



**PERPUSTAKAAN
POLITEKNIK SULTAN SALAHUDDIN
ABDUL AZIZ SHAH**



Januari—Jun 2013
Bil.24

INFOLIB

**Program “Sepetang bersama penulis Novelis
Thriller No.1 Ramlee Awang Mursyid bersama
Moderator Ahmad Fedtri Yahya”**

Pada 20 Mac 2013 yang lalu, warga Perpustakaan PSA telah menganjurkan satu program yang gilang gemilang bersama panel jemputan yang terkenal iaitu Penulis Novelis Thriller No.1 di Malaysia iaitu Sdr.Ramlee Awang Mursyid bersama moderator terkenal Pengacara TV3 iaitu Sdr.Ahmad Fedtri Yahya. Majlis berlangsung dengan penuh jayanya dan telah mendapat sambutan yang memberangsangkan daripada para pelajar juga warga PSA. Pelbagai persoalan telah diajukan kepada panel jemputan. Selain itu, sesi bergambar dan autograf adalah paling ditunggu-tunggu dan tidak dilepaskan setelah selesai sesi soal jawab berlangsung.



BANNER PENULIS



**PENULIS & MODERA-
TOR**



**RAMLEE AWANG
MURSYID & AHMAD**



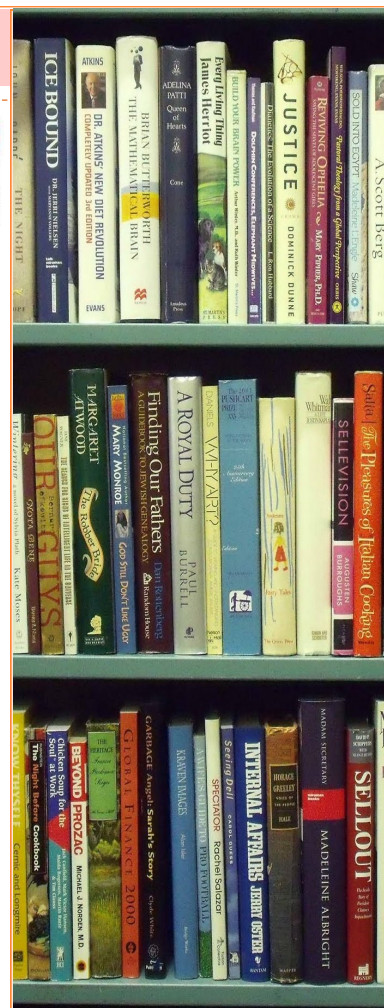
PENGARAH PSA



PENYAMPAIAN CENDERAHATI



SESI TEMURAMAH



ISI KANDUNGAN

KATA ALUAN PUSTAKAWAN 2	
BERITA STAF	3
SINOPSIS	4
SENARAI AKTIVITI	5
GALERI AKTIVITI	6-9
STATISTIK	10-11
SENARAI BUKU BARU	12-26
TIP & MOTIVASI	27
INFO MENARIK	28

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KATA ALU-ALUAN PUSTAKAWAN

PERPUSTAKAAN POLITEKNIK SULTAN SALAUDDIN ABDUL AZIZ SHAH



Assalamualaikum w.b.r..

Bersyukur saya ke hadrat Illahi kerana dengan izin dan limpah kurniaNya, sekali lagi buletin Infolib kembali lagi kali ini dalam keluaran bilangan 24 Sesi Jan-Jun 2013. Tahniat dan terima kasih diucapkan kepada semua warga Perpustakaan yang terlibat secara langsung atau tidak dalam menyediakan buletin Infolib pada kali ini. Justeru, diharap dengan penerbitan buletin yang memaparkan pelbagai informasi terkini dapat memberi maklumat kepada semua.

Sesungguhnya perpustakaan mempunyai potensi bagi memperkasa dan memperkayakan pengalaman, kemahiran dan kompetensi warga PSA dan memberi impak yang positif dalam semua aspek kejayaan pelajar. Realitinya tidak ada jalan pintas ke arah

mencapai kemajuan dan kejayaan melainkan dengan bekerja keras. Oleh itu, setiap tugas yang dipertanggungjawabkan ini perlu dihayati, diterokai dan dikuasai oleh semua demi untuk membangunkan budaya yang cemerlang.

Kini, keperluan maklumat pada masa ini adalah sangat penting. Pengguna memerlukan maklumat dalam masa yang diperlukan, terkini dan sah untuk membuat keputusan. Walaupun terdapat ledakan maklumat melalui internet, tetapi terdapat halangan bagi mendapatkan maklumat yang dikehendaki. Di sinilah pentingnya penubuhan sebuah perpustakaan dalam menyediakan kemudahan maklumat dan perkhidmatan secara langsung terus kepada pengguna. Pihak perpustakaan sentiasa berusaha menyediakan bahan-bahan rujukan yang terkini dan mencukupi bagi menampung bilangan pengguna yang semakin meningkat setiap tahun.

Akhir kata, sama-samalah kita menjadi warga yang membudayakan ilmu sejajar dengan keperluan negara yang mahukan rakyatnya hidup dalam dunia global untuk terus maju ke hadapan.

Sekian...Siti Fatimah binti Wahab

BERITA STAF

PERPUSTAKAAN POLITEKNIK SULTAN SALAUDDIN ABDUL AZIZ SHAH

PENGHARGAAN TERIMA KASIH

Setinggi penghargaan diucapkan kepada pelajar praktikal iaitu Nadiah Binti Ahmad dari UITM Puncak Perdana. Beliau telah menjalani latihan praktikal di Perpustakaan PSA dari 4 Feb 2013 — 4 April 2013. Latihan yang beliau jalani adalah meliputi semua proses dokumentasi buku dan pengurusan. Pihak Perpustakaan PSA mengucapkan setinggi-tinggi terima kasih atas bantuan dan khidmat yang telah diberikan kepada kami.



SALAM PERPISAHAN

Diucapkan kepada Puan Noor Selina Binti Idris yang telah bertukar ke Institut Pertanian Kuala Lipis mulai 18 Mac 2013. Beliau telah berkhidmat di Perpustakaan PSA selama lebih kurang 3 tahun. Kami warga Perpustakaan PSA mengucapkan selamat maju jaya kepada Pn.Noor Selina di atas perpindahan beliau ke tempat baru.



SELAMAT DATANG

Di ucapkan kepada Puan Norlina Binti Ahmad ke Perpustakaan PSA mulai 18 Mac 2013 bagi menggantikan Pn. Selina. Warga perpustakaan PSA mengucapkan selamat datang dan mengalu-alukan kehadiran beliau.



SALAM PERPISAHAN

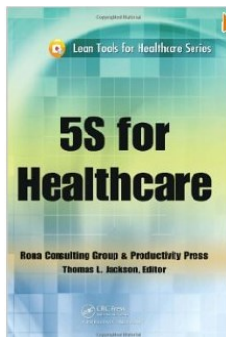
Buat En.Suffian yang bertukar ke Kolej Komuniti Hulu Langat mulai 1 April 2013. Beliau merupakan staf di bahagian pentadbiran yang bertugas secara sambilan di Perpustakaan PSA pada waktu fleksibel juga tugas malam. Kami warga Perpustakaan PSA mengucapkan selamat maju jaya kepada beliau.





SINOPSIS BUKU

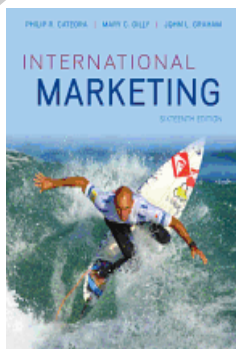
PERPUSTAKAAN POLITEKNIK SULTAN SALAUDDIN ABDUL AZIZ SHAH



Center.

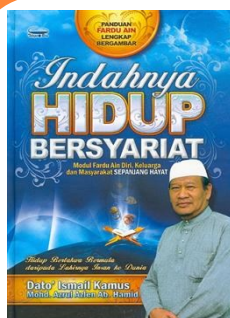
ISBN-13: 9781439803509

While there are a growing number of books based on the Toyota Production System, or lean, focused on healthcare, there are very few that detail the tools that make lean more than just a way of thinking and put the methodology into practice. Based on Hiroyuki Hirano's classic *5 Pillars of the Visual Workplace* and modeled after the Shingo Prize-winning *Shopfloor Series for Lean Manufacturers*, **5S for Healthcare** adopts a proven reader-friendly format to impart all the information needed to understand and implement this essential lean methodology. It provides examples and case studies based on the experiences of the principals involved with the Rona Consulting Group, who were responsible for the groundbreaking implementation of the Toyota Production System at the Virginia Mason Medical



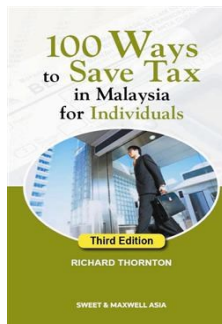
ISBN-13: 9780073529974

"International Marketing" by Cateora, Gilly, and Graham has been a pioneer in the field of international marketing. The authors continue to set the standard in this edition with new and expanded topics that reflect the swift changes of the competitive global market, as well as increased coverage of technology's impact on the international market arena. Now with over 100 new academic articles and their findings integrated into this 16th edition! Providing a well-rounded perspective of international markets that encompasses history, geography, language, and religion as well as economics, "International Marketing" helps students to see the cultural and environmental uniqueness of any nation or region. The 16th edition reflects all the important events and innovations to affect global business within recent years, while including several new and updated learning



ISBN: 9789675102301

Isi buku *Indahnya Hidup Bersyariat* ini merupakan panduan untuk diri sendiri (fardu ain), seisi keluarga, masyarakat dan umat sejagat (fardu kifayah). Ia merangkumi syariat ketika kelahiran, fardu ain kanak-kanak, penekaan pendidikan remaja, hukum-hakam muamalat (jual beli), munahakat (nikah kahwin dan rumah tangga) serta amalan zikir, doa dan adab. Semua ilmu bersumberkan al-Quran dan hadis sahih.



ISBN: 9789675040436

This highly popular tax guide has been fully updated to take account of new developments including the stimulus packages contained in the two budgets of 2009 as well as all the important changes brought about by the 2010 budget. Since some of the economic stimulus measures apply only for a short duration, an early and complete understanding is vital to take advantage of the attractive opportunities available for many taxpayers, including tax relief for interest on housing loans and exemptions for many employee benefits-in-kind and perquisites. All these are dealt with by way of clear explanations and detailed examples. The book should prove useful not only for forward tax planning but also as a help to those filling in their tax returns for 2009 and 2010.



TARIKH	AKTIVITI
30 JANUARI 2013	LAWATAN DARI POLITEKNIK KUCHING, SARAWAK BAGI TUJUAN PER-SIAPAN AUDIT MQA
06 FEBRUARI 2013	BENGKEL K-MAYA
20 MAC 2013	SEPETANG BERSAMA “RAMLEE AWANG MURSYID” PENULIS THRILLER NO.1 DI MALAYSIA
25 MAC 2013	JAMUAN MAKAN MERAIKAN STAF PERPUSTAKAAN (YANG BERTUKAR, STAF BARU JUGA PELAJAR PRAKTIKAL)
27 MAC 2013	PAMERAN PENCEROBOHAN LAHAD DATU
5 APRIL 2013	BENGKEL KIK
9 APRIL 2013	MESYUARAT MASALAH ILMU BERSAMA SYARIKAT PARADIGM DAN UNIT TEKNOLOGI MAKLUMAT
9 APRIL 2013	TAKLIMAT UNTUK PELAJAR PSA DI BILIK TERATAI DARIPADA UNIVERSITI SWINBURNE
22 MAY 2013	LAWATAN KE PERPUSTAKAAN UITM & UNIVERSITI MALAYA

GALERI AKTIVITI

PERPUSTAKAAN POLITEKNIK SULTAN SALAHUDDIN ABDUL AZIZ SHAH

BENGKEL K-maya



MESYUARAT MASALAH SISTEM ILMU



SEKITAR majlis SEPETANG BERSAMA RAMLEE AWANG MURSYID



MAGLIS MERAIKAN STAF PERPUSTAKAAN



PAMERAN PENCEROBOHAN DI LAHAD DATU



LAWATAN KE PERPUSTAKAAN UM DAN UTM



UBAH SUATU SUDUT KERATAN AKHBAR & MAKLUMAT PER- PUSTAKAAN



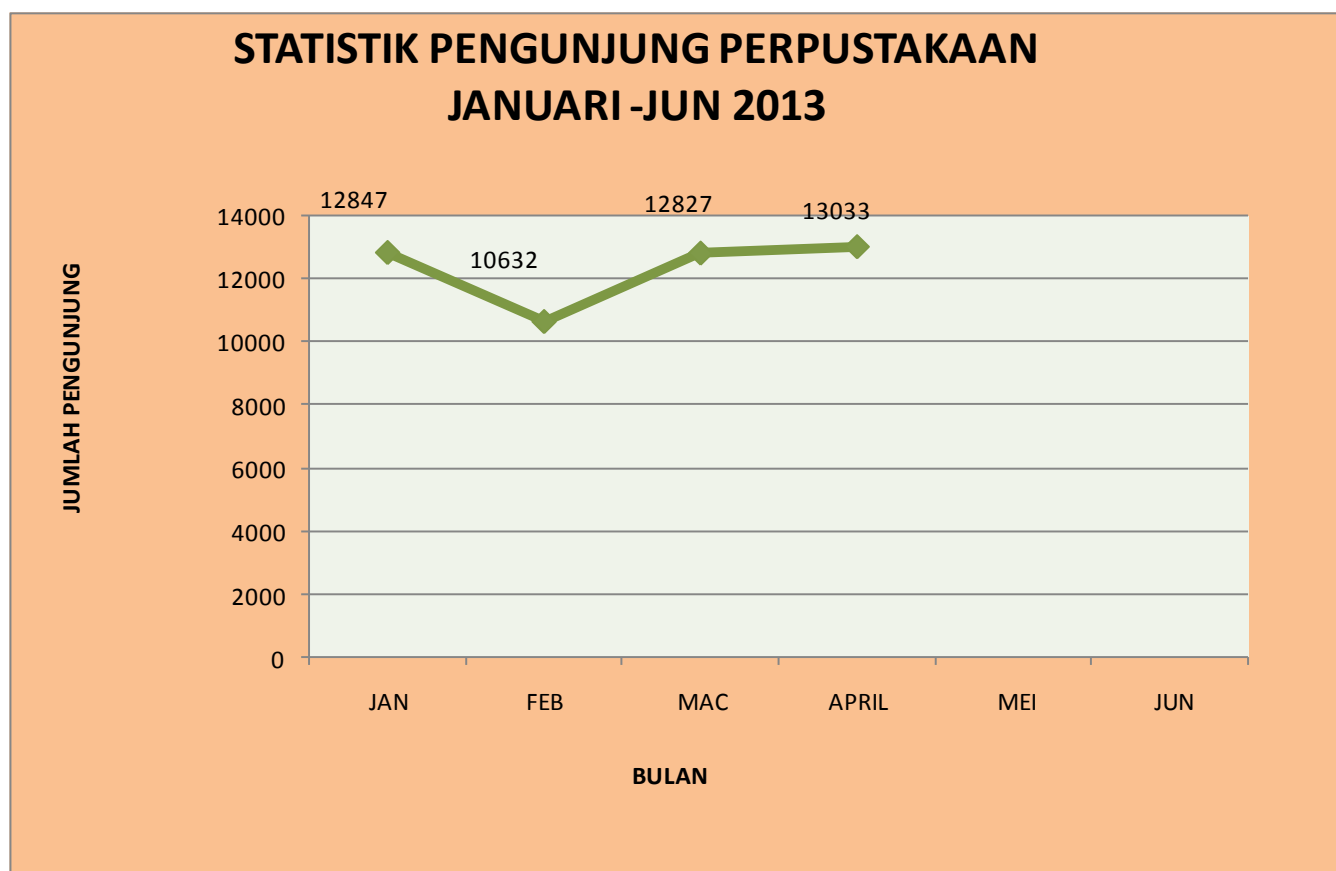
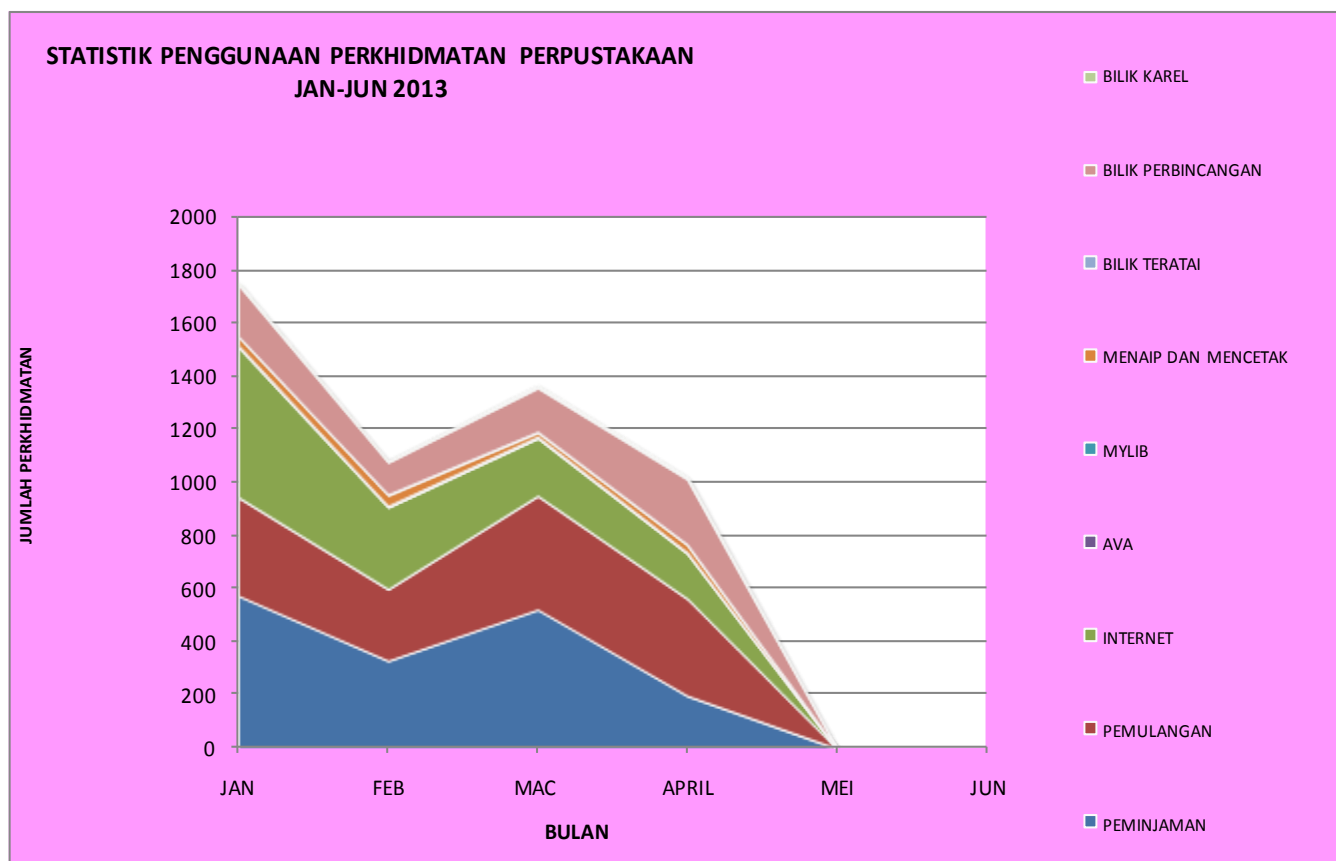

10 PEMINJAM TERBANYAK (PELAJAR)

Bil	Nama	No.Matrik	Jabatan
1	SIN HOE YING	08DPR12F2035	JPG
2	NUR AIDA ABD RAHIM	08DKM12F2015	JKM
3	HO Y NAM	08DPB12F1081	JKA
4	NUR AFIQAH AHMADI	08DPI12F2022	JPG
5	SITI NOR FITRAH RA-SHID	08DJK10F1060	JKE
6	MOHD ISKANDAR MANSOR	08DKM10F2036	JKM
7	NUR MAIZURAINI YUSOFF	08DKM11F2136	JKM
8	NOR ADAWIYAH MOHD YUSOF	08DEU10F2083	JKE
9	NURASYIKIN IBRAHIM	08DPB10F1036	JKA
10	YELDEFRI SUKRI	08DKA12F2037	JKA

10 PEMINJAM TERBANYAK (STAF)

Bil	Nama	No.Matrik	Jabatan
1	IDRIS BIN KAMARUDDIN	750108086073	JKE
2	AZALELA BT PUNARI	831216105416	JMSK
3	NURUL AKHMAR BIN KAMARUDDIN	770101066502	ULPL
4	ZARINA BT MAT SAPRI	780513145062	JKE
5	SALINA BT AHMAD	651024025544	JKE
6	MOHAMAD NIZAL B.YUSOF	690206105619	JPP
7	MERIAM BT ISMAIL	590203035442	JPAM
8	NOR ARFA BT MAT ZAIN	770420036570	UASET
9	AZLIN BT RAMLI	801111025850	UTM
10	RASIFAH BT ZULKIFLAY	840505065232	BPENT

PERKHIDMATAN	JAN	FEB	MAC	APRIL	MEI	JUN
PEMINJAMAN	576	331	524	199	CUTI SEMESTER	CUTI SEMESTER
PEMULANGAN	372	271	430	367		
INTERNET	568	310	219	171		
AVA						
MYLIB						
MENAIK DAN MENCETAK	36	43	19	31		
BILIK TERATAI	3	3	3	2		
BILIK PERBINCANGAN	194	122	166	246		
BILIK KAREL	6	3	7	7		



* Tiada rekod bagi bulan Mei dan Jun kerana Cuti semester

SENARAI BUKU BARU

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"Barang siapa yang menempuh jalan untuk menuntut ilmu maka Allah memudahkan baginya jalan ke syurga. Dan sesungguhnya malaikat membentangkan sayapnya untuk orang yang menuntut ilmu kerana puas dengan apa yang diperbuatnya."

(Riwayat Abu Daud & Tirmizi)

TIP & MOTIVASI

PERPUSTAKAAN POLITEKNIK SULTAN SALAHUDDIN ABDUL AZIZ SHAH

TIP : PERKARA YANG HARUS DIELAKKAN SELEPAS MAKAN

Orang bijak sana dahulu kala, bahkan para saintis dewasa ini sering mengatakan dan bersetuju bahawa anda adalah apa yang anda makan. Tidak kurang juga yang mengatakan bahawa punca kepada segala penyakit adalah dari perut.

Pun begitu, pernahkah kita sebagai pengguna memikirkan mengapa mereka memberikan nasihat yang demikian dan apa kah asas kepada pendapat merek iaitu:

Jika para pembaca berhenti untuk berfikir, pastinya anda akan memahami dan tutur mengakui kebijaksanaan di sebalik kata-kata bijak pandai berkenaan.

Organ-organ dalam badan kita terutamanya perut merupakan 'kilang pemproses' makanan atau apa saja nutrient yang kita ambil untuk mendapatkan khasiat yang di perlukan oleh kita sebagai manusia untuk hidup.

Secara analoginya, perut dan organ dalaman ini boleh disamakan seperti jentera atau pun kilang-kilang pemprosesan.

Ini bermakna, seperti mana kilang dan jentera pemprosesan itu, kadar kecekapannya untuk memproses dan menyaring nutrien yang tubuh kita perlukan bergantung kepada apa yang kita berikannya.

Justeru, dikongsian sedikit maklumat mengenai amalan selepas makan yang patut dielakkan demi untuk kebaikan para pembaca.

Sebelum meneruskan pembacaan, Tanya diri anda apakah tabiat yang sering anda lakukan selepas makan. Persoalan ini penting kerana apa yang kita lakukan selepas makan sebenarnya banyak mempengaruhi diet dan sistem pencernaantubuh kita. Jika anda sering mengamalkan perkara di bawah, cuba hentikannya dari sekarang.

1. JANGAN MAKAN BUAH SELEPAS MAKAN

Ramai yang menganggap buah dijadikan sebagai pencuci mulut selepas makan.

Tanggapan ini kurang tepat kerana makan buah sebaik sahaja selesai makan akan menyebabkan perut menjadi kembun kerana terlalu banyak air. Justeru, lebih baik makan buah satu jam sebelum makan atau dua jam selepas makan.

2. JANGAN MINUM TEH SELEPAS MAKAN

Asid yang terkandung di dalam daun teh boleh menyebabkan kandungan protein di dalam makanan yang telah di makan akan segera mengeras yang mana ia akan mengakibatkan makanan tersebut sukar dicernakan. Jadi anda disarankan agar minum air putih sahaja.

3. JANGAN MANDI SELEPAS MAKAN

Sekiranya anda mandi selepas makan, ia boleh menyebabkan aliran darah pada tangan, kaki dan tubuh akan meningkat, manakala jumlah darah di bahagian perut dan sekitarnya akan menurun. Keadaan ini akan melemahkan sistem pencernaan perut anda.

4. JANGAN BANYAK BERJALAN

Jangan berjalan terlalu banyak selepas anda makan. Ini kerana berjalan terlalu banyak boleh mengakibatkan sistem pencernaan tidak dapat menyerap nutrisi daripada makanan yang telah dimakan. Justeru, ambil masa anda untuk berehat beberapa minit sebelum meneruskan kerja harian anda.

5. JANGAN TIDUR SELEPAS MAKAN

Amalan tidur sebaik sahaja selesai makan boleh membahayakan system pencernaan anda. Ini kerana makanan tersebut tidak dapat di cerna dengan baik oleh system penghadaman ketika anda tidur. Justeru, jarakkan masa makan dan tidur anda sekurang-kurangnya satu atau dua jam.

6. JANGAN MEROKOK SELEPAS MAKAN

Berdasarkan penelitian, menghisap sebatang rokok sahaja selepas makan kesannya sama dengan menghisap 10 batang rokok pada waktu lain. Merokok sudah pasti membahayakan kesihatan anda. Justeru, langkah terbaik ialah berhenti merokok.

7. JANGAN BERSENAME SELEPAS MAKAN

Bersenam baik untuk kesihatan dan diet anda. Namun, jangan sesekali melakukan senaman atau aktiviti riadah yang lain selepas anda makan. Ini kerana aktiviti fizikal secara drastik selepas makan akan menyebabkan system pencernaan tidak boleh berfungsi dengan baik. Oleh itu, jangan bersenam dengan keadaan perut yang penuh dengan makanan.

INFO MENARIK DARI MAJALAH YANG DILANGGAN

PERPUSTAKAAN POLITEKNIK SULTAN SALAHUDDIN ABDUL AZIZ SHAH

Pengaruh Ayah

JURNAL Nutrisi melaporkan bahawa dalam hal yang berkaitan dengan makanan, ayahlah yang memberi pengaruh yang besar pada anak-anak. Ini kerana ayah yang banyak memupuk minat anak-anak untuk menikmati makanan segera (fast food) atau di restoran.

RENUNG SEJENAK

- ♦ Sabda Rasulullah s.a.w.:Sesiapa yang dikendaki oleh Allah akan kebaikan padanya,nescaya akan diberikan penderitaan buatnya,"(CHR Bukhari)
- ♦ Sabda Rasulullah s.a.w:"Tiga jenis orang yang tidak diterima syahadahnya oleh Allah iaitu orang homoseksual,lesbian dan raja yang zalim."(CHR At-Tabrani & Abu Hurairah)
- ♦ Sabda Rasulullah s.a.w:"Tiga perkara yang mengiringi jenazah ke perku-buran iaitu keluarga, harta dan amalanya.Hanya dua perkara yang akan kembali ke rumah iaitu keluarga dan harta.manakala yang tinggal kepadanya hanyalah amalan."(CHR Bukhari & Muslim)
- ♦ Daripada Abu Hurairah r.a katanya, Rasulullah s.a.w. bersabda :"Dunia adalah penjara bagi orang mukmin dan syurga bagi orang kaf-

2 Cara Elak Strok

Fikirkan sekali lagi sekiranya merasakan anda tidak perlu risau dengan masalah strok. Di Australia sahaja, strok telah membunuh ramai penduduk mereka setiap tahun berbanding kanser payudara. Lakukan dua cara berikut untuk mengurnagkan risiko strok anda :

1. Elak minuman ringan dan berkarbonat

Risiko untuk mendapat strok iskemik akan meningkat sehingga 83% sekiranya anda mengamalkan mengambil minuman yang manis setiap hari.

- 2 Ambil lebih tomato

Tabiat mengambil likopen yang terdapat pada buah-buahan dan sayur-sayuran termasuk tomato dapat mengurangkan risiko strok sehingga 55%

10 Fakta Ketawa

1. Bagi tidak ketawa hingga mereka berusia tiga bulan
2. Ketawa selama 10-15 minit boleh membakar banyak kalori
3. Ketawa mampu mengeluarkan udara di dalam paru-paru dengan kelajuan sehingga 60 mph
4. 17 otot wajah digunakan untuk tersengum, manakala mengerutkan kening memerlukan 47 otot wajah
5. Seseorang yang selalu ketawa memiliki risiko penyakit jantung 40 peratus lebih rendah berbanding orang yang murung
6. Ada sejenis tanaman yang diberi nama bunga tawa. Jika melihatnya anda akan tertawa seperti orang gila melebihi setengah jam
7. Ketawa 17 minit sehari dipercayai memanjangkan waktu hidup selama satu hari
8. Kanak-kanak berusia enam tahun tertawa lebih 300 kali sehari. Ketika tua kita tersengum dan tertawa hanya 15 kali sehari.
9. Senguman pelayan akan membuatkan pelayan memberikan tips tambahan.
10. Perut akan sakit, jika anda ketawa selama satu jam tanpa henti.

Sumber:<http://berita-harian-online.com/10-fakta-ketawa/>

SILATURAHIM MEMANJANGKAN UMUR DAN MURAH REZEKI

Daripada Anas RA bahawasanya Rasulullah SAW telah bersabda. "Sesiapa yang suka diluaskan rezeki dan dipanjangkan umurnya maka hendaklah dia mengeratkan silaturahmi".



**POLITEKNIK
SULTAN SALAHUDDIN ABDUL
AZIZ SHAH**

**PENGARAH
HJ KAMARUZAMAN BIN
ISMAIL AMK**

**PENASIHAT PERPUSTAKAAN
USTAZ SHARONI ISMAIL**

**PUSTAKAWAN (S44)
PUAN SITI FATIMAH BINTI
WAHAB**

**PUSTAKAWAN (S41)
PUAN NORHAYATI BINTI MAJID**

**PENOLONG PEGAWAI
PERPUSTAKAAN (S27)
NURUL FARHAH BINTI DALAIL**

**PEMBANTU PERPUSTAKAAN
(S17)
NOR RIZAN BINTI IBRAHIM
NOR PARASILA BINTI AHMAD
KAMALI
NURZULIANA BINTI DELLNOOR
AZLEENA BINTI BASIRON
NORLINA BINTI AHMAD**

**PEMBANTU AM PEJABAT (N1)
NUR IZWAN BIN BERAHIM**

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SUMBANGAN BAHAN BACAAN

Pihak perpustakaan mengalu-alukan kepada mana-mana staf yang ingin menyumbangkan koleksi bahan kepada pihak perpustakaan. Sumbangan boleh ditujukan terus kepada Pustakawan, Pn Siti fatimah wahab. Sumbangan ini akan dikategorikan sebagai hadiah kepada perpustakaan PSA.

OPERASI

PERKHIDMATAN

SEMASA SEMESTER:

ISNIN - KHAMIS

8.30 PAGI - 9.00 MALAM

JUMAAT

8.30 PAGI - 6.00 PETANG

CUTI SEMESTER:

WAKTU PEJABAT SAHAJA

ISNIN-KHAMIS :

8.30 PAGI - 1.00 TENGAHARI

2.00 PETANG - 5.00 PETANG

JUMAAT:

8.30 PAGI-12.15 TENGAHARI

2.45 PETANG - 5.00PETANG

TUTUP:

SABTU DAN AHAD SERTA CUTI UMUM