

# Tech A Break

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# Technology Keeps Moving Forward; Are You Moving with It

by: Dimple

Today, technology is essential for businesses grow (Stanley Leary, 2008).

Back in the day, people are listening to the radio, television, reading newspaper for stories and news updates are the traditional ways on how they communicate and/or get the information.

According to Brian Hughes, internet was only a pipeline dream in 1990 which only existed in colleges and the military. As in 2000, the internet was everywhere and people are accessing in from homes via desktop computers. He added, 40% of the world's population in online today and most of people are accessing the web via a smartphone.

Without realizing it, technology has changed the news industries today. Social media such as Facebook has become one of ways to spread and received news which are faster than ever.

Business marketing is going online through social media such as Facebook, Twitter and Instagram whereby these platforms provides limitless freedom and low cost rate. Moreover, people nowadays are doing their shopping and selling through their smartphone applications.

In manufacturing, artificial intelligence and machine learning is used to make a decision making by having large amount of data. Other than that, technology automation also plays a huge role in the industries such as smart home that include automatic garage door, smart TV and smart lock.

Senari Machinery Group has been following the technology thread as the business grows. As they started the company back in the paper years all of the employee details such as Employee Profile, Payroll and Leave is in hard copy printed form and compile it into the Employee File. However for today, Senari Machinery Group has been using an electronic cloud system to handle their business operations. Human Resource Information System is to keep their employee information data whereby the employee is able to view and print their own pay slips, applying leaves and etc. Other than that, accounting and financial activities is also digitalized which the business transactions is captured in their CORFINA (Datapuri Financial System). By having a cloud system in their business nature, it helps to reduce human error, mismatching of data and most important is transparent information of the business.

In summary, technology keeps on moving forward regardless which industry you're looking at. Are we moving together with the technology advancement for a better future?



# 5 ways technology is helping mental health

by: Baetrice

Depression is currently the most common mental disorder, with 300 million people affected globally. According to the World Health Organisation, it is expected that by the year 2030, depression will have become the largest single healthcare burden, costing \$6 trillion globally. At this rate, the future of mental health can be quite disheartening, but in accordance with the technological advancement, there are ways technological innovations can potentially enhance mental health by tracking important health behaviour trends, publicize initiatives and also influence health behaviour as well.

### Improve barriers to care

Digital health may be improved via telehealth and telegraphy, especially to those in the rural areas where mental health providers are scarce. Geographical factor no longer be a barrier to those in the rural to get the mental care that they needed as long as they have internet connection. This would also encourage patients who would rather inquire medical questions in a more anonymous or easy access setting, through a virtual clinic or other information access points. A high quality, well informed and vetted sources of information through an easy to use, well designed, reputable websites and interface are needed to ensure the effectiveness of this method.

### Virtual reality treatments

Virtual reality may all be about transforming how one's experience in gaming, but it may be proving to be an extremely effective device to psychological therapy as virtual reality has the ability to con our mind and body to behave in such a way even though we know what we see is not real. Virtual reality is used by some physicians in a technique called exposure therapy, in which it is designed to help patients relive trauma related phenomena in a controlled, safe environment. A headset that combines images and sound are used to whisk patients back in time and while wearing the headset, the patient will discuss past experience with the therapist until the patients become desensitized to the triggers before them.

### Influence people with health messaging

By taking advantage of the rapid and vast communication, public health initiatives on social media networks can reach wider or targeted audiences for particular risk factors or messaging, such as online groups that discusses depression particular age groups at risk for certain conditions. This greatly helps those who does not have the time or resources for in person appointments or are afraid of stigma. Besides that, sharing personal stories of illness can actually reduce stigma as it can enhance people's understanding of the nature of the illness.

### Provide supplemental tools to enhance care.

In the booming world full with mobile and online application, there is in fact an app practically for anything and everything including for the complex world of mental health care. There are thousands of app, which are targeted at users with specific medical conditions such as anxiety or depression and these apps are designed in such a way to monitor symptoms, track moods and thoughts, track daily medical dosing, provide reminders or help individuals to stick with their treatments. There are apps that offers on the go cognitive behaviour therapy exercises in order to help the patients to manage their stress levels. Apps that are targeted to improve mental health have plenty of benefits to offer such as convenience, anonymity and low price. Despite that, one must be cautious while using the apps as according to the National Institute of Mental Health (NIMH), due to the fact that tech development moves faster than traditional scientific testing, most of the treatments offered by the app are not justified by peer reviewed research or clinical trials. Therefore, it is advisable to double check the app developer's credentials before downloading and according to the American Psychological Association, the most trustworthy apps are usually affiliated with academic research institution or government agencies.



### Provide data to solve or inform healthcare issues

Some mental health apps are developed to improve the wellbeing of the user by improving their moods or decrease their level of anxiety while some are used to track and pool large sets of data to detect suicidal inclinations, the numbers of maniac episodes, depressive episodes or any other data that could provide valuable insights into health behaviours. Based on the co-founder of Mindstrong, Dr Thomas Insel, a psychiatrist and a former head of the National Institute of Mental Health, they are working on an app that monitor user's smartphone behaviour, with the permission from the user. For an instance, the apps will detect the changes in the user's syntax, the user's typing speed or any changes that can hint to a maniac episode. Dr Thomas Insel describes the collection of data as a digital phenotype, which could be described as a personalized mental health map. This data later could be used to aid the user or their beloved ones to avoid or lessen potential crises through preventative treatments.

# 12 Free Software Tools For Your Small Business

Running a business can be an expensive endeavor. Nowadays however, an entrepreneur does not need to be rich or has a lot of fortune to start up a small business. It can be done by anyone that has capability to accept risks in making critical decisions. Most small business owners have failed in leading their business to grow due to lack of business knowledge, insufficient of time and money, unorganized management and many other issues. In this new era, as the world of technology is progressing, there are many software tools that can help entrepreneurs to develop their small business. There are 12 free software tools that are available on internet that could assist your small business to expand.

by: Carolyn

## Whatsapp

WhatsApp is a free app that allows users to send encrypted messages to other users, so long as they have an internet connection. It is available on all major mobile operating systems. Users must verify their account with a standard mobile number to start using the app. WhatsApp offers users the ability to send images, voice notes and a wide range of emojis, in addition to voice and video calls. It is estimated that WhatsApp has over 1.5 billion active monthly users worldwide.

### Pasti Nyala Love It

When we started using WhatsApp for customer communication, we noticed better response and engagement. This also gives an opportunity to be little informal. For example, we have sent a quotation to our potential customer but haven't heard from him, what do we do? We can either call him or send a followup mail using formal language. Instead of doing this, if we just send a short message on WhatsApp asking about the status, you might get a quick response. And with WhatsApp Web, it becomes even easier to type messages using a web browser.

## Google Hangout

Google Hangouts allows organizations to have a group conversation by capturing photos, sharing screen and sending messages. Live video call is also available with up to 10 friends. An integration of Google Hangout with Google Docs, entire teams are able to edit documents in real time, while conversing with one another over the internet, brainstorming sessions can be jotted down and PowerPoint Slides can be edited by group without worrying on which version you should be working.

### Pasti Nyala Love It

We have been on Hangouts group from the get-go. We use Hangouts to communicate around the office and off-site. It is also a platform for us to interact with the CEO between meetings. This is an incredibly efficient use of your CEO's time: he doesn't have to leave his desk. No travel time means he can be doing work right up to the Hangout time and start back up when it's done.

## Google Drive

Google Drive is a free software tool that could store a huge amount of information for small business. Google will give you 15GB of free cloud storage just for signing up and let you store, access, and share files in one secure place. All of your data stored here are accessible in real time using any devices. Google Drive offers cheaper plans for starting a small business that helps store more of the information for much less cost than any other cloud storage could offer.

### Pasti Nyala Love It

It's perfect for collaboration and it works on all platforms. Every tool in Drive has built-in collaboration tools that allow multiple users to work on the same document, insert comments in the margins, or just let others take a peek at what they are working on. And we can be in completely different locations...-different states, different countries even. This means we can not only work together with our colleagues who are sitting nearby but we could also collaborate with those across the world. The possibilities are mind-boggling.

## Survey Monkey

If you are looking for a survey software, Survey Monkey is available for you to track customer loyalty, get product feedback, to conduct market research and measure employee engagement. The free version allows individuals to create a 10 question survey. Each survey can have up to 100 responses. Check in with your customers from time to time to see if they are satisfied and what changes you could make to improve their experience with survey Monkey.

### Pasti Nyala Love It

We use Survey Monkey to maintain our company culture and keep employees happy by getting their opinions with an employee engagement survey. That way, we can see if our employees and our company's goals are aligned. And we can benchmark employee engagement scores against other companies in our industry. That way, we can make sure we're fostering a workplace environment that'll help us attract the top talent we need to help our business grow.



Canva

**Canva**

Canva basic is completely free to use for up to 10 users, which is perfect for a small business. Canva offers a variety of content types from pre-sized social media image and header templates to marketing materials, documents, presentations, invitations and advertisements. With both free and paid-for services, every small business can get benefit from Canva to improve and strengthen their digital marketing efforts. Canva has a simple and intuitive interface which you can pick it up in a matter of minutes.

**Pasti Nyala Love It**

Canva is super user friendly. It makes it easy to create visually appealing content in a reasonable amount of time. Canva has a variety of layouts and templates to choose from, which range from social media banners to business cards. We also have the option of creating our own design, but if that doesn't seem feasible, the templates will easily accommodate our design needs.

**LibreOffice**

LibreOffice is an open source project developed by people without any commercial motivation with open standards. It gives users access to downloadable spreadsheets, word processing, and presentation software. It is compatible with all Microsoft document formats, and has almost every feature you find in the latest versions of Word, PowerPoint and Excel. There is a great selection of extensions and templates to make it even more flexible, and it's free for businesses as well as home users.



Prezi

**Prezi**

Prezi is a very popular online presentation platform that adds fun and creativity to the way people make and show their presentations, whether for commercial, academic, and other purposes. A basic, free account allows individuals to create an unlimited number of presentations. Prezi is very straightforward and easy to use, even for first-time users. The tool is for the presentations are shown on large slides that offer the presenter smart capabilities like zooming in on certain details.

**Pasti Nyala Love It**

Prezi has slicker graphics and movement and designed to seamlessly integrate multimedia content. It allows us to embed videos and other elements directly into the presentation, so there's no need to disrupt the presentation flow, as we minimise our screen and hastily scabble to open another online platform. Prezi is also host online means you can access the latest iteration, wherever you are – on nay device, so you can present from your browser, desktop, tablet or smartphone. Plus, it's great for collaboration, with multiple people able to access it and add content simultaneously. Just remember to save it properly, and sync it across all of your different devices.

**Evernote**

Evernote helps you capture and prioritize ideas, projects, and to-do lists. Evernote helps manage everything from big projects to personal moments. It capture ideas and inspiration in notes, voice, and pictures. Once you use Evernote, you will never lose track of your tasks and deadlines. You can use Evernote to store all sorts of data concerning your business. This includes sales figures, ideas for productivity enhancements, action items, business cards from vendors, and receipts for expense reports. Evernote entries are searchable and you can use Evernote on almost any popular digital device. Evernote lets you immediately present your ideas in a professional layout with just one click. Notes saved by colleagues in a shared notebook can be accessed by up to 250 users per day. The app allows you to conveniently store your work and life data in one place.

**Buffer**

Buffer has helped businesses to make social media publishing a lot easier. A small business can create up to 25 social accounts. With one simple click, you will be able to share content and schedule posts via Twitter, Facebook, LinkedIn, Google+ and Pinterest. Buffer analytics is useful, showing your best and worst performing posts based on engagement where you can filter by engagement type, as for example retweets, favorites, replies, likes, comments and clicks, and post type such as image posts, link posts, text posts and your retweets.

**GIMP**

GIMP is a free photo editing program that is compatible with most operating systems. GIMP has basic editing functions, but lacks many of the higher quality functions present in Photoshop. GIMP set-up is just about 20 MB, while Photoshop is large, that require large disk-space. Photoshop is heavy software that might make it slow on your system but GIMP is very fast and does not require much of system resources.

**Trello**

Trello is a great tool to help with organization as small business owners staying organized is a constant challenge. Trello is a great help especially to small business owners and startup teams in the planning, prioritizing, and production of work. It is a simple, visual application that enables people to focus on work that matters. Specifically, the ability to organize tasks and projects into a system of cards, lists, and boards allow an individual or a collaborative team to work more efficiently.

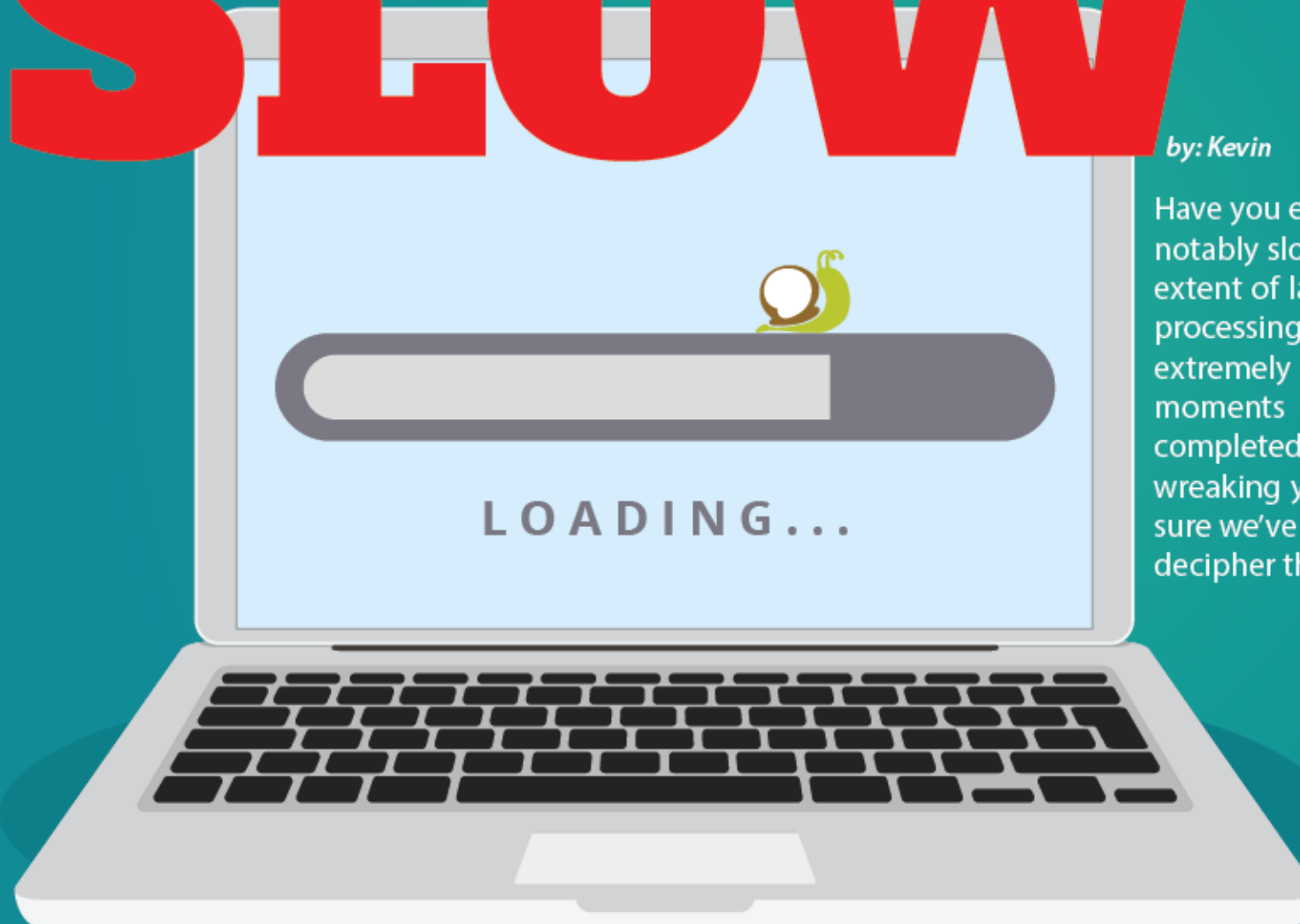
**Slack**

Slack is a place where your team comes together to collaborate and share information. Slack was introduced to save companies time. The platform cuts out the need for back-and-forth emails, daily meetings to approve small tasks, and even some of the paper trail Human Resources staff is faced with every year.

# This is why your computer is so

# SLOW

*by: Kevin*



Have you ever wondered why your computer grows notably slower over time? Even deteriorating to the extent of lagging or totally grinding to a halt while processing the simplest of tasks? This can be extremely annoying especially during critical moments where urgent work needs to be completed. But before you vent that frustration by wreaking your keyboard or slamming the table (I'm sure we've all done that), why not take some time to decipher the reasons behind this appalling state?



### Maxed out storage

One common reason dragging down your computer could be that your hard drive or storage is maxed out. Hard drive or memory performance will start stuttering long before it is 100% full. If you are the type who dumps all sorts of media (videos, movies, etc.) into your PC, or those who are trigger happy in spamming the “Next” button to install all kinds of software, your computer is bound to lose memory. Your PC is not a Media Archive, nor is it a National Software Bank! As storage space depletes, your computer will end up slowing down. (Tips: Backup your media to an external hard drive/spring clean your hard drive once in a while.)

### Viruses and Malware

Moving on to another more severe cause which all users detest –the dreaded viruses and malware. Vulnerable computers which have no protections (antivirus program) whatsoever or even outdated ones are critically exposed to malicious spyware, malware or various forms of viruses. When infected, these loathsome invaders spread faster than lightning. They hog up a majority of your computer’s resources, tamper and corrupt valuable data or files contained on your computer, or even worse, farm up your personal data like usernames, passwords, financial information, and health care data. (Tips: Install reliable antivirus program. Reformat your PC but only as a last resort.)

### Hardware Failure

Although the least common among the above mentioned, can also jeopardize your computer’s speed. This could be a failing or bad hard drive, CPU, RAM, motherboard, etc. Every component has their lifespan. Take the hard drive for example. It consists of moving parts that spin thousands of times per day. They will eventually wear down after consistent use, and you would notice a dip in your computer’s speed. (Tips: Replace failed component. Depending on which component malfunctions, it might be better to just purchase a new computer.)

### Lengthy Uptime

Too long an uptime for your computer can also affect its performance. Memory usage accumulates during uptime, leading to exhaustion of memory storage on a computer. As humans need rest, computers also need down time. This helps flushes short term memory and cleans up any remnant processes that might have been going on, allowing us to start with a clean slate the next time round. (Tips: Restart/Shut down your computer when not in use.)

### Multiple start up programs

Too many start-up programs can also drag your computer’s efficiency down. While antivirus and firewall software are essential during boot up, the remaining 90% of programs (iTunes, Microsoft Office, etc.) are not. These unnecessary programs vying to be ready and running at boot up will eventually delay your computer’s speed. (Tips: Configure to only allow essential programs to run on start-up.)



### Lack of RAM

It is after all, one of the key elements in determining the speed of your computer. On a standard PC, its performance will fluctuate depending on what you do. Design programs for instance, are heavy and use up tons of RAM. Running several smaller programs at once can also bog down your computer. Undoubtedly, advanced gadgets in today's digital world enable us to multitask, switching seamlessly from one program to another. However, heavy multitasking might prove a tad too overbearing for your computer. Running five or six programs at the same time, while also having a bunch of tabs opened in the browser (especially with adverts or live streams) consumes a humongous amount of cache data, exhausting your computer's memory and processing speed. (Tips: Upgrade RAM/close all unnecessary programs.)

### Overheating

Overheating is also hazardous to your computer, especially during heavy usage. The computer's processor is among the most energy-intensive components. Overburdening your computer generates excessive heat. As your computer's cooling mechanism is unable to decapitate the heat in time, some processors will lower their processing speed to compensate. (Tips: Ensure that your PC requirements are sufficient to cater for the heavy usage. Clean your CPU occasionally so that it remains dust-free both internally and externally.)

### Overzealous Scanning

Having an overzealous antivirus program might also lead to a nosedive in your computer's speed. Wait, so does that mean anti-virus is bad for my PC's performance? Certainly not! Having that extra anti-malware protection is vital for a computer's hygiene. However, some antivirus may be set to run full scans daily at the worst possible time, which can require up to several hours, sucking up a huge amount of processor's resource. Hence, leading to a sharp decline in your computer's processing power. (Tips: Disabling or uninstalling your antivirus to avoid this is a big NO-NO! Consider configuring the antivirus to scan whenever your PC is not occupied instead.)

You need not be a tech expert to identify the reason behind that snail speed. It isn't rocket science. Fixes are aplenty depending on what your issue(s) may be. It can be from as simple as restarting your computer or spring cleaning your hard drive, to more advance repairs such as configuring software/windows files. Try applying those simple steps to remedy your computer's sluggishness. However, it is advisable to consult your go-to tech geek should your problem persists.

## Feeling overwhelmed with your computer issues?

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# MEET THE CODERS!

For Tech a Break #6, we would like to point the spotlight to our selected coder! Let's know more about them and why they love their job as a computer programmer!

by: Baetrice



**Kuan Jee Quin, 25**

Software Engineer  
PHP, jQuery, javascript, AJAX, C#  
MySQL

"Programming itself gives me the adrenaline rush because even though just "copy and paste" the programming statements, they can make the programs run or display differently in various system environments such as operation system, internet connection or existing style sheets overlapping to challenge me about the machine's logics, the sequences/rules of the programming statements and unknown error messages."



**Andika Bin Roni, 28**

Software Engineer  
PHP, Visual Basic/ .Net, C#, ASP

Coding is FUN as I like the pleasure of making things that are useful to other people. It is satisfying to see the codes that you wrote deployed in a live system and used by actual people and improve their work or lives in some way.



**Nurulliza Binti Inggal,  
32**

Business Analyst  
ASP, .Net, C#, Java, JSP

It excites me when I work with codes especially the ones with less error or without error. Apart from that, I like it when I can help my colleagues in coding as it gives me motivation and increase my ability to code efficiently.



**Hishamshah Bin Hazmi, 29**

Analyst Programmer  
Awk,/ Shell Scripting, Java, C++,  
PHP, Ajax, jQuery, VB.Net, C#,  
Mobile Development-Oracle,  
MySQL, MSSQL

First of all, I like the fact that I am free to do my own work, designs or functions without anyone interfering as I can do my own work without supervision. Apart from that, I like the challenge that comes from writing codes and the satisfaction that comes from solving problems related to coding that no one else can do. Other than that, when I code, I get to learn new things such as programming platforms and so much more.





# UiTM Educational Visit to Pasti Nyala

by: Shareen

Universiti Teknologi Mara, (UiTM) held an educational visit to Pasti Nyala Sdn Bhd, (PNSB) on 8th of November 2018. Around 8 am, about 40 students from UiTM quickly crowd the Auto Power Room. Mr. Richard gave a talk to the students on PNSB backgrounds as well as services and products. The students had a break after the talk before continued their visit.

The students were showed around the offices building from bottom to top where the magic happens. Then, there were showcases prepared for the students to experience and learn something new. The showcases were about what PNSB had done like Silos Locker system, POS system, and DFS system. There are also network cable testers where students can try it and understand the importance of the devices in working environment.

At the end of the day, the students are encouraged to register and apply as employees at our **Online Job Application (OJA)** at [www.oja.my](http://www.oja.my). Thanks to Sim, Hiedayah, Hisham, Syed, Sherilyn, and Nurulliza for making sure the visit completed without a hitch.



by: Shareen

# Merdeka Team Building



In order to celebrate Independence Day of Malaya, PNSB organize a team building to experience the struggles and hardships to achieve independence in real life. On 30th of August 2018, the event was held on the whole 3rd floor of PNSB office and meeting room.

For the sake of their lives, the villagers have to find and get rid of the werewolves whom mercilessly killed them without reason. There are 5 rooms where each room holds clues of werewolves. The villagers had to eat very spicy food that causes diarrhea and skipping too, had to endure loud sounds when popping balloons for laptop's password, blindly inserting hand into a box and touched 3 unidentified things while try to guess it, searched every nook and crook for papers and make it decipherable, and solved a puzzle and identified whose body part is it. Doing all that and survived the sneaky werewolves' attacks. Also, a lost serial killer came to town and hunted the villagers as well.

It seemed impossible but the villagers achieved their independence with the help of a bodyguard, Dimple but alas, it was not without loss. Thanks to special appearance of serial killer, Ezra and the werewolves, Sherilyn, Izzah, Izam, Afif, and Zul for rocked the peace in the little village of PNSB. In the end a celebration was held and peace was again restored.



# Annual Cum Christmas Dinner

by: Shareen

In 2018 Annual cum Christmas Dinner was held at Café Majestic, Riverside Majestic Hotel for all HQ staff. For this year, secret Santa was organized by HR department. Everyone picked a name and had a week to prepare the gifts before pass it to the HR department for safekeeping.

The dinner started at 6.30pm where everyone can start eating as they came. Everybody came merrily bringing their Christmas spirit and it starting to look a lot like Christmas. Mr Peter took this chance mingling and getting to know with new staff. At 8 pm, the secret Santa gifts are given and smiling faces are lighting up the room. Everyone had their fill of food and fun together while the night lasts.



# POSITIVELY Christmas EVENT PNSB

This year, 2018, the committees, Christina, Hiedayah, & Dimple have decided to make this Christmas a more meaningful one. They make everyone write the good things in everyone for each and everyone in the office. On one corner, the committees have set up little pouch bags for everyone for their positive notes.

On 20th of December 2018, the day of the party, everyone had instilled positive thoughts to everybody in the small little but full of positivity pouch. A little surprise by the committee, everyone have their presents but need to find which one is theirs. A clue was given and the hunt begins. The clues are unique; everyone got different types of clue. Some need to solve puzzles where some need to google sign language to decipher the clue. Some even need to go downstairs and up again to find their one and only present.

After everyone got their presents, GEM winners are distributed from the month of August to November. Congratulations to them! Then, the reveal of the presents where we captured quite a few thieves! Finally the Christmas feast began, everyone fill up their tummy to the fullest with Mama's cooking and boxes of pizzas. Last but not least, the thieves are punished according to the punishment they pick for themselves. At the end of the event, everyone got their positive pouch, their own presents and wearing the smile they got after reading a bunch of positive notes given to them.



# DATAPURI POINT OF SALES

by: Baetrice



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