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**OFFICIAL  
PROGRAM  
GUIDE**

إِنَّمَا جَاءُواكُمْ بِاللَّسْلِ وَاللَّسْلُ أَخَذَ الْفَرْسَ وَخَلَسَ وَتَرَى مِنْهَا الْفَرْسَ وَتَرَى مِنْهَا الْفَرْسَ  
وَاللَّسْلُ أَخَذَ الْفَرْسَ وَخَلَسَ وَتَرَى مِنْهَا الْفَرْسَ وَتَرَى مِنْهَا الْفَرْسَ



*A Little Bit on Our Theme...*

# *The Conviction in Courage*

The past 20 months have been demanding as we collectively cope with a global pandemic, giving rise to protests and conflict at home and abroad. These events have grabbed our attention as we witness the challenges our brothers and sisters endure and are awed by the determination and courage they possess. These months have not been kind on our bodies and minds, yet we are asked by our community to remain steadfast, to withstand these moments, and keep faith that this will pass

Often, when we think of courage, we look to the physical and moral manifestation of it, imagining a fearless individual standing firm in a protest, or those willing to make the tough decisions in challenging situations. Philosophers such as Plato or Aristotle discussed courage as a trait set aside for those that do not fear death. However, we can look towards the teachings of the Prophet Muhammad (may peace and blessings be upon him) on how we can remain strong and demonstrate courage in various forms. At a time where we are surrounded with injustices, "a word of truth spoken before an unjust ruler" (an-Nasa'i) is the best form of struggle. We remember maintaining self-control is where true strength lies for a believer for "the strong man is one who controls himself in anger" (Bukhari).

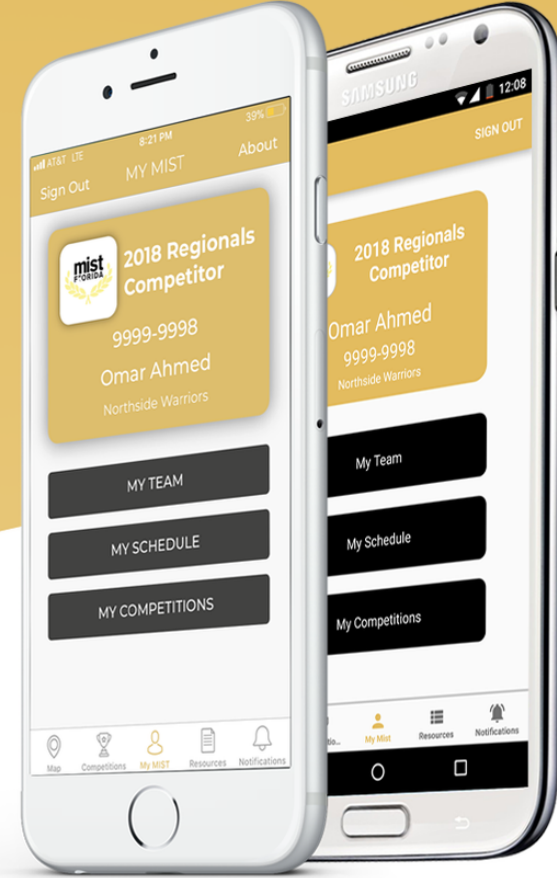
However, sometimes our courage and our conviction to stand firm can be tested or shaken by the outcomes and consequences of our decisions and we may begin to question our yaqeen, our solid conviction (certainty). Instead of giving into despair, we can use this opportunity to become closer to Allah and have the courage to hold firm in our beliefs and not have our faith deterred as we have been told that "the strong believer is better and more beloved to Allah" (Muslim). As we experience tragedies and undergo failures that shake our core, we remain patient and accept the order of Allah for "Allah does not decree anything for the believer except what is good for him" (Ahmad).

How do you define courage and instill this characteristic into situations that arise in your life? How can we harness our courage to serve our communities while taking care of ourselves? How do we strike the balance between the courage we inwardly and outwardly demonstrate? How do we navigate our vulnerabilities as a part of being courageous? What are ways to value and support those who have taken a stand when it's needed? How can we maintain our beliefs when making hard decisions?

We encourage you to creatively explore these concepts and more in online and in-person Regional and National competitions and workshops during MIST 2022. Remember that unique projects displaying creativity and insight will be judged most favorably.

## GET MISTIFIED APP

Visit [getmistified.com/app](https://getmistified.com/app) to download, or search 'Get MISTified' in the App Store and Google Play Store.



Check competition rules & brackets



View your competition schedule



Navigate the venue using the map



Receive real-time updates



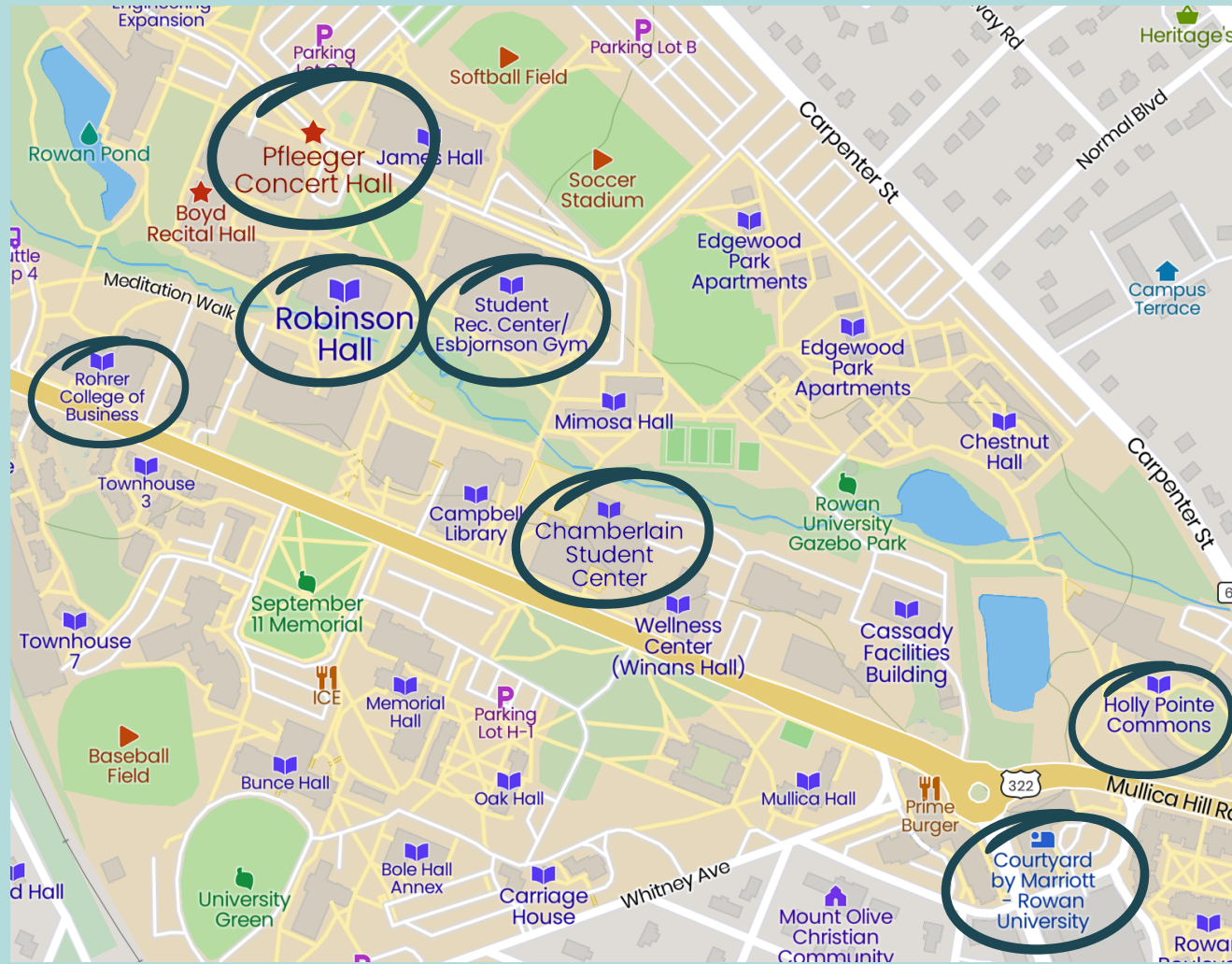
Connect with your team

## FOLLOW US ON SOCIAL MEDIA:

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# IMPORTANT PLACES



## MIST Map Key

**Pfleeger Concert Hall**

**Esbjornson Gym (ESBY) - Student Rec Center**

**Robinson Hall**

**Business Hall (BUSN) - Rohrer College of Business**

**Courtyard by Marriott**

**Holly Pointe Commons**

## DAY 1

## FRIDAY, JULY 29TH

12:00 PM - 2:00 PM

**Registration**

**Holly Pointe Pod G**  
First Floor

**Lunch (not provided)**

2:00 PM - 2:45 PM

**Jumuah**

**Eynon Ballroom**  
Student Center

3:00 PM - 5:00 PM

**Sisters Basketball**  
Prelims

**ESBY Gym**  
Open Spectator, same-gender only\*\*

**Banner Making**

**Eynon Ballroom**  
Student Center

5:00 PM - 6:00 PM

**Asr**

**Eynon Ballroom**  
Student Center

**Grab & Go Dinner**

**Robinson Hall**

6:00 PM - 7:00 PM

**Opening Ceremony**

**Pfleeger Concert Hall**  
Wilson Hall

6:30 PM - 10:30 PM

**Brothers Basketball**  
Prelims

**ESBY Gym**  
Open Spectator, same-gender only\*\*

8:15 PM - 8:30 PM

**Maghrib Prayer**

**Eynon Ballroom**  
Student Center

8:30 PM - 10:00 PM

**Short Film Movie Night**

**Eynon Ballroom**  
Student Center

# DAY 2

## SATURDAY, JULY 30TH

5:00 AM - 5:30 AM

Fajr

Holly Pointe Common Areas

7:00 AM

Breakfast

BUSN Lobby

8:00 AM - 2:00 PM

**Brothers Basketball**

Semis/Finals

ESBY Gym

**Sisters Basketball**

Semis/Finals

ESBY Gym

9:30 AM - 11:00 AM

**Being Identifiably Muslim**

BUSN 104

*Brother Omar Tariq*

As Muslims, our Iman (faith) impacts a lot of variables in life. Social media has also redefined how we communicate, share, consume information, and interact with one another. Oftentimes we try to blend in and conceal our identity. The question to ask ourselves is how do we navigate social media and use it to strengthen our beliefs and communicate effectively? How do we make sure we are strong enough to have courage off-screen as well? This workshop will highlight methods on how to curate the strength and Iman within one's self to gain courage.

10:30 AM - 1:00 PM

**Quran**

Brothers Quran

Robinson 211

Sisters Quran

Robinson 102

1:00 PM - 2:00 PM

**Dhuhr + Lunch**

BUSN Lobby

# DAY 2

## SATURDAY, JULY 30TH

1:30 PM - 5:30 PM

**Brackets Prelims**

**Debate**

Debate Prelims

BUSN 131

Debate Prelims

BUSN 201

Debate Prelims

BUSN 204

Debate Prelims

BUSN 208

**MIST Bowl**

MIST Bowl Prelims

BUSN 223

MIST Bowl Prelims

BUSN 225

MIST Bowl Prelims

BUSN 227

MIST Bowl Prelims

BUSN 235

**Improv**

Brothers Improv

BUSN 101

Sisters Improv

BUSN 301

2:30 PM - 3:30 PM

**CAIR Bystander Training**

BUSN 104

*CAIR NJ*

Often times when we are scrolling through social media, we come across a video of someone making racist remarks, for a lot of us this kicks in a daydream of being in those shoes and stepping up to be the savior of the day. Unfortunately, the truth is that most of the time the human instinct is to choose to stand by while these acts of injustice happen. It is our Islamic responsibility to take active roles and prevent harm from befalling others. Join CAIR and learn what we can do as bystanders, make the right decisions, and act upon them.

3:30 PM - 4:30 PM

**Sunnah and Sahaba:**  
*Serve the Community*

BUSN 104

Ibn Umar reported: The Prophet Muhammad (Peace and Blessings Upon Him), said, "The most beloved people to Allah are those who are most beneficial to people." What can we learn from the Prophet (Peace and Blessings Upon Him) and the Sahaba about serving our community? Join MIST competitors in preparing food for locals in need, and hear how the Prophet Muhammad (Peace and Blessings Upon Him) and his companions addressed the needs of their community.

5:00 PM - 5:30 PM

**Asr Prayer**

BUSN Lobby

5:30 PM - 7:30 PM

**Writing & Oratory**

Extemp. Speaking (competitors)  
Extemp. Speaking (spectators)  
Spoken Word  
Original Oratory

BUSN 225  
BUSN 221  
BUSN 303  
BUSN 301

Open Spectator\*\*

5:30 PM - 11:00 PM

*Field Trip*

Robinson Courtyard

5:30 PM - 10:30 PM

**Game Night**

BUSN 104

8:00 PM - 8:30 PM

**Maghrib Prayer**

Penn's Landing  
BUSN Lobby

Field Trip

**Penn's Landing:**  
**Spruce Street Harbor Park & Blue Cross RiverRink**

Blue Cross RiverRink Summerfest:

- Food, Drinks, and Dessert (fair food + mini vendors)
- Arcade & Carnival Games (\$-\$\$)
- Ferris Wheel (\$5)
- Roller Skating (\$15)
  - You can reserve tickets in advance

Spruce Street Harbor Park:

- Outdoor Dining
  - Philly Taco, French Toast Bites, Frozen Delights, and Chickie's & Pete's
- Open seating with waterfront views

**Bus Pick Up Times**

Departures from Robinson:  
5:15, 6:45, 8:15 PM

Returns from Penn's Landing:  
7:30, 9:00, 10:30 PM

NOTE: Everyone not competing in Writing & Oratory MUST get on an earlier bus

\*\*Coaches & parents are responsible for their students. Participation is by no means obligatory. We will only facilitate transportation to and from the field trip at the designated times, and you MUST get on/off with your assigned group.\*\*

Game Night

**Activities @ BUSN 104**

- Board Games
  - Codenames, Exploding Kittens, Reverse Charades & more
- Jackbox Games
- Mini Canvas Painting
- Polaroid Pictures

# DAY 3

## SUNDAY, JULY 31ST

5:00 AM - 5:30 AM

Fajr

Holly Pointe Common Areas

7:00 AM

Breakfast

BUSN Lobby

8:00 AM - 10:00 AM

### Arts

2D Art

BUSN 221

3D Art

BUSN 225

Photography

BUSN 301

Fashion Design

BUSN 121

9:00 AM - 10:00 AM

### A Conversation About Fear & Risk

BUSN 104

*Arqum Rashid*

It can be difficult to distinguish fear and risk from each other. What causes fear? How can taking risks be a good thing? How can you conquer your own fears and take risks to improve your life? Both vital to our progression in life, come join us in this workshop where we will understand the difference between the two and why they are so important.

10:00 AM - 11:15 AM

### Brackets Semi-Finals

#### Debate

Debate Semi-Finals

BUSN 201

Debate Semi-Finals

BUSN 208

Open Spectator\*\*

#### MIST Bowl

MIST Bowl Semi-Finals

BUSN 225

MIST Bowl Semi-Finals

BUSN 227

MIST Bowl Semi-Finals

BUSN 235

Open Spectator\*\*

#### Improv

Brothers Improv Semi-Finals

BUSN 103

Sisters Improv Semi-Finals

BUSN 101

Open Spectator, same gender only\*\*

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# DAY 3

## SUNDAY, JULY 31ST

11:15 AM - 12:45 PM

### Group Projects

Group Projects (ALL competitors)

BUSN 231

Business Venture

BUSN 225

Humanitarian Service

BUSN 227

Science Fair

BUSN 235

Brothers Nasheed

BUSN 301

Sisters Nasheed

BUSN 303

Open Spectator All, for Nasheed same-gender only\*\*

11:30 AM - 12:30 PM

### Balancing Family & Practicing

BUSN 104

#### Self Control

If your family were to describe you, what is the first thing they would say? We often spend a lot of time thinking about how the world perceives us and how we can preserve good standing in our communities. While reputation is significant, Islam puts a great emphasis on inner self-work and practicing self-control, and the people who witness your true personality are usually your family. Build the conviction to be your best self to your family.

12:30 PM - 1:30 PM

### Dhuhr + Lunch

BUSN Lobby

1:30 PM - 2:15 PM

### Bracket Finals

#### Debate Finals

BUSN 201

#### Debate 3rd Place Match

BUSN 208

#### MIST Bowl Finals

BUSN 235

#### Brothers Improv Finals

BUSN 103

#### Sisters Improv Finals

BUSN 101

Open Spectator All, for Improv same-gender only\*\*

3:00 PM - 5:00 PM

## Awards Ceremony

Pfleeger Concert Hall

5:00 PM - 5:30 PM

### Asr Prayer

BUSN Lobby

5:30 PM - 7:00 PM

### Departures

Holly Pointe/BUSN Lobby

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# MIST NATIONALS 2022 TEAM

**Customer Service Director**  
Samah Mohamed

**HR Director**  
Mariam Catovic

**Operations Director**  
Ehson Kashfipour

**Executive Director**  
Asad Ansari

**IT Director**  
Mustafa Haddara

**Program Director**  
Ammar Akhtar

**Finance Director**  
Faisal Chaudhry

**Marketing Director**  
Zahin Hasan

**Competitions Lead**  
Sauleha Husain

**Logistics & Hospitality Lead**  
Omar Elkassabany

**Programs Lead**  
Adnan Oudeh

**Competitions**  
Naziyah Rahman

**Logistics & Hospitality Lead**  
Ateeb Jamal

**Programs**  
Mubassirah Sharif

**Knowledge & Quran**  
Ummee Alishah

**Marketing Lead**  
Shereen Nourollahi

**Programs**  
Belal Salama

**Arts**  
Mariam Khadbai

**Graphic Design**  
Rabia Khan

**Registration Lead**  
Hiba Khan

**Brackets**  
Hira Khattak

**Social Media**  
Hafsa Farooqi

**Registration**  
Humza Imam

**Group Projects**  
Zumana Noor

**Communication**  
Mary Gerrity

**Registration**  
Ahmad Memon

**Writing & Oratory**  
Ramsha Syed

**Field Trip Lead**  
Nada Blassy

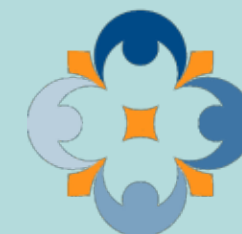
**Special Events**  
Shatha Abushaikha

**Sports**  
Nuha Jaulikar



**Volunteers Lead**  
Asiyah Jones

# Shout Out to Our Sponsors!



**CAIR**  
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