



# newsletter

# ALAM BINA

College of Built Environment, Universiti Teknologi MARA



## Foreword from Assistant Vice-Chancellor

Assalamualaikum wbt and warm greetings. Welcome to the latest edition of the Alam Bina newsletter.

This year, the College of Built Environment (CBE) celebrates remarkable milestones that reinforce its position as a leading hub for education, research, and innovation. CBE's recognition in the QS World University Rankings by Subject 2024, continuous growth in high-impact research publications, and strengthened international collaborations are testaments to the collective efforts of our dedicated faculty, staff, and students. These achievements not only showcase academic excellence but also highlight our unwavering commitment to sustainability, innovation, and global engagement.

The stories featured in this issue embody CBE's values of resilience, creativity, and collaboration. They reflect the progress we have made in teaching, research, industry partnerships, and community engagement, solidifying our mission to shape future leaders in the built environment.

As you explore the pages of this newsletter, I invite you to take pride in the shared journey we are on. To all contributors, writers, and the editorial team, thank you for your dedication in documenting and celebrating our achievements. Together, let us continue to elevate CBE's standing, inspire excellence, and pave the way for even greater successes ahead.

May this edition spark renewed inspiration and strengthen our resolve to thrive as a community of knowledge, innovation, and impact.

### Generation of Professional Excellence

**Assoc. Prof. Ts Dr Hajah Emma Marinie Ahmad Zawawi**  
Assistant Vice-Chancellor  
College of Built Environment

## MILESTONE <<<

The College of Built Environment proudly soars into the global arena, securing its position among the top 200 universities worldwide in Architecture and Built Environment in the 2024 QS World University Rankings by Subject. This outstanding feat is a testament to CBE's relentless pursuit of academic distinction, trailblazing research, and transformative innovation. With this momentum, CBE continues to drive global conversations, forge impactful collaborations, and shape sustainable, resilient cities of the future. Heartiest congratulations to all CBEans on this phenomenal milestone!



UiTM Puncak Alam, 14 November 2024 — Galeri KAB di Kompleks Senireka dan Alam Bina menjadi saksi kepada kreativiti pelajar Semester 01, Sarjana Muda Senibina, UiTM Puncak Alam apabila pameran seni "Elemental Exhibition" berlangsung dari 11 hingga 14 November 2024. Acara yang bertemakan elemen alam semula jadi ini menampilkan sebanyak 58 hasil karya seni lukisan yang mencerminkan keindahan dan kekuatan elemen seperti api, air, angin, dan tanah.

Majlis perasmian pameran telah disempurnakan oleh Dr. Hailane, Ketua Pengajian Senibina dan Senibina Dalaman, Kolej Pengajian Alam Bina, UiTM. Dalam ucapannya, beliau memuji dedikasi dan kreativiti para pelajar serta sokongan padu pensyarah dalam menjayakan projek ini.



Pameran ini berjaya menarik perhatian pelbagai lapisan masyarakat, termasuk pelajar, pensyarah, dan komuniti luar. Antara karya yang mendapat pujian ialah lukisan abstrak yang menggambarkan api sebagai simbolik kemarahan, serta lukisan abstrak yang menonjolkan keunikan tekstur tanah dan warna-warna bumi. Beberapa sudut galeri juga dihias dengan maklumat mendalam mengenai tema dan konsep seni yang dipersembahkan. Acara ini bukan sahaja memberikan platform untuk pelajar menonjolkan bakat mereka tetapi juga menjadi medium pembelajaran kepada pengunjung untuk memahami hubungan seni dengan elemen semula jadi. Dalam sesi soal jawab bersama pelajar, mereka berkongsi bagaimana pameran ini memberi pengalaman berharga dalam meneroka seni bina yang bersifat holistik dan menghargai unsur-unsur alam.

Sebagai pameran seni pertama untuk pelajar baharu, "Elemental Exhibition" telah membuktikan potensi besar generasi muda dalam menggabungkan seni dengan mesej penting tentang kelestarian. Pihak penganjur berharap acara seperti ini dapat diteruskan pada masa hadapan untuk terus memupuk minat terhadap seni dan alam sekitar dalam kalangan pelajar dan masyarakat umum.

COMMENT by Dr Sheikh Ali Azran Sh Said

## Reclaiming the soul of academia

**I**N the fast-paced world of academia, where promotions, tenure and publications reign supreme, it is easy to lose sight of the true essence of education.

However, amid the relentless pursuit of success, we must pause and ask ourselves: What is the real value of being an educator? What is the purpose of education?

For too long, universities have been caught up in a whirlwind of hyper-competitiveness, where students are reduced to mere statistics and academics are pressured to churn out publications at an alarming rate, but in this race for recognition, we have lost something essential - the soul of academia.

Education is not merely a means to an end but a journey of discovery, enlightenment and empowerment. It is about nurturing curiosity, fostering critical thinking and instilling a passion for lifelong learning. Yet, in our obsession with performance indicators and rankings, we have forgotten these fundamental principles.

In her book *You Learn by Losing*, Eleanor Roosevelt wisely advises us not to be swayed by

*"It is time to rediscover the purpose of education and prioritise learning over rankings and wisdom over titles, only then can we hope to create a future where universities are not just factories for producing graduates but incubators of creativity and innovation."*

the opinions of the incompetent. We must resist the temptation to conform to societal expectations and uphold our intellectual integrity.

We must remember that true greatness lies not in accolades or titles but in the pursuit of knowledge and wisdom. Oxford's educational philosophy, rooted in the Socratic teaching method and the pursuit of truth, serves as a beacon of hope in these tumultuous times. It reminds us that education is not about memorisation or regurgitation but about the ability to think critically, ask questions and challenge established norms.

*The Slow Professor* by Barbara K. Seeber and Maggie Berg urges us to slow down, resist the culture of overwork and celebrate the value of contemplation and collaboration. They remind us that true research takes time, and that our worth as academics is not determined by the number of hours we spend at our desks but by the depth of our insights and the impact of our work.

Another prominent scholar, Professor Peter Fleming's critique of the modern university as a soulless institution driven by celebrity culture and misplaced priorities should serve as a wake-up call. We cannot afford to

continue down this path, sacrificing our mental health and integrity on the altar of success.

It is time to reclaim the soul of academia, rediscover the true purpose of education and prioritise learning over rankings, wisdom over titles and collaboration over competition. Only then can we hope to create a future where universities are not just factories for producing graduates but incubators of creativity, innovation and social change.

Let us heed the wisdom of the ages and remember that the true measure of our success as educators lies not in our achievements but in the impact we have on the lives of our students and the world around us.

Together, let us build a brighter future for generations to come.

**The writer is a senior lecturer of Construction Management Studies at the School of Construction and Quantity Surveying, College of Built Environment, Universiti Teknologi Mara in Shah Alam. Comments: [letter@thesunjably.com](mailto:letter@thesunjably.com)**

## Anti-intellectualism on the rise in academia

**T**HERE is a worrying trend of anti-intellectualism in academia.

This poses a threat to knowledge acquisition and critical inquiry, raising questions about the future of intellectual pursuit.

At the heart of the issue lies a startling statistic: some young people are choosing to forgo further studies after completing their secondary education, opting instead to enter the workforce.

According to data, 71.1 per cent of Sijil Pelajaran Malaysia candidates are ignoring higher education in favour of employment opportunities.

This trend underscores a broader

societal shift, driven by the allure of immediate financial gain and scepticism about the value of academic pursuits.

The allure of job opportunities in the gig economy and the aspiration to achieve social media stardom loom large in the minds of youth, shaping their perceptions of success and fulfilment.

Coupled with the belief that continuing education does not guarantee better job prospects, this disillusionment with traditional academic pathways presents a formidable challenge.

Furthermore, the omnipresence of smartphones and the influence of

social media platforms have altered the way young people engage with information.

This shift in media consumption habits reflects a broader trend towards digitalisation, where the immediacy and accessibility of online content reshape public discourse and opinion.

In light of these challenges, academia finds itself grappling with a crisis of attrition, as a significant number of undergraduates fail to complete their tertiary education.

Recent reports indicate a troubling increase in dropout rates, with more than 17,000 undergraduates abandoning their studies in 2023.

To navigate the currents of anti-intellectualism and safeguard the future of intellectual pursuit, initiatives aimed at dispelling misconceptions about the value of academic pursuits in the job market are paramount. By highlighting the transferable skills and critical thinking abilities gained through higher education, academia can position itself as a gateway to diverse career opportunities and personal growth.

Additionally, integrating digital and media literacy into educational curricula will equip students with the tools to navigate the digital age.

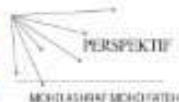
Fostering a deeper understand-

ing of online information sources and promoting critical engagement with digital media can empower students to discern fact from fiction and navigate the complexities of the digital landscape responsibly.

Furthermore, fostering interdisciplinary collaboration and experiential learning can enrich the educational experience.

**DR SHEIKH ALI AZRAN SH SAID**  
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## Masalah kecacatan bangunan awam



**M**alaysia adalah sebuah negara yang pesat membangu dalam semua industri, termasuk sektor pembinaan. Namun, sesetengah bangunan terpalit dengan isu kecacatan sesusanya meningkatkan risiko keselamatan yang boleh membahayakan nyawa.

Antara punca masalah ini adalah mutu kerja yang lemah, faktor cuaca, jangka hayat bangunan dan penyelenggaraan yang lemah. Isu kecacatan bangunan ini telah menjadi isu yang serius dan memberi impak besar terhadap kos penyelenggaraan.

Kecacatan dan kerosakan bangunan boleh dikategorikan kepada dua jenis iaitu kecacatan struktur dan kecacatan bukan struktur.

Kecacatan struktur disebabkan oleh kegagalan elemen menanggung beban bangunan seperti tiang patah dan rasuk retak. Kecacatan bukan struktur pula meliputi tingkap, bumbung dan dinding. Kedua-dua kategori kecacatan ini boleh menimbulkan risiko keselamatan bagi

penghuni bangunan.

Laporan kajian pada tahun 2019 menyenaraikan kebanyakan bangunan institusi seperti universiti dan sekolah tidak menjalani proses penyelenggaraan yang baik kerana dana tidak mencukupi. Ini telah menyebabkan prestasi bangunan institusi awam tersebut mengalami isu kecacatan yang serius dan mengganggu fungsi utamanya.

Hasil kajian pada 2017 menunjukkan kebanyakan kerosakan dalam bangunan institusi awam adalah disebabkan oleh kecacatan bukaan struktur, diikuti oleh kecacatan mekanikal, elektrik, dan terlahir kecacatan struktur.

Ringkasan hasil kajian pada 2023 pula mendapati terdapat tiga isu kecacatan yang sering terjadi. Pertama, keretakan halus, ia boleh berlaku di dinding atau lantai, tetapi keretakan di sepanjang rasuk dan tiang adalah serius. Keretakan halus boleh menjadi seramik memanjang jika tidak dipertika.

Oleh itu, adalah tidak wajar jika pasukan penyelenggaraan tidak mengambil sebarang tindakan lanjut dan hanya membiarkannya tanpa pengawasan untuk tempoh yang lama. Ia boleh berbahaya kepada penghuni bangunan jika, sebagai contoh, air atau spesies berbasil lain mendiami ruang kosong itu.

Kedua, air bertakung di struktur bangunan, ia boleh menjadi masalah serius dan menimbulkan kecacatan lain,

Oleh kerana kecacatan berlaku pada lantai, ia memerlukan pembaikan yang meluas. Struktur bangunan tidak direka bentuk untuk menyimpan air dalam jangka masa yang lama dan kerosakan serius boleh berlaku akibat air bertakung secara berpanjangan. Air boleh meresap dan menyebabkan kecacatan lain seperti keretakan atau kerosakan pada konkrit dan karat pada elemen keluli.

Ketiga, kecacatan kelengkapan paip. Kecacatan ini terjadi apabila terdapat jurang di antara sambungan. Ia menyebabkan kelengkapan paip seperti sinki dan paip basuhan tidak dapat berfungsi dengan baik dan menyebabkan air bertakung. Pengguna boleh tergelincir dan terjatuh akibat air bertakung itu.

Kebanyakan hasil kajian mendapati kecacatan ini akan terjadi lima tahun selepas terlahir siap. Oleh itu, proses penyelenggaraan adalah amat penting untuk mengelakkan kemerosotan fungsi dan keselamatan bangunan tersebut. Tidak dinafikan proses ini menelan belanja yang sangat tinggi, namun perlu dijangka dan dilaksanakan.

Penyelenggaraan boleh dikategorikan sebagai dua jenis. Pertama penyelenggaraan sebagai pembaikan, Kaedah ini dilaksanakan dengan menyusun jadual penyelenggaraan yang komprehensif sepanjang tempoh masa, didokumentasikan dan dipantau pelaksanaannya. Ia merupakan pendekatan proaktif untuk pe-

nyelenggaraan berjadual tanpa perlu menunggu gangguan berlaku.

Kedua, penyelenggaraan tidak berancang, ia lebih bersifat ad-hoc, reaktif dan pembaikan tidak mengikut jadual. Penyelenggaraan jenis ini membantu membaiki kerosakan semasa. Ia termasuk semua tindakan teki berancang yang berlaku akibat kegagalan produk atau sistem.

Kesimpulannya, walaupun tempoh labiliti kecacatan adalah perkara wajib dalam setiap projek pembinaan, tetapi kecacatan akan berlaku selepas tempoh itu tamat. Semua pihak berkepentingan, termasuk pelanggan, mesti mengambil semua perkara ini.

Dapatan kajian yang telah dijabarkan boleh memberi nilai tambah kepada setiap pemegang tanah dalam projek pembinaan. Tindakan proaktif dapat memastikan keselamatan dan kegunaan bangunan supaya berada pada tahap yang baik. Usaha ini adalah sejajar dengan aspirasi kerajaan dengan Ekonomi Madani yang menyasarkan menaik taraf infrastruktur dan kemudahan sekitar gas dapat meningkatkan pembangunan modal insan bagi memenuhi keperluan dan keyakinan para pelabur.

*Dr Mohd Akmal Mohd Farah ialah Pengerusi Kanan Pusat Penyelenggaraan Awam, Projek dan Kualiti (KAPUK) UTM Shah Alam*

**COMMENT**  
by Dr Sheikh Ali Azzam Sh Saïd

## Impact of derogatory language on well-being

In an age where social media platforms serve as the epicentre of global discourse, the prevalence of derogatory language has reached alarming levels.

With over 1.6 billion users embracing the hyperconnected lifestyle, the consequences of this linguistic epidemic are far-reaching and profound.

Derogatory language not only undermines the fundamental principles of respectful communication but also inflicts deep wounds, particularly when associated with mental health.

Every derogatory word directed at mental health perpetuates stigma and exacerbates the suffering of those already grappling with such issues.

The onslaught of negative global news further compounds this issue, bombarding individuals with tales of conflict, economic turmoil and environmental crises.

Amid this chaos, social injustice, racial tensions and deteriorating moral standards loom large, contributing to a collective sense of vulnerability and fragility.

The insidious nature of derogatory language has permeated everyday conversations, masquerading as jokes or stress relievers while inflicting lasting harm on recipients.

Whether casual banter or heated arguments, the impact remains the same – undermining dignity and fostering division. Racial slurs, in particular, have become alarmingly prevalent, with Malaysia witnessing a surge in offensive remarks across various social media platforms.

The Malaysian Communication and Multimedia Content Code unequivocally denounces such language, recognising its potential to incite hatred and perpetuate discrimination.

Drawing from the insights of renowned scholars like Brene Brown, the correlation between derogatory language and dehumanisation becomes apparent. By reducing individuals to mere targets of verbal abuse, we strip them of their humanity and pave the way for moral exclusion.

Michelle Makse, the chair of the philosophy department at Emmanuel College, defines dehumanisation as "the psychological process of demonising the enemy, making them seem less than human and, hence, not worthy of humane treatment".

Dehumanising often starts with creating an enemy image. As we take sides, lose trust, and get angrier and angrier, we not only solidify an idea of our enemy but also start to lose our ability to listen, communicate and practice even a modicum of empathy.

Social media touted as vehicles for global connectivity, have regrettably become breeding grounds for dehumanising behaviour. Shielded by anonymity and devoid of accountability, users engage in discourse that erodes empathy and fosters polarization.

We must confront this scourge of derogatory language head-on. The media, as a powerful influencer of public opinion, must exercise responsible reporting and hold perpetrators of offensive language accountable. Only through stringent measures can we dismantle the culture of impunity that enables such behaviour to thrive.

As we navigate the complexities of the digital age, let us reaffirm our commitment to respectful discourse and empathy. Each word we utter carries weight, shaping perceptions and influencing attitudes.

In fostering a culture of inclusivity and compassion, we can harness the potential of social media to unite rather than divide. It is time we took action to tackle derogatory language and work towards creating a world where everyone is treated with dignity and respect.

The writer is a senior lecturer of Construction Management Studies at the School of Construction and Quantity Surveying College of Built Environment at Universiti Teknikal Malaysia Shah Alam. Comments: letters@thesunday.com

## Navigating the Digital Minefield: Promoting Media Literacy in the Age of Misinformation



Dr Sheikh Ali Azzam Sh Saïd

*Dr Sheikh Ali Azzam Sh Saïd is a senior lecturer at the College of Built Environment, Universiti Teknikal Malaysia Shah Alam. He has published several articles on media literacy and digital communication.*

**I**n an era where digital technology has revolutionized the way we consume information, the prevalence of misinformation has become a significant global challenge. This article explores the impact of fake news on society and discusses strategies to promote media literacy and combat misinformation.

The rise of social media platforms has facilitated the rapid spread of information, but it has also created a fertile ground for the proliferation of false news. Fake news, often characterized by sensational headlines and misleading content, can have severe consequences, including the erosion of trust in credible sources, the spread of fear, and the manipulation of public opinion.

One of the primary reasons for the success of fake news is its ability to tap into human emotions and biases. False information often presents itself as a quick fix to complex problems or a confirmation of pre-existing beliefs, making it highly appealing to many individuals. Additionally, the anonymity provided by digital platforms allows malicious actors to disseminate their content without fear of accountability.

To effectively combat misinformation, it is essential to promote media literacy among the general public. Media literacy involves the ability to identify, analyze, and evaluate digital content critically. This includes understanding the sources of information, recognizing common tactics used by misinformation creators, and verifying the accuracy of news reports.

Education and awareness campaigns are crucial in this regard. Schools, community organizations, and government agencies should collaborate to provide training and resources that empower individuals to navigate the digital landscape safely. Encouraging a culture of skepticism and fact-checking can also help reduce the impact of fake news.

Furthermore, digital platforms and search engines play a significant role in the dissemination of information. These entities should implement robust algorithms and moderation policies to identify and remove false content. Collaboration between technology companies and regulatory bodies is necessary to ensure a safer digital environment.

In conclusion, the digital age has brought both opportunities and challenges. While it has provided unprecedented access to information, it has also opened the door to a flood of misinformation. By promoting media literacy and fostering a culture of critical thinking, we can better navigate the digital minefield and ensure that the information we consume is accurate and reliable.

## From Isolation to Connection: How Organizational Citizenship Can Revive Workplace Culture

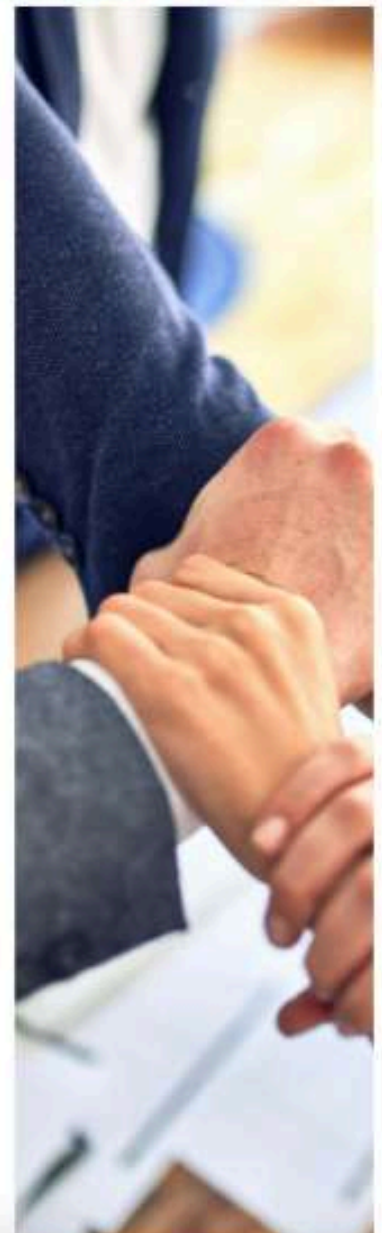
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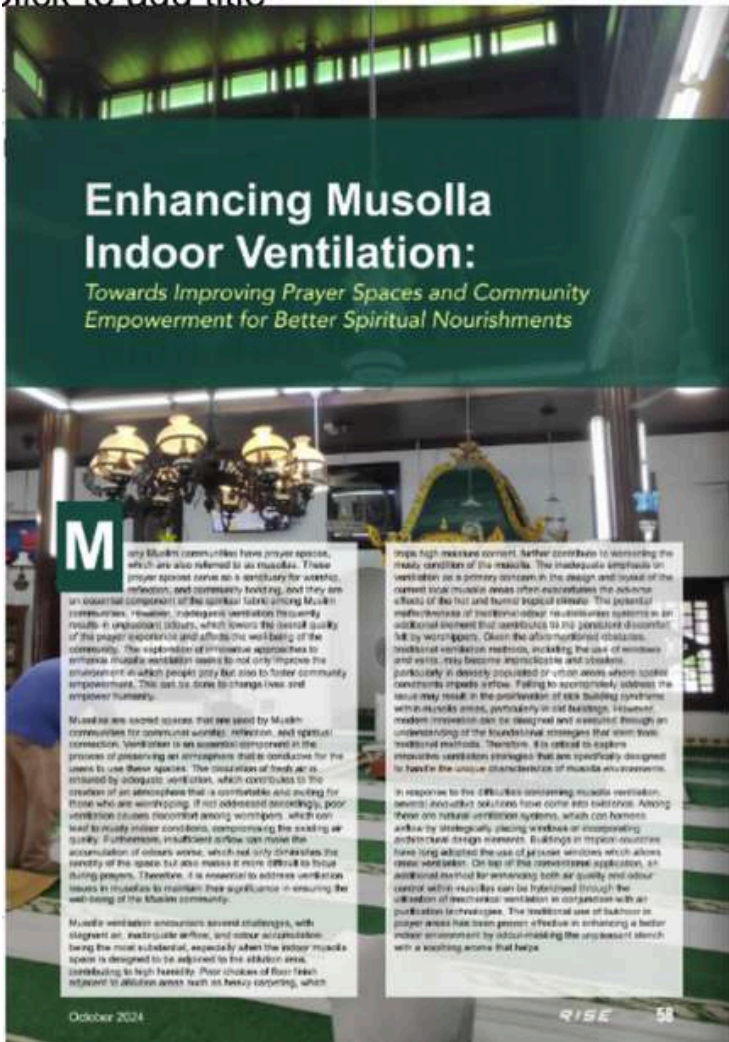
**T**he modern workforce faces a relentless push to meet the ever-increasing demands of employers in today's hypercompetitive, fast-paced work environment. The global race for productivity and efficiency has led to an environment where employees are often overwhelmed by heavy workloads, reduced social interactions, and a growing sense of isolation. The resulting spike in stress levels and mental distress has become a significant concern, raising questions about the sustainability of current work practices.

The digital age, with its emphasis on connectivity, has further exacerbated these challenges. The shift from physical to virtual interactions, while offering certain benefits, has weakened the bonds that once held communities and workplaces together. The rise of remote work, accelerated by the COVID-19 pandemic, has marked a turning point in how organizations approach work culture. As many employees found themselves working from home during prolonged lockdowns, a hybrid work model emerged as a viable alternative to the traditional office setting.

This shift in work culture has brought about a noticeable change in the employee experience. What was once a dynamic and collaborative environment has become increasingly dull, mechanical, and independent. The collegial bonds that once fostered teamwork and mutual support are eroding, leaving many employees to rely more on themselves than on their co-workers. The decline in interpersonal connections has made it difficult for organizations to maintain a sense of unity and shared purpose.

In this evolving work environment, organizational citizenship has become more crucial than ever. Organizational citizenship refers to the voluntary, discretionary behaviours that employees engage in to support their co-workers and contribute to the overall success of the organisation. These behaviours go beyond the basic requirements of the job and play a key role in fostering a positive and harmonious workplace.





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## Lantik pakar, konsultan pantau pokok di bandar

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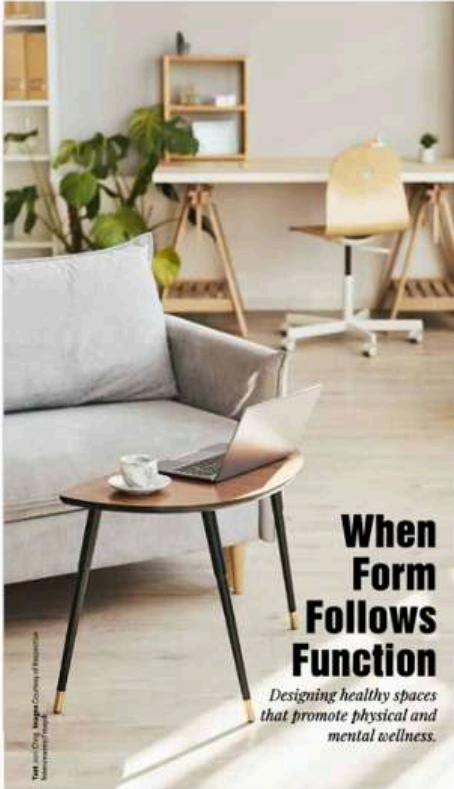
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**Insiden pokok tumbang di Jalan Sultan Ismail berisiko berulang - ILAM**

Azian Ariff, Laporan Sinar Harian

**Social & Environmental Wellness**  
Creating Healthy Spaces

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## When Form Follows Function

*Designing healthy spaces that promote physical and mental wellness.*

**Y**ou can feel it when a space is good for you. The moment you step foot there, it immediately puts you at ease that you can relax, focus on what's important and be productive. Conversely, there are spaces that simply make you feel unwell for spending time there.

Often, we speak of our surrounding environments as having certain 'vibes', referring to the energy of the place that affects us in ways we can't quite pinpoint. Even in ancient times, attempts to create healthy and pleasant spaces gave rise to geomancy traditions such as Vastu and Feng Shui that are still alive and well in many parts of the world today.

Azlan Ariff Ali Ariff, a lecturer in Studies of Architecture at the School of Architecture & Interior Architecture of Universiti Teknologi MARA, clarifies that, "For context, Vastu and Feng Shui are ancient practices that aim to harmonise individuals with their surroundings by considering factors like orientation, spatial arrangement and energy flow within built environments.

"From a cultural and psychological standpoint, these practices can offer valuable insights into how our surroundings can impact our wellbeing and behaviour. For example, principles such as maximising natural light, promoting air circulation and creating balanced and harmonious spaces align with modern design principles for creating healthy environments."

However, Azlan is quick to caution: "While these practices have deep cultural and historical roots and continue to be influential in our multicultural society, their efficacy from a scientific perspective is a topic of debate. It is essential to distinguish

between the cultural significance and subjective experiences associated with these practices and their scientific validity."

Nevertheless, according to Preethi Ithanashekaran, a Malaysia-based Indian architect, there are doses of wisdom within these ancient practices. "Personally, I find traditions such as Feng Shui and Vastu often offer practical solutions when approached scientifically. But to rely solely on these traditions for design, especially when incorporating astrological aspects, can be considered superstition," she says.

### IS YOUR HOME OR OFFICE MAKING YOU SICK?

The ancients were on to something, though. In modern medicine, the term sick building syndrome (SBS) describes situations in which building occupants experience a number of acute physical symptoms linked to time spent in a space, yet

no specific illness or cause can be identified. Often, SBS is attributed to poor indoor air quality, but there could be more at play.

"Design significantly affects both the physical and mental wellbeing of space occupants," Preethi affirms. "Elements like lighting, ventilation, layout planning, materials and colour choices play crucial roles. Inadequate lighting can lead to dullness and demotivation, while well-designed openings enhance both lighting and ventilation, improving respiratory conditions.

"Using non-toxic materials enhances environmental safety and living conditions. The choice of colours, guided by colour psychology, influences the mood of a space.

For example, schools benefit from a bright and varied colour palette, while offices may prefer a more subdued colour scheme, such as blue."

Somewhat in line with geomancy principles of living in harmony with

our surroundings, Preethi added that designing for wellbeing also means creating a self-sufficient environment through eco-friendly architecture.

"Through site analysis, considering factors like sun and wind direction, guides decisions on incorporating windows or louvers for optimal light and ventilation. Well-designed landscapes and courtyards can enhance health and provide therapeutic benefits, while water features assist in temperature regulation, especially in tropical climates. Finally, ergonomically designed spaces ensure comfortable living for occupants," she summarises.

### DESIGNING SPACES THAT INSPIRE AND INVIGORATE

Creating wellness-enhancing spaces involves prioritising aspects, including maximising natural light, integrating nature indoors, ensuring good air quality, promoting movement through layout design, using calming colours and textures, managing noise levels and providing access to outdoor areas.

"Access to natural light has been linked to improved mood, productivity and overall wellbeing. Designing spaces with ample windows and skylights can enhance the presence of natural light, which in turn can positively influence our circadian rhythms and regulate sleep patterns. This is very important, especially when living a busy urban lifestyle. Excessive exposure to artificial lighting may disrupt our sleep pattern and eventually affect our sleep quality," Ariff elaborates.

As an expert in green and sustainable architecture, he stresses the inherently therapeutic effect of biophilic design, which introduces elements of nature to evoke a sense



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of calmness and connection with the outdoors. "Access to nature has been shown to reduce stress and promote overall wellbeing, and this is evident when we first experience restricted movement order during the Covid-19 pandemic, which ultimately results in depression and anxiety when living in isolation without access to nature."

Azlan further explains, "Incorporating elements of nature into built environments, such as indoor plants, natural materials and views of greenery, can reduce stress, increase creativity and enhance cognitive function. This is also related to access to nature, where incorporating outdoor spaces, such as gardens, courtyards or rooftop terraces, into architectural designs provides opportunities for relaxation, contemplation and physical activity."

The next crucial elements to designing a healthy space are the use of proper ventilation systems, air filtration and the low-VOC (volatile organic compound) materials, which help to improve air quality and reduce the risk of respiratory issues. "Openable windows and kitchens with exhaust fans help to expel unwanted smells and allow the flow of air for better indoor air quality, especially in tropical countries in Malaysia with high humidity," says Azlan.

An environment wouldn't be conducive to health if it didn't promote socialisation, movement and physical activity, achieved through thoughtful spatial planning. "Creating open, inviting layouts encourages people to be more active and social, while also reducing feelings of isolation and loneliness."

Lastly, Azlan wants to point out the importance of sensory considerations when it comes to health-enhancing

designs. "Pay attention to sensory experiences like texture, scent and sound to create a harmonious and comfortable environment that appeals to all senses. For instance, a multi-sensory environment supports the explorative nature of early childhood, which helps a growing family nurture a better environment for their children.

"Meanwhile, in a working environment, sound-masking strategies such as using relaxing instrumental background music and indoor fountains help to drown out the unwanted noise and promote better concentration at work," he says.

Moreover, the choice of colours and textures in interior designs should not be overlooked, as Azlan explains, "Using colours can strategically evoke positive emotions and set the desired mood, such as calming blues and greens or energising yellows and oranges."

As you can see, there are several factors that account for the 'vibe' one picks up in an environment. "By incorporating these features and elements into design considerations, spaces can be tailored to prioritise the physical and mental wellbeing of their occupants, fostering healthier and happier lifestyles," Azlan concludes. ☺

### Creating a Mindful Home Sanctuary

Transform your living space into a soothing sanctuary by embracing mindful design principles that prioritise wellbeing and serenity.

**Clutter-Free Zones:** Decluttered environments promote a sense of calmness and clarity. Designate specific areas as clutter-free zones, allowing for a peaceful respite from the chaos of daily life.

**Technology Boundaries:** While technology can be beneficial, it's essential to establish boundaries to maintain a sense of balance. Create designated tech-free spaces or times to disconnect and be fully present.

**Sensory Retreats:** Engage the senses by incorporating elements that promote relaxation. Consider incorporating soft lighting, soothing scents (such as essential oil diffusers), comfortable textures and calming background sounds (like nature recordings).

**Meditation Corner:** Dedicate a cosy nook or corner specifically for meditation, yoga or other mindfulness practices. This designated space can help establish a ritual and create a peaceful environment for introspection.

**Nature Connections:** Bring the outdoors in by incorporating natural elements like potted plants, fresh flowers or nature-inspired artwork. These elements can help foster a deeper connection with the natural world and promote a sense of tranquility.

**Personalised Touches:** Surround yourself with meaningful objects, photographs or mementos that evoke positive emotions and cherished memories. These personal touches can create a sense of familiarity and warmth, contributing to an overall feeling of contentment.

Remember, creating a mindful home sanctuary is a personal journey. Experiment and discover what elements resonate most with you, ultimately crafting a space that nurtures your physical, mental, and emotional wellbeing.

Kegiatan bertema "Resiliensi BPR sebagai Pilar Pengembangan UMKK dalam Pasca Pandemi" yang diselenggarakan di The ZIM Premier Resort dihadiri secara virtual peserta.

Ketua Umum DPP Perhimpunan, Teby Alamsyah dalam kesempatan itu mengatakan, meskipun BPR-BPRS sempat mengalami turbulensi di masa Covid-19, namun prospektif di masa pemulihan ekonomi nasional.

"Dalam masa pemulihan pasca Covid-19, BPR-BPRS akan selalu hadir di tengah masyarakat kecil, membantu upaya pemerintah memulihkan ekonomi," katanya.

Teby menekankan agar BPR-BPRS dapat eksis dan memiliki daya saing perlu dilakukan peningkatan terhadap BPR-BPRS.

"Kami menyarankan baik kebijakan yang telah dilakukan Pa Menteri Industri, UKM dan LPS yang telah memajukan industri bagi industri BPR-BPRS untuk mengoptimalkan ruang potensial dalam menjaga keberjayaannya. Tentu upaya tersebut merupakan aksi yang sangat baik kita bersama untuk tetap bertahan, bangkit," harapnya.

Terkait itu regulasi yang menjadi hambatan dalam pengco-



**PENBUKAAN** - Acara pembukaan seminar nasional dan pelatihan terbaru bertema "Resiliensi BPR sebagai Pilar Pengembangan UMKK dalam Pasca Pandemi" yang digelar di The ZIM Premier, Sabtu (26/09). **Sumarta** (2)

ngangan BPR-BPRS, diharapkan berbagai pemerintah dapat mengeliminasi kebijakan yang dapat menghambat BPR-BPRS bertumbuh secara positif.

Kepala Eksekutif Pengusaha Perbankan UKM, Han Ediana Rus melihat keberadaan BPR-BPRS telah berkontribusi terhadap pengembangan usaha mikro dan kecil, berkontribusi atas Produk Domestik Regional Bruto (PDRB) dan menyerap tenaga kerja.

BKIK memiliki peran utama, seperti BPR-BPRS sudah terintegrasi dengan baik. Pada Maret 2024, total aset BPR dan BPRS sudah sebesar 7,34 persen secara tahunan (year-on-year) atau Rp216,73 triliun. Penghimpunan dana pihak ketiga (DPK) BPR dan BPRS tumbuh 8,60 persen secara tahunan (ytd) 158,8 triliun. Kemudian pertumbuhan kredit dan pembiayaan tumbuh 9,42 persen yoy menjadi sekitar Rp661,90 triliun.

Terkait itu, OJK sendiri telah memantapkan Peraturan OJK Nomor 9 Tahun 2024 tentang Penerapan Tata Kelola bagi BPR-BPRS (POJK Tata Kelola). POJK ini diterbitkan untuk terus mendorong agar BPR-BPRS dapat tumbuh dan berkembang menjadi lembaga keuangan yang bertanggung jawab.

Jan Berdaya dalam menyedikan layanan keuangan kepada masyarakat terutama pelaku usaha mikro dan kecil di wilayahnya.

Dia berharap pemerintah OJK ini dapat meningkatkan kepercayaan masyarakat terhadap BPR atau BPR Syariah.

Dia juga menekankan, pihak

nya terus melakukan pemerkuaan intensif terhadap seluruh BPR-BPRS untuk memastikan kelayakan mereka melaksanakan tugas sebagaimana yang diamanatkan Undang-Undang Nomor 4 Tahun 2023 tentang Pengembangan dan Penguatan Sektor Keuangan (UU P2SK), termasuk tak lagi memperlakukan adanya BPR-BPRS bermasalah sebagai frustasi.

Sementara itu, Syarifuddin Sarin, Ketua DPD Perhimpunan Sindirah-Bangkala yang juga Ketua Panitia Pelaksana, kegiatan ini diikuti sebanyak 300 peserta yang berasal dari Arab hingga Papua.

Dia berharap dengan kegiatan tersebut akan terjadi peningkatan BPR-BPRS bisa beradaptasi dengan kondisi perekonomian negara dan mampu menghadapi berbagai tantangan. **Sumarta**

## Membangun Sinergi, Kunjungan Resmi Program Studi Arsitektur Unand ke UiTM

### Padang, Singgih

Program Studi Arsitektur Fakultas Teknik Universitas Andalas (Unand) melakukan kunjungan resmi ke Kolej Pengajaran Alam Bina Univercity Teknologi Mara (UiTM), yang di Indonesia dikenal sebagai Prodi Arsitektur.

Pusat Pengajaran ini terletak di Pusat Alam, Selangor Darul Ehsan, Malaysia. Kunjungan ini dilakukan dari 16 hingga 18 Oktober.

Rombongan dipimpin Ketua Prodi Arsitektur Unand, Ahmad Hamsid, M.T., M.Eng.Sc. dan diantarai oleh Dr. Nurhamidah, M.T., M.Eng.Sc., Manager Perencanaan dan Pengembangan Masyarakat Fakultas Teknik.

Dalam kunjungan ini, Dr. Nurhamidah juga menjadi presenter pada kuliah umum yang dilaksanakan Prodi Alam Bina pada hari ketiga kunjungan.

Kunjungan ini merupakan balasan dan tindak lanjut dari kerja sama yang telah terjalin sebelumnya.

Beberapa poin penting yang dibicarakan dalam kunjungan ini meliputi rencana kegiatan summer camp dan summer course, dengan beberapa lokasi di Sumatera Barat sebagai target. Selain itu, juga dibahas mengenai pertukaran pelajar dan joint studi.

Jalur studi adalah kegiatan kolaborasi pendidikan dalam mata kuliah teknik arsitektur, yaitu studi perancangan, untuk me-



**KEBERSAMAAN** - Kebersamaan Program Studi Arsitektur Fakultas Teknik Unand melakukan kunjungan resmi ke Kolej Pengajaran Alam Bina UiTM yang di Indonesia dikenal sebagai prodi arsitektur. **Sumarta**

nyelesaian masalah desain arsitektur terutama secara bersama-sama. Pada hari pertama, rombongan diajak ke Pusat Pengajaran Alam Bina di Hutan Salak.

Dr. Hailiana berharap kunjungan ini dapat meningkatkan aktivitas kerja sama antar prodi untuk pengembangan kedua program studi ke arah yang lebih baik.

Dia sendiri juga disampaikan oleh Ir. Ahmad Idris, yang mengapresiasi kerja sama ini dan berharap dapat terus berlanjut sebagai bagian penting dari pengembangan program kolaborasi perguruan tinggi di

Universitas Andalas.

Hari pertama dimulai dengan berbagi informasi mengenai kondisi terkini Fakultas dan Program Studi masing-masing. Pengamatan dosen menjadi perhatian utama, karena program lanjutan ini juga mengantar kolaborasi penelitian antara dosen dari kedua universitas. Selain itu, dibahas juga mengenai kerja sama dan aliansi yang mungkin bisa ditandatangani dengan program Merdeka Belajar yang sedang digalakkan di Universitas Andalas.

Pada hari kedua, rombongan dari Universitas Andalas melakukan tinjauan ke ruang kelas,

ruang studio, dan bengkel yang menjadi bagian dari proses belajar mengajar di Prodi. Beribaratkan dan bisa ramah juga melakukan Focus Group Discussion mengenai jalur kerjasama, meliputi mahasiswa, penelitian, serta penelitian bersama yang akan dituangkan dalam Memorandum of Agreement.

Hari ketiga dimulai dengan sarapan pagi dan dilanjutkan dengan diskusi mengenai perkembangan Prodi Geometri yang bekerja sama dengan UiTM. Dosen FM, Dr. Emma Marissa Ahmad Zawawi, menandatangani memorandum program ini bertujuan untuk memperjelas sinergi antara kedua institusi dalam bidang pendidikan dan penelitian.

Kegiatan berikutnya dipaparkan dengan kuliah umum yang diarahkan oleh dosen Fakultas Teknik Universitas Andalas, Associate Prof. Dr. Nurhamidah, dengan tema "Validasi Data Cahaya Ruang Sabeli-GPM (MERO) dengan Data Cahaya Stasiun Pengamatan di Wilayah Tropis Indonesia dan Malaysia".

Selain itu, ada juga presentasi dari dosen Kolej Pengajaran Alam Bina UiTM, Prof. Madya Dr. G. Dr. Khairul Nizam Tahir dengan tema "Orbita in Smart Built Environment". Kegiatan lanjutan ke UiTM diakhiri dengan diskusi dan kesepakatan untuk pengembangan kerjasama ke depan. **Sumarta**

## KPU Sijunjung Sosialisasi Pilkada 2024

**SIJUNJUNG** - Mempertahankan kepercayaan masyarakat merupakan prasyarat penting bagi politik yang tidak hanya dan menginspirasi orang-orang yang berkecukupan. KPU Sijunjung, memberikan sosialisasi kepada kelompok pemungutan dalam pemilihan kepala daerah (Pilkada) 2024.

Hal itu terlihat saat KPU Kabupaten setempat melaksanakan sosialisasi pendahuluan pemilihan umum dan politik yang berpusat masyarakat ke berbagai kelompok masyarakat untuk Pilkada 2024, di Sungai Lintah, Kecamatan Karang Baru, Kabupaten Sijunjung.

Sebelum yang diarahkan Koordinator Divisi Sosialisasi Pemilihan Umum, Partisipasi Masyarakat dan Sumberdaya Manusia (Sosisdiklitur) Purmas dan SIMI KPU Kabupaten Sijunjung

Juni Waidri, SIMI, Juni Waidri (Sosisdiklitur) kegiatan ini melibatkan pengurus dan anggota Kelompok Masyarakat Serikat Perempuan Kepala Keluarga (PEKKA) di Kecamatan Karang Baru.

"Nagari Sungai Lintah ini merupakan basis PEKKA Kecamatan Karang Baru," terang Juni Waidri.

Selaku Koordinator Sosisdiklitur Purmas dan SIMI, Juni Waidri menaruh perhatian kegiatan sosialisasi ini bertujuan untuk mendukung kelompok-kelompok masyarakat, kelompok perempuan agar terlibat dalam mengorganisir pelaksanaan Pilkada di Kabupaten Sijunjung.

Serta menginspirasi orang-orang ke Tengah Pemerintahan Desa (TPD), 27 November 2024 mendatang.

Isi sosialisasi kelompok-kelompok ini sangat penting dijadikan acuan praktik-praktik yang menginspirasi perubahan dalam pemilihan kepala daerah. Juni Waidri

menyampaikan bahwa kegiatan ini merupakan acuan yang harus diberikan sosialisasi tahapan pemilihan dan acuan untuk mengorganisir baik pilkada dengan berbagai kelompok PEKKA ini menjadi pemilih ormas dan juga ormas dalam memberikan hak suaranya.

Sosialisasi ini, KPU setempat menghadirkan Dr. Nara Nita Putri, S.P., M.Si, dari Universitas Negeri Padang (UNP) sebagai pemateri memberikan pengetahuan hak politik dan peran penting keterlibatan kelompok perempuan dalam pemilihan kepala daerah.

Nara Nita Putri juga menyampaikan agar perempuan jangan main hampa. Gunakan alat politik untuk memilih suka, namun perempuan juga harus menuntut hak dan jadi kejadi masing-masing calon kepala daerah, agar menghasilkan kebijakan yang pro-aktif mendukung kegiatan perempuan.

Kegiatan ini, juga dihadiri Ketua dan Anggota PPK Kecamatan Karang Baru dan beberapa panitia pemungutan suara (PPS) di lingkungan kelompok-kelompok PEKKA ini, karena PEKKA merupakan salah satu lembaga binaan Komisi Nasional Ombudsman Perempuan yang bertujuan untuk memfasilitasi perempuan-perempuan yang menjadi kepala keluarga dan memberikan sumber daya dukungan agar perempuan yang stigma jenuh untuk mengatasi kesulitan ekonomi dan pengalaman frustrasi mereka dengan lebih baik.

"Melalui kegiatan bersama dengan serikat PEKKA ini, KPU Kabupaten Sijunjung dan PPK Kecamatan Karang Baru, berharap agar kelompok perempuan dapat memilih mitra KPU dalam mengawal dan juga harus memberikan informasi terkait pelaksanaan Pilkada di Kabupaten Sijunjung ini," ujar Juni Waidri.

**Leadership**  
*by* **Example**

**Delegate,**  
**Motivate,**  
**Empower**

**Believe,**  
**Strategize**  
**& Execute**

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