



# Ramadan Planner

## **“I CAN DO IT”**

### 2023 (1444 Hijrah)

# PRE-RAMADAN PREPARATION

As usual, we should prepare our Ramadan before its starts. Our predecessors have started their preparation to receive the month of Ramadan 6 months before its arrival. It is time for us to start now (better late than never).

## What should we do before the coming of Ramadan?

Ask for repentance with a sincere heart

Make a lot of dua, for example:  
“O Allah, keep me safe until Ramadan, keep Ramadan safe for me, and accept it from me.” (Not a hadith)

Seek knowledge about Ramadan

Hastening to complete tasks that may distract us from the act of worship during Ramadaan.

Reading Quran regularly every day

Make up all missed fasting days

Fast in the month of Shaaban

# Virtues of the month of Rajab

No Saheeh hadeeth speaks of the virtues of Rajab except that it is one of the sacred months. The Sacred months have a special status, which also applies to Rajab.

Allah says (interpretation of the meaning):

*"O you who believe! Violate not the sanctity of the Symbols of Allah, nor of the Sacred Month..."*

[al-Maa'idah 5:2]

## Forbidden during the month of Rajab:

To initiate a fight during the sacred months is forbidden except in a case of self-defense.

Allah says (interpretation of the meaning):

*"They ask you concerning fighting in the sacred months. Say: fighting therein is a great (transgression)..."*

[al-Baqarah 2:217]

## In Rajab, there is no...



- Specific slaughtering as a kind of sacrifice for the month of Rajab
- Specific fasting except what has been prescribed in other months
- Specific Umrah in Rajab
- Specific Qiyaam al-Layl for the month of Rajab



# Virtues of the month of Shaaban

**Abu Salamah said:** “I asked ‘Aa’ishah (may Allaah be pleased with her) about the fasting of the Messenger of Allaah (peace and blessings of Allaah be upon him), and she said:

‘He used to fast until we thought that he would always fast, then he would not fast until we thought that he would always not fast, but I never saw him fast in any month more than he fasted in Sha’baan. He used to fast all of Sha’baan, and he used to fast all of Sha’baan apart from a few days.’”.

Narrated by Muslim (1156)

**Usaamah ibn Zayd said:** “I said, ‘O Messenger of Allaah, I do not see you fasting in any month more than in Sha’baan.’ He said, ‘That is a month concerning which many people are heedless, between Rajab and Ramadaan. It is the month in which people’s deeds are taken up to the Lord of the Worlds, and I would like my deeds to be taken up whilst I am fasting.’”

Narrated by al-Nasaa’i and Abu Dawood, and classed as saheeh by Ibn Khuzaymah, Classed as hasan by al-Albaani in Saheeh al-Nasaa’i, 2221.



# Pre Ramadan planner

## 1. Sincere repentance.

It was narrated from al-Agharr ibn Yasar (may Allaah be pleased with him) that the Prophet Muhammad (peace and blessings of Allah be upon him) said: **"O people, repent to Allaah, for I repent to Him one hundred times each day."**

(Narrated by Muslim (2702))

## 2. Make much dua.

Al-Haafiz Ibn Rajab (may Allah have mercy on him) said: Ma'alla ibn al-Fadl said: They used to pray to Allah for six months, may He be exalted, asking Him to cause them to reach Ramadhan, and they used to call upon Him for six months asking Him to accept it from them. Yahya ibn Abi Katheer said: One of their duas was: **"O Allah, keep me safe until Ramadhan, keep Ramadhan safe for me, and accept it from me."**

Lataa'if al-Ma'aarif (p. 148)

**3. Hastening to complete tasks** that may distract us from the act of worship during Ramadhan.: **List down the things to be completed before the coming of Ramadan:**

No	Task to be completed	Tick if done

# Pre Ramadan planner

## 4. Seek knowledge about Ramadan.

Reading one or two books related to Ramadan helps to develop motivation and strengthen our understanding.

## 5. Make up all missed fasting days.

Abu Salamah said: I heard 'Aishah (may Allah be pleased with her) say: I would owe fasts from the previous Ramadan, and I would not be able to make them up except in Shabaan.

*Narrated by al-Bukhaari (1849) and Muslim (1146).*

## 6. Reading Quran regularly every day,

for example, 1 page after every prayer or completing the Quran from where your last stop before Ramadan is. **When Shabaan began, 'Amr ibn Qays would close his shop and free his time for reading Qur'an.**

## 7. Fast in the month of Shaaban

'Aishah (may Allah be pleased with her) said:

Prophet Muhammad (peace and blessings of Allah be upon him) used to fast until we said: He would not break his fast, and he used not to fast until we said: He would not fast. And I never saw the Messenger of Allah (peace and blessings of Allah be upon him) complete a month of fasting except for Ramadan, and I never saw him fast more in any month than in Shabaan.

*Narrated by al-Bukhaari (1868) and Muslim (1156).*

## List of books that I want to finish before Ramadan

Write your Pre  
Ramadan Quran  
Reading plan here.  
1 page a day?

Pre Ramadan Fasting  
How many days?  
Monday & Thursday?  
3 days in each month

Write your pre  
Ramadan Dua here

# The Virtues of **Ramadan**

“The month of Ramadan which was revealed the Quran, a guidance for mankind and clear proofs for the guidance and the criterion (between right and wrong). So whoever of you sights (the crescent on the first night of) the month (of Ramadhan), he must observe fasts that month....”  
[al-Baqarah 2:185]

Abu Hurayrah said that Prophet Muhammad (peace and blessings of Allah be upon him) said: “When Ramadan comes, the gates of Paradise are opened, and the gates of Hell are closed, and the devils are chained up.”  
(al-Bukhaari, 1898; Muslim, 1079)

# The Virtues of **Fasting in Ramadan**

Prophet Muhammad (peace and blessings of Allah be upon him) said: “Whoever fasts Ramadan out of faith and in the hope of reward, his previous sins will be forgiven.”  
(al-Bukhaari, 2014; Muslim, 760)



Ramadan is a month of the Quran. When we mention Ramadan, the Quran is always the first thing that comes to mind. Let us take this opportunity to strengthen our relationship with the Quran by increasing our reading, memorizing, implementing, understanding, and delivering the Quran's knowledge in this blessed month. Could we please start now? Let us plan now.

# Ramadan 2023 **Al Quran** **Reading Journey**

It was narrated that 'Aa'ishah said: The Messenger of Allah (blessings and peace of Allah be upon him) said: "The one who is skilled in reciting Quran will be with the noble, obedient scribes, and the one who recites Quran and falters therein, and finds it difficult, will have a double reward."

*Narrated by Muslim (798)*

**Suggestions  
for Ramadan  
2023 **Al Quran**  
reading:  
1 juz = 20  
pages**

The ability to read Al Quran differs from one person to the other. You can read to your ability. Remember that reading Quran is not a competition, and we are encouraged to read at our own pace and ability; we can read 1, 5, or 10 pages or a juz a day. Quran reading can even be started earlier, before Ramadan. If we decide to aim for the whole Quran this Ramadan, InsyaAllah, we can complete the whole of the Quran in 1 month if we practice as below:

- ☑ **Fajr** prayer 4 pages
- ☑ **Zuhr** prayer 4 pages
- ☑ **Asr** prayer 4 pages
- ☑ **Maghrib** prayer 4 pages
- ☑ **Isha** prayer 4 pages



# Ramadan 2023 **Al Quran** **Reading Journey**

Pace yourself (write the completed date)

Juz1 Date	Juz2 Date	Juz3 Date	Juz4 Date
Juz5 Date	Juz6 Date	Juz7 Date	Juz8 Date
Juz9 Date	Juz10 Date	Juz11 Date	Juz12 Date
Juz13 Date	Juz14 Date	Juz15 Date	Juz16 Date
Juz17 Date	Juz18 Date	Juz19 Date	Juz20 Date
Juz21 Date	Juz22 Date	Juz23 Date	Juz24 Date
Juz25 Date	Juz26 Date	Juz27 Date	Juz28 Date
Juz29 Date	Juz30 Date		

# Surah Al Kahf

## in Ramadan 2023

Week	Tick if you have completed reading the surah
1	
2	
3	
4	
5	

Prophet Muhammad (peace and blessings of Allah be upon him) said:  
“Whoever reads Surat al-Kahf on Friday, Allah will bestow upon him  
light between those two Fridays.”

(Narrated by al-Bayhaqi; classed as Saheeh by Shaykh al-Albaani (may  
Allah have mercy on him) in Saheeh al-Jaami’).

# Ramadan 2023 **Al-Quran** **Memorization Road Map**

The target is one long surah or a few short surahs you want to memorize throughout Ramadhan.

Whoever memorizes Quran and acts upon it, Allah will reward him and honor him greatly for that so that he will rise in status in Paradise to a level corresponding in degree with what he memorized of the Book of Allaah.

Narrated from 'Abd-Allaah ibn 'Amr that the Prophet Muhammad (peace and blessings of Allah be upon him) said: "It will be said to the companion of the Quran: Recite and rise in status; recite as you used to recite in the world, for your status will be at the last verse you recite."

*Al-Tirmidhi (2914) and Abu Dawood (1464) are called Saheeh by al-Albaani in al-Silsilah al-Saheehah, 5/218, no. 2240*

## How to **plan** **for the Quran** **memorization** **in Ramadan?**

# Surah

Choose one surah or a few short surahs. Listen to the recitation of the allocated ayah each day as much as possible (best done while driving) and learn the meaning and Tafsir of the ayah each day) and teach our kids the Tafsir of the learned ayah. For example, surah Al Qiyamah has 40 ayahs. If we divide it into 20 days, we will have to memorize two ayahs each day before the last ten days of Ramadhan.

\*Please use Tafseer Ibn Katheer and Tafseer al-Sa'di to understand the surah.

# Ramadan 2023 **Al Quran Memorization** Road Map for Surah ..... (name of surah)

Day	Ayah	Tick if memorized	Learn the tafsir (Tick if yes)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			



# Ramadan 2023 **Al Quran Memorization** Road Map for Surah ..... (name of surah)

Day	Ayah	Tick if memorized	Learn the tafsir (Tick if yes)
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			

## Ramadan 2023 Dua List

Remember the power of dua. Could you write as much as you can? (You can begin listing the dua before Ramadan or early Ramadan and read them every night, especially on the last ten nights of Ramadan)

For my  
duniya

For my  
parents

For my  
children

For my  
akhirah

For my  
relatives

For my  
husband/  
wife

For my  
neighbours

For my  
friends

For all  
Muslims

# Memorizing The Morning & Evening Adhkar In Ramadan 2023

(Let us learn and try to memorize four adhkar this Ramadan. Please read the adhkar, understand the meaning every day, and try to memorize one adhkar each week in Ramadan.)

”أَصْبَحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ وَعَلَى كَلِمَةِ الْإِخْلَاصِ، وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، وَعَلَى مِلَّةِ أَبِيْنَا إِبْرَاهِيمَ، حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ“ لَقِ الْعَالِظَ لِحَدِّ التَّكَامِ نَقِيحَ وَاتِ وَجَدَاءِ تَصَمُّمٍ وَتَصَمُّمٍ لِلطَّبَاعِيدِ اءِ وَيِ تِي النَّاصَةِ وَثَائِطٍ مَعَ اءِاءِ الْأَفْكَارِ بِاسْتِخْدَاءِ تَصَمُّمٍ.

We have entered a new day upon the natural religion of Islam, the word of sincere devotion, the religion of our Prophet Muhammad (peace and blessings of Allah be upon him), and the faith of our father Ibrahim. He was upright (in worshipping Allah), and a Muslim. He was not of those who worship others besides Allah. (Ahmad 3/406-7, 5/123, An-Nasa'i, 'Amalul- Yawm wal-Laylah (no. 34), At-Tirmithi 4/209.)

## Week 1:

Please tick when you have memorized the adhkar



## Week 2:

Please tick when you have memorized the adhkar



«سُبْحَانَ اللَّهِ وَبِحَمْدِهِ: عَدَدَ خَلْقِهِ، وَرِضَا نَفْسِهِ، وَزِنَةَ عَرْشِهِ وَمَدَادَ كَلِمَاتِهِ».

Glory is to Allah, and praise is to Him, by the multitude of His creation, by His Pleasure, by the weight of His Throne, and by the extent of His Words. (Recite three times in Arabic upon rising in the morning. (Muslim 4/2090.)

# Memorizing The Morning & Evening Adhkar In Ramadan 2023

(Let us learn and try to memorize four adhkar this Ramadan. Please read the adhkar, understand the meaning every day, and try to memorize one adhkar each week in Ramadan.)

«اللَّهُمَّ عَالِمُ الْغَيْبِ وَالشَّهَادَةِ فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ، رَبَّ كُلِّ شَيْءٍ وَمَلِيكُهُ، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ، أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي، وَمِنْ شَرِّ الشَّيْطَانِ وَشِرْكِهِ، وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي سُوءًا، أَوْ أَجُرَّهُ إِلَى مُسْلِمٍ».

O Allah, Knower of the unseen and the evident, Maker of the heavens and the earth, Lord of everything and its Possessor, I bear witness that there is none worthy of worship but You. I seek refuge in You from the evil of my soul and the evil of Satan and his helpers. (I seek refuge in You) from bringing evil upon my soul and from harming any Muslim.

(Sahih At-Tirmithi 3/142 and AbuDawud.)

## Week 3:

Please tick when you have memorized the adhkar



## Week 4:

Please tick when you have memorized the adhkar



«اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا، وَعَمَلًا مُتَقَبَّلًا».

O Allah, I ask You for knowledge that is of benefit, a good provision, and deeds that will be accepted. (Recite in Arabic upon rising in the morning.)

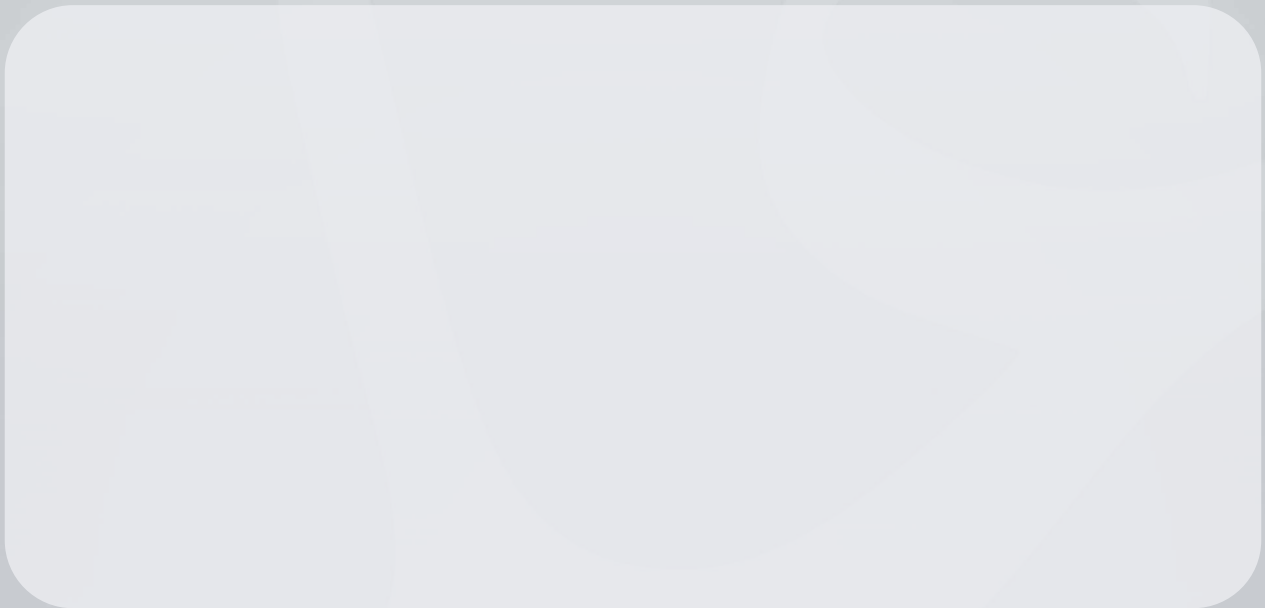
(Ibn As-Sunni, no. 54, Ibn Majah no. 925. Its chain of transmission is good (Hasan), Ibn Al-Qayyim 2/375.)



# Let's Change this Ramadan

## Ramadan 2023 Habits Log

**Habits I want to build**



**Habits I want to give up**



“In the morning, every single joint of yours must pay a sadaqah, every Alhamdulillah is a sadaqah, every La ilaha illa Allah is a sadaqah, every Allahu Akbar is a sadaqah, every commanding good is a sadaqah, every forbidding evil is a sadaqah, and all this is accomplished through two rak’ahs one can pray Duha [prayer].” [3]

Sahih Muslim 720

## Salat ad-Duha Ramadan 2023

Please tick if perform

SUN	MON	TUE	WED	THU	FRI	SAT
				1st Ramadan 23 <sup>rd</sup> march		

# Night Prayer

## What can we do upon waking up at night?

Prophet Muhammad (peace and blessings of Allah be upon him) said: “You should pray qiyaam al-layl (night prayer), for it is the custom of the righteous who came before you, and it brings you closer to your Lord, and expiates sins and prevents misdeeds.”

*Narrated by al-Tirmidhi, 3549; classed as hasan by al-Albaani in Irwa’ al-Ghaleel, 452.*

## The motivation for us to perform Taraweeh prayer in congregation.

Prophet Muhammad (peace and blessings of Allah be upon him) said: “Whoever stands (and prays) with the imam until he finishes, it will be recorded as if he spent the night in prayer.”

*Narrated by Abu Dawood, 1370, and others. Classed as Saheeh by al-Albaani in Salaat al-Taraaweeh, p. 15.*

# Ramadan 2023 Night Prayer Log

(Tick if performed)

Narrated from Abu Hurayrah that the Prophet Muhammad (peace and blessings of Allah be upon him) said: "Whoever spends the nights of Ramadhan in prayer out of faith and in the hope of reward, his previous sins will be forgiven." *al-Bukhaari (2008) and Muslim (174)*

Day	Terawih	Tahajud	Witr
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

# Ramadan 2023 Night Prayer Log

(Tick if performed)

Prophet Muhammad (peace and blessings of Allah be upon him) said: "The best prayer after the obligatory prayer is prayer at night."

*Narrated by Muslim, 1163.*

Day	Terawih	Tahajud	Witr
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			



# As Sunnan Ar Rawatib Prayers

Prophet Muhammad (peace and blessings of Allah be upon him) in which he said: "Allah will build a house in Heaven for whoever is diligent in observing 12 Sunnah Rakaat (as follows): 4 Rak'at before and 2 after the Dhuhr (Midday) Prayer, 2 after the Maghrib (Sunset Prayer), 2 after the Isha (Evening) Prayer and 2 before the Fajr (Dawn) Prayer."

*Hadith sahih narrated by at-Tirmidhi No. 379 and by others. Hadith No. 6183 in Sahih al-Jaami.*

## Solat Sunnah Rawatib In Ramadan 2023

(Write the numbers of Rakaat that you managed to perform in 1 Day)

SUN	MON	TUE	WED	THU	FRI	SAT
				1st Ramadan 23 <sup>rd</sup> march		

# Act of worship in the last 10 nights of Ramadan

Allaah says (interpretation of the meaning):  
“Verily, We have sent it (this Quraan) down  
in the Night of Al-Qadr (Decree). And what  
will make you know what the Night of  
Al-Qadr (Decree) is? The Night of Al-Qadr  
(Decree) is better than a thousand months  
(83 years and 4 months). Therein descend  
the angels and the Rooh (Jibreel) by Allaah’s  
Permission with all Decrees, (All that night),  
there is peace (and goodness from Allaah to  
His believing slaves) until the appearance of  
dawn”

*[al-Qadar 97:1-5]*

Prophet Muhammad (peace and blessings  
of Allah be upon him) used to strive hard  
in worship during the last ten days of  
Ramadan as he never did at any other  
time, praying, reading Quraan, and making  
dua

Narrated from ‘Aa’ishah (may Allaah  
be pleased with her) that when the last  
ten days of Ramadan came, Prophet  
Muhammad (peace and blessings of Allah  
be upon him) would stay up at night and  
would wake his family up, and would  
abstain from marital relations

*(Al-Bukhaari and Muslim)*

Best Dua to be recited on the last 10 nights  
of Ramadhan

‘Aa’ishah said: “I said, ‘O Messenger of  
Allaah if I know which night is Laylat al-  
Qadr, what should I say on that night?’ He  
said, ‘Say: Allaahumma innaka ‘afuwwun  
tuhibb al-‘afwa fa’affu ‘anni (O Allaah, You  
are forgiving and You love forgiveness, so  
forgive me).”

*Al-Tirmidhi narrated, and classed  
the report as saheeh*

# Charity Acts in Ramadan 2023

Allah says in the Quran (with English translations)

261. The likeness of those who spend their wealth in the way of Allah is the likeness of a grain (of corn); it grows seven ears, and each ear has a hundred grains. Allah gives manifold increase to whom He wills. And Allaah is All-Sufficient for His creatures' needs, All-Knower.

262. Those who spend their wealth in the Cause of Allah and do not follow up their gifts with reminders of their generosity or with injury, their reward is with their Lord. On them shall be no fear, nor shall they grieve."

[al-Baqarah 2:261-262]

## List down a few charity acts that you want to do in Ramadan 2023

(Each box represents one week in Ramadan. Write a few charity acts in each box for each week)




Week 1





Week 2




Week 3

Week 4



\*Examples: send Laban for Iftar to neighbors, send drinks to the mosque, Iftar box for the needy



# Charity Acts in Ramadan 2023

One of the ways to do charity is by feeding others. Inviting others to Iftar is one of the ways that is recommended. Here is a planner to help you prepare for an Iftar in Ramadan 2023.

Zayd ibn Khaalid al-Juhani (may Allaah be pleased with him) who said: Prophet Muhammad (peace and blessings of Allah be upon him) said:

“Whoever gives iftar to one who is fasting will have a reward like his, without that detracting from the fasting person’s reward in the slightest.”

*Narrated by al-Tirmidhi, 807; Ibn Maajah, 1746; classed as Saheeh by al-Albaani in Saheeh al-Tirmidhi, 647.*

## Iftar Gathering Planner

	Menu	Date	Guests	Activities before Iftar	Tarawih location
Week 1					
Week 2					
Week 3					
Week 4					



# Charity Acts in Ramadan 2023

It was narrated from Abu Hurayrah (may Allah be pleased with him) that Prophet Muhammad (peace and blessings of Allah be upon him) said:

“There is no day on which the people get up but two angels come down and one of them says, ‘O Allah, give in compensation to the one who spends (in charity),’ and the other says, ‘O Allah, destroy the one who withholds.’”

Narrated by al-Bukhaari, 1374; Muslim, 1010.

## Educating children in Ramadan 2023

Week 1

List down the charity acts you want to do in Ramadan with your kids to educate them.

Week 2

Week 3

Prophet Muhammad (peace and blessings of Allah be upon him) was the most generous of people and he was at his most generous during Ramadan.

Week 4

Narrated by al-Bukhaari, 6; Muslim, 2308

# Educating Children In Ramadan 2023

The best gift that we can give our children is education. Let us take advantage of Ramadan to educate them in many ways.

## Activities with kids in Ramadan

We can include a few activities for our children during Ramadan, such as the Quran reading, doing charity works or acts, preparing for Iftar, hadith sharing, telling Quranic stories, and performing tarawih prayers together. The planner will help you to organize yourself with these activities insyaAllah. (Charity planner has been mentioned on the earlier page.

**(List down the dates and  
types of activity)**



### Iftar preparations

\*Should allow them to do simple tasks like arranging the table for iftar, preparing sweets, drinks, etc.).

# Activities with kids in Ramadan

(List down the dates and types of activity)



## The Quran reading session

\*Parents to check their reading and learn the Quran together.  
Jibreel used to meet the Prophet Muhammad (peace and blessings of Allah be upon him) every night in Ramadaan and study the Quran with him.  
*al-Bukhaari, 6; Muslim, 2308*



## Praying Taraweeh together

\*Children can be taught about it by following the prayer in the masjid or do it with mum at home. Don't feel upset if they do not want to do it every day.



## Hadith sharing session

\*Can be done through making posters, read out loud, tell stories once a week in Ramadan.

## References:

- <https://islamqa.info/en/answers/202017/the-hadeeth-o-allah-bless-us-in-rajab-and-shabaan-and-let-us-reach-ramadan-is-daeef-weak-and-not-saheeh-sound>
- <https://islamqa.info/en/articles/68/the-month-of-rajab>  
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**Have a blessed Ramadhan and may Allah accept from you and me. Ameen**

## Acknowledgement:

Ilm Institute is highly grateful to Dr. Fadzidah Ariffin for her unwavering support and hard work put behind in compiling the **Ramadan Planner 2023**. It is our hope and prayer that this planner will prove to be beneficial and provide our honorable readers with some knowledge and food for thought regarding various acts of worship to do during the blessed month of Ramadan this year and in the years to come.

## About the Author:

Dr. Fadzidah Ariffin is a medical doctor who graduated in 2000 and has four years of working experience as a medical officer. She decided to give up her career in 2009 before relocating with her family to Muscat, Oman. Dr. Fadzidah has lived in 7 different countries, learning about other cultures and raising her six children.

She is currently staying in Kuala Lumpur, Malaysia, and is pursuing her Postgraduate Certificate in Islamic Studies (Bridge to MAIS) from the International Open University. She is also known for her commendable work that she is doing for her website named "Knowledge Dunes."



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