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 Weekly
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DISCOURSE

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- > **Mastering** Cinematic Techniques: Enhancing Psychological Storytelling in Film
- > **3v3** Basketball Tournament: Overcoming Challenges to Promote Health and Team Spirit

New and returning students joined the Leadership Camp 2024 at DISTED College by participating in ice-breaking activities, team challenges, and creative sessions. The event concluded with water games, leaving everyone with lasting memories.

Leadership Camp 2024

A Day of Connection, Creativity, and Fun at DISTED College

Leadership camps play a crucial role in enhancing students' personal and professional development. These programmes offer a unique opportunity for participants to cultivate essential skills such as teamwork, communication, problem-solving, and decision-making—skills that are not always fully developed in a traditional classroom setting.

Through carefully designed activities and challenges, students learn to work collaboratively with their peers, often stepping out of their comfort zones to take on leadership roles. These camps provide a supportive environment where students can build confidence, discover their strengths, and develop resilience in facing challenges.

Moreover, leadership camps encourage students to form lasting connections, fostering a sense of community and belonging. By participating in team-building exercises, students not only build relationships with one another but also develop a greater appreciation for the diversity of perspectives and ideas. These camps also offer a platform for self-reflection and creativity. Through various activities, students are encouraged to express themselves, explore their identities, and gain a deeper understanding of their leadership potential.

Overall, leadership camps are vital to a well-rounded education, equipping students with the skills and experiences needed to become influential leaders in their academic and future professional lives.

Prof. Dr. Vikneswaran Nair
 President

Remarks



from the

President

Cover Story

Leadership Camp 2024: A Day of Connection, Creativity, and Fun at DISTED College

On September 12, 2024, DISTED College hosted its annual Leadership Camp at Heritage Hall, with around 25 new and returning students participating. This year, the inclusion of new intake students made the event particularly special.

The day began with an ice-breaking session where students were divided into groups to introduce themselves. Faces reflected a mix of eagerness and nervousness as everyone got acquainted, providing a great opportunity for students to start building connections within the college community.

Next was the Straw Tower competition, where groups had 30 minutes to construct the tallest tower using only straws, tape, and recyclable materials. Each team displayed excellent teamwork, collaborating effectively to meet the challenge. Prizes were awarded to both winners and runner-ups for their efforts.

The Art Therapy session followed, where students were given a creative outlet. Each received a kit with a plain paper box, paints, markers, and stickers. Guided by self-reflective questions, students decorated their boxes to express their identities, allowing for personal and artistic expression.

The final activity, a series of water games, took place outside. Students enjoyed water balloon fights and playful pranks, laughing and splashing one another. Though everyone ended up soaked, the carefree fun made it a memorable experience for all.

Sea Yun Xuan
Student Editor, Student of Cambridge A-Level



AI in Art, Design and Multimedia Education: Reflections from RTM's Documentary Feature

“Last week, I was approached by an advertising company from Shah Alam to contribute to a documentary episode for Radio Televisyen Malaysia (RTM). The documentary examines the evolving relationship between humans and artificial intelligence (AI), focusing on how AI is shaping various industries. My segment centres on my teaching approach in art, graphic design, and multimedia, where I shared how AI tools are enhancing creativity in the classroom. I discussed the use of AI-powered software for design and multimedia projects, while also emphasising the need to balance technological reliance with creative thinking. The episode offers a reflection on how AI is influencing the future of art and design education, and how educators like me are adapting to these changes. I'm excited for its release and will update everyone when it airs!

Khairu Nisa Wazir
Lecturer, School of Computing and Engineering



Overcoming Numerophobia: The Importance of Numerical Skills in Everyday Life

Numerophobia, the fear of numbers, is something many students and adults encounter, especially after choosing fields like business or law to avoid complex mathematics. However, basic numerical and statistical skills are crucial, particularly for graduates, as they enhance job prospects and support better decision-making in everyday life. Whether choosing a college or making personal purchases, data analysis plays a key role. With proper guidance and clear instruction, even those who struggled with math in school can excel in statistics. You don't need a degree in mathematics to appreciate the importance of quantitative skills. Overcoming numerophobia is about confronting fear head-on and developing the ability to handle numbers through practice. At DISTED College, students are exposed to statistics and mathematics in every programme, equipping them with essential skills to succeed in both their professional and personal lives.



Elaine Chan,
Senior Lecturer, School of Business and Hospitality

Mastering Cinematic Techniques: Enhancing Psychological Storytelling in Film

On 10th September 2024, a mini workshop was held for psychology students enrolled in the Psychology of Film course. Led by Ms. Thiresyinie A/P Tamil Chelvam, the session aimed to prepare students for their short film assignment. Mr. Zaki Bin Zakaria from the School of Computing and Engineering was the guest speaker, sharing his expertise in cinematography and film-making tools. The workshop covered essential concepts like camera angles, lighting, and editing software, demonstrating how these technical elements can convey psychological themes in film narratives. Through hands-on activities, students applied the techniques, enhancing their critical thinking about how technical choices influence storytelling. The collaborative atmosphere fostered open discussions, and students expressed excitement about integrating these skills into their projects, feeling more confident in their ability to create impactful films. The workshop was highly appreciated, with a special thanks to Mr. Zaki for his valuable contributions.

Thiresyinie A/P Tamil Chelvam
Lecturer, School of Psychology





Basketball Tournament

Overcoming Challenges to Promote Health and Team Spirit

The Basketball Club and DISTED Student Representative Council collaborated to organise the 3v3 Basketball Tournament, held on September 3rd and 5th, showcased remarkable talent and teamwork among students from various educational institutions. Despite challenges from adverse weather, the event proceeded successfully, with Jonas Ng, Kang Jia Yang, and Tan Jun Hong emerging as champions. Nicholas Tan, Brandon Lye, and Someshwar Rao secured second place, while Wayne Peh, Hoe Ding Ying, Samuel Boyle, and Anric Chin finished third. The weather highlighted the vulnerability of the outdoor court, nearly causing a cancellation. The tournament aimed to promote physical health, encouraging regular activity to improve cardiovascular fitness and reduce chronic disease risks. To maintain this momentum, regular basketball sessions will be held every Tuesday and Thursday at 4:30 PM, fostering camaraderie and an active lifestyle.



Dr Tan Fuyi
Basketball Club Advisor



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the
FULL
article

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