

celebrating
the joys of
submission!

radiance

LIVING AND LOVING THE YOUNG MUSLIM LIFESTYLE

A magical
word

Emotions

Give truth a
chance

Comic: An unreal
reality

Diary of
a toddler



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Patron
Hadhrat Maulana Abdul Sattar
Hafidhahullah



Executive Editor
Umm Abdullah



Associate Editor
Zawjah Zia
Adeen Ahmed



Advisory Board
Maria Sheikh
Hafsa Kamal
Ayesha Muneeb
Zawjah Ibrahim
Bint Abdul Ghafoor



Design & Layout
Zawjah Jahangir



Printers
wasaprinters@cyber.net.pk



Reach us at
30-C, Basement 2nd Comm. Street,
Phase 4, D.H.A., Karachi, Pakistan.
P +92 21 35313278
W radiance.fahmedeen.org
E radianceteam8@gmail.com



For Advertising Queries
E marketing@baitussalam.org
P + 92 314 298 1344

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Give truth a chance



Assalamualeikum warahmatullahi wabarakatuh,

This person is so young and energetic. He thinks he knows everything, but yet he is so confused! This person is the ones who is uncertain, irresolute, and at a crossroad. He knows the truth at heart and is sure of it. But in reality he actually has the misfortune of being exposed to evil channels from every direction!

Such a confused young mind thus stays in a mental and psychological whirlpool and stands aghast in front of these trends in misperceptions, not knowing which of the two options is correct: is it that which includes ideas, concepts, and courses of action that have just been imported to the society (especially from the west) or that which the predecessors and their conservative societies have been doing before the importation of those new ideas?

He is so confused and troubled that he sometimes favour the former and on other occasions the latter, depending on the strength of the trends blowing them.

Does the picture painted above talks about some trait in you as well? Don't worry if it does, the good news is that at least you are not of the corrupted young minds, who are inflexible, do not give truth a chance, and do not care that they neglect obligations that are due to Allah ﷻ or those that are due to human beings. Such people are very proud of their opinions as if truth flows from their tongues alone.

Alhamdulillah, we are not one of those, may Allah ﷻ save us all! We are just confused, our fault being that we are passive in our lives and so need a strong and captivating element to lead us to the realms of truth and righteous ways. This is very easy if Allah ﷻ provides us with the

company of the pious and the righteous Da'wah preachers. How lucky we would be if we get to benefit from some Mashaikhs who are the doctors of our sick souls. We need to seek them out if we really care to settle the conflict in our minds.

We are lost, just like a young boy lost in a huge crowd calling out onto his mother. He's crying frantically, so some passerby helps him and somehow manages to get him back to his mother. Help is surely needed for us as well to reach back to our Lord, Who loves us more than seventy such loving mothers.

The little boy wouldn't have wondered where his mum was if she was close by. But, in our case, when we are trapped or lost, we panic in despair because we get temporary Alzheimer's. We forget that we are never ever alone... *"And when My servants ask you, [O Muhammad], concerning Me - indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. So let them respond to Me [by obedience] and believe in Me that they may be guided."* (Al-Baqarah: 186)

Even in the worldly matters being confused and double-minded is not a good thing to sport by. Why make your mind go crazy? So certainly in matters of deen there is all the more need to be careful and not fall into confusions, where you already know what is right, just that you can't decide whether to follow it or follow Shaytaan instead.

That is the very reason that when people change and fully enter the folds of Islam, they truly find peace. Turns out they aren't kidding when they say that they had everything which anyone on earth can wish for, especially those who had great fame - something that the youth today mainly craves - but yet they tell that they used to be at a constant war with

their own selves; never satisfied and content from inside.

May our confused minds too find rest and the peace that can only be felt in the ever harmonious submissive life to Allah ﷻ, knowing whatever He wants from us is undoubtedly what is the best for us. Aameen

Was'salam,

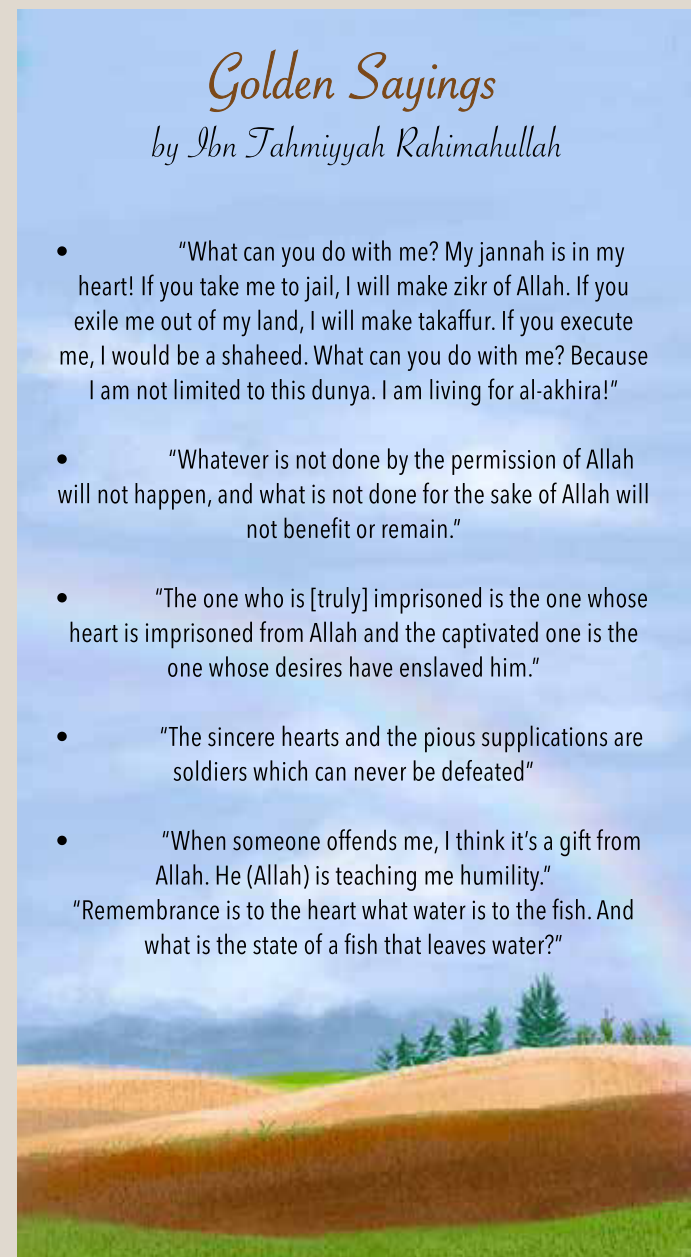
Bint Zahid

Editor.radiance@gmail.com

Golden Sayings

by Ibn Tahmiyyah Rahimahullah

- "What can you do with me? My jannah is in my heart! If you take me to jail, I will make zikr of Allah. If you exile me out of my land, I will make takaffur. If you execute me, I would be a shaheed. What can you do with me? Because I am not limited to this dunya. I am living for al-akhira!"
- "Whatever is not done by the permission of Allah will not happen, and what is not done for the sake of Allah will not benefit or remain."
- "The one who is [truly] imprisoned is the one whose heart is imprisoned from Allah and the captivated one is the one whose desires have enslaved him."
- "The sincere hearts and the pious supplications are soldiers which can never be defeated"
- "When someone offends me, I think it's a gift from Allah. He (Allah) is teaching me humility."
"Remembrance is to the heart what water is to the fish. And what is the state of a fish that leaves water?"





The Importance of having the right company

Do you remember who you were before the world around you told you who you should be? Company matters!

An excerpt from a spiritual discourse by Hadhrat Maulana Abdul Sattar Hafidhahullah Translation by Bint Aftab

The Quran warns and instructs the Muslims, “O you who have believed, fear Allah and be with those who are true.” (At-Taubah: 119)

Allah ﷻ tells us to stick with those who are true in words and deeds, who are honest with themselves and with Allah ﷻ. These people, who are steadfast in their obedience of Allah ﷻ and unwavering in their journey on the Straight path, will ensure that we are inspired to be better Muslims, and one of the blessings of their company will undoubtedly be that when we commit sins (because we are humans and even with good company the risk for sinning is as high as ever) we will be encouraged to make Tauba, to ask forgiveness of our Allah ﷻ for falling off the straight path. Redemption, after all, is only possible if a person knows that he has done something wrong, and if we adopt the company of the pious our conscience will constantly remind

us what our real purpose of living is. It will remind us that there are people like us, humans, living in the same world of temptation and enticement, but who manage to live in obedience of Allah ﷻ.

There lies a chasm between people who spend their days in the company of the pious, who frequently spend time at a Masjid or Madrasah, who befriend people with the intention of learning how to bow before Allah ﷻ’s command; and those whose names and identity cards may classify them as Muslims, but they have no connection with the Quran, they do not visit Masjids and dislike the company of Ahl-e-deen; nothing about their appearance, lifestyle or personality links them in any way with Islam. Because these two groups of people are vastly different, their lives, their ambitions, aims and ways of thinking and living are on opposite

This is because the danger of the young generation escaping into the wrong hands, and following the wrong path, is far greater than we realise, especially in this day and age.

ends of a spectrum.

And this chasm is absolute and unchangeable. So many times a mother and a daughter, or a father and a son are unrecognizable in their relation to each other because they stand on opposite sides of a deep and wide abyss. Their lifestyles and philosophies are irreconcilable, because one of them is liberal and deeply entrenched in the matters of dunya, while the other is conservative and religious and lives in the manner of his pious friends and teachers. Two people who carry the same blood within their veins are so different from each other, because one of them was exposed to the wrong company, to the wrong environment and the wrong tarbiyah.

So dear readers, it is a necessity of this time that our children, our daughters and sons, our brothers and sisters, are given the right environment, the right company and the right tarbiyah. It is necessary that they be connected with a religious institution, a masjid or a madrassah, that they have proper spiritual mentors and friends who are more concerned about doing good deeds and staying away from bad habits, who are more concerned about the state of Muslims across the world rather than the state of the international sports leagues.

This is because the danger of the young generation escaping into the wrong hands, and following the wrong path, is far greater than we realise, especially in this day and age. There was a time when it would take years for a person to change their way of thinking, to revolutionise their lifestyle. Modernisation, liberalisation

that would take years to happen, now happens in months, if not weeks. The child you trust so fearlessly will take only a few months of bad company to transform into someone you do not recognise and connect with.

Children, teenagers and youngsters are yet innocent, their personalities half-shaped and their minds still fresh and susceptible to influence, bad or good. And the resources available to them are immense and unlimited. And most of the time these resources have a bad influence on their personality and character. The media in this age is slowly rotting the minds of our youth; social media and the internet is instilling in them a doubt of their religion, wearing away their Imaan until they are only left with questions and reservations about Islam. They do not trust the word of their elders, they do not trust the directives of our deen, they do not understand the lifestyle and philosophy that Islam advocates. And it is the people they follow, the teachers they learn from, the friends they make through this media that lead them to the point that they do not want to follow the deen that they were born with.

A person can be judged by the company he keeps. The people he sits and spends his time with, eats and drinks with, consults with and asks help from, will be the people who shape the way he thinks and acts. The Prophet ﷺ said, “A person is on the religion of his friend, so befriend wisely.”

May Allah ﷻ bless us and our children with pious and fruitful company. Aameen!

Diary Of a Toddler

Written by
Yusra Zafar Mehmood

“What a colorful place it is! My eyes are wide open! I start jumping with joy. I can feel the damp grass under my feet.

Ooh..see! There are various kinds of flowers. I want to touch it, it's so soft, just like my cheeks. (Sniff...!) Smells pleasant!

Here comes a butterfly, she whispers in my ears: “Let's play in this garden.” I am running behind her, here and there, a gigantic grin spreads across my face as my heart is bubbling with happiness. Meanwhile, I get tired so I lay down on the grass. The blue sky is fleeced with clouds.

Abruptly something is grabbing my attention, it's a swing, a big colorful swing that is hung on the branch of a tree.

I am trying to sit on it and also succeed in my mission, I have started swinging. Ooh! Am I flying? I have begun laughing openly such that my peals of laughter are echoing throughout the garden. Whenever the swing goes up, I feel butterflies in my stomach and when it comes down, I feel the coolness of wet thick

green grass under my toes. I close my eyes as my elder sister does, I feel myself just like a bird, swimming in the spacious blue sky. But... what's this noise?”

The loud sound of someone crying pierced my ears and forced me to come out of my dream. Firstly, I got frightened and also started crying loudly more than my newly born sister but when my Baba held me in his arms, the feeling of safety sent a wave of tranquility to my heart.

Don't be astonished, my dear diary! What happened if I'm only a 2-year-old boy? I can also share my feelings with you and you know we are great imitators.

And you know how much I enjoyed today when I played with the soil of our new plants. Ooh! How can I tell you what I felt when I dug my small delicate fingers in that moist soft soil...I was in the seventh heaven.

I wish you could see my face at that time, I was full of excitement as I was open-mouthed and wide-eyed.

Oooh my dear diary! I am totally tired now and about to fall into the valley of sleep, but I want to share one thing more with you and that's a secret wish.

My mouth was changing its shape whenever I pressed the soil, squeezed it, and poked it. Meanwhile, my mind pictured the scene when Mama made balls with flour. I started making balls..1,2,3,4,5....and once again a loud voice of Mama shivered me and the sixth one dropped out from my hand, “Haye! Hibban! I left you with your toys... what you have done?” She was about to cry.

At that time I recognized I had made some creative artwork on my clothes and on my surroundings too. It was so beautiful but why did she react like this, I couldn't get her.

Anyways, Mama took me to the bathroom and my dear diary! Playing with water, I mean bathing was another fun for me. I love playing with water and clay...seriously. Do you know why? They attract me, they invite me to play with them, they strengthen my motor skills, and make me feel full of the joys of spring. Ooh! How pleasant it is to just think about it!

I love my aunt, whenever I see her, she passes a warm smile to me, she plays different games with me, she hugs me, she tells stories, in a nutshell, I spend a whale of a time with her and the most important thing is that she is the only one who can understand me and my words after my Mama.

As it happened today, I was busy making a row with slippers and shoes that were placed here and there, imagining their parked car in a street, but one was missing, I asked my Chachoo: “Where is the blue one?”

He indicated to many, but those were not my quests, I was ingeminating: “The blue one, the blue one!” as my Aunt entered the room, she indicated, “He doesn't mean blue to be blue, the blue one means the one which he needs.” She explained in detail and handed me the blue one. I laughed and left the room because my car's row was reaching out of the place.

Oooh my dear diary! I am totally tired now and about to fall into the valley of sleep, but I want to share one thing more with you and that's a secret wish.

If I could explain to my family members, I would plead, “Don't distract me, properly give me three things, some useful materials I can play with and use my hands as much as possible, a specific place where I can sit while playing and last but not the least, silence while I am busy. For this, give me the same importance that you give to your elders.”

So dear diary! It's time to leave and before Mama reaches me, I am putting you back in her drawer

Meet you soon!



Hadhrat Abu Musa Al Ash'ari ﷺ

Zawjah Junaid Mukaty mesmerises us with the life of an inspiring Sahabah - Hadhrat Abu Musa Al Ash'ari ﷺ

Hadhrat Abdullah bin Qais or famously known as Hadhrat Abu Musa Al Ash'ari was an affluent member of his tribe Ash'ar based in Yemen. He was a successful trader for which he had to travel a lot and had been to Makkah a couple of times too. There he found Prophet Muhammad ﷺ spreading the word of Allah. He got thoroughly inspired by Prophet's ﷺ personality and teachings and instantly accepted Islam, becoming an early convert.

With Prophet Muhammad's ﷺ permission he became an ally of Banu Abd Shams and returned back to his hometown where he helped his tribe to become Muslims by preaching them the teachings of Islam. Among those lucky people was also his own mother, Hadhrat Tayyaba bint Wahab.

As the news of Prophet's ﷺ migration to Madinah reached him, his strong desire to meet his beloved Prophet ﷺ started churning inside his heart. He boarded a boat along with more than fifty Muslims and headed towards Madinah. On their way, they met a storm which turned their direction and they reached Abyssinia. This calamity provided him the opportunity to meet Hadhrat Jaffar bin Abu Talib and other emigrants from Makkah who were living there under the protection of Najashi, the king of Abyssinia. They then decided to stay there for a while before heading towards Madinah.

Hadhrat Abu Musa and Hadhrat Jaffar with

their companions migrated to Madinah at the end of the sixth year of Hijra. This was the time Prophet ﷺ had left for Khyber expedition therefore they travelled to Khyber to meet their Prophet ﷺ. They were welcomed with open arms and according to some historians were also given a share in the booty.

Recitation of Quran

Although attributes like brave soldier, talented commander, a conqueror and powerful administrator are commonly associated with Hadhrat Abu Musa but his sweet and melodious voice cannot go unnoticed. Allah had blessed him with physical charm as well as a beautiful voice which he finely used in recitation of the Holy Quran. His recitation was so alluring that Prophet ﷺ said, "Abu Musa Al Ashari has been granted a flute from amongst the flutes that were left behind by the people of Dawood."

His love for Allah was tremendous. People used to ask him to remind them of Allah by his recitation. Once Hadhrat Muhammad ﷺ was walking at night when he crossed his house, he was busy reciting and praying. Upon hearing this dua, Prophet ﷺ said that this is the name of Allah that when it is used to call out Allah, He responds and when it is used to ask Allah, He gives.

He spent most of his time in Prophet's ﷺ company and tried to learn each and every single

His love for Allah was tremendous. People used to ask him to remind them of Allah by his recitation.

thing from him. Hadhrat Muhammad ﷺ appointed him as a teacher of Quran and collector of Zakat too. He is known to be the narrator of three hundred and sixty Ahadith which is a great number.

As a Soldier and Commander

Hadhrat Abu Musa was a part of all the expeditions which took place after Ghazwa e Khyber during the life of Prophet ﷺ. In Hadhrat Umar's caliphate, he was appointed as governor of Basra. Later he was told to move his forces towards Khuzestan, an important province of Iran, which, history tells that he conquered after a long struggle.

Smaller areas of Khuzestan came under him quickly but the main area of it became unconquerable because of the bravery and skilful leadership of Harmadan. Some distinguished Muslim commanders like Hadhrat Anas bin Malik, Hadhrat Barra bin Malik and Hadhrat Jareer bin Abdullah besieged the city under the outstanding leadership of Hadhrat Abu Musa Al Ashari. The siege got severe day by day, ultimately some royal officers offered to accept Islam on certain conditions. These conditions were accepted by Hadhrat Abu Musa who was the commander in chief after discussing them with Caliph Hadhrat Umar.

Now the Muslims were stronger than before as the Persian army was also fighting in the same ranks. Harmadan could not resist any longer and he had to sign a treaty and surrender Tatar to Muslims. He was sent to Hadhrat Umar where he entered the fold of Islam. Hadhrat Abu Musa marched forward and besieged Jundi Sabor and after facing a little bit of resistance there he conquered the whole of Khuzestan.

His another remarkable expedition was of Nahavand, fought between Muslims and Sas-

sanid in twenty first Hijra. This battle is known to Muslims as the Victory of Victories. Yazdegerd, the king had to escape to Merv after the defeat of his huge army resulting in the downfall of Sassanid Empire. The series of his conquests do not stop here. He added Isfahan to this list in twenty second Hijra too.

As a Governor

The residents of Kufa requested Hadhrat Umar ﷺ to send them Hadhrat Abu Musa ﷺ as a Governor. He was a great warrior but very humble and soft for his Muslim brethren. Hadhrat Umar ﷺ transferred him to Kufa from Basra but the very next year he was again sent back to Basra in twenty third Hijra. In twenty ninth Hijra, he fell into some disaccord with the Kurds and was called back on their request. This seemed a golden opportunity to the people of Kufa and they again succeeded in having him as their Governor.

He built the first cemented houses in Basra. He also prepared a list of three hundred Huffaz present in Basra and sent it to Hadhrat Umar. Apart from this, to overcome the shortage of water in Basra, he got a six mile canal dug which carried the water from Tigris to Basra. This canal is still called by his name.

Death

This virtuoso companion of Prophet ﷺ did not like Muslims fighting with each other, therefore, he made sure to eliminate the differences. If he could not do so then he went away the farthest. This he did when he saw Battle of the Camel. He tried to hold it but when it became impossible, he went away to some unknown village and stayed there.

The narrations about his death vary, he either died in Kufa or Makkah in forty two or fifty two Hijra

Compiled by Umm Ibrahim

What Is Content Writing?

Content writing is the process of planning, writing and editing web content, typically for digital marketing purposes. It can include writing blog posts and articles, scripts for videos and podcasts, as well as content for specific platforms, such as tweetstorms on Twitter.

What is content you ask? Well, it's everything from social media and video to web copy and blogs. So pretty much anything you put online. Clever content strategies are what marketing is all about. Everything needs to align, and the writing should appeal to the audience you are targeting, or else conversion just won't happen.

Writing content is a dream work for many people. Some write newspaper content or articles and others become successful authors of books.

But, no matter how much efforts you put in, some writers are better than others. What makes these writers good at their work is the difference of how they research and function. In this digital era, where there are numerous content websites online, only writing what is on your mind is not enough. Pairing your exceptional talent with the right way of processing it is what makes your writing remarkably good.

Most businesses understand that they need to up their content game – But just wanting to do

better won't make you a great website content writer, and the differences between strong and weak content marketers can make a significant difference in brand perception n web traffic . You don't want hours of researching and writing content to go to waste. So here are some tips for content writing and keep it handy, store it in your minds as well, any time you create content for the web.

Whether you are writing blog posts, website articles, web content, or books, the following tips will help you organize your work for enhanced output.

Make It Easy to Consume and Share

Content that's super easy to read and share is of the keys to great content. You can have a post written by the world's top copywriter. But if that post is hard for people to consume, no one will read it.

Keep it Snappy, Rich and Entertaining

Whether you're writing about cars, cricket, food, your writing needs to grab (and keep) people's attention. Otherwise, they'll click over to something else.

How you grab someone's attention depends on the format you're working with. It can be a video, or animation, or a bright picture with cool words.

Research a Lot

To keep new content ideas flowing, you need to enter the research zone often. Research shouldn't be directly followed by writing and planning. In fact, take a moment. As soon you find the idea you are going to write about, research more. But now, specifically on this topic.

Always hyperlink to your sources

When you reference another website's content, make sure you hyperlink back to that site. It's good internet etiquette, and you'd want the same courtesy. Always cite your sources, even if you're afraid it'll send your web traffic to another site – and you can always choose the “open link in another window” option if you're that concerned about keeping your traffic.

Besides being the right thing to do, citations can also help you get backlinks.

Frequently, the sites you link to will see your effort and thank you for it with a reciprocal link or quote.

Make It Actionable

For most niches, your content can't just be entertaining. And it's not even enough for it to simply be informative. For your content marketing to work, your content needs to be super useful.

Here's how: Include a step-by-step process: Most content out there is just a list of things you compiled from other people's lists of things. When you organize a set of tips or techniques into steps, your content instantly becomes much easier to take action on.

Email vs. e-mail, Internet vs. internet and other style debates

Language always changes, and web writers need to be hip to the trends to appeal to mod-

ern audiences. For example, many organizations would never use the singular, gender-neutral “they” as recently as the early 2000s. Now, the only language authorities that make you write out “he or she” are middle school English teachers.

When referring to a generic person whose gender is unknown or irrelevant to the context, use the singular “they” as the pronoun. For example, if you use nouns like “person,” “individual,” or “everyone” or phrases like “every teacher” or “each nurse” in a sentence, use the appropriate form of the pronoun “they” as needed.

Similarly, “e-mail” was considered the correct term for a long time by major authorities like the AP and The New York Times, but one by one they gave in. The same goes with the lowercase “internet.” There are people that still treat it as a proper noun.

Do's and Don't's” vs. “Dos and Don'ts” — which is correct?

The latter! Nothing drives us crazier than people putting apostrophes in pluralized words.

When in doubt about spelling, capitalization or grammar, Google it! Which brings us to...

If you're not sure, look it up

There's never been a better time to learn as you go. Double checking the words/grammar/spelling/etc. you don't know about can help you catch mistakes and internalize the rules, so you can write correctly without looking it up next time.

Make the reader feel something

There are a lot of factors that go into viral content. Promotion is a huge factor, and brand

identity, timing and plain luck all play a role.

But almost all viral writing shares one thing in common: emotional impact..

In a recent article, Hubspot interviewed three different marketing experts on why content goes viral. Although each emphasized different factors, all three emphasized the importance of creating web content that evokes an emotional response in the reader. Megan Conley, Content Marketing Strategist at HubSpot, put it this way:

We all have opinions on what types of content go viral: a soundless social video, a data-backed explainer, a perfectly timed newsjack. But no matter the format, it ultimately comes down to emotion. Does the story make you feel enraged, inspired, understood? With everything you create you have to ask: If this scrolled by on my newsfeed, would I care? If the answer is no, it's not worth it. Your online content habits are your own best judge.

So the next time you're crafting a piece of ad copy or web writing ask yourself, "What's good about this story? How can I give this more emotional impact?" Find it, and you might just have viral website content on your hands.

Give your readers a reason to care from the first sentence

Good intros are hard. It can feel unnatural to skip right to the point. You want to provide some background, warm the reader up and then work your way to the main topic when you feel ready.

But by that point, your reader is long gone.

Your website isn't literature. Site visitors aren't there for your nuanced language or slow, measured flow. They're there to get information or solve a problem (ideally by buying your product or service.)

And if you don't give them a reason to care about your article, they're going to get that information or solve that problem somewhere else.

Paint a picture

Your audience isn't an overworked teacher with no choice but to read your story. Your audience is choosing to read your content (or to head elsewhere on the web). Imagery is a great way to capture their attention.

Don't think for a second that a boring or technical topic gets you off the hook either –Push yourself to add a little creative fiction to your website content writing and see how much more fun it is to read (and write!)

Keep SEO in mind

SEO stands for "search engine optimization." It is the process of getting traffic from the "free," "organic," "editorial" or "natural" search results on search engines.

All major search engines such as Google and Bing have primary search results, where web pages and other content such as videos, images or local listings are shown and ranked based on what the search engine considers most relevant to users.

On-page search ranking factors are almost entirely within the publisher's control. This is also where it's critical to balance serving the needs of your audience with making your pages search engine friendly.

The title of the page or article, the depth of research, keywords used and so on should all be used with your specific audience's needs in mind.

In short, your site architecture should help search engine crawlers navigate your site and help users find what they're looking for

Daily Sunnah Schedule

Wake up before fajr ** praise Allah, wipe face and use miswak	Sahih Bukhari, 6312
Last 10 verses of Surah Ale Imran	Sahih Bukhari, 1120
Pray tahajjud	Al-Bukhaari, 4569
2 rakaats sunnah before Salat Fajr	Sahih Muslim, 112
Morning adhkar	Sahih Abu Dawud 698.
2 rakaats of Salat Ishraq	At- Tirmidhi 586
Be productive during the day	Ahmad, 26194
4 rakaats sunnah before and 2 after dhuhr	At-Tirmidhi No. 379
Midday nap	At-Tabaraani In Al-awsat, 28
Evening adhkar after Salatul Asr	Sahih Abu Dawud 698.
2 rakaats of sunnah after Salatul Maghreb	At-Tirmidhi, 380;
Nawafil salah any no. of rakaats according to ones ability between Salatul Maghreb and isha	Ahmad 22926
2 rakaats sunnah after Salatul Isha	At-Tirmidhi No. 379
Spend some time with family	Al-Bukhaari, 4569
Recite surah As Sajda and Surah Al Mulk	Al-Tirmidhi 2892
Recite surah Al Ikhlas and the Muawwidhatain	Al-Bukhaari, 4628
Last two verses of surah Al Baqara	Al-Bukhaari 5009
Say, "Allahumma bismika ahyaa wa amoot (O allah, in your name I live and die)"	Al-Bukhaari 6324

** at least an hour before the adhaan of Fajr

A magical word

Written by Farheen Farwa

You have heard of this word making rounds on different occasions, haven't you?

"There is no barakah anymore," the elderly might have told you with a big heavy sigh. And you may have wondered what exactly is this mystical word lacking in your life.

Is barakah something that could make your pocket money last longer? Or could it make a 7-inch pizza satiate you and your sister's appetite (you are known to devour all the food in the house, this is no joke). Or is it something that could help you concentrate on your textbook for a long duration? And make time go slow when you have to prepare for a test in less than an hour?

Barakah is all this, dear reader, and so much more. It is also the ability to have good health without the need to make huge investments in it.

Just look at how much we fuss over our food – we fuss over the delicacies, the teekha (spices) should be just right. We fuss over the cafés, spending ridiculous amounts on a single pastry, inventing mutated hybrids like the Nutella naans and the tandoori chinese. We turn every celebration into an excuse to hog more food.

We eat when we are anxious, we eat when we are sad, we sleep food, we dream food, but we are still so sluggish.

Conversely, Blessed Prophet ﷺ would eat little; at times getting bread after 2-3 days, at times only eating a few dates in the entire day. And yet he was so focused and strenuous in his life and achieved a colossal amount of work in just 23 years of prophethood.

I am not encouraging you to go on a date-only diet here, or any sort of diet for that matter, but just consider what super level of barakah this is!

Barakah lingers in our wealth as well. It doesn't always mean we get more money, but whatever we have, it becomes more than enough for us.

Likewise, barakah in relationships is the peace of mind we get from the people around us. It is the absence of fighting and bickering, and the presence of trust and goodwill.

Barakah is all encompassing. There is no aspect of our life which cannot be improved with it.

So, are you feeling enticed enough to get more

We turn every celebration into an excuse to hog more food. We eat when we are anxious, we eat when we are sad, we sleep food, we dream food, but we are still so sluggish.

and more barakah? Here are 6 sources of barakah to help you give a 180-degree spin to your life.

Source #1: Pray the Daily Prayers

What is it with us sneaky adults trying to steer every topic to prayers, right? But there is a reason why the words of adhān proclaim come to prayer; come to success. (Hint, hint!)

The barakah of your prayers is so much that it encompasses 40 houses to the front, 40 to the back, 40 to the left, and 40 to the right – that's a whole neighborhood!

Source #2: Give away

Have you ever noticed how teaching someone else increases your knowledge? This is because you are giving the knowledge away.

Whatever you give away for Allah ﷻ (doesn't necessarily have to be money), He will increase it for you twice (or multi-folds). If you take out time for Allah ﷻ, you will be able to do a lot more work in the same amount of time. If you help someone afflicted with sorrow, your own suffering will go down.

Source #3: Pause the talk

A heated debate is about to flare up? Change the subject. Some juicy gossip is floating around? Runaway. Like the wind (make swoosh swoosh noises as you go, although this is not a requirement).

Allah ﷻ does not like bickering and arguing for the sake of arguing. And just imagine all the things we can do with the brain energy we save by not getting into these things. The possibili-

ties are endless!

Source #4: Stop the Sins

Sins are like holes in our barakah bag. It's not that we don't already have barakah, it's just that we keep losing it.

Stitch these holes by leaving sins. This can be a life-long process. But just start somewhere, keep going, and keep repenting as you go. The upside is that for every sin you try to leave, you will experience more barakah in your life.

Source #5: Never eat alone

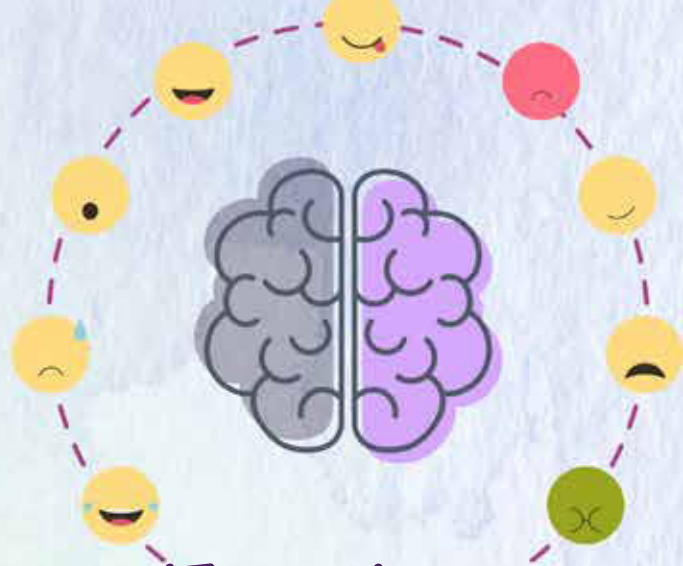
Here's the deal: instead of sneakily ordering KFC with a special note not to ring the doorbell, go sit and eat with your parents. Eating with others and sharing food puts more barakah in it. Home-cooked food is better for your health as well – especially cooked with mother's love!

Source #6: Develop a connection with Qur'an

If you recite Qur'an in the wee hours of the day, you can see its barakah trickle down on your daily tasks. Don't lose heart if you are slow. You can start with one page, one verse even! Try being consistent with however much you start with, though.

Getting Barakah is real simple. It's no rocket science and you don't need lists like these.

If you have a love-hate relationship with lists (i.e. you love reading them as much as you hate following them) just remember this: when you prioritize Allah ﷻ in your life, Allah ﷻ will prioritize you. And when Allah ﷻ prioritizes you, your life will become easier and a lot more productive aka full of Barakah!



Emotions

by M. Binte Hanif
South Africa

Emotions... some unique individualities master this technical word, on the contrary some personalities are unfortunately mastered by this word itself.

Anger, happiness, sadness, excitement, frustration, agitation, embarrassment, hopelessness etc are only few of the feelings person would experience in his/her life. A good few distinct humans on the face of this planet know exactly how to deal with these critical emotions.

Negative emotions like fear, sadness, and anger are a basic part of life and sometimes we struggle with how to deal with them effectively. It can be tempting to act on what you're feeling right away, but that often doesn't fix the situation that caused the emotions. In fact, it may lead to more problems to deal with down the road.

Let's analyse a few ways emotions can be dealt with:

- Pause
- Acknowledge
- Think
- Help

Step 1: Pause.

This step is important because instead of acting on feelings right away, you stop yourself and think things through. Count to 100 or say the alphabet backwards.

Step 2: Acknowledge What You're Feeling.

For example, are you mad at someone, or are you sad because your feelings were hurt by what they did? Whatever it is that you are feeling, it is ok to feel that way.

Step 3: Think.

Now that you have taken a few moments to figure out what exactly it is that you are feeling, think about how you can make yourself feel better.

Step 4: Help.

Take an action to help yourself based upon what you came up with in the "Think" step.

These are just few basic steps that psychologist have brought together, however what about the sayings of the mercy of mankind, where Rasullullah ﷺ has described the best person as the one who gets angry after long and the anger

vanishes away quick and the worst person as the one who get angry quickly and the anger also takes long to vanish.

Anybody can become angry - that is easy, but to be angry with the right person and to the right degree, at the right time, for the right purpose, in the right way - that is not within everybody's power and is not easy.

Many of us tend to make decisions in haste depending on our emotional well-being whereas we have been strictly told that haste is unequivocally from Shaytaan.

Take a moment, introspect... how many times in our short lives have we allowed emotions to take the better of us whether it be anger or happiness.

Yes! It may sound weird to many of my readers, yet if you truly ponder then you will definitely realize that a fair few verdicts were later regretted, moreover they were surprisingly taken during a period of emotional happiness or excitement. They lacked wisdom...

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel, hence applying wisdom is of extreme importance.

While our whole life is built around emotions, many people do not understand what they are or how they develop. Every person has the ability to experience and express emotion. Since emotions are natural, the act of feeling emotion is morally neutral. Each person has some degree of control over what they feel and how they express and share their feelings. Emotional responses are both physiological and psychological. These responses influence perception, learning and performance. Emotions are instruments that aim at "the possession of suitable objects", thus leading us to reach the perfection of our personality.

Emotion plays a major role in influencing our

behaviour. Life would be dreary without feelings like joy and sorrow, excitement and disappointment, love and fear, hope and dismay. Emotion adds colour and spice to life, however, don't make it very spicy.

It fascinates me to observe how uncomfortable we, human beings, can be in wielding that inherent language of ours – that which we have spoken since the dawn of our species: the language of emotions and feelings. How expressive such language can be in the moments when words become obsolete, how sufficient and how full.

When feelings rise, linguistics fail. A simple shrug can say, so, so much more than a long-winded monologue. Yet, we somehow opt for the latter. We get lost in the enticing labyrinth of our own words: sometimes lured in there by the words of others, sometimes led there by our "rational" thoughts.

The beauty of emotional language is that everyone can understand it. No matter what culture, what background you're coming from – some subtleties translate universally – from way back when – perhaps to the fabled Babylonian fiasco. Such language encompasses and exceeds even the commonly known pointers of the body language: turn of the torso alluding to friendliness, wide eyes and dilated pupils – to attraction.

Observe the sensations we get in the presence of one another – people may have known for decades, or those we may have just met. The cold wringing knot of aversion; or a strong, almost magnetic pull to stay in someone's gravitational field; or a delicate alignment to the harmony of someone's voice; or plunging through an endless tunnel of a soft gaze; and the feeling of something being "off" – are just some of the examples. And it is in their inexplicability bathed between the blurred edges, the delight over this universal tongue really lies.

Emotions can get in the way or get you on the way

Craft Fizzing Bath Soaps

When baking soda is mixed with citric acid, a bubbling reaction takes place. Help your child experiment with mixing some acid and baking soda by making these homemade bath bombs! These fizzing little balls can be enjoyed by your family or given as gifts. This project is as simple as a visit to the pantry, and it's sure to be a blast... or fizz!

What You Need:

Measuring cups
Epsom salts
Baking soda
Lemon juice
Scented oils
Food coloring
Mixing bowl
Wooden spoon
Spray bottle
Plastic molds
Waxed paper
Cookie sheet



What You Do:

Help your child get started by blending 1/4 cup Epsom salts in a blender to create a fine powder.

Next, invite her to put the blended Epsom salts into a mixing bowl and measure out 1 cup of baking soda. She can mix the two to-

gether using a wooden spoon, and making sure they are mixed together well.

- Now, ask her to measure 1 teaspoon of lemon juice and add it to a spray bottle with 1/4 cup water, along with a couple drops of scented oil of her choosing. She can also add a couple drops of food coloring to make her bath soap colorful!
- Have her spray the liquid mixture onto the dry ingredients, and start carefully stirring. When the liquid is sprayed onto the dry ingredients, she may see a slight bubbling. Don't be alarmed; that's the acid reacting with the baking soda!
- Once the mixture starts resembling damp sand and begins holding together, it's ready to be molded. Your child can form the fizzing bath soaps with a melon baller, and then gently tap them out onto a cookie sheet covered with waxed paper. Let them dry overnight.
- Your child can also use a plastic mold of her own choosing, such as hearts or stars. Have her press the mixture into the molds, and let them sit overnight to harden. Then, she can gently tap them out onto a sheet of waxed paper.
- The dried fizzing bath soaps can be wrapped in colorful cellophane and tied with ribbons to give as gifts, or your child can enjoy one of her handmade fizzing soap in her next bath!

Barbecue Chicken at home

This roasted chicken by Umm Ibrahim is just as good in the oven or the air fryer!

Ingredients

1/2 c. plain yogurt
2 cloves garlic, grated
1/2 tbsp. grated fresh ginger
1 tbsp. paprika
1 tsp. garam masala
1/2 tsp. ground turmeric
1/2 tsp. ground coriander
1 tbsp. fresh lemon juice
4 small chicken legs, split
1 tbsp. olive oil, plus more for air fryer basket
Salt and pepper to taste
2 small onions, cut into 1/2-inch-thick wedges
Lemon wedges for serving.

Directions

In medium bowl, whisk together yogurt, garlic, ginger, paprika, garam masala, turmeric, coriander and lemon juice. Add chicken, turn to coat and let sit 20 minutes (and up to 4 hours).

Coat air fryer basket with oil. Remove chicken from marinade, season with 1/2 teaspoon salt, and arrange, skin side up, in basket. Air-fry at 400°F for 12 minutes. Or bake in Oven.

Toss onions with oil and 1/4 teaspoon each salt and pepper and scatter around chicken pieces. Air-fry until chicken is cooked through and onions are golden brown and tender, 8 to 12 minutes more. Transfer to platter along with lemon wedges if desired.

Tip: The chicken can be marinated for a minimum of 20 minutes, but letting it marinate longer really lets that spicy and irresistible flavor sink in.

1) What gets bigger every time you take from it?

Ans: A hole

2) Some months have 30 days and some have 31. How many months have 28 days?

Ans: All

3) Where is the only place today comes before yesterday?

Ans: Dictionary

4) Which word do people in Scotland always pronounce hesitantly?

Ans: Hesitantly

5) What is in seasons, second, centuries and minutes but not in decades, years or days?

Ans: The letter n

6) Take one out and scratch my head, I am now black but once was red. What am I?

Ans: A match.



Hidden Pictures Answer

Hidden Picture

How dreamy is this little room? The stained-glass rose, the books, and the reading nook enjoyed by the sleeping cat are as cozy as it gets. Hidden in this room are four paintbrushes, three mirrors, two solitary flowers, and one candlestick. Can you find them all?



Word Search

Name _____ Date _____

GOLDEN AGE OF ISLAM

M	D	A	G	O	R	H	A	A	Y	D	E	I	I	T	I	H	U
U	H	N	Z	V	N	T	B	I	N	N	Q	J	E	H	K	Z	W
B	U	H	H	K	G	B	B	H	M	U	H	A	M	M	A	D	B
E	A	B	P	P	C	Y	A	S	F	F	A	Z	V	E	C	G	T
O	R	R	I	M	X	F	S	H	Z	L	Q	A	Y	F	T	Q	L
Z	C	C	A	W	O	Y	I	F	C	M	A	L	L	A	H	L	V
U	V	K	K	D	D	U	D	L	P	Z	T	E	R	A	N	I	M
W	V	F	I	K	O	X	N	I	S	D	G	H	R	T	X	W	M
F	A	Q	R	Z	E	H	I	N	N	U	S	Y	C	Y	Q	K	J
S	H	R	B	U	P	I	S	U	R	V	Y	V	C	I	K	Z	F
G	A	I	B	I	W	H	Q	X	S	C	Z	C	V	T	J	N	F
B	K	P	L	E	A	L	X	D	M	P	A	Y	G	W	U	D	K
O	K	A	L	R	G	D	M	E	K	S	B	Q	J	Y	J	C	Z
N	C	U	I	Z	B	L	C	Z	R	G	M	A	B	E	L	Q	T
I	C	A	V	E	K	C	A	A	B	M	W	U	V	Q	N	U	U
Y	H	X	K	J	A	X	L	E	Z	L	K	V	S	E	Z	R	X
E	E	O	O	X	B	L	Q	O	U	G	U	B	K	L	I	A	D
U	O	I	O	U	I	Y	Q	C	J	Z	S	W	N	M	I	N	L
Q	D	L	S	P	W	E	I	X	M	N	W	U	O	K	G	M	P
S	K	H	E	L	O	F	D	M	Z	C	H	A	U	N	T	O	S
O	L	V	E	I	A	M	Y	A	Y	M	P	H	P	G	T	A	G
M	I	G	B	H	E	M	G	T	K	O	M	K	R	A	K	V	Z
F	V	W	Z	G	D	Z	R	E	L	W	A	O	J	D	I	K	S

Word Bank

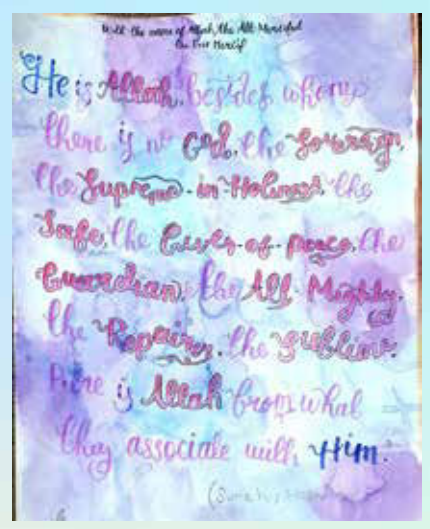
ABBASID
ALGEBRA
ALLAH
ARAB
CALIPH
FIVE PILLARS
ISLAM
MECCA
MINARET
MOSQUE
MUHAMMAD
MUSLIMS
QURAN
SHARIAH
SHIA
SUNNI

Use the clues and the word bank to fill in the terms. The first letter has been provided.

- A _____ -- Arabic name for God
- A _____ -- A person originally from the Arabian peninsula who speaks Arabic
- M _____ -- The founder of Islam
- M _____ -- Followers of Islam; those who "submit" to Allah
- I _____ -- Religion followed by Muslims from a word meaning "submission"
- F _____ -- Basic rules of Muslim faith
- Q _____ -- The holy book of Islam; also known as "Koran"
- M _____ -- A holy place of worship for Muslims
- C _____ -- The leader of the Muslim world and ruler of the Caliphate
- A _____ -- Caliphate during the golden age of Islam
- M _____ -- The birthplace of Muhammad and the most holy Islamic city
- S _____ -- Largest denomination of Muslims
- S _____ -- Denomination of Islam, believe Muhammed chose the nest Imam
- S _____ -- Islamic religious law; right conduct
- M _____ -- A tall and thin tower used to call Muslims to prayer
- A _____ -- Mathematics discipline developed by Islamic scholars



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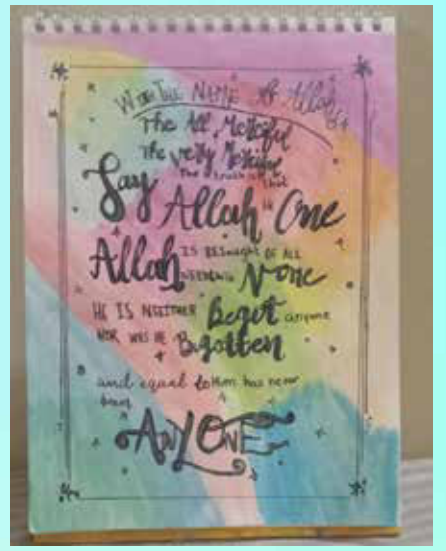
Rahmah bint Atif



Aroosh Amir



Hamna Hassan



Safiyah Huzaifa



Mahjabeen



Labeedah Zakir
Iqra Amir, Riyadh



Musfirah Abdul Ghaffar



Hamnah Noaman
10 yr old, UAE



Iqra Aamir



Umaimah Yaseen, Lhr



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to all our students for their hard work
and outstanding results



A Level Results 2021-22

Sociology
Accounting
Psychology

100%
A

Chemistry

100%
A* & A

Biology
Economics

75%
A*, A
& B

Physics
Mathematics

100%
A*, A
& B

O Level Results 2021-22

Urdu
Chemistry
Add Maths
Arabic
E.M

100%
A*, A
& B

Physics

100%
A* & A

Islamiyat
Business
Studies

85-89%
A*, A
& B

Biology
Accounting
Mathematics
English Language
Computer Science
Pakistan Studies
Sociology

90-99%
A*, A
& B