

1. The Saviour of Mankind

Paragraph No. 1

Arabia is a land of unparalleled charm and beauty, with its trackless deserts of sand dunes in the dazzling rays of a tropical sun. Its starry sky has excited the imagination of poets and travelers. It was in this land that the Holy Prophet (SAW) was born, in the city of Makkah, which is about fifty miles from the Red Sea.

Paragraph No. 2

The Arabs possessed a remarkable memory and were an eloquent people. Their eloquence and memory found expression in their poetry. Every year a fair was held for poetical competitions at Ukaz. It is narrated that Hammad said to Caliph Walid bin Yazed: "I can recite to you, for each letter of the alphabet, one hundred long poems, without taking into account short pieces, and all of that composed exclusively by poets before the promulgation of Islam. It is no small wonder that Allah Almighty chose the Arabic language for His final dispensation and preservation of His Word.

Paragraph No. 3

In the fifth and sixth centuries, mankind stood on the verge of chaos. It seemed that the civilization which had taken four thousand years to grow had started crumbling. At this point in time, Allah Almighty raised a prophet from among themselves who was to lift the humanity from their ignorance into the light of faith.

Paragraph No. 4

When Hazrat Muhammad (SAW) was thirty-eight years of age, he spent most of his time in solitude and meditation. In the cave of Hira, he used to retire with food and water and spend days and weeks in remembrance of Allah Almighty.

Paragraph No. 5

The period of waiting had come to a close. His heart was overflowing with profound compassion for humanity. He had a pressing urge to eradicate wrong beliefs, social evils, cruelty and injustice. The moment had arrived when he was to be bestowed with prophet-hood. One day, when he was in the cave of Hira, Hazrat Jibril (Gabriel) (AS) came and conveyed to him the following message of Allah Almighty:

"Read in the name of thy Lord Who created; created man from a clot (of congealed blood): Read and thy Lord is most Bountiful, Who taught (the use of) the pen, taught man that which he knew not." (Qur'an, 96:1-5)

Paragraph No. 6

The flow of the Divine message which continued for the twenty-three years had begun, and the Holy Prophet (SAW) had arisen to proclaim Oneness of

God (Tauheed) and the unity of mankind. His mission was to destroy the nexus of superstition, ignorance, and disbelief, set up a noble conception of life and lead mankind to the light of faith and divine bliss.

Paragraph No. 7

Since this belief was threatening their dominance in the society, the pagan Arabs started to mount pressure on the Holy Prophet (SAW) and his followers. They wanted them to renounce their cause and take to idol worshipping. On one occasion, they sent a delegation to the Holy Prophet's (SAW) kind and caring uncle, Abu Talib. They told him to restrain the Holy Prophet (SAW) from preaching Allah Almighty's message, or face their enmity. Finding himself in a dilemma, he sent for his nephew, and explained to him the situation. The Holy Prophet (SAW) answered with these memorable words:

"My dear uncle, if they put the sun in my right hand and the moon in my left, even then I shall not abandon the proclamation of the Oneness of God (Tauheed). I shall set up the true faith upon the earth or perish in the attempt."

Paragraph No. 8

The Holy Prophet's (SAW) uncle was so impressed with his nephew's firm determination that he replied:

"Son of my brother, go thy way, none will dare touch thee. I shall never forsake thee."

Paragraph No. 9

And the Holy Prophet (SAW) did go the way Allah Almighty had chosen for mankind. Imbued with Divine Guidance and firm resolve, the Holy Prophet (SAW) encountered all the challenges with grace and dignity. In no time he elevated man to the highest possible level in both spiritual and worldly domains. He was also a driving force behind Arab conquests, which have created an everlasting impression on human history. No wonder, he is universally acknowledged as the most influential figure in history. In the words of Michael Hart, a great historian:

"Muhammad (SAW), however, was responsible for both the theology of Islam and its main ethical and moral principles. In addition he played a key role in proselytizing the new faith, and in establishing the religious practices.... In fact as the driving force behind the Arab conquests, he may well rank as the most influential political leader of all time...."

Paragraph No. 10

Such a thorough transformation of man and society owes to the Holy Prophet's (SAW) deep faith in Allah Almighty, to his love for humanity, and to the nobility of his character. Indeed, his life is a perfect model to follow. In

reply to a question about the life of the Holy Prophet (SAW), Hazrat Ayesha (RA) said:

"His morals and character are an embodiment of the Holy Quran."

The final word about the saviour of mankind goes to the Holy Quran:

"O Prophet! Surely, We have sent you as a witness, and as a bearer of good news and a a warner. And as one inviting to Allah by His permission, and as a light-giving torch. (Quran,

2. Patriotism

Paragraph No. 1

Patriotism means love for the motherland or devotion to one's country. A patriot loves his country and is willing to sacrifice when the need arises. The word patriot comes from the Latin word 'patriota' which means countryman. It is considered a commendable quality.

Paragraph No. 2

Patriotism gives people the strength and courage to safeguard the interest of the country and nation. For a patriot the sovereignty, integrity and honour of the country are supreme values on which no compromise can be made. Patriots render sacrifice for the preservation and protection of these values.

Paragraph No. 3

Quaid-e-Azam Muhammad Ali Jinnah was a nation builder and a great patriot. He wanted to protect the values, culture, and traditions of the Muslims of the subcontinent. He gave the Muslims a sense of identity by securing a separate homeland for them. He said: "We must develop a sense of patriotism which galvanizes us all into one united and strong nation."

Paragraph No. 4

The spirit of patriotism makes us stay alert in the wake of foreign invasion. In the history of Pakistan there are many instances when people laid their lives for the defense of the country. In the wars of 1965, 1971 and the Kargil War, many brave soldiers gave their lives in an attempt to protect the homeland. Captain Muhammad Sarwar, Major Tufail Muhammad, Major Aziz Bhatti, Pilot Officer Rashid Minhas, Major Muhammad Akram, Major Shabbir Shaheed, Captain Karnal Sher Khan and Havaladar Lalak Jan -- all embraced martyrdom while fighting bravely for their motherland. All of them were awarded Nishan-e-Haider, the highest military award given to great patriots who lay down their lives for the country.

Paragraph No. 5

Patriotism, therefore, is not just a feeling, it is a live spirit that continuously inspires and guides a nation. In the words of S.W. Scott, a man devoid of patriotic spirit, is like the one who:

Breathes there the man with soul so dead

Who never to himself hath said,

This is my own, my native land."

3. Hazrat Asma (RA)

Paragraph No. 1

The Holy Prophet (SAW) and his close companion, Hazrat Abu Bakr Siddique (RA), migrated from Makkah to Madeena in the year 622 A.D. When the chiefs of various tribes of Makkah came to know about the migration of the Holy Prophet (SAW) and his close companion, Hazrat Abu Bakr Siddique (RA), they got furious. The chiefs were determined more than ever to find them out. They offered huge rewards and bounties for their capture, dead or alive.

Paragraph No. 2

The preparation for this journey was made at the house of Hazrat Abu Bakr Siddique (RA). Hazrat Asma (RA) rendered useful services in this regard. She prepared food for this journey. She tied the food on the camel back with her own belt as nothing else could be found. For this service she was given the title of Zaat-un-Nataqin by the Holy Prophet (SAW)

Paragraph No. 3

During the perilous journey, it was very difficult for anyone to supply food to the Prophet Muhammad (SAW). It was so delicate that the slightest mistake could have endangered the life of the Holy Prophet (SAW). This grand task was nicely undertaken by Hazrat Asma (RA), the daughter of Hazrat Abu Bakr Siddique (RA). Every night, with the pack of food, she would quietly venture towards the rugged mountains in which lay the cave of Thawr. She took care of the minutest detail in accomplishing the task. How difficult it must have been for her to traverse the rocky path at night, with the constant fear of being detected!

Paragraph No. 4

On the night of the migration, a tribal chief of disbelievers, Abu Jehl, in a fit of fury headed towards Hazrat Abu Bakr Siddique's (RA) home. He began knocking at the door violently. Addressing Hazrat Asma (RA), he demanded, "Where is your father?" She politely replied, "How would I know?" This response shows the wisdom and courage of Hazrat Asma (RA). She didn't make a statement that would give him a clue. She simply posed a counter question that infuriated Abu Jehl. He slapped Hazrat Asma's (RA) face so hard that her ear-ring fell off but she remained steadfast and did not reveal the secret.

Paragraph No. 5

Her grandfather, Hazrat Abu Quhafa was a disbeliever at that time. He was very old and had become blind. He said to her, "Asma, I think Abu Bakr has taken all the wealth, leaving you and children empty-handed and helpless." At this, she instantly ran to a corner of the home. She gathered some pebbles and put them at the place where her father used to keep his money and jewels. She covered it with a piece of cloth. "Come grandfather, look! he has left all this for us." He touched the cloth and thought it was full of gold and jewels. His concern was alleviated and he felt relieved to know that Abu Bakr Siddique (RA) had left all his wealth at home.

Paragraph No. 6

Hazrat Asma (RA) was amongst the early few who accepted Islam. She was the daughter of Hazrat Abu Bakr Siddique (RA) and step sister of Hazrat Ayesha Siddiqua (RA). She was wife of Hazrat Zubair bin al-Awwam (RA) and mother of Hazrat Abdullah bin Zubair (RA). She died at the ripe old age of about hundred years. Hazrat Abdullah bin

Zubair (RA) used to say that he had not seen anybody more generous and open hearted than his aunt Hazrat Ayesha (RA) and his mother. Hazrat Asma (RA) was so generous that she sold the garden inherited after the death of her sister, Hazrat Ayesha (RA). She gave away all the money to the poor and the needy. Nobody never returned empty-handed from her doorstep.

Paragraph No. 7

Hazrat Asma (RA) will always be remembered for her courage, generosity and wisdom. She had resolute faith in Allah Almighty. He life would always be a beacon of light for all of us.

Daffodils

by William Wordsworth

**I wander'd lonely as a cloud
 That floats on high o'er vales and hills,
 When all at once I saw a crowd,
 A host of golden daffodils,
 Beside the lake, beneath the trees
 Fluttering and dancing in the breeze.
 Continuous as the stars that shine
 And twinkle on the milky way,
 They stretch'd in never-ending line
 Along the margin of a bay:
 Ten thousand saw I at a glance
 Tossing their heads in sprightly dance.
 The waves beside them danced, but they
 Out-did the sparkling waves in glee: -
 A poet could not but be gay
 In such a jocund company!
 I gazed - and gazed - but little thought
 What wealth the show to me had brought.
 For oft, when on my couch I lie
 In vacant or in pensive mood,
 They flash upon that inward eye
 Which is the bliss of solitude;
 And then my heart with pleasure fills
 And dances with the daffodils.**

Unit 4 first Aid

We all need help at times in our lives. Sometimes we may have accidents and may get hurt .when we are injured or suddenly become unwell, we need someone to help us Someone who knows what to do .it is the temporary and immediate help .this timely assistance, comprising of simple medical techniques, is most critical to the victims and is, often, life saving. Any lay person can be trained administer first aid .This First Aid can be carried out using minimal equipments. First aid knowledge ranges from taking care of cuts to dealing with an unconscious victim.

Cuts and scrapes

(2) Handling minor accidents at home or on the road develops a sense of crisis management. This may prepare people to tackle with unexpected emergencies with great confidence .Minor cut an scrapes usually do not need to go to the emergency room. Yet proper care essential to avoid infection or other complication Following guidelines can help you to handle crisis and take care of all.

Stop the bleeding: Minor cuts and scrapes usually stop bleeding on their own. If they don't, apply gentle pressure with a clean cloth or bandage. Hold the pressure continuously for 20 to 30 seconds and if possible elevate the wound. Don't keep checking to see if the bleeding has stopped because this may damage or dislodge the clot that is forming and cause bleeding to resume .If blood spurt or continues flowing after continuous pressure , seek medical assistance.

Clean the wound: Rinse out the wound with clear water .To clean the area around the wound, use soap and a washcloth. But soap can irritate the wound, so try to keep it out of the actual wound. If dirt or debris remains in the wound after washing, see your doctor. Thorough cleaning reduces the risk of infection and tetanus.

Apply an antibiotic: After you clean the wound, apply a thin layer of an antibiotic cream or ointment to help keep the surface moist the products of don't make the wound heal faster ,but they can help your body's natural healing process work fast . Certain ingredients in some ointments can cause a mild rash in some people. If a rash appears, stop using the ointment.

Cover the wound: Bandage can help keep the wound clean and keep harmful bacteria out. After the wound has healed enough to make infection unlikely, exposure to the air will speed wound healing?

Change the dressing: Change the dressing at least daily or whenever it becomes wet or dirty.

If you are allergic to the adhesive used in most bandages, switch to adhesive -free dressing or sterile gauze held in place with paper rape, gauze roll or a loosely applied elastic bandage.

These supplies generally are available at pharmacies.

Watch for signs of infection: See your doctor if the wound is not healing or you notice redness, increasing pain, drainage warmth or swelling.

2. Band-aids (plaster): Band aids or sticky plaster are good for dressing small wound. They come in all shapes and sizes for fingers, legs, and anywhere else you might get little cuts. Make sure the Band sure the Band aid is big enough to cover the wound, if not you should use a dressing instead.

3. Elastic Bandages

The elastic bandages are good for wrapping sprained joints or marking a sling in the case of a broken arm.

4. Gauze and Adhesive Tape

Gauze pads or rolls are cloth pads that are placed directly on a wound to protect and control bleeding (for large cuts and scrapes).

You will need adhesive tape to keep the gauze in place.

In an emergency, a clean cloth, hand towel, clean tee-shirt can be used to cover the wound.

5. Antiseptic Wipes (Alcohol Swabs) and Cotton Wool

6. Safety Pins and Tweeters

7. Scissors

-A pair of scissors is needed to cut the tape and gauze.

8. Latex Gloves

Latex gloves are always a good idea, especially if you are dealing with body fluids from a stranger.

9. Calamine Lotion

Calamine lotion is used for soothing sunburns and stings.

10. Clinical Thermometer

11. Analgesic Tablets

Such as aspirin or paracetamol

Peace by Silvia Hartmann
 The wind is now (metaphor)
 a roaring, smashing
 monster of destruction,
 raking all man's work
 from the valleys,
 from the vales,
 and sends them spinning,
 broken flying -
 but all of that is
 not its core,
 its center is in truth
 eternal stillness
 bright blue skies
 and all you hear
 are gentle whispers
 far away
 and unimportant.

Faithfulness

(1) Once Hazrat Umar (R.A), sitting in the Mosque of the Holy Prophet (S.A.W), was busy in the affairs of the state. Two young men, holding a strong and sturdy countrymen, appeared before him. They complained to Hazrat Umar (R.A) that the person has murdered their old father. They demanded justice punishing the murderer for his crime.

(2) The Caliph looked at the Young man and said, "You have heard the charge leveled against you . What have you to say in your defense ?"

The villager replied, "Commander of the Faithfulness, I plead guilty to the charge. I was leading my beloved camel. When I reached a garden and halted to rest, the camel nipped a few leaves off the hanging branch of a tree. The old man, on seeing this, hurled a stone at the camel with all his might. The stone caught the camel on The camel was very dear to me. I could not control my anger, so I took the same stone that had killed my dear camel and hurled it at the old man with all my strength. The stone hit the old man on the head and subsequently killed him. At this, these two young men came to me and I surrendered myself

Caliph: As you have confessed to your crime, there is no need of witnesses. You are, therefore, sentenced to death.

Villager: I accept this sentence but request you to delay the execution for three days.

Caliph: Why do you ask for delay in the execution of the sentence?

Villager: My father at his death left some gold for my younger brother who is too young to be told about the place where I hid it. I have buried the gold in the earth in a field and no one knows the place. If my brother, on account of my death, does not get his due share, I shall be called to account on the day of Judgment for being dishonest. Be kind and grant me three days' time. After handing over the gold to a trustee, I will return to face death.

Caliph: Have you anyone who can stand as surety and who will be willing to suffer death if you fail to return?

Villager: (looking at the people present in the court and pointing to Hazrat Abuzar Ghaffari (R.A). This gentleman will stand as my surety.

Caliph: (addressing Hazrat Abuzar Ghaffari (R.A) Do you agree to stand as surety?
Hazrat Abuzar Ghaffari (R.A) I do.

Hazrat Buzar Ghaffari was a highly respected Sahabi. The Caliph accepted him as the surety. Both the accusers also agreed to it, and the criminal was allowed to leave.

The third day dawned. The accusers and the surety were present at the Mosque of the Holy prophet (S.A.W). They were waiting for the criminal. As time passed, "Sahabah (R.A)" felt anxious for the fate of Hazrat Abuzar Ghaffari (R.A). When only an hour remained, both the accusers came forward and demanded Hazrat Abuzar Ghaffari (R.A) their man.

Hazrat Abuzar Ghaffari : Waiting little more. There is still, time, if the does not come, I will give my life in his stead to fulfill justice.

Caliph: In case the murdered does not return, the law will have its course.

Hearing this, the "Sahabah (R.A)" became more anxious for the safety of Hazrat Abuzar Ghaffari (R.A) and their eyes were filled with tears. Some requested the accuser to accept blood money. But they refused, saying "Our demand is life for life."

(7) when the whole court was in a worried state of mind, the villager reached there perspiring from head to foot. As he entered, He saluted the Caliph and said, Allah be

praised for his mercy I was able to make my uncle trustee of gold . As you see I am right in time, do not delay the execution.

(8) Allah the people present there were astonished at the honesty and faithfulness of the criminal.

(9) Hazrat Abuzar Ghaffari (R.A): Commander of the Faithful, the man was to tally a stranger to me. I have never know or seen him before. But when out of all the bystanders , he selected me as his surety I could not but agree. If he had not return, I would have gladly laid down my life for him.

Villager: Sir, when you are agreed to stand as a surety for a stranger, it would be against all rules of manliness and chivalry to endanger your life to save mine.

Accusers: (of one accord) Commander of the Faithful! We forgive him. Let him live.

(10) On hearing these words, the Court gave cries of joy and applause and the face of the Caliph beamed with pleasure as he said, "Young men, the blood money will be paid to you from the Peoples' Treasury, and Allah will reward you for this goodness on the Day of judgment."

(11) Accusers: Commander of the Faithful, we forgive him as forgiveness is divine and, there for, we respectfully refuse to accept any blood money.