

OPEN DAY

 26 - 27 July'25

 10am - 4pm

 No 340 Jalan Macalister
10450 George Town,
Pulau Pinang

Week's Best Titles

- Lights, Camera, Creativity: DCMP Screening Day Showcases the Future of Storytelling at DISTED
- Building Community Through Sport: Reflections on the Badminton Tournament's Success
- Bizsquad Co. Strengthens Leadership and Teamwork Through Pickleball
- Balancing Progress and Preservation: Rethinking Urban Development
- Understanding Our Emotions: A Key Step to Mental Wellness
- DISTED College Supports Penang's AI Vision Through Education



Remarks from the President

Something New, Something Meaningful

DISTED Community,

This past week, we successfully completed our ISO 9000 compliance audit with ECAAS (the accreditation organization). I commend our ISO Compliance Team and Quality Assurance unit for managing the process smoothly. Thank you to all academic and non-academic colleagues for your strong support and collaboration.

We are also pleased to share that the new Pickleball court is now open and free for use by all students and staff. I encourage everyone to stay active and make use of this facility as part of a healthy lifestyle on campus.

In addition, Kelab Penyayang has begun work on the Sensory Garden/Corner. I am proud of the initiative shown by Dr Kam, Ms Caydence Lim, and her team in bringing this proposal to life. It is encouraging to see our community working together to enhance inclusivity and well-being through nature-based spaces.

Let's continue building a quality-driven, healthy, and inclusive environment at DISTED.

Dato' Lim Si Boon
President

Lights, Camera, Creativity: DCMP Screening Day Showcases the Future of Storytelling at DISTED

From suspense to social themes, DCMP Screening Day at DISTED College turned the Biz Lab into a mini cinema, where student-directed films brought bold storytelling, creative risks, and cinematic passion to life.

Cover Story

Lights, Camera, Creativity:



DCMP Screening Day Showcases the Future of Storytelling at DISTED

On 11 July 2025, DISTED College's Biz Lab became a hub of excitement and creativity as students from the Diploma in Creative Multimedia Production (DCMP) presented their much-anticipated Screening Day. This annual event celebrates student creativity, giving DCMP students a platform to showcase original films they have produced during the semester.

This year's screenings featured two standout short films, Adolescence and The Whisper. Both were fully conceptualised and produced by students, from scriptwriting to post-production.

Adolescence is a psychological drama that follows the story of a teenage orphan struggling with uncontrollable anger. As the film unfolds, the audience realises his outbursts may not be solely emotional, but possibly the result of something deeper and more haunting. The narrative explores identity, mental health, and the unseen battles young people often face.

In contrast, The Whisper transported viewers into a suspense-filled mystery. When a student hears a voice from the supposedly abandoned school lab, she and her best friend set out to investigate. What starts as curiosity soon escalates into a dark tale of revenge and betrayal, exposing the dangers of unchecked secrets.

The screenings were met with enthusiastic applause and thoughtful discussion. Audience members included students, lecturers, and staff, all of whom praised the originality, storytelling, and technical skills demonstrated in both films.

DCMP Screening Day was more than just a media showcase. It was a moment of reflection on the power of storytelling and the dedication required to bring creative visions to life. For the DCMP students, this event was a stepping stone toward future careers in media and film production, proving that they are not only learning the craft but actively shaping the stories they wish to tell.

Nur Syafiqah
 Student, Diploma in Creative Multimedia Production



Building Community Through Sport: Reflections on the Badminton Tournament's Success

The recent Badminton Tournament, jointly organised by the Badminton Club and the Student Representatives Council (SRC), concluded with great success. The event showcased not only players' competitive spirit but also the values of sportsmanship and teamwork. Participants played with dedication and respect, contributing to a lively and welcoming atmosphere that encouraged connection beyond the court. More than just a contest, the tournament became a platform for students to build friendships and strengthen community bonds. The SRC expressed sincere gratitude to the organising team, volunteers, referees, and supporters, whose efforts ensured smooth coordination and adding excitement and motivation with their cheers and support. This tournament was a celebration of shared of shared

Ooi Ker Min
President, Student Representative Council (SRC)



Bizsquad Co. Strengthens Leadership and Teamwork Through Pickleball

DISTED Bizsquad Co. recently organised a lively pickleball session at PickleSky, Sunshine Central, bringing students together for a fun and interactive learning experience. The session was designed to strengthen teamwork and leadership skills while introducing students to the fast-growing sport of pickleball. For many participants, it was their first time trying the game, and they enjoyed learning its unique rules and strategies. Unlike tennis or badminton, pickleball combines quick reflexes with close collaboration, teaching students the importance of communication both on and off the court. students build friendships and develop essential event management and organisational skills, adding real-world value to their academic journey. Bizsquad Co. looks forward to hosting more hands-on learning events in the future, encouraging all DISTED students with an interest in business and leadership to get involved.



Tong Pei Sun
Senior Lecturer, School of Business and Hospitality

Balancing Progress and Preservation: Rethinking Urban Development

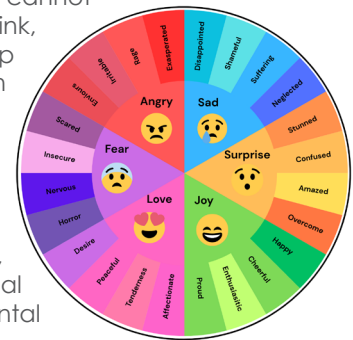


Urban development often presents a difficult dilemma: should we cut down trees to expand infrastructure, or preserve green spaces and risk traffic congestion? Penang has seen both sides of this debate, especially after losing nearly 200 trees during last year's storms and another 240 trees for ongoing infrastructure projects. While better roads and public transport are necessary, the ecological cost is high. Trees contribute to cooling cities, improving mental health, and enriching community spaces—benefits not easily replaced by replanting. At DISTED College, we actively maintain mature trees and have introduced a Sensory Garden through Kelab Penyayang to foster a greener campus. Trees are not obstacles to progress but essential parts of urban life. Sustainable development requires a thoughtful balance, ensuring that growth and environmental care coexist for healthier cities.

Dr. Kam Yew Chee
 Senior Lecturer, School of Pre-University Studies

Understanding Our Emotions: A Key Step to Mental Wellness

Many people today struggle with mental health issues, often because they cannot clearly identify their emotions. Though it may seem minor, this affects how we think, relate to others, and care for ourselves. Recognising our emotions is a vital first step in building self-awareness and mental resilience. One useful tool is the emotion wheel, designed to help people label their feelings more accurately. It begins with core emotions—anger, fear, love, joy, surprise, and sadness—and expands into more specific terms, making it easier to express what we truly feel. In my experience with clients, when asked about their emotions, many say "OK" but are unsure of what they are actually feeling. Using the emotion wheel often helps them uncover deeper emotional insights. At DISTED School of Psychology, students are introduced to such tools and evidence-based practices in emotional regulation, helping them better understand human behaviour and support mental wellness in practical, meaningful ways.



Emotion Wheel

Chew Yong Peng
 Lecturer, School of Psychology

DISTED College Supports Penang's AI Vision Through Education



As Penang moves toward becoming Malaysia's leading artificial intelligence hub, DISTED College is proud to contribute through talent development and education. Recently, I pursued the Pearson IT Specialist Artificial Intelligence certification to deepen my own knowledge and to better guide students in AI and emerging technologies. This experience has reinforced the need for education to stay aligned with industry shifts. At DISTED, our computing programmes focus on practical learning, critical thinking, and real-world application. Students gain hands-on experience in machine learning, natural language processing, and ethical AI use—preparing them for roles in the digital economy. Through continuous learning and integrating industry-recognized certifications into teaching, we ensure our students are future-ready. DISTED is committed to supporting Penang's digital ambitions by nurturing confident, capable graduates ready to lead in AI and tech innovation.

By Adibah binti Riduan
 Lecturer, School of Computing and Engineering

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.

DISTED Pulau Pinang Sdn Bhd

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