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Lies

Comic:
That's
what I call
positivity

Punjabi

More
striking
than a
full moon



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From atheism to Allah



“As people have certainly been influenced by me, I want to try and correct the enormous damage I may have done.” (Anthony Flew)

These regret-filled words were said by Antony Flew, in his time a well-known atheist philosopher who changed his position in 2004, and stated that he now believed in the existence of an Intelligent Creator of the universe, thus shocking his fellow colleagues and atheists. The 81-year-old British professor of philosophy, Flew chose to become an atheist at the age of 15. In the 54 years that followed, he defended atheism as a teacher at the universities of Oxford, Aberdeen, Keele and Reading, in debates, books, lecture halls and articles.

The main factor in his radical change of view is the clear and definitive evidence revealed by science on the subject of creation. Flew realised, in the face of the information-based complexity of life, that the true origin of life is intelligent design and that the atheism that he supported was a disgraced philosophy.

Flew was impressed by the weight of the scientific evidence in favour of creation and by the convincing nature of his opponents' arguments.

Every particle, every being, from atom to

human, appears to represent a level of information, of wisdom. Scientific research into both the functioning of the cell and the subatomic particles of matter has revealed this fact in an indisputable manner.

Life and the universe were brought into being from nothing by the will of an entity possessed of a superior knowledge and wisdom. There is no doubt that the possessor of that knowledge and wisdom that designed the universe at all levels is Almighty Allah. Allah reveals these truths in many verses of the Quran.

“Such is Allah, your Lord; do therefore serve Him. Will you not take heed?” (Surah Yunus: 3)

So if we believe in Allah and still we don't serve Him, then we are like a batsman who qualified for the final match but on the field, just stand there and doesn't even move the bat to score a run and thus loses it all ●

Was'salam,

Bint Zahid (Umm Abdillah)

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More striking than a full moon

Hadhrat Maulana Abdul Sattar Hafidhahullah's spiritual discourse makes us marvel at the illuminous glimpses of the physical appearance of Beloved Rasoolullah ﷺ

One day Hadhrat Hasan bin Ali ﷺ asked his maternal uncle, Hadhrat Hind bin Abi Hala ﷺ, "Uncle, please tell me about the appearance of Rasoolullah ﷺ."

Hadhrat Hasan bin Ali ﷺ was only seven years old when Rasoolullah ﷺ had passed away from this world and he wanted to know everything about his grandfather. When a person loves someone he yearns to listen to other people talk about him. Hadhrat Hasan loved his grandfather and he wanted his uncle to tell him what he looked like, what were his characteristics, his mannerisms, his habits so that he could incorporate them in his own way of living too. Hadhrat Hind bin Abi Hala ﷺ started by saying, "Rasoolullah ﷺ was:

فخما مفتحاً ، يتلأ لأ وجهه تلاً لؤ القمر ليلة البدر

He was not only inherently splendid in his personality, in his attributes but he had a high stature in the eyes of others as well. His face had the luminescence of a full moon."

Hadhrat Jabir ﷺ said that I met Rasoolullah ﷺ one night when the moon was shining in all its glory.

Rasoolullah ﷺ was wearing a red Jubbah (gown).

فَجَعَلْتُ أَنْظُرُ إِلَيْهِ وَإِلَى الْقَمَرِ فَلَهُوَ كَانَ أَحْسَنَ
فِي عَيْنِي مِنَ الْقَمَرِ

(شعب لايمان للبيهقي، حب النبي ﷺ)

"I started looking at the full moon and then at the face of Rasoolullah ﷺ (in order to judge who was more beautiful). Finally, my eyes gave the verdict that Rasoolullah ﷺ was more handsome and striking than the full moon."

Hadhrat Hind bin Abi Hala ﷺ describing the personality of Rasoolullah ﷺ to Hadhrat Hasan bin Ali ﷺ went on to say,

اطول من المربع وأكثر من المشدب

"Rasoolullah ﷺ was of a medium stature, he

“I started looking at the full moon and then at the face of Rasoolullah ﷺ (in order to judge who was more beautiful). Finally, my eyes gave the verdict that Rasoolullah ﷺ was more handsome and striking than the full moon.”

was neither very tall nor very short.

عظيم الهامة

His blessed head was moderately large. The hair of Rasoolullah ﷺ was neither very straight nor very curly (but slightly wavy).

ان انفرقت عقيقة فرق و إلا فلا

If his hair became parted naturally in the middle he left it so, otherwise, he did not habitually make an effort to part his hair.

يجاوز شعره شحمة أذنيه إذا هو وفره

He would usually let his hair grow such that it would reach a bit below his earlobes.

أزهر اللون

Rasoolullah ﷺ had a very luminous complexion.

واسع لجبين

He had a wide forehead.

أزج الحواجب، سوابغ من غير قرن ، بينهما عرق
يدره الغضب

He had dense and fine eye brows. Both eye-brows were separate and did not meet each other in the middle. There was a vein between them that used to expand (and shine) when he

became angry at something said against Allah ﷻ.

أفني العرين له نور يعلوه يحسبه من يتأمله أشم

His nose was prominent and had a noor and luster on it. When someone first looked at him, it seemed as if he had a large nose but a closer look showed that it was the luster and beauty that made it look large otherwise in itself the nose was not large at all.

كت للحية

Rasoolullah ﷺ had a full, thick beard.

سهل الخدين

He had smooth, fleshy cheeks.

ضليح الفم

His teeth were very white, even and glittering. The front teeth had a slight space between them from which light shone through.

دقيق المسربة

His neck was beautiful and slender like the neck of a statue gracefully carved. Its colour was clear, shining and beautiful like silver.

مسيح القدمين ينبو عنهما الماء

His feet were smooth; because of their cleanliness and smoothness water did not remain there but flowed away quickly.

إذا زال زال قلغًا يخطو تكفؤاومشي هونًا

When he walked, he lifted his feet with vigour, leaned slightly forward and placed his feet softly on the ground.

ذريع المشية

He walked at a quick pace and took rather long steps.

إذا مشي كأ نما ينحط من صب

When he walked it seemed as if he was descending from a height.

إذا لتفت التفت جميعًا

When he talked to someone he turned his whole body towards him.

خافض الطرف

eyes cast down

نظره إلي الأرض أطول من نظره إلي السما

His sight was focused more on the ground rather than towards the sky.

جلّ نظره الملاحظة

He usually looked at people from the corner of his eyes. Due to extreme bashfulness, he never looked anyone in the face.

يسوق أصحابه

While walking, he let the Sahabah (Radialahu anhum) walk in front of him. He usually brought up the rear.

ويبدأ من لقيه بالسلاام

Whenever he met someone he took the lead in greeting him with salaam.

Stones were thrown at the one who had been created by Allah ta'ala more beautiful than the full moon. His teeth were broken and blood ran down his face, for what? Was all this because of a quarrel over land? Was it an issue about property? Was it a question of power, position, wealth, or trade? Blood is running down his shining face, his teeth are being broken and Allah, the Supreme is watching all this happen! My friends, the lesson being given here is that all Rasoolullah's ﷺ sufferings were for deen... yes, deen which has a very high regard in the eyes of Allah ta'ala.

People nowadays find it easy to understand why there are fights over money and wealth. They say that one of them is fighting for his right. People think that a person is wise who takes pains to acquire wealth, yet they utterly fail to see the wisdom of fighting for deen.

Rasoolullah ﷺ was a masterpiece of Allah ta'ala's divine power; his facial features were an epitome of beauty. Allah ﷻ had created none more strikingly handsome than him. Now just think wouldn't the life led by Rasoolullah ﷺ be more beautiful than anything else in this world? It is the adoption of this very way of living on which depends our liberation in this world and Aakhirah. When the mould is of a superior quality, the product will no doubt be exceptional too. Therefore it is our firm belief, our Imaan, that there can never be a better way of spending one's life than in adopting the one spent by Rasoolullah ﷺ in this world

Punjabi

A look at Pakistani-Singaporean teenager Maryam Kiyani's journal on her journey towards learning Punjabi and Urdu, helping us realise how we take our precious heritage for granted.

I didn't mean to learn Punjabi at first. At first, it was something I bore with, something I had to try to figure out alongside learning Urdu, something I didn't have time for. I was shut out of conversations when my Dadi would get a twinkle on her eye and her voice would run away with her to tell stories of open courtyards and carefree childhood, foreign words tumbling from between her lips too fast for my cupped hands to catch and sift through before they spilled over, drowning me in their cloying perfume. At first, Punjabi meant being the one who never caught the joke, stumbling to pick up the tail-end of conversation long over.

It was several years later that it became colourful curses woven through a patchwork of wobbly Urdu forming in my mind. I don't remember the time, day, date or even year when the

casual 'kya huwa?' directed at Baji standing in the kitchen became 'ki hoya?', when I started to realise how many Punjabi words had already fastened themselves to every Lahori-accented sentence that left my mouth. I don't know when it happened, but it did and when it did I shocked myself more than I could have shocked anyone else. A mortar and pestle is 'kundi watta' to me simply because I cannot for the life of me remember the Urdu word for it no matter how many times I am corrected. To some Punjabi is saag and makai ki roti, the fresh sweet taste of ganne ka ras running down your throat, bhangra or the parandha braided through your hair. Others, their enunciation impeccable, describe it as harsh gruff sounds, comical in the pitch and roll of words, unsophisticated, rude, the language of the illiterate man.

I don't know what to describe it as. It could be

all or even none of the things you know it for. I do not know. I know that there is music in the language of my grandmother's excitement, in the memories that her rhythmic fingers told me, patting my head, her soft voice murmuring Allah's name when I would snuggle under her mound of blankets as a child. Punjabi is a murky mix of Sanskrit, Farsi and Urdu; poetry telling tales of tragic endings, oral traditions of heroes long martyred. More dialects than I can count, flowing across the ground, streams branching off from five babbling rivers.

Punjabi is the easy language of friends together for longer than can be remembered, their joys and triumphs expressed in the simple language all their own, in their 'tu' and 'chal yaar'.

lap until I know what they truly mean.

Urdu

Sometimes I get upset and frustrated that I don't know my own language as well as I should and I can't appreciate it as much as I want to, but other times I feel so lucky that I get to discover it without having known it before, like it was always waiting for me to fall in love with it. Urdu is beautiful in its curling nastaliq, and fragrant in the streams of Farsi and Sanskrit twining through a river of Arabic. Its words, smooth and warm or rough and comforting, are familiar like a long lost friend and its each letter shaped like the feeling of arriving home after a long journey. I should be

I know that there is music in the language of my grandmother's excitement, in the memories that her rhythmic fingers told me, patting my head, her soft voice murmuring Allah's name when I would snuggle under her mound of blankets as a child.

It is the sight of rolling open fields stretching for miles and miles, the smell of fresh earth and the sound of children's running feet. It is warm like my tiny hand between Dadi's palms, soft like the loose earth of early summer and heavier than a day in the month of bhaadon. My Dadi describes bhaadon as a contrary month, the youngest spoiled sister of seven brothers. Bhaadon is whirring fans and muttered prayers for rain. She weighs down on everything, her scorching breeze like the heat rising to one's cheeks before a fight. Punjabi is all of these things that I know without really knowing, bits and pieces I snatch and grab at to hold selfishly in my

able to write this all in Urdu, but I still can't. I still don't fully own the words to describe the emotion that has been evoked in a place I didn't know existed within me. Maybe I never will. But that doesn't really matter right now. For now I am content to stumble through pages of it, to slog my way through piles and piles of words, to forget them and remember them again. To note them down and say them over and over until their smells are fixed in my head like the smell of jasmine flowers and birdsong. For now I am content to watch a tiny piece of my heritage fall into place in front of me so I can hold it close and never let it go

Surah feel and Quraish

01

In which surah there is a lesson for every cruel, tyrant, proud and wicked person?

- A. Surah Kafiroon
- B. Surah Feel
- C. Surah Ikhlas
- D. Surah Naas

02

Which Prophet prayed to Allah to make Makkah a peaceful city?

- A. عليه السلام Ibrahim
- B. عليه السلام Ismail
- C. عليه السلام Ishaq
- D. عليه السلام Muhammad ﷺ

03

What happened due to the divine punishment to the People of the Elephant?

- A. Makkah remained a peaceful city
- B. People of Quraish became more honourable
- C. The belief that the Ka'bah is the house of Allah became stronger among people
- D. All the above

04

Which of the following two surahs begin with a question?

- A. Feel & Quraish
- B. Feel & Kafiroon
- C. Feel & Maun
- D. Quraish & Kauthar

05

Which ayah talks about 'The winter and summer trade journey' of Quraish?

- A. لا يَلْفُ فُرَيْشَ
- B. الْفِهِمَ رِحْلَةَ الشِّتَاءِ وَالصَّيْفِ
- C. فَلْيَعْبُدُوا رَبَّ هَذَا الْبَيْتِ
- D. الَّذِي أَطَعَمَهُمْ مِنْ جُوعٍ

06

Which ayah mentions that THE FLOCKS OF BIRDS WERE SENT to the People of the Elephant by Allah?

- A. أَلَمْ يَجْعَلْ كَيْدَهُمْ فِي تَضْلِيلٍ
- B. وَ أَرْسَلَ عَلَيْهِمْ طَيْرًا أَبَابِيلٍ
- C. تَرْمِيهِمْ بِحِجَارَةٍ مِنْ سِجِّيلٍ
- D. فَجَعَلَهُمْ كَعَصْفٍ مَأْكُورٍ

07

Which two surahs talk about the blessings of Allah and also command us to worship Him alone?

- A. Feel & Quraish
- B. Quraish & Kauthar
- C. Kafiroon & Feel
- D. Lahab & Quraish

Which word is used for "Journey" in Surah Quraish?

- A. سفر
- B. رحلة
- C. الشّتَاءِ
- D. حِجَارَةٌ

08

09

In which Surah do we learn that Allah's army is above and beyond? So no matter how mighty any power is, we should fear none but Allah.

- A. Maa'un
- B. Kafiroon
- C. Feel
- D. Quraish

Who were made 'like eaten up straw' by Allah?

- A. اصحاب الاخدود
- B. اصحاب الفيل
- C. اصحاب السبت
- D. اصحاب الايكة

10

11

What is the opposite of the word "الصَّيْف"?

- A. الفيل
- B. الشّتَاءِ
- C. البَيْتِ
- D. None of the above

1-B
2-A
3-D
4-C
5-B

6-B
7-A
8-B
9-C
10-B
11-B

Answers

Computer pun and fun

Q: What did the spider do on the computer?

A: Made a website!

Q: What did the computer do at lunchtime?

A: Had a byte!

Q: What does a baby computer call his father?

A: Data!

Q: Why did the computer keep sneezing?

A: It had a virus!

Q: What is a computer virus?

A: A terminal illness!

Q: Why was the computer cold?

A: It left its Windows open!

Q: Why was there a bug in the computer?

A: Because it was looking for a byte to eat?

Q: Why did the computer squeak?

A: Because someone stepped on its mouse!

Q: What do you get when you cross a computer and a life guard?

A: A screensaver!

Q: Where do all the cool mice live?

A: In their mousepads

Find the differences



Name: _____ Date: _____

Islamic Word Search Challenge

Find the hidden words.



| | | | |
|---------|--------|---------|-----------|
| Islam | Prayer | Zakat | Kaaba |
| Muslim | Angels | Ramadan | Bismillah |
| Allah | Guran | Mecca | Muharram |
| Prophet | Faith | Madinah | Surah |
| Peace | Haji | Eid | Fatihah |



What is dust made of?

Dust can be made up of anything from dead skin to space rocks.

Outdoors, dust contains just about anything that can be broken down into small bits and moved around by air currents. Some common things in this dust are bits of sand and dirt, pollen grains from flowers, and spores made by molds and other fungi. Many animals use this dust for bathing, possibly to remove parasites.

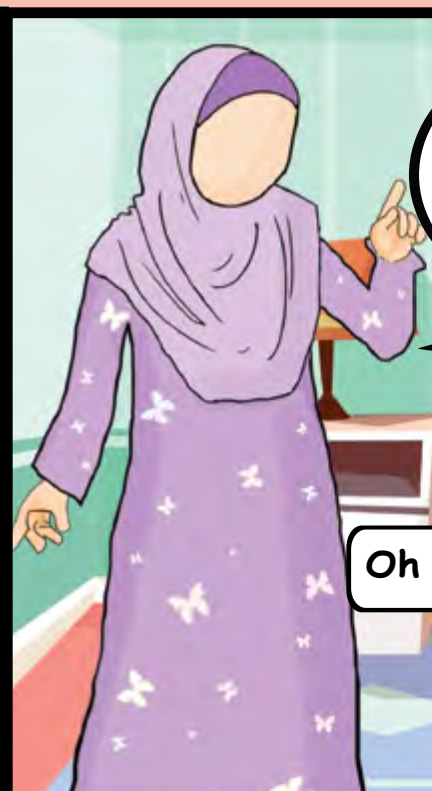
House dust has “outdoor dust,” plus a lot of other things. The exact contents in dust probably vary from house to house. House dust typically contains bits of dry skin, which are always falling off people and pets. Dust usually also has tiny fibers of human hair, pet hair, and lint from rugs and clothing.

And some dust is from space. Little rocks are always falling to Earth. Some of them have been around since before the age of dinosaurs, and they are still being blown around the world, settling on our dressers.

That's what I

Concept by Z

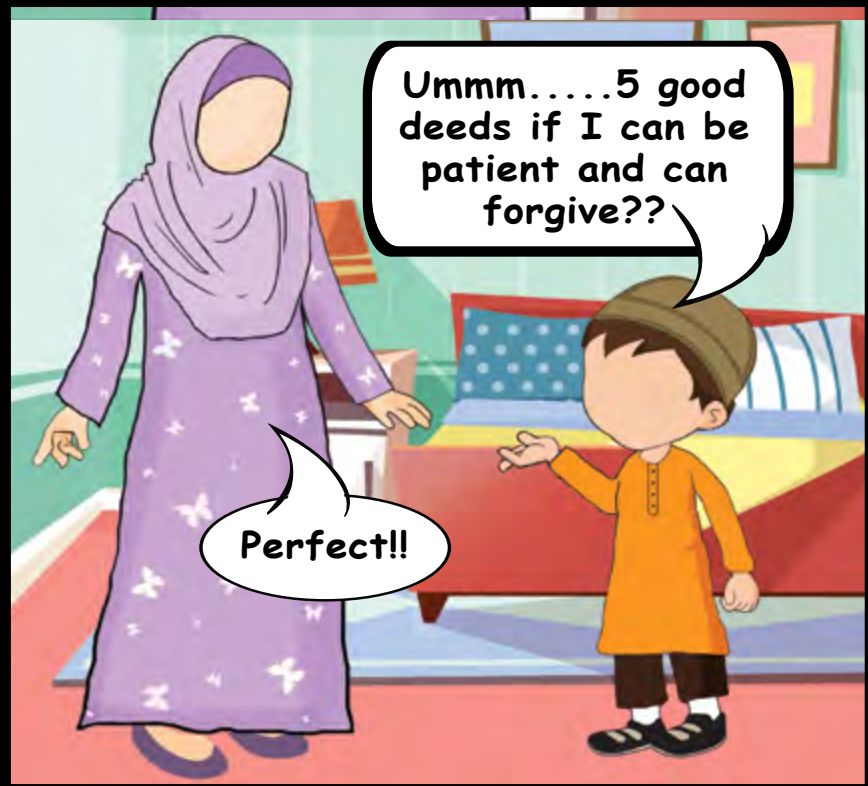
Artwork by Zay



call positivity

Zawjah Zia

Zayyah Jahangir





Delve into the inspiring journey of an amazing Sahabi's life as narrated by Zulykha Naz

Stop for a while!

*Let me reach to the grounds of loyalty,
When the hour of death comes,
How glorious the death seems.*

This passionate verse was said by an eminent companion, Hadhrat Sa'ad bin Mua'z رضي الله عنه who belonged to Abdul Ashhal clan of the Aws tribe in Medina. Being an honest chieftain of his tribe, his people loved and followed him blindly and faithfully. As a result, his conversion to Islam led to the immediate conversion of his entire tribe by the evening.

Hadhrat Aisha رضي الله عنها once said that there are three men in the tribe of Banu Abdul Ashhal who are better than anyone, Sa'ad bin Mua'z, Usaid bin Huzayr and Abbad bin Bishar.

Hadhrat Sa'ad رضي الله عنه was a brave man who could not be meddled with easily. He always took pride in his religion.

Prior to the Battle of Badr, Hadhrat Sa'ad رضي الله عنه had visited Makkah to perform Umrah with his friend Umayyah bin Khalf where he was faced by Abu Jahl and his sarcastic words. He was the only Muslim there but he was fearless and his spirits were high. He replied to the master of Makkah in his own homeland with bold and sharp words. His confrontation proved his un-daunting personality.

When the Muslims heard about the huge army of their enemies heading towards Badr, Prophet Muhammad ﷺ decided to take the opinion of his followers regarding what move to make. The Muhajireen, who had already sacrificed a lot for Islam, were fully prepared to encounter the opponents. But Allah's Apostle Muhammad ﷺ kept on repeating, "Advise me, O Muslims."

Then Sa'ad bin Mua'z said, "It looks like you mean to address us, O Messenger of Allah! By He Who has sent you with the Truth! Never think that we will leave you to fight alone, if it is even out of bonds. And I take an oath with you as the head of Ansaar, if you give us whatever you want, collect from us what we have; if you take us anywhere you want, push us in any battle - we will defend you till our last breath. No arrow can touch you, unless it passes through our chests. We have tied a relationship of life and death with you. If you seek to cross the seas or go into them, we will follow your command and none among us will remain behind. We are patient in war and vicious in battle. May Allah allow you to witness from our efforts that which comforts your eyes. Therefore, march forward with the blessings of Allah."

These words pleased Prophet ﷺ immensely and he decided to move forward. He personally handed the flag of Aws in the hands of Hadhrat Sa'ad رضي الله عنه.

Once a silken cloth was given as a present to Prophet ﷺ. His companions started touching it and admiring its softness. Prophet ﷺ said, "Are you admiring its softness? The handkerchiefs of Sa'ad bin Mu'az (in Paradise) are better and softer than it."

When Hadhrat Khalid bin Waleed ؓ, who was still a polytheist, turned the tables during the fight in the Battle of Uhud, Hadhrat Sa'ad was one of the few companions who were fearlessly and selflessly defending Prophet ﷺ till the end. He impulsively fought for what he believed in and protected the Prophet ﷺ without thinking about his own life.

While he was fighting in the Battle of Trench, one of his palms unarmoured, Hibban bin Abd Munaaf also known as Ibn Araqa, spotted this and hit an arrow on it. The result was very sad-denning - a vein of his hand punctured and he bled enormously. Hadhrat Muhammad ﷺ was deeply worried by this and said, "May Allah burn your face O Araqa!" He himself treated his wound miraculously, due to which the bleeding stopped. After the battle was over, a tent was specially pitched for Hadhrat Sa'ad bin Mu'az in the courtyard of Masjid un-Naba-wi. Hadhrat Ruffaida, a surgeon companion was assigned to take care of his wound. The Prophet ﷺ daily visited him and uplifted his spirits.

While he was being treated, he prayed to Allah, "O Allah, surely you know that nothing is dearer to me than that I should fight for your sake against people who disbelieved in your Messenger ﷺ and turned him out of his native city. If anything yet remains to be decided from the war against the Quraish, spare my life so that I may fight against them in your cause. O Allah, I think you have ended the war between us and them. If you have done so, open my wound and cause my death thereby."

His prayers were answered by Allah.

It so happened that Banu Quraiza, a Jewish clan who were allies of Muslims, broke their pact. They collected two thousand spears, fifteen hundred swords, fifteen hundred breast-plates and three hundred suits of armour to attack the Muslims. Allah informed his Prophet ﷺ of their plot and ordered him to march towards the rebels. The Muslims immediately surrounded their area and in a matter of a few days the people of Banu Quraiza surrendered. They announced that they were willing to accept Hadhrat Sa'ad's decision regarding how they should be treated, as they were sure that Hadhrat Sa'ad would present a decision which would be in their favour because the tribes of Aws and Banu Quraiza used to be allies.

Hadhrat Sa'ad was a just and passionate companion. He came riding on a mule and gave the decision that all their warriors should be killed, their women and children be taken as slaves and their property should be divided among Muslims. The Prophet ﷺ was happy with his decision and said, "You have given a judgment similar to Allah's Judgment (or the King's judgment)."

Hadhrat Sa'ad succumbed to his wounds and died after returning to Medina. His death deeply aggrieved the Messenger of Allah ﷺ, and he was also seen referring to him among his companions long after his death. Once a silken cloth was given as a present to Prophet ﷺ. His companions started touching it and admiring its softness. Prophet ﷺ said, "Are you admiring its softness? The handkerchiefs of Sa'ad bin Mu'az (in Paradise) are better and softer than it."

Continued on pg 21

No More Lies

A refreshing read by Hamna Shahid

I sat in front of my laptop, staring at the keys. My mind had gone blank. I closed my eyes and took a deep breath. Think, Roha, think. I told myself.

“AAAAAaaaaaaaah...” I jumped up from my seat as I heard a loud shriek. My mouth dropped to the floor and panic seized hold. I dashed outside as images of evil kidnappers and cunning thieves filled my head.

“What happened?” I asked my elder sister as I bumped into her on my way to the stairs.

“I heard Ali shouting from down below,” with that she ran off. I followed her, jumping two stairs at a time. Once at the bottom, I swerved right and sprinted down the long corridor. It was times like these when I wished that I did not live in a huge house.

Panting, I finally reached Ali’s room. I wasn’t alone there. The whole family had come rushing in. There were my mom, dad and sister, Ar-

meen. Uncle Kasim and Aunt Maria (my favourite aunt) had two twin daughters, Sarah and Farah, who were 13, three years younger than me. Plus Uncle Karim and Aunt Arwa, who were Ali’s parents. That makes eleven of us.

“W...what happened?” I turned around to find my granny standing in the doorway, leaning on her cane as she struggled to catch her breath. Did I mention my grandparents? Sometimes it feels more like a circus. There is always something going on here.

“Assalam-o-Alaikum everybody, I invited you to see this,” Ali said in his loud tone, indicating to something behind him with a dramatic wave of his hand.

“You invited us?” asked Sara with raised eyebrows.

Ali fidgeted around. “Alright, I am sorry. But that was the only way to grab everyone’s attention.”

I was staring at the plant sitting behind Ali. It was..... strange. I had never seen anything like it. It was caramel in colour with..... I burst out laughing. I couldn’t help myself.

“The triangular leaves look really funny,” I said. That was when a tornado broke loose. I quickly covered my ears. You see, everyone had started talking at once.

“Why did you shout? For heaven’s sake, you scared the daylights out of me.”

“What is that silly thing?”

Part 1



"This is a lie-detector plant, Roha Baji. As in lying, you know, not stating the truth," he replied with a roll of his eyes.

"Prove it," I smiled.

"Never do that again! Otherwise..."

"STOP!" Grandpa bellowed. Everybody quickly dispersed, muttering some excuse to get away. Aunt Maria, Ali and I were left. Aunt went over to the plant and stroked its tendrils tenderly. "Meet the lie-detector plant, my newest invention," announced Ali.

"What?" I was shocked.

"This is a lie-detector plant, Roha Baji. As in lying, you know, not stating the truth," he replied with a roll of his eyes.

"Prove it," I smiled.

Aunt moved away from the plant. "I'll be the first to test it."

"Go ahead and state a lie, Aunt," Ali said enthusiastically.

"I have three daughters," she said in a clear voice. At once, the leaves moved away from her. My mouth formed a huge O.

"It's like an arrow. The leaves point at you if you're telling the truth and turn away from you if you're not," stated Ali.

This plant was a wonder. It was... the best thing ever. I looked at my smart cousin. He was only eight. I could see that he had a bright future ahead of him.

"I want to have a go," I announced.

"LUNCH TIME!" I heard a shout from down-

stairs. I groaned as Aunt went past me.

"Later," I mouthed to Ali and went down to help set the mat. There's a huge mat we lay on the floor and everyone sits around it.

"Biryani, my favourite," my sister said as she brought a huge platter of it.

"How do we look?" The twins came in at that moment. "We've made this new hairstyle we saw online."

"It suits us," the other twin added.

"I'd rate it two stars," I replied in my know-it-all tone.

"Alright, everybody sit down," I began eating.

"Stop!" came Grandpa's booming voice.

Ali plonked down beside me. I knew what was coming next.

"Prayer, everybody," announced Grandpa.

"In the name of Allah and with the blessings of Allah, I begin." We all chorused and started eating. Nobody talked.

Only the sound of chewing and the fan spinning above could be heard. There was peace. I sighed. I loved mealtimes.

An hour later, I was sitting in the lounge with my laptop plopped open on my lap, trying to complete my assignment which was due next week

Continued In shaa' Allah

Dangerous Brain Damaging Habits ...



**Compiled by
a Staff writer**

1. Skipping Breakfast

There is a reason that breakfast is considered the most important meal of the day. Skipping it can result in low blood sugar levels, and that is very damaging to the brain, especially if it happens a lot. Your brain uses more energy than any other organ in the body and takes up to 20% of the total available glucose in your system each day.

About 2/3 of the brain's "energy budget" is used to help neurons fire off signals to the rest of the body. The remaining 1/3 is designated for cellular maintenance and care. Regularly denying your brain enough nourishment causes a deficit in that energy budget, and you'll find that your brain becomes less responsive to stimuli. Unbeknownst to you, your brain cells will also miss the critical care they need to be healthy, and will die at an accelerated rate.

2. Sleep deprivation

It's probably no surprise to you that not getting enough sleep will make you feel sluggish

and forgetful the next day. The reason is that insufficient sleep robs your neurons of the ability to function properly. That leads to mental lapses that can affect your work and relationships. But more than that, your senses and reflexes are dulled, making it more likely that you'll have a dangerous accident.

Chronic sleep deprivation can make these effects permanent. So the next time you feel that you are too busy to get enough sleep, remember that until you prioritize your slumber, you won't be performing at your best. Take the time to sleep properly and you'll get more done in less time the next day.

3. Overeating

Studies reveal a surprising connection between obesity and dementia. The reasons are unclear, but researchers suspect that obesity occurs when the food we eat lacks nutrition, leading to the desire to overeat in order to meet the body's need for vitamins and minerals. So even if you eat a lot, you could still be starving your brain.

Observationally, we can see that by 2015, the number of patients diagnosed with dementia hit almost 45 million, a number that has doubled since 1990. In that same time, national obesity rates in the U.S. went from 11.1% to 30.6%.

4. Dehydration

Our bodies are made up of 70% water, so it is critical to every bodily function, including brain function. The effect on your brain of dehydration happens really quickly, too, with researchers determining that even just two hours of heavy exercise without water can cause cognitive decline. In studies, it was found that dehydration impacted functions like complex problem-solving, coordination, and attention the most.

You don't have to stress about drinking a certain amount every day, but pay attention to your thirst as it is an excellent indicator of the need for water. Try to drink consistently throughout the day to keep levels steady and your brain happy.

5. Too much sugar

Our bodies and our brains need sugar in order to function, but our modern diets include way too much of it. When you eat too much sugar on a regular basis, your cells, including brain cells, are in a state of chronic inflammation. That impacts the ability of your body to absorb important nutrients from food and begins to starve the brain of what it needs for optimal cognition. Ultimately, you will have a higher risk of dementia and a smaller hippocampus, the region in the brain that manages memory.

6. Stress

And finally, chronic stress can have a negative effect all over the body. Situational stress is

actually a good thing that prepares the body to fight or flee in the face of danger, but when your lifestyle includes chronic stress, the hormone cortisol builds up in the brain and causes lasting damage.

Not only can it kill brain cells, it actually causes the brain to shrink. When this shrinking effect hits the prefrontal cortex, your ability to learn and remember becomes impacted. It is imperative that you find a way to relax before it's too late.

Stress also causes a lot of skin problems like acne and eczema. We know this is easier said than done, but slow down! Buy a magazine instead of an expensive cream and just hole up in bed for an afternoon. Schedule some non-negotiable "me time" each day and take a walk, engage in a hobby, or just snooze. Even if it feels like you couldn't possibly take the time to chill out, in the end, you will be much more effective after a break, sporting a healthier brain and your skin clearer and more radiant too

Courtesy: Health and human research

Continued from pg 17

It is also said that Prophet ﷺ said, "The Throne of Allah shook at the death of Sa'ad bin Mu'az."

Hadhrat Sa'ad also had one more amazing virtue. He had only spent five years in the company of Hadhrat Muhammad ﷺ and all the while he enjoyed a close relationship with him. As soon as he heard anything from the blessed mouth of our Prophet ﷺ he believed it without giving it a second thought. This is why he was famously known as Siddique Akbar of Ansaar.

May Allah help us follow the examples of the blessed and guided personalities like Sa'ad bin Mu'az ﷺ and grant us their companionship in Jannah. Ameen.

The prize distribution ceremony

for Youth club,
Ebaitussalam and Fahmedeen

"The one who helps Allah's Deen,
Allah helps him." - Hadeeth Qudsi

Hearing this hadeeth read aloud by the Ustadha on stage increased the level of Imaan in the hearts of every person present in the auditorium. There is no doubt that such is the case with the Founder of Baitussalam, Hadhrat Maulana Abdul Sattar (may Allah preserve him). What started as a two-room school, with only a handful of students, has today become a renowned educational institute-, spreading the light of Islam to students across the globe. Baitussalam's female students have gone ahead to not only spread the Deen of Allah to others as teachers themselves but have also proven to be great mothers involved in raising a generation of Muslims who are both knowledgeable and proud of their Islamic roots.

On 16th January 2019, Baitussalam arranged a prize distribution ceremony in the Auditorium Hall of The Intellect School. The ceremony was held in honour of the students of three specific sections of Baitussalam Education: Youth Club, E-Baitussalam, and Markaz-e-Fehmedeen. A beautiful recitation of the Holy Quran started the event, followed by Naat, praising the Messenger of Allah ﷺ. One of the students of Baitussalam was charged with the responsibility of hosting the event, who enthusiastically welcomed the guest of honour, Mu'alimaats and everyone else present at the event.

The awards were given out to the winners by senior mu'alimaat, including Mrs. Naveed, Binte Irfan and Umme Hamza. The auditorium reverberated with cries of 'Masha'Allah' coming from the happy crowd. The mothers of the participants smiled proudly and their faces

glowed with happiness.

'Talent and Thrills', a Baitussalam Youth Club's event recently took place for girls in which girls between the ages of 12 to 19 years actively took part in the various activities. The ending ceremony took place on 17th February in the Intellect School's Auditorium. Nearly 60 students received prizes in different competitions, namely; Painting, Creative Writing, Scrabble and Declamation. For E- Baitussalam's Online Seerat Quiz, Tajweed and Arabic Course, 55 students were awarded shields, certificates and prizes. Similarly, nearly 45 students from Markaz-e-Fehmedeen were proud recipients of certifications. The beaming expressions of students were a testimony to the fact that Baitussalam has excelled in revolutionising Islamic education and has made Islamic education significantly easier for Muslims with its E- Baitussalam initiative.

At the conclusion of the ceremony, the guests of honour lauded the efforts of the students and advised them to encourage good and forbid evil (according to the path of Rasool Allah ﷺ). Later, a few students of Markaz e Fahm-e-Deen and Youth Club rendered some words about their beautiful experiences with Baitussalam. The audience was moved and many women decided to stay connected with the future ventures of Baitussalam. A prayer for the well-being of Pakistan and Ummah at large was made at the end of the ceremony



My Dream

by **Fatima Wazir**
Grade 3

I saw a dream...
In it, lofty hills amid pastures
green
Each flower, a colourful being
Emerald water in gushing
streams
Wonders of Allah, with my own
eyes I had seen
And when I woke up, I replayed
each scene,
What a beautiful present, a pure
gift it had been
Memories from my lovely
dream....

Bye Bye Winter

by **Syed Hassan Shah**

Winds stiff and cold nip on my nose
Icicles hanging from the rooftops and glittering like jewels
The delighted morn, bustling with slumbering children
O winter is here, the king of weathers,

Nightfall comes early and darkens the world
Eager children grab sled and run down the steep hill
Resting animals hibernate until spring breezes blow
O winter is here, the king of weathers

Birds chirping sweetly, insects hissing
Winter-winds blowing wildly,
Uprooting the flimsy trees
Winter is finally here, the king of weathers

Comes after a very long
But now it is time for winter to leave;
And the period of heat we need to feel
But winter is winter, the king of weathers.

Muhammad ﷺ

Stained Glass Craft

This is a craft to reinforce the concept that Rasulullah ﷺ is our guiding light.

Steps

1. Photocopy the WRONG SIDE template from the picture below onto a overhead transparency. Cut along the outer transparency.
2. Cut 1 inch strips out of card stock, I used black. Glue down the strips to the transparency template with the right side facing up to create a frame.
3. Colour the template using permanent markers on the right side up.
You can use regular markers too, however the colours will not be vivid.

Please note that it is important that you colour on the right side facing up. The felt of the markers will scrape off the print if you did in on the wrong side. This is why I flipped the template for printing purpose.

Once the colouring is done, the frame can be attached to a window. You can enjoy it this way.



OR

You can opt to attach a piece of crumpled up kitchen foil to the back of the frame. This gives the frame a more permanent glow as well as allows kids to hang the craft anywhere and not just limited to windows.



WORLD
TO THE
& MERCY
A LIGHT

Surah Kahaf

Stories

The people of Cave

The Owner of two gardens

Hazrat Moosa & Khizar

Dhul-Qarnayn

Lessons

Trial of Faith

Trial of wealth

Trial of knowledge

Trial of authority

Stories & Lessons

4

Know the reality of Life

Good Companions

Calling to Allah

Humility

Sincerity

Prepare for Hereafter

Boats of Success

A Noor between 2 Fridays

radiance



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