



UNIVERSITI
TEKNOLOGI
MARA

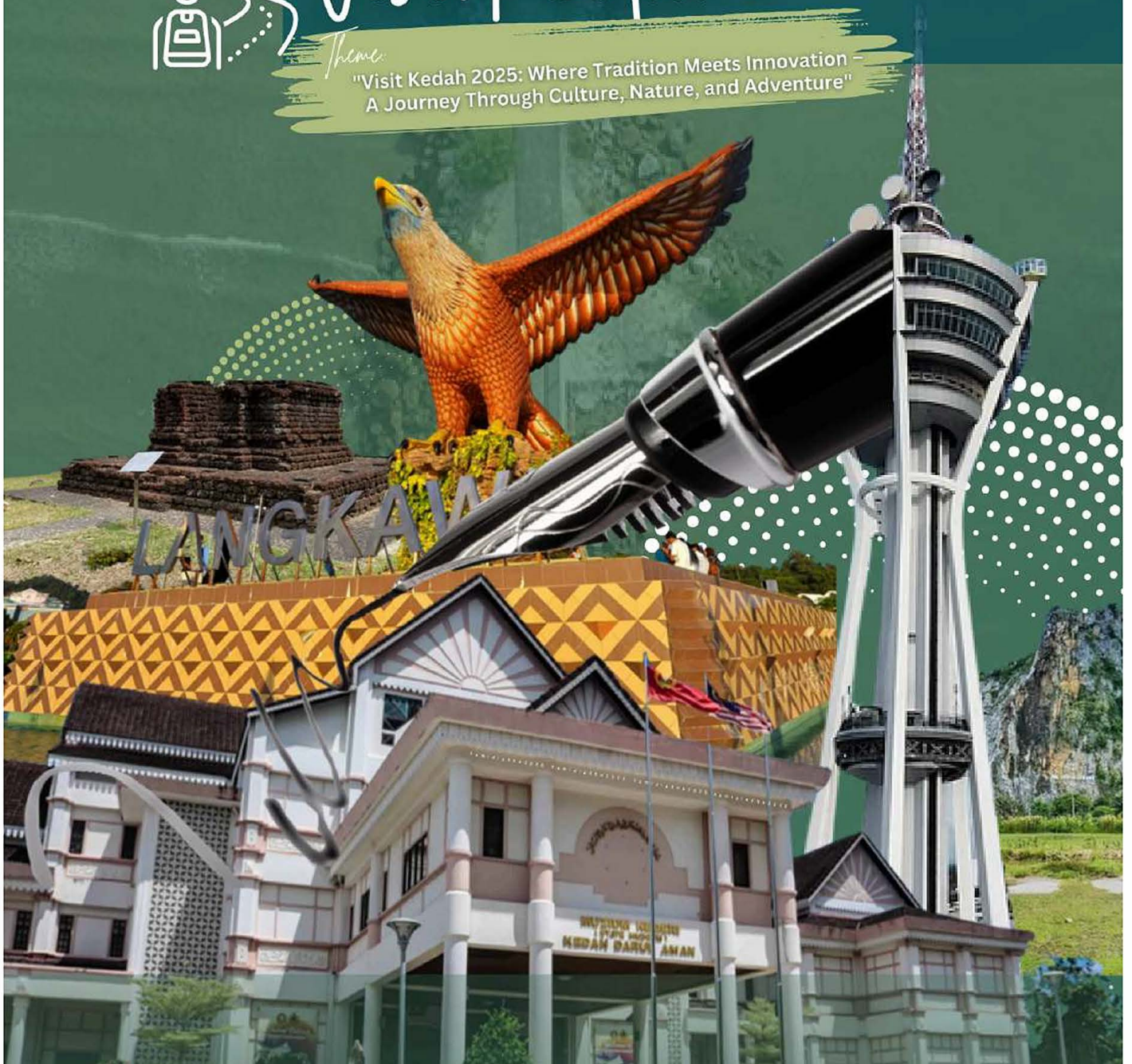


APB Kedah (e-magazine)

SPECIAL ISSUE EPITOME

Visit Kedah 2025

Theme:
"Visit Kedah 2025: Where Tradition Meets Innovation –
A Journey Through Culture, Nature, and Adventure"





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
Contact No: 044562421

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

Graphic Designer: Mr. Mohd Hamidi Adha Mohd Amin

Editorial Board

APB KEDAH : THE EPITOME

Advisor



Mr. Azlan
Abdul Rahman

Chief Editors



Dr. Nur
Syazwanie
Mansor



Puan
Razanawati
Nordin

Managing Editors & Promotion



Puan Sharifah
Syakila
Syed
Shaharuddin

Editors & Content Reviewers



Puan Hajah
Sharina Saad



Puan
Phaveena
Primsuwan



Puan Samsiah
Bidin



Dr. Berlian
Nur Morat



Puan Syazliyah
Ibrahim



Puan Nor Asni
Syahriza Abu
Hasan



Ustaz Mohd
Zulkhairi
Abd Hamid



Puan Noor
Izzati
Ahmad Shafial



Cik Lee Chai
Cuen



Mr. Mohd Hamidi
Adha Mohd
Amin



Rabi'atul
Adawiyah
Binti Haji
Hassan

Secretaries



Puan Mes Aida
Abd Rahim



Puan Rafidah
Amat



Puan Khairul
Wanis Ahmad

Graphic Designer



Mr. Mohd Hamidi
Adha Mohd
Amin

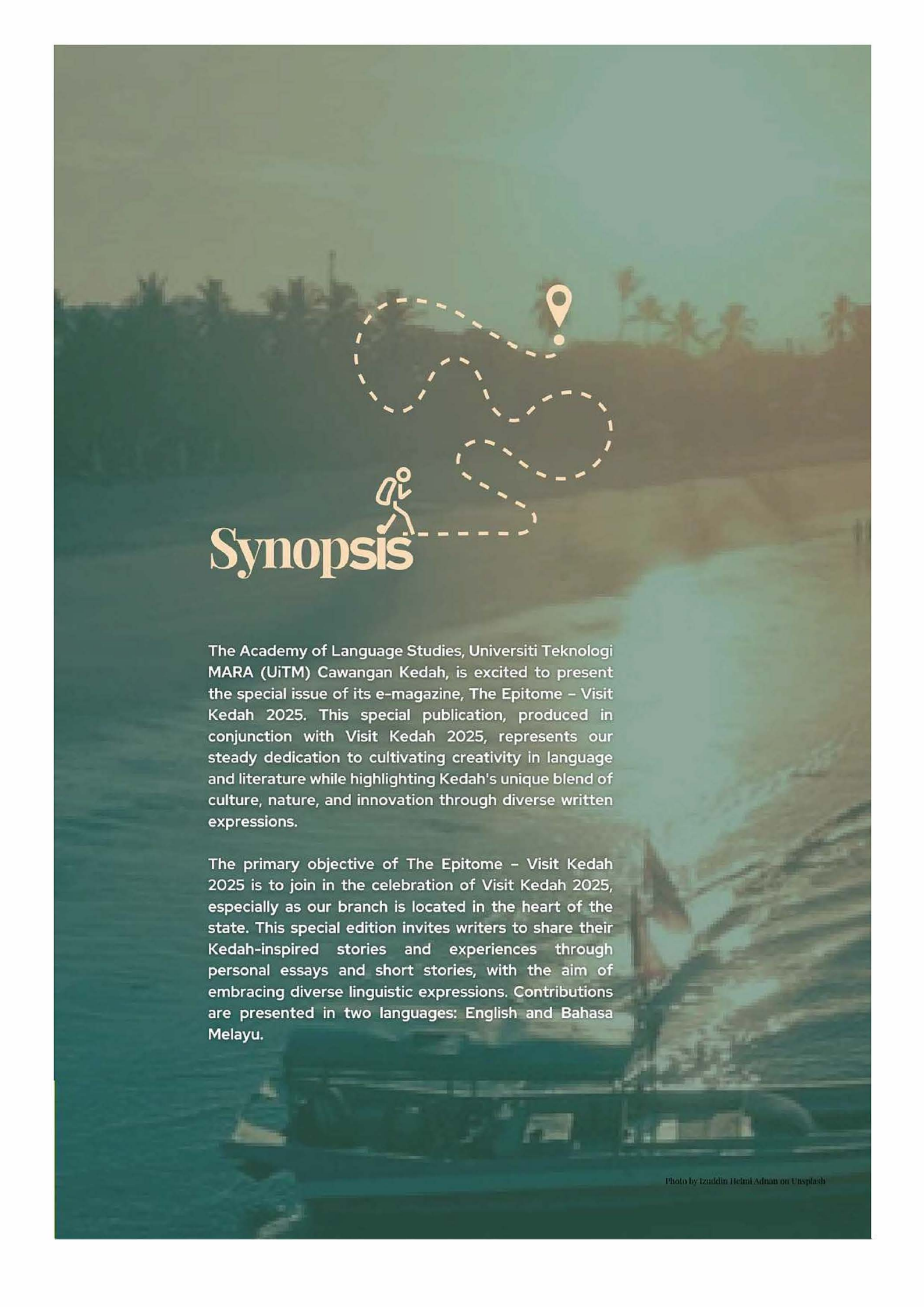
Copy Editor



Puan Rafidah
Amat



Mr. Muhammad
Shyazzwan
Ibrahim Brian



Synopsis

The Academy of Language Studies, Universiti Teknologi MARA (UiTM) Cawangan Kedah, is excited to present the special issue of its e-magazine, The Epitome – Visit Kedah 2025. This special publication, produced in conjunction with Visit Kedah 2025, represents our steady dedication to cultivating creativity in language and literature while highlighting Kedah's unique blend of culture, nature, and innovation through diverse written expressions.

The primary objective of The Epitome – Visit Kedah 2025 is to join in the celebration of Visit Kedah 2025, especially as our branch is located in the heart of the state. This special edition invites writers to share their Kedah-inspired stories and experiences through personal essays and short stories, with the aim of embracing diverse linguistic expressions. Contributions are presented in two languages: English and Bahasa Melayu.

face of Kedah

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

Welcome to this special edition of Epitome, where we embark on an exciting journey through the rich heritage, stunning landscapes, and vibrant culture of Kedah – one of Malaysia's most beloved and fascinating states.

As we look ahead to Visit Kedah 2025, this issue invites you to explore the treasures that await in this beautiful destination. From the serene beauty of Langkawi's beaches to the historical charm of Alor Setar, Kedah offers something for every traveller. Whether you are an adventure seeker, a history enthusiast, or someone simply in search of tranquillity, Kedah has it all.

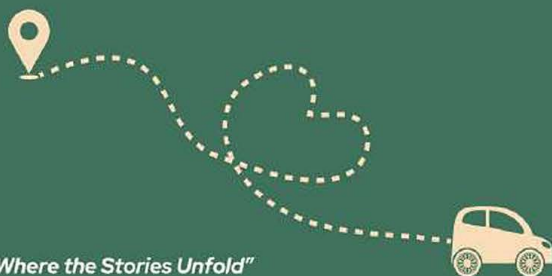
In the pages ahead, we delve into the many faces of Kedah, capturing the essence of its natural wonders, cultural landmarks, and unique experiences that define the state. Our stories, articles, and photographs will transport you to places where the past and present come together in perfect harmony – where lush green paddy fields stretch as far as the eye can see, and the rich flavours of local cuisine tantalize the senses.

Visit Kedah 2025 isn't just a campaign; it's an invitation to connect with the heart of Malaysia. It's an invitation to discover the unforgettable experiences that make Kedah a must-visit destination for travellers from around the world. In this edition, we hope to inspire you to plan your own journey to Kedah, whether it's to explore its breath-taking landscapes, immerse in its cultural heritage, or simply take in the warm hospitality of its people.

As you turn these pages, may you feel the spirit of Kedah calling to you – the call to discover, explore, and experience all that this incredible state has to offer.

Thank you for joining us on this exciting adventure. We hope to see you in Kedah in 2025!





Kedah, Where the Stories Unfold"

As the Chief Editor of Epitome, it gives me great pleasure to present this special edition in celebration of Visit Kedah Year 2025—an ode to a land where history, heritage, and heart live in every corner.

Nestled in the warm embrace of the northern Peninsula, Kedah is more than just Malaysia's rice bowl. It is a living canvas where time whispers through the ancient stones of Bujang Valley, dances across the rippling paddy fields, and echoes through the melodic drawl of the Kedahan dialect. Each tale we share in this issue draws its breath from Kedah's unique rhythm—where old meets new, tradition hugs the modern, and culture is not just remembered but lived.

From the misty peaks of Gunung Jerai, which once guided ancient mariners, to the shimmering flow of Sungai Merbok, where history quietly flows, Kedah's ecological richness is a story waiting to be told. Its mountains are guardians of myths; its rivers, keepers of memory. The lush rainforests, secret waterfalls, and wild orchids—all are pieces of a vibrant narrative woven by nature itself.

Yet, it is Kedah's people who breathe soul into this land. The warmth of pasar malam banter, the flavours of authentic laksa Kedah, the grace of traditional dance, and the way elders tell stories in that soft, endearing dialect—it all becomes poetry in motion. And in this special issue, we invite you to read, feel, and immerse yourself in the charm, wit, and wonder of Old Kedah and New Kedah alike.

Through creative fiction, heartfelt essays, and evocative poetry, Epitome brings together voices that sing of Kedah's mountains, rivers, food, language, and legacy. We hope this edition will not only inspire a visit but stir something deeper—a connection to the essence of a land that has long cradled Malaysia's earliest civilizations and continues to nurture its cultural heart.

Let the pages transport you to Kedah Darul Aman—a realm of peace, a sanctuary of stories.

Warmly,

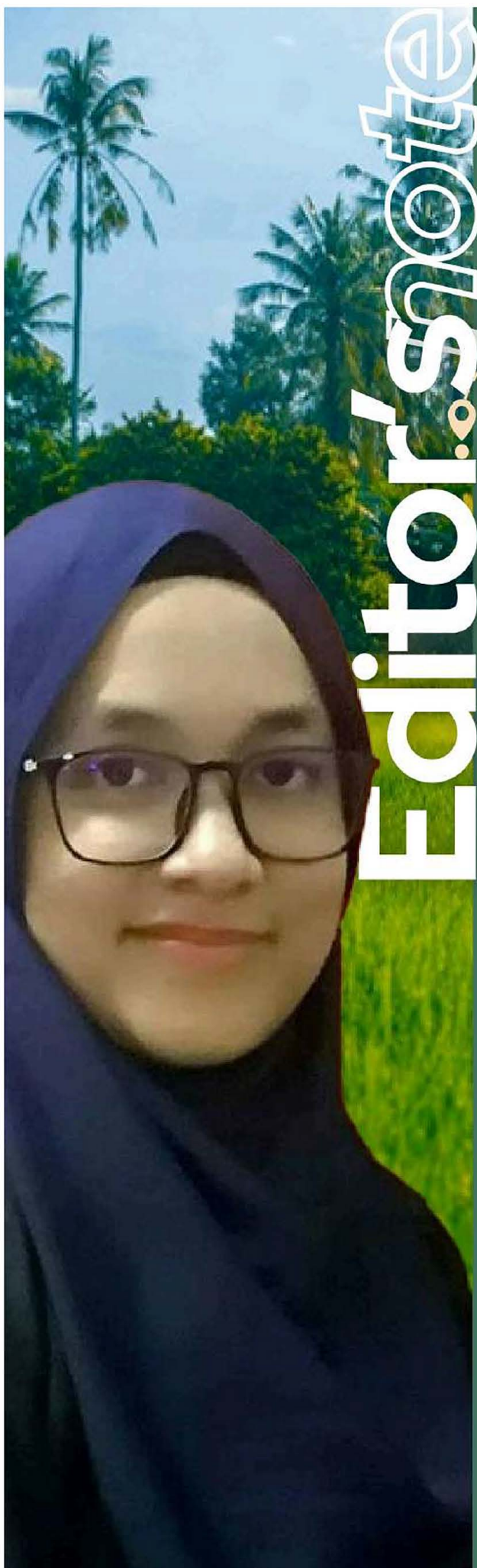
Razanawati Nordin

Chief Editor

THE EPITOME 2025

Editor's note





Editor's Note



It is with great pleasure that I present to you this special issue of The Epitome in conjunction with Visit Kedah 2025. I would like to extend my heartfelt thanks to the Head of Department for initiating this wonderful idea. As a proud Kedahan working in Kedah, I instantly agreed to be part of this project, knowing how close it is to my heart.

Reading the personal essays and short stories submitted by our contributors has been a truly enjoyable experience. I found myself smiling, reminiscing, and even imagining familiar places through their words. What makes this issue even more exciting is that some contributors are not originally from Kedah, yet they have beautifully shared their own reflections and experiences related to this charming state. Their fresh perspectives reminded me of the beauty I sometimes take for granted, having been born and bred in Kedah.

To all our contributors: thank you for your creativity, your voice, and for allowing us to travel through your narratives. Your stories have added soul and colour to this edition, and I hope our readers enjoy the journey through Kedah just as much as I did.

With appreciation,

Dr. Nur Syazwanie Mansor

Chief Editor, The Epitome
A Proud Kedahan

HISTORICAL & CULTURAL HERITAGE

- 29 “Dak.. La ni hang tak paham kat mana, mai aku translate”
by Nor Asni Syahriza Abu Hassan
- 31 Jejak Aceh di Yan: Menelusuri Sejarah dan Warisan
by Azni Syafena Andin Salamat, Syazliyat Ibrahim & Asrol Hasan
- 33 Menyingkap Khazanah di Balik Deruan Sungai Merbok: Galeri Produk Jerai Geopark
by Sharir Aizat Kamaruddin, Eliy Nazira Mat Nazir, Shukor Sanim Mohd Fauzi
- 35 My Encounter with Communists
by Nazima Versay Kudus & Mohamad Rashidi Mohd Pakri
- 37 Percutian Pendek Tetapi Manis di Alor Setar, Kedah
by Nur Jannah Azman

MODERN DEVELOPMENTS AND INNOVATIONS

- 41 Farmstay Relau: Kedah's Hidden Gem to Rejuvenate the Soul away from the city
by Nurul Alyaa binti Ibrahim

NATURE, ADVENTURE & WELLNESS

- 45 From Peaks to Plates: A UUM Hiking Tradition
by Nuraisyah Fitrie Abdullah & Azmira Abdullah
- 47 Gunung Keriang : Misi Penaklukan Gunung Jelapang Padi
by Nurul Isfariena Idris & Mohd Kairul Hakimi Zulkarni
- 49 Majestic Curtain Veil of Kedah
by Nawal Esa Binti Yazid Esa
- 51 Mount Jerai, It's Not Only About The Summit
by Nur Arcena Aqilah Mohd Sapri
- 53 Panic in Merbok
by Ong Elly
- 55 Road trippin' to Mokeun Hill
by Nurul Nadiah Dewi Faizul Ganapathy

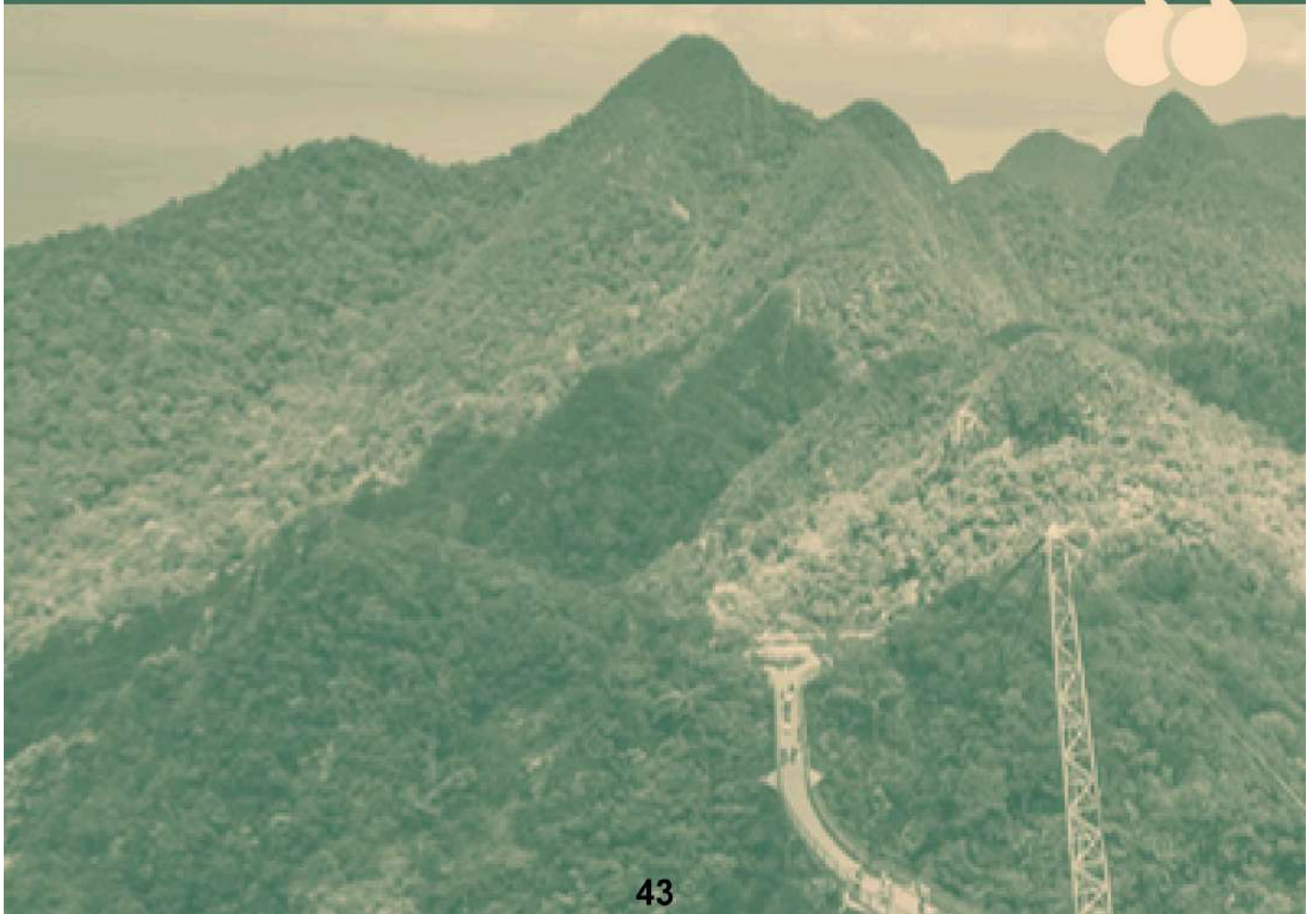
SUSTAINABLE TOURISM & ECO-FRIENDLY INITIATIVES

- 59 Kilim, A Lifetime Experience
by Farah Zahidah Mohd Noor
- 61 Mencipta Memori di Kedah Darul Aman
by Fauziana Bi Fauzi & Mat Rawi
- 63 My/Mai Pengkalan Kapal
by Chuah Bee Peng





NATURE, ADVENTURE & WELLNESS





Majestic Curtain *Veil of Kedah*



Picture 1: Posing at one of the streams

Nawal Esa Binti Yazid Esa

Department of Business and Management, Universiti Teknologi MARA,
Perak Branch, Seri Iskandar Campus, 32610 Seri Iskandar, Perak, Malaysia
nawalesa@uitm.edu.my

Life can be full of frustrations and disappointments. Sometimes things just don't go your way, and you feel like you are left with no choice but to deal with the unexpected twists life throws at you. However, the choice is always yours. Either to succumb to despair or to find the light within the darkness. Amid my toughest moments in life, the little wanderer in me whispered courage and reminded me of my wonderful self-worth. I asked myself, why do you want to stay in the dark? Don't you love yourself? For weeks I have only been in the corner of my little room with only four walls.

I decided to stop crying, picked myself up, and looked into the mirror. I looked so pale and lost so much weight. Then I started to think. For how long? Suddenly, I find myself longing for the person I used to be and for the world beyond the four walls of my room. The spontaneous spirit within me whispered, urging me to step outside and experience the beauty of the wondrous world. It seemed as if my prayer to rediscover the joy of living had been heard when suddenly my friend texted to invite me to join a hiking adventure to Bukit Perangin, Changlun, Kedah. I have never heard of that place before, even though I have been in Kedah for most of my life. I did not think much and just wrote my name on the participants' list, paid for the permit and fees, and set off without hesitation. Anyway, I put my trust in my good friend who persuaded me to join. It wasn't just her. She had arranged for us to be part of a group of experienced hikers. The hike only takes about 3 to 4 kilometres one way. However, for the thrill of adventure, we took a much longer route, stretching approximately 10 kilometres one way. Along the way, gentle streams were flowing softly with soothing yet satisfying sounds.

We went through The Bailey Bridge on top of the mystical stream. We took breathtaking pictures on the bridge and near the stream below it. I remember feeling so serene and just pure happiness to be able to experience such incredible moments, especially with wonderful friends who brought out the best in me. I looked at the reflection of myself in the crystal ribbon stream and I could see myself glowing. I thought to myself, God loves me. He is entertaining me with His playground on earth. How foolish I would be to remain in the shadows when light and wonder surround me.



Picture 2: At Bailey Bridge



Picture 3: on the Bailey Bridge



Picture 4: Under the Bailey Bridge

I was so immersed in the moment that I didn't even notice any fatigue. In the last few kilometres, my heart was pumping and my eyes widened with excitement when I heard the magical sound of the waterfall. I couldn't see it yet but I could hear it loud and clear. I gradually quickened my pace, and there it was, the breathtaking majesty of Bukit Perangin Waterfall. The cascading water fell like a delicate curtain veil, shimmering with an almost magical allure.

I stood in awe, speechless, as a single thought filled my heart "Oh Allah, The Almighty, You are the most amazing Creator." In that moment, I truly felt His love embracing me. It was as if He had placed this wonder before me to uplift my spirit, to remind me that He will never abandon me. Strength and gratitude surged within me, filling me with the courage to move forward and embrace the beauty of His creations.



Picture 5: In front of the waterfall



Picture 6: Beautiful angle to see the water flowed like a curtain veil.



Picture 7: Me behind the curtain veil.



Dr. Nawal Esa Binti Yazid Esa holds a PhD in International Business, specializing in green consumer behavior. A dedicated advocate for environmental preservation and a healthy lifestyle, she actively engages in swimming, road biking, and long-distance running. Her adventurous spirit has led her to explore diverse landscapes, culminating in her successful ascent of Mount Kinabalu in 2022. As a passionate nature enthusiast, she has authored insightful articles on green social business, green marketing, and consumer behavior. Through her research and writing, she strives to promote sustainable practices and raise awareness of eco-conscious living in both business and daily life.



UNIVERSITI
TEKNOLOGI
MARA

The
Epitome
/I'pitəmi/

eISSN 3009-0075



9 773009 007004