



Majlis Atfalul
Ahmadiyya USA



IJTEMA SYLLABUS

Qamar

AGE 11-12

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 12 years old on Nov. 01, then you should prepare for the **Qamar** age group (11-12 years old) for the whole year including the National Ijtema, despite turning 13 before the end of the Atfal year
- As an exception, for example, if a Tifl turns 13 on Nov. 02, 2024 (or any day after that during the Atfal year) - he can choose to either:

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

OR

Stay & Participate in the '**Qamar**' 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

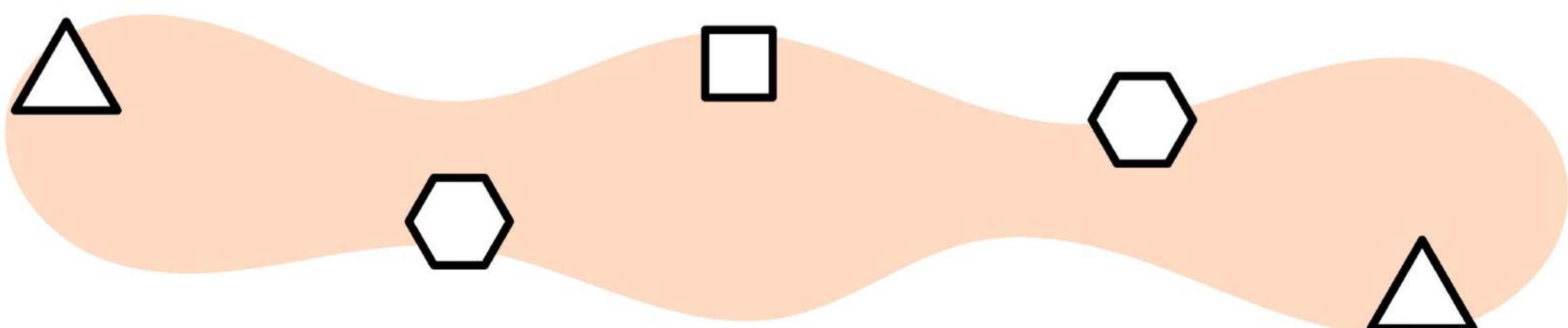
BADAR (AGE 13-15)

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

QAMAR
(AGE 11-12)

Chapter 13 - Surah Ar-Ra'd - Verses 1-3

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①
الْمَرَّةِ تِلْكَ آيَاتُ الْكِتَابِ ۝ وَالَّذِي أُنزِلَ إِلَيْكَ مِنْ رَبِّكَ الْحَقُّ وَلَكِنَّ
أَكْثَرَ النَّاسِ لَا يُؤْمِنُونَ ②
اللَّهُ الَّذِي رَفَعَ السَّمَوَاتِ بِغَيْرِ عَمَدٍ تَرَوْنَهَا ثُمَّ اسْتَوَى عَلَى الْعَرْشِ وَسَخَّرَ الشَّمْسَ
وَالْقَمَرَ ۝ كُلٌّ يَجْرِي لِأَجَلٍ مُّسَمًّى ۝ يُدَبِّرُ الْأَمْرَ يُفَصِّلُ الْآيَاتِ لَعَلَّكُمْ بِلِقَاءِ رَبِّكُمْ
تُوقِنُونَ ③

Chapter 17 - Surah Bani Isra'il - Verses 79-82

أَقِمِ الصَّلَاةَ لِذُلُوكِ الشَّمْسِ إِلَى غَسَقِ اللَّيْلِ وَقُرْآنَ الْفَجْرِ ۝ إِنَّ قُرْآنَ الْفَجْرِ كَانَ
مَشْهُودًا ④
وَمِنَ اللَّيْلِ فَتَهَجَّدْ بِهِ نَافِلَةً لَّكَ ۝ عَسَىٰ أَنْ يَبْعَثَكَ رَبُّكَ مَقَامًا مَّحْمُودًا ⑤
وَقُلْ رَبِّ أَدْخِلْنِي مُدْخَلَ صِدْقٍ وَأَخْرِجْنِي مُخْرَجَ صِدْقٍ وَاجْعَلْ لِي مِنْ لَدُنْكَ
سُلْطَانًا نَصِيرًا ⑥ وَقُلْ جَاءَ الْحَقُّ وَزَهَقَ الْبَاطِلُ ۝ إِنَّ الْبَاطِلَ كَانَ زَهُوقًا ⑦

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

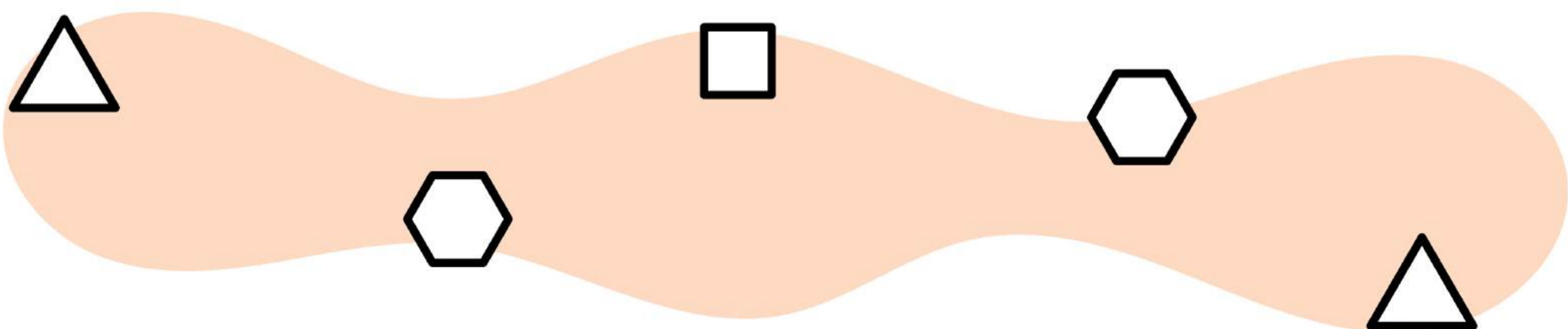
AGE 13-15

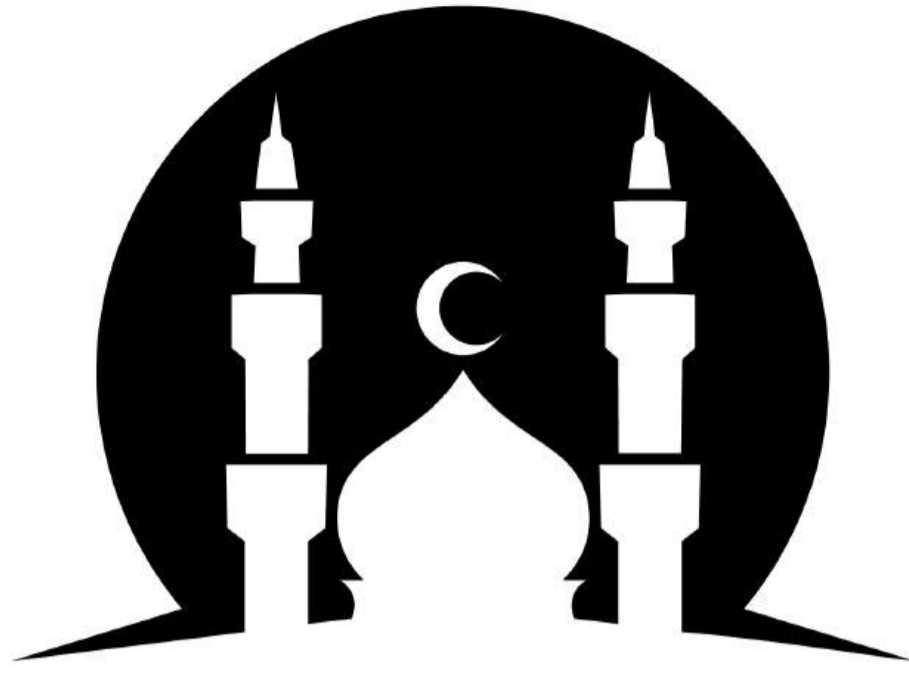
Chapter 2 – Verses 1-17
Chapter 87 - Surah Al-A'la
Chapter 88 - Surah Al-Ghashiyah
Chapter 93 - Surah Ad-Duha
Chapter 94 - Surah Al-Inshirah
Chapter 95 - Surah At-Tin
Chapter 99 - Surah Az-Zilzal

JUDGING CRITERIA

Memorization of Holy Qur'an

<ul style="list-style-type: none">• Recitation adheres to the rules of Tarteel & Tajweed	10 Points
<ul style="list-style-type: none">• Memorization of allocated portions	15 Points
<ul style="list-style-type: none">• 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]

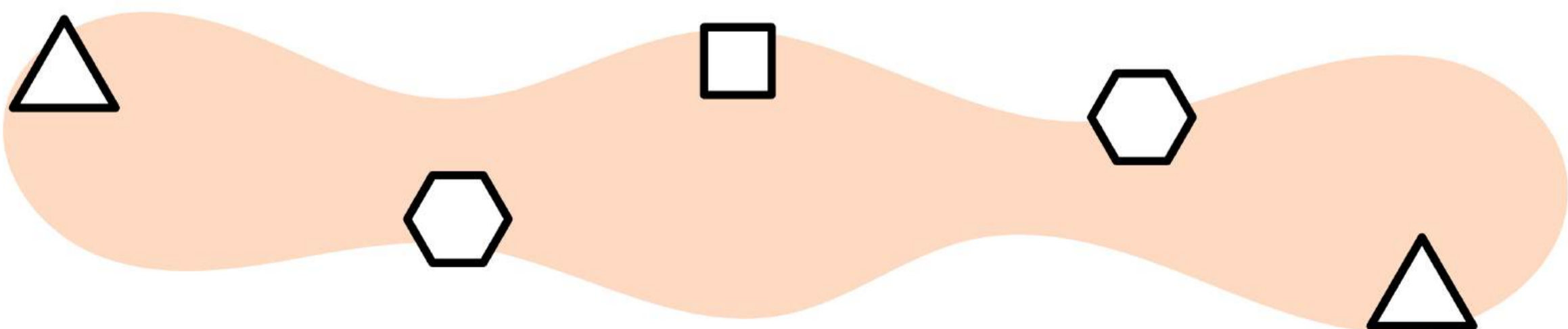
BADAR

[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

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



SALAT

QAMAR (AGE 11-12)

NIYYAT (INTENTION)

وَجَّهْتُ وَجْهِيَ لِلَّذِي فَطَرَ السَّمَوَاتِ وَالْأَرْضَ حَنِيفًا وَمَا أَنَا مِنَ الْمُشْرِكِينَ

I have turned my full attention towards Him, Who has created the Heavens and the Earth, being ever-inclined to Him and I am not one of those who associate partners with Allah

السَّمَوَاتِ	فَطَرَ	لِلَّذِي	وَجَّهِيَ	وَجَّهْتُ	
The heavens	Has created	Towards Him Who	My full attention	I have turned	
الْمُشْرِكِينَ	مِنَ	أَنَا	وَمَا	حَنِيفًا	وَالْأَرْضَ
Who associates partners (with Allah)	(one) of those	I am	And not	Being ever-inclined	And the earth

THANAA (GLORIFICATION)

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

Holy are You, O Allah, the Praiseworthy and blessed is Your name and exalted is Your Majesty and there is none worthy of worship besides You

اسْمُكَ	وَتَبَارَكَ	وَبِحَمْدِكَ	اللَّهُمَّ	سُبْحَانَكَ
Your name	And blessed (is)	And with your praise	O Allah	Holy are you
غَيْرُكَ	إِلَهَ	وَلَا	جَدُّكَ	وَتَعَالَى
Besides You	Worthy of worship	And (there is) none	Your Majesty	And Exalted (is)

SALAT

QAMAR (AGE 11-12)

AT-TA'AWUZ

I seek refuge with Allah from Satan the rejected

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

الرَّجِيمِ	الشَّيْطَانِ	مِنَ	بِاللَّهِ	أَعُوذُ
The rejected	Satan	From	With Allah	I seek refuge

SURAH AL-FATIHAH

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

In the name of Allah, the Gracious, the Merciful. All praise belongs to Allah, Lord of all the worlds. The Gracious, the Merciful. Master of the Day of Judgement. You alone do we worship and You alone do we implore for help. Guide us to the right path. The path of those whom You have bestowed Your blessings, those who have not incurred Your displeasure, and those who have not gone astray. Ameen.

بِسْمِ	اللَّهُ	الرَّحْمَنِ	الرَّحِيمِ	أَلْحَمْدُ	لِلَّهِ
In the name (of)	Allah	The Gracious	The Merciful	All praise	Belongs to Allah
رَبِّ الْعَالَمِينَ	الرَّحْمَنِ	الرَّحِيمِ	مَلِكِ	يَوْمِ	الدِّينِ
Lord (of) All the worlds	The Gracious	The Merciful	Master (of)	Day of	The Judgement
نَعْبُدُ	وَإِيَّاكَ	نَسْتَعِينُ	إِهْدِنَا	الصِّرَاطَ	الْمُسْتَقِيمَ
We worship	And You alone	We implore for help	Guide us (to)	The path	Right (straight)
الَّذِينَ	أَنْعَمْتَ	عَلَيْهِمْ	غَيْرِ	الْمَغْضُوبِ	عَلَيْهِمْ
Of those	You have bestowed Your blessings	Upon whom	Not (of those)	Who have incurred (Your) displeasure	On them
					And those who have not gone astray

SALAT

QAMAR (AGE 11-12)

SURAH AL-IKHLAS

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

In the name of Allah, the Gracious, the Merciful. Say, He is Allah, the One. Allah, the Independent and Besought of all. He begets not, nor is He begotten. And there is none like unto Him

هُوَ اللَّهُ	قُلْ		الرَّحِيمِ	الرَّحْمَنِ	اللَّهُ	بِسْمِ
He (is) Allah	Say		The Merciful	The Gracious	Allah	In the name (of)
يَكُنْ لَهُ كُفُوًا أَحَدٌ	وَلَمْ	وَلَمْ يُولَدْ	لَمْ يَلِدْ	الصَّمَدُ	اللَّهُ	أَحَدٌ
There is like unto Him	And none	Nor is He begotten	He begets not	The Independent and Besought of all	Allah	One

RUKU

Holy is my Lord, the Most Great

سُبْحَانَ رَبِّيَ الْعَظِيمِ

الْعَظِيمِ	رَبِّي	سُبْحَانَ
The Most Great	My Lord	Holy is

TASMEE'

Allah hears him who praises Him

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

حَمِدَهُ	لِمَنْ	اللَّهُ	سَمِعَ
Who praises Him	To him	Allah	Hears

SALAT

QAMAR (AGE 11-12)

TAHMEED

رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

Our Lord, Yours is the praise. Praise that is abundant, pure and full of blessings

رَبَّنَا	وَلَكَ	الْحَمْدُ	حَمْدًا	كَثِيرًا	طَيِّبًا	مُبَارَكًا فِيهِ
Our Lord	And Yours is	The praise	Praise	(That is) abundant	Pure	Full of blessings

SAJDAH

Holy is my Lord, the Most High

سُبْحَانَ رَبِّيَ الْأَعْلَى

سُبْحَانَ	رَبِّيَ	الْأَعْلَى
Holy is	My Lord	The Most High

PRAYER BETWEEN TWO SAJDAH

رَبِّ اغْفِرْ لِي وَارْحَمْنِي وَاهْدِنِي وَعَافِنِي وَارْزُقْنِي وَارْفَعْنِي

My Lord, forgive me and have mercy on me and guide me and grant me good health and make good my shortcomings and provide for me and raise me up (in status)

رَبِّ	اغْفِرْ لِي	وارْحَمْنِي	واهْدِنِي
My Lord	Forgive me	And have mercy on me	And guide me
وَعَافِنِي	وارْزُقْنِي	وارْفَعْنِي	
and grant me good health	and provide for me	and raise me up (in status)	and make good my shortcomings

SAJDAH

Holy is my Lord, the Most High

سُبْحَانَ رَبِّيَ الْأَعْلَى

سُبْحَانَ	رَبِّيَ	الْأَعْلَى
Holy is	My Lord	The Most High

SALAT

QAMAR (AGE 11-12)

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

All salutation is due to Allah, and all physical acts of worship and financial sacrifices. Peace be on you, O Prophet, and the Mercy of Allah and His Blessings. Peace be on us, and on the righteous servants of Allah.

I bear witness that there is none worthy of worship except Allah, and I bear witness that Muhammad is His servant and Messenger.

التَّحِيَّاتُ	لِلَّهِ	وَالصَّلَوَاتُ	وَالطَّيِّبَاتُ	السَّلَامُ	عَلَيْكَ
All salutations	Is due to Allah	And all physical worship	And all financial sacrifices	Peace	(Be) upon you
أَيُّهَا النَّبِيُّ	وَرَحْمَةُ	اللَّهُ	وَبَرَكَاتُهُ	السَّلَامُ	عَلَيْنَا
O Prophet	And the Mercy	(Of) Allah	And His blessings	Peace	be on us
وَعَلَى	عِبَادِ اللَّهِ	الصَّالِحِينَ	أَشْهَدُ	أَنْ لَا	إِلَهَ
And on	servants of Allah	The righteous	I bear witness	That none is	worthy of worship
إِلَّا اللَّهُ	وَأَشْهَدُ	أَنَّ	مُحَمَّدًا	عَبْدُهُ	وَرَسُولُهُ
Except Allah	And I bear witness	That	Muhammad ﷺ	Is His Servant	And His Messenger

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

O Allah, bless Muhammad (pbuh) and the people of Muhammad (pbuh) as You did bless Abraham (as) and the people of Abraham (as), You are indeed the Praiseworthy, the Exalted
O Allah, prosper Muhammad (pbuh) and the people of Muhammad (pbuh) as You did prosper Abraham (as) and the people of Abraham (as), You are indeed the Praiseworthy, the Exalted

SALAT

QAMAR (AGE 11-12)

صَلَّيْتَ	كَمَا	وَعَلَى آلِ مُحَمَّدٍ	عَلَى مُحَمَّدٍ	صَلِّ	اَللّٰهُمَّ
You did bless	as	And upon the people of Muhammad ﷺ	Upon Muhammad ﷺ	Bless	O Allah
مَجِيدٌ	حَمِيدٌ	إِنَّكَ	آلِ إِبْرَاهِيمَ	وَعَلَى	عَلَى إِبْرَاهِيمَ
The Exalted	The Praiseworthy	You are indeed	People (of) Abraham (as)	And upon	On Abraham (as)
بَارَكْتَ	كَمَا	وَعَلَى آلِ مُحَمَّدٍ	عَلَى مُحَمَّدٍ	بَارِكْ	اَللّٰهُمَّ
You did prosper	as	And upon the people of Muhammad ﷺ	Upon Muhammad ﷺ	Prosper	O Allah
مَجِيدٌ	حَمِيدٌ	إِنَّكَ	آلِ إِبْرَاهِيمَ	وَعَلَى	عَلَى إِبْرَاهِيمَ
The Exalted	The Praiseworthy	You are indeed	People (of) Abraham (as)	And upon	On Abraham (as)

CONCLUDING PRAYERS

رَبِّ اجْعَلْنِي مُقِيمَةَ الصَّلَاةِ وَمِن ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ

My Lord make me observe prayer and make my children (observe prayer) too. Our Lord, accept my prayer

الصَّلَاةِ	مُقِيمَةَ	اجْعَلْنِي	رَبِّ
Prayer	Observer (of)	Make me	My Lord
دُعَاءِ	وَتَقَبَّلْ	رَبَّنَا	وَمِن ذُرِّيَّتِي
My prayer	And accept	Our Lord	And from among My children

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

Our Lord, grant forgiveness to me and to my parents and to the believers on the day when the reckoning will take place

وَالْمُؤْمِنِينَ	وَلِوَالِدَيَّ	اغْفِرْ لِي	رَبَّنَا
And for the believers	And for my parents	Grant me forgiveness	Our Lord
الْحِسَابُ	يَقُومُ	يَوْمَ	
The Reckoning	Will take place	(On) the day	

SALAT

QAMAR (AGE 11-12)

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Our Lord, grant us good in this world, as well as good in the world to come,
and protect us from the torment of the Fire

حَسَنَةً	فِي الدُّنْيَا	آتِنَا	رَبَّنَا
Good	In this world	Grant us	Our Lord
عَذَابَ النَّارِ	وَقِنَا	حَسَنَةً	وَفِي الْآخِرَةِ
(From the) torment of Fire	And protect us	Good	And in the world to come

SALAM

Peace be on you and the blessings of Allah

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

اللَّهُ	وَرَحْمَةُ	عَلَيْكُمْ	السَّلَامُ
Allah	And blessings (of)	On you	Peace be

PRAYER AFTER ABLUTION [WITH TRANSLATION]

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

O Allah, make me among those who repent often
and make me among those who purify themselves

PRAYER OF ENTERING A MOSQUE [WITH TRANSLATION]

بِسْمِ اللَّهِ الصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ اللَّهُمَّ اغْفِرْ لِي ذُنُوبِي وَافْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

In the name of Allah (I enter). All blessings and peace be on the Messenger of Allah.
O Allah, forgive me my sins and open the gates of Your mercy to me

SALAT

QAMAR (AGE 11-12)

DUA-E-QUNOOT [WITH TRANSLATION]

اللَّهُمَّ إِنَّا نَسْتَعِينُكَ وَنَسْتَغْفِرُكَ وَنُؤْمِنُ بِكَ وَنَتَوَكَّلُ عَلَيْكَ وَنُثْنِي عَلَيْكَ الْخَيْرَ وَ
نَشْكُرُكَ وَلَا نَكْفُرُكَ وَنَخْلَعُ وَنَتْرُكُ مَنْ يَفْجُرُكَ اللَّهُمَّ إِنَّا نَعْبُدُ وَلَكَ نُصَلِّي وَ
نَسْجُدُ وَإِلَيْكَ نَسْعَى وَنَحْفِدُ وَنَرْجُو رَحْمَتَكَ وَنَخْشَى عَذَابَكَ إِنَّ عَذَابَكَ بِالْكَفَّارِ مُلْحِقٌ

O Allah, we beseech Your help and request Your protection and believe in You and trust in You and we praise You in the best manner and we thank You and we are not ungrateful to You. And we cast off and forsake him who disobeys You.

O Allah, You alone do we serve and to You alone do we pray and make obeisance and to You we flee and we are quick and we hope for Your mercy and we fear Your chastisement, for surely Your chastisement overtakes the unbelievers.



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

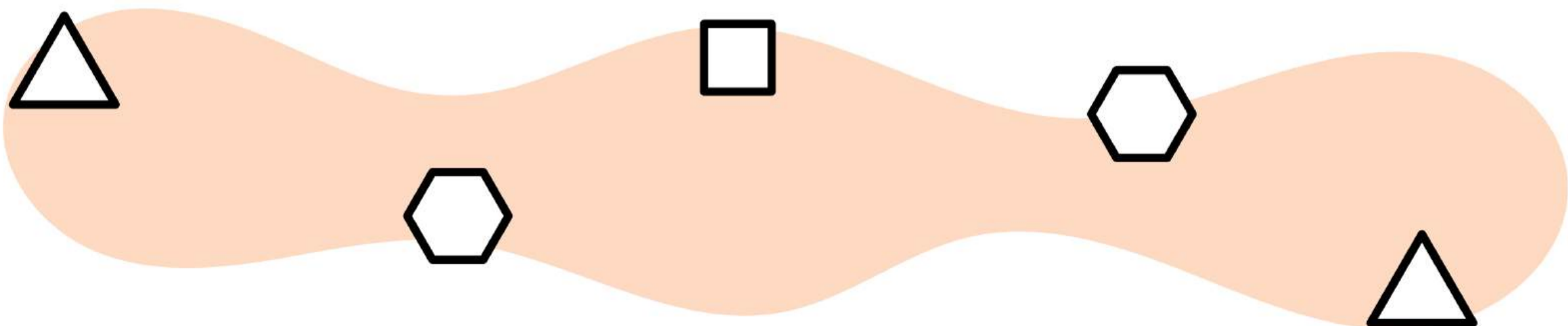
Ae Khuda Ae Kaar-Sazo

Khuda-e-Mann

JUDGING CRITERIA

Nazm (Urdu Poem)

• Correct pronunciation, enunciation of words and letters	10 Points
• Appropriate pace, volume and overall quality of voice	10 Points
• Control over melody and tune	10 Points
Total	30 Points



NAZM (URDU POEM)

QAMAR
(AGE 11-12)

Dekho Khuda Ne Aik Jahaan Ko - Durr-e-Sameen

Dekho Khuda ne aik jahaan ko jhukaa
diya

Gum-naam paak'ay Shohraa'-e-Aa'lam
banaa diya

Jo kuch meri muraad thi sab kuch dikhaa
diya

Mein ik ghareeb tha mujhay bay intihaa
diya

Dunya ki ni'maton say koi bhi naheen rahi

Jo Uss nay mujh ko apni Inaa-yaat se nah
dee'

دیکھو خدا نے ایک جہاں کو جھکا دیا

گننام پاک کے شہرہ عالم بنا دیا

جو کچھ میری مراد تھی سب کچھ دکھا دیا

میں اک غریب تھا مجھے بے انتہا دیا

دنیا کی نعمتوں سے کوئی بھی نہیں رہی

جو اُس نے مجھ کو اپنی عنایات سے نہ دی

Apne Karam Se Bakhsh De - Kalaam-e-Mahmood

Apne karam se bakhsh de meray Khuda
mujhay

Beemaar-e-Ishq hoon tera de tu shifaa
mujhay

Jab tak keh dam mein dam hay issi deen
par rahoon

Islam par hi aa-ay jab aa-ay Qadha
mujhay

Bay-kas nawaaz Zaat hay Teri hi ay Khuda
Aataa nazar naheen koi teray siwaa
mujhay

اپنے کرم سے بخش دے میرے خدا مجھے

بیمارِ عشق ہوں تیرا دے تو شفا مجھے

جب تک کہ دم میں دم ہے اسی دین پر رہوں

اسلام پر ہی آئے جب آئے قضا مجھے

بے کس نواذات ہے تیری ہی اے خدا

آتا نظر نہیں کوئی تیرے سوا مجھے

MEMORIZATION OF

QASEEDAH



SITARA
AGE 7-8

Couplets 1 - 6

HILAL
AGE 9-10

Couplets 1 - 12

QAMAR
AGE 11-12

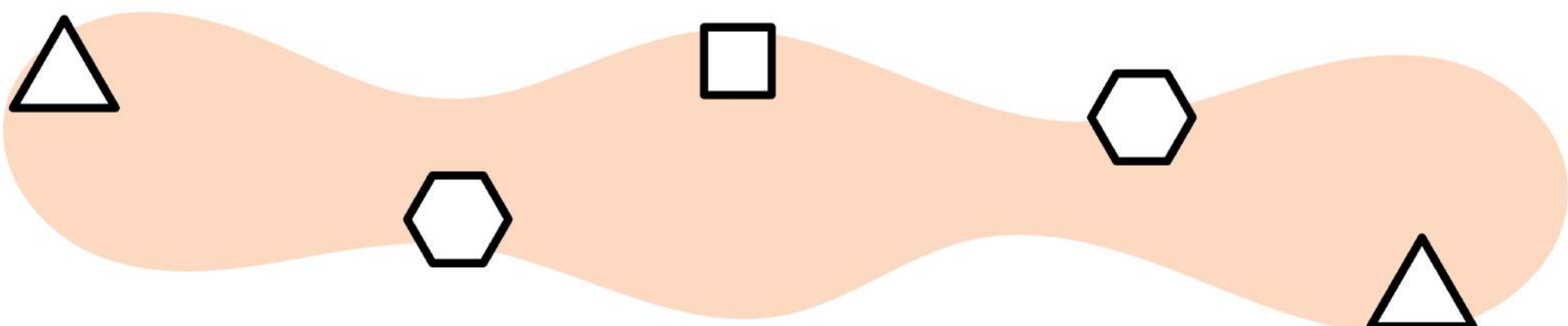
Couplets 1 - 18

BADAR
AGE 13-15

Couplets 1 - 24

JUDGING CRITERIA

QASEEDAH	
• Correct pronunciation, enunciation of words and letters	10 Points
• Appropriate pace, volume and overall quality of voice	5 Points
• Memorization of allocated portion	15 Points
Total	30 Points



QASEEDAH

QAMAR (AGE 11-12)

Couplets 1-18

يَسْغَىٰ إِلَيْكَ الْخَلْقُ كَالظَّمَانِ

Yas'ā ilaykal-khalqu kaz-zam'anī

يَا عَيْنَ فَيْضِ اللَّهِ وَالْعِرْفَانَ

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 وَالْعُمَرَانَ

Nawwarta wajhal-barri wal-'umrānī

يَا شَمْسَ مُلْكِ الْحُسْنِ وَالْإِحْسَانَ

Yā shamsa mulkil-ḥusni wal-iḥsānī

3

مِنْ ذَلِكَ الْبَدْرِ الَّذِي أَصْبَانِي

Min dhāli-kaḥ-badrilladhī aṣbānī

قَوْمَ رَأَوْكَ وَأُمَّةً 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

QASEEDAH

QAMAR (AGE 11-12)

Couplets 1-18

كَالنَّيِّرَيْنِ وَنَوَّرَ الْمَلَوَانَ

Kan-nayyirayni wa-nawarral-malawānī

يَا مَنْ غَدَا فِي نُورِهِ وَضِيَّائِهِ

Yā man ghadā fī nūrihi wa-ḍiyā'ihī

7

أَهْدَى الْهُدَاةَ وَأَشْجَعَ الشُّجْعَانَ

Ahdal-hudāti wa-ashja'ash-shuj'ānī

يَا بَدْرَنَا يَا آيَةَ الرَّحْمَنِ

Yā badranā yā āya tar-raḥmānī

8

شَأْنَا يَفُوقُ شَمَائِلَ الْإِنْسَانِ

Sha'nay-yafūqu shamā'ilal-insānī

إِنِّي أَرَى فِي وَجْهِكَ الْمُتَهَلِّلِ

Innī ara fī wajhikal-muta hal-lilī

9

وَدَعَا تَذَكُّرَ مَعَهْدِ الْأَوْطَانِ

Wa-da'ū tadhakkura ma'hadil-awṭānī

وَقَدِ اقْتَفَاكَ أُولُو النُّهَى وَبِصَدْقِهِمْ

Wa-qadiqtafāka ulun-nuhā wa-bi-ṣidqi him

10

وَتَبَاعَدُوا مِنْ حَلْقَةِ الْإِخْوَانِ

Wa-tabā'adū min ḥalqa til-iḥwānī

قَدْ اثْرُوكَ وَفَارَقُوا أَحْبَابَهُمْ

Qad atharūka wa-fāraqū aḥbāba hum

11

وَتَبَرَّأُوا مِنْ كُلِّ نَشْبٍ فَا نِ

Wa-tabarra'ū min kulli nashbin fānī

قَدْ وَدَّعُوا أَهْوَاءَهُمْ وَنُفُوسَهُمْ

Qad wad-da'ū ahwā'ahum wa-nufūsa hum

12

QASEEDAH

QAMAR (AGE 11-12)

Couplets 1-18

فَتَمَزَّقَ الْأَهْوَاءُ كَالْأَوْثَانِ

Fa-ta-maz-zaqal-ahwā'u kal-awthānī

ظَهَرَتْ عَلَيْهِمْ بَيِّنَاتُ رَسُولِهِمْ

Zaharat 'alayhim bayyinātu rasūli him

13

وَاللَّهُ نَجَّاهُمْ مِنَ الطُّوفَانِ

Wallāhu najjāhum-minaṭ-ṭūfānī

فِي وَقْتِ تَرْوِيقِ اللَّيَالِي نُورُوا

Fī waqti tarwīqil-layālī nuw-wirū

14

فَتَثَبَّتُوا بِعِنَايَةِ الْمَنَّانِ

Fa-ta-thab-batū bi'ināyatil-mannānī

قَدْ هَاضَهُمْ ظُلْمُ الْأَنَاسِ وَضَيْمُهُمْ

Qad hādahum zulmul-anāsi wa-ḍaymu hum

15

فَتَهَلَّلُوا بِجَوَاهِرِ الْفُرْقَانِ

Fa-ta-hal-lalū bijawāhiril-furqānī

نَهَبَ اللَّيْأَمُ نُسُوبَهُمْ وَعِقَارَهُمْ

Na-ha-bal-li'āmu nushūbahum wa-'iqāra hum

16

لِتَمَتُّعِ الْإِيقَانِ وَالْإِيمَانِ

Li-ta-mattu'il-īqāni wal-īmānī

كَسَحُوا بُيُوتَ نَفُوسِهِمْ وَتَبَادَرُوا

Ka-sa-ḥū buyūta nufūsihim wa-tabādarū

17

كَالْعَاشِقِ الْمَشْغُوفِ فِي الْمَيْدَانِ

Kal-'āshiqil-mashghūfi fī al-maydānī

قَامُوا بِإِقْدَامِ الرَّسُولِ بِغَزْوِهِمْ

Qāmū bi-iqdām-rasūli bi-ghazwi him

18

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

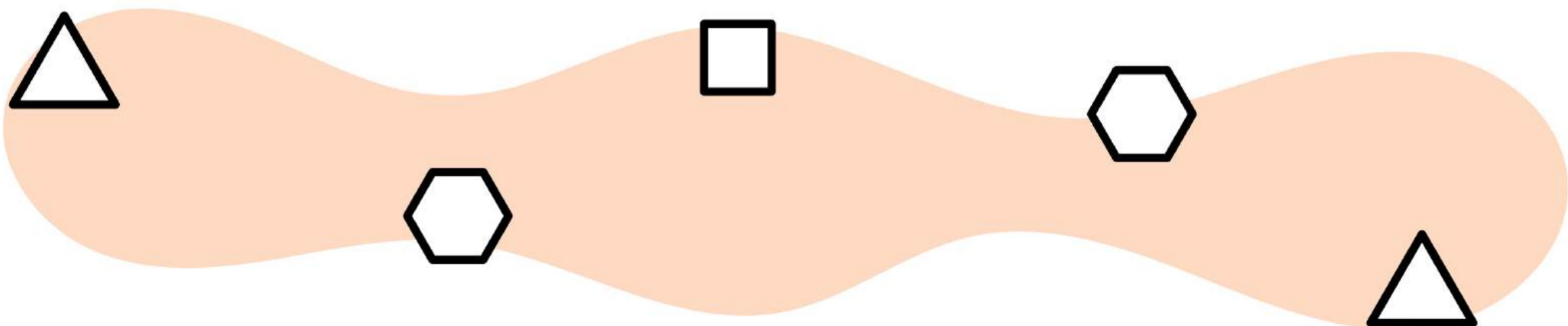
SITARA/HILAL: 2-3 MINUTES

QAMAR/BADAR: 3-4 MINUTES

JUDGING CRITERIA

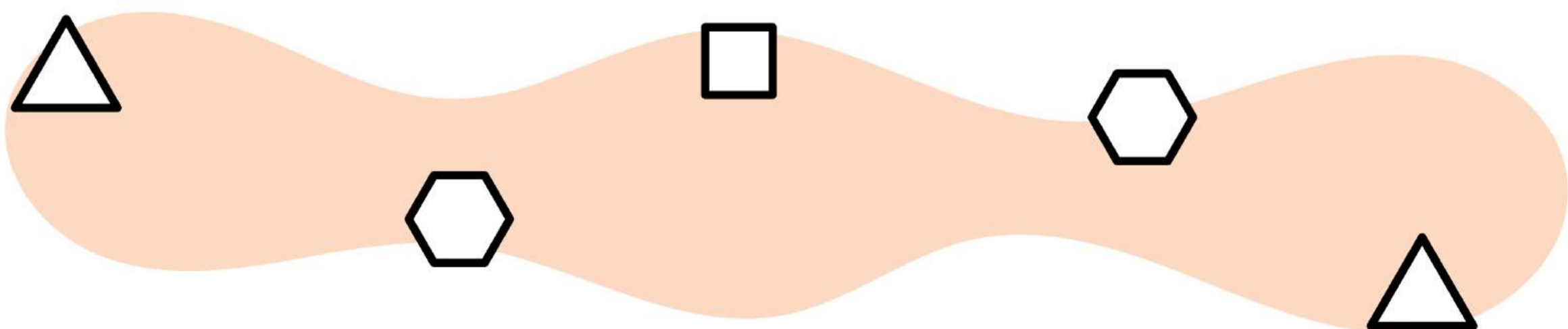
Urdu Speech

<ul style="list-style-type: none">• Content & Research of Subject - Holy Qur'an verses, Ahadith, Jama'at literature, etc	15 Points
<ul style="list-style-type: none">• Style of delivery, Eye Contact & Continuity	10 Points
<ul style="list-style-type: none">• Overall understanding of subject	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 مِنَ النَّوْمِ الصَّلَاةُ خَيْرٌ مِنَ 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

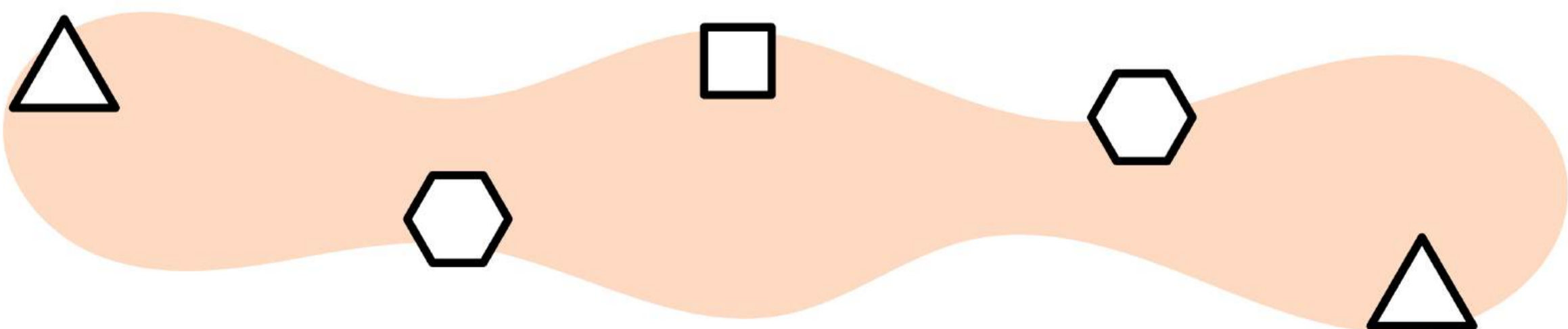
BADAR

[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

Hifz-e-Adiyah	
• 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
وَجَعَلَنَا 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 أَمَاتَنَا 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*

HIFZ - E - ADIYAH

Hilal (Age 9-10)

For Parents

Rabb-ir hum humaa' ka-maa' Rabba'
ya-nee saghee-raa'

رَبِّ اَرْحَمُهُمَا كَمَا رَبَّيْنِي صَغِيرًا

O my Lord, have mercy on them even as they nourished me in my childhood

On Getting into a Vehicle

Bis-mil laa-hi maj-ri-haa wa
mur-saa-haa in'na rab'bee la
Ghafoor rur Raheem

بِسْمِ اللّٰهِ مَجْرَهَا وَمُرْسَاهَا إِنَّ رَبِّي لَغَفُورٌ رَّحِيمٌ

*In the name of Allah be its course and its mooring.
My Lord is assuredly Most Forgiving, Merciful*

On Entering a Mosque

Bis-mil laa-his sa-laa-tu was-sa-
laamu 'alaa rasu-lil-laa hi
Alla-humma magh-fir-lee zunoo-bee
waf-tah-lee ab-waa-ba rahma-tik

بِسْمِ اللّٰهِ الصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللّٰهِ
اللّٰهُمَّ اغْفِرْ لِي ذُنُوبِي وَاَفْتَحْ لِي اَبْوَابَ رَحْمَتِكَ

*In the name of Allah (I enter) and all blessings and peace upon the Prophet of Allah.
O Allah! Forgive me my sins and open the doors of Your mercy upon me.*

On Leaving a Mosque

Bis-mil laa-his sa-laa-tu was-sa-
laamu 'alaa rasu-lil-laa hi
Alla-humma magh-fir-lee zunoo-bee
waf-tah-lee ab-waa-ba fad-lik

بِسْمِ اللّٰهِ الصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللّٰهِ
اللّٰهُمَّ اغْفِرْ لِي ذُنُوبِي وَاَفْتَحْ لِي اَبْوَابَ فَضْلِكَ

*In the name of Allah (I enter) and all blessings and peace upon the Prophet of Allah.
O Allah! Forgive me my sins and open the doors of Your mercy upon me.*

For Steadfastness and Allah's Help

Rab'ba-naa af-righ 'alai naa sab-ran wa thab-
bit aqdaa-ma-naa wan-sur-naa 'al-al qau-mil
kaa-fi-reen

رَبَّنَا اَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ اَقْدَامَنَا
وَاصْرِنَا عَلَى الْقَوْمِ الْكٰفِرِيْنَ

*O our Lord, pour forth steadfastness upon us and make our steps firm,
and help us against the disbelieving people.*

HIFZ - E - ADIYAH

Qamar (Age 11-12)

Achieving Allah's Blessings

Rab-bi 'in-nee li-maa an-zal-ta ilai'-
ya min fa-qeer

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

My Lord, a beggar I am in need of whatever good You bestow on me

On Ending a Fast

Allahum-ma in-nee la-ka sum-tu wa-bi-
ka aa-man-tu wa'alaika ta wakkal-tu wa
'alaa riz-qi ka af-tar-tu

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ
وَ عَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

*O Allah, I observed the fast for Your sake. I believe in You
and I put my trust in You and I end the fast with what You have provided me.*

After Ablution

Allahum-maj al-nee mi-nat-tawa-beena
waj-al-nee mi-nal mu-ta-tahi-reen

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ
وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

*O Allah, make me among those who repent often
and make me among those who purify themselves.*

Against Losing Divine Guidance

Rabba-naa laa tuzigh quloo-ba-naa ba'da
id hadai-ta-naa wa hab-la-naa mil-la
dunka rahmah inna-ka ant-al Wah-'hab

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ
رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

*Our Lord, let not our hearts become perverse after You have guided us; and bestow on us
mercy from Yourself; surely, You alone are the Bestower*

When Leaving Home

Bismillahi ta-wa-kaltu ala' Allahi
wa la quwa-ta il'la bil-la-hi

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ
وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

In the name of Allah, I place my trust in Allah, and there is no power nor might except with Allah.

JUDGING CRITERIA

Essay Competition

<ul style="list-style-type: none">• Content & 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	30 Points
<ul style="list-style-type: none">• Language & Composition – Effective use of English language to convey ideas through sentences, respecting basics of grammar	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

Sitara
Age 7-8

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

MAX. 750 WORDS

Hilal
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

Qamar
Age 11-12

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

Badar
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



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