



Week's Best Titles

- ❑ Earth Hour 2025: A Night of Unity, Culture, and Sustainability at DISTED
- ❑ DISTED College Celebrates Earth Hour 2025 with Reflection, Community and Sustainability
- ❑ DISTED College Observes Earth Hour in Support of Sustainability
- ❑ Integrity and Anti-Corruption Course – Visit to SPRM
- ❑ The Science of Happiness: How Food, Fashion, and Fitness Boost Your Mood
- ❑ Bridging Classroom and Industry: Mass Communication Students Visit Keysight Technologies

Earth Hour 2025



A Night of Unity, Culture, and Sustainability at DISTED

DISTED's Earth Hour 2025 brought the community together for an evening of cultural performances, sustainability awareness, and Buka Puasa celebration.



Earth Hour at DISTED and Student Leadership

We held our final Open Day weekend for March on the 22nd and 23rd. Throughout the event, our colleagues shared insights and reassured aspiring young adults of the many opportunities awaiting them as they begin their tertiary education journey. It may seem daunting, but it is undoubtedly an enriching experience.

22 March 2025 was also a special day at DISTED. We held our 3rd Earth Hour initiative, led by the Student Representative Council. Their effort culminated in a spectacular musical performance in the dark, featuring our talented students—a moving reminder that the future is in capable hands.

Alongside Earth Hour, various student clubs showcased their activities, demonstrating that saving the world is serious work—but it can also be fun and engaging.

After the festivities, students, staff, and guests shared buka puasa together and continued singing and snapping selfies until the lights came back on at 9:30 pm. The highlight of the evening? Chef Chan's chocolate-dipped Madeleines from our School of Business and Hospitality.

On behalf of my colleagues, heartfelt thanks to everyone who made Earth Hour meaningful. To all our Muslim friends—Selamat Hari Raya Aidilfitri.

Cover Story

In conjunction with the annual Earth Hour celebration, the Student Representative Council (SRC), in collaboration with various Clubs and Societies, organised the Club Exploration event on 22 March. The event brought together the DISTED community and concluded with a Buka Puasa dinner sponsored by DISTED's management. Attendees enjoyed a halal-certified meal catered by KOTA Dining, a Michelin-starred restaurant.

Adding to the evening's vibrancy, MyHans was invited to promote the Hanfu Model Search 2025, with four DISTED students selected as models for the night. The celebration continued with an unplugged music session and an oriental drumming performance by Pertubuhan Penyelidikan Kebudayaan dan Kesenian Bai Shi Yin (白世音文化艺术研究协会), maintaining the momentum even as lights were turned off in support of Earth Hour. The drumming performance also served as a recruitment platform for the Unison Performance of World Harmony Drums 2025—a spectacular showcase featuring 10,000 drummers, set to take place on 27 September 2025 at Penang State Stadium, Batu Kawan.

This marks the second consecutive year SRC has led the Earth Hour event, with newly appointed members working alongside their seniors to ensure its success. From planning to execution, each member played a key role, developing soft skills such as leadership, teamwork, and collaboration—skills that will serve them well in both academic and professional contexts.

A sincere thank you to the entire DISTED community for your unwavering support and spirited participation. Your presence brought the celebration to life.



A Night of Unity, Culture, *and* Sustainability at DISTED

It was an evening of unity, sustainability, and cultural celebration—reinforcing the spirit of community engagement at DISTED.

Student Representative Council &
Student Experience Department





DISTED College Celebrates Earth Hour 2025 with Reflection, Community and Sustainability



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

“ On 22nd March 2025, DISTED College observed Earth Hour by uniting students and staff in a meaningful celebration of sustainability. The evening began with a Club & Society Exploration event, where students engaged with various campus clubs. Outside Heritage Hall, a festive drum session added energy and vibrancy. A Ramadhan Feast followed, catered by Michelin Selected KOTA Dine & Coffee, offering dishes like Blue Pea Rice with Curry Chicken and Crème Brûlée. At 8:30 p.m., the lights were switched off following a spirited countdown. Performances by the Chinese Drum Performance Team and the Music Club kept the momentum alive. In a symbolic act, participants lit candles shaped in “60+” to reflect their ongoing commitment to the environment. The event reinforced the importance of everyday actions in combating climate change. DISTED’s Earth Hour tradition highlighted how collective efforts can contribute meaningfully to a more sustainable future for the planet.”

DISTED College Observes Earth Hour in Support of Sustainability

“ On Saturday, March 22nd, DISTED College demonstrated its commitment to sustainability and conservation by participating in Earth Hour. From 8:30 PM to 9:30 PM, the campus went dark as lights were turned off to symbolise our care for the environment. Student clubs added to the atmosphere by placing candles in place of electric lighting, creating a serene and memorable experience for both staff and students. At DISTED, we believe in taking action—not just speaking about change. Though our participation may seem modest, it sends a clear message: energy conservation matters. By switching off LED lights and unplugging devices when not in use, we are making deliberate steps toward a greener future. The atmosphere during Earth Hour was peaceful and reflective—a welcome pause from daily routines. It served as a reminder of our connection to nature and the importance of returning, even briefly, to simpler and more sustainable practices.”



Jimmy Tan You Yi
Marketing & Communication

Integrity and Anti-Corruption Course – Visit to SPRM

On March 11, 2025, a visit to the Malaysian Anti-Corruption Commission (SPRM) in Penang provided a profound learning experience for 30 students, four staff members, and me. More than just a field trip, it offered an in-depth look into Malaysia's fight against corruption. The officer's presentation went beyond statistics, sharing real-life cases that highlighted the challenges of combating corruption. His passionate emphasis on integrity, transparency, and accountability resonated with all attendees, sparking insightful student discussions. A guided tour of the SPRM facilities reinforced Malaysia's strong commitment to this cause. The visit served as a reminder that fighting corruption is a shared responsibility, requiring active participation from all. I left feeling hopeful, knowing that the next generation is



being equipped with the knowledge and awareness to uphold ethical governance.

Noriah Kallanjam

Lecturer, School of Communication & General Studies



The Science of Happiness: How Food, Fashion, and Fitness Boost Your Mood

Have you ever felt joy from eating a tasty dessert, wearing a bright outfit, or enjoying a scenic view? These experiences are linked to “happy hormones” such as dopamine, serotonin, endorphins, and oxytocin. Dopamine, known as the “pleasure hormone,” also acts as a brain chemical that influences movement, motivation, and feelings of reward. Enjoying meals—especially those with sugar or fat—can trigger dopamine, but balanced choices like almonds, bananas, and dark chocolate are healthier. In the early 2010s, psychologists introduced “dopamine dressing,” a trend where wearing certain colours or styles improves mood. It shows that how we dress can influence how we feel. Exercise, too, is key in regulating happy hormones, promoting both mental well-being and physical health. At DISTED College, Pre-University science students explore these biological insights in applied biology, helping them understand the connection between lifestyle choices and emotional wellness.

Dr. Tan Sze Huey

Programme Lead/Senior Lecturer, School of Pre-University



Bridging Classroom and Industry: Mass Communication Students Visit Keysight Technologies

On March 7, Diploma and Degree students from the Mass Communication programme at DISTED College visited Keysight Technologies for Career Day. The visit provided students with exposure to career opportunities and internship pathways within a global technology company. Industry professionals shared insights into Keysight's corporate culture, values, and the skills expected of graduates. Through the sharing session with experts from Keysight, mass communication students gained insights into how knowledge in public relations and digital media can be effectively applied in a corporate setting. The interactive sessions encouraged students to ask questions and reflect on how their academic training aligns with industry needs. A guided tour of Keysight's modern facilities—including meeting rooms, collaborative spaces, and the cafeteria—allowed students and lecturers to witness the company's innovative and employee-focused work environment. The visit was widely regarded as an inspiring and valuable learning experience, broadening students' perspectives and motivating them to pursue their professional goals with greater clarity and confidence.

Nadia Jefri

Head, School of Communication and General Studies

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