

FEATURES

GROWING TREES HARVESTING BENEFIT



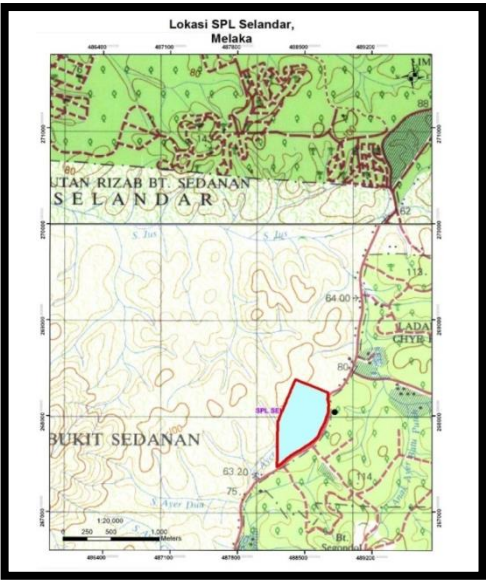
Germplasm Repository : Rare Fruits of Our Heritage

Balai Ikhtisas Malaysia in collaboration with the Forest Research Institute Malaysia (FRIM) and Jabatan Landskap Negeri Melaka (JLNM) are organising a Tree Planting Project; Growing Trees Harvesting Benefits with a theme, *Germplasm Repository: Rare Fruits of Our Heritage*. The launching ceremony will be on Sunday, 21st May 2017, 10.00 am at Selandar, Jasin Melaka.

A 2-hectare site is allocated and the location is shown below.

Site Location

- District : Jasin , Melaka
- Mukim : Selandar
- Location : Compartment 5B, Bukit Sedanan Forest Reserve (secondary lowland forest) (Latitude 2° 19' 0 N, Longitude 102° 25' 60 E)



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Member Institution members are invited to participate in this commendable project by contributing RM500.00 for organisation consisting three (3) seedlings or RM180.00 for individual consisting one (1) seedling.

Members will personally plant them for growth and posterity, as long as they stay alive and be recorded your contribution towards creating the BIM Germplasm Repository Heritage for the Rare Species of our Fruits. You can record them on video in addition to hanging up the photo of the historic momentum for your children and grand children.

20 APRIL 2017

COURTESY VISIT TO MALAYSIAN SERVICE PROVIDERS CONFEDERATION (MSPC), 17 MARCH 2017

Balai Ikhtisas Malaysia has made courtesy visit to Malaysian Service Providers Confederation (MSPC) on 17 March 2017, 3.00 pm. The meeting was held at Business Information Centre, Level 2, Matrade Tower, Jalan Haji Ahmad Shah, Kuala Lumpur. Ir Choo Kok Beng, MSPC President doing the briefing on development of MSPC to Dato' LAr. Ismail bin Ngah, President of BIM and also Ir. Gunasagaran Kristnan, Honorary Secretary of BIM.



20 APRIL 2017

50th NATIONAL PROFESSIONAL SERVICES EXPORT COUNCIL (NAPSEC) MEETING



50th NAPSEC Meeting was held on 13 April 2017 at Putra Room, 22nd Floor, Menara Matrade, Jalan Sultan Haji Ahmad Shah, Kuala Lumpur. Balai Ikhtisas Malaysia was represented by Honorary Treasurer, Dato' Dr. Vincent Ng In Hooi.



NAPSEC is the Advisory Council to MATRADE on matters pertaining to the export of professional services. The Council formed in 2001, complements the Professional Services Development Corporation (PSDC) which is tasked with the role of capacity building for the professional services sector. This is in tandem with the government progressive liberalisation of the service sector under the Economic Transformation Program.

Some of the papers presented were business opportunities in Egypt, Activities of Services Export Fund (SEF), Malaysian Inc progress, Review of services liberalisation & Services Trade Restrictiveness Index (STRI). This is part of the National Export Council (NEC) several initiatives to promote public-private partnerships in the quest to drive Malaysia's export growth, including through a global campaign.

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ABOUT MEMBERS

INTERNATIONAL CONFERENCE ON SUSTAINABLE SOIL MANAGEMENT - QUALITY SOILS DRIVES PRODUCTIVITY



Date : 4 - 7 April 2017

Venue : Parkcity Everly Hotel, Bintulu, Sarawak

The Malaysian Society of Soil Science (MSSS) and Universiti Putra Malaysia Bintulu Sarawak Campus (UPMKB) was jointly organized the International Conference on Sustainable Soil Management (SOILS 2017) at Bintulu, Sarawak MALAYSIA. The participating nations comprise Malaysia, Turkey, South Korea, South Africa, Bangladesh, Indonesia, Pakistan, India, Egypt, Nigeria, the Philippines, Iran, China and Brunei.

PAM STATEMENT ON THE USE OF THE TERM 'ARCHITECT'

For immediate release

Date: 10 April 2017

Kuala Lumpur, 10 April 2017: Reference is made to the advertorial and publicity on “The Architects of Elmina” published in The Star (dated April 8, 2017), The Edge (dated 10-16 April 2017, Harian Metro (dated April 8, 2017) and social media sites, respectively.

Pertubuhan Akitek Malaysia (PAM) would like to highlights our concerns on the terms ‘Architects’ used in the Elmina brand campaign.

[Read More](#)

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CONSTRUCTION CONTRACT MANAGEMENT BY EXCELLENCE IN CONJUNCTION WITH INTERNATIONAL CONSTRUCTION WEEK 2017

-Construction Dispute Avoidance: The First Line of Defence in Contractual Dispute Management & Resolution



Date/Day : Wednesday, 12 April 2017

Venue : Plenary Theatre, Kuala Lumpur Convention Centre

Speaker :

Paper 1: “Construction Delay – Dispute Avoidance via Diligent Administration of Extension of Time Provisions” by Mr Soh Lih Sieng, Contract Solutions-i

Paper 2: “Common Pitfalls In Project Implementation & Administration: Taking A Holistic and professional Approach In Practice” by Ir Harbans Singh K.S., Construction Law @Dispute Resolution Consultant.

Paper 3: “Managing Construction Contracts – Dispute Avoidance and Resolution” by Sr. (Dr) Ong See Lian, Chairman, Benchrisda Associates Sdn Bhd.

Paper 4: “Alternative Dispute Resolution As Means of Dispute Avoidance In Construction Contracts – An Institutional Perspective” by Datuk Prof. Sundra Rajoo, Director, Kuala Lumpur Regional Centre for Arbitration

Paper 5: “ Construction Dispute Avoidance From The Perspective Of The Architect” by Ar Chan Seong Aun, Principal, Arkitek Daya Seni Sdn Bhd.

Paper 6: “The Strength And Pitfalls Of CIPAA 2012” by Mr Lam Wai Loon, Founding Partner, Messrs Harold & Lam Partnership.

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MALAYSIAN INSTITUTE OF PLANNER (MIP) COUNCIL SESSION 2017/2019

45TH Annual General Meeting of Malaysian Institute of Planner was held on 1st April 2017.
The new elected MIP council for session 2017/2019 comprise of:

President	TPr. Hj Ihsan Zainal Mokhtar
Immediate Past President	TPr. Hj Md Nazri Mohd Noordin
Vice-President	Datin TPr. Hjh Noraida Saludin
Vice-President	TPr. Mohamad Nazri Jaafar
Honorary Secretary	Datin TPr. Hjh Mazrina Dato' Abdul Khalid
Honorary Treasurer	TPr. Mohd Zamri Husin
Council Members	TPr. Hj Abdul Hamid bin Akub TPr. Lee Lih Shyan TPr. Mahani Mohd Yasin TPr. Nurul Sheema Abd Rahman TPr. Hj Nik Mohd Ruiz Ahmad Fakhru Razzy TPr. Saiful Azman Abd Rashid TPr. Wan Andery Wan Mahmood Assoc Prof TPr. Dr Saniah Ahmad Zaki TPr. Mohammad Fauzi Ahmad) En Fathuddin Kamaruddin

20 APRIL 2017

**Conference IMPLEMENTING THE NEW URBAN AGENDA
- MAKING CITIES & HUMAN SETTLEMENTS INCLUSIVE, SAFE, RESILIENT & SUSTAINABLE**

Date : 4 – 5 May 2017

Venue : Melbourne Convention & Exhibition Centre

CALL FOR PARTICIPATION!

The conference will provide the first opportunity in Australasia and South East Asia for those who work in planning, infrastructure, economic development, social inclusion, equalities and sustainable urban environments to explore the implications of the New Urban Agenda and begin the development of a roadmap for its implementation.

Come and be part of MIP's delegation!
Closing date of registration 24 April 2017.
Limited seats available.

Contact Siti at 03-78770636 or 0126249253 for further details.



MALAYSIAN INSTITUTE OF PLANNERS **earoph** **MAKING CITIES INCLUSIVE, SAFE, RESILIENCE AND SUSTAINABLE**

MELBOURNE

IMPLEMENTING NEW URBAN AGENDA **2017**
CONFERENCE **4TH -5TH MAY**
MELBOURNE CONVENTION AND EXHIBITION CENTRE

PACKAGE INCLUDES
FLIGHT MALAYSIA AIRLINES (ECONOMY)
KUL - MEL 2ND MAY
MEL - KUL 6TH MAY

ACCOMMODATION
3RD MAY - 5TH MAY
HARBORVIEW APARTMENT
A 50% OFFER OF 20% WITH HOTEL TRADE FROM HOTEL TO CONFERENCE VENUE

CONFERENCE FEE

PACKAGE EXCLUDES
MEALS AND LOCAL TRANSPORT

PACKAGE OPTIONS

A) TWIN SHARING ROOM
RMS.600 PAX**

B) SINGLE ROOM
RMS.600 PAX**

REGISTER NOW
NAME: _____
COMPANY: _____
MIP MEMBERSHIP NO: _____
CONTACT NO: _____
EMAIL: _____
ADDRESS: _____

WEDNESDAY 3RD MAY
FREE & EASY

THURSDAY 4TH MAY

FRIDAY 5TH MAY

CHECK IN AND OUT MUST BE MADE PERMITTED TO "RESTRICTION PERSONNEL ONLY"
PAYMENT MAY BE MADE BY CREDIT CARD OR DEBIT CARD SUBJECT TO APPROVAL
** PRICE SUBJECT TO CHANGE
* QUANTITIES ARE LIMITED
* LIMITED SEAT AVAILABLE

FOR MORE INFORMATION ON IMPLEMENTING NEW URBAN AGENDA CONFERENCE,
PLEASE VISIT WWW.MELBOURNECONFERENCE.COM

20 APRIL 2017

CURRENT ISSUES

A PROFESSION IN PHARMACY

The Star, 23 March 2017

For International Medical University (IMU) alumnus, Lim Kean Ping, being a pharmacist is never his first ambition. His first inclination to be a pharmacist rose after he suffered from a serious drug allergy which resulted in a 7-day hospital stay during Form 6. His initial intention was pretty simple, he wanted to be a pharmacist and manage his own medicine! His intentions have changed since then and he is now an advocate for the pharmacy profession.

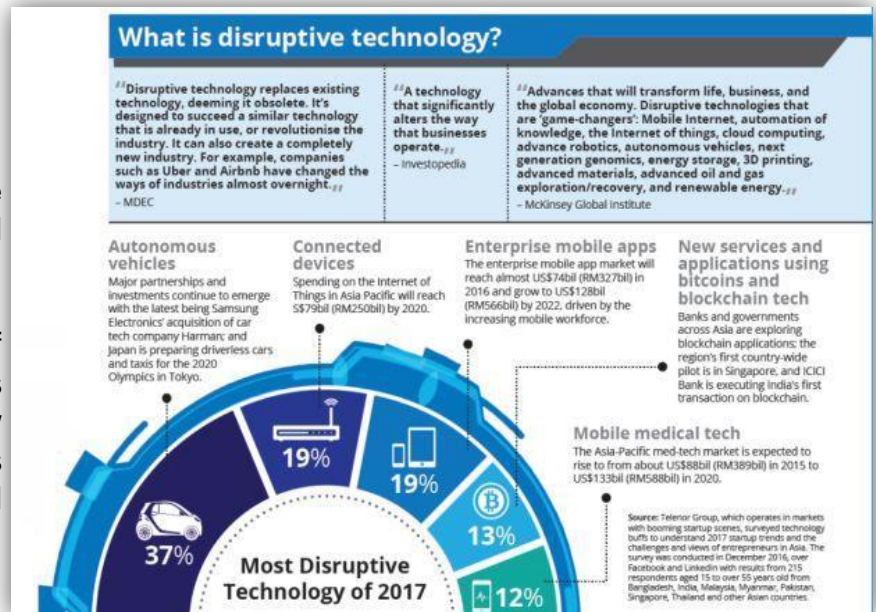
Read more < [A Profession in Pharmacy, The Star, 23 March 2017](#) >

DIGITAL WORKERS WANTED

The Star, 26 March 2017

DISRUPTIVE tech will change the way societies live, work and play.

It's one of the many enablers of the digital economy that is reshaping the world as we know it. In Asia, the disruption is significant, says Malaysia Digital Economy Corporation (MDEC) CEO Datuk Yasmin Mahmood.



Our region is among the fastest growing globally, impacting all sorts of consumer behaviour, from how we purchase goods and services to the ways in which we consume information and entertainment, and how we engage in social networking.

“Although rapidly growing, disruptive tech here is still very new compared to our neighbours. The ability to unlock value from digital economy is far from being fully exploited. That’s why now is the best time for the country to sprint to the front of the race,” Yasmin believes.

Disruptive tech multiplies growth in the digital economy. It optimises digital investments, resulting in higher productivity and growth, she explains. By 2020, 25% of the world’s economy is expected to be digital.

“Tech is changing the rules of business, and disruption is becoming the norm. Future-proof your business now. Accept that change is coming, embrace the disruption early, understand how it’ll change your playing field, and build a game plan. Business leaders must get ahead of the curve before it’s too late,” she advises.

MDEC’s Global Acceleration and Innovation Network (GAIN) initiative was launched last year to turn local high-potential tech companies into global players with annual revenue exceeding RM100mil. Under the programme, tech disruption was identified as an area companies need help in.

And like it or not, disruptive tech is here to stay, National ICT Association of Malaysia (Pikom) chairman Chin Chee Seong points out.

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Look out Malaysia

These disruptive technologies are going to be big here this year:



Big Data Analytics

- Helps you make informed decisions by studying trends/patterns.
- Adoption a must to add value and stay competitive.



Virtual reality

- Many practical uses.
- New content delivery system that businesses of all sizes must tap into.
- Global virtual reality market will be worth US\$38bil (RM168bil) within three years, 20 times what it was in 2016. This year it will grow almost US\$5bil (RM22.1bil), up 168% from last year's US\$1.8bil (RM7.9bil).



Internet of Things (IoT)

- Incorporates other major technologies, like cloud computing, data analytics, mobile data, sensors, and machine-to-machine communications
- Has a huge impact on industries like health, security, and home devices.
- Will continue to evolve and develop this year as more industries adopt it to transform their businesses and enhance productivity.



3D printing



Artificial Intelligence

Source: MDEC

“The biggest and most common disruptive tech is the smartphone. It has made cameras obsolete and changed the channel and style of communication. And, e-commerce – a disruptive business model – makes cross-border retailing a dream come true,” Chin adds.

“Businesses know that the world has changed and that they must adapt or risk losing their edge and relevance.

“The challenge is to see how to apply disruptive tech to stay ahead of the competition,” says Chin.

“We have an advantage over our neighbours because Malaysia has a vibrant ICT industry, a cost-effective environment, comparatively good English-language communication skills, and most importantly, a supportive government,” he notes.

“Skilled, savvy and knowledgeable disruptive tech workers will attract companies to invest here.

“The ‘Age of Disruptive Tech’ doesn’t have a shelf-life. Whether or not you adopt it, you must be aware of the impact and implications of your decision.

“Are we in danger of always looking out for the next new tech and innovation to the extent of forgetting to reap the rewards of earlier tech adoption?

“Are disruptive technologies good? It depends on your adoption appetite and pace. Nevertheless, businesses and government leaders must keep abreast of this as well as the new technologies that are coming in.”

The country’s broadband connection has improved, resulting in more startups and online businesses. But the government must ensure that rural communities aren’t left behind in the digital economy rat race.

“Smart phones must be affordable for rural communities. Once broadband access is improved, they can access the mobile apps created. This will help improve their lives and get the youngsters to become more tech savvy,” Chin points out.

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There are already a number of Malaysian startups in the market so there's a lot of interest in tech. The fact that worldwide, there are some successful startups that have gone public or have been acquired by bigger companies, could be a driving factor, he adds.

"Most startups only last between a few months and a year but because the founders are young, brave enough to endure risks and are hungry for success, they learn from their mistakes and go on to form new startups."

Chin's excited about what the year holds. Many financial tech (fintech) startups are disrupting things positively.

"It's time we move up the value chain. We've been relying on foreign workers for far too long. There's a lot of interest in mobile app development among undergraduates and they aren't necessarily from an IT discipline. Most youngsters are savvy in digital tech.

"Disruptive tech has a wide appeal as the solutions offered are useful and essential to people from all walks of life. So there's definitely a market for such solutions."

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MALAYSIA TO OFFER 5% OF PLACES FOR MEDICAL, DENTISTRY, PHARMACY COURSES TO FOREIGN STUDENTS

The Star, 5 April 2017



NEW DELHI: The Malaysian Government has agreed to offer 5% of the places at its public higher learning institutions (IPTA) for medical, dentistry and pharmacy courses to foreign students from this year.

Prime Minister Datuk Seri Najib Tun Razak said the decision was made in line with the liberalisation of education in IPTAs, parallel to the country's endeavour to become an education hub.

He said public universities with the three programmes could set aside 5% of the places to foreign students who would be charged fees according to the prevailing market rate, unlike local students who are provided subsidy.

The number of doctors in our country is sufficient. In fact we have more than enough. IPTAs will benefit from this decision including the interaction of our students with the foreign students," he told a media conference at the end of his six-day official visit to India, which began on March 30 in Chennai.

Najib said the move was aimed at encouraging foreign students considering courses in any of these three fields to choose public universities, at the same time generating income for the latter.

He said this to elaborate on the liberalisation of education announced at a media conference with his counterpart Narendra Modi on Saturday.

In another development, the Prime Minister said while opening the Malaysian High Commission Complex here that its construction and facilities clearly showed that Malaysia was not a "failed state" as claimed by certain quarters.

"This is arguably the best Malaysian mission overseas so far. The Government ensures that its officials stationed abroad and their families are provided every facility to enable them to perform their duties with ease for the national interest and to maintain the image of the country," he said.

He also noted that India was going to implement the goods and services tax (GST) in July based on a four-tier rate structure of 5% to 28%.

He recalled the implementation of GST in Malaysia and the political issue that was made of it.

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"We implement with the softest landing, with thousands of exemptions, because we do not want to burden the people.

"Modi dared to make changes for the good of his country ... when you run the country you must have the courage, don't worry about the criticisms," he said, stressing that the Opposition would not be able to govern the country well if given the power.

Najib, who held a bilateral meeting with his counterpart here on Saturday, said Malaysia could learn from Modi through his vast experience. - Bernama

BINTULU HOSTS INTERNATIONAL CONFERENCE ON SOIL SUSTAINABILITY

Borneo Post, 5 April 2017

BINTULU: A total of 168 delegates representing various local and international agencies and institutions of higher learning from 14 countries are converging on Parkcity Everly Hotel here for the 'International Conference on Sustainable Soil Management – Quality Soil Drive Productivity' (SOILS 2017), which runs till this Friday.

The participating nations comprise Malaysia, Turkey, South Korea, South Africa, Bangladesh, Indonesia, Pakistan, India, Egypt, Nigeria, the Philippines, Iran, China and Brunei.

In his opening remarks, UPM deputy vice-chancellor (research and innovation) Prof Datuk Dr Husaini Omar welcomed all delegates to the conference, which opened its participation to international delegates for the first time.

“Soil is a vital part of the natural environment. It influences the distribution of plant species and provides habitat for various organisms, flora and fauna, as well as supports the growth of agricultural crops.



“Soil is the medium for feeding the world’s population, but undoubtedly at the expense of its quality.

“Therefore we need to maintain healthy soil, which demands care and efforts to ensure its fertility and productivity,” he said.

Husaini stressed that soil-related tragedies had repeatedly reminded the people that without sustainable soil usage and practices, devastating impacts would not only implicate them now but also the generations to come.

“Hence, the present theme ‘Soil Quality Drives Productivity’ reflects this current and crucial need.”

Husaini also hoped through this event, it could encourage meaningful knowledge-transfer via scientific conversations, which would address soil issues and problems nationally and internationally.

“I’ve also been told that apart from the scientific meetings as well as the oral and poster presentations, participations are also invited to join the post-conference tour, which will involve hands-on experience on soil sampling and analysis, particularly of Borneo soil that should be unique and interesting.”

Husaini also acknowledged the generous support from the state government, through its agencies and statutory bodies particularly the Agriculture Department and Sarawak Convention Bureau (SCB), in making this conference a success.

The main topics to be covered during the conference will include soil genesis and classification, soil physics and conservation, soil fertility and nutrient management, soil health and microorganisms, management of plantation soils, management of peat and other wetland soils, as well as biofertiliser and biochar utilisation for land improvement.

The objective of the conference is to share knowledge on responsible soil usage for sustainable crop production without degrading the quality of the environment. The speakers will share recent information on soils and appropriate technologies in relation to sustainable crop production.

Another objective is to provide future direction for organised activities on soils, in addition to promote inter-organisation networking or collaboration towards achieving sustainable soils management and crop production.

The speakers for the conference are Prof Dr Ahmet Mermut of Harran University, Turkey; Dr Joung Du Shin, principle scientist at the National Academy of Agriculture Science, Rural Development of South Korea; Associate Prof Dr Siva Kumar Balasundram of UPM’s Faculty of Agriculture, and Associate Prof Dr Imran Haider Shamsi of Zhejiang University, Hangzhou in China.

At the opening ceremony of the conference yesterday, four outstanding school students were awarded with bursaries from the MSSS. They are Riena Anleylia Andrew from SK Kidurong, Vanessa Agahta Daud from SK St Anthony, Chrysa Senia Bungan from SMK Kidurong, and Siti Aisah Ambok Sulong from SMK Bintulu.

MSSS president Dr Wan Rasidah Abdul Kadir, UPM Bintulu’s Faculty of Agriculture and Food Sciences dean Dr Zamri Rosli, SOILS 2017 chairperson Dr Wan Asrina Wan Yahaya, Ministry of Modernisation of Agriculture and Rural Economy representative Wan Bujang Wan Lela, state Agriculture Department representative Ngab Dollah and SCB representative Crystal Phang Su Ling were also present.

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PELESTARIAN KUALITI TANAH, AIR EMPANGAN MUDA DAN AHNING

Utusan Malaysia, 12 April 2017

SIK (Kedah) - Beberapa penyelidik dari Universiti Putra Malaysia (UPM) dan Universiti Malaya (UM) menjalankan penyelidikan bersama Lembaga Kemajuan Pertanian Muda (MADA) dalam memantau status kualiti tanah dan air di empangan Muda dan empangan Ahning.

“Kualiti air yang baik menjamin bekalan air yang disalurkan untuk kegunaan domestik dan pertanian adalah selamat untuk digunakan,” kata Timbalan Pengurus Besar (Teknikal), MADA, Dato’ Ir. Hor Tek Lip.

Beliau berkata, unit di bawah seliaannya mempunyai tanggungjawab amat tinggi kerana perlu memastikan air di empangan sentiasa mencukupi untuk kegunaan domestik dan pengairan pertanian.

Ramai yang tidak mengetahui punca sebenar air yang mereka gunakan, katanya sambil menjelaskan bahawa air dari empangan itu datang dari kawasan tadahan hujan di Ulu Muda.

“MADA mempunyai beberapa stesen empangan seperti empangan Muda, Ahning dan Pedu. Kami sentiasa terbuka untuk bekerjasama dengan pihak luar dalam memastikan kualiti air di empangan sentiasa berada pada tahap yang memuaskan,” katanya.

Beliau berkata salah satu matlamat pihaknya adalah bekerjasama dengan penyelidik dalam membantu mengekalkan kualiti air di kawasan tadahan hujan di empangan kerana ia boleh



membantu menyediakan maklumat mengenai kualiti air di empangan.

“Kami melihat UPM serta UM mempunyai kekuatan sendiri dalam bidang penyelidikan pengurusan alam sekitar,” katanya.

Seiring dengan moto MADA ‘Nadi Jelapang Padi Negara’, Kawasan Muda mampu menyumbang hampir 40 peratus padi untuk keperluan negara dan seterusnya menjadikan Kedah dengan jolokan ‘periuk nasi Malaysia’.

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Justeru, sistem pengairan adalah amat penting dan peranan tadahan hujan amat signifikan dalam keperluan penanaman padi negara. Aliran air yang masuk ke takungan Empangan Muda disalurkan ke Empangan Pedu melalui Terowong Saiong bagi pengairan tanaman padi.

Manakala bagi Empangan Ahning, sumber aliran air adalah dari kawasan tadahan Empangan Ahning yang digunakan untuk bekalan air domestik/industri dan sebagai bekalan tambahan untuk pengairan tanaman padi.

Dr. Daljit Singh A/L Karam Singh, dari Jabatan Pengurusan Tanah, Fakulti Pertanian, UPM pula berkata, UPM dan UM menyedari pentingnya pemindahan serta perkongsian pengetahuan antara universiti dan industri serta agensi kerajaan seperti MADA.

“Kerjasama penyelidikan dalam penilaian status terkini kualiti tanah dan air di empangan telah lama dibincangkan bersama MADA. Apa yang penting, kami ingin masyarakat setempat mengetahui peranan universiti bukan hanya untuk mendidik pelajar di universiti, malah juga berkongsi serta bertukar pengetahuan bersama agensi-agensinya seperti MADA.

“Apabila kita berada di lapangan dan berurusan secara langsung bersama komuniti, kita dapat mengetahui isu-isu semasa dan permasalahan yang wujud di peringkat lapangan. Pada masa yang sama pelajar universiti dapat mempelajari dan menimba pengalaman baharu daripada kakitangan MADA semasa menjalankan kerja di lapangan “ katanya.



Justeru, katanya, amat penting untuk semua pihak yang berkaitan menggembeng tenaga dalam memastikan rakyat mendapat bekalan air yang mencukupi dan dijamin selamat digunakan, serta untuk pertanian seperti padi agar padi dapat dihasilkan dan dikomersilkan pada waktu yang telah dipersetujui ke arah menjamin sekuriti makanan negara.

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Pensyarah kanan Institut Sains Biologi, UM, Dr. Rosazlin Abdullah, pula berkata data empirikal yang diperolehi daripada aktiviti pengambilan sampel, analisis di makmal sehingga interpretasi data, dijangka mampu membantu MADA membuat keputusan tepat sekiranya wujud sebarang masalah.

“Pada masa ini, kita mempunyai dua pelajar peringkat pasca siswazah yang menjalankan penyelidikan kesan sedimentasi terhadap kualiti air di empangan Muda dan Ahning dan kesan sumber air yang disalurkan ke kawasan sawah padi terhadap kualiti tanah,” katanya.

Hasil kajian yang diperolehi akan memberi data secara saintifik kepada MADA dalam mengambil tindakan sekiranya terdapat isu berbangkit berkaitan kualiti air. Ketiga-tiga empangan Muda, Ahning dan Pedu terletak berhampiran Muda Resort milik MADA yang dibuka kepada orang ramai yang ingin bercuti bersama keluarga jauh dari kesesakan bandar. - UPM



DR. DALJIT SINGH mengambil sampel untuk analisis kualiti tanah.

Pelestarian kualiti tanah, air Empangan Muda dan Ahning

BEBERAPA penyelidik dari Universiti Putra Malaysia (UPM) dan Universiti Malaysia (UM) baru-baru ini menjalankan penyelidikan bersama Lembaga Kemajuan Pertanian Muda (MADA) bagi memantau status kualiti tanah dan air di Empangan Muda dan Empangan Ahning. “Kualiti air yang baik menjamin bekalan air yang disalurkan untuk kegunaan domestik dan pertanian adalah selamat untuk digunakan,” kata Timbalan Pengurus Besar (Teknikal), MADA, **Datuk Ir. Hor Tek Lip**.

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Beliau berkata, MADA mempunyai beberapa stesen empangan seperti empangan Muda, Ahning dan Pedu. Untuk itu pihaknya sentiasa terbuka untuk bekerjasama dengan pihak luar bagi memastikan kualiti air di empangan sentiasa berada pada tahap yang memuaskan.

Beliau berkata, salah satu matlamat pihaknya adalah bekerjasama dengan penyelidik dalam membantu mengekalkan kualiti air di kawasan tadahan hujan di empangan kerana ia boleh membantu menyediakan maklumat mengenai kualiti air di empangan.



DR. ROSAZLIN ABDULLAH (tengah) bersama pelajar dan juga kakitangan MADA yang membantu sepanjang mengambil sampel tanah di keempat-empat wilayah kawasan tanaman padi bawah pengurusan MADA.

“Kami melihat UPM serta UM mempunyai kekuatan sendiri dalam bidang penyelidikan pengurusan alam sekitar,” katanya.

Sering dengan moto MADA *Nadi Jelapang Padi Negara*, Kawasan Muda mampu menyumbang hampir 40 peratus padi untuk keperluan negara dan seterusnya menjadikan Kedah dengan jolokan ‘perluik nasi Malaysia’.

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Bagi Empangan Ahning, sumber aliran air adalah dari kawasan tadahan Empangan Ahning yang digunakan untuk bekalan air domestik dan industri dan sebagai bekalan tambahan untuk pengairan tanaman padi.

Pensyarah dari Jabatan Pengurusan Tanah, Fakulti Pertanian, UPM, **Dr. Daljit Singh Karam Singh** berkata, UPM dan UM menyedari pentingnya pemindahan serta perkongsian pengetahuan antara universiti dan industri serta agensi kerajaan seperti MADA.

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“Pada masa yang sama pelajar universiti dapat mempelajari dan

menimba pengalaman baharu daripada kakitangan MADA semasa menjalankan kerja di lapangan,” katanya.

Justeru, katanya, amat penting untuk semua pihak yang berkaitan mengemblem tenaga dalam memastikan rakyat mendapat bekalan air yang mencukupi dan dijamin selamat digunakan, serta untuk pertanian seperti padi agar padi dapat dihasilkan dan dikomersialkan pada waktu yang telah dipersetujui ke arah menjamin sekuriti makanan negara.

Pensyarah kanan Institut Sains Biologi, UM, **Dr. Rosazlin Abdullah** pula berkata, data empirikal yang diperolehi daripada aktiviti pengambilan sampel, analisis di makmal sehingga interpretasi data, mampu membantu MADA membuat keputusan tepat sekiranya wujud sebarang masalah.

“Pada masa ini, kita mempunyai dua orang pelajar peringkat pascasiswazah yang menjalankan penyelidikan kesan sedimentasi terhadap kualiti air di empangan Muda dan Ahning. “Mereka juga mengkaji kesan sumber air yang disalurkan ke kawasan sawah padi terhadap kualiti tanah,” katanya.

Hasil kajian yang diperolehi akan memberi data secara saintifik kepada MADA dalam mengambil tindakan sekiranya terdapat isu berbangkit berkaitan kualiti air.

Ketiga-tiga empangan Muda, Ahning dan Pedu terletak berhampiran Muda Resort milik MADA yang dibuka kepada orang ramai yang ingin bercuti bersama keluarga jauh dari kesesakan bandar. - **DR. DALJIT SINGH**

20 APRIL 2017

7 WAYS TO MAKE STRESS WORK FOR YOU

The Star, 13 April 2017



Did you know that stress is not a medical but a psychological response that triggers physiological reactions in the body?

Very often, we say, “I have had a stressful day”, “My job is so stressful”, or “My boss stresses me out”. What we are actually doing here is responding in stressful ways to situations and/or people.

A study conducted by two researchers in Yale University found that if someone changed his mind set around stress to view it as a challenge instead of a threat, he enjoyed a significant reduction in stress-related physical symptoms like headaches, backaches and fatigue.

While the stress was still there, its effect on the body was completely changed.

What this shows is that while stress is inevitable, its effects on us are still within our control.

So, how can we take what we perceive to be stressful situations and convert them to our advantage? Here are some tips:

1. Think positive

If you are faced with a task that you find boring, like washing dishes, try looking at its positive aspects.

For example, think about how you enjoy the feel of warm water, or how washing dishes allows you to disengage from the buzz of life for just a short while.

Doing this trains the mind to realise that there is not just one reality, but multiple

realities at any point. It allows you to change the way a situation is viewed, from a negative to a positive.

Consider these facts: Simply changing your perspective in the workplace enables you to achieve greater long-term growth, 37% higher sales and 31% more productivity.

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2. Realise the meaning behind the stress

Banish mental hijackers by focusing on the positives and looking at the larger purpose of your situation.

For example, if you are stressed about a job interview, re-focus on how it will advance your career.

Likewise, if planning a party is stressing you out, think about how holding it deepens your relationships. Harness these positives to jump start your productivity and increase social bonds.

3. Enjoy and harness quiet time

Studies show that when the brain is overwhelmed, it becomes harder to see the positive side of things.

Try to allow for some downtime for an hour each day by avoiding activities that create “noise” in your mind such as watching television or surfing the internet. Instead, relax by going for a walk, meditating or doing some light exercise.

This gives your mind a break, allowing it to better focus on positives.

In this way, whenever you encounter a stressful situation, you will be well placed to find solutions and to deal with it in a positive manner.

4. Set yourself up for success

Whenever you face a challenging task, remind yourself of the times you succeeded in similar situations.

This once again allows your brain to focus on the positives, enabling success to become a reality.

5. Focus on what you can control

When faced with worries, remember what you can affect and what you cannot. There is no point in focusing on things that are out of your control, for example, the weather.

Instead, focus on an action that needs to be done that can help your situation – like being prepared for rainy weather and making the best of it.

6. Sleep well and do not skip meals

Ever realised that you feel more stressed when you have not slept or eaten? Getting the right amount of sleep and eating at the right times are important in keeping your mind positive.

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7. Create a network of support

Knowing that you have somebody to talk to is crucial. Surrounding yourselves with people who think positive does wonders whenever stress is around.

In essence, remember the saying, “Stress itself is not your enemy. Stressful thinking is”.

By viewing stress as an indicator that you care about something, you can harness it to focus on the tasks at hand

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