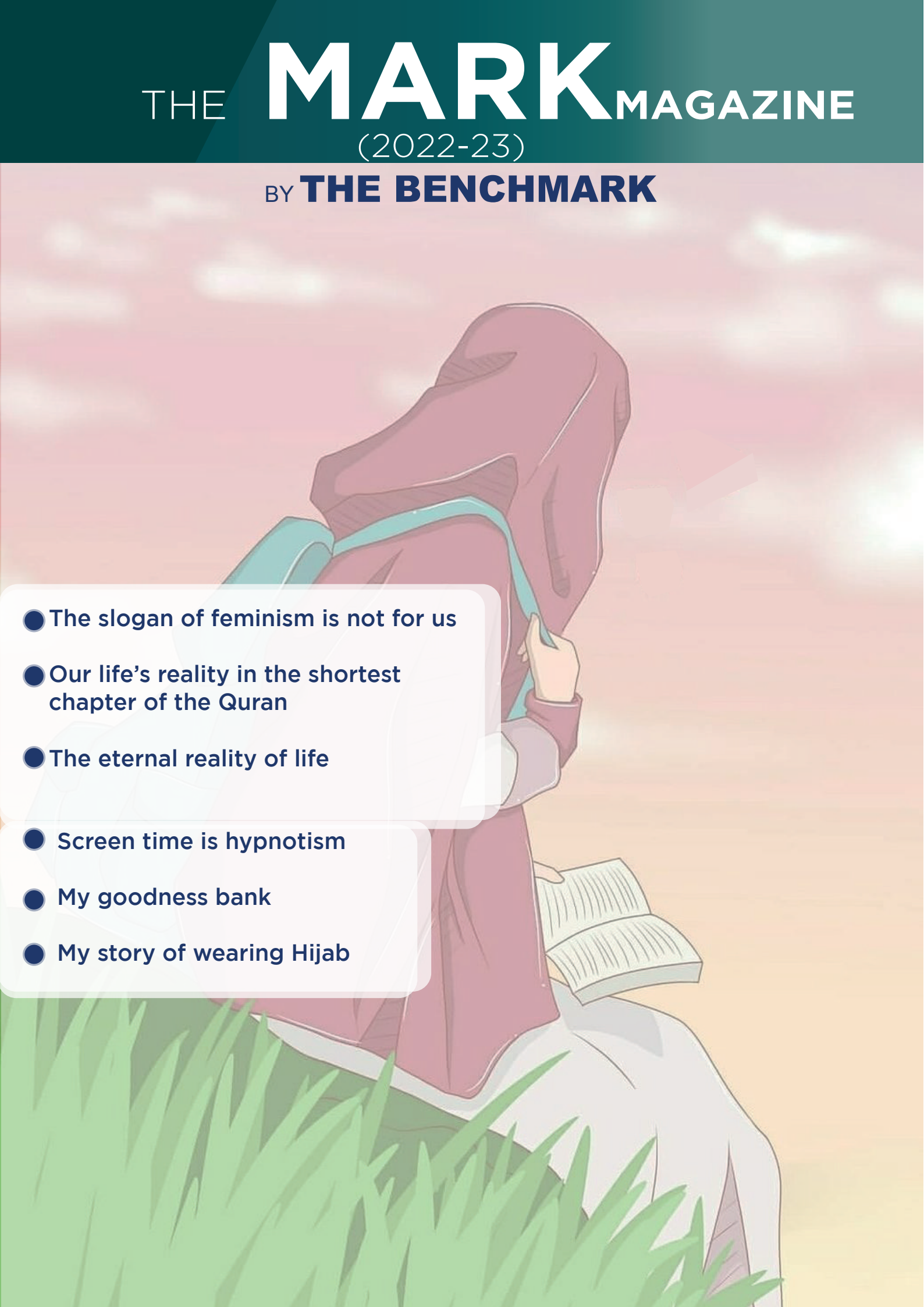


# THE **MARK** MAGAZINE

(2022-23)

BY **THE BENCHMARK**

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- An illustration of a woman wearing a maroon hijab and a white abaya, sitting on a white rock in a field of green grass. She is holding an open book and looking towards the right. The background is a soft, hazy landscape with a warm, golden light, suggesting a sunrise or sunset. The sky is filled with soft, glowing clouds.
- The slogan of feminism is not for us
  - Our life's reality in the shortest chapter of the Quran
  - The eternal reality of life
  - Screen time is hypnotism
  - My goodness bank
  - My story of wearing Hijab

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- ◆ School's philosophy

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OUR **VISION**

لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ لِّمَن كَانَ يَرْجُو اللَّهَ  
وَالْيَوْمَ الْآخِرَ وَذَكَرَ اللَّهَ كَثِيرًا

Indeed In The Messenger Of Allah [Muhammad Ur Rasoolullah (P.B.U.H.)] You Have A Good Example To Follow For Him Who Hopes For (The Meeting With) Allah And The Last Day, And Remembers Allah Much.

Surah Al-Ahzab, chapter 33 verse:21

OUR **PHILOSOPHY**

We Believe Education Should Be For Life And Not Just For Living And Knowledge Must Have Application That Can Help You In This Life And In The Life Here After.

OUR **AIM**

To Prepare New Generation Having Leadership Quality And Not To Be The Followers Of Alien Ideologies But To Play The Role Of Torchbearer By Their Excellence In Knowledge, Character, And Positive Action.

# Section Head's Message

Once again, it is a moment of pride and elation that The Benchmark is launching its second Magazine for the Session 2022-2023. The progress and achievements are the result of untiring efforts of the Benchmark fraternity.

The Benchmark since its conception has always emphasized on students Tarbiah & instilled values through different Tarbiah Programs that are perfectly reflected in the Magazine's content.

Alhamdulillah, The Benchmark has achieved several milestones in its journey. May Allah Grant more success to the Benchmark for its contribution in raising these young minds.

My best wishes and prayers go out to the continued success of the Benchmark in all its endeavors.

May Allah help us to make a meaningful contribution in our students' lives & prepare them as a good Muslim.

**Shabzeen Khan**

**Section Head (Girls Campus)**

# Editor's Note

I am blessed to bring you another issue filled with insightful and informative content, in accordance with the teachings of Islam. Our students from Girls Campus have worked tirelessly to curate articles and features that touch on a wide range of topics, from current events to thought-provoking analyses.

In this issue, our students delve into pressing issues faced by our society, such as 'Feminism', 'The impacts of mobile phones', 'Satan's Tactics' and so on offering fresh perspectives and new ideas for overcoming the challenges ahead, guided by the wisdom of the Quran and the example of the Prophet Muhammad (peace be upon him). Our students' goal is to inspire our readers to think critically, engage them in meaningful discussions, and continue learning in the pursuit of righteousness and obedience to Allah.

I hope this issue will not only engage but also inspire you to join the conversation and contribute to making the world a better place, as servants of Allah. May Allah S.W.T accept this little effort and make it Sadqa e Jariya for all of us.

Sincerely,

**Umm e Farrukh**

# School Anthem

*Our Guide is the Quran*

*Dusturuna-al Qur-anu*

*Wa Deenuna-al Islamu*

*Arkanuhul Jaleelah da-aimun Fadheelah*

*Wa yash-Shahadatani, qa-aidatul Iman,*

*wa-Sawmu, Wa-Salatu, Wa-Hajju, Wa-Zakatu*

*Our guide is the Quran*

*Our Religion is Islam*

*Five Noble Pillars upholding what is virtuous*

*To make the Testimony is the base of the Faith,*

*and the Fast, and the Prayer, the Pilgrimage*

*and Charity.*

# *Section I*

## *Young Journalists*





# The Slogan of Feminism is not for Us!

Feminism is a small word with a deep history behind it. It is in fact a movement which was started by western women after World War I when they were being oppressed. They were sent out to work in industries but were not given equal rights of salary or job and were dominated by men.

However, if we take a look at our wonderful religion Islam, men and women are given the same statuses but different responsibilities which they have to fulfil in this life in order to attain Allah's blessing in this world and to be successful in the hereafter. In our religion women have a responsibility to take care of their family members and households. They are the ones who are supposed to bring up their children in the utmost Islamic way so that these children move on to build other strong blocks of society. Women in Islam have more important roles to play instead of earning bread and butter for their families. We know that Islam has given women respect and status in the form of many relations for example, as "mothers", "daughters" etc. Women who are feminists also demand equal rights for men and women.

They say that we shouldn't be dominated by men. However, Islam has given rights to men and women both individually and according to their needs. Women are much softer and weaker than men so they aren't given the obligation to do the heavy and laborious job of earning. Whereas, a man has to earn for the family so he has been made the head of the family. Also, women in the past were looked down upon and treated like an object before the advent of Islam. Allah (S.W.T) gave them a unique status that they are so special that the men can't look at them with an evil, lustful eye. In Allah's eyes, we are all equal and have our own responsibilities for which we will be accountable in the Day of Judgment. If women are complaining that they have been told to cover themselves and men are not, there is a clear answer that women are like precious diamonds and they are supposed to be kept with care so Allah (S.W.T) has asked us to cover and be kept with care. On the other hand, Allah has commanded men to lower their gaze. In conclusion, we Muslim women are not in the need of any feminism or movement for our rights. Allah (S.W.T) has already given us everything that a woman needs so we should be thankful to Allah for what he has given us.

Written by: Fareah Qazi  
Grade: Oll Fatima Tuz Zohra

# Who is Dearer to Allah?

Islam is a faith and a practical guide for all Muslims. Have you heard about the Prophet's hadith that "The poor Muslims will enter Paradise before the rich by half of a day, the length of which is 500 years"? Reference Sahih al Tirmithi number 2353. However, this does not mean that being poor is better than being rich. There are hadiths that only serve as a warning to wealthy people so that they utilize their wealth correctly and do not spend them as they want.

Prophet Muhammad (S.A.W.W) once said "The upper hand is better than the lower one (the upper being the one which bestows the lower one which begs). Wealth is Allah's grace which He gives to whom He wishes.

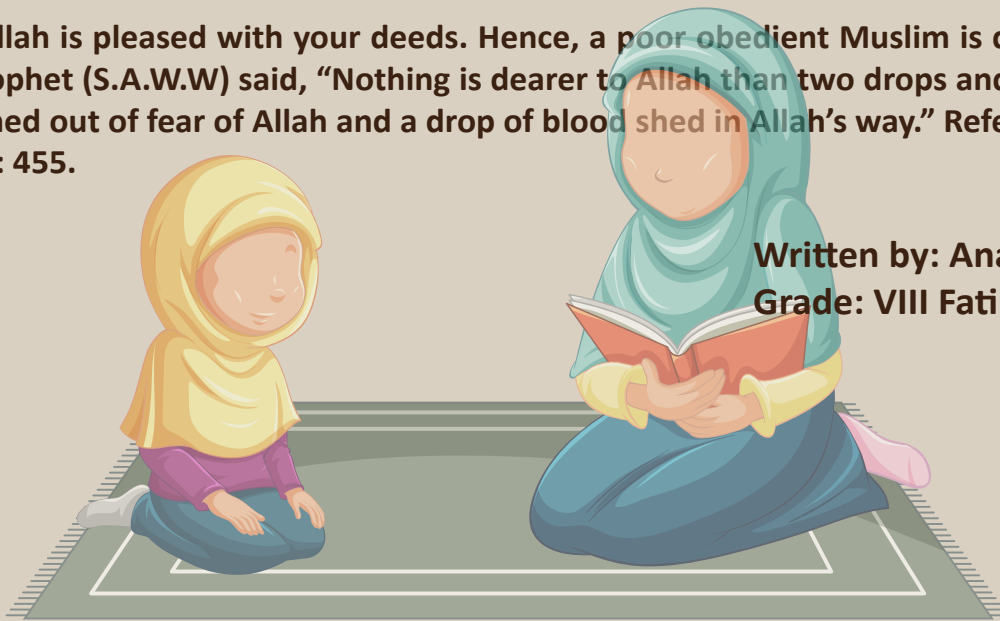
Allah and the Prophet Muhammad (S.A.W.W) commanded the poor and rewarded them with paradise for their hard work, perseverance and patience in facing the difficult struggles in the world. However, be aware if the poor are not patient and persevering, they may succumb to disbelief. As prophets (S.A.W.W) also said, "Poverty almost leads to disbelief."

Allah and the Prophet Muhammad (S.A.W.W) commanded the rich for their charity and alms, relieving others' debts with their own wealth, giving in tragedies hence placing them in the highest ranks in Paradise but if they use their wealth irresponsibly, then Allah will surely judge them thoroughly.

Now we can conclude that there is a definite answer to this ultimate question. It depends on the situations, individuals and circumstances. My advice is to strive and work hard to be wealthy and rich as this will surely bring benefits for oneself and also benefit others. Being wealthy will give one financial independence and more opportunities to help others. Be an obedient Muslim whether rich or poor.

It is also said by our beloved prophet "The most beloved people to Allah are those who are most beneficial to others." Be wealthy or poor, let us all be responsible Muslims whom Allah and the Prophet (S.A.W.W) are proud of.

Allah is pleased with your deeds. Hence, a poor obedient Muslim is dearer to Allah (S.W.T). The prophet (S.A.W.W) said, "Nothing is dearer to Allah than two drops and two marks. A drop of tears shed out of fear of Allah and a drop of blood shed in Allah's way." Reference At-Tirmidhi, no: 455.



Written by: Anaya Adnan  
Grade: VIII Fatima tuz Zohra

## Technological Distraction for Muslim kids

Once upon a time, a couple of wild sparrows were living in a jungle. They had a small but delightful nest on the Oak tree. They had two innocent kids and the family was living a happy and peaceful life.

As time passed, the kids were able to move and hop inside and outside the nest. Sparrows, the parents were contented and joyful for the prosperous growth of their kids. One day, the father sparrow heard from a crow about the luxuries of urban life. Both parent sparrows were desperate to go to urban areas as they wanted to give their kids delicious meals like burgers, pizzas etc.

Later they decided to go to the city and left the jungle for living an advanced life in the city. They were very glad and made their nest on the tree situated in the garden of the luxury bungalow. The family was very glad that they found delicious meals like junk foods and sweet dishes which had been thrown by landlords. They were delighted and forgot the boring life of the jungle.

In some months their kids were grown up to fly in a limited area. They used to sit at the window of the house daily where they found a boy named Ammar and a girl named Amna. They both used to use mobile phones, tablets and other gadgets etc... The kids of the sparrows were very excited to see technological games on mobiles and tablets. They became addicted to watching funny videos on mobile and their desire was increasing day by day with pleasure, zeal and eagerness.

Parent sparrows were now getting bothered by the long absence of their kids on daily basis. One day they didn't come back until sunset. Parents got worried, disturbed and upset. After spending the whole day outside when the kids sparrows reached home, their parents who were already very angry started yelling at them. They asked them where they have spent the whole day. What kind of reckless attitude they have shown.

The kids of the sparrows informed in a relaxed mood that they were busy in watching Tiktok videos and using mobile phones. Father sparrow got angrier about wasting their time on useless activities. He also asked them that he has sent them outside to learn to fly higher for searching food. He also said that he didn't like wasting time. But the kids replied to their parents very rudely. They said that they like using mobiles and gadgets and spending time with them. We don't like to be bound all the time. We are exhausted by your investigation.

The parents were unable to utter a single word and spent the whole night sobbing. They were not expecting such torturing sentences from their obedient kids. The next day at very early morning before sunrise, the family left the city for the jungle as the kids are still unable to search for food for their life so they followed their parents towards the jungle. Parents just wanted to get rid of Urban Technologies.

Because of this students are distracted. They can't achieve their goals as we have just read in the story.

## Our Life's Reality in the shortest chapter of the Quran Surah Al-Asr

Wal-Asr, which means "I swear by the time." At a linguistic level one of the meanings of Asr is something that is pressed or squeezed, but it has also been used for "afternoon" as a meaning like Salat-ul-Asr, the afternoon prayer, but the question is why? Because all of our work and duties are squeezed into this time but in the meaning of this Ayah it means a short time that comes an end.

The next Ayah Allah Almighty says "indeed mankind is at a loss" How is that? That's the common denominator between all of us whether the one who looks happy, healthy, wealthy and prosperous or the one who looks miserable, it doesn't matter. Allah has made a unanimous declaration that all of us are losing and not just losing we are already at the loss. The previous Ayah is the biggest proof that all of us are in a continuous state of loss. The biggest loss is time itself because that's one thing we can never gain more of. That is one thing we will always be losing, the moments that we have passed away are never coming back. Life is nothing but inhales and exhales, that's all. It is the inhale that went in and the exhale that went out is not coming back. These are the moments of our lives that have gone and will never return. Time is the ultimate loss that cannot be escaped.

It has been said; "The world is a market where some people gain and some other lose." so how do we gain from this market or this world and not be at loss? The next verse explains; "Except those who have believed and done good deeds and advised each other to truth and advised each other to be patient." So, in other words, for you not to be at a loss you must have faith in Allah and having faith must come along with doing all good deeds but having faith and good deeds won't work in society unless you advise each other to truth and patience. So telling the truth and being patient also means you must enjoy what is good and forbid what is wrong. We can advise people in our surroundings to perform good deeds and have patience against committing sins, patience to do good deeds and patience in hardships of life. So, this Surah is teaching us that Allah is swearing an oath by the time, a short time, a time that will end, that mankind is at a loss, except those who hold on to the four principles; having faith in Allah, doing good deeds, reminding others of the truth and patience.

Written by: Nawal Ali  
Grade: O-II Fatima Tuz Zohra

## The eternal reality of life in the light of the Holy Quran

“Be in this world as if you are a stranger or a traveller. If you survive till the evening, do not expect to live until the morning, and if you survive till the morning don't expect to live until the evening. Take from your time for your health and from your life for your death. (Hadith-Sahih)

The world has never witnessed a single soul that has lived indefinitely on this planet Earth. Look at prophets' companions, intellectuals or leaders, they all had one thing in common that is they all faced death, the reality of life. But is death the end? Most certainly not! Death is certain but it is not the end. There is definitely more to it, a life that lies beyond a life that will continue forever.

When Allah Subhanahu Wa Taala informed angels, “Indeed I will make upon Earth a successive authority,” He had bigger plans. We were not sent to this world for a joyous ride. The reality of life is far beyond the possession of materialistic well beings hence the prophet S.A.W.W ordered to pay little attention to the worldly life and not to be preoccupied with the luxuries of this life at the expense of the hereafter, the eternal reality of life.

“Did you imagine that We created you without any purpose, and that you will not be brought back to Us” (23:115)

Therefore one must take advantage of their good health before illness befalls because time is short and no one knows when the eternal phase of their life would begin. We are only travellers in this world created by Allah Subhanahu Wa Tala where we only have to spend a limited time, while a destination, the eternal reality awaits. The life that is never ending, the hereafter.

“How can you disbelieve in Allah when you were lifeless and He brought you to life; then He will cause you to die, then He will bring you [back] to life, and then to Him you will be returned.” (2:28)

The reality of life is what remains hidden from us but our deeds and affairs in this world will shape our hereafter. Living life according to the teachings of the Quran and Sunnah and striving to establish the rule of Allah Subhanho Wa Tala is all that matters. But living this life is difficult, yet possible. The choice is ours whether we decide to live this life according to Quran to gain our reward in the hereafter or decide to live in false luxuries in exchange for eternal Hellfire.

“Those are the ones who have bought the life of this world [in exchange] for the Hereafter, so the punishment will not be lightened for them, nor will they be aided.” (2:86)

“They are the ones whose deeds have become worthless in this world and the Hereafter, and for them, there will be no helpers.” (3:22)

But there are still many who fear Allah Subhanahu Wa Tala and live their life in accordance with the Quran and Sunnah.

“But among them is he who says, “Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire.” (2:201)

This life is a blessing from Allah Subhanahu Wa Tala and is a journey leading us towards our final destination. The journey however, is difficult if you seek forgiveness from Allah Subhanahu Wa Tala in the hereafter while the journey against the will of Allah is easy and pleasurable but as the most difficult path leads to a beautiful destination Allah awaits our repentance. As Allah never charges a soul with weight beyond its capacity. We shall only face the consequences of what good or bad we earned in this life because Allah never lays a burden upon us that we have no ability to bear.

“Allah wants to accept your repentance, but those who follow [their] passions want you to digress [into] a great deviation” (4:27)

**“But whoever repents after his wrongdoing and reforms, indeed, Allah will turn to him in forgiveness. Indeed, Allah is Forgiving and Merciful” (5:39)**

**When the time comes, every human being will be by themselves, no family, no friends, no groups, no nation, no tribes and even though there would be a large crowd you will feel the most alone standing there with only your deeds and affairs with you.**

**“The Day the Horn is blown and you will come forth in multitudes” (78:18)**

**The disbelievers will question who raised them from their deep sleep but the believers will say this is for their Lord had promised and this is the truth that their prophets spoke about all along. On this day, our deeds and affairs shall speak for us, the deeds we have all forgotten.**

**“Indeed, the disbelievers did not expect such an account and rejected our verses in denial” (78: 27-28)**

**“And the record [of deeds] will be placed [open], and you will see the criminals fearful of that within it, and they will say, "Oh, woe to us! What is this book that leaves nothing small or great except that it has enumerated it?" And they will find what they did present [before them]. And your Lord does injustice to no one.” (18:49)**

**On the day, a new phase of life will begin. A life which shall never end, a life for which the previous journey in the world was all about and those who understood the reality of life, shall stand victorious on this day while those who disobeyed shall curse themselves. “Indeed, those who have believed and done righteous deeds - indeed, We will not allow being lost the reward of any who did well in deeds” (18:30)**

**Therefore, life in this world is an illusion where you can never please everyone, so it is better to take action now rather than to regret not taking it when there was time. Indeed Allah is forgiven and merciful. “Allah will say, "This is the Day when the truthful will benefit from their truthfulness." For them are gardens [in Paradise] beneath which rivers flow, wherein they will abide forever, Allah being pleased with them, and they with Him. That is the great attainment.” (5:119)**

**Written by: Noorisma Omer  
Grade: VII Khadija Tul Kubra**

# Life's summary in the light of the Quran

Aren't we getting too involved in pondering upon books written by humans rather than the book sent by the creator of the universe? Well, we certainly are; what are the main reasons, why are we not aware of the true purpose of our life, the do's and don'ts of life and the Islamic way of life?

We experience distinct stages in life, however, we never know when we will return to our Creator. Thus, identifying the purpose of life from the Quran is very significant. Allah says, "I have created the Jinn and mankind only for my worship" (51:56). From the verse we understand that we have been created to worship Allah alone. Moreover, we must obey the commandments of Allah and follow the teachings of our holy Prophet Muhammad S.A.W.W throughout our lives according to Surah e Nisa Verse: 59 in which it is stated, "Obey Allah and obey the Messenger....."

The Quran also provides the complete code for the Muslim to live a good, subdued, abundant and rewarding life. Most importantly, the Quran teaches us to give respect and honour to all human beings irrespective of their religion, colour, race, sex, language, status, property and so on. Furthermore, the Quran guides us on the behaviour we must adopt while dealing with others. For instance, in Surah e Luqman verse: 18, "We are asked not to be arrogant with people". The Quran also discusses the stages of life. First, in the mother's womb, the second in this world, the third, after death and the final stage will be either in heaven or hell.

The Quran being the book of the guidance shows us the path to be taken in life on earth in order to enjoy the eternal bliss of paradise. Nevertheless, Muslims do not make effort in scooping out the cream from the cone. It is said, 'There is no shame in not knowing; the shame lies in not finding out.' Thus Muslims must spend time understanding the Quran and implementing all values written in it in a mesmerizing way.

To conclude, as the Quran summarises the Islamic way of life and the hadith supplements it, we Muslims should certainly be grave about extracting the pieces of advice. These could be related to our daily life matters, for example: financial, personal, spiritual or social. It is high time we seek forgiveness for our sins and refrain from them since there is no guarantee of us waking up tomorrow from our sleep!



Written by: Suha Munawar  
Grade: O-II Fatiima tuz Zohra

# Satan's Tactics VS Allah's Mercy

He is rejected! In the Quran, Allah mentions Satan and his devilish ways in many instances. But, there is one particular instance where his intentions are highlighted in the most prominent fashion. Allah (S.W.T) mentions the words of Iblees in the Quran:

**"I swear to you Allah. I will absolutely misguide them"**

Here the term "misguide" should be taken as "confuse." Satan will try to make us choose between Allah's guidance and his whispers. He will confuse us that Allah is the most merciful. His mercy is divine, so it is all right to live a little loosely. He will tell lies on behalf of Allah(S.W.T) himself.

You will get confused and believe the lies of Satan that would lead you further away from what Allah (S.W.T) has actually guided or he might come to you and mislead you by telling you that you are such a lost cause! No matter how much you pray or fast, you are ultimately going to rot in hell. So why go through the trouble? Go and loosen up. Party a little.

One must remember here that the way Satan comes for me is different from the way he comes for someone else. He studies each and every individual's life, their temptations, their experiences, and their friends, and he attacks accordingly, the way one studies a football team, their defences and reflexes. You try to get into a good habit and he will look for your weaknesses and slips. For instance, one tries to develop the habit of sleeping early, and Satan will whisper, "Oh, there is a new show on Netflix. You can stay up a little longer!" So one tends to slip, thinking: "Yes, maybe a little longer won't matter. I can delay Isha's prayer for a while.

This is how he manipulates you. This is how he plays with you by giving you false hopes. You start filling yourself with the hope that the sin you commit is not such a major one. You'll get away with it. We nowadays casually commit sins such as backbiting. However, this topic can never be ended, may Allah help us to go on the right path.

Written by: Rumaisa Haris  
Grade VIII Fatima tuz Zohra



# Mobile Phones-A Brain-Eating Worm

How much are we addicted to mobile phones? Who is distracted by mobile phones? We live in 2023 and the world is so advanced in every way. We live in a technology and technology lives in us. Things were different during our parents' time. The situation is such that we cannot live without mobile phones. From our clock to morning alarms, listening to Quran on mobile phones, diet charts, and calendars, calling out a cab, and in some cases earning bread through mobile phones.

Our failure is the overuse of this technology. We still haven't learned management even with so much help and advancement in technology. Overuse and misuse of this portable technology is a major threat to the welfare and development of humans especially children. Mobile phones are a major threat and bring distraction among people of every age. Distracted behaviour leads to harm to other people as it causes attention problems.

Have we ever noticed, how many times we interact with our phones in a day? These phones cause a lack of sleep which results in restlessness, anxiety and illness. With these phones, we have connected to people far away in different countries and continents but moving away from the person next to us. The information is readily available so no one uses their brains.

Example: Usage of a calculator on mobile.

These phones have made life easier as a benefit but we should use them appropriately only when needed. We Muslims in Pakistan live in a society of care, love and harmony but technology is replacing it. The new generation has started to avoid in-person interaction and prefers contact via call, What's app and skype etc. Mobile phones affect our thinking in cognition. The more we rely on these types of devices, for aids and sources, the less work and processing our brains actually do. The more time we spend on the screen, the more difficult it makes to establish interpersonal skills. Mobile radiation is also harmful to the brain and senses. The pandemic and lockdown further increased our screen time. The radiation from mobile phones directly affects our feeling of relaxation and enhances stress.

Mobile phones make the brain lazy and face-to-face interaction is lost. There was a lot to learn from face-to-face communication in the previous generation yet it's losing now. We do not have to switched off our mobiles completely to improve our brain health but designate hours of the day phone-free to protect our brain and family-friends time.

Written by: Hafsa Adnan  
Grade: V Fatima Tuz Zohra

## Being righteous in the current era

We live in the 21st century, where we are surrounded by numerous opportunistic gadgets and technological advances. But how we choose to avail these opportunities particularly depends on us and the environment we live in. This includes the smallest piece of hardware such as a USB, to the biggest man-made fighter jets and weapons. However, we as teenagers have different challenges that we have to face on our path towards true righteousness.

From the beginning of our day till we go to sleep, and in some cases even while we're asleep, we depend on modern gadgets or at least some kind of technology. Our mobile phones are used as alarms, as devices for reminders, making calls and for communication, accessing the world of the internet and endless information in a single touch and many other useful things. However, we have the open option and independence to decide between using these things correctly or misusing them. This includes watching movies, listening to music, viewing online material that is clearly against our moral teachings, and similar other things. This, however, is just one aspect of our society. Another very common matter that depicts the difficulty of being righteous in this era is the modernization of the fashion world. Even in the Islamic republic, people mostly women are judged and stared at for observing Sharai Parda". Many people make such pious people feel like they belong to a backward era or aren't good enough to be fitted into the unusual mind-set.

I always thought that we Pakistanis are usually very religious in the offering of obligations but on the other hand, we don't speak the truth and we can't do anything, without taking bribes. Interest (Riba) and hypocrisy are very common in our society. We often misuse technology by using it negatively.

I conclude that if we want to be righteous in this current era we should hold the holy Quran and the Sunnah of the Prophet (S.A.W.W) as Allah ordains in The Quran: "Hold fast together to the cable of Allah" (3:108).

If we always keep in our mind whether the camera is watching us or not but Allah is watching us alone. This self-accountability mechanism should be installed through Tarbiah. The parents must include the seerah of the Prophet and the life of Sahabah in their Tarbiah. We should make our Sahaba our role-model instead of so-called heroes.

Written by: Javeria Aman Syed  
Grade:VIII Fatima Tuz Zohra

## SCREEN TIME IS A HYPNOTISM

It's difficult to imagine life without screens in today's world. Screens have become an indispensable part of our daily lives, from laptops and smartphones to televisions and gaming consoles. However, while they provide numerous benefits, they also introduce new challenges and concerns. One such concern is that screens can have a hypnotic effect on people, particularly children. Blue light emitted by screens has been shown in studies to have a powerful effect on the brain, inducing a trance-like state known as "screen hypnosis." The individual becomes completely absorbed in the screen and loses track of time and the world around them in this state. While screen hypnosis may sound like something out of a science fiction movie, its effects are real and can be profound. This includes limiting screen time, taking breaks from screens on a regular basis, and engaging in other activities that promote relaxation and mindfulness.

Parents can also assist their children by limiting screen time and encouraging them to participate in other activities such as outdoor play, reading, and creative endeavours. Finally, screen hypnosis is becoming a growing concern in today's digital world. While screens have many advantages, it is critical to understand and manage the risks they may pose. Individuals can help protect themselves and their loved ones from the negative effects of screen hypnosis by limiting screen time, taking regular breaks, and engaging in other activities.



Written by: Komal Shahab  
Grade: VII-Khadija Tul Kubra

# HOW TO COLLECT GOOD DEEDS MY GOODNESS BANK

Do you know how to collect good deeds and how to make goodness bank?  
Here you can read.

There are 10 actions.

Offer Salah

Give Charity

Have fast( Swam)

Perform Hajj once in a life time

Recite Quran

Respect elders

Speak the truth

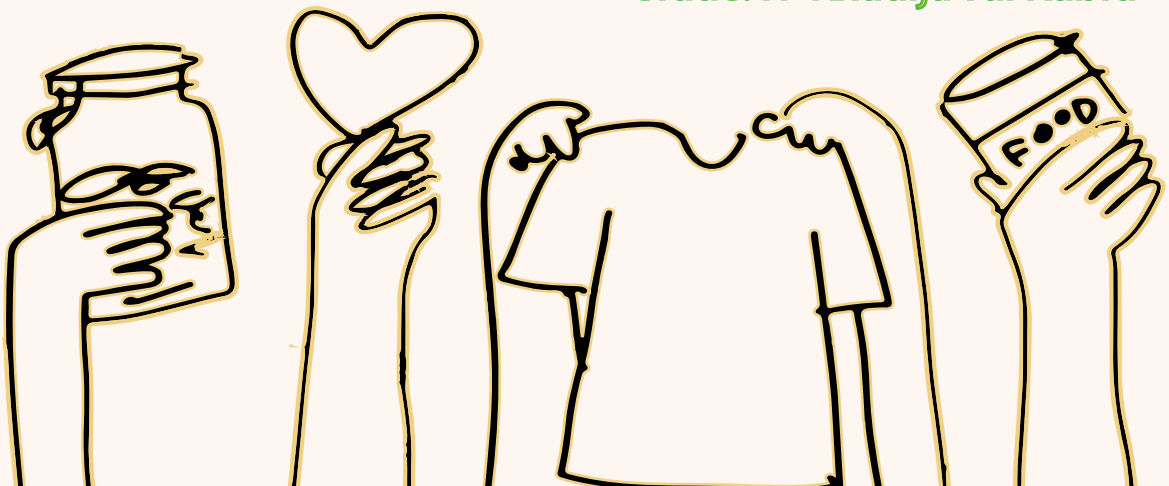
Recite Darood -e- Ibraheemi

Do not hurt innocent animals

Do not take anything without permission

Through this, you can collect good deeds and make a goodness bank.

Written by: Tehreem Rahman  
Grade: IV-Khadija Tul Kubra



# OUR RELATIONSHIP WITH QURAN

The Quran was revealed by Almighty Allah through Prophet Muhammad to mankind to bring them out of the disorienting and crippling darkness of falsehood, unconsciousness and delusions to the light and rays of truth, guidance and genuine intellect. The Quran is the only means available to man by which he can directly be in touch with His creator, Master and Sustainer. No other alternative is left as all the previous scriptures have been imposed with, corrupted or utterly lost.

The Quran is a book full of blessings that will stand witness for its readers on the day of judgement and ask for forgiveness for its readers. Prophet Muhammad (S.A.W.W.) said: "The Quran is proof for you or against you." We all have read hundreds of books and couldn't find a single book that makes the claim that it deals with us or discusses us. The Quran declares beyond doubt that Allah has mentioned us in The Quran. "We have bestowed upon you a Book that mentions you. Do you not understand?" [21:103]

This Book informs us that if we get benefit from its teachings, it will lead us to the safest path. Allah (S.W.T) says in Quran:

"Man has been created but to worship and serve Allah." (Al-Zariyat, 56)

However, this does not mean that a man spends most of his precious time mainly in mosques or in some other religious institutions performing religious deeds. But it's a sad truth that many Muslims' relationship with the Quran is not strong nowadays. The Quran has neither been abandoned completely nor it has been accepted as a complete core of life. In the present scenario, many people have nothing to do with the Quran. Neither they are intended to implement it so far in their private, family and professional lives.

Muslim's bonding with Islam is based on some repetitive rituals and traditions which they inherited from their forefathers that they blindly follow. Their Islam often revolves around "Islamic" symbolism, formalities and different baseless tales and superstitions. They are not obsessed with the Quran so it is not exposed to them. It is not the most important part of their life. The Quran is thus bound to bring more "damage" than "profit" to such people. The Quran is regularly but hastily read or recited without an understanding or contemplating its content. Moreover, its substance is yet misread, misinterpreted and misapplied. The Prophet warned that "There will be times when certain people will read Quran, but it will not go beyond their throats. They will go out from Islam as an arrow darts through the game's body."  
(Sahih - Al-Bukhari)

How much do we think about the Quran or in the light of the Quran? Do we plan the development of ourselves, our people, and our country on the basis of the Quran? These are some questions which require our Recognition.

Written by: Misha Alam  
Grade: VIII Fatima tu zohra

# Flood in Pakistan

What should be our role in helping those affected? As we all know that the Provinces of Pakistan, Sindh and Punjab were severely affected by floods during the monsoon season.

Many people lost their lives in this disastrous flood and families have become homeless. They have lost their properties and expensive things have drowned away. Cars seemed like toys going with the flow of water wherever it takes. In rural areas, crops have been wiped out and poor farmers faced financial issues while dealing with the flood. Live stocks were killed. Transportation systems were blocked and major goods for trading were terminated.

Our role in helping locals is to donate daily needy supplies like temporary shelter, food, drinking water, and clothes (so that they will be protected from cold). The most important thing is to maintain hygiene for them. We should donate money in order to make their environment clean with Govt efforts. Stagnant water has created more diseases and dengue mosquitoes, which if not clear could make locals end up in hospitals to fight for their life.

Written by: Abeeha Furqan  
Grade: VIII Fatima tuz Zohra

# Present-Day Challenges for Mothers

## My role and responsibilities

Motherhood is the purest relation in this world. In this relationship, Allah Almighty puts His one time of His mercy (Reham). There is no substitution for a mother's love.

In the present day, mothers have to face many challenges regarding the upbringing of their kids. Because the present time period is full of conspiracies fitnah. Nowadays different types of media are teaching our children through dramas, cartoons, YouTube etc. It is the biggest challenge for mothers to save their children from all these wrong and dangerous means which are kidnapping our children mentally and they are going far away from our religion that is Islam.

Mothers are responsible for building character for the next generation. The main role of a mother is not to just care for her family but to fulfil the responsibility which Allah has given her to bring up her children and make them true Muslims by teaching them faith, moral values, honesty, courage, truthfulness, patience and self-confidence.

If a mother is a true Muslim, her children will follow her footsteps and will become Sadqa e Jaria for her in this world and in the hereafter Insha'Allah.

Written by: Mother of Aisha Syed  
Grade V Fatima tuz Zohra



# Present-Day challenges for Mothers

## My role and responsibility

Many mothers today aspire to progress in their careers, and degrees in various field. It is indisputable that the most important achievement of a mother is the raising of sensible, virtuous children who will then move on to build other strong blocks for society. It is easy to bear children, but it is difficult to raise them well. In that lies the challenge for all mothers. A Muslim mother has a valued and dignified role.

The holy prophet says:

Marry into a decent family, for genes have effects. It is also reported that he has encouraged Muslims to marry virtuous women to have virtuous children.

The famous hadith of the holy prophet Muhammad (S.A.W.W) says Jannat lies under the feet of the mothers.

A good mother has outstanding qualities. A mother gives up a great deal for the sake of her child. She gives up her time, her sleep, her pleasures etc. to ensure that her child is all right. A good mother places the needs of the child both in physical and emotional ways. A good mother always puts her family first. She takes care of her children and makes sure that they get what they need. Being a mother requires a lot of energy, sacrifices, patience and time.

It is obligatory for a Muslim mother to fulfil her responsibilities, such as waking up in the cold morning herself then waking up the children, getting them ready for school, making them lunch and breakfast, making sure they are dressed properly and much more. When children come back home after school, give them lunch, help them with their homework and fulfilling all their desires. When children get sick, taking care of them is the most crucial part of the mother. Every place she sacrifices her sleep and gives up her time just taking care of her child but sadly no one gives cares about what a mother ever does. The mother has a very high-ranking in Islam. May Allah give the mother strength and energy in this world in a very high rank in the hereafter Ameen...

Written by: Mother of Maryam Murtaza  
Grade: VI Fatima tuz Zohra

## Present-Day Challenges for Mothers

My role and responsibilities

No feeling can be worse rather than the feeling of being defeated especially if the people you've been defeated by, call you mother.

Today being a mother is definitely not easy especially if you are a young or mid-aged mother. Older women are likely to say that today's mothers are not doing their jobs properly and they are also in the phase of complete denial in understanding that the role of a mother is extremely difficult and challenging today, particularly when your hands are full almost all the time.

The biggest challenge in raising children today could be anything from societal pressure to moral issues. Maintaining a balance between work and social life sometimes put the health of mothers at risk. This is the reason our roles and responsibilities must be aimed with great attention at mitigating these challenges.

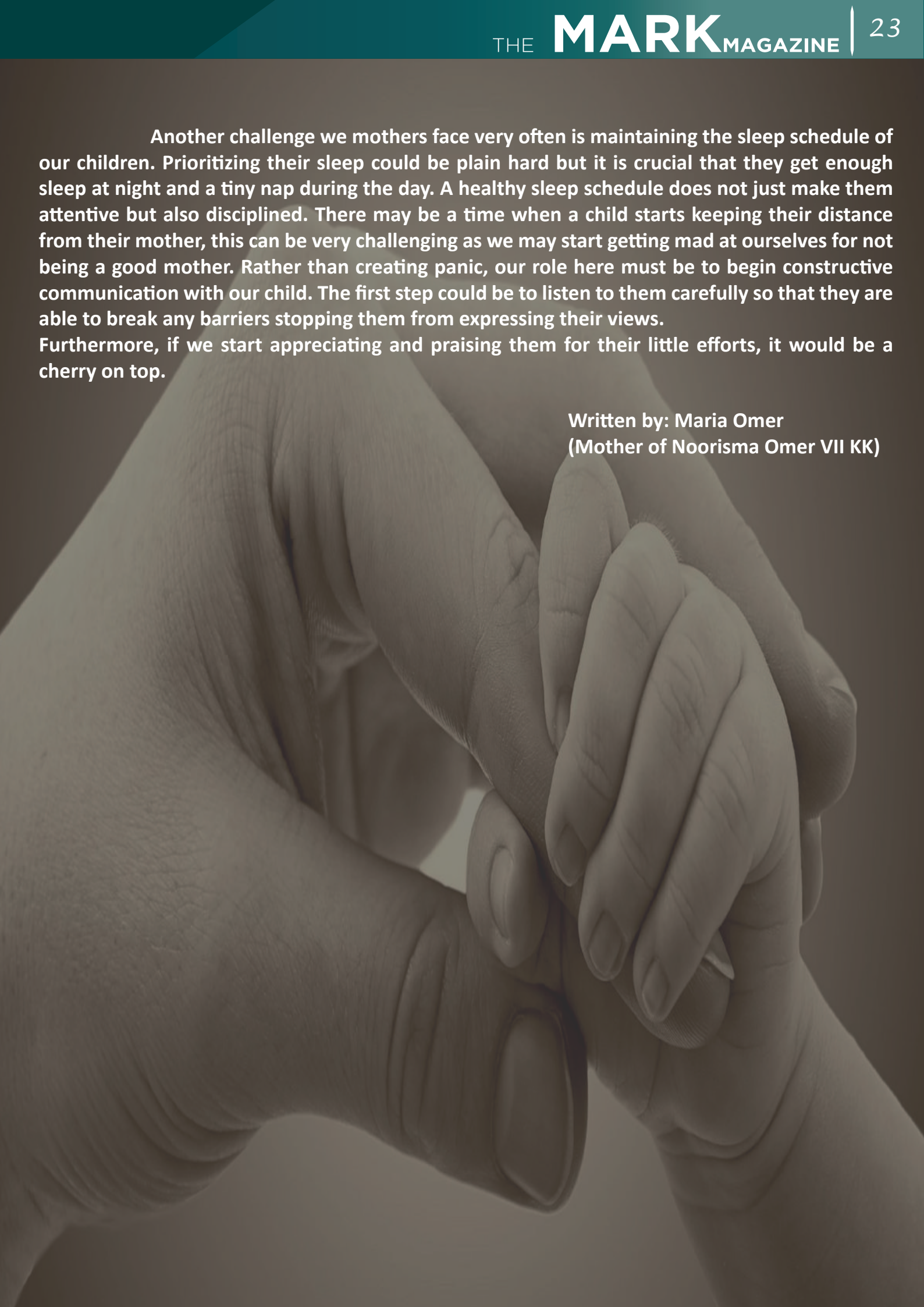
Among the many concerns, the societal challenge and its deep-sealed impact is the challenge that may limit the ability of our children's development. Due to the influence from outside or peer pressure, our children can excite an unnecessary aspiration to achieve unrealistic goals where their efforts would go fruitless. Our role here is to help them to deal with any sort of outside influence by entrusting them with confidence and working hard to ensure the well-being of our children by keeping them safe from negative influences.

Beyond societal challenges, others perceived challenges include the difficulties in moral development where the most vital role would be to teach them the difference between right and wrong and ensure that we are always there for them, taking care of them. Teaching respect and manners could be hard, and our patience may slip away, but we still need to think twice before raising our voices. Taking harsh initiatives can sometimes reduce the success rate. In parallel, it is better to teach them integrity to make sure they are doing the right thing even when no one is watching.

The other challenges we mothers face regarding our children are the influence of social media, a life-work balance, finance and motherhood-related stress. The importance of social media in this age is undeniable but maintaining limits is necessary. Mothers can be over-stressed with just the thought of limiting the use of technology which already has been integrated into the lives of our children. What can be done is divert their energy towards constructive activities and engage ourselves with them. But all these efforts further make our motherhood challenging and stressful. Similarly, prioritizing finances for education adds to the existing stress associated with continued motherhood challenges faced by the huge pressure of the hat they must wear to support their children.

Another challenge we mothers face very often is maintaining the sleep schedule of our children. Prioritizing their sleep could be plain hard but it is crucial that they get enough sleep at night and a tiny nap during the day. A healthy sleep schedule does not just make them attentive but also disciplined. There may be a time when a child starts keeping their distance from their mother, this can be very challenging as we may start getting mad at ourselves for not being a good mother. Rather than creating panic, our role here must be to begin constructive communication with our child. The first step could be to listen to them carefully so that they are able to break any barriers stopping them from expressing their views. Furthermore, if we start appreciating and praising them for their little efforts, it would be a cherry on top.

Written by: Maria Omer  
(Mother of Noorisma Omer VII KK)



## Impact of food choices on our health

Food is necessary as it provides nutrition like vitamins, minerals and others that the body needs to function. Research tells us a good and adequate amount of food is needed for our proper growth and development. Food helps us in various spheres of life. Healthy food impacts our physical and mental health both. Food is essential for our body for a number of reasons. Food gives us a kind of satisfaction that is integral to our mental well-being.

There are three kinds of determinants in food choices, biological determinants like hunger, appetite and taste, physical determinants like skills of cooking, time, education and access, and lastly, social determinants like culture, family, peers and meal patterns.

There are various factors and other determinants that affect our food choices including our knowledge about food, personal taste preferences, mood, hunger level, health status, personal income, ethnicity and special diet requirements. The benefits of healthy eating are that it helps us to live longer, supports muscles and bones, boosts the immune system, lowers the risk of diseases, and keeps our different organs healthy like eyes, teeth, skin etc.

Healthy food is important and it has an impact. It gives a healthy lifestyle which has immense payback. Over time, making smart eating choices lowers your risk of cardiovascular diseases, certain malignancies, diabetes, obesity and even anxiety and depression.

Impact of healthy eating, will have more energy, feel better and possibly even be in a better mood. The impact of healthy eating all boils down to how long and how good your life is. A healthy diet consists of a balanced diet in the right proportions along with water and roughage including fruits, vegetables, cereals, meat and fish, nuts, dairy products, lentils and pulses.

The impact of food choices in a balanced healthy diet means to help us in weight management, makes us agile and increases productivity, decreases the risk of diseases, helps in uplifting mood, improves memory, improves digestion and appetite and finally improves the sleep cycle.

Food provides information for our body to function normally. Health is one of the biggest blessings (Naimat) of Allah on us. Holy prophet (S.A.W.W) has narrated in Sahih al Bukhari, book 81, Hadith-1. "There are two blessings that many people lose: (their) health and free time for doing well." Muslims must stay healthy by consuming halal food and avoiding prohibited Haram food. All this will have a greater and better impact on health.

Written by: Hafsa Adnan  
Grade: V Fatima Tuz Zohra

# *Section II*

## *Report*



# Annual Function 2021

From **Maryam Murshid**

9-Jan-2023

The most fascinating and adorable Annual Function of my school that I ever attended was the Annual Function of 2021. Hence, this forced me to endorse an informative report about this event which will cover all the vital details consecutively.

Initially, everyone in my school was enthusiastic and eagerly waiting for the Annual Function. The preparations began a month or two before it. Every student participated admirably but for skits, the students of every grade instantly raised their hands to be a part of them. Little, innocent Junior grade girls participated in Nasheeds and tried hard to make them full of affection. Moreover, the girls who played a role in presenting speeches, also tirelessly, worked hard to refine their way of presenting speeches and even brought sturdy reasons and explanations for their speech themes in order to satisfy and to make the audience agreeable about their statement.

Eventually, when the time arrived to highlight and present their hard work on stage, all the students got nervous and great anxiety struck them. However, they controlled all these feelings and consoled themselves and boost their confidence level. Sequentially, each one or group of students played their respective performances which mostly proved alluring to the audience. Especially the play delivered by O-I girls, on feminism, shimmered and vividly was acknowledged by the audience and senior staff of the school. Furthermore, the nasheeds presented by junior girls were also mesmerizing and amazing. Little girls were wearing colourful, fairy maxis that seemed like glimmering stars of the events. Refreshment was served to the audience to fill more warmth to the Annual Function. Lastly, the prize distribution was held in which academically outstanding and brilliant performers were given trophies and shields as an appreciation for their Academics Excellency.

In the end, most of the parents appreciated the work and performances of the school students and most of the plays proved motivating and inspiring to the public, upon which our school principal became proud and happy with her campus girls.

# *Section III*

## *Achievements*



## GIRLS' CAIE Results



**67% A\*s & As**  
**100% Result**



# High Achievers..!

Students who appeared in 4 subjects		
Tooba Jilani	4 As	Physics (A), Chemistry (A), Biology (A), Chemistry (A)
Students who appeared in 3 subjects		
Suha Munawwar	3 A*	Islamiyat (A*), Urdu (A*)
Fareaha Qazi	1A*, 2A	Islamiyat (A*), Urdu (A), Pakistan Studies (A)
Noorul Ain	1A*, 2A	Islamiyat (A*), Urdu (A), Pakistan Studies (A)
Amna Kashif	1A*, 2A	Islamiyat (A*), Urdu (A), Pakistan Studies (A)
Laiba	1A*, 2A	Biology (A*), Physics (A), Chemistry (A)
Students who appeared in 2 subjects		
Hadia Usmani	2A*	Computer (A*), English (A*)
Sara Imran	1A*, 1A	Biology (A*), English (A)
Maryam Murshid	1A*, 1A	Urdu (A*), Islamiyat (A)
Naveera Farhan	1A*, 1A	Urdu (A*), Islamiyat (A)
Students who appeared in 1 subject		
Farwa	1A*	English (A*)
Nabiha	1A	English (A)
Aqdas	1A*	English (A*)
Manahil	1A	Chemistry (A)
Fizza Hassan	1A	Urdu (A)
Manahil Sameer	1A	Urdu (A)
Amna Zafar	1A	Pakistan Studies (A)
Nawal Ali	1A*	Urdu (A*)
Nawal Siddiqui	1A	Islamiyat (A)
Aiena Anwar	1A	Urdu (A)
Aiza	1A	Urdu (A)
Ayesha Ali	1A	Urdu (A)
Maryam Hassan	1A	Islamiyat (A)

# Successful Journey

Achievements are built on mistakes, and one's willingness to keep learning from them. These words might not seem much, but they hold the promise of a greater perspective. Much like the rest of my class, October 2021 was the first time I was going to sit in a Cambridge exam. There was the usual case of terrible pre-exam anxiety, paired with sleepless nights over the worry of what I would now classify as mental matters. There was stress about every single aspect of the exam-what if I didn't reach the exam venue on time? What if I forgot everything we had learnt in the past year as soon as I sat down in the exam hall?

It was being seated in the exam hall, waiting for the papers to be handed out, that marked the height of the whole affair. But as it happened, we persevered through and gave our best. All that was required then was the patience to wait for the results.

The day of the result itself was no different, the anticipation being the worst part. However, the singular moment of heightened suspense and then being told my actual result, A\*s in all three of the subjects, was the apex of it all. Every bit of knowledge I had acquired, every single all-nighter, every bit of my teachers' efforts, all of my parent's encouragement and help and above all, their prayers, culminated in that moment of immense gratitude and happiness.

After the initial celebratory phase settled down, all I wanted was to find a way to experience it again, and as I found out later, so did quite a few other people. Together with one of my closest friends, I decided to appear in two more subjects; English Language in the summer 2022 series and Statistics as an additional subject in the winter 2022 series. This time, there was less frenzy and more of eagerness for our methods. By the grace of God, I ended up achieving two more A\*s in these exams, and the endeavours themselves were a lot to learn from.

Meticulous time management, for one, holds a great deal of potential that often goes unnoticed. Sure, every student has to pull all-nighters at one point in their lives or another, but it's the rarity that conserves their charm and effectiveness. Then there's the usual devotion and hard work that needs to be put in, of course, but everyone has different measures of those that work for them.

I feel immensely grateful towards Allah, for these accomplishments and much more; for granting me the courage to see the process and hard work through, for my amazing teachers, for the unwavering support I had from my friends and family, and most importantly all the tireless efforts my parents put in, and still continue to do so, for my benefit. I and my class are set to give our finals this summer, and I sincerely hope that it will be a knowledgeable and insightful experience for us, insha'Allah.

Written by: AQDAS

Grade: O-III Fatima Tuz Zohra

*Section IV*  
*My Veil*  
*My Modesty*



# MY STORY OF WEARING HIJAB

A lot of the time, as a child, I was often asked, what is that thing on your head? Why did you wear it? Why are you so adamant about never taking it off? After all, how important could a piece of cloth be to someone?

As an eight-year-old going to school in England, where I was the only Muslim girl in the class, I did know how to answer these questions properly. People often assumed things about me and my beliefs which were untrue, and often very hurtful. And over time, I, too, became ashamed of my identity. The girls in my school would be dyeing their hair pretty colours and would be showing it off to everyone, and as a child, in the back of my head, I would be thinking about how lucky they were. My parents had explained to me the importance of covering oneself and being modest, as these were the commandments of Allah S.W.T, The Almighty, and he knew what was best for us. I agreed to observe the hijab almost immediately after hearing that, but I never expected people to be so cruel and callous about it.

A little while later, we moved to Pakistan, and I was overjoyed to see women wearing hijabs and abayas just like I did. For the first time, I didn't feel alone. Seeing other girls my age observe the veil motivated me to do it as well, and I felt so much freer of people's judgmental glances and criticizing comments. Later on, I joined The Benchmark, and that helped foster the feeling of sisterhood I had with all of my Muslim companions. We were taught about the utmost importance of observing the hijab; Allah had blessed us with a way to protect ourselves from unwanted advances and from being objectified and reduced to our looks alone.

What people assumed about me couldn't be further from the truth; Allah S.W.T has not 'forced' me to wear the hijab. He has commanded me for my own betterment, in the same way, a mother would tell her child to step back from the flames so that the child does not get in harm's way. My hijab is not a burden to me, and my hijab is not and will never be something that holds me back from success. In fact, it is the absolute opposite. My hijab uplifts me. It gives me power, it gives me strength, and above all, my compliance with Allah's orders pleases Him and is a way to go to Jannah. And after all, isn't that every Muslim's deepest desire to please the one who has blessed us with so much, and to be rewarded with eternal happiness?

A few years later, I went back to England, but this time, with a fresh perspective on life and Deen. People still make comments, and they always will. It is inevitable. The real test in this situation is our priorities. Do we give more importance to the words of people who will most certainly cease to exist at some point in time, or do we hold our Lord's commandments closer to our heart? With the guidance of my mother, my peers, and my teachers, I was able to overcome the constant need to be seen as 'good' in everyone's eyes, because, as I learnt, everyone doesn't matter. In the end, Allah created us, and we will answer to him.

Often, many individuals say things like, 'What will people think if I started to cover myself up out of the blue? They'll think I'm not confident in my own skin, and the impression I make on people is important.' Or, 'I don't want people to think I have extremist views.' What we need to understand here, my sisters in Islam, only Allah matters. Only His commands matter, because the people who say things will not be there on the Day of Judgment to answer on our behalf. That is one of the most valuable lessons one can ever learn, and I say that from experience, as someone whose life revolved around these thoughts. I changed for the better, and I'm proud of myself, grateful to the people who have helped me get to this point in my life, and above all, thankful to Allah, the Almighty, who gave me the opportunity to make myself closer to Him and more vigilant in my observance of hijab.

Written By: TAIBA SIDDIQUI

Grade: O-III Fatima Tuz Zohra

# *Section V*

## *Interview*



## THE MARK MAGAZINE INTERVIEW - 'MY JOURNEY AT THE BENCHMARK'

**Suha Munawar:** Assalam o Alaikum WrWb! School plays a vital role in every student's life and we may even say that it is our second home. Today I am with the school representative of The Benchmark, Hadia Usmani, who will be sharing her experience, thoughts and life at The Benchmark ....

**Suha Munawar:** Which student qualities of yours have brought you to this significant position of being the school representative of The Benchmark?

**Hadia Usmani:** I don't know actually to be honest. I've just been me. Though I am thankful and honoured that the management saw potential in me and deemed me worthy of such a position. I wanted to be the Benchmark for others. I wanted to stand out in my studies as well as excel in religious practices as well which I have achieved with the help of Allah SWT & my mentor at The Benchmark.

**Suha Munawar:** What three things of The Benchmark do you find different from other schools?

**Hadia Usmani:** The environment, the engaging community, & the focus on the religious aspect of life. Unique holistic approach to our extra-curricular and academics and its amiable staff puts it in the limelight from other various institutions.

**Suha Munawar:** With your experience, what skills do you think an O'Level student is expected to have in general?

**Hadia Usmani:** Any student, in general, should have the will and the dream to persevere and move forward by following the teachings of Quran and Sunnah and including a sense of responsibility within self.

**Suha Munawar:** How has The Benchmark shaped you to be a better Muslim?

**Hadia Usmani:** As a result of the profound Quranic Arabic course taught to us at the school, I am able to Comprehend the message of the Quran to an extent. Furthermore, the environment here in regard to the dress code has inculcated a sense of modesty in me. Mutalae Quran e Hakeem in our curriculum, counselling sessions and monthly duroos have enabled me to get a better grasp on my religion.

**Suha Munawar :** How will you define the company of your friends at The Benchmark?

**Hadia Usmani:** Simply the best. They are caring, responsible and just overall very merry to be around.

**Suha Munawar:** What are your ways of reducing stress?

**Hadia Usmani:** Salah and Quran. Additionally, with time you start to comprehend what holds Significance and what doesn't enable you to live with it. Stress is there in the background, but Salah and Quran act as a shield.



**Suha Munawar:** Has a Tarbiyah program organized by the benchmark had any impact on you?

**Hadia Usmani:** To a great extent yes. The monthly duroos, Mutalla e Quran as part of the curriculum, the Encouragement to enjoin good and forbid evil from all those around me and the dress code have had Impacts on me which I am proud of.

**Suha Munawar:** What seems to be the best in terms of your O levels faculty at The Benchmark?

**Hadia Usmani:** All of our O ' level faculty advocated strongly for us to have access to a fully equipped lab to facilitate our studies, and have offered us extra classes on Saturdays to clear up an confusion we have. The top-notch faculty in town for sure!

**Suha Munawar:** What are two of your most memorable moments at The Benchmark?

**Hadia Usmani:** Well, it is difficult to name only two. My friends occupy the majority of those memories I would say. I guess one of them would be when our grades were announced in OI, and the second would be when my friends cheered me on to deliver a speech.

**Suha Munawar:** To what extent do you think The Benchmark community has helped you to be better academically and morally?

**Hadia Usmani:** The environment here has contributed greatly to who I am today. With the help and Guidance of my teachers and peers, I have learned to believe in myself and have gotten to explore my potential to the fullest in academic and moral instances. To a great extent. Learning deen, the religious community around me and our teachings being related to Islamic teachings have assisted me in growing Islamically.

**Suha Munawar:** Many extracurricular activities are held annually to groom the students' character and enhance their skills. To what extent do you think that this really helps them?

**Hadia Usmani:** To a great extent, I suppose. However, I would also add that this varies from student to student and again, the will to embrace change. A number of events target the students' confidence building while others assist us in winding down a bit. So yes, I would say that they do have an impact.

**Suha Munawar:** You all will be graduating this year. What are some words you would like to say to those who will be filling in your position next year?

**Hadia Usmani:** Be yourself – Don't show off! Your success is only in the eyes of Allah. Don't try too hard in fear that what people will think. Although, you should never give up in your struggle against satan.

**Interviewer:** Suha Munawwar  
**Interviewee:** Hadia Usmani

# *Section VI*

## *Poems*



# Perhaps

Perhaps, the star's shine  
Before the evening time  
The desolate soul might rise  
With the brightening spring upheld in the sky  
Millions of flowers bloom and fetch the bliss all around and groom  
Astounding effects on birds and flies  
Verification of the poet's mood  
Attribute his mind in a great tone  
The plight is no longer in touch  
When you know your triumph is near  
The silver linings inside  
Always in the black clouds and waiting for  
The right moment  
To ornate the faces of suffering souls  
Obscurity is no more in the way  
Impressionist style might change into something robust  
His art is impassioned with peaceful tools  
And brush stroke with some colorful stuff  
Perhaps the flight of the falcon provoke the dead soul  
Mitigate the pain  
Deviate the impersonal thoughts with some new hopes  
Perhaps the star shine  
Retreat the far-fetched happiness that was lost before...

Written by: Anam Hanif (English Teacher)

# Happiness

Happiness is where there is selflessness,

Happiness is where there is kindness,

Happiness is where there is forgiveness,

Happiness is where there is humanity,

Happiness is where there is unconditional love,

Happiness is where there is trust and love for Allah,

There's just no counting on happiness.

Written by  
Hafsa Adnan 843  
Grade V F.Z

# FORGIVENESS

Forgiveness heals,  
No revenge,  
No payback,  
No counterattacks,  
No plotting and scheming,  
No anger,  
No screaming,  
No back-biting,  
No demanding justice,  
Only forgiveness,  
This is how  
Our wounds heal,  
And we bloom.

Written by  
Hafsa Adnan 843 (Grade 5 f.z)

# Trust

Trust is like the earth's crust,

Rock-hard letting get to adjust,

Until no limits get crossed!

Sinking everything in the sea to get rust,

Rust mixes everything in dust,

Trust in Allah!

That's enough,

For all.

Written by  
Hafsa Adnan 843  
(Grade 5)

# PROMISES

Promises, promises, one, two, three,

If we promise something we will never be free, Unless we will fulfil it,

If we break it, in front of Allah, we will not well fit,

We should keep promises so we can enter paradise,

Trust me it is not easy like rolling a dice,

That is why we should keep our promises,

Or face the consequences.

Written by:

Ayesha Syed 585 (Grade V)

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