

The University of Southampton
Islamic Society



**Ultimate
Fresher's Guide
2023/2024**

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السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

WELCOME

It is the ISoc Team's pleasure to welcome you to the University of Southampton. Congratulations on making it thus far!

Starting university can be a daunting time for many of us, which is why the ISoc Team is present to help and support you throughout your time here at Southampton. **This booklet aims to ease your journey into university life, by providing essential and useful information that any Muslim living in Southampton will need.**

We can't wait to see all the new faces, and also those of you returning. With an incredibly busy year ahead-- *with a diverse range of social events, Islamic talks & classes, sports, and charity campaigns*-- we hope that everyone takes the opportunity to make friends, while developing in your deen.

The ISoc committee





ABOUT US

WHAT IS THE ISOC?

The University of Southampton Islamic Society (ISoc) is a student-run society. Our objective is to provide you with a welcoming environment, regardless of your religious progress, background or age, in light of the Deen. We want you to not only make friends for life, but friends who will pull you towards Jannah whilst also making amazing University memories.

WHO RUNS THE ISOC?

A committee consisting entirely of students;

President

YOSUF ALI

BM6, Year 2

Assalam alaikum. I am Yosuf Ali, a second year BM6 student (first year medicine). I am honoured to be the president of this beloved ISoc. All words of all languages in all dictionaries combined cannot express the joy and confidence this ISoc brings into your life. This ISoc provides you with the survival kit you need to cross the bridge to Jannah. The knowledge, the company and the support. I am very looking forward to welcoming you all this year inshallah. Our student-run committee is committed to serving your needs to make your uni life a remarkable unforgettable journey. Here, you will meet your life-long companions and your next year's housemates (most likely). Remember you are an explorer, so explore the horizons of our community and enrich your journey. With this ISoc, embrace every challenge and savour every moment, for these years will be some of the most enriching and fulfilling of your life in terms of your deen. So, open your hearts to new friendships, broaden your horizons, and let us grow in the light of Islam together. We are here to support and guide you every step of the way. Welcome to the beginning of an extraordinary adventure. Welcome to Southampton ISoc.

Vice Presidents

ALI-ABBAS NABI

Medicine, Year 3

Asalam Alaykum, I am Ali and am this year's Brothers VP. Without a doubt this ISoc has changed my life for the better. Not only has it provided me with socials, good fun and memories but more importantly it has provided me with friends who want to see me in Jannah with them. Whatever stage of your life that you are in, you will quickly come to realise that it's your friends who determine where you are going, in this life and the next. Going to university and having this independence and freedom all at once can be exciting and fun but also a slippery slope. By surrounding yourselves with the wrong people you can quite literally become a different person. So I urge you to make the right decisions when it comes to choosing where and who to hang out with. This ISoc is well established and has a lot to offer you. So my advice is to come and see it for yourself. Leave your misconceptions at the door and open your heart to change like I did all those years ago, and just see where you end up.

ASIYAH IBRAHEEM

Computer Science, Year 3

As Salaam Alaykum, I'm Asiyah, your Sisters VP this year. Being a part of the ISoc has transformed my university experience. It isn't just a society, it's a vibrant community that has become like a second family. It's where I've met some great friends who've not only been a source of laughter but have also played a significant role in shaping my journey as a Muslim. When you start university, the people you surround yourself with can make or break your experience. It's important to surround yourself with those who share similar values or those who you see and aspire to be more like, as they'll have a great influence on who you become. Within ISoc, we offer a variety of classes and socials, providing opportunities for both personal and spiritual growth. It's not about perfection; it's about putting in the effort to improve. We're all on our own Islamic journeys, and we should be there for each other, lifting one another up along the way. The committee sisters are some of the most welcoming people you'll meet on campus. We're always open to chat, or offer advice whenever you need it. We are all works in progress, and that's fine. We are here to support, learn, and grow together. So, whatever you're looking for, know that you're welcome here.

General Secretary

MAZEN AHMED

Bioinformatics , Year 2

Asalaamu Alaykum, I am Mazen, this year's general secretary. I am coming towards the end of my first year PhD in Bioinformatics and would love to get to know other PhD students that are coming to the university. Joining the ISoc provides you with a brotherhood or sisterhood that will last your entire lifetime. Being connected together by the deen always gives you something to talk about with your fellow brother or sister and will undoubtedly provide you with a loving and warm community you will not forget. One of my favourite things about the ISoc is the Tarbiyah program, where you can significantly develop your recitation, memorisation and understanding of the Quran. If you have any pre-conceptions about the ISoc, don't let them stop you from being welcomed by such a caring society that will InshaAllah guide you on your journey throughout university.

Treasurer

YUSAF SULTAN

Aerospace Engineering, Year 3

Assalamu-Alaykum warahmatullahi wabarakatuh, my name is Yusaf and Insha'Allah I will be your Treasurer for this year. I am currently in my third year of aerospace engineering, and I am honoured to be part of the ISoc committee. I will start my second year on the committee this year and let me be the first to tell you that the ISoc is much more than just a community, it is a family away from home. Members of the ISoc have helped me settle in from the first day that I came to this university. Insha'Allah you will see by the end of this year just how active and interconnected this ISoc is. Through the ISoc I have been able to meet brothers who have had a profound impact on my life, brothers who have helped me memorise more of the Quran, brothers that have helped me learn Arabic and brothers who have enjoined in good and forbidding evil. I hope to Insha'Allah meet many of you at the bunfight as well as in the events across the year and I look forward to personally welcoming each one of you into the ISoc. May Allah (SWT) make this a blessed year for all of us.

Da'wah Officers

MOHAMMED SAQIB SHOHEL

Computer Science, Year 3

Assalamu'alaikum, I'm Saqib, a Computer Science student in my third-year of university. This year, Alhamdulillah, I'm privileged to be the Brother's Da'wah Officer. I must admit that initially, I held misconceptions about ISocs in general, fearing they might compromise Islamic values. However, I was pleasantly surprised to find our ISoc as a dynamic space dedicated to self-improvement and the pursuit of knowledge. With unique programs like the Tarbiyyah Programme, covering Qur'an, Arabic, Fiqh, and Tafsir, this ISoc has served as a lifeline for me amidst the challenges of university. But, our ISoc is more than just education; it's also a social hub for like-minded individuals to forge lasting friendships for the sake of Allah. I pray for you a university journey filled with academic success and Islamic growth. I'm eager to meet each and every one of you and encourage you to explore the possibilities our ISoc offers.

AMIRAH MARDHIAH ABU BAKAR

Psychology, Year 2

Assalamualaikum, I am Amirah, a second year Psychology student. I am also the sisters' da'wah officer. Being an international student from Malaysia, I am so used to being surrounded with Muslims. Coming to the UK alone, finding a community was one of the first thing that I did. I am grateful that I met such a supportive family that is ISoc Southampton alhamdulillah. Not only I was able to meet some of the best people, I was also able to find a good support system. The bond I have with others has also played a significant role in my journey towards becoming a better Muslim. Personally, I believe that in the process of improving yourself, it's essential to find people who can remind you of your goals and values consistently. The ISoc also provides various classes every week from Halaqah, Quran Classes to Back2Basic Classes which would help enhance your understandings of Islam and help you experience university life outside lecture halls. Warm wishes to all, and I'm looking forward to meeting you at our freshers' event and all the exciting gatherings that follow during freshers' week!

Tarbiyah Officers

ABDUL BARI IBRAHIM

Computer Science, Year 2

Assalam Alaikum, my name is Abdul Bari Ibrahim and I'm a 2nd year computer scientist. Alhamdulillah I am deeply honored to serve as the Tarbiyah Officer in ISoc. Unlike some who may have stumbled upon ISoc by chance, my decision to join ISoc was a well-thought-out plan from the start, and I'm glad to say that it wasn't a bad plan. From the very beginning, ISoc didn't just make my university experience easier; it made me feel like I never left home, even though I was in a new city surrounded by strangers. In just a few short weeks, I formed bonds with the brothers that felt like they had been forged over years. ISoc has been my constant source of strength at university. Whenever I hit a low point or found myself grappling with life's challenges, ISoc was there to remind me of my purpose and lift me up. ISoc isn't just a society; it's a family that has supported me, and inspired me in ways I could never have imagined. It's in these moments of shared laughter, heartfelt conversations, and praying together that I've truly discovered the profound impact of ISoc on my life. It's a place where strangers become lifelong companions and where you rediscover the purpose that drives you. I'm beyond excited to welcome all of you into our warm, welcoming ISoc family here at Southampton, where you'll find not just a society, but a home away from home InshAllah.

SARA CHIKHI

Psychology, Year 2

Asalamu alaykum, I'm Sara and I'm a second year psychology student. Joining this ISoc was the most pivotal part of my university experience Alhamdulillah, it forced me to be surrounded with good company and gave me the support that every fresher needs. Whether you are already committed to seeking Islamic knowledge, or you have not yet and are curious about how it can change your life, I urge you to contemplate the classes we offer for sisters and attend whichever one(s) you feel will benefit you. Once you start, just observe the instant positive effect it will have on your imaan, relationship with Allah and life in general Insha'allah. Remember that all Muslims are welcomed to the tarbiyah programme, and the ISoc in general, regardless of where we are on our religious paths. Every Muslim has their share of sin but we cannot let that stop us from doing good, as the Shaytan wants us to. *"Whoever travels a path in search of knowledge, Allah will make easy for him a path to Paradise."* (Sahih Muslim 2699). May Allah bless your university journey <3

Prayer Room And Welfare Officers

MOSTAFA HANY AHMED

Biomedical Sciences, Year 2

Assalamu alaykum wa rahmat Allahi wa barakaatu. My name is Mostafa Hany Ahmed and I am a 2nd year Biomedical sciences student. I have been blessed with the opportunity to be your ISoc's Prayer room officer and Welfare officer inshallah. The ISoc is a beautiful community full of a bunch of amazing individuals mashallah. It helped me discover an entire new world subhanallah. It is a life changing encounter a which has changed my life for the opposite allhamdulillah. The ISoc is a place where you can make friends for life. 1 word of advice, look, at the ISoc from a neutral perspective with no external bias and you will see why it is such a loved place allhamdulillah

HOUDA ZAOUCHI

Adult and Mental Health Nursing, Year 2

Asalaamu Alaykum, I am Houda and I am a second year Adult and Mental Health Nursing student. I am fortunate this year to be the sister's Prayer Room and Welfare Officer. Moving out and coming to university is an exciting opportunity but, at times, it can feel daunting stepping into the unknown and experiencing change. I wasn't sure what to expect but I can say that one of the best things about the University of Southampton is its ISoc and community. You will experience so much growth and challenges, which will be beneficial to your imaan and deen insha'Allah. The prayer room offers Jamaat prayers for all the 5 daily salahs Alhamdulillah. The ISoc also hosts many other activities and programs which take place in the prayer room so make sure to keep an eye out for them! Many of your first interactions may take place in there, the sisterhood and community in the prayer room is something I have never seen before - some of the best friendships are made there! The prayer room is seen as a place for us Muslims to chill from the chaos of campus and you are bound to always find a sister there so you won't be lonely. The prayer room has multiple resources that can be found on the shelves from Tafsir books to Qurans - I am so blessed to be one of the gatekeepers of such an important room for Muslims; I am looking forward to meeting everyone in there. May Allah SWT grant us all success in this dunya and akhirah.

Social Media Manager

HALIMA NAEEM

Audiology, Year 3

Asalamualaikum, My name is Halima and I am this year's social media manager, so I work alongside Sister Siti to post all of the ISoc content that she has created to the Instagram page. I also answer all the general questions/concerns/queries that come through our DMs, so don't hesitate to ask any questions as I'm always here to help. Insha'Allah, I hope to make the transition into university life easy and stress free for all muslim freshers by continually posting about events where you can meet other muslims, keep good company and continue on the straight path.

Content Creator

SITI AISHAH FAISAL

Computer Science, Year 2

Assalamualaikum, I'm Siti and a returning 2nd year Computer Science student. My main responsibilities in the ISoc is the publicity material; namely the event posters you see on Instagram and WhatsApp. Alhamdulillah, I have also been granted the opportunity to work on the design of this year's Fresher's Booklet and website renovation. I hope to fulfil my duties toward the Islamic community by helping promote and publicise the ISoc's events through those materials/ mediums. I'm very grateful for the various opportunities I've been granted since becoming part of the committee, and I look forward to continuing my efforts in support of our community's growth and engagement. May you, dear fresher, also find comfort in knowing that all members of the committee (members of ISoc in general) are eager to welcome and assist you within our local Muslim community.

Socials & Campaigns Officers

MOHANNAD ELSAADAWY

Computer Science, Year 2

Asslamu'Alykom, I'm Mohannad, a Computer Science student heading into my third year at University, and second year on my course Insha'Allah. Just like everyone else, new and old, fresher and alumni, when I first came to university, I found myself at the exact same cross-path that every Muslim student finds themselves at. Do I live the uni experience and let myself spiral down the wrong path, or do I make the right choices early on, and set myself up for an amazing time at uni, surrounded by the right people? I actually didn't go looking for the ISoc, I stumbled upon it by accident, and it's fair to say, the brothers and community at ISoc quite literally altered the course of my time at uni, and potentially my life. I was just an average individual, not really looking to be too involved, just trying to enjoy my time at uni, heading towards the wrong direction, but with the community I found at ISoc, the brothers took me in, gave me a second family, a home away from home, made me one of their own, and allowed me to live up to my true potential, and showed me that you can have an amazing time at uni, just by being surrounded by the right people. I urge anyone reading this, if you find yourself at that same cross-path where I found myself, to stop, think, and make the decision that you know will be the right decision for your time at uni; the correct decision that will shape your time here. Looking forward to meeting everyone in'Sha'Allah and I can't wait to welcome you as part of our community here at Southampton.

NURULHUDA GUMAY RISWANDI

Philosophy and Politics, Year 2

Asalaamu Alaykum, I'm Nurulhuda and I will be the Sister's Socials and Campaigns Officer for this year! I'm also a second year Philosophy and Politics student so all you sisters interested in discussing the corruption within the political world or any other political discussion, make sure to hit me up :D First of all, congratulations for meeting your offer to study here and I can't wait to welcome you into our ISoc, where you will make the best friendships amongst our sisterhood! It is important to note that the people you surround yourself with can have a massive impact on your self-development, whether it be for the dunya or the akhirah. As I have recently finished first year, I can proudly say that Southampton ISoc has helped to play a massive role in helping you find good company whilst also maintaining the halal social life of university! Alhamdulillah, I am blessed to be taking on this position as I hope to host fun, memorable events for the sisters this year and to make the sisterhood of Southampton stronger insha'Allah! :P I look forward to meeting you all insha'Allah!! May Allah SWT grant us all success in the dunya and akhirah and may He keep us guided on the straight path and give us the capability to act upon the Quran and Sunnah

Sports Officer

DANISH AZIZULLAH

Accounting and Finance, Year 2

Assalamualikum, I'm Danish Aziz, a second-year student studying Accounting and Finance at the University of Southampton. Alhamdulillah, I'm currently serving as the Sports Officer for ISoc, this year, and I'd like to share how ISoc has positively impacted my university experience. ISoc has been instrumental in bringing me closer to Islam and Allah through activities like tarbiyah lessons, Quran study, and Tafsir lessons. These experiences have enriched my understanding of our faith and how to practice it. Before joining ISoc, I was drifting towards a different path. However, attending ISoc's Freshers Week and events changed my mindset and made me realize that I was making the wrong choices. Through ISoc, I quickly connected with like-minded brothers, and it felt like we've been friends for years. University life can lead us in various directions, but I pray that Allah guides us to make the right choices. ISoc is more than just a society; it's a supportive home for brothers and sisters, ready to assist in all aspects of life.

Thank you for letting me share my experience. May our university journeys be filled with growth, enlightenment, and lasting friendships.

WHAT DOES THE ISOC DO?

Many different things which you can find out more about later in this booklet!

Our goal is to include as many different people as possible during our events and activities; whether that be Qur'an and Islamic classes for those looking to further their deen, social activities (such as meals out or games nights) for those looking to socialise and everything in between.

WHERE CAN YOU FIND US?

THE PRAYER ROOM

The Prayer Room can be found behind the Student Union building (Building 40). It is our hub and is **the heart of the ISoc**.

Within, you'll find designated sections for brothers and sisters, each with its own wudhu area.

The prayer room, is firstly, a room for prayer. Open 24/7, it's always there for you when you need to pray. **Congregational prayers** are held here as well.

For details regarding prayer times, see the latest prayer timetable...

- on our website, OR
- on our WhatsApp groupchats, OR
- the physically printed copy in the prayer room.

The prayer room is also where you can meet like-minded Muslim brothers and sisters, and form lifelong friendships. Here, we hold our **tarbiyah classes and qiyaam during Ramadan**.

There are also numerous Islamic education books for you to read and enjoy.



SETTLING IN SOUTHAMPTON

LOCAL MOSQUES

If you want to integrate with the wider Muslim community of Southampton, do visit the local mosques here too.

01

Abu Bakr Jamia Masjid

Argyle Road, Southampton,
SO14 0BR

02

Masjid Bashir Ahmad

96-100 Portswood Rd,
Portswood, Southampton,
SO17 2FW

03

Al-Hayat Centre

Unit 1, 4 Dukes Rd,
Southampton,
SO14 0SQ

04

Masjid Ar-Rahmah

189 Northumberland Road, Southampton,
SO14 0EL

05

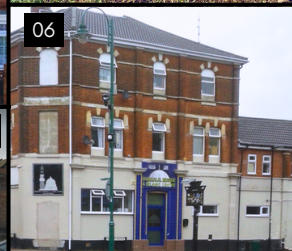
Masjid Umar Al-Farooq Islamic Centre

195 Derby Road, Southampton
SO14 0DZ

06

Shah Jalal Mosque and Islamic Centre

121 St Mary's Road, Southampton,
SO14 0BL





HALAL RESTAURANTS & TAKEAWAYS

Burgess Road

- Uni Kebab
- Lanzhou Noodle Bar
- Pizzazz Pizza
- Star Fried Chicken
- Domino's Pizza (Chicken)
- Burger King (VEGAN OPTIONS ONLY)

St Mary's

- Balkh Restaurant Southampton
- Abu Bakr Masjid Canteen
- Chunky Chips
- Mexican House
- 7 days
- Pizza Hot4U

Portswood

- Charcoal Grill
- Roosters Piri Piri
- Pepes Piri Piri
- Texas Grill
- Persian Paradise
- Rio's
- Burga

City Centre

- German Donner Kebab
- KOKORO (CHICKEN ONLY)
- Burrito (CHICKEN ONLY)
- Beity Lebanese Kitchen
- Lakaz Maman
- Chopstix
- Rooster's Piri Piri
- Cattle Steakhouse
- Coriander Lounge
- Wingstop Southampton

Shirley

- Roosters Piri Piri
- Sam's Chicken

For directions to the places listed in this and the next page, please visit the **Halal Shopping** page on our website.

HALAL SHOPPING

GROCERIES & BUTCHERS

International Foods

164-168 Portswood Road,
Southampton SO17 2NJ

Sainsbury's Portswood (selection of Halal meats)

224 Portswood Road, Southampton
SO17 2LB

Rayan Food Centre

111-113 St Mary St, Southampton
SO14 1PF

Global Food & Halal Meat Centre

55-56 St Mary's Road, Southampton
SO14 0BH

Asian Cash & Carry Halal Meat Centre

52-53 St Mary's Road, Southampton
SO14 0BH

MISCELLANEOUS

Islamic Cards, Gifts and Stationary

www.etsy.com/uk/shop/CraftyMuslim

Star Fashion - Ladies clothing & Hijab for all occasions

103 St Mary's Street, Southampton,
SO14 0PA

Flex Fitness (Ladies fitness training)

Faiza Khayam (Qualified PT)

Tel: 07951132240

Email: faizakhayam@gmail.com

Vibe by Feng Unisex Hair Studio

136 Highfield Lane, Portswood,
Southampton SO17 1NR

For sisters, request a female hairdresser on
booking and let them know you'd like to use
the private back room

Tel: 0238055 0508

Mobile: 07515522097

Candy Rush Treats

IG: [Candyrushtreats](https://www.instagram.com/candyrushtreats)

Email: candy-rush@hotmail.com

Aid Convoy for Syria:

Clothing donations going to Islamic Countries

To get updates on the latest projects, and
donation drop-off points, contact Sister Tama

Tel: 07727467993

Rejuvenate Hijamah Cupping Therapy

Delivered by an experienced couple with
medical backgrounds.

Brothers: 07985249722

Sisters: 07971899726

Fatima Hijamah Cupping (ladies)

FB: [Hijama Cupping Southampton](https://www.facebook.com/HijamaCuppingSouthampton)

Tel: 07828650167

ISOC SOCIALS

The ISoc endeavours to host as many socials as possible throughout the year and also provide a **variety of events**.

We know that being a Muslim student in the UK may be daunting at first, and it may seem challenging to find events/activities where you can **get involved without compromising your deen**.

The ISoc believes that in addition to our faith, it's the **sense of community** we have and the life-long friendships we see formed year after year which makes your time with the Islamic society very special-- it is your home away from home. It is of utmost importance to us that we nurture these relationships and see them grow, hence our commitment to running **regular socials all year for both brothers and sisters**.

We love running these more laid back socials as this is where peoples' personalities really shine through, making them the perfect opportunity to get to know each other! We also love to **get out and get involved in more hands-on activities**. In the past, these have included bowling, ice skating, archery, trampolining, an on-campus treasure hunt and even a day trip to Thorpe Park.



Keep an eye on our social media and WhatsApp groupchats for all the latest ISOC socials events!

ISOC SPORTS

The University offers different types of memberships for access to its facilities, including the "**Sports and Wellbeing**" membership. It essentially entitles you to use the gym on campus, other gyms which are a part of the university, along with the sports grounds, courts and swimming pool. For those with the membership, the **ISoc can offer more flexibility in what sports we offer**, i.e. we may occasionally hold indoor cricket matches or badminton.

Whether you're an avid sports enthusiast or simply looking to engage in physical activities, the ISoc provides an inclusive **sports programme**.

BROTHERS

FOOTBALL

- Held every Saturday from 15:30 to 17:30, at Cantell School;
- Usually consists of 3 games of 7-a-side, depending on the number of participants;
- Cost per session is £3-4 per person;
- Sports membership is not required;
- All skill levels are welcome;
- Suitable footwear is necessary (metal studs are not allowed)



CRICKET

- Held in the Team Southampton Sports Hall, in the Student Union building.
If you wish to join please speak to the Sports Officer.
- We play most weeks both competitively and casually
- Everyone is welcome to join the team; Muslims and non-Muslims alike.



BASKETBALL

- Sessions are held either at the Jubilee Sports Centre, Union Sports Hall or at st Marie's sports centre;
- Access to basketball sessions is free for those with the Sports and Wellbeing membership;
- Weekly updates are posted to the Brother's Sports WhatsApp page;
Speak to the Sports Officer to be added to this group chat



SISTERS

Albeit we do not currently have a Sisters Sports Officer, the sisters are free to organise such activities via the Sisters' WhatsApp group chat, and contact any sister of the committee to help with booking facilities. Also get in touch with any committee sister if you're interested in filling in the **available position of Sisters Sports Officer**.

Our sisters have previously engaged in several sports activities, such as **basketball, badminton, MMA** (Mixed Martial Arts) sessions, and an annual inter-ISoc **netball** tournament. These activities were typically held at Cantell School in the afternoon.

We encourage our sisters to continue pursuing their passion for sports and to create opportunities for sporting activities and exercising with fellow sisters and friends.

ISOC CAMPAIGNS FRESHERS WEEK

WEEK 1

25 SEP **BROTHERS' HANGOUT** @ Prayer Room, 7pm

26 SEP **SISTERS' HANGOUT** @ Prayer Room, 5pm

BROTHERS' CHAIWALA @ chaiiwala, 9pm

28 SEP **ISOC BUNFIGHT** @ Garden Court, 10:30am

ISOC MEET & GREET @ B54/4011 * **Brothers**
B58/1067 * **Sisters**
7:30pm

29 SEP **BROTHERS' PAINTBALL** @ Delta Force, 2pm

SISTERS' CHAIWALA @ chaiiwala, After Asr

30 SEP **SISTERS' LASER TAG** @ Woodmill Centre, 10:30am

01 OCT **ISOC QUIZ NIGHT** @ B58/1067 * **Brothers**
B02/1085 * **Sisters**
After maghrib

WEEK 2

03 OCT ISOC TARBIYAH CONFERENCE
@ Prayer Room, After maghrib * Brothers
B32/3077, 5pm * Sisters

**SISTERS' SPRINKLES
ICE CREAM SOCIAL** @ Sprinkles, After maghrib

04 OCT ISOC HALAL TOUR @ Prayer Room, After Asr

05 OCT THE COMPANIONS OF THE CAVE
BY USTADH JAMAL ABDI NASIR @ B46, After Asr

SISTERS' BOWLING @ Hollywood Bowl, 8:00pm

06 OCT THOBE & ABAYA SALE @ Garden Court, 1:30pm

A SURVIVAL GUIDE FOR MUSLIM UNI STUDENTS
BY USTADH YAHYA RAABY @ B46/3001, Evening

07 OCT SISTERS' ARCADE @ High Score, 2:30pm

BROTHERS' BOWLING @ Hollywood Bowl, 7:30pm

**08 OCT BROTHERS' FOOTBALL
TOURNAMENT** @ Cantell School, 4pm

Event timings & locations are **subject to change**, so be sure to join our WhatsApp group to stay up to date!

Events are open to both brothers and sisters, unless noted otherwise, i.e. in the name of the event.



ISOC CAMPAIGNS CHARITY WEEK

This is an annual student-led global initiative by Islamic Relief which takes place in October; we aim to **raise as much money as possible over 2 weeks for orphans and children in need in 7 countries worldwide**. 100% of the proceeds goes to a variety of different projects in Mali, Syria, India, Afghanistan, Pakistan, Somalia and South Africa.

In essence, the aim of charity week is unity! It's all about putting our differences aside and working together to truly make an impact, and to change people's lives for the better. It all comes down to the sense of unity and the community it allows us to build.

Alhamdulillah last year we raised over £17,000! However it is not about the amount of money raised, but ultimately the barakah that comes through it.

EVENTS WE RAN LAST YEAR INCLUDED:

Socials: Treasure hunt, quiz night, games night, FIFA tournament and a fancy dinner

Sports: A sponsored 5km Walk/Run, Sisters' badminton and Brothers' inter-ISoc football tournament

Stalls: Krispy Kreme sale, plant sale, henna stalls and bake offs

Every year, Charity Week has a theme to inspire our events. Keep an eye out, as we'll be releasing more information in due time.



ISOC CAMPAIGNS BELIEVE AND DO GOOD

BADG is a month-long campaign in February that sets out to encourage us to carry out acts of kindness and charity within our local community, as well as bettering ourselves as Muslims.

EVENTS WE RAN LAST YEAR INCLUDED:

Feeding the homeless

Along with a team of volunteers, we walked from campus to the city centre, distributing food packs, gloves and socks to homeless people on the streets.

Messages of Positivity

We baked and handed out free brownies to students on campus, with positive messages and reminders attached to encourage acts of kindness.

School visit

We visited a local Islamic primary school, where we taught the children the importance of charity and kindness and helped them make 'Get Well Soon' cards, which we then sent to patients on the children's ward at Southampton General Hospital.

Clothes and food donation

We encouraged other societies, students and members of the community to donate clothes and food, which we then organised and sent to Syria with the organisation 'Aid Convoy'.

Islamic Growth Reminders/ Deed of the Day

We posted a series of growth reminders and daily deeds on our Instagram stories; respectively aimed to enhance a Muslim's deen & daily life, and encourage acts of kindness in everyone, regardless of faith.

You can find these saved in our Instagram highlights!





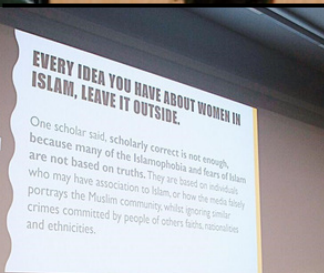
ISOC CAMPAIGNS DISCOVER ISLAM WEEK

We close off the year in March with Discover Islam Week, our final big initiative (aside from Ramadan). This is a week where we invite prominent speakers to give lunchtime and evening talks on Islam, creating awareness and tackling misconceptions.

During the week, we have various stalls set up at the SUSU Redbrick area, ranging from a "try on a hijab" stall to da'wah tables. Our aim with Discover Islam Week is to **create awareness of the beautiful religion of Islam around campus** and to attract and educate both a Muslim and non-Muslim crowd!

PREVIOUS SPEAKERS AND TALK TOPICS:

- **Sheikh Wasim Kempson** | Why should we be Muslim?
- **Sheikh Uthman Ibn Farooq** | Question a muslim!
- **Ustadha Shanhaz** | Modesty: It's not just appearance
- **Ustadh Muadh** | Fundamentals of Islam
- **Revert Panel** | How Islam changed my life for the better



RAMADAN AND EID

RAMADAN

Every Ramadan, whether it falls in the exam season or in the holidays, ISoc hosts **daily free iftar for the local community**. These iftars are the backbone of our ISoc community, providing a space for everyone to come together and share a meal each night.

Thanks to the generous donations we receive, we are able to host these iftars free of charge, welcoming up to 200 brothers and sisters each day/night.

Moreover, we host our own **taraweeh prayers** daily and have recently begun hosting **Qiyam al Layl (Tahajjud prayer)** every night, for the last 10 nights of the Holy month. We also provide **suhor** for those who attend.

EID

During Eid, ISoc has a **celebration on campus** where we welcome everyone; whether you're a local, student or just know someone there.

For both Eid-ul Fitr and Eid-ul Adha, we organise **Eid congregational prayer**, which usually takes place either in Garden Court or on the grass area outside.

Alhamdulillah, we've hosted more than 1000 people at our celebrations, and were able to provide giftbags for 200 of the children who attended. In addition to that which the ISoc provided, people brought their cultural foods, so that we could all share in each others' cultures.



THE TARBIYAH PROGRAMME

The ISoc has a variety of classes, such as;

- **Qur'an Classes**
Open to all levels; complete beginners, Tajweed & Hifz
- **Arabic Classes:**
Open to all levels; complete beginners up to advanced
- **Hadith Classes:**
A hadith from Riyadh As-Saliheen is read after certain salahs.
- **Sister's Halaqahs** on Aqidah and Fiqh issues
- **Regular talks** on Fiqh and practical tips

These classes will all be held **in person** where possible, and some will also be **accessible online**.

For more details, please visit our Tarbiyah Project page on our website (link on final page), or join our WhatsApp Broadcast and/or group chats.

"It is He who has sent among the unlettered a Messenger from themselves reciting to them His verses and purifying them and teaching them the Book and wisdom - although they were before in clear error"

- **Surah Jumuah, Verse 2**



STUDENT DU'AS

Du'a For Seeking Knowledge

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْأَرْبَعِ مِنْ عِلْمٍ لَا يَنْفَعُ وَمِنْ قَلْبٍ لَا يَخْشَعُ وَمِنْ نَفْسٍ لَا تَشْبَعُ وَمِنْ دُعَاءٍ لَا يُسْمَعُ

"O Allah, I seek refuge in You from 4 things: Knowledge which is not beneficial, a heart which is not submissive, a desire which is not satisfied, and a prayer which is not answered." [Ibn Majah, 3837]

اللَّهُمَّ انْفَعْنِي بِمَا عَلَّمْتَنِي وَ عَلِّمْنِي مَا يَنْفَعُنِي

"O Allah! Make useful for me what you have taught me and teach me knowledge that will be useful to me." [Collected by an-Nasa'i in al-Kubra: 7868]

Du'a Before Studying

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي وَاحْلُلْ عُقْدَةً مِّنْ لِّسَانِي يَفْقَهُوا قَوْلِي

"My Lord! Open up my heart and make my task easy for me, and loosen the knot from my tongue so that they might fully understand my speech." [Qur'an 20:25-28]

اللَّهُمَّ رَحْمَتِكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ،
وَأَصْلِحْ لِي شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْتَ

"O Allah, I hope for Your mercy, so do not leave me in charge of my affairs even for a blink of an eye and rectify for me all of my affairs. None has the right to be worshipped except You." [Abi Dawud 5090]

Du'a For Removing Anxiety

لِّلَّهِمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَ الْحَزَنِ وَ الْعَجْزِ وَ الْكَسَلِ وَ
الْبُحْلِ وَ الْجُبْنِ وَ ضَلَعِ الدَّيْنِ وَ غَلْبَةِ الرِّجَالِ

“O Allah, I seek refuge in you from grief and sadness, from weakness and laziness, from miserliness and cowardice, from being overcome by debt and overpowered by others.” [Sahih Al Bukhari 6369]

Du'a When Studying Something Difficult

اللَّهُمَّ لَا سَهْلًا إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا
شِئْتَ سَهْلًا

“Oh Allah! Nothing is easy except what You have made easy. If You wish, You can make the difficult easy.” [Ibn Hibban in his Sahih: 2427, and Ibn As- Sunni: 351]

اللَّهُمَّ أَخْرِجْنِي مِنْ ظُلُمَاتِ الْوَهْمِ وَ أَكْرِمْنِي بِنُورِ الْفَهْمِ

O Allah! please bring me out of the darkness of doubt and favour me with the light of comprehension.

Du'a After Studying

اللَّهُمَّ إِنِّي أَسْتَوْدِعُكَ مَا قَرَأْتُ وَ مَا حَفَظْتُ، فَرُضْهُ عَلَيَّ عِنْدَ
حَاجَتِي إِلَيْهِ، إِنَّكَ عَلَى مَا تَشَاءُ قَدِيرٌ وَأَنْتَ حَسْبِي وَنِعْمَ
الْوَكِيلُ

O Allah! I entrust you with what I have read and I have studied. Oh Allah! Bring it back to me when I am in need of it. O Allah! You do whatever you wish, you are my Availer and protector and the best of aid.

"Who is it that would loan Allah a goodly loan so He may multiply it for him many times over? And it is Allah who withholds and grants abundance, and to Him you will be returned."

-The Holy Qur'an, 2:245

"Allah, the Exalted, says, 'Spend, O son of Adam, and I shall spend on you.'"

- Prophet Muhammad (SAW), Al-Bukhari and Muslim

DONATE TO THE ISOC

The ISoc relies on your generous donations to continue to run our events and campaigns and to maintain our prayer room. If you would like to donate, you can do so **during Jummah**, or **donate to the account below** at any time:

Account Name: Southampton Islamic Society
Sort Code: 30-90-09
Account Number: 49469760
Reference: ISoc DONATION

We deeply appreciate every donation, no matter the amount. May Allah reward you for your generosity.

Jazakallah Khair,
ISoc Team



The University of Southampton
Islamic Society



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Text 'Join' to +44 7463 608497

Save this number in your contacts!

And ask to be added to our respective brothers' and sisters' chats



www.southamptonisoc.org



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