

Al Badar 2021

English section

2021

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All things bright and beautiful

(Benish Haseeb, BS semester:8,BS-17-32)

All things bright and beautiful

All things bright and beautiful

All things wise and wonderful

The lord the God made them all

Each little flower that opens ,

Each little Bird that sings,

He made their glowing colors,

He made their tiny wings

The purple headed mountain,

The river running by,

The sunset and morning,

That brightens up the sky.

The cold wind in the winter,

The pleasant summer sun,

The ripe fruits in the garden

He made them everyone.

The tall trees in the greenwood

The meadows where we play,

The rushes by the water,

We gather every day

He gave us eyes to see them,

And lips that we might tell,

How great is God Almighty

Who has made all things well

(Cecil Frances Alexander)

Naat

(Benish Haseeb, BS semester:8,BS-17-32)

You are the light of Allah at dawn

You came after the hardship as convenience

Our Allah raised up your position

Oh Imam (Leader) of the Prophets

You are alive in sentiment

You are the light of eyes

You are the irrigation at the Hawd (basin)

You are the absolutely pure guide

My beloved Muhammad (salla Llahu ‘alayhi wa sallam)

Oh Prophet, peace be upon you

Oh Messenger, peace be

Oh beloved, peace be

The prayers of Allah be

My heart irrigates with love

Whom by him I have seen my path

The love of the best of Messengers of my God

My intercessor, Oh Messenger of Allah

Oh Prophet, peace be upon you

Oh Messenger, peace be

Oh beloved, peace be

The prayers of Allah be

(Unknown)

My prayer

(Laiba Sajid, BS semester:7, BS-18-22)

I Pray for All,

Great or small, To give them patience, In every situations.

I Pray,

I Pray for my father,

His job would prosper, He may live long life, With his children and wife.

I Pray,

I Pray for my mother ,

Three sisters and one brother

They lead a happy life,

And have a better future,

I Pray,

I Pray for my family,

They stand by family, Never to quarrel,

And live to happily.

An Old Woman of The Road

(Anam Zaman khan, MA Semester :3, M-20-60)

O, to have a little house!

To own the hearth and stool and all!

The heaped-up sods upon the fire,

The pile of turf against the wall!

To have a clock with weight and chains

And pendulum swinging up and down!

A dresser filled with shining Delph,

Speckled and white and blue and brown!

I could be busy all the day

Cleaning and sweeping hearth and floor,

And fixing on their shelf again

May white and blue and speckled store!

I could be quiet there at night

Beside the fire and by myself,

Sure of a bed and Loth to leave

The ticking clock and the shining Delph!

Och! But I'm weary of mist and dark,

And roads where there's never a house nor bush,

And tired I am of bog and road,

And the crying wind and the lonesome hush!

And I am praying to God on high,

And I am praying Him night and day,

For a little house---- house of my own---

Out of the wind's and the rains' way.

(Padric colum)

Baba Bulleh Shah Poetry in Punjabi

(Ayesha Mehmood, Semester: 5, BS-19-63)

Baba Bulleh Shah the real name is Abdullaha Shah Qadri. He was a great Sufi poet and philosopher during 17th century and onward. His poetry remarkable all over the world.

“Rahnja Rahja Kerdi Ne Mein Aapy Rahnja Hoi
Sadon Ni Meno Dhedo Rahnja, Heer Na Aakhy Koi
Rahnja Mein Wich, Mein Rahnjy Wich, Hor Khiyal Na Koi
Mein Nahi Awo Aap Hai Apni Aap Kery Diljoi
Jo Koi Sady Ander Wasy, Zaat Asadi Soeh
Hath Kondi Mere Age Mengo, Modhy Bhura Loi
Bulleha Heer Saleti Wekho, Kithy Ja Khaloi
Jis Dy Naal Mein Nio Nah Lagaya, Aho Jihi Hoi
Takhat Hazary Le Chal Buleha Sialan Mile Na Dhoi”

(Extracted from: <https://poetryinurdu.pk/baba-bulleh-shah-poetry/>)

“Bright star, would I were stedfast as thou art”
(Benish Haseeb, BS semester:8,BS-17-32)

Bright star, would I were stedfast as thou art—

Not in lone splendor hung aloft the night

And watching, with eternal lids apart,

Like nature's patient, sleepless Eremite,

The moving waters at their priestlike task

Of pure ablution round earth's human shores,

Or gazing on the new soft-fallen mask

Of snow upon the mountains and the moors—

No—yet still stedfast, still unchangeable,

Pillow'd upon my fair love's ripening breast,

To feel for ever its soft fall and swell,

Awake for ever in a sweet unrest,

Still, still to hear her tender-taken breath,

And so live ever—or else swoon to death.

(John Keats)

Current Pandemic Situation In Pakistan

(Habiba Elahi, BS semester: 5,BS-19-31)

Abstract:

Coronavirus is a dangerous outbreak that has not yet been brought under control worldwide and is an epidemic for which there is no cure.

We can control this epidemic by taking precautions and getting vaccinated

Some people think that we are completely safe after vaccination and stop taking precautions while vaccination only boosts the immune system.

If we are not careful, this outbreak will wreak havoc in Pakistan as it has in other countries

Introduction:

Covid's are an enormous group of infections that cause ailment going from the normal virus to more serious sicknesses. A novel Covid (nCoV) is another strain that has not been recently recognized in people. The flare-up of Covid started as pneumonia of obscure reason in December 2019 in Wuhan, China, which has been presently spreading quickly out of Wuhan to different nations. On January 30, 2020, the World Health Organization (WHO) proclaimed Covid flare-up as the 6th general wellbeing crisis of global concern (PHEIC), and on March 11, 2020, the WHO reported Covid as pandemic. Covid is believed to be expanding in Pakistan. The principal instance of Covid was accounted for from Karachi on February 26, 2020, with assessed people of Pakistan as 204.65 million. Progressively, the infection spreads into different locales from one side of the country to the other and has presently turned into a scourge. The WHO has cautioned Pakistan that the nation could experience extraordinary test against the episode of Covid in the coming days

Most Common Symptoms:

- fever
- dry cough
- tiredness

Less common symptoms:

- aches and pains
- sore throat
- diarrhea
- conjunctivitis
- headache
- loss of taste or smell
- a rash on skin, or discoloration of fingers or toes

Serious symptoms:

- difficulty breathing or shortness of breath
- chest pain or pressure
- loss of speech or movement

The First Wave of Corona Virus:

The first wave of corona virus came to Pakistan in May 2020 and it was at its peak in June 2020. Due to lack of awareness among the people at that time, it was locked down. More than half of the population eats on a daily basis, which is why our Prime Minister imposed Lock Dawn.

The second Wave of Corona Virus:

In October 2020, the number of cases of coronavirus was increasing day by day. In view of this, the government of Pakistan started vaccinating people above 70 years of age. But there were very few people who got vaccinated. Many people said that those who get vaccinated die in two years. Some said that a woman cannot get pregnant and some said that is being tested on us

Many people did not understand that our government is not benefiting from it. It is vaccinating for our benefit.

The Third Wave of Corona Virus:

The third wave of Corona came in April 2021, killing many people, most of them non-vaccinators, and SOP'S was blown up because of Eid, after which the government of Pakistan made vaccination mandatory for government workers.

The Fourth wave of Corona Virus:

The fourth wave of Corona came in July 2021. It was the most dangerous. The number of deaths is increasing day by day and the number of cases is also increasing day by day. Vaccination is required for outdoor dine in

- Vaccination was also required for university students
- Vaccination is also required for outdoor travel Vaccination is also required for travel in buses
- There is no cure for this epidemic. We can control this epidemic by following SOP's

Discipline for the obsessive personality

(Sana Ronaq, MA semester:3,M-20-75)

Personality Refers to individual differences in characteristic patterns of thinking, feeling and behaving.

These people want to work according to the routine of (daily life). They are sensitive in the matter of goals and pay special attention to dates. These people first make long plans and then work on it with heart and soul by dividing them into short term goals

These people are terrified of unforeseen circumstances and sudden accidents. They make mistakes and think it is bad to do something out of the ordinary. All of these things can be done away with.

Facts of life

(Laiba Sajid, BS semester:7, BS-18-22)

- Don't waste time on taking revenge. People who hurt you eventually face their own karma.
- In this life you will meet two kinds of people. One who will build you up and other who tear you down. But in the end you will thank them both.
- Never ignore a person who cares for you because someday you will realize you have lost a diamond while you were busy collecting stones.
- Stop . Breath. Relax .A bad day doesn't mean a bad life.
- Sometime it takes sadness to know happiness, noise to appreciate silence and absence to value presence.
- A person who truly loves you will never let you go, no matter how hard the situation is.

FEMINISM

(Habiba Elahi, Semester: 5,BS-19-31)

There are immense number of people in our society who aren't even aware of the alpha of women's rights but shall stand straight and stubborn when such a topic is touched. Allah has already bestowed man a rank higher than the women, who are we to speak ? Well, if a woman wants her rights then she should consult the Quranic verses regarding them. There are whole chapters based on this. Contemporarily, IK is being criticized for talking about the attire of women. Isn't there the order about veil for women in Islam? We have moved on so far on this journey of feminism that even logics sound illogical to us. Women are ordered to cover their whole body except for the face and hands then what is all this chaos for? Do you know why? Because Allah has made woman so beautiful that everyone is attracted to her and Allah has also placed it in the nature of man. The veil is also important in our society because since childhood we have seen the people around us in full dressed and it is an important part of our society. Let's stop talking about men here and come to women. If a woman sees a girl wearing less clothes, she will stop and think for 5 to 10 minutes what she is wearing. When a woman can be attracted, then why not a man? And there is a whole Quranic verse on it. Surah Ahzab Ayat 59 with English Translation:

يَا أَيُّهَا النَّبِيُّ قُلْ لِّأَزْوَاجِكَ وَبَنَاتِكَ وَنِسَاءِ الْمُؤْمِنِينَ يُدْنِينَ عَلَيْهِنَّ مِنْ جَلَابِيزِهِنَّ ۖ ذَٰلِكَ أَدْنَىٰ أَنْ يُعْرَفْنَ فَلَا يُؤْذَيْنَ ۚ وَكَانَ اللَّهُ غَفُورًا رَّحِيمًا (59)

O Prophet! Tell thy wives and thy daughters and the women of the believers to draw their cloaks close round them (when they go abroad). That will be better, so that they may be recognised and not annoyed. Allah is ever Forgiving, Merciful.

FOREVER

(Syeda Aqsa Afzal, BS semester:8,BS-17-55)

Lovely times of life will not come back

"Forever"

But the lovely relation and the missing memories of friend,

Will stay in the heart

"Forever".

OLD FRIENDS

(Syeda Aqsa Afzal, BS semester:8,BS-17-55)

"Old friends are Gold,

New friends are Diamond,

If you get Diamond,

Don't forget the gold,

Because,

To hold a Diamond in a ring

You need a base of Gold".

GOD WHISPERED

(Javeria Abdull Manan , Semester: 7,BS- 18-17)

God saw your eyes full of tears

When no one here to heal you

So, he wrapped his arms around you and

Whispered, come to me

God saw your darkness of loneliness

When this world rejected you badly

So, he come sky in the midnight and

Whispered, I am here to listen your story

God saw your tummy full of starvation

When nothing here for you eat

So, he convert dead land into alive land and

Whispered, I am the sustainer

How we go on?

(Hamna Amjad, BS semester:7,BS-18-16)

After the unthinkable happens?

the world can be cruel and dangerous,
the future so unpredictable?

How do we grieve with empty arms?
and a head filled with echoing memories?

We are stronger than we know,
and this is how we show it;

Holding each other,
giving comfort in the midst of pain.

Loving more fiercely,
through your actions and things we say.

Making the world just a little bit better,
every single day,

Never taking life for granted,

Knowing that it can be snatched away
This world may bring deep darkness,

But we are the bearers of life.
We'll join our flames together,

And shine in the blackest of nights.

(John Mark Green)

I Have No Words

(Rukhsar Tariq Semester:7, Bs-18-32)

I have no words ,
No words to thank,
For all the blessings..... Countless and endless.

I have no words,
No words to thank,
For beautiful relations For precious companions
For the gift of life which is all mine.

For twinkling stars, for blissful flowers;

For sand, for grain

For everything we gain

I have no words ,
No words to thank.

For all four seasons,
Which come with a reason ,

For limitless seas,

For huge mountains,

For vast desert ,

For snowy rains ,

For warming sun,

For soothing moon

I have no words, No words to thank,

Last day at university: A memorable day

(Benish haseeb, BS semester:8, BS-17-32)

There is a tradition in every institution that the junior students give a farewell to the senior most and outgoing students. Every student who begins it's degree must end it one day. I had studied in this university for four years. During my stay in the university I had learnt to respect and love every aspect of my university. The teachers meant so much as they gave me guidance at the most needed hour. The hour to leave university had come; it was indeed with a heavy heart that I thought of the breaking ties.

Our farewell party was to be organized by the BS 6th semester and MA 2nd semester students under the supervision of prof.Dr Asim Naeem , Prof. Sadia Gulzar and Prof. Dr. Sabahat Afzal Each one of us was given an invitation card for the party by juniors. On their invitation we reached university at 10:00 a.m. juniors had organized a grand send off. They had beautifully decorated the auditorium. On the stage there were our honorable Dean Prof Dr. Muhammad Hammad lakhwi, Director institute of islamic studies , Prof. Dr Muhammad Saad Siddique and Prof.Dr.Shahida parween

In the auditorium, Boys and girls both have separate comparing. The program started with the name of Allah and Iman provoking recitation of holy verses of Quran, and then the turn for a wonderful naat that make us emotional for love of holy prophet(S.A.W), The prince of this world. Then the turns for the speeches by the students of BS 6th semester and MA 2nd semester. other programs are also presented like funny speeches and poems .

When the program was over, Gr of BS semester 8 Saira Aziz donated a wonderful scenery. And GR's of MA four semester presented wonderful bouquet to Dean and director. Our teachers gave us some helpful sermons for the future life. Lastly the Dean faculty of islamic studies advised us:

"If we study the Quran and the Sunnah to get a job, it is not correct. My message is to your children and girls who graduate today not to become servants. Allah has given you this religion, and the purpose behind it is not the empty "Aqras" but the "Aqra Baasm Rabq al-Khalq". You have not read the Prophet (peace and blessings of Allaah be upon him) as long as Gabriel continued to call him "Aqra" but when he said "Bassem Rabq al-Khalq", he read it, because now the purpose was clear. If you have to study aimlessly, it is better not to get it. If you have not yet set your goal, then today make your farewell that through what Allah has given you the knowledge of the Book and the Sunnah, you have to connect creation with Allah. "Baassim Rabq Al-Khalq. Khalq al-Man min Alak" is the whole purpose within him. You have to decide that you have to do what was the work of the prophets, now you are not a prophet. Now you are the best people, you have to become presentable exemplary Muslim in the society, spread this message through character because Islam spreads through character. Leading role to connect people with the Book and the Sunnah while performing. Very happy for the children who are graduating today. May Allaah bless all of you with his blessings and blessings. "

Then the function came to an end.

Refreshments were served to all students. We took leave from our teachers and friends with heavy hearts. Everyone tried to take cheerful though there was sadness in the air.

We had smart phones with us and we were capturing these precious moments not only in our cameras of our mobile but also in our hearts. We also took autographs from the principal and our dear teachers. Some of the students took the autographs on their shirts. These were the token of love and remembrance. Then we came to the time to leave forever. Our hearts were heavy with mixed feelings.

Farewell my friends, farewell my foes,

My love with these, may care for those.

University times are the best times; this was the time where I learnt that nothing lingers for long and that life demands a person to move on.

Look into yourself

(Anam Zaman khan, MA Semester :3, M-20-60)

You have learnt so much

And read a thousand books.

Have you ever read your self?

You have gone to mosque and Temple.

Have you ever visited your soul?

You are busy fighting saltan.

Have you ever fought your ill intentions?

You have reached into the skies,

But you have failed to reach!

What's in your heart!

(**Bulleh shah**)

Pakistan Military Information

(Hafiza Farheen, BS Semester : 5, BS-19-14)

The armed forces were formed in 1947 when Pakistan became independent from the British Empire. The Pakistan Army is the principal land warfare branch of the Pakistan Armed Forces. Leadership of the Pakistan Armed Forces is provided by the Joint Chiefs of Staff Committee (JCSC), which controls the military from the Joint staff Headquarters Rawalpindi. The paramilitary forces of Pakistan are National Guard, Defence Service Guard, Maritime Security Agency, Pakistan Rangers, Frontier Corps, Pakistan Coast Guards, Frontier Constabulary and Gilgit Baltistan Scouts.

Pakistan's military is a central actor in many of today's most pressing security challenges, and few institutions face such extreme pressures from such diverse forces. In recent years the military has been asked to simultaneously combat a vicious internal insurgency, suppress international terrorist groups, and respond to Pakistan's worst floods in eighty years, all while squaring off against a much larger rival in one of the most strategically complex regions in the world. Pakistan's armed forces are not only an instrument of the state's foreign policy, but also the most influential actor in the country's internal politics. They are currently battling brutal domestic adversaries who have killed thousands of civilians and targeted the nation's military and civilian leadership. They additionally figure prominently in efforts to suppress international terrorist groups, and have, at the same time, been accused of tolerating or even supporting those same organizations. Furthermore, Pakistan's armed forces oversee the world's fastest-growing nuclear arsenal amidst great concerns about its security given an active domestic insurgency, strategic competition with its nuclear neighbor, and the A.Q. Khan network's legacy of proliferation.¹ Finally, the Pakistan military participates in an ongoing strategic standoff with rival India—a simmering conflict that continues to threaten to explode into war for a fifth time since 1947. As this paper was going to press, the killing of Osama bin Laden in Abbottabad, Pakistan, re-focused the world's attention on the Pakistani military. That bin Laden had reportedly been hiding for several years near the Pakistani Military Academy (PMA)² raised serious questions about the possibility of complicity by the military and intelligence services. As Dawn, a leading Pakistani English-language daily, put it, "The idea that the world's most wanted criminal was spending his days there unnoticed by Pakistani intelligence requires either suspension of disbelief or the conclusion that the authorities are guilty of a massive intelligence failure."³ The ensuing crisis brought US-Pakistani relations to their lowest point in years. Despite its importance, Pakistan's military remains an opaque entity, both inside and outside of the country. Few publicly available reports exist for those seeking to acquire a basic understanding of its leaders, its functions, and its prime motivators. Belfer Center for Science and International Affairs | Harvard Kennedy School ⁵ This publication—the first of two Belfer Center reports examining Pakistan's military—will provide a concise introduction to the nation's armed forces. It will consider Pakistan's: • Overall strategic security and threat environment; • Military history since 1947; • Conventional military capabilities; • Nuclear strategy and security posture; and •

Current counterinsurgency (COIN) efforts (briefly). The second report in this series will: • Explore in more detail Pakistan’s current counterinsurgency efforts; • Evaluate threats to internal cohesion and fears of Islamist infiltration into the Pakistani military; • Assess the traits of current and future Pakistani military leaders; and • Examine the relationship between the Pakistani military and the civilian government. To assemble this report, the authors interviewed over two-dozen retired Pakistani military officers. These interviews were primarily conducted in Pakistan in March and April 2010. While all three armed services were represented, the majority of officers interviewed had served in the Army and were of brigadier rank or higher. In addition to Pakistani military personnel, researchers conducted nearly forty additional interviews, including with Pakistani politicians, civil society actors, journalists, and military experts, as well as with US and European military, diplomatic, and intelligence officers and analysts. Although most of these interviewees were willing to speak on the record, some requested anonymity. Due to the extreme sensitivity of the topic and the frequent refusal of interviewees to discuss it, the internal and external role of the powerful Inter-Services Intelligence (ISI) Directorate—the Pakistani military’s semi-autonomous intelligence organization—will not be extensively explored in this report. Similarly, this report’s analysis of the Pakistani nuclear program will be primarily based on existing open-source information because so many interviewees designated the subject as “off-limits” for our discussions.

My best friend

(Alina tauqeer, BS semester:8, BS-17-04)

You act all happy and nice
The bags under your eyes say otherwise
You say you don't need rest
Why don't you admit that you're just too stressed ?
You say you're grateful cz u have everything
Then why is it so clear that something is missing
You display your relationship with God
Doesn't it sound like a bit of a fraud?
You say that you're so blessed
When everything about you screams that you need help
Verily in the remembrance of Allah do hearts find rest
He is someone who alway wants your best
You blame it all on Satan when you know deep inside
From your nafs there is nowhere that you can hide
Allah is the only one who can show you right from wrong
In your utter helplessness, He alone can make you strong
When no one's around He hears it all
He lifts you up when you stumble and fall
He answers your prayers He hears them all
He is the only one you need to call
If you want certain matters in your life to be resolved
Pray to Him and In Sha Allah all your problems will be solved
He listens to your silent whispers and buried screams
He knows when you get scared in your dreams
He's the only friend who'll always be by your side
In only Him, you really need your trust to reside
When you feel like you're nothing

He'll show you that you're something
He's the one who created you from zero
So He's the only one who can make you a hero
If you truly believe in Him you should never feel depressed
Atleast of His mercy and that is your test
From the sun to the moon and the 7 skies above
When you call upon Him, He looks down at you with love
He's the only one who'll never judge you from beginning to the end
If you truly take Him as your best friend
And If you want your soul to thrive in everlasting merriment
Just pray that you are under His shade on the Day of Judgement
Wish that your eyes receive pleasure from His sight
Because for any momin that's the utmost delight
Strive for His pleasure
Even when you're under great pressure
If you want your present and Hereafter to be bright
Stand up for what your heart knows is right
If you sincerely strive in His cause
You'll receive more criticism than applause
You're biggest fight is with your own self
For even when Ramadan arrives,
In Nafs-e-Ammara your own demon hides
فعلمها فجورها وتقواها
قد افلح من زكاها
وقد خاب من دساها
Before you jugde someone else
Just take a look at yourself
If Allah decides to misguide you
Who can save you from yourself?
In your good deeds, never ever take pride

For if Allah is displeased with you, there is nowhere you can hide
Always try to be a humble servant of God
Because pride is an attribute that only suits your Lord
In Sunnahs of the Prophet(P. B. U. H.)
Never pick and choose
For his ahadith you should never refuse
For the creation of Allah always try to be of use
And if He gives you power and authority over them, its something you should never
misuse
If you carry the love of Allah in your chest
In Jannat ul Firdous you'll always be cared for like a guest
Don't ever forget that this life is a test
When you've tried your best, in His hands leave the re

NAMAZ

(Hafiza Farheen, BS Semester : 5, BS-19-14)

Prayer in Islam gives in a nutshell the teachings of Islam. The very first thing which comes into prominence in Islamic prayer is that it is accompanied by bodily movements. It implies that Islam lifts not only the soul to the spiritual height, but also illuminates the body of man with the light of God-consciousness. It aims at purifying both body and soul, for it finds no cleavage between them. Islam does not regard body and soul as two different entities opposed to each other, or body as the prison of the soul from which it yearns to secure freedom in order to soar to heavenly heights. "The soul is an organ of the body which exploits it for physiological purposes, or body is an instrument of the soul" (Iqbal, Reconstruction of Religious Thought in Islam, p 105), and thus both need spiritual enlightenment.

Secondly, Islamic prayer does not aim at such a spiritual contact with God in which the world and self are absolutely denied, in which human personality is dissolved, disappears and is absorbed in the Infinite Lord. Islam does not favour such a meditation and absorption in which man ceases to be conscious of his own self and feels himself to be perfectly identified with the Infinite, and claims in a mood of ecstasy: My "I" has become God, or rather he is God. Islam wants to inculcate the consciousness of the indwelling of the light of God in body and soul but does allow him to transport himself in the realm of Infinity. It impresses upon his mind that he is the humble servant of the Great and Glorious Lord and his spiritual development and religious piety lies in sincere and willing obedience to Allah. The very first step towards the achievement of this objective is that man should have a clear consciousness of his own finiteness and Infiniteness of the Lord, and clearly visualise and feel that he is created as a human being by the Creator and Master of the universe, and he cannot, therefore, become demi-god or god. His success lies in proving himself by his outlook and behaviour that he is the true and loyal servant of his Great Master. Islamic prayer is, therefore, the symbol of humble reverence before the Majesty of the Glorious Lord.

QURAN

1. وَأَقِيمُوا الصَّلَاةَ وَآتُوا الزَّكَاةَ وَارْكَعُوا مَعَ الرَّاكِعِينَ O

2:43 And establish prayer and give zakah and bow with those who bow [in worship and obedience.

2. وَأَقِمِ الصَّلَاةَ لِذِكْرِي O

20:14 Indeed, I am Allah . There is no deity except Me, so worship Me and establish prayer for My remembrance.

3. وَكَانَ يَأْمُرُ أَهْلَهُ بِالصَّلَاةِ وَالزَّكَاةِ وَكَانَ عِنْدَ رَبِّهِ مَرْضِيًّا O

19:55 And he used to enjoin on his people prayer and zakah and was to his Lord pleasing.

HADITH

بُنِيَ الْإِسْلَامُ عَلَى خَمْسٍ. عَلَى أَنْ يُعْبَدَ اللَّهُ وَ يُخْفَرَ بِمَا دُونَهُ. وَإِقَامُ الصَّلَاةِ. وَإِيتَاءُ الزَّكَاةِ. وَحَجُّ الْبَيْتِ. وَصَوْمُ رَمَضَانَ.

(مسلم، الصحيح، كتاب الإيمان، باب : بيان أركان الإسلام ودعائمه العظام، 1 : 45، رقم : 16)

Islam is based on five things: worshipping the Almighty and denying the worship of anyone other than Him, establishing prayers, paying Zakat, performing Hajj to the House and fasting in Ramadan.

الصَّلَاةُ الصَّلَاةُ، اتَّقُوا اللَّهَ فِيمَا مَلَكَتْ أَيْمَانُكُمْ.

(أبوداود، السنن، كتاب الأدب، باب في حق المملوك، 4 : 378، رقم : 5156)

."

"Observe the obligatory prayers and fear Allah Almighty about your slave.

الصَّلَاةُ لَوْفَتَهَا.

(مسلم، الصحيح، كتاب الإيمان، 1 : 89، رقم : 85)

"Perform the prayer at its appointed time."

Oh my Lord

(Misha Ameen, BS semester:7,BS-18-34)

once upon nights I don't know what happened to me

A darkness invaded me O lord

the earth narrowed and the sky

and my heart didn't know the light

and the tears started to cry Oh God

oh my Lord

oh my Lord

I disobeyed and the sin is great

and I am a prisoner in my own sorrow

I am tied into my sin oh lord

Oh lord do I deserve the forgiveness as a criminal?

Admitting my sins oh my God

oh my Lord

oh my Lord

oh my Lord

oh my Lord

you are the one who created me

you had mercy on me and you gave me

Oh God you've been always with me

But I am the one who turned back on you

I forget what had been yours

And I walked on my own path Oh my God

oh my Lord

oh my Lord

oh my Lord

you are the one who created me

you had mercy on me and you gave me

Oh God you've been always with me

But I'am the one who turned back on you

I forget what had been yours

And I walked on my own path Oh my God

oh my Lord

oh my Lord

oh my Lord

oh my Lord! Today I will return

from the darkness beyond the limits

the heart is broken and I'm Confused

am drowned and I can't see

only you're my savior."

There is no resort and no deliver from (Hardships) Except you

oh my Lord

oh my Lord

oh my Lord

oh my Lord

OLD FRIENDS(Syeda Aqsa Afzal BS-17-55)

"Old friends are Gold,

New friends are Diamond,

If you get Diamond,

Don't forget the gold,

Because,

To hold a Diamond in a ring

You need a base of Gold".

ONLINE EDUCATION

(Farzana ,BS semester:3,BS-20-58)

Online learning is one of the imminent trends in the education sector around the globe.

Online education is also preferred in higher learning institutions. Education is an integral part of people's lives. It will be either make them or break them in the prospect depending on their careers. The study material in the online education will be texts, audios, notes, videos and images.

BNEFITS:

Added flexibility and self-paced learning.

Better time management.

Demonstrated self -motivation.

Improved virtual communication and collaboration.

A broader Global prospective.

Refined critical thinking skills.

New technical skills.

DRAWBACKS:

Online learning may create a sense of isolation. Everyone learns in their own manner.

Online learning requires self-discipline.

Online learning requires additional training for instructors.

Online classes are prone to technical issues.

Online learning means more screen time.

ONLINE EDUCATION EFFECTS ON MENTAL HEALTH:

It greatly impacts the student's mental health. The lack of social interaction in online classes leads to feeling of loneliness, lack of motivation and isolation.

EFFECTS ON PHYSICAL HEALTH:

Studying online has resulted in poor or bad ergonomics thus resulting in a lot of issues such as back pain, eyesight problems, disturbance of sleep cycle and so on. Lack of physical activities has caused to become obese.

CONCLUSION:

Online education's potential advantages involve increased educational access. It provides a higher quality learning opportunity, improves students outcomes and skills and expand educational choice options.

Therefore, location , time , and quality are no longer considered factors in seeking degree causes or higher education because of online education.

Power of thoughts: How we can overcome our thoughts

(Javeria Abdull Manan , Semester: 7,BS- 18-17)

Abstract:

In this research paper, we will discuss about power of thoughts, how negative thoughts affect our health, how we indulge in destructive thoughts by suggestions and ignorance and how we can overcome these evil thoughts.

Introduction:

The power of thought, as Emerson says, it is a spiritual power. There is no limit to the power of thought, because it is a spiritual power of intense potency. It is the power which distinguishes man from the brute, it is the power by which he can mount up to Allah, it is the power which can make the loftiest achievement possible, and it is the power by which difficulties can be overcome. It is a reflection of man's character.

Thoughts lead to action:

There is the conscious mind and subconscious mind. Conscious mind gathers knowledge and experience through the sense and pass down thoughts into the subconscious mind. Subconscious mind is responsible of our actions. If evil thoughts are sent down into the subconscious mind, then destructive action will be the natural result. On the other hand, if positive thoughts are entertained, then constructive action will result. A man who has weak, fearful thoughts, who fear that his business will fail, who fears that his luck may give out, a student who fears that competition will arise with which he will be unable to cope, such a student or man will fail because all his action will be weak and lacking in that strength and decision which are necessary for the achievement of success. On the other hand, if he will banish every weak negative thought and brace his mind by affirmation of success, such a man will succeed in life because his actions will be strong and decisive.

Ignorance and wrong suggestions:

Negative thoughts are highly destructive, we ignorantly indulge in them, thinking that they do not harm. These destructive thoughts break down the nervous system; they paralyze endeavor and the make for wrong decisions. Take an example of two persons, one starving man and other person who recently fasted for forty days. After a few days starving man will die and fasting man will remain alive. In the case of starving man, he thinks that he is dying because he has no food and consequently very soon does die. The fasting man thinks that by fasting he is improving his health. The fact is that, it is not the absence of food that kills a starving man, so much as his state of mind. It is his thought of fear that kills him, just as it is the expectation of cure that keeps the fasting man alive and maintains his strength. We are all influenced by negative suggestion of strong minded people. In one of Dr. Schofield's books, a tale of two well-known physicians who, in order to prove the power of suggestions, beckoned to a man in a restaurant and then told him that he was seriously ill and

ought to be in bed. The man believed them, went home, took to his bed and died only by wrong suggestions.

Doors of our mind:

If we think thoughts of a certain type, then we attract to ourselves people of a similar type of thought. Our thoughts also attract other thoughts after their kind, opportunities and circumstances. Remember the golden words of **Marcus Aurelius**;

A men's life is what his thoughts make of it

We have two door of our mind, one opening to a stream of heavenly, ennobling and healthful thoughts; the other opening to a stream of weakening and destructive thoughts. It is impossible to have both of these doors open at the same time

Power of faith and thoughts control:

Islam may also be thought of as a science. It is a philosophy, a system of theology and a system of worship. It also works itself out in moral and ethical codes. Islam has the characteristics of a science in that it is based upon a book (Quran) which contains a system of techniques and formulas designed for the understanding and treatment of nature. We can't control our negative thoughts without power of faith. Brother Lawrence is an outstanding example of this. This humble servant of Allah, working daily amongst his pots in the kitchen, found that by training his thoughts always to flow towards his Lord, he became conscious of his presence always. This humble brother became a saint and a teacher of many, simply through directing his thoughts towards Allah. When angry and frantic Meccans stood outside the cave and Abu Bakr was freighted then holy prophet said him don't be sad, we are not alone and Allah is with us. Because of their power of faith, a spider had spun a web across the entrance to the cave making it appear that no one had entered the cave in a very long time. If you have faith in this verse of Quran, then you will be conscious about your thoughts.

Whatever you show what is in your minds or conceals it; God calls you to account for it

(Surah al Baqarah 2: 284)

Constant energy and thoughts control:

Constant energy is most important for thought controlling and focus on your work. You can get constant energy to make harmony with nature and in contact with the Divine energy. When you feel time to get busy and everything is speeded up and you can't cope with your difficulties and burden of work. The solution is to get into the time synchronization of omnipresent (Allah Almighty). One way to do this is by going out some pleasant day in park and lying down on the grass. Get your ear close down to the ground and listen you will hear all manner of sounds. You will hear the sound of the wind passing through the trees and the murmur of insects, chirp chirp sound of birds and you will discover that there is in all these

sounds a well- regulated tempo. You will feel pleasant when cool breeze slightly touching your skin. You will feel peace when you will touch the flowers and grass with your pores. Look everything with inner sight and beauty. In this way you can get constant energy for continue your work. You only lose your energy and spirit when life is dull in your mind.

Generate positive thoughts:

One of the most important and powerful facts about you is expressed in the following statement by William James, who was one of the wisest men America has produced. William said **the greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.** So flush out all old and destructive thoughts and create new energetic thoughts. Following are 6 practical steps for changing your mental attitudes from negative to positive. Try them.... Keep on trying them. They will work. Inshallah

Some people think in the form of mental pictures. The nature of their life and the character of their circumstances, depend upon the character of their mental pictures. If you think in mental pictures then convert the mental pictures of failure, poverty, accident, disease and death into the pictures of success, prosperity and health. If you faced a bombardment of thoughts continuously in your mind then close your eyes and see the picture of sea in your mind because white color of water eliminate your thinking and you can feel peace in this way.

If you believe in Allah Almighty then encounters a thought of difficulty and fear with the positive thought or affirmation that I can do all things through Allah Almighty who strengthened me.

For the next twenty- four hours, deliberately speak hopefully about everything, about your job, your work and about your future. After speaking hopefully for twenty-four hours, continue the practice for one week. You will feel change in your thoughts.

Start read the energetic and hopeful verses of holy Quran daily because Quran is a great motivational speaker who always gives us hope in difficult situation. Recite a verse of surah al baqarah 153 ten times in a day with consciousness.

Avoid argument, but whenever a negative attitude is expressed, counter with a positive and optimistic opinion. Don't take yourself seriously. Plan your work.

Don't try to do everything at once. Become efficient in your work. Knowledge is power. It is always easier to do a thing right. Practice being relaxed. Don't press or tug. Pray about your work in midnight in front of Allah. Share your feeling with Allah in solitude not with anyone else.

Conclusion:

I wrote this article out of a science desire to help you. It will give me great happiness to know that the article has helped you. Please go back and persistently practice each technique given in the article. Keep at it up until you obtain the desired results. I am convinced that neither age or circumstances needs to deprive us of energy and vitality because our physical condition is depend on our emotional condition and our

emotional condition is profoundly regulated by our thoughts. Always thankful to Allah in every situation because Allah says that if you are grateful, I will give you more.

References:

- The power of positive thinking by Dr. Norman Vincent Peale
- The power of thought by Henry Thomas Hamblin
- Eliminate Negative thinking by Derick Howell
- Breaking negative thinking patterns by Gitta Jacob

Precious Gift from Allah

(Ayesha Saddiqua, MA semester:3,M-20-54)

My life is sad,
Because I don't have friends,
Nobody cares about me,
But she,
Nobody senses my feelings,
But she,
I am just a lonely butterfly,
Finding friends,
Wow,
All flowers are smiling,
They look kind,
They want to be my friends,
Oh! I am so happy,
To have all these friends,
She is so merciful,
And then I believe,
That life is so beautiful,
To enjoy with all of them,
It's all done by having Faith and Firm belief on Allah's blessings

Quotations

(Iqra Naeem ,Semester :7 , Bs-18-38)

○—'—=••✠•• —'—○

"The future belongs to those who believe in the beauty of their dream"

○—'—=••✠•• —'—○

"To succeed in the life you need three things
a wishbone, a backbone, a funnybone"

○—'—=••✠•• —'—○

"Let it all go, see what stays"

○—'—=••✠•• —'—○

"I am in the process of becoming the best version of myself"

○—'—=••✠•• —'—○

"If you can dream it you can do it"

"The days that break you,
Are the days that make you"

○—'—=••✠•• —'—○

"Take every chance in your life because some things only happen once"

○—'—=••✠•• —'—○

"Being happy never goes out of style"

○—'—=••✠•• —'—○

"You only live once, but if you do it right once is enough"

○—'—=••✠•• —'—○

"If you don't step forward you are always in the same place"

○—'—=••✠•• —'—○

"Failure Is the opportunity to begin again more intelligently"

○—'—=••✠•• —'—○

"If you thinking positive during negative time you're already Won"



"Mistake are prove that you're trying"



"There's a book that you want to read but it hasn't been written yet. then you must be write it "



"You don't find the happy days, you make it"



"A beautiful day begin with the beautiful mindset"



" sometime you will never know the value of the moment, until it become a memory"



"Nothing is possible the word itself say

"I'm possible""

Quotes

(Ieza Raees, BS semester:3, BS-20-42)



Bad luck surrounds you when you have opportunity and you gave up.



Trust and believe in Allah always helps you to make a better version of yourself.



As Days passed silently pandemic popped up betterment with clouds of hope.



Rays of hope are enough for struggle.



Nothing can be more attractive than nature.



Be a positivity in a toxicity

It never be easy

But indicates a great personality.



To get divine you have to sacrifice your desires.



Paint your life with sabr and shukr it will lead you to peace .



To walk on right path effort is necessary.



Hope is the first step of struggle.



Real Winners Don't Give Up!

(Benish Haseeb, BS semester:8,BS-17-32)

This is a true story of a young woman who went through the most gruesome fire. When you read her story, you'll realize that your trials are absolutely nothing compared to what this young girl went through.

It was September 25, 2000. Maricel Apatan was an 11-year old girl in Zamboanga. On that day, this little girl went with her uncle to draw water.

Along the way, four men met them. They were carrying long knives. They told her uncle to face down on the ground, and they hacked him on the neck and killed him.

Maricel was in total shock, especially that the men were their neighbors. She tried to escape, but the men ran after her.

She cried, "Kuya, 'wag po, 'wag n'yo akong tagain! Maawa po kayo sa akin!" ("Don't kill me! Have mercy on me!")

But they weren't listening. With a long knife, a man slashed her on the neck too.

Maricel fell to the ground and lost consciousness.

When she woke up, she saw a lot of blood. She also saw the feet of the men around her, but she pretended to be dead.

When they walked away, Maricel ran back home. But along the way, she saw that both her hands were falling off. Because the men hacked them too. She cried but she kept running.

Sometimes, she would faint and fall to the ground. But she'd regain consciousness and run again.

When she was near her home, Maricel called her mother.

Upon seeing her daughter, her mother screamed in terror. She wrapped her bloodied child in a blanket and carried her to the hospital.

Here was the problem: From her house to the highway, it was a 12-kilometer walk. It took them 4 hours just to reach the highway.

When they arrived in the hospital, the doctors thought Maricel was going to die. But for 5 hours, they operated on her. It took 25 stitches to stitch together the long knife wound in her neck and back.

Maricel barely survived. And she lost both of her hands.

Ironically, the next day was Maricel's birthday. She was 12 years old.

But tragedy didn't end there. When they went home, they saw their home was gone. It was ransacked and burned down by the goons.

Being very poor, Maricel's family also didn't have P50,000 for their hospital bills.

But God sent many angels along the way to help them.

Archbishop Antonio Ledesma, a distant relative, paid for hospital bills and helped them bring the criminals to court. They were sentenced to prison.

Today, she's staying with the nuns at Regina Rosarii with Sr. Eppie Brasil, O.P.

But this is the incredible miracle. Instead of staying down, Maricel kept running.

Instead of cursing God why she had no hands, she now uses her wrists in incredible ways that will boggle your mind.

Maricel was cited as the most industrious, best in computer, and most courteous in the School for Crippled Children.

In 2008, she graduated from a course in Hotel and Restaurant Management. She even received a Gold medal for Arts and Crafts.

In 2011, she finished her education to be a chef. Yes, a Chef without hands.

Nothing can stop this young lady from reaching her dreams.

Name : HAFIZA FARHEEN

Roll # BS-19-14

Semester : 5

What Are Riddles?

A riddle is a question which requires the person being asked the riddle to use their intelligence and thinking skills to answer it. Usually in order to answer a riddle, the person must think "outside of the box" to get the answer. A funny riddle is like a normal riddle but it will make you laugh too!

Riddle: What two things can you never eat for breakfast?

Answer: Lunch and Dinner.

Riddle: What has a face and two hands but no arms or legs?

Answer: A clock.

Riddle: What tastes better than it smells?

Answer: A Tongue.

Riddle: What kind of room has no doors or windows?

Answer: A Mushroom.

Riddle: What goes up and never comes down?

Answer: Your Age.

Riddle: Johnny's mother had three children. The first child was named April The second child was named May. What was the third child's name?

Answer: Johnny of course.

Riddle: Before [Mt. Everest](#) was discovered, what was the highest mountain in the world?

Answer: Mt. Everest; it just wasn't discovered yet.

Riddle: How much dirt is there in a hole that measures two feet by three feet by four feet?

Answer: There is no dirt because it is a hole.

Riddle: What is able to travel around the globe, but stays in a corner the whole time?

Answer: A stamp.

SUCCESS

(Syeda Aqsa Afzal, BS semester:8,BS-17-55)

Every successful person has a Painful story,

&

Every painful story has a successful ending,

So,

Accept the pain

& Get ready for success.

Qualities of a student

(Benish Haseeb, BS semester:8,BS-17-32)

- Consistency: once a zero always a zero
- Voice modulation: Attendance in 5 different voices
- Presentation skills: presenting 1 answer in 5 questions
- Stamina: Tolerating teachers for 8 hours
- Peripheral version :checking out students sitting behind
- Humanity : Failing and giving others a chance to top
- Arts: Designing classroom chairs and walls

The advantages of on-campus education and the disadvantages of online classes

(Habiba Elahi, Semester: 5,BS-19-31)

Introduction:

One of the most frequently utilized terms after the pandemic is the expression "new typical." The new ordinary in training is the expanded utilization of internet learning apparatuses. The COVID-19 pandemic has set off better approaches for learning. i

Instructive foundations are looking toward online learning stages to proceed with the most common way of teaching academics across the globe. The new typical now is a changed idea of instruction with internet learning at the center of this change. Today, advanced learning has arisen as a fundamental asset for academics and extra curricular activities. an Lately, the interest for online learning has risen altogether, and it will keep doing as such later on.

Similarly as with most showing strategies, online learning additionally has its own arrangement of positives and negatives. Disentangling and understanding these up-sides and negatives will help foundations in making procedures for learning efficiently.

Advantages:

- Students can study at home from any corner of the world without any space restrictions
- Online classes instill a sense of responsibility in the student
- Students are free to worry about going and coming, which does not make them feel tired and they have better time management
- Online learning enhance our virtual collaboration and communication and teaches us new technical skills. it can prevent and control the epidemic
- Many students do not understand what the teacher is saying because of the noise in the classroom which can be understood in a quiet environment at home
- by recording we can save our lectures for later use and listen to them whenever we want. It is more convenient than physical classes

Disadvantages:

- Some students have a habit of taking the class eye to eye with the teacher and getting the teacher's attention because of which they do not understand anything online.
- Students' education is hampered due to bad internet
- Teachers cannot better guide children in online classes
- Online learning requires auxiliary training for teachers
- Online classes means more screen time and it effects our eyesights

- Sense of isolation is created during online learning at a huge extent. Every student learns in their own manner despite of which the teacher taught

The ignorant man

(Anam Zaman khan, Semester :3, M-20-60)

There was a village in a kingdom. There lived a milkman. His name was Deenu. He had built his hut far away from his village, in the wood. He loved the quietness of the woods rather than the atmosphere of the village. He lived in his hut with his two cows. He fed them well and took proper care of them. Everyday he took the two cows to a nearby lake to bath them. The two cows gave more milk. With the milk that the two cows gave, he earned enough money to live happily.

Deenu was an honest man. Though he was content, at times he would be restless. "There is so much wrong and evil in the world. Is there nobody to guide the people?" This thought made him sad every now and then.

One evening, the ignorant man, Deenu was returning home after selling milk in the village. He saw a saint sitting under a tree and meditating. He slowly walked up to him and waited for the saint to open his eyes. He was happy to be with the saint for some time. He decided to wait there itself till the saint opened his eyes.

After a while, the saint slowly opened his eyes. He was surprised to see a man patiently sitting beside him.

"What do you want?" asked the saint humbly.

"I want to know what the path to Trust and Piety is? Where shall I find honesty?" asked Deenu.

The saint smiled and said, "Go to the pond nearby and ask the fish the same question. She will give you the answer."

Then he asked to do, the ignorant man, Deenu went to the nearby pond and asked the same question to the fish. The fish said, "O kind man! First, bring me some water to drink." Deenu was surprised. He said, "You live in water. But you still want water to drink? How strange!"

At this moment, the fish replied, "You are right. And that gives you the answer to your question as well. Truth, Piety and Honesty are inside the heart of a man. But being ignorant, he searches for them in the outer world. Instead of wandering here and there, look within yourself and you will find them." This gave an immense satisfaction to Deenu. He thanked the fish and walked home a wiser man. He changed the way in which he saw this world as well as himself. From that day, Deenu never felt restless.

He took his best to carry this message to the rest of his fellow human beings. All his friends accepted him as their master and consult him to overcome their mental problems. He led them properly.

Jokes

(Benish Haseeb, BS semester:8,BS-17-32)

Breaking mirror

Dad: Why did you break the mirror?
Son: Daddy mirror is copying me?

Why are you late

Teacher: Why are you late?
Student: Mom and Dad were fighting
Teacher: So what makes you late if they Are fighting?
Student: one shoe is in mom hand And one in Dad's hand

Who is Iqbal

Teacher: who Is Muhammad Iqbal Student: Iqbal is my best freind



Side effects of study access

A student went to restaurant and he said to waiter Syllabus Lana zara

Book at home

Teacher : Where's your book!
Student : At Home
Teacher: What's it doing there?
Student: having more fun than me

Etc means end of thinking capabilty
