

FOURTEEN medals in total – that marked the smashing success of students from Tunku Abdul Rahman University of Management and Technology (TAR UMT) at the 9th Malaysian Education Institutions Games (Sipma) 2023.

The athletes secured an impressive tally of three gold, six silver and five bronze medals at the national event held from Sept 10 to 17 at Universiti Pendidikan Sultan Idris (UPSI).

Sipma is a platform to showcase the talents of student-athletes from public and private higher education institutions nationwide, and to strengthen the relationship between athletes and sports council officials from various institutions.

TAR UMT Penang Branch Bachelor of Business (Hons) Accounting and Finance student Ho Keesha demonstrated her sporting prowess by clinching three medals – a gold, a silver and a bronze – in the 100m and 50m Butterfly (women), and 4X100 medley relay (women), swimming events.

Ho said a strong and positive mindset is crucial to her sporting achievements in the pool.

“It is also important to remain committed, to not give up and to believe in your abilities,” she said in a press release.

Because of clashes in her class and training schedules, Ho trained by herself to maintain her form, highlighting her exceptional dedication.

The other medallists who made a splash in the pool were Lovell Wong Hsiao Thang, Hii Puong Hou, Bernie Lee Elle Yang and Law Hong Bin.

Diploma in Graphic Design student Dyllon Thye Weng Ratchaga brought home a silver medal in the track and field high jump event.

He credited his success to rigorous self-reflection, meticulous analysis of his performances, disciplined self-training, and

Proud medal haul for varsity

TAR UMT students shine at national sporting event



Jumping high: Ang leading his volleyball team to victory.

the determination to learn and improve from every mistake.

“No one can push you further than yourself. If you can’t get over the bar, study what you did wrong and avoid making the same mistakes again.

“Improve bit by bit. Don’t let your ego get to you. There’s always someone who can jump greater heights than you,” he said, adding that he would always record his training sessions at the varsity’s indoor track so that he could improve his performance.

“I filmed myself jumping over the bar, analysed my mistakes

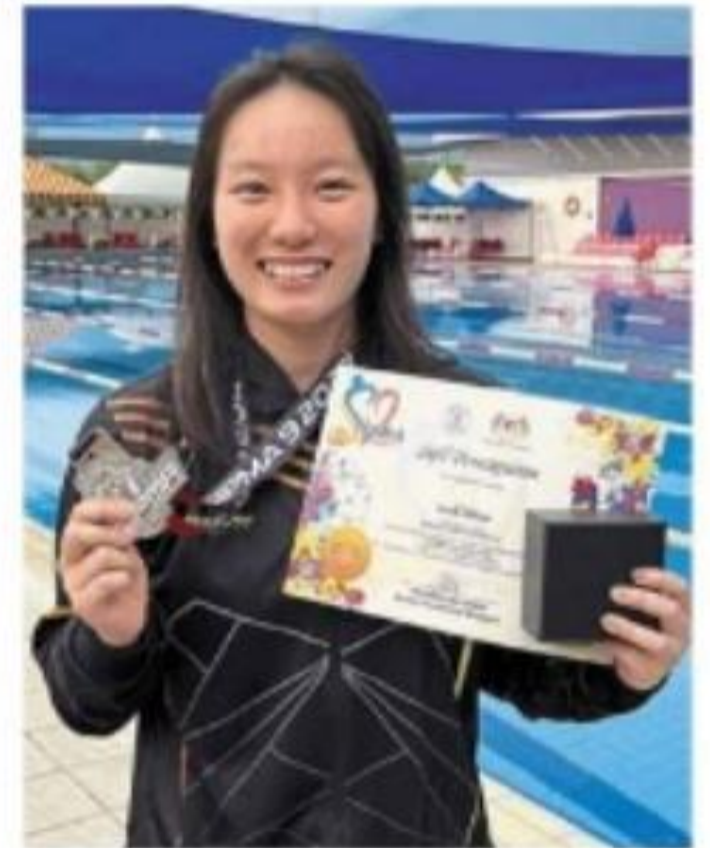
and learned from them. That was how I got better slowly but surely.”

Bachelor of Business (Hons) student Ang How Juen showcased his leadership skills by captaining the male volleyball team to a silver medal.

He said the team trained three times per week to prepare for Sipma.

“We arranged for more training sessions before the games to strengthen our minds, enhance our skills and build our fitness.

“Ultimately, it was good teamwork that led us to victory,” he said.



Making a splash: A beaming Ho with her silver medal from the 50m Butterfly (women) event.



Hard-earned: Thye won a silver in the high jump event.