

# **SADAQAT**

**(10 TO 12)**

## **TALIM SYLLABUS 2022–23**

### **MAJLIS ATFALUL AHMADIYYA UK**



MAJLIS  
ATFALUL AHMADIYYA  
UNITED KINGDOM

# RULES FOR TILAWAT

- This is a closed competition. Only those Atfal who have achieved 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> at Regional Ijtema will be allowed to take part at National Level. Please consult the Ijtema website for more details.
  - [atfal.org.uk/Ijtema/talim](http://atfal.org.uk/Ijtema/talim)
- Participants can recite any of the selected portions from the syllabus.
- A recitation from outside the syllabus will get a total mark of zero.
- Marks will be deducted if the Tifl forgets to recite Ta’awwuz or Tasmiyya.
- There will be no additional marks for reciting from memory.
- Judges reserve the right to stop a participant at any point.
- Marks will be awarded for:
  - (a) Pronunciation – *Makharij*
  - (b) Tajweed
  - (c) Melody – *Lehan*

# TIWAWAT

Surah Al-Baqarah, Chapter 2 (178)

يَئِسَ الْبِرَّ أَنْ تُولِّوْا وَجُوهَكُمْ قِبَلَ الْمَشْرِقِ وَالْمَغْرِبِ وَلِكَنَّ الْبِرَّ مَنْ أَمَنَ بِاللَّهِ وَالْيَوْمِ  
الْآخِرِ وَالْمَلِكَةِ وَالْكِتَبِ وَالنَّبِيِّنَ وَأَتَى الْمَالَ عَلَىٰ حُبِّهِ ذَوِي الْقُرْبَىٰ وَالْيَتَامَىٰ  
وَالْمُسِكِينَ وَابْنَ السَّبِيلِ وَالسَّائِلِينَ وَفِي الرِّقَابِ وَأَقَامَ الصَّلَاةَ وَأَتَى الزَّكُوْةَ  
وَالْمُؤْفُونَ بِعَهْدِهِمْ إِذَا عَاهَدُوا وَالصَّابِرِينَ فِي الْبَاسَاءِ وَالضَّرَّاءِ وَحِينَ الْبَأْسِ أُولَئِكَ  
الَّذِينَ صَدَقُوا وَأُولَئِكَ هُمُ الْمُتَّقُونَ

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Surah Al-Baqarah, Chapter 2 (22 - 24)

يَا أَيُّهَا النَّاسُ اعْبُدُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ وَالَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ  
الَّذِي جَعَلَ لَكُمُ الْأَرْضَ فِرَاشًا وَالسَّمَاءَ بِنَاءً وَأَنْزَلَ مِنَ السَّمَاءِ مَاءً فَأَخْرَجَ بِهِ  
مِنَ الشَّهَرِ رِزْقًا لَكُمْ فَلَا تَجْعَلُوا لِلَّهِ أَنْدَادًا وَإِنْتُمْ تَعْلَمُونَ

٢٢

وَإِنْ كُنْتُمْ فِي رَيْبٍ مِمَّا نَزَّلْنَا عَلَىٰ عَبْدِنَا فَاتُوا بِسُورَةٍ مِنْ مِثْلِهِ وَادْعُوا شَهِدًا آءُوكُمْ مِنْ دُونِ اللَّهِ إِنْ  
كُنْتُمْ صَدِيقِينَ

٢٣

# TIWAWAT

Surah Al-Baqarah, Chapter 2 (44 - 46)

وَأَقِيمُوا الصَّلَاةَ وَاتُّوا الزَّكُوَةَ وَارْكَعُوا مَعِ الرَّكِعِيْنَ ﴿٤٤﴾ أَتَأْمُرُونَ النَّاسَ بِالْبِرِّ  
وَتَنْسَوْنَ أَنفُسَكُمْ وَأَنْتُمْ تَتْلُوْنَ الْكِتَبَ أَفَلَا تَعْقِلُوْنَ ﴿٤٥﴾ وَاسْتَعِيْنُوْا بِالصَّبْرِ  
وَالصَّلَاةِ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخُشِعِيْنَ ﴿٤٦﴾

Surah Taha, Chapter 20 (131 - 133)

فَاصْبِرُ عَلَى مَا يَقُولُوْنَ وَسِّحْ بِحَمْدِ رَبِّكَ قَبْلَ طُلُوعِ الشَّمْسِ وَقَبْلَ غُرُوبِهَا وَمِنْ  
أَنَّا إِلَيْهِيْلَ فَسِّحْ وَأَطْرَافَ النَّهَارِ لَعَلَّكَ تَرْضِي ﴿١٣١﴾ وَلَا تَمْدَدَ عَيْنَيْكَ إِلَى مَا  
مَتَّعْنَا بِهِ أَرْوَاجًا مِنْهُمْ زَهْرَةُ الْحَيَاةِ الدُّنْيَا لَئِنْفَتِنْهُمْ فِيهِ وَرِزْقُ رَبِّكَ خَيْرٌ  
وَآبُقِي ﴿١٣٢﴾ وَأُمْرَأَهُدَكَ بِالصَّلَاةِ وَاصْطَبِرْ عَلَيْهَا لَا نَسْكُلَكَ رِزْقًا نَحْنُ نَرْزُقُكَ  
وَالْعَاقِبَةُ لِلّتَّقِيُّوْيِ ﴿١٣٣﴾

# RULES FOR NAZAM

- **This is a closed competition. Only those Atfal who have achieved 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> at Regional Ijtema will be allowed to take part at National Level. Please consult the Ijtema website for more details.**
  - [atfal.org.uk/Ijtema/talim](http://atfal.org.uk/Ijtema/talim)
- Any one of the Nazams from the syllabus can be delivered.
- At least three couplets are given for each Nazam, any two must be recited without repetition.
- There will be no additional marks for reciting from memory.
- Reading a Nazam from outside the syllabus will get a total mark of zero.
- Judges reserve the right to stop a participant at any point.
- Marks will be awarded for:
  - (a) Pronunciation
  - (b) Quality of Voice – Husne Adaigi
  - (c) Melody – Lehan

# NAZAM

Apne Karam se – Kalaam-e-Mahmood

اپنے کرم سے۔ کلامِ محمود

بیمارِ عشق ہوں تیرادے تو شفا مجھے	اپنے کرم سے بخش دے میرے خدا مجھے
اسلام پر ہی آئے جب آئے قضا مجھے	جب تک کہ دم میں دم ہے اسی دین پر رہوں
آتا نظر نہیں کوئی تیرے سوا مجھے	بے کس نواز ذات ہے تیری ہی اے خدا
Appne Karam se bakhash de mere khuda mujhe	Bemare ishq hun tera daye tu shifa mujhe
Jab tak ke dam mein dam he issi deen par rahoон	Islam par hi aye jab aye qaza mujhe
Be kas Nawaz zaat he teri aye khuda	Aata nazar nahi koi tere siwa mujhe

Naune Halaane Jama'at – Kalaam-e-Mahmood

نو نہ الان جماعت۔ کلامِ محمود

پر ہے یہ شرط کہ ضائعِ مرای پیغام نہ ہو	نو نہ الان جماعت مجھے کچھ کہنا ہے
تاکہ پھر بعد میں مجھ پر کوئی الزام نہ ہو	چاہتا ہوں کہ کروں چند نصائح تم کو
ستیاں ترک کرو طالبِ آرام نہ ہو	جب گزر جائیں گے ہم تم پر ٹے گا سب بار

# NAZAM

Naune Halaane Jama'at – Kalaam-e-Mahmood

نوہلان جماعت۔ کلام محمود

Non-e-halani jama'at mujhe kuch kehna hain	Par hai yeh shart keh zaye mera pegham na ho
Chahta hun keh karun chand nasaih tum ko	Taake phir ba'd mein mujh par koi ilzam na ho
Jab guzar jain gay ham tum peh paray ga sam bar	Sustiyan tark karo taalib-e- aaram na ho

Kis kadar zahir he noor – Durr-e-Thameen

کس قدر ظاہر ہے نور۔ در شمین

بن رہا ہے سارا عالم آئندہ ابصار کا	کس قدر ظاہر ہے نور اس مبداء الانوار کا
کیونکہ کچھ کچھ تھانشان اسمیں جمال یار کا	چاند کو کل دیکھ کر میں سخت بے کل ہو گیا
مت کرو کچھ ذکر ہم سے ترک یا تاتار کا	اس بہار حسن کا دل میں ہمارے جوش ہے
Kis qadar zahir hai noor us mabda ul anwar ka	Ban raha he sara allam ayina absar ka
Chand ko kal dekh kar mein sakht baikal ho giya	Kyunke kuch kuch tha nishaan us mein jamal e yaar ka
us bahare husan ka dil mein hamare joosh he	Maat karo kuch zikar humse turk ya tatar ka

# NAZAM

Jo khaak mein milay – Durr-e-Thameen

جو خاک میں ملے۔ درِ ثمین

آے آزمانے والے! یہ نسخہ بھی آزمًا	جو خاک میں ملے اُسے ملتا ہے آشنا
جب مر گئے تو اس کی طرف کھینچے جاتے ہیں	عاشق جو ہیں وہ یار کو مرمر کے پاتے ہیں
دلبر کی مر نے والوں پہ ہر دم نگاہ ہے	یہ راہ تنگ ہے پہ یہی ایک راہ ہے

Jo khaak main milay ussay milta hai aashna	Ay aazmaanay waalay yeh nuskha bhi aazma
Aashiq jo hain woh yaar ko mar mar ke paatay hain	Jab mar gaye to usski taraf kheenchay jaatay hain
Yeh raah tang hay peh yehi aik raah hai	Dilbar ki marne walaun peh har dam nigah hai

# NAZAM

Qaseeda: Ya `Aina Faizil Laahi Wal Irfaanī— Hazrat Mirza Ghulam Ahmad Qadiani (as), The Promised Messiah (as)

يَا عَيْنَ فَيُضِّلُّ اللَّهُ وَالْعِرْفَانَ - حَرَثَتْ مَرْزَاغَلَامْ أَحْمَدْ قَادِيَانِي

يَسْعُى إِلَيْكَ الْخَلْقُ كَالظَّهَانِ	يَا عَيْنَ فَيُضِّلُّ اللَّهُ وَالْعِرْفَانَ
فِي هَذِهِ الدُّنْيَا وَبَعْثٌ ثَانٍ	يَا رَبِّ صَلٰ عَلٰى نَبِيِّكَ دَائِيَا
فِي مُهْجَرٍ وَمَدَارِكٍ وَجَنَانِ	يَا حِبِّ إِنْكَ قَدْ دَخَلْتَ مَحَبَّةً

Ya 'aina faizil laahi wal Irfaanī	Yas 'aa ilaikal Khalku ka-zam-aani
Ya rabbi salli 'alaa nabiyyika daa-i-man	Fee haazihid dunya waba' sin saani
Ya Hibbi innaka kad-dakhalta mahabbatan	Fee muhjatee wamadaariki wajanani

O you who are the fountain of Allah's beneficence and divine understanding;	People throng towards you like the thirsty rushing towards water.
O my Lord, always shower blessings on your Prophet,	In this world and the next.
O my beloved, my adoration for you has penetrated	Into my blood, heart, soul and body.

# RULES FOR PREPARED SPEECH ENGLISH

- This is a closed competition. Only those Atfal who have achieved 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> at Regional Ijtema will be allowed to take part at National Ijtema. Please consult the Ijtema website for more details.
  - [atfal.org.uk/Ijtema/talim](http://atfal.org.uk/Ijtema/talim)
- The speech must be delivered in English language.
- Any speech delivered on a topic from outside the syllabus will get a total mark of zero.
- Marks will be deducted if a speech is longer than 1 minute 30 seconds.
- The speech can contain Arabic verses, but Urdu references and couplets are not allowed.
- There will be no additional marks for reciting from memory.
- Judges reserve the right to stop a participant at any point.
- Marks will be awarded for:
  - (a) Structure of Argument
  - (b) Content
  - (c) Delivery – *Way of Expression*

# RULES FOR PREPARED SPEECH URDU

- This is an open competition. All Atfal are free to participate in this at National Ijtema regardless of result at Regional Ijtema.
  - [atfal.org.uk/Ijtema/talim](http://atfal.org.uk/Ijtema/talim)
- The speech must be delivered in Urdu language.
- Any speech delivered on a topic from outside the syllabus will get a total mark of zero.
- Marks will be deducted if a speech is longer than 1 minute 30 seconds.
- The speech can contain Arabic verses, but English references and couplets are not allowed.
- There will be no additional marks for reciting from memory.
- Judges reserve the right to stop a participant at any point.
- Marks will be awarded for:
  - (a) Structure of Argument
  - (b) Content
  - (c) Delivery – *Way of Expression*

# **PREPARED SPEECH ENGLISH**

**The topics for Prepared Speech English are:**

1. "My Delight is in Salat"
2. Salat – The perfect way to Worship our Creator
3. The wisdom of offering Salat 5 times a day
4. Why I pray

# **PREPARED SPEECH URDU**

**The topics for Prepared Speech Urdu are:**

- |    |                                |                               |       |
|----|--------------------------------|-------------------------------|-------|
| 1. | فُرَّةٌ عَيْنِي فِي الصَّلَاةِ | میری آنکھوں کی ٹھنڈک نماز میں | ۔۔۔۔۔ |
| 2. | نماز مومن کی معراج             |                               |       |
| 3. | نماز اور روحانیت               |                               |       |
| 4. | نماز دین کا ستون               |                               |       |

# RULES FOR AZAAN

- This is an open competition. All Atfal are free to participate in this at National Ijtema regardless of result at Regional Ijtema.
  - [atfal.org.uk/Ijtema/talim](http://atfal.org.uk/Ijtema/talim)
- There will be no additional marks for reciting from memory.
- Judges reserve the right to stop a participant at any point.
- Judges reserve the right to ask a participant to recite the Azaan for Fajr.
- There will be no marks for hand position.
- Marks will be awarded for:
  - (a) Pronunciation
  - (b) Quality of Delivery – Husn-e-Adaigi
  - (c) Tune - Lehan.

# AZAAN

اَللّٰهُ اَكْبَرُ اَللّٰهُ اَكْبَرُ

اَللّٰهُ اَكْبَرُ اَللّٰهُ اَكْبَرُ

اَشْهُدُ اَنْ لَا إِلٰهَ اِلَّا اللّٰهُ اَشْهُدُ اَنْ لَا إِلٰهَ اِلَّا اللّٰهُ

اَشْهُدُ اَنَّ مُحَمَّداً رَسُولُ اللّٰهِ اَشْهُدُ اَنَّ مُحَمَّداً رَسُولُ اللّٰهِ

حَمْدٌ عَلَى الصَّلوةِ حَمْدٌ عَلَى الصَّلوةِ

حَمْدٌ عَلَى الْفَلَاحِ حَمْدٌ عَلَى الْفَلَاحِ

الصَّلوةُ خَيْرٌ مِّنَ النَّوْمِ الصَّلوةُ خَيْرٌ مِّنَ النَّوْمِ

اَللّٰهُ اَكْبَرُ اَللّٰهُ اَكْبَرُ

لَا إِلٰهَ اِلَّا اللّٰهُ

Highlighted section should be read during Fajr prayer only

# RULES FOR HIFZ TRIATHLON

- **This is an open competition. All Atfal are free to participate in this at National Ijtema regardless of result at Regional Ijtema.**
  - [atfal.org.uk/Ijtema/talim](http://atfal.org.uk/Ijtema/talim)
- The Hifz Traithlon combines three Hifz competitions, which we will refer to as “categories”:
  - Hifz-e-Quran
  - Hifz-e-Ahadith
  - Hifz-e-Qasidah
- Each participant will be required to answer questions from each of the categories listed above.
- Marks will be awarded according to the different rules for each of the categories listed above. You can these rules listed below along with the syllabus for each of the categories.
- The judge reserves the right to ask a participant any portion from the Syllabus.
- A participant may take up to 10 seconds before starting their answer.
- Positions will be awarded according to overall score.

# RULES FOR HIFZ-E-QURAN

- This competition is part of the Hifz Triathlon. This is not a separate competition and so the positions will be allocated according to Hifz Triathlon. For more information see the rules for Hifz Triathlon above or visit:
  - [atfal.org.uk/Ijtema/talim](http://atfal.org.uk/Ijtema/talim)
- The judge reserves the right to ask a participant any portion from the Syllabus.
  - The judge will only give the reference to the portion, for example “Recite Surah Al-Ikhlas” or “Recite Surah Al-Bakarah verse 1 till 7”.
  - Giving the first few words of Arabic such as “Recite قُلْ هُوَ اللَّهُ” will be considered as a hint and will result in mark deduction.
- A participant may take up to 10 seconds before starting their answer.
- Marks will be awarded for:
  - (a) Pronunciation
  - (b) Accuracy
  - (c) Fluency

# HIFZ-E-QURAN

## Surah Al-Balad

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ لَا أُقْسِمُ بِهَذَا الْبَلَدِ ﴿٢﴾ وَأَنْتَ حِلٌّ بِهَذَا الْبَلَدِ ﴿٣﴾ وَوَالِدٌ وَّمَا  
وَلَدَ ﴿٤﴾ لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي كَبِدٍ ﴿٥﴾ أَيْ حُسْبٌ أَنْ لَّنْ يَقْدِرَ عَلَيْهِ أَحَدٌ ﴿٦﴾ يَقُولُ أَهْلَكْتُ  
مَالًا لِّبَدًا ﴿٧﴾ أَيْ حُسْبٌ أَنْ لَّمْ يَرَهَا أَحَدٌ ﴿٨﴾ إِلَّمْ نَجْعَلُ لَهُ عَيْنَيْنِ ﴿٩﴾ وَلِسَانًا وَشَفَتَيْنِ ﴿١٠﴾ وَ  
هَدَيْنَهُ النَّجْدَيْنِ ﴿١١﴾ فَلَا اقْتَحَمَ الْعَقَبَةَ ﴿١٢﴾ وَمَا آدَرَكَ مَا الْعَقَبَةُ ﴿١٣﴾ فَكُّ رَقَبَةٌ أَوْ  
إِطْعَمٌ فِي يَوْمِ زِيْدٍ مَسْغَبَةٌ ﴿١٤﴾ يَتَّبِعُهَا ذَا مَقْرَبَةٌ ﴿١٥﴾ أَوْ مِسْكِينًا ذَا مَتْرَبَةٌ ﴿١٦﴾ ثُمَّ كَانَ مِنَ  
الَّذِينَ أَمْنَوْا وَتَوَاصَوْا بِالصَّبْرِ وَتَوَاصَوْا بِالْمَرْحَمَةِ ﴿١٧﴾ أُولَئِكَ أَصْحَابُ الْبَيْتَنَةِ ﴿١٨﴾ وَالَّذِينَ  
كَفَرُوا بِاِيْتِنَا هُمْ أَصْحَابُ الْبَشَّةِ ﴿١٩﴾ عَلَيْهِمْ نَارٌ مُؤْصَدَةٌ ﴿٢٠﴾

## Surah Al-Shams

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ وَالشَّمْسِ وَضُحْهَا ﴿٢﴾ وَالْقَمَرِ إِذَا اتَّلَهَا ﴿٣﴾ وَالنَّهَارِ إِذَا  
جَلَّهَا ﴿٤﴾ وَالَّيلِ إِذَا يَغْشِيْهَا ﴿٥﴾ وَالسَّمَاءِ وَمَا بَنَهَا ﴿٦﴾ وَالْأَرْضِ وَمَا طَحَّهَا ﴿٧﴾ وَنَفْسٍ وَّمَا  
سَوَّهَا ﴿٨﴾ فَأَلْهَمَهَا فُجُورَهَا وَتَقْوِهَا ﴿٩﴾ قَدْ أَفْلَحَ مَنْ زَكَّهَا ﴿١٠﴾ وَقَدْ خَابَ مَنْ دَسَّهَا  
كَذَّبَثُ شَوْدُ بِطَغَوْهَا ﴿١١﴾ إِذَا نَبَعَثْ أَشْقَهَا ﴿١٢﴾ فَقَالَ لَهُمْ رَسُولُ اللَّهِ نَاقَةُ اللَّهِ وَ  
سُقِيَّهَا ﴿١٣﴾ فَكَذَّبُوهُ فَعَقَرُوهَا ﴿١٤﴾ فَدَمْدَمَ عَلَيْهِمْ رَبُّهُمْ بِذَنْبِهِمْ فَسَوَّهَا ﴿١٥﴾ وَلَا يَخَافُ عَقْبَهَا

# HIFZ-E-QURAN

## Surah Al-Lail

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ وَالْيَوْلِ إِذَا يَغْشِي ۖ وَالنَّهَارِ إِذَا تَجْلَىٰ ۖ وَمَا خَلَقَ الذَّكَرَ وَالْأُنْثَىٰ ۖ إِنَّ سَعْيَكُمْ لَشَتَّىٰ ۖ فَامَّا مَنْ أَعْطِيَ وَاتَّقَىٰ ۖ وَصَدَقَ بِالْحُسْنَىٰ ۖ فَسَنُيِّسِمُهُ ۚ وَامَّا مَنْ بَخِلَ وَاسْتَغْنَىٰ ۖ وَكَذَبَ بِالْحُسْنَىٰ ۖ فَسَنُيِّسِمُهُ لِلْعُسْرَىٰ ۖ وَمَا يُغْنِي عَنْهُ مَالُهُ اِذَا تَرَدَّىٰ ۖ إِنَّ عَلَيْنَا الْهُدَىٰ ۖ وَانَّنَا لِلْأُخْرَةِ وَالْأُولَىٰ ۖ فَانذَرْنَا اِذَا تَلَظَّىٰ ۖ لَا يَصْلِهَا اِلَّا الاشْقَىٰ ۖ الَّذِي كَذَبَ وَتَوَلَّ ۖ وَسَيُبْخِبُهَا اِلَّا تُقْنَىٰ ۖ الَّذِي يُؤْتَىٰ مَالَهُ يَتَرَكَ ۖ وَمَا لِاَحَدٍ عِنْدَهُ مِنْ نِعْمَةٍ تُجْزَىٰ ۖ اِلَّا ابْتِغَاءَ وَجْهِ رَبِّهِ الْاَعْلَىٰ ۖ وَلَسَوْفَ يَرَضِي ۖ وَمَا لِاَحَدٍ عِنْدَهُ مِنْ نِعْمَةٍ تُجْزَىٰ ۖ اِلَّا ابْتِغَاءَ وَجْهِ رَبِّهِ الْاَعْلَىٰ ۖ وَلَسَوْفَ يَرَضِي ۖ

## Surah Al-Duha

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ وَالضُّحَىٰ وَالْيَوْلِ إِذَا سَجَىٰ ۖ مَا وَدَعَكَ رَبُّكَ وَمَا قَلَىٰ ۖ وَلَلْآخِرَةُ خَيْرٌ لَكَ مِنَ الْأُولَىٰ ۖ وَلَسَوْفَ يُعْطِيَكَ رَبُّكَ فَتَرَضِي ۖ اَلَّمْ يَجِدُكَ يَتَيَّبَّأَ فَأَوْيَ ۖ وَوَجَدَكَ ضَالًّا فَهَدَىٰ ۖ وَوَجَدَكَ عَابِلًا فَاغْنَىٰ ۖ فَامَّا الْيَتَيْمَ فَلَا تَقْهِرْ ۖ وَامَّا السَّاَلِ فَلَا تَنْهَرْ ۖ بِنِعْمَةِ رَبِّكَ فَحَدِّثْ

## Surah Al-Inshirah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ اَلَّمْ نَشْرَحْ لَكَ صَدْرَكَ وَضَعَنَا عَنْكَ وَزَرَكَ الَّذِي اَنْقَضَ ظَهْرَكَ وَرَفَعْنَا لَكَ ذِكْرَكَ فَإِنَّ مَعَ الْعُسْرَىٰ يُسْرَىٰ اِنَّ مَعَ الْعُسْرَىٰ يُسْرَىٰ فَإِذَا فَرَغْتَ فَانْصَبْ وَإِلَى رَبِّكَ فَارْغَبْ

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## Surah At-Tin

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ وَالْتَّيْنِ وَالزَّيْتُونِ ﴿٢﴾ وَهَذَا الْبَلْدَ  
 الْأَمِينِ ﴿٣﴾ لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ ﴿٤﴾ ثُمَّ رَدَدْنَاهُ أَسْفَلَ سُفْلِيْنِ ﴿٥﴾ إِلَّا  
 الَّذِينَ آمَنُوا وَعَلِمُوا الصِّلْحَتِ فَلَهُمْ أَجْرٌ غَيْرُ مَمْنُونٍ ﴿٦﴾ فَمَا يُكَذِّبُكَ بَعْدُ  
 بِالدِّينِ ﴿٧﴾ أَلَيْسَ اللَّهُ بِأَحْكَمِ الْحِكَمِينَ ﴿٨﴾

## Surah Al-'Alaq

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ إِقْرَأْ أَبِاسْمِ رَبِّكَ الَّذِي خَلَقَ ﴿٢﴾ خَلَقَ الْإِنْسَانَ مِنْ  
 عَلْقٍ ﴿٣﴾ إِقْرَأْ أَوْرَبِّكَ الْأَكْرَمَ ﴿٤﴾ الَّذِي عَلِمَ بِالْقَلْمَ ﴿٥﴾ عَلِمَ الْإِنْسَانَ مَا لَمْ يَعْلَمْ ﴿٦﴾ كَلَّا  
 إِنَّ الْإِنْسَانَ لَيَطْغِي ﴿٧﴾ أَنْ رَآهُ اسْتَعْنَى ﴿٨﴾ إِنَّ إِلَيْ رَبِّكَ الرُّجُوعِ ﴿٩﴾ أَرَءَيْتَ الَّذِي  
 يَنْهُى ﴿١٠﴾ عَبْدًا إِذَا أَصْلَى ﴿١١﴾ أَرَءَيْتَ إِنْ كَانَ عَلَى الْهُدَىٰ ﴿١٢﴾ أَوْ أَمْرَ بِالْتَّقْوَىٰ  
 أَرَءَيْتَ إِنْ كَذَّبَ وَتَوَلَّ ﴿١٣﴾ أَلَمْ يَعْلَمْ بِأَنَّ اللَّهَ يَرَىٰ ﴿١٤﴾ كَلَّا لِئِنْ لَمْ يَنْتَهِ  
 لَنَسْفَعًا بِالنَّاصِيَةِ ﴿١٥﴾ نَاصِيَةٌ كَذِبَةٌ خَاطِئَةٌ ﴿١٦﴾ فَلَيَدْعُ نَادِيَهُ ﴿١٧﴾ سَنَدْعُ  
 الْزَّبَانِيَةَ ﴿١٨﴾ كَلَّا لَا تُطِعْهُ وَاسْجُدْ وَاقْتَرِبْ الجمع ﴿١٩﴾

# HIFZ-E-QURAN

## Surah Al-Qadr

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ ﴿٢﴾ وَمَا أَدْرَاكَ مَا لَيْلَةُ  
الْقَدْرِ ﴿٣﴾ لَيْلَةُ الْقَدْرِ هُوَ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ ﴿٤﴾ تَنَزَّلُ الْمَلَائِكَةُ وَالرُّوحُ فِيهَا بِإِذْنِ  
رَبِّهِمْ مِّنْ كُلِّ أَمْرٍ ﴿٥﴾ سَلَامٌ ﴿٦﴾ هِيَ حَتَّىٰ مَطْلَعِ الْفَجْرِ ﴿٧﴾

## Surah Al-Bayyinah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ لَمْ يَكُنِ الَّذِينَ كَفَرُوا مِنْ أَهْلِ الْكِتَبِ وَالْمُشْرِكِينَ  
مُنْفَكِّرِينَ حَتَّىٰ تَأْتِيهِمُ الْبَيِّنَاتُ ﴿٢﴾ رَسُولٌ مِّنَ اللَّهِ يَتَوَلَّهُ صُحْفًا مَظَهَرًا ﴿٣﴾ فِيهَا  
كُتُبٌ قِيمَةٌ ﴿٤﴾ وَمَا تَفَرَّقَ الَّذِينَ أُوتُوا الْكِتَبَ إِلَّا مِنْ بَعْدِ مَا جَاءَهُمُ الْبَيِّنَاتُ ﴿٥﴾ وَ  
مَا أُمِرُوا إِلَّا لِيَعْبُدُوا اللَّهَ مُخْلِصِينَ لَهُ الدِّينُ هُنَّ حَنَفاءٌ وَيُقِيمُونَ الصَّلَاةَ وَيُؤْتُونَ  
الزَّكُوةَ وَذَلِكَ دِينُ الْقِيمَةِ ﴿٦﴾ إِنَّ الَّذِينَ كَفَرُوا مِنْ أَهْلِ الْكِتَبِ وَالْمُشْرِكِينَ فِي نَارٍ  
جَهَنَّمَ خَلِدِينَ فِيهَا أُولَئِكَ هُمُ شَرُّ الْبَرِيَّةِ ﴿٧﴾ إِنَّ الَّذِينَ آمَنُوا وَعَمِلُوا الصَّلِحَاتِ  
أُولَئِكَ هُمُ خَيْرُ الْبَرِيَّةِ ﴿٨﴾ جَزَّاءُهُمْ عِنْدَ رَبِّهِمْ جَنَّتُ عَدُنٍ تَجْرِي مِنْ تَحْتِهَا الْأَنْهَرُ  
خَلِدِينَ فِيهَا أَبَدًا رَضِيَ اللَّهُ عَنْهُمْ وَرَضُوا عَنْهُ ذَلِكَ لِمَنْ خَشِيَ رَبَّهُ ﴿٩﴾

# HIFZ-E-QURAN

## Surah Az-Zilzal

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝ إِذَا أَرْزَلْتِ الْأَرْضَ زِلْزَالَهَا ۝ وَآخْرَجْتِ الْأَرْضَ  
أَثْقَالَهَا ۝ وَقَالَ الْإِنْسَانُ مَا لَهَا ۝ يَوْمَ إِذْ تُحَدِّثُ أَخْبَارَهَا ۝ بِأَنَّ رَبَّكَ أَوْحَى  
لَهَا ۝ يَوْمَ إِذْ يَصْدُرُ النَّاسُ أَشْتَاتًا ۝ لَيْرُوا أَعْمَالَهُمْ ۝ فَمَنْ يَعْمَلُ مِثْقَالَ ذَرَّةٍ  
خَيْرًا يَرَهُ ۝ وَمَنْ يَعْمَلُ مِثْقَالَ ذَرَّةٍ شَرًّا يَرَهُ ۝

## Surah Al-'Adiyat

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝ وَالْعُدِيَّتِ ضَبْحًا ۝ فَالْمُوْرِيَّتِ قَدْحًا ۝ فَالْغَيْرِيَّاتِ  
ضَبْحًا ۝ فَأَثْرُونَ بِهِ نَقْعًا ۝ فَوَسْطَنَ بِهِ جَمْعًا ۝ إِنَّ الْإِنْسَانَ لِرَبِّهِ لَكَنُودٌ ۝ وَإِنَّهُ  
عَلَى ذَلِكَ لَشَهِيدٌ ۝ وَإِنَّهُ لِحُبِّ الْخَيْرِ لَشَدِيدٌ ۝ أَفَلَا يَعْلَمُ إِذَا بُعْثَرَ مَا في  
الْقُبُورِ ۝ وَ حُصِّلَ مَا في الصُّدُورِ ۝ إِنَّ رَبَّهُمْ بِهِمْ يَوْمَ إِذْ لَخَيْرٌ ۝

## Surah Al-Qari'ah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝ الْقَارِعَةُ ۝ مَا الْقَارِعَةُ ۝ وَمَا آدَرَكَ مَا  
الْقَارِعَةُ ۝ يَوْمَ يَكُونُ النَّاسُ كَالْفَرَاشِ الْبَثُوثِ ۝ وَتَكُونُ الْجِبَالُ كَالْعِهْنِ  
الْبَنْفُوشِ ۝ فَمَمَّا مَنْ تَقْلَتْ مَوَازِينُهُ ۝ فَهُوَ فِي عِيشَةٍ رَّاضِيَةٍ ۝ وَمَمَّا مَنْ خَفَّثَ  
مَوَازِينُهُ ۝ فَمَامَّهَا هَاوِيَةٌ ۝ وَمَا آدَرَكَ مَا هِيهُ ۝ نَارٌ حَامِيَةٌ ۝

# HIFZ-E-QURAN

## Surah At-Takathur

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝ أَلَّهُمَّ إِنَّا تَكَاثَرْ ۝ حَتَّىٰ زُدْتُمُ الْمَقَابِرَ ۝ كَلَّا سَوْفَ  
 تَعْلَمُونَ ۝ ثُمَّ كَلَّا سَوْفَ تَعْلَمُونَ ۝ كَلَّا لَوْ تَعْلَمُونَ عِلْمَ الْيَقِينِ ۝ لَتَرَوْنَ  
 الْجَحِيمَ ۝ ثُمَّ لَتَرَوْنَهَا عَيْنَ الْيَقِينِ ۝ ثُمَّ لَتُسْئَلُنَّ يَوْمَ إِيْذَى عَنِ النَّعِيمِ ۝

## Surah Al-'Asr

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝ وَالْعَصْرِ ۝ إِنَّ الْإِنْسَانَ لَفِي خُسْمٍ ۝ إِلَّا الَّذِينَ آمَنُوا  
 وَعَمِلُوا الصِّلْحَاتِ وَتَوَاصُوا بِالْحَقِّ ۝ وَتَوَاصُوا بِالصَّبْرِ ۝

## Surah Al-Humazah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝ وَيْلٌ لِكُلِّ هُزْزَةٍ لَبَرَزَةٍ ۝ إِنَّ الَّذِي جَاءَعَ مَالًا وَ  
 عَدَدَةٍ ۝ يَحْسَبُ أَنَّ مَالَهُ أَخْلَدَهُ ۝ كَلَّا لَيُبَدِّلَنَّ فِي الْحُطَمَةِ ۝ وَمَا آدَلَكَ مَا  
 الْحُطَمَةُ ۝ نَارُ اللَّهِ الْمُوْقَدَةُ ۝ الَّتِي تَطْلُعُ عَلَى الْأَفْدَةِ ۝ إِنَّهَا عَلَيْهِمْ  
 مُؤْصَدَةٌ ۝ فِي عَمَدٍ مُمَدَّدَةٍ ۝

# HIFZ-E-QURAN

## Surah Al-Fil

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ إِلَهٌ مُّتَرَكِّيْفٌ فَعَلَ رَبُّكَ بِاَصْحَابِ الْفِيلِ ﴿٢﴾

إِلَهٌ يَجْعَلُ كَيْدَهُمْ فِي تَضْلِيلٍ ﴿٣﴾ وَأَرْسَلَ عَلَيْهِمْ طَيْرًا أَبَابِيلَ ﴿٤﴾

تَرْمِيهِمْ بِحِجَارَةٍ مِّنْ سِجِّيلٍ ﴿٥﴾ فَجَعَلَهُمْ كَعَصْفٍ مَّا كُوِّلَ ﴿٦﴾

## Surah Quraish

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ لَا يُلْفِ قُرَيْشٍ ﴿٢﴾

الْفِهْمٌ رِّحْلَةُ الشِّتَّاءِ وَالصَّيفِ ﴿٣﴾ فَلْيَعْبُدُوا رَبَّ هَذَا الْبَيْتِ ﴿٤﴾

الَّذِي أَطْعَمَهُمْ مِّنْ جُوعٍ ﴿٥﴾ وَآمَنَهُمْ مِّنْ خُوفٍ ﴿٦﴾

## Surah Al-Ma`un

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ أَرَعَيْتَ الَّذِي يُكَذِّبُ بِالدِّينِ ﴿٢﴾

فَذِلِكَ الَّذِي يَدْعُ الْيَتَمِّ ﴿٣﴾ وَلَا يُحْضُرُ عَلَى طَعَامِ الْمِسْكِينِ ﴿٤﴾

فَوَيْلٌ لِّلْمُصَدِّقِينَ ﴿٥﴾ الَّذِينَ هُمْ عَنْ صَلَاتِهِمْ سَاهُونَ ﴿٦﴾

الَّذِينَ هُمْ يُرَأَءُونَ ﴿٧﴾ وَيَئْنَعُونَ الْمَاعُونَ ﴿٨﴾

# HIFZ-E-QURAN

## Surah Al-Kauthar

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ إِنَّا أَعْطَيْنَاكَ الْكَوْثَرَ ﴿٢﴾  
 فَصَلِّ لِرَبِّكَ وَانْهُرْ ﴿٣﴾ إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ ﴿٤﴾

## Surah Al-Kafirun

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ قُلْ يَا أَيُّهَا الْكُفَّارُونَ ﴿٢﴾ لَا أَعْبُدُ مَا تَعْبُدُونَ  
 وَلَا أَنْتُمْ عِبْدُونَ مَا أَعْبُدُ ﴿٣﴾ وَلَا أَنَا عَابِدٌ مَا عَبَدْتُمْ  
 وَلَا أَنْتُمْ عِبْدُونَ مَا أَعْبُدُ ﴿٤﴾ لَكُمْ دِيْنُكُمْ وَلِيَ دِيْنِ ﴿٥﴾

## Surah An-Nasr

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ إِذَا جَاءَنَّ نَصْرًا اللَّهِ وَالْفَتْحُ ﴿٢﴾ وَرَأَيْتَ النَّاسَ  
 يَدْخُلُونَ فِي دِيْنِ اللَّهِ أَفْوَاجًا ﴿٣﴾ فَسَبِّحْ بِحَمْدِ رَبِّكَ وَاسْتَغْفِرْهُ ﴿٤﴾ إِنَّهُ كَانَ تَوَابًا ﴿٥﴾

## Surah Al-Lahab

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ تَبَثُّ يَدَا آبِي لَهَبٍ وَتَبَّ  
 مَا أَغْنَى عَنْهُ مَالُهُ وَمَا كَسَبَ ﴿٢﴾ سَيَصْلُى نَارًا ذَاتَ لَهَبٍ  
 وَامْرَأَتُهُ حَالَةً الْحَطَبِ ﴿٣﴾ فِي جِيدِهَا حَبْلٌ مِنْ مَسَدٍ ﴿٤﴾

# HIFZ-E-QURAN

## Surah Al-Ikhlas

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ قُلْ هُوَ اللَّهُ أَحَدٌ ﴿٢﴾ اللَّهُ الصَّمَدُ  
 لَمْ يَلِدْ وَلَمْ يُوْلَدْ ﴿٣﴾ وَلَمْ يَكُنْ لَّهُ كُفُواً أَحَدٌ ﴿٤﴾

## Surah Al-Falaq

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿٢﴾ مِنْ شَرِّ مَا خَلَقَ  
 وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِنْ شَرِّ النَّفَثَاتِ فِي الْعُقَدِ  
 وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٤﴾

## Surah An-Nas

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿٢﴾ مَلِكِ النَّاسِ  
 إِلَهِ النَّاسِ ﴿٣﴾ مِنْ شَرِّ الْوُسُوْسِ ﴿٤﴾ الْخَنَّاسِ  
 الَّذِي يُوَسِّعُ فِي صُدُورِ النَّاسِ ﴿٥﴾ مِنَ الْجِنَّةِ وَالنَّاسِ  
 ﴿٦﴾

## Surah Al-Fatihah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿٢﴾ الرَّحْمَنِ الرَّحِيمِ ﴿٣﴾ مَلِكِ  
 يَوْمِ الدِّينِ ﴿٤﴾ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٥﴾ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ﴿٦﴾ صِرَاطَ  
 الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ ﴿٧﴾ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ  
 ﴿٨﴾

# HIFZ-E-QURAN

Surah Al-Baqarah, First 17 Verses

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ إِنَّمَا ذَلِكَ الْكِتَبُ لَا رَيْبَ ﴿٢﴾ فِيهِ هُدًى  
 لِّلْمُتَّقِينَ ﴿٣﴾ الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقْيِسُونَ الصَّلَاةَ وَمِنَّا رَزَقْنَاهُمْ يُنْفِقُونَ ﴿٤﴾  
 وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنْزِلَ إِلَيْكَ وَمَا أُنْزِلَ مِنْ قَبْلِكَ وَبِالْأُخْرَةِ هُمْ يُوْقِنُونَ ﴿٥﴾  
 أُولَئِكَ عَلَى هُدًى مِّنْ رَّبِّهِمْ وَأُولَئِكَ هُمُ الْمُفْلِحُونَ ﴿٦﴾ إِنَّ الَّذِينَ كَفَرُوا سَوَاءٌ  
 عَلَيْهِمْ أَنْذَرْتَهُمْ أَمْ لَمْ تُنذِرْهُمْ لَا يُؤْمِنُونَ ﴿٧﴾ خَتَمَ اللَّهُ عَلَى قُلُوبِهِمْ وَعَلَى  
 سَعِيهِمْ وَعَلَى أَبْصَارِهِمْ غِشَاوَةٌ وَلَهُمْ عَذَابٌ عَظِيمٌ ﴿٨﴾ وَمِنَ النَّاسِ مَنْ يَقُولُ  
 أَمَنَّا بِاللَّهِ وَبِالْيَوْمِ الْآخِرِ وَمَا هُمْ بِمُؤْمِنِينَ ﴿٩﴾ يُخَدِّعُونَ اللَّهَ وَالَّذِينَ أَمْنُوا وَمَا  
 يُخَدِّعُونَ إِلَّا أَنفُسُهُمْ وَمَا يَشْعُرُونَ ﴿١٠﴾ فِي قُلُوبِهِمْ مَرَضٌ فَنَادَهُمُ اللَّهُ مَرَضًا وَلَهُمْ  
 عَذَابٌ أَلِيمٌ ﴿١١﴾ بِمَا كَانُوا يَكْذِبُونَ ﴿١٢﴾ وَإِذَا قِيلَ لَهُمْ لَا تُفْسِدُوا فِي الْأَرْضِ قَالُوا إِنَّا  
 نَحْنُ مُصْلِحُونَ ﴿١٣﴾ أَلَا إِنَّهُمْ هُمُ الْمُفْسِدُونَ وَلَكِنْ لَا يَشْعُرُونَ ﴿١٤﴾ وَإِذَا قِيلَ لَهُمْ  
 أَمِنُوا كَمَا آمَنَ النَّاسُ قَالُوا أَنُؤْمِنُ كَمَا آمَنَ السُّفَهَاءُ ﴿١٥﴾ أَلَا إِنَّهُمْ هُمُ السُّفَهَاءُ وَلَكِنْ لَا  
 يَعْلَمُونَ ﴿١٦﴾ وَإِذَا قَوَى الَّذِينَ أَمْنُوا قَالُوا أَمَنَّا ﴿١٧﴾ وَإِذَا أَخْلَوُا إِلَى شَيْطَانِهِمْ قَالُوا إِنَّا  
 مَعَكُمْ إِنَّا نَحْنُ مُسْتَهْزِئُونَ ﴿١٨﴾ أَلَّا اللَّهُ يَسْتَهْزِئُ بِهِمْ وَيَعْدُهُمْ فِي طُغْيَانِهِمْ يَعْمَهُونَ  
 أُولَئِكَ الَّذِينَ اشْتَرَوُ الْفَلَلَةَ بِالْهُدُى فَبَارِبَحْتُ تِجَارَتُهُمْ وَمَا كَانُوا

مُهْتَدِيُّنَ ﴿١٩﴾

# RULES FOR HIFZ-E-AHADITH

- This competition is part of the Hifz Triathlon. This is not a separate competition and so the positions will be allocated according to Hifz Triathlon. For more information see the rules for Hifz Triathlon above or visit:
  - [atfal.org.uk/Ijtema/talim](http://atfal.org.uk/Ijtema/talim)
- The judge reserves the right to ask a participant any Hadith and its translation from the Syllabus.
  - The judge will only ask the Hadith by giving the initial few words of the Arabic or translation and never ask the Hadith by its number. For example, a Tifl may be asked to “Recite the Hadith that starts with حَيْثُ ازَادَ” or “Recite Hadith with the translation The best provision for the journey”
- A participant may take up to 10 seconds before answering.
- Marks will be awarded for:
  - (a) Pronunciation and accuracy of the Arabic
  - (b) Accuracy of the translation

# HIFZ-E-AHADITH

1

خَيْرُ الزَّادِ التَّقْوَىٰ

Khair-uz-zadit-taqwa

The best provision for the journey to the hereafter is  
righteousness.

2

الْغَنَىُ غِنَىُ النَّفْسِ

Al ghinaa ghinan-nafs

True wealth is the wealth of the heart.

3

إِنَّمَا الْأَعْمَالُ بِالنِّيَّاتِ

Inna-mal a'maalu bin-niyyaat

Deeds are judged by motives.

4

سِبَابُ الْمُسْلِمِ فُسُوقٌ

Sibaab-ul-muslimi fusooq

Abuse by (or of) a Muslim is an evil.

5

مَنْ لَا يَرْحَمُ لَا يُرْحَمُ

Man laa yarham, laa yurham

The one who doesn't show mercy will not be shown mercy.

# HIFZ-E-AHADITH

6

خَيْرُكُمْ مَنْ تَعْلَمَ الْقُرْآنَ وَعَلِمَهُ

Khairu-kum man ta'allamal-qur'aana wa allamahu  
The best among you is the one who learns the Quran and  
teaches it to others.

7

الْحَيَاءُ خَيْرٌ كُلُّهُ

Al-hayaa'u khairun kulluhu  
Modesty is the best virtue.

8

السَّعِيدُ مَنْ وُعِظَ بِغَيْرِهِ

As-sa'eedu maw-wu'iza bi-ghairi-hi  
A pious person learns from others (other's mistakes).

9

لَيْسَ الْخَبْرُ كَالْمَعَايِنَةُ

Laysal-khabaru kal-mu'ayana  
Hearing is not like seeing.

10

النَّاسُ كَأَسْنَانِ الْمُشْطِ

An-naasu ka asnaa-nil-musht  
People are like the teeth of a comb.

# HIFZ-E-AHADITH

11

إِسْتَعِينُوا عَلَى الْحَوَالِجِ بِالْكِتَابِ

Ista-eenu alal ha-waa-iji bil-kitmaan  
To fulfil your needs, seek help in secret.

12

مَنْ قُتِلَ دُونَ مَا لِهِ فَهُوَ شَهِيدٌ

Man qu-ti-la doona maa-li-hi fa-huwa sha-heed  
The one who dies protecting their property is a martyr.

13

الْحَرْبُ خُدُّعَةٌ

Al-harbu khud'a

War is the name of tactics.

14

الْمُسْلِمُ مِرْآةُ الْمُسْلِمِ

Al-muslimu mir'aa-tul muslim

A Muslim is a mirror of another Muslim.

15

الْمُسْتَشَارُ مُؤْتَمِنٌ

Al musta-shaa-ru mu'-taman

A person who is consulted becomes a trustee.

# HIFZ-E-AHADITH

16

الْجَمَاعُ بِالْأَمَانَةِ

Al majaa-lisu bil-amaa-na

All get-togethers (of people) are based on (their mutual) trust.

17

الْمَرْءُ مَعَ مَنْ أَحَبَّ

Al mar'u ma'a man ahabba

A person is with the one who he loves.

18

الْبَلَاءُ مُؤَكَّدٌ بِالْمُنْطِقِ

Al ba-laau mu-wakka-lun bil-man-tiq

Talking without thinking can result in trouble.

19

خَيْرُ الْأُمُورِ أَوْ سَطْهَا

Khairul umoori aw-satu-ha

Best work is one that is done in moderation.

20

آلَدَّالُ عَلَى الْخَيْرِ كَفَاعِلِهِ

Ad-daal-lu alal khairi ka faa-ili-hee

The one who urges others to do good,  
gets the reward like a doer.

# HIFZ-E-AHADITH

21

عِدَّةُ الْمُؤْمِنِ كَأَخْذِ الْكَفِّ

Idda-tul mu'mini ka akh-dhil-kaff

The promise of a believer is as certain as a thing in the hand.

22

لَيْسَ مِنَّا مَنْ غَشَنَا

Laisa minna man ghashha-na

The one who deceives us is not from us.

23

سَيِّدُ الْقَوْمِ خَادِمُهُمْ

Sayyi-dul qawmi khaa-di-mu-hum

The chief of the people is one who serves them.

24

لَا يَشْكُرُ اللَّهَ مَنْ لَا يَشْكُرُ النَّاسَ

Laa yash-kur-ullah-a ma-lла yash-kur-un naas

One who is not thankful to people is not thankful to Allah.

25

الْيَدُ الْعُلِيَا خَيْرٌ مِنَ الْيَدِ السُّفْلَى

Al ya-dul ul-yaa khai-rum min-al yad-is sufflaa

The upper hand is better than the lower hand. (The hand that gives is better than the hand that receives).

# HIFZ-E-AHADITH

26

أَتَابَ مِنَ الذَّنْبِ كَمَنَ لَا ذَنْبَ لَهُ

At-taa-i-bu mina-dhamm-bi ka-man laa dham-ba lah

A person who sincerely repents for their sins becomes like one  
who has never sinned.

27

إِذَا جَاءَكُمْ كَرِيمٌ قَوِّمْ فَأَكِرْ مُؤْهُ

Idha jaa-a-kum kareem-u qaw-min fa-akri-mooh

When some respected person of another nation visits you give  
respect to them.

28

الْيَبِينُ الْفَاجِرَةُ تَدْعُ الدِّيَارَ بِلَا قَعَ

Al-ya-meen-ul faa-ji-ra-tu ta-da-ud-diyaa-ra ba-laa-qi'

The false oath causes the places of abode to become void.

29

إِتْقُوا النَّارَ وَلَوْ بِشِقٍ تَهْرِ

Itta-qun naara wa law bi-shiqqi tam-ra-tin

Save yourself from hell, even if it be by giving a fragment of a  
date (as sadaqah).

30

أَلَدُنْيَا سِجْنٌ لِلْمُؤْمِنِ وَجَنَّةٌ لِلْكَافِرِ

Ad-dunya sij-nul-lil mu'-mini wa janna-tun lil-kaafir

This world is a prison for the righteous believer and heaven for  
a non-believer.

# RULES FOR HIFZ-E-QASIDAH

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  - [atfal.org.uk/Ijtema/talim](http://atfal.org.uk/Ijtema/talim)
- The judge reserves the right to ask a participant any portion from the Syllabus.
- A judge will never ask for a couplet by number. A sample question may be "Recite the couplet that starts with **يَاعَيْنَ فَيُضِّلُّ اللَّهُ**"
- A participant may take up to 10 seconds before starting their answer.
- Marks will be awarded for:
  - (a) Pronunciation
  - (b) Accuracy
  - (c) Fluency

# HIFZ-E-QASIDAH

The Promised Messiah (as) is reported to have said:

*"This Qasidah has been accepted by Allah, and Allah has informed me that whoever memorises this Qasidah and repeats it constantly, such a person's heart would be granted a deep love for me and for Prophet Muhammad (saw) and I will reward him with nearness to me"*

Please find the full Qasidah using the following link:

<https://www.alislam.org/book/commentary-al-qasidah/>

The Syllabus for this age group is:

- To read the introductory pages of the book linked above
- To memorise couplet 1 to 50

# RULES FOR ATFAL APEX QUIZ

- This is an open TEAM competition. All Atfal are free to participate in this, but teams must be submitted through the Regional Nazim Atfal. Please contact your Regional Nazim Atfal soon as places may be limited.
  - [atfal.org.uk/Ijtema/talim](http://atfal.org.uk/Ijtema/talim)
- Each Team will consist of 3-5 atfal from the same region and same age group.
- There will be multiple rounds, including but not limited to:
  - Religious
  - General
  - Academic (Mathematics, Sciences and English)
  - Puzzles (IQ and Chess)
  - Guess who?
  - Salat
  - Guess the flag
  - Bonus rounds
- Each team will answer the same question simultaneously.
- Each question will be allocated 30 seconds to 1 minute answer time.
- Pens and paper will be provided.
- The Quiz master's decision will be final.

# **RULES FOR PRESENTATION COMPETITION**

- **This is an open competition. All Atfal are free to participate in this, but presentations must be submitted before the deadline.**
  - [atfal.org.uk/Ijtema/talim](http://atfal.org.uk/Ijtema/talim)
- Each individual will be allocated 2 minutes to present.
- Each individual must submit their presentations via email by 17<sup>th</sup> of September latest.
  - [fateen.yasir@atfal.co.uk](mailto:fateen.yasir@atfal.co.uk)
  - Please **include** your name, region and age group
- Atfal do not need to bring their electronic devices to present, a laptop will be made available to them.
- The presentation must be based on one of the topics given in the syllabus.
- The marking criteria is as follows:
  - Style of delivery
  - Content & subject matter
  - Pronunciation
  - Presentation (design)

# PRESENTATION COMPETITION

The topics for the Presentations are as follows:

- Quran: The perfect book
- Salat: The delight of our eyes

Make sure to use appropriate functionalities of MS PowerPoint to construct the presentation. Your audience will be other Atfal brothers. There is a strict 2-minute time limit. Be sure to write-up a script.

Use of images and videos must be done with great care. Ask yourself about the necessity and appropriateness of any media shared on the presentation.

For content, consult [alislam.org](http://alislam.org) or a local Missionary.

For more questions, please email:  
[Fateen.yasir@atfal.co.uk](mailto:Fateen.yasir@atfal.co.uk)