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ASSIGNMENT

➤ Ten things to do in Ramadan:

- Fasting: This is the most important aspect of Ramadan. Muslims abstain from food, drink, and other physical needs from dawn until sunset.
- Recitation of Quran: Muslims recite the Quran daily during Ramadan as it is considered a sacred month. This helps them to understand the messages of Allah.
- Charity: Giving charity during Ramadan is highly recommended. Muslims are encouraged to help the needy and the poor in society.
- Taraweeh prayer: Muslims offer a special prayer called Taraweeh every night during Ramadan. It is a great way to increase their spiritual connection with Allah.
- Dhikr: Muslims can perform Dhikr, which is the remembrance of Allah, by reciting certain phrases, such as "Subhan Allah" (Glory be to Allah), "Alhamdulillah" (Praise be to Allah), and "Allahu Akbar" (Allah is the Greatest).
- Increase in good deeds: Muslims should increase their good deeds during Ramadan, such as helping others, being kind, and forgiving people.
- Istighfar: Muslims can seek forgiveness from Allah by saying "Astaghfirullah" (I seek forgiveness from Allah).
- Seeking knowledge: Muslims can attend lectures and read books to increase their knowledge about Islam during Ramadan.
- Reflection: Ramadan is a time for reflection and self-improvement. Muslims can reflect on their actions and try to improve themselves.
- Breaking the fast with family and friends: Muslims should break their fast with family and friends as it strengthens family ties and promotes community spirit.

➤ Ten things to avoid in Ramadan:

- Eating, drinking, or smoking during daylight hours: This is prohibited during Ramadan.
- Backbiting: Muslims should avoid talking about others behind their backs as it is considered a sin.
- Lying: Muslims should always speak the truth during Ramadan and avoid lying.
- Anger and frustration: Muslims should control their anger and frustration during Ramadan and strive to be patient.
- Sexual relations during the day: Muslims should refrain from any sexual activity during daylight hours in Ramadan.
- Negativity: Muslims should avoid negativity and focus on positive thoughts and actions.
- Wasting time: Muslims should avoid wasting time during Ramadan and use it to perform good deeds and increase their spiritual connection with Allah.
- Ignoring the poor and needy: Muslims should not ignore the poor and needy during Ramadan and should help them as much as possible.
- Arrogance: Muslims should avoid arrogance and strive to be humble during Ramadan.
- Overeating: Muslims should avoid overeating during Ramadan as it defeats the purpose of fasting and can lead to health problems.

