



ARSHAD AYUB
GRADUATE BUSINESS SCHOOL

2024

ANNUAL REPORT

 <https://aagbs.uitm.edu.my>

24 JULY 2024

UiTM'S PROGRAM MAU'IZAH FOCUSES ON MENTAL AND SPIRITUAL WELL-BEING

On 24 July 2024, the Program Mau'izah organized by Bahagian Hal Ehwal Islam, Universiti Teknologi MARA (UiTM) was held at Arshad Ayub Graduate Business School. The program aimed to provide spiritual guidance and raise awareness on the importance of mental and emotional well-being within an Islamic framework.

The invited speaker, Ustaz Mohd Azri Aripin (Timbalan Pendaftar Kanan Hal Ehwal Islam), delivered an insightful talk entitled "Mental Health in the Islamic Psychospiritual Approach (Tazkiyatun Nafs by Imam Ghazali)". His session highlighted how the purification of the soul (Tazkiyatun Nafs) as taught by Imam Ghazali can help individuals manage stress, emotional struggles, and inner conflicts in a holistic and spiritually grounded way. The session provided valuable perspectives on integrating faith, self-reflection, and emotional resilience, making it highly beneficial for participants in today's demanding academic and professional environment.





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