

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

# Smoke Free Homes



M4BH

Muslims for better Health

# Introduction

Every year, millions of people around the world die and millions more become ill as a result of smoking tobacco. Although many people in Bangladesh understand that smoking is harmful for themselves, the dangers of tobacco smoke for non smokers is less well understood.

Smoke that comes from tobacco products used by others is called second hand smoke (SHS) and it is very harmful for unborn children, new-born babies, young children, adults and elderly people. Second hand smoke contains 7000 chemicals, many of which are hazardous to health. Most of the hazardous gases in SHS are invisible and if smoking takes place in a room, these can stay in the air for several hours even after the cigarette or bidi has been extinguished.

Smoking is a form of addiction and many smokers find it extremely difficult to give up, even when they would like to. Therefore, as well as encouraging smokers to quit, it is very important to show them how they can protect children and non-smokers from second hand smoke. One way of doing this is to make homes “Smoke free”. In a smoke free home, adults make a voluntary promise not to allow anyone smoking inside their home and in front of children. The aim is to protect all the family members and in particular the children from the harmful effects of second hand smoke.

All over the world, Imams and religious teachers have always supported health improvement within their communities. They are respected individuals and hold unique positions in the communities. They can be credible sources of information about harmful effects of tobacco smoke both to smokers and non-smokers. They can also encourage people using relevant ayahs and hadiths to make behaviour changes and to adopt healthier behaviours within the communities.

This booklet has been developed with the help of Imams, Islamic foundation and the Imam training academy. It contains a few ayahs with health messages, which will help Imams and Muslim religious teachers to motivate people against second hand smoke and to specifically support the people of their own communities in making “Smoke free homes”.

يَسْأَلُونَكَ مَاذَا أُحِلَّ لَهُمْ قُلْ أُحِلَّ لَكُمْ الطَّيِّبَاتُ

SURAH AL-MAAIDA (5), AYAH 4

### Translation

They ask you, [O Muhammad], what has been made lawful for them. Say, "Lawful for you are [all] good foods.."



### Health Message

Islam has specific and fundamental sets of rules about drinks and foods. Things that are beneficial for human body and health, are allowed in Islam and those that are harmful are prohibited for them. Hence, would Allah permit you to consume something harmful? Certainly not!

Tobacco and products made of tobacco are very harmful and that is why, it is not acceptable to Allah. Muslims should lead lifestyle that is recommended by Allah and His Messenger knowing what is permitted and what is prohibited by them.



## Al-Aqsa Mosque



Al-Aqsa Mosque is also known as Bayt al-Maqdis and is located in the Old City of Jerusalem. Muhammad ﷺ was transported from the Sacred Mosque in Mecca to Al-Aqsa during the Mi'raj. This also used to be the Kiblah for prayer until the seventeenth month of Hijrat of prophet Muhammad ﷺ.

يَا أَيُّهَا الَّذِينَ آمَنُوا أَطِيعُوا اللَّهَ وَأَطِيعُوا الرَّسُولَ وَأُولِي الْأَمْرِ  
مِنْكُمْ

SURAH AN-NISA (4), AYAH 59

### Translation

O you who have believed, obey Allah and obey the Messenger and those in authority among you.



### Health Message

Wise people like Alims all agree that smoking and indirect smoking are harmful for all. Scientists have also found that there are about 70 types of chemicals in the smoke from second-hand smoking can cause cancer. Second-hand smoking can also lead to many health problems in newborns and children.

Therefore, we have to follow the Prophet's way to warn ourselves and to warn others, and also listen to wise people.



## Guthia Mosque



The Baitul Aman Jame Masjid Complex, commonly known as Guthia Mosque of Barisal, is a mosque complex of Bangladesh. The Masjid Complex consists of a Mosque, a huge Eidgah, a graveyard, three lakes, Madrasa and an orphanage.

وَالَّذِينَ يُؤْذُونَ الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ بَغَيْرِ مَا اكْتَسَبُوا فَقَدِ  
احْتَبَلُوا بَهْتَانًا وَاتِّمَاءً مُبِينًا

SURAH AL-AHJAB (33), AYAH 58

### Translation

And those who undeservedly harm believing men and women will bear the guilt of slander and flagrant sin.



### Health Message

Allah has told us that hurting or harming others is a serious crime and sinful act. It is clear from various studies that second-hand smoking can harm other people. Those who are exposed to second-hand smoke have increased risk of heart attack, stroke and lung cancer. Children who are exposed to second-hand smoke are more likely to have chest infection, sneezing, cough and ear infections.

Do you want your family and your child to suffer such harm? Do you want to be responsible for such sinful act?



## *Paikpara Staff Quarter Jam-e-Mosque*

*This mosque is located at Mirpur, Dhaka. This is the most beautiful mosque of the Mirpur area.*

# ثُمَّ لَتُسْأَلُنَّ يَوْمَئِذٍ عَنِ النَّعِيمِ

SURAH AT-TAKAATHUR (102) – AYAH 8

## Translation

Then you will surely be asked that Day about pleasure.



## Health Message

The messages and information we are receiving are part of the blessings of Allah. But the benefits of this grace will come in your life only when you can promise something, for example, you will either smoke outside of the house or quit smoking. And if you want to implement this promise, then you have to take some planning.

What you can do to quit smoking at home is that whenever you want to smoke cigarettes, you get out of the house before lighting it. And if you plan to quit smoking, follow this procedure - whenever you want to smoke or you smoke by mistake, then offer 2 Rak'ah Nafal prayers. Do this every time you make a mistake.



## Al-Saleh Mosque



*The Saleh Mosque or Al Saleh Mosque is the largest and most modern mosque in Sana'a, Yemen. Inaugurated in November 2008 by Yemeni president Ali Abdullah Saleh, it is named in his honour.*

إِنَّ اللَّهَ لَا يُغَيِّرُ مَا بِقَوْمٍ حَتَّىٰ يُغَيِّرُوا مَا بِأَنْفُسِهِمْ

SURAH AR-RA'D (13) – AYAH 11

### Translation

Allah will not change the condition of a people until they change what is in themselves.



### Health Message

You can ask Allah for help to change your situation. But before getting help from Him, we need to take action first. Then, believe that Allah will give you the desired results.

It might be difficult for you to stop smoking at home. But will you not do this little thing for the welfare of your family members? How can you then ask God for helping you and your family?

So, you just have to take a small step. That is, if you feel the need to smoke while at home, go outside the home to smoke.



## *The Hazrat Sultan Mosque*

*The Hazrat Sultan Mosque is the second largest mosque in Central Asia. It is located in the city of Astana, the capital of Kazakhstan. It has the largest dome in Kazakhstan.*

وَعَدَ اللَّهُ الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ لَهُمْ مَغْفِرَةٌ وَأَجْرٌ

عَظِيمٌ

SURAH AL-MAAIDA (5) – AYAH 9

### Translation

Allah has promised those who believe and do righteous deeds [that] for them there is forgiveness and great reward.



### Health Message

Allah knows us, Allah knows everything. He knows that wrong can be done by ourselves, so we need His forgiveness. So if you ever do wrong, come back to Him quickly. Believe that if you return to the right path, then He will be with you.

Similarly, to change the habit of smoking, please keep in mind that if you fail in the middle of giving up smoking, then you will ask forgiveness from Allah and start practicing again according to your plan.



## Masjid Sultan



Masjid Sultan or Sultan Mosque is a mosque located in Singapore. The mosque was built in 1824 for Sultan Hussain Shah, the first sultan of Singapore. The mosque was rebuilt in 1932.

يَا أَيُّهَا الَّذِينَ آمَنُوا إِنَّمَا الْخَمْرُ وَالْمَيْسِرُ وَالْأَنْصَابُ وَالْأَزْلَامُ  
رِجْسٌ مِّنْ عَمَلِ الشَّيْطَانِ فَاجْتَنِبُوهُ لَعَلَّكُمْ تُفْلِحُونَ

SURAH AL-MAAIDA (5), AYAH 90

### Translation

You who believe, intoxicants and gambling, idolatrous practices, and [divining with] arrows are repugnant acts- Satan's doing- shun them so that you may prosper.



### Health Message

Alcohol and gambling are addictive in nature. All addictive substances are considered as 'act of Satan' in Islam, hence forbidden. Tobacco is toxic and highly addictive due to its high nicotine concentration. Your body becomes reliant on nicotine. Because of the craving for smoking, it is considered as an addiction, hence is the handiwork of Satan. If you want true success, turn away wholly from tobacco.



## *Sultan Salahuddin Abdul Aziz Shah Mosque*

*The Sultan Salahuddin Abdul Aziz Shah Mosque is the state mosque of Selangor, Malaysia. It is the country's largest mosque and also the second largest mosque in Southeast Asia.*

قُلْ أَطِيعُوا اللَّهَ وَأَطِيعُوا الرَّسُولَ ۖ فَإِن تَوَلَّوْا فَإِنَّمَا عَلَيْهِ مَا حُمِّلَ

وَعَلَيْكُمْ مَا حُمِّلْتُمْ ۖ وَإِن تُطِيعُوا تَهْتَدُوا

SURAH AL-MAAIDA (5)– AYAH 100

### Translation

Say, "Not equal are the evil and the good, although the abundance of evil might impress you." So fear Allah, O you of understanding, that you may be successful.



### Health Message

Many people mistakenly believe that smoking is good in some cases, and also they think that many other people are smoking, so it can not be that bad. But in all the researches it is proven that when you are smoking, it is nothing but harming you and the people around you. And the only thing felt after smoking is the feeling of temporary release from its addiction, which we mistakenly think of as a relief from stress.

Therefore, to save yourself and others from the loss of smoking, think not about its abundance, think about its possible harm.



## Putra Mosque



*The Putra Mosque is the principal mosque of Putrajaya, Malaysia. The pink-domed Putra Mosque is constructed with rose-tinted granite.*

وَأَحْسِنُوا إِنَّ اللَّهَ يُحِبُّ الْمُحْسِنِينَ

SURAH AL-BAQARA, AYAH 195 (AL-QURAN 2:195)

### Translation

And do good; indeed, Allah loves the doers of good.



### Health Message

Those who smoke around us, unintentionally harm others directly. Thus, every year 6 hundred thousand people die due to exposure to passive smoking worldwide. So, we have to be aware of passive smoking and be careful about smoking inside home and in front of others . We also need to share these messages with others. We must keep ourselves and our families safe from the harm of passive smoking. Allah also loves those who does good things.



## *Sultan Ahmed Mosque*

*The Sultan Ahmed Mosque is a historic mosque located in Istanbul, Turkey. It is popularly known as Blue Mosque.*

وَنَفْسٍ وَمَا سَوَّاهَا  
فَأَلْهَمَهَا فُجُورَهَا وَتَقْوَاهَا  
قَدْ أَفْلَحَ مَن زَكَّاهَا  
وَقَدْ خَابَ مَن دَسَّاهَا

## SURAH ASH-SHAMS (91) – AYAH 7 TO 10

### Translation

And [by] the soul and He who proportioned it. And inspired it [with discernment of] its wickedness and its righteousness, He has succeeded who purifies it, And he has failed who instils it [with corruption].



### Health Message

Allah has given you knowledge and conscience with which you must understand which is the best and which is not, and act accordingly. Only then we and others will be benefitted.

There is a need for a plan to succeed in any work. For example, if you want to change the habit of smoking, you also have to plan by yourself. So, make this plan that if you want to smoke cigarettes during your stay at home, go out before lighting it inside the house.



## *Omar Ali Saifuddien Mosque*

*This is an Islamic mosque located in Bandar Seri Begawan, the capital of the Sultanate of Brunei. The mosque is often considered as one of the most beautiful mosques in the Asia Pacific. This mosque was named after Omer Ali Saifuddin 3, the 28<sup>th</sup> Sultan of Brunei who also initiated its construction.*

فَاتَّقُوا اللَّهَ مَا اسْتَطَعْتُمْ وَأَطِيعُوا وَأَنْفِقُوا خَيْرًا  
لِلْأَنْفُسِكُمْ ۗ وَمَنْ يُوقِ شُحَّ نَفْسِهِ فَأُولَئِكَ هُمُ الْمُفْلِحُونَ

SURAH AT-TAGHAABUN (64) – AYAH 16

### Translation

So fear Allah as much as you are able and listen and obey and spend [in the way of Allah]; it is better for your selves. And whoever is protected from the stinginess of his soul - it is those who will be the successful.



### Health Message

For those who smoke, it can be difficult for them to quit or it may be difficult to get out of the house every time they want to smoke. But believe that Allah will help you if you fear Him and be interested to obey Him.

A person can plan something simple to solve such problems. With open mind promise to yourself and if you can, promise to others that whenever you feel like willing to smoke, you will go out of the house to smoke or pray two rak'ahs and not smoke.



## *Crystal Mosque*



*The Crystal Mosque or Masjid Kristal is a mosque in Kuala Terengganu, Terengganu, Malaysia. The mosque is located at Islamic Heritage Park on the island of Wan Man.*

يَا أَيُّهَا الَّذِينَ آمَنُوا ارْكَعُوا وَاسْجُدُوا وَاعْبُدُوا رَبَّكُمْ  
وَافْعَلُوا الْخَيْرَ لَعَلَّكُمْ تُفْلِحُونَ

SURAH AL-HAJJ (22) – AYAH 77

### Translation

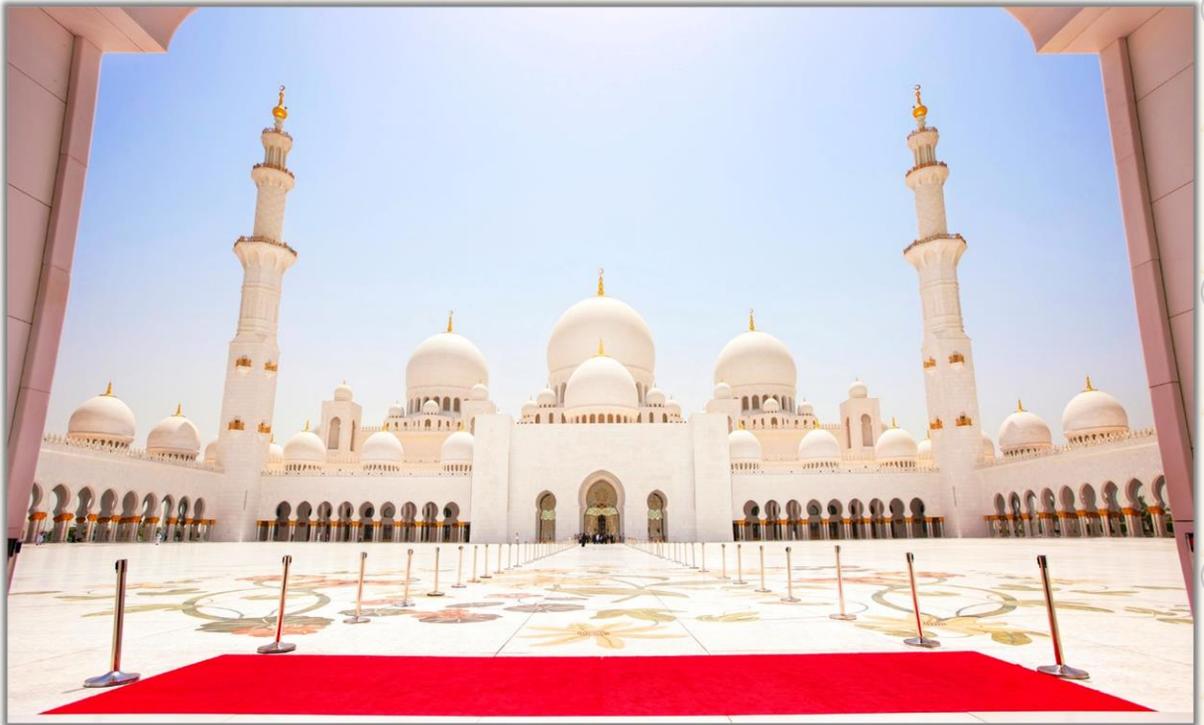
O you who have believed, bow and prostrate and worship your Lord and do good - that you may succeed.



### Health Message

Allah knows best about His creatures. He realizes that we can do something that would harm us and others. That is why he repeatedly has instructed all of us to do good work, and prohibited doing harmful things.

We have to remind ourselves of these words of Allah again and again. With this, we should make such habits and activities that are safe for others. We should remember the possible harms of our behavior. For example, smoking at home causes harm to others. We should always plan to protect ourselves and our families from its harm.



## *Sheikh Zayed Grand Mosque*

*Sheikh Zayed Grand Mosque is located in Abu Dhabi, the capital city of the United Arab Emirates. It is the largest mosque in the United Arab Emirates.*

Designed by  
**Islamic Foundation, Bangladesh**  
**ARK Foundation, Bangladesh**  
**University of York, UK**

# جزاك الله خيراً

**For any information, please contact:**  
ARK Foundation,  
Flat A3, House 130B, DOHS,  
Mohakhali, Dhaka-1212, Bangladesh.  
Phone: +880 2 9880363

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