ALFURQAN INSTITUTE

Authentic Islamic Knowledge for the Next Generation

UNIVERSITY WORKSHOP CATALOGUE

44 Transformative Workshops

Delivering Authentic Knowledge • Building Stronger Communities • Empowering Muslim Youth

About Alfurqan Institute

Alfurqan Institute is dedicated to providing authentic Islamic knowledge to adults 18 and above. We deliver transformative educational experiences at mosques and universities across Victoria. Our curriculum/courses are grounded in methodological soundness and intellectual depth, ensuring a high standard of academic inquiry with real-world relevance for Muslim students navigating modern life.

Our workshops are not generic lectures. They are carefully designed experiences that meet students where they are, addressing the questions they actually have, the struggles they genuinely face, and the spiritual deprivation.

44	12	18+
Unique Workshops	Topic Categories	Target Audience

Why Partner With Us?

- Workshops led by qualified, engaging Islamic educators
- Content that is intellectually honest and spiritually grounded
- Topics designed specifically for the university student experience and Muslims living in the west
- Flexible formats: single sessions, half-day, or full-day workshops

SPIRITUAL & IMAAN DEVELOPMENT

01 The Spiritual Journey of Salah

Not just fiqh, uncovering presence, khushu', and transforming prayer into a genuine spiritual experience. Participants explore the inner dimensions of each part of salah and leave with practical tools to make every prayer meaningful.

02 The Science of the Heart (Tazkiyah 101)

A deep dive into the diseases of the heart riyaa, envy, arrogance and others alongside practical purification steps rooted in Quranic guidance and prophetic wisdom. Interactive self-assessment included.

03 From Ramadan to Real Life

How do we sustain imaan after the spiritual highs of Ramadan? This workshop addresses the post-Ramadan slump with strategic tools for maintaining momentum, habits, and connection with Allah throughout the year.

04 Your Relationship with the Qur'an

Moving beyond recitation to reflection and transformation. Participants learn how to engage the Quran personally, emotionally, and intellectually turning it from a book they read to a companion they live by.

05 Tawbah: The Art of Returning to Allah

Breaking guilt cycles and building a healthy repentance mindset. This workshop dismantles the misconceptions around tawbah and replaces shame-based spirituality with a hopeful, empowered relationship with forgiveness.

MIND, DOUBTS & MODERN CHALLENGES

06 Doubts, Deen & Certainty

Addressing the most common university-level doubts of science and religion, the problem of suffering, qadr and free will with intellectual rigour and spiritual depth. A safe space for honest questions.

07 Mental Health & Islam

Balancing tawakkul with emotional wellbeing. This workshop explores burnout, anxiety, and identity struggles through both Islamic and psychological frameworks, destigmatising mental health for Muslim students.

08 Purpose & Direction: Why Am I Here?

Moving from drifting to intentional living through an Islamic lens. Students identify their core values, connect their gifts to akhirah purpose, and build a vision for a life of meaning.

SELF-CONTROL & REAL-LIFE STRUGGLES

09 Breaking Addictions (Phone, Porn, Dopamine)

Islamic and psychological strategies tailored to youth/adult realities. Honest, non-judgmental, and deeply practical. This workshop gives students a roadmap for reclaiming control of their attention and desires.

10 Discipline & Delayed Gratification

Building powerful habits through Islamic principles. Connecting prophetic practice to self-control. This workshop is designed for students who want to win academically, spiritually, and personally.

11 The Productive Muslim

Islamic time management, intention-setting, and barakah-maximising systems. Students walk away with a personalised productivity framework rooted in the Sunnah and suited to student life.

RELATIONSHIPS & SOCIAL LIFE

12 Love, Marriage & Halal Relationships

Cutting through confusion: talking stages, boundaries, and expectations. An authentic workshop that addresses what students are actually experiencing with clarity, compassion, and Islamic guidance.

13 Friendships That Elevate Your Imaan

Choosing circles and dealing with toxic environments. Rooted in prophetic teachings on companionships. This workshop helps students audit their social lives and intentionally build friendships that strengthen their deen.

14 Family Dynamics: Balancing Culture & Islam

Navigating cultural expectations versus authentic Islamic guidance. Especially relevant for second-generation Muslims navigating identity, parental expectations, and the tension between heritage and deen.

15 The Islamic Psychology of Influence (Halal Edition)

How to positively influence friends, family, and peers toward goodness without being preachy. Rooted in Quranic da'wah principles and modern behavioural psychology.

16 Before the Nikah: A Prophetic Blueprint for Relationships

A crucial pre-marital workshop covering the fiqh of courtship, what is permissible interaction, spiritual compatibility factors (deen, character), and red flags to recognise.

17 From Nikah to Nurturing: Building a Prophetic Marriage

Moving from the wedding to the long game prophetic communication, rights and responsibilities, conflict resolution, and the spiritual vision of a Muslim household.

ISLAMIC & PRACTICAL KNOWLEDGE

18 Fiqh of Everyday Life

Wudu, salah, finances, halal and haram interactions and belief. The things students actually face daily. Grounded, practical, and delivered without unnecessary complexity.

19 Understanding Qadr (Destiny) Properly

One of the most misunderstood pillars of faith. This workshop removes anxiety, builds resilience, and replaces fatalism with an empowered understanding of divine decree and human agency.

20 Halal & Haram in the Modern World

Grey areas in income, university social life, entertainment, food, and digital spaces, addressed with honesty, fiqh literacy, and practical guidance.

PURPOSE, DIRECTION & LEGACY

21 What Will You Leave Behind?

Legacy thinking through an Islamic lens. Participants craft their personal mission statement, connecting career, talent, and ambition to something eternal legacy that outlives them.

22 Living for Something Bigger Than Yourself

Connecting worship, career, and ambition to akhirah impact. A motivational and spiritually grounding workshop for students trying to align their worldly goals with the pleasure of Allah.

LEADERSHIP & IMPACT

23 The Muslim Leader

Prophetic leadership traits and how to influence communities without compromising values. Drawing from the seerah. This workshop develops the next generation of Muslim student leaders.

CONNECTION WITH ALLAH

24 A Day in the Life of a True ’Abd

Participants map and build their ideal daily routine around worship, study, and life. Designing a day that reflects their identity as a servant of Allah, not just a student chasing grades.

25 Conversations With Allah

Understanding du’a on a deeper level, not just asking, but connecting. Participants learn the etiquette, conditions, and spiritual science of supplication through Quranic examples and prophetic practice.

26 Understanding Allah’s Names

An immersive exploration of 2-3 of the Most Beautiful Names of Allah their linguistic depth, theological meaning, and transformative practical application in daily life.

IDENTITY, SELF & INNER AWARENESS

27 Who Are You When No One Sees You?

Private versus public self through the lens of ikhlaas. Includes guided self-audit exercises and a framework for closing the gap between who we perform and who we truly are.

28 The Algorithm of Your Heart

How your inputs what you watch, scroll, and listen to shape your soul. This workshop ties social media habits directly to tazkiyah, helping students reclaim their inner world.

29 Rebuilding Yourself After Sin

A deep transformation workshop: guilt, tawbah, identity rebuild and consistency plan. For students who feel spiritually broken and need a compassionate, structured path back.

30 The Two Versions of You

The person you are versus the person you know you could be. Identifying barriers, breakthroughs, and building a concrete action plan for becoming your best Islamic self.

SEERAH WORKSHOPS

31 The Seerah of the Soul: Finding Your Path Through the Life of the Prophet

Instead of a chronological history lesson, this workshop uses the Prophet's life as a mirror for the student experience, the Makkan period (feeling like a minority), the Hijrah (navigating transition), and the Madinan period (building ummah).

32 The Prophet in Makkah: A Man Under Pressure

An intimate spiritual portrait of the Prophet during the most brutal years of his mission, rejection, loss of loved ones, and an unshakeable resolve that continues to inspire 1,400 years later.

33 The Women Who Shaped the Prophet

Khadijah, Aisha, Fatimah, Umm Salamah. Not biographical footnotes but central architects of Islamic civilisation, examined with depth, reverence, and scholarly authenticity.

TAZKIYAH: PURIFICATION OF THE SOUL

34 The Seven Spiritual Diseases

A tazkiyah workshop mapping the seven main diseases of the heart: kibr, riya, hasad, hubb al-dunya, ghaflah, ujub, and hiqd. Clinical in its precision, compassionate in its approach.

35 Stations of the Heart: From Ghaflah to Yaqeen

Tracing the soul's journey through Islamic spirituality, from heedlessness to awakening, from awakening to certainty. With practical signposts for every station.

36 The Riya Trap: Sincerity in the Age of Performance

A raw, honest workshop on showing off in worship, in da'wah, and online. Explores how ikhlaas is lost and rebuilt especially urgent in the age of social media.

37 Loving Allah: Is It Possible & What Does It Mean?

Unpacking mahabbah (love) the conditions, the signs, the obstacles, and what the great scholars said about reaching the highest station of the heart. A workshop that changes how students understand worship.

38 Breaking Down Intention

An immersive exploration of niyyah. Analysing and purifying the intentions behind the actions students perform daily, from study and social media to acts of worship.

39 Why Your Imaan Feels Up and Down

Understanding the fluctuations of faith through Islamic spirituality. Students learn the causes of imaan highs and lows, and how to stabilise their connection with Allah.

40 The Journey to a Soft Heart

Practical steps to diagnose and remove hardness of heart. A healing workshop drawing on Quran, sunnah, and the wisdom of scholars on cultivating tenderness, presence, and spiritual sensitivity.

TAFSEER

41 Surah Al-Kahf: The Antidote to the Four Trials of Modernity

Framing Surah Al-Kahf not as a 'read on Friday' text but as a manual for navigating the four existential trials of contemporary student life: the trial of faith (People of the Cave), wealth (the two gardens), knowledge (Musa and Khidr), and power (Dhul-Qarnayn).

GENERAL

42 Your Janazah Workshop

Participants reflect deeply: what would people say about you if you died today? A powerful, life-reorienting workshop that uses the reality of death to inspire intentional, meaningful living.

43 Letter to Your Future Self (Akhirah Edition)

Students write from the perspective of their future selves on the Day of Judgement. A profoundly moving reflective exercise that reconnects them to their ultimate purpose and accountability before Allah.

44 Hijrah: How, When, and Why

Exploring the concept of hijrah not just historically but spiritually. When do we leave what is harming us, how do we do it, and what does it mean to migrate toward Allah in modern life.

Partner With Alfurqan Institute

Bring authentic Islamic education to your university campus

To book a workshop or discuss partnership opportunities:

• Contact us to discuss your university's needs and student community

alfurqaninstitute.vic@gmail.com

• Workshops available as single sessions, half-day, or full-day formats

• Custom topics available upon request

• All workshops delivered by qualified Islamic educators

ALFURQAN INSTITUTE

Authentic Islamic Knowledge • Transformative Learning • Empowered Communities