



Ramadan Charity Program 2017

Ramadan is the ultimate month of goodness. As you all may be aware, for us here at As-Siraat, Ramadan spells **c-h-a-r-i-t-y!**

The team actively drew plans for the month which included aftaars, distribution of ration (food supplies) packets and Eid clothes for the less fortunate.

We are grateful to the Almighty that we were able to meet our targets and then some. As-Siraat distributed rashan to **300 families**.

Don't you just love to wear new clothes at 'Eid? Alhamdulillah, we were able to bring smiles to people by presenting them with clothes. Festivals get a whole new meaning when one is dressed to their best. We were able to share the feeling with 180 others, and all because of the generous contribution from dear Pakistani people and our team members. It is not just the money or food/clothes, but the precious time too willingly given by all our selfless volunteers which made this venture possible!

It is reported by RasulAllah's (s) companion 'Abdullah ibn 'Amr (r) that a man asked RasulAllah (s), 'Which aspect of Islam is the best?'

RasulAllah (s) replied, 'Feeding people, and greeting those you know and those you do not know.'

How amazing to know that the easiest actions of charity have actually been prescribed as the best! As-Siraat Welfare Trust was able to hold 7 grand aftaars this Ramadan. We were able to gather round smiles, best wishes, and prayers for ourselves. What were your remarkable achievements this Ramadan? Let's gear up for the next Ramadan and hope that we are able to reach even more people with our acts of goodness. May Allah accept from you and from us!

Each package of rations consisted of 20 kgs of wheat flour, 5 kgs rice, 5 litres of oil, 2 kgs sugar, 1 kg x 4 lentils, 1 kg gram flour (besan), 1 kg dates, 450 g of tea leaves, 1.5 litres of jam-e-shireen, and one carton of milk (250ml x 24 packets).

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ABDUL SATTAR EDHI

The team at As-Siraat never fails to be less than inspired when it comes to Abdul Sattar Edhi. Can you imagine running such a huge organisation yet living so simple a life? Having a huge number of funds to manage yet never being less than wholeheartedly sincere? Receiving numerous prizes for your work yet not taking a vacation for yourself? Well, we should all be able to imagine our life goals that way.

On the occasion of his first death anniversary, As-Siraat donated a sum of fifty thousand rupees to the Edhi Foundation, and we will continue to show our sincere support to the great humanitarian that this world has seen, in word and in action. There are several points of learning from his life and services.

28 February, 1928 - 8 July, 2016

Have you ever wished to do something yet not had the resources for it and so gave up the idea altogether? Abdul Sattar Edhi was extremely poor yet he had made his life mission to serve the poor, and that is indeed what he did, without discrimination of any kind. We just have to be stick to our goals and ask for help from Allah. It is the only way to make things possible.

*“Empty words and long praises do not impress God.
Show Him your faith by your deeds”*
Abdul Sattar Edhi

It is said that the most likeable quality in a person is that of being trustworthy. How trustworthy are you? Had Edhi or his services had ever been even slightly less than trustworthy, would you or I have helped him or remembered him in the best of terms? The answer is clearly no. Our gifts are only as good as the use that we make of them. Do you have any special talents or targets in life? Be the kind of person that people can trust and Allah shall help you achieve your way. Every human has the innate concern for others, and Edhi had the same in huge amounts. Perhaps we all have the same amount of kindness too, but we just fail to act upon it. Next time you are worried about others, put your instincts into action. Help them, and then cherish the pleasurable contentment that comes with such a selfless action!





Environment Protection

We are running out of land because of the landfills and garbage rotting everywhere. Huge pieces of land are also going barren because of deforestation and carelessness. What can we do to protect the environment?

As-Siraat cares for the environment and the polluted world that we are in danger of leaving behind for our young. We decided to do something about it and thought it was time for some landscaping. The term landscaping is used for when the land is changed in the way it looks because of planting or installation of structures (like benches and dustbins in our case).

As-Siraat took care of the installation of plants and trees in the school grounds and the accompanying area. Bins have also been installed inside and outside of the school for proper waste disposal. We cannot be good Muslims until we are gentle and caring to our environment and we wish to highlight and encourage the same with this initiative.

Things become even more beautiful if children are involved in it. At As-Siraat School, children are educated about pollution and waste management. With the installation of trees and waste bins, our aim is to encourage the students to be more mindful of what they throw at the environment for

Whatever you sow, so shall you reap!



| Independence Day |

Pakistan's 70th birthday rolled around and children at As-Siraat were all too eager to celebrate the occasion. The morning celebration began with the recitation of Quran by Muhammad Fahad (Class IV), followed by na'at in the praise of Prophet Muhammad (s) by Sharjeel Naseer (Class IV). Children sung national songs with great gusto, interspersed with loud shouts of Pakistan Zindabad!

It was a day of making merry. The students of class Nursery were not content with being left behind their seniors and so Kiran, Zehra Yasir and Abdullah Ameen sung Maaon ki du'a (Prayer of Mothers) to great applause. Soon it was time for some powerful speeches. Asmara Altaf from sixth class and Saadia Irshad from seventh poured their hearts out into meaningful speeches. Chingez Abram spoke on the significance of our flag.

تم ہوزندہ جاوید روایت کے چراغ
تم کوئی شام کا سورج نہیں جو ڈھل جاؤ گے۔

“Pakistan not only means freedom and independence but the Muslim Ideology which has to be preserved, which has come to us as a precious gift and treasure and which, we hope other will share with us. Muhammad Ali Jinnah”

Students from classes two, three, fifth and sixth presented their favourite national songs and poems in a burst of unrivalled enthusiasm. Ali Ameen, Iqra Aslam, Mishal Khan, Alishba Akhter, Surayya Nawaz, Sania and Timar Abram

delighted their audience with their beautiful singing. It was great to see the passionate love and care that the young ones held for their beloved land.

Miss Shaista closed the ceremony by sharing her thoughts on the occasion, and the young crowd erupted into cheery shouts of Pakistan Zindabad. May Allah help to work for our country with sincerity, so we are able to build it into a prosperous nation, amen!



MALNUTRITION

Malnutrition is a serious health problem that occurs due to inadequate nutrients in human body either due to insufficient dietary intake or some disease.

The most common clinically significant nutrient deficiencies and their consequences include the following:

- **Iron:** causing fatigue, anemia, decreased cognitive function, headache, glossitis and nail changes.
- **Iodine:** Goiter, developmental delay and mental retardation.
- **Vitamin A:** Night blindness, Xerophthalmia, poor growth and hair changes.
- **Vitamin C:** Poor wound healing, bleeding gums
- **Vitamin D:** Poor growth, rickets, osteomalacia, fractures.
- **Folate:** Anemia, glossitis, neural tube defects in fetuses of pregnant ladies.
- **Zinc:** Anemia, dwarfism, Hepatosplenomegaly, Hyperpigmentation, Hypogonadism,

Signs of Malnutrition

Weak Muscles

Feeling lethargic

Depression

Frequent infections

Signs of Malnutrition in Children:

- Failure to grow at expected rate
- Appearing irritable, sluggish or anxious

Treating Malnutrition in Children:

- Extra nutrients and increased intake of energy & proteins in daily meals
- Make meals more delicious & interesting
- Supplements as advised by doctor
- Hospital treatment maybe required for long term starvations or health issues

HELP!

HUNGER KILLS MORE PEOPLE EACH YEAR THAN AIDS, MALARIA AND TB COMBINED.

Do you know the most annoying thing today? It is when technology hangs up on us! So how would you like to help our young buds educate themselves in technology? Yes, you can help!

The new Edhi block of As-Siraat Public School requires a bigger computer laboratory and a larger library for the children. To this end, we decided to reach out to you for help, dear readers. You can donate your old computers that are in a usable condition, or sponsor new ones for us. Think of a laboratory where you would take joy in watching young minds at work- you can donate or sponsor computing equipment and furniture.

A mind can only grow with new experiences and knowledge. What better place for growing than in libraries! Do you have books lying around at home that you have read or found electronic editions for? Gift those to the library at As-Siraat and you have got some lasting charity for yourself God willing! Comfy chairs, tables and lighting also go a long way towards designing beautiful reading environment. Here is a beautiful opportunity for goodness. Join hands with As-Siraat and start giving. A heartfelt thank you goes out to you from all the children & team members at As-Siraat Welfare Organisation!



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