



Man Muhai'at

Masira

Jitema Syllapus '25-'26







"The purpose of these litemas is to enable members to benefit from the educational and spiritual programmes and speeches and to rid themselves of any shortcomings they may have.

Also, the younger and older girls may participate in various educational competition to improve their knowledge and sharpen their spiritual capabilities. These gatherings provide an atmosphere that promotes discussion and identification of ways and means of self-improvement.

"Any society whose young girls and ladies gather in one place with the intention of spending their time in a purely spiritual atmosphere and engage in activities for self-improvement, the future generations of that society are safeguarded, also it does not suffer from a decline.

And today, if there are any women who get together purely for the sake of Allah, they are Ahmadi women.

"Therefore, always keep your status in mind. Make the most of the spiritual food that you have enjoyed in this gathering, for your life depends on it. The life of your future generations depends on it. The life and honour of your families depends on it."

Lajna and Nasirat Ijtema 2006







Tilawat

Please choose between the following options;

*Does not need to be memorised

7-9	10-12	13-15
Surah Al Ma'un	Az-Zilzaal	At-Tin
<u>link to audio</u>	<u>Link to audio</u>	<u>link for audio</u>





Man Muhai'at Gitema

Speech 2 minutes. Does not need to be memorised

7-9	10-12	13-15
How does loving Allah help you make good choices every day?	Describe a time when Taqwa influenced you to make a decision in your life	Building a Personal Identity Rooted in Taqwa
How it feels to be kind when no-one sees you	How Taqwa Makes Our Hearts Strong	How Taqwa Helps Us Use Technology Responsibly





Man Muhai'at Gitema

Nazm
2 couplets. Does not need to be memorised

7-9	10-12	13-15
Meri raat din bas yehi ek sada hai	Hai shukr-e-az zujal khaarij az bayaan	Jo khāk mein mile use milta hai aashna
Hum do sana usi ko jo zaat javedani	Barti rahe khuda ki mohabbat khuda kare	Humein us yaar se taqwa aata hai





Man Muhai'at Gitema

Please contact the National Tarbiyat Nau Mubai'at Department for any help.



