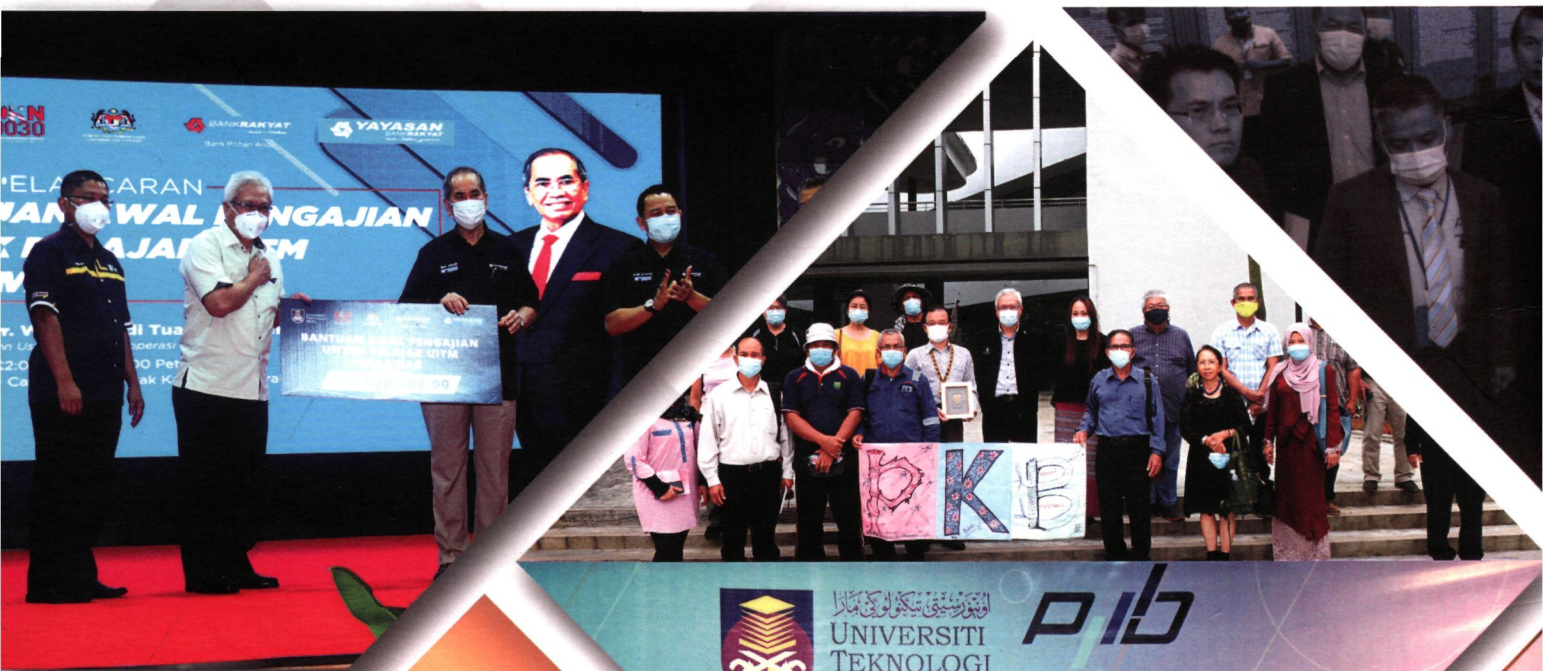




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With support and motivation from Professor Dato Dr. Jamil bin Hj. Hamali (Rector of UiTM Sarawak) and Dr. Kamarudin bin Jarace (President of KEKITA Sarawak Branch), UiTM ladies volleyball players participated in two back-to-back volleyball tournaments in August 2019. In conjunction with Kuching August Festival 2019, the UiTM ladies' volleyball team, comprising 9 players took part in 'Kejohanan Bola Tampar Wanita Piala Datuk Bandar MBKS Kali-1, 2019' held from 1st August to 4 August 2019 at Indoor Stadium MBKS. Associate Professor Dr. Sandra Sim Phek Lin was the Team manager cum Captain, and the players were Zainon Binti Bibi, Asfalaila Binti Ibrahim, Napsiah Binti Putit, Nurul Huda, Aima Sumiyati Binti Maliki, Suhaida Binti Halamy, Cecilia Ak Nerok and Nuruliana Khazhila Binti Edris.

A total of 11 ladies' team from different parts of Sarawak and Sabah took part in this tournament. UiTM team emerged as the First Runner-up in the group matches, winning over Quennies and KSR Lundu. However, luck was not on UiTM's side during the quarter final as UiTM was defeated by Sashimi and PJVC.

On another note, five volleyball players, namely Associate Professor Dr. Sandra Sim Phek Lin, Jong Li Ling, Napsiah bt. Putit, Zainon bt. Hj Bibi and Asfalaila bt Ibrahim from UiTM Samarahan Sarawak Branch were selected to represent Samarahan Division for MAKSAR Sarawak Inter-Division Volleyball Competition which was held from 17-18 August 2019 at SMK Tinggi Sarikei. Since both competitions were back-to-back, UiTM players had to plan well to enable them to undergo training sessions in preparation for both tournaments. The training venue for Piala Datuk Bandar MBKS was at UiTM Samarahan outdoor volleyball court while the training sessions for MAKSAR Sarawak were at outdoor volleyball court IPGTAR, gymnasium IPGTAR and Indoor Samarahan

Stadium. Under the watchful eye of Mr. Jayapragas Gnaniah (Team manager) and Mr. Kiu Cheong Kin (National volleyball coach), intensive training sessions were carried out for 4 weeks to prepare both the men and ladies' Samarahan Division teams for the MAKSAR competition.

A total of 12 men and 12 ladies' team participated in the MAKSAR Competition. In the ladies' category, Samarahan lost to Sarikei (14:31) but won against Serian (31:12). The format of play was Volleython with a 31-point maximum score and only the Champion of each group can advance to the semi-final. As such, although Samarahan ladies' team was First Runner-up in the group match, we could not march on to the semi-final. Nevertheless, Associate Prof. Dr. Sandra Sim Phek Lin received the 'Anugerah Pemain Veteran'.

Both the volleyball tournaments enabled volleyballers to showcase their skills and at the same time for the younger players to enhance their volleyball skills and the technique of play. The tournaments also served as a platform for players from various divisions in Sarawak to get to know one another.

Back-to-Back VOLLEYBALL TOURNAMENTS for UiTM Ladies' Players

Author:

Assoc. Prof. Dr. Sandra Sim Phek Lin



KARNIVAL KERJAYA SMK KEMENA, BINTULU

Pengarang:

Grecilda Augustine Tinggie
Aisyah Nazamuddin
Nor Hilalayah binti Mohd Jamil
Nurul Syahirah binti Mansur

Pada 12 Mac 2020 yang lalu, SMK Kemena, Bintulu telah mengadakan Karnival Kerjaya sempena Minggu Pengumuman Keputusan SPM. Karnival ini berlangsung dari jam 8.30 pagi sehingga 12.30 tengah hari. Tujuan karnival ini diadakan adalah untuk memberikan pendedahan terutamanya kepada pelajar-pelajar lepasan SPM tentang pelbagai jenis program yang boleh diceburi untuk memulakan perancangan masa hadapan. Terdapat beberapa institusi yang turut terlibat sepanjang karnival ini dijalankan seperti UiTM Cawangan Sarawak Kampus Mukah, Pusat Pembangunan Kemahiran Sarawak (PPKS), Politeknik, dan University College of Technology Sarawak (UCTS). Unit Misi Akademik UiTM Kampus Mukah telah menghantar dua orang petugas untuk mempromosikan program diploma dan pra-diploma yang ditawarkan di UiTM, khususnya program yang terdapat di UiTM Kampus Mukah. Karnival Kerjaya ini telah berjalan dengan lancar di mana petugas Misi Akademik telah dibanjiri oleh pengunjung yang berminat untuk mengetahui tentang program-program yang terdapat di UiTM dengan lebih lanjut. Program seperti ini diharapkan agar lebih kerap dianjurkan pada masa akan datang agar ramai pelajar terdedah kepada program-program yang ditawarkan di UiTM.



Perpustakaan Tun Abdul Razak UiTM Cawangan Sarawak telah mengadakan Bengkel Training for Trainers (TOT) Speed Reading pada 5-6 Mac 2020 di Bilik Mesyuarat PTAR Cawangan Sarawak Kampus Samarahan 2.

Bengkel ini telah disertai oleh 30 orang kakitangan yang terdiri daripada kumpulan pengurusan dan kumpulan sokongan. Objektif utama bengkel ini adalah untuk mengenal pasti peningkatan kepastian bacaan peserta sebelum dan selepas pengajaran, mengenal pasti peningkatan kadar bacaan dan kefahaman peserta serta mengenal pasti tahap bacaan peserta berdasarkan pengelasan atau klasifikasi bacaan pantas.

Sekalung ucapan terima kasih dirakamkan kepada Encik Jamaluddin Hj. Sulaiman dan Encik Mohd Ismail Bin Abidin dari PTAR Shah Alam di atas kesudian memberi taklimat bermanfaat kepada warga UiTM Kampus Samarahan dan Kampus Samarahan 2.

BENGKEL TRAINING FOR TRAINERS SPEED READING

Pengarang:

Hapsah Binti Suut



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