



Dear readers,

This is yet another issue of our in-house e-bulletin. It is pages long. Thank you to all who have contributed to this issue. In fact, we really hope for a steadier stream of contribution from all of you to keep our bulletin going in the future. On behalf of the bulletin editorial committee, I hope you will have a fun time reading this issue. Happy New Year 2023 to all!

Thank you.

What's Inside...



- **o6**. Happy Retirement
- **08**. Effective Lecturing Skills
- 10. MUET Seminar 2022
- **12**. Grab the Mic
- 14. Track Judge SUKMA XX



- 30. A Talk with a French Speaker
- 32. Stress Management

- **16**. GEMS
- 18. Forget Me Not
- 22. JMTi tea ceremony
- 26. Hari Inovasi UiTMCPP 2022



36. Chinese New Year Celebration



- 40. Let's be friends with ourselves!
- 42. Perfecting the Art of Doing...
- 46. Afternoon Tea Places in Penang
- 50. Heaven on Earth
- 52. Travelling with young children
- 56. The right pot for your plant!



- **60**. Obsessive compulsive disorder
- 62. Expressing Condolences
- 64. Manchester Aku Datang
- 72. Sekilas bicara tentang pantun



- **76**. Memilih pemimpin
- 77. Kehidupan
- 78. Warkah Buat Avah Ibu
- 79. Orang Jawa
- 80. Layar Kecewa
- 81. Perangkap Samar
- 82. When I am gone
- 83. Keep Flying

Happy reading...









Mr. Rasaya Marimuthu



This retirement marks the end of a chapter. The words you have written in the story are powerful and encouraging. As you begin the next chapter, we wish you well. May your story be even more inspiring.

You are such a gem! You have left a good legacy of a commendable work ethic and excellent service. We will be forever grateful for the great work relationship we have had with you and hope you enjoy this much-deserved rest.

We'll miss you...