



The **Epitome** */I'pitəmi/*

Academy of Language Studies, UiTM Cawangan Kedah

*We are back!
Welcoming the epitome of artistic ideas &
astonishing writers!*

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SYNOPSIS

The Academy of Language Studies, Universiti Teknologi MARA (UiTM) Cawangan Kedah is thrilled to announce the release of the second edition of its e-magazine, The Epitome. This publication exemplifies our steady dedication to fostering creativity in language and literature.

The primary objective of THE EPITOME is to offer a platform where writers, educators, scholars, poets, and researchers can come together to exchange their ideas, discoveries, expertise, and narratives. Our special focus revolves around an array of creative writing genres, encompassing Playwriting, Short stories, Songs, Speeches, Memoirs, Literary Journalism, Humour writing, Lyric essays, Innovative essays, and Personal essays, with a goal to embrace diverse linguistic expressions, with content available in four languages: English, Bahasa Melayu, Mandarin, and Arabic.

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Every day is learning curves...

Dear Readers,

We are back! We are thrilled to present a collection of articles that we believe capture the essence of the writers. Our team has worked diligently to curate content that we hope will both engage and resonate with you.

In these pages, you will find a diverse range of perspectives on life, from joy to sorrow. We hope these pieces inspire reflection and spark meaningful conversations.

We want to express our deepest gratitude to our talented contributors for their time and expertise. Their dedication is what makes the second issue of Epitome possible.

As always, we value your feedback. Please do not hesitate to reach out with your thoughts and suggestions.

Thank you for being a part of our Epitome community.

Warm regards,

Razanawati Nordin
Editor-in-Chief,
The Epitome

EDITOR'S NOTE

Mind

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Have you ever been in a situation where you thought you knew about what you are doing, but apparently, you are just one step away from drowning.

Have you ever been in a situation where you thought you have performed beyond your limit, but apparently, you are not even close to being almost fine.

Have you ever been in a situation where you thought you are following the right steps, but apparently, you are not just moving backwards but out of track.

Have you ever been in a situation where you thought you had finished your tasks very well, but apparently, there are still things that you overlook.

Have you ever been in a situation where you put your utmost effort even on a tiniest matter, but apparently, it's the one mistake that others see.

Have you ever been in a situation where you asked yourself when is this going to end, but apparently, you, yourself don't even know whether it has started

Well, I have.

I have been in a situation where I slipped, I fell,

I bounced back, I fell,

I bounced, I teared,

Just when I thought I was doing fine, I fell once again,

I needed support, but apparently, no, everyone broke me down even more.

Yes, I have.

I have been in a situation where I thought everyone needed me,

I thought my absence would bring an impact, even the slightest bit

I thought I have finally found ones that I could share my views, my secrets, my feelings, my emotions,

Apparently, I was wrong.

They used it against me

They backstabbed me

They speculated about me

They smiled from ear to ear in front of me but despised me.

Now, tell me, how can I not be happy?

In fact, tell me how to not feel depressed.

But,

I believe it's the MIND that controls everything.

Sometimes, they don't support you, only to make you realize that there is no rigid answer to giving opinions.

Sometimes, you might question, why does it has to be me? only to realize that it will benefit you in the future.

Sometimes, through an insignificant circumstance, you would realize that every single matter is not to be left behind.

And sometimes, through your mistakes, only you would realize that if it hadn't happened you would never grow nor become mature.

Thence, it's the mind that controls.

If you allow positivity to embrace your day, you would definitely feel the positiveness

It is not difficult to manifest our problems and share it to anyone, but it doesn't mean finding solutions are the opposite,

The right mind will deliver the right outcome.

The only thing that you need to do is, reset your mind and reflect.

Precisely, that's what I did, at least.

Reset and reflect.

I've come this far not to give up.

I've come this far not to regret.

And I've come this far not to blame myself for not being able to achieve what I want to achieve.

**No matter how, no matter what,
A pleasant day may come from a pleasant mind.**



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