

WEEK 3: MINDFUL LIVING

As the days move faster and Eid-related content fills screens and storefronts alike, this week invites conscious disengagement from constant stimulation. Endless scrolling, impulse buying, and comparison can quietly drain spiritual focus. This is a good time



Remember that a sincere smile is also an act of charity.

Day 17 – Ease the sugar

Reduce sugar in drinks and desserts. Share useful knowledge or advice kindly with someone who needs it.

Day 18 – Screen break

Step away from screens earlier at night. Practice listening patiently without interrupting others.

Day 19 – Gentle stretching

Do light stretching or walking before sehri. Offer water or snacks to workers you encounter.

Day 20 – Light iftar, clear mind

Keep iftar simple to improve focus during taraweeh. Reflect deeply on one Qur'anic verse.

Day 21 – Enter the last ten

Adjust your schedule for late-night prayers. Seek Laylatul Qadr on odd nights with sincerity.



to shop only with intention, reduce digital noise, and redirect attention inward as the most sacred nights approach. The focus now shifts to awareness, kindness, and preparation for the last ten days.

Day 15 – Waste less

Be mindful of portions and avoid food waste at iftar. Appreciate every bite.

Day 16 – Digest and smile

Choose fruits after meals for digestion.



WEEK 4: REFLECTION & CONTINUITY



The final days often arrive with a rush — last-minute shopping, tailoring deadlines, travel plans, and social expectations. While preparation for Eid is necessary and joyful, this week is a reminder not to let consumption overpower contemplation. Keep celebrations modest, hearts attentive, and intentions anchored in gratitude.

Day 22 – Plan rest

Schedule short rest periods during the day. Walk away from anger whenever it arises.

Day 23 – Simplify further

Keep meals minimal to conserve energy. Help someone financially if

you are able.

Day 24 – Stillness

Spend extra time in quiet reflection or prayer. Make heartfelt du'a for those facing hardship.

Day 25 – Organised giving

Finalise zakat or charity distribution plans. Thank someone whose efforts often go unnoticed.

Day 26 – Digital detox

Limit social media after iftar. Try to avoid complaining throughout the day.

Day 27 – Rest for the night

Prioritise rest before long night prayers. Gently wake or remind someone for sehri or prayer.

Day 28 – Carry it forward

Reflect on habits you want to keep after Ramadan. Seek forgiveness from someone you may have hurt.

Day 29 – A modest Eid

Plan a simple, thoughtful Eid celebration. Pray for acceptance of all your efforts this month.

Day 30 – Beyond Ramadan

Reset your routine gently for life after Ramadan. Commit to carrying at least one Ramadan habit forward.

Compiled by Mannan Mashhur Zarif
Photo: Collected and LS Archive

KOHINOOR
CHEMICAL



এক্সপার্ট
ডিশওয়াশ
বার | লিকুইড | পাউডার

Ordinary Dishwash বার-বার
Xpert Just একবার



* শুধুমাত্র এক্সপার্ট ডিশওয়াশ লিকুইড ৫০০ মিঃ লিঃ এর সাথে ২পিস ৭৫ গ্রাম এক্সপার্ট বার ফ্রী!