

QUARTERLY AL-HILĀL

A Magazine for children, by children, that provides them with a creative opportunity to learn about the world around them, and how to apply the teachings of Islām and Ahmadiyyat to their daily lives.

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Dear Reader, As-Salāmu ‘Alaikum!

With the unprecedented challenges of COVID-19, we were all pressed to rethink our lives and how to manage the daily necessities within a lock down. The topic of ‘**good health**’ felt more valuable than ever. We asked the children to write about their experiences of living through a global pandemic where the enemy was invisible but deadly, the like of which the world had not seen before.

Please join me in participating in their COVID reflections, their invigorating advice on healthy habits and the importance of inner and outer cleanliness in Islam.

Was-Salām
Saliha Malik
Chief Editor, Al-Hilāl

Editor’s Note:

The notation (sa) is an abbreviation of the prayer *sallallāhu ‘alaihi wa sallam* (peace and blessings of God be upon him), which we say after the Holy Prophet Muhammad (sa). Though the prayer has not been written in full it should nevertheless be understood as being repeated in full in each case.

Similarly the notation (as) is an abbreviation of the prayer ‘*alaihis-salam* (peace be upon him) and is used at the mention of Promised Messiah (as) and all other prophets of God.

The notation (ra) is an abbreviation of the prayer *radiyallahu ‘anhu/’anha/’anhum* (may Allah be pleased with him/her/them) and is used for the companions of the Holy Prophet (sa) and the Promised Messiah (as).

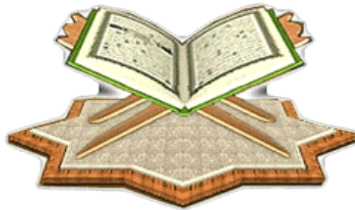
The notation (aba) is an abbreviation of the prayer *ayyadahullahu ta’ala bi-nasrihil-‘aziz* (may Allah be his helper) and is used at the mention of the current Khalifa (aba).

Holy Qur'an

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا قُمْتُمْ إِلَى الصَّلَاةِ فَاغْسِلُوا
وُجُوهَكُمْ وَأَيْدِيَكُمْ إِلَى الْمَرَافِقِ وَامْسَحُوا بِرُءُوسِكُمْ
وَأَرْجُلَكُمْ إِلَى الْكَعْبَيْنِ ۖ وَإِنْ كُنْتُمْ جُنُبًا فَاطَّهَّرُوا
مَا يُرِيدُ اللَّهُ لِيَجْعَلَ عَلَيْكُمْ مِنْ حَرَجٍ وَلَكِنْ يُرِيدُ
لِيُطَهِّرَكُمْ وَلِيُتِمَّ نِعْمَتَهُ عَلَيْكُمْ لَعَلَّكُمْ تَشْكُرُونَ ﴿٥﴾

O ye who believe! when you stand up for Prayer, wash your faces, and your hands up to the elbows, and pass your wet hands over your heads, and wash your feet to the ankles. And if you be unclean, purify yourselves by bathing.... Allah desires not that He should place you in a difficulty, but He desires to purify you and to complete His favour upon you, so that you may be grateful.

Surah Al-Ma'idah Ch.5:V.7



Holy Qur'an

إِنَّ اللَّهَ يُحِبُّ التَّوَّابِينَ وَيُحِبُّ الْمُتَطَهِّرِينَ ﴿٢٢٢﴾

Allah loves those who turn to Him and loves those who keep themselves clean”

[Ch.2, V. 223].

فَكُلُوا مِمَّا رَزَقَكُمُ اللَّهُ حَلَالًا طَيِّبًا وَاشْكُرُوا

نِعْمَتَ اللَّهِ إِنْ كُنْتُمْ إِيَّاهُ تَعْبُدُونَ ﴿١١٥﴾

“So eat of the lawful and good things which Allah has provided for you; and be grateful for the bounty of Allah, if it is Him you worship”

[Ch.16: V.115].

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ ﴿٨١﴾

“And when I am ill, it is He Who restores me to health”

[Ch.26: V.81].

Hadith

Abu Malik Ash'ari relates, Cleanliness is half of faith (Muslim).

There is no vessel worse for a person to fill than his stomach. A few mouthfuls should suffice to keep him on his feet. But if he must eat more, then let him fill one-third of his stomach with food, one-third with drink and leave one-third for easy breathing (Tirmidhi).

Abu Sa'id and Abu Hurairah relate that the Holy Prophet said: Whatever trouble, illness, anxiety, grief, hurt or sorrow afflicts a Muslim, even the pricking of a thorn, but Allah removes in its stead some of his defaults (Bokhari and Muslim).

Prayer after Ablution:

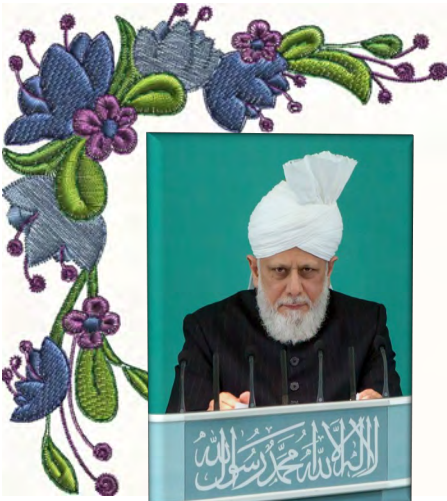
اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ

وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

*O Allah make me of those who seek forgiveness
and make me of those who are pure.*

Friday Sermon

March 20, 2020



Hazrat Mirza Masroor Ahmad, Khalifat-ul-Masih V (aba) mentioned something in reference to the current pandemic and said, ‘Phillip Johnston writes in the Daily Telegraph on 18 March 2020: “Netflix and other platforms report that one of the most popular movies currently being streamed is Contagion, a film from 2011. The plot concerns the spread of a virus, desperate attempts by medical researchers and public health

officials to identify and contain the disease, the loss of social order and finally, the introduction of a vaccine to halt its spread. It is extraordinary to think that in the space of a fortnight, our world has been turned completely upside down, all our plans put on hold, our hopes for the future now uncertain. “Most of us who have grown up since the Second World War have come to expect a steady state of prosperity, stability and contentedness that most previous generations never imagined possible – and nor would they have been complacent enough to believe it. The hope is that science will come to the rescue with a vaccine or cure and perhaps it will.”

He further writes, “Throughout history, people have reached for their faith to get them through events such as this... and turned towards God to give meaning to what has happened to them and their loved ones. Atheists tend to take a secular, humanist view of man’s propensity always to better himself. This is essentially an Enlightenment concept that natural processes can always be improved by human effort and not ascribed to fate or the wrath of God. How many times have we heard people say, ‘Everything will be okay because scientists will work something out’, whether it be global warming or the pandemic? We are about to find out whether such optimism is justified. If it isn’t”, he is a worldly person himself and therefore says, “then I might be heading back to church.”

Therefore, this virus has compelled the world to reflect about

returning to God. However, the True God and the Living God is only the God of Islam, Who has announced to show the path towards Himself for those who desire to do so. He has announced to those who take only a step towards Him that He shall hold their hands and take them many steps forward and to take them in His protection.

When diseases and pandemics surface, they can take everyone in their grasp. For this reason, everyone should take great caution. Act upon the advice of the government. Make sure you have enough sleep. An adult should get six to seven hours of sleep and children require eight to nine or ten hours of sleep. It should not be the case that one stays awake watching television till late at night and then in the morning, misses the Fajr prayer and gets up in a rush for work and remains lethargic and lazy throughout the day, on top of the tiredness from work. This is how diseases and illnesses attack. Instill the habit of sleeping early and waking up early within children.

Also, avoid eating foods from outside [unhealthy food], especially crisps that people give to children or such foods that have preservatives in them; these are harmful to health and should be avoided; such foods also slowly weaken the human body. It is essential to drink water to stay protected from illness. Hands should be kept clean. Even if sanitizers are not available, wash your hands frequently. And like I mentioned before, those who perform the ablution at least five times a day have the opportunity to remain clean. Regarding sneezing, cover the nose with a handkerchief when at the mosque, at home and in general. Or sneeze into your arm so the droplets do not spread. In any case, hygiene is very important and great attention should be paid to this.

However, the ultimate solution is prayer. Pray that Allah protects us all from this illness and from its ill effects. Pray for all those Ahmadis who have contracted this illness in whatever manner. In fact, pray for all those who are suffering with any form of illness. The virus affects those with underlying health conditions, so pray for such people as well that Allah the Almighty keeps them protected. Pray for everyone. May Allah keep the world protected from the ill effects of this pandemic. May He grant full health to all those who are ill. Whilst granting health to every Ahmadi, may He also increase them in their belief and conviction in faith.'



How I feel about COVID 19

Sabeeka Ahmed Mallik / Age 8 / Maryland



Beginning December 2019, a new virus came that changed the whole world. We left school and did not go back, and now we attend school through online learning. Though people have become experienced at attending school online, too much screen time can be bad for us all.

Many people have died while others have suffered from depression, anxiety and frustration. Because of this virus, people have been in isolation and have not been able to visit their friends and family members. Even though virtual meetings are being arranged, they have never been a substitute for in person meetings. COVID 19 has made things very hard. Many small businesses have closed and people lost jobs.



Although we all got new experiences from this pandemic, in the end the cons outweigh the pros for many people.

The lesson I learned from this calamity is that Allah is the most powerful and He proved once again that the whole universe works under His control. Only He has all the powers to save humanity and every living thing depends on His Mercy and Help. Prayers are the only weapon to win this war, not science and technology.



Kashifa Wahab Mirza, Age 11, Virginia North

Healthy living is very important in our everyday lives. The Holy Prophet Muhammad (sa) said, **“Cleanliness is half of faith”** (Sahih Muslim).

Firstly, what is healthy living? Healthy living is staying clean, both physically and mentally. This might seem like a lot of work, but it's actually not that hard. Here are some ways to promote good health.

Staying Clean (physically)

- Washing hands regularly
- Daily Showers
- Brushing teeth twice a day
- *Wudu*
- Changing clothes daily
- Washing with water in the restroom
- Keeping your household neat and tidy

Staying Clean (Spiritually)

- Always remember Allah
- Recite Qur'an daily
- Offer all five daily prayers on time
- Say *Bismillah* before starting anything, and *Al-Hamdu Lillah* when you finish
- Write letters to Huzoor (aba)
- Positive thinking
- Keep a kind heart



Doing these simple things can help change how we think, act, feel, and speak. Without healthy living, the human lifespan would be much shorter, due to sickness and stress. Staying healthy is vital, especially in our current situation. May Allah the Almighty help us all get through these hard times, and maintain good health, Ameen!



Stay Safe, Stay Healthy, and Keep Smiling :)

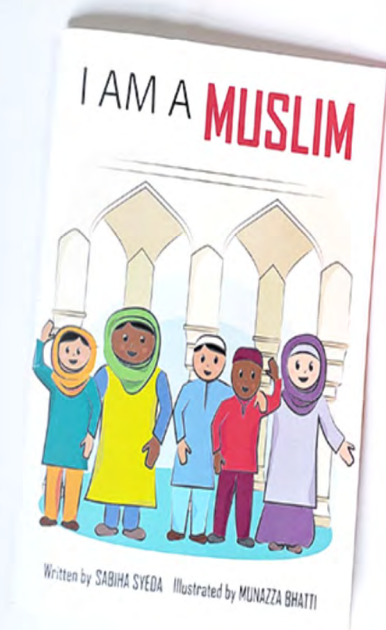
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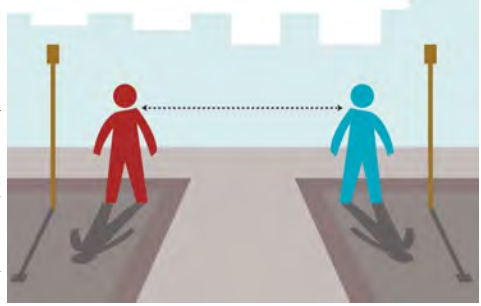


How to Stay Protected from COVID-19



Sabaha Qureshi, Age 9, Cleveland

Amid the COVID-19 pandemic, it is very important that, first, we practice social distancing, and second, we realize the importance of cleanliness. Since we can't see the COVID-19, it is important that we get in the habit of keeping ourselves as clean as possible. In fact, cleanliness should be a part of our daily lives! We should not be practicing clean habits just because a virus is floating around us, but we should keep clean habits as a part of our routine even after this pandemic calms down. But, of course, right now it is a good time to talk about hygiene. If we don't make cleanliness a priority and are living in a dirty environment, who knows what type of bacteria and viruses can live with us?



How can we practice cleanliness in the time of COVID-19? Well, there are a few precautions that you should take to be safe from the viruses, such as:

1. Make sure that you have a hand sanitizer bottle with at least 60% alcohol content whenever you don't have access to water. I recommend putting one in your car. Be sure to use it after you touch anything in public.
2. Do not touch your eyes, mouth, nose, ears, or basically anything on your face when outside of the house. These are the main passage ways for the virus to attack your immune system.
3. Always wear a mask in public. Like I said, we can't see COVID-19, nor can we see who has it. This rule is simple, but important.



4. Avoid gatherings in or outside of the home, especially those that are indoors. A virus is more likely to spread when indoors amongst circulated air. Avoid crowded areas.

These precautions are very important to maintain cleanliness. Lastly, if we all adopt the habit of cleanliness as a part of our lives, we can all stay healthy and protected from diseases.



Simra Sohail, Age 8, Sacramento

To stay healthy, you can walk outside and go on hikes. You can also do yoga, biking, sports, running, and playing. You could eat healthy food like vegetables, carrots, and broccoli. You can eat fruits, like apples, oranges and whatever other fruits you like. Most importantly, you can pray for a healthy life for you, your family, and your friends. Allah listens to everyone.



During COVID-19, you can wear a mask and shield for extra protection when you go to a store or somewhere with a lot of people. Everyone should always keep CLEAN. Wash the dishes, do laundry, take showers, and be clean! Observe Salat and read the Holy Qur'an daily! Never smoke, so you can stay healthy. Protect your lungs and make them strong by breathing fresh air!





FAJR FIT



Faheem Tariq, Age 8, Austin

Every Sunday, after Fajr Salat, I go with my dad for a morning walk. I call it my Fajr Fit. There are also a few Atfal that join us with their dads. We all wear masks and keep socially distanced while enjoying our Fajr walk. We sometimes walk three to four miles, and sometimes we go hiking or canoeing together. After Fajr Fit, I feel more energy and healthy.



GOOD IDEAS FOR EXERCISE & STAYING FIT



Arhum Mirza, Age 7, Central Jersey

With assistance from mother, Ismet Mirza

Exercise is a way to keep your body healthy. You need to keep your body healthy because your immunity can go down and you can get sick if you don't work out. You can exercise outside or inside the house. I exercise in my gym class and also in my basement because there is equipment in the basement. It is a lot of fun and I enjoy it very much.

My favorite indoor exercises are jumping jacks, windmills, squats, push-ups, and knee push-ups. My favorite outdoor exercises during the summer time are biking, running, swimming, soccer, walking, and playing tag.

My favorite winter sport was ice skating, but I cannot do that right now because it's closed due to COVID-19.





MY EXPERIENCE WITH COVID-19 Restrictions

Zohaa Pall, Age 10, GA-SC
With assistance from sister Sabahat Pall

During these difficult times with COVID-19, there were and still are many restrictions placed upon everyone to follow. Some of the restrictions that impacted my life were the mosque being closed, not being able to see my friends, and the limits on travel.

The closing of mosques affected my life the most because my family and I used to go for Maghrib and Isha Salat almost daily. Every day, I looked forward to going to the mosque to say Prayers and see my friends. It was a lot of fun and I miss those memories.

The second restriction is that I can't meet my friends and family. Before COVID-19, my friends and I used to meet up at each other's houses and spend fun time together. I miss seeing my friends and enjoying that time together.

The third restriction is that I can't go to school. Even though I am blessed to have online school, the experience is not the same as going to school in person.

Last but not least, traveling has become unsafe. I had planned a trip with my family to see Huzoor (aba) in the summer of 2020, but, unfortunately, we could not go. I was waiting for this trip for the longest time to see Huzoor (aba).



Although conditions around the world are bad, I am grateful to be healthy and safe. As Huzoor (aba) has instructed, all we can do is to pray to Allah for COVID-19 to end soon, so that we can go to the mosques, see all our friends and family, go to school in-person, and of course meet our beloved

Huzoor (aba), *In Sha Allah*.



Oh, the Things You Can Do that are Good for You!

Irfan Goraya, Age 7, Queens

My mom says, “An apple a day, keeps the doctor away.” Well I think you need more than just an apple. I think you need to get fresh air, be happy and exercise as well as eat healthily.

For me, I love eating healthy food even though sometimes I like French fries. These are the choices that we face each and every day - to eat healthily or unhealthily?

Our choices will always have consequences. We need to always make a conscious effort to eat nutritional things and remain hydrated with water. Eating properly is good for the soul too. It leads to a better spiritual state.

Even though pizza tastes better than fruit, we need to balance it. As



we learn in Islam, all things in moderation. We can enjoy our favorite foods and if we exercise, it will make it better. Good health is very important to becoming a good Muslim. If we offer Salat throughout the day and include exercise along with a healthy and balanced diet, it leads to a better lifestyle.

Through this past year, I experienced a change in my lifestyle too. The pandemic forced my family and I to spend a lot more time at home together. I have always had a natural desire to be outdoors. I love being active! Some activities I did this past year were playing soccer, riding my bike and even walking with my family on trails. I have done a walk-a-thon, hiked up Bear mountain and ridden my bike across Queens into Brooklyn.

Being healthy is so important. We need to be healthy so we can be around our loved ones and enjoy life as much as possible.



IMPORTANCE OF CLEANLINESS



Dania Bilal, Age 13, Maryland

What exactly is cleanliness?

Cleanliness is the state of being clean or being kept clean. Why is it important? Well, cleanliness is important primarily because it promotes good acts of hygiene and it can protect you from various infections that cause sickness. Cleanliness also has a major importance in Islam.


Importance of Cleanliness in the pandemic:

Cleanliness has become more important than ever due to the recent COVID-19 pandemic. We have been told to practice acts of good hygiene, such as washing our hands and face frequently, or using hand sanitizer if it's more convenient, in order to protect others and ourselves from getting sick. Not washing your hands or practicing these acts of hygiene can cause this virus to spread and many other infections too. Did you know that about 80% of common infections are spread by hands? This is the result of people unintentionally touching their face, eyes, mouth, nose, etc., which can cause germs to spread easily.



What does Islam say about Cleanliness?

Islam stresses a lot about practicing good acts of hygiene and cleanliness. The Holy Prophet (sa) said, “**Cleanliness is half of faith**” (Sahih Muslim). Another example of cleanliness is *Wudu* or ablution. We perform ablution before every Salat, five times a day. Imagine what impact this has on our health and how much it helps us practice better hygiene. Also, in the Friday Sermon on April 23rd, 2004, Huzoor (aba) cited an excerpt from one of the writings of the Promised Messiah (as) which said, “Physical cleanliness is just as essential as spiritual purity because physical purity has a



tremendous involvement with spiritual purity.” Huzoor (aba) explained that we should also keep our mosques and other buildings clean and that they should reflect a very high standard of cleanliness.

In conclusion, these few examples show why cleanliness is important in Islam because physical purity and cleanliness have a major effect on spiritual purity.



Cleanliness and good hygiene also affect our health since most germs and infections are spread by the hands. May Allah enable us to practice these important teachings and keep us safe in this pandemic, Ameen.



Cleanliness in Islam

Anna Khalid, Age 13, Baltimore

“Cleanliness is a requirement of faith,” (Sahih Muslim).

The Holy Qur’an in Chapter 5, Verse 7, commands the believers to clean and purify themselves. This makes it obvious that cleanliness is an integral part of our belief system and faith.

Our religion, Islam, has taught its followers that cleanliness is a religious duty.

Wudu is an act of cleaning ourselves.

From the Hadith I mentioned of the Holy Prophet (sa), we know that faith is not complete without cleanliness. Allah is pure, and whoever

loves Him must also strive to be pure, externally and internally. Since it is Allah’s commandment to the believers to clean themselves and their surroundings, it is therefore a necessary practice, especially before offering prayers.



HEALTHY FOOD CHOICES



Maheen Khan, Age 8, Seattle

I took a kids' healthy eating and nutrition class taught by my mom. So what does a healthy meal look like? Well, half your plate should be fruits and vegetables. The other half should be grains and protein. Examples of grains are rice, wheat, quinoa, and farro. Examples of proteins are chicken, fish, and lamb. If you are vegetarian, you can have beans, legumes, and nuts instead. The last part of the plate can be dairy, such as milk, cheese, cream, and yogurt, but it is not essential.



I also learned how to turn a not so healthy meal into a healthier one! For instance, instead of just having cheese pizza, here are some ideas to make your meal healthier. You can make a salad to eat on the side. Or, you can add vegetables and fruits to the pizza, like mushrooms, peppers, pineapple, and olives. Then eat fruit for your dessert.



I like to eat salads, especially since I get to make pretty designs with the ingredients. I like eating fruits and lining them up in a color sequence like a rainbow. And I like eating nuts and cheese for snacks.

Thanks for reading my article on healthy eating! I hope it has inspired you to make your meals healthier too!

Healthy Living

Nabeeha Raqeeb / Age 9 / Minnesota
With Assistance from my cousin Nisha Baig

Healthy living is when you maintain a healthy life style. Healthy living requires stopping things that are harmful for you such as eating harmful foods like pizza and burgers. We should try to exercise daily for at least thirty minutes. There are a lot of health benefits in exercise. It helps control your weight. It reduces your risk of heart disease. It helps your body manage blood sugar and insulin levels.

Moreover, exercising daily improves your mental health and mood.

Sleeping on time is also necessary for healthy living. It gives our body the rest that it needs. We should also cut our time on video games because it's harmful for our eyes and hands.



Our Holy Prophet Muhammad (sa) guides us by saying, **“Do good deeds properly, sincerely and moderately... Always adopt a middle, moderate, regular course, whereby you will reach your target (of paradise)”** (Sahih Al-Bukhari). Islam teaches us to be moderate in every situation of life, to avoid any type of extreme behavior. May Allah Guide us and Protect us. Ameen

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How to Stay Motivated in Covid-19



Samreen Khalid, Age 14, Baltimore

It's hard to stay motivated when we are doing everything from our homes, but here are some ideas:

- ◆ We can do ten minutes of stretching every day.
- ◆ We can read books.
- ◆ We can spend some time outdoors.
- ◆ We can try a new recipe.
- ◆ We can paint or draw.
- ◆ We can go to parks.
- ◆ We can attend Jama'at meetings on zoom!



MY COVID-19 EXPERIENCE



Zara Qureshi, Age 7, York, Harrisburg

COVID-19 has given me sorrow
It's been here for a year, today and tomorrow
My friends I have not seen
We are all waiting for the vaccine
But I have to say
Every time that I pray
It fills my heart with hope
And I know I cannot mope
I know that Allah is with me
And I feel I can fly with glee!

Exercise Regularly!

Kamran Yahya, Age 10, Queens

Do you know about the benefits of exercising regularly? If not, then some of them include a healthy, happy, and longer life. Before I talk about my reasons for exercising regularly, see what our beloved Huzoor (aba) is saying about exercise.

On July 22, 2016 Hazrat Khalīfat-ul-Masīh V (aba) in his Friday Sermon drew the attention of life-devotees and missionaries towards exercising regularly. Huzoor (aba) further said that, “I am not only advising Jama‘at members, I exercise regularly on the exercise cycle.”

First of all, when you exercise you feel happy. Studies have shown that your body releases chemicals during exercise. These chemicals give a boost to our sense of feeling well, and suppress hormones that create worries and sadness. Therefore, when you exercise you feel merrier!

Secondly, your body remains healthy when you exercise. For example, by exercising regularly you can maintain a healthy weight and avoid obesity. Also, you can prevent health problems like heart disease, high blood pressure and diabetes. So exercise keeps your body healthier.



Finally, exercise ensures longevity. A new study shows that physical activity like brisk walking can increase life expectancy by several years. It is common sense that if you feel happy and keep healthy you feel relaxed. As a result, your life is longer and healthier as compared to a stressful lifestyle.

To conclude, if you want to feel fantastic, walk, jog, run, swim or play sports and feel the difference yourself. You may find it hard in the beginning, but do not give up. Exercise regularly for your life!

Staying Healthy During Covid-19

Wania Mateen, Age 10, LA Riverside
With assistance from her cousin, Aqsa Chaudhry

Here are some ways you can stay healthy during this pandemic:

You should not go to public places, or use public transport or taxis. If possible, you should not go out even to buy food or other essentials. You can go out to exercise, but at a safe distance from others.



Wear a mask! Cover your mouth and nose with disposable tissue when you cough or sneeze. Dispose of all tissues into a waste bag and immediately wash your hands with soap and water for at least twenty seconds, or use a hand sanitizer. Avoid touching your eyes, nose, and mouth, with unwashed hands.

Do not invite or allow visitors to enter your home without a mask – only those who live in your home should be allowed to stay. During COVID-19. Stay safe and healthy.

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STAYING HEALTHY

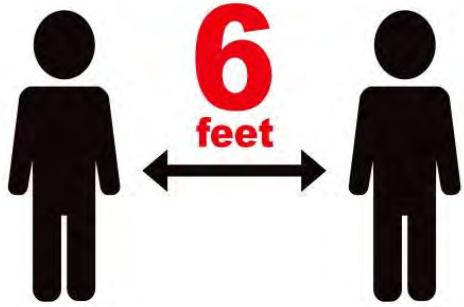
DURING COVID-19



Manahal Mateen, Age 12, LA Riverside

Best advice for staying healthy during the COVID-19 pandemic:

COVID-19 is a virus and is spreading more and more in the world. With every passing day it seems to be getting worse. Here are some ways we can prevent it from spreading and how we can stay healthy.



Keep yourself clean, eat healthy, don't go out of the house unnecessarily, maintain a six feet distance from other people in public, and avoid going into crowds. Stop holding gatherings in your house. Cover your nose and mouth with a face covering or a mask. Don't touch your face with dirty hands.



Cover your mouth while sneezing or coughing with a tissue or use your elbow, but DO NOT use your hands. Dispose of the tissue properly. When you come from somewhere outside, wash your hands with soap for twenty seconds or use a hand sanitizer. Be alert for symptoms. If there

are symptoms, check your temperature. Get vaccinated if you are able to. Protect yourself from COVID-19.



Importance of Cleanliness in Islam



Safiyah Ammar, Age 11, Baltimore

The most important element of good hygiene is cleanliness. Not only is cleanliness good for the condition of your body, but it's also good for spiritual well-being. Allah says in the Holy Qur'an:

“Allah desires not that He should place you in a difficulty, but He desires to purify you and to complete His favor upon you, so that you may be grateful” [Ch.5, V.7].

Islam stresses the importance of cleanliness and emphasizes that external purity leads to internal purity, just as external impurity leads to internal impurity. The Holy Prophet (sa) also stressed the importance of cleanliness. He said, **“Cleanliness is half of faith”** (Sahih Muslim). This shows how important cleanliness is.

Wudu

Cleanliness is particularly stressed regarding Salat. Muslims perform *Wudu* before observing prayer. Before beginning Salat:

- Your body should be clean.
- The place and prayer mat where you observe Salat should be clean.
- You should be properly covered during Salat.
- When you answer the call of nature, wash yourself properly with water.



Bathing

Bathing is washing the entire body. Islam says that bathing should be part of a Muslim's daily hygiene. There are certain activities after which Muslims are instructed to take a ritual bath to purify themselves. The bath should include the steps of *Wudu*, followed by washing the entire body, including your hair. It was also a Sunnah of the Holy Prophet (sa) to take a bath before religious occasions like Jumu'ah and Eid.



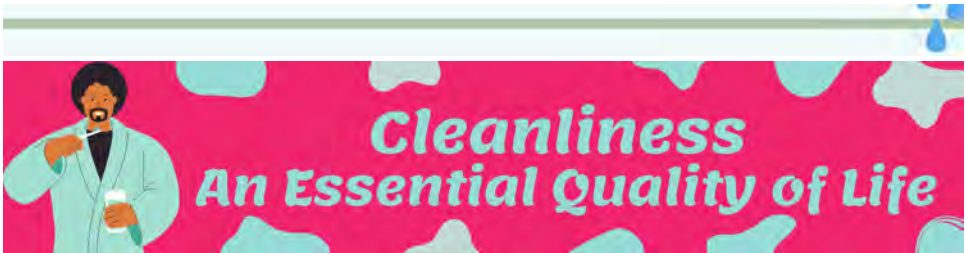
Other Hygiene Practices

- Washing of the private parts after using the toilet
- Combing hair
- Keeping fingernails and toenails clean
- Removal of extra body hair
- Clothes should be kept clean and free from dirt



It was also a Sunnah of the Holy Prophet (sa) to use perfume after bathing.

When Muslims practice good hygiene, they are not only benefited by keeping physically clean, but they become spiritually purified also.



Bintou Trawalley, Age 11, Boston

Cleanliness is an important part of life; the importance of cleanliness should be taught to everyone. You should always be clean before prayer. Also, you must be clean in order to touch the Holy Qur'an that has the words of Allah.

Huzoor (ab) said in his Friday sermon of April 23 2004, "Khuddam should take particular care in maintaining and cleaning the Jama'at buildings... and the standard of cleanliness should be a distinctive feature of our areas. The Promised Messiah (as) said, 'Cleanliness is of fundamental importance in Islam and physical cleanliness is essential just as spiritual purity is essential because physical purity has a tremendous involvement with spiritual purity.'"



Cleanliness is a way of living a happy, healthy life with a clean and tidy nature. Cleanliness is a good habit and reflects the inner beauty of an individual. Cleanliness will also help us to be healthy physically and mentally.

A'ishah (ra) relates that the Holy Prophet (sa), said, **“Brushing the teeth purifies the mouth and pleases Allah.”**

Also, ablution is the way of spiritually cleansing yourself so you can be ready to stand before Allah.

Keep all praying areas clean as that is the place where we prostrate to God Almighty, the most important aspect in our daily lives. Everyone needs to realize that cleanliness is an essential quality of life. In fact, make a habit of cleanliness, it is essential for a healthy body, mind, and soul.



THE IMPORTANCE OF CLEANLINESS



Taha Majid Qureshy, Age 8, Chicago
With assistance from Nauman Zafar Qureshy

“Cleanliness is half of faith” (Sahih Muslim). Islam encourages men, women, and children to keep themselves clean at all times. This habit will help you in your five daily prayers so that you can be ready at all times to offer prayers at their scheduled times. A clean body also purifies the mind and soul. Huzoor (aba) mentioned in his Friday Sermon of April 23, 2004 that the Holy Prophet (sa) disapproved of unkempt hair and shabby appearances. Huzoor (aba) further mentioned the importance of keeping our mosques and other buildings clean. Daily matters like washing one's hands before and after eating and to rinse one's mouth regularly were all endorsed by the Holy Prophet (sa). May Allah help us all follow these instructions.

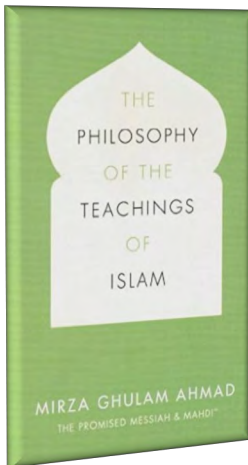
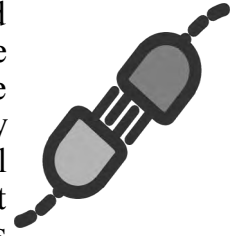




How are our Physical and Spiritual Beings Intertwined?

Mishaim Zafar, Age 14, Boston

If you were to think of a sad memory would you be smiling? No, you would most likely be wearing a sad expression. Similarly, if you're physically unclean then you will be spiritually unclean as well because our physical and spiritual beings are connected. You can't have one without the other. The Promised Messiah (as) stated in his book, *The Philosophy of the Teachings of Islam*, "The movements of the soul follow the movements of the body. If the body is drawn in a particular direction the soul automatically follows it." As you can see, our souls are always mirroring our actions. What we choose to do will affect our body and our soul. For every action there is also a correlating inner quality.



This is very well explained by The Promised Messiah (as), in the same book, he mentioned, "Sometimes a person does not wish to attack one who attacks him and forebears to take action against a wrongdoer, corresponding to which there is a quality which is called forbearance or endurance." The person decided not to harm someone when the person harmed them and that produced an inner quality of forbearance. The person physically decided not to act in a harmful manner which spiritually created a moral quality. Another example from *The Philosophy of the Teachings of Islam* is when it is stated that

"....a person sheds tears through the eyes and corresponding to that action there is an inner quality which is called tenderness..." Once again, a physical action had an inner quality. And just like that, all of our actions have their respective inner trait because our physical and spiritual beings are intertwined.





Cleanliness is part of
our faith and can keep
us safe from **COVID-19!**



Anabia Malik, Age 9, Austin

I am going to wash my hands and take my mask before going outside. I don't want to be infected. Where is it! I can't see it! I should wear my mask now since I can't see it and I am outside, it's too tiny to be seen. Can you guess, what is it? You guessed it right, COVID-19!

Right now, COVID-19 is spreading very fast in the world and we are in a pandemic. It is a virus that is making many people sick. It can't be seen. What can we do to stay safe? First, we can follow the Holy Prophet's (sa) teaching and stay clean. Prophet Muhammad (sa) said, "**Cleanliness is a part of faith**" (Sahih Muslim). We can wash our hands with warm water for at least twenty seconds and take showers regularly. It will help kill the germs. Avoid touching our faces and, just like we are told in school, cover our sneeze and cough with our arm or shirt. Wear a mask when we go outside and when we are around people. Don't stand close to other people and keep a safe distance (six feet apart). Try to stay home. Lastly, we should pray to Allah to keep us and all the people in the world safe and make the virus disappear. Allah is the only one that has this power.



These steps can keep us safe from COVID-19. It is all about our faith and cleanliness. I pray to Allah to keep all of us safe and healthy, Ameen!





THE IMPORTANCE OF STAYING HEALTHY

Aleena Muzaffar, Age 7, Orlando
With assistance from Hinna Muzaffar (mother)

I think exercising and staying healthy is important because it helps you with many things like losing weight and feeling good. When COVID-19 started, I had to do online school, so I was inside my house all day. So, after school, I would go for walks with my mom or my grandmother to get some fresh air and exercise. Sometimes I rode my scooter and sometimes I rode my bike. I enjoy riding my scooter more!

On September 8th, 2019, Hazrat Mirza Masroor Ahmad (aba) addressed Ahmadi youth at the National Ijtima. He said that taking part in sports and doing exercise is important because it enables a person to stay fit, and if a person is physically strong and healthy, he is better able to worship and fulfil the rights of Allah the Almighty.

So, I believe that it is important to stay healthy because it helps you with many things. Especially these days during COVID-19, it is more important to take care of your health and encourage your family to do the same.



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ALWAYS STAY CLEAN



Haniya Manzoor, Age 5, Bay Point
With assistance from Faiza Ahmad (mother)

Before we observe Salat, we make sure to cover ourselves and clean ourselves by performing *Wudu*. We are cleaning our body and our minds before praying to Allah. During the pandemic, we are always covering ourselves and washing our hands. This is to keep us safe from getting sick. Allah told us to cover and stay clean long before COVID-19!



My Experience During COVID-19

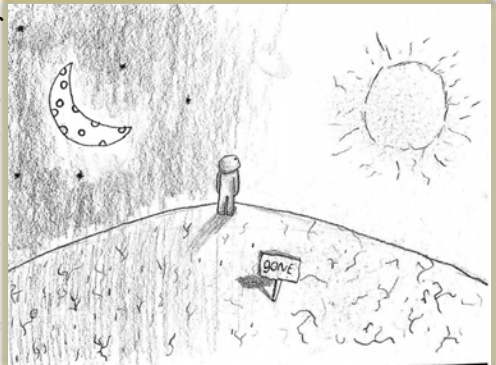
Ibrahim Hameed Qureshi, Age 11, York/Harrisburg

I have often thought of this verse of the Qur'an:

“Surely there is ease after hardship. Aye, surely there is ease after hardship” [Ch. 94, V. 6-7].

This is a picture of my feelings during the pandemic. The sun and moon convey the feeling that the days blend into one another in a monotonous way. I find the days more stressful with virtual school; however, in the evenings I can relax with my family. This and my interest in science has been very positive for me. I pray that those who are sick and struggling are better soon, *In Sha Allah*. I pray that it helps the world to think of important things in life and how we can improve ourselves and come closer to Allah. Allah says in the Holy Qur'an:

“Aye! It is in the remembrance of Allah that hearts can find comfort” [Ch.13, V. 29].



HOW TO STAY SAFE DURING THIS PANDEMIC



Iqra Asghar, Age 11, Willingboro

As we all know, COVID-19 is a virus that has infected people all over the world. So, how do we keep ourselves and others safe from the virus?

One way to stay safe is to wash your hands with water and soap for at least twenty seconds to get rid of germs on your hands. A second way is to wear a mask when outside in public and remain six feet away from others to stop and slow down the spread of the virus. Remember not to touch your face with dirty hands as this could potentially get you sick.



Finally, if you have interacted with anyone who has the virus or if you show symptoms of the virus, stay home and quarantine! This will help keep many others safe from the virus. To find out other ways to stay safe, I suggest you check out the CDC (Centers for Disease Control) COVID-19 guidelines. I hope you all remain safe during these times!



Maryam Omer, Age 10, Miami

There are three ways you can protect yourself and stay healthy during this pandemic: by washing your hands, wearing a mask and staying six feet away from other people.

Washing your hands with soap and water helps you stay safe. By washing your hands after touching random surfaces, you prevent germs and other bacteria from getting into your body to infect you and others. Washing your hands and using hand sanitizer



helps prevent the spread of COVID-19.

Wearing a mask over your nose and mouth also helps prevent the spread of COVID-19. It prevents germs from your mouth when you're talking, coughing or sneezing to transfer to another person. That way, less germs are spread.

Lastly, stay six feet apart from another person, also known as social distancing. You should always practice social distancing when you're out in the public. If you're six feet away from another person, it's harder for COVID-19 to transfer to you or anyone else.

The Holy Prophet (sa) said, **“Cleanliness is half of faith”** (Sahih Muslim). This shows how Islam believes that staying clean and healthy is so important. The Holy Prophet Muhammad (sa) said that one should have a pure mind and heart. We should all follow the example of the Holy Prophet (sa) to stay safe and healthy during the COVID-19 pandemic.



Importance of Cleanliness



Hassan Ahmad Khan, Age 8, North Jersey

Our Holy Prophet Muhammad (sa) said, **“Cleanliness is a part of faith”** (Sahih Muslim). This Hadith teaches me the importance of being clean.

Cleanliness is very important for our life. Cleanliness is not something we should be forced to do; it is a good habit.

All types of cleanliness are very necessary for good health. If we act upon the saying of our beloved Prophet Muhammad (sa), we can save ourselves from many diseases and germs by washing our hands before and after eating.



My Experience During COVID-19



Sheza Nabira Ahmad, Age 10, Maryland

With assistance from mother, Attiya Masroor

My COVID-19 experience has been difficult because we could not go to school or the mosque. Virtual learning affects us in many ways. Sometimes, there is a bad internet connection. It does not feel normal because we are not in person inside the school or mosque. We have to offer our Jum'ah Prayer at home! It is difficult to do homework online because it is on computers. It is hard to do things when you cannot go outside. I have been playing outside, but we have to wear masks and we have to stay a bit away from our friends.



However, I am thankful to Allah that I'm blessed with online school and not left behind in my learning. Allah has provided us with things when we

needed them. One big thing is that we are spending more family time together and making memories. I hope and pray that our world will be free from COVID-19 soon so we can go back to the mosque, school, and visiting family comfortably, *In Sha Allah*.

My Way of Living Healthy

Faran Yahya, Age 5, Queens
(with the help of my mom)

Today I want to share with you my way of living healthy. Before I eat, I say the prayer before eating, “In the name of Allah, and with the blessings of Allah I start eating.” I usually eat homemade meals. Also, I like to eat fruits and vegetables like apples, bananas, mangoes, corn and broccoli.



I drink water and milk instead of juice and soda. I don't eat a lot of candy. Candy is bad for your teeth. I see my dentist once a year.

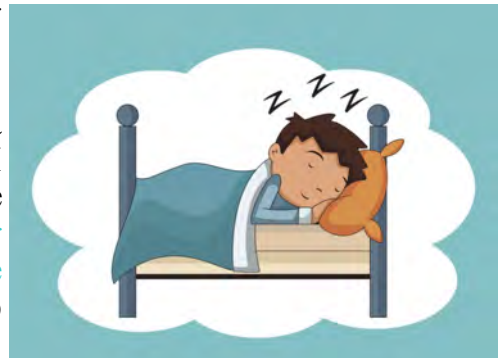


After checking my teeth my dentist says, ‘Good job!’ because my teeth are healthy, *Al-Hamdu Lillah !*

I read Qaida Yassarnal Qur'an every day. It makes me feel calm. My TV and iPad time is short so I get to play outside. Sometimes we go for a bike ride. In summer, we go to the park everyday with my dad. I don't forget to wear

my mask.

I go to bed early at night. Sometimes my mom reads us a bedtime story. Every night I recite the prayer before sleeping, “O Allah, in your name I die (sleep) and I become alive (awake).” It helps me sleep better and see good dreams!





Our Physical and Spiritual Health Need to be Balanced



Aariz Ahmed, Age 10, South Virginia

With assistance from mother, Sara Kanwal

Being healthy is a major part of our life. Islam says that we should balance ourselves through things like eating well and exercising. However, sometimes we get sick, and for that Allah says in the Holy Qur'an:

“And when I am ill, it is He Who restores me to health” [Ch.28, V.81].



Surely, Allah will make us feel better in any possible way, but we also need to care for ourselves too! I try to limit my screen time to maximum one to two hours because, otherwise, we may lose our balance in life. Also, we should help our parents as well when they ask us to do the chores. I try to spend more time outside in the morning. I recently started to run three to four miles almost every day, which is helping my body to grow stronger and become more fit than before, *Al-Hamdu Lillah!*

Having a balanced diet is also important. Last year, we tried to plant fruits and vegetables. Eating home grown natural fruits and vegetables might be slightly better than eating food bought from the grocery store. But now we have a terrible guest...COVID-19! So at least we must balance our meals, exercise and screen time, etc.



As our bodies need food, so does our spiritual health matter too. Offering Salat, reading the Holy Qur'an, doing good deeds for the whole day, helping our family and friends are ways of feeding the soul. If we only care for our physical beings and not our spiritual health, then of course we will not be balanced!

Advice for Staying Healthy During COVID-19



Zoya-Iman Ahmed, Age 11, North Jersey

Last year, we were introduced to a new strand of a virus called COVID-19. At first, it didn't seem like much except now it will be a part of history. As of today, February 6, 2021, at 7:15 PM (EST) there are 106 million cases of COVID-19 all around the world. Sadly, there have been about 2.3 million deaths due to this virus. Today, I will be giving some advice on staying healthy during this virus.

Firstly, wear a mask! Wearing a mask protects others, as well as yourself. It is not a substitute for social distancing. Masks should be worn in addition to staying six feet apart, especially in crowds. They are not necessary



when you are outside and by yourself. If you are outside and near people, then you must wear a mask.

Secondly, you need to practice social distancing. Only go out for necessary chores. Do not go out to parties or gatherings. If you have any of the COVID-19 symptoms then you must quarantine for fourteen days. Also, you should avoid gatherings if you feel any of the symptoms of COVID-19.

Lastly, wash your hands. Once you have come home from outside, it is recommended that you wash your hands for at least twenty seconds. You need to wash your hands before touching your face, after leaving a public place, after blowing your nose, coughing, or sneezing.

This is what I believe you should do to stay healthy during the pandemic. May Allah keep us all safe and healthy, Ameen.





Changes: The Good and Bad of The Pandemic

Amatul Aala Mirza, Age 13, Binghamton

Over the past year, the whole world was presented with one of the most unprecedented and astonishing happenings of our generation; something that only occurs once a century: a pandemic.



From our social lives, to our occupations and education, to our religious practices and everyday errands, COVID-19 changed *everything*. The majority of us probably don't even remember the last time we could go out without wearing masks, or the last day before the big shut down. And in no way

was this change easy for any of us.

Unfortunately, people lost so much; their jobs, homes, and even their lives. I'm able to say that my loved ones and I haven't faced those particular hardships, *Al-Hamdu Lillah*, and I thank Allah every day for such a blessing.

As all of us have been faced with the greatest test of our time, a lot of the younger generation have had so much pressure and stress poured on top of them as well. With the multitudes of change that took place over the last year, we lost a lot of people whom we had emotional connections with, and thought would be with us for a long time to come; whether that be a loved one you may have physically lost due to COVID-19 itself, or that being someone you 'lost' because of the lack of interaction from all the closings.

It's a very unfortunate occurrence in both situations, as they both cause us substantial pain and are hard to move along from. But we have to remember that even through all of the change, Allah was and always will be by our side. His presence, His love and His guidance shall be with us through thick and thin. We have to remember that Allah is always going to be our greatest companion, forevermore.

Moving on from the grim, we should also take into consideration the good that came from this substantial period of time. Through the

refashioning of our ‘normal’, we as a society became more mature versions of ourselves. We are more cautious of how our actions have consequences not only to ourselves, but to others also. For example, everyone wearing masks and social distancing has a positive effect towards shortening the length of the pandemic.

We also spent more time with our family, and grew closer to our parents, siblings and grandparents. Personally, during this time, I became very close to my cousins and got to know them in a way I didn’t know them before, and I’m very thankful for the time I spent with them and the memories I made with them that we shall share for the rest of our lives.

And most importantly, the interlude in our lives gives us the time to get closer to Allah, and to become even more steadfast in our faith towards Him. May Allah give us the strength to push through the pandemic with peace, health, and optimism, Ameen.



Anusha Khan, Age 13, Detroit

It is extremely important for kids of all ages to lead a healthy lifestyle, including eating nutritious meals as well as getting plenty of exercise and enough sleep every day. These positive health habits will help children all around the world grow strong and healthy. Children who learn healthy eating and exercise habits during their childhood will have a much easier time keeping up with a healthy lifestyle through adulthood than individuals who try to make a change later in their life. This is why having a healthy lifestyle is very important.





BEST ADVICE FOR STAYING HEALTHY IN THE COVID-19 PANDEMIC

Malaika Khan, Age 11, North Jersey

There are many good ideas to stay healthy during a pandemic. One piece of advice for staying healthy in this situation is that we should perform *Wudu* often. We can also use antiviral soap during our *Wudu*. We should use warm water and rub our hands for at least twenty seconds between our fingers and under our fingernails.

Our Holy Prophet Muhammad (sa) said, **“The key to paradise is Salat and the key to Salat is *Wudu*”** (Musnad Ahmad).

The benefit of being clean at all times helps us stay healthy in the pandemic and we are able to remember

Allah all the time. So, if we act upon the sayings of our Holy Prophet Muhammad (sa), we can remain protected during this pandemic, *In Sha Allah*, and we can also get closer to our Almighty Allah.



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Ways to Live a Healthy Life

Haniya Nudrat / Age 12 / Virginia Central

Healthy living is important. There are many ways to live a healthy life such as eating healthy foods like fruits, vegetables, whole grains, low-fat milk, lean meats, poultry, fish, beans, eggs, and nuts. You should eat food that is low in saturated fats, trans fats, and added sugars. Also make sure to stay within your daily calorie needs.



Exercise daily for a minimum of half an hour of physical activity such as walking, gardening, or a more intense activity such as jogging, aerobic exercise, and jumping rope.

School age children need at least eight to nine hours of sleep a night. If you want to go to sleep quickly, try to relax your entire body. Drop your shoulders to release the tension and let your hands drop to the side of your body. Exhale to start relaxing your body. Close your eyes and clear your mind and imagine a relaxing scene.



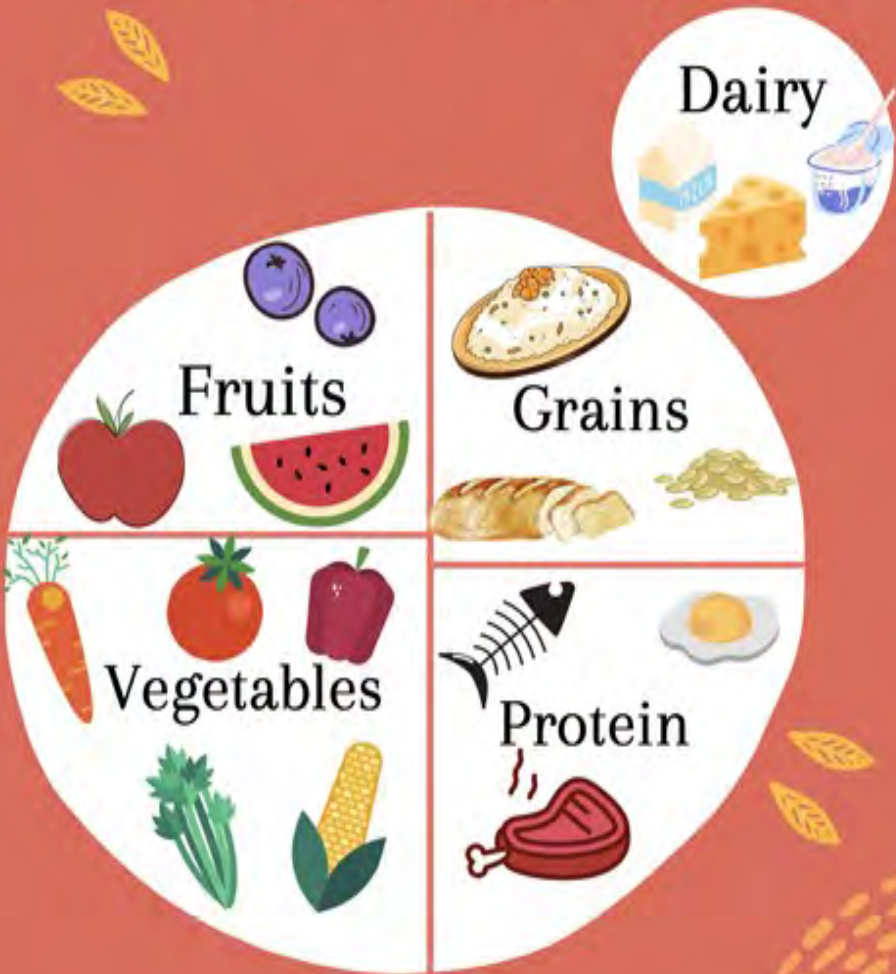
Socialization with friends and family does not feel important, but science has shown that socialization is important for your health. Being isolated can end up damaging your health and the effects of social isolation can cancel out any other healthy activities you are doing.

These are some ways to live a healthy life. I hope these ideas will urge you to live a long, healthy life, *In Sha Allah!*



HOW YOUR PLATE SHOULD LOOK LIKE

BY: AYATT BAJWA
AGE 9 QUEENS, NY

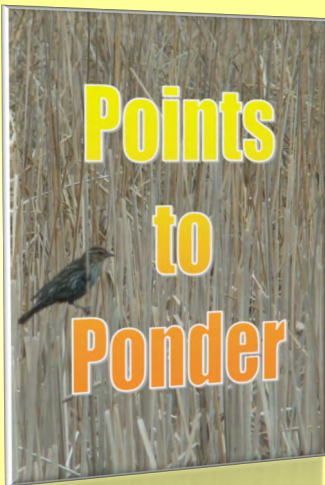
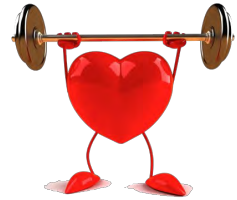


Healthy living

Atiya tul Subooh / Age 13/ Virginia Central



Healthy living includes staying clean such as taking a shower every day. An individual's cleanliness applies to all parts of the body. Keep your hands clean by washing them before and after eating food. Eat healthy food that meets your nutritional requirements. Eating healthy can greatly lower your chances of getting heart disease and other health problems. To stay healthy, exercise for at least thirty minutes every day. Exercising can help with weight loss and muscle growth. Sleeping early is also part of healthy living. One needs to have at least eight or nine hours of sleep every day.



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Why we should eat healthy?

Hafsa Khan/ Age 13/ Detroit

Being healthy is a good thing for everyone. When we eat good food like vegetables and fruit we sleep well and in the morning we are energized. We can concentrate more on work and get it done more easily. Healthy food helps our body and brain. Healthy eating is essential for memory, mood and focus. It is said that, “The brain uses more than twenty percent of our caloric needs.”



Healthy Food Choices

Manal Ahmad/ Age 7/ Virginia Central

Our Holy Prophet (sa) says that simple eating is best for us. I think simple eating is healthy, and healthy food is the best way for us to stay healthy. I have a list of some nutritious foods: dates, fruits, yogurt, vegetables, and dal.



- When we are about to eat, say “*Bismillah*,” which means “I begin in the name of Allah.” By saying this, we are remembering Allah and asking Him to bless our food.
- Wash our hands before and after eating.
- Drink a lot of water and do not overeat.

We should eat healthily because we need to keep our bodies strong. The Holy Prophet (sa) said, “**In all things, moderation is best**” (Muslim). Moderation means do not do too much of anything. So, we need to listen to our Holy Prophet (sa) and apply this to our eating. We can also enjoy saying Salat more if our stomach is not too full.



Healthy Living

Ruhaab Fatima / Age 12/ Los Angeles



COVID-19 started spreading in December 2019 and turned into a pandemic by March 2020. The Ka‘bah has been closed for a long time. Mosques were also closed and people were asked to stay home. The question is how can we stay healthy and safe during pandemics? Well, in order to stay safe, you must follow the guidelines. Wear a mask, stay at least six feet apart, and wash your hands

more often.

The Holy Prophet (sa) said, ‘**Cleanness is half of faith**’ (Sahih Muslim). While mosques are closed, we must observe prayer in our homes. We clean ourselves by performing *Wudu* to offer Prayer five times a day. It is important to seek Allah’s help and pray for a healthy life.



Eating healthy and exercising daily help keep our bodies strong. One should cut down on junk food and sugary drinks. Eating fresh fruits and drinking lots of water is a healthy choice. Walking or cycling every day and taking time off from looking at screens allows our brain to be well rested. It is helpful to have a schedule of activities and get at least eight to nine hours of sleep every night for healthy living.



Raheen Abbasi/ Age 15/ Virginia Central

Islam tells us to always be moderate and follow the middle path. Islam encourages us not to go to extremes. To have a balanced lifestyle that caters to a balance of spiritual and material needs, we must observe our five daily prayers, recite the Holy Qur'an daily and adhere to the instructions of our beloved Imam. To become the best versions of ourselves, we need to hone our personal and spiritual lifestyle. To help achieve this goal, God has provided us with a variety of resources.



A balanced diet is an integral part of a healthy lifestyle. The seven components to diet are: carbohydrates, protein, fats, vitamins, minerals, fiber and water. Islam's guidance encourages us to consume foods that benefit our development of physical and spiritual health. Adopting a balanced lifestyle is important because it has a long-term effect on our health and well being.

Dos	Don'ts
Choose more fresh vegetables and fruits.	Eating too much junk food like fries and pizza.
Choose foods rich in dietary fibers like whole wheat cereal products.	Eating high-sugar foods such as candies and soft drinks.
Drink at least eight glasses of water daily.	Eating too much before going to bed.
Fitness such as yoga.	Allow gadgets to replace human interactions.

My Experience with COVID-19 Restrictions

Zainab Chaudhry/ Age 14/ Los Angeles



Since last March, people all around the world have been living in and out of lockdown. In California, lockdown has been in effect most of the time. For me it's was hard at first because, I would sit around doing nothing or being bored. Then I started doing lots of other things that I enjoyed doing before quarantine.

In the beginning I was painting pictures and giving or selling them to my relatives. I also started listening to podcasts and coloring in coloring books, which is very relaxing. Another thing I did was to create a TV show. I had my brothers and my cousins in it and I wrote, recorded, and edited it and my family watched it! The TV show was about friends who go on vacation and stay in a nice house. While they are there they get notes about a treasure hidden in the house.

Lately I have had school, so homework has been keeping me busy, but tennis has also started. Every Tuesday and Thursday, they check my temperature and I answer some questions and then we do tennis conditioning, which is basically running and leg workout drills. It's tiring, but good.



Throughout quarantine I've learned that it's important to keep yourself busy, workout, and get some sun and fresh air to stay healthy.

Be a Clean, Healthy, and Happy Citizen

Noreen Elahi/ Age 11/ Research Triangle

Cleanliness is the state or quality of being free from dirt, being unsoiled, or being unstained. Allah says in the Holy Qur'an:

“Allah desires not that He should place you in a difficulty, but He desires to purify you and to complete His favor upon you, so that you may be grateful” [Ch.5, V.7].

Allah says that we should keep our body and our soul clean. Also the Holy Prophet Muhammad (sa) said to his companions, **“Cleanliness is a half of faith”** (Sahih Muslim). Prophet Muhammad (sa) encouraged *Wudu* and told his followers, **“Those who completed a perfect *Wudu* will be identifiable by the light shining from areas washed in *Wudu*”** (Bukhari).

The Holy Prophet (sa) told us to be clean as much as we are able. As a Muslim girl, I realize that doing *Wudu* makes your body clean. When I wake up in the morning, I first wash my face. I always wear clean clothes when I pray. Always shower and always wear clean clothes! Cleanliness is very important for us; it is our duty to keep our surroundings clean. If we clean our surroundings we can stand as an example to others who can also follow us. Allah

says in the Holy Qur'an:

“Allah loves those who turn to Him and He loves those who keep themselves clean” [Ch.2, V.223].



A habit of cleanliness is that you have to make your own house clean and tell your friends about cleanliness so they can also make their house clean. Cleanliness helps you get out of bad habits.



Best advice for staying healthy in COVID-19

Hirra Khan / Age 8 / Los Angeles



Ever since this pandemic hit, people around the world had to take precautions such as staying six feet apart and wearing a mask. We should also wash our hands frequently. In this article, I will suggest other ways to stay healthy. In the Holy Qur'an, Allah commands us to eat lawful and pure food. To stay healthy, we should eat fruits, vegetables, drink lots of water,

and exercise.

Our beloved Huzoor (aba) has also encouraged us to do outdoor activities such as walking and other sports. The Promised Messiah (as) worked a lot to maintain his health and to keep his body very active. He was very fond of walking. This habit of walking remained until the end of his life. When he was sixty years old he used to go out for fresh air. He would walk four to five miles, even up to seven miles. So my dear readers, we all should eat healthy, stay active, and always follow the advice of our beloved Huzoor (aba).



Cleanliness - Solution for COVID 19

Sabeeka Ahmad/ Age 9/ Austin

Clean your hands often.

Lead others by setting a good example.

Eat healthy to build a strong immune system.

Always wear a mask in a public place.

No get-togethers!

Lower your chances of getting COVID-19 by getting vaccinated.

Increase your immunity by getting enough sleep.

No visits to crowded places!

Exercise regularly to have a strong, healthy body.

Sanitize your environment often.

Social distance all the time.



5 Healthy Habits for Kids

By: Laiba Bajwa
13 Queens, NY



Spend at least an hour a day being active

Don't spend more than 2 hours a day watching TV or playing video games

Snack on healthy foods not junk food



Drink at least 2 bottle of water a day instead of soda



Eat at least a total of 5 vegetables and fruits a day



The Truth about Apples

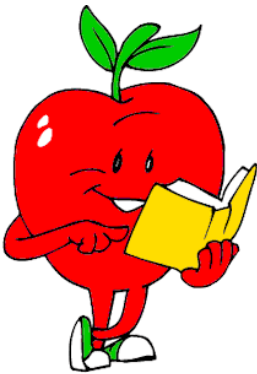


Maryam Ahmed / Age 10 / Research Triangle

Did you know that apples are more effective than coffee for waking you up in the morning? This is because even though apples contain no caffeine, instead they have about thirteen grams of natural sugar. These sugars provoke a similar response to caffeine because vitamins from the apple are released slowly throughout the body, making you feel more awake. Unlike caffeine, there are no jolts, mood swings, anxiety, jitters or the dreaded crash. This article is about apples and their advantages and disadvantages.



Apples at the store often have a cover of wax on them. This makes the apples shiny and last longer. One good way to get rid of the wax is to wash it under lukewarm water with a fruit scrub. Apples are around 86% water and also contain vitamin C and various antioxidants. Unfortunately, apple seeds have harmful substances like cyanide. Make sure you skip the seeds. Apples may lower high cholesterol and blood pressure. An apple a day may keep the doctor away, but not the dentist. Believe it or not, eating an apple a day can actually affect your teeth and cause erosion because they contain high levels of acidity. Don't forget to brush your teeth after eating apples!



Eating an apple with skin has many benefits. One being it contains 332% more vitamin K, 142% more vitamin A, 115% more vitamin C, 20% more calcium and up to 19% more potassium than a peeled apple. Apples can float in water because 25% of their volume is air. You should eat two to four servings of apples per day. Allah has made delicious fruits for our health benefits.

Spirituality Improves Physical & Mental Health

Sakina Yousef / Age 14 / L.A Riverside

“We are saved by faith alone, but the faith that saves is never alone” (Martin Luther).

Spirituality asks the question,

“Do we have a purpose?”

and God has the answer. This satisfaction could lead to a boost of mental and spiritual health. When dealing with declining mental health, people who believe in religion and spirituality use coping styles according to their faith. Muslims seek guidance from Allah during hard times. We either pray to Allah – using many different ways or read the Holy Qur’an. Spirituality may also help us improve our relationships, possibly bringing happiness. However, spirituality alone cannot cure major mental disorders such as Depression, Anxiety and PTSD.



Spirituality can help people cope with stress, which may have several dangerous symptoms such as depression, high blood pressure, chest pain, rapid heartbeat. Spirituality may guide a person through a loved one's death, losing a job, and many other different challenging situations.

Islam & Mental Health

Samrah Azam / Age 12 / Research Triangle

What is mental health exactly? Mental health is someone's psychological condition and emotional well-being. Things that can affect mental health include:

- Family history
- Life experiences
- Environment during pregnancy
- Unhealthy patterns of thinking



If your mental health gets very bad, it can lead to a mental health disorder like an anxiety disorder or mood disorder. An anxiety disorder is a constant worry or fear that is strong enough to interfere with a person's daily life. Most people with an anxiety disorder experience trembling, trouble concentrating or thinking about anything other than the present worry, and insomnia.

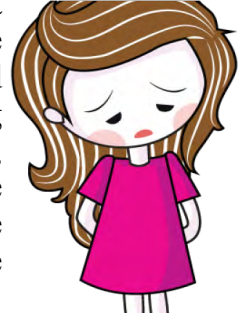
Anxiety disorders can also occur with a mood disorder or vice versa. A mood disorder affects a person's mood and makes it inconsistent based on circumstances, and it also interferes with daily life. A very common mood disorder in USA is depression, which can make a person lose interest in something they would normally be interested in, have suicidal thoughts or behaviors, and/or keep a person in a persistently sad or 'empty mood.'

If you think you, or a friend, or family member might have an anxiety disorder or a mood disorder, you should look for these symptoms, but do not self-diagnose! Always see a professional for a diagnosis. Some treatments for both of these disorders include counseling (psychotherapy/talk therapy) and medications. These



are essential for people with more severe mental and emotional disorders. In the same way, people who have a physical illness see a Doctor and take medicines for it.

However, apart from getting the help that is needed through counseling and or medication, Allah also gives the following guidance that can improve



our mental health. In the Holy Qur'an Allah says:

“It is in the remembrance of Allah that hearts can find comfort” [Ch.13, V.29].

Allah is telling us that if we remember Him and pray to Him then He will help take away our bad thoughts, which can help people who struggle with their mental health. Allah also says in the Holy Qur'an:

“If you are grateful, I will, surely, bestow more favors on you...” [Ch.14, V.8].

If we are grateful for what Allah has given us and remember Him, He will help us in more ways than one. Having a strong connection with Allah can really help with mental health because it gives us peace of mind and heart.



Maintaining my mental health amid COVID-19

Zara Laiq / Age 11 / Virginia Central

One day I was sitting at home
Scrolling through pictures on my phone
I saw a notification pop on top of my screen
I looked at it and saw that it was titled COVID
nineteen.



I clicked on the news app to see what it was
And I saw a man in a hospital bed surrounded
by people he loves
Only the people standing there were unlike anything I've ever
seen



They didn't look scary or even mean
But they were wearing a piece of cloth around their
mouth and nose
Just like how we wear shoes on our toes
A few weeks passed and this virus was everywhere
in the news
We had to wear a mask whenever we went out and it
gave us all the blues

Our mosque, some stores, and schools
shut down
Whenever we drove outside there was
silence in the town
Our schools and mosque events switched
to zoom



Besides our family, technology was our only source of
interaction in the room
Despite the gloomy situations it's up to us to find the light
What this virus is doing is just not right

We can surely think of something positive to do
We offer all our prayers with our family and so do you
More people can come to events and our classes for Nasirat
We can learn so many new things being taught
We can explore more hobbies and interests such as reading or
playing the flute
We can build up our health and eat some
vegetables and fruit
This situation is not desirable for any of us
But just because we didn't ask for this, there's
no need to create a fuss
If we work together, wear a mask and listen to the restrictions
made for our benefit
Then this virus will soon have to quit
May all of us stay in good health while we wait for a vaccine,
Ameen.



Salmana Bajwa / Age 12/ Virginia Central



Healthy living refers to eating healthy, but also taking care of your mental state. In this difficult time during COVID-19, having to go to online school and staying at home almost all the time makes healthy living more difficult. Being stuck alone at home makes us gravitate towards laziness and eating out of boredom, both of which are not healthy. We need to be taking care of ourselves and set aside time to read a book or simply take a walk outside to clear our heads. Now I know that it is hard to go outside and simply take a breather, but it is very beneficial. So let's relax and enjoy the beautiful sunlight outside.



Four Tips to a Healthier Lifestyle

Mahrosh Khan / Age 12 / Research Triangle

Do you wonder if there's more you can do to keep yourself healthy during this global pandemic or just in general? You've already been social distancing. Wearing a mask while outside has become normal and you're already washing your hands regularly. But there are many more things we can do to build our immunity, keep healthy, and feel good overall on a daily basis. In this article, you'll read about different ways to do just that!

One way you can keep yourself healthy is by eating plenty of fruits and vegetables. Now I know you've probably heard this often, but of course it's very important and there's more to it. In the Holy Qur'an, Allah says:

“And eat of that which Allah has provided for you of what is lawful and good. And fear Allah in Whom you believe” [Ch.5, V.89].



The average person should strive to eat three to nine servings of fruits and vegetables per day! I know that sounds like a lot, but don't stop reading! There are ways to work them into your routine. For example, you can mix them into foods you like. This way, it's a win-win for you and your anatomy. You can also try different fruits and vegetables each day to give yourself some variety. And if all else fails, try a few servings each day and slowly increase the amount.

Another way to be healthy is to exercise frequently. This can cover a variety of activities, from passing around a soccer ball to riding your bike to playing 'capture the flag,' as long as it's safe to

do so! You simply need to get into the habit of doing it often. You can do this by setting a time in the day when you can dedicate yourself to simply exercising. Similar to eating fruits and vegetables, you can start exercising for a shorter time and then slowly increase. Find things you like to do! Make sure you don't push yourself into doing something that may hurt you. Your muscles can become fatigued if you're not careful. Mix it up, keep variety in the exercises you do! For example, you could bike one day, go on a walk the next, then play an outdoor game with a family member, and so on.



Get a sufficient amount of sleep! The Holy Qur'an states:

“He it is Who has made for you the night dark that you may rest therein...” [Ch.10, V.68].

Young children and teenagers need eight to eleven hours of sleep each night, and adults need seven to eight hours of sleep. However, it's one thing to sleep for a certain amount of time and another thing to sleep at a certain time. As children, we need to get to sleep early. We often get into the habit of sleeping so late at night and it can ruin our schedule during the day. If you don't get enough sleep regularly, it can weaken your immune system and make it harder for your brain to work. It can make you more vulnerable to illnesses and is overall unhealthy.



This last tip is just as important as the rest, but a little harder to maintain: try to reduce the amount of stress you put on yourself. Actually, if you follow the steps above, they all can help to decrease stress. You can also talk to others and take a break when you need. Taking a break is sometimes hard to do because you want to get the work done as quickly as possible, but sometimes you have to divert your attention to something else, even if it's only for five minutes, to get a better grip at what you're doing. Recognize when you need help and keep yourself organized! Do you have a bunch of things you need to do?



Take two minutes to write down a list of reminders so that you don't forget to do them. Taking time to do this can avoid a lot of stress. Most importantly, remembering Allah is a source of comfort, as the Holy Qur'an says:

“Aye! it is in the remembrance of Allah that hearts can find comfort” [Ch.13, V.29].



You've reached the end of the article! Hopefully this helped give you some tips and takeaways. However, remember in the end to do whatever works for you, that makes you not only feel good, but comfortable. Until next time! Allah Hafiz!

Cleanliness

Sabeeka Ahmad / Age 9 / Austin



Islam is a universal religion that has a solution for everybody and for every problem. Holy Prophet Muhammad (sa) said, **“Cleanliness is half of faith”** (Sahih Muslim). If we follow this teaching of our beloved Prophet (sa), it will help protect us from COVID-19.

Keeping ourselves and our environment clean, washing our hands often with soap for twenty seconds, sanitizing things that have been touched by others, and wearing face coverings can help us stay safe. If we all practice these basic rules of cleanliness, we will get rid of COVID-19 soon, *In Sha Allah*.



The Importance of Cleanliness

Hareem Bilal / Age 8 / Virginia Central



Cleanliness is an important factor of life. Every morning you must clean your teeth and wash your face, hands, and feet to stay healthy and lead life peacefully. Your personal hygiene is related to public hygiene. We should never compromise with cleanliness. It is as necessary as food and water for us.

A famous proverb says, ‘**Cleanliness is next to Godliness.**’ We can divide cleanliness into various types such as cleanliness of clothes, streets houses and so on. Cleanliness is a habit which is very necessary for all of us. Cleanliness is the

habit of maintaining our body, home, and surroundings neat and clean. It is an essential quality required to live a healthy life. Cleanliness increases self-respect, self-confidence, respect, morality, mental and physical health, and academic performance. It shows discipline and punctuality and helps achieve goals and accomplishment.



Covid-19

Shafia Jawaid / Age 15 / North Jersey

Although it seems like a hard task,
Do not forget to wear a mask

Yes, you've got to wash your hands
No, you can't go out with friends

Please try to stay inside
But still, there is no need to hide

Call your family, or friends or more
Talk to all those you adore

If you go out, stay 6 feet apart
Just keep your distance, don't take it to heart

Hand sanitizer can be used too
Don't get too close, achoo!

During this pandemic, COVID-19
Just remember, it's important to stay clean.



Healthy Food Choices During COVID-19

Dania Mansoor / Age 9 / Los Angeles

Allah says in the Holy Qur'an:

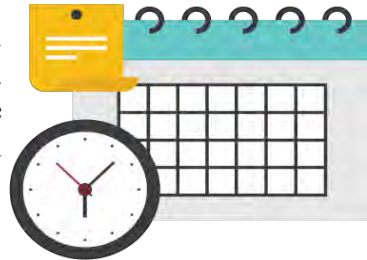
“He has made unlawful to you only that which dies of itself, and blood and the flesh of swine, and that on which the name of any other than Allah has been invoked....” [Ch.2, V.174].

The food choices you pick, especially during the COVID-19 pandemic, are important. Some healthy food choices include eating fruits every day, like apples and bananas. Eating fruits will make your bones strong. Also try to drink more water.



One may ask, what should you avoid eating to stay healthy? Avoid drinking too much soda or other sugary drinks. Also, don't eat junk food every day, especially not in the morning! Instead, eat chips and chocolate only occasionally.

One may also ask, when should you eat? You can have your own schedule. Eat healthy things in the morning, to give you energy. I prefer to eat healthy food every day.



Foods Mentioned in the Holy Quran

Tanzeela Akbar/ Age 13/ Research Triangle
Abeeha Hareem/Age 10/ Research Triangle

Allah has given us so many foods to eat and each has so many different benefits for us. Some foods are so beneficial for our health that Allah has mentioned them in the Holy Qur'an. Do you know how many types of foods are mentioned in the Holy Qur'an?



In the Holy Qur'an, Allah says:

“And surely in the cattle too there is a lesson for you. We give you to drink of what is in their bellies, from betwixt the feces and the blood, milk pure and pleasant for those who drink it” [Ch.16, V.67].

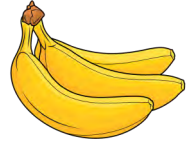
“Then eat of every kind of fruit, and follow the ways of thy Lord that have been made easy for thee.” [Ch.16, V.70].

Here are some of the most beneficial foods mentioned in the Holy Qur'an:

- Olives are really high in vitamin C. Our body needs vitamin C to form blood vessels, cartilage, muscles and collagen in bones.
- Honey is known to have antioxidants. Antioxidants like vitamin C and E remove substances that damage our body. Honey is a cure for so many diseases.
- Dates are high in fiber. Fiber is best known to prevent constipation.



- Drinking water helps maintain the balance of body fluids. Your body is composed of 60% water.
- Milk has calcium, which helps our bones grow stronger.
- Grapes are high in antioxidants that help prevent your body from getting diseases.
- Pomegranates are a rich source of antioxidants.
- Bananas are rich in potassium. Potassium plays a role in every heartbeat of yours.
- Figs have fiber. Fiber can help lower cholesterol and control blood sugar levels within your body.
- Lentils are nutritious, low in calories and high in fiber.



Usman Ahmad Malik / Age 9 / Virginia Central

Do you want to be healthy? Do you want to live long? One of the best ways to do this is to stay fit and eat healthy! There are many ways to do this:

1. Take a nice run outside. This will make your leg muscles stronger and improve your mood.
2. Lift weights. This will make you stronger, but don't lift weights that are too heavy for you!
3. Go for a scooter ride. This can improve your mood, and it is a great form of exercise.
4. Run on a treadmill. This is very good for your muscles and your heart, but only do this if you are an adult!
5. Finally, eat wholesome foods and stay away from too much junk food and fast food! Yeah, hard things to do, but worth the effort!



As Muslims, we should know that taking care of our bodies is a part of faith! Allah says in the Holy Qur'an:

“Surely, We have created man in the best make” [Ch.95, V.5].

Basically, here Allah is saying that He made us in the best possible way. We have all the parts we need to function properly in life. Our health and our bodies are a gift from Allah, and we should take care of it. Prophet Muhammad (sa) said,



“There are two gifts which many men are unmindful about; good health and leisure” (Bukhari).

The Holy Prophet (sa) also encouraged Muslims to pray for good health. In one tradition he said,

“Ask Allah for forgiveness and health” (Tirmidhi).

In another Hadith, he (sa) is reported to have said,

“No supplication is more pleasing to Allah than a request for good health” (Tirmidhi).

From these traditions, it is seen that good health is a great gift from Allah. One should appreciate health, value it and refrain from doing or eating anything that can destroy a healthy body.



So, my dear readers, make sure you eat healthy and make sure movement and exercise are a regular part of your day! May

Allah keep you all healthy, safe and happy and make you all grow into healthy and good Ahmadi Muslims with healthy minds and bodies, Ameen!



Healthy Living

Mahnour Khan/ Age 12/ Virginia Central

“O ye who believe! eat of the good things We have provided for you, and render thanks to Allah, if it is He Whom you worship” [The Holy Qur’an Ch.2, V.173].

A healthy lifestyle is an essential part of our lives because our life expectancy often depends on our lifestyle. There are a few critical components that make up a healthy lifestyle:

- A balanced diet
- Exercise
- Regular sleep
- Water intake
- Limited Technology use



A balanced diet is vital to healthy living because you are what you eat. For balanced eating: half of your plate should be vegetables and you should eat at least three fruit servings a day. A quarter of your plate should be carbohydrates, for example, pasta, rice, potatoes, etc. Another quarter of your plate should be lean proteins such as meat, fish, chicken, tofu, etc.

Exercise is another significant part of our lives that helps us get rid of stress. It keeps your body healthy and burns extra calories.

Sleep is crucial because when we sleep, our mind and body rest from the long day of work. Sleeping early is also essential, so you can wake up early and get more done throughout the day.

The amount of water you drink in a day is very important. Not drinking enough water can cause many health issues like headaches, muscle cramps, constipation, etc. Drinking at least

eight cups of water a day is recommended.

Another significant element these days is that use of technology must be balanced because excess use can bring stress into our lives. Technology helps us feel connected but at the same time too much virtual connections can take away the peace of our lives.



Therefore, a balanced life is a treasure and one can only attain balance in remembering Allah and keeping a check on all these essential components of life. In the Holy Qur'an, Allah says:

"...Aye! it is in the remembrance of Allah that hearts can find comfort" [Ch13, V.29].



Komal A. Iqbal / Age 12 / Virginia Central

We know how hard it is to live through this pandemic, but you can do your best to avoid getting sick if you know how to be safe and healthy. First, keep washing your hands. Not just before and after meals, but more often. Second, don't rub your eyes or put your hands near your face if they are not washed. Third, refrain from going outside unless it is of the utmost importance. Then wear a mask to go outside and don't touch any unnecessary objects. Fourth, if you need to meet someone (don't meet a lot of people) make sure you both test negative for COVID-19.



If you get any symptoms of COVID, quarantine at home to avoid spreading it. Eat healthy! It is important to realize that Muslims are blessed as we cleanse ourselves physically and spiritually by performing ablution and praying five times a day, that also keeps us away from many illnesses.

Healthy Tips

Munazzah Munawwar, Age 9, Queens

As Ahmadi Muslims we should not waste our precious time. Here are some tips for being healthy:

1. Get up early in the morning before sunrise so that we can offer our Fajr Prayer and recite the Holy Qur'an.
2. Go outside and watch the sunrise and enjoy a morning walk.
3. Gardening and keeping our house clean is a healthy activity too.
4. Playing sports with friends and family is another healthy activity.
5. Helping our mother prepare food is good for us.





Tamseela Mumtaz/Age 10/Virginia Central

The Holy Prophet Muhammad (sa) said, “**Cleanliness is half of faith**” (Sahih Muslim).

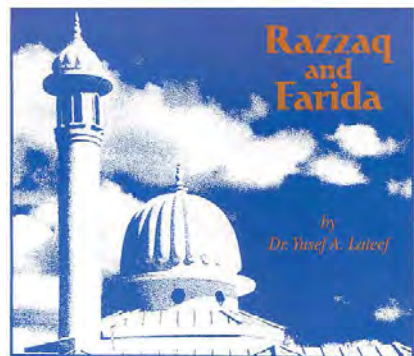
- 1) Cleanliness is important for physical and spiritual well-being.
- 2) Taking a bath, cutting nails, brushing teeth and wearing clean clothes are necessary for physical cleanliness. If we do not do these things for a long time that means, we are not clean.
- 3) In the same way, we can be spiritually clean by saying our five daily prayers, speaking the truth, helping others and taking care of animals. If we are not doing these things that means, we are not making any effort for maintaining our spiritual cleanliness.

Razzaq and Farida

A story for children by
Dr. Yusef A. Lateef.

Send \$1.50 per copy and your
mailing address to Bookstore,

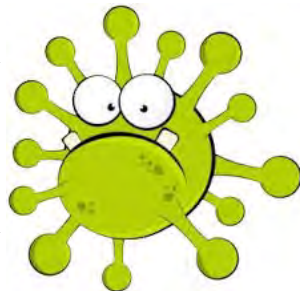
15000 Good Hope Rd,
Silver Spring, MD 20905.



Covid-19 Tips

Amtul Noor Ridaa /Age 14/Los Angeles

This virus has taken a huge toll on everyone's lives around the world. People had to start doing school and work at home. We couldn't go to the mosque either. We had to start taking extra precautions and doing things like wearing masks whenever we went out, and social distancing whenever we saw someone. We have all had drawbacks because of this pandemic. So I am going to share some tips that I have found helpful during this dreadful time.



We should always follow the advice given by our local authorities, including washing our hands. Even if you have not been outside at all, make sure to wash your hands numerous times during the day. Washing your hands with warm water for twenty seconds can also help a lot when you have flu or a cold. We also have an advantage here, since we do *Wudu!*



We should make sure to take the medicine that Huzoor (aba) prescribed for this time during COVID-19. We should wear masks whenever we step outside and always keep social distance. Apply hand sanitizer after you touch something that does not belong to you. Right

now is a special time to write letters to Huzoor (aba). Pray that we can see our friends again and go to school or work again, and especially go back to the masjid! Spend our time watching the Friday Sermons and MTA.





HEALTHY LIVING

Arshia Sulaiman / Age 7 / Virginia Central

It is very important to occupy yourself during this time at home. Since you cannot go out as often, there are still many things you can do in your own home! You could spend time with your family and siblings by playing board games, watching good movies, documentaries and TV shows together and even playing mind games. Online school can also be very rough, but you should try to make the best of it.



You could create a desk space to do your school work and design it with all the fun things you like! You can add things like white boards, fun pencils or stickers.



No one is having much fun right now, but we can find a way to look on the bright side and make the best of things. It may be hard, but remember to pray in this moment and it will be over sooner than you know, *In Sha Allah*.



Sheherbano Makhdum/Age 9/Virginia Central

We all know healthy living is very important for us. It is not good to eat so much junk food. We must eat healthy foods and fruits like apples and bananas. We must also exercise every day. We should sleep early so we can wake up nice and fresh to offer our Fajr prayers. Take a bath daily. Wash your hands regularly because then we may avoid getting sick. And play a sport like football, soccer or tennis. Brush your teeth every morning and night, so you avoid cavities. This is a healthy lifestyle for us.

In these tough times where we all are vulnerable to COVID -19, we can take this opportunity to seize the chance of reflecting on ourselves and pay attention to our physical and mental hygiene. My article will tell you about physical as well as spiritual hygiene and why it is important to practice both.

Physical hygiene:

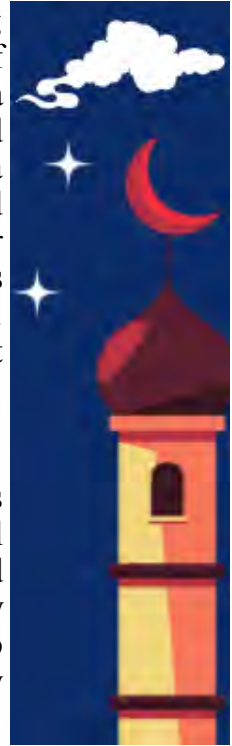
Physical hygiene is how you take care of your physical self. This includes bathing, brushing your teeth, and so on. Not only should you do these practices regularly, but you should also make them a daily habit. Some practices are things you must do at specific times of the day. For instance, brush your teeth after you wake up and before you sleep.



It is also important to have a routine. During the night and morning, make a specific order of events to go through. This helps you keep a schedule and become more organized and focused to start the day. For example, Mary goes through a routine every day. She feels ready for the day and she also is able to focus well. Jax, on the other hand, does not like making a routine and he opens his laptop to start working soon after he wakes up. The result is that he cannot focus. He also does not feel very good (in terms of mood).

Do you see the difference?

Looking good, feeling good is a phrase that refers to something that occurs in real life. You can feel tired in the morning and then take a shower and feel fresh. Fast forward and you are completely ready to take on the day. In this example I want to show you how the before and after of getting ready affects you.



Spiritual living:

Spiritual living is another important thing when it comes to hygiene. Salat and meditation are great forms of spiritual hygiene, Spiritual hygiene is a way to keep your mind at peace, which in turn helps keep your thoughts remain organized and you can stay focused and get so much more done. Different techniques work for different people. Some people get peace of mind by meditating while others observe Prayer, but ultimate peace comes from connecting with Allah.

Regardless of the form that you choose, it is important to make it a part of your daily life because that is the only way you can stay well on the path of a happy and fulfilling life.





Good Ideas for Exercise and Staying Fit

Fareeha Iqbal/ Age 8/ Virginia Central

Exercise is good for your body because it helps you stay fit and makes you stronger. I love to exercise because it is fun, and it makes me happy. It has also made me stronger! Before, I did not know how to do push-ups, but now I can do them so fast!

There are many different types of exercise you can do, such as jogging, cycling, yoga and even swimming. If you find it difficult to exercise, going for a walk for at least thirty minutes a day is an easy way to stay fit. Here are some more ideas for staying fit:



- Exercise daily for at least thirty minutes.
- Drink plenty of water.
- Eat the right foods and in small portions.
- Stay away from sweets!
- Be sure to get enough sleep.

Remember, a healthy body is a healthy soul!





Soha Ahmed/Age 10/Virginia Central

My topic is about healthy eating. In the Holy Qur'an, Allah says;
“O ye men! eat of what is lawful and good in the earth; and follow not the footsteps of Satan; surely, he is to you an open enemy” [Ch.2, V.169].

This verse tells us that we should always eat the right foods to be healthy. But how should we do this? Always eat breakfast as it is the most important meal of the day! Always eat all three meals each day because it keeps us full and reduces hunger. Other types of good and lawful things are fruits and vegetables for snacks. This includes apples, dates, and grapes, which can help us grow. We should also restrain ourselves from eating too much candy as they can damage our teeth and body. We can replace candies with healthy fruits and vegetables. Healthy eating keeps us happy and a healthy body leads to a healthy soul.



Healthy Food Choices



Asifah Latif / Age 12 / Zion

Today I have the honor of sharing with you some healthy food choices that you can use today or tomorrow! I want to start off this article by talking about the food pyramid. If you don't know about the food pyramid, it is basically the different types of food groups (meat, dairy, grains, fruit, vegetables, and fats). At every meal include these food groups to have a balanced diet. Huzoor (aba) said in a sermon about the pandemic that we should refrain from eating chips and we must drink more water. Huzoor (aba) is saying that we should avoid certain types of foods during the pandemic, so we can protect our immune system. In the Holy Qur'an, Allah says:

"...eat and drink but exceed not the bounds; surely, He does not love those who exceed the bounds" [Ch.7, V.32].

This means is that you should do things in balance. Our eating habits should be in balance. The Holy Prophet (sa)



said, “No man fills a vessel worse than his stomach. A few mouthfuls that would suffice to keep his back upright are enough for a man, but if he must eat more, then he should fill one-third with food, one-third with drink and leave one-third for easy breathing” (Tirmidhī). This Hadith reminds us not to over eat and to leave some space to breathe.

In conclusion, in our everyday life we should push ourselves not to eat sugary foods but to eat foods that are right for our bodies.

Here is a recipe for a banana smoothie (made by me)

CAUTION this does contain **Milk**

Serves: 6

What you will need:

- A blender (any blender will do just fine!)
- 1 and a half of a banana (feel free to add more bananas depending on the size of your family)
- Milk (if you are allergic to regular milk feel free to use lactose free milk!)
- Honey (optional)

Now... Let's get started!

1. Put your 1 and a half of a banana into the blender
2. Put 3 cups of milk into the blender
3. Blend until milk and the bananas are combined together
4. If you think you need more sweetener you can use $\frac{1}{4}$ of a teaspoon of honey if not enjoy your banana smoothie !!





Ayela Maqsood/Age 12/Silicon Valley

Healthy living is very important. You need to make sure you take care of yourself. This can benefit you and help you to avoid serious health hazards that can be fatal.

You should always do *Wudu* before you offer Salat. You want to be clean when you present yourself to Allah. Doing *Wudhu* also keeps you clean throughout the day. The Holy Prophet (sa) stressed the importance of cleanliness a lot and said, “**Cleanliness is half of faith and the key to prayer is purification**” (Musnad Ahmad). In accordance with Islamic belief, the condition of the body affects the mind. A pure mind and a pure body is a Muslim’s goal. Bathing should be part of a Muslim’s daily hygiene. Allah states in the Holy Qur’an:

“Allah loves those who turn to Him and loves those who keep themselves clean” [Ch.2, V. 223).

It is also a sunnah of the Holy Prophet (sa) to bathe in preparation for religious occasions such as Friday prayers. He also encouraged the use of perfume after bathing. Always keep your clothes neat and clean also.



There are many other hygienic practices in Islam like washing of the private parts after using the bathroom. This cleans bacteria away and prevents infections. Wash your hands after using the bathroom as well as before and after eating. Oil and comb your hair after washing, keep your fingernails and toenails trimmed and clean and remove superfluous body hair including under the armpits and private areas.

Doing all these things can prevent health hazards. This is why being hygienic is very important, so you can live a long and healthy life, *In Sha Allah*.



Sophia Chaudhry / Age 11 / Virginia Central

There are many ways to be healthy. Playing outside is a great way because it is a great source of exercise. Another way to be healthy is to eat nutritious foods such as fruits and vegetables. By eating these types of foods, you will feel energized. Make sure that you are getting enough sleep every night so that you don't feel weak and tired the next day.

Living a healthy life will help you feel good and make everyday a great day!



Sara Choudhary/Age 15/Virginia Central

What is healthy living? When we go about our daily lives, you hear the words healthy living very often. People are always wondering things like how much exercise do I need to do, how many hours do I need to sleep and what foods should I eat to live a healthier life. People can spend hours searching online and asking friends and family for recommendations for things like diets, how to get better sleep, and so on.

As Muslims we have these answers at our fingertips and if we look at the teachings of Islam, we can learn how to live a healthy life, not only physically but also mentally. Stress and anxiety plague our lives, especially during these times, but if we look at the Islamic teachings, we can get rid of these worries in many different ways. These days there has been an increased focus on the benefits of meditation.

Islam teaches us to meditate five times a day in the form of Salat, which has many benefits. Before every Salat you do ablution (*Wudu*) and this can help in refreshing your mind and bringing your mind to focus in your Salat. Just like meditation, this helps relieve your stress and anxiety because it will take your mind off of the things that are causing you worry. Not only that, during your Salat you can pray for your situation and praying will help a lot in relieving your anxiety.

Another example is fasting. Nowadays, intermittent fasting has become a popular weight loss aid, but a lot of people don't know that fasting is an important part of Islamic teaching. There

are many spiritual and physical benefits associated with fasting. Fasting is proven to help maintain a healthy diet. It can help with blood sugar control, blood pressure, and cholesterol levels. Not only that, studies suggest that fasting can help your brain functions process better. Islamic teaching instructs us not to fill our stomachs to the full. Another thing is when we pray Salat, it is known that the positions we do are very similar to yoga positions which are known to help with several things such as flexibility and stretching. You can see that there is a lot of ways you can live a healthy life through the teachings of Islam. So, let's include these great ways to improve our health mentally and physically in our daily life.



Hana Suhail, Age 8, Virginia Central

This is a milkshake that I love to drink and as it has lots of protein in it, it helps me grow.

Ingredients:

- 1 cup milk
- 1 banana
- 1 teaspoon cocoa
- 1 spoon peanut butter

Put all of the ingredients in the blender and whizz it up.

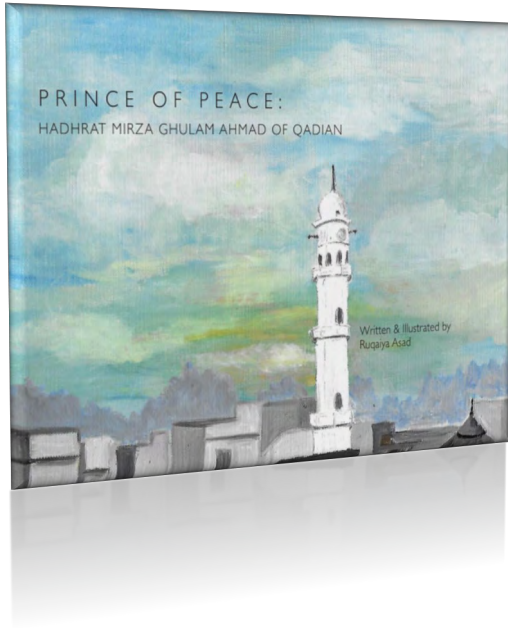
We need protein for many different purposes:

- To build muscles
- To repair damaged tissue by making new cells to help us grow.

If you want to have more proteins, these foods have lots of proteins in them: meat, fish, dairy, and nuts.

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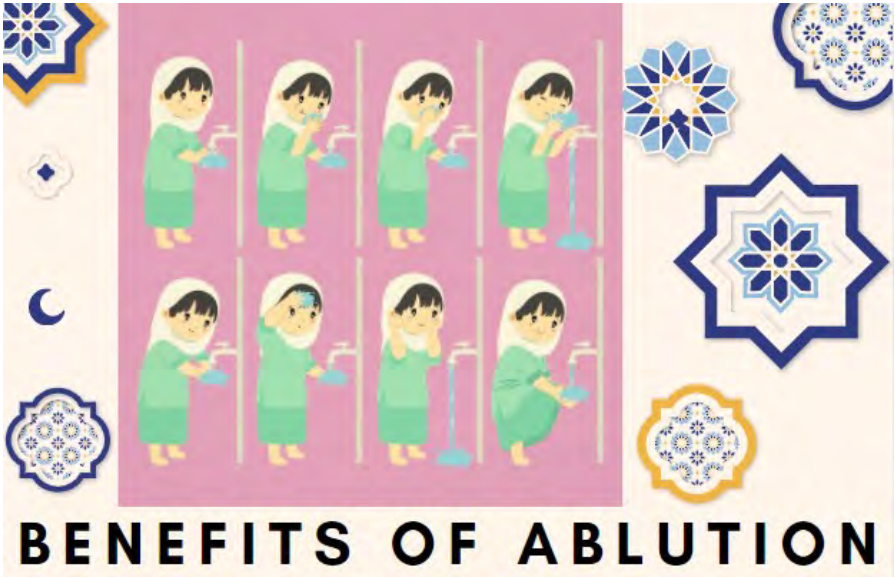


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Maimoona Rahman, Age 11, LA Riverside

In these COVID-19 times, when you go outside you are exposed to many viruses and germs. For example, when we buy groceries or eat food from outside, bad germs can enter our body. Due to this, we must be careful about where we go and who we are around. Even though we wash our hands a lot and use hand sanitizer to clean our hands when we can't wash them, it is not enough to keep our whole body safe. The COVID-19 can spread through a sick person's cough or sneeze and when those germs enter the mouth, nose, or eyes, you can be infected. You may be sick and not have symptoms, which is why you should always wash yourself.

As Muslims, we get extra protection from germs by performing ablution five times a day before saying our prayers. By washing your hands, arms, nose, mouth, face, feet, ears, and hair you can get rid of the germs that stick to your body. By doing *Wudu* five times a day, we can stay healthy and clean. We should all be thankful that we are followers of Islam because it emphasizes on keeping ourselves spiritually and physically clean. Also pray to Allah to keep ourselves and everyone safe from the virus, Ameen.

The Importance of Cleanliness



Sabrin Minhas, Age 12, Los Angeles

Cleanliness is extremely important in Islam. Good hygiene helps us to be pure. The Holy Qur'an states:

“Allah loves those who purify themselves” [Ch.9, V.108].

The Holy Prophet (sa) once said, ***“Cleanliness is half of faith”*** (Sahih Muslim). Another saying of his was, ***“The key to prayer is purification”*** (Musnad Ahmad). This means that cleanliness is a part of Salat. For example, before starting a prayer you should perform *Wudu*.

Bathing is also important. It is a huge part of cleanliness. It is necessary for Muslims to bathe or shower daily. The reason that bathing is essential is that it prevents any skin infections and removes dead skin cells. A pure mind in a pure body is a Muslim's goal.

“Allah desires not that He should place you in a difficulty, but He desires to purify you and to complete His favor upon you, so that you may be grateful” [Ch.5, V.7].

Cleanliness purifies those who stay clean in many ways. It purifies your heart and makes you grateful for what you have.



In conclusion, Allah and the Holy Prophet (sa) encourage Muslims to stay clean. The condition of the body affects the mind. Staying clean, promotes good health both physically and spiritually. So, cleanliness is extremely important in Islam.



Aqsa Suhail / Age 11 / Virginia Central

Tips for COVID-19 in an acrostic poem:

Hands should be washed or sanitized constantly

You should social distance with everyone
who hasn't tested for COVID-19

Gloves and masks keep you safe

Isolation should be mandatory if you are sick

Epidemics are the sudden increase in the number of
cases for a disease

Never go near people even if they are asymptomatic

Everyone should stay inside unless it is essential to go out.



A Healthy Life

Sarmed Ahmad, Age 8, Virginia South

There are many keys to a healthy life both physically and spiritually:

To be healthy physically, you need to eat all different kinds of foods. You could eat fruits, vegetables, grains, proteins, and dairy. Have a bit of each on your plate every time you have a meal. Don't skip fruits and vegetables as they have vitamins and minerals that are super important for your immune system. If your immune system is healthy, you'll get sick less often, which is why it is so important.

Also, to be in good shape, you need to exercise every day for about thirty minutes. Exercising is beneficial for your body because it burns fat. It is not good to have too much fat in your body because it will give you extra cholesterol that might cause a stroke or heart disease later in life.

You must have enough sleep for at least eight to ten hours. If you have too little rest, that will break up your energy levels. And you will feel tired more frequently.

To have a better spiritual life, offer your five daily prayers and if possible, say voluntary prayers as well. It will make your soul cleaner the more you observe Salat. If you don't say your prayers, your soul will remain stained.

There is a Hadith: **"Cleanliness is half of faith"** (Sahih Muslim). Keep yourself and your surroundings clean. This will be good for your health and your spiritual life.



Importance of Cleanliness



Noorum Khan, Age 14,
Virginia North

Why is cleanliness important in Islam? Well, in the Holy Qur'an it states:

“Allah loves those who turn to Him and loves those who keep themselves clean” [Ch.2,V.223].

It is said in Islam that physical cleanliness affects our spiritual purity and is therefore essential. Before we pray, we make *Wudu* to clean ourselves in order to stand before Allah.

Wudu is not only a way we clean our body, but it also helps to clean our mind and soul. Furthermore, Allah grants one prosperity who keeps their homes, mosques, and gardens tidy and clean; this is not only for hygiene and health reasons but because the Holy Prophet (sa) said that, **“Cleanliness is half of faith”** (Muslim). The Holy Prophet (sa) disliked unkempt hair and an uncared-for appearance. It is also encouraged to put on perfume before attending any large gatherings and to take baths every Friday before *Jumu'ah* Prayer. Hazrat Khalifat-ul-Masih V (aba) said in his sermon of April 24, 2004, “It is vital that the environment is kept clean and tidy and special arrangements are made so that there is a distinct difference in the areas where Ahmadis live.” Having a clean space improves our mental health and makes us feel more productive. Keeping ourselves and the area around us clean is not only for us personally, but it also helps our community and keeps our mosques and public places clean. As an Ahmadi, we should follow the teachings of the Holy Qur'an, Ahadith, and listen to our beloved Huzoor (aba).

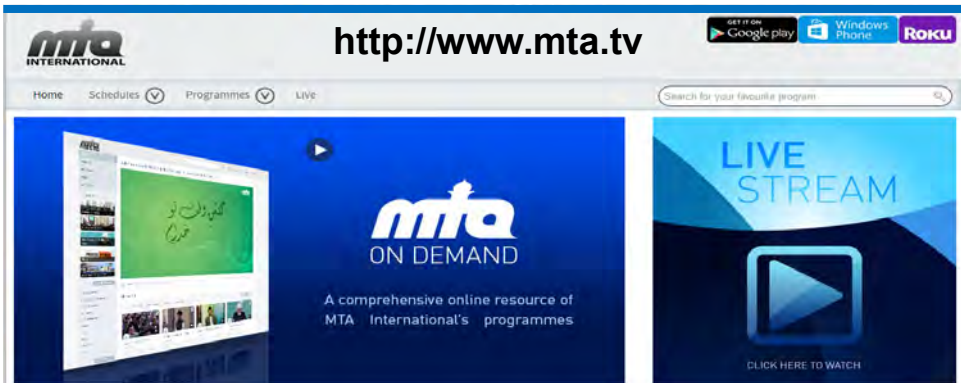


Muneefa Khan, Age 7, Houston

In the Name of Allah and the Blessings of Allah I start eating!

We should eat gratefully and healthily because people in the desert don't have healthy options and they have to eat whatever they get. We should eat quietly and thank Allah for the healthy options he gave us. We should not waste any food, but especially not healthy food.

Too much sugar makes us hyper and it makes us feel bad and uncomfortable. Instead we can enjoy fruits that Allah made sweet but healthy and refreshing for us. My favorite fruits are: bananas, apples, pears, oranges, dates, kiwis, grapes, watermelons and I love pomegranates the most!





Sajeela Ahmad, Age 10, Virginia South

Why is it important to eat healthy? Everyone says that you should eat healthy because it's good for you, but where are the details?

1. Choices of food you make now, are going to **MAKE A CHANGE** in your future choice-making. If you make good choices about eating now, later you will be thanking yourself for these habits.

2. If you don't eat healthily, you have a higher chance of getting serious diseases. Eating healthily gives you everything you need to have a healthy body, including strengthening your immune system. If you don't eat healthily, you could be at risk for heart disease. You could also affect your brain, your cells and organs. If anything, eating healthily will make things easier.

3. A few things you should know about the body. Recently, the importance of calories has been disregarded. However, Calories are still important to maintain good weight and health. If you're eating more calories than you are burning, your body will store fat

as body fat. If you're eating fewer calories than you are burning daily, you'll lose weight. If you are trying to gain weight and increase muscle mass, then you need to eat more than your body burns. Calories and energy balance are important, regardless of your diet.

Macronutrients

The three important macronutrients are carbohydrates, fats, and protein. Here are some common foods within each macronutrient group:

- Carbs: 4 calories per gram. All foods like bread, pasta, rice and potatoes. Also, fruit, juice, sugar, and some dairy products.
- Protein: 4 calories per gram. Main sources include meat and fish, dairy, and eggs.
- Fats: 9 calories per gram. Main sources include nuts, seeds, oils, butter, cheese, fish, and meat.

Micronutrients

These are important vitamins and minerals. Common micronutrients you should know:

- Magnesium: Has a role in over 600 cellular processes, including energy production, nervous system function, and muscle contraction.
- Potassium: This mineral is needed for blood pressure control, fluid balance, and muscle and nerve function.
- Iron: Other than carrying oxygen in the blood, iron also has many other benefits, including improved immune and brain function.
- Calcium: An important structural part of bones and teeth, and also a key mineral for your heart, muscles, and nervous system.
- All vitamins: The vitamins from vitamin A to K, play important roles in all organs and cells.

All vitamins and minerals are essential nutrients, meaning that you must have them to survive. The daily requirement of each micronutrient varies between individuals. If you eat a real food based diet that includes plants and animals, then you should get all



the micronutrients your body needs without taking a supplement. Micronutrients are necessary vitamins and minerals that play important roles in your body.

4. You should eat whole foods, no matter how bad they taste. Whole foods are very important to know about, as they are the foods that you should always be buying. Non-whole foods like white bread are unhealthy. How could you know that the food you're buying is a whole food? Traits of whole food are that they tend to be nutrient-dense and have a lower energy density. This means that they have fewer calories and more nutrients per serving than processed foods. Also, whole foods are not usually made in factories.

5. **Foods you should eat**

- Vegetables play a fundamental role at most meals. They are low-calorie and have micronutrients and fiber.
- Fruits provide a sweet treat and micronutrients and antioxidants that can improve health.
- Meat and fish are the major sources of protein throughout life. They are a staple in the human diet, although vegetarian diets have become popular as well.
- Nuts and seeds are the best fat sources available and also have micronutrients.
- Eggs are considered one of the healthiest foods on the planet. Eggs have protein, fats and micronutrients.
- Dairy products such as natural yogurt and milk are convenient sources of protein and calcium.
- Beans and legumes are good sources of fiber, protein and micronutrients.
- Herbs and spices: These are often very high in nutrients and beneficial plant compounds.

These foods will supply the nutrients your body needs. (All credits to healthline.com)

I hope you learned something from this article, and that you will try to do something of what you have learned. It's going to help you now and in the future, *In Sha Allah!*



Nabeel Ahmad, Age 10, Virginia North

As we know COVID-19 is spreading and hurting everyone around the world. So, what can we do to stay safe? Some advice for staying safe in the pandemic is to stay home so you are not around non-family members. Stay away from non-family members so you have less chance of getting COVID. If you have to go outside, follow social distancing guidelines. Wear a mask because the main way of spreading COVID-19 is through the air and the mask covers your mouth and nose.

Eat well and exercise to stay healthy. So if you get the virus then you can fight it off. Stay mentally healthy by making sure you have ways to interact with people (maybe through zoom). Stay busy and keep yourself entertained. Allah says in the Holy Qur'an:

“O ye men! eat of what is lawful and good in the earth; and follow not the footsteps of Satan; surely, he is to you an open enemy” [Ch.2, V.169].

That is some advice to stay safe in this bad pandemic. May Allah keep all of us safe and healthy in the difficult time of this pandemic, Ameen.



For Allah to Love Us

Maya Almashhadany Age 8, Buffalo

If you want to earn the blessings of Allah Almighty.
You must always remain neat and clean and tidy.
In Sura Al-Baqarah it says, He loves those who keep
themselves clean.

So we must do this just as we believe in the unseen.

Now living in a world with COVID -19

But Allah has already told us to be clean

He says,

إِنَّ اللَّهَ يُحِبُّ التَّوَّابِينَ
وَيُحِبُّ الْمُتَطَهِّرِينَ

*“Allah loves those who turn to him and loves those
who keep themselves clean”*

So my dear brothers and sisters, for Allah to love us, this
must be part of our deen.

THE HEALTHY LIFE

Emaan Bajwa, Age 6, Queens

Living a healthy life is very
important. Follow these steps
below:

Step 1: Eat healthy and balanced
foods.

Step 2: Drink a lot of water.

Step 3: Sleep for at least 8 hours.

Step 4: Exercise a lot.

Step 5: Most importantly pray to
Allah.



AVOID EATING JUNK FOOD

Sabeeka Syeda, Age 8 , Fort Worth

For healthy living we should avoid eating junk food, or eat it only a little like a donut once a month. Eat oranges, bananas, milk and berries. Exercise to become fit. You don't need to go to the gym. Exercise at home! It's free!



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Staying Clean, Healthy and Fit

Asifa Malik / Age 10 / Austin

Cleanliness is very important in our lives. When our surroundings and ourselves aren't clean our brain cannot be clean. The Holy Prophet (sa) said, “**Cleanliness is a requirement of faith**” (Sahih Muslim). I think that is also why we are instructed to do *Wudu* five times a day before Salat so we can be physically and spiritually clean for Prayer. Cleanliness also prevents us from getting sick. Especially during COVID-19 Huzoor (aba) has reminded us about keeping our houses clean also.

Eating healthy and pure foods is also a way of staying clean. That is why we are taught about Halal foods. Eating healthy foods, like vegetables such as *kadu*, is important.

Keeping fit is also included in staying healthy and fresh. Exercise can keep our bodies in shape. You can also find a sport or exercise that will be fun for you and keep you fit. For example, during this COVID-19 time I have gone on a lot of bike rides with my family. I have come to like bike riding and enjoy it. So my dear readers I hope you learned about the importance of why our beloved Holy Prophet (sa) said to stay clean, and why we should also eat healthy and be active. I pray all of us will practice these habits in our daily lives, Ameen!





GUIDE TO A HEALTHY LIFE

Mairah Kauser, Age 10, Houston

The Holy Prophet (sa) said, “**Cleanliness is a part of faith**” (Sahih Muslim). Physical and mental well-being is a crucial part of our life. These aspects play an important role in the quality of our life. In order to live a truly happy life we must pay attention to our health. There are four key things we must balance in our daily lives: a healthy diet, exercise, hygiene, and a balanced sleep

cycle.

To get all of our necessary nutrition we must eat a variety of foods that include vegetables, fruits, eggs, meat, milk, dates, nuts, yogurt, and so on. There is a lot of junk food that is not good for health even though it might taste good, but it carries no benefit and does a lot of harm to your body. Just remember, this means we should reduce the amount we consume. Always have a balanced diet since everything has a different benefit.

Exercise is also helpful. It is better to exercise outdoors because it can give you more benefits such as vitamin D, fresh air, stress relief, and it is entertaining. We need exercise daily. The recommended amount of exercise is thirty minutes every day.

Hygiene is very important. If we are not regularly cleaning ourselves we can get infections and overall, we do not feel well. One way to replenish ourselves is to do *Wudu* five times a day before prayers. Also, we should say this prayer after ablution, that keeps our mind and soul clean and helps us constantly improve:

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ

وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ



*O Allah make me of those who seek forgiveness
and make me of those who are pure.*

Another important part of our daily life is a balanced sleep cycle. The best time to wake up is around 6:30 - 8:00. Sleeping early will help us wake up early. People who wake up early have been known to be more productive. Still, it is important to get the needed hours of sleep of at least nine hours for children and teens.

If you are able to do all these things in your daily routine then you can guarantee a happy and healthy life.



WHAT IS IMPORTANT FOR A HEALTHY LIFE?



Zobia Khan, Age 13, Detroit

There are many ways to be healthy. To make sure that you have a healthy life it is important to have a balanced diet. A balanced diet includes foods from the five groups. You also have to make sure you drink enough water each day. Getting enough sleep is also really important. When you get enough sleep it improves your mood and releases stress. It also helps you think more clearly and do better in school and at work. You don't just eat healthy things

and sleep. You have to exercise as well. Exercising is good for your muscles and bones, it can also help your brain health and memory. Healthy Living is very important!

IMPORTANCE OF CLEANLINESS



Haaniya Khan, Age 13, Los Angeles

Some of us wonder why it is important for us to always stay clean. As Ahmadi Muslims, being clean is an integral part of our life. One example is when we say our five daily prayers, we perform *Wudu* in preparation because in Salat we present ourselves before Allah. In the Holy Qur'an, Allah says:

“O ye who believe! when you stand up for Prayer, wash your faces, and your hands up to the elbows, and pass your wet hands over your heads, and wash your feet to the ankles. And if you be unclean, purify yourselves by bathing. And if you are ill or you are on a journey while unclean, or one of you comes from the privy or you have touched women, and you find not water, betake yourselves to pure dust and wipe therewith your faces and your hands. Allah desires not that He should place you in a difficulty, but He desires to purify you and to complete His favor upon you, so that you may be grateful”[Ch.5,V.7].

In this verse, Allah instructs us to perform *Wudu* when presenting ourselves to Him in prayer, and if you are not clean then one must take a bath or shower. If you have no water, then one should purify themselves with dust. There is a Hadith that adds to this topic: **“Cleanliness is half of faith”** (Sahih Muslim).

From this, one can understand that cleanliness is an essential part of our beliefs and faith. As mentioned above, Allah has told us centuries ago that being clean is a vital part of our life. Especially now around this time that we have COVID-19 and many other viruses and diseases. We must make sure we always wash our hands and use hand sanitizer.

Just as cleanliness is good for our physical needs, it is also important for our spiritual needs. Islam emphasizes that external purity leads to internal purity, just the same as external impurity leads to internal impurity. Cleanliness is a crucial part of our life that we need to incorporate both physically and spiritually in order to fulfill our duties as Ahmadi Muslims.



Two Rules for Healthy and Happy Living



Jaziba Ahmad, Age 12, Austin

Islam has taught us two golden rules for living a good, healthy life: cleanliness and moderation. Our beloved Holy Prophet (sa) once said, **“Cleanliness is a part of faith”** (Sahih Muslim). This basic Islamic teaching is very important especially now when we all are struggling with the pandemic. If we keep ourselves, our home, our surroundings, and our belongings clean, we can protect ourselves from many diseases. A clean environment also helps us focus and feel better.

The other golden rule of Islam is moderation. Moderation means doing everything in the right amount, not too much or too little. Our beloved Holy Prophet (sa) said: **“In everything, moderation is best.”** We should be moderate in everything whether it's playing, sleeping, working out, eating, using electronic devices and so on. Moderation keeps everything well balanced which makes us healthy and happy.

We should implement these two golden rules of cleanliness and moderation in our lives because they are keys to living a happy and healthy life.

WHAT HEALTHY LIVING IS TO ME



Asifah Wahab Mirza, Age 12, Virginia North

A Healthy Life is one for all
So clean your cut, if you fall!

Wash your hands before you eat
So that your food will be a treat!

Keep your house clean and neat
And if it gets boring pick up a beat!

Wash the dishes rub-a-dub-scrub
Sing a song and make it fun!

Take a shower every day
So that you're fresh when you go to play!

Brush your teeth until they shine
So when you speak your breath smells fine!

Do your *Wudu* before you pray
Say your prayers every day!

Recite the Qur'an every day
And pray to Allah, yes pray, pray, pray!

Pray for Huzoor (aba)
And Allah's signs
And pray for Allah to be your guide!





**Khalida Mohammed, Age 7, Baltimore
Helped by Fatimah Mohammed**

I would like to share my experience during the COVID-19 pandemic. Firstly, there was a lockdown and I had to attend school and other classes online. My teachers taught me the precautions to take by wearing a face mask, washing hands and maintaining six feet social distance. And I practice it at home with my parents and sister.

After my classes end, I have lunch, play, and watch TV with my sister. We both help out to clean up afterwards. On the weekend we all take a walk around my neighborhood wearing our face masks. And whenever we return home, I make sure I wash my hands. I also do some exercise at home like jumping rope, pushups, and running.

I help my mom sometimes in the kitchen to plan meals, and with cooking and baking. I help to mix the salad while my mom cooks other dishes. After dinner my dad helps me with my Yassarnal Qur'an and Salat. And before I go to bed my mom reads stories and shares with me some good Islamic morals. I pray to Allah every day that the virus goes away, so that we can go back to school and other places, *In Sha Allah*.

Learn to make Healthy Choices

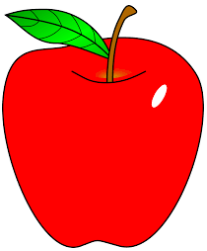


Haala Masroor, Age 13, Central Jersey

A healthy lifestyle keeps one happy and healthy. In today's world, a healthy lifestyle is necessary to survive in COVID-19, and its after-effects, such as depression. It keeps one calm and productive, resulting in a positive and beneficial lifestyle. Healthy living can only be achieved through healthy choices, consistency in prayers, and keeping oneself active and positive.

The choices we make in our everyday lives really affects the way we live. Learning to make healthy choices is something we should all know. It could be something small, like choosing between an apple and Oreos for a snack, or it could be whether you stay out late with your friends. Sometimes, our choices also affect those around us, more than they affect us. Let's say you're at a friend's house, and it's getting late. You know that your younger siblings refuse to go to bed until you do. You could either make the right choice and go home, or you could make the less wise choice and stay at your friend's to watch a movie. It is these choices that shape our life, our relationships, and who we are as a person.

Consistency in prayers is an important key to a healthy



lifestyle. The actions we make in our prayers are a type of meditation, calming every part of the body. They are also a form of exercise! Prayers are a way to connect with God, and they reduce feelings of fear, anxiety, and isolation. Prayers also help to make a daily routine, as we can shape our activities around the Prayer timings and be well organized. But the greatest benefit of Salat is that it increases humility in our hearts and helps to us to be free from selfishness and arrogance. We learn to think more of others.

Along with our choices and prayers, keeping ourselves productive and positive promotes healthy living. Productivity increases with the use of a schedule that can be shaped around our Prayer timings. However, increasing our positivity can be done in various ways. One way is to always look for the good things in our lives and to be thankful for them. An example of this could be having the ability to go to work or school, at home during COVID-19. We have more time to spend with our families. Another way to be positive is to brighten up the spaces we live in. A simple way to accomplish



this is to stay in spaces that have windows and natural light coming in. A more fun way to do this is to repaint spaces with lighter, calmer colors, and to redecorate places to be more aesthetic. An increase in positivity helps us make wise decisions, which results in a happier and healthier lifestyle.

Our choices, persistence in prayers, and keeping positive are all ways to achieve a healthier lifestyle. However, we should always remember that sensible choices are a part of life's puzzle. Positivity and prayers are key puzzle pieces in achieving a happy life. But one thing is sure; nothing can be achieved without one's will, or God's help.



Healthy Foods

Sabeeh Malik Qureshi, Age 7, Cleveland

There are many types of foods you can eat, but the best foods to eat are ones that help boost your immunity, which is the body's system that protects you from getting sick. Healthy foods help to keep your body strong so that it can fight against disease and viruses. Some healthy food choices are:



- Eggs
- Leafy greens such as spinach, kale, cabbage
- Salmon, tuna
- Vegetables
- Chicken soup
- Boiled potatoes
- Citrus fruits such as oranges, clementines, grapefruit
- Garlic
- Ginger
- Yogurt
- Almonds
- Berries
- Honey

It is very important to eat healthy, especially during the COVID-19 pandemic, because healthy foods make our body stronger and protect us from getting sick.



How the



&



are Connected

Shafia Ahmed Mallik / Age 9 / Maryland

The body and mind seem completely different and you would think that they are, but actually they are closely connected. For example, when you eat out of stress, you gain weight. Excess stress releases cortisol into your brain, which could be bad for you. Whereas happiness leads to the release of dopamine and other happiness chemicals that have a positive effect on your body. Furthermore, if you nurture your spiritual strength, your body and mind can become stronger. Here's how positive thinking leads to a healthy lifestyle: when you feel happy, you feel motivated to do healthier things, like exercise at the gym or make a salad instead of a burger. Here are some healthy habits I adopted during quarantine:



- Wash my hands more



- Go outside and enjoy nature



- Eat lots of fruits and vegetables



- Wear a mask while going out



- Show kindness

In Sha Allah, this quarantine will end soon and we can all go back to the life we had before.

Ways to be Healthy in Islam

Aminah Hossain / Age 7 / Brooklyn, Staten Island

There are several ways to be healthy according to Islam:

- ♥ One way is to be clean. Take a shower every day!
- ♥ Also, before every Salat we must do *Wudu*. *Wudu* helps wash away dirt and germs so that we are clean for prayer. *Wudu* also cleans our minds and hearts.
- ♥ Another way to be healthy is to eat healthy food. You should not eat too much or too little and what you eat should be balanced between meat, fish, grains, and vegetables so that you don't eat just one type of food.
- ♥ Islam also teaches us to exercise in order to keep our bodies in shape and fit. Running is a great exercise. I run every day.



However, the most important healthy practice is Salat. Prayers keep our soul healthy. When we say our prayers regularly, Allah 'washes' away our sins.



Tips for Managing COVID 19

Anoosh Rizwan , Age 12, Virginia Central

Concerns about COVID-19 continue to keep many of us at home for much of the day. However, we can keep the following tips in mind:



- ◆ Exercise at least 30 minutes a day and at least three times a week.
- ◆ Eat a healthy and balanced diet.



The Holy Prophet (sa) said, **“The son of Adam does not fill a vessel worse than his stomach. It is enough for the son of Adam to eat a few mouthfuls to straighten his back but if he must fill his stomach then one third for his food, one third for his drink, and one third for his breath”** (Ibn Majah).

- ◆ Be sure to get eight hours of sleep. Proper sleep helps your energy and your ability to think and concentrate.

While there is nothing normal about being quarantined, it can be helpful to try to maintain your usual routines. Throughout the day, take positive steps with movement, nutrition, sleep, and social connections to help you focus on your health and well-being during COVID 19.





Rabia Shah
Age 11, Virginia South

Cleanliness means to stay away from dirt, waste, and germs. It helps us stay safe from different diseases and infections while keeping us fit and healthy. Cleanliness can only be achieved through

keeping ourselves clean. There are several habits

that we need to build within ourselves to stay clean, for example, wearing clean clothes, brushing our teeth, washing hands, throwing trash and waste away properly, washing the dishes, and so on. In Islam, there are also practices that will help us to remain clean such as performing ablution before every Salat, rinsing our mouths after eating and washing hands before and after a meal.

Allah loves the person who stays clean and maintains thier hygiene. Angels send their blessing in the homes where cleanliness and hygiene are maintained.



<http://www.reviewofreligions.org/>



HOW DOES OUR SPIRITUAL BEING INTERTWINE WITH OUR PHYSICAL BEING?

Aneelah Kauser, Age 13, Houston

Our soul and body are intimately connected. When we eat pure food it helps our soul also. What we eat also affects our minds. Allah says in the Qur'an:

“O ye who believe, eat of the good things We have provided for you; and render thanks to Allah, if it is He Whom you worship” [Ch. 2, V.173].

The Promised Messiah (as) has explained in *The Philosophy of the Teachings of Islam*, that the natural state of man has a very strong relationship with his moral and spiritual states, so much so that even a person's manner of eating and drinking affects his moral and spiritual states.

One way our physical condition affects the soul is when our eyes are filled with tears even if the tears are artificially induced, the heart is immediately affected and becomes sorrowful. In the same way when we begin to laugh even if the laughter is artificially induced the heart begins to feel cheerful. Food also affects the intellect of the mind in different ways. People whose diet only consists of meat suffer a decline of meekness and humility.

Allah says in the Holy Qur'an:

“He has made unlawful for you only that which dies of itself and blood and the flesh of swine, and that on which the name of other than Allah has been invoked” [Ch.16, V.116].

This means that our food affects our habits and feelings so we should avoid those foods that affect our bodies negatively. Another example that illustrates how our soul is connected to our body is that when you see a dream you become happy even when you are asleep at that time. Your soul affects your body and your body affects your soul.

Being Healthy

Amina Malik / Age 7 / Austin

Today, I am going to tell you a little bit about staying healthy. It is important to eat healthy foods because it makes you strong. Also it is important to exercise to have a strong healthy body. For example, for snacks it is better to have fruits rather than ice cream. It is okay to have sugary things but only once in a while. And instead of watching television or playing video games, it's good to find a sport you enjoy doing. So keep active and mindful of what you eat.



My Ameen in COVID-19 2020-21

Tanzeela Ahmed / Age 9 / Virginia North

During the pandemic, many things have changed since we must stay inside our homes, we basically have nothing to do. I mostly missed going to school. Google meet classes are not that fun and for me it took a while to accept our new school way with everything and everyone in this digital world. What I really miss the most is meeting my teachers and hanging out with my friends.

But this COVID-19 pandemic also gave us a lot of time to read books and I read lots and lots of them, both fiction and nonfiction. I also improved my Holy Qur'an reciting skills with my mom since I had a lot of free time after school. Before 2020 ends, my mom set a goal to finish my very first Holy Qur'an recitation. *Al-Hamdu Lillah*, on Dec 31, 2020, I finished my Holy Qur'an. My Dad and my brothers were equally happy and joyful for me! They encouraged me every day to reach my goal.

We held my Ameen with our families in India where everybody



my grandpa, grandma, uncle and aunt, cousins, sisters and brothers from different parts of the world joined us via zoom. We shared the happiness with a cake, “Tanzeela Ameen 2021.” I am happy and thank my Allah very much that I finished something very big, which is such an important project

that I will always remember for the rest of my life.

I am also learning other skills like crafting, knitting, playing piano, painting, and helping my mom in the kitchen. I have learned many things I did not know about like what goes in the delicious food my mom cooks every day.

I pray that we all stay safe until we are all able to get vaccinated. May Allah help us, Ameen.

Looking Back at the Year 2020

Adina Shawkat, Age 10, Los Angeles

When 2020 started, we had no idea what we were about to experience. In March, because of the COVID-19 outbreak, many businesses and most schools shut down. We had to start virtual school, which meant that we would only see our teachers and classmates over Zoom or Google Meet. Our parents also had to figure out a lot of things because of this new lifestyle.

Even though there were many things that we could not do anymore, such as traveling or seeing our friends and relatives, there were still a lot of positive things that happened. Muslims are taught to be grateful to Allah for every blessing He has given us, and to say, “*Al-Hamdu Lillah*” constantly. Every day during dinnertime, my family discusses what we are thankful for, and my parents always remind us of our blessings whenever my siblings and I get frustrated about the things we cannot do. Having good

health and spending time with my family were my greatest blessings this last year, *Al-Hamdu Lillah*. I am also happy I got to see some of my friends and family in a safe way while wearing masks and practicing social distancing.

My siblings and I stay very active at home by playing outside and riding our bikes and scooters almost every day. Getting fresh air and exercise is very important for our bodies and helps us be healthy. Going on nature walks also helped us see all the beautiful things around us that Allah has created, and we also appreciate the good weather.



We have not been able to do many things we usually do because of the pandemic, but we have also become more grateful for the things we have. It is important to say, “*Al-Hamdu Lillah*” always and to focus on all our blessings.



Tips to Stay Healthy

Kashif Latif /Age 12 / Zion

The best way to exercise, in my opinion, is doing pushups and sit-ups. I practice these types of exercises because it helps strengthen your arms and body so you can lift things more easily. This can help you with chores like lifting a heavy trash can or helping your family with the groceries. I even had to help my dad to push a car once!

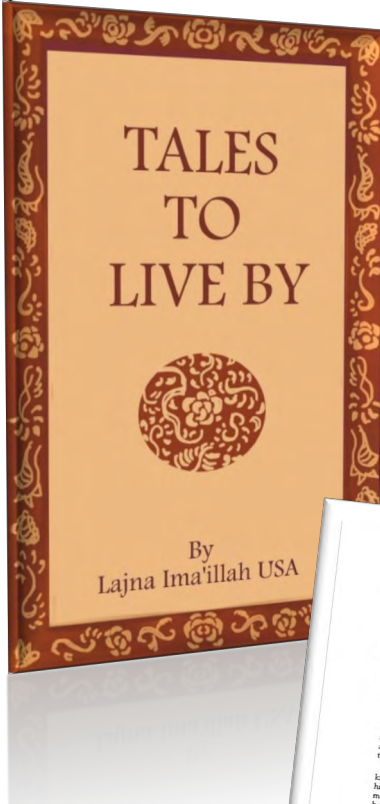
Staying fit mentally is as important as exercising your body. The best way to exercise your mind is by meditating.



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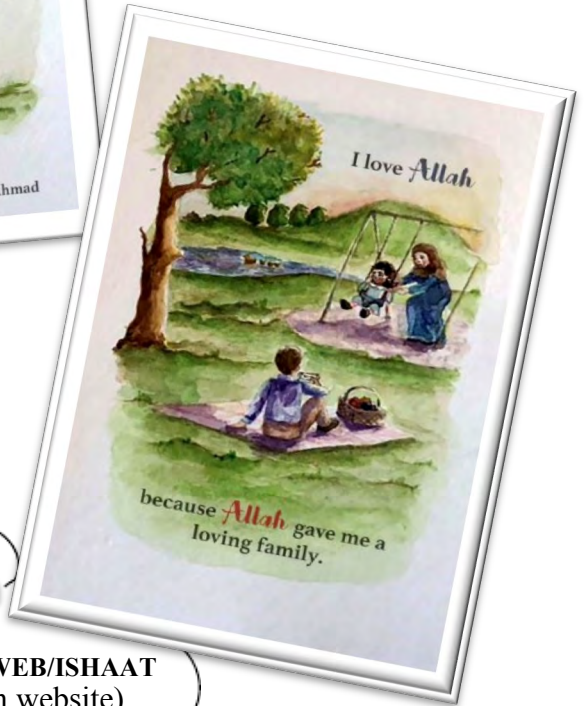


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Jazakamullah!





Healthy Living

Faria Mahmood / Age 8 / Willingboro
Helped by Khalida Mahmood

Have you ever thought about why it is important to live healthy? Well, a healthy life is important in order to have a fit and active life. Living healthy can actually help you to do well in school. There are many ways to stay healthy.

Allah has commanded that you eat only what is “*tayyab*,” that is, food that is good and wholesome. Something may be *Halal*, but it may not be “*tayyab*,” and thus it should be avoided. Islam teaches that the condition of the body affects the condition of the soul, and thus great care should be taken to keep one’s body healthy and fit. Islam further teaches that all food should be taken in moderation, and nothing should be indulged in to excess.

The Holy Prophet (sa) told Muslims not to overeat. He stated: **“Kill not your hearts with excessive eating and drinking. Do not drink liquor, for it is the key to every vice” (Ibn Majah).**

The most important aspect of good hygiene is cleanliness. In accordance with the Islamic belief, the condition of the body affects the mind and physical cleanliness is essential for spiritual well-being. In the Holy Qur’an Allah says:

“Allah desires not that He should place you in a difficulty: but He desires to purify you and to complete His favor upon you, so that you may be grateful” [Ch.5, V.7].

Maintaining healthy habits such as eating a healthy diet, exercising regularly, and keeping a healthy body weight can all help us live fit and active lives. Remember to keep yourself clean to protect yourself from germs. And most importantly, pray to Allah!



My

QUARANTINE

Experience

Fareeha Ahmad / Age 14 / North Jersey

Today I will share my quarantine experience. We all probably remember the day the lockdown was announced and struck tragedy in our homes. In the middle of March, our schools closed and remote learning quickly followed.



However, I liked quarantine because I got to spend time with my family. We had family dinners every night which was fun and exciting. After having dinner, my older sister, my dad, my mom and I played the board game “Ludo.” During quarantine, my



cousin bought a puzzle and couldn't finish it. My Mom happens to be really good at solving puzzles. So, my whole family and I spent about an hour together each day and completed a fifty thousand piece puzzle, which was a good family bonding experience. Now, we have it framed in our house as a memory. We also did a lot of outdoor activities. One of the best is that we raised chickens in our

backyard. During quarantine, my family and I made many good memories.



HOW TO STAY HEALTHY

Narmeen Rashad, Age 9, Austin

Today I will tell you about Healthy Living. Cleanliness is very important in order to stay healthy, especially these days, because we are going through a pandemic of COVID-19. No religion except Islam has taught its followers that cleanliness is a religious duty. A Hadith tells us, “*At-tuhooru shatr-ul-eemani,*” which means:



**Avoid
Junk Food**

“**Cleanliness is a requirement of faith**” (Sahih Muslim).

One way to stay healthy in this pandemic is to wear a mask when you go out and stay six feet away from each other. Also wash your hands regularly for twenty seconds. When I found out about the COVID-19 restrictions, I felt sad because I loved to go to the mosque and see my friends there.



Also, we should eat healthy foods, like vegetables and fruits, and avoid junk food. Eating junk food may be tempting, but eating healthy food is the right way to eat. Another way to stay healthy is to exercise.

You can go for a walk or you can play soccer in your backyard. I pray that in this pandemic everyone stays safe and healthy, Ameen.





Maleeha Raqeeb
Age 7, Minnesota
With assistance from my
cousin Nisha Baig.

Our religion Islam guides us in many different ways to lead a healthy life because our physical health affects our spiritual health. Healthy living includes good eating habits, moderate exercise,

mental wellbeing, good sleep and hygiene. The Holy Prophet (sa) has advised against overeating, **“Don’t indulge in overeating because it will quench the light of faith within your heart”** (Tirmidhi). It has been narrated that the Holy Prophet (sa) participated in running races with his wife Hazrat A’ishah (ra), which promotes the health of men and women equally. Living a healthy life can help stop a lot of diseases. A well-balanced meal provides nutrients and energy for growth and repair.



To maintain healthy living we must improve our habits. Though changing old habits can be hard. But with a plan and prayer we can adopt a healthy lifestyle. First, we add vegetables and fruits in our diets. A diet filled with fruits and vegetables can help lower your risk of getting different diseases, like diabetes, heart problems and high blood pressure. Next, we should

exercise at least twenty-five to thirty minutes per day. If for some reason we cannot do exercise we should go for a brisk walk every day. Lastly, we must cut down on sugar. Cutting sugar from our daily life could help us focus more and it will also boost our energy levels. Most importantly, we should ask for help from Allah to change our bad habits. Continued efforts can help us reach our goal of healthy living.

Healthy Living during the



Sirina Shoaib Moinuddin, Age 9, Miami

Today I would like to talk about living healthy and clean lives during the pandemic. The Holy Prophet Muhammad (sa) said, **“Cleanliness is a part of faith”** (Sahih Muslim). This means that it is our duty, as Muslims, to stay clean. Our inside should stay just as clean as our outside. Having ill-feelings, resentment, or jealousy with other people will not keep us internally clean. Especially during COVID-19, we should be washing our hands and taking baths more often. Isn't it a blessing that, as Muslims, we are already practicing cleanliness when we make *Wudu* before every prayer? Another big thing, which is a little hard to do, is exercise. It



keeps us fit and we won't feel sluggish. Also, eating nutritious food and vitamins keeps people healthy. Reduce on ice cream, soda, and other sweets to prevent heart disease later on in life. Water is also very healthy for growing kids. It keeps people cool and refreshed. We should have a balanced diet of protein,

vegetables, fruits, dairy, carbohydrates, and healthy fats. Allah says in the Holy Qur'an:

“He has made unlawful to you only that which dies of itself, and blood, and the flesh of swine, and that on which the name of any other than Allah has been invoked. But he who is driven by necessity, being neither disobedient nor exceeding the limit, it shall be no sin for him. Surely, Allah is Most Forgiving, Merciful” [Ch.2, V.173-174].

This verse shows that Allah wants us to be mindful of what we eat. To sum it all up, Muslims have the proper guidance to take care of themselves during this pandemic. I pray to Allah that He may grant us long healthy lives and end this pandemic. May all people worldwide be blessed with good health, Ameen!



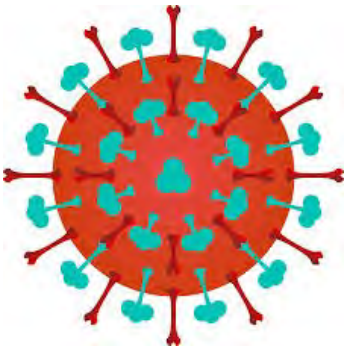
My Experience During COVID-19

Anaya Rana / Age 8 / Boston

At the beginning of the pandemic, I was doing remote learning and I didn't know much about COVID-19. My school was saying that they would open the schools again later, but when I realized that the schools were not opening soon I got very sad. Finally, they opened the schools again but my family decided to do remote learning and soon we found out that Zoom was our new classroom. In the beginning, it was boring but then we adjusted to it.



In the summer/spring/fall, my family goes biking on a bike trail and sometimes we play tennis. When it snows, I go sledding and skiing. I also help my family a-lot with the household chores. We all are able to eat healthy food. Since my whole family is home, we have more time to perform congregational prayers together. I also utilized this time to read more Holy Qur'an and I finished my first reading at the age of seven. I also do Tahir Academy classes on Zoom.



The thing I miss the most during COVID-19 is meeting Huzoor (aba), friends, family and my grandparents. I hope and pray that this COVID-19 ends soon and may Allah keep everyone safe and protected. We all should recite the prayers of protection every day.

Let's Run...



Hazeem Ahmad / Age 7 / Virginia South

Running is one of the best exercises. I like to run in my driveway. It helps build strong bones while strengthening the muscles. It also gives us a healthy weight. A love of running and looking at it as fun can carry into adulthood giving us a lifetime of healthy habits. Playing tag is one of the options. Let's run and be healthy.

HOW ISLAM TEACHES US TO LIVE A HEALTHY LIFE!

Maaz Rashid Kiran, Age 8, Orlando

Helped by my Father Ravi Kiran Balamam

Islam is a complete religion. It teaches us many ways to live a healthy and an active life. The Holy Qur'an discourages overeating:

“...eat and drink but exceed not the bounds; surely, He does not love those who exceed the bounds” [Ch.7, V.32].

If we study the life of Prophet Muhammad (sa) we will learn from many instances where he stressed to eat a moderate and nutritious diet. We should try not to eat a lot of calories and junk food. If possible, we should eat from home and should avoid eating foods like pizza, burgers, hot wings and be thankful to Allah for our food. Prophet Muhammad (sa) would say, **“Fill the stomach one third with food, one third with water and leave one third for air”** (Ibn Majah). Fasting, one of the five pillars Islam, helps us to maintain good health as well.

Apart from eating a balanced diet Islam also teaches us to keep ourselves clean. When we perform ablution five times a day that





helps maintain personal hygiene.

We are also encouraged to exercise regularly and to stay fit. Prophet Muhammad (sa) used to ride camels and horses regularly. It is narrated once a famous wrestler challenged him to wrestle with him, he (sa) took up the challenge and laid him on the ground twice. He was physically fit and strong. Our Beloved Huzoor (aba) has advised on several occasions that children should engage themselves in physical activity and sports instead of playing video games.



I believe if we try our best to follow Islamic instructions, it will help us become better children spiritually and physically. May Allah help us learn and practice Islamic teachings, Ameen.

Me in Covid -2020

Adeel Ahmed / Age 11 / Virginia North



COVID-19 has altered how I live my life. One of the significant ways it has influenced all of us is the way we all communicate with each other. We can't go to the Mosque anymore, we have to talk digitally; for example, we now have to attend Tahir academy digitally and we attend school

online. One way I have adjusted to this is by communicating with my friends or family digitally by using different texting and calling apps.

We got used to hearing the Adhan from Alexa reminding us of our prayer timings and we all gathered at home for congregational prayers and offered Jumu'ah prayers at home with my dad being the Imam. We even had our National Atfal Ijtema Competition via Zoom in 2020 and



this is something I shall always remember for the rest of my life.

During COVID-19, we can't go outside too much, so how are we supposed to get our cardio exercise? Some of the few simple ways I get my cardio is we as a family would go on long bike rides near the house, with masks on of course. Every time we went out, we were super cautious. To keep yourself safe, maintain social distance, use sanitizer and wash hands often. As the temperature was too cold outside, I would do a few laps



throughout the home.

We missed playing with neighborhood friends, but we involved them in a Thanksgiving food drive and collected around four hundred lbs to donate to Loudon Hunger Relief on Thanksgiving day!

With all this free time, I learned many things like helping around the house keeping my room neat, doing my own laundry with my elder brother and loading the dishwasher. The best part was helping my mom in the kitchen cooking and baking yummy dishes. Also helping my dad paint and fix the deck was my favorite project that I enjoyed during COVID summer time.

I hope when this COVID-19 ends we all get to see each other's smiles without wearing a



May Allah protect us all, Ameen! *Ameen!*

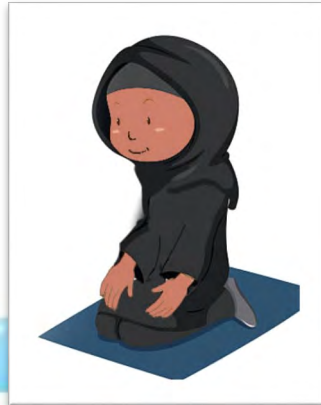


“The Meeting of a Pure Soul”

Nahval Majeed, Age 14, Virginia North

Each finger
Plays with the water
Trickling down
with drops of clarity
The cool feeling of it
Touching the face
arms,
nose,
hands,
ears,
feet,
and the heart
all cleansed

Purity overflowing through the brain and the body
They stood up and walked to their mat
They are ready for their meeting with their Beloved,
a clean and pure soul.



Glossary

Abū Dāwūd ابو داود : A collection of Aḥadīth. The author of this collection.

Adhan: The call to prayer

Al-Ḥamdu Lillāh اَلْحَمْدُ لِلّٰهِ : All praise belongs to Allah.

Al-Hilāl الهلال : The new moon.

Āmīn [Āmeen, Aameen] آمين : So be it. Amen. Ceremony to commemorate the completion of the first reading of the Holy Qur'an.

As-Salāmu `Alaikum اَلسَّلَامُ عَلَيْكُمْ May peace be upon you. (The formation assalam-o or assalam-u is incorrect as there is no waw و after mīm م, hence the abbreviation AoA or A.O.A. or A-o-A is also incorrect.)

Bukhari: A collection of Ahadith. The author of this collection.

Chanda: چنده Monetary contribution, donation. (The ha at the end is to indicate a fath on dal, and is not pronounced, so should not be explicitly written in the transliteration of the word.)

Ḥaḍrat حضرت [Hadhrat, Ḥaḍrat, Hazrat]: His Holiness

Aḥmad, Ḥaḍrat Mirzā Masroor (1950-...) حضرت مرزا مسرور احمد, may Allah be his Helper: Fifth successor (2003-...) to the Promised Messiah (peace be on him).

Ḥuḍūr [Ḥudhūr, Ḥuzūr, Huzoor] حضور : His Honor, His Holiness, Your Honor, Your Holiness. In Urdu, it is spelled Ḥaḍūr [Ḥaḍoor, Ḥadhūr, Ḥadhoor, Ḥazūr, Ḥazoor].

Iftā̄r افطار : breaking the Islamic formal fast at sunset

Iftā̄rī افطاری : eating to break Islamic formal fast.

Ijtima: gathering

Jalsa Salana: Annual Convention

Jama`at: Community

Nāsirāt ناصرات : helpers (feminine). A member of Majlis Nasirat -ul-Ahmadiyya, association of young Ahmadi girls.

Sadaqah صدقه: alms

Tabligh: Preaching

Wudu: Ablution



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Ḥaḍrat Zainab^{ra}

Ḥaḍrat Juwairiyah^{ra}

True Story of a Prince

Rabia's Eid

Ḥaḍrat Mirza Bashir-ud-Din Mahmud

Ahmad, the Promised Reformer
(may Allah be pleased with him)

Hadhrat Safiyyah^{ra}

Ḥaḍrat Nuh^{as} and the Great Flood

Ḥaḍrat Mirza Tahir Ahmad
(may Allah have mercy on him)

Ḥaḍrat Hud (peace be on him)

Hadhrat Ruqayya^{ra}

Points to Ponder: \$2

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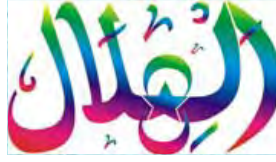
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Al-Hilal
15000 Good Hope Road
Sliver Spring, MD 20905

This Issue of Al-Hilal brings to light that Islamic way of living is the healthy way of living. Living as a Muslim is living a healthy life.

Muslims walk to the neighborhood mosque five times a day. Walking is a light exercise for all.

Prayer service is a light exercise. Prayer is a form of a very beneficial meditation.

Muslims wash themselves five times a day before every Prayer service, before and after eating, and after using the restroom. Keeping clean saves us from germs that cause diseases. Washing oneself freshens senses and relaxes the body.

Muslims meet or at least see their neighbors in the mosque five times a day. Social interaction has a positive effect on personal well-being, personal behavior and attitude.

Islam forbids drinking unhealthy drinks and eating unhealthy foods. It wants people to eat what is good and healthy for them. Even an allowed drink or food should be avoided when it can affect a person's well-being.

Fasting during Ramadan and rituals during Hajj help Muslims gain strength and endurance necessary to meet the challenges of life.

Islam cares for a person's health. It gives leave to a sick person from Islamic rituals and customs that may affect his recovery or that may make his condition worse.

Islam wants people to live healthy lives so that they may be able take care of themselves, their families, their societies and their environment.



AHMADIYYA
MUSLIM COMMUNITY
United States of America

Muslims who believe in the Messiah,
Mirza Ghulam Ahmad Qadiani