

## PART-II

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### Salat (Prayer)

#### Introduction :-

Prayer is one of the five pillars of Islam. It serves as a fundamental act of worship. Muslims are obligated to pray five times a day. It is mentioned in Quran for more than a 100 times. Salat connects Muslims with Allah, give spiritual growth and discipline. Beyond religious significance it also has a profound social and moral implications as emphasized in the teachings of Quran and Sunnah.

#### Spiritual Effects of Salat (Prayer)

##### 1- Connection with Allah :-

Salat provides a direct and personal communication channel with Allah. It provides a divine presence and inner peace.

“The closest a person is to His Lord is when he is in prostration.”

##### 2- Inner Purification :-

Salat is a shield against the evil. Regular prayer cleanse the soul of a sinner. Allah says

in Quran.

“Recite what is sent of the Book by inspiration to thee, and establish regular prayer, for prayer restrains from shameful and unjust deeds; and remembrance of Allah is the greatest (thing in life) without doubt.” (AL-Ankaboot: 45)

### Discipline and mindfulness

The scheduled nature of Salat teaches time management and mindfulness, encouraging discipline among individuals to align their lives with spiritual values. It also adds humbleness and humility to one's character.

## MORAL EFFECTS OF SALAT

### Cultivation of Taqwa (God-consciousness)

Salat reminds Muslims of their accountability before Allah. It promotes ethical behavior in personal and social dealings.

“Recite what has been revealed to you of the Book and establish prayer, and give Zakat, and indeed, those who believe and do righteous deeds and establish prayer and give Zakat will have their reward with their Lord, and there will be no fear concerning them nor will they grieve.” (Al-Baqara: 277)

## Humility and Gratitude

Through Salat, by bowing and prostrating, a Muslim acknowledges their dependence on Allah fostering humility and gratitude and thankfulness. Regular prayers encourage the believers to reflect their blessings and have a positive outlook on life.

## Self control and patience :-

The discipline of prayer helps combat negative traits like anger, greed and arrogance and it instills self-restraint. Muslims learn to prioritize their spiritual duties amidst daily challenges.

“O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient.” (Al-Baqara: 153)

## SOCIAL IMPACT OF SALAT

### Unity and brotherhood :-

When prayer is performed in congregation, especially on Friday, it promotes unity, equality and mutual understanding among Muslims, as all Muslims stand shoulder to shoulder regardless of social status or background. Mubnad Ahmed quotes that the Holy Prophet (PBUH) emphasized that;

“ There is no superiority of an Arab over a non-Arab or a white over a black person, except by taqwa (righteousness) ”

### Social Responsibility:-

Prayers fosters a sense of community, encouraging Muslims to support and assist one another, strengthening social bonds.

“ The believers are but brothers, so make settlements with your brothers. And fear Allah that you may receive mercy, ”  
(Al-Hujurat: 10)

### Deterrence from Wrongdoings-

The collective observance of Salat in a society encourages adherence to moral and ethical standards, reducing crime and corruption. The Prophet (PBUH) said;

“ Prayer in congregation is better than praying alone by twenty-seven degrees ”

### Conclusion:-

Salat is not merely a ritual but a comprehensive act that transforms a Muslim's life. By fulfilling the obligation of Salat, Muslims contribute to their personal growth and the betterment of society, reflecting the holistic impact of this pillar of Islam.

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## STATUS AND ROLE OF WOMEN IN ISLAM

### Introduction:-

Islam establishes the dignity, honor and rights of women in all spheres of life, recognizing them as equal spiritual beings to men. Rooted in justice, fairness and mercy, Islamic teachings ensure women are valued contributors to society, family and spiritual life.

### Spiritual equality.

Islam asserts that men and women are spiritually equal before Allah. Both are accountable for their deeds and eligible for rewards based on their faith and actions.

“Whoever does righteousness, whether male or female while being a believer - those will enter Paradise”  
(4:124)

Women are equal to men in all means. They have an equal access to religious practices, education, acts of worship, fostering the personal and spiritual growth.

### Social Rights:-

Islam safeguards the social status and dignity of women. Women are regarded as key to building

strong families, the prophet Muhammad (PBUH) emphasized the importance of kindness towards women, stating:

“The best of you are those who are best to their wives.” (Sunan-al-Tirmidhi)

Islam gave women the right to education. Islam makes education obligatory for both men and women. The prophet (PBUH) said;

“Seeking knowledge in an obligation upon every Muslim.” (Ibn-Majah)

Islam also assigns a lofty status to mothers. The prophet (PBUH) said

“Paradise lies under the feet of mothers.” (Ahmed)

### Economic Rights :-

Islam ensures the financial security and independence of women. Women have the right to own, inherit and manage property independently. Women can work and earn income, provided it is within Islamic guidelines of modesty and decorum. A woman's earnings are exclusively hers. Islam obligates men to bear financial responsibilities, including dowry (mehr), household expenses, and

family support.

## Marital Rights

A woman has the right and to consent to or refuse a marriage. Forced marriages are prohibited in Islam. Women are entitled to fair treatment, kindness and respect in marriage.

## Political and Public Roles:

Islam allows women to participate in public and political life. Women actively participated in the political and social spheres during Prophet's time. For instance, Umm Salma and other women offered counsel during critical moments in Islamic history. Women such as Aisha (RA) and Fatima (RA) were influential figures, contributing to Islamic jurisprudence and social reforms.

## Ensuring Women Rights in Islam

Islamic framework includes a few laws to ensure the rights of women.

- Islamic Law (Shari'ah) provides a legal basis to protect women rights in marriage, inheritance and personal safety.
- Act of injustice against women such as domestic

Violence are condemned. The Prophet (PBUH) warned

Do not beat Allah's female servants

Islam emphasis on education to ensure that women are equipped to demand their rights and fulfill their responsibilities.

## Conclusion

Islam recognizes women as vital members of society, granting them rights and responsibilities that promote justice, equality and dignity. By ensuring spiritual, social and economic empowerment Islam lays the foundation for women's holistic development. These rights remain relevant today, encouraging Muslim societies to uphold and implement them effectively.

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## A SHORT NOTE

### a) Peace In Islam:-

Islam, as a religion of peace, emphasizes the importance of harmony, justice and compassion in individual and societal life. The term Islam itself is derived from Arabic word salaam, which



means peace, safety and submission to the will of Allah. This foundational principle influences all aspects of Islamic teachings.

### 1. Peace with Allah:-

Muslims achieve inner peace by submitting to the will of Allah, adhering to His commands and maintaining a strong relationship through worship.

“Indeed, in the remembrance of Allah do hearts find peace” (13:28)

### 2. Peace in Society:-

Prophet (PBUH) was a peacemaker who resolved conflicts, including the famous Treaty of Hudaibiyah, demonstrating patience and diplomacy. His teachings encourage resolving disputes and building inclusive, just society.

### 3. Peace with others:-

Islam encourages harmonious relationship with others, emphasizing forgiveness, tolerance, and justice. The Quran directs Muslims to respond to hostility with goodness:

“Repel evil with that which is better, and thereupon the one whom between you and him is enmity”

(will become) as though he was a devoted friend. 99 (41:34)

### Prohibition of Aggression:

Islam prohibits acts of violence and aggression, promoting coexistence. The Quran explicitly states

99 And do not transgress. Indeed Allah does not like transgressors. 99 (2:190)

### Global peace:

Islam views humanity as one family. It emphasizes cooperation and dialogue among nations for the betterment of all.

99 O mankind we have created you from male and female and made you peoples and tribes that you may know one another. 99 (49:13)

### (b) Self-Purification in Islam

Self-purification (Tazkiyah) is a vital component of Islamic spirituality and moral development. It involves cleansing the soul from sin and negative traits while fostering virtues like sincerity, gratitude and humility.

## Importance in Islam :-

The Quran emphasizes self-purification as essential for success.

﴿ He has succeeded who purifies it, and he has failed who instills it (with corruption) ﴾  
(Quran 91: 9-10)

## Methods of Self-Purification :-

**Worship:** Regular prayers (salat), fasting during Ramadan, and other acts of worship help believers maintain a connection with Allah, fostering discipline and awareness.

**Repentance:** Seeking Allah's forgiveness purifies the heart, as Quran says

﴿ Indeed, Allah loves those who are constantly repentant and love those who purify themselves ﴾  
(Quran - 2:222)

**Charity and Generosity:** Acts of giving cleanse wealth and nurture empathy for others.

**Dhikr:** Regular Dikr (remembrance of Allah) his names and attributes fills the heart with peace and keeps one free from worldly distractions.

## Ethical Conduct :-

Islam encourages believers to avoid pride,

envy, and dishonesty while adopting traits like patience, honesty and gratitude. Prophet Muhammad (PBUH) exemplified these virtues stating.

“The best among you are those who have the best manners and character.” (Bukhari)

### Spiritual Benefits:-

With self-purification, one gets close to Allah and achieves a sense of tranquility. Self-purification deepens the connection with Allah, increasing reliance on him and attaining higher spiritual ranks and Allah's pleasure.

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### CHALLENGES OF MUSLIM UMMAH

#### Introduction:-

The notion that Muslim Ummah (community) is a unified body is deeply rooted in Islamic teachings. The Prophet Muhammad (PBUH) said

“The believers, in their mutual kindness, compassion, and sympathy, are just like one body, when one of the limbs suffers, the whole body responds to it with wakefulness and fever.”

(Sahih Muslim)

However, contemporary challenges - particularly in the Middle East - underscore a significant gap between this ideal and the reality.

## Challenges Faced by Muslim Ummah

### 1- Internal Strife

- Sectarian conflicts

The Sunni-Shia divide has perpetuated regional rivalries, as seen in conflicts in Iraq, Syria and Yemen. These rivalries often result from political manipulation rather than purely theological differences.

- Civil wars:

Countries like Syria and Libya have been embroiled in devastating conflicts, leading to humanitarian crises, displacement and weakening of national unity.

- - Rivalries

Nations like Iran, Saudi Arabia and Turkey compete for regional hegemony, undermining collective progress.

### 2- Economic Emasculation:-

- Resource Dependency:-

Many Middle Eastern nations rely heavily on oil exports, making their economic vulnerabilities

to market fluctuations. This lack of diversification has stifled sustainable growth and innovation.

- **Inequality and corruption.**

Wealth disparities and corruption hinders economic development, perpetuate poverty, fueling discontent.

- **Unemployment**

High unemployment rate exacerbate social unrest and hinders economic progress

### 3- Ideological battles

- Radical ideologies give rise to extremist groups like ISIS, Al-Qaeda destabilizing the region.

- There is no unified strategy to address common challenges like Islamophobia, economic development, or political instability

## MIDDLE EAST

### Political instability :-

The Arab Spring highlighted demands for democracy, justice and better governance but many authoritarian regimes reasserted control instead like in Egypt, or descended chaos

as in Libya and Yemen.

### Humanitarian Crisis

The civil wars and other conflicts have created largest humanitarian crisis in Syria and Yemen.

### Global Interventions

Foreign Interventions exacerbate regional instability for example U.S involvement in Iraq

## FAILURE TO ADDRESS CHALLENGES AND WAY FORWARD

The Muslim Ummah failure to respond to the challenges stem from the lack of unity, absence of leadership and neglect of science and education.

By establishing unity among nations and sects, economic cooperation, educational reforms and collective humanitarian efforts the Ummah has an immense potential to overcome the contemporary challenges and work towards restoring peace, dignity and progress in the region.