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UNIVERSITI TEKNOLOGI MARA

رمضان & شوال



VOS VI

DOWN THE MEMORY LANE

My Ramadhan and Syawal Stories

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DOWN THE MEMORY LANE

My Ramadhan and Syawal Stories

Voice of the Soul
Volume VI

Down the Memory Lane –
My Ramadhan and Syawal Stories

Academy of Language Studies,
Universiti Teknologi MARA Kedah Branch

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Foreword

It gives me great pleasure to present Voice of the Soul Volume VI: Down the Memory Lane – My Ramadhan and Syawal Stories, a poetry anthology that beautifully captures the spiritual, emotional, and cultural significance of Ramadhan and Syawal. This publication is more than a collection of poems. It is a meaningful platform for writers to express their reflections, memories, and personal journeys through the art of poetry. The themes explored in this volume highlights spirituality, family, tradition, gratitude, forgiveness, and personal growth which are values that continue to shape individuals and strengthen communities.

Ramadhan teaches us patience, sincerity, compassion, and self-discipline, while Syawal reminds us of forgiveness, reunion, gratitude, and joy. Through the poems in this anthology, readers are invited to revisit these meaningful experiences and appreciate the moments that connect us to our faith, families, and cultural heritage.

I would like to congratulate the organizing committee, editorial team, contributors, and everyone involved in making this publication a reality. Your dedication to nurturing creativity and preserving meaningful narratives is highly commendable.

May Voice of the Soul Volume VI inspire readers to value their memories, reflect on their spiritual journeys, and continue expressing themselves through the beauty of language and literature.

ASSOC PROF DR MAHAZIR ISMAIL
Rector
Universiti Teknologi MARA Cawangan Kedah



Assoc Prof
Dr. Mahazir
Ismail

VOS VI

Foreword

It is with great pride and appreciation that I welcome the publication of Voice of the Soul Volume VI: Down the Memory Lane – My Ramadhan and Syawal Stories. This anthology reflects the creativity, sincerity, and thoughtful expression of writers who have transformed their personal experiences into poetry.

Poetry has a unique ability to preserve feelings and memories in ways that ordinary words sometimes cannot. In this collection, the experiences of Ramadhan and Syawal are expressed through heartfelt lines that speak of faith, family, traditions, sacrifice, hope, and renewal. These poems remind us that every memory carries a lesson, and every story has the power to connect people across backgrounds and generations.

This volume also represents our continued effort to encourage creative writing, literary appreciation, and meaningful self-expression. It provides contributors with a valuable opportunity to share their voices while also contributing to a publication that celebrates culture, spirituality, and human connection.

I would like to extend my sincere congratulations to the editorial team, organizing committee, and all contributors for their commitment and hard work. Your efforts have resulted in a publication that is not only creative and reflective, but also meaningful and inspiring.

May this anthology continue to encourage more writers to express their thoughts, preserve their memories, and share their stories with the world.

ROBEKHAH HARUN
Head of Department
Academy of Language Studies
Universiti Teknologi MARA
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Mdm Robekhah Harun

VOS VI

Preface

Voice of the Soul Volume VI: Down the Memory Lane – My Ramadhan and Syawal Stories is a heartfelt collection of poetic reflections that celebrates the beauty, meaning, and memories surrounding two deeply significant occasions: Ramadhan and Syawal.

This anthology brings together voices that speak of devotion, gratitude, family, culture, forgiveness, renewal, and personal growth. Through poetry, the contributors revisit moments of quiet reflection, spiritual awakening, cherished traditions, and joyful togetherness. Each poem serves as a window into lived experiences, reminding us that Ramadhan and Syawal are not merely seasons in the calendar, but meaningful journeys of the heart and soul.

The title Down the Memory Lane reflects the intention of this volume: to preserve memories that are personal yet universal. The poems in this collection capture stories that many readers may recognize in their own lives such as the warmth of family gatherings, the serenity of prayers, the lessons of patience, the spirit of giving, and the joy of reunion after sacrifice.

As Volume VI of Voice of the Soul, this publication continues the tradition of encouraging creative expression and nurturing literary appreciation among writers. It is our hope that this anthology will inspire readers to reflect on their own experiences, appreciate the richness of cultural and spiritual traditions, and recognize poetry as a meaningful medium for preserving stories across generations.

May this collection touch hearts, awaken memories, and give voice to the many emotions that make Ramadhan and Syawal truly special.

DR HAJAH SHARINA SAAD
Chief Editor
Voice of The Soul.



Dr Hajah
Sharina Saad

Acknowledgement

The publication of Voice of the Soul Volume VI: Down the Memory Lane – My Ramadhan and Syawal Stories would not have been possible without the dedication, support, and encouragement of many individuals and parties.

First and foremost, we express our deepest gratitude to the Rector, Dr Mahazir Ismail for the continuous support, guidance, and encouragement in promoting literary and creative initiatives. Our sincere appreciation also goes to the Head of Department, Puan Robekhah Harun for the motivation and commitment shown throughout the preparation of this anthology.

We would also like to extend our heartfelt thanks to all committee members, editors, coordinators, reviewers, and contributors who worked diligently to bring this publication to completion. Their commitment, creativity, and cooperation have played an important role in ensuring the success of this project.

Special appreciation is extended to all poets and contributors who generously shared their thoughts, memories, and personal experiences through poetry. Each submission has added depth, beauty, and meaning to this anthology, making it a rich collection of voices inspired by Ramadhan and Syawal.

Finally, we thank everyone who has supported this publication directly or indirectly. May this anthology serve as a lasting reminder of the values of reflection, gratitude, unity, and togetherness that Ramadhan and Syawal continue to inspire.

DR HAJAH SHARINA SAAD
Chief Editor
Voice of The Soul



Dr Hajah
Sharina Saad

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Chapter 1



The Three Trimesters of Ramadhan

Dr Nurulhuda binti Ahmad Sani

Ramadhan returns each year
soft, familiar, and profound
unfolding in three sacred trimesters.
In the first ten nights,
we seek Rahmah and mercy
a mercy that descends from the heavens
and settles quietly within us.
May it teaches our hands to heal gently,
our hearts to soften,
and our work to rise
not merely as duty,
but as worship.
"My Lord, forgive and have mercy,
for You are the Best of the merciful."
In the middle ten nights,
we turn inward
seeking forgiveness.
And we reflect on the woman
honoured, resilient
bearing the womb,
a name echoing Divine Mercy.
We witness her strength:
the tearing, the stitching, the healing.
Wounds close,
scars soften,
and still—she forgives her own body.
The womb returns to stillness,
the cervix, the perineum
all restore themselves in quiet grace.
Even after chaos,
even after pain
they forgive.
So too, we ask:
"O Allah, forgive us our sins,
and turn us back to You."
Then come the final ten—
intense, sacred, heavy with longing—
like the last trimester of life and birth.
We search for Laylatul Qadr,
that night beyond measure,
and we pray for freedom—
freedom from the Fire.
For in the end,
there are only two returns:
light… or loss.
Like every pregnancy,
there is a due date—
unknown, yet certain.
We hope for good endings—
for mother, for child, for ourselves—
though we know not what is written.
We have walked through it all:
the cases,
the sleepless nights,
the cries of first breath,
the tears of joy and grief,
the hope
and the regrets.
Yet still, we continue—
until we return to Him.
"Our Lord, You love repentance,
and You are Most Forgiving—
so forgive us all."

Dr Nurulhuda binti Ahmad Sani
A dedicated Obstetrics & Gynaecology Specialist and Clinical Lecturer with over 9 years of clinical experience, including >2,500 O&G procedures and leadership of high volume delivery units (>300 births/month). Published landmark RCT in AJOG MFM (2023) — first in Southeast Asia to prove immediate full oral feeding post-unplanned cesarean reduces ileus by 75% and shortens hospital stay by 19%. Top 3 Malaysian graduate (Tanta, Egypt MBBCh Hons), GCP-certified researcher, and UiTM faculty mentor to >150 medical students. Passionate about evidence-based gynaecology-oncology, minimally invasive surgery, maternal care, and women's health advocacy.

Autograph

Thank You





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