OVERVIEW OF RESOURCES FOR MUSLIM STUDENTS

Living on Grounds
The University of Virginia is aware that some Muslim students may face unique challenges related to housing options during their first year, given that various situations could compromise their ability to adhere to religious norms. Examples include:

- 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 a student’s room or nearby;
- The presence of members of a different gender in the room with the student’s roommate;
- Experiencing social isolation* when a group of roommates/hallmates got to a social function that involves alcohol.

For these reasons, 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 email us at msacouncil@gmail.com.

Quiet Meditation Space
The university provides a quiet meditation room for prayer space each year. The location for this upcoming year has not yet been designated. However, during the summer, if you would like a prayer space on grounds please refer to the contact information for the MSA or contact Julie Roa through the Office of the Dean of Students (ODOS). See Community Resources as well for additional prayer spaces.

Dietary Needs
Ramadan Meal Plan: The University Dining Services understands that during the lunar month of Ramadan, Muslim students cannot make use of their meal plans as intended due to fasting. The MSA provides a list of students to U.Va. Dining Services so that they may be granted Plus Dollars equivalent to the number of unused meals. This plan allows for students to eat outside of dining hall hours. It 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.

Halal Meals: Many Muslims also eat only Halal meat, which is similar in concept to Kosher meat. All bone-in chicken at UVA Dining Halls is Halal. For more information, please send an email to msacouncil@gmail.com.

Iftar at the Mosque: Please see the section below on Community resources. The local Mosque offers a hot meal every evening during Ramadan at sunset. Contact the MSA if you’d like to carpool or walk with others.

Psychological Support & Counseling
- Lenny Carter, Assistant Director of Counseling and Psychological Services (CAPS) at the Elson Student Health Center: ljc7b@Virginia.EDU or call (434) 924-5556
- Julie Roa, Program Coordinator for Multicultural Student Services at the Office of the Dean of Students: jroa@virginia.edu or call (434) 924-7449
- If necessary, students may be referred to Muslim Psychiatrist, Mudhasir Bashir, M.D., an Assistant Professor in the School of Medicine in the Department of Psychiatry and Neurobehavioral Sciences: mb5qd@Virginia.EDU
**Muslim Student Association**: The MSA website ([http://www.uvamsa.com](http://www.uvamsa.com)) lists upcoming events for Muslim students, prayer times in the local community and more. You can also visit their Facebook page: [www.facebook.com/uvamsa](http://www.facebook.com/uvamsa).

- **Samia Sekkarie**, President: ss3md@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.
- **Dr. Emaad Abdel Rahman**, Professor of Internal Medicine, University of Virginia, EA6N@hscmail.mcc.virginia.edu

**Community Resources – The Islamic Society of Central Virginia**

- **Student Outreach, Saad Arrabi** ([arrabi@virginia.edu](mailto:arrabi@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.charlottesvillemasjid.org/](http://www.charlottesvillemasjid.org/)

  - This space is located at 708 Pine St., close to UVa and is approximately a 10-15 minute walk from Central Grounds. It is close enough for students who want to travel to the Masjid for their daily prayers.

  - 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: [www.uvaupc.com](http://www.uvaupc.com).

- The Student Council as well as each individual class council at U.Va. organizes a number of events for the entire student body throughout the year.

- 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/](http://www.virginia.edu/iso/ic/)

- Visit the Student Activities Fair where you can find hundreds of contracted independent organizations (CIO’s) that are present on Grounds. The Student Activities Fair is scheduled for Monday, August 27 from 11am-2pm on the Lower Lawn and Ampitheatre.

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*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*