# Elevating medical education standards

NEWCASTLE University Medicine Malaysia (NUMed) is the only tertiary institution in Malaysia that fully integrates the UK Medical Licensing Assessment (UKMLA) into its Bachelor of Medicine, Bachelor of Surgery (MBBS) programme.

UKMLA evaluates both medical knowledge and clinical skills. By adopting this framework, NUMed aligns its training with international standards, ensuring graduates are equipped to meet the challenges of global medical practice.

NUMed's Clinical Affairs dean, Professor Dr Harinarayan Radhakrishna, said that this structure enables students to complete their assessments locally.

"Students won't have to sit for any additional exams or assessments as the UKMLA constitutes their final year exams," he said.

"This eliminates the need to travel to the UK for a separate assessment after graduation."

In January this year, NUMed's first cohort of Year 5 MBBS students sat for the UKMLA, achieving a pass rate of nearly 99%.

This outstanding result reflects the strength of the curriculum and the university's commitment to producing world-class medical professionals.

> "Students won't have to sit for any additional exams or assessments as the UKMLA constitutes their final year exams."
>
> Professor Dr Harinarayan Radhakrishna

■ To learn more about NUMed's MBBS programme and other offerings, visit *www.newcastle.edu.my*, email admissions@newcastle.edu.my, call 07-555 3800, or WhatsApp 011-1231 5411 or 012-784 9456. Interested individuals are also encouraged to attend NUMed's on-campus Open Day on Aug 16. Registration is available at *www.ncl.ac.uk/numed/study-with-us/get-to-know-us/open-days*

Through the UKMLA, NUMed provides a smooth pathway for aspiring doctors to kick-start their careers in the UK.

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.

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Yayasan msu

# Nail presentations like a pro

IT'S the ultimate nightmare scenario: you're standing in front of a crowd, dozens of eyes locked on you. You open your mouth – only to let out a high-pitched squeak.

Putting yourself in the spotlight can be daunting, yet it's an unavoidable reality in schools and universities. Here are some tips to help you.

**Be prepared**

Create engaging slides, dress your best and memorise your content. This will boost your confidence, keep you on track, and prevent you from losing your audience's interest.

**Strategically seat your friends**

Place them in the middle rows. Looking at familiar, supportive faces can calm your nerves.

**Act confident to feel confident**

Your body can trick your mind – so stand tall, breathe deeply and scan the room like you belong there. This simple act can help calm your nerves and steady your heartbeat.

# Leading with care and commitment

DR Ahmad Helmi Hamdan is a distinguished alumnus of the International Medical School (IMS) at Management and Science University (MSU), where he completed his Bachelor of Medicine and Bachelor of Surgery (MBBS) in 2012.

He currently serves as the director of Hospital Alor Gajah in Melaka, a role that goes beyond administration to reflect a vision of community health and quality service.

Reflecting on his academic journey, Dr Helmi shares that his time at MSU was filled with significant achievements.

"During my studies at MSU, I was awarded the Dean's List in my second year," he recalls.

His pursuit of knowledge continued in Manila, Philippines, where he pursued his master's degree and was honoured with the Dean's Award in his first year.

These accolades, he believes, are a testament to his dedication and commitment to excellence.

Since his appointment as director, Dr Helmi has transformed Hospital Alor Gajah by placing strong emphasis on service quality and community health.

Under his leadership, the hospital received the Five Star Award for Service Achievement and Quality of Services – a testament to its commitment to patient care and community well-being.

"As the hospital director, I believe this role has deepened my understanding of both the medical profession and the responsibilities of leadership," he says.

His responsibilities extend beyond daily operations, encompassing strategic planning and long-term goals for hospital growth and community impact.

"Aside from my administrative duties, I prioritise quality service. I strive to maintain a culture of excellence across all levels of patient care," he adds.

One of Dr Helmi's major projects upon joining Hospital Alor Gajah was enhancing service quality in the Green Emergency Zone.

By addressing concerns raised through social media and news outlets about long waiting times, his team successfully reduced patient wait times.

"We managed to achieve 98% of patients experiencing a wait of less than two hours during emergencies with 80% of whom were attended to in under an hour," he explains proudly.

Since these improvements, Alor Gajah Hospital has recorded zero complaints about waiting times, demonstrating a meaningful impact on the local community.

"That is an achievement for Alor Gajah Hospital and a crucial impact on the community and patients in this district," he remarks.

Dr Helmi's work strongly aligns with several Sustainable Development Goals (SDGs), including SDG 3 for ensuring healthy lives and promoting well-being for all ages, SDG 8 for fostering sustained, inclusive and sustainable economic growth, and SDG 11 for creating inclusive, safe, resilient and sustainable cities and communities.

Rising from medical student to hospital director, Dr Helmi has built a career grounded in care and service.

Reflecting on his education, Dr Helmi fondly recalls the strong camaraderie at MSU.

"One of my fondest memories at MSU was the sense of community. I was surrounded by friends and classmates, all pursuing medicine together," he says.

His hands-on experience in Bangalore, India, where he performed cadaver dissections, stands out as a unique opportunity that shaped his practical skills.

As part of the Community Medicine Course, Dr Helmi and his peers visited rural areas to observe living conditions in underserved communities.

They studied socio-economic backgrounds, nutrition, and the educational opportunities available to children.

"This exposure gave me a deep appreciation for the importance of healthcare and community service," he shares.

Dr Helmi has been practising medicine since 2013, having treated countless patients. While many faces have faded from memory, one encounter remains vivid.

"While waiting at the airport, a man approached me and asked, 'Are you Dr Helmi?' Surprised, I said yes. He then said, 'You treated me three or four years ago. I was admitted with a heart attack, and you were the one who advised me to quit smoking. Today, I've managed to quit.'"

The exchange served as a powerful reminder of the lasting impact of quality care and genuine concern.

"I was not rewarded with money, but that moment reminded me that my work has a lasting impact. Knowing that my advice changed someone's life motivates me to keep serving, contributing, and making a difference in people's lives," he says.

Dr Helmi's advice to aspiring healthcare professionals is simple yet profound: "Never be easily satisfied. Cultivate a mindset of lifelong learning, always seek to improve, and contribute to the well-being of others."

He believes true passion emerges when we strive to positively impact others, leaving a lasting legacy in local communities.

Through his leadership, dedication, and vision, Dr Helmi continues to elevate healthcare standards at Hospital Alor Gajah, embodying the principles of compassion, service and excellence.

These same values are reflected in the commitment and standards upheld by MSU International Medical School Bangalore campus — Malaysia's first offshore medical school to be granted full five-year accreditation by the Malaysian Medical Council (MMC).

Furthermore, MSU's MBBS programme is recognised by India's National Medical Commission (NMC), Sri Lanka Medical Council (SLMC) and Maldives Medical and Dental Council (MMDC).

In the recent Quacquarelli Symonds (QS) World University Rankings (WUR) by Subject 2025, MSU advanced to the World Top 36 for the Hospitality & Leisure Management cluster, ranking second in Malaysia.

Meanwhile, Business & Management Studies rose by 50 spots, reaching the World Top 250 and placing in the Top 5 in Malaysia

In the Arts & Design cluster, MSU ranks in the World Top 51-100, securing the top spot in Malaysia. Meanwhile, its Computer Science & Information Systems programme is ranked within the World Top 701-750, placing it among Malaysia's Top 20.

Making its debut in the rankings, the Medicine cluster enters the World Top 701-850 and is also listed among the Top 20 universities in Malaysia.

MSU's pursuit of excellence is driven by key benchmarks such as internationalisation, industry relevance, a job-creator mindset, community sustainability, research, lifelong learning, and flexible education.

As an applied, enterprise-driven, holistic, and international university, MSU offers foundation, undergraduate, postgraduate and flexible programmes through an entry system that facilitates the admission of students from all walks of life, guided by its mission of Transforming Lives and Enriching Futures.

# Exploring career pathways in animal care

BIOVETERINARY science is a dynamic and rapidly evolving field that plays a crucial role in modern society, bridging biology and veterinary medicine.

This interdisciplinary discipline integrates cutting-edge biotechnologies, information and communication technologies, and digital innovations to advance animal health and management.

As global challenges such as shifting consumer demands, evolving trade regulations, and the increasing need for preventive measures in animal health and food production continue to rise, the expertise of bioveterinary science professionals has never been more vital.

These professionals are at the forefront of shaping the future of animal health, food security, and environmental sustainability.

The field offers a diverse and multifaceted career landscape, welcoming individuals with varied interests and skill sets to contribute to animal well-being, community health, and global sustainability.

The growing significance of bioveterinary science reflects its critical role in addressing the complex challenges facing the veterinary and animal health sectors today.

At IMU, the Bioveterinary Science programme was designed as a strategic and timely initiative, aligning with IMU's commitment to educational excellence.

This programme provides multidisciplinary training that bridges the gap between the increasing demand for qualified veterinary paraprofessionals and the shortage of veterinary surgeons.

For students enrolling in IMU's Bioveterinary Science programme for the 2025 intake, an exciting opportunity awaits – a bursary of RM30,000, applied evenly from semester 2, is available for eligible students.

What sets this programme apart is its comprehensive curriculum, which integrates the latest advancements in bioscience with a strong emphasis on veterinary applications.

Students will benefit from the guidance of faculty members who bring extensive expertise to the classroom, ensuring a well-rounded education that combines rigorous theoretical foundations with hands-on practical training.

Rayna Chelsea Umann, who has a strong passion for animal health, found the programme to be intellectually stimulating and rewarding.

"It offers a good mix of theoretical knowledge and practical experience, which has helped me develop both critical thinking and hands-on skills.

"The lecturers are supportive and passionate about their fields, and I've found the small class sizes to be a big advantage in terms of receiving personalised attention and mentoring," said Rayna.

> "IMU's Bioveterinary Science programme offers a good mix of theoretical knowledge and practical experience, which has helped me develop both critical thinking and hands-on skills."
>
> Rayna Chelsea Umann

Commenting on the programme, a student in this programme, Elexus Lau En Tong, who has always been interested in pursuing a career related to animals, said, "I really liked the field visits we had, as we were able to get out of the typical university setting and visit a clinic and farms.

"I think it really helped me to apply the theoretical knowledge learned in the lectures and it was a good opportunity to gain hands-on experience.

"I definitely learned a lot of new information during these visits. The lecturers were nice and supportive, and both the lectures and practical sessions were quite interesting."

Rayna agrees and added, "We went on field trips to poultry farms, ruminant farms, horse stables and a small animal clinic.

"During these field trips, I had the opportunity to handle a variety of animals.

"For all the species we encountered whether poultry, ruminants, horses, or small animals, we were taught how to properly handle and restrain them, as well as how to take their vital signs, including temperature, respiration rate, and pulse.

"With horses, I specifically learned how to walk them correctly and how to fit halters and leads.

"I also had the chance to perform basic clinical procedures such as preparing and examining blood smears and faecal samples.

"These hands-on experiences have been essential in helping to build confidence and practical skills in animal care."

Additionally, IMU's strong industry partnerships provide students with invaluable opportunities for internships and real-world exposure.

These industrial placements equip students with essential skills, industry insights, and best practices, enhancing both their technical and interpersonal competencies while preparing them for specialised career paths in bioveterinary science.

The Bioveterinary Science programme begins in October 2025. If you are passionate about animals and aspire to build an animal-related career, submit an online application today.

■ For more information, visit *www.imu.edu.my*, email start@imu.edu.my or call 03-2731 7272.

IMU's Bioveterinary Science programme offers multidisciplinary training to meet the growing demand for qualified veterinary paraprofessionals.

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Application Deadline
31st July 2025

# Boost your English fluency

IF you're reading this, your English is likely already quite good. You might be looking to improve your fluency or trying to help someone else learn. Either way, here are some ideas to make studying a little easier.

**Start small and stay consistent**

You'd be surprised how quickly tiny bits of information can add up. Try learning just five new words each week – that's 260 words a year. One simple method is classic memorisation. Write your five words on a piece of paper and place it somewhere you'll see often – by your bed, on the bathroom door, or even as your phone's screensaver. Read them twice a day for a week, and soon enough, you'll know them without even trying.

**Converse with yourself**

You don't always need a partner or constant feedback to enhance your fluency. 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 a solo cup of coffee, try talking to yourself. Speaking out loud makes it even more effective.

**Learn common phrases**

Understanding grammar is essential to mastering a language, but 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.

**Learn through movies with subtitles**

If you find it challenging to express yourself in English, try watching movies in your native language while reading the English subtitles. To enhance your listening skills, switch to the English audio with subtitles in your first language.

Keep in mind that film translations are rarely flawless. To add a fun twist, turn it into a family challenge by spotting subtle differences or mistranslations in the subtitles.

Try learning five new words weekly and you'll master 260 in a year.

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# Craft your future in culinary arts

The Diploma in Culinary Arts at MSU College allows students to hone their skills across various areas, providing a solid foundation for careers in the professional culinary industry.

IF you love whipping up delicious meals, experimenting with flavours, or dream of plating food that looks as good as it tastes – a career in culinary arts might be your perfect recipe for success.

More than just cooking, the world of culinary arts is where creativity meets craftsmanship, blending technique, presentation, and passion to create edible works of art.

At Management and Science University (MSU) College's School of Hospitality, Education, and Business Studies (SHB), aspiring chefs can take their love for food to the next level with the Diploma in Culinary Arts.

This comprehensive programme is designed to help students master not just the art of cooking, but the professional skills needed to thrive in the fast-paced world of food and hospitality.

The programme offers students far more than just exposure to the many disciplines within the culinary arts.

It delivers a well-rounded foundation of culinary knowledge, hands-on skills, industry insights, and essential management know-how. To enrol, students will need at least three credits in any subjects from the Sijil Pelajaran Malaysia (SPM) or equivalent qualifications.

Once the diploma is complete, students can dive straight into the workforce or further their studies with MSU through the School of Hospitality and Creative Arts (SHCA).

Credit transfers are available, enabling students to progress into the second year of related bachelor's degree programmes.

True to MSU College's vision of nurturing well-rounded, work-ready graduates, the diploma also integrates soft skills and entrepreneurial knowledge – equipping students with the confidence to not only work in established hotels, restaurants, or catering businesses but also to build their own cafes or culinary ventures.

Beyond culinary arts, MSU College also offers other exciting pathways including Tourism Management, Hotel Management, and Food Service and Restaurant Management, giving students the flexibility to shape a future in the wider hospitality industry.

MSU College is also an MSU APEL Centre, providing an alternative pathway for candidates to pursue higher education through the APEL Aptitude Test.

This non-conventional pre-qualification allows entry into various academic levels, with MSU currently offering APEL A and APEL C at:

> T-3 (Certificate)
> T-4 (Diploma)
> T-6 (Bachelor's degree)
> T-7 (Master's degree)

■ To learn more, contact MSU College at 03-5521 6787, email enquiry@msucollege.my, or visit *www.msucollege.edu.my*

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# Nurturing future agricultural leaders

AGRICULTURE in today's world is more than just growing food; it is also about growing solutions. It is among the frontrunners demonstrating that the right integrated system can generate solutions to some of the most pressing global challenges—resource scarcity, environmental degradation, labour shortages, and food security.

The key lies in plantation technology and modern plantation management, which are becoming the foundation for a resilient, profitable, and environmentally responsible agricultural industry.

This will enable the development of more regenerative systems, aimed at protecting lands, empowering farmers, and securing food systems for generations to come.

To support this goal, Universiti Tunku Abdul Rahman (UTAR) now offers the Bachelor of Plantation Technology (Management) with Honours programme under the Faculty of Science (FSc).

This is part of its effort to nurture leaders capable of transforming agriculture from an extractive industry into a regenerative force for people, profit and the planet.

FSc's Department of Agricultural and Food Science head Dr Ali Yassoralipour said, "Plantation technology and management are more than just enhancing plantation productivity and sustainability.

"It is also about developing talents with the right technical knowledge, digital skills and sustainability mindset to modernise and manage plantations.

"With this in mind, our programme encompasses knowledge and skills on modern plantation science, digital technologies and eco-friendly practices to nurture future-ready professionals who can transform plantations into efficient, profitable and environmentally responsible enterprises – locally and globally."

The Bachelor of Plantation Technology (Management) with Honours programme emphasises equipping students with knowledge on sustainable plantation management that will provide them the understanding on agronomic principles for major plantations crops.

Agricultural technology integration in the programme gives students hands-on training in digital farming tools and exposes them to mechanisation and automation used for harvesting, fertilising and pest control.

Besides that, students will also be trained to analyse and interpret real-time data for better operational decisions.

Additionally, the inclusion of crop production and biotechnology knowledge will enable students to contribute to improving crop productivity, climate resilience and disease resistance.

Ali explained, "The programme also provides students with real-world learning through active involvement in innovative research and field projects.

Hami Ecofarms Sdn Bhd founder Aw Chee Choy (left) with Dr Ali at the UTAR Greenhouse, which houses the collaborative muskmelon farming project.

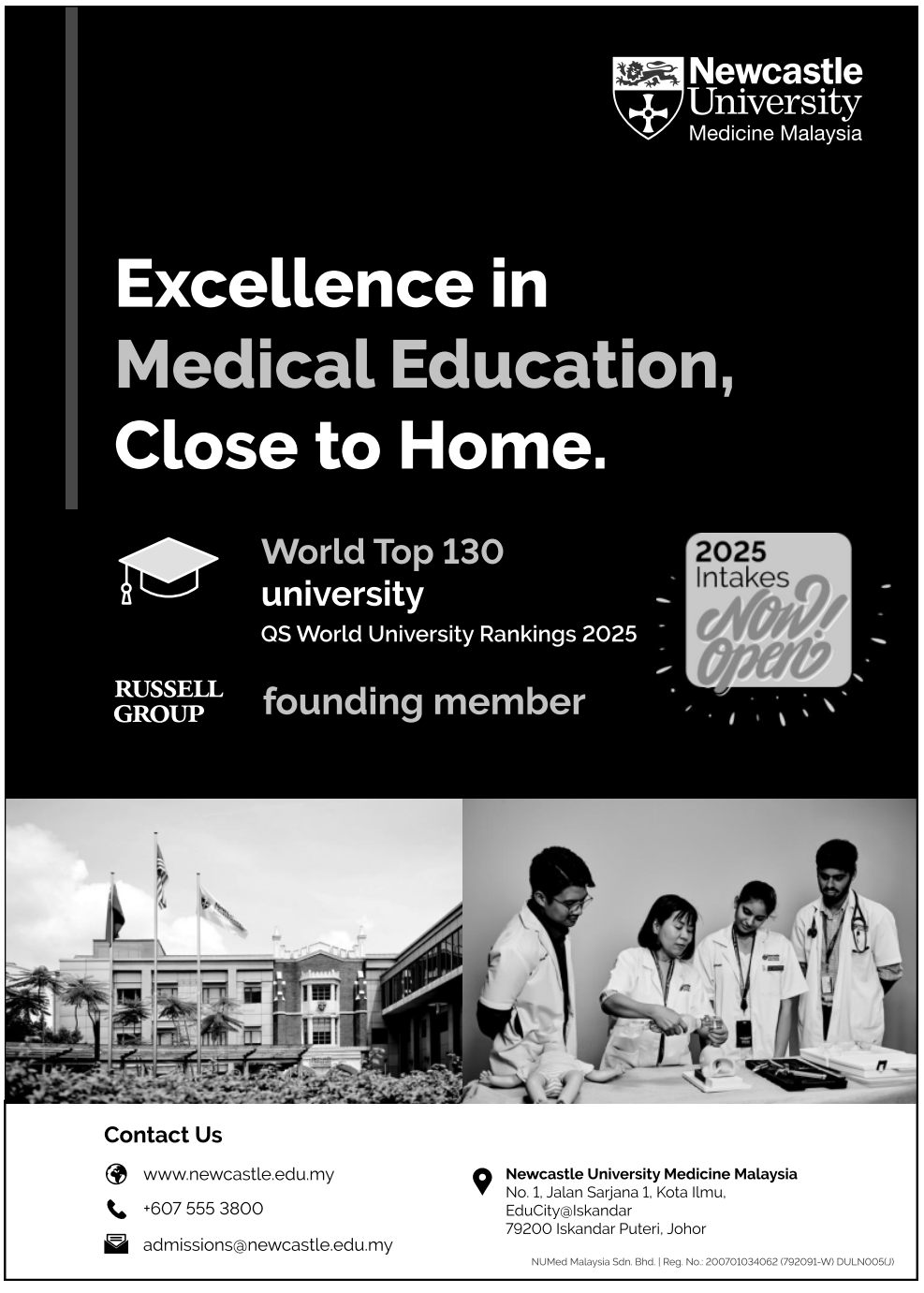
"One key project focuses on sustainable disease management in economically important plantation crops, such as Eucalyptus hybrids and oil palms.

"Students explore integrated strategies to manage foliar diseases of Eucalyptus as well as basal stem rot and bagworm infestations of oil palms using biological control agents and responsible application of chemical fungicides. This hands-on experience equips students with essential skills in plant protection and sustainable agriculture."

He highlighted, "The programme's broad-spectrum focus on key skill areas, such as precision agriculture, digital tools, mechanisation, biotechnology, soil and water and sustainability reflects the university's commitment to nurturing students into global change-makers in agriculture.

"It also equips our students to be future plantation professionals with digital, data-driven and ecological skills that replace outdated, environmentally harmful practices with smart, sustainable methods, contributing to fewer resource wastage, reduced chemical use and higher biodiversity conservation."

Equipped with these skills and knowledge, students gain a competitive edge in the workforce and may qualify for roles such as plantation manager, agribusiness consultant, research scientist, sustainable agriculture specialist, supply chain manager, government and regulatory roles and even entrepreneur.

UTAR offers over 140 programmes from Foundation Studies to bachelor's, master's and PhD degrees in Accounting, Business, Finance and Economics, Actuarial Science, Mathematics and Process Management, Agriculture and Food Science, Arts, Social Sciences and Education, Chinese Studies, Creative Industries, Digital Animation, Multimedia and Design, Engineering and Built Environment, Information and Communication Technology, Life and Physical Sciences, and Medicine and Health Sciences.

■ For more information, go to *www.utar.edu.my* or call 05-468 8888 (Kampar campus), 03-9086 0288 (Sungai Long campus). Visitors can walk in or call for any enquiries on weekdays from 9am to 5pm (closed on public holidays).