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BULETIN APB

AKADEMI PENGAJIAN BAHASA
UNIVERSITI TEKNOLOGI MARA
CAWANGAN NEGERI SEMBILAN
KAMPUS SEREMBAN



Healthy Ramadhan

**NUR DALILAH DAHLAN, NUR HANI SYAZWANI BAKRI
& MUHAMAD FIRDAUS AHMAD**

UITM CAWANGAN NEGERI SEMBILAN KAMPUS SEREMBAN

This year, Ramadan began on Thursday, March 23, 2023, and ended on Friday, April 21, 2023. This Islamic holiday is recognized by millions of people around the world through dawn-to-dusk prayers and fasting. Ramadan brings physical and social changes that can affect people's mental health, especially after the ongoing COVID-19 pandemic. Throughout Ramadan, social life becomes very busy as most people entertain guests or accept invitations from friends and family. The iftar meal, which is delicious, lively, and the best dinner, will be the main focus of the visit. Everyone will surely enjoy their food and eat a lot to break the fast, even if it is not good for them sometimes. In addition, most people do not exercise during Ramadan, which can lead to weight gain during the holy month, and some diabetics with poor dietary habits may also find it difficult to manage their diseases well. We go to work, study, and clean the house, but lacking energy is often the reason for not exercising. It is very important for us to stay fit and healthy throughout Ramadan. Staying active and healthy will give us the energy to do our daily routines, help us focus at work, and participate in special Ramadan activities, such as tarawih prayers or Qiyamullail. However, this does not mean you must exercise heavily to burn thousands of calories daily. The key is balancing practising Ramadan and keeping yourself healthy and active. Evidence supports this notion that fasting can benefit your body and mental health and well-being, mood, and ability to cope with stress, anxiety, and depression. Don't worry, you may be able to prevent any illness by following some simple steps here, and it's best if you continue this routine even if you Are not fasting.

1. Drink at least ten glasses. Keep drinking water between Iftar and Suhoor.
2. Avoid caffeinated drinks like coffee because caffeine can cause people to urinate more often, leading to dehydration.
3. Stay out of the sun when you are fasting.
4. Replenish your energy levels by eating a healthy, balanced Iftar, with less fat and less oil.
5. Eat a light and nutritious Suhoor every day.
6. Stay physically ACTIVE. Make time for activities during Ramadhan.
7. Enjoy your Ramadhan journey with a HEALTHY DIET.

