

# COLLEGE OF MEDICINE NEWS TO BE THE RESERVE OF MEDICINE

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# **DEAN'S MESSAGE OF THE MONTH**



I would like to welcome back all faculty, staff, and students to a new academic year at the College of Medicine. I hope you have prepared yourselves for the year ahead. As always, I am pleased with the caliber of students we have accepted. I would also like to take this opportunity to welcome the new members of faculty and staff who have joined us. Our mission is to continue to achieve excellence in teaching, research, and community service, as we have consistently done over the past few years. As always, I am very proud of our college's achievements; this would have not been possible if not for the continuous efforts and dedication of our faculty and staff.



I would like to thank His Highness Sheikh Dr. Sultan bin Mohammed Al Qassimi, Member of the Supreme Council, Ruler of Sharjah, and His Highness Sheikh Sultan bin Ahmed Al Qassimi, the Deputy Ruler of the Emirate of Sharjah and President of the University of Sharjah, and Prof. Hamid Al-Naimiy, Chancellor of the University of Sharjah, for their continuous and tremendous support. I wish you all a successful academic new year!

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# **MoU with Sharjah Health Authority**

Sheikh Sultan Bin Ahmed Bin Sultan Al Qasimi, Deputy Ruler of Sharjah and President of the University of Sharjah, oversaw the signing of a Memorandum of Understanding (MoU) between the University of Sharjah and Sharjah Health Authority. The MoU signing took place at the Sharjah Academy for Astronomy, Space Sciences and Technology (SAASST). The MoU signed by Dr. Abdulaziz Saeed Bin Butti Al Muhairi, Chairman of the Sharjah Health Authority, Prof. Hamid Al Nuaimi, Director of the University of Sharjah, and Prof. Qutayba Hamid, Vice Chancellor of the University of Sharjah and Dean of the College of Medicine, is aimed at fostering collaboration between the two entities.





# **MoU with the American College of Surgeons**

The University of Sharjah is proud to announce the signing of a Memorandum of Understanding with the American College of Surgeons, UAE branch. This union marks the beginning of a promising path towards advancing medical knowledge and enhancing patient care. The American College of Surgeons will collaborate with the university to design and develop improved training programs for both current and future students.



# Master's of Leadership in Health Professions Education

#### **Induction Program**

The College of Medicine at the University of Sharjah initiated the Master's of Leadership in Health Professions Education Induction Program on 2nd and 3rd September 2023. The induction program was commenced by Prof. Qutayba Hamid, Vice Chancellor and Dean of the College of Medicine, Prof. Eman Abu-Gharbieh, Assistant Dean for Graduate Studies at the College of Medicine, and Dr. Mohamed Taha Program Coordinator and Director of the Medical Education Center. The program covered a wide array of crucial topics in health professions' education and offered plenty of workshops led by Mrs. Nadia Masoud, Mr. Anas Mustafa, and Dr. Mohamed Taha on a variety of topics, such as academic writing and the vast array of resources available at the University of Sharjah.



# **Planning Education Programs**

The Master's in Leadership in Health Professions Education Program commenced with the inaugural "Module 1: Planning Education Programs" which took place from 9th to 11th September 2023. This module was led by a team of esteemed educators, including Dr. Lawrence Hill and Dr. David Aziz from the University of East Anglia, along with Dr. Mohamed Taha from the University of Sharjah. Over the course of three days, sessions on a multitude of topics, including learning theories and different approaches to curriculum development, were delivered. Dr. Mohamed Taha also hosted an Educational Learning Outcomes Workshop and Assignment Preparation, along with Q&A sessions.



#### **TUFH Conference 2023**



Under the patronage of His Highness Sheikh Sultan bin Ahmed bin Sultan Al Qassimi, Deputy Ruler of Sharjah and President of the University of Sharjah, the university will host the global TUFH conference from 23rd to 26th October 2023 under the slogan "Beyond Borders: Health Equity through a Culture of Learning".

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# **UOS Annual Faculty Incentive Award**

Congratulations are in order to several faculty members of the College of Medicine for winning the University of Sharjah Annual Faculty Incentive Award. Dr. Jibran Muhammad and Dr. Ibrahim Hachim were declared winners in the Scientific Research Category, Dr. Hiba Barqawi a winner in the Teaching Category, and Dr. Anu Ranade a winner in the University and Community Service Category, in an award ceremony held on 17th May 2023.



#### **Global Research Collaboration Conference**

On 31st May 2023, Dr. Bashair Mussa was invited to speak at the Best Practices in Global Research Collaboration Conference in Halifax, Canada. Her presentation was titled "Leveraging International Research Collaboration to Establish New Avenues for Global Engagement."



# **World Psychiatry Association Conference**

In May 2023, Prof. Maha Saber and Dr. Hamid Al Haj were esteemed representatives of the UAE's scientific and clinical community during the dedicated forum on the Integration of Pharmacogenomics in Psychiatric Practice. The conference included comprehensive discussions on pioneering treatments and advancements in psychosocial rehabilitation.



#### **International Research Presentations**

From 10th to 13th July 2023, under the guidance of Dr. Hamid Alhaj, research projects conducted by medical students and graduates at the University of Sharjah were presented at the Royal College of Psychiatrists International Congress in Liverpool.



# **Interview with Sharqiya TV**

On 12th July 2023, Dr. Hamid Alhaj was a distinguished guest on Sharqiya Kalba TV, where he talked about phobias and their profound implications on both individuals and society. He highlighted recent advances in phobia management, notably through the utilization of augmented and virtual realities.



# **Sharjah24 Article**

On 12th July 2023, an Arabic article written by Dr. Hamid Alhaj was published on Sharjah24. The article was dedicated to raising awareness about Obsessive Compulsive Disorder (OCD) and providing insights into its effective management.



# **Roll Signing Ceremony at RCPE**

On 5th September 2023, Prof. Maha Saber attended the Royal College of Physicians (Edinburgh) meeting held in Dubai to extend a warm welcome to the newly inducted fellows in the UAE. Having been a fellow since 2013, Prof. Maha continued the esteemed tradition of "signing the roll," a tradition that dates back to the RCPE's establishment in 1681.





#### 4th Women in Research Forum

On 27th August 2023, Dr. Bashair Mussa was invited to speak on Sharjah TV about the vision and mission of the 4th Women in Research Forum held at the University of Sharjah. During the forum, she chaired a diverse panel discussion concerning "Growing Together for a Lasting Impact." The panel included international women figures from different fields.







On 30th August, Dr. Anu Ranade, Dr. Rizwan Qaisar, and Ms. Gopika Ramachandran received a research award in the Medicine, Health Sciences, Pharmacy, and Dentistry Category. Their project focused on the "Inhibition of endoplasmic reticulum stress to mitigate renal pathology in a mouse model of hindlimb unloading." Additionally, Prof. Rabih Halwani and Dr. Fatemeh Sharif-Askari were awarded in the same category for their research in "Targeting BAFF Signaling as a Potential Therapy for Chronic Rhinosinusitis."



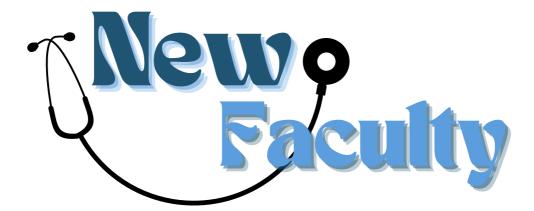


Prof. Eman Abu Gharbieh chaired the Jury Committee at the forum, overseeing the meticulous evaluation of research contributions with unwavering dedication. On the same day, in an interview with Sharjah TV, she shared her valuable insights on women in research and the challenges they face.









**Dr. Mahmoud Ramadan** has joined the faculty of the College of Medicine as an Associate Professor in the Department of Clinical Sciences. He is an MBBCh, MSc, and PhD qualified professional in Cardiovascular Medicine with broad experience in both national and international environments.

Dr. Mahmoud is an acting Associate Professor of Cardiology at the renowned Mansoura University (Egypt), from which he got his MBBCh and master's degrees. He earned his Doctorate degree in Cardiology from Niigata University (Japan) where he studied from October 2004 to September 2008. His areas of interest are cardiology and internal medicine. He has published numerous studies (43 publications, 30 abstracts and 3 book chapters) covering a diverse scope of medical disorders for which he has received awards.







Dr. Wafa Alnakhi has joined the faculty of the College of Medicine as an Assistant Professor in the Department of Family & Community Medicine and Behavioural Sciences. She holds a doctorate degree in Public Health from the Department of Health Policy and Management at Johns Hopkins Bloomberg School of Public Health and a postdoctoral fellowship from the same department. She has more than 13 publications in peer-reviewed journals in areas of medical travel, non-communicable diseases and telemedicine utilization among the population of Dubai. Dr. Alnakhi's ultimate goal is to improve healthcare delivery in the UAE by focusing on patients' outcomes. She is also an Adjunct Professor at Mohammed Bin Rashid University School of Medicine and Health Sciences (MBRU) with previous teaching experience at Hamdan Bin Mohammed Smart University (HBMSU) for the Master of Science in Public Health.

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# **Undergraduate Research Competition**

On 18th May 2023, a collaborative research effort between the Women's Health Clinical Research (WHCR) student program and the Periodontology unit within the College of Dental Medicine, achieved first place in the Clinical Sciences Category at the 10th Undergraduate Research Competition, held at Abu Dhabi University. This achievement is attributed to the dedicated efforts of former Year 5 students, Maryam Abouzaid and Nourhan Howidi. Their work was carried out under the guidance of Dr. Noha Mousa, Dr. Ghada Mohammed, and Prof. Zahi Badran.

Also at the 10th Undergraduate Research Competition, former Year 5 students Kamel Samara and Mariam AlMaazmi achieved first place in the Public Health Sciences Category. Their research project, titled "The usage and trustworthiness of various health information sources in the United Arab Emirates: an online national cross-sectional survey", was supervised by Dr. Hiba Barqawi and showcased in the form of an oral presentation.





# **Sharjah Award for Voluntary Work**

Amna Alhammadi, a Year 5 medical student, received the Sharjah Award for Voluntary Work under the category of 'University Students'. Held on 1st August 2023, the ceremony marked the 20th edition since its establishment. Amna volunteered various different disciplines including distribution of water to labour workers. organizing conferences, and training children in a drawing camp for a total of two months.



#### 4th Women in Research Forum

Maryam Al Ansari, a Year 4 student represented the College of Medicine by participating in the 4th Women in Research Forum on behalf of her Community Based Research group, in the form of a poster presentation. Held on 30th August 2023, the project was entitled: 'Perceived Effectiveness of Different Approaches of Studying Practiced by Medical Students'. The group members were Hussein Huwaijah, Sham Abou Al Fadel, Abeer Alhosani, Fatima Al Azzawi, and Moustafa Mashal. The project was supervised by Dr. Hiba Barqawi and Dr. Amal Hussein.



# **Asian University Cup by Emirates Bodybuilding Federation**

As part of an international Powerlifting Competition held by the Emirates Bodybuilding Federation, Year 3 medical students Raniya Al Janabi and Tabarak Mustafa took part in the Asian University Cup held from 16th to 21st August 2023. Under the female competition category, Raniya was awarded the gold medal in the squat, bench and deadlift as well as a gold medal for placing first in the weight class for combined weights. Similarly, Tabarak received four silver medals, and impressively placed second in her weight class.

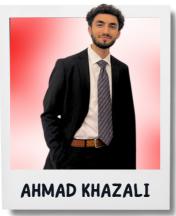


# **Student Representatives for 2023/2024**

Committee Name	Phase	Student Name	Year
College Council	Pre-Clinical	Mohammed Al-Suraihi – ID # U20100066	Year 3
	Clinical	Hanae Al Chame – ID # U18100478	Year 5
Curriculum	Pre-Clinical	Yasser Alsamad – ID # U20100575	Year 3
	Clinical	Zainab Mansour – ID # U18100053	Year 5
Student Assessment	Pre-Clinical	Arwa Ahmed – ID # U20100974	Year 3
	Clinical	Ola Bayram – ID # U18100336	Year 5
Student Success Committee	Pre-Clinical	Aya Aldaher – ID # U20100563	Year 3
	Clinical	Kholod Hussain – ID # U18100334	Year 5
Research	Pre-Clinical	Rawan Alfaraji – ID # U20100752	Year 3
	Clinical	AbdulRahman Almidani – ID # U18100420	Year 5
Year 1 - Representative		Bara Khelifi – ID # U22100737	Year 1
Year 2 - Representative		Kareem Mustafa – ID # U21100425	Year 2
Year 3 - Representative		Mohammad Dreezi – ID # U20103422	Year 3
Year 4 - Representative		Khulood Khalid – ID # U19102460	Year 4
Year 5 - Representative		Almuzaffar Al Moukdad – ID # U18101140	Year 5

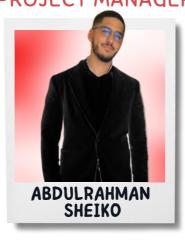






**VICE PRESIDENT PROJECT MANAGER** 







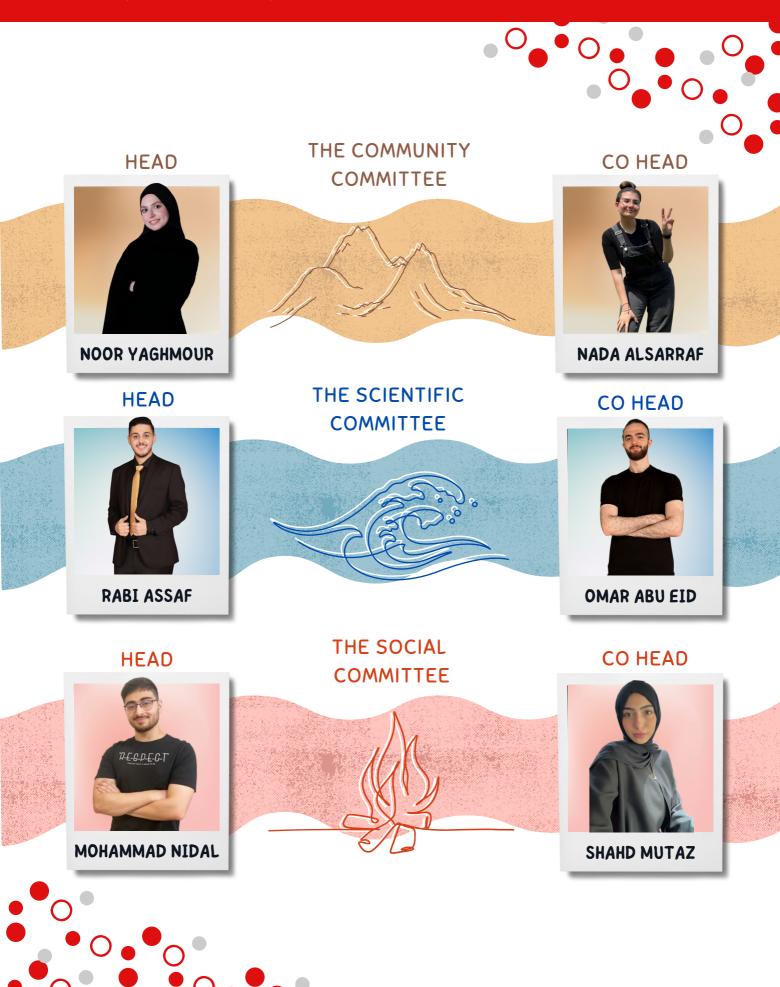














# **Discovering Beauty and Purpose in Zanzibar**

By: Almuzaffar Al Moukdad

As part of an annual volunteering project planned by the Medical Students Association spanning two trips, from 28th May to 3rd June, and from 5th to 11th June 2023, I took advantage of an opportunity to travel to 'Spice Island'. Situated in the Southern Hemisphere as an archipelago in the Indian Ocean, we marveled at its beauty upon landing and were stunned by the warm welcome and kindness of its locals.

The journey to Zanzibar was filled with unexpected hardships as the spread of an endemic disease plagued the mainland. Nonetheless, I understood the significance of this trip as a transformative experience that left a mark on my heart. Despite the misfortune, lack of access to healthcare, and a host of challenges facing this impoverished region, the spirits of Zanzibar's people had never faltered. Their hope unbroken and attitudes unfazed, the smiles of locals were a testament to the human capacity for hope and joy, even in the face of such adversity.







The time spent adapting to what little equipment was available turned into a learning experience as we provided all the assistance we could deliver. Through the efforts of the team, not only were we able to treat and counsel patients, but also discovered threats and disasters before they could occur. The range of encountered was staggering, ranging simple scopes to 10+ cm aortic aneurysms. Exposure was abundant with frequency and variety. An emerging thought arose as I reflected on the degree of suffering populations could be experiencing, and how little most people are aware of them.

After having completed our clinic shifts for the day, we would join to eat and head to explore the pristine beaches to its vast azure waters, the islands never failed to hypnotize us with their beauty. Before heading to sleep, we would discuss and reflect on the challenges faced during the trip. Most of all, what impacted us most was observing the gratitude of patients, filling us with an immense sense of purpose.

The East African gem, with a rich history of culture and tradition, taught me the source of true beauty through the hearts of those who call it home, beyond any physical attributes or its unfortunate circumstances. As a future doctor, my time in Zanzibar solidified the understanding that I may not be able to fix everyone's problems and that the soul plays a role in health and happiness. It is a place I now hold dear to my heart for the memories created and the bonds I formed with friends who feel more like family.









# MEDICAL STUDENTS ASSOCIATION

#### **Break The Ice**

The Medical Students Association returns with its first address as new students entering the college are oriented and introduced to the activities, events, and projects planned for the year. Held on 4th September 2023, Year 1 students met the new board members as heads and co-heads of all three committees displayed opportunities available ahead of recruitment week.



# THE COMMITTEES

# THE SOCIAL COMMITTEE



### **Social Gathering**

With the beginning of a new academic year, the MSA and Social Committee organized and hosted a gathering for 250 students from all five batches. Held in Estabena Restaurant on 17th September 2023, the gathering included beautiful performances by students, as well as curated activities, trivia competitions, board games, and PlayStation tournaments to signify a year of success and happiness for medical students.



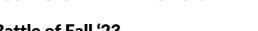












# Battle of Fall '23

With the spirited and fueled atmosphere accompanying the new year, the Scientific Committee hosted a thrilling debate event on 21st September 2023. Through head-to-head battles, both in English and in Arabic, faculty and students alike were invited to enjoy a superb entertaining atmosphere. As a special treat, debate winners were given prizes and certificates to recognize their efforts. Congratulations to the winning teams!















# THE COMMUNITY COMMITTEE



# **Mobile Clinic Project**

The Community Committee returns by initiating the mobile clinic project once again as students have the opportunity to assist and perform medical tests, procedures, and tasks throughout September. By locating the clinic in various areas around Sharjah, these services are freely provided to the community.







# CLICK ON THE FLAG TO EXPERIENCE THE ELECTIVES THROUGH THE EYE OF YEAR 5 STUDENTS!













# Q

# Out of Time

# By: Leena Amir

A stomachache is one of the most common complaints seen in the ER, even though the general population would argue that taking a simple antacid or over-the-counter NSAID is enough to wear it off. Most physicians would agree with that, that is, until a particular patient emerges, one who has waited far too long before coming to the ER.

Search

JB is a 34-year-old man presenting to the emergency room with left flank pain. JB was notorious for going extended periods of time without drinking water and figured that his antics had finally caught up with him. The on-call urologist informs him that he may have a kidney problem, and a further ultrasound reveals a renal stone in his left ureter. He is admitted overnight with the intention of undergoing a morning operation for its removal. Nevertheless, during the morning rounds, the attending urologist observes that JB's discomfort has become more diffuse, accompanied by abdominal distention and severe tenderness, and so the general surgery team is paged to evaluate his acute abdomen.

By the time the surgeon arrives, JB is hunched forward, clutching his abdomen in pain. The surgeon evaluates him and sends out investigations to rule out appendicitis, pancreatitis, or any bowel perforation. He also immediately sends JB for a CT angiogram. CTA reveals that JB has a thrombus in the base of the superior mesenteric artery (a branch of the abdominal aorta), and he is immediately put on anticoagulation therapy and transferred to the ICU.

The doctors are quite surprised as JB does not fit the typical criteria of a patient with his diagnosis, but they remain hopeful as JB is still young and does not suffer from any comorbidities. However, upon meticulous examination of the X-rays, the doctors make a concerning discovery: JB has pneumatosis intestinalis – a poor prognostic finding indicating that air has found its way between the walls of his intestines. JB has run out of time, simply because he chose to 'endure the pain' rather than seek immediate medical attention. Regrettably, revascularization was no longer a viable option, and JB was swiftly transported for an emergency laparotomy in hopes of resecting the necrotic intestines and giving him a fighting chance.

#### Reference

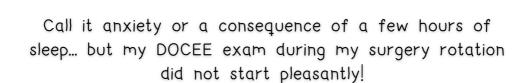


What condition did JB have and how would a typical patient present with it?

#### CLICK HERE

Answer the questions and check if you are right by filling out the form!





As I was getting information about my patient's family history, I asked if any family members had any illnesses. The patient replied with "أخي سلطان". His brother is a sultan! "و النعم" (with blessings) I replied in amazement. Soon after, my patient's facial expression was filled with confusion. Did I offend him? The doctor observing started laughing and then asked me to repeat what the patient had just said.

"The patient said his brother is a sultan, hence I replied 'with blessings'" - or at least that's what my ear selectively heard. At that moment, observing my shocked patient, I knew I had messed up, confusing two similarly sounding words. My patient corrected me and said, "I said أخى عنده سرطان (my brother has cancer)."

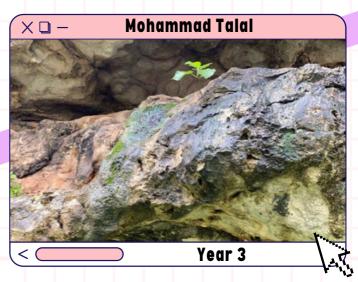


# STUDENTS' \*\*





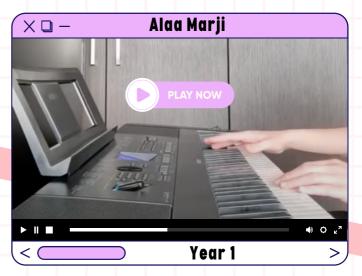
Thrills and chills at Galveston!



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A terrestrial slice of the heavens in Azerbaijan!



Waltz in C-sharp minor, Op. 64 by Frédéric Chopin.



SHINING THE LIGHT ON UOS ALUMNI AROUND THE GLOBE

Anas Hashem of batch 2019 is under the spotlight as he shares an unrevealed story from his journey to the United States.

### When applying for residency, what challenges did you face?

Besides the usual struggles all applicants face when applying to the US, I have a unique one to share. To start, I reached out to at least 80 research-oriented doctors at Mayo Clinic. Only two physicians replied with no available positions, while a third extended an invitation for an interview that went well. While I was in the process of securing my J-1 visa, the elation I felt at receiving the acceptance was countered by the shock of an unforeseen global pandemic and travel bans, which threw my plans into disarray. As human beings, we're wired to surmount obstacles; it's a defining aspect of our existence. We must rise above challenges or risk seeing our cherished dreams slip through our fingers.

# With travel restrictions in place during the pandemic, did you still pursue your visa application?

In due course, my Mayo Clinic documents arrived via FedEx. My embassy interview was swiftly scheduled for June 2022. Finally, there was a glimmer of light at the end of the tunnel! And yet, a formidable obstacle remained in the form of Abu Dhabi's unyielding quarantine measures. With steadfast faith in Allah's providence, I gathered my documents and embarked on a journey that would take me to the edge of human endurance. I undertook a two-and-a-half-hour drive to the first of three checkpoints, where the officer's words still echo in my memory, "If you were the USA Embassy Consul, you wouldn't be allowed in. GO BACK TO DUBAI!" In a moment of despair, I called my parents. They urged me to reschedule my visa appointment, as there seemed to be no feasible way into Abu Dhabi. But I tried one last gambit - the "Last Exit. There, a checkpoint, just shy of the bridge, awaited. There was a two-hour wait before reaching the officers who again said, "Go back to Dubai."

# How did you lift your spirits despite all the barriers in your way?

I tried time and time again but failed to get through any checkpoint. At that moment, I realised that my Syrian identity was an indelible part of me, and our perseverance in the face of obstacles shines through, irrespective of our physical location. I resolved to take the arduous path, on foot, traversing the unforgiving terrain of Abu Dhabi's desert amid a searing June heatwave. After trekking 10 km, I finally made it to the interview, during which, each question posed was met with a measured response, supported by the evidence I held in my trembling hands. When the interview concluded, a rejection letter lay before me, a shocking denouement: Sorry, but you are not qualified based on the Presidential Proclamation 9945.

### How did you deal with the storm of rejection?

Abruptly, I found myself on the streets, nearly 100 km from my abandoned car, with only 45 dirhams in my wallet. The sense of hopelessness deepened, but I resolved to stand firm. That's when I encountered a man who made the daring decision to ferry me closer to my car. As he dropped me off, he requested only 35 dirhams and kept 10 for me to purchase water. And so, I found myself once again navigating the expanse of desert to reach the checkpoint border. The heat was unbearable, registering at 50°C. I was drenched in sweat, my mind muddled, my breaths shallow, and my heart racing. After nearly two hours, I finally crossed over to the other side, reaching my car. Upon returning home, I composed a lengthy missive to the embassy which ended with: "... All I'm asking for is a fair chance to explain my waiver eligibility based on the US rules and to take my circumstances into genuine consideration, rather than being excluded from the exception itself. I am a human being before being a Syrian, and my application should be taken into consideration like all others."

# Did you find your way after all these hurdles?

I felt a profound sense of desolation, as though all avenues had been exhausted. I entertained other residency options until a friend urged me to consult a lawyer. I once again applied for an appointment, this time comforted by the news that people were now allowed to cross the checkpoint—no more desert crossing!

#### With another opportunity now on the horizon, what happened next?

The day of my appointment approached, I was already financially depleted and hanging on to the last thread of hope. The interviewer came, her demeanour direct and unambiguous. "I have three questions for you," she declared. I answered each query to the best of my ability, presenting the evidence I had painstakingly gathered. Days later, a message arrived: my US visa had been accepted and issued. The news filled me with unbridled joy, even though the position was unpaid. Yet, this was America, the land of boundless opportunity.

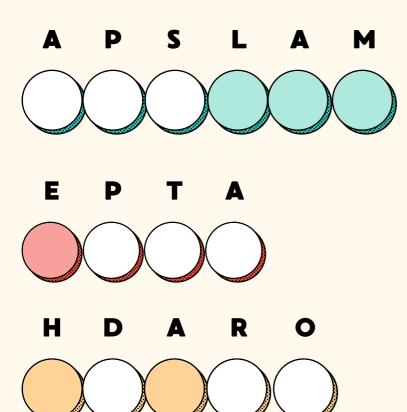
#### What message would you like to send to our readers?

In sharing my story, I plead with you all to recognize that life is a crucible of difficulties, and therein lies its unique flavour. The choice to confront these challenges or take the easier route is yours to make, but always remember— it's worth trying and trying again. You never know when the tide might turn in your favour.



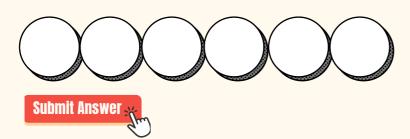
# HOD TO PLAY?

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





# FINAL ANSWER:







C Standard Standard

I wonder if the flowers in my grandmother's garden still remember my name.

In the summer heat, outside the gates of our family home in Khartoum, my grandmother grew a small garden. Every morning, I would wake up to the pleasant sound of her garden hose spraying in the wind, bringing life to the leaves and petals. Amidst faint chatter coming from the kitchen and the aroma of morning tea and biscuits wafting through the house, my feet raced down the stairs, carrying me towards the humming bees and chirping birds outside. At seven years old, there was little I cherished more than the moments spent watering plants and orchids with my grandmother.

Watching the steady stream of water dampen the soil-filled clay pot, I felt the warmth of her fingers gently guiding my shaking hand towards the plant's root. The memory of her patient voice, filled with wisdom and love, lingers in my heart even after all these years. In the same way that she watered the neighbour's bushes after watering ours, my grandmother's tenderness and care radiated through our home, reaching miles away.

When the sun melted into the horizon, I would run inside to the brown basket swing hanging from the sturdy oak tree in our yard. Its weathered ropes, like strands of time, held tales of countless afternoons. Dragging my sister along with me, we took turns pushing each other, bickering about who could swing the highest, all the while feeling as though the cotton candy clouds overhead were just an arm's length away.

As the pink and orange hues painted the sky, the distant call to prayer embraced the sandy streets of Bahri every evening. Upon returning from the neighborhood mosque, our house would come alive with the laughter and shared meals of family and friends, a testament to the boundless love that dwelled within its walls.

Leaves turn yellow, petals wilt away, and homes are locked and left behind, but these enduring roots of family and sanctuary persist, their strength unwavering, undiminished by life's unspoken trials.

lameer Amir Year 2

# NEVER ENDING LECTURES

By: Alya Aljasmi

