UNIVERSITI TEKNOLOGI MARA

info kampus

UiTM Sarawak

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Malam Di Ambang Merdeka





Tahniah! kepada semua keluarga kampus kerana berjaya mendapat

Persijilan ISO 9001:2000 (LRQA)



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Kecemerlangan Berterusan

Perjalanan menuju Wawasan 2020 yang membawa kita menjadi sebuah negara maju dalam tempoh 15 tahun akan datang berhadapan pelbagai cabaran dan kemungkinan berlaku peristiwa di luar dugaan. Tidak mustahil perkara seperti krisis mata wang serantau pada tahun 1997 dan 1998 berulang lagi dan jumlah graduan menganggur akan bertambah jika generasi pelapis masa depan tidak berhati-hati dan berwaspada.

Kerajaan telah membuat andaian mengenai apa yang boleh berlaku ke atas anak bangsa kita dan menyeru kita membuat persediaan awal sebaik-baiknya terutama dalam pembangunan



Mesej Timbalan Pengarah HEP & Alumni

Prof Madya Dr Hj Abang Ahmad Ridzuan Abang Awit

insaniah dan pendidikan. Mungkin inilah yang dimaksudkan oleh Comenius (1650) sebagai "wholly educated" dalam kata-katanya "Our wish is that every man and woman should be wholly educated, rightly/armed not only in one single matter or in a few or even in many, but in all things which perfect human nature.

Salah satu daripada tujuh strategi yang disarankan oleh YAB Perdana Menteri, Datuk Seri Abdullah Ahmad Badawi ke arah Fasa Kedua Wawasan 2020 ialah mempercepatkan pembangunan pendidikan dengan penekanan kurikulum kepada teknologi baru. Saranan untuk mempercepatkan pembangunan pendidikan ini merupakan tanggungjawab UiTM untuk menggandakan kemasukan pada semester-semester mendatang. Dalam masa yang sama UiTM akan terus menggiatkan program pengantarabangsaan untuk memupuk kebudayaan dan teknologi terkini. Sejak tahun lepas UiTM Kampus Samarahan telah menerima pertukaran pelajar Amerika Syarikat seramai 16 orang dan pada tahun ini seramai 32 orang lagi telah bersama pelajar-pelajar kita dari 16 Julai hingga 15 Ogos 2005.

Satu lagi strategi kerajaan untuk Wawasan 2020 ialah meneruskan penekanan kepada pembangunan insaniah. Usaha melahirkan "perfect human nature" ini juga telah dikatakan oleh Yang Berbahagia Dato' Seri Naib Canselor dalam perutusan Majlis Perasmian Minggu Mesra Siswa yang lepas sebagai "Personaliti Unggul (Excellence personality). Apa yang beliau maksudkan dengan "Personaliti Unggul ialah sifat terpuji seseorang yang tidak dapat disangkal oleh sesiapa pun. Seseorang yang berpersonaliti unggul adalah dia yang sentiasa rajin berusaha, gigih bekerja, memiliki tingkat kesabaran tertinggi, sentiasa sihat rohani dan jasmani, sentiasa berfikiran terbuka dan seimbang, adil, saksama, jujur, tahu berterima kasih, sedar diri, sentiasa memikirkan kesejahteraan orang lain, tidak pentingkan diri peribadi, tidak mengambil jalan mudah untuk berjaya dan meningkatkan kedudukan diri, sentiasa pemurah, sentiasa membantu, mengenang budi, tidak mudah berputus asa, menghormati sesama makhluk dan mengagungkan kebesaran Ilahi.

Kita yakin UiTM dapat melahirkan graduan yang berpotensi unggul ini yang "dihempas tak pecah, dilentur tak patah dan ditumbang tak rebah".

Jelita sungguh puteri bersanggul
Makan ketupat di laman rumah
Siswa UiTM berpersonaliti unggul
Capai matlamat pembangunan insaniah

" Holistic education, as John P. Miller defines it in The Holistic Curriculum (1996., is essentially concerned with connections in human experience — connections between mind and body, between linear thinking and intuitive ways of knowing, between academic disciplines, between individual and community, and between the personal self and the transpersonal Self that all spiritual traditions believe to exist beyond the personal ego. The Holistic Curriculum concisely describes how holistic thinking integrates spiritual and scientific perspectives, drawing upon romantic, humanistic, and other radical alternatives to the atomistic worldview of the modern age.: (Http://www.infed.org/biblio/holistic education.htm)

Language of the Heart

- Prabha Ramakrishnan

"It isn't life that weighs us down-it's the way we carry it.": Elizabeth Potier in Elle

The early warnings were there but I did not listen to the heart because I did not comprehend the language of the life-pump when it spoke in a hoarse voice of subdued pain. Earlier, more than once, I have had a strange pervasive discomfort, just as one would feel if a ton of bricks were piled on the head. One fine morning, the heart threw away the cloak of subtlety and in a language I could not mistaken, ratcheted up the intensity of the ache. I took immediate note and the resident doctor, upon hearing my complaint for the first time, rushed me to the hospital where I was told that the heart was wheezing for the all-important life-giving oxygen. Lack of exercise and passion for rich foods had transformed my cardiac arteries into nightmarishly poor citizens of the human anatomy; prosperous deposits of cholesterol lined the walls of the arterial tunnels. Needless to say, at the hospital I was whisked away to an icy operating theatre whose sub-zero temperature would have made sick penguins happy. That was no consolation for me lying there trapped like a tropical guinea pig. The surgeon deftly took a vein from my leg to create a bypass artery (similar in concept to a bypass road peeling away a highway) to feed my starving heart. Having done that, I was gently moved to a blissful wonderland in a truck full of Morphine that hijacked my mind, freeing time from the clock and making trees glitter. I was not sure where Alice was, but the nurses wore pretty Cheshire-cat smiles and what else they wore, if any, I was not sure. But nothing lasts forever; soon I was taken away from the enchanted land to a cold hospital ward. Lo and behold I find another paradise: the world of my family and friends. That's not all; more joy floods in as I think of UiTM Sarawak where the trees (the remaining ones) still glitter in green magic and where everyone wears a smile and more. Just remember this for me: have a heart for your life; all work and no play make Jack and Jill a heartless couple.

Here are some tips to help you stay physically active. By continuing to be active regularly, you'll be building a good health habit with benefits you can enjoy throughout your life:

- Set your sights on short-term as well as long-term goals. For example, if your long-term goal is to walk 1 mile, then your short- term goal can be to walk the first quarter mile. Or if your long-term goal is to lose 10 pounds, then focus on the immediate goal of losing the first two or three pounds. With short-term goals you will be less likely to push yourself too hard or too long. Also, think back to where you started. When you compare it to where you are now, you will see the progress you've made.
- Discuss your program and goals with your family or friends. Their encouragement and understanding are important sources of support that can help you keep going. Your friends and family might even join in.
- Use the stairs - up and down - instead of the elevator. Start with one flight of stairs and gradually build up to more.
- Park a few blocks from the office or store and walk the rest of the way. Or if you ride on public transportation, get off a stop or two before and walk a few blocks.
- Take an activity break - get up and stretch, walk around and give your muscles and mind a chance to relax.
- Instead of eating that extra snack, take a brisk stroll around the neighborhood.
- Do housework, such as vacuuming, at a more brisk pace.
- Mow your own lawn.
- Carry your own groceries.
- Take a walk after dinner instead of watching TV.

If you have a family, encourage them to take part in an exercise program and recreational activities they can either share with you or do on their own. It is best to build healthy habits when children are young. When parents are active, children are more likely to be active and stay active after they become adults. Whatever your age, moderate physical activity can become a good health habit with lifelong benefits.

Reference: http://www.pueblo.gsa.gov/cic_text/health/exercise-heart/page9.htm#how



Crossing the border

While crossing the US-Mexican border on his bicycle, the man was stopped by a guard who pointed to two sacks the man had on his shoulders. "What's in the bags?", asked the guard.

"Sand," said the cyclist.

"Get them off - we'll take a look," said the guard.

The cyclist did as he was told, emptied the bags, and proving they contained nothing but sand, reloaded the bags, put them on his shoulders and continued across the border.

Two weeks later, the same thing happened. Again the guard demanded to see the two bags, which again contained nothing but sand. This went on every week for six months, until one day the cyclist with the sand bags failed to appear.

A few days later, the guard happened to meet the cyclist downtown. "Say friend, you sure had us crazy", said the guard. "We knew you were smuggling something across the border. I won't say a word - but what is it you were smuggling?" "Bicycles!"











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