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TEKNOLOGI
MARA

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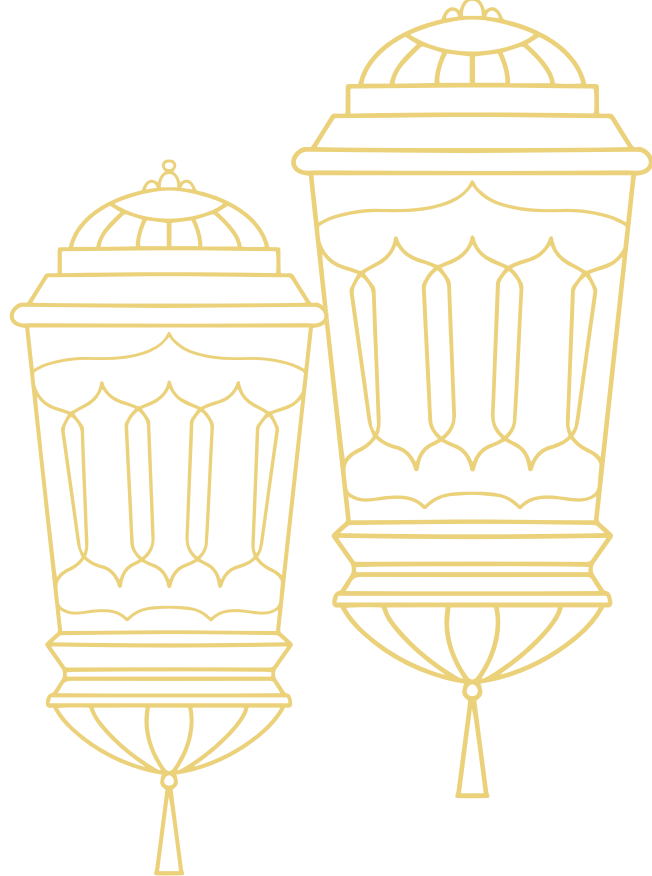
MED BULL'

Ramadhan Raya

SPECIAL EDITION



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EDITOR IN CHIEF

DR. NUR FAIZAH ALI

EDITOR

AINUL ANUAR ADAM
NOR FATHIAH AHMAD RADZI
NUR AFIQAH RAHIMI
NATILI HUSNA MOHD FAUZI
FARAH HUSNA MOHD ZABIDI
SAYYID UMAR SYED AHMAD ALJUNID

GRAPHIC DESIGNER

NURULL NATASSHA MURAT



DEAN'S RAYA SPEECH



Assalamualaikum and Salam Sejahtera.

Greetings from the Faculty of Medicine. It is such a great pleasure to welcome you to our special edition Ramadhan Raya Newsletter.

This year, just like last year, Ramadhan and Syawal are very different due to the outbreak of Covid-19. We continue to persevere with our fight against it. Although the pandemic has altered how people observe Ramadhan and Syawal, we cannot let this pandemic take away the significance of these two months. We can still practice Ramadhan and Syawal traditions in a safe manner. We must show our gratitude and appreciate all around us, be it near or far. Do not miss the opportunity to embrace them and do it creatively. Just like other aspects of our lives, we should adopt and adapt to this new normal to ensure safety during these sacred and festive months.

Representing the faculty, I would like to thank all the front liners, staff members, and students for doing their very best to curb the spread of Covid-19. We must do our part, together. I urge all of you to adhere to the SOP, practice physical distancing, wear face masks and avoid crowded places. Lastly, I would like to take this opportunity to wish you Selamat Hari Raya Aidil Fitri. Maaf Zahir dan Batin. Stay safe!

Professor Dr. Mohd Zamrin bin Dimon
Dean, Faculty of Medicine, UiTM



FOOD FOR ALL

In celebrating the spirit of Ramadan, the month of giving, the faculty's Corporate Communication Unit and the Staff Welfare Committee organised a weekly iftar food pack distribution.

This event was held on the 16th, 23rd and 30th of April, as well as the 7th of May. Funded by donations received from members of the faculty, every Friday throughout this holy month, about 250 iftar food packs were given away to the administrative staff, lecturers, students, nurses, doctors, and even the public who walked by the food distribution counter in the faculty lobby.

The food packs distributed vary from one week to another, ranging from traditional delicacies such as *bubur lambuk* to western dishes like spaghetti bolognese. Sometimes, desserts like cheese tarts were also added. Alhamdulillah, this event was well received and went smoothly. Thank you to everyone who contributed towards making this event a success especially to those who donated for the food packs. May Allah repay you all with abundance.



IHYA' RAMADHAN



مَنْ قَامَ رَمَضَانَ إِيمَانًا وَاحْتِسَابًا، غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ
ذَنْبِهِ

“Whoever establishes Ramadhan with full faith and full of hope, all his past sins will be forgiven for him”.

[Riwayat al- Bukhari]

Ihya' Ramadhan. The programme aims to invite all UiTM Sg Buloh and Selayang students to liven up and celebrate Ramadhan together. With that mindset, the Alliance of Insaniah (ALIS) have done various activities throughout this holy month such as a talk; Bicara Ramadhan by PU Akram, recitation of al-Quran in groups, grand ceremony of Khatam al-Quran, congregational prayers (Isyak & Tarawih), recitation of surah al-Mulk and al-Mathurat, Qiamullail, weekly reminder; Sinar Ramadhan and free food distribution for iftar and moreh.



Sinar Ramadhan is a weekly sharing on general and specific deeds in Ramadhan. Among the topics shared were Zikr in Ramadhan, Tarawih: 8 or 20?, Al-Quran: Tilawah X Tadabbur and The Losses of Ramadhan Without Any Deeds.

The highlight of Ihya' Ramadhan this year is the talk; Bicara Ramadhan by PU Akram entitled “Andai ini Ramadhan Terakhirku” which was done on the 18th of April via Google Meet and Youtube Live. He charmed all the participants with his comprehensive and meaningful sharing.

“Dalam melewati fasa-fasa Ramadhan, kita mestilah melaluinya dengan iman dan wahyu. Hal ini penting bagi meningkatkan mutu dan kualiti amalan ibadah kita pada Ramadhan kali ini “- PU Akram

Hopefully, all the activities done will benefit all the students and help to increase their understanding and subsequently improve their relationship with The Creator.



FREE IFTAR AND SAHOOR



Sekretariat Kebajikan Pelajar Perubatan (SKP) UiTM had organised sponsored Iftar and Sahoor food sessions for the medical students who are currently staying at Sungai Buloh and Selayang Campus starting from the 1st day of Ramadan until the 25th Ramadan. A total of 150-200 iftar food packs are prepared in a day for the Sungai Buloh students while approximately about 92 iftar food packs are prepared for the Selayang Campus.

As the sahoor, a total of 150-200 food packs are provided a day after consulting on the students' needs. This programme was executed successfully with the help from the Majlis Perwakilan Pelajar (MPP) Faculty of Medicine and a group of dedicated volunteers to distribute the iftar and sahoor food for the students. Throughout the programme, Standard Operating Procedure (SOP) measures were taken seriously.

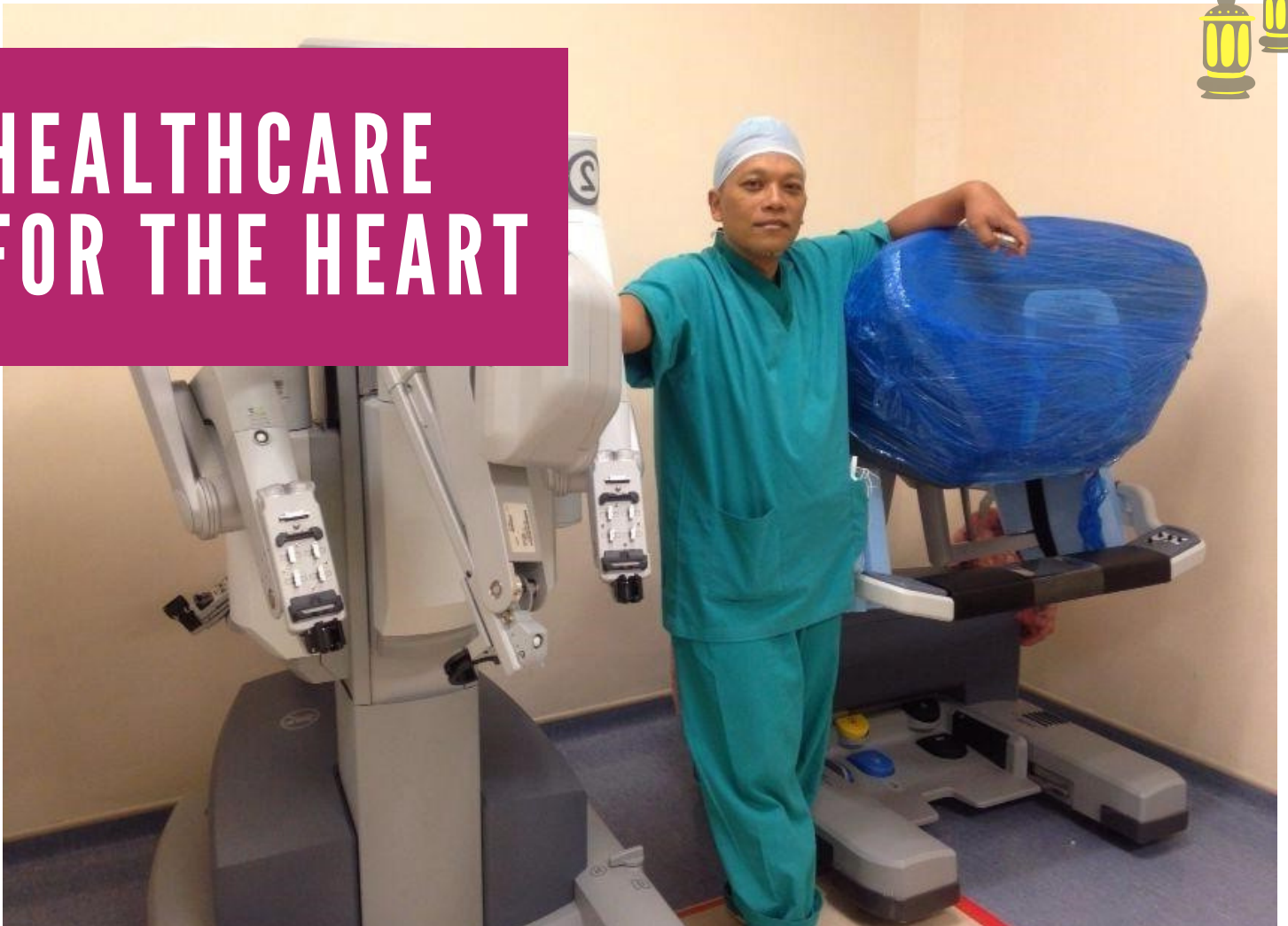
Students and the committee members were constantly reminded to keep social distancing, wear masks at all times, avoid physical contact and to use hand sanitizers. This programme also managed to collect fundraising with a whopping total of RM57,735.00 in sponsoring the free iftar and sahoor food throughout the holy month of Ramadan. The funds were mostly received from medical lecturers, individuals and NGO companies.

Apart from monetary contribution, there were also some individuals and organizations who donated food packs directly to the students on certain days.

SKP would like to thank all donators and those involved in this programme both directly and indirectly.



HEALTHCARE FOR THE HEART



Ramadhan is a festive month for Muslims. Trials, challenges as well as blessings are abundant in this holy month. A month where muslims not only focus on ibadah but also their health. Ramadhan teaches us about health in ways that we often don't realize.

In terms of heart health, Professor Dr. Mohd Zamrin Dimon, the Dean of Faculty of Medicine, who is also a specialist cardiothoracic surgeon, shared some insights as to how Ramadhan helps us stay healthy and ways on how we can maintain our health when fasting. According to him, fasting is proven to be beneficial to our health.

From the scientific point of view, the act of fasting can detoxify our body. Fasting also helps the heart to pump blood much more efficiently as it is not caught up pumping tons of blood to the digestive system. This also means that we should not eat too much when breaking fast as that would defeat the purpose of fasting.

For patients with heart diseases, Professor Dr. Mohd Zamrin recommends they train themselves in fasting before Ramadhan starts so that their bodies will have time to adjust and adapt.





For patients with heart disease, if they are required to take medication regularly and cannot be adjusted when fasting, it is more important for them to be compliant to their medication. While fasting may be a must for muslims during Ramadhan, it does not necessarily mean that we cannot be excused from it.

“For muslims, we have Rukhsah which helps us in certain dire situations.”

If a situation endangers the wellbeing of a muslim, they may avoid it or replace it with another ibadah. In the case of fasting, it may include paying *Fidyah* (a fine).

Exercising can be a good thing, especially for your heart. It is recommended for a person to do 70 minutes of cardio workouts each week to maintain cardiovascular health. For patients with heart disease, they would normally go through rehabilitation exercises to help them regain their strength. These rehabilitation exercises not only help them physically but also mentally as they slowly overcome the trauma of going through a heart attack.

**TREND**

High Intensity Interval Training (HIIT)

- ❖ Incredibly effective at testing out cardiovascular health
- ❖ Recommended for normal individuals
- ❖ Not recommended for patients with heart disease



**KETO DIET**

- ❖ Recommended for short periods to balance out Malaysians' high-carb diet
- ❖ Not recommended for a lifetime diet
- ❖ **Key** is to have a balanced diet

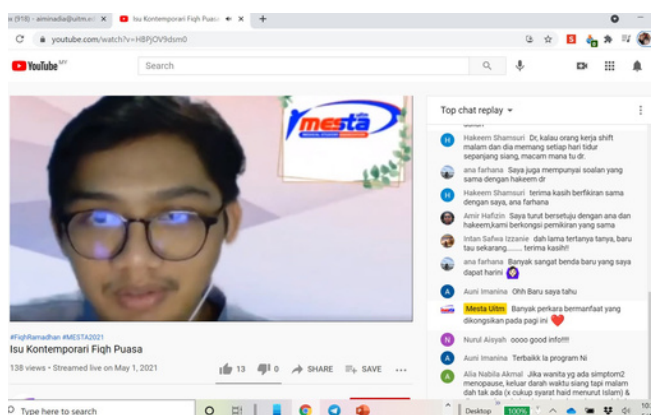
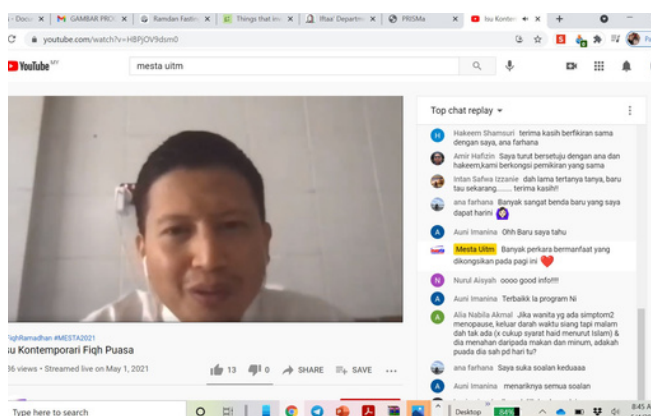
Prof Zamrin also gave his opinion on trending matters. For HIIT, he approves that it is a good form of exercise. Be that as it may, it is definitely not recommended for those with heart complications. HIIT requires you to push your heart's capabilities to its maximum. This is incredibly dangerous for patients with heart disease.

In terms of dieting, a balanced diet is the way to go. Keto diet while it may be a healthy alternative to our usual carb-heavy diet, Prof Zamrin does not recommend one to adopt it completely into one's lifestyle.

FIQH OF FASTING

On the 1st of May 2021, we were privileged enough to have Dr. Mohammad Naqib bin Hamdan who shared some knowledge on the contemporary issues in the fiqh of fasting, focusing on the issues related to medicine. Dr. Mohammad Naqib is a lecturer at the Academy of Islamic Civilization of Universiti Teknologi Malaysia (UTM). His research interest is in contemporary fiqh, including medical fiqh and halal contemporary issues. Thanks to the pandemic that created access to online learning, this program organized by the Medical Students Association (MESTA) of the Faculty of Medicine UiTM was conducted online, bridging the gap between Johor and Selangor.

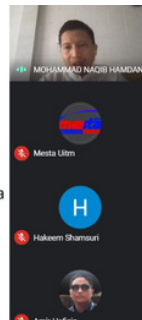
As an introduction, Dr. Mohammad Naqib gave an overview of the acts that invalidate fasting. These include eating and drinking, inserting anything into the body cavities (brain, throat, vagina, and anus), masturbation, deliberate vomiting, menstruation and lochia, sexual intercourse during the day, and insanity or the abandonment of Islam (*murtad*).





ISU KONTEMPORARI 3

- Suntikan@ Cucuk vaksin ketika puasa, batal ke?
- Pap smear boleh buat ke waktu puasa? Batal tak?
- Sedut inhaler ketika puasa, batal ke?
- Berbekam dan pindah darah ketika puasa, boleh ke?
- Boleh ke makan ubat untuk lambatkan haid supaya boleh puasa sebulan Ramadan?
- Hisap rokok@ vape ketika puasa?
- Dialisis ketika puasa?
- Cabut gigi ketika puasa?



Based on the madhab of Shafi'ie, anything that goes into the body cavities will be considered to invalidate our fasting.

❗❗ In other madhabs, the insertion of fluids into the body that provides hydration will invalidate the fast as the concern is with the substance that goes into the body. For example, intravenous fluids for rehydration can be considered to invalidate fasting in other madhab, Maliki. ❗❗

Hence, intravenous fluids for treatment of dehydration or blood transfusion during fasting are permissible. The permissibility extends to receiving vaccination and insulin injections.

❗❗ As for dialysis, it applies the same rule as discussed above in which the procedure does not enter the body cavities, same as dental extractions. ❗❗

However, the process for the dental extraction may unavoidably cause patients to swallow water and blood that may invalidate the fast. Other issues that were discussed include the use of inhaler.

❗❗ The use of inhalers can invalidate the fast except for patients who are heavily dependent on their inhalers with the advice of their doctors. ❗❗

Lastly, a special thank you goes to the committee that worked hard to make this program a success. It consisted of students from year 1 until year 4 led by Muhamad Ariff Shafwan (year 4) as the program director. The rest of the committee includes Nurulhuda Dini (year 1), Nur Aiman Farhana, Haziq Ajwad, Nur Maisarah, Auni Nur Imanina, Muhammad Hakeem, Muhamad Amir Hafizin and Muhammad Nuruddeen (year 2), Nur Aisyah Shafiyah and Nurul Husna (year 3).

A big thank you to Profesor Dr. Ahmad Nazrun Shuid (Deputy Dean for Student Affairs), Dr. Yuhaniza Shafini Kamsani (Coordinator for Student Activities) and Associate Professor Dr. Badrul Isa (Deputy Rector for Student Affairs) for the support given to make this event a success.





RAYA PHOTO SHOOT AND TAKBIR RAYA VIDEO RECORDING



In preparation for Aidilfitri celebration, the Corporate Communication Unit organised a Raya Photoshoot session in collaboration with the Department of Medical Education (DoME) from the 19th until the 23rd, 26th and 30th of April. This photoshoot session was conducted with the purpose to liven up the festive atmosphere for the upcoming Hari Raya Aidilfitri during the pandemic.

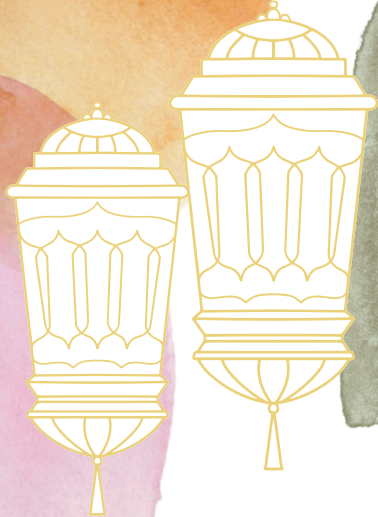
Throughout the session, COVID-19 Standard Operation Procedure measures observed such as social distancing, wearing masks and avoiding crowded places. All members of the departments were actively involved in the photoshoot. They came in their beautiful and glamorous "Baju Raya".

Some departments came with their color themes such as Rehabilitation Medicine Department with their red-themed dress code and Radiology Department with blue-themed attire. Some doctors from other nationalities and races also wore their traditional and special attire for this festive-themed photoshoot session. The organiser also prepared some props such as raya packets, lamplights and ribbon ketupats to cheer up the atmosphere. Each department photoshoot slot included formal photos and freestyle photos.

On the 30th April 2021, 'Takbir Raya' video recording was done at the Virtual Room, Clinical Simulation Centre (CSC). The "Takbir Raya" was one of the contents of the FoM's Raya video. The Takbir Raya was led by Ustaz Muhammad Najih Irsyad Ahmad Puhad and the Dean, Professor Dr. Mohd Zamrin Bin Dimon. The video recording went well. The SOP was followed strictly.



RAYA PHOTO SHOOT























MEDICAL STUDENTS OF UiTM



Salam Aidilfitri

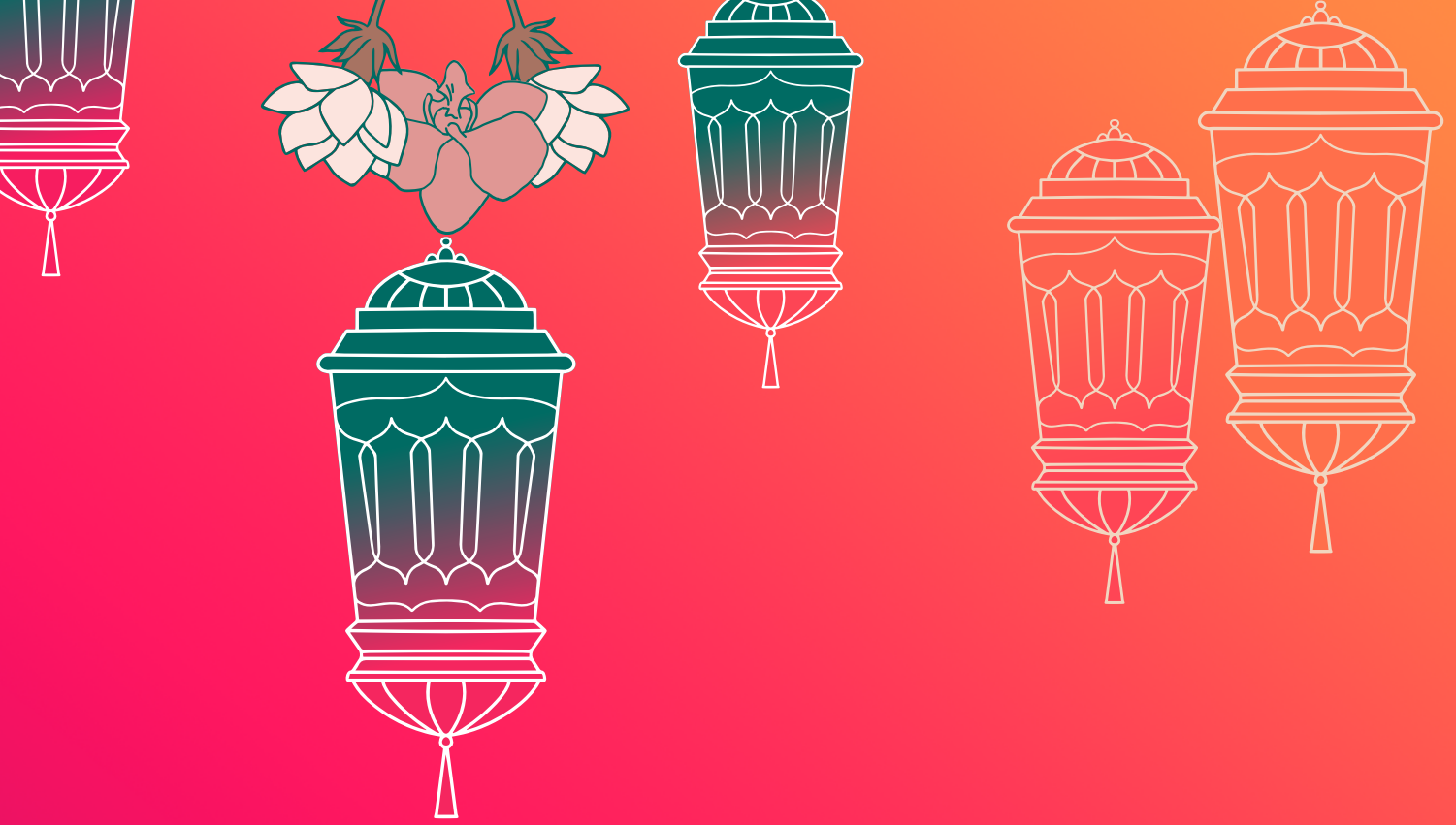
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Dengan ingatan tulus ikhlas daripada:
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Salam Aidilfitri

MAAF ZAHIR DAN BATIN

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