



# النُّور AL NOOR



إِنَّا أَنشَأْنَاهُ عَلٰى نَبِيٍّ مُّطَهَّرٍ  
لِّحُسْنِ بَدَأِ الْإِسْلَامِ



Rajab-Shaban-Shahr Ramadan 1446



## SNIPPETS FROM THIS EDITION

- Beautiful dedications and poetry on the Holy personalities of Rajab, Sha'baan & Shahr Ramadaan
- How to attain the true essence of Shahr Ramadaan and Laylatul Qadr!

## what's inside?

- MIJS Spiritual Hospital
- MIJS Online news updates
- Interesting Historical Events
- MIJS Book Club
- MIJS Aalim Corner
- Activity corner, articles & more!!



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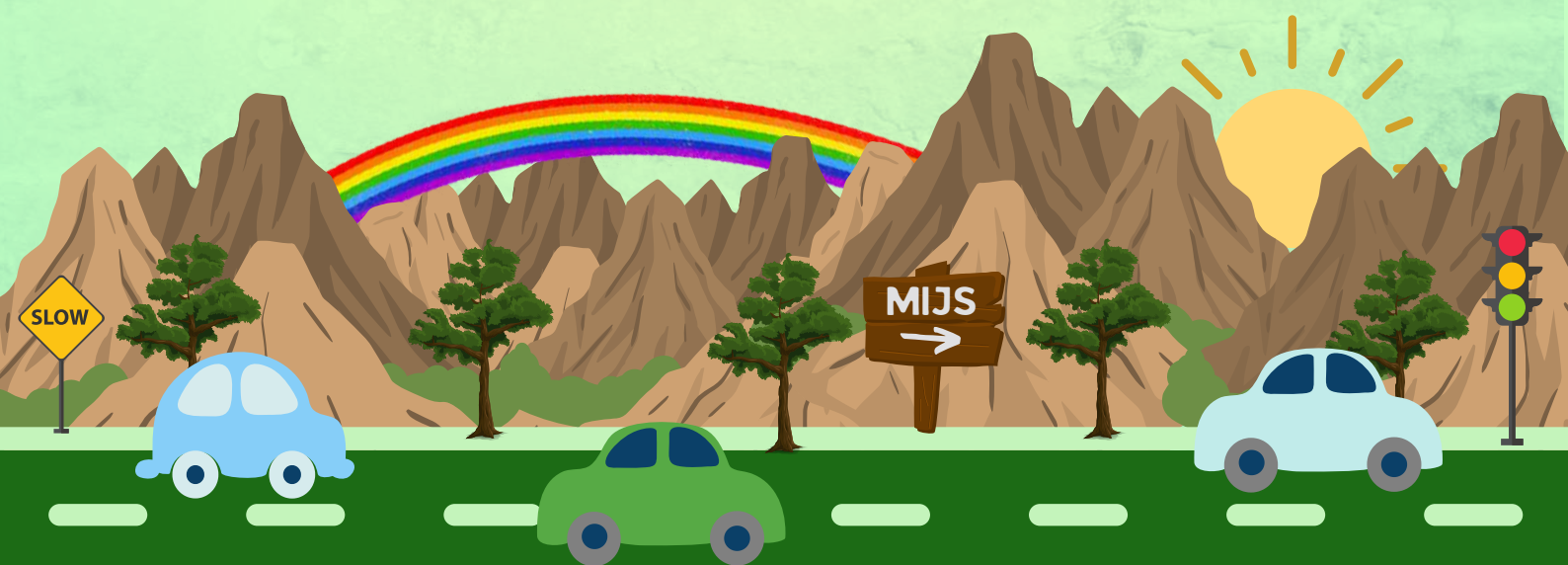
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## IMPORTANT!

When re-posting any parts and/or sections of this publication,  
 ATTRIBUTION IS REQUIRED. Please post the following text  
**AL NOOR E-MAGAZINE [RAJAB-SHABAN-SHAHR-RAMADAN EDITION: APRIL 2025] WWW.MIJSONLINE.COM**  
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 blog or newsletter, or in the credits section. JazaakAllah Khair! (Editorial team @ AL NOOR)





# PRINCIPAL'S NOTE

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Salāmun ‘alaykum dear Readers,

Ramadaan Mubaarak! ✨

Alhamdulillah, we have been blessed to enter the month of Allah (SWT).

As we welcome this sacred month, may the light of Ahlulbayt (A) and the wisdom of the Holy Qur'an illuminate our hearts and guide our souls.

On this occasion, I would like to share my reflections on **our connection with our Rabb**. ❤️ I often find myself questioning myself - how strong is our connection with HIM? How often do we talk to our Lord? This Maahe Ramadaan, let us all target to work on this.

Let's strive to strengthen this relationship between *the Abd (servant of God) and Ma'bood (the Divine God)* - which is indeed a beautiful and powerful bond.

InshaAllah, by calling upon HIM after each salah, saying "Ya Allah, Ya Allah, Ya Allah", we can deepen our connection with Him and become more mindful of His blessings.

Let us remember each other, especially our Muslim brothers and sisters around the world, in our prayers during the holy nights of this blessed month.

May our fasts purify us, our prayers be accepted, and may the words of Allah (SWT) inspire us to grow in faith and character.

*May this Ramadaan bring endless blessings, forgiveness, and a deeper connection with our Creator - InshaAllah!*

**Tehseen Khaku**

Principal @ MIJSONline.com



# Rajab Al Murajjah

## EVENTS CALENDAR

 <b>1</b> <b>Birthday of 5th Imam</b> Muhammad Al Baqir (A)	2	 <b>3</b> <b>Martyrdom of 10th Imam</b> Ali an Naqi (A)	4	 <b>5</b> <b>Birthday of 10th Imam</b> Ali an Naqi (A)	6	7
8	 <b>9</b> <b>Birthday of Hz Ali Asghar (A)</b>	 <b>10</b> <b>Birthday of 9th Imam</b> Mohammad Taqi (A)	11	12	 <b>13</b> <b>Birthday of Imam Ali</b> HAPPY FATHERS DAY!	14
 <b>15</b> <b>Martyrdom of Lady Zaynab (s)</b>	16	17	18	19	20	21
22	23	 <b>24</b> <b>Victory of Battle of Khaybar</b>	 <b>25</b> <b>Martyrdom of 7th Imam</b> Musa Al Kadhim (A)	26	 <b>Be'sat e Rasool</b> (The Announcement of Prophethood)	 <b>28</b> Imam Hussain (A) leaves Makkah for Kerbala
29	30	31				

Rajab is amongst the four months of the Islamic calendar during which war is considered forbidden \*

\* except in response to aggression

IMPORTANT FASTS	EASY DAILY AMAALS FOR KIDS
<ul style="list-style-type: none"> <li>ON THE FIRST THURSDAY AND PERFORMING AMAALS OF <b>LAYLATUL RAGHAIB</b></li> <li>ON <b>MONDAYS AND THURSDAYS</b> - ENABLES ONE TO ENTER JANNAH FROM A SPECIAL DOOR CALLED DAAR-AR-RAYYAN</li> <li>ON <b>13TH RAJAB</b> - CELEBRATING THE WILAADAT OF IMAM ALI (A)</li> </ul>	<ul style="list-style-type: none"> <li>RECITE DUA: "<b>YA MAN ARJUHU</b>" AT LEAST ONCE</li> <li>RECITE AT LEAST <b>3 SALAWAATS</b></li> <li>RECITE 10 ASTAGHFAAR: "<b>ASTAGHFIRULLAHA RABBI WA ATUBU ILAIH</b>"</li> <li>RECITE THE DHIKR "<b>LA ILAHA ILALLAH</b>" 33 TIMES</li> <li>RECITE <b>SURAH AL IKHLAAS</b> AT LEAST 3 TIMES</li> </ul>



# THE LIFE AND LEGACY OF IMAM ALI (AS)

**By Arzoo (Grade 7 Girls)**

## Introduction

Imam Ali (AS) is the only person ever to be born inside the Holy Kaaba - the house of Allah. It was the 13th of Rajab, thirty years after the Year of the Elephant. Hazrat Fatima bint Asad was circling the Kaaba, praying, when she leaned against the wall to rest. Suddenly, there was a loud crack, and the corner of the Kaaba wall opened. She went inside, and the wall closed behind her.

Abbas ibn Abdul Muttalib, the Prophet's uncle, saw this. He and his companions rushed to the gate of the Sacred House, which was locked. They tried to open it but could not. The news soon spread throughout Makkah.

Imam Ali (AS) was born inside the Holy Kaaba, and Hazrat Fatima bint Asad stayed inside for three days. On the fourth day, she came out, and Prophet Muhammad (SAW) was waiting outside. He took the baby in his arms, kissed him, and named him Ali.

*The baby opened his eyes and recited verses from Allah's Holy Books. The Prophet said: "O Ali! You are excellent in this life and in the Hereafter."*



## Knowledge of Imam Ali (AS)

The sermons of Imam Ali (AS) in Nahjul Balagha showcase his brilliance and eloquence in many areas of knowledge. His sayings reflect his wisdom, and his letters provide insight into how he dealt with both friends and enemies.

*Imam Ali (AS) was an expert in language. He taught people Arabic grammar and was a true master of the Arabic language. Once, someone challenged him to deliver a speech without using any letters with dots—a difficult task, as 16 out of 29 Arabic letters contain dots. Imam Ali (AS) did so immediately and flawlessly.*



## CONTINUED

He also gave a sermon without using the letter 'Alif', which is the most frequently occurring letter in Arabic.

**Imam Ali (AS) once said: "Salooni, Salooni, qabla tafqidooni"**

*"Ask me, ask me whatever you wish before you lose me. I know more about the paths in the sky than those on the earth."*

### Events Where Imam Ali (AS) Was Present

- Hadith al-Kisa, Ghadir & Mubahila
- Battle of Badr & Battle of Khaybar
- Battle of Uhud & Dawat-e-Zul Asheera
- Hijrah (Migration to Madina)



When the Prophet (SAW) invited people to Islam at the command of Allah, he addressed the children of Abdul Muttalib and said:

*"O Children of Abdul Muttalib, by Allah, I do not know any young man from among the Arabs who has ever brought to you the goodness of this world and the Hereafter. And Allah has commanded me to invite you to it. Who among you is willing to be my minister in this mission? He will be my brother, my executor, and my successor."*

At that time, only Imam Ali (AS) stood up.

### Imam Ali (AS) and the Prophet (SAW)

*Imam Ali (AS) was the first man to accept Islam.* In the early days of Islam, people would throw stones and curse the Prophet (SAW), but whenever Imam Ali (AS) was with him, no one dared to insult the Prophet. This shows the bravery of Imam Ali (AS) at a young age of 13.

### Imam Ali (AS) and Lady Fatima (AS)

Imam Ali (AS) and Bibi Fatima (AS) got married on 1st Zil-Hijjah. *Imam Ali (AS) did all the outdoor work and also helped Bibi Fatima (AS) at home. Bibi Fatima (AS) managed the household chores and took care of their children.* The names of their children were: Imam Hasan (AS), Imam Hussain (AS), Lady Zainab (AS), Lady Umm Kulthum (AS) and Janabe Mohsin (AS).



# RAJAB DAILY DUAS

## Rajab Dua

Daily Dua to be Recited after Every Salaat



يَا مَنْ أَرْجُوهُ لِكُلِّ خَيْرٍ وَأَمَنْ سَخَطُهُ عِنْدَ كُلِّ شَرٍّ  
Oh He from whom I seek everything good, and  
whose displeasure I hope to avoid when I do wrong



يَا مَنْ يُعْطِي الْكَثِيرَ بِالْقَلِيلِ  
Oh He who gives so much even though  
we do so little



يَا مَنْ يُعْطِي مَنْ سَأَلَهُ  
Oh He who gives to anyone who asks Him



يَا مَنْ يُعْطِي مَنْ لَمْ يَسْأَلْهُ وَمَنْ لَمْ يَعْرِفْهُ تَحَنُّنًا مِنْهُ وَرَحْمَةً  
Oh He who gives to anyone who doesn't ask Him  
or know Him out of His kindness and mercy



أَعْطِنِي بِمَسْأَلَتِي إِيَّاكَ جَمِيعَ خَيْرِ الدُّنْيَا وَجَمِيعَ خَيْرِ الْآخِرَةِ  
Since I am asking, please give me all the good from  
this world and all the good from the hereafter



## 10 Minutes Aamaal

Number	Aamaal	Total number of recitation	Number of recitation everyday	Duration
1	سوره توحيد	1000	34	4 min
2	لَا إِلَهَ إِلَّا اللَّهُ	1000	34	1 min
3	أَسْتَغْفِرُ اللَّهَ ذَا الْجَلَالِ وَالْإِكْرَامِ مِنْ جَمِيعِ الذُّنُوبِ وَالْآثَامِ	1000	34	2 min
4	أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ وَحْدَهُ لَا شَرِيكَ لَهُ وَ أَتُوبُ إِلَيْهِ	400	14	1.5 min
5	أَسْتَغْفِرُ اللَّهَ وَ أَتُوبُ إِلَيْهِ		70	2 min

Spend 10 minutes everyday to perform Aamaal  
of the month of Rajab



## AALIM CORNER

# SCHOLARLY ADVICE



**The essence of all Islamic teachings is encapsulated in:**

*"Bismillah al-Rahman al-Rahim"*  
*"In the name of Allah, the Most Merciful, the Most Beneficent."*

- ◆ Be Rahman (merciful) to all of creation.
- ◆ Be Rahim (beneficent) to the believers.

**In simple words: "Be kind and compassionate to everyone."**

— Allama Tabatabai (RH)



# THE ADORNMENT OF HAIDER

by Zaynab Batool

What status must you hold,  
For you are the adornment of the one who illuminates the world.

Your father is Ḥaydar, while Fāṭima's your mother,  
Ahmad's your grandfather, and Sibṭayn your brothers.

Spreader of the message of Karbala,  
Defeater of oppression, resilient and strong.

In the face of cruelty, you spoke with might,  
Carrying the truth through the darkest night.

Shareekatul Hussain, in every fight,  
A symbol of justice, a beacon of light.

Mother of sorrow, yet beauty you see,  
In every hardship, you find harmony.

Through trials and pain, you never swayed,  
In the path of truth, you firmly stayed.

Named after you, yet that won't suffice,  
I aim to be your adornment, your sacrifice.

To carry your name is a gift and a grace,  
But to mirror your beauty, I must embrace.

**O Lady Zaynab**, may my life reflect your way,  
May I be at least an ounce of adornment to you, in all that I portray.



# COMMEMORATING BAABUL HAWAIJ: IMAM MUSA KADHIM (A)

**By Ausaf Haider (Grade 5)**

**Our 7th Imam, Musa Ibne Ja'afer (A) - famously titled as Imam Musa Al Kadhim (A) - was born on 7th Safar 128 AH at a place called Abwa (between Makkah & Madina). He spent 20 years with his father Imam Ja'afer Sadiq (A) and thereafter 35 years of his imaat. As a child, Imam Kadhim (A) showed incredible wisdom and kindness. He would help people in need and teach them about the importance of helping others.**

*His most famous title was Al-Kadhim (Anger Controller). He was known also as Al-Abd Al-Salih (The Righteous Servant of Allah). In Medinah, he was known as Zain Al-Mutahajjideen (The Greatest Worshipper)*

After his death, another title was made for him that superseded other titles. That was Babul-Hawaij (the Gate to fulfilling needs), as he was known for his miracles and that his prayers for people were met with favorable responses.

**Imam Al Kadhim (A) was imprisoned for almost 14 years of his life - where he was transferred from the darkness of one prison to another and subjected to very harsh conditions. Still, the Imam always viewed the situation positively and prayed frequently. Imam (A) turned a tragedy into a blessing; he found the prisons as an opportunity to get closer to Allah (SWT).**



The reason of the change of prisons was that Haroon - the evil governor at that time - asked each of the prison in-charges to kill Imam (A) but they did not submit to his will. So finally, on 25th Rajab 183 AH, the cruel Caliph, Haroon Rasheed, poisoned the food of Imam Musa Al-Kadhim (AS) in the prison of Baghdad. The dose proved fatal and the Imam (A) attained martyrdom. At last Imam Musa Al Kadhim (A) was buried in Kaadhmain amid the sorrow, grief and anguish of the people.

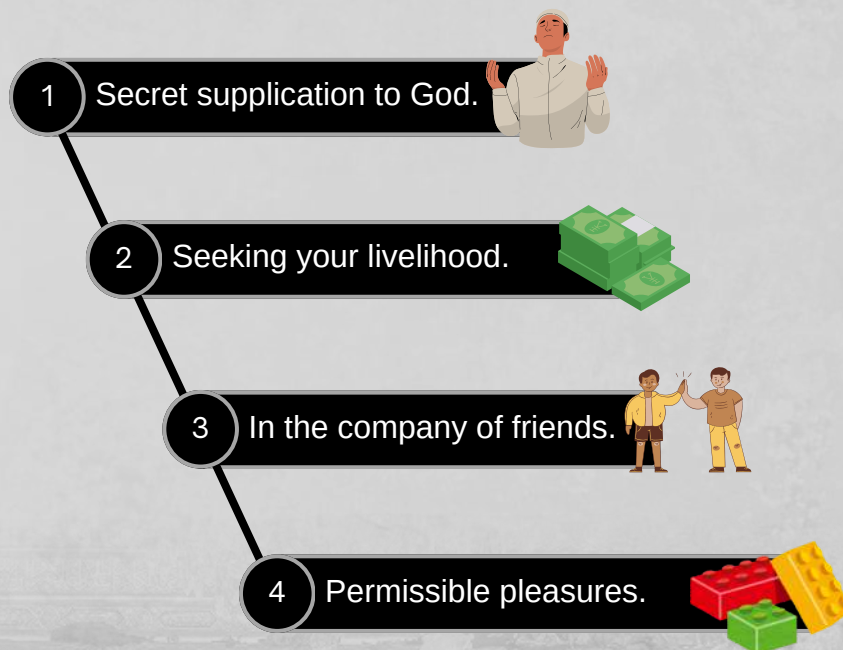
His tomb is still the center point of Shias. It is now a holy place, being visited by believers from all over the world, and a gate through which the sinners can pass to ask Allah for forgiveness, and the help-seekers for the fulfillment of their needs, as they believe that petitions for needs are never declined if they are in the realm of Imam Musa Al-Kadhim. Such a belief made "Babul-Hawaij" (the Gate to fulfilling needs) the prominent title among other titles among the public.



# THE MOST IMPORTANT LESSON IN SELF-CARE

**Imam Musa al-Kadhim (AS) said:**

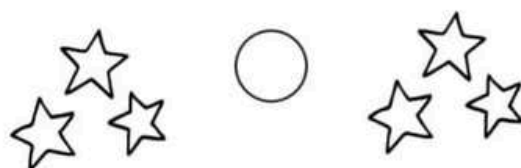
"Try to divide your time into four parts. The first part should be dedicated to secret supplication to God. The second should be for seeking your livelihood. The third should be spent in the company of friends and trustworthy people who point out your flaws and treat you sincerely. The fourth should be for permissible pleasures, as this will help you manage the other three parts."





# ACTIVITY TIME!

Print and Color the  
Mab'ath bookmark! ✂



## THE FIRST REVELATION



On the 27th of Rajab the  
Holy Prophet (SAW)  
received the first  
revelation in the cave  
of Hira. The first word  
that was revealed was  
IQRA' which means  
"READ"



# MIJS ONLINE'S NEWS CORNER

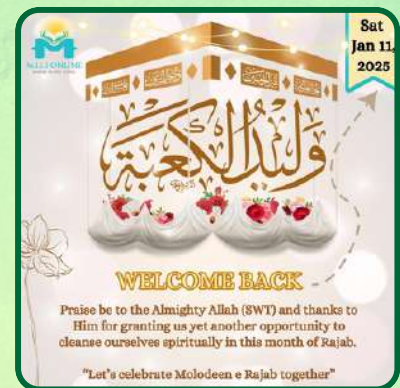
JAN 25'

## Birth Anniversary of Imam Ali (s).

**MIJSOnline commemorated the auspicious birth of Ameer al-Momineen, Maulood-e-Kaaba (AS), with a structured and meaningful program featuring various themes assigned to different grades. Students actively participated in discussions and reflections on the virtues, knowledge, and legacy of Imam Ali (AS).**

### Program Highlights:

- ◆ Little Companions: Imam Ali – My Super Hero
- ◆ Grades 1-4: Titles of Imam Ali (AS) and Their Meanings
- ◆ Grades 5-7: "Fuztoo Wa Raba al-Ka'aba"
- ◆ Grades 8-11: The Knowledge of Imam Ali (AS) – Bab-e-Madinat ul-Ilm



The program concluded with a spiritually uplifting virtual Ziyarat of the sacred shrine of Ameer al-Momineen (AS) in Najaf, allowing students to connect with the sanctity of this blessed occasion.

**On the same day, 11/1/2025, a Parent-Teacher Meeting (PTM) was held as a mid-academic year review. Parents had the opportunity to engage with Qur'an and subject teachers to discuss students' progress, strengths, and areas for improvement, ensuring continued academic and spiritual development.**

### Message from the Admin to our respected parents ..

Children learn more from actions than words...

Request to parents to make religious education a priority as we make school education.

★ Avoid plans, trips, extra classes in madressa timings.

★ Ask students what was discussed, connect to teachers in case of unavoidable absence.

★ Check groups and respond to teachers.

★ Parents and teachers are a team, together we nurture our awailers of Imam strengthening them with weapon of knowledge

May Allah (SWT) grant us the ability to embody the teachings of Imam Ali (AS) and continue to seek knowledge and wisdom in His path.



# Sha'baan Al Mo'azzam

## EVENTS CALENDAR

 <b>1</b> <b>Birthday of Lady Zaynab (S)</b> <b>HAPPY SISTER'S DAY!</b>	2	 <b>3</b> <b>Birthday of Imam Hussain (A)</b>	 <b>4</b> <b>Birthday of Hz Abbas</b> <b>HAPPY BROTHER'S DAY</b>	 <b>5</b> <b>Birthday of 4th Imam Zaynul Abideen (A)</b>	6	 <b>7</b> <b>Birthday of Hs Qsim (A)</b>
8	9	10	 <b>11</b> <b>Birthday of Hz Ali Akbar (A)</b>	12	13	14
 <b>15</b> <b>Birthday of Imam Mahdi (ATF)</b>	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sha'ban is the one Holy month full of celebrations.  
all related to the personalities of Karbala!

IMPORTANT FASTS	EASY DAILY AMAALS FOR KIDS
<p>FASTING IS <b>RECOMMENDED</b> <b>THROUGHOUT THE MONTH</b>. HOWEVER IF YOU CANNOT AT LEAST TRY THESE:</p> <ul style="list-style-type: none"> <li>• THE FAST OF <b>15TH SHA'BAAN</b> - SHAB E BARA-AT AND BIRTHDAY OF IMAM AL ASR (ATF)</li> <li>• LAST <b>3 DAYS OF SHA'BAAN</b> JOINING INTO RAMADHAN WHICH WILL GIVE YOU THE REWARD OF FASTING OF BOTH MONTHS!</li> </ul>	<ul style="list-style-type: none"> <li>• TAKING OUT <b>SADAQAH FOR THE SAFETY OF IMAM AL 'ASR (ATF)</b></li> <li>• RECITING <b>DU'A E SALAAMATI E IMAM-E-ZAMAANA (ATF)</b></li> <li>• RECITING <b>SALAWAAT ON THE AHLULBAYT (A)</b> AT LEAST 14 TIMES</li> <li>• RECITING <b>'ASTAGHFAAR' 10 TIMES</b> AND SEEKING FORGIVENESS FOR YOUR SINS</li> </ul>



# BASEY HUWE HAIN HUSSAIN

by Fizza Riasat

Dilon mai ab bhi Shio ke basey huwe hain Hussain  
Yazeed to howa barbaad, basey huwe hain Hussain

Pul-e-Siraat se kaise guzr ke jao ge?  
Ae benamazi, wo dekho kharrey huwe hain Hussain

Na sirf majlis o maatam talak ye rishta hai,  
Humaari saari ibaadat mai basey hain Hussain

Kahein gi Fatima Zahra Khuda se Mehshar mai,  
Jannat mai jaaenge pehle azadaar-e-Hussain

Karega koi nahi bay-at Yazeed jeso ki,  
Ye saare Shio ko paigham de gaye hain Hussain

Mila hai rutba Habeeb ko saare lashkar mai,  
Ke in ko khat likh kar paas bulaa rahe hain Hussain

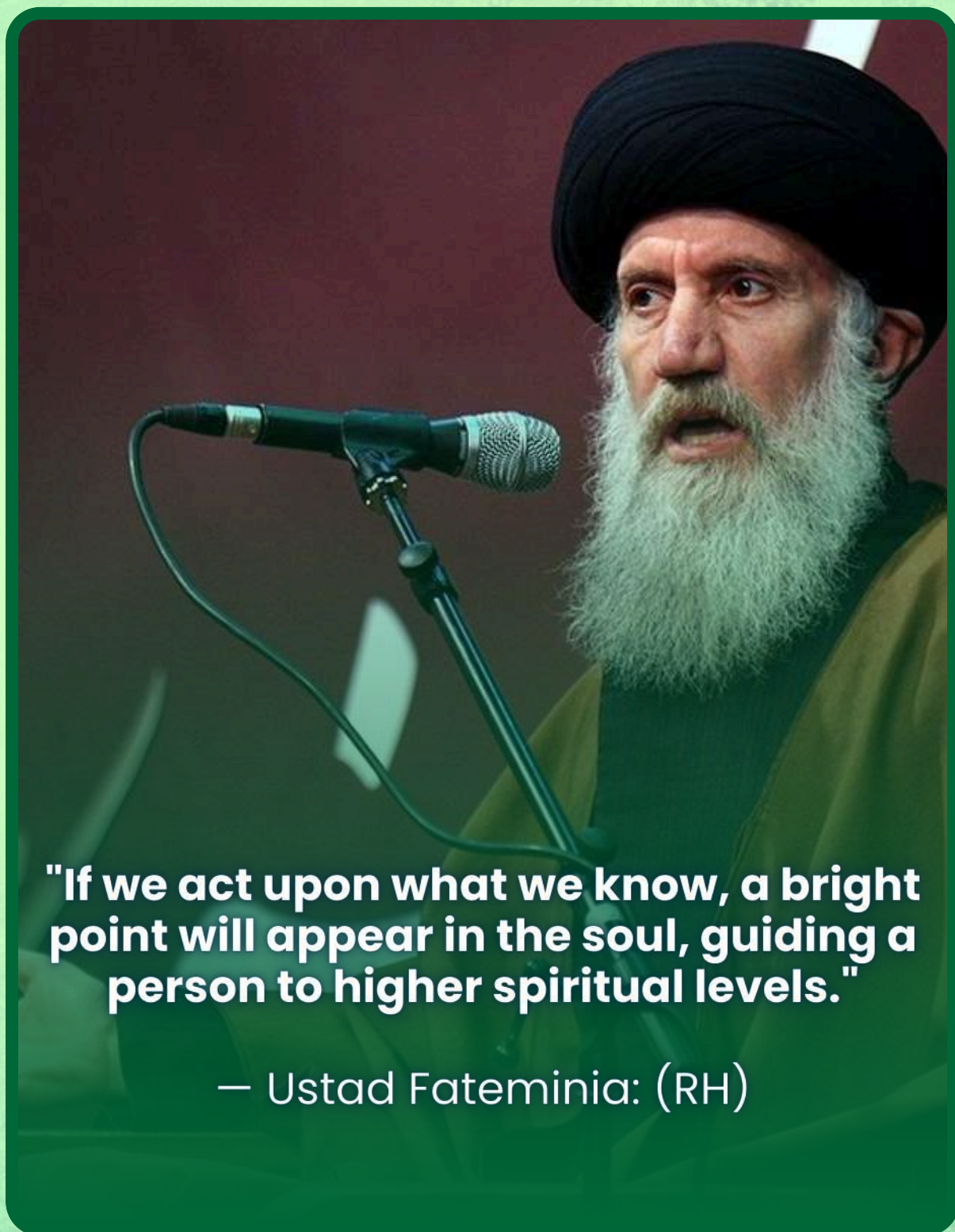
Alag hi Bain-ul-Haramain ka ye manzar hai,  
Gar ik taraf hain Alamdaar toh ik taraf hain Hussain





AALIM CORNER

## SCHOLARLY ADVICE



**"If we act upon what we know, a bright point will appear in the soul, guiding a person to higher spiritual levels."**

— Ustad Fateminia: (RH)



# ANOTHER YEAR WITHOUT OUR IMAM

by Zaynab Batool

Another year goes by,  
Without our Saviour before our eye.

How are our hearts at peace?  
When the wait for him hasn't ceased.

Busy in our lives, we rush through each day,  
Forgetting the one who's so near yet so far away.

The world is filled with war and injustice,  
The tyrants prosper, their power a menace.

The believers surrounded by fitna, left, right, and center,  
In this world of deceit, how long can we endure the pressure?

O Proof of Allah, we await the day,  
When you'll come and show us the way.

With justice and mercy, you'll make things right,  
And rid the world of its endless plight.

The earth will shine with his peace,  
Smiles everywhere as sorrows release.

May we live till that day with faith strong,  
Holding to truth, resisting the wrong.



# ACTIVITY TIME!

Let's do some math...

Let's do some Math ....

Imam Mehdi (aj) was born in the year  
255 A.H. and curenly it's 1446 A.H.

Subtract the two numbers  
to find out the age...

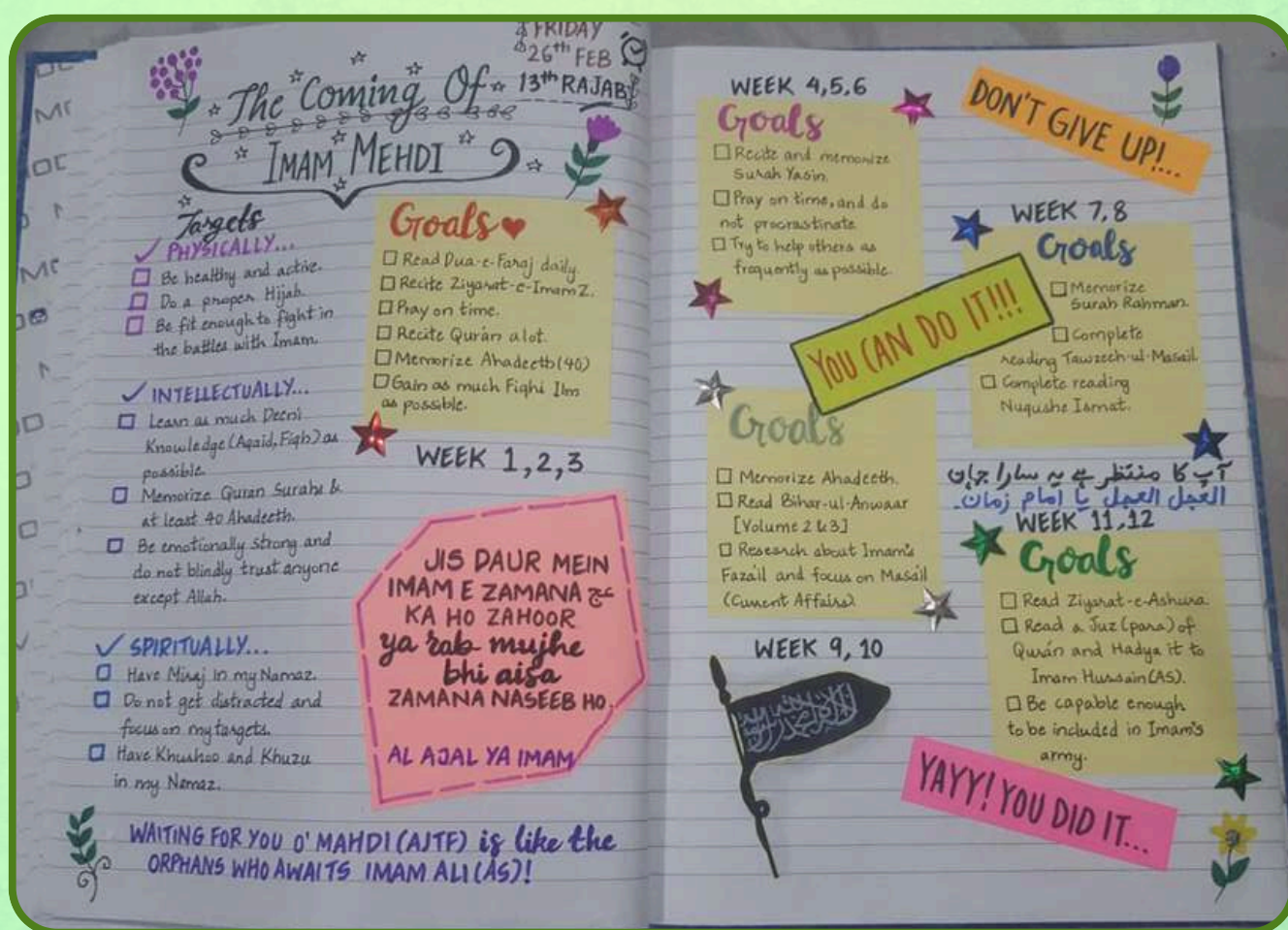
$$1446 - 255 =$$

Its Imam Mehdi (ajtf)  
Birthday



# ARTIST'S CORNER

Senior MIJS student shared how she practically created a journal to prepare for Imam e Zaman (ajfs).





# MIJS ONLINE'S NEWS CORNER

FEB 25'

## Birth Anniversary of Imam Mahdī (s).

On the blessed occasion of the birth anniversary of our beloved 12th Imam (AJ), students gathered for a special Qur'an exhibition titled: **From Revelation to Reappearance: Imam Mahdi (AJ) in the Holy Qur'an**. Each group explored a Quranic verse that, as explained by the Ahlul Bayt (AS), holds a deeper connection to the awaited savior.



Under the guidance of their teachers, the students reflected on the meanings of these verses and their significance in understanding the mission of Imam Mahdi (AJ). As they discussed, they realized how the Qur'an itself is a roadmap leading to his reappearance—a call to prepare for his just rule.

◆ **Q-Mustafa & Q-Murtaza – Surah Takwir (81:15-16):** Imam Baqir (AS) explained that the orbiting star and departing night symbolize the Imam (AJ), who disappears in Ghaibat but will return as a guiding light.

◆ **Q-Batool & Q-Khadijah – Surah Mulk (67:30):** Imam Kadhim (AS) compared the Imam to flowing water—essential for life, just as his return revives the world with justice.

◆ **Q-Mujtaba – Surah Baqarah (2:148):** Imam Sadiq (AS) described the 313 companions gathering like clouds when Allah permits the Imam's return.



◆ **Q-Hussain & Q-Zainab – Surah Zumar (39:69):** Imam Sadiq (AS) said the Imam's presence will illuminate the world, making the sun and moon unnecessary in his glow of justice.

◆ **Q-Zain al-Abideen – Surah Tur (52:1-4):** The divine decree for the Imam's (AJ) authority will be handed to him on the night of his reappearance.



- ◆ **Q-Baqir – Surah Hadid (57:17):** Imam Baqir (AS) said the Imam's just rule will revive the earth, ending oppression and bringing prosperity.
- ◆ **Q-Sadiq – Surah Shu'ara (26:4):** Imam Sadiq (AS) listed five major signs before the Imam's rise, including the heavenly call and Sufyani's emergence.
- ◆ **Q-Kadhim – Surah Saba (34:18):** Imam Sadiq (AS) described how travel will be effortless under the Imam's rule, with peace and abundance everywhere.
- ◆ **Q-Ridha – Surah Saff (61:13):** Imam Sadiq (AS) called the early victory the triumph of the Qaem (AJ), aided by angels, jinn, and righteous companions.
- ◆ **Q-Jawad – Surah A'raf (7:128):** Imam Sadiq (AS) said the Imam's followers will inherit the earth, just as Prophet Musa's (AS) people did after oppression.
- ◆ **Q-Hadi – Surah Baqarah (2:155-157):** Imam Sadiq (AS) stressed patience in trials as key for those longing to be among the Imam's helpers.
- ◆ **Q-Askari – Surah Nur (24:55):** Imam Baqir (AS) assured that divine justice on earth is promised and will be fulfilled by Imam Mahdi (AJ).
- ◆ **Q-Muntazir – Surah Anbiya (21:105):** Imam Baqir (AS) reaffirmed that the righteous will inherit the earth when the Imam (AJ) establishes justice.



The session concluded with deep reflections on these verses. Students realized that the Imam's return is not just an event of the future, but a call to action in the present—to prepare, purify hearts, and hasten his reappearance through righteous deeds.

Carrying the light of these Quranic insights, they left the event with a renewed sense of hope and responsibility, longing for the day when divine justice will prevail.

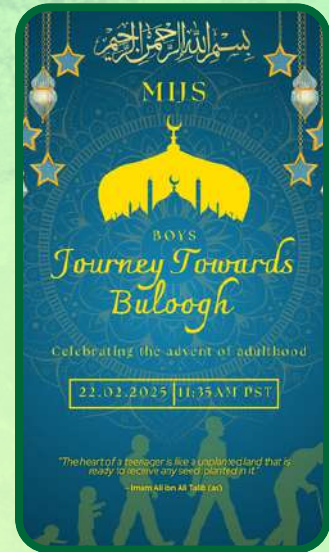


CONTINUED

FEB 25'

## Boys Jashn Buloogh Day

On the blessed occasion of the month of Sha'bān, students gathered for a special Jashn al-Buloogh—a celebration marking their transition into Islamic adulthood. **This annual event, held this year on 22nd February, featured an insightful session titled "The Radar of Bulooghat" by our esteemed guest speaker, Sir Aleem Shaikh.** The session aimed at helping young boys understand the spiritual and moral responsibilities that come with reaching buloogh, **exploring five essential laws** that shape a young believer's journey in light of Islamic teachings.



### Session summary by Sir Kamran Hadi:

#### 1. Law of Recognition

Every individual desires recognition—whether as a doctor, engineer, lawyer, or scholar. However, true recognition is not merely about titles but about one's contribution to society and righteousness. A true Momin avoids Haram and even questionable acts, such as smoking, bullying, and reckless behavior. Real success lies in being known for good deeds and moral excellence.

#### 2. Law of Acquisition

Islam grants adulthood earlier than Western societies, emphasizing responsibility over reckless experimentation. The Prophet (PBUH) said: "The best among the youth is the one who resembles the old in wisdom." Upon reaching buloogh, one must seek to embody maturity, responsibility, and righteous conduct.

#### 3. Law of Deviation

Life is filled with distractions, particularly in the digital age. Technology, while beneficial, can also lead one astray. Frank Conova, the inventor of the smartphone, originally intended it for communication, yet today, it consumes excessive time. Elon Musk limits his phone use to less than an hour a week, and Jewish communities in New York use Kosher phones for essential calls only. A Hadith warns: "When you neglect your true duties, Allah occupies you with distractions that serve no purpose." The story of Prophet Isa's (AS) companion, who insisted on bringing a lion's bones to life—only to be devoured by the very creature he resurrected—reminds us of the dangers of misplaced priorities.



Sir Aleem Shaikh



#### 4. Law of Attraction

Natural attraction between genders is an inherent part of human nature. However, Islam sets clear boundaries. The Prophet (PBUH) corrected those who sought extreme asceticism, emphasizing that he married, enjoyed good food, and lived among people. Respecting these limits preserves dignity and protects the soul.

A single improper exchange with a na-mahram can have severe spiritual consequences, as illustrated in the story of Rajab Ali Khayat. His unwavering piety led him to divine visions, reminding us that resisting temptation brings spiritual elevation.

#### 5. Law of Repulsion

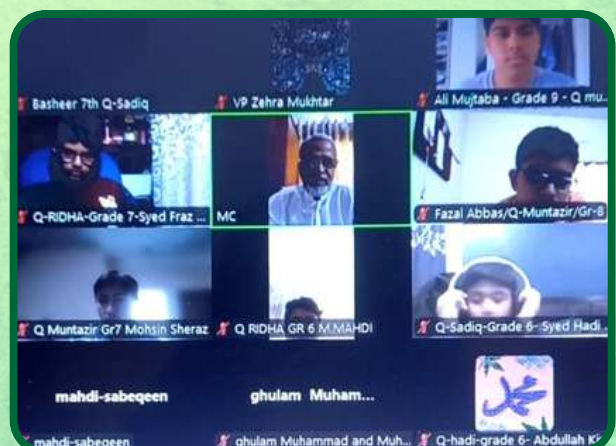
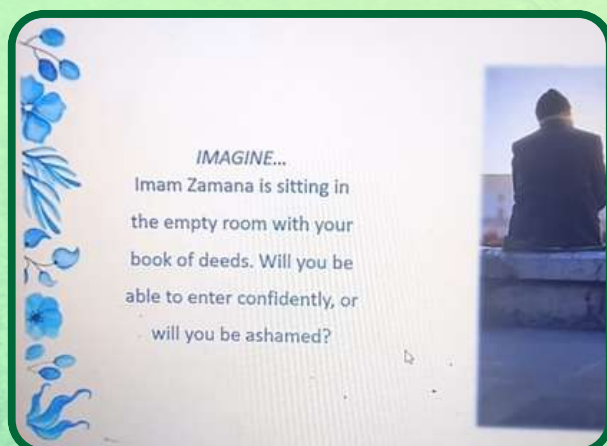
Many youth struggle with respecting their elders, yet Islam grants elders a status akin to that of a prophet within their family. A strong connection with Allah in youth fosters wisdom and guidance. Waking up before Fajr for two units of prayer strengthens this bond, as wisdom is nurtured through discipline and devotion.

As the famous verse states:

**"Jawaanee mein 'adam' ke waaste samaan kar gafil,  
Musaafir shab ko uthte hain jo jaana door hota hai."**

*(O heedless one, prepare for the journey in your youth, for  
travellers rise at night when the destination is far.)*

The session concluded with a **short Fiqh activity**, reinforcing the importance of understanding Islamic laws as one enters adulthood and a reflection question (see image below). Through discussions and reflections, students gained a deeper appreciation of their newfound responsibilities, realizing that buloogh is not merely an age but a call to accountability and spiritual growth.





# MONTHLY NUTRITION GUIDE

Mamun Rashid asked Imam Ali Ar-Ridha (a.s) to write him a treatise on what to consume to ensure a healthy life. Amongst other things Imam recommended the guidelines detailed in this chart.

## Month by Month Food Guide

Mamun Rashid asked Imam Ali Ar-Ridha (pbuh) to write him a treatise on what to consume to ensure a healthy life. Amongst other things Imam recommended the following guidelines:



<b>January</b> <ul style="list-style-type: none"> <li>✓ Drink lukewarm water daily in the morning.</li> <li>✓ Eat green vegetable, mints etc</li> <li>✗ Do not eat fish or drink milk</li> </ul>	<b>February</b> <ul style="list-style-type: none"> <li>✓ Eat fowls, birds, garlic and dry fruits</li> <li>✓ Use less sugar</li> </ul>	<b>March</b> <ul style="list-style-type: none"> <li>✓ Eat tender, digestible food</li> <li>✓ Take meat and half boiled eggs</li> <li>✗ Avoid onions, garlic and food containing sour ingredients</li> </ul>
<b>April</b> <ul style="list-style-type: none"> <li>✓ Barbeques, fries, fish and fowl along with vinegars</li> <li>✗ Do not drink water in the morning when the stomach is empty</li> </ul>	<b>May</b> <ul style="list-style-type: none"> <li>✗ Do not eat meat that is hard to digest (jaw – meat, tongue, beef) and salty foods</li> <li>✗ Do not exert your body physically if your stomach is empty</li> </ul>	<b>June</b> <ul style="list-style-type: none"> <li>✓ Eat fresh vegetables, cucumber, cabbage, lettuce and as many leaf vegetable and juicy fruits as possible</li> <li>✓ Tender goat meat, fowl, partridge, quail, fresh fish and milk are good for building strength</li> </ul>
<b>July</b> <ul style="list-style-type: none"> <li>✓ Eat fresh tender food containing cooling ingredients</li> <li>✓ Eat foods which are mild, juicy and easily digestible</li> </ul>	<b>August</b> <ul style="list-style-type: none"> <li>✓ Take yoghurt, curd and similar milk products</li> </ul>	<b>September</b> <ul style="list-style-type: none"> <li>✓ Increase sugar in food</li> <li>✓ Eat tender meat</li> <li>✗ Beef, and spicy rice cooked in oils or fat are harmful</li> <li>✗ Do not eat watermelons and cucumbers</li> </ul>
<b>October</b> <ul style="list-style-type: none"> <li>✓ Eat spicy and greasy food, pomegranates (sweet or sour), but eat fruits after the meals.</li> <li>✗ Drink less water</li> <li>✗ Avoid oral medication</li> </ul>	<b>November</b> <ul style="list-style-type: none"> <li>✓ Every morning, drink one mouthful of lukewarm water before eating</li> <li>✗ Avoid mints</li> <li>✗ Do not drink water after sunset</li> </ul>	<b>December</b> <ul style="list-style-type: none"> <li>✓ Follow instructions for November</li> <li>✓ Eat high caloric food.</li> <li>✗ Do not eat food containing cooling ingredients</li> </ul>





# Shahr ar Ramadhan

## EVENTS CALENDAR

1 Beginning of the Holy month of FASTING!	2	3	4	5	6	7
8	9	10 Death of Lady Khadijah (s)	11	12	13	14
15 Birthday of our 2nd Imam Hasan AL MUJTABA (A)	16	17 Victory of Battle of Badr	18	19 IMAM ALI STRUCK WITH SWORD AT FAJR 1ST SHAB E QADR	20 HIGH LIKELIHOOD OF MAIN SHAB E QADR NIGHT (SUNNI SOURCE)	21 MARTYRDOM OF IMAM ALI (A) 2ND SHAB E QADR
22	23 HIGH LIKELIHOOD OF MAIN SHAB E QADR NIGHT (SHI'A SOURCE)	24	25	26	27 HIGH LIKELIHOOD OF MAIN SHAB E QADR NIGHT (SUNNI SOURCE)	28
29	30	31				

The respect of the Holy month of Ramadhan is that it should be called 'Shahr ar Ramadhan' or Maah e Ramadhan!

IMPORTANT FASTS	EASY DAILY AMAALS FOR KIDS
<ul style="list-style-type: none"> <li>ALLAH (SWT) HAS ORDERED FOR THE MONTH OF RAMADHAN TO BE THE <b>MONTH OF FASTING, CHARITY AND SPIRITUAL REFRESHENING</b> BY ASKING FOR FORGIVENESS OF YOUR SINS.</li> <li><b>A'MAAL OF SHAB E QADR</b>; TO BE DONE ON THE NIGHTS IN WHICH EVERY PRAYER IS REWARDED MORE THAN PRAYERS OF A 1000 MONTHS!</li> </ul>	<ul style="list-style-type: none"> <li><b>RECITE THE QUR'AN</b> AS MUCH AS POSSIBLE. EVERY VERSE RECITED HAS 70 TIMES MORE REWARD!</li> <li>RECITE &amp; MEMORIZE RAMADHAN DUA "<b>YA ALIYU YA ADHEEM</b>"</li> <li>RECITE <b>SURAH AL QADR</b></li> <li>REMEMBER THE MA'SUMEEN (A), THE MUJTAHIDEEN &amp; ALL YOUR MARHUMEEN WITH <b>SURAH AL FATIHA AT IFTAAR TIME</b></li> </ul>



# 4 KEYS TO A BLESSED SHAHR RAMADAN

By Muhammad Mehdi



Sayyid Muneer Al-Khabbaz is one of the leading voices in contemporary Islamic thought. *Born in Qatif, Saudi Arabia, he pursued his studies in the seminaries of Najaf, Qum, and Damascus under luminaries such as Grand Ayatollah Abulqasim Al-Khoei, Grand Ayatollah Wahid Khorasani, Grand Ayatollah Mirza Jawad Tabrizi, and Grand Ayatollah Sayyid Ali Al-Sistani.* Known for his eloquence and intellectual rigor, he has dedicated his life to teaching and guiding the community.

In one of his talks, Sayyid Muneer highlighted four essential acts for a transformative Shahr-Ramadan. Building on his advice, I've expanded on these points to help us make the most of this blessed month.

1

## Recite the Quran (القرآن):

→ Shahr-Ramadan is the month of the Quran, as Allah says: **"The month of Ramadan [is that] in which was revealed the Quran, a guidance for the people and clear proofs of guidance and criterion."** (Quran 2:185)

→ Reflect on its meanings, and let it guide your actions and thoughts.

**Remember:** The Quran is a divine light that illuminates the heart and soul. Reciting it with reflection (tadabbur) helps us internalize its teachings and align our lives with its guidance.

2

## Engage in Dua (الدعاء):

→ The nights of Shahr-Ramadan are a time for heartfelt supplications. **Imam Ali (s) said: "Dua is the weapon of the believer."**

Use this time to pour your heart out to Allah, seeking His mercy and forgiveness, recite the duas taught by the Ahlulbayt as a structured conversation with Allah (swt) and not just a tradition.



3

### Strengthen Family Ties (صلة الرحم):

- Maintaining family ties is a cornerstone of Islamic teachings. **The Prophet (s) said: "Whoever wishes to have his provision expanded and his life span prolonged, let him maintain family ties."**
- Reconnect with relatives, mend broken relationships, and show kindness to your family.
- Silat al-Rahm is not just a social obligation but a spiritual act that brings blessings and strengthens the fabric of the community.

4

### Give Charity (أنفاق):

- Ramadan is a time for generosity. **Imam al-Sadiq (s) said: "I sought the way to cross the Sirat Bridge, and I found it in alms."**

Charity purifies wealth and soul, and in Shahr-Ramadan, its rewards are multiplied. It is a means of expressing gratitude to Allah and fulfilling the rights of others.

Shahr-Ramadan is about more than staying hungry, it's about attaining taqwa (God-consciousness), as Allah says: **"Fasting is prescribed for you so that you may attain taqwa."** (Quran 2:183) By reciting the Quran, engaging in dua, strengthening family ties, and giving charity, we purify our hearts and draw closer to Allah. *Let's make this Ramadan a journey toward true God-consciousness.*





# MIJS ONLINE'S SPIRITUAL HOSPITAL

PHYSICAL AND SPIRITUAL CURES THROUGH  
ASMA UL HUSNA & TIBB E AIMMA



وَهُوَ بِكُلِّ شَيْءٍ عَلِيمٌ

"And He is aware of all things."  
(Qur'an 02:29)

## AL-'ALEEM – THE ALL-KNOWING

He knows absolutely everything about everything. He knows what has happened, what is happening, and what will happen—from the beginning to the end.

Al-'Aleem knows the hidden and the manifest, the secrets of the heart and soul, the small and the large, the intention and the action in their totality. He is not constrained by time or space.

Did you know this Spiritual Remedy

RECITING YA ALEEMO 11 TIMES EVERY MORNING, ALONG WITH SURAH A'LA AND AYAT AL-KURSI AFTER SALAH, STRENGTHENS MEMORY AND AIDS IN RETENTION. ALLAH PROMISES IN SURAH A'LA (87:6): "WE WILL MAKE YOU RECITE, SO YOU SHALL NOT FORGET."



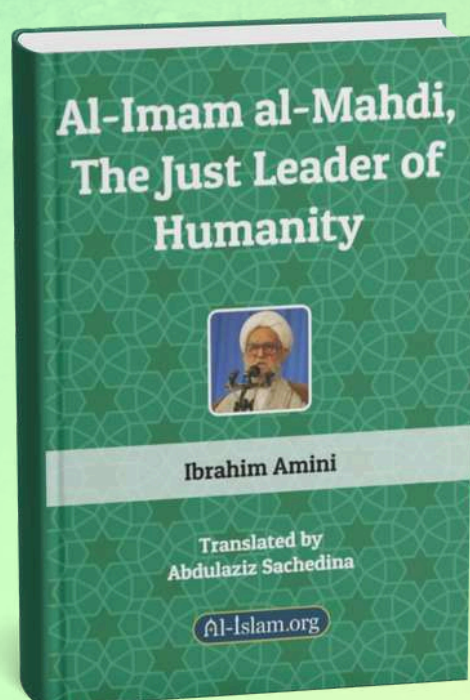
ياعليم


### Benefit of Recitation:


Reciting YA 'ALEEM frequently increases perception and enlightens the heart, allowing wisdom and knowledge to flourish.





# MIJS ONLINE'S BOOK CLUB




 **Book:** Al-Imam al-Mahdi, The Just Leader of Humanity

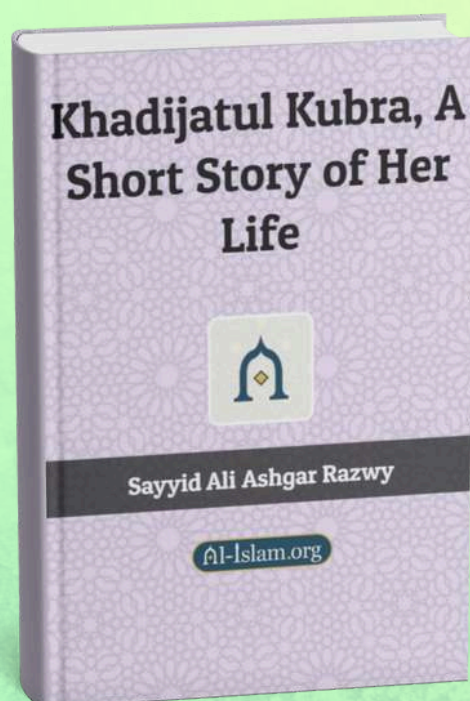
 **By:** Ibrahim Amini


 **Description:** Translated by Dr. Sachedina. Includes topics on the belief in the Mahdi, leadership of Imam Mahdi (a), occultation, his long life, and the reappearance of the Imam.


 **Total Pages:** 218


 **Language:** English

 **Admin Contacts:** [onlinemijs@gmail.com](mailto:onlinemijs@gmail.com)





 **Book:** Khadijatul Kubra, A Short Story of Her Life

 **By:** Sayyid Ali Asghar Razwy

 **Description:** A Short story of Lady Khadijah's life. Her family tree, early life, marriage to the Prophet (s), generosity, status, and role in the events of early Islamic history.

 **Total Pages:** 115

 **Language:** English

 **Admin Contacts:** [onlinemijs@gmail.com](mailto:onlinemijs@gmail.com)

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# CHEF'S CORNER

## DATE NUT BALLS



### Ingredients:

- Pitted dates
- Nuts of your choice (Almonds, Pistachio, Walnut, or Cashew)
- Coconut flakes
- Cocoa powder (optional)

### Method:

Heat the pitted dates in a pan or in the oven to make them soft. Toast nuts in a pan until crunchy and nutty. Add nuts to a food processor and pulse them until broken. Add dates and process until the mixture comes together. Scoop out 1 heaped tablespoon of the mixture and roll into balls. Roll them in coconut flakes if you want.



**DID YOU KNOW?**  
THE FIRST TREE TO GROW ON EARTH  
WAS THE AJWA DATES TREE...





# THE FRAGRANCE OF THE PROPHET ARRIVES!

by Zehra Mukhtar

The fragrance of Muhammad (S) spread on this day  
The sun of Imaamat is glowing through this ray

The heir of Ali in the arms of Prophet (S) has opened his eyes  
He is intellect embodied, the divine and wise

The jewel of the treasure of Kauthar - the secret of Allah (SWT) is revealed  
He is Hasan through whose existence many hearts are healed

The angels near the Throne come down to celebrate with the creations  
The universe celebrates this happiness of the house of revelation

The image of Khajida (S) has adorned Madina again  
The callers of Abtarr are now put to shame

The chief of the youth of Paradise is born  
the Prophet's character, Ali's bravery, Fatima's grace he adorns

The Kareem of Ahlulbayt descends in month of Ramadaan  
The author has sent His proof with the Holy Qur'an.





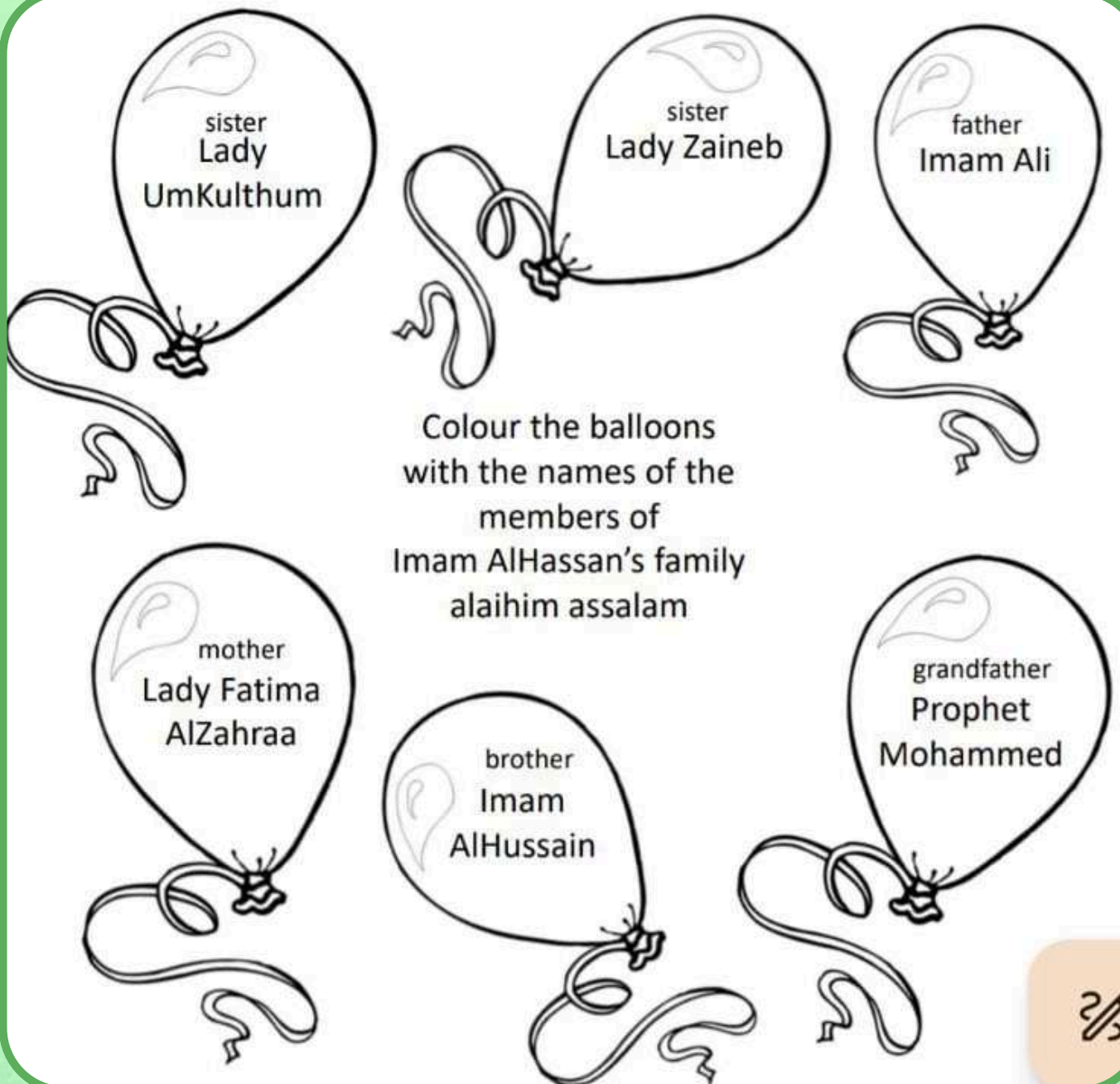
# ACTIVITY TIME!

Grab your colors and fill this card with bright, happy shades! Make them as colorful as you can.





CONTINUED





# AALIM CORNER

## SCHOLARLY ADVICE

Recommended by  
Ayatollah Ruhollah Karahvi

### 4 things to do at Time of Iftar

To get approval stamp of Imam e Zamana(as)



Gift Surah Fatiha to  
Bibi Narjis(sa)



اللهم عجل لوليک الفرج



Say Salam to  
Imam e Zamana(as)  
السلام علیک یا صاحب العصر والزمان



Say Salam to  
Imam Hussain(as)  
السلام علیک یا ابا عبد الله الحسین



Recite Dua e Faraj

اَللّٰهُمَّ کُنْ لِوَلِيِّکَ الْحُجَّةِ بْنِ الْحَسَنِ...



# IMAM ALI (A): THE HERO OF EVERY FIELD

**By Ummul Baneen (Grade 8)**

Whatever field comes to our mind—bravery, generosity, knowledge, kindness, wisdom, justice, leadership—you name it, Imam Ali excels in all. He is surely the Hero of Every Field. **As the Prophet (PBUH) said, "Ali is the gate to the city of knowledge," and the door to wisdom.** Imam Ali himself said that the Prophet (PBUH) taught him a thousand chapters of knowledge, and each chapter opened up a thousand more. This equals a million fields of knowledge.

If we look at the wise sayings of Imam Ali, we can see that he spoke about every field we can ever think of:

- **On justice:** "Be just to others, even if it is against yourself."
- **On knowledge:** "Knowledge gives life to the soul."
- **On bravery:** "Bravery is to stand for the truth, even if you stand alone." and "Fear no one but Allah, and you will be truly free."
- **On generosity:** "The best way to show gratitude for wealth is to be generous with it." and "Give to others without expecting anything in return."
- **On worshipping Allah:** "A moment spent in remembering Allah is better than a lifetime spent in ignorance."
- **On kindness:** "Kindness is the key to hearts."
- **On medicine and health:** "Health is the best of blessings." and "Avoid eating too much, as it brings diseases." He also said, "Your cure is in yourself, and you do not know."

**These are just a drop from the vast ocean known as Ameer al-Mu'minīn, Ali ibn Abi Talib!**

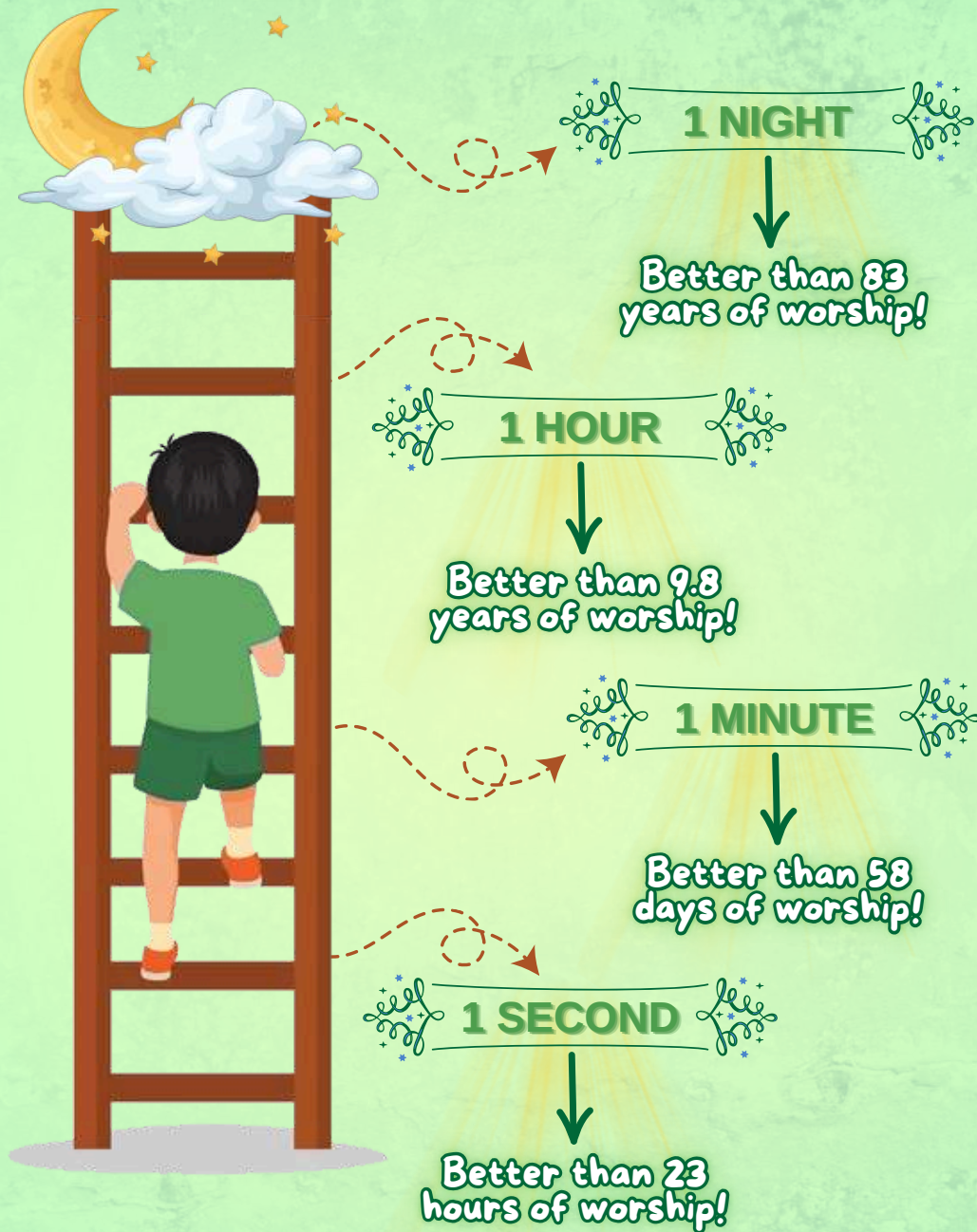
No thinker, scientist, teacher, politician, or intellectual can come close to the wisdom of Imam Ali.

Ameer al-Mu'minīn, Ali ibn Abi Talib, who is the hero of every field, takes pride in and masters the field of being the best servant of Allah—inspiring us to excel in both deen and dunya.





# WORSHIPPING ALLAH ON LAYLATUL-QADR



What should I do on Laylatul Qadr?

Do Istighfar, Adhkar, Pray Voluntary Night Prayers, Recite Quran and Make Dua...





## PROPHETIC ADVICE



### THE HOLY PROPHET (saww) SAID

**Ali! You must brush your teeth as frequently as possible, for verily a single prayer that you perform after having brushed your teeth is better than forty days worth of prayers performed without doing so.**

**Bihar ul-Anwar, vol. 73, pg. 138**

[/madrasatulqaaim.english](https://www.facebook.com/madrasatulqaaim.english)

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# MIJS ONLINE'S NEWS CORNER

## MAR 25' MIJS Ramadan Syllabus & Quran Memorisation Competition

Alhamdulillah, each year MIJS upholds the Hadith of Thaqaalain by holding tight both the Qur'an and Ahlul Bayt (AS). **This year, in our special Ramadan syllabus, students engaged in Tafseer and memorisation of selected verses alongside key lines from Dua Makārim al-Akhlāq by Imam Ali ibn Hussain (AS).** Each grade explored a unique theme from the du'ā, explained at their level to deepen their spiritual understanding.



Alongside this enriched curriculum, **MIJS is honored to continue its annual Quran Memorisation Competition during the holy month.** Students of all levels participated with enthusiasm, memorizing Surahs appropriate to their age group and striving for excellence in recitation.

### Surah Memorisation Competition – Ramadan 1445

- ◆ **QMustafa & QMurtaza** – 4 Quls (Bonus: Surah Kawthar & Surah Asr)
- ◆ **QBatool, QMuhtaba & QKhadijah** – 4 Quls, Surah Kawthar, Surah Asr, Surah Nasr (Bonus: Surah Takathur & Surah Masad)
- ◆ **QHusseini, QZainulabedeen & QZainab** – Surah Zilzal, Surah Aadiyat, Surah Qadr (Bonus: Surah Mulk)
- ◆ **QBaqir, QSadiq, QKazim & QRidha** – Surah Fajr, Surah Jumu'ah (Bonus: Surah Zilzal & Surah Aadiyat)
- ◆ **QJawwad & QHadi, QAskari & QMuntazir** – Surah Muzammil (Bonus: Surah Fajr & Surah Jumu'ah)



May Allah (SWT) accept the efforts of all participants and bless them with continued success in their journey with the Qur'an and Ahlul Bayt (AS).



# EID REFLECTIONS: FROM CHILDHOOD EXCITEMENT TO DEEPER MEANING...

**"Every day in which you don't  
commit a sin is a day of Eid."**

**-Imam Ali ibn Abi Talib (a)**

**These words of advice are an Eidi from our spiritual father...**

*May we implement these golden words.*

**On the day of Eid al-Fitr, Imam Ali (AS) delivered a sermon in which he said:**

"O people! Verily, this day of yours is the day when the righteous are awarded, and the wretched are losers. It is a day similar to the one on which you shall be standing before your Rabb. **Therefore, when you come out of your homes to go to your places of prayer, remind yourselves of the day when your souls shall come out of your bodies to go to your Rabb. When you stand in your places of prayer, remind yourselves of your standing in the presence of your Rabb on the Day of Judgment. And when you return to your homes after prayer, remind yourselves of your return to your homes in Paradise.** O servants of Allah! Verily, the minimum reward for those men and women who fasted during Ramadan is an angel who calls out to them on the last day of the month of Ramadan, saying: '*O servants of Allah! Rejoice in the glad tidings that all your previous sins have been forgiven.*' Therefore, be mindful of how you engage in re-creation on this day and in the days to follow." (Nahjul Balaghah)





When I was a young girl, Eid mornings were exciting because of three things:

1. New dress
2. Collecting Eidi
3. Meeting favorite relatives

**I remember Mum saying:**

1. Take care of your dress while you eat or play.
2. Keep all your Eidi money safe.
3. Respectfully greet all elders.



Now, as I reflect on those things, I realize that I still need to be careful about the same three things—just from a different perspective:

1. **I've been given Libās al-Taqwā after my fasting.** I need to be careful of any stains now—watch my thoughts, words, and actions, as they could stain or even tear this new dress of mine.
2. **I've been given plenty of Eidi by my Creator,** the barakah of time management to fit in extra ibadah, Qur'an recitation, sharing meals, dhikr, and more. I must hold these habits tight and safe, and continue my relationship with the Holy Book, inshā'Allah.
3. **As I greet my relatives with Eid Mubarak and invite loved ones for food,** I must also keep a strong bond with my spiritual father—my Imam—who loves me and awaits me.





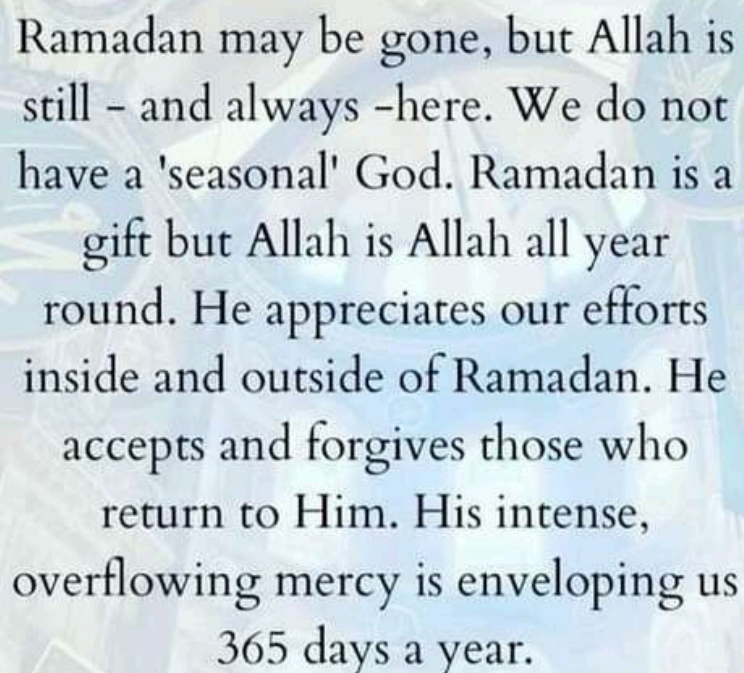
**Eid comes from 'Oud',** meaning return—a return to Fitrah, the pure nature of Tawhīd on which He created us.

*Yes, the time has come:*

أَلَمْ يَأْنِ لِلَّذِينَ آمَنُوا أَنْ تَخْشَعَ قُلُوبُهُمْ لِذِكْرِ اللَّهِ وَمَا نَزَلَ مِنَ الْحَقِّ وَلَا يَكُونُوا كَالَّذِينَ  
أُوتُوا الْكِتَابَ مِنْ قَبْلُ فَطَالَ عَلَيْهِمُ الْأَمَدُ فَقَسَتْ قُلُوبُهُمْ

*"Has the time not come for those who have believed that their hearts should become humbly submissive at the remembrance of Allah and what has come down of the truth? And let them not be like those who were given the Scripture before, and a long period passed over them, so their hearts hardened." (57:16)*

**So many of our loved ones returned to their Creator this year...** May this first Eid for them be the best Eid ever—in the proximity of Allah and His most beloved ones. **Āmeen.**



Ramadan may be gone, but Allah is still – and always –here. We do not have a 'seasonal' God. Ramadan is a gift but Allah is Allah all year round. He appreciates our efforts inside and outside of Ramadan. He accepts and forgives those who return to Him. His intense, overflowing mercy is enveloping us 365 days a year.





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JazaakAllah Khair!  
**Editorial team @ AL NOOR ([mijsonline.com](http://mijsonline.com))**