This is the second newsletter for the year and as we approach mid-year it may be useful to review where we are.

Our medical student intake at 115 was better than initial application figure projected, but still below our target of 130. We have become more involved in promoting and marketing the School’s courses. Our target enrollment for 2019 is 125 in view of the general decline in medical student enrolments in local medical schools. Professor Dr Parasakthi Navaratnam is looking at getting the medical program accredited by the Indian Medical Council as there seems to be a significant interest from the subcontinent and the diaspora.

We have started looking at additional courses and discussions are at an advanced stage with regards to starting a Bachelors in Nutrition and Masters in Dietetics hopefully towards the end of 2019. Associate Professor Dr Amudha Kadirvelu and Dr Amutha Ramadas are mainly involved in this.

Areas which were identified as requiring improvement was research output; in terms of publications, grants and HDR students can be increased. Second, our on-time PhD and Masters completion rates, which is also a Faculty KPI, had fallen to less than 50% compared
over 70% for the Faculty. Third, research collaborations between School and Campus staff has not grown much while collaborations with external organizations seems to have increased which is positive. Fourth, external funding is now difficult. But we have not been trying harder to access Campus funds through Campus platforms such as Tropical Medicine and Biology (TMB) and Global Asia. Finally, the research potential of the JB Clinical School has not been fully realized.

There has been significant discussions on improving in these areas. This has been difficult without timely information as research data is primarily located in the Campus Research Office. We receive this information very late. Kong Li San has been involved in developing a database that will help us monitor and manage HDR and research performance.

Associate Professor Dr Nor’Azim has been appointed as Deputy Director of TMB and Dr Amudha Kadirvelu has been appointed as a cluster leader in Global Asia. Hopefully this will allow better access to the funds that these platforms hold.

A number of incentives have been made available. These include cash incentives for publications by research students, on-time completions and best student publication for the year. We are considering incentives for other research areas including collaborative work. Funding for article publishing fee has been added.

Professor Dr Shajahan Yasin
Head of JCSMHS
Design that engages

JCSMHS has launched its 10 new learning suites in Building 4 Level 2 this year.

Active learning has become an integral part of student learning experience which motivates Dr Rakesh Naidu and his team to redesign the learning suites to support various learning and teaching practices.

“It means students’ involvement, and they can be engaged throughout the whole process of learning,” Dr Rakesh pointed out.

In the conventional, didactic teaching, a lecturer or academic staff speaks while students listen. In active learning, students are encouraged to be actively involved through group activities.

“They may use their smart devices like smartphones; they can Google search for the appropriate information. Students are able to learn much better because of active involvement.”
**Mira Cast**
Substituting projectors, Mira cast, which uses Wi-Fi, is a key feature in the new learning suites to provide opportunities to students and staff to capture any activities in front of them and then screen-share on the TV via their personal devices such as smartphones or iPad.

“So, you do not need to get all the groups to come to your place to observe the demonstration,” Dr Rakesh explained.

**Optimising Space**
The new learning suites are also designed to optimise space utilisation for a conducive, interactive learning environment.

Unlike the traditional classroom setting, the new learning suites allow flexible table and seat arrangement to accommodate different types of activities such as role plays, debates, group discussions, presentations, interactive workshops, brainstorming sessions and many more.

Other features such as operable doors and foldable patient examining couch in the learning suites allow flexibility in the use of the space.

**Active learning in Monash Clayton**
Monash Clayton has designed a range of rooms to cater to all the faculties with different kinds of active learning and have significantly reduced a number of lectures, Dr Rakesh revealed.

“It is a different kind of learning experience for students.”

The new learning suites are open to students starting in Sem 1, 2018.

Dr Rakesh also would like to thank his team for their contribution: Mr Mah Yong Cheng, Ms Nurullhudda Zainal, Mr Safrizal Zafrul, Ms Sarah Kan Wai Yan, Ms Hanissa Mohd Nasir and Ms Nur Aizzat.
Senior Management Workshop 2018

Jeffrey Cheah School of Medicine and Health Sciences (JCSMHS) conducted its Senior Management Workshop on the 31st March 2018, which was attended by both Sunway and Clinical School Johor Bahru (CSJB) staff.

The aim of the workshop is to address JCSMHS’ potential and challenges.

Head of JCSMHS, Professor Dr Shajahan Yasin pointed out some of its challenges. The recruitment of students remains stagnant and JCSMHS is highly dependent on medical students as its main income source. Research is also an important aspect of JCSMHS which still has room for improvement.

In addition, Professor Shah highlighted three main areas to look at for the next two years: 1) improving Research performance 2) launching new programs and 3) engaging with Sunway Medical Centre.

Key senior management also presented their respective areas and strategic initiatives.

Mr Aaron Chan, the Senior School’s Manager, shared the academic and professional staff data, indicating a growth of staff for the past 11 years. Financially, JCSMHS has been doing well in the last two years.

The Deputy Head of School (Research), Associate Professor Dr Nor’Azim Mohd Yunos, spoke about the research progress in CSJB including the involvement in Tropical Medicine and Biology (TMB) platform, the annual CSJB Research Week, research collaborations and grants, particularly the external grant received from the U.S. Navy for the dengue research.

The Cardio Metabolic Research Group led by Professor Dato’ Dr Khalid Abdul Kadir is active with research in rural and urban areas of Johor Bahru.

CSJB also witnessed an increase of student intake in Bachelor of Medical Science (BMedSc) program.

The Deputy Head of Clinical School (Education), Associate Professor Dr Sivakumar Thurairajasingam, stated that CSJB now has a clearer governance with staff assuming leadership roles after its academic staff restructuring.

In focusing CSJB’s clinical strength, he proposed the HEDGEHOG concept which he summed up, “Do what you do best with passion”. To build upon CSJB’s asset, Dr Siva suggested workshops relevant to medical education such as clinical workshops, work readiness (a training to assess student’s capability before going to the industry), and Emergency and Trauma Care workshop.

The Deputy Head of School (Research), Professor Iekhsan bin Othman, shared on the current data and 2017’s MyRA score which currently stands at 73.81. One of JCSMHS Research’s goals is to increase MyRA score to 76 by 2019.

Professor Iekhsan also highlighted areas to work on such as publications, engagement and supervision with HDR students, grants, collaborations and research infrastructure.

Subsequently, there was an open discussion where staff actively discussed possible strategies to increase JCSMHS efficiency, revenue as well as its research output.

The workshop came to a conclusion after Professor Shah encouraged staff to come forward with ideas and suggestions to unlock JCSMHS’ potential, and thanked the staff for the continuous effort.
It was a joyous day for Associate Professor Dr Nor’Azim Bin Mohd Yunos and Associate Professor Dr Rafidah Binti Atan (pic above), when they earned the highest academic degree – Doctor of Philosophy (PhD) – on the 7th of April 2018.

What could have prompted the duo to pursue PhD while working full time and raising a family of three which turned into a family of four in the middle of their PhD?

“I joined Monash about 12 years ago and found that while I became comfortable with my teaching commitments fairly quickly, I felt very ignorant about research. I wanted to learn the ropes of conducting good quality clinical research from experts in the field. I didn’t like the idea of finding my own way around when patients were involved and relished the idea of having a supervisor to support me in the process,” Dr Rafidah said.

Dr Nor’Azim, on the other hand, attributed the PhD pathway to his wife. “It was my brilliant other half’s idea. She made the initial contact with our supervisor in Melbourne, Professor Rinaldo Bellomo. The topic that Rinaldo proposed - on fluids, electrolytes, and acid-base - happened to be a clinical area that had always excited me,” Dr Nor’Azim stated.

During their PhD, the family moved to Australia for two years as there were no expert researchers in the field of intensive care, who could co-supervise them in Malaysia.

“The biggest challenge for us as a family is always the housework, along with minding our three children. We couldn’t bring a domestic helper to Australia and had to resort to other arrangements . . . We did what we could to simplify housework by buying dryers, dishwashers, a vacuum cleaner that worked like an electronic broom so that even our two older children, then aged eleven and six could help with the housework,” Dr Rafidah said.

With the challenges of raising a young family coupled with the pursing their PhD, they had to do it on a part-time basis.

Dr Rafidah was also working full time as an intensive care registrar in Australia as she needed the overseas stint for her subspecialty training in intensive care.

She even successfully completed two graduate certificates in education and passed two professional exams in the field of intensive care while pursuing PhD part-time.

“I just took one thing at a time, which helped me focus on a particular task at hand,” she stated.

Dr Nor’Azim too, after many late nights working on his thesis, outperformed other PhD students across Monash campuses and won the Mollie Holman Medal which is awarded to its doctoral candidates with the best PhD thesis.

“I felt deeply honoured. When I learned from some Monash alumni of how highly regarded Professor Mollie Holman was, I was really humbled,” he said.

Sharing his tips on producing top-notch thesis, he advised, “Publishing papers during the PhD also helped a lot. While doing a thesis by publications tends to take longer, the motivation from knowing that you contribute to the scientific literature goes a long way.”

“The papers will also be proof of peer-review quality of your PhD,” Dr Nor’Azim added.

Both attributed their success to each other, along with their family and faith.

“My husband is extremely supportive and does a lot for me and the family. We’re in the same field and so we’re together a lot. We make a great team, at work and at home. I wouldn’t have been able to make it this far without his support and care,” Dr Rafidah shared.

Dr Nor’Azim would also like to express his gratitude to the School.

“I also could not thank enough Professor Anuar Zaini, our principal supervisor and the Head of School then. He was supportive of the PhD idea and went the extra mile to ensure that Rafidah and I could begin our PhD journey through the academic staff HDR support scheme.”
On 28 March 2018, the Regius Professor of Physics and the Head of the School of Clinical Medicine, University of Cambridge, Professor Patrick Maxwell visited Monash University Malaysia.

He was joined by Gary Keegan, the Director of Development for Cambridge University Health Partners, and both discussed with JCSMHS on the following subjects:

**Engagement in clinical trials**

University of Cambridge will be involved in establishing the Sunway Medical Centre (SMC) clinical trial centre in accordance to UK/European standards. When the clinical trial centre is functional, the centre will be conducting commercially-sponsored research.

JCSMHS is interested in exploring collaborative opportunities with the centre.

**Research collaboration**

There may be possibilities for collaboration in stem cell research as Tan Sri Dato’ Seri Dr. Jeffrey Cheah is looking at setting up stem cell research and therapy that incorporates immunotherapy with cell-based or gene therapy in the hospital.

BRIMS too has started work in iPS cell technology with some researchers in Japan and may get involved in this endeavour.

**Other possible key areas of collaboration**

Stakeholders also discussed on opportunities for student and staff exchange, clinical observership and placement, and the possibility of conducting UK postgraduate training in Malaysia.

Professor Maxwell also suggested some researchers in Cambridge for collaborations. For more details about the researcher, click on the researcher’s name:

**SUGGESTED RESEARCHERS FOR COLLABORATIONS**

- **Professor Simon Griffin** leads a research programme aimed at preventing the growing burden of non-communicable disease including obesity, diabetes, cardiovascular disease and cancer.

- **Professor Carlos Caldas**’ research focuses on translational breast cancer genomics: applications of molecular profiling in prognosis, prediction and novel therapeutics.

- **Dr Peter Campbell** leads the cancer, ageing and somatic mutation research group which studies on the mechanism and signalling pathways.

- **Professor James Wood** is an infectious disease epidemiologist with interests in the infection dynamics and control of several diseases.

- **Professor Carol Brayne**’s research focuses on the public health of ageing and includes work on dementia.

- **Professor Mary Dixon-Woods**’ programme of research is concerned with generating a high quality evidence-base to support the organisation, quality and safety of care delivered to patients.

- **Professor David Menon**’s research interests are on neurocritical care, secondary brain injury, neuroinflammation, and metabolic imaging of acute brain injury.

- **Professor John Danesh** is the founder and director of the Cardiovascular Epidemiology Unit, a multidisciplinary unit that aims to advance understanding and prevention of cardiovascular disease through population health research.

- **Professor Nick Wareham**’s research interests are the aetiology and prevention of obesity and diabetes.
The Majors’ Contender

An avid runner aspires to complete the six Abbott World Marathon Majors and that is precisely Dr Quek Kia Fatt’s goal as a runner.

The Abbott World Marathon Majors is a series consisting of six largest and the most renowned marathons in the world. The races take place in Tokyo, Boston, London, Berlin, Chicago and New York City.

Recently, he finished the Tokyo marathon in February 2018. (right pic)

Entering the world marathon majors is not easy or cheap. You can enter via ballot or lottery system but this does not guarantee a place.

“Even if you have the money, you will be in the waiting list. And the amount you pay is about a minimum of RM10,000 to enter,” Dr Quek asserted.

Nevertheless, the challenge to enter the major marathons motivates Dr Quek to be a six-star finisher. A six-star finisher is a runner who completed all six of the World Marathon Majors.

“So once you run and completed these six, you’ll get a six-star medal,” he explained.

Dr Quek was a long distance runner since secondary school. But as he grew older, priorities such as tertiary education and career came into the picture, he took a break from running.

His passion to run was reignited by his younger brother three years ago who also enjoys running. His brother insisted Dr Quek to join him for marathons.

“They then said OK why not. And I got addicted,” he revealed.

Since then, he has been running competitively.

To date, he has completed nine marathons including two majors in Berlin and Tokyo.

Berlin marathon, a 10-time World Record for Marathon, by far, is Dr Quek’s most favourite marathon.

“People cheering you on. The public stays from 9 o’clock in the morning until 4 o’clock in the evening.

“And they put their hands outside for you to touch when you ran across...they kept calling my name as an encouragement.

“Because my name was written there in the number tag. So they called me, ‘Kia Fatt, Kia Fatt, come on, come on’.

“Really, no joke. That’s why Berlin is the best for me so far,” he reminisced.
What’s next?
Currently, he is preparing for two upcoming major marathons which are Chicago in October 2018 and New York in November 2018.

“So hopefully next year I’ll get into London. Not easy but I’ll try my best. And 2020 could be the Boston one because that’s the mother of all marathons,” he added.

His dream is to finish his sixth major marathon in Boston.

“So, I’ll get the 6th star medal in Boston. Something to celebrate when that happens,” he expressed.

On The Road Less Travelled with Farouk Musa

A doctor by day, an activist by night, Dr Ahmad Farouk Musa has been working towards a democratic society and the establishment of civil society.

A Cardiothoracic surgeon, Dr Farouk has worked with National Heart Institute and Universiti Sains Malaysia, and he now works as a senior lecturer and researcher at Jeffrey Cheah School of Medicine and Health Sciences (JCSMHS).

Dr Farouk is also the Founder and Director of Islamic Renaissance Front (IRF), a think tank which aims to promote the Muslim intellectual discourse and to contribute to the establishment of an inclusive and a just society.

He believes that we have a choice in life; to lead a safe and an easy life or to choose a hard life. How we spend our day is, of course, how we spend our lives. And with this philosophy, he chose the challenging path as he quoted from Robert Frost’s poem, ‘The Road Not Taken’:

Two roads diverged in a wood, and I.. I took the one less travelled by And that has made all the difference..

The think tank reaches out to the Muslim population and beyond through a few avenues such as publications and social media, to promote democracy, liberty and social justice.

Additionally, IRF conducts seminars, forums and conferences and he opined that such events offer opportunities for Muslims and others to engage, interact, discuss and debate.

“People could read our views from our writings but it would be more meaningful if they engage with us during our forums and seminars,” he said.

Adding to his profile, he is also a founding member of Muslim Professionals Forum, a Director of Centre for Combating Corruption and Cronyism or better known as C4 which works towards accountability and good governance in Malaysia by fostering open government policies.

He is also a Commissioner at the Commonwealth Initiative for Freedom of Religion or Belief (CIFoRB) based in Westminster, London and recently, he was appointed as a Research Fellow at Sekolah Tinggi Filsafat Islam – STFI Sadra, Jakarta, Indonesia.
The scope of his research work is on two themes namely atrial fibrillation and minimally invasive surgery.

On a similar note, he believes that his activism is his small contribution for a change for a better future.

He also believes that the young people are the key to the future who can bring change to the society.

To empower these young minds, the IRF regularly holds small group discussions better known as ‘usrah’ among the Muslim youths.

‘Usrah’ means ‘family’ and it is a group of Muslim individuals gathering together to have mutual exchanges and develop new ideas.

Through usrah, from a small nucleus of ten individuals, each of them could then disseminate the ideas to ten more young minds when these youths form their own usrah outside.

This might be seen to be too minute to cause a ripple in the society but as what was said by John Keating in “Dead Poets Society”, he quoted, “No matter what anybody tells you, words and ideas can change the world.”

And this is what he intends to do for the rest of his life.

“Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only this that ever has” he quipped, quoting a phrase of an American cultural anthropologist, Margaret Mead.

After he came back from Australia, he became a steering committee member of BERSIH 2.0, a strong civil society seeking for a better democracy and promoting free and fair election. He was then elected to be the Vice Chairman of BERSIH 2.0 under Maria Chin and head the Medical Unit of BERSIH 2.0.

For his activism in civil societies, he was awarded Human Rights Activist Award in 2011 and later Darjah Setia Pangkuan Negeri by the Penang State Governor in 2015, which comes with a Dato’ title.

An activist since his student days, he has long been involved in activism and known to be a dissident and an anti-establishment.

He has always been politically alert of what is happening in the society and believes that we deserve a better, more plural, democratic and vibrant society.

Theses and research papers have been written and published about him and his thoughts. His own writings were published within the country and abroad.

Alas, his thoughts were considered “dangerous” by the previous government that led to three of the books he edited banned by the Ministry of Home Affairs. This issue had created a heated debate about the freedom of expression not only among the civil societies but also in the Parliament.

This was despite the fact that he was bound to a wheelchair due to meningitis while conducting his research work among Orang Asal in the state of Johor in 2010.

The meningitis he contracted and later affected the spinal cord caused him to be hospitalised for six months in a comatose state in ICU.

But that had not deterred his spirit in pursuing his aim both in the academic field and the social arena.

He is still very active in research work although it is more confined to a hospital environment of IJN where he used to work before rather than a fieldwork. To him, research gives him satisfaction in life in knowing that he had at least made a little contribution to the body of knowledge of Medicine.

DR AHMAD FAROUK MUSA’S PROFILE

Dr Ahmad Farouk Musa joined the Jeffrey Cheah School of Medicine and Health Sciences, Monash University Malaysia in January 2007. He obtained his Masters of Medicine in Surgery in the year 2000.

He initially served as a lecturer and surgeon at Universiti Sains Malaysia before sub-specializing in the field of Cardiothoracic Surgery at the National Heart Institute.

He worked in the Department of Cardiothoracic Surgery, Monash Medical Centre, Melbourne, in the year 2007-2008 before returning to Monash University Malaysia.
CURE Epilepsy Seminar and Research Meeting

A CURE Epilepsy Seminar and Research Meeting was held on the 28th of February 2018 at Monash University Malaysia.

This event represented the latest iteration of the Frontiers in Research Seminar Series, which is a program supported by Citizens United for Research in Epilepsy (CURE).

The program aimed to expose young researchers and clinicians to exciting epilepsy research, while providing the opportunity for young investigators to interact with senior epilepsy researchers.

The seminar centred around a talk by Professor Ley Sander (pic above) on preventing SUDEP (Sudden & Unexpected Death in Epilepsy) and how to build research around SUDEP. He proposed that as our understanding of epilepsy grows, the future will herald a shift in epilepsy treatments that can finally overcome epilepsy and its burden.

The seminar also featured a session for young epilepsy researchers to share their research with other more experienced researchers.

The seminar was also joined by Professor Dato’ Raymond Azman Ali (pic above), who is the current chairman of the Malaysian Epilepsy Council and also a medical doctor, in addition to having previous experience as a medical dean & hospital director.

Professor Dato’ Raymond Azman Ali gave an overview of the Malaysian Epilepsy Council’s mission to raise local awareness of epilepsy to help fight the social stigma which patients with epilepsy face.

To this end, the Malaysian Epilepsy Council organises outreach programs whereby epilepsy patients have the opportunity to share their challenges and triumphs with the general public.

The seminar also featured a session for young epilepsy researchers to share their research with other more experienced researchers.

This provided a platform for the early researchers to receive peer guidance on the planning and execution of their research.

CURE typically only supports around 8 seminars a year and held in the United States where CURE was founded.

However, 2018 has seen Malaysia bucking the trend by being the first country in the region to host the CURE seminar series.

This is due to the efforts of Dr Mohd Farooq Shaikh in obtaining one of the much sought-after grants from CURE to support the hosting of this seminar.
“Firstly, I must confess that I was pleasantly surprised that so many people attended, given the highly specialised and technical nature of an event such as this. This event represents my first attempt at organising an event of this scale and I was very happy with how this event turned out,” Dr Farooq (right pic) expressed.

Dr Farooq also attributed the event’s success to the campus and school staff, School Research Office, postgraduate students and research assistant.

The feedback for this event was overwhelmingly positive with many people being appreciative of the expertise shared by Professor Ley Sander.

Da Vinci’s Anatomical Sketch

Professor Peter Abrahams (right pic), Professor Emeritus of Clinical Anatomy at Warwick Medical School, gave a talk entitled ‘Leonardo Da Vinci: Did his 15th Century artistic visions inspire 20th Century Nobel Prizes in Medical Radiology?’ on the 3rd of May 2018.

Leonardo Da Vinci has long been recognised as one of the greatest artists of the Renaissance and many of his original drawings from the 1500s are strikingly similar to our modern medical images.

Leonardo was not only a great artist but also a brilliant anatomist.

“Leonardo da Vinci is not only an artist. He is, as I am going to prove to you, had totally original concepts both in anatomy and in art, and it is those concepts that led to the developments of Computerised Tomography (CT) and Magnetic Resonance Imaging (MRI) scanning,” Professor Abrahams said.

Professor Abrahams’ lecture showed how astute, accurate and significant Leonardo’s anatomy drawings were and how little the detailed knowledge of human anatomy has actually changed in 500 years.

Professor Abrahams specialised in clinical anatomy and for a decade, he taught anatomy for artists at the UCL Slade School of Fine Art in London. His involvement in art history spans 30 years.


The lecture was organised by Jeffrey Cheah School of Medicine and Health Sciences and Monash Education Academy.
A Visit from Master of Darwin College

On 27 March 2018, Master of Darwin College, Professor Mary Fowler, and Samuel Venn, Development Director at Darwin College, visited JCSMHS to explore the campus and opportunities for research collaboration.

Professor Mary Fowler, a world renowned academic, is keen in international postgraduate education and research.

Both Darwin College and JCSMHS discussed about respective research interests, possibilities for collaboration, exchange of student, academic staff, postdoctoral and/or research fellows.

Darwin College is a graduate college and a constituent college of the University of Cambridge.

It is also an international community with 8000 Darwinians worldwide including more than 40 alumni in Malaysia.

For more details on Darwin’s research areas, visit https://www.darwin.cam.ac.uk/

Master of Professional Counselling Transition Program

Department of Psychology organised the Master of Professional Counselling (MoPC) transition program at Avillion Hotel Port Dickson on the 22nd and 23rd of February 2018.

The two-day event covered the introduction to Master of Professional Counselling, academic briefing on internships, practicum, tele-match, team building and student performance.

The ice-breaking and team-building sessions were successful as new MoPC students and academic staff were very proactive in communicating with each other.

A total of 23 students, 5 lecturers and 1 administrative staff participated in the transition program.

Overall, students and lecturers truly enjoyed and benefited from the transition program.

Students mentioned that the transition session was well-organised in preparing them for the coming new course as they understood more about the units offered and important information pertaining to counselling practicum and counselling internships.

Students were also delighted to get support from the staff and to enhance collaborative relationship for future study and practice.

Some constructive feedback provided during the transition program would serve as an indicator for future improvement.
Dr Amreeta Dhanoa was awarded the Best Poster Presentation at the 13th International Medical Education Conference (IMEC-2018) held on the 14 to 15th April 2018.

The title of her poster was ‘Using Kahoot! To Enhance Teaching and Learning in Microbiology’.

Her study was designed to investigate the effectiveness of case-based discussion and Kahoot! in teaching tuberculosis to Year 2 medical students which fosters interactive classroom dynamics using various student response systems (SRSs).

"Gamified SRSs like Kahoot! are gaining popularity as teaching tools, given the availability of mobile devices and accessibility to Wi-Fi. Moreover, these educational tools appeal to our Gen Z students who are digital natives,” she stated.

She developed various clinical vignettes covering different aspects of tuberculosis, incorporating Kahoot! as the SRS to enhance students’ engagement.

Pre-class, the students watched a 9-minute osmosis video on tuberculosis, providing them with a similar baseline knowledge for case-based discussion.

Students’ immediate feedback on their learning experience and effectiveness was collected using a questionnaire with a 5-point Likert-scale, and an open-ended question that allowed individual response.

“Frankly speaking, I was pleasantly surprised and honoured for this prestigious award considering there were many other outstanding poster presentations, both locally as well as internationally,” she expressed.

“Well, they say ‘enthusiasm is contagious’, and I articulated my research findings with passion and confidence as teaching is something close to my heart.”
On 8 March 2018, Professor Dr Maude Phipps and Associate Professor Dr Lakshmi Selvaratnam co-organised the very first event at Monash Malaysia for International Women’s Day (IWD), aligned with the United Nations’ (UN) current theme: “The Time is Now: Rural and Urban Activists Transforming Women’s Lives”.

The President and Pro Vice-Chancellor (PVC), Professor Andrew Walker was supportive of the IWD event when Professor Maude and Dr Lakshmi initially presented the idea to him.

They recruited both academic and professional staff to form the IWD Working Committee who were tasked with planning an event from scratch in barely two weeks.

A ‘World Café for Women@Monash’ was organised with the aim of encouraging collaborative dialogue, connecting diverse perspectives and coming up with constructive possibilities for action.

Professor Maude, Dr Lakshmi and their team successfully recreated the conducive setting of a scrumptious English High Tea (in a JCSMHS classroom), replete with floral decorations reminiscent of an English country garden punctuated with gender equity quotes - resulting in lively discussions and interaction amongst participants.

In the very short timeframe of two weeks with the help of many motivated colleagues, 81 participants including both academic and professional staff from the Campus attended the World Café to deliberate on important issues and propose action plans for three themes that were identified: 1) Empowerment of Women at Monash Malaysia, 2) Hearing Women’s Voices in the Media and 3) Transforming Underprivileged Women.

Monash Education Academy (MEA) from Australia too played a huge role in the event as Dr Lakshmi was a recipient of the MEA Special Representative Award for 2017-2018.

As she explained, “The MEA Award actually serves to recognise and promote capacity building programs to enable educators at Monash to become fluent in the intricacies of cross-cultural interaction and sensitive education needs. So it fits in very well with what we were trying to accomplish with the IWD”.

Asking Professor Maude and Dr Lakshmi on what women in Monash have achieved in terms of social, cultural, economic and political to reach parity, they concurred that we have come a long way.

“If you’re looking at institutions and places of work throughout Malaysia, the fact that we can host this event with the full encouragement and support of the PVC and senior management, all the schools, departments and units gladly let the staff to participate, I think that itself, speaks volume that we are actually able to do this,” Dr Lakshmi said.

Professor Maude also pointed out there is no gender discrimination in terms of salary, career promotion and prospect in Monash Malaysia.

“And in terms of women in management positions, we have Heads of Schools who are women,” she added.

Dr Lakshmi also suggested that we can build in more support measures on the campus in areas such as day care, access to reproductive rights and health coverage for both women and men. They both recognised from the IWD event that there are other areas which may need further review.

Currently, the IWD Working Committee is in the process of writing a report based on the discussions and feedback from the World Café participants. Professor Maude and Dr Lakshmi hope to bring this to the attention of Professor Andrew and Associate Professor Jane Tong, Chair of the Campus’ Gender Equity Taskforce, for the purpose of charting a way forward.
Three Minute Thesis (3MT) Winners

JCSMHS recently organised Three Minute Thesis (3MT) amongst the PhD students to showcase their research in an engaging manner to the audience.

Ms Serena In (left pic) won the first prize with her presentation entitled ‘Resilient Families: Keeping TEENS Alive and Well’ in which she seeks to understand family resilience in Malaysian families and how it would benefit the prevention of mental health problems among adolescents.

Dr Saleem Perwaiz Iqbal (center pic) won the first runner-up prize and his thesis focuses on the nutritional and lifestyle factors that influences metabolic syndrome among Malaysian adults residing in Johor, Malaysia.

Mr Teo Chuin Hau (right pic), the second runner-up, looks into the influence of social isolation on a group of neurons called GnIH neurons, which are known to influence reproductive behaviour but may also play a role in depression.

Best Graduate Awards

The Department of Psychology has recently organised an event to present the Best Graduate Awards to the top graduates in respective programmes for their outstanding academic achievements.

The Head of Department, Associate Professor Shamsul Haque presented the awards to these exceptional students who have won the Best Graduate Award in their respective programmes:

- Ms Michelle Lim Hui Sin (left pic) (Master of Professional Counselling)
- Mr Chan Jee Kei (center pic) (Bachelor of Psychological Science and Business (Psychology) (Honours))
- Ms Jolynn Chu Ee Ai (right pic) (Bachelor of Psychological Science and Business)
Jeffrey Cheah School of Medicine and Health Sciences (JCSMHS) has once again marked its presence in this year’s International Invention, Innovation & Technology Exhibition (ITEX) on 10th to 12th May 2018, winning two Silver Awards and one Bronze Award.

Organised by the Malaysian Invention and Design Society (MINDS), ITEX is an international exhibition for local and international inventors and research scientists to present their inventions and innovations to a business community who are keen on commercialising ground-breaking inventions.

Inventions were judged based on the following criteria: novelty; inventiveness; usefulness and application; presentation and demonstration; market and commercial potential; and environmental friendliness.

### Silver Awards

**Lanctos 75TM for Mental Wellness**
- Professor Iekhsan bin Othman (JCSMHS)
- Dr Mohmad Farooq Shaikh (JCSMHS)
- Thaarvena Retinasamy (JCSMHS)
- Brandon Kar Meng Choo (JCSMHS)
- Dr Yatinesh Kumari (JCSMHS)
- Dr Zurina Hassan (Universiti Sains Malaysia)
- Associate Professor Amin Malik Abdul Majid (Universiti Sains Malaysia)

Lanctos 75™ is a potent herbal supplement for neurodegenerative diseases and related cognitive dysfunction. Lanctos 75™ inhibits enzyme (AchE) that breaks down neurochemical which is important for learning and memory. Lanctos 75™ is a neuroprotective against beta amyloid and significantly improve memory status.

### Bronze Award

**DITTO (Deaf in Touch Today)**
- Associate Professor Uma Devi A/P M Palanisamy (JCSMHS)
- Dr Sabrina Anne Jacob (University of Strathclyde, UK)
- Dr Amreeta Dhanoo (JCSMHS)
- Elizabeth Chong Yie-Chuen (JCSMHS & Global Asia in the 21st Century (GA21) Platform)
- Reza Rosli (Leo Burnett/Arc WorldwideMalaysia)
- Gayathrie Deva (Leo Burnett/Arc WorldwideMalaysia)
- Goh Soo Leng (Malaysian Federation of the Deaf)

There is a need for safe and effective communication between healthcare personnel and deaf individuals. Currently the practice of written notes, simple signing, physical presence of interpreter/family has its limitations which includes misdiagnosis/interpretation, underutilisation of healthcare services by deaf individuals, frustration for both parties, medication errors, among many others. The invention is a mobile app which allows a hearing-impaired person to book the services of a Sign Language Interpreter (SLI) by appointment or on-demand. The interpreter can then contact the user using a video calling service. Different from existing solutions which requires significant investments in video conferencing technology, DITTO makes use of free video calling features of popular platforms such as WhatsApp, Skype and Facebook Messenger.
Dr Sharifah’s tips on good poster presentation:

- Materials to be presented should be visually powerful and the information should be concise and clear.

- For the methodology section, include diagrams, instead of words.

- Fonts must be easy to read for every section including fonts used in captions, tables and figures.

- There should be no cluttering and breathing space should be allocated for every section, and between sections.
Duck Award 2017

JCSMHS recently held a celebratory ceremony to present the Duck Award to its outstanding professional staff at Sunway and CSJB.

Senior Administrative Executive, Devi Arunasalam (Sunway) *(right pic)*, and Technical Officer, Noor Azman bin Khalid (CSJB) *(pic below)*, were the recipients of the 2017 Duck Award.

Duck Award is an annual prize which recognises professional staff’s excellence and contributions towards fulfilling the goals and mission of the School. The prize money is supported by a fund established by Professor Dato’ Dr Khalid Abdul Kadir.

Named after his favourite animal, the Duck Award is a small token of appreciation from Professor Khalid to reward JCSMHS’ professional staff’s dedication.

Professor Khalid has always been grateful for the professional staff who have helped him in his research and establishing the School in its early days.

During his PhD years, he successfully produced 19 publications, thanks to the assistance and contribution by the professional and laboratory staff.

“I felt the need to give back to Monash and the staff, the professional staff who helped us establishing the place. So, I decided to create this Duck Award for Johor Bahru and Sunway staff,” he said.

Professor Khalid hopes the award will encourage the winners to continue striving for even better achievements.
TRAVEL GRANT: HDR STUDENTS

HDR students, Uday and Maeirah were successful in their application for travel grants. In this article, they share their experience and approaches to travel grant application.

Profile
Name: Uday Praful Kundap
Position: PhD Student
Subject Topic: Neuropharmacology and Drug Discovery, In Epilepsy and Cognition

Experience:
Throughout his PhD candidature, Uday has attended a number of conferences, schools and workshops.

In total, he has succeeded in receiving more than RM25,000 worth of travel and research grant.

Conference and networking also have led Uday to work with Professor Lieven Laqae in KU Leuven, Belgium for one month.

Professor Lieven Laqae met Uday in IEC (The 32nd International Epilepsy Congress, Spain) at the Mentor and Mentee Programme and he loved Uday’s work that he offered Uday to work under him on electroencephalogram (EEG) recording.

Lab facility, accommodation and travel expenses were all provided to Uday.

“My target was to set up a zebrafish epilepsy lab in Monash University Malaysia for neuropharmacological findings,” Uday revealed, and is currently pursuing it.

Additionally, with his good email writing skills, Uday successfully earned himself a Post-Doctoral position at Research Center of the University of Montreal Hospital Center (CRCHUM), Canada.

From his experience of success, Uday shares his strategies in securing a travel grant:

Build your profile with publications
“Concentrate on publications to build up your profile first because your publications will reflect you in your application. Your application will only have your name, your institution and all the publications you’ve done. They don’t want your personal connection or contact.”

Prepare one year ahead
“I plan my research work in such a way that in one year of span, I can achieve my goals and to present what I want.”

Target the right conference
“The conference organization team is also working on the same subject and they can understand what I want to convey about my research.”

Do not give up
“Rejection is the first challenge for early researchers but you should not stop applying for grant. I’ve been rejected four to five times but I persistently upgrade my profile and continue to apply to other organizations such as IBRO, Labroo and Sparrbo, or even the same one for next round.”

Effective communication
“Be polite when you communicate with prominent scientists in your field. Use your social media such as Twitter and LinkedIn to communicate with the scientific community.”

Do not!
“Sometimes, students apply for the grant. After they’re selected, they reject the offer. This badly reflects on you and your institution. Your acceptance rate will be low in the future. So I would like to advise not to do this. Once you’re confirmed to that conference, work towards it because the organization is investing in you.”

Here are some of her tips to travel grant application especially for early researchers:

Justifying the questions
“Some students may be at the beginning stage of developing their CVs, but they are interested in presenting their work. What becomes important is how they answer the specific questions, how they justify to why they are applying for travel grant. Reviewers always want to give early researchers a chance to present some of their work. So, sometimes justifying to why you should be given a grant may outweighs one’s experience.”

Early preparation
“Start looking for relevant conferences, organisers and grants in the beginning of your PhD. You might not have enough data to apply in the first year. But you would know what the requirements are, what can be presented, what are the travel grants which are being offered and when are the deadlines. You can prepare your data accordingly and start applying in your second year onward.”

Profile
Name: Maeirah Ashaie Afzel
Position: PhD Student
Research Area: Biotechnology, Cancer and Nano therapeutics

Experience:
Maeirah attended her first conference by European Society For Medical Oncology in Paris, this year 2018, which focused on Targeted Anticancer Therapies, where she presented a poster based on part of her research work.

As a first-timer, she was also successful in getting the travel grant which offered her complementary registration for the conference, return ticket and accommodation.

Here are some of her tips to travel grant application especially for early researchers:

Relevance
“If the conference is relevant, then it becomes easier to justify why you want to apply for it. It can provide a boost for early career advancement.”

Credentials matter
“Good CV is always helpful. Academic degree, relevant experience, co-curricular activities, any publications and other achievements are a bonus.”

“Many travel grants reviewers, when they assess, they will like to see how active the applicant is apart from their research work and what their achievements are.”

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NEW STAFF

Name: Dr Ng Khuen Yen
Designation: Senior Lecturer
Qualification: BSc in Biotechnology (Monash) MSc PhD in Neuroscience (UNSW Australia)
Location: Brain Research Institute Monash Sunway
Tel (O): 05-55145847
Email: ng.khuen.yen@monash.edu

Dr Ng Khuen Yen completed his BSc in Monash University. He then pursued his Masters study in University of New South Wales. Later he undertook his PhD (Neuroscience) study in the prestigious Neuroscience Research Australia.

Upon completion of PhD study, Dr Ng joined Jeffrey Cheah School of Medicine & Health Sciences Monash University. Dr. Ng is actively involved in research and has received several major external research grants (MOSTI eScience Fund, ERGS, FROS and MTSF Science & Technology grant).

Dr Ng is interested in investigating many aspects of the pathophysiology of Parkinson’s disease. He is also interested in investigating the therapeutic effects of traditional Chinese medicine such as edible bird nest. He is also interested in conducting sleep-related studies (particularly on the physiological roles of melatonin).

He is the current advisor of Malaysian Parkinson’s Disease Association, and had organised two very successful international conferences 14th APSN Meeting 2016 and MYNEURO 2017 as part of the organising committee of Malaysian Society of Neurosciences.

Name: Dr Nik Nasihah Binti Nik Ramli
Designation: Assistant Lecturer
Qualification: Bsc (Hons) Biomolecular Science (UiTM), PhD in Medicine (UiTM)
Location: BRIMS
Tel (e): -
Email: NikNasihah.NikRamli@monash.edu

Dr Nik Nasihah completed her undergraduate studies in Bsc. (Hons) Biomolecular Science at Universiti Teknologi MARA in 2011. She then worked as a Research Assistant at BRANetwork Neurocognitive Centre in Universiti Sains Malaysia (USM) before pursuing her postgraduate studies in 2012. She successfully converted her Masters into a PhD at the Faculty of Medicine, Universiti Teknologi MARA. Upon graduating from her PhD studies, Nik Nasihah joined BRIMS at Monash University Malaysia in 2018. Her interest has been in neuroscience field particularly on neuroplasticity, neuroprotection and stroke research.

Name: Nur Fateha Syuhaida Binti Mat Seman
Designation: Administrative Executive (Psychology)
Qualifications: Bachelor of Mass Communication (Interpersonal Communication)
Location: Department of Psychology
Tel (O): 05-55145865
Email: nurfateha.syuhaida@monash.edu

Nur Fateha Syuhaida joined the Department of Psychology, Jeffrey Cheah School of Medicine and Health Sciences in March 2018 as the Administrative Executive.

After graduation, Fateha started her career with Four Points by Sheraton Puchong and later joined the education industry in May 2015. She has over 2 years working experience at Taylor’s Education Group – Taylor’s University Lakeside Campus as the Administrative Executive for School of Hospitality, Tourism and Culinary Arts and Taylor’s Business & Law School.

She was responsible in monitoring and coordinating matters related to international and local student’s attendance and programme enrolled. She assisted in planning and coordinating the administrative and operations of the School.

She also provided administrative support to the Deputy Deans and Programme Director. She worked closely with the Programme Director on the students’ study plan. She also assisted in the implementation procedures such as orientation briefings, student and subject registrations, payment of fees, time-tableing, venue requisitions for classes and/or other events that are organised by the School.

Name: Nasihah binti Musa
Designation: Senior Technical Officer
Qualifications: Bachelor of Biomedical Science (Hons.), Master of Science (Structural Biology)
Location: Technical Staff Office (4-5-05)
Tel (O): 05-55159744
Email: nasihah.musa@monash.edu

Joined the Jeffrey Cheah School of Medicine and Health Sciences in April 2018 as a Senior Technical Officer, Nasihah binti Musa was a graduate of Universiti Kebangsaan Malaysia (UKM) in Bachelor of Biomedical Science (Hons.) and also a graduate of Universiti Putra Malaysia (UPM) in Master of Science (Structural Biology).

She has been working as a Research Assistant in Universiti Putra Malaysia and Malaysian Agriculture Research and Development Institute (MARDI). She also has 2 years of experience as a demonstrator for undergraduates’ practical laboratory in UPM. Her job scope involved assisting and liaising with lectures, students and other staff on the technical parts to ensure smooth sailing of Clinical Skills class, tutorials and practicals.
NEW STAFF

Name: Mak-Pee Kwang Xin  
Designation: Administrative Executive  
Qualifications: Bachelor of Science (Medical Bioscience), Monash University Malaysia  
Location: Jeffrey Cheah School of Medicine and Health Sciences, Segamat Medical Precinct  
Tel (O): 07-9514788  
Email:mak-pee.kwang.xin@monash.edu

Mak-Pee Kwang Xin completed his undergraduate degree in BSc (Medical Bioscience) from Monash Malaysia in 2012. Soon after, he joined the South East Asia Community Observatory (SEACO), which is a Monash research platform located in the district of Segamat, Johor. At SEACO, he was part of the Field Operations Team which coordinated the data collection effort of the platform. He had also played a major role in obtaining ISO 9001 certification for the platform in 2015. Throughout his work at SEACO, Kwang Xin has gained a lot of experience on how research is carried out and also how the concepts of quality assurance could be applied to research infrastructure.

In 2018, Kwang Xin decided to join JCSMHS to perform administrative work for medical student placements in Segamat. He is also currently pursuing his Master Degree in Quality Management in Open University Malaysia (OUM). As a local of Segamat, he hopes that he can add value to the experience of the Monash Medical students and also contributes to the research output of the School.

Name: Nor-Afidah Binte Abd Rahman  
Designation: Clinical School Liaison  
Qualifications: Bachelor of Arts, 1991 (NUS), Master of Science (Information Studies), 1998: NTU  
Location: Clinical School Johor Bahru  
Tel (O): 07-2190 654  
Email:Nor-Afidah.AbdRahman@monash.edu

Nor-Afidah started out as a librarian from 1991 to 1996 after graduated from the National University of Singapore (NUS). She learnt the ropes of running a modern library, and she became the Systems Librarian of Queenstown Community Library. After 5 years of public librarianship and armed with knowledge in library systems, she worked with the Civil Service College, Singapore from 1997 to 2002 and managed their library automation. While working for the College, she also obtained her Master in Information Studies from the Nanyang Technological University (NTU) in 1998.

Afidah was also a research librarian from 2003 to 2016 where she joined the National Library of Singapore (NLS) and Southeast Asia (SingSEA) research team and in the run-up to the opening of the new National Library. The team conducted an extensive audit of the NLS Collection including its rare and Legal Deposit collections, migrated its Singapore Infopedia articles database to a web-based platform and started NLS’ first digital library portal called Singapore Pages. She headed the Singapore Infopedia and Singapore Pages projects and put her historical research background as well as library systems experience to good use.

In the search for new experience, Afidah left NLS after 25 years and joined CSJB, currently managing the Clinical School’s Library.

We would like to bid farewell to the following staff:

ASSOCIATE PROFESSOR WONG CHEE PIAU  
DR SHOGO MORIYA  
PROFESSOR PETER GOH YIH MIN  
MS NOOR AZIYAH BINTI ABD AZIZ
# NEW HDR STUDENTS

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<td>Nurshariza Abdullah</td>
<td>A/P Sharifah Syed Hassan</td>
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<td>Kong Li Voon</td>
<td>A/P Shamsul Haque</td>
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<td>Chan Jee Kei</td>
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<td>Brandon Choo Kar Meng</td>
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<td>Dr Yatinesh Kumari, Prof Iekhsan Othman, A/P Faridah Abas</td>
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<td>Yogabindranath Swarna Nantha</td>
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**Upcoming Events**

**CSJB Research Week**

**DATE:** 20 - 27 JULY 2018  
**VENUE:** MONASH 1, CLINICAL SCHOOL JOHOR BAHRU

The annual CSJB Research Week aims to provide a platform for students and faculty members to share research output and ideas, as well as to promote research activities and values among the MBBS students of Monash University Malaysia.

For more details, visit https://www.monash.edu.my/jcsmhs/events/csjb-research-week-2018

**Targeted Proteomics, Sample Workflow and Data Analysis**

**DATE:** 9 - 10 JULY 2018  
**TIME:** 8.30AM - 5PM  
**VENUE:** LT 3152, LCMS LAB

The aim of this workshop is to provide an effective understanding towards the fundamentals of targeted proteomics and their application. In addition, the workshop is aimed to provide basic knowledge on the sample preparation and data analysis in targeted proteomics. The workshop consists of theoretical and application based lectures by experts in the particular field.

The workshop is targeted for lecturers, students and researchers (MUM and external parties) who wish to learn the fundamentals and concept of targeted proteomic.

For more information, please contact:  
Ms Camelia Marsha  
(camelia.marsha@monash.edu)  
Ms Nurziana Sharmilla  
(nurziana.sharmilla@monash.edu)  
Dr Syafiq Asnawi (syafiq asnawi@monash.edu)

**4th IBRO-APRC Advanced School of Neuroscience**

**THE USE OF INDUCED PLURIPOTENT STEM (iPS) CELL TECHNOLOGY IN NEUROSCIENCE**

**DATE:** 24 SEPT - 7 OCT 2018

The Brain Research Institute Monash Sunway (BRIMS) is organising the IBRO-Asia Pacific Regional (APRC) Advanced School of Neuroscience, themed “The Use of Induced Pluripotent Stem (iPS) Cell Technology in Neuroscience”. The course will include hands-on sessions and scientific lectures by eminent scientists from around the region.

For more details, visit https://www.monash.edu.my/jcsmhs/research/brims/ibro-ibro-2018

**BRIMS Technical Workshop Series 2018**

**DATE:** JUNE & OCT 2018  
**TIME:** 9 AM - 5 PM

The Brain Research Institute Monash Sunway (BRIMS) is organising a series of technical workshops on campus.

The workshop series offers six intensive modules comprising lectures and practical sessions, which are based on the highly-proven application of tested methodologies conducted by a team of dynamic and accomplished scientists.

The workshop is open to all Monash staff and students.

For more details, visit BRIMS' website https://www.monash.edu.my/jcsmhs/research/brims
ANNOUNCEMENTS

HR BUSINESS PARTNER
The HR Business Partner will be at JCSMHS on 18th July, 15th Aug and 12th Sep 2018 from 9AM to 12PM.

GRADUATE RESEARCH CAREER EVENING
September 13 (Thursday) 3:30pm – 6:30pm
December 13 (Thursday) 3:30pm – 6:30pm

2018 SCHOOL RESEARCH COMMITTEE MEETING
July 26 (Thursday) 10am – 11:30am
October 25 (Thursday) 10am – 11:30am

SCHOOL MEETING @ Room 4203
August 2 (Thursday) 3pm
September 20 (Thursday) 3pm
December 6 (Thursday) 3pm

INTAKE

23 JULY 2018

Bachelor of Psychological Science
Bachelor of Psychological Science in Business
Master of Professional Counselling
Postgraduate Diploma in Biomedical Science
CONGRATULATIONS

PhD Graduation

ASSOCIATE PROFESSOR DR RAFIDAH BT ATAN
&
ASSOCIATE PROFESSOR DR NOR’AZIM BIN MOHD YUNOS

Mollie Holman Medal

For Best PhD Thesis

ASSOCIATE PROFESSOR DR NOR’AZIM BIN MOHD YUNOS

Best Poster Presentation

@ International Medical Education Conference (IMEC)

DR AMREETA DHANOA

Best Poster Presentation

@ Monash Medical Curriculum Conference (MMCC)

ASSOCIATE PROFESSOR SHARIFAH BT SYED HASSAN
CONGRATULATIONS

**ITEX Award**

PROFESSOR IEKHSAN BIN OTHMAN
DR MOHMAD FAROOQ SHAIKH
MS THAARVENA RETINASAMY
MR BRANDON KAR MENG CHOO
DR YATINESH KUMARI
ASSOCIATE PROFESSOR DR ARKENDU SEN
ASSOCIATE PROFESSOR DR LAKSHMI SELVARATNAM
PROFESSOR DATO' DR ANUAR ZAINI
ASSOCIATE PROFESSOR UMA DEVI A/P M PALANISAMY
DR AMREETA DHANOA
MS ELIZABETH CHONG YIE-CHUEN

**Duck Award**

MS DEVI ARUNASALAM
&
MR NOOR AZMAN BIN KHALID