



TIME AUR FOCUS MANAGEMENT

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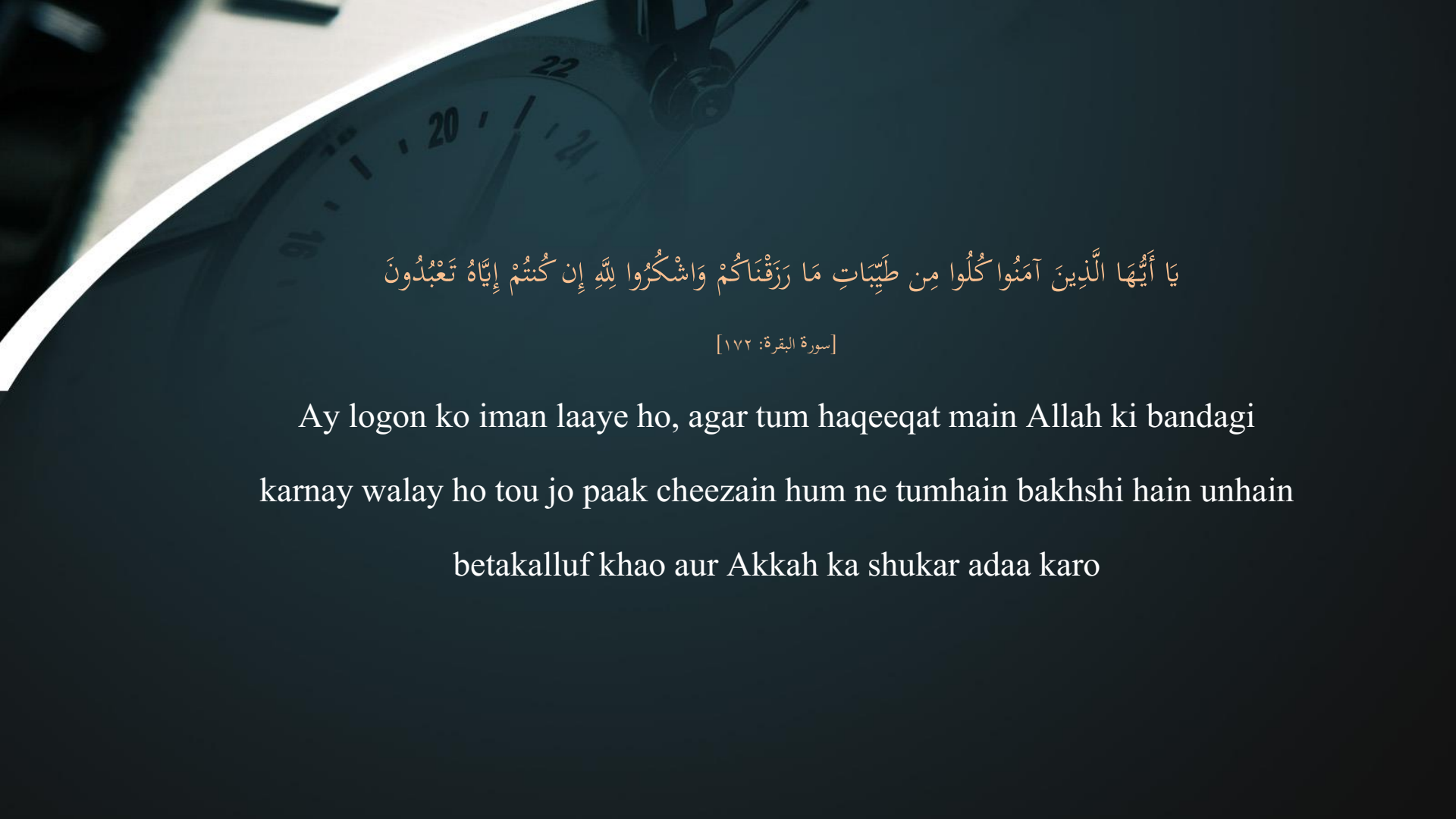
TIME MANAGEMENT MAIN SEHAT-
O-TANDRUSTI KA KIRDAAR

MODULE 11



OUTLINE

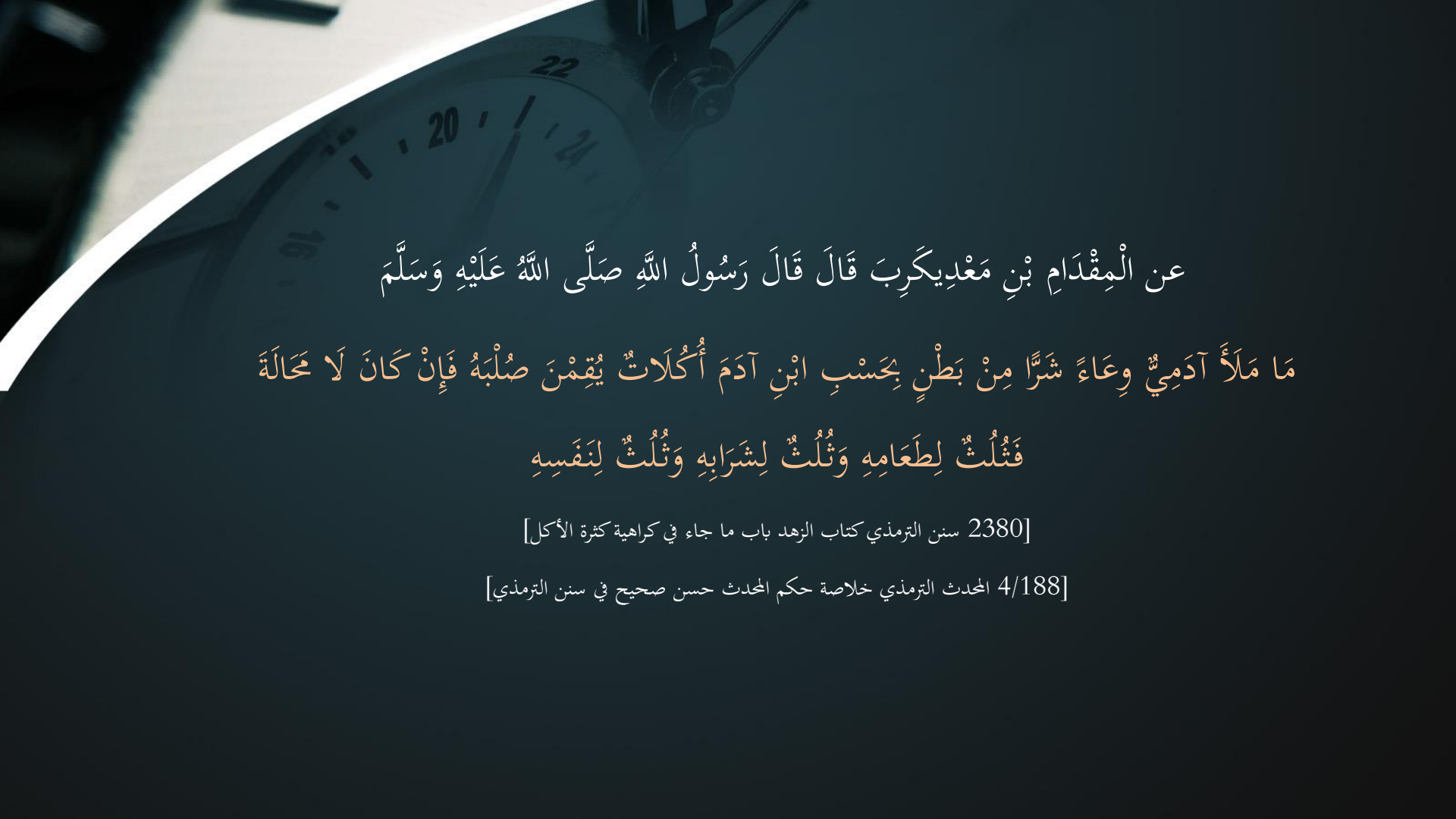
- Achi ghaza ki ehmiyat (khaalis ghaza)
- Suste ke nuqsanaat aur mood main tabdeeli
- Warzish ki ehmiyat



يَا أَيُّهَا الَّذِينَ آمَنُوا كُلُوا مِن طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَاشْكُرُوا لِلَّهِ إِن كُنتُمْ إِيَّاهُ تَعْبُدُونَ

[سورة البقرة: ١٧٢]

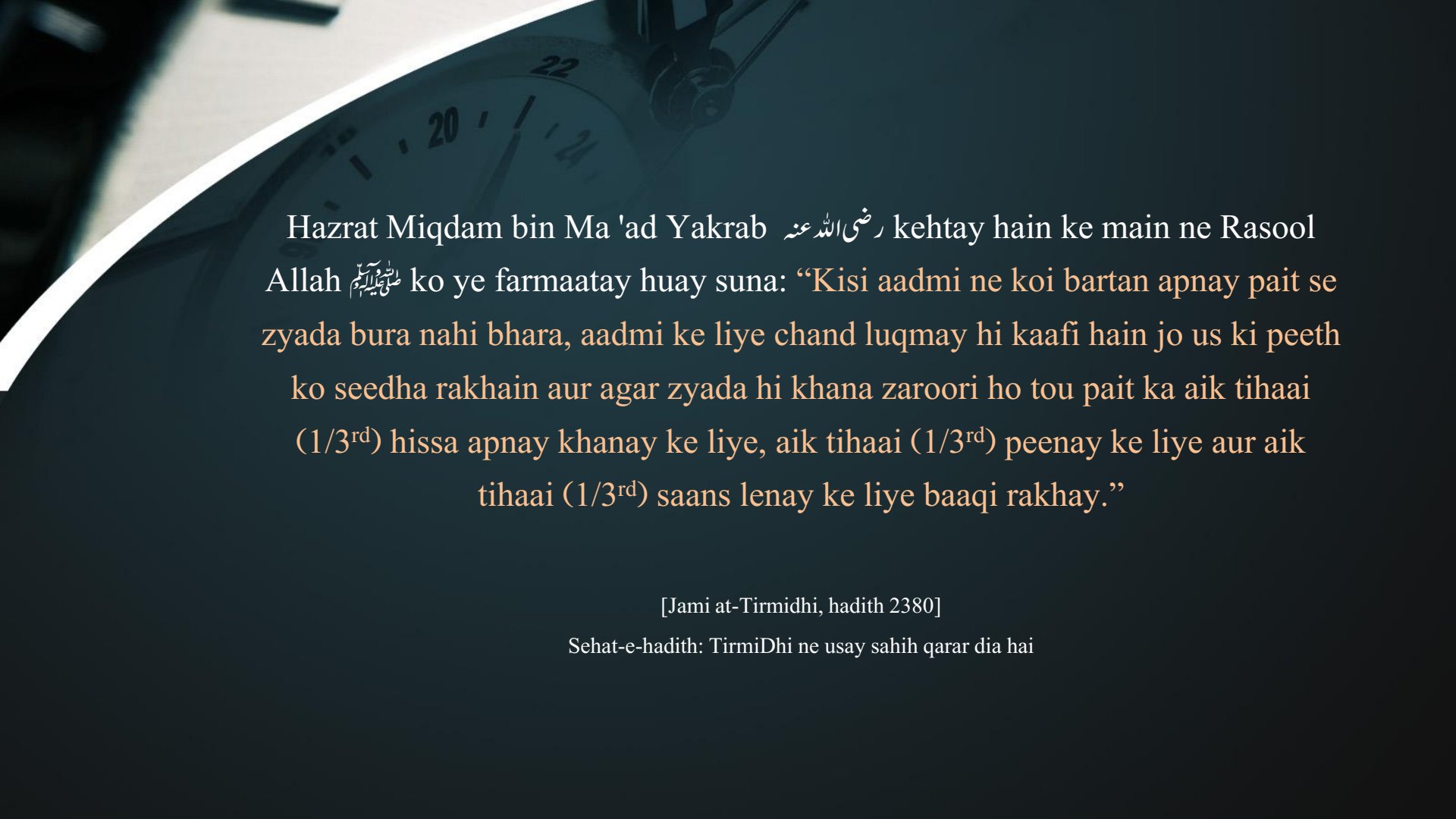
Ay logon ko iman laaye ho, agar tum haqeeqat main Allah ki bandagi
karnay walay ho tou jo paak cheezain hum ne tumhain bakhshi hain unhain
betakalluf khao aur Akkah ka shukar adaa karo



عن المِقْدَامِ بْنِ مَعْدِيكَرِبَ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
مَا مَلَأَ آدَمِيٌّ وَعَاءً شَرًّا مِنْ بَطْنٍ بِحَسْبِ ابْنِ آدَمَ أُكُلَاتٌ يُقْمَنُ صُلبُهُ فَإِنْ كَانَ لَا مَحَالَةَ
فَتُلُتْ لِبَطْنِهِ وَتُلُتْ لَشَرَابِهِ وَتُلُتْ لِنَفْسِهِ

[2380 سنن الترمذي كتاب الزهد باب ما جاء في كراهية كثرة الأكل]

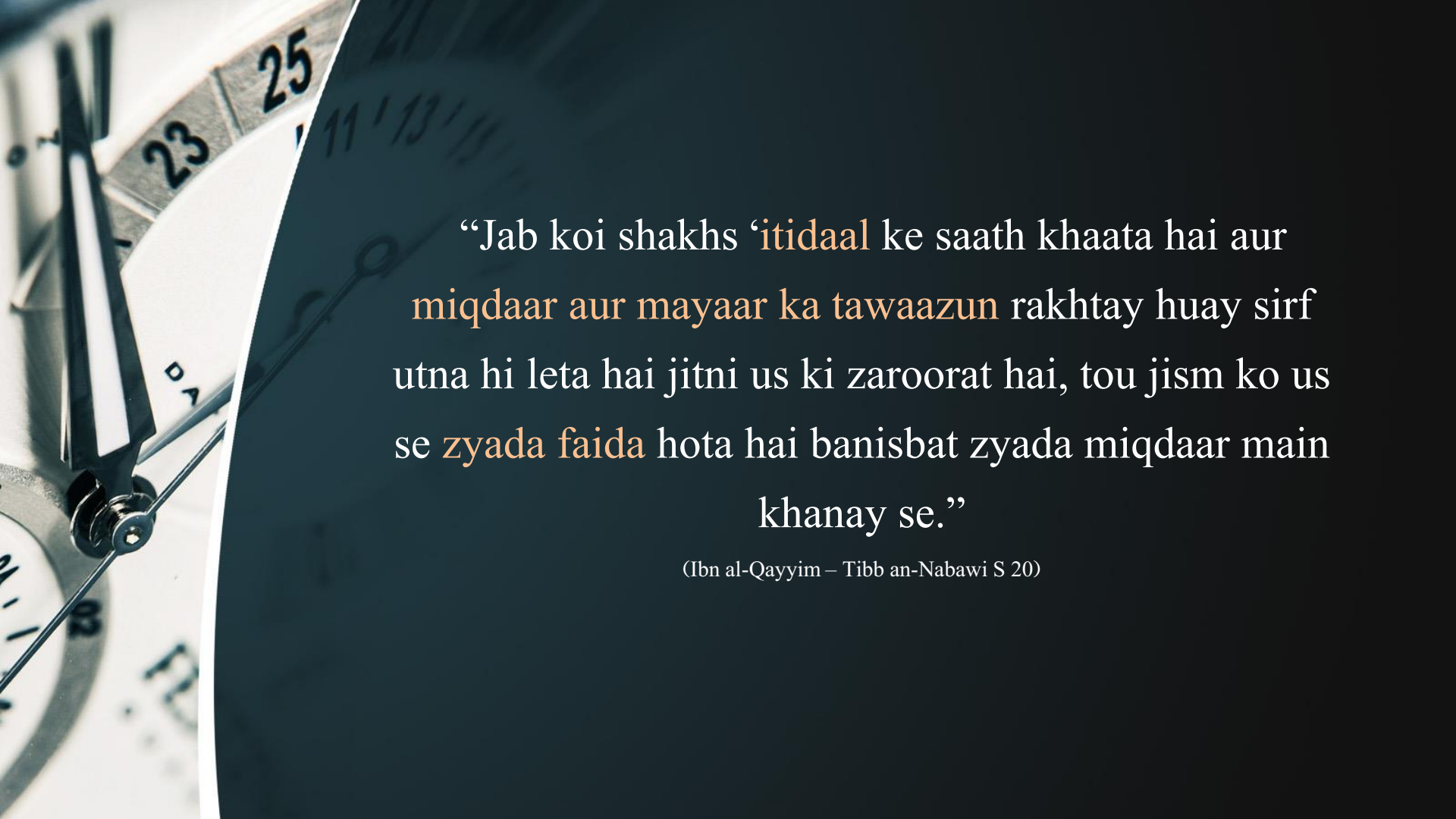
[4/188 المحدث الترمذي خلاصة حكم المحدث حسن صحيح في سنن الترمذي]



Hazrat Miqdam bin Ma 'ad Yakrab رضى الله عنه kehtay hain ke main ne Rasool Allah ﷺ ko ye farmaatay huay suna: “Kisi aadmi ne koi bartan apnay pait se zyada bura nahi bhara, aadmi ke liye chand luqmay hi kaafi hain jo us ki peeth ko seedha rakhain aur agar zyada hi khana zaroori ho tou pait ka aik tihaai (1/3rd) hissa apnay khanay ke liye, aik tihaai (1/3rd) peenay ke liye aur aik tihaai (1/3rd) saans lenay ke liye baaqi rakhay.”

[Jami at-Tirmidhi, hadith 2380]

Sehat-e-hadith: TirmiDhi ne usay sahih qarar dia hai



“Jab koi shakhs ‘itidaal ke saath khaata hai aur miqdaar aur mayaar ka tawaazun rakhtay huay sirf utna hi leta hai jitni us ki zaroorat hai, tou jism ko us se zyada faida hota hai banisbat zyada miqdaar main khaanay se.”

(Ibn al-Qayyim – Tibb an-Nabawi S 20)



ZYADA KHAANAY KE NUQSANAAT

1. Susti
2. Jismaani charbi ki ziyaadti
3. Blood pressue, diabetes wegheera jaisi bemaariyon ka khatra
4. Dimaaghi af'aal par asar

FAST FOOD SE PARHEZ KARAIN





BENEFITS OF HONEY

Blood sugar regulation

1

Probiotic

2

Beautiful and healthy skin

3

Reduce ulcers

4

Soothes coughs

5

Heal burns

6

Boosts memory

7

Treats wounds

8

Anti-bacterial

9

Provides nutrients

10



The Health Benefits of **APPLES**

ALWAYS IN SEASON

POTASSIUM
Regulates the nervous system

FIBER
Contains 17% of daily fiber intake

VARIETY
Over 2500 sold in the US

ANTIOXIDANTS
Supports brain and heart health

VITAMIN C
Important for immune health





WARZISH KE FAWAAID

1. Warzish stress [tanaao] ko kam karti hai.
2. Warzish se tawanaai ki satah barh jaati hai.
3. Warzish humain nazm-o-zabt ka paaband banaati hai.

(mandirja zel link mulaahiza kijiye: <http://productivemag.com/31/3-reasons-why-exercising-will-boost-your-time-management-skills>)

Ehem nukta: Jab hum mandirja bala fawaaid haasil karengay, tou ye baraah-e-raast humaray time management par masbat asar dalay ga. Aik (1) shakhs jo tawanaai se bharpoor hai, stress [tanaao] ko achi tarah sambhaal sakta hai aur nazm-o-zabt ko achi tarah manage [munazzam] kar payega.

INTERMITTENT FASTING: WAQFAY WAQFAY SE ROZA RAKHNA



THE 16:8 DIET

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MIDNIGHT							
4 AM	FAST	FAST	FAST	FAST	FAST	FAST	FAST
8 AM							
12 PM	First meal	First meal	First meal	First meal	First meal	First meal	First meal
4 PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM
8 PM							
MIDNIGHT	FAST	FAST	FAST	FAST	FAST	FAST	FAST

“Intermittent fasting khaanay ka aik namoona/zaabta hai jo rozay aur khaanay ke darmiyaan chalta hai.”

NABI ﷺ KA ROZA

عَنْ عَائِشَةَ قَالَتْ كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَتَحَرَّى صَوْمَ الْاِثْنَيْنِ وَالْخَمِيسِ

[745 سنن الترمذي كتاب الصوم باب ما جاء في صوم يوم الاثنين والخميس]

[745 المحدث الألباني خلاصة حكم المحدث صحيح في صحيح الترمذي]

Umm-ul-momineen Aisha رضي الله عنها kehti hai ke Nabi Akram ﷺ Peer (Monday) aur Jumaraat (Thursday) ke rozay ki talaash main rehtay thay.

[Jami' at-Tirmidhi, hadith 745]

Sehat-e-hadith: Imam Albani ne isay sahih qarar dia hai.



SEHAT AUR TANDRUSTI KA TIME MANAGEMENT SE KIA TALLUQ HAI?

- Hum jo khatay hain aur jis waqt khaatay hain, us se humaray jism ke tamaam nizam mutaasir hotay hain.
- Aik sehatmand zehan achay khayalaat paida karta hai aur behtar faislon ka baa'is banta hai. Aisa dimaagh zyada soch main nahi parhta.
- Achi sehat achi khud aitmaadi ka baa'is banti hai jis ke nateejay main hum time management samait apni zaait par behtar taur par kaam kar paatay hain.
- Sunnat ke mutabiq mamool aur ghaza humain active banaati hai.
- Achi ghaza aur warzish humain susti se bachnay main madad deti hai.



RESEARCH ASSIGNMENT

- Shehad, saib, khajoor, aur Nabwi ghaza kef awaaaid ke abray main tehqeeq karain.
- Aik diet plan banayein jis main mutawaazin ghaza shaamil ho.



YAAD KARNAY KE LIYE DUA'A

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي، اللَّهُمَّ عَافِنِي فِي بَصَرِي، لَا إِلَهَ إِلَّا أَنْتَ

Ay Allah! Meray badan main mujhay aafiyat de. Ay Allah! Meray kaanon main mujhay aafiyat de. Ay Allah! Meri aankhon main mujhay aafiyat de, teray siwa koi ma'bood nahi.