

Academy of Language Studies  
UiTM Cawangan Pulau Pinang

# e-Lingua

APRIL 2026

1/2026

*Connecting Cultures  
One Word at a Time*

你好

Apa Khabar?

Bonjour

Hello

مرحبًا

Hallo

こんにちは



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# Chief Editor's Desk

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# From the editorial team...

Happy New Year and welcome to the latest issue of e-Lingua! The Editorial Board is delighted to share another edition filled with engaging articles and interesting columns contributed by members of our academic community. This issue highlights a variety of ideas, reflections, and experiences related to language, teaching, and learning. We hope the articles provide useful insights and enjoyable reading for everyone.

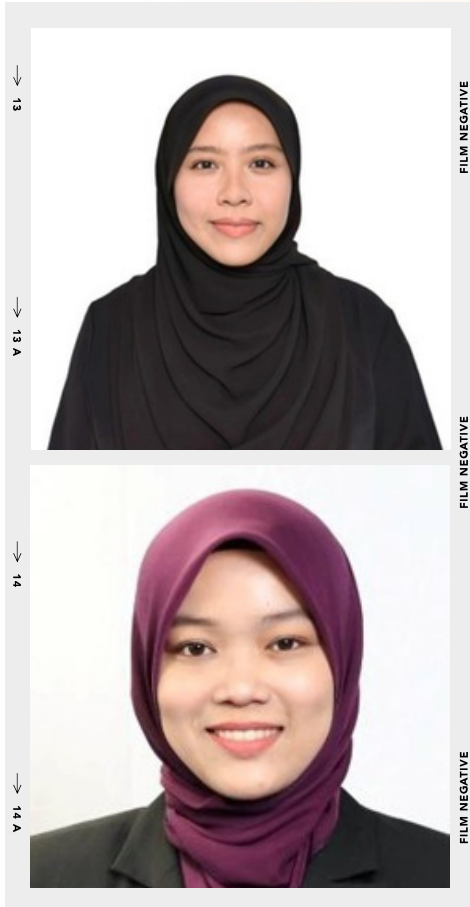
We would like to extend our sincere thanks to all contributors who generously shared their work and ideas on this issue. Your support and enthusiasm play an important role in making e-Lingua a vibrant platform for sharing knowledge and perspectives. We also hope this edition will inspire more writers to contribute in the future, and we look forward to receiving many more exciting submissions for the next issue of e-Lingua.

# Heartiest congratulations

We would like to extend our heartfelt congratulations to Dr. Noraziah Mohd Amin and Dr. Che Nooryohana Zulkifli on the successful completion of their PhD studies. This remarkable achievement reflects their dedication, perseverance, and commitment to academic excellence. Their accomplishment is a proud milestone not only for them personally but also for the Academy of Language Studies (ALS) . We celebrate their success and look forward to the valuable contributions they will continue to make in teaching, research, and the academic community.



# Welcome to ALS...



**We are also pleased to warmly welcome two new colleagues who have recently joined the ALS, Aini Syahira Binti Jamaluddin and Ummu Habibah Binti Mohd Sakri @ Shukri. We are delighted to have them as part of our growing ALS family and look forward to their contributions to teaching, research, and academic activities within the faculty. We hope they will find ALS a supportive and inspiring place to grow professionally, and we wish them a rewarding and fulfilling journey with us.**

# Farewell my friend

We would also like to extend our heartfelt appreciation and best wishes to Assoc. Prof. Dr. Hoe Foo Terng as he embarks on his retirement. A dedicated and highly respected Mandarin lecturer, Dr. Hoe has made invaluable contributions to the Academy of Language Studies through his commitment to teaching and his passion for language education. His guidance, expertise, and warm presence have left a lasting impact on both colleagues and students. We sincerely thank him for his years of service and wish him a happy, healthy, and fulfilling retirement ahead.



Assoc. Prof. Dr. Hoe (sitting, in blue batik) with ALS family members

# Farewell my friend

We would also like to bid a fond farewell to Dr. Anwar Farhan Mohamad Marzaini, who has recently moved on to continue his academic career as a lecturer at Universiti Malaya. During his time with the ALS, Dr. Anwar Farhan was a valued colleague whose dedication and positive spirit were greatly appreciated by both staff and students. While we will certainly miss having him as part of the ALS family, we are proud of his achievements and wish him continued success in his new role. We also hope that the strong connections built during his time at ALS will continue through future collaborations and academic engagements.



# Department News & Reports

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# APB UiTM CPP Closes 2025 with Stellar Performance, Sets Sights on Global Impact

KU AIMI ARISSYA KU RUSLIN & MUHAMMAD AIMAN ABDUL HALIM  
ACADEMY OF LANGUAGE STUDIES, UiTM CAWANGAN PULAU PINANG

**The Akademi Pengajian Bahasa (APB), UiTM Cawangan Pulau Pinang (UiTM CPP), concluded 2025 on a high note,**

**showcasing strong achievements and a firm commitment across key performance areas. A performance recap presented at the APB Meeting Bil. 1/2026 by APB Strategic Planning Committee, led by Ms. Ku Aimi Arissya Ku Ruslin, revealed that the department achieved 60% of its overall Performance Indicators (PIs), laying a solid foundation for further progress in 2026.**

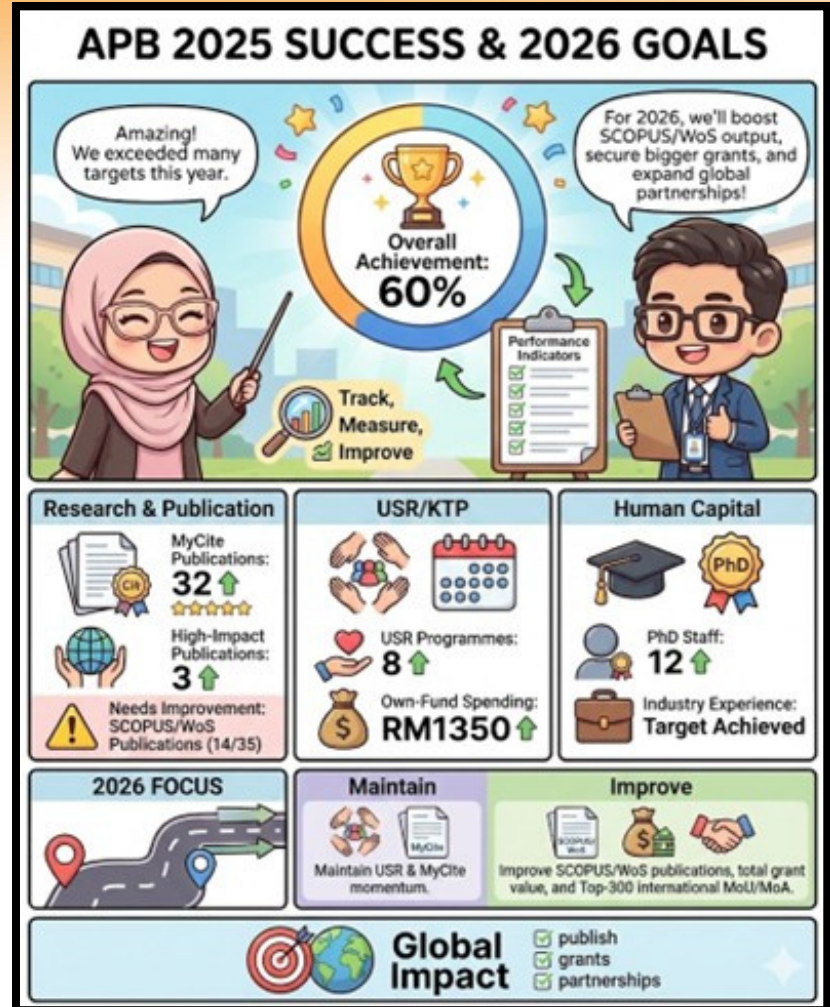
**Out of 25 targeted PIs, APB UiTM CPP successfully achieved 100% completion in 15 indicators, reflecting the dedication and hard work of its academic staff.**



## Research and Publication: A Year of Bounding Growth

In academia, publications are a key measure of impact, and APB UiTM CPP's performance in 2025 truly stands out. Our researchers didn't just meet targets, they shattered them. A standout achievement was recorded in MyCite publications (PI P1056). With an initial target of 9 publications, the department dramatically exceeded expectations by achieving 32 MyCite indexed publications performance areas.

A performance recap presented at the APB Meeting Bil. 1/2026 by APB Strategic Planning Committee, led by Ms. Ku Aimi Arissya Ku Ruslin, revealed that the department achieved 60% of its overall Performance Indicators (PIs), laying a solid foundation for further progress in 2026.



Furthermore, our commitment to global collaboration is evident:

- We met the target for indexed joint publications with International Collaborators (P1O55).
- We successfully published 3 high-impact publications (P1O51), surpassing the target of 2.

The department also saw 2 publications released by UiTM Press and other external publishers (P1O57).

### **Community & Corporate Social Responsibility Shines**

APB UiTM CPP proved that its influence extends well beyond the classroom. The department recorded a spectacular increase in its outreach efforts:

- University Social Responsibility (USR) Programmes (P1O75): APB hosted an impressive 8 programmes, quadrupling the initial target of 2.
- The positive impact was matched by sound fiscal responsibility, with the total amount spent from own funds for USR and KTP programmes (P1O78) reaching RM1350, comfortably exceeding the RM1050 target.

## **Strengthening Human Capital**

**The future of APB relies on the strength and expertise of its faculty, and 2025 saw significant achievements in human capital development:**

- The number of academic staff holding a PhD qualification (P1087) reached 12, comfortably passing the target of 9.**
- We achieved the target for staff with 3 years of industry experience (P1085), ensuring our teaching remains relevant and connected to real-world applications.**

### **The Path Forward: Sharpening Focus for 2026**

**While celebrating these successes, the department is already mapping out strategies to tackle areas that require improvement, turning challenges into targeted opportunities for 2026. “Our overall 60% achievement rate provides a solid foundation, but now we must close the gap on the remaining PIs,” as stated by our APB Strategic Planning Committee.**

**The focus for 2026 will be on key strategic areas:**

- 1. Elevating Global Research Profile (PII39):** The most pressing need is to boost indexed publications in SCOPUS/WoS journals and conference proceedings. Our 2025 achievement of 14 fell short of the 35 target, making this a critical area for immediate strategic focus.
- 2. Securing High-Value Grants (PIO64, PIO65, PIO66):** While International Grant PIs were met, we need to significantly increase the total amount of funding secured from National and Industrial sources to bolster our research ecosystem.
- 3. Enhancing External Engagement (PIO82):** A renewed push is planned to secure MoU/MoA with international universities in the Top 300 QS World University Ranking, a crucial step in formalizing APB's global footprint.

The strategic plan for 2026 is clear: sustain excellence in USR/KTP Programmes (PIO75) and MyCite publications (PIO56) while strengthening performance in high-impact indexed publications and research grants.

As APB UiTM CPP moves into 2026, the department is well-positioned to build on its achievements and reach greater heights, reinforcing its role as a dynamic and impactful academic centre within UiTM CPP. Let's work hard in 2026!

# KATSS Grant Award Ceremony

**SYAHIRAH RAMLI, RAJA ROSILA RAJA BERAHIM, MUHAMMAD USAMAH MOHD RIDZUAN  
ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG**

**On 14 November 2025 (Friday), UiTM Cawangan Pulau Pinang (UiTM CPP) hosted a meaningful and encouraging ceremony for the signing of the Letter of Undertaking and the presentation of the Research Management Unit (RMU) grant under the Knowledge Advancement Through Social Science for Community (KATSS) initiative. This initiative reflects the university's continued commitment to empowering research that benefits communities and advances knowledge within the social sciences. A total of 30 UiTM CPP researchers were selected as grant recipients, including 13 members from the Academy of Language Studies (APB). Each recipient was awarded RM5,000. The ceremony was graciously officiated by the Deputy Rector of PJIM&A, Associate Professor Dr. Kay Dora Abd Ghani.**

**Among the recipients were dedicated members of the Academy of Language Studies (APB): Puan Ku Aimi Arissya Bt Ku Ruslin, En. Noor Azli B Affendy Lee, En. Muhamad Usamah B Mohd Ridzuan, Cik Marni Bt Jamil, Cik Seng Hui Zanne, Puan Wan Noorli Bt Razali, Dr. Noraziah Bt Mohd Amin, Puan Nurul Farzanah Bt Mohd Rosli, Puan Raja Rosila Bt Raja Berahim, Dr. Che Nooryohana Bt Zulkifli, Puan Aileen Farida Bt Mohd Adam, Dr. Nur Ilianis Bt Adnan, and Puan Syahirah Bt Ramli. Their selection highlights APB's growing research capacity and its commitment to contributing meaningfully to the community.**

Dr. Kay Dora Abd Ghani with some of the APB recipients



**Warmest congratulations to all recipients. May this opportunity inspire impactful research, strengthen scholarly contributions, and lead to reputable indexed publications. May the journey ahead be supported with clarity, perseverance, and success, and may each project bring lasting benefits to both the university and the communities it aims to serve.**

# Program Komunikasi, Pendidikan dan Kesedaran Awam (CEPA) di Kampung Kuala Mengkuang, Pulau Pinang

RAJA ROSILA RAJA BERAHIM, MARNI JAMIL & NUR FATIN SHAHMINA MOHD FAUZEY  
AKADEMI PENGAJIAN BAHASA, UITM CAWANGAN PULAU PINANG

Banjir merupakan antara bencana alam yang paling kerap melanda Malaysia setiap tahun. Kejadian ini bukan sahaja mengakibatkan kehilangan nyawa, malah turut memusnahkan harta benda serta menjejaskan kesejahteraan komuniti setempat. Sehubungan itu, usaha memperkukuh tahap kesiapsiagaan masyarakat terhadap risiko banjir perlu dipergiatkan melalui pendekatan komunikasi, pendidikan dan kesedaran awam yang menyeluruh.

Bagi menyokong usaha tersebut, Pengajian Kejuruteraan Awam (PKA), UiTM Cawangan Pulau Pinang telah mengambil inisiatif menganjurkan Program Komunikasi, Pendidikan dan Kesedaran Awam (CEPA). Program ini bertujuan memperkenalkan serta memperkukuh pemahaman komuniti terhadap Sistem Pusat Ramalan dan Amaran Banjir (PRAB) di samping meningkatkan tahap pengetahuan, kefahaman dan kesedaran masyarakat mengenai risiko bencana banjir serta kepentingan sistem ramalan dan amaran awal sebagai langkah persediaan yang proaktif.

**Program CEPA ini telah dijayakan melalui kolaborasi strategik bersama beberapa agensi dan komuniti setempat, antaranya Jabatan Pengairan dan Saliran Malaysia (JPS), Institut Penyelidikan Air Kebangsaan Malaysia (NAHRIM), Jabatan Bomba dan Penyelamat Malaysia (JBPM) Pulau Pinang, Komuniti Rukun Tetangga (KRT) Kuala Mengkuang, Majlis Pengurusan Komuniti Kampung (MPKK) Kuala Mengkuang serta Masjid Ittifaqiyah Kuala Mengkuang sebagai tuan rumah.**

**Program ini telah diadakan pada 17 Januari 2026 bertempat di Masjid Ittifaqiyah Kuala Mengkuang, Kubang Semang, Seberang Perai Tengah, Pulau Pinang. Antara objektif utama penganjuran adalah untuk memberikan pendedahan kepada komuniti mengenai Sistem Ramalan dan Amaran Banjir yang dibangunkan oleh pihak JPS, di samping menyampaikan ilmu serta kemahiran asas menyelamatkan diri dan mangsa ketika berlakunya banjir melalui latihan simulasi yang bersifat praktikal dan interaktif.**

**Kemuncak program ialah aktiviti simulasi operasi menyelamatkan yang melibatkan tiga senario dramatik dan realistik, bertujuan memberikan gambaran sebenar situasi kecemasan banjir:**

**Senario 1: Operasi menyelamatkan penduduk kampung yang terperangkap di dalam rumah di hujung Kampung Kuala Mengkuang menggunakan bot penyelamat.**

**Senario 2: Operasi menyelamatkan penduduk menggunakan kaedah 'flying fox' bagi memindahkan mangsa dari kawasan berisiko tinggi ke kawasan selamat.**

**Senario 3: Operasi menyelamatkan mangsa yang dihanyutkan arus sungai deras menggunakan bot dan teknik menyelamatkan di air.**

Simulasi ini melibatkan anggota JBPM, komuniti Kampung Kuala Mengkuang serta para pelajar. Pendekatan ini bukan sahaja meningkatkan kefahaman teknikal, malah membina keyakinan dan kesedaran komuniti terhadap prosedur keselamatan yang betul ketika berdepan bencana.



Para AJK program bersedia sedia untuk program dijalankan



Program berjaya dilaksanakan dengan jayanya

Selain aktiviti simulasi sebagai pengisian utama, program turut diserikan dengan aktiviti sukan rakyat bagi mengukuhkan hubungan silaturahim antara agensi, pelajar dan komuniti. Antaranya ialah pertandingan melastik botol yang melibatkan golongan dewasa serta aktiviti “Mencari Duspawangi” yang disertai oleh kanak-kanak.

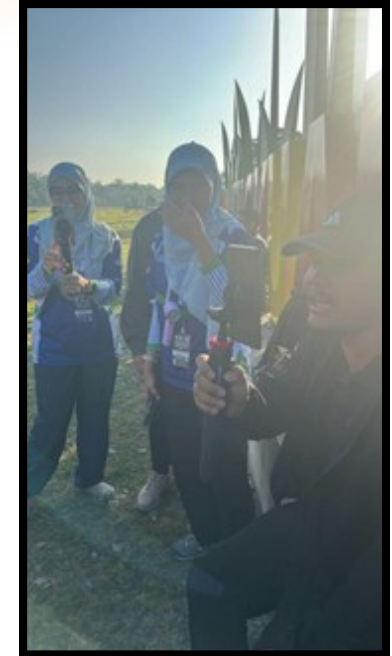


Pelajar SULAM yang terlibat dalam pelaksanaan program

Suasana program amat meriah dengan sorakan dan gelak tawa para peserta. Aktiviti melastik botol mengimbau nostalgia permainan tradisional yang pernah popular suatu ketika dahulu. Manakala bagi aktiviti “Mencari Duspawangi” yang diinspirasikan daripada filem lakonan Allahyarham P. Ramlee, kanak-kanak dikehendaki mengasingkan campuran kacang dalam tempoh masa tertentu. Kumpulan yang berjaya mengasingkan kacang terbanyak, berpakaian tradisional menarik serta mengekalkan adab duduk bersimpuh dengan baik dinobatkan sebagai pemenang. Aktiviti ini bukan sahaja menceriakan suasana, malah menyemai nilai budaya dan kerjasama dalam kalangan generasi muda.

Turut diadakan ialah tapak pameran dan reruai yang dikendalikan oleh para pelajar di bawah Program SULAM (Service Learning Malaysia - University for Society). Melalui penglibatan ini, para pelajar berpeluang mempraktikkan ilmu akademik dalam konteks komuniti sebenar, sekali gus memupuk semangat kesukarelawananan dan tanggungjawab sosial.

Secara keseluruhannya, program GEPA ini telah berjaya mencapai objektifnya dalam meningkatkan kesedaran, pengetahuan serta tahap kesiapsiagaan komuniti Kampung Kuala Mengkuang terhadap risiko banjir. Diharapkan inisiatif sebegini dapat diteruskan secara berkala agar komuniti lebih bersedia, berdaya tahan dan responsif dalam menghadapi sebarang kemungkinan bencana pada masa hadapan. Pendekatan kolaboratif antara institusi pengajian tinggi, agensi kerajaan dan komuniti setempat ini wajar dijadikan model bagi memperkukuh pengurusan risiko bencana di peringkat akar umbi.



Persediaan program untuk menerbangkan dron bagi merakam aktiviti simulasi

# Hari Inovasi & Kualiti 2025 UiTM CPP: Kilauan Jaya Warga APB Bergemerlapan

MUHAMMAD USAMAH MOHD RIDZUAN & NORAZIAH MOHD AMIN  
AKADEMI PENGAJIAN BAHASA, UITM CAWANGAN PULAU PINANG

Majlis Hari Inovasi dan Kualiti UiTM Cawangan Pulau Pinang (UiTM CPP) 2025 telah berlangsung dengan penuh meriah dan berprestij pada 5 Disember 2025 yang bertemakan "Glitz, Glam and Glory Award." Majlis Hari Inovasi dan Kualiti 2025 anjuran UiTM Cawangan Pulau Pinang (UiTM CPP) merupakan salah satu usaha

UiTM CPP bagi mengiktiraf sumbangan warganya dalam menggarap kecemerlangan di pelusuk aspek. Majlis ini menyaksikan Akademi Pengajian Bahasa (APB) terus unggul melalui pencapaian tersusun seperti berikut:



- **Anugerah Cendekiawan Epitome 2024 Kategori Geran Penyelidikan Antarabangsa Aktif Fakulti & Jabatan;**
- **Anugerah Cendekiawan Epitome 2024 Kategori Jaringan Komuniti Berimpak Tinggi Terbaik Fakulti & Jabatan dengan penarafan MyRA 3-STAR RATING;**
- **Anugerah Cendekiawan Epitome 2024 Kategori Jaringan Industri Terbaik Fakulti & Jabatan;**
- **Anugerah Pencapaian Strategik 2024 Kategori Bahagian; dan**
- **Anugerah Pencapaian Terbaik AKNC 2024 dengan usahasama Akademi Pengajian Islam Kontemporari.**

**Dalam kategori individu, ahli-ahli APB turut meraih pengiktirafan iaitu:**

- **Anugerah Cendekiawan Epitome 2024 Kategori Geran Penyelidikan Industri: Encik Noor Azli Affendy Lee;**
- **Anugerah Cendekiawan Epitome 2024 Kategori Geran Penyelidikan Antarabangsa: Dr. Norhaslinda Hassan;**



Dr. Norhaslinda Hassan menerima Anugerah Cendekiawan Epitome 2024 Kategori Geran Penyelidikan Antarabangsa

- **Anugerah Cendekiawan Epitome 2024 Kategori Penerbitan Jurnal Berimpak Tinggi (Q1 & Q2): Dr. Anwar Farhan Mohamad Marzaini, Dr. Che Nooryohana Zulkifli, Dr. Leow Min Hui dan Dr. Nur Husna Serip Mohamad;**
- **Anugerah Cendekiawan Epitome 2024 Kategori Penerbitan Jurnal Berindeks: Dr. Leow Min Hui;**
- **Anugerah Perkhidmatan Cemerlang: Cik Marni Jamil, Cik Seng Hui Zanne dan Encik Muhammad Aiman Abdul Halim;**

Dr. Anwar Farhan Mohamad Marzaini menerima Anugerah Cendekiawan Epitome 2024 Kategori Penerbitan Jurnal Berimpak Tinggi (Q1 & Q2)



Encik Muhammad Aiman Abdul Halim menerima Anugerah Perkhidmatan Cemerlang



Cik Marni Jamil menerima Anugerah Perkhidmatan Cemerlang



Cik Seng Hui Zanne menerima Anugerah Perkhidmatan Cemerlang

- Anugerah Persona Hospitaliti: Encik Muhammad Usamah Mohd Ridzuan; dan
- Anugerah Jasamu Dikenang: Puan Nazima Versay Kudus dan Puan Jothee Mathai A/P N.O. Mathai.

Selaras dengan tema “Glitz, Glam and Glory Award”, semua jemputan dan warga UiTM CPP digalakkan mematuhi etika pemakaian yang telah ditetapkan. Usaha ini bertujuan memastikan penampilan para hadirin kelihatan kemas, sopan dan sesuai dengan suasana majlis yang berprestij.

Di akhir majlis, Dr. Che Nooryohana dari APB telah dinobatkan sebagai pemenang pakaian terbaik bagi kategori wanita.

Dr. Che Nooryohana menerima anugerah pemenang pakaian terbaik kategori wanita



Majlis diperkayakan dengan persembahan nyanyian oleh pelajar UiTM CPP yang berbakat. Persembahan ini diiringi muzik orkestra yang menambahkan lagi kemeriahan sepanjang majlis berlangsung. Dari segi jamuan, pelbagai pilihan makanan disediakan bagi memenuhi selera para hadirin. Nasi minyak dihidangkan sebagai juadah utama, diiringi sajian sampingan seperti cucur udang, apam balik, laksa serta ais krim.

Secara keseluruhannya, Majlis Hari Inovasi dan Kualiti UiTM CPP 2025 telah berlangsung dengan jayanya. Majlis ini berjaya mencapai objektif untuk menghargai pencapaian cemerlang dan membanggakan dalam kalangan warga UiTM CPP. Secara khususnya pula, pencapaian warga APB telah menyerlahkan dedikasi dan komitmen mereka dalam memacu kecemerlangan akademik, penyelidikan, jaringan industri dan penyampaian perkhidmatan berkualiti.

# JLC Bonding Day

SENG HUI ZANNE<sup>1</sup>, MELINDA @ SITI ASMAH BINTI YUNOS<sup>2</sup>

<sup>1</sup>ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG.

<sup>2</sup>JABATAN PENGURUSAN DAN PERNIAGAAN, UITM CAWANGAN PULAU PINANG

To strengthen the bond among committee members, the Japanese Language Club of Universiti Teknologi MARA Cawangan Pulau Pinang (UiTM CPP) organised a programme titled JLC Bonding Day. The event was held at Padang Kota Lama (Esplanade), Georgetown, Penang on 18 January 2026, from 2.00 p.m. to 9.00 p.m. A total of 25 members participated in the programme, accompanied by the club advisor, Seng Hui Zanne. The main objective of the programme was to strengthen relationships, enhance teamwork, and build trust among committee members.

The participants departed from UiTM CPP at 1.00 p.m. and arrived at Padang Kota Lama at 1.45 p.m. The programme officially started at 2.00 p.m. with a briefing session conducted for all participants. Following the briefing, participants were divided into groups preparing for the first activity. The first activity, known as ExploRace, began at 2.30 p.m. This activity required each group to complete some missions within a given time frame. The missions were as follows:

1. Take a photo of a crow (Burung Gagak).
2. Visit a 7-Eleven outlet and make a minimum purchase of RM3 per group (receipt required).
3. Locate the colourful umbrellas at Armenian Street and take a group photo.
4. Purchase a pink ice cream and take a photo of one group member eating it.
5. Take a photo of a trishaw (beca).
6. Find a unique white building with British-style architecture and take a group photo.
7. Take a photo of a purple crab.
8. Create a TikTok video with strangers.
9. Each member must take photos of three murals.
10. Record a short video of one group member giving a brief message of appreciation to strangers.
11. Interact with a foreigner and record a video of playing rock-paper-scissors with the individual.

Additionally, each group was required to protect their assigned balloon throughout the activity. If a group met another team, they were allowed to burst the opposing team's balloon as part of the competitive element of the game. The **ExploRace** activity was designed to enhance teamwork, communication skills, and group coordination through interactive and competitive tasks conducted around **Georgetown**.

The second activity began at 4.00 p.m., during which participants worked in groups to draw and colour a picture. They were required to include elements from the first activity in their artwork. After they completed their artwork, each group presented their drawing and explained the concept behind it. The third activity started at 5.00 p.m., where participants played dodgeball until 6.00 p.m. After the game session, participants took a short break, had dinner, and performed their prayers. The programme ended at 9.00 p.m., and participants returned to UiTM Penang.



Students drawing and colouring their artwork

Overall, the programme achieved its main objective of strengthening relationships, enhancing teamwork, and building trust among committee members. Throughout the activities, participants showed good cooperation and active involvement in their respective groups. The programme provided opportunities for members to communicate, collaborate, and interact in a more relaxed environment outside the campus setting.

# The 9th Graduation Ceremony and Elderly Appreciation Event: A Community Collaboration

SENG HUI ZANNE, ONG SHEAU FEN, LEOW MIN HUI  
ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG.

The Malaysian Sheng Xian Charity Foundation (Persatuan Kebajikan Sheng Xian Malaysia) successfully organised the 9th Graduation Ceremony and Elderly Appreciation Event. The event was held at Rumah Sejahtera Permatang Tinggi, Bukit Mertajam, Penang, on 7 December 2025 from 9.30 a.m. to 2.30 p.m. The attendees included foundation committee members and general members, students and teachers from the after-school programme supported by the foundation, students' parents, elderly residents of Rumah Sejahtera Permatang Tinggi, as well as collaborators and sponsors of the foundation.



Students drawing and colouring their artwork

Our team, as the community event collaborators, consisting of Seng Hui Zanne, Ong Sheau Fen, Dr Leow Min Hui, and Associate Professor Ts. Dr Mah Boon Yih, was invited to attend. Seng Hui Zanne represented the team at the event. The main objective of the event was to recognise and encourage students' academic efforts in the after-school programme, as well as to honour and care for the elderly. It aimed to spread kindness and strengthen community bonds through the act of giving.



Students receiving awards

The event started with welcoming speeches delivered by the committee members, who expressed their appreciation to all supporters, collaborators, and volunteers for their continuous commitment and contribution. This was followed by the presentation of certificates of appreciation to sponsors, collaborators, and volunteers to recognise their support and dedication to the foundation's initiatives. A group photo session was then conducted to mark the occasion, bringing together organisers, guests, and participants. The programme

continued with a series of performances prepared by the students, which created a joyful and lively atmosphere at the ceremony. After the performances, prizes and certificates were given to students in recognition of their effort, improvement, and commitment in their studies. It highlighted the students' hard work and progress throughout the year. A lunch session was then arranged, giving attendees time to interact and spend time together in a relaxed setting.

To conclude the event, Christmas gifts were distributed to the students, bringing happiness and excitement to the children. A lucky draw session was organised for the parents, and special gifts were presented to the elderly as a sign of appreciation and respect. The ceremony ended on a meaningful and positive note.



*Wushu performance by students*

# iTeach 2026: Smarter Teaching and Learning with Apple

FASYIN DIYANA MOHAMAD FADZIL & NURUL FARZANAH MOHD ROSLI  
ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG.

On 4th February 2026, Akademi Pengajian Bahasa (APB), in collaboration with Jaringan Industri, Masyarakat dan Alumni (PJIMA), Universiti Teknologi MARA Cawangan Pulau Pinang (UiTM CPP), successfully organised iTeach 2026: Smarter Teaching and Learning with Apple at the Smart Classroom. The programme was held with the cooperation of CG Computers Sdn Bhd (Switch), an authorised Apple Education partner.

The session aimed to provide lecturers and UiTM staff with practical exposure to integrating the iPad and Apple TV into teaching and learning practices. Facilitated by Mr. Mohammad Hafeez Danial bin Md Amir, Apple Higher Education Expert from Switch, the programme was designed as an interactive and hands-on learning experience. Two segments were conducted: 'iPad for Academic: Notes, Annotation, and Lecture Recording' and 'Digital Lecture: Interactive Presentation with Keynote Application'.

The first segment, 'iPad for Academic: Notes, Annotation, and Lecture Recording', introduced participants to digital note-taking techniques, real-time annotation of teaching materials, and simple methods for recording lectures. Participants explored how these features could streamline lesson preparation and improve content delivery. In the



*The instructor*

second segment, 'Digital Lecture: Interactive Presentation with Keynote Application', participants engaged in guided demonstrations and practical activities using Keynote and Freeform. They experimented with interactive slide design, multimedia integration, and collaborative idea-mapping tools.



*The participants*

Questions and discussions took place during the activities, and selected participants managed to deliver their short, newly created presentations, adding a fun, collaborative, and interactive learning experience.

Overall, the programme concluded on a positive note and marked another step forward in strengthening technology integration within UiTM CPP's academic community.

# Club News & Reports

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# English Language Club lights up campus with Neon Splash Colour Night Fun Run

NOOR AZLI AFFENDY LEE  
ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG.

The English Language Club successfully organized the Neon Splash Colour Night Fun Run on 13 December 2026, held from 8.30 pm to 11.00 pm. The event brought together 300 students (including the organizing committee) for a lively night run that combined fitness, fun, and colourful neon-themed activities around campus.

Participants arrived in high spirits, dressed in the event's signature white shirt and neon accessories that stood out beautifully against the night setting. Each runner received a complete fun-run kit consisting of 1 white shirt, 2 glow sticks, 1 neon glasses, 1 water gun blaster, and a packet of coloured powder. As seen throughout the event, the glow sticks and neon glasses added to the festive atmosphere, while the water blasters and coloured powder created the "splash" moments that made the run unique and memorable.



*The winners*

The run was designed to be friendly and inclusive, with participants moving in groups, cheering one another on, and enjoying the playful “colour splash” interactions along the route. The night concluded with a vibrant gathering session where everyone celebrated the finish together, captured group photos, and enjoyed the final colour-splashed moments.

To wrap up the program on a high note, the club held a lucky draw with several hamper prizes for the lucky winners. Special recognition was also given to the Most Colourful Participant for both male and female categories, adding an extra layer of excitement and encouraging participants to fully embrace the theme.

Overall, the Neon Splash Colour Night Fun Run strengthened student bonding, promoted an active lifestyle, and showcased the English Language Club's ability to create a fun, well-coordinated campus event with strong student participation and energy.



*The participants*



# UiTM Penang Branch Vlog Competition 2025 celebrates student storytellers

NOOR AZLI AFFENDY LEE  
ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG.

The English Language Club (UiTM Penang Branch) has officially announced the winners of its Vlog Competition 2025, themed “5 days, 1 campus, endless story.” Open to UiTM Penang Branch (Permatang Pauh and Bertam campuses) students, the competition challenged participants to produce an original, English-language vlog (up to 10 minutes) featuring at least five days of campus life - from academics and hobbies to reflections and social moments.

## Winners (Main Prizes):

**1st Place:** Arisha's Realistic Life by Arisha Imani binti Shahidin (HM115)

**2nd Place:** Reality of Student's Life by Nurul Asmat binti Ali (AM265)

**3rd Place (Tie):** Campus Life Balance | Civil Engineering edition by Nur Syafiqah binti Muhammad Razman Chai (CEEC110), and Uni Diaries - A Day in My Life by Husna Mardhiah binti Haizal (HM116)

In addition to the main prizes (RM100, RM75, RM50), the club also highlighted special-category awards. Best Editing went to *Campus Life Balance | Civil Engineering* edition (Nur Syafiqah), Most Inspiring to *Reality of Student's Life* (Nurul Asmat), Funniest to *Arisha's Realistic Life* (Arisha Imani), and Best English Use to *Uni Diaries - A Day in My Life* (Husna Mardhiah). The club congratulated all winners and finalists for bringing entertaining and inspiring campus stories to the screen.



The participants busy at work



# Dekat di Hati Barisan Hadapan: Kunjungan Prihatin Kelab Penyayang ke Balai Bomba Perai

NOOR AZLI AFFENDY LEE  
AKADEMI PENGAJIAN BAHASA, UITM CAWANGAN PULAU PINANG.

Kelab Penyayang UiTM Cawangan Pulau Pinang telah menganjurkan program "Gotong-royong Sambil Belajar Bersama Bomba Perai" pada 8 November 2025 bertempat di Balai Bomba dan Penyelamat Perai, Kawasan Perusahaan Perai, Pulau Pinang. Program ini diadakan sebagai inisiatif kesukarelawanan untuk menyantuni agensi barisan hadapan, sambil memberi peluang kepada pelajar mengenali peranan Bomba dengan lebih dekat dan memahami kepentingan keselamatan kebakaran.



Sesi bermula dengan taklimat ringkas oleh pegawai bomba Balai Perai, diikuti dengan perkongsian asas keselamatan kebakaran di dewan seminar sepanjang pagi. Setelah itu, program berehat untuk menikmati makan tengahari yang telah disediakan oleh Kelab Penyayang.

**Aktiviti praktikal diteruskan sebelum waktu Zohor, di mana para peserta dibawa ke kawasan lapang untuk sesi demonstrasi pemadaman api. Selepas menunaikan solat Zohor, mereka menjalani latihan navigasi bangunan kebakaran secara berkumpulan di bilik demonstrasi. Kesemua aktiviti ini dirancang bagi memberi pendedahan menyeluruh kepada peserta tentang tugas dan kemahiran anggota bomba.**



**Pada jam 4 petang, para peserta menamatkan program dengan menjalankan gotong-royong pembersihan dan penyusunan di beberapa kawasan balai, meliputi ruang luar, tempat letak kenderaan, ruang dalaman, serta ruang solat dan rehat**

Secara keseluruhan, program ini berjaya membantu menceriakan dan memperkemas persekitaran balai agar lebih selesa, di samping memupuk semangat sukarelawan dan kerjasama dalam kalangan pelajar. Seramai 15 orang anggota Bomba Perai turut menerima manfaat secara langsung daripada aktiviti ini. Diharapkan usaha kecil ini dapat menyumbang kepada suasana kerja yang lebih kemas dan kondusif bagi wira-wira negara kita.

Kelab Penyayang merakamkan setinggi-tinggi penghargaan kepada pihak Balai Bomba dan Penyelamat Perai atas kesudian menerima kunjungan serta memberi kerjasama sepanjang program berlangsung. Hubungan baik ini diharapkan dapat diteruskan melalui lebih banyak aktiviti bermanfaat pada masa akan datang.



# Jerayawara USR: Penyayang–USAS Menyantuni Anak Yatim & Asnaf Yayasan Amanah An-Nur Maisarah

NOOR AZLI AFFENDY LEE

AKADEMI PENGAJIAN BAHASA, UITM CAWANGAN PULAU PINANG.

Kelab Penyayang UiTM Cawangan Pulau Pinang telah menjalankan khidmat masyarakat melalui program Jerayawara USR Penyayang ke USAS Perak pada 23 November 2025 di Yayasan Amanah An-Nur Maisarah, Chemor, Perak. Program ini dilaksanakan bersama rakan kolaborasi Kelab Penyayang Universiti Sultan Azlan Shah (USAS) dengan fokus utama menyantuni anak-anak yatim dan asnaf melalui aktiviti bimbingan santai serta hibur-didik.

Seawal jam 9 pagi hari Ahad, rombongan tiba dan memulakan program dengan taklimat ringkas bersama pihak yayasan. Aktiviti diteruskan dengan sesi suai-kenal dan permainan komunikasi untuk membina keyakinan diri. Antara pengisian yang menarik termasuk modul dalam kumpulan seperti mewarna kreatif, permainan bahasa, aktiviti belon untuk ekspresi emosi, serta permainan berpasukan di kawasan lapang yang menekankan kerjasama dan kepimpinan. Program diakhiri dengan penyampaian hadiah cenderamata kepada wakil yayasan dan Kelab Penyayang USAS, sesi bergambar dan penutup.

Suasana sepanjang program berlangsung sangat meriah dan penuh dengan gelak tawa, membuktikan kejayaan pendekatan santai yang digunakan. Para fasilitator pelajar menunjukkan kesungguhan dalam membimbing dan mendampingi kanak-kanak yayasan, memastikan setiap aktiviti berjalan lancar dan mencapai objektif yang ditetapkan, terutamanya dalam aspek pembinaan keyakinan dan kemahiran sosial.

Secara keseluruhan, program ini bukan sahaja menceriakan masa lapang kanak-kanak yayasan, malah memberi ruang interaksi positif bersama mahasiswa sebagai role model yang dekat dan mudah didekati. Untuk ahli Kelab Penyayang dan fasilitator pelajar, pengalaman mengendalikan aktiviti komuniti seperti ini menguatkan kemahiran insaniah seperti komunikasi, kerja berpasukan, empati dan etika. Kelab Penyayang merakamkan penghargaan kepada pihak Yayasan Amanah An-Nur Maisarah dan Kelab Penyayang USAS atas kerjasama baik dan berharap jalinan ini dapat diteruskan dengan lebih banyak program bermanfaat pada masa akan datang.



# SHINE 2025: Mural Hidupan Marin Ceriakan Sekolah Sinar Harapan

NOOR AZLI AFFENDY LEE & WAN NOORLI RAZALI  
AKADEMI PENGAJIAN BAHASA, UITM CAWANGAN PULAU PINANG.

**Kelab Penyayang UiTM Cawangan Pulau Pinang telah menjalankan satu aktiviti kolaborasi bersama Sekolah Sinar Harapan, Bukit Mertajam bagi menceriakan serta menaik taraf beberapa ruang utama sekolah melalui aktiviti mengecat dan penghasilan mural.**

**Program ini berlangsung pada 25 Oktober 2025 dan 1 November 2025 di Sekolah Sinar Harapan, Bandar Perda, Bukit Mertajam, Pulau Pinang. Fokus utama aktiviti ialah mengecat semula kawasan terpilih seperti laluan, ruang aktiviti dan beberapa bahagian yang memerlukan sentuhan baharu, selain menghasilkan mural bertema hidupan marin dan alam sekitar pada dinding kawasan kolam renang sekolah.**

**Sepanjang pelaksanaan, ahli dan sukarelawan terlibat dalam beberapa fasa kerja - bermula dengan taklimat ringkas dan semakan kawasan sasaran, pembersihan permukaan, kerja asas (tampalan dan lapisan cat awal), melakar reka bentuk mural, sehinggalah proses mewarna, melakukan kemasan akhir dan pembersihan kawasan.**

Secara keseluruhan, program ini bertujuan mewujudkan suasana sekolah yang lebih ceria, selesa dan kondusif untuk murid berkeperluan khas, di samping menyediakan elemen visual yang boleh dimanfaatkan dalam aktiviti pembelajaran dan terapi. Pada masa yang sama, penglibatan ahli Kelab Penyayang dalam program komuniti seperti ini membantu membina nilai empati, kerja berpasukan serta kemahiran komunikasi melalui pengalaman sebenar di lapangan.

Diharapkan usaha kecil ini dapat memberi kesan yang bermakna kepada warga sekolah, serta mengukuhkan lagi hubungan baik antara UiTM dan komuniti setempat melalui aktiviti sukarelawan yang berterusan.



# Roaming Rangers @ Zoo Taiping: Misi Bersih Demi Kelestarian

NOOR AZLI AFFENDY LEE<sup>1</sup> & MOHD IKMAL FAZLAN ROZLI @ROSLI<sup>2</sup>

<sup>1</sup>AKADEMI PENGAJIAN BAHASA, UITM CAWANGAN PULAU PINANG.

<sup>2</sup>FAKULTI KEJURUTERAAN AWAM, UITM CAWANGAN PULAU PINANG

Kelab Penyayang UiTM Cawangan Pulau Pinang telah mengadakan program CSR, Roaming Rangers di Zoo Taiping pada 22 November 2025 bertempat di Zoo Taiping & Night Safari, Taiping, Perak. Program ini merupakan sebahagian daripada inisiatif khidmat masyarakat yang memberi fokus kepada kelestarian alam sekitar, di samping membuka peluang kepada pelajar merasai pengalaman sukarelawan di lokasi yang berkait rapat dengan konservasi dan pendidikan alam sekitar.

Aktiviti bermula seawal pagi dengan pergerakan dari kampus ke Zoo Taiping, diikuti taklimat ringkas berkaitan gerak kerja dan keselamatan oleh wakil pihak zoo. Para peserta kemudian menjalankan gotong-royong pembersihan mengikut zon yang ditetapkan, termasuk laluan pejalan kaki, kawasan sekitar pagar, sudut landskap, serta kawasan berhampiran papan maklumat. Selepas rehat tengah hari, program diteruskan dengan sesi santai para peserta untuk membolehkan mereka menjelajahi dan menikmati suasana zoo bersama rakan sebaya. Program diakhiri dengan sesi bergambar dan persiapan pulang.

Secara keseluruhan, program ini membantu pihak zoo mengekalkan persekitaran yang lebih bersih dan terurus, sekali gus menyokong suasana lawatan yang lebih selesa untuk pengunjung. Pada masa yang sama, penglibatan ahli Kelab Penyayang turut memperkukuh kemahiran insaniah seperti kerja berpasukan, komunikasi, kepimpinan dan disiplin melalui tugas di lapangan serta interaksi bersama pihak pengurusan zoo.

Kelab Penyayang merakamkan setinggi-tinggi penghargaan kepada pihak Zoo Taiping & Night Safari atas kerjasama dan layanan sepanjang program berlangsung. Diharapkan aktiviti seperti ini dapat diteruskan sebagai platform pembelajaran berasaskan pengalaman, sambil mengukuhkan hubungan baik UiTM dengan komuniti luar dan memupuk kesedaran kelestarian dalam kalangan pelajar.



# Battle Arena University Series 2/2025: VEGA Gegarkan PTAR

NOOR AZLI AFFENDY LEE<sup>1</sup>, NURUL FARZANAH MOHD ROSLI<sup>2</sup> & MOHD IKMAL FAZLAN ROZLI@ROSLI<sup>3</sup>

<sup>1,2</sup>AKADEMI PENGAJIAN BAHASA, UITM CAWANGAN PULAU PINANG

<sup>3</sup>FAKULTI KEJURUTERAAN AWAM, UITM CAWANGAN PULAU PINANG

**Kelab Varsity E-sports & Gamers Alliance (VEGA) telah menganjurkan Battle Arena University Series 2/2025 yang berlangsung pada 29 November hingga 4 Disember 2025 bertempat di Perpustakaan Tun Abdul Razak (PTAR). Program ini menerima sambutan yang sangat menggalakkan dengan 224 orang peserta, sekali gus membuktikan minat pelajar UiTM terhadap arena e-sukan semakin berkembang.**

**Sepanjang program, pertandingan dijalankan secara gabungan dalam talian dan fizikal serta melibatkan beberapa permainan e-sukan popular seperti MLBB, PUBG Mobile (PUBGM), dan eFootball. Format ini memberi ruang kepada lebih ramai pelajar untuk bertanding, sambil memastikan pengalaman pertandingan kekal kompetitif dan tersusun.**

Selain itu, kelab dan rakan strategik juga membuka stesen PlayStation 5 yang menampilkan permainan e-sukan popular seperti Tekken 8 dan FC25 untuk para pengunjung bermain.

Di samping itu, pihak penaja Switch (CG Computer Sdn Bhd) telah mengadakan satu program perkongsian bersama warga UiTM CPP. Pihak Switch telah membawa sebanyak 20 buah peranti iPad untuk dipinjamkan kepada para peserta. Peserta telah didedahkan kepada aplikasi melakar gambar berdasarkan objek sebenar yang boleh dimuat turun secara percuma melalui Apple Store. Perkongsian ini telah dilakukan oleh Penceramah Switch, Encik Hafeez yang juga merupakan alumni UiTM CPP.



**Kelab VEGA merakamkan penghargaan kepada para penaja dan rakan strategik yang banyak menyokong kelancaran program, iaitu Urban Republic, Switch, Negeri Sembilan eSports Association (NSEA), dan Aftech Construction. Ucapan terima kasih juga kepada PTAR atas kerjasama menyediakan ruang bagi hari kemuncak program, sekaligus menjadikan suasana pertandingan lebih meriah dan mesra penonton.**



**Dari sudut impak, penganjuran ini bukan sahaja menyediakan platform kepada pelajar untuk menyerlahkan bakat e-sukan, malah membantu mengasah kemahiran pengurusan ahli kelab, strategi permainan, dan kerja berpasukan. Untuk penambahbaikan penganjuran akan datang, VEGA turut mencadangkan elemen seperti penstriman-langsung (live-streaming) yang lebih profesional, reruai interaktif, serta promosi media sosial yang lebih konsisten supaya program dapat menarik lebih ramai penonton dan komuniti e-sukan.**

# Sidang Kemuncak Kelab Penyayang 2025

NUR FATIN SHAHMINA MOHD FAUZEY DAN NOOR AZLI AFFENDY LEE  
AKADEMI PENGAJIAN BAHASA, UITM CAWANGAN PULAU PINANG

**Sidang Kemuncak Kelab Penyayang 2025 telah berlangsung di Novotel Taiping, Perak selama tiga hari, iaitu dari 14 November 2025 sehingga 16 November 2025.**

**Program ini disertai oleh para pelajar dari 25 buah universiti awam dan swasta (IPTA dan IPTS) di seluruh Malaysia, termasuk Semenanjung Malaysia, Sabah dan Sarawak. Sidang kemuncak ini merupakan acara yang dinantikan oleh ahli Kelab Penyayang kerana menjadi platform serta medan perbincangan untuk berkongsi pandangan serta menjalin kolaborasi antara universiti.**



Hari pertama dimulakan dengan sesi perkenalan para pelajar melalui aktiviti ice-breaker yang dikendalikan oleh Nine Intellect Academy pada sesi malam. Hari kedua diteruskan dengan sesi perkongsian oleh panel dari universiti dan industri merangkumi topik seperti “Kemahiran Pengurusan Konflik”, “Strategi Komunikasi dan Rundingan” serta “Kemahiran Menghadapi Kecemasan”. Aktiviti seterusnya ialah sesi Outdoor Team Building. Kedua-dua hari ini menekankan penerapan nilai kerjasama berpasukan dan kemahiran interpersonal yang diperlukan oleh setiap individu bagi melaksanakan tanggungjawab sebagai ketua atau ahli dalam sesebuah organisasi.

Hari terakhir dimulakan dengan perkongsian bertajuk “Teknologi sebagai Pemangkin Perkhidmatan Sukarela” yang berfokus kepada penggunaan teknologi dalam aktiviti kesukarelawanan agar selari dengan perkembangan masa kini. Sidang kemuncak ini diakhiri dengan “Program Perasmian Sidang Kemuncak Kelab Penyayang” oleh YBhg. Duan Nor Abdullah selaku Pengerusi Yayasan Budi Penyayang Malaysia serta “Majlis Penyampaian Hadiah Diala Kesukarelawan Menteri Pendidikan Tinggi Malaysia 2025” yang menyaksikan Universiti Malaysia Pahang Al-Sultanah Abdullah (UMPSA) muncul sebagai johan melalui projek bertajuk Projek Bore Pump di Kampung Orang Asli Sungai Tekal, Jerantut, Pahang. Secara keseluruhannya, program ini berjaya memperkukuh jaringan kerjasama antara universiti serta memupuk semangat kesukarelawanan dalam kalangan generasi muda.

# Self-Love First

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# Journey of Love

NUR ILIANIS ADNAN

AKADEMI PENGAJIAN BAHASA, UNIVERSITI TEKNOLOGI MARA CAWANGAN PULAU PINANG

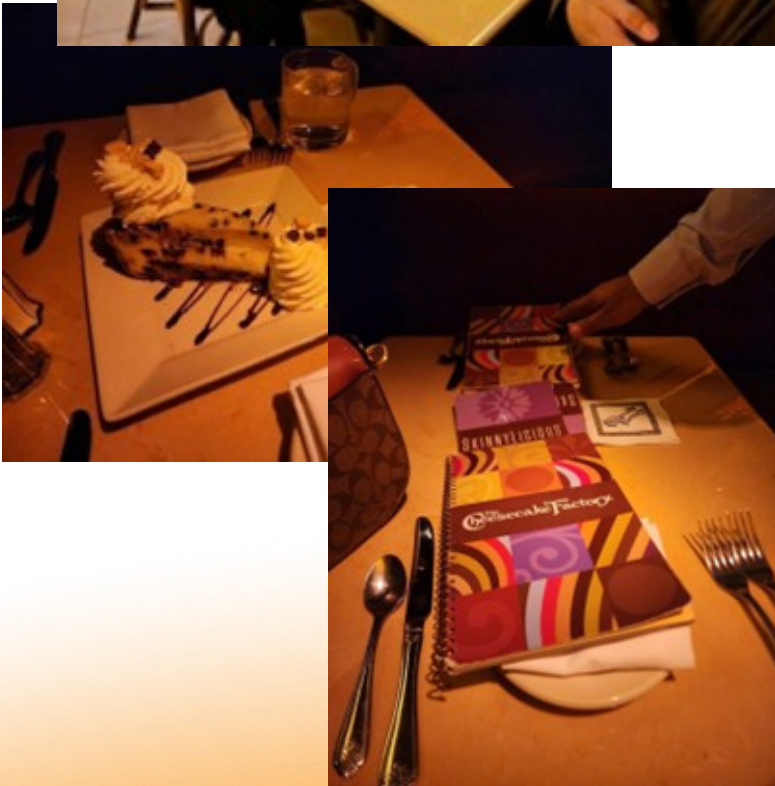
Sharing our journey of love, luxury, and timeless memories as we create our own fairy tale in the heart of Dubai. From the tallest skyscrapers to the deepest deserts, it's all better with my better half by my side because we've got the sand, sun, snow, and all the love in the world.

The Desert safari package was absolutely worth every penny. It cost only USD 79 for the two of us, including activities and dinner. The service was tip-top! They picked us up at the hotel and brought us to the desert- a one-hour journey. The activities included dune bashing, sandboarding and camel riding. We also added an ATV ride for 125 dirhams around the open desert.





For dinner, we upgraded to the VIP package by adding USD 17 per person, which allowed the staff to serve us instead of waiting in line for the buffet. We had free-flow drinks, and the dishes served were mind-blowing! The portions were huge and absolutely scrumptious! While having dinner under the stars, we were entertained by three shows on stage. There were Tanoura dance, fire shows and belly dancing (of course Mr A was not allowed to watch). There was a four-course meal, if I'm not mistaken. Before heading back, we were given the opportunity to experience stargazing under the beautiful desert sky of Dubai. What a blessing!



Of course, when in Dubai, we didn't want to miss the chance to visit Dubai Mall. Dubai Mall is famous for being one of the largest and most visited shopping and entertainment destinations in the world and not just for shopping but also for one of the world's largest suspended aquarium tanks. We did some shopping and I got my all-time favourite Dinner Kebab. After hours of walking in the mall, we decided to get some fresh air and went for coffee and ice cream while enjoying the Dubai Fountain show. Then, on our way back to the hotel, we got to watch the Burj Khalifa light show. Stunning is the word I can use to describe it. Never in my life would I have imagined seeing the beauty of Burj Khalifa right in front of my eyes.



Visiting Old Dubai was also on my checklist. It was incredible to see the difference between two parts of the city. We had a boat ride crossing back to our hotel from the Old Dubai. We then headed to our dinner cruise, exploring Dubai's elegance wrapped in love and light.

In the following days, we went for sightseeing and explored the museum and the Dubai Frame. As someone who loves winter, I also grabbed the opportunity to go to Ski Dubai at Emirates mall. We had so much fun doing all the activities in the snow. Someone with a sweet tooth like me would never miss the chance to have desserts at Cheesecake Factory. The place boasts more than 200 selections and approximately 50 legendary cheesecakes. It was such a pleasant way to spend our afternoon tea time there.

I am beyond grateful to be able to explore Dubai "the city of gold" with the love of my life.

# Digital Detox for Mental Well-Being

WAN NOORLI RAZALI

ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG

In today's digital world, many people spend a large amount of time using smartphones, computers, and social media. While technology is helpful for communication and work, too much screen time can affect mental health. Because of this, many people are now practising a “digital detox.” A digital detox means taking a break from digital devices such as smartphones, social media, or computers for a certain period of time in order to relax and reduce stress.

From a simple perspective, digital detox allows people to step away from constant notifications, messages, and online information. This break can help individuals focus more on real-life activities such as spending time with family, exercising, reading, or enjoying nature. These activities may help people feel calmer and more balanced.



*AI generated image on Digital Detox*

Research also supports the benefits of digital detox. Studies have found that reducing or stopping social media use for a short period can improve mental well-being, reduce stress, and increase life satisfaction (Setia et al., 2025). In addition, a study involving young adults showed that a one-week social media detox reduced symptoms of anxiety, depression, and insomnia among participants (Calvert et al., 2025). Other research also suggests that a break from digital devices can improve sleep quality, reduce negative emotions, and enhance overall well-being (Coyne et al., 2023).

A digital detox does not mean completely avoiding technology. Instead, it encourages people to use technology in a healthier and more balanced way. Simple actions such as turning off notifications, limiting social media time, or setting “no-phone” hours before sleep can make a positive difference. By taking regular breaks from digital devices, people can protect their mental health and build healthier daily habits.

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# Travel & Leisure

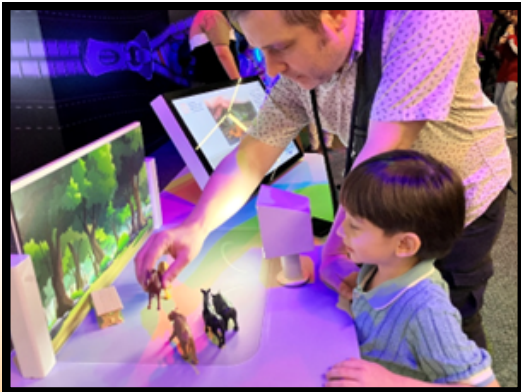
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# Kids' Educational places to visit in Kuala Lumpur

NORAZIAH MOHD AMIN  
ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG

## *Petrosains*

Petrosains, The Discovery Centre is an interactive science and technology museum located on Level 4 of Suria KLCC in the Petronas Twin Towers, Kuala Lumpur, Malaysia. It's designed to make science engaging and exciting for children and families by blending hands-on exhibits, interactive activities, and immersive learning experiences that bring scientific concepts to life.



For kids, Petrosains is both fun and educational. They can explore interactive zones that cover topics like energy, space, molecules, and technology, with exhibits that encourage playful experimentation and discovery. Young visitors might climb aboard a dark ride through science worlds, test their skills on F1 racing simulators, interact with robots in the Tech Lab, or learn about dinosaurs and the natural world. Other highlights include interactive play stations, space-themed exhibits, and hands-on science experiments that develop curiosity and understanding of STEM (science, technology, engineering, and mathematics) principles.

Throughout the centre, children can touch, play, and interact with displays that explain scientific ideas in accessible ways, from the forces behind motion and speed to the science of energy and the Earth's processes. Many exhibits invite kids to press buttons, adjust levers, conduct simple experiments, and explore themed challenges that make learning through play enjoyable and memorable. Overall, Petrosains offers a stimulating environment where children can laugh, learn, and discover how science and technology shape the world around them.



## ***Pusat Sains Negara (PSN)***

**Pusat Sains Negara (PSN) is Malaysia's official National Science Centre, operated under the Ministry of Science, Technology and Innovation (MOSTI). The main centre is located at Persiaran Bukit Kiara, Kuala Lumpur. There is also a regional branch called Pusat Sains Negara Cawangan Wilayah Utara in Kedah.**

**Established under the Ministry of Science, Technology and Innovation (MOSTI), PSN aims to promote public understanding of science, technology, and innovation through interactive and educational experiences designed for learners of all ages, particularly children.**



**For children, PSN offers a wide range of hands-on and exploratory learning opportunities. Young visitors can engage with interactive**

**galleries that introduce core scientific concepts in physics, biology, chemistry, environmental science, and technology. Through simple experiments, demonstrations, and playful challenges, children learn how scientific principles apply to everyday life, such as how forces work, how the human body functions, and how technology shapes modern society.**

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**PSN also features themed exhibition spaces, activity zones, and live science demonstrations that encourage inquiry and critical thinking. Children are invited to observe, touch, and experiment, making learning active rather than passive. These activities help develop problem-solving skills, creativity, and curiosity while fostering an early interest in STEM (science, technology, engineering, and mathematics).**

**Overall, Pusat Sains Negara provides an engaging environment where children can learn by doing, explore scientific ideas in an enjoyable way, and gain a deeper appreciation of science as part of their daily lives.**

## *Planetarium Negara*

**Planetarium Negara (the National Planetarium of Malaysia) is a science education centre focused on astronomy and space science, located at 53 Jalan Perdana, Tasik Perdana, Kuala Lumpur. It's easily recognisable by its distinctive blue dome and serves as a key public facility for learning about the universe and celestial phenomena**

**Planetarium Negara is Malaysia's national centre for astronomy and space science education. It is located at Jalan Perdana, Tasik Perdana (Lake Gardens), Kuala Lumpur, and is well known for its iconic blue dome. The planetarium is designed to introduce the public, especially children to the wonders of space, the universe, and scientific exploration in an engaging and accessible way.**



For children, Planetarium Negara offers many exciting learning experiences. One of the main highlights is the Space Theatre, where kids can watch immersive dome shows about planets, stars, galaxies, astronauts, and space missions. These shows help children visualise complex space concepts in a fun and easy-to-understand manner.

Inside the exhibition galleries, children can explore displays on astronomy, space technology, satellites, and the solar system. They can learn how rockets work, how astronauts live in space, and how Malaysia has contributed to space science. Interactive exhibits and models encourage children to observe, ask questions, and connect what they see with real scientific ideas.

Outside the building, children can explore astronomy-themed outdoor exhibits, including replicas of ancient observatories and large-scale models related to space observation. Overall, Planetarium Negara provides a stimulating environment where children can develop curiosity, scientific thinking, and a sense of wonder about the universe.

# Bali Trip (August 16-20, 2025)

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On August 16th 2025, my wife, two daughters, and I flew from Penang to Bali, transiting at Kuala Lumpur. The plane landed as scheduled that evening in Bali. Bali's roads are generally well-maintained but narrow, typically consisting of a single lane in each direction. The architectural landscape is a blend of modern and traditional styles, with most buildings being single-storey. Traditional Balinese homes often feature intricate carvings and exude a rich artistic charm.

Balinese Hinduism has distinct differences from Malaysian Hinduism. Notably, Balinese Hindus are permitted to consume beef (sapi). Statues of Lord Ganesha were commonly seen throughout the island, whereas Lord Murugan—widely revered in Malaysia—was noticeably absent. Interestingly, many locals were unfamiliar with him.



**Our first activity in Bali was paragliding. While my wife and I found it a bit too thrilling and decided to sit it out, we enjoyed watching our two daughters soar gracefully through the sky. Later, we visited the scenic cliff highway for some breathtaking photos. In the evening, we headed to the White Monkey Temple to witness the traditional Balinese fire dance—a captivating performance done without musical instruments. The dancers, arranged in a circle, swayed rhythmically while producing vocal sounds, reminiscent of Malaysia’s Dikir Barat performances from the east coast.**



**The next morning, we set off to chase dolphins in Lovina. We boarded a boat at 8:00 AM and arrived at a dolphin-rich area, where around 50–60 boats were scattered across the water. Whenever joyful cries signaled a dolphin sighting, boats would quickly converge. It was my first time snorkeling from a motorized boat, and while others were water-skiing, I tried both water-skiing and snorkeling. For lunch, we**

enjoyed ‘babi guling’, a Balinese dish similar to our traditional roast pork—featuring crispy pork skin, tender meat, and pork floss served with rice. Afterwards, we toured a coffee plantation and sampled ‘kopi luwak’. Despite its reputation, the taste was rather unremarkable—slightly sour. At 4:30 PM, we rushed to Ubud for an exhilarating ATV ride through mountains, caves, and streams.



On the third day, we departed the hotel at 5:00 AM to catch a 7:30 AM speedboat to Nusa Penida. Upon arrival, our rental car driver took us to a cliffside bungee jumping site. My wife and I climbed to the edge but were overwhelmed by the height—our legs felt weak just looking down. Our eldest daughter, however, bravely took the plunge at 10:30 AM, declaring, “You only live once!” In the afternoon, we visited the iconic Lonely Planet check-in spot at Kelingking Beach. That evening, we relaxed at the Cheonjin Bathhouse, surrounded by dramatic volcanic rock formations reminiscent of Jeju Island in South Korea.



On our fourth day, we watched the sunrise from our beachfront resort on the eastern coast of Nusa Penida. We split up for different activities: my second daughter and I went snorkeling and chased manta rays at Manta Bay, while my wife and eldest daughter took

stunning photos at Diamond Beach. They swung on a cliffside swing in flowing tulle dresses they had rented, creating picturesque memories.

On our final day, we flew to Surabaya in the afternoon. In the morning, my wife and daughters attended a sound therapy session, while I visited the iconic Tanah Lot Temple. Located on a small island accessible only at low tide, the temple is open to visitors exclusively on Wednesdays. Before leaving, I sampled fresh sea coconut and sea coconut flower wine. The flesh was chewy but bland, while the wine was sweet, fragrant, and pleasantly alcoholic.

# Interesting Places in Penang for Dark Tourism

NORAZIAH MOHD AMIN

ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG

Foley and Lennon (1996) introduced the phrase “dark tourism.” Visits to areas of death, tragedy, or atrocity are referred to as dark tourism (Foley & Lennon, 1996). In Malaysia, dark tourism is a growing industry with enormous potential to help interpret cultural heritage, build national identity, and enhance regional tourism (Mahdzar et al., 2025). According to Jamin et al. (2020), dark tourism is one example of a tourist product that can appeal to both local and international travellers seeking new and exciting experiences.

## *Penang War Museum*

The Penang War Museum is widely recognized as the largest war museum in Southeast Asia which is situated strategically on Batu Maung Hill. The Penang War Museum possesses key characteristics that position it as a significant site for dark tourism. The museum’s physical setting, historical background, and interpretive exhibits make it a

compelling destination within this tourism niche. Originally built as a British military fortress in the 1930s, the museum preserves authentic wartime infrastructure, including cannon-firing bays, anti-aircraft pits, underground tunnels, lockups, and command centres. Exhibits such as the guillotine stand, bullet-marked walls, and testimonial records of survivors convey narratives of oppression and human tragedy. Rather than presenting war as abstract history, the museum confronts visitors with tangible reminders of violence and loss, encouraging reflection on the human cost of conflict. This emotional engagement is a defining feature of dark tourism experiences.

### *Crag Hotel*

The Crag Hotel on Penang Hill holds strong potential as a dark tourism site due to its layered history, abandonment, and associations with past conflict and mystery. Once a prestigious colonial health resort that served European elites and government officers, the hotel later



Penang War Museum

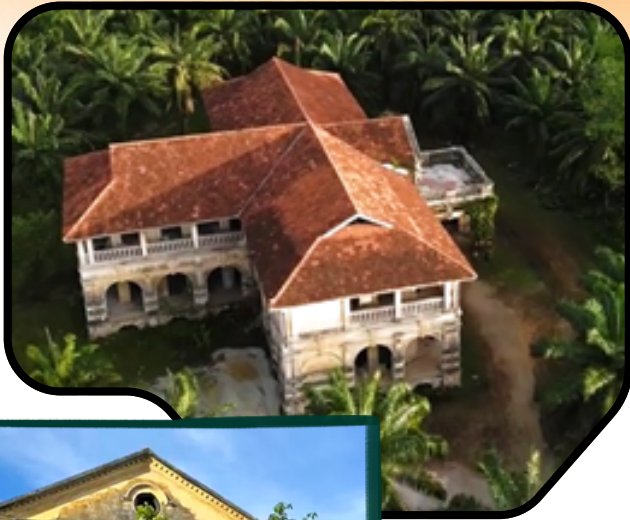
experienced significant historical transitions that mirror broader socio-political changes in Malaya (Jia-Ju, 2022). Its occupation by the Japanese army during World War II links the site to a painful period of wartime control and disruption, giving it historical gravity beyond its original hospitality function (Jia-Ju, 2022). Its eventual abandonment in 1977 left the structure to decay, transforming it into a haunting ruin. Today, the crumbling remains, mist-covered setting, and isolated hilltop location create an atmosphere of eerie stillness that attracts curiosity seekers and heritage enthusiasts. Rumours of ghost sightings and unexplained incidents, though unverified, add to the site's mysteriousness and emotional intrigue. Its use as a filming location for period and colonial-themed productions further reinforces its haunting visual identity. As a result, the Crag Hotel offers dark tourism visitors a reflective encounter with forgotten colonial heritage, wartime disruption, and decay.



*Crag Hotel*

## ***99-Door Mansion***

The 99-Door Mansion, originally known as Caledonia House, embodies many characteristics of a dark tourism site through its association with tragedy, mystery, and historical decay (“Caledonia House: An Abandoned Mansion...”, 2025). Built in the 1840s by the wealthy Ramsden family, the mansion once symbolised colonial affluence and economic power (“Caledonia House: An Abandoned Mansion...”, 2025). However, its history took a darker turn in 1948 when John St Maur Ramsden was murdered on its staircase under unresolved circumstances (“Caledonia House: An Abandoned Mansion...”, 2025). The unsolved nature of the crime has generated decades of speculation, transforming the mansion into a site of intrigue and unease. The building’s later



*99-Door Mansion*



occupation by Japanese forces during World War II further ties it to a period of wartime domination and social disruption (“Caledonia House: An Abandoned Mansion...”, 2025). Following its abandonment in the 1960s, the mansion gradually deteriorated, leaving behind crumbling walls, overgrown vegetation, and a silent structure that evokes loss and neglect. Its unusual architectural design, featuring multiple doors per room, adds to its maze-like and unsettling atmosphere. Local legends of hauntings and supernatural sightings, though unverified, have amplified the mansion’s eerie reputation. Together, its violent past, wartime associations, abandonment, and haunting narratives position the 99-Door Mansion as a compelling dark tourism destination where visitors encounter both historical memory and emotional curiosity.

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# Encounters with Pandas and Cultural Echoes in Chengdu

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On the morning of September 23, 2025, we visited the Dujiangyan Panda Base, eager to see China's beloved national treasure. As the first group to enter the park that day, we enjoyed a smooth and quiet experience. An electric car brought us into the reserve, where we were quickly greeted by the sight of pandas.

Despite the drizzle, the pandas were lively – some munching on breakfast, others lounging in trees, and many simply strolling about. We also spotted the red panda, a charming creature with its own unique appeal. It's amusing to reflect on the name “熊猫” (xióngmāo), which literally translates to “bear cat.” Though pandas belong to the bear family, the name suggests a feline connection – an interesting linguistic quirk.



*Watching panda at  
Dujiangyan Panda Base*

On September 26, we dined at the Shark Restaurant, which features a massive aquarium housing a large shark and several smaller ones—a surreal backdrop for lunch. Afterwards, we explored the Chengdu Three Gorges Museum. Among its many treasures, the Yunnan bronze drums stood out to me. Their design closely resembles the one and a half bronze drums displayed in our Malaysian museum, as well as four similar drums excavated in Indonesia.

These shared cultural artifacts raise compelling questions. Can we truly say that Malaysians, Indonesians, and Yunnanese are unrelated? The echoes of history and heritage suggest otherwise.

*Red pandas having their breakfast*



*Live shark at Shark Restaurant*



*Bronze drum display*

# Preparation for Traveling to Chengdu, China

ONG SHEAU FEN, SENG HUI ZANNE  
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To prepare for our trip to Chengdu, China, we first secured our flights. As we were traveling during the peak Hari Raya Aidilfitri season, we booked our tickets six months in advance. We used websites like Skyscanner, Cheapflights, and Google Flights to compare options based on travel period, flight duration, number of transits, and arrival times. After reviewing several choices, we selected a Thai Airways flight from Penang to Chengdu. This flight departs in the morning, has a short travel time with only one transit, and arrives in Chengdu in the afternoon. This timing is just perfect to simplify the journey from the airport to our accommodation and allows for a smoother check-in process.

Next, we planned our itinerary. We researched reputable local travel agents in China online. They generally offered three types of packages: very cheap ones with mandatory shopping stops; moderately priced ones with no shopping; and fully customized, more expensive tours.

Wanting a customized experience at a moderate cost, we chose a hybrid “free-and-easy” travel plan. We arranged our own flights and accommodation while booking several guided tours. These included two one-day tours—one to the Sanxingdui Museum and the Dujiangyan ancient irrigation system, and another to Mount Emei and the Leshan Giant Buddha—as well as three-day tours to the Chengdu Panda Base, Huanglong, and Jiuzhaigou through Trip.com.



*Pandas in Panda Research Base at Chengdu China*

This plan covered most of the recommended attractions in Chengdu and provided flexibility to add more guided tours if we wished to explore additional destinations after completing the initial three tours. We found that Trip.com offered high-quality tours and efficient refund processing for cancellations. We had previously used Klook, but their customer service was slower and less effective when issues arose. Overall, Trip.com’s strong expertise in China travel made the booking process smooth and reliable.

Finally, we set up the essential tools for navigating China: we activated the Alipay e-wallet for seamless cashless payments and downloaded the Amap app for real-time train, taxi, and subway schedules.

#### Other Considerations:

- **Visa:** As Malaysian citizens, we can enter China visa-free for tourism for up to 30 days.
- **Connectivity:** To save on mobile data costs, we purchased a China-mainland-compatible eSIM from [Trip.com](https://www.trip.com) before departure. Be careful, some China eSIM only cover Hong Kong and Macau.
- **Attire:** Traveling to Chengdu in March is a good choice. It has fewer crowds, but the weather is cool, potentially damp and we will bring some cold-weather clothing accordingly.
- **Cash Backup:** We carried a small amount of Chinese Yuan (RMB) cash as a backup.
- **Money Management:** We used the Settle Up app, a shared expense tracker. It records who pays for what, splits all shared costs, and calculates who owes whom at the end of the journey.



*Jiuzhaigou, a UNESCO World Heritage site*

With all these preparations complete, we are ready for our adventure in Chengdu this March.

# A Pilgrimage to Emei Mountain: Seeking Bodhisattva Puxian (Samantabhadra) and Leshan Giant Buddha

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A lifelong aspiration of mine has been to visit the Four Great Buddhist Mountains of China. In 2019, I fulfilled part of this wish by making a pilgrimage to Putuo Mountain, the sacred site of Guanyin, the Goddess of Mercy. Earlier this year, I continued this spiritual journey with a visit to Emei Mountain, the revered abode of Puxian (Samantabhadra).



*The majestic statue of  
Bodhisattva Puxian  
(Samantabhadra)*

On the morning of September 21, 2025, I departed Chengdu after breakfast and boarded the Emei Special Bus, which is required for pilgrims and visitors heading to the mountain. The journey took approximately 1 hour and 40 minutes, ending at the trailhead. From there, a 1.5-kilometer climb led to the cable car station. Along the way, I occasionally encountered macaques, though they were scarce due to the rain. The huge cable car could accommodate up to 100 passengers, and the ride up lasted only 3 minutes.



*Visitors taking photos of macaques along the way*



*The Jingding temple on the Golden Summit*

Despite the drizzle and thick mist that obscured the view during the cable car ride, the summit greeted us with clearer skies. The majestic statue of Samantabhadra appeared and disappeared through the lingering fog, adding a mystical aura to the experience. With only an hour to explore, I circumambulated the statue and visited the three temples distinguished by their gold, silver, and bronze rooftops. Unfortunately, the temple with the bronze roof was under renovation and could not be visited.

As we began our descent, the sky cleared completely. The statue of Samantabhadra shone brilliantly, while the summit temple stood in full view, forming a breathtaking sight that felt like a divine blessing.

The following day, September 22, we visited Sanjiang, the confluence of three rivers, and paid homage to the Leshan Giant Buddha. This colossal statue of Maitreya was carved centuries ago to calm the turbulent waters—a testament to the harmony between nature and faith.



*My wife and I in front of  
Leshan Giant Buddha*

# A Short Vacation to Jeli, Kelantan

WAN NOORLI RAZALI

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D Pergau Inn



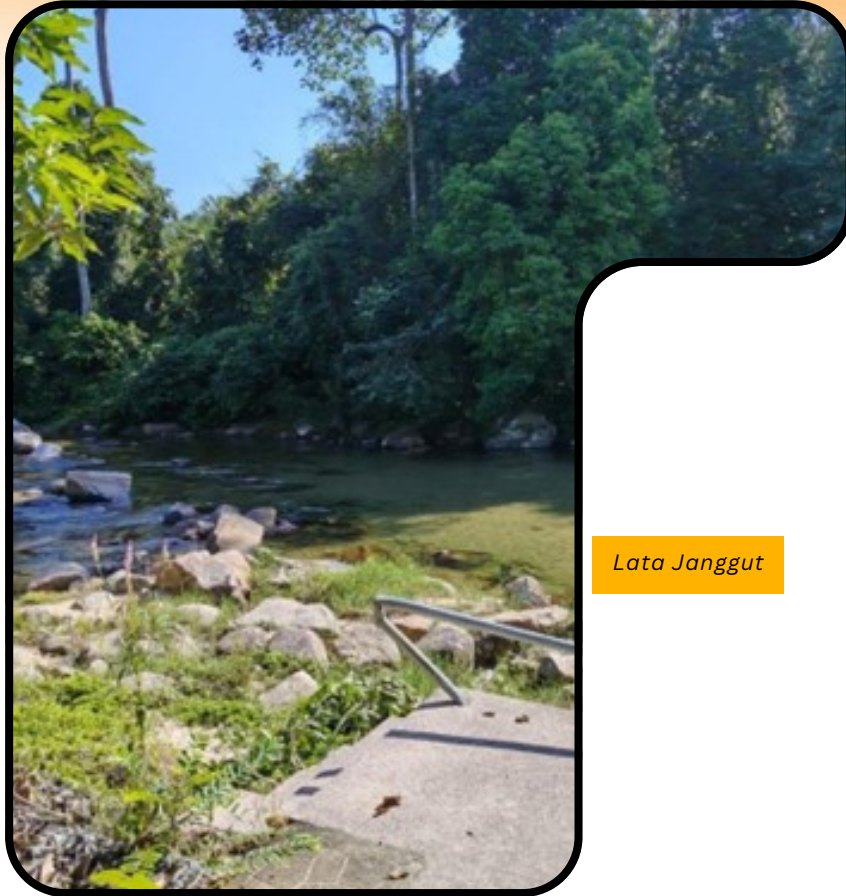
Sometimes, a short getaway is all we need to relax and recharge. Recently, my family and I spent a short vacation in Jeli, Kelantan, a peaceful town surrounded by greenery and natural attractions. Although the trip was brief, it was filled with enjoyable moments and memorable experiences.

We stayed at D Pergau Inn, a comfortable and convenient place located in the town area. The inn offers clean rooms and a relaxing environment, making it suitable for families and travellers who want a simple yet pleasant stay. The compound of the inn is decorated with greenery, and one interesting feature that caught our attention was a cute giraffe statue near the entrance. It quickly became a favourite photo spot, especially for the children.

No trip is complete without good food. For dinner, we visited Restoran Papa Mama Store, a popular restaurant in Jeli that is well known among locals. The restaurant was bright and lively at night, with many signboards displaying the wide variety of dishes available. The menu offers a selection of seafood and local favourites at reasonable prices. The food was delicious, and the friendly atmosphere made the dining experience even more enjoyable.



Restoran  
Papa Mama



*Lata Janggut*

Another highlight of the trip was visiting Lata Janggut, a beautiful river area surrounded by trees and large rocks. The natural scenery was calming, and the cool flowing water made it the perfect place to relax. Many families were there to enjoy the fresh air and peaceful surroundings. Some visitors sat by the river while others swam in the refreshing water. My family also joined in and had a wonderful time playing and swimming in the river.

Overall, our short vacation to Jeli was simple yet meaningful. With comfortable accommodation, delicious local food, and the refreshing beauty of Lata Janggut, the trip provided a perfect break from our daily routine. Sometimes, the best memories are made during the simplest journeys.

# Surabaya Hiking Trip (August 21-24 2025)

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From August 22nd to 24th, my family and I embarked on a breathtaking adventure across Surabaya, East Java, exploring some of Indonesia's most iconic natural wonders.

*Day 1 - August 22: Thousand Waterfalls, Mount Ijen & Mount Bromo*

We began our journey early at 5:00 AM, heading to a scenic rice paddy area to witness the smoke rising from Mount Semeru, one of Indonesia's most active volcanoes. The morning mist and volcanic smoke created a surreal atmosphere, perfect for photography.

Next, we visited the stunning Tumpak Sewu, also known as the Thousand Waterfalls. The highlight was capturing the heart-shaped sky view from the base of the falls—a truly magical sight.

Afterwards, we embarked on a four-hour drive to Mount Bromo, preparing for the next leg of our adventure.



## Day 2 – August 23: Blue Flames of Mount Ijen

Our day started at 2:00 AM with a climb to the Ijen Crater to witness the famous blue flames—a rare natural phenomenon caused by ignited sulfuric gas. The temperature was a chilly 10°C, and our guide equipped us with goggles, gas masks, and headlamps.

The trail was packed with 500–600 climbers, and the descent into the crater was a narrow 800-meter path flanked by cliffs. Despite the challenging terrain and thick sulfur smoke that caused tears and breathing difficulty, the sight of the glowing blue flames was unforgettable.



On our way back, we stopped at local fruit stalls to sample tropical delights like nangka (jackfruit), jambu air (water apple), durian, and salak (snake fruit). A box of assorted fruits cost just IDR 20,000 (RM5.40).

***Day 3 – August 24: Sunrise Over Three Volcanoes***

**Our final day began with a sunrise viewing from a high mountain vantage point. After switching to jeeps at the base, we ascended to a panoramic spot where we watched the sun rise at 5:20 AM.**

**The view was spectacular—Mount Semeru in the distance, the bowl-shaped Mount Bromo in the center, and the extinct Mount Batok in the foreground, all recommended by Lonely Planet. We also took memorable photos with the iconic jeep saloon in front of Mount Batok.**

**Our last stop was the Bromo Crater. The walk across the black sand desert was long, so some of us opted for horseback rides. Before ascending the crater steps, we passed a Hindu temple with Balinese architecture. The crater itself was vast and awe-inspiring. After descending, we headed straight to the airport for our flight back to Malaysia, bringing home unforgettable memories of East Java's natural beauty and cultural charm.**



# Home Garden

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# Compost Tea and Soil

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Compost tea is a natural liquid fertiliser made from compost and water. It is popular among gardeners in Malaysia because it helps plants grow well and keeps the soil healthy. It is also easy to make and use materials that are often found at home.

To make compost tea, first prepare a bucket or a large container. Put some good compost into a cloth bag or an old sock. Then place it in the bucket filled with water. In Malaysia, rainwater or water that has been left overnight is usually better because it has fewer chemicals. Leave the compost in the water for about one to two days. During this time, the nutrients from the compost will mix with the water.



Source: <https://rodaleinstitute.org/blog/compost-tea-a-how-to-guide/>

**You can stir the mixture once or twice a day. After two days, take out the compost bag. The liquid left in the bucket is called compost tea. It is rich in nutrients that plants need to grow.**



*Source: <https://unclejimswormfarm.com/brew-compost-tea/>*

**Before using it, mix the compost tea with some water so that it is not too strong for the plants. You can pour it directly onto the soil or spray it on the leaves. Many Malaysian home gardeners use compost tea for vegetables such as kangkung, sawi, and chilli plants. The compost in the bag can also be buried in the vegetable bed to be fully disintegrated into the soil.**

**Compost tea is a simple and eco-friendly way to care for plants. By using kitchen waste and garden compost, we can reduce waste and help our gardens grow naturally.**

# Replanting My Snake Plant

ONG SHEAU FEN  
ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG

I had not replanted my snake plants for two years. Chinese New Year is coming, so it is time to have a new vibe by replanting my snake plants and giving them fresh soil.

I have two big pots of snake plants. They have been growing in the same soil for two years. The soil was old, so it was time to change it and add some fertilizer.



*Before replanting*

There was also a layer of pebbles on the surface of the pot. The stones had become dirty, so I soaked them in diluted bleach. After they turned clean and white, I washed them with water and let them dry. When they were completely dry, I put them back on top of the soil.



*After replanting*

Because the pots are very big and heavy, I carefully laid each pot down on its side. First, I removed a few older snake plant shoots. Then, I slowly dug out the old soil. I put the soil into a plastic bucket so it would not fall on the floor. This also made cleaning easier.

After removing the soil, I loosened it. Then I slowly added the soil back into the pot, mixing it with new potting soil and fertilizer. Snake plants do not like too much water, so they need well-drained soil. I added some rice husks to improve the drainage.

Now my snake plants have fresh soil and clean stones. They are ready to grow well in the new year.

# Read & Reflect

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# Parenting Like Muhammad: A Book Review

AINI SYAHIRA JAMALUDDIN  
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As a mother of one, I often find myself pausing and asking a simple but weighty question: Am I raising my child the right way? In a world filled with parenting books, advice columns, and social media “experts,” it is easy to feel overwhelmed, guilty, or unsure. Reading *Parenting Like Muhammad*, I felt like I was being gently reminded that the best model of parenting has always been right in front of us: the Prophet Muhammad.

This book does not present parenting as a rigid set of rules or a checklist to perfect children. Instead, it presents parenting as an act of mercy, patience, presence, and sincere love, values embodied beautifully by Rasulullah in his interactions with children. What touched me the most was how the Prophet treated children not as “small adults to be controlled,” but as human beings worthy of respect, attention, and affection. As a mother, I sometimes rush: rushing through meals, rushing through chores, and rushing through emotions. This book reminded me that the Prophet slowed down for children. He listened to them, carried them, played with them, and never made them feel like a burden.

One narration mentioned in the book that deeply resonated with me is how the Prophet prolonged his sujood because his grandchild was climbing on his back. As a mother, this moment felt incredibly powerful. It shows that spiritual devotion and compassion for children are not in conflict. Instead of scolding or pushing the child away, the Prophet chose patience and understanding. This made me reflect on how often I react quickly to my child's interruptions, forgetting that their needs are also a form of amanah from Allah.

Another powerful lesson from the book is the Prophet's use of gentleness over harshness. He never humiliated children, never labelled them as "naughty," and never broke their spirit. In today's parenting culture, it is easy to raise our voices when we feel tired or stressed. This book reminded me that the Prophet corrected with wisdom and kindness, understanding that character is shaped through love, not fear.

As a mother of one, I am especially conscious of how my words and reactions leave lasting impressions. Parenting Like Muhammad helped me realise that every small interaction matters: the tone I use, the patience I show, and the way I respond to mistakes. The Prophet focused on nurturing hearts, not just controlling behaviour. This shift in perspective feels deeply liberating.

**The book also highlights how the Prophet showed emotional intelligence long before the term existed. He acknowledged children's feelings, validated their sadness, and comforted them openly. Reading this made me reflect on how often children are told, "Don't cry," or "It's not a big deal." The Prophet showed us that emotions are not weaknesses; they are part of being human. What I appreciate most about Parenting Like Muhammad is that it does not make mothers feel inadequate. Instead, it gently invites us to do better, not by being perfect, but by being intentional. It reminds us that parenting is ibadah, and even the smallest acts of kindness toward our children are rewarded by Allah. As a mother, this book gave me reassurance. It reminded me that I do not need to follow every trend or compare myself to others. I only need to return to the Sunnah to raise my child with mercy, patience, and love, just as the Prophet did.**

**In a time when parenting feels increasingly complicated, Parenting Like Muhammad brings us back to simplicity: love your child, respect them, guide them gently, and trust Allah with the results. I believe this book is not only for parents but also for anyone who interacts with children, teachers, caregivers, and future parents. It is a beautiful reminder that the Prophet Muhammad was not only the best leader and teacher, but also the best role model in parenting.**

**May Allah help us raise our children with hearts connected to Him, following the example of His beloved Messenger. Ameen.**

# Honouring themes, honouring hosts

CHE NOORYOHANA ZULKIFLI  
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The idea of having a theme when organising a party or celebration can be pretty divisive. Some people shy away from themed events, seeing them as inconvenient or demanding. But personally, I've always been relatively positive about them. I believe that many hosts choose not to set a theme because they worry it may burden their guests. And perhaps that concern is valid to an extent. After all, no one wants their celebration to feel like an assignment.

From a guest's point of view, though, honouring a theme is one of the ways I express gratitude and respect for the host and the event itself. This idea mirrors what was highlighted in the article entitled, Don't hate them! Why Dress Codes Matter by Jo Bryant (<https://theenglishmanner.com/insights/why-do-dress-codes-matter/>), where dressing according to the request of the host or venue is described as a mark of respect, not merely a set of arbitrary rules. In fact, the article emphasises that these guidelines are often there to elevate the event and honour the people behind it. This is something I deeply resonate with.

Of course, I can't deny that some themes feel exhausting. We've all had moments where the instructions seem over the top or the expectations too elaborate. But with AI tools now at our fingertips, getting outfit inspiration has never been easier. A simple prompt about what to wear using the clothes you already own can save so much time and mental energy. And honestly, participating in a theme doesn't mean you must be extravagant. It simply means you're willing to meet the host halfway.

Reflecting further on the article, I appreciate how it explains that dress codes (and, by extension, event themes) contribute to a sense of occasion, bringing everyone onto the same page. Hence, the atmosphere feels cohesive and intentional. When I think about past events I've attended, the ones that felt the most meaningful were those where guests made an effort, not for show but out of mutual appreciation and shared respect.

Honouring an event is more than just showing up. It's reflected in those who brave heavy traffic, take special leave, bring thoughtful gifts, and invest time and resources into preparing themselves, not because anyone forces them to, but as a sincere expression of respect. These small sacrifices, including following a theme, signal to the hosts, "Your effort matters to me, too."

**Kudos to those who have consistently shown this level of respect when attending other people's events! To me, this reflects strong principles and integrity. The same values are highlighted in the idea that respecting a dress code also respects the people, spaces, and traditions surrounding the event.**

**This is something I hope my children will emulate as they grow. Respect is not something we demand; it's something we practice, show, and share. And when it is mutual, it grows beautifully.**



*Image Source: Personal archives (AI-stylised): It felt like stepping straight out of a storybook at our 'Fairy Tale' party! The night was pure magic, featuring appearances by Cinderella, Belle, Princess Elsa, and even Lady Bridgerton. Meanwhile, my husband and I decided to stir up a little trouble as the Huntsman and the Evil Queen from Snow White!*

# Letters for the fragile heart

NUR ILIANIS ADNAN

ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG

When I first saw this book in the advertisement on my feed in early 2024, I was already thrilled because it comes with a postcard and two cards, but thinking of several unread books on my shelf made me think twice before purchasing. In mid-2024, I really couldn't resist but to 'add to cart', and tadaaa, a gift for myself! I have finished reading it, and as always, here are some of my favourite quotes to share. I've got a lot more favourite quotes, but here are the highlights!

1. Some friendships stop temporarily only to be reignited again at the right time. Do not despair. Have faith.
2. Goodbyes are only for those who love with their eyes because for those who love with heart and soul, there is no such thing as separation.
3. Check, correct and anchor your intention accordingly, and you will find inner peace and contentment.
4. Bring anger and pride under your feet, turn them into a ladder and climb higher.
5. The art of knowing is knowing to ignore.
6. Sometimes a big door might close on you, and God opens a small door instead. Do note that it is not about the size of the door, but what's inside is far more important.

# When Oil Prices Rise Made Headlines: Who Really Pays the Price?

WAN NOORLI RAZALI

ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG

One topic has championed the global news: how recent geopolitical tensions and military conflict involving Iran have raised concerns about disruptions in global oil supply, leading to a surge in oil prices. Oil prices can increase rapidly when conflicts threaten important shipping routes such as the Strait of Hormuz, through which a large portion of the world's oil supply passes. These price increases can affect economies worldwide and are often felt most strongly by ordinary people, especially those with low incomes.

For many households, rising oil prices quickly translate into higher living costs. When oil becomes more expensive, the prices of fuel such as petrol and diesel increase. This makes transportation more costly, which affects public transport fares, delivery charges, and travel expenses. As a result, the prices of many everyday goods, including food and household items, may also rise because businesses must pay more for transportation and production.

Poor households are often the most vulnerable to these changes. Higher fuel prices can reduce household welfare and increase poverty because low-income families spend a larger share of their income on basic needs such as transportation, food, and energy. When prices increase, these families may have to reduce spending on important necessities such as healthcare, education, or nutritious food.

*AI-generated image*

Moreover, rising oil prices can slow economic growth. Businesses face higher operating costs, which may lead to reduced hiring or lower wages. This can make it harder for people who already struggle financially to find stable employment.



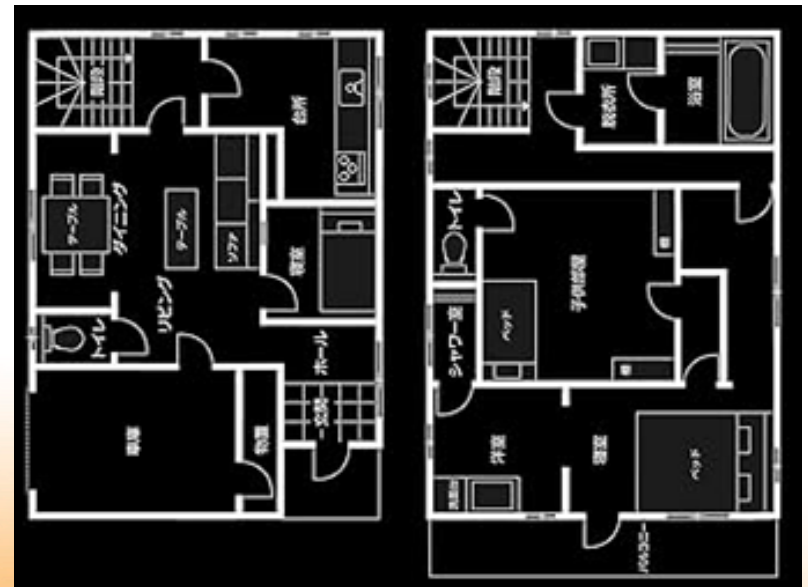
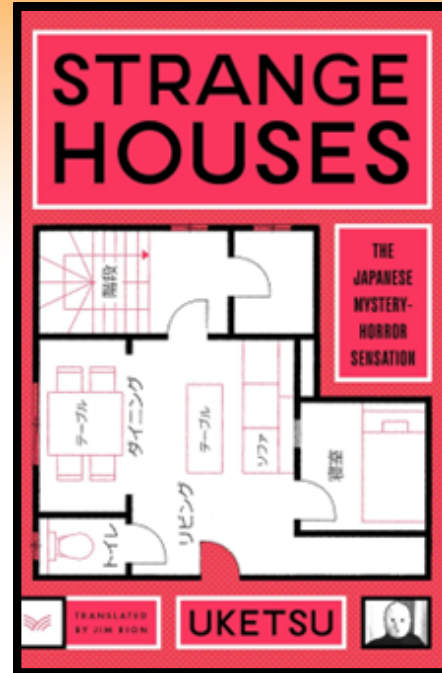
In conclusion, while geopolitical conflicts may seem distant from everyday life, their economic consequences can affect people around the world. Rising oil prices place a heavier burden on the poor, highlighting the importance of policies that protect vulnerable communities during global economic shocks.

# A Review of Strange Houses by Uketsu

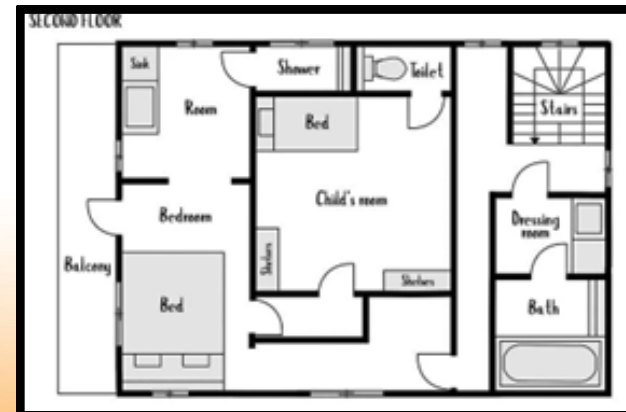
NURUL FARZANAH BINTI MOHD ROSLI  
ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG

I was scrolling through my X timeline and accidentally came across a tweet posting about a newly famous novel written originally in the Japanese language but later being translated into English. I have never come across the title and the author's name in my life. Well, yes, I know a few famous Japanese authors like Haruki Murakami and Osamu Dazai, but I have never read a book written by Uketsu. So, I went straight to search for the author's collection of novels, and I realised that he had written a few novels of the same theme: anomaly or peculiarity in houses, pictures, and buildings. Following the tweet, it also mentioned how the novel was an easy read and could be finished in one sitting. The tweet also stated that this novel was quite straightforward, but it still gave you a lingering feeling of uneasiness after finishing reading it. Well, now, he piques my interest. I have not been reading novels for quite some time now, and I think now is a good time to at least read one or two novels while I have the time to do so.

I fetched my iPad and quickly googled for the ebook version of Strange Houses on Google Play Books, checked out the book, and started reading the piece. Well, as the tweet said, it was an easy read, and I managed to finish the novel in two hours or maybe less than that. Although it was an easy flip-through, I was left wondering how someone could get the idea to write a novel about blueprints of houses. The simple blueprints of houses that might seem ordinary, nothing peculiar, but once you take a closer look at them, you sense something quirky about the spaces in the houses: why are there empty hallways that lead to nowhere, or why does the area have two doors? These simple wonders led the author to write a novel about the oddity found in the blueprints of houses.



The novel starts with an unnamed narrator, a columnist who focuses on macabre stories, as he picks up on people's personal unpleasant experiences to write about. One of the strangest stories came to him. His friend, who is trying to sign a lease for a house, came by with a floor plan of the potential house. Initially, the floor plan seemed normal, nothing to worry about. But after a closer look, his friend found a strange detail in the house's floor plan. The house was spacious and all, but that one detail bothers him. The mysterious dead space on the first floor of the house seemed off. The narrator went to his other friend, Kukiwara, a draughtsman who is an expert in architectural spaces. Kukiwara went about the floor plan, and he put both floor plans on top of each other. Now, there's another concern that arises, rather than just a dead space on the first floor. The dead space intersects with a small area inside the bedroom on the second floor.



**Then, another blow: when you look closer at the floor plan of the second floor, the bedroom layout is so bad that it gives me chills. The house was originally built by a couple with one child, so there should be at least two bedrooms. But looking at the layout, the children's room was inside the master bedroom. And to get to the child's room, one must pass through the parents' room first. Seems odd, right? Why would someone make that kind of layout? The centre of the second floor revolves around the children's room, as if no one should even see the children, which is very peculiar. This layout left me wondering a bit about the secret of the previous owner of the house.**

**The novel actually consists of more than one odd case of house floor plans across Japan. I really enjoyed my time reading this novel; it gave me another perspective on life, and now I am more particular in reading things like floor plans, and I really asked for my house floor plan from my parents to see if there are any anomalies inside our own house. To end, I think the writer did a pretty solid job on writing the novel, as well as Rion, the translator, who managed to translate the novel perfectly.**

# Lecturer's Contribution

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# From Classroom to Interview Room: UiTM Alumni Bring the Real World to LCC502 Students

**MUHAMMAD AIMAN ABDUL HALIM, WAN NOORLI RAZALI, MAIZATUL AKMAL MOHD MOHZAN  
ACADEMY OF LANGUAGE STUDIES, UiTM CAWANGAN PULAU PINANG**

**On 9 January 2026, the PTAR UiTM Cawangan Pulau Pinang became more than just a learning space, as it turned into a doorway to the working world. Through the programme “APB with UiTM Alumni: LCC502 Collaborative Teaching Lecture”, students were given a valuable chance to understand what job interviews really look like beyond textbooks and sample questions.**

**What made the session special was its strong connection to students’ future career reality. The invited speakers, Mr. Nurul Akmal Zabaruddin and Mr. Mohamad Faris Kadir—UiTM alumni now serving at Stesen Janakuasa Tuanku Muhriz, Jimah, Port Dickson, Negeri Sembilan—shared first-hand insights from the engineering workplace. Their stories and guidance were not theoretical. They were practical, honest, and grounded in real interview experiences.**



## Alumni Who Understand the Students' Journey

The speakers did not feel like distant “industry guests”. They were seniors who had once walked the same campus paths, studied in similar classrooms, and faced the same uncertainties about interviews and career choices. Because of this shared background, the speakers could relate naturally with the students using examples that felt familiar, relevant, and motivating.

### Strong Support from APB Lecturers

The programme was made possible through the commitment and teamwork of APB lecturers:

- Wan Noorli Razali
- Maizatul Akmal Mohzan
- Muhammad Aiman Abdul Halim
- Nurul Farzanah Rosli

The session highlighted that interview success is not only about having good technical knowledge. It is also about communication, confidence, professionalism, and the ability to present oneself clearly under pressure. Students were reminded that employers pay attention to how candidates speak, how they carry themselves, and how they respond when they are nervous or unsure.



**Their involvement ensured that the programme aligned closely with students' learning needs, especially in preparing for interview-related assessments and real-life workplace expectations. The collaboration also reflected the department's dedication to providing meaningful learning experiences beyond routine classroom delivery.**

### **Students' Energy, Engagement, and Excellent Questions**

**One of the most encouraging outcomes was the students' active participation. Many students asked thoughtful and challenging questions, showing genuine curiosity and maturity in the way they discussed interview expectations, workplace behaviours, and professional growth.**

**The speakers responded with clarity and warmth, offering guidance that students could immediately apply to future decisions, such as how to improve interview answers, how to project a professional image, and how to prepare strategically even when confidence is still developing.**

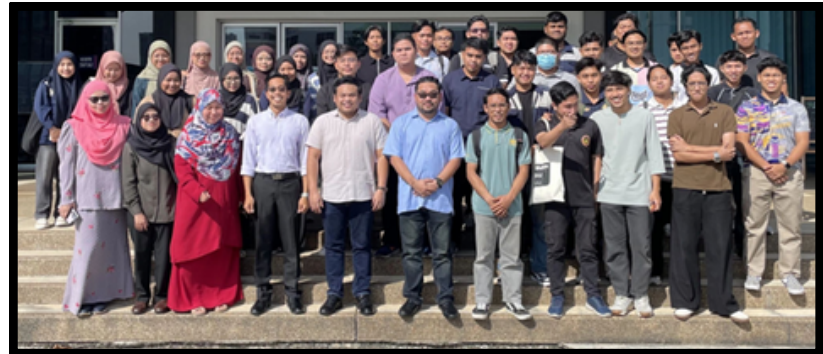
**Students left the session not only with notes but also with a better sense of direction. The knowledge shared was relevant, useful, and realistic as guidance that can influence future choices and strengthen long-term career planning.**

## **A Powerful Example of Alumni Impact**

**Perhaps the most inspiring part of the programme was the message behind the speakers' presence: alumni can uplift the next generation. The speakers came all the way to UiTM Pulau Pinang and did so self-funded, purely out of goodwill and a desire to contribute back to their alma mater. This act alone carried a strong message: success is not only about personal achievement but also about returning to support others. Their contribution proved that alumni impact is real and powerful. When graduates return to share their experiences, they do more than give a talk. They also give students hope, clarity, and a realistic picture of what is possible.**

## **Looking Ahead**

**The programme ended, but its message continues: with preparation, professionalism, and persistence, students can build meaningful careers, and one day, they too can return to UiTM Pulau Pinang to guide others, just like their seniors did.**



**In short, “APB with UiTM Alumni: LCC502 Collaborative Teaching Lecture” was not only a talk. It was a bridge, connecting classroom learning to the working world and connecting students to the inspiring alumni who once stood exactly where they stand now.**

# 4Ts (Train, Tell, Teach, Test): A Cooperative Learning Approach

LEOW MIN HUI

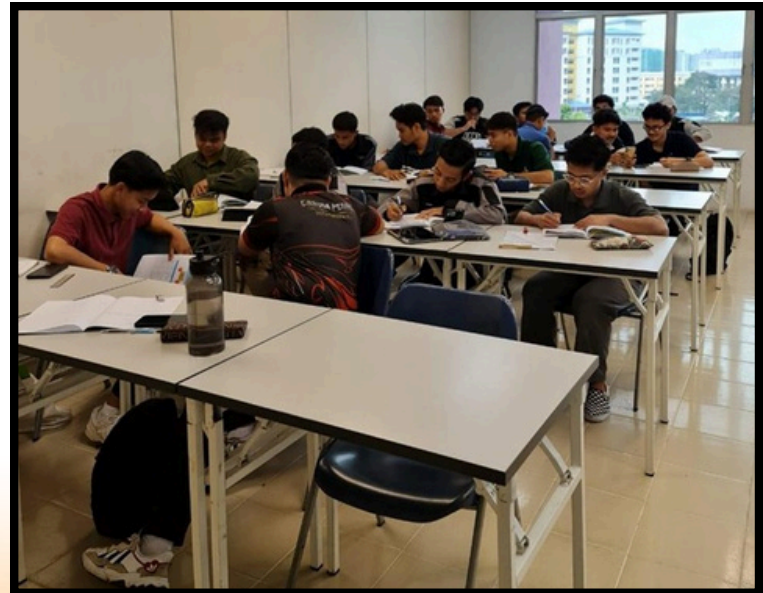
ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG

Cooperative learning involves students collaborating in small groups, with peer support, to achieve shared learning objectives. Among the widely used cooperative strategies is the Jigsaw method. In this approach, students are initially grouped to discuss a specific section of the material with peers who studied the same content. They then regroup into diverse teams, where each member teaches their assigned segment, enabling the group to comprehend the entire material collectively.

Nevertheless, not all cooperative learning strategies are appropriate for use in different learning settings, including the Jigsaw method. Consequently, modifications are necessary to completely demonstrate the efficacy of a specific cooperative learning strategy applied in a specific learning setting. In the context of a foreign language classroom, extensive reading has been widely practised by learners to foster their confidence in reading and understanding the target language. However, learners are unable to engage with the text with the necessary linguistic

proficiency if they are approaching it inappropriately. It is the responsibility of educators to introduce learners to a practical reading method that will ensure effective comprehension of the text. Apparently, cooperative learning approaches have been proven to be applicable in foreign language learning. By integrating cooperative learning into the reading activity in the foreign language classroom, 4Ts (Train, Tell, Teach, Test), a new approach to cooperative learning, offers a series of ideas with a particular integration of teamwork and literacy, which is believed to have contributed to the development of foreign language literacy instruction.

4Ts has been proposed and implemented in a Chinese as a Foreign Language (CFL) classroom at Universiti Teknologi MARA (UiTM) Cawangan Pulau Pinang. It is a modified and enhanced version of the Jigsaw method. Essentially, the “Tell” and “Teach” components in the 4Ts are adapted from the traditional Jigsaw method, where each student becomes an expert on a specific segment of content,



*“Train” stage, where students engage with the reading material independently*

**discusses and then shares that knowledge with peers. Whereas the “Train” and “Test” components are new additions designed to enhance the traditional Jigsaw method by emphasising the importance of individual learning and self-reflection, which is particularly beneficial in the context of foreign language learning.**

*Students are moving to the assigned group for cooperative learning*



**Specifically, the “Train” stage is the initial phase where each student independently familiarises themselves with the entire material, laying the groundwork for effective segmentalised peer discussions later. The aim is to ensure that students acquire a comprehensive understanding of the entire text, rather than focusing solely on one segment. Understanding a language context is significant in reading or comprehending a text. This is important because essential or related information might be in other sections. If students only read a single part without considering the whole, they may overlook key details that could significantly deepen the comprehension of their designated segment.**

**The “Test” stage is the final phase of the 4Ts process, emphasising self-reflection for continuous learning and supporting teacher evaluation. In this stage, students work in their peer groups to complete test sheets, with the option to assist one another throughout the process. Even if students appear to have mastered the material after discussions with various peer experts responsible for different segments of the text, the teacher and students themselves may still wish to evaluate their level of understanding. Beyond merely evaluating their mastery level, this stage encourages reflective thinking and problem-solving, helping to reinforce knowledge and identify areas for improvement to ensure ongoing learning.**

**Overall, the 4Ts is designed as a progressive process that leads students from a superficial grasp to deeper comprehension. Unlike the traditional Jigsaw method, the shift from surface-level understanding to deep insight is less pronounced. The originality of the 4Ts idea was reviewed by the Intellectual Property Corporation of Malaysia (MyIPO), which subsequently issued a copyright certificate.**

# From Manuscripts to Assets: Navigating MyIPO's 2026 Digital Shift

**MUHAMMAD AIMAN ABDUL HALIM**

**LIAISON OFFICER, BUSINESS INNOVATION & TECHNOLOGY COMMERCIALIZATION CENTRE (BITCOM),  
UITM CAWANGAN PULAU PINANG**

**As educators and linguists at the Akademi Pengajian Bahasa (APB), our daily trade is words. Whether it is a teaching module, a research paper, or a creative literary piece, we are constantly creating value. I have spent years in this field, and if there is one thing I have learned as an active innovator, it is that our intellectual labour must be protected.**

**Before we discuss the upcoming changes, I want to share a massive achievement. In 2025, UiTM was ranked the highest amongst Malaysian IPTAs in terms of copyright registration with MyIPO. This is a testament to the relentless innovation within our university, and I know APB contributed significantly to those numbers. Congratulations to us all.**

**Now, as a Liaison Officer for BITCOM, I must share critical updates regarding the Intellectual Property Corporation of Malaysia (MyIPO) guidelines. Significant changes to the fee structure and filing methods are coming, effective January 2026.**

Here is what all APB members need to know to keep our intellectual property (IP) secure and compliant.

## 1. The Digital Push and The End of "Express"

For years, many of us utilised the *Copyright to You* (CR2U) counter service for quick results. However, effective 2 January 2026, the CR2U counter service will be officially discontinued to encourage full utilisation of the online platform.

Furthermore, the "express counter" service is being abolished. This means we can no longer expect the copyright certificate to be completed in one day, like we were used to. Moving forward, certificates will be issued as "e-certificates" by default. If you require a formal physical certificate, be prepared to pay an additional RM100.

## 2. The New Fee Structure: RM200 vs. RM250

MyIPO has introduced a two-tier submission method with different price tags effective January 2026:



- **Method 1 (Online):** Filing via the MyIPO portal incurs a fee of RM200.
- **Method 2 (Manual/Counter):** Filing physically at the counter incurs a fee of RM250. This includes the RM200 application fee plus the RM50 administrative fee that is reinstated for manual applications starting in 2026.



### 3. The UiTM Protocol: What You Must Do

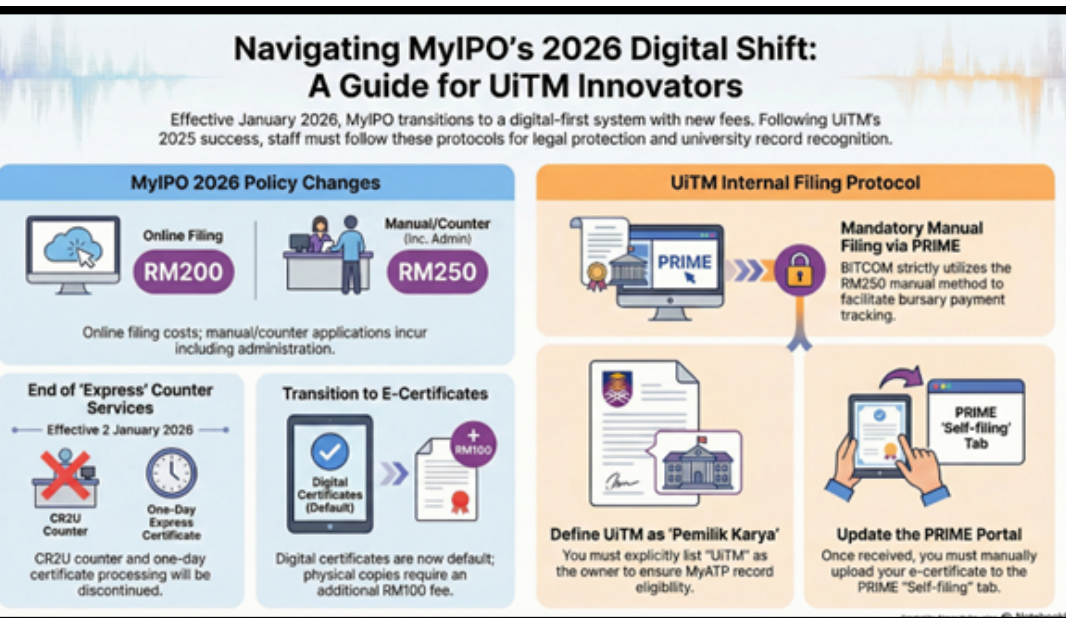
This section is critical for staff members who wish to utilise university systems for their application. If you choose to handle the application yourself directly with MyIPO, you may use the online method. However, if you prefer BITCOM to assist you in the copyright process via the PRIME Portal, a specific protocol applies.

BITCOM UiTM has determined that we will strictly utilise Method 2 (Manual Counter Filing) for all applications processed through us.

Why pay the extra RM50 administrative fee? BITCOM has made this decision to strictly avoid online filing in order to facilitate the tracking of fee payment history from lecturers to the UiTM Bursary (Bendahari).

Therefore, if you are applying via the PRIME system:

1. Prepare for a fee of RM250 payable to the UiTM Bursary.
2. Ownership: Ensure that "UiTM" is explicitly listed as the "Pemilik Karya" (Owner) in your application form.
3. Self-Filing Record: Once you receive your e-certificate from MyIPO, you must update the record in the PRIME system under the "Self-filing" tab.



If you choose to submit the application directly through MyIPO, please ensure you still complete Steps 2 and 3 above. This will help ensure your copyright is properly recognised as a contribution to UiTM and is subsequently reflected in your MyATP record. In the past, I have personally missed Step 2: making sure "UiTM" was

explicitly stated as the "Pemilik Karya" (Owner) in the application form. As a result, the copyright submission was rejected by the BITCOM administrators and was not eligible to be recorded in my MyATP record.

#### **4. Why This Matters for APB**

**In APB, we produce a high volume of Karya Sastera, or literary works. Under the Copyright Act 1987, this category includes our books, modules, articles, and lectures. These are assets. Registering them protects them from infringement and contributes to the university's innovation index.**

#### **Closing Thoughts**

**I know administrative changes can be daunting, but protecting your hard work is worth the effort, especially as we try to maintain our top ranking among IPTAs. Let's ensure that the brilliance coming out of Akademi Pengajian Bahasa is properly documented and protected. If you have questions about the new forms or the manual submission process, my door is always open.**

**For more details, you can refer to the documents under the "IP" tab on the BITCOM website.**

**Let's innovate and protect.**

# Celebrating a Milestone: My 100th Blood Donation

HOE FOO TERNG

ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG

January 29, 2026, was a truly memorable day for me—it marked my 100th blood donation. The milestone took place at Prai General Hospital in Penang, where I arrived at 11:40 AM and completed the process within an hour. This achievement comes 40 years after my very first donation on January 25, 1987.

My journey as a blood donor began at Lam Wah Ee Hospital, where I completed my first two donations. Later that same year, I made my third donation at Tunku Abdul Rahman College (TARUC) in Setapak while pursuing my Materials Engineering studies. From that point onward, I continued donating regularly at various government hospitals across Selangor, Kuala Lumpur, Kulim, Sungai Petani, Bukit Mertajam, and Penang Island. Among all these locations, Prai General Hospital has become the place where I have donated most frequently.

No. Donor	No. Donor	Aman	Hospital	Tempat	Tempat
21/01/87	4110048946	400	HSJ	11/81, 15-7	
22/01/87	4110050744	400	HSJ	12/82, 14-9	
23/01/87	4110054342	400	HSJ	15/80, 18-9	
27/01/87	4110066666	400	HSJ	18/81, 18-9	
28/01/87	4110070726	400	HSJ	18/81, 18-9	
21/10/87	4110075691	400	HSJ	12/89, 14-9	
11/11/87	4110079814	400	HSJ	15/80, 18-9	
22/01/87	4110083655	400	HSJ	12/89, 14-9	
23/01/87	4110082118	400	HSJ	12/89, 14-9	
29/11/87	4110095685	400	HSJ	12/89, 14-9	



Over the decades, the donation process has remained fundamentally the same—each session still involves three small pricks—but the tools and methods have evolved. In the past, donors' red blood cell counts were tested using a simple beaker filled with blue liquid: if the drop of blood sank, you were cleared to donate. Today, a digital machine provides a quick and precise reading, with 13.5 considered sufficient.

The equipment used to obtain the blood sample has also advanced. The older method involved a thin metal piece with a pointed tip, whereas modern devices use a safer spring-loaded mechanism. Another improvement is the administration of an injection at the collection site to numb the area and help prevent clotting; previously, a device resembling a pump tube was used to thin the skin before medication was applied.

Despite donating 100 times, there is still something I never quite got used to—the sight of the needle used for collection. It is noticeably thicker and longer than standard medical needles, and I still prefer to look away whenever it is inserted or removed. Sometimes it hurts, sometimes it doesn't; much depends on the nurse's technique.

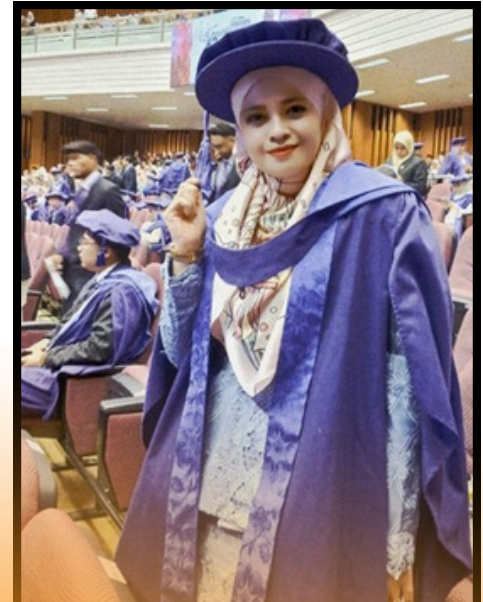
Looking back on this 40-year journey, I feel grateful for the opportunity to contribute to the well-being of others. I hope this milestone encourages more colleagues and community members to consider becoming regular blood donors. A single donation can make a life-changing difference.

# When no one is watching: Quiet lessons from my PhD journey

CHE NOORYOHANA ZULKIFLI  
ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG

When I started my PhD, I was given study leave. At first, it seemed ideal, but in reality, it was a privilege that brought its own quiet pressure. Without set hours or a time clock, I had to learn to manage myself. I soon found that freedom wasn't as easy as it sounded. It took discipline, routines, and regular reminders that this wasn't a break. Over time, I realised a PhD isn't a pause from life, but a serious commitment that tests your responsibility when no one is watching.

As the months passed, I realised that progress in a PhD is often quiet and slow. Most days felt routine, and some were unproductive. Motivation didn't always come when I needed it, so I had to rely on persistence instead. What mattered was showing up, opening my work, reading another paper, writing a few lines, and repeating that each day. In the end, being consistent mattered more than short bursts of excitement.



I also became increasingly aware of the trust my sponsors placed in me. The support I received was not just financial. It was a vote of confidence. Knowing that others believed in the value of my studies reminded me that this journey was never mine alone. That awareness kept me careful and honest in my work, not because I was afraid of consequences, but because I wanted to honour that trust. I learned that integrity is built quietly, through everyday choices, especially when no one is around to applaud or correct you.

On a personal level, my PhD journey deepened my spiritual awareness. Sometimes, progress was slow and the results were unclear. In those times, I remembered that seeking knowledge has a moral side. In Islam, learning is linked to sincerity and effort. Knowing that my intentions and actions mattered beyond the university helped me stay grounded, even when the work felt repetitive or tiring.

Somewhere along the way, this journey taught me humility. The more I read, the more I saw how much there is to learn. Each article I worked through showed me how much I still didn't know. Instead of feeling discouraged, I became more open and respectful toward my own work and others'. It also made me more aware of how limitless Allah's knowledge is, and how small my own understanding will always be. That realisation didn't make me feel less; it helped me stay grounded.

Patience became a steady companion throughout the journey. There were long periods of revising, waiting, and rethinking that tested my self-belief. During those times, I often returned to the reminder from the Quran in Surah Hud, verse 115, that Allah does not let the efforts of those who do good go to waste.

وَأَصْبِرْ فَإِنَّ اللَّهَ لَا يُضِيعُ أَجْرَ الْمُحْسِنِينَ

(And be patient! Certainly Allah does not discount the reward of the good-doers.)

That promise did not make the journey easier, but it made it bearable. It taught me to continue with humility, trust, and quiet hope.

Looking back, my PhD was less about earning a title and more about learning how to persevere responsibly. It taught me to value discipline over brilliance, sincerity over speed, and effort over outcome. If the journey left me with anything, it is the belief that growth often happens quietly, shaped not by grand achievements but by patience, integrity, and reliance on The Almighty.



Image Source: Personal archives (AI-stylised)

# 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.

# Greek Yogurt: Small Cup, Big Nutrition

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Greek yogurt is one of the most nutritious fermented dairy products, containing beneficial probiotic strains and a higher protein content. Many people think it is the same as regular yogurt. To be more precise, Greek yogurt is made by straining regular yogurt to remove excess liquid and whey. As a result, its texture is creamier and thicker than regular yogurt, and its taste is tangier. Compared to regular yogurt, it has a higher concentration of protein.

Some people are concerned about the sugar content in Greek yogurt. Commercial Greek yogurt often contains added sugar, especially those with fruits or toppings. However, plain Greek yogurt without added fruits or toppings is typically low in sugar. The fat and calorie content of Greek yogurt depends on the type of milk used. It is usually made from cow's milk, particularly whole milk, which gives it a higher fat content. Low-fat and non-dairy options, such as those made from coconut, soy, or almond milk, are also available. It is usually made from cow's milk, particularly whole milk, which gives

*Low-fat Greek yogurt*



it a higher fat content. Low-fat and non-dairy options, such as those made from coconut, soy, or almond milk, are also available.

For example, 200 g of low-fat Greek yogurt contains approximately 146 kcal, 7.9 g of carbohydrates, 7.1 g of sugar, 3.8 g of fat, and 19.9 g of protein (Lang, 2025). Removing the whey during the straining process reduces some of the lactose, carbohydrates, and sugar content. At the same time, the protein remains concentrated, making Greek yogurt a high-protein food. It is also a good source of magnesium, vitamin B12, probiotics, and iodine. Greek yogurt may help relieve digestive discomfort, support heart health, and assist with weight management.

Adding Greek yogurt to your diet can provide many health benefits. If you are looking to increase your protein intake while maintaining your overall health, Greek yogurt can be a nutritious and practical choice.

Reference:

Lang, A. (2025, September 8). What's the Difference Between Greek and Regular Yogurt?. Healthline.

<https://www.healthline.com/nutrition/greek-yogurt-vs-yogurt>



Greek yogurt with fruits

# My PhD Journey

NORAZIAH MOHD AMIN  
ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG

I began my PhD in early 2019, stepping into my doctoral research with the conviction and enthusiasm of a committed scholar. However, before the first year had passed, my academic path was reshaped by unexpected events. At the end of 2019, the COVID-19 pandemic erupted, sweeping across nations and quickly followed by Malaysia's prolonged Movement Control Order (MCO).

In December 2020, I successfully defended my proposal. I was heavily pregnant, only two weeks away from giving birth, facing intellectual evaluation while carrying the physical weight of impending motherhood. After welcoming my newborn, the academic rigor of doctoral study intertwined with sleepless nights,

infant care, and the return to full-time work once my maternity leave ended. Each day became a juggle of teaching my classes, mothering, researching, and writing. The MCO, which persisted until 2022, disrupted my research processes such as access to participants, face-to-face academic consultation, and the simple freedom to conduct fieldwork.

In February 2022, I was granted a 12-month study leave, which was a huge relief. Just as the world began healing from the pandemic, another major disruption befell me. In November 2022, my main supervisor transferred to another university, leaving my doctoral project in a vulnerable position. Finding a new supervisor proved exceptionally challenging, as it became an emotional and administrative ordeal that dragged on with uncertainty. With limited expertise alignment, securing supervisory support became a strenuous process that tested my determination. Meanwhile, university regulations required that every PhD candidate publish at least one article in a Scopus-indexed journal before graduation.

This requirement added yet another academic mountain to climb, but I managed to publish my research.





However, the trials did not end there. In February 2023, I had to accept the rejection of my study leave extension application, which meant that I had to juggle between teaching my classes and working on my PhD again. Then, in August 2023, I endured one of the most physically and emotionally challenging experiences of my life—a broken leg that required months of medical leave. Immobilized and in pain, I experienced an unexpected separation from my three-year-old child, who had to be cared for by my mother during my

recovery. Movement became difficult; daily tasks required assistance. Yet, I persisted and continued writing my thesis.

My moment of academic triumph came on 16 January 2025, when I faced my Viva Voce and successfully passed with minor corrections. On 27 August 2025, the Senate of Universiti Utara Malaysia conferred upon me the degree of Doctor of Philosophy (Communication) under the School of Multimedia Technology and Communication. This honor marked the culmination of a doctoral journey defined not only by scholarly pursuit, but also by resilience, emotional endurance, and an unbreakable spirit.

# The Lighter Days

NUR AALIA ARIFIN

ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG

*The semester begins again—  
new names on the attendance list,  
fresh slides glowing on the screen,  
a room waiting for my voice.*

*I wore my blouse.  
I stand tall.  
I begin.*

*At home,  
a small pair of shoes waits by the  
door.  
There is always a cup soaking in  
the sink,  
a half-folded basket of laundry,  
a lullaby I hum without thinking.*

*My days stretch wide—  
lecture hall to office desk,  
office desk to daycare pickup,  
emails sent with one eye on the  
clock.*

*For a while  
it feels like carrying everything  
in both hands  
without setting anything down.*

*Then slowly,  
in the quiet of our office,  
We started talking.*

*Not formally.  
Not planned.*

*Just lepak after class,  
bags dropped on chairs,  
shoes slipped off under desks.*

*Someone shows a photo  
of her precious little one.  
Someone else laughs about  
How quirky toddler tantrums are.*

*We decided to go out for lunch—  
nothing fancy,  
just rice and conversation.  
And somewhere between  
sharing meals  
and stories about daycare germs,  
something eases. We are  
educators, yes.  
But here,  
We are mostly mothers.*

*We compare bedtime routines  
the way others compare research  
grants.*

*We trade tips  
like secret recipes.*

*There is comfort  
in not having to explain  
why you look tired.*

*In knowing that everyone at the table  
has also packed a tiny bag  
before packing their laptop.*

*The work is still there.  
The calendar is still full.  
The nights are still short.*

*But the days feel softer at the edges.*

*The office no longer echoes.  
There is laughter in it now—  
low, familiar,  
carrying us through the week.*

*Nothing dramatic changes.*

*And yet—  
life feels  
a little lighter.*

*Because when we sit together,  
bonding over small humans  
who rule our worlds,*

*the load does not disappear.*

*It simply  
rests  
in more than one heart.*

# LOVE, PRAY, LIVE

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

*Love is magical  
Love ourselves before all else  
For none loves like us*

*You can just whisper  
Pouring your heart out to HIM  
The best listener*

*Life your life with joy  
Embrace each precious moment  
Que sera sera*



# After the House Goes Still

NUR AALIA ARIFIN

ACADEMY OF LANGUAGE STUDIES, UITM CAWANGAN PULAU PINANG

*When the house finally exhales,  
I sit in the quiet  
like it might break  
if I move too quickly.*

*Your small socks  
are folded on the table.  
A bottle waits in the sink.  
There is a softness in the air  
that only comes  
after a long day of being needed.*

*I am someone's mother now.  
Her mother.  
She reaches for me  
like I am the safest place she  
knows.  
I try to be.*

*In the daytime  
I tie my hair back  
and tuck myself in neatly.  
I answer questions with steady  
hands.  
I smile at the right moments.  
I keep the rhythm.*

*It looks easy.  
I make it look easy.*

*Inside,  
my thoughts are bright and quick—  
like birds that startle  
at the smallest sound.  
I gather them gently.  
I whisper, stay.  
We have things to do.*

*Work has been a year now—  
a whole circle around the sun.  
It is exciting, vibrant and alive.  
I am proud of the way I show up.*

*Even on the mornings  
when I have already lived  
three lifetimes before 9 a.m.*

*There is so much to remember.*

*Appointments.*

*Deadlines.*

*The way she likes her songs sung.*

*The email I must not forget.*

*The groceries.*

*The tiny shoes.*

*The invisible list that hums  
beneath everything.*

*Some nights I feel  
like I am made of thin glass—  
clear, careful,  
holding more than I should.*

*But then you turn in your sleep  
and reach for me,  
even in dreams.*

*And I remember—  
I am not required to be perfect  
steel.*

*I am allowed to be tender.*

*I am allowed to be tired.*

*I am allowed to be both capable  
and overwhelmed  
in the same breath.*

*After the house goes still,  
I place my hand on my own chest  
the way I do for you.*

*Softly.  
Still here,  
it says.*

*Still trying.  
Still loving.  
Still enough.*

# Berbungkus dan Terbungkus

NORAZIAH MOHD AMIN

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*Dari hujung jalan, ia makin dekat  
Tersekat-sekat, melompat-lompat*

*Dibelit kain yang ketat*

*Entah benar suatu yang lucu*

*Entah mata yang lesu*

*Kelam malam dan kepenatan  
badan*

*Mencipta pelbagai pandangan  
meragukan*

*Sekali mata berkelip,*

*Sekilas ia hilang,*

*Yang tadi yang di hujung jalan...*

*Masih memandu membelah angin  
malam*

*Walau mata merayu untuk  
beradu, terus dipendam*

*Sendirian melawan dari  
terpejam...*

*Tiba-tiba jantung bagai direnjat  
Di sini, di simpang empat, ia masih  
tercegat*

*Kini kian dekat, di malam yang pekat  
Berbungkus putih dan meloncat-loncat*

*Sekejap rendah, sekejap tinggi  
Dalam kepekatan malam, sukar mata  
mengekori*

*Tiba-tiba sahaja ia hilang lagi*

*Permainan mata cuba menguji*

*Seketika mata dipejam mencari pasti  
Saat dibuka, si bungkus benar-benar di  
depan mata!*

*Bersama seraut wajah menjenguk ke  
dalam kereta*

*Dan tiba-tiba pandangan kelam dan  
hitam*

*Tahu-tahu saja diri sudah terbungkus...*

*Menunggu saat dikambus...*

# Senyap Itu Berbisik

ROFIZA ABOO BAKAR  
AKADEMI PENGAJIAN BAHASA, UITM CAWANGAN PULAU PINANG

*Semakin bertambah usia,  
aku belajar menghitung kehilangan,  
bukan dengan jari,  
tetapi dengan senyap di dada.*

*Yang pergi bukan hanya nama,  
tetapi suara yang pernah memanggil,  
suara yang mendoakan aku tanpa  
lelah,  
dan wajah gembira yang setia  
menunggu di pintu.*

*Satu demi satu  
orang tuaku,  
pakcik, makcik,  
ibu bapa rakan, juga sahabat yang  
pernah menangis ketawa bersama.*

*Senyap itu berbisik  
berbisik mengajar hati menjadi lebih  
perlahan,  
berbisik berhati-hati menyimpan  
rindu,  
berbisik agar lebih lama memandang  
wajah kasih yang masih ada.*

*Ada takut yang tidak terucap,  
kerana kutahu suatu hari nanti  
senyap itu akan datang memanggil,  
dan aku juga tanpa pasti mungkin  
akan menjadi kenangan.*

*Antara takut dan reda,  
aku masih perlu terus hidup,  
menyapa hari seadanya,  
dan mengasihi sebelum senyap itu  
berbisik.*

# Seketika di Lorong Sempit

NORAZIAH MOHD AMIN  
AKADEMI PENGAJIAN BAHASA, UITM CAWANGAN PULAU PINANG

*Di celahan lorong yang sempit  
ia dihimpit, dikepit, diapit  
panas dan melekit  
terasa sesak dengan udara yang sedikit  
bagaikan dicengkam, dicekik  
ia terus tersepit  
tanpa ada peluang keluar menyelit.*

*Setelah lama ia disimpan tidak terusik  
padat, sendat dalam corong mengepit  
tersekat, terlekat pada dinding menghimpit  
tibalah saat yang menuntut rasa sakit  
ketika dikeluarkan terasa sulit  
bagaikan dirinya dibelit-belit  
umpama dirinya dihenyak diterbalik  
di lorong sempit, ia sendirian memekik!*

*Betapa perit  
ia ditolak keluar sedikit demi  
sedikit  
ia diasak keluar bersama jerit  
demi jerit  
namun ia pasrah pada sang  
pemilik  
jika bebasnya ia dari lorong  
sempit  
diganti rasa lega berbukit-bukit  
terhenti rasa sakit maha perit  
ia sanggup dilontar ke lembah  
jelic  
bersama kebusukan yang  
mengundang jijik  
asalkan sang pemilik  
berakhirnya detik sengsara  
sembelit...*

# Ingat kelakar sangat ke?

CHE NOORYOHANA ZULKIFLI  
AKADEMI PENGAJIAN BAHASA, UITM CAWANGAN PULAU PINANG

*Dia ingat benda ini kelakar ke? Sekali dua mungkin kelakar untuk kanak-kanak sebesar itu bertindak sedemikian. Lama-lama, tidak kelakar langsung!*

Misya terus-menerus mengomel kepada suaminya. Zamri hanya mampu berdiam, walaupun sakit juga hatinya. *Dahlah badan sakit sekali! Aish!*

Adakalanya Misya mengadu juga kepada ibunya mengenai Faris. Faris, anak sulungnya yang baru berusia tiga tahun. Apabila dia mengomel kepada ibunya, itu tidak bermakna dia membenci Faris, tetapi tubuhnya benar-benar penat menjaga hanya seorang budak. *Baru seorang!*



*Image source: AI-generated*

Misya mengharapkan orang sekeliling memahami apa yang sedang berlaku dalam hidupnya. Kerjaya sudah tiada. Duit apatah lagi. Dia mengambil keputusan untuk berhenti kerja setibanya Faris di pangkuan. Pada mulanya hanyalah untuk menyesuaikan diri, tetapi apabila Faris semakin membesar, semakin menjadi-jadi pula perangai budak ini. *Kalau dihantar ke pengasuh, mahu kena dera budak macam ni!*

Apabila ibunya mendengar rungutan Misya, ibunya tidak memberikan sebarang kata-kata positif, malah mengiyakan sahaja apa yang Faris lakukan. Balik-balik ibunya hanya memulangkan paku buah keras. Menurut ibunya, apa yang Faris lakukan tidak pelik

kerana Misya juga begitu pada zaman kanak-kanaknya. *Aih, tak membantu langsung mengadu pada orang tua ni! Kita tanya dia, kita pula yang kena!*

Misya cuba mendapatkan semangat dan pandangan kawan-kawan di media sosial. Rata-rata mencadangkan supaya dia membawa Faris berjumpa doktor kerana mungkin mempunyai masalah personaliti atau kondisi kesihatan seperti autisme atau ADHD. Tetapi Misya langsung tidak merasakan ada masalah seperti itu. Dia cuba bertahan. Dia cuba meyakinkan dirinya bahawa apa yang ibunya katakan ada kebenarannya. Masalah itu akan berakhir suatu hari nanti.

*Tetapi bila?*

**Adakah apabila dia sudah hilang akal di kepalanya kerana terlalu tertekan dengan sikap anaknya?**

**Adakah apabila dia sudah hilang sabar dan berkemungkinan akan memukul Faris dengan teruk?**

**Adakah apabila dia sudah hilang pedoman di dada dan bertindak mencederakan Faris mahupun dirinya sendiri?**

**Sukar untuk Misya gambarkan apa yang dia rasa pada waktu itu. Bermula dari saat kelahiran Faris, Misya sudah merasakan ada sesuatu yang tidak kena. Anaknya tidak tidur seperti anak orang lain. Bayi itu berjaga lebih daripada 18 jam sehari!**

***Kalau tidak tidur tetapi tidak meragam dan melalak, tidak mengapa juga. Ini melalak dan memekakkan telinga!***

**Pada usia Faris mencecah setahun, dia sudah mula menjadi agresif. Barang-barang di rumah habis dirosakkan. Pernah juga alat kawalan televisyen dijumpai beku di dalam peti sejuk hingga tidak boleh digunakan lagi. Apabila cuba disuap makan, diterbalikkannya sahaja pinggan nasi itu! Apabila minum air, dituangkannya ke atas baju dan disiram selebihnya ke muka ibunya! Apabila makan di restoran, Misya sentiasa membawa baju lebih kerana selalunya akan ada yang bermandikan air Milo ataupun kuah tomyam!**

Apabila berada di rumah, Faris selalunya menjadi sangat 'kreatif'! Cat dinding dikopeknya dan serpihan-serpihan cat pula ditelan. Kesemua wayar televisyen ditariknya dan pemain DVD juga dihempaskan ke lantai. *Anak apa macam ini?*

*Kalau tangan dan kaki sahaja yang bergerak, ya, kita akan penat, tetapi kita tidak menanggung malu yang teruk. Ini mulut pun sama naik!*

Pernah sekali kawan Misya, Liyana, datang ke rumah. Kawannya itu sedikit gelap kulitnya dan setibanya Liyana di situ, Faris mula kelihatan resah. Mukanya penuh dengan amarah dan dia mula menjerit-jerit. Ayahnya, Zamri, cuba menenangkan Faris tetapi amukannya semakin

memuncak. Zamri tiada pilihan lain selain mendukung Faris keluar dari rumah dan berpusing ronda-ronda dengan kereta.

Di dalam kereta, Faris masih menangis dan menjerit-jerit. Dalam jeritannya, Zamri hanya mendengar perkataan "ugly" dan "friend". Apabila Faris sudah tenang dan pulang ke rumah, Misya bertanyakan kepadanya mengapa dia tiba-tiba mengamuk ketika kawannya, Liyana, datang sebentar tadi. Yang terpacul dari mulut Faris ialah, "friend Mummy ugly!".

Ketika itu Misya sudah dapat merasakan ini ialah 'red flag' yang dahsyat!

Pernah sekali suaminya ditendang oleh Faris sehingga hidungnya

berdarah. Nasib baik tulang tidak patah, tetapi kulitnya tetap pecah sedikit. Misya juga pernah pecah bibir dan berjurai darah kerana Faris mengetuk mukanya dengan kole air yang sedang digunakannya pada waktu itu.

Ada beberapa kali baju-baju yang sudah dilipat rapi di dalam almari dan laci dikeluarkan lalu dihumban ke dalam tandas. Pernah juga telefon Misya direndam di dalam baldi berisi air. Ketika ayahnya sedang tidur, Faris pernah mengetuk kepala ayahnya dengan botol susu yang masih penuh hingga ayahnya terus menggelupur kesakitan! Sejak kejadian itu, pasangan ini tidak lagi tenteram ketika tidur kerana bimbang Faris akan memukul mereka semasa tidur. Selain itu, Faris juga sering tidur tidak lena dan kerap terjaga

sambil melalak dan mengamuk.

Misya menjadi semakin penat kerana walaupun Faris merupakan cucu sulung yang sepatutnya menjadi kesayangan dalam keluarga, ibu Misya tetap menolak untuk menjaganya, biarpun seketika. Akibatnya, Misya tidak mempunyai ruang dan peluang untuk berehat walau sekejap. Manakan mahu kerana pernah sekali ketika ibunya sedang tidur, Faris mengetuk kepala neneknya dengan selipar yang bertapak agak tebal. Mujurlah tiada sebarang pendarahan berlaku, namun neneknya mengalami sakit kepala berhari-hari.

Misya terpaksa mengaku kalah. Tiada lagi daya untuk memarahi dan berlawan dengan anaknya. Apabila dimarahi atau ditegur, Faris

akan mula membaling barang ke arahnya dan seterusnya menghantuk kepalanya sendiri ke lantai! Misya sedar anaknya itu masih kecil dan belum mengerti apa-apa, namun dia tidak mampu membendung perasaan sedih dan kecewa kerana keadaan initalah berterusan selama beberapa tahun. *Tidak sayangkanlah Faris padanya?*

Tiada lagi apa yang mampu dilakukannya selain mengadukan segalanya kepada Sang Pencipta, Yang Maha Mengawal dan Maha Mengetahui. Dalam setiap doa yang dipanjatkan, air mata Misya mengalir deras. Dalam menanggung perit ujian, Misya tetap bersyukur kerana masih diberikan kekuatan untuk melaluinya bersama Faris. Dia masih waras, walaupun berkali-kali tersungkur.

Apabila Faris berusia lima tahun, Misya menghantarnya ke prasekolah.

Setelah lebih kurang dua bulan bersekolah, Faris menunjukkan perubahan yang ketara. Amukan tiba-tiba yang tidak semena-mena semakin berkurang. Setiap hari apabila pulang dari sekolah, dia begitu tekun membuat kerja sekolah dan membaca bersama Misya. *Pelik!*

Misya tidak perlu mengingatkannya tentang kerja sekolah. Faris tahu sendiri. Dia mencapai markah yang cemerlang dalam kesemua ujian di sekolah dan boleh bertutur, membaca serta menulis dalam tiga bahasa. *Pelik. Apa yang dah jadi?*

Benar, Dia di situ.

Kun fayakun. Allahu musta'an. Kita hanya perlu cari.

# The Team



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