



SECTION 2
LANGUAGE CLUB
NEWS / REPORT



English Language Club UiTMCPPE

e-Lingo Newsletter April 2023: Issue 1/2023

The April 2023 issue of the Universiti Teknologi MARA Cawangan Pulau Pinang (UiTMCPPE) e-Lingo Newsletter is dedicated to Mental Health and Emotional Well-Being, a crucial topic that is often overlooked. This 71-page issue, featuring insightful journalism and creative works, serves as a guide for understanding and taking care of one's mental health. The content of the newsletter covers aspects related to this issue, ranging from awareness to symptoms and to treatment. The earlier part of the newsletter features forewords by Advisor Dr. Nur Husna Serip Mohamad, Club President Zawawi Azharuddin, and Chief Editor Erika Clarissa Anak Edwin.

Nurul Syahirah Azhar and Muhamad Irfan Ahmad Suhkri's articles shed light on the aspect of awareness in their essays "Mental Health Awareness" and "Connecting Students and Counselors", respectively. Understanding of this issue is also featured in

engaging film reviews by Nur Hadirah Md Hadri ("To The Bone") and Nur Adlyn Nazurah Kamsani ("Dead Poets Society"), as well as a song review by Kamalin Mastura Saidin ("Just Hold On" by Presence).

Two crucial topics on symptoms are penned by Intan Syamimi Ahmad and a team of three writers, Airil Hisham Lee, Aainaa Syamimi Salleh, and Nurul Nasywa Rizal. Their writings provide insightful information about "Schizophrenia Awareness" and "General Causes of Burnout" respectively.

Nurnabila Yasmin Zainal Asmady ("Putting Yourself First") and Nurul Afiqah Mohd Sukri's ("Don't Worry Me Too") contributions are about mental health treatments, providing tips and strategies on how to manage mental health problems. "The Experiences of Volunteerism Habits" by Nurul Hikmah Mujaddid and Fatin Liyana Ahmad Syaarani, "The

Joy of Owning a Cat" by Anisah Mohd Fauzie, Siti Norfadhilah Abdullah and Siti Nur Syazlina Noor Hisham, and "Feline Therapy: How Volunteering at a Cat Shelter can Improve Students' Mental Health" by Muhammad Haziq Rezzuan Khairul Hazman offer unique perspectives on how volunteering and pets can impact mental health.

The creative works section features three well-crafted poems on mental health issues. Nor Sakinah Radzuan's "Truth Untold: A Perfect Girl's Life", Nur Aina Syasya Arifin's "Home", and Nur Liyana Faharudin's "It's Okay" explore the emotions and experiences related to mental health.

Lastly, the Other Club Reports section highlights recent activities held by the UiTMCPPE English Club. The articles are "The Open Mic Programme" by Nuralia Qistina Mohd Fadzlul Azim, "Youth Convention Programme 2023" by Syed Amir Haiqal and Muhammad

Haziq Fitriie Ainuddin Nazlee, "Show Your Voice" by Muhammad Abduh Che Soh, Muhammad Hariz Himi Ridza, and Illysia Isobel Miriam M. Noor, and "Club Walk - Walk About Around The Campus" by Syaqqile Zuhair Salleh.

As you reach the end of this issue, you will find yourself equipped with a wealth of knowledge and practical tips on how to navigate the often-challenging terrain of mental health. From awareness to symptoms and treatment, the UiTMCPPE e-Lingo Newsletter covers it all with in-depth reporting, creative works, and engaging reviews. So whether you are a student, a professional, or just someone looking to improve your well-being, this issue is a must-read that will leave you feeling informed, empowered, and inspired to take charge of your own mental health journey.

NB: To read the newsletter, please go to <https://anyflip.com/hxxxq/xgdo/>



*By Nazima
Versay Kudus*

