



From left: Adrian, Jannie, Tan Sri Simon Sipaun, Dr Mohsen, Marshid Afshar Naderi, Datin Fazar Arif, Dr Johan and Datuk Adeline Leong.

IDS holds first series of Sabah Talk to promote open dialogue

KOTA KINABALU: The first series of Sabah Talk organized by the Institute for Development Studies (Sabah) (IDS) was held yesterday at the IDS Centre of Excellence, Wisma Sedia.

Among those who attended the event were the Kapayan assemblywoman cum assistant minister of Law and Native Affairs, Jannie Lasimbang, and Senator Adrian Lasimbang.

Sabah Talk is a new approach initiated by IDS CEO Johan Arriffin Samad, to establish IDS as a learning organization to benefit society, in line with IDS' new objective of promoting general and professional discussion platform on important national and international issues.

"Sabah Talk provides an avenue for its audience to exchange views and ideas on a variety of topics concerning the development of Sabah and its people," said Johan in his welcoming remarks.

Dr Mohsen Mirza from United Kingdom was the invited speaker for Sabah Talk: Pursuing Happiness, in which his main presentation focused on improving the quality of happiness as an individual, and collectively as part of the community and society.

According to him, happy communities are created through the influence of positive and productive individuals.

Mohsen, a former IT director

with a doctorate in computer aided engineering, has been studying and teaching the Science of Happiness for the last 10 years in the UK.

The open dialogue session gave participants an outlet to share their ideas and practices on happiness in other countries, and also a discussion on the concept of happiness within specific discipline such as gender, equality and security.

Johan said the topic of happiness is often forgotten within the Malaysian society, especially with the circulation of sad and morbid news daily in mass and social media. Hence, having an open discussion on the topic could generate ideas in making Sabah's local communities the happiest within the nation, through shared cultural practices with other countries and creating a positive news outlet.

Johan added that relevant ideas and views generated through Sabah Talk can be used as a reference point and expanded further through research, thus providing IDS with the opportunity to contribute back to society by producing research outcomes and recommendations to the state government.