

Academy of Language Studies  
UiTM Cawangan Pulau Pinang

# e-Lingua

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*Connecting Cultures  
One Word at a Time*

你好

Apa Khabar?

Bonjour

Hello

مرحبًا

Hallo

こんにちは



# Tiny Human, Big Changes: Stepping into Motherhood

NUR ILIANIS ADNAN  
ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG

This is a reflection on my journey into motherhood—from preparation and birth to the fulfilment I feel today. The very first step for us was hunting for the “right” gynaecologist. Choosing the right gynae from the very beginning is so important. My heartfelt thanks to my gynae, Dr. Lakshmi, and Gleneagles Hospital Penang for their warm hospitality. Monthly check-ups have been such pleasant experiences because of their kindness, professionalism, and genuine care.

Then, we took the initiative to learn and equip ourselves with parenting knowledge. At the end of September, we spent our weekends joining Sunway Medical Centre's free antenatal classes at The Light Hotel, two days of 8am to 1pm sessions, breakfast included. We picked up so much from the mix of theory and practical lessons.



*Antenatal class*



*With my husband*

*With my gynae*

**My pregnancy journey was a roller-coaster ride. I had to be on bed rest for a month due to bleeding and a low-lying placenta during my first trimester. Then, experiencing tachycardia (a medical term for a faster-than-normal heart rate) when I entered my third trimester was tiring because I had to go through several tests, and Alhamdulillah, in the end, it was just because of pregnancy physiology. I was blessed to have a super strong support system from my family (husband, mom, dad, and brother).**

**D-day! On the 1st of November 2025, we welcomed our little princess, Amanda Airis. The hospitality given by the nurses and doctors was remarkable. Upon arriving home, I was taken care of by my mother before my confinement lady (CL) arrived. It's true when people say, no matter how old you grow, you will always need your mother.**

**Alhamdulillah, my confinement journey with my live-in CL from Natalis Mothercare for a month has been nothing short of wonderful. Truly worth every penny. Each morning begins with a soothing herbal bath, followed by a blissful 2-hour full-body massage. I'm nourished throughout the day with delicious, nutritious meals, from breakfast to lunch and dinner, lovingly prepared with care. Once a week, I'm pampered with an indulgent body scrub that leaves me feeling refreshed and**

renewed. On top of that, my CL takes care of the cleaning, household chores, and even babysitting, allowing me to rest fully, enjoying Netflix while recovering peacefully. Truly an experience that has made my confinement period smooth, comforting, and beautifully memorable.

"Fulfilled" is the word that I would use to describe my feeling at the moment. I once read about a Korean actress, Choi Ji Woo, sharing her late journey into pregnancy and motherhood. She said that she doesn't feel the need for "me time" as much as people expect. Having lived a full life before motherhood, she finds contentment in focusing her time and energy on her child without resentment, only gratitude.

I totally and fully understand what she said after going through this journey. By nature, I am objective and goal-oriented, so before getting married and becoming a mother, I completed my PhD, built my career, earned and saved my own income, and travelled the world extensively (especially to my favourite country, Germany - 6 times and still counting) using my hard-earned money. I fully experienced my years of independence and singlehood. I'm satisfied, Alhamdulillah. Having experienced these milestones earlier in life, when I married and became pregnant later in life, I felt ready, insyaAllah—ready to embrace motherhood without feeling that I was giving something up. Thank you, Allah, The Almighty, for accepting my doa(s). Now, bismillah, I am entering this new chapter in life with love and gratitude.

# The Team



**Prof. Ir. Dr. Hj. Ahmad  
Rashidy Razali**  
Rector



**Dr. Norhaslinda Hassan**  
Head of Center / Adviser



**Wan Noorli Razali**  
Chief Editor



**Aini Syahira Binti  
Jamaluddin**



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