

NoorTimes

NOOR AL-HUDA TAZKIYEH




HAPPY RAMADAN

*Peptalk English
Academy*

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 - written by Nazanin Zahra Mansouri and Arefeh Foghani



Peptalk
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Ramadan is a very important and beautiful month for Muslims around the world. It is a time of fasting, prayer, and kindness. During this month, Muslims do not eat or drink from sunrise to sunset. They wake up early to have suhoor, a meal before dawn, and break their fast in the evening with iftar, often starting with dates and water.

Fasting is not just about food—it teaches patience, self-control, and gratitude. It helps people understand how the poor feel and encourages kindness and generosity. Many Muslims give food and money to those in need, making Ramadan a time of sharing and caring.

In the evenings, families and friends gather to eat delicious meals. Mosques are full of people praying and reading the Quran. The nights feel special, full of peace and reflection.

At the end of Ramadan, there is a joyful celebration called Eid al-Fitr. On this day, people wear new clothes, visit loved ones, and enjoy big feasts. Children receive gifts and sweets, and everyone says, "Eid Mubarak!" which means "Happy Eid!"

Ramadan is more than just fasting—it is a time for family, faith, and becoming a better person.



Kharazmi Festival

This month, we celebrated the Kharazmi Festival, a special event dedicated to learning and knowledge. During the festival, our students had the chance to attend a series of lectures on various topics. The lectures were engaging and informative, helping students expand their understanding of science, history, and culture. The event allowed students to showcase their talents and share their ideas with others. It was an excellent opportunity for everyone to learn and connect with each other. We are proud of all the students who participated and contributed to making the Kharazmi Festival a memorable experience.

2nd term test in Tazkiyeh

In Esfand month, we conducted speaking and written tests to evaluate our students' learning during Fall term. These assessments helped us understand how well the students have grasped the lessons covered so far, including their speaking, writing, and overall communication skills. After carefully reviewing their performances, we prepared detailed report cards for each student. These report cards highlight their progress, strengths, and areas where they can improve. Our goal is to keep parents informed about their child's achievements and provide guidance for further growth.

We are proud of our students' efforts and the progress they have made this term.

Thank you, dear parents, for your continued support in their educational journey!



The month of Ramadan feels very good. During the month of Ramadan, you should not eat anything from the morning prayer to the evening prayer, although it seems very difficult, but it is very useful for our body.

Melika Mousavi

Fasting during Ramadan, in addition to other benefits, improves the heart system. Fasting reduces heart attacks. In this way, the level of homocysteine, which is the main cause of heart attacks, is reduced. On the other hand, fasting improves heart failure, fasting reduces heart diseases by reducing blood pressure and improving heart rate.

Noora Rajabi





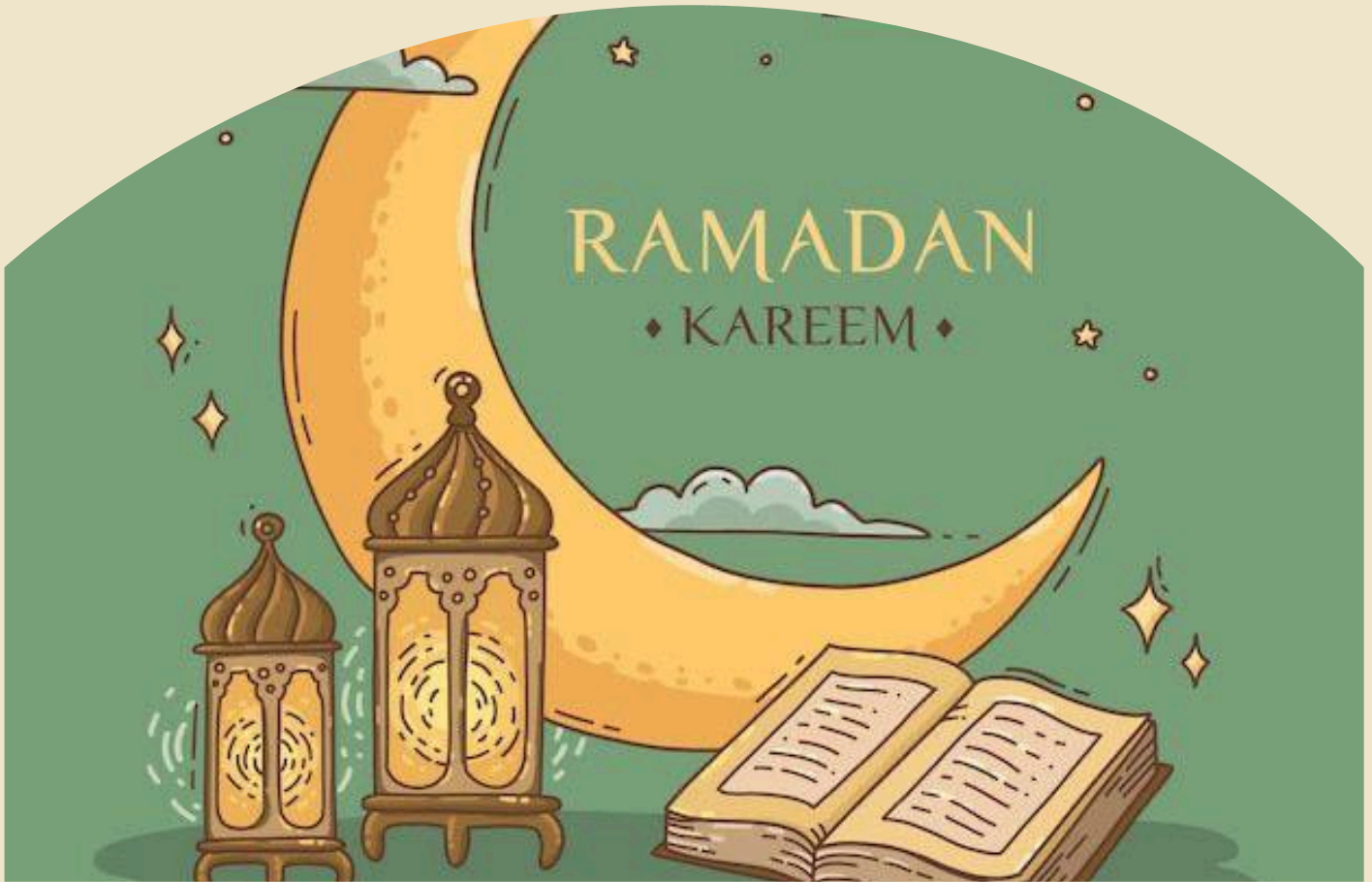
RAMADAN

Sana Abbasinia

The most prominent activity of ramadan month is the daytime fasting.

The purpose of fasting is to cleans the inner soul and free it from harm.

One should not lie, slander, or do wrong while fasting.



Hosna Mirzamani



Fasting during Ramadan has many benefits, both spiritually and physically. Spiritually, it strengthens a person's connection with their faith, fostering self-discipline and mindfulness. By abstaining from food and drink during daylight hours, individuals practice gratitude, patience, and empathy for those in need, enriching their sense of community and compassion.

Physically, fasting can promote health by encouraging mindful eating and giving the digestive system a break. It may help improve metabolism, detoxify the body, and support mental clarity. Overall, Ramadan fasting is not just a religious obligation but also an opportunity for growth, reflection, and improved well-being.



Iftari with Dads!

Another important event this month was the Iftari with Dads, a gathering that brought together students and their fathers during Ramadan. The event featured several lectures by students on significant topics such as Ramadan, Imam Ali, and the role of fathers. These lectures provided valuable insights into the spiritual and cultural aspects of Ramadan and the importance of family. It was a meaningful and reflective evening that highlighted the strong bond between fathers and their children. We appreciate all the students and fathers who participated, making this event a success and a memorable part of the holy month.

Thanks to those who participated in Iftari event



Sana Kahn mouei

Fatemeh Monfaredkia

Zeinab Yazdani

Noora TinaTehrani

Hosan Mirzamani

Hasti Dastai

Fatemeh Varahram

Reyhaneh Zahra Asadi

Melika Zarandi

Zahra Montajemi

Hoda Falahati

Saba Habibi

Maryam Eskandari

A TRIP TO



YAZD

Fatemeh Varahram

It was the third day in Yazd that we went to the desert, and in my opinion, it was the best memory we had because we played a lot and rolled down from the top of the hill. We took off our chadors and socks and felt the sand with our skin. We even buried our friends in the grave under the sand.

After we played, it was prayer time, so we went to camp and prayed. After that, we gathered around the campfire and drank tea with cake. After all those fun activities, we went to watch the stars.

I talked to some of my classmates about this memory:

Sara: "It was really good that we watched the stars and sunset together."

Zahra Razmi: "I guess one of the best parts was when we rode camels and horses."

Reyhaneh Golsonid: "It was really fun that we gathered around the campfire."

Tasnim: "That atmosphere was so calming and enjoyable."

Aretech: "It was really fun that I could feel the sand between my teeth, and I saw wonderful sights, although my clothes are still full of sand. (Fatemeh Varahram)"

My best memory in Yazd was when I went to the desert. I did a lot of exciting things in the desert. Like driving a car, riding a motorcycle, rolling on the wheels, riding a saddle, and I used to look at the sky full of stars in the desert until midnight, which was very beautiful. There were also houses, like the Eskimos' house. We sat there together by a fire and talked.



Zahra Karami

Traveling to Yazd was a new and wonderful experience for me with my friends but i wanna tell you a memory from this trip . I think it was the third day that we were there in one the beautiful old buildings we saw 3 tourists that there were from brazil and my friends wanted to take a video of their documentation class and I was the only one who can speaks well English between my friends and I talk to them I was very stressed but I did it well and I a am happy that I talk to them

Yekta Salmani

My best memory from the trip to Yazd was that I was able to spend time with my friends and went to the desert with them and watched the night sky. It was a unique and special experience under the stars with my best friends!

Zahra Razmi



My Best Memories in Yazd
On the second day, we went to the desert. It was very fun! My best friend and I took off our shoes and ran to the top of a sand hill. We had a competition, and it was really fun. Later, at the back of the hill, my friend convinced me to visit the grave! She even cried for me.
We had a lot of fun, and I even ate some sand! When the sun set, we watched Venus with a telescope and observed the stars.

Zohreh Kolahdouz



I don't have just one good memory about Yazd; there are many. For example, one of the good memories is visiting the beautiful houses and museums. Another great memory about Yazd was singing music in the bass, playing volleyball, and creating a new trend.

Sajedah Ahmadi

Two weeks ago, my friends and I went to Yazd to visit historical places. In our group, we had a person who was celebrating their birthday. Falemeh brought a white cake and we ate it with orange juice. Moreover, we gave pieces of our cake to the teachers.

Fatemeh Majidi Fakhr

My best memories from Yazd were when I didn't sleep and stayed awake. On the first night, we were bored and slept, but on the second night, we stayed up and had a party! We talked together and had a lot of fun. We ate our dinner, and sometimes we were singing.

Zahra Razmi



A LETTER TO MY FUTURE SELF

Hello, I want to become a skilled editor and
videographer in the future
and I want everyone to enjoy my work
Bye

Mahya Nasiri



Zeinab Khazali

Hi future zeynab
Where are you now?
Where are you standing now
Did you achieve your goal
I hope you had a good time
You definitely have a lot of work to do
Do want ever you be happy in life
Bye my strong zeynab

Helma Afsharnoori

Dear future self
These years were difficult , but do not forget
good memories .
Now , you are so knowledgeable and have
come to what you wanted .
I hope you have good days ahead and finish
your work to the best .
All the best
Yourself



Hi Sarah,
How are you doing? I think you're fine now and going to university. How is university going? Have you reached your goals? How is your family? What are you studying at university? I think it's much better now. Tell me about her—have you visited her yet? Is she okay? Does she teach now or not?

Okay, Sarah, let's get down to business. I want to give you some advice. You should be kind and not hurt anyone's feelings. You should have fun and enjoy your life. Go walking and make good memories for yourself and others. Don't stay up late, get up early, and eat organic food. Keep your smile. At the end, call your friends and talk with them. Maybe they'll hear about your success. Love yourself and others.

Thanks for reading my email, Sarah.

Sarah Taheri Behrouz

Hi Yeganeh!

How have you been? Are you okay? How are you doing now? What is your job now? Are you married or single? Do you have any babies? If yes, what's their name? Are they beautiful?

How about your husband? Is he handsome?

Despite everything, don't forget you had the best friends!

Do you remember Larough or Khazali from Sahba Zunb Sadat? Do you still like reciting the Quran? Do you still love your family? If not, please share the reason.

What major did you choose? Are you pleased with it?

Don't forget you have goals that you should reach.

Yeganeh Joharifard





My Tasnim!

How are you? I hope you feel happy with your family and friends, and I wish you stay healthy like you are now!

I expect that you've finished your lessons and that you are working at your dad's company! I want to tell you that you are one of the best, and you can do anything you wish!

I want you to care about yourself and be nice to your family and people!



Tasnim Mousavi



Mobina Eshtiyagh

Hi Mobina,

How are you? How are you doing? I think right now you're sitting in your chair, writing letters in your memory box. Honestly, I don't know how old you are, but I hope that wherever you are, you are happy and achieving your goals. Remember, at all times, you are the best.

Nazanin Zahra Mansouri

Dear me,

I hope you are well.

Can you tell me about your life or mine?

What will happen in my life?

I know you have had very hard events in your life, but I want to remind you to be patient and not give up.

Do you still like reading books? Or do you still want to walk in the rain?

If you still like it, here's a thought for your principles.

Dear, if you write a letter to me too, I will be very happy.



AN INTERVIEW ABOUT RAMADAN

By Arefeh
Foghani and
Nazanin Zahra
Mansouri

A interview with Mrs Fatemeh, Mrs Saabzeeyan ,Mrs Kazemi, and Mrs. Kheradmand about their feelings in Ramadan.

Mrs Fatemeh: I believe that illnesses will disappear. We will become lighter and closer to God. I really like the feeling of praying and I feel light with them.

Mrs. Sabzeeyan: During this month, our mood is very spiritual and we are full of good mood, I get positive energy from this month and I feel very good with the Iftar table. During this time, it feels like the sky is close to the earth and God hugs me.

Mrs. Kazemi I wait for this month the year and I love moments of collective recitation of the holy Quran, In this month, hearts somehow come closer. it feels so good that Imam Ali's martyrdom is in this month and we recite the Quran on Qadr nights. I really like the Iftar table and it's deliciousness

Another point is that Haleem should be eaten with Sugar not with salt!

