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*RESEARCH ENRICHMENT SEMINAR 2
USM SCHOOL OF MEDICAL SCIENCES
RESEARCH IDEAS FROM THE AL QURAN & SUNNAH*

Medicine & Health in the Al-Quran & Sunnah

Research Perspectives

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UKM Medical Centre



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Contents

- Setting the premises :
 - Relationship between Al-Quran, the Sunnah and realms of medicine & health
 - Islamic medicine – what is it?
- Search & research culture – at a glimpse
- Scientific thinking in Islam : past & present
- The way ahead:
 - Critical thinking for Muslims as 21st century global citizens
 - Professional Mukmin

Premise (1)

**The Quran is not a book of
medicine or of health sciences**
but in it there are *hints* which lead to
guidelines in health and diseases.

Health Guidelines From Quran And Sunnah

Shahid Athar, M.D

Premise (2)

Prophet Mohammed (PBUH) has been sent as an **example** to mankind so his traditions in matters of health and personal hygiene are also a **guide** for his followers.

Health Guidelines From Quran And Sunnah

Shahid Athar, M.D

Premise (3)

The origin of human illness & diseases :

مَا أَصَابَكَ مِنْ حَسَنَةٍ فَمِنَ اللَّهِ وَمَا أَصَابَكَ مِنْ سَيِّئَةٍ فَمِنْ نَفْسِكَ وَأَرْسَلْنَاكَ
لِلنَّاسِ رَسُولًا وَكَفَى بِاللَّهِ شَهِيدًا ﴿٧٩﴾

What comes to you of good is from Allah , but what comes to you of evil, [O man], is from yourself. And We have sent you, [O Muhammad], to the people as a messenger, and sufficient is Allah as Witness.

(Al Quran : Surah An – Nisa verse 79)

Premise (4)

All Quranic statements are true, science has confirmed some of them in the past, and will confirm the rest in the future.

If science has not confirmed it yet, it needs to examine its data more deeply, or maybe repeat the experiment, rather than question the authenticity of Quran.

Health Guidelines From Quran And Sunnah
Shahid Athar, M.D

Islamic Medicine (Omar H. Kasule, 1996)

- Definition : ***Medicine whose basic paradigms, concepts, values, and procedures conform to or do not contradict the Qur'an and sunnah.***
- It is NOT a form of any specific medical procedures or therapeutic agents used at a particular place or a particular time.

Islamic Medicine (Omar H. Kasule, 1996)

- **Islamic medicine is universal**, all - embracing, flexible, and allows for growth and development of various methods of investigating and treating diseases within the frame-work described above.
- Ideally, Islamic medicine, \neq Medicine of Muslim societies (actual cultural, historical or contemporary medical experience of Muslim societies)

Criteria of Islamic Medicine

- Excellent & advanced
- Based on faith and divine ethics
- Objective & logical
- Holistic & comprehensive
- Universal & serving mankind (Muslim & non-Muslim)
- Scientific & evidence-based

*Dr. Ahmad El-Kadi,
Insititute of Islamic Medicine*

The Concepts of Quranic Medicine (Tibb Qurani)

- The Qur'an is a **book of moral guidance** that provides general principles that guide the development of knowledge in various disciplines.
- *It therefore does not go into details about disease.*
- **The Qur'an is itself a cure** (Ruqyah healing)
- Honey is described in the Qur'an as a cure .
- The Qur'an described disease in prophet Ayyub (PBUH) and its eventual cure .
- The Qur'an describes how Isa cured chronic diseases .
- Humans try, but it is Allah who cures.

*-The approach of the Qur'an and Sunnah in medicine:
challenges and practice in the era of globalization*

By Prof Omar Hasan Kasule

Definition : Prophetic Medicine (Tibb Nabawi)

- Words and actions of the Prophet with a bearing on disease, treatment of disease, and care of patients.
- Included :
 - Words of the prophet on medical matters
 - Medical treatment practiced by others on the prophet
 - Medical treatments practised by the prophet on himself and others
 - Medical treatments observed by the prophet with no objections
 - Medical procedures that the prophet heard or knew about and did not prohibit
 - Medical practices that were so common that the prophet could not have failed to know about them.

The prophet's medical teachings were specific for place, population, and time.

Prof Hasan Kasule

<http://www.missionislam.com/health/prophetic.htm>

Concept of Sickness :

Islamic perspectives

CURE FROM ALLAH

- Muslims believe that ultimately cure of disease is from Allah. The physician makes attempts that could succeed or fail.
- *Narrated Aisha (A.S) Whenever Allah's Apostle (P.B.U.H) paid a visit to a patient or a patient was brought to him, he used to invoke Allah saying, "Take away the disease, O the Lord of the people ! Cure him as you are the one who cures. There is no cure but yours, a cure that leaves no disease."*

Concept of Sickness :

Islamic perspectives

THERE IS A CURE FOR EVERY DISEASE.

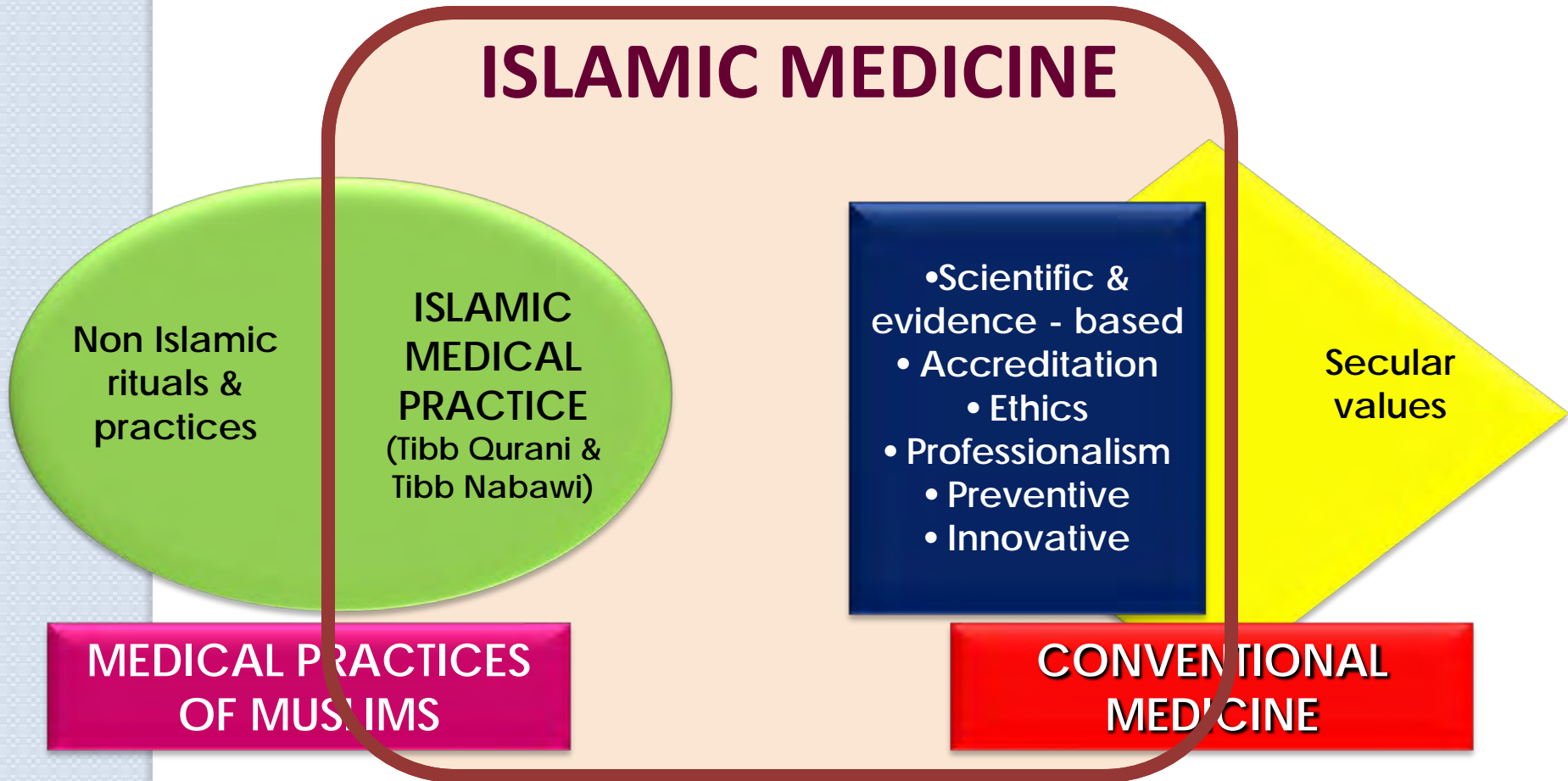
- A Muslim has strong hope in the cure of his disease.
- All diseases are potentially curable with the grace of Allah.
- The cure may be known by some people and not by others.
- *Narrated Abu-Huraira (A.S.W.) The Prophet (PBUH) Said, "There is no disease that Allah has created, except that He also has created its treatment."*

Concept of Sickness :

Islamic perspectives

- **TREATMENT FOR EVERY THING EXCEPT DEATH.**
- A Muslim believes that death is pre-ordained and that its time, is in the hands of Allah and no human can postpone or prevent it.
- The purpose of medicine is to improve or maintain the remaining quality of life until the pre-ordained moment of death.
- *Narrated Abu-Huraira (ASW) I heard Allah's Apostle (PBUH) saying, " There is healing for all disease except death."*

Relationship between Islamic Medicine, Medical Practices of Muslims & Conventional Medicine





I WAS JUST RUBBING STICKS TOGETHER FOR FUN
- I DIDN'T REALIZE I WAS DOING BASIC RESEARCH.



RESEARCH

who
why
what
when
where

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Definition : INNOVATION

To be called an innovation, an idea must:

- be replicable at an economical cost
- satisfy a specific need
- involve deliberate application of information, imagination and initiative
- include all processes by which new ideas are generated and converted into useful products.

<http://www.businessdictionary.com/definition/innovation.html#ixzz2TsKp63fF>



If you steal from one author it's plagiarism; if you steal from many it's research.

(Wilson Mizner)

izquotes.com

If we knew what it was
we were doing, it would
not be called research,
would it?



Albert Einstein

German Theoretical-Physicist

(1879-1955)

QuoteHD.com



Research is to see what everybody else has seen,
and to think what nobody else has thought.

(Albert Szent-Gyorgyi)

izquotes.com

Scientific Thinking in Islam :

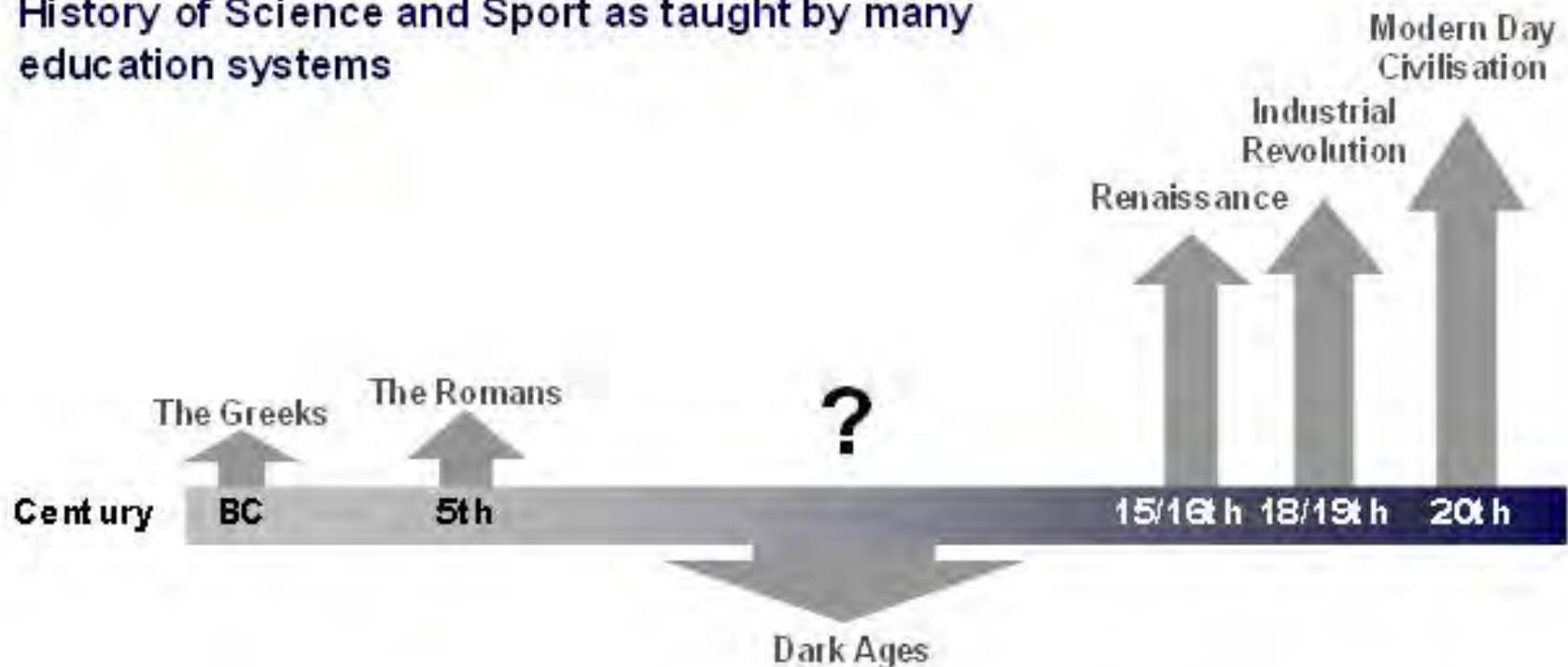


Past & Present

600AD - 1600AD



History of Science and Sport as taught by many education systems



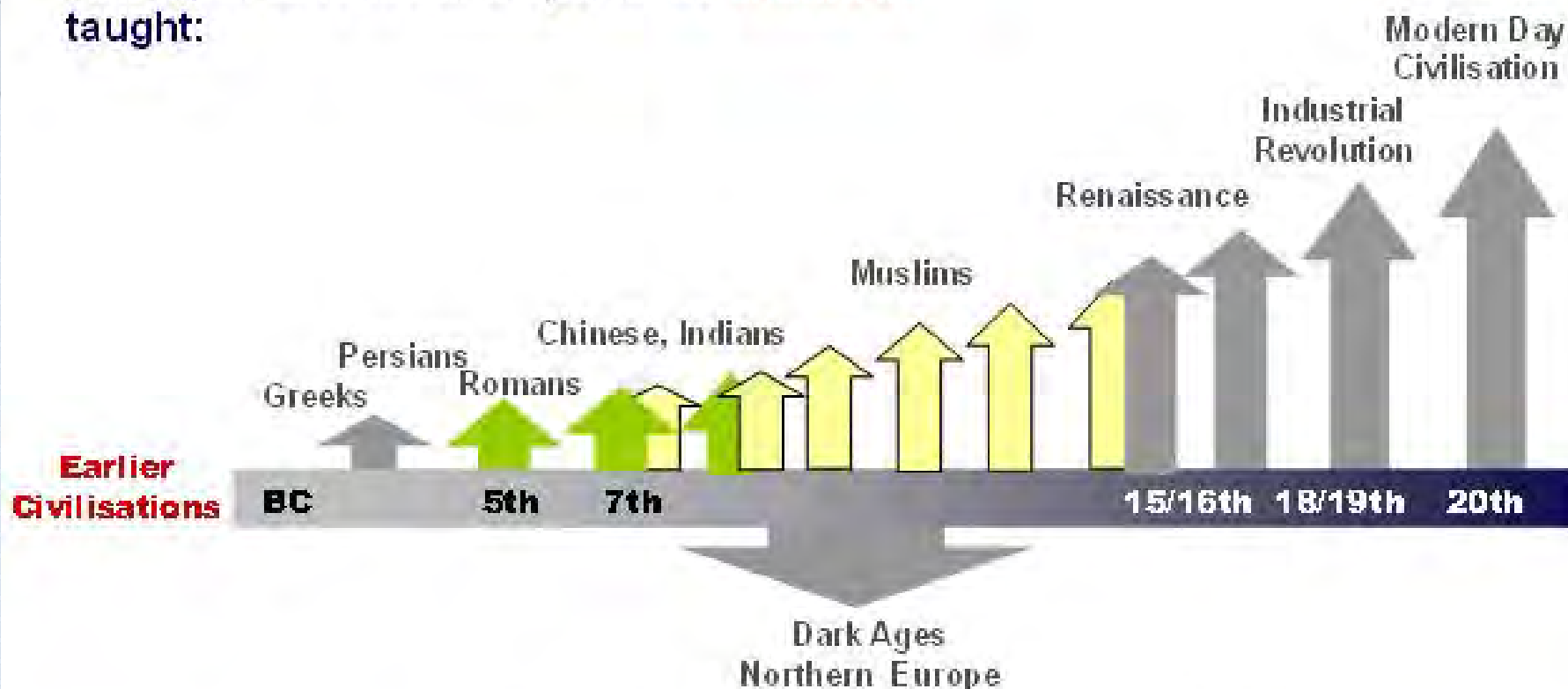
Did modern Civilisation really rise from nothing?

www.MuslimHeritage.com

600CE – 1600CE



History of Science and Sports as **should be** taught:



When Amnesia is eliminated

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Muslim civilisation stretched from Spain to China. From the 7th century onwards, men and women of different faiths and cultures built on knowledge from ancient civilisations, making breakthroughs that



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 1001inventions @imazamsha the moment. Hopefully in a few time...)
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1001 Inventions Asian Premiere in Kuala Lumpur Official Launch by Deputy Prime Minister of Malaysia



The Scientific Thinking in Islam: *Factors of Flourishing and Decline*

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Kulliyah of Science, International Islamic University Malaysia

Abstract

The role played by science and technology for the development of human society is crucial in the modern age. Contemporary Muslim societies, without scientific thinking, have little chance to progress. The quality of life, in the globalized world, is based on the intellectual value of the mind. The Holy Qur'an launched its glorious mission by "Iqra" due to the fact that the quality of thought directly affects the quality of action; and both of them affect the quality of life. At the opening of its golden age around the eighth century, and nearly for a thousand years, the Islamic civilization remained creative in science, technology and arts. The achievements of Muslim scientists surpassed all their contemporaries. The scientific worldview of Islam was the inspiring force of their inquiry and pursuit of knowledge. At that time the Muslim world was ranged from Spain and Morocco, through Damascus, Cairo and Baghdad, to Persia and North India. However, starting around the sixteenth century, the Islamic civilization began to wane, losing ground to other nations. Today, Muslim communities are struggling for development within the global challenges, especially scientific and technological challenges. There are many questions that need to be addressed by modern Muslim intellectuals: (1) What were the main factors behind the flourishing of science and technology in the early history of Islamic civilization? (2) What were the main causes of decadence of the scientific thinking? (3) How could Muslims restore their creative thinking again? The main objective of this work is to shed some light upon these questions.

Keywords: Intellectual, scientific, factors, rise, decline

Success Factor (1)

Quranic inspiration for knowledge inquiry

- Invitation for reconstruction of worldview through

سورة العلق – Sooratul `Alaq

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

[96:1] Sahih International
Recite in the name of your
Lord who created -
Created man from a clinging
substance.
Recite, and your Lord is the
most Generous -
Who taught by the pen -
Taught man that which he
knew not.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
اقْرَأْ بِاسْمِ رَبِّكَ الَّذِي
خَلَقَ ﴿١﴾ خَلَقَ الْإِنْسَانَ مِنْ
عَلَقٍ ﴿٢﴾ اِقْرَأْ وَرَبُّكَ
الْأَكْرَمُ ﴿٣﴾ الَّذِي عَلَّمَ
بِالْقَلَمِ ﴿٤﴾ عَلَّمَ الْإِنْسَانَ مَا
لَمْ يَعْلَمْ ﴿٥﴾

MOTIVATION FROM THE QURAN

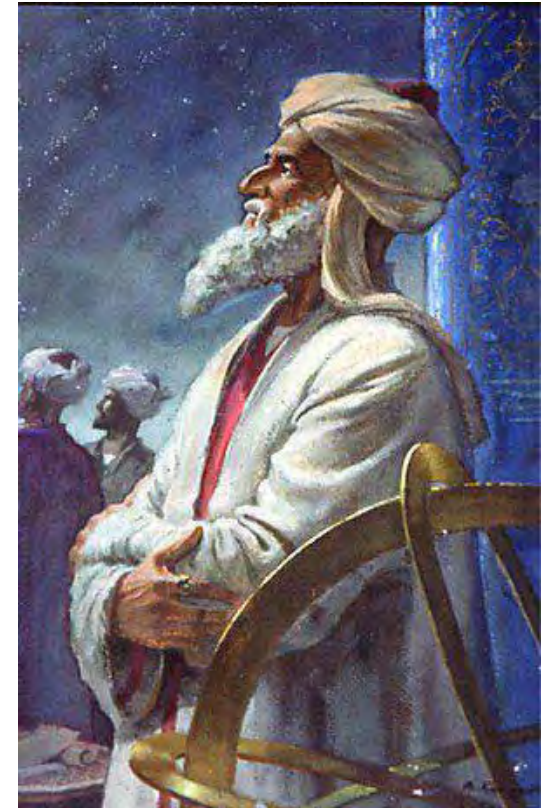
إِنَّ فِي خَلْقِ السَّمَوَاتِ وَالْأَرْضِ وَأَخْتِلَافِ اللَّيْلِ وَالنَّهَارِ لَآيَاتٍ
لِّأُولِي الْأَلْبَابِ ﴿١٩٠﴾

الَّذِينَ يَذْكُرُونَ اللَّهَ قِيَمًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ وَيَتَفَكَّرُونَ
فِي خَلْقِ السَّمَوَاتِ وَالْأَرْضِ رَبَّنَا مَا خَلَقْتَ هَذَا بَطْلًا تُسَبِّحُكَ فَقِينَا
عَذَابَ النَّارِ ﴿١٩١﴾

Ali Imran : verse 190-191

Translation : Ali Imran verse 190-191

- ☞ *Indeed, in the creation of the heavens and the earth and the alternation of the night and the day are **signs for those of understanding (critical thinkers)***
- ☞ *Who remember Allah while standing or sitting or [lying] on their sides and give thought to the creation of the heavens and the earth, [saying], "Our Lord, You did not create this aimlessly; exalted are You [above such a thing]; then protect us from the punishment of the Fire.*



Al Baqarah : verse 164

إِنَّ فِي خَلْقِ السَّمَوَاتِ وَالْأَرْضِ وَاخْتِلَافِ اللَّيْلِ وَالنَّهَارِ وَالْقُلُوبِ
الَّتِي تَجْرِي فِي الْبَحْرِ بِمَا يَنْفَعُ النَّاسَ وَمَا أَنْزَلَ اللَّهُ مِنَ السَّمَاءِ مِنْ
مَاءٍ فَأَحْيَا بِهِ الْأَرْضَ بَعْدَ مَوْتِهَا وَبَثَّ فِيهَا مِنْ كُلِّ دَابَّةٍ
وَتَصْرِيفِ الرِّيْحِ وَالسَّحَابِ الْمُسَخَّرِ بَيْنَ السَّمَاءِ وَالْأَرْضِ
لَايَاتٍ لِقَوْمٍ يَعْقِلُونَ ﴿١٦٤﴾

- ☞ *Indeed, in the creation of the heavens and earth, and the alternation of the night and the day, and the [great] ships which sail through the sea with that which benefits people, and what Allah has sent down from the heavens of rain, giving life thereby to the earth after its lifelessness and dispersing therein every [kind of] moving creature, and [His] directing of the winds and the clouds controlled between the heaven and the earth are signs for a **people who use reason.***

Success Factor (2)

Revival of Scientific Spirit

- Early Muslim intellectuals practice creative thinking in its true sense.
- Reflected in their original works and their contributions in translation and preservation of the scientific heritage of ancient sciences, such as Greek, Indian, and Persian.
- Works of Muslim intellectuals progressed through spirit of creative insights, meticulous rechecking of facts, figures and data.
- Their practices contributed to both new data with original quality, as well as saving the scientific heritage, which was scattered within various languages of ancient nations.
- Resulted into an account of two creative processes:
 - Invention of advanced technologies
 - Provision of insights to creative and analytical minds.

Who's who

MEET Ibn al-Haitham

The first experimental scientist, he was a physicist, mathematician and scholar who wrote Book of Optics in the 11th century.




MEET Al-Zahrawi

I was a pioneering 10th century surgeon, scholar and physician. I developed and used many instruments we still know today. I was the first person to use catgut sutures.




Who's who

MEET AL-JAZARI

An illustration of Al-Jazari, a 13th-century engineer. He is depicted as a man with a beard, wearing a white turban with a red tassel and a blue robe over a patterned garment. He is holding a large, yellow, gear-like mechanical component in his left hand and pointing towards a text box with his right hand.

I was a celebrated 13th century engineer, ingenious inventor, who created the fabled Elephant Clock and invented ground-breaking machines that changed the way we harness technology.

MEET Sinan

An illustration of Sinan, a master-architect. He is depicted as a man with a beard, wearing a white turban with a red tassel and a blue robe over a green and red garment. He is holding a yellow set square in his right hand and pointing towards a text box with his left hand.

I was a master-architect who became chief architect to the Ottoman Empire. I was born in 1489 CE.

Who's who



MEET Fatima al-Fihri

I founded the world's first university, Al-Qarawiyyin, in 841 CE.



MEET Al-Astrulabi

I was a 10th century scholar who pioneered the development of astrolabes, a medieval device that was the GPS of its day.

Success Factor (3)

Assimilation Capacity of Islam

“ The Islamic ability to reconcile monotheism and science proofs to be a first time in human thought that theology, philosophy, and science were finally harmonized in a unified whole.

Thus, their contribution was one of the first magnitudes, considering its effect upon scientific and philosophic thought and upon the theology of later times.

One of the reasons for such development of science is probably due to God’s commandment to explore the laws of nature. ”

Phillip Hitti, 1970
History of the Arabs

MEDIEVAL ISLAMIC MEDICINE

(650 – 1500M)



Ibn Rushd

Bridging Islamic Traditions
and Greek Thought

In the Middle Ages, Spain, then under Muslim control, became a major intellectual center and influenced both Western and Eastern philosophical and theological thought like no other country at that time. Intellectuals from the Iberian Peninsula and the neighboring African tip were the guiding force of reason and scientific inquiry. An example in this case is Ibn Rushd, also widely known by his Latinized name Averroes, who historians claim is acknowledged as the absolute philosopher of Islam.



Success Factor (4)

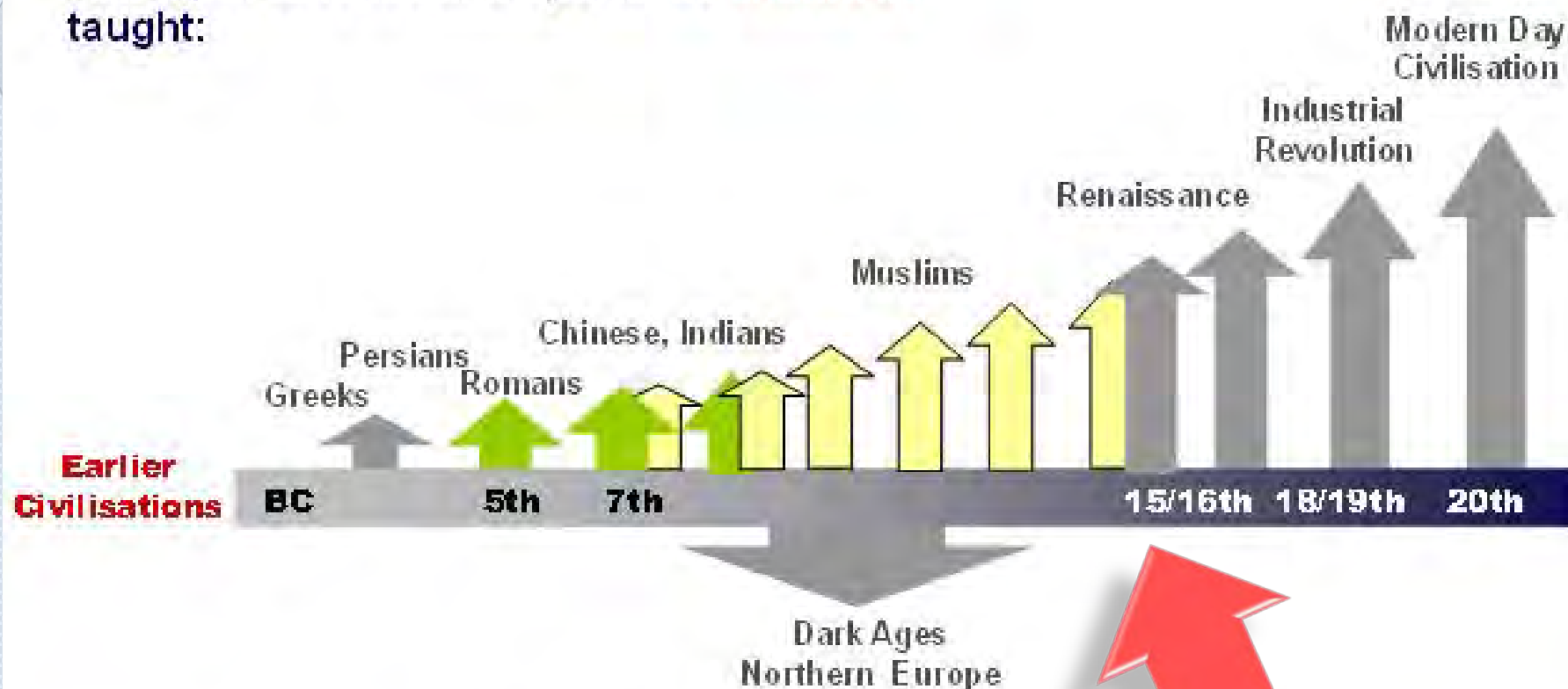
Common grounds in Islamic scholarship

1. Unity of **scientific language** – Arabic language
2. Common **worldview** (tasawwur) : unity of philosophy of science; the epistemological framework & final objectives
3. Annual **conference** of Muslim ummah – the Hajj ; facilitated scholarly collaboration between scholars all over the Islamic world
4. Common **code of moral conducts** : Ethics & science in Islam work together for human progress

600CE – 1600CE



History of Science and Sports as **should be** taught:



When Amnesia is eliminated

www.MuslimHeritage.com

Decadence of Scientific Thinking among Muslims

Major causes :

1. Lack of tendency for scientific quest
2. Habituation of easy gain & luxurious life
3. Static view on creativity
4. Irrelevant classification of sciences
5. Lack of financial support

Major Cause (1) :

Lack of tendency for scientific quest

1. Attitude of Muslims towards scientific quest & cultivation of knowledge
2. Freedom of thought & efficient exercise of reason were controlled
3. Door of ijtiḥād (independent reasoning) was closed
4. Major implication : blind imitation, stagnation of mind & lack of scientific vigor

Major Cause (2) : Habituation of easy gain & luxurious life

1. Habit of an easy gain & luxurious life became a culture – enjoyment of the riches & luxuries brought by the forefathers
2. Resistant to all scientific endeavour which required prolonged research concentration & hard work, without immediate gain.

Major Cause (3) : Static View on Creativity

1. Islamic theology was used to hold more conservative positions towards any initiative @ ideas through the course of time
2. Leading to isolation of scientific enterprise & discouragement of innovation

Major Cause (4) : Irrelevant classification of sciences

1. Tendency to divisive classification : religious (ukhrawi) & non-religious (duniawi)
2. Natural sciences – classified under philosophy @ non-religious sciences
3. Considered detached & remained foreign from the circle of acquired knowledge in Islam

Major Cause (5) : Lack of financial support

1. In golden era of Islamic scientific progress, scientists were supported by rulers & waqaf system – leading to establishment of centres of excellence eg Baitul Hikmah in Baghdad
2. Later on, wealth was spent on building luxurious palaces & focused more on leisure and entertainment



Critical Thinking
Imagination and Creativity
Logic and Reasoning
Conceptual Thinking
Reflection and Feedback

Problem Solving
Imagination and Creativity
Logic and Reasoning
Data Collection
Conceptual Thinking
Reflection and Feedback
Scientific Experimentation

Research Skills

Analysis
Data Collection
Data Analysis
Reflection and Feedback
Scientific Experimentation

Dissemination
Imagination and Creativity
Logic and Reasoning
Conceptual Thinking
Reflection and Feedback

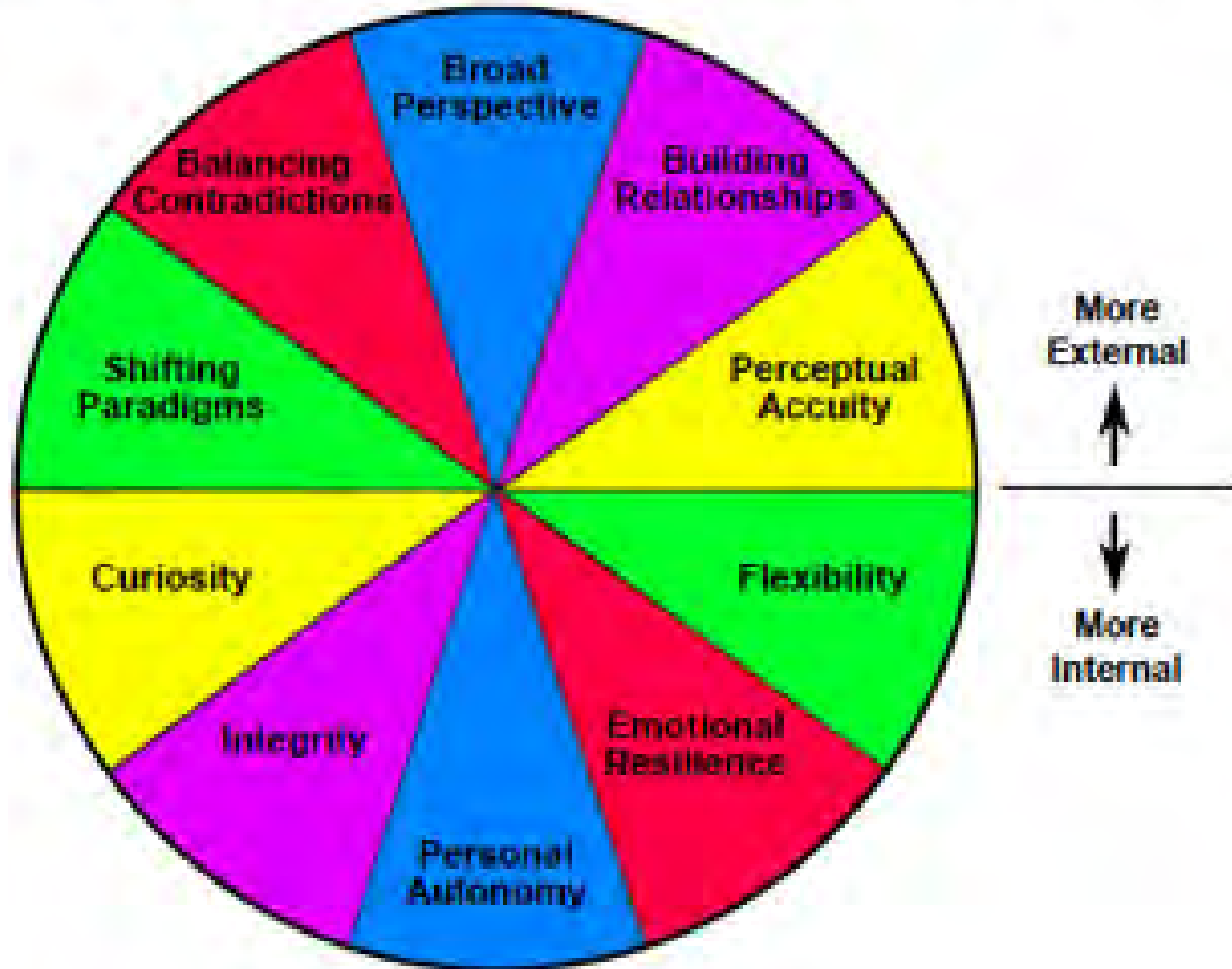
Characteristics of Creative & Innovative Scientists

- ☞ Critical thinkers
- ☞ Imaginative
- ☞ Spent much time reading
- ☞ Visionary
- ☞ Inquisitive
- ☞ Adventurous
- ☞ Risk takers



*Dr Yazid Abdul Manap,
Buku Menerokai Kegemilangan Saintis Islam 2011*

Ten 21st Century Competencies



Content: Global Brands, Gary Ferraro, Intercultural Associates, Inc., 2002
Layout design: Gillgren Communication Services, Inc.

21st Century Skills



Communication

Collaboration

Critical Thinking and Problem Solving

Creativity and Invention

Global Awareness

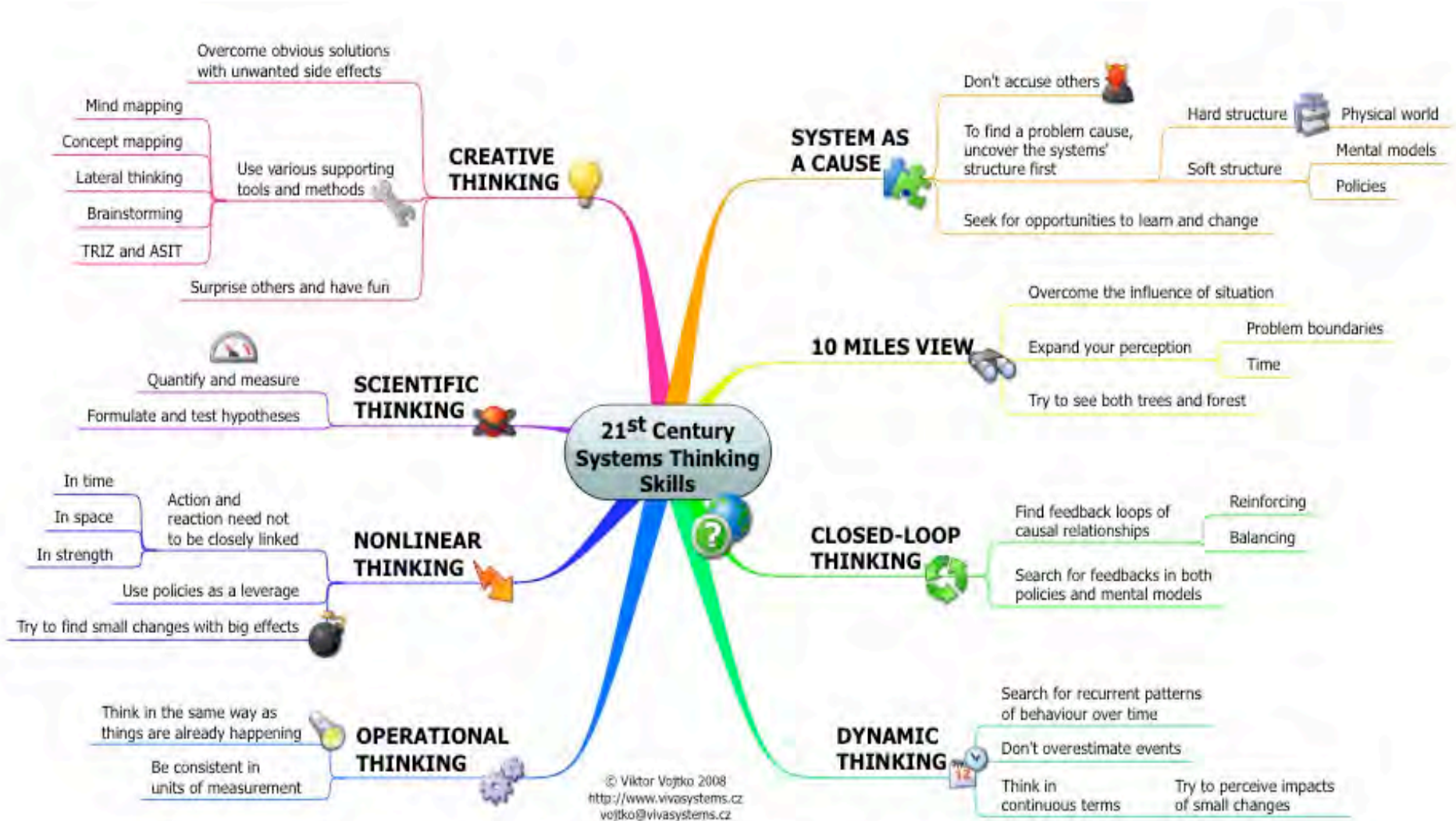


Information and Technology Literacy

Self-direction

<http://iohncaswell.com/blog/>

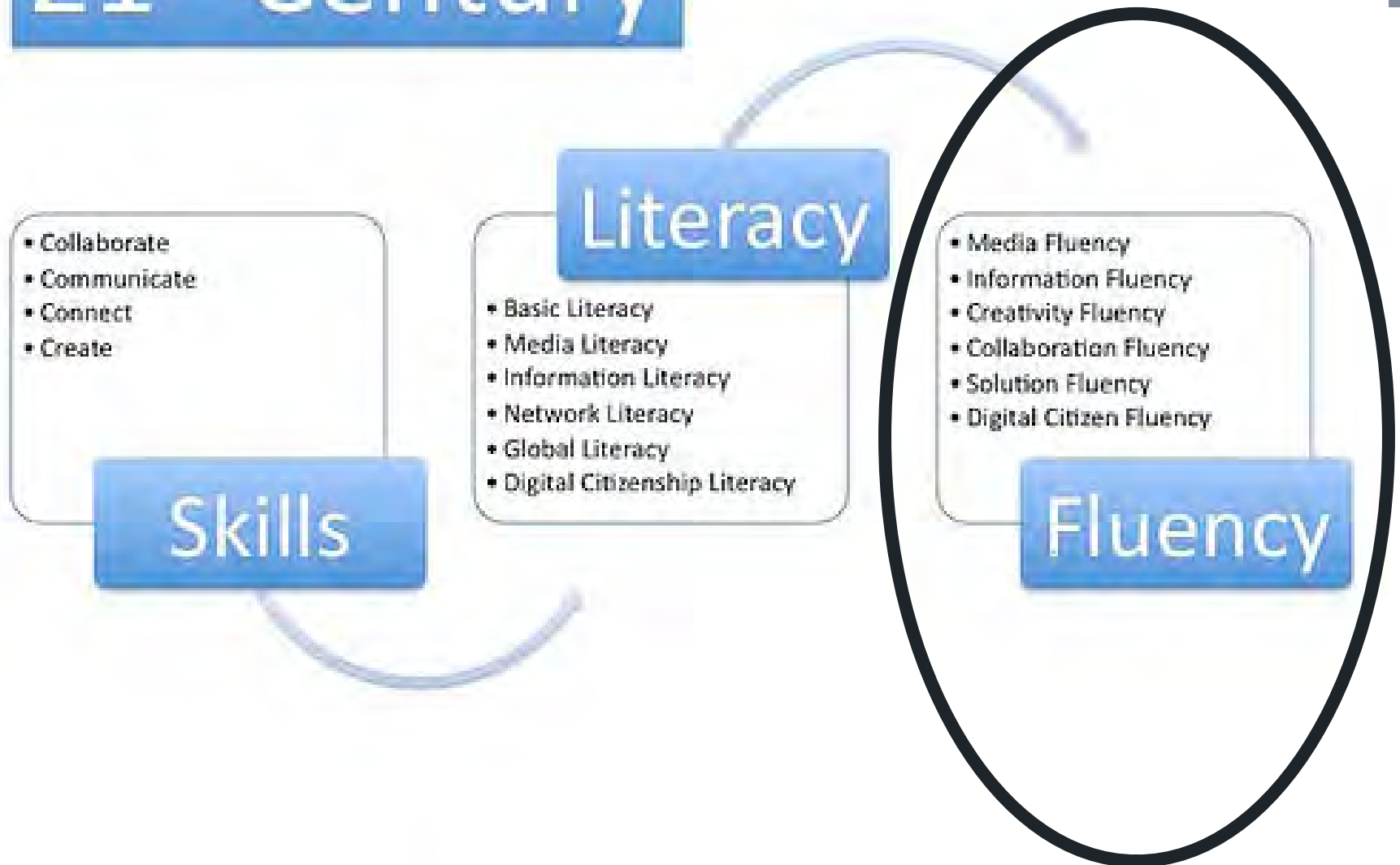
21st Century Systems Thinking Skills



© Viktor Vojtko 2008
<http://www.vivasystems.cz>
 vojtko@vivasystems.cz

Based on thoughts of Barry Richmond and George ...

21st Century



21st Century Fluencies

∞ Definition : Fluency

Ability to express oneself readily and effortlessly

(Free Dictionary)

21st Century Fluencies :

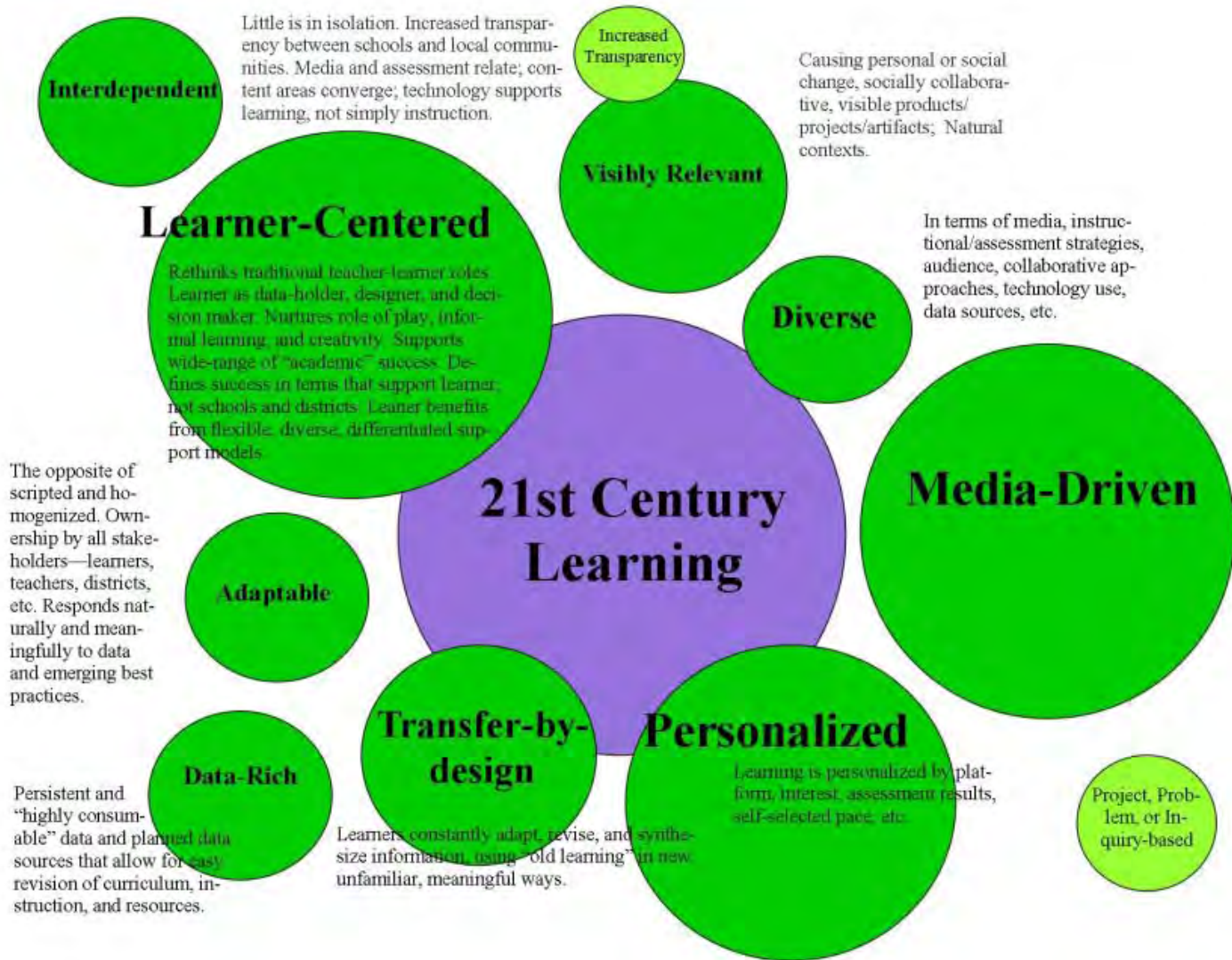
∞ *Are not about technical prowess, they are critical thinking skills, and they are essential to living in this multimedia world. We call them fluencies for a reason.*

∞ *To be literate means to have knowledge or competence.*

∞ *To be fluent is something a little more, it is to **demonstrate mastery and to do so unconsciously and smoothly.***

(21st Century Fluency Project)





Critical thinking : Definition (WHAT?)

- ∞ **Critical thinking is the ability to think clearly and rationally.**
- ∞ **It includes the ability to engage in reflective and independent thinking.**

‘Thinking about your thinking process while you’re thinking to make your thinking better.’

Richard Paul

WHY do we have to be critical thinkers?

- ∞ Critical thinking is THE key to :
 - Intellectual independence
 - Opinions of one's own
 - Multiple solutions to multiple problems



Critical thinking : Definition (WHAT?)

- **Critical thinking is the ability to think clearly and rationally.**
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Richard Paul






WHY do we have to be critical thinkers?

- Critical thinking is THE key to :
 - Intellectual independence
 - Opinions of one's own
 - Multiple solutions to multiple problems
- 




Characteristics of critical thinkers (WHO?)

- Can handle uncertainty
 - Prefers to be aware of their areas of ignorance
 - Can wait for valid reasons / evidence
 - Can wait for evidence – based answer
- 




Characteristics of Critical Thinkers (1)

- **Self-Confident:** expresses ability to think through problems and find solutions
 - **Curious and Inquisitive:** seeks reasons and explanations; works to learn more
 - **Honest:** speaks and seeks the truth, even if the truth sheds unwanted light
- 




Characteristics of Critical Thinkers (2)

- **Context Alert:** looks for changes in circumstances to modify thinking or approaches
 - **Open and Fair-Minded:** shows tolerance for different viewpoints
 - **Analytical and Insightful:** identifies relationships; relates deep understanding
- 




Characteristics of Critical Thinkers (3)

- **Logical:** seeks facts to support conclusions
 - **Reflective and Self-Corrective:** corrects own thinking; watchful for potential
- 



WHO are the non-critical thinkers?

Those who blindly :

- reproduce the damaging reactions we have learned.
 - accept at face value all justifications given by organizations and political leaders.
 - believe TV commercials.
 - trust political promises.
 - accept and say that if the textbook says it then it must be so.
 - accept and say that if the organization or other people are doing it, then it must be right.
- 

ULUL ALBAB = Critical Thinker

يُؤْتِي الْحِكْمَةَ مَنْ يَشَاءُ وَمَنْ يُؤْتَ الْحِكْمَةَ فَقَدْ أُوتِيَ خَيْرًا
كَثِيرًا وَمَا يَذَّكَّرُ إِلَّا أُولُو الْأَلْبَابِ ﴿٢٦٩﴾

Al- Baqarah, verse 269

He gives wisdom to whom He wills, and whoever has been given wisdom has certainly been given much good. And none will remember except those of have critical thinking

Critical thinking in the Al-Quran



The story of Nabi Ibrahim AS

Al-Baqarah : 260

وَإِذْ قَالَ إِبْرَاهِيمُ رَبِّ أَرِنِي كَيْفَ تُحْيِي الْمَوْتَىٰ قَالَ أُولَٰئِكَ ثَوَمِنٌ
قَالَ بَلَىٰ وَلَٰكِن لِّيَطْمَئِنَّ قَلْبِي قَالَ فَخُذْ أَرْبَعَةً مِّنَ الطَّيْرِ فَصُرْهُنَّ

And [mention] when Abraham said, "My Lord, show me how You give life to the dead." [Allah] said, "Have you not believed?" He said, "Yes, but [I ask] only that my heart may be satisfied....."

The Power of Inquisitiveness

Ask the right questions

*'I keep six honest
serving men,
They taught me all
I knew*

*Their names are
What and Why
and When,
And How and
Where and
Who.'*

*(Rudyard Kipling : 1865
- 1936)*





Al-An'aam (6), ayat 74 – 79:

- Dialog antara Nabi Ibrahim & ayahnya, Azar.
 - `Dan (ingatlah) ketika Ibrahim bertanya kepada ayahnya Azar, `Patutkah engkau menjadikan berhala-berhala itu sebagai tuhan? Sesungguhnya aku melihat engkau dan kaummu berada dalam kesesatan yang nyata.*
- Pengembaraan spiritual Nabi Ibrahim mencari Tuhan
 - sangkaan pertama : bintang, kedua : bulan & ketiga : matahari



Finding God through Science



The Human Genome Project

A SCIENTIST PRESENTS
EVIDENCE FOR BELIEF

THE LANGUAGE OF GOD

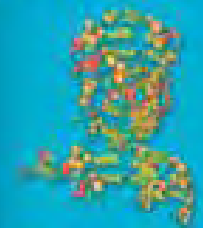
FRANCIS S. COLLINS

Dr Francis S. Collins

Director of National Inst. of Health USA
Team leader Human Genome Project

Your life depends on the secrets of your DNA. Are you ready?

THE LANGUAGE OF LIFE



DNA AND THE REVOLUTION
IN PERSONALIZED MEDICINE

Francis S. Collins

Author of the New York Times bestseller The Language of God

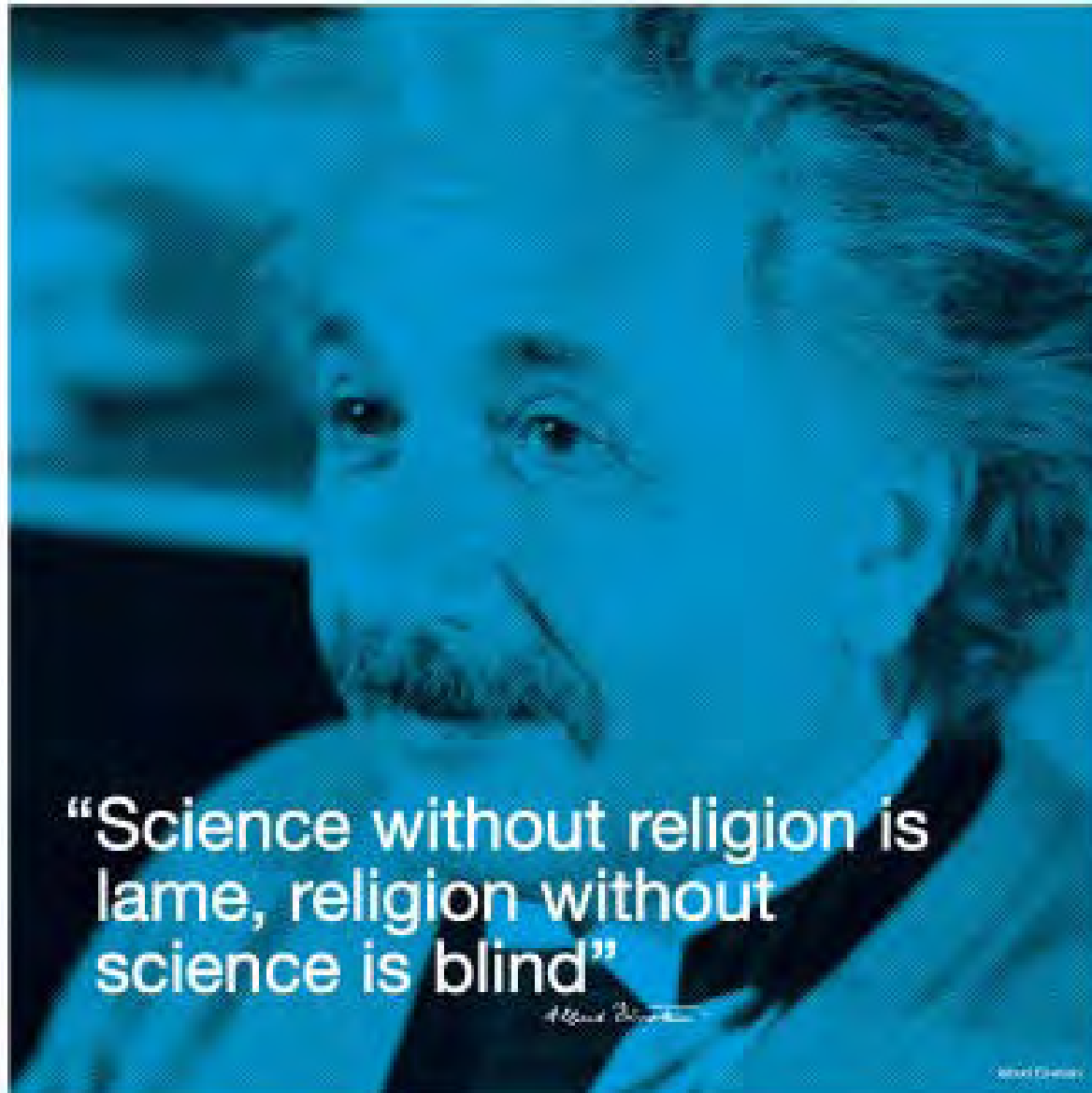
Dr. Francis S. Collins

Head of Human Genome Project

I started this journey of intellectual exploration to confirm my atheism. That now lay in ruins as the argument from the Moral Law (and many other issues) forces me to admit the plausibility of the God hypothesis.

Faith in God now seemed more rational than disbelief.





“Science without religion is lame, religion without science is blind”

Albert Einstein

Albert Einstein

STUDENT'S TIPS

Best Time To Study

4 a.m - 6 a.m
Brain Function 100%

Night
Brain Function 20%

6 a.m - 7.30 p.m
Brain Function 50%

Brain Oxygen Level

Breakfast
60 - 80%

Lunch
10 - 20%

Dinner
30 - 40%

Night Sleep

Minimum - 6 hours

Maximum - 8 hours

For more oxygen to the brain:

- * Do breathing exercise in the morning & evening for 20 minutes
- * Drink 8-10 glasses of water daily
- * Do regular prayers and meditation
- * Have a balance diet

Nutritions for the brain

Protein, Calcium, Omega 3, B Complex, Lecithin, Honey, Bee Polen, Ginko Biloba

APeP 1344

Al Baghdadi Prenatal Education Program

<https://www.facebook.com/AlBaghdadiPrenatalEducationProgram>

Pendaftaran Dibuka Sekarang!

Pusat Tuisyen Ibu Hamil Al Baghdadi

Pusat Tuisyen Ibu Hamil Al Baghdadi menawarkan program stimulasi janin dengan bunyi-bunyi asas Al Quran...





MEMBONGKAR FAKTA-FAKTA
SAINTIFIK DISEBALIK SOLAT

SOLAT

KEBAIKAN DARI PERSPEKTIF

SAINS

FATIMAH IBRAHIM
W. AZMAN W. AHMAD
NG SIEW CHEOK



Pencegahan Penyakit Jantung Dari Perspektif Holistik



Sebuah Kupasan
Lanjut Buku:
Solat Kebaikan
Dari Perspektif Sains

FATIMAH IBRAHIM
W. AZMAN W. AHMAD



Sebuah kupasan lanjut buku:
Solat Kebaikan Dari Perspektif Sains



SAKIT PINGGANG

**Kaedah Rawatan
Melalui Prinsip Pemulihan serta
Postur Dan Pergerakan Solat**

FATIMAH IBRAHIM
RAMEEZAN BEGAM ABDUL RAHIM



Sebuah Kupasan
Lanjut Buku:
Solat Kebaikan
Dari Perspektif Sains

Senaman Regangan & Pergerakan Solat



WAN ABU BAKAR WAN ABAS
FATIMAH IBRAHIM
RAMEEZAN BEGAM ABDUL RAHIM



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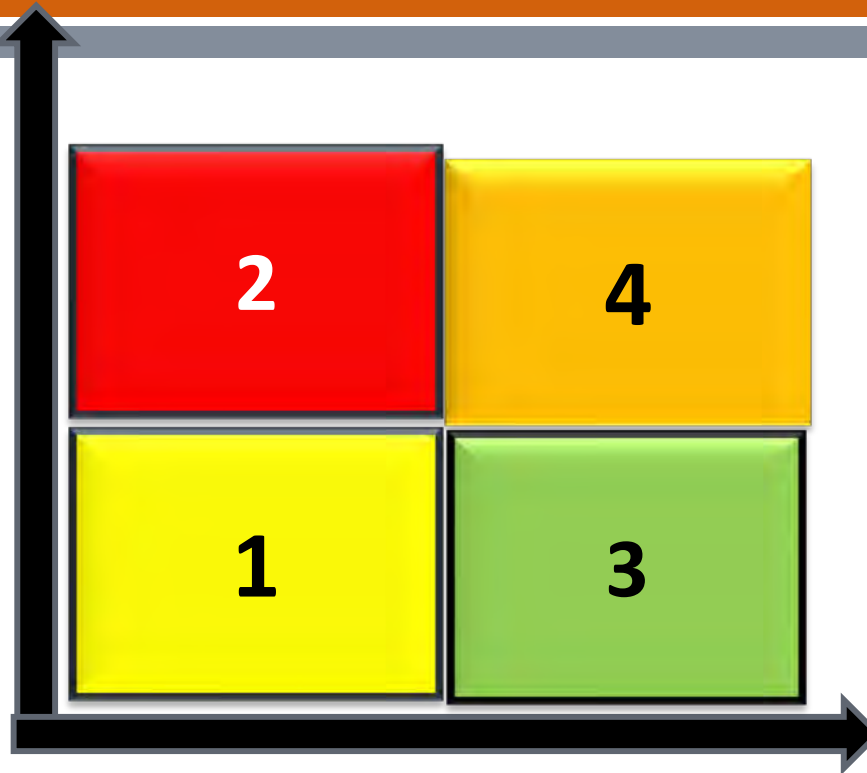
http://umexpert.um.edu.my/papar_cv.php?id=AAAJxnAAQAAAGEoAAa

MUKMIN PROFESIONAL

**HAMBA
ALLAH**

**PERILAKU
KELAKUAN**

Ikhlas
Syukur
Amanah
Jujur
Beradab



KHALIFAH ALLAH

HASIL KERJA

KOMPETENSI

Efektif Efisien
Produktif Berkualiti

4. MUKMIN PROFESIONAL :
Kelakuan & prestasi kerja
cemerlang

**3. Golongan berprestasi
kerja tinggi &
berkelakuan buruk**

**2. Golongan berkelakuan
baik & prestasi kerja
rendah**

**1. Golongan terburuk
(Kelakuan buruk &
prestasi kerja rendah)**

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