

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*Deccan Club of Ireland presents:*

# DCI Youth Magazine



## 2nd Edition 2024

Edited & Compiled by Nabeel Salahuddin



# Message from our respected Mufti Hamza Rehman:

## *Dear Youngsters and Children*

*As Muslims, it is our prime duty to remember Allah (SWT) daily. In the Quran, Allah, the Exalted, says: يا أيها الذين آمنوا اذكروا الله ذكرا كثيرا  
"Oh you who believe, remember Allah (SWT) abundantly, and glorify Him in the day and night." (Al Quran Surah al-Ahzab 41-42)*

*In order to remember Allah (SWT), the Almighty has shown us a great way by commanding us to perform five daily prayers. The five prayers were gifted to us by Almighty Allah (SWT) through our beloved Prophet Muhammad (صلى الله عليه وسلم) on the night of 'Isra wal Meraj' (the Night of Ascendance) when the Noble Prophet (peace be upon him) was ascended towards the heavens.*

*Initially, the number of prayers was fifty, but eventually, upon the request of our beloved Prophet Muhammad (peace be upon him), and to create ease for the Ummah, Allah (SWT) decreased the number to only five, while the reward is still kept the same as that of fifty. To obtain as much mercy, reward, and virtues as possible from the treasures of Allah (SWT), this is indeed a great favor from Allah (SWT). We must pay due gratitude for this great favor to Allah (SWT), and the best way to be grateful for this amazing blessing is to never miss it under any conditions.*

*The Prophet of Allah (SWT) had never missed his Salah, even on his deathbed, and he (صلى الله عليه وسلم) is reported to have said that "the joy of my eyes has been kept in Salah." So Salah is the joy of the eyes of Prophet Muhammad (صلى الله عليه وسلم).*

*It prevents us from evils and bad deeds.*

*It makes us establish a strong connection with Allah.*

*It is the first thing that Allah Almighty will question us about on the Day of Resurrection.*

*If we succeed in our test regarding Salah, Allah (SWT) will make us succeed in the entire test on the Day of Qiyamah.*

*It is the most distinctive quality of the successful ones in the Quran.*

*On top of all, it is an obligation that is not forgiven under any conditions. Hence, missing our Salah knowingly is a grave sin that will make us major sinners in the sight of Allah (SWT).*

*Let us make a strong pledge with Allah (SWT) that we will never miss our Salah again and will always perform it properly with tranquility, peace, and calmness. If it is missed unknowingly or has been missed in the past, we will repent to Allah (SWT) sincerely for it and pray 'qadha' for them (repeating previously missed Salah, called 'qadha').*

*May Allah (SWT) make us all perform our prayers regularly and in the proper manner of praying with peace and tranquility as mentioned in the Quran, and protect us from being among those who miss their Salah or do not perform them properly.*

*آمين يارب العالمين*

## **Dear amazing kids,**

**We're back, and it's all thanks to YOU! With the launch of the 2nd Edition of the DCI Youth Magazine, we are thrilled to continue showcasing the incredible talents, thoughts, and creativity of our BRILLIANT youth. From recycling artwork to inspiring Islamic stories, this issue is packed with contributions that reflect your unique perspectives and boundless imagination.**

**You've not only stepped up once again but outdone yourselves with this edition. The way you've shared your kindness, tackled serious topics like internet safety, and shown a commitment to environmental care – well, it's TRULY inspiring!**

**This magazine isn't just about articles and art – it's a celebration of who WE are as a youth community. It's about encouraging each other, growing together, and making a difference. We couldn't be prouder to have you as part of this journey.**

**Let's keep the momentum going! Remember, your voice matters, your creativity counts, and your contributions make this world a better place. Here's to more editions filled with your AWESOMENESS!**

**Cheers and Duas.**

**The Deccan Club of Ireland Management**



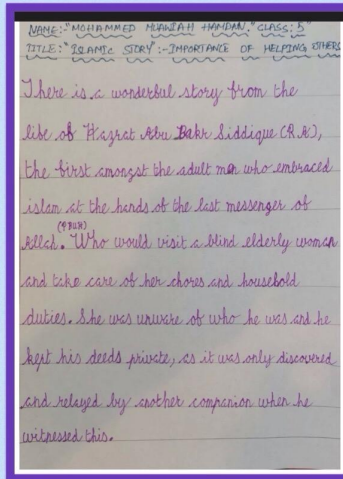
# *Discover the creativity of our youth:*


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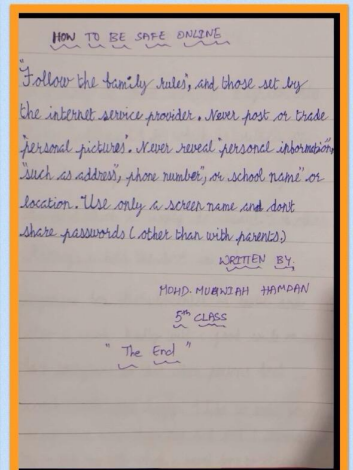
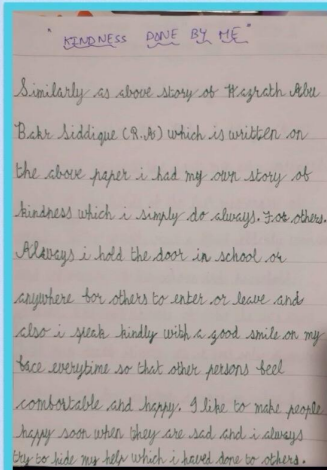




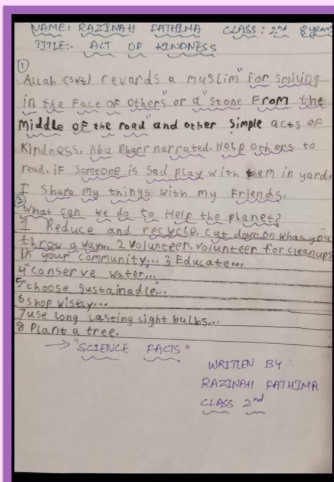
Artwork by Syeda Amanah  
Afaaq, 8 years old



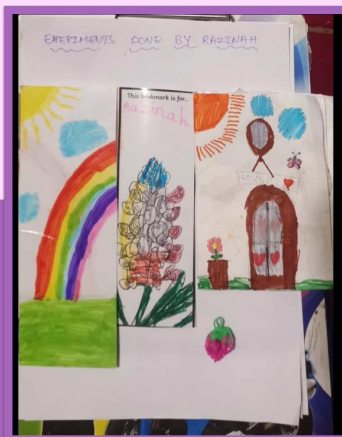
Essays by  
Mohammed  
Muawiah   
Hamdan, 5th  
class



Essay & Experiments  
by Razinah Fathima,  
8 years old



Act of kindness



"Kindness is a  
sign of faith,  
and whoever  
lacks kindness  
has no faith"



Artwork by Mahira Amtul  
Majid, 6 years old



# ONLINE SAFETY

*Zak Shaik,  
9 years old*

The internet is a crazy place where millions of people go on to. It is very important to stay safe on the internet. I am going to talk about two areas of online safety.

## Personal Details & Stranger Danger online.

You should never give out your personal details online, such as your home address, your full name, what school you go to. These are examples of personal details. If you give out these details, you can easily be found and located. It is the same as stranger danger we learn in school, you should not tell a stranger any details about yourself. Anyone new you start talking to online is also a stranger. And always remember the main rule, No Secrets to be kept from your trusted adult, for example your parents.

## Cyber- bullying

There is this thing called cyberbullying. Cyberbullying is when people make rude remarks on other people on the internet. Cyberbullying might be on these apps (YouTube, TikTok, Snapchat and a lot of other apps), so next time you watch a video make sure you don't post any mean stuff and if you see someone post mean stuff make sure to report them. Cyberbullying is mean and can make people really sad and they might do stuff to themselves. What is the point of being mean? The internet would be a great place if there was no one being mean.

So just think if it was you who received rude remarks, you would not like it so why would you be talking about someone else?

# HOW TO BE SAFE ONLINE

*Maryam Ameer,  
12 years old*

Don't post any of your personal information online - this includes your address, phone number, email address and school.

Never give your passwords to anyone, especially to people you don't know.

Don't make a hard password or too easy password and make sure it's suitable for you.

Remember to ask your parents/guardians before using a website you have never used before.

Respect what people are saying on the internet even though you don't agree.

Don't spread rumours or post or share hurtful stories or photos. What may seem harmless, it can deeply be hurtful to others. We all have the right to respect others and to be treated with respect.

Before adding a friend online look at their profile and ASK YOUR PARENTS.

Think twice before you send anything/ especially if you're mad or upset

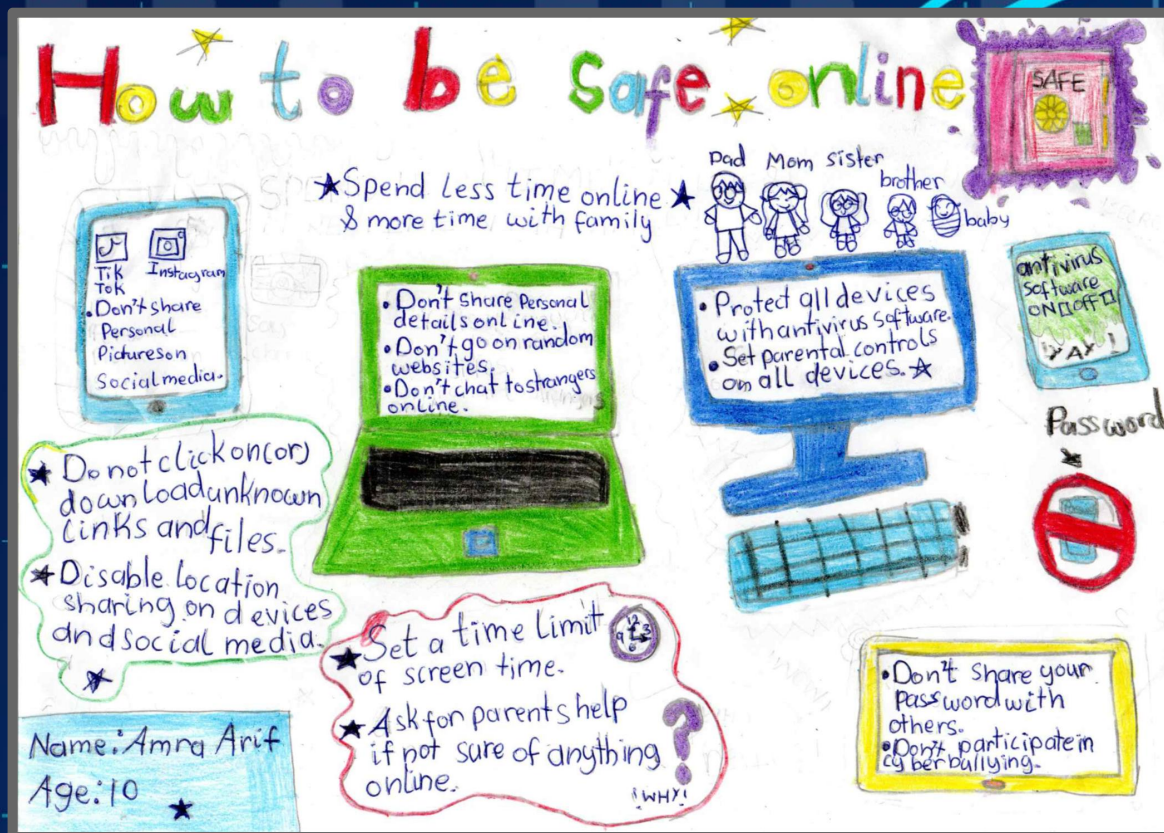
Don't be afraid to block people. It is very important that if someone online is making you feel uncomfortable, tell a parent and block them.

The internet is a very dangerous and people can hack your phone/laptop/tablet or any devices.

Don't open a link without your parents' consent. Even if your friend tells you to, first ask a parent.

Remember to always tell a parent or a guardian if anything is wrong even though you think you're going to get in trouble.





Artwork by Amra Arif, 10 years old

## HOW TO STAY SAFE ONLINE

Mohammed Qawi Uddin, 12 years old

Knowing how to be safe online is very crucial for everyone, so here are some ways to be safe online.

You should always be careful about what you say online and never display personal information because other people could get access to your bank account details and they could also impersonate you to get access to more things.

You should always be careful of links sent from suspicious emails. An easy way of knowing if an email is a scam is to see if there are any misspelt words or if the number '0' is replacing the letter 'O'.

Another form of scam emails consist of saying you won a prize from a giveaway or contest you didn't enter then when you click on the link it will ask for your personal information such as your email.

Use a safe and certified search browser and ensure the company that has certified the browser is a reputable company. An example of a safe browser is Google.

As a rule remember what starts online stays online. Never meet up with someone you met online and as they may not be who you think they are.

Be careful of what you post online because once it's posted anyone can download it and use it again.

A way they can use it against you is they can blackmail you using the information you gave them.

Never use your webcam in front of people you meet online because they might bully you for their own entertainment.

Always update your software because developers always make them safer and old software will probably be easier to hack into by hackers.

Always remember to use trusted and safe WiFi's because hackers can access everything you do on the device after you're connected to the wifi on the device.



# INTERNET SAFETY

*Abdul Samad Ali Khan, 11 years old*

**Be Careful:**

- Don't give out any personal information.

Remember when gaming online other players don't need to know your real name, address or other personal contact details or information. Beware of any other players who are looking for such information. They may not be who they seem to be.

- Never arrange to meet with someone you get to know through online gaming unless you have a parent or guardian with you. People aren't always who they say they are and you could be putting yourself in danger by doing such.

- Try to limit the amount of personal information that you give out. People aren't always what they seem and such individuals may use information gleaned from your blogs to befriend you for their own reasons which may place you in danger.

- Be aware of what you say. While it is all well and good to have opinions on certain matters, it is important to be aware of the impact of what you say may have online. Always think before you type! Online Gaming can be a good way to interact and befriend new people while playing with or against them. Many people enjoy the challenge of competing with others or sharing their knowledge and experience to improve their skills and learn ways to beat the system.

- Report instances where you feel something is suspicious or not quite right. Tell an adult or someone you trust. Try and keep copies of any material that you think might help.

- Never arrange to meet up with people you don't know, that you have met in a chat room, without an adult or guardian present. Using social networking sites such as Facebook, Instagram and Twitter amongst others allow you to create your own profiles, linking to your friends' profiles, creating blogs and commenting on other peoples profiles and sharing photos.

- Be careful of giving out too much personal information. Remember that the information that you put on your profile can be seen by everybody. Once you place the information/ photos on the Internet it can be seen and copied/used by others.

## HOW TO BE SAFE ONLINE

*Sara Ameer, 12 years old*

**FIRST** step you should always ask your parents, guardian or an adult if you are downloading an app or if you go on a website.

Don't post or say any of your private information out online even if it is only your friends or anyone.

Private information like address, phone number, email, school or your name you should NOT at all tell it to anyone online.

If you don't feel safe online make sure to tell an adult like your parents or guardian.

Make sure when you add someone in a game or social media make sure you know it is your friend and ask your parents **FIRST**.

Don't make a too hard password that you may easily forget. Make a nice and easy password so that it will not be likely you forget.

Make sure you think twice before you are sending a text or anything and you should not send anything that will hurt someone, spread rumours and may embarrass someone. Even if you mean it as a joke you should take it seriously.

You should not send something that will hurt someone because you wouldn't like it if someone sent stuff that will hurt you. You should treat everyone with respect even if they don't like you or you don't like them.

If people are making fun of you, you shouldn't make fun of them.

If you do, you should apologise and make sure they are happy again and ask for forgiveness from Allah as well.

Playing or being online is fun but also dangerous. You should always ask your parents or guardian before you do anything that you think you should tell, like if you get into a fight or if you say something mean or hurtful.

Saying bad words if anyone says anything bad or mean to you you should tell an adult you should **NEVER** say anything back!!!

So see this as something that will help you be safe online and have fun, so make sure you follow them!!!!



# EFFECTS OF TECHNOLOGICAL ADVANCEMENT IN SOCIETY

Mohammed  
Mahd Uddin,  
15 years old

Nowadays, technology has become so widespread that a day without it sounds like a horror. Technology is being used in all aspects of our lives, ranging from the daily life of a student to the life of a working adult. Research has shown that 8 out of 10 people use technology every day. Almost everyone uses technology in their daily lives! However, is this really a good thing? It has its pros and cons. Some benefits of technology are that it improves communication with others, helps in educational purposes, and, last but not least, provides entertainment.

Firstly, technology helps us to stay connected to others. Thanks to technology, it does not matter how far you live from each other; you can always talk to your family or friends with the click of one button on your phone.

Secondly, technology helps with students' education. Nowadays, schools are requiring students to purchase a learning device. These devices could either be Chromebooks, laptops, or even iPads. Thanks to these devices, learning has become much easier as textbooks and other educational materials are all stored in the same device. These devices make learning more enjoyable, as teachers can now use games and quizzes to test students' progress. Apps like Kahoot are commonly used for these quizzes.

Thirdly, technology can be used for entertainment purposes. Platforms like YouTube, Netflix, and TikTok offer great entertainment for people. People these days could spend hours watching shows or scrolling through TikTok and still want to watch more. This way, people can keep themselves entertained with their phones in their hands for as long as they would like. Another source of entertainment using technology is video games. Playing video games is an amusing way to spend time and relieve stress.

Some cons of technology are overdependence on it, loss of social interaction skills, and unhealthy addiction. Humans depend on technology way too much. In fact, we often use a calculator for even the simplest calculations, like  $2 \times 5$ . This leads to us needing technology for the smallest things. This makes us think less, which is bad for us in the long run, as it allows the potential development of diseases like Alzheimer's and dementia.

Currently, many children and teenagers are playing games online, which involve communication with their online game friends. Many of these people would prefer playing online games and talking to these game friends rather than going outside and playing with people in real life. As a result, their social life deteriorates, and they struggle to make small talk with people in the real world. This is mostly because, when they are online, they do not need to use facial expressions, but in real life they do; hence, it gets awkward for them.



Last but not least, using too much technology in the wrong way can lead to addiction. Technology addiction in the youth is very common nowadays. Overusing technology for entertainment purposes is usually the main cause of addiction. Another cause is the introduction of technology to children from a young age. Children using phones and other devices from a young age might increase the likelihood of them having anger issues, as seen in many children nowadays.

In conclusion, technology has its pros and cons. In the end, what matters is how you use technology. Technology is made to aid processes and make things more efficient, making our lives easier in general. However, exploiting technology and overusing it has its consequences.



# A PRACTICAL APPROACH TO SOLVING GLOBAL WARMING

Nabeel Salahuddin,  
16 years old

An increase of just 1 degree has the power to irreversibly shatter the already fragile system of life on earth as we know it. The earth's temperature is expected to rise by 2 degrees by 2040, leading to more devastating natural disasters and the extinction of countless species across the biosphere. In our lifetime we have witnessed the effects of global warming firsthand, such as unusual weather patterns, heatwaves, and the ever increasing occurrence of powerful storms. Hurricane Milton, for example, wreaked havoc on Florida just last week, causing floods as high as 15ft with winds that shredded houses and felled trees. The doorstep of earth continues to be darkened by the looming threat of global warming.

Global warming has an undeniably direct link to human activities. The industrialisation, deforestation and unnecessary burning of fossil fuels have led to the release of tonnes upon tonnes of greenhouse gases into our atmosphere which cause those toxic gases to absorb heat, raising global temperatures. This has resulted in there being virtually no part of the environment that remains untouched or unaffected by modern industrialisation, ranging from our agricultural practices and manufacturing processes to transportation and consumption of energy, all adding up incredibly large amounts of carbon emissions into the planet. Driven by consumption and the relentless quest for convenience fuelled by industrial expansion, we have overheated the planet with catastrophic and potentially lasting consequences.

The most realistic way to reduce global warming is not with useless political conferences, but rather with an immediate switch to renewable energy. Wind, solar and hydroelectric power produce fewer toxic byproducts than fossil fuels do, up to 90% less carbon per unit of electricity. Governments and businesses have a responsibility to invest in renewable infrastructure and gradually retire coal and gas-fired power plants. Meanwhile, citizens such as ourselves need to be consuming less energy and promote sustainable practices, such as appropriate waste disposal and driving less. The longer we postpone this transition, the more the damage will be irreversible.

Reforestation and ecosystem restoration are other major ways to curb global warming. It is a well known fact that trees and plants absorb carbon dioxide from the atmosphere. Restoring forests and conducting mass tree planting can mitigate some of the damage caused by deforestation. Planting trees also support biodiversity which in turn secures our ecosystems, important for the stability of the global climate.

To conclude, climate change is no longer some vague future threat but a current, human-driven crisis that will continue to worsen without dramatic action, and will wreak ever worsening havoc just as it has already. Solving global warming is not impossible. Investing in sustainable energy and living consciously can help turn the tides of global warming and to ensure a habitable planet for the future.



*"On earth there are signs for those whose Faith is certain, and also in yourself. Will you not then see?"*  
Surah Adh-Dharyat 20-21



# THE DIFFERENT EDUCATION SYSTEMS

*Mohammed Masmah  
Mahafiz, 16 years old*

Education is increasingly vital in today's world. Different countries have diverse education systems, each shaped by cultural, historical, and economic factors. These variations reflect each country's priorities and societal values, which influences how students learn and prepare for the future. Some countries segregate students based on their academic abilities while others believe that students should be treated equally despite their differences. In this essay I will be discussing 3 of the many different education systems in the world and how they operate.

## The United States

The first education system we will be discussing is that of The United States. The U.S. education system is known for having a decentralized approach where the state government has significant control over educational policies. This leads to a variation in curriculum across the country. This is mainly so that each area is allowed the flexibility to tailor their programs to cater to the needs of local students and to the various local funding of schools. However, even though schools are given this freedom, there are still tests that are standardized within the country so that student's capabilities are put to test. An example is The Scholastic Assessment Test (SAT). While the U.S. education system has many benefits, there are also a number of drawbacks. Public schools are mainly funded by the government. These funds are usually tied to local property taxes, which means that there may be disparities in educational quality. This may deprive students of lower socio-economic status the quality education every child deserves. Another drawback is the high cost of higher education. College tuition in the U.S. is among the highest in the world, leading to substantial student debt. The high costs of higher education can limit access for some students, despite scholarship and financial aid programs.



In conclusion, the U.S. education system's strengths lie in its flexibility, emphasis on creativity, and inclusivity, providing students with many choices and opportunities for personal growth. However, the system faces challenges, particularly around funding inequality, reliance on standardized testing, and the high cost of higher education.



# Japan

Next, we will be discussing the Japanese education system. The Japanese education system places a high emphasis on discipline, respect for authority, and the value of hard work. They set high expectations for students where success is often associated with diligence rather than innate talent. Students also learn to contribute to group activities, and schools incorporate tasks such as cleaning classrooms to teach responsibility. By focusing on foundational subjects and life skills, the Japanese system helps students develop strong basic skills in their early years. Moral education, physical fitness and even practical skills like cleaning and organization are taught throughout their schooling life. Education is also accessible regardless of a student's economic background. This ensures each child is given an equal opportunity.



Despite these many positive aspects of Japan's education system, there are still some negative factors. These include the significant pressure it puts on students. The period of intense studying for college entrance exams or high school may lead to high levels of stress and anxiety as students end up putting in extra hours into studying. This may further lead to health risks as students would not be taking the necessary breaks they need in order to keep themselves healthy. Another negative aspect is the lack of flexibility. Japan has limited pathways for students who may not perform well academically but excel in creative fields. While vocational programmes exist, they are less emphasized hence many students feel pressured to pursue traditional academic paths.

In conclusion, the Japanese education system has notable strengths, including high academic standards, discipline, and an emphasis on moral values. However, it is often criticized for the intense pressure it places on students and its focus on rote memorization over creativity.



# Singapore

Lastly, we will be discussing the Singapore education system. Singapore's education system is known for its high academic standards, rigorous curriculum and focus on preparing students for the competitive workplace in their future. The system emphasizes meritocracy, which means that academic success determines a student's progression through the system. The system streams students based on academic ability from an early age. This helps to provide tailored education that matches each student's strengths and career goals. Apart from education, Singapore also emphasizes character development and social values. Schools incorporate value-based education and co-curricular activities to foster well rounded individuals. They also make it compulsory for students to participate in VIA ( values in action ) activities as a form of community service which hence makes them better individuals. Singapore's teachers are well trained and respected to cater to the needs of students. Singapore offers multiple educational and career pathways beyond traditional academic tracks, including polytechnics and vocational institutes. This flexibility helps students find careers suited to their skills and interests.



While it is evident that there are many positive aspects of the education system of Singapore, there are also some negatives. The intense focus on academic performance leads to high levels of stress among students. For example, the Primary School Leaving Examination (PSLE) is a high-stakes exam that pressures students from a young age of 12 years to keep up with the competition. The streaming system places students into specific educational tracks at a young age which may limit their opportunities for change in their interest. It also does not take into account that different students take different amounts of time for their abilities to develop.

In conclusion, Singapore's education system is demanding, very organized, and focused on meeting the country's economic needs, producing students with strong academic and technical skills. However, it also has challenges like intense competition, high pressure on students, and a heavy focus on testing.

Overall, I would end this essay by stating that every country in the world has a unique education system. Each education system has its pros and cons hence it is not possible to conclude which system is the 'best'. In conclusion, each education system has its own way of catering to student's needs.



## ***An act of kindness by Amina Riyaz, 8 years old***

Kindness is the quality of being gentle, caring and helpful. In Islam, Allah Subhanku Wa Ta'ala has instructed us to be good to our parents. It is mentioned in a Hadith close to the meaning "My mother is most deserving of my good companionship". She taught me everything and loves me a lot. She works very hard to take care of me. I love and respect my mom. I show kindness to my mother by obeying her. I say yes whenever my mother asks me to do something even when I don't feel like doing it. And I do what she says straight away. I offer her a seat whenever she enters the room. When I see her being tired at the end of the day after taking care of my family, I secretly clean her room so that she feels relaxed when she comes back to her room. In return for this, my mom gives me a big hug and lots of Duas. She says "May Allah Subhanahu wa Ta'ala make all children in the world behave like this with their parents. Ameen". She laughingly says "Mashallah you treat me like a queen". Indeed she is my queen, my mamma queen.



### Islamic story

By : Syed Raheel Ahmed & Syed Aiman Sarah  
Source : Fazail e Amaal

#### Sahabah(R.A.) dying for others.

Abu-Jahm-bin-Huzaifah(R.A) says:

"During the battle of Yamruk , I went in search for my cousin who was fighting with some water for him.

In the front of the battle in the enemy lines. He was lying on the ground, he was badly injured & thirsty I was going to give him the water but there was another sahabah who was in a worse state than him , he told me to give him the water , so I went to him but there was another elderly man.

#### Part 2

the 1st man told me to give him the water , so I went to the man and gave him the water . Then I came back to the 1st man but he had already died then I rushed to my cousin but died to .

#### What we learn

- How the Sahaabah (R.A) sacrifice for others.
- They prefer others than themselves.
- This shows us that we should help each other in anything they need help in.
- Love Our Prophet Mohammad (SWS) Peace be upon him more than ourself.

*Islamic story by Syed Raheel  
Ahmed & Syed Aiman Sarah*



# AN ACT OF KINDNESS

By Haroon, 8 years old

Assalamualaikum warahmatullahi wabarakatuhu, my name is Haroon and I'm 8 years old and in this year's winter DCI event I'll be sharing a story about an act of Kindness I did and talking about why is it important.

One day, my mom and I went grocery shopping. We got a lot of snacks and other things. When we got back to the car, my mom had a lot of heavy bags and her hands were too full to close the car door. So, I closed it for her and helped carry the bags inside. My mom was really proud of me, even though it was a small act, and it made me feel really happy too!

This was a small act of kindness, but it showed me that even the little things can make a big difference. Kindness can be shown in any way and any form, helping a friend by sharing a toy, opening a door for someone, helping an elderly crossing the road, smiling at anyone because it's sunnah which is taught by the Prophet Muhammad (PBUH), helping around the house, saying thank you, being patient and many more. Kindness is important and doesn't cost anything and it makes us feel happy and helps others feel special and loved and also comes around us. I've learnt that if you show kindness it'll always have a way of coming back to you.

The Prophet Muhammad (PBUH) said:

"Whoever is kind, Allah will be kind to them; therefore, be kind to man on the earth, He who is in heaven will show mercy on you".

Sunan Abi Dawood

This means that if we are kind and gentle to others, Allah will be kind and gentle to us too. When we help and care for people, Allah is happy with us and gives us His blessings.

# THE IMPORTANCE OF HELPING OTHERS

Syeda Anabiyah Afaaq, 10 years old

Today, I am going to write about the importance of helping.

Helping doesn't always have to be physical; it can also be mental. For example, if someone is feeling sad, you could help them by saying something kind or comforting.

If you help an elderly person, InshaAllah, as you grow older, someone else will help you in the same way, and the cycle of helping will continue.

Helping can sometimes be hard, and sometimes it can be easy, but the main thing is that **it's important**.

For example, if one day you gave someone your favorite sweet, you might have thought it was just a simple act of kindness. But what you didn't know was that they were low on sugar, so without realizing it, you might have saved their life!

What can you earn from helping?

You can earn a lot from helping, like rewards or extra blessings. Most importantly, you make the other person feel happy and delighted, and that is a reward in itself!

One day I was playing basketball. I saw Jiran crying so I asked him why. He said he had a fight with Jack. Jack was saying bad stuff and being mean to Jiran. So I cheered Jiran up and me and Jiran played tag. We had fun till yard was over.

cheering up Someone is being Kind.



By Talha Mohammed.

After a while we did handwriting. I am fast at writing so I finished fast. I checked on Jiran. He could not find his pencil so I shared mine. While he did his work I found his pencil and gave it to him.

Helping people is being Kind.

Artwork and act of kindness by Talha Mohammed, 8 years old



# THE TREATY OF HUDAIBIYAH - FOR THE GREATER GOOD

Aisha Riyaz, 11 years old

The Treaty of Hudaibiyah is incredibly significant in the life of Prophet Muhammad (peace and blessings of Allah be upon him). It has taught me many lessons that I can apply in my daily life, and I believe that, if applied on a larger scale, it can benefit the entire Ummah, InshaAllah.

Let's go back to the 6th year AH in Arabia.

It began when the Prophet of Allah (sallallahu alaihi wa sallam) had a dream that the Muslims would be performing Umrah in Makkah. Based on his dream, 1,400 Muslims set out to perform Umrah in the month of Dhul-Qa'dah, accompanied by Prophet Muhammad (sallallahu alaihi wa sallam). As they were heading for Umrah, they carried minimal weapons. When they reached the plains of Hudaibiyah, the Muslims were told by the Quraysh that they were not allowed to enter Makkah to perform Umrah. The Prophet (sallallahu alaihi wa sallam) tried his best to negotiate with the Quraysh and convince them to let the Muslims proceed for Umrah, but they did not agree. In the end, the Quraysh sent Suhail ibn Amr to make a treaty with the Muslims-The Treaty of Hudaibiyah. These are the clauses of the treaty that the Prophet Muhammad (sallallahu alaihi wa sallam) and Suhail negotiated:

- The Muslims will not perform Umrah this year.
- They will perform Umrah for three days next year.
- They will not bring any weapons except their swords.
- There will be peace for ten years.
- If any man from the Quraysh accepts Islam and goes to Madinah, he should be returned to Makkah.
- If any man from Madinah leaves the Muslims, he will not be returned to Madinah.
- All the tribes in Arabia are allowed to make an alliance with either side.

After the Treaty of Hudaibiyah, the Muslims felt as if the treaty was a defeat. But Allah had a plan, and Allah's plans are always the best. When the Prophet was on his way back to Madinah, Allah revealed the first ayah of Surah Al-Fath:

"إِنَّا فَتَحْنَا لَكَ فَتْحًا مُبِينًا"

Indeed, it is a clear victory.

The Treaty of Hudaibiyah itself was not a victory, but the events that followed confirmed the profound wisdom and splendid results of the peace treaty. The Treaty of Hudaibiyah was the gateway to the victory of Khaybar and eventually the conquest of Makkah. The Quraysh recognized the Muslims' legitimate existence in the political life of Arabia. Muslims also had the opportunity to spread Islam in the surrounding areas. More people entered Islam than ever before.

**\*\*Lessons from the Treaty of Hudaibiyah:\*\***

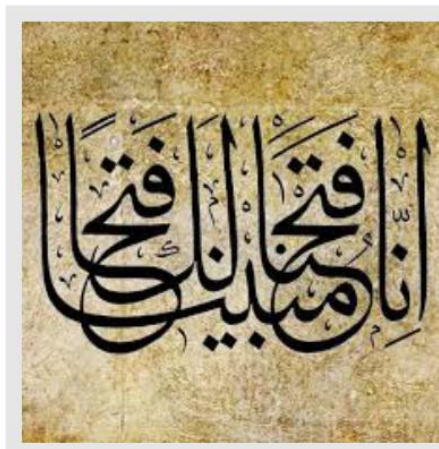
The lesson I learned from the Treaty of Hudaibiyah is the importance of cooperating and compromising for the greater good. Hudaibiyah seemed like a defeat, but it was actually a victory in disguise, leading to the conquest of Makkah, as Allah had promised.

The Prophet Muhammad (sallallahu alaihi wa sallam) had to cooperate and compromise with the stubborn Quraysh to make this treaty for the greater benefit of Islam. Another lesson I learned was the importance of not being stubborn. If the Prophet (sallallahu alaihi wa sallam) had not agreed to the terms set by the Quraysh, then the Muslims would never have reached a peace agreement with them.

I also learned that sometimes we must make sacrifices for the greater good, as when the Prophet (sallallahu alaihi wa sallam) had to send Abu Jandal ibn Suhail (radiyallahu anhu) back to the Quraysh, even after he had just escaped from them. If the Prophet Muhammad (sallallahu alaihi wa sallam) had not sent him back, then there would have been no treaty.

Furthermore, I learned how the Sahabah, despite their dissatisfaction, obeyed Prophet Muhammad (sallallahu alaihi wa sallam) without question. We should also obey Allah and His Messenger without hesitation, and I ask Allah's help for such obedience in myself and in all of us. Ameen.

I make dua that Allah allows me to act on what I have learned, blesses me with beneficial knowledge, and makes me a good example of His obedience. Ameen.





29/10/2024

# SAMIHA SHAIK

4th Class  
Age 9 years

There was a baby named Prophet Musa. His mom was worried about Musa, because of PHAROAH the king of Egypt. Allah commanded his soldiers to kill all off the newborn boys of Israelites. Prophet Musa's family were Israelites so ALLAH gave Prophet Musa's mom knowledge to save Musa in a basket. Prophet Musa's sister Miriam and his mom made a strong basket that had lots of layers so that prophet Musa would not drown. They left the basket with prophet Musa on the river Nile, he floated away to the king's palace grounds into the princess hands. ALLAH commanded his mom to babysit for the princess.

When prophet Musa grew up into teenage/adult Alla talked to him through a burning bush and commanded him to take the Israelites out of slavery from Egypt to the place called Canaan and promised to give east to West of Israel. He went and asked king Pharaoh to free the people, but the king would accept and change his mind ten times, each time plague would happen like: water turning into blood, frogs falling from the sky, lice in heads, darkness, and the killing of first born children of Egypt.

Finally Allah commanded Musa to leave Egypt with his people. Pharaoh's soldiers were chasing them, when they reached the red sea Allah commanded Musa to hold stick out to the sea. When he did the sea opened into two equal sides and made a path way for them. When they reached the end, the soldiers tried to cross like they did but when they tried the sea swallowed them. Pharaoh and they sank to death.

The people continued to travel onto the desert. Allah kept feeding them with edible flakes from the sky, and water from the rock. Later Allah wrote with his finger 10 commandments on the mountain for the people. When Musa was on the mountain listening to the commandments his brother Hareon was supervising the people but a field of them were so disobedient and started making sculptures to praise. When Musa came back down from the mountain he was shocked so he said "Who believes in Allah go to the other side", so the people who went to the other side got swallowed by the earth.

Instead of 40 days it took 40 years for people to reach, because of their disobedience. People wandered in desert, but Allah helped them to reach Canaan/Palestine from their today's Jews and Palestinians coming from.

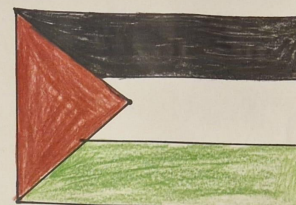
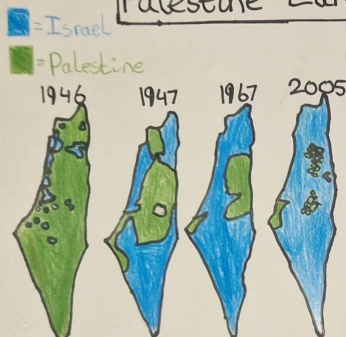
## I Learned!

I learned that you have to have faith and belief in Allah and if you believe in Allah miracles can happen. A lot of people in this story have disobeyed Allah but Musa and his people eventually got miracles so always have faith in Allah. Allah gives us more than what we imagine. He is the true god and only one true almighty. There is no god but Allah.

Essay by Samiha Shaik, 9 years old

Artwork by Zayan Shaik, 12 years old

## Palestine Land Loss



Imagine a refugee came to live with you until they got a house. So you give them your shed. Then they slowly start to take your garden. Then your dining room. Then the hall. Then all of your house. They then put you in the shed. How would you feel? Well that's exactly what is happening with Palestine.

Zayan Shaik  
12 years old

Artwork by Abdul Moeed, 8 years old





# PROBLEMS IN THE ECONOMY

*Mohammed Mariam Mahafiz, 18 years old*

The economy of a country is how a country allocates its limited resources so that goods and services could be produced. An economic downturn occurs when there is a significant decline in economic activity across a period of time, this causes problems such as unemployment, inflation and recession in the world.

The first economic problem is unemployment and it occurs when workers who want to find a job are not able to find a job. There are two main types of unemployment that occur in the world: structural unemployment and demand-deficient unemployment.

Structural unemployment occurs when there is a skills mismatch between the skills of the workers who are finding a job and the skills the employers want. For example, if the industry for mining falls, the workers who have mining skills are now looking for a job but the gaming industry which is on the rise is looking for workers with data analyst skills. Thus, due to skills mismatch the mining workers will be unemployed and will have to upskill to gain skills that rising industries want.

Demand-deficient unemployment occurs when the demand for the goods and services falls and the demand for workers with skills that create those goods also falls. As when there are less goods and services being produced there is less need for workers to create those goods thus leads to retrenchment of workers. For example, if the demand for phones decreases, the firms will produce less phones and to reduce their costs they will have more incentive to fire workers due to the lack of demand to create more phones. This will cause some of the workers who are involved in the manufacturing of phones to be fired and unemployed. This will be seen as evidence that the economy is in a bad situation.

Inflation is another economic problem which is the rate of increasing prices over a period of time. There are 2 types of inflation: cost-push inflation and demand-pull inflation.

Cost-push inflation occurs when the price of input materials for goods and services such as raw materials and oil increases and it drives up the price of goods and services. As the firms are faced with a high cost of production for each unit of output they will reduce their production and raise the prices of their goods and services. For example, when the price of oil increases, the firm who produces petrol will have to spend more money producing petrol. They will be incentivised to produce less and increase the price so they can earn more money because the costs increased. This raises costs for the consumers and thus creates a bad effect on the economy.

Demand-pull inflation occurs when there is a rise in demand for goods and services which causes it to exceed the supply. Thus, there is a shortage and the firm produces more goods and services to reduce this shortage. At the same time this puts an upward pressure on price and untimely results in rise in inflation.

Recession, the last issue I'm going to talk about occurs when there is a period of negative economic growth. This usually occurs during wars, pandemics and industry collapse or when the economy is growing too fast. This leads to the amount of goods and services produced decreasing and thus gives rise to demand-deficient unemployment. This leads to the standard of living of people to decrease as the people have more stress in their lives to find a new job and they will have less leisure time to spend with their friends and family.

However, the inflation rate falls as the demand for goods and services falls; this puts a downward pressure on price and thus price falls untimely leading to a fall in inflation. Hence, although recession is the result of negative economic growth it may also lead to a positive effect such as inflation falling. Thus, the quality of life of people will increase as they will have more ability to buy goods and services they want and get to enjoy lower prices.

In conclusion, the economic state of a country can be concluded with the calculation of how much unemployment it has, what the rate of inflation is and if it is in a recession. These economic problems are always an obstacle for people because it influences their decisions and changes what they do in their life. As everyone, especially people who are working, are directly affected by what happens in the economy due to it having a major hand in their lifestyle.



## CLEANLINESS: THE WORLD AROUND US

*Mohammed Mustafa  
Riyaz, 7 years old*

It is very good to keep our houses clean. And it's our responsibility to keep the world around us clean. How are we supposed to do that? I'll share with you five ways we all can follow both at home and outside to keep our world clean:

- 1) Do litter picking - join volunteer groups to clear garbage from streets in your area.
- 2) Recycle -
  - a) Throw trash in designated bins.
  - b) Take used plastic bottles with recycle signs on them to shops that have recycle areas for disposing them. The shops will give you money or tokens back for this. And in turn, the used bottles get recycled in large recycle factories.
- 3) Don't waste food.
- 4) Throw all waste in the bins.
- 5) Don't litter.

If we keep the Earth clean, we will have a green planet and a better planet. Some more things we can do - Don't cut trees and don't waste paper. One reason, animals and sea creatures are suffering today because people are littering. I urge you all to stand up and make us have a better planet.  
Hadith: "Cleanliness is half of Iman".

## HOW I HELP NATURE

*Safwan Khan, senior infants*

My name is Safwan Khan, and I am studying in Senior Infants at Muslim National School. I am good at speaking, but not as good at writing. For that reason, I asked my mom to help me type out some of the activities I do to help nature.

Firstly, I don't throw rubbish anywhere, and I don't let anyone else throw rubbish on the ground either. I always tell them to throw it in the dustbin. I like cleanliness, and I want others to be clean too.

Secondly, I collect all the plastic bottles, put them in a bag, and bring them to Aldi for recycling. I don't like throwing plastic bottles everywhere.

Thirdly, I don't like to waste water. I always close the lid of my water bottle to prevent spills, and I wash my hands with only a little water. If I see water dripping from a tap, I make sure to turn it off.

I like to eat a healthy lunch and behave nicely in school. I listen to my mom, dad, and everyone else, and I try to be kind to others.

I always like to be happy and make others happy too.

## ENVIRONMENTAL CONSERVATION

*Atif Hussain Shaik,  
15 years old*

WHAT IS ENVIRONMENTAL CONSERVATION? / WHY IS IT IMPORTANT?

Environmental conservation protects the environment from potential negative impacts, such as plastic waste, climate change, and deforestation. This is important because it prevents natural disasters that harm humans and animals. To prevent this, we need to plant more trees, reduce pollution, and raise awareness to balance our environment. Each action helps our environment, no matter how small.

WHAT'S CLIMATE CHANGE?

First up, climate change is no joke; it's ruining our planet. The Earth's temperature is rising because of greenhouse gases like carbon dioxide, which we release when we burn fossil fuels for energy, transportation, and industry. This leads to extreme weather patterns, such as hurricanes, droughts, and heatwaves. These cause food shortages and ice caps to melt, making sea levels rise and possibly drown many countries and islands. These also harm animals in Antarctica, such as polar bears and penguins. To prevent these, we need to save energy at home, use bikes and walk more, use electric vehicles, not waste food, recycle plastic, and plant more trees.

WASTE AND POLLUTION

Waste and pollution issues will become extremely hard to manage in the coming decades. Our oceans could soon hold more plastic than living marine organisms. To prevent this outcome, it is crucial that we not only stop throwing trash on our beaches but also help clean them up to protect our coasts. By doing this, we start the important job of keeping marine ecosystems safe for future generations.

FOREST WILDLIFE

Our forests are incredibly important to us because they give us oxygen to breathe and inhale carbon dioxide, but we are just cutting down roughly 15 billion trees per year and planting 5 billion per year. At this rate, our planet could be treeless by 2300. I know it sounds like a long way to go, but what about for the future generations with ice caps melting, global warming getting worse, marine life ending, and trees completely gone? Another reason for tree loss is regular fires around the world, and the cause of this is global warming. All these factors are linked together, and if we don't try to stop at least one of these factors, you could expect our Earth to end before you even know it. To stop this, we need to plant more trees and cut down fewer trees per year.



# THE FIVE PILLARS OF ISLAM

*Munazza Amtul Majid, 10 years old*

**Shahada** - Shahada is the 1st pillar of Islam.

Shahada means to say and believe that there is no God except Allah and his messenger Muhammad S.A.W is his servant and last messenger.

HADITH: (Source-Sahih Ibn Hibban 199)

Our beloved prophet Muhammad Rasulullah S.A.W said:

"Verily whoever testifies that there is no god but Allah, Then Allah will forbid him to enter hellfire and require him to enter paradise".

**Salah** - Salah is the 2nd pillar of Islam.

Salah is a gift from Allah; salah is a way of thanking and asking Allah. If we pray five times a day Allah will be happy with us and give us Jannah.

The fard salah are 5 in a day that is Fajr, Dhuhr, Asr, Maghrib, and Isha.

HADITH: (Source-Bayhaqi Shu'ab al Iman U4. P39. Hadith 2807)

Our beloved prophet Muhammad Rasulullah S.A.W said:

"Salah is a pillar of deen".

That means for example a house can't stand without a pillar so without salah a person cannot have deen.

**Zakah** - Zakah is the 3rd pillar of Islam.

Zakah means charity or alms giving. We give Zakah to the poor, needy and sick.

Zakah teaches us to care and share. If we give Zakah, Allah S.W.T will be happy with us and give us more.

HADITH: (Al Tirmidhi, Hadith no.2247)

Our beloved prophet Muhammad Rasulullah S.A.W said:

The best charity is to satisfy a hungry person, he also said, no wealth is decreased because of charity.

**Sawm** - Sawm is the 4th pillar of Islam.

Sawm means to fast. Fasting is when a person does not eat or drink from Fajr to Maghrib. In Ramadan we fast for about 30 days! If we fast we can become close friends with Allah.

HADITH: (Source-Sahih Bukhari Volume 3, Book 31, Number 125)

Our beloved prophet Muhammad Rasulullah S.A.W said:

Whoever established the prayers on the night of Qadr out of sincere faith and hoping for reward from Allah then all his previous sins will be forgiven; and whoever fasts in the month of Ramadan out of sincere faith, and hoping for reward from Allah then all his sins will be forgiven.

**Hajj** - Hajj is the 5th pillar of Islam.

Hajj is a special journey to the city of Makkah. A Muslim, who has enough money for the journey and is able to go, must do hajj at least once in their lifetime. After hajj Muslims go to Madinah Munawwarah to visit the blessed city of prophet Muhammad Rasulullah S.A.W this is called Ziyarah.

HADITH: (Source-Sahih Al Bukhari & Muslim)

Our beloved prophet Muhammad Rasulullah S.A.W said:

Anyone that performs hajj for the sake of Allah and avoids all forms of sins will return free from all sins, as the same of when he was born.

That means when you are born you are free from all sins so when you come back from hajj you will be the same as when you were born!

## ISLAMIC STORY: ALLAH SWT IS ALWAYS WATCHING

*Syeda Alishba Afaaq, 12 years old*

Hello, my name is Alishba, and I'm 12 years old.

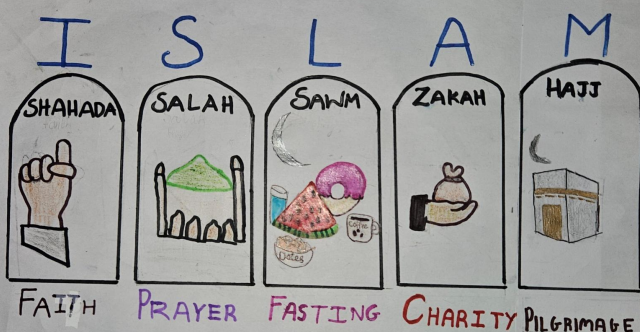
Today, I will be telling you an excellent Islamic story with an incredibly valuable and significant message. This story is about three children: Ali, Ibrahim, and Sarah.

One day, their father told them to take some candy from his hand and hide it somewhere where no one could see them. Ali hid in the dark cabinet downstairs, and Sarah hid in the corner of the room, where she ate her sweets. Ibrahim, on the other hand, could not find a place to hide where Allah (SWT) couldn't see him.

After a little while, their father called the children into a room. He politely asked them, "Did you find a place to eat your sweets?" Sarah and Ali replied, "Yes, we ate our candy." Ibrahim, however, told his father that he couldn't find a place to hide because he knew Allah (SWT) was always watching him.

After hearing their replies, the father explained to them that no matter where they go, Allah (SWT) is always watching.

This valuable lesson has taught me not to do anything wrong, even in secret, because Allah (SWT) is always watching.





## Topic: An Islamic story with a lesson that I have learnt from

The story of Prophet Yusuf [AS] is one of patience and faith in Allah [SWT]. Prophet Yusuf [AS] remained calm and faithful in every situation, no matter what.

When he was thrown into the well, by his elder brothers, he was only 8 years old, he remained calm and patient until he was saved.

When he was saved by a group of travellers, he was later auctioned in Egypt to the Chief Minister [Aziz] and was well cared. Due to this, Yusuf [AS] thinks that this is by Allah [SWT] and which he thanked Allah several times.

Yusuf [AS] was someone who recognised his own strengths and weaknesses. Being aware of his own weaknesses he went to prison rather than obeying to his master's wife [Zulaikha].

In prison, Allah blessed him with extraordinary gift to interpret dreams.

Yusuf [AS] was always honest, treated people nicely all the time and was always trusted by people.

Throughout his life, Yusuf [AS] was honest, kind, and trustworthy. He faced many challenges but always remained calm and patient.

### Lessons learned:

The story of Prophet Yusuf [AS] is the perfect example of patience, piety, righteousness, seeking knowledge, hard work, honesty, loyalty, triumph, success, tolerance, forgiveness, faith, mercy and Iman.

- Allah gives blessing and honour to whom He Wills.
- If you ask, ask from Allah.
- Never compromise your moral standards.
- Forgive and show mercy to those who offend you.
- Stay calm in Adversity.
- Success comes only by the will of Allah and Allah alone knows what is the best!

*Essay by Faria Arif,  
12 years old*



## THE BAKER'S DUA

*Zaman Shaik, 12 years old*

During the golden century of Islam in the 8th and 9th centuries, there was a famous scholar named Ahmad Ibn Hanbal (Rahimullah). He was born in Baghdad, Iraq, in 780 AD. As a baby, Ahmad's father passed away, and he was raised by his mother. They struggled greatly and lived a simple life. Ahmad was introduced to Islam at a young age and was taught that what we have in this life doesn't matter—what matters is making Allah (S.W.T.) happy through our actions.

From a young age, Ahmad would regularly go to the masjid to learn more about Islam and the Qur'an. At the age of 15, he began studying the teachings of the Prophet Muhammad (P.B.U.H.). As Ahmad grew older, he became a famous scholar in the Muslim Ummah. He was known for his humility and would travel to different places to seek knowledge.

One time, he traveled to Syria and decided to rest in a masjid for the night. A guard, however, told him that he could not sleep in the masjid. Imam Ahmad gathered his belongings and decided to sleep outside the masjid. Later, the guard came, pulled Imam Ahmad by the legs, and threw him onto the road. Imam Ahmad found himself without a place to stay. Fortunately, there was a baker across the road who witnessed what happened. The baker invited Imam Ahmad to stay at the bakery for the night, as he had work to do.

That night, Imam Ahmad could hear the baker continuously engaging in Dhikr (saying phrases like Subhan Allah, Alhamdulillah, La Ilaha Illa Allah, and Allahu Akbar). Imam Ahmad, curious, asked the baker how long he had been making Dhikr of Allah (S.W.T.). The baker replied, "My whole life." Imam Ahmad then asked, "What blessings have you noticed from Allah (S.W.T.) because of your constant Dhikr?"

The baker responded that Allah (S.W.T.) had answered all of his du'as, except for one. Imam Ahmad, eager to know more, asked, "And what is that du'a?" The baker replied, "It was to meet Imam Ahmad." Imam Ahmad, filled with emotion, hugged the baker with tears in his eyes and said, "Allah (S.W.T.) has made that du'a come true as well." He revealed that he was, in fact, Imam Ahmad Ibn Hanbal.

This story teaches us the power of Dhikr and the fact that Allah (S.W.T.) can make any du'a come true. Especially in the holy month of Ramadan, we should make extra Dhikr and pray to Allah (S.W.T.) with sincerity, knowing that He is always listening and capable of fulfilling our needs.



# ACT OF KINDNESS

Saad Khan, 3rd class

I am Saad Khan, a 3rd class student at Muslim National School. In this essay, I am going to tell you about some of the kind activities I have done since childhood. Kindness is being friendly, gentle, caring, and helpful.

Firstly, I still remember when we were in India when I was 5 years old. A poor lady came to my home asking for food. I saw that her clothes were torn and filthy, and she looked so sad. So, I immediately went inside, spoke to my mom, brought some clothes and food, and made her eat inside my house. She was very happy, and she made dua for me.

Secondly, in my school, I have a great friend who has autism. Unfortunately, we both went for prayer to the masjid. Before that, when we were making wudu, I noticed that he had difficulty in performing ablution. I explained it to him and showed him how to do it. I helped him put on his socks and took him inside the masjid. We prayed together, and my teacher appreciated me for what I had done.

Thirdly, one day during yard time in school, while we were playing football, a boy suddenly fell and started to cry because he was bleeding. I immediately went to him, picked him up, and consoled him. Then I brought him to the teacher, who put a bandage on his wound and called his parents. I was appreciated for that.

Finally, I would like to share a small story about our Prophet (peace be upon him). An old woman had a habit of throwing rubbish on Prophet Muhammad (peace be upon him) whenever he passed by her house. Prophet Muhammad (peace be upon him) had to pass her house daily on the way to the mosque. Even when the old woman threw rubbish on him, he would pass silently without showing any anger or annoyance. This was a regular daily event. One day, she did not throw any rubbish. Prophet Muhammad (peace be upon him), concerned about her well-being, went to her house to inquire about her. Surprised by his kindness, the woman was deeply moved and embraced Islam. She was touched by the Prophet's kindness, forgiveness, and mercy despite her previous actions.

In my opinion, we can win the world with kindness, not by cruelty.



Essay by Mariya Arsheen Khan

## IMPORTANCE OF HELPING OTHERS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

"In the name of Allah, Kindest and Most Merciful"

I would like start by quoting a hadees.

The Prophet Muhammad (peace be upon him) said:

"Whoever feeds someone who is hungry will have his sins forgiven, and whoever helps someone to travel will have his sins forgiven. "Feeding the hungry, giving food to the needy, and helping people with their needs are all good deeds that can earn us a place in Paradise.

My name is Mariya Arsheen Khan, studying in Muslim National School, today in this essay I am going to explain the importance of helping others.

Helping others is one of the important qualities of human beings. Allah created people in this world and sent down to help each other at the time of need. I have a question, why should we help others? what will happen to this world, if no one help each other and what happens if we help other people. I will clearly explain in this essay, how important to help others.

Firstly, helping others, reflects whole community, if one Muslim help other non-Muslim people who are in need, it shows the kindness of all Muslims and brings many changes in the society. It gives sense of belongingness, happiness, and satisfaction. We set an example for other people and become inspiration to others. It makes relationship stronger and meaningful.

Secondly, in my opinion, helping others does not mean, not only giving money, but also doing kind acts like donating clothes, doing some voluntary work, helping parents, grandparents, friends, keeping Islam in my mind, as a child, I give advice to all kids to make a habit of your daily life, it changes your life and makes you a role model in the society. Helping others is a great way to gain identity and appreciations.

Finally, help others in such a way, that not expecting in return and help people with right hand and do not let left hand should not know about it. It is a great act, which teaches great lessons in our lives to the people who helped as well as who received help. It is our main duty now to help our brothers and sisters in Gaza Palestine by donating money and do doas for them, It's a gateway to the heaven and bank of blessing for everyone.

JazakAllahu Khair

PROPHET MUHAMMAD SAW  
SAID:

"Whoever helps his  
brother in his time  
of need, Allah will  
be there in his time  
of need."

[SAHEEH MUSLIM]



# PERSONAL DEVELOPMENT AND TIME MANAGEMENT

*Syeda Anum Afaaq,  
14 years old*

Many teenagers and even adults today struggle with managing their schedules effectively, which often leads to increased stress—particularly when deadlines approach—and a lack of motivation to continue working. As a teenager myself, I would like to share some common experiences people my age go through and suggest simple ways to fix them.

Teenagers have a lot to focus on, with school studies being one of the main priorities. We also often have extracurricular activities, such as sports or hobbies, that we enjoy. At times, juggling all these responsibilities can feel overwhelming, and we get tired. This is when procrastination tends to kick in. Procrastination means delaying tasks, especially when we don't feel like doing them right away. In my opinion, it must be one of the worst enemies for a teenager. It disrupts our progress and is an inefficient way to manage time. Moreover, if you get into the habit of procrastinating, your tasks pile up, and as the deadline nears, you suddenly shift from relaxation mode to working under stress. This makes us more tired and more likely to procrastinate on future projects, hoping for more time to relax. It's an unhealthy cycle that many of us unfortunately fall into. There is no benefit from this habit, and it leaves us feeling like we're not achieving our full potential. A common example of this is when a person crams for a test at the last minute. They are anxious and rushed, and as a result, their results are usually less than ideal compared to if they had planned ahead and studied steadily over time.

School studies, in particular, require us to organize our lives into a structured schedule. From morning to afternoon, we are usually in school or at work, and we have the rest of the day to do whatever we choose. This is when we complete homework, study, eat, drink, relax, or engage in hobbies. The most effective schedule involves consistent effort throughout the day, with breaks in between to recharge. This is what good time management looks like—making sure that by the end of the day, all tasks are finished, with minimal stress, leaving you with peace of mind. Of course, some days will be more stressful than others, and some days may be less busy, but consistent effort over time is key.

Take a moment to reflect on your own schedule, fellow teenagers. Is it as effective as it could be? Perhaps not, and that's okay. Mine isn't perfect either, but we can all work on improving it. To start, let's examine what might be preventing us from managing our time effectively. Based on my experiences and research, two main factors are often the cause: lack of energy and distractions.

## **Lack of Energy:**

Tiredness can have many causes. It might be due to not getting enough sleep (less than 7 hours per night), sleeping too much, eating an unhealthy diet, or not getting enough exercise. Each of these can leave you feeling drained and unproductive.

## **Distractions:**

Distractions are everywhere. Phones, social media, and other digital devices are a huge source of distraction. Your environment might not be conducive to focusing, and sometimes, you may not even be fully interested in the task at hand, so you distract yourself to avoid it.



Both lack of energy and distractions contribute to procrastination. You might be too tired to work or too distracted to focus on the task.



## Solutions to Overcome Procrastination:

### 1. Set a Consistent Sleep Schedule

A major factor in energy levels is getting enough sleep. Many people say, "My sleep schedule is messed up," and that could be the reason your day isn't as efficient as it could be. Try to sleep at the same time every night and wake up at the same time each morning. This will help regulate your body clock. Over time, your body will become accustomed to this schedule, and you won't need to force yourself to sleep or set an alarm. Aim for at least seven hours of sleep per night, preferably eight. This ensures you wake up feeling rested and ready to tackle the day.

### 2. Eat a Balanced Diet

Eating well is another way to ensure you have enough energy throughout the day. A balanced diet, including proteins, carbohydrates, healthy fats, and micronutrients (vitamins and minerals), is crucial. Make sure to drink enough water and avoid overindulging in sugary snacks or fizzy drinks. Sugar and caffeine can give you a quick boost, but they often lead to crashes that make you feel more tired. Stick to a balanced diet and include regular physical activity to keep your energy levels up.



### 3. Limit Distractions

To eliminate distractions, you need to actively remove them from your environment. Keep your phone on 'Do Not Disturb' mode when you need to focus and, if possible, keep it out of the room. Studies show that people work more efficiently when their phones are out of sight. If your phone is nearby—even if it's on silent or face down—your mind will still be distracted by the thought of it. The further away you can keep it, the better. Also, avoid multitasking with other items that are unrelated to your task. For example, if you're studying math, put away sketchbooks and other items that could divert your attention.

### 4. Change Your Mindset

If you feel like you don't want to do your work because it seems too time-consuming, try shifting your perspective. Our expectations can play a big role in how we experience tasks. If you expect something to take forever, it will feel like it. Instead, set a timer for a set amount of time and commit to working until the timer goes off. This trick helps improve focus because you know you only need to work for a short period, which reduces the feeling of overwhelm. You'll be surprised at how much you can accomplish when you focus on a task within a limited time frame.



### 5. Balance Work and Rest

Finding the right balance between rest and work is essential for good mental health. Resting too much and then overworking yourself can lead to burnout. Aim to manage your time in a way that keeps you on top of your tasks while still leaving room for breaks and self-care.

In conclusion, improving your time management skills is a form of personal development. It's about recognizing the factors that hold you back and making an effort to fix them. Effective time management leads to a sense of accomplishment, which is key to feeling productive and satisfied with your day. By focusing on energy, eliminating distractions, and setting clear goals, we can all improve our schedules and achieve a better balance in our lives. Remember, small steps towards improving your time management will make a big difference over time.



# THE EFFECTS OF SMOKING

*Zahra Shaik, 14 years old*

Hi I'm Zahra Shaik and today I will talk about the effects of smoking on a person, their family, society and government responses to smoking.

## Smoking

Smoking is the leading cause of preventable death in Ireland with almost 6000 smokers dying each year from smoking, yet each year young people start to smoke. Each year the price on cigarettes increases yet people still buy them because they believe they can't live without them. This is known as an addiction. Cigarettes are made up of many toxic substances. These are:

Butane, Cadmium, Stearic Acid, Hexamine, Toluene, Nicotine, Ammonia, Arsenic, Carbon monoxide, Methanol, Methane and Acetic Acid.

These substances are what makes cigarettes harmful.

## THE EFFECTS:

Smoking effects many people as well as the smoker but people don't realise it. Now I will show the effects of smoking on everyone.

### Individual

- Smoking causes major health problems such as mouth, throat and lung cancer, stroke and heart disease.
- Smoking discolours hair and teeth and causes bad body odour and bad breath.
- It causes premature ageing of the skin.

### The Family

- Babies of smokers are more likely to be stillborn or born premature or to die from cot death.
- The cost of buying cigarettes can cause financial problems for the family maybe leading to not enough food to feed or not being able to pay the bills.
- Children and other family members may be exposed to passive smoke. Over time passive smoking causes the same health issues as smoking. Passive smoking means breathing in other people's tobacco smoke.
- Children of smokers are more likely to smoke themselves.

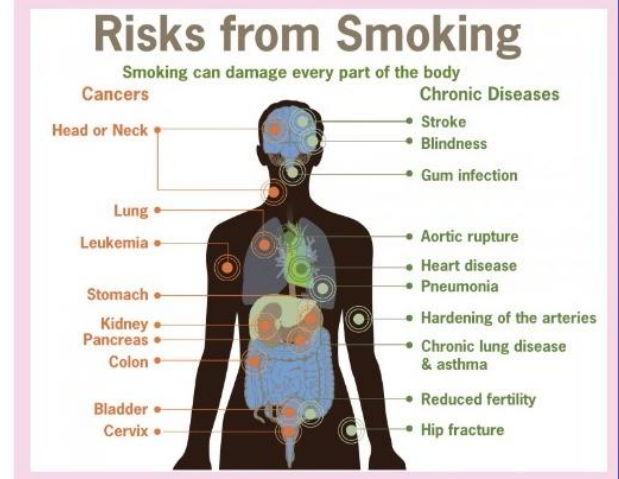
### On Society

- Smokers put a lot of pressure on public health systems, using up resources such as hospital beds and the doctor and nurse's time.
- Cigarette butts and packets contribute to littering in the world.

### Government Responses to Smoking

- Cigarettes and Tobacco are heavily taxed which makes them very expensive.
- Smoking is banned in public places.
- It is illegal to sell cigarettes to under 18s.
- The packaging on cigarettes must be plain with no logos. It must carry health warnings and graphic images of the effects of smoking.
- Quit.ie is a government sponsored website that gives support to people wishing to quit smoking.

In conclusion I hope I have made you aware of the dangers of smoking on everyone.  
Don't Smoke!!! :]





Maaria Kareem,  
13 years old

[illegible]



# COPING WITH PEER PRESSURE AND STAYING TRUE TO MYSELF

Noor Haniya Syeda,  
17 years old

Assalamualaikum warahmatullahi wabarakatuh,

My name is Noor Haniya Syeda and I'm 17 years old in today's DCI topic I chose 'Coping with peer pressure and staying true to myself' because as young muslims we face many different challenges such as managing peer pressures and staying true to ourselves, but since living in a country where the environment may not have the understanding of our beliefs.

I want to focus specifically on managing peer pressure by wearing hijabs, which many of us muslim girls experience in today's society. As Muslim girls we are encouraged to wear the hijab to honour the values of respect and modesty but not only towards ourselves but also a representation of our faith. Wearing the hijab isn't the only way of modesty. There is also dressing modestly through clothes like abayas or just casual long dresses and loose clothing. For us, the hijab is not just a piece of cloth we wrap around our head to hide our beauty, it's like a crown which symbolises our commitment and devotion. However, being a hijabi can also sometimes attract negative attention or misunderstanding from others who may not fully understand its importance. Since in this dunya one of the biggest influences in our lives is our friends, the companions we choose to surround ourselves with. Yet we can have friends or even certain other individuals question our choice to wearing the hijab which is no problem to answer, and having a respectful conversation, but sometimes there can be moments where it can make us feel uncomfortable about it and leading our feelings to doubt, this is a form where peer pressure comes around where many of us face, and having to explain and or even defend our choices which can sometimes feel isolating.

Now this brings us to the topic of staying true to myself, meaning to embrace your values and beliefs confidently even if there are challenges along the way, choosing to wear the hijab and dressing modestly is about embracing my values with confidence and pride, for me personally the hijab is more than just a piece of clothing, it's a symbol of connection to Allah (SWT) and a reminder to focus on my character than the outside appearances, I know the misunderstandings and peer pressure are part of the experience, and I can handle these challenges by setting a confident mindset and as well as a respectful way of responding questions and curiosities with patience. When people question my choice, I try sharing the story and what really inspired me as well as how it's meaningful without others' opinions getting to my commitment. This motive helps me stay confident and proud and also reminds me of one of the biggest acts of staying true to myself because I choose to wear the hijab myself and expressing my faith to my religion as well.

A verse from the Quran dedicated on Hijab that helped me is in Surah An-Nur (24:31) Allah instructs believing women to dress modestly:

"And tell the believing women to lower their gaze and guard their chastity, and not to reveal their adornments except what normally appears. Let them draw their veils over their chests and not reveal their adornments except to their husbands, fathers, fathers-in-law, sons, step sons, brothers, brothers' sons, sisters' sons, their women, their slaves".

This verse indicates modesty and mentions covering adornments, which has been traditionally interpreted to include the head and chest.

This sums of to the end of my project on Peer Pressure and Staying True to Myself, I hope Insha'Allah, that this presentation resonates with any woman who may be struggling with the pressures of wearing the hijab or even anyone facing challenges in staying true to themselves, and I hope this shows as a reminder that, no matter the pressure we face, our strength will hold tight to our values and being true to ourselves.

Jazakhallakhair for your time, and may allah send us many blessings and strength into our faith, Ameen.



# The End

## Editor's Note:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

It has been a privilege compiling all your amazing pieces of work for this Second Edition of the DCI Youth Magazine. You've all shown remarkable knowledge on various topics, from intriguing informational articles on topics like online safety and major world issues to heartwarming Islamic stories, inspiring acts of kindness, and even personal development. Not only that, the stunning works of art showcased in this collection highlight the incredible talent and endless creativity within our community.

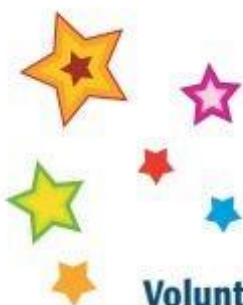
As we celebrate this achievement, I am excited to see what DCI has planned for the coming year. I deeply appreciate everyone's participation in this project and hope to see even more inspiring contributions next year, *Insha Allah*.

I would also like to extend my heartfelt gratitude to my teacher, *Mufti Hamza Rehman*, for his inspirational words and constant encouragement.

*Jazaakum Allahu Khairan Katheeran* - and I hope you enjoy reading this collection as much as I enjoyed putting it together!

Sincerely,  
Nabeel Salahuddin





# Volunteers

## WORD SEARCH PUZZLE



Volunteers are amazing people! Find and circle the good qualities of volunteers in the puzzle below. Look down, across, up, backward, and diagonally. Then, give yourself a pat on the back!

I	N	V	O	L	V	E	D	U	R	T	A	I
R	R	N	O	M	U	G	V	S	U	G	T	R
E	N	C	O	U	R	A	G	I	N	G	T	Y
L	W	M	R	E	S	P	E	C	T	F	U	L
I	O	S	B	N	E	R	Y	M	O	C	D	U
A	N	L	T	W	T	S	H	I	N	E	A	F
B	D	Y	A	E	F	U	H	O	V	M	I	T
L	E	C	T	I	R	O	J	O	A	O	F	H
E	R	U	S	M	C	R	T	Z	W	S	A	G
N	F	Y	L	D	N	E	I	R	F	E	A	U
G	U	F	O	P	D	N	P	F	N	W	B	O
O	L	I	E	M	G	E	U	S	I	A	T	H
S	Y	T	M	L	O	G	O	F	T	C	I	T

### WORD LIST

ACTIVE  
AMAZING  
AWESOME

DEVOTED  
ENCOURAGING  
FRIENDLY

FUN  
GENEROUS  
INVOLVED

RELIABLE  
RESPECTFUL  
SPECIAL

TERRIFIC  
THOUGHTFUL  
WONDERFUL



