

# BULETIN AKADEMIK

PUBLICATION OF UPENA UITM TERENGGANU

## Young Entrepreneur: UiTM Alumni

By: Wan Nazriah Wan Nawawi & Wan Nor Bayah Wan Kamaruddin

Develop the entrepreneur knowledge and skills during the university program enhance the graduate to set up their own businesses after leaving university. They may choose their own path to explore in entrepreneurship according to their field of study. Become the entrepreneur, the graduate need to gain fund or capital from any fund institution or family help. The entrepreneurs' mindset will be able to identify problems early, and present solutions. Entrepreneurs take ownership of their jobs and performance and tend to both think creatively and collaborate well.

### The Kenduri Catering

The Kenduri provides full catering services in Seremban, Senawang and around Negeri Sembilan (all kinds of ceremonies) such as Pelamin, Hall Decoration, Contest Dress, Makeup, Photographer, PA system / DJ / Emcee, Kompang, Catering, other wedding-related services. The concept or theme of marriage is more focused on the latest concept. However, the bride may choose the theme of interest and The Kenduri consultant will try their best to realize the wishes of the bride. The main expertise in The Kenduri is to provide corporate, wedding, Wedding Planner and Event Manager catering services. The Wedding Planner services as well as clients' wedding party manager will



be plan based on their budget. The

Kenduri also provide service of Event Manager on the day of the event where we will arrange all the event trips to the end of the event. This services is align to the highly demand from the clients who dream for perfection in their event. The trending of uploading fantastic pictures helps The Kenduri to penetrate the market among young client or corporate events. The young entrepreneurs for this slot are Mr. Arham and Mr. Zaim (founder of The Kenduri). They are the graduate of Diploma Foodservice Management from UITM Terengganu on 2014. At the age of 24 years old, they become the icon of young entrepreneur which may boost the motivation among graduate.



### References

1. <https://targetjobs.co.uk/careers-advice/choosing-an-employer/324809-how-to-become-an-entrepreneur-when-you-graduate>
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# FOOD TRUCK ENTREPRENEURS

By: Wan Nor Bayah Wan Kamarudin, Wan Nazriah Wan Nawawi & Amanina Mat Ghani

HOT ON WHEELS: YOUNG ENTREPRENEUR SURVIVAL MODE IS ON!!!



**TAPAK** is KL's first non-night market 'urban street food' which is located at Hampshire Park, Off Jalan Ampang, Kuala Lumpur. One of the kind, TAPAK act as a spot deemed the new food truck haven where a number of food trucks are parked daily and has bringing our gastronomic adventures to a whole new level which offers different food trucks owned by young entrepreneurs that serve variety of food and beverages. To make it amusing and irresistible, food truckers will rotate their presents in TAPAK according to the arranged schedule. Launched over half and year ago by 4 reunited school mates, it meets the growing demand in popularity of food trucks in Kuala Lumpur.

Experience open 7 nights a week, right downtown in the heart of the city. A fast-catching trend that offerings new venture of food and beverage outlets hyped by the millennials and Generation Y (Gen Y), food truck has become a phenomenon. To date, there are more than 40 food trucks registered in the data base and the well know food truck inclusive Babarittos, Flaming Wheels Food Truck, Little Fat Duck, Cowboys Food Truck, Flaming Wheels, The Burger Shop, La Famiglia Food Truck, Burger Giler Power, Dr. Mak Rony, The Laughing Monkey, SpagMe, etc. Besides that, there are also bring along the Top Food Trucks near Suria KLCC - Flaming Wheels, Tapak Urban Street Dining, Curbside Cantina, The Royal Post, Wheeloaf Food Truck, Q Gastrotruck, SpagMe, Booga Booga, Teazer Food Truck, The Humble Chef.



As food truck concept became a fad, Malaysian Government agency which is Majlis Amanah Rakyat (MARA) seize the potential and show their support by inviting young entrepreneur especially to venture into the food truck business that has great potential and is becoming a trend.

Its director, Zahari Aziz, said Mara would provide qualified applicants with a 100 per cent loan up to a maximum of RM250, 000 to buy a fully modified truck.

He said the truck would be registered in the applicant's name and they could decide on the type of vehicle they wanted.



*Searching no more! Let's experience the new atmosphere of gastronomic adventures....*

# GOUT & PANDUAN PEMAKANAN

Oleh: Dr. Hayati Adilin Mohd Abd Majid, Siti Norfadhilah Ahmad Shariff, Siti Nurhanifah Sulong, Siti Khuzaimah Ahmad Sharoni

**GOUT** adalah merupakan penyakit arthritis akut yang menyebabkan kesakitan teruk dan bengkak pada sendi. Ia paling biasa menyerang ibu jari kaki tetapi, boleh juga menjejaskan tumit, pergelangan kaki, tangan, pergelangan tangan atau siku.

**Punca** gout disebabkan oleh bacaan asid urik yang tinggi di dalam darah (hyperuricemia). Penghasilan Asid urik adalah daripada proses pemecahan purin yang terdapat dalam makanan seharian kita. Asid urik di dalam darah akan meningkat jika sekiranya diet yang tinggi kandungan purin di ambil tanpa dipantau. Panduan pemakanan untuk diet rendah purin, sederhana dan tinggi purin di klasifikasikan di dalam jadual di bawah.

**Faktor-faktor** yang boleh meningkatkan penyakit gout adalah umur dan jantina, genetik, pilihan gaya hidup, ubat, berat badan dan masalah kesihatan yang lain.

Jadual 1: Panduan Pemakanan Untuk Makanan Rendah, Sederhana & Tinggi Purin

Kumpulan Makanan	Rendah Purin (0-50mg /100g makanan)	Sederhana Purin (50- 150mg /100g makanan)	Tinggi Purin. (150-825 mg /100g)
	Boleh Diambil	Sederhana	Elakkan
<b>Bijirin dan hasil bijirin</b>	Roti,nasi, Meehoon Kueyteow, Biskut	Roti wholemeal Oatmeal Bijirin mil penuh Had: 2/3 cwn 1 hari	
<b>Buah-buahan</b>	Semua jenis	Oren/ lemon, Kurangkan Ciku	
<b>Sayur-sayuran</b>	Semua jenis Jus sayur	Asparagus, Kekacang, Cendawan, Bayam Kobis, Kacang peas Kacang soya, Tomato Cendawan Had: 1/3 cwn 1 hari	
<b>Lemak &amp; Minyak</b>			Semua tetapi sederhana
<b>Makanan Protein</b>	Susu Telur Keju	Makanan laut, sotong, udang, kerang, ketam Kekacang spt: Peas & dhal Had: 2-3 hidangan 1 hari	Ikan spt ikan kembung, cencaru, sardin dan bilis Organ dalaman spt: hati,pedal, hempedu,otak, jantung,telur ikan pancreas & ginjal
<b>Sup</b>	Sup sayur		Daging merah & ekstrak daging (Bovril, bonox)
<b>Lain-lain</b>	Di nasihatkan minum air 6-8 gelas sehari Elak: (Minuman manis) Sirap, Kordial, kopi		Yis dan ragi Roti Tapai Alkohol

## RUJUKAN:

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# Opportunity Thinker

By: Wan Nazriah Wan Nawawi

The tremendous success is achievable if we develop the appropriate thinking patterns. Dealing with the challenges in life might require us to make a judgment on our views. The view taken here is that we tend to engage in both negative and positive chains of thought (habitual ways of thinking) that affect emotional and behavioral reactions. These thoughts flow in relatively consistently repeated patterns when triggered by specific circumstances which involve among other things, our beliefs, our imagined experiences, and our self-talk. The types of thought patterns that a person could adopt include 'opportunity thinking' and 'obstacle thinking' (Manz, 1992). Opportunity thinking involves a pattern of thoughts that focus on opportunities, worthwhile challenges, and constructive ways of dealing with challenging situations. Obstacle thinking, on the other hand, involves a focus on the negative aspects (the obstacles) involved in challenging situations either reasons to give up or retreat from problems. Here are the simple tips of shifting the obstacle thinking to the opportunity thinking:

## Tips 1: Alter Your Perspective..

By controlling our irrational emotions, we are able to see things as they are, not as we perceive them to be. Think of it as selective editing—not to deceive others, but to properly orient ourselves. Where the head goes, the body follows. Perception precedes action. Right action follows the right perspective.

## Tips 2: Stay Moving, Always..

Those who attack problems and life with most initiative and energy usually win. Obstacles seem more intimidating when we stop to look up at them.

## Tips 3: What's Right Is What Works..

We spend a lot of time thinking about how things are supposed to be. Whereas, it doesn't matter how the ending will be, only that you make it started. Think progress, not perfection.

So when we're frustrated in pursuit of our own goals, don't sit there and complain that we don't have what we want or that this obstacle won't shift. If we haven't even tried yet... of course, we will still be in the exact same place. You haven't actually pursued anything. All the greats we admire started by saying, yes, let's go. And they usually did it in less desirable circumstances than we'll ever suffer. Just because the conditions aren't exactly to your liking, or you don't feel ready yet, doesn't mean you get a pass. If you want momentum, you'll have to create it yourself, right now, by getting up and getting started.

**"The impediment to action advances action. What stands in the way becomes the way." — Marcus Aurelius.**

### References:

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**P.H.D**

**Perjuangan  
Hadapi  
Dugaan**

**Penuh  
Hikmah  
Dalam RedhaNya**

**Payah, Resah  
Hantui  
Diri**

**Pasrahlah  
Hadaplah  
Dakaplah**

**Perjalanan  
Hidup  
Direncanakan**

**Persiapkan  
Halatuju  
Dunia & Akhirat**

**Positifkan  
Hati yang  
Dalam**

**Pujuk  
Hati  
Dengan Doa & Iman**

**Pasti  
Hidup  
Di permudahkan**

**Pasti  
Hidup  
Di Rahmati Tuhan**



# ERTI DISEBALIK WAZAH PHD

Oleh : Dr. Hayati Adilin Mohd Abd Majid, Siti Nor Fadillah Ahmad Shariff,  
Siti Khuzaimah Abu Bakar & Abd Razak Abu Kassim.

Dengan takwa, allah akan beri “jalan keluar (dari segala perkara yang menyusahkan), dan memberinya rezeki dari jalan yang tidak terlintas di hatinya.”

(At-Talaq: Ayat 2-3) Amin.

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