

Nasirat-ul-Ahmadiyya
National Program 2025-2027



Nasiratul Ahmadiyya USA

Theme:
Jihad – Striving for High Moral Values

أُتِلْ مَا أَوْحِيَ إِلَيْكَ مِنَ الْكِتَابِ وَأَقِمِ الصَّلَاةَ ۖ إِنَّ الصَّلَاةَ تَنْهَى عَنِ
الْفَحْشَاءِ وَالْمُنْكَرِ ۖ وَلَذِكْرُ اللَّهِ أَكْبَرُ ۗ وَاللَّهُ يَعْلَمُ مَا تَصْنَعُونَ ﴿٣٦﴾

Recite that which has been revealed to thee of the Book and observe Prayer. Surely, Prayer restrains *one* from indecency and manifest evil, and remembrance of Allah indeed is the greatest *virtue*. And Allah knows what you do.

Surah Al- ‘Ankabut, Chapter 29, Verse 46

NASIRAT PLEDGE

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

“ASH-HADU ALLA ILAHA ILLALLAHU WAHDAHU LA SHARIKA LAHU WA ASH-HADO ANNA MUHAMMADAN ABDUHU WA RASULUHU”

*I bear witness that there is none worthy of worship except Allah. He is One and has no partner.
And I bear witness that Muhammad (saw) is His servant and His messenger.*

I solemnly promise that I shall always keep myself ready to serve my faith, my nation and my country. I shall always adhere to truth and shall always be prepared to make every sacrifice for the perpetuation of the Ahmadiyya Khilafat, In-Sha’Allah.

NASIRATUL AHMADIYYA

Nasiratul Ahmadiyya is an auxiliary organisation of Lajna Ima’illah. Wherever there are three or more Nasirat in a Majlis, the organisation of Nasiratul Ahmadiyya shall be established by Sadr Majlis and a Secretary Nasirat shall be appointed. The real responsibility of making the Nasirat active is upon the Sadr Majlis. She should closely monitor the Nasirat department and provide constant guidance to them.

PURPOSE

The Nasirat program is designed to provide girls ages 7 to 15 with comprehensive guidelines on how to know our Living God and Creator, understand how to worship Him, how to develop certainty of faith and how to be the helpers of Allah. This will be done through various activities that promote learning and improvement in religious knowledge while simultaneously allowing for the growth of personal and social skills.

AGE GROUPS

Huzoor Anwar (aba) has graciously provided guidance regarding the age groups of Nasirat, clarifying that girls up to the age of 15 years are also included in Grade 1 of Nasirat. The Nasirat shall be divided into three grades:

1. Grade III: Ages 7, 8, and 9 years
2. Grade II: Ages 10, 11, and 12 years
3. Grade I: Ages 13, 14, and 15 years

TRANSITION INTO LAJNA IMA'ILLAH

As per the guidance received from “*Guidelines to Lajna Office Holders Worldwide 2025*,” Nasirat who turn 15 years of age during the period from 1st October to 31st December shall join Lajna Imaillah. However, those Nasirat who turn 15 after 1st January onwards, shall join Lajna Imaillah in October of that year. (Guidelines to Lajna Office Holders Worldwide, 2025, p. 6)

ANNUAL AGE GROUP LOCK IN RULE

Each Nasirah will remain in the age group she qualifies for at the start of the new Lajna year (October 1). This assigned age group will remain in effect for all competitions/activities throughout that Lajna year—local, regional, and national—even if she changes age groups during the year. For example, if a Nasirah is 12 years old on October 1, she will be placed in Grade II for the full year. If she turns 13 in March, she will not move to Grade I until the next Lajna year begins in October.

NASIRAT MEETINGS

Nasirat meetings should be planned in advance, with the agenda shared with all members ahead of time. Tasks and presenters should also be assigned beforehand to ensure everyone has adequate time to prepare for the class.

Tilawat and Commentary	5 minutes	Assign verses ahead of time and ensure the English translation and commentary are read and shared with the Nasirat.
Hadith	5 minutes	Assign a Hadith and if possible, relate it to the program or theme of the class
Pledge	5 minutes	Teach girls to cover their heads, stand straight, and recite after the Secretary. Nasirat should memorize their pledge.
Nazam (Poem)	5 minutes	Assign a Nazam (poem) and if possible, relate it to the program or theme of the class
Friday Sermon	15 minutes	Nasirat should bring their own Friday Sermon points or use the week’s Nasirat Tarbiyyat sermon questions posted on the website. The secretary should also have her own points to cover and share with the class. If this cannot be conducted during Nasirat class, then there needs to be an alternative time arranged.
Departmental Syllabus	30 minutes	Taleem & Tarbiyyat Department must be covered at the first meeting of the month. Other departmental material can be covered in the additional weeks.
Sihat Jismani Syllabus	15 minutes	Material from the syllabus can be covered
Handicraft Syllabus	15 minutes	Material from the syllabus can be covered
Salat		Classes should be held according to the Salat timing.

HOW TO CONDUCT A NASIRAT CLASS

1. Plan Ahead
 - Announce all class dates for the month before it begins, so Nasirat can plan their schedules.
2. Boost Attendance
 - Nasirat Secretaries should always take attendance for every class
 - Form a Nasirat Amila and assign tasks for the next class. Follow up with those who missed class.
3. Be Early
 - Arrive 15 minutes early and ensure Nasirats are punctual. Use the Nasirat General Secretary's help to call those late or absent.
4. Be Prepared
 - Bring your syllabus, notebook, writing tools, and any necessary supplies. Ask Nasirat to bring theirs as well.
 - Nasirat Amila, should be delegated tasks around their department so they can assist/lead classes.
5. Etiquettes
 - Ensure Nasirat follows proper class etiquette:
 - Greetings with Salam, Zikr, Darood, Purdah, Ablution, when reading Holy Quran do's and don'ts, attentive listening, no talking, staying focused
 - Nasirat should raise their hands before speaking/asking questions
 - Nasirat should not bring electronic devices or use cellphones during class unless instructed by Nasirat Secretary

FIRST CLASS OF THE MONTH

Nasirat Secretaries should give a Tarbiyyat Tracker to all Nasirat and ensure they fill it out daily, these trackers will be collected at the end of the month and Secretaries should report that information in the National Nasirat Report.

- a. Tracker will include information such as: Did you read your five daily prayers, recite the Holy Qur'an, watch Friday Sermon, watch MTA, helping the elderly, saying salam, smiling at others, giving chanda at a timely manner.
- b. Nasirat Secretaries should gently remind Nasirat to keep up with trackers as much as possible and promote good habits.

HOLY QUR'AN LEARNING INITIATIVE

Nasirat Secretaries are requested to actively encourage and support our Nasirat and their mothers to learn the Holy Qur'an through *Al-Furqan*. This free, Jamaat-provided resource is available to all Nasirat and Lajna for learning the Holy Qur'an with proper pronunciation and confidence.

Classes are offered for both beginners and those with previous experience, ensuring that every member—regardless of level—can continue to progress in their recitation and understanding.

BI-ANNUAL NASIRAT EXAMS

Midterm and Final exams will be held in collaboration with the National Tahir Academy. Midterm exams will take place in December and Final exams will be held in June. Study guides will always be provided ahead of time to ensure adequate preparation.

GUIDANCE ON NASIRAT WHO LIVE FAR FROM MOSQUE

For those Nasirat that live two hours or greater from the Mosque and cannot attend in person Nasirat classes, may be allowed to join by Zoom with approval from the National Nasirat Secretary. The link to this meeting should only be shared with the Nasirat that have already been given permission to join the zoom meetings.

OBJECTIVES FOR NASIRAT SECRETARIES

Nasirat Secretaries should hold a class on the first weekend of the month. Each week, Tahir Academy allotted 40 minutes for Nasirat Auxiliary to hold a class. If Nasirat Secretaries cannot attend Tahir Academy classes, then they should appoint a Lajna member to cover the class for them that week and provide material for them to cover. It is the Nasirat Secretary's job to do the following:

- Nasirat secretaries should engage and work collaboratively with Tahir Academy to ensure that Nasirat are attending and learning the Taleem and Tarbiyyat syllabus from Tahir Academy.
- Nasirat secretaries should collect monthly reports from Tahir Academy coordinators to evaluate if Nasirat are meeting the learning expectations and if assistance is necessary.
- Create a local Nasirat Amila (as advised in the Lajna constitution)
- Involve the Nasirat Amila and get help and ideas from them.
 - Nasirat Amila should function similarly to Lajna Amila.
 - The Taleem and Tarbiyyat secretaries can offer suggestions and ideas for the Nasirat Secretary to communicate to the National Nasirat Secretary. They can also be assistants during class if necessary.
 - Nasirat Tabligh can be based on Lajna Tabligh.
- PowerPoint presentations are available online on the Lajna Website under Nasirat that can be used to teach Nasirat about various topics such as Masih Maud Day (as), Musleh Maud Day (ra), etc.
- Have an updated list of all the Nasirat in your majlis with all their contact details. The Tajnid Secretary should help with this.
- Create a contact group in your official email account with all the Nasirat email and mother's email addresses. Also create a Google form that your General Secretary can send out to all Lajna.

- Create a “Signal group” (including both Nasirat and their mothers) for quick communication. This is used for reminders only. No discussions. Contact the Nasirat Secretary directly to discuss concerns, questions, etc.
- Engage the Nasirat with interactive learning methods:
 - Use engaging tools such as presentations, worksheets, and activities
 - MTA, workshops, posters, arts & crafts, field trips, and exercises.

TALEEM SYLLABUS

QUARTER	Month 1	Month 2	Month 3
Quarter 1 (April, May, June) 2025	Introduction to Jihad. Striving to achieve high morals	Jihad (Ahadith) Types (Akbar and Asghar)	High morals of Holy Prophet (saw)
Quarter 2 (July, August, Sept.) 2025	Kaana Khuluqohul Qur'an	The Holy Prophet's (pbuh) Patience and Steadfastness	Holy Prophet's (pbuh) Forgiveness or Anger Management
Quarter 3 (Oct., Nov., Dec.) 2025	How to obtain Libaas-e-Taqwah and its meaning	How to achieve high morals through the company of the righteous	The importance of making good friends: A man is known by the company he keeps.
Quarter 4 (Jan., Feb., March) 2026	Great reward for small morals	Show Kindness to Parents	How to give precedence to faith over world
Quarter 5 (Apr., May, June) 2026	How can we prevent ourselves from becoming arrogant?	Morals of an Ahmadi Muslim Nasira	How can I do Tabligh with High morals
Quarter 6 (July, Aug., Sep.) 2026	Read book “The Philosophy of teachings of Islam”	What is Nafse Ammara	What are Nafse Lawamah and Mutmainah
Quarter 7 (Oct., Nov., Dec.) 2026	Read book “The Philosophy of teachings of Islam”	Read book “The Philosophy of teachings of Islam”	Read book “The Philosophy of teachings of Islam”
Quarter 8 (Jan., Feb, March) 2027	Read book “The Philosophy of teachings of Islam”	Read book “The Philosophy of teachings of Islam”	Read book “The Philosophy of teachings of Islam”

TARBIYYAT

Quarterly lessons on Lajna Website, Nasirat section. Sample in appendix.

KHIDMAT-E-KHALQ PROGRAM

Community Service

1. Visiting the Elderly: Spending time at elderly care homes or assisting elderly community members
2. Recycling Campaigns: Promoting environmental awareness by encouraging recycling and waste management

Educational Activities

1. Teaching Programs: Assisting younger children with reading, writing, or homework help
2. Workshops: Organizing or attending workshops on personal development, hygiene, or first aid
3. Book Donations: Collecting books and donating them to schools, libraries, or underprivileged communities/shelters

Health Awareness Campaigns

1. Distributing informative pamphlets or
2. Hosting sessions on hygiene, vaccinations, and preventative care

Interfaith and Outreach

1. Spreading Messages of Peace: Distributing literature promoting peace, unity, and understanding (Use Jamaat or Lajna approved literature at approved events)
2. Serving During Community Events: Offering voluntary help during events such as interfaith dialogues or charity bazaars

Acts of Kindness

1. Gifts for Orphans: Preparing gift boxes for orphans or underprivileged children (Children in Shelters)
2. Cards for Elderly: Nasirat could make note cards for elderly monthly. This would let them know that they are loved and appreciated. Each month can have a different theme such as: Love, Gratitude, Hope. We could also ask Nasirat to add small prayers or Quranic verses that offer peace and comfort. Nasirats can also include a small item, such as a flower or bookmark.

Buddy System

1. Older Nasirat can create a buddy system where they can teach the younger Nasirat good manners and Islamic Teachings.
2. They can teach each other how to read the Holy Qur'an, Namaz, assist with secular work or anything that may foster bonds between the Nasirat.

SIHAT JISMANI SUGGESTIONS

1. Include 5 minutes of physical activity (e.g., jogging, jumping jacks) in class. Optionally offer small rewards or treats at the end
2. Conduct an online fitness program on Local level (weekly/monthly); play workout videos and have Nasirat follow along
3. Regions hold a yearly “Sports Day” - like Ijtema, but only sports, physical activities and Meena Bazaar
4. Hold a (Quarterly/Bi-Annually) mental health session over zoom with a professional psychologist from within the Lajna, email National Secretary Sihat Jismani (anonymous Q/A and discussing issues Nasirat are dealing with and facing in school

SIHAT JISMANI SYLLABUS

QUARTER	Month 1	Month 2	Month 3
Quarter 1 (April, May, June) 2025	Importance of Physical Health (presentation): The importance of Physical Health	Importance of Physical Health (presentation): Physical fitness through building healthy habits	Importance of Physical Health (presentation with video): Our organs and their functions
Quarter 2 (July, August, Sept.) 2025	Physical Fitness and Spirituality: Salat movements and their physical benefits	Physical Fitness and Spirituality: Examples from the life of the Holy Prophet (pbuh) and the Promised Messiah (as)	Physical Fitness and Spirituality: Benefits of Fasting
Quarter 3 (Oct., Nov., Dec.) 2025	Finding the right physical activity for yourself: <i>-different types of sports or workouts-</i>	Finding the right physical activity for yourself: <i>-different types of sports or workouts-</i>	Finding the right physical activity for yourself: <i>-different types of sports or workouts-</i>
Quarter 4 (Jan., Feb., March) 2026	Nutrition: Islam Teaches Balance	Nutrition: Understanding Benefits of Different Foods	Nutrition: Healthy food Ideas/Recipes
Quarter 5 (Apr., May, June) 2026	Hygiene: Importance of Hygiene	Hygiene: Relationship of Body and Mind	Hygiene: Wudu and its (physical) Benefits
Quarter 6	Mental Health:	Mental Health:	Mental Health:

(July, Aug., Sep.) 2026	Why talk about mental health? (Importance of mental health)	Thankfulness as tool for Mental Wellbeing	Modesty and Self-Confidence
Quarter 7 (Oct., Nov., Dec.) 2026	Mental Health & Self Image: Social Media vs Reality/Unrealistic Beauty Standards	Mental Health & Self Image: How to Balance American vs Muslim identity	Mental Health & Self Image: Importance of Surrounding Yourself with the Right People
Quarter 8 (Jan., Feb, March) 2027	Digital Detox	Screen-Free Challenge	Safety and First Aid Basics

MONTHLY NASIRAT REPORTING GUIDELINES

Monthly Departmental Reports are due by the 5th of each month, covering the previous month’s activities.

- Reports must be submitted online at www.lajnausa.net under the “Amila Links” tab.
 - Please contact the National Nasirat Secretary if you need assistance logging in. For any questions, email nasiratreports@lajnausa.net

National Nasirat Survey:

- All Nasirat should complete the National Survey shared between the 1st and 10th of each month.
- Responses are anonymous and are compiled for sharing with Markaz for beloved Huzoor aba review.

Important Note for Nasirat Secretaries:

- The departmental report should reflect group activities organized by your local majlis or jama'at—not individual Nasirat participation.
- Only include events or efforts held collectively at the local level.

SPECIAL ACTIVITY

Local Nasirat Secretaries may use a designated Google Form to report any special activities or events held at the local level. This is an opportunity to share unique programs, initiatives, or highlights with the National Nasirat Team. Feel free to submit anything you'd like to showcase or document beyond the regular monthly report!

Link to form: <https://forms.gle/3o4Tk5CWghusNexG8>

PREPARING NASIRAT FOR INTEGRATION INTO LAJNA

When a Nasirat turns 15 and transitions into Lajna Ima’illah at the start of the new Lajna year on October 1st, she becomes a member of Lajna Ima’illah. This transition can sometimes feel overwhelming and isolating, as she moves from a structured Nasirat class format to the more open setting of Lajna meetings. Such changes can deter her from actively participating in Lajna

Ima'illah. To ensure a smooth and welcoming transition for these new members, please implement the following guidelines:

1. Appointing a Nasirat Secretary

- Select a Nasirat Secretary who possesses strong religious knowledge, high moral values, and the ability to emotionally connect with the Nasirat. This individual will play a key role in assisting the Nasirat with their transition into Lajna.

2. Addressing Contemporary Issues

- Encourage the Lajna Tarbiyyat Secretary to address contemporary issues relevant to the new Lajna members.
- Develop a list of Frequently Asked Questions (FAQs) on topics such as Purdah, prom, parties, etc., and facilitate panel discussions or workshops on these topics during Nasirat classes.
- Encourage newly turned Lajna members to offer their opinion, ask questions, and give feedback. Balance the discussions among older and younger members.

3. Joint Meetings and Engagement

- Periodically invite Nasirat to Lajna meetings, especially when the topics may be of interest to them.
- Hold joint activities/workshops/presentations with Lajna and Nasirat i.e. Sihat-e-Jismani, Sanat-O-Dastakari, Tabligh, Ziafat, etc.
- Assign new Lajna members responsibilities such as reciting *Hadith* or *Tilawat* in Lajna meetings or at local events like *Seerat-un-Nabi*.

4. Recognizing Strengths and Interests

- Discuss with the graduating Nasirat their strengths and interests to identify areas where they can serve within Lajna.
- Assign them responsibilities as assistants in local departments, allowing them to contribute and develop a connection to *Nizam-e-Jamaat*.
- Rotate responsibilities across departments if necessary to broaden their understanding and engagement.

5. Graduation Package

Present a thoughtfully curated Nasirat Graduation Package, including:

- A welcome letter from the local *Sadr Lajna*, A brief history of Lajna Ima'illah, A copy of the Lajna constitution, A summary of *Nizam-e-Jamaat*
- Books such as *The Philosophy and Teachings of Islam*, *Pathway to Paradise*, *Our God*, *Daughters of Eve*, etc., and a headscarf

Include a specially created or decorated scarf by fellow Nasirat as a keepsake. Or any suitable item of your choice.

By adopting these measures, we can foster a welcoming environment and inspire the new members to actively participate in Lajna Ima'illah, ensuring their transition is smooth and enriching, In-Sha'Allah.

CONTACT

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