

HKUST Staff Association Lunch Talk Schedule (Spring 2015) In Chinese
2015年春季 科大教職員協會免費午間講座 (中文)

Wednesday 1-2pm room 1504
星期三下午 1 至 2 時 1504 室

Registration not needed. Details as follows:
無需事前登記, 詳情如下:

25 Feb Health Talk series – Joint Health in the Workplace
by Ison Wong

- Registered Physiotherapist, with seven years of relevant work experience
- Hong Kong Polytechnic University Bachelor of Physiotherapy &
- Master student of Physiotherapy Manipulation
- Professional Diploma in Physiotherapy Association identified Acupuncture

2月25日 健康講座：工作間的關節健康

講者：黃后進先生

註冊物理治療師，已有七年相關工作經驗

- 香港理工大學物理治療學士
- 香港理工大學推拿物理治療碩士
- 物理治療學會鑑定針灸專業文憑

4 March Health Talk – Causes of foot and knee pain or discomfort
(by Michael Wong, Registered Physiotherapist)

3月4日 健康講座：足患與膝痛多面睇

講者：王春樑先生

- 註冊物理治療師，已有十八年相關工作經驗
- 香港理工大學物理治療學士
- 香港理工大學手法物理治療碩士
- 物理治療學會鑑定針灸專業文憑



11 March Health Talk – Relationship of Tai Chi & health
By Mr Winson Yau (Tai Chi Instructor)

3月11日 健康講座：太極與健康

講者：邱海山先生

(講者是內家拳愛好者，習多類內家功法，太極導師)

講座內容：

1. 太極有什麼好處
2. 脊柱的S形 彎曲問題，虛靈頂勁，尾閭中正
3. 膝痛問題，鬆膝法，架子高度，膝蓋對腳尖，整條腿一起轉
4. 如何強化肌腱，韌帶，伸展，放鬆關節
5. 隨時養氣，逆腹式呼吸，深長勻細
6. 五分鐘保健，站樁，集中放鬆，微血管膨脹
7. 傳統太極，挑戰記憶力，注意細節

18 March Leisure Talk - Create your own special travel experience

By Mr Steven Kong

3月18日 閒暇講座：締造你個人的獨特旅行體驗

Dr. Steven Kong is a seasoned international traveller. He is well known for “create your own tour” that is extraordinary. Instead of joining a packaged tour or a guided tour, he knows where, when and how to prepare a unique place where you would not consider before. Come and ask him how many countries and places he and his family members have been and what his other coming plans are.

25 March Martial Art Talk – Body Health with Kung Fu

By Mr Wayne Yung

- Wing Chun instructor
- Editing advisor of New Martial Hero magazine
- Co-author of the Redboat Wing Chun ebook

3月25日 武術講座：功夫與身體健康

ww 講者：翁國榮先生

- 詠春教練
- 新武俠雜誌編輯顧問

- AM730 武健講場專欄

1 April Leisure Talk – Originate from life – higher than life "Stage of life – life stage"
Mr. Tsim Wah-leung

4月 1日 閒暇講座：

Venue: Room 1504

原於生活—高於生活《 舞台人生—人生舞台 》

詹華亮先生

講座內容：

- 本色演員—性格演員
- “ 斯坦尼斯拉夫斯基體系—布莱希特體系”
- 歌唱演員—唱歌的好處
- 分享點滴表演樂趣—解答藝術表現體驗

歡迎所有感興趣的朋友們！—互動分享！

詹華亮先生從小參加社會藝術活動，曾進“科班”經歷多年多元化的藝術磨練，學會了多種不同藝術的表演和樂器“鑼鼓經”和台前幕後的工作。曾獲省、市、地區專業團體藝術比賽的演員和導演獎。根據國務院職稱委員會的條例，經考核審查評定為“中級導演”

詹華亮先生曾在香港地鐵、信興集團、恒基地產、中華煤氣、東華三院等等中學，教學國語，及藝術表演課程，曾參與影、視、廣告拍攝。
曾舉辦表演藝術講座。

8 April Mr. Lo Tak Kuen **盧德權** 金牌教練
格蘭足球聯賽

Leisure Talk: How to enjoy English Football League □□□□英

Venue: Room 1504

60-74 香港足球代表隊 球員

74-78 香港足球青年隊 教練

78-80	香港足球隊	教練
80-85, 90-92	愉園足球隊	教練
85-86	精工足球隊	教練
87-89	星島足球隊	教練
95-98	美國 ESPN 全體育電視聯網	足球評論員

15 April Prof. Raymond Wong Health Talk: **"Contributions of Biotechnology to Skin Health and Beauty"** – use of biotechnology to help us achieve healthy and better sensed skin may also attract good attendance!

Venue: LT C

青春永駐幾乎是所有人的夢想。借助生物技術手段，可以實現皮膚表層的加速循環更新，重現獲得如嬰兒般光滑潤澤的皮膚。不惟如此，這項技術還有助於某些皮膚疾病的治療。實驗表明，人表皮生長因子可促進皮膚細胞的正常分裂再生，鞏固組織，提升皮膚彈性及儲水功能，亦可淡化修護皮膚色素和斑痕，更可改善因紫外線而導致皮膚老化及脫水情況，保持肌膚組織的完整性。此外，在醫學應用中，還可以達到促使外胚層細胞生長，促進燒傷、創傷及外科傷口的癒合，加速移植表皮和移植角膜生長，修復腸胃道和眼角膜的損傷。

自1990年加入香港科技大學以來，黃允強教授一直從事於生物科技領域的基礎以及應用研究。因此，他的學術成果不僅僅是培養學生，發表學術論文，而且還包括了創業的追求，例如為他的工作成果申請獲取知識產權的保護，並且為使科研成果商業化而申請專利。在20世紀90年代後期，黃教授更將他的其中一項科研成果：“利用生物科技以合付經濟效益地大量生產重組人體表皮生長因子（rhEGF）”成功地以技術轉移的方式轉讓到本地三家以rhEGF為產品主要活性成分的化妝品公司。在2003年，黃教授和香港基督教聯合醫院的曾文和醫生合作，利用黃教授團隊生產的rhEGF首次證明rhEGF在治療糖尿病足潰瘍以及其他難癒合傷口中的應用。除了將這些重要的成果在有聲望的皮膚病學雜誌Diabetes care上發表以外，研究團隊成功地為他們的新發現取得全球性專利保護，覆蓋了美國，中國，台灣，英國，德國，法國以及香港。在2006年10月，在中華南沙科技企業有限公司的資助下，黃教授成立了尊衛理（GVN）有限公司，專注於研發護膚科技以及產品。此後，GVN更成為香港科技大學創業項目的一員。GVN已經開發了很多系列的保健和化妝產品。不僅如此，近期GVN決定其產品生產全部在香港，AAGene，他的首個本地生產的新護膚產品系列，真正的完全符合“科研，發展及生產所有過程在香港”的要求。

由於他對於生物科技研發並將研究成果商業化的熱情，黃教授最近被中國日報選為2014年全世界80位傑出的中國企業家之一。此外，GVN最近被Mediazone Group選為2015年香港最具創新的生物科技團隊。黃教授在接下來的座談會中將講述他的學術研究，科研成果的應用及其商業化。

Since joining HKUST in 1990, Prof. WONG Wan Keung (WK) of Division of Life Science has been involved in both basic and applied research

activities in the field of Biotechnology. Therefore, his research outputs include not only training of students, publication of academic papers, but also entrepreneurial pursuits such as obtaining IP, e.g. patent, protection for his work, development and commercialization of scientific results. In late 1990s, his technological achievements in cost-effective production of recombinant human epidermal growth factor (rhEGF) were transferred to three local cosmetic companies which applied rhEGF as an active ingredient in their products. In 2003, WK teamed up with Dr. TSANG Man Wo of United Christian Hospital to demonstrate, for the first time, the application of rhEGF to the treatment of diabetic foot ulcers and other hard-to-heal wounds. In addition to publishing these important results in the prestigious dermatology journal, Diabetes Care, the team managed to obtain a worldwide patent protection, covering USA, PRC, Taiwan, United Kingdom, Germany France, and Hong Kong, for their novel findings. In October 2006, financially supported by China Nansha Technology Enterprises Limited, WK founded Gene-vinate Limited (GVN), which has been focusing on R&D of skincare technologies and products. Later on, GVN joined the HKUST Entrepreneurship Program as a member. GVN has developed many lines of healthcare and cosmetic products for commercial applications. Moreover, GVN has recently decided to undertake its manufacturing entirely in Hong Kong, and AAGene, its first and new line of skincare products manufactured locally, genuinely and fully fulfils the conditions of “Research, Development and Manufacturing in Hong Kong”. Because of his enthusiasm in biotechnological R&D, and commercialization of the resulting outputs, WK has recently been nominated by China Daily as one of the world's 80 eminent Chinese entrepreneurs in 2014. In addition, GVN has recently been elected by Mediazone Group as the most innovative Biotechnology Group in Hong Kong in 2015. WK is going to talk about his research, application and commercialization of the scientific findings in his seminar.

22 April Health Talk: 婦科常見問題- 子宮肌瘤，卵巢水瘤及子宮頸癌

Dr Kwan Wing Yan 關詠恩醫生

- Common gynaecological diseases - uterine fibroid and ovarian cyst (婦科常見問題- 子宮肌瘤，卵巢水瘤)

Dr Wong Ying Grace 黃凝醫生

- HPV vaccine and cervical cancer (HPV 預防針，及子宮頸癌症)

Venue: Room 1504

29 April 2015 (Date still open for new talk)

Venue: Room 4504

6 May 2015 Mr. Elead Chun 晉樂安先生
Health - how to choose the oil of your choice?

題目:食用油與健康-如何選擇適合你的食用油? Topic: edible oils &

Room 1505

以前煮食流行用花生油、粟米油,現在人人愛用芥花籽油、橄欖油,講求生活品味一族則偏愛亞麻籽油、葡萄籽油。食用油種類可謂林林總總,什麼叫健康食用油?以什麼標準來衡量?用家應如何選購?

本講座將為大家深入淺出講解何謂健康食用油,內容如下:

1. 概述及比較常見食用油的成份
2. 介紹地中海飲食文化
3. 介紹橄欖油在國際上的等級和分類
4. 講解特級初榨橄欖油的製作過程、護膚功用及示範
5. 分享如何選擇優質的特級初榨橄欖油及試食

People cook with peanut oil and corn oil in the past. In recent years, more people choose to use canola oil or olive oil; and some like grape seed oil or flaxseed oil. With the large array of cooking oil choices, what is the buyer's guide of healthy oils?

This lunch talk briefly introduces healthy edible oils in the following :

1. The nutrition content of common cooking oils

2. The Mediterranean Diet for health
3. Grades and classification of olive oil in International Standard
4. Production of extra virgin olive oil; uses of olive oil for skincare
5. How to choose quality extra virgin olive oil; oil tasting