

BRD QUARTER NEWSLETTER



APRIL - JUNE 2025 / QUARTERLY NEWSLETTER OF LAJNA
IMAILLAH GHANA / WWW.LAJNAGH.ORG / ISSUE 3



AMWSA Ghana organized its 2nd Annual Youth Camp from 8th to 11th May, 2025 at Inchaban, bringing together Ahmadi Muslim women students for spiritual training, learning, and bonding.

See page 2 for more details.



Nasirat across various zones in the country held their annual Ijtema'at, filled with spiritual activities, learning, and unity.

See full coverage on pages 4–11.



Lajna Imaillah held Regional Ijtema'at in various regions, filled with spiritual learning, unity, and sisterhood.

See pages 5–14 for full coverage.



The 5th Exhibition and Prize Distribution Ceremony of Lajna Imaillah, Jamiatul Mubashireen Ghana, was a beautiful and uplifting program filled with creativity, guidance, and teamwork.

Read more on page 6.

LAJNA IMAILLAH GHANA

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NATIONAL ACTIVITIES

Nasiratul Ahmadiyya Ghana Engages in Virtual Interaction with Sadr Lajna Mulk

On 13th April 2025, Nasiratul Ahmadiyya Ghana had a special virtual interaction with Sadr Lajna Mulk, Hajia Anisa Nasirudeen Iddrisu. The session was filled with valuable guidance, heartfelt interactions, and spiritual upliftment.

Sadr Lajna Mulk encouraged the Nasirats to prioritize their prayers, speak the truth, choose good company, respect their parents, and always wear their hijabs. Her words served as a reminder of the values every young Muslim girl should uphold.

A question-and-answer session followed, where the Nasirats actively engaged with Sadr Sahiba. When one Nasirat asked what to do if her school does not allow the hijab, Sadr Sahiba advised her to politely inform her teachers of its religious importance. If still not permitted, she could wear it before and after school hours.

In a touching moment, when a Nasirat asked to see Sadr Sahiba's face, she lovingly explained that although it is not usually allowed due to social media guidelines set by Huzoor (aba), she would make an exception for them. She then shared her screen so all Nasirats could see her face.

The meeting ended with songs of praise from various regions, leaving all participants spiritually inspired and deeply connected.

Virtual Meeting on "Fostering a Culture of Modesty" Organized for Nau Mubai'ats

On 18th May, 2025, the Nau Mubai'at Secretariat of Lajna Ima'illah Ghana organized a virtual meeting for Nau Mubai'ats (New Converts) on the important topic "Fostering a Culture of Modesty." The session was chaired by Madam Rashida Abu, General Secretary for Lajna Ima'illah Ghana, and featured key speakers and a Q&A session.

The program commenced with a recitation from the Holy Qur'an. In her

opening remarks, the chairperson explained that modesty is an act of faith and quoted a Hadith: "Every religion has its distinct characteristic, and the distinct characteristic of Islam is modesty."

The main speaker, Madam Rahmat Osei Tutu, focused on three key terms in the theme: fostering, culture, and modesty:

Fostering implies nurturing or encouraging the growth of something over time.

Culture refers to shared values and behaviors passed down within a community.

Modesty, in Islam, means humility and respect in dress, speech, and behavior.

She emphasized that modesty goes beyond clothing—it shapes interaction, attitude, and worship. Quoting a Hadith, she said, "Modesty is all virtue." She urged participants to wear loose clothing, observe purdah, and be mindful in interactions.

The session included a Q&A segment. In her closing remarks, Madam Rashida Abu reiterated the importance of dressing modestly and observing purdah as a reflection of Islamic values.

**Verily you have in
the Prophet of Allah
an excellent model**

Lajna Ima'illah Ghana Holds Annual Shurah at Asafo Central Mosque

From 23rd to 25th May 2025, Lajna Ima'illah Ghana successfully held its annual Shurah at the Asafo Central Mosque in the Ashanti Region. The gathering brought together National Amila members, Regional, Zonal, and Circuit Sadraat, along with their secretaries and Shura delegates to deliberate on key matters for the progress of Lajna Ima'illah and the Jama'at.

The event commenced on Friday after Jumu'ah prayers with a National Amila meeting, followed by a broader session with all delegates. Discussions included the financial state of the organization and a proposed increase in annual rally dues. Sadr Lajna Mulk emphasized the importance of accountability and the need to issue receipts for all financial transactions.

The main Shurah session on Saturday, 24th May, began promptly at 8:00 a.m. In her keynote address, Sadr Lajna Mulk reminded members of their responsibility to serve Allah sincerely, as each will be accountable for their roles.

Key topics discussed included fundraising for the construction of the Madrasatul Hifz for Girls, a proposed increase in the Lajna levy from GHC 200 to GHC 300, and the development of a Digital Lajna Census and Membership Identification System.

Members were grouped to deliberate on each topic and presented their findings.

The outcomes of the Shurah will be submitted to Hazrat Khalifatul Masih V (aba) for final approval, In Shaa Allah. The event concluded with the departure of participants on Sunday, 25th May 2025.

SHOBA UMOORE TALIBAT



AMWSA Ghana Youth Camp 2025

The Ahmadiyya Muslim Women Students' Association Ghana (AMWSA Ghana) held its second annual Youth Camp from 8th to 11th May 2025 at Inchaban Central Mosque in the Western Region. The spiritually enriching camp brought together students nationwide for prayers, religious lectures, Qur'an recitation, games, medical screening, and an excursion to the iconic Nzulezu village. Distinguished speakers, including regional and national Lajna leaders, addressed participants on the theme "Muslim Women in the Service of Allah's Cause." The camp concluded with award presentations, heartfelt farewells, and a renewed spirit of dedication to the Jama'at.

Hazrat Khadijah (ra): A Model of Faith and Strength

Hazrat Khadijah (may Allah be pleased with her) was the first wife of the Holy Prophet Muhammad (SAW). She was the first person to accept Islam. She was a kind, wise, and hardworking woman who ran a successful business.

When the Holy Prophet (SAW) started receiving revelations, she believed in him and supported him with her heart and her wealth. Even in difficult times, she stayed by his side and helped him in every way.

Hazrat Khadijah (ra) showed what it means to be a strong, faithful, and loyal Muslim woman. Her life is a great example for all of us to follow.

She raised her children with love and good values, including Hazrat Fatima (ra), the beloved daughter of the Prophet (SAW). The Holy Prophet (SAW) never forgot her kindness and always spoke highly of her.

Her patience, generosity, and trust in Allah are lessons for every Lajna member today. By following her example, we can become better mothers, wives, and servants of Islam.

May Allah be pleased with her and help us follow her good example. Ameen.

ESSIAM ZONE

**Nasirat Learn Hausa Beer
Preparation in Essiam**

On April 3rd, 2025, the Nasirat in Essiam Zone learned how to prepare Hausa Beer, a popular local non-alcoholic drink. The practical session aimed to promote cultural heritage and equip the girls with basic entrepreneurial skills. It was an exciting and educational experience that blended tradition with hands-on learning.

The girls actively participated in every step of the preparation



show of respect, appreciation, and continued unity within the community. It was a touching gesture that reminded all of the value of honoring those who served with dedication in the past.

During the visit, the Amila members offered prayers for the health and well-being of the former executives. Gifts and tokens of appreciation were presented to them as a symbol of gratitude.

The elderly members expressed deep joy and emotion at being remembered. Some shared memorable experiences from their time in service, inspiring the younger generation. The visit strengthened the bond of love and respect between past and present leaders.



process, showing great enthusiasm. They also learned about the nutritional benefits of the drink and how it can be packaged for sale. At the end of the session, each participant had the chance to taste what they made and share feedback.

UPPER WEST REGION

Upper West Amila Visits Elderly Former Executives

On April 8th, 2025, the Upper West Amila paid heartfelt courtesy calls to former executives who are now old and weak. The visits were a

Tahrik-e-Jadid and Waqfe Jadid

His Holiness(aba) said that a motorcycle mechanic from Guinea-Bissau was enjoined to offer something for Tahrik-e-Jadid and he offered whatever he had in his pocket. At the same time, his daughter-in-law came asking him for money to make dinner. Since he had already pledged the amount for Tahrik-e-Jadid, he told her to remain patient. He then received a phone call from a government office saying that some time prior he had worked on their motorcycles but had not been paid, and so he should come to the office to pick up a check. In this way, he was immediately rewarded for his sacrifice, and he went home and happily told his family about what happened.

Moral Lesson:

Do not delay your Tahrik-e-Jadid and Waqf-e-Jadid contributions. Even small sacrifices made with sincerity bring great blessings. True faith shows in giving, not waiting.

KASOA ZONE

Kasoa North Nasirat Join Zoom Meeting with Sadr Lajna

On April 13th, 2025, the Nasirat from Kasoa North Circuit participated in a Zoom meeting with Sadr Lajna Mulk.



The virtual session was inspiring and insightful, offering the young girls guidance and encouragement from the national leadership. It was a valuable opportunity to connect, learn, and strengthen their spiritual and organizational commitment.

TWIFO PRASO ZONE



Twifo Praso Nasirat Learn to Prepare Sobolo and Coconut Juice

After attending the Zoom

meeting with Sadr Lajna Mulk on April 13th, 2025, the Nasirat in Twifo Praso Zone took part in a practical session where they learnt how to prepare Sobolo and Coconut Juice. The activity was both fun and educational, promoting local skills and teamwork among the young girls.

TWIFO PRASO ZONE



Twifo Praso Zone Nasirats Hold Zonal Conference

On April 20th, 2025, the Nasirats of Twifo Praso Zone held their Zonal Conference with great enthusiasm. The event brought together young girls from various circuits to learn, share, and grow spiritually and morally.

The program featured Qur'an recitation, speeches on moral training, and interactive activities to build unity and confidence.

Zonal Sadr advised the girls to remain steadfast in their prayers and obedience to parents.

The conference ended with prayers and group photos to capture the memorable moments.

MANKESSIM ZONE



Mankessim Zone Nasirat Hold Zonal Conference

The Nasirat of Mankessim Zone held their zonal conference on April 23rd, 2025. The event brought together young members for spiritual upliftment, learning, and unity. It was a successful gathering filled with inspiring activities and meaningful interactions.

There were engaging sessions on the importance of Salat and obedience to parents.

Zonal Sadr encouraged the girls to uphold Islamic values and be proud of their identity. Competitions like Quran recitation and poem presentation added excitement to the day. The conference ended with a closing prayer and words of encouragement from leaders.

Refreshments were served to all participants after the program.

The event left a lasting impact on the girls, boosting

SALTPOND ZONE

Saltpond Zone Holds First Nasirat Conference

On April 20th, 2025, Saltpond Zone successfully held its first-ever Nasirat conference. The historic event marked a significant milestone, bringing together young girls for spiritual development, learning, and sisterhood. It was a memorable beginning filled with enthusiasm and unity.



The program featured Qur'an recitation, speeches on discipline, and group activities. Zonal Sadr encouraged the Nasirats to be regular in prayers and take pride in their faith.

Participants engaged in educational sessions that strengthened their moral training.

The event concluded with a heartfelt prayer and joyful singing of Nasirat songs.

SHOBA KHIDMAT-E-KHALQ

Be a Light in Someone's Life

Helping others is one of the most powerful ways to gain Allah's love. Whether it's visiting the sick, feeding the hungry, supporting a widow, or simply showing kindness to someone in need — no act is too small.

Let us remember that true Khidmat-e-Khalq begins with a caring heart. When we step out to serve others,

we are not just offering help — we are spreading hope, healing, and the beautiful message of Islam Ahmadiyyat. "And do good; surely, Allah loves those who do good." — Holy Qur'an 2:197

Let's rise to the call and be a source of comfort and strength in our communities.

LAJNA AND NASIRAT ACTIVITIES

NORTHERN REGION



Northern Regional Lajna and Nasirat Conference Held

The Northern Region held its combined Lajna and Nasirat Conference on May 1st, 2025. The event featured spiritual talks, educational activities, and interactive sessions aimed at strengthening faith and unity among members. It was a successful and inspiring gathering that left a lasting impact on all attendees.

Members participated in Qur'an recitation, group discussions, and moral training sessions. Young Nasirat also showcased their talents through poems and presentations. The event ended with silent prayers and a renewed commitment to serve Islam Ahmadiyyat.

ASSIN ZONE



Assin Zone Holds 4th Lajna Conference at Assin Andoe

On May 3rd, 2025, the Assin Zone held its 4th Lajna conference at Assin Andoe under the theme "Salat: A Source of Strength and Guidance – The Role of a Muslim Woman." The event emphasized the importance of regular prayer in the life of a Muslim woman and inspired attendees to strengthen their spiritual connection and responsibilities. It was a spiritually uplifting and impactful gathering.

MAY

SEKYERE EAST ZONE



Sekyere East Zone Holds Zonal Nasirat Conference

On May 3rd, 2025, Sekyere East Zone successfully held its zonal Nasirat conference. The event brought together young Nasirats from across the zone for a day of spiritual training, education, and sisterhood.

Highlights of the conference included Qur'an recitation, talks on discipline and modesty, and group discussions. Zonal leaders encouraged the girls to stay committed to Islamic values and take pride in their identity as Nasirats.

AKIM ODA ZONE



Eastern Regional Executives Visit Sukrung – Asamankese Circuit

As part of their familiarization tour, the Eastern Regional Executives visited the Jama'at in Sukrung, Asamankese Circuit on May 5th, 2025. The visit fostered stronger bonds, offered guidance, and encouraged members in their spiritual and organizational activities. It was a warm and uplifting interaction appreciated by all.

SHOBA TA'LEEM

إِنَّ اللَّهَ يُحِبُّ الْمُتَوَكِّلِينَ

Transliteration: Inna Allaaha yuhibbul-muta wakkileen

Translation: "Surely, Allah loves those who put their trust in Him."
— (Holy Qur'an 3:160)

Moral Lesson:

This verse teaches us the importance of Tawakkul – trusting Allah in all situations. While we must work hard and plan wisely, we should never forget that success and ease come only from Allah. When we trust in Him, we gain peace of mind and the strength to face any challenge.

JAMIATUL MUBASHIREEN GHANA

THE 5TH EXHIBITION AND PRIZE DISTRIBUTION



The 5th Exhibition and Prize Distribution Ceremony of Lajna Imaillah, Jamiatul Mubashireen Ghana, was held on Sunday, 4th May 2025, under the theme **"Khulafaye Ahmadiyyat's Guidelines to Lajna Imaillah."** This spiritually enriching event beautifully showcased

the dedication, creativity, and accomplishments of Lajna members.

The program was graced by the presence of our respected National Sadr Lajna Imaillah Ghana, Hajia Anisa Nasirudeen Iddrisu Sahiba, who served as chairperson, along with Naib Sadr II, Hajia Nusrat Yaa Asantewaa Sahiba, members of the National Amla, and many Regional, Zonal, and Circuit representatives. The highlight was the keynote address by Sadr Sahiba on the theme "Khulafaye Ahmadiyyat's

Guidelines to Lajna Imaillah," offering motivating guidance from our beloved Khulafa. Awards were presented to outstanding members for their dedication and service.



A Free Medical Camp, led by Dr. Amtul Hayee Sahiba, provided health screening demonstrating Lajna Imaillah's ongoing commitment to community welfare.

AGONA ZONE



Agona Zone Nasirat Conference Held at Swedru

The Agona Zone Nasirat Conference took place on May 3rd and 4th, 2025, at Swedru Ahmadiyya School. The two-day event brought together Nasirat members for spiritual training, learning, and unity. It was a successful and inspiring conference filled with impactful activities and strong sisterhood.

Sessions included Qur'an recitation, speeches on good morals, and interactive group tasks. Zonal leaders encouraged the girls to remain steadfast in their prayers and Islamic duties. There was a display of talents through poetry, drama, and educational presentations. The conference concluded with renewed enthusiasm and dedication to serving Islam.

THE MESSENGER OF ALLAH
PEACE BE UPON HIM SAID:

YOUR SMILE FOR YOUR BROTHER IS A CHARITY. YOUR REMOVAL OF HARM FROM THE PATHS OF PEOPLE IS A CHARITY. YOUR GUIDANCE OF A PERSON WHO IS LOST IS A CHARITY.

#Charity



AKIM ODA ZONE



Regional Executives Meet Akokoaso Circuit Lajna Members

On May 5th, 2025, the Regional Executives held a meeting with Lajna members of the Akokoaso Circuit at Akokoaso. The visit formed part of their ongoing efforts to engage with members, provide guidance, and strengthen unity within the region. The session was interactive, inspiring, and well-received by the members.



Eastern Regional Executives Familiarize with Asamankese Circuit Lajna and Nasirat

On May 7th, 2025, the Eastern Regional Executives visited the Asamankese Circuit as part of their familiarization tour. They met with both Lajna and Nasirat members to encourage unity, offer guidance, and strengthen



Eastern Executives Visit Tabita Circuit

On May 5th, 2025, the Eastern Regional Executives visited the Tabita Circuit as part of their familiarization tour. The visit aimed to strengthen ties, offer guidance, and encourage the members in their religious and organizational duties. The interaction was warm, impactful, and greatly appreciated by the local members.

spiritual growth. The visit was warmly received and left a positive impact on all attendees.

Wasiyyat

Al Wasiyyat sustains true Khilafat. Through Khilafat we achieve and maintain unity of mankind and indoctrinate ourselves with The Unity of Allah and proclaim it to the rest of the world.

CENTRAL REGION



Central Regional Sadr and Amila Visit Ailing Lajna Member in Saltpond

On May 9th, 2025, after Jumu'ah prayers, the Central Regional Sadr and her Amila visited an active Lajna member in Saltpond who has been unwell and unable to participate in Lajna activities for some time. As a gesture of love and support, the Regional Sadr also donated an undisclosed amount to assist her. The visit brought comfort and reminded all of the importance of caring for one another.

VOLTA REGION



Volta Region Lajna and Nasirat Hold Regional Conference

The Volta Region Lajna and Nasirat held their regional conference from May 9th

to 10th, 2025, under the theme "Spiritual Benefits and Blessings of Adhering to Allah's Commands."

The event focused on the importance of obeying Allah in daily life, with inspiring speeches and interactive sessions. Members were reminded that true peace and success come through faith, discipline, and obedience to divine guidance.

The conference strengthened sisterhood and ended with renewed spiritual commitment from all attendees.

AMANSIE ZONE



Amansie Zonal Nasirat Conference Held at Kokofu

On May 10th, 2025, the Amansie Zone Nasirat held their conference at the Kokofu Mosque. The event brought together young girls for spiritual education, unity, and personal development. It was a successful and inspiring gathering for all who attended.

Highlights of the day included Qur'an recitation, talks on modesty, and interactive learning sessions. Participants engaged in group discussions and showcased their talents poetry and songs.

Nasirats were encouraged to remain devoted in the Jama'at.

ACCRA ZONE



Accra Zonal Nasirat Conference Held at Bustan Ahmed

The Accra Zonal Nasirat Conference was held today, May 10th, 2025, at Bustan Ahmed. The event gathered Nasirat members from across the zone for a day of spiritual upliftment, learning, and unity. It was a vibrant and successful occasion that strengthened sisterhood and faith.

The program featured Qur'an recitation, speeches on discipline and Islamic values, and educational presentations.

Nasirats showcased their talents through poetry, songs, and a quiz competition. The Zonal Sadr encouraged all attendees to stay committed to their prayers and Islamic upbringing.

Taleem

"So remember Me; I will remember you. And be thankful to Me and do not be ungrateful to Me."

Surah Al-Baqarah (2:153)

KASOA ZONE

Kasoa Zone Nasirat Conference Held

The Kasoa Zone successfully organized its Nasirat Conference on May 11th, 2025. The event brought together young girls from the zone for spiritual growth, learning, and unity. It was a well-organized and inspiring gathering that left a positive impact on all participants.

The program featured Qur'an recitation, speeches, and interactive sessions on moral training. Nasirats actively participated in group activities that promoted teamwork and Islamic values.



The Zonal Sadr urged all Nasirats to uphold modesty, respect, and regular Salat in their daily lives.

AKIM ODA ZONE

Akim Oda Nasirat Ijtema Held with Cooking Competition

The Akim Oda Zonal Nasirat Ijtema was held from May 9th to 10th, 2025. The two-day event featured spiritual training, educational sessions, and a fun-filled cooking



competition. The competition added excitement and showcased the talents of the young girls. It was a memorable and inspiring gathering that promoted unity, learning, and creativity. Participants left the event feeling spiritually uplifted and motivated to apply what they had learned in their daily lives.

TEMA ZONE

Tema Zone Nasirat Conference Held

On May 11th, 2025, the Tema Zone Nasirat held their annual conference. The event brought together young members for spiritual upliftment, education, and fellowship. It was a successful gathering that encouraged growth in faith and strengthened unity among the Nasirat.



The participants were actively engaged in various interactive sessions and left feeling inspired and enlightened. The program ended with prayers and words of encouragement from the Zonal Nasirat Secretary.

WA WEST ZONE



Wa West Zone Nasirat Conference Held

The Wa West Zone Nasirat held their conference on May 11th, 2025. The event served as a platform for spiritual growth, learning, and unity among the young girls. It was a successful and inspiring gathering that encouraged dedication to faith and service. Participants took part in various educational and interactive sessions designed to strengthen their moral values. The program concluded with a collective prayer and motivational address from the Zonal Nasirat Secretary.

TUMU ZONE



Tumu Zone Nasirat Conference Held

On May 11th, 2025, the Tumu Zone Nasirat held their annual conference. The event brought together young girls for spiritual enlightenment, learning, and sisterhood.

It was a meaningful and well-attended gathering that strengthened their commitment to faith and community. Participants engaged in Qur'an recitation, talks on moral upbringing, and interactive group discussions. The atmosphere was filled with enthusiasm, unity, and a strong sense of purpose.

SUNYANI **ZONE**



Sunyani/Fiapre Circuit Nasirat Conference Held

The Sunyani/Fiapre Circuit Nasirat held their conference on May 11th, 2025. The gathering offered an opportunity for spiritual growth, education, and bonding among the young girls. It was a successful and inspiring event that promoted unity and strengthened their dedication to Islamic values.



Nsoatre Circuit Nasirat Conference Held

On May 11th, 2025, the Nasirat of Nsoatre Circuit held their annual conference. The event focused on

nurturing spiritual values, education, and unity among the young girls. It was a successful and uplifting gathering that encouraged active participation and growth in faith.

HAMILE/ **NANDOM ZONE**



Hamile/Nandom Nasirat Zonal Conference Held

The Hamile/Nandom Zone held its Nasirat Zonal Conference on May 11th, 2025. The event brought together Nasirat members for spiritual development, learning, and fellowship. It was a successful and motivating gathering that strengthened their commitment to Islamic teachings and unity. The program featured Qur'an recitation, talks on modesty, and practical lessons on daily Islamic living. Participants left inspired to uphold their responsibilities as young Ahmadi Muslim girls.

WA EAST **ZONE**



Wa East Zonal Nasirat Conference Held

The Wa East Zone successfully held its Nasirat Conference on May 11th, 2025. The event focused on spiritual growth, education, and building unity among the young girls. It was a vibrant and inspiring occasion that left a lasting impact on all participants. Activities included Qur'an recitation, speeches on the importance of modesty, and interactive group sessions. The program encouraged the girls to strengthen their faith and develop leadership skills within the Jama'at.

SEKYERE **WEST ZONE**



Sekyere West Zonal Nasirat Conference Held

The Sekyere West Zone held its Nasirat Conference on May 11th, 2025. The event brought together Nasirat members for a day of spiritual enrichment, learning, and sisterhood. Highlights included Quran recitation and educational talks. Participants left feeling spiritually uplifted and more committed to their duties as young Ahmadi Muslims.

KOFORIDUA ZONE



Koforidua Zonal Nasirat Conference Held

The Koforidua Zone held its Nasirat Conference on May 11th, 2025. The event brought together Nasirat members for a day of spiritual upliftment, education, and unity. It was a successful and motivating gathering that strengthened their commitment to Islamic values and sisterhood. The program featured Quran recitation, speeches on moral training, and interactive sessions. Participants expressed joy and a renewed sense of purpose in their roles as young Ahmadi Muslims.

ASSIN ZONE



Assin Zonal Nasirat Conference Held

The Assin Zone Nasirat held their conference on May 11th, 2025. The event focused on spiritual development, education, and fostering unity among the young girls. It was a successful and impactful gathering that encouraged

greater devotion and active participation in Nasirat activities. The program featured Qur'an recitation, speeches on moral training, and interactive discussions.

Participants left the conference feeling spiritually refreshed and inspired to uphold Islamic values.

BOLGA ZONE



Bolga Zonal Nasirat Conference Held

The Bolga Zone successfully held its Nasirat Conference on May 17th, 2025. The event brought together young girls for spiritual upliftment, educational activities, and unity-building. It was a vibrant and impactful gathering that strengthened their faith and sisterhood. Various sessions focused on Islamic teachings, personal hygiene, and discipline. The girls actively participated in discussions and left motivated to live as true ambassadors of Islam.

CENTRAL REGION

Central Regional Lajna Conference Held

The Central Regional Lajna Conference was held on May 18th, 2025, under the theme "Contributing Our Part: A Call to Active Service in Lajna." The event brought together Lajna members from across the region



for spiritual empowerment, knowledge-sharing, and fellowship. It was a well-organized and uplifting gathering that strengthened unity and commitment to Islamic values.

Nasirat members also actively participated in the conference, benefiting from the guidance and inspiration shared.

Sessions covered topics such as Salat, modesty, and the role of women in nation-building.

The conference ended with renewed dedication to service, spirituality, and collective progress in the cause of Lajna Ima'illah.

SHOBA TARBIYYAT

Seek Help with Patience and Prayer

In times of hardship, turn to Allah with patience and prayer. He says in the Holy Qur'an:

"Seek help through patience and prayer; surely, Allah is with the steadfast." (Surah Al-Baqarah 2:153)
True strength lies in trusting Him and waiting with hope — for every trial has an end, and with patience comes divine help.

WESTERN REGION



Western Region Lajna Regional Conference Held on the Theme "Absolute Faith in Allah"

The Western Region Lajna Ima'illah held their annual regional conference from 17th to 18th May, 2025. The spiritually uplifting event was centered on the theme "Absolute Faith in Allah," which inspired members to deepen their trust in Allah in all aspects of life.

Throughout the conference, speakers emphasized the importance of relying fully on Allah, especially during trials. They shared practical examples from the Holy Qur'an and Hadith, encouraging Lajna members to strengthen their prayers and remain steadfast in their faith. The conference featured Qur'an recitations, inspiring talks, and interactive sessions that reinforced the message of complete trust in Allah's wisdom and plan. It was a faith-nurturing gathering that left participants spiritually motivated and united.

SHOBA MAL

The example of those who spend their wealth in the way of Allah is like a seed [of grain] that sprouts seven ears; in every ear are a hundred grains. Allah multiplies [the reward] for whom He wills. And Allah is All-Encompassing and Knowing."

— Surah Al-Baqarah (2:262)

AMANSIE ZONE



Kokofu Circuit Lajna Members Check Their Blood Pressure

On May 24th, 2025, Lajna members in the Kokofu Circuit, Amansie Zone, gathered at the Kokofu Mosque for a health check-up session focused on monitoring their blood pressure (BP). The activity aimed to promote health awareness and encourage members to regularly check and manage their well-being. It was a proactive step towards ensuring healthier lifestyles among Lajna members.



Kokofu Lajna Members Support New Mother

On May 31st, 2025, the Lajna members of Kokofu Circuit in the Amansie Zone came together to donate to a fellow member who recently delivered. The kind gesture demonstrated true sisterhood, compassion, and unity, reflecting the spirit of support and care within the Jama'at.

SHOBA SANAT WA DASTKARI



Yam Balls Recipe Ingredients:

1. 2 cups boiled yam (mashed)
2. 1 small onion (chopped)
3. 1/2 teaspoon black pepper
4. Salt to taste
5. 1 egg
6. Breadcrumbs
7. Oil for frying

Instructions:

1. Mash the boiled yam until smooth.
2. Mix in chopped onions, salt, and pepper.
3. Shape the mixture into small balls.
4. Dip each ball in beaten egg, then roll in breadcrumbs.
5. Deep fry until golden brown.
6. Serve hot with pepper sauce or ketchup.

JUNE ACTIVITIES

L A J N A A N D N A S I R A T A C T I V I T I E S

WA EAST ZONE



Menstrual Hygiene Week Marked in Hamdallah Circuit

On June 1st, 2025, as part of the Menstrual Hygiene Week celebration, sanitary pads and panties were distributed to teenage girls at the Central Mosque in Hamdallah Circuit, Wa East Zone. The initiative aimed to promote menstrual hygiene awareness, boost confidence, and support young girls in managing their health with dignity.

WA WEST ZONE



Menstrual Hygiene Week Marked in Wa Central Circuit

On June 1st, 2025, as part of the Menstrual Hygiene Week celebration, sanitary pads and panties were distributed to teenage girls in Wa Central Circuit, Wa West Zone. The

initiative aimed to promote menstrual hygiene awareness, boost confidence, and support young girls in managing their health with dignity.

SALTPOND ZONE



Saltpond Nasirat Educated on Menstrual Hygiene

On June 1st, 2025, the Nasirat members in Saltpond received education on menstrual hygiene and how to keep themselves clean and safe during their periods. The session aimed to empower young girls with knowledge, promote good hygiene practices, and help reduce stigma around menstruation.

MANKESSIM ZONE



Menstrual Hygiene Education and Pad Distribution in Mankessim Circuit

The Mankessim Circuit Sadr, together with the Nasirat

Zonal Secretary, visited the new Jama'ats of Obidan and Suprudo to engage with Nasirat members on June 1st, 2025. They educated the girls on menstrual hygiene and addressed other important issues surrounding menstruation. Sanitary pads were also distributed to all Nasirat members present, promoting health, dignity, and awareness.

MANKESSIM ZONE



Mankessim Circuit Lajna and Nasirat Members Go on Excursion

On June 8th, 2025, Lajna and Nasirat members of Mankessim Circuit embarked on an exciting excursion to **Kakum National Park, Cape Coast Castle, and Hans Cottage**. The trip offered both educational and recreational experiences, strengthening sisterhood and providing insight into Ghana's history and natural heritage.

ASHANTI REGION



The Ashanti Region held its Regional Lajna Ijtema'a from 13th to 14th June, 2025 at the Asafo Mosque, Kumasi, under the theme: "Faith, Duty and Responsibility: Living the True Spirit of Lajna."

The two-day gathering featured inspiring speeches, Qur'an recitation, poem presentations, academic competitions, and interactive sessions that reminded members of their spiritual and moral responsibilities as Ahmadi Muslim women.

The event encouraged unity, strengthened faith, and left participants spiritually refreshed and more determined to serve with sincerity.

May Allah bless the efforts of all who made the Ijtema'a a success. Ameen.

SALTPOND ZONE



Saltpond Zone Lajna Supports New Mother with Donation

On 27th June, 2025, Lajna members in the Saltpond Zone demonstrated true sisterhood and compassion by donating toiletries to a member who had recently given birth.

This kind gesture reflects Lajna Imaillah's ongoing commitment to caring for one another and supporting members in times of need.

May Allah bless the newborn, the mother, and all those who contributed to this thoughtful act. Ameen.

BRONG AHAFO REGION



Brong Ahafo Regional Lajna Conference Held

The Brong Ahafo Region held its Regional Lajna Conference from 27th to 28th June, 2025 at the Noatre Mosque, under the theme: "Mothers as Role Models for the Moral Training of Children."

The program featured enlightening talks, Qur'an recitation, group discussions, and practical sessions focused on the vital role of mothers in

shaping the next generation.

It was a spiritually uplifting and educational gathering that encouraged members to lead by example in their homes and communities.

May Allah reward all efforts and continue to guide our mothers in their noble responsibility. Ameen.

GREATER ACCRA REGION



Greater Accra Regional Lajna Ijtema'a Held at Bustan-e-Ahmadiyya

The Greater Accra Region held its Regional Lajna Ijtema'a from 28th to 29th June, 2025 at Bustan-e-Ahmadiyya, under the theme: "The Causes and Effects of Family Separation – A Worrying Trend of Our Time."

The event featured presentations and discussions on family breakdown and encouraged members to uphold Islamic values and strengthen family ties.

The Ijtema'a inspired participants to work toward building stronger, united families.

HEALTH CORNER

Caring for Women's Health – Know Your Body, Protect Your Future

As women, we often focus so much on caring for others – our children, our spouses, our homes, and even our Jama'at responsibilities – that we forget one important thing: ourselves.

Taking care of your health is not selfish. It is part of being a responsible Muslim woman. When you are healthy, you can serve better, pray better, and live better. Islam teaches us balance in all things – including caring for our bodies.

Here are a few key areas every woman should pay attention to:

1. Blood Pressure & Heart Health

High blood pressure is called a “silent killer” because it shows no signs – but it can lead to serious problems like stroke, heart failure, or kidney damage.

💡 **Tip:** Check your blood pressure at least once every 3 months, especially if you're above 30 or have a family history.

2. Breast Health

Breast cancer is one of the leading causes of death among women – but early detection can save lives.

💡 **Tip:** Learn how to do a self-examination monthly. If you feel any unusual lumps or changes, see a doctor early.

3. Reproductive Health

Issues like painful periods, irregular bleeding, or infections should never be ignored. Many women suffer in silence.

💡 **Tip:** Don't be shy – speak to a female doctor or midwife. Early treatment prevents future problems.

4. Mental Health Matters Too

Stress, anxiety, and emotional exhaustion are real. As Muslim women, we turn to prayer – but also need to rest, talk, and take breaks.

💡 **Tip:** Make time for yourself. A walk, a nap, or talking to a friend can refresh your spirit.

Final Reminder:

Don't wait until you're sick before you take your health seriously. Prevention is better than cure. Eat balanced meals, drink enough water, sleep well, and seek medical help when needed.

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CHECKLIST FOR NEXT QUARTER

1. Virtual Sihat-e-Jismani Program
(Saturday 12th July, 2025)
2. Visit Tree Plantation Sites To Weed/water (Engage In Maintenance Activities)
(Friday 18th - Sunday 20th July, 2025)
3. Nasirat Virtual Program
(Sunday 3rd August, 2025)
4. Waqar Amar in hospitals/ streets all over Ghana
(Sunday 24th August, 2025)
5. Virtual Marriage Seminar
(Sunday 31st August, 2025)
6. National Tabligh Project: Distribution of leaflets/ literature books
(Saturday 13th September, 2025)
7. Special Tahajjud prayers to mark the end of the Lajna year
(Sunday 28th - Tuesday 30th September, 2025)