

COLLEGE OF MEDICINE NEWSLETTER



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DEAN'S MESSAGE OF THE MONTH



I would like to begin by wishing you and your families a very blessed Ramadan. The last month has been very busy at the college with meetings, workshops, and seminars, as well as the mid-unit examinations that were held. I would like to thank the faculty and staff for their efforts in ensuring the success of these examinations as well as wish all the students the best of luck in their studies.

I would also like to welcome the new members of faculty who have joined us, as well as congratulate our faculty and students on all their wonderful achievements. They continuously make me and our college proud.



COLLEGE

news

Q-Hamid Conference

On 14th and 15th February 2025, at the College of Fine Arts and Design, the university launched the Qutayba Hamid International Conference on Respiratory Diseases in collaboration with the Meakins-Christie Laboratories at McGill University of Canada, in honor of the distinguished scientific career of Prof. Qutayba Hamid and his contributions to the field of respiratory medicine. The event brought together scholars and experts worldwide to share the latest advancements in respiratory disease management and control by fostering engagement with international researchers, exchanging knowledge, and promoting new collaborations.





AI in Precision Medicine Symposium

Under the auspice of His Excellency Chancellor Professor Hamid Al Naimi, Prof. Qutayba Hamid (Vice Chancellor of Medical and Health Science and Dean of College of Medicine), Prof. Maamar Bettayeb (Vice Chancellor of Research and Graduate Studies), and Prof. Rifat Hamoudi, the Centre of Excellence in Precision Medicine hosted the Artificial Intelligence in Precision Medicine Symposium at the Research Institute for Medical and Health Sciences, directed by Prof. Rabih Halwani.

Held from 10th to 14th December 2024, this first-of-its-kind symposium showcased AI applications in various medical specialties, including AI in Emirati Genome Project jointly carried out with faculty from Khalifa University, in addition to AI-based research in biomedicine jointly carried out with Skolkovo Institute of Technology in Russia.



Our Health in Our Language

Inspired by the efforts of His Highness Sheikh Dr. Sultan bin Muhammad Al Qassimi, Supreme Council Member and Ruler of Sharjah, to protect and promote the Arabic language, the College of Medicine launched a new program titled "صِحَّتُنَا بِلُغَتِنَا" ("Our Health in Our Language") on January 29th 2025. Supervised by Dr. Hamid Alhaj and led by Year 3 students Haneen Radwan and Shahd Faris, the program aims to enhance medical students' communication and history-taking skills in Arabic, emphasizing effective patient-doctor communication. Participants from various colleges attended the first two sessions, which introduced an Arabic mnemonic system for medical history-taking and classified common syndromes and illnesses in Arabic. This initiative is a significant step towards integrating Arabic into medical education, ensuring future healthcare professionals can effectively communicate with their communities.





University Hospital Sharjah Symposium

On 30th January 2025, University Hospital Sharjah, in collaboration with the University of Sharjah and The Ohio State University, organized a symposium titled “The Future of Medicine: Exploring Innovative Treatments and Research” where Prof. Iman Talaat, Prof. Riyad Bendardaf, and Dr. Noha Elemam participated as organizers and speakers. This symposium highlighted the latest developments and groundbreaking innovations in research that are shaping the future of healthcare.



Forensic Evidence and Laboratories Department Visit

On 4th February 2025, Year 3 students from the College of Medicine visited the Forensic Evidence and Laboratories Department in Sharjah as part of the Community Health Program. They actively engaged in learning various forensic techniques, including determining causes of death, body preservation and embalming, and toxicology investigations. Special appreciation goes to Sharjah Police, particularly Brigadier General Expert Najji Al Hammadi, director of the Laboratory, Dr. Mohamed Hejazi, and Major Rawia Almihrizi, for their support in facilitating this invaluable educational experience.





Medical Education and Leadership Programs

Starting in 2025, the College of Medicine is launching three new programs in medical education and leadership, marking a significant advance in training both locally and globally. Under the guidance of Dr. Mohamed Taha, these programs highlight the college's commitment to academic excellence and the professional growth of faculty and health professionals.

PhD in HPE

The PhD in Health Professions Education (HPE) is the first program of its type in the region, approved by the Commission for Academic Accreditation (CAA) and ready to welcome its inaugural cohort in Fall 2025. This program presents an excellent opportunity for professionals to partake in advanced research and innovation within health professions education.



PG Diploma in LHPE

The one-year Postgraduate Diploma in Leadership in Health Professions Education (PG Dip LHPE) aims to enhance the leadership and educational skills of faculty members and professionals. Accredited by the CAA, this diploma is the University of Sharjah's second postgraduate diploma, joining the Postgraduate Diploma in Ultrasound Technology Applications (PGDUS) offered also by the College of Medicine.



Professional Diploma in Leadership in Medical Education

Under a Memorandum of Understanding (MoU) between the University of Sharjah and Dubai Corporation for Ambulance Services, the Professional Diploma in Leadership in Medical Education was launched on 31st January 2025. The diploma is a six-month program designed to enhance leadership abilities in medical education. Furthermore, a Certificate in Clinical Research program will be introduced soon under this MoU.



FACULTY

news

DUPHAT 2025

On 9th January 2025, Dr. Wafa Alnakhi presented her talk titled "Turnaround time for telemedicine services among patients with diabetes in Dubai Health Authority during the COVID-19 pandemic" at DUPHAT 2025.



ICBBBCB 2025

Dr. Balsam Qubais presented her paper "Exploring the Antibacterial Efficacy of Adam Series Compounds Against Multidrug-Resistant Clinical Isolates" at the International Conference on Bioinformatics, Biomedicine, Biotechnology and Computational Biology (ICBBBCB-25), held from 9th to 10th January 2025, in Singapore.



1st University of Sharjah IAC 2025

Held from 20th to 23rd January 2025, Dr. Rania Ahmed participated in the 1st University of Sharjah International Alumni Conference, held under the theme "Empowering Employability in the Era of Artificial Intelligence." Her presentation, "Introducing Telemedicine Education in Undergraduate MBBS Students," showcasing research implemented at UOS, was announced as the best presentation in the Medical & Health Sciences Research category.



Iraqi Medical Conference 2025

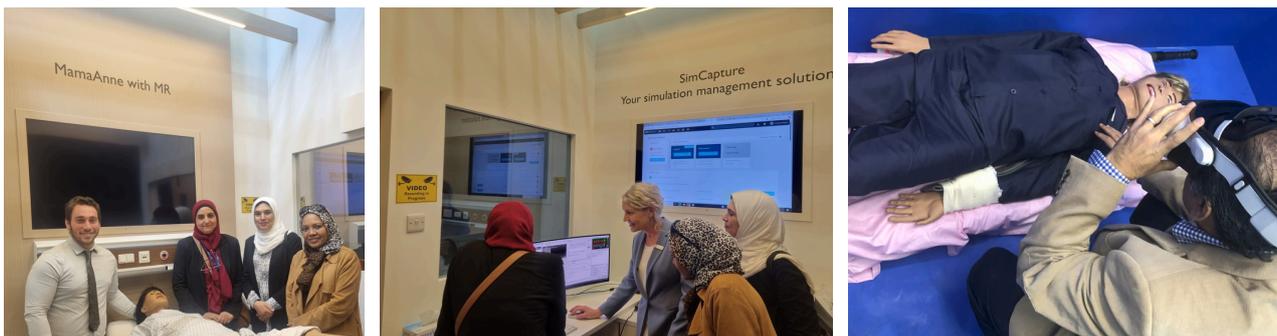
On 24th and 25th January 2025, Prof. Qutayba Hamid, Vice Chancellor of the Colleges of Medicine and Health Sciences, was awarded the BAU Award 2025 for Medical Excellence in Medical and Research Innovation at the Iraqi Medical Conference 2025. Also in attendance were Dr. Balsam Qubais, Dr. Suha Al-Naimi, and Dr. Abubakr Mossa.



Arab Health 2025

Dr. Ghada Mohammed, Dr. Noha Mousa, and Dr. Ream Langhe, visited the Arab Health exhibition on 27th January 2025. They participated in a demonstration of an advanced high-fidelity birthing simulator and simulation management system, exploring various other educational models designed to enhance clinical skills training.

Similarly, on 29th January 2025, Dr. Mahmoud Ramadan and Dr. Rashid Al-Shahoumi attended the exhibition to explore and integrate the latest medical simulation technologies into the college's curriculum. By leveraging these advancements, the college aims to enrich student education, providing cutting-edge simulation tools that foster more effective learning and better prepare students for future medical challenges.





Arab Health Public Health Conference

On 28th January 2025, Prof. Basema Saddik was invited by the Dubai Health Authority (DHA) to speak at the Arab Health 2025 Public Health Conference, where she delivered a presentation entitled "Public Health Promotion Strategies to Combat Non-Communicable Diseases: A Pathway to Enhanced Well-Being."



Hamdan Medical Award

On 30th January 2025, a team from University of Sharjah and alumni doctors at Al Qassimi Hospital received the Hamdan Medical Award for Best Research in Healthcare for their project PneumoMLPred. Supervised by Prof. Eman Abu-Gharbieh and Dr. Hiba Barqawi, the project uses machine learning to enhance community-acquired pneumonia (CAP) management by evaluating adherence to clinical guidelines and developing a machine learning-based mortality prediction model.



The 10th We All Read Festival

Dr. Hamid Alhaj spoke at the 10th We All Read Festival on 6th February 2025, presenting insights from his book "Simplified Psychiatry" (الطب النفسي المبسط). In his talk, he addressed the need for reliable Arabic-language resources in psychiatry, improved patient-doctor communication in Arabic, and the integration of modern psychiatric frameworks. He also explored the future of psychiatry, highlighting innovations like AI, digital mental health, genetic psychiatry, and neuroscience.





2nd Public Health Workforce Reform Workshop

On 12th February 2025, Prof. Basema Saddik was invited to participate in the 2nd Public Health Workforce Reform Workshop, organized by UAE University and Burjeel Holdings. The workshop focused on strategies to address current public health challenges, bridge skills gaps, and define key priorities for strengthening the public health workforce in the UAE.



MSA TALK: Healing Voices

On 13th February 2025, Dr. Hamid Alhaj delivered a talk at the MSA TALK: Healing Voices, titled “Exploring the Human Spirit: Awakening the Healer Within.” In his talk, he shared his journey from medical school to professor of psychiatry, emphasizing adaptability, reframing challenges, and cultivating emotional resilience. He encouraged aspiring medical professionals to embrace continuous learning and find meaning in service, highlighting that healing is also a journey of personal transformation.



1st Public Health Forum

On 15th February 2025, Prof. Basema Saddik was invited to serve as a judge at the 1st Public Health Forum hosted by the Institute of Public Health at UAE University, recognizing outstanding research and innovation in public health.





1st RAK EHS Liaison Psychiatry Conference

Dr. Hamid Alhaj delivered a keynote talk at the 1st RAK EHS Liaison Psychiatry Conference on 15th February 2025, titled "Exploring the Interplay Between Diabetes and Mental Health." He discussed the bidirectional links between psychiatric disorders and diabetes, the psychosocial challenges faced by individuals with diabetes, and the importance of integrating physical and mental health in diabetes management. His talk emphasized the need for a multidisciplinary approach to improve patient outcomes.



4th International Forum on Education and Mental Health

Dr. Mohamed Taha participated in a panel discussion on "Ethics and Integrity in Teacher Education" at the 4th International Forum on Education and Mental Health, held on 18th and 19th February 2025, organized in collaboration with the Center for Academic Integrity at the University of Wollongong in Dubai. The panel addressed challenges in maintaining ethical standards in teacher education, focusing on AI's role in academic integrity, ethical dilemmas in digital learning, and strategies to promote a culture of integrity among educators and students.



Anticancer Patent

Prof. Maha Saber-Ayad, Prof. Rifat Hamoudi, and the team led by Prof. Raafat Al Awady have been granted a patent for "Design, Synthesis, and Mechanisms of Anticancer Activity of New Acetylated 5-Aminosalicylate-Thiazolinone Hybrid Derivatives."

US 20250002467A1

(19) **United States**
 (12) **Patent Application Publication** (10) Pub. No.: **US 2025/0002467 A1**
 ABDU-ALLAH et al. (43) Pub. Date: **Jan. 2, 2025**

(54) **DESIGN, SYNTHESIS AND MECHANISMS OF ANTICANCER ACTIVITY OF NEW ACETYLATED 5-AMINOSALICYLATE-THIAZOLINONE HYBRID DERIVATIVES** (22) Filed: **Jun. 26, 2023**

(71) Applicant: **University of Sharjah, Sharjah (AE)** (51) Int. Cl. **Publication Classification**
C07D 277/54 (2006.01)
A61K 31/426 (2006.01)
A61P 35/00 (2006.01)

(72) Inventors: **Hajjaj H. M. ABDU-ALLAH, Sharjah (AE); Wafa S. RAMADAN, Sharjah (AE); Maha Mohamed SABER-AYAD, Sharjah (AE); Rifat HAMOUDI, Sharjah (AE); Samrein AHMED, Sharjah (AE); Thennmozhi VENKATACHALAM, Sharjah (AE); Shirin HAFEZI, Sharjah (AE); Abdel-Nasser EL-SHOUBGI, Sharjah (AE); Hamadeh TARAZI, Sharjah (AE); Nelson da Cruz SOARES, Sharjah (AE); Moshahammed Harb SEMREEN, Sharjah (AE); Raafat AL-AWADY, Sharjah (AE)** (52) U.S. Cl. **C07D 277/54 (2013.01); A61K 31/426 (2013.01); A61P 35/00 (2018.01)**
 CPC: **.....**

(57) **ABSTRACT**
 Novel 5-Aminosalicylate-4-thiazolinone derivatives for therapeutic formulations and methods for treating cancer. There are provided novel compounds as development of new anti-cancer agents with multicellular targets and with higher selectivity to cancer cells to enhance the outcome of cancer therapy. In a preferred aspect, there is provided a composition, including a therapeutically effective amount of one or more pharmaceutically acceptable salts, or a pharmaceutically acceptable formulation of one or more pharmaceutical

(21) Appl. No: 18214.215 [Click here!](#)



STUDENT

news

DUPHAT 2025

During the DUPHAT 2025 conference, held from 7th to 9th January 2025, the community-based research project titled "Attitudes and Perceptions of Adults in the UAE Towards Artificial Intelligence (AI) in Healthcare" was awarded first place in the poster awards. The students involved in this project were Daniah Hussein, Jana Hassoun, Majed Bseiso, Manar Alajmi, Mohammed Alsayed, Shima Mustafa, and Soad Alfailakaway, supervised by Dr. Emad Nosair and Dr. Amal Hussein.



Sports Competitions

On 22nd January 2025, Year 1 student Sara Jafleh won second place in the table tennis tournament during the University of Sharjah Dental Student Association (USDSA) Sports Day. She also won first place in the girls' basketball tournament, held on 3rd February 2025 by the Medical Students' Association (MSA).



Iraqi Medical Conference 2025

On 24th and 25th January 2025, Year 3 students Batool Mustafa, Dania Nazanda, Rafah Zaid, and Yosser Al Sadoon volunteered at the Iraqi Medical Conference, where they assisted in managing registrations, organizing sessions, coordinating with speakers, and ensuring smooth event logistics.





Arab Health 2025

From 27th to 30th January 2025, Year 1 students Hiba Sharjeel, Liyan AlRamahi and Year 2 students Jana Al Shouha, Malak Aboudraz and Nada Alshaali, along with other students volunteered at The Ohio State University, Wexner Medical Center booth at Arab Health 2025. The volunteering opportunity helped students build their communication and networking skills by engaging with the public, answering questions, and raising awareness about the center's services and initiatives.



MOHAP Hayat Campaign

At the Arab Health 2025 Exhibition, which took place between 27th and 30th January 2025, students from the College of Medicine volunteered with the Hayat Campaign, organized by the Ministry of Health and Prevention (MOHAP). Hayat is a nationwide initiative focused on saving lives by facilitating organ and tissue donation, providing hope and a second chance to patients with end-stage organ failure.



UOS 1st Jiu-jitsu Championship

At the UOS 1st Jiu-jitsu Championship, held on 5th February 2025 at the Men's Sports Complex, Year 3 student Khaled Elsousi won 3rd place in his weight class of 85 to 94 kgs.



EMR21 Muscat

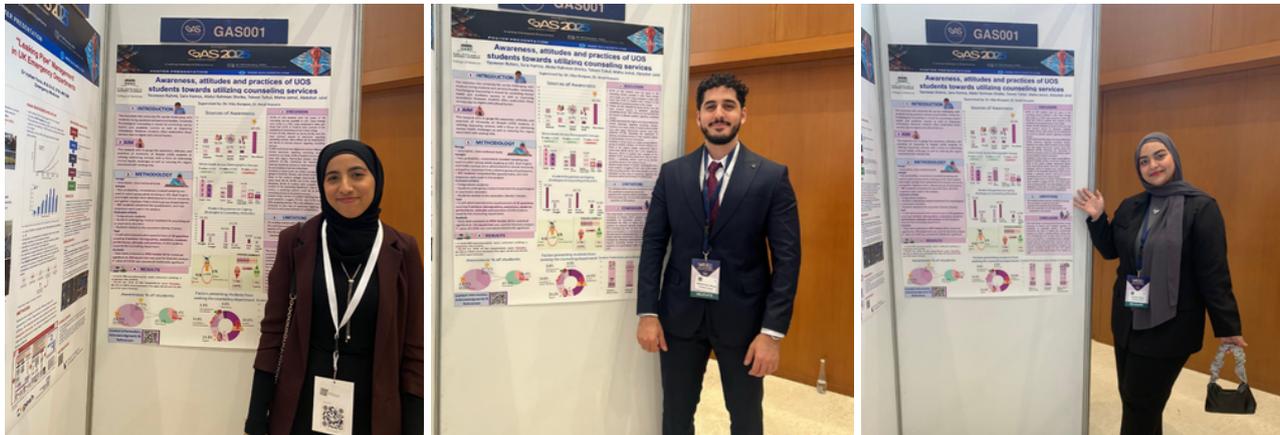
On 6th February 2025, Year 1 student Mohammad Almajarish participated at the Eastern Mediterranean Regional Assembly (EMR21), hosted in Oman, where he represented the University of Sharjah under the IFMSA-UAE for the first time. The event included workshops, plenary sessions, and discussions, motivating medical students from different countries to become more involved in global health discussions and policy making.





Gulf Aorta Summit 2025

At the Gulf Aorta Summit, held from 7th to 9th February 2025, Year 3 students Abdul Rahman Sheiko, Sara Hamza, and Yasmeen Rahmi won first place for their community-based research project titled “Awareness, attitudes and practices of UOS students toward utilizing counseling services.” The project was supervised by Dr. Hiba Barqawi and Dr. Amal Hussein.

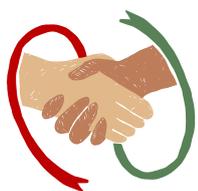


Mobile Clinic Visits

As part of the Community Health Program for Year 3 medical students, the mobile clinic facilitated visits to various locations in Sharjah, including Al Noor Mosque, Al Khan Beach, Al Heera district, and Sharjah Corniche during January and February 2025. Under the supervision of Dr. Fatima AlKhatib, medical students provided essential health screenings, including blood pressure measurements, blood sugar checks, and BMI assessments, enhancing their clinical skills in a real-world setting. These visits were further enriched by the participation of faculty members from the College of Medicine, including Dr. Ghada Mohammed, Dr. Sarra Shorbagi, Dr. Balsam Qubais, Dr. Ream Lange, Dr. Mahmoud Ramadan, and Dr. Suha Al Naimi, who guided students throughout the process.



STUDENT VOLUNTEERING EXPERIENCE



Syrian American Medical Society (SAMS)



As the sun rose over the Zaatari camp, a crowd of men, women, and children gathered at the entrance of the medical tent, waiting for a chance at relief. In that moment, I remembered the words of our Prophet ﷺ: *“Whoever relieves a Muslim of a burden from the burdens of the world, Allah will relieve him of a burden on the Day of Judgment. And whoever helps ease a difficulty in the world, Allah will grant him ease in this world and the next.”*

The resilience of the Syrian refugees struck me deeply. Most had lost everything— homes, family, stability, and yet they still had smiles on their faces. Providing them with even a small sense of security, whether through medical aid or a genuine conversation, meant the world to me. For two decades, the Syrian American Medical Society (SAMS) has been offering relief, proof that even in the darkest times, humanity prevails.

My journey to Jordan began with my good friends Osama Razouk and Abdalla Nedal. Later, we were joined by Year 4 student Hazim Al Sane and graduate intern Dr. Deema Al Hayali. Together, we went on a six-day medical mission from late January to early February, joining a team of 97 doctors, dentists, interns, and students. In just one week, we provided free medical care to over 3,000 Syrian refugees, including pediatric, neurological, and cardiac surgeries. None of it would have been possible without the dedication of local Jordanian doctors and students, who worked tirelessly alongside us.

Each day was intense but rewarding. I took countless patient histories, monitored vitals, drew blood, assisted doctors, and built personal connections with patients. I also had the rare opportunity to observe open-heart and plastic surgeries for children.



Among all the places I've been to, there's no place like the Zaatari refugee camp. Arriving there felt like stepping into a world stripped of color. The air was thick with dust and the ground was uneven and littered. Children walked barefoot, their innocence stolen by a war they never chose. In that moment, I realized we weren't just medical volunteers— we were also witnesses to their reality.



Beyond the mission, Jordan amazed me. Amman was beautiful, the wind carried a surreal energy, cold and strong yet calm. The sky stretched endlessly, as if the city was welcoming us with open arms. It was a land of contrasts, where ancient history and modern life coexisted side by side. One moment, you're standing before the ruins of Petra and the Roman Theater; the next you're savoring *knafeh* and *shawarma* on the Boulevard.

I'm grateful for the friendships I made within the SAMS community. Whether through dinner gatherings, spontaneous trips to the Dead Sea, or late-night football games after our shifts, we built a support system— a second family.

I came to Jordan to give, yet I left feeling like I had gained the most. This was not the end, but the beginning of many more opportunities to volunteer with SAMS again.



By: Mohammed Al-Khalidi



MEDICAL OR MYTHICAL

SUHOOR HYDRATION: WORTH IT?

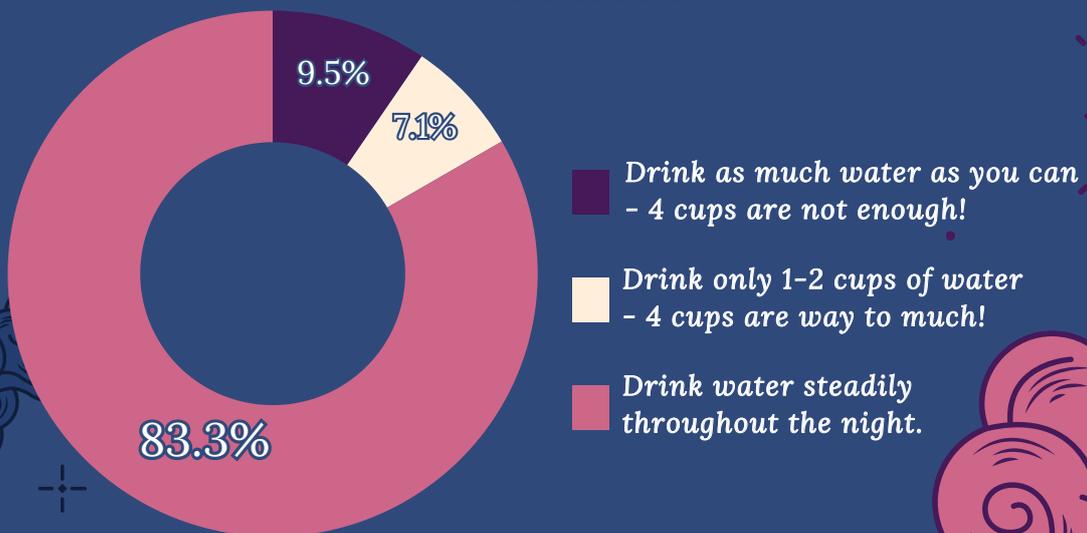
By: Jana Eissa

Fatima, a 21-year-old medical student, takes Ramadan prep very seriously. The night before fasting, she avoids salty foods, has a nutritious Suhoor and ends by drinking four full glasses of water just before Fajr, to keep her hydrated all day.

By noon, she feels exhausted, her mouth is dry, and she's thirstier than ever. Sitting in class, she wonders—Did I not drink enough? Or did something go wrong?

What's the best approach to staying hydrated while fasting ?

Results



THE VERDICT

Does drinking lots of water at Suhoor prevent thirst all day?

Absolutely no! Overloading on water at Suhoor won't keep you hydrated throughout the day!

Your body doesn't store extra water for later use. Instead, your kidneys regulate balance by excreting the excess, leading to frequent urination without long-term hydration benefits.

Maughan et al. (2016) found that hydration depends more on electrolyte balance and food intake rather than sheer water quantity. Another study by Chevront & Kenefick (2014) highlighted that spacing water intake throughout the night is more effective in maintaining hydration. Additionally, Shirreffs et al. (2003) demonstrated that consuming hydrating foods like yogurt and fruit at Suhoor helps sustain hydration better than water alone.

So, rather than chugging a liter of water 5 minutes before Fajr when your mum wakes you up, sip steadily throughout the night and opt for a balanced Suhoor with hydrating foods.

Hydration is a marathon, not a sprint!

REFERENCES 

MEDICAL MARVELS

By: Jana Al Shouha

The Hidden Power of Fasting

Fasting, historically rooted in spiritual and cultural traditions, is now a subject of scientific research, revealing how the abstinence of food for regulated periods can paradoxically nourish well-being. During fasting, our bodies undergo a major metabolic shift: as glucose reserves dwindle, the body cleverly switches to stored fat as its primary fuel source – a state known as ketosis. But fasting isn't just about weight loss or blood sugar regulation; ketosis is also linked to reduced systemic inflammation, a key factor in many chronic diseases.

One of the captivating aspects of fasting is its ability to stimulate autophagy - a cellular "housekeeping" process where damaged proteins and organelles are systematically broken down and recycled. This process is believed to contribute to increased cellular health and prevent age-related diseases.

Fasting's effects on the brain are particularly intriguing. One might think that fasting causes brain fog, but studies suggest that fasting increases the production of brain-derived neurotrophic factor (BDNF), a protein crucial for neuron growth, survival, and synaptic plasticity. This may explain observed improvements in cognitive function, memory, and mood during fasting periods, as well as its potential neuroprotective effects. Interestingly, some evidence suggests that fasting might lead to improved outcomes for neurodegenerative disorders, particularly Alzheimer's disease.



But the benefits don't stop there! Emerging evidence showcases the influence of fasting on the gut microbiome by regulating the composition and diversity of microbial communities residing in the digestive tract, ultimately aiding immune function, and potentially benefiting conditions like inflammatory bowel disease. Beyond these benefits, fasting has also been linked to improved cardiovascular health, hormonal regulation, and reduced risk of type 2 diabetes.

So, the next time you wonder how you'll manage your daily tasks while fasting, think about how your body might be transforming those fasting periods into a fountain of health benefits!



REFERENCES



based on a
true story

**WHEN YOUR GUT SAYS
“WAIT” LISTEN!**

Yet another day in the clinic, all scrubbed in and ready to impress. Of course, as a medical student, I HAD to be tested in the early hours of the morning. The doctor pulled up a chest x-ray. Something about it felt... *off*. I couldn't pinpoint why. *Trick question? Probably not.* I brushed the thought aside.

Eager to make me his first target, he turned to me. "Tell me about this patient's lung sounds."

Easy. Simple. Too simple, actually. Looking at the x-ray, I confidently recited what I had memorized for OSCE exams:

"Equal bilateral air entry with vesicular breath sounds, no abnormal added sounds." Textbook perfect.

The doctor stared at me for a moment, his face unreadable. "Equal? On both sides? You're sure?"

"Yes doctor."

"Really sure?"

"Yeah...?"

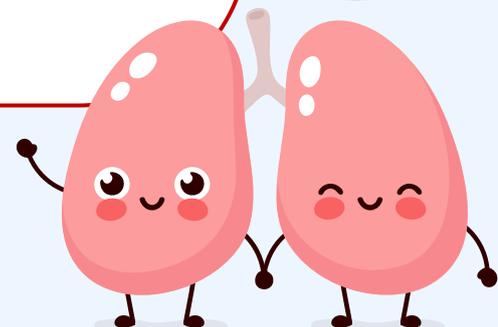
I take a look at the other students with me for confirmation. They all nodded in agreement. We were all on the same page. I felt sharp.

The doctor let out a small, almost unnoticeable sigh, his expression turning disappointed as he said: "This patient had a pneumonectomy."

I turned back to the x-ray.

Oh, that's one lung. Not two. Definitely not two...

That tiny doubt I had earlier? Yeah. Should've listened to it.



STUDENTS'

corner



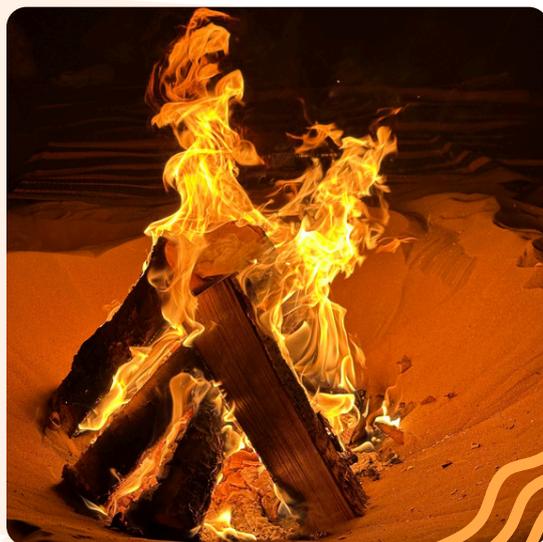
“

Ameen Ammar

Year 3

حي الشتاء وحي ما جابه 🌟

”



“

Kareem Mustafa

Year 3

Caramella enjoying the morning sun rays

”



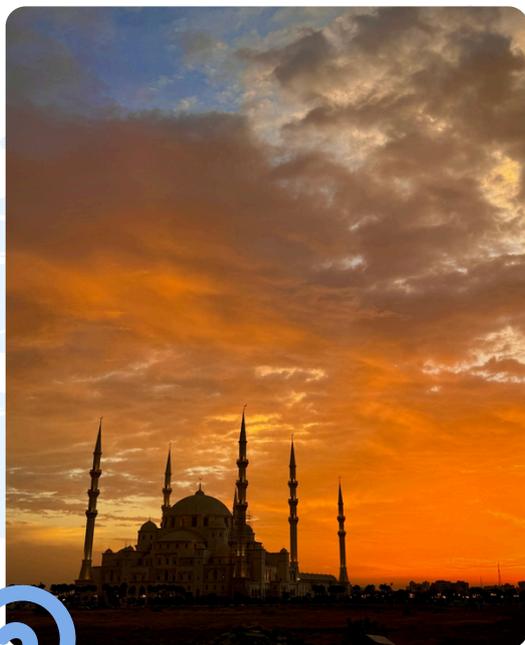
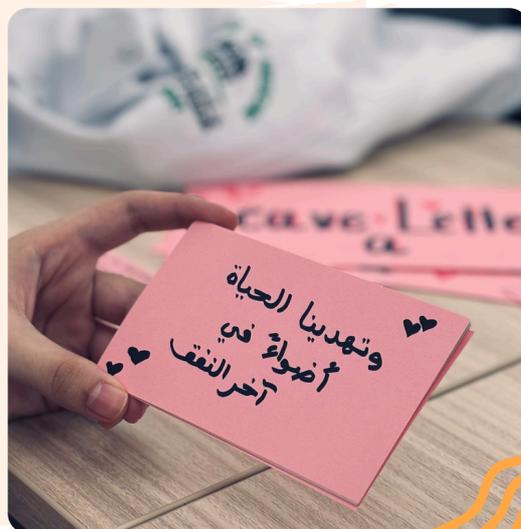
“

Malak Abudoreg

Year I

Some words don't just touch the heart
-they leave an unshakable mark on the
soul.

”



“

Lamees Amir

Year 3

﴿بَدِيعُ السَّمَاوَاتِ وَالْأَرْضِ وَإِذَا قَضَىٰ أَمْرًا
فَأَيُّمَا يَقُولُ لَهُ كُنْ فَيَكُونُ﴾

”





“

Amna Alteneiji

Year 3

Sunsets in Dubai 

”



“

Azza Elshafie

Year 2

An old drawing I did back in high-school

”

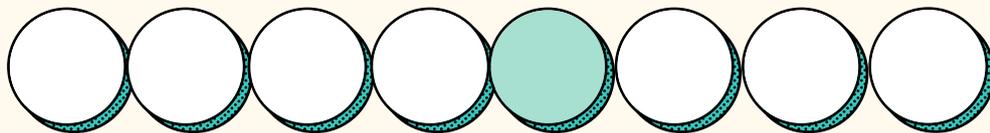


JUMBLE!

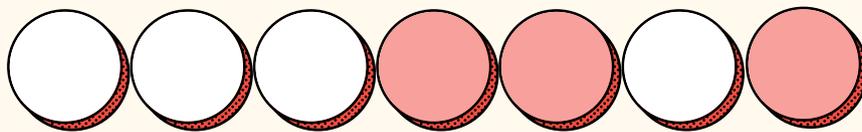
HOW TO PLAY?

Un-jumble the letters below to form a word. Finally, re-arrange the highlighted letters from each of these answers and use the hint to solve the final bonus Jumble!

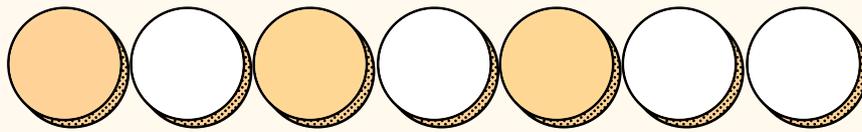
C U G N A L O G



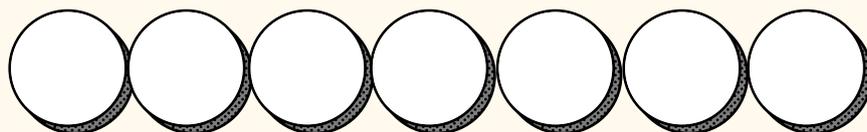
S O T K I E S



N U B L I A M



FINAL ANSWER:



Hint

I don't care what you call it, it is called _____!



Submit Answer



FAWAZEEER

ما هو المثل الذي تشير إليه الرموز؟



I'm often served when the sun dips low,
In the month of fasting, I steal the show.
Though I'm small, I carry great worth,
Breaking your fast, I prove my worth.

What am I?

I'm not a muscle, yet I help you move,
Without me, your body would lose its groove.
I carry messages, fast and precise,
Without me, you wouldn't think twice.

What am I?

ما اسم الغزوة التي وقعت في شهر رمضان؟

What is the name of the battle that took place in the month of Ramadan?

غزوة الخندق
The Battle of Khandaq

غزوة بدر الكبرى
The Battle of Badr

غزوة أحد
The Battle of Uhud

ما هو أول مسجد بني في الإسلام؟

What is the first mosque built in Islam?

مسجد قباء
Quba Mosque

المسجد النبوي
Al Masjid an Nabawi

مسجد القبلتين
Masjid al-Qiblatayn

Submit Answer



STUDENT LETTERBOX

MR. TV MAN

The chorus of children's laughter in the street and the ding of pots and pans in the kitchen are quiet compared to the TV's jarring babble. A man stands there saying something. Young children are running, fingers stinging from the heat of the samosas, chased by a cousin with a wooden spoon dripping oil. My grandmother is curled in a corner, lifting her eyes from her Quraan to give them a half-hearted scolding. The neighbour's daughter walks in carrying a pot of *Balilah* only to walk out with a jug of *Karkadeh*. None of them pay the stout TV man any mind.

The house is filled with the smell of cinnamon, caramelised onion and the promise of coming rain. Nothing here is still. The children run. The men carry food-laden trays. The women's laughter makes the kitchen a beating heart. Furniture is moved around, chairs always needed to make more space. Rugs tumble to the street, spreading themselves out as every household sends out trays with *A'seeda* and *Mollah*, jugs and thermoses struggling to keep up.

Then the *Athan* fills the air; a familiar voice of a brother, a cousin, a father. Soon, the whole village is outside, quiet for only a moment as people take dates and give *Duas*. Quiet for only a second, but the most memorable second of all my days at home. A second filled with prayer, reverence and thanks. A second I would pay anything to live again. But soon the overlapping chatter fills the room and even after the plates are cleared, my cousins and I stay in the kitchen. Each nursing a cup of *Nasha*, we listen to the men praying *Taraweeh* in the streets.

Even miles away from the Nile, we have this second too. It's also filled with prayer, reverence and thanks. Prayer to feel my soil under my feet. Reverence for the second of serenity amidst the chaos. Thanks for the forgiveness and the chance to try again. But soon, the chatter bubbles out and we are spirited, boisterous, loud. Eager to compensate for those we wish were here today. Eager for the day we see them again.

Our stout TV man is ignored too.



Riham Hafiz
YEAR 3





5 MINUTES? MORE LIKE 5 HOURS!

By: Dana Haj Mohammed

