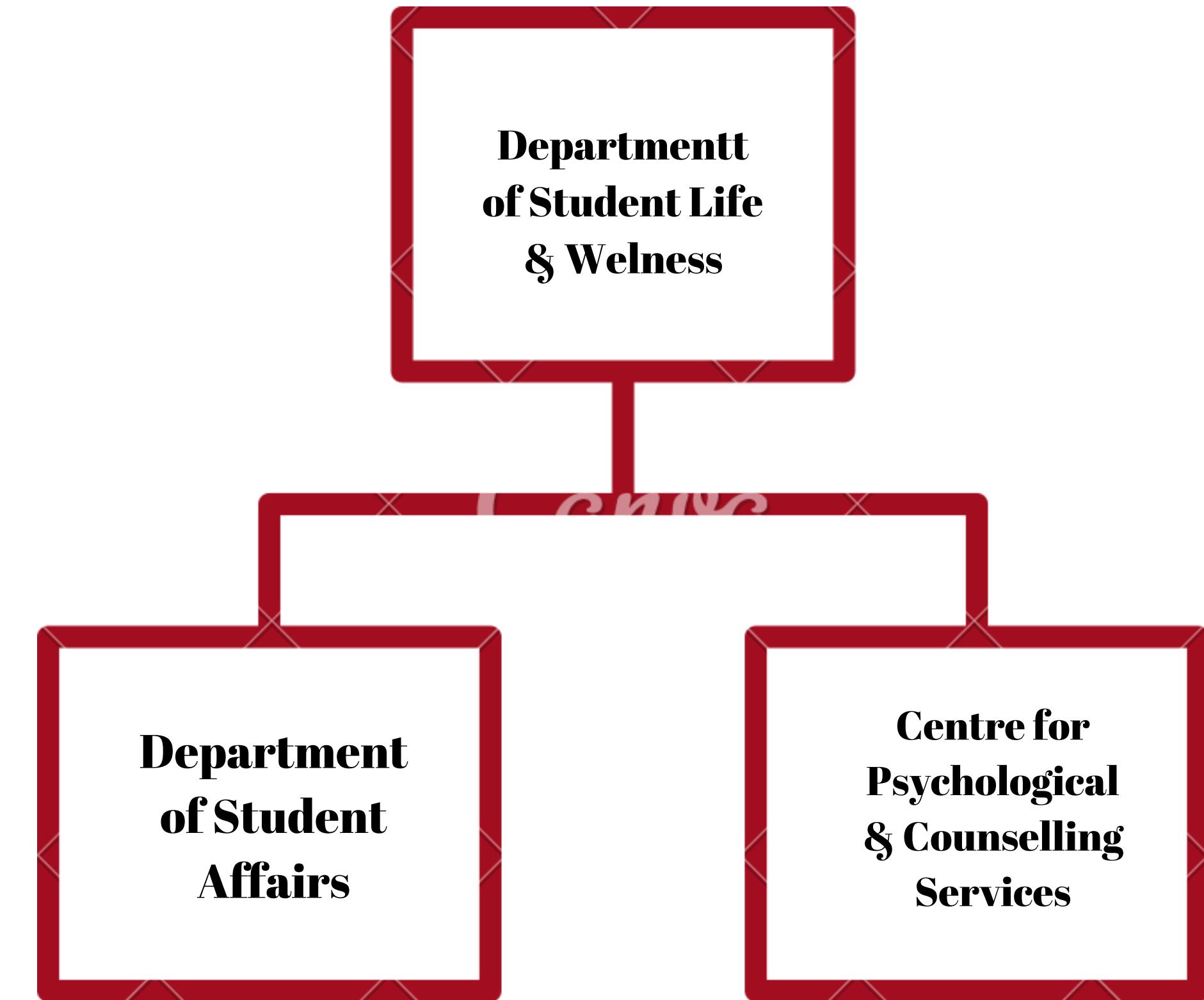


# DEPARTMENT OF STUDENT LIFE AND WELLNESS

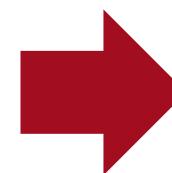
WELCOMES YOU TO HELP UNIVERSITY SUBANG 2



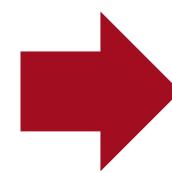
# DEPARTMENT OF STUDENT LIFE AND WELLNESS



# 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 >](#)

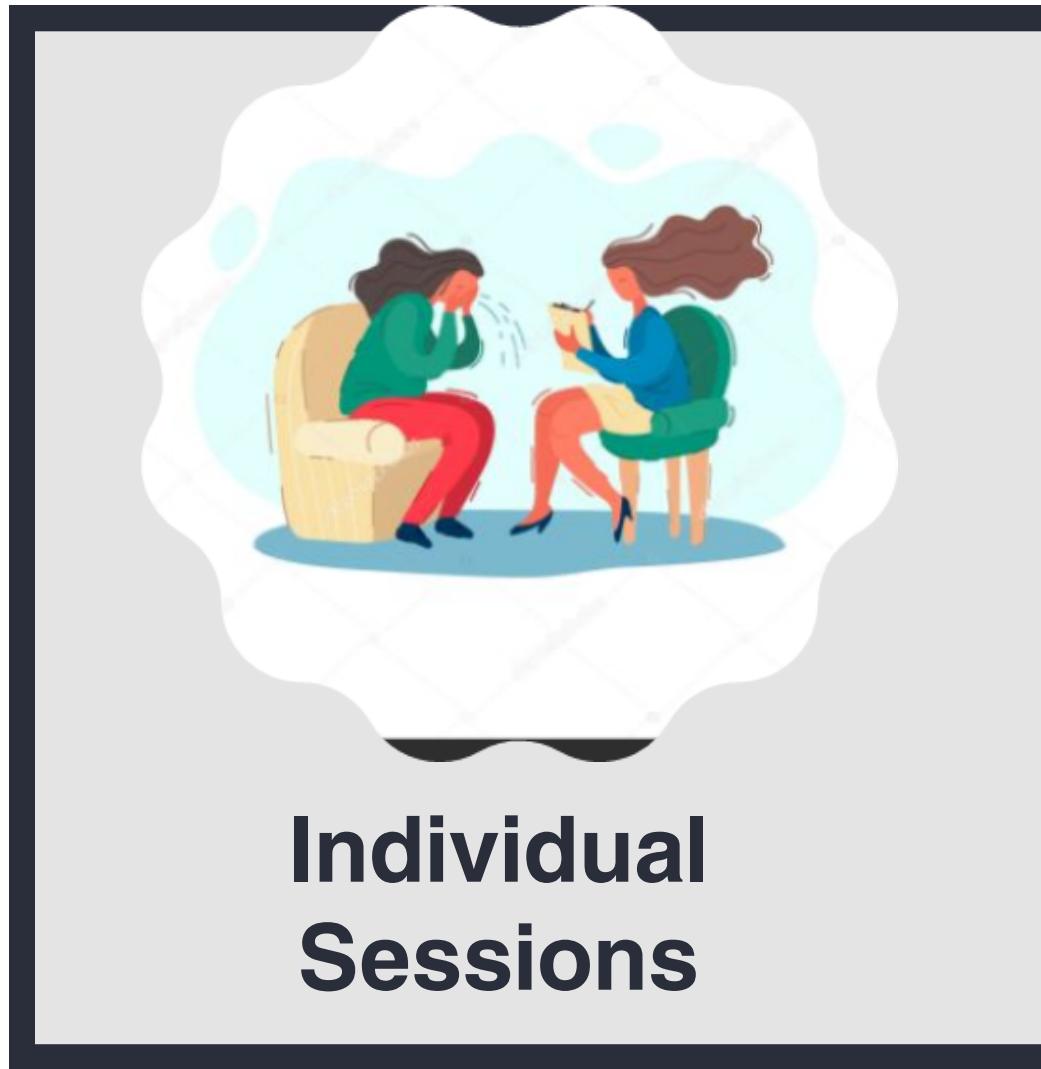
Based in:  
Wisma HELP

Experience:  
2 years

Key interest:  
Anxiety  
Depression  
Trauma  
Neurodevelopmental disorders  
Interpersonal issues



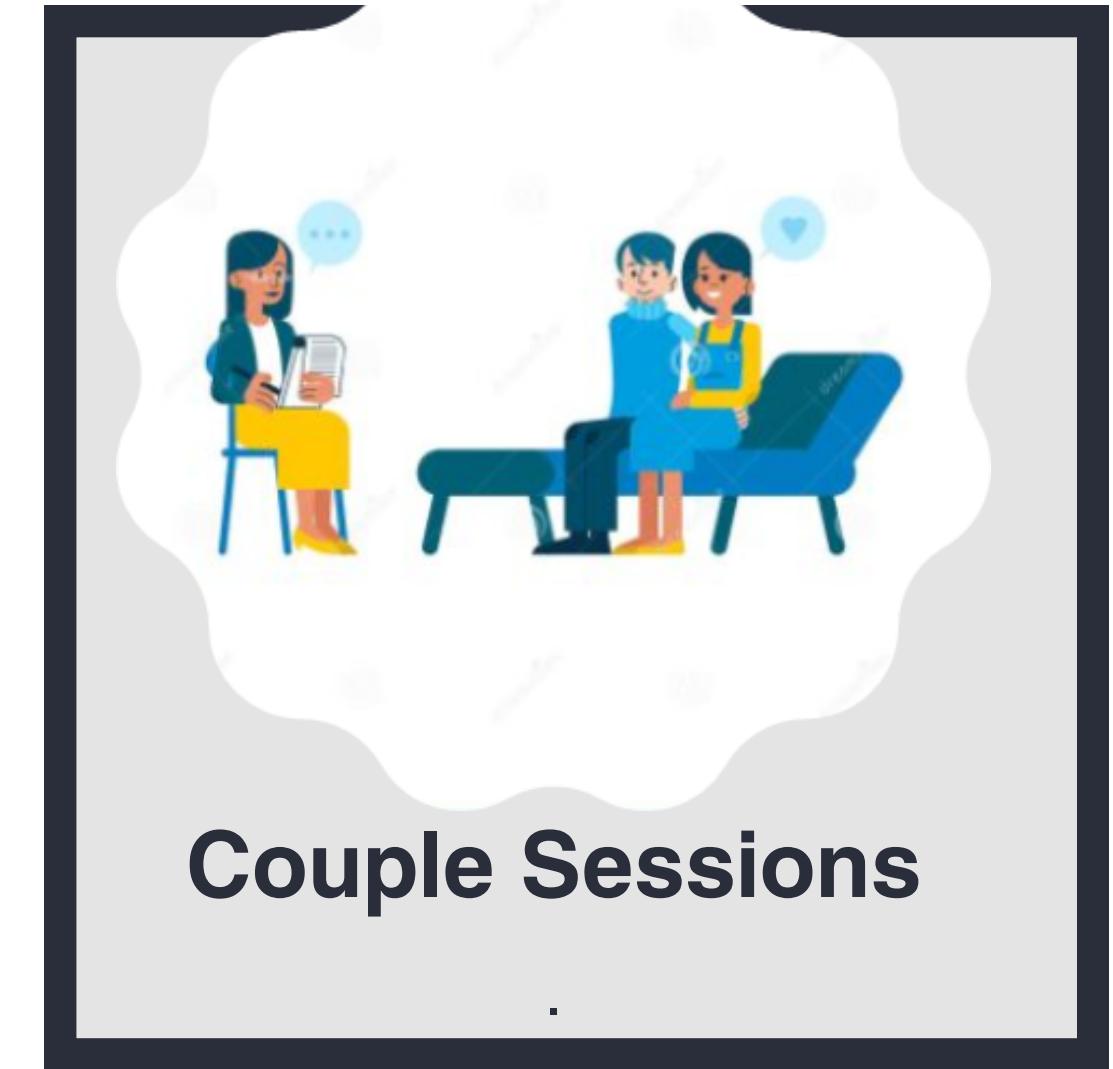
# Centre for Psychological & Counselling Services



**Individual  
Sessions**



**Family & Group  
Sessions**



**Couple Sessions**

# 8 GRADUATE ATTRIBUTES

1	<b>DIGITAL AGILITY</b>
2	<b>SOCIAL INTELLIGENCE</b>
3	<b>STRATEGIC COMMUNICATION</b>
4	<b>MENTAL AGILITY</b>
5	<b>ENVIRONMENTAL &amp; GLOBAL LITERACY</b>
6	<b>MORAL COURAGE</b>
7	<b>RESILIENCE &amp; WELLNESS</b>
8	<b>CLARITY OF PURPOSE</b>

# 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, MASISWA & 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



A black and white photograph showing several students working at desks in a study area. One student in the foreground is seen from the back, looking at a computer screen. Another student is visible in the background, also working at a desk. The room has large windows and is filled with study carrels and desks.

# Clubs and Societies

Various Clubs and Societies Available

---

Student Councils

---

Academic Clubs

---

Community & Social Clubs

---

Sports Clubs

---





# 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

## ARTISTIC 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)

14<sup>th</sup> 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



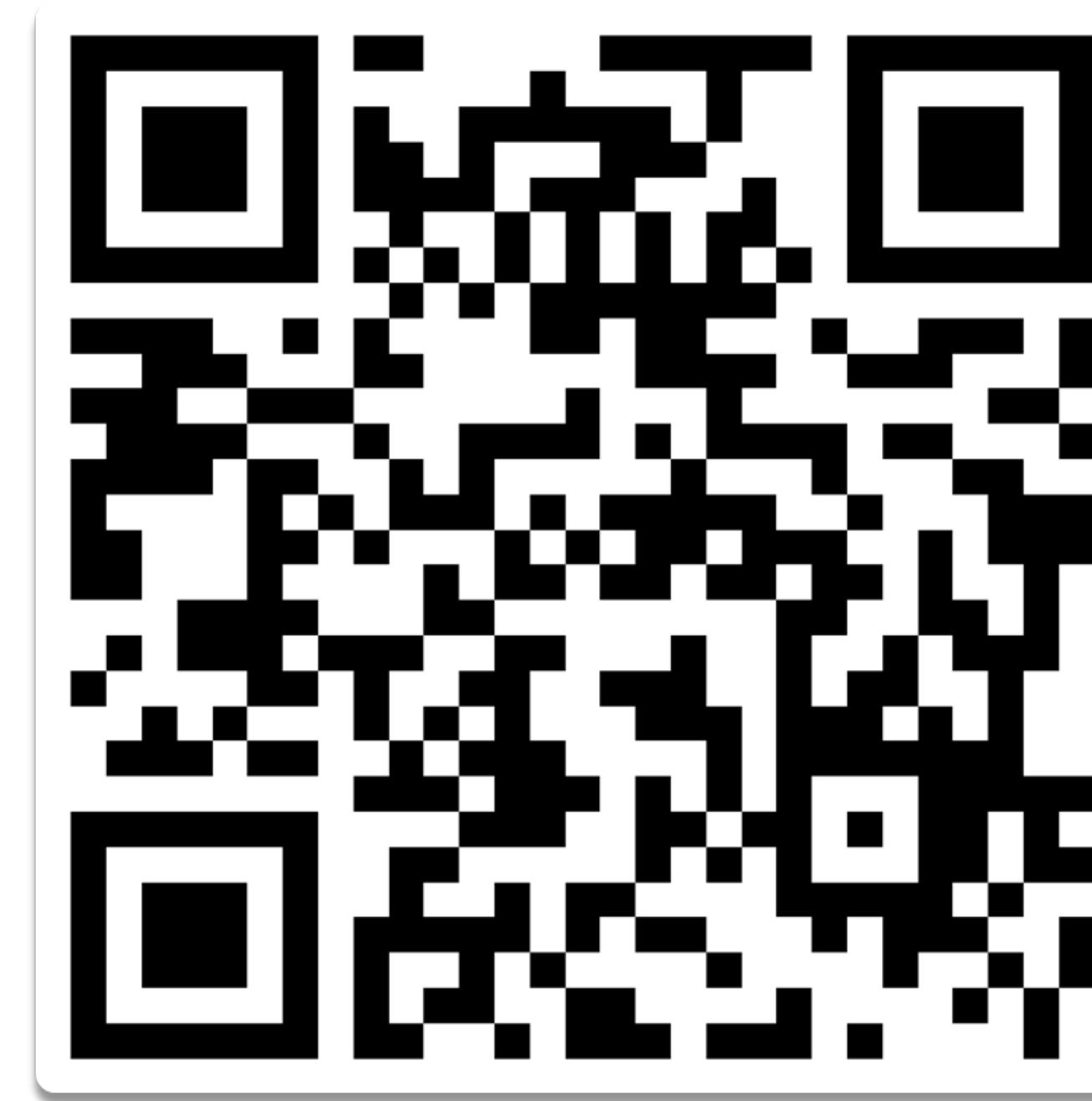
ATHLETICS



**TREKATHON      BADMINTON**  
**SPORTS**  
**CARNIVAL**  
**FUTSAL      PING PONG**



# JOIN OUR SPORTS TEAM



# CLUBS & SOCIETIES



CULTURAL  
EXCHANGE

# CROSS BORDER PROGRAMMES

CHARITY

SPORTS

INTERNSHIPS



# SPORTS FACILITIES

Swimming Pool

Basketball  
court

Table tennis

Tennis Court





# SPORTS FACILITIES

Football Field

Football field

Outdoor  
Futsal Court

Outdoor Futsal  
Court



# SPORTS FACILITIES BOOKING



<https://bit.ly/HUBookingForm>



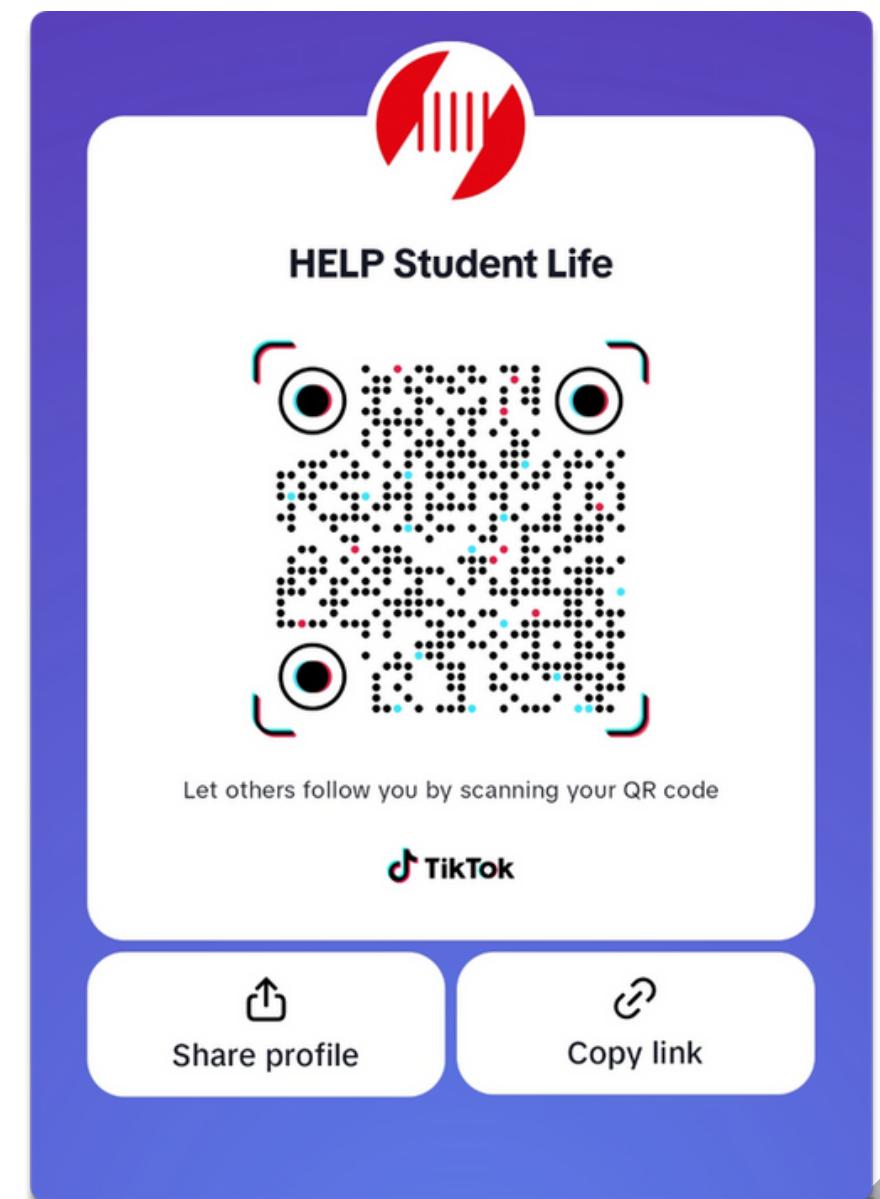
# GYM BOOKING



# MUSIC ROOM & DANCE STUDIO BOOKING



# Connect with us.



# HELP Student life website

[www.helpstudentlife.com](http://www.helpstudentlife.com)



## Home

A horizontal slider showing three images of student activities. The first image shows students at an event with a banner that says 'EXCITE! DEDICATED!'. The second image shows students at an event with a dog. The third image shows students performing a synchronized dance or exercise routine outdoors. Below the slider is a red 'LOGIN' button.

# 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

A photograph of a modern university building. The building has a light-colored facade with many windows. On the left side, there is a glass-enclosed area with a balcony. The right side of the building is a taller, blue-colored section with the words "HELP University" and a red logo on it. The sky is clear and blue.

# THE END

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