

OPEN DAY

14-15 June '25

10am - 4pm

No 340 Jalan Macalister
 10450 George Town,
 Pulau Pinang

Week's Best Titles

- ❑ Penang Physics Olympiad 2025: DISTED Advances 20 Students to National Camp
- ❑ Life After Degree: The Ups, Downs, and Journey to Entrepreneurship
- ❑ Full Circle: A SACE Alumna's Journey Back to DISTED as a Parent
- ❑ Old School, Still Cool: Why Print Media Still Matters
- ❑ Kaggle's Just for Coders? Think Again
- ❑ Hanif Joins DISTED as Science Lab Officer, Enhancing Research and Learning
- ❑ Colouring Emotions: A Creative Approach to Emotional Awareness in Psychology Class

Penang Physics Olympiad 2025: DISTED Advances 20 Students to National Camp



60 students. 1 goal. DISTED College became a launchpad for young scientific minds as it hosted the Penang Physics Olympiad 2025. With 20 top students now selected for the upcoming National Camp, the College continues to champion Malaysia's next generation of innovators.



Remarks from the President

Dato' Lim Si Boon
 - Interim President

Continuity, curiosity and community

Established in 1987, DISTED has been a premier institution of higher education in Penang, with over 15,000 graduates to date. Today, many of our earliest alumni are sending their own children to DISTED — a testament to the trust and legacy we are proud to uphold. We are deeply grateful for your continued confidence in us.

At the heart of DISTED's mission is a commitment to curiosity and self-discovery. Whether it is fostering future scientists through the Penang Physics Olympiad or sparking digital exploration via platforms like Kaggle, we remain dedicated to learning in all its dimensions.

This semester, our students have shown exceptional creativity and compassion — from dynamic psychology sessions to meaningful volunteer work at Luminaria.

Finally, I would like to extend a warm welcome to several new colleagues who have joined the DISTED community.

Cover Story

Penang Physics Olympiad 2025:

DISTED Advances 20 Students to National Camp



On 29 April 2025, DISTED College proudly hosted the second round of the Penang State Physics Olympiad 2025, bringing together 60 bright young minds from secondary schools across Penang. The day was marked by excitement, experimentation, and exceptional promise as students competed for a chance to represent the state at national-level competitions.

Despite a delayed notification from the Penang State Education Department (JPNEP) that caused several participants to arrive late, fairness remained a priority. A separate screening session was conducted to ensure that every student had an equal opportunity to perform.

During the screening, students engaged in a series of hands-on challenges designed to test their analytical thinking and experimental skills. Tasks included measuring the focal lengths of biconvex lenses, analysing diffraction and polarisation patterns, and observing magnetic braking systems. These practical exercises reinforced their theoretical foundations while nurturing problem-solving abilities.

Twenty outstanding students were selected to join the Physics Olympiad Camp, which will also be hosted at DISTED College on 27–28 May 2025. This camp will serve as the training ground to prepare them for national competitions and, potentially, the International Physics Olympiad 2025.

In addition to the assessments, students were given a motivational talk by Dr Tan Fuyi, Senior Lecturer at the School of Pre-University Studies and Malaysia's Team Leader for the International Physics Olympiad 2025. His words of encouragement aimed to fuel their curiosity and strengthen their dedication to the sciences.

This event underscores DISTED's ongoing commitment to nurturing young scientific talent. With the support of JKOFM and participating schools, the Olympiad initiative highlights the college's role in driving academic excellence and STEM innovation in Malaysia.

"Their excitement and curiosity reminded me why we do this — to empower a generation of thinkers who will shape our world," said Dr Tan.

Dr Tan Fuyi
Senior Lecturer, School of Pre-University Studies

Life After Degree: The Ups, Downs, and Journey to Entrepreneurship



On 16 May 2025, DISTED College welcomed alumnus and Industrial Advisory Panel member Mr Jason Lim Kim Sim (Class of 2015) as a guest speaker. Reflecting on his student life—including meeting his wife on campus—Jason shared his career journey from manufacturing to entrepreneurship. After his company shut down during the pandemic, he pivoted to open a café, earned an MBA, and became an HRDF-certified trainer. He now leads a seven-member digital marketing team at H&H Healthgroup, aiming to expand to thirty. His message, “Once you put your goals in writing, you’re

already halfway there,” resonated with students, especially those in the Diploma in Business and SACE programmes. His talk sparked renewed interest in entrepreneurship and resilience. Jason’s return was not just a reunion but a reminder of DISTED’s role in shaping successful careers. We look forward to his continued contribution as a mentor and IAP member.

Elaine Chan
 Senior Lecturer, School of Business and Hospitality

Full Circle: A SACE Alumna’s Journey Back to DISTED as a Parent



Madam Beh Yee Khee, an alumna of DISTED’s SACE programme from 1998 to 2000, has returned to the college but this time as a proud parent. Choosing DISTED for her daughter, Vivian Lai, Madam Beh reflected on the changes she has witnessed since her own student days. She noted the many improvements in campus facilities and appreciated the convenience of hostel accommodation now available to students. What stood out most was the scholarship Vivian received for her excellent SPM results, a gesture that strengthened the family’s trust in DISTED’s commitment to recognising student achievement. For Madam Beh, the decision was not just about academics but also about values, continuity and a place that shaped her own path. Her journey speaks to the enduring bond alumni share with their alma mater, reaffirming the impact of quality education across generations.

Madam Beh Yee Khee
 SACE Alumni 1998-2000

Old School, Still Cool: Why Print Media Still Matters

While digital screens dominate our everyday lives, print media continues to play a vital role in education and design. At DISTED, we recognise the importance of nurturing students who are not only digitally fluent but also grounded in the enduring strengths of print. Print offers a tactile and immersive experience that encourages deeper reading and comprehension which is essential skill in academic learning. Studies show that reading from printed materials supports better memory retention, making print a powerful learning tool. For design and multimedia students, print is more than just a medium, it is a hands-on lesson in layout, typography, texture, and visual hierarchy. Whether it is a magazine spread or product packaging, the physical aspects of print offer valuable real-world insights that digital alone cannot provide.



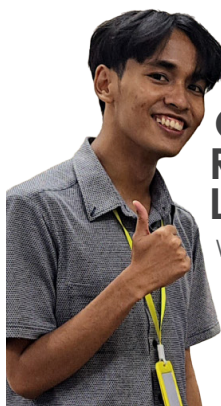
Balancing digital and print skills prepares students to be well-rounded, industry-ready designers who can thrive in both worlds.

Khairu Nisa Binti Wazir
 Lecturer, School of Communication, Arts and Multimedia

Kaggle's Just for Coders? Think Again

At DISTED College, we champion digital literacy for all students, not just those in computing or engineering. Kaggle, a platform by Google, supports this vision by offering free access to real-world datasets, browser-based coding tools, and beginner tutorials in Python, R, and SQL—without needing software installation. While often linked to data professionals, Kaggle is accessible and interdisciplinary, encouraging students from business, psychology, literature, and journalism to explore data meaningfully. Its hands-on, collaborative learning style fits well with DISTED's commitment to experiential education. Students can analyse market trends, explore mental health surveys, or examine news article patterns—gaining insights relevant to their fields. As data becomes central to all industries, tools like Kaggle empower students to ask better questions and think critically. It's not about becoming a data scientist overnight but about growing into a more capable and future-ready learner. DISTED supports this journey by fostering curiosity and practical skill development across all disciplines.

Nurul Annisa Azhar
Lecturer, School of Computing and Engineering



Hanif Joins DISTED as Science Lab Officer, Enhancing Research and Learning

We are pleased to welcome Muhamad Haniff Iryani Bin Adnan to DISTED College as our new Science Lab Officer. With an academic background in Biology and currently pursuing a Master's in Biotechnology, Hanif brings both

theoretical knowledge and practical experience to the role. He previously worked as a research assistant at Universiti Sains Malaysia, where he was actively involved in molecular biology research, focusing on environmental DNA (eDNA) studies. This experience equipped him with a strong understanding of lab-based techniques and scientific protocols, including DNA extraction, PCR, and data analysis. His meticulous approach to laboratory work and enthusiasm for scientific discovery make him a valuable addition to our academic team. At DISTED, Hanif will play a key role in supporting lab classes, maintaining equipment, and ensuring safety and accuracy in all experiments. We are confident that his expertise and dedication will enhance our science education offerings and contribute positively to student learning and research activities.

Raziah binti Ehia Mohd
Human Resources & Administration



Colouring Emotions: A Creative Approach to Emotional Awareness in Psychology Class

DISTED's Psychology class integrates emotional awareness with creative activities to help participants understand and manage their emotions. Each week, a colour theme—such as red for anger or blue for calmness—guides the session, linking visual cues to emotional states. This helps participants reflect on their feelings and develop regulation strategies. In the week focused on stress, participants made stress balls, learning how physical activities can provide emotional relief. The hands-on process encouraged mindfulness and offered insight into how stress affects the body. By engaging in creative tasks, students explored practical tools for managing emotions while strengthening their coping mechanisms. The use of colour as a weekly emotional anchor further deepened self-awareness and reflection. This approach supports a holistic understanding of emotional health by combining sensory experience, creativity, and psychological learning. Through this structure, the class equips participants with lasting techniques to navigate emotional challenges constructively and with greater self-awareness.

Indra Sellappan
Lecturer/ Rehabilitation Psychologist
School of Psychology

Some content in this issue was developed or enhanced using AI tools, with all material carefully reviewed and edited by our editorial team to ensure clarity, accuracy, and quality.

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article

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