

No. 2 / 2026



UNIVERSITI
TEKNOLOGI
MARA

IMED BULL'

FACULTY OF MEDICINE UTM



TRAUMAX 2026: UⁱTM EMERGES CHAMPION



Through the
Medical
Lens

**BREAKING
SILOS: WHY HIV
PREVENTION
IS EVERYONE'S
RESPONSIBILITY**

**EMPOWERING
THE EDUCATORS
OF TOMORROW: A
PRACTICAL GEMINI &
NOTEBOOKLM SKILLS
WORKSHOP**

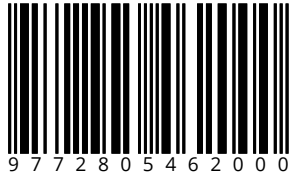


**UNVRAB-UⁱTM INBOUND
PROGRAMME: ACADEMIC EXCHANGE
AND STUDENT EXPERIENCE**



**SIALENDOSCOPY: TOWARDS
ORGAN PRESERVATION SURGERY**

eISSN 2805-4628



9 772805462000

13

ROAD TO RAMADAN - (BULAN PERJUANGAN) & MUJAHADAH

Rancang

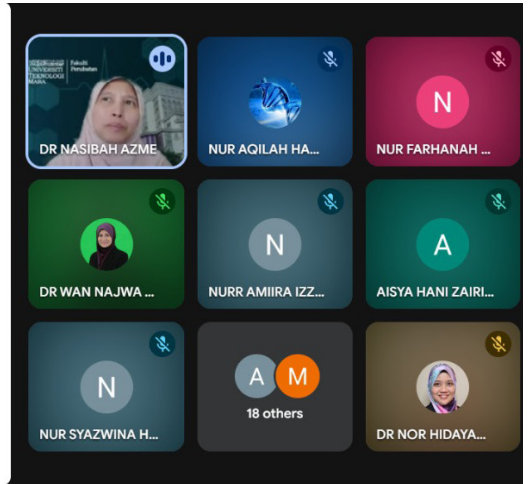


- 1) Sedar & faham. <https://www.muftiwp.gov.my/ms/>
- 2) Persiap hati, rohani & fizikal.
- 3) Buat jadual Ramadan
- 4) Zahirkan perbezaan
- 5) Aktiviti bersama sahabat di RC, keluarga, jiran – jika di rumah
- 6) Lancarkan perjalanan Ramadan.

Buat



- 1) Kekalkan momentum.
- 2) Ikut jadual...
- 3) Mengharapkan pahala.
- 4) Pertahankan ibadah sunat dalam Ramadan.
- 5) Bekalan selepas Ramadan



DR. NASIBAH AZME delivered a sharing session that reminded students to remain steadfast in the enduring struggle.

RAMADAN AS A JOURNEY OF REFLECTION: FOSTERING SPIRITUAL REFLECTION AND PERSONAL DEVELOPMENT AMONG MEDICAL STUDENTS

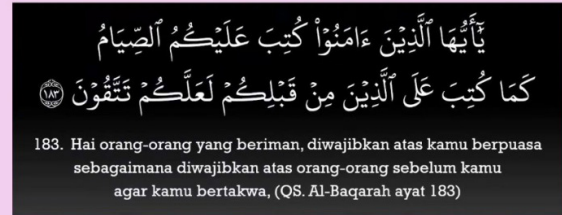
Dr. Nor Hidayah Jaris, Dr. Nabilla Husna Mad Hashim, Assoc. Prof. Dr. Nasibah Azme, Assoc. Prof. Dr. Wan Najwa Wan Mohd Zohdi, Dr. Awla Mohd Azraai, Dr. Hayatul Najaa Miptah, Assoc. Prof. Dr. Siti Fatimah Badlishah Sham, Dr. Aiza Nur Izdiyar, Dr. Anie Farhana Ngimron & Assoc. Prof. Dr. Yuhaniza Shafinie Kamsani

The Student Affairs Department of the Faculty of Medicine, Universiti Teknologi MARA (UiTM) organised the Tazkirah Ramadan Series. It is a weekly spiritual talk programme held every Friday throughout Ramadan from the 20th of February to the 13th of March. The Ramadan inspirational talk series featured lecturers from various departments and was attended by approximately 50–60 students and staff members.

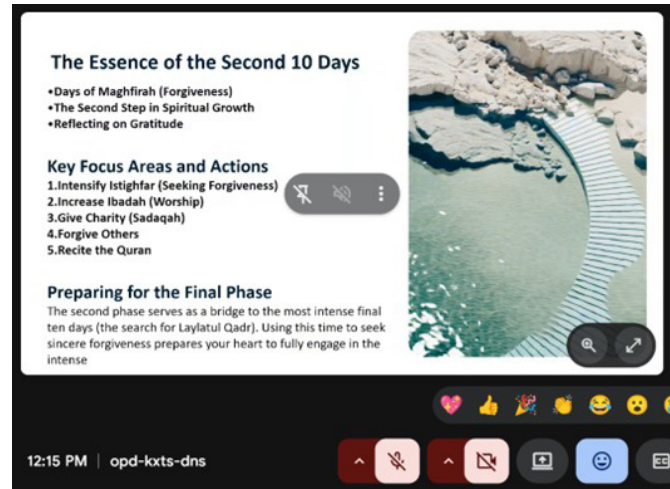
The series commenced with “*Ramadan & Exam*

Mindset Ramadhan

- Bukan hanya puasa → byk lagi kelebihan Ramadhan
- Outcome akhirnya → beroleh taqwa



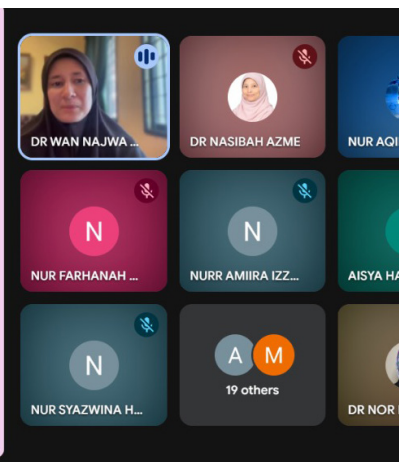
ASSOC. PROF. DR. WAN NAJWA reminded students to set the right mindset in Ramadan.



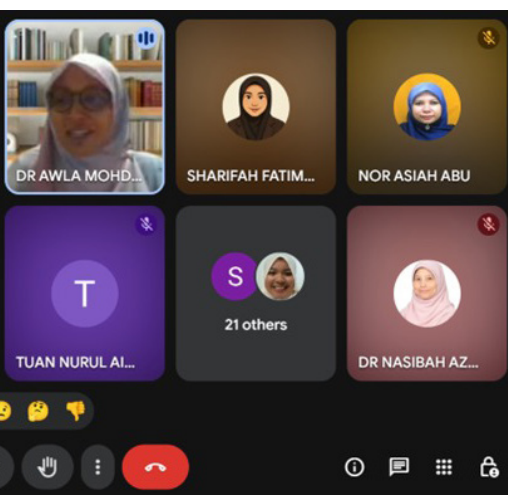
Kehidupan: Mujahadah Mendapatkan Syurga,” delivered by Dr. Nasibah Azme from Physiology and Dr. Wan Najwa Wan Mohd Zohdi from Rehabilitation Medicine. The session highlighted gratitude, increased



ASSOC. PROF. DR. FATIMAH encourages participants to use Ramadan as a time to perform a 'clinical audit' on oneself.



DR. HIDAYAH introduced the topic of Ramadan: a month of self-reflection, "*Perjuangan Membina Kehidupan*".



DR. AWLA reflected on the essence of the second 10 days of Ramadan and shared practical tips for this phase.

acts of worship, and the significance of Ramadan as the Month of the Quran, as stated in Surah Al-Baqarah, verse 185. The speakers also emphasised the importance of sincere du'a, drawing from verse 186, which reminds believers of Allah's closeness and His promise to respond to supplication.

The second session, "*Ramadhan Perjuangan Membina Kehidupan*," was presented by Dr. Awla Mohd Azraai from Pathology and Dr. Nor Hidayah Jaris from Psychiatry. Dr. Awla reflected on preparing for the second phase

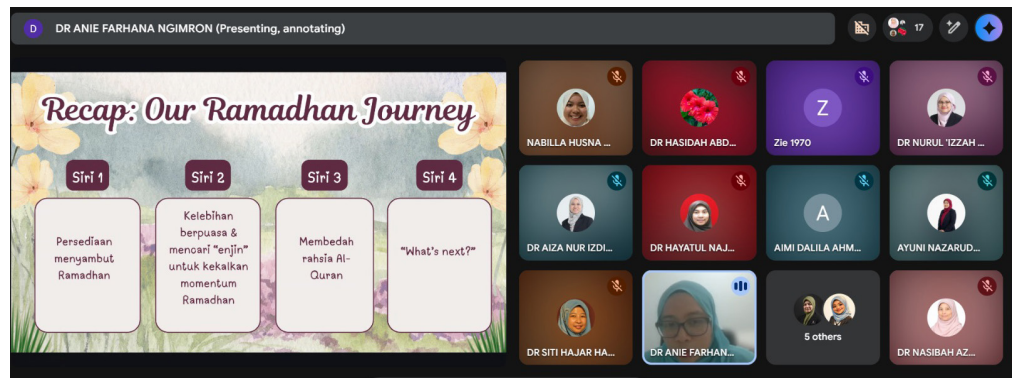
of Ramadan through gratitude, intensified worship, engagement with the Quran, and consistent supplication. Dr. Hidayah then discussed how fasting supports emotional regulation and executive function, framing it as a form of self-discipline that can benefit students preparing for post-Ramadan examinations. Students were also encouraged to continue voluntary fasting beyond Ramadan to sustain these benefits.

The third session, "*Ramadhan Membentuk Jiwa*," featured Dr. Hayatul Najaa Miptah, Assoc. Prof.

Dr. Siti Fatimah Badlishah Sham, and Dr. Aiza Nur Izdihar from Primary Care Medicine. This tazkirah session was kick-started by Assoc. Prof. Dr. Siti Fatimah, who invited the audience to conduct a self-audit of their Ramadan as part of a spiritual checkpoint at mid-Ramadan, to analyse what has been achieved and re-strategise for the rest of Ramadan. This was followed by a discussion between Dr. Hayatul Najaa and Dr. Aiza Nur Izdihar on dissecting the names of Allah the Almighty in the Quran to help us navigate the emotions and feelings we all endure, not just during Ramadan, but throughout life's obstacles too. What made it interesting was how the discussion blended with aspects of a medical student's life, making it extremely



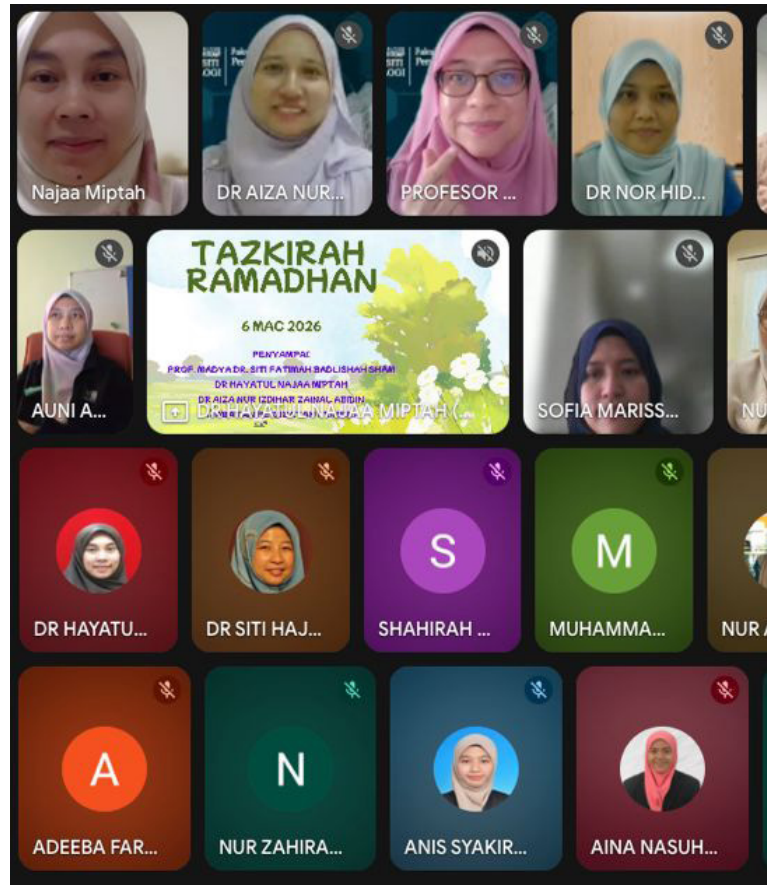
DR. NABILLA presented the Self-Determination Theory and related it to the sustained motivation that can be nurtured throughout Ramadan.



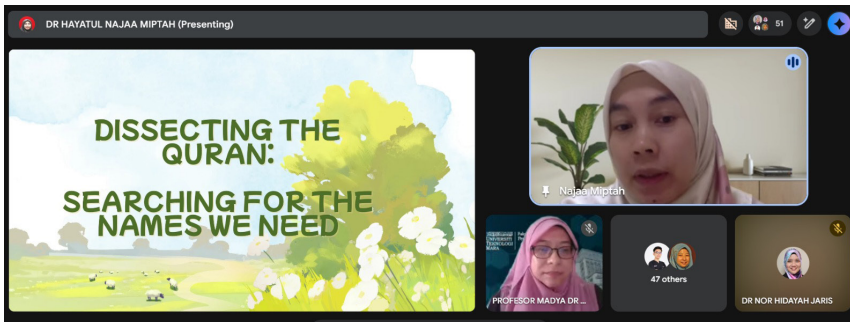
DR. ANIE recapped the Week 1-4 Ramadhan tazkirah series, highlighting the journey from preparation to sustaining faith and taqwa beyond.

relevant.

The series concluded with *“Ramadan Terakhir Bertemu Allah,”* delivered by Dr. Anie Farhana Ngimron from Rehabilitation Medicine and Dr. Nabilla Husna Mad Hashim from Medical Education. Dr. Anie described Ramadan as a spiritual training ground for cultivating taqwa with practical strategies to sustain momentum beyond the holy month, while



PARTICIPANTS who participated in the Ramadan Tazkirah Series.



Dr. Nabilla introduced Self-Determination Theory, explaining how autonomy, relatedness, and competence can transform religious obligations into lasting intrinsic motivation.



Overall, the Tazkirah Ramadan Series provided a meaningful platform for spiritual reflection, personal growth, and community engagement. It is hoped that the insights shared will continue to inspire students and staff to carry the values of Ramadan into their academic, professional, and personal lives throughout the year.

DR. HAYATUL NAJAA and Dr. Aiza dissect the names of Allah in the Almighty Quran while navigating the emotions and feelings participants will encounter throughout Ramadan.

