Science student shines on runways

FROM the lab to the runway, Eshwinder Kaur Paramjit Singh proves that passion has no boundaries. While pursuing her Bachelor of Forensic Science at Management and Science University (MSU), she continued to shine in the world of pageantry.

Choosing a different path

When searching for the right university, MSU quickly stood out. As one of the few institutions in Malaysia offering Forensic Science, it became Eshwinder's top choice.

"I immediately registered and have never looked back," she said.

"The facilities are incredible, and everything is so well equipped."

She highlighted how MSU's laboratories provide diverse learning and research opportunities, ensuring forensic students gain the fullest academic experience.

She also praised the lecturers and professors for their strong expertise, which made her learning journey even more impactful.

"The university also supported me with student accommodations, which made my experience much more conducive," she added.

Life beyond the classroom

During her time at MSU, Eshwinder was an active student, especially in sports with netball being her passion.

Sports kept her physically fit while helping her grow into a more confident and socially engaged individual.

Reflecting on her student days, she recalled one of her most cherished memories: "It was unforgettable when we won gold at the Masiswa tournament.

"We were only the second batch from MSU to win that title and it meant the world to us. At first, we didn't think we could make it, but we pushed through to the finals.

"Even now, I still get goosebumps thinking about that final whistle."

Beyond athletics, MSU played a major role in shaping her confidence and communication skills.

"I'm very vocal now," she said. "It became easy for me to speak up because of the Personal Enrichment Competency classes MSU organised, which you don't really find in other universities.

"The lecturers, the learning environment and the many activities we had here all shaped me into a better, more extroverted person."

From mastering forensic science to making her mark on the global pageant stage, Eshwinder embodies a journey of growth and achievement with grace.

Stepping onto the international stage

With her newfound confidence, Eshwinder's journey took an exciting turn.

After completing her studies, she began working as an adjuster at an insurance company while actively pursuing her passion for pageantry.

"Since I was crowned Miss Supranational Malaysia 2025, I've taken a short career break for about two months," she shared.

She also explained that Miss Supranational is one of the top five pageants in the world and she was proud to represent Malaysia on the international stage.

"Miss Universe and Miss World may be the most well known, but Miss Supranational is right up there among the top global pageants and I'm honoured to be part of it."

She explained that each major pageant has its own identity – Miss World focuses on "beauty with purpose", while Miss Supranational offers a more well-rounded competition with segments like Top Model and Super Chat, where she has already advanced to the semi-finals.

Eshwinder has long been encouraged to join major pageants such as Miss Universe and Miss World.

In February 2025, she competed in Miss Global Malaysia and placed in the Top 20 internationally, an achievement that motivated her to aim even higher.

But the journey has not been without its challenges. "It's incredibly challenging," she said. "You need to be mentally and emotionally strong."

One of her lowest moments came right after being crowned Miss Supranational Malaysia 2025, when she was unexpectedly hospitalised just two days later.

"It was terrible. I felt overwhelmed, I was in constant pain and I doubted myself," she recalled.

With only two months to prepare, she leaned on her support team and her own determination to keep going.

"Pageantry isn't easy, but a close friend reminded me that once something is out there, you can't change it," she said. "You can only think positively, keep moving forward and use what you have now to create a better future," she noted.

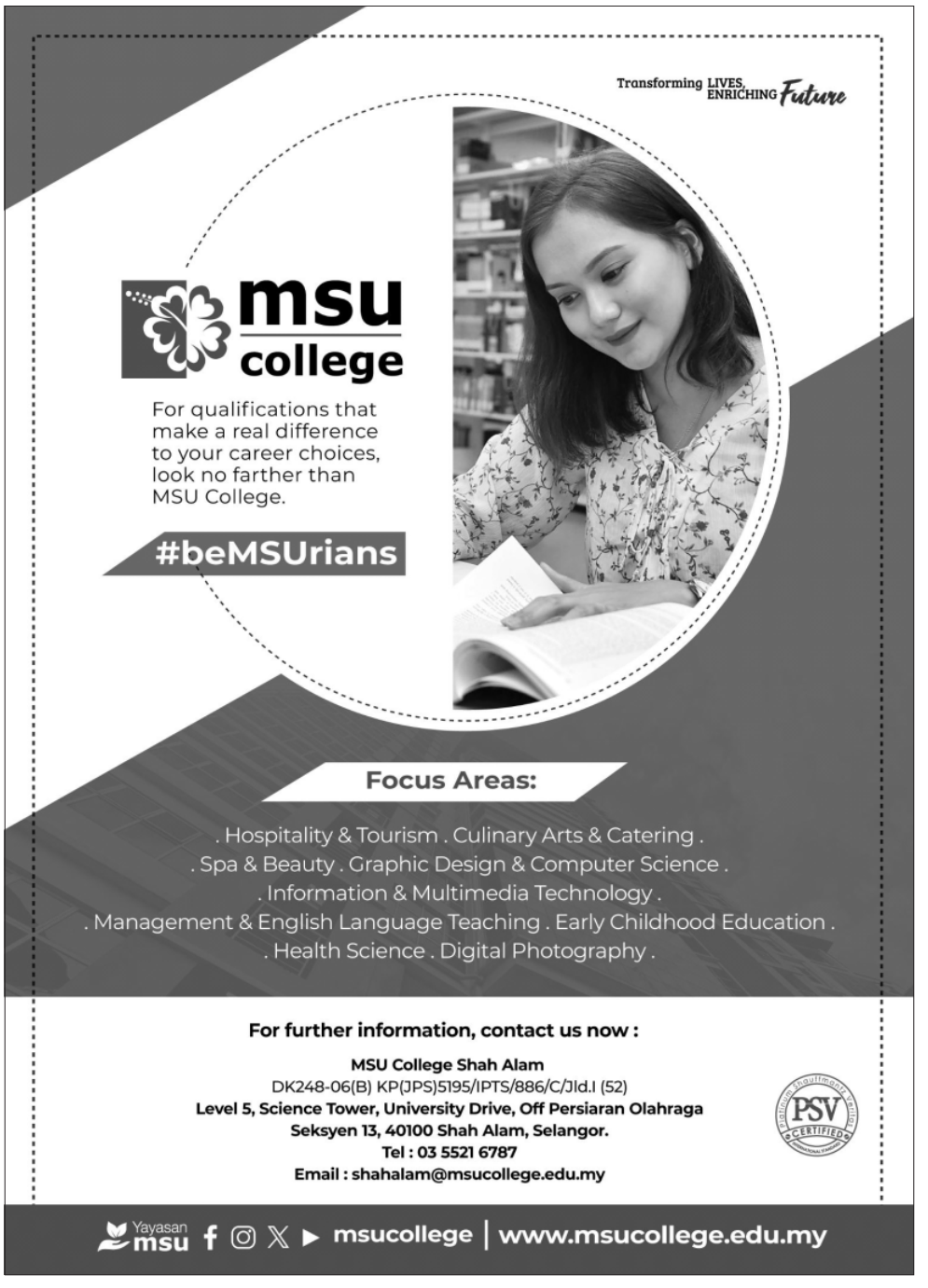
For current students, she advised: "Believe in yourself and you will reach where you aspire to be. I have walked that path myself and I know it can be tough but keep moving forward."

"Work hard, stay disciplined and trust that your moment will come because one day, you too will rise above the challenges and soar."

MSU is a globally recognised, comprehensive as well as dual university that offers both academic and TVET based programmes, multi-ranked institution committed to developing holistic human capital through transformative education and opportunities that shape lives and enrich futures.

■ Find out more about MSU's Bachelor of Forensic Science programme at *https://msu.edu.my/faculty-health-life-sciences/bachelor-forensic-science.php*

For more information on other undergraduate programmes, call 603-5521 6868, email enquiry@msu.edu.my or visit *www.msu.edu.my*



Prep ahead for better mornings

ALTHOUGH research shows that waking up early isn't always the most effective way to learn – especially for teenagers who function better with later sleep – students still often face morning classes. To keep their energy up for those early starts, these tips can help:

Establish a consistent sleep schedule

Aim to go to bed at the same time each night, avoiding late nights whenever possible. Your body thrives on routine, so training yourself to sleep at a reasonable hour can help you get the rest you need. Aim for seven to eight hours of sleep.

Harness natural light

Daylight stimulates the brain, just as darkness promotes sleep. If you need to rise after dawn, open your curtains immediately when your alarm goes off to soak in the sun's energising rays.

Invest in a coffee maker

There's nothing quite like the aroma of fresh coffee to greet you in the morning. An automatic coffee maker can have your favourite brew ready when you wake up. If coffee isn't your preference, consider brewing fragrant herbal teas instead.

Prepare the night before

Lay out your clothes and pack your book bag the night before. This minimises morning decision-making and lets you wake up at your own pace, reducing stress.

Create an energising playlist

Curate a playlist with a gentle song to ease you into the day, followed by upbeat tracks that make you want to sing along and start your day on a positive note.

Welcoming new students

MANAGEMENT and Science University (MSU) College (MSUC) welcomed 1,660 new students in a recent oath-taking ceremony held at the Chancellor Hall of its main campus in Shah Alam.

This annual occasion, organised by the institution's Student and Career Development Department, was attended by new students from MSUC campuses nationwide.

MSUC Kota Bharu had the highest enrolment with 341 students, followed by MSUC Sarawak with 230 students, MSUC Sabah (175), MSUC Seremban (157), MSUC Sungai Petani (144), MSUC Shah Alam with (140), MSUC Johor Bahru (124), MSUC Penang (112), MSUC Ipoh (104), MSUC Terengganu (71) and MSU Learning Centre KL Sentral (62).

Muhammad Hamadah Mohamed Faiz from MSUC Seremban led the oath, while Anduka Abdul Rahman from MSUC Sarawak delivered the vote of thanks.

The event also saw the appointment ceremony for the Student Representative Council (SRC) for the 2025/2026 academic session.

The institution's SRC comprises a total of 111 members. The swearing-in ceremony included members from 11 campuses: 15 from MSUC Sarawak, 12 each from MSUC Seremban and Kota Bharu and 11 from MSUC Shah Alam, 10 each from MSUC Sungai Petani, Penang and Johor Bahru, eight each from MSU Learning Centre KL Sentral, MSUC Sabah and Ipoh, and seven from MSUC Terengganu.

MSUC recently welcomed 1,660 new students during an oath-taking ceremony in Shah Alam.

Leading the swearing-in oath for SRC was Dayang Izati Mohd Izan from MSUC Sabah.

The ceremony also included performances by newly enrolled students from all branches.

MSU and MSUC president and founder Prof Tan Sri Dr Mohd Shukri Ab Yajid attended the ceremony, alongside members of the management team including MSUC principals.

MSUC focuses on two main areas of study through its School of Science and Technology and School of Hospitality, Education and Business Studies.

In addition to quality education, excellent facilities and dedicated lecturers, the college also nurtures its students by instilling values such as giving, gratitude, intercultural learning and cultural diversity.

These elements enhance students' appreciation for social responsibility, skill-sharing, collaboration, community engagement and more.

As MSU's satellite college, MSUC offers all students equal access to a comprehensive education with an emphasis on technical and vocational education and training (TVET).

With the increasing demands at the workplace, graduates need to be highly competitive, creative and independent. To help students develop these qualities, MSUC offers flexible learning options.

This includes flexible options such as full-time, part-time and blended-learning methods, allowing students to balance their studies with work or other commitments.

MSUC is also an MSU APEL Centre for potential candidates to take the APEL Aptitude Test as the non-conventional pre-qualification for entry into higher studies, in which MSU currently offers APEL A and APEL C at T-3 (certificate), T-4 (diploma), T-6 (bachelor's degree) and T-7 (master's degree) levels.

■ For more information, call 03-5521 6787, email enquiry@msucollege.my or visit *www.msucollege.edu.my*

Boost your English fluency

IF you're looking to improve your English language fluency or help others learn, here are some ideas to make studying easier.

Start small, stay consistent

Try learning just five new words each week. One simple method is memorisation. Write your five words on paper and place it somewhere you'll see often – by your bed, on the bathroom door or as your phone's screensaver. Read them twice a day for a week and soon, you'll know them without even trying.

Converse with yourself

Engaging in brief, imaginary conversations can help you practise grammar, identify vocabulary gaps and experiment with sentence structure. This helps you develop a natural feel for the language. Whether you're in the car, taking a shower or enjoying coffee, try talking to yourself.

Learn common phrases

Building confidence starts with having ready-to-use expressions you can mix and match in conversation. A great way to do this is by breaking down dialogues from textbooks and pulling out useful phrases. Add these to your daily vocabulary list so they become part of your speaking toolkit.

msu management and science university

Management and Science University (MSU) is a globally recognised institution, ranked by both Quacquarelli Symonds (QS) and Times Higher Education (THE). Committed to developing well-rounded human capital, MSU envisions a more sustainable and inclusive future. Through transformative learning experiences, the university promotes equality and strives to create a level playing field for all, enriching lives and shaping tomorrow's leaders.

Field of Studies :

. Forensic Science
. Biomedical Science
. Bioinformatic
. Health Science Management
. Environmental Health
. Occupational Safety and Health
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