

**MES Asmabi College**  
**Department of English**

**Ifthar Meet**

An 'Ifthar Meet' was organized for I BA English students on 24<sup>th</sup> March 2025 at Heath Aid, Mathilakom. 26 students, class tutor, Dr Amitha P Mani and HoD & Principal, Dr Reena Mohamed participated in the programme.

The Iftar meet provided a space for students to bond outside the classroom, fostering stronger relationships and a sense of belonging within the academic community. Students from diverse backgrounds learned more about each other's cultural practices, values, and traditions, promoting mutual respect and understanding. The event gave students an opportunity to interact with peers and faculty in a more relaxed environment, which could help develop professional networking skills. The informal setting encouraged more open and meaningful conversations, which is great for enhancing communication skills, especially for English students who may be focused on language and expression.

The Ifthar meet was a stress-relieving break from academic pressures, where students were able to unwind and socialize in a pleasant atmosphere. Working together in groups to plan the event enhanced teamwork, delegation, and cooperation, valuable skills in both academic and professional environments. An Iftar meet provided an opportunity for students to learn more about Islamic culture and traditions, especially related to Ramadan and fasting, and also to develop a tie into studies of culture, language, and literature. It opened up discussions about tolerance, religious practices, and different lifestyles, which can help broaden students' perspectives and understanding of the world.

The Iftar meet not only strengthened community bonds but also provided the students with opportunities to develop a wide range of personal, cultural, and professional skills.



