

Blessed Summit 2020:



## Mental Health & Islamic Solutions

### Friday 17<sup>th</sup> July Evening Programme

17:30	<b>Jummah</b>	
19:30	<b>Pagri Changing</b>	Mizhaar Shareef
20:45	<b>Asr</b>	
21:20	<b>Maghrib Prayer</b>	
21.30	<b>Quran Recitation</b> <b>Naat Recitation</b>	
21.45	<b>Causes of Mental Health Issues Globally</b>	Dr Abid Iqbal
22.25	<b>Stress, Anxiety and Depression</b>	Professor Shahid Ali
22.45	<b>How Traumatic Events Shape Our Lives</b>	Dr Saira Awan
23.10	<b>The Elderly &amp; Mental Health</b>	Dr Samina Khalil
23.30	<b>Spirituality and Mental Illness</b>	Shaykh Tauqir Ishaq
00.00	<b>Dhikr Shareef</b>	

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**Saturday 18<sup>th</sup> July Afternoon Programme**

13.30	<b>Quran Recitation</b> <b>Naat Recitation</b>	
13.50	<b>Men's Mental Health</b>	Dr Ghizali Shaikh
14.15	<b>Women's Mental Health</b>	Dr Munnaza Ali
14.40	<i>NAAT RECITATION</i>	
14.45	<b>Addictions and Overcoming Addictive Behaviour</b>	Dr Mohammed Mohbeen
15.05	<b>Developing a Healthier relationship with Food and the Islamic Perspective</b>	Brother Omar Shah
15.20	<i>NAAT RECITATION</i>	
15.25	<b>How Mental Health Impacts Our Physical Health</b>	Dr Jalil Ahmed
15.50	<b>Addressing Myths and Taboos Around Mental Health</b>	Dr Saiqah Azad
16.10	<i>NAAT RECITATION</i>	
16.15	<b>Dangers of Unresolved Mental Health Issues</b>	Dr Safwan Tayyab
16.40	<b>The Role of a Strong Community in Improving Mental Health</b>	Sister Ammarah Hannan
	<b>CLOSE FOR BREAK</b>	

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**Saturday 18<sup>th</sup> July Evening Programme**

19.00	<b>Quran Recitation Naat Recitation</b>	
19.15	<b>Family Kahoot Session</b>	Hijazi STARs
19.45	<b>The Effects of Social Media on Mental Health</b>	Brother Burhaan Siddiqi
20.05	<b>Dealing with Grief and Bereavement</b>	Maulana Zafar Siddique
20.30	<i>NAAT RECITATION</i>	
20.40	<b>Current Treatments for Mental Health</b>	Dr Nabeela Siddiqi
21.00	<b>Key Tenants of Sunni Faith</b>	Hazrat Allama Maulana Tawwab Siddiqi (RA)
21.10	<b>Islamic Mindfulness, Thankfulness and Meditation</b>	Maulana Asim Awan
21.30	<b>Maghrib Prayer</b>	
21.45	<b>Dhikr Shareef</b>	

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**Sunday 19<sup>th</sup> July**



12.30	<b>Quran Recitation</b>	
12.40	<b>Naat Recitation</b>	
12.45	<b>Introduction</b>	Mohammad Haroon
12.50	<b>Interview: Mental Health in Communities: Building Bridges</b>	Dr Rosena Allin-Khan MP
13.20	<b>KEYNOTE: Challenges in Providing Mental Health Care</b>	Neil Carr OBE
13.50	<b>Young People, Students, Stress, &amp; Mental Health</b>	Sister Najeeha Al Azkah Siddiqi
14.00	<b>Flute – Spiritual Music</b>	Haji Annes Fatehmahomed
14.05	<b>Dhuhr Prayer</b>	
14.20	<b>KEYNOTE: Mental Health in Europe</b>	Dr Rene Keet
14.50	<b>How an Islamic Routine Nurtures Mental Well-being</b>	Maulana Mohammed Shabaz
15.00	<i>NAAT RECITATION</i>	
15.10	<b>Islam and Mental Health</b>	Dr Asim Yusuf
16.50	<b>Tackling Mental Health in Muslim Communities</b>	Shaykh Noorul Aqtab Siddiqi
17.20	<i>NAAT RECITATION</i>	
17.30	<b>Reflections on Mental Health in Islam</b>	Shaykh Zainul Aqtab Siddiqi
18:00	<b>Keynote Speech: Islamic Solutions for Mental Health</b>	Shaykh e Tareeqat Allama Faizul Aqtab Siddiqi Saheb
18.40	<b>Dhikr Shareef</b>	Shaykh e Tareeqat
19.30	<b>Closing Prayer (Final Dua)</b>	Shaykh e Tareeqat