



# *The* **Epitome** */i'pitəmi/*

Academy of Language Studies, UiTM Kedah Branch

*Capturing Life Lessons and Moments*

Volume 1  
Issue 4

# 2024



# Copyright Page

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eISSN 3009 – 0075

Published by:

UiTM Cawangan Kedah,

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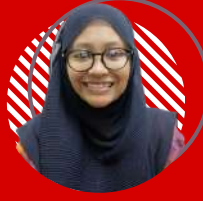


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# Synopsis



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

The primary objective of *THE EPITOME* is to offer a platform for 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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# Preface

**Mr. Azlan Abdul Rahman**  
Head of Faculty  
Academy of Language Studies  
UiTM Kedah Branch

Welcome to the fourth issue of *Epitome*, where creativity and imagination shine brightly. Within these pages, you will discover a rich tapestry of voices and visions—each piece a celebration of the limitless potential of words.

This issue of *Epitome* is more than a mere publication; it is a tribute to the art of storytelling in all its forms. Whether you are captivated by evocative poetry, enthralled by engaging short stories, or intrigued by insightful essays, we aim to present something that resonates with every reader.

We are passionate about the transformative power of literature, and we hope that this collection will inspire, challenge, and delight you. As you explore these pages, may you uncover new perspectives and experiences that enrich your own creative journey.

Thank you for embarking on this literary adventure with us.

Happy reading!



# Editor InChief

Dear gentle readers,

Let me welcome you to our fourth edition of e-magazine, where we explore the beauty of life's journey. Our theme, "Capturing Life Lessons and Moments," encourages you to pause, reflect, and celebrate the wisdom that arises from everyday experiences.

Life is a mosaic of moments, each with the potential to teach us something profound, inspire change, or remind us of the surrounding beauty. Within these pages, we have unfolded stories, reflections, and insights that illuminate the lessons woven into the fabric of our lives. From the quiet wisdom found in fleeting moments to the power of life-changing events, this edition pays tribute to the learning that occurs beyond the classroom, in the heart of our daily lives.

Our contributors have poured their hearts into capturing these moments, sharing personal stories that resonate with authenticity and depth. You will find essays exploring the significance of small acts of kindness, articles reflecting on the lessons learned from adversity, and creative pieces celebrating the joy found in simple leisure. Each piece serves as a reminder that life's greatest lessons often emerge from the most unexpected places.

As you flip through this edition, we hope you find inspiration in the shared stories and perhaps discover a mirror to your own experiences. May these pages encourage you to appreciate the moments that shape you, learn from the challenges that test you, and embrace the wisdom that life offers at every step of your journey.

Thank you for joining us in exploring life's lessons and moments. We invite you to take your time, savour each piece, and maybe even gain a new perspective on the experiences that have shaped your own life.

Happy reading!

Warm regards,

**Razanawati Nordin**  
Editor-in-Chief  
THE EPITOME



# The Endocrine Symphony of Life Song

**Mohd Izani Othman**

Faculty of Pharmacy, UiTM Cawangan Pulau Pinang Kampus Bertam

“

In the realm of glands and hormones' dance,  
Where balance reigns, a delicate romance,  
A system hidden, deep within our frame,  
The endocrine symphony, in life's grand game.

Thyroid, like a conductor, sets the pace,  
Metabolism's rhythm, in its embrace,  
T4 and T3, a thyroid's song,  
Regulating energy, all day long.

Adrenaline surges like a thundering storm,  
From adrenal glands, in moments of alarm,  
Fight or flight, the body's ancient code,  
Endocrine orchestra, in stress's episode.

The pancreas, a masterful artisan,  
Crafts insulin to manage glucose span,  
A dance of sugar, in a balanced act,  
Endocrine masterpiece, in every fact.

Ovaries and testes, in their quiet role,  
Secrete the hormones that shape our soul,  
Oestrogen and progesterone, testosterone's might,  
Endocrine whispers, in day and night.

Pituitary, the maestro of this show,  
Commands the glands, with precision, to glow,  
Growth, reproduction, and more it steers,  
Endocrine conductor, for the passing years.  
So, let us cherish this endocrine rhyme,  
A symphony of hormones, in perfect time,  
In this intricate system, our bodies abide,  
A masterpiece of nature, deep inside.

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eISSN 3009-0075



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