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DARI HATI: A PUBLIC SPEAKING INITIATIVE FOR NON-ACADEMIC STAFF

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In August 2023, the Clinical Laboratories Department (CDL) launched a public speaking program among the non-academic staff. The program dubbed Dari Hari aimed mainly to build and boost self-confidence among the non-academic staff in CDL. The program was scheduled to be held once a fortnight, and all CDL staff comprises science officers, medical laboratory technologies, clerks, and health attendants who will take turns to share and deliver a topic of their choosing for 15-20 minutes at 08:30 in the morning to their colleagues. The topics can be from various fields of interest or knowledge, and the staff is

as long the sharing has good information to be shared and beneficial take-home messages.

The head of the department, Dr. Noraziah Sahlan, kick-started the program, where she shared her takes on the topic of acceptance of Allah's will and provision on 3th August 2023. During the session, she shared personal experiences dealing with having hopes of getting her prayers answered. She then shared how she dealt with the disappointment when it seemed that the prayers were not answered as she would like. The key to dealing with this, according to her, was to believe

wholeheartedly and have the utmost confidence that Allah is the best planner and He has your best interest. Only then will we be content and satisfied with Allah's provision.

The second session of the program took place on 14th August, where Encik Thalhah, science officer from the Medical Microbiology Unit, delivered a topic titled Chasing Inner Calm and Peace of Mind. In his talk, Encik Thalhah shared some religious tips on how to find a state of inner tranquillity, calmness, and contentment. He stressed the importance of performing daily salat, daily reading of the Quran, reciting dhikr, and daily litanies. These practices bring us closer to Allah, keep our minds at peace, and give us a sense of well-being.



At the point of writing, the next session is scheduled on the 31th August, to be delivered by Dr Rafizah, science officer for the Chemical Pathology Unit. All science officers and medical officers are currently rostered to take part in this program, which will run at least until July 2024. The medical laboratory technologies, health attendants, and clerks will be rostered to take part in this program starting July 2024.

To date, this program has been well received by the staff. We will endeavor to make this program part of the working culture in the department. Apart from boosting their self-confidence level, this program also acts as another platform where the staff can interact and communicate with each other positively. This program also aims to drive the strengthening of the bond between staff and enhance cooperation between units in the department that will contribute to the effectiveness and productivity of the department specifically and contribute to the betterment of UiTM as a whole. The department hopes that all staff will be able to reap the benefits of this program and enjoy themselves participating in this program in many years to come.