



Healing,
with Poetry

VOICE
of the
Soul

An illustration of a hand holding a quill pen in a blue inkwell, positioned to the left of the word 'VOICE'. The quill is green and the inkwell is blue. The hand is white and wearing a blue sleeve.

Volume III



Compilation of Poems:
Universiti Teknologi MARA Cawangan Kedah

Foreword

It is with great honor and enthusiasm that I write the foreword for *Healing With Poetry*, a remarkable anthology curated by our esteemed chief editor and featuring 200 poignant poems. This compilation is a testimony to the profound impact that poetry can have on our emotional and psychological well-being.



In an era marked by extraordinary challenges and rapid change, the healing power of poetry offers a unique and necessary relief. Through the verses of these talented poets, we find a sanctuary where words provide tranquillity and understanding, bridging the gap between individual struggles and collective healing.

The Academy of Language Studies is committed to fostering a deeper appreciation for the literary arts and their therapeutic potential. This anthology embodies our mission, showcasing the talent and creativity within our community and beyond. Let us celebrate the success of the VOS III compilation.

I extend my deepest gratitude to all the poets who contributed their work to this collection, to the dedicated editorial team, and to everyone involved in bringing this project to fruition. Your collective efforts have created a work of enduring value and beauty.

May *Healing With Poetry* inspire, console, and uplift all who read it, reinforcing the timeless truth that through the power of words, we can find healing and hope.

Sincerely,

Azlan Abdul Rahman

Head of the Academy of Language Studies

Preface

It is with great pleasure and pride that I present to you Voice of The Soul Volume III: A poetry compilation with the theme of Healing With Poetry. This volume is a testament to the power of words to heal, comfort, and transform. The 200 poems contained within these pages are diverse in theme and style, yet they are united by a common purpose which is to offer relief and insight during times of struggle and to celebrate the flexibility of the human spirit.



As the chief editor, I have had the honour of curating and refining these works, ensuring that each poem resonates with the theme of healing. This journey has been a deeply enriching experience, allowing me to witness the myriad ways in which poets can articulate pain, joy, hope, and recovery. Each contributor has poured their heart and soul into their verses, creating a tapestry of emotions and reflections that will undoubtedly touch every reader.

This compilation would not have been possible without the unwavering support and collaboration of many individuals. I extend my heartfelt gratitude to our dedicated team of editors, who meticulously reviewed each submission, and to the poets whose bravery and creativity have brought this project to life. Special thanks are also due to our publishing team for their hard work in bringing this volume to fruition.

Healing With Poetry is more than just a collection of poems; it is a journey through the human experience, offering a beacon of light for those navigating the darker times. It is my hope that these poems will provide you with the same comfort and inspiration that they have given me.

Thank you for joining us on this journey of healing and self-discovery.

Warm regards,
Editor- in – Chief
Sharina Sa'ad

Acknowledgement

The production of this poetry compilation, *Healing With Poetry*, has been a collaborative journey filled with inspiration, support, and dedication. I would like to extend my heartfelt gratitude to everyone who has contributed to bringing this project to life.

First and foremost, I thank all the poets who shared their heartfelt words and personal experiences. Your courage and creativity have provided the essence of this collection, transforming pain and healing into powerful verses. I would also like to acknowledge the contributions of the editorial team. Your meticulous attention to detail and dedication to excellence have ensured the highest quality for this collection. Thank you for your hard work and commitment.

To the designers and artists, your creative talents have given this compilation a visual identity that complements and enhances the written word. Thank you for bringing the poetry to life through your beautiful designs.

Lastly, I extend my gratitude to all readers. Your engagement with this collection and your appreciation of the healing power of poetry give purpose to this work. May these poems bring solace, reflection, and inspiration to all who read them.

Voice of The Soul Volume III: A compilation of Poems is published today because of you. Congratulations and Thank You, everyone.

Chief Editor
Sharina Sa'ad

"Poetry is a healing balm for the soul, a way to weave our pain and joy into words that speak to our deepest selves."

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Table of Content

• Foreword	i
• Preface	ii
• Acknowledgement	iii
• Copyright	iv
• Title Pages	v
• Editorial Board	vi
• Table Of Content	vii

Table of Content

Education

• The Day I Witness A Success – Wan Nor Hazimah Wan Azib	2
• Tapestry Of Learning – Muhammad Aiman Abdul Halim	3
• Degree Oh Degree – Imran Danial Krish Bin Abdullah & Zaliffah Abdul Wahab	4
• Education And The Survival Of Life – Fauziana Fauzi @ Mat Rawi	5
• To Be Learned – Profesor Madya Khas Dr Angeline Ranjethamoney R. Vijayarajoo	7
• Beauty Of Digits – Chen Chee Khium	8
• Education Haiku – Noor Shariena Zaraini	10
• Food Science And Technology – Dr Boon Yih Tien	11
• Fun Mathematics – Ting Su Ung	12
• The Fading Of Noble Dreams – Faizah Baharudin	13
• Thinking – Dr Azhani Almuddin	15
• The Journey Of Uitm Through Digital Horizons In Construction Technology – Ts. Muhammad Naim Mahyuddin	16
• Faceless – Siti Aishah Che Kar	18
• C++ Chronicles: A Lecturer’s Quest – Azrina Suhaimi	19
• Beyond Borders: The Prophet’s Call To Knowledge – Dr Roszi Naszariah Nasni Naseri	21
• To Nurture A Soul – Azyan Yusra Kapi @ Kahbi	22
• 春天的学府 The Springtime Academy – Choo Kim Fong	24
• Biau Piring Dayak Iban – Florene Ejot Anak Masanat @ Meramat & Nicholl Ragai Lang	25
• Pantun Nembiak Sekula – Florene Ejot Anak Masanat @ Meramat & Gladys Tagie	30

Emotions

• Journey Of The Lost Angels Of War – Angayar Kanni Ramaiah @ Rama	33
• Echoes Of The Unseen – Nur Zafirah Zainol	34
• My Heart Hurts, Yet I Learn To Heal – Sharina Sa’ad	35
• Secrets – Nor Asni Syahriza Abu Hassan	36
• Silence Between Us – Nur Zafirah Zainol	37
• Soliloquy – Ong Elly	38
• Soul Behind The Wall – Mahathir Ahamad @ Day’z A’koso	39

Education



at jól mes
egy tál tiszta vízbe tesszük és fél
meghámozva rakjuk. Több bő
rakjuk üvegekbe. A cukrot
Magyobb üvegekbe

FOOD SCIENCE AND TECHNOLOGY

by Dr Boon Yih Tien

Food science and technology,
A field that's vast and bounty.
From the way we grow our food,
To the way we process and cook.

It's the science of food,
Transforming wheat from a farm to a plate of food.
It's the science of nutrition,
Empowering us for nourishment.

Food science and technology, ever evolving,
As new research is constantly progressing.
It's a field that's crucial in the ancient world,
It's still essential in the modern world.

Here's a toast to food science and technology,
A field that makes our life pleasure with culinary artistry,
A tribute to the tireless of food technologist's art,
Crafting food where safety and wholesomeness impart.

Raise a glass to the future of food science and tech,
A future where wisdom about food takes its trek,
In the service of sustainable food, and human well-being's
spec.



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