



Healing,  
with Poetry

VOICE  
of the  
Soul

An illustration of a hand holding a blue inkwell with a quill pen. The inkwell is blue with a green quill. The hand is white and is holding the inkwell. The quill is blue and is in the inkwell. The inkwell is on a blue surface. The hand is 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."

# Copyright

**Copyright@** is held by the owners/authors. These poems are published in their original version without editing the content. However, language editing and proofreading has been conducted by the editorial team with permission from the authors.

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.

## **Editorial Team:**

Sharina Sa'ad | Chief Editor  
Nor Asni Syahriza Abu Hassan | Managing Editor  
Sharifah Syakila Syed Shaharuddin | Secretary  
Rafidah Amat | Technical  
Nor Aslah Adzmi | Treasurer  
Siti Mukhlisa Mohamad Khairul Adilah | Editor  
Jacqueline Chuah Bee Peng | Editor  
Bawani Selvaraj | Editor  
Shahriza Ilyana Ramli | Editor (Bahasa Melayu)  
Nur Syifaa Md Tahir | Editor (Bahasa Mandarin)

## **Cover Design/ Layout/ Illustration:**

Dr. Shafilla Subri  
Syahrini Shawalludin

**eISBN : 978-9672-2948-63-6**

## **Published By :**

Universiti Teknologi MARA  
08400 Merbok, Kedah, Malaysia

## **Printed By :**

Perpustakaan Sultan Badlishah  
Universiti Teknologi MARA Cawangan Kedah  
08400 Merbok, Kedah



# *Title page*

## **HEALING WITH POETRY: VOICE OF THE SOUL VOLUME III ANTHOLOGY OF POEMS**

### **Editorial Team :**

Sharina Sa'ad | Chief Editor

Nor Asni Syahriza Abu Hassan | Managing Editor

Sharifah Syakila Syed Shaharuddin | Secretary

Rafidah Amat | Technical

Nor Aslah Adzmi | Treasurer

Siti Mukhlisa Mohamad Khairul Adilah | Editor

Jacqueline Chuah Bee Peng | Editor

Bawani Selvaraj | Editor

Shahriza Ilyana Ramli | Editor (Bahasa Melayu)

Nur Syifaa Md Tahir | Editor (Bahasa Mandarin)

**Cover Design / Layout :** Dr. Shafilla Subri

**Layout:** Syahrini Shawalludin

**Certificate/ Logo :** Dr. Shafilla Subri

# Editorial Board

VOICE OF THE SOUL VOLUME III: A COMPILATION OF POEMS

**PATRON:** Prof. Dr. Roshima Said

**Advisor I:** Dr Junaida Ismail

**Advisor II :** Azlan Abdul Rahman

**Editor -in- Chief :** Hajjah Sharina Sa'ad

**Managing Editor/ Corresponding:** Puan Nor Asni Syahriza Abu Hassan

**Secretary :** Puan Sharifah Syakila Syed Shahrudin

**Technical:** Puan Rafidah Amat

**Treasurer:** Puan Nor Aslah Adzmi

## Language Editors :

Cik Siti Mukhlisa Mohamad Khairul Adilah

Madam Jacqueline Chuah Bee Peng

Madam Bawani Selvaraj

Puan Shahriza Ilyana Ramli

Cik Nur Syifaa Md Tahir

## Guest Language Editors:

Dr. Nur Syazwanie Mansor

Dr. Berlian Nur Morat

Cik Fathiyah Ahmad@Ahmad Jali

Puan Norlizawati Md Tahir

Cik Fatin Rahaina Ahmad Sani

Puan Nadira M. Jahaya

Encik Muhammad Ikhmal Mohd Jamil

Encik Ahmad Noh

Puan Faridah Ngadim

Puan Leila Nasser

Puan Hashimah Hashim

## Graphic Designers:

Dr Shafilla Subri

Syahrini Shawalludin

# Table of Content

• <b>Foreword</b>	.....	i
• <b>Preface</b>	.....	ii
• <b>Acknowledgement</b>	.....	iii
• <b>Copyright</b>	.....	iv
• <b>Title Pages</b>	.....	v
• <b>Editorial Board</b>	.....	vi
• <b>Table Of Content</b>	.....	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 Nembia 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

## TO BE LEARNED

By : Profesor Madya Khas  
Dr Angeline Ranjethamoney R. Vijayarajoo

To Be Learned

You allowed me to SEE  
You allowed me to LISTEN  
You allowed me to THINK

This is MORE

You opened my EYES  
You opened my EARS  
You opened my MIND

This is MORE

How I wish to know More  
How I wish to share More  
How I wish to see, listen and think

This is More and More

I do not want to be trapped  
In ignorance and lack.  
I want to grow.

This is Less

I do not want to be BLIND  
I do not want to be DEAF  
I do not want to be brain DEAD

This is Death

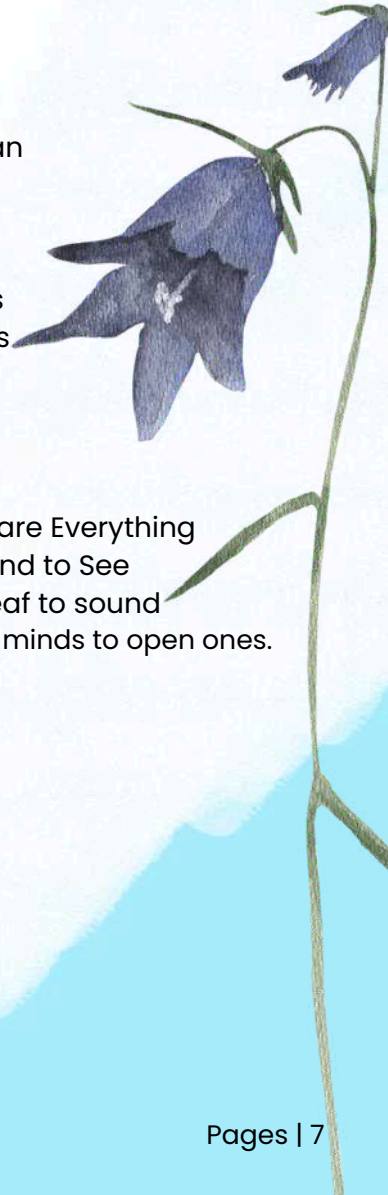
I search for you  
I consume you  
As much as I can

This is More

I turn the pages  
I flip the screens  
I click on links

The is More

Education, you are Everything  
You lead the blind to See  
You lead the deaf to sound  
You lead closed minds to open ones.



# *Editorial Team*



Puan  
Hajjah Sharina Sa'ad  
*Chief Editor*



Puan Nor Asni Syahriza  
Abu Hassan  
*Managing Editor*



Puan Sharifah Syakila  
Syed Shaharuddin  
*Secretary*



Puan Rafidah  
Amat  
*Technical*



Cik Siti Mukhlisa  
Mohamad Khairul Adilah  
*Language Editor*



Madam Jacqueline Chuah  
Bee Peng  
*Language Editor*



Madam Bawani  
Selvaraj  
*Language Editor*



Puan  
Shahriza Ilyana Ramli  
*Language Editor*



Cik Nur Syifaa  
Md Tahir  
*Language Editor*

# *Graphic Designers*



Dr. Shafilla Subri  
*Graphic Designer*



Cik Syahrini  
Shawalludin  
*Graphic Designer*

# *Guest Language Editors*



Dr. Nur Syazwanie  
Mansor  
Guest Language Editor



Puan Norlizawati  
Md Tahir  
Guest Language Editor



Puan Faridah Ngadim  
Guest Language  
Editor



Encik Ahmad Noh  
Guest Language  
Editor



Puan Leila Nasser  
Guest Language  
Editor



Puan Hashimah Hashim  
Guest Language  
Editor



Dr. Berlian Nur Morat  
Guest Language Editor



Cik Fathiyah Ahmad  
@Ahmad Jali  
Guest Language Editor



Healing,  
with Poetry

VOICE  
of the  
soul



Volume III



UNIVERSITI  
TEKNOLOGI  
MARA

Universiti Teknologi MARA Cawangan Kedah