIU HIVE

Your Campus. Your Paper.



THIS MONTH MUST READ



SNEAK PEEK

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 - HALLOWEEN
 - CHINA YOUTH CULTURAL EXCHANGE FESTIVAL 2018
 - MIU LECTURERS TAKE ON INTERNATIONAL CONFERENCE
 - (MIU) SAFETY AND HEALTH
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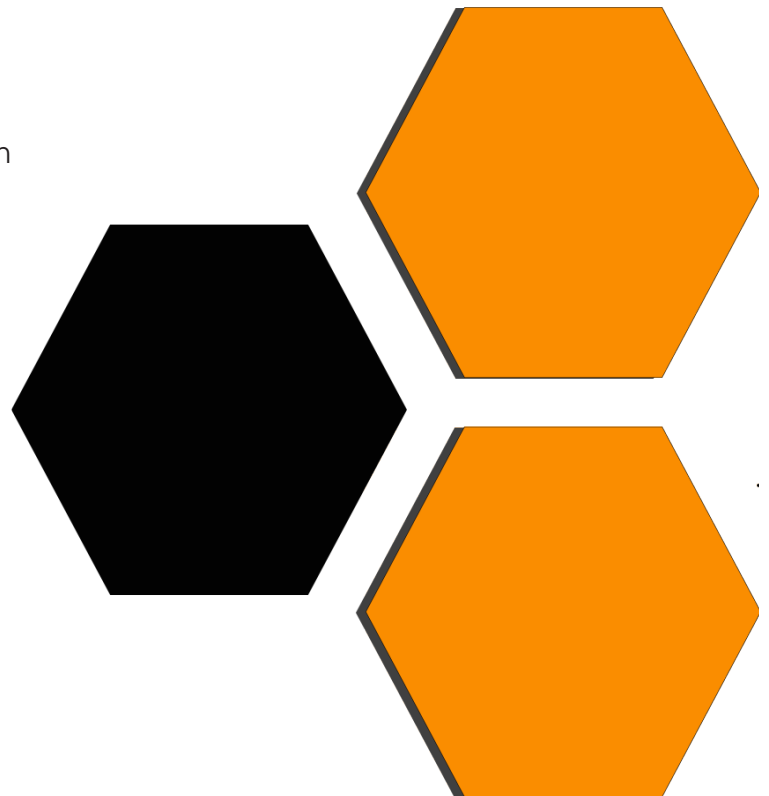
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Festival of Lights A Metaphor For Knowledge and Consciousness



Deepavali is one of the major festivals and celebrations in Malaysia. Deepavali, also known as the Festival of Lights is celebrated every year on the Hindu month of Kartik which falls around October or November on the Gregorian calendar. The festival symbolises, as do other festivals such as Thaipusam, the triumph of good over evil. Deepavali is a four-day celebration, even though in Malaysia only one day is marked as a public holiday to celebrate this festival.

The first day of Deepavali marks the victory of Lord Krishna over the demon Naraka. On the second day, Goddess Lakshmi emerged from Kshira Sagara (Ocean of Milk). The third day of Deepavali marks the day of the victory of the god Vishnu over the daemon of King Bali. The fourth day of the festival is when the God of Death Yama had feasted with his sister Yami. It is believed that during the feast, Yami placed an auspicious mark on his forehead known as the tilak. In other cultures with more significant population on Indians who came mostly from North India, the festival lasts for five days and it is known as Diwali.

In Malaysia, the celebration would be incomplete without arrays of kolam. Kolam is a decorative art with intricate designs drawn on the floor with a variety of materials such as tumeric powder, rice grains and rice flour in a fluorescent spectrum of vibrant colours. Similar to other festivals in Malaysia, the preparation for Deepavali usually precede with spring cleaning the entire house from top to bottom.

The festival of lights would be incomplete without the presence of light from the glow of traditional oil lamps or from colourful electric bulbs. The significant spiritual meaning of the lights is for one to be aware of his or her inner light. In Hindu philosophy, beyond the physical body and mind is something pure and the eternal. Light is a powerful metaphor for knowledge and consciousness. In short, Deepavali is the celebration of the inner light.

To all MIU staff and students, the HIVE editorial team wishes all of you Happy Diwali. May millions of lamps illuminate your life with endless joy, prosperity and wealth forever! – (Mohd. Shah Abdullah, Chief Editor)

From My Eyes: ASEAN-China Youth Cultural Exchange Festival 2018

By Chong



Being a Malaysian delegate who is also representing Manipal International University (MIU) for an international programme is something I never dreamt could happen to me.

The short five-day trip to Chengdu, China meant more than I can explain. There are so many unforgettable memories such as the Chengdu Research Base of Giant Panda Breeding, the great poet Li Bai's Memorial Park, get together party for ASEAN-China delegates and Jiangyou local outstanding representatives, the biggest soy sauce industrial park in Chengdu, Painting Village at Mianzhu, ASEAN-China Youth Forum, and Gala Night.

Experiencing different cultures, learning new language, making friends from 10 ASEAN countries, creating memories and good impressions were also invaluable.

I would like to take this opportunity to thank MIU for giving me this chance to participate in such a great and significant international programme which allowed me to soak up knowledge and experience in China. I am very sure that this kind of opportunity will be given to other MIU students in the future, and when the time comes it should be used to its full potential.

My world shines brighter because of you, Manipal International University.

From My Eyes: ASEAN-China Youth Cultural Exchange Festival 2018

By Santhana



What a memorable journey it has been for me in 2018, especially when I was given the chance to participate in the 6th ASEAN-China Youth Cultural Exchange Festival.

I've had a lot of different dreams in life and one of my greatest dreams was to visit China, simply because I wanted to know the other part of my ancestors, the other side of my family root as my very own grandmother was a migrant from China. Well, now my great dream came true.

Everything around me was so new, different, and interesting. Of course, I never thought I will visit the birthplace of the Giant Panda in China. Chengdu, Sichuan was an amazing journey as we did not only learn the richness of local culture but represented Malaysia and Manipal International University. I also represented my people's culture and traditions and shared the same sense of pride with friends from other ASEAN countries.

The most interesting moment was I even got a chance to recite a poem by Li Bai, a great poet, in a dinner function. Everyone were surprised that I could speak Chinese, but that's Malaysia for you. Malaysia is a multi-cultural nation where the culture, customs and traditions of all ethnicities are preserved.

What do I have to say about the local food there? The students of Chengdu University were so welcoming and offered us a scrumptious lunch at Hot Pot Restaurant. There is no denying how delicious their cuisine was.

My sister once told me that being grateful is the key to success. I always wondered why I enrolled myself in Manipal International University (MIU) but now I know the reason. This is where the path towards my future is.

Different individuals have their own opinion on the choices they made for their studies, same goes to me but what I did not expect to be given the greatest opportunity for my future. Nevertheless, nothing comes easy in life. You must swim, you must dig if you have to and you must not stop searching until you find the treasure, and that is how I found mine here at MIU.

Thanks a million, to the Malaysia-China Friendship Association for choosing not one but two delegates from our university to participate in this year's ASEAN-China Youth Cultural Exchange Festival.

"A grateful heart is always a magnet of miracle."

The Lights of Deepavali

By Lawanya

Deepavali, which is known as the festival of lights, is known all around the world in countries where there is a Hindu population. However, how many of us know the origins of one the biggest celebrations for Hindus worldwide?

Deepavali is celebrated to spread the light of wisdom in every heart, as a beginning to a peaceful environment in every home and bring a smile on every face.

The word Deepavali originates from a combination of two words, row (avali) and clay lamps (deepa). Therefore, it means row of lights that Hindus believe as the inner spirit light that protects from darkness and evil.

Deepavali has become a national festival celebrated by most Indians regardless of faith, with Jains, Buddhists, and Sikhs also celebrating the occasion. Several myths can be related to the spark of the Deepavali festival such as the story of King Rama defeating Ravana and celebrating his return to Ayodhya by lighting rows of clay lamps, according to Northern India celebrations.



Southern India celebrates it as the day that Lord Krishna defeated a demon called Narakasura. However, Western India celebrates with a different belief where Lord Vishnu, the Preserver (one of the main gods of the Hindu trinity) sent the demon King Bali to rule the nether world.

On the day of the festival, several practices may be performed by the Hindus which are common in order to brighten up their day.

Having a fresh oil bath with 'siaka' powder, dressing up in new outfits, getting the blessings from elderly people and participate in prayers especially to God of Wealth, Goddess Lakshmi with family members together are the best practices of a family during Deepavali. However, the celebration of Deepavali in Malaysia must be highlighted as it has a uniqueness that should be shared with all.

The common and special practices during festivals, including Deepavali, invites people from other races to also take part in the tradition such as 'Ang Pow' giving.

The sky lights up with the colourful fireworks and clearly signals what a momentous time it is for the Hindu community everywhere. No matter what race or religion we are, we should rejoice in the celebrations of our fellow Malaysians and appreciate the significance it has to others.

One of the most anticipated events of the year had just passed...it's none other than the spooky day of Halloween. Halloween is an annual holiday celebrated each year on 31st October and this year it fell on a Wednesday. The celebration originated from the ancient Celtic festival of Samhain, during which people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated 1st November as a time to honor all saints. All Saints Day then incorporated some of the traditions of Samhain. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating sweet treats.

Did you know? One quarter of all the candy sold annually in the US is purchased for Halloween.



HALLOWEEN

BY ANNE CRYSTAL

HALLOWEEN FUN FACTS:

- ~Ireland is typically believed to be the birthplace of Halloween.
- ~Samhain phobia is the fear of Halloween.
- ~The first Jack O'Lanterns was made from turnips.
- ~Halloween is the second highest grossing commercial holiday after Christmas.
- ~Halloween is thought to have originated around 4000 B.C., which means Halloween has been around for over 6,000 years.
- ~Trick-or-treating evolved from the ancient Celtic tradition of putting out treats and food to placate spirits who roamed the streets at Samhain, a sacred festival that marked the end of the Celtic calendar year.
- ~Dressing up as ghouls and other spooks originated from the ancient Celtic tradition of townspeople disguising themselves as demons and spirits which were believed that disguising themselves this way would allow them to escape the notice of the real spirits wandering the streets during Samhain.
- ~Scarecrows, a popular Halloween fixture, symbolize the ancient agricultural roots of the holiday.
- ~Black and orange are typically associated with Halloween. Orange is a symbol of strength and endurance stands for the harvest and autumn. Black is typically a symbol of death and darkness and acts as a reminder that Halloween once was a festival that marked the boundaries between life and death.

Hope everyone had a great Halloween with lots of fun and amusing experiences!

MIU Lecturers Take on International Conference at MAHE Manipal

By Tineshnair Mogan

Manipal, India: Manipal Academic of Higher Education (MAHE) held its first international conference on Commerce and Pharma Management on 27 and 28 September 2018.

The two-day conference was participated by lecturers from MIU Nilai's School of Management and Business, Pang Kim Kwong, Mimi Suriaty Binti Hj. Abdul Rani and Mahani Binti Asmaai, who came to present their research papers.

"I presented my paper, Economic-style Hoteliers Behavioural Intention towards Customers Satisfaction: A Second Order Model Analysis," said Pang.

The 63-year-old lecturer and researcher added that the paper aimed to fill the gap on innovative destruction with emotional intelligence to achieve cost effectiveness as the hospitality industry is a major aspect of services marketing.

Accounting and Finance lecturer, Mimi, shared about her paper on Factors and Behaviours that Influence Financial Literacy among Youth in Kuala Lumpur.

"The importance of financial literacy among Malaysian youths should be stressed on and alternatives can be implemented to increase financial literacy and promote good spending behaviour," said Mimi.

"The objective of my paper, The Implication of Tax Revenue Towards the Country Development Focusing on Healthcare Sector, is to point out the determinants of tax that will directly affect the growth of the country especially in the healthcare sector among selected countries," said Mahani about her research paper in an interview with MIU Hive.





India, For the First Time

India was a first-time experience for the presenters. There were many unforgettable and hilarious moments during their time there that they couldn't keep from sharing.

Pang expressed, "It took me two hours to go through immigration. I am familiar with Indian culture as there are many Indians in Malaysia, but here in India there are tons of soft vegetarian food which doesn't give you that crispy bite."

Mimi also shared her hilarious adventure: "My friend and I were so scared when we rode the auto rickshaw for the first time, which is also known as 'orto', but we got used to it and enjoyed the next day.

"The driver was able to manage the busy roads and it's interesting how they don't use the lanes provided or use indicators and they just honk to zip through the streets," she added.

"More spices in food, more people, and more taxes. This is what I know about India before I came here. It's true, there are a lot of people and of course on the taxes," expressed 33-year-old Mahani.

According to Mimi, organising such international conferences globally would encourage people from different institutions to bond.

"International conferences are priceless opportunities to sharpen my point of view by learning new skills as it provides a great opportunity to connect with participants with different perspectives and views, inspiration or learn new ideas and trends in my field or area of research," Mimi concluded to MIU Hive.

**MANIPAL INTERNATIONAL UNIVERSITY (MIU)
SAFETY AND HEALTH
By Ir. Zulkifli, HoD OSH**

MIU Safety Awareness Campaign

OSH - OCCUPATIONAL SAFETY AND HEALTH

OSHA - OCCUPATIONAL SAFETY AND HEALTH ACT



Occupational Safety and Health Act, 1994 (Act 514)

While acknowledging the growing importance of the education industry, safety is a key component in ensuring a learning institution's achievement. Among the areas that MIU strives for excellence in includes the safety of its members and environment. In today's occupational safety and health atmosphere, MIU needs to stay one step ahead in terms of hazard identification, risk assessment and risk control activities and this means introducing an effective Occupational Safety and Health Management System (OSHMS).

In fulfilling the requirements of the Occupational Safety and Health Act 1994 (Act 514), and in continuation to fulfil the requirement by the Engineering Accreditation Council (EAC), a Safety Committee was introduced at MIU. MIU's Safety Committee will ensure the well-being of its employees, students and the public using its facilities. This is in line with MIU's vision to produce socially conscious, competent, innovative and confident human capital.



Purpose

MIU Safety Awareness Campaign



OSHA 1994 Requirement

For all industries

If >5 Employees - Safety & Health Policy

≥ 40 Employees (Sec 30) - Safety & Health Policy + Safety & Health Committee

For high risk industries (i.e. construction, ship building, gas etc. (Order 1997).

>100 Employees - Safety & Health Policy + Safety & Health Committee + Certified Safety & Health Officer

For low risk industries (other than the above mentioned industries (Order 1997)

>500 Employees - Safety & Health Policy + Safety & Health Committee + a Certified Safety & Health Officer




MIU Safety Manual sets out the occupational safety and health structure, roles and responsibilities at each function and level within the university. It ensures that the requirements of Occupational Safety and Health Act 1994 (Act 514) (OSHA 1994), regulations, orders, legislation and relevant standards and the MIU Occupational Safety and Health Policy are met.

Occupational Safety and Health Act Requirements

Occupational Safety and Health Policy

MIU Safety Awareness Campaign



PLNG

MIU OCCUPATIONAL SAFETY AND HEALTH POLICY

Purpose

This policy exhibits Maripal International University's obligation in providing a safe and healthy environment for work and study in accordance with the Occupational Health and Safety Act (1994) and discloses, as far as reasonably practicable, the commitments of the University to prevent and protect the university community against hazards and its risks in connection with their activities at work.

Scope

This policy and objectives are applicable to the university staff, students, visitors and contractors at the Maripal International University Nil Campus and at all of the university endorsed, owned, occupied or managed areas, whenever the locations are.

Policy Statement

The safety and health of MIU's working and studying environment remains an ongoing challenge. To meet this challenge, MIU will keep on developing and implementing new strategies in safety management systems in order to make a safe system even safer, in line with the requirements set by the Department of Safety and Health (DOSH) and the Malaysian Government. In continuation to fulfil these requirements and in MIU's strive for excellence in ensuring its facilities are world-class, MIU shall:

- Provide a work and study environment that are safe and without risks to health.
- Provide information, instruction, supervision and training to ensure the safety and health of staffs and students.
- Identify hazards, assess and control risks wherever possible in the activities of the university.
- Fully integrate health and safety into all aspects of its activities by implementing and maintaining a framework that ensures the systematic management of safety and health.
- Comply with local legal requirements and safety and health management system that meet the national and international standards.

To ensure the success of this Occupational Safety and Health policy, it will be reviewed periodically and will be supplemented, where appropriate.


EXPERIENCE THE MARIPAL MAGIC AND STAY SAFE

[Signature]

PROF. DR. PLNG RAO
VICE CHANCELLOR
MARIPAL INTERNATIONAL UNIVERSITY

Dated: 1 June 2016

DESIGNATION	MEMBERS
Chairman	VC / DVC
Secretary	HOD Safety and Health
Meeting Secretary	To be appointed
Coordinator	To be appointed
Employer Representatives	Director of Operation
	HOD Admin/Facilities/ Procure
	Dean SOSE
	Dean SOMB
	Director of CFLS
	Registrar
Employee Representatives	HOD Buss. Dev. & Marketing
	HOD Civil Engineering
	HOD Chemical Engineering
	HOD Computer Engineering
	HOD Electrical Engineering
	HOD Mechanical Engineering
Invited Representatives	HOD Biotechnology
	HOD Accounting and Finance
	President- SRC
	Vice President- SRC



F Z

The MIU OSH Policy and Safety Committee Structure (Subject to Change)

The purpose of the policy is to describe, as far as reasonably practicable, the commitments of the MIU top management in consultation with the staff of MIU, to prevent and protect the university community against hazards and its risks in connection with their activities at work. This policy is applicable to all the MIU community, premises or facilities owned, occupied or managed by MIU and all MIU endorsed-activities, wherever they are located.

Occupational Safety and Health Responsibilities

MIU Safety Awareness Campaign

OSHA 1994 Section 15 – 19: Penalty For Non Compliance

- A fine not exceeding ~~RM50,000~~ RM 500,000 (2018)
- Imprisonment not exceeding ~~2-years~~ 3 years
- Or both

Other Penalty / Fine

- Common Law: Affected person (employee or public) may take legal action against the organization under the Civil Law (Common Law)

NO SAFETY AND HEALTH POLICY !!!

NO SAFETY AND HEALTH COMMITTEE !!!



Vice Chancellor (VC)

The Vice Chancellor (VC) of MIU is the designated legal authority and is accountable for safety matters at MIU and controlled bodies. However, the VC may choose to delegate responsibility for specific matters. The Vice Chancellor (VC) of MIU is responsible for the implementation of safety policy, establishment of safety committee and the development and performance of safety and health activities.

Top Management (Directors of Administrative Divisions/Departments, Deans and Senior Executive)

Members of the MIU top management are responsible for ensuring that OSH is included on the agenda of faculty/divisional and top management meetings. Top management must also ensure that enough budgetary provision is made for OSH programmes and initiatives. A risk-based approach must be adopted for the management of OSH and all staff with supervisory or management responsibilities must be held accountable for the management of OSH in areas under their control. OSH performance must be monitored and periodically reviewed by the top management of MIU.

Safety and Health Department

Safety and Health Department is established to enhance the compliance with the Occupational Safety and Health Act 1994 (Act 514). The main objective of this department is to foster the commitment of the University on occupational safety and health practices. This department is involved in the planning, implementation, monitoring and controlling of Occupational Safety and Health Management System activities, such as training programs and occupational safety and health awareness programs to ensure the safety and health of MIU's staff, students and visitors. The unit head is responsible for the development, maintenance and ownership of the university OSH Management System procedures which includes policy, advice, training, and auditing.

The responsibilities of the department include providing strategic advice to senior management on the management of health and safety matters, reviewing and analysing incident trends and developing procedures and programs to mitigate their impact, monitoring and reporting on OSH performance to senior management and providing advice, instruction and training service to staff and students from the work area about OSH matters.

Other functions of the Safety Department include:

- Developing strategies and programs to minimise the risks of injury, illness and damage to property.
- Provision of information and advice on OSH risk management and legislative compliance.
- Managing the content of OSH training courses for staff and students and providing specialised training where required.
- Conducting ergonomic assessments.
- Conducting internal O S H audits.
- Liaising with, and reporting to, statutory and external authorities.
- Maintaining OSH records in accordance with the OSH Records management procedure.
- Participating in the investigation of serious incidents.
- Monitoring the OSH performance of organisational units.
- Benchmarking OSH systems and practices with associated industry peers.

University Safety and Health Committee

In cooperation with the top management, the committee either at the University or Department level is responsible for operational and monitoring of the implementation and performance of OSHMS in all activities within their areas of supervision. The functions of the Safety & Health Committee as stated in Regulation 11 of Safety and Health Committee Regulations 1996 are to:

- Assist in the development of safety & health rules and safe systems of work.
- Review the effectiveness of safety & health programmes.
- Carry out studies on the trends of accident, near-miss accident, dangerous occurrence, occupational poisoning or disease, and shall report to the employer together with recommendations for corrective actions.

Individuals (Employees, Students, Contractors, Visitors)

Each MIU employee, student, contractor or visitor is responsible for ensuring that his or her own work or study environment and practices reflect high OSH standards to protect their own health and safety as well as the health and safety of others.

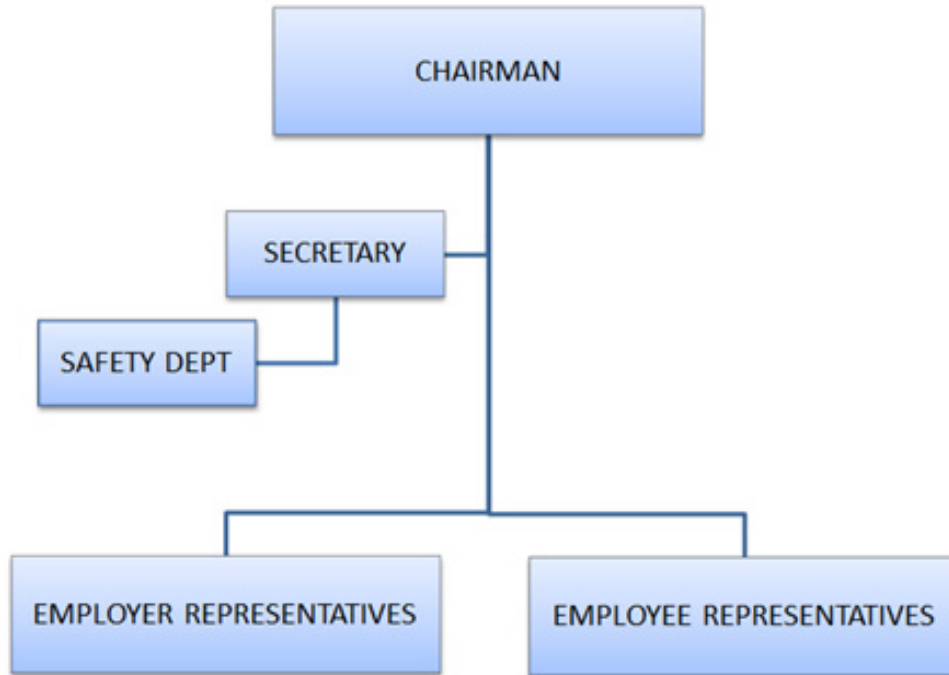
Their responsibilities include:

- Complying with OSH policy, procedures and instructions, instructions given by emergency response personnel such as emergency wardens.
- Participating in training and other safety and health activities as required.
- Reporting hazards, near misses, injuries and incidents.
- Using a documented risk management process to eliminate or minimise risks where appropriate.
- Using and maintaining safety devices and personal protective equipment correctly.
- Not wilfully or recklessly endangering the health and safety of any person at the workplace.

Safety and Health Committee Structure and Functions

University OSH Committee

MIU has two levels of OSH committee, the University OSH Committee and the Department/Local OSH Committee. The University OSH Committee is headed by Deputy Vice-Chancellor (Development).



DESIGNATION	MEMBERS	REMARKS
Chairman	VC/ DVC	
Secretary	HOD Safety and Health	
Meeting Secretary		To be appointed
Employer Representatives	Director of Operation	
	HOD Admin/Facilities/ Procure	
	Dean SOSE	
	Dean SOMB	
	Director of CFLS	
	Registrar	
Employee Representatives	HOD Civil Engineering	
	HOD Chemical Engineering	
	HOD Computer Engineering	
	HOD Electrical Engineering	
	HOD Mechanical Engineering	
	HOD Biotechnology	
	HOD Buss. Dev. & Marketing	
	Admin Representative	To be appointed
	Student Representative	To be appointed

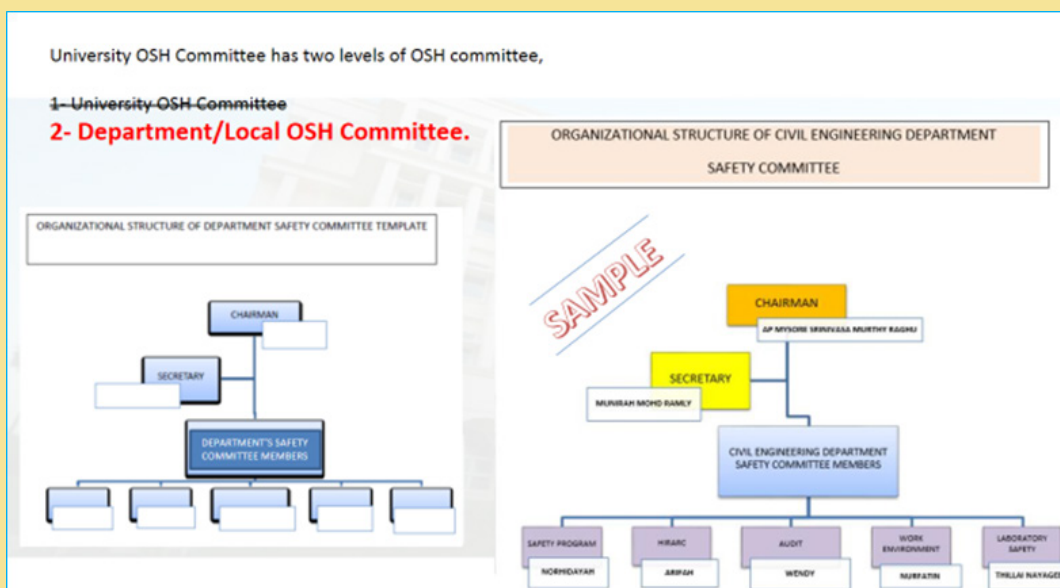
The MIU University level Safety and Health Committee organizational structure.

The terms of reference of this committee are as follows:

1. The committee is chaired by a nominee of the Vice-chancellor, normally a Deputy Vice-chancellor or a Dean. A letter of authorization should be given to the authorized person.
2. As far as is reasonably practicable, committee membership must include equal numbers of management and employee members and an agreed representation from students. The secretary of this committee is the Head of OSH Department. The secretary is a trained Safety and Health Officer.
3. An assistant should be appointed by each committee member in the instance that they are unable to attend any meetings.
4. Meetings are held quarterly as well as on other occasions deemed necessary by the Chairman. Chairman, Secretary, Technical Advisors and invited External Representatives are the non-voting members which do not have full member status for the purpose of complying with the provision of OSHA1994 (Act 514).
5. The term of office of each of the members is two years and the top management is required to provide training and information to this OSH committee members.
6. The quorum required to be present at a meeting of the Safety and Health Committee meetings must be at least half of the total members.
7. The minutes of meetings must be made available to the members in a week time.
8. As stated in OSHA 1994 (Act 514) regulation, the committee may remove the member for the reasons of either:
 - (a) Has voluntarily withdrawn;
 - (b) Has failed to attend three consecutive meetings without notice to the chairman;
 - (c) Has been found or declared to have unsound mind;
 - (d) Has been declared bankruptcy by authority.

Department/Local OSH Committee

The sample of current OSH committee at Department Level is as shown in the picture. The Head of the Local OSH Committee shall be a committee member at the University level.



Sample of OSH committee at Department Level.

The duties of these committee members as part of the Department/Local Safety Committee are as follows:

1. Establish department (area of responsibility) safety committee which must comprise of representatives drawn from the major department activities and work groups such as:
 - Lecturers located in the area
 - Laboratory assistant
 - Safety and health representative
 - Student representative
 - Specialty officers (Biosafety representative, Radiation Safety representative, First Aider, Fire Marshall, Warden)
 - Representatives from any other area of the university can be invited to attend the committee such as staff who engage or manage contractors.
2. Formulation and implementation of OSH improvement strategies for the area including consideration and implementation of OSH policy, procedures, guidelines, plans and programs.
3. Monitoring the OSH legislative compliance of the area of responsibility and, in particular by:
 - Ensuring that a risk management approach is taken on hazardous tasks, new activities, research and equipment.
 - Ensuring that emergency procedures are developed and implemented in the area.
 - Ensuring and monitoring the implementation of audit recommendations.
4. Promotion of a strong OSH culture in the area of responsibility through regular communication and consultation, promotion of improvements and highlighting of specific hazards or incidents and by ensuring that staff, safety personnel and students undertake/attend recommended OSH training/lecture/seminar.
5. Review and analyse injury/incident reports and data, recommend and implement effective controls or preventive measures and development the injury/incident prevention strategies for the area of responsibility.
6. Monitoring and controlling OSH performance by:
 - Conducting regular workplace inspections (minimum 2 annually). Report to the Top Management of any unsafe or unhealthy condition or practices with recommendation for remedial action.
 - Conducting regular trial evacuations (either 1 or 2 annually)
 - Induction of new staff and students.
 - Training staff and students in the area.
 - Chairing Local Safety and Health committees meeting (required to meet at least quarterly). Discuss the report of workplace inspection and make recommendation to the Top Management on the remedial control measures.

The MIU Safety and Health Committee was established in 2016. As its title implies, the Committee is an advisory body and is jointly comprised of individuals representing employee and student groups and responsible parties from academic and administrative units. This Committee is required by legislation, and thus has a broad mandate to address the specific safety and health needs of the University.

The role of the Committee is to promote and support the continuous improvement of safety and health practices at MIU. To fulfil the aim of MIU to provide excellent education services to the stakeholders and clients, MIU must place the highest importance on protecting the wellbeing of all the members of the MIU community. From a safety and health standpoint, the objective of MIU Safety Department is to develop a safety culture whereby all employees, students and visitors are proactive and participate in the prevention, recording and reporting of hazards.

WORK ENVIRONMENT	MANUAL HANDLING	IONIZING RADIATION
Adequate Access Air Conditioning Confined Spaces Temperature Extremes (including skin contact) Heat (inc. fire, flames) Cold Lighting Mental Stress Dehydration Falls, trips, slips etc. Falling objects Working at Heights Kinetic Energy The body hitting objects Hit by moving objects Explosion Penetrating objects Vibration Pressure – pneumatic, hydraulic Acoustic/Noise	Muscular Stress Lifting, carrying Other handling Without handling Repetitive movement Ergonomics	Radioactive Materials
	CHEMICAL	OTHER TYPES OF RADIATION
	Flammable Toxic Corrosive Oxidizer Compressed Gases	Laser Ultraviolet Infrared Radiofrequency Microwave Electromagnetic Field
	BIOLOGICAL	MAJOR EVENT
	Microbiological Animal tissue/fluids Human tissue Human Blood and fluids Pathogenic Zoonotic	Student activities function Public event Violence Hold up Intoxicated students Firearms / Weapons Food Poisoning
ENERGY	ENVIRONMENTAL	NATURAL
Electrical Gravity	Air Release Sewer Release Release to Property	Lightning Rain Storm Flooding Sun Wind
MECHANICAL	PROPERTY	ANIMAL / INSECT
Vehicles Mobile and Fixed Plant Powered Equipment Non-Powered Equipment	Structural Collapse Structural Damage Utility Failure Utility Disruption Water Damage	Bites/ Stings Research Animals
		OTHER
		Working Alone Remote location

Examples of Potentially Damaging Hazards (Source: DOSH Malaysia)

MIU Welcomes Old and New Students Back for October Session

By Vivien Guok

New registration for the October intake students ran smoothly at the Manipal International University (MIU) campus recently.



According to a member of the Students Representative Council (SRC), Prasand Nair, a total of 105 students including 20 international students had applied to study at the university.

Lecturer Subramaniam A/L Munusamy said there were a few changes during this time around compared to past registration events at MIU.

"We have a standardized intake for the new registration of degree and foundation students according to the state calendar.

"Class time schedules are revised as classes start from 8.30 in the morning and each learning period will be an hour, followed by ten minutes of break before starting the next class so that students will be able to take a short break and get prepared for the next class," he added.

Dhaarshini Shri, a new student who joined the Foundation in Science (FIS) who was accompanied by her father Mr Yanasegeran during registration, claims that she chose MIU because of its global brand and good reputation as an education provider.

"I do not expect much from my daughter. I just hope that she can study well so that she may pursue her dreams," he said.



Lecturer Subramaniam A/L Munusamy during the registration day for October session.

Early Birds: The Staff Who Keep the Campus at Its Best

By Haresh Suresh

Before the university opens its doors to throngs of students, there is a team dedicated to ensure that everything is neat and in order.



Cleaners clock in at 7.30am to open the classrooms and periodically clean these rooms where learning takes place throughout the day.

Meanwhile, the guards make their rounds and focus on keeping the university as a safe place for both students and staff. They patrol the grounds day and night to inspect any activities that may disturb the harmony of those on campus.

University staff, whether academic or non-academic, come in before the students too. They come with a sense of happiness and responsibility to provide their students with the very best.

There are challenges that staff face, such as communication, or miscommunication. However, they can overcome it every day for the sake of the responsibility they hold.

These are the heroes that spend up to 12 hours a day on campus for the sake and wellbeing of students who seek knowledge at Manipal International University, Nilai.



Manipal's Cricket Team

By Oshinka

Cricket is one of the most sensational sports in the world. It is a well-known sport that even children love to play. Cricket was first recorded in 16th century England and is their national sport. Cricket is a bat and ball game between two teams, 11 players each.

In Malaysia, cricket is not as famous as football, but Malaysia does have a national cricket team. So, it is safe to say that Malaysians know a bit about cricket. For Manipal International University (MIU), the varsity's cricket team has brought glory by winning most of the tournaments that take part in across the nationwide.

The students who first started the team were Zia, Irthaza, Akash, Miyuru, Temo, Ragul, Sai, Pragaladan, Praveen Prathapan, Praveen Sidharan and Ahsan, and they credit Mr Anshuman Mohanty, Mr Harshendran Shet, and Mr Raam from the Student Affairs Department with helping them getting as far as they have.

Although the original members of the team are no longer active as they have graduated, more newcomers among the international students from India, Pakistan, Bangladesh and Sri Lanka are joining.


Every six months, MIU's cricket committee will organise a cricket tournament called the Big Bash and play during every sports carnival. The Big Bash aims to find good players to join the team. However, members of the team hope for improved facilities and support from the university to keep this sport alive on campus.

To date, the team has won tournaments held at Multimedia University, Cyberjaya and INTI University two times in a row (2017 & 2018).

Current team members: Zia, Ahsan, Irtaza, Aakash, Sohel, Tanjil, Miyuru Anuradha, Kalana, Sahan, Adin, Azmeer and Ragul.

The Earth Has Music for Those Who Listen

By Tengku Zahirah



Many of us are comfortable and accepting towards the lifestyle that the mass media portrays to society. From fast and easily accessible food that are controlled by mega-fast food companies, to dietary plans and supplements controlled by pharmaceutical companies. These controlled exposures manage to grasp a significant number of the population in believing their lifestyle revolve around these trends.

In most religions, it is said that the human body is like a sacred temple, a source of ones' spirituality and vitality. Our bodies are precious and were created as a dwelling place for their creator. It is vital for us to re-nourish and rejuvenate it. We are so disconnected from mother earth we favor for more convenient sources to nourish ourselves.

Consuming more natural grown food or organic food has proven time again to be more beneficial than their synthetic genetic counterparts. Millions of people ignore this fact and began to load up their bodies with extra weight by eating starchy and sugary food which in the end leads to cases much like obesity and diabetes.

Organically grown food have more nutrients, vitamins, enzymes, minerals, and micro-nutrients than commercially grown food because the soil is managed and nourished with sustainable practices by responsible standards.

Did you know? Antibiotics, drugs and growth hormones are also directly passed into meat and dairy products? Farmers have been giving sex hormones and growth hormones to cattle to artificially increase the amount of meat and milk the cattle produce without requiring extra feed. These hormones fed to the cows cannot be broken down. Therefore, it will remain in their complete form and pass directly into the consumer's diet when meat is eaten.

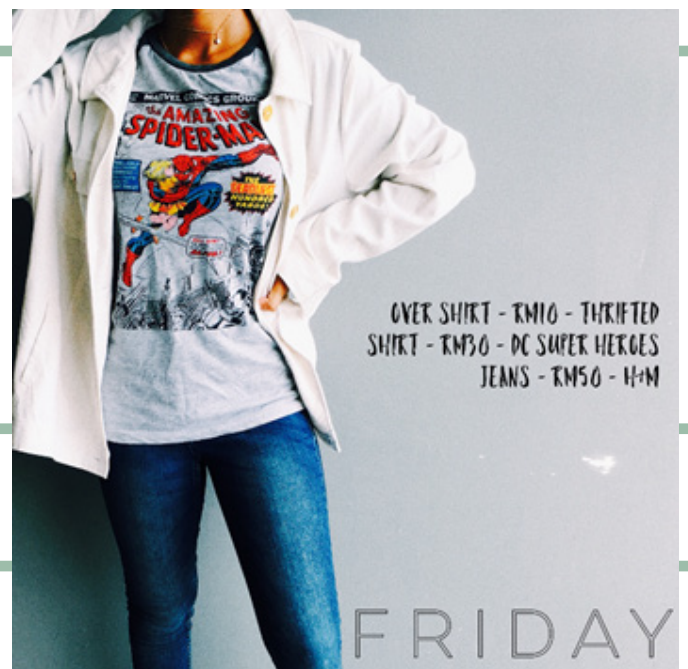
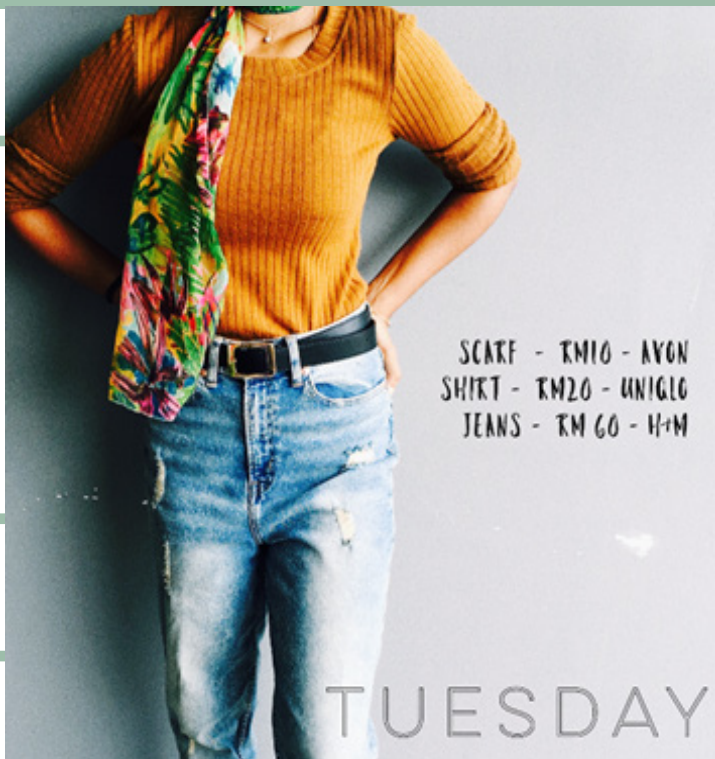
Agricultural chemicals, pesticides and fertilizers are contaminating our environment, poisoning our precious water supplies and destroying what little fertile land we have left. The earth's melody is falling on deaf ears and idle hands in each passing generation. We were once proud hunters, gatherers and guardians able to bring balance to nature but because of our excessive needs we have degenerate ourselves like sloths on sofas.

Only to those who listen will mother nature sing her symphony and only to those who listen would change happen.

Outfit of The Week

By Kaarthini Otamaputhiran

Here are the five outfit choices for the first week of the new semester that just started.



HERE IS WHY SRI LANKA SHOULD BE YOUR NEXT VACATION DESTINATION

BY M. F. F. HASNA



Planning your next vacation destination can be sometimes be hard when you have too many places to choose from. So I've made your job easier and listed some of the reasons why you should visit Sri Lanka



THE FOOD

Inspired by its multi-cultural community, history, and natural resources, Sri Lankan cuisine was created to delight your taste buds. From the breakfast staple pol sambol (mixture of desiccated coconut, diced onions, chillies, chilli powder and lime), ambulthiyal (fish curry coated in spices with a sour tang), to watalapam (coconut and egg based custard made with a local cane sugar), Sri Lanka offers an array of dishes that will satisfy you like nothing else. And that's just the tip of the iceberg!

HISTORICAL LOCATIONS

Sri Lanka's colourful history is showcased in all the monumental historical locations scattered throughout the country. History lovers will enjoy climbing Sigiriya (Lion's Rock) to view both the beautiful frescoes within and the amazing view of the surroundings from the top. The cities of Galle, Anuradhapura, Polonnaruwa and Kandy are rich in the stories of the country. The cave temple of Dambulla is yet another awe inspiring location, known for being a pilgrimage destination for Buddhists all over the world.

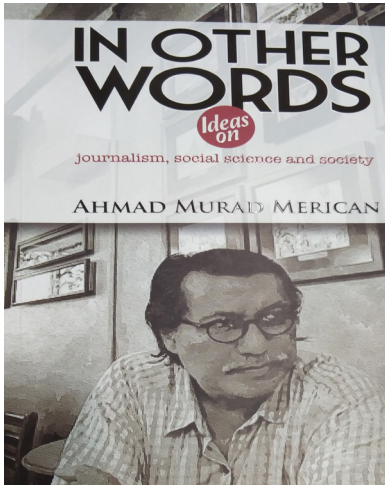


PERFECT FOR NATURE LOVERS

The island boasts locations such as the sandy shores of the South and the lush greens of the Central Highlands, they offer travellers the chance to experience different activities like hiking, surfing, white water rafting and camping, to name a few. The island's fauna can be found at both Sinharaja Forest and the Yala National Park where you will witness the revered elephant and other animals.



Editor's Choice of the Month



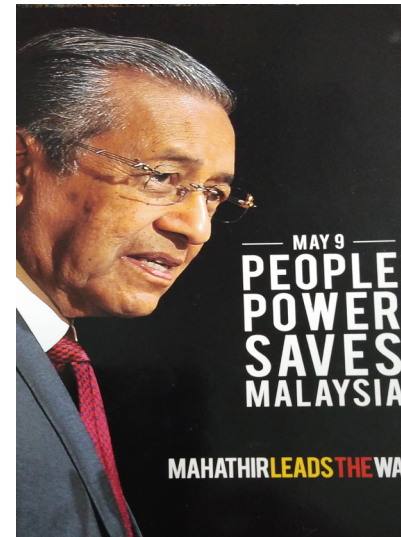
In Other Words: Ideas on Journalism, Social Science and Society.
Author: Ahmad Murad Merican
Year Published: 2017
Publisher: Institut Terjemahan & Buku Malaysia (ITM)

In Other Words: Ideas on Journalism, Social Science and Society is based on selected articles on the themes of journalism, communication and social science published in the New Straits Times (NST) and the New Sunday Straits Times (Learning Curves) between 2012 and 2015. The articles are part of the author's occasional and regular columns in the newspapers covering the broader realm of ideas, history, intellectual life and the universities Media since the appearance of the Internet have hijacked journalism.

This book therefore serves as a small contribution to the pedestrian discourse about Journalism in Malaysia. The author is a professor at the Centre for Policy Research and International Studies (CenPRIS), Universiti Sains Malaysia, Minden, Pulau Pinang. He taught various aspects of journalism, and the social sciences for three decades.

Title: May 9 People Power Saves Malaysia
Author: M. Krishnamoorthy
Year Published: 2018
Publisher: Techtouch Media Solutions

May 9, 2018 was a significant day for all Malaysians. The General Election 14 was held and it has a tremendous impact to all Malaysians. For the first time after 60 years the ruling party Barisan Nasional (BN) severely defeated by Pakatan Harapan (PH) coalition led by Tun Dr Mahathir Mohamed. It heralded a new landscape – economic, social and political for all citizens. May 9 People Power Saves Malaysia is a story of hurt and healing, abuse and forgiveness, of gloom and glory, and of tears and triumph.



It is a tribute to Malaysians and Tun Dr Mahathir who is now assume the 7th Premiership of Malaysia. Indeed, it celebrates the courage, hope and dignity of Malaysians – to create a brave, new Malaysia. M. Krishnamoorthy, a former NST and the Star journalist is an Associate Professor of Mass Communication, Xiamen University in Sepang, Selangor.