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radiance

LIVING AND LOVING THE YOUNG MUSLIM LIFESTYLE

Return to Innocence

The match of
our lives

Friend or Foe

Honesty is the key

All you need to know
about Social media



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The match of our lives

Once upon a time I used to be lurking, watching, gulping each ball of the cricket match... and not only on the screen but live in the rooms of the stadium whenever it was in Karachi.

My family, school friends, neighbours everyone at times recalls how we used to together look forward to go watch those matches and now when I look back...I think, how not-so-fun! How plain silly!

Times changed, values changed ... Now I won't even know that Pakistan won or lost, or who was Pakistan playing against and is there even any world cup going on!

Alhamdulillah life is precious and hopefully that got spent in better things since then. Guarding of eyes from non-mehram men definitely begets its rewards both in this life and the next.

Allahumma lakalhamdu kullu Walakal shukru kullu

All this the barakah of my elders who guided me to real deen and then stayed with me every step of the way.

Allah taala will surely ask us where did we spend our life. Where did we spend our

youth? And hope we would have better things to say then saying that we kept sitting for hours in front of a green field watching our destiny unfold in the hands of a few men with a ball and bat!

Especially when our brothers were being brutally murdered in Palestine, Bosnia, Burma and Kashmir, in fact dying in front of our own eyes in our neighbour hood in the floods too - we were busy praying for a win and not praying for them. They were running for their lives and we were running after a ball. They were saving their children and finding morsels to eat, and we were busy ignoring them,

as we had better things to see... the men in green!

Already there are too many distractions and time wasters that haunt us day in and day out... like almost every time you tell yourself that let me take a break of 5 minutes to browse the internet. An hour later, you are still browsing. That's how it starts.

Youtube, Facebook, Instagram, and Pinterest extend breaks from "a few minutes" to "OMG, I just wasted 2 hours." And you know the rest of the story....

Whatever time passes by will not return and cannot be replaced. Imam Ibn al-Jawzi Rahimahullah used to say, "The breaths of man are his steps to death!" Moreover, Imam Ash-Shafiee Rahimahullah would say, "Time is like a sword. Cut it (wisely), before it cuts you!" Therefore, kill your time productively, before it kills you!

Hassan al Basri Rahimahullah said: "O son of Adam! You are but a bundle of days. As each day passes away, a portion of you vanishes away." Can we afford to lose a portion of our body or soul every day to hellfire through wastage of time on useless and un-Islamic things?

Some pious scholars even used to warn that those people who kill their time in unproductive ways would lose peace and serenity from their hearts. They would be so overwhelmed with work deadlines and harmful amusements of this life that they would rarely have time to spend with their family, in remembering Allah, and on other causes that matter.

And last but surely not the least, time is a trust from Allah, it is our responsibility to use it in the most effective way pleasing to Allah. We all know how difficult and embarrassing it is to face someone, for instance our parent or teacher, after we break their trust by

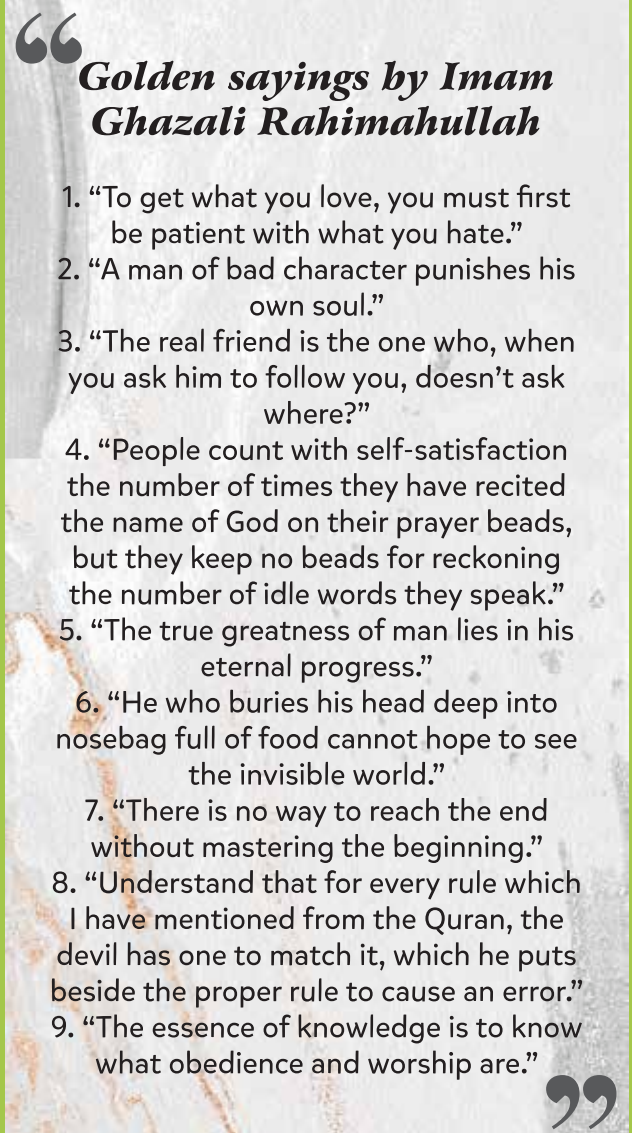
disobeying their instructions. How would we face Allah if we break His trust?

So no matter how tempting the match may appear, there are definitely more tempting and pleasing ways to spend our time. Let's make each moment count and worth a source of productiveness for ourselves, after all, when you accomplish good things and win the match of your life, won't you be more happy and successful?

Was'salam,

Umm Abdullah Zubairi

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Return to Innocence

A heartening spiritual discourse by **Hadhrat Abdul Sattar Hifzallah** making us realise how easy are the ways of repentance through which we can, in no time, return to innocence

The ability to sin comes naturally to us humans. However, the best of us are those who after having committed a sin feel the guilt and shame upon it and thus seek Allah's SWT forgiveness for it with a firm resolve to never repeat that sin.

Our beloved Prophet ﷺ has said that all of the children of Adam are sinners and the best of sinners are those who make Tawbah repeatedly. (Mishkaat)

Sins come in different shapes and sizes

There are three major types of sinners among humans:

-The first one consists of those who sin and then outrightly deny that it was a sin; they don't even admit that it was a sin, let alone feel guilty about it.

-The second type consists of those who sin and then start looking for ways to justify it; just like Iblees, who disobeyed Allah SWT and then tried to present logical reasons and justifications for it.

-The third type of sinners consists of those who sin and then acknowledge it and thus ask for forgiveness over it.

Just like Prophet Adam AS; he sinned but then immediately admitted his mistake and presented his helplessness before Allah SWT with extreme humility. He begged Allah SWT

to teach him the way to undo his mistake; he said he was ready to do just anything that would make Allah SWT happy with him again.

There was such purity in Prophet Adam's acknowledgement of his mistake and such humility in his begging before Allah SWT that Allah SWT then taught him the way of forgiveness Himself.

"Then Adam learned certain words (to pray with) from his Lord; so, Allah accepted his repentance." (Al-Baqarah: 37)

And it was not just any ordinary way to seek forgiveness; it was an exceptional way that all of the progeny of Prophet Adam AS has been blessed with. So before Prophet Adam AS descended to this earth, he had been equipped with the best of Duas for seeking forgiveness from sins: "Our Lord, we have wronged ourselves, and if You do not forgive us and have mercy upon us, we will surely be among the losers." (Al-Aaraaf: 23)

That is just why one of the beautiful names of Allah SWT is Al-Hakeem (All-Wise); when He gave us this free will, thus an ability to sin, simultaneously He has not left us without telling how to fix it all.

That is just why one of the beautiful names of Allah SWT is Al-Hakeem (All-Wise); when He gave us this free will, thus an ability to sin, simultaneously He has not left us without telling how to fix it all.

The reality of sins

Hence we have been taught how to wash and get rid of our sins, but in order to benefit from that, we must first realise and acknowledge what sin is.

As per definition, to do anything against the orders of Allah SWT is a sin. So the first thing we need to realise is that a sin is what is bad according to Allah's SWT standards. It's a shame that today's messed up society only considers those things wrong which are wrong according to the people's or the society's standards.

One would see a lady strolling in a park at early morning, a rosary in one hand and yet, not observing Pardah. Why? Because remaining without Pardah is not considered to be bad in our society. A man holding the same rosary could be seen going about collecting his interest-based instalments because indulging in interest is normal in our society now. A person may be involved in huge philanthropic projects on one hand and yet, on the other hand, he would unfairly withhold payments that he has to make to some people and also would routinely lie because not fulfilling other's rights and lying are not much looked down upon in our society anymore. People would apparently be very religious minded, yet would have no guilt in having non-segregated gender interaction in their family affairs because that is what the norm of the society is.

This is why it is absolutely important that we realise the reality of sins.

The doorway to Tawbah

Acknowledging the reality of sins is absolutely vital because unless one doesn't acknowledge an act to be a sin, the chances that

he would even come close to feeling bad about it or repenting from it are nil. There cannot be a bigger loss for a person who thinks that he has repented from his sins and imagines himself to be a pious person but in reality, there are things he does that are not even included in his 'list of sins' because he has made that list according to the society's standards and not according to Allah's SWT criteria.

So it is very important to remember that sin is the disobedience of Allah's SWT commands; the things that our beloved Prophet ﷺ warned us against. No matter how much it is liked and accepted by people, no matter how common it becomes and no matter how appreciated are the people who are indulging in it – a sin yet remains a sin.

A sugar-coated poison

That is what a sin is; it's like swallowing something which is apparently sweet and delightful but essentially it is poisonous. Sins also offer apparent pleasure but in reality, they lead a person to his spiritual death.

Or we can say that sin is tantamount to a person who has allergy on his skin, scratches it and feels temporary relief/pleasure from it. But what if he persists upon this practice? He'll finally rip off his skin and the wounds would then develop an infection. That is what exactly sinning does to a person! Apparently, he attains pleasure from it but slowly it starts taking its toll; he starts feeling restless, loses sleep, loses contentment and peace of the heart, continuously remains unsatisfied and finally loses all interest and fun in life.

May Allah SWT help us to stay away from all forms of sin. Ameen.



ALL YOU NEED TO KNOW ABOUT SOCIAL MEDIA

Embrace a new stage in your life with these helpful tips by Musfirah Abdul Ghafoor on trying to minimize the social media usage

With already approximately 4.59 billion social media users, the time to argue whether it is beneficial or not is long gone. The answer is clearer than ever. IT IS NOT! Day after day, we are being ruined by something that is not even alive. All of us, literally every single one of us has heard about its side effects, fueling anxiety, depression and whatnot. This is the cause of all our problem, and the worst part is that we are turning blind to it. Let me elaborate with some examples.

What we have here is let's say a 14-year-old girl well teen to be exact but anyways, she is a social media user or influencer, whatever suits you, posting every single thing in her life. Goes to a restaurant, posts it. Has a family night, makes a vlog about it. Now, she is under a constant pressure of sharing something, until it dominates her thoughts and affects her entire schedule. It affects her studies, which affects her grades and that affects her parents who get mad. But she doesn't care because according to her they are just unnecessarily stopping her. Moving on, she doesn't even enjoy the little things that bring joy like some family time.

And one more thing, the hate comments. Someone makes a comment like that and she spends her entire day obsessively thinking

about it and it might even ruin her self-esteem. Now before I get angry replies that all celebrities get hate like that and they seem perfectly confident. *Well, my dear reader, forgive me for being so harsh* but there's quite a clear difference between seeming and actually being. You literally never know how bad they are breaking underneath all that confident facade. Every single comment stings, they just can't show it in fear of getting more hate. Just how many celebrities have caved under depression, having never shown signs of it.

Okay then, let's move on to another aspect. One which is common, a social media scroller, not posting anything but addicted to almost the same intensity. According to a research conducted, Gen Z (people born between 1997 and 2012) spends an average of 4.5 hours a day on social networks. That's not that much time, you say. Well, let's do some calculations.

7 hours-sleep

6.5 hours-school

0.5 hours- transportation

(Keep in mind that they may vary, might be more might be less)

What does this leave us with, 10 hours. If we

Okay then, let's move on to another aspect. One which is common, a social media scroller, not posting anything but addicted to almost the same intensity.

spend 4.5 hours of this time on social media, that makes about 45% of our free time, that might have been used for something more productive like learning a new skill or studying. Hence, we are always behind school, grades are falling, we are under constant stress, cannot manage time effectively, our sleep is being sacrificed. The list goes on and on.

And what's more concerning? This is not the only problem that is associated with social media. I have a question for everyone here and I want it to be answered truthfully.

Just how many times have a friend, cousin or an influencer post something and thought of something like 'I wish I was that beautiful.' Or 'I wish I could have clothes like theirs.' Or 'I wish I could go on trips like them.' Or even 'I wish my life was that perfect.?'
So, what's your answer?

I might as well clarify another thing as I go, no one's life is all sunshine and flowers. Everyone is facing their own battles backstage, just they are showcasing the other face. There is, I repeat zero need to envy them. At the end of the day, what matters that you're happy and everything else comes after. That happiness is not to be ruined over petty things like these, understood?

Someone may argue that social media has its benefits too like...

Please don't argue with me on this. I know it has but when you guys are bent upon using the darker side, why even bother? Benefits

come where there's willingness. People nowadays are just using this word as an excuse to somehow get hold of the platform and then do whatever they want.

Like any other addiction, this too is sure hard to quit... but I promise you, it'll be worthwhile. You will look back and be grateful that you did.

Hadhrat Safia Bint Hayee ﷺ

Who did Rasulallah ﷺ tell that if someone bothers her by calling her of the Jewish origin just tell them: 'Haroon is my father, Musa my uncle and Muhammad ﷺ my husband.' Yes you guessed it right, it was Hadhrat Safia Bint Hayee ﷺ!

Read on this article by Zawjah Junaid Mukaty to find more about this inspiring Ummul momineen

Hadhrat Safia ﷺ belonged to one of the most respectable Jewish family of Arabia. Her father, Hayee bin Akhtab was the chief of the tribe of Banu Nazeer while her ancestral chain linked her with Prophet Haroon ﷺ.

She was first married to a famous poet and Rabbi Salam bin Miskam who later divorced her. She was then married to a tribal leader and a harsh opponent of our Prophet ﷺ, Kinaana ibn al Rabi, who was killed by the Muslims during the Battle of Khyber.

Battle of Khyber became the last nail in coffin for the military and political power of the Jews. Many of their people and leaders were killed making them weak enough to start beating about the bush and trying to conspire a war against the Muslims. Many prisoners and armour were also another benefit of this battle.

An Example of Courage

Hadhrat Safia ﷺ and her sister were among these prisoners. When they were brought before the Prophet ﷺ, her sister started wailing and cursing loudly looking at the dead bodies of their relatives but Hadhrat Safia controlled her nerves and soberly sat in a corner though the agony could be seen from her face.

Marriage to Prophet ﷺ

At the time of distribution of the booty, Hadhrat Dahiya Kalbi asked for a maid servant. Prophet Muhammad ﷺ allowed him to pick one for himself. He chose Hadhrat Safia ﷺ. The companions of the Prophet ﷺ felt that it would be more suitable if the Prophet ﷺ kept her for himself as she belonged to the most respected tribes of Jews and was the daughter of the chief of Banu Nazeer and wife of the chief of Banu Quraiza.

Hadhrat Muhammad ﷺ was soft hearted and merciful. He released Hadhrat Safia ﷺ and gave her a choice: "You are free to return to your family or if you agree, you can marry me."

Hadhrat Safia ﷺ opted for the latter offer and accepted Islam. Her wedding with our honourable Prophet ﷺ took place at Khyber.

Results of this Marriage

These marriages of Rasulallah ﷺ have much wisdom attached to them but these are only visible to those who look into the real wisdom of why Prophet ﷺ took certain decisions during the course of his life. His aura is spread through more than fourteen hundred years and these visions are visible to those who are benefitted through that.

Marriage of Hadhrat Safia ﷺ to Rasulallah ﷺ

Marriage of Hadhrat Safia رضي الله عنها to Rasulallah صلى الله عليه وسلم brought peace for the Muslims as after that the Jews did not engage in any war against the Muslims. The attitude of many of the Jews changed as they got a chance to see Prophet Muhammad صلى الله عليه وسلم closely.

brought peace for the Muslims as after that the Jews did not engage in any war against the Muslims. The attitude of many of the Jews changed as they got a chance to see Prophet Muhammad صلى الله عليه وسلم closely. The Apostle of Allah صلى الله عليه وسلم established affinity and a sense of brotherhood amongst them in a practical way and on the basis of religion.

Ummul Momineen (Mother of the Believers) Hadhrat Safia رضي الله عنها was brought up in a family who were harsh opponents of Muhammad صلى الله عليه وسلم. Her first husband was also well known for enmity towards the Muslims. She had lost her family and became the captive of those whom she had seen her family hating since always. She might have had a desire for revenge but Allah SWT had different plans and He executes these plans in the most aesthetic manner.

Three days before Prophet's صلى الله عليه وسلم arrival at Khyber, she saw in her dream that a brilliant moon came from Madinah towards Khyber and fell in her lap. Later on, she narrated the dream to her husband who struck her on her face assuming that she wished for the King of Madinah. She was a beautiful woman and the marks of this aggression were seen on her face.

This dream helped her in taking the decision and she opted to become the wife of the Blessed Prophet صلى الله عليه وسلم. She was elevated to the Prophet's household with the title, Ummul Momineen (Mother of the Believers).

Surpassing Bloodline

Sometimes Hadhrat Safia رضي الله عنها got upset when women called her of the Jewish origin. Regarding this, once Prophet صلى الله عليه وسلم said to her that she should answer the women by saying, 'Haroon is my father, Musa my uncle and Muhammad my husband.'

Social Dealings

Seerah of Hadhrat Safia رضي الله عنها also teaches young girls and women an important lesson on how to win the hearts of their in laws and create an atmosphere of harmony. When she reached Madinah after her marriage, Hadhrat Fatima رضي الله عنها came to meet her. She gave Hadhrat Fatima her earrings as a gift. She also gave presents to other wives of Prophet صلى الله عليه وسلم. She had good social manners and this was the main reason that Prophet صلى الله عليه وسلم loved her too.

She was a nice cook as well. Hadhrat Ayesha رضي الله عنها had said, "I have not seen a better cook than Safia."

Service to Islam

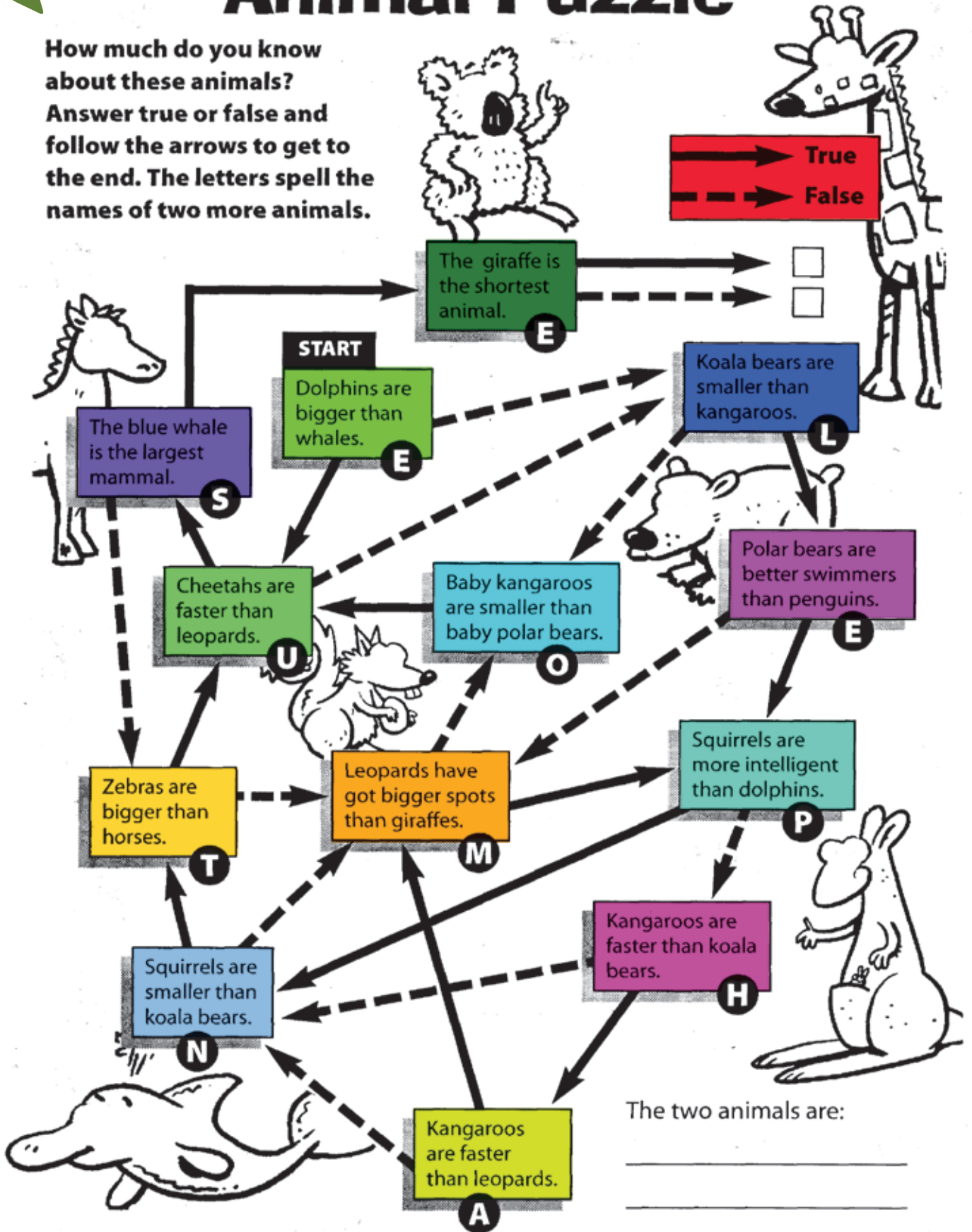
Hadhrat Safia رضي الله عنها was a woman with sharp memory and intelligence. She showed keen interest in learning about her new faith and being a quick learner. She soon attained the position where she could solve problems of the ummah. A few traditions are also narrated by her.

When Hadhrat Usman رضي الله عنه was besieged at his residence, she tried to reach him with food and water but she was not successful. She then supplied the food through a plank placed between her and Hadhrat Usman's house.

This courteous, bold, devoted and loving lady died in 50 Hijrah at the age of sixty during the reign of Hadhrat Muawiyah رضي الله عنه. She was buried in Jannat ul Baqi. She left one hundred thousand Dirhams behind. May Allah reward her immensely and shower His blessings upon her. **Aameen.**

Animal Puzzle

How much do you know about these animals? Answer true or false and follow the arrows to get to the end. The letters spell the names of two more animals.



Make a Sentence

are at we I have FIND these
he see can wear MAKE YOU don't THAT
in look between on they is
behind a under elephant her
the shirt be many elephant her
hat it jeans many dress an your
his how trousers
AND chair you dogs

How many sentences can you make?

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Honesty is the Key

By Haniya Ahmed
9 years old



It was a joyful environment when the school bell rang. All the children ran into the playground. Zara was also going there but then she saw something on the ground. It was a lot of money - in rupee notes, thrown carelessly. She quickly picked it up, wondering what she should do with it. She took it home and decided not to tell anyone.

After lunch, Zara was lying on her bed, thinking about the money. All of a sudden, an idea popped into her mind. She thought that it was her friend Sarah's birthday soon, so she would buy her a gift with that money.

The next day it was school. Zara was relaxed about the cash in her backpack. From school her plan was to go straight to the mall and buy her friend a present.

As the school bell rang, she rushed outside to the playground for the assembly. The head school teacher there was giving a speech on honesty. The teacher narrated a famous event from seeratUnnabi that, "Once there was a lady from a renowned tribe who did stealing and the matter was brought into the knowledge of Rasool Allah ﷺ to give justice. People from that renowned tribe wanted not to give any punishment to the lady." But Muhammad ﷺ said, "By Allah, if Fatima, daughter of Muhammad ﷺ, were to steal, I would have her hand cut off." As it was a rule to cut off the hand of any thief as a punishment.

As Zara reached her classroom she started asking herself that would it be decent to spend someone else's stolen money? Would Allah be pleased with me if I spend this money? She got worried and was thinking all day about this. Her mind was totally stuck in this matter. Finally, at the end of the day she decided not to spend it, but went straight to the principal's office and handed her the cash notes, and told her the truth of what had happened. Her principal was very pleased with her. But Zara was still upset and worried that what would Allah and RasoolAllah ﷺ think about her action, tears flowing over her cheeks, she sobbed and asked the principal, "Will Allah punish me and my hands would be cut off???"

"No, dear Zara, no! no! Not at all my dear. You saved yourself by taking an honest decision and you know what Rasool Allah ﷺ has said about honesty and truthfulness?"

"No, teacher," sobbed Zara.

The Prophet ﷺ said, "Truthfulness leads to righteousness, and righteousness leads to Paradise."

So Allah SubhanahuwaTaala is so happy with you my dear.

And a delightful smile shined on Zara's face.

6 ways to *boost* your mental health



Take a break
from social
media



Get out
and enjoy the
sunlight



Maintain
healthy
relationships



Read
the Qur'an
daily



Consciously
remember
things to be
grateful for



Seek
professional
help when you
need to



misty
mirrors

Friend or Foe

Written by M. Bint Hanif
(South Africa)

In a world of lies, deceit, mistrust, disloyalty and cruelty, it is still imperative for an individual to have at least one friend. A friend whom one could relate to, trust, and receive sincere and profitable advice. Whether this friend is a classmate, neighbor, in the form of one's mother, aunt or any relative, an individual cannot stay aloof.

Lessons can be taken from the unique, exemplary and greatest friendship of history; the comradeship of Rasulullah ﷺ and Abu Bakr R.T.A. This acquaintance teaches us and explains to us with regards to which persons we should look for when trusting someone as an associate.

Abu Bakr R.T.A. was the first man to believe in Rasulullah ﷺ when everyone rejected him and sadly hurled insults and abuses in his path. It was Abu Bakr R.T.A. who always supported Rasulullah ﷺ. Rasulullah ﷺ chose him as his companion when travelling to Madinah. Moreover, it is stated that when Nabi ﷺ asked him to accompany him, Abu Bakr R.T.A. stated that "I have already prepared two camels for this journey." What a unique example of friendship and loyalty that, Abu Bakr R.T.A. knew that migration to Madinah would soon take place, hence he had not only equipped a camel for himself, however he geared up one for Rasulullah ﷺ as well. Subhan Allah!

Moreover, Rasulullah ﷺ has stated something to this effect: "A man follows the religion of his friend, so, each one should consider whom he makes his friend."

A friend has the power to either tear down or construct a person's life.

Probably a deep secret was told to someone considered as a friend, conversely the next day one's entire social circle knows about it. This is unequivocally not a sign of true friendship. Anyone can slip up and mention words that they should not, however toxic friends throw daggers from behind, pretend to be friendly and calmly enjoy the damage from within their vicinities.

Integrity, trust, loyalty, dependability, empathy and several similar traits are all the noble characteristics of a magnanimous friend.

When you ask people what makes a good friend, you may get answers that point to one quality: presence. A good friend is there for you when you need them. Many people can testify to the bitter fact that it is in times of our utter desperation and greatest of trials do we realise who is our real friend.

Friends often share secrets of their personal lives and confide in them with utter confidence. Life is full of uncertainty and in the worst of scenarios when this friendship breaks up or a misunderstanding occurs, friends often reveal the skeleton in the closet.

A good friend is there for you when you need them. Many people can testify to the bitter fact that it is in times of our utter desperation and greatest of trials do we realise who is our real friend.

Whereas a truly pure and Allah fearing person would never dream of committing such an act as they will consider it a trust for the rest of their lives.

What do you think the meaning of true friendship is? Maybe it is knowing that you rely on a certain person with any secret or physical object, somebody who would take a bullet for you, or maybe it is somebody that you've grown up with your entire life. Everybody has their own definition of true friendship. True friendship is when two people can trust each other with just about anything, they let you succeed and fail on your own, yet they always help you when it is most important. The concept should be totally spurned when people say a true friend does not "snitch" or lets you copy off their paper for tests or any similar assignments. This shows that they do not see the other person as a friend, and more as a "get out of jail free" card.

Friendship is a relationship of shared trust. A friend is present during the sunny days and the rainy days. They uplift your spirits when no soul has realised that you are at your lowest. They will do it anytime, anywhere, without any reservation or reward. They will be present without dwelling on their worries. They are like the stars in the sky, you do not always see them nevertheless they are always there.

Conversely, a counterfeit friend would be like your shadow, always nearby in the brightest of your days moreover nowhere to be seen in the darkest of your moments. A fake friend may leave you feeling emotionally exhausted

due to their inability,, to be genuine, keeps your interests in mind or respects you. In a healthy relationship there is a sense of mutual positivity and reciprocated admiration. However this is not the case with fake and toxic friends. When interacting with them, you may feel like you have to act or behave in a certain way to avoid harsh criticism. When it is plainly apparent that this person no longer has your best interests at heart it is best to consider ending this relationship.

***Standing by,
All the way.
Here to help you through your day.***

***Holding you up,
When you are weak,
Helping you find what it is you seek.***

***Catching your tears,
When you cry.
Pulling you through when the tide is high.***

***Just being there,
Through thick and thin,
All just to say, you are my friend.***

Memory

written By Ahmed Abdullah
15 years

Have you ever seen the trees sway as the flowers bloom?
Have you ever heard birds chirp from inside your room?
Have you ever felt the fresh winds ruffling through your thick hair?
Have you ever tasted the singing strawberries with care?

These are sensations only found in nature.

But when Time passes it changes the future.

Nothing survives the wrath of Time.

The flowers turn black forgetting their chime
The trees start to release their held back tears,
The grass bows as the wind clears,

And Time walks by,

Not stopping or caring.

As its scythe continues on,

To slice the black roses,

To clear the bare trees,

To crush the bowing grass,

Until he pays his fees.

Memory comes back.

Remembering the grassy track,
The chiming flowers and the blooming trees.

Time continues on but can't devour,

The one little thing that can save an hour,

Memory

HEALTHY WINTER DRINKS

Two best winter hot drinks to keep you warm by *Umm Ali*

Kehwa with honey

Honey is a natural product as well as a sunnah food. We should keep using it as it contains various remedies for throat cough and runny nose.

This Kehwa will help you to increase your immunity as well as soothe your itchy throat.

Things needed:

1 1/2 cup water
1 Cinnamon stick
Ginger flakes (as per taste)
1 tsp of honey

Method:

Take a cup of water in a pot, add cinnamon stick and ginger flakes. Bring it to boil over a stove until it remains 1 cup.

Pour it in a cup and add honey to it.

The cinnamon and ginger both helps in soothing the throat and lessen your allergies.



Golden Milk

Ingredients:

Milk fresh 500ml
Turmeric powder ½ tsp
Black pepper crushed ¼ tsp
Cinnamon sticks 2
Ginger ½ inch piece
Green cardamom 3
Cloves 2
Honey 2 tbs
Substitute: Brown sugar 2 tbs Almonds
chopped (as per taste)

Method:

In a pot, add milk & bring it to boil.

In milk, add turmeric powder, black pepper crushed and whisk well.

Now, add cinnamon sticks, ginger, green cardamom and cloves and close it with a lid. Cook it on low flame for 4-5 minutes.

Turn off the flame, add honey & mix well.



screws
n
bolts

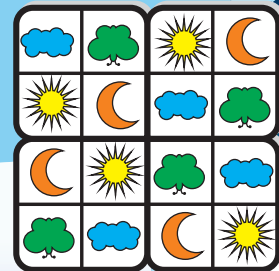
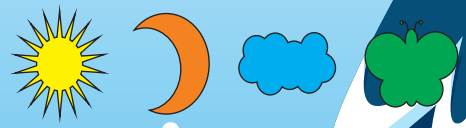
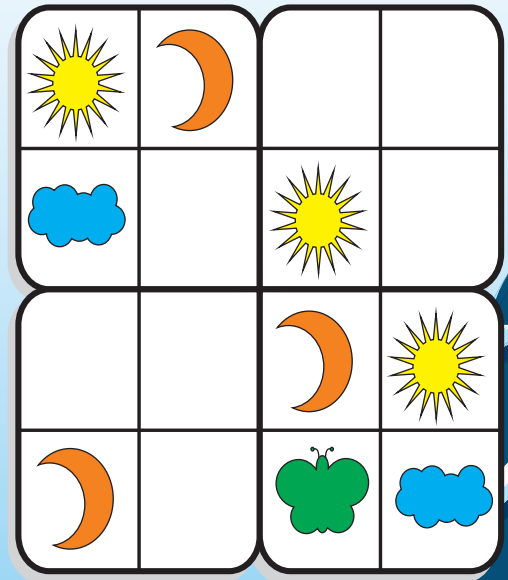
KIDS CORNER

Winter Sale

1. What kind of crystals don't break when they hit the ground?
2. How are minus zero, negative zero and below zero the same?
3. We can be made of leather or can be made of wool, we come in pairs and keep you from cold. What am I?
4. Which of the following is not white? Igloo, a white dove, polar bears, milk, marshmallows, or snow?
5. I am unexpected, ferocious, dreadful, bitter, violent and bad, for when I come I can ruin your plans. What am I?
6. What does December, January and February have in common?
7. I am white and beautiful like a snow but I am not as cold as Ice. Who am I?
8. I have wings but I cannot fly, I am a royal but not a king, I lay eggs but I am not a chicken. What am I?
9. I come in many varieties and many color, you can also eat me or drink me and I can also keep the doctor away. What am I?
10. You'll find me in Canada, in Alaska and in Russia but never in Africa. What am I?

PICTURE SUDOKU FOR KIDS

Fill in the grids so that each column, row and box contains each of four different pictures.

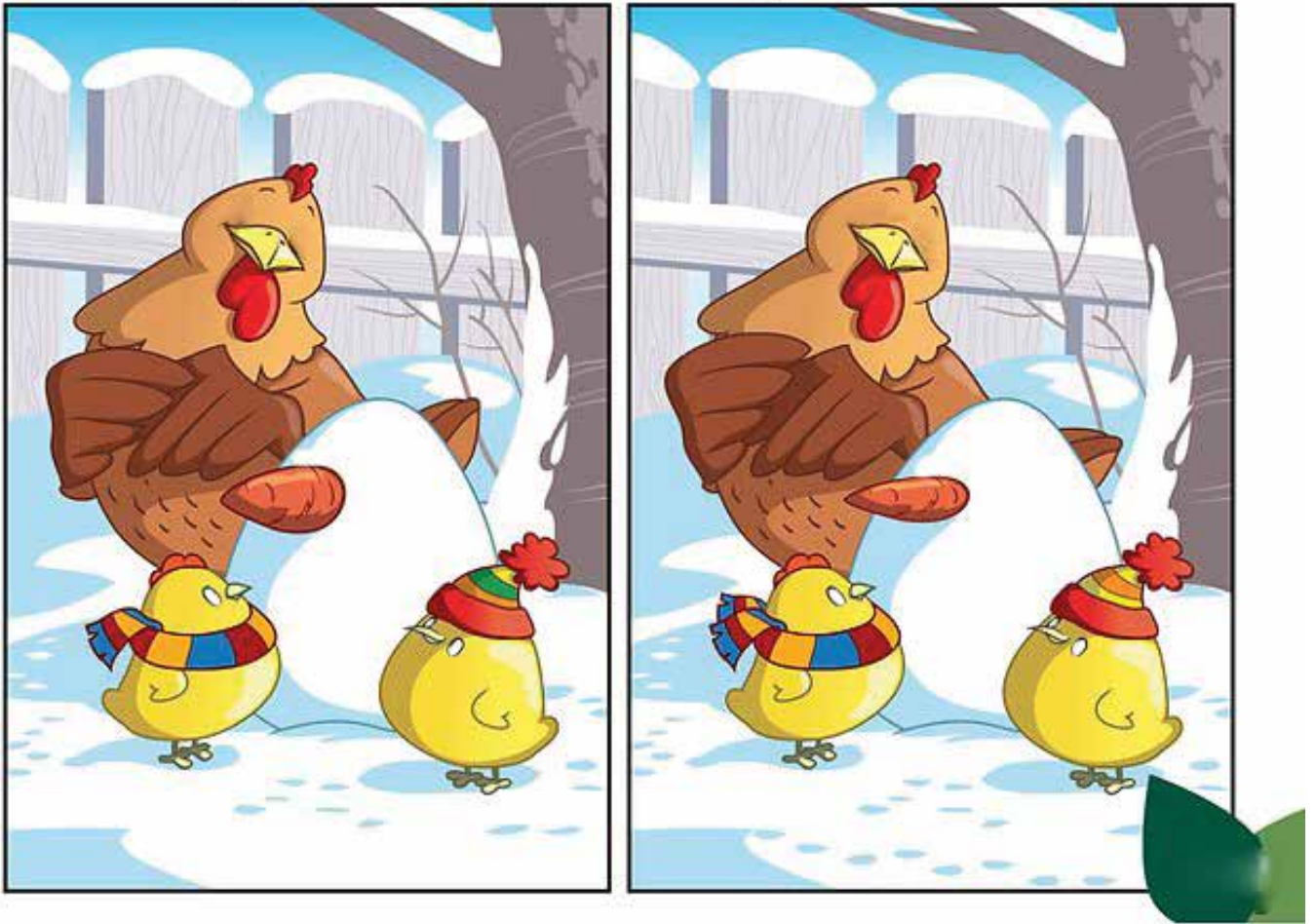


ANSWER

Answers:

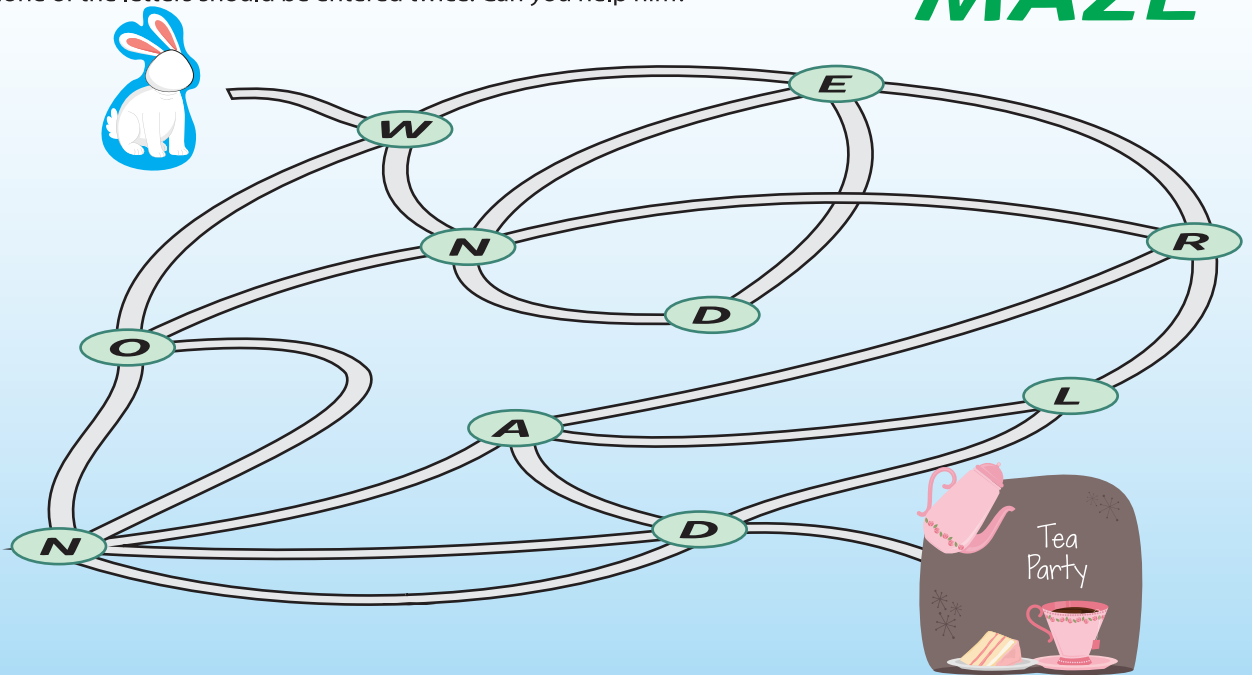
1. Snow, because they are ice crystals
2. They are all ridiculously cold
3. Winter gloves
4. Polar bears, because their fur is colorless. Each fur strand is actually transparent and pigment free with a hollow core which reflects light.
5. Blizzard
6. The letter R
7. Show White
8. Penguin
9. Apples
10. The Arctic

Spot 10 differences in the two pictures below!



To get to the tea party, the white Rabbit should go over every letter. But none of the letters should be entered twice. Can you help him?

MAZE



The Solution Word:

--	--	--	--	--	--	--	--	--	--

Design Your Own Planet



Imagination is a spark needed to make the best inventions or art. In this activity, Design Your Own Planet, learners will imagine a new planet in the solar system. What will it look like? What are the inhabitants like? Children can let their imaginations run wild and include as much scientific thinking as they desire with this design challenge. While you are leading your child through the activity, allow them to work independently. Geared toward children from preschool through second grade, this fun activity will intertwine arts with science, and get your child's creative juices flowing.

What You Need:

Internet access

Craft materials around the house. Some ideas are:

1) Paper 2) Tape 3) Glue 4) Balloons 5) Paint 6) Paintbrushes 7) Construction paper

What You Do:

1. Do a search online for pictures of Earth from outer space and show them to your child. Talk to your child about what Earth looks like, and discuss different environments, such as rainforest or deserts.
2. Now show them online photos of other planets and explain that there are other planets in our solar system. Ask your learner, "Can you design and make your own planet?"
3. Encourage your child to make a **plan**. Ask your learner, "What will your planet look like? What animals will live on the planet? What is the name of your planet? What materials do you need to make your vision come true?"
4. Give your child some craft materials and have them **create** their design. Allow them to work independently, but be available with ideas and suggestions if they ask for help. As your child creates their planet, ask them, "Is

this what you imagined? What other materials do you need for your planet?"

5. Tell your little designer to **play** with their new planet. Have them imagine landing on their planet in a spaceship. What would they do? What would they see?

6. After imagining their journey through their planet, ask your child what ways they can **adjust** their design. For example, ask questions like, "What do you want to change about your planet? What do you wish your planet had?"

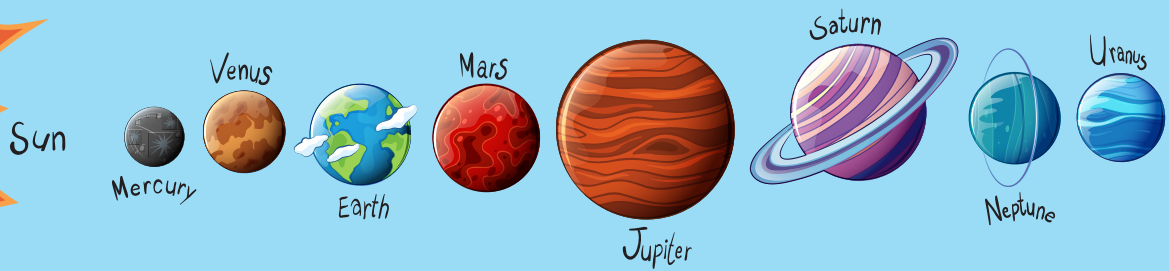
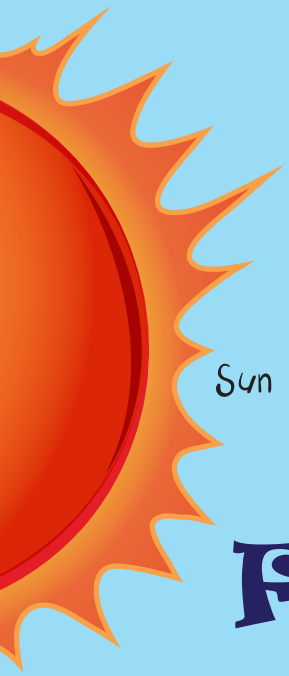
7. Have your creator make any changes they find necessary.

8. Challenge designers to **share** their planet. They can record a video or draw their design on paper. They can mention what the planet looks like, what the temperature and environment is like, and what animals live on the planet.

Amplify this challenge! If your child enjoyed this challenge, take them one step further.

Ask them one or more of these questions:
Can you create different ecosystems or environments on your planet?

Can you imagine other creatures living on the planet that do not exist on Earth? Do they breathe? What do they do?



Fun facts about Solar System

- Solar System includes a star (in our case the Sun) and all objects that orbit around it.
- Sun contains 99.86% of all of the solar system's known mass.
- There are 8 planets in our solar system.
- Neptune was the last planet to be discovered.
- Saturn's ring particles are made almost entirely of water ice particles.
- Earth is the only known planet that has oceans (as far as we know for now).
- Mercury is the smallest and lightest planet in our solar system.
- There are 4 outer and 4 inner planets in our solar system.
- The whole of Mars is as cold as the South Pole
- You can't stand on Uranus. That's because Jupiter, Saturn, Uranus and Neptune don't have solid surfaces - they have a rocky core, but are mainly big balls of hydrogen and helium.
- A day is longer than a year on Venus
- Pluto isn't the only dwarf planet in our Solar System - we have six others

A showcase of brilliant assignments by the students of geography course MashAllah



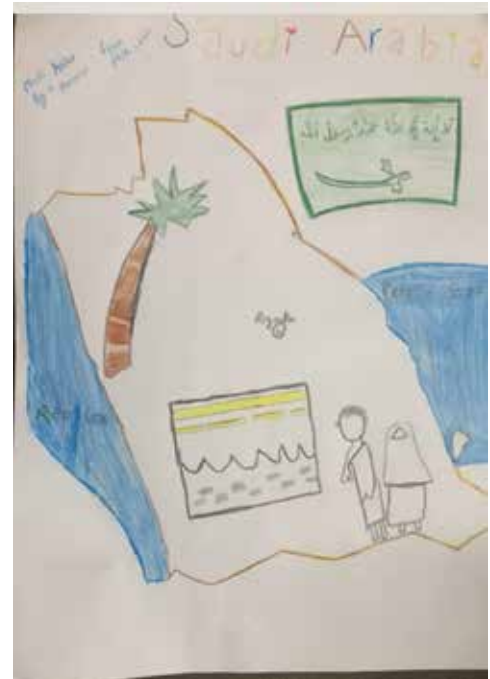
Abdurrahman Quasim,
10 yo, presented Turkey
Map Diorama and Lapbook



Fatima Niaz



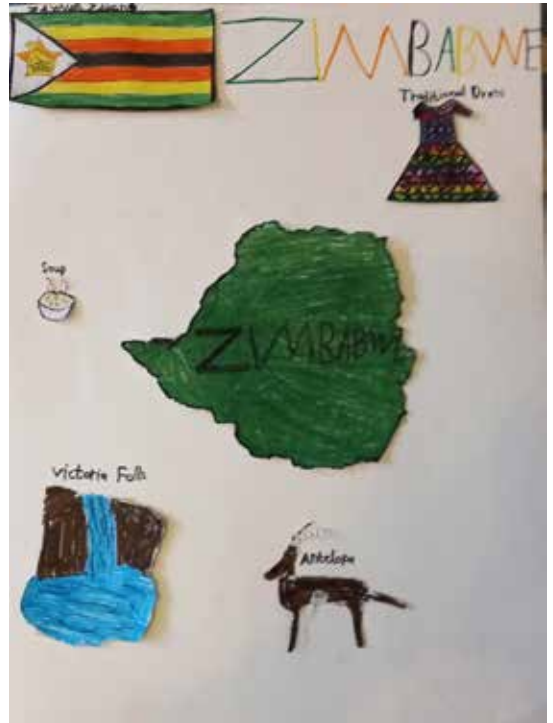
Hafsa Iqbal



Aisha Ammar (8 Years)



Rehmah Aasif



Zaynab



Zoya Sami

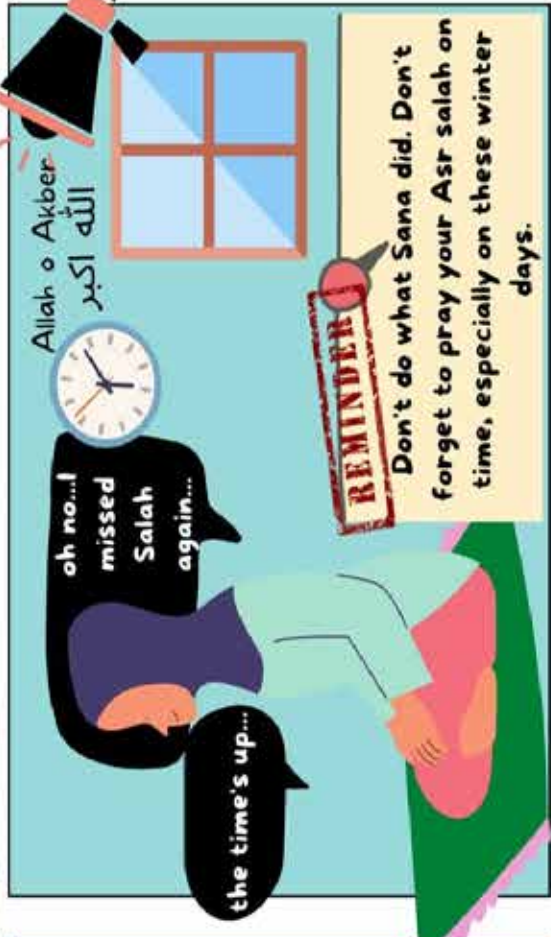
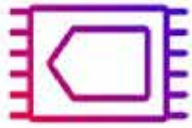


shayan omar (8 Years)

SALAH ON TIME

Illustrations and concept by MaheenAli

comic





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