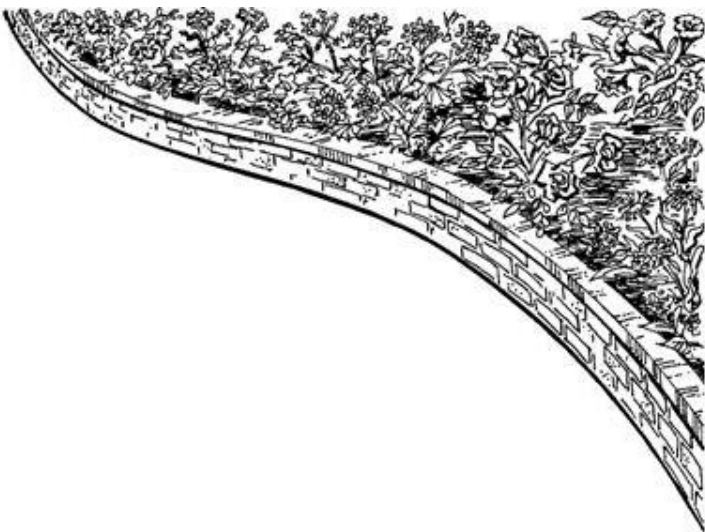


Islamic Studies

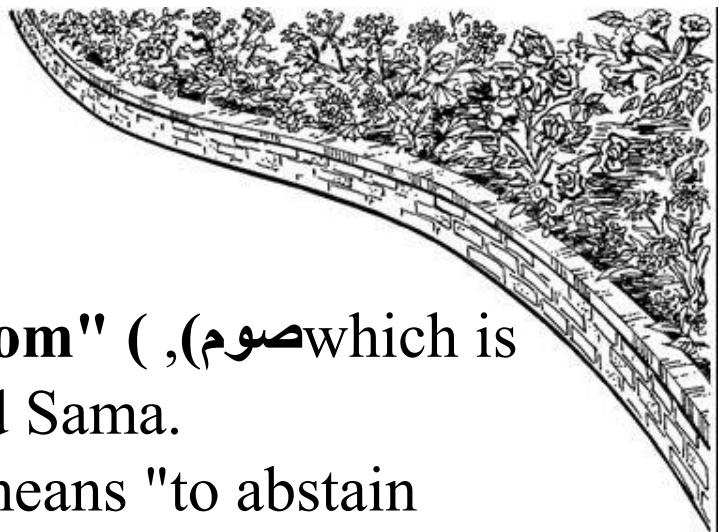
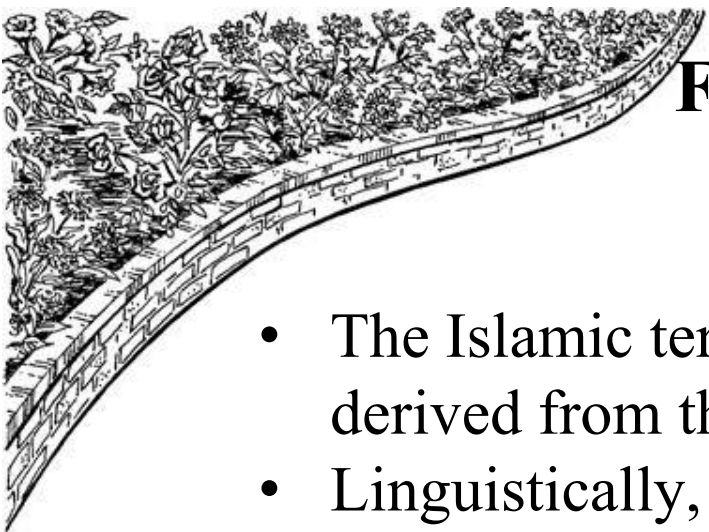
Pillars of Islam: Shahada, Prayer (Salaat)& Fasting (Sawm)



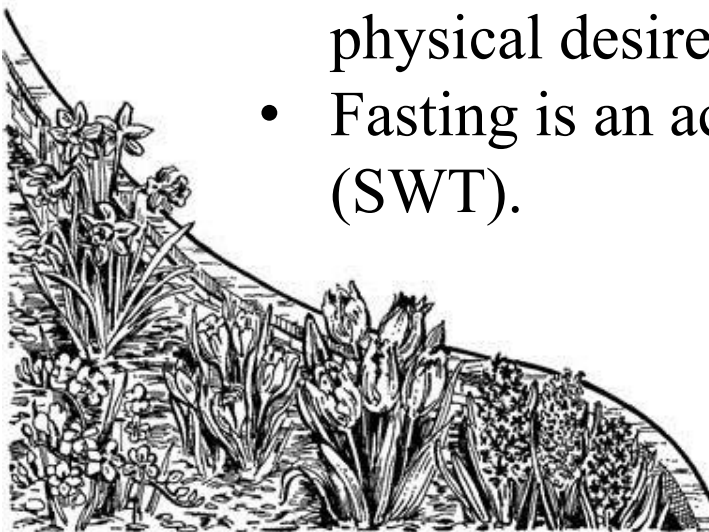
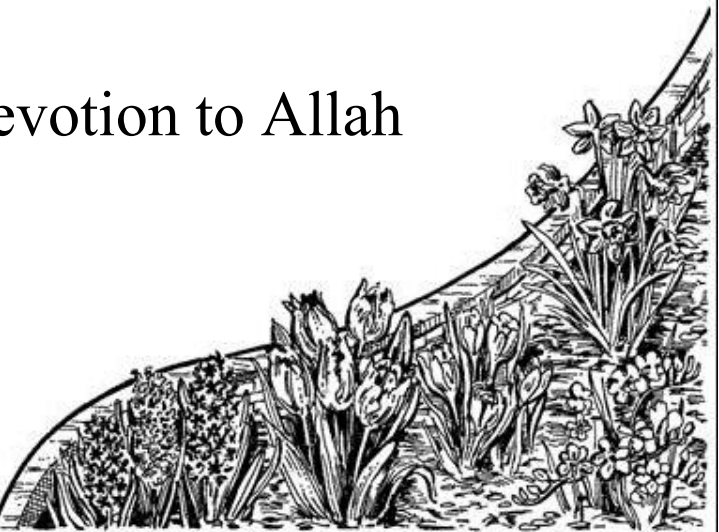
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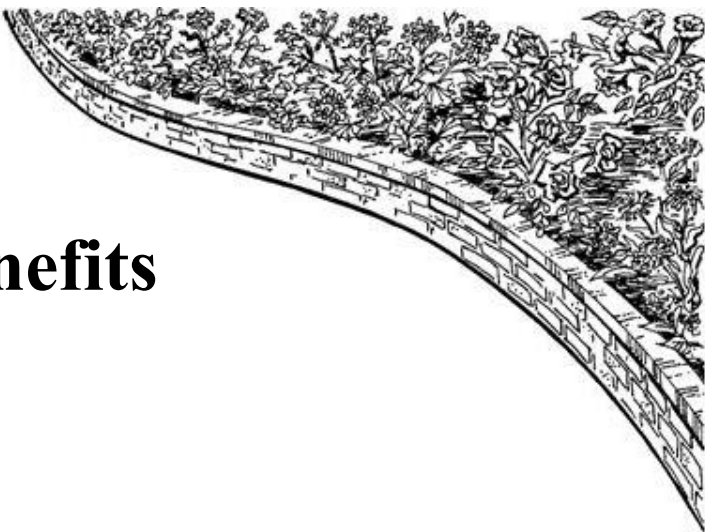
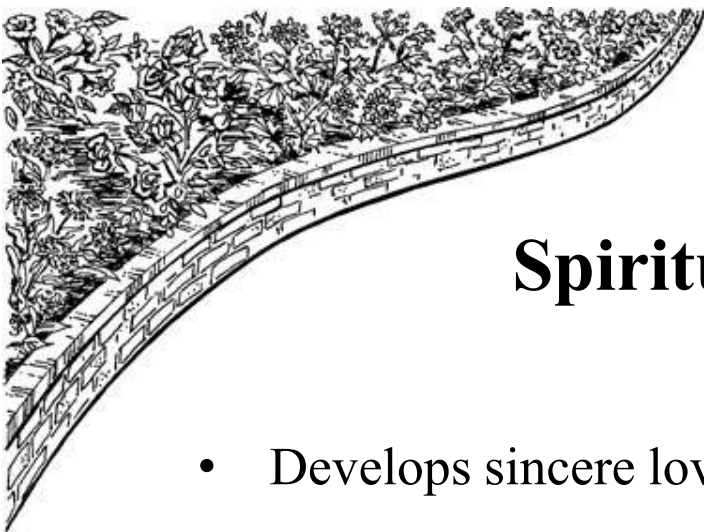
Explaining the spiritual and moral significance of fasting in Islam.



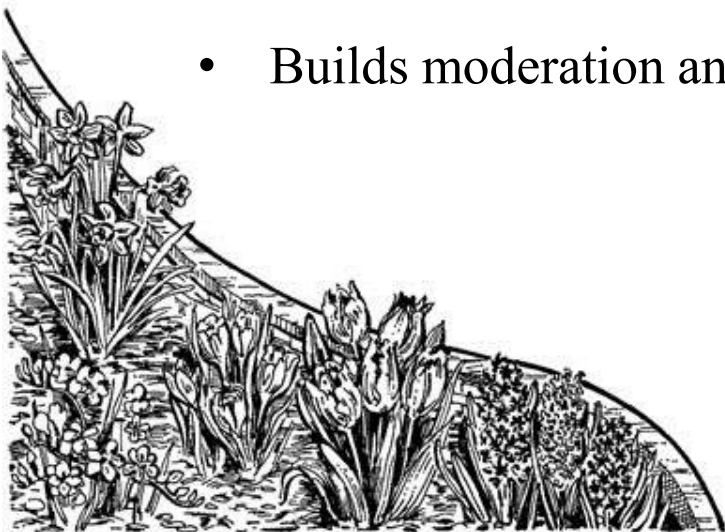


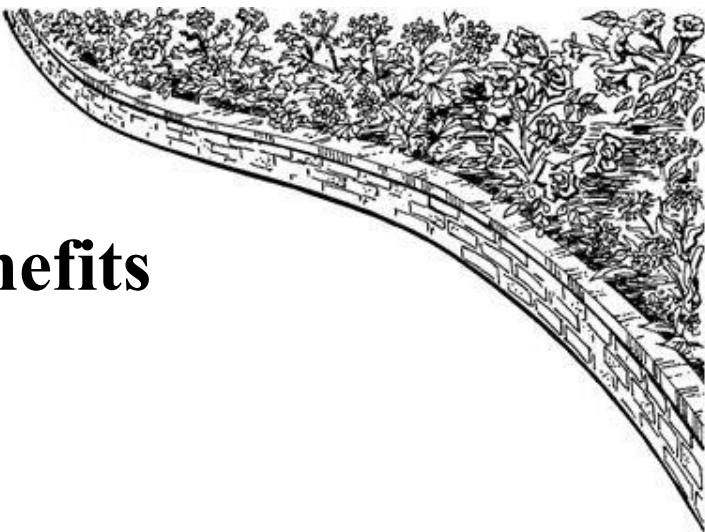
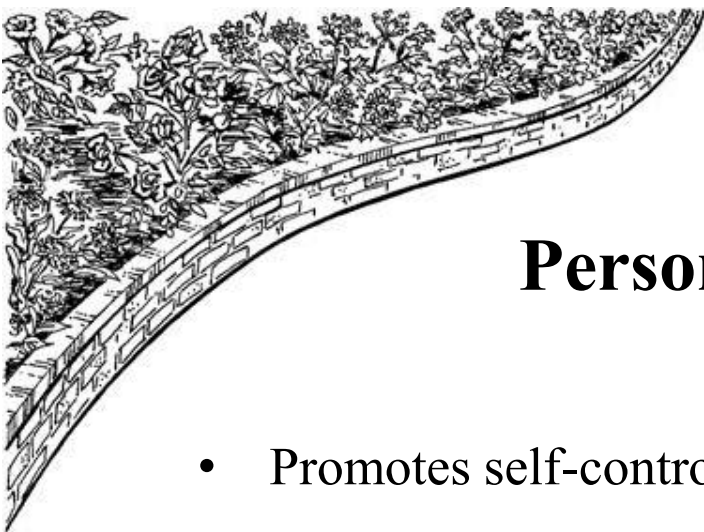
Fasting in Islam (Meaning)

- The Islamic term for fasting is "**Som**" (صوم), which is derived from the Arabic root word Sama.
 - Linguistically, the word "Sama" means "to abstain completely"
 - Fasting (Sawm) is the fourth pillar of Islam.
 - It is observed during the month of Ramadan.
 - Muslims fast from dawn to sunset.
 - They abstain from food, drink, smoking, and other physical desires.
 - Fasting is an act of worship and devotion to Allah (SWT).
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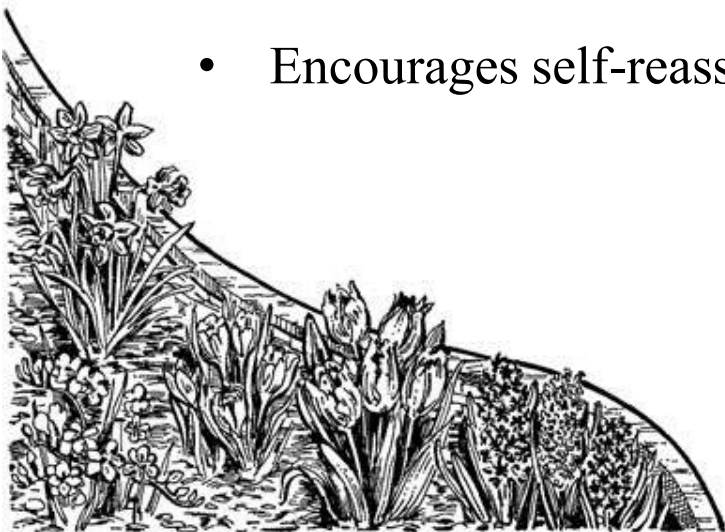


Spiritual & Moral Benefits

- Develops sincere love for Allah.
 - Builds hope and optimism.
 - Strengthens devotion and closeness to Allah.
 - Develops a strong conscience.
 - Teaches patience and selflessness.
 - Builds moderation and willpower.
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Personal & Social Benefits

- Promotes self-control and discipline.
 - Develops adaptability and resilience.
 - Provides a clear mind and peaceful soul.
 - Strengthens unity, equality, and brotherhood.
 - Builds a sense of social belonging.
 - Encourages self-reassurance and responsibility.
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