



ATFALUL AHMADIYYA UK

# AMANAT

## UNDER 7'S

IJTEMA SYLLABUS  
2025/26



MAJLIS  
ATFALUL AHMADIYYA  
UNITED KINGDOM

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# **GENERAL RULES**

## **(AGE GROUPS)**

- **Your age group for the Local & Regional Ijtema'at is determined by your age on the 1st of November 2025:**
  - For example, if you are 9 years and 9 months old on 1st of November, then you should prepare for the Diyanat (7 to 9 years old) age group for your local & regional ijtema, despite turning 10 before the end of the Atfal year.
  - As an exception, those Atfal turning 7 years old during the year can choose to take part in either Amanat (Under 7s) or Diyanat (7 to 9s) age group with their respective syllabi.
- **Your age group for the National Ijtema is determined by what age you will be on the day of the National Ijtema i.e. September 2026.**
  - For example, if you are 9 years old on 1st of November 2025, then you should prepare for the Diyanat age group for the your local & regional ijtema. However, if you turn 10 before the National Ijtema, then you should prepare for the Sadaqat (10 to 12 years old) age group for the National Ijtema.

# GENERAL RULES

- **All competitions are open at the national, regional and local levels for the under 7s age group.** However, not all competitions run at the National Ijtema due to Under 7s department running a separate programme
- **More details on the competitions on offer at the National Ijtema will be shared closer to the Ijtema date.** For local and regional Ijtema'at, please contact your local or regional Nazimeen, respectively.
- **Please make sure you read all the rules and guidelines correctly.** Always feel free to contact your local/regional Nazim Atfal or the national team at [Talim@atfal.co.uk](mailto:Talim@atfal.co.uk) for more information.

# RULES FOR TILAWAT

- All Under 7's can take part in this at local, regional and national Ijtema'at. Please see the Ijtema website for more details: <https://www.atfal.org.uk/ijtema>
- Participants can recite any of the selected portions from the syllabus.
- A recitation from outside the syllabus will get a total mark of zero.
- Marks will be deducted if the Tifl forgets to recite Ta'awwuz or Tasmiyya.
- There will be no additional marks for reciting from memory.
- Judges reserve the right to stop a participant at any point.
- **Marks will be awarded for:**
  1. Pronunciation - Makharij
  2. Tajweed
  3. Melody - Lehan

## Surah Al-Ikhlās, Chapter 112

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①  
 قُلْ هُوَ اللَّهُ أَحَدٌ ② اللَّهُ الصَّمَدُ ③ لَمْ يَلِدْ ④  
 وَلَمْ يُولَدْ ⑤ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ⑤

## Surah An-Nasr, Chapter 110

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ① إِذَا جَاءَ نَصْرُ اللَّهِ  
 وَالْفَتْحُ ② وَرَأَيْتَ النَّاسَ يَدْخُلُونَ فِي دِينِ اللَّهِ  
 أَفْوَاجًا ③ فَسَبِّحْ بِحَمْدِ رَبِّكَ وَاسْتَغْفِرْهُ ④ إِنَّهُ كَانَ  
 تَوَّابًا ④



## Surah Al-Kauthar, Chapter 108

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①  
إِنَّا أَعْطَيْنَاكَ الْكَوْثَرَ ② فَصَلِّ لِرَبِّكَ وَانْحَرْ ③  
إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ ④

## Surah An-Nas, Chapter 114

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ① قُلْ أَعُوذُ بِرَبِّ  
النَّاسِ ② مَلِكِ النَّاسِ ③ إِلَهِ النَّاسِ ④ مِنْ شَرِّ  
الْوَسْوَاسِ ⑤ الْخَنَّاسِ ⑥ الَّذِي يُوَسْوِسُ فِي صُدُورِ  
النَّاسِ ⑦ مِنَ الْجِنَّةِ وَالنَّاسِ ⑧

# RULES FOR NAZM

- All Under 7's can take part in this at local, regional and national Ijtema'at. Please see the Ijtema website for more details:
  - <https://www.atfal.org.uk/ijtema>
- Any one of the Nazms from the syllabus can be delivered.
- At least three couplets are given for each Nazm, any two must be recited without repetition.
- There will be no additional marks for reciting from memory.
- Reading a Nazm from outside the syllabus will get a total mark of zero.
- Judges reserve the right to stop a participant at any point.
- **Marks will be awarded for:**
  1. Pronunciation
  2. Quality of Voice
  3. Melody – Lehan



## Hum Ahmadi Bacha Hain Master Muhammad Ibrahim Shaad

ہم احمدی بچے ہیں۔ ماسٹر محمد ابراہیم شاد

Ham Ahmadi Bachay Hain Kuch Kar Kay Dikha dein gay Shaitan ki hukumat ko dunya say mita dein gay	ہم احمدی بچے ہیں کچھ کر کے دکھا دیں گے شیطان کی حکومت کو دنیا سے مٹا دیں گے
Ham mashriq-o-maghrib mein wahdat ki sada dein gay Dunya ko tariqat ka phir dars sikha dein gay	ہم مشرق و مغرب میں وحدت کی صدا دیں گے دنیاں کو طریقت کا پھر درس سکھا دیں گے
Har samt pukarein ge dunya mein nazeer aya Har aik ko jaga kar pegham-e-khuda dein gay	ہر سمت پکاریں گے دنیاں میں نذیر آیا ہر ایک کو جا جا کر پیغامِ خدا دیں گے

## Meri raat din bas yahi ik sada hai Hazrat Khalifa tul Messiah AL-Sani<sup>(ra)</sup>

میری رات دن بس یہی اک صدا ہے۔ حضرت خلیفۃ المسیح الثانیؒ

Meri raat din bas yahi ik sada hai, Ke is aalam-e-kawn ka ik Khuda hai	میری رات دن بس یہی اک صدا ہے کہ اس عالم کون کا اک خدا ہے
Usi ne hai paida kiya is jahaan ko, Sitara ko sooraj ko aur aasmaan ko	اسی نے ہے پیدا کیا اس جہاں کو ستاروں کو سورج کو اور آسمان کو
Woh hai aik uska, nahin koi hamsar, Woh maalik hai sab ka, woh haakim hai sab par	وہ ہے ایک اُس کا نہیں کوئی ہمسر وہ مالک ہے سب کا وہ حاکم ہے سب پر

**Qaseeda: Ya `Aina Faizil Laahi Wal Irfaani**  
Hazrat Mirza Ghulam Ahmad Qadiani (as)  
The Promised Messiah (as)

يَسْئَلُ إِلَيْكَ الْخَلْقُ كَالْظَّمَانِ	يَا عَيْنَ فَيْضِ اللَّهِ وَالْعِرْفَانِ
تَهْوِي إِلَيْكَ الرُّمُرُ بِالْكِيزَانِ	يَا بَحْرَ فَضْلِ الْمُنْعِمِ الْمَنَّانِ
نَوَّرَتْ وَجْهَ الْبَرِّ وَالْعُمَرَانِ	يَا شَمْسَ مُلْكِ الْحُسْنِ وَالْإِحْسَانِ

Ya 'aina faizil laahi wal Irfaani	Yas 'aa ilaikal Khalku ka-zam-aani
Ya bahra fadlil mun'imil mannani	Tahwee ilaikazzumar bilkeezaani
Ya rabbi salli 'alaa nabiyyika daa-i man	Fee haazihid dunya waba' sin saani

O you who are the fountain of Allah's beneficence and divine understanding;	People throng towards you like the thirsty rushing towards water.
O you who are the ocean of the Grace of the Benefactor and Bountiful God;	People flock to you with empty cups in their hands
O my Lord, always shower blessings on your Prophet,	In this world and the next.

# RULES FOR PREPARED SPEECH ENGLISH

- This is an open competition. All Under 7's can take part in this at local, regional and national Ijtema'at.

Please see the Ijtema website for more details:

- <https://www.atfal.org.uk/ijtema>
- The speech must be delivered in the English language.
- Any speech delivered in a topic from outside the syllabus will not receive any marks.
- The length of the speech should be no longer than 1 minute 30 seconds.
- The speech can contain Arabic verses, Ahadith and phrases but Urdu lengthy references and couplets are not allowed
- There will be no additional marks for reciting from memory.
- Judges reserve the right to stop a participant at any point.
- **Marks will be awarded for:**
  1. Structure of Argument
  2. Content
  3. Delivery - Way of Expression

# PREPARED SPEECH ENGLISH

AMANAT  
UNDER 7'S

The Topics for prepared speech English are:

1. My creator is my protector.
2. My relationship with Allah.
3. What is Namaz ?
4. Why do I love my Khalifa?

# RULES FOR PREPARED SPEECH URDU

- This is an open competition. All Under 7's can take part in this at local, regional and national Ijtema'at. Please see the Ijtema website for more details:
- <https://www.atfal.org.uk/ijtema>
- The speech must be delivered in Urdu language.
- Any speech delivered in a topic from outside the syllabus will not receive any marks.
- The length of the speech should be no longer than 1 minute 30 seconds.
- There will be no additional marks for reciting from memory.
- Judges reserve the right to stop a participant at any point.
- **Marks will be awarded for:**
  1. Structure of Argument
  2. Content
  3. Delivery - Way of Expression

# PREPARED SPEECH URDU

The Topics for prepared speech Urdu are:

1. میرا خالق ہی میرا محافظ ہے۔
2. میرا اللہ تعالیٰ کے ساتھ تعلق۔
3. نماز کیا ہے؟
4. میں اپنے خلیفہ سے کیوں محبت کرتا ہوں۔



# RULES FOR AZAAN

- This is an open competition. All Under 7's can take part in this at local, regional and national Ijtema'at.

Please see the Ijtema website for more details:

- <https://www.atfal.org.uk/ijtema>
- There will be no additional marks for reciting from memory.
- Judges reserve the right to stop a participant at any point.
- Judges reserve the right to ask a participant to recite the Azaan for Fajr.
- There will be no marks for hand position
- **Marks will be awarded for:**
  1. Pronunciation
  2. Quality of Delivery
  3. Tune - Lehan

اَللّٰهُ اَكْبَرُ اَللّٰهُ اَكْبَرُ

اَللّٰهُ اَكْبَرُ اَللّٰهُ اَكْبَرُ

اَشْهَدُ اَنْ لَا اِلَهَ اِلَّا اللّٰهُ اَشْهَدُ اَنْ لَا اِلَهَ اِلَّا اللّٰهُ

اَشْهَدُ اَنَّ مُحَمَّدًا رَّسُوْلُ اللّٰهِ اَشْهَدُ اَنَّ مُحَمَّدًا رَّسُوْلُ اللّٰهِ

حَيَّ عَلَى الصَّلَاةِ حَيَّ عَلَى الصَّلَاةِ

حَيَّ عَلَى الْفَلَاحِ حَيَّ عَلَى الْفَلَاحِ

الصَّلَاةُ خَيْرٌ مِنَ النَّوْمِ الصَّلَاةُ خَيْرٌ مِنَ النَّوْمِ

اَللّٰهُ اَكْبَرُ اَللّٰهُ اَكْبَرُ

لَا اِلَهَ اِلَّا اللّٰهُ

HIGHLIGHTED SECTION SHOULD BE READ DURING  
FAJR PRAYER ONLY

# **RULES FOR HIFZ COMPETITION**

- **There are three Hifz Competitions:**
  - Hifz-e-Quran
  - Hifz-e-Ad'iyah
  - Hifz-e-Qasidah
- **These three competitions will be held as separate competitions at National Ijtema.**
- Each participant will be required to answer questions from each of the categories listed above.
- Marks will be awarded according to the different rules for each of the categories listed above. You can see these rules listed below along with the syllabus for each of the categories.
- The judge reserves the right to ask a participant any portion from the Syllabus.
- A participant may take up to 10 seconds before starting their answer.
- 1st, 2nd and 3rd positions will be awarded according to overall score. However, any participant who is able to successfully memorize the syllabus for one category, will receive a prize at National Ijtema.

# RULES FOR HIFZ COMPETITION

- The judge reserves the right to ask a participant any portion from the Syllabus.
- The judge will only give the reference to the portion, for example “Recite Surah Al-Ikhlās” or “Recite Surah Al-Baqarah verse 1 till 7”.
- Giving the first few words of Arabic such as Recite **قُلْ هُوَ اللَّهُ** may be considered as a hint and may result in mark deduction if the judge decides.
- A participant may take up to 10 seconds before starting their answer.
- **Marks will be awarded for:**
  1. Pronunciation
  2. Accuracy
  3. Fluency

## Surah Al-Fatihah, Chapter 1

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ② الرَّحْمَنِ الرَّحِيمِ ③ مَلِكِ

يَوْمِ الدِّينِ ④ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤ اهْدِنَا

الصِّرَاطَ الْمُسْتَقِيمَ ⑥ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ ⑦

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑧

## Surah Al-Kauthar, Chapter 108

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①  
إِنَّا أَعْطَيْنَكَ الْكَوْثَرَ ② فَصَلِّ لِرَبِّكَ وَانْحَرْ ③  
إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ ④

## Surah An-Nasr, Chapter 110

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ① إِذَا جَاءَ نَصْرُ اللَّهِ وَالْفَتْحُ ②  
وَرَأَيْتِ النَّاسَ يَدْخُلُونَ فِي دِينِ اللَّهِ أَفْوَاجًا ③ فَسَبِّحْ بِحَمْدِ  
رَبِّكَ وَاسْتَغْفِرْهُ ④ إِنَّهُ كَانَ تَوَّابًا ⑤



## Surah Al-Ikhlās, Chapter 112

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①  
قُلْ هُوَ اللَّهُ أَحَدٌ ② اللَّهُ الصَّمَدُ ③ لَمْ يَلِدْ ④  
وَلَمْ يُولَدْ ⑤ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ⑥

## Surah Al-Falaq, Chapter 113

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①  
قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ② مِنْ شَرِّ مَا خَلَقَ ③ وَمِنْ شَرِّ  
غَاسِقٍ إِذَا وَقَبَ ④ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ⑤  
وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ⑥

## Surah An-Nas, Chapter 114

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ① قُلْ أَعُوذُ بِرَبِّ  
النَّاسِ ② مَلِكِ النَّاسِ ③ إِلَهِ النَّاسِ ④ مِنْ شَرِّ  
الْوَسْوَاسِ ⑤ الْخَنَّاسِ ⑤ الَّذِي يُوَسْوِسُ فِي صُدُورِ  
النَّاسِ ⑥ مِنَ الْجِنَّةِ وَالنَّاسِ ④

# RULES FOR HIFZ-E-AD'IYAH

- The judge reserves the right to ask a participant any prayer and its translation from the Syllabus.
- The judge will only ask the prayer by giving the title. Asking for the starting words may result in mark deduction. For example, a Tifl may be asked to “Recite the prayer for waking up”
- A participant may take up to 10 seconds before answering.
- **Marks will be awarded for:**
  1. Pronunciation and accuracy of the Arabic
  2. Accuracy of the translation

## Before starting any work

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah the most gracious, ever merciful

Bismillahir rahmaanir Raheem

## Before eating a meal

بِسْمِ اللَّهِ وَعَلَى بَرَكَاتِهِ

In the name of Allah and with the blessings of Allah

Bismillahi wa ala baraka-tillah

## After eating a meal

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ  
الْمُسْلِمِينَ

All praise is due to Allah who fed us, gave us to drink  
and made us among the Muslims

Al-hamdu lillah-hilla-zi at-ama-na wa saqaana wa ja  
alana minal Muslimeen

## Going to sleep

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

O Allah I die and live calling your name

Allahumma bismika amutu wa ahya

**SPECIAL APPEAL FOR PRAYERS MADE BY HAZRAT  
KHALIFATUL MASIH V <sup>ABA</sup> ON 23<sup>RD</sup> AUGUST 2024:**

**Prayer No. 1**

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ  
صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

Holy is Allah and worthy of all praise, Holy is Allah the Great, O Allah bestow Thy blessings upon Muhammad and the people of Muhammad

SubhanAllahi wa bi Hamdihi SubhanAllahil  
Azeem Allahumma Salli ala Muhammadin wa aali  
Muhammad

**Prayer No. 2**

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

I seek forgiveness from Allah, my Lord, for all my sins and turn to Him

Astaghfirullah Rabbi Min Kulli Zanbinwwa Atubu Ilaih



**Prayer No. 3**

رَبِّ كُلِّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِي وَانصُرْنِي  
وَارْحَمْنِي

O my Lord everything serves You. So O my Lord, protect me and help me and have mercy on me

Rabbi Kullu Shay'in Khadimuka  
Rabbi Fahfazni Wansurni Warhamni

# RULES FOR HIFZ-E-QASIDAH

- The judge reserves the right to ask a participant a portion from the Syllabus.
- A judge will never ask for a couplet by number. sample question may be “Recite the couplet that starts with”  
يَا عَيْنَ فَيْضِ اللَّهِ
- A participant may take up to 10 seconds before starting their answer.
- **Marks will be awarded for:**
  1. Pronunciation
  2. Accuracy
  3. Fluency

# HIFZ-E-QASIDAH

AMANAT  
UNDER 7'S

- The Promised Messiah <sup>(as)</sup> is reported to have said:
- **“This Qasidah has been accepted by Allah, and Allah has informed me that whoever memorises this Qasidah and repeats it constantly, such a person’s heart would be granted a deep love for me and for Prophet Muhammad <sup>(saw)</sup> and I will reward him with nearness to me”**
- Please find the full Qasidah using the following link:  
<https://www.alislam.org/book/commentary-al-qasidah/>
- **The Syllabus for this age group is:**
  - To read the introductory pages of the book linked above
  - To memorise couplet 1 to 5