



**DARULARQAM**  
Educational & Welfare Association  
أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ  
No doubt, in the remembrance of Allah do hearts find peace

# EK MUSLIMAH KI MUHABBAT

Workshop on love and Marriage

In the light of

وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ

بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ ﴿٦﴾

# Masturbation

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- ▣ Alone-two opinions
- ▣ With spouse,halaal-no conflict
- ▣ Cyber sex
  - With spouse-two opinions
  - On net-haraam

Medically harmless

Should not go to extent to harm the body

# Some important points

- ▣ Madhi is pure-so no concern during oral sex and on sheets
- ▣ Menstrual blood is najis-so clothes should be washed
- ▣ Pubic hair can be removed in menses
- ▣ Ghusul is not wajib after removing pubic hair

# Discharges after ghusul

- ▣ Ghusul ki zaroorat nahi kyu ke ye khahesh ki wajah se nahi hua
- ▣ Ek baar ghusul lene se jism paak ho jaata hai
- ▣ Nahaate waqt bahu carefully safai karni chahiye
- ▣ Agar discharge ho to clean kar lena kaafi hai
- ▣ Mani tahir hota hai

# Spousal Rape

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- ▣ Nisa ayat 19 ke imp points
- ▣ Aurto se harshly mat pesh aao
- ▣ Unse narmi ka sulook karo
- ▣ Hajjatul wada me aurto ke liye naseehat
- ▣ Agar aurat naa mane to kaazi ko bitha kar faisla karna chahiye na ki rape

## Shohar agar biwi ka haq na adaa kare

- ▣ Shohar ka farz hai ke wo biwi ka haq ada kare
- ▣ Agar hamesh ana kare to talaaq ki maang
- ▣ Kabhi kare kabhi nahi to communicate and solve
- ▣ Try feminine charm

# contraception

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- ▣ With mutual agreement
- ▣ Temporary basis
- ▣ Should not be harmful for health
- ▣ Not encouraged
- ▣ Should not be for financial reasons

# Popular methods

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- ▣ Pills
- ▣ Condoms
- ▣ Tubectomy-haraam
- ▣ Vasectomy-haraam
- ▣ Iucd
- ▣ Injections
- ▣ Calendar method
- ▣ Contraceptive patch
- ▣ Female condoms and patch
- ▣ Azl-coitus interruptus



# abortion

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- ▣ Only agar maa ki jaan ko khatra ho to
  - ▣ Within 80 days-not nifaas blood
  - ▣ 81<sup>st</sup>-120<sup>th</sup> day
    - 1)Embryo features-nifaas blood
    - 2)Not embryo features-not nifaas blood
- Beginning of 5<sup>th</sup> month
- 1) Foetus cried-virasat me haq+ghusul +namaze janaz
  - 2) Foetus did not cry-not haq in virasat

# Duties of a wife

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- ▣ Intimacy
- ▣ Qawwam maan na
- ▣ Qidmat aur baaki sab maamlo me co-operation
- ▣ Khoobsoorat dikhna
- ▣ Ghar ke bahar naa jaana
- ▣ Nafeel roze ke liye ijazat
- ▣ Itaat 1) allah ki itaat ke qilaaf na ho 2) istetaat me ho
- ▣ Shohar ka shukr guzar
- ▣ Shohar ko kisi tarah ka nuksan nahi pahunchana
- ▣ Baghair wajah talaaq naa mangna
- ▣ Ibadat me aitadaal
- ▣ Ghair mehramo ke samne zeenat ka izhar
- ▣ Maal aur raaz ki hifazat
- ▣ Shohar ke maal se pooch kar kharch karna
- ▣ Apne khud ke maal ko pooch kar kharch karna

# THREE C'S FOR HEALTHY SEX LIFE

- Confidence
- Communication
- Creativity

Languages of love

Ache words,acha time,ache gifts,ache kaam aur acha touch

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- Shohar ke maal se pooch kar kharch karna
- Apne khud ke maal ko pooch kar kharch karna
- Bacho ki deeni aur akhlaaqi parwarish
- Breast feeding

## Apne Khud Ka Maal Kharch Karne Ke Liye Shohar Ki Ijazat

- ▣ Islam aurat ko apne maal par पूरी milkiyat deti hai
- ▣ Mard uska maal zabardasti nahi le sakta hai
- ▣ Lekin apna maal kharch karne se pehle shohar ki ijazat zaroori
- ▣ Abu dawood aur tabrani ki hadees
- ▣ Saw:ek aurat apna maal apni shohar ki ijazat ke bina kharch nahi kar sakti jabke nikaah ke baad wo uska malik ban jaata hai

# Sasural se alag rehna

- ▣ Shohar ki zimmedari ke biwi ka rehne ka aintezaam kare
- ▣ One room,bathroom,kitchen
- ▣ Parde ka intezaam
- ▣ Maa ki zimmedari bhi bete par
- ▣ Ek hi beta-should live with mother
- ▣ More sons-can opt for other house
- ▣ Should make arrangement to take a proper bath
  
- ▣ A solution to awkward situation-sponge bath

## Miya biwi ke pyar ka izhar

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- ▣ Modesty aur decency ke dayre me
- ▣ Discussing-haraam
- ▣ Depends on culture

# Ek phool ka izafa(4<sup>th</sup> stage)

- ▣ (pregnancy, delivery till the child is little older)
- ▣ Pregnancy-man bears as he too excited
- ▣ Problem starts jab bacha aa jaata hai



# Kuch galtiya

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- ▣ Active for everything except for husband
- ▣ Husband ko zimmedar thehraana for everything
- ▣ Overconcerned about child
- ▣ Maike ke baar bar bhagna
- ▣ Adjustment problems in new situations

# Solutions

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- ▣ Time management
- ▣ Keep yourself free for him
- ▣ Keep romance alive ALWAYS
- ▣ Eventually he is tired, use good words
- ▣ Contraceptives for some time can keep you out from stress
- ▣ Cut off frequent visits to parents
- ▣ Separate beds or cots for children
- ▣ Keep changing bras frequently if breast feeding
- ▣ Vaginal surgery if required

# ROLE PLAY, TAPING AND RECORDING AND CYBERSEX

## Bacho ke liye compromise aur zyada zaroori

- ▣ Respect aur zyada karna chahiye kyu ke wo shohar ke saath apke bacho ka walid bhi hai
- ▣ Single parent banna asaan nahi hai
- ▣ Mental aur physical growth of child ke baare me sonchna hai
- ▣ Second marriage is not easy in our culture
- ▣ Jo khair hai partner me wo dekhna hai
- ▣ Earning money for a woman is more difficult

# Emotional baggage

- ▣ Solving this is more important for women because
- ▣ Men can have upto 4 wives
- ▣ It will be present in your second marriage also
- ▣ Agar aap help nahi kiye to Allah ke paas jawaabde honge

# Emotional Baggage

- ▣ Childhood and upbringing
- ▣ Parental relations
- ▣ Lack of love ya ghareebi
- ▣ Mental, physical ya sexual abuse

# Solutions

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- ▣ Talaaq me jaldi nahi karna
- ▣ Namaaz aur sabr
- ▣ Take counselling (islamic counsellor)
- ▣ Forgiveness
- ▣ Help yourself and your partner for the sake of Allah

# Gussa

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- ▣ Husbands ke peeche nahi padna
- ▣ Buri zabaan se parhez
- ▣ Badle ke feelings nahi rakhna
- ▣ Violent bilkul nahi hona



# Extra marital affairs

- ▣ Ek admi jo shadi shuda aurat se meethi bate kare, He is using her
- ▣ Ye shaytaan ka attack hai
- ▣ Apni shadi durust karna , primary responsibility,with some one else u cannot love ur husband
- ▣ Impossible to live with husband go for khula, not haraam
- ▣ Duniya ki rahat me akharat barbaad mat karo

# Extra marital affairs

▣ Ye naubat kaise aayi?

1)Kya unko biwi me jo sukoon talaash kar raje the wo nahi mila?

2)Kya mai ghar bacho me khoob busy thi?

3)Mera behaviour aur attitude irritating tha?

Remember he still loves you because you are in his nikaah

# Solutions

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- ▣ ABHI BHI TIME HAI
- ▣ COMMUNICATION(LANGUAGES OF LOVE)
- ▣ KEEP SILENT FOR ALLAH
- ▣ FORGIVENESS
- ▣ TRY FEMININE CHARM
- ▣ ASK HIM TO MARRY AND GET IT IN HALAAL WAY(LAST SOLUTION)
- ▣ FOCUS ON ULTIMATE GOAL OF AKHIRAH

# RETURN OF PASSION(LAST STAGE OF MARRIAGE)

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- ▣ BEST STAGE OF MARRIAGE
- ▣ WHEN LAST CHILD IS ALMOST 7
- ▣ MORE INTIMACY
- ▣ JALDI SHAADI KA FAYDA KE YOU ARE AT THIS STAGE WHEN STILL YOUNG

## ERECTILE DYSFUNCTION

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- ▣ OLDER MEN ME COMMON
- ▣ AGAR SEX KE BAAD NOT GETTING ERECT AGAIN IS NOT A PROBLEM
- ▣ IF NEVER GETS ERECT IS A PROBLEM , SHOULD CONSULT A DOCTOR
- ▣ WIFE CAN GO FOR FASQ

## PREMATURE EJACULATION

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- ▣ 75% OF MEN SUFFER WITH IT SOMETIMES
- ▣ 30% ALL THE TIME

NOT A BIG ISSUE

POINTLESS TO THINK HE IS ABNORMAL

MORE COMMON IN EARLY DAYS OF  
MARRIAGE

## SOLUTIONS FOR PREMATURE EJACULATION

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- ▣ Practice
- ▣ Don't Make Him Feel Concious
- ▣ During Foreplay Donot Touch Organ
- ▣ Use A Thicker Condom For Few Days
- ▣ Exercise-stimulate,when About To Ejaculate,stop...stimulate Again
- ▣ Avoid More Erotic Positions

# VAGINISMUS

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- ▣ SEX IS UNBEARABLE
- ▣ WOMEN CANNOT CLIMAX
- ▣ NEEDS TREATMENT
- ▣ SOMETIMES SOME EXERCISES MAY HELP
- ▣ SOMETIMES SURGERY REQUIRED



## TEST TUBE BABIES OR IVF

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SPERM OF HUSBAND	EGG OF WIFE	WOMB	ISLAMIC RULING
YES	NO	WIFE	HARAAM
NO	YES	WIFE	HARAAM
YES	YES	NO	HARAAM
NO	NO	YES	HARAAM
YES	YES	2 <sup>ND</sup> HUSBAND	HARAAM
YES	YES	YES	HALAAL

# AURAT KA NUSHOOZ

- ▣ Shohar ki marzi ke baghair bahar jaana
- ▣ Shohar ka haq nahi ada karna
- ▣ Bistar se alag rakhna
- ▣ Shohar ko andar nahi aane dena
- ▣ Namaaz,roza etc ko chodna
- ▣ Parda nahi karna
- ▣ Apne aap ko shohar se behtar samajh kar respect nahi karna
- ▣ Shohar ki itaat nahi karna
- ▣ Shohar ke saamne gansi haalat me rehna

# Shohar phir kya kare?

- ▣ Samjhana
- ▣ Boycott-not more than 4 months from bed,not more than 3 days in speech
- ▣ Maarna

Halka ke koi nuksaan na pahunche,miswak ki lakdi

# Shohar ka nushooz

- ▣ Marna peetna
- ▣ Nad dua aur insult
- ▣ Na insaafi agar ek se zyada biwiya ho to
- ▣ Apne aap ko khuda ka darja dena
- ▣ Primary needs ka qayaal na rakhna
- ▣ Without reason bistar alag karna

# Biwi kya kare?

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- ▣ Reason malum kare
- ▣ Baat kare
- ▣ Apne kuch hukookh chod sakti hai kuch terms par
- ▣ Apne wali ko bula kar baat kare

# Ruqyah

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فَيَتَعَلَّمُونَ مِنْهُمَا مَا يُفَرِّقُونَ بِهِ بَيْنَ الْمَرْءِ وَزَوْجِهِ<sup>ج</sup>

Can do ruqyah

Listen everyday

Take bath

Can play in one corner

Sure baqarah daily for atleast 2 months

# Procedure for bath

- ▣ 7 sabz patte beri ke
- ▣ Kootna
- ▣ Paani me milana
- ▣ Dam karna
- ▣ 7 ghoonth peena
- ▣ Baaki ka nahana
- ▣ In emergency-without beri ke bhi kar sakte hai