



# *The* **Epitome** */i'pitəmi/*

Academy of Language Studies, UiTM Kedah Branch

*Theme,*  
**THE POWER OF EXPRESSION",  
"REFLECTIONS & REALITIES:**

Volume 1  
Issue 5

2025



*The*  
**Epitome**  
*/I'pitəmi/*

## Copyright Page

Copyright© 2025 by Academy of Language Studies, Universiti Teknologi MARA (UiTM) Kedah Branch. All rights reserved. No part of this publication may be reproduced, copied, stored in any retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission from the Rector, Universiti Teknologi MARA (UiTM) Kedah Branch, 08400 Merbok, Kedah, Malaysia.

The views, opinions, and technical recommendations expressed by the contributors are entirely their own and do not necessarily reflect the views of the editors, the Faculty or the University.

eISSN 3009 – 0075

Published by:  
UiTM Cawangan Kedah,  
Pn. Razanawati Nordin, Chief Editor,  
UiTM Cawangan Kedah, Kampus Sg. Petani, 08400 Merbok,  
Kedah  
Email address: [razanawati@uitm.edu.my](mailto:razanawati@uitm.edu.my)  
Contact No: 044562421

Copy Editor: Ms. Rafidah Binti Amat  
& Mr. Muhammad Shyazzwan Ibrahim Brian

Graphic Designer: Mr. Mohd Hamidi Adha Mohd Amin



# APB KEDAH : THE EPITOME

## Editorial Board

### Advisor



Mr. Azlan  
Abdul Rahman

### Chief Editors

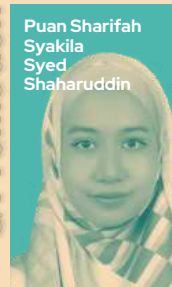


Dr. Nur  
Syazwanie  
Mansor



Puan  
Razanawati  
Nordin

### Managing Editors & Promotion



Puan Sharifah  
Syakila  
Syed  
Shahrudin

### Editors & Content Reviewers



Puan Hajah  
Sharina Saad



Puan  
Phaveena  
Primsuwan



Puan Samsiah  
Bidin



Dr. Berlian  
Nur Morat



Puan Syazliyyati  
Ibrahim



Puan Nor Asni  
Syahriza Abu  
Hasan



Ustaz Mohd  
Zulkhairi  
Abd Hamid



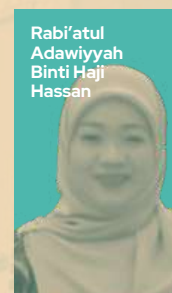
Puan Noor  
'Izzati  
Ahmad Shafiai



Cik Lee Chai  
Cuen



Mr. Mohd Hamidi  
Adha Mohd  
Amin



Rabi'atul  
Adawiyah  
Binti Haji  
Hassan

### Secretaries



Puan Mas Aida  
Abd Rahim



Puan Rafidah  
Amat



Puan Khairul  
Wanis Ahmad

### Graphic Designer



Mr. Mohd Hamidi  
Adha Mohd  
Amin

### Copy Editor



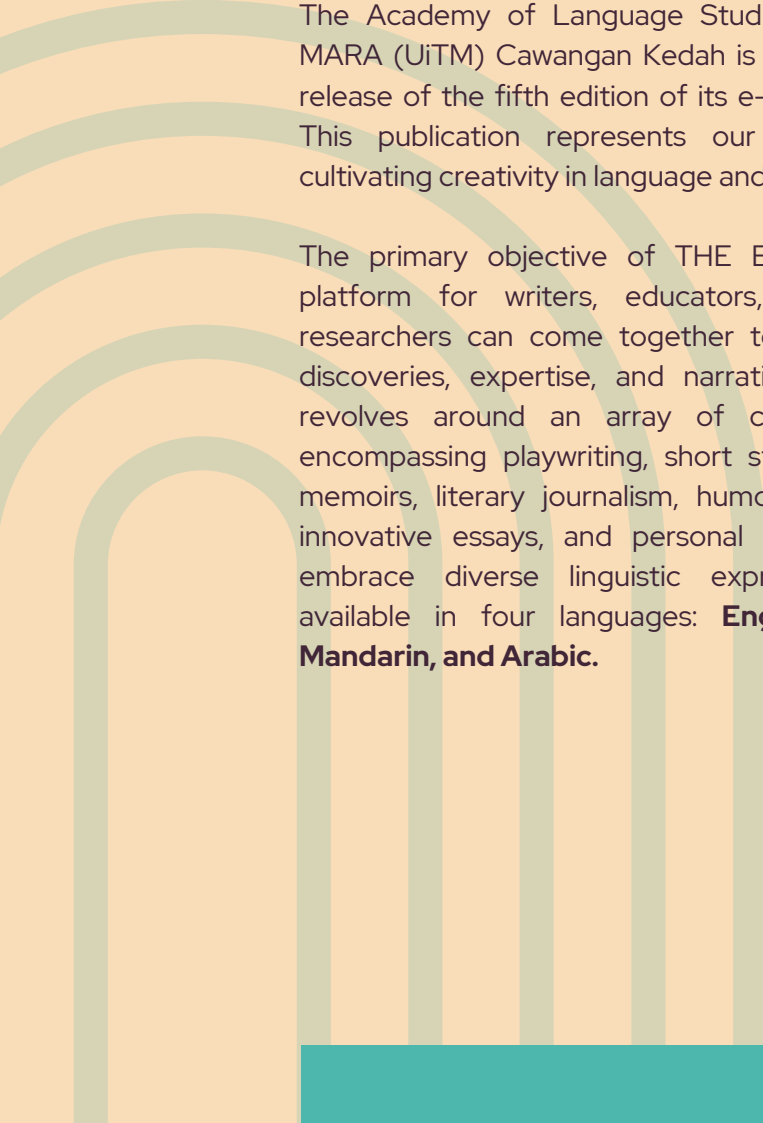
Puan Rafidah  
Amat



Mr. Muhammad  
Shyazzwan  
Ibrahim Brian



# Synopsis



The Academy of Language Studies, Universiti Teknologi MARA (UiTM) Cawangan Kedah is thrilled to announce the release of the fifth 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.**





# Contents:

21 **'My Journey: A Story of Life's Journey from Childhood to Adulthood'**  
by Abd Rahman Jamaan

23 **'Perpaduan Dalam Kesenian'**  
by Mohamad Quzami An-Nuur Ahmad Radzi

25 **'Plant Parenthood: Growing Plants, Growing Love'**  
by Raja Nur Hidayah Binti Raja Yacob

27 **'Quest For Roti Canai Takes a Surreal Turn'**  
by Nur Areena Aqilah Mohd Sapri

29 **'Rani Oh Rani'**  
by Angeline Ranjethamoney Vijayarajoo,  
Sharina Salmi Azmi & Afni Anida Adnan

31 **'Silap-Silap Tersilap Makna!'**  
by Muhammad Luqman Ibnul Hakim Mohd  
Saad, & Tengku Mohd Farid Tengku Abdul Aziz

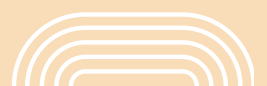
33 **'Terapi Lukisan Kopi'**  
by Rohaizan Mat Nashir @ Mohd Nasir

35 **'The Pen'**  
by Ayu Haswida Abu Bakar

37 **'What Is Ageing? Does It Mean The End Of The World? Is 'Ageing Gracefully' Even Possible?'**  
by Fatmawati Kamal

38 **'Write Now'**  
by Ong Elly

39 **'Empowering Young Minds Through English Language Games Via A USR Project'**  
by Syazliiyati Ibrahim, Razanawati Nordin &  
Azlan Abdul Rahman



The  
**Epitome**  
/i'pitəmi/

# Preface

**Mr. Azlan Abdul Rahman**  
Head of Faculty  
Akademi Pengajian Bahasa (APB)  
UiTM Kedah Branch

Welcome to the 5<sup>th</sup> issue of Epitome. This time, we step into a world where reflections shape realities, and where the simple act of expression holds incredible power.

Our theme, "Reflections & Realities: The Power of Expression," captures the spirit of this collection. It reminds us that every creative work is more than just an arrangement of words – it is a mirror, a window, and a bridge. Within these pages, you will encounter a rich variety of voices, each offering a unique glimpse into personal journeys, dreams, questions, and truths. Together, they form a tapestry that reflects both the world as it is and the world as we imagine it could be.

At Epitome, we believe that creativity is not just about telling stories; it's about giving shape to experiences that might otherwise remain unspoken. Through story that stirs the heart, stories that spark new ideas, and essays that invite reflection, we celebrate the courage it takes to put thoughts into words and share them with others.

This issue is not just a showcase of talent – it is an invitation. An invitation to pause, to listen, and to engage with the many realities presented here. It asks us to look beyond the surface, to find meaning in unexpected places, and to recognize the universal threads that connect us all through the simple yet profound act of expression.

As you journey through this edition, we hope you find pieces that resonate with you, challenge your perspective, and awaken new ideas. May these reflections inspire you to embrace your own realities – and perhaps even to express them in your own way.

Thank you for allowing Epitome to be part of your reading experience. We are honoured to share these voices with you.

Happy reading!



# Editor'snote

Presenting the fifth edition of THE EPITOME, a humble yet heartfelt collection of voices that reflect who we are, what we've experienced, and the truths we dare to express.

This publication's theme, "Reflections & Realities: The Power of Expression", embraces the essence of storytelling in all its forms—raw, whimsical, honest, and imaginative. Within these pages, our contributors navigate the labyrinth of identity, nostalgia, struggle, resilience, and creativity. Whether through memoirs, fiction, poetry, satire, or cultural musings, each piece represents a unique lens into the human condition, where language becomes both mirror and window—reflecting ourselves and revealing the world.

In a publication that welcomes expression in three languages—English, Bahasa Melayu, and Mandarin—we are reminded of the richness that lies in linguistic diversity. From humorous tales of online shopping to haunting narratives of secrets and self-discovery, from kampung chronicles to cross-cultural encounters, THE EPITOME offers a space for voices that often go unheard to finally be seen, read, and felt.

My deepest appreciation goes to the writers who have entrusted us with their stories, the editorial and design teams whose passion has brought this issue to life, and our readers who continuously support this platform as a space for creative and reflective exploration.

May this edition inspire you to reflect, to connect, and most of all—to express.

Warmly,  
**Dr. Nur Syazwanie Mansor**  
Chief Editor  
THE EPITOME 2025





# Empowering Young Minds Through English Language Games via a USR Project

**Syazliiyati Ibrahim, Razanawati Nordin and Azlan Abdul Rahman**

Academy of Language Studies, Universiti Teknologi MARA,  
Cawangan Kedah, Kampus Sungai Petani, Kedah, Malaysia  
syazliiyati@uitm.edu.my

In a heartwarming display of community spirit, the recent "Wings of Words – English for Empowered Futures" project held on 15 March 2025 brought joy and learning to 30 school-going boys. Organized as part of a University Social Responsibility (USR) initiative, the event was designed to enhance language skills, foster creativity, and promote teamwork in a fun and engaging environment. Held over the course of a half day, the event featured four language-based games that encouraged the children to express themselves, collaborate with others, and develop essential communication skills. This project was made possible with the collaborations of four parties which are the Academy of Language Studies, UiTM Kedah Branch, Pertubuhan Rumah Anak Yatim Kuala Muda, Kedah, Maahad Tahfiz Al Iman Al Qurtubi, Semeling, Kedah and the main sponsor, Poliklinik Dr. Azhar dan Rakan-rakan, Sungai Petani, Kedah.

The initiative aimed to give 20 boys of Pertubuhan Rumah Anak Yatim Kuala Muda, Kedah and 10 boys of Maahad Tahfiz Al Iman Al Qurtubi, Semeling, Kedah, a memorable experience that also supported their educational and emotional growth.

"We wanted to create an experience that was not just fun, but meaningful," said Puan Razanawati Nordin, the first project manager. "By incorporating interactive language games, we hoped to open up new ways for these young minds to explore language, expression, and the world around them," added Puan Syazliiyati Ibrahim, the second project manager.

The day kicked off with the students answering a set of ten pre-test questions on learning English using games. After the pre-test answering session, an exciting ice-breaker game focused on grouping the boys into smaller groups was conducted. After grouping the boys into six groups, the boys were then required to complete the language tasks at three stations.

The first station was called the Giant Block. At this energising station, students used giant dice imprinted with letters to form as many words as possible. It was a race against time and a test of vocabulary, as students physically engaged with language in a kinetic, team-based activity.

The second station was named Word Treasure. Here, students channelled their inner wordsmiths by using adjectives to describe people, characters, or classmates. The challenge was to make descriptions vivid, original, and accurate. This station emphasized emotional intelligence, observation, and the power of precise language.



Lastly, the students have to compete at the third and last station called Blockbuster.

A thrilling quiz-style challenge, Blockbuster sees teams compete to answer general knowledge questions and earn points. Language meets logic as students draw on what they know—and how well they can express it under pressure.

After completing all the thrilling games, the students were asked to answer a set of post-test questions. This event wrapped up with a vibrant closing ceremony, where excitement was in the air as students gathered to celebrate their hard work and achievements. Winners from each station were awarded prizes, cheered on by their peers and teachers. During the meaningful closing ceremony, every student was given a complete set of personal care products from toothbrushes, toothpaste, shower gel and other products which would be useful for their day-to-day personal hygiene. Poliklinik Dr. Azhar and Rakan-rakan, represented by the Marketing Manager, Dr. Ku Muhammad Azwan bin Ku Azhar also gave away money packets to every student since the event was conducted just two weeks short of the Aidilfitri celebration.

"The smiles on their faces said it all," said Encik Azlan Abdul Rahman, the Head of Learning Centre of the Academy of Language Studies, Kedah Branch. "Every student gave their best, and it was wonderful to see their efforts recognized." The ceremony served as a joyful ending to a morning of discovery, creativity, and teamwork—leaving students motivated and proud.



The success of the "Wings of Words- English for Empowered Futures" project has sparked discussions about the possibility of future collaborations between Pertubuhan Rumah Anak Yatim Kuala Muda, Maahad Tahfiz Al Iman Al Qurtubi, and also Poliklinik Dr. Azhar and Rakan-rakan. Encik Mohamad Fakiran Mohamad Ridzuan, the Manager at Pertubuhan Rumah Anak Yatim Kuala Muda, Kedah, Ustaz Norhissyam Ismail, the principal of Maahad Tahfiz Al Iman Al Qurtubi and Dr. Ku Muhammad Azwan bin Ku Azhar all have expressed positive aspirations for future collaborations.

The faculty members are also eager to continue making a positive impact on the community by using creative and educational approaches to connect with those in need. As the event ended, the students involved left with not only new skills and knowledge but also a renewed sense of joy and possibility. "Wings of Words- English for Empowered Futures" proved that, with a little creativity and a lot of heart, even a few hours can make a big difference in a young person's life.

### Biodata of author(s)

Syazliyyati Ibrahim is a senior lecturer at the Academy of Language Studies, UiTM Kedah Branch. Her research interests are literary analysis, internationalisation, intercultural communication as well as university social responsibility. She loves to observe life and indulge in good books. However, to keep up with the trend, she also makes sure that she is up to date with the latest K-dramas and restaurants that serve great dishes.

Razanawati Nordin is a dynamic language educator, award-winning innovator, and proud mother, currently pursuing her PhD in special needs and language education. Her passion lies in empowering special needs learners, especially through creative verbal communication. With a flair for teaching innovation and storytelling, her research explores autism, resilience, and inclusive language teaching practices.

Azlan Abdul Rahman is a Senior Lecturer at the Akademi Pengajian Bahasa (APB), UiTM Kedah Branch. He has over 15 years of experience in English language teaching and holds strong interests in language, communication, public relations, and leadership. He currently serves as the Head of Centre at the Akademi Pengajian Bahasa (APB), UiTM Kedah Branch.





UNIVERSITI  
TEKNOLOGI  
MARA

*The*  
**Epitome**  
/i'pitəmi/

eISSN 3009-0075



9 773009 007004