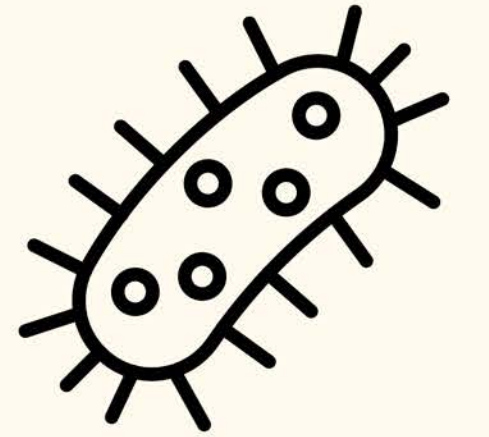


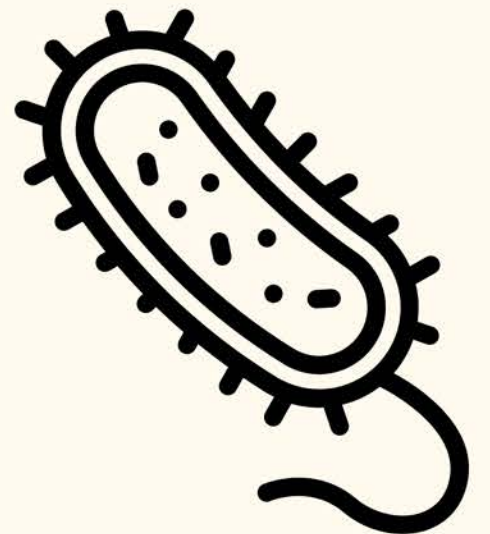
HYGIENE



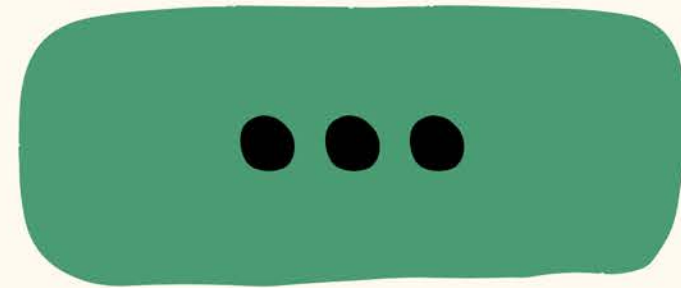
Atfal Tarbiyyat Class - May 2025



Majlis Atfalul
Ahmadiyya USA



**WHY DOES ISLAM GIVE
SO MUCH IMPORTANCE
TO HYGIENE?**



**DID THE HOLY PROPHET
(SAW) SAY ANYTHING
ABOUT HYGIENE?**



الطُّهُورُ شَطْرُ الْإِيمَانِ

“CLEANLINESS IS A PART OF FAITH”

ISLAM: CLEANLINESS - A CORE PRINCIPLE

Islam stands alone among world religions in making cleanliness a foundational part of faith itself. No other religion offers such detailed and practical guidance on hygiene, tying it directly to worship and daily life.

The Holy Prophet Muhammad (saw) set a perfect example, emphasizing cleanliness in every aspect of life—from regular ablution and bathing to oral hygiene and personal grooming.

His teachings show that staying clean is not only good for health, but a way to earn the pleasure of Allah.

“Islam uniquely stands out among the religions of the world in one aspect.

It gives matchless instructions for the cleanliness of the body and declares physical purity as a first step towards the achievement of spiritual heights.”

Hazrat Mirza Tahir Ahmad (rh)

THE HOLY QURAN

إِنَّ اللَّهَ يُحِبُّ التَّوَّابِينَ وَيُحِبُّ الْمُتَطَهِّرِينَ

‘Allah loves those who turn to Him and loves those who keep themselves clean’.

(Chapter 2, Verse 223)

- The Holy Qur'an has linked all forms of worship and inner purity. Physical cleanliness, etiquettes, and practices in Islam are clearly meant to develop a pure and disciplined character.
- Two kinds of cleanliness are mentioned: (1) spiritual purity through repentance and (2) Physical cleanliness through bodily hygiene.
 - The use of the word "*Mutatahhirīn*" (those who purify themselves) points to both outward cleanliness and inward purification. Islam emphasizes both.

HADITH

إِنَّ اللَّهَ طَيِّبٌ وَ يُحِبُّ الطَّيِّبَ، نَظِيفٌ وَ يُحِبُّ النَّظَافَةَ

"Surely, Allah is Pure and loves purity. He is Clean and loves cleanliness."

(Tirmidhi)

- Allah is pure and free from all imperfections, and He loves cleanliness and those who maintain it.



“O people! If you call yourselves believers, then remember this well –that Allah the Exalted does not like impure and unclean people. He is Pure, and He loves purity and cleanliness. He is the Holy God, and He desires holiness and purity.”

**Hazrat Hakeem Maulvi Noor-ud-Din (ra)
Khalifatul Masih I**

**WHAT DOES ISLAM
INSTRUCT US TO DO TO
KEEP OURSELVES CLEAN?**

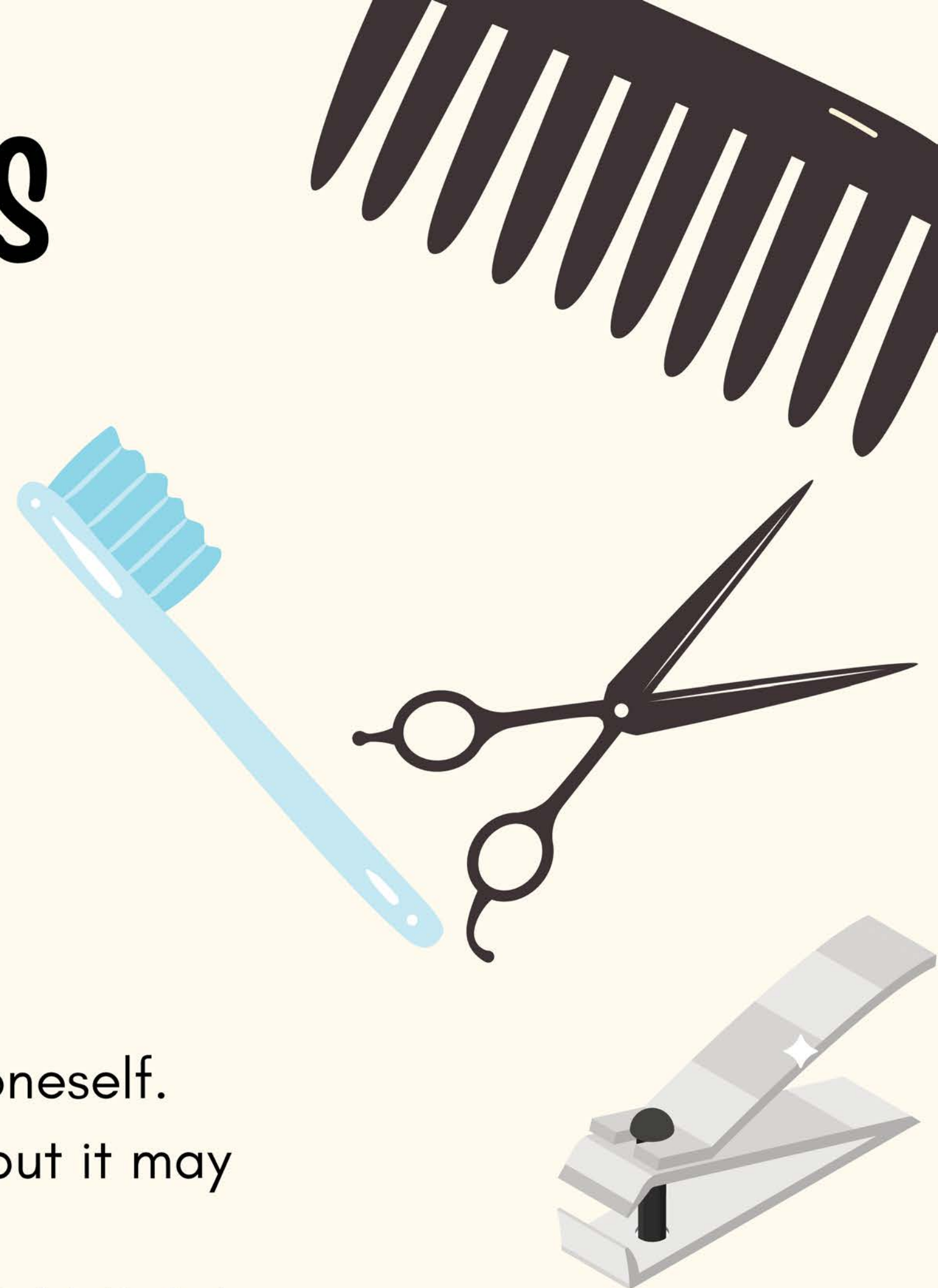


ACTS OF CLEANLINESS

"Ten practices are part of human nature (Ftrah):

1. Trimming the mustache,
2. Letting the beard grow,
3. Using the miswak (toothbrush),
4. Rinsing the nose with water,
5. Cutting the nails,
6. Washing the finger joints,
7. Plucking the armpit hair,
8. Shaving the pubic hair,
9. and cleansing oneself with water after relieving oneself.
10. The narrator added, 'I have forgotten the tenth, but it may have been rinsing the mouth.'"

(Sahih Muslim)



PROTECTION OF THE BODY FROM FILTH AND IMPURITY

The Holy Prophet (saw) emphasized the importance of maintaining cleanliness and protecting the body from impurity in countless teachings. He warned:

"I was shown a man being punished in Hell simply because he did not protect himself from splashes of urine."

Therefore, he has made it compulsory for every Muslim to:

- Wash his body with water after relieving himself
- Avoid, as much as possible, touching filth.
- Use only his left hand to handle filth.
- Clean his hands thoroughly afterwards with water

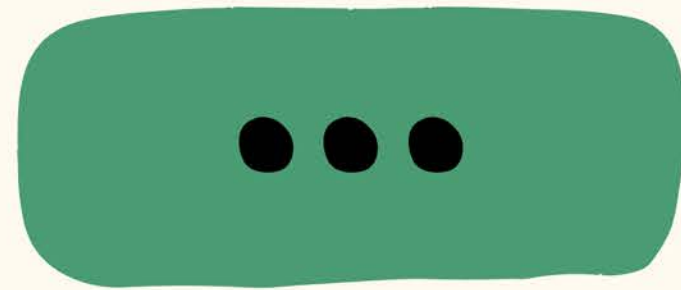
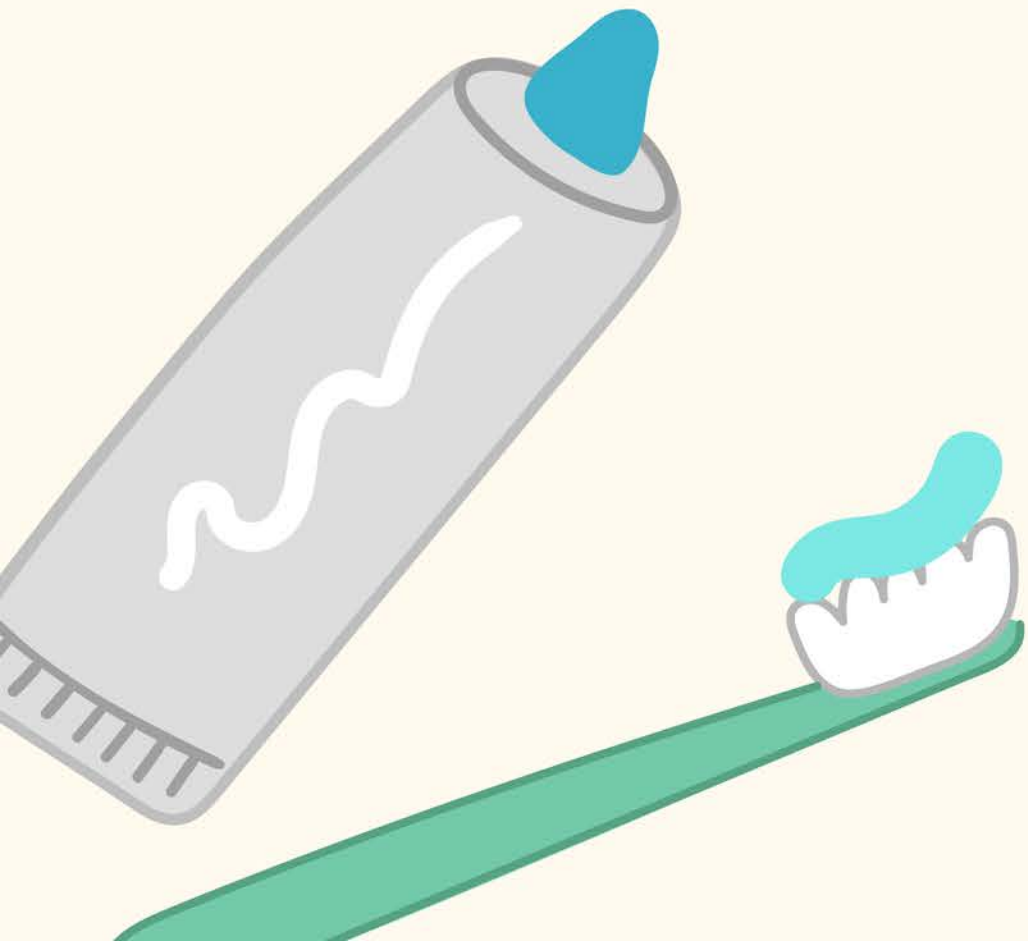
PURPOSE

- Islam not only restricts the use of the left hand for purification after the call of nature, it reserves the left hand for handling all filth and foulness. Hence, a Muslim always uses his left hand to pick up anything suspicious or to clean his nose.
- The right hand is kept clean and is dissociated from all dirty and unclean objects; and the right hand can be used for eating or handling other pure things without any worry.
- It is a well-known fact that the hands serve as carriers and transfer the dirt and germs to food and eatables, thus causing the spread of many illnesses.
 - In the first instance, Islam does not provide any opportunity for filth to come in contact with the body; in the second instance, by the continuous use of water to wash one can avoid being sick.

PURPOSE CONTINUED

- With all the injunctions to keep your right hand clean from all contaminations, it is still possible that the right hand may come in contact with some unclean parts during sleep.
 - To avoid this, the Holy Prophet of Islam has put great emphasis on cleaning the right hand especially after waking up and has forbidden handling any utensil without washing the hands first.
- To further reduce the possibility of any filth sticking to the body, the Holy Prophet (saw) has ordered to shave all hair from the parts that may retain contamination. Trimming of nails is also based on this wisdom. It helps to keep the body clean all the time.
- Having reserved one (left) hand to handle dirty things, Islam still insists that the hands should be cleaned repeatedly. To take the precautions even further, it is forbidden to use the left hand for food and drinks, thus eliminating all possibilities of transfer of any contamination.

**DID THE HOLY PROPHET (SAW)
SAY ANYTHING ABOUT
BRUSHING YOUR TEETH?**



ORAL HYGIENE

- How strongly the Holy Prophet (saw) insisted on the matter of oral hygiene can be judged by the following Tradition:

Hazrat Abu Huraira (ra) narrates that the Holy Prophet (saw) said:
"If I had not thought of hardship that may be caused to my followers, I would have ordered them to say their Isha'a prayer a little late, but simultaneously I would have commanded them to brush their teeth before every prayer."

(Bukhari and Muslim)

KEEPING YOUR AREA CLEAN

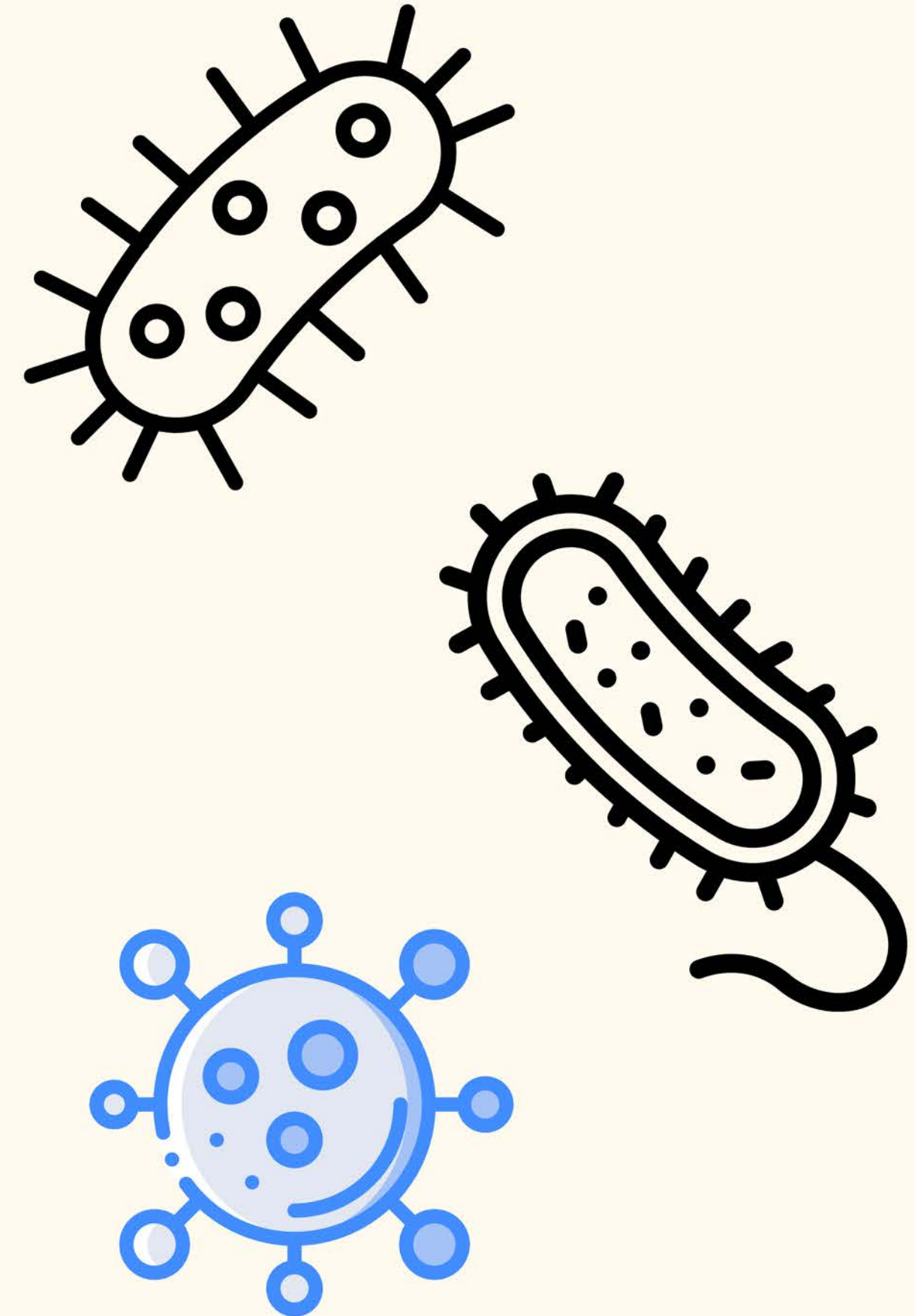
You are instructed to maintain good hygiene; keeping your area clean is also a command in Islam.

- The Holy Prophet (saw) instructed to keep the streets clean, many animals, insects, and flies feed on the filth in the streets.
 - When they come into contact, they transfer harmful germs.
 - These insects and flies act as carriers, playing a significant role in the spread of fatal illnesses and epidemics.
- The Holy Prophet (saw) instructed to close water containers and not to leave utensils uncovered and to protect food.
- He forbid Muslims to spit in public areas and spoke on the matter of passing germs by breath.

ISLAM VS EUROPE

Under Islamic guidance, the emphasis on cleanliness, proper sanitation, and disease prevention ensured that societies remained relatively free from major epidemics and diseases.

Europe during the same period struggled with frequent outbreaks of diseases, such as the Black Death. Poor sanitation and a lack of knowledge on hygiene contributed to widespread epidemics that ended millions of lives.



**WHAT PRAYER WOULD YOU
SAY AFTER ABLUTION
(WUDHU)?**



اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ
وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

“O Allah make me of those who
seek forgiveness and make me of
those who are cleansed”

WHAT WAS THE
HYGIENE LIKE OF
HOLY PROPHET
MUHAMMAD (SAW)?



“The Holy Prophet of Islam paid great attention to his dress, alongside his emphasis on cleanliness. He regularly used oil and combed his hair, and he would say that Allah is Beautiful and He loves beauty. If a believer wishes to picture exemplary cleanliness, he must remember this saying.

The Holy Prophet did not like formality; rather, his simplicity was beautifully blended with his remarkable cleanliness. His clothes, though often patched, reflected pure cleanliness.

His diet was composed of permissible and chaste food and never exceeded moderation. His body and garments were clean and pure like spotless crystal, and his sacred soul remained constantly engaged in the remembrance of Allah. These noble qualities were such that even his perspiration was fragrant. Hadhrat Anas (ra) is reported to have said that he never found musk or ambergris to be as sweet-smelling as the Holy Prophet.”

GAME: CLEANLINESS 'BINGO'

INSTRUCTIONS

- Each Tifl will be given a BINGO sheet (link will be provided)
- The actions will be read out loud randomly one at a time, and if the Atfal have done the action they will mark off the square on their card (can use marker, or sticker to mark off)
- When Atfal mark 4 squares in a row (across, down, or diagonally) they will have to shout '**HYGIENE**'
- Simple prize can be given to winner(s) (instead of candy give any hygiene essentials)

The key takeaway of this game is to understand the importance of cleanliness and hygiene, and help build good habits

BINGO FILE*



CLEANLINESS

BINGO



Uses left hand to handle filth	Wore clean pair of socks	Shows before Jumma	Cuts his nails
Brushed teeth this morning	Cleans their room	Brushes their hair	Washes hands before eating
Sneezes or coughs in elbow	Makes proper Wudu	FREE SPACE	Takes shoes off before entering prayer hall
Does he keep the mosque area clean to use	Washes himself after using the bathroom	Wears perfume or deodorant	Avoids eating junk food

CLEANLINESS

BINGO



Brushed
teeth this
morning

Wore clean
pair of socks

Washes
himself after
using the
bathroom

Cuts his nails

Washes
hands before
eating

Cleans their
room

Does he
keep the
mosque area
clean to use

Avoids
eating junk
food

Brushes their
hair

Uses left
hand to
handle filth

FREE SPACE

Takes shoes
off before
entering
prayer hall

Sneezes or
coughs in
elbow

Showers
before
Jummah

Wears
perfume or
deodorant

Makes
proper
Wudu



**Majlis Atfalul
Ahmadiyya USA**