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MITASA



*Suara*

# MITASA

*Adab Sebagai Asas  
Kecemerlangan Akademik  
dan Pembentukan Sahsiyah*

*Biar Wasiat Jadi  
Suara Terakhir*

*Merungkai Potensi:  
Prestasi Pekerja Dalam  
Era Kerja Jarak Jauh*

*Motivasi Diri Berdasarkan  
Penilaian Prestasi*

*Cabaran dan Keperluan  
Graduan Teknologi  
Maklumat Dalam Dunia  
Pekerjaan Masa Kini*

*"Selamat Ke Kita Ni?":  
Meneroka 'OSH'*

*Kursus Pengurusan Operasi  
Perkhidmatan - Membentuk  
Insan Adabi Cemerlang*



**PERJUANGAN YANG BERTERUSAN**

SO

ATO

D ONE

CINO

OURED

## Another cup of coffee

Haliza Ab Ghani

Pensyarah Kanan Akademi Pengajian Bahasa

**M**odern coffee shops can be seen everywhere. They have become a new favourite among people. Many people love spending time in coffee shops, sipping coffee while hanging out with friends or relaxing with family. A similar scenario can be seen on the UiTM campus. Staff gather for short breaks, or students meet to update their projects. Is it a trend or just for FOMO? Will it replace mamaks for teh tarik and roti canai?

Coffee shops offer more than just coffee. The ambience is up to date with cosy furniture, beautiful decoration, and relaxing music. It is a place to meet with friends and escape from a hectic schedule. While mamaks are usually loud and busy, coffee shops, on the other hand, offer a different atmosphere for people who love quieter and air-conditioned spaces.

Most coffee shops are expensive, roughly above RM10 per cup. However, people do not mind spending more for various reasons. Exceptional flavour and taste are some of the reasons coffee shops offer. Besides, the comfortable ambience is most suitable for meetings with clients and quick meetings.

However, caution should be taken when frequently visiting coffee shops, as most items contain liquid syrup and saturated fat. Consuming coffee daily will harm the body as it contains a high dose of liquid sugar. While coffee is not unhealthy, consuming a frequent high dose of liquid sugar may harm the body. Over time, the sugar spikes can impact health, potentially leading to symptoms of diseases such as diabetes, obesity, and heart disease.

Thus, a mindful approach is essential for coffee lovers, especially for all UiTM citizens, lecturers, staff, and students, so that they can enjoy coffee while simultaneously taking care of their health. Please opt for reduced-sugar or completely zero-sugar options. Indeed, it takes courage to drink coffee without sugar, but believe it, it's worth it.

Coffee shops need to frequently introduce healthier alternatives, providing nutritious drinks and snacks. If this health-focussed drive is achieved, coffee shops will remain the preferred place for special rendezvous. Who knows? One day, they will replace mamaks!



THE  
STARTING  
POINT  
OF ALL  
ACHIEVEMENT  
IS

DESIRE.

- Napoleon Hill