

OPEN DAY

15-16, 22-23
Mar'25

10am - 4pm

340, Macalister Road,
Penang
(Heritage Campus)

Week's Best Titles

- ❑ With Gratitude and Pride: Signing Off as President, but Forever a Part of the DISTED Story
- ❑ Leadership Transition at DISTED College
- ❑ Embracing the Spirit of Ramadhan: A Month of Faith, Reflection, and Unity
- ❑ Emerging Trends in Psychology in 2025: Research Ideas for Psychology Students
- ❑ The Resilient Journey of Working Mothers at DISTED
- ❑ Balancing Dreams and Determination: My First Gold of the Year

With Gratitude and Pride: Signing Off as President, but Forever a Part of the DISTED Story

A chapter closes, but the connection remains as I bid farewell to DISTED College, confident in its bright future and forever cherish the memories built together."



Remarks from the
President

Prof. Dr. Vikneswaran Nair
- President

As I prepare to pass the baton of leadership, I am reminded that the true strength of any institution lies not in one individual, but in its ability to evolve, adapt, and embrace new chapters. Change, though often bittersweet, is the lifeblood of progress. It breathes fresh energy into our shared mission and ensures that DISTED College remains dynamic, responsive, and forward-focused.

Leadership is a privilege of stewardship, not ownership. Just as seasons shift to nurture growth, transitions in leadership invite new perspectives, ideas, and aspirations that align with the ever-changing landscape of higher education. I am confident that this shift will invigorate DISTED's journey, building on the foundation we've fortified together while charting bold, innovative pathways for tomorrow's learners.

To our remarkable community—students, faculty, staff, and partners—your resilience and passion have always been DISTED's guiding force. As Dato' Lim Si Boon steps into the interim role, I urge you to extend the same trust and collaboration that fuelled our collective achievements. Remember: progress is not a destination, but a continuous pursuit shaped by those willing to lead, learn, and reimagine what's possible. DISTED's legacy is not anchored in the past but in its limitless potential to inspire future generations.

Thank you for allowing me to walk alongside you in this chapter. The best, I believe, is yet to come.



Cover Story

With Gratitude and Pride: Signing Off as President, but Forever a Part of the DISTED Story

Today, 28th February 2025, marks the end of my 3 years and 4 months as President of DISTED College, Penang. It is with a heavy heart that I announce my decision to step down from this role due to family commitments, which require me to relocate back to Kuala Lumpur. However, I will continue to support DISTED remotely in the coming weeks (or months) to ensure a smooth leadership transition.

As I bid farewell, I want to take this moment to express my deepest gratitude to every single individual who has made my tenure here so memorable. The journey has been bittersweet, filled with challenges and triumphs, but these experiences have made DISTED a place I will always hold dear to my heart.

To the incredible staff and students of DISTED, thank you for standing by me as we navigated the aftermath of the COVID-19 pandemic and worked tirelessly to stabilise the college. Your resilience, dedication, and teamwork have been the cornerstone of our success. As the saying goes, "Teamwork makes the dream work," and together, we have proven that time and again.

I am also deeply grateful to the Board of Directors, from the previous leadership under Wawasan Open University to the current, under the guidance of Dato' Lim Si Boon, for entrusting me with the responsibility of steering DISTED through challenging times. Your unwavering support and belief in my leadership have been instrumental in our collective achievements.

Over the past three years, we have accomplished so much together. We successfully rolled out new degree programmes in collaboration with HELP University and articulations to top universities globally and nationally, providing our students with even more opportunities and pathways to excel. We revitalised the college's infrastructure, transforming our campus into a more vibrant and conducive learning environment. Our consistently high ratings in MyQUEST and excellence in

MOHE, MQA, and ISO 9001 audits are a testament to our commitment to quality and continuous improvement. Winning the National CSR and Sustainability Award during this period was a proud moment, reflecting our dedication to making a positive impact beyond academics. And, of course, the DISTED Discourse newsletter, now in its 102nd edition (Volume 11, Issue 2), has been a labour of love, keeping our community connected and informed every step of the way.

Reflecting on these accomplishments and many others, my hopes for DISTED remain steadfast. I am optimistic the college will continue to strive for academic excellence, innovation, and an unwavering commitment to student experience and success. I am confident that the foundation we have built will serve as a springboard for future leadership to take DISTED to even greater heights. To the students, faculty, staff, and the broader DISTED community—thank you for your continuous support, trust, and camaraderie. You have made this journey unforgettable.

During this transition period, Dato' Lim Si Boon, Director of DISTED College will serve as the interim President. I will remain available to provide remote support until a new President is appointed. I will also continue to oversee the DISTED Discourse Newsletter until a new editor is ready to take the helm.

As I close my chapter in Penang, I carry with me cherished memories and a profound sense of gratitude. DISTED will always hold a special place in my heart, and I am confident that the college's future is bright under the guidance of its incredible community.

Thank you, and cheers to the journey we've shared.

Warmest regards,

Prof. Dr. Vikneswaran Nair







Leadership Transition at DISTED College

Dear DISTED Community (Staff, Students, and Associates),

I would like to inform you that Prof. Vikneswaran Nair, DISTED College President, will be on sabbatical from 1 March 2025. Since joining DISTED at the end of 2021, he has led the college through the challenges of the COVID-19 pandemic and successfully navigated the transition to new ownership in 2023. His leadership has been instrumental in shaping DISTED's progress. I am honoured to have been appointed by the Board of DISTED College as Interim President during his period of absence.

We extend our best wishes to Prof. Vikneswaran during this period and assure him that DISTED's academic programmes will continue to evolve and grow under the leadership of Dr. Lum Li Sean, the Head of Academic Affairs, and myself. We remain committed to advancing the strategic plans set in motion under his guidance.

The January/February semester is well underway, and the campus is buzzing with activity as we prepare for the Student Representative Council (SRC) and societies/club elections. We strongly encourage students to participate, as these leadership opportunities help develop valuable skills that enhance resumes and future career prospects. Most importantly, student leaders have the chance to make a meaningful impact on both DISTED and the broader Penang community.

The School of Pre-University Studies is gearing up for a busy period in preparation for the SACE International (SACEi) and Cambridge A-Level exams in April 2025. Despite the intense revision schedules, we also take time to celebrate achievements. The Pre-University Completion Ceremony will be held on Saturday, 19 April 2025—a well-deserved recognition of our students' dedication and perseverance. We will also celebrate their results when they are released—stay tuned!

Additionally, we are excited to announce that our Bachelor Degree programmes with HELP University have received the necessary approvals. We are now preparing for the upcoming May 2025 intake for the Bachelor of Information Technology (Data Analytics) (Hons.) programme.

As we move forward, I look forward to working alongside my colleagues to strengthen DISTED's foundation in teaching and learning, collaborating with our student body to enhance their experience in a safe and supportive environment, and engaging the wider DISTED community—including alumni, associates, and future students—in impactful and meaningful ways.

Yours sincerely,

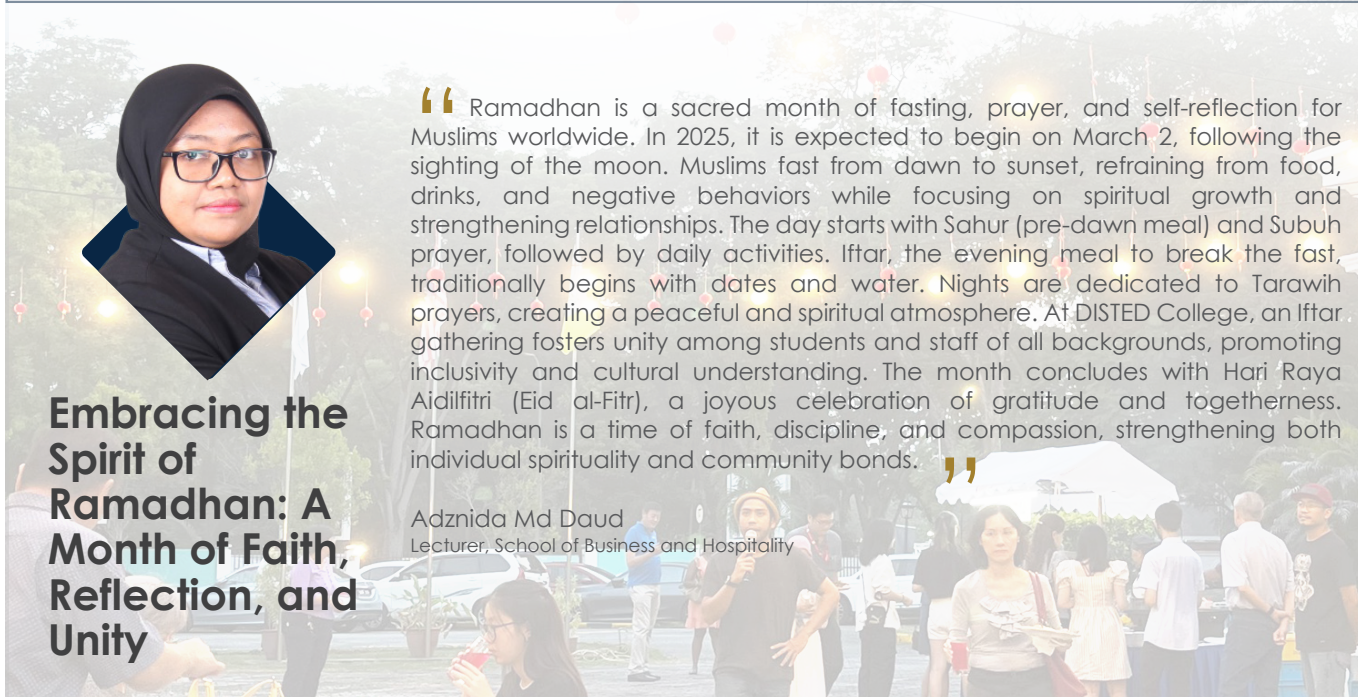
Dato' Lim Si Boon



Embracing the Spirit of Ramadhan: A Month of Faith, Reflection, and Unity

“ Ramadhan is a sacred month of fasting, prayer, and self-reflection for Muslims worldwide. In 2025, it is expected to begin on March 2, following the sighting of the moon. Muslims fast from dawn to sunset, refraining from food, drinks, and negative behaviors while focusing on spiritual growth and strengthening relationships. The day starts with Sahur (pre-dawn meal) and Subuh prayer, followed by daily activities. Iftar, the evening meal to break the fast, traditionally begins with dates and water. Nights are dedicated to Tarawih prayers, creating a peaceful and spiritual atmosphere. At DISTED College, an Iftar gathering fosters unity among students and staff of all backgrounds, promoting inclusivity and cultural understanding. The month concludes with Hari Raya Aidilfitri (Eid al-Fitr), a joyous celebration of gratitude and togetherness. Ramadhan is a time of faith, discipline, and compassion, strengthening both individual spirituality and community bonds. ”

Adznida Md Daud
 Lecturer, School of Business and Hospitality



The Resilient Journey of Working Mothers at DISTED

Being a working mother at DISTED College is a continuous balancing act, managing professional responsibilities, family duties, and personal well-being. These women embody resilience as they navigate daily challenges while striving for both career success and emotional



fulfillment. Support networks—colleagues, friends, family, and fellow parents—are essential, providing encouragement and a sense of community. Sharing experiences fosters understanding, making the journey less isolating. Personal definitions of balance help mothers prioritise self-care, set boundaries, and pursue passions. While challenges persist, their perseverance serves as an inspiration to others striving for work-life harmony. Working mothers at DISTED play a vital role in shaping a future where empathy and understanding thrive in both the workplace and beyond. True balance is not about perfection but about embracing life's imperfections and remaining authentic in the journey.

Noriah Kallanjiam
Lecturer, School of Language and Communication

Emerging Trends in Psychology in 2025: Research Ideas for Psychology Students

Psychology in 2025 is shaped by emerging trends that present valuable research opportunities. The American Psychological Association's Top 10 Trends to Watch in 2025 highlights key areas such as artificial intelligence (AI), equity, diversity, and inclusion (EDI), workplace well-being, and psychedelic-assisted therapy. AI is transforming therapy, mental health diagnostics, and education, offering research avenues on its ethical implications and effects on learning. EDI remains crucial, with studies focusing on reducing bias, improving mental health access, and workplace diversity. The growing emphasis on workplace well-being encourages research on burnout and hybrid work models. In clinical psychology, psychedelic-assisted therapy presents new possibilities for treating PTSD, anxiety, and addiction. Additionally, globalisation fosters cross-cultural mental health research and international collaborations. At DISTED College, psychology students actively engage with these trends through coursework, research projects, and discussions. By aligning their studies with these developments, they contribute meaningfully to the evolving field of psychology.



Teoh Ker Hsin
Programme
Lead/Lecturer, School
of Psychology

Balancing Dreams and Determination:

My First Gold of the Year

Delwina Cheah
Student of Bachelor of
Psychology



My first competition of the year took place in Gong Badak, Trengganu, from the 19th to the 22nd February, where senior and SUKMA players competed. I am grateful to have won my first gold medal of the year, setting the momentum for my journey ahead. This year, I have committed to becoming a serious national player, a challenge that requires balancing my judo career with academics. Despite the obstacles, I believe perseverance leads to success. I owe my achievements to the unwavering support of my family, coaches, teammates, and cohort mates. A special thanks to Miss Teoh Ker Hsin, who has been instrumental in easing my academic progress, making my schedule more flexible despite the challenges in coordinating with HELP University. Her dedication has been invaluable, and I deeply appreciate her support. With determination and strong backing, I am ready to take on the challenges ahead.

DISTED Pulau Pinang Sdn Bhd

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

340, Macalister Road,
10450, George Town, Penang



the
FULL
article

Editor: Prof. Dr. Vikneswaran Nair;
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); Nadia Jefri (Communication &
General Studies); Sea Yun Xuan & Tan Jia
Huey (Student Affairs News); Design &
Layout: Tay Hooi Khoon; Distribution:
Felecia Ng Lay Hong