



Majlis Atfalul  
Ahmadiyya USA



# IJTEMA SYLLABUS

Sitara

AGE 7-8

**2025**



PREPARED BY THE  
NATIONAL TALEEM DEPARTMENT  
JANUARY 2025

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# AGE CATEGORIES

Division of Atfal by Age Group

## Mayar-e-Saghir

SITARA

**AGE 7-8**

HILAL

**AGE 9-10**

## Mayar-e-Kabir

QAMAR

**AGE 11-12**

BADAR

**AGE 13-15**

# GENERAL RULES

Your age group for the whole Atfal year is determined by your age on **Nov. 01, 2024**.

- For example, if you are 8 years old on Nov. 01, then you should prepare for the **Sitara** age group (7-8 years old) for the whole year including the National Ijtema, despite turning 9 before the end of the Atfal year
- As an exception, for example, if a Tifl turns 9 on Nov. 02, 2024 (or any day after that during the Atfal year) - he can choose to either:

Participate in the next age group - '**Hilal**'

**OR**

Stay & Participate in the '**Sitara**' Age group

IF YOU HAVE ANY QUESTIONS, PLEASE REACH OUT TO:  
TALEEM@ATFALUSA.ORG

OPEN  
COMPETITIONS

**AZAN**  
**QASEEDAH**  
**HIFZ-E-ADIYAH**  
**ESSAY WRITING**  
**MESSAGE RELAY**  
**MEMORIZATION OF SALAT**  
**OBSERVATION & MEMORY**

CLOSED  
COMPETITIONS

**TILAWAT**  
**NAZM**  
**URDU SPEECH**  
**ENGLISH SPEECH**  
**MEMORIZATION OF HOLY QUR'AN**

COMPETITIONS ONLY HELD AT  
LOCAL & REGIONAL IJTEMA'AT

**MEMORIZATION OF SALAT**  
**OBSERVATION & MEMORY**

**HIFZ-E-ADIYAH**  
**MESSAGE RELAY**

# Open & Closed Competitions

All Atfal can take part in all competitions at Local and Regional Ijtema'at. There are no 'closed' competitions at Local and Regional Ijtema'at.

Closed competitions **only** apply for the National Atfal Ijtema.

Being '**closed**' means that only those Atfal can compete in a competition at the National level who:

- (i) Qualified by obtaining 1st, 2nd or 3rd position in that competition at Regional Ijtema
- (ii) After the Regional Ijtema'at have taken place, there will be a secondary way to qualify for the closed competitions at the National Ijtema for those Atfal who do not rank in the top 3 positions at their Regional Ijtema'at.

There will be a '**Waitlist**' Form shared for the Atfal to be considered and the National team will try and accommodate for as many as possible.

# Taleem Competitions for All Age Groups

## Extempore Speech

(English / Urdu Option)  
(For all age groups **separately**)

- Each participating Tifl will be given a topic on the spot and has 3 minutes to prepare a speech about it.
- Speech duration is maximum of 3 minutes. The Tifl will be provided pen and paper to prepare notes.

## Message Relay

(For all age groups Together)

- Groups of 4–5 Atfal are formed.
- A message is conveyed to the first Tifl in the group. He has to relay the message to the next group member (one by one), until it reaches the last Tifl.
- The last Tifl writes or says the message he has received.
- The team which is able to relay the original message as accurately as possible wins.

## Observation & Memory Test

(For all age groups Together)

- Each Tifl is shown a set of items for a few minutes. [eg. 20 items shown for 3 minutes.]
- Afterwards, the items are taken away and the Tifl is given a pen and paper and has to write down as many items from memory as he remembers.
- Tifl remembering most items wins.



# Recitation of the Holy Qur'an

No points are taken away if the text is read from a paper / not memorized

## SITARA (AGE 7-8)

- Chapter 105 - **Surah Al-Fil** - Verses 1-6
- Chapter 111 - **Surah Al-Lahab** - Verses 1-6

## HILAL (AGE 9-10)

- Chapter 3 - **Surah Aal-e-Imran** - Verses 17-19
- Chapter 23 - **Surah Al-Mu'minun** - Verses 1-8

## QAMAR (AGE 11-12)

- Chapter 13 - **Surah Ar-Ra'd** - Verses 1-3
- Chapter 17 - **Surah Bani Isra'il** - Verses 79-82

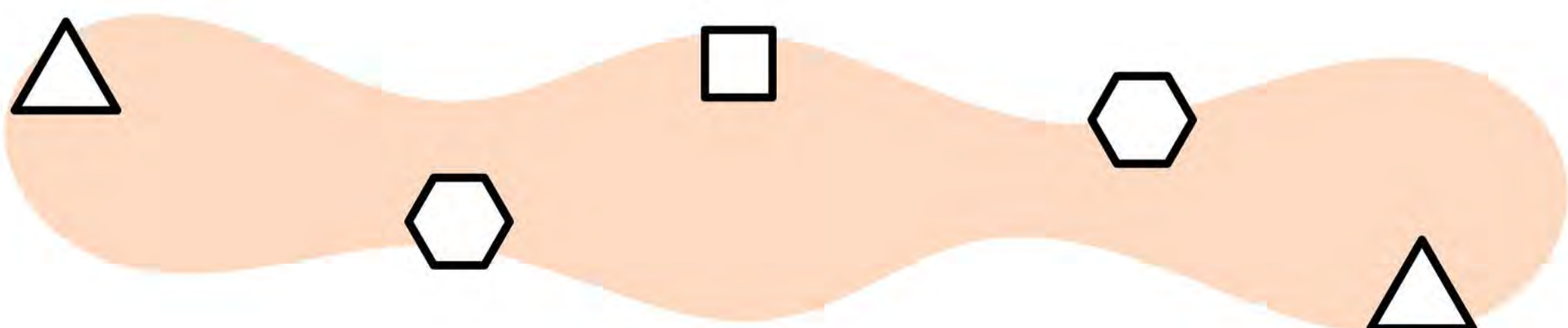
## BADAR (AGE 13-15)

- Chapter 24 - **Surah An-Nur** - Verses 56-57
- Chapter 25 - **Surah Al-Furqan** - Verses 64-69

# JUDGING CRITERIA

## Recitation of Holy Qur'an

<ul style="list-style-type: none"><li>• Correct Pronunciation of letters and symbols</li><li>• Stops at appropriate places</li></ul>	10 Points
<ul style="list-style-type: none"><li>• Recitation adheres to the rules of Tarteel &amp; Tajweed</li></ul>	10 Points
<ul style="list-style-type: none"><li>• Melody, voice and overall Quality of recitation</li></ul>	10 Points
Total	30 Points



# RECITATION OF THE HOLY QUR'AN

No points are taken away if the text is read from a paper / not memorized

**SITARA**  
(AGE 7-8)

Chapter 105 - Surah Al-Fil - Verses 1-6

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ ① اَلَمْ تَرَ كَیْفَ فَعَلَ رَبُّكَ بِاَصْحٰبِ الْفِیْلِ ②  
اَلَمْ یَجْعَلْ كَیْدَهُمْ فِیْ تَضْلِیْلِ ③ وَاَرْسَلَ عَلَیْهِمْ طَیْرًا اَبَابِیْدَ ④  
تَرْمِیْهِمْ بِحِجَارَةٍ مِّنْ سِجِّیْلِ ⑤ فَجَعَلَهُمْ كَعَصْفٍ مَّا كُوِلَ ⑥

Chapter 111 - Surah Al-Lahab - Verses 1-6

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ ① تَبَّتْ یَدَا اَبِیْ لَهَبٍ وَتَبَّ ②  
مَا اَغْنٰی عَنْهُ مَالُهُ وَمَا كَسَبَ ③ سَیَصْلٰی نَارًا اَذَاتَ لَهَبٍ ④  
وَامْرَاَتُهُ ۗ حَمَّالَةَ الْحَطَبِ ⑤ فِیْ جِیْدِهَا حَبْلٌ مِّنْ مَّسَدٍ ⑥

# MEMORIZATION OF THE HOLY QUR'AN

## SITARA

AGE 7-8

Chapter 2 – Verses 1 – 6  
Chapter 110 – Surah An-Nasr  
Chapter 111 – Surah Al-Lahab  
Chapter 112 – Surah Al-Ikhlās  
Chapter 113 – Surah Al-Falaq  
Chapter 114 – Surah An-Nas

## HILAL

AGE 9-10

Chapter 2 – Verses 1-10  
Last 10 Chapters – Chapters 105-114

## QAMAR

AGE 11-12

Chapter 2 – Verses 1-14  
Chapter 2 – Verse 256 (*Ayat-ul-Qursi*)  
Last 14 Chapters – Chapters 101-114

## BADAR

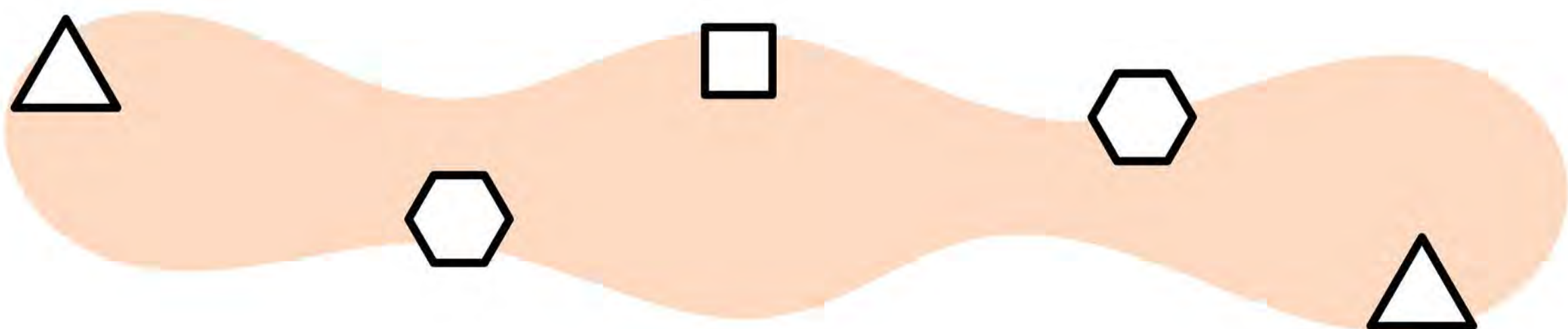
AGE 13-15

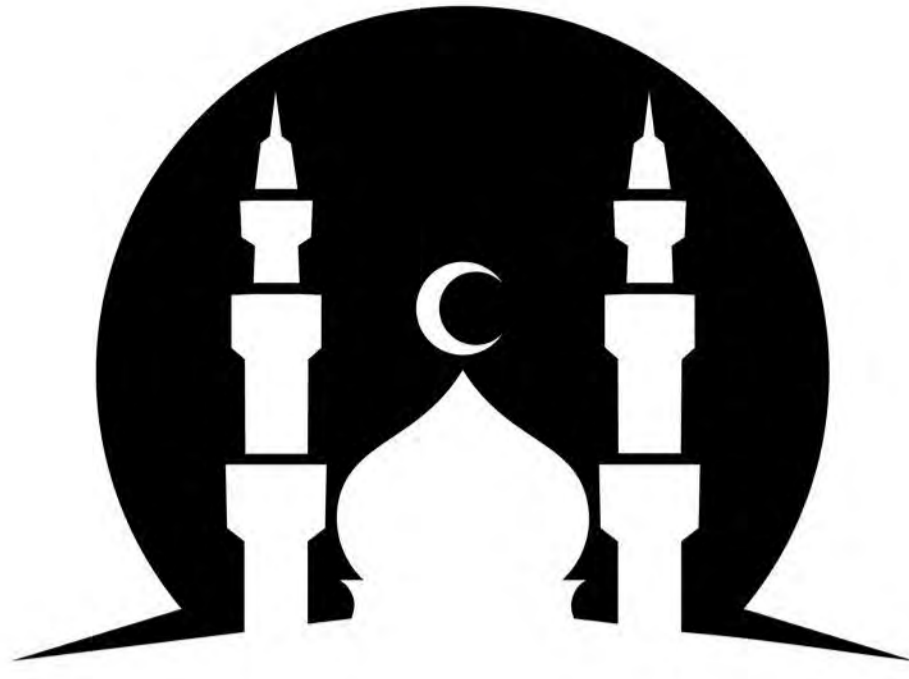
Chapter 2 – Verses 1-17  
Chapter 87 – Surah Al-A'la  
Chapter 88 – Surah Al-Ghashiyah  
Chapter 93 – Surah Ad-Duha  
Chapter 94 – Surah Al-Inshirah  
Chapter 95 – Surah At-Tin  
Chapter 99 – Surah Az-Zilzal

# JUDGING CRITERIA

## Memorization of Holy Qur'an

• Recitation adheres to the rules of Tarteel & Tajweed	10 Points
• Memorization of allocated portions	15 Points
• Melody, voice and overall Quality of recitation	5 Points
Total	30 Points





# SALAT

## SITARA

[AGE 7-8]

- Full Salat [in Arabic]

## HILAL

[AGE 9-10]

- Full Salat [in Arabic]
- *Niyat, Thanaa, Surah Al-Fatihah* [with Translation]
- Prayer after Ablution [Arabic only]
- Prayer of 'Entering a Mosque [Arabic only]

## QAMAR

[AGE 11-12]

- Full Salat [with Translation]
- Prayer after Ablution [with Translation]
- Prayer of 'Entering a Mosque [with Translation]
- Dua-e-Qunoot [with Translation]

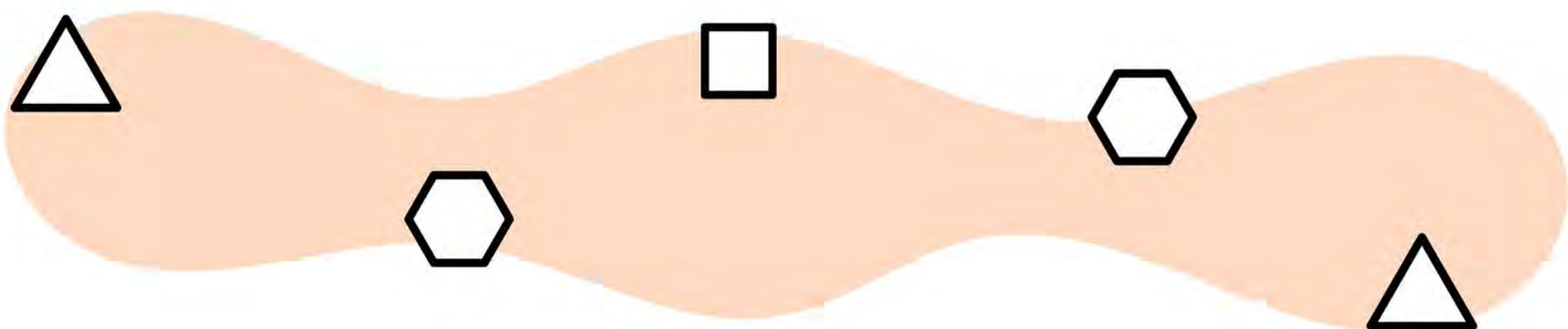
## BADAR

[AGE 13-15]

- Full Salat [with Translation]
- Prayer after Ablution [with Translation]
- Dua-e-Qunoot [with Translation]
- Prayer of 'Entering a Mosque [with Translation]
- Prayer for 'Leaving a Mosque [with Translation]
- Funeral Prayer [with Translation]

# JUDGING CRITERIA

<b>Salat</b>	
• Correctness & Clarity of Pronunciation	10 Points
• Continuity - delivery volume & speed	5 Points
• Memorization of prescribed portions	15 Points
Total	30 Points



# SALAT

SITARA (AGE 7-8)

## NIYYAT (INTENTION)

وَجَّهْتُ وَجْهِيَ لِلَّذِي فَطَرَ السَّمَوَاتِ وَالْأَرْضَ حَنِيفًا وَمَا أَنَا مِنَ الْمُشْرِكِينَ

## THANAA (GLORIFICATION)

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

## AT-TA'AWUZ

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

## SURAH AL-FATIHAH

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ  
الرَّحْمَنِ الرَّحِيمِ  
مَلِكِ يَوْمِ الدِّينِ  
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ  
إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ  
صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

## SURAH AL-IKHLAS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
قُلْ هُوَ اللَّهُ أَحَدٌ  
اللَّهُ الصَّمَدُ  
لَمْ يَلِدْ وَلَمْ يُولَدْ  
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

## RUKU

سُبْحَانَ رَبِّيَ الْعَظِيمِ



# SALAT

SITARA (AGE 7-8)

## TASMEE'

سَمِعَ اللَّهُ لِمَنْ حَمَدَهُ

## TAHMEED

رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

## SAJDAH

سُبْحَانَ رَبِّيَ الْأَعْلَى

## PRAYER BETWEEN TWO SAJDAH

رَبِّ اغْفِرْ لِي وَارْحَمْنِي وَاهْدِنِي وَعَافِنِي وَاجْبُرْنِي وَارْزُقْنِي وَارْفَعْنِي

## SAJDAH

سُبْحَانَ رَبِّيَ الْأَعْلَى

## AT-TAHIYYAT & TASHAHHUD

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

# SALAT

SITARA (AGE 7-8)

## DUROOD SHAREEF

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ  
عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ  
اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ  
عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

## CONCLUDING PRAYERS

رَبِّ اجْعَلْنِي مُقِيمَةَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ  
رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ  
رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

## SALAM

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

# Nazm (Urdu Poem)

## SITARA

AGE 7-8

Khuda Se Wohi Log

Kabhi Nusrat Nahi Milti

## HILAL

AGE 9-10

Wo Dekhta Hai Ghairon Se

Barhti Rahay Khuda Ki Mohabbat

## QAMAR

AGE 11-12

Dekho Khuda Ne Aik Jahaan Ko

Apne Karam Se Bakhsh De

## BADAR

AGE 13-15

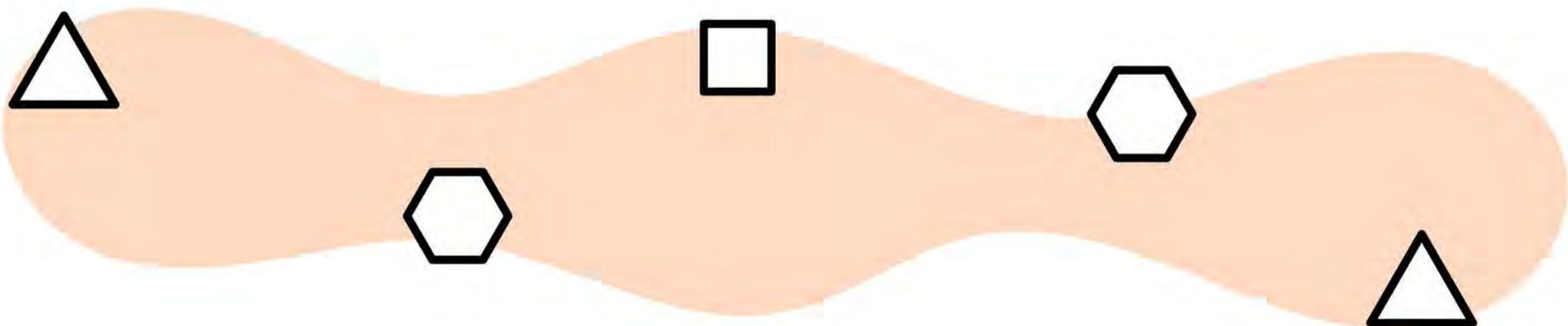
Ae Khuda Ae Kaar-Sazo

Khuda-e-Mann

# JUDGING CRITERIA

## Nazm (Urdu Poem)

<ul style="list-style-type: none"><li>• Correct pronunciation, enunciation of words and letters</li></ul>	10 Points
<ul style="list-style-type: none"><li>• Appropriate pace, volume and overall quality of voice</li></ul>	10 Points
<ul style="list-style-type: none"><li>• Control over melody and tune</li></ul>	10 Points
Total	30 Points



# NAZM (URDU POEM)

**SITARA**  
(AGE 7-8)

**Khuda Se Wohi Log - Durr-e-Sameen**

Khuda se wohi log karte hain pyaar

خدا سے وہی لوگ کرتے ہیں پیار

Jo sab kuch hi kartay hain uss par nisaar

جو سب کچھ ہی کرتے ہیں اُس پر نثار

Issi fikr mein rehtay hain roz-o-shab

اسی فکر میں رہتے ہیں روز و شب

Keh raazi woh dildaar hota hay kab

کہ راضی وہ دلدار ہوتا ہے کب

Usay de chukay maal-o-jaan baar baar

اُسے دے چکے مال و جاں بار بار

Abhi khauf dil main keh hain naa'ba-kaar

ابھی خوف دل میں کہ ہیں نابکار

**Kabhi Nusrat Nahi Milti - Durr-e-Sameen**

Kabhi nusrat nahi milti Darr'e-Maula se  
gandoun ko

کبھی نصرت نہیں ملتی درِ مولیٰ سے گندوں کو

Kabhi za'-ay naheen karta wo apnay naik  
bandon ko

کبھی ضائع نہیں کرتا وہ اپنے نیک بندوں کو

Wohi uss ke muqarrab hain jo apna aap  
khotay hain

وہی اُسکے مقرب ہیں جو اپنا آپ کھوتے ہیں

Naheen raah uss ki aali baargaah tak khud  
pasandon ko

نہیں راہ اُسکی عالی بارگاہ تک خود پسندوں کو

Yehi tadbeer hay pyaro keh maango Uss se  
qurbat ko

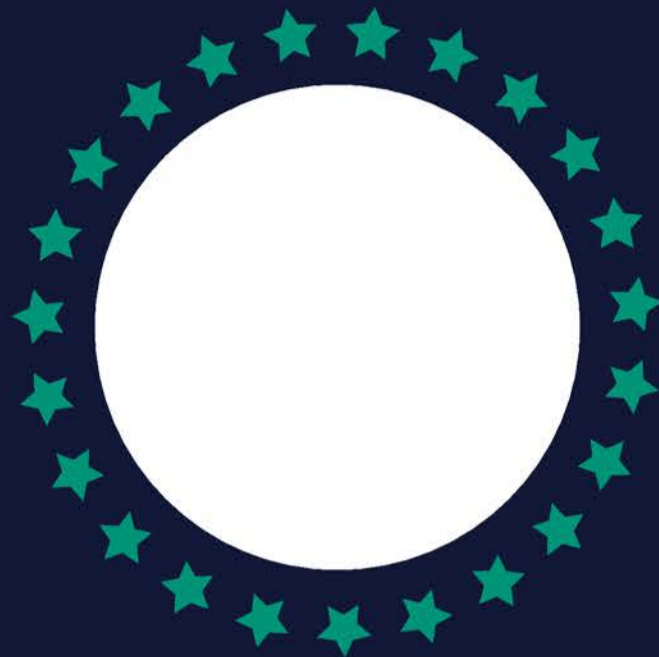
یہی تدبیر ہے پیارو کہ مانگو اس سے قربت کو

Usi Kay haath ko dhoondo jalaa' sab  
kamandon ko

اسی کے ہاتھ کو ڈھونڈو جلاؤ سب کمندوں کو

MEMORIZATION OF

# QASEEDAH



**SITARA**  
AGE 7-8

Couplets 1 - 6

**HILAL**  
AGE 9-10

Couplets 1 - 12

**QAMAR**  
AGE 11-12

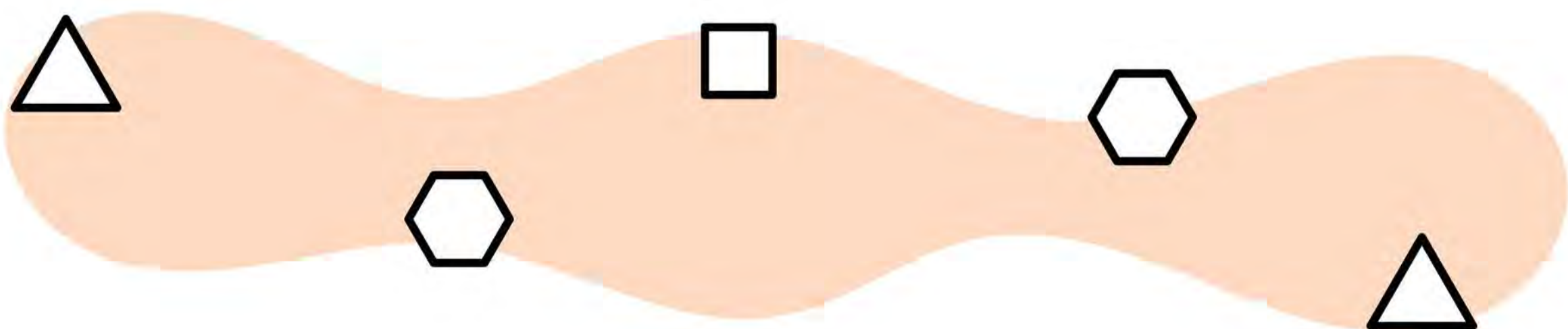
Couplets 1 - 18

**BADAR**  
AGE 13-15

Couplets 1 - 24

# JUDGING CRITERIA

QASEEDAH	
<ul style="list-style-type: none"><li>• Correct pronunciation, enunciation of words and letters</li></ul>	10 Points
<ul style="list-style-type: none"><li>• Appropriate pace, volume and overall quality of voice</li></ul>	5 Points
<ul style="list-style-type: none"><li>• Memorization of allocated portion</li></ul>	15 Points
Total	30 Points



# QASEEDAH

SITARA (AGE 7-8)

## Couplets 1-6

يَسْغِي إِلَيْكَ الْخَلْقُ كَالظَّمَانِ

*Yas'ā ilaykal-khalqu kaz-zam'ānī*

يَا عَيْنَ فَيْضِ اللَّهِ وَالْعِرْفَانِ

*Yā 'ayna fayḍillāhi wal-'irfānī*

1

تَهْوِي إِلَيْكَ الزُّمَرُ بِالْكِزَانِ

*Tahwī ilaykaz-zumarū bil-kizānī*

يَا بَحْرَ فَضْلِ الْمُنْعِمِ الْمَنَّانِ

*Yā baḥra faḍlil-mun'imil-mannānī*

2

نَوَّرَتْ وَجْهَ الْبَرِّ وَالْعُمَرَانِ

*Nawwarta wajhal-barri wal-'umrānī*

يَا شَمْسَ مُلْكِ الْحُسْنِ وَالْإِحْسَانِ

*Yā shamsa mulkil-ḥusni wal-iḥsānī*

3

مِنْ ذَلِكَ الْبَدْرِ الَّذِي أَصْبَانِي

*Min dhāli-kaḥ-badrilladhī aṣbānī*

قَوْمٌ رَأَوْكَ وَأُمَّةٌ قَدْ أُخْبِرَتْ

*Qawmun ra'awka wa-ummatun qad ukhbirat*

4

وَتَأَلَّمَا مِنْ لَوْعَةِ الْهَجْرَانِ

*Wa-ta alluman min law'atil-hijrānī*

يَبْكُونَ مِنْ ذِكْرِ الْجَمَالِ صَبَابَةً

*Yabkūna min dhikril-jamāli ṣabābatan*

5

وَأَرَى الْغُرُوبَ تُسِيلُهَا الْعَيْنَانِ

*Wa-aral-ghurūba tusīluhal-'aynānī*

وَأَرَى الْقُلُوبَ لَدَى الْحَنَّا جِرٍ كُرْبَةً

*Wa-aral-qulūba ladal ḥanā jiri kurbatan*

6



# ENGLISH SPEECH

## SITARA

AGE 7-8

- Why do we Pray?
- Allah Hears and Sees Everything
- The Power of Dua

- How Salat Brings Us Closer to Allah
- The Concept of Tauheed (Oneness of Allah)
- Associating Partners with Allah (Shirk)

## HILAL

AGE 9-10

## QAMAR

AGE 11-12

- How to Keep a Connection with Allah During Daily Life
- How to Cultivate Patience in Worship
- Reading the Holy Qur'an in the Remembrance of Allah

- Prophets and their Connection to Allah
- The Power of Intention in Worship
- The Promised Messiah (as) and his Worship of Allah

## BADAR

AGE 13-15

## SPEECH DURATION

SITARA/HILAL: 2-3 MINUTES

QAMAR/BADAR: 3-4 MINUTES

# JUDGING CRITERIA

## English Speech

<ul style="list-style-type: none"><li>• Content &amp; Research of Subject - Holy Qur'an verses, Ahadith, Jama'at literature, etc</li></ul>	15 Points
<ul style="list-style-type: none"><li>• Style of delivery, Eye Contact &amp; Continuity</li></ul>	10 Points
<ul style="list-style-type: none"><li>• Overall understanding of subject</li></ul>	5 Points
Total	30 Points



# URDU SPEECH

## SITARA

AGE 7-8

- ہم نماز کیوں پڑھتے ہیں؟
- اللہ سب کچھ سنتا اور دیکھتا ہے
- دعا کی طاقت

- نماز ہمیں اللہ کے قریب کیسے لاتی ہے؟
- توحید کا تصور (اللہ کی وحدانیت)
- اللہ کے ساتھ شریک ٹھہرانا (شرک)

## HILAL

AGE 9-10

## QAMAR

AGE 11-12

- روزمرہ کی زندگی کے دوران اللہ سے تعلق کیسے رکھیں؟
- عبادت میں صبر کیسے پیدا کیا جائے
- اللہ کے ذکر میں قرآن پاک پڑھنا

- انبیاء اور ان کا اللہ سے تعلق
- عبادت میں نیت کی طاقت
- حضرت مسیح موعودؑ اور ان کی اللہ کی عبادت

## BADAR

AGE 13-15

## SPEECH DURATION

SITARA/HILAL: 2-3 MINUTES

QAMAR/BADAR: 3-4 MINUTES

# JUDGING CRITERIA

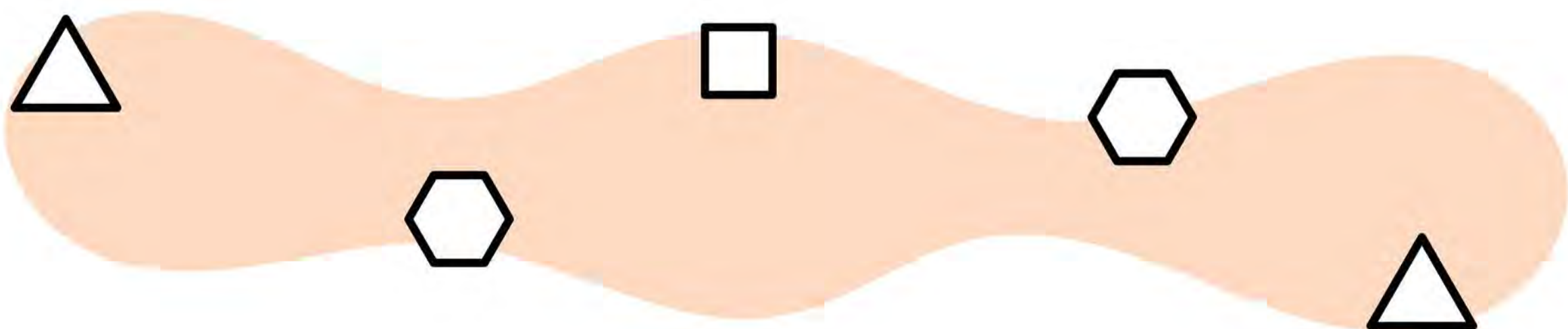
## Urdu Speech

<ul style="list-style-type: none"><li>• Content &amp; Research of Subject - Holy Qur'an verses, Ahadith, Jama'at literature, etc</li></ul>	15 Points
<ul style="list-style-type: none"><li>• Style of delivery, Eye Contact &amp; Continuity</li></ul>	10 Points
<ul style="list-style-type: none"><li>• Overall understanding of subject</li></ul>	5 Points
Total	30 Points



# JUDGING CRITERIA

Azan	
• Correctness & Clarity of Pronunciation	10 Points
• Appropriate pace, volume and overall quality of voice	10 Points
• Control over melody and tune	10 Points
Total	30 Points



# Azan

اللَّهُ أَكْبَرُ      اللَّهُ أَكْبَرُ

اللَّهُ أَكْبَرُ      اللَّهُ أَكْبَرُ

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ      أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

أَشْهَدُ أَنَّ مُحَمَّدًا رَسُولُ اللَّهِ      أَشْهَدُ أَنَّ مُحَمَّدًا رَسُولُ اللَّهِ

حَتَّىٰ عَلَى الصَّلَاةِ      حَتَّىٰ عَلَى الصَّلَاةِ

حَتَّىٰ عَلَى الْفَلَاحِ      حَتَّىٰ عَلَى الْفَلَاحِ

الصَّلَاةُ خَيْرٌ مِّنَ النَّوْمِ      الصَّلَاةُ خَيْرٌ مِّنَ النَّوْمِ

*This line is recited during Fajr Azan only*

اللَّهُ أَكْبَرُ      اللَّهُ أَكْبَرُ

لَا إِلَهَ إِلَّا اللَّهُ

# Hifz-e-Adiyah

## SITARA

[AGE 7-8]

- For Increase in Knowledge
- On Starting a Meal
- On Finishing a Meal
- Before Sleeping
- On Waking Up

## HILAL

[AGE 9-10]

- All the prayers for Sitara plus the following:
  - For Parents
  - On Getting into a Vehicle
  - On Entering a Mosque
  - On Leaving a Mosque
  - For Steadfastness and Allah's Help

## QAMAR

[AGE 11-12]

- All the prayers for Sitara and Hilal plus the following:
  - Achieving Allah's Blessings
  - On Ending a Fast
  - After Ablution
  - Against Losing Divine Guidance
  - When Leaving Home

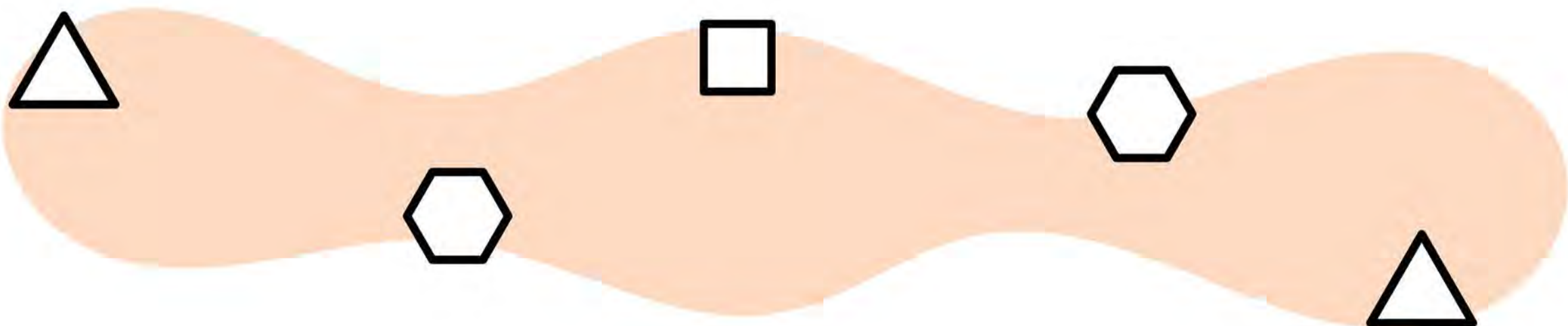
## BADAR

[AGE 13-15]

- All the prayers for Sitara, Hilal, Qamar plus the following:
  - On Seeing the New Moon
  - On Entering a Washroom
  - On Leaving a Washroom
  - For Love of Allah
  - For Success in Calling to Allah

# JUDGING CRITERIA

<b>Hifz-e-Adiyah</b>	
• Memorization of Arabic Portion	10 Points
• Memorization of English Translation	10 Points
• Accuracy of Pronunciation and Overall Fluency	10 Points
Total	30 Points





# HIFZ - E - ADIYAH

Sitara (Age 7-8)

## For Increase in Knowledge

Rab-bi Zid-nee 'il-maa

رَبِّ زِدْنِي عِلْمًا

*My Lord, increase me in knowledge*

## On Starting a Meal

Bismilaahi Wa 'Alaa Bara-ka-til la-hi

بِسْمِ اللَّهِ وَ عَلَى بَرَكَاتِهِ

*In the name of Allah, and with the blessing of Allah (I start eating)*

## On Finishing a Meal

Alham-du lil-la hil-la-dhee at-'aa-manaa  
wa saqaa-naa wa ja-'a-la naa minal  
muslimeen

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا  
وَ جَعَلَنَا مِنَ الْمُسْلِمِينَ

*All praise belongs to Allah, Who provided us with food and drink  
and enabled us to be Muslims*

## Before Sleeping

Al-la hum'ma bis-mi-ka a-moo-tu  
wa ah-yaa

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

*O Allah, in your name I die (sleep) and I become alive (awake)*

## On Waking Up

Alhamdu li-llahil-ladhee ahyaa-naa ba'da  
maa amaa-ta-naa wa ila-hin-nushoor

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ  
مَا آمَاتَنَا وَإِلَيْهِ النُّشُورُ

*All praise belongs to Allah who brought us back to life (woke us up),  
after causing us to die (sleep), and to Him will we return*

# JUDGING CRITERIA

## Essay Competition

<ul style="list-style-type: none"><li>• Content &amp; Research of Subject – Use of Islamic and Jama'at literature as well as current scientific and or media material to reflect a good understanding of the topic</li></ul>	30 Points
<ul style="list-style-type: none"><li>• Language &amp; Composition – Effective use of English language to convey ideas through sentences, respecting basics of grammar</li></ul>	20 Points
Total	50 Points



# ESSAY COMPETITION

SUBMIT YOUR ESSAY TO:  
TALEEM@ATFALUSA.ORG

Please have the following declaration written out when submitting your essay:

"I affirm that the Essay I have submitted is my own original composition. I have not used artificial intelligence ('AI'), including ChatGPT or any other AI tool, to write any portion of this Essay."

MAX. 500 WORDS

**S**itara  
Age 7-8

- How can we show Love for Allah through our Worship?
- What does 'Worship' Mean to Me?

MAX. 750 WORDS

**H**ilal  
Age 9-10

- How can I be Kind to Others as an Act of Worship?
- How the Holy Qur'an Guides Us to Worship Allah

MAX. 1000 WORDS

**Q**amar  
Age 11-12

- The Five Pillars and Worship of Allah
- Worship in Times of Adversity

**B**adar  
Age 13-15

- Why is Shirk the greatest sin?
- Concept of Accountability in Worship: How will we answer to Allah?

MAX. 1500 WORDS

Due Date for Submission  
**July 31, 2025**



Majlis Atfalul  
Ahmadiyya USA

# SEE YOU THERE NATIONAL IJTEMA

OCT. 10-12, 2025

BAAGH-E-AHMAD

51 HARDING HWY, ELMER, NJ 08318



LOCAL IJTEMA'AT  
REGIONAL IJTEMA'AT

APR. 05-06, 2025  
MAY 02-04, 2025