

Mosque Etiquette



PHOTO: DARSHAN CHAKMA

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The mosque is where your demeanour *has* to be at its best. These are the few basic things you have to keep in mind when you're in a mosque.

Turn off your phone/ keep it in silent mode: Nothing is more infuriating than your "Hearts Burst into Fire" ringtone echoing through the mosque. Yes, we all know that, yet there's at least one case every Jamaat. So make sure you recheck your phone before you are entering the mosque.

Pull your pants up: Have you wondered why you feel a cool breeze on your back every time you bow down? Well, the guy behind you knows why. Trust me, it is not a pretty sight. So, do him a favour and pull

your pants up, or at least wear panjabi/ longer shirts.

Don't block the stairways: It is understandable that you're too lazy to pull yourself up the stairways to another floor but surprisingly enough there are people in this world who aren't. So, don't hog up the stairways and leave space for other people to go up. And if there isn't enough space in the mosque, wait till the last moment before you stand on the stairs to pray.

Calling people ahead: When you see an empty space in front of you, go fill it up instead of calling the guy standing three rows behind. It'll save time and trouble. It's natural for you to be unwilling to leave your perfect spot under the fan. In that case, just shut up, look down and carefully avoid the stare of the guy in front of you.

But, of course, the latter is not advisable.

Don't gossip: Mosques are usually silent. So your soft whispers and muffled laughter bother more people than you think. Save that joke you *have* to tell your friend for when you're out of the mosque.

Don't leave during Munajat: Unless it's an absolute emergency, do not leave during the Munajat. It's simple courtesy. Just because you were the last one to arrive, you don't have to be the first one to leave.

Don't headbutt: You know how tall you are. So make sure there's enough space between you and the guy right in front so that you don't headbutt him during Ruku. Trust me, it creeps people out.

Don't be the guy who everyone is cursing in their minds but can't say anything just because they are in a mosque.



Is Your Body READY?

What do you want?

There are four main things people can aim for when they start working out.

- 1. Size/Mass:** For big muscles, use moderate to heavy weights with slow repetitions.
- 2. Definition:** For a lean but well-toned body, do many repetitions using light weights.
- 3. Strength:** To gain power, use heavy weights (close to your maximum) and go for less repetitions but with explosive movement.
- 4. Endurance/Stamina:** One word – cardio. I would recommend swimming. Just keep swimming, swimming, swimming...

This isn't a one-or-the-other thing. You can have a mix of any two, or you can have all. It's better to aim for one of them first than try everything (like most beginners do) and get frustrated when not seeing results. It doesn't come easy. Not *one* of those things come easy, and that's why it's admirable. Not just because you look good but because you worked hard for it.

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