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January - May 2024

MANAGEMENT • INVESTMENT • ECONOMICS • ENTREPRENEURSHIP • TECHNOLOGY

USEFUL
INFORMATION
IN CHOOSING
ROBO-ADVISORY

Muscle

Memory!

Bunga Raya,
BUKAN BUNGA BIASA.

Gold

SECRET
OF DARTS

SAVING: 999 @ 916

AKU, DIA

NICU SIRI 8

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1 June 2024

Chief Editor's Insight

Assalamualaikum

All praise to Allah, the Almighty, the Most Gracious and the Most Merciful

Dear Authors and Readers,

It is with profound pleasure, humility and anticipation that we celebrate the first volume for BizNewz in 2024. On behalf of the Editorial Team, I would like to extend a very warm welcome to the readership of this magazine. I take this opportunity to thank our authors, editors, all of whom have volunteered to contribute to the success of magazine. I welcome contributions that can demonstrate near-term practical usefulness, particularly contributions that take a multidisciplinary area.

BizNewz always will provides an ideal forum for exchange of information on all of the above topics and more, in various formats: full length and letter length papers, reports as well as articles and tutorials on up-and-coming technological breakthroughs. To ensure rapid dissemination of information, we aim at completing the review process of each paper within the timeframe. Along with the managing editors, I would like to extend my sincerest thanks to our tireless designers and editors without whom we could not have published the outstanding paper/articles we do.

I close this message by inviting everyone to submit their exciting paper/articles to 'BizNewz'. All papers articles receiving a high degree of enthusiasm in the peer-review process will find a home here. With your support as authors and editors, ultimately, we will improve more lives and, consequently, our communities.

Associate Prof. Dr Ahmad Suffian Mohd Zahari
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KELEBIHAN SUKAN TENIS DALAM PERKEMBANGAN KANAK-KANAK

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Sukan tenis merupakan aktiviti yang tidak hanya menyeronokkan, tetapi juga memberikan pelbagai manfaat kepada kanak-kanak dari segi fizikal, mental, sosial, dan emosi. Dengan pelbagai elemen permainan seperti mengayuh, memukul, dan bergerak di sekitar gelanggang, sukan ini menyumbang kepada perkembangan keseluruhan kanak-kanak.

Berikut adalah beberapa kebaikan utama tenis kepada kanak-kanak:

PENINGKATAN KESIHATAN FIZIKAL

Bermain tenis melibatkan pelbagai pergerakan seperti berlari, melompat, dan berpusing. Aktiviti ini membantu meningkatkan kekuatan, daya tahan, dan kecergasan jasmani kanak-kanak. Dengan bermain tenis secara berkala, kanak-kanak dapat mengurangkan risiko obesiti dan penyakit berkaitan gaya hidup tidak sihat.

PEMBANGUNAN KEMAHIRAN MOTOR KASAR

Tenis memerlukan koordinasi yang baik antara mata dan tangan serta kemahiran dalam mengawal pergerakan badan. Melalui latihan yang berterusan, kanak-kanak dapat meningkatkan kemahiran motor kasar mereka, yang penting untuk pembangunan fizikal dan perkembangan keseluruhan.

MEMUPUK RASA SABAR DAN KECEKALAN MENTAL

Bermain tenis melibatkan situasi yang mencabar di mana kanak-kanak perlu bersabar dan menghadapi cabaran. Mereka perlu belajar untuk menguruskan kekecewaan apabila membuat kesilapan dan terus berusaha untuk memperbaiki prestasi mereka. Ini membantu membina kecekalan mental dan ketahanan emosi.

PEMBELAJARAN KEMAHIRAN SOSIAL

Bermain tenis dalam pasukan atau dengan rakan-rakan lain memperkukuhkan kemahiran sosial kanak-kanak. Mereka belajar untuk bekerjasama, berkomunikasi, dan menghormati rakan sebaya serta lawan mereka. Ini membantu membina hubungan antara individu yang sihat dan memupuk nilai-nilai kerjasama.

MENINGKATKAN KUALITI GAYA HIDUP SIHAT

Dengan melibatkan diri dalam sukan tenis sejak kecil, kanak-kanak membentuk kebiasaan hidup sihat yang berpanjangan. Mereka menjadi lebih cenderung untuk bersenam secara berkala, menjaga pemakanan yang seimbang, dan mengamalkan gaya hidup aktif. Ini membantu mencegah penyakit-penyakit kronik pada masa akan datang.

MENINGKATKAN KREATIVITI DAN KEMAHIRAN PENYELESAIAN MASALAH

Tenis bukan sekadar sukan fizikal, tetapi juga memerlukan strategi dan taktik untuk mengalahkan lawan. Kanak-kanak akan belajar untuk membuat keputusan secara cepat, merancang strategi, dan menyesuaikan permainan mengikut situasi. Ini membantu meningkatkan kemahiran kreativiti dan problem-solving mereka.

MEMBINA KEYAKINAN DAN PENGHARGAAN DIRI

Setiap kali kanak-kanak berjaya dalam permainan tenis, sama ada dalam latihan atau pertandingan, mereka merasai kepuasan dan pencapaian yang memberi dorongan kepada keyakinan diri mereka. Ini membantu mereka mengenali potensi dan menghargai usaha yang telah mereka lakukan.

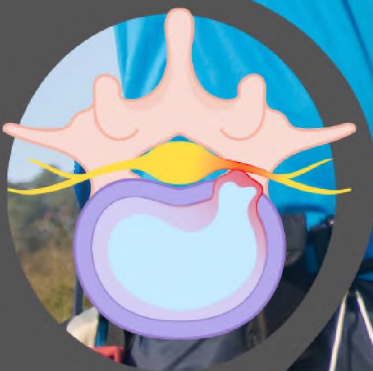
Kesimpulannya, sukan tenis bukan sahaja menyediakan kanak-kanak dengan peluang untuk bersenam dan berseronok, tetapi juga membentuk aspek-aspek penting dalam pembangunan keseluruhan mereka. Dengan melibatkan diri dalam tenis sejak kecil, kanak-kanak dapat mengalami pelbagai kebaikan yang akan membantu mereka menjadi individu yang sihat, berdaya maju, dan berjaya dalam kehidupan. Oleh itu, adalah penting untuk mendorong dan menyokong kanak-kanak untuk terlibat dalam sukan tenis dan aktiviti fizikal lainnya sejak usia muda.

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MANFAAT SUKAN MEMANAH BAGI PESAKIT SLIP DISC

Pesakit slipped disc atau slip disc seringkali dihadapkan dengan cabaran untuk menemui cara yang sesuai untuk bersenam tanpa menjejaskan keadaan tulang belakang mereka. Salah satu pilihan yang mungkin jarang dipertimbangkan adalah sukan memanah.



Walaupun mungkin kelihatan tidak sepadan dengan senaman tradisional, memanah sebenarnya menyediakan pelbagai manfaat yang boleh membantu pesakit slip disc dalam pemulihan dan penjagaan kesihatan mereka.

MENGUATKAN OTOT TERAS

Satu kelebihan utama memanah adalah ia membantu menguatkan otot-otot teras. Dalam memanah, pesakit perlu menggerakkan bahu, lengan, dan belakang dalam koordinasi yang baik. Ini membantu menguatkan otot-otot di sekitar tulang belakang, yang penting untuk menyokong tulang belakang dan mengurangkan tekanan pada cakera vertebrata yang rosak.

MENINGKATKAN POSTUR TUBUH

Teknik yang betul dalam memanah mengajar pesakit slip disc untuk memelihara postur tubuh yang baik. Postur yang baik adalah penting bagi pesakit slip disc untuk mengurangkan tekanan pada tulang belakang dan mengelakkan kecederaan tambahan. Dengan amalan yang konsisten, pesakit boleh memperbaiki postur mereka secara semulajadi, yang boleh membantu mengurangkan kesakitan dan meningkatkan kualiti hidup mereka.

MENINGKATKAN KESEIMBANGAN DAN KOORDINASI

Memahami bagaimana untuk menyeimbangkan tubuh semasa memanah adalah kemahiran yang penting. Proses menarik busur dan melepaskan anak panah memerlukan keseimbangan yang baik serta koordinasi di antara mata, tangan, dan tubuh secara keseluruhan. Latihan ini membantu meningkatkan kesedaran tubuh dan keseimbangan, yang boleh membantu pesakit slip disc untuk mengurangkan risiko kecederaan dan meningkatkan ketahanan mereka.

MENINGKATKAN FOKUS DAN KONSENTRASI

Sukan memanah juga dapat membantu meningkatkan fokus dan konsentrasi pesakit slip disc. Proses menumpukan perhatian pada sasaran dan mengekalkan kestabilan emosi semasa memanah dapat membantu mengalihkan perhatian dari kesakitan dan keadaan fizikal yang tidak selesa. Ini memberi mereka peluang untuk mengalami keadaan ketenangan dan kehadiran dalam sesi latihan, yang boleh memberi manfaat yang besar kepada kesejahteraan mental mereka.

MERANGSANG PERKEMBANGAN MENTAL

Memanah bukan hanya tentang kekuatan fizikal, tetapi juga melibatkan aspek mental yang penting. Pesakit slip disc dapat melatih kesabaran, ketekunan semasa mereka berlatih dan menyempurnakan kemahiran memanah mereka. Ini bukan sahaja memberi mereka perasaan pencapaian yang membanggakan, tetapi juga membantu merangsang perkembangan mental dan emosi mereka secara positif.

Walaupun memanah mungkin tidak sesuai untuk setiap pesakit slip disc, ia adalah satu pilihan yang boleh dipertimbangkan bagi sesetengah individu yang ingin mencari alternatif senaman yang tidak membebankan kepada tulang belakang. Sebelum memulakan mana-mana program senaman baru, adalah penting untuk berbincang dengan doktor atau pakar fisioterapi untuk memastikan kesesuaian dan keselamatan pesakit. Dengan latihan yang betul dan konsisten, memanah dapat menjadi satu lagi alat yang berkesan dalam menguruskan pesakit slip disc dan meningkatkan kualiti hidup mereka.

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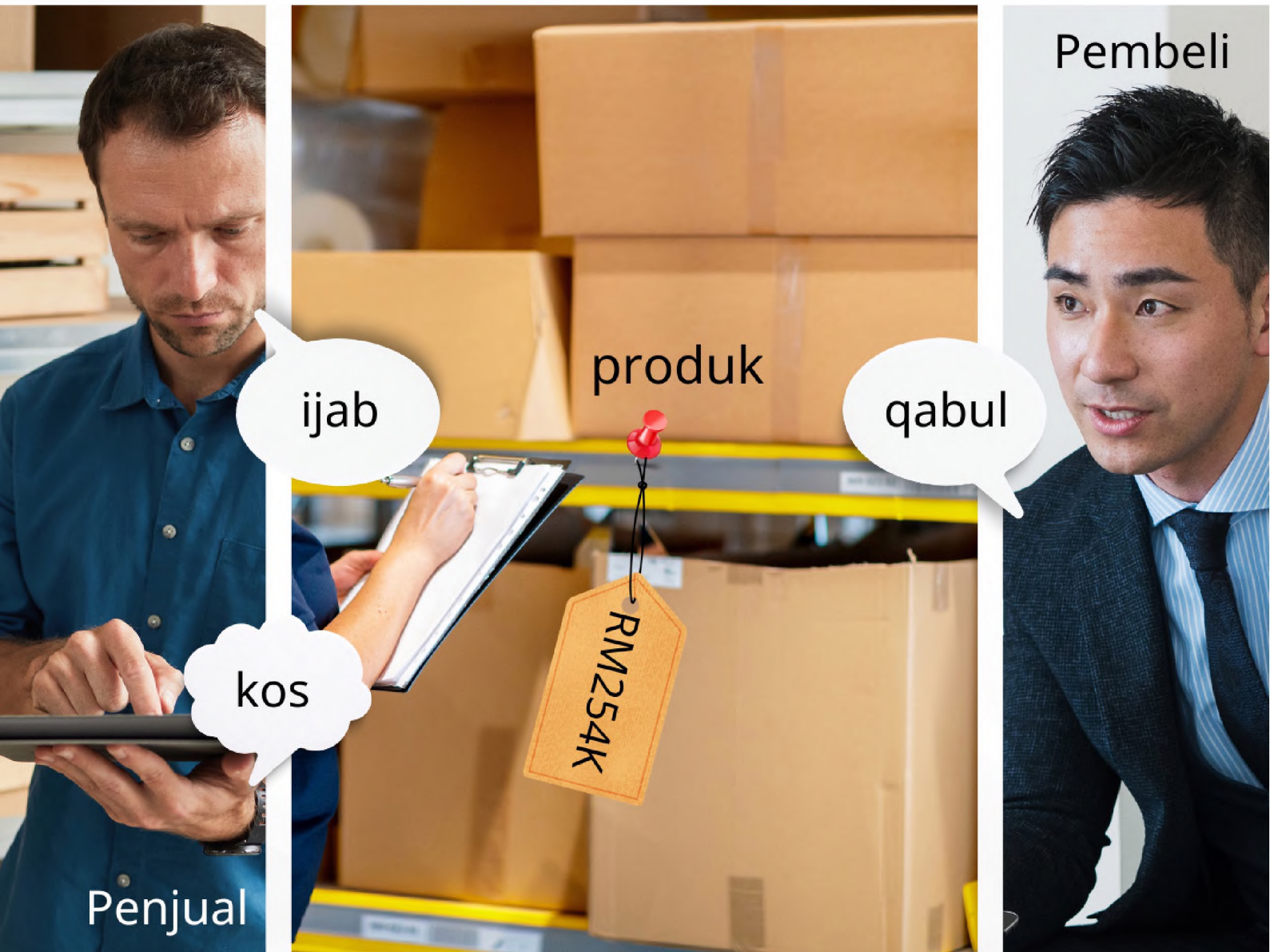
Apa itu BAY' AL-MURABAHAH?

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Sering kali kita dengar mengenai pinjaman berasaskan syariah apabila ingin membuat pinjaman bagi pembelian rumah, kereta, mahupun, pinjaman peribadi. Namun, berapa ramai masyarakat kita tahu apa itu pinjaman berasaskan syariah dan kepentingannya? Mengapa pinjaman berasaskan syariah ini semakin hangat diperbincangkan pada masa kini berbanding dengan masa lalu? Terdapat banyak pendapat dan persepsi mengenai pinjaman syariah. Salah satu pinjaman syariah yang ada di Malaysia adalah kontrak Bay' al-Murabahah. Justeru itu, penulisan ini akan mengupas lebih lanjut mengenai Bay' al-Murabahah.

Definisi Bay' al-Murabahah secara literal adalah berasas dari perkataan al-rihb iaitu untung dan ianya merujuk kepada peningkatan keuntungan dalam perniagaan.

Manakala, secara terknikalnya, ia membawa maksud sebuah transaksi perniagaan di mana pembeli tersebut dimaklumkan bahawa produk itu akan dijual pada harga baharu termasuk harga asal dan keuntungan yang akan diperolehi oleh penjual. Erti kata lain, penjual hendaklah memaklumkan kepada pembeli tentang harga asal sesuatu produk dan keuntungan yang diperolehi oleh penjual kepada pelanggan agar kontrak Murabahah ini diiktiraf sah.

Di bawah kontrak al-Murabahah, terdapat lima elemen yang penting dan perlu dipertimbangkan, iaitu penjual, pembeli, produk, harga, dan, ijab qabul (tawaran dan penerimaan).

Elemen pertama, penjual adalah seorang individu yang memperdagangkan produk untuk bayaran. Dalam konsep kontrak Murabahah, penjual biasanya pihak bank Islamik hendaklah memberitahu kos sebenar termasuk keuntungan yang diambil kepada pembeli. Elemen kedua, pembeli ialah seorang individu yang membeli sesuatu produk mengikut margin keuntungan yang ditetapkan oleh penjual. Elemen ketiga, produk yang dibolehkan di bawah kontrak Murabahah adalah pinjaman untuk rumah, kenderaan, peribadi, dan, juga perdagangan bon Islamik (sukuk). Elemen keempat, harga yang ditetapkan oleh penjual hendaklah mengambil kira harga asal dan kadar keuntungan yang diperolehi serta diberitahu kepada pembeli untuk persetujuan. Elemen terakhir, ijab qabul di mana kontrak Murabahah perlu ada persetujuan bertulis antara penjual dan pembeli. Kelima-lima elemen ini menjadi tunggak asas kontrak Bay' al-Murabahah.

Perbincangan diteruskan dengan syarat yang membolehkan penggunaan kontrak Murabahah. Syarat pertama adalah maklumat produk yang terperinci dan harga jualan hendaklah dimaklumkan kepada pembeli. Syarat kedua, penjual dan pembeli hendaklah melebihi had umur, berakal, tanpa paksaan, dan, boleh bertanggungjawab. Syarat ketiga, ijab qabul antara penjual dan pembeli mestilah mengandungi harga asal dan kadar keuntungan yang ditetapkan dalam persetujuan bertulis. Syarat keempat adalah sesuatu bentuk kontrak itu tidak mengandungi unsur riba (usury) yang diharamkan dalam shariah Islam. Syarat terakhir adalah kontrak awalnya mestilah sah di mana sesuatu produk itu dimiliki hak milik sepenuhnya oleh penjual. Syarat-syarat ini perlulah dipenuhi supaya kontrak Murabahah dapat disahkan statusnya.

Seterusnya, penting untuk ditekankan kelebihan pembiayaan melalui Murabahah berbanding dengan pembiayaan konvensional. Pembiayaan melalui Murabahah berkonsepkan pembiayaan bebas riba dan mengikut shariah Islam manakala, pembiayaan konvensional sentiasa mengandungi unsur faedah atau caj ke atas pinjaman. Pembiayaan melalui Murabahah beroperasi dengan konsep pembeli dimaklumkan harga sebenar dan keuntungan yang diambil tanpa faedah dikenakan. Bukan itu sahaja, konsep Murabahah ini telah memberi pilihan kepada individu dan bisnes untuk mengelakkan diri dari terjebak dengan pembiayaan yang mempunyai unsur riba yang sudah pastinya dilarang sama sekali dalam Islam.

Perkara ini telah dibuktikan dengan surah al Baqarah, ayat 275 yang bermaksud:

"Orang-orang yang memakan (mengambil) riba itu tidak dapat berdiri betul melainkan seperti berdirinya orang yang dirasuk Syaitan dengan terhuyung-hayang kerana sentuhan (Syaitan) itu. Yang demikian ialah disebabkan mereka mengatakan: "Bahawa sesungguhnya berniaga itu sama sahaja seperti riba". Padahal Allah telah menghalalkan jual-beli (berniaga) dan mengharamkan riba. Oleh itu sesiapa yang telah sampai kepadanya peringatan (larangan) dari Tuhannya lalu ia berhenti (dari mengambil riba), maka apa yang telah diambilnya dahulu (sebelum pengharaman itu) adalah menjadi haknya, dan perkaranya terserahlah kepada Allah. Dan sesiapa yang mengulangi lagi (perbuatan mengambil riba itu) maka itulah ahli neraka, mereka kekal di dalamnya"

Kesimpulannya, kontrak Murabahah adalah salah satu kontrak di bawah pembiayaan mengikut shariah Islam dan amat disyorkan penggunaannya di dalam sebuah pembiayaan yang dibenarkan. Bukan sahaja mengikut shariah Islam, malah dapat membebaskan seseorang daripada terjebak dengan unsur riba.

Rujukan

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*Di sayap kesabaran, terbentangleh waktu,
Bagaikan pelangi yang menari di langit biru,
Tiap warna, kisah hidup yang berdampingan,
Sabar mengajar, pelajaran yang tidak terkira.*

*Pagi menyingsing, seperti kembang yang merekah,
Harap mengembang, di antara rerimbunan dedaunan,
Setiap petik cubaan, sebuah not angka yang tercipta,
Dilarikan waktu, sabar memayungi langit biru.*

*Hujan turun pelan, membasahi tanah kering,
Sabar hadir, di setiap titisan yang jatuh,
Tanaman kehidupan tumbuh dengan perlahan,
Di sayap kesabaran, wujud keajaiban.*

*Malam menjelma, bintang-bintang berserakan,
Setiap kilauan, bagai doa yang terdengar,
Dalam gelap, sabar menerangi jalanan,
Mengatur langkah, di perjalanan tidak pasti.*

*Sayap kesabaran, tak lekang oleh waktu,
Seperti embun pagi, yang tetap memercik,
Bersama detik, sabar menjadi pohon yang teguh,
Mengakar dalam bumi, menjulang tinggi di udara.*

*Jadilah sayap kesabaran, dalam langkahmu,
Tetaplah bersabar, dalam meniti kehidupan,
Di dalam sabar, tercipta keindahan,
Sentiasa tenang di dalam sayap kesabaran.*

Kenaikan harga barang keperluan harian akhir-akhir ini sedikit sebanyak memberi kesan kepada perbelanjaan harian rakyat. Walaupun langkah penjimatan boleh diambil, ia lebih sesuai untuk barangan kehendak berbanding barangan asas seperti sayur-sayuran yang penting untuk kesihatan. Beberapa cadangan boleh dilakukan untuk mengurus perbelanjaan dengan bijak tanpa menjejaskan pemakanan sihat. Antaranya ialah merancang belanja mingguan dengan teliti, menukar kepada jenama alternatif yang lebih murah, mengambil diskaun dan promosi, membeli sayur musim, menanam sayur sendiri, menyediakan hidangan dari bahan sedia ada dan mengurangkan makanan segera. Dengan perancangan bijak dan berdisiplin, masalah kenaikan kos sara hidup ini mampu diharungi tanpa mengabaikan kebajikan kesihatan. Pembelanjaan perlu difokuskan kepada barangan penting dan keutamaan perlu diberi kepada pemilihan sayur-sayuran dan buah-buahan yang ternyata baik untuk kesihatan.

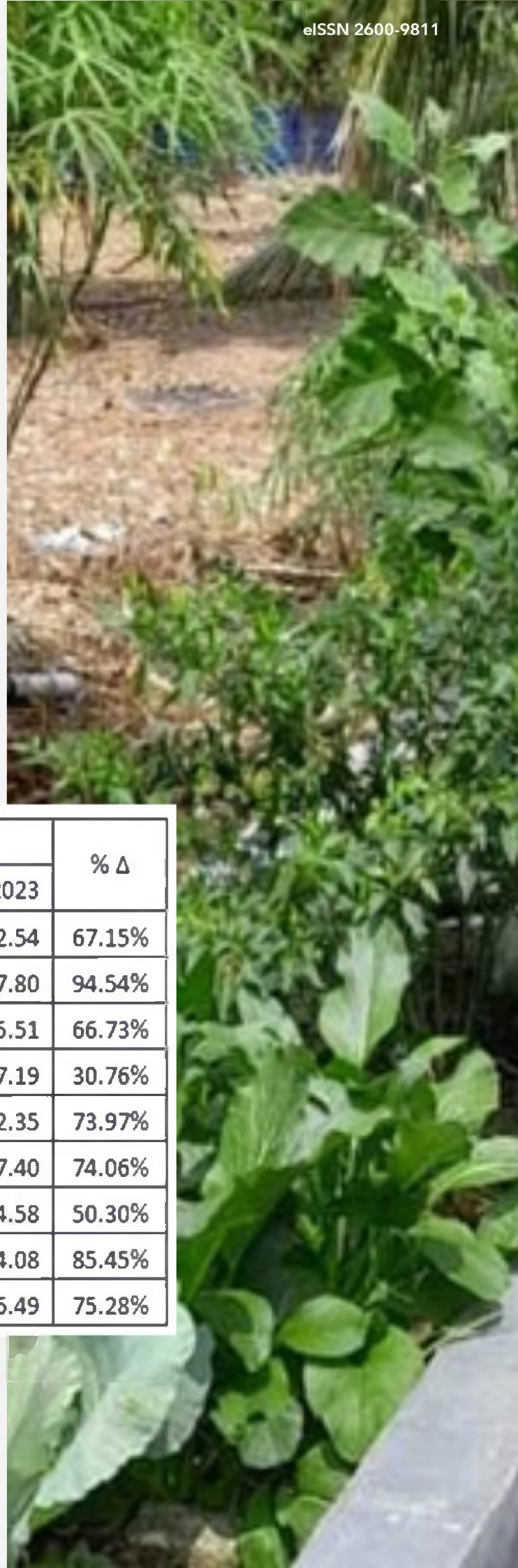
Kebun Mini: Keberdikarian dan Potensi Keusahawanan Kecil-kecilan

Sharazad Haris*, Nurulashikin Romli & Aflah Isa

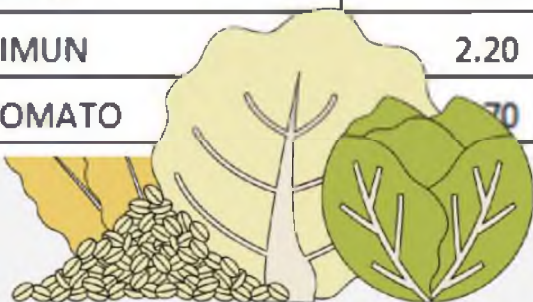
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Kenaikan harga sayur-sayuran tempatan dalam tempoh 10 tahun dari November 2013 ke November 2023 adalah ketara seperti yang tertera. Perbezaan harga ini di ekstrak dari laporan tahunan FAMA untuk harga purata sayuran terpilih pada tahun-tahun tersebut. Kenaikan harga ini disebabkan oleh faktor inflasi dan beberapa faktor lain. Mengikut purata harga setiap sayuran bagi tahun 2023, setiap kilogram sayuran tersebut jika dibeli secara runcit bukanlah satu komoditi yang agak murah, dan penulis sendiri sekiranya diberikan pilihan di antara membeli 10 biji telur gred B yang berharga sekitar RM4.00 atau setengah kilo buncis, penulis akan memilih 10 biji telur. Walaupun sayur-sayuran kelihatan lebih mahal berbanding telur, namun sayur-sayuran tetap perlu menjadi sebahagian penting dalam pemakanan harian keluarga. Ini kerana sayur-sayuran mengandungi pelbagai vitamin, mineral dan serat yang diperlukan tubuh badan. Pemilihan dan pengambilan sayur-sayuran yang mencukupi adalah amat penting demi kesihatan jangka panjang.



JENIS	HARGA/KG		% Δ
	NOV 2013	NOV 2023	
CILI HIJAU	7.50	12.54	67.15%
CILI MERAH (KULAI)	9.15	17.80	94.54%
CILI MERAH (MINYAK)	9.30	15.51	66.73%
BENDI	5.50	7.19	30.76%
BUNCIS	7.10	12.35	73.97%
K. PANJANG	4.25	7.40	74.06%
KOBIS	3.05	4.58	50.30%
TIMUN	2.20	4.08	85.45%
TOMATO	3.70	6.49	75.28%



Perbezaan harga runcit sayur/kg (10 tahun)

Sumber: Laporan tahunan FAMA



Menanam sayur-sayuran sendiri merupakan satu langkah bijak untuk memastikan kesinambungan pemakanan sihat walaupun berdepan kenaikan harga sayur di pasaran. Penulis sendiri mengamalkannya melalui kebun mini yang hanya seluas 25 kaki x 3 kaki di bahagian tepi rumah kediaman. Dengan berbekalkan modal yang sangat minimal untuk membeli beberapa pek tanah yang sesuai dan benih sayur (sebagai permulaan), ia mampu membuahkan hasil melebihi keperluan harian.

Walaupun kecil, kebun mini ini telah berjaya menghasilkan pelbagai jenis sayur-sayuran seperti sawi, bayam, kangkung, kobis bulat, terung, bendi dan kacang panjang yang ditanam mengikut giliran, serta tanaman sampingan lain yang ditanam sekeliling rumah seperti pelbagai jenis cili padi, limau kasturi, j jagung, ubi kayu, serai, daun pandan, daun kunyit, limau purut dan lengkuas yang ditanam untuk kegunaan. Kebun mini diurus secara penggiliran memandangkan kawasannya yang terhad. Namun, hasilnya tetap mencukupi keperluan harian malah berlebihan. Ini membuktikan bahawa setiap keluarga mampu mengusahakan kebun mini walaupun dalam skala kecil. Di samping menjimatkan perbelanjaan, kebun mini yang diusahakan sendiri juga mesra alam dan menjamin kesegaran hasil tanaman.

Sekiranya kawasan merupakan salah satu faktor kekangan untuk memulakan penanaman sayur sendiri, kebun juga boleh didirikan secara vertikal (vertical garden) ataupun digantung (hanging garden). Ia boleh juga diusahakan secara usahasama seperti kebun bandar dan kebun komuniti. Amalan menanam sayur sendiri ini sangat disyorkan kerana ia dapat meningkatkan tahap keberdikarian, serta mengurangkan pergantungan kepada pembekal dan penjual sayur di pasaran, selain daripada meneruskan kesinambungan pemakanan berkhasiat dan sihat dalam kalangan keluarga. Jika kebun sayur ini dapat diperluaskan, ia juga berpotensi menjadi sumberpendapatan tambahan kepada keluarga.

* Gambar hiasan adalah gambar di kebun milik penulis sendiri

PROGRAM 'VINTAGE MARKET'

ANJURAN KELAB OMSA

Tarikh : 29 - 31 Oktober 2023
Hari : Ahad, Isnin dan Selasa
Tempat : Dataran Aspirasi UiTM Dungun, Terengganu

Fatin Nurqistina Hasbuddin, Nur Shafini Mohd Said
 Fakulti Pengurusan dan Perniagaan,
 Universiti Teknologi MARA Cawangan Terengganu, Malaysia



Pada semester ini, Kelab Office Management Student Association (OMSA) telah mengadakan satu program yang dinamakan Program Vintage Market. Dalam menjayakan program ini, Kelab OMSA telah bekerjasama dengan Kelab Debat dan Pidato (KDP).

Program Vintage Market bukan sahaja terbuka kepada warga UiTM, malah terbuka kepada orang awam. Terdapat 12 peniaga pakaian terpakai, 11 peniaga makanan dan minuman, serta satu peniaga bunga segar. Program ini telah berlangsung selama tiga hari.

Objektif-objektif Program 'Vintage Market' adalah:

1. Mengembangkan perniagaan pakaian terpakai yang boleh menjana pendapatan yang baik.
2. Membuka peluang kepada peniaga-peniaga untuk berniaga di kawasan UiTM Dungun.
3. Membantu alam sekitar dengan mengurangkan pembuangan sisa tekstil yang penuh di Pusat Pembuangan Sampah negara kita.
4. Membuka mata para peserta yang hadir mengenai isu Palestin-Israel menerusi sesi bual-bicara Kesedaran Palestin bersertakan Tabung Derma.
5. Memberi kesedaran menangani isu yang melibatkan hak asasi dan kemanusiaan.



Gambar para-pensyarah bersama AJK OMSA dan KDP.



Ucapan penutup oleh Ts. Dr. Nurulhadwan binti Aziz.

Ucapan KP, NKP dan SU Program Vintage Market

Program Vintage Market ini telah mendapat sambutan yang baik daripada mahasiswa dan mahasiswi serta tidak lupa juga kepada orang awam yang turut menjayakan program ini. Diharap agar program seperti ini akan diadakan lagi pada semester hadapan kerana program ini membawa faedah kepada semua pihak..



Suasana Vintage Market

AJK OMISA, AJK KDP, ahli Aman Palestin dan para pemenang sesi soal jawab

TALENT MANAGEMENT: FROM HR COST TO HR INVESTMENT

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The development of an increasingly uncertain era, commonly referred to as the Volatility, Uncertainty, Complexity, and Ambiguity (VUCA) era, demands that every organisation creates significant added values through competitiveness, innovation, and a long-term growth (Azeem et al., 2021). One of the challenges faced by organisations today is the willingness to shift paradigms related to talent management. Often, human-resource management is perceived merely as an expense to be minimised rather than being viewed as a long-term strategic investment that can strengthen the financial health of a company. A principle that every organisation must understand is a recognition that individuals within the organisation play a crucial role in the effectiveness and success of sustainable strategies (Opoku-Dakwa et al., 2018). Talent management, which needs to be developed by organisations within the financial system, is commonly referred to as intellectual capital. This intellectual capital is an asset owned by the organisations stemming from the knowledge, skills, and the expertise of individuals within them. Additionally, intellectual capital can include intangible assets, such as trademarks, customer relationships, or business partnerships (Morley et al., 2015). Therefore, this paper will focus on how to enhance intellectual capital through investment strategies in talent management.

Enhancing skills through talent policies is a long-term investment to increase knowledge, skills, and competencies that help employees to advance their careers and organisations in achieving their goals. One concrete example illustrating that talent management is a strategic investment yielding returns for the organisation is seen during the COVID-19 pandemic, when many organisations retrained their employees as a short-term, sustainable strategy to drive and sustain their organisational growth by addressing skill gaps in crisis management. Many organisations have revealed that investing in skill development enhances the performance and reliability of their employees, which impacts organisational performance and finances (Pickett, 1998). However, organisations that fail to prioritise talent development within would typically incur complex costs and mitigations in improving employee productivity, which affects performance and finances (Vroman & Tiffany Danko, 2022).

The strategy for improving financial performance can begin with how an organisation invests in its human-resource department. Starting from recruiting employees based on meritocracy, skill development, such as reskilling and upskilling, from focusing on employee welfare to creating an inclusive working environment. Creating a working environment that fosters growth allows employees to contribute maximally to organisational revenue. For example, when they feel that their skills and welfare are met, they will be enthusiastic in providing customer-oriented services, thereby, achieving financial-performance targets (Harvey & Sotardi, 2018). Meanwhile, investing in skill development will also help employees to adopt new tools to expedite some of their tasks. With rapid changes in social and economic conditions, including the emergence of automation and AI, which not only create opportunities for new job fields but also lead to a shortage of skilled labour, organisations are compelled to increase such investment (Acemoglu & Restrepo, 2019). Investing in talent development is akin to investment strategies in other fields requiring calculation to ensure long-term returns. Metrics used to measure talent investment in the era of Industry 4.0 are no longer soft metrics, such as satisfaction scores, employee feedback, and completion rates. Instead, measures, such as revenue, productivity, and employee retention, can be used to equate talent-management investment to investments in other areas, as revealed by the McGowan (2021).

The first strategy is for organisations to identify skills needed by their employees. This identification cannot be achieved through the one-way questioning of employees about their needs. The strategy can be executed in three stages: (1) The organisations need to establish talent-requirement standards to achieve short-term and long-term plans, subsequently identifying the current level of employee abilities. This aims to determine clear organisational standards and direction, allowing a comparison between goals and preparedness; (2) The organisations can survey employees regarding the skills they need to facilitate performance improvement and career development; and (3) Establishing skill-development priorities by considering short-term and long-term plans related to organisational goals. Investment considerations for the human-resource department also involve weighing the current talent pool's abilities through reskilling and upskilling against recruiting new members, with obligations to invest in recruitment processes, orientation periods, and development. Ensuring that the current employees are motivated to grow and learn new things should also be put into consideration. Having said that, employees with low learning agility may render talent-development investment concepts suboptimal.

The second strategy involves calculating the expenditure for investment against the returns that the organisations will receive. Employee skill development is usually qualitatively measured. In this investment concept, it can be measured quantitatively like other investments. Organisations that have invested in talent management can measure their results through organisational and financial performances. Returns for the organisations after implementing this investment policy could include innovations emerging from employees, whether in services, products, or operational processes within the organisations. Employee productivity, retention, and brand, or organisational image enhancement, are measurable outcomes after these organisations allocate resources for human-resource development and empowerment.

The third strategy involves concrete steps to shift the perspective of a human-resource-development expenditure from being seen as a cost to being considered an investment. This step involves categorising such expenditure as the investment in financial reports. This approach reaffirms that the organisations explicitly state that the budget allocation invested in training, employee development, and welfare programmes is not a burdensome expense but rather creates added value that enhances organisational performance. Those organisations that implement this policy prioritise talent management as a long-term strategy to improve and manage intellectual capital. The hope is that the policy will assist the organisations in achieving their goals by enhancing profitability, revenue growth, and financial sustainability.

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KEYBOARDING - A MUST IN TOMORROW'S WORLD

Program KEYBOARDING--A MUST IN TOMORROW'S WORLD merupakan Satu program pembangunan pengajaran CGCT bagi subjek Introduction to Document Processing (OBM102), Diploma Pengurusan Teknologi Pejabat (BA132). Program ini telah dijalankan secara atas talian di Platform Google Meet pada hari Ahad, 14 May 2023 jam 8:30 pagi hingga 10:00 pagi.

Penceramah bagi program ini ialah Puan Rita binti Selamat yang merupakan Alumni bagi program Diploma Sains Kesetiausahaan 1997 (UiTM Manjung, Perak). Beliau kini bertugas sebagai Setiausaha dan Penyelia di Bahagian Pentabiran di CEFS Response, Kompleks Petronas Kerteh. Beliau mempunyai pengalaman dan kepakaran yang luas dalam bidang kesetiausahaan sejak tahun 1997 sehingga sekarang.

Program ini dijalankan untuk melatih pelajar menggunakan perisian pemprosesan perkataan semasa (Microsoft Word) dengan teknik papan kekunci yang betul dengan menaip sentuhan dan mahir menggunakan dengan papan kekunci komputer dan komponen asas kelengkapan komputer. Setelah mencapai kemahiran papan kekunci, pelajar akan dapat menaip petikan bahasa Inggeris pada kelajuan minimum 30 patah perkataan seminit (wpm) dan menghasilkan dokumen perniagaan seperti surat, laporan, memorandum dan jadual



Objektif dan kepentingan program



Menggunakan pengetahuan tentang dokumen perniagaan yang bebas kesalahan di dalamnya had masa yang ditetapkan.



Mempamerkan teknik dan kemahiran papan kekunci menggunakan perisian pemprosesan perkataan (Microsoft Word) untuk dokumen perniagaan.



Menjawab ujian kelajuan petikan Bahasa Inggeris pada kelajuan minimum 30 wpm



Menjalankan etika kerja yang baik melalui pemprosesan dokumen perniagaan

Program ini dapat dilaksanakan dengan sempurna dan mencapai objektif seperti dinyatakan di atas. Dengan kejayaan penganjuran program ini, dijangkakan program-program lain juga turut dapat dilaksanakan pada masa akan datang.

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THE SERENE SPLENDOR OF TANAH LOT, BALI



discover

When planning a visit to Tanah Lot Temple, aim for a sunset viewing for an unforgettable experience

Tanah Lot, also called Pura Tanah Lot Temple, is one of Bali's most well-known and revered Hindu temples. It is one of the most famous and most photographed temples in Bali which is perched atop a sizable rock in the middle of the ocean. One of Bali's seven sea temples known as Pura Segara, Tanah Lot Temple is perched on a rock approximately 300 metres off the coast. Being a popular tourist destination, Bali welcomes a large number of adventure seekers and enthusiasts each year who make it a point to visit this location. Tanah Lot Temple is a group of three temples situated on a large offshore rock on the beach. The main Tanah Lot temple is closed during high tide, rendering it inaccessible, and the other two are thought of as a spiritual stand-in. The three temples are roughly 100 meters apart.

It is said that each temple can be seen from the others, creating a chain of protection that surrounds the island. The sea serpents that lurk beneath the surface are said to protect the sea temple, which dates back to the 16th century and is devoted to the guardian spirits of the sea. The sanctuary can be approached at sunset, but it is not feasible to enter the temple's interior, which is reached by a staircase carved out of the rock. Pura Tanah Lot is one of the most significant and highly revered sea temples among the Balinese. Similar to Pura Luhur Ulu Watu, located near the southernmost point of the Bukit Peninsula, and Pura Rambut Siwi, situated to the west, it has a strong connection to the Majapahit priest Nirartha.

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When planning a visit to Tanah Lot Temple, aim for a sunset viewing for an unforgettable experience. It is best to arrive early to avoid the crowds, as the panoramic sunset view is a popular attraction. Remember to respect local customs by dressing conservatively, long clothing like jeans or floor-length dresses is recommended to cover your legs. Safety is important, so heed any warning signs around the temple, especially concerning hazardous waves. During high tide, the temple is often closed. The cost of entry tickets and parking includes insurance coverage. While tourists are not permitted on the main temple grounds and stairs, there is plenty of beauty to enjoy and photograph from the beach. However, exercise caution when taking pictures of the rocks, as they can be slippery due to moss and algae.

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adventure



ZAKAT : MEMBAWA IMPIAN KE REALITI

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Zakat, salah satu pilar penting dalam agama Islam, ia memainkan peranan yang besar dalam membantu golongan yang memerlukan. Salah satu bidang di mana zakat memberi impak yang signifikan adalah dalam pendidikan tinggi, terutamanya dalam meningkatkan prestasi pelajar universiti. Pelajar universiti adalah di antara golongan asnaf fisabilillah. Terdapat beberapa kajian yang memberi tumpuan kepada asnaf fisabilillah. Contohnya, kajian yang dilakukan oleh Hamzah et.al., (2021) menemui tiga aktiviti utama penggunaan wang zakat oleh asnaf fisabilillah iaitu untuk perbelanjaan makanan dan minuman, keperluan harian, serta membantu keluarga. Dalam artikel ini, kita akan meneroka bagaimana bantuan zakat menjadi faktor penting dalam menyokong pencapaian akademik pelajar universiti.

01

AKSES KEPADA PENDIDIKAN BERKUALITI

Bantuan zakat memainkan peranan penting dalam memastikan bahawa pelajar dari latar belakang ekonomi yang kurang mampu tetap mempunyai akses yang saksama kepada pendidikan tinggi berkualiti. Dengan sokongan dari zakat, ianya dapat membantu meringankan beban pelajar di institusi pengajian tinggi untuk memulakan pengajian. Beban kewangan sering menjadi halangan terbesar dalam usaha mengejar cita-cita ke institusi pengajian tinggi. Dengan bantuan zakat, pelajar yang menghadapi kesulitan kewangan dapat merasa lebih lega dari segi kewangan, yang seterusnya membolehkan mereka untuk menumpukan sepenuhnya kepada pengajian mereka tanpa terlalu risau tentang masalah kewangan. Sebagai contoh Maidam, iaitu institusi pengurusan zakat negeri Terengganu menawarkan bantuan awal pengajian yang mana pelajar akan menerima bantuan dalam bentuk kewangan bagi meringankan beban pendaftaran universiti.

02 MENINGKATKAN KONSENTRASI DAN MOTIVASI

Masalah kewangan menjadi salah satu faktor kenapa pelajar kurang konsentrasi dalam pelajaran. Stres yang berkaitan dengan kewangan sering mengganggu prestasi akademik seseorang. Dengan bantuan zakat yang menyediakan bantuan kewangan, pelajar dapat mengurangkan tahap stres dan kecemasan mereka tentang masalah kewangan. Ini memberi mereka ruang untuk merancang pengajian mereka dengan lebih baik dan menghadapi ujian dan tugas dengan lebih tenang. Oleh itu, Institusi zakat memainkan peranan yang signifikan dalam memberikan bantuan kepada golongan asnaf yang tergolong dalam asnaf fisabilillah.

Asnaf fisabilillah ini melibatkan pelajar-pelajar universiti yang sedang berusaha menamatkan pengajian mereka dan memerlukan perhatian yang serius. Di antara masalah yang telah dikenal pasti, pertamanya, ialah masalah keciciran dalam pengajian disebabkan ketidakmampuan untuk membayar yuran pengajian (Haznan, 2017). Dengan adanya bantuan zakat, golongan ini dapat merasa disokong oleh masyarakat. Ini tidak hanya memberi mereka sokongan kewangan, tetapi juga memberi mereka motivasi tambahan untuk berjaya. Apabila pelajar merasa didukung oleh komuniti mereka melalui bantuan zakat, mereka cenderung lebih bersemangat dan fokus dalam usaha akademik mereka Yahaya, S et.al., (2023)

03 PENINGKATAN KESEJAHTERAAN SOSIAL

Selain manfaat langsung kepada pelajar itu sendiri, bantuan zakat juga dapat membantu meningkatkan kesejahteraan sosial secara keseluruhan. Apabila individu yang kurang mampu mendapat manfaat dari zakat, ini mencipta persekitaran di mana jurang sosial dapat dikurangkan, dan masyarakat secara keseluruhan dapat merasa lebih inklusif dan adil.

KESIMPULAN

Dalam konteks pendidikan tinggi, bantuan zakat memiliki impak yang besar dalam meningkatkan prestasi pelajar universiti. Melalui akses yang diberikan, pengurangan beban kewangan, peningkatan motivasi, pengurangan stres, dan peningkatan kesejahteraan sosial, bantuan zakat membantu mencipta persekitaran yang menyokong pencapaian akademik yang lebih tinggi bagi semua pelajar, tanpa mengira latar belakang ekonomi mereka. Oleh itu, adalah penting bagi masyarakat untuk terus menyokong dan melaksanakan amalan zakat dengan baik, agar manfaatnya dapat dirasakan oleh semua anggota masyarakat, terutamanya mereka yang berusaha untuk mengejar pendidikan tinggi.

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FACTS OF A MIXED HANDEDNESS OR AMBIDEXTERITY

It's an amazing phenomenon in which people can utilize both their left and right hands with equal ease. Being mixed-handed can spark a world of inquiry and surprise since it contradicts conventional handedness conventions. There is an intriguing relationship between the human brain and the hands. Our minds are interconnected.

People who are 'mixed-handed' are so named because they are equally adept at using both hands for different jobs. Those who are equally proficient with both hands are also called "ambidextrous," which simply means that they can use both hands simultaneously.

MEANING OF MIXED HANDEDNESS

A common condition in humans is one side of the body becoming more dominant than the other. We refer to a situation as "cross-dominant" or "mixed-dominant" when the dominant side is underdeveloped. When faced with a job requiring the use of both the left and right legs, or vice versa, people with cross dominance may even occasionally switch roles.

- Mixed-handedness, also known as 'ambidexterity', refers to the ability to use the left and right hand interchangeably with equal skill and comfort.

- The meaning of mixed-handedness goes beyond simply being ambidextrous. It signifies remarkable flexibility and adaptability in someone's motor skills.

- Mixed-handedness can manifest in a variety of ways. Some mixed-handed people may be ambidextrous, meaning they have equal skill with both hands. Others may be more strongly left or right-handed but still exhibit mixed-handed tendencies.

- Mixed-handedness can also affect other areas of the body, such as the eyes or feet, leading to mixed-eye or mixed-footedness.

- Being mixed dominant doesn't mean both hemispheres are equally strong. It is more about the dominant side being undeveloped. It means that cross-dominant people have a uniquely built brain, which results in unique strengths. The strengthening helps their brains work in a more integrated way.

- Mixed laterality refers to an individual favoring motor skills on one side of the body, including an eye, foot, or ear. They often face problems in activities that require aim, such as throwing darts.

- One of the most typical varieties of mixed dominance is ambidexterity, in which 'ambi' means 'both' and 'dexter' means 'right', making it 'right on both sides'.



REASONS FOR MIXED HANDEDNESS

Mixed-handers can do it all, from swinging a bat like a pro to painting a masterpiece. And, guess what? Their minds are often as quick as their fingers! They might come up with some unusual suggestions that surprise everyone. Mixed-handed people have a wealth of talents, ranging from chameleon-like adaptability to Picasso-level brilliance.

- The characteristics of cross-dominant people depend on memory, accident-proneness, and belief in improbable events.
- Based on such criteria, people with hand confusion encode memories faster but are statistically more at risk as compared to left-handed and right-handed people.
- Handedness reflects the structure of the brain, as the brain works asymmetrically. But mixed-handed people, in contrast, use one hand for primary tasks such as throwing, writing, and eating, but show mixed preferences for other functions.

The wonderful world of mixed-handedness is what you have been investigating. This special quality is like a magic key that unlocks a world of adaptation and versatility, as you have seen. So relax, there are plenty of amazing detours and turns on a mixed-hander's trip that may lead to unanticipated riches. Therefore, now is the time to accept, celebrate, and shine with this exceptional ability if you or your child has it.



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GOLD SAVINGS

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Nowadays, many people have started to realize the advantages of buying and storing gold as a long-term investment. However, there are still many people who are confused about the difference between 916 and 999 gold. Many people do not know to decide which type of gold is more suitable for their purpose of savings. We will not talk about the price of gold now because it is well known that its price is always expected to rise from year to year especially. But we will focus on which gold is good for savings or investment.

Before we talk more about this savings. Let's see what the difference is between these 2 types of gold. 916 gold means that the gold contains 91.6% pure gold and 8.4% other metals such as silver or copper. This gold is also known as 22 carat gold. While 999 gold, also known as 24 carat gold, is pure gold with a rate of 99.9%. The highest carat quality is 24 carat and this means every 24 parts for 999 gold is gold and there is no other metal mixed in. (100% gold).

After understanding this difference, then we can understand that 999 gold is a higher quality gold and certainly has a higher value. Then 999 gold is the best gold to meet your long-term savings objectives. Although 916 gold is more durable, it is more suitable for use and made into jewelry such as bracelets, necklaces, rings and so on. 999 gold is softer and rarely used as jewelry because it is easily damaged or broken. It often comes and is sold in gold bars and dinar coins.



999

also known as 24 carat gold, is pure gold with a rate of 99.9%.

OR



916

the gold contains 91.6% pure gold and 8.4% other metals such as silver or copper. Also known as 22 carat gold.

999 gold is chosen based on several factors.

Spread Value - The first is the value of the spread, which is the difference between the purchase and sale prices. The spread rate is only within 6-10% compared to 15%-30% for 916 gold. The heavier the gold, the lower the spread. So, if we intend to sell or pawn the gold, we will get a higher value. What is more profitable is when it is sold at the time the price of gold is soaring and in fact this is the reality. The gold price is expected to continue to rise. The profit made could be double and even much better than cash savings which are affected by inflation.

Workmanship - Every processed gold has a workmanship charge. 999 gold also has workmanship after it is processed into gold bars or dinar coins. However, rate is not as high as the production of 916 jewelry which has various shapes, designs and fashions. In fact, the more beautiful and attractive a design is, more cost of workmanship incurred. If we wish to resell the gold, this is not taken into account and is only assessed based on the current price of raw gold. So, the value paid for that is said to be burnt just like that. Oh, this sounds not really good right?

Okay last part is if you want to buy 999 gold, which type of gold is preferred? Gold bars or dinar coins? Actually, this is not the issue because both have the same quality of gold which is 999 and are evaluated according to the same standard. What is really important is the weight of the item. Of course the more weight the cheaper and worth it. Now there are many companies - that produce items as low as 0.1 grams. The most popular are weighing 1 gram, 2 grams, 5 grams, 10 grams up to 50 grams and above for gold bars. As for dinar coins, starting from ¼ dinar (1.06 grams), ½ dinar (2.125 grams), 1 dinar (4.25 grams) and so on. To achieve our savings objective, choose the 1 gram at least, but if we can afford it, we are advised to buy a heavier one. Avoid buying gold weighing 0.1 gram as it is not suitable for savings at all due to the price is very expensive.

Let's look at this simple calculation:

1 gram goldbar = RM 415*

0.1 grams goldbar = RM 78*

We need 10 pcs to make it 1 gram. Thus, RM 78 x 10 = RM 780.
(It is much more expensive due to the workmanship charges for each)

As a conclusion, 916 is more for jewelry use and 999 is best for saving purposes. So, what are we waiting for? Let's start saving without hesitation. Happy saving wisely!

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BEING H OR BEIN

KNOW THE DIFFERENCES

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What's a difference between being rude and being honest? There's a significance difference between being honest and being rude. Nowadays, there're people that feed off of being rude and it's just like they're showing off a tag saying that "I am just being honest and I shall say it right on the face". I believe that, to most of us, both being honest and being rude are simply not the same thing. To some, being rude in the name of being honest is cool, but actually isn't. We as humble human beings shouldn't ever cross the line. For me, being rude, basically, is to hurt

HONEST G R U D E:

other people's feeling while being honest is simply done out of love.

The difference is between 'what' and 'how'. 'What' focuses on a subject matter that you want to talk about. Does it really matter to others to hear and listen to our thoughts and opinions? It's important to be honest, but we don't always have to say everything we think about, which sometimes could be pretty exhausting and useless. Most people have a filter on what they say, which everybody should. Another filter is about the 'how'. 'How' focuses on the way we express our thoughts and opinions. The way we deliver them should be nice and respectful. Rudeness certainly shows a lack of respect to other people and also a lack of respect to ourselves. However, remaining silent can often be the best choice for both aspects. "If you can't say something nice, then don't say anything at all". For instance, knowing that someone isn't good at something and saying it straightforward to their faces may sound astonishingly rude. Say you have friends who aren't good at cooking. They may ask for your personal opinion, but you reply honestly, saying, "Actually your food tastes bad" or "You're a terrible cook". Obviously, these are going to shatter them.

Nevertheless, if you take into consideration the hard work and effort they put into and you respond to them in a subtle way like "Well, this is nice. It could've been better had you tried...", we can clearly see that it's a different way of putting it up against them. Hence, honestly, honesty isn't rude but the way of expression is.

There's a rule of thumb: If no one asks and it doesn't need to be said, then you're being rude. Say that you see people wearing ugly outfit and they act like they don't know it or perhaps they just don't think that it's obnoxious. You can just tell them "Excuse me, but do you know that you're quite ugly?" just to know that he or she would definitely get upset.

Here's another rule of thumb: Just because it's true doesn't mean that it needs to be said. Let's say the outfit is, indeed, an ugly one. But since he or she's happy about it, just let it be.

Sometimes, truth does more harm than good. If so, then it doesn't necessarily have to be uttered. But if you really need to say it, learn how to communicate and deliver it – in a subtle way and a polite manner. Be specific. Use specific vocabulary. Since we're now living in the age of Google, there shouldn't be anyone who needs to ask what a word connotes. Ultimately, you're just being kind by bringing another up to your kind-human level as opposed to talking down that'll break someone else's heart. Truth, honesty, and boundary building ultimately create peaceful existence.

To make a long story short, if we practise using precise language and delivering our thoughts and opinions respectfully, we shall no longer have to concern ourselves with unnecessary questions. "Did I hurt her or his feeling?", "Am I to bad?", and "Did I bla bla bla...?". Doing what's right is right.

...



Bunga

Bukan

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Dalam banyak-banyak topik, saya terpenggil untuk berkongsi tentang bunga raya. Sebut sahaja bunga raya, kita pasti dapat mengaitkannya dengan bunga kebangsaan negara kita, Malaysia. Berdasarkan pembacaan yaang telah dibuat, bunga raya yang turut dikenali dengan nama bunga sepatu, kembang sepatu, kembang uribang, dan kembang warawiri (atau nama saintifiknya *Hibiscus Rosa-sinensis*) adalah satu spesies tumbuhan berbunga tropika dari jenis *Hibiscus* dalam keluarga *Malvaceae*. Bunga raya dikatakan berasal dari Afrika, Asia, Kepulauan Pasifik, Mauritius, Madagascar, Fiji, Hawaii, dan India atau China. Kebanyakan bunga raya kacukan yang dihasilkan adalah daripada lapan jenis 'nenek moyang'nya dan sering ditanam sebagai tanaman hiasan di kawasan tropika dan subtropika. Ia memerlukan persekitaran yang panas serta lembap dan boleh ditanam di dalam pasu atau di atas tanah.

Raya,

Bunga Biasa

Menurut kajian, dianggarkan terdapat lebih kurang tiga ratus variasi bunga raya di seluruh dunia. Pelbagai kultivar, varieti, dan kacukan telah dihasilkan dengan warna bunga yang pelbagai – dari putih kepada kuning dan kuning bata, dan merah jambu lembut – dengan kelopak set tunggal dan berganda. Jenis Bunga raya yang telah terpilih menjadi bunga kebangsaan negara adalah yang berkelopak tunggal dan berwarna merah, agak keras, dan tidak berbau.

Pada akhir tahun 1958, Kementerian Pertanian Malaysia telah mengemukakan tujuh jenis bunga untuk dipilih sebagai Bunga Kebangsaan, iaitu:

1. bunga raya;
2. bunga kenanga;
3. bunga melur;
4. bunga cempaka;
5. bunga teratai;
6. bunga mawar; dan
7. bunga tanjung.

Satu kajian telah dijalankan oleh Jabatan Penerangan Malaysia (JAPEN) untuk mendapatkan reaksi orang ramai bagi membantu pihak kerajaan memilih bunga kebangsaan negara. Hasil kajian tersebut mendapati bahawa ramai penduduk Pantai Timur memilih bunga mawar, manakala kebanyakan

penduduk Pantai Barat memilih bunga melur. Setelah perbincangan dibuat, akhirnya kerajaan telah membuat keputusan untuk memilih bunga raya berdasarkan kriteria bunga raya yang sudah terkenal di seluruh negara, warna dan bentuk yang menarik, nama panggilan yang sama di seluruh negara, mudah didapati, dan yang paling penting, ia tidak menjadi bunga kebangsaan mana-mana negara lain di dunia pada ketika itu. Berdasarkan kriteria-kriteria tersebut, pada tanggal 28 Julai 1960 di sebuah pameran Malayan Agro-Horticultural Association (MAHA), Perdana Menteri Malaysia pada ketika itu, iaitu Tunku Abdul Rahman Putra Al-Haj, telah mengisytiharkan bunga raya sebagai bunga kebangsaan. Paling menarik, pemilihan bunga ini sebagai bunga kebangsaan kelihatan begitu tepat kerana lima kelopaknya melambangkan lima Rukun Negara Malaysia, dan warna merah kelima-lima kelopaknya melambangkan keberanian, perpaduan, dan kepesatan pembangunan Malaysia.

Antara fakta menarik tentang bunga raya adalah ia telah digunakan oleh generasi-generasi terdahulu untuk mengubati beberapa masalah kesihatan seperti demam panas, sakit kepala, dan bengkak dengan tuaman daunnya. Antara kaedah lain adalah daunnya diambil dan diramas-ramas di dalam air. Kemudiannya air tersebut disapu untuk menyejukkan kepala dan badan yang mengalami demam panas. Ini berikutan terdapat komponen kimia dalam bunga raya yang bersifat antipiretik yang mempunyai keupayaan mengurangkan dan meredakan demam.

Dengan perkembangan bidang hortikultur yang berkait rapat dengan sains dan seni penanaman





BUNGA RAYA, BUNGA KEBANGSAAN

Hari ini, pemilihan Bunga Raya kelihatan begitu tepat kerana:

- 5 kelopaknya melambangkan setiap pezaan prinsip Rukun Negara
- Ia juga melambangkan perpaduan

Disyiharkan oleh Perdana Menteri Malaysia perlama Tunku Abdul Rahman Putra Al-Haj pada 28 Julai 1960

PEMILIHAN BUNGA KEBANGSAAN

Antara bunga lain yang dikemukakan oleh Kementerian Pertanian pada akhir 1958 termasuk:

- Bunga Kenanga
- Bunga Melur
- Bunga Cemapa
- Bunga Teratai
- Bunga Mawar
- Bunga Tanjung

Tinjauan Jabatan Penerangan di Serenanjung Malaysia untuk bunga yang digemari mendapati:

- Penduduk Pantai Timur pilih bunga mawar
- Penduduk Pantai Barat pilih bunga melur

Namun kerajaan memilih Bunga Raya merah kerana:

- Ia terkenal & mudah didapati
- Warna & bentuknya yang menarik
- Dikenali dengan panggilan yang sama di seluruh negara
- Ia bukan bunga kebangsaan mana-mana negara lain ketika itu

Sumber: Jabatan Penerangan Malaysia
Diterbitkan: 10 Ogos 2021
Infografik Bersema

sayur-sayuran, buah-buahan, bunga hiasan, dan landskap yang pesat serta akses mudah kepada tumbuhan hiasan yang pelbagai serta trend hiasan landskap semasa, kita dapat melihat bahawa masyarakat kita semakin kurang menanam bunga raya di perkarangan rumah seperti dahulu kala. Terdapat juga sentimen yang menyatakan bahawa bunga raya adalah bunga kampung dan kurang nilainya berbanding bunga-bunga lain. Hakikatnya, bunga raya amat bernilai tinggi kepada negara dan bangsa dan ia amat perlu dihargai. Meskipun ia dianggap tumbuhan biasa, akan tetapi kebiasaannya itulah yang memberikannya status istimewa. Kemampuannya untuk hidup dengan mudah

melambangkan kemampuan dan keberanian dalam menempuhi segala cabaran yang mendatang serta menjadi simbolik kepada keteguhan bangsa, politik, dan ekonomi negara kita. Sehingga kini, bunga raya terus menjadi simbol kemegahan negara apabila ia digunakan sebagai simbol pada logo-logo, lencana, bendera, dan setem, malah turut diterjemahkan pada wang kertas dan duit syiling.

Sebagai rakyat Malaysia, kita wajar mendokong aspirasi bunga raya dalam memelihara perpaduan yang wujud demi masa depan Malaysia yang lebih terjamin kerana warnanya yang merah tidak hanya melambangkan keteguhan politik dan ekonomi malah sifat keberanian seluruh warga Malaysia dalam menempuh cabaran. Bunga raya, bukan bunga biasa.

...

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Gaza

One Land, Do

Gaza...

*A native soil of the real bitter-sweet of life
A homeland to prophets and saints
A God-blessed surface of earth
A land of contradictions*

*They call you the hell on earth
We call you the worldly heaven
They believe you to be their property
We believe the pious ones are the heirs*

*They say you're hiding terrorists behind
We say you're jam-packed with mujahideen
They speak of genocide and massacre
We speak of martyrdom and victory*

*They dream of occupation
We dream of liberty
They declare we've gone too far
We declare they've been too rough*

*They kill civilians
We kill our despair and anguish
They smash buildings and residences
We smash their hope and spirit*

*They have assets and technology
We have faith in Allah the Almighty
They pronounce that they've won
We pronounce that they've failed to retain*

Z.A:

Different Lenses

*They strike from the sky
We strike from the underground
They announce that they're sinless
We announce their hypocrisy and deceit*

*They blame our counter-attack
We blame their aggression
They dub us war starters
We dub them belligerent*

*They keep shooting
We keep defending
They cut our throats and legs
We cut their hearts and guts*

*They go wild
We go genteel
They're what they're
We're what we're*

*May the occupiers be the dwellers of Hell
Condemned, wretched, and doomed
May Allah grant the Gazans Jannah
Beloved and blessed are the meek*

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Time

can wait!

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*When we were toddlers
Our parents had no time
to play with us
No worries!
We could have time together when we grow up*

*When we were youths
We were apart from them
pursuing education
No worries!
We could have time together when we're adults*

*When we were adults
We were busy with job
We didn't have time with them
No worries!
We could have time together when we grow older*

*When we were too old
Our parents were dead
We had no chance to see them anymore
No worries!
We could have time together when we're in Jannah*

*Time can wait!
But can we?*

The Importance of Teamwork in Sports

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The team's collective strength ultimately surpasses that of its individual members

The team's collective strength ultimately surpasses that of its individual members. This principle applies to all sports teams. While having a talented group of athletes is crucial, fostering teamwork is equally essential for achieving success as a cohesive unit. The key to success lies in team spirit which requires members to unite in facing opponents together.

Every team member should embody **trust, passion, team culture, motivation, and commitment** to contribute effectively towards the collective goals and success of the team.

Trust, as the first attribute, fosters mutual reliance among team members, forming the foundation of effective teamwork. In any sports team, trust among all players is essential. When trust is absent and individuals act independently, the entire team's strength diminishes. This becomes clear that every member holds the team's best interests at heart, and can be trusted to act with integrity. In the end, there is a level of trust where every member is confident they can count on each other for support and mutual cooperation. Building trust fosters trust development, diminishes pressure, boosts efficiency, and encourages greater willingness to take risks among teamwork (Hendarsjah et al., 2019).

Passion stands as a crucial motivational factor that profoundly impacts the cognition, emotion, and behavior of athletes. Passion acts as a binding force that unites the entire team. Many individuals participate in sports for the sheer enjoyment and excitement of the game. When there is enjoyment, team members naturally become enthusiastic. Thus, the entire team should collectively share in the enthusiasm driven by the common goal of winning together. Passion is correlated with athletes' success in performance (Demirci, 2018), and it has been found that passion acts as a driving force that offers the energy and determination needed, along with athletes' readiness to endure discomfort, for the sake of teamwork and sporting performance.

Building a strong **team culture** is vital for the success of any sports team. It dictates how teammates interact, communicate, and support each other. A positive team culture fosters trust, accountability, and motivation, resulting in enhanced performance and outcomes. Developing a successful team culture entails establishing an environment where each player feels appreciated and encouraged. It involves defining explicit values, objectives, and standards that resonate with the team's purpose (Cole, 2018). A successful team culture encourages collaboration, discipline, and perseverance. It highlights the significance of ongoing progress, transparent communication, and a mindset geared towards growth. A successful team culture transcends mere victories; it prioritizes both individual and collective development. It revolves around nurturing an environment characterized by trust, admiration, and solidarity. A successful team culture lays the groundwork for triumph both on and off the field.

Motivation indeed plays a crucial role in sports performance. It is often likened to an internal energy force because it drives athletes to set goals, persevere through challenges, and continuously strive for improvement. The impact of motivation extends beyond the physical aspects of sports; it influences athletes' thoughts, emotions, and interactions with teammates, coaches, and opponents. When athletes are motivated, they are more likely to put in the effort required to excel in their sport, whether it's through intense training sessions, meticulous attention to technique, or maintaining a positive mindset during competitions. Some coaches excel in understanding their athletes' individual motivations, employing effective communication techniques, and creating a supportive and encouraging team environment (Matosic et al., 2016). They know how to tap into their athletes' intrinsic desires and tailor their coaching methods accordingly, thereby maximizing their team's potential.

As a member of a team, your aim is to contribute to collective success to the best of your ability. Demonstrating dedication and motivation on the pitch can deeply influence your teammates and mold you into a player who prioritizes the team's interests. Whether you are actively participating in a match or refining technical skills during training, strive to be at the forefront, consistently engaged, inspiring your fellow team members, and giving your all. From an external viewpoint, your level of **commitment** can positively impact other players, encouraging them to embrace a similarly positive mindset. Cultivating positivity within the team fosters a more committed group overall, leading to eventual success. Ultimately, a team's purpose is to compete and hopefully win. As a team player, it's crucial to exhibit a desire to overcome opponents and maintain a high level of commitment and passion.

In summary, trust, passion, team culture, motivation, and commitment are fundamental components of effective sports teamwork. Together, they form the framework for cohesive and successful collaboration. Trust strengthens bonds among teammates, while passion ignites the pursuit of excellence. A positive team culture nurtures unity and encouragement, driving motivation and dedication. Ultimately, it is through these shared values that teams excel, overcoming obstacles and achieving their objectives.

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Mekanisme Pelaksanaan Program Mikrokredit di Malaysia

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Program mikrokredit di Malaysia memainkan peranan penting dalam menyediakan bantuan kewangan kepada perusahaan mikro dan individu. Ia bertujuan untuk mengurangkan kadar kemiskinan dan meningkatkan ekonomi. Mekanisme pelaksanaan pembiayaan di bawah program mikrokredit ini adalah penting untuk menjamin kejayaan mereka. Mahmood & Zahari (2021) menekankan bahawa mekanisme pelaksanaan pembiayaan yang cekap bukan sahaja mewujudkan kelebihan daya saing tetapi juga dapat memastikan prestasi perniagaan dalam program mikrokredit itu di tahap terbaik.

Untuk menangani cabaran dan meningkatkan keberkesanan program mikrokredit di Malaysia, beberapa cadangan boleh dipertimbangkan. Pertama, adalah penting untuk memperluaskan jangkauan program kepada golongan termiskin melalui mekanisme pelaksanaan pembiayaan yang disesuaikan dan intervensi bersasar (Rahman et al., 2021). Kedua, mempromosikan inisiatif mikrokredit yang khusus mengikut sektor, terutamanya dalam sektor pertanian dan luar bandar. Ia boleh memberi impak yang besar terhadap pertumbuhan ekonomi dan pengurangan kemiskinan (Debnath et al., 2019). Ketiga, memberi tumpuan kepada memperkasakan wanita melalui mikrokredit dengan menyediakan bukan sahaja sumber kewangan tetapi juga peluang untuk membuat keputusan dan kemajuan sosial (Hasan et al., 2019).

Kesimpulannya, walaupun program mikrokredit di Malaysia menunjukkan potensi dalam mengurangkan kemiskinan dan meningkatkan pembangunan ekonomi, menangani cabaran berkaitan mekanisme pelaksanaan pembiayaan melalui program program mikrokredit ini adalah penting. Dengan melaksanakan strategi yang disasarkan, inisiatif khusus mengikut sektor, dan memperkasakan wanita melalui mikrokredit, program-program ini dapat meningkatkan impak mereka dan menyumbang dengan lebih efektif kepada pembangunan lestari dalam usaha membasmi kemiskinan di Malaysia.

Rujukan

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Di Malaysia, Amanah Ikhtiar Malaysia (AIM) merupakan pemain utama dalam menawarkan mikrokredit,

Di Malaysia, Amanah Ikhtiar Malaysia (AIM) merupakan pemain utama dalam menawarkan mikrokredit, dan ia disokong oleh kerajaan (Terano et al., 2015). Walau bagaimanapun, cabaran masih wujud dalam usaha membantu golongan termiskin disebabkan oleh pelbagai kekangan (Rahman et al., 2021). Satu cabaran utama yang dihadapi oleh penyedia mikrokredit adalah keperluan untuk mengatasi jurang permintaan dan penawaran (Rahman et al., 2021). Selain itu, Debnath et al. (2019) pula menekankan kepentingan menyediakan mikrokredit kepada sektor-sektor tertentu, seperti pertanian dan kawasan luar bandar untuk meningkatkan pendapatan isi rumah dan mengawal keadaan ekonomi secara keseluruhan. Tambahan pula, Hasan et al. (2019) menegaskan bahawa program mikrokredit dapat memperkasakan wanita dengan menyediakan akses kepada sumber kewangan, meningkatkan peranan dalam membuat keputusan, dan memperluaskan rangkaian sosial.

NUR AZWANI MOHAMAD AZMIN, NURAFIDA ABDUL TALIB, NUR DALILA ADENAN,
NASIHA ABDULLAH AND NAZLIN EMIEZA NGAH

SUNNAH GAMES: METHOD OF FINDING INNER PEACE AND SERENITY

In the middle of the hectic pace of modern life, stress and anxiety seem to be companions of an individual, especially youth generations. Due to this problem, the pursuit of inner peace and serenity has become a common goal. Traditional practices that are a source of spiritual enhancement and optimism would be a significant choice to achieve this goal. Among the trending traditional practices recently, sunnah games are becoming popular among the youth, not only as a recreational activity but also as a substantial technique for cultivating inner peace and serenity. Archery, swimming, and horse riding are sunnah games that have emerged among the younger generations.

Sunnah games are a variety of activities that have been inherited through generations, according to the teachings and customs of Islam. Basic outdoor sports such as horse racing and archery are the activities that contribute more than entertainment. They also acquire the value of friendship, mindfulness, personal development, and spiritual growth.

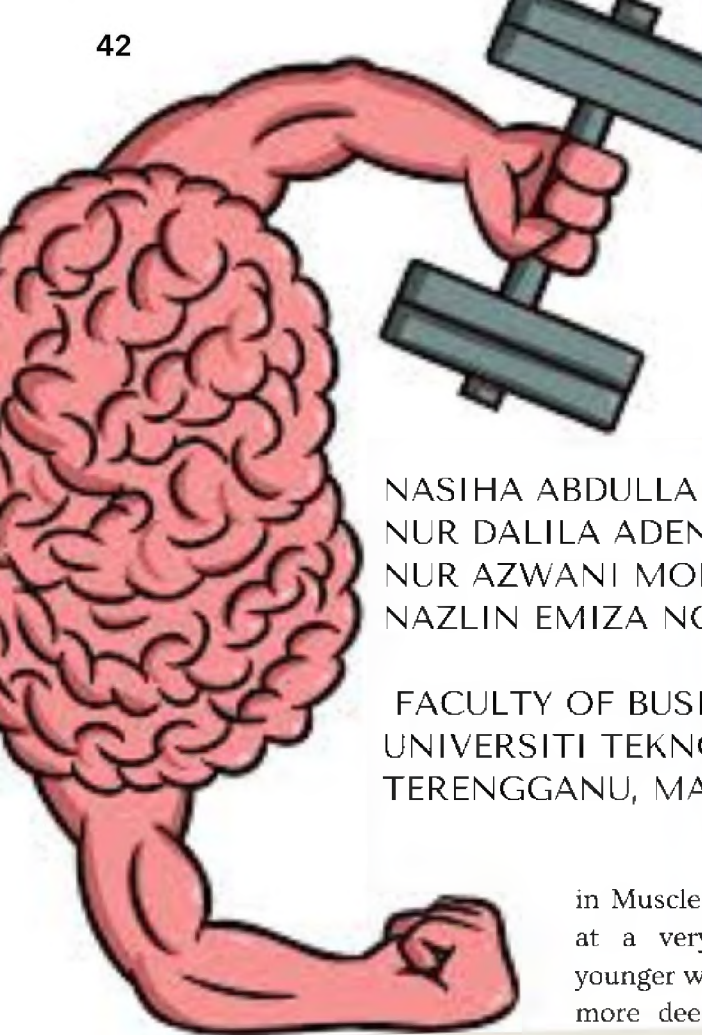
The core principle underlying the spiritual growth provided by Sunnah games is mindfulness. Active participation in these activities requires a focused presence; fading away distraction, and fully embrace the present moment. In the archery games as an example, participants are encouraged to be fully aware of their actions and the calmness of their mind will help the arrow placed at the center of the target's face. Moreover, the sunnah games protect the participants from the chaotic life, which connects to the natural world and disengages with technological devices. Individuals of all ages and at all levels can participate in these games since they are not complicated and do not require expensive equipment.

Other than that, the spiritual impact of Sunnah activities is further enhanced by their social nature. These games often bring people together, fostering bonds of friendship and unity within communities. Whether family gathering or neighbors coming together for a friendly competition, sunnah games create opportunities for momentous connections, support, and a sense of belonging.

In addition, from an individual aspect, Sunnah games also can improve self-reflect and moral lesson. Through the strategies demonstrated during the games, participants discover the reflections of good qualities such as patience, perseverance, and humility. These games not only provide entertainment but also an inspiration for individuals to adopt these qualities in their daily lives, which results in personal development and spiritual growth.

To summarize, sunnah games not only provide leisure, but also improve spiritual growth, inner peace, and mindfulness amid the chaotic world. Apart from improving good relationships in society, these games also can establish self-reflection towards the individuals' personal development. Hence, the exploration of sunnah games should be encouraged and established in the community by the authorities or organizations.





Muscle Memory

NASIHA ABDULLAH, NURAFIDA ABDUL TALIB,
NUR DALILA ADENAN,
NUR AZWANI MOHAMAD AZMIN,
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Muscle memory is a type of procedural memory that includes repeating a specific motor task in order to consolidate information into memory; it is sometimes used interchangeably with motor learning. When a movement is repeated over time, the brain develops long-term muscle memory for it, allowing it to be executed with little to no conscious effort. This procedure reduces the requirement for attention and increases the efficiency of the motor and memory systems. Many everyday activities, such as riding bikes, driving cars, playing ball sports, typing on keyboards, entering PINs, playing musical instruments, gambling, martial arts, swimming, dancing, and sketching, are using muscle memory.

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in Muscle memory begins to form at a very young age, and the younger we begin a movement, the more deeply it is buried in our brain. This is because our brains are more active at a young age, allowing for more neural connections to be formed. As we can see, this is a vital element of life, occurring on countless occasions while we are unaware of it. Multitasking would be impossible without muscle memory, and we'd almost certainly fall behind in today's fast-paced environment.

What causes muscle memory? Repeating a movement over time creates long-term muscle memory for that task, eventually allowing it to be performed with little to no conscious effort. This mechanism reduces the requirement for attention and maximizes efficiency in the motor and memory systems.

How long does it take for muscle memory? There is no single answer to how long muscle memory lasts. However, according to Gundersen's (2016) study, muscle memory can endure for up to 15 years, if not eternally. Others predict a more modest 3-6 months.

3 tips to improve muscle memory

(i) Practice good habits – muscle memory doesn't differentiate between good and bad habits, which is why it can make sense to use a coach to get you started, to ensure you are practicing the right things.

(ii) Incremental improvements – if you start off trying to box like a professional, lift heavy free weights, or trade foreign exchange contracts like an experienced market pro, you will probably crash and burn. Do not try to run before you can walk, be patient, and make incremental changes.

(iii) Little and often – while your pathways can 'remember' patterns for years, muscle memory is at its most effective through regular repetition and reinforcement, while new lessons can be retained for several months (but perhaps not permanently).

Sinergi yang baik amat penting untuk diterapkan dalam kalangan pelajar. Antara usaha yang dilaksanakan oleh Bahagian Hal Ehwal Pelajar (HEP) UiTM Cawangan Terengganu adalah dengan meletakkan syarat pelaksanaan projek Colour Run – Paint the Sky perlu melibatkan kolaborasi antara kelab Projek Colour Run – Paint the Sky telah dikendalikan oleh ahli jawatankuasa gabungan daripada empat kelab iaitu, Operations Management Society (OPEMS), Office Management Student Association (OMSA), Jawatankuasa Perwakilan Non Resident dan D Hoteliers. Jawatankuasa Penganjur telah merancang dan merealisasikan projek ini dengan sangat berjaya pada 25 November 2023 bertempat di Stadium Gemilang, UiTM Cawangan Terengganu Kampus Dungun (UiTMCTKD).

PROGRAM 'PAINT THE SKY'



Objektif program Colour Run: Paint the Sky adalah:

1. Menyatukan kelab-kelab yang terlibat dengan bekerjasama dalam menyumbang buah fikiran.
2. Merapatkan ukhuwah antara peserta-peserta yang terlibat dengan menyalurkan semangat kerjasama secara berkumpulan.
3. Meningkatkan stamina dan kecerdasan pelajar sambil berseronok dengan aktiviti yang diadakan sewaktu program dijalankan.
4. Memberi pelajar ruang untuk melepaskan tekanan.

Perancangan program termasuk pemilihan tarikh program adalah sangat mencabar kerana semester Oktober 2023 hingga Mac 2024 berada dalam fasa musim tengkujuh. Jawatankuasa penganjur terpaksa menetapkan tarikh program pada bulan November setelah meneliti tarikh bagi projek-projek kelab yang lain. Memahami hari-hari dalam bulan November adalah hari hujan. Jawatankuasa Penganjur bijak menambahkan perancangan projek dengan menyediakan set baju hujan bagi setiap peserta dan penganjur. Krea tiviti dan sinergi jawatankuasa penganjur dalam menilai, menganalisa dan membuat keputusan berkaitan isu-isu yang timbul turut dibantu oleh para penasihat.

Kejayaan projek yang terbuka kepada semua pelajar ini dapat dilihat melalui penyertaan yang diterima daripada 520 peserta yang terdiri daripada pelajar dan juga staf UiTMCTKD. Walaupun projek berlangsung pada hari hujan, komitmen peserta jawatankuasa penganjur dan para penasihat kelab amat luar biasa. Pendapatan daripada projek ini adalah RM2613.87 dan telah dibahagikan sama rata antara empat kelab yang terlibat

Penganjuran projek seperti ini dapat memberi nilai tambah kepada jawatankuasa penganjur melalui pengalaman dan kemahiran dalam aspek kolaborasi, komunikasi, perancangan, pelaksanaan, pengendalian masalah dan konflik, membuat keputusan dan penyediaan laporan projek serta laporan kewangan yang komprehensif. Semoga pelajar UiTM khususnya UiTMCT akan terus cemerlang dari aspek akademik dan bukan akademik bagi melahirkan modal insan yang berkualiti dan seimbang.



Tajul Fitri Mohd Diah, Fakulti Pengurusan Hotel dan Pelancongan
Universiti Teknologi MARA Cawangan Terengganu

An-Nurizzati Mohamad, Jabatan Perwakilan Non Resident, Bahagian Hal Ehwal Pelajar
Universiti Teknologi MARA Cawangan Terengganu

Nur Shafini Mohd Said, Nurmuslimah Kamilah Abdullah, Nurul Syahirah Saidon & Fatin Nurqistina Hasbuddin
Fakulti Pengurusan dan Perniagaan, Universiti Teknologi MARA Cawangan Terengganu

AKU, DIA DAN NICU...

Siri 8

..... Kami akan ke NICU sekurang-kurangnya sekali sehari tetapi suamiku lebih kerap ke sana berbanding aku. Rutin ini berterusan sehinggalah.....
(dari Siri 7)

.....sehinggalah aku dibenarkan keluar dari wad. Pada saat aku dibenarkan pulang, kami sudah berkira-kira untuk mencari rumah sewa berhampiran hospital supaya kami selalu dapat mengunjungi anak kami. Namun rumah-rumah sewa yang dicari tidak sesuai, ada yang jauh, ada yang tidak bersih, ada yang mahal dan macam-macam isu lagi. Akhirnya kami membuat keputusan untuk berulang-alik dari Pasir Puteh ke Kubang Kerian setiap hari atau apabila ada keperluan.

Setiap kali lawatan ke NICU, kami selalu bertanya tentang tahap kesihatan anak kami daripada doktor atau jururawat yang bertugas dan kami mengambil peluang mendapatkan khidmat nasihat daripada doktor pakar pediatrik setiap kali mereka membuat lawatan ke NICU. Memandangkan keadaan anak kami yang masih kritikal dan tidak stabil, doktor menjangkakan yang dia akan berada di NICU untuk jangka masa yang agak lama. Walau bagaimanapun, ianya bergantung kepada tahap kesihatannya, berat badannya, penyusuan dan macam-macam faktor lagi yang perlu dipertimbangkan.

Oleh sebab itu, kami terpaksa menguruskan perpindahan sekolah anak-anak kami yang lain dari Dungun, Terengganu ke Pasir Puteh, Kelantan agar mereka tidak ketinggalan dalam pelajaran dan sekurang-kurangnya keluarga kami di Kelantan dapat membantu menguruskan mereka ketika kami terpaksa berulang ke hospital.

Banyak cabaran dan dugaan yang perlu kami tempuhi dalam tempoh tersebut. Alhamdulillah sistem sokongan dari keluarga, sanak saudara serta rakan-rakan banyak membantu kami dalam menempuhi dugaan yang besar ini. Hanya Allah sahaja yang dapat membalas jasa dan kebaikan mereka dalam membantu serta memudahkan urusan kami ketika itu.

Masuk minggu kedua, keadaan anak kami masih kritikal tetapi mempunyai perkembangan yang positif. Suamiku gagahkan diri ke NICU setiap pagi selepas selesai menguruskan persekolahan anak-anak. Seperti biasa, rutিনnya untuk menghantar bekal susu, menyuapkan susu serta ubat-ubatan melalui tiub, membacakan ayat-ayat suci Al-Quran, berbual sambil memberikan kata-kata semangat, membelai, mengurut dan macam-macam lagi sehinggakan aku tidak mampu menyatakan satu-persatu dalam coretan ini. Kebiasaannya suamiku akan memperuntukkan masa lebih kurang 1 jam hingga 2 jam untuk bersama dengan anak kami pada sesi pagi. Kemudian pada sesi petang, rutинnya membawa aku pula ke NICU untuk bersama-sama dengan anak kami. Begitulah rutin kami setiap hari. Sebagai ibu dan isteri, aku tidak mampu menjadi sekuat dan setabah suamiku dalam menguruskan anak kami di situ. Namun aku bersyukur dikurniakan suami yang bertanggungjawab dan sentiasa ada di sisi di saat susah dan senang kami sekeluarga.



Pada minggu kedua itu juga, secara tidak rasminya kami perlu memberikan nama kepada anak kami meskipun belum mendaftar di Jabatan Pendaftaran Negara. Memandangkan nama itu juga doa, maka kami telah sepakat untuk memberikan nama Ariq yang bermaksud kuat, bercahaya dan/atau menyinari. Mudah-mudahan anak kami terus kuat dan sihat, InsyaAllah.

Selain itu, kami juga diajar tentang Kangaroo Mother Care (KMC) atau Penjagaan Kaedah Kanggaru oleh doktor pakar pediatrik. KMC ini adalah salah satu rawatan untuk bayi pramatang dengan menggunakan sentuhan kulit ke kulit antara ibu dan bayi. Memandangkan Ariq dilahirkan pramatang pada minggu ke-34 dengan berat yang sangat rendah iaitu 1.1kg, kaedah ini sangat digalakkan bagi merangsang tumbesaran dan perkembangannya. Meskipun ianya dinamakan sebagai KMC namun bapa juga boleh terlibat sama. Jadi kami akan bergilir-gilir selama 30 minit sehingga 1 jam atau lebih bagi setiap sesi mengikut keperluan.



Saat yang menyentuh perasaan aku apabila dapat bertentang mata dengan Ariq ketika melakukan KMC. Ariq diletakkan betul-betul di atas dada di bahagian jantung aku supaya Ariq dapat merasakan degupan jantung aku dan ini membantu mengatur suhu badan, detak jantung dan pernafasannya. Malah kaedah ini juga menguatkan lagi ikatan emosi antara ibu dan bayi serta memberikan rasa aman dan mengurangkan tekanan kepada kami berdua. Di kesempatan itu juga, aku amalkan bacaan ayat kursi dan surah-surah lazim setiap kali KMC dibuat sambil berdoa agar diberi kesembuhan kepada Ariq. Kami dapat melihat hasil KMC ini dalam tempoh 2 hingga 3 hari. Doktor pakar dan jururawat memaklumkan yang bacaan tekanan darah, kadar pernafasan dan kadar oksigen juga semakin baik selepas kami kerap melakukan KMC tersebut. Kami sangat teruja dengan berita yang positif itu dan berazam untuk menjadikan ia rutin dan dilaksanakan sekerap mungkin setiap kali ke NICU.



Kegembiraan yang tidak dapat diungkap dengan kata-kata. Doa yang tidak pernah putus buat Ariq untuk sihat seperti bayi normal yang lain. Kuatlah anakku... Aku yakin Allah akan hadirkan kita pelangi setelah hujan ribut dan badai melanda.....

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Cawangan Terengganu, Malaysia.

Mazlan Mat, Lembaga Hasil Dalam
Negeri Malaysia, Terengganu, Malaysia.

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...bersambung...

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UITM TERENGGANU – KARPAGAM ACADEMY OF HIGHER EDUCATION (KAHE): A TRIP OF CULTURAL SHARING

It was a fulfilling opportunity to share and deliver a series of sessions that encompassed all facets of Terengganu culture and lifestyle with the Exchange Students from Karpagam Academy of Higher Education (KAHE). Upon being approached by the Liaison Officer UiTM Global for UiTM Terengganu Branch, Puan Haslenna Hamdan, I had a mixture of excitement and nervousness. This was due to the fact that it was my inaugural occasion undertaking such a significant job. According to the information I received, we will be staying in Kuala Terengganu for three days and two nights. Our itinerary will be packed with numerous activities.



CULTURAL TRIP | MAY 6, 2024

May 6, 2024, is a marked date when I was first meeting them. We will start our journey on this trip by going to Kapas Island. They were very excited and I could see from their reactions that they would enjoy this trip. Dhiyanesh, one of the male students, said to me that this was his first time going to the island. He also claims that his hometown is far away from any island and does not have suitable time for his family to go there. The journey to Kapas Island starts with a box of Nasi Goreng Ikan for each one of us, it is so delicious. During the journey to Marang Jetty, my hearing was served by Tamil songs, and I enjoyed the songs. Mukesh Kumaar, the one who asks the driver to connect his phone to the radio, and he also the one who chooses plenty of Tamil songs. The journey to Marang Jetty only takes only one hour. Once we arrived at the jetty, the boat was already waiting for us. We were very excited because the weather on that day was really calm.

After an hour, we finally arrived at Kapas Island. Before we go for the main activity which is snorkeling, we decide to play around the beach first. It was exciting because they looked so excited and cheerful. Daniial claims that it was her first time going to a beach that has beautiful scenery as Kapas Island. He also said that in Tamilnadu, he lives in the mountainside. When we were happily playing in the water, suddenly I was shocked by Mukesh Kumar's voice. He shouted for help because Punith was stepping on the sea urchins. He is not able to walk properly because of the thorn still stuck in his foot. Luckily the safeguard there was very alert and responsive about our situation quickly. The safeguard or I called him "Abang Pantai" said, the thorn just needs to be crushed to be able to walk properly. There is nothing serious because the thorn will come out itself after three to four days.

After a nice day trip to Kapas Island, all of them requested to eat Indian food. The first thing that came to mind was "mamak". Luckily, we have that kind of restaurant in Terengganu. I ask the driver to drop us at Mydin Bukit Besar for dinner. There was a restaurant called Nasi Kandar Al Mubin Maju, this "mamak" already existed in 2018 and until now their business is still running well. At "mamak", they explained to me that all the foods there met the taste of Indian. They love tosai very well. Punith asked me to try his Tosai and it turned out delicious. As for me, I only tried Nasi Kandar whenever I was going to "mamak". Dhiyanesh, the one who loves tea very much, asks for Indian tea but it is not available there. So, ask him to order "teh tarik". After Dhiyanesh tried our "teh tarik" he was excited because the taste was quite the same compared to Indian tea. After that, all of them start ordering the same menu, which is "teh tarik". When we were done with the dinner, all of them came to my table and said they wanted to have breakfast, lunch, and also dinner at this "mamak" because they had been missing their lovely Indian foods for 2 weeks already. They also thanked me for introducing them to this restaurant.



Kampung Budaya Terengganu, located in Terengganu State Museum was our second destination. The student from KAHE University was introduced to Terengganu Culture. In terms of traditional buildings, costumes, foods, and also traditional games. After 3 hours of spending time learning about Terengganu Culture, we stop by Pasar Payang. They do not love Pasar Payang because of the smell of dried fish. This is because they are not a fan of processed fish. On our last day of the trip, we went to Keropok making at Perusahaan Keropok Hamdan, Tok Jembal, NACC Batik Pavilion at Chendering, and FRI Rantau Abang. It's a fun experience for them to visit and see the turtle physically because they did not manage to see the turtle during the Kapas Island trip. They also learned a lot during the FRI Rantau Abang visit, they got to know about turtle species and also the cycle of turtles. Besides turtles, there were also other marine life such as whales, dolphins, and corals. It was exciting and full of knowledge.

Lastly, I am deeply honoured and grateful for this chance. I eagerly anticipate another opportunity. As a fellow learner, I find the concept of information sharing to be extremely beneficial and significant. I anticipate the opportunity for a future occurrence.





Dart Athlete (Terengganu)

to MAKSAM Malaysia 2024

SECRETS OF DARTS:

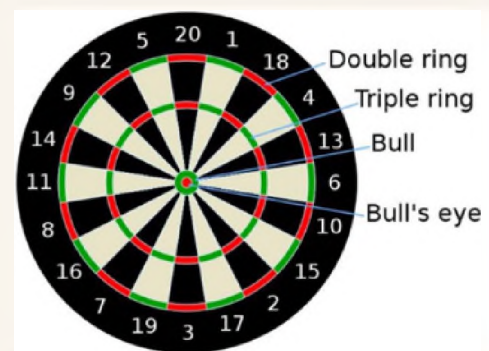
An Introductory Journey To The Sport

Nur Dalila Adenan

Faculty of Business and Management

Universiti Teknologi MARA Cawangan Terengganu

Darts, often underestimated as a casual pub game, is a sport that demands precision, concentration, and strategic thinking even though it is frequently perceived as a light-hearted game.



When the game's nuances are understood in darts competition and a good scoring strategy is implemented, it will be simple to investigate techniques to improve dart hurling accuracy, ensuring that you confidently strike your target.

Darts is a sport that involves propelling 'darts' towards a perforated target affixed to a wall. The target often comprises multiple parts with varying values. Darts has experienced exponential growth, evolving from a simple pub game to a globally acknowledged sport.

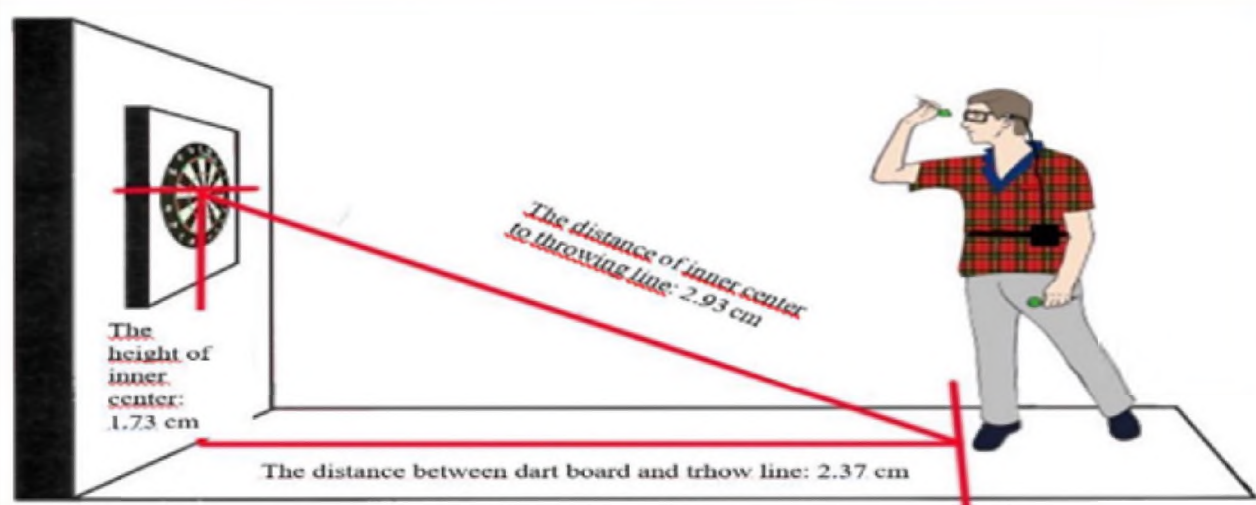
Scoring in darts is simple yet strategic. According to (Przyborowski, 2023), the red centre, known as the bull's eye, awards 50 points, whereas the green centre, known as the bull, awards 25 points. Hitting the thin inner circle, or triple ring, triples the segment's value; a treble of 18 equals 54 points. Similarly, the broader outer ring, or double ring, doubles the segment's worth, striking a double 20 yields 40 points. Finally, the large black or white fields on the board represent the points allocated to the outside parts. Understanding these guidelines is critical for improving your score in dart games.

Comprehending the scoring system in darts is a crucial element that every player must grasp. Proficiency in various rules and score computation methodologies is essential. Some of the significant methods for calculating scores include:

1. The tournament format commonly used in darts is 501/301/201 (Ötting et al., 2020). Players must achieve a specific target score (501, 301, or 201) by throwing darts at the target and subtracting the score earned from the starting value.
2. Players are required to throw their first dart into the scoring board to begin reducing their score, and they must also conclude the game by throwing their last dart into the double section on the board.
3. Checkout: This term denotes the act of concluding the game by decreasing the score to either zero or a specific low figure.

Throwing darts with precision is the key to success in the sport. Some essential steps to improve your dart-throwing skills. To enhance precision in dart throwing, it is essential to proficiently acquire a few fundamental skills. First and foremost, it is crucial to hold the dart correctly. The dart needs to be gripped firmly with three or four fingers, facing towards the target. Furthermore, achieving proper body alignment significantly improves your stability and accuracy. Orient the body towards the target, ensuring that the feet are positioned slightly apart. Subsequently, perform a seamless throwing gesture, employing both the upper limb and wrist in a cohesive action to accurately send the dart towards the target. Finally, it is important to maintain a steadfast and undivided focus with each throw, directing all attention to accurately striking the target. By amalgamating these key strategies, you will gradually augment your dart-throwing prowess and attain heightened accuracy in your game. Furthermore, studies suggest that the precision of dart throws is affected by several aspects, such as the ability to manage the duration of focused eye fixation, the alignment of the throw, and the phases of bending and straightening during the throw. These findings emphasize the significance of accurate timing and concentration at various stages of the throwing process (Şimşek & Kanat, 2021).

Şimşek & Kanat (2021), explain the schematic view of the throwing area as follows:



Darts is a game that tests more than just your physical accuracy. It also tests your mind and your ability to plan. Everyone can enjoy this sport, from beginners to pros, as long as the player knows how to score and throw the darts well. Darts is also one of a kind because it can be played anywhere, from the game room to your own home. So, darts are a fun sport to try anywhere.

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Angkor Wat:

The Most Impressive Religious Monument

Angkor Wat is a complex of temple buildings located in Cambodia, known as one of the largest religious monuments in the world. This temple complex was constructed in the early 12th century (1113-1149) as a state temple by King Suryavarman II in Yasodharapura, now known as Angkor, the capital of the Khmer Kingdom. The Angkor Wat temple complex comprises over a thousand buildings and is one of the most significant archaeological sites in Southeast Asia. With the artistic beauty of ancient architecture, this temple was designated as a World Heritage Site in 1992 by UNESCO. Furthermore, this historic temple also emerged as a finalist in the Seven Wonders of the World as designated by the New Open World Corporation (NOWC).

Originally a Hindu temple dedicated to Lord Vishnu, this edifice of royal patronage, established by King Suryavarman II, has undergone a religious transformation to a Buddhist temple towards the end of the 12th century. The national flag of Cambodia prominently displays Angkor Wat, a symbol of the country that has great cultural significance. This imposing temple complex is a major draw for tourists visiting Cambodia and represents the nation's architectural and historical legacy.

A trip to Cambodia is considered incomplete without a visit to Angkor Wat. This majestic temple, a source of national pride for Cambodia, is replete with fascinating facts. Among them, Angkor Wat stands out as the largest religious monument in the world, covering an area of over 400 hectares or 1.6 km². Since around 1850, the illustrations of Angkor Wat have been featured on Cambodia's national flag, reflecting the deep pride Cambodians hold for this ancient monument. In the Cambodian language, known as Khmer, 'Angkor' means 'city' or 'capital', and 'Wat' means 'temple ground'. Thus, 'Angkor Wat' translates to 'City of Temples'. Angkor Wat is associated with two different religions. Initially, Angkor Wat had been constructed as a Hindu temple dedicated to God Vishnu, breaking the tradition of previous kings who have worshipped Shiva. Gradually, it transitioned into a Buddhist temple towards the end of the 12th century and continued to be a place of worship to this day.

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Approximately, five million tons of sandstone have been used in the construction of Angkor Wat. History suggests that this sandstone has been sourced from the sacred mountain of Phnom Kulen, located about 50 kilometers or 31 miles from the temple site. According to historians' estimates, these sandstone blocks have been transported by using canals and floated down the Siem Reap River on rafts. Inscriptions indicate that 6,000 elephants and 300,000 labourers have been used in the estimated 35 years it took to build Angkor Wat. There are thousands of reliefs adorning the temple walls that tell stories. These carved reliefs depict important characters and gods from the Buddhist and Hindu faiths, together with pivotal moments from their respective story traditions.

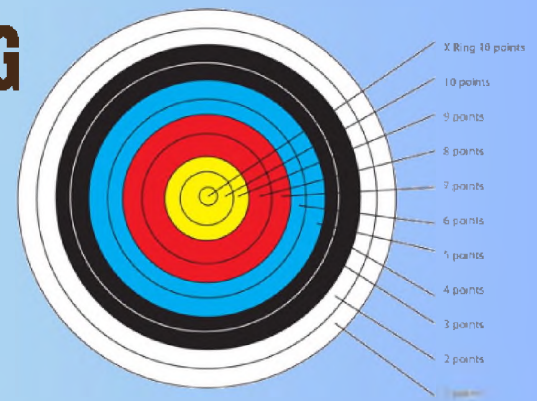
Those who enjoy art and architecture may find additional enjoyment in seeing these historical ruins. Those who have seen Angelina Jolie's action and adventure Tomb Raider movie may also recognise Wat Ta Prohm as one of the featured temples. Trip to Angkor Wat starts from Siem Reap, a vibrant city in Cambodia. Situated just under 10 miles (about 16 kilometers) from Siem Reap, you can reach the park by hiring a private tour bus, riding a bicycle, or taking a tuk-tuk. Hiring a private guide is quite affordable and offers you a unique insight into the temple.

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AN INTRODUCTION TO THE SCORING SYSTEM IN ARCHERY COMPETITIONS: UNDERSTANDING ASSESSMENT AND POINTS



In the archery arena, efficiency and accuracy are the main aspects that determine the success of an archer. With competitors using a variety of bows such as recurve and compound, as well as shooting at five-coloured targets, each shot becomes a crucial decision that affects the overall score. This article explains how the archery scoring system works in international competitions and how the scores are obtained based on the position of the arrow on the target. The archery event scoreboard is a tool used to record and show the number of points obtained by the participants in the shooting session (Qohar et al., 2023).

It usually consists of several parts that are important to accurately measure the performance of participants.

Target Levels: The scoreboard will have targets consisting of several different levels or sections. Each level is usually given a different point value and indicates a different level of difficulty. This target can be in the form of a circle with the value of points written in it or may be symbolised by different colours.

Score Indicator: There is an indicator or score indicator that shows the total number of points that have been obtained by the participants. This score indicator is usually located above or next to the target, and it will be moved up or down to record the number of points gained with each shot.

Colour Code: Sometimes, the scoreboard also has a different colour code for each part of the target. These colours help participants to identify each part of the target and the associated point value.

Additional Information: Some scoreboards may also display additional information such as participant names, target numbers, or other information related to the event or competition.

The archery event scoreboard is important to keep an accurate record of the participants' performance and to ensure that the results of the archery event can be correctly verified. It also helps participants to know their performance and to adjust if necessary, during training sessions or competitions. In archery events, the colours on the scoreboard are usually used to show the value or total points earned by the participants. Each colour represents a different value and is usually adapted to the level of difficulty or target distance. Archery target faces consist of ten concentric circular rings, where the innermost ring has a value of 10 points and the outermost ring holds a value of 1 point (Phang et al., 2023).

It is important to remember that the point value for each colour and part of the target can vary between different archery events. It can also change based on the rules and ratings of each competition. Therefore, participants need to clearly understand the rules and evaluations related to the scoreboard at each event they participate in.

The following is an explanation of the commonly used colours and the corresponding number of marks:

White: The colour white often represents the outermost part of the target. Usually, these white circles give the lowest number of points, or sometimes no points at all. This may occur in certain event formats, where arrows that hit the white are not considered valid or may be given a very low value, such as one or two points.

Black: The black part is often inside the white circle and represents a slightly smaller or more difficult target. Usually, the point value for the black side is slightly higher than the white side. For example, the black side may be worth two or three points, depending on the rules of the event and the decision of the organisers.

Blue: The colour blue usually represents a deeper target or the centre of the target. The point value for the blue part may be higher than the white or black part. This is because deeper targets usually show higher accuracy, and participants are considered to perform better if they are able to hit this part. The point value for the blue section may range from four to six points.

Red: The red part usually represents a deeper target and may be the most important part of the target. Red targets often give the highest point value on the scoreboard. The point value for the red section is usually the highest, and it may award six to ten points, depending on the rules of the event and the judging of the judges.

Yellow: The colour yellow may not be widely used in all scoreboards but is sometimes used to mark a specific part of the target that gives a moderate amount of points. The point value for the yellow section may be somewhere between the blue and red sections, perhaps giving around five to seven points.

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KELAS ONLINE VS OFFLINE MANA YANG LEBIH EFEKTIF?

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Kelas Online Versus Kelas Offline . Mana yang menjadi pilihan anda? Apakah perkara yang paling penting yang perlu anda ingat apabila memilih salah satu daripada perkara tersebut?

Bermula zaman Pandemik Covid19, aktiviti pengajaran dan pembelajaran melalui dalam talian telah menjadi popular di kalangan masyarakat. Pembelajaran dalam talian merupakan alternatif terbaik yang boleh digunakan oleh mana-mana institusi pendidikan untuk melakukan aktiviti pengajaran dan pembelajaran (PnP) kepada pelajarannya.

Walau bagaimanapun, terdapat ramai yang meragui kaedah pembelajaran ini kerana mereka merasakan bahawa kaedah pembelajaran di dalam kelas secara langsung tetap lebih efektif. Kaedah dalam talian ini dianggap tidak memberikan hasil yang baik kerana proses pembelajaran hanya berjalan satu hala. Namun, adakah ini benar? Pada pendapat anda, kaedah pembelajaran mana yang sebenarnya lebih baik untuk dijalankan?

Tiga faktor utama yang mungkin menjadi penyumbang kepada perbezaan antara kelas dalam talian dan kelas bersemuka adalah:

1. INTERAKSI DAN KOMUNIKASI

Di kelas bersemuka, interaksi antara tenaga pengajar dan pelajar serta sesama pelajar sendiri biasanya secara lebih langsung dan spontan. Di samping itu, pembelajaran bersemuka juga dapat mewujudkan hubungan interpersonal yang lebih kuat.

Bagi kelas dalam talian pula, interaksi pelajar dan tenaga pengajar kerap berlaku melalui platform digital seperti panggilan video, forum diskusi, atau mesej dalam talian. Penerimaan kepada medium digital ini memerlukan kemahiran teknologi untuk berkomunikasi dan berinteraksi dengan berkesan. Ini termasuklah keupayaan untuk menggunakan alat komunikasi dalam talian iaitu dalam bentuk pelbagai format bahan pembelajaran digital. Oleh itu, bagi sesetengah pelajar, proses penerimaan kelas dalam talian mungkin memerlukan sedikit waktu dan usaha untuk merasakan keberkesanannya dalam penggunaan medium digital tersebut.

2. CAPAIAN BAHAN PEMBELAJARAN PELAJAR

Untuk kelas dalam talian, bahan pembelajaran biasanya disediakan dalam bentuk format digital yang boleh diakses oleh pelajar dari mana-mana secara atas talian. Sebaliknya, untuk kelas bersemuka pula, bahan pembelajaran mungkin disampaikan secara langsung dan bergantung kepada bahan cetak atau papan tulis.

3. FLEKSIBILITI DAN KEMUDAHAN

Kelas dalam talian sering menawarkan kelebihan dari segi fleksibiliti waktu dan tempat. Pelajar dapat mengakses bahan pembelajaran dan berinteraksi secara atas talian tanpa perlu hadir secara fizikal di lokasi tertentu. Tambahan pula, kelas dalam talian juga menyediakan rekod pembelajaran yang dapat diakses kembali untuk rujukan masa depan. Walaupun demikian, kelas bersemuka mungkin memberikan pengalaman belajar yang lebih terikat kepada jadual tetap dan pengajaran langsung.

Dalam menentukan kelas yang paling sesuai untuk anda, perkara paling penting adalah untuk mempertimbangkan kaedah PnP anda, fleksibiliti waktu dan tempat, dan keadah yang lebih sesuai untuk PnP anda.

Seiring dengan itu, satu hal yang paling penting dalam setiap proses PnP adalah motivasi dan komitmen anda sendiri. Tanpa motivasi dan komitmen yang tinggi, baik kelas dalam talian mahupun kelas bersemuka mungkin tidak dapat memberikan hasil yang optimal. Oleh itu, memilih kaedah PnP yang dapat memenuhi keperluan anda adalah sangat penting.

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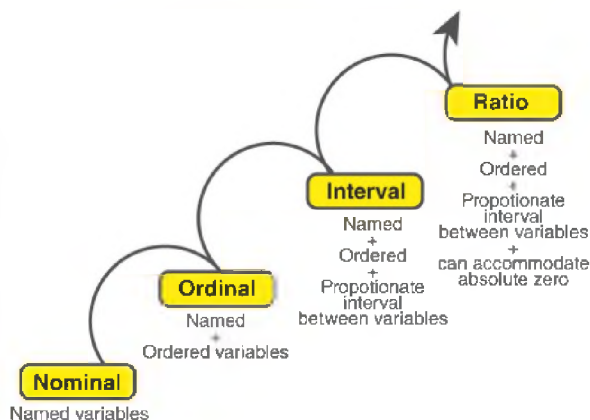
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LEVEL OF MEASUREMENTS AND DATA ANALYSIS

“ There are four major types of levels of measurement or also known as types of scales, which are nominal, ordinal, interval, and ratio “

Designing a set of questionnaires is a very challenging task. We need to understand the concepts before rendering the abstract concepts to their dimensions and elements. The forward and backward thinking skills must be seen in a comprehensive view. The expected information aligned with the study objectives could guide the researcher in rendering the abstract concepts.

How we design questions will lead to specific types of data, whether categorical or numerical. The properties of data types will lead to what kind of analysis we can run. There are four major types of levels of measurement or also known as types of scales, which are nominal, ordinal, interval, and ratio.



When using nominal scale, the form of data collected is category data. The data can be grouped into places, faculties, campuses, brands, gender and many more. Usually, can compute mode but cannot compute mean for such data.

To conclude, the “power” of scales from basic analysis to inferential analysis increases ascendingly from nominal to ordinal, ordinal to interval, and interval to ratio. The most “powerful” scale is the ratio scale. Hence, we need to carefully plan the types of scales that we need to use, or else we need to put more effort into data handling. The worst scenario is we need to revise the objectives because the data that we have is not suitable for inferential analysis.

Ordinal scale has the property of nominal scale (group/category) but is extended to “ranking”. The scale can be ranked into “poor”, “good”, “better”, and “best”. Even though the ranking can show from ascending or descending order, we cannot measure how much different from “poor” to “good”, from “good” to “better” or from “better” to “best”. The measure of central tendency for this data is median, but some scholars do compute mean.

Data collected from interval scale can be grouped, ranked, and extended to be able to measure the difference from one value of scale to another value of scale. Some scholar mentioned the Likert Scale as ordinal scale, however the characteristic of Likert Scale using values as 1 (strongly disagree), 2 (disagree), 3 (neutral), 4 (agree), and 5 (strongly agree) consistent with characteristic of interval scale. Meaning that, the difference between 1 and 2 is one, 2 and 3 is one, 3 and 4 is one, and 4 and 5 is 1. The measure of central tendency (mean, median, mode) and measure of dispersion (variance, standard deviation) can be applied. On top of that, since the mean value will lead to decimal points of data, some inferential statistics can be applied onwards.

The ratio scale possesses properties of the first three scales and is extended to be able to measure the proportion of the differences. Zero is valued as zero and can have a decimal, usually computing the average from the interval scale ends up with the ratio scale as well. Therefore, despite descriptive statistics, we can run inferential statistics for such data.

MENJEJAKI KEINDAHAN GUNUNG BROMO: PENGALAMAN MEMUKAU DI TANAH JAWA

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Indonesia, sebuah negara yang mampu menarik jutaan pelancong dari seluruh dunia dengan kepelbagaian alam semula jadi dan pemandangan yang menakjubkan. Di tengah-tengah keindahan alam yang menakjubkan ini, terletaklah Gunung Bromo, sebuah destinasi yang terkenal dengan kecantikan dan keunikan landskapnya. Saya bersama beberapa orang rakan telah memutuskan untuk mengembara ke Jawa Timur yang terletaklah Gunung Bromo sebagai destinasi pelancongan kali ini.

Perjalanan kami bermula dari Surabaya, ibu kota Jawa Timur, satu kota yang tidak pernah kami jejak di salah satu negara terbesar di Nusantara ini. Dari sana kami menaiki kenderaan dan perjalanan dari Surabaya ke kota Malang mengambil masa lebih kurang tiga jam. Selibanya di kota Malang yang terkenal dengan bandar pendidikan, menurut pemandu kami, di mana terdapat banyak universiti di bandar ini, kami mendaftar masuk ke hotel dan berehat sebelum meneruskan perjalanan ke gunung untuk menikmati keindahan pemandangan matahari terbit.

Tepat jam 12 tengah malam, kami bergerak melalui jalan raya berliku-liku menuju ke Bromo. Ketibaan kami disambut dengan udara yang sangat sejuk dan segar. Pendakian kami diteruskan dengan menaiki jip yang dipandu oleh pemandu yang handal dengan jalan berliku dan sempit. Seawal pukul empat pagi, kami tiba di Penanjakan untuk menunaikan solat subuh sebelum meneruskan pendakian untuk melihat matahari terbit. Perjalanan yang agak berliku dengan udara yang sejuk berjaya kami harungi, untuk menunggu matahari terbit di puncak setinggi 2,767 meter. Tapi sayangnya, disebabkan hari selepas hujan, pemandangan matahari terbit tidak dapat dilihat kerana diselubungi oleh awan dan kabus tebal. Sambil menunggu hari cerah, kami juga sempat menikmati kopo dan jagung manis sebelum menaiki jip turun menuju ke kaki gunung.

Seterusnya, kami meneruskan perjalanan ke Gunung Bromo. Gunung Bromo adalah salah sebuah gunung berapi dengan ketinggian 2,329 meter di atas permukaan laut yang masih aktif dan terkenal sebagai kawasan pelancongan di Jawa Timur.

Setelah sampai di kaki gunung Bromo dengan jip yang disewa, pelancong boleh mendaki gunung dengan berjalan kaki atau menaiki kuda dengan kadar bayaran IDR150,000 pergi balik. Kami memutuskan untuk berjalan kaki sahaja untuk mendaki gunung untuk melihat kawah. Kami menelusuri perjalanan yang berbukit dan menaiki 250 anak tangga untuk sampai ke puncak. Setelah beberapa kali berhenti untuk melepaskan lelah, akhirnya kami sampai ke puncak gunung Bromo. Pendakian berbukit yang memenatkan itu akhirnya membuahkan hasil di mana kami dapat melihat sendiri pemandangan yang sangat menakjubkan dan juga dapat melihat kawah gunung berapi yang masih aktif. Kami sangat mengagumi ciptaan Allah yang Maha Kuasa yang tiada di Malaysia. Betapa beruntungnya kami berpeluang menikmati pemandangan ini.

Di lereng puncak gunung, kedengaran bunyi di bahagian dalam kawah yang mengandungi sulfur dioksida atau belerang, menggelegak dengan kecerunan yang sangat berbahaya. Menurut pemandu pelancong kami yang dikenali sebagai Abi, belum ada kecelakaan yang berlaku setakat ini di puncak ini. Abi juga memaklumkan bahawa terdapat satu upacara tahunan yang melibatkan seluruh penduduk di kawasan Bromo, tanpa mengira anutan agama, membawa hasil tanaman ke kawah untuk dikorbankan. Ini adalah kerana mereka menganggap Gunung Bromo adalah gunung suci. Jumlah hasil tanaman yang dibawa adalah mengikut kemampuan masing-masing. Mereka akan mencampakkan hasil tanaman tersebut ke dalam kawah mengikut kepercayaan masing.

Walaupun perjalanan ke Bromo sangat berdebu, tapi tidak terasa jauhnya, kerana keindahan pemandangannya yang sangat luar biasa dengan udara yang dingin dan segar. Keputusan yang dibuat dalam masa yang sangat singkat bukanlah satu keputusan yang dikesali kerana kami dapat menikmati pengembaraan yang tidak pernah kami idamkan sebelum ini. Kami bercita-cita untuk kembali ke Malang untuk melawati tempat-tempat menarik yang tidak sempat dilawati pada kali ini. Semoga rezeki berpihak kepada kami pada masa akan datang.



BERGAYA JANGAN SAMPAI MERANA: MENGURUS KEWANGAN SECARA BIJAK DI ERA MODEN.

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Gaya hidup adalah satu aspek penting dalam kehidupan manusia, terutama di kalangan golongan muda yang seringkali ingin mengekspresikan diri dan menunjukkan identiti mereka melalui pakaian, kereta, atau perhiasan. Namun, dalam usaha untuk mengejar gaya hidup yang diimpikan, ramai yang terjebak dalam perangkap hutang yang boleh merosakkan kewangan mereka.

Hutang bukanlah satu perkara yang perlu ditakuti sepenuhnya. Dalam beberapa situasi, hutang boleh menjadi alat yang berguna untuk mencapai matlamat kewangan jangka panjang seperti membeli rumah atau pembiayaan pendidikan yang lebih tinggi. Namun, apabila hutang digunakan secara tidak bijak untuk memenuhi kehendak sementara tanpa mempertimbangkan kemampuan untuk melunaskan, ia boleh membawa kepada kesan negatif yang serius.

Salah satu faktor utama yang mendorong golongan muda untuk berhutang demi bergaya adalah tekanan sosial dan pengaruh media sosial. Media sosial seringkali menjadi platform yang memaparkan gaya hidup glamor dan mewah, membuatkan ramai individu tergoda untuk meniru atau mengejar gaya hidup yang sama tanpa mengambil kira realiti kewangan mereka sendiri.

Namun, penting untuk diingat bahawa realiti di sebalik imej yang dipaparkan mungkin tidak semurah yang kelihatan. Selain tekanan sosial, kurangnya kesedaran kewangan juga merupakan punca utama mengapa ramai golongan muda terjebak dalam perangkap hutang. Tanpa pengetahuan yang mencukupi tentang bagaimana menguruskan kewangan secara bijak, mereka mungkin terlalu mudah meminjam wang tanpa memikirkan risiko yang terlibat atau impak jangka panjang terhadap keadaan kewangan mereka.

Bagi memastikan bahawa gaya hidup yang diimpikan tidak menyebabkan merana kewangan, adalah penting untuk mengambil langkah-langkah berikut:

1. Membuat Anggaran Kewangan: Mulakan dengan menilai pendapatan dan perbelanjaan bulanan anda. Tetapkan had perbelanjaan untuk setiap kategori seperti makanan, pakaian, dan hiburan.
2. Hidup di Bawah Kemampuan: Elakkan daripada menghabiskan lebih daripada yang anda mampu. Sentiasa berusaha untuk menyimpan sebahagian daripada pendapatan anda untuk dana kecemasan atau pelaburan masa depan.
3. Menilai Keperluan dan Keinginan: Sebelum membuat pembelian besar, pertimbangkan sama ada ia adalah keperluan sebenar atau hanya keinginan. Jika ia hanya keinginan, fikirkan semula sebelum membuat keputusan untuk membeli.
4. Membuat Rancangan Hutang yang Bijak: Jika anda perlu berhutang, pastikan anda memahami sepenuhnya syarat-syarat hutang tersebut dan boleh mempertanggungjawabkan pembayaran ansuran bulanan.
5. Meningkatkan Kesedaran Kewangan: Teruskan untuk belajar tentang pengurusan kewangan dan pelaburan melalui bahan bacaan, seminar, atau sumber-sumber dalam talian. Ini akan membantu anda membuat keputusan kewangan yang lebih bijak.

Akhir kata, bergaya bukanlah satu kesalahan. Namun, ia menjadi masalah apabila gaya hidup yang diimpikan mengambil alih keutamaan kewangan anda dan membawa kepada masalah hutang yang sukar untuk diselesaikan. Oleh itu, adalah penting untuk mengamalkan pengurusan kewangan yang bijak dan bertanggungjawab agar gaya hidup yang diimpikan tidak membawa kepada merana kewangan. Ingatlah, kebebasan kewangan adalah kunci untuk mencapai impian sebenar anda dalam kehidupan.

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INSURAN? KENAPA PERLU MEMBAZIR...

16 tahun yang lepas, sebaik melaporkan diri bekerja di UITMCT, saya didatangi seorang agen insuran yang gigih mempromosikan pakej yang ada. Waktu itu, semua ahli keluarga dan rakan rakan menasihatkan agar tidak terpedaya dengan janji manis agen insuran. Katanya kita sebagai penjawat awam tidak memerlukan pakej insuran kerana kita ada perlindungan Kesihatan awam sehingga ke pencen. Akan tetapi agen tersebut gigih mengekori saya sehinggalah akhirnya saya terjebak dengan pakej pakej yang ditawarkan. Dengan rasa tidak redha, saya buat bayaran bulanan dengan seribu sesalan.

Masa berganti masa, sehinggalah saya dimasukkan ke hospital dan disahkan mengidap Prolapsed Intervertebral Disc (PID) atau kata lain slip disc, keadaan saya agak teruk sehingga tidak boleh berjalan dan perlu bantuan kerusi roda. Saya memilih menerima rawatan di hospital swasta yang menawarkan rawatan terbaik. Kos rawatan mencecah puluhan ribu dan perlu mengikuti rawatan susulan di pusat fisioterapi terpilih. Dari disini baru lah saya nampak kelebihan memiliki insuran perubatan dan nyawa yang banyak membantu memberi keselesaan semasa rawatan.

Walaupun mungkin ada pandangan negatif tentang insurans sebagai perbelanjaan tambahan, tetapi kebaikan yang didapati daripadanya sering kali melampaui kos yang dikeluarkan. Di bawah ini, kita akan melihat beberapa kebaikan utama insurans yang mungkin akan membuat anda mempertimbangkan untuk mendapatkannya.



Kesimpulannya

Insurans bukanlah sekadar tambahan kos, tetapi pelaburan dalam ketenangan fikiran dan kesejahteraan kewangan masa hadapan. Mkipun begitu pilihan di tangan masing masing. Bukan semua orang berpendapat yang sama dengan penulis. Raikan perbezaan pendapat insyaallah harmoni.

1. Perlindungan Kewangan

Satu-satunya jaminan dalam hidup adalah ketidakpastian. Insurans memberikan perlindungan kewangan dalam kes kecemasan seperti penyakit serius, kemalangan, atau kematian. Dengan insurans, anda dan keluarga anda dilindungi daripada beban kewangan yang mungkin terjadi dalam keadaan yang sukar.

2. Menjaga Kesejahteraan Keluarga

Insurans menyediakan jaminan bahawa keluarga akan terlindung dalam kes-kematian yang tidak dijangka. Insurans hayat, sebagai contoh, memberikan manfaat wang tunai kepada ahli keluarga yang ditinggalkan, membantu mereka menangani keperluan kewangan tanpa anda di sisi mereka.

3. Penyembuhan Kesihatan yang Lebih Baik

Dengan insurans kesihatan, lebih mudah untuk mendapatkan rawatan perubatan yang diperlukan tanpa perlu risau tentang kos yang tinggi. Ini boleh membantu kita dan keluarga untuk menguruskan kesihatan dengan lebih baik, termasuk pemeriksaan berkala dan rawatan yang diperlukan.

4. Perlindungan Harta Benda

Insurans tidak hanya melindungi diri anda dan keluarga, tetapi juga harta benda. Insurans hartanah dan kenderaan dapat memberikan penggantian kewangan dalam kes kemalangan, kebakaran, atau kejadian yang merosakkan harta benda anda.

5. Meningkatkan Ketenangan Fikiran

Mempunyai insurans memberikan rasa aman dan ketenangan fikiran. Kita tidak perlu bimbang tentang apa yang akan terjadi jika sesuatu yang tidak dijangka berlaku. Sebaliknya, kita boleh fokus pada kehidupan sehari-hari dengan keyakinan bahawa anda dilindungi.

Contoh-Contoh Insurans di Malaysia

- 1. Insurans Hayat:** Syarikat-syarikat insurans seperti Prudential, Great Eastern, dan AIA menyediakan pelbagai produk insurans hayat yang meliputi perlindungan kematian, penyakit kritikal, dan simpanan jangka panjang.
- 2. Insurans Perubatan:** Insurans perubatan dari syarikat-syarikat seperti Allianz, AXA Affin, dan Etiqa menawarkan perlindungan perubatan yang meliputi kos rawatan hospital, pemeriksaan kesihatan, dan kemudahan-kemudahan perubatan lain.
- 3. Insurans Kenderaan:** Insurans kenderaan dari syarikat-syarikat seperti Takaful Malaysia, Berjaya Sampo, dan Zurich menyediakan perlindungan bagi kenderaan anda daripada kemalangan, kecurian, dan kerosakan.
- 4. Insurans Hartanah:** Insurans hartanah seperti yang ditawarkan oleh syarikat-syarikat seperti Lonpac, MSIG, dan Tokio Marine menyediakan perlindungan bagi harta benda seperti rumah dan hartanah perniagaan daripada risiko seperti kebakaran, banjir, dan pecah tanah.

USEFUL INFORMATION IN CHOOSING *Robo-Advisors*

Robo-advisors or digital unit trusts are a growing sector in Malaysia, but they are experiencing tremendous growth due to the strong need for affordable and automated portfolio management solutions. The concept of robo advisors has garnered significant interest in recent years, mainly because of the increasing number of robo advisor providers in Malaysia's financial industry (Ruslan et al., 2022).

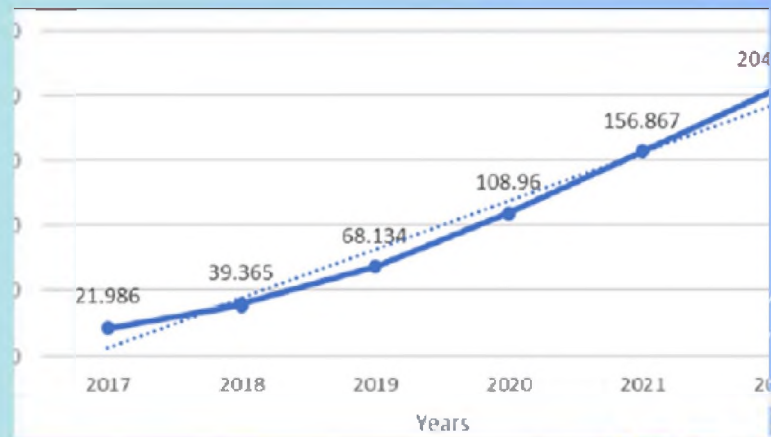


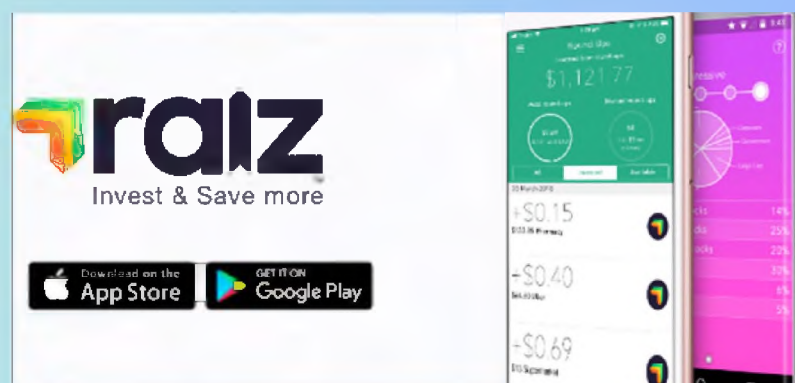
Figure 1. Users of robo-advisors globally

A recent report by Statista shows a steady and incremental increase in the utilization of robo-advisors globally from 2017 to 2022, as depicted in Figure 1 by (Gan et al., 2021).

The implementation of robo advisors in Malaysia has been approved by the Securities Commission Malaysia (SC) by introducing the Digital Investment Management Framework in May 2017. This initiative was the first attempt by digital investment advisors to promote the use of digital technology in the Malaysian capital markets. Malaysia's robust and flourishing fund-management business makes it a rational and forward-thinking advancement. Robo-advisors are online platforms that employ algorithms to provide consumers with investment advice and oversee their investment portfolios (Bhatia et al., 2021). Robo-advisors are a prevalent form of automated service in this domain. They employ machine learning and algorithms to evaluate a client's risk tolerance and oversee their assets.

At present, there are approximately nine robo-advisory platforms in Malaysia that offer distinct features but share the goal of reducing annual fees, compared to traditional unit trust consultants that impose fees of up to five per cent. Table 1 depicts the comparison of robo advisors' fees in Malaysia.

How to start? Firstly, users or potential investors need to choose which platform suits their investment preferences. Later, users or potential investors need to download the application from a smartphone for that chosen robo-advisory platform, or they can also operate through websites. Refer to the following image to make sure to choose the exact platforms.



After downloading the selected platform, we may start to answer the questions based on the investment preferences. The platform will suggest a suitable investment plan, and we can start to deposit the amount of preferable investment into the platform. It may take three to five working days to be approved by the providers. We also can tailor the suggested investment plan later if we want to change the target investment outcomes in the future. And now we are free to enjoy the dividend or bonus based on the performance of the funds selected. Remember that robo-advisory investment is a type of medium to long term investment. But sometimes it may offer short term fruitful returns if the funds are performing well in the market.

Table 1. Comparison of robo-advisors' fees in Malaysia

Robo-advisor	Launched	Annual fees	Annual fund expenses	Minimum initial investment
StashAway	2018	0.2% - 0.8%	0.04% - 0.8%	Nil
Wahed Invest	2019	0.39% - 0.79%	0.5% - 0.92%	RM100
MyTHEO	2019	0.5% - 1%	0.04% - 0.8%	RM100
AkruNow	2020	0.2% - 0.7%	0.03% - 0.13% (ETF) 0.3% - 0.5% (UT)	Nil
Raiz Invest	2020	RM1.50 per month (below RM6,000) or 0.3% (above RM6,000)	1%	RM5
Kenanga Digital Investing	2022	0.3% - 0.7% (above RM3,000)	0.2% - 0.4% (ETF)	Nil
UOBAM Invest	2022	0.3%	Nil	RM500,000 (businesses only)
Airo.my	2023	0.8% - 1.2%	Nil	RM500
RIA	2024	0.3%	Nil	RM100

ETF: Exchange-Traded Funds; UT: Unit Trust

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KONSEP VENDOR TREND MASA KINI: STRATEGI JUALAN KELAB AKADEMIK (KA MART) UiTMCT KAMPUS DUNGUN



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Trend perniagaan sentiasa berubah dari masa ke semasa dan ini mempengaruhi tabiat membeli-belah pengguna. Antara perubahan dimaksudkan ialah konsep vendor dalam perniagaan. Vendor atau pembekal, merupakan elemen penting dalam perniagaan. Apa itu vendor? Menurut Kamus Dewan Bahasa dan Pustaka (Edisi Keempat), vendor bermaksud penjual atau pembekal barangan (perkhidmatan). Konsep vendor bermaksud menjual barang-barang dari peniaga lain dengan cara mengambil sewa atau komisen.

Kini, perniagaan berkonsepkan vendor kian mendapat perhatian kerana bukan sahaja berjaya menarik lebih ramai pelanggan, bahkan turut membantu peniaga kecil menjana pendapatan. Selain itu, konsep vendor ini juga turut menguntungkan pihak pemilik premis atau ruang, vendor, dan pelanggan.

Konsep perniagaan vendor amat kreatif kerana memberikan lebih banyak pilihan kepada pembeli. Konsep ini membolehkan usahawan menjual pelbagai barangan antaranya makanan, pakaian, tudung, kasut, barangan kosmetik dan banyak lagi. Ini memberikan keselesaan dan kemudahan kepada pembeli kerana terdapat pelbagai pilihan produk jualan tersedia di satu kedai sahaja, dan pembeli tidak perlu ke kedai yang berlainan pada satu-satu masa, sekaligus dapat menjimatkan masa dan tenaga pembeli.

Berikut merupakan antara faktor-faktor yang perlu dipertimbangkan bagi pemilihan vendor yang baik:

01

Mengenal Pasti Keperluan

Sebelum memulakan proses pemilihan vendor, tentukan dokumen keperluan teknikal dan perniagaan secara terperinci. Dokumen tersebut harus menyatakan dengan jelas masa dan kekerapan penghantaran perkhidmatan, tempoh kontrak, kadar maksimum dan minimum yang boleh dibayar kepada vendor dan sebagainya.

02

Senarai Pendek Vendor

Mengenal pasti vendor yang berpotensi melalui survey atau soal selidik vendor yang memenuhi keperluan perniagaan yang dijalankan

03

Perbandingan Vendor

Even if you are traveling solo, learn to socialize. Meet fellow backpackers, join group tours, or engage in local activities. Social interactions can make your journey more vibrant and enrich your experience.

Berikutan aliran perubahan perniagaan menggunakan konsep vendor ini, Biro Ekonomi Kelab Akademik UiTMCT, Kampus Dungun, mengambil inisiatif menyediakan ruang perniagaan kepada peniaga kecil-kecilan untuk menjadi vendor bagi menjual barangan mereka di Bilik Rehat Pensyarah di bangunan Intelek. Ini bertujuan menjana pendapatan tabung Kelab Akademik, selain memberi manfaat kepada para pembeli yang terdiri daripada kalangan pensyarah dan staf. Idea mencari vendor juga turut memudahkan para pensyarah dan staf untuk mendapatkan sarapan pagi dan makan tengahari, berikutan tiada kafe khusus yang disediakan untuk para pensyarah di dalam kampus. Dengan adanya jualan dari vendor ini, ianya dapat membantu menjimatkan masa para pensyarah kerana tidak perlu lagi keluar daripada kampus untuk mencari makanan, terutama dengan kekangan jadual waktu kuliah yang padat.



Melalui konsep vendor ini, peniaga akan menghantar makanan setiap hari bekerja bagi memenuhi permintaan pembeli. Antara menu makanan pagi yang boleh didapati ialah nasi goreng ikan, nasi goreng cina, nasi minyak, bihun goreng Singapore, mee lidi goreng dan laksa. Selain itu, vendor juga turut menyediakan menu makanan tengahari, antaranya nasi campur dengan pelbagai jenis lauk-pauk, nasi ayam, nasi ayam geprek dan lain-lain lagi. Bagi menambahkan variasi barangan jualan, vendor juga turut menghantar kuih-muih dan pelbagai jenis pastri. Perniagaan melalui konsep vendor ini, membolehkan pihak Kelab Akademik meraih pendapatan melalui komisen hasil barangan yang diniagakan di ruang bilik rehat pensyarah. Walaupun komisen diperolehi tidaklah tinggi, namun ianya sedikit sebanyak dapat menjana dana tabung Kelab Akademik sekaligus memenuhi objektif utama untuk memberi kemudahan kepada para pensyarah dan staf bagi mendapatkan makanan dan lain-lain keperluan ketika waktu rehat.

Inisiatif jualan melalui vendor di bilik rehat pensyarah memberi peluang kepada vendor yang terdiri dari peniaga kecil-kecilan, juga kepada para pensyarah dan staf UiTM sendiri yang berminat menjadi vendor. Secara tidak langsung, ini dapat memupuk budaya usahawan di kalangan pensyarah dan staf sekaligus menjana pendapatan sampingan buat mereka.

Selain daripada barangan yang dihantar oleh pihak vendor, Ahli Jawatankuasa Biro Ekonomi juga turut mengambil peluang menyediakan sendiri barangan jualan, sebagai contoh, pelbagai jenis minuman, snek, makanan ringan, biskut, kerepek, gula-gula, alatan menulis dan lain-lain ada dijual. Hasilnya mampu menjana dana tabung Kelab Akademik, dan boleh digunakan untuk menampung perbelanjaan kelab bagi mengeratkan hubungan silaturrahim di kalangan warga akademik dan juga seluruh warga kampus UiTMCT. Antara aktiviti yang telah berjaya dilaksanakan adalah seperti Majlis Bacaan Yasin, Majlis Berbuka Puasa dan Jamuan Hari Raya Aidilfitri. Selain itu, dana yang terkumpul ini juga turut disumbangkan kepada aktiviti pelajar, sebagai contoh diberikan kepada Unit Zakat UiTM sebagai dana tambahan untuk diberi kepada pelajar-pelajar yang layak dan kurang berkemampuan.



Dengan ini, dapat disimpulkan bahawa dengan adanya peluang perniagaan berkonsepkan vendor ini, ianya dapat menjana pendapatan kepada vendor itu sendiri, dan menambah dana kepada tabung Kelab Akademik selain dapat memberi manfaat yang baik kepada masyarakat sekeliling khususnya warga UiTMCT. Semoga peluang ini dapat menarik minat lebih ramai vendor dari kalangan peniaga kecil dan juga warga kampus sendiri, untuk bekerjasama dengan Kelab Akademik UiTMCT dalam memupuk semangat keusahawanan demi manfaat bersama.

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5 langkah semasa memilih vendor untuk kedai anda, <https://richworks.com/5-langkah-semasa-memilih-vendor-untuk-kedai-anda/>



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Scrolling Through Society: Navigating the Dual Faces of Social Media

Social media has slowly been part of our lives since the early 2000s. Back then, there were Friendster and MySpace, where users had the power to customise their social media pages, such as background, theme colour, and, interestingly, even add background music. Those were the days. Today's social media pages are more general and standardized, but the content posted could be customised into so many forms such as reels, shorts, and pictures with music, the list is endless. According to Johnson (2017), among the earliest social media examples were instant messaging (IM) services, namely ICQ (1996) and Yahoo! Messenger (1998). In Malaysia, there was the legendary MIRC (Malaysia Internet Relay Chat), which was a very popular chatroom application among youths in the middle till the end of the 1990s. We're sure most of you are familiar with these IMs, as they were the earliest form of WhatsApp, Facebook's Messenger, and Instagram's direct message as we know it today.

Many benefits could be gained from social media, be it for personal or business use. One of them is connectivity, where individuals across the globe can interact within seconds, regardless of location and time horizon. Long-lost relatives, friends, and school buddies could reconnect after many years. Communities of hobbies and interests are also blossoming in social media, where enthusiasts can gather and talk about the same interests among themselves; topics include home gardening, cars, games, movies/TV shows, locality, and many more. Information sharing is now as easy as only one mouse clicks away.

Not only that, but social media also helps small and home-based businesses grow by providing a space for free marketing and advertising. From only having physical shops, businesses nowadays must and should have social media accounts to gain new customers besides retaining existing ones. Businesses provide cash on deliveries (CoD) services; it is common now for people to buy groceries online, including fish, chicken, and vegetables, and then wait for deliveries to arrive. In such a fast-paced world, society no longer has the time to leisure around the retail shops to buy groceries.

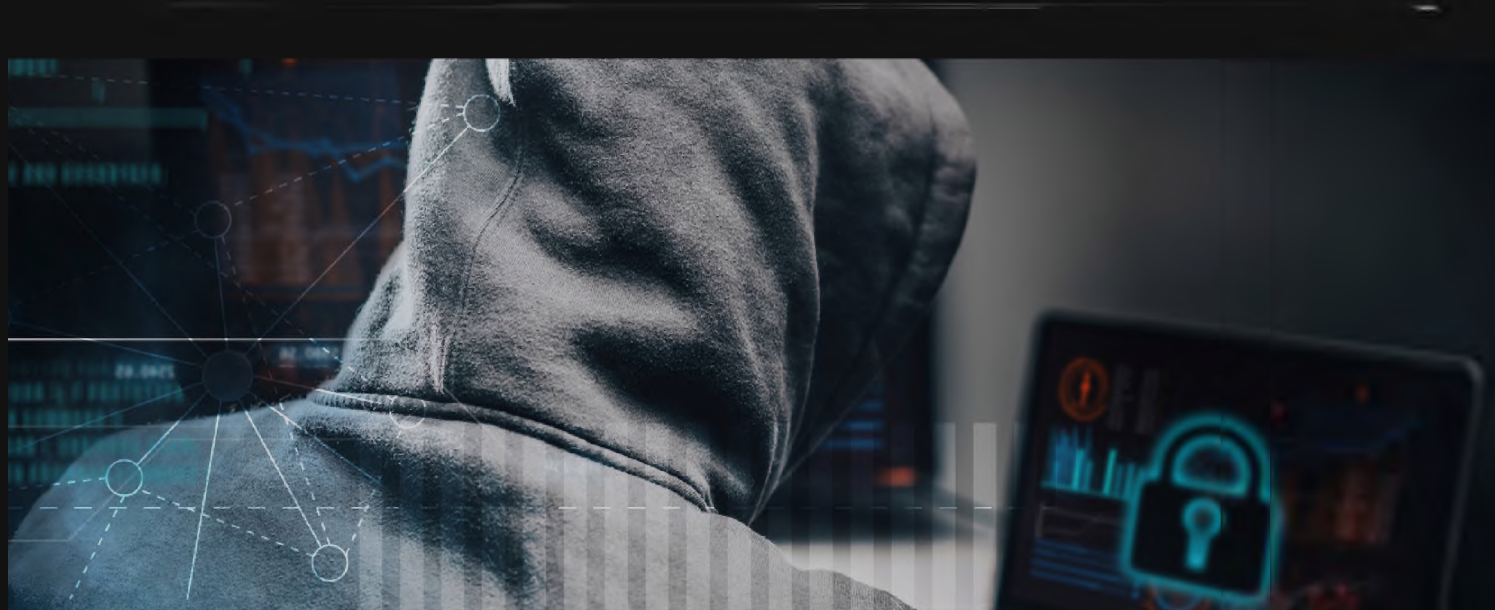
However, behind the rainbows and sunshine promised by social media usage, the technology could backlash into massive concerns when going online, especially on security and privacy, where consumers and business owners may be exposed to prevalent cybercrimes such as hackers, spammers, scammers, phishing, social engineering, virus attacks, cyberstalking, identity theft, and many more (Kaur et al., 2024). Moreover, Sharma et al. (2023) found that among the endless list of negative impacts of using social media, people are most concerned about cyber theft. It is widely known that massive volumes of user data are collected by social media sites, which raises privacy and data security concerns.

Besides that, it is worrying how social media is affecting the minds of youths nowadays. Feelings of envy, anxiety, and loneliness can all be exacerbated by excessive social media use. Self-esteem problems and bad self-perception might result from comparing oneself to the well-constructed online personas of others. The situation worsens, and now people feel they must share everything on social media, resulting in the effects of FOMO or 'Fear of Missing Out.' People who use social media frequently, such as Facebook, Instagram, Tok-tok, Twitter, Snapchat, and others, may experience anxiety that contributes to FOMO. Talan et al. (2024) exclaimed that FOMO sufferers would continuously monitor social media, follow friends' updates, follow other people's lives, and assess other people by contrasting their own lives with others to be informed and not miss anything. Ultimately, FOMO could result in anxiety, weariness, depression, or stress.

To sum up, managing the two sides of social media means being acutely aware of its influence on our lives, especially for young people. While social media brings unmatched chances for creativity, connection, and knowledge sharing, it also poses difficulties like FOMO, which can result in worry, feelings of inadequacy, and digital tiredness. Maintaining mental health in today's digital era requires an understanding of the distinction between carefully constructed online personas and real-life experiences. We can maximize social media's positive aspects while reducing its negative ones by establishing boundaries, cultivating a healthy relationship with it, and placing a higher value on real connections. These initiatives will ultimately result in a more balanced and satisfying online experience.

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THE EVOLUTION OF ENTREPRENEURSHIP

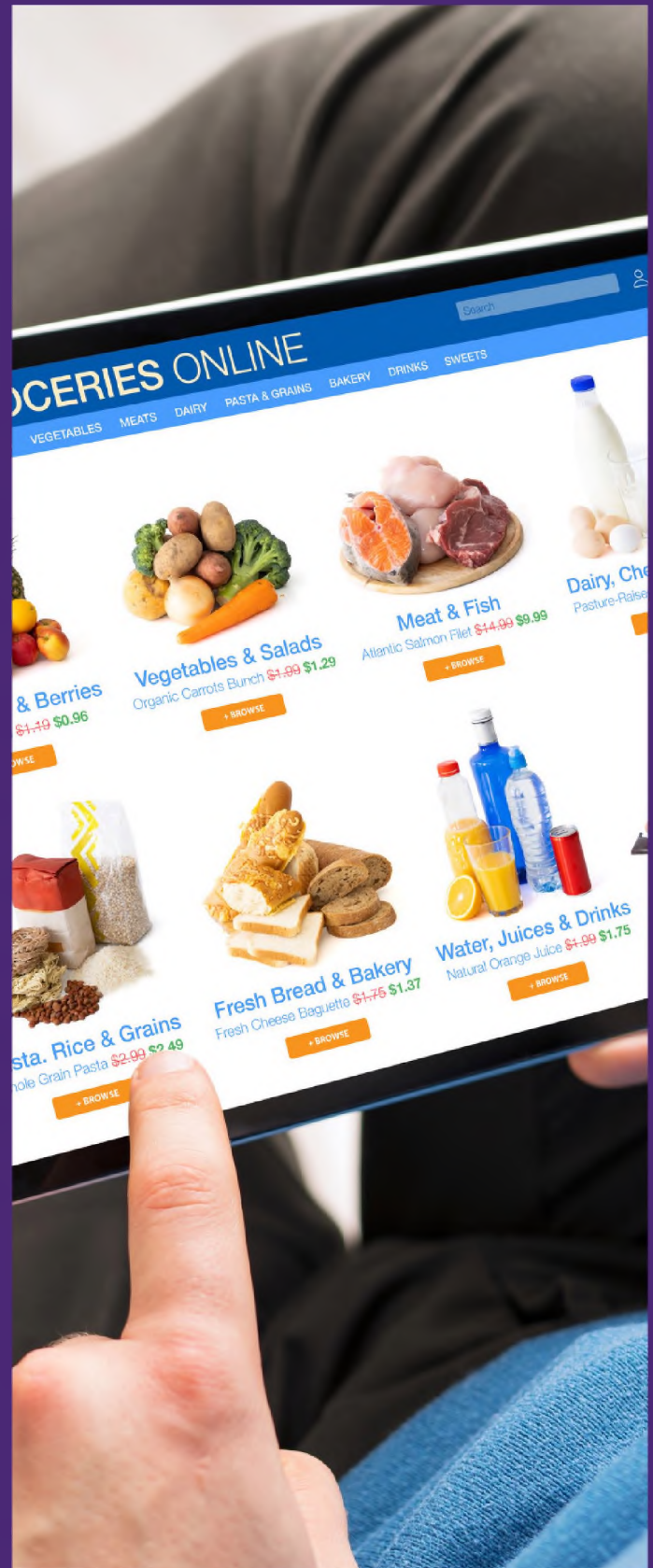
From Brick-and-Mortar to Click

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Digital entrepreneurship has become one of the forms of business in our modern world. It involves using technologies and innovations to create, develop and manage ventures (Mietule et al. 2021). These companies leverage platforms, digital technology and the internet to create value to reach customers and generate profits. The term "digital entrepreneurship" encompasses business models and industries emphasizing the use of technology to address market needs. Digital entrepreneurs exclusively operate on platforms relying on technologies to establish and sustain their businesses. This includes setting up online stores to sell products, advertising on social media platforms like Facebook, Instagram, TikTok, and utilizing software such as Google Analytics and Mixpanel to track consumer behavior patterns.

Digital entrepreneurs are of different breed compared to traditional entrepreneurs. Their popular endeavors are freelancing, such as being virtual assistants and graphic designers, or they could be podcasters, bloggers, digital merchants, online course producers, or online store managers. The flexibility to work from home, set personal work hours, and connect with potential consumers all over the world, often with cheaper overhead costs, are some of the benefits of digital entrepreneurship. Digital entrepreneurship opens up a world of cutting-edge internet company concepts. The possibilities are limitless, whether it is opening a well-known online store, developing social media followers, offering online classes, or marketing certain types of publications. However, as with any other technique of making money, there are risks involved.

There are several elements an entrepreneur needs to understand about digital entrepreneurship, and how to be a digital entrepreneur before launching a digital business (Marin & Chitimiea, 2020). Combining traditional entrepreneurial skills with digital talents is necessary to succeed as such.



Social Media Branding

A crucial component of digital entrepreneurship is social media branding. An entrepreneur needs to master certain skill sets such as the branding on social media. Social media offers a valuable tool for connecting with new clients and promoting their goods or services. Social networking is an essential instrument for public relations and personal branding. It enables anyone to connect with a broad audience, communicate with their followers directly, and create their own story. Building brand identification, trust, and customer relationships are among the many benefits it offers in addition to serving as a platform for marketing and promotion. Churning out powerful words through social media posts could directly engage and move audiences. Thus, having a strong social media presence can be crucial to their success.

Cybersecurity

As a digital entrepreneur, a person must be aware of the dangers of cyber assaults and take necessary precautions to safeguard the company and its relevant data. Businesses of all sizes may suffer serious harm from these dangers, including financial losses, reputational harm, and legal obligations. Conducting a cyber risk assessment, putting cybersecurity standard procedures into place, along with educating staff on how to spot and handle cyber threats are all necessary actions to protect any online company from cyberattacks. Besides, an entrepreneur also needs to consider cybersecurity insurance to protect the business in case of a data breach or cyberattack. Digital entrepreneurs must prioritize cybersecurity like network or cloud security because the business might solely exist online, compared to the traditional brick and mortar physical presence.

Cloud Computing

By utilizing cloud computing technologies, business owners may increase cooperation, save both money and time, and foster creativity inside their organizations. Cloud computing enables entrepreneurs to store and access data and programs online, which offer cost savings, and become more effective compared to conventional computing. By using cloud services like Dropbox and Google Drive, organizations could store documents and relevant media without having to maintain expensive hardware and facilities that take up a lot of room and space.

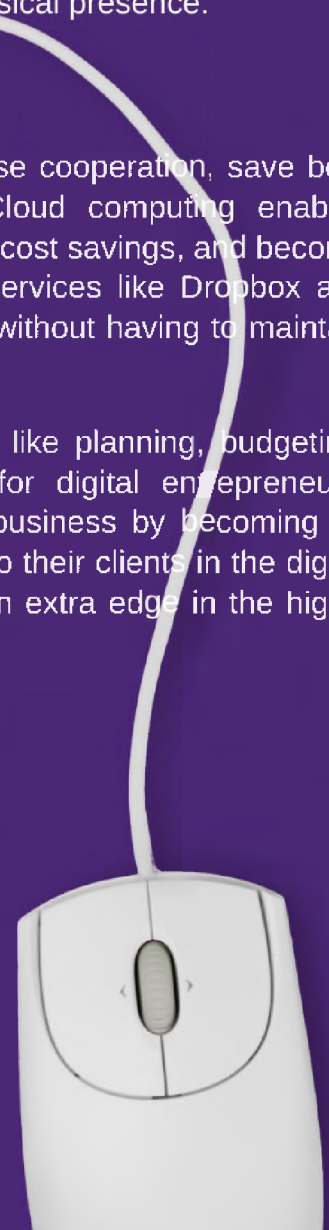
Along with these digital capabilities, traditional entrepreneurial abilities like planning, budgeting, social networking, as well as interpersonal skills are also crucial for digital entrepreneurs. Entrepreneurs may build a strong foundation for a profitable internet business by becoming an expert in these abilities. Entrepreneurs that can successfully give value to their clients in the digital age through the use of innovations and technological advances have an extra edge in the highly competitive, fast moving digital economy.

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MENILAI POTENSI PERNIAGAAN:



KENALPASTI & FAHAMI PELUANG DAN PROSPEK

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Dalam perniagaan, prospek keusahawanan timbul apabila terdapat pasaran terbuka untuk barangan dan perkhidmatan. Peluang wujud apabila masih terdapat kesempatan di mana usahawan boleh menjual barangan dan perkhidmatan yang tidak dapat memenuhi keperluan pelanggan, contohnya kerana kualiti barangan atau perkhidmatan kurang baik, mutu yang tidak memuaskan atau harganya terlalu tinggi. Selain itu ianya juga dipengaruhi oleh faktor di mana barangan atau perkhidmatan yang masih belum wujud tetapi terdapat keperluan dan permintaan dalam kalangan pengguna.

Dalam situasi ini, usahawan mesti meneliti persekitaran mereka dengan teliti, dan menilai nilai yang ada dalam diri mereka sendiri serta nilai masyarakat, untuk mengenal pasti keperluan atau keinginan pelanggan sasaran mereka. Bagaimanakah seseorang usahawan itu melihat peluang? Pada dasarnya keupayaan usahawan mewujudkan peluang merupakan kebolehan semulajadi dan mereka perlulah kreatif bagi mendapatkan peluang-peluang yang baharu. Dalam situasi dimana masyarakat menghadapi masalah, usahawan boleh melihat ianya sebagai satu peluang yang baik bagi menyelesaikan atau mengubah masalah kepada peluang dengan menawarkan produk atau perkhidmatan yang mampu memenuhi keperluan dan menyelesaikan masalah tersebut. Usahawan perlulah berfikir dengan kreatif serta berkeupayaan untuk membawa perubahan dan melakukan sesuatu yang baharu atau inovatif serta mempunyai keinginan yang kuat untuk menerajui dan berjaya dalam perniagaan.

Sebagai usahawan, ketersediaan sumber merangkumi sumber daya manusia, infrastruktur, bahan mentah serta keupayaan teknologi sangat penting untuk diambil kira. Ketersediaan sumber yang memadai dapat membantu operasi perniagaan berjalan dengan efisien. Usahawan perlu bijak untuk mengenalpasti dan menganalisa peluang-peluang yang ada dengan melihat kepada undang-undang di sesuatu kawasan, mengenalpasti kuasa monopoli serta tahap persaingan yang wujud dalam pasaran dengan menganalisa tahap persaingan dan membuat perbandingan, adakah terdapat atau wujud peluang untuk usahawan memasuki pasaran tersebut, dan menganalisa modal atau risiko yang mungkin wujud.

Selain daripada itu, adalah penting bagi usahawan untuk sentiasa peka tentang perubahan dalam persekitaran kerana ianya akan mempengaruhi atau mengubah permintaan keperluan dalam kalangan pengguna. Sesuatu barangan yang ingin ditawarkan juga mestilah mampu mempunyai nilai keunikan tersendiri, dan mempunyai nilai tambah yang boleh membezakan produk atau perkhidmatan usahawan tersebut dengan pesaing yang sedia ada. Adalah penting untuk memastikan bahawa idea perniagaan tersebut berasaskan pengetahuan dan kemahiran yang dimiliki oleh seseorang usahawan kerana ianya merupakan satu kelebihan kepada usahawan tersebut dalam menyampai dan memberi perkhidmatan atau produk yang baik kepada pelanggan. Perubahan dalam persekitaran mampu mempengaruhi dan mencepta perubahan permintaan dalam kalangan pengguna. Justeru, usahawan perlu sentiasa peka tentang keperluan dan kehendak pengguna yang sentiasa berkembang.

Punca utama kegagalan perniagaan yang baru ditubuhkan, sering dikaitkan dengan mengejar peluang yang tidak sesuai dan tidak membuahkan pulangan yang diharapkan. Untuk mengelakkan ia berlaku, usahawan mesti berhati-hati dalam mengenal pasti peluang dan menyelaraskannya dengan kemahiran serta kebolehan mereka sendiri. Setiap perniagaan mempunyai entiti yang tersendiri dan unik. Usahawan memainkan peranan dalam mencorakkan strategi untuk memastikan ianya dapat menarik pembeli dan pengguna di dalam pasaran.

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The Quintessence of Professionalism in Lecturers

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In the ever-evolving landscape of education, a lecturer's job is more than just teaching. A lecturer helps students by being a guide, mentor, and inspiration. They shape not only their academic journey but also their professional and personal growth. Lecturer professionalism has been extensively studied, and various studies have shown that it significantly affects lecturer performance (Qurtubi, 2023).

This article delves into the key attributes that constitute a professional lecturer and illustrates how these attributes impact students and the university or college system

A DESIRE TO KEEP LEARNING

A professional lecturer is someone who wants to keep learning throughout their life. They ensure they bring relevant and up-to-date knowledge to the classroom by keeping up with the latest developments in their field. Students can learn from this commitment, which emphasizes the importance of continuous learning in a rapidly changing world. Hence, mentoring and assistance serve as effective strategies for enhancing the professionalism of lecturers (Rohman et al., 2023).

GOOD COMMUNICATION SKILLS

Proficiency in lecturers is closely linked to good communication skills. Essential skills include being able to speak clearly, listen carefully, and explain complicated ideas in a way that is easy to understand. A lecturer's communication style sets the tone for the classroom environment, fostering an atmosphere of respect and open dialogue.

VALUE DIFFERENT POINTS OF VIEW

In today's globalised world, classrooms are filled with diverse individuals. A professional lecturer welcomes and values different points of view, creating an inclusive environment for everyone. When lecturers recognize and appreciate differences, they help their students become culturally competent and open-minded.

ETHICAL CONDUCT AND INTEGRITY

Being professional means always adhering to the highest ethical standards. In their interactions with students, coworkers, and the institution, lecturers must be honest. Ethics-based behaviour builds trust and credibility, contributing to a positive learning environment.

A PASSION FOR TEACHING AND STUDENT SUCCESS

Passion is contagious, and a professional lecturer demonstrates a genuine interest in what they are teaching. This passion includes a sincere desire for students to succeed. Professional lecturers spend time mentoring, guiding, and supporting students in their academic and personal endeavours in addition to teaching. The ability to adapt to new technologies: In this digital age, a professional lecturer uses technology to make learning better. By using new ways of teaching, online resources, and interactive platforms, you show that you are flexible and ready to meet students where they are in their learning.

THE ABILITY TO ADAPT TO NEW TECHNOLOGIES

In this digital age, a professional lecturer uses technology to enhance learning. By incorporating innovative teaching methods, online resources, and interactive platforms, lecturers show their flexibility and readiness to meet students where they are in their learning journey.

A lecturer's professionalism does not just happen in the classroom. It affects everyone because it shapes the next generation of professionals and leaders. Having qualities like always learning, good communication, respect for diversity, moral behaviour, a love for teaching, and the ability to adapt are what make lecturers positive change agents in the world of education. The way they teach leaves an indelible mark on the hearts and minds of the people they teach because they are the guardians of knowledge.

A lecturer's professionalism extends beyond the classroom. It impacts everyone because it shapes the next generation of professionals and leaders. Attributes such as lifelong learning, effective communication, respect for diversity, ethical behaviour, a passion for teaching, and adaptability to new technologies make lecturers positive change agents in the world of education. The way they teach leaves an indelible mark on the hearts and minds of their students, as they are the guardians of knowledge.

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KEEP YOUR WORK AND PERSONAL LIVES BALANCED

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Approximately 58% of workers in Malaysia are experiencing burnout, while 51% of workers have an average or bad work-life balance (Employee Hero, 2022). Burnout mostly happens among professionals, especially doctors (Bhende et al., 2020), while people with poor work-life balance can be found in a variety of industries and occupations. It doesn't apply to just one kind of individual, but traits and circumstances can increase a person's risk of experiencing work-life balance issues.

Reasons for the inability to have work-life balance could vary. It may arise among workaholics or individuals who prefer work over other matters. On the other hand, people in demanding professions like healthcare will have more responsibility and longer workdays which might result in the same issue. It is also challenging for entrepreneurs to maintain a work-life balance, particularly in the early stages of starting and expanding a business. Furthermore, it may be difficult for workers to strike a healthy work-life balance if they have unreasonable expectations about their workload, deadlines, or opportunities for career growth. Even though technology and work from home are a blessing for some people in balancing between work and personal life, the boundaries are blurring. Workers are required to work from home during the COVID-19 outbreak and maintain constant internet access on computers and smartphones. Up until recently, several employers still expected workers to reply to emails and messages sent outside of regular business hours. Disconnecting from work is difficult for employees due to technology.

Consequently, burnout may result from an inability to strike a balance between work and personal life. People will experience physical and mental exhaustion, weakened performance, and a sense of disengagement from their work, even though they may not be aware of it. They have a higher risk of developing immune system deficiencies, cardiovascular illnesses, and mental health conditions like depression and anxiety. Furthermore, fatigue and burnout can affect cognitive function, decision-making, and creativity, which eventually hinders overall work performance, which could lead to a decline in productivity (Tamunomiebi & Oyibo, 2020). It is difficult for someone who is overworked and stressed to keep up good ties with their coworkers. This could sour the atmosphere at work and make cooperation and teamwork difficult.

People need to understand how crucial it is to maintain a work-life balance. Prioritizing one's family and personal affairs over work does not imply laziness or a lack of respect for one's profession. Health is the most important thing in life. Keeping a healthy work-life balance additionally provides protection against burnout and stress-related illnesses including depression, anxiety, and heart disease. Employees that get ample rest and take breaks are more rested and motivated, which boosts output. A content worker who enjoys good relationships with friends and family will be more satisfied with their employment, which will increase motivation, engagement, and pleasure at work (Shanker & Kaushal, 2022). As a result, workers will feel more appreciated and supported at work and will have less stress in overall.

People need to understand how crucial it is to maintain a work-life balance. Prioritizing one's family and personal affairs over work does not imply laziness or a lack of respect for one's profession. Health is the most important thing in life. Keeping a healthy work-life balance additionally provides protection against burnout and stress-related illnesses including depression, anxiety, and heart disease. Employees that get ample rest and take breaks are more rested and motivated, which boosts output. A content worker who enjoys good relationships with friends and family will be more satisfied with their employment, which will increase motivation, engagement, and pleasure at work (Shanker & Kaushal, 2022). As a result, workers will feel more appreciated and supported at work and will have less stress in overall.

The willingness to maintain a healthy work-life balance is a personal responsibility. Employees need to set a clear boundary between working and personal hours (Bartlett et al., 2021). To avoid bringing their job home is challenging because employees have experience working at home during the pandemic. It is common for employees to work at home now. Here, an individual must identify the task to prioritize, minimize time spent on less crucial activities and use calendar or planner effectively (Bartlett et al., 2021). Individuals must know their limits and have the courage to say no to additional work or commitments when necessary. Try not to check work emails or messages outside working hours. Turning off notification helps a lot to not think about anything related to work during personal time. If possible, employees can discuss workload with supervisor and stress on having a work-life balance.

Keep in mind that achieving work-life balance is an ongoing process, and employees need to constantly adjust their work and personal life accordingly. The desire to have a balanced and healthy life will come from the individual themselves. We shall achieve our goals if we have courage and determination.

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Tips Penjagaan Kain Songket Agar Lebih Berseri



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Adakah anda seorang peminat songket? Adakah anda juga seorang pemakai songket yang setia? Sedia maklum yang kita ketahui, harga fabrik songket yang agak mahal dimana iaboleh mencecah sehingga RM15,000 hingga RM20,000 sehelai jika dibandingkan dengan fabrik kain yang lain. Ianya mahal kerana pembuatannya yang agak rumit dan hasil kerja tangan yang halus yang menghasilkan corak yang tersergam indah. Bagi mengekalkan ketahanan dan memelihara fabrik yang unik ini ada caranya yang tersendiri.

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Yonada, D., (2023). Perawatan Kain Songket Agar Awet. Retrieved February 21,2024 from <https://www.cleanipedia.com/id/mencuci/kain-songket.html>

Ini adalah beberapa kaedah yang boleh saya kongsi untuk memelihara fabrik songket ketika hendak penyimpanan. Tujuannya adalah untuk memastikan kain songket tersebut tahan lama dan sentiasa kelihatan seperti baru. Semoga perkongsian tips ini membantu penggemar atau peminat kain songket menyimpan kain songket agar dapat digunakan dalam tempoh yang lama dan juga dapat diwarisi oleh anak cucu.

✿ Kaedah Pertama

Jika kain songket anda kotor selain daripada menghantar ke kedai dobi untuk cucian kering (dry cleaning), anda juga boleh membasuh sendiri. Basuh seperti biasa dengan sabun dan bilas tanpa memerah air. Biarkan kain tersebut mengering dengan sendiri dengan menyidai di ampaian. Pastikan ampaian tersebut tidak berada di bawah cahaya matahari, dan hanya anginkan kain tersebut. Ini memastikan cahaya matahari yang terik tidak melunturkan warna benang (Yonada, D., 2023).

✿ Kaedah Kedua

Bentangkan kain songket bersama-sama dengan sehelai kain pelikat, kemudian gulung secara memanjang sampai ke penghujung. Tujuan menggulung kain songket adalah memastikan benang tenunan songket tidak patah yang boleh merosakkan motif sesuatu songket itu. Oleh itu, anda dinasihatkan agar tidak melipat kain songket yang boleh menyebabkan kerosakan pada motif sesuatu songket.

✿ Kaedah Ketiga

Setelah itu, simpan gulungan songket tadi di dalam almari atau wardrobe anda dengan cermat. Pastikan kain songket tadi tidak dihempap oleh fabrik atau pakaian lain. Selain itu, elakkan menggosok kain songket kerana boleh merosakkan kualiti benang emas atau perak itu sendiri.

✿ Kaedah Keempat (kaedah lama)

Kaedah gerus digunakan untuk melicin dan mengilatkan permukaan songket. Kaedah ini menggunakan kulit siput gawang agar kain songket lebih berseri untuk jangka masa yang lama.



Tips for easy EXCEL

Microsoft Excel software is one of the most crucial Microsoft Office products when it comes to data preparation. For those of you whose work involves data, this article will serve as an easy-to-learn Excel learning guide. Excel could be mastered quickly and easily. In this first series, let's explore the many Excel shortcuts that can improve our productivity when we are using the spreadsheet.

Excel Shortcut	Description
Ctrl + A	Select All
Ctrl + B or Ctrl + 2	Apply/Remove Bold
Ctrl + C	Copy
Ctrl + D	Delete
Ctrl + E	Center
Ctrl + F	Find
Ctrl + G	Go To
Ctrl + H	Find and Replace
Ctrl + I or Ctrl + 3	Apply/remove Italic
Ctrl + J	Justify
Ctrl + K	Hyperlink
Ctrl + L	Align Text To Left
Ctrl + M	Hangung Indent
Ctrl + N	New Document
Ctrl + O	Open
Ctrl + P	Print
Ctrl + Q	Add Space After Paragraph
Ctrl + R	Align Text To Right
Ctrl + S	Save
Ctrl + T	Left Indent
Ctrl + U or Ctrl + 4	Apply/remove Underline
Ctrl + V	Paste
Ctrl + W	Close
Ctrl + X	Cut
Ctrl + Y	Repeat/Redo
Ctrl + Z	Undo

Excel Shortcut	Description
Ctrl + Page Down	Move to the next worksheet
Ctrl + Page Up	Move to the previous worksheet
Ctrl + Shift + Right Arrow	Select all cells on the right
Ctrl + Shift + Left Arrow	Select all cells on the right
Ctrl + Shift + Down Arrow	Select column from the selected cell to the end of column
Ctrl + Shift + Up Arrow	Select all the cells above the selected cell
Ctrl + 9	Hide selected row
Ctrl + Shift + 9	Unhide selected row
Ctrl + 0	Hide column
Ctrl + Shift + 0	Unhide column
Shift + Space	Select entire row
Ctrl + Space	Select entire column
Ctrl + 1	Format cell dialog
Ctrl + 5	Apply/remove Strikethrough
Ctrl + Shift + #	Date
Ctrl + Shift + @	Time
Ctrl + Shift + ~	Remove number formatting
Ctrl + Shift + \$	Currency format
Ctrl + ;	Insert current date
Ctrl + Shift + :	Insert current time
Alt + H + B	To add a border
Alt + H + H	To fill colour
Alt + M	To go to the formula tab
Alt + N + V	Create a pivot table
Home	Move to the beginning of worksheet
End	Move to the end of worksheet

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In securities investment, the question that always arises among investors, as well as traders, is what securities to buy and when is the best time to sell and take a profit.

In stock investment, before deciding to buy the stocks it is necessary to have a trading plan. A trading plan gives a rough idea of how an investor or a trader executes trades. Usually every morning before and after trading hours start at 9.00 a.m., several investment banks will share their trading ideas on selected stocks. The research material is either in the form of fundamental analysis or technical analysis.

Short-term traders need to have their own trading plan since a trading plan is a roadmap for how to trade, and no trades should be placed without a well-researched plan. There are some basic ideas to remember so that traders do not get stuck in the same hole.

Traders need to identify the objectives of the investment whether short-term, intermediate-term or long-term. Usually traders more focus on short-term goals. Misplacing the objective causes traders to buy the wrong stocks and also make the wrong decision to sell the stocks.

There are times when traders need to avoid the mentality from intraday trade to swing trading, which eventually leads them to have to hold the stocks at paper loss since the stock price keeps on dropping.

Traders can fall in love with the stocks they want to buy but do not fall in love with the stocks for a long time. Due to certain circumstances sometimes good stocks may encounter difficulty in their business and incur losses over time. This led to a drop in the stock price and a negative return.

Traders need to understand that everything that goes up must come down and everything that goes down will definitely go up. Therefore, always remember one of the premises of technical analysis that is history will repeat itself.

The concept of diversifying the capital is indeed necessary, but remember, do not misunderstand the concept of "Do not put all the eggs in one basket". Even if the eggs are placed in many baskets, we will face problems when we want to lift the baskets later, because in reality is that we only have two hands to lift the existing baskets. Proper planning and diversification are necessary to reduce the risk'

Application of Support and Resistance in Trading Plan.

Most trading experts in the market recommend that no capital is risked until a trading plan is made. A basic trading plan includes entry and exit rules, as well as risk management and position sizing rules. The trader may add additional rules at their discretion to control when and how they trade.In

In Malaysia, Investment banks on a daily basis will distribute trading ideas on selected stocks to help out their clients in decision making and trading plans. One of the indicators being used to help in a trading plan is support and resistance.



Chart 1: Trading Plan for Unisem (M) Berhad

Target Price 2	RM3.85
Target Price 1	RM3.75
Entry Level	RM3.65
Stop Loss	RM3.50

Table 1: Trading Plan for Unisem (M) Berhad

Chart 1 and Table 1 above show the application of support and resistance in forming a trading plan for stock Unisem (M) Berhad on 30th April 2024. It gives an idea of entry price (buy price) at RM3.65, target price or take profit price at RM3.75 and RM3.85 and stop loss or cut loss at RM3.50. Traders need to have trading plans before they hit the buy button so that they know when to buy, when to take profit, and when to cut loss when there is a loss.

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ROLES OF STUDENT SOCIETY AND CONCEPT OF SERVICE AT UNIVERSITY

Tertiary education, also known as higher education or post-secondary education, refers to the stage of education that follows the completion of secondary school. This level of education typically includes universities, colleges, and vocational schools where students can pursue various undergraduate and graduate degrees, such as bachelor's degrees, master's degrees, and doctoral degrees. Usually, undergraduate students are encouraged to get involved with student clubs or societies on top of courses to be enrolled for every semester and pass with flying colours.

Why student clubs or societies among undergraduate students is so important? Let's look at the "service concept" perspective.

A service concept needs to be detailed enough to clearly outline what the organization offers or delivers and what the customer purchases or obtains. "At an elemental level, a university provides lectures, food, accommodation and learning materials, but what its customers are looking to acquire are service aspects that are much greater than the core elements but less tangible – an 'educational experience', or a 'richer view of life', or 'improved job prospects' (Johnston et al., 2021, p.96)". Meaning that in completing their degree at the university, the undergraduate students should be equipped with formal (in the form of lectures, tutorials, assignments, and other course-related assessments) and "informal" learning experiences. One of the sources of "informal" learning experiences is involved in student clubs or societies. The learning process is advised by at least one advisor (lecturer or staff).

The committee of the student clubs or societies be formed during the Annual General Meeting (AGM) or during the online election. Some clubs/societies are very structured, where each Top Committee and Bureau has a detailed Job Description (JD) so that the job scope is clear and reliable from one term of committee to another term. The JD is expected to be improved from time to time, based on the journey that the committee went through.

Generally, student clubs or societies must have their strategic planning aligned with the university's strategic planning as advised by the Department of Student Affairs. The strategic planning should be revisited to suit the current one. Projects to be conducted must be aligned with the club's strategic planning. The common practice is that before a new semester starts, the committees of the clubs/societies must submit paperwork including the financial implications to the Department of Student Affairs. Some of the paperwork be approved and some may not. There is a situation where the paperwork is approved with conditions, such as without budget or must collaborate with other clubs/societies. Therefore, the creativity, dynamic and entrepreneurship elements must be applied.

During the execution of the approved projects, the elements of planning, organising, leading and controlling are exercised. Throughout the process, leadership skills, communication skills, negotiation skills, conflict management skills, time management, scheduling, and emotional intelligence are employed. If the plan does not meet with the current performance, the committee needs to find alternatives for corrective action, therefore, more teamwork and decision-making skills can be diffused among them.

After completing the event, the committee must perform a post-mortem meeting and report, including the financial report. Feedback during the post-mortem is valuable for continuous improvement, in making sure that they are not going to reinvent the wheel. Sometimes, they do reinvent the wheel, since they are in the learning process; it is understood that such a situation is inevitable.

Implicitly, the value-added components that are embedded in the committee would be in the form of explicit, implicit, and tacit knowledge. This knowledge is acquired throughout the "learning experience" that enriches the student's capability in becoming well-equipped human capital for better employability or employability.

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Komunikasi merupakan elemen yang sangat penting dalam setiap hubungan, sama ada komunikasi formal yang melibatkan urusan kerja, ataupun komunikasi tidak formal bagi tujuan bersosial, berkongsi idea atau berbual kosong. Elemen penting ini boleh membawa keharmonian, namun dalam masa yang sama boleh meyebabkan salah faham dan keretakan hubungan. Komunikasi tidak semestinya melalui percakapan, ianya boleh berlaku melalui tulisan, gerak badan, pandangan, dan jarak.

Kematangan dalam berkomunikasi biasanya seiring dengan pengalaman dan suasana seseorang dibesarkan. Penggunaan ayat yang lebih tersusun, menunjukkan kematangan dalam berkomunikasi; dapat menyampaikan dengan ayat yang mudah, dan pendengar faham, menunjukkan kematangan dalam berkomunikasi. Namun bukan syarat perlu kematangan dalam berkomunikasi untuk memilih perkataan yang baik apabila kita bercakap atau menulis. Pemilihan perkataan yang baik antaranya adalah hasil didikan dan suasana seseorang dibesarkan.

Kepercayaan dalam sesuatu hubungan juga akan mempengaruhi keberkesanan dalam komunikasi. Tahap kepercayaan ini boleh terbahagi kepada kepercayaan rendah dan kepercayaan tinggi. Sekiranya hubungan yang didasari dengan kepercayaan yang rendah, mudah berlaku salah faham dan syak wasangka. Sesuatu justifikasi yang benar sekali pun jika disampaikan, tetap berlaku syak wasangka dan berbalas hujah yang panjang. Dalam situasi sebeginilah, pemilihan perkataan dan susunan ayat memerlukan kita seolah-olah "menarik rambut uban dari tepung". Sangat perlu berhati-hati kerana tanpa kita sedari tepung telah berterbangan, tetapi tiada uban yang berjaya kita tarik dek kerana ilusi optik, kerana warna tepung dan uban adalah sama-sama putih. Apabila hubungan itu didasari dengan kepercayaan yang tinggi, kefahaman datang tanpa memerlukan apa-apa justifikasi terhadap sesuatu isu.

Empati memberikan impak dalam komunikasi yang berkesan. Jangan kerana kita di pihak yang benar atau petah, kita menggunakan kelebihan itu untuk terus menekan pihak yang salah atau kurang cekap untuk berbalas hujah sehingga mengabaikan mereka. Menekan suatu pihak yang lain di saat kita mempunyai kelebihan mungkin memberi kepuasan sementara kepada kita, namun ianya bukanlah suatu kemenangan yang mutlak.

Nabi Muhammad SAW berpesan kepada kita untuk bercakap baik atau diam

"Dan barangsiapa yang beriman kepada Allah dan hari Akhirat, maka hendaklah dia berkata yang baik atau diam."

[Riwayat al-Bukhari (6018)]

Rasulullah SAW juga bersabda;

Seorang muslim itu adalah mereka yang membuatkan muslim yang lain selamat dari kejahatan lidahnya dan juga tangannya.

[Riwayat Al-Bukhari (6484)]

Mengawal lidah atau jari-jemari dari bercakap atau menulis perkataan yang tidak baik adalah suatu usaha yang sangat murni. Ianya bukan sesuatu yang mudah untuk dilaksanakan, lebih-lebih lagi kita dikelilingi dengan pelbagai platform media sosial. Segalanya dihujung cari. Mudahnya kita untuk berkomunikasi, ironinya makin mudah juga kita tersilap meletakkan pedang pada tempat, situasi, atau orang yang salah. Semoga komunikasi kita bertambah baik dan berkesan yang membawa kebaikan dan memberi manfaat kepada pelbagai pihak.

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Dalam merealisasikan program tahunan FPP, jawatankuasa BizClub FPP telah mengadakan program 'FBM Academic Nexus 2023: Building, Bridging and Bonding' yang julung kalinya diadakan di luar kampus.

Program mega ini merangkumi tiga aktiviti dalam satu program mega (3 dalam 1) iaitu 'Treasure Hunt (Jom Gi Derak Treazer Hang)', 'Akademia Inspirasiku V2', dan 'family day'. Setiap program ini dikendalikan oleh pensyarah dan ahli jawatankuasa yang bertalinan bagi melancarkan perjalanan program dan pengarah projek bertanggungjawab memantau keseluruhan program. Program mega ini disertai seramai 59 orang dan telah berlangsung selama tiga hari dua malam.

Tarikh : 12 - 14 Oktober 2023 @ 3 hari 2 malam

Hari : Khamis, Jumaat dan Sabtu

Tempat : The Payang Scout Hotel

Objektif 'FBM Academic Nexus: Building, Bridging and Bonding' adalah:

1. Merapatkan silaturrahim sesama para pensyarah FPP (termasuklah lima orang pensyarah baru kemasukan 2022 dan 2023) dan menjalinkan semangat kerjasama dalam kumpulan;
2. Memastikan para pensyarah terlibat secara aktif dengan aktiviti fakulti dan memenuhi keperluan ATP menjadi ahli jawatankuasa bagi program di peringkat fakulti;
3. Meningkatkan stamina dan kecerdasan para pensyarah dalam menjalankan aktiviti lasak seperti 'teambuilding' dan aktiviti bersama keluarga dalam 'family day';
4. Meraikan kecemerlangan pensyarah melalui anugerah Akademia Inspirasiku bersempena dengan sambutan Hari Akademia; dan
5. Merangkumkan kesemua program tahunan jawatankuasa BizClub FPP dalam satu program mega bagi mencapai objektif penjimatan dalam melaksanakan program.

Aktiviti-aktiviti yang dijalankan memberi kesan yang sangat mendalam kepada para pensyarah yang hadir iaitu dapat mengukuhkan silaturrahim, hubungan sesama pensyarah yang lebih mesra dan ramah, dan komunikasi yang sangat baik antara ahli. Secara tidak langsung, ia mencapai objektif yang dirangka sebelum program berlangsung.

Program ini dilaksanakan sebagai salah satu platform kepada ahli fakulti untuk menjalinkan hubungan lebih erat sesama ahli fakulti dan mewujudkan semangat kerja berpasukan sesama warga FPP. Rata-rata warga fakulti berpuas hati dengan aktiviti yang dijalankan dan berharap program seperti ini akan diteruskan pada masa akan datang.



PROSES PEMBUATAN SONGKET

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Tenunan songket merupakan salah satu seni tradisional yang masih diminati sehingga ke hari ini. Songket ialah kain yang ditenun secara tradisional menggunakan benang sutera atau kapas yang menghasilkan motif yang tersergam indah. Antara motif bunga yang digunakan dalam pembuatan songket adalah seperti motif tumbuh-tumbuhan, binatang, alam dan kuih. Manakala corak yang digunakan pula biasanya kaya dengan keindahan dan keunikan cita rasa budaya bangsa seperti corak susunan bunga penuh, susunan bunga tabur dan susunan bercorak (Noor, N.S., 2011).

Kain songket merupakan salah satu produk tradisional yang dapat menarik pelancong ke Terengganu dan pada masa yang sama merupakan sumber pendapatan bagi pengusaha songket yang melibatkan proses yang sangat teliti dan mahir (Yusof, Y., Yusof, M. R., & Ibrahim, Y., 2018). Berikut ialah gambaran umum tentang cara songket dibuat secara tradisional:

Langkah Pertama: Penyediaan Benang

Alat yang paling utama dalam pembuatan songket adalah benang. Terdapat beberapa jenis benang yang digunakan dalam pembuatan kain songket. Kain songket dihasilkan menggunakan benang yang diperbuat daripada sutera atau kapas manakala benang logam pula diperbuat daripada emas atau perak. Benang-benang ini perlu disediakan sebelum menganyam. Benang-benang ini dicelup untuk mendapatkan warna yang dikehendaki dan kemudian ditenun menjadi benang.

Langkah Kedua: Menyediakan Alat Tenun

Alat tenun kayu tradisional biasanya digunakan untuk menenun songket. Kek tenunan yang diperbuat daripada kayu merupakan mekanisme utama dalam pembuatan songket. Alat karat yang digunakan untuk mengangkat benang loseng atau warp tergantung di bahagian tengah kek. Untuk menghasilkan tenunan biasa, benang pakan (weft) perlu dilontarkan dari kiri ke kanan semasa benang diangkat secara bersilang. Selain itu, terdapat gigi jentera juga dikenali sebagai sikat, yang digunakan untuk merapatkan benang pakan (benang tenun) dan mengawal lebar bidang kain yang dibuat.

Langkah Ketiga: Menenun Kain Asas

Kebiasaannya, kain asas songket ditenun terlebih dahulu dengan menggunakan benang lilitan dan tenunan yang telah disediakan. Ini membina latar belakang di mana corak hiasan akan ditenun.

Langkah Keempat: Menambah Benang Logam (benang emas atau perak)

Setelah kain asas ditenun, benang emas atau perak ditambah kepada proses tenunan. Corak songket nampak lebih kompleks dan rumit apabila benang logam ini dimasukkan ke dalam benang tenunan. Untuk membentuk motif dan corak songket pada kain yang ditenun, beberapa benang loseng perlu diangkat dengan benang tambahan, juga dikenali sebagai 'butang.' Teknik tenunan pakan tambahan digunakan untuk menjadikan corak kain tenun lebih menarik dan bernilai.

Langkah Kelima: Sentuhan Akhir

Setelah tenunan selesai, kain songket diperiksa dengan teliti untuk memastikan ia tidak mempunyai sebarang kecacatan. Pada peringkat ini, sebarang benang longgar atau kesilapan corak boleh diperbetulkan. Kemudian, kain itu dipotong dari tenunan untuk mengeluarkan sisa dan saiz.

Langkah Keenam: Pemeriksaan dan Pembungkusan Akhir

Untuk memastikan kualiti dan ketukangan setiap fabrik songket yang siap akan menjalani pemeriksaan akhir. Kain songket kemudiannya dibungkus dan dijual atau digunakan dalam pakaian tradisional, pakaian upacara, atau barang hiasan.

Kain unik ini biasanya digunakan sebagai pakaian rasmi seperti gaun pengantin, pakaian untuk penari tradisional, dan jubah yang digunakan dalam upacara konvokesyen. Hingga ke hari ini, masih ramai penenun songket yang menghasilkan songket berkualiti dan mendapat permintaan yang tinggi oleh bangsawan, orang-orang terkemuka, dan menteri untuk digunakan dalam upacara khas atau rasmi. Songket telah berkembang menjadi produk pelancongan di Terengganu dan menjadi warisan berterusan sepanjang zaman. Antara kelengkapan penting yang perlu ada untuk menenun songket adalah seperti berikut:

1. Kek tenunan: Kek ini mempunyai empat (4) batang tiang yang menyerupai rangka rumah.
2. Papan duduk: Tempat duduk penenun terletak di bahagian hadapan kek.
3. Kayu sumbi: Ia digunakan untuk mengawal ketegangan kain di mana kedua-dua hujung kayu kecil ini diletakkan jarum. Saiz kayu kecil yang panjangnya 37 inci hingga 42 inci iaitu berdiameter sebesar jari kelingking bergantung kepada lebarnya kain yang hendak ditenun.
4. Tempat pemijak kaki.
5. Benang logam: Ia digunakan untuk membentuk corak atau bunga.
6. Kayu pasak: Ia digunakan untuk menggulung kain yang telah siap ditenun sebelum dipotong kepada helaian yang ditetapkan.
7. Alat karat: Fungsinya adalah untuk mengangkat benang loseng (warp).
8. Loseng: Kayu penggulung benang.



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