



Human Rights Watch Report

Cow Vigilantism Impacting Livelihood

The New York-based Human Rights Watch Group has put the number of those killed at the hands of the violent cow protection campaigners between May 2015 and December 2018, in 12 states of India, at 44. Of them, 36 were Muslims. Another 280 people were injured in over a hundred incidents in 20 states.

The 104-page report unveiled in the last week of February 2019, examines Hindu nationalist vigilante attacks. This report details 11 vigilante attacks that killed 14 people and the government response. It examines the link between cow protection and the Hindu nationalist political movement and the failure of local authorities to enforce constitutional and international human rights obligations to protect vulnerable minorities. In most of the cases documented in the report, families of victims, with the support of lawyers and activists, were able to make some progress toward justice, but many families fear retribution and do not pursue their complaints. The report also examines the impact of the attacks and the government response on those whose livelihoods are linked to livestock, including farmers, herders, cattle transporters, meat traders, and leather workers.

Police Complicity

In almost all of the cases, the police initially stalled investigations, ignored procedures, or even played a complicit role in the killings and cover-up of crimes. Instead of

Besides affecting meat trade and leather exports, the burden of unproductive cattle is adding burden on states' exchequers.



promptly investigating and arresting suspects, the police filed complaints against victims, their families, and witnesses under laws that ban cow slaughter. In several

Meat trade and leather exports have taken a severe beating due to restriction on slaughter of unproductive cattle.

cases, political leaders of Hindu nationalist groups, including elected BJP officials, defended the assaults. In a particularly egregious

case of political opportunism, after two people including a police officer were killed in mob violence in December 2018 in Uttar Pradesh state, the chief minister described the incident as an "accident," and then went on to warn, "Illegal slaughtering, and not just cow slaughter, is banned in the entire state."

In July 2018, India's Supreme Court issued a series of directives for "preventive, remedial and punitive" measures to address "lynching" - the term used in India for killing by a mob. While cow protection is an emotional issue for many Hindus, the Supreme Court denounced violent attacks by so-called cow protectors, saying: "It is imperative for them to remember that they are subservient to the law and cannot be

guided by notions or emotions or sentiments or, for that matter, faith." According to a survey by New Delhi Television, there was a nearly 500% increase in the use of communally-divisive language in speeches by elected leaders - 90% of them from the BJP-between 2014 and 2018, as compared to the five years before the BJP came to power. Cow protection formed an important theme in a number of these speeches.

industries.

"It's not just about Muslims," said P.Sainath, an author, journalist and expert on India's agricultural economy. Previously, cattle owners, including many Hindus, who were unable to cope with the economic burden of keeping unproductive livestock, sold the cattle to slaughterhouses. Now, he said, forced to continue feeding and caring for them, many have simply abandoned the animals. This has caused problems for farmers, with stray cattle destroying their crops. M.L. Parihar, an author and agricultural expert, said: "The



Impacting Livelihood

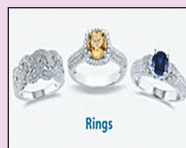
Stricter laws combined with vigilantism have disrupted India's cattle trade and have adversely impacted the rural economy as well as the leather and meat export

Hindutva leaders who are promoting this obsession with cows don't realize how much loss they are causing to their own Hindu community, and damage they are causing to their country." » Page 10

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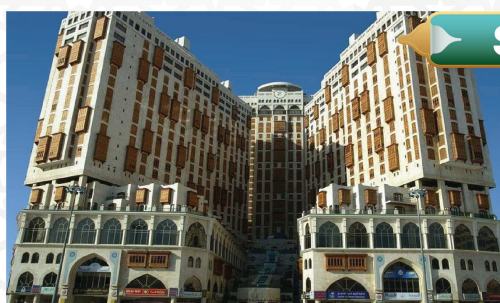
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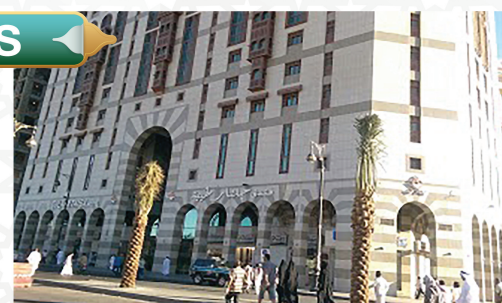
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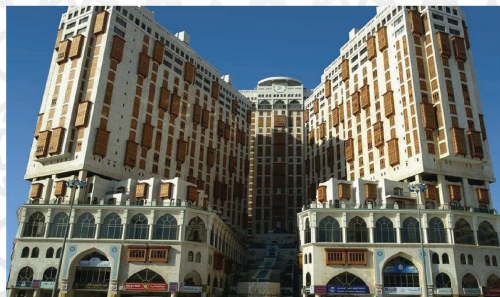
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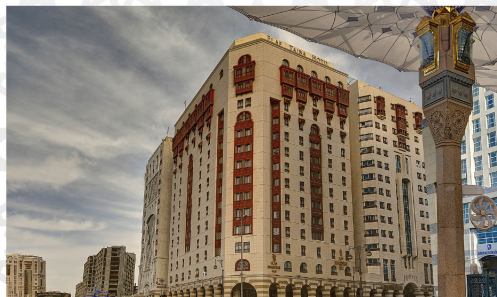
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Heard of unconditional love, unconditional compassion and unconditional charity? To witness it in practice, just walk into HBS Hospital on Cockburn Road, Bangalore, and up to the second floor! Lo Behold! Neat and tidy stands the brand new Centre for Cardiac Surgery, which opened its doors to the public on February 1st, 2019. This centre, equipped with a state-of-the-art operation theatre, a four-bedded ICU, a team of superbly-trained nursing staff and doctors who are the crème de la crème from the medical fraternity,



“Dr Taha Mateen
CEO of HBS Hospital
says that it was the khulus
(purity) that went into
the funds that came in for
this Centre. Donors did
not want any of their
names to be flashed
around, and they simply
made their offerings for
the sake of God.
There were no strings
attached to any donations
that flowed in.”

is the first such Muslim community-owned centre that has been set up on a not-for-profit principle.

Dr Tameem Ahmed, the ever-smiling chief cardiac surgeon and Director of the Centre for Cardiac Surgery, is an alumni of AIIMS, New Delhi, having completed his MCH there, and MS from PGI, Chandigarh. Dr Tameem is among the very few rare doctors who are experts in performing cardiac surgeries on both children and adults. While peeping into the hearts of the rich and the famous

during his career in various reputed hospitals in India, his own heart was beating for the poor. This triggered off the idea of contributing his skills and efforts to set up a place for cardiac surgery for the poorer sections of the society.

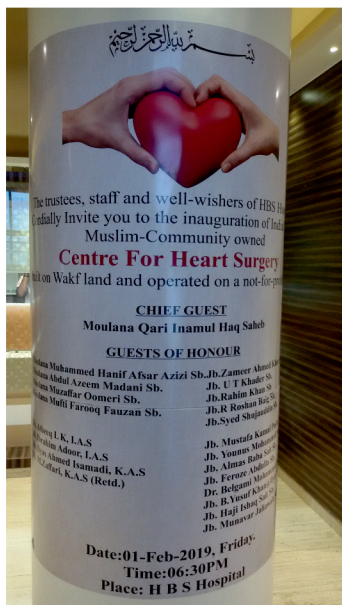
As a cardiac surgeon handling complicated heart diseases, Dr. Tameem discovered that there was a long line of kids waiting for cardiac surgeries. The poorer among these simply could not afford to cover the cost of the surgery, that was around Rs 3 to 5

lakhs. That was at the back of his mind. By God's grace, after talks with Dr Taha Mateen, CEO of the HBS Hospital, he helped set up the Centre, which has a team of doctors comprising Dr Arun Reddy, from AIIMS, Dr Ashwini Bansal, also from AIIMS, Dr Suresh from JIPMER, Dr Thabit, Dr Hidayath and a paediatric cardiologist Dr Priyadarshini.

The need of cardiac surgery for the poor and the deprived is huge in India, and the waiting list for patients who cannot afford it is never ending. For example, the

diagnosed cases of heart diseases in children in India is approximately 60,000 per year and around 10,000 surgeries are performed. A bigger challenge is to get qualified trained personnel to provide their expertise to these sections of society. The Centre for Cardiac Surgery in HBS Hospital is an effort to provide the best treatment to even the most underprivileged sections of the society. The Centre can handle bypass surgeries, valvular heart surgeries, minimal invasive

» Page 6



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2019 April Summer Umrah Groups Details

Groups	Departure Date	Return Date	Dbl Sharing	Trpl Sharing	Quad Sharing
Group - 1	04th Apr - 2019	17th Apr - 2019	1,05,000/ Per Person	95,000/ Per Person	80,000/ Per Person
Group - 2	14th Apr - 2019	28th Apr - 2019	1,05,000/ Per Person	95,000/ Per Person	80,000/ Per Person

2019 April Umrah Package Includes: Umrah Visa, G/ Class Return Air Tkt, Local Transportation by Air condition Buses, J S Food, Madinah Ziyarat & Laundry Services.

Makkah Hotel - Hilton Millennium [Towers. 07 Nights] | Madinah Hotel - Sufra El Eman/ Similar [Towers. 06 Nights]

2019 Ramzan Umrah Details.[First 15 Days] Airlines: Saudi Airlines

Departure Date	Return Date	Dbl Sharing	Trpl Sharing	Quad Sharing
05th May - 2019	19th May - 2019	2,40,000/ Per Person	2,00,000/-Per Person	1,80,000/- Per Person

Last 17 Days IDD In Makkah

19th May - 2019	05th June - 2019	4,10,000/ Per Person	3,30,000/-Per Person	2,85,000/- Per Person
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Last 17 Days IDD In Madinah

19th May - 2019	05th June - 2019	3,00,000/ Per Person	2,40,000/-Per Person	2,15,000/- Per Person
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Package Includes: Umrah Visa, Return G/Class Air Tkt, Hotel Accommodations, Suhr , Iftar, [Packed South Indian Food at your Rooms] Local Surface Transportation By AC Buses, Madinah Ziyarat & Laundry Services.

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Important Note: Haj 2019 Bookings have Started, Hajis Intend to Travel this year are requested to contact or Visit Our office at the earliest due to limited Quota.

New Centre for Cardiac Surgery

surgeries and complex congenital heart diseases for children and adults. The Centre welcomes economically-poor people, and anybody and everybody who needs cardiac surgeries across India and across the world', explains Dr Tameem.

The brightly-lit Centre for Cardiac Surgery at HBS Hospital gives out positive vibrations to visitors. The secret behind this is the unconditional charity contributions on which the Centre has been built. Dr Taha Mateen, CEO of HBS Hospital says that it was the *khulus* (purity) that went into the funds that came in for this Centre. Donors did not want any of their names to be flashed around, and they simply made their offerings for the sake of God. There



Dr. Tameem

The Centre for Cardiac Surgery in HBS Hospital is an effort to provide the best treatment to even the most underprivileged sections of the society.

were no strings attached to any donations that flowed in. It was the prayers and sheer goodwill of hundreds of patients and other well-wishers and the pure money that helped the Centre see the light of the day. Dr. Mateen says that the Centre wants to relieve the misery of specially the poor, and if children come in here with need for surgeries, it would never send anyone back because they have no money for it. The price point for heart surgeries for children is Rs. 1

lakh, but if the patient or the family has nothing, they would do their best to raise the funds for them. Whatever the patient can afford is fine, and the Hospital would try to cover the rest through fund raising. Dr. Mateen says that he is amazed at the kind of charity alliance the Muslim community can build if the intention to do good is there. God arranges all things through His mighty Grace.

A visit to the Centre for Cardiac Surgery will remind you about the good old fairy tales with happy endings... a compassionate team of golden-hearted doctors led by

Dr Tameem, somewhat like the kind elfs in Enid Blyton stories, stitching up little and big broken hearts in some magical-looking operation theatre. Kids and grown-ups are sure to live 'happily ever after'! Do drop in at the Centre for Cardiac Surgery to share about things that may be bothering your heart with Dr. Tameem and his team. You will not only learn lots about the clinical side of heart diseases, but also the spiritual side of charity!

Dr Tameem can be reached at drtameemahmed.ta@gmail.com
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(Reported by Nigar & Yogi) ■

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11 Muslims Acquitted in TADA Case after 25 Years

The 11 Muslim young men were arrested from Maharashtra and other states of India under the false allegations that they were planning revenge for the demolition of Babri Masjid.



By S.N Ansari
TwoCircles.net

11 Muslim men were acquitted on 27th February in a TADA (Terrorist and Disruptive Activities (Prevention) Act), case booked against them in 1994 by the special TADA court, Nashik. Justice S C Khatri ordered their acquittal due to lack of evidence and violation of the TADA guidelines.

The 11 Muslim young men were arrested from Maharashtra and other states of India under the false allegations that they were planning revenge for the demolition of Babri Masjid and also trying to recruit youngsters in a terror group called Bhusawal Al Jihad. All the 11 were highly educated youth whose prime youth has been wasted under these allegations levelled against them by the investigation agency.

The lawyers of Jamiat Ulema Hind had been striving for the release of these men who had been charged under 153 (B), 120(A) of Indian Penal code and section 3 (3), (4)(5), (4)(1) of the TADA Act.

Talking to Twocircles.net, Gulzar

Azmi, in charge of the Jamiat Ulema Hind's legal cell said, "Justice has not been denied, but these men have lost so many years of their precious life. Who is responsible for this? Will the Government pay for their loss and return their dignity? The families of these men have also suffered a lot while some members of their families have also died"

The 11 men who have been acquitted are Jameel Ahmed Abdul Khan, Mohammed Younus, Mohammed Ishaque, Farooque Khan, Nazeer Khan, Yousuf Khan, Ghulam Khan, Ayub Khan, Ismail Khan, Wasimuddin, Shamsuddin, Shaikh Shafi, Shaikh Azeed, Ashfaq Sayed Murtaza Mir, Mumtaz Syed Murtaza Mir, Mohammed Haroon, Mohammed Bafati and Moulana Abdul Qadeer Jaibi.

The team of lawyers of the Jamiat Ulema Hind representing these men are Adv Shareef Shaikh, Adv Mateen Shaikh, Adv Razaq Shaikh, Adv Shahid Nadeem Ansari, Adv Mohammed Arshad, Adv Ansari Tamboli and other associates.

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3 in a Room Share

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(Ex Hilton Tower) 5 Star

7 Nights in Madina
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₹1,15,000 Per Head

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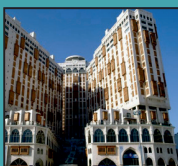
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Creekside International School

Grooming Students to Become Responsible Citizens

The 'Tap the Genius In You Workshop' organized by Creekside International School in Hyderabad prepares students to deal with challenges that lie ahead for them in a complex world.



Mahmood conducted the workshop, where students were taught a complete way of life to be adopted to awaken the inherent skills and capabilities in order to become a genius.

Memory Filing System

The 'Tap the Genius In You Workshop' helps students to understand strategies that can be incorporated to hone memorization skills by a technique called Memory Filing System. They were taught studying techniques and ways that can make them study efficiently using less time and effort with results that are lasting.

By Adila Baig

Additional Commissioner of Police, M. Shiva Prasad, IPS, advised students of Creekside International School (CIS) on the importance of introspection in their daily lives. He spoke to the students on "Tap The Genius In You" on graduation day. Chief guests at this event included academicians like Mufti Khaleel Ahmed, Vice-Chancellor of Nizamia University (Jamia Nizamia), and Maulana Raheemuddin Ansari, Director of Urdu Academy. Other guests who attended the event were Mr. M. Vasudeva, Ms. Srilatha Channapada, Mr. Syed Masood Ahmed, Dr. Rafeeq Ahmad, Dr.

Fareed Ahmed, Dr. Mohammed Jafer Qureshi and Mr. Muneeruddin Muqtar. Families and friends of the students turned out in huge numbers to witness the grand graduation ceremony and prize distribution. The guests were welcomed by the Chairman of the School, Mr. Mohammad Misbahuddin, who in his opening address gave a glimpse of the school's history, its present

initiatives and future plans. The Principal, Ms. Husna Haseeb, followed the Chairman's address with her keynote speech, where she explained the need for conducting the "Tap The Genius In You" workshop and its benefits to the students. The graduation ceremony was conducted in the school premises on 17th February, 2019, where the students of CIS demonstrated various skills and

techniques learnt at this workshop by applying them to a wide range of various subjects like English, Biology, Physics and Chemistry. The demonstrations proved to be the highlight of the show and were a tremendous success. Mr. Zafar

technique called Memory Filing System. They were taught studying techniques and ways that can make them study efficiently using less time and effort with results that are lasting.

» Page 13

The school also organizes annual events like Tijarat Day (Business Day) where young students are taught the skills of trading and running a business with full conviction and character based on Islamic ethics.



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The unemployment rate had risen to 6.23% in March 2018 from 3.39% in July 2014. The National Democratic Alliance (NDA) Government had promised 20 million jobs every year. It is useful to be reminded that 17 million youth are entering the workforce every year.

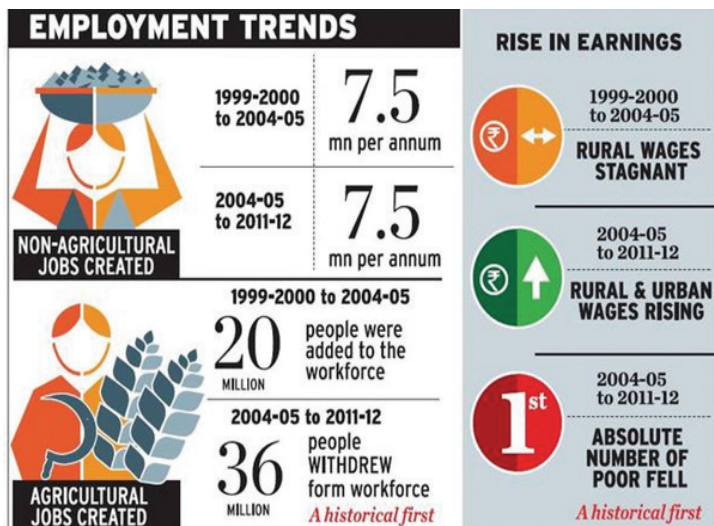
Latest data from the Government reveals that only 27.5 lakh jobs were created during the four and half years of government led by Mr. Narendra Modi. These were mainly under flagship schemes namely Prime Minister's Employment Generation Programme (PMEGP) and Deen Dayal Upadhyaya Grameen Kaushalya Yojana and Deen Dayal Upadhyaya Urban Livelihood Mission.

The latest data on unemployment was leaked out from the National Statistical Commission following which some top officials resigned from the Commission. But data emerging from other sources is also damning. Centre for Monitoring Indian Economy (CMIE) says India lost an estimated 11 million jobs in 2018. The All India Manufacturer's Organisation (AIMO) announced in December 2018 that the sector alone lost 3.5 million jobs since 2016 due to demonetization and GST. It is further reinforced by the All India Trade Union Congress (AITUC) that one-fifth of India's 63 million small businesses employing 111 million people faced a 20% fall in profits, leading to massive layoff of workers. Urban women are most affected by the job losses. Data reveals that unemployment among urban women had risen to 27.2% in 2017-18 against 13.1% in 2011-12.

Rubbing salt into the wounds, the news has come that the national telecom network, Bharat Sanchar Nigam Limited (BSNL), will be

Unemployment Soars, Vacancies Remain Unfilled

Why would unemployment come down when vacancies keep rising?



(Courtesy: The Hindu)

Employment Trend in UPA Tenure

cutting down 54,000 jobs in order to remain profitable.

Vacancies Remain High: While the Government has been pushing the private sector to create jobs, it itself had been sitting over four lakh vacant posts as of March 2016 in various government departments. The figures were revealed in the Lok Sabha on February 7. That's 11% of the around 3.6 million workforce of the various central government departments.

A cursory look at the Government employment scenario reveals a dismal picture. The Union and State Governments have not filled the vacancies for several years. Here is a lowdown from several departments:

Vacancies in Police and

Paramilitary forces Law & order is a state subject and Police Departments are maintained by the states. There are 5.4 lakh vacancies in Police Departments and the paramilitary forces like Central Reserve Police Force (CRPF), Indo-Tibetan Border Police (ITBP), Central Industrial Security Force (CISF) etc require 61,000 personnel.

State-wise situation of vacancies in Police force:

- Uttar Pradesh: 56,808
- Karnataka: 31,694
- Rajasthan: 13,227
- Maharashtra: 3,000
- Kerala: 1,300
- Delhi Traffic Police: 439

Paramilitary Forces

- CRPF: 18,640
- Border Security Force: 10,738

- Sashastra Seema Bal: 18,948
- CISF: 3,812

Forensic Laboratories

- No. of labs nationwide: 38
- Vacancies as percentage of sanctioned strength: 46%

Courts

Courts are plagued with delay in delivery of justice. Have a look on nation's courts, where a total of 5,950 vacancies exist in subordinate courts. This must be viewed in the background of court delays as 43 lakh cases are pending in the High Courts itself and 80 judges are retiring every year:

- Sanctioned posts: 1,079
- Vacancies in 2019: 427
- Vacancies in 2018: 387
- Vacancies in 2016: 464
- Vacancies in 2015: 346
- Vacancies in 2014: 246

Health

Government Hospitals across the country have 1.5 lakh vacancies. Odisha tops the list among the States with 3,800 vacancies. AIIMS, with its headquarters in

Delhi and centres at Bhubaneswar, Jodhpur, Patna, Raipur, Rishikesh, and Bhopal, has 22,000 vacant posts.

Defence Forces

- Vacancies: 62,000
- Army: 7,298 officers
- Navy: 1,606 officers
- Air Force: 192 officers

Civil Services

- Indian Administrative Service (IAS): 1,449
- Indian Police Service (IPS): 970
- Directors and Deputy Secretaries: 400

Vacancies in States:

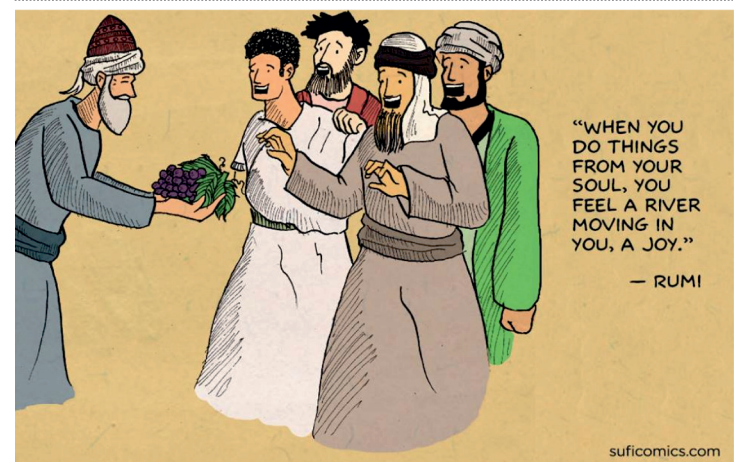
- Uttar Pradesh: 110 IAS officers
- Bihar: 107
- Tamil Nadu: 94
- Jammu and Kashmir: 53

Education

- Total vacancies in Government Schools number 10 lakh.
- Universities across the States: 700 vacancies
- (Himachal Pradesh University has 131 teaching post vacancies and 50 non-teaching post vacancies. Delhi University has 810 vacancies against 1,706 posts.)

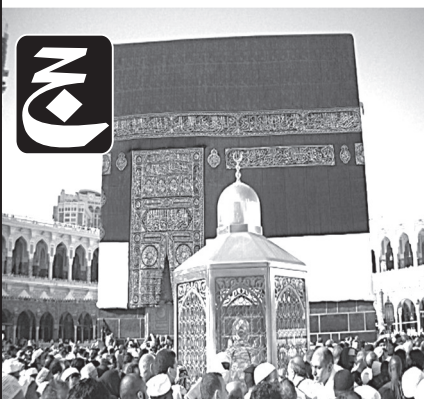
IITs

- Vacancies in 8 major IITs: 36% of sanctioned posts
- (IIT-Varanasi functions with only 48% of posts having teachers.)



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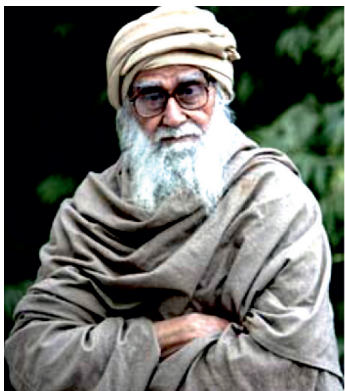
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No Heaven for Terrorists

I have spent my life studying Islam and can say with conviction that this kind of violent ideology, while being a permanent threat to world peace, has nothing to do with Islam.

By Maulana Wahiduddin Khan

The suicide attack on the Central Reserve Police Force (CRPF) personnel on February 14, 2019, was a dastardly act of cowardice. The assault that was carried out on the Jammu-Srinagar National Highway is seen as the deadliest terror attack on security personnel since 1989. The terrorist outfit, Jaish-e-Mohammed (JM) claimed responsibility for this ghastly act of terror. JM released a video hailing the 20-year-old suicide bomber,



“Extremists have been influenced by a false ideology that completely misinterprets Islamic teachings. Those who commit such acts of terror are made to believe that in doing so, they are offering themselves for religious service.”

who was a resident of Pulwama's Kakapora area. He was a Class X school dropout. In a pre-recorded video that was released, the suicide bomber is seen to be saying, 'by the time people watch this video, I will be in heaven.'

This statement made me shudder at the incongruity of the illusion this youth harboured and gave his life for, as against the facts as they were in the light of Islamic teachings. I am a 94-year-old man.

I have spent my life studying Islam and can say with conviction that this kind of violent ideology, while being a permanent threat to world peace, has nothing to do with Islam.

Islam is a religion wholly based on the principles of peace and tolerance. Violent activism is unlawful in Islam. Under no circumstances are Muslims allowed to adopt violent methods to achieve their goals. According to a verse of the Quran, 'God, calls to the Home of Peace' (10:25). If paradise is the Abode of Peace, how can someone who commits violence be granted entry into it?

Present-day radicalisation of Muslim youth is derived neither from the Quran nor from the Hadith (the teachings of the Prophet). It is a self-styled upshot of unfounded anger, disillusionment, and negative thinking of some radicalised individuals.

This false ideology of violence developed as an attempt to regain the lost political glory of a bygone era. An extremist group of Muslims subscribed to this thought process and began to cascade it as the gospel truth. They misled youth into falsely believing that Muslims are a persecuted lot and that they have to regain their supremacy perforce and using terror. In today's context, the glaring question before us is, how can this problem of violence and radicalisation be dealt with?

As per my research and study, the solution to this problem lies in a twofold approach. The first part relates to the implementation of the institutional framework that is under the control of government authorities. They must enforce all anti-violence laws and take strict action against perpetrators of any such act of violence.

The second part relates to the role that non-governmental agencies have to play in society to ensure the restoration of constructive thinking and development of positive and non-confrontational approach. If peace is to be established and maintained, it will require sustained efforts of both

“Present-day radicalisation of Muslim youth is derived neither from the Quran nor from the Hadith (the teachings of the Prophet). It is a self-styled upshot of unfounded anger, disillusionment, and negative thinking of some radicalised individuals.”

governments and social reformers. Extremists have been influenced by a false ideology that completely misinterprets Islamic teachings. Those who commit such acts of terror are made to believe that in doing so, they are offering themselves for religious service. This idea is deeply entrenched in the minds of the youth who commit themselves for a so-called 'cause'. In order for us to succeed in countering this violent ideology, we would have to work towards re-engineering their minds on the lines of authentic Islamic teachings.

Islam attaches utmost importance to peace. According to Islamic teachings, if a single person is killed, entire society must respond as if it is not a single individual who has been killed, but, as though the whole of humanity has been slain. Islam urges its adherents to

maintain a peaceful sphere of action necessarily. And if things cannot be immediately attained by adopting the peaceful method, they must simply be waited for patiently.

Extremists, on the other hand, are carrying out these violent activities in the name of jihad, giving it a violent connotation. From the Islamic perspective, the word 'jihad' is derived from the root *jahada*, which means 'to strive' or 'to struggle.' It denotes the exertion of oneself to the utmost, to the limits of one's capacity, for a noble cause. The Quran says, 'Strive for the cause of God as it behoves you to strive for it.' (22:78).

Islam does not prescribe radical approach in any situation. This is alluded to in the following verse of the Quran, which exhorts believers to 'Not be extremist in your religion.' (4: 171) In a tradition, the Prophet once said: 'Refrain from extremism, it is highly disastrous for you.' (*Musnad Ahmad, Hadith: 3248*)

In silent language, nature is imparting precisely the same message that a peaceful method is far more effective than a violent approach. The Prophet once observed: 'God grants to non-violence, what he does not grant to violence.' (*Sahih Muslim, Hadith: 2593*)

Youth who are involved in militancy need to be brought out of their mistaken notion that violence is bravery, and peaceful action is

cowardice. Their thinking needs to be transformed, so that they can understand that in this world, the only means to attain success is to resort to a peaceful approach. In reality, violence is not a means of advancement; instead, it is a means of regression.

The youth of a nation is a force to reckon with. A misplaced sense of vision among youth can turn the future of a nation into shambles, whereas a conscientious lot is responsible for turning around the fate of any country! I hope and pray that the youth of our nation can realise the true meaning of peaceful coexistence and harmony, and together, they become a positive force to uplift the country and its future.

(Maulana Wahiduddin Khan is founder, Centre for Peace and Spirituality International) (speakingtree.in)

« Page 01

Cow Vigilantism Impacting Livelihood



The violence appears to have contributed to a significant decrease in the number of animals traded at government-organized cattle fairs. The Rajasthan state government organizes 10 cattle fairs annually. In 2010-11, over 56,000 cows and bulls came to these fairs and more than 31,000 of them were sold. In 2016-17, their numbers dropped to less than 11,000, with less than 3,000 of them sold.

Figures from Agricultural and Processed Food Products Export Authority under the Ministry of Commerce and Industry reveal that buffalo beef exports have declined from US \$4.8 billion in 2014-15 to US \$ 4.03 billion in 2017-18 due to restrictions and raids shutting down of slaughterhouses.

the stray cows has been rising in the countryside. Farmers who cannot afford to maintain them let them loose thereby causing risk for standing crops. The BJP Government has come up with *gaushalas* (cow shelters) and has introduced new cesses for the purpose. In Uttar Pradesh, angry villagers have reportedly started letting cows in Government schools and offices. The UP Government has allotted Rs. 836 million to open new cow shelters.

In 2016, the Haryana state government allotted 200 million rupees (\$2.8 million) to the *GauSevaAayog* for the protection and welfare of cows. In 2018, the budget rose to 300 million rupees (\$4.1 million). Yet these are not

“Several states have opened hundreds of gaushalas to accommodate invalid cattle. Yet there are wandering cattle which pose severe risk to standing crops.”

India produces nearly 13 percent of the world's leather and the leather industry is a major foreign exchange earner. It has an annual revenue of over US\$12 billion (exports are \$5.7 billion and the domestic market is \$6.3 billion) and provides employment to about three million people, 30 percent of whom are women. In 2017, the government identified the leather industry as key to generating jobs and for growth. At the same time, the government survey admitted that “despite having a large cattle population, India's share of cattle leather exports is low and declining due to limited availability of cattle for slaughter in India.”

Leather Exports Down

Fear of cow vigilantes and shutdown of hundreds of slaughter houses have led to disruption in availability of cattle hides, say leather manufacturers and exporters. While export of leather and leather products grew by over 18 percent in 2013-14 and 9 percent in 2014-15, they declined by nearly 10 percent in 2015-16. They picked up only slightly in 2017-18, by 1.4 percent. The leather exports declined from US \$ 6.49 billion in 2014-15 to US \$ 5.14 billion in 2017-18.

Burden on Exchequer

Maintaining the invalid and unproductive cows has emerged as a drain on farm economy as well as the states' exchequer. Population of

sufficient to accommodate all the invalid cows. There are 150,000 cows on the streets.

Rajasthan has a separate cow ministry. In 2016, there were 550,000 cows and bulls in government-funded *gaushalas*. By 2018, this number had grown to 900,000. The government budget for this dedicated ministry has grown exponentially—from Rs. 130 million in 2015-16 to Rs. 2.56 billion in 2017-18.

Cow Sanctuary

Madhya Pradesh opened its first cow sanctuary in September 2017, costing 320 million rupees (\$6.2 million). However, on opening day it was overwhelmed by farmers from nearby villages who showed up with 2,000 cows. Five months later, the sanctuary had to stop admitting any more cows due to lack of manpower and funds.

Jharkhand doubled its monetary support to *gaushalas* to 100 million rupees (\$1.4 million) in 2016. In 2017, the Maharashtra government said it would spend 340 million rupees (\$6.7 million) to set up cow shelters. In Punjab, when the state power company stopped free electricity supply to cow shelters in May 2017, it angered BJP leaders and prompted questions from the head of the state's *GauSewa* Commission.

For full report log onto:

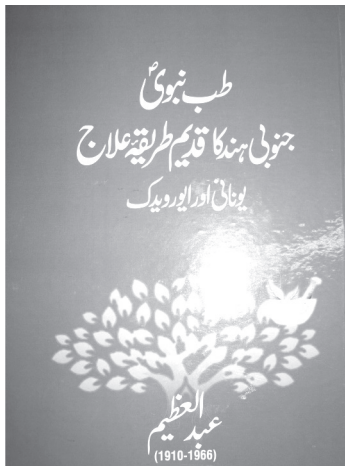
<https://www.hrw.org/news/2019/02/18/interview-killing-name-cows>. ■

Compendium of Traditional Medicine

By A Staff Writer

Bengaluru: Tibbe Nabawi: Junoobi Hind ka Qadeem Tariqa e Ilaj (Prophetic Medicine: Ancient Unani and Ayurvedic Cures from Southern India) has been published by the American Institute of Islamic History and culture, California, USA.

The book is a compilation of herbal cures handed down by renowned Hakeems and Vaidas who practiced Unani and Ayurvedic medicinal system. The book brings together nusqas (prescriptions) of yore that were collected, written and documented by late Abdul Azeem (1910-1966) of Tumkur. His son Prof. Dr. Nazeer Ahmed went on to become an engineer and space scientist in NASA and was associated with Apollo Mission. Still later he worked with Hubble Space Telescope. It is he who has brought out the book from the American Institute of Islamic History and Culture, California. Abdul Azeem hailed from a poor family and learnt Urdu, Arabic and Persian from a maulvi sahib and still later became interested in hikmat (traditional medicine). During a trip to the dargah of Khwaja Moinuddin Chishti in Ajmer in company of a few Sufis,



he collected traditional Unani nusqas (treatments) for a variety of ailments. He later on turned into an avid researcher and collector of such home-made remedies from other oral traditions. The nusqas written by him in precise calligraphy were treasured by the family for over half a century.

Dr. Nazeer, who is popularly known as 'Rank Nazeer' in old Mysore state region told Islamic Voice during his recent trip that around 150 nusqas were found catalogued with the family elders. They were collected, typeset into Urdu and were brought out by his Tumkur-based brother Mr.

Muneer Ahmed.

The terminology of ingredients and the procedure of use have been described in old style Deccani Urdu which is no longer understood. Similarly, weights and measures too are outdated. Persian idioms that intervene frequently, too have remained unexplained. The value of the book, which is otherwise produced with great care, would have been greatly enhanced had the publisher taken a little effort to get the old text transcribed in a language understood by today's youth. Such compendiums being a treasure-house of old medicinal wisdom will be of immense value for the modern pharmacists who are looking for alternative medicine devoid of chemicals. It will also be a useful reference for Bengaluru-based Foundation for Revitalization of Local Health Traditions (FRLHT) which undertakes research in traditional health systems.

The book runs into 150 pages and carries an introduction in English from Dr. Nazeer Ahmed. It can be had from Distributor Mr. Muneer Ahmed, Ghouse Buildings, Horpet main Road, Tumkur-572101, Ph: 98802-87960, 81622-71643. ■

Every Step Mishal Mohammed Takes Helps Save 74 Lives

Kochi: Save more money, travel to new places, wake up early, eat healthy - while New Year resolutions for the majority of us were about making our own lives better, for Mishal Mohammed, it was about saving the lives of 74 children. So, carrying a collection bucket and a poster with the message 'Save 74 Lives', this 19-year-old student of Government Medical College, Kozhikode, walked around 15 km on the second day of the New Year to support children suffering from



Thalassemia, Diabetes and Wilson's disease. The effort taken by the second-year MBBS student has now garnered attention on social media platforms, under the hashtag #newyearrevolution.

According to Mishal, the 'revolution' has been launched as part of the Imprints project of the College Union Society under which medical aid and treatment are provided throughout the year to 74 children suffering from the disease. "Nearly a year ago, I had conducted a solo

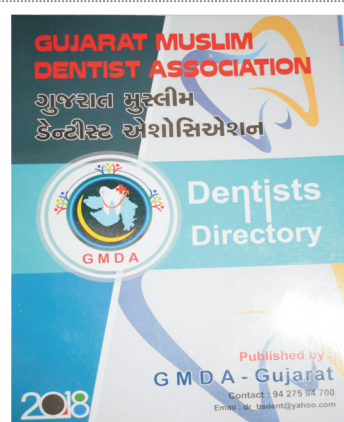
trip to the Western and Northern parts of the country. I was stranded in the Himalayas without cash for a couple of days and had to walk several kilometres for help. However, the experience gave me an impetus to explore my own city on foot," said Mishal. Once back in Kozhikode, Mishal decided to put his walking experiment for a better cause. "The entire cost of medical aid for children under the Imprints project comes up to nearly Rs. one lakh per month. Since many are unaware of the initiative, I wondered why not use a novel method, walk around the city and raise funds for these children," he said. ■

Directory of Muslim Dentists

Ahmedabad: The Gujarat Muslim Dentist Association (GMDA) has brought out the first ever directory of Muslim dentists for the year 2018 in the state of Gujarat. It carries names, addresses, phone numbers and emails of 183 practising dentists and 190 students studying dentistry in colleges across the state. The GMDA has announced plans to launch a van for oral hygiene and tobacco prevention

programme to propagate the message of oral health in rural areas of the state. Dr. Bilal Sheth, senior lecturer, Government Dental College, Sidhpur, writes that the Association has 600 members in the state and the Association is working to enhance the professional skills of the member-dentists.

The Directory can be had by writing to dr_bsdent@yahoo.com, or calling 94275-94700. ■



MINORITIES IN MUSLIM-MAJORITY COUNTRIES

Foundation to be laid for Swaminarayan Temple in UAE

Abu Dhabi:

Thousands of worshippers from across the Middle East and beyond will turn out in celebration as the foundation is laid for UAE's first traditional Hindu stone temple.

The foundation stone ceremony for the shrine in Abu Dhabi will take place on April 20. The ceremony will be held at the site in Abu Mureikha, near Al Rahba, by Baps Swaminarayan Sanstha, the religious and social organisation building the shrine. "The shilanyas ceremony is a sacred Hindu ritual where the first foundation stones are sanctified and fixed in the ground as the base of the mandir [temple]," said Swami Brahmanvihari, a senior Hindu priest responsible for international relations at the Baps Swaminarayan Sanstha.

The organisation thanked the UAE government for recently granting additional land to the temple for parking space. "The love and kindness shown by



Sheikh Mohamed bin Zayed, the Crown Prince of Abu Dhabi, and the UAE government, cannot be expressed in words. Time and time again they have encouraged us and gone out of their way to aid us on this project," Swami Brahmanvihari said. "To ensure the temple premises can serve the Hindu and wider community effectively, they have graciously given an additional 13.5 acres of land for parking purposes." This is in addition to the 13.7-acre plot granted in 2017. The temple space will boast a visitors' centre, exhibition and prayer halls, sports and play areas for children, gardens, a food court, books and gift shop.

(Source: thenational.ae) ■

First Hindu Woman Judge in Pakistan

Islamabad: Suman Kumari has become the first Hindu woman to be appointed as a civil judge in Pakistan. Ms. Kumari, who hails from Qambar-Shahdaskot in Sindh province, will serve in her native district. She passed her LLB examination from Hyderabad and did her Masters in Law from Karachi's Szabist University. "I have entered the field of law because I know that in the backward areas of Sindh, poor people need a lot of advice and assistance in legal matters," she said. "My father and my family supported me a lot, as in our community it is not easy for women to enter such fields," she said. Ms. Kumari's father, Dr. Pawan Kumar Bodan, an eye specialist, wants his daughter to provide free legal assistance to the poor people, especially from the Hindu community. "Suman has opted for a challenging profession, but I am sure she will go places through hard work and honesty," he said. Ms. Kumari said it was important for the Hindu community to realise that it needs



Suman Kumari with her father.

to educate its children. The country's first judge from the Hindu community was Justice Rana Bhagwandas, who served as the acting Chief Justice for brief period between 2005 and 2007. Last year, Mahesh Kumar Malani became the first non-Muslim to be elected on a general seat in the National Assembly while a Thari woman, Krishna Kumari, was elected in Pakistan's Senate elections. Hindus make up nearly 2% of Pakistan's total population and Hinduism remains the second largest religion in Pakistan after Islam. ■

Sadaf Jaffer Sworn in as America's First Female Muslim Mayor

Montgomery Township, N.J.: Sadaf Jaffer was sworn in as mayor of Montgomery Township, N.J., a rapidly growing municipality of about 25,000 north of Princeton, making her USA's first female Muslim mayor and first female South Asian American mayor. Jaffer has a doctorate from Harvard with a specialization in Islam, gender studies and South Asian history. She also serves as a postdoctoral research associate in South Asian studies at Princeton University, where she teaches courses on South Asian, Islamic and Asian American studies.



"I decided to run for public office because I didn't see my values reflected in my elected officials," Jaffer said. "I've been a scholar and activist for some time. If you

keep advocating to people who just don't share your values, you eventually hit a wall. I also believe we shouldn't ask others to do something we're not willing to do ourselves. If I want people from diverse backgrounds to run for office, I should also be willing to do it myself." Jaffer said that she used her experience as a scholar to help authorities during an anti-Muslim hate crime that happened in her town. "I was able to tap into my experience teaching a course on South Asian American literature to provide resources to government officials about Islamophobia as racism," she said. ■

IAS Officer Inayat Khan Adopts Daughters of Two Pulwama Martyrs

New Delhi: Inayat Khan, currently posted as District Magistrate of Sheikhupura adopted one daughter each of slain CRPF personnel Ratan Kumar Thakur from Bhagalpur and Sanjay Kumar Sinha from Patna who lost their lives in the dastardly attack on CRPF convoy on February 14.

The 31 years old IAS officer will bear the cost of the girls' education besides raising funds to support families of the two CRPF personnel. The 2012 Bihar cadre IAS officer, who hails from Agra



district of Uttar Pradesh said, as a good will gesture, she will also donate two days' salary to the two

martyr's families. Inayat said she also ordered the District Magistrate staff to open a bank account to raise funds for the families of the two martyrs. She said, "I have directed officials to open an account to raise funds for families of two victims (Constables S K Sinha from Patna and R K Thakur from Bhagalpur). Whatever amount will be collected by March 10, we will divide and give it to their families." ■

NEW ARRIVALS

God, Faith and The Purpose of Life

Sebastian Athappilly

In conversation with Roshan

Published by Dharmaram

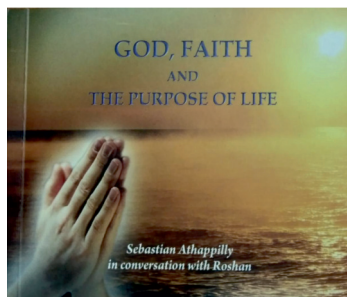
Publications 2019

Dharmaram College, Bengaluru

Ph: 080-41116137

Price: Rs 150

This booklet has the modest purpose of questioning and challenging atheistic claims and clarifying and deepening the faith of believers in God, on the other. The booklet is packed with questions and answers, questions put by Roshan, a writer on spirituality and inter-community harmony to Father Sebastian Athappilly, a Catholic priest from



Kerala belonging to the CMI (Carmelites of Mary Immaculate) religious congregation. Since 2009, he has been serving as hospital chaplain in the University Clinic, Graz, Austria.



The Human Family and the Courage of Otherness

If we believe in the existence of the human family, it follows that it must, as such, be looked after. As in every family, this happens above all through a daily and effective dialogue. This presupposes having one's own identity, not to be foregone to please the other person. But at the same time it demands *the courage of otherness*,^[4] which involves the full recognition of the other and his or her freedom, and the consequent commitment to exert myself so that the other person's fundamental rights are always affirmed, everywhere and by everyone. Without freedom we are no longer children of the human family, but slaves. As part of such freedom, I would like to emphasize religious freedom. It is not limited only to freedom of worship but sees in the other truly a brother or sister, a child of my own humanity whom God leaves free and whom, therefore, no human institution can coerce, not even in God's name. ■

In Gratitude Kashmiris Offer Discounts and Free Services to Sikhs

Chandigarh: A non-profit organisation, Khalsa Aid, received several messages and calls from the Kashmiri students who were ferried to Jammu free of cost. People of the Kashmir Valley have now taken to social media for posting their gratitude towards the Sikh community.

From free car services from Car Plaza, Anantnag, and Dr Adil Wani's free dental services for one month, to Alburaq Group's free air tickets to IPTS Heights School offering free of cost education to Sikhs, Kashmiris are offering discounts and free services to Sikhs.

In a state of panic, more than 800 Kashmiri students fled Dehradun,

Ambala and several other parts of north India to escape backlash from the locals in the wake of the Pulwama terror attack.

Initially, 21-year-old Khawaja Itrat, a student of CGC, Landran, and a member of Jammu and Kashmir Students Organisation (JKSO), had made arrangements for facilitating Kashmiri students' stay in Mohali at his residence. There, former SGPC member Amarinder Singh had made provision for the students' at Gurdwara Singh Shaheedan, Sohana. The volunteers have reported to have sent off more than 400 Kashmiri students back home, safely.

(Extracted from twocircles.net) ■

'Open Mosque Day' in Pune

At least 100 people from different religions visited a mosque during the 'Open Mosque Day' held at Azam campus. Alisha Karpe, a second-year law student of New Law College, Bharti Vidyapeeth, said, "I wanted to know more about this religion and so I came to the campus." Swati Thory, who hails from Jaipur, visited the mosque out of curiosity. "I live in an area where most of my neighbours are Muslims. I was always curious to know about the way the community members worship inside the mosque. It was interesting to see how they pray and why they say namaaz five times."

Sanyogita Tiwari, who hails from



Jagdalpur, Chattisgarh, said, "I always had questions on what is the notion of Allah, or what is Azan and I have got my answers." Dharendra Rajpurohit from Jodhpur, Rajasthan, said that many of his misconceptions were clarified. "It is a good platform to seek answers regarding the religion," he said.

(Taken from www.hindustantimes.com) ■

First-Ever Arab American Muslim Solicitor General



Michigan: Fadwa Hammoud was recently sworn the first Arab-American and first Muslim Solicitor General of Michigan by the Attorney General of Michigan, Dana Nessel. To follow with

Hammoud's religious beliefs, she was sworn in with her hand on the Holy Quran. At the age of 11, Hammoud immigrated from a small town in Lebanon to the United States. 22-years later, she made history. "Yes, it's true that an Arab Muslim person hasn't held this office before. I carry those identities and all that they teach me about loving equity and justice with me into this work," said Hammoud who is also the first woman to be appointed to the job in Michigan. "Believe me when I say that words would fail in describing my gratitude today," she added. ■

Grooming Students to Become Responsible Citizens

The students were also introduced and trained in a technique called photographic memory wherein the students can register and recall information based on a couple of glances at the learning material. Students were also trained to develop their intrapersonal skills through a technique called Mind Programing, which is a world class technique adopted by top athletes and other successful professionals who thrive in challenging situations, push the limits and redefine the meaning of success. They were enlightened on the power of meditation and how it enables a person to have mental, social and spiritual wellbeing by blending various techniques with certain day-to-day Islamic practices.

building and development. With an aim to groom its students to become responsible citizens of tomorrow and bring about a positive change in the society, the school integrates modern secular education with Islamic values to enable complete learning for an individual.

At CIS, the students are exposed to a positive and enriching environment that nurtures their already existing innocence and kindness, much needed in the society today. The school follows the CBSE curriculum and lays special emphasis on employing professionals with emotional intelligence.

With its lush campus spread across 3.5 acres in a scenic and breathtaking location surrounded

learning academy. The school also organizes annual events like Tijarat Day (Business Day) where young students are taught the skills of trading and running a business with full conviction and character based on Islamic ethics, principles and

etiquettes thereby helping them to become exemplary leaders. Moreover, the school also organizes charity trips and medical camps for its students to encourage feelings of gratitude, compassion and generosity besides exclusively scheduling

time to help those less fortunate, as a responsible member of the society fulfilling moral duties. In an ever-increasing complex world, the school does its best to empower its students to deal with challenges that lie ahead for them.■

“Introspection and service to others are crucial to success”- Additional Commissioner of Police, Hyderabad

Lastly, the students were imparted valuable knowledge and wisdom about ways in which a child can be a good student and a noble human being, transcending the boundaries of academic learning and incorporating learning into the day-to-day life in order to lead a life filled with purpose and meaning.

Value-Based Education

Creekside International School is well-known for conducting such thought-provoking, character-building events for its students. Established in 2010 in Hyderabad, the school is an embodiment of value-based education that covers multiple facets of character

by natural landscape, the school is well equipped with sports fields like a large soccer ground, a spacious swimming pool area, tennis court and a throwball ground. It also provides opportunities to learn other sports forms under the guidance of trained and experienced expertise like karate, archery and skating, apart from indoor games like chess, caroms and table tennis.

In addition to sports skills, students are also given opportunities to develop practical skills like carpentry, mechanics, robotics and electrical facilitated by the

Rahmani-30 Students Succeed Again



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Afshan Gufran
11 Std

ICAI 2019-Commerce Wizard Level 2 result - Rahmani30 Qualified Students

Of the 1013 students who qualified in the ICAI Commerce wizard test phase II of 2019, 16 students are Muslims. And of these 16 Muslim students, six have been coached by Rahmani30, setting a record success yet again in the history of Rahmani30 with 100% success within its region Bihar. And of the six students from Bihar, 4 are girls

and 2 are boys.

Rahmani30 started in Patna, Bihar, under the banner of 'Rahmani Program of Excellence' by Wali Rahmani with Mr Abhayanand, former DGP Bihar, as the academic head. Rahmani30 is focused on providing education and preparing students for medical, IIT, CA, CS and LAW entrance education.

Established in 2008, the program selects 30 meritorious and talented candidates each year from economically backward sections of society and trains them for the JEE, the entrance examination for Indian Institute of Technology, Medical, CA, CS and LAW entrance.

(Extracted from twocircles.net)■

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Of Grit And Determination

A Differently-Abled Kerala Boy's Fight For Education

"I want to become a social worker," a 12-year-old boy from Kerala confidently told Congress president Rahul Gandhi during his recent visit to the state. But Mohammed Asim's dreams have hit a roadblock.

"I want to become a social worker," a 12-year-old boy from Kerala confidently told Congress president Rahul Gandhi during his recent visit to the state. But Mohammed Asim's dreams have hit a roadblock. Born without hands, he has trained himself to draw and write with legs. Recognising his talents, the state government had presented him 'UjjwalaBalyam' award. Asim, who lives in Kozhikode, has completed his seventh standard from GovtMapplia Upper Primary School in Vellimanna. But the panchayat has no government high schools and Asim will have to travel for over six kms to continue his studies. For several months he has been going from pillar to post, with a request to upgrade the school to a high school. He has even written a letter to Chief Minister PinarayiVijayan.



Asim has three younger siblings and his parents are making all efforts to fulfil their son's dream. "My son does not want to study at home. He likes to learn and play with other kids in the school," said Asim's father, Muhammad SayeedYamini, a Madrasa teacher.

"Sir, I don't have two hands from birth. I have a disability with my legs too. I need assistance to go to school and for my basic needs. My parents need to accompany me to school for my basic needs. I request you to upgrade my school to high school, as I can't travel to a far off school," reads his letter. Asim has three younger siblings and his parents are making all

efforts to fulfil their son's dream. "My son does not want to study at home. He likes to learn and play with other kids in the school," said Asim's father, Muhammad SayeedYamini, a Madrasa teacher.

In June 2018, his demand saw the light when the Kerala High Court ordered the government to upgrade the school and do the needful for him. "But soon after, the Kerala government submitted a report saying only 2 out of 37 students are left and the rest of them have taken admissions in other high schools", says Asim's father. The 12-year-old boy has been the torch bearer for other students in the panchayat as well. "It's not just for me", he says, "it is for everyone here in my small village. There is no high school in our panchayat."

Vellimanna School, which was a Lower Primary School, was upgraded to an Upper Primary School in 2014 only after Asim wrote a letter to the then chief minister OommenChandy. Asim is determined to continue his struggle. Asim's path to his dreams seems hard, but he is determined to move forward.

(Taken from inuth.com) ■



Education and Justice

Let us return, then, to the initial image of the dove of peace. Peace, in order to fly, needs wings that uphold it: the wings of education and justice.

Education – in Latin it means "extracting, drawing out" – is to bring to light the precious resources of the soul. It is comforting to note how in this country investments are being made not only in the extraction of the earth's resources, but also in those of the heart, in the education of young people. It is a commitment that I hope will continue and spread elsewhere. Young people, who are often surrounded by negative messages and *fake news*, need to learn not to

surrender to the seductions of materialism, hatred and prejudice. They need to learn to object to injustice and also to the painful experiences of the past. They need to learn to defend the rights of others with the same energy with which they defend their own rights. *Justice* is the second wing of peace, which often is not compromised by single episodes, but is slowly eaten away by the cancer of injustice. No one, therefore, can believe in God and not seek to live in justice with everyone, according to the Golden Rule: "So whatever you wish that men would do to you, do so to them; for this is the law and the prophets" (Mt 7:12). ■

MISCELLANY

Red Rose Campaign to Promote Peace and Love

Over 250 students and peace loving citizens gifted Red Roses to each other with the pledge of love across religion, caste, sex, class, gender and point of view to demand peace in India at the Kolkata press club recently. They all wore stickers saying 'soldiers, students and all people from Kashmir to Kanyakumari are equally precious'. This meeting was organised in the wake of the killing of jawans in Kashmir and the terrorising of Kashmiri students in the county. The red rose campaign was launched to bring people together and spread communal harmony. It took inspiration from the white rose resistance movement launched by German students to oppose Nazism in the 1940's. The students and citizens were from Jadavpur University Women's Conclave, Presidency University, Loreto College, St Xavier's College, Bethune, Calcutta University & other organizations like Ek Packet Umeed, Prantakatha, ApneAap, Swayam, Anjali, Gender Benders,



Sangharsh, WINGS, Parichiti, All Bengal Imams Association, Know Your Neighbor, MaitreeNetwork and Bangladesh Bharat Pakistan People's Forum.

SehrishHazarika and Rimjhim Sinha offered shelter to any student felling unsafe and appealed to students from all over India to take the movement forward by exchanging roses wherever they are with people who are different religion, ideology, caste to celebrate the differences and stay united with peace and love.

Students also spread the campaign by putting up peace message with the symbol of a rose and the hash tag #liveandlove on their social media accounts. ■

Unity in Tragedy

A Prayer Meet for the Lives Lost in Pulwama



A prayer meeting was held for Pulwama Martyrs after the Friday prayers at the Masjid Haji Langa, Gurgaon on 22nd February 2019. As the worshippers entered the mosque, the children of Madarsa Taleemul Qur'an greeted them with salutations of Salaam along with Jai Hind and pinned them with badges of mini tricolour flags which the children had made a day before. The prayer meeting was the idea of a law

student Shameer, and his friends. The Imam of the mosque and Head of the Haji Langa Trust, Maulana Qasim, took up the idea and in the sermon at the Friday prayers spoke

to the gathering about patriotism. He said "we are Indians and we should work for peace and harmony."

After the Friday prayers, the students of the Madarsa along with guests from other faiths including a few retired defence personnel, made collective supplication for peace in the country and paid respects to the martyred soldiers of Pulwama.

(twocircles.net) ■

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MONUMENTAL MEMORIALS

Relationship of Loss

Partition of the subcontinent tore the social fabric of the region but there were scores among the sufferers who rose to rebuild the nation.

Divided by Partition, United by Resilience

21 Inspirational Stories from 1947

By Mallika Ahluwalia

Rupa Publications India, New Delhi

182 pages, Price Rs. 295

2018

All those who would go through this book would agree that Partition should never have happened and nothing of that sort should befall humanity in future anywhere else.

The Partition of the Indian subcontinent was unfortunate. The wounds it inflicted on the social fabric were deep and still have the potential of getting ruptured and refreshed whenever there is a conflict like situation between India and Pakistan. We need to look back all the time, lest we forget the horrendous consequences of the communal polarization.

Divided by Partition, United by Resilience does just that. Author Mallika Ahluwalia, curator and the CEO of the Partition Museum at Amritsar, has profiled 21 noted personalities who were eye-witness of the mayhem that followed the 1947 Partition on communal lines. Barring one, they sailed through blood and gore to leave their home, property, and relationships and headed for India to rebuild their lives. The individuals include former Prime Minister Dr. Manmohan Singh; former Deputy Prime Minister Lal Krishan Advani; former Delhi Chief Minister Madan Lal Khurana; veteran athlete Milkha Singh; Writer Ajeet Caur; journalist Kuldip Nayar; Filmmaker Govind Nihalani; famous Lawyer Ram Jethmalani; famous Painters Satish Gujral, Kishen Khanna and Anjolie Ela Menon; and, noted entrepreneur Dharampal Gulati. The list also includes Humida Habibullah many of whose family members migrated to Pakistan, noted lyricist Gulzar who was born on that side of the border and had settled in Delhi several years ago

Not all was lost in the mayhem. There were scores who retained their sense of sanity and judgment and vowed never to give room to communal venom despite having been its victims.

and pioneer of Bengali Dalit literature Manoranjan Byapari. In between them are thrown a few businessmen, bureaucrats and men who rose to high positions in India.

Lava of communal hatred

These men and women were part of what has been termed the largest mass translocation of the humanity on the face of the Earth. Not merely were they victims of sudden burst of communal frenzy, looting and burning of their property and

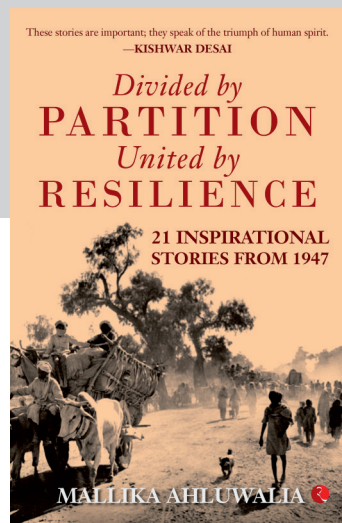
Reviewed by
Maqbool Ahmed Siraj

There was senseless mayhem and blood-thirsty mobs roamed around indulging in kill-burn-loot-rape campaign.

rape of the womenfolk, but were guided by the indomitable spirit to reconstruct their lives alongside making valuable contribution to nation-building. They are all unanimous that the Hindus, Muslims and Sikhs had lived in perfect amity for centuries and practiced syncretic traditions handed down from their ancestors. They did not foresee Partition happening. Their hopes were belied, nay shattered. The ones who were charting the future trajectory for the two nations were either caught unawares and had no inkling of the lava of hate they had churned up on the road to realization of the freed nations. Or was it a case of miscalculation or mismanagement on the part of the British who were holding the reins of administration? There are no easy answers for such queries now that the fog of the time has rendered the past so fuzzy.

Chilling narrative

Most narratives of the murder and mayhem are chilling and make the reader livid. Manmohan Singh who lived in Rawalpindi, had received a four-word telegram telling: "Father



killed, mother safe" from his uncle in Chakwal about grandfather and grandmother who were the actual guardians of Singh, his mother having passed away at the age of three. 'The Flying Sikh' Milkha Singh, a native of Gobindpura village near Multan, witnessed his parents being butchered by a blood-thirsty Muslim mob together with scores of other Hindus and Sikhs. He escaped and slept between corpses on his way to Delhi. Lyricist Gulzar saw a Muslim student who was musically talented and who led prayers in the school in Delhi, being taken by one Samandar Singh, to be killed behind the Roshanara Bagh. His wordings, "The boy was being dragged and was not protesting even meekly", can curdle up blood in the veins. "I cried up all the night, I remember," he says in an interview. Dharampal Gulati, the billionaire owner of the MDH masalas says: "At the River (Ravi), the stench of corpses was unbearable.". Painter Kishen Khanna's family left Lahore when their loyal servant Ghulam Ali got scent of the riots and told them: "Sahib, aap chale jaayein, maamla garam hone waala hai, log aane waale hain", (Sir, you should go away, things will get ugly, people are coming). The family packed off for Simla the next day. Says Madan Lal Khurana: "I saw naked dance of death, the arson and mindless looting happening right in front of me. Hindus and Muslims were thirsty for each others' blood. Veteran journalist Kuldip Nayar recalls that he had got his arm tattooed with a crescent and star in deference to the wish of his Muslim friend. "This led to rumours in the train I had taken to Delhi. A mob pulled me out at Ludhiana Station and was about to be lynched. But luckily, someone who knew my (doctor) father from Sialkot, came

forward and saved me".

Camaraderie

Communal venom, hyperbole, speeches, Nara e Takbeer and Har Har Mahadev apart, all was not lost. Army Commander Ayub Khan (later President of Pakistan) sent an Army convoy to save his Hindu friend helplessly stuck in a crossfire. Ram Jethmalani, a partner with Allahbuksh Brohi in Brohi & Co Law firm, was helped by him for a safe passage to Bombay and

exchange of houses with a Muslim family which intended to migrate to Karachi. Years later Jethmalani and Brohi went up to become Law Ministers of their respective countries. Raja Ghazanfar Ali, a member of the Punjab Assembly insisted that family of Satish Gujral (brother of later Prime Minister of India Inder Gujral) stayed in Pakistan. But when it became impossible, he provided escort to the family to cross the border. **» Page 20**

When Every Note is a Prayer

Notes of a Dream

The Authorized Biography of A.R. Rahman

By Krishna Trilok

Published by Penguin Random House India Pvt Ltd

Published in 2018

Splashed with little nuggets of information about the spiritual life of A. R. Rahman, this biography is well worth reading, to know how his faith has helped this man lead a sober, balanced life in the heady world of glamour and showbiz.

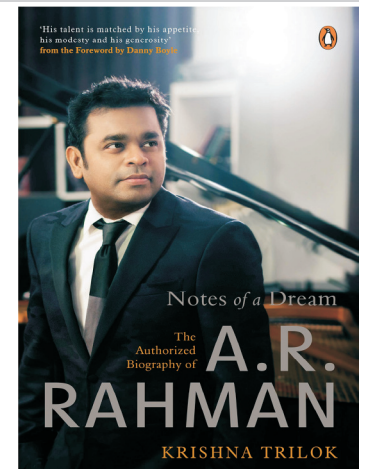
By Nigar

It was many years ago that I had the opportunity to see music man A R Rahman live when he arrived at a college to receive a leadership award that had been conferred on him. The excitement of the students to just get a glimpse of him was understandable as he was their music icon. A huge crowd of youths waited outside the mosque in the campus, and as Rahman emerged after offering the evening prayers, the youngsters thronged to meet him. This was the charm that Rahman held over his fans years ago....that was roughly around 2000!

When he is disturbed by something, the first thing he does is pray. Prayer gives him the equanimity to deal with the situation, his mind unclouded by emotion.

Almost two decades later, I was delighted to flip through Notes of a Dream, The Authorized Biography of A. R. Rahman by Krishna Trilok. The book traces the journey of Allahrakka Rahman's fascinating life. We know much about his achievements in the music world but little about how a little boy from Kodambakkam, who didn't start out with all that much money or education, could grow up to get on to some of the world's biggest stages. This insightful book provides fascinating details about that process.

'For A.R Rahman, the real



struggle began when his father died when he was but a boy of nine. Nothing would ever be the same for Rahman. He had to be the man of the household, from then on, and that meant he had to generate an income and fast, if he, his mother and three sisters were to survive,' writes Krishna Trilok. Among the many things the book shares with readers about the life of one of India's most famous musicians are some insights into his spirituality. It narrates how A. R. Rahman is particular about his prayers. In fact, he says he picked his Powai apartment because it was located close to a mosque and he could hear the calls to prayer every day. When he is disturbed by something, the first thing he does is pray. Prayer gives him the equanimity to deal with the situation, his mind unclouded by emotion. And he also believes that no matter what he does, without the leave of that Higher Power nothing is going to happen. Splashed with little nuggets of information about the spiritual life of A. R. Rahman, this book is well worth reading, highlighting, among other things, how his faith has helped him lead a sober and balanced life in the heady world of glamour and showbiz. ■

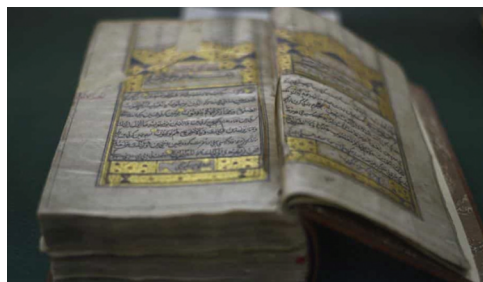
Jamia Millia Islamia Digitises Old and Rare Books

Around 2,230 rare books and manuscripts - including a 13th-century book by popular scientist of the time Abu Ali Sina, 18th century translated versions of the Mahabharata and Padmavati in Persian and Urdu and a copy of 17th-century Persian book on human anatomy-will soon be available online at Jamia Millia Islamia's central library. The university concluded its yearlong process of conserving and digitising these rare books and manuscripts.



After this digitisation project, the university has received an assurance of Rs.10 lakh as financial assistance from the National Archives of India to set up its own digitisation and conservation unit for archives.

Jamia has a collection of around 2,500 rare books and manuscripts of which 2,230 have been digitised under this project. The project was



books were first conserved using tissue lamination as per the norms of National Archives of India. As the pages of these books were extremely brittle, they were bound before digitisation.

"We generally use scanners for the digitisation of old books and manuscripts. But, here, we used DSLR cameras instead. Though we could not capture the images as

per standards of scanners, it cost us much less," said Naseem Hasan of Noor International Microfilm Centre situated at Iran Culture House.

"There are around 80 copies of handwritten Quran in different calligraphic styles with gold and indigo illuminations. We have digitised a 17th-century Persian book, Ajaib-al-makhluqat, having gold illustrations," said Umaima Farooqui, assistant archivist and the in-charge of the manuscript section at the university library. The university is simultaneously producing the metadata of these books and manuscripts and these will soon be available for access by research scholars at the library. ■

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Dialogue and Prayer

The courage of otherness is the heart of *dialogue*, which is based on sincerity of intentions. Dialogue is indeed compromised by pretence, which increases distance and suspicion: we cannot proclaim fraternity and then act in the opposite way. According to a modern author, "The man who lies to himself and listens to his own lie comes to such a pass that he cannot distinguish the truth within him, or around him, and so loses all respect for himself and for others".^[5] In all this, *prayer* is essential: while sincerely intended prayer incarnates the courage of otherness in regard to God, it also purifies the heart from turning in on itself. Prayer of the heart restores fraternity. Consequently, "as for the future of interreligious dialogue, the first thing we have to do is pray, and pray for one another: we are brothers and

sisters! Without the Lord, nothing is possible; with him, everything becomes so! May our prayer - each one according to his or her own tradition - adhere fully to the will of God, who wants all men and women to recognize they are brothers and sisters and live as such, forming the great human family in the harmony of diversity".^[6] ■

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mind to see the
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Sound Heart

Whoever Comes with a Sound Heart is Successful

It is the heart which softens (Quran 39:23), or hardens (Quran 2:74).

It is the heart that goes blind and refuses to recognize the truth (Quran 22:46).

It is the heart that inspires the function to reason and understand (Quran 7:179; 22:46; 50:37).

In the heart lies the root of all outward diseases (Quran 5:52).

It is the seat of all inner ills (Quran 2:10).

The heart is the abode of faith (Quran 5:41) and hypocrisy (Quran 9:77)

It is the heart which is the centre of all that is good and evil, whether it be contentment and peace (Quran 13:28), the strength to face afflictions (Quran 64:11), mercy (Quran 57:27), brotherly love (Quran 8:63) and God-Consciousness (Quran 49:3; 22:32), or doubt and hesitation (Quran 9:45), regrets (Quran 3:156) and anger (Quran 9:15).

Discover Yourself Workshop

Dr Sadath Khan

From the above Quranic verses on Sound Heart what I see about the context of life is that the whole focus and purpose of our life should be inner purification, to raise the qalb (heart) to a state of salem. The context should not be heaven or hell, which are the result of the state of our heart. When our understanding of the context shifts, our focus will be on cultivating the heart. "One who is successful is the one

who purifies himself."

We know it this, but simply knowing it does not make any difference.

We can talk about it, discuss it and preach about it. But that way nothing is going to change.

Knowing connects to the mind, while living connects to the heart.

One has to undertake the spiritual journey oneself.

No one can walk for another person. One can only walk for oneself.

In Quranic vocabulary, the 'heart' is not just a piece of flesh in our body, but is the centre of all our feelings, emotions, motives, drives, aspirations, remembrance and attention. It is, in reality, the way of the heart for which we shall be accountable. Only the one who brings before his God a sound and sincere heart will deserve to be saved.

Allah, the Prophet, the Quran are there to guide us. We can also guide others, but we cannot walk for them.

Discover Yourself is a three-day inner journey workshop, a heart-cleansing workshop, where we take and guide and the participants into the cleansing process of the heart.

We need three days to chip out the hardness formed over the heart and make it soft to bring us back to the natural state (fitra) which Allah has created us in.

Very few are there in this world who can take you step-by-step into this inner spiritual journey of purification in such a short time, and in such an easy way that even a small kid can get it.

What we have observed over 16 years of experience is that very few people are willing to undertake this

inner journey. The rest are stopped by their inner enemy (the Mind-opinions and judgments). The majority are unwilling to fight the inner enemy, and so they embark on the external journey, spending their whole life in downloading and accumulating information to become an 'I KNOW IT ALL', leading to self-righteousness. They get trapped by the 'Deceiver' and become blind and reject and refuse to see the Truth. Not that they cannot fight the inner enemy, but they are unwilling to recognize what because of the 'veils' over their eyes.

Unless you recognize the inner enemy, the question of fighting it, the Jihad bin nafs, does not arise. The path is shown in the Quran, but the mind is the barrier which will not allow this. Mind has taken over the heart and is full of

opinions, judgments, meanings, questions, doubts, regrets about the past and fear of the future. It has completely corrupted the heart and converted it to ingratitude.

Freeing oneself from the slavery of mind is the path to salvation. It is a journey from the external to the internal.

Heart taking control over the Mind-From Beast to Human Being:

The reality is that Allah has created us as human beings and has asked us to live as human beings. That that is the right faith (Al - Rum 30:30), but we have fallen down to a state lower than animals.

The simple solution to purify oneself is to "Be and then see and treat every human being as a human Being". ■

Muslim World Faces Selectivity in Human Rights

The OIC Secretary General called on the Geneva-based UNHRC to focus on economic, social and cultural rights.

Geneva: Secretary General of the Organization of Islamic Cooperation (OIC), Dr. Yousef Al-Othaimeen urged the United Nations Human Rights Council (UNHRC) to find appropriate solutions to the problems and issues faced by Muslim countries and communities with regard to selectivity in the field of human rights.

At the same time, Al-Othaimeen emphasized OIC's firm belief in the utility of cultural diversity and its importance in addressing the countless challenges facing humanity in the fields of peace, security, human rights and development.

In his speech during the high-level segment of the UNHRC 40th regular session in Geneva on February 25-27, the OIC chief said that the intellectual and political resistance to multiculturalism is one of the underlying causes of the resurgence of racism and xenophobia, including their contemporary manifestation of Islamophobia.



In his speech during the high-level segment of the UNHRC 40th regular session in Geneva on February 25-27, the OIC chief said that the intellectual and political resistance to multiculturalism is one of the underlying causes of the resurgence of racism.

He added that the OIC, in cooperation with its partners, had developed a comprehensive and consensual approach to deal with incitement to hatred, discrimination and violence based on religion, in the shape of the UNHRC resolution 16/18, which must be fully implemented, including the reactivation of the Istanbul Process. Al-Othaimeen called for the utilization of all platforms to promote pluralism, push for dialogue among cultures and

religions, as well as respect for tolerance and integration, to defeat the forces of bigotry and discrimination. He stressed that the OIC explicitly denounces the ideological narratives adopted by all terrorist and extremist groups using religion, ideology or cultural and ethnic superiority.

The secretary general called on the Geneva-based UNHRC to focus on economic, social and cultural rights, which are no less important than other rights, adding that stability, growth and development remain key objectives for developing countries. He affirmed OIC's readiness to cooperate and engage constructively with every process that is aimed at strengthening the edifice of universal human rights.

Also in his speech, Al-Othaimeen touched on the human rights suffering faced by the Rohingya Muslim minority and the Palestinians. He also reiterated OIC's condemnation of the Khojaly massacre committed by Armenia in the occupied Nagorno-Karabakh region of Azerbaijan.

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Bengaluru: Do you enjoy reading material in your own mother tongue?

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The Digital Library was launched on Mother Languages Day, February 21, 2019 by Pratham, an NGO located in Bengaluru and working for promotion of literacy and imparting quality to education and public instruction. It has been launched as part of the 'Freedom to Read' Campaign.

Many mother tongues are facing a threat of extinction as nearly 40% of the world's children are

Digital Library in Mother Languages

One can access over 11,000 stories in 100 languages on the website launched by Pratham Books.

studying in mediums of instruction that are not their mother tongue. A UNESCO report on mother tongue literacy highlights the scarcity of such material, which leads to stifling creativity and articulation among children.

'Freedom to Read' 2019 directly addresses this yawning gap by creating open digital libraries in 100 mother languages. While the platform has scaled to storybooks in 147 languages in the last three years, the goal of the 'Freedom to Read 2019' campaign is to partner with a global network of organisations and individuals to create high-quality reading resources. Each of



फ्रीडम टु रीड

these digital libraries will encompass 50 to 100 storybooks. These digital storybooks are meant for use in classrooms to

capture and retain students' interest in reading as well as to preserve local cultures and languages. This is also likely to provide and boost links between the language spoken at home and the medium of instruction in school. Pratham Books, which prepared the material, collaborated with ten national and international organizations and nine individual volunteers who shared a zeal for local language reading material for children.

Pratham translated hundreds of books from one language to another and got them peer-



reviewed. The translators were even supplied with translation manuals and their efforts were coordinated through webinars. The languages included from India are: Assamese, Bengali, Bengali-Kora, Bengali-Santhali, Bhojpur, Bhoti, Bundelkhandi, English, English-Bengali, English-Hindi, English-Marathi, English-Tamil, English-Tulu, English-Urdu, Gondi, Gujarati, Haryanvi, Hindi, Kannada, Konkani, Kora (Bengali Script), Korku, Kumaoni, Maithili, Malayalam, Marathi, Odia, Pawari, Punjabi, Sanskrit, Santali (Bengali Script), Santali (Ol Chiki), Sindhi, Surjapuri, Tamil, Telugu, Urdu.

The website by the Pratham has options for uploading new books, translations, making offers for translation and uploading illustrations (subject to modification).

The stories can be accessed at <https://storyweaver.org.in>

National Urdu Science Congress at MANUU

Hyderabad: Centre for Promotion of Knowledge in Urdu (CPKU) of the Maulana Azad National Urdu University (MANUU), is organising a two day National Urdu Science Congress 2019, in association with School of Sciences, MANUU at DDE Auditorium, MANUU campus from Feb 28.

Dr. Qazi Siraj Azhar, Michigan University, USA will be the Chief Guest at the inaugural session. Dr. Mohammad Aslam Parvaiz, Vice-Chancellor, MANUU, will preside over. Three books, Digital Electronics & Computer Architecture (Mahboob ul Haq), *Tauzeehi Farhang: Ghiza aur Taghzia* (Dr. Abid Moiz) and *Buniyaadi Usool Hasharyaat* (Dr. Shamsul Islam Farooqui), published by Directorate of Translation & Publication, MANUU, will also be released on the occasion. A special book "Karwan-e-Science" compiled as



a tribute to the Urdu monthly magazine "Science," for successfully completing 25 years

of publication will also be released. Dr. Aslam Parvaiz is the founder Editor of this magazine.

"Whoever kills an innocent person it is as if he has killed all of humanity.."

Quran 5:32

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Pope in UAE at Human Fraternity Conference

A highlight of Pope Francis' visit to Abu Dhabi recently, the first ever visit of a Catholic pope to the Arabian peninsula, was his participation in the "Global Conference for Human Fraternity" organized by UAE authorities. Apart from the two key figures at the event – Pope Francis and Dr Ahmed Al Tayeb, Grand Imam of Al- Ahzar – dozens of religious leaders and scholars of different religions brought the voices of faith to the conversation during two days of intense debate.

There were Christians of all denominations, Muslims, Jews, Hindus, Buddhists, and Sikhs. There were even Bahai and Zoroastrian representatives giving the event a truly global and inclusive dimension.

Extracts from the Text of Pope Francis's Address to Fraternity Conference Feb.2019

As-salāmu alaykum! Peace be with you!

I give heartfelt thanks to His Highness Sheikh Mohammed bin Zayed Al Nahyan and Doctor Ahmad Al-Tayyib, Grand Imam of Al-Azhar, for their words. I am grateful to the Council of Elders for the meeting that we have just had at the Grand Mosque of Sheikh Zayed.

most cordial greetings, with friendship and esteem.

With a heart grateful to the Lord, in this eighth centenary of the meeting between Saint Francis of Assisi and Sultan al-Malik al Kāmil, I have welcomed the opportunity to come here as a believer thirsting for peace, as a brother seeking peace with the brethren. We are here to desire

dove with an olive branch. It is an image that recalls the story – present in different religious traditions – of the primordial flood. According to the biblical account, in order to preserve humanity from destruction, God asked Noah to enter the ark along with his family. Today, we too in the name of God, in order to safeguard peace, need to enter together as one family into an ark which can sail the stormy seas of the world: *the ark of fraternity*.

The point of departure is the recognition that God is at the origin of the one human family. He who is the Creator of all things and of all persons wants us to live as brothers and sisters, dwelling in the common home of creation which he has given us. Fraternity is established here at the roots of our common humanity, as "a vocation contained in God's plan of creation".[1] This tells us that all persons have equal dignity and that no one can be a master or slave of others.

We cannot honour the Creator without cherishing the sacredness of every person and of every human life: each person is equally precious in the eyes of God, who does not look upon the human family with a preferential gaze that excludes, but with a

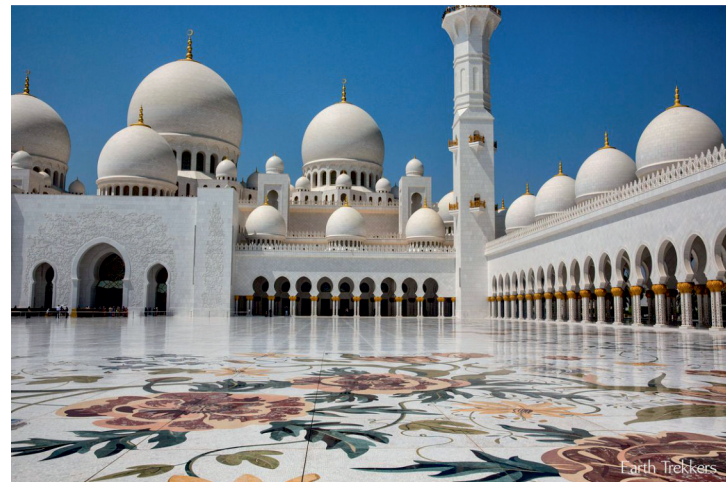


benevolent gaze that includes. Thus, to recognize the same rights for every human being is to glorify the name of God on earth. In the name of God the Creator, therefore, every form of violence must be condemned without hesitation, because we gravely profane God's name when we use it to justify hatred and violence against a brother or sister. No violence can be justified in the name of religion.

The enemy of fraternity is an individualism which translates into the desire to affirm oneself and one's own group above others. This danger threatens all aspects of life, even the highest innate prerogative of man, that is, the openness to the transcendent and to religious piety. True religious piety consists in loving God with all one's heart and one's neighbour as oneself. Religious

behaviour, therefore, needs continually to be purified from the recurrent temptation to judge others as enemies and adversaries. Each belief system is called to overcome the divide between friends and enemies, in order to take up the perspective of heaven, which embraces persons without privilege or discrimination.

I wish to express appreciation for the commitment of this nation to tolerating and guaranteeing freedom of worship, to confronting extremism and hatred. Even as the fundamental freedom to profess one's own beliefs is promoted – this freedom being an intrinsic requirement for a human being's self-realization – we need to be vigilant lest religion be instrumentalized and deny itself by allowing violence and terrorism. ■



From your country, my thoughts turn to all the countries of this peninsula. To them I address my

peace, to promote peace, to be instruments of peace.

The logo of this journey depicts a

Pope urges Muslims and Christians to Reject War

Abu Dhabi: Pope Francis denounced the "logic of armed power" in Yemen, Syria and other Middle East wars on a landmark visit to the Arabian Peninsula, telling Christians and Muslims that conflicts brought nothing but misery and death.

Pope Francis, the first pontiff to set foot on the peninsula, was speaking during a trip to the United Arab Emirates, which is playing a leading role in Yemen's conflict as part of an Arab military coalition. "War cannot create anything but misery, weapons bring nothing but death," he said in a speech after meeting UAE leaders in the capital Abu Dhabi. "Its fateful consequences are before our eyes. I am thinking in particular of Yemen, Syria, Iraq and Libya," he said at an inter-religious meeting at the United Arab Emirates Founder's Memorial. "Let us commit ourselves against the logic of armed power," he said in his first public address on the trip after meeting with Sheikh Ahmad

al-Tayeb, the Grand Imam of Egypt's Al-Azhar Mosque who called on Muslims in the Middle East to embrace Christians.

The Grand Imam, the most senior Muslim figure taking part in the visit, called on Muslims in the Middle East to "embrace" local Christian communities, describing them as part of the nation and not a minority.

"You are citizens with full rights and responsibilities," said Sheikh Tayeb. He also called on Muslims in the West to integrate in their host nations and respect local laws. Sheikh Tayeb and the Pope signed a document of "human fraternity" which carried a message against religious extremism.

Earlier the pope was welcomed to the sprawling presidential palace for private talks with Abu Dhabi's Crown Prince Sheikh Mohammad bin Khalifa bin Zayed Al-Nahyan and other UAE leaders.

(Extracted from <http://www.dailystar.com.lb>) ■

The Desert that Flourishes

Having spoken of *fraternity as an ark of peace*, I now want to take inspiration from a second image, that of the *desert* which surrounds us.

Here, in just a few years, with farsightedness and wisdom, the desert has been transformed into a prosperous and hospitable place. From being an unapproachable and inaccessible obstacle, the desert has become a meeting place between cultures and religions. Here the desert has flourished, not just for a few days in the year, but for many years to come. This country, in which sand and skyscrapers meet, continues to be an important crossroads between the West and East, between the



North and South of the planet: a *place of development*, where once inhospitable spaces supply jobs for people of various nations.

Nonetheless, development, too, has its adversaries. If the enemy of fraternity is the individualism referred to above, I want to point to indifference as an obstacle to

development, an indifference which ends up converting flourishing realities into desert lands. In fact, a purely utilitarian development cannot provide real and lasting progress. Only an integral and cohesive development provides a future worthy of the human person. Indifference prevents us from seeing the human community beyond its earnings and our brothers and sisters beyond the work they do. Indifference, in fact, does not look to the future; it does not care about the future of creation, it does not care about the dignity of the stranger and the future of children.

(Source: vaticannews.va) ■

The Shore of Contemplation

Two Oceans



"Not equal are the two oceans, this one sweet, satisfying, delicious to drink, that one salty, bitter."

Quran: Al-Fatir (The Originator)

Sura 35: Verse 12

This verse alludes to two states: turning towards God and turning away from God. Those who turn towards God are occupied with obeying Him and recognizing Him. Those who turn away from Him are shut off from worshipping Him and protest against His apportioning and decree. The former is the cause of union, and the latter the cause of deprivation and separation.

These are two different oceans, one delicious and the other bitter, standing between the servant and God. One is the ocean of destruction, the other the ocean of salvation.

Five ships are traveling in the ocean of destruction: avarice, eye-service, persistence in acts of disobedience, heedlessness, and despair. Whoever sits in the ship of avarice will reach the shore of love for this world. Whoever sits in the ship of eye-service will reach the shore of hypocrisy. Whoever sits in the ship of persistence in acts of disobedience will reach the shore

of wretchedness. Whoever sits in the ship of heedlessness will reach the shore of remorse. Whoever sits in the ship of despair will reach the shore of unbelief.

As for the ocean of salvation, five ships are traveling on it: fear, hope, renunciation, recognition,

“As for the ocean of salvation, five ships are traveling on it: fear, hope, renunciation, recognition, and tawhid. Whoever sits in the ship of fear will reach the shore of security.”

and tawhid. Whoever sits in the ship of fear will reach the shore of security. Whoever sits in the ship of hope will reach the shore of bestowal. Whoever sits in the ship of renunciation will reach the shore of proximity. Whoever sits in the ship of recognition will reach the shore of intimacy. Whoever sits in the ship of tawhid will reach the shore of contemplation. ■

« Page 15

Relationship of Loss

Humane instincts

That many of these worthies could cross the border amid unprecedented mayhem, retained their sense of bonhomie against the communities whose individuals perpetrated the atrocities and vowed never to betray vengeance is an ode to their humane instincts. Their struggle against the formidable odds and dislocation and dedicated engagement with nation-building has been brought to relief graphically.

Destructive potential

The book should be a must-read for all those who harbor the vision of serving the nation with

commitment to equity and justice and without prejudice against anyone. Destructive potential of religious rhetoric in inflaming passions is too apparent to be missed. The text is easy and fluent. The Partition Museum deserves kudos in compiling the accounts of sufferings during Partition of a select group of individuals who rose to glorious heights in imparting strength to the new nation-state India that emerged out of the mess. One is not sure if similar attempt has been attempted on the other side of the border. If not yet, it will be worthwhile to do that.

MORALS & MANNERS

If Every Businessman Were Like Mr. Tima !

Mr. Tima was a man of modest means. He had studied till the 8th standard and then joined his father in his small business-of household repairs. He lived with his wife and two children in a one-bedroom house on the edge of a slum.

By A Staff Writer

There are some people you take to the very moment you meet them. You know what I mean, I'm sure! You instinctively feel a deep spiritual connection with them, and somehow, without even exchanging a word you know you can completely trust them. You know that they are kind, good people, who would never harm you.

Mr. Tima was one such person. He was a man of modest means. He studied till the 8th standard and then joined his father in his small business—of household repairs. He lived with his wife and two children in a one-bedroom house on the edge of a slum. It was a dark, diminutive place, but still, he loved it, because it was adjacent to a church, where he would spend half an hour every morning before setting out to work and half an hour in the evening before getting back home.

Rosha's friend Namo had put him in touch with Mr. Tima when Rosha needed some repairs done in his house. 'His work is excellent. He's reasonable. He won't cheat you. And, moreover, he is a very kind man,' Namo had said to him.

Rosha found Mr. Tima to be just as Namo had described him.

The day Mr. Tima finished the work he had taken on in Rosha's house he received a call informing him that a relative of his in a distant town had fallen very sick. The same evening, Mr. Tima rushed to be with him, and so Rosha was unable to pay him for his work.

Settle the Accounts

Over the next month or so Rosha tried contacting Mr. Tima. He wanted to give him the money he owed him as soon as he could. But every time he called him he found that Mr. Tima's phone was switched off.

It wasn't a very big sum of money that Rosha needed to pay Mr. Tima, but it wasn't small either. As a matter of principle Rosha wanted to settle the accounts soon. He had learnt from his spiritual master that one should

pay off one's dues as quickly as possible.

Several weeks later, Rosha managed to get through to Mr. Tima on the phone. "I owe you some money, brother, for the work you did for me," he said to him.

"Oh, there's no hurry at all," Mr. Tima replied. "Maybe you can pay me when we next meet."

"Brother, I've never seen a businessman like you!" Rosha

"Oh, well...", Mr. Tima mumbled in reply.

Rosha could make out that Mr. Tima didn't seem particularly enthusiastic about the suggestion.

"I'll tell you what!", Mr. Tima said energetically after a pause.

"Instead of sending me the money, what about giving it to a good cause? Maybe a needy person, or some charity?"

"My goodness! That's such a lovely idea!" Rosha responded.

A Kind Deed

Now, it so happened that that very evening Rosha discovered that Mr. Sol, who worked as a cleaner

in the apartments where he lived, had taken ill. He was rushed to a hospital, where he stayed for the night. Two days later, when Rosha met Mr. Sol, he gave him the money that he had owed Mr. Tima. Hopefully, it would cover the cost of his treatment.

Mr. Sol was very grateful to Rosha for this kind deed.

But Rosha explained to him that it had been Mr. Tima's idea, not his. He then told him the entire story.

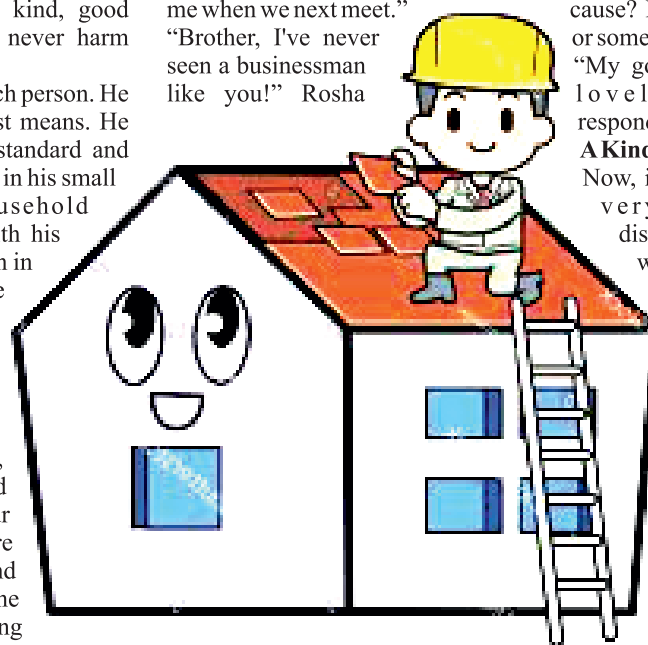
Mr. Sol was very touched by Mr. Tima's thoughtfulness. He said a short prayer and then said to Rosha, "Please thank that kind man and tell him that I prayed to God to bless him and his family abundantly."

Later in the day, Rosha called Mr. Tima and informed him that he had given the money that he had owed him to Mr. Sol, explaining how it helped him recover most of the money he had spent on his treatment. He also mentioned that Mr. Sol had prayed to God to bless Mr. Tima and his family.

Mr. Tima sounded very pleased. He thanked Rosha profusely for enabling him to help a man in need. But Rosha insisted that it was Mr. Tima, not he, who deserved to be thanked.

"Well, it's the Lord who needs to be thanked, for giving both of us an opportunity to do a good deed," Mr. Tima concluded. And to that Rosha heartily agreed!

(This story is inspired by a true incident!)



exclaimed. "Other people chase their customers and perhaps rightly so for outstanding payments. But you even if someone insists that you accept

“It wasn't a very big sum of money that Rosha needed to pay Mr. Tima, but it wasn't small either. As a matter of principle Rosha wanted to settle the accounts soon. He had learnt from his spiritual master that one should pay off one's dues as quickly as possible.”

the money they owe you, you don't seem eager to oblige!" Mr. Tima giggled.

Rosha requested Mr. Tima to send him his bank details so that he could transfer the money to his account that same day.

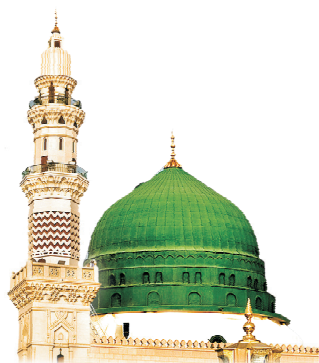
Being Pious and God-Fearing

Islam emphasizes that all human beings are equal. They are equal at the point of birth and equal on the Day of Judgement. They are given the same duties and promised the same reward. Thus, their equality in God's sight is complete. People, however, create all sorts of standards to raise some people high and keep others down. Islam does not recognize any such standards. The only criterion that raises some people above others is their being pious and God-fearing, provided always that they maintain this throughout their lives. This is stated clearly in the Quran. The Prophet (peace be upon him) further emphasized it in a number of statements and traditions.

This hadith describes the Prophet's attitude to people's situations on the Day of Judgement. Those whose life is characterized by fearing God and piety will be the ones who bring forward their deeds hoping for a rich reward from God. They are certain to have the Prophet's support and God's reward. They are the ones to be given a position close to the Prophet, because their actions in this life confirm what they profess of accepting the Islamic faith and implementing it.

Actions that Count

The Prophet acknowledges that kin relationships may bring some



Abu Hurayrah reports that the Prophet (Pbuh) said: 'The people who will be close to me on the Day of Resurrection are the God-fearing, even though a certain lineage may be nearer of kin than another'. [Bukhari]

people closer to others. Thus some people might be closer to the Prophet by virtue of blood relations, but he warns here that it is actions that count on the Day of Judgement. He further paints a very vivid picture of those who rely on being related to him for their salvation on the Day of Judgement while not doing enough to save themselves. They come carrying stuff of this world

on their shoulders. This is a reference to anything, material or not, that people gain unfairly in this life. As they have to account for it, they carry it on their necks. The Prophet further warns that those who profess to follow him will appeal to him for help, but he will not be in a position to help them. He will simply turn away because he cannot help anyone except those who, in this present life, truly follow him. They might commit some sins, but they always seek God's forgiveness

They might commit some sins, but they always seek God's forgiveness and try to rectify their deeds.

and try to rectify their deeds. It is such people that hope to benefit by his intercession on their behalf. As for those who deliberately wronged others and got away with things to which they had no rightful claim, persisting in their misdeeds and showing no sign of repentance, they will carry their heavy burdens and they will have no one to support them as they face God's reckoning.

(Compiled From: "Al-Adab al-Mufrad with Full Commentary: A Perfect Code of Manners and Morality" - AdilSalahi)■

POSSITIVE THOUGHTS

La Illaha illa Allah and Connecting to Our Shadows

I've spent a lifetime scared, in a series of compulsive and subtle ways, of embracing myself. The refined energy of La Illaha illa Allah brings into plain and painful, the bars that are holding me, holding me captive.

By Daliah Merzaban

We all have psychological blind spots, aspects of our personalities that are hidden from our view. My own tend to boil down to fears that feel too threatening to acknowledge, and so are easier to tuck away. This is why I'm deeply grateful for Sufi practices that bring these distortions into conscious awareness through *zikr*, the repetition of Divine Attributes.

I often linger on the line in the Mevlevi Wird that offers an antidote for approaching my phobias: "Facing all fears, (say) 'there is no god, but God.'" These words, La Illaha illa Allah, have been part of my life since I was a child, yet only since moving away from the religious understanding has the immensity of their spiritual significance unfolded for me. In my impression, the six words have been usurped by religious authorities to divide people based on those who worship one supreme lord, and are thus bound for "heaven," and those facing a more sinister fate because they worship a collection of gods.

Comparing and Judging

“ Each time I'd breathe out La Illaha, letting go of the falsity in me, the seed would get moistened with a few drops of water and lay its invisible roots. Warming rays of sunshine would penetrate the seed with every inhalation of illa Allah, affirming Being within. ”

This superficial interpretation is dangerous because it keeps our focus outside, leaving us prone to fixating on comparing ourselves to and judging the actions of others. What is more meaningful and ultimately more challenging is to witness our interior world and all the false "gods"- the contradictions, obsessions and preoccupations that

consume our attention.

Welcoming La Illaha illa Allah into my days for a few years has brought to light the crowd of idols within me, and it's bigger than I care to admit. From the sometimes debilitating desire to be acknowledged and validated, to more subtle idols, like the tendency to speak to myself in a self-deprecating way, the *zikr* has opened a gateway to my shadow side. My experience is that *zikr* works on an incredibly subtle level and is a gradual unfolding, like a germination process for the spiritual heart. At first, it didn't feel like anything was happening; I had to trust that this seed I was planting in my inner world would eventually blossom.

Each time I'd breathe out La Illaha,

"When a human being performs zikr, their spirit, their heart starts to open. Their intelligence becomes more refined and more expansive. Their bodies become healthier. A beautiful condition comes about, similar to the one that is brought about by good music. The whole being opens up like a flower, and the divine secret the things you couldn't understand or know about before begin to be revealed to you."*

False Narration

Usayd's mother said: 'I said to Abu Qatadah: "Why do you not narrate the Prophet's hadiths as other people do?" He said: "I heard God's Messenger (peace be upon him) say: 'Whoever attributes something false to me prepares for himself a position in hell to recline upon'. [Bukhari]

This hadith states why many of the Prophet's companions were especially reluctant to quote him, fearing that they might replace a word here or there, or misquote him in some other way. If they

phrase, 'or he might have said something similar to this'.

It is often the case that the Prophet's companions might say a hadith which they heard the Prophet say, but without



were to attribute it to the Prophet and state that he said this, they feared that it might be counted as a lie. This would, then, put them in the position the Prophet warned against. Needless to say, God knows that they intended no such a thing, and if they erred, it would have been a genuine mistake. We know that God would not punish anyone for a genuine mistake, as the Prophet himself made clear. Nevertheless, these companions remained reluctant to quote the Prophet for fear of making a mistake. Some of them would quote him only very sparingly, as in the case of Abu Qatadah, who would have reported several times as many hadiths as are related through him. Others would qualify any quotation they made from the Prophet by adding the

attributing it to him. This means that the hadith would be reported as if it was said by the companion reporting it, but scholars of Hadith would know that no one of the Prophet's companions would ever have said anything relevant to the religion of Islam unless he had heard it from the Prophet. This is one of the reasons why Hadith scholars include such reports, calling them *athar*, particularly when a report involves a prohibition. No one would dare describe anything as forbidden without clear evidence from the Quran or the Sunnah, because the authority to forbid anything belongs only to God.

(Compiled From: "Al-Adab al-Mufrad with Full Commentary: A Perfect Code of Manners and Morality" - AdilSalahi)■

letting go of the falsity in me, the seed would get moistened with a few drops of water and lay its invisible roots. Warming rays of sunshine would penetrate the seed with every inhalation of illa Allah, affirming Being within. Contemplating its meaning at spontaneous moments during the day might sprinkle a dash of fertilizer on the soil around it.

Conscious Awareness

As time passed, and after enough nourishment, the seed cracked open and a tiny shoot emerged. The growing stem lodged itself in my heart, softening it as it flowered. Meanwhile, the roots were stirring things around in my subconscious as they embedded themselves deeper and deeper. By then, I'd spent enough

time in stillness to hone my ability to be present with my breath and receptive to the sensations arising in my body. And one by one, different fears started rising to conscious awareness, due to triggers in my interactions with family, friends, colleagues or strangers.

It's been humbling to witness how suffocated I've been by the fear of disappointing my family. Or how my fear of writing anything that wasn't "perfect" inhibited my creativity. Scared of rejection, I'd regularly work into the night to be worthy of praise. I was even afraid of my curls after decades of internalizing familial and cultural messaging that straight hair was more attractive.

I could go on, but the point is I've

Warts Or Verrucas

By Dr Syed Hidayathulla

A wart is a small growth with a rough texture that can appear anywhere on the body. It can look like a solid blister or a small cauliflower.

Warts are caused by viruses in the Human Papilloma Virus (HPV) family.

The appearance of a wart depends on its location on the body and the thickness of the skin, like for example Palmar warts appear on the hand. Plantar warts affect the feet. Black dots in the wart are blood vessels that can lead to bleeding.

As many as 1 in 3 children and teenagers are estimated to have warts, but only 3 to 5 percent of adults. This is because the immune system becomes better able to prevent their development over time. People with a weakened immune system are more likely to have warts.

Unlike moles, warts are often the same colour as the person's skin. Warts do not contain pus unless they become infected. If infection occurs, they may require treatment with antibiotics.

Most warts disappear in 1 to 5 years without medical treatment, but treatment is available for all types of warts.

Types: Most common types of Warts include Common warts, Plane warts, Filiform warts, Mosaic warts, Genital warts, Palmar and plantar warts.

Common Warts: Common warts have a firm, raised, rough surface and may appear cauliflower-like. They can occur anywhere, but they are most common on the knuckles, fingers, elbows, knees, and any area with broken skin. Clotted blood vessels are often visible in common warts as small, darkened spots. These are known as seed warts.

Plane Warts: Plane warts are round, flat, and smooth. They can be yellowish, brownish, or skin coloured. Also known as flat warts, they grow most often on sun-exposed areas. They tend to grow in larger numbers, possibly between 20 and 100. However, of all wart types, they are most likely to disappear without treatment.

Filiform Warts: Filiform warts are long and thin in shape. They can grow rapidly on the eyelids, neck, and armpits.

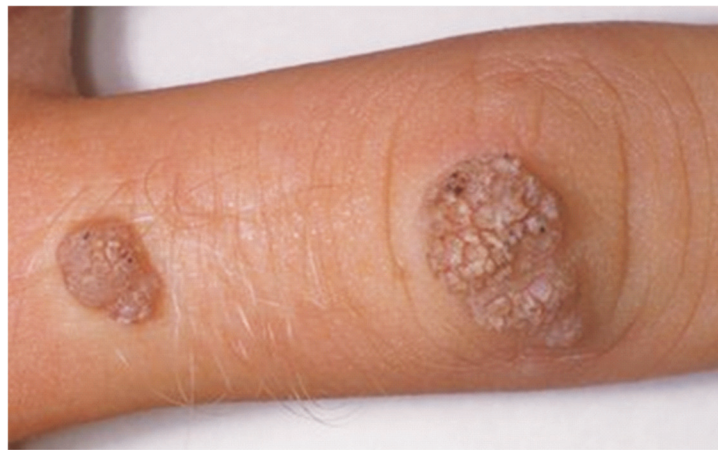
Palmar Warts: These warts feel firm and rough. They can appear on palms, knuckles and fingers.

Plantar Warts: These painful warts appear on the soles of the feet, heels, and toes. They usually grow into the skin because the person's weight pushes onto the sole of the foot. They normally have a small central black dot

surrounded by hard, white tissue. Plantar warts are often difficult to clear.

Mosaic Warts: Mosaic warts are multiple plantar warts in a large cluster.

Genital Warts: These are warts on, in, or around the genitals. These warts can be more serious. In women, they can potentially lead to cervical, anal, and vulvovaginal cancer. In men, anal cancer and cancer of the glans penis can also occur as a result of infection with some types of genital warts. Anyone who develops genital warts should see their doctor for assessment.



Palmar warts occur on hands & fingers

Causes: HPV viruses cause the excessive and rapid growth of keratin, which is a hard protein on the top layer of the skin. Different HPV strains cause different warts. The wart-causing virus can be passed on by close skin-to-skin contact, and through contact with towels or shoes.

The virus can spread to other parts of the body through:

- scratching or biting a wart
- sucking fingers
- biting fingernails, if there are warts around the nails
- shaving the face or legs

Having wet or damaged skin, and coming into contact with rough surfaces increase the risk of infection. For example, a person with scratches or cuts on the soles of their feet is more likely to develop a wart in and around public swimming pools.

Wearing shower shoes or flip flops while using public showers or walking near public swimming pools can help prevent this.

The risk of catching warts from another person is low, but they can be passed on, especially if the person has a compromised immune system. This includes people with HIV or AIDS, and those using immune suppressants following a transplant. Genital warts are more contagious.

Handling meat as an occupation will also increase the risk of contracting warts. A study carried

out by the American Academy of Family Physicians showed that 33 percent of slaughterhouse workers and 34 percent of retail butchers have warts on the hand.

When should I see a Doctor ?

It is a good idea to see a doctor if the wart:

- causes pain
- bleeds easily
- Changes appearance
- spreads easily to other parts of the body
- comes back after prior removal
- appears in an area that leads to constant irritation and bleeding so as to affect daily activities, such as shaving, sports, and so on



Plantar Wart

cryotherapy, surgery, laser, electrocautery, photodynamic therapy.

All wart treatments are designed to irritate the skin and get the body's own infection-fighting cells to clear the warts.

Of all the treatments, Cryotherapy

is one of the safest & more definitive treatment in which a freezing liquid, often Nitrogen or Nitrous oxide, is sprayed onto the wart, destroying the cells. A blister develops, which eventually scabs and falls off a week or so later.

This treatment must be carried out by a healthcare professional. If the wart is large, this may require a local anaesthetic and more than one session.

At Primecare hospital, we have a very good facility for cryotherapy & can help you get rid of your annoying warts.

Dr Syed Hidayathulla, is Consultant Family Physician & Cosmetologist, Primecare Hospital, Bangalore.

He can be reached at hsyed21@yahoo.co.uk ■

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La Illaha illa Allah and Connecting to Our Shadows

spent a lifetime scared, in a series of compulsive and subtle ways, of embracing myself. The refined energy of *La Illaha illa Allah* brings into plain and painful, the bars that are holding me, holding me captive. And yet the beauty of *zikr* is that it doesn't leave us stranded as we lay bare our darker sides. As *La Illaha* shows me a fear, *illa Allah* reveals my very own conduit to divinity, that center of authenticity and wholeness where each human being is connected to Infinite Love.

Like the way fragrance of a red rose or lily penetrates every particle of surrounding air, or how the undulating notes of the reed flute pulsate throughout a room, *La Illaha illa Allah* transforms the energy of the inner world, as one of the beloved guides of our tradition, the late Suleyman Dede, describes:

Life Altering

With exposure to *La Illaha illa Allah* over time, fears naturally loosen their grip. The anxious sensations that often accompany them may linger the pang in the chest or the tightness of breath, for instance. But *zikr* helps me witness these reactions with some objective distance, as though they are weeds I've pulled from the earth.

This conscious witnessing is life-altering because it empowers me with choice. Rather than pretend the fear isn't there or berate it for being there, I allow it to guide me to that part of me that's scared of expressing sadness, of scarcity, of being imperfect, of speaking her truth, etcetera. In a sense, *La Illaha illa Allah* prepares the soil of my psyche for the garden of Divine

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The Art of Solitude

For me as a writer and poet, my self time is one of the best times where I not just discover ideas, but also connect with nature.

By Cyma Khan

Remember when the last time was when you went inside the kitchen to prepare a cup of tea or coffee for yourself and sat peacefully along with your own company? Many a times we find ourselves acting ridiculously, our own reflection would put us in a state where we would question our thoughts and actions.

But that's a situation where we should be thankful to God to be in. And if we patiently observe, then that could be the ideal situation to eliminate our negative aspects and build a superior personality than it was before.

We convince ourselves that we barely have "self" time amidst a tight schedule. But in order to meet our responsibilities towards other people and our work we fail to give importance to our own self.

Self Time

It is important to spend time with our loved ones, but it is equally important to spend quality time with our self. This is not selfishness. For me as a writer and poet, my self time is one of the best times where I not just



discover ideas but also connect with nature. A small walk under the sky, sitting quietly in the garden and observing the nature around me, reflecting and learning from what I see, brings peace of mind that no amusement park or Sunday holiday brings.

It is often heard from people with high intellect and wisdom that they prefer solitude and seclusion from the social world. A healthy mind is built through reflecting one's own actions. This era we are living in is the era of technology. We are accompanied by our smartphones and computers with the availability of Internet 24 hours a

day, and somehow we have left behind our own self.

Health Benefits of Solitude

There are scientifically proven health benefits of solitude, from increasing empathy to building creativity. Prophet Muhammad (pbuh) often he used to seclude himself in a cave to reflect and worship.

Spend time in seclusion with our Creator

The time spent in seclusion can be time spent with our Creator. This is the most perfect time when a believer is alone in the remembrance of God, which brings the ultimate peaceful change in one's heart and personality. We impact people positively. When our own self is not sound, then negativity within us influences others around us negatively. So it is always good to practise solitude at least for a few hours every day in remembrance of God to be blessed with positivity within us.

(The writer is based in Kolkata) ■

Reconsidering Our Perspective

Think about it! Some people arrange grand marriages as they have a lot of money-why do we shower them with expensive gifts?

By Khadija F. Motorwala

Sometimes we come across a situation where we realize that some things are followed just as part of tradition, but do we know why we follow such a tradition? Has anyone told us about it? It is time to question ourselves to find better things to do in the world for the betterment of society.

Recently, I visited a young lady who has two kids. She is tagged as a widow because her life partner passed away after long ailment. It was quite painful to see her sitting in one corner of the room, where people would come to meet her and, as per an ancient tradition, hand over a small amount to her.

I wondered why a woman should sit in a corner of a room, dressed in white and sobbing all the time, and people walked in the house to sympathize with her. I wonder if we could have empathised with her and helped her while she was in actual need of money, when her husband was suffering from long sickness. But no one came to meet her or greet her then.

She continued to say that when her husband was alive and they were in real need of funds she had no one to help her as the pillar of her house was in bed and couldn't work...

Big, Expensive Gifts

When I heard her talk, I said to myself, "Isn't it time that we as a society reshape our perspective?" For instance, when some of us attend marriage functions, we give big,



We need to shift our focus from 'me' to 'we'. We should see a sick person as our fellow human being, a part of us.

expensive gifts. However, such expensive gifts are not a requirement as the wedding can be done in a simple way and money that might otherwise have been spent on the function could be used for a better purpose.

Social conventions and taboos lead us to attend marriages of rich

people and shower them with extraordinary gifts in exchange for an exotic buffet!

Think about it! People make grand marriages as they have a lot of money, but why do we over shower them with expensive gifts? I'm sure if we put a break to this tradition of spending huge amounts on their gifts, marriages will be simplified! Now, let's consider the state of mind of a sick person, who is in bed and can't earn money. This sickness wasn't his choice. He wasn't even prepared for it. A sudden blow brought things in his life to a standstill. How do I get money for my treatment?

What about my basic necessities? These types of worries trouble him internally, and gradually, physical sickness becomes mental and emotional sickness also.

We should help people like this who are in need, not just through money but also through mental and emotional support to the family. We need to shift our focus from 'me' to 'we'. We should see a sick person as our fellow human being, a part of us.

Remember, in life, what you give you get back. If we are helping someone in need, maybe sometime in our life we will have someone's helping hands reach out to us.

OPEN SPACE

When I Was Like a Body Without Soul

This was my dream which I thought I could share with you as it may have a lesson for you as it did for me!

By Shaban Ali Nadvi

It was the mid-August 2018. Those days, I was most inclined to Allah. I continued to offer five times Salat a day along with the Tahajjud that I rarely missed.

In the night, before 12 o'clock, I used to fall asleep at any cost, because, if I delayed sleep, I found my eyes glued together. However, I tried to open them widely, but they seemed to be more tired and unable to open-sometimes I would skip Fajr.

One night, having watched some videos about the outstanding features of Fajr and Isha

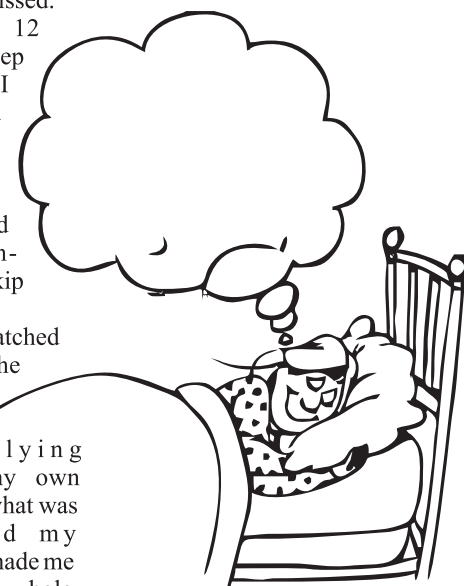
Salat, I slept. I am not lying or trying to blow my own trumpet. I do not know what was the reason behind my nightmarish dream that made me cry and repent about my whole life. I consider that night the greatest and most precious moment of my life. I think that night was destined especially by Allah for me to show the reality of which I was unaware or ignorant. Allah wanted me to realize and tell me what the hell was going on in my life.

The Angels

That night I dreamt that I lay on a bed as the others lie. I was staring off into the ceiling. Suddenly, some angels in the form of people appeared before me. Seeing them, my whole body got numb and an extreme tingle shot through my spinal cord. The energies inside me disappeared. The organs proved to be stubborn to work even as if the cells had died. I was a body without a soul. I was like a statue that needed to be vitalized. The angels stood all around me. I got perplexed finding myself in the state of unease. I thought about why these angels had come to me while I am young and supposed to live more. They said rudely: "We have come to take your soul, until here you were destined". I missed some heart beats. I exhaled and inhaled readily trying to breathe as much I could. When their sentence hit my ear, lying on the bed, I analyzed my whole life. I found nothing to present Allah as good deeds. My past appeared the darkest. I was stunned to death about what to do and where to escape as I am being taken to the unseen world, where only the coins of the good deeds work.

Tears of Repentance

While I have skipped many Salats and lied a lot and teased people and ignored the Divine injunctions, my eyes welled up



with tears of repentance. No one was there to help me: only I was with my good deeds or bad deeds. Many times I thought, it might be a dream. Very often I tried to disappear or escape from the angels, but I failed. I was motionless. No one could have saved me from that condition. I cried more and more, because, the moments of my life had ended.

Later what happened I do not remember, but as I got up earlier for the Tahajjud, I found my eyelid paining. My eyes seemed to be heavier. Getting up hurriedly, I made ablution and stood in respect in front of Allah. Offering the Tahajjud, I cried for half an hour, thanking Allah for what He had showed me as the reality and made me alert about the Hereafter. That day seemed blurring to me and most of the hours, I remained silent and sought Allah for good in the Hereafter.

This was my dream which I thought I could share with you as it may have a lesson for you as it did for me! We should not rely on our life. When, where and how it would cheat us, we do not know, because the validity of our lives is untold.

(Shaban Ali Nadvi is currently a student of PG Diploma in Applied Islamic at Yenepoya university Mangaluru. He has done his PD diploma in community service in Mysuru and is a graduate in Arabic from Nadva [Lucknow]. He also attended the Discover Yourself Workshop in 2018 at Darul Umoor, Srirangapatna)

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Sunni Muslim, Bangalore based from Syed family seeks alliance for their daughter BE working in a MNC, age 22, ht-5'3" fair, looking for a professionally qualified and well settled from an affluent background Preferable from Bangalore, Age between 25 to 29 years, Contact - 9886747727 E-mail: psyed9309@gmail.com

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La Illaha illa Allah

and Connecting to Our Shadows

Names to bloom.

My teacher says there are times where you stop doing *zikr* and it starts doing you. Perhaps in my metaphorical interior garden, that's when whatever Divine Qualities are needed for my spiritual and psychological growth spontaneously burst forth from the fertile soil I've been tending; flowers that were always there behind the shadows, waiting to manifest their many hues.

That fearful part of me may be showered by the love of the Infinitely Loving One, *Ya Wadud*. She may bask in *Ya Rahman*, the Most Compassionate, or feel the incredible rooting quality *Ya Aziz*, connecting her with the most mighty and dear core of her being. As she calms and integrates little by little into wholeness, the delightful

fragrance of the Quranic promise, "in the remembrance of God, hearts find rest," fills the air.

The vigilant energy of *La Illaha illa Allah* has transformed my experience of working with my shadow, shining a light on the crevices of my psyche where the *zikr* performs its alchemy, melting all our fears into Love.

Or as Rumi says in a poem honouring the teachings of his beloved Shams,

The light of zikr creates the full moon, And brings those who are lost to the path of Reality.

At the times of the morning and the evening namaz, make yourself a prayer, saying, La Illaha illa Allah.

(The Voice of Dede, Threshold Society Divan-e Shams-e Tabrizi, Quatrain 11)

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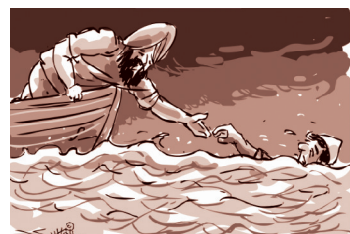
Sikhs Rescue Kashmiri Muslims

It were Sikhs from Dehradun to Chandigarh, who restored Kashmiri's faith in humanity.

True to their faith, and also a minority that has seen and experienced targeted violence, Sikhs across India have come to the rescue of stranded and hounded Kashmiris. *Nanak Naam Chardi Kala, Tere Bhane Sarbat Da Bhala* - the last line in the Sikh Ardas or prayer - calls for peace and prosperity for all humanity. Over the past few days, several Sikhs in North India embodied this concept by helping Kashmiri Muslims who were trying to escape vigilante mobs following the Pulwama attack on 14 February.

It was Khalsa Aid, an international aid organisation that had also stepped in for the beleaguered Rohingyas and many local Gurdwaras, as also individual Sikhs gave protection, food and shelter to the stranded Kashmiris and helped them reach their homes in Kashmir. Several Kashmiris - those who were stranded as well as journalists and political leaders - expressed their gratitude to the Sikh community for helping them in this difficult time.

A cartoon by Greater Kashmir cartoonist Suhail Naqshbandi, which depicted a Sikh offering a helping hand to a drowning Kashmiri, went viral on social media



This cartoon from Suhail Naqshbandi (editorial cartoonist from Greater Kashmir says it all.

He tweeted this, "Sardar means a leader and they lead by example. Hats off to them for being everywhere to help the humanity." Needless to say it went viral.

Kashmiri students in Dehradun were specific targets following the Pulwama terror attack. Khalsa Aid International is reaching out to the distressed students and offering them transportation, food and accommodation. Khalsa Aid, the Punjab-based NGO has got in touch with Jammu and Kashmir Students' Organisation (JKSO) and providing transportation to 250 students waiting to leave for Mohali from Dehradun.

"When I saw members of Jammu and Kashmir Students' Organisation are providing help to students facing threats after Pulwama, I followed up with them. We are giving them transportation, food and accommodation. I saw them hungry and scared," Amarpreet Singh, managing director, Khalsa Aid International, told News 18. He adds, "What is their fault... that they are Kashmiris? We will stand by them and help them. About 250 more students are stranded in Dehradun and want to leave for Jammu. We will take care of their travel."

Providing Safe Sanctuary

While some Kashmiri students are huddled up in a housing society, others have found refuge in Gurdwaras. The JKSO - a socio-cultural group that has been working for the Kashmiri students since two years ago - has helped 800 students from Dehradun find safe refuge. Some have been sent back to Jammu and some are staying at various places in Mohali.

(Extracted from sabrangindia.in)



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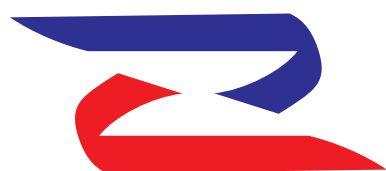
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Museum of Islamic Science and Technology

Window to Islam's Contribution to Knowledge

A visit to Museum of Islamic Science in Istanbul provides a throwback to seminaries, academies libraries and laboratories of medieval empires.



By Maqbool Ahmed Siraj

The period between 9th and 16th century was the golden era for the flowering of science and technology across the regions under Islamic caliphates and Muslim imperial dynasties. The period witnessed birth of renowned scientists and innovators who taking a cue from Greeks and Indians, came up with significant discoveries and devices. The West which benefitted immensely from the inheritance as Muslim world began to sink into political and cultural decline, used it as the springboard for the next leap. Although the axis of invention kept shifting from one nation to another, largely the West remained dominant. It is only now that the axis of technological innovation seems to be moving



towards the Far East with Japan and China leading the charge.

In Imperial Stable

The Museum of the History of Islamic Science and Technology (*İslam Bilim ve Teknoloji Tarihi Müzesi*) in Istanbul puts on display a variety of objects, charts, and reconstructed devices pertaining to varied disciplines. The Museum opened its portals for visitors and students in May 2008. It is located in Gulhane Park

(literally Rose Garden) at the terminal of tram that trundles through the heart of the City spanning two continents. Gulhane Park is the most picturesque part of the city. The Museum extends over 3,500 sq. mt. area of a building that used to serve as the stable of Ottoman emperors and runs along the palace wall. The complex also has two other museums, viz, Archaeological museum and Crystal Palace, a museum for tiles.

It was Islamic scholar Fuat Sezgin

(1924-2018) who conceived the idea for such a Museum and was supported by the Turkish Government headed by President (then prime minister) Recep Teyyip Erdogan and the Istanbul Municipality which extended material and financial support to see its realization. Prof. Sezgin had earlier founded the Institute for the History of Arabic-Islamic Science at the Johann Wolfgang Goethe University in Frankfurt.

A large globe placed inside an art work of arched poles is placed at the entrance.

The map on the globe was constructed on orders from Caliph Mamun ar-Rasheed (ruled 813-833 CE). The map displays surprising accuracy of the geography of the part of the world which was known till then.

Transcreation

In one sense, the Istanbul Museum is the final realization of dream of Prof. Fuat Sezgin who had spent nearly two decades at the Goethe University in piecing together the history of Islamic Science and Technology. Here at Istanbul, with generous help of the Turkish Government he could transcreate the text into devices and models. The objects have been presented systematically in sections devoted to astronomy, geography, nautics, time measurement and horology, geometry, optics, medicine, chemistry, mineralogy, physics, techniques, architecture and military machines thereby presenting the voyage of discovery as a continuous flow. We describe a few artefacts displayed at the Museum:



Mustansiriya Academy of Baghdad

The great academy was founded in 1227 on the banks of the Tigris river in Baghdad by the penultimate Abbasid caliph Mustansirillah. It was probably the oldest Arabic-Islamic academy where, besides the syllabi of four orthodox law schools, medicine and mathematical sciences were also taught. It employed a 400 maintenance work forces. The Academy possessed a large and important library which was plundered after the conquest of Baghdad by the Mongols. The Caliph visited the academy often and heard the lectures and the disputations of the scholars from a place specially appointed for him. Every now and then, he held official receptions there for state guests.

The building survived the destruction of the capital and the downfall of the Abbasid dynasty at the conquest by the Mongols in 1258. A decade later the Academy started functioning once again. It seems to have been much neglected around the last few centuries.

After its restoration between 1945 and 1963, the building is now part of the museum of Islamic Culture and Art. (The model of the building in the museum was done by Hansjorg Schmid).



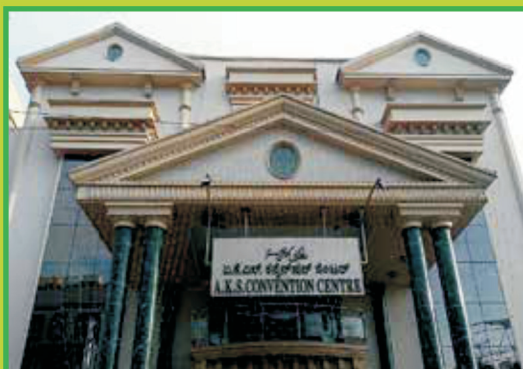
The Museum takes the visitors to the golden era of development of sciences and technology under Muslim Caliphs and empires between 9th and 17th century

» Page 27

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Windmill: The Museum's model was made after the drawing and description in the 13th century CE book on geography by Shams al-Din al-Dimashqui.

Water Clock: This replica is modelled after the magnificent water clock which was constructed in 1362 in the Qarawiyyin mosque in Fes (Morocco), and which has been restored recently by the Institute of History of Arabic-Islamic Science in Frankfurt/ Main. The falling float of water provides the power and regulation of the clock through an ingenious mechanism. The 24 doors in the upper gallery close one by one in regular intervals of precisely one hour. Every four minutes a small metal ball drops into a metal bowl and produces a tone. The dial on the left displays the actual position of



Window to Islam's Contribution to Knowledge



the stars and the ecliptic in the sky.

Qalawun Hospital, Cairo: Finally in the field of medicine of the 13th century, the hospital built in 1284 in Cairo by the Mamluk sultan al-Malik al-Mansur Saifaddin Qalawun shall be mentioned. After the Adudihospital in Baghdad (981) and the Nuraddin hospital in Damascus (1154), it was the latest and the most advanced of the three major hospitals in the Islamic world established by that time. In some respects it seems almost modern. Such progressive features are its medical organisation with specialised treatments, the playing of music to

patients suffering from mental illness or insomnia, in-house medical training, an elaborate administration, financial security through sufficient income from an endowment (with quite interesting conditions specified in the foundation deed (which seems to have collapsed after the 17th century) and its cruciform ground plan is believed to have served as the model for similar hospitals in Europe.

Celestial globe from observatory of Maragha (North-West Iran): In 1279, a celestial globe of diameter 14.4 cm was constructed by Muhammad al-Urdi, son of the well-known astronomer Mu'ayyad al-Din

al-Urdi. It was expertly made out of bronze, and the celestial constellations as well as the equator, the ecliptic and latitude circles were inlaid in silver and gold. The surrounding rings, representing the horizon, the meridian and the prime vertical, could be adjusted to different geographical latitudes. The globe originally belonged to the famous observatory of Maragha in Northwestern Iran, but it was transferred to Dresden in 1562 where it has been preserved ever since. The replica is made out of messing and the inlays are in silver.

Six-cylinder pump

One of the most common applications of medieval Islamic technology was raising water to a

higher level. While two-cylinder water pumps were described earlier in the 13th century by al-Jazari, the six-cylinder water pump were invented and described by the Ottoman polymath Taqi al-Din in 1553 CE. It forms the culmination of this development. The ingenious design, incorporating the use of a camshaft and six cylinders in a row as one bloc, makes a constant stream of water possible.

Astrolabe of the Yemeni Sultan al-Ashraf,

Many rulers and dignitaries in various parts of the medieval Islamic world were actively engaged in scientific research and the construction of instruments. An example is al-Ashraf Umar, who became Sultan of Yemen from 1295 to 1296. The Museum possesses a replica of an astrolabe, which al-Ashraf constructed in 1291, and which is now in the Metropolitan Museum in New York. Al-Ashraf gave details about the construction of astrolabes in a treatise which is extant, and one of the manuscripts includes testimonials by his teachers about the excellent quality of his work. The Museum has 31 Astrolabe displayed in chronological order.

(The author was on a visit to Turkey between October 21 and November 1, 2018) ■



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A Brilliant Workshop

The Discover Yourself Workshop was held in Bangalore on 25,26 & 27 January 2019, for students, teachers and parents at Amina Bi Composite PU College & Noor English High School Illiyas Nagar, Bangalore. It was organised by Empower India Foundation.

Around 200 Students, teachers and parents attended the workshop.



Some of the Participants Share their Experiences:

- Before, I had no humanity (insaniyat) in me, but after attending the workshop, I have got this beautiful gift.
- I stopped fighting with my sisters and brothers. I forgave them, started helping my mother and stopped seeing my mobile phone too much. It is a very brilliant and useful workshop.
- Before the workshop, my life was very confusing. Now I know who am I and what is my purpose of life. I learned that helping others is ibadah for Allah.
- I have controlled my anger, and I have learned a lot.
- I forgave everyone who hurt me, and I am now able to concentrate on my studies. My life changed after the workshop.
- The workshop is brilliant. It changed my life and brought in a lot of improvements. Sir is an excellent coach and I am very lucky to have a coach like him. Thank you for everything, sir.
- Before I was not able to concentrate in my salah. Now, after attending, I learned to concentrate on the salah.
- Before attending the workshop, I was careless and I was not serious about life. After the workshop, I have fully changed. Now, I can read salah with full concentration.
- I learned to live my life with values and achieve goals in my life. It improved my life and I forgave people who hurt me.

SAFIYYA: A life-changing experience for someone who is seeking happiness, health, wealth and success. Dr. Sadath has made it easy for all of us (especially for me) to understand the basic fundamentals of life. This workshop has given me the ability to distinguish between good and evil. Reminded me of Allah again

and made my faith strong. I feel good by investing my time in this beneficial workshop. Alhamdulillah!

NASREEN: I experienced inner change. It was really very wonderful to be part of this workshop. This workshop helped me to live a stress-free life. My point of view completely changed. I experienced a lot of positive energy. Thank you so much, sir, for your efforts to create positive energy.

HINA: In my life, this is the first ever eye-opening workshop I have attended. Before the workshop, I did not know the distinction between the mind and the heart. Many new topics which are so basic I came to know now, and I started practising them. I am committed to being a practising Muslim and not a preaching Muslim.

KUBRA: From the past 2-3 years I was taking other people's opinions to my heart and thought I was nothing in this world (worthless). I had lost confidence, was full of fear, ultimately leading me to the path of depression (self-guilt). Now Alhamdulillah, I can overcome these things by

distinguishing that it is their opinion and I am thankful to my parents and Allah (swt) for blessing with abundance.

SUMERA: I was not able to understand what was going on within me. I felt negative, that I could not do anything in life, and life was boring. After attending the workshop, I got back the confidence that I can do things in life and feel the positive energy. My parents are happy to see me with this positive attitude and energy.

SHAZEIN: Before the workshop, I was not doing my homework and was speaking rudely to my family members. After the workshop, I do all the cleaning and household work. I am speaking to people in a respectable and good language. I will give up my ego and all the bad things. Inshallah, this I will follow in my entire life.

ZAIBA: Before the workshop, I used to talk to my sister, brother, mother and father in a bad manner, but after the workshop, I changed and spoke to them in a good manner. My father was very proud that my daughter has totally changed and he was very happy. Thanks for changing my life.■



Opening Doors To Clarity

The Discover Yourself Workshop was held in Bahrain on 7, 8 & 9 February 2019 for women at Al Eslah Society.



Some of the Participants Share their Experiences:

- This workshop helped me to explore the inner side of me, to realize the absolute reality.
- I was very sensitive and emotional before those opinions, judgments used to hurt me a lot and I used to cry. After the workshop, I learned how to let go and move on.
- It broadened my horizon. I turned quieter as compared to three days ago. I am more aware of the present.
- The workshop was a reminder to me spiritually. I stopped myself from being judgmental about others.
- It helped me in not reacting to the people around me. It enabled me to remove my ego within me. I treat everyone as a human being now. It was excellent, Mashallah.
- I was frustrated, but now I am satisfied with my life.
- I feel more peaceful from inside and relaxed. I can let go of my fear of the future, marriage, education etc, now I am relaxed. I will not live in the past, will submit myself to Allah and accept the reality willingly. Just amazing!!
- It is development and nourishment of self and soul.
- Before, a hundred different thoughts and inability to make decisions. Now, a clear mind. My inner self feels at peace. An eye-opener.

ABEER: It was a good experience. I was struggling with my life and myself in general. Though not all my questions and issues are resolved. I have picked up a few techniques to analyse myself.

this, I have turned into a calm person. I know how to manage myself and my family. I feel inner-peace. This workshop is amazing. We can discover ourselves. I see all human beings as equal and create equally.

FATIMA: It helped me realize

that sometimes we are looking at things with the wrong perspective. My life before was unclear because of the glasses I wore. After the workshop, I have a clear vision. I can make choices from the heart and accept reality. An eye-opener.

SITI: Before the workshop, I was rational and all my life using logic and reason. I created my own world with my opinions, and I did blind with this reality of mine. Thank you, sir, for taking me out of my reality and bringing me into the Absolute Reality, if not I would have lived with my own opinion forever.

MEMONA: It helped me to be more aware of myself and to share with others. I learned a lot, even though I already know lot of things about Islam, but it was a good reminder in a different light. Amazing experience for souls to find the Truth. It is a beautiful treasure that cannot be stolen.■



HUMA: This workshop opens the doors to clarity and connection to self. Knowledge of human doing and human being helped me clarify life using what, how, and who questions. It's a great tool to use in everyday life to keep on track.

MUNEEZA: Before the workshop, I lost my temper in some hard situations but after



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A Fun Invention To Lighten Our Burden on the Environment

Riha came out with an edible plate made of millet flour, reinforced with a paste made from a variety of herbs.

By Yoginder Sikand

Riha worked as a dish-washer in a large restaurant in a big city. He had come to the city some years ago in search of work, leaving his family behind in a distant village. He toiled hard—twelve hours a day, six days a week—and sent most of his salary home.

Riha's work was very demanding. He had to pick up used plates from the tables and scrape off left over food into a bin. Then, he washed the plates with detergent, dried them and stacked them up on trolleys.

Riha didn't like his work at all. It wasn't just because it was physically demanding, monotonous and lowly-paid. It was also because he felt bad about how much water was used in the washing and all the chemicals that went into the process. Each drop of water used and every drop of chemical, he knew, was a use of the precious gifts of the environment.

One day, Riha calculated that on an average, he was using some 5000 litres of water and almost 20 bottles of washing liquid every month! What a terrible waste! He wondered if he could do something about it.

Now, Riha hadn't gone to school but still (or perhaps because of this) he had a practical intelligence that enabled him to handle many difficult situations.

As he brooded on what damage his work was causing to the environment, he came up with a brilliant idea! An edible plate! It would solve the problem!

This thought came to him when he remembered how in his village when he was a child, sometimes they used their rotis as plates, placing the rest of the meal on them, so that by the end of their meal they had eaten up their roti-plates too,

along with everything else! It was so simple and convenient! Eating the rotis that served as plates saved them the bother of washing plates before and after meals and avoided wastage of water and the use of chemical detergents!

Riha shared the idea of an edible plate with

Mr.Turo, the manager of the restaurant. "Maybe we could do something like that?"

Riha asked. The idea, he explained, was that the edible plates would be placed on trays and the food that the customers ordered would be served on them so that the plates would

be part of the meal. "People can eat up their plates, along with the rest of the food, and so we'd be saved the need to wash up!" Riha explained to Mr.Turo. "That way, we can save on water and avoid using all those chemical

cleaners!"

"That's a super idea!" Mr.Turo exclaimed when Riha had finished. "It makes environmental and economic sense, and sounds fun too!" He encouraged Riha to develop his idea.

In a few days' time, after some trial experiments, Riha came out with an edible plate made of millet flour, reinforced with a paste made from a variety of herbs. It looked, smelt and tasted wonderful!

Riha's edible plates became an instant hit! Even customers who at first were a little apprehensive about the thought of eating up their plates were overwhelmed by the idea when they learnt how they could lighten their burden on the environment that way!

Riha's invention received wide coverage in the media, which resulted in a sudden jump in the number of customers at the restaurant, attracted principally by the thought of eating your own plate, which they thought was great fun! The owners of the restaurant were of course very pleased with this development, as also with the money on water and detergent that Riha's edible plates were helping them save.

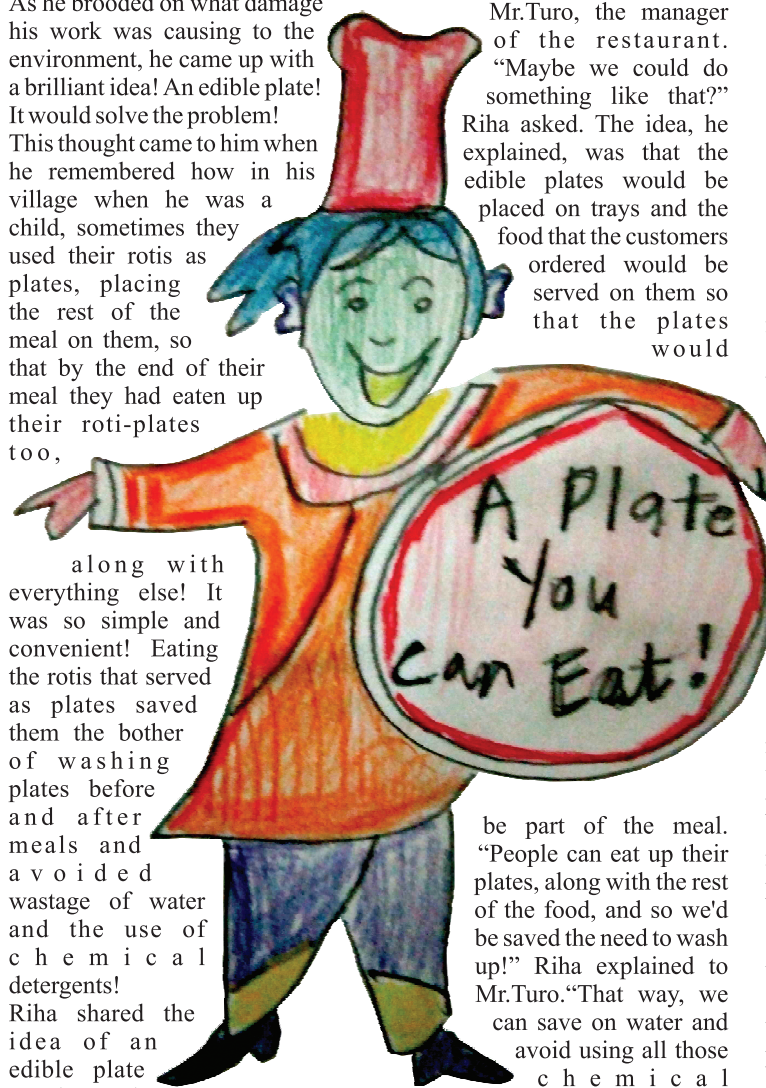
In the months that followed, Riha worked further on developing his plates, introducing new flavours and shapes. A year later, he

“Now, Riha hadn't gone to school but still (or perhaps because of this) he had a practical intelligence that enabled him to handle many difficult situations.”

launched a business of his own, supplying the plates to retail outlets. Soon, he was being flooded with orders, even from distant places! Numerous restaurants and hotels were now using his plates. Many organisations felicitated him for the good work he was doing for the environment. Along with this, he was invited to speak at various forums about his wonderful invention, where he inspired others to think of creative ways to respect the environment and to lighten our all too heavy burden on it.

On almost every occasion that Riha got to speak about his plates, he would explain, "This Earth is God's, not ours. We are—or, rather, are meant to be—mere trustees of it, for the short while we are here till before God calls us back. So, let's use God's gifts wisely and in moderation."

(The writer is based in Bangalore and focuses on stories on nature, children and environment) ■



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(Translation from English to Hindi/Urdu and vice versa also done)

Aerobic: Exercise is a very active type of exercise that makes your heart and lungs stronger.

(جسم میں آکسیجن کے لئے ورزش)

Pull-up: An exercise in which ones holds a bar that is above his head and pulls himself up off the ground

(ڈنڈوں کے سہارے بازوؤں کی کثرت)



Pull-up

Body Mass Index (BMI): Measure of the relationship between height and weight; calculated by dividing weight in kilograms by height in centimeters squared.

(انسانی جسم کے وزن اور قد خال کے درمیان تناسب)

Dead Lift: One of three powerlifting events (other two are squat and bench press). Weight is lifted off floor to approximately waist height. Lifter must stand erect, shoulders back.

(ورزش میں کثرت اٹھایا جانے والا وزن)

Calisthenics: Exercise using one's own body weight which helps develop muscular tone.

(جسمانی ورزشیں)

Sit-up: An exercise in which you lie on your back you're your knees bent and raise your body then lie back down.

(پت لیٹ کر بغیر بازوؤں کے سہارے اٹھنے کی ورزش)

Terms Related with Exercise and Gym Equipments

(ورزش سے متعلق اصطلاحات)



Stomach Crunch: An exercise to make your stomach flatter, done while lying on your back with your knees bent.

(پیٹ کو سکینا تاکہ پیٹ سپاٹ رہے)

Weight Training : Exercise that involves lifting weights, especially using equipment in a gym.

(وزن اٹھا کر ورزش)

Skinfold Caliper Test: A method of determining body fat whereby folds of skin and fat at various points on the body are grasped between thumb and forefinger and measured with calipers.

(جلد کے بل نکال کر جسمانی چربی کا حجم ناپنا)



Jogging : The activity of running at a slow steady speed.

(ورزش کے بطور چھٹی رفتار سے دوڑنا)

Lunge: A movement forward or to the side, done when you are exercising.

(ورزشی لپکنا)

Yoga: A variety of Indian traditions geared toward self-discipline and the realization of unity; includes forms of exercise widely practiced in the West today

that promote balance, coordination, flexibility, and meditation.

(ہندوستانی ورزش کا طریقہ جس سے قوت

عرفان ملتی ہے)

Endurance: Ability of a muscle to produce force continually over a period of time.

(قوت برداشت)

Isometric Exercise: Muscular contraction where muscle maintains a constant length and joints do not move. These exercises are usually performed against a wall or other immovable object.

(دیوار یا ستون کے ساتھ کی جانے والی

ورزش جس میں عضلات کو سکینا نہیں جاتا)

Knee Wraps: Elastic strips about 3½" wide used to wrap knees for better support when performing squats, dead lifts, etc.

(گھٹنوں کے اطراف بندھی جانے والی پٹی)

Press-Up: A physical exercise in which you lie down with your face towards the floor and use your arms to raise and lower your body.

(اوندھالٹ کر ڈنڈ پیلنا)

Stretch: A movement or exercise in which you make a part of your body as straight as possible so that your muscles become long and tight.

(ورزش جس میں عضلات کو سیدھا رکھنے پر زور ہو)

Gym Equipments

(ورزشی آلات)

Bar Bell: A long metal bar with weights at each end that you lift in order to make your muscles bigger

and stronger.

(بار بیل یا پٹھوں کو مضبوط اور قوی کرنے والا

آلہ، جس میں ایک لمبی بار کے دونوں سروں کو

وزن بنایا گیا ہو)



Barbell

Dumbbell: A short metal bar with a weight at both ends that people lift in order to develop their muscles.

(ڈمبیل یا ایک اور قسم کی بیل بار جسے مٹھی کی

گرفت میں لیتے ہوئے پٹھوں کو قوی کرنے کی

مشق کی جاتی ہے)



Dumbbell

Indoor Spin Bike: A stationary bicycle is usually a special-purpose exercise machine resembling a bicycle without wheels.

(انڈور اسپن بائک یا سائیکل سے مماثلت

رکھنے والی ایک پیہی کی وہ غیر متحرک مشین جس

پر بیٹھ کر سائیکل چلانے کی ورزش کی جائے۔)



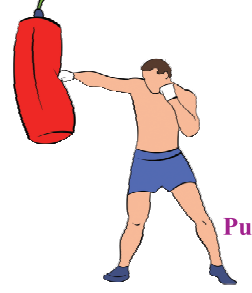
Spinning Bike

Punch Bag: A large heavy bag hanging from a rope, that you hit for exercise

(ورزش کا ایک ایسا آلہ جس پر بیٹھ کر اس کے

متحرک ہینڈل کو اس طرح کھینچا اور چھوڑا

جائے جیسے ناؤ کی پتواری چلائی جائے)



Punch Bag

Rowing Machine: An exercise machine that you sit on, and pull a moving handle towards you, as if you were rowing a boat.

(وہ رسی جسے سر کے اوپر سے اور پاؤں کے

نیچے سے لہراتے ہوئے اور مسلسل پھد کتے

ہوئے پھلانگ جائے)



Rowing Machine

Skip Rope: A rope that you swing over your head and under your feet as you jump.

(ٹریڈ میل یا وہ ورزشی آلہ جس کی متحرک سطح پر

چھل قدمی یا دوڑنے کی مشق کی جائے)



Skip Rope

Treadmill: A piece of exercise equipment with a flat moving surface that you walk or run on while staying in the same place.

(ایک گول لمبا روٹی یا کسی اور نرم چیز سے بھرا

ہوا تکیہ جسے ایک رسی سے لٹکایا جائے اور

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Treadmill

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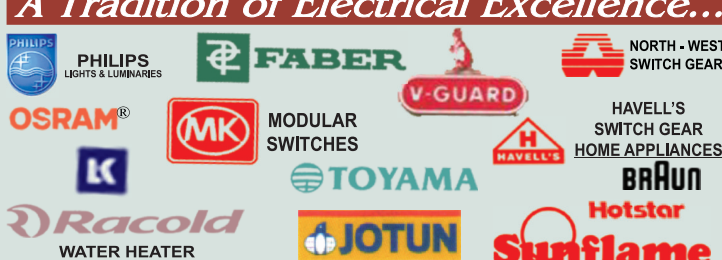
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