

D-ZINE

Bumper Edition
 BY STUDENTS, FOR STUDENTS



UCAPAN RAYA DAHLIANS
 THROWBACK OOTDRAYAKU & DAHLIA VILLAGE
 JOM KENALI BUDAYA JEPUN & APA ITU NOMOPHOBIA?
 ONLINE SHOPPING & MAKE UP TUTORIAL
 MITOS KESIHATAN & RECIPIES & CRAFTS



SEKAPUR SIRIH

Assalamualaikum warahmatullahiwabarakatuh,

Setinggi-tinggi syukur ke hadrat Allah SWT kerana dengan izin-Nya majalah D-ZINE EDISI BUMPER (EDISI KE-3 & KE-4) ini berjaya diterbitkan. Pada kesempatan ini, kami ingin mengucapkan ribuan terima kasih kepada semua pihak atas segala bantuan sehingga majalah ini dapat diterbitkan.

Majalah D-ZINE EDISI BUMPER (EDISI KE-3 & KE-4) yang diterbitkan ini terdapat pelbagai perkongsian maklumat kepada pembaca berkaitan pengurusan Kolej Dahlia, aktiviti-aktiviti yang dilaksanakan di Kolej Dahlia dan artikel berkenaan Info Kesihatan, Apa Itu Nomophobia?, Kemurungan, Online Shopping, Resepi, Crafts, Makeup Tutorials, Ucapan Raya Dahlians dan pelbagai lagi.

Semoga dengan penerbitan majalah ini dapat memberikan informasi baharu dan perkembangan terkini segala aktiviti yang diadakan di kolej serta coretan kenangan kepada semua mahasiswi yang menetap di Kolej Dahlia UITM PUNCAK ALAM.

Sekian, Terima Kasih

**Yang Benar,
Team D-ZINE**

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WELCOME

A CHAT WITH DAHLIA'S PRINCIPAL.

Written by Anees Enrina, Yasmin
Photographed by Alya

This semester, March of 2019, has marked a new history for Dahlia College as we welcomed our very first principal, Encik Muhammad Hafizi Bin Zamri. Encik Hafizi received his diploma (Office Management), Bachelor's (Event Management) and Master's degree (Tourism Event Management) from UiTM. Started as a fulltime lecturer at UiTM in 2013 after spending some years teaching at private colleges. He was also a HEP coordinator as well as Alumni Coordinator before joining Casuarina College as an SRK in 2015. An opportunity to be the principal of Dahlia College opened up which of course then Encik Hafizi grabbed it.



Thoughts on Becoming the Principal

Encik Hafizi stated he went for the position interview as he felt it would bring him closer to the students and it fits his personality of a student-oriented person. His aim, first and foremost, is to help and ease students' burden. Even though being a principal carries an enormous responsibility, it allows him to make decisions on a range of matters and address problems better. Being a principal of a college also requires a great amount of commitment and Encik Hafizi is willing to take the challenge. He works 24/7. Before 5 P.M. he is a lecturer and after 5 P.M. he is an SRK. Even when off-duty, he is more than willing to be reached for assistance. Building his confidence level and opening up a new dimension in control of an organization are a couple of rewarding points of his position. Encik Hafizi believes in doing what you enjoy and love and thus that is how he creates a stress-free work environment.

He also admitted to enjoying Dahlia's green landscape. Due to Dahlia being located at what can be called a valley, it can be extra windy here. Encik Hafizi also treasures the open cafeteria and the open spaces our college has.



Plans for Betterment

Encik Hafizi constantly working with other SRKs, has numerous plans to help students and they require lots of time. However, he reassured, they are constantly working on the plans' progress. One of the plans the SRKs had achieved is the Islam Itu Indah event. It was also aired in Indonesia, making it an international level programme. It also marked a new milestone for Dahlia's achievement

As for Ramadhan, he plans to open a food bank. A specialised area will be set up and students can take the food provided for free. He also acknowledged some financial problems that a number of students face. Therefore, he plans to distribute a survey in order to identify the Asnaf. Recently, the plan was realised as the JPKs have distributed a Google form. Encik Hafizi also stated that Dahlia College offers a number of financial assistance and zakat is one of them. However, not many students apply for it. The Google form would help identify those in need of financial help and allow for further action.

Another plan for Ramadhan is to alternate the opening times of the shops at the café. It is as to cater to non-Muslim students.

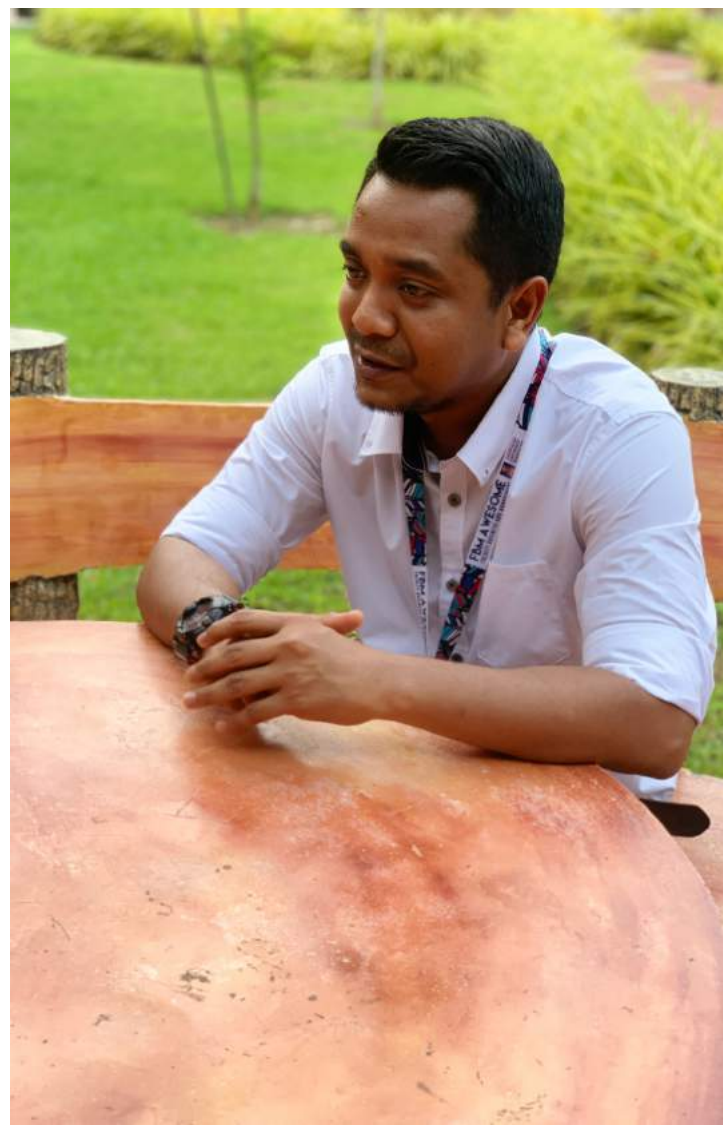
Aims and Hopes

Encik Hafizi does see a room for improvement in terms of Dahlia residents' attitude. When it comes to programmes or events, students always ask for merit before anything else. Students need not to be so concerned about merits. He hopes students attend the programmes conducted in support of hard work by SRKs and JPKs. Students should also live and cherish the campus life by trying to spend as much time on campus with friends. Campus life is a once in a lifetime opportunity and it is what students would remember in the future. Encik Hafizi is extremely glad and thanked every student for always looking forward, encouraging and supporting the programmes.

Encik Hafizi also aims to make Dahlia a college with an identity and direction and whose residents are well-mannered. He also plans to create an alumni group of Dahlia College residents where seniors come and contribute to help the juniors. Lastly, he also aims to make a transformation, to be precise, brightening up our surrounding. For example, perhaps a mural where students are allowed to express their creativity and create memories with their friends.

Ramadhan's Message

Encik Hafizi reminded students to take care of their health and to be cautious on the food intake. Students should be alert on the types of food to keep for sahur as some food spoil after a couple of hours. Be careful in order to avoid food poisoning and he hopes students seek the help right away.



CARTA ORGANISASI UNIT PENGURUSAN KOLEJ

PROF. DATO DR ABU BAKAR ABDUL MAJEED

REKTOR UITM CAWANGAN SELNGOR



DR HAMZAH FANSURI B. HASSAN

TIMBALAN REKTOR HAL
EHWAL PELAJAR



MUHAMMAD HAFIZI B. ZAMRI

PENGETUA



KAMARUL ARIFFIN ZOLKARNAIN B. YAHAYA

PENGURUS ASRAMA KANAN



KHAIRI SHAH KAMAL KUMAR

PENOLONG PENGURUS ASRAMA KANAN



SURAIIDA BT. SALEH

PENYELIA ASRAMA KANAN



AHMAD NAZAR B. MOHD YUSUF

PEMBANTU OPERASI



AZHARUL B. MUHAMMAD JOHORI

PEMBANTU OPERASI



STAF RESIDEN KOLEJ (SRK) KOLEJ DAHLIA

EN NOOR AZMI B. AHMAD
D1001 | 012-7473753

PN. HAIRENA NORASHIKIN BT. SARIP
D1002 | 013-9740355

EN MOHD IQBAL ABDULLAH
D1003 | 019-2580572

PN. FATIMAH BT. SHAM
D1004 | 016-3612630

EN KHAIRI SHAH KAMAL KUMAR
D2001 | 013-2966815

PN. NOR HAYATI BT. MD NOR
D2003 | 011-28077083

**DR WAN RAFIDAH
ZAWANI BT. WAN ALI**
D2004 | 019-2762430

EN MOHAMMAD HISHAM B. ALIAS
D3001 | 012-3330325

DR HAIRULNIZAM B. HASHIM
D3002 | 019-3322963

PN. ZAITON BT. DAUD
D3003 | 018-2964259

**PN. ALINA SHUHaida BT.
MOHAMMAD RAMLY**
D3004 | 017-3912977

PN. HARYATI BT. IBRAHIM
D4001 | 018-8702577

DR AMIRUL AFIF B. MUHAMAT
D4002 | 013-2079960

**EN MOHAMMAD AZANI
B. ABD WAHAB**
D4003 | 019-6003219

**PN. NORZAIHAN BT.
MAT HASSAN @ MAT HUSSIN**
D4004 | 012-9540854



CARTA ORGANISASI JAWATANKUASA PERWAKILAN KOLEJ DAHLIA SESI 2018/2019



YANG DIPERTUA
SYASYA NURAZMIENNA BT HARIS



NAIB YANG DIPERTUA
NOORKAMALIA BT
KAMURUDDIN



PENOLONG SETIAUSAHA
WAN FATIMAH BT WAN
IBRAHIM



SETIAUSAHA AGONG
SYAKIRAH AFIFAH BT MOHD
KHALID



BENDAHARI KEHORMAT
NOR ELIA SHUHADAH BT
SHAHARIN



PENOLONG BENDAHARI
SOFIA MOHD KAMEL



EXCO INVENTORI & LOGISTIK
NURALIYA SURAYA
BT ZULKIFLI



EXCO DISIPLIN, KESELAMATAN &
KESIHATAN
NOR AMIRA SAFIAH
BT SAIHUDDIN



EXCO AKADEMIK & KEPIMPINAN
NUR ANIS HAZYRAH
BT MOHD FAUZY



EXCO KEBUDAYAAN & KESENIAN
NAWWAR NAJWA
BT ISMAIL



EXCO PEMBANGUNAN &
KEUSAHAWANAN
SITI NUR ADIBAH BT
MOHD RAZALI



EXCO INFORMASI & MULTIMEDIA
ATIRA RAMDZAN BT
SAAID RAMDZAN



EXCO SUKAN & REKREASI
WAN NUR SYAMIMI BT
WAN MOHD YUSOF



EXCO AGAMA & KEROHANIAN
SITI NORBAYA BT
MOHAMAD



EXCO TUGAS-TUGAS KHAS
RUSHDINA BT RIDZWAN



EXCO PERHUBUNGAN DALAMAN &
ANTARABANGSA
NURUL FATIHA BT SHAREPUL BAHARIM



EXCO ADUAN & KEBAJIKAN
NURUL SHAHRINA BT A GHAPAR



PENASIHAT
DR. AMIRUL AFIF MUHAMAT



EDITOR
ATIRA RAMDZAN BINTI
SAAID RAMDZAN



TIMBALAN EDITOR
NURUL FATIHA BT SHAREPUL
BAHARIM



PEREKA GRAFIK
RUSHDINA BT RIDZWAN



PEREKA GRAFIK
WAN FATIMAH BT
WAN IBRAHIM

D-ZINE

TEAM !



SYAMIRA



ZEHRA



ATHIRAH



ANEES



SHAHIRAH



AISYAH



YASMIN



IZZATI



FATIN



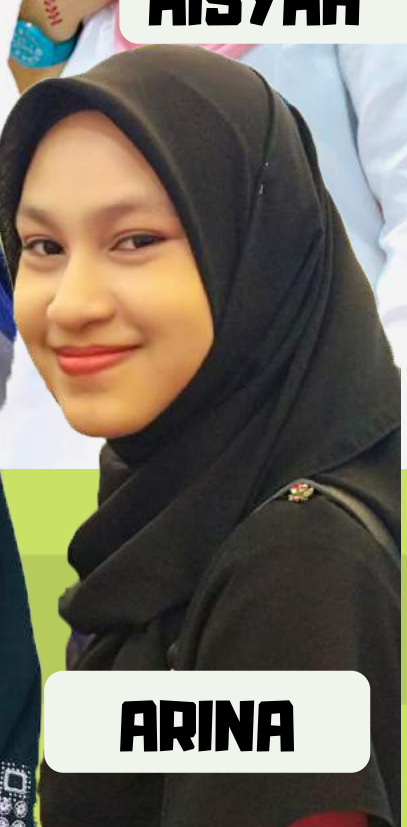
NICK



ALYA



ATIKAH



ARINA

RAKAN FISIO DAHLIA



SHAHIRAH



SHADATUL



NABIHAH



ASHILA



AMIRAH



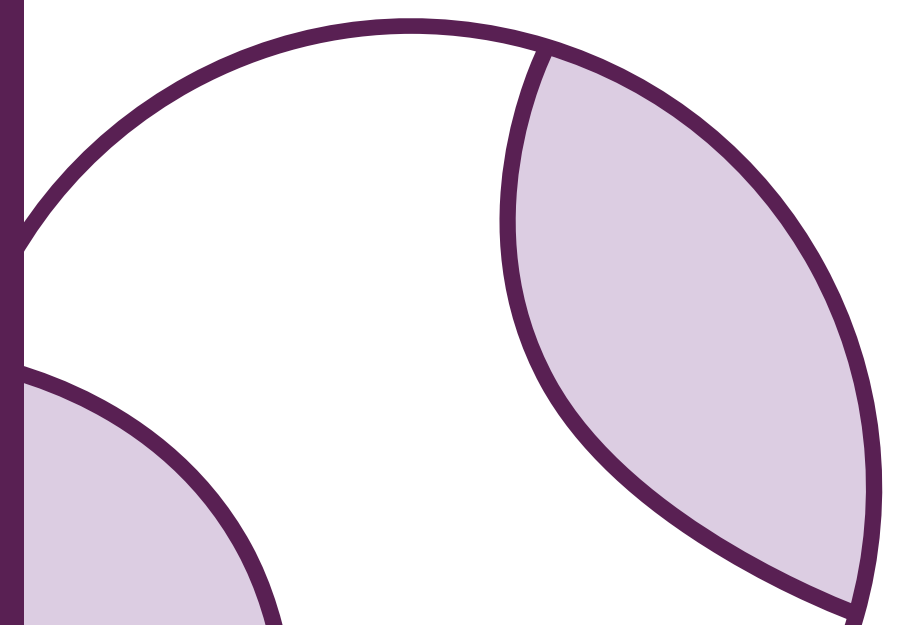
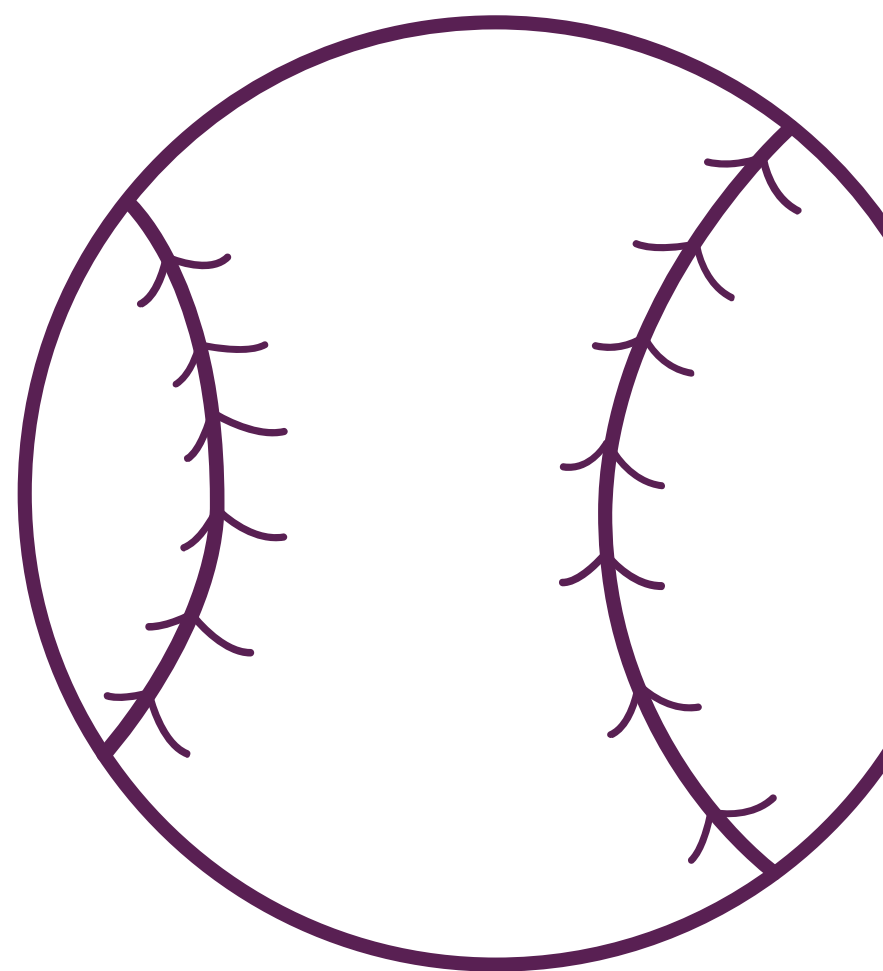
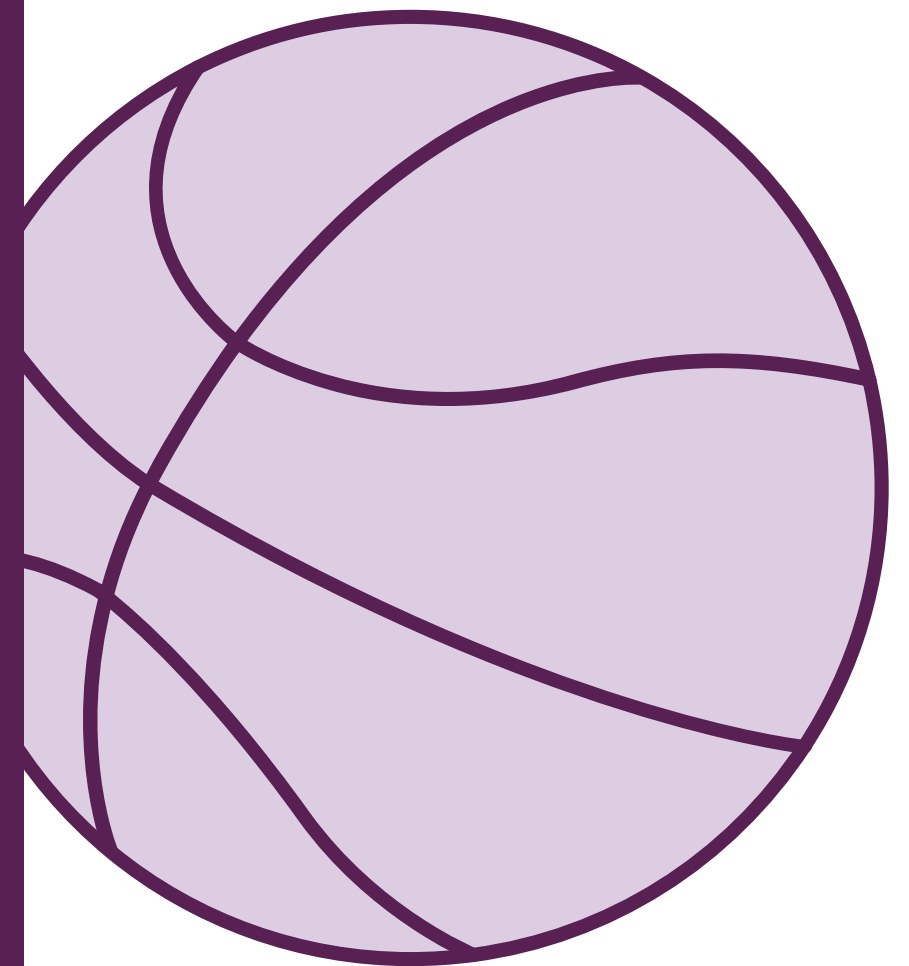
ARIFAH



AINA



AIMAN





ADILAH



SYAMIMI



AIN



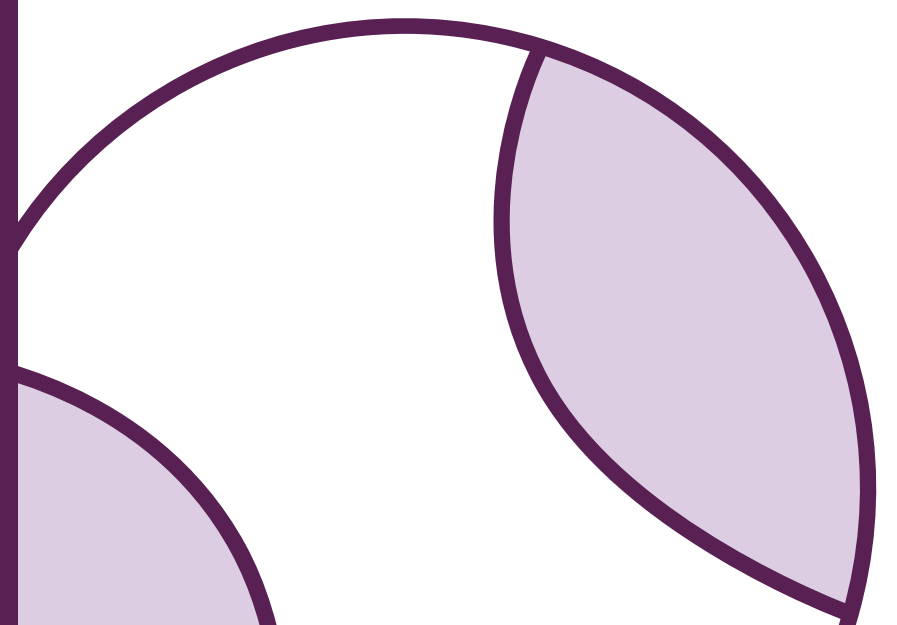
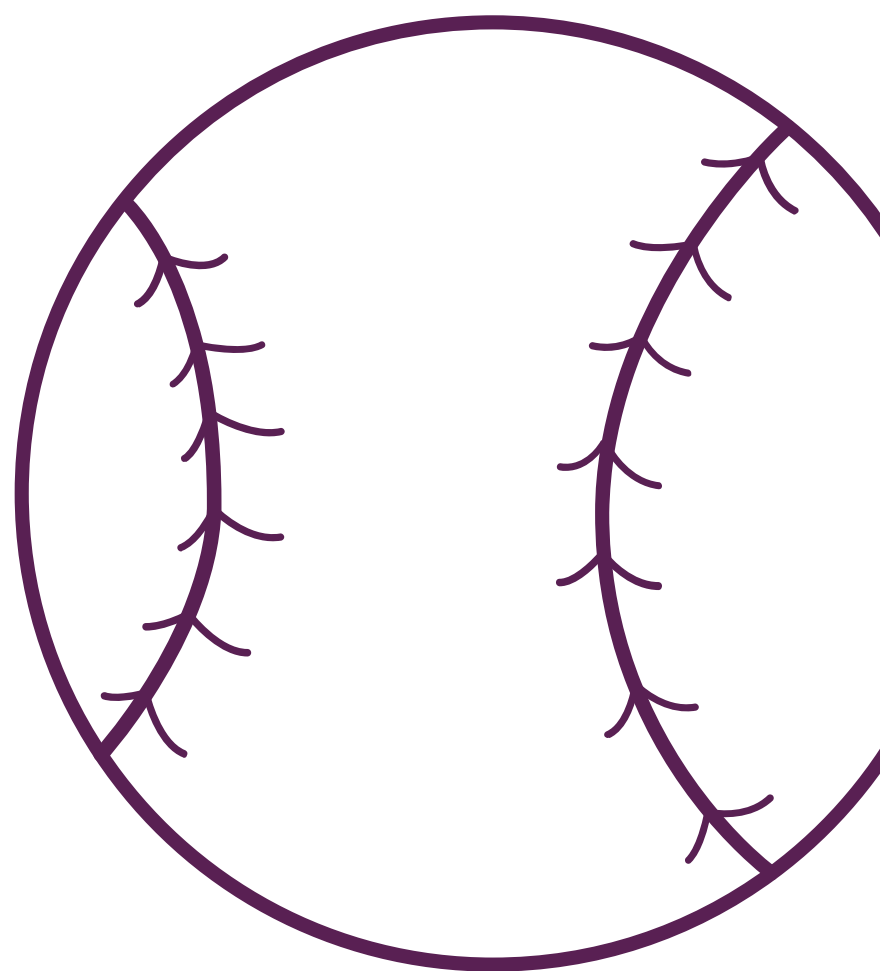
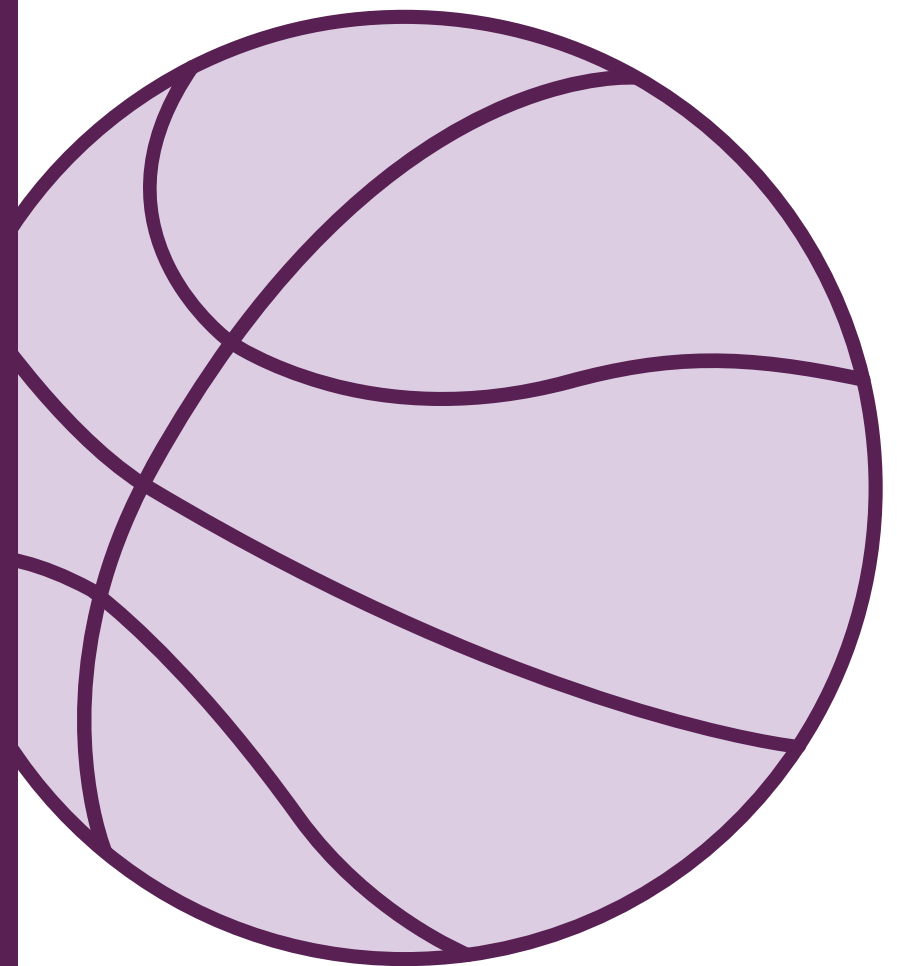
SUHADAH



NAJWA



BASYIRA



RAKAN PEERS



FARAH



IZYAN



SHADAH



ANGELA



ATIKAH



FATIN



LIDIYA



MUNNYMA



RIFQAH



HAZWANI



NAJIHAH



AMIRA



SITI



ASYILA



NUREZAH

RAKAN RAWAT



AFIQAH



IMANN



AMIZA



ASHIKIN



HIDAYAH



HAFIZAH



NURIN



ADLINA



AIN



AISYA



SITI



WAN



ZAFIRAH

Rakan Surau Dahlia



Ardinie



Shahira



Azizah Afiqah



Atikah Fatini



Afiqah



Fatini



Shamimi



Haslini

The background features a large, abstract geometric shape composed of several overlapping triangles in various shades of pink and purple. The shape is oriented vertically, with its top pointing towards the right side of the image. The colors range from a light, pale pink to a deep, vibrant magenta.

EDSIKE-3 (2018)

15 more reasons to enjoy tomatoes.



as if you needed any more

for your health.

1. tomatoes are filling, perfect for diets!
2. 1 tomato = 20% of your daily vitamin intake
3. helps with heart diseases (unfortunately, not heartbreaks)
4. keeps your eye-health in check!
5. safeguards you from high blood pressure and high cholesterol
6. excellent for strong bones and teeth!
7. tomatoes are anti-free radicals, to keep you 'awet muda'

WRITTEN BY ANEES ENRINA



for your skin.

8. makes your skin radiate, glow and lively!

(apply tomato juice/rub tomato halves onto skin)

9. nature's very own sunscreen

10. tomatoes have astringent properties, leaving your skin tight and bright

(apply mashed tomato+avocado mask)

11. natural bleaching agent which lightens skin safely

(apply oatmeal+yoghurt+tomato pulp mask)

for your hair.

12. great cure for hair-loss!

(apply tomato juice+pulp onto scalp)

13. natural conditioner for shiny and softer hair

(apply tomato oil)

14. replenishes dry and frizzy hay-r *ba-dumpts*

(apply tomato puree+oil)

15. fights off dandruff and itchy scalp!

(apply tomato pulp+lemon juice)



SOURCE: STYLECRAZE.COM



FOOD POISONING

source: healthline.com

What is food poisoning?

Food poisoning is a disease that usually results in vomiting and diarrhea after a person eats or drinks fluids contaminated with certain bacteria, viruses.

How to treat food poisoning?

1 Stay hydrated

Liquid intake is crucial for helping your body fight off food poisoning effects.

2 Eat bland food

Eat foods that are gentle on your stomach. Avoid fatty foods to upset it further.

3 Try natural remedies

You might want to try drinking ginger tea, or any other healthy drink that get your digestive and immune system back on track.

AVOID:

- caffeine
- spicy foods
- foods high in fiber
- fatty foods
- fried foods
- seasoned foods
- fruit juices



Food For Thought

I'd like to begin the article by saying that I, as a normal student, understand that it's always difficult to eat healthy and stay within budget. There are many things that can cause us students or people in general to face difficulty in constantly eating healthy such as food being overpriced, healthy options being too difficult to obtain and so on. As university students, it may be a task to figure out what to feed ourselves everyday. Maintaining a good eating habit may be difficult and students are usually opting for snacks and instant noodles (I'm guilty!).

First things first. **Self control!** Studies have shown that college students have poor eating habits. This is due to the intake of food with high amounts of fat and calories and less of fruits and vegetables. Knowing what we put into our body is important and limiting ourselves is the key to ensuring we don't end up eating too much junk. It's important to check the calories of food you consume. Even if they look harmless, they might contain an absurd amount of calories and may not be good for your body. What I tend to do is count the calories in my food.

I usually opt for a simple yet slightly heavy such as rice and meat with a side of veggies. If I feel like rewarding myself I'd ensure that the snack I take does not exceed the normal amount of calories we should eat perday (which differs by age). This can help us ensure that although we are snacking, we aren't avoiding our much needed nutrition and not exceeding in calories.

Choosing healthier options is always important. When it comes to daily meals, we need to remember that we should have a limit on the types of food we take. A good reference for this is the food pyramid in where we are emphasized to take more greens and take less of things that include excessive sugar and salt. When it comes to purchasing groceries before returning back to campus, checking labels for the amount of nutrition on each serving and comparing them would be the best thing to do. If on a tight budget, it is alright to opt for the cheaper product but we should not forget to take portion control and limitation as mentioned above into consideration.

As delicious as junk food is I will always think of the effects it might cause if I consume too much. I believe that instead of just avoiding it as a whole, limiting ourselves is the key towards a better eating and also lets us keep what we enjoy eating. This is my *food for thought*, in hopes we can improve our habits!

5 ESSENTIALS OF MODEST WEAR

Modest Wear is a fashion that underlines loose and comfortable clothing which adheres to the Muslimah way of dress. From abayas to bucket hats, the choices are endless but here are some must-haves to complete your modest closet.

1. THE JUBAH

Like the 'Little Black Dress', the jubah is a staple. However, it shouldn't be limited to just black so have fun with it! Expand your jubah collection with patterns and colours!



2. THE KIMONO

Easy to throw on for those lazy days and breezy for the sunny weather of Malaysia! Not only that, it instantly takes a simple outfit up a notch.



3. THE MAXI SKIRT

Versatility comes with an array of cuts and fittings besides adding a feminine touch. With the right accessories and top, it can complement your overall silhouette.



4. THE LOOSE PANTS

So many to choose from- palazzo, culottes, wide-legged -you name it! Dress it up or down with the right top and you've got yourself an outfit.



5. THE BLOUSE

Be creative with colours and patterns!
The perfect blouse will bring together an outfit seamlessly.

In the end, it all comes down to you- your preferences, your aesthetic, your lifestyle. Modest Wear shouldn't constrict you in any way, don't limit yourself.

Just do you.

POWER NAP

WRITTEN BY YASMIN

Power nap is coined by an American psychologist whose name is James Maas. Nap, simply described, is a short amount of sleep we do during the day. However, what is power nap?

Power nap is a very short, brief sleep that ends before entering a deep sleep stage. Power nap is a supplement for normal sleep. However, it is only for a short period of time that is adequate for us to go about our day and it will not hinder our ability to sleep at night. It will also not make us feel groggy or lethargic.

How long is a power nap?

A good 20-minute will do.

What are the benefits of a power nap?

- You will be able to sleep at night because it is only a short rest.
- It is refreshing.
- It undoes information overload. (National Institute of Mental Health)
- It boosts memory functions. (NASA)

Take a power nap during lunch break or in mid of doing work or studying. Put your phone down, turn off the light and nap away.

SOURCE: 1) WIKIPEDIA, POWER NAP

2) NATIONAL INSTITUTE OF MENTAL HEALTH, "POWER NAP" PREVENTS BURNOUT; MORNING SLEEP PERFECTS A SKILL

3) NASA, ALERTNESS MANAGEMENT: STRATEGIC NAPS IN OPERATIONAL SETTINGS

4) SLEEP.ORG, WHAT IS POWER NAP

Simple Make-up Tutorial

Whether you're running late for class or just started to venture out into makeup, then this tutorial is for you.

Effortless. Quick. Easy!

1.



Prime your face as a base for your makeup and to minimize large pores. Apply evenly, focusing on the T-zone.
(L'oreal True Match Primer)

2.



Pick a foundation that matches your shade. Apply it with a beauty blender using the "dabbing" method for a smoother finish.
(Revlon Colorstay Foundation)

3.



To brighten up your eyes, dot some concealer at the under-eye area. Then using the same "dabbing" method, smooth it out with a beauty blender.

(Maybelline Pure Concealer)

4.



With a foundation brush, lightly apply loose powder, focusing under the eyes. It helps to set your foundation and mattify the look.

(Catrice Nude Illusion Loose Powder)

5.



Obtain a cat-eye look with an eyeliner to give your eyes more definition. Depending on your comfort, you can use the pencil or felt type.

(Maybelline HyperSharp Eyeliner)

6.



Comb through your brows and draw them in. Outline them according to your natural brow shape then lightly fill them in.

(Rimmel's Brow This Way)

7.



Give your best smile then gently apply blush on your cheekbones. Choose a rosy colour to achieve a more natural look.

(Beautyra Blush)

8.



Apply mascara closest to your lash line to enhance your lashes. You could also curl them with a lash-curler beforehand.

(Catrice All-Round Mascara)

9.



Complete the look with a rosy lipstick! Choose a shade closest to your natural lip colour to make it look more effortless.

(L'oreal Matte Lipstick)



This look acts as a great base, so feel free to experiment and inject some of your personal style. Have fun! Most importantly, do what makes you feel beautiful.



4 BASIC SKIN CARE ROUTINE

Step 1: Cleansing

Step 2: Exfoliate

Step 3: Moisturize

Step 4: Apply sunscreen



Step 1: Cleansing

How you care for your skin is utterly dependent on the type of skin you have: oily, normal/combination, dry, sensitive or sun-damaged. Find out what skin type you have.

For Dry Skin:

Choose the oil-based cleanser, cream- or milk-based cleansers to keep your precious oils and prevent further drying.

Cleanser packed with fruit nutrients and essential oils are suitable for dry skin. These nourishing ingredients not only moisturize the skin but also help make it smooth and supple. Opt for a cleanser that has natural oils like coconut and lavender to deeply moisturize your skin.

For Oily Skin: Use an oil-free foaming cleanser that doesn't block pores but also contains salicylic acid or benzoyl peroxide can help to prevent breakouts.

For People with a Combination of Oily and Dry Skin: Use the mild cleanser like like Cetaphil or if you stretch the budget a bit more Kiehl's Ultra Facial Cleanser, that isn't too harsh on the skin and doesn't remove much sebum.

For People with Sensitive Skin: Dr. Badreshia-Bansal suggests staying away from products that contain fragrances or alcohols, and look for "calming" ingredients like green tea polyphenols, chamomile, and aloe. She adds that in general, the fewer the ingredients on the label, the better. Some active ingredients, such as lipoic acid, glycolic acid, and salicylic acid are well-known skin irritants.

For People with "Normal" (Not Especially Dry or Oily) Skin: Most cleansers will work for you, but as with the combination skin type, look for mild cleansers that remove dirt and grease, but preserves the natural sebum you have. The usual recommendation is a neutral cleanser like Cetaphil

Here are some tried-and-true cleansing tips:

1) Be careful not to cleanse too often or you risk over-cleansing skin. Most experts agree you really only need to wash your face at night to remove makeup and sunscreen, which can clog pores.

2) In the morning, a splash of lukewarm water is all you need. If you have super oily skin, you can cleanse your skin again in the morning. Never wash your face with hot or cold water (both can cause broken capillaries).

3) Make sure to remove eye makeup with a proper makeup remover. The area around the eye is delicate so don't pull or rub too hard.

4) You can also use olive oil as a natural eye makeup remover.

5) If you have dry skin, consider cold cream like Pond's, which the French use, or make your own organic cold cream using this simple cold cream recipe.

6) Simply apply the cream, then wipe off, no water needed (if you have hard water, it can be especially harsh on skin).

7) To cleanse skin, most women prefer the water method: Use warm water to loosen dirt and clogged pores. Use a dime-sized bit of cleanser, then rinse with cool or lukewarm water.

8) Skin purists believe tap water is bad for your skin because it contains harsh minerals and additives like fluoride and chlorine.



Step 2: Exfoliate

Exfoliation is the step most people skip in their weekly skincare routine. But if you start properly exfoliating your skin, you will notice an almost immediate difference.

How much you exfoliate is up for debate. Some women have skin that gets scaly quickly. Others look dewy and fresh with minimal fuss.

Dermatologist Dr. Patricia Wexler recommends women exfoliate every day. "This once-a-week thing is nonsense. But, I think you have to know your skin. You should never look red or irritated—you should look better after you scrub."

Here are your typical exfoliation options:

A facial scrub:

You can buy a great scrub or make your own.

A washcloth:

Put a dab of cleanser and a sprinkle of white refined sugar on a damp washcloth and massage skin in a circular motion. After a quick rinse, any sign of dead skin is erased. If you have dry skin, try extra virgin coconut oil.

Microdermabrasion: You can buy microdermabrasion kits.

Chemical peels:

In the hour it takes to get a chemical peel, you can take a year from your face. Can't afford the price tag for a monthly peel? Try some over-the-counter peels that work over the course of a month, like Dr. Dennis Gross Skincare Alpha Beta Peel.

Retinoids:

Retinoids (such as Retin-A or the more moisturizing Renova) also work by removing the top layer of dead skin cells while also generating collagen in the skin.



Step 3: Moisturize

A basic rule of beauty is that if you have dry skin, you should invest in a basic moisturizer.

So how much should you moisturize? Your skin will tell you. When your skin is tight, it's crying out for moisture. Be careful not to over-moisturize because this can clog pores.

For you natural girls, nothing beats a good oil for your skin. You can use extra virgin coconut oil, olive oil, sweet almond oil or jojoba oil.

Step 4: Apply Sunscreen

The #1 cause of wrinkles is sun damage, so it's important to use a sunscreen of at least 30 SPF from your early years on even in winter and on cloudy days.

A great trick is to purchase two moisturizers: One for the night and one for the day that includes UV protection.

Don't use moisturizers with sunscreen at night, the ingredients are not meant to be used 24/7 and can aggravate skin. When choosing a sunscreen, make sure it contains Mexoryl.



Dahlia Event



#ZUMBARUMBA
Zumba
#ZUMBAFITNESS

KEBANGSAAN

kotex
#SHECAN INSPIRE
TALK

#SHECAN
#KOTEX

kotex
#SHECAN

FOR YOUR SUBMISSION
We will contact you via email if your submission gets shortlisted

TELL YOUR FRIENDS

INSPIRE TALK





Movie Night





KARYAKU



Karyaku merupakan pertandingan antara kampus yang diadakan setiap 2 tahun. Antara objektif utama karyaku adalah untuk mencari bakat-bakat baharu dalam kalangan para mahasiswa di UiTM Shah Alam dan UiTM Cawangan Selangor. Pada waktu yang sama, bakat-bakat ini juga boleh diketengahkan ke peringkat kebangsaan. Selain menyemarakkan kesenian dan kebudayaan di UiTM, kemahiran berfikir secara kreatif dan inovatif juga dapat digalakkan di kalangan para pelajar.

RESULT KARYAKU 2018

TEATER PENDEK

- 1st: Kolej Melati
- 2nd: Kolej Perindu
- 3rd: Kolej Angsana & Casuarina

SAYEMBARA PUISI

- 1st: Kolej Perindu
- 2nd: Kolej Non-Resident
- 3rd: Kolej Melati

PESTA PANTUN

- 1st: Kolej Melati
- 2nd: Kolej Teratai
- 3rd: UiTM Dengkil

KOMPANG FORMASI

- 1st: Kolej Delima
- 2nd: Kolej Teratai
- 3rd: Kolej Melati

KOIR

- 1st: Kolej Perindu
- 2nd: Kolej Delima
- 3rd: UiTM Dengkil

NASYID

- 1st: Kolej Casuarina
- 2nd: UiTM Dengkil
- 3rd: Kolej Perindu

NYANYIAN DUET MODEN

- 1st: Kolej Melati
- 2nd: Kolej Perindu
- 3rd: Kolej Mawar

SINARAN BINTANG STAF

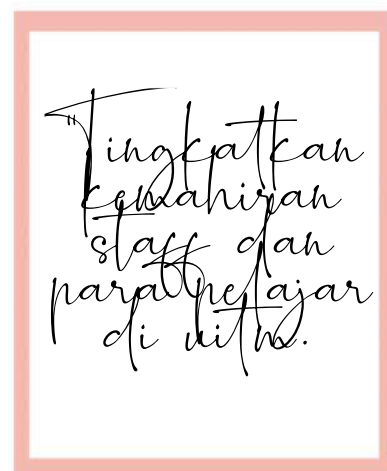
- 1st: Kolej Non-Resident
- 2nd: Kolej Mawar
- 3rd: Kolej anggerik

BAND

- 1st: Kolej Non-Resident
- 2nd: Kolej Perindu
- 3rd: Kolej Delima

TARIAN IRAMA MALAYSIA

- 1st: Kolej Delima
- 2nd: Kolej Anggerik
- 3rd: Kolej Casuarina





NYANYIAN IRAMA MALAYSIA

- 1st: Kolej Zamrud
- 2nd: Kolej Non-Resident
- 3rd: Kolej Mawar

TARIAN ETNIK KREATIF BORNEO

- 1st: Kolej Melati
- 2nd: Kolej Delima
- 3rd: Kolej Teratai

GAMELAN

- 1st: Kolej Melati
- 2nd: Kolej Delima
- 3rd: Kolej Perindu



ANUGERAH KEPIMPINAN PELAJAR TERBAIK

Kolej Perindu

ANUGERAH KEPIMPINAN STAF TERBAIK

Kolej Teratai

ANUGERAH KHAS PENASIHAT TERBAIK

Kolej Melati

ANUGERAH KEPIMPINAN TERTINGGI TERBAIK

UiTM Dengkil

MONTAJ TERBAIK

Kolej Teratai

PENGACARA TERBAIK

UiTM Dengkil



DOKUMENTASI TERBAIK

Kolej Seroja

PENGANJURAN TERBAIK

Kolej Teratai

BUSANA TERBAIK STAF

- L - Kolej Seroja
- P - Kolej Delima

5 Minute Crafts

simple & short crafts!

CRAFT #1: SIMPLE NOTEBOOK

Make use of your misprints and create something cute!



MATERIALS NEEDED: 2 A4 decorative papers, unused papers, (black) tape, scissors, stickers (optional), marker (optional)



STEP 1

Flip the papers to the unused side and staple the edges



STEP 2

Place the decorative papers on the front and back of the papers



STEP 3

Measure the tape according to the width of the paper and cut



STEP 4

Tape the back of the decorative paper before proceeding to tape the front



STEP 5

(Optional) Decorate the front of the book with paper and stickers!



FINAL

...and you're done!

CRAFT #2: CARDBOARD FRAME

A simple frame to add colour to your room!



MATERIALS NEEDED: A4 decorative paper, cardboard, scissors ruler, pen/pencil, scissors/penknife & glue



STEP 1

Start by marking the height and width on the cardboard using a pencil and ruler



STEP 2

After doing the previous step twice, proceed to cut



STEP 3

With one of the boards, measure 3cm per side and cut the inner marking



STEP 4

Flip the decorative paper and measure 3cm on each side before cutting



STEP 5

After cutting, glue the decorative paper onto the cardboard



STEP 6

Pick a photo to display and place it in between the two cardboards



STEP 7

Stick the front cardboard to the back cardboard to create a frame



STEP 8

With any left over cardboard, create a stand by simply gluing it to the back of the frame

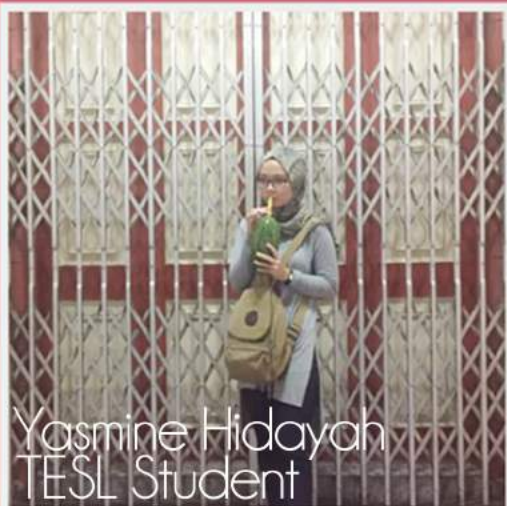


FINAL

Complete!

ONLINE SHOPPING

Online shopping has become an undeniably growing trend. However, as convenient as using the internet sounds, there are more than meets the eye. We have interviewed two students about their opinions regarding this ever growing trend!



Yasmine Hidayah
TESL Student

Q: DO YOU CONSIDER ONLINE SHOPPING SOMETHING THAT IS CURRENTLY A VIRAL TREND?

A: YES, I BELIEVE THAT EVERYONE KNOWS WHAT ONLINE SHOPPING IS.

Q: HAVE YOU ONLINE SHOPPED BEFORE?

A: I HAVE NOT BECAUSE I'M SCEPTICAL OF THE QUALITY OF THINGS SOLD ONLINE.

Q: DO YOU THINK ONLINE SHOPPING HAS MORE PROS THAN CONS?

A: A NEGATIVE SIDE TO ONLINE SHOPPING WOULD BE THAT SOMETIMES WHAT IS SOLD IS NOT THE SAME AS WHAT IS SHOWN, A POSITIVE SIDE WOULD BE THAT IT IS USUALLY CHEAPER TO BUY THINGS ONLINE.

**ANY ADVICE FOR THOSE WHO PLAN TO DO OR CONTINUE ONLINE SHOPPING?
ENSURE THAT YOU COMMUNICATE WITH THE SELLER AND ASK ABOUT THE QUALITY OF THE ITEM TO SEE WHETHER OR NOT IT IS THE SAME AS WHAT IS DISPLAYED!**

Q: DO YOU CONSIDER ONLINE SHOPPING SOMETHING THAT IS CURRENTLY A VIRAL TREND?

A: YES AS ONLINE SHOPPING MAKES IT REALLY EASY FOR US AND ALSO SAVES OUR TIME AS WELL AS MONEY.

Q: HAVE YOU ONLINE SHOPPED BEFORE?

A: I HAVE, SO FAR EVERYTHING HAS BEEN OKAY SINCE I DON'T HAVE TO GO OUT TO PURCHASE ITEMS AND THERE ARE MANY CHOICES IN STOCK.

Q: DO YOU THINK ONLINE SHOPPING HAS MORE PROS THAN CONS?

A: IT DEPENDS ON THE SELLER AND THE BUYER. HOWEVER TO ME IT HAS MORE PROS THAN CONS. IT SAVES TIME AND IS VERY EASY TO SIMPLY DO.



Adibah Wafaa
TESL Student

**ANY ADVICE FOR THOSE WHO PLAN TO DO OR CONTINUE ONLINE SHOPPING?
ONLINE SHOPPING IS INDEED GREAT AND BENEFICIAL, BUT WE HAVE TO BE WARY OF SCAMMERS THAT CAN BE EITHER THE SELLER OR BUYER.**



KEMURUNGAN

APA YANG PERLU ANDA TAHU



'Kira-kira satu per tiga rakyat Malaysia mengalami kemurungan.'

*Statistik Kajian Kesihatan Morbiditi
Kebangsaan (NHMS)*

Adakah anda tahu apakah yang dimaksudkan dengan kemurungan? Kemurungan membawa maksud suatu gangguan mental yang boleh mengganggu perasaan dan emosi seseorang. Untuk seseorang itu di-diagnos dengan penyakit ini, seseorang itu haruslah mengalami simptom-simptom kemurungan sekurang-kurangnya selama 2 minggu. Penyakit ini sekiranya tidak dirawat boleh menjejaskan kualiti seharian pesakit seperti cepat berasa marah dan sering keletihan dan yang paling membahayakan ianya mampu mendorong seseorang untuk membunuh diri.



Kebiasaannya, penyakit ini boleh menyerang sesiapa sahaja tidak mengira umur dan jantina. Antara sebab dan faktor yang menyebabkan seseorang itu mengalami kemurungan adalah lambakan masalah yang terlalu banyak, pernah mengalami trauma, penyalahgunaan bahan-bahan terlarang dan lain-lain. Walaubagaimanapun, penyakit ini dapat dibendung dengan segera sekiranya kita prihatin dengan ciri-ciri yang ditunjukkan oleh pesakit seperti sering menangis tanpa sebab, selalu berasa murung, mudah merasa letih, terdorong untuk mengasingkan diri dan tidak mahu bergaul dengan masyarakat sekeliling. Dalam situasi begini, pesakit memerlukan sokongan dan dorongan daripada masyarakat sekelilingnya untuk menangani segala masalah yang dihadapinya.

Pesakit haruslah memberanikan diri untuk memberitahu kepada orang sekelilingnya yang dipercayai agar perkara ini tidak berlarutan. Sekiranya perkara ini tidak dirawat, pesakit berisiko tinggi untuk mengalami masalah yang berkaitan dengan kesihatan seperti kehilangan berat badan yang tidak terkawal, kelihatan pucat dan bagi pesakit wanita mereka berkemungkinan untuk kehilangan kitaran haid. Oleh itu, penyakit kemurungan seharusnya tidak dipandang enteng oleh masyarakat dan segala stigma negatif yang berkaitan dengan penyakit ini haruslah dihapuskan agar pesakit kemurungan dapat menjalani kehidupan mereka seperti insan yang lain.

Sumber Rujukan:

Portal Rasmi MyHEALTH Kementerian Kesihatan Malaysia.



If you were born in the late 1990s than you will remember boba being the food trend since your childhood. Two decades later, boba cafe are all over U.S. Though boba tea didn't reach the mainstream status in the states. The origin of boba or also known chewy pearl's origin can actually be traced back to 1980s in Taiwan. There are numerous variations of this sweet, tea-based beverage, but they're all easily recognized by the large, colorful tapioca balls that float inside the drink.

What Is Boba?

Though various boba drinks are available, the most common concoction includes a tea base that's combined with milk or fruit and is usually prepared over a bed of sweet boba pearls. There are boba milk teas, green teas, black teas, smoothies, coffee drinks, and a slew of other preparations that can be enhanced with rich flavors that range from sweet to savory. Milk tea is usually prepared with powdered creamers, although fresh milk is used in some recipes.

It's All in the tapioca?

the drink its unique taste and texture. Though the pearls may be large or small, the large pearls are most common in U.S.-based boba cafés.

The tapioca comes from a cassava root and is a type of starch. These pearls are completely gluten-free and are commonly mixed with brown sugar for flavor, which is how they get their distinctive black coloring. The texture is similar to gummy bears, and the flavor adapts to the drink's flavor since the pearls absorb the liquid inside the cup.

A Brief History of Boba

Though there are a few conflicting stories, boba is most commonly believed to have originated in Tainan, Taiwan at Hanlin Teahouse. The owner of the teahouse, Tu Tsong-he, first marketed the drink with white tapioca balls in 1986. Later, he switched to the now-familiar black pearls. By the early 1990s, boba was a sensation throughout East and Southeast Asia. In North America, it first became trendy in neighborhoods with predominantly Asian populations and gradually expanded into a widespread cultural phenomenon. Tapioca

Add als Boba Healthy?

As with most coffee and tea drinks, the nutritional value will depend on the preparation. Many boba drinks are high in sugar, carbs, and calories. If you're concerned about your waistline or blood sugar, you'll definitely want to order a small serving or save this treat for special occasions. Tapioca is devoid of beneficial nutrients on its own, but a quality green tea mixture should help you to circumvent some of the guilt. Just bear in mind that even a 16-ounce green tea boba can pack more than 50 grams of carbs, 40 grams of sugar, and about 240 calories. In addition, a 2012 study done by the University Hospital in Aachen, Germany found that boba may contain trace amounts of carcinogens in the form of polychlorinated biphenyls (PCBs). However, some have questioned the results of the study due to the researchers' lack of transparency in their methodology and because the results haven't been replicated elsewhere. At this point, the findings should be taken with a grain of salt—or brown sugar, for that matter.

While boba may not be the healthiest drink you can choose, it's certainly delicious and worth the occasional splurge. Curious to learn even more about those mysterious little pearls? Read on to see exactly where tapioca comes

article by Chris Scalise
<https://www.mydmaine.com/what-is-boba>



NOMOPHOBIA?

Smartphone are smart.
But,
Are you smarter than your
smartphone?

Have you ever encountered a gadget addiction problem? or if that happens to you, what will you do and feel?

There is a phenomenon that we can now see everywhere namely the phenomenon of smartphones addiction or smartphone addiction. This phenomenon not only happens in our country but also in other countries.

The addiction to smartphones is now a serious issue. In fact, the obsessive attitude towards this gadget has been given its own name, nomophobia or no-mobile-phone-phobia.

Not only difficult to escape through the phone, feeling depressed also indirectly will appear if you cannot answer a call or message. This keeps us focused on finding other alternatives by checking on social media.

If you say that you will experience anxiety and panic, then you are showing the symptoms of nomophobia. Trending topics are discussed lately.

What it nomophobia?

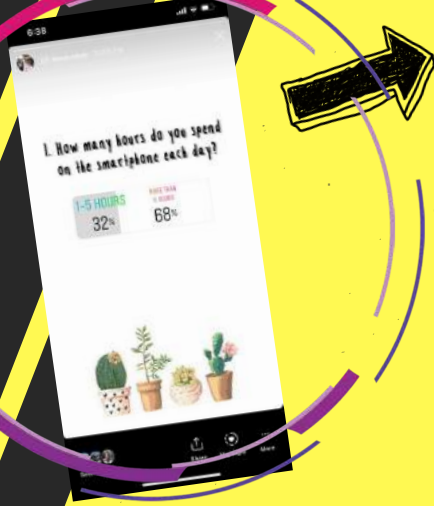
Nomophobia is an abbreviation of no mobile phone phobia. Nomophobia is a feeling of fear (phobia) that suddenly appears when you cannot access the contacts found on a cell phone.

Either because the battery runs out, there is no signal, it loses the cell phone or is being repaired as I have experienced. Simply put, nomophobia is a fear of losing access to a mobile phone or smartphone.



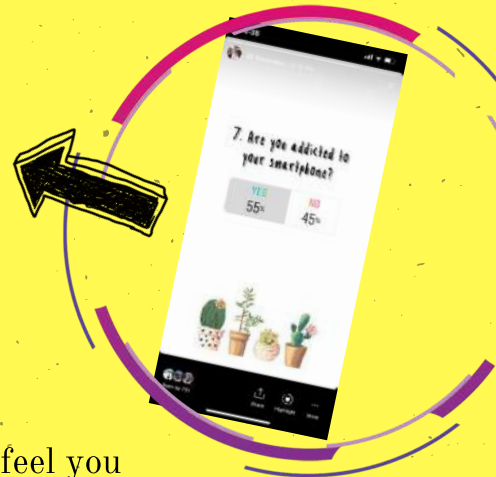
HOW TO REDUCE THE ADDICTION OF SMARTPHONE?

1. Create an unplugged zone.
2. Remove unnecessary apps.
3. Install usefull app
– “Self-Control to Focus”
4. Use your gadget or smartphone as needed.



WHAT ARE THE BENEFITS IF YOU ARE NOT ADDICT TO SMARTPHONE?

1. Avoid from unhealthy lifestyle.
2. Increase our focus & academic performance.



If you feel you have not nomophobia, then be grateful. If you feel you have symptoms of nomophobia, then you have to reduce dependence on gadgets or smartphones. From now on, immediately change your mind set

As a new phenomenon in the millennium era, research and studies on nomophobia are still limited and have not been widely studied. But along with the development of mobile phone or smartphone technology, nomophobia can develop not only as a phenomenon but also become a serious problem for human life later.

Technology especially mobile phones or smartphones is a tool created to make it easier. Einstein once expressed his fear of technological progress that would produce a generation of idiots in the future. This might happen or even happened. Only a handful of people create convenience, the rest are connoisseurs of convenience themselves.

Which one do you belong to?
You decide yourself



VIRAL

BUKAN PENYELESAIAN!!

Seiring dengan perkembangan teknologi dan akses kepada pengguna masa kini tanpa had usia dan masa, kini maklumat hanya di hujung jari para pengguna laman sosial dan sebagainya. Pada asalnya, laman sosial awalnya merupakan medium interaksi dimana para pengguna dapat berinteraksi dari jarak jauh tanpa mengira perbezaan jangka waktu dari seluruh pelosok dunia. Dari artikel yang dipetik daripada berita harian menyatakan bahawa “Ledakan maklumat dan media sosial pada masa ini sudah menjadi trend dan keperluan bagi semua lapisan masyarakat menerusi kemajuan telefon bimbit dan peluasan rangkaian komunikasi yang turut mencakupi kawasan luar bandar.”

Perkara ini berlaku apabila kadar penembusan jalur lebar seluruh negara mencapai 84 peratus dan membolehkan masyarakat untuk mengakses internet dengan mudah, dengan ini pengkongsian maklumat menjadi lebih pantas jika dibandingkan dengan beberapa tahun sebelumnya. Oleh yang demikian, terdapat pelbagai implikasi terhadap kemudahan yang diperolehi ini. Selain ia dapat menyampaikan maklumat, media sosial telah menjadi satu medium utama dalam penyebaran berita-berita yang belum pasti akan kesahihannya dan kerap kali disalahgunakan oleh mereka yang tidak bertanggungjawab.

Viral atau tular merupakan masalah atau isu yang sering dikaitkan dengan penyebaran berita-berita yang berlegar di laman sosial yang sukar dibendung dan kesahihannya sukar dipastikan. Ini kerana, setiap pengguna laman sosial mempunyai ruang yang luas untuk

melakukan sebarang penyebaran cerita-cerita sensasi tanpa mengira sensitiviti serta kesahihan berita tersebut. Seiring dengan kepantasan teknologi, para pengguna media sosial perlu lebih bijak untuk mengguna dan mengendalikan akaun laman sosial milik mereka agar tidak menjerumus kepada penyebaran berita atau cerita yang tidak benar kerana ia akan menimbulkan fitnah serta akan mengaibkan sesetengah pihak.

Kementerian Komunikasi dan Multimedia mengingatkan pengguna laman sosial supaya tidak menularkan berita yang tidak sahih dan berunsur fitnah kerana ia boleh menimbulkan kekacauan dalam masyarakat. Pihak kementerian dan kerajaan mengambil serius perkara ini kerana menularkan berita yang tidak sahih ini telah banyak memberi kesan yang negatif kepada masyarakat umumnya dan mangsa yang menjadi bahan tular tersebut. Penyebaran berita palsu ini juga telah mengganggu gugat integriti kerajaan kerana terdapat sesetengah pihak yang menyebarkan berita yang tidak benar dan menimbulkan kekeliruan dalam masyarakat. Oleh itu, pihak kementerian dengan memandang serius isu ini telah mewujudkan portal khas bagi menyemak kesahihan berita yang tular dengan melayari portal ***sebenarnya.my*** yang telah diwujudkan oleh Suruhanjaya Komunikasi dan Multimedia bagi membendung penyebaran berita-berita palsu yang tular di media sosial.

Viral bukanlah jalan penyelesaian yang bijak bagi menyelesaikan sesuatu permasalahan. Malah dengan kuasa viral yang tidak dibendung ini akan menyukarkan lagi proses kaji selidik oleh pihak berkuasa, contohnya jika berlaku kes jenayah yang berat dan video penjenayah itu tular di media sosial, ini akan menyukarkan pihak berkuasa seperti pihak polis dan sebagainya untuk mereka menjalankan tugas mereka. Selain itu, mereka perlu membuat menerangan khusus bagi menerangkan perkara sebenar kerana spekulasi yang telah ditularkan di media sosial, ini akan memberi kesan terhadap kaji selidik mereka. Virus viral ini juga telah menjadi isu yang dikhuatiri pihak kerajaan.



Sebelum ini, ada ura-ura kerajaan mahu menutup laman facebook kerana dijadikan medan utama untuk penyalahgunaan maklumat dan berita sehingga menjadi fitnah dalam pelbagai bentuk berita.

Namun, penulis berpendapat ia bukan penyelesaian terbaik bagi membendung isu virus viral maklumat dan berita palsu kerana ada aplikasi lain di laman sosial yang akan digunakan dan senario dunia tanpa sempadan membolehkan ia dilakukan dari dalam dan luar negara.

Jadi, rakyat sendiri yang perlu membersihkan anasir itu daripada terus berkembang dan meracuni pemikiran rakyat terutama generasi muda supaya tidak terus mudah percaya dan menjadikan maklumat dalam laman sosial sebagai sumber utama berbanding media arus perdana.

Oleh itu, viral bukanlah penyelesaian kepada semua masalah kerana setiap masalah dapat dikemukakan dengan cara yang betul melalui saluran yang betul agar perkara yang tidak diinginkan tidak berlaku. Selain itu, masyarakat perlu lebih prihatin dan bertanggungjawab dalam menyampaikan mesej atau berita agar ia tidak akan menyusahkan atau mengaibkan pihak tertentu. Berita yang dibaca atau *viral* di media sosial perlulah dikaji dan diteliti sebelum membuat spekulasi atau menghakimi seseorang kerana kesahihan berita tersebut tidak dapat dipastikan dan mungkin terkandung unsur seperti sabotaj atau agenda tertentu untuk mejatuhkan atau memalukan seseorang.

Isu viral ini perlu mendapat kesedaran masyarakat bahawa apa yang mereka baca di media sosial bukanlah apa yang sebenarnya terjadi dan harus dikaji kesahihannya terlebih dahulu. Generasi akan datang akan menghadapi kesukaran jika gejala viral ini terus menjadi budaya masyarakat terutama masyarakat Malaysia.



MITOS KESIHATAN

Kesihatan merupakan anugerah Allah yang tidak ternilai.

01

MANDI MALAM

TIDAK MENYEBABKAN
PARU-PARU BERAIR

05

AIS

BOLEH MINUM AIS KETIKA
HAID

02

BASUH RAMBUT KETIKA HAID

BOLEH BASUH RAMBUT
KETIKA HAID

06

BIJI LADA

BIJI LADA TIDAK
MENYEBABKAN APENDIKS

03

PERUT BUNCIT

MANDI SELEPAS MAKAN
TIDAK MENYEBABKAN
PERUT BUNCIT

07

KICAP

KICAP TIDAK AKAN
MENYEBABKAN PARUT
HITAM

04

DERMA DARAH

DERMA DARAH TIDAK
AKAN MENAMBAH BERAT
BADAN TETAPI
MENABMAH PAHALA

08

PANADOL

PANADOL CUMA
MENGAMBIL MASA 4-6
JAM UNTUK HADAM
BUKAN 5 TAHUN

WRITTEN BY YASMIN

5 FOOD SWAPS TO TRY



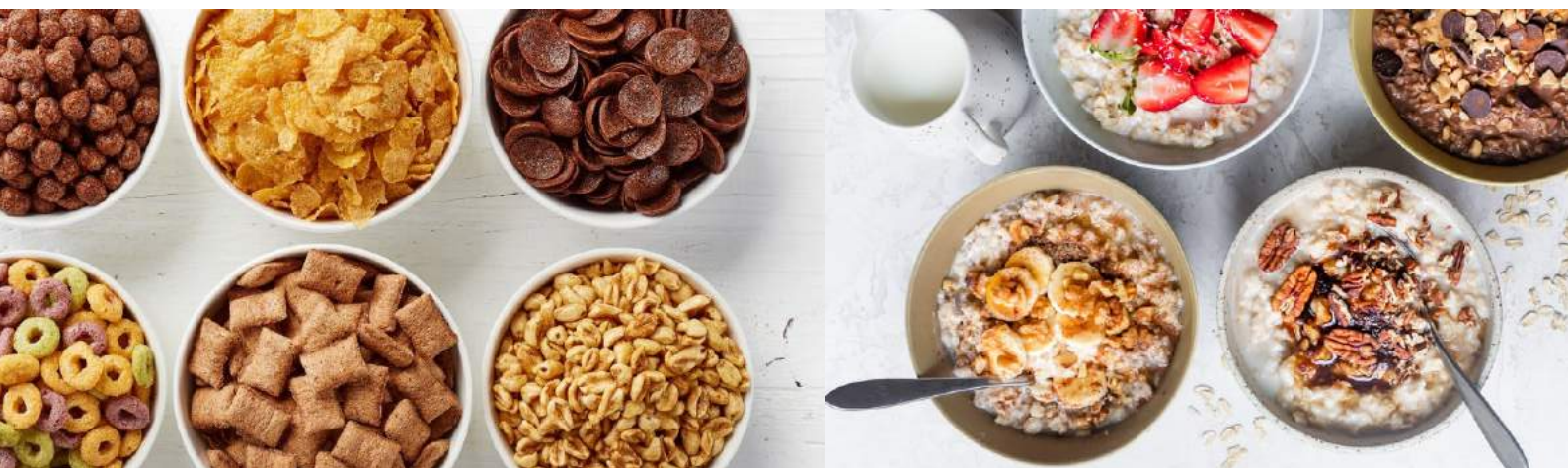
Looking for healthier options?

Let's face it. Our favourite drinks and food are not always the healthiest. They are creamy, savoury, sweet and most importantly delicious. If you are trying to make healthier choices, fret not for there will be some substitutes to our favourites. These are a few small changes you can do to your eating habits if you are trying to shed off some weight, lower cholesterol or sugar intake or you just want to try something new.

Being a student living on campus can be a tad bit challenging to make healthier options. Therefore, the food and alternatives chosen are those you can definitely grab during your supermarket visit or try during outing with friends.

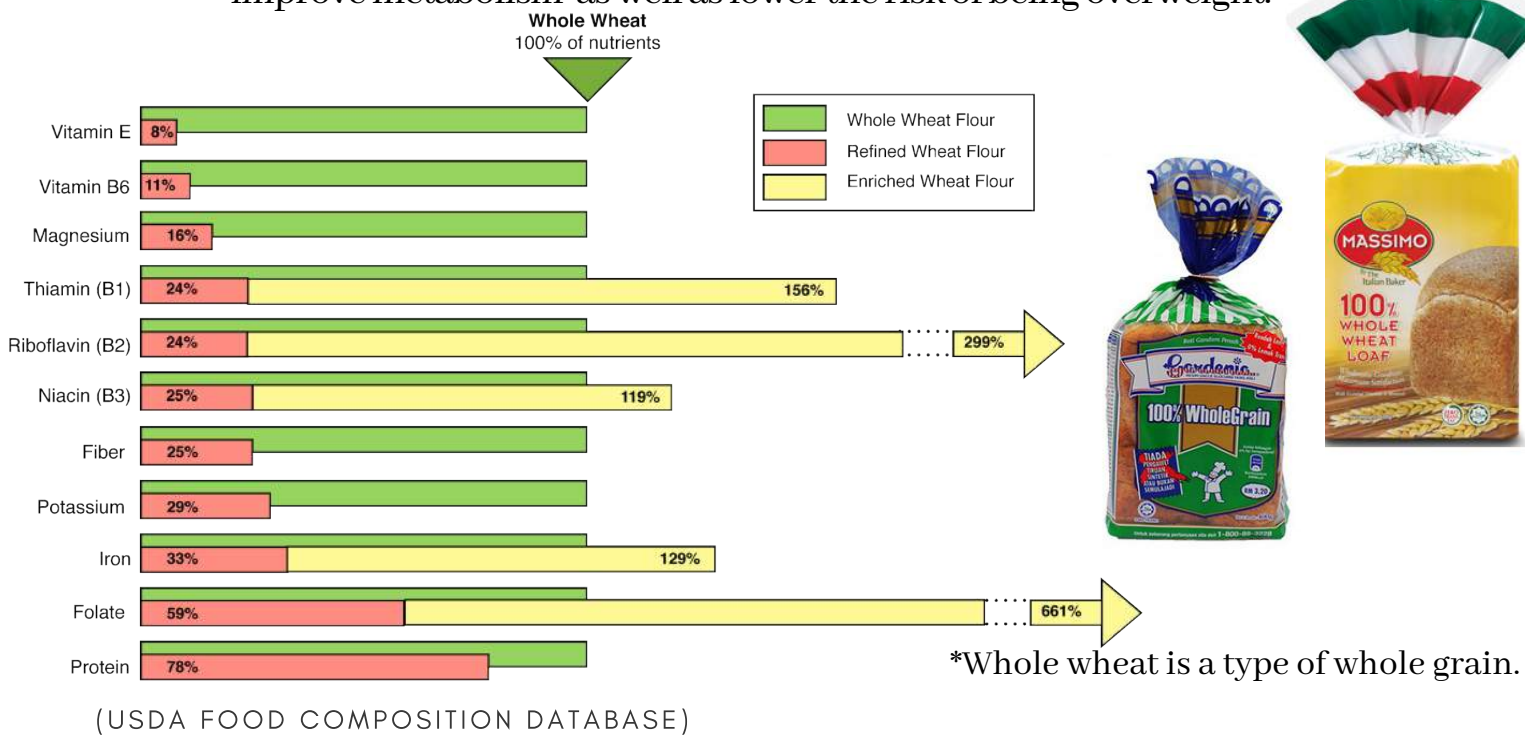
CEREAL VS OATMEAL

Who doesn't love a quick breakfast before class? Cereal has always been a popular choice not only among students. They are sweet, easy and quick. They also make great snacks. However, cereal is undoubtedly high in sugar and contains lower fiber and protein count. A lovely option would be oatmeal because they contain lower sugar content but higher in fiber and protein. Moreover, oatmeal is a complex carb and thus you might feel fuller for a longer period of time. If you like the crunchiness of cereals, opt for high-fiber cereals. such as bran flakes.



REFINED GRAINS VS WHOLE GRAINS

A whole grain consists all three original key parts - bran, germ, endosperm. Refined grains refer to grains that are missing one or two the key parts. Examples of refined grains are white flour and white rice as the bran and germ have been removed. The refined grains are then enriched to make up for some of the missing nutrients. Yet, they still lack crucial nutrients compared to whole grains. In this case, we can always swap white bread for whole grain bread. Studies have also shown whole grain foods improve metabolism as well as lower the risk of being overweight.



ICE CREAM VS GELATO / GREEK YOGURT

Ice cream is a famous dessert and is made of milk, cream, sugar and usually egg yolks. Gelato or Italian ice cream uses more milk, lesser cream and egg yolks (or none at all). Thus gelato contains lower fat content than ice cream. Another great substitute would be Greek yogurt. Greek yogurt is extensively strained to remove whey and lactose. It has low sugar content and is a source of protein (plain flavour). You can also eat cereals with Greek yogurt.





ROTI CANAI VS THOSAI

This is truly a hard one. Nothing truly beats roti canai. But truth is definitely bitter. Roti canai has 300 Cal and being paired with sambal just increases the calorie count. And, one is never quite enough. Try swapping roti canai with thosai. Thosai has about 170 Cal and for me, definitely, something I wouldn't think twice to go for a second. Thosai is also a source of protein due to black lentils and fenugreek seeds (biji halba) being the ingredients to make thosai.

CURRY NOODLE VS CLEAR BROTH NOODLE

The creaminess of curry noodle has made it a people's favourite. Not only rich in flavours, but as well as in coconut milk and oil causing it to be high in fat and calorie. An alternative to curry noodles is clear broth noodle. Though it does not have the creamy aspect or the burst of flavour, it is definitely a healthier option - lower calorie and fat content.





Fruit Bar



Ingredients:

1 tablespoon of peanut butter, 1 tablespoon of honey, $\frac{1}{2}$ tablespoon of gelatin, 1 tablespoon of water, $\frac{1}{2}$ cup of pop rice, $\frac{1}{2}$ cup of rolled oat, 30 g of dried apricot, 20 g of yellow raisins, 1 whole of apple, 15 g of almond pieces.

Procedures:

1. Cut the raisins and apricot into small pieces.
2. Put the raisin, and dried apricot in the food mixer and then mix it well.
3. Add the pop rice, rolled oat and almond pieces into food mixer and mix it well.
4. Mince the apple until it becomes small pieces
5. Melt the peanut butter in the microwave by using high micropower for about 1 minute.
6. Put the blended ingredients into a mixing bowl.
7. Mix the blended ingredients with the minced apple, 1 tablespoon of honey, 1 tablespoon of peanut butter and the gelatin that is mixed with water.
8. Put the baking wrap into the baking pan.
9. Put the fruit bar into the baking pan and then freeze it for at least 2 hours into the freezer.
10. Keep the fruit bar in a tight container and keep it refrigerated.



Fruity Popsicle



Ingredients :

1 piece of mango, $\frac{1}{2}$ piece of red dragon fruit, 2 tsp. of ovalate, 1 C. of natural yogurt, 1 C. of evaporated milk, popsicle molds

Procedures :

1. Peel the mango and clean it under clean running water.
2. Cut the mango into small pieces.
3. Put the mango into a blender.
4. Put $\frac{1}{2}$ tsp of ovalate, $\frac{1}{2}$ C. of natural yogurt, $\frac{1}{2}$ C. of evaporated milk into the blender together with the mango.
5. Blend the mixture until all the ingredients mix well.
6. Transfer the juice into a container.
7. Repeat step 1 until 6 with red dragon fruit.
8. Put the first layer which is the mango into a popsicle mold and freeze it for a while.
9. After the first layer start to freeze, put the next layer onto it which is the red dragon fruit layer.
10. Repeat the step until the popsicle molds is full.

Note: The layer can be done according to your creativity

Fruit Sushi



Ingredients:

4 Pieces of tortilla roll, 100 g of gold kiwi, 100 g of strawberry, 1 piece of red dragon fruit, 100 g cream cheese, 1 piece of banana, 1 piece of mango.

Procedures:

1. Wash the fruits.
2. Slice the strawberry into small dices.
3. Peel the kiwi, dragon fruit and mango and cut it into dices.
4. Put the peeled banana and 100 g of cream cheese into a mixing bowl.
5. Mix well the peeled banana and the cream cheese by using the electric mixer.
6. Heat the tortilla rolls on the non-sticky pan for about 45 seconds.
7. Put the tortilla rolls on the sushi mat.
8. Spread the mixture of cream cheese and banana onto the tortilla rolls.
9. Put the diced fruits onto the tortilla rolls.
10. Roll the tortillas up tightly by using the sushi mat and then cut the tortillas into pieces.

TOP 10 MOVIES 2018

BASED ON RANKER.COM

01

AVENGERS: INFINITY WAR

Fantasy/Science Fiction
IMDb: 8.5/10
Rotten Tomatoes: 84%



02

A QUIET PLACE

Drama/Thriller
IMDb: 7.6/10
Rotten Tomatoes: 95%



03

A STAR IS BORN

Drama/Romance
IMDb: 8.1/10
Rotten Tomatoes: 90%



04

HEREDITARY

Drama/Thriller
IMDb: 7.3/10
Rotten Tomatoes: 89%



05

BLACKKLANSMAN

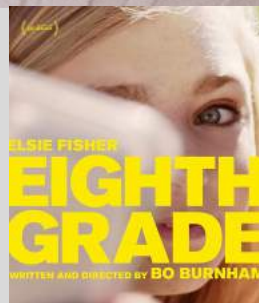
Drama/Crime
IMDb: 7.6/10
Rotten Tomatoes: 95%



06

EIGHTH GRADE

Drama/Comedy
IMDb: 7.6/10
Rotten Tomatoes: 99%



07

MISSION IMPOSSIBLE: FALLOUT

Thriller/Action
IMDb: 7.9/10
Rotten Tomatoes: 97%



08

INCREDIBLES 2

Science Fiction/Action
IMDb: 7.8/10
Rotten Tomatoes: 94%



09

FIRST MAN

Drama/Science Fiction
IMDb: 7.6/10
Rotten Tomatoes: 88%



10

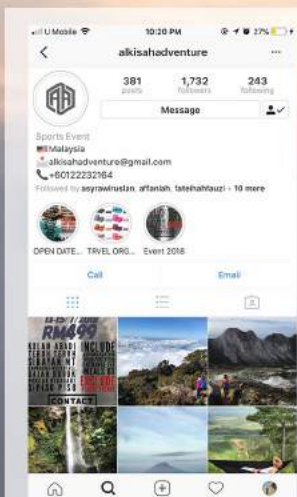
DEADPOOL 2

Fantasy/Science Fiction
IMDb: 7.8/10
Rotten Tomatoes: 83%



The journey of Medan trip was so impressing and of course will be a great moment. I recommend Medan is one of the best places for those who are love hiking and nature. Therefore, let's explore the beauty of Medan that has not been well known about their natural environment.

- Atira Ramdzan Saaid Ramdzan -



“ Follow @alkisahadventure for more backpacker trips! They provide the best backpacktrips with reasonable price. @alkisahadventure”

Hidden Heaven In Medan

Medan is a capital of North Sumatra province and it was the fourth biggest city by population in Indonesia. There is a lot of people love to travel to Indonesia due to their beautiful nature such as at Bandung, Jogjakarta and Surabaya. But some people did not know that Medan which is near to Malaysia also has beautiful places.

For those who are love nature and hiking. Medan is one of the recommended places that you have to visit in Indonesia. I will share a little bit of my trip experience to Medan and the places that you guys need to visit such as Kolam Abadi, Teroh-teroh waterfall, Mount Sibayak and many more places

1. Kolam Abadi & Teroh-teroh waterfall.

- To visit the Kolam Abadi and Teroh-Teroh Waterfall, you need the help of a guide at Pelaruga. Getting to Pelaruga is not difficult. We hired a van and driver to take us from Kualanamu Airport to Pelaruga. On arrival, we were greeted by the friendly guides. Before start trekking, the guider will give some briefing and all participants were required to wear a life jacket in this physical activity. It takes half an hour to reach to Kolam Abadi and we need to use a water shoe due to its wet during the tracking. The water of Kolam Abadi is from Teroh-teroh waterfall and its flow until it formed a pond. It looks like an artificial pond. The water in Kolam Abadi was crystal clear and it was exhilarating to dip in after the physically demanding hike. We also came out of Kolam Abadi, climbed to the edge of a cliff and jumped into another part of the lake. We do a body rafting almost 35 minutes to reach the magnificent Teroh-Teroh Waterfall.





2. Mount Sibayak

- The next day, we are ready to go to Mount Sibayak. Mount Sibayak is perhaps one of most popular to climb in Northern Sumatra. The summit of Mount Sibayak rises to 6,870 feet, providing excellent views of Berastagi and the surrounding. It takes 45 minutes to 1 hour to reach there and the one-way hike is around four and a half miles.

- Always team up with other trekkers due to unexpected weather changes and loose shale have caused falls and dangerous. The trail from the hot springs starts a little closer to the volcano. Many people choose to make a circuit of the trip, beginning in Berastagi and finishing with a dip in the hot springs before catching a ride back to town. The perfect timing to climb to Mount Sibayak is 4.30am to 5 am, and you will reach the top of the mountain when the sunrise is up.



3. Dua Warna Waterfall



- Dua Warna Waterfall is located in Durin Sirugun village. It's around 75 km from Medan and around 2 to 3 hours to reach the place. Dua Warna waterfall was formed of Mount Sibayak's explosion hundreds of years ago. Why they called it 'Dua Warna Waterfall'? It because the falling water is white, however, the water become light blue when it comes down that make Dua Warna waterfall has its own beauty and exoticism. You would need to hire a local guide to go through this forest to head to Dua Warna Waterfall. Best not to visit this place in the rainy season as the path is very slippery, muddy and there is no shelter available along the way.



4. Bukit Gajah Bobok

- Bukit Gajah Bobok is a place that you should not miss when visiting Medan. Bukit Gajah Bobok is located at Karo, North Sumatera and it's not too far with Simpang Merek. We start to climb around 10 pm and reach there after 20 minutes trekking and camping at the top of the hill.

-In the morning, when the sun rises, you will see a clear view of Lake Toba, along with the green nature of North Sumatra decorated with the enchanting golden sun of the sun. Bukit Gajah Bobok views are very beautiful, but there is no food stall facility, so you have to bring your own food from home so as not to starve and thirst here. The journey to reach the place is quite amazing and using a not so steep asphalt road. Usually, visitors use motorbikes up the hill.



5. Sipiso-piso waterfall

- Sipiso-piso is one of the tallest waterfalls in Indonesia. There are a lot of visitors who come to photograph this magnificent natural wonder.

- Surrounded by a lush green mountain scape and with a rainbow forming at the base of the waterfall. To reach the bottom of the waterfall, we have to spend a little extra energy. For the peak of the waterfall is located at an altitude of about 800 meters above sea level. Moreover, the walking trails are steep and winding. When we reached the bottom of the waterfall, the tiredness is going to be replaced with the satisfaction gratefulness due to the beautiful views.

- Near the waterfall, there is a food stall and comforting places for visitors to rest. There are certain people would like to go shopping at the souvenirs shop while enjoying the views and some people find pleasure going down to the very lowest fall of the water



KE-4

**EDISI
(2019)**



MALAM SUAI KENAL

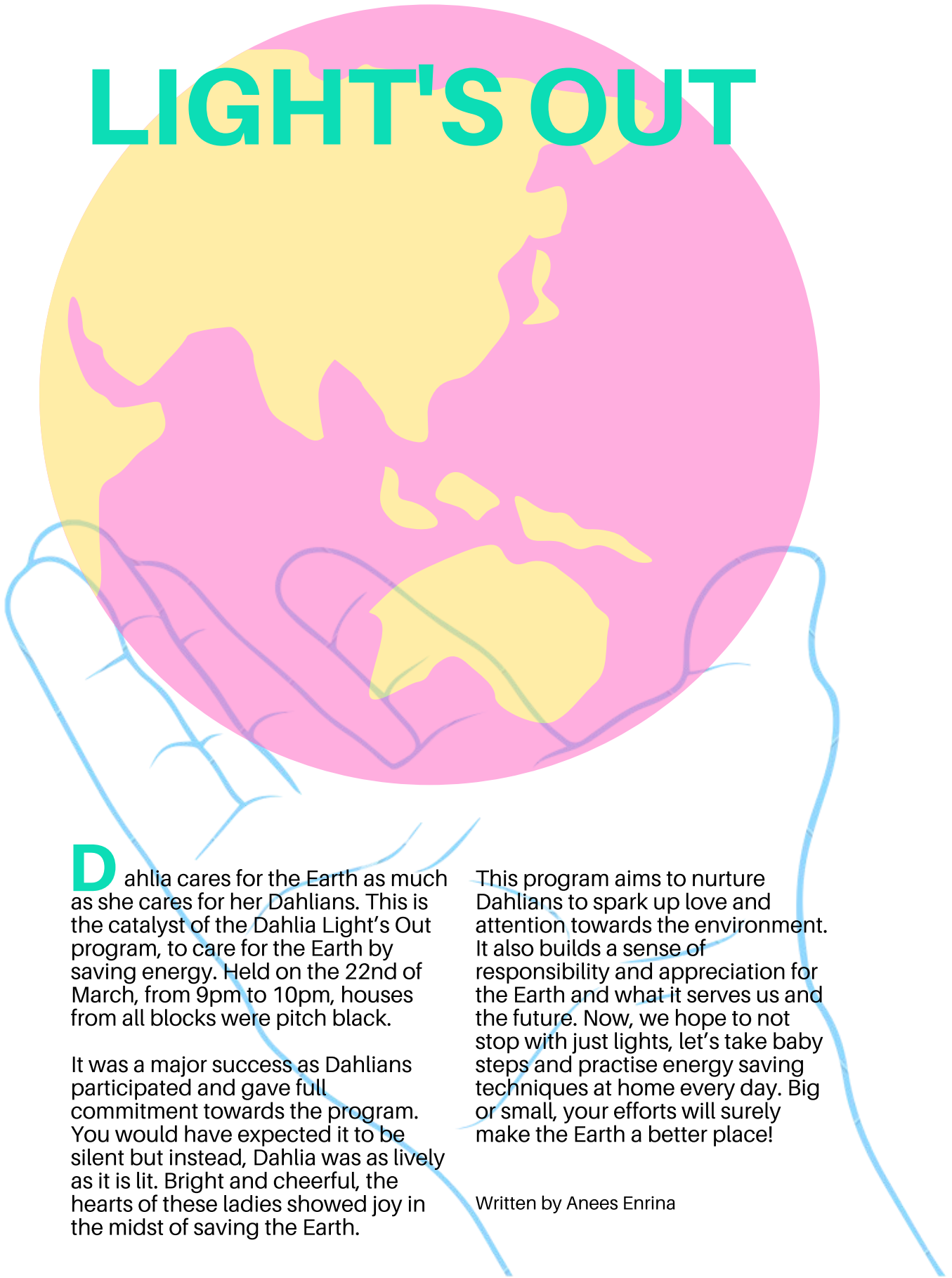
KOLEJ DAHLIA

**MASA : 8.00 MALAM
TEMPAT : DAHLIA SQUARE
TARIKH : 6 MAC (DAHLIA 3)
12 MAC (DAHLIA 2)
13 MAC (DAHLIA 4)
14 MAC (DAHLIA 1)**

- UCAPAN DARIPADA PENGETUA KOLEJ DAHLIA & SRK KOLEJ DAHLIA.
- PARA PELAJAR DIBERI PENERANGAN MENGENAI KOLEJ DAHLIA.
- PARA PELAJAR DIEDAHKAN BERKAITAN INFO PENTING & PERATURAN KOLEJ.

DAHLIA VILLAGE

DAHLIA LIGHT'S OUT



Dahlia cares for the Earth as much as she cares for her Dahlians. This is the catalyst of the Dahlia Light's Out program, to care for the Earth by saving energy. Held on the 22nd of March, from 9pm to 10pm, houses from all blocks were pitch black.

It was a major success as Dahlians participated and gave full commitment towards the program. You would have expected it to be silent but instead, Dahlia was as lively as it is lit. Bright and cheerful, the hearts of these ladies showed joy in the midst of saving the Earth.

This program aims to nurture Dahlians to spark up love and attention towards the environment. It also builds a sense of responsibility and appreciation for the Earth and what it serves us and the future. Now, we hope to not stop with just lights, let's take baby steps and practise energy saving techniques at home every day. Big or small, your efforts will surely make the Earth a better place!

Written by Anees Enrina

BACAAN YASSIN

By Yasmin

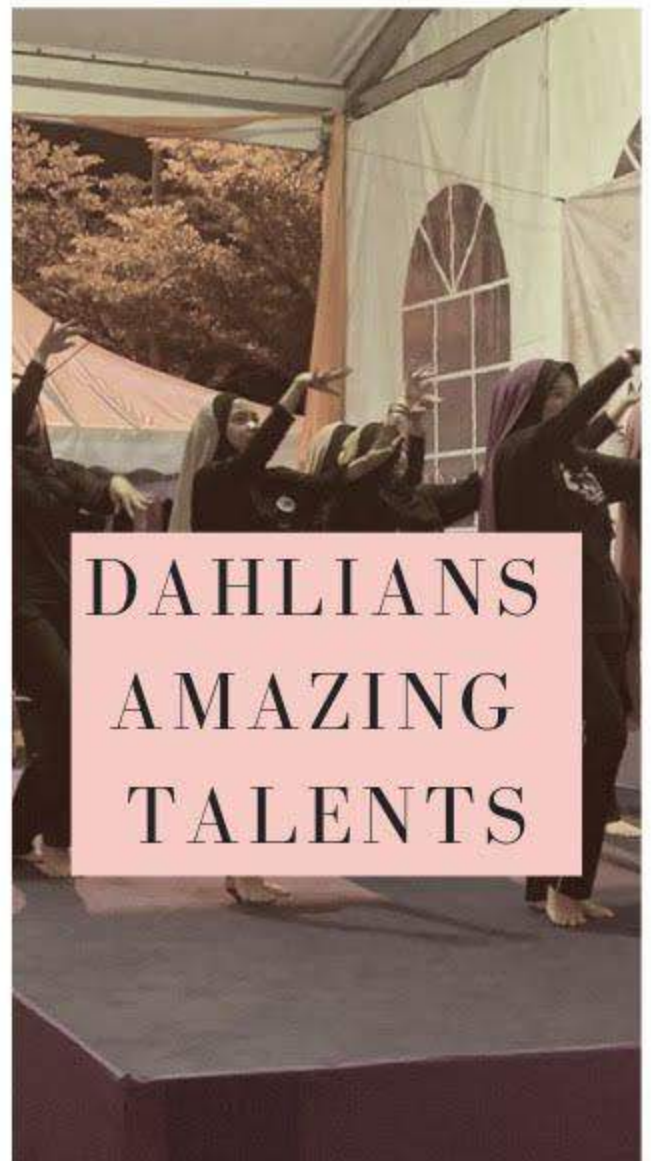


Bacaan Yassin is one of the programmes JPK of Dahlia College conducts without fail every semester. It is regularly done two blocks simultaneously. A unit from each block is randomly chosen to be a host for its respective block. For example, Yassin recitation for Dahlia 1 and 3 was carried out on 4th of April while Dahlia 2 and 4 on 18th of April. Students may stay in their room during the recitation. Food was provided to the earliest 100th to collect it at the host's unit.

DAHLIA TALENTIME

WE ARE LIVING OUR LIFE WITH ART THAT WE CREATE FOR THE WORLD TO SEE

SINGING, DANCING, POET, ORATOR AND AMAZING CROWD



Islam itu

INDAH



Islam itu Indah is a very famous television program in Indonesia. This program is an Islamic program that always come out with different topics that helps us muslim to gain knowledge.

The collaboration between Uitm Puncak Alam; Kolej Dahlia and the television station Transtv and Indopek make a dream comes true when they finally get to record an episode for Islam Itu Indah in Malaysia and one of the places is Kolej Dahlia.

This talks show was started with a very charming Ustaz which is Ustaz Muhammad Nur Maulana or known as "Ustaz Jemaaaahh", Ustaz Syam and Mr Fadli which also an actor from Indonesia.

The title or topic that have been shared with all of the audience was about "As a student that being away from the family". As Ustaz Maulana shared with the audience, being far away from the family to strive for knowledge is a good things and it is our "jihad" as a student, he said.

Ustaz Syam also recited few verses from the Holy Quran about important of seeking for knowledge. Ustaz Maulana also said that we as a student must always pray to Allah, let Him grant us strength and courage to always seeking for a good knowledge and makes our parents happy and proud of us.





ISLAM



ITU
Islam Itu Indah



INDAH



A ISLAMIC TALK COLLABORATION
BETWEEN KOLEJ DAHLIA; TRANSTV &
INDOPEK
USTAZ MAULANA; USTAZ SYAM; MR. FADLI

TITLE: AS A STUDENT BEING
AWAY FROM FAMILY

ZUMBA TILL YOU DROP!

Zumba is an event held by Dahlia's JPKs every semester in which an instructor is called upon to lead the students for the activity.



LET'S SHAKE TILL YOU SHINE!

Regardless of age, aerobic activity is good for you! This activity has many health benefits as your body adapts to regular aerobic exercise, you will get stronger and fitter.





—LET'S STAY HEALTHY DAHLIANS!—

1. KEEP EXCESS POUNDS AT BAY

Combined with a healthy diet, this activity helps you lose weight and keep it off.

2. INCREASE YOUR STAMINA & FITNESS

You may feel tired when you first start regular aerobic exercise but over the long term, you will enjoy increased stamina and reduced fatigue. You can also increase heart and lung fitness and bone muscle over time.

3. REDUCE YOUR HEALTH RISKS

Aerobic exercise reduces the risk of many conditions including obesity, heart disease, high blood pressure, diabetes, metabolic syndrome, stroke and certain types of cancer.

4. STRENGTHEN YOUR HEART

A stronger heart pumps blood efficiently, which improves blood flow in your body.

Retrieved from: mayoclinic.org



Warming up session were done before the activity.



The activity was led by an instructor who was invited by the JPKs. Food and drinks were also distributed for the students. The activity went on from 8.00 A.M. until 10.00 A.M.



MENSTRUAL DISORDERS TALK

On 11th of April, the College's Representative Committee (JPK) Dahlia has organized "Menstrual Disorder's Talk". This event was held for a total of 2000 Dahlians and located at Dahlia Square. The talk started at around 8PM.



The talk is to raise awareness about menstrual disorders as well as answer any questions students had regarding it. The main guest invited to talk and address the issue was Prof Madya Dr Ani Amelia Zainuddin. She is a very educated individual who even provided slides to aid her talk and answered to the audience's questions diligently.





MISS DAHLIA 2019



The Miss Dahlia pageant, a chance for Dahlians to shine and showcase their beauty inside and out. Dressed in their best fit, 8 lovely participants competed against each other with grace and poise.

Crucially imprinting the right first impression, the participants introduced themselves to the panel of juries. Some sang and some recited handwritten poems- in efforts to stand out among the rest. The competition started with a quiz session, which was to prove that they weren't only donned with the beauty, but also armed with the brain. Mind-boggling questions were thrown by the panel and were to be answered on a first come-first serve basis. Participant #1 and #8 shone through the entire session, leading to an intense 1-1 battle in hopes to win over each other. However, as a potential Miss Dahlia, all 8 ladies remained elegant and respectful despite the intensity.

The panel of judges then evaluated them based on their intellectual skills, communication and attitude. The title of Miss Dahlia was finally crowned to lovely Adhwa, who deserved it as she excelled the best. Zarith gloried the title of 1st runner-up while Fatin won as 2nd runner-up.

The Miss Dahlia program aims to exemplify good personality and attitude of Dahlians to shape them into better women. It also serves to empower these young ladies by supporting each other with kind words and love. Furthermore, the Miss Dahlia program encourages fellow Dahlians to prioritize the beauty inside as much as the appearance on the outside for it is both a crucial aspect to the upbringing of women.

Written by Anees Enrina

5 KM TRASH FREE WALK!

13 APRIL 2019



When we throw something away, “where is away?” All of our waste goes somewhere. It may become trash.

When we don't care about or take control of our trash, it can become litter.

5 KM Trash Free Walk takes steps to decrease waste by reducing, reusing, recycling, and educating students and others.

Through the 5 KM Trash Free Walk, students can make a big difference in community and help create a future with informed and active citizens!

RESIPI KUIH LEPAT LIAT

Bahan-bahan diperlukan:

Tepung pulut
Santan pekat
Gula merah
Gula pasir
Daun pisang



1 Masukkan tepung, gula merah, gula pasir dan garam dalam bekas. Kacau hingga bahan larut.

2 Gaul dan uli sampai sehati menjadi doh setelah ditapiskan ke dalam bekas yang lain.

3 Selepas menyapu sedikit minyak ke atas daun pisang, ambil sedikit doh dan jadikannya bentuk memanjang.

4 Pastikan bahagian selisahnya kemas ketika proses lipatan.

5 Susun dan kukus selama 25-30 minit. Kuih lepat liat sedia untuk dihidangkan setelah sejuk!

Traditional Games

BY YASMIN

Traditional Games was a slot dedicated for students to have a taste of their childhood and gain merit while doing so. It was held at futsal court starting 8AM until 4PM (and of course, a 2-hour lunch break) This particular event lasted for quite a bit of time as to give opportunities to many students to play traditional games and gain their merit.

There were a total of three games – bola beracon, skipping and galah panjang. Students queued outside the court as early as 7.30AM. They were instructed to go in a group of 10 as a way to make sure everyone has an equal chance of playing each game. There were JPK and JPB in charge to help this particular event to go smoothly. They also helped some students by refreshing the rules of these childhood games and even joining them! It was a truly fun and easy activity for students to enjoy with their friends.

Students were given a stamp on their hand after finishing each game. Upon completion of all the games, a temporary coupon was provided for them to hand it in during the ID scanning for merit.



#THROWBACK EXPLORACE

Race through time!

"The games were so nostalgic, it felt as if we turned back time."

WRITTEN BY ANEES ENRINA

Ready, Set, Go! The race through time begins and Dahlians venture back into their childhood. #Throwback Explorace was held on the 14th of April, from the morning sun of 8am to 11am. Teams were assigned of 5 members, each of different strengths but with the same winning spirit.





Monitored by a set Dahlia JPKs, checkpoints were scattered throughout Dahlia. It truly was an advantage to know Dahlia like the back of the hand as students needed to pace through different areas as fast as they could. Nostalgic but challenging games were faced by the teams at every checkpoint, like the exhausting Triple Jump-rope and the cheeky Flip-flop game, which all required speed, agility and most importantly, teamwork. However, with the high spirits in the heart of Dahlians, they managed to get through all checkpoints vivaciously until the end of the race. Although the sun was scorching hot that day, everyone still had fun. Some even forgot they were in a race! The competition was tough but 5 remarkable teams rose to the top.

This program aims to get blood running through their veins while learning the nooks and crannies of Dahlia. Other than that, it creates a love for our culture by reminiscing the games we played as children, which becomes valuable and unforgettable. It also strives to help boost the sisterly bond of Dahlians as well as build relationships between the students and the JPKs. Not only will it create a harmonious community, it will too provide the right base of knowledge about kolej Dahlia.





SPEAKER'S CORNER

BY YASMIN

Speaker's Corner is a small event prepared by JPK of Dahlia College allowing freedom for students to express their thoughts, share their stories and all in all, to express their creativity. It takes place twice per semester, two college blocks at a time. Students have to register with the assigned JPK of their respective block in order to enter.

Besides students expressing their ideas, quite a number shared this was their first time joining an event of this sort. Many said to be nervous however all of them did absolutely incredible.

For this semester, it was done on the 29th of March and 19th of April. The amount of students joining Speaker's Corner totalled up to around 20 students. Each was given 10 minutes and there were a couple of timekeepers to keep the students on track with the time limit and the event was emceed by two JPKs. JPB also helped for the event to be done successfully. The content of their speech ranged from talking about current issues, personal experience of hardships and encouraging people to contribute to the society.



RECYCLE YOUR JUNK

by Yasmin

Recycle Your Junk is an effort to bring forward environmental awareness. It is definitely one of the events that is highly well-received by Dahlia residents. Students need not to worry about throwing away their recyclable item such as plastic bottles because they can keep them, recycle them when the time comes and contribute to keeping the planet clean. There is always a long queue but the queue moves quickly and students can complete the process of handing over their items and scanning student ID in less than 30 minutes.



It started as early as 8 A.M and continued until 11 A.M. There were always students joining all throughout the three hours. Students can recycle items made of plastic, aluminium and paper. JPB assisted the students through the handling over their items process by reminding them to flatten their plastic bottles, drink can and cardboard boxes in order to save space. They also helped the students to separate items into where each item belonged. The students would then proceed for ID



KARNIVAL SUKAN PIALA PENGETUA KOLEJ *Dahlia*

23 - 25 APRIL 2019



AERODANCE



BOLA JARING



KARNIVAL SUKAN PIALA PENGETUA KOLEJ *Dahlia*

23 - 25 APRIL 2019



E-SPORT



DAHLIA FUN RUN 2019

27 APRIL 2019

Tentative:

6.45 am - Gather at Dahlia Square

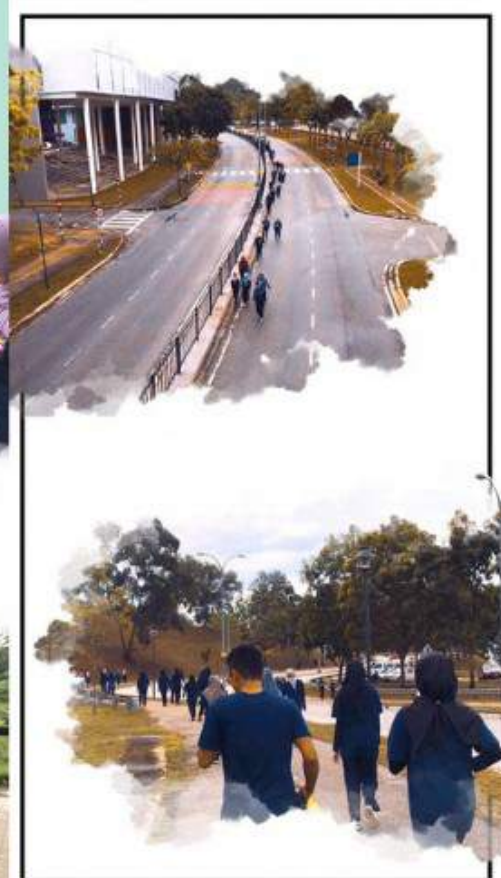
7.00 am - Warming up session

7.15 am - Flag off

Running track:

Dahlia College - Angsana College - Rafflesia College

- Keris Roundbout - Dahlia College



Main purpose of Ramadan

- *What does Ramadan commemorate?*

The month which Quran was revealed as guidance for mankind.



- *Purpose of Ramadan*

1. Submission to The Creator, Allah SWT

2. The pain of hunger and thirst remind us to those who insufficient of food. Make us feel grateful for what we have.

3. A month that encourage us to do more good deeds.

4. Abstain from unnecessary entertainment.

5. Make us become more patient.

THE BEAUTY OF ALMS DURING RAMADHAN

One of the doors opened by Allah to gain great profit from the month of Ramadan is through alms. Islam often encourages its people to give alms. And the month of Ramadan, this practice becomes more organized. And so should the character of a believer, the generous.

AS THE PROPHET SALLALLAAHU 'ALAIHI WA SALLAM SAID:

"THE ABOVE HANDS ARE BETTER THAN THE LOWER HAND. THE ABOVE HANDS ARE THE ONES WHO GIVE AND THE HANDS BELOW ARE THE ONES WHO ASK." (NARRATED BY BUKHARI NO.1429, MUSLIM NO.1033)

1. Removing of sins

Prophet Muhammad (Peace Be Upon Him) has said that "Sadaqah extinguishes sin as a water extinguishes fire." (Tirmidhi).

2. Pleasing Allah (SWT)

By giving charity frequently Muslims learn to be more generous. Performing charity for the sake of Allah (SWT) increases our iman and brings us closer to Him. The rewards for charity are not only for this world but also for the next.

"Allah will deprive usury of all blessings, but will give increase for deeds of charity: for He loves not creatures ungrateful and sinner." (Qur'an, 2: 276)

Performing charity for the sake of Allah (SWT) increases our iman and brings us closer to Him.

3. Social Equality

When Muslims begin giving Sadaqah to the poor and needy, we are able to lend a hand to fulfil their needs and establishes social equality. When all Muslims oblige and give due charity whenever they can, eradication of poverty from the society is then possible.

Prophet of Allah (Peace Be Upon Him) said: "The poor person is not the one who goes round asking for a mouthful or two (of meals) or a date or two from people, but the poor is that who has not enough (money) to satisfy his needs and whose condition is not known to others, that others may give him something in charity, and who does not beg of people." (Bukhari)

4. Protection

Sadaqah serves as a protection for us from both adversities and the hell-fire.

According to the following hadith,

“Guard yourselves against the Fire (of Hell) even if it be only with half a date-fruit (given in charity); and if you cannot afford even that, you should at least say a good word.”

(Bukhari).

It is evident that charity saves us from Jahannam.

“Give the Sadaqah without delay, for it stands in the way of calamity.” (Tirmidhi)

According to this narration of what Prophet Muhammed (Peace Be Upon Him) said, Sadaqah serves as a protection from tragedies.

Tips Manfaatkan Ramadhan

BULAN RAMADHAN ADALAH SALAH BULAN YANG SERING DINANTI-NANTIKAN OLEH UMAT ISLAM DI SELURUH DUNIA. BULAN INI PENUH DENGAN KEBERKATAN DAN KEAMPUNAN. KITA SEHARUSNYA BERLUMBA-LUMBA UNTUK MEREbut SEGALA KELEBIHAN YANG DITAWARKAN OLEH BULAN INI. BERIKUT MERUPAKAN TIPS YANG BOLEH DIPRAKTIKKAN UNTUK MEMANFAATKAN RAMADAHAN.

Bersedekah ketika iftar



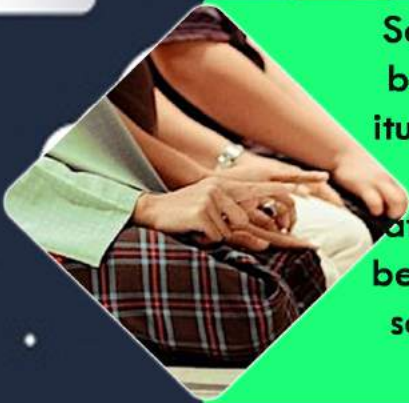
Amalan bersedekah merupakan salah satu perbuatan yang mulia. Bayangkan kalau dilakukan semasa Ramadhan pasti banyak ganjaran menanti bukan? Contoh sedekah yang boleh diamalkan adalah bersedekah untuk orang yang ingin berbuka puasa. Besar ganjaran jika kita memberi makan kepada orang yang berpuasa, In Sha Allah.

Tidak melakukan perkara yang sia-sia

Bagaimana ya mahu mengisis masa kita dengan baik? Masa lapang yang ada tidak sepatutnya dibuang begitu sahaja. Anda boleh memanfaatkannya dengan pelbagai perkara seperti membaca buku, melakukan ibadah sunat ataupun menolong untuk menyiapkan juadah berbuka. Bukankah masa lapang kita akan terisi dengan baik dengan aktiviti sebegini?



Menunaikan ibadah sunat



Semua sudah sedia maklum akan ganjaran yang bakal diterima di dalam bulan Ramadhan. Oleh itu marilah kita bersama-sama memanfaatkannya dengan menunaikan ibadah-ibadah di siang ataupun malam hari seperti membaca Al-Quran, berzikir dan menunaikan solat-solat sunat seperti solat sunat terawikh. Pasti bulan Ramadhan kita terisi dengan lebih baik dan berkualiti.

Tidak makan yang berlebihan

Bila sebut sahaja bulan Ramadhan, pasti ramai yang terbayangkan bazar Ramadhan bukan? Teringat akan deretan air dan makanan yang membuka selera dan menyelerakan. Mahu diingatkan bahawa Ramadhan adalah bulan untuk kita melatih hawa nafsu kita ya bukan bulan mengikut nafsu. Pemakanan harus dijaga juga walaupun telah berpuasa seharian.



Mengawal tidur



Sebagai seorang pelajar, pasti agak penat bukan untuk menjalankan tugas sebagai pelajar sekaligus berpuasa namun itu bukan alasan untuk kita tidur berlebihan ya. Tidur sebentar untuk melepaskan lelah adalah tidak salah namun yang menjadi kesalahan adalah apabila tidur berlebihan. Tidur yang berlebihan menjadikan kita seorang yang tidak produktif sekaligus menjejaskan prestasi.

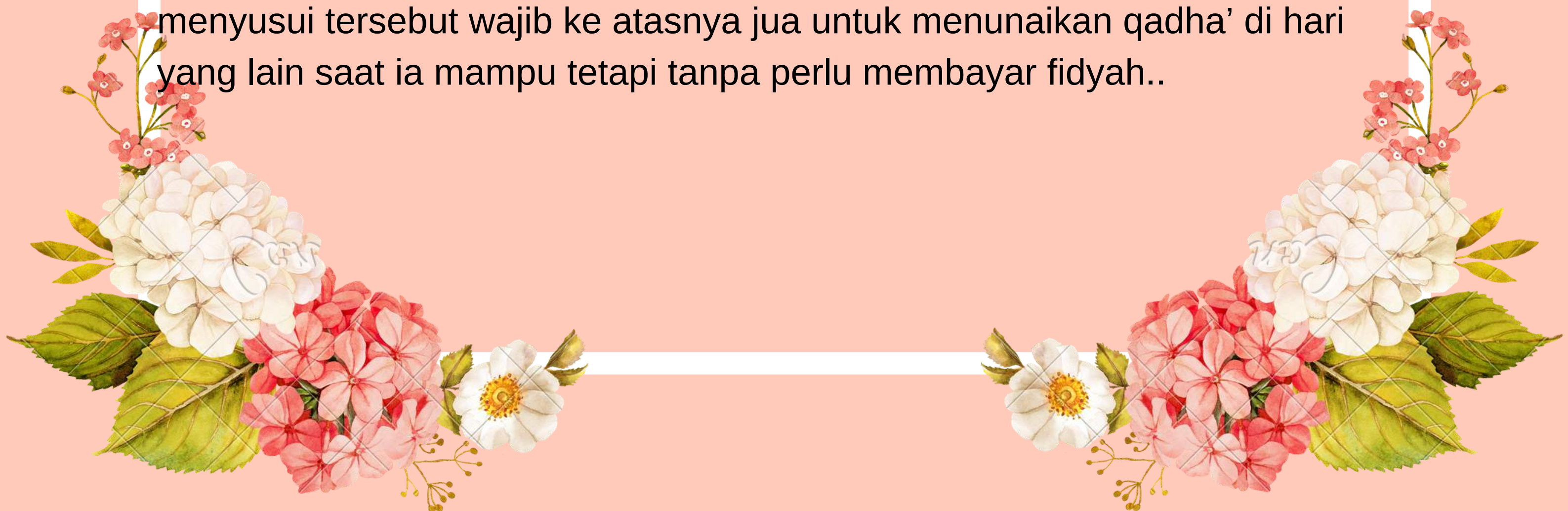


ILMU YANG MESTI DIKETAHUI SEBELUM RAMADHAN

Menyambut bulan Ramadhan iaitu bulan suci, dimana ia dikatakan bulan yang penuh dengan keberkatan dan kebaikan bukan hanya dengan suka cita. Maka persiapan fizikal harus kita persiapkan untuk menyambut bulan Ramadhan yang bakal tiba. Maka bekalan ilmu apakah yang dimaksudkan bagi menyambut bulan Ramadhan? Ilmu yang harus kita miliki tersebut adalah ilmu yang membuatkan ibadah puasa kita sah, tidak menjadi sia-sia dan semakin menyempurnakan ibadah puasa kita dgn penuh bermakna

1- Ilmu tentang puasa

Puasa bermaksud menahan diri daripada perkara-perkara yang membatalkan puasa bermula dari terbitnya fajar Subuh sehingga tenggelamnya matahari (waktu Maghrib). Puasa ini diwajibkan bagi orang yang telah baligh (ditandai dengan mimpi basah atau datang haidh pada wanita), berakal (tidak gila), dalam keadaan sehat dan tidak sedang bersafar. Bagi orang yang sakit dan musafir mendapat keringanan untuk tidak berpuasa dan wajib ke atasnya untuk menggantikannya (menunaikan qadha'). Begitu pula untuk orang tua yang tidak kuat lagi untuk berpuasa dan orang yang sakit yang tiada baginya harapan untuk sembuh mendapat keringanan tidak berpuasa. Sebagai gantinya adalah menunaikan fidyah, iaitu sehari tidak berpuasa bermaksud perlu menunaikan fidyah berupa satu bungkus makanan yang diberikan pada orang miskin. Wanita hamil dan menyusui juga mendapat keringanan tidak berpuasa iaitu mereka merasakan sekiranya mereka berpuasa akan mendatangkan mudharat kepada keadaan diri atau bayinya. Sebagai gantinya, wanita hamil dan menyusui tersebut wajib ke atasnya jua untuk menunaikan qadha' di hari yang lain saat ia mampu tetapi tanpa perlu membayar fidyah..



2- Ilmu tentang amalan sunnah saat puasa

Antara amalan sunnah yang boleh dilakukan adalah:

a- Makan sahur

Dalam hadits dari Anas disebutkan, “Makan sahurlah kalian kerana dalam sahur itu terdapat keberkahan.” (Muttafaqun ‘alaih).

b- Berbuka puasa

Jika azan Maghrib telah berkumandang, maka diperintahkan untuk segera berbuka.

Nabi sallallahu ‘alaihi wa sallam bersabda, “Manusia akan senantiasa berada dalam kebaikan selama mereka menyegerakan berbuka.” (Muttafaqun ‘alaih). Disunnahkan berbuka ketika itu dengan kurma. sekiranya tiada boleh digantikan dengan makanan yang manis kerana ia akan mengembalikan kekuatan orang yang telah berpuasa.

Saat kita mulai menyantap makanan berbuka, tetap mengucapkan ‘bismillah’ sebagaimana adab yang diajarkan dalam Islam saat makan. Setelah itu mengucapkan doa saat berbuka puasa, “Dzahabazh zhoma-u wabtalatil ‘uruuqu wa tsabatal ajru insya Allah” (artinya: dahaga telah hilang dan urat-urat leher telah basah dan pahala telah ditetapkan insya Allah). (HR. Abu Daud, hasan)

c- Memberi makan berbuka puasa

Nabi shallallahu ‘alaihi wa sallam bersabda, “Siapa yang memberi makan orang yang berpuasa, maka baginya pahala seperti orang yang berpuasa, tanpa mengurangi pahala orang yang berpuasa itu sedikit pun juga.” (HR. Tirmidzi, Ibnu Majah dan Ahmad, shahih).

d- Lebih banyak bersedekah dan beribadah di bulan Ramadhan

Nabi sallallahu ‘alaihi wa sallam termasuk yang begitu giat melakukan amalan kebaikan, juga berderma di bulan Ramadhan dibandingkan waktu lainnya. Juga yang dituntut pada bulan Ramadhan adalah untuk memperbanyak tilawah dan mengkaji Al Qur’an. Karena bulan Ramadhan disebutkan, “Bulan yang di dalamnya diturunkan (permulaan) Al Quran” (QS. Al Baqarah: 185).

3- Ilmu tentang solat tarawih

Solat tarawih disunnahkan dilakukan secara berjama’ah baik bagi laki-laki dan perempuan. Keutamaannya di antaranya disebutkan dalam hadits Abu Hurairah, “Siapa saja yang melakukan qiyam Ramadhan (solat tarawih) atas dasar iman dan mengharap padahal dari Allah, maka dosa-dosanya yang telah lalu akan diampuni.” (Muttafaqun ‘alaih).



PROGRAM BERBUKA PUASA BERSAMA ANAK YATIM & MISKIN DI SG. PINANG, KLANG

Pada 18 Mei 2019, Jawatankuasa Perwakilan Kolej Dahlia dan Staf Residen Kolej Dahlia telah mengadakan satu program berbuka puasa bersama anak-anak yatim dan miskin Sg. Pinang, Klang. Program ini adalah merupakan program anjuran Jawatankuasa Perwakilan Kolej (JPK) Dahlia di bawah kendalian exco aduan dan kebajikan bersempena kehadiran Ramadhan Al-Mubarak. Program ini merupakan program sambungan yang dibuat oleh Jawatankuasa Perwakilan Kolej (JPK) Dahlia terdahulu di mana satu program kemasyarakatan iaitu Program Bakti Dahlia telah diadakan pada semester sebelum ini. Program ini diharap dapat memupuk rasa kasih sayang dan mengeratkan lagi ukhuwah antara JPK dan juga Staf Residen Kolej (SRK) bersama anak-anak yatim & miskin Sg. Pinang, Klang.



Raya Dahulu vs Raya Sekarang

Semakin bertambah tahun, semakin banyak perubahan yang dapat dirasakan apabila Aidil Fitri menjelang tiba. Perubahan ini sangat dirasakan terutamanya bagi mereka yang lahir pada tahun 80-an dan 90-an. Tentu sekali banyak kenangan pahit manis yang tidak dapat dilupakan semasa Hari Raya. Anda nak tahu apa perbezaan tersebut? Jangan risau, di sini kami membandingkan perbezaan antara raya dahulu dan raya sekarang

Ucapan Raya

Pasti ramai penghuni Dahlia yang ada memori memberi dan menerima kad raya bukan? Kad Raya merupakan medium yang popular pada beberapa tahun yang lepas. Namun begitu, kad raya sudah tidak menjadi pilihan generasi pada zaman kini dan kebanyakannya memilih laman sosial seperti Facebook dan Whatsapp untuk menghantar ucapan raya.



Kuih Raya

Siapa di sini yang tidak gemarkan kuih raya? Pasti setiap daripada kita mempunyai kuih raya kegemaran sendiri bukan? Jika mahu dibandingkan dengan zaman dahulu, kuih raya selalunya dibuat sendiri di rumah. Senang cerita kuih raya homemade. Tapi sekarang dek kerana kesibukkan dan kesuntukkan masa, kebanyakan daripada kita memilih untuk menempah kuih raya. Malah jika dilihat di media sosial, ramai yang mengambil upah membuat kuih raya.



Baju Raya



Zaman sekarang terdapat pelbagai jenis baju raya. Google sahaja mahu fesyen apa pasti banyak pilihan yang terpapar dan sedia untuk dipilih. Berbeza dengan zaman dahulu yang dimana kebanyakan baju raya kita diahit sendiri di rumah menggunakan mesin jahit. Walaupun rekaannya agak sedikit terhad, namun memakai baju raya jahitan tangan sendiri mampu memberikan kepuasan yang tersendiri.

Malam Raya

Tidak sah malam raya kalau tiada kanak-kanak bermain bunga api bukan? Berkumpul di kampung bersama sanak saudara dan melakukan persiapan raya bersama-sama merupakan memori yang tidak dapat dilupakan. Namun begitu, generasi sekarang dilihat lebih suka meluangkan masa di malam raya di hadapan televisyen. Maklum sahajalah, banyak rancangan menarik yang ditayangkan di musim perayaan.



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



Inadah Utama Raya Antarabangsa

Sebagai rakyat Malaysia, kita sudah terbiasa dengan rendang dan ketupat sebagai hidangan utama ketika hari raya. Namun tahukah anda tentang hidangan utama hari raya negara lain. Jangan risau kerana kami telah sediakan semua untuk anda



**TAJINE
NORTH AFRICAN**



**TUFAHIJA
BOSNIA**



**MANTI
RUSIA**



**SPICE COOKIES
UNITED STATES**



**BOLANI
AFGHANISTAN**



**LAPIS LEGIT
INDONESIA**

Mix & Match

Warna di Aidil Fitri



Hi warga Dahlia semua! Semua dah buat persiapan raya ke? Pernah tak anda keliru nak pilih warna tudung untuk dipadankan dengan baju? Mesti pernah kan :) Jadi sekarang anda tak perlu runsing lagi kerana kami sedia membantu!



Tips Berjimat di Aidil Fitri

Apabila Hari Raya menjelang tiba, pasti ramai di antara kita yang sibuk membuat persiapan seperti baju raya, kuih raya dan hiasan rumah. Sedar tak sedar sudah banyak duit yang dikeluarkan untuk membuat semua persiapan tersebut. Pasti stress bukan? Jangan risau lagi kerana di sini kami akan menyenaraikan beberapa tips yang boleh anda praktikkan untuk berjimat di Hari Raya.



Senaraikan barang keperluan sebelum membeli



Pilih kedai yang menawarkan harga yang berpatutuan



DIY hiasan rumah dengan bahan yang sedia ada.



Kuih raya homemade

Celebrating Raya away from home



Hari Raya Aidilfitri has always been one of those celebrations that we absolutely cannot miss. Growing up, there has not been a single year where I do not find a way to go home (or fly home) to celebrate it with my loved ones. It's a celebrated by every Islam in the whole world, no matter the nation.

The fact that it's such a wonderful celebration had me thinking, how would it be to spend Hari Raya Aidilfitri outside of my own country? Away from my family and those who are very close to me?

According to New Straits Times, this isn't an uncommon issue. There are many International students residing in Malaysia that are not able to go home to celebrate Hari Raya Aidilfitri with their families.

However, this does not mean they do not celebrate!



One of the ways they spend Hari Raya Aidilfitri is making those who are going through the same hardship their second family. The greatness of being able to celebrate Raya isn't limited to just being around your family, but also around people who share the same passion and will to celebrate such a joyous holiday. There are communities that are built by those International students that are not able to go to their home countries. They can do activities such as visiting friends together and even holding their own potluck.

Another way these international students celebrate Raya include going home with their Malaysian friends who do celebrate Raya and become a momentarily part of the family. It is extremely welcoming and having extra hands around the house isn't a bad exchange either. It may not be the same as what one might experience at home but new experiences are always great.



#THROWBACK OOTDRAYAKU



NAME : AINUL HAZLEENA BINTI ABDUL HAIR
AGE : 22 YEARS
COURSE : PHARMACY

NAME : NUR AKMA AINA BINTI ANUAR
AGE : 22 YEARS
COURSE : BUSINESS ECONOMICS



NAME : NUR ARINA ZAFIRAH BINTI ZAMRI
AGE : 22 YEARS
COURSE : BUSINESS TRANSPORTATION



NAME : NUR FATIN NABILA BINTI JASZRY
AGE : 22 YEARS
COURSE : BUSINESS FINANCE



NAME : ANI RASYIDAH BT ANI SARIFUDIN
AGE : 22 YEARS
COURSE : BUSINESS ENTREPRENEURSHIP



NAME : NURUL HUDA BT OSMAN
AGE : 21 YEARS
COURSE : BUSINESS ECONOMICS



NAME : ZAIREEN AQMAR BINTI ZAMRI
AGE : 23 YEARS
COURSE : FOOD SERVICES



#THROWBACK OOTD KAYAKU



NAME : FARHAH
AGE : 21 YEARS
COURSE : NUTRITION & DIETETICS



NAME : NOR SYAMIRA IZZATI
BINTI MOHD NAZIR
AGE : 22 YEARS
COURSE : BUSINESS
ENTREPRENEURSHIP



NAME : INTAN NABILA BINTI
ROSLAN
AGE : 22 YEARS
COURSE : MGT TOURISM



NAME : SYARFA AZRA BINTI ZUBIR
AGE : 22 YEARS
COURSE : BUSINESS ECONOMICS



NAME : NIK HUSNA DIYANA
AGE : 21 YEARS
COURSE : NUTRITION & DIETETICS



NAME : NURHAZIRAH HANIM
BINTI AZLAN
AGE : 22 YEARS
COURSE : BUSINESS MARKETING

Ucapan Raya.



*Happy Eidulfitri
guys. Jangan main
merعون tau!*

- Che Wan Nur Izzati Irdina Che
Mee (2019583841)

*Hai warga dahlia,
selamat hari raya,
Jadikan raya tahun ni
raya yang indah
bersama keluarga
tersayang, selamat
menuju ke hari
peperiksaan jua, makan
kuih makan juga, buku
jangan lupa baca.*

- Nurrin Qamalia Binti Ghazali
(2017192625)

*Selamat Hari
Raya semua,
maafkan semua
salah nordiana.*

- Nordiana Binti Baharom

*Selamat Hari
Raya, Maaf Zahir
& Batin. Kosong
kosong eh?*

- Nurul Husna Binti Ja'afar
(2017669512)

*Selamat Hari
Raya Aidilfitri
Maaf Zahir &
Batin.*

- Nor Fatimah bt Harun
(2016354385)

*Assalamualaikum warga dahlia dan warga fakulti
pendidikan, Azizah ingin yang mengucapkan selamat
menyambut hari lebaran. Azizah berharap anda semua
dapat meluangkan masa bersama dengan ahli
keluarga, terutama kedua ibu bapa bg mereka yang
masih ada. Azizah juga berharap agar ibadah @
amalan yang telah kite buat masa bulan ramadhan
lalu dapat dikekalkan. Last word dari Azizah adalah,
Selalu Bersyukur dan selalu senyum. Terima kasih.*

-Azizah Afiqah Ibrahim
(2017797557)

*Selamat Hari
Raya Aidil Fitri.
Great joy to you and
all in your family.
May Hari Raya
bring your cheer. All
throughout the
wonderful year.*

- Nur Hazirah binti Samran Halili
(2017848084)

*Selamat Hari Raya
Aidilfitri, Maaf Zahir &
Batin! Raya raya
jugak, final jangan
lupa!*

- Farah Fathiah Binti Jani
(2019720285)

*Happy Eidul
Fitri to all
Dahliaans!*

- (2017272148)

*Selamat raya
maaf zahir &
batin!*

- Yasmine Hidayah Binti
Ahmad Zabidi
(2017369625)

*Endless hope for
better days, and
better relationships
between friends
and family. New
journey coming
down the road, lets
get through it.
Selamat Hari
Raya Maaf Zahir
dan Batin*

- Aina Syazwani Mohd As'ad
(2017103211)

*Salam Aidilfitri
kepada semua warga
Dahlia Kampus UiTM
Puncak Alam
especially kepada
#teamrayajohor. Raya
tu biar raya sakan,
jangan dok main
telefon naa. Bubuh tepi
telefon tu naa. Selamat
maju jaya juga untuk
peperiksaan akhir yang
bakal tiba.*

- Khairunnisa Fazira Binti Hairudin
(2018663822)

*Selamat Hari
Raya kepada
semua
dahliaans and
staff! Maaf
Zahir Batin.*

- Nurul Zahirah binti
Mohd Sa'ad
(2017465264)

*Selamat menyambut Hari Raya Aidilfitri
maaf zahir dan batin. Hati2 ketika pulang ke
kampung halaman. Semoga bergembira
bersama keluarga tersayang.
Raya-raya juga, study jangan lupa.*

- Athirah binti Jamalludin
(2017770713)

*Selamat hari
raya, have a
blessed one &
thank you for all
the UDP, JPKs
JPBs and
everyone who work
behind Dahlia's
team*

- Nurul Fathihah binti Abdullah
(2017715325)

Toleh kanan toleh kiri,
Juadah terhidang di awal pagi,
Semua segar dan cantik berseri,
Ramadhan pergi Syawal kemari.

Sepuluh jari tersusun rapi,
Bunga Mawar pengharum hati,
Pagi Raya segar berseri,
Mohon Maaf Zahir Batin ikhlas hati.

Selamat Hari Raya Aidilfitri diucapkan
kepada seluruh warga UiTM Puncak Alam.
Semoga semua sentiasa ceria dan sentiasa
berada dibawah redha Ilahi.

- Nur Qamarina Binti Normi
(2017114501)

Selamat hari raya
for D-zine, maaf
zahir batin buat mak,
kakak, kawan2 dan
semua umat islam
yang meraiikkannya.
tidak lupa juga buat
Abah di syurga,
moga dieucuri
Rahmat Allah
hendaknya. Aminn

- Siti Ra'feah binti Mokhtar
(2017945833)

Selamat berpuasa
dan salam
aidilfitri saya
ucapkan kepada
semua warga
dahlia. Minta maaf
atas segala silap
dan salah saya
sama ada sengaja
atau tak sengaja.

- Nur Amirah Binti Che Hashim
(2017165213)

Selamat
menyambut Hari
Raya Aidilfitri!
Maaf Zahir &
Batin!

- Kathleen Adrian
(2017465414)

Selamat hari
raya!

- Sainaa Nadzirah Binti Mohamad Faridz
(2017986493)

Selamat Hari
Raya Maaf
Zahir & Batin
untuk semua! Be
happy and good
luck for all of us

- Nurzatul Ain Binti Roslan
(2016648236)

Salam Eidul Fitri to
all Dahlians! Semoga
aidilfitri kali ini jadi
aidilfitri yang paling
serindah untuk kita
semua

- Sharifah Atheera Sofea
Binti Syed Anuar
(2017105031)

Selamat Hari Raya
UiTM students!

- Nayli Binti Ahmad Fadzil
(2018638634)

Talk about miles and we
are far apart. But, talk
about the heart and we are
always close together.
Selamat hari raya!

- Nur Alesa Binti Zulkefle
(2017100989)

Selamat Hari
Raya maaf
zahir & batin,
semoga raya
kali ini penuh
barakah dan
lebih bermakna.

- Nurizzati Ismail
(2017184781)

Happy Eid to you
and your family.
May this Eid
gathers all the
happiness
for us all!

- Nur Fatin Hamimi bt Mansor
(2017719807)

Selamat Hari Raya to all
dahliaans, going back to
college after raya is hard
for us, but our final is not
done yet! Let's fighting for
our final! Don't forget to eat
ketupat & rendang!

- Nur fatihah bt ismail
(2017712363)

Selamat Hari Raya Aidilfitri,
maaf zahir dan batin! Raya
raya jugak, jangan lupa balik
nak study final ehk. Hargai dan
berayalah dengan keluarga kita
sepuas hati kerana kita tak tahu
kalau ini raya terakhir mereka
bersama kita :) be happy

- Alisa binti Azhar
(2017312287)

Dig dari jauh demi
masa depan,
Penat lelah berpuasa
di perantauan,
Salam hari raya
aidilfitri sy ucapkan,
Sama-sama lah kita
nantikan.

- Wan nur amira binti wan
fazelan (2018657054)

Yang jauh itu WAKTU
Yang dekat itu MATI
Yang besar itu NAFSU
Yang berat itu AMANAH
Yang mudah itu melakukan DOSA
Yang panjang itu AMAL SOLEH
Yang indah itu SALING
MEMAAFKAN.

SALAM AIDILFITRI MAAF
ZAHIR DAN BATIN.

- Nur Fazliana Binti Abu Hassan
(2016419598)

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“Untuk kes-kes kecemasan yang berlaku selepas waktu pejabat, sila berhubung dengan Staf Residen Kolej (SRK) yang bertugas”

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