

DEPARTMENT OF STUDENT LIFE AND WELLNESS

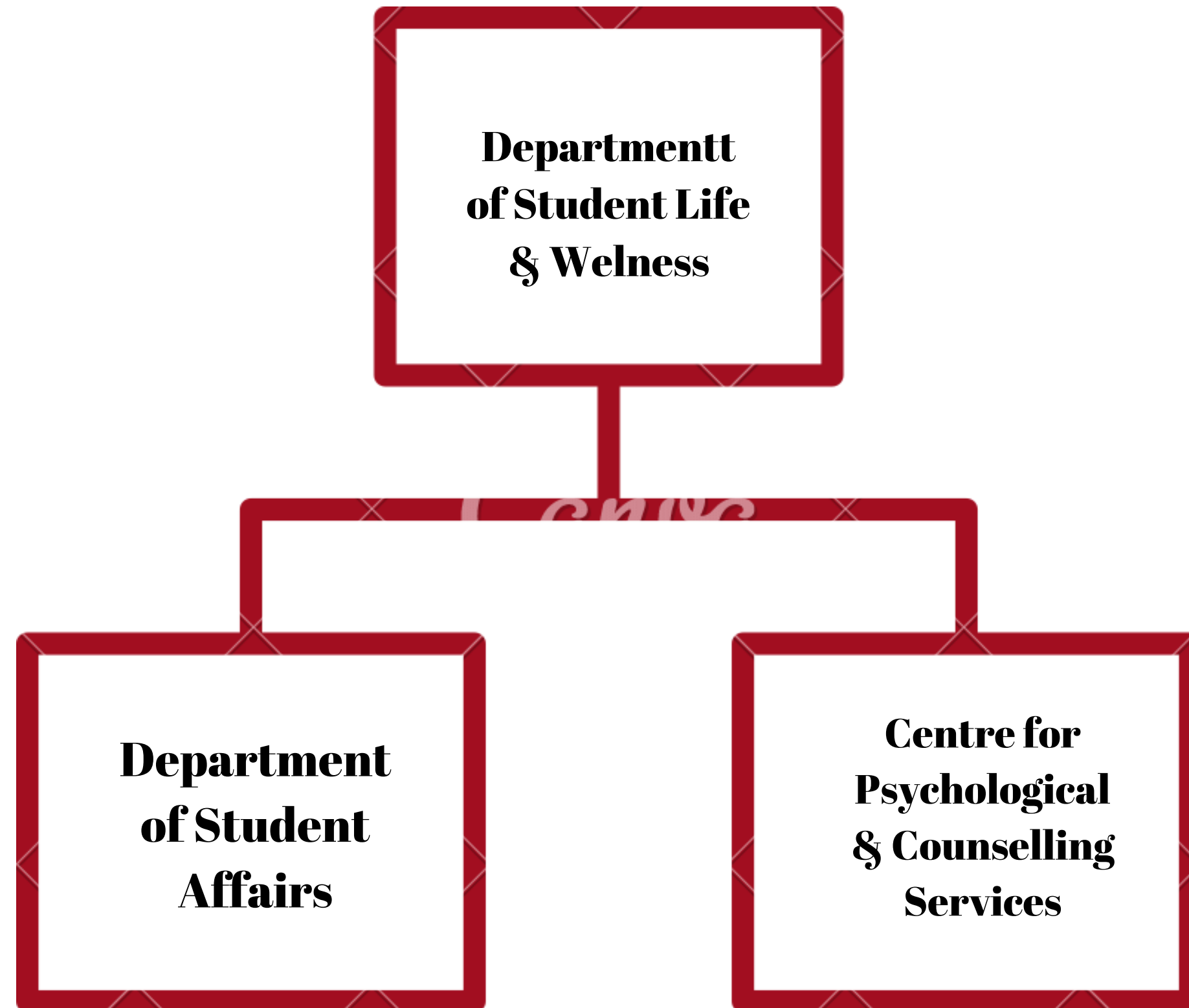
WELCOMES YOU TO HELP UNIVERSITY SUBANG 2



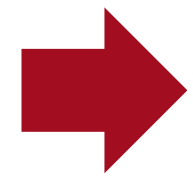
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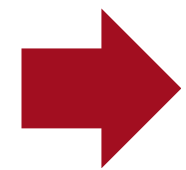
DEPARTMENT OF STUDENT LIFE AND WELLNESS



Department of Student Affairs



Responsible for overseeing, guiding, and supervising both on and off-campus extracurricular activities (ECAs) aimed at enhancing personal and professional growth for students.



Ensuring the overall wellbeing of students (Physically, Emotionally and Mentally)



Dhanesh Balakrishnan
Dean, Student Life and Wellness



Kannan Subramaniam
Head of Department



Faizal Iqbal
Coordinator



Darryl Choo
Sports Coordinator



Anbalagi Govindasamy
Coordinator

Centre for Psychological and Counselling Services



Full Capacity

Ronald Lee Wei Shiong
Licensed Counsellor | Head of CPCS
[View Profile >](#)

Based in:
Wisma HELP | Subang 2 (Monday)

Experience:
6 years

Key interest:
Stress, anxiety, depression
Self-esteem
Adjustment difficulties
Grief
Health & lifestyle management



Available

Esther Chu
Licensed Counsellor
[View Profile >](#)

Based in:
Subang 2

Experience:
6 years

Key interest:
Stress, depression, anxiety
Trauma, grief and loss
Relationship issues
Couples, marriage and family



Available

Farahah Rosni
Registered Clinical Psychologist
[View Profile >](#)

Based in:
Subang 2

Experience:
2 years

Key interest:
Depression and anxiety
Trauma
Eating disorders
Body image issues
Adolescents mental health



Available

Nur Syafiqah Balqis Md. Din
Registered Clinical Psychologist
[View Profile >](#)

Based in:
Wisma HELP

Experience:
2 years

Key interest:
Anxiety
Depression
Trauma
Neurodevelopmental disorders
Interpersonal issues



Centre for Psychological & Counselling Services



**Individual
Sessions**



**Family & Group
Sessions**



Couple Sessions

8 GRADUATE ATTRIBUTES

1	DIGITAL AGILITY
2	SOCIAL INTELLIGENCE
3	STRATEGIC COMMUNICATION
4	MENTAL AGILITY
5	ENVIROMENTAL & GLOBAL LITERACY
6	MORAL COURAGE
7	RESILIENCE & WELLNESS
8	CLARITY OF PURPOSE

DSA FACILITIES AND ACTIVITIES

FACILITIES

- ▶ SPORTS SCHOLARSHIP
- ▶ RECOGNITION CERTIFICATES
- ▶ DANCE STUDIO/ MUSIC ROOM
- ▶ BOARD GAMES
- ▶ CLUBS & SOCIETIES
- ▶ STUDENT PARKING

ACTIVITIES

- ▶ ORGANIZE SPORTS & ACTIVITIES
 - ▶ SPORTS CARNIVAL (INTER DEPARTMENT)
 - ▶ CLOSED TOURNAMENTS
 - ▶ MAPCU, SUKIPT, MASIWA & ETC.
 - ▶ BLOOD DONATION DRIVE
 - ▶ DSA RECRUITMENT DRIVE
 - ▶ LEADERSHIP TRAINING
- ▶ OUTDOOR ACTIVITIES
 - ▶ CHARITY WORK
 - ▶ TREKATHON
 - ▶ CROSS BORDER PROGRAM



FACILITIES AT
SUBANG 2
Gym
Dance Studio
Music Room



Developing Leadership and Character outside of the classroom

- ▶ LEADERSHIP SKILLS
- ▶ SOCIAL SKILLS
- ▶ ORGANIZATIONAL SKILLS
- ▶ INTERPERSONAL SKILLS
- ▶ SPORTING SPIRIT



Clubs and Societies

Various Clubs and Societies Available

Student Councils

Academic Clubs

Community & Social Clubs

Sports Clubs



SCAN ME



ECA & SPORTS ACHIEVEMENTS

YEARS OF MAPCU OVERALL CHAMPION

2003, 2004, 2005, 2006, 2007, 2008, 2010, 2011, 2012,
2013, 2015 (11 YEARS)

2016 MAPCU EVENTS WON

- CHAMPION :** ATHLETICS, ROAD RELAY, FRISBEE
1ST RUNNER UP: NETBALL, TAEKWONDO
2ND RUNNER UP: BADMINTON, BASKETBALL MALE 5 ON 5
CHESS
3RD RUNNER UP: DODGEBALL MALE , FUTSAL MALE

MASISWA CHAMPIONSHIP 2019

ATHLETICS

- ▶ Overall 1st Runner-Up
- ▶ 400M (M) – Gold – Vasanraj Magendran (BUS)
- ▶ 200M (M) – Silver – Vasanraj Magendran (BUS)
- ▶ 400M (W) – Gold – Tanalaksiumy Rayer (BCOMM)
- ▶ 200M (W) – Gold – Tanalaksiumy Rayer (BCOMM)
- ▶ 100M (M) – Gold – Kablian Kasilingam (LAW)
- ▶ 800M (M) – Gold – Sivaneshwaran Gunasegaran (BUS)
- ▶ 1500M (M) – Gold – Sivaneshwaran Gunasegaran (BUS)
- ▶ 5000M (M) – Gold – Sivaneshwaran Gunasegaran (BUS)
- ▶ Javelin (M) – Silver – Chen Hong Yan (BUS)
- ▶ 100M (W) – Gold – Shameta Juana Raj (HMC)
- ▶ High Jump (W) – Silver – Shameta Juana Raj (HMC)
- ▶ 200M (W) – Bronze – Shameta Juana Raj (HMC)
- ▶ Olahragawan (M) – Sivaneshwaran Gunasegaran (BUS)

SIPMA 2019

Athletics

- (I) Men 5000m – silver – Sivaneshwaran (bus)
- (ii) Women 100m – bronze – Shameta juana raj (HMC)
- (iii) Women 200m – bronze – Shameta juana raj (HMC)
- (iv) women 4x100m – bronze – Shameta juana raj (HMC)

Squash

- (i) mixed team event – gold – Darren Rahul (hmc)



HIGHER EDUCATION SPORTS FEST(HESF) 2019

BASKETBALL 3X3

(I) Team Male – Silver – Chng Jun Sern (BUS), Benjamin (BCOMM), Gan Jia Jun (BUS) & Low Si-Zhe (BUS)

TABLE TENNIS

(i) Male Singles – Gold – Chin Wen Jie (HMC)

(ii) Female Singles – Silver – Lim Yi Wen (BUS)



NATIONAL & STATE MEETS

National Meets

10th WTM (WT)-NSC MILO NATIONAL TAEKWONDO CHAMPIONSHIP 2019 (POOMSAE & KYORUGI) (INDIVIDUAL WOMEN POOMSAE & MIXED PAIR POOMSAE) – GOLD – YAP KHIM WEN (PSY)

State Meets

- PERAK OPEN ATHLETICS CHAMPIONSHOP 2019 (MEN 4X100M) – GOLD – VASANRAJ (BUS) & KABILAN (LAW)
- PERAK OPEN ATHLETICS CHAMPIONSHOP 2019 (WOMEN 100M) – BRONZE – SHAMETA UANA RAJ (HMC)
- PERAK OPEN ATHLETICS CHAMPIONSHOP 2019 (WOMEN 200M) – BRONZE – TANALAKSIUMY RAYER (BCOMM)

SEA GAMES 2019

ARTISTICS GYMNASTICS

- POMMEL HORSE MEN – GOLD – TAN FU JIE (PSY)

TAEKWONDO

- YAP KHIM WEN (PSY)

BEACH VOLLEYBALL

- TAN HSI YAN (BUS)

UNDERWATER HOCKEY

- SITI AZRYNNA (PSY)

INTERNATIONAL MEETS

ASIAN OPEN TAEKWONDO CHAMPIONSHIP 2019 (INDIVIDUAL WOMEN POOMSAE UNDER-30) – GOLD – YAP KHIM WEN (PSY)

ASIAN OPEN TAEKWONDO CHAMPIONSHIP 2019 (MIXED PAIR POOMSAE UNDER-30) – BRONZE – YAP KHIM WEN (PSY)

14th ASEAN TAEKWONDO CHAMPIONSHIP 2019 (MIXED PAIR POOMSAE) – YAP KHIM WEN (PSY)

UKRAINE INTERNATIONAL CUP (ARTISTIC GYMNASTICS) 2019 (MALE POMMEL HORSE) – BRONZE – TAN FU JIE (PSY)

ASEAN UNIVERSITY FENCING CHAMPIONSHIP 2019 (MEN'S FOIL) – BRONZE – VINNOTH (PSY)

WORLD GOJU-RYU KARATE FEDERATION CHAMPIONSHIP (FEMALE TEAM KUMITE) – GOLD – SRI KUGASHENI (PSY)

MAPCU CHAMPIONS

2003 – 2008, 2010 – 2013, 2015



SPORTS TEAMS



FRISBEE



CHESS



ROAD RELAY



TAEKWONDO



BASKETBALL



ATHLETICS



TREKATHON

BADMINTON

SPORTS CARNIVAL

FUTSAL

PING PONG





JOIN OUR SPORTS TEAM





CLUBS & SOCIETIES





CULTURAL
EXCHANGE

SPORTS

CROSS BORDER PROGRAMMES

CHARITY

INTERNSHIPPS



Swimming Pool



Basketball court

SPORTS FACILITIES

Table tennis



Tennis Court





Football Field



Outdoor
Futsal Court

SPORTS FACILITIES

Football field

Outdoor Futsal
Court



SPORTS FACILITIES BOOKING



SCAN ME

<https://bit.ly/HUBookingForm>

GYM BOOKING



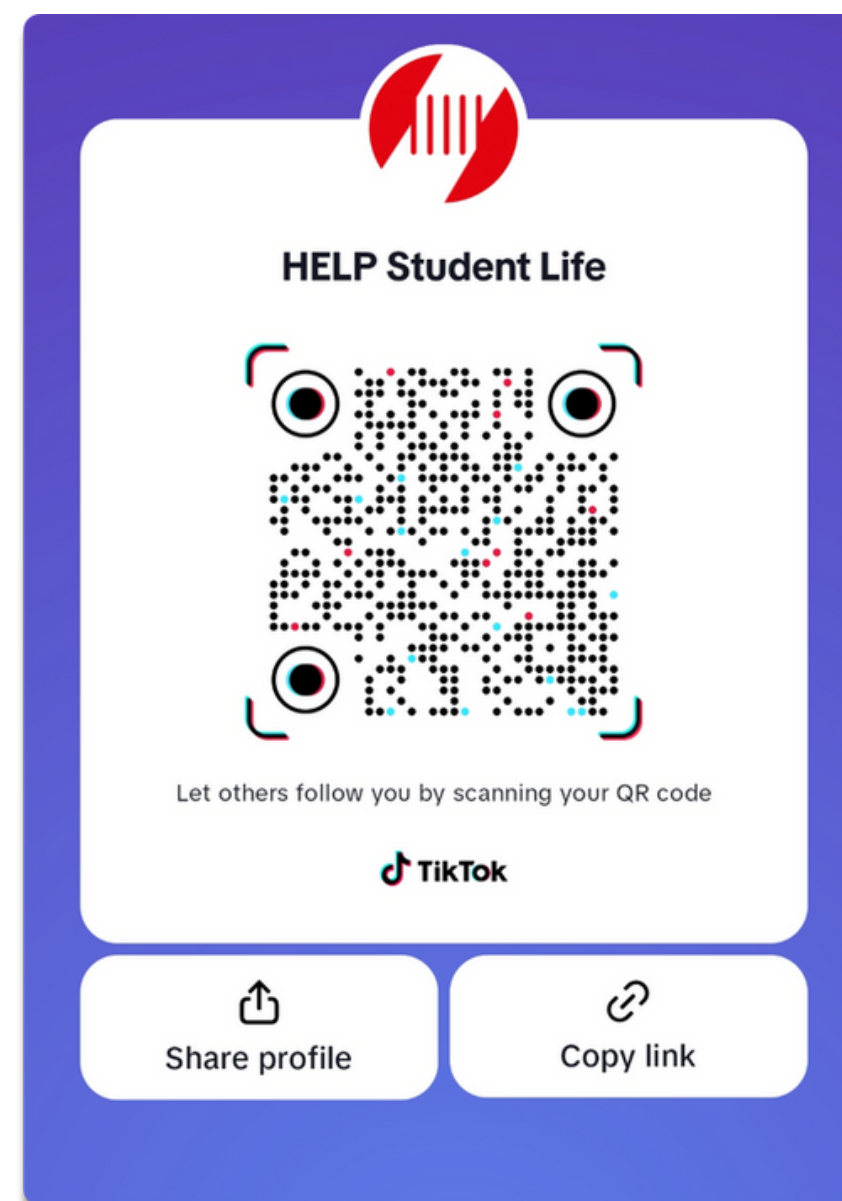
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MUSIC ROOM & DANCE STUDIO BOOKING



SCAN ME

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www.helpstudentlife.com



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Parking

Campus Parking

- ▶ RM 90/ MONTH
- ▶ BLOCK B & BLOCK H
- ▶ REGISTER AT DSA
- ▶ 100 SLOTS AVAILABLE
- ▶ PARKING PASS WILL BE GIVEN

Public Parking

- ▶ RM 0.64/ HOUR
- ▶ OPPOSITE CAMPUS
- ▶ DOWNLOAD SMART SELANGOR APP or FLEXI PARKING
- ▶ TOUCH N' GO e- WALLET

Find Us

Subang 2

DEPARTMENT OF
STUDENT AFFAIRS
BLOCK B, GROUND
FLOOR

ELM

DEPARTMENT OF
STUDENT AFFAIRS
LEVEL 1

THE END

- Study Smart
- Live a Significant Life at HELP University
- Leave with Pleasant Memories

