



AL BIRR INSTITUTE  
VIEW AND REVIEW  
2019

“

**Al Birr Institute  
started with only  
one aim:**

**To instil the love of  
Allah (SWT) in the  
hearts of younger  
generation.**

”

Areeba Zubair

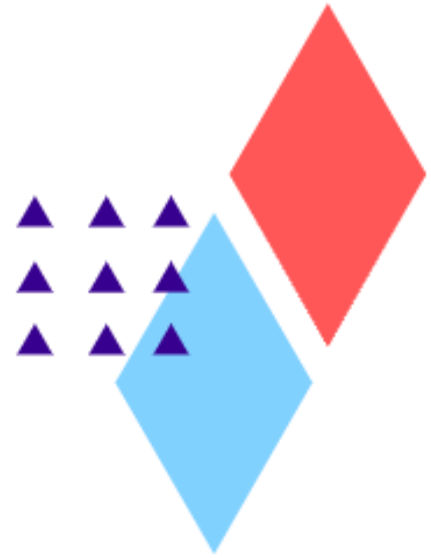


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# Introduction

Education is the most powerful tool which you can use to change the world.

“Al Birr institute is a non-profit Institution that started in April 2015 with only one aim: To instil the love of Allah swt in the hearts of our younger generation.

With the blessings of Allah SWT, a team of devoted volunteers, wonderful teachers and a vision to create a stronger Ummah, Al Birr Institute developed over these years and has inspired over a 100 students thus far Alhamdulillah.

We, at Al Birr believe that the Quran & Sunnah is our saviour from the fitna and trials prevailing in the society today. Therefore, we try our best to re connect our students to what is important in the most loving and beautiful ways.

Quran Memorisation, Recitation, Tajweed, Aqeedah lessons, Seerat-Un-Nabi, Arabic language, Prayer, Supplications, Tafseer, Translation, Hadith and stories are taught. Special interactive character building classes are also arranged throughout the throughout year to boost up the emaan in students and their also mothers.”

AREEBA ZUBAIR  
CO FOUNDER

Areeba Zubair, mother of two, is director Al Birr Institute Karachi. She has completed her O & A levels from London & her Bachelors in Islamic Studies from Dr Bilal Philips's Islamic Online University. She has also completed her Ijaza in Hifz e Quran from Global Quran Memorisation Centre. Experienced in teaching Quran and Islamic studies to children and teenagers for over 8 years, conducting Inspirational workshops, counselling youngsters, she is actively involved in community work, with a strong vision to provide authentic Islamic knowledge in the most appealing way.

# Meet the Team



To be in  
service of  
others

MRS ROBINA KHALID  
OWNER

**Intro:** Supervisor of all management affairs at Al Birr for the last 4 years. Has completed 3 years Taleem Ul Quran Course from Al Huda in 2006. An active member of the community, has outstanding management & Administrative skills.

To please  
Allah swt

MIAN KHALID MEHMOOD  
OWNER

**Intro:** An active member of the local community, funding various projects for the welfare and education of Muslim children in various madrassas. Affiliated with many shuyookh, providing financial and moral support to Al Birr and gaining Sadqa e jaria.

To become a  
good mother  
and surgeon  
Insha'Allah

DR FAREEHA KHALID  
DOCTOR / HIJAMA THERAPIST

**Intro:** Completed her MBBS and done the Taleem Ul Quran Course from Al Huda. Worked as a volunteer at The Civil hospital and in the local community. Conducting Health Awareness sessions. Dr Fareeha also conducts Hijama sessions every month.

Gaining the  
pleasure of  
Allah swt

MIAN ZUBAIR KHALID  
CO FOUNDER

**Intro:** Completed Hifdh in 2004, and has done various Islamic courses from Al Huda. Also taught Tajweed in Al Huda. Completed Masters in Marketing from US. A Member of committee in the local masjid. Been an active participant as an organiser at Al Birr, also taught older boys Seerah & Tajweed at the Saturday school.

To be a student of Qur'an and to spread the knowledge of it to the world around me. It has enlightened my life and given it a purpose

UZMA LODHI  
TAFSEER & ARABIC TEACHER

**Year joined:** 2017

**Intro:** Completed BBA and MBA in 2008. Uzma taught Computer sciences and Maths in the past. Also served as HOD for 5 years, completed Ruju Ilal Quran Course from Quran Academy. Has continued to teach ever since.

**With Al-Birr:** She has been teaching students of different ages Tafseer and Arabic Grammar. This helps her to fulfil the aim of her life in spreading the message of Allah to the world.

Providing a polite learning atmosphere that is according to the children's mind-sets

FARAH JAWWAD  
NAZRA & TAJWEED TEACHER

**Year joined:** 2016

**Intro:** Joined Al Huda institution after finishing my internship. She did a course of translation & tafseer. After that, she worked one and a half year in Al Huda institute. Joined Al Birr institute and Alhamdulillah carry on.

**With Al-Birr:** There is no strictness for learning Islamic education. Al Birr makes love for Islam in children's mind, providing a polite and loving atmosphere for growth.

Seeking the pleasure of Allah in everything I do & making the best of my knowledge, health and time for my deen

DR SAIMA FAISAL  
ISLAMIC STUDIES TEACHER

**Year joined:** 2017

**Intro:** Graduated from Sindh Medical College and worked as a sinologist in Zia Uddin Hospital. She also worked as a G.P in Patel Hospital. Currently learning Arabic from Bayyinah and did Tadabbur al Quran from Al Huda.

**With Al-Birr:** Teaching Islamic Studies and holding character building sessions for the wonderful students. Working with Al Birr makes it possible for her to devote her time to Islam and to spread the knowledge.

To spread the good and to prevent the bad so that the time spent in this world is spent carefully

AFSHAN TALIB  
HIFZ TEACHER

**Year joined:** 2016

**Intro:** Afhsan has completed the comprehensive teacher training course and has a diploma in Arabic from Professional Partnerz Institute. Did her BA from KU and has completed Hifz of Quran.

**With Al-Birr:** She teaches student Quran Memorisation and recitation. The students and staff are all loving and caring. She wishes to be a continuous source of reward (Sadqa e jaria) for her parents.





Bringing people close to Allah by instilling His love in their hearts

SHAHEEN SIDDIQUE  
TEACHER

**Year joined:** 2016

**Intro:** A student of the knowledge of Deen. She completed her studies from Saudi Arabia and did the Taleem Ul Quran Diploma from Al Huda where she is also in charge. Moreover, she studied Arabic Grammar as well.

**With Al-Birr:** Respecting all school of thoughts and Scholars, Shaheen teaches how to follow the madhab of Quran and Sunnah & the belief of Ahl-e-Sunnah wal Jama'ah.

To learn and teach the Quran

HUMAIRA JABEEN  
QURAN TEACHER

**Year joined:** 2015

**Intro:** Humaira is a teacher and has been teaching in DHA School since 2010. In 2006, she worked as an examiner in Jameyet Madrassa for 6 months.

**With Al-Birr:** She has been connected with Al Birr for about 5 years now, teaching students Qaida and Islamic Studies. This institute has helped her, take her knowledge further and helped to fulfil her aim.





# Student Reviews

## Ambitions

Students and volunteers - strength of Al Birr Institute

“My aim is to be a role model & an inspiring person for others”

Tania Nadeem

(Student & volunteer since 2016)

“To use my knowledge, talents and physical abilities bestowed by Allah to help my surroundings”

Tanzeel Shahid

(Student & volunteer since 2016)

“To Learn & Teach”

Javaria Hammad

(Student & volunteer since 2015)

“Gaining the pleasure of Allah is all I want in life”

Unaisa Asif

(Student & volunteer since 2015)

“Achieving paradise is my goal and I’ll do everything necessary to do that”

Eesha Hammad

(Student & volunteer since 2015)

“To gain duas from parents and elders”

Mehak Asif

(Student & volunteer since 2015)

“Making myself proud for my parents till my last breath”

Khushbakht

(Student & volunteer since 2018)

“Be a better Muslim and help others become better Muslims”

Habiba Anis

(Student & volunteer since 2015)

“Doing something for all of human kind”

Aimen

(Student & volunteer since 2017)

“To bring aeronautical engineering industry to a new level”

Ayan Hassan

(Student & volunteer since 2017)

“My goal is to embed the true essence of deen in children.”

Khadija Muzzammil

(Summer Camp Volunteer)

“To use my time given by Allah in a more fulfilling way”

Noor Hammad

(Student & volunteer since 2015)





# Parent Comments

Parents share the experiences with the Institute.

My kids were so happy, and the way everybody deals with kids makes me feel my child is safe... It was a short experience, but I was so impressed by the warmth and how everything is organized.

Kulsoom, Mother of Zakwaan (4) & Sinan (3)

My daughter is 3 and a half years old and learning so many things like duas and good morals from different stories and activities. I was most surprised when she started reading surah Ad-Duha on her own at home! I didn't know she could memorize so much and this has really motivated me as a mother to encourage my kids to listen to and learn more Quran every day!

My daughter is so happy to go and loves it there. Jazakallahukhair Areeba for all your well planned efforts.

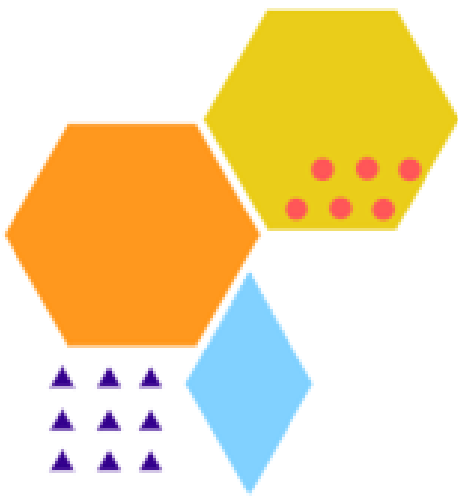
Mother of Parisa (3)

Al Birr (summer camp), a wonderful place for learning Quran and Islamic education. A friendly environment bringing kids close to their worldly and ultimate goals.

I must say that Areeba and her staff are doing a commendable job. From helping memorise, reading them stories of prophets and managing their tantrums... Hats off to them. The best part is all the activities were integrated with Islamic values  
Alhamdulillah

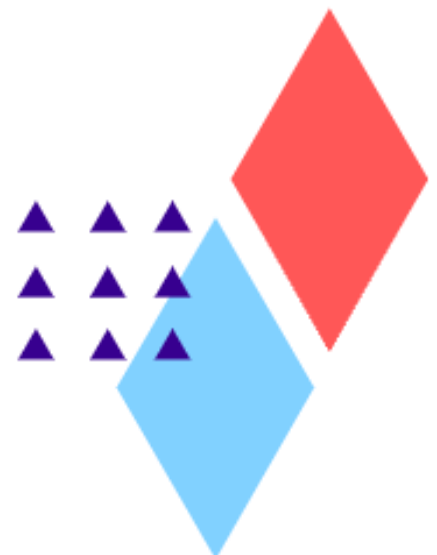
Rabia, Mother of Mustafa (5)

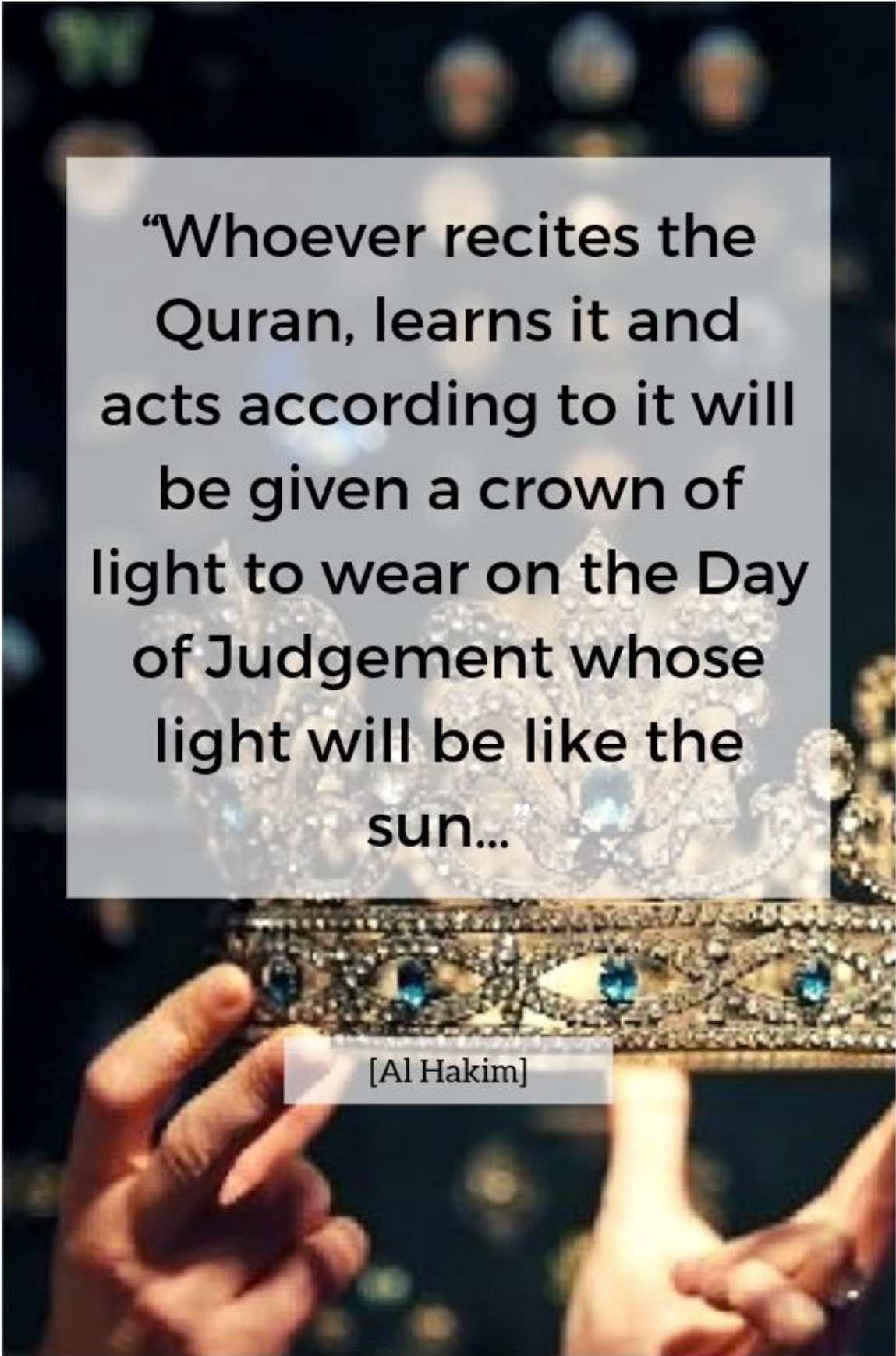




# Programs

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**“Whoever recites the  
Quran, learns it and  
acts according to it will  
be given a crown of  
light to wear on the Day  
of Judgement whose  
light will be like the  
sun...”**

**[Al Hakim]**

# Quran Memorization

This Program is designed to cater for each individual student according to their capabilities and potential.

“The heart with no Quran in it is like an abandoned ruined dwelling.”

Ibn Taymia believed that Quran Memorization should be given preference over every other knowledge.

**QURAN MEMORIZATION**  
*Highlights:-* **LIMITED SPACES**

- DAILY REPORT & HOMEWORK PLANNER.
- SEERAT UN NABI.
- HIFDH PLAN STRUCTURED TO THE CHILDS ABILITY.
- TAJWEED & QAIDA.
- MEMORISATION OF MASNOON DUAS.
- MEMORISING THROUGH LISTEN/LEARN/RECITE TECHNIQUE.

**AGES:**  
GIRLS: 4 YRS TO 7 YRS  
BOYS: 4 YRS TO 6 YRS

**ON:**  
MONDAY TO THURSDAY  
3:30PM TO 5:30PM

**FEES APPLICABLE**  
REGISTER BY 25TH JULY '19  
CLASSES START ON MONDAY, 5TH AUGUST IN SHAA ALLAH

36A /2/1 Golf Course Road 5 DHA Phase 4  
03353240288 | albirrinstitute | albirrinstitute@outlook.com | albirrinstitute

**QURAN MEMORIZATION**  
*Highlights:-* **LIMITED SPACES**

- ETIQUETTES OF SEEKING KNOWLEDGE.
- MERITS OF THE COMPANIONS OF QURAN.
- 114 TIPS TO MEMORISE THE QURAN.
- MEMORISATION OF MASNOON DUAS.
- DAILY REPORT & HOMEWORK PLANNER.
- ARABIC GRAMMAR.
- FOCUS ON TAJWEED & QIRAAT.
- HIFDH PLAN STRUCTURED TO THE CHILDS ABILITY.

**ON:**  
MONDAY TO THURSDAY  
3:00PM TO 6:00PM

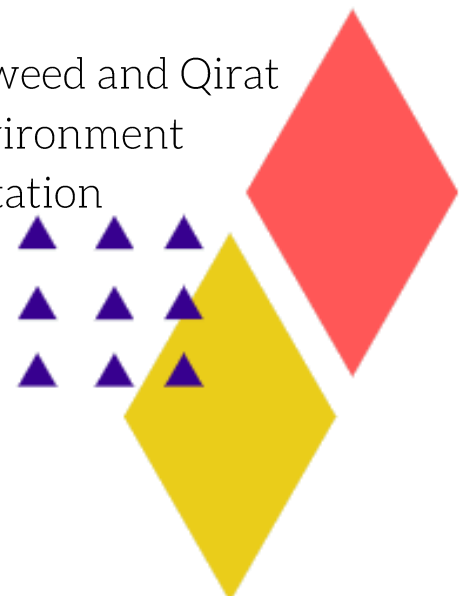
**AGES:**  
GIRLS: 8+

**FEES APPLICABLE**  
REGISTER BY 25TH JULY '19  
CLASSES START ON MONDAY, 5TH AUGUST IN SHAA ALLAH

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Featuring:

- Listen & Learn technique
- Tips on how to preserve knowledge
- Focus on tajweed and Qirat
- Friendly environment
- Melodic recitation





"The best among you  
in Islam are those  
with the best  
manners, so long as  
they develop a sense  
of understanding."

Imam Bukhari's Book of Muslim Morals and  
Manners

# Insights

Connecting people to the Quran and Sunnah through Islamic teachings.

“The foundation stones for a balanced success are honesty, character, integrity, faith, love and loyalty.”

Character guides our responses to issues we face in life as we work toward success. Our character is who we are and what we do.

**Insights**  
-PROGRAM-  
For Girls

**HIGHLIGHTS:**

- CHARACTER BUILDING WORKSHOPS
- AQEEDAH & TAFSEER.
- MEMORISATION OF SELECTED SURAHS.
- DUAS & AHADITH.
- FOCUS ON TAJWEED & QIRAAT .
- NAZRA QURAN.

REGISTER BY 25TH JULY '19  
CLASSES START ON MONDAY, 5TH AUGUST IN SHAA ALLAH

ON: MONDAY TO THURSDAY

TIMING: 3:00PM TO 5:00PM  
AGES: GIRLS: 8+

FEES APPLICABLE

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**Young Stars**

**HIGHLIGHTS:**

- QAIDA AND TAJWEED.
- ACTIVITIES.
- MEMORISATION OF SHORT SURAHS.
- DUAS & AHADITH.
- STORY TIME.
- SEERATUN NABI.

ON: MONDAY TO THURSDAY  
3:45PM TO 4:45PM

AGES: BOYS AND GIRLS  
3, 5 +

REGISTER BY 25TH JULY '19  
CLASSES START ON MONDAY, 5TH AUGUST IN SHAA ALLAH

FEES APPLICABLE

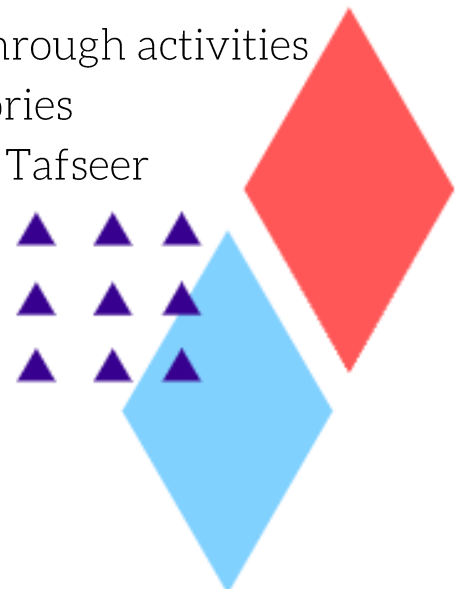
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## Young Stars

Presenting:

- Character Building Workshops
- Learning through activities
- Prophet stories
- Aqeedah & Tafseer



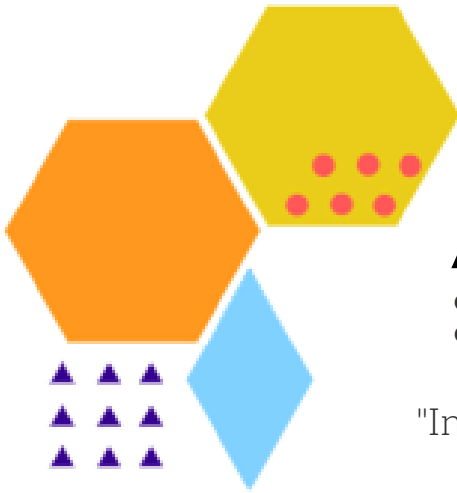


Arabic language  
is from the  
religion, and the  
knowledge of it  
is an obligation



Ibn Taymia





# Arabic

Creating a stronger connection to the Quran by understanding the language.

"Indeed we have sent it down as Arabic Qur'an that you might understand."

**ARABIC LANGUAGE program**

**HIGHLIGHTS:**

- VOCABULARY BUILDING
- ARABIC POEMS
- READING WRITING LISTENING & SPEAKING
- FUN AND LEARN QURANIC ARABIC

**AGES:**  
BOYS : 4 TO 7 YRS  
GIRLS: 3.5 TO 10 YRS

**ON:**  
EVERY FRIDAY  
3:30PM TO 5:00PM

**REGISTER BY 25TH JULY '19**

**CLASSES START ON FRIDAY, 13TH SEPTEMBER IN SHAA ALLAH**

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## Learning Arabic:

- Strengthens the mind
- Enhances courtesy
- Sharpens your wisdom
- The language of the angels

**AL-BIRR INSTITUTE**

**قرآن اب آسان**  
Qur'an ab Aasaan

**QUR'AN AB AASAAN**

EVERY FRIDAY

**LIMITED SPACES**

**Class Starts on 9th Aug 2019**  
3.30 to 5.30  
Register By 25th July 2019

**Ages:**  
• For ladies and girls (10+ years)

**Learn Arabic Grammar in an easy and systematic way. It will enable you to understand the Quran and Translate it easily inshaAllaah!**

**For More Info Contact:**  
03353240288

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Our mission is to make Quran education accessible to all.

Introducing the Arabic language in a pleasant and loving manner, enabling individuals to better their character through genuine connection with the Quran.





YOUNG STARS

FUN &  
LEARN



# Saturday School

Discover imaginative talents by attending just once a week.

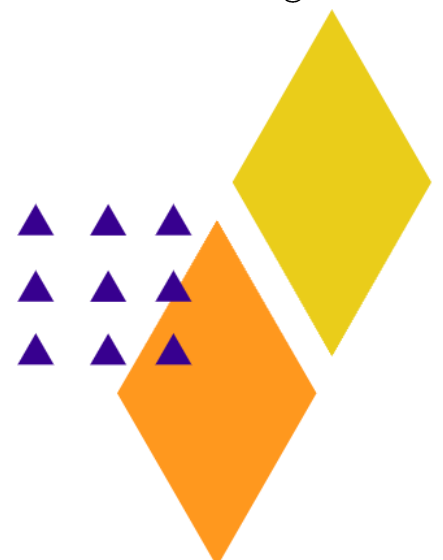
Build social skills through collaborative activities in a creative learning environment.


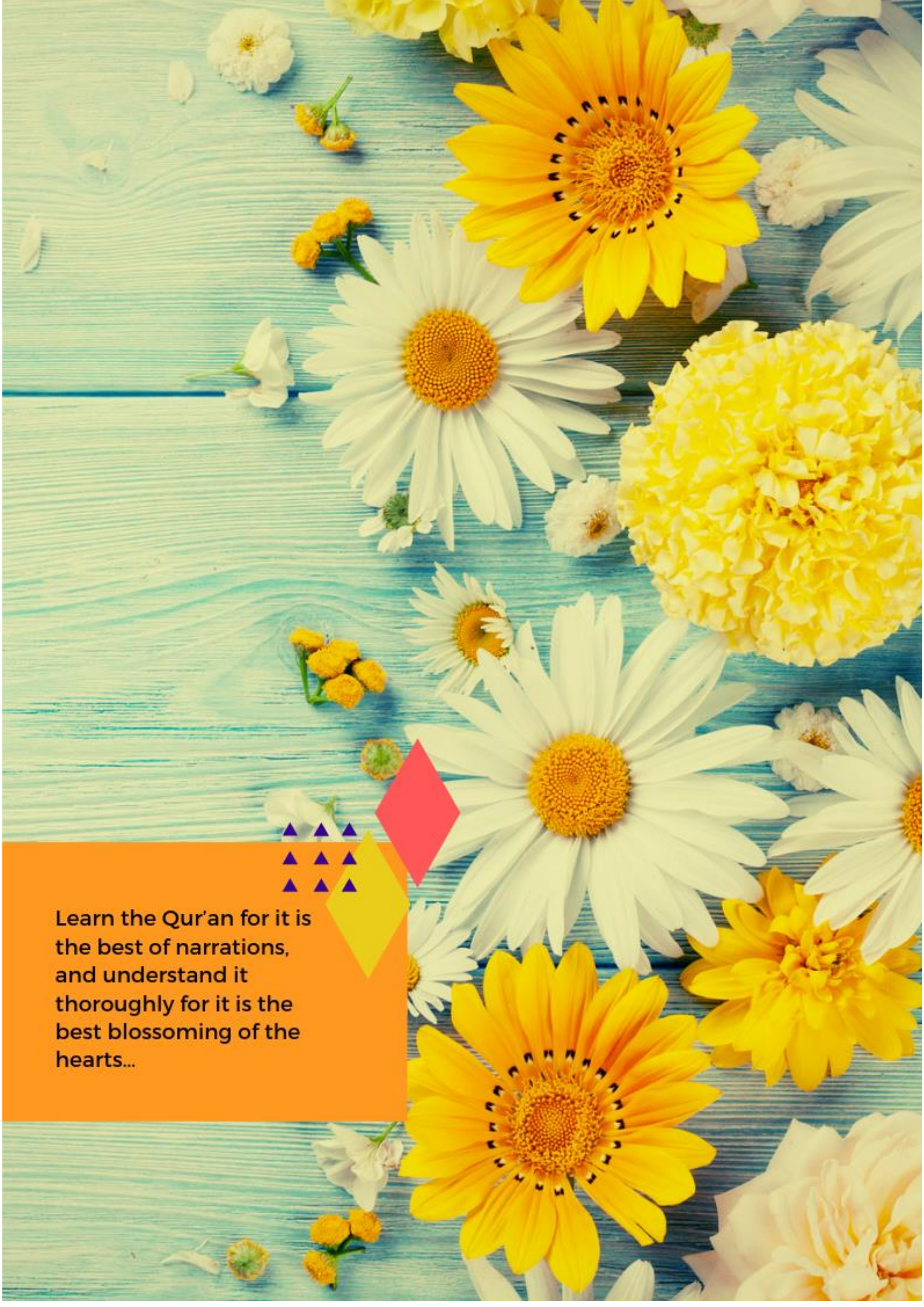


"Seek knowledge from the cradle to the grave."

Highlighting:

- Fun & Learn
- Hifz of selected surahs
- Arabic Language
- Character Building





Learn the Qur'an for it is  
the best of narrations,  
and understand it  
thoroughly for it is the  
best blossoming of the  
hearts...

# Tafseer Sessions

Find the purpose of your life, for a life without purpose is meaningless.

“Understanding is deeper than knowledge. There are many who know, but few who understand.”

Acquire:

- Management Skills
- Problem Solving
- Achievable Strategies
- Self-Development
- Productivity

**تفسير**  
*Tafseer Sessions*  
-FOR GIRLS-  
INSTRUCTED BY UZMA LODHI

*Highlights*

- CHARACTER BUILDING THROUGH QURAN.
- EMOTIONAL MANAGEMENT.
- AIM OF LIFE.
- PRESENT DAY PROBLEMS & SOLUTIONS.
- STRENGTHS & CHARACTERISTICS OF A MUSLIMAH.
- TRANSLATION & DETAILED TAFSEER OF JUZ AMMA.

**LIMITED SPACES**

ON:  
EVERY WEDNESDAY  
4:00PM TO 5:00PM

AGES:  
GIRLS: 8+

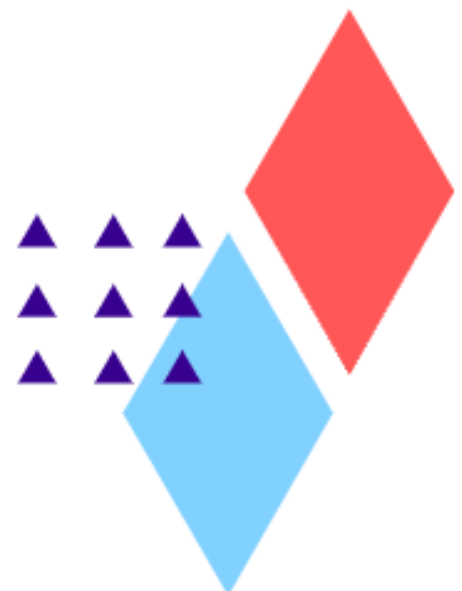
REGISTER BY 25TH JULY '19  
CLASSES START ON WEDNESDAY, 7TH AUGUST IN SHAA ALLAH

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Learn how to live life according to the Quran and the teachings of Muhammad (pbuh).

Explore the translation and through that, find out how to overcome the challenges life presents.



**“Verily, Allah  
does not look at  
your appearance  
or wealth, but  
rather he looks at  
your hearts and  
actions.”**

[Muslim]

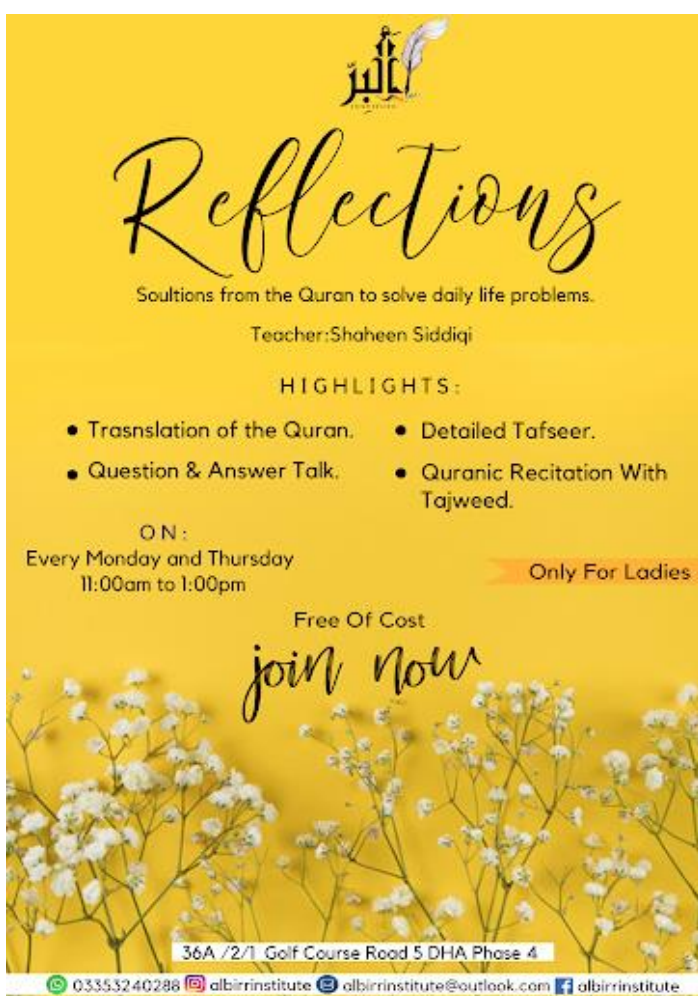


# Reflections

Solutions for the daily encounters. Understanding life all the way.  
Reflect Recharge Refocus and Renew.

“Self-reflection is the school of wisdom.”

Baltasar Gracian



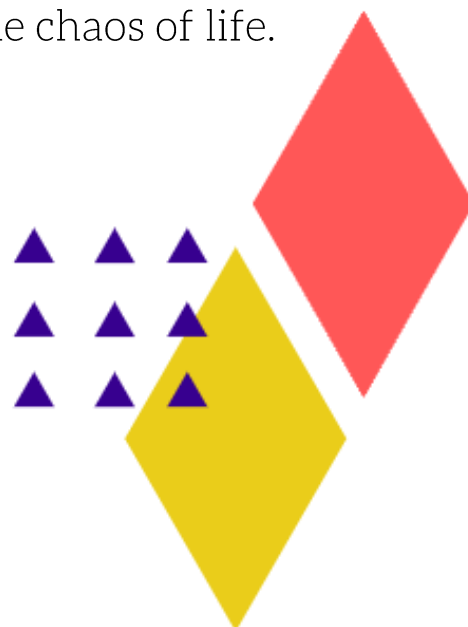
The poster for the 'Reflections' program features a yellow background with a white floral pattern at the bottom. At the top center is the Al-Birr Institute logo, which includes the Arabic word 'البر' (Al-Birr) and a crescent moon. Below the logo, the word 'Reflections' is written in a large, elegant cursive font. Underneath, it says 'Solutions from the Quran to solve daily life problems.' and 'Teacher: Shaheen Siddiqi'. A 'HIGHLIGHTS:' section lists: '• Translation of the Quran.', '• Detailed Tafseer.', '• Question & Answer Talk.', and '• Quranic Recitation With Tajweed.'. The schedule is 'ON: Every Monday and Thursday 11:00am to 1:00pm'. A red box on the right says 'Only For Ladies'. Below that, it says 'Free Of Cost' and 'join now' in a cursive font. At the bottom, the address '36A /2/1 Golf Course Road 5 DHA Phase 4' and contact information are provided: '03353240288', 'albirrinstitute', 'albirrinstitute@outlook.com', and 'albirrinstitute'.

Features:

- Quran Recitation
- Advanced Tafseer
- Organization Skills
- Q & A session

From the Quran, you will find lessons for your growth and empowerment.

Put aside some time just twice weekly to discover yourself and find clarity in the chaos of life.





"Verily, therein is indeed a reminder for him who has a heart or gives ear while he is heedful."

Quran  
[50:37]



# Quran Inspirations

Take life lessons from the Quran and learn how to better your personality.

The positive thinker sees the invisible, feels the intangible, and achieves the impossible.

**البر**  
*Inspired by the Quran*  
CHARACTER BUILDING & SKILLS SESSION FOR GIRLS  
Teacher: Dr. Saima Faisal  
**LIMITED SPACES**

*Highlights-*

- LESSONS OF LIFE FROM QURAN & SUNNAH.
- LEARN THE ART OF STORY TELLING.
- POSITIVE THINKING & SELF DEVELOPMENT.
- PUBLIC SPEAKING & PRESENTATIONS & SKITS.

REGISTER BY 25TH JULY '19  
CLASSES START ON THURSDAY, 8TH AUGUST IN SHAA ALLAH

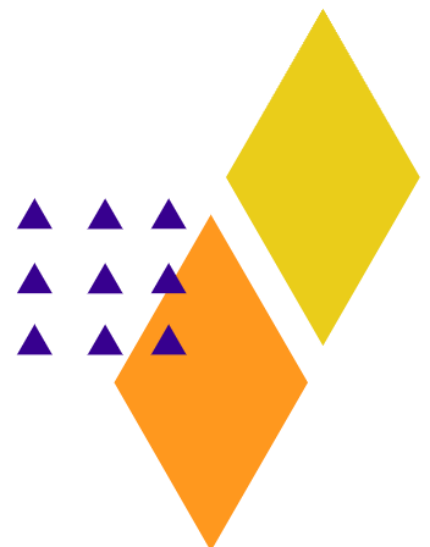
AGES: GIRLS: 8+ ON: EVERY THURSDAY 4:00PM TO 4:40PM

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"The mind is everything. What you think you become."

Highlighting:

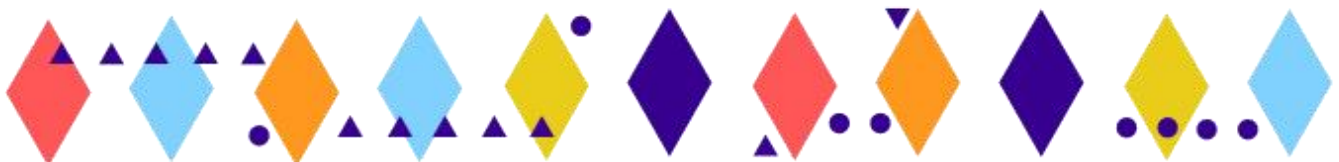
- Life Lessons
- The Art of Story Telling
- Public Speaking skills
- Positive Thinking





Whoever  
travels a path in  
search of  
knowledge,  
Allah makes  
easy for him a  
path to Paradise

Muslim



# Monthly Workshops

Attend once a month and extend your knowledge of Islam.

## Characteristics of Those Promised Paradise

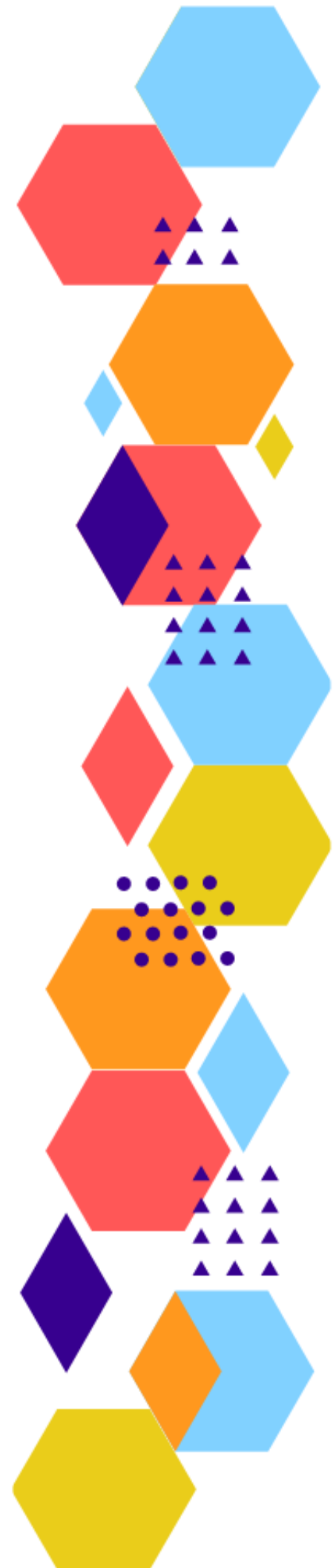
Conducted by: Uzma Lodhi

These workshops are designed to inspire the students and the mothers with the beautiful character and Emaan of the Sahaba.

Last year monthly workshops covered stories of the following:

1. Abu Bakr Siddique RA
2. Omer Ibn Al-Khattab RA
3. Uthman Ibn Affan RA
4. Ali Ibn Abi Talib RA
5. Talha Ibn Ubaidullah RA
6. Khadija RA

**This series will continue Insha'Allah**





FAILING TO PLAN

IS PLANNING  
TO FAIL

# Guest Sessions

Al Birr loves hosting guest sessions. A variety of inspirational speakers are invited.

## Pearl Presentation

Presented By: Momina Masood

Be awed by the process of the formation of a pearl oyster & learn how it is similar to a Muslim. Understand how to watch out for the dangers of this world.



## Melodious Temptations

Conducted By: Uzma Lodhi

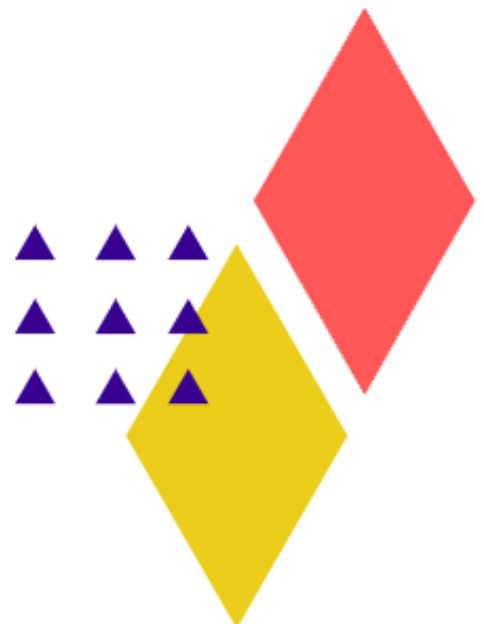
A workshop about the reasons and rationales behind the impermissibility of music in Islam.

## Meaningful Life Framework

Conducted By: Madeeha Masood (Deedawar)

A workshop about finding the purpose of life.

“And I did not create the jinn and mankind except to worship me”





## Modestly Modern

Conducted By: Uzma Lodhi

A seminar about the guideline to Hijab. How to follow the directions of Islam in the modern world, understanding the rules and regulations.

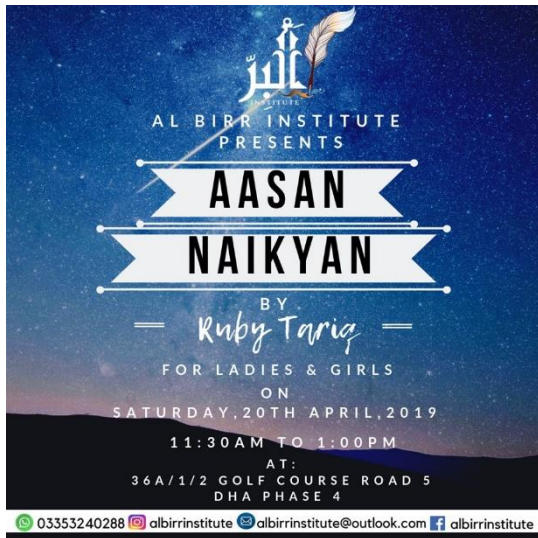
## Educated Muslimah

Conducted By: Uzma Lodhi & Dr. Saima Faisal

A career counselling workshop for girls who are to make the major decisions of life such as leaving college & applying for different fields in University.

## Aasan Nekian

Directed By: Ruby Tariq (Al Huda)



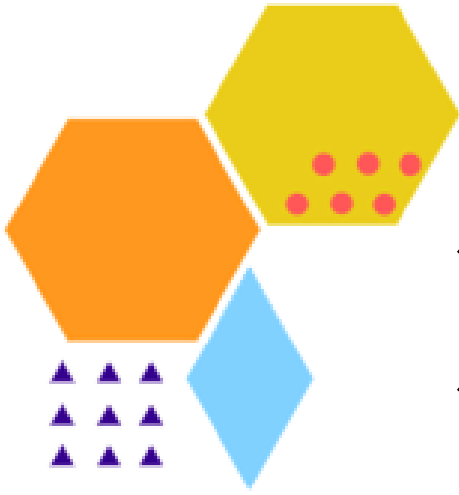
Highlights:

- Istaqbaal e Ramadan
- Earning Rewards
- Refraining from wrong
- How to become a better Muslim

These will be held again soon  
Insha'Allah



O my son, establish prayer, enjoin what is right, forbid what is wrong, and be patient over what befalls you. Indeed, [all] that is of the matters [requiring] determination.



# Special Seminars

Special workshops to inspire your growth and help understand your religion.

## Lessons from Surah Yusuf

Exceptional workshop by Areeba Zubair

Be stunned by the life of Yusuf AS, as you follow the journey through his life and experience the situations he faced. A beautiful detailed workshop which leaves you inspired.



## Seerah Sessions

Life changing sessions by Areeba Zubair



Rasul Allah, I don't know how you did it, how you managed to care for this Ummah the way you did, being anything but neglectful to your family. Your greatness as a husband and father was just as remarkable as your greatness as a leader!



## Surah Luqman

Unique sessions by Areeba Zubair

Life lessons from Surah Luqman, understanding the advice he gave to his son and acquiring tips on how to live a successful life which pleases Allah.

## The Month of Safar

Conducted By: Dr Saima Faisal

Significance, misconceptions & more

For ladies & girls only

## Death and Beyond

Done By: Al Huda Team

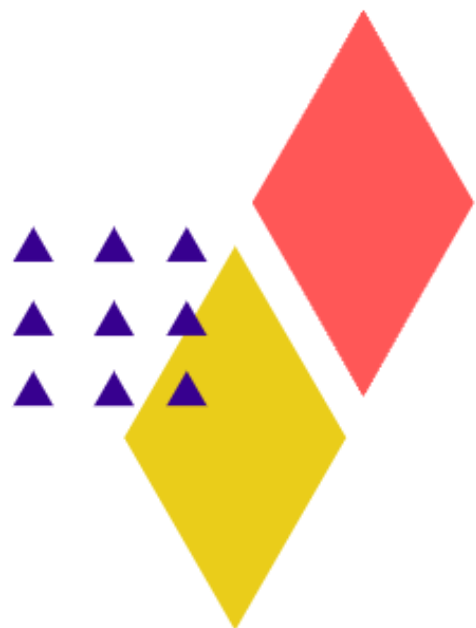
A Demonstration to highlight the etiquettes of Ghusl e Mayyat (bathing the dead body)

For ladies & girls only

## Understanding Quran the Easy Way

Directed By: Shazia Rahim

TPI's unique course which enables you to learn 50% of the words of Quran in just 20 hours through Salah.





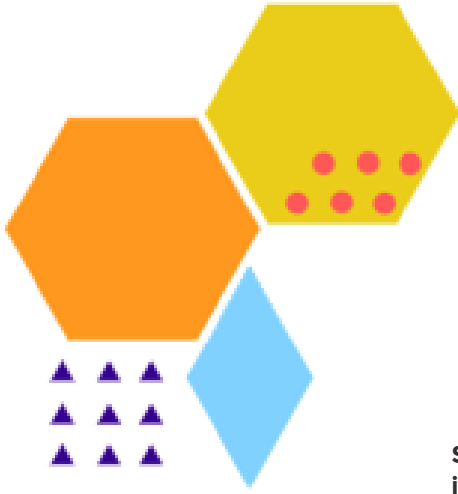


Whoever fasts during Ramadan out of sincere faith and hoping to attain Allah's rewards, then all his past sins will be forgiven.



Imam Bukhari





# Ramadan Programs

Special programs held in Ramadan to boost your faith and increase the goodness.

**RAMADAN**  
Celebrate the Month of Quran!  
Monday 14<sup>th</sup> May – 6<sup>th</sup> June '18

<u>Daura E Quran</u>	<u>Insights</u>	<u>Summer Fun</u>
<i>For Ladies</i>	<i>Girls 10 - 17 yrs</i>	<i>For Children</i>
11 am to 1 pm	3 pm to 5 pm	3 pm to 5 pm
<ul style="list-style-type: none"> <li>• Concise tafseer of Quran</li> <li>• Istekhara: Dua &amp; Method</li> </ul>	<ul style="list-style-type: none"> <li>• Tafseer of Short Surahs</li> <li>• Ahaadith</li> <li>• Crafts, Baking, Public Speaking, Hijab styling, Gift Wraps &amp; more!</li> </ul>	<ul style="list-style-type: none"> <li>• Arabic Language</li> <li>• Craft</li> <li>• Activities</li> <li>• Hifdh of short Surahs</li> <li>• Story Time</li> </ul>

House no. 36A /2/1  
Golf Course Rd 5  
DHA Phase 4 Karachi

Limited Spaces!

TO REGISTER WATSAPP: 03353240288

"When the month of Ramadan arrives, the door of mercy is opened."  
[Sahih Muslim]

Every year, Al Birr holds exclusive sessions in Ramadan, educating Muslims about the importance and inspiring good deeds. Tafseer sessions, special sessions, Daura E Quran and much more.

**Al Birr Institute** *Ramadan Inspirations*  
By Shaheen Baji

Detailed Tafseer of Surah Yunus, Surah Hood & Surah Yusuf

Remarkable Seerah Sessions

1st Ramadan to 20th Ramadan (Sundays Off)

Timing:  
11:00am to 1:00pm

For Ladies and Girls only

36A /2/1 Golf Course Road 5 DHA Phase 4

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# Summer Camp

## Student Review (2019)

**H**appiness can be found in the darkest of times when only one remembers to turn on the light. And in our case we turned on the light of Quran to embrace true happiness.

Learning Surah Dahr was the most splendid and outstanding experience of my life. Visualising every ayah provides the most impeccable description of Jannah without any flaws.

Surah Al-Insaan made me realise the true significance of feeding the needy ones, the orphans and the captives. It taught me that arrogance is the worst element of life because after all even the great leaders of the world and the most outrageous public figures and us are all originated from a single cell.

The Al-Birr Summer camp 2019 helped me in countless ways. It developed a spirit inside me to learn Quran with keen interest. I made new friends and interacted with amazing people every day. The camp had a positive influence on me, as I started spending more time on important activities rather than sleeping late or sitting idle. Indulging into effective activities like cooking, meditating and sewing with Islamic references improved my basic skills. Storytelling and Seerah classes would feel intriguing as I'd find myself learning new morals from the life of Rasool (SAW). Informative presentations on topics of 'water' and 'birth of universe' made me learn new captivating facts which added up to my knowledge.

Learning Surah Dahr and performing all of the activities with the younger class mates would fill me with the spirit and zeal to embrace every lesson and teaching. This overall journey developed peace, calmness, patience, happiness and gratitude inside me. It was a pure experience that not only enhanced my Quranic recitation skills but also nourished my Emaan (faith).

Faria Naeem (14)

# Excellence

“The beginning of knowledge is the discovery of something we do not understand.”

Al Birr Institute in collaboration with Al-Falaah Institute London

## EXCELLENCE

Imagine Explore Discover Learn Inspire Become

LIMITED SPACES

3 MONTH COURSE

Timing: -4:30 pm to 5:15 pm

Boys and girls : 3yrs to 10yrs

Maths . Science . English

Fees Applicable

Registration: From 11th to 17th February' 19

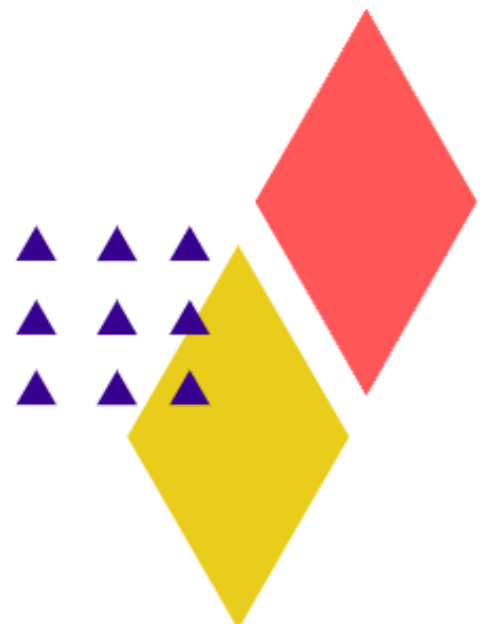
36A /2/1 Golf Course Road 5 DHA Phase 4

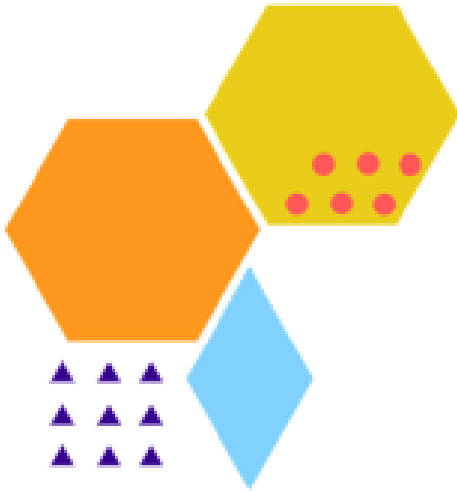
Starting from, Monday 18th February (Monday-Thursday)

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Study Mathematics, Science and English. A three month education course to help grow and inspire.

UK based syllabus, Islamized to ensure correct concept building in the minds of young children.





# Online Programs

Join online and benefit from anywhere in the world.  
Never miss your lessons again.

**DISCOVER LEARNING**  
**MORE THAN JUST MATHS AND ENGLISH TUITION**  
 EQUIPPING THEM FOR THE MOMENTS THAT MATTER

- Adaptive diagnosis & practice.
- England National curriculum.
- Helping homeschoolers as well as school going children to unlock their potential.
- Safe online moderated communication between students.
- Positive use of screen time.
- Parent accounts to see child's progress & activity.

**ONE DAY FREE TRIAL!**  
 Enroll Now At: [Register@discoverlearn.co.uk](mailto:Register@discoverlearn.co.uk)

+447520204031 | [discoverlearn.co.uk](https://www.discoverlearn.co.uk) | [info@discoverlearn.co.uk](mailto:info@discoverlearn.co.uk) | [discoverlearn.co.uk](https://www.discoverlearn.co.uk)

A fun motivating educational system, Helping both the home schoolers as well as school going children to unlock their potential. Safe moderated communication between students.

Online Quran Memorisation Program, for students wanting to learn from all over the world. Take lessons through Skype with professional teachers.

**Al Birr Institute**

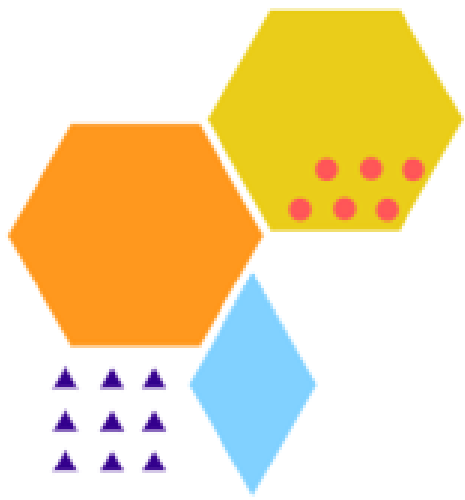
## ONLINE QURAN MEMORIZATION PROGRAM

Class through Skype

Ladies and Girls 12+	Registration is Open! (Through WhatsApp) 0044 7451 322 593	Time: (UK time) Group 1: 9 am – 11 am (Mondays & Thursdays) Group 2: 1 pm – 3 pm (Mondays & Thursdays) (For Pakistan +4 hrs)
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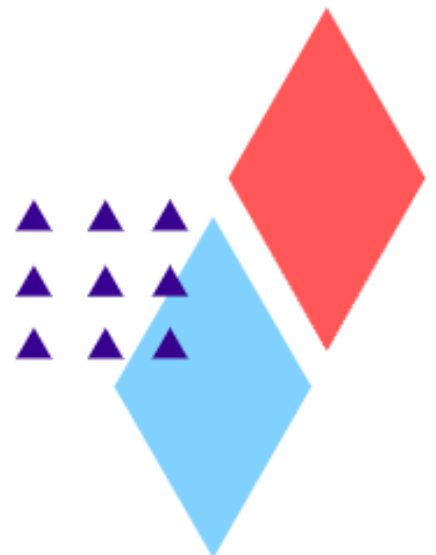
**Fees Applicable**

0044 7451322593 | [Al Birr institute](https://www.albirrinstitute.com) | [albirrinstitute@outlook.com](mailto:albirrinstitute@outlook.com)



# Through the Years

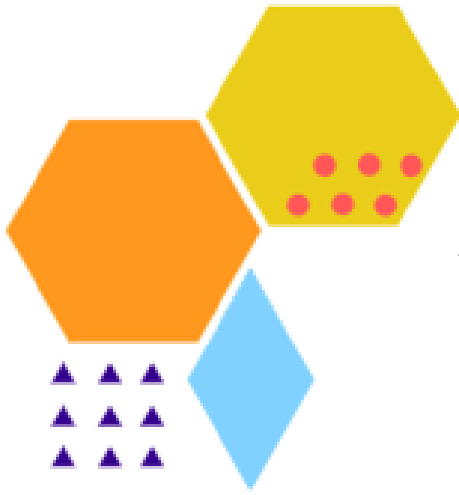
- 36** Annual Picnic
- 38** Annual Programs
- 42** Summer Camp
- 45** Mothers Workshops
- 46** Field Trips





13/07/19

# ANNUAL PICNIC



# Annual Picnic 2019

A relaxing day for students, mothers and the staff after a hard working summer.

“By discovering nature, you discover yourself”



A **women exclusive** fun filled day with games, delicious food, meditation and much more.



# Annual Programs

Success over the Years





2019

Attended by special guests:

- ❖ Huma Najam (Al Ilm Institute)
- ❖ Farzana Asim (Fajar Academy)
- ❖ Sidra Zeeshan (Quran Academy)
- ❖ Najia Khan (Alfalah Institute of Personal Excellence)
- ❖ Amna Zuberi (Education Bay)
- ❖ Sumaiya Afzal (Life Coach)
- ❖ Mrs Sumera (Al Huda International School)



A day of celebration after a prosperous year. Certificates were given for achievements and performances took place. Attended by over 350 people.



A huge accomplishment for Al Birr. Students performed skits, nasheeds and recitation. Prizes were given and everyone celebrated their success.



**ANNUAL PROGRAM**

FRIDAY, 11<sup>TH</sup> MAY  
3.30 PM – 6.30 PM  
IN SHA ALLAH

RECITATIONS | NASHEEDS | SKITS  
PRIZE DISTRIBUTION

Ladies, Girls and Children  
(boys under 8 years) are welcome!

House no. 36 A/2/1 Golf Course Rd 5  
DHA Phase 4  
Adjacent Masjid Saad bin Abi Waqqas,  
Karachi  
# 0335-3240288



2018

# 2017



It is estimated that 75% of all people have the fear of public speaking. In fact, surveys show that people fear public speaking more than they fear death.



Al Birr team works hard to instil confidence through these programs. Children are given the opportunity to perform various acts on stage.

**STORYTELLING SESSION**  
 BY **AYESHA MARFANI**  
 (INTERNATIONAL AUTHOR OF CONTEMPORARY FICTION)

- Stories with Purpose and Moral
- Engaging and imaginative
- Hands on activities

AGES: BOYS & GIRLS 3 TO 7

ON: THURSDAY 13TH JUNE '19  
 11:00AM TO 1:00PM

FREE FOR SUMMER CAMP STUDENTS

At: 36A /2/1 Golf Course Road 5 DHA Phase 4  
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**AN INTERACTIVE SESSION FOR Mummy & Me**  
 BY **SARA KHAAN**  
 (AUTHOR, STORYTELLER & FOUNDER OF NUTRING EMAAN)

AGES: BOYS & GIRLS: 3 TO 8

ON: WEDNESDAY, 26TH JUNE 2019  
 11:00AM TO 1:00PM

REGISTER BY 30TH MAY 2019

MOTHERS ARE WELCOME TO JOIN  
 At: 36A /2/1 Golf Course Road 5 DHA Phase 4  
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FREE FOR SUMMER CAMP STUDENTS

**CREATIVE**  
 BY **AYESHA MARFANI**  
 (INTERNATIONAL AUTHOR OF CONTEMPORARY FICTION)

AGES: GIRLS: 8 TO 14

ON: THURSDAY, 27TH JUNE 2019  
 11:00AM TO 1:00PM

FREE FOR SUMMER CAMP STUDENTS

LEARNING THE TECHNIQUES OF CREATIVE WRITING

EXPRESSING THOUGHTS, FEELINGS AND EMOTIONS INTO WRITING

At: 36A /2/1 Golf Course Road 5 DHA Phase 4  
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**Healing Body AND SOUL**  
 SPECIAL WORKSHOP FOR MOTHERS & DAUGHTERS  
 BY **DR. AMER MUSHTAQ**  
 (CONSULTANT FAMILY PHYSICIAN)  
 MBBS, FCP, MRCP

- IMPORTANCE OF BALANCED DIET & EXERCISE.
- HORMONAL PROBLEMS
- PCOS, IRREGULAR PERIODS & OTHER FEMALE HEALTH ISSUES
- WEIGHT DISORDERS & MANAGEMENT

ON: TUESDAY, 9TH JULY '2019  
 4.30 PM TO 5.30 PM

AGES: GIRLS: 8+

At: 36A /2/1 Golf Course Road 5 DHA Phase 4  
 03353240288 albirrinstitute albirrinstitute@outlook.com albirrinstitute

**SUMMER CAMP 2019**

10TH JUNE - 10TH JULY  
 11:00AM TO 1:00PM (MONDAY TO SATURDAY)

AGES: GIRLS: 8-16 YRS OLD

REGISTER (VIA WHATSAPP) BY 30TH MAY

36A /2/1 GOLF COURSE ROAD 5 DHA PHASE 4 KARACHI

Fees Applicable

YOGA, SEERAN SESSIONS, GAMES & ACTIVITIES, FUN ARABIC LEARNING, QURAN HIFZ, WAJIBY/ DUAS

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**Discovering THE AMAZING CREATIONS Of Allah**  
 WITH THE MICROSCOPE

AGES: GIRLS: 6 TO 14YRS & BOYS: 6 TO 8YRS

ON: THURSDAY, 20TH JUNE '19  
 11:00AM TO 1:00PM

FREE FOR SUMMER CAMP STUDENTS

PREPARING SLIDES FOR ONION AND CHEEK CELLS

LEARNING ABOUT SINGLE CELLED ORGANISMS

PARTS OF THE MICROSCOPE

LOOKING AT THE STRUCTURE OF THE CELLS

BY **DR. MEHREEN KHAN**  
 (EX-LECTURER AT DOW MEDICAL COLLEGE)

At: 36A /2/1 Golf Course Road 5 DHA Phase 4  
 03353240288 albirrinstitute albirrinstitute@outlook.com albirrinstitute

**The Islamic Way**  
 BY **SANNA SHEHRYAR**  
 (FOUNDER OF SNA'SH TOYS & STEM CLUB)

- EXPERIMENTS, CHALLENGES & INTERESTING DEMONSTRATIONS
- ACTIVITIES TO ENHANCE DIFFERENT ISLAMIC CONCEPTS

AGES: BOYS & GIRLS: 3 TO 7

ON: TUESDAY, 18TH JUNE '2019  
 11:00AM TO 1:00PM

FREE FOR SUMMER CAMP STUDENTS

At: 36A /2/1 Golf Course Road 5 DHA Phase 4  
 03353240288 albirrinstitute albirrinstitute@outlook.com albirrinstitute

**INTRODUCTION TO ORGANIC GARDENING**  
 MOM & KIDS GARDENING WORKSHOP  
 BY **SUMTARA NOMAN**  
 (INSTRUCTOR)

- LEARNING ABOUT THE TYPES OF SOIL & FOOD OF PLANTS.
- DIFFERENT CROPS, SEEDS & HOW TO WATER THEM.
- HOW TO PLANT YOUR OWN SEEDS.
- LOOKING AT PEST CONTROL & TRANSPLANTATION.

ON: MONDAY, 8TH JULY '2019  
 3:30PM TO 5:30PM

AGES: GIRLS: 8+ BOYS: 7-8

FREE FOR SUMMER CAMP STUDENTS

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**ROBOTICS**  
 BY **SANNA SHEHRYAR**  
 (FOUNDER OF SNA'SH TOYS & STEM CLUB)

- FUN, EASY, AND EFFECTIVE WAY TO LEARN ABOUT ROBOTICS
- HANDS ON ACTIVITIES & PROJECTS

AGES: BOYS: 3 TO 8 & GIRLS: 3 TO 14

ON: TUESDAY 2ND JULY '2019  
 11:00AM TO 1:00PM

REGISTER BY 30TH MAY 2019

At: 36A /2/1 Golf Course Road 5 DHA Phase 4  
 03353240288 albirrinstitute albirrinstitute@outlook.com albirrinstitute



Interactive Mommy  
& Me Session

Yoga

Hifz Surah  
Duha

Hifz Surah Al  
Insaan

Organic  
Gardening

Little Chefs

# Summer Camp

Robotics

Story Telling

Creative Writing

Seerah Stories

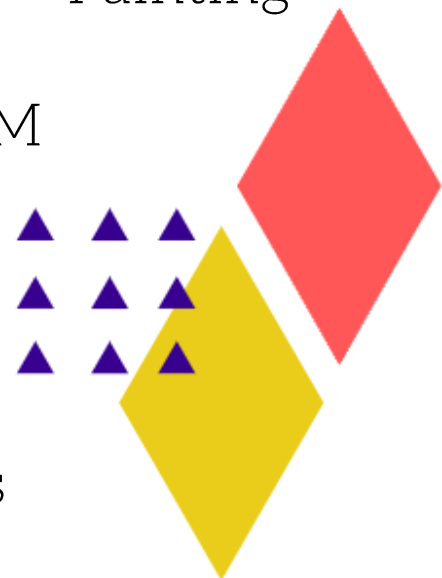
Discovering  
the Amazing  
Creations of  
Allah

DIY & Crafts

Salt  
Painting

STEM

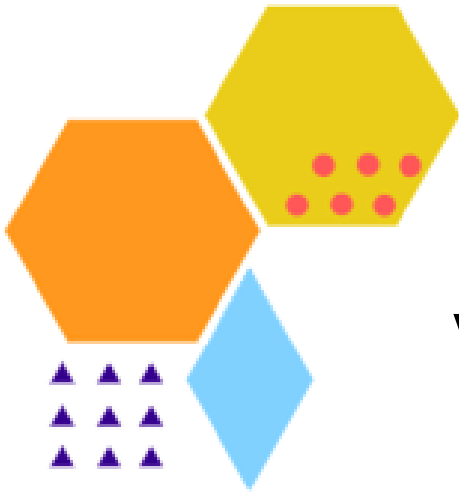
Healing Body  
& Soul



Nasheeds

Presentations





# Mothers Workshops

Special guests were invited for inspiring the students as well as their mothers and giving them a variety of skills.

**نور**  
INSTITUTE

## Nurturing INDIVIDUALITY

By Humaira Salman  
(Directress Learners Resource Galaxy)  
SPECIAL WORKSHOP FOR MOTHERS

**WORKSHOP INCLUDES:**

- Strengthening Relationship
- Ensuring Respect & Unconditional Love
- Accepting Diversity At Home

**ON:**  
Friday, 5th July ,2019  
Inshallah

**TIMING:**  
4.00 pm to 5.30 pm

**VENUE:**  
36A /2/1  
Golf Course Road 5  
DHA Phase 4

“  
Family is the compass that guides us. They are the inspiration to reach great heights and our comfort when we occasionally falter.”

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Highlights:

- Working on relationships
- Respect and unconditional love
- How to help your family grow

Controlling stress and anxiety. Tips on how to make your life easy and how to develop resilience in personal relationships.

**نور**  
INSTITUTE

## Resilience

Recovering Quickly From Difficulties  
By Life Coach Sumaiya Afzal

How to stop stress from taking control over your life

Practical ideas on how to diminish its effects and create strength

LADIES AND GIRLS ONLY

How to develop resilience in personal relationships

**TIMING:**  
4:00pm to 5:00pm  
Inshallah

Its not the load that breaks you down; its the way you carry it

**DATE :**  
Friday 21st  
June '2019

At 36A /2/1 Golf Course Road 5 DHA Phase 4

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# Field Trips

Volunteer work to help understand the modern world.

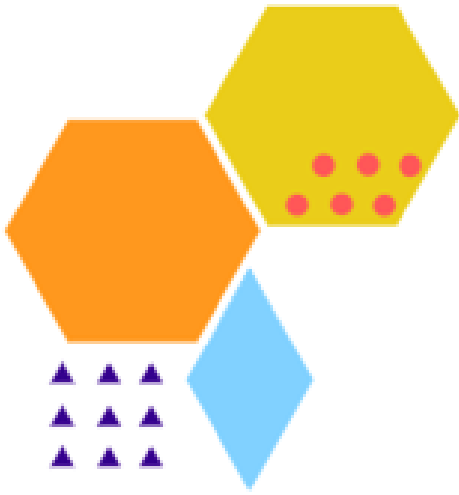


In Ramadan 2018, Al Birr students and volunteers went to NICH children's hospital to give out gifts and uplift the patients' spirits. This created a sense of gratitude and thankfulness in our students.

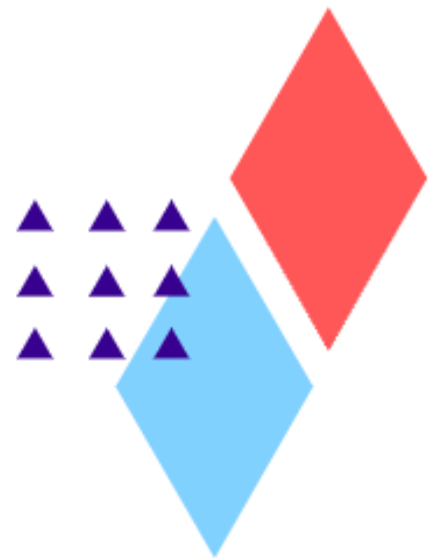
In 2019, the team visited Maidan Taleem Ghar in Neelum Colony.

It gave the team an insight into dealing with this part of the community and they were able to effectively communicate with them about morals and Allah swt. Gifts, Smiles, Iftaar Boxes & many lessons for us to bring home with us.






# Al Birr Health & Fitness



# Hijama Clinic

The Sunnah solution to all your problems, whether its weight loss, depression or pain, get cupping therapy by Dr. Fareeha Khalid.

**Continuing every month.**



**ONLY FOR FEMALES**

**Hijama**

Depression?  
Over Weight?  
Muscular Pains?  
Irregular Periods?  
Body aches?  
Afflicted with Evil eye?  
Black Magic?

Here is the Sunnah Solution!

**CUPPING THERAPY**

**DR. FARIHA KHALID**  
MBBS (JINNAH) RMP  
ACCREDITED HIJAMA THERAPIST (CANADA)

**HADITH**

Abu Hurayrah reported that the Prophet (SAW) said: "Whoever is treated with cupping on the seventeenth, nineteenth or twenty first, (Lunar Month) will be healed from all diseases."  
(Reported by Abu Dawood)

**DATE:**

Thursday ,25th April '19

**TIMING**

1:30pm To 8:30pm  
By Appointment Only

**INSTRUCTIONS**

- Come with 4 hour fasting
- Wear loose clothing
- if you're taking any blood thinners, stop them two days before Hijama
- Take a shower before Hijama

**CHARGES**

200 Rs Per Cup

**Contact: 0323 2594244**

At 36A /2/1 Golf Course Road 5 DHA Phase 4



**BLISS**  
*Facial therapy*

Facial Cupping Massage Therapy

5 minutes of cupping = 30 minutes of deep tissue massage

**EACH SESSION = 30 MINUTES**

**DR. FARIHA KHALID**  
MBBS (JINNAH) RMP  
ACCREDITED HIJAMA THERAPIST (CANADA)

**DAYS: 28TH MAY TILL EID**  
**TIMING: 1:30PM TO 4:30PM**

**CHARGES APPLICABLE**  
**CONTACT: 0323259424**

**BENEFITS:**

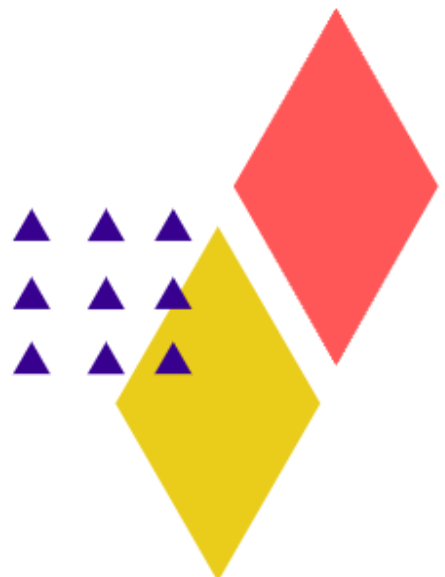
- Lifts, sculpts & defines facial contours.
- Visibly reduces fine lines & wrinkles.
- Relieves tired eyes & relaxes muscles
- Boosts collagen & elastin.
- Enhances & volumizes lips.
- Reduces puffiness
- Promotes circulation, natural oxygen & nutrient flow for a healthy glow

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## Facial Therapy

Cupping massage therapy by Dr. Fareeha Khalid. Visible changes in the skin, reducing fine lines and wrinkles, leaving the skin fresh and relaxed.

**Mothers Yoga & Nutrition  
Club launching soon**





# Orientation Day 2019

## PROGRAM INCLUDES:

MELODIOUS RECITATIONS    MOTHERS QUIZ  
GUEST SPEAKER                MEET & GREET AL BIRR TEAM

اطلبوا العلم

GUEST SPEAKER : AIASHA AMIR

GAINING THE RIGHT PERSPECTIVE THROUGH KNOWLEDGE

ON:

SATURDAY, 3RD AUGUST '2019

LADIES AND GIRLS ONLY.

3:30PM TO 5:30PM

ALL STUDENTS AND THEIR MOMS MUST ATTEND!

36A /2/1 Golf Course Road 5 DHA Phase 4

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# RAINBOW GRAPHICX



.....  
LOGO & BRANDING

BROCHURES

FLYERS / POSTERS

ILLUSTRATIONS  
.....



RAINBOW GRAPHICX



+44 745 132 2593



@RAINBOWGRAPHICX

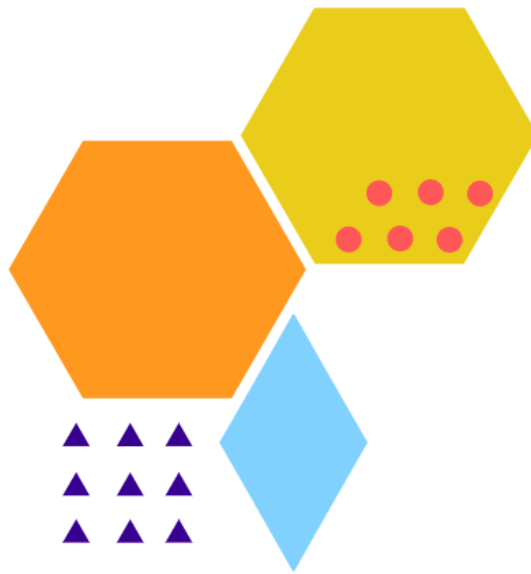
Exclusive Sponsor




The advertisement for Aqua Bella water is enclosed in a blue border. At the top, the brand name "AQUA BELLA" is written in white on a blue background, with the Urdu phrase "پانی سے زندگی" (Water is life) to its left. Below the name is a blue wave graphic and the slogan "Think Blue". In the center, three large, clear plastic water bottles are displayed, each with a blue label that matches the brand's logo. At the bottom left of the ad is a blue telephone handset icon. To its right, the text "CONTACT FOR FREE DELIVERY" is written in blue. A dark blue banner at the very bottom contains the phone numbers "03152200967 // 03222290440" in white.

Whether you are a teacher, have done any skill course, good manager, good cook, stitch beautiful clothes, Al Birr is always looking to join hands with talented people like you! Send your CV our way through whatsapp. For admissions, queries and questions, don't hesitate to contact us!

**Become Part of Al Birr Institute!**




36A/1/2 Golf Course Rd 5  
DHA Phase 4  
Karachi, Pakistan

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