



OVERVIEW OF RESOURCES FOR MUSLIM STUDENTS

Living on Grounds

The University of Virginia is aware that some Muslim students may face unique challenges as it relates to housing during their first year. These may include situations that could compromise their ability to adhere to religious norms, such as:

- Certain kinds of co-ed social situations (for example the need for some women to cover in front of men);
- The presence of alcohol or certain foods (in student's room or during drinking situations);
- Dating: The presence of members of a different sex in the room with the student's roommate;
- Social Issues: When many roommates/hall mates go out to a social function with alcohol, students that choose not to drink, including many Muslim students, can face social isolation.*

Incoming Muslim students may request to live with another Muslim student. The Muslim Student Association (MSA) facilitates this process through their roommate request form found on the MSA website. Please refer any inquiring students or parents to that site: <http://student.virginia.edu/msa/roommate-request/>

Prayer Room

Room 105 on the 1st floor of Pavilion VIII has been designated as a quiet space for meditation and reflection for the University of Virginia community. The room is centrally located and is especially convenient for students who wish to pause during the day when they are on Central Grounds between classes. Room 105 will be available for use by University students, faculty and staff for this purpose. For more information, please refer to the contact information for the MSA or the Office of the Dean of Students (ODOS). See Community Resources as well for additional prayer spaces.

Dietary Needs

Ramadan Meal Plan: Depending on the lunar month of Ramadan, Muslim students fast during the daylight hours for 28 days. The MSA provides a list of student IDs to U.Va. Dining Services. These students are then granted additional Plus Dollars equivalent to the number of unused meals during the day. This plan only applies to students with meal plans of 13, 15, or unlimited. To be added to this list, contact the MSA at msacouncil@gmail.com or visit their site.

<http://student.virginia.edu/msa/2009/08/ramadan-meal-plan-sign-up/>

Halal Meals: Many Muslims also eat only Halal meat, which is similar in concept to Kosher meat. Halal meals are occasionally provided in the O'Hill Dining Hall. The MSA emails updates on Halal meals On-Grounds to subscribers of the MSA mailing list: uva-msa@virginia.edu.

Fresh, hot meals @ sundown: Please see the section below on Community resources. The local Masjid offers a hot meal every day during Ramadan at sunset. Contact the MSA if you'd like to carpool or walk with others.

Psychological Support & Counseling

- Students and parents should contact Lenny Carter, Assistant Director of Counseling and Psychological Services (CAPS) at the Elson Student Health Center: ljc7b@Virginia.EDU or call (434) 924-5556
- A referral can be made to a Muslim Psychiatrist, Mudhasir Bashir, M.D. who is an Assistant Professor in the School of Medicine in the Department of Psychiatry and Neurobehavioral Sciences: mb5qd@Virginia.EDU

Additional Resources for Muslim Students at UVa

- Program Coordinator-Hispanic/Latino, Native American, Muslim and Middle Eastern Student Services, Office of the Dean of Students: Julie Roa (434) 924-7449, jroa@virginia.edu
- Program Coordinator-Asian and Asian Pacific American Students and Programs, Office of the Dean of Students: Shraddha Prasad (434) 924-4195, shraddha@virginia.edu
- Muslim Student Association: The MSA website (<http://student.virginia.edu/msa/>) lists upcoming events for Muslim students, prayer times in the local community and more. Sumaira Javed, President: sj9y@virginia.edu
- Dr. Aliaa Khidr, PhD & M.D: Faculty Member in the Communication Disorders Department at the Curry School of Education and the Medical school. (434) 924-7838, aak2x@virginia.edu.

Community Resources – The Islamic Society of Central Virginia

- President, Dr. Emaad Abdel Rahman, Professor of Internal Medicine, University of Virginia, EA6N@hscmail.mcc.virginia.edu
- The ISCV offers the Masjid (mosque) as a local prayer space and community center for Muslims in the Charlottesville area. On Friday evenings, there are often community events and refreshments along with a short religious teaching. There is quite a large community of UVa professors, graduate students, residents and undergraduate students who attend their programs. www.charlottesville.masjid.org/
- This space is located close to UVa and is approximately a 10-15 minute walk from Central Grounds, close enough for students who want to travel to the Masjid for their daily prayers. Students can also take the Free Trolley and get off near the corner of 10th & Main St. Route/Schedule: <http://www.charlottesville.org/index.aspx?page=668>
- During Ramadan, members take turns preparing hot meals for the community. Often 50-60 people attend and they also offer boxes so that you can bring food home for your morning meal the next day.

Getting Involved:

- The University Programs Council has a number of different programs throughout the year that are open to all students and serves as a great alternative especially for students who are looking for social outlets that do not involve alcohol. Please visit the UPC website for more information or to get involved in their efforts. www.uvaupc.com
- The Student Council at U.Va. organizes a number of events for first year and upperclass students throughout the year.
- The first, second, third and fourth year class councils also organize activities to encourage individual class participation for their individual years. For more class council information and to get involved in their efforts, please visit :
 - Class of 2014 - www.uva2014.com (in development)
 - Class of 2013 - www.uva2013.com and <http://twitter.com/uva2013>
 - Class of 2012 - www.uva2012.com
 - Class of 2011 - www.uva2011.com
- The Lorna Sundberg International Center at UVa also offers a variety of programs for students at the university ranging from speaker series to cooking classes and a number of other social activities. For more information on the center and their programs, please visit their website: <http://www.virginia.edu/iso/ic/>
- Visit the Student Activities Fair where you can find over 350 contracted independent organizations (CIO's) that are present on Grounds. The Student Activities Fair is scheduled for Monday, August 23 from 11am-2pm on the South Lawn.

*Based on a survey given by the Office of Health Promotion during the spring of 2010, 31% of the student body at the University of Virginia indicated that they do not consume alcohol (They indicated they had not consumed alcohol in the past month). If you want to learn more, contact the Office of Health Promotion: (434) 924-1509