

## OPEN DAY

15-16, 22-23  
Mar'25

10am - 4pm

340, Macalister Road,  
Penang  
(Heritage Campus)

### Week's Best Titles

- ❑ From DISTED to Medicine: Dr. Yegappan Shanmugam's Journey
- ❑ Empowering Voices: DISTED's WeLEAD Journey in Women's Leadership & Racial Equality
- ❑ Ocean Acidification: Causes, Impacts, and Mitigation
- ❑ Python: The Universal Language for Innovation and Problem-Solving
- ❑ Rethinking Plastic: Lessons from the Plastic Odyssey Exhibition
- ❑ DPC's Sunset Photography Outing at Ferringhi Bay Beach

# From DISTED to Medicine: Dr. Yegappan Shanmugam's Journey

Dr. Yegappan Shanmugam's journey as SACEi (SAM then) student from DISTED College to becoming a medical specialist highlights the impact of a strong academic foundation and meaningful student experiences. He encourages current students to maximise their time at DISTED, as these moments shape future success.



### Remarks from the President

Dato' Lim Si Boon  
- Interim President

### The College as a 'Sandbox'

Many parents and young adults often ask about the relevance of attending college, especially in an era dominated by AI, the gig economy, Dr. Google, and Professor YouTube.

For many secondary school graduates, the transition to adulthood presents a crucial decision—should they pursue college, enter the job market, or opt for online learning?

For the vast majority, structured learning, behavioural boundaries, and a supportive environment for exploration remain essential. At DISTED College, we provide a '**sandbox**'—a space where students can develop knowledge across various subjects, discover their talents in technology, explore business opportunities, and master industry-specific skills in a safe and nurturing learning environment.

At DISTED, we encourage students to actively engage with our academics, exchange ideas, and debate perspectives. This not only enhances communication skills but also fosters respect for peers and colleagues—critical attributes for success in both education and industry internships.

We look forward to sharing more insights at the **Malaysian Education Fair (MEF) on 8-9 March 2025**. You are also welcome to visit us during our **College Open Days on 15, 16, 22, and 23 March 2025** to learn more.



# Cover Story

## From DISTED to Medicine: Dr. Yegappan Shanmugam's Journey

For many students, selecting the right pre-university college is a challenging decision that involves weighing factors such as tuition fees and campus environment. In 2000, Dr. Yegappan Shanmugam—now a Consultant Obstetrician & Gynaecologist at Hospital Lam Wah Ee, Penang—faced this very choice. Wanting to stay close to home, he carefully explored his options and found that DISTED College's SACEi (SAM programme then) programme stood out not just for its affordability but also for its strong academic reputation and dedicated lecturers.

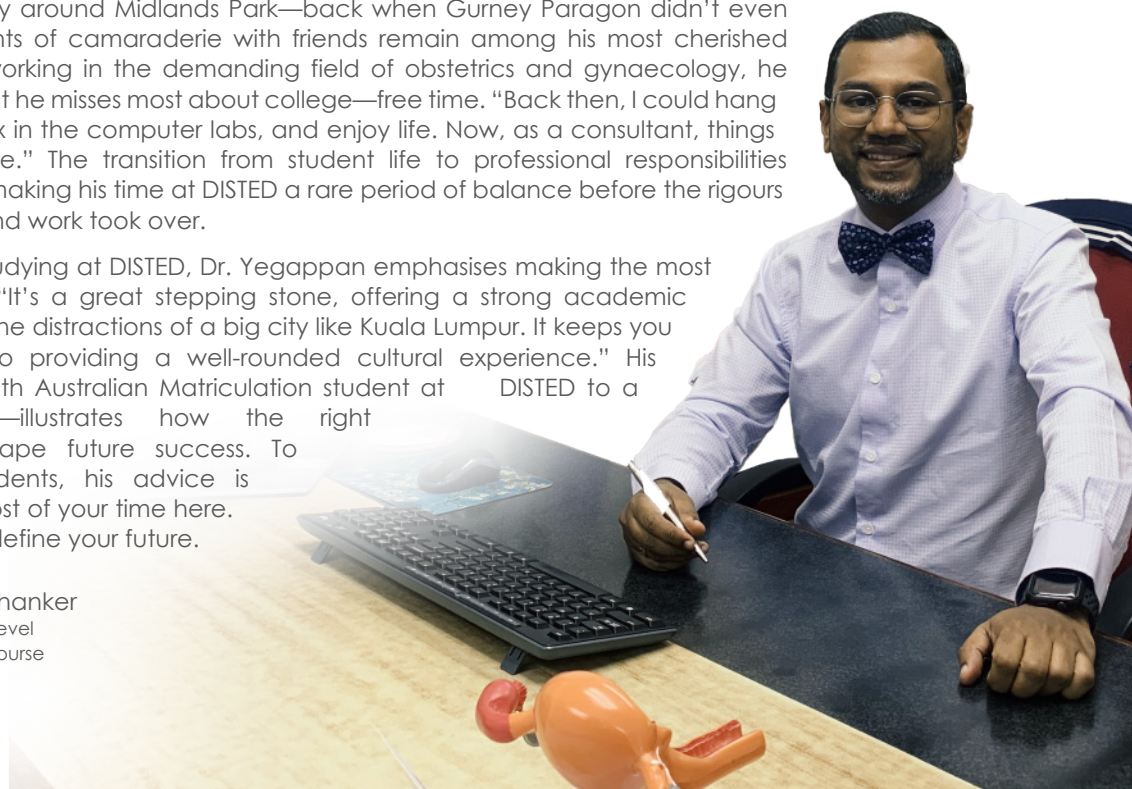
Coming from a government school, Dr. Yegappan still recalls his first impression of DISTED. "It felt like a big upgrade—air-conditioned classrooms, excellent facilities, a well-equipped computer lab, and a great library. Everything was structured and supportive." The transition to college life was smooth, giving him a newfound sense of independence. Looking back, he acknowledges the solid academic grounding DISTED provided. "The quality of teaching was excellent. While success depended on the students' effort, the lecturers were truly dedicated."

One educator, in particular, left a lasting impact—Miss Nallammai, his Mathematics lecturer. Known for her motivational teaching style, she played a crucial role in shaping his learning experience. Though she has since moved to Kuala Lumpur, her influence remains unforgettable. Beyond the classroom, one of the most valuable skills he acquired at DISTED was effective note-taking. "Writing notes, keeping up with assignments, and revising extra material became habits that helped me tremendously in university." These simple yet essential study strategies laid the foundation for his success in medical school.

Some of Dr. Yegappan's fondest memories extend beyond academics. "We used to go out to eat, especially around Midlands Park—back when Gurney Paragon didn't even exist!" Those moments of camaraderie with friends remain among his most cherished experiences. Now working in the demanding field of obstetrics and gynaecology, he often reflects on what he misses most about college—free time. "Back then, I could hang out with friends, relax in the computer labs, and enjoy life. Now, as a consultant, things are far more intense." The transition from student life to professional responsibilities happened quickly, making his time at DISTED a rare period of balance before the rigours of medical school and work took over.

To those currently studying at DISTED, Dr. Yegappan emphasises making the most of the experience. "It's a great stepping stone, offering a strong academic foundation without the distractions of a big city like Kuala Lumpur. It keeps you grounded while also providing a well-rounded cultural experience." His journey—from a South Australian Matriculation student at DISTED to a medical specialist—illustrates how the right foundation can shape future success. To today's DISTED students, his advice is simple: Make the most of your time here. These moments will define your future.

Parthasarathe Jayashanker  
Student of Cambridge A-Level  
Student Editor, DISTED Discourse





## Empowering Voices: DISTED's WeLEAD Journey in Women's Leadership & Racial Equality



Thireshynie A/P  
Tamil Chelvam

From December 2024, a team from DISTED College participated in the WeLEAD Programme, a three-day leadership initiative focused on women's empowerment. The programme developed leadership skills, advocacy, and discussions on gender equality. A key session by Pusat KOMAS, titled "Is Racism a Barrier?", examined how racial bias limits opportunities for women in leadership. Using interactive activities and case studies, the session distinguished between individual prejudice and systemic racism, emphasizing discrimination embedded in institutions and policies.

Participants were encouraged to confront biases and advocate for inclusivity. This experience reinforced DISTED College's commitment to diversity, equity, and inclusion. Engaging in discussions on societal barriers was both insightful and a call to action. As future leaders, we aim to drive positive change in our academic and broader communities.

Thireshynie A/P Tamil Chelvam  
Lecturer, School of Psychology



### Ocean Acidification: Causes, Impacts, and Mitigation

“Ocean acidification occurs as oceans absorb increasing amounts of atmospheric CO<sub>2</sub>, primarily from fossil fuel combustion and agricultural runoff. This leads to the formation of carbonic acid, lowering ocean pH. Over the past five decades, pH has dropped from 8.2 to 8.1, representing a 30% rise in acidity, with further declines expected. Acidification weakens calcium carbonate structures, making it harder for marine organisms like prawns, crabs, and corals to build shells and skeletons. Fish experience metabolic and immune issues, while biodiversity shifts as some species decline. Mitigation efforts include large-scale seaweed farming in countries like China and the U.S., as well as carbon capture technologies. However, reducing global carbon emissions remains the most effective solution. At DISTED College, students in the SACE programme study ocean acidification within their chemistry curriculum, applying scientific knowledge to real-world environmental challenges.”

Dr Teo Soon Beng  
Principal Lecturer, School of Pre-University Studies

### Python: The Universal Language for Innovation and Problem-Solving



“Python is a versatile and beginner-friendly programming language, accessible to anyone regardless of coding experience. Its simple syntax makes it easy to learn, while its applications span various fields, from artificial intelligence and data science to automation and web development. Python powers innovations like Netflix's recommendations and Google Translate while also enabling artists, educators, and small business owners to enhance their work. Beyond its technical applications, Python is widely supported by free resources and an active community, making it an ideal skill for both beginners and professionals. Whether for building games, chatbots, or automating daily tasks, Python offers limitless possibilities. At DISTED College, Python is a key part of the computer science curriculum, ensuring students gain hands-on experience in real-world applications. Recently, local students explored Python through a simple number-guessing game, highlighting its accessibility and practicality in problem-solving and innovation.”

Kaushalya A/P Tinakaran  
Lecturer, School of Computing & Engineering



## Rethinking Plastic: Lessons from the Plastic Odyssey Exhibition

The Plastic Odyssey Exhibition, held at the Alliance Française de Penang on February 22, 2025, showcased sustainable alternatives to plastic and global recycling initiatives. Accompanied by Ms. Elaine Chan and three classmates from the Business Innovation class, I gained a new perspective on plastic's widespread presence in daily life. The exhibition highlighted innovative substitutes like wood, invasive plants, mushrooms, cotton, and human hair, used to create biodegradable products. It demonstrated how small lifestyle changes, such as using siwak toothbrushes and reusable bags, can significantly reduce plastic waste. A key takeaway was the extent of plastic's impact, particularly the presence of microplastics in

household items. The visual exhibits were eye-opening, prompting reflection on consumption habits. This visit deepened my understanding of the plastic crisis and reinforced the importance of advocacy. By making mindful choices, individuals can contribute to reducing plastic pollution and fostering a more sustainable future.

Lau Zhe Kuan  
Student of SACEI



## DPC's Sunset Photography Outing at Ferringhi Bay Beach



The DISTED Photography Club (DPC) held its second outing, a Sunset Photography Session, on 15th February 2025 at Ferringhi Bay Beach. Open to all students, the event saw 12 members and club advisor Mr. Zaki Zakaria participate. Despite cloudy skies partially obscuring the sunset, members captured unique and creative shots, adapting to the conditions. After the sunset, participants exchanged photos and discussed their techniques, gaining valuable insights from one another. Just as they were wrapping up, they were surprised by a Fire Performance Show held for Valentine's Day celebrations. The unexpected event provided an exciting opportunity for members to capture stunning images of the performers. The session was a resounding success, fostering creativity and learning. It left participants inspired and excited for future outings, reinforcing DPC's mission to explore and appreciate the beauty of nature through photography.

Parthasarathe Jayashanker  
Student of Cambridge A-Level



the  
**FULL**  
article

## DISTED Pulau Pinang Sdn Bhd

Company Registration Number : 199701020079 (435576-U)  
MOHE Approval Number: DK187(P)

340, Macalister Road,  
10450, George Town, Penang

Editor: Dato' Lim Si Boon; Co-Editor: Prof. Dr. Vikneswaran Nair, Nadia Jefri (Communication & General Studies) Assistant Editor: Dr. Lum Li Sean; Lead Contributors: Seethai Subramaniam (Computing & Engineering); Geong Chooi Peng (Pre-University Studies); Tan Sue Lin (Business & Accounting); Dr. Lum Li Sean (Psychology); Parthasarathe Jayashanker, Sea Yun Xuan & Tan Jia Huey (Student Affairs News); Design & Layout: Tay Hooi Khooon; Distribution: Felecia Ng Lay Hong