

## A journey in Chinese medicine

“DON’T be afraid to take new or unfamiliar paths. Sometimes they’re the ones that take you to the most beautiful and magical places,” says Allison Hoh Gar Ooi.

Growing up in a family with business and accounting backgrounds, choosing Chinese medicine as a degree and future career path was not an easy decision, but one Hoh is glad to have made with her family’s full support.

She shares, “Is Chinese medicine boring? Is Chinese medicine hard to study and master? These two questions are frequently asked whenever I tell anyone I’m studying Chinese medicine.

“The truth is that it is neither boring nor easy to master. Each course definitely comes with its own challenges. We are not only required to learn about herbs and acupuncture points but also the basics of Western medicine, from radiology and pharmacology to psychology.

“Is it difficult? Yes but it is definitely interesting and useful, especially in future clinical practice. There were days when I doubted myself, but thankfully I had support and encouragement from my family, friends and lecturers along the way.

“Upon graduating with a Chinese medicine degree after four years in International Medical University (IMU), I decided to complete my one-year internship at Shuguang Hospital in Shanghai, China.

“I learned how Western medicine and Chinese medicine are integrated and practised under one roof in China. I was assigned to different departments for clinical training in both areas and also had opportunities to join surgery sessions.

“Now I am working as a Chinese Medicine Practitioner at a traditional Chinese medicine (TCM) centre in Petaling Jaya. I treat both young and elderly patients, locals and foreigners, addressing various areas from general pain and sprains to internal medicine, cosmetic acupuncture and mental health issues.

“Upon starting my career as a Chinese medicine practitioner, the pressure and responsibility were not easy to handle as many patients questioned my ability due to my age.

“The challenges of working as a physician can be as tough as studying at university. But I always use my professional understanding to explain my patients’ problems in detail and devise the best treatment plan for them.

“I am grateful to the patients who trust me, have confidence in my treatment plans and come for follow-up checks regularly. I am also grateful for the experiences and knowledge I gained from IMU and the clinical internship in Shanghai.

“I now apply these experiences in my daily clinical cases and have been able to

assist more patients towards gaining better health, well-being and quality of life. Patient feedback and improvement are my biggest motivation.”

IMU offers a four-year BSc (Hons) in Chinese Medicine. It also has partnerships with several universities of TCM in China (Shanghai University of TCM, Shandong University of TCM, Guangzhou University of TCM) and RMIT University, Australia for students to transfer after three years in the IMU Chinese Medicine programme.

Students will then be awarded bachelor’s degrees in Chinese Medicine of the respective partner universities upon completion of their studies.

The commencement for the Chinese Medicine programme is in February and September each year. IMU welcomes students with pre-university qualifications to join as a start to a promising and rewarding future in Chinese medicine. If you have pre-university qualifications, make an online application today.

If you have just completed your SPM and do not have pre-university qualification, the one-year IMU Foundation in Science is the direct route for entry into any of the university’s degree programmes.

■ For more information, log on to [www.imu.edu.my](http://www.imu.edu.my) or email [start@imu.edu.my](mailto:start@imu.edu.my) or call IMU at 03-2731 7272.



Hoh completed a year-long Internship at Shuguang Hospital in Shanghai, China.

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Mathavan (left) and Shamelan have paved the way for many young MSUrians to be actively involved in extracurricular activities besides their academic merits.



# Double the fun and opportunities

A SPORTS aficionado and seeker of new opportunities, Mathavan Thiyagarajah is an alumnus of Management and Science University (MSU) with a Bachelor in Education (Physical Education and Health) (Hons).

Some may see physical education as a challenging activity, but he has always made the most of his enthusiasm for it.

He also credits his identical twin brother, Shamelan Thiyagarah, with helping him become one of the most deserving recipients for the Mohd Shukri Abdul Yajid Outstanding Award at the 28th MSU Convocation Ceremony.

“I was informed by Shamelan about the physical education course at MSU,” Mathavan said.

What could have been a random conversation between siblings turned into a life-changing decision for Mathavan.

The identical twins have a lot in common, yet their individuality sets them apart. The distinctions are relatively noticeable if one pays close attention. Some of these features might come in handy if you were to encounter the lively duo and save yourself from falling for their pranks.

Mathavan, the elder brother, is one inch taller than Shamelan and has a slightly hoarser voice.

Mathavan is amicable, dutiful and passionate. His love for sports has moulded him into the person he is today.

“I have learned to remain calm and tackle the situation diligently when a crisis arises,” he noted.

A well-rounded graduate like Mathavan is truly a gem for an institution that strives to produce holistic graduates.

“It was Shamelan who invited me to join volunteer events. That was when I discovered my interest in sports and there’s been no turning back ever since,” he said.

The brothers have explored many outdoor activities together and paved the path for many young MSUrians to be actively involved in extracurricular activities and sports besides their academic merits.

As the Exco Activities of the 2019/2020’s



Mathavan was a recipient of the Mohd Shukri Abdul Yajid Outstanding Award at the 28th MSU Convocation Ceremony.

Student Representative Council (SRC), Mathavan believes everyone has a responsibility to encourage and motivate each other. In fact, it is his life motto and resonated much through his SRC leadership tenure.

Shamelan is also an alumnus of the MSU Class of 2019, graduating with a Bachelor in Computer Forensic (Hons) from the Faculty of Information Sciences & Engineering.

He is currently working as a junior marine surveyor at Altitude Malaysia, which is based in Port Klang.

Mathavan is now living his passion as a physical education teacher at a notable international school in the Klang Valley.

■ For further enquiries on MSU’s Bachelor in Education (Physical Education and Health) (Hons) programme or any other programme offered by the School of Education and Social Sciences for the coming intakes, call 03-5521 6868 or email [enquiry@msu.edu.my](mailto:enquiry@msu.edu.my) or visit [www.msu.edu.my](http://www.msu.edu.my)



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KPT/JPT(R/145/7/0064)09/2025 | MQA/PSA11355  
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## Getting your homework done

A STUDY group is a great way to revise, but putting one together can be tricky. Here’s how to form one that will help you get the most out of communal learning.

### Think outside your comfort zone

Your friends will talk to you anyway. Get together a group of people you don’t know so that you get new angles of perspective.

### Keep it small

Instead of “the more, the merrier”, think “too many chefs spoil the broth”. Three is fine, but a group of four is ideal as you can pair off.

Six should be the maximum; any more and you will have too many opinions and not enough time for everyone to have meaningful question time.

### Outline a plan of action

You’ve got a study guide, so plan your meetings accordingly. Decide how long each meeting will be, how much you’ll cover and who will be responsible for what. Tip: pick a

regular time and don’t make exceptions. It’s too difficult to accommodate the needs of half a dozen people.

### Pick a good place

Pick somewhere quiet so that you’re not being blasted by music or interrupted by friends. An empty classroom or study room is ideal. A cafeteria is OK as long as you don’t pick meal times when crowds will make it hard to concentrate.

### Take turns to be a teacher

Explaining a topic to someone else is the best way to figure out what you know and what you don’t. Take turns to present topics. When it’s your turn, share your notes.

### Plan for exam revision

Once you’re used to each other, you’ll find it helpful to go over major revision for exams too. So plan one session to predict what will come up in the exams, and one or two more sessions to revise the trickiest concepts.





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# Building a play-and-earn space

YOU don't find too many people who would leave an investment banking job in their mid-20s. That's because it's a coveted role that often paves the way to long and financially rewarding careers.

But in Wong Chun Weng's case, he did not lose too much sleep over his decision to leave. Instead, he was trading up.

Ever interested in blockchain, the metaverse, artificial intelligence, data science and analytics, Wong sensed a unique opportunity to pursue his affinities in the new economy.

He took it with both hands when he founded TavernDao, a blockchain gaming data analytics company that connects stakeholders of the GameFi space.

A portmanteau of games and finance, the GameFi space features a variety of play-to-earn crypto games that connect gamers, games and guilds via non-fungible token (NFT) job boards.

To monetise their favourite pastime, gamers would sell their in-game items for cryptocurrency like ethereum before cashing out via crypto exchanges.

"Essentially, we believe that the next step for the nature of employment involves working or gaming in the metaverse," said Wong, an alumnus of UCSI University who graduated with a Bachelor of Financial Economics in 2018.

"Different games become different digital economies. This is the reality of the new economy and we can either adopt it or get left behind."

Wong concedes that the play-to-earn concept may take a while to sink in.

After all, he expressed the same surprise when he filmed a YouTube video titled "Axie Infinity - How I earn RM3,000 monthly playing a game". That video has since reached over 200,000 views.

Recalling his years at UCSI, Wong fondly

remembers the dynamic environment at the Faculty of Business and Management, one of the world's top 250 business schools in the QS World University Rankings by Subject 2022.

"UCSI gave me a lot of confidence and exposure," said Wong, who was also a UCSI scholar.

"There were many avenues to hone my business acumen and I even led my team to victory in the 2017 HSBC Business Case Competition.

"Apart from winning the grand prize of RM15,000, we had the chance to represent Malaysia at the regional finals in Hong Kong. That was an invaluable experience."

Wong added that he was blown away by the architecture and comfort of the university, especially its libraries and facilities.

At UCSI, business students enjoy many platforms to help maximise their potential. Like Wong, many students gain recognition before they even graduate by winning local and international business competitions.

The immersive learning environment is driven by dedicated and experienced thought leaders who challenge students to raise the bar at every opportunity.

UCSI also collaborates with many of the biggest brands in the industry, ensuring that students have their finger on the pulse of an ever-changing business world.

UCSI is Malaysia's joint top private university in the QS World University Rankings 2023. Ranked 284, UCSI is classified within the top 0.9% of the world's universities. It is also the only university in the world to receive the QS Recognition for Improvement Award.

■ For more information on the programmes offered, go to [www.ucsiuniversity.edu.my](http://www.ucsiuniversity.edu.my) or call 03-9101 8882/ 011-3591 5021.



Wong (second from right) and his team beat 24 other local teams to take home the grand prize and represent Malaysia at the regional finals in Hong Kong.



'You could make RM3,000 to RM4,000 from simply playing games,' said Wong in his viral YouTube video which has reached over 200,000 views to date.



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## How to be clued in

KEEPING up with current events lets you get into other people's lives all over the world. It gives you a glimpse of how other people think – and it's often very different from what you might guess. Getting a more worldly outlook also means you are more cultured, educated and employable. Luckily, getting a clue is very simple, thanks to the Internet.

### Step 1: Cut back on Facebook

Knowing what your pal had for lunch is really not that earth-shattering. Anyway, he'll tell you when he sees you. So, limit your Facebook time to five minutes in the morning and afternoon. Set the rest of that time aside for going global.

### Step 2: Get onto Google News

Configure your daily news by looking at a personalised edition. Here, you can choose how many stories to get for each section (business, sports, etc) and where you want

your resources from. Get the best international news by setting it to the US edition and asking for the top three stories in each major section. Add sections like Movie Reviews by clicking "create a custom section". Then, look at Advanced to adjust how many items you get from blogs and press releases.

### Step 3: See all sides

Create a custom section called Malaysia, add the keyword "Malaysia" and set it to Malaysia as a source. Now you will see the local headlines in with your international news. Since it's interactive, you will get news as reports from various local news portals.

### Step 4: Wallow

You might want to tweak your settings after a month but when you have it right, you'll have an overview of the world news on one page. Spend an hour a day here and you'll be clued in within the month.

## Easy ways to improve your English

WHEN speaking to a small group of people, we tend to stick to the same subjects and use the same vocabulary. How do you get out of the rut? With the help of these tips, you should improve by leaps and bounds.

To expand your vocabulary, learn synonyms – words that appear to mean the same but have slightly different meanings.

"Big", for example, is a good general word but there's also "enormous" which is extra big and "gigantic" which is really, really big. When you have a good grasp of the differences, you can convey subtleties better. That's vital for good communication.

Try making a list of three synonyms and understand how they're different. Then, use them at least once a day. You may have to be inventive for that, but it's part of the game.

To improve fluency, use common expressions. In English you might say, "He's so tight, he squeaks when he walks", meaning someone is a cheapskate or moneygrubber.

For this, it helps to get hold of an idiom's dictionary. These do exist online but do be very careful because many include street slang that really isn't acceptable in any normal kind of social situation – unless you happen to hang with an underworld gang!

Make a list of three things that go together, like three expressions about someone's character. Pair the cheapskate example above with a person can be "a go-getter", meaning someone who is very goal driven, and has "the gift of the gab", meaning they are persuasive speakers. Apply these phrases in conversations until it feels natural.





MSU College's Diploma in Culinary Arts programme prepares students for the exciting and rewarding world of food preparation.

# Recipe for future success

CULINARY arts can be described as the art of preparing, cooking, presenting and serving food in a professional way. In a nutshell, those working in this field are in charge of preparing delicious food and creating edible artworks.

MSU College, through its School of Hospitality, Education and Business Studies, offers the Diploma in Culinary Arts to provide students the opportunity to transform their passion for cooking into a professional skill that will lead them into the exciting and rewarding world of food preparation.

The programme not only exposes students to wide-ranging branches of culinary arts, but also serves up solid culinary knowledge blended with practical competency, industry know-how and management skills.

This includes patisserie and local cuisine, appealing presentation of food art and flawless cooking and food processing.

For entry requirements, students must obtain a minimum of three credits in any subject in Sijil Pelajaran Malaysia (SPM) or its equivalent.

Upon completion of their diploma, students can seek employment or further their studies by transferring credit to their second year bachelor degree in the same field or other related programmes at Management and Science University (MSU) through the School of Hospitality and Creative Arts.

In line with MSU College's aspiration to produce balanced, holistic and well-rounded

***"MSU College offers the Diploma in Culinary Arts to provide students the opportunity to transform their passion for cooking into a professional skill."***

graduates, various components are also embedded into students' learning experience as part of initiatives to further enhance their soft skills and to ensure that they are competent in the job market.

With the knowledge and entrepreneurial skills acquired, graduates may have the chance to work in hotels, open their own restaurant or even run a catering business.

Students can choose to enrol in other programmes such as Tourism Management, Hotel Management and Food Service and Restaurant Management.

■ For more details on the programmes offered, call 03-5521 6868 or email [enquiry@msucollege.my](mailto:enquiry@msucollege.my) or visit [www.msucollege.edu.my](http://www.msucollege.edu.my)

## How to be the best in your field

WHEN you choose a career path, do you look to becoming the best in your field? If so, here are some ideas to help you on your journey.

First, read a book by an expert on what it takes to be super successful. There are tons of self-help books and biographies about so if you want to become a pilot, lawyer or photographer, pick up a book by a professional that discusses how he or she did it.

They may not live in the same environment, but you can learn to avoid common errors and see what really matters by looking at how others reach the top.

Second, be prepared to do an awful lot of work. If it were simple to be fantastic at something, everyone would be a genius. As the American inventor Edison pointed out, "Genius is one percent inspiration, 99% perspiration."

This means that your education should

come first. Plan to study between lectures and don't expect a constant stream of holidays and long weekends. Those come when you've hit the top.

Third, when you're learning, you might focus just on the goal but with most complex tasks, it's a process.

If you learn to analyse the process and recognise the separate parts, then you can find ways to improve speed and quality. This will make learning more efficient – and less of a strain.

For example, if you know your note taking isn't great, get some good tips on how to improve and fix up this skill. It will save you time over the years.

If your course involves regular use of a statistics programme such as SPSS, don't wait until it's time to use it for your assignment. Instead, plan to spend a whole day, or a weekend, just on getting to grips with the software.

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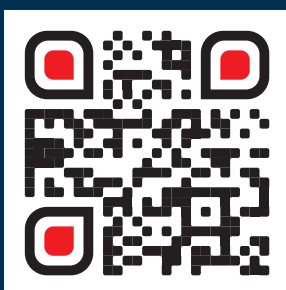
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