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### In Search of Balance and Happiness In Life

Today's life is so hectic and fast-paced. We often hear people say "I am busy, I have so much work to complete but time does not permit me to handle and complete everything on time." Some will further say, "I have no time to rest." Hectic lives, busy schedules and stress are common traits among modern people in today's rat race lifestyle.

Jeff Davidson, in his book *The Joy of Simple Living*, observed the following trend among people today. He noticed that if we look around the home and office we will see more paper, more piles, and more clutter than you can confortably deal with. When you take a big-picture approach to the current state of your life, an obvious reality confronts you. Complexity has become the hallmark of human existence.

With all of the changes that have occured in the past decade, and with even more changes on the way, we can safely assume that so many folks are searching for an off-ramp from the rat race.

In fact, more and more of us are taking the time to reasses how we run our lives, searching for ways to create simpler, more efficient lifestyles without sacrificing what is truly important.

Perhaps you or someone you know is feeling overwhelmed or stressed or frustrated by a particular aspect of life. However, please take control of your life. Remember that you are always in the driver's seat.

In pursuit of making life simpler, recognize that the solution to a problem may be right there, right alongside the problem itself. Jeff Davidson's advice is simple and easy to follow. Turn the question around. If you're facing a tough challenge, employ language that will help you rather than leave you in a quandry. When beset by complexity, rather than asking yourself "What can I do?", ask yourself "What will I do?" Then, get out a piece of paper and start writing down whatever answers come to you.

He elaborates further by saying that rather than asking how you can make time for both your family and your work, ask yourself how you will make time for your family and your work. Even a generic question such as "What can I do about this issue?" can be converted into a more powerful inquiry: "How will I handle this issue?"

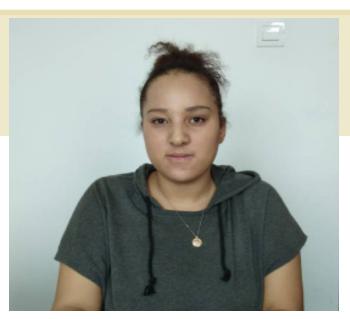
Let me end my reflection column by quoting a renowned Buddhist meditation teacher born in Korea and educated in the United States, Haemin Sunim (which means spontaneous wisdom). He is the author of his famous book "The Things You Can See Only When You Slow Down" (2017). The book has sold more than three million copies and is popular as a guide not only to meditation but also to overcoming the challenges of everyday life. He said, "When everything around me is moving so fast, I stop and ask, is it the world that's busy, or is it my mind?" – (Mohd. Shah Abdullah, Chief Editor)

(The MIU HIVE editorial team wishes the best to all students who are sitting for their final examination in September 2018)

# From Manipal International University to University of Sunderland Aiming for Academic Excellence

"I will choose either Journalism Studies or New Media as my ambition is to become a journalist in the future. Journalism has always been in my heart and I love it so much," she quips..."

hen she first set foot in Malaysia and enrolled in Manipal International University (MIU), in 2016, she had already made up her mind. She has set her personal target and dream to pursue her degree in Mass Communication in another university abroad. Her reason is simple but reasonable. She wanted to expose herself to a different culture and learning experience. She believes in the notion that learning is a process of exploration and enrichment.



Ronelle Stefania Havnar, 20, an international student from Harare, Zimbabwe successfully completed her Diploma in Mass Communication in July 2018. She pulled thorugh in every academic semester's examination with flying colours.

The story began when she attended British Council Edu-Fair in Kuala Lumpur in June and submitted her application to the University of Sunderland, United Kingdom.

She will register at the University of Sunderland on September 17. She has to leave Malaysia and return back to Harare for student visa process and pre-departure arrangement.

Looking back at her student life and academic journey in MIU, Ronelle expressed her gratitude for a good learning experience. She has tremendous support from academic staff and spares her good times around her friends from diverse ethnic and cultural background.

"Lecturers were friendly and approachable. The small number of students in class makes the learning process more interactive. Lecturers have more attention to students and we had good interaction among friends and lecturers" she said.

"All set for me to fly to Sunderland, I hope my visa application process will be smooth. Finally my dream came true," she said at the end of the interview session with the HIVE.

"They evaluate the diploma transcript and the University of Sunderland agreed to accept me to progress into the final year. So, I will be doing Bachelor of Mass Communication in one full academic year. I think this is a good testimony to MIU Diploma in Mass Communication programme," she told the HIVE in an interview prior to her departure to United Kingdom in September.

## My Australia Experience as An MIU Graduate

Right after completing my Bachelors in Electronics and Communication Engineering from Manipal International University (MIU), I secured admission in the University of New South Wales, Sydney for the Master's in Computer Science programme. To be able to continue my education in one of the world's top university was a dream come true.

I moved to Australia in February 2017 and was amazed by the lifestyle, culture and diversity of the country. In terms of education and the international exposure, this was a paradigm shift for me. Four years in MIU prepared me for the real challenge. In MIU I lived and studied in a small yet tightly knit community, under the personal guidance and tutelage of my professors and mentors. On my first day in UNSW, however, I found myself surrounded by 56,000 high calibre students from all across the world. To say that I found myself overwhelmed would be an understatement.

The postgraduate studies have been much more challenging but at the same time interesting, intriguing and inspiring. Learning in an environment filled with curiosity, innovation, surrounded by some of the best minds from all over the world, developing cutting edge technical and professional skills is the most serendipitous thing a young student can hope for.

"In the last couple of years, I have enjoyed my studies, lectures, challenging projects and assignments thoroughly. I got an opportunity to meet some amazing people and make new friends. I have been an active participant of a cornucopia of student activities around me. In July 2017, I was selected for the UNSW Heroes Program under which my team and I developed an interactive chatbot for university students in collaboration with IBM Watson".

I interned at companies like Amazon Web Services and Ernst & Young, enhancing my technical and professional skills. I now work as a Software Engineer at the Office of Pro-Vice Chancellor Education of UNSW under the Educational Intelligence and Analytics division, where my team and I develop cutting edge technologies ranging from virtual reality to artificial intelligence to provide a technology enabled learning experience to the university students and staff.

For me this has been an experience of a lifetime and it all started at MIU where I found the inspiration to excel in my chosen field, to pursue the lifelong quest of learning and gaining knowledge, to inspire and be inspired by the people around me and to make the world a better place in the process.







Nihit Vyas (MIU-Class of 2012-2016) Applications Developer, Office of Pro-Vice Chancellor (Education) Student, School of Computer Science and Engineering The University of New South Wales, Sydney NSW, Australia





# Mass Communication Study Visit to RTM By Adriana Ameer

The Mass Communication Program has conducted a trip to Radio Televisyen Malaysia (RTM) Kuala Lumpur on August 28, 2018. RTM was strategically chosen as it is the first Malaysian public broadcaster. RTM has 36 radio channels and three television stations in Malaysia.

32 students and eight staff participated in the event and it was such a wonderful outdoor activity celebrating the Mass communication Week. Students were excited to gain exposure in the Radio-TV broadcasting world.

Puan Azura, the officer from RTM who took us around the facilities, made sure we got the most out of the visit. She brought us to Studio One, followed by Studio Two where most of the local shows such as Malaysia Hari Ini were shot from 7AM to 9AM. The Tamil News at 8PM is also shot in Studio Two. That day we had the opportunity to meet a newscaster for the Chinese news bulletin before we proceeded to the RTM news studios

One of the radio stations, AsyikFM Radio, though not famous, plays an important role in disseminating information and news mainly for Malaysia's indigenous people. To ensure the information reaches all listeners, RTM selected DJsfrom indigenous groups that speak Bahasa Asli, Temuan, Temiar, Semai and Jakun. There are officially 18 Orang Asli tribes in Malaysia but RTM has chosen the core dialects to communicate in.

After making rounds of the radio stations, students explored the Broadcasting Museum. There, the Mass Communication entourage was greeted by Mr Mohd Hanizam, the officer in charge who has over 9 years of experience at RTM. He explained about the history and the evolution of RTM.

The museum houses tools and equipment that RTM had used in the past. The trip was good preparation for Mass Communication students who will one day become media practitioners in the future.

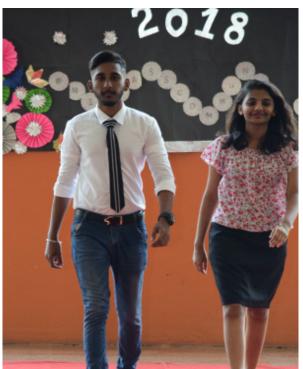
## COMMUNICATE WITH STYLE

#### **FASHION RUNWAY ENDS MIU MASS COMMUNICATION**



The Mass Communication Department's Mass Communication Week, held from August 27-29, closed with as much energy and enthusiasm as it had started. The three- day event was an effort to showcase MIU's Mass Communication programme to the rest of the university as well as the public.

Industry professionals shared their wisdom and experience with students in a sharing session on the first day, while addition to industry experts sharing session on the first day and study visit to RTM (Angkasapuri) Kuala Lumpur, Mass Comm Week ended with the Fashion Show held at MIU Foyer.







Special Advisor to the Vice Chancellor, Dr Sudhir Sengupta, officially closed Mass Comm Week on August 29. The closing event was also attended by Head of MIU Human Resource Department, Prachi Vaidya, lectures from the Mass Communication Department and students.

In his closing remarks, Dr Sudhir Sengupta urged Mass Communication students and staff to be more proactive and organise activities that can benefit MIU students. He commended the activities organised by Mass Comm department and advised the department to forge greater industry collaborations for the benefit of students.

# SMART Classroom @ MIU Centre for Corporate Education

By Anshuman Mohanty





SMART classroom was officially launched on Aug 14, 2018 by Chairman of Manipal Education and Medical Group (MEMG) Dr. Ranjan Pai in Nilai campus.

IU has recently implemented a virtual classroom solution that enables faculty and participants to simultaneously interact from multiple remote locations in a seamless fashion. The virtual classroom solution, Impartus, is a leading provider of lecture capturing systems and has been implemented in leading institutes in India such as IIM Bangalore, BITS Pilani, IIIT Delhi, and more, including MAHE, Manipal. However, MIU's SMART Classroom is the first of-its-kind, having combined the virtual classroom with the physical classroom by integrating Impartus with high-end audio video equipment in the classroom.

The MIU SMART Classroom is currently available for participants of the newly launch MBA program and will also be used for upcoming corporate training programs. It is in a smart class where better transparency is established between the faculty and students. This integration of the virtual and physical classroom has empowered MIU to deliver both the full-time and part-time MBA program together. The full-time students attend the program inperson while the part-time students join in from remote locations using the Impartus platform to view a live stream of the delivery by the faculty in the classroom.

# What sets this solution apart from online meeting systems such as Cisco WebEx and Adobe Connect are:

#### 1.Lecture capturing

Impartus gives us the capability to record all lectures of a program for future use. Recorded lectures are uploaded automatically by Impartus onto the cloud for use by students, who are given unique Impartus accounts. Content materials used by the faculty (PPTs, PDFs, etc.) are also viewable side-by-side with the recorded lecture.

#### 2.Record scheduling

Faculty members only need to enter their class schedules in Impartus at the start of their module or subject. The intelligent cameras automatically start recording at the scheduled time and trims the video to start only from the moment the faculty starts interacting with the audio system before uploading to the cloud.

#### 3. Descriptive and diagnostic analytics

Access analytics on who watched what, and when. Logs number of videos recorded and flags technical support issues.

#### 4. Higher quality live video streaming

The video output of the high-end HDMI cameras installed in the classroom is significantly better than video quality of laptop cameras that are used for online meetings

## 5.Seamless integration of virtual and physical classrooms

The end-to-end solution empowers participants in remote locations to interact in real-time (through both audio and video) with not only the faculty but also with the participants in the 35-seater classroom. One camera is fixed at the back end of the classroom to capture the faculty's view and another camera is fixed at the front end of the classroom to capture the participants' view.

#### 6.Faculty movement

The faculty will not be required to be seated in front of their laptops to be visible to the students at remote locations. The cameras will capture video in a 180-degree angle, enabling the faculty to walk around, use the whiteboards, etc.

The MIU Smart Classroom is a big leap in the evolution of virtual classrooms around the world. MIU is proud to lead the Manipal Education Group into the next generation of learning environments, empowering faculty and students to enrich their learning experience.





Journalist, Filmmaker and Public Relations Executive Sharing Session

## Industry Professionals Kick-Off Mass Communication Week- By M. F. F. Hasna

he highly anticipated Mass Communication Week (August 25-27) organised by MIU's Mass Communication Department started off with a talk by professionals from the communications industry. The talk, which featured three speakers from different fields, offered students a glimpse of what it was like to work in journalism, public relations, and broadcasting.

Starting the session was freelance journalist, media writer, humanitarian and media specialist, Mr Syed Azwan Syed Ali. Mr Syed Azwan also has affiliations with BERNAMA and the New Straits Times. His colourful repertoire takes us through his journey and extensive experience in covering news in conflict zones. His passionate and moving accounts held the same raw emotion as that of his articles, leaving some members of the audience in tears.

This was followed by a sharing session by seasoned and passionate PR practitioner from PROLINTAS. Senior PR Mustafa Akmal Ariffin has been in the profession for nearly 10 years. During his segment, he shared some of the cases he has handled for the company, a recent one involving a crane to collapse on the MRR2 highway. His word of advice for the audience would be to find a balance in everything.

Film director Kavi Nanthan wrapped up the sharing session with a relaxed and inspiring 30-minute segment for broadcasting enthusiasts. The young and talented director has many well- reviewed short films under his belt. His story of how he started and the lessons he learned along the way gave students hope that nothing is impossible. The film maker also viewed and gave constructive encouragement to student's project videos and shortfilm.

At the heart of each speech was the same message, which is the necessity to impart a message to the audience regardless of what platform we use. What students gained from each session was invaluable and gave them a better understanding of what professions they could pursue following their graduation at Manipal International University.



#### TWO-DAY BOOK FAIR AT MIU LIBRARY

Manipal International University (MIU) library in collaboration with Rima Enterprise Sdn Bhd organized a two-day book fair on September 5th and 6th. The effort was well received by the varsity's community.

The book fair was held inside the library, showcasing a variety of academic, fiction and non-fiction books, academic journals as well as magazines. The initiative was taken to cultivate a reading habit and knowledge culture among MIU's students, faculty and staff.

Rima Enterprise representative, Norlin Rabikat, said the books they selected for the book fair were on sale at a special discounted price to attract students and staff.

"We would like to come back and brings more books, journals and magazines. We have good cooperation with public libraries and university libraries around Klang Valley and Seremban," she added.

The MIU community can hopefully expect a repeat of this book fair in the future to get reading materials at affordable prices.

# Ernst & Young Offers Tips for MIU's Future Accountants By M. F. F. Hasna

anipal International University, through its Accounting Club and Student Council, invited Ernst & Young to its campus for a talk targeted at future accountants. The corporate giant's Advisory senior manager, Mr Ng Jin Rong, presented a talk focusing on how students could achieve their goal to work for any of the world's top four accounting firms, including Ernst & Young.

During the talk, Mr Ng emphasised on the necessary skills needed for prospective accountants to survive in the working world. He also shared tips the future

graduates could use to stand out amongst their peers. The talk was concluded with submission of resumes from final year students of the Bachelors of Accounting programme.



#### CREATIVE CORNER

# The Land I Step On

By Adriana Ameer

Full of blood, And bullets everywhere, Some fighters fell down on it,

It is the land that we step on.

Remember it was suffocating, But with this unity, You feel worthy of fighting it out.

With different races and religion, You can't stop to love them, How beautiful is our country.

Different beliefs, cultures and languages.

But we are still in the same land, And live together, Congratulations Malaysia!

Malaysia, tanah tumpahnya darahku.

#### Nilai To Host Malaysia's Largest AEON Mall By Anne Crystal

he new upcoming AEON Nilai Shopping Mall is set to be the largest in Malaysia so far with a total lettable area of 1.2mil sq. ft. That is about the size of the IOI Mall in Puchong or double the size of AEON Seremban 2 or Palm Mall Seremban.



Construction of this new mall, which is situated next to Dataran Nilai and not far from Tesco hypermarket, is almost complete. It targets to open its doors to the public by year-end.

If people once questioned what Nilai has to offer in terms of shopping and recreation, this new development is the answer.

Nilai is an education hub housing several universities and colleges, therefore, you can be sure to see students and faculty alike flock to AEON Nilai.AEON Nilai will be much welcomed by students, serving as a convenient place to just hang out and relax during their free time.

What's even more exciting than waiting for the mall to be ready is anticipating the array of stores that will occupy the premises. Though the writer cannot confirm yet the exact list of tenants, one thing is for sure, this spacious mall will not disappoint!



# Child Marriage Sparks Outrage Among Malaysians By Sarah Eliza Zanuldin

NILAI: The marriage of a 41-year-old man to an 11-year-old girl sparked outrage and shocked the Muslim community in Malaysia. The Muslim community has even resorted calling the man a "child predator" because of this incident. In Islam, the minimum age for young marriage is 16.

A survey among members of the public found that amajority did not agree with marrying at such a young age. Hanita, 50, said, "Marrying young is not a good thing because that girl is still young and should be sent to school." According to Mohd Amin, 28, it depended on the situation as Prophet Muhammad also got married to Siti Aisyah when she was 9 years old. He quoted a hadith he remembered that was relevant to the issue.

The man said that he married the girl because he wanted to help her family.

"Marriage is not a solution to help the family and the parents should not let their daughter get married because she is still under their responsibility," said 21-year-old sales assistant Shakira.

If given a chance by the government to make changes, some Malaysians feel that they would.

"I would conduct a program about child marriages and then apply some Islamic principles and thoughts to it," said Mohd Amin.

Meanwhile, Shakira said she would share her strong views on the matter to the public, so more people are aware of the situation and hopefully can prevent other similar cases. The marriage of the 41–year–old man went viral after his second wife lodged a police report about it.

### The Wisdom of the Ancient Greeks On Education

The wisdom of Ancient Greece combined passion, a raw appreciation of human emotions and the tragedy of a life driven by them with the most rigorous and careful analysis of ideas. For nearly three thousand years the wisdom of the Ancient Greeks has influenced almost every sphere of thought, from drama to science. Resonating through the ages, the writings of this majestic civilization combine the passion of human emotions with the mental rigours of philosophy.

There is perhaps something that we can learn from a great philosopher, Aristotle as quoted in his book Politics, Book VIII, ii. He succinctly says; "For in modern times there are opposing views about the tasks to be set, for there are no generally accepted assumptions about what the young should learn, either of virtue or for the best life; nor yet is it clear whether their education ought to be conducted with more concern for the intellect than for the character of the soul. The problem has been complicated by the education we see actually given; and it is by no means certain whether training should be directed at things useful in life; or at those conducive to virtue, or at exceptional accomplishments."

y stint as a reporter began on May 14, 2018 when I was placed at the Malaysia Gazette through MIU's Industrial Training programme. For 12 weeks I travelled to the online news portal's office in Sungai Besi, Kuala Lumpur. During this time, I took on tasks of a journalist reporting to Editor-in-Chief, Puan Noraini Abd Razak, and Chief Reporter, Mohamed Khairuddin Mohd Amin. Though the working hours are stated as Mondays to Fridays from 9am to 5pm, journalists have to be flexible and accepting of working past office hours and even odd hours due to tasks assigned by the editor.

Malaysia Gazette began its digital media operations on August 1st, 2013, giving extensive coverage on political, business, sports, education, lifestyle and entertainment news on its website www.malaysiagazette. com. The news portal has a great team of trained, experienced, talented and energetic journalists, sub-editors, editors, photographers, and videographers.

I was given the opportunity to practice what I have learned in class by doing real news reporting, media coverage and the chance to meet all sorts of people from top political leaders, celebrities, businessmen, non- governmental organization (NGO) leaders and more.

What a wonder learning experience! Throughout my industrial training, I wrote about 100 news stories, articles and features. I attended 33 press conferences. The most precious moment was the time I met and spoke to Malaysia's 7th Prime Minister, Tun Dr Mahathir Mohamed, at a media conference. I have also met almost all senior ministers such as Home Minister Tan Sri Muhyiddin Yassin, Minister of Economic Affairs Datuk Seri Mohamed Azmin Ali, Minister of Finance Lim Guan Eng, Minister of Transport Anthony Loke Siew Fook, as well as Minister of Communications and Multimedia Gobind Singh Deo.

# Life at The Malaysia Gazette

By Yugashini Loghamani

Following the outcome of the 14th General Election, I observed the smooth transition of power from Barisan Nasional to the Pakatan Harapan government led by Tun Dr Mahathir Mohamed. Such an amazing transfer of power through a democratic process that shocked not only the nation but also the world.!

I have gained a lot of knowledge on journalism and what it is to be a journalism. I learned about how journalists should perform their duty professionally.

It is crucial not to make any mistakes in reporting the news and giving the wrong information to the public. There are strict ethics to abide by, laws to respects, and we must always verify facts before we start to write. As a journalist we must write based on the truth and only the truth.

Time is of the essence for every journalist. I must be punctual for press conferences, events—and meetings. Furthermore, I have been given the responsibility to provide news live from the scene. I have also learned how to communicate and interact better with people that I met and how to handle all kinds of situations with tact. In journalism, I have learned the importance of teamwork and forging good relationships with my team members. Reporters are usually given the privilege of sitting in the front row during press conferences to ensure that they have better access to cover news. I always communicate and interact with reporters from Utusan Malaysia, Bernama, Berita Harian, Kosmo, New Straits Times and others to exchange views on the best possible angle before I begin writing the news. It helps me to develop creative and critical thinking skills. Multi-tasking and good time management are vital in getting a story done by its deadline.

Having this exposure to the real life demands of journalism was invaluable as I was able to apply things I learned in the classroom and was forced to quickly learn skills that I did not have for the working environment.

## Food You Cannot Afford to Miss in Penang

By Vivien Guok







## PENANG ROAD FAMOUS TEOCHEW CHENDUL

Price Range: RM2 onwards Address: 27 & 29 Lebuh Keng Kwee, 10100 Georgetown, Penang Contact: +60 4-262 6002 Opening Hours: 10:30am – 7pm (Mon-Fri), 10am – 7:30pm (Sat-Sun)



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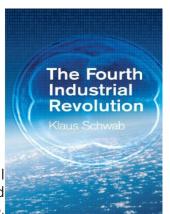
# MEE SOTONG HAMEED 'PATA' & JALIL SPECIAL COCONUT SHAKE Price Range: RM6

onwards (fried mee) & RM2.50 onwards (coconut shake)
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#### **BOOK REVIEW**

# Editor's Choice of the Month

Title: The Fourth Industrial
Revolution
Author: Klaus Schwab
Year Published: 2016
Publisher: Penguin Random
House UK
Price: RM80.00



In the Fourth Industrial Revolution world-renowed economist Klaus Schwab,

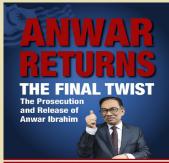
founder and Executive Chairman of the World Economic Forum, outlines the key technologies driving this revolution, discusses the major impacts on governments, businesses, civil society and individuals, and offers bold ideas for what can be done to shape a better future for all.

In the coming decades, technologies driving the Fourth Industrial Revolution will fundamentally transform the entire structure of the world economy, our communities and our human identities. These profound changes highlight the great responsibilities we face as a civilization.

The Fourth Industrial Revolution is an important book for understanding the major trends shaping our world. We can debate, challenge, agree or disagree with the author's views but apparently we are on the brink of the Fourth Industrial Revolution.

This book is organized in three chapters. The first is an overview of the Fourth Industrial Revolution. The second presents the main transformative technologies.

The third provides a deep dive into the impact of the revolution and some of the policy challenges it poses. The author concludes by suggesting practical ideas and solutions on how best to adapt, shape and harness the potential of this great transformation.



Title: Anwar Returns - The
Final Twist
Author: Mark Trowell QC
Year Published: 2018
Publisher: Marshall
Cavendish
Price: RM59.90

Mark Trowell QC
oreword by The Hon. Michael Kirby, AC CMG,

This is the latest book written by a prominent lawyer Mark Trowell QC, who observed the criminal trials of Anwar

Ibrahim. Following a landslide victory of Pakatan Harapan (PH) in the 14th general election on 9 May 2018, Anwar was released from prison on 16 May 2018. He also receives a full royal pardon from the King of Malaysia.

Read about the dramatic twists and turns in the prosecution of Anwar Ibrahim from when he was first charged with sodomy in September 1998 to his vindication 20 years later. This book covers not only the trials and prosecution Anwar was subjected to and which led to the guilty verdict and sentence of five years' imprisonment in February 2015, it also recounts the changing political tide sweeping through Malaysia that culminated in his historic release in 2018.

Mark Trowell also presents an exclusive interview with Anwar Ibrahim. In a wide-ranging discussion, held in May 2018, Anwar reveals much about his time in solitary confinement, his relationship with Prime Minister Dr Mahathir Mohamad and hisvision for Malaysia.

This book is recommended reading for everyone who is interested in an amazing story of triumph over adversity. Anwar's courage and vision have won against corruption, fraud and authoritarian rule. Not everyone remembers Anwar's struggle against all odds, but he saw it through and it is a story that must not be forgotten.

The book was launched by the Deputy Prime Minister, Datuk Seri Dr Wan Azizah Wan Ismail, who is also his wife on 26 August at the Hilton, KL Sentral which was well attended by foreign dignitaries, politicians, intellectuals, and fans of Anwar Ibrahim.