



The Farah Saeed Team

Annual E-Newsletter

January 2025 to December 2025



Self-Confidence and Growth
Join Us To Mesmerise Our Successes, Fall-Downs
And Getting Back Up



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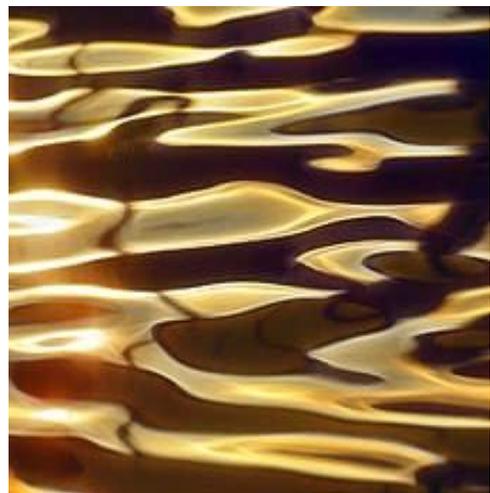
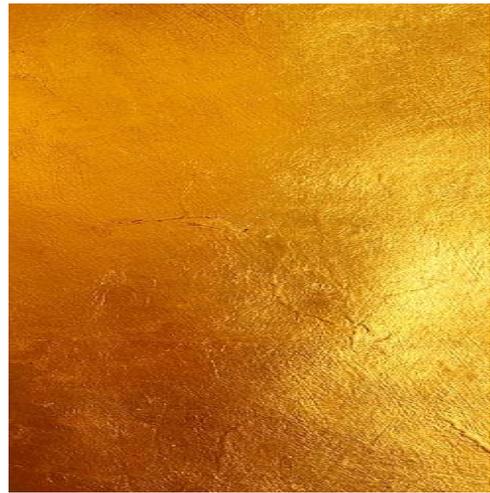
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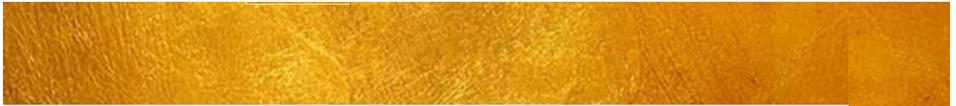
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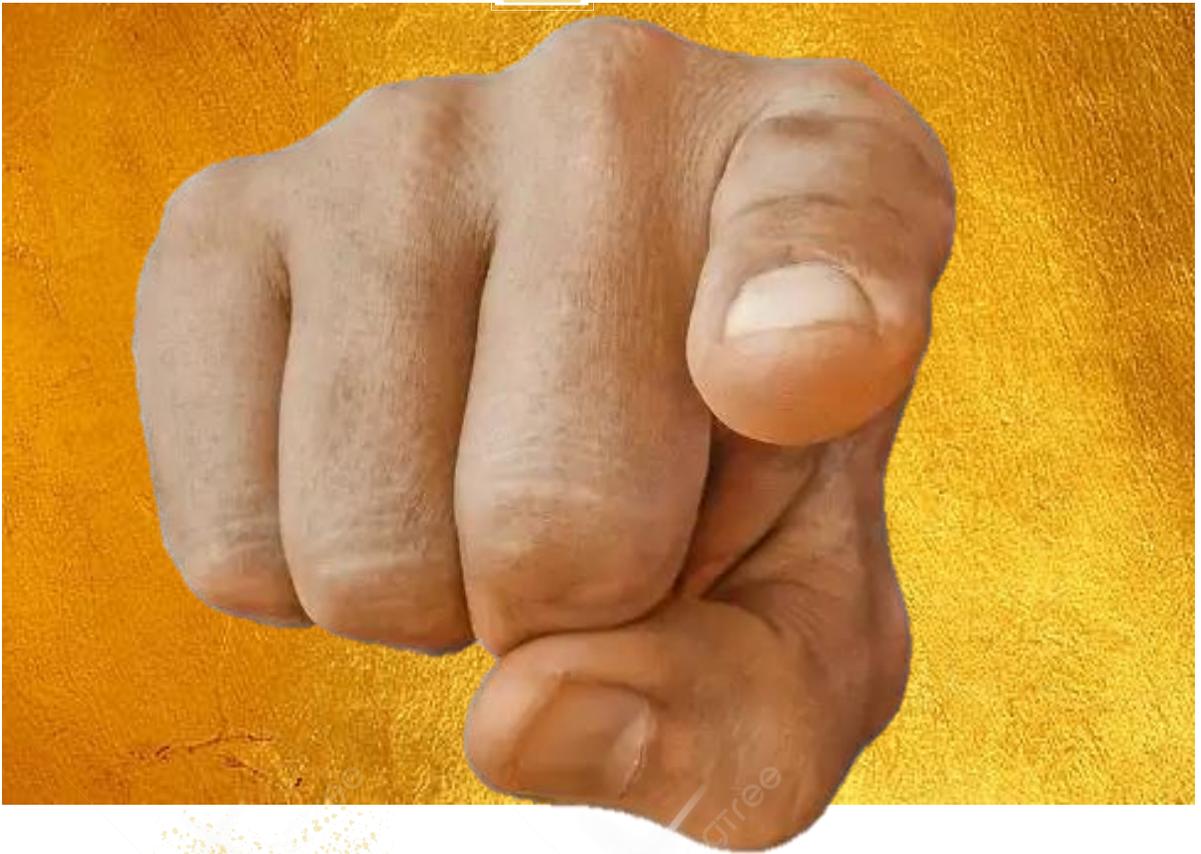
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Thank
you

*For your kinds words and
encouragement of our
projects over the years*

It's Making An Impact



Since February 2025...

4,786 views



YouTube

Last 90 days

3,425 Views



1356 views



@thefarahaheedtrustofficial

19 followers



Bluesky

@thefstofficial.bsky.social

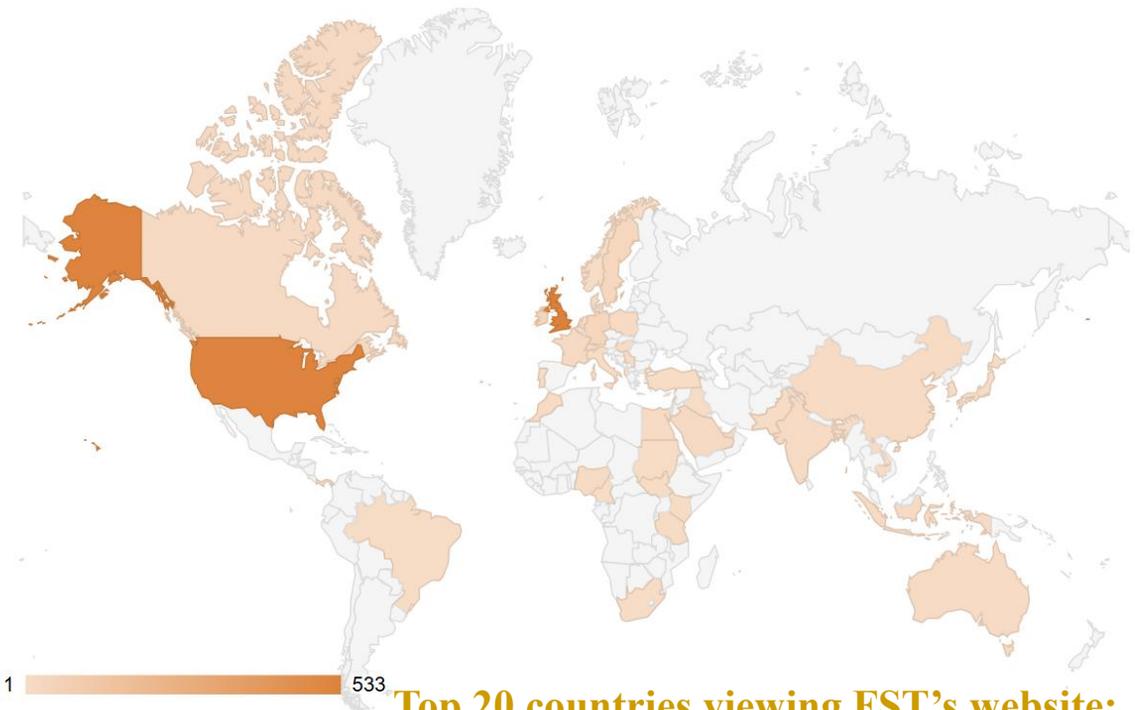
“ *Don't compare your progress to that of others. We need our own time to travel our own distance.* ”

Jerry Corstens



“ *The future of marketing isn't big data, it's big understanding* ”

Jay Baer



Top 20 countries viewing FST's website:

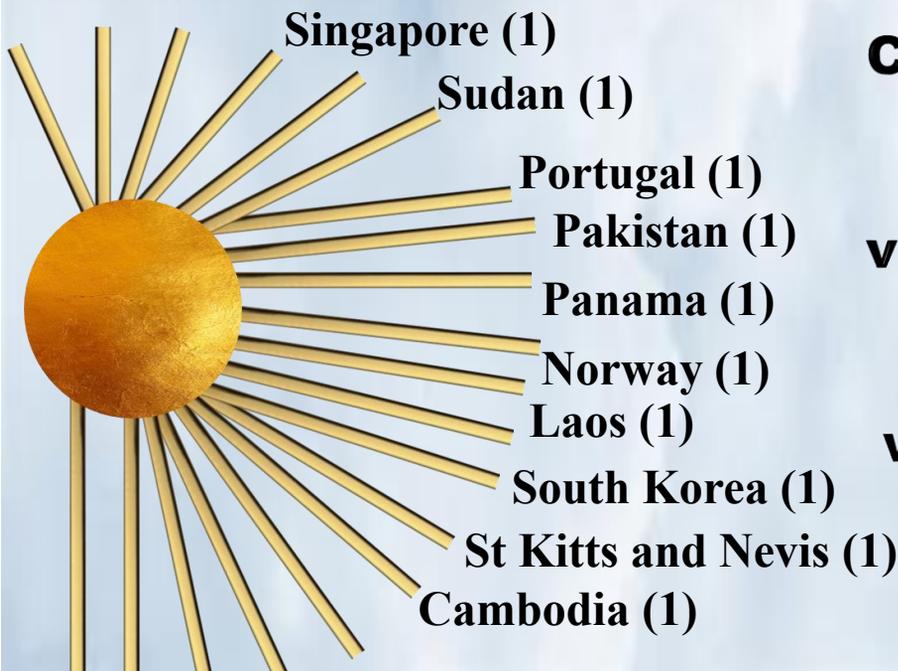
Rank	Name of Country	Views	Rank	Name of Country	Views
1	United Kingdom	533	11	Poland	9
2	United States	522	12	Switzerland	8
3	Ireland	43	13	Morocco	7
4	Germany	31	14	China	7
5	Sweden	28	15	Indonesia	6
6	Mauritius	27	16	St Martin	5
7	Saint Marten	22	17	India	4
8	Saudi Arabia	14	18	Egypt	4
9	Canada	14	19	Bangladesh	4
10	France	13	20	Australia	4

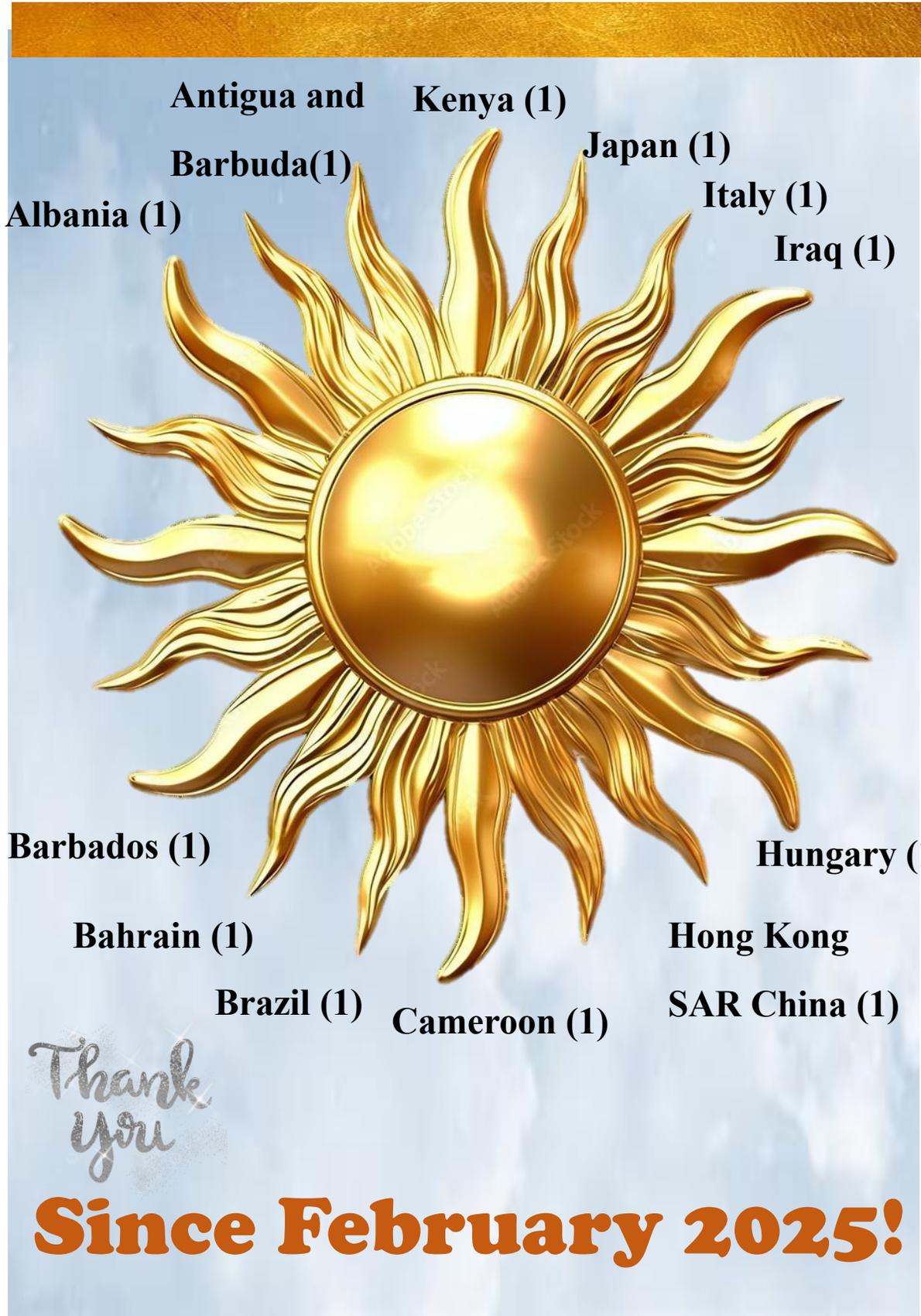


*Thank
you*

**Since
February
2025!**

**Countries
3 and
below
views are
on our
NEW
website!**





Antigua and Kenya (1)

Barbuda(1)

Japan (1)

Italy (1)

Albania (1)

Iraq (1)

Barbados (1)

Hungary (1)

Bahrain (1)

Hong Kong

Brazil (1) Cameroon (1)

SAR China (1)

Thank You

Since February 2025!

الله



Stepping Back Up After Falling Down – Message from the CEO.



Dr. Hafsa W. Abbas

Salam Alaykum (Peace Be with You)

I hope you are well.

We would like to welcome our readers, new and current, of all faiths and no faith, from all races and creeds, to our annual e-newsletter. It showcases all our group achievements, project updates, and events over the past year. We have three major sub-projects: Health, Faith and Art, Culture and Community!

Has it been a year already?

Yes, it has indeed! Subhan Allah (Glory be to Allah [God])!

2025 marks the 11th year of our voluntary project team since its initiation on May 1st, 2014. Over the years, we have independently and collaboratively tried to make a positive and significant difference, no



Stepping Back Up After Falling Down – Message from the CEO.

matter how small the act of kindness may be.

It has been a complete whirlwind since February 2024, the hacking of our social media, technical issues with the old website, privacy, friendships, judgements, changes in the team and structure of the FST, and other profound challenges, and most importantly, myself.

It was a big blow to realise and understand why such people exist in the world with a mindset to damage a voluntary project that means the world to me and thoroughly enjoy doing in my spare time.

One keyword comes to mind, and that is resilience.

We are pleased with the result of introducing a new set of social media, website, and project updates!

We are gradually building our website through steady steps and a committed team.

Knowing how important friendship is and how Dr Farah Saeed (may God bless her soul) is a precious soul, and how this voluntary project (sadaqa jariya) aims to inspire, educate, and help was the fuel and drive that kept me and our amazing team of volunteers going.

To our new readers, Dr Farah Saeed passed away from gastric metastatic cancer on 8th September 2014 at

Stepping Back Up After Falling Down – Message from the CEO.

the tender age of 27. Please pray for Farah, her family, and friends!

Our status today is key evidence that our morals and values are more than just words. Active and transparent responsibility with the aim and hope that it will all be accepted by the Almighty.

May we all remain steadfast!

On a global scale, as my eyes wonder across the world, from Palestine, Syria, Yemen, Sudan, Iran, Ukraine and many other countries facing fear, bloodshed, loss of basic rights and needs and access to help and resources allows me to ponder on how the trial and tribulation on starting again from scratch after

years of voluntary commitment was a pinch of salt. It cannot be compared to the daily brutality and loss of humanity fighting to live each day not knowing what tomorrow holds.

Faith plays a big role in stepping up again. Bowing down to a Powerful Creator that is greater than the power of mankind

أَيُّهَا الَّذِينَ ءَامَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ

O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient!

[Quran, Surah Al-Baqarah (The Cow) Verse 153]

Stepping Back Up After Falling Down – Message from the CEO.

Thank you to the past volunteers, charities and organisations that facilitated in the early years; it was a great privilege to collaborate with you.

Thank you to the current volunteers who stayed and believed in our aims and values, and for your ongoing commitment to our current and new projects!

Thank you to our existing and new supporters for your unprecedented scale of a kind word, sharing a poster, writing, or drawing and/or making a little supplication (dua) for us!

Welcome to a better and stronger Farah Saeed Team!



Hafsa





The Big Move – 11 years from Weebly to a new platform!

Yes! We have made **The Big Move**...after 11 years!

We have created our first website and begun publishing our projects on the platform, Weebly. It had many positive attributes as well as a few more hiccups!

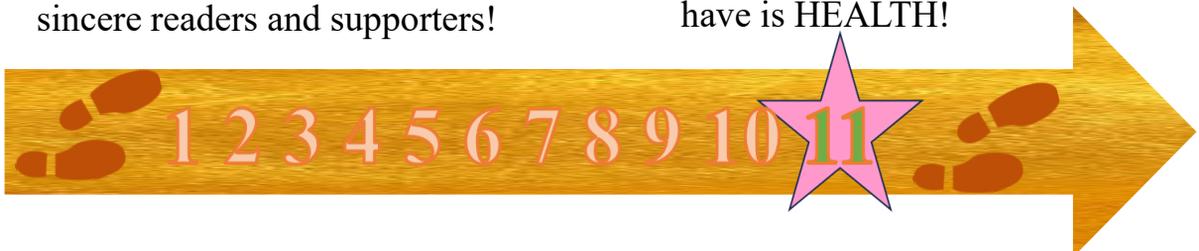
Therefore, we decided it was best to move to a better, more convenient platform...A NEW START! This new space provides us with greater safety from internet trolls and bullies!

So far, it has been a positive experience; let us hope it remains that way!

What is happening in The Big Move?!

We have made **MAJOR** changes to our website, social media, and how we operate, providing ease for our sincere readers and supporters!

Our Faith and Art, Culture and Community projects are all polished and up-to-date! We hope you like it so far! The biggest project move we have is HEALTH!



The Big Move – 11 years from Weebly to a new platform!

To date, we have pushed ourselves to provide more and better information and present it to the global and general community via our ever-growing and humble knowledge and authentic resources.

What makes our health information different?

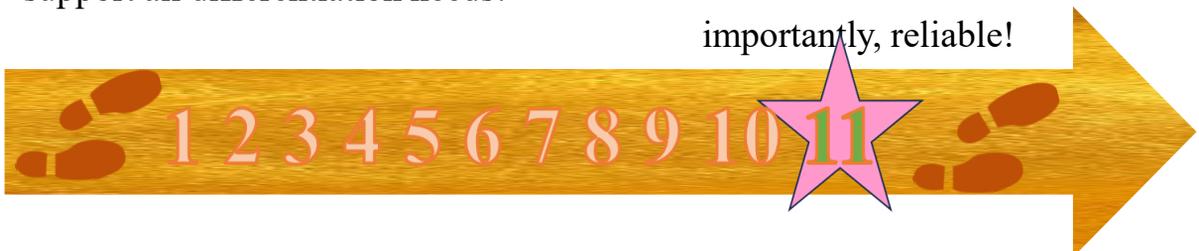
We are not a charity, a health organisation, nor a business.

We utilise our humble knowledge in the field and skills for a better purpose voluntarily and with passion that helps support all differentiation needs!

We are still in the process of building the Cancer Awareness Months sections and a few general health topics, especially next year, 2026!

Many would have a mindset to build a bigger team and invest to try and complete the sections quickly.

Through experience, it is never how big your team is! It is those who have the same vision. a good wavelength of being committed and, most importantly, reliable!





The Big Move – 11 years from Weebly to a new platform!

We hope you can open your eyes in a world where you feel good, welcomed, and most importantly, informed and inspired, no matter where you are in the world!

Thank you!

 **Website: farahsaeed.org**

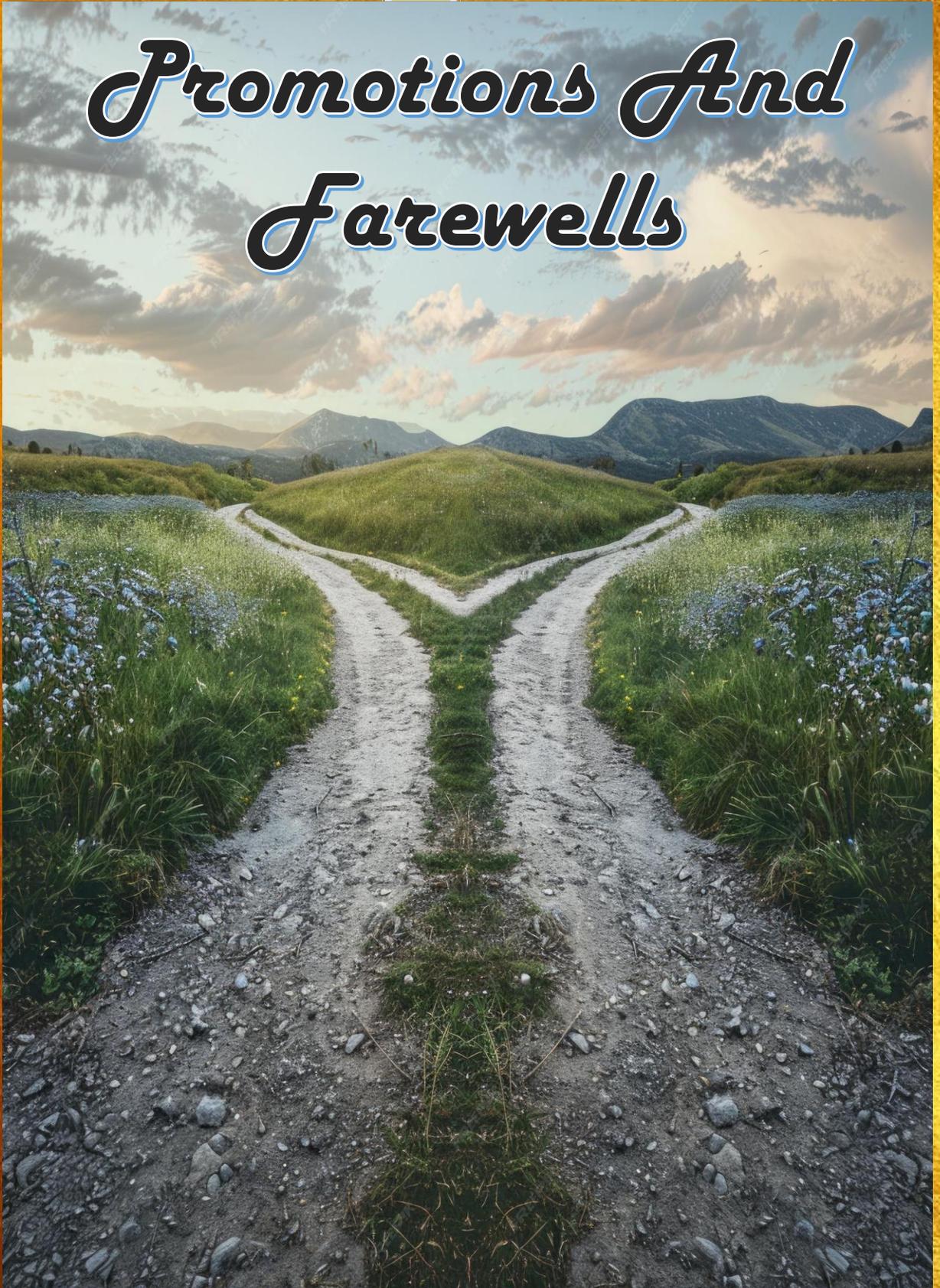
 **Instagram (All projects):**
[@thefarahsaeedtrustofficial](https://www.instagram.com/thefarahsaeedtrustofficial)

 **Blue Sky (Health project Updates):**
[@thefstofficial.bsky.social](https://bsky.app/profile/thefstofficial.bsky.social)

 **Email address for all enquiries:**
thefarahsaeedtrust@hotmail.com



Promotions And Farewells



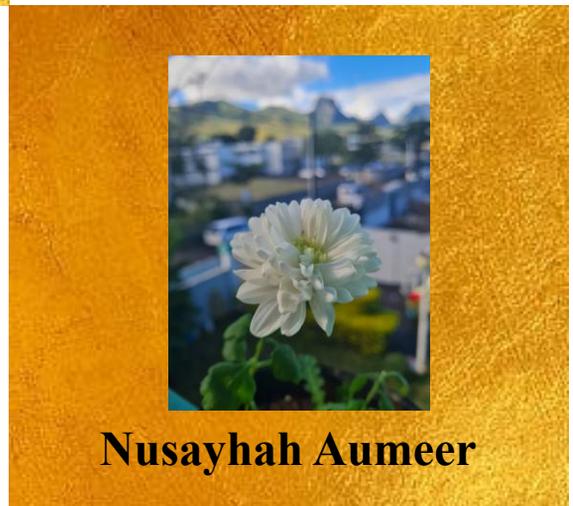
Many senior members of our small team have been promoted after their amazing effort and dedication towards FST!



Shama Farag

Shama joined FST from America in 2019 as Chief Editor for Little Farah Magazine, an annual virtual magazine released every December. She is now the Head of Writing for Farah Magazine publications, which is a step above being a Chief Editor. Well done! We hope you have enjoyed your new role over the past year!

Nusayhah, from Mauritius, joined FST in 2019 as a writer for the annual Farah Ramadan magazine. She debuted in Issue 6, themed '*Success*,' and is now Chief Editor, excelling in Issue 11, '*Purification*.'



Nusayhah Aumeer

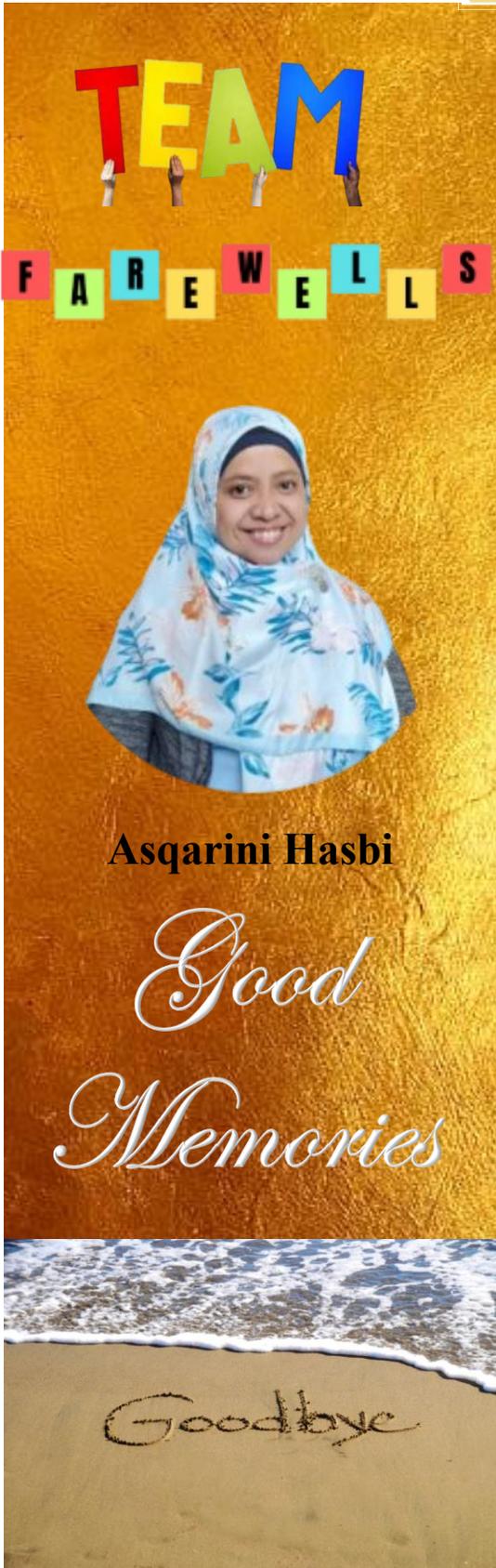


Nisa joined FST from Malaysia in 2020, where she wrote several articles for Farah Ramadan Magazine, Issue 6, *Success*.

She has showcased her unique talent, assisting with marketing and designing several marketing videos on her own YouTube channel and sharing posters on her own social media network.

She was promoted to Head of Marketing this year. However, due to her multiple businesses and family commitments, she is unable to commit to FST.

Nisa is currently an ad-hoc volunteer who aims to share her writing talent and help with marketing when convenient.



Asqarini joined FST all the way from the Far East in Indonesia!

She has been an active member who showcased her writing, poetry, and art talent. She initially featured in Farah Ramadan Magazine, Issue 4, *Making A Difference* in 2018, and Little Farah Magazine Issue 1 in 2019.

Her artwork was featured in a myriad of art exhibitions. Asqarini introduces a few inspirational ideas to participate. World Mental Health Day, where she wrote an article discussing tips on how to overcome anxiety.

She also introduced herself to doing a new theme of Mandala Art. She has been a great asset to the team, but unfortunately, was unable to commit due to family and work commitments!

We wish her all the best for the future!



OUR EXECUTIVE TEAM

MEMBERS VIEWS OF FST



Dr Marwa Saeed

OUR EXECUTIVE TEAM MEMBERS VIEWS OF FST

Farah's Family Representative

Assalamu Alaikum, Respected Readers,

I would like to extend my heartfelt thanks to dear Sister Hafsa for continuing this beautiful project for over ten years, and for strengthening it with a dedicated team of volunteers who selflessly give their time and effort.

May Allah make every moment they spend in service weigh heavily in their book of good deeds and grant them abundant blessings in this life and the next.



Dr Marwa Saeed

OUR EXECUTIVE TEAM MEMBERS VIEWS OF FST

Farah's Family Representative

Farah would be so grateful to see the ongoing work of the FST and the love that continues in her name. She always strived to help others, to bring joy to those around her, and to ease the difficulties of others — even in her final days. This continued effort truly reflects her spirit and legacy of compassion.

We kindly ask all readers to please keep Farah and our family in your duas, and to pray that the reward for these ongoing efforts reaches her as sadaqah jariyah through these beneficial community and international projects.



Dr Marwa Saeed

OUR EXECUTIVE TEAM MEMBERS VIEWS OF FST

Farah's Family Representative

Please continue to spread the word and encourage others to get involved in whatever capacity they are able — whether through time, skills, or support — so that this work may continue to grow and bring benefit to others, Insha'Allah.



With gratitude and duas,

Dr Marwa Saeed (sister of the late Dr. Farah Saeed, on behalf of
Farah's family)



OUR EXECUTIVE TEAM MEMBERS VIEWS OF FST

Shama Farag
Head Of Writing

My name is Shama Farag, and I am, by profession, a proficient writer, author, Arabic interpreter, and knowledge seeker. I have been a member of the Farah Saeed Trust (FST) family for many years now. The FST holds a noble cause and a pivotal mission to preserve the faith, spread knowledge, and maintain a safe space for Muslim Content creators, educators, artists, experts, and our aspiring little creators.

I enjoy volunteering with FST because there is an unmatched sense of sincere sisterhood.

There is a lot of flexibility with assignments, collaborations between people from all walks of life, and learning opportunities.

OUR EXECUTIVE TEAM MEMBERS VIEWS OF FST

Shama Farag
Head Of Writing

There is more space for switching roles, and I love how tasks are strategically assigned so it does not feel like a burden on volunteers.

At the same time, there is an opportunity for growth and personal development.

With my Muslim identity, it was never easy for me to stay true to my faith and maintain my talent. I always felt like a stranger, no matter how hard I tried to tweak my skills to be accepted.

It saddens me that even some entities, no matter how we share the same mission, values, and have things in common, for many dedicated volunteers, it would still feel like they either do not belong or are overworked, unappreciated, used, and sometimes abused.

OUR EXECUTIVE TEAM MEMBERS VIEWS OF FST

Shama Farag
Head Of Writing

I am thankful to Allah; it was never that way with the FST family. I am grateful for the Farah administration and fellow executive team, as it appears like a spiritual hub where everyone is welcome, supported, and uplifted.

No one is forced to compromise their spirituality or religiosity to fit in. I always felt like there was something I could do; there is always something I can contribute whenever I can.

And there will always be help, gratitude, unwavering support, and unconditional love for the sake of Allah from all the sisters on this journey. Alhamdulillah (All Praise to Allah)!

Overall, my aim is to assist people with their mission and contribute meaningfully to their work and accomplishments.

OUR EXECUTIVE TEAM MEMBERS VIEWS OF FST

Shama Farag
Head Of Writing

I enjoy being at the service of the community and moral leaders who transmit the tradition, preserve the faith, and share valuable knowledge with forthcoming generations.

May Allah inspire us to live with contentment and be among the people who are loved by Allah and His people wherever they are, maybe!



Nusaybah Ameer

OUR EXECUTIVE TEAM MEMBERS VIEWS OF FST

Chief Editor of Farah Ramadan Magazine



I first came across the Farah Saeed Trust (FST) through social media. At that time, I was collaborating with a few Instagram pages to write Islamic and inspirational articles. With that same intention, I reached out to see if I could volunteer for FST — and since 2019,

Alhamdulillah (All praise to Allah), I have been part of this beautiful journey.

What touched my heart the most about FST is the reason behind its creation: a trust established in memory of a

Nusaybah Ameer

OUR EXECUTIVE TEAM MEMBERS VIEWS OF FST

Chief Editor of Farah Ramadan Magazine



beloved sister in Islam, Dr. Farah Saeed. Born out of love, humility, and devotion, this drew me in and inspired me to contribute, even in small ways, so that I too may earn rewards; inshaAllah (If Allah Wills).

One thing I deeply appreciate about FST is that volunteering is never about pressure or

obligation. We are simply encouraged and reminded to contribute in our own time, with sincerity and commitment.

Outside of FST, I am a daughter to amazing parents, a wife, and a mother to a toddler. I teach

Nusaybah Aumeer

OUR EXECUTIVE TEAM MEMBERS VIEWS OF FST

Chief Editor of Farah Ramadan Magazine



Islamic subjects to Grade 1 students remotely, namely Hifz (memorisation), the Arabic alphabet, Aqeedah (creed), and Islamic manners.

I also work onsite at a non-governmental organisation (NGO) where I guide new Muslims in learning the foundations of Islam,

perform the five daily prayers.

At the core of it all, my life's aim is to please Allah (The Most High) and contribute positively towards society.

Nusaybah Ameer

OUR EXECUTIVE TEAM MEMBERS VIEWS OF FST

Chief Editor of Farah Ramadan Magazine

I aspire to write more and share beneficial Islamic content, leaving behind knowledge that will serve as Sadaqah Jaariyah (continuous charity) for generations to come, by the permission of Allah (God).





A Humanitarian

HOPE



BEFORE



AFTER



BEFORE



AFTER

A SUBSTANTIAL LOSS IN HUMAN CONSCIENCE



It has been reported, studied, and declared that the people of Palestine have undergone mass catastrophes since 1948, rather than 7th October 2023, from Israel's ongoing bombardment, where innocent lives of all ages are taken away, from elderly to foetuses that have yet to open their eyes into the unfair, enigmatic world where their rights have been eradicated into thin air.

It appears like a dandelion blown into the air, unaware of where they are heading.

Numbers just keep rising, and any heroic reporters are killed for speaking the truth from their minimal media resources.

Schools, hospitals, mosques, churches, and camps are no longer considered safe havens. Ambulances and resources from worldwide charities and the United Nations have limited access, whether by sea, by lorries, or other means. Urgent patients who require help and cannot be transferred to neighbouring countries for surgical care.

A SUBSTANTIAL LOSS IN HUMAN CONSCIENCE



However, many would ask how and what FST did to support the people of Palestine?

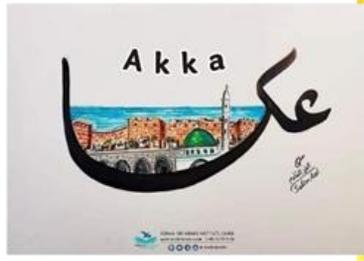
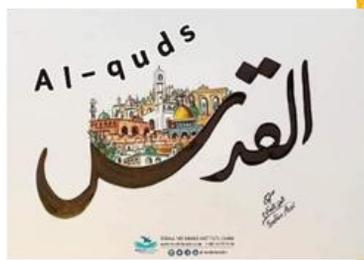
FST is not involved in politics as a voluntary project, and we tried to express our humanitarian emotions through an artistic way that includes poetry to raise awareness. Independently, our members tried to raise awareness of the cause via their own personal networks and events to help support the Palestinians.





**Palestinian home
 for Muslims, Jews,
 Christians and
 everyone.**





**Palestinian home
 for Muslims, Jews,
 Christians and
 everyone.**



The Gaza Art Gallery



**Please contemplate on our poetry and
artwork.**

**We have also dedicated a Pre-Ramadan
reminder video on the strength and
resilience the people of Palestine that we all
can learn from.**



The Gaza Art Gallery



فلسطين

Pro-Peace.

Pro-Humanitarian.

My hands to the Almighty does not release.

My silence is an accumulation of pain.

I ask myself, what will bloodshed gain?

Children, elderly, doctors,

Journalists, disabled and aid workers. Human beings like me and you.

They have no mercy on animals and plants too.

All are living in fear,

Living hearts pump fast as alarming bombs hit randomly like a fast gear.

Stay true to yourself and your beliefs.

I await the day when there are sounds of reliefs.

Deep down, everyone knows what is happening is wrong,

May the dead hearts awaken like a ringing bell, Ding Dong.

By H

A graphic of the Palestinian flag, showing the green, white, and black horizontal stripes with a red triangle at the bottom left, all contained within a white, ribbon-like shape that curves across the top of the page.

The Gaza Art Gallery

A decorative banner of small, colorful triangular flags in green, red, and white, strung across the width of the page.

**There is no happy Eid without cessation of
the War in Palestine.
There is no aid being able to reach them in
time.**

A photograph of two children sitting on a patterned rug inside a tent. A young boy stands in the center, wearing a light blue t-shirt and shorts. A girl sits to his left, wearing a patterned dress. The background shows the interior of the tent with some items on the floor.

**No safety. Bombing of hospitals.
No basic needs nor clean water bottles.
Children. Elderly. Disabled. Adults. All
No one deserves to die nor starve nor live
in fear at all.
Wearing henna, when
Our brothers and sisters in humanity
have no dinner.
Wearing a dress,
Whilst our brothers and sisters are in
distress.
WHERE ARE YOU HUMANITY?!**

The Gaza Art Gallery

October 2023

فلسطين

THE TEARS OF PALESTINE

Poetry series



فلسطين

THE TEARS OF PALESTINE

Poetry series

Part 2

*Dear Palestinian,
 How do I take your pain away,
 You chose to stay,
 Despite knowing the lack of laws and policies that support
 you,
 Despite knowing that any day, you may be bombed too.
 You are resistant and have courage,
 This is such an inspiring touch.
 You teach the rest of the world about what is true strength.
 Not with weapons or ill-treat those who do you wrong but to
 be kind to all and stay true to what you believe in no matter
 what length.
 Your tears of pain.
 You pray to the Lord and fight with vain.
 Don't worry victory will come.
 This a trial in which you like before will overcome.*

1



فلسطين

THE TEARS OF PALESTINE

Poetry series



*Oh Palestine,
 How the sound of the bombs can be heard all the times.
 The hearts are shaken.
 Many neighbourhoods are awoken.
 Prayer are being said.
 Hugged tightly in bed.
 Are we next?
 We cannot visit our loved ones nor send a text.
 When will the world be awake.
 The lives of the innocent civilians are in stake.
 The hearts are wounded.
 The homes demolished and grounded.
 The sounds of the children, women and men screaming.
 Trying to seek cover, is this real or are we dreaming?*

1



فلسطين

THE TEARS OF PALESTINE

Poetry series

Part 2



*It takes thousands of marches.
 To let those in power understand it is wrong and to stop
 these doors of genocidal arches.
 To those who feel it is okay to see children and people of all
 ages die.
 You know it hurts deep down and just presenting in front a
 masking lie.*

2



The Gaza Art Gallery

October 2023



ولسطينية



THE TEARS OF PALESTINE

Poetry series

'I am Palestine'

Part 3

By Eva Syed

Eva is from Pakistan. She is professionally the Vice Principal at a private school and also teaches English literature to high school students. Since the age of ten, Eva has been writing poetry and she now encourages her young students to express their feelings through creative writing.

1



ولسطينية



THE TEARS OF PALESTINE

Poetry series

'I am Palestine'

Part 3

By Eva Syed

Today I promised myself
I won't be intimidated by you
You! Who's not worth a tear

You can take away the light from my home
You can throw me in darkest ditch
But remember, O! Satan's Friend
I am a Muslim
My one single tear is the light
That will illuminate my way
My way to Jannah
The eternal home

2



ولسطينية



THE TEARS OF PALESTINE

Poetry series

'I am Palestine'

Part 3

By Eva Syed

And that single tear will be your death
It will be a Tsunami for you
For it will consume you entirely
And lead to your eternal home
That is the Hell,
InshaAllah
You can take away my worldly home from me
But remember
You can't take away my courage from me
You can't take away my strength from me
Cuz My Iman is my ultimate strength

3



ولسطينية



THE TEARS OF PALESTINE

Poetry series

'I am Palestine'

Part 3

By Eva Syed

You can't take away my strength from me
Cuz My Iman is my ultimate strength
You look at me and think my hand's a bare
O! Coward look closely
This iman is my strongest weapon
I am Palestine
You can never defeat me

4



The Gaza Art Gallery

October 2023



فلسطين

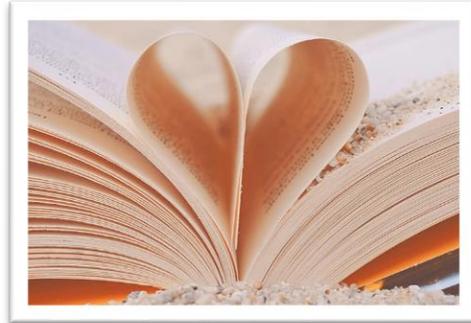


THE TEARS OF PALESTINE Poetry series

Part 4

Be the better person

We the public have the tendency to be blinded
with the truth.
To overlook the facts and just see the surface
of the roof.
If you was bullied, don't bully.
If underwent discrimination, never
discriminate.
We have all have heard about the atrocities of
many genocides.
Where one side brutally murders the other
side.
The problem with politics, history always
repeats.
Price of blood and lists of murdered names like
receipts.



1



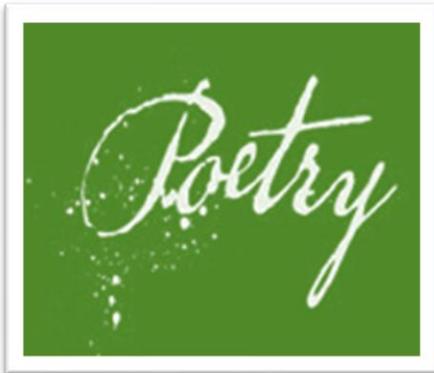
فلسطين



THE TEARS OF PALESTINE Poetry series

Part 4

Be the better person



Families are separated.
Dead bodies desecrated
Relatives don't know if their loved ones are alive.
They don't know if tomorrow they will survive.
They thought that having warfare and control would make give
them power.
But it just made them slower.
The united voice of humanity has shaken the world.
Echoes of pain
Screams and tears of vain.
A temporary ceasefire doesn't make you any better before the
ceasefire.
Are all of you dominoes of Hitler.
He was a bad inhumane individual but what you all did was far
worse.
A million fold difference like a curse.
Let people go and live free.
Palestinian jew, Muslim or Christian or another form.
No matter what the Zionists do.
I do know that there are Jews out there who are full of conscious
with no hatred and understand this too.

2



The Gaza Art Gallery

2025



**I am not silent,
Dear Palestine**
By Hafsa

I am not silent, Dear Palestine.
I am a simple human praying for your hope.
Just like I pray for hope in Kashmir, Rohingya,
Iraq, Syria, Sudan and Ukraine and many more
in a heart-shaped envelope.
I dream of a Palestinian Jew, Christian and
Muslim opening its doors for all,
I dream that the brotherly and sisterly love
between them never fall.



1



**I am not silent,
Dear Palestine**

I am not silent, Dear Palestine.
You may know my name as Palestine but not
my full story.
Historians may preach.
The inks may leak.
The rows of millipede marches unify their
voice for you.
My faith in God does not shake and seek alone
His mercy and Glory.



2



**I am not silent,
Dear Palestine**

I am not silent, Dear Palestine.
Just like Moses and Bani Israelites was saved from the
Pharoah through the Red Sea.
I pray my brothers and sisters in Palestine from all faiths
are war-free.

I am not silent, Dear Palestine.
Just like how Yunus was saved from the belly of the blue
whale and he flee.
I pray my brothers and sisters in Palestine from all faiths
are war-free.



3



**I am not silent,
Dear Palestine**

I am not silent, Dear Palestine.
Just like how the soul of Jesus was lifted to the sky to Allah
from the Romans.
I pray my brothers and sisters in Palestine from all faiths
are together hand in hand.

I am not silent, Dear Palestine.
Just like how Prophet Muhammad (pbuh) and His
companions spread the message of peace.
I pray my brothers and sisters in Palestine from all faiths
are released.



4



The Gaza Art Gallery

2025



I am not silent, Dear Palestine

I am not silent, Dear Palestine.

I dream of the strong scent of olives, sweets and spices in
the sky.

Not the stench of red paint and roasted bodies burnt and
die.

I am not silent, Dear Palestine.

I want to hear the laughter of aspiring children playing
safely on the ground.

Not the sounds of sobbing parents and voice of children
wondering whether their relatives are found.



5



I am not silent, Dear Palestine

I am not silent, Dear Palestine.

I pray all faiths and none stand together?

Why do we need to instigate man-made bad weather?

Can we sit down and look beyond our changes.

Work through the issues like walking on the mountain ranges.

I am not silent, Dear Palestine.

Time is going.

The veins of the rivers of blood are flowing.

I raise my hands supplicating.

The silent tears emancipating.



6

Aside from Palestine becoming a bed of blood. If we observe around the world, Sudan, Ughur (China), Burma (Rohingya), Syria, Lebanon, Yemen, Kashmir, Iran, Iraq, Ukraine, and parts of Africa, many other countries have experienced bloodshed and poverty. We designed this poster last year to raise awareness of humanitarian causes.

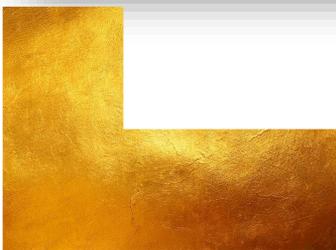
The world needs to heal. Let humanity rest.



**THE REST OF
THE WORLD...**



Pray for the Healing of Planet Earth and its inhabitants from humans, animals and plants of all kinds, shapes and forms.



Dua Yunus (Forgiveness)

Dua for a way out in distress, grief, and difficulty

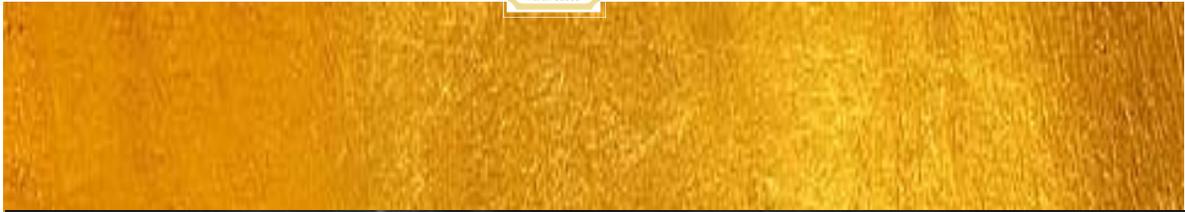
لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ ﴿٨٧﴾

Laaa i-la-ha il-laaa anta sub-hanaka inni koon-tu minaz-zalimeen

There is no God but You, Glorified be You! Truly,
I have been of the wrongdoers

[Surah 21 Verse 87]





DAILY INSPIRATION





Instagram Inspiration



thefarahsaeedtrustofficial

Motivational Mondays and Thriving Tuesdays:
Health (Farah With Me Cancer project)

Wellness Wednesdays:
Inspiring quotes

Thoughtful Thursdays and Faithful Fridays:
Islam-related inspiration

Serenely Saturdays and Sundays:
Art and Culture

Instagram Inspiration was a commitment to inspire ourselves and others through a variety of voluntary projects conducted throughout the year. Examples include Health Awareness campaigns, weekly posts sharing Inspiring Quotes, Faith-based reflections, Art and cultural appreciation events. There is something for everyone to learn, inspire, and enjoy, with the hope of fostering a positive atmosphere

or bringing about change in one's life, even if it is just 1%.

To carry this mission forward, all posts are transferred onto our highlights and stories as reflective moments of inspiration and gratitude for our humble team.

Next year, we hope to do something new!



From Sunrise



“Every Moment Is A
New Beginning”
Elie Wiesel

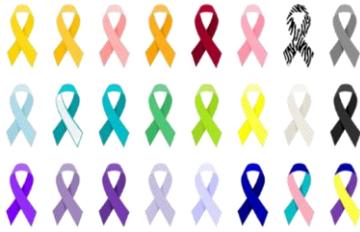
To Sunset



MEDICAL
RESEARCH

HEALTH

STRENGTH
HEALING
FEAR
SHOCK
RESILIENCE
CANCER
UNITED BY
UNIQUE



CANCER
RESEARCH
NEEDS US ALL



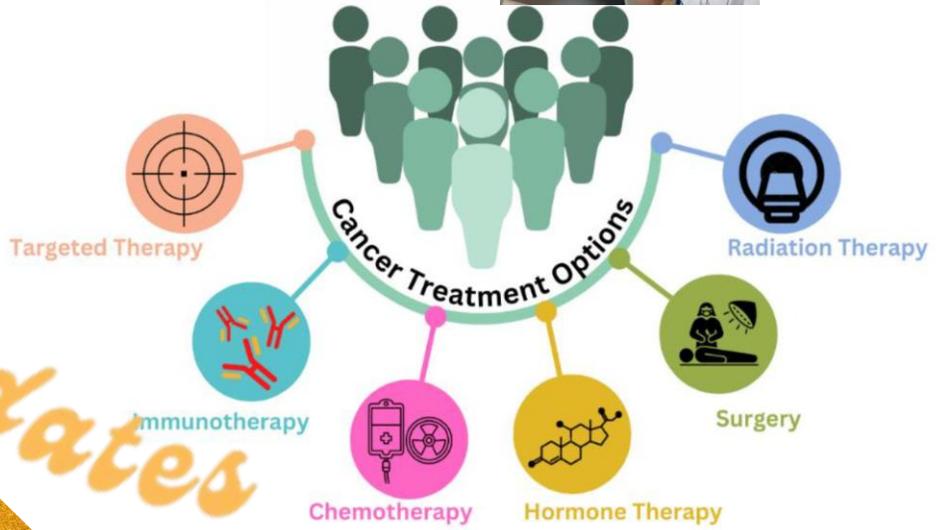
SHARE YOUR STORY
WORLD Cancer DAY
ORG



UNITED
BY
UNIQUE



New Updates



ON CANCER AWARENESS MONTHS INFORMATION HUB!



1

Informative Posters from reputable sources of information

2

Diagrams
Short articles
Videos

3

This is aimed for the general public for all educational needs.



Cancer Awareness Months



New Updates on Cancer Awareness Months Information Hub!



Cancer is the most discussed disease in our Health project due to the loss of Dr Farah Saeed, a precious soul who is the fuel that is inspiring our commitment to raise cancer awareness nationally and internationally. Cancer remains a leading cause of death globally, with approximately 10 million deaths per year, as reported by the World Health Organisation for 2025.

Cancer Awareness Months are vital to ensure the public is educated about the causes, risk factors, signs, symptoms, ways of detecting cancer, and overcoming it with the various current and novel treatments to improve survival rates and decrease mortality rates.

The UK's National Health Service has developed multiple screening programmes that serve as preventative measures to alleviate late detection. For instance, breast, colon, cervical and prostate cancer. Lung cancer is the recent screening programme that will be available in certain parts of England and everywhere later in 2029, according to the recent reports by the National Health Service.

Cancer Awareness Months serve as a focal point to ensure supportive information is provided and to enhance patient care.

New Updates on Cancer Awareness Months Information Hub!





There are many registered specialised cancer charities in the UK and abroad that consider it a valuable time to advocate and fundraise to drive cancer research.

Our Health team at Farah Saeed Team has pushed ourselves behind the scenes to provide **FREE**, valuable, and more distinctive information about the various types of cancers in a simple and effective way.

Our techniques involve providing **NEW** and **UPDATED** printable posters that can be shared on social media networks, videos, and articles. All information has been authenticated through our

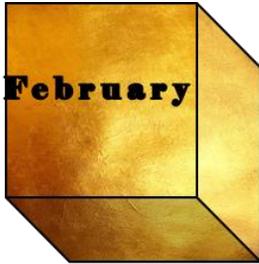
professional knowledge and recommended resources from the National Health Service, Cancer Research UK, World Cancer Research Fund, MacMillan Cancer Support, and specialist cancer charities.

This year, we have expanded our awareness campaign to introduce cancers that we have not previously highlighted in our ancient posters and old website during awareness months, aligning our focus with Cancer Research UK and other major research institutes.

New Updates on Cancer Awareness Months Information Hub!



New Additions



Oesophageal and Bile Duct cancer



**Kidney and Colorectal cancer
(differentiate from bowel).**



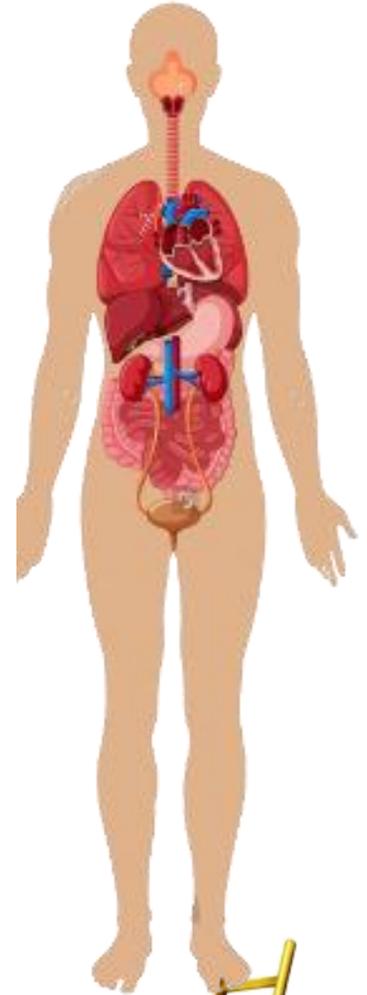
Head and Neck Cancer



**Gynaecological,
Urological and Thyroid
Cancer**



Mouth cancer



**New Updates on Cancer
Awareness Months Information
Hub!**

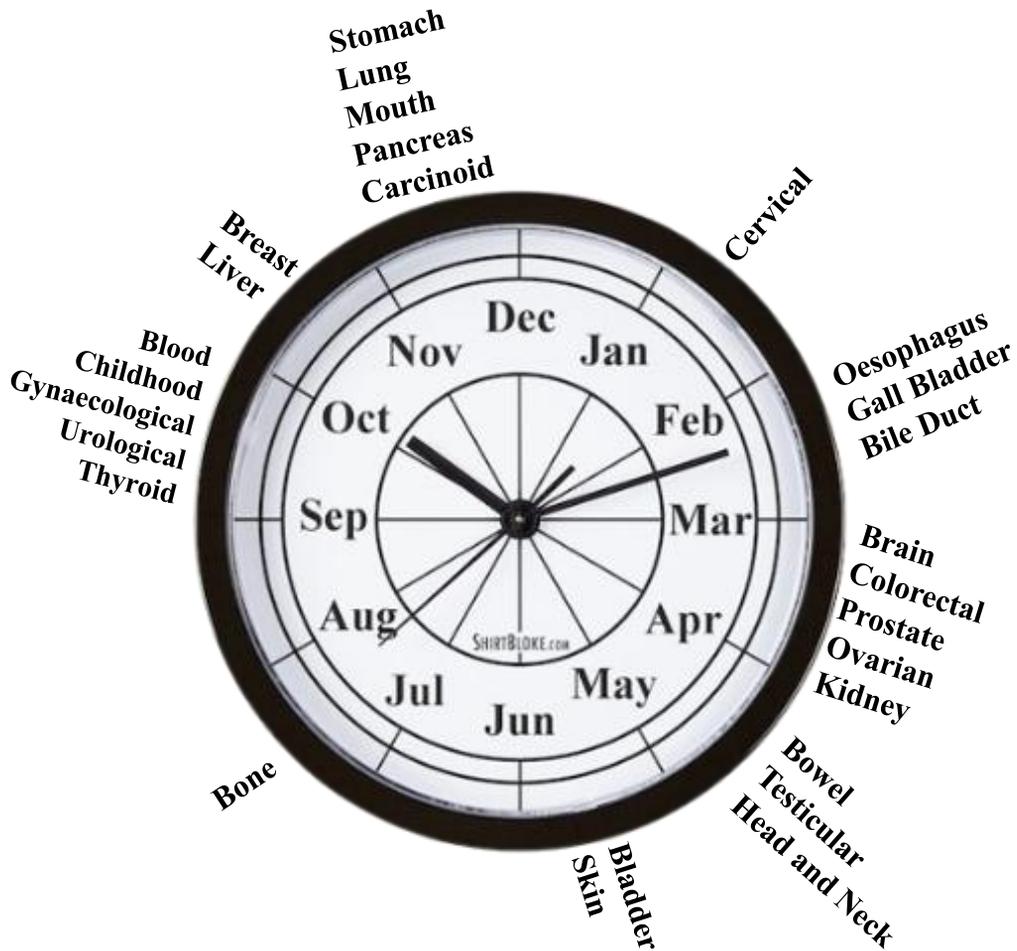


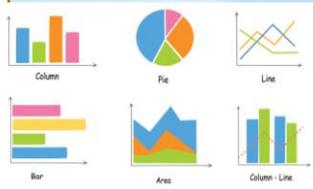
New Updates on Cancer Awareness Months Information Hub!

To date, we have provided significant information from January to April, cancer awareness months, and are in the process of building up from the introductions for May onwards.

Well done, team!

Thank you for your patience as we steadily build our information hub. Bring on 2026!







THE FARAH SAEED ACADEMIC JOURNAL ON CANCER FOR EARLY CANCER RESEARCHERS



Volume 1
1st June 2025



The research project is a **NEW** sub-section in our Farah with Me Cancer Project in Health.

Our team has been working behind the scenes in the past few years. We wanted to find a way to contribute and be involved in research, whether quantitatively or qualitatively. The research project is designed for our medical and scientific audiences.

Over the past 12 years, in the Farah with Me Cancer project, we have written articles, designed posters, created self-paced courses, and conducted lectures.

All formats consist of factual information and the latest findings from reputable sources that

contributed to our understanding on the causes, risk, diagnosis, and treatments of cancer.

The Farah Saeed Academic Journal-Early Career Researchers (FSAJ-ECR) is the first of its kind. A freely-accessed, bi-annual medical research e-journal that allows passionate students and early career researchers in the cancer discipline to publish their work.

It is a platform that disregards any form of differences, whether gender, race, creed, religion, or years of experience in publishing.



In addition, it evades any form of competition, bidding, and high costs for publishing for students without access to funding.

Whether they have a cancer research network or not, it is a chance to provide equal opportunities to showcase small or large-scale research to build ourselves.

There are thousands of reputable journals, but they are not catered to early-cancer researchers, but more for those with existing large research groups, universities, and a myriad of previously published works. Therefore, FSAJ-ECR aims to fill in the gap to give a chance for those without or with limited research opportunities.

What makes FSAJ-ECR a professional journal ?

This is summarised in Figure 1.

Quality Assurance Of The Data

Qualified and well-experienced statisticians have checked the data.

Quality Of Writing

Effective plagiarism and writing software were applied to ensure the writing is of good article standard and maintain originality.



What makes FSAJ-ECR a professional journal ?

Publication On Octopus

e-journal Platform For Scholarly Research.

Octopus is funded by the UKRI, the UK government research funder that promotes free and fair publishing on the internal quality of research rather than impact factors to allow critics and experienced researchers to highlight areas of improvement and appraise work in all stages of the research process. This helps to build self-confidence and self-esteem, learning and development one step at a time.

Unique Creativity

Additional factors are applied to maintain the focus of a quality research paper that are not found in ANY journal. There are pencil-drawn images and timelines to indicate the progressive journey of learning.

No commercial nor financial elements

The author's claim that the research project was done without ANY commercial or financial elements that could cause a potential conflict of interest.



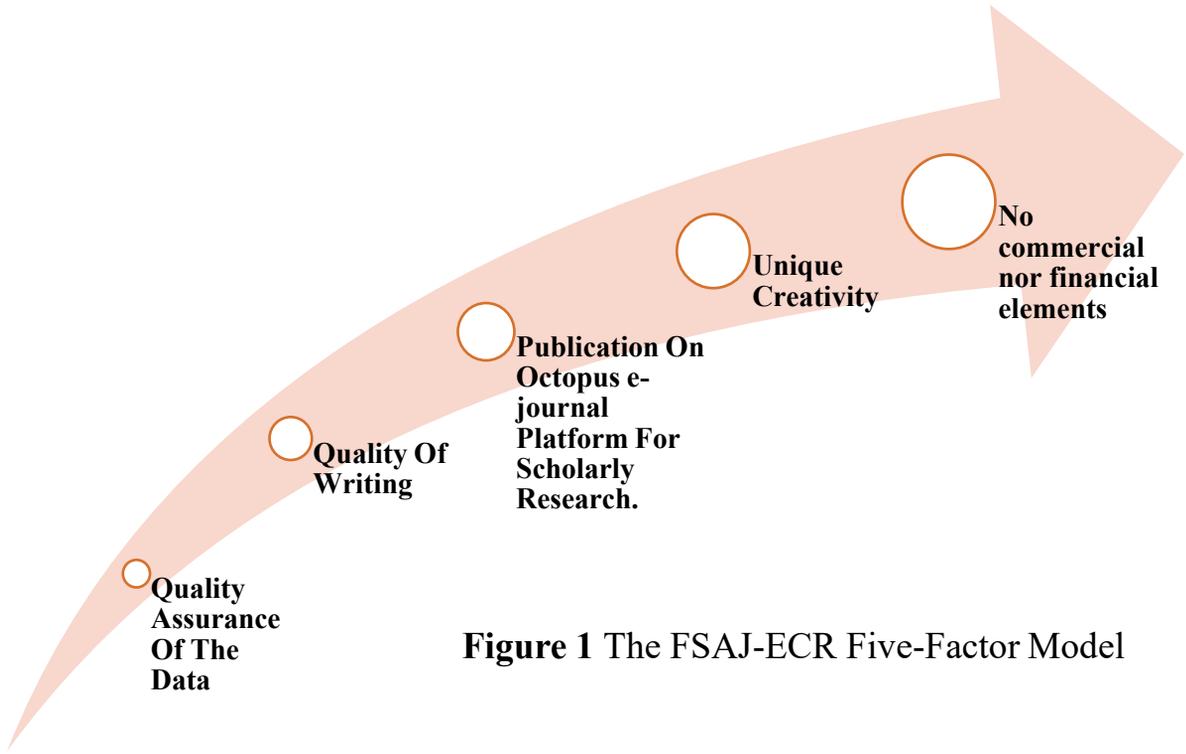


Figure 1 The FSAJ-ECR Five-Factor Model

What is the slogan of the FSAJ-ECR?

The motto of the e-journal is “*To build abilities, confidence, and self-esteem through research and development,*” especially in the educational and career world.

self-worth in the light of positive or negative perception (Acosta-Gonzaga, 2023). It is an important attribute widely studied in the medical and social research disciplines.

Self-esteem is the assessment of .
our



The importance of self-esteem and confidence

There are many theories that highlight its vitality in the well-being of students and early cancer career researchers. The most prominent theory is the renowned Abraham Maslow, who highlighted the hierarchy of various human needs as presented in Figure 2 (Maslow, 1943; Maslow, 1954).

The most important aspects associated with medical research are esteem and self-actualisation. Self-esteem is the respect from others in the form of equal recognition and success. The other components

of self-respect or self-evaluation, whether that is skills, ability, talent, independence, and most importantly, self-love and self-confidence in a non-egoic manner (Norazman, 2023). This is to be mastered daily per experience and environment.

On the other hand, self-actualization is the level of satisfaction in accordance with individual capabilities, self-awareness of their potential, and pursuit of purpose to be the person they desire, improve, and



and where they can appreciate doing small things in life (Maslow, 1954). Upon success and meeting needs, they become less important than motivational factors.

In the world of career and academia, self-esteem is the forefront factor that can affect the ability of a student to complete a task, engagement, and performance (Acosta-Gonzaga, 2023). Self-esteem and motivation affect academic engagement, and this overall contributes to academic performance. This has been discovered in multiple studies nationally and internationally through scholarly research and evidence-based practice.

Some researchers discovered that self-esteem is what helps one to be happy. Others find relevance in how achievement verifies our worth and value (Norazman, 2023).

Another important theory is system theory. According to its conceptualisation, our mind is divided into motivational, affective, and cognitive approaches. The motivational system involves our basic needs for survival. The affective system covers our emotional state and feelings. The cognitive system includes thoughts from judgment, reasoning, and



and memory (Mayer, Chabot, and Carlsmith, 1997).

Moreover, it has also been noted that the metacognitive approach is applied by researchers to pursue critical thinking and self-regulation.

Students with high motivation plan,

monitor, and self-regulate their learning journey to help determine how to approach a problem, understand what is being studied, and regulate learning (Chen, 2012).

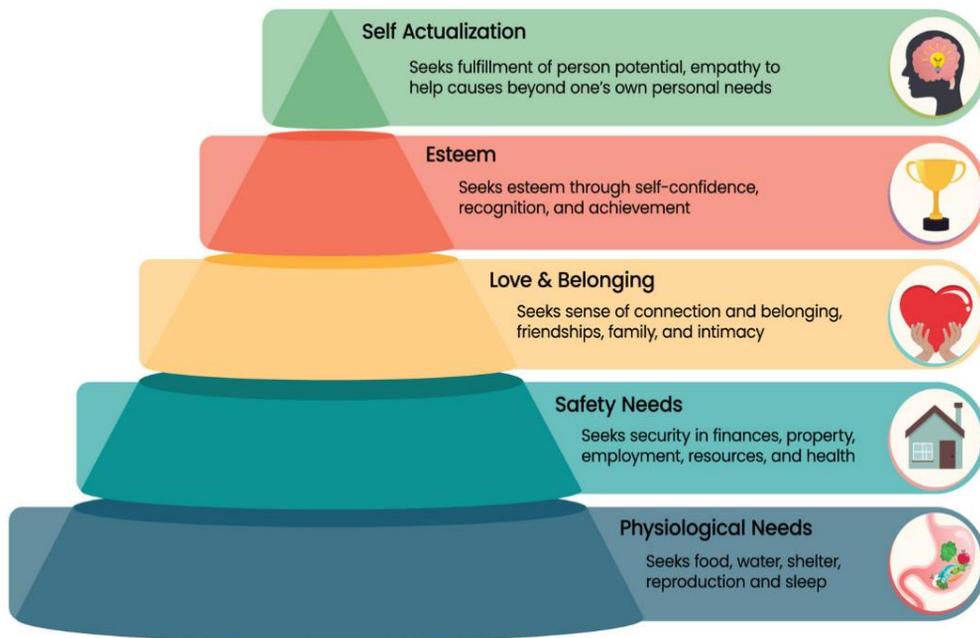


Figure 2: Maslow's Hierarchy of Needs.



What was the first issue journal about?

The research titled “*Seven-year trends in the socio-demographic factors that influence brain cancer incidence among adults across England in the UK, 2013-2020*”. It was formally published in June 2025. The scope of the research involved evaluating the incidence of brain cancer between 2013 and 2020.

Cancer Research UK (n.d.) announced that brain cancer is the ninth most common cancer in the UK. There is *ca.* 12,746 people diagnosed with brain tumours, another central nervous system (CNS), and intracranial tumours in the United Kingdom, and the

incidence is increasing. It accounts for 3% of all cancers, where 375,400 people have been diagnosed with cancer annually on average between the years 2017-2019 (Cancer Research UK, 2023).

The data was extracted from the National Health Service’s Get Data Out (GDO) database, which is free and publicly available. To achieve the aim of the research, the objective was to study factors influencing brain cancer incidence and how brain cancers are detected. Previous research has discovered that age, gender, and



socioeconomic status are among the factors that influence incidence (Sehmer *et al.*, 2014; Vernon, 2023). The **NDRS** team was both helpful and modest during the initial discussion on the GDO data. **Mr Adnan Khalid**

(Freelancer/Contributor/Statistician who quality assured the results and peer-reviewed this volume only.

The most malignant form of brain cancer, glioblastoma multiforme (GBM), is a global burden. It arises in non-neuronal cells called glial cells that function in providing structure and protection of neurons (nerve cells). There are several different forms of primary brain tumours, which depend on the type of glial cells. For example, if a cancer

arises in star-shaped cells called astrocytes, it is referred to as astrocytoma. It causes a buildup of pressure in the brain, referred to as hydrocephalus, headaches, and seizures.

GBM has a poor prognosis, and there are disproportionate numbers of people with the onset of working age (> 65 years) being diagnosed (Sehmer *et al.* 2014; Brain Research UK, n.d.). Please see Figure 3. GBM has the worst survival rates compared to other European nations, where there is a delayed diagnosis and emergency presentation.



Access to imaging tools is principally found in countries that are more developed than less developed countries, which influences the five-year survival rates.

There are significant graphical data, pencil drawings, and even timelines that illustrate some of the groundbreaking events in the study of brain tumours from prehistoric times to the 21st century.

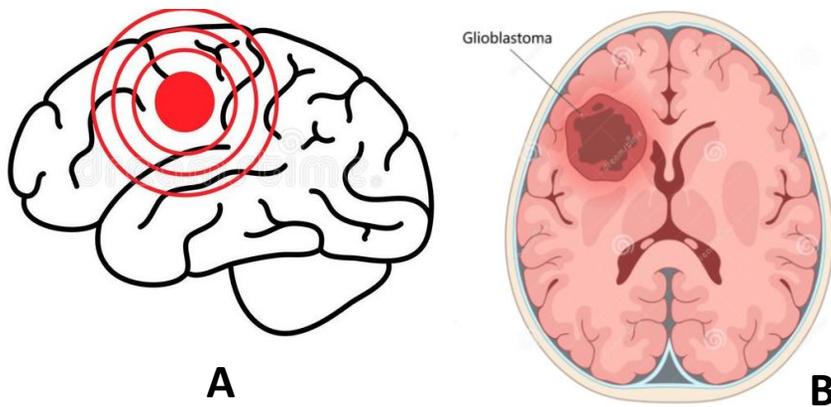


Figure 3 Different anatomical positions/planes of the GBM in the brain.

A) Sagittal View. B) Axial view



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Team Achievements

Cancer Conferences

At FST, we faced unparalleled moments since the publication release and were invited to showcase our research in several cancer virtual conferences.

**The Second
International Virtual
Conference on Cancer
Research and Oncology
18th to 19th July, 2025**

It was organised by Research SlideShare Conferences, where well-experienced researchers and physicians in the field worldwide were present, sharing their ground-breaking research work through speeches, posters, and presentations in the field.

The theme was titled *Uniting Minds against Cancer: Multidisciplinary Approaches and Emerging Trends in Cancer Treatment and Prevention*.

It is a good platform for effective professional collaborations. Dr. Hafsa W. Abbas, the CEO of FST and Head of Health, presented a poster sharing some of our data. We were humbled that they thought our presentation and contribution were fascinating.



Research Projects



Team Achievements



CANCER 2025

CERTIFICATE OF APPRECIATION

THIS CERTIFICATE IS PROUDLY AWARDED TO

Dr. Hafsa Abbas

United Kingdom

For her presentation as a **Keynote Speaker** on

"Seven year trends in the socio-demographic factors that influences brain cancer incidence among adults across England in the UK, 2013-2020"

At the "2nd International Virtual Conference on Cancer Research and Oncology", held during July 18-19, 2025 | Virtual Meeting.



David Cooper

Prof. David Cooper

Scientific Committee Member,

Research SlideShare Conferences, United Kingdom

Certificate From The First Virtual Cancer Conference



Team Achievements

A Scan Of The A2 Poster Designed For The First Virtual Conference

All correspondence to hafsaaabbas1990@gmail.com



In loving memory of Dr Farah Saeed (27th December 1986 – 8th September 2014)

Seven-year trends in the socio-demographic factors that influences brain cancer incidence among adults across England in the UK, 2013-2020

By Dr Hafsa Waseela Abbas

Introduction

Cancer incidence is a useful measure to monitor variations in the number of people diagnosed over time. Neurological tumours are the ninth most common cancer in the UK [1]. It is positioned 19th for frequent malignancies and 12th for cancer mortality globally [2]. Sociodemographic factors, such as age, gender, and geographic variation, can help identify patterns in cancer incidence and mortality. The invasiveness of neurological tumours causes difficulty in managing symptoms and emotion, which negatively influences diagnosis and treatment in 79% of patients compared to benign tumours [3]. Raising public awareness, psychosocial support, and early diagnosis via imaging and the World Health Organisation (WHO) Classification of Tumours of the Central Nervous System 2021 can help monitor symptoms and improve therapeutic response.

Aim and Objectives

To explore the effect of sociodemographic factors, namely age, region, gender, and type of tumour, on the prevalence of brain, meningial, and other primary CNS tumours and routes to diagnosis in England, United Kingdom, between 2013 and 2020.

Method

Cancer incidence for patients diagnosed with brain cancer between 2013 and 2020 in England was from the National Health Service Get Data Out database [4]. Patients with equivalent tumour characteristics were recruited into groups of approximately 100 patients. Statistical analysis performed using Minitab Version 22.1 (64-bit) 2024. A generalized linear regression model with a Poisson link function for brain cancer incidence. Chi-squared for bivariate analysis of year and tumour type. Two-way ANOVA for multivariate analysis to study the link between year, sociodemographic factors, and cancer incidence and routes of diagnosis.

Table 1: The age of the patients in the Cohort collected by the NHS [4]

Age groups (years) per type of tumour	Malignant brain	Non-malignant brain	Benign endocrine
0-4	6-19	6-39	
5-9	20-29	40-49	
10-19	30-39	50-59	
20-29	36-69	60-69	
30-39	70+	70+	
50-69			
70+			

Results

Figure 1: A time series plot presenting the brain cancer incidence across England between years 2013-2020.

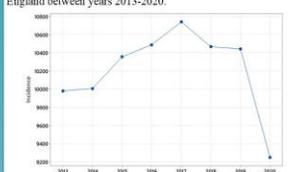


Figure 2: Clustered bar chart showing the total number of cases of malignant and non-malignant brain cancers for all genders and regions of patients aged a) 0-19 years. b) 70 years and above in 2013 and 2020.

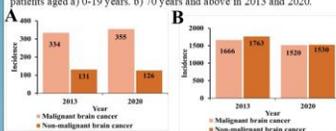
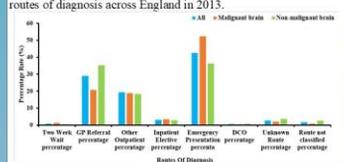


Table 2: Incidence rates of patients aged 50-69 years and 70+ years with malignant brain tumours per gender and region in 2013 and 2020.

Year	Age	Gender	2013				2020			
			Region	Incidence rate	95% CI	Region	Incidence rate	95% CI		
2013	50-69	Male	England	17.4	(16.8-18.0)	England	16.2	(15.6-16.8)		
		Female	England	17.4	(16.8-18.0)	England	16.2	(15.6-16.8)		
		Male	London	17.4	(16.8-18.0)	London	16.2	(15.6-16.8)		
		Female	London	17.4	(16.8-18.0)	London	16.2	(15.6-16.8)		
	70+	Male	England	17.4	(16.8-18.0)	England	16.2	(15.6-16.8)		
		Female	England	17.4	(16.8-18.0)	England	16.2	(15.6-16.8)		
		Male	London	17.4	(16.8-18.0)	London	16.2	(15.6-16.8)		
		Female	London	17.4	(16.8-18.0)	London	16.2	(15.6-16.8)		
2020	50-69	Male	England	17.4	(16.8-18.0)	England	16.2	(15.6-16.8)		
		Female	England	17.4	(16.8-18.0)	England	16.2	(15.6-16.8)		
		Male	London	17.4	(16.8-18.0)	London	16.2	(15.6-16.8)		
		Female	London	17.4	(16.8-18.0)	London	16.2	(15.6-16.8)		
	70+	Male	England	17.4	(16.8-18.0)	England	16.2	(15.6-16.8)		
		Female	England	17.4	(16.8-18.0)	England	16.2	(15.6-16.8)		
		Male	London	17.4	(16.8-18.0)	London	16.2	(15.6-16.8)		
		Female	London	17.4	(16.8-18.0)	London	16.2	(15.6-16.8)		

Figure 3: The percentage rate of brain cancer patients accessing the routes of diagnosis across England in 2013.



Conclusion

- The brain cancer incidence rate (IR) decreased from 18.53 (9979 patients) in 2013 to 16.35 (9247 cases) in 2020.
- Malignant tumours are the most diagnosed solid tumours between 2013 and 2020 (IR, 8.12) compared to non-benign carcinoma (IR, 0.28).
- Males are at greater risk than females.
- Patients aged 70 years and above are at risk of malignant (IR, 22.81-26.08) and non-malignant tumours (IR, 19.92-23.797), suggesting poor prognosis.
- London has the lowest cases for both sexes combined. In 2013, the Midlands and East of England and South of England had the highest and lowest IR for patients aged 50-69 years 2013 respectively. This was the opposite for patients aged 70 years and above. In 2020, the South of England was the dominant region except for females aged 70 and above.
- Person-centred care and collaborative initiatives in health promotion, research, training, and policy help improve survival rates and achieve the NHS Long Term plan by 2028 and the WHO's Sustainable Development Goals by 2030.

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Acknowledgements: Special thanks for my family, Farah Saeed Team (FST), National Disease Registration Service (NDRS) and Mr Adnan Khalid (Statistician) for their support in this voluntary research project and to all who helped in my academic journey.

18th-19th July 2025 Second International Virtual Conference on Cancer Research and Oncology





Team Achievements



Cancer Conferences

The third International Virtual Conference on Cancer Research and Oncology, 15th till 16th November, 2025

This was our second virtual conference. It was organised by the Research SlideShare conference team. Our representative, Dr. Abbas, attended as a delegate where there was amazing research from countries worldwide.



Research Projects



Team Achievements

Cancer Conferences

Amongst the amazing discussions were progress towards identifying populations at risk and finding biomarkers for certain cancers that are common in humans. For instance, breast and lung cancers.

There were also discussions about pancreatic cancer, which is not as common but is equally or more challenging to treat.

Moreover, there is a new avenue in veterinary oncology where there were discussions on Metronomic Chemotherapy in Feline and Canine. This highlights that understanding how cancer is caused and finding new ways to diagnose and treat it are essential to increase survival and lower resistance rates.

There are cues of similarities and differences amongst living species but how they occur and risk factor varies.

**The third
International
Virtual
Conference
on Cancer
Research and
Oncology,
15th till 16th
November,
2025**



Team Achievements

Cancer Conferences

**The third International
Virtual Conference on
Cancer Research and
Oncology, 15th till 16th
November, 2025**

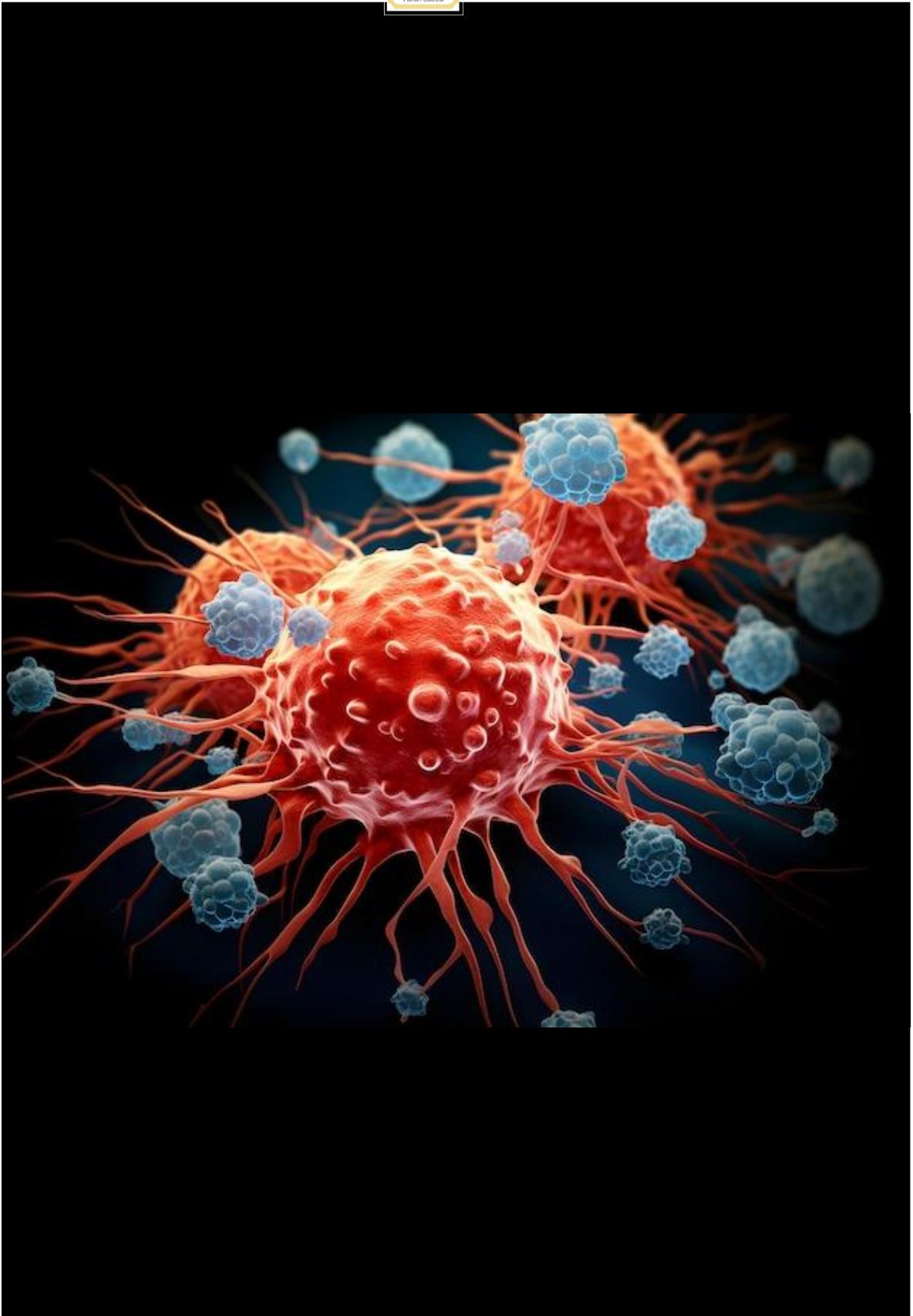
It takes a lot of effort and time to produce such research and present it to a global audience.

As a lifelong student, I was impressed by how all the presenters were passionate about their research work.

Thank you to all the organisers.



Research Projects





Team Achievements

Cancer Conferences

The Cancer Meeting, 7th International Virtual Conference on Cancer Research and Oncology, 12^h till 13th December, 2025

This was our third virtual conference. This time, we presented a Presentation rather than a Poster. It was organised by Imperial Conferences and has a similar aim to Research SlideShare conferences, which aim to bring together specialists from multidisciplinary areas globally to discuss topics related to health, the environment, science, and other subjects. It was a good experience in which I began discussing the rationale for the research study and its outcomes with the audience. Similarly, other presenters at the conference shared their research projects, though they were distinct from our research area. It was a good learning experience, and we gained new information.

A good experience overall!



Research Projects



Team Achievements



Cancer Conferences

IMPERIAL CONFERENCES

The Seventh International Virtual Conference on Cancer Research and Oncology
12th till 13th December 2025

Seven-year trends in the socio-demographic factors that influences brain cancer incidence among adults across England in the UK, 2013-2020

Cancer Meeting 2025

Theme: *Recent advancement, novel treatment techniques and approaches in Cancer Research & Oncology*

Dr. Hafsa Abbas

An image of the first page of the Cancer Conference Presentation

Research Projects



Team Achievements



Cancer Conferences



CERTIFICATE OF APPRECIATION

THIS AWARDED TO CERTIFY THAT

Prof./Dr. Hafsa Waseela Abbas

Independent Cancer Researcher, UK

for her phenomenal and honourable Keynote presentation on
Seven year trends in the socio-demographic factors that influences brain cancer incidence among adults across England in the UK, 2013-2020

at
7th International Virtual Conference on Cancer
Research and Oncology
held during December 12-13, 2025



Prof. Andrew Mark
Scientific Committee Member
Imperial Conferences, UK



Research Projects

We would like to thank our readers, supporters, **NDRS** team, and all who supported our **NEW** research project.

If you would like to collaborate, please email
thefarahsaeedtrust@hotmail.com.

*Thank
You*







Diseases

WE DISCUSS



Communicable Diseases

COVID-19



Non-communicable Diseases

Cancer

Heart Diseases

Blood and Transplant

Respiratory Diseases

Diabetes

Mental Health

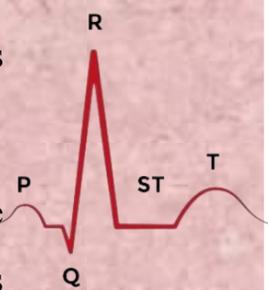


There are multiple non-communicable diseases (NCDs) that are responsible for the global mortality rates, other than cancer. NCDs have a long duration and are caused by several risk factors.

Amongst the common risk factors are genetics, age, lifestyle, and behaviour. Lifestyle factors may be related to what the patient eats, if they drink alcohol and to what extent, their physical activity, type of job, the environment they live in, and their socioeconomic status. Stress, anxiety, depression, or alternative psychological conditions may also perpetuate the risk of cancer (World Health Organisation, 2025).

The World Health Organisation (2025) latest report suggests that in 2021, there were more than 43 million deaths worldwide, where 18 million deaths occurred in patients below 70 years old.

The NCD responsible for most NCD deaths is cardiovascular disease, where more than 19 million succumbed to the disease. The subsequent NCD with 10 million NCD deaths globally is cancer.



Chronic respiratory diseases and diabetes affect approximately 4 million and 1.6 million people, respectively (World Health Organisation, 2025). Therefore, we have developed informative articles for the public to discuss all aspects, from what it is to how it is caused and how to overcome such diseases.

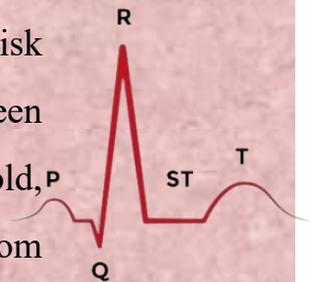
We have also dedicated a section to World Mental Health Day, raising the importance of improving our psychological well-being through tips and ways to overcome anxiety and NHS advice.

The latest reports by the World Health Organisation (2025) revealed that more

than 700,000 people have either taken their own life or attempted suicide in 2021, particularly after the COVID-19 pandemic.

The most common age group at risk worldwide is between 15 and 29 years old, where 73% arose from low and middle-income countries (World Health Organisation 2025).

Figure 1 illustrates the ten leading causes of death in 2000, compared to 2019,

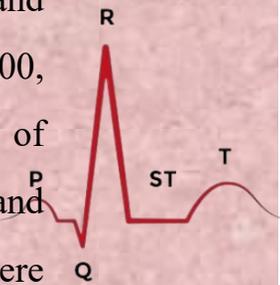


based on the WHO Global Estimates (Zhaoyi, 2021). Over the 19-year period, ischaemic heart disease remained the top non-communicable cause of death, rising from 13.2% in 2000 to 16% in 2019. This corresponds to approximately 14.3 to 17.8 million during this period (Zhaoyi, 2021). Stroke was consistently the second leading NCD cause of death, increasing from 10.7% in 2000 to 11.2% in 2019.

The types of diseases and their respective rankings from the 3rd to the 10th leading causes of death differed between 2000 and 2019. In 2019, road injury accounted for the lowest proportion of NCD deaths at 2.3%, while

kidney diseases comprised 2.4% of NCD deaths.

However, it is notable that some diseases had a percentage increase of total deaths, namely, trachea, bronchus, and lung cancers. In 2000, there were 2.4% of total NCD deaths, and in 2019, there were 3.2% NCD deaths. This may be associated with genetic factors, microbes, inhalation of toxic chemicals, and smoking (type, number of cigarettes smoked in a day, and years of smoking),

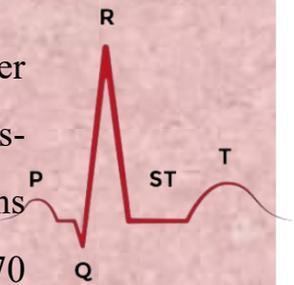


amongst other factors. Conversely, there has been a significant decrease in the percentage of total deaths in 2019 compared to 2000. This has been observed for lower respiratory infections, neonatal conditions, and diarrheal diseases. Other causes served no profound difference, like chronic obstructive pulmonary disease, where it was 5.8% of NCD deaths in both years.

Other diseases were incomparable as tuberculosis (3.4%), HIV/AIDs (2.7%), and road injury (2.3%) in 2000 were not compared to in 2019, instead, there was new NCD introduced that contributed to high NCD

death, namely, Alzheimer disease and other dementias (3%), diabetes mellitus (2.7%), and kidney diseases (2.4%) (Zhaoyi, 2021).

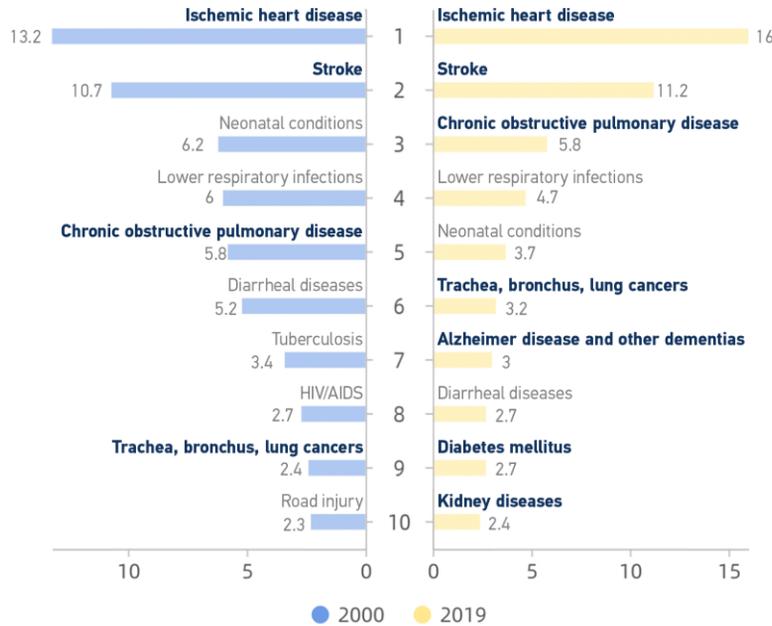
Zhaoyi (2021) further adds that diabetes-related deaths increased by 70 percent globally between 2000 and 2019.



Top 10 leading causes of global deaths, 2000 vs. 2019

Among the top 10 leading causes of global deaths, the number of NCDs has risen from 4 to 7 from 2000 to 2019.

% of total deaths



Source: WHO Global Health Estimates



Figure 1: The ten top leading causes of deaths worldwide in 2000 and 2019 via WHO Global Health Estimates

So, one would question what the causes of these NCDs are.

Is it possible to further lower the NCD deaths and meet the WHO 2030 targets?

The governments in various countries worldwide have applied public health policies to

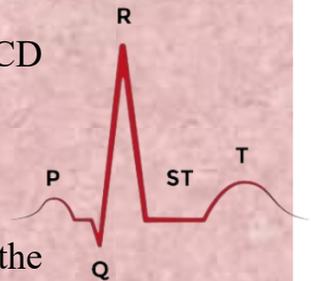


tackle the four prominent risk factors of NCDs, namely tobacco smoke, alcohol intake, sodium/salt intake, and physical inactivity. The aim is to reduce 30% of tobacco smoke and sodium/salt intake by 2030. There is a 10% reduction in alcohol and physical inactivity. This is achieved through advertising bans, taxes, media intervention, particularly on the radio, TV, and billboards, warning signs on products, and smoke-free places, the breast milk marketing code, and other avenues.

To an extent, there are some successes, but the implementation progress is slow.

Further actions are required to manage these risk factors effectively. It is considered that COVID-19 has influenced the services of prevention and treatment of NCD (Zhaoyi, 2021).

Moving onto the recent communicable outbreak, COVID-19, it is estimated that there are 200.19 million cases of COVID-19 by 4th August 2021, and may possibly even be higher due to

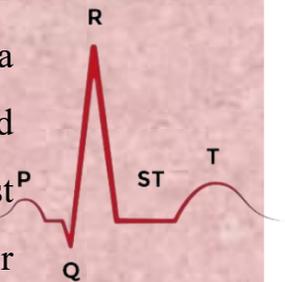


some patients not presenting any symptoms, limited accessibility to testing, and undetected cases, please see Figure 2 (Richter, 2021).

In descending order, the USA had the highest prevalence with 35.3 million, India had 31.8 million cases, and Brazil had 20.0 million cases. The other countries had fewer than 10 million confirmed cases (Richter, 2021).

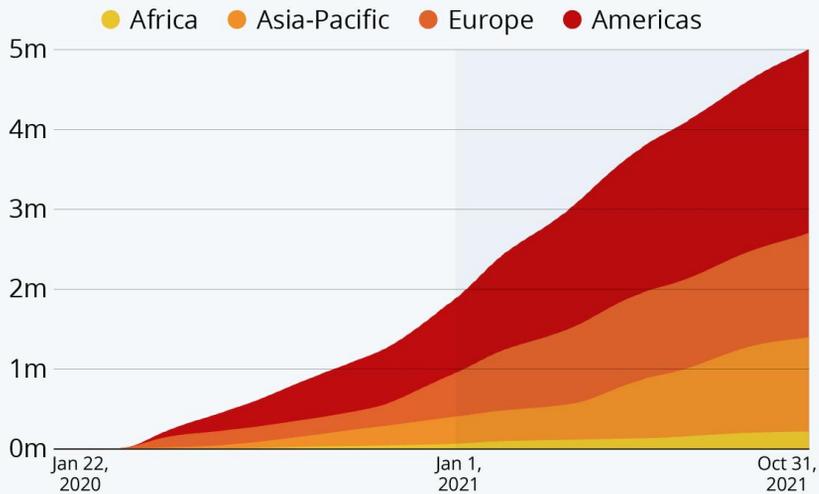
Despite 2020 being considered the year of the pandemic, 60% passed away in 2021 (Buchholz, 2021). This suggests that death counts have been rising. Most of the COVID-19 cases have come from America (40%), particularly South

America, namely Brazil and Ecuador. This is followed by Europe and the Asia Pacific. It has also been estimated that the Asian population, especially in India, has high mortality. Africa was the least affected continent, which lost 218000 by October 31st, 2021. This signifies that countries with the highest number of COVID-19 cases mirrored the elevated death rates.



World Reaches Five Million COVID-19 Deaths

Cumulative confirmed coronavirus deaths, by world region (as of Oct 31, 2021)



Source: Johns Hopkins University via Our World in Data



statista



Figure 2: The mortality data for COVID-19 from 2020 till 2021



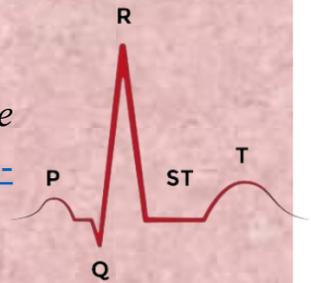
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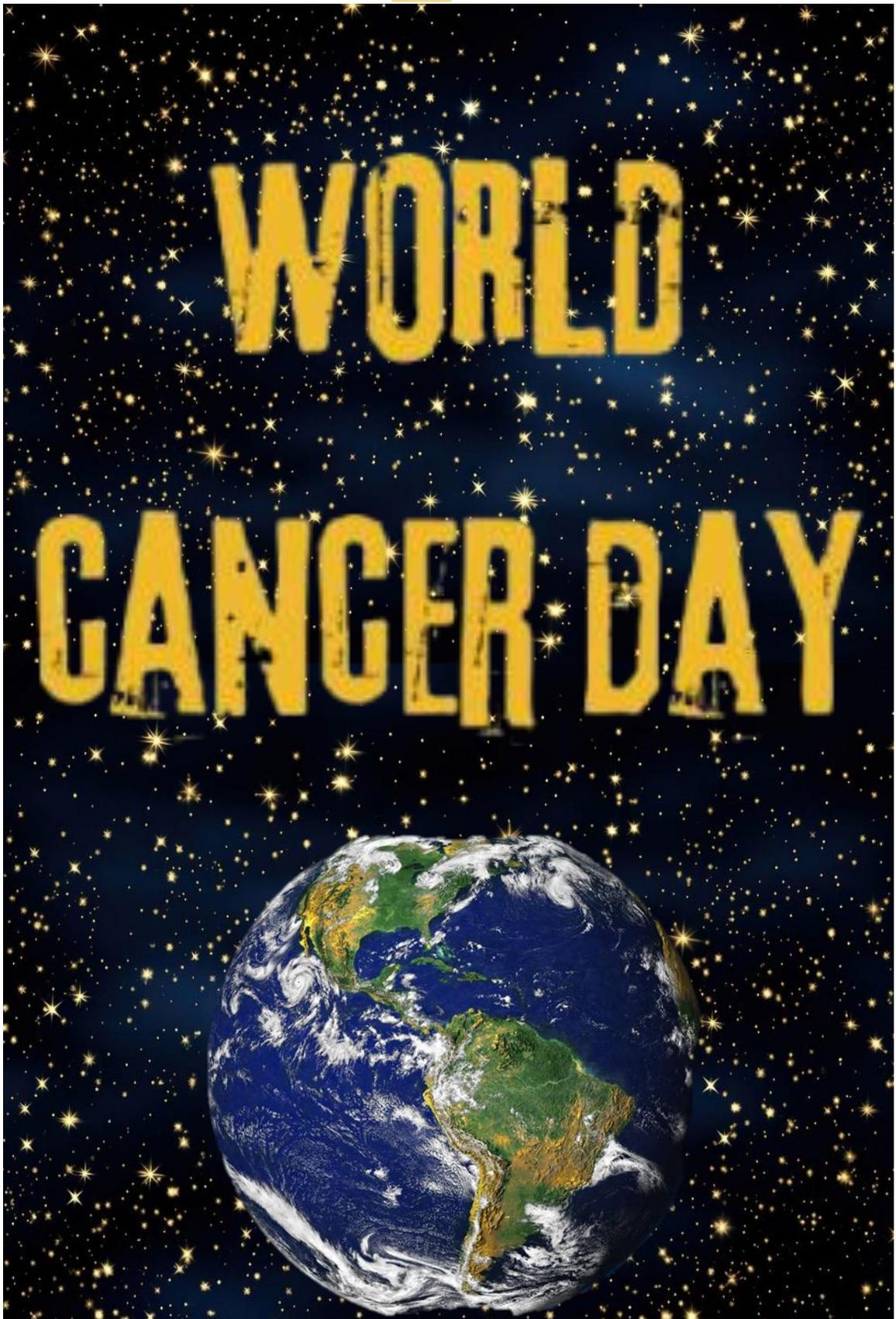
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The NEW campaign by World Cancer Day

At FST, we try to have a balance between independence and collaborative moments to raise awareness about cancer.

World Cancer Day, observed annually on 4th February, was established by the Union for International Cancer Control (UICC) to unite people worldwide against cancer. Since 2019, we have supported their three-year cycle campaigns.

Their most recent campaign is *United by Unique*, focusing on person-centred care. This refers to healthcare professionals being able to recognise and/or identify each patient's unique and changing needs throughout diagnosis and treatment, adapting care using established methods like integrated care models. Empathy and patient involvement in care planning are vital. These efforts foster connection, compassion, community, and commitment—important for patient wellbeing.

**UNITED
 IN OUR
 MESSAGE
 UNIQUE
 IN OUR
 STORIES**

SHARE YOUR STORY
 WORLDCANCERDAY.ORG



World
 Cancer Day
 4 February

UNITED
 BY
 UNIQUE



EVERYONE HAS UNIQUE NEEDS, UNIQUE PERSPECTIVES, AND A UNIQUE STORY TO TELL, YET PEOPLE TOUCHED BY CANCER ARE UNITED IN A SHARED AMBITION TO LOWER THE CANCER BURDEN, TO SEE CANCER TREATED SUCCESSFULLY, AND TO LEAD BETTER LIVES WITH CANCER.

SHARE YOUR STORY
 WORLDCANCERDAY.ORG



World
 Cancer Day
 4 February

UNITED
 BY
 UNIQUE

A PEOPLE-CENTRED APPROACH TO CANCER CARE THAT FULLY INTEGRATES EACH INDIVIDUAL'S UNIQUE NEEDS, WITH COMPASSION AND EMPATHY, LEADS TO THE BEST HEALTH OUTCOMES.

SHARE YOUR STORY
 WORLDCANCERDAY.ORG



World
 Cancer Day
 4 February

UNITED
 BY
 UNIQUE

CANCER IS MORE THAN A MEDICAL DIAGNOSIS — IT'S A DEEPLY PERSONAL MATTER.

SHARE YOUR STORY
 WORLDCANCERDAY.ORG



World
 Cancer Day
 4 February

UNITED
 BY
 UNIQUE



SHARE YOUR STORY
 WORLDCANCERDAY.ORG



World
 Cancer Day
 4 February

UNITED
 BY
 UNIQUE



SHARE YOUR STORY
 WORLDCANCERDAY.ORG



World
 Cancer Day
 4 February

UNITED
 BY
 UNIQUE



SHARE YOUR STORY
 WORLDCANCERDAY.ORG



World
 Cancer Day
 4 February

UNITED
 BY
 UNIQUE



GLOBAL EFFORTS TODAY LEAD TO A HEALTHIER TOMORROW.

World Cancer Day
4 February

UNITED BY UNIQUE

TOGETHER, WE'RE TURNING THE TIDE ON CANCER WORLDWIDE.

World Cancer Day
4 February

UNITED BY UNIQUE

EVERY COUNTRY, EVERY COMMUNITY TOGETHER AGAINST CANCER.

World Cancer Day
4 February

UNITED BY UNIQUE

IT'S TIME TO PUT PEOPLE BACK AT THE CENTRE OF CARE AND THEIR STORIES AT THE HEART OF THE CONVERSATION.

World Cancer Day
4 February

UNITED BY UNIQUE

SHARE YOUR STORY
WORLD.CANCERDAY.ORG

World Cancer Day
4 February

UNITED BY UNIQUE

SHARE YOUR STORY
WORLD.CANCERDAY.ORG

World Cancer Day
4 February

UNITED BY UNIQUE

SHARE YOUR STORY
WORLD.CANCERDAY.ORG

World Cancer Day
4 February

UNITED BY UNIQUE



To support their cause, we have focused on various ways to boost the intellectual, physical, social, mental, and emotional well-being of patients and their families, and healthcare professionals.

FST Team Initiatives

Informative posters

We shared cancer statistics from World Cancer Day and the World Health Organisation on the importance of people-centred care, and the chemicals in the brain that trigger happy and sad emotions.

Art

Various digital art pieces and poetry were designed to express emotions and enlighten every patient, carer, relative, and healthcare professional on their cancer journey. Some of these were presented as publications, and others are found on our website.

Therapy lounge

This consists of comedy and inspirational quotes, as studies have discovered that laughing helps to improve wellbeing.



FST Team Initiatives

Share Your Story

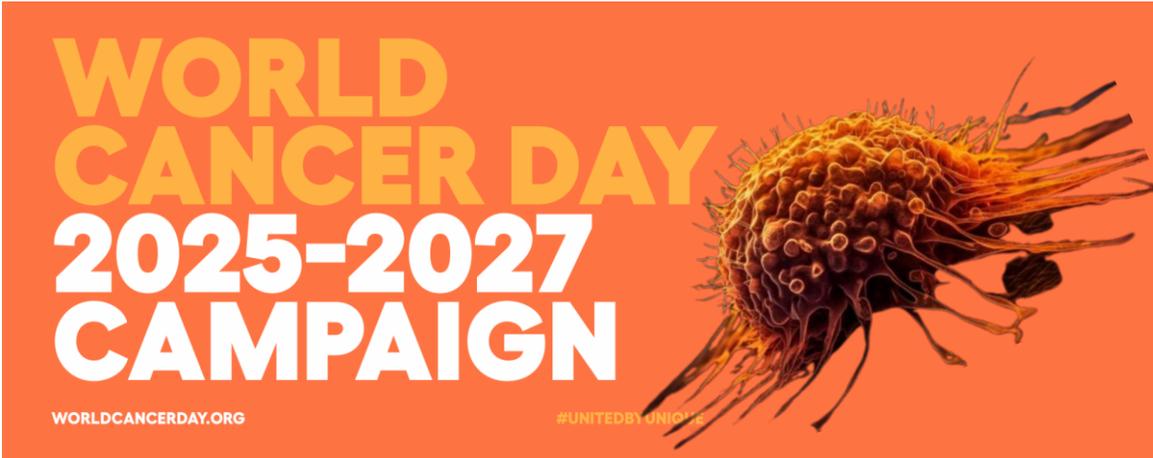
Encourage people to share their story and send it to World Cancer Day. It could teach someone, or it could relate to another person's story.

The 365 Notebook

This was designed by FST, serves a dual purpose. On one hand, it is aimed at cancer patients or their families to document their thoughts and emotions, where they can express and understand without being judged. The alternative purpose would be for the public, where it can be used for daily journaling or for educational or work purposes.

An Insight into Patient-centred Care

Our Head of Health, Dr Hafsa W. Abbas, conducted a lecture on the importance of patient care and what the World Cancer Day team aims to do to facilitate this globally.



**WORLD
CANCER DAY
2025-2027
CAMPAIGN**

WORLD Cancer DAY.ORG #UNITEDBYONCOLOGY



**ART
WITHOUT
WORDS**

By The FST Team

**CANCER
UNITED BY
UNIQUE**

SHARE YOUR STORY
WORLDNCANCERDAY.ORG

World Cancer Day
4 February

UNITED BY
UNIQUE*

INSPIRING

HIDDEN
STRENGTH
RESILIENCE

ENERGY
CANCER
UNITE BY
UNIQUE

SMILE
SELF-BELIEF

FAITH
DREAM BIG
SINCERE LOVE

TRANQUILITY
PUSH

POETRY

By The FST team

SHARE YOUR STORY
WORLDNCANCERDAY.ORG

World Cancer Day
4 February

UNITED BY
UNIQUE*

The Farah Saeed Trust
Presents

**AN
INSIGHT
INTO
PATIENT
CARE**

A FREE audio lecture
for the public.

Date: 4th February 2025
Time: 6am

Youtube Farah Saeed Trust

Dr Halsa Waseela Abbas

SHARE YOUR STORY
WORLDNCANCERDAY.ORG

World Cancer Day
4 February

UNITED BY
UNIQUE*

The 365
NOTEBOOK

4th February 2025 to 4th February 2026

By The FST Team

**CANCER
UNITED BY
UNIQUE**

SHARE YOUR STORY
WORLDNCANCERDAY.ORG

World Cancer Day
4 February

UNITED BY
UNIQUE*

**WORLD
CANCER DAY
2025-2027
CAMPAIGN**

WORLDNCANCERDAY.ORG

#UNITEDBYUNIQUE

Invitation onto the Radio Show

We have also been invited on the Parenting Show hosted by Auntie Kathleen Roche-Nagi to discuss World Cancer Day, and being aware of the different signs and symptoms

of the most common cancers in the UK, and how the community should become more aware and visit their health professional where necessary for further investigation.





March Walk For Cancer



<https://farahsaeed.org/world-cancer-day-campaign-united-by-unique/>

One of our volunteers, Hafsa, supported by her husband Najib, also undertook Cancer Research UK's Walk All Over Cancer 10,000 steps in March.

It is estimated that one in two people will be diagnosed with cancer in their lifetime, and Cancer Research UK is the leading cancer charity that conducts research into all types of

methods, tools, and resources to develop better diagnoses and treatments with fewer side effects.

The aim was to raise money, particularly for bladder cancer research. Bladder cancer is the 17th most common cancer in females and the 7th most common cancer in males.



The title 'March Walk For Cancer' is written in a bold, orange font with a black outline, set against a textured, golden-brown brushstroke background. To the left of the title, a trail of golden footprints leads upwards and to the right.

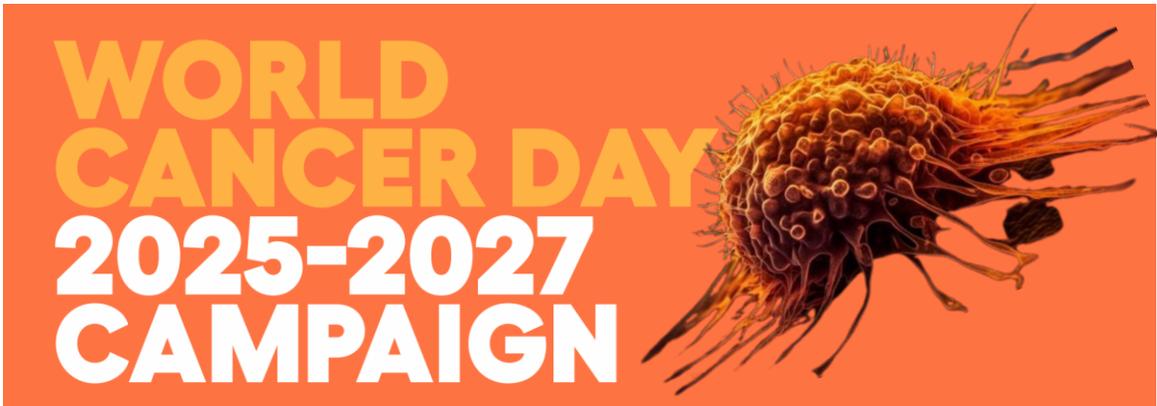
March Walk For Cancer

A humble total of £150 was fundraised, and a whopping 63081 steps, 26.86 miles, and 2651.3 calories. This was measured using the Step Tracker and Pedometer application. This was achieved from 1st March 2025 till 2nd April 2025, including the training session that took place on 24th February 2025.

The highest number of steps was 10680, which took place on 2nd March 2025.

Well done to all the FST team, and thank you to all who supported and donated towards the cause!

The data are summarised in the following tables and figures.

A banner for the World Cancer Day Campaign. The text 'WORLD CANCER DAY' is in large, bold, yellow letters. Below it, '2025-2027' is in white, and 'CAMPAIGN' is in large, bold, white letters. To the right of the text is a detailed illustration of a cancer cell, showing its nucleus and various organelles.

**WORLD
CANCER DAY
2025-2027
CAMPAIGN**

March Walk For Cancer

Table 1: An overview of the data of our volunteer, Hafsa in March Walk for Cancer

Date	Steps	Miles	Calories (kcal)
Training session (February 24th)	3804	1.62	157.6
1st March	22	0.01	1.1
2nd March	10680	4.55	436.8
3rd March	9779	4.17	406.1
4th March	0	0	0
5th March	6602	2.81	274.3
6th March	1153	0.49	50.6
7th March	0	0	0
8th March	0	0	0
9th March	0	0	0
10th March	0	0	0
11th March	0	0	0
12th March	0	0	0
13th March	0	0	0
14th March	0	0	0
15th March	0	0	0
16th March	0	0	0
17th March	0	0	0
18th March	0	0	0
19th March	50	0.02	2.1
20th March	1622	0.69	68.8
21st March	206	0.09	8.5
22nd March	167	0.07	7.8
23rd March	1865	0.79	76.7
24th March	4320	1.84	184.5
25th March	162	0.07	6.9
26th March	9178	3.91	392.2
27th March	21	0.01	0.9
28th March	199	0.08	8.6
29th March	54	0.02	2.3
30th March	1907	0.81	82.9
31st March	3318	1.41	144.7
1st April	145	0.06	6.3
2nd April	7827	3.34	331.6
Total	63081	26.86	2651.3

March Walk For Cancer

Figure 1: The number of steps daily performed for March Walk For Cancer 2025

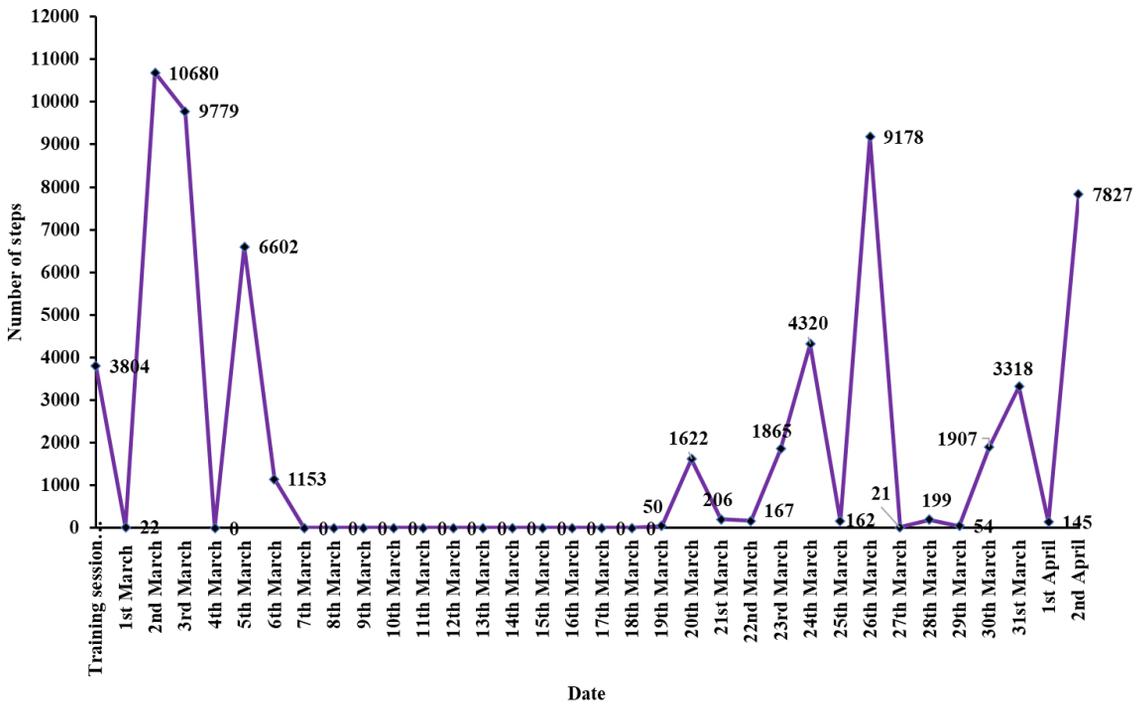


Figure 1 illustrates a line graph where there appears variation in steps conducted over a one-month period. The highest number of steps was recorded on 2nd March, with a staggering 10,680 steps. There was a quiet phase between March 8th and March 18th due to unforeseen circumstances; however, gradual steps began to elevate in the aftermath.

March Walk For Cancer

Figure 2: The number of miles walked daily for March Walk For Cancer 2025

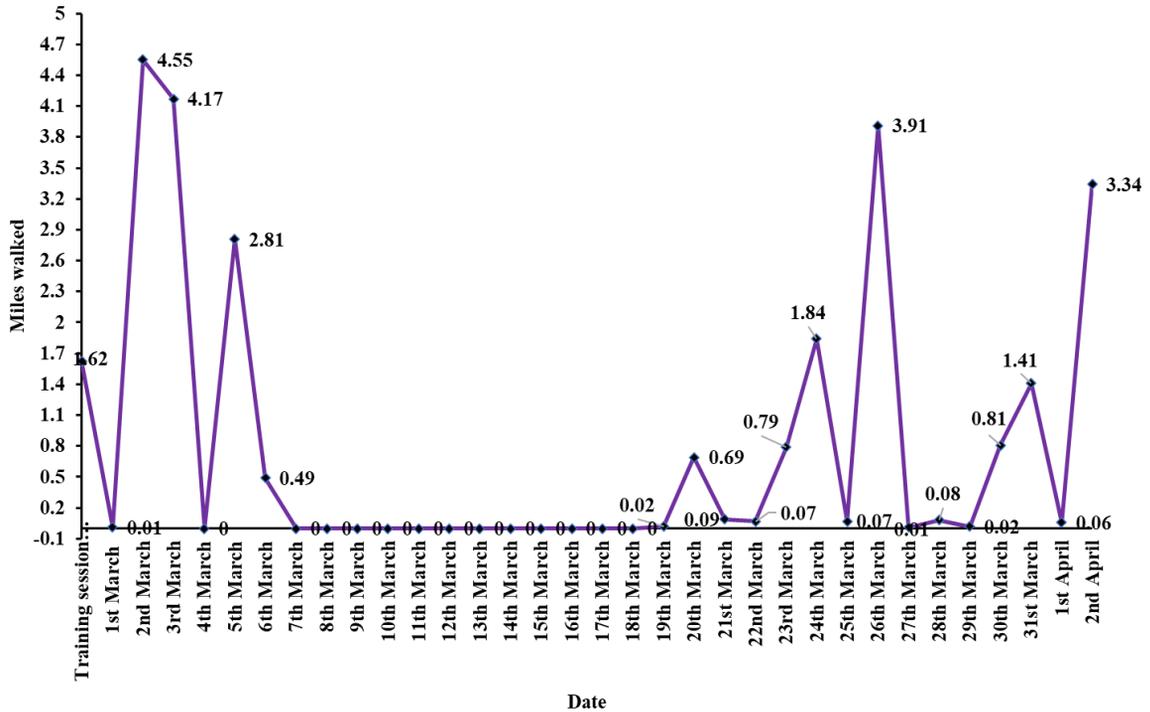


Figure 2 presents the line graph of the number of miles walked. The highest number of miles is 4.55 miles. This is equivalent to 10680 steps. Factors that influenced the outcome were the volunteer's age, Body Mass Index, and level of activity.

March Walk For Cancer

Figure 3: The number of calories daily for March Walk For Cancer 2025

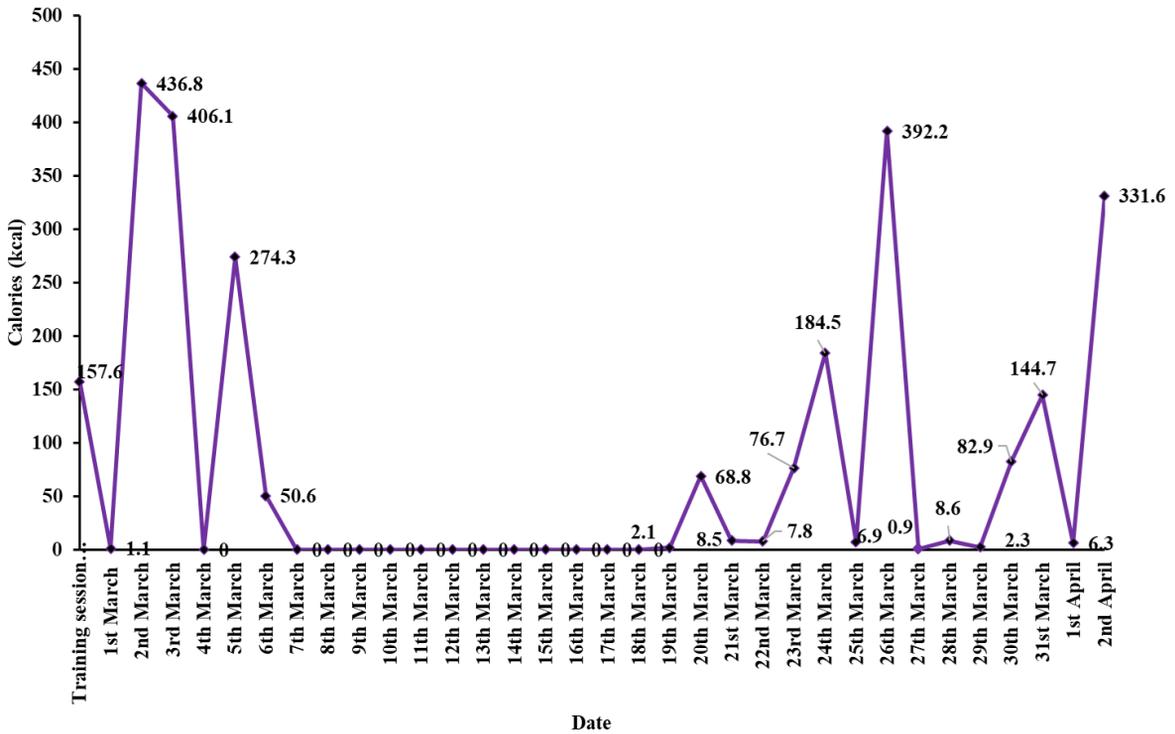


Figure 3 presents the number of calories lost whilst our volunteer performed the walking activity. The highest number recorded was 436.8 calories during the activity month. Several factors influence calories burned. These include higher body mass, faster walking speed, lower fitness, uneven road surfaces, more effort, and walking uphill. These increase calorie loss due to greater energy expenditure (Bottaro, 2025). The training period can be increased before the event to raise the step count. However, there was no definitive goal beyond advocating for cancer awareness. Increased effort can boost calorie burn.

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March Walk For Cancer **GALLERY**



March Walk For Cancer T-shirt



Hafsa and her husband Najib during Training session





March Walk For Cancer **GALLERY**



Team Achievements



Cancer Research UK Badges achieved



Congratulations
Walk All Over Cancer
Finisher 2025



This March

Your name

Hafsa W. Abbas

walked a total of

Step total

63081

raising

Fundraising total

£150

to help beat cancer

Cancer Research UK Certificate

Thank you for your support!

You're helping bring about a world where everybody lives longer, better lives, free from the fear of cancer.



Together we are
beating cancer

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247).



World Cancer Research Day



World Cancer Research Day



2025

Cancer Research Needs Us All

Please Visit  www.worldcancerresearchday.com

WORLD CANCER RESEARCH DAY

We are not associated nor affiliated with World Cancer Research day organisation. The only link is we understand the importance of cancer research and raising awareness which is part of our aims.

World Cancer Research Day is an initiative developed in 2016 to raise awareness on the importance of cancer research annually on September 24th. Its aim is to unite, research, and improve the development of detection, treatment, and a sense of hope. Since 2021, we have tried to partake in their annual campaigns.

Their campaign this year is titled “*Cancer Research Needs Us All.*”

This emphasises the importance of collaborative efforts between patients, healthcare professionals, and researchers to help aid in the progress of cancer research. To support their campaign, we have organised three projects and have received positive feedback.

World Cancer Research Day



World Cancer Research Day



Keep Going

UNSUNG HERO

To every global cancer researcher.

To every cancer patient.

You matter.

You exist from the 8.2 billion on Earth.

You make an impact.

Big or small.

It is still something.

Your name may not be known.

You still matter.



We are not associated nor affiliated with World Cancer Research day organisation. The only link is we understand the importance of cancer research and raising awareness which is part of our aims.



World Cancer Research Day



An Insight into The Importance of Cancer Research.

This three-hour audio lecture for the public highlights the importance of cancer research. Attendees will learn to distinguish between the different types of research, understand why cancer research matters through examples. In addition, to find out how the public can be involved in clinical trials. The lecture uses flow diagrams, images, and tables to support all differentiation needs. Regular tea breaks are included. It suits workshops, meetings, or solo attendance.

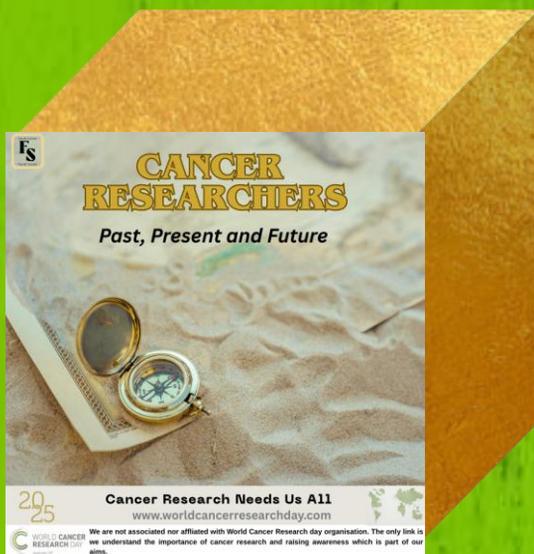


World Cancer Research Day



Cancer Researchers: Past, Present, And Future

This aims to introduce worldwide researchers on their contributions towards cancer research as a source of inspiration from researchers from the past and present, and how it will help and shape cancer researchers in the future.



World Cancer Research Day

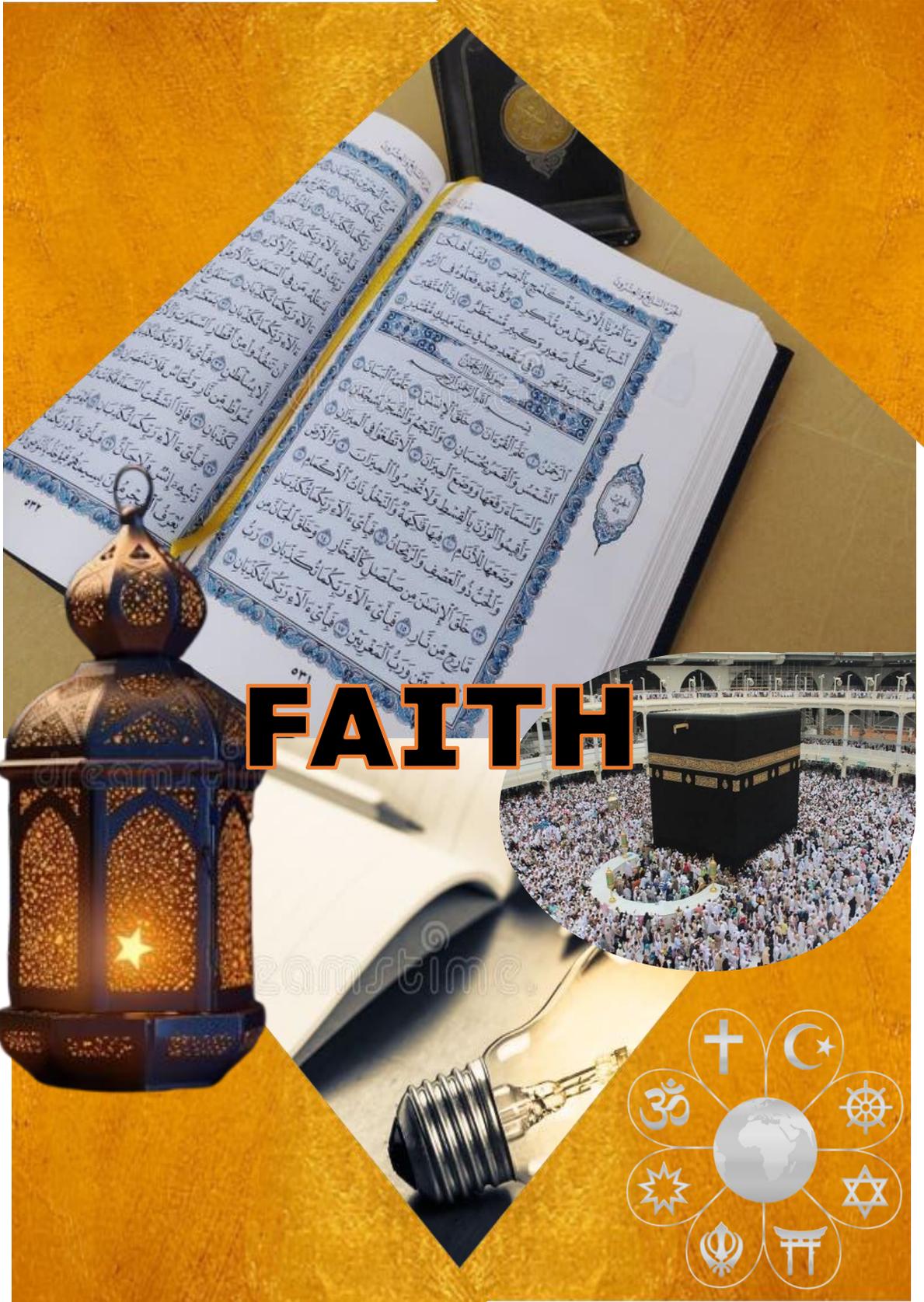


Cancer Research Quotes

This aims to share reasons why cancer research is important from people who are involved in cancer research and medicine globally.



Please download your publications on:
<https://farahsaeed.org/2025/09/04/world-cancer-research-day-2025/>



FAITH

Farah

QURAN SCHOOL

وَمَرَاتِلِ الْقُرْآنِ تَرْتِيلاً

AND RECITE THE QURAN SLOWLY AND DISTINCTLY

(Quran, Surah Al-Muzzamil [The Enshrouded One] 73:4)





Farah QURAN SCHOOL

Established in 2010

EXPERIENCED TEACHERS
COMPETITIVE PRICES.
LIMITED PLACES

Three terms per
academic year
from September to July
The fees per term:
£85 for the 1st child
£75 for the 2nd child
£75 for other siblings

*Do you want your children to learn to
read and memorize the Holy Quran
correctly?*

Boys: 5-15 years old Girls: 5 years old and above.



Open every Sunday from
9:45am to 12:45pm
(except school holidays)



360 Moseley Rd, Balsall Heath, Birmingham B12 9AZ

For more information or to register, please contact: 07979308302

From its early days in 2010, Farah Quran School was launched to teach girls aged 5 years and above and boys aged 5 to 15 years how to recite and memorize the Quran every Sunday throughout the three terms of each academic year, except during school holidays by Farah's mother, Aunty Um Ahmed.

Farah

QURAN SCHOOL

Advantages of Joining Farah Quran School

TEACHING EXPERIENCE



The Quran teachers are **qualified, experienced,** and **Native Arabic speakers** who have a combined wealth of years of teaching the Quran.



COMPETITIVE PRICES



QUALITY
EDUCATION

TEACHING METHOD

The adaptable teaching method is **suitable for all levels** and involves **small group learning**.



Farah

QURAN SCHOOL

The Teaching System

The teaching system is divided into two:

ا ب ت ث ج ح خ
 د ذ ر ز س ش ص
 ض ط ظ ع غ ف ق
 ك ل م ن ه و ي



UNDERSTAND

To begin with, students learn: **1**

How to **correctly recite** the Holy Quran with the **Arabic alphabet**.

Understand the rules of Tajweed.

Tajweed originates from the Arabic phrase, *Jawwada*, a set of rules on how to accurately pronounce and recite each phrase (Qiratul Quran, 2025).

This helps **prevent misinterpretation** of its meaning and **preserves the natural lyrical beauty** of reciting the Quran.

Once this is achieved...

To **memorise Surahs**, chapters of the Quran, starting from Juz Ammah (30th).

A **Juz** is defined as a part, and there are 30 Juz in the Glorious Quran.

2



MEMORY
 HUMAN MIND

Farah

QURAN SCHOOL

Why have the will to learn the Quran with an open mind?

The Glorious Quran is inimitably precious, consisting of the Divine speech directly from the Almighty. Its purpose is to serve every living being to provide guidance and truth in Arabic and a way to connect with God, moisturising our tongues and purifying our hearts.

Muslims believe that each revelation was given to our Beloved Prophet Muhammad (peace be upon him) from the Angel Gabriel (May Allah have

mercy upon him), instructed by the Almighty. These verses were then conveyed to his followers and are preserved from loss and distortion (Quran.com, 2025).



Farah

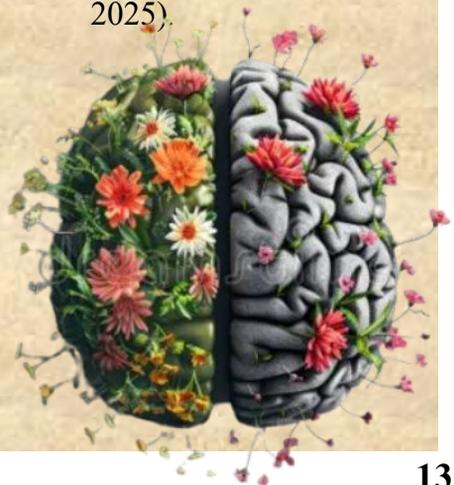
QURAN SCHOOL

Why have the will to learn the Quran with an open mind?

Amongst the main themes found in the Glorious Quran are the importance of worship and obedience to the Almighty. The consequence of good and evil actions on the Day of Reckoning and the concept of the afterlife. The creation of the universe and all living. The parables of the Prophets in guiding humanity and the importance of social justice and fairness (Quran.com, 2025).

The essential final message was given to the Prophet (peace be upon him). The Prophets before him also

served as Messengers, amongst the examples are the Prophets Adam, Noah, Moses, Abraham, and Jesus (peace be upon them all). It is vital that correct and authentically approved translations into different languages to help understand their meanings (Quran.com, 2025).



Farah

QURAN SCHOOL

Why have the will to learn the Quran with an open mind?

References

Qiratul Quran (2025) *Tajweed Rules in English, Basic and Advanced level with Examples*. Available at: <https://www.qiratulquran.com/tajweed-rules-in-english/> (Accessed: 20th October 2025)

Quran.com (2025) *What is the Quran?* Available at: <https://quran.com/about-the-quran> (Accessed: 20th October 2025)



Farah

QURAN SCHOOL

“This is a blessed Book which We have revealed to you ‘O Prophet’ so that they may contemplate its verses, and people of reason may be mindful.”

[Quran, Surah Al Tawbah (The Repentance) 38:29]



Farah

QURAN SCHOOL



Team Achievements



Many students register throughout the year.



Several students, boys and girls, have successfully learnt and memorized several juz. Some students learnt two Juz, others learnt 3 or 4 Juz of the Quran by memorization.



All students have succeeded in improving their pronunciation (Tajweed) of the Quranic verses.



New starters and beginners have begun learning the Arabic alphabet and are learning how to recite it accurately. They are doing well, and once completed, they will proceed to reciting Quranic verses and learning small Surahs as a start.

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ لَا إِلَهَ إِلَّا اللَّهُ اللَّهُ أَكْبَرُ مَا شَاءَ اللَّهُ

Farah

QURAN SCHOOL



Team Achievements

Besides the patient and experienced Quranic teachers at Farah Quran School, who provide a supportive, stress-free learning environment.

There are other contributing factors for the students' successes: their motivation and dedication to study, family support, and other reasons.



سُبْحَانَ اللَّهِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ اللَّهُ أَكْبَرُ مَا شَاءَ اللَّهُ

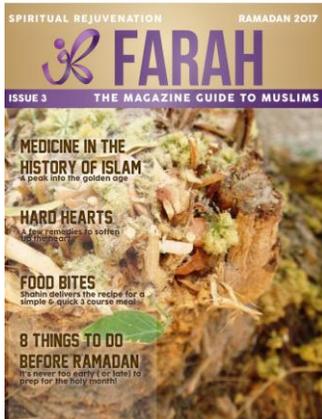
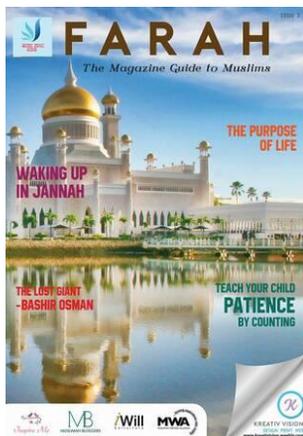
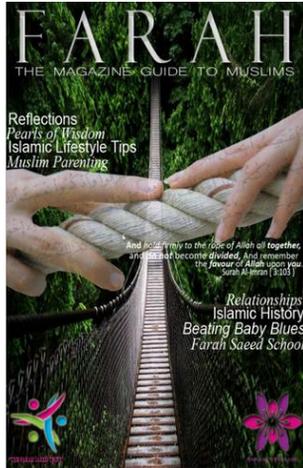


Updates On Our Annual Free Virtual Magazines



Updates On Our Annual Free Virtual Magazines

Farah Ramadan Magazine

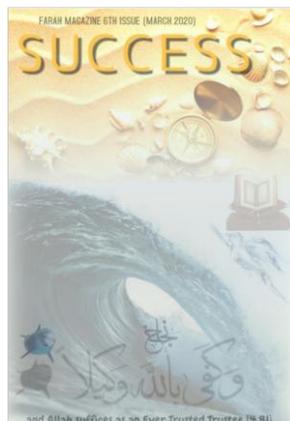
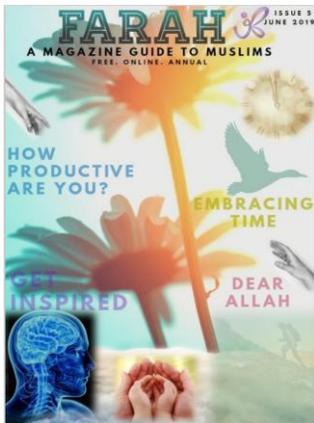


For the past twelve years, since 2015 at FST, we have written, designed, and published **FREE** virtual annual magazines. Each issue features inspirational, unique themes to uplift our faith and understanding through articles, family-friendly puzzles, Quranic and hadith reminders, duas, and more. The magazines are available for digital download and print.

As many focus on work, money, travel, and family or pets, we must find moments for self-reflection on Islam to better counter media misunderstandings. The importance of seeking knowledge is shown in the following Hadith:

Updates On Our Annual Free Virtual Magazines

Farah Ramadan Magazine



Narrated Abu Hurairah (May Allah have mercy upon him) that the Messenger of Allah (peace be upon him) said:

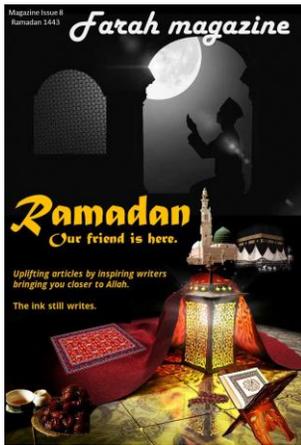
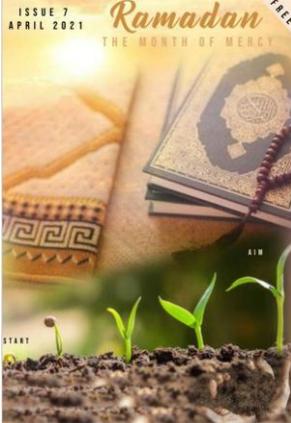
"Whoever takes a path upon which to obtain knowledge, Allah makes the path to Paradise easy for him."

[Hadith, Sahih Al-Tirmidhi, 2646]

The magazine is suitable for all ages, especially those who are at different levels of faiths and those who are not Muslims but are interested in other people's religions and cultures of their relatives or friends to have a better understanding and mutual respect. This helps to maintain inclusivity. Similarly, we welcome writers of all backgrounds to partake in this mission.

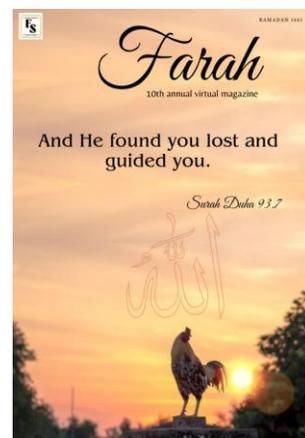
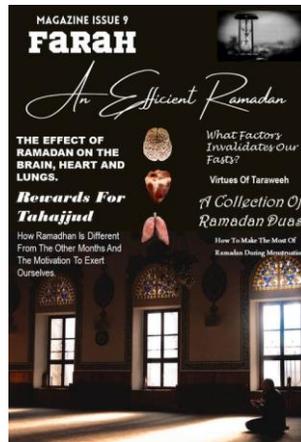
Updates On Our Annual Free Virtual Magazines

Farah Ramadan Magazine

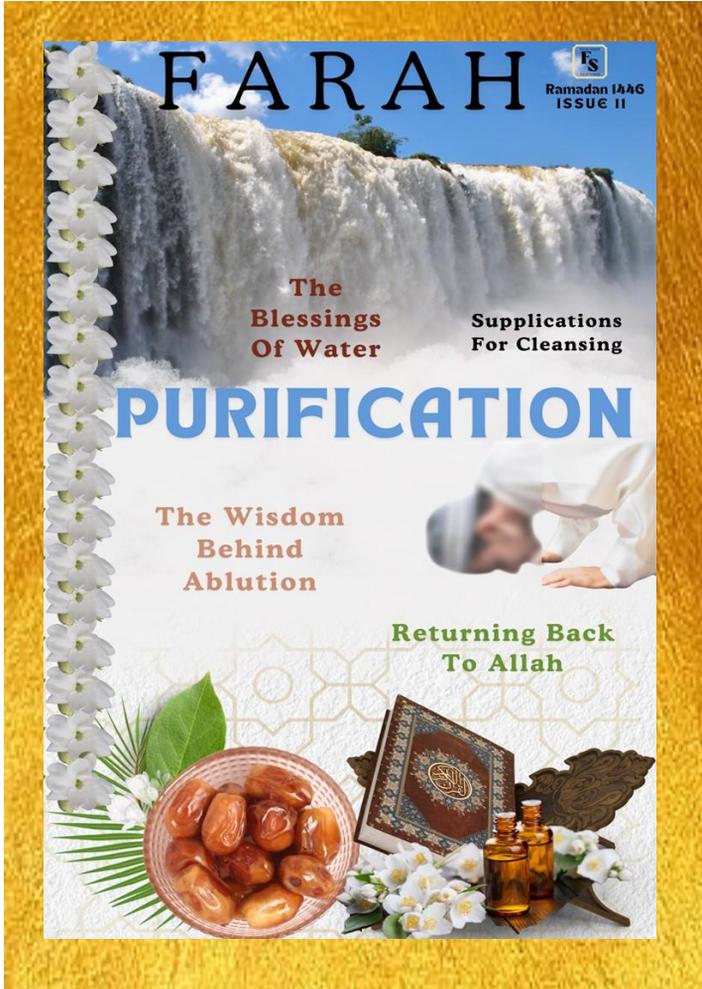


Moreover, our magazines are readable at any time. For instance, Issue 1 or any issue can be read now as they contain factual information rather than being dated.

We have received positive responses from our supporters and readers as part of our faith-based projects. May Allah accept.

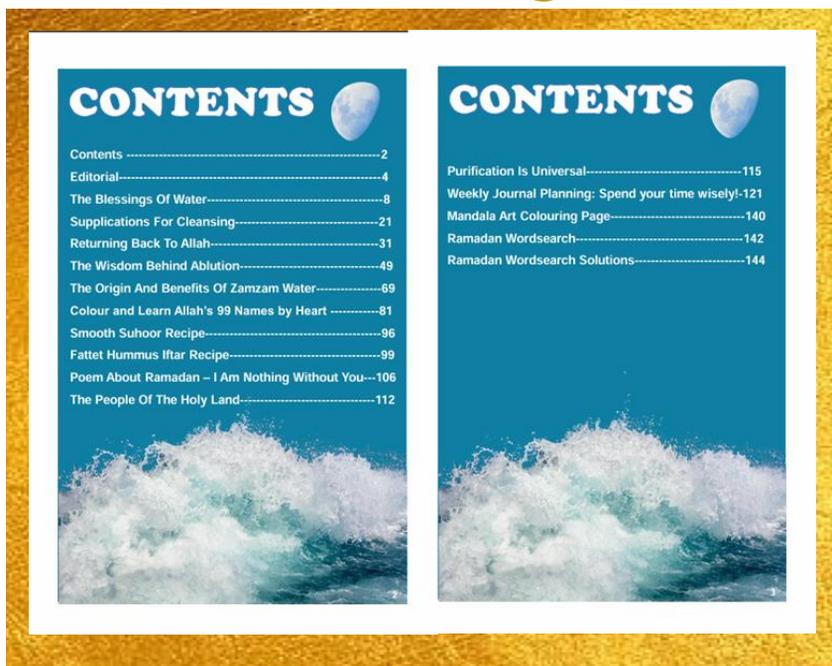


Updates On Our Annual Free Virtual Magazines Farah Ramadan Magazine



This year, one of our senior writers, **Nusayhah Aumeer**, who has been promoted to Chief Editor of Farah Ramadan magazine, has done exceptional work alongside the Head of Writing, **Shama Farag**, in their first respective roles, even though they reside on opposite sides of the world and are miles apart. From editing the article submissions with guidance and effective communication.

Updates On Our Annual Free Virtual Magazines Farah Ramadan Magazine



Nusayhah has chosen and selected the theme of Purification to be published in the 11th issue of Farah Ramadan Magazine in the special lunar month of Ramadan 2025.

Purification is a spiritual moment of cleansing the main organs that affect how we feel and think: heart and brain, which are interconnected, influencing our vitality and souls.

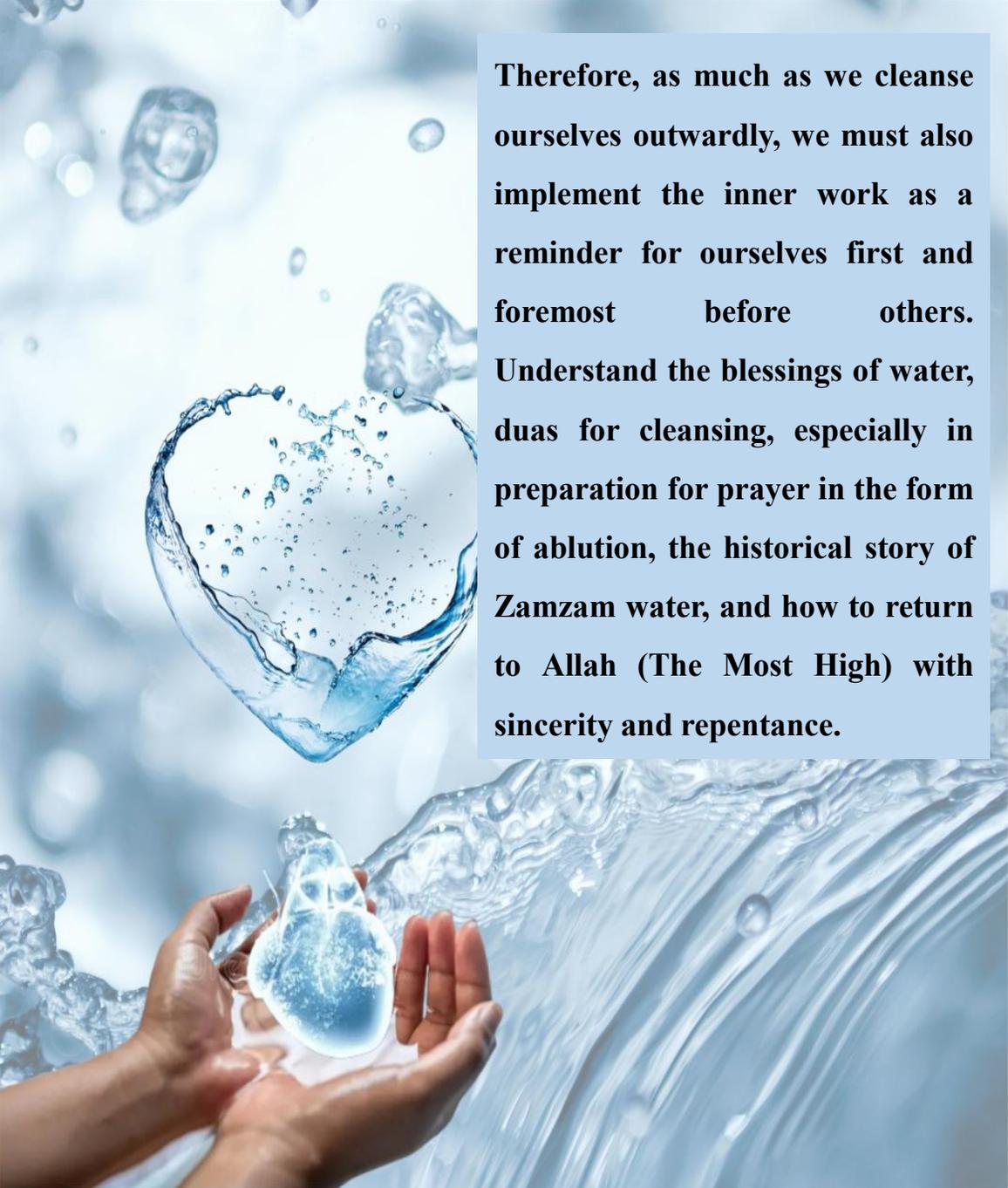
Abu Hurairah (may Allah be pleased with him) reported: The Messenger of Allah (may Allah's peace and blessings be upon him) said:

"Indeed, Allah does not look at your appearance and wealth, but He looks at your hearts and deeds."

[Hadith, Sahih Muslim, 2564]

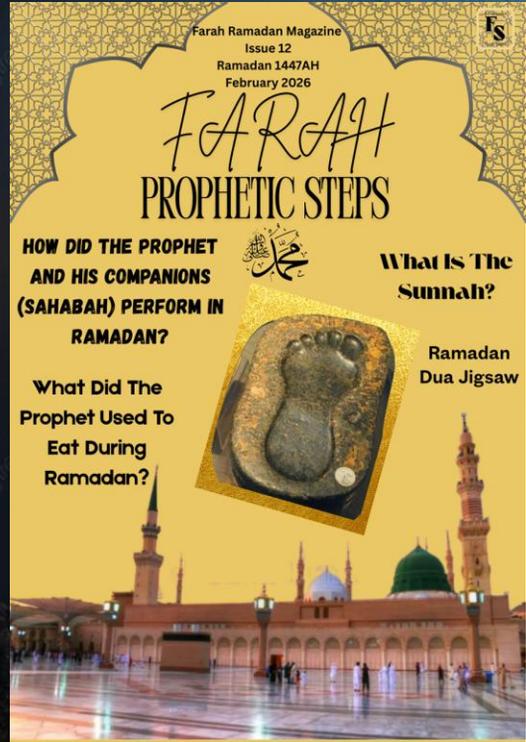
Updates On Our Annual Free Virtual Magazines

Farah Ramadan Magazine

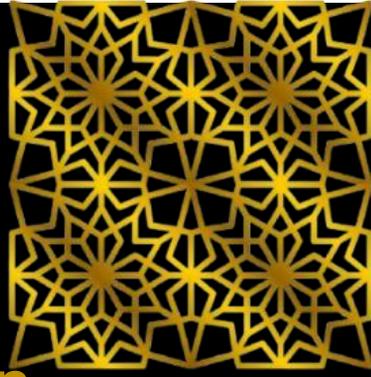
The background of the page is a vibrant blue and white image of water splashing. In the center, a large, heart-shaped splash of water is prominent. At the bottom, a pair of hands is shown holding a smaller splash of water. The overall theme is purity and cleansing.

Therefore, as much as we cleanse ourselves outwardly, we must also implement the inner work as a reminder for ourselves first and foremost before others. Understand the blessings of water, duas for cleansing, especially in preparation for prayer in the form of ablution, the historical story of Zamzam water, and how to return to Allah (The Most High) with sincerity and repentance.

Farah Ramadan Magazine



We are currently preparing for Ramadan Magazine Issue 12, Prophetic Footsteps. This has also been selected by our committed Chief Editor, who aims to provide insightful articles on how the Prophet Muhammad (peace be upon him) and his Companions (may Allah have mercy upon them all) used their time wisely and productively to make the most of the blessed month of Ramadan.



All Farah Ramadan Magazines



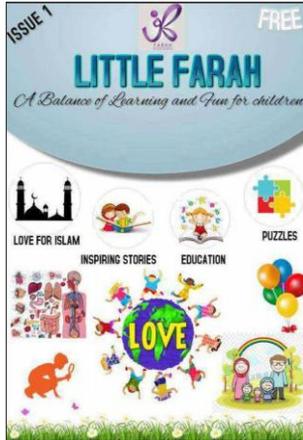
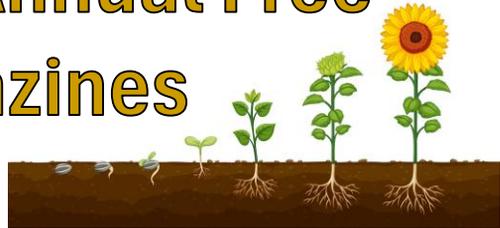
<https://farahsaeed.org/farah-ramadan-magazine/>

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Updates On Our Annual Free Virtual Magazines

Little Farah Magazine



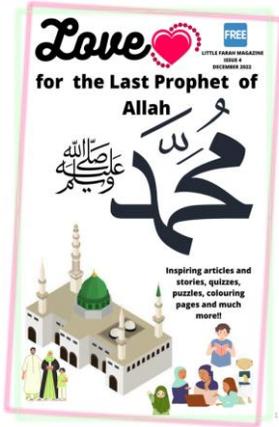
Little Farah Magazine was initiated in December 2019 with the aim of providing a FREE, virtual, annual magazine publication for children aged 5 to 16 years. It welcomes articles and drawings from children and child authors.

In the past seven years to date, our Chief Editor, Sister Shama Farag, has selected important themes that shape the mindsets and development of youngsters to be well-rounded and confident individuals equipped with skills that allow them to delve into their life journey.

Amongst them are confidence, compassion, humility, loving Allah, and the Prophet (peace be upon him), amongst other topics.

Updates On Our Annual Free Virtual Magazines

Little Farah Magazine



We also dedicated Little Farah Magazine Issue 2 to support the well-being of children during the COVID-19 pandemic. It entails information on what the virus is, symptoms, the history of pandemics, real-life stories on how to cope with life and studying under lockdown, and much more.



Our magazines are not only filled with inspiring stories and short articles with morals, but also worksheets, puzzles, opportunities to think and discuss with your friends and families.



This helps to ignite a fine balance between faith, education, and fun. Similarly, our magazines are not designed to be read only in that year but at any point.

Little Farah Magazine



<https://farahsaeed.org/little-farah-magazine/>

<https://farahsaeed.org/farah-ramadan-magazine/>



Updates On Our Annual Free Virtual Magazines

Little Farah Magazine

On the 1st December 2025, our team released its seventh magazine Issue, Maintaining Good Manners. This is an essential attribute for the young and old.

In this year's magazine, the aim is to define the difference between manners and etiquette. To contemplate how the Prophet Muhammad (peace be upon him) was a good model. To reflect on the advice of Luqman to his son.



Children's rights and how to decline respectfully, and a lot of other important topics around the theme have been discussed.



Updates On Our Annual Free Virtual Magazines

Little Farah Magazine

What makes this year's magazine issue distinctive from previous issues is the presence of TWO sections, 5 to 11 years and 12 to 16 years, with activities defined for their respective ages.

There are so many colouring pages, puzzles, discussions, worksheets, and we have even designed our own games for our amazing audience!



Therefore, we invite you all to read our amazing magazine issue this year, it is **BIGGER, BETTER, AND EDUCATED** in a fun way!

We are so excited!





LITTLE FARAH FREE VIRTUAL MAGAZINE

MAINTAINING GOOD MANNERS

It has no age

Please

snälla du, asseblief, terima kasih, Biko, snälla du, vaer så snill, Vå rog, fa'amolemole, tolonglah, os gwelwch yn dda, Lütfen, ji kerema xwe ve, s'il te plaît, Bitte, Por favor, molim te, per favore

MORAL SHORT STORIES

Thank you

tack, dankie, e dupe, asante, Дякую, Tulong, alsjeblift, mahadsanid, salamai po, tesekkür ederim, go raibh maith agat, diolch, dank u, efharisto, धन्यवाद, Jazak Allah Khairan, dhanyavād, شکر, merci, gracias, xie xie, hvala, Danke, grazie

Colouring pages

What Are Manners?



WHAT ARE THE DIFFERENT TYPES OF MANNERS?

Manners Of The Prophet (pbuh)

How To Disagree With Respect

Rights Of Parents And Children

QUIZZES

RESPECT is FREE!!

GRATITUDE - MERCY - Good Speech - Love - PEACE - HOPE



Sad but Thoughtful Announcement

**Our magazine team is going on a well-deserved break after Farah
Ramadan Magazine Issue 12 in February 2026.**

We will be busy with other FST projects.

**We will further announce in the subsequent FST newsletter
released in December 2026, when we will start doing the virtual
magazines again, inshallah.**

Thank You



اللَّهُ



لَيْسَ لَكَ إِلَهٌ إِلَّا اللَّهُ
 لَيْسَ لَكَ شَرِيكٌ لَكَ لَيْسَ لَكَ شَرِيكٌ لَكَ
 وَالنِّعْمَةُ لَكَ وَالْمُلْكُ لَكَ لَيْسَ لَكَ شَرِيكٌ لَكَ

HAJJ: THE JOURNEY

1 Mecca (Grand Mosque)
 Pilgrims circle the Kaaba seven times



6 Mecca
 Pilgrims circle the Mecca seven more times

2 Mina
 Stop at Mina to read the Quran

5 Mina
 Throw stones at the three pillars representing the devil

3 Mount Arafat
 Pray from noon to dusk, where Prophet Muhammed preached his last sermon

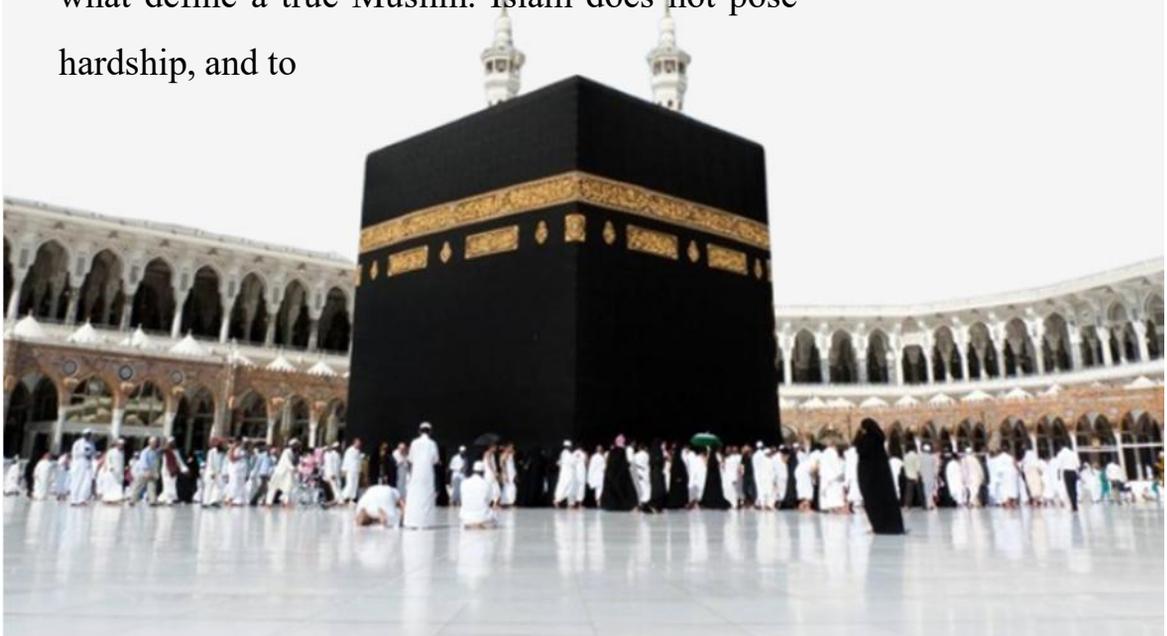
4 Muzdalifah
 Collect pebbles for stoning



The Hajj Project

This year, we are excited to start another **NEW** faith-related project: *An Insightful Glimpse of Hajj*. Our aim is to introduce what Hajj is, its importance, share tips and reminders on the virtues, and tips for people who are not going to Hajj on what to do in that special moment as they watch their fellow brothers and sisters on media making this spiritual journey!

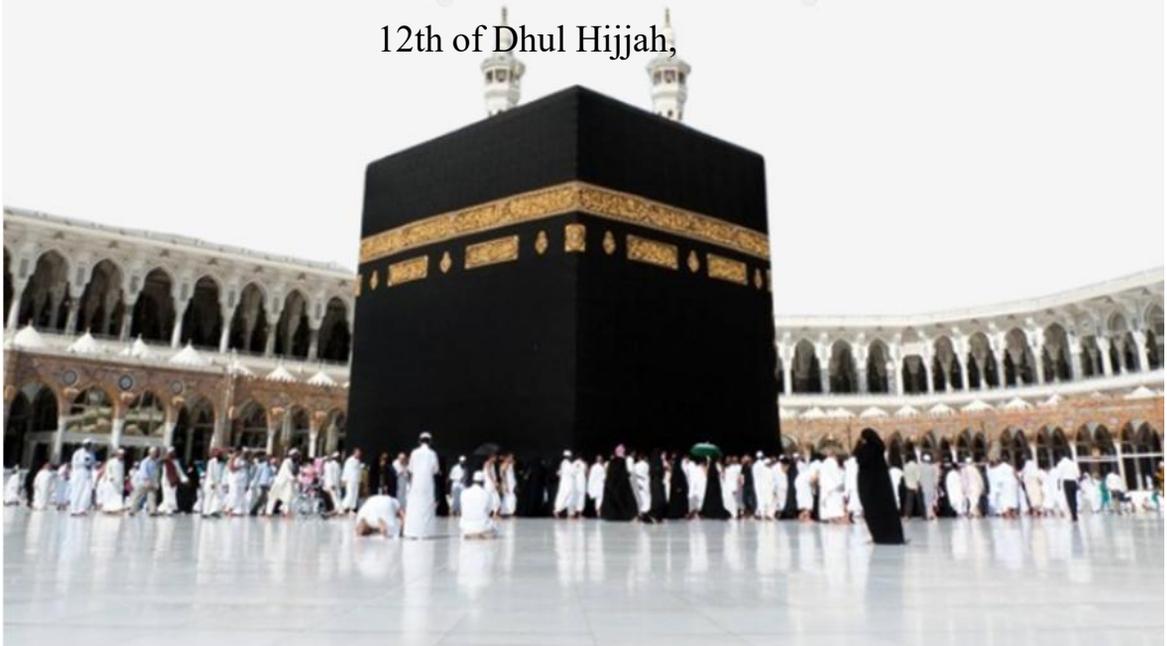
Hajj is the fifth pillar of Islam, and all five, Shahadah, belief there is no God but Allah, and Muhammad (peace be upon him) is his messenger, Prayer, Zakat, Ramadan, and Hajj are what define a true Muslim. Islam does not pose hardship, and to



The Hajj Project

do Hajj is only for those who are able to financially and physically commit to this spiritual service. Therefore, if one can do this at least once in their lifetime, it is a dream come true! Allah (The Most High) will invite His servants at the time that is right!

The blissful annual journey of visiting the House of Allah (Kaabah) situated in Makkah, Saudi Arabia, where millions of people dress in Ihram (white clothing). It is like a landscape of peaceful white doves or a field of white chrysanthemum flowers purifying our vision with peace and tranquillity. It takes place between the 8th and 12th of Dhul Hijjah,



The Hajj Project



the last month of the lunar calendar. Their spirit of unity and true brotherhood enlightens the atmosphere. Their positions in society, race, ethnicity, and job titles are meaningless, and they all undergo the same mission seeking true repentance in a calm demeanour (Tariq, 2025).

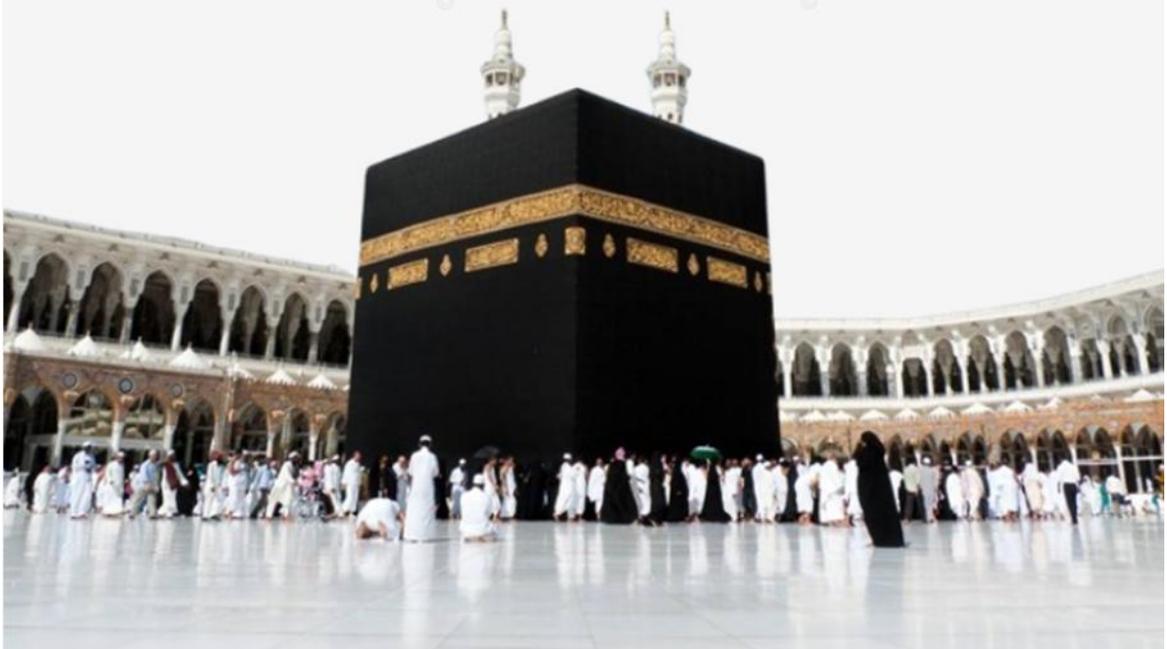
They evade any sinful action and submit to the service of Allah and His remembrance. Rather, they become engineers in reconstructing their individual foundation of purity, integrity, faith, and positivity, glorifying the Almighty and seeking the ultimate forgiveness.



The Hajj Project

“Behold, the first House (of Prayer) established for mankind is the one at Bakkah: it is full of blessing and a centre of guidance for the whole world. In it, there are clear signs and the station of Abraham; whoever enters it becomes secure. Pilgrimage to the House is a duty owed to Allah by all who can make their way to it. As for those who refuse to follow His command, surely Allah does not stand in need of anything.”

[The Glorious Quran, Surah Ale-Imran (The Family of Imran), 3:96-97]



The Hajj Project

References

Tariq, A. (2025) *What Is the Importance of Hajj to Muslims? – Significance in Islam?* Available at: <https://thepilgrim.co/importance-of-hajj/> (Accessed: 21st October 2025)



اللَّهُ



لَيْسَ لَكَ إِلَهٌ إِلَّا اللَّهُ
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HAJJ: THE JOURNEY

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 Collect pebbles for stoning



The Hajj Project

FS *Virtues Of Dhul Hijjah*

1 **HAJJ IS THE FIFTH PILLAR OF ISLAM**

Ibn 'Umar (may Allah be pleased with them both) said: "The Messenger of Allah, peace be upon him, said:
 "Islam is built upon five (pillars): testifying that there is no god worthy of worship but Allah and that Muhammad is the Messenger of Allah, establishing regular prayer, paying Zakaah, Hajj and fasting Ramadhan."
 (Hadith, Sahih Al-Bukhari, 8; Muslim, 16)



FS *Virtues Of Dhul Hijjah*

2 **BEST TIME OF WORSHIP TO FAST, PRAY AND ACCEPTANCE OF DUA**

The Prophet Muhammad (peace be upon him) said:
 "There are no days more beloved to Allah that He be worshipped in them than the ten days of Dhul Hijjah. Each day of fasting in it is equivalent to the fast of an entire year. And each night standing in prayer is equivalent to standing in prayer on the Night of Power."
 (Hadith, Sahih Al-Tirmidhi)



FS *Virtues Of Dhul Hijjah*

3 **BEST TIME FOR DHIKR (REMEMBRANCE OF ALLAH)**

The Prophet Muhammad (peace be upon him) said:
 "There are no days greater and more beloved to Allah than these ten days of Dhul Hijjah, so increase in them your declaration of the oneness of Allah (tahleel), your exaltation of him (takbeer), and your praise of him (tahmeed)."

(Hadith, Musnad Ahmad)



FS *Virtues Of Dhul Hijjah*

3 **BEST TIME FOR DHIKR (REMEMBRANCE OF ALLAH)**

Tahmeed: Al-hamdu Lillah (All praises be to God)
Tahleel: Laa ilaha ill-Allah (There is no god but Allah)
Takbeer: Subhaan-Allah (Glory be to God)

Takbeer:
 Allahu akbar, Allahu akbar, laa ilaaha ill-Allah, Allahu akbar, wa Lillaah il-hamd.
 Translation: Allah is Most Great, Allah is Most Great, there is no god but Allah; Allah is Most Great and to Allah be praise.



FS *Virtues Of Dhul Hijjah*

4 **FASTING OF THE DAY OF ARAFAT**

The Prophet Muhammad (peace be upon him) said:
 "Fasting the Day of 'Arafat expiates the sins of two years: the past one and the coming one."

(Hadith, Sahih Muslim)



FS *Virtues Of Dhul Hijjah*

5 **ALLAH PROTECTS THEM**

The Messenger of Allah (peace be upon him) said
 "Three are under the protection of Allah: a man who goes out to a masjid of Allah, a man who goes out fighting in the path of Allah, and a man who goes out for Hajj"

(Hadith, Abu Nuaym)



The Hajj Project

FS Virtues Of Dhul Hijjah

6 PEOPLE ARE SAVED FROM THE HELL-FIRE

"Look at My servants disheveled, dusted, and fatigued. They have come from every far-off corner of the earth. They have not witnessed My mercy, and they have not witnessed My punishment. And I do not see a day in which more people are saved from the Hellfire than the Day of Arafat."

(Hadith, Haythami)



FS Virtues Of Dhul Hijjah

7 AN ACCEPTED HAJJ PURIFIES OF THE SOUL AND THE REWARD IS JANNAH (PARADISE)

"Whoever performs Hajj for the sake of Allah and refrains from intimate relations and sins will return as free of sin as the day his mother gave birth to him"

(Hadith, Sahih Al-Bukhari).

He also said:

"Umrah to 'umrah is an expiation for what is between them, and the Hajj mabrūr has no reward except Paradise."

(Hadith, Sahih Al-Bukhari).



FS Virtues Of Dhul Hijjah

8 THE RELIGION WAS COMPLETED ON THIS DAY

"Prohibited to you are dead animals, blood, the flesh of swine, and that which has been dedicated to other than Allah, and [those animals] killed by strangling or by a violent blow or by a head-long fall or by the goring of horns, and those from which a wild animal has eaten, except what you [are able to] slaughter [before its death], and those which are sacrificed on stone altars, and [prohibited is] that you seek decision through divining arrows. That is grave disobedience. This day those who disbelieve have despised of [defeating] your religion; so fear them not, but fear Me. This day I have perfected for you your religion and completed My favor upon you and have approved for you Islam as religion. But whoever is forced by severe hunger with no inclination to sin - then indeed, Allah is Forgiving and Merciful."

(Glorious Quran, Surah Al-Maidah (The Table), 5:3)



FS Virtues Of Dhul Hijjah

9 SACRIFICE OF AN ANIMAL (QURBANI)

"Call 'all' people to the pilgrimage. They will come to you on foot and on every lean camel from every distant path, so they may obtain the benefits 'in store' for them, and pronounce the Name of Allah on appointed days over the sacrificial animals He has provided for them. So eat from their meat and feed the desperately poor."

(Glorious Quran, Surah Al Hajj, 22-28)



FS Virtues Of Dhul Hijjah

10 IT REMOVES POVERTY

The Messenger of Allah (peace be upon him) said, "Perform Hajj and 'umrah regularly. Performing them regularly removes poverty and sins just as the blacksmith's furnace removes impurities from iron"

(Hadith, Sahih Ahmad).

Iron is the hardest and most impure metal and performing Hajj regularly can clean and remove sins just like fire purifies iron.



FS Virtues Of Dhul Hijjah

11 PERFORMANCE OF STRUGGLE FOR CHILDREN, WOMEN AND ELDERLY

'A'ishah (may Allah have mercy upon her) said,

"O Messenger of Allah, shouldn't we go out and perform jihad (strive/struggle) with you? I don't see any deed in the Qur'an better than jihad." He Prophet (peace be upon him) replied,

"No. The best and most beautiful form of jihad for you is Hajj of the House - a Hajj mabrūr"

(Hadith, Sahih Nasā'i).

Hajj has several struggles by putting Allah first before personal comfort. To endure hardships and unified purpose of ritual purity.



The Hajj Project

FS *Virtues Of Dhul Hijjah*

12 IMPROVEMENT OF CHARACTER HUMILITY, PATIENCE AND PERFORMING CHARITY

The Prophet Muhammad (peace be upon him) said

"A charity is due for every joint in each person on every day the sun comes up: to act justly between two people is a charity; to help a man with his mount, lifting him onto it or hoisting up his belongings onto it, is a charity; a good word is a charity, and removing a harmful thing from the road is a charity."

(Hadith, Sahih Al-Bukhari, Muslim)



FS *Virtues Of Dhul Hijjah*

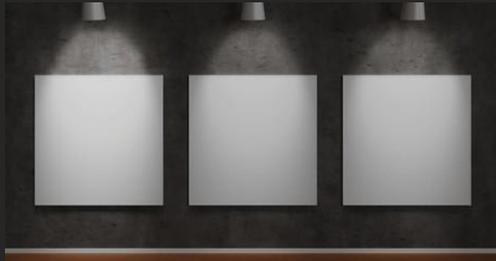
13 ONE PRAYER IS LIKE 100,000

Jabir (peace be upon him) reported that the Prophet (peace be upon him) said:

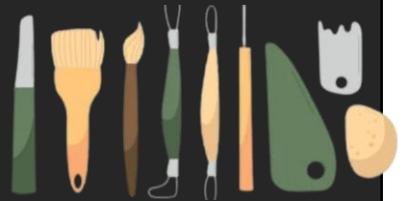
"The prayer in my mosque (Al-Madeenah mosque) is better than one thousand prayers in any other mosque with the exception of Al-Haraam mosque, and a prayer in Al-Haraam mosque is better than 100,000 prayers." Husayn (one of the narrators) said: "In other mosques."

(Hadith, Sahih Ahmad and Ibn Majah)





ART, CULTURE AND COMMUNITY





MANDALA

VIRTUAL ART EXHIBITION



RESPECT

MANDALA

VIRTUAL ART EXHIBITION

In one of our executive group meetings, we discussed the topic to focus on in our sixth season of Artistic Virtual Art Exhibition. One of our former volunteers, Sister Asqarini Hasbi, developed the idea of Mandala Art, a form of art that can be traced back to the fourth century in Tibet, India, Nepal, China, and Japan (Prismacolor, 2025).

It has a strong cultural, spiritual, and therapeutic significance. This was a great and open opportunity to explore other cultures and how they enrich the artistic world in the use of colours, shapes, and forms. Art is a universal method of expression and helps to bridge

gaps across diverse audiences from different cultures, creating a vibrant and engaging atmosphere.

A special thank you to Shama, Nusayhah, and Asqarini for promoting the Mandala Virtual Art Exhibition.



MANDALA

VIRTUAL ART EXHIBITION

Building on this collaborative spirit, you may wonder: What did the Art Exhibition entail?

From amazing art submissions with definitive descriptions by the participants to the inspiring storytelling of the history of Mandala Art, a social and emotional expression of Mandala art in the form of poetry, and symbolic definitions of colours. Additional family-friendly workshops and courses were incorporated, among other enhancements.



MANDALA

VIRTUAL ART EXHIBITION

About the Art Submissions

We had five submissions from budding artists who are from diverse countries worldwide, who were not originally from India or neighbouring countries. However, they wanted to explore and share their talent and respect for this form of art. How amazing!

They have challenged themselves to use art applying various tools: coloured pencils, paint, pottery, wood, and digital art.

Their artwork can be found on the exhibition homepage on <https://farahsaeed.org/mandala-art-exhibition/> and has received recognition for their participation.

Please follow their social network to find out more about their artwork!

MANDALA

VIRTUAL ART EXHIBITION

Participant One:
Asqarini
Country: Indonesia
Instagram:
@asqarini2015

Participant Two:
Ghada
Country: USA
Instagram:
@pyrographroom

Participant Five
Name: Hafsa
Country: UK
Instagram: N/A

Participant Four
Name: Nourhan
Country: USA
Instagram:
@nourhananwer91

Participant Three
Name: Hilma
Country: St Maartens,
Netherlands
Instagram: N/A

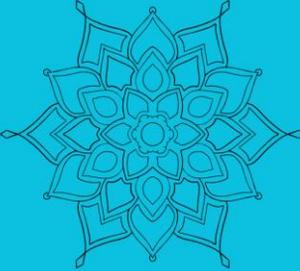


BLACK



*Recovery
 Unknown
 Mystery
 Deep Introspection*

BLUE



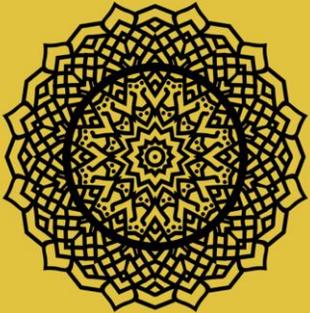
*Peace
 Trust
 Harmony
 Zen*

BROWN



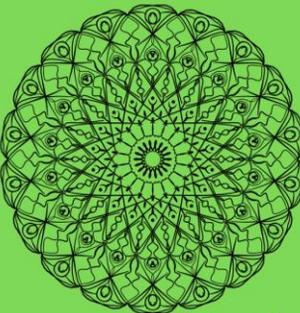
*Steadiness
 Warmth
 Resilience
 Stability*

GOLD



*Wisdom
 Enlightenment
 Spiritual Abundance*

GREEN



*Healing
 Nature
 Balance
 Growth*

ORANGE



*Friendship
 Creativity
 Curiosity
 Energy*

PINK



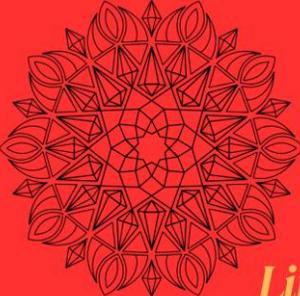
*Self-love
 Unconditional
 Compassion
 Nurturing*

PURPLE



*Dignity
 Justice
 Inspiration
 Nobility*

RED



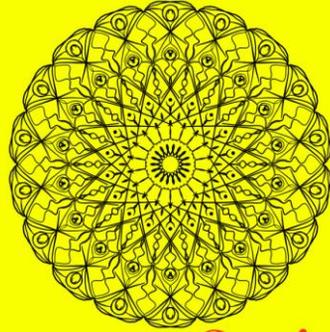
*Life
 Strength
 Passion
 Courage*

WHITE



*Kindness
Purity
Truth*

YELLOW



*Caution
Warmth
Brightness
Happiness*





Mandala Virtual Art Exhibition

SHORT SURVEY



THE RESULTS ARE OUT!

We conducted a brief public survey featuring 12 questions to collect feedback on the Mandala Virtual Art Exhibition and suggestions for improvement.

Some questions were closed questions that had selections of choices, whereas other questions were open to allow participants to express their viewpoints.

We are pleased to share the results with you. Special thanks to everyone who took a few moments to participate.

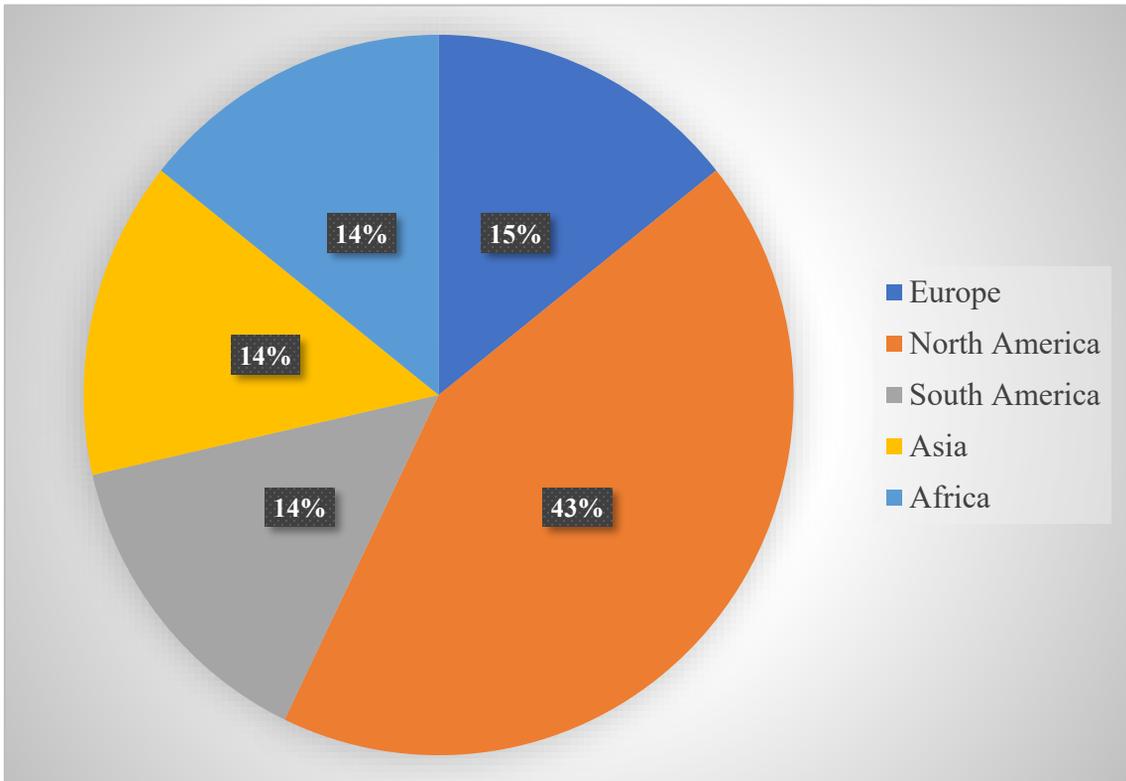
Location

Most participants were from North America, 43% (n=3). There was an equal percentage of participants from Europe, South America, Asia, and Africa (14%, n=1). Please see Figure 1. All participants have viewed the Mandala Art Exhibition (100%, n=7). This illustrates the diverse range of continents and how they access the virtual art exhibition.



THE RESULTS ARE OUT!

Figure 1: The Name of The Continents Where Participants Completed the Survey



However, as presented in Figure 2, most participants, 57.1% (n=4), did not visit our previous five Artistic virtual art exhibitions. There are 42.9% (n=3) who have visited the exhibitions before and reside in Europe, North America, Asia, and

Africa.

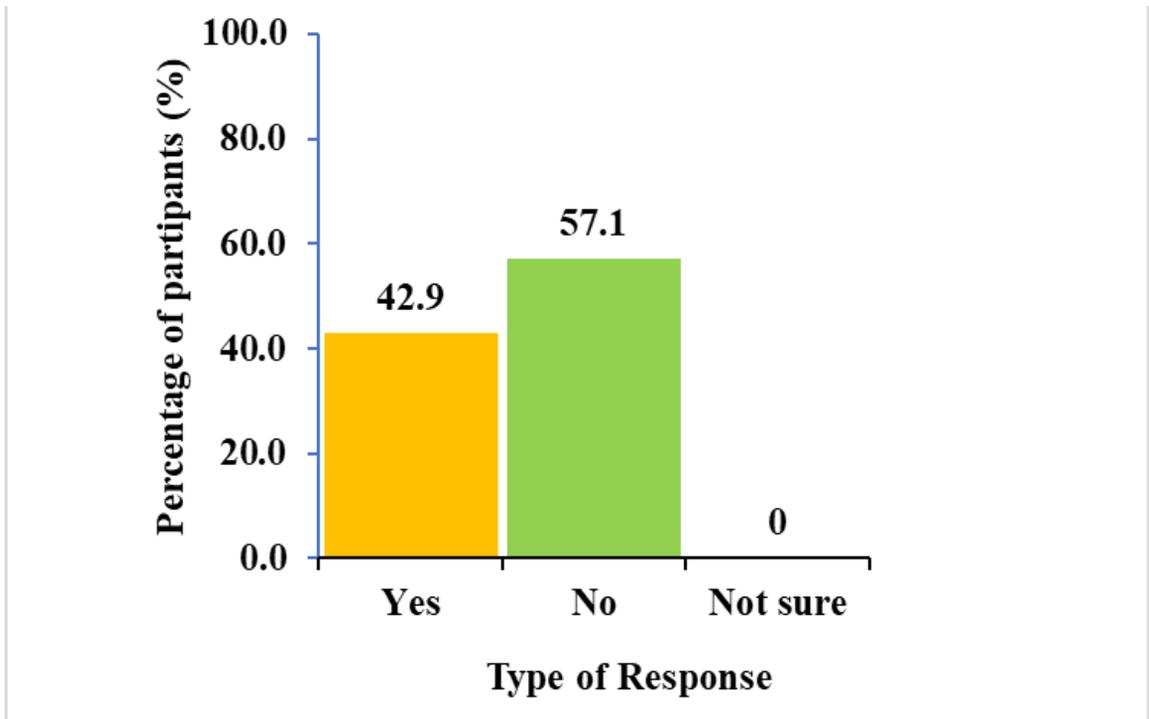
Alternatively, two participants, North America and South America, have visited the Artistic Virtual Art Exhibition for the first time. This signifies the immense effort our team



THE RESULTS ARE OUT!

has made to advertise the event this season and highlights areas of improvement.

Figure 2: The Percentage of Participants Who Visited Previous Artistic Virtual Exhibitions





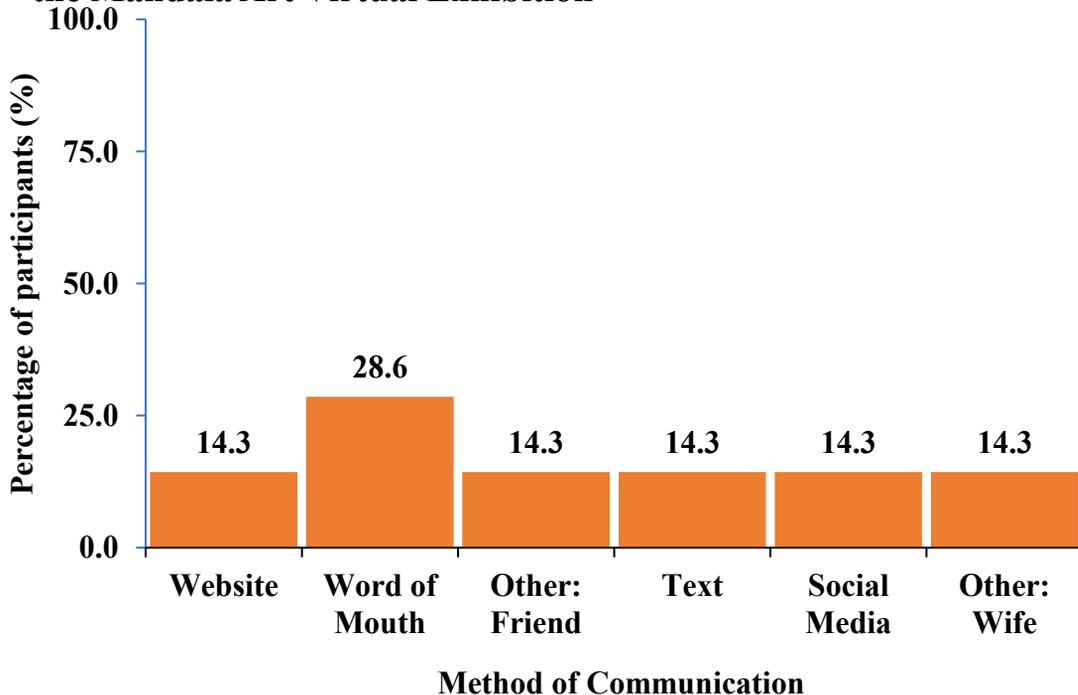
THE RESULTS ARE OUT!

Method of Communication

There is a varied response to how our participants have heard about the exhibition. Please see Figure 3. Our main method of advertising was through our website and social media. However, 14.3% (n=1) have selected website, social media, and text. Most participants heard about the exhibition

through word of mouth, 28.6% (n=2), and via personal relationships, mainly friends and spouses, 14.3% (n=1). Please see Figure 3 for a visual presentation of the result. This illustrates that there is a combination of supporters who are within our personal networks and online.

Figure 3: The methods of communication in how they came across the Mandala Art Virtual Exhibition





THE RESULTS ARE OUT!

Opinions of Accessibility, Communication and Understanding

We wanted to explore the opinions of what the public thought of the exhibition in four main avenues: focus of the theme, clarity, simplicity, and recommendation by applying defined Likert scale (opinion).

The focus of the theme was how relevant the information presented was linked to Mandala Art. There was an opinion scale from Not Relevant, Somewhat Relevant, Quite Relevant and Very Relevant.

The next avenue was on clarity. This refers to being able to understand the content using clear language. The opinion scale consisted of Not Clear, Somewhat Clear, Quite Clear and Very

Clear.

The third avenue was how simple was it to access the exhibition on our website. The opinion scale consists of Not Simple, Somewhat Simple, Quite Simple and Very Simple.

The recommendation had a scale that ranged from 1, Not at all likely to 10 extremely likely.

There were two participants (28.6%), who voted that the focus was very relevant, the information was very clear and accessibility was very simple. One participant was from Africa who gave a recommendation score of 10, whilst the other



THE RESULTS ARE OUT!

from Asia felt they would recommend and gave a score of 8.

Conversely, there was one participant, from Europe, 14.3% who felt the focus was very relevant but the information was quite clear and accessibility were quite simple with a recommendation score of 9. This is good news!

Furthermore, there was four participants who opted that the focus of the theme was quite relevant but the clarity and access to the virtual art exhibition had distinguishing varied responses. one participant (14.3%) thought the information was very clear and accessibility was very simple and resided in North America. They gave a recommendation score of 9.

Another participant felt the clarity of information was quite clear but was very simple. They also reside in North America and gave a recommendation score of 10.

On the contrary, one of the participants who thought the focus of the theme was quite relevant from South America, felt the information was quite clear and accessibility was quite simple. They gave the score of 8. The fourth participant gave a degree lower and felt the information was somewhat clear and accessibility was somewhat simple. The recommendation score was 7.



THE RESULTS ARE OUT!

Overall, all participants felt the four avenues, focus of the theme, clarity of the information and accessibility of the website was good. The average rating for recommendation was 8.71 where there was a simultaneous number of participants that votes 8, 9 and 10 (28.6%, n=2). The number of people who voted 7 was one (14.3%).

Opinions of Features of Exhibition

To explore the rationale behind their opinion score on the focus and clarity of the information. We asked the public which aspects of the exhibition they enjoyed the most and least. 57.1% (n=4) of participants enjoyed the art submissions the most. There was an equal number of participants (14.3%, n=1) who voted for Mandala quotes, information, and the colour

connotation panel. Please see Figure 4.

On the other hand, amongst the features of the exhibitions the participants enjoyed the least were adverts of other mandala art events and courses, where there were two people (28.6%).

The number of people who disliked the art submissions was one (14.3%), poetry, and mandala quotes. Two participants completed the other option, where one participant revealed people's minimal interactions, and the other liked everything.



Mandala Virtual Art Exhibition

SHORT SURVEY



THE RESULTS ARE OUT!

We then wanted to investigate whether culture or location was associated with where they resided. There were four participants who enjoyed the art submissions but had varied dislikes. One of those participants (14.3%) enjoyed the adverts of other Mandala events and courses the least and lived in North America. The participant from Europe disliked the minimal interactions. One participant from Asia disliked the mandala quotes. The participant from South America did not dislike anything.

One participant (14.3%) from North America enjoyed the information the most, but the events and courses the least. Another subject from North America (14.3%) liked the Mandala quotes but disliked the art

submissions. The submission from Africa (14.3%) liked the colour connotations but disliked the poetry.

Overall, the feature that was enjoyed the most by participants was art submissions, and the least enjoyable feature was Adverts of other Mandala events and courses.

Our next step was to research possible factors behind these reasons for art submissions being the most enjoyable feature of the virtual art exhibitions. It may be associated with the description of each artwork, the resolution of the images, and the enjoyment of the subject itself,



THE RESULTS ARE OUT!

whether as a hobby or as a professional outlook. Possible reasons participants liked the factual information include their interest in exploring new cultures and discovering previously unknown historical significance and facts about Mandala Art, which they found fascinating.

Amongst the limitations were the locations of the events. The participants who disliked it were mainly from North America, and only one of the events advertised took place there. Amongst the events advertised, mainly from the UK accounted for 62.5% (n=5), Portugal 12.5% (n=1), and online courses were 25% (n=2). Therefore, we need to ensure that, as a global virtual art exhibition, the events

advertised are equally distributed to different continents for inclusivity.

Furthermore, a possible reason why the participant may have disliked the art submissions may be associated with the area of improvement, where they have stated the following:

‘Please provide more details about your role and ensure that each individual is introduced with their specific job title in a high-quality presentation.’

This emphasises that, besides the description of each art piece, the visitor wanted to find out about the artist and their job title.



THE RESULTS ARE OUT!

Moreover, there was an equivalent number of participants who liked and disliked mandala art quotes (n=1). Upon analysing the reasons for such an outcome. Researchers like Drew (2022) suggested it may be associated with cultural appropriation. Mandala art holds cultural, spiritual, and meditative purposes. Therefore, the shapes and colours used hold great significance. Other researchers claim it is what people in the art world consider or define as creativity and constitutes art, and what is considered a craft.

Overall, at FST, we respect all cultures, and in the past, we have featured various cultures in our art exhibitions and magazines as a point of respect rather than any negative.





Mandala Virtual Art Exhibition

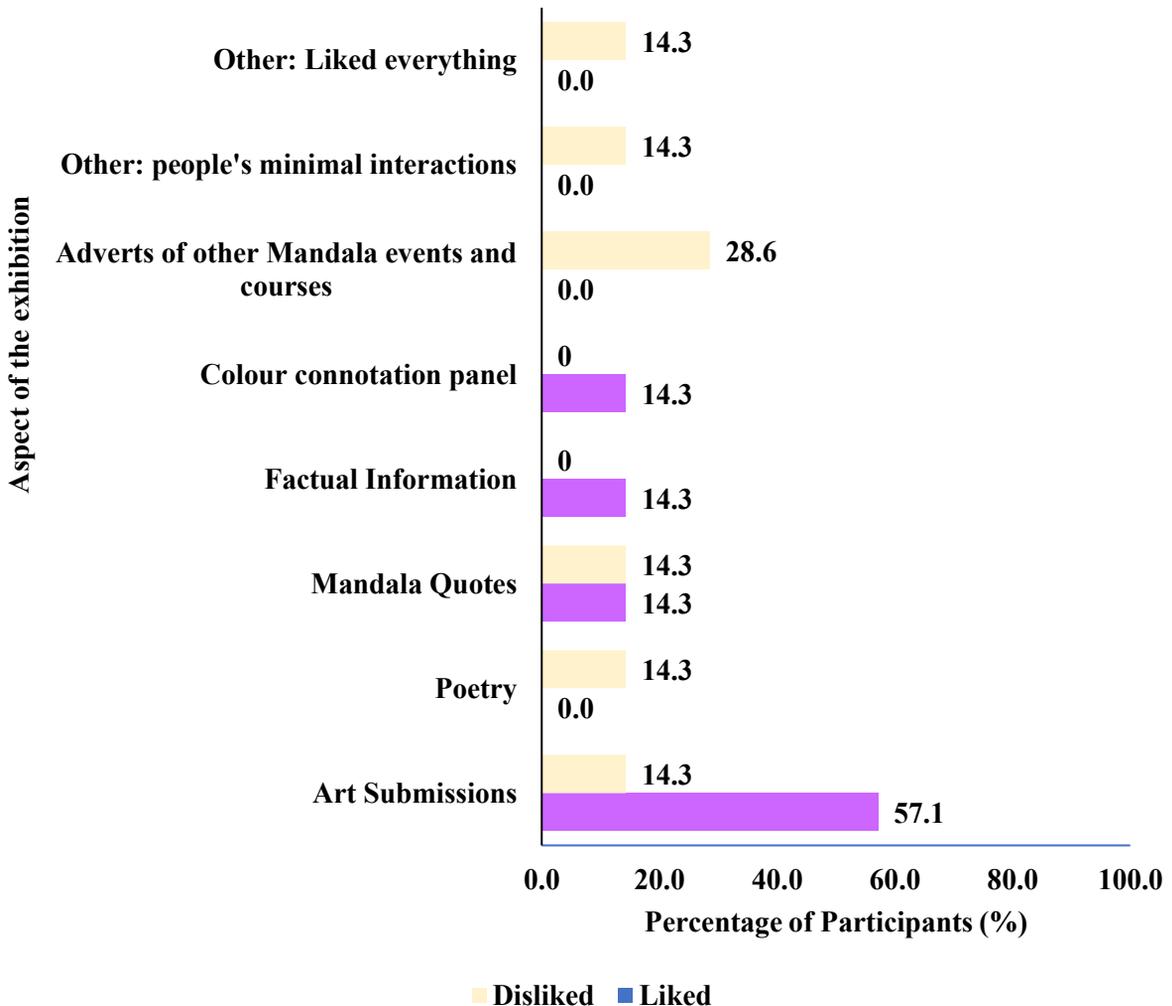
SHORT SURVEY



THE RESULTS ARE OUT!

misinterpretations. We are transparent with our moral principles, and we hope to explore other new cultures.

Figure 4: Participants' Opinions on Features of the Mandala Art Exhibition





THE RESULTS ARE OUT!

Areas of Improvement

Moreover, to obtain an insight into how we can improve, we asked the public for their suggestions. Please see Figure 5. Their open, expressive statements can be succinctly categorized into three defined categories: marketing, longer deadlines to increase submissions, and better introduction of participants on job title and role. 57.1% (n=4) of participants felt marketing was the key issue, where one participant asked for more professional artists to be invited.

Another participant acknowledged there was a marketing effort through the video ads and posters shared on social media. Additional measures

need to be placed to maximise the advertising.

Two participants (28.6%) suggested longer deadlines for submissions.

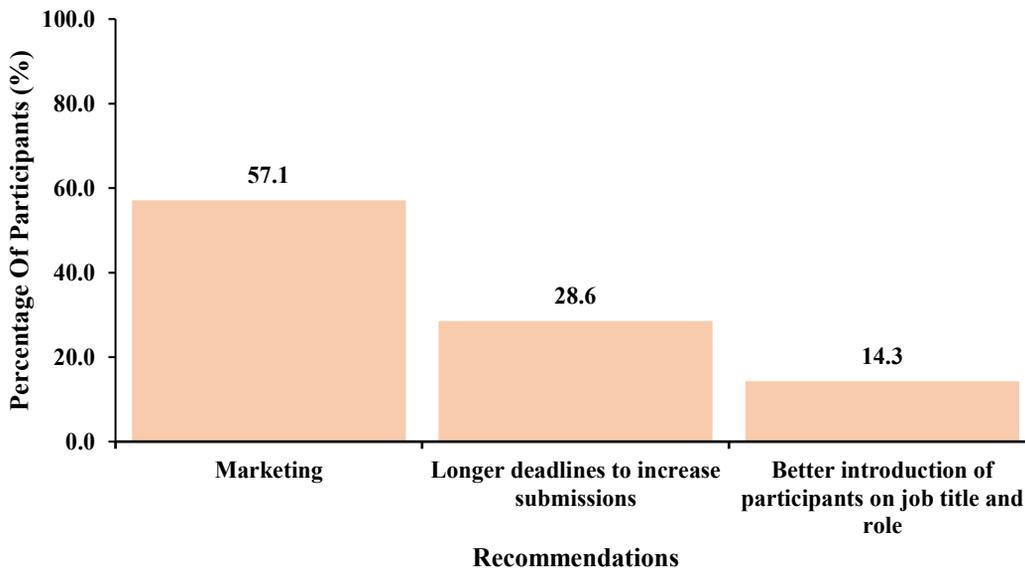
Upon investigating the matter, we advertised for submissions for a month. Therefore, we hope to extend this for future Artistic projects. One participant suggested a better introduction of participants on their job titles and roles. 14.3% (n=1). Therefore, we hope to present this better in future projects.





THE RESULTS ARE OUT!

Figure 5: The Areas of Improvement for the Artistic Mandala Art Exhibition



Future themes/ideas

There was no significant difference between what the participants wanted for their future theme. There is a clear indication that they have defined interest in the types of art: for example, other cultures like South America or Japanese (n=1),

Calligraphy, and Islamic art (n=1), Abstract, landscape, and patterns (n=1), Mental health awareness (n=1), Finding Oneself (n=1), and acrylic paintings (n=1). One participant suggested teamwork or collaboration. This may be either artists, art organisations,



THE RESULTS ARE OUT!

or art charities, to further maximise the success of our virtual art exhibitions.

Ultimately, we have great responses to our highlights and

areas of improvement, and we hope as a team to improve further.

Thank you to everyone for completing the survey!

References

Drew, C. (2022) *Are Mandalas Cultural Appropriation? (Tattoo and Art Use)* Available at: <https://helpfulprofessor.com/are-mandalas-cultural-appropriation/> (Accessed: 22nd October 2025)

Prismacolor (2025) *The History of Mandalas As Art*. Available at: <https://www.primacolor.com/blog?cid=history-mandalas-art> (Accessed: 1st May 2025)



WORLD DAY EVENTS CALENDAR



JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY
AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER		



For the first time ever, in the past 11 years, starting in September 2025, we tried to be more involved in embracing the love of culture, language, nature, health, art, relationships, skills, humanity, and other forms.

Each day, there is a special day for a particular cause, and some days have multiple

causes. Thus, we tried to partake in a few events per month that are close to our aims, objectives, and hobbies. This World Day Events Calendar will be reviewed every few years to ensure we give fair representation with other alternative and equally important causes.

WORLD DAY EVENTS CALENDAR

Month	Date of event	Name of event	Relevance to FST
JANUARY	1 st January	World Day of Peace	Art, Culture and Community
	4 th January	World Braille Day	Health and Education
	24 th January	International Day of Education	Health and Education
	26 th January	International Day of Clean Energy	Health and Education
FEBRUARY	1 st February	World Hijab Day	Faith. Art, Culture and Community
	4 th February	World Cancer Day	Health and Education
	11 th February	International Day of Women and Girls in Science	Health and Education
	21 st February	International Mother Language Day	Art, Culture and Community
MARCH	3 rd March	World Wildlife Day	Health and Education.
	8 th March	International Women's Day	Art, Culture and Community Art, Culture and Community
	20 th March	International Day of Happiness	Health and Education.
	21 st March	World Poetry Day	Art, Culture and Community Art, Culture and Community
APRIL	2 nd April	World Autism Awareness Day	Health and Education
	7 th April	World Health Day	Health and Education
	15 th April	World Art Day	Art, Culture and Community
MAY	2 nd May	World Tuna Day	Art, Culture and Community
	16 th May	World Bee Day	Art, Culture and Community
	21 st May	International Tea Day	Art, Culture and Community
	21 st May	World Meditation Day	Health and Education.

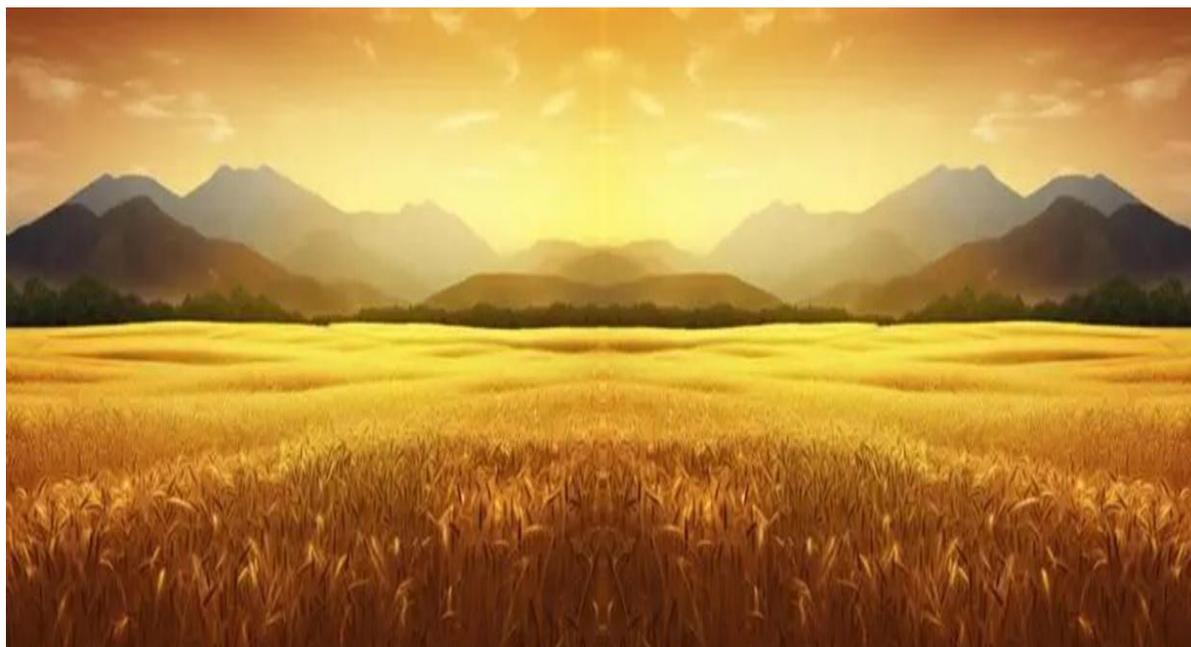


Month	Date of event	Name of event	Relevance to FST
JUNE	1 st June	Global Day of Parents	Faith.
	5 th June	World Environment Day	Art, Culture and Community Health and Education.
	20 th June	World Productivity Day	Art, Culture and Community Health and Education
JULY	3 rd July	International Plastic Bag-Free Day	Health and Education.
	12 th July	International Day of Hope	Art, Culture and Community Art, Culture and Community.
	15 th July	World Youth Skills Day	Faith Health and Education.
	30 th July	International Day of Friendship	Art, Culture and Community Art, Culture and Community.
AUGUST	12 August	International Youth Day	Art, Culture and Community.
	13 August	World Calligraphy Day	Art, Culture and Community.
	19 August	World Humanitarian Day	All
SEPTEMBER	5 th September	International Day of Charity	All
	8 th September	Farah passed away	
	24 th September	World Cancer Research Day	Health and Education
OCTOBER	5 th October	World Teachers' Day	Health and Education.
	7 th October	World Cotton Day	Art, Culture and Community Art, Culture and Community
	10 th October	World Mental Health Day	Health and Education



WORLD DAY EVENTS CALENDAR

Month	Date of event	Name of event	Relevance to FST
NOVEMBER	13 th November	World Kindness Day	All.
	21 st November	World Philosophy Day	All.
	29 th November	International Day of Solidarity with the Palestinian People	All.
	3 rd December	International Day of Persons with Disabilities	Health
DECEMBER	5 th December	International Volunteer Day	All.
	10 TH December	Human Rights Day	All.
	27 th December	Farah's Birthday	





Mercy On Sudan

Mercy on Sudan is our chosen theme for Artistic Season 7, with the aim of bringing together the Sudanese and non-Sudanese communities creatively and poetically during the Sudanese storm of blood.

The gravity of the catastrophic events that took place in Sudan in April 2023 has claimed its status as the ‘world’s largest humanitarian crisis’ by the United Nations (Booty, Chothia, and Chibelushi, 2025).

The Republic of Sudan, a North-Eastern African country where the River Nile flows through it gracefully from Egypt, is known for its hospitality and holds several UNESCO World Heritage Sites that are symbolic of the country’s cultural, religious heritage, and history (Adventure, 2025). Please see Figure 1.

Among them is Gebel Barkal, revered as the Sacred Mountain, pictured in Figure 2.

It is a 100-meter-high site that features temples, palace ruins, and tombs presenting Ancient Egyptian and Napatan cultures that thrived between 900 BCE and 350 CE.

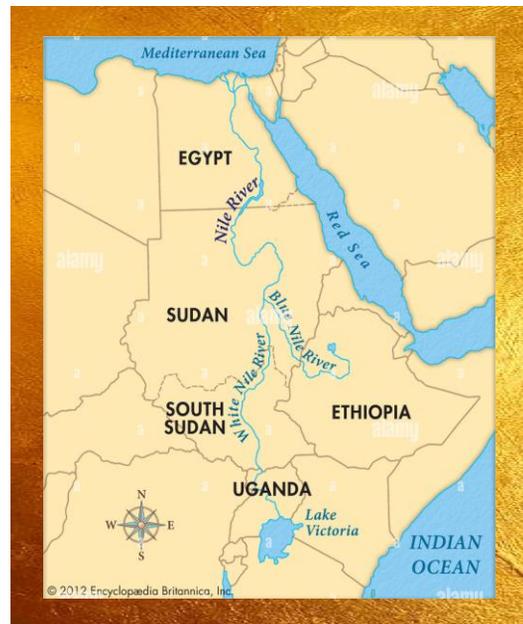


Figure 1: Map of the Nile

Mercy On Sudan



Figure 2: Gebel Barkal

Mercy On Sudan

Its natural sceneries consist of beautiful sandy deserts at the Pyramids of Meroe, to the breathtaking valleys and tropical forests, and the Sanganeb coral reef in the central Red Sea, which highlights Sudan's highly varied ecosystems and natural wealth of resources (Abed-Rabbo, 2020).

Sudan has now transitioned to a battlefield with escalating violence that knows no protection for the young nor respect for the old. No concern for the disabled or wounded (United Nations, 2025). The political climate is always changing from the division of the North and South to the current state.

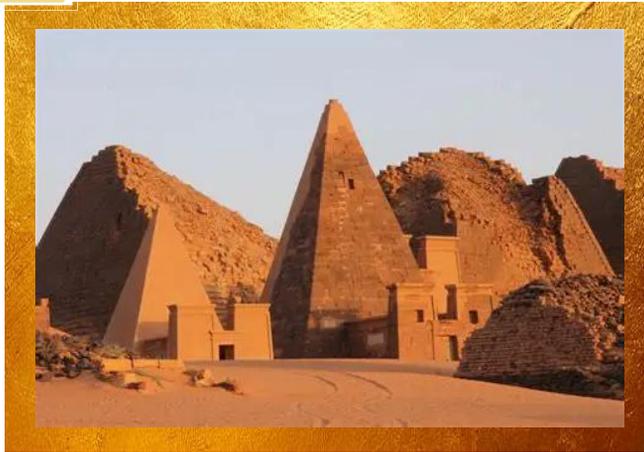


Figure 3: Pyramids of Meroe

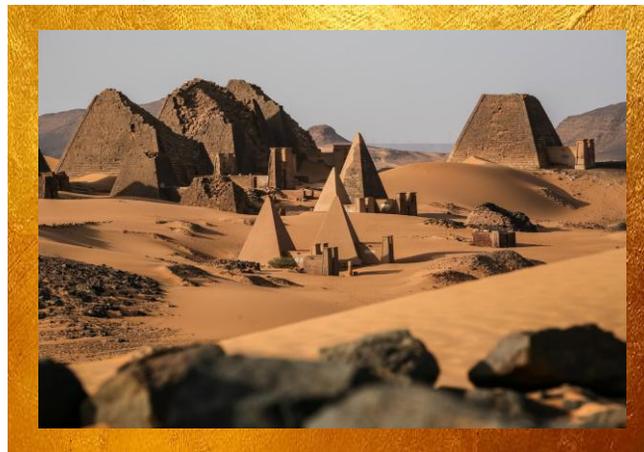


Figure 4: Pyramids of Meroe



Figure 5: Valley near Karima Town

Mercy On Sudan

How did it all arise?

A bitter introduction to the civil war initiated between the Sudanese national army and a paramilitary group, the Rapid Support Forces (RSF), which are both equally powerful in nature (Booty, Chothia, and Chibelushi, 2025; Mohdin and Ahmed, 2025). The RSF was formed in 2013, whose members originate from the Janjaweed ‘devils on horseback’ militia that fought rebels in Darfur, where they were accused of genocidal and ethnic cleansing of the non-Arab Black population (Booty, Chothia and Chibelushi, 2025; Sebouai, 2025).

simultaneous goal of ousting the former Sudanese President Omar Al-Bashir in 2019 when he came to power in a coup in 1989 (Booty, Chothia, and Chibelushi, 2025).

The people of Sudan wanted to become a democratic nation, but a joint military-civilian government was established after the second coup in October 2021.



Mercy On Sudan



General Abdel Fattah Al-Burhan was the head of the army and, by default, the new President of Sudan. The Deputy President was the RSF leader General Mohamed Hamdan Dagalo, otherwise referred to as Hemedti (Booty, Chothia, and Chibelushi, 2025).

However, their mutual agreement did not last long, as power and control grew in the eyes of both men in already powerful positions. They disagreed on the tactical plan of how Sudan should be ruled, and the dual coalition turned

Sudan into a land of blood and a self-destructing machine, where its people paid the ultimate price. The Sudanese armed forces (SAF) are backed by the Sudanese nation. This is common for citizens to support their national army.

Furthermore, Booty, Chothia, and Chibelushi (2025) reported that General Hemedti intervened in the Yemeni and Libyan conflicts. The RSF also controls some of Sudan's gold mines, where it allegedly smuggled tons of gold to the United Arab Emirates (UAE).

This has been a complete shock!

Mercy On Sudan

The UAE equally holds a reputation for its beautiful ecosystems for every nature lover, its rich intangible cultural heritage, folklore arts, futuristic cities, and a blend of worldwide cultures on its golden sands that have shaped the nation with a source of pride (Federal Geographic Information Center, 2025). Please see Figure 6 and 7

It has many archaeological sites of tombs, monuments, and other remains from sequential periods since the Neolithic era and is listed on the World Heritage of UNESCO (Federal Geographic Information Center, 2025).

Moreover, the United Nations experts have revealed that these allegations are credible where UAE sponsors the RSF to control Sudan's resources (Booty, Chothia, and Chibelushi, 2025).



Figure 6: Burj Khalifa

Mercy On Sudan

Amnesty International has also found weapons that were manufactured in the UAE, Yemen, Serbia, China, Russia, and Turkey (Booty, Chothia, and Chibelushi, 2025).



Figure 7: UAE at a glance

There were other allegations that the UK was also involved and had ended all arms shipments to the UAE to prevent any diversions (Booty, Chothia, and Chibelushi, 2025).

The RSF has continued its mass killings based on its ideology of ethnicity and other atrocities, particularly against the Massalit people and other non-Arab communities in El-Geneina city (United Nations, 2025; Booty, Chothia, and Chebelushi, 2025).



Mercy On Sudan

The RSF has further launched a fierce attack in North Darfur's capital El Fasher, and then intensifying progress to North, East, and South Darfur (Harris, 2025; Dabanga, 2025). There are ultimate concerns about the fate of 250,000 people in El-Fasher (Booty, Chothia, and Chebelushi, 2025).

On the contrary, the RSF has denied its involvement in the genocide committed in Darfur. Please see Figure 7.

Attempts to disconnect this bloodied conflict took place in Saudi Arabia and Bahrain, but without success (Booty, Chothia, and Chebelushi, 2025).

Another attempt took place, but the army is wary of whether the RSF will commit to apply the ceasefire ruling (Booty, Chothia, and Chebelushi, 2025).

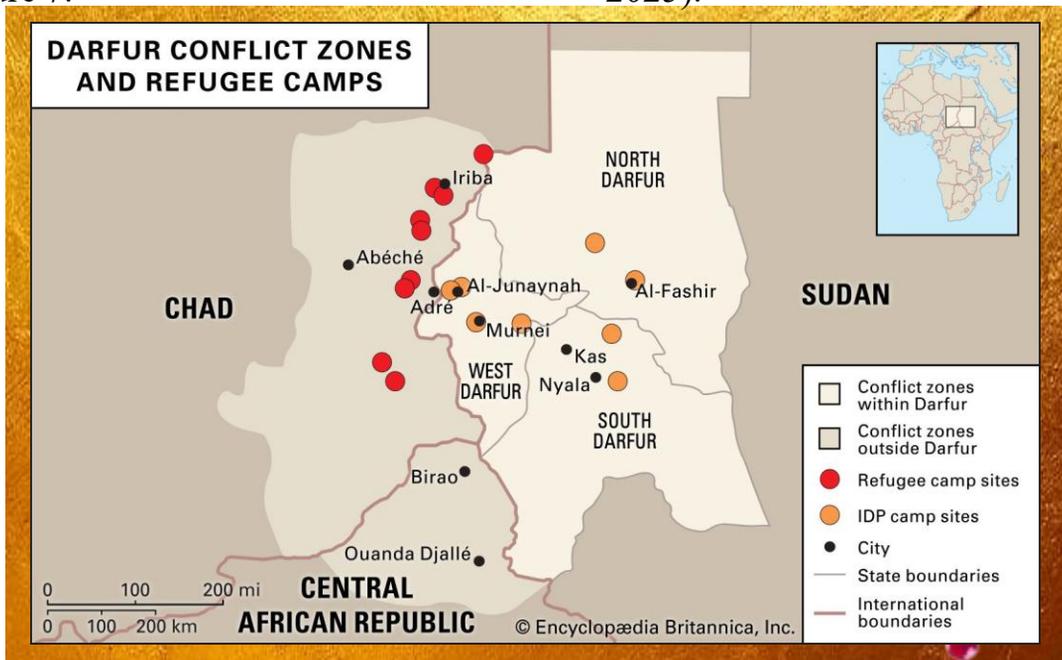


Figure 8: Map of Darfur

Mercy On Sudan



Amongst the consequences of their doings were

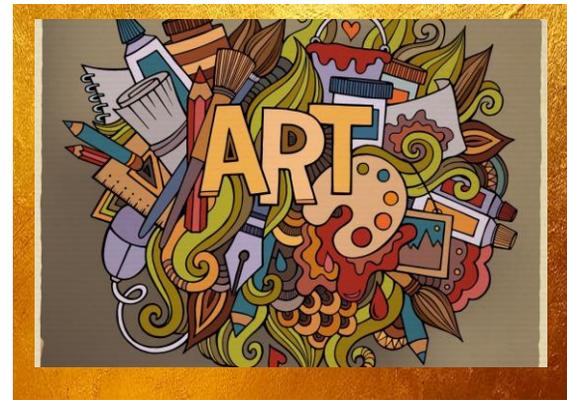
Famine	<p>The United Nations (2025) reported that people are unable to find food to eat and are currently surviving on peanut shells and animal feed.</p> <p>The RSF attempted to build an earthen wall to stop food supplies (Booty, Chothia, and Chebelushi, 2025).</p> <p>The World Food Programme reported that more than 24 million Sudanese people experience acute food insecurity.</p>
Mass Killings	<p>It is estimated that more than 150,000 people have been mutilated and killed without mercy in the Sudanese conflict (Booty, Chothia, and Chibelushi, 2025).</p>
Displacement	<p>More than 12 million have fled for their lives for a safer future (Booty, Chothia, and Chibelushi, 2025).</p> <p>Many families who escaped El-Fasher are arriving in Tawila, a town which is 50 km from El-Fasher. Others were unable or did not have the means to flee (United Nations, 2025).</p>
Sexual Violence	<p>UNICEF harrowed accounts of RSF raping and sexually assaulting children as young as one year old, claiming that many feared their dignity and committed suicide.</p> <p>Other reports from the United Nations revealed that women were racially and sexually assaulted (Booty, Chothia, and Chibelushi, 2025; United Nations, 2025).</p>
The collapse of hospitals and clinics	<p>All were destroyed by air strikes and artillery fire (Booty, Chothia, and Chibelushi, 2025).</p> <p>Nearly all of El-Fasher's 200 medical facilities were destroyed, where patients were inside.</p> <p>Al-Saudi hospital is the last functioning hospital that has been targeted more than 30 times (Sebouai, 2025).</p>
Governmental ministries, banks, and office blocks have been burned.	<p>Governmental ministries, banks, and office blocks have been burned to ash (Booty, Chothia, and Chebelushi, 2025)</p>
Mental Trauma	<p>Many civilians have recounted unimaginable horror after fleeing the city where they saw their loved ones killed, arrested, or forced to recruit into armed groups (United Nations, 2025).</p> <p>Many are still searching for their missing children (United Nations, 2025).</p>
Urban areas are at risk of abandoned ammunition, anti-vehicle, and anti-personnel mines	<p>This has been particularly noticeable in the capital of Khartoum and then shattering subsequent cities and towns in a domino manner with a quick blitzkrieg ongoing effect in Darfur (United Nations, 2025; International Crisis Group, 2024).</p>
Water contamination	<p>Tawila, a town 40 miles West, has the worst cholera outbreak (Sebouai, 2025).</p>
Airports and planes have been targeted	<p>Airports and planes have been targeted (Booty, Chothia and Chebelushi, 2025).</p>

Mercy On Sudan

Thus, how does Art come into play?

Art and prayer are the ultimate salvation for the Sudanese people whose land has turned into a graveyard where accounts of horror can be released into Art that serves as a catalyst for positive change. Healing. Inspiration. Bringing communities of Sudanese together. Bringing non-Sudanese communities to support their Sudanese brothers and sisters in humanity. Solace over anger. Hope over sadness. Resilience over giving up (Bennett, n.d.).

Poetry and all forms of art shed light on geopolitical narratives through the use of written and visual language and colour. It is a method of how we contribute and respond to global challenges creatively and empathetically for a meaningful and



Mercy On Sudan

sustainable future. For Sudan, just like Gaza and many other countries worldwide, it is a man-made crisis.

The Farah Saeed Team is pleased to collaborate with several Sudanese communities in an artistic manner for a unified message of peace through its several projects, *‘Art Behind The Lens’* and *‘Mercy On Sudan’*.

We will also provide a brief overview of Sudan crisis starting on the 6th December 2025 titled *‘Unfolding The Story Of The Sudanese Massacre.’*

We cannot wait for you to all be involved!



**“Poetry is the
rhythmical
Creation of
beauty in words”**

Edgar Allan Poe

Mercy On Sudan



The crisis erupted in April 2023 with clashes between

SAF

Sudanese Armed Forces

&

RSF

Rapid Support Forces

11.8M

Forcibly displaced

7.3M

NEW internally displaced persons

4.2M

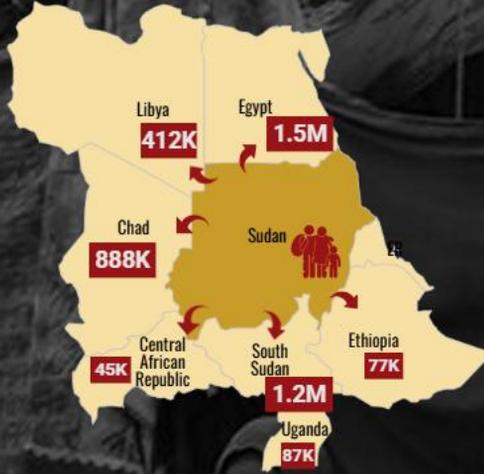
Refugees, Asylum Seekers, Returnees

SUDAN

SITUATION IN

Population movements from Sudan

Data as of 10 November 2025



Acute Food Insecurity

19.2M

Sudanese face **acute hunger** between October 2025 and January 2026

207K

People currently face **catastrophic** food insecurity

2025 Sudan Humanitarian Needs and Response Plan

\$4.2B

Required, with \$3B urgently required to meet reprioritized needs

30.4M

People in need

20.9M

People targeted

Humanitarian Response in 2025

from January to September 2025

10.9M

People received food assistance

4.1M

People received health support

15.1M

People received at least one form of humanitarian assistance

0.8M

People received nutrition support

©2025 Sudan HNRP
[1]: IPC Phase 3+
[2]: IPC Phase 5
Photo © UNICEF
Source: UNHCR, IOM/34A

Mercy On Sudan



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Mercy On Sudan

2026





Instagram Inspiration 2026

 | Instagram @thefarahsaeedtrustofficial

2026 Instagram Inspiration

(This is subject to change during our main projects)

Monday and Tuesdays **Boosting Health**

Wednesdays **FST Fact Of The Week**

Thursday **Team Talents**

Friday **Faith Talks and Walks**

**Saturday and
Sundays** **Artistic Weekends**





Instagram Inspiration 2026

The FST team is thrilled to announce a BRAND NEW schedule for Instagram Inspiration. Posts will be shared to Cancer Health on Mondays and Tuesdays, feature Islamic-oriented inspiration on Fridays, and offer Artistic content on weekends.

We have introduced new initiatives with an interest in exploring, learning, and sharing new facts about the world and people around us every Wednesday. This could be about nature, culture, history, geography, technology, and not limited to other

subjects.

There are a lot of interesting things to learn about. This will further elevate our global understanding, foster mutual respect, and appreciate diversity for a more connected and compassionate world.

As for Thursday, our aim is to share talents within our team. Many key members have a range of initiatives and talents beyond FST.



Instagram Inspiration

2026

To support their independent causes, we aim to share posts from their social media pages. At FST, we care not only about our team's successes but also about their individual successes and building their confidence.

It is important that everyone feels supported both within and beyond FST.

Stay Tuned!





4th February

SHOCK • STRENGTH • LOVE • DESPAIR • HOPE • GRIEF • COURAGE • PAIN • RESILIENCE • ANGER

**UNITED IN OUR GOALS,
UNIQUE IN OUR NEEDS.**

**HAPPY WORLD
CANCER DAY!**

● SHARE YOUR STORY
WORLD Cancer DAY.ORG



World Cancer Day
4 February

UNITED BY UNIQUE®

Free

What's Planned By FST
For World Cancer Day?

United By Unique Puzzle Book
Word searches and Crosswords suitable for all
differentiation needs

04 02 Adult Colouring Book
Four Hand-Drawn Unique Colouring Images Alongside Poetry To Support
Cancer Patients, Families, Friends and Healthcare Professionals

Ihsas Arabic Calligraphy
Learn the different emotional words designed in Arabic
Calligraphy And Be Able To Pronounce The Phrases.

Get Inspired!
Get Creative
And A Lot Of Fun!
farahsaeed.org

● SHARE YOUR STORY
WORLDNCANCERDAY.ORG



World
Cancer Day
4 February

UNITED
BY
UNIQUE*



*Artistic 2026
Project*



@thefarahaheedtrustofficial



When Will Sudan Smile Again?

POETRY SUBMISSIONS ARE WELCOME WORLDWIDE

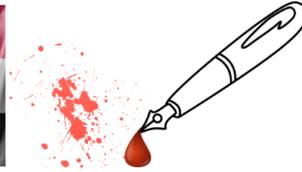
Submission Deadline Saturday 28th February 2026

thefarahaheedtrust@hotmail.com





@thefarahsaeedtrustofficial



Advantages of Participating in the Mercy of Sudan Art

1. A chance to showcase and feature in a virtual poetry anthology about the beautiful country of Sudan and to give hope to them.
2. Certificate of Participation.
3. Open to all faiths, races and ages.

Poetry Guidelines

- No more than one side of A4 page.
- Any Poetic language style.
- It should not contain any offensive language or swearing.
- An option to include a small biography about you no more than 30 words.
- Each submission must be done individually.

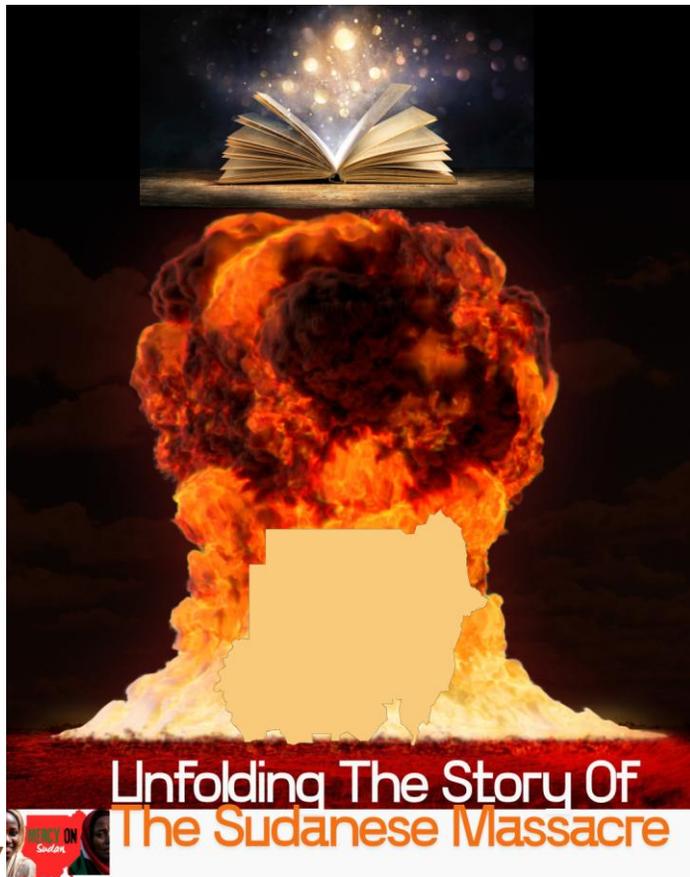
POETRY SUBMISSIONS ARE WELCOME WORLDWIDE

Deadline Saturday 28th February 2026 thefarahsaeedtrust@hotmail.com





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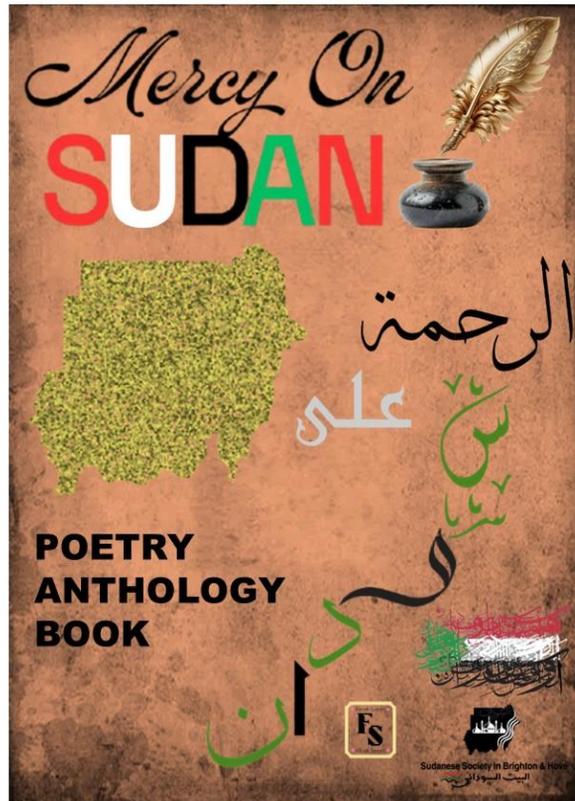
ART
Behind The
Lens

A series of Poetic lines
portraying the mass
effects of the Sudanese
Massacre

Business Society in Brighton & Hove
الجمعية السودانية
Business Society in Brighton & Hove
الجمعية السودانية



@thefarahsaeedtrustofficial



**A Chance To Feature In The
Sudanese
Poetry Anthology Book!**

Ramadan 2026

Farah Ramadan Magazine
Issue 12
Ramadan 1447AH
February 2026



FARAH PROPHETIC STEPS

**HOW DID THE PROPHET
AND HIS COMPANIONS
(SAHABAH) PERFORM IN
RAMADAN?**

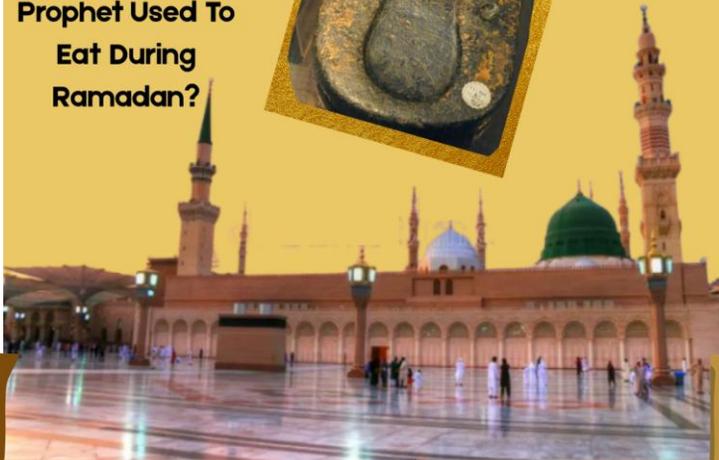


**What Is The
Sunnah?**

**What Did The
Prophet Used To
Eat During
Ramadan?**



**Ramadan
Dua Jigsaw**



Ramadan 2026

Ramadan 1447AH coming to you!

Be ready to be inspired with beneficial reminders on how the Prophet and his companions made the most of Ramadan.

There are fun-filled family puzzles to enjoy. This is suitable for those who are interested in knowing why Muslims do what they do and to strengthen the current understanding of everyday Muslims of all levels of faith, whether you are just starting to practice or already practicing.

Welcome to Farah Ramadan Magazine Issue 12!



We are also working on building the Health section at FST, bigger and better than our previous website, especially cancer awareness months, with strong, informative details from our comprehensive backgrounds and reputable sources.

Watch this space!





Annual E-Newsletter

January 2025 to December 2025