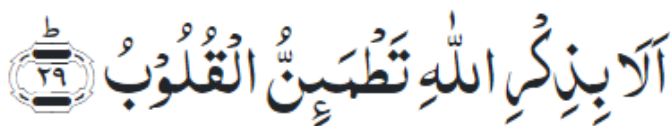


## NASIRAT (YOUNG HELPERS)



“Aye! It is in the remembrance of Allah that hearts can find comfort.” Nasiratul Ahmadiyya USA

(Holy Quran Chapter 13, Verse 29)

### MISSION

The Nasirat program is designed to provide girls ages 7 through 15 with comprehensive guidelines on how to know our Living God and Creator, understand how to worship Him and how to develop certainty of faith. This will be done through various activities that promote learning and improvement in religious knowledge while simultaneously allowing for the growth of personal and social skills.

The Taleem (religious education) and Tarbiyyat (moral training) will be provided by Tahir Academy. The National Nasirat Secretary and Sadr Lajna Ima'illah USA are collaborating with Tahir Academy in developing the curriculum.

### AGE GROUPS

Huzoor Anwar (aba) has graciously provided guidance with regard to the age groups of Nasirat, clarifying that **girls up to the age of 15 years are also included in Grade 1 of Nasirat**. The Nasirat shall be divided into three grades:

1. Grade III: Ages 7, 8, and 9 years
2. Grade II: Ages 10, 11, and 12 years
3. Grade I: Ages 13, 14, and 15 years

87. ناصرات کی بچیوں کو تین معیاروں میں تقسیم کیا جائے گا۔

معیار سوم:- 7, 8, 9 سال

معیار دوم:- 10, 11, 12 سال

معیار اول:- 13, 14, 15 سال

### MESSAGE FOR NASIRAT (EXCERPT FROM HUZOOR'S (ABA) ADDRESS TO LAJNA DURING JALSA SALANA 2008):

*“Similarly, Nasirat repeat the pledge that they shall always keep themselves ready to serve Islam, their nation and their country and shall always adhere to truth. Nasirat should not think that they are little girls and their responsibilities are less than those of Lajna. Although you are young in age, the same responsibilities of Lajna are going to be vested in you.”*

Huzoor also directed, in a letter dated 11/10/05, that an Amilah team of Nasirat-ul-Ahmadiyya should be formed consisting of assistants to the Nasirat Secretary. This is further supported by Line 109 in the Lajna Constitution, which states that “Secretary Nasirat shall make an Amilah team of Nasirat-ul-Ahmadiyya”. The Nasirat Amilah should be formed as needed in accordance to the size and demographics of the Nasirat. There

should, however, be, at minimum, a secretary of Finance, Tarbiyyat, Taleem, Tajneed, Tabligh and Khidmat-e-Khalq (Refer to the Lajna Constitution for responsibilities of these secretaries and others).

### **GOALS OF THE NASIRAT PROGRAM:**

- Nasirat should learn to recognize God as our Creator.
- Nasirat should learn Salat and the importance of correct recitation of the Holy Qur'an. If there are Nasirat that do not know how to read the Holy Qur'an, kindly encourage them to learn at home. Give Nasirat and their mothers the necessary resources to make this possible (i.e. information about certified Qur'an teachers either locally or on Al-Furqan).
- Nasirat should attend Tahir Academy as part of Taleem and Tarbiyyat syllabus.
- During Tahir Academy holidays, Nasirat can use their Nasirat Activity Books to cover the Taleem and Tarbiyyat portion.
- Learn and memorize the Qaseedah as it is not covered by Tahir Academy.
- Ensure that Nasirat are listening to Huzoor's Friday Sermons.
- Ensure that Nasirat learn practical skills and promote creativity and critical thinking through handicrafts, creative writing, etc.
- Promote the health and well-being of Nasirat through physical activity.
- Learn the importance of financial sacrifice and gain an understanding of Jama'at Chandas that Nasirat are responsible for as well as what these funds are actually used for.
- Learn etiquette regarding very important matters in Islam (Salat, modest dress, recitation of the Holy Qur'an, relationship with parents, school/learning, neighbors, being in gatherings and eating).
- Develop sisterhood and friendship through fun social and creative activities.
- Develop a sense of importance and respect for Nizam-e-Jamaat and Khilafat.
- Educate Nasirat on the importance of serving the Jama'at and the outside community.

### **OBJECTIVES FOR NASIRAT SECRETARIES:**

As every majlis has its own unique situation regarding the number of meetings and the time allocated for classes, it is the Nasirat Secretary's job to do the following:

- Nasirat secretaries should engage with Tahir Academy to ensure that Nasirat are attending and learning the Taleem and Tarbiyyat syllabus from Tahir Academy.
- Nasirat secretaries should collect monthly reports from Tahir Academy coordinators.
- Create a local Nasirat Amilah (as advised in the Nasirat constitution), preferably with older Nasirat.
- Involve the Nasirat Amilah and get help and ideas from them.
  - A set of guidelines shall be established in how the Nasirat Amilah will function.
  - The Taleem and Tarbiyyat secretaries can offer suggestions and ideas to the Nasirat Secretary to communicate to the Tahir Academy principal or National Nasirat Secretary. They can also assist during class if necessary as approved by the Tahir Academy principal.
  - Nasirat Tabligh can be based on Lajna Tabligh.
- Powerpoint presentations are available online on the Lajna Website under Nasirat that can be used to teach Nasirat about various topics.

- Main topics for the semester and final exam. (This can be found on the Lajna website under Nasirat):

- **Quarter 1: Personal Hygiene**

- Address what Islam says about personal hygiene and cleanliness through the Holy Quran, Hadith, etc.
  - Examine the reasoning behind ablution and how physical cleanliness impacts mental clarity (and vice versa).
- Examine practical ways to maintain good personal hygiene.
- Provide a Powerpoint presentation about personal hygiene as it will be a topic on the Tahir Academy exam.
- Handicraft projects:
  - Making soap
  - Making lotion
  - Making toothbrushes for dolls

- **Quarter 2: Mental Health**

- We will provide guidelines from health professionals to Nasirat Secretaries in addressing the feelings and issues faced by Nasirat either due to or further exacerbated by the pandemic. Nasirat Secretaries should also seek the counsel of local health professionals.
- Identify any drastic changes in behavior and/or mood swings in Nasirat brought on by puberty and/or menstruation cycle, and let Nasirat know that it is normal and acceptable rather than alienating them.
- Nasirat Secretaries should provide the contact information of professionals and mentors to Nasirat parents so that they are able to reach out to them easily and discuss their concerns.
- Health and Fitness Secretaries should find ways to encourage Nasirat to exercise, do sports, and perform other physical activities as this can help them manage or alleviate stress and other negative feelings.
- Handicraft Secretaries should find ways to encourage Nasirat to explore artistic/creative fields, as this can help them manage or alleviate stress and other negative feelings.
- Huzoor's address to Lajna UK Ijtema, 15 September, 2019: "In today's world, much is spoken about the importance of mental health and mental well-being. In this regard, always remember that real peace of mind is attained through the nearness of Allah the Almighty and not by pursuing the frivolous and futile attractions of the world. This point is made in chapter 13, verse 29 of the Holy Quran, where Allah the Almighty has very clearly stated:

‘Aye! It is in the remembrance of Allah that hearts can find comfort.’

Here Allah the Almighty has made it categorically clear that for a person to attain a state of peace and comfort, he must remember his Creator.”

- **Quarter 3: Sisterhood**

- Create a buddy system by pairing younger Nasirat with older Nasirat so that they can keep in touch with one another and look out for each other. This is important since Nasirat will likely find it easier to communicate, relate to one another, seek one another's advice, and inspire one another.

- Create a survey to determine if Nasirat view their mosque as a “safe zone” and a place of belonging/inclusion (the Nasirat Secretary will review survey responses and make any necessary suggestions for modifications in the mosque or with members behaviors to create a safe zone or place of belonging/inclusion to the local sadr).
- Discuss: “Keep company with the righteous”-what do the Holy Quran, the Holy Prophet (saw), and the Promised Messiah (as) say about this?

#### ○ Quarter 4: Social Media

- Teach Nasirat about the importance of maintaining modesty, especially online.
  - Encourage caution in the type of media consumed and the validity of it (especially in regard to the news).
- Have an updated list of all the Nasirat in your majlis with all their contact details.
    - The Tajneed Secretary should help with this.
    - Create a google form that your General Secretary can send out to all Lajna.
  - Create a contact group in your official email account with all the Nasirat email and mothers’ email addresses.
  - Create a “Signal group” (including both Nasirat and their mothers) for quick communication. This is used for reminders only. No discussions. Contact the Nasirat Secretary directly for discussing concerns, questions, etc.
  - Engage the Nasirat with **interactive learning methods**:
    - PowerPoint presentations, informational documents
    - Fun worksheets and activities
    - MTA
    - Workshops, poster presentations, arts & crafts
    - Field trips and exercises when the time comes that it is safe to do so
    - Nasirat book club readings:
      - *The Philosophy of the Teachings of Islam*
      - *Pathway to Paradise*
      - *Noah’s Ark* (to be read during Quarter 1: Mental Health)
      - *Sirat Khatamun-Nabiyyin* by Hadhrat Mirza Bashir Ahmad (ra) (to be read for the Sirat-u-Nabi program in your Jamaat)
      - *Life of the Promised Messiah (as)* by Hadhrat Mirza Bashir-ud-Din Mahmud Ahmad (ra)
      - *Sirat Hadhrat Masih Maud (as)* by Hadhrat Mirza Bashir-ud-Din Mahmud Ahmad (ra) (to be read for Masih Maud Day)

### NASIRAT REPORTING

Monthly Nasirat reports are due on the 5th of the following month. The Nasirat reports are to be completed online at [www.lajnausa.net](http://www.lajnausa.net) under 'members area'. Please refer any reporting questions to [nasiratreports@lajnausa.net](mailto:nasiratreports@lajnausa.net).

### PREPARING NASIRAT FOR EASY INTEGRATION INTO LAJNA

Every Ahmadi woman above the age of 15 shall be a member of Lajna Imaillah.

Ahmadi girls between the age of 7 and 15 shall be members of Nasiratul Ahmadiyya. Nasirat who completed 15 years of age during the period from 1st October to 31st December, shall join Lajna Imaillah on the date she turns 16. However, those Nasirat who turn 16 after 1st January onwards, shall join Lajna Imaillah in October of that year. Girls in this category shall continue to be members of Nasiratul Ahmadiyya until October of that year.

When a Nasira turns 16, and the new year of Lajna Ima'illah starts October 1st, she becomes a member of Lajna Ima'illah. She may find herself overwhelmed and feel isolated amongst her elders. This is especially true since she comes from a structured Nasirat class format to a more open Lajna meeting. **The transition can sometimes act as a deterrent and discourage the Nasirat from attending the Lajna meetings. In order to make this a smooth transition and motivate the new members to become active, please use the following guidelines in all majalis:**

- Select a Nasirat secretary who not only has religious knowledge and high moral values but can also connect emotionally with the Nasirat so she can provide assistance in their smooth transition into Lajna.
- Encourage the Lajna Tarbiyyat Secretary to address some contemporary issues affecting the new Lajna member: Develop a list of "Frequently Asked Questions" regarding popular issues like Purdah, Prom, Parties, etc. and discuss these issues through panel discussions and workshops in the Nasirat class. (Avoid the elder Lajna members from interjecting their feelings)
- Lajna should periodically invite Nasirat to Lajna sessions especially when the topics of discussion may be of interest for the Nasirat.
- Assign the incoming Lajna a Hadith and/or Tilawat, etc. in each Lajna meeting and at local programs such as Seerat-un-Nabi.
- Find out from the graduating Nasirat where her strengths and interests are and in what capacity she can serve the Lajna.
  - For example, request to assign the graduating Nasirat into Lajna responsibility as assistant to one of the local departments.
  - She can assist in carrying out the responsibilities in order to establish an attachment to Jamaat and help understand Nizam-e-Jamaat.
  - Rotate between different departments if necessary.
- Present a **Nasirat Graduation Package** which can include:
  - A welcome letter from the local Sadr Lajna
  - A Brief History of Lajna Ima'illah
  - A copy of the Lajna constitution
  - Brief summary of Nizam-e-Jamaat
  - Books such as *The Philosophy and Teachings of Islam, Pathway to Paradise, Our God, Daughters of Eve*, etc.
  - Head scarf

**“CLEANLINESS IS HALF OF FAITH”**  
**Grade III (Age Group 7-9)**  
**PERSONAL HYGIENE STUDY GUIDE**  
**QUARTER 2 - 2021**  
**NASIRAT-UL-AHMADIYYA USA**

**LESSON 1: WHAT DOES ISLAM SAY ABOUT CLEANLINESS?**

1. What does “hygiene” mean?
2. What are two things that the Holy Qur’an teaches us about cleanliness?  
(Chapter 2, Verse 223 + Chapter 74, Verses 5-6)
3. In what state should our bodies and clothes be before we offer Salat? (Chapter 7, Verse 32)
4. What did the Holy Prophet (saw) teach us about cleanliness? (Sahih Muslim)
5. What did the Promised Messiah (as) teach us about cleanliness? (Tafsir Hazrat Masih-e-Maud, Vol. 1, pp. 704-705)
6. How can we keep our mouths clean? (Bukhari)

**LESSON 2: HOW CAN WE KEEP CLEAN?**

7. Why is it important to wash our hands?
8. How do germs spread? (Video link)
9. How should we clean ourselves after we use the toilet?
10. What are two ways that we can clean our bodies?
11. What does it mean to “bathe”?
12. Aside from our regular cleaning, on what special days did the Holy Prophet (saw) say we should bathe?
13. What special things did the Holy Prophet (saw) do to stay clean?
14. What does “ablution” mean?
15. When are we supposed to do wudhu?
16. What are the steps of wudhu?
17. What can break our wudhu?

**“CLEANLINESS IS HALF OF FAITH”**  
**Grade II (Age Group 10-12)**  
**Grade I (Age Group 13-15)**  
**PERSONAL HYGIENE STUDY GUIDE**  
**QUARTER 2 - 2021**  
**NASIRAT-UL-AHMADIYYA USA**

**LESSON 1: WHAT DOES ISLAM SAY ABOUT CLEANLINESS?**

1. Please explain four things that the Holy Qur'an teaches us about cleanliness.  
(Chapter 5, Verse 7 + Chapter 2, Verse 223)
2. How can cleaning our bodies affect our inner selves (our minds and our hearts)?  
(Chapter 74, Verses 5-6 + Tafsir Hazrat Masih-e-Maud, Vol. 1, pp. 704-705)
3. In what state should our bodies and clothes be before we offer Salat?  
(Chapter 7, Verse 32, Sahih Muslim, Bulugh al-Maram)
4. Please explain four things that the Holy Prophet (saw) has taught us about cleanliness.  
(Sahih Muslim & Al-Adab ul Mufrid)
5. How can practicing Islamic hygiene on an individual level benefit all of society?
6. What did the Holy Prophet (saw) teach us about oral hygiene (keeping our mouths clean)?  
(Bukhari)

**LESSON 2: HOW CAN WE KEEP CLEAN?**

7. Why is it important to wash our hands, especially during this pandemic?
8. How do germs spread? (Video link)
9. How should we clean ourselves after we use the toilet?
10. What are two ways that we can clean our bodies?
11. Aside from routine bathing, on what special days did the Holy Prophet (sa) say we should especially bathe?
12. What other hygienic practices did the Holy Prophet (sa) observe to stay clean?
13. What was the practice of the Holy Prophet (sa) on Jum'ah day? (Ibn Majah)

### LESSON 3: ABLUTION/WUDHU

14. When should we do ablution/wudhu?
15. What are the steps of wudhu?
16. Do we have to wash our feet during wudhu if we are wearing socks?
17. What can break our wudhu?
18. How can we clean ourselves before Salat if water is unavailable?  
(Chapter 5, Verse 7)

### LESSON 4: BECOMING A MUSLIM WOMAN

19. Should we be embarrassed when we get our menstrual periods?
20. How should we bathe after a menstrual period?
21. Can we go to the Mosque while menstruating?
22. How can wearing a hijab help us with our hygiene?
23. How can wearing a hijab act as a mask to protect us during the pandemic?

#### Additional Resources

- **Book:** Pathway to Paradise, A Guidebook to Islam, by Lajna Ima'illah USA
- **Book:** Salat – The Muslim Prayer Book
- **Guidance from Khalifatul Masih V (aba):**  
English: <https://www.alhakam.org/answers-to-everyday-issues-part-i/>  
Urdu: <https://www.alfazl.com/2020/11/01/23968/>
- **Article in Al-Hakam by Murrabi Frasat Ahmed, January 2021:**  
Islam and Bathroom Hygiene: The Inextricable Link Between Physical and Spiritual Purity



## Effects of a Pandemic on Children and Youth

A pandemic such as COVID-19 greatly affects and changes everyone's lifestyle. The meaning entails a widespread occurrence of an infectious disease globally. It increases morbidity and mortality in communities and families, prohibits social interactions and normal activities such as playing, going to school, shopping, and other recreational activities. As a result, children and youth must learn the meaning of a pandemic and practice new daily rituals such as wearing face coverings, distancing themselves from others, and being mindful of symptoms of illness. They may need help expressing their feelings and coping with change. Our Nasirat and youth are also affected. Thus, it is important that the Nasirat secretary makes plans or arrangements to assist them in coping with their feelings about how COVID-19 is impacting their lives and routines. Some of the most common emotional challenges noted in children and youth during the COVID-19 are described below with recommendations to help them process these emotions.

### Signs of Anxiety Disorder

- Increase in fear of dying or losing loved ones.
- Heart racing and palpitations.
- Panicky feeling.
- Increased sweating.
- Focus problems.
- Parental reflection of anxiety.

### Signs of Depression

- Persistent feeling of sadness or irritable mood.
- Feelings of hopelessness and helplessness.
- Low motivation for school or any other activity.
- Appetite changes.
- Sleep problems.
- Ruminations.
- Decline in academic functioning.
- Thoughts of wanting to die or in some cases suicidal thoughts.

### Signs of Obsessive Compulsive Behavior

- Excessive hand washing, further reinforced by parents.
- Fear of germs.
- Fear of touching any family member's towels or clothing.
- Checking and rechecking if homework is done.
- Performing Wudhu several times.

## Recommendations

Increase awareness. Educate on a pandemic in general, COVID-19, healthy behaviors, and symptoms of emotional stress as described. Any Lajna in the Majlis can present this information. It would be helpful if a member with a psychology background in healthcare, social work, counseling and/or expert in the field can do the presentation and assist the Nasirat secretary if she requests. Parents should be encouraged to attend these meetings with their children to gain insight about monitoring their child's behavior. Such presentations should be on a regular basis based upon the need of the chapter; however, every other month can be considered.

**Prayers.** Encourage Nasirat to pray for their health and the health of their parents. Allah listens to children's prayers most.

**The Role of Exercise.** Every Nasirat and youth should be encouraged to walk daily for a minimum of 30 minutes or ride a bike. A brisk walk helps to eliminate negative thoughts and balances the hormones. A brisk walk helps to decrease anxiety and releases endorphins which help to elevate mood. Exercise helps to boost the immune system which helps fight disease.

**The Role of Sleep in Regulating Mood.** A minimum of 8-9 hours of sleep restores our brain hormones and helps us take charge of our daily functions. Every child and youth needs more than 9 hours of sleep. Sleep helps to boost the immune system and promote a healthy weight.

**The Role of Diet.** Foods lower in sugar and carbs help to improve mood. Fruit and vegetables not only improve your immune system but improve energy level and motivation.

**Screen time.** Encourage children not to use more than one hour screen sessions for leisure activities at various intervals during the day. Encourage children to minimize or avoid TV news since it increases the anxiety.

**Confidentiality.** It is the responsibility of a person holding these meetings to practice confidentiality and reassure children and youth of their privacy.

### **Some of the other challenges that children and youth are going through are as follows:**

#### **Virtual Learning:**

- Not every child is equipped for virtual learning; this becomes more of a challenge for special needs students. On the other hand, it is equally challenging for some parents to balance this with their work and home schedule.
- Lack of social contact and mentors.
- Lack of competition.
- Easy distractibility due to either lack of space or a busy home.
- Younger children view this as a fun activity and sometimes take learning less seriously.

#### **Parental and Family Issues:**

- When there are constant arguments between parents, children and youth are a captive audience.
- Conversations about job insecurities and financial stress in front of children can cause anxiety.
- Parents taking their stress out on children, as evidenced by shouting and yelling.
- Higher expectations by parents of their children.
- Parents comparing their children and giving preference to some over other siblings.

#### **Mosque not being available:**

- Lack of socialization between Nasirat and youth.
- Inability to vent/express to their peers and friends.
- Feelings of guilt for not being able to attend the mosque meetings prior to COVID-19.
- Anger and resentment towards parents for not being able to accommodate their meetings due to a busy schedule.

## **Recommendations**

1. Hold a Zoom meeting every other month to address these issues, in order to provide help and reassurance.
2. Give examples of how pandemics affected the world in the past, and the world became much stronger and progressed in science and technology afterward.
3. Invite an expert in the field to facilitate a question and answer session.
4. Give the true and scientific answer to children while, at the same time, providing hope.
5. Discuss the benefits of lockdown.
6. Parents need to supervise virtual learning. They need to set a timer for young children hourly and check their productivity, especially if they are logged in for their work.
7. Discuss the benefits of family congregational prayer.
8. Spend positive time with the family.
9. Parents need to exercise and go outside as a family. They can go on walks on trails if the weather permits. Families can also bake and cook together.
10. Advise families not to watch TV news channels all day.
11. Connect with grandparents and other family members.

Insha Allah, this pandemic will end like the previous ones, and life will start with a new normal.

**CONTACT**  
**Nurjamilah Bahri**  
**National Nasirat Secretary**  
**[nasirat@lajnausa.net](mailto:nasirat@lajnausa.net)**