

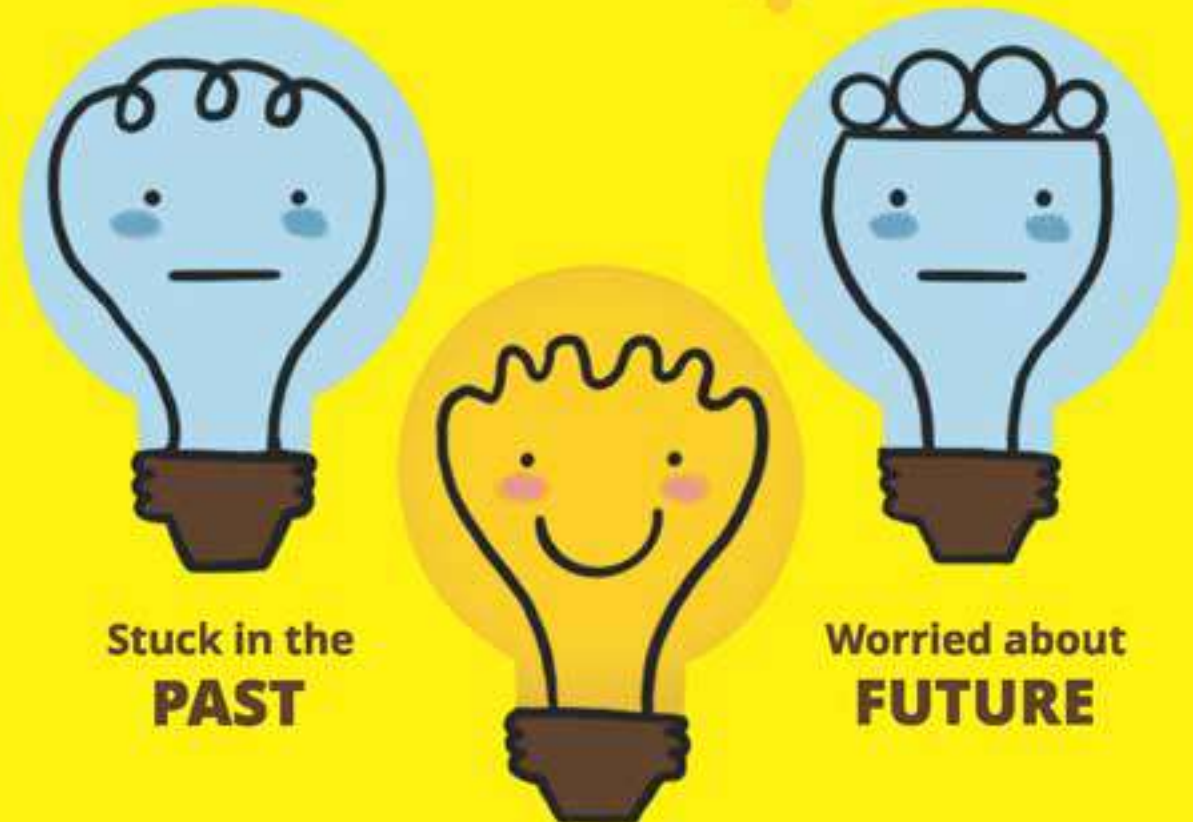
# LIFE DURING & AFTER

# COVID

**Change** for Better, in Mindset

## From Negative to POSITIVE THINKING

- ✦ Start seeing the brighter side of things
- ✦ Stop being rigid and be more flexible
- ✦ Become more adaptive to the new normal
- ✦ Smile and take charge of your life



Live in the  
**PRESENT**



Note: Content provided by expert Psychologists from Islaah Ph: 040 6768 4444 / 45, www.islaahwellness.com

# CALENDAR-2022

HIJRI:1443

## JANUARY

| Sun      | Mon      | Tue      | Wed                | Thu      | Fri      | Sat      |
|----------|----------|----------|--------------------|----------|----------|----------|
| 30<br>٢٩ | 31<br>٢٨ |          |                    |          |          | 1<br>٢٨  |
| 2<br>٢٨  | 3<br>٢٩  | 4<br>٣٠  | 5<br>١ جمادى الآخر | 6<br>٢   | 7<br>٣   | 8<br>٤   |
| 9<br>٥   | 10<br>٦  | 11<br>٧  | 12<br>٨            | 13<br>٩  | 14<br>١٠ | 15<br>١١ |
| 16<br>١٢ | 17<br>١٣ | 18<br>١٤ | 19<br>١٥           | 20<br>١٦ | 21<br>١٧ | 22<br>١٨ |
| 23<br>١٩ | 24<br>٢٠ | 25<br>٢١ | 26<br>٢٢           | 27<br>٢٣ | 28<br>٢٤ | 29<br>٢٥ |

01 - New Year Day | 08 - 2<sup>nd</sup> Saturday | 13 - Bhogi | 14 - Pongal/Sankranti | 26 - Republic Day

## DECEMBER-2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     | 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   | 9   | 10  | 11  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  | 31  |     |

## FEBRUARY-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  |     |     |     |     |     |

FASTING DAYS OF THE WEEK (MONDAY & THURSDAY)

FASTING DAYS OF THE MONTH (AYYAM-E-BEEZ)

ISLAMIC MONTHS: MUHARRAM - SAFAR - RABI UL AWWAL - RABI UL AKHIR - JAMADI UL AWWAL - JAMADI UL AKHIR - RAJAB - SHABAN - RAMZAN - SHAWWAL - ZEE QAD - ZIL HAJ



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# LIFE DURING & AFTER

# COVID

**Change** for Better, in Mindset

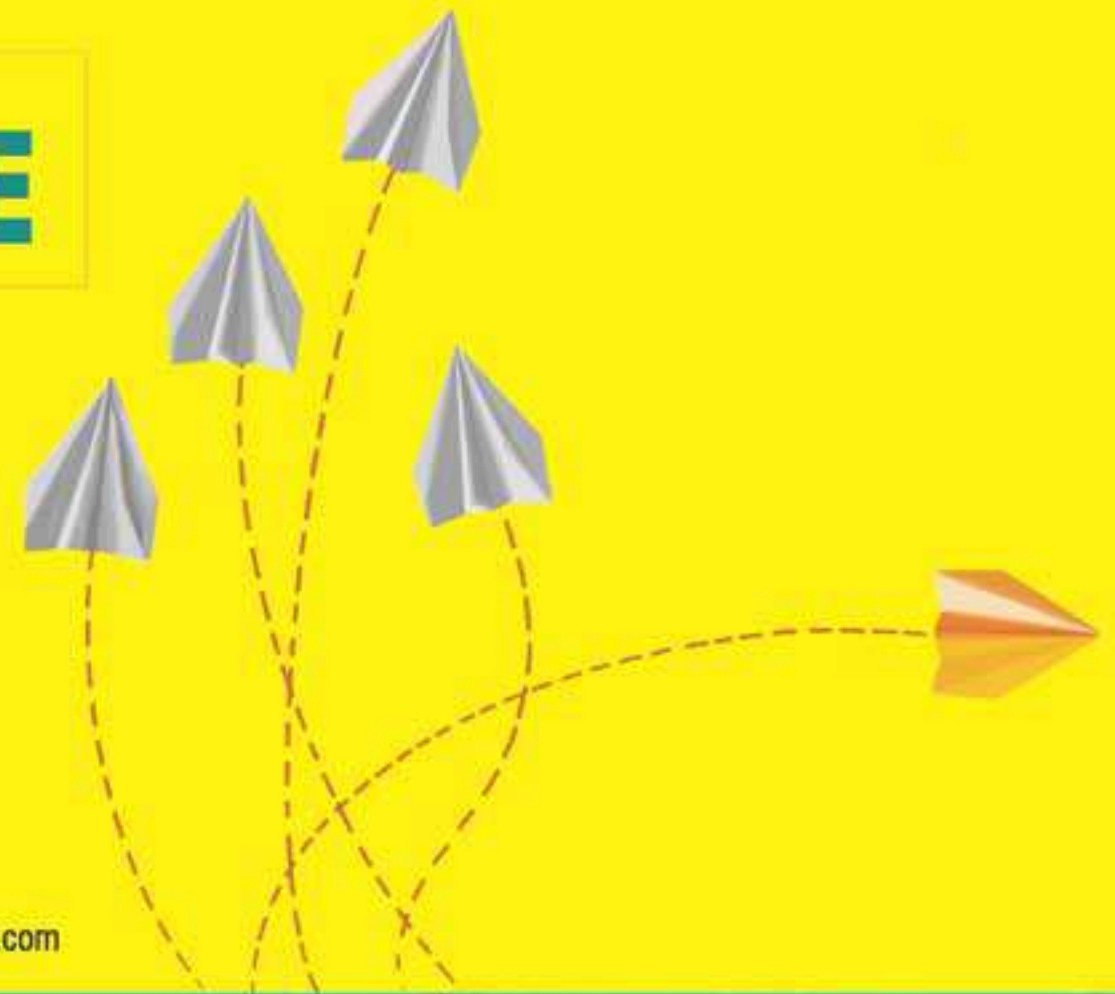
From Comfort Zone to

## EMBRACING CHANGE

- ✦ Be open to learning new skills
- ✦ Focus on your personal development
- ✦ Find purpose and meaning in life
- ✦ Be content, Be happy



Note: Content provided by expert Psychologists from Islaah Ph: 040 6768 4444 / 45, www.islaahwellness.com



## CALENDAR-2022

HIJRI:1443

### FEBRUARY

| Sun      | Mon      | Tue      | Wed      | Thu        | Fri      | Sat      |
|----------|----------|----------|----------|------------|----------|----------|
|          |          | 1<br>٢٨  | 2<br>٢٩  | 3<br>١ رجب | 4<br>٢   | 5<br>٣   |
| 6<br>٤   | 7<br>٥   | 8<br>٦   | 9<br>٧   | 10<br>٨    | 11<br>٩  | 12<br>١٠ |
| 13<br>١١ | 14<br>١٢ | 15<br>١٣ | 16<br>١٤ | 17<br>١٥   | 18<br>١٦ | 19<br>١٧ |
| 20<br>١٨ | 21<br>١٩ | 22<br>٢٠ | 23<br>٢١ | 24<br>٢٢   | 25<br>٢٣ | 26<br>٢٤ |
| 27<br>٢٥ | 28<br>٢٦ |          |          |            |          |          |

12 - 2<sup>nd</sup> Saturday

### JANUARY-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 30  | 31  |     |     |     |     | 1   |
| 2   | 3   | 4   | 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  | 13  | 14  | 15  |
| 16  | 17  | 18  | 19  | 20  | 21  | 22  |
| 23  | 24  | 25  | 26  | 27  | 28  | 29  |

### MARCH-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30  | 31  |     |     |

FASTING DAYS OF THE WEEK (MONDAY & THURSDAY)

FASTING DAYS OF THE MONTH (AYYAM-E-BEEZ)

ISLAMIC MONTHS: MUHARRAM - SAFAR - RABI UL AWWAL - RABI UL AKHIR - JAMADI UL AWWAL - JAMADI UL AKHIR - RAJAB - SHABAN - RAMZAN - SHAWWAL - ZEE QAD - ZIL HAJ



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# LIFE DURING & AFTER

# COVID

**Change** for Better, in Lifestyle

## From Unhealthy Eating to HEALTHY EATING



- ✦ Take immunity boosters & time tested home remedies
- ✦ Stop junk food and replace them with homemade food
- ✦ Increase intake of fruits, water and vegetables
- ✦ Reduce 4 whites (Sugar, Salt, Maida & Rice)



Note: Content provided by expert Psychologists from Islaah Ph: 040 6768 4444 / 45, www.islaahwellness.com

# CALENDAR-2022

HIJRI:1443

## MARCH

| Sun      | Mon      | Tue      | Wed      | Thu      | Fri      | Sat           |
|----------|----------|----------|----------|----------|----------|---------------|
|          |          | 1<br>۱۴  | 2<br>۱۵  | 3<br>۱۶  | 4<br>۱۷  | 5<br>۱۸ شعبان |
| 6<br>۱۹  | 7<br>۲۰  | 8<br>۲۱  | 9<br>۲۲  | 10<br>۲۳ | 11<br>۲۴ | 12<br>۲۵      |
| 13<br>۲۶ | 14<br>۲۷ | 15<br>۲۸ | 16<br>۲۹ | 17<br>۳۰ | 18<br>۳۱ | 19<br>۱       |
| 20<br>۳۲ | 21<br>۳۳ | 22<br>۳۴ | 23<br>۳۵ | 24<br>۳۶ | 25<br>۳۷ | 26<br>۳۸      |
| 27<br>۳۹ | 28<br>۴۰ | 29<br>۴۱ | 30<br>۴۲ | 31<br>۴۳ |          |               |

01 - Maha Shivratri | 01 - Shab-e-Meraj | 12 - 2<sup>nd</sup> Saturday | 19 - Holi | 19 - Shab-e-baraat

## FEBRUARY-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  |     |     |     |     |     |

## APRIL-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |
| 10  | 11  | 12  | 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  |

FASTING DAYS OF THE WEEK (MONDAY & THURSDAY)

FASTING DAYS OF THE MONTH (AYYAM-E-BEEZ)

ISLAMIC MONTHS: MUHARRAM - SAFAR - RABI UL AWWAL - RABI UL AKHIR - JAMADI UL AWWAL - JAMADI UL AKHIR - RAJAB - SHABAN - RAMZAN - SHAWWAL - ZEE QAD - ZIL HAJ



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# LIFE DURING & AFTER

# COVID

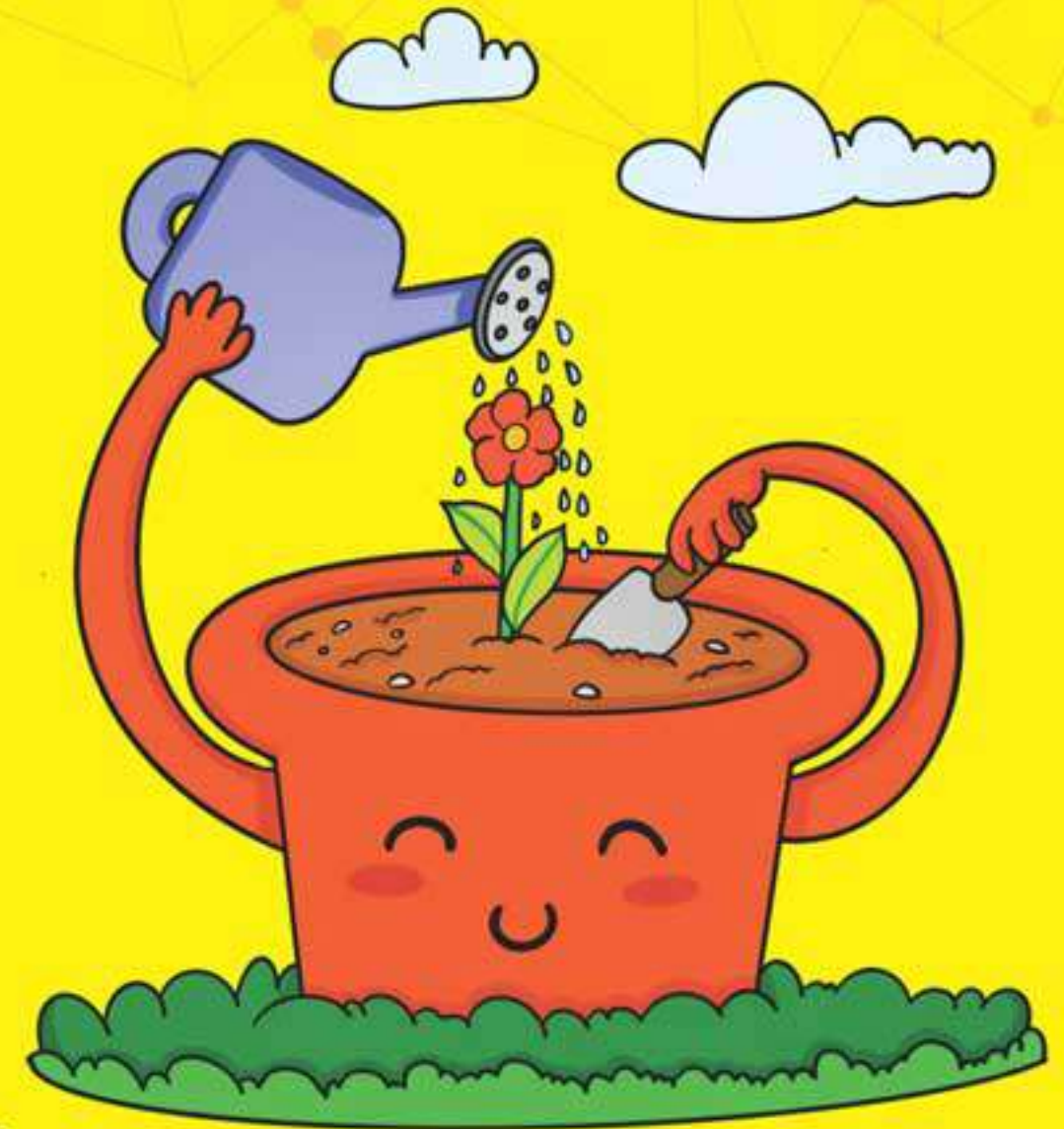
**Change** for Better, in Lifestyle

## From Ignoring self to SELF-CARE

- ✦ Be relaxed and enjoy every moment
- ✦ Pay attention to self-grooming like skin & hair care
- ✦ Develop hobbies to de-stress yourself
- ✦ Keep your head cool & legs warm, exercise & walk regularly

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# CALENDAR-2022

HIJRI:1443

## APRIL

| Sun          | Mon      | Tue      | Wed      | Thu      | Fri      | Sat      |
|--------------|----------|----------|----------|----------|----------|----------|
|              |          |          |          |          | 1<br>٢٨  | 2<br>٢٩  |
| 3<br>١ رمضان | 4<br>٢   | 5<br>٣   | 6<br>٤   | 7<br>٥   | 8<br>٦   | 9<br>٧   |
| 10<br>٨      | 11<br>٩  | 12<br>١٠ | 13<br>١١ | 14<br>١٢ | 15<br>١٣ | 16<br>١٤ |
| 17<br>١٥     | 18<br>١٦ | 19<br>١٧ | 20<br>١٨ | 21<br>١٩ | 22<br>٢٠ | 23<br>٢١ |
| 24<br>٢٢     | 25<br>٢٣ | 26<br>٢٤ | 27<br>٢٥ | 28<br>٢٦ | 29<br>٢٧ | 30<br>٢٨ |

02 - Ugadi | 05 - Babu Jagjivan Ram jayanti | 09 - 2<sup>nd</sup> Saturday | 10 - Ram Nawami  
14 - Dr. B.R. Ambedkar Jayanti / Mahavir Jayanti | 15 - Good Friday | 29 - Juma-tul-vida & Shab-e-Qadr

## MARCH-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30  | 31  |     |     |

## MAY-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   | 6   | 7   |
| 8   | 9   | 10  | 11  | 12  | 13  | 14  |
| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| 29  | 30  | 31  |     |     |     |     |

FASTING DAYS OF THE WEEK (MONDAY & THURSDAY) 🌿  
FASTING DAYS OF THE MONTH (AYYAM-E-BEEZ) 🌾

ISLAMIC MONTHS: MUHARRAM - SAFAR - RABI UL AWWAL - RABI UL AKHIR - JAMADI UL AWWAL - JAMADI UL AKHIR - RAJAB - SHABAN - RAMZAN - SHAWWAL - ZEE QAD - ZIL HAJ

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# LIFE DURING & AFTER

# COVID

**Change** for Better, in Employment

From Conformity to  
**CREATIVITY**

- Start thinking of team success rather than individual success
- Explore creative ways of doing things
- Plan for upskilling and reskilling
- Don't lose your cool - It freezes your ability to think and respond



Note: Content provided by expert Psychologists from Islaah Ph: 040 6768 4444 / 45, www.islaahwellness.com

## CALENDAR-2022

HIJRI:1443

### MAY

| Sun      | Mon      | Tue         | Wed      | Thu      | Fri      | Sat      |
|----------|----------|-------------|----------|----------|----------|----------|
| 1<br>29  | 2<br>30  | 3<br>1 شوال | 4<br>2   | 5<br>3   | 6<br>4   | 7<br>5   |
| 8<br>6   | 9<br>7   | 10<br>8     | 11<br>9  | 12<br>10 | 13<br>11 | 14<br>12 |
| 15<br>13 | 16<br>14 | 17<br>15    | 18<br>16 | 19<br>17 | 20<br>18 | 21<br>19 |
| 22<br>20 | 23<br>21 | 24<br>22    | 25<br>23 | 26<br>24 | 27<br>25 | 28<br>26 |
| 29<br>27 | 30<br>28 | 31<br>29    |          |          |          |          |

01 - May Day | 03 - Eid-ul-Fitr | 04 - Next Day of Eid-ul-Fitr | 14 - 2<sup>nd</sup> Saturday  
16 - Buddha Purnima

### APRIL-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |
| 10  | 11  | 12  | 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  |

### JUNE-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     | 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   | 9   | 10  | 11  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  |     |     |

FASTING DAYS OF THE WEEK (MONDAY & THURSDAY)  
FASTING DAYS OF THE MONTH (AYYAM-E-BEEZ)

ISLAMIC MONTHS: MUHARRAM - SAFAR - RABI UL AWWAL - RABI UL AKHIR - JAMADI UL AWWAL - JAMADI UL AKHIR - RAJAB - SHABAN - RAMZAN - SHAWWAL - ZEE QAD - ZIL HAJ



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# LIFE DURING & AFTER

# COVID

**Change** for Better, in Employment

From, "bring no work to your home" to  
**"WORK FROM HOME"**

- ★ Discipline yourself and create a priority list
- ★ Don't manage time, manage your work within time
- ★ Balance "Work From Home" with your home
- ★ Stick to 8 hours work time with break after every 40 minutes



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## CALENDAR-2022

HIJRI:1443

### JUNE

| Sun | Mon | Tue | Wed            | Thu | Fri | Sat |
|-----|-----|-----|----------------|-----|-----|-----|
|     |     |     | 1<br>ذی القعدة | 2   | 3   | 4   |
| 5   | 6   | 7   | 8              | 9   | 10  | 11  |
| 12  | 13  | 14  | 15             | 16  | 17  | 18  |
| 19  | 20  | 21  | 22             | 23  | 24  | 25  |
| 26  | 27  | 28  | 29             | 30  |     |     |

02 - Telangana Formation Day | 11 - 2<sup>nd</sup> Saturday

### MAY-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   | 6   | 7   |
| 8   | 9   | 10  | 11  | 12  | 13  | 14  |
| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| 29  | 30  | 31  |     |     |     |     |

### JULY-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 31  |     |     |     |     | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |
| 10  | 11  | 12  | 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  |

FASTING DAYS OF THE WEEK (MONDAY & THURSDAY)

FASTING DAYS OF THE MONTH (AYYAM-E-BEEZ)

ISLAMIC MONTHS: MUHARRAM - SAFAR - RABI UL AWWAL - RABI UL AKHIR - JAMADI UL AWWAL - JAMADI UL AKHIR - RAJAB - SHABAN - RAMZAN - SHAWWAL - ZEE QAD - ZIL HAJ



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# LIFE DURING & AFTER

# COVID

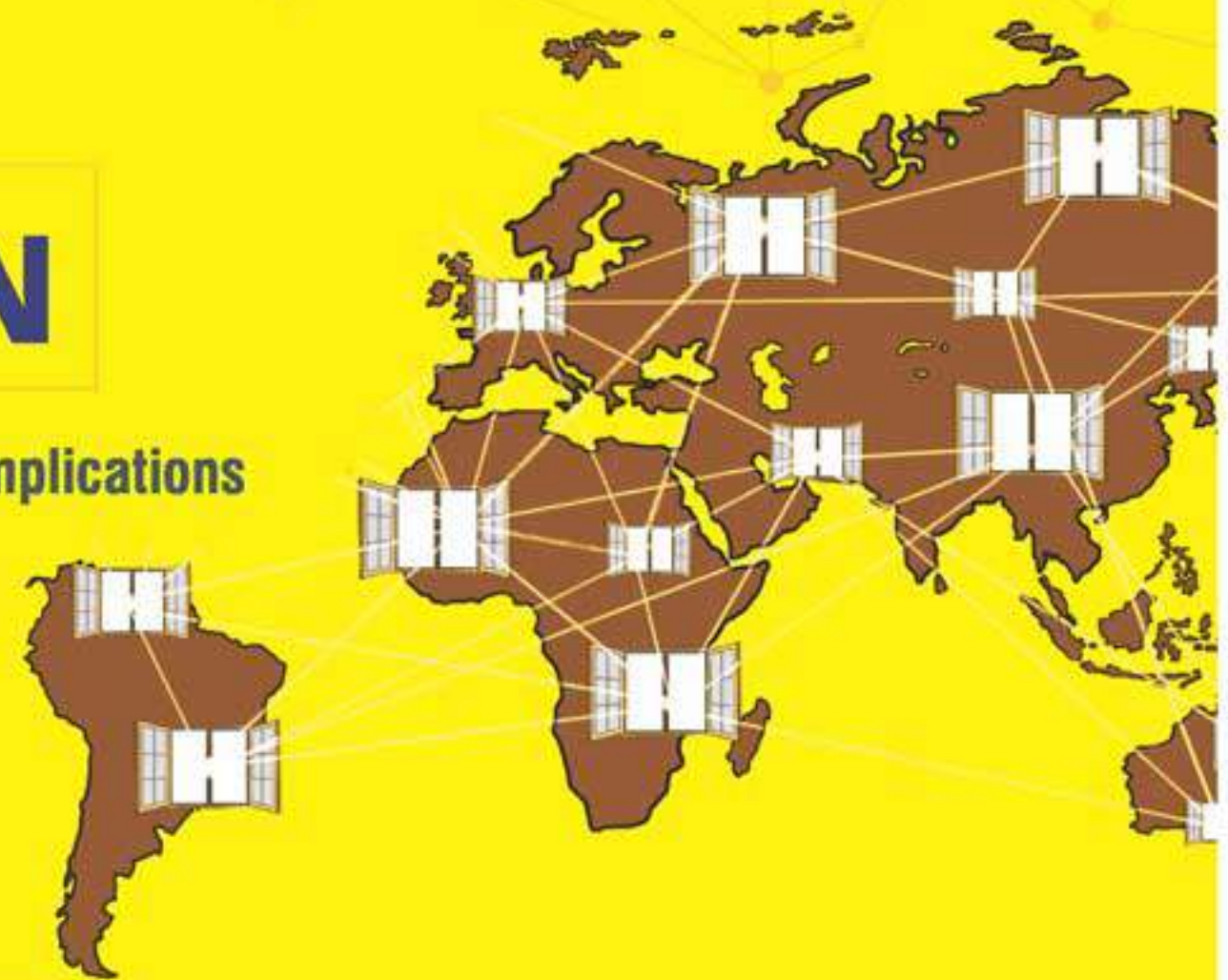
**Change** for Better, in Technology

From Human-based Interaction to  
**DIGITAL INTERACTION**

- ✦ Limit screen time & correct your posture to avoid long term complications
- ✦ Develop remote working capabilities but with a human touch
- ✦ Monitor, mentor and empower your kids on digital interaction
- ✦ Open up, be adaptive and learn new skills



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## CALENDAR-2022

HIJRI:1443-44

### JULY

| Sun        | Mon      | Tue      | Wed      | Thu      | Fri           | Sat      |
|------------|----------|----------|----------|----------|---------------|----------|
| 31<br>محرم |          |          |          |          | 1<br>ذی الحجه | 2        |
| 3          | 4        | 5        | 6        | 7        | 8             | 9        |
| 10<br>١٠   | 11<br>١١ | 12<br>١٢ | 13<br>١٣ | 14<br>١٤ | 15<br>١٥      | 16<br>١٦ |
| 17<br>١٧   | 18<br>١٨ | 19<br>١٩ | 20<br>٢٠ | 21<br>٢١ | 22<br>٢٢      | 23<br>٢٣ |
| 24<br>٢٤   | 25<br>٢٥ | 26<br>٢٦ | 27<br>٢٧ | 28<br>٢٨ | 29<br>٢٩      | 30<br>٣٠ |

09 - 2<sup>nd</sup> Saturday | 10 - Eid-ul-Adha (Bakr Eid) | 25 - Bonalu

ISLAMIC NEW YEAR

### JUNE-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     | 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   | 9   | 10  | 11  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  |     |     |

### AUGUST-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     | 1   | 2   | 3   | 4   | 5   | 6   |
| 7   | 8   | 9   | 10  | 11  | 12  | 13  |
| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
| 28  | 29  | 30  | 31  |     |     |     |

FASTING DAYS OF THE WEEK (MONDAY & THURSDAY)

FASTING DAYS OF THE MONTH (AYYAM-E-BEEZ)

FASTING DAYS OF ZIL HAJ

ISLAMIC MONTHS: MUHARRAM - SAFAR - RABI UL AWWAL - RABI UL AKHIR - JAMADI UL AWWAL - JAMADI UL AKHIR - RAJAB - SHABAN - RAMZAN - SHAWWAL - ZEE QAD - ZIL HAJ



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# LIFE DURING & AFTER

# COVID

**Change** for Better, in Technology

## From Business Stores to E-COMMERCE

- ✦ Adapt to online shopping (for everything) - grocery, food etc.
- ✦ Be prepared for AI enabled virtual & augmented reality stores
- ✦ Be cautious of fraud websites and apps
- ✦ Be aware and adopt technology wisely as part of life



Note: Content provided by expert Psychologists from Islaah Ph: 040 6768 4444 / 45, www.islaahwellness.com

# CALENDAR-2022

HIJRI:1444

## AUGUST

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     | 1   | 2   | 3   | 4   | 5   | 6   |
| 7   | 8   | 9   | 10  | 11  | 12  | 13  |
| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
| 28  | 29  | 30  | 31  |     |     |     |

09 - Ashura (10<sup>th</sup> Muharram) | 13 - 2<sup>nd</sup> Saturday | 15 - Independence Day  
16 - Parsi New Year | 19 - Janmashtami | 31 - Ganesh Chaturthi

## JULY-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 31  |     |     |     |     | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |
| 10  | 11  | 12  | 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  |

## SEPTEMBER-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     | 1   | 2   | 3   |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  |     |

FASTING DAYS OF THE WEEK (MONDAY & THURSDAY)

FASTING DAYS OF THE MONTH (AYYAM-E-BEEZ)

FAST FOR EITHER 9<sup>th</sup> & 10<sup>th</sup> or 10<sup>th</sup> & 11<sup>th</sup> of MUHARRAM

ISLAMIC MONTHS: MUHARRAM - SAFAR - RABI UL AWWAL - RABI UL AKHIR - JAMADI UL AWWAL - JAMADI UL AKHIR - RAJAB - SHABAN - RAMZAN - SHAWWAL - ZEE QAD - ZIL HAJ



MSian Faizan Ahmed  
ALL INDIA IAS Rank **58**  
MSian Haris Sumair  
ALL INDIA IAS Rank **270**



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# LIFE DURING & AFTER

# COVID

**Change** for Better, in Education

## From Rote Learning to LEARNING SKILLS

- Learn how to apply the knowledge that you acquire
- Focus on both soft skills & technical skills to be relevant
- Learn the art of communication and collaboration
- Empower yourself with the art of decision making



Note: Content provided by expert Psychologists from Islaah Ph: 040 6768 4444 / 45, www.islaahwellness.com



# CALENDAR-2022

HIJRI:1444

## SEPTEMBER

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     | 1   | 2   | 3   |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  |     |

10 - 2<sup>nd</sup> Saturday

5<sup>th</sup> - TEACHERS' DAY

## AUGUST-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     | 1   | 2   | 3   | 4   | 5   | 6   |
| 7   | 8   | 9   | 10  | 11  | 12  | 13  |
| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
| 28  | 29  | 30  | 31  |     |     |     |

## OCTOBER-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 30  | 31  |     |     |     |     | 1   |
| 2   | 3   | 4   | 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  | 13  | 14  | 15  |
| 16  | 17  | 18  | 19  | 20  | 21  | 22  |
| 23  | 24  | 25  | 26  | 27  | 28  | 29  |

FASTING DAYS OF THE WEEK (MONDAY & THURSDAY)

FASTING DAYS OF THE MONTH (AYYAM-E-BEEZ)

ISLAMIC MONTHS: MUHARRAM - SAFAR - RABI UL AWWAL - RABI UL AKHIR - JAMADI UL AWWAL - JAMADI UL AKHIR - RAJAB - SHABAN - RAMZAN - SHAWWAL - ZEE QAD - ZIL HAJ



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# LIFE DURING & AFTER

# COVID

**Change** for Better, in Education

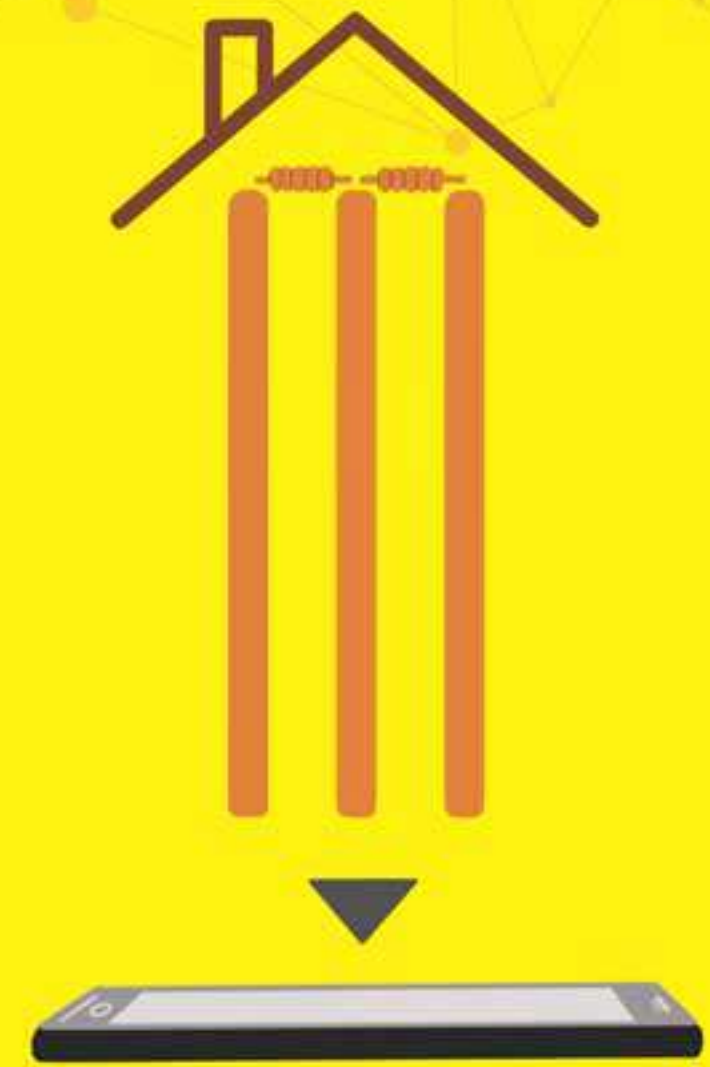
From Spacious Schools to

## TECH SCHOOLS

- ✦ Adapt to online hybrid learning models
- ✦ Prepare for homeschooling & gamification in education
- ✦ Embrace innovative teaching & learning methodologies effectively
- ✦ Understand online ecosystem and the evolving role of parents and teachers



Note: Content provided by expert Psychologists from Islaah Ph: 040 6768 4444 / 45, www.islaahwellness.com



## CALENDAR-2022

HIJRI:1444

### OCTOBER

| Sun      | Mon      | Tue      | Wed      | Thu      | Fri      | Sat      |
|----------|----------|----------|----------|----------|----------|----------|
| 30<br>٢٩ | 31<br>٥  |          |          |          |          | 1<br>٢   |
| 2<br>٥   | 3<br>٦   | 4<br>٧   | 5<br>٨   | 6<br>٩   | 7<br>١٠  | 8<br>١١  |
| 9<br>١٢  | 10<br>١٣ | 11<br>١٤ | 12<br>١٥ | 13<br>١٦ | 14<br>١٧ | 15<br>١٨ |
| 16<br>١٩ | 17<br>٢٠ | 18<br>٢١ | 19<br>٢٢ | 20<br>٢٣ | 21<br>٢٤ | 22<br>٢٥ |
| 23<br>٢٦ | 24<br>٢٧ | 25<br>٢٨ | 26<br>٢٩ | 27<br>٣٠ | 28<br>١  | 29<br>٢  |

02 - Gandhi Jayanti | 03 - Durga Ashtami | 05 - Dussehra | 08 - 2<sup>nd</sup> Saturday | 09 - Milad-un-Nabi  
24 - Diwali/Deepavali

### SEPTEMBER-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     | 1   | 2   | 3   |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  |     |

### NOVEMBER-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30  |     |     |     |

FASTING DAYS OF THE WEEK (MONDAY & THURSDAY)

FASTING DAYS OF THE MONTH (AYYAM-E-BEEZ)

ISLAMIC MONTHS: MUHARRAM - SAFAR - RABI UL AWWAL - RABI UL AKHIR - JAMADI UL AWWAL - JAMADI UL AKHIR - RAJAB - SHABAN - RAMZAN - SHAWWAL - ZEE QAD - ZIL HAJ



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# LIFE DURING & AFTER

# COVID

**Change** for Better, in Relationships & Social Life

From Real Friends to

## VIRTUAL FRIENDS

- ✦ Socialize with people from across the world but with caution
- ✦ Send personalized virtual invitation and save the planet
- ✦ Limit online groups & join purpose driven communities
- ✦ Limit your usage of social media & be aware of addiction



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CENTER FOR PSYCHOLOGICAL WELLNESS

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# CALENDAR-2022

HIJRI:1444

## NOVEMBER

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30  |     |     |     |

8 - Guru Nanak Jayanti | 12 - 2<sup>nd</sup> Saturday

11<sup>th</sup> - NATIONAL EDUCATION DAY  
(BIRTHDAY OF MOULANA AZAD)

## OCTOBER-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 30  | 31  |     |     |     |     | 1   |
| 2   | 3   | 4   | 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  | 13  | 14  | 15  |
| 16  | 17  | 18  | 19  | 20  | 21  | 22  |
| 23  | 24  | 25  | 26  | 27  | 28  | 29  |

## DECEMBER-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     | 1   | 2   | 3   |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  | 31  |

FASTING DAYS OF THE WEEK (MONDAY & THURSDAY)

FASTING DAYS OF THE MONTH (AYYAM-E-BEEZ)

ISLAMIC MONTHS: MUHARRAM - SAFAR - RABI UL AWWAL - RABI UL AKHIR - JAMADI UL AWWAL - JAMADI UL AKHIR - RAJAB - SHABAN - RAMZAN - SHAWWAL - ZEE QAD - ZIL HAJ

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# LIFE DURING & AFTER

# COVID

**Change** for Better, in Relationships & Social Life

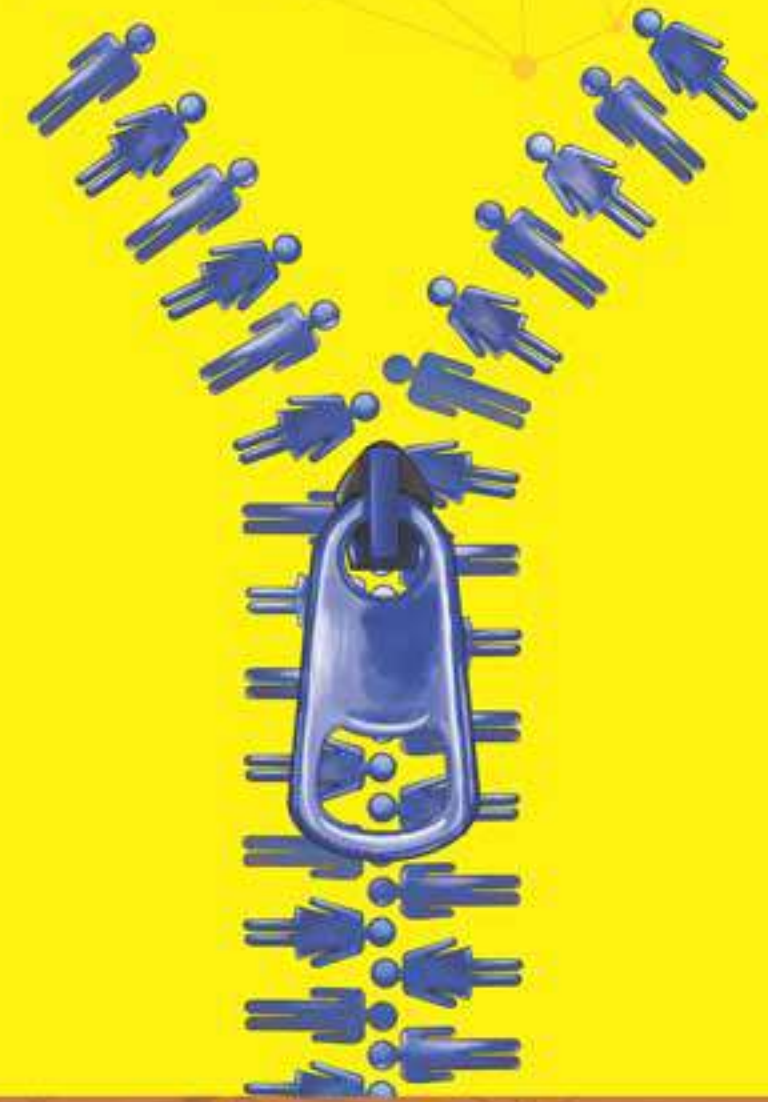
From No time for family to

## FAMILY TIME

- ★ Spend quality time with family than being merely present at home
- ★ Connect with your extended family & neighbors
- ★ Help in household chores
- ★ Work on what you bring into a relationship



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# CALENDAR-2022

HIJRI:1444

## DECEMBER

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     | 1   | 2   | 3   |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  | 31  |

10 - 2<sup>nd</sup> Saturday | 25 - Christmas | 26 - Boxing Day

## NOVEMBER-2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30  |     |     |     |

## JANUARY-2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   | 6   | 7   |
| 8   | 9   | 10  | 11  | 12  | 13  | 14  |
| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| 29  | 30  | 31  |     |     |     |     |

FASTING DAYS OF THE WEEK (MONDAY & THURSDAY)

FASTING DAYS OF THE MONTH (AYYAM-E-BEEZ)

ISLAMIC MONTHS: MUHARRAM - SAFAR - RABI UL AWWAL - RABI UL AKHIR - JAMADI UL AWWAL - JAMADI UL AKHIR - RAJAB - SHABAN - RAMZAN - SHAWWAL - ZEE QAD - ZIL HAJ



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