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Zil Hija - 1443 H

Saudia Provides New Luggage Transport Service for Hajj Pilgrims



**Saudia airline offers
new luggage services for its
Hajj customers. (SPA)**

RIYADH: Saudia is offering a new luggage service for its Hajj customers traveling on international flights, collecting luggage from their hotel or other accommodation in Makkah and Madinah 24 hours before their departure, and delivering it to the correct airport baggage center before they arrive.

It allows passengers to travel easily without worrying about carrying around their luggage after their pilgrimage. The airline is also issuing Hajj pilgrims' boarding passes and luggage tags to eliminate hold-ups during check-in.

The services are part of a new initiative from Saudia to ensure smooth travel arrangements for visiting pilgrims and limit

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Muslim Board's Appeal to Muslim Debaters Gets Traction



Abdul Bari
Masoud

If Muslim TV warriors had not joined in the debate over the fabricated Gyanvapi Mosque issue, the incidence of disrespecting the last Prophet of Islam would not have happened. The incident has enraged Muslims all across the world, not only in India, and has become a huge international issue. It's also become the largest diplomatic debacle in the history of the current regime, which aspires to be a Vishwaguru.

This is not a single incident; most Indian TV networks and primetime debates have been reduced to a Hindu-Muslim binary regularly, with toxic vitriol being spread across the country to millions of naïve individuals. Much of this may be attributed to the little-known and semi-literate-type Muslim TV debaters who egregiously participate in the air-condition-studio discussions aimed at promoting the ruling party's ideology and creating enmity and polarization in society.

Sensing the community's outrage at these so-called Muslim debaters on television, the All India Muslim Personal Law Board (AIMPLB) took the initiative and issued a plea

to "Ulema" and "Islamic scholars and intellectuals" to refrain from participating in these agenda-driven discussions. Since their main objective has been to serve the interests of the ruling class, the majority of television networks have become a menace not only to the community but also to the entire society.

The Muslim Board, a prominent and representative organization of Indian Muslims, has also asked Muslims to refrain from watching these television networks, which are mostly controlled and monopolized by a small group of born-privileged people.

Board president Maulana Rabe Hasan Nadvi along with other officials issued a joint statement on June 6, saying such debates intended to create a climate of hostility in the country. "TV stations design their debates to degrade Islam and its revered personalities, not to expand the public's knowledge," they said in the statement.

They went on to say that the TV stations invite Muslim faces to get some "legitimacy." The press release further underlined that the Muslims who took part in the TV debates "cannot able to do any service to Islam or Muslims."

"The purpose of these programmes is to mock and discredit Islam and



Muslims, not to reach any conclusion through healthy conversation," it claimed. "If the community stopped watching those "ridiculous debates," not only would their Television Rating Point (TRP) drop massively but also would expose the "well-orchestrated conspiracy" against Islam.

Tom, Dick, or Harry gets invite

TV anchors are expected to function as an unbiased referee in a debate and handle it respectfully and decently, yet this is something they rarely practice. They invite any Tom, Dick, or Harry to participate in a debate on anything and everything and such Muslim debaters have become ideal fodder for primetime television debates intended at stoking hysteria.

For example, Ilyas Sharafuddin, a self-styled Islamic scholar, for example, advocates "beheading

non-believers and selectively reciting or misquoting from the Quran." He contributed to polarization by perpetuating prejudices and misconceptions. The majority of them are unknown faces who are just semi-literate and have minimal expertise in the subject matter.

'Maulana' Syed Maqsoodul Hasan Qasmi, 'Maulana' Nadimuddin, 'Maulana' Ather Delhive, 'Maulana' Ansar Raza, 'Maulana' Saajid Rasheedi, 'Maulana' Aijaz Ather, Dr. Fahim Baig (Unani physician), Atiqur Rehman, Shueb Jamie, Maulana Abdul Hameed Nomani, Dr. Tasleem Ahmad Rehmani, Ilyas Sharafuddin, Maulana Ali Qadri, Prof Junaid Haris, Ghulam Sarwar, Haziq Khan, Maulvi Sufyaan, and Haji Rangrez as well as some MIM leaders including Advocate Waris Pathan, and Syed Asim Waqar and

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Spl Correspondent

New Delhi: Community and rights organizations have slammed the BJP-led Uttar Pradesh government for demolishing Muslim homes in flagrant violation of the constitution. After Kanpur and Saharanpur, the UP authorities in Allahabad razed the house of social activist Javed Mohammad in the presence of a large police force who was made the mastermind of the violence that erupted during the protest on Friday.

All India Muslim Personal Law Board described the action as a brazen violation of the constitution. Does our law of the land allow demolishing someone's house for protesting or throwing stones for that matter? Does it allow shooting down and killing someone for sloganeering "Islam Zindabad"? The Board's General Secretary Maulana Khalid Saifullah Rahmani asked.

He said that the demonstration of

lawlessness by the government in treating the accused of a crime as convicted criminals even before the crime is proven is exceedingly tragic and is a form of violence by the State in itself.

Those who are peacefully protesting against BJP leaders' indecent acts and hate speech are facing cases being registered against them, lathi-charge, and their houses being demolished, he added. "Unless a person is found guilty by a court of law—he/she is only an accused and to treat them as a criminal is nothing but 'anarchy'. On the other hand, a person whose criminal activity is out in the open, publically available in the media, and the crime has even been acknowledged—the political party has only suspended her without state authorities taking any meaningful action against her. This is a complete miscarriage of justice".

Muslim Groups Condemn Bulldozing Terror Tactics



The All India Muslim Personal Law Board calls upon the Central Government and other state governments to refrain from peddling injustice. The current approach of the state government is utterly deplorable and is promoting communal disharmony. Instead of creating an atmosphere of peace, law, and order; such actions will only create an atmosphere of chaos and hatred.

He said the All India Muslim Personal Law Board demands immediate release of those arrested in the aforementioned cases and cases against them, if any, be brought before the courts of law as per the procedure established by law.

The Board also appeals to Muslims to be patient; present memorandums to local government officials to express their displeasure towards the hate speech against Prophet Muhammad (PBUH); gather evidence of police brutality and share such evidence with social organizations to register FIRs.

Another organization Jamaat-e-Islami Hind (JIH) also vehemently condemned the highhandedness of

the police and administration. JIH President Syed Sadatullah Husaini, "what the police have done in Uttar Pradesh and Jharkhand concerning the democratic protest by Muslims on June 10, amounts to throttling democracy and rule of law."

The JIH President appealed to the Muslim community not to fall into the trap of anti-social elements and those who wish to create division within society while exercising their democratic rights for conducting peaceful protests.

Reiterating his stand, Husaini said, "pulling down the houses of someone simply because one criticizes the policies of the government which he considers against the larger public interest or shooting someone protesting to express his/her grievance is something unimaginable for any civilized society. This smacks of vendetta politics. We condemn it in the strongest terms and feel that it sends a wrong message to the people of our country creating more unrest among them and reducing their confidence in the impartiality of the government."

Husaini said, "The JIH feels that the action was taken against Javed Mohammed, a well-known social and human rights activist in Prayagraj in Uttar Pradesh, smacks of vendetta politics. He also reminded that Javed and his family denied that any of them had taken part in Friday's (June 10) protest and that the house demolished was also

owned by his wife and not him. Popular Front of India National Secretary Muhammed Shakif said the casualties during the protest were the result of an arbitrary crackdown by the police and so there should be an impartial investigation into the incidents of firings against unarmed protestors.

"There were also reports of Hindutva mobs pelting stones at peaceful protestors in Ranchi. Apart from this the relatives of one of the boys who was killed in the firing in Ranchi have raised doubts about whether the fatal bullet was fired from the Hindutva groups or by the police. The Jharkhand being a non-BJP ruled state, it should also be investigated whether the Hindutva miscreants were purposefully creating problems," he said.

Human rights groups NCHRO also condemned the vengeful bulldozer policy of the BJP in Uttar Pradesh. It said instead of taking action against Nupur Sharma and Naveen Jindal, the BJP government in UP under Ajay Singh Bisht, also known as Yogi Adityanath, has decided to bulldoze the houses of the accused.

"The bulldoze-police has been used against anyone the BJP wants to silence and is their tactic of intimidation. Needless to say, it is highly vengeful and has nothing to do with the constitutional way of dealing with such cases. Bulldozing a house also means everybody who lives in that house will become homeless. It is an attack on the entire family of an accused." ■

«Page 1 Saudia Provides New Luggage Transport Service for Hajj Pilgrims

overcrowding and long waits in the airport during baggage and check-in procedures.

Customers wishing to take advantage of the free offer can use WhatsApp and email to do so.

Saudia has also launched an awareness campaign to aid pilgrims through customs and airline regulations when traveling home.

It gives baggage claim and

delivery procedure information through signs posted in 20 international and domestic stations, hotels, campsites, and holy sites in Makkah and Madinah. The signs feature pictures and information in six different languages.

The regulations concern items not allowed in carry-on luggage, including Zamzam water, bags with loose or long straps, irregular

shaped or damaged boxes, and ensuring that luggage is in good condition for travel by being organized and packed with caution.

Saudia has added flights to ensure transport across the Kingdom and around the world. It is part of the airline's efforts to make Hajj and Umrah trips as convenient as possible for its passengers. (<https://arab.news/bc83w>) ■

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Kerala Couple Cancels Hajj Pilgrimage Donates Land For Homeless People

The couple's decision came after they saw the plight of one of their neighbours living on rented premises, who found it tough to cremate the body of a family member. A Kerala couple was making arrangements for their long-cherished dream of going on the Hajj pilgrimage and were all set to sell their land to raise funds for the trip when they had second thoughts. Married for over 30 years, Aranmula residents Haneefa (57) and Jasmine (48) decided to donate their 28-cent ancestral land to 'LIFE Mission', the state government's flagship housing scheme for the landless people. The couple's decision came after they saw the plight of one of their neighbours living on rented premises, who found it tough to cremate the body of a family member. "We planned to

sell our property and use the funds for Hajj. But, in the past two months, we saw some incidents where certain families found it difficult to cremate their family members as they don't have their own property. Such incidents made us rethink our plans," Haneefa told PTI, according to *The New Indian Express*. He said that a person recently passed away in their locality and a community leader donated his four cents of land to that family to conduct cremation and last rites. "After that incident, we decided to use the land to help the needy instead of going for Hajj," Haneefa said. Local Self-Government Minister M V Govindan hailed the couple's decision and said it was an inspiration to others. Govindan added that the couple was an inspiration to society's forward

journey, which needs to embrace every human being. "People like Haneefa and Jasmine have set an example of humanity and become role models for society," the minister said. Health Minister Veena George visited the couple's house and received the agreement to hand over their property for the Life Mission on behalf of the Aranmula Grama panchayat. The land, owned by Jasmine, was

received under the Left government's 'manasodithiri mannu' campaign, said Govindan. "Till now, the government has received 926.75 cents of land in 13 locations for the Life Mission scheme. Also, 830.8 cents of land have been assured in 30 locations. In addition, the project has received a sponsorship of Rs 25 crore to construct 1,000 houses," the minister said,

adding that he hopes more people would come forward to help the poor and draw inspiration from the couple. He said that the Left government has, till now, handed over 2,95,006 houses to beneficiaries under the Life Mission scheme. In addition, 34,374 houses are currently under construction. "Also, there are 27 housing complexes under construction," he said. ■

Eminent Urdu scholar Gopi Chand Narang passes away

New Delhi: Prof. Gopi Chand Narang, eminent scholar, literary critic, theorist, and a world-renowned authority on Urdu language and literature passed away on June 15, 2022, in the United States on June 15 at the age of 91.



and Firaq Gorakhpuri's works. He wrote over 60 books and developed ten children's books called Let's Learn Urdu in English and Hindi.

Narang was awarded the prestigious Sitara-i-Imtiaz (Star of Excellence) (2012) by the Government of Pakistan and Padma Bhushan (2004) and Padma Shri (1990) by the government of India.

Prof. Narang was closely associated with MANUU from its formative years as the Member of its first Executive Council. In recognition of his services for promoting Urdu language and literature, MANUU had also conferred an honorary doctorate on him in 2009 at its third convocation. ■

Former chairperson of Sahitya Akademi, professor Narang was a beacon of Urdu language and literature his demise is a great loss and the Urdu world has lost a legendary figure who nurtured the language and literature. He was called an ambassador of Urdu who was born in Dukki, in the Balochistan province of Pakistan.

He spent a lot of time explaining and analyzing Ghalib's, Mir Taqi Mir's, and later Faiz Ahmad Faiz's


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Muslim Board's Appeal to Muslim Debaters Gets Traction

others are notable among them.

When this correspondent tried to reach out to Ilyas Sharafuddin, Ansar Raza, Saajid Rasheedi, and Ather Delhive, none of them returned his calls or responded to his written messages sent to their Whatsapp numbers.

Disagreement with Board's Appeal

On the other hand, Dr. Tasleem Ahmad Rehmani answered the phone. He told *Islamic Voice* that the Muslim Board's demand for a boycott of television stations is "going away from reality or escapism," and that he does not agree with it.

It's worth mentioning that during a debate on Times Now, Dr. Rehmani challenged suspended BJP spokeswoman Nupur Sharma, who made disrespectful remarks about the last Prophet.

Dr. Rehmani, defiantly questioning the Board's jurisdiction, asserted that it is not the Board's job to issue such appeals. He did, however, say he took a month off from visiting the TV studios of his own volition.

When asked why he participates in discussions when Muslim speakers are heckled and humiliated by the anchor and opposing panelists? Maulana Ali Qadri from Hyderabad quipped, "You would witness my performance," quipped.

"Aap mere debate dekh leje doosro ki tarha kamoosh nahi raheta hoon wo moulvi ki tarha nahi hoon jo gali sunte hai," (You see, when I participate in debate, I do not remain silent like the others; I am not one of those moulvis who remain silent when insults are directed at them).

Maulana Abdul Hameed Nomani, who used to be a frequent visitor to TV channels, said he supports the Muslim Board's appeal but there is a need of building an alternative panel of good debaters.

Money, according to Nomani, is not a motivator for attending such toxic

debates. Speaking with IV, Nomani claimed that Rajya Sabha TV (now Sansad TV) and DD News pay each panelist Rs 5,000, whereas other stations do not pay anything.

However, it is common knowledge that most TV channels pay each panelist between Rs 2,000 and Rs 5,000. Without a doubt, money is a huge draw for these self-styled spokespersons of the community and also a passionate desire to be on TV screens.

BJP's 'Muslim' faces

Another set of Muslim speakers is from the ruling BJP who plays the role of 'more loyal than the king'.

Shaukat H Mohammed, a senior journalist based in Hyderabad, pointed this out to IV. "Men like Union Minister for Minority Affairs Mukhtar Abbas Naqvi, and men like Syed Zafarul Islam, Shah Nawaz Hussain, Shehzad Poonawalla, a new convert to BJP worldview, and Rizwan Ahmed, a lawyer from Meerut".

He adds that "Both Shehzad and Rizwan use the bigot's platform to run down an entire faith day in and day out. Clearly, these men are given a free run because they call themselves Muslim and have Muslim names. The anchor does not challenge their hatred but plays the role of an agent provocateur by running down mullahs or other dangerous men posturing as "Spokesmen" of the Muslim community. Each statement of these men is twisted out of shape by the bigot and his accomplices on other channels".

Muslim Board's Appeal Gets Wider Traction

The Muslim Board has received considerable support from the community and its organizations. "We should welcome AIMPLB's daring stance to avoid participating in media debates," remarked Maulana Syed Zaheer Abbas Rizvi of The All India Shia Personal Law

Board. For the past few years, right-wingers have been using TV debates, particularly primetime shows, to hurl vitriol against Islam."

The Jamaat-e-Islami Hind also held the same view.

Prof Mohammad Salim Engineer, vice president of JIH said that Muslims should exercise "restraint for the time being" from participating in any TV debates. "While it is not an edict (fatwa) or anything like that, it is sound advice."

Speaking with *Islamic Voice*, President of the All India Muslim Majlis-e-Mushawarat (AIMMM), Navaid Hamid, said it was the "correct and much-needed decision."

The majority of Muslims who attend TV debates have their own agenda. Specifically, they are unable to convey the viewpoint of Muslims effectively.

Supporting the initiative "The measure taken by the Personal Law Board is a positive step," stated Anis Ahmed, General Secretary of the Popular Front. The prime-time television debates are no longer a venue for meaningful public-interest discussions.

The Community Reacts

Many community members vent their ire against these "self-styled 'spokesmen' calling them derisively as "rental Maulanas".

They said the so-called "Islamic Scholars" are being utilized as pawns in the divisive agenda of the ruling party. Saud Akhtar alleged that these 'Rental Mullah' don't represent them as a community. "Their appearance is horrifying and the majority of them Bark loudly."

"This is a late but necessary step." The epicenter of hatred is the television newsroom. Not only Muslims but also opposition leaders should boycott television news networks. Because they've been reduced to becoming the

government's mouthpiece," said Quamar Ashraf, a media expert.

What is the Main Problem?

With over 100,000 publications (including 36 weekly newspapers) and 380 television news stations, the Indian media landscape, like India itself, is huge and densely populated. The profusion of media outlets, however, masks ownership concentration trends, with just a few large media conglomerates operating on a national scale, such as the Times Group, HT Media Ltd, The Hindu Group, and Network 18. Three-quarters of the Hindi readership is served by four Hindi daily. At the regional level, the concentration of local language publications is much greater.

There are around 10 major English channels and about 20 Hindi channels.

Modi orchestrated a dramatic reunion between his party and the media's large families. The best example is the Reliance Industries group, led by Mukesh Ambani, who owns more than 70 media outlets and is now Modi's personal friend.

Dependency on Ad Revenue

The Indian government is the largest advertiser, paying approximately 130 billion rupees

per year. As a result, it has the power to compel the media to follow its line by exploiting its vulnerability.

Lacks Diversity

The enormous diversity of Indian society is seldom reflected in mainstream news outlets. Only caste Hindus have occupied crucial positions in major media outlets for the most part. As a result, media content reflects obvious bias.

"Of the 121 newsroom leadership positions—editor-in-chief, managing editor, executive editor, bureau chief, input/output editor—across the newspapers, TV news channels, news websites, and magazines under study, 106 are occupied by journalists from the upper castes, and none by journalists from the Scheduled Castes and Scheduled Tribes," according to a study titled as "Who Tells Our Stories Matters: Representation of Marginalised Caste Groups in Indian Newsrooms".

TV channels do not come under any government-appointed regulatory body. There is a self-regulating body called 'News Broadcasting Standards Authority' but it seems to be a toothless body. ■

Only Quality Education Will Bring Change: SY Qureshi, Former Chief Election Commissioner

New Delhi: Have you ever wondered why all good deeds begin in the south while we in the north are so far behind? Professor KA Siddique Hassan of Kerala would come from Kerala to build Al-Shifa Hospital in Delhi. The disturbing thing is that today's Muslims are not adhering to Islam's precepts. The first commandment of Islam is to read, yet we are not educated. Women have rights under Islam, but Muslims are not willing to grant them.

Former Indian Chief Election Commissioner Dr. SY Qureshi shared these thoughts at the India Islamic Cultural Center during the Human Welfare Foundation's Professor Siddique Hassan Memorial Scholarship Distribution Program held on June 18, 2022.

Dr. Qureshi, who spoke as a special guest, stated that while it is true that you are discriminated against, if you are good, you will get opportunities, and only quality education will bring about change. Northern India's tradition of awarding bogus degrees is ruining generations. "I am pleased that the Human Welfare Foundation has taken concrete initiatives to promote high-quality education, which are proving to be successful. In his presidential address, Dr. Siraj Hussain, retired IAS and president of the Human Welfare Foundation, said, "It is a big problem for children not to get quality education at the moment. I advise you to do hard work and you

will get what you want despite all odds."

He advised graduate and postgraduate students to consider joining the civil service, and those interested in journalism should begin writing right away; real dedication is the key to success.

H Abdul Raqib, a trustee of the Human Welfare Foundation, claimed he worked with Siddique Hassan for more than five decades. One of his traits was that he believed it was vital to think in new ways, develop new ways, and work in new fields. Hassan sb was upset by the poverty in North India, and he used to bring this issue to the notice of people in South India. He further said that Prof. Siddique Hassan was appreciative of his talents and always promoted such people.

Radha Krishnan was appointed as the editor of Madhyamam, which has grown into a global daily, according to Dr. Sameer Fakhro. In Kerala, Prof Hassan launched the Solidarity Moment, the IRW, and he also linked society with the arts. He established dozens of companies after founding the Human Welfare Foundation in 2006. Prof Hassan's ambition was to be a human benefactor, not a taker but a giver. India is a land of limitless possibilities. There is huge potential here, as well as challenges.

Abdul Jabbar Siddiqui, Trustee Engineer, Human Welfare Foundation, presented the Vision 2026 future projects at this event.

Eye on target is the way to success: Syed Mustafa Hashmi

Hyderabad: The only way to achieve success is to keep your eyes on the aim despite difficulties and to work hard despite exhaustion. Learn as much as you can about your subject and don't limit yourself to the curriculum. While speaking at a felicitation programme organized on June 13 in his honour by MANUU's School of Education and Training (SET), Dr. Syed Mustafa Hashmi, MS (162 Ranker in UPSC 2021 from Hyderabad) offered advice to students. MANUU Vice-Chancellor Prof. Syed Ainal Hasan presided. Dr. Mustafa Hashmi is one of the top three Muslim applicants to crack the UPSC examination.

He also inaugurated the one-day Workshop-cum-Seminar "Leadership Development" organized by the School on this occasion. Prof. S.M. Rahmatullah. Dr. Mustafa Hashmi, who went



from being a doctor to UPSC, said that during his service at Osmania General Hospital in Hyderabad, he realized that health issues are only a small part of the public's lives and that they have more serious problems, so he chose civil services as a profession to help them solve their problems. Do anything you do with passion and dedication, and only then will you be remembered, he added.

Prof. Syed Ainal Hasan described Dr. Hashmi's success as an inspiration & example for the young generation. He informed me that coaching for the Civil Services Examinations will resume soon at the University and the matter has already been taken up with the Union Minister of Minority Affairs. Study hard and succeed in your field, he advised students. Prof. SM Rahmatullah in his address said Dr. Mustafa Hashmi has proved his mettle at a very young age just like Maulana Abul Kalam Azad did. Dr. Mustafa Hashmi would definitely carry out his responsibilities very well, he hoped.

Prof. Siddiqui Mohd. Mahmood, Dean School of Education & Training speaking about the workshop cum seminar said leadership means taking everyone along with your ability, hard work, and wisdom. ■

22 'Hafizs' from Mumbai School-Cum-Madrassa Pass the SSC Exam



Zeenat Akhtar

Mumbai: As many as 22 huffaz (plural of hafiz) or hafiz from Malvani (Malad)-based Jamiya Tajveedul Quran Madrassa and Noor Meher Urdu School passed the Maharashtra Senior Secondary School Board's Senior Secondary School (SSC) examination this year. The excitement of Abu Talha Ansari, who earned an 83.40 percent on his exam, has no bounds among the successful pupils. Another reason for Ansari's happiness is that he has completed his 'hafiz' (Quran memorization) course. "14 of the 22 huffaz who sat the SSC exam this year passed with distinction, and 8 received more than 60%. We are pleased with our pupils' achievements, said Syed Husain Ali (aka Ali Bhai), the founder of the school and madrassa. So far, 97 kids have completed 10th grade since the school started in 2012. Jamiya Tajveedul Quran began in 2001 with just two orphan kids. It has now 160 Muslim children (orphans and poor) living in the institution. 150 pupils have memorized the Holy Quran since 2001. The question of whether or not madrassa education should be upgraded is a longstanding one.

Most madrassas are apprehensive about including modern disciplines like science and math in their curricula for fear of diluting religious education. However, Ali Bhai's initiative suggests a path forward in this direction.

Speaking with *Islamic Voice* from Chicago (US), Ali Bhai said he established the trust in the name of his father and mother that is "Noor Meher Charitable Trust" which started first Jamiya Tajveedul Quran and then the Noor Meher School in 2012. The school provides academic studies from Standard 1st to Xth for the resident children, with a 100% success rate.

Many people use their second home as a "holiday home" or rent it out to supplement their income. But Ali, often known as Ali Bhai, a businessman, converted his Malad home into a school.

"A few of our hafiz have become engineers, doctors, and pharmacists. They've reintegrated into the workforce and are now earning a decent income," said Ali Bhai.

The question of whether or not madrassa education should be upgraded is a longstanding one. Most madrassas are apprehensive about including modern disciplines like science and math

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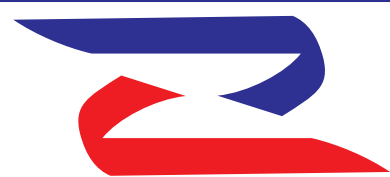
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Dr. Javed Jamil

RSS chief Mohan Bhagwat's latest statement on the Mandir-Masjid issue is welcome. He stated that RSS will not take part in any such movement after the Babri-Ram Mandir issue. Whether this represents a change in position of all the components of the Hindu Brigade or is only a strategy to keep RSS away while others keep agitating is to be seen in the coming days. Had such a statement come from the Prime Minister or Home Minister, it would have really meant something. It may be that strategically organizations like VHP and Bajrang Dal will continue to agitate on that front while RSS and BJP will take a relatively reconciliatory stand. In all likelihood, the debate on Mandir-Masjid will continue to hit the country.

The combined Muslim population of the Indian subcontinent is about 30 percent of the total population. It means that around 30 percent of Hindus converted to Islam in the last one thousand years. This in turn implies that there would have been a large number of localities where almost the entire population of the locality converted. In that case, if there was a place of worship in that locality, owned and built by the populace of that area, what would be the obvious eventually? In all likelihood, they being the owners would turn the place of worship according to their new faith. They might not be extra careful in not using the parts of the old building in the new building. Of course, they did not anticipate that this would be used by Hindus in the future to lay claim on the building on the ground of its

Mandir-Masjid Issue needs Renewed Approach

Whenever there is a change of power the new dispensation changes certain buildings according to their own ideas and plans. The buildings built by the British are being used by the Indian government according to their own ideas.



having been converted in the distant past.

This has always happened and will continue to happen. Whenever there is a change of power the new dispensation changes certain buildings according to their own ideas and plans. The buildings built by the British are being used by the Indian government according to their own ideas. Even the buildings built by Muslim rulers, the Taj Mahal and Red Fort being the most notable examples, are being used by the Government of India for their own programmes. Earlier, Ashoka "The Great" first killed more than one lakh people, then converted to Buddhism and converted all Hindu temples to Buddhist places of worship. Later, when Hinduism rose again, the many Buddhists had to migrate and their places of worship were converted into Hindu temples.

A special case is that of mosques like Gyanwapi Mosque and Mathura Eidgah which are claimed to have been built after the demolition of temples on the orders of Mughal emperors and

there are no Muslim localities nearby. But what needs to be given a thought is that if a single mosque was built in a city in such a way, though such a claim needs to be proven to be true, while hundreds of other temples remained as before, there might have been some special reason. These places might have been the ones used by new Muslims and they might have appealed to the rulers to help them. The fact that in today's Varanasi and Mathura, the ratio of Hindu and Muslim places of worship in relation to their respective percentage in populations is slightly in favour of Hindus, supports this. With close to 3,000 temples and shrines dotting the city's landscape, Varanasi is often referred to as the City of Temples. In fact, each lane of this ancient city houses one or more temples. In contrast, there are only 415 mosques. As per the official census 2011 and population data 2022 of Varanasi district, Hindus constitute 84.52% of Varanasi population while Muslims form only 14.88% of the total population. In Mathura, the

difference is huge. Islam is the second most popular religion in the city of Mathura with approximately 17.22% following it. But while mosques are only a few, the existence of more than 5,000 temples dedicated solely to Lord Krishna ensures that millions of devotees visit these on pilgrimages every year.

The description of Ram in Valmiki Ramayan and Abraham in the Bible is almost the same. It appears that Aryans who migrated to India from Central Asia produced and Indianised a version of Abraham. This is noteworthy that while hardly any big community in India traces their origin to Lav and Kush, the majority of the Middle East including Israel and Arabs trace their roots to the two sons of Abraham. It is ironic that while Abraham is known in Biblical and Islamic literature as a big symbol of monotheism who openly campaigned against idol worship, in India his own idols are being worshipped.

As I have always maintained, religion is a binding, not a disintegrating force. The condition is that religious morality rather than religious identity should be the driving vehicle. It is the religious identity that combines with economic and political fundamentalism to engender communalism. Religious morality breeds tolerance, love, and brotherhood; communalism breeds hatred, disunity, and destruction. Religion brings peace; communalism brings chaos. Religious people embrace everyone irrespective of their faith; communal people distance others. I believe that sooner than later, RSS and other organizations will realize the importance of the unity of Hindus and Muslims not only in maintaining peace in India but also in advancing the cause of mortality at the individual, family, and social levels.

We can only hope that sanity will soon return and India's democratic and secular values will again start reigning supreme.

(Dr Javed Jamil is a writer of over 20 books including his latest, "A Systematic Study of the Holy Qur'aan." He can be reached at doctorforu123@yahoo.com).

Religion is a binding, not a disintegrating force. The condition is that religious morality rather than religious identity should be the driving vehicle. It is the religious identity which combines with economic and political fundamentalism to engender communalism.



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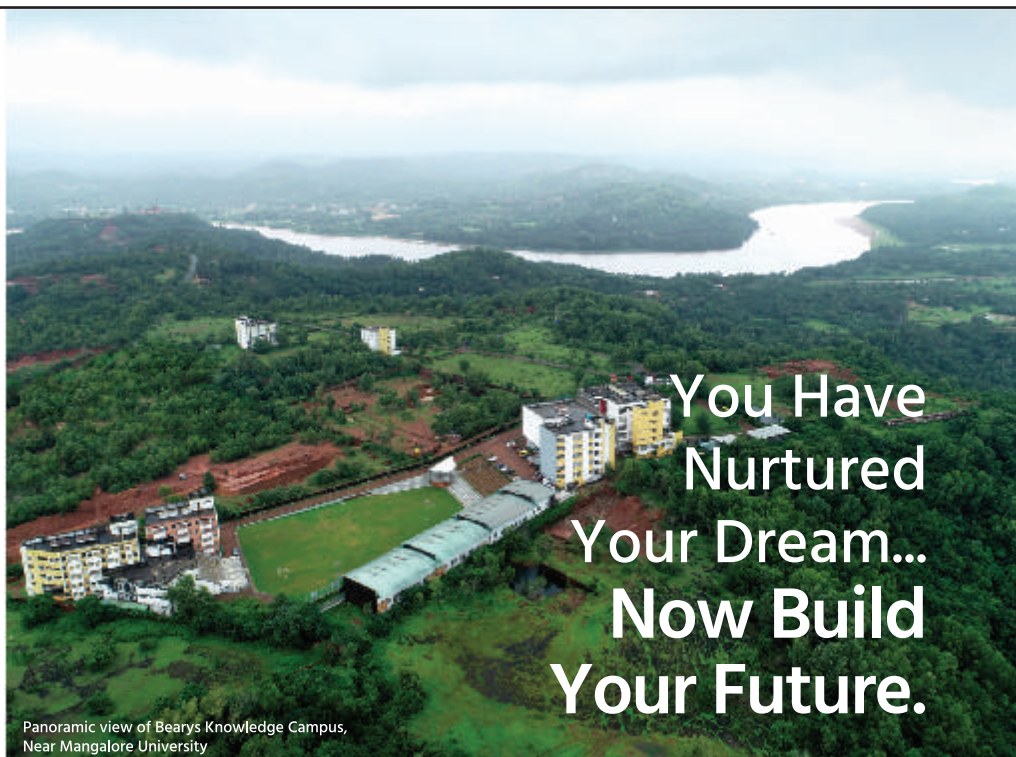
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Jamiat Ahle Hadith hosts 19th Musabiqatul Hifaz and Tafseer-e-Quran



Quraanic teachings are Critical for fostering
Peace in the world

A B Masoud

New Delhi: The Holy Book is an incredible source of guidance and a valuable asset to the nation and humanity. Its teachings are essential in today's dismal and bleak times. Through it, we can serve the country. It is critical to emphasize to fellow citizens its most fundamental and relevant teachings to promote peace, brotherhood, national unity, communal harmony, and the control of mutual animosity, violence, and terrorism. Maulana Asghar Ali Imam Mahadi Salafi, Ameer Markazi Jamiat Ahle Hadith, shared these thoughts at the 19th Musabiqatul Hifaz and Tajveed's closing event *Tafseer-e-Quran*.

The Markazi Jamiat Ahle Hadith hosted the Qira'at competition on June 18-19 at its Jamiat Complex in Delhi. The event was held after a gap of two-year due to the Covid-19-induced lockdown. All contestants who placed first, second and third in each of the six categories received cash awards, watches, important books, and certificates of appreciation. Around 350 students from all around India competed in the recitation of the Quran, representing diverse religious and contemporary institutions, regardless of their Maslak.

Continuing his address, the Jamiat president Asghar Ali stated that the world looks to us for direction and that we should strive to be faithful followers of the Qur'an. If we truly follow the Qur'an's humane teachings, humanity will be transformed, and every soul will benefit from its bounties. It is

a source of joy to recite or remember the Holy Qur'an, but only by putting it into one's veins and living according to its teachings can one be given its due. The children should be commended for retaining the treasure of the Holy Quran in their chests, and their parents should be commended for displaying concern for the next generation, he added.

According to Maulana Muhammad Haroon Sanabli, Nazim-e-omumi of Jamiat Ahle Hadeeth, the Holy Quran is a great book. It is our job to read it and pass it on to others. The tournament contestants must preserve their bond with the Holy Quran and adhere to its obligations. What exactly is it? Anyone affiliated with this book has been accorded an excellent level of respect and dignity. It was said that the night it was revealed was better than a thousand months. *Ruh-ul-Amin* was the name given to the angel that delivered it.


Maulana Ata-ur-Rehman Qasmi, President of Shah Waliullah Institute, said that the Jamiat Ahle Hadith Hind is rendering valuable services in education, welfare, and youth capacity-building. He lamented that only reading or reciting the Quran is considered sufficient nowadays, and we made efforts to break this tradition. Huffaz are the representatives of Islam, according to *Jamaat-e-Islami Hind* Deputy Amir Syed Amin Al-Hassan. The Qur'an's verses are so captivating that even non-believers listen to its recital with rapt attention. He recalled how non-believers used to listen to the Quran secretly in the dark of

night in Makkah in the early days. He also related an instance involving a cultural exchange

between Egypt and the former Soviet Union. Egypt dispatched its legendary Qari Abdel Basit

Abdel Samad as its cultural envoy, enthralling everyone in the

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Madinah Museum Showcases Over 2,000 Rare Artifacts



(Photo: This photograph was taken by Hamood Al-Ateeq as part of the Colors of Saudi competition.)



View of the exhibits at the Dar Al-Madinah Museum. (SPA)

The former Hejaz railway station now houses the Madinah Museum, a key destination for historical researchers and tourists.

Among the museum's attractions are railway buildings, a Hejaz railway gallery in the former repair shop, a crafts market, and traditional eateries.

Dar Al-Madinah Museum offers visitors the opportunity to view historical pieces associated with the Prophet's life. It features artifacts that capture the history, heritage, social life, and culture of Madinah.

The museum's executive director, Hassan Taher, said that it aims to promote the noble values of the Prophet Muhammad, encourage a sense of belonging, and capture the history, culture, and heritage

of Madinah. The exhibits start with the Prophet's life and end with the Saudi era.

Taher said: "The museum carries out specialized research in Madinah's architectural heritage. It contains a library of relevant books, research, and magazines, all of which are accessible to researchers."

He said that the museum has issued more than 44 books and publications on Madinah's architecture.

Taher explained that when preparing the museum's narrative, it was necessary to reconcile temporal and spatial contexts so they created an added moral and intellectual value for the visitor.

He added: "There are around 2,000 artifacts in the museum's exhibition halls. These include

antiquities, extremely accurate models, handicrafts, manuscripts, documents, correspondence, old publications, postage stamps, photographs, and artworks."

One of the museum's most valuable exhibits is a large collection of rare pieces associated with important moments in the Prophet's life and the history of Madinah.

These include various parts of the Kaaba, rare coins used in Madinah during different eras, ancient pottery, Islamic manuscripts, jewelry, and collectibles from the pre-Islamic era.

Taher said that the museum has a professional team of guides who speak several languages, including English, Turkish, Urdu, and Malay.

(Source Arab News) ■

»Page 5

22 'Hafizs' from Mumbai School-Cum-Madrassa Pass the SSC Exam

in their curricula for fear of diluting religious education. However, Ali Bhai's initiative suggests a path forward in this direction. He said our students could understand, read and write English, Urdu, Hindi, Arabic, and Marathi.

Eight full-time Quran/Islamic studies teachers and 12 full-time academic studies teachers. On-campus, there is only one full-time cook. The institution also supports students who want to continue their education. So far,

more than 30 students have received their diplomas in various professions. Some huffaz become engineers, doctors, pathologists, and electronics engineers. They also become Alim. We give full attention to the overall development of students, said Ali Bhai.

In 2013, the first batch of 13 pupils took the SSC examinations and secured 100 percent success. The school did not look back after this success. However, according to Hafiz

Aijaz, a teacher and supervisor at the school, this year was challenging. "Due to lockdown, students were taught online for eight months. They only had four months of offline classes, but we had them work hard", said Hafiz Aijaz.

The trust established "Research: Edited And Published" as a new department in 2015, and in 2020 reconstruction of the school building was completed. The trust also granted permission in 2018 to open the NIOS center. ■

»Page 7

Jamiat Ahle Hadith hosts 19th Musabeqatul Hifaz and Tafseer-e-Quran

Russian Parliament, including President Khrushchev, by reciting the Qur'an in his lovely voice. He added that we must disseminate Allah's message and offer it to the entire globe.

Maulana Zahid Raza Rizvi, President of the Ulama Council of Uttarakhnad, said that the order with which this competition was organized and the enthusiasm with which this competition was organized is commendable. The Quran is the most read book in the world.

Sheikh Badr bin Nasser Alanzi, the religious attaché at Saudi Arabia's embassy in India, acknowledged his delight at being a part of the

competition's closing ceremony, describing it as a source of pride and joy. He expressed gratitude to the Jamiat for propagating genuine faith throughout the country. Allah has kept the Holy Qur'an for all time and has made it a vital source of protection and preservation for the memorizers whose prestige and encouragement he claims are gained via such competitions. There is a morality culture, as well as knowledge of the Qur'an and moderation techniques.

The Saudi diplomat added that Allah Almighty had blessed Saudi Arabia's leadership with the honour of offering different services to Muslims, including safeguarding

holy shrines and pilgrim services and honourable service to Allah's Book. In every living language on the planet, the Holy Quran is available. Saudi Arabia has made an indelible mark on the world through publishing translations of the Holy Qur'an. One hundred thousand copies of the Holy Qur'an have been donated to Indian Muslims.

Sheikh Sufiyan Sheikh Subhani of Malegaon received the first prize and Rs. 10,000 in cash. In the fifth category, Muhammad Sameer Amir Shajar and Muhammad Kaif of UP won first place. 13 additional children received second and third place awards. ■

OIC Calls on Islamic Universities to Equip Students with Cutting Edge Technology



Mbale: Hissein Brahim Taha, Secretary-General of the Organization of Islamic Cooperation (OIC), has urged universities in the OIC Member States to adjust their curricula and provide cutting-edge technology to their students to keep up with global technological growth.

Taha released a statement in a statement read on his behalf by Amb. Askar Mussinov, Assistant Secretary-General for Science and Technology, at the Islamic University in Uganda's (IUIU) 30th Graduation Ceremony on June 10, 2022 in Mbale, Uganda. He congratulated the graduates and encouraged them to continue to improve their knowledge and abilities, as well as stay up with rapid technological advancements, to ensure that their lives would continue to progress.

Thousands of people from all around East Africa and beyond attended the colourful ceremony. Several leaders spoke at the occasion, praising the OIC for its dedication to promoting higher education, research, and

technology among the OIC Member States, as well as its steadfast support for the Islamic University in Uganda. The University has made remarkable progress under the sponsorship of the OIC, spanning from enlarged academic programmes to improved modern infrastructural construction.

Before the Graduation Ceremony, the Governing Council had held its 35th ordinary meeting in the city of Mbale during which it adopted several resolutions aimed at improving the administrative and academic performance of the university.

IUIU which started with only 88 students in 1988 now boasts of over 10,000 students with Nine Faculties as opposed to only two Faculties at its inception. It has further expanded to other parts of the country by establishing three other campuses in addition to the main campus in Mable.

At this year's graduation ceremony, a total of 2278 students passed out with various awards ranging from certificates to Ph.D. degrees. ■

Delegation of Muslim Scholars Visits Afghanistan

Kabul, A delegation of scholars and thinkers of the Islamic Ummah arrived in the Afghan capital, Kabul June 20, 2022, headed by H.E. Dr. Koutoub Moustapha Sano, Secretary-General of the International Islamic Fiqh Academy (IIFA).

The delegation held several meetings with Afghan scholars, ministers, and officials in the de facto government in Afghanistan. The delegation's visit comes within the framework of the OIC General Secretariat's follow-up to the resolution adopted by the Council of Foreign Ministers at its emergency session in Islamabad in December last year, which called

on the OIC Secretary-General to send a delegation of jurists and religious scholars led by the IIFA and other relevant religious institutions in the Muslim world to engage with Afghanistan on issues of paramount importance, such as tolerance and moderation in Islam and women's education.

It is worth noting that, upon arrival, the delegation held a meeting with ambassadors and representatives of the OIC's Member States in Afghanistan and the United Nations Mission in Afghanistan.

Meetings with Afghan scholars addressed various topics and interests. ■

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UAE's Mohammed Bin Rashid Library



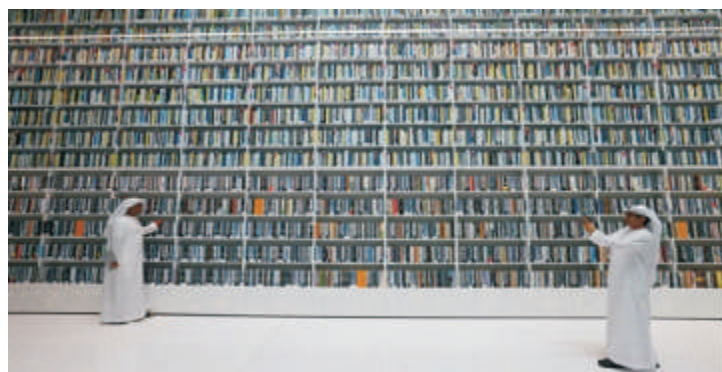
The UAE's new cultural landmark, The Mohammed Bin Rashid Library, opened its doors in June. Here is what to expect at the modern book hub.

Meaningful Architecture



The library is built in the shape of a "rehl," which is a traditional wooden book rest that is mostly used to hold the Qur'an. Its total built area is more than 54,000 square meters.

Large-Scale Collection



The book hub has more than 1.1 million printed and digital books in Arabic and international languages, with over six million dissertations.

The Languages Garden



As part of the library's outdoor facilities, the Languages Garden displays dozens of Sheikh Mohammed Bin Rashid's quotes on leadership, nation building, learning and more translated into various languages.

Children's Corner



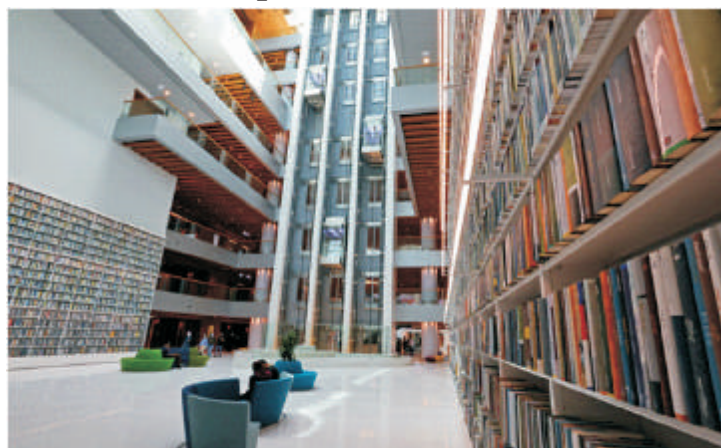
The massive structure also has a children's library with 17,000 titles. The kids' corner is colorful and has multiple toys for your young ones to enjoy.

Rare Finds



The library has a collection of rare and old books, atlases, manuscripts, and documents. Among the exhibited items are the first edition of Napoleon's "Description de l'Égypte," an 18th century encyclopedic register of Egyptian history and archaeology.

Special Services



The library is equipped to help differently-abled visitors, with a Braille service and has a special space for autistic individuals.

(Source: <https://www.arabnews>)

«Page 4

Only Quality Education Will Bring Change: SY Qureshi, Former Chief Election Commissioner

"The entire team worked under Prof. Hassan's direction 15 years ago today, and under his leadership, we have learned a lot," he remarked. We either learn or win when we take a step. We have no idea how to lose. We can ensure that our children rank in the top 50 of every university ranking. Prof. Siddique Hassan, who used to argue that if the north changes, India will change, transferred the resources of the south to the north. The first 'Best NGO and Best Social Engineer Award' will be given to a non-profit organization or individual who excels in the field of human services. Those who have had great achievements in the last five years will be rewarded Rs. 100,000 each, while NGOs will receive Rs. 500,000. The second is the 'Academic Publication' project. A plan has been put in place to create an article about Prof. Siddique Hassan Sahib's work so that future generations might

learn from his life experiences.

It should be noted that this was the inaugural batch of the Prof. KA Siddique Hassan Memorial PG Scholarship, in which 28 PG students were handed one-year cheques of Rs. 30,000 each. To strengthen its educational efforts and expand the scholarship programme, the Human Welfare Foundation has established the 'Professor KA Siddique Hassan' Memorial PG Scholarship. This fellowship will be awarded every year to excellent Indian postgraduate students in the Humanities.

PK Nofal, the CEO of the Human Welfare Foundation, presented the foundation's performance report. The welcome address was given by Dr. Rizwan Rafiqi. The session was conducted by Dr. Arif Nadvi, the Foundation's Health Manager, and Saleemullah Khan, the Foundation's Education Manager, who thanked all of the attendees.



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In this digital world, information transmission is very quick and people are getting empowered through a digital mediums like YouTube, WhatsApp, Twitter, LinkedIn etc. Information has been in the hands of people through digital resources mainly android mobiles and other sources like print media etc. Technology like other sciences has both boons and banes.

It has been seen that through such medium, rumours, and misinformation creates lots of chaos in society in the form of social dissension, increased threat perception, and panic. Trained professionals in Psychology need to develop psychological strategies to counter such misleading information.

Rumour is defined as "Unverified information" which passes on from one person to another without verifying its authenticity. Rumours spread fast when ambiguity and something of social importance prevail. Infodemic means spreading too much false information, especially in health crises like the Corona pandemic. Misinformation refers to the spreading of false information without verifying its truth.

Spiritual resources like the Quran also attempt to teach and train people to use techniques to counter such information. In this

Countering Rumour: Psycho-Quranic-Spirituality Model

The Quran gives clear guidelines to ascertain the truth if any person brings some information to us, people should make sure that the information is a fact, before telling others.

article, an attempt to integrate Quran and Psychology has been made to work on such issues. This has been called as "Psycho-Quranic Spirituality" model.

The quranic model is based on the *Cohesive and peaceful co-existence of people of different faiths and beliefs*. Two verses from the Quran are quoted that aim to teach and train people to follow basic behavioral principles which will help to curb issues like rumour, infodemic, and misinformation.

1. "O ye who believe! If a wicked person comes to you with any news, ascertain the truth, lest ye harm people unwittingly, and afterward become full of repentance for what ye have done" (49:6)

The above-mentioned verse teaches in a wonderful way solutions to curb the rumour in its very beginning to avoid the possibility of social unrest.

In the above verse, a clear guideline is given to *ascertain the truth* if any person brings some information to us, people should make sure that the information is a

fact, before telling others. Rumour is an important construct in social psychology which is defined as some *unverified report/information* being passed on from person to person without knowing the truth. Rumours have caused a lot of social dissensions and violence across cultures. A book named "Psychology of Rumour" was published in 1944 and written by Robert Knapp. Gordon Allport, a social psychologist in the USA opened a Rumour clinic in 1951 to curb the spreading of rumours. In the



Gordon Allport, a social psychologist in the USA opened a Rumour clinic in 1951 to curb the spreading of rumours.



information is fabricated when it reaches others because of many psychological variables involved in this process.

The Corona pandemic has also seen the spread of rumours through multiple resources leading to panic in society. The basic behavioral principle being taught in the mentioned verse is to put conscious efforts to know the authenticity of the information. Let us demonstrate this through an example in a dialogue given below:

Mr. A: I heard that a new Corona variant has been discovered causing huge human damage.

Mr. B: From where did you get this information, I request you to send me the source of this information with evidence. I request you, Mr. A, kindly first get the source of this information before informing others. Thank you.

2. Do not mix truth with falsehood or hide the truth when you know it (2:42)

The above verse also teaches people not to fabricate any information and hide the truth. It also teaches people to have a balanced perspective. For example, it teaches us to tell both sides of the picture. People should not only be trained to follow precautions required to take care of pathogens like viruses or bacteria, but also be informed about the success stories of recovered patients. This has the potential of building realistic hope

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READERS RESPONSE



Trees in the Quran

Tahsin Ahmed's article in the Islamic Voice, June 2022" on Importance of Tree Planting" is very elaborative in content. It will be good if Islamic Voice publishes an article on trees mentioned in the Quran.

A. Kaja Nazimudeen,
Deputy Director of Agriculture
(Retired)
Eruvadi Tirunelveli District

Religions Teach Love, Not Hate

According to Islamic teachings, all human beings are the children of Adam (AS), which indicates that all are brothers and sisters. What does the word "relation" mean? It means love and care for each other, sometimes it forces one to sacrifice his or her own precious life to protect each other. Every religion in this world teaches us not to hate, but to love and respect each other and to take care of animals too.

World history also shows that hate does not last long, it causes chaos in the world which is temporary. It is up to the citizens of every country or nation to unite and stand for love and not hate.

Arif Hussain.S.M
Hyderabad

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Syed Tahsin Ahmed

In Search of A Leader



There is no denying the fact that the Muslims in India are witnessing a downslide in the socio-political milieu. The attacks on their identity, culture, history, religious practices together with Muslim bashing by the social media and in TV debates have the danger of alienating them from the mainstream. In this pathetic situation, the common response of the Muslims is a statement which is repeated often: "we do not have a leader". This is a common grouse we have been hearing for decades. Many blame the politicians. Many blame the Ulema. But very few blame themselves. Finding scapegoats is not a solution for the problems being faced by the community.

It may appear odd, but it is a fact that at no time in the history of post-independence India that Muslims were at the centre of so much importance as we are witnessing now; albeit for all the wrong reasons. Anti-Muslim politics have become pivotal for the polarisation of communities and garnering the support of the majority community. Not a day passes without some person saying spiteful things about the community, to the extent of even calling for their genocide. Triple Talaq, hijab, azan, common civil code, love jihad, rising Muslim population and the bulldozer politics are dominating the visual media with the TV anchors adding fuel to the fire. Efforts to convert the mosques into temples with the claim that the mosques were built after demolishing temples by the Muslim rulers is another ploy to browbeat the Muslims.

Facing these multi-pronged attacks, Muslims are clueless as to how to deal with the situation. But it should be recognised that they have not become emotional and have been facing the situation with equanimity. They should continue to do so. The majority community, by and large believes in religious harmony and peaceful co-existence since hatred and malice is against our national ethos.

Waiting For A Leader

Among the Muslims, waiting for a leader has become, what can be best described as, **waiting for**

Godot. From where should leaders emerge? The common belief that 'leaders are born, not made' has been proved wrong. A person born with charisma, confidence, intelligence and social skills does not become a natural-born leader. Leadership researchers White and Hodgson suggest that truly effective leadership is not just about the qualities of the leader, it is about striking the right balance between behaviours, needs, and context. Good leaders are able to assess the needs of their followers, take stock of the situation, and then adjust their behaviour accordingly.

Political Leadership

With the diminishing clout of Muslim politicians, they are themselves battling for their survival. It has become increasingly difficult to win elections and when they are victorious, they find themselves in a political party that is not in power. Even if they are elected from a ruling party, either they are denied a ministerial berth or are allotted the Ministerial portfolio of Minority affairs like Waqf and Haj. Deprived of a powerful portfolio or a ministerial berth itself, their influence takes a nosedive and in consequence, many of their followers abandon them. Followers hang around politicians with vested interests and with no personal benefit in sight, they look elsewhere for greener pastures. In this scenario, hoping that a Muslim leader will emerge and lead the entire Muslim community as a piper is wishful thinking. Muslim politicians have only pockets of influence and expecting them to become the voice of the divided Muslim community is un-realistic.

Religious Leadership

It is very common to hear people

say that the Ulema have failed in providing leadership to the Muslim community. No doubt, the Ulema with their fiery speeches wield a lot of influence over the Muslim masses. But it has to be admitted that they have their own limitations. Almost all our Ulemas are products of Madrasas and their education is by and large restricted to religious subjects. They are specialists in religious matters and their services in teaching the Qur'an and *Ahadees* are laudable and deserve to be appreciated. Their knowledge of English and even the regional languages (in some States) is very limited. Many Ulemas cannot fathom the intricacies of current affairs and the political and legal ramifications of certain actions. Most of the Ulemas have financial constraints and face difficulties in raising funds for campaigns. Moreover, they are themselves divided over *Maslak* issues. Ulemas in India with their religious learning acquired in a lifetime are doing a tremendous service for *deen* and deserve to be respected. But it is unfair to expect the Ulema to don the leadership of the community in temporal matters.

Having said that, it has to be acknowledged that the Ulema are the rare voices who are now speaking on behalf of the community and even appealing to them that they should not get provoked. *The Jamiath e Ulema e Hind* has been moving the Courts, organizing conferences, and so on. A team of Ulema under the banner of *Sabeelur Rishad*, Bangalore has been proactive and is responding to every adverse situation with a balanced approach in Karnataka. During the Covid times and in the subsequent Islamophobic times,

the Ulemas headed by *Ameer e shariat* Moulana Sagheer Ahmed saheb, Mufti Iteqar Ahmed saheb, Moulana Maqsood Imran saheb, and others have been educating the masses to adhere to Government instructions. The Ulema in Bangalore is in the vanguard of the efforts to promote religious harmony and peace.

Leadership from Retired Government Officers

Of late we hear voices in the community asking why officers who have retired from high positions in the Government are not taking up the cudgels on behalf of the community and why they are not leading the Muslims from the front. If you peek into the concerns of the Government officers while they were in service, you will find that their primary concerns were their postings, transfers, promotions, increments, etc. The sole objective of a few of them is to make hay while the sun shines (you know what it means). Many of them do not have much contact with the Muslim masses, except those who come to them for personal favours. After retirement, they are free from their hectic schedules and start enjoying their free time. Picnics, outings, foreign trips, and spending time with their grandchildren become their main engagements. Some devote themselves to prayers and in fact - to be fair - many of them involve themselves wholeheartedly in community service. But hoping for a leader to emerge from a retired IAS/IPS or any other senior officer is far-fetched.

Collective Leadership

Mr. Gulam e Ghouse, founder of Vision Karnataka organization in Karnataka is mooted the concept of collective leadership. He proposes that organizations, irrespective of their political party affiliations or the *Maslak* and *jamaath* to which they belong should hold common meetings while still maintaining their individual identity. In such meetings, the problems faced by the community should be discussed across the table, and decisions are taken on what steps are required to be taken for promoting religious tolerance, peaceful co-existence, communal harmony, and services to the nation. This Federation or group of Muslim organizations should select a team of 15 persons representing the Ulema, heads of organizations, and intellectuals to

lead the community as leaders. Guiding this 15-member committee will be a team of six members called Facilitators consisting of a politician, an Aalim, a retired senior Government officer, an advocate, a social worker, and a businessman. Mr. Gulam e Ghouse is promoting the idea that such a set-up should be formed in every city and town. In the future, if this project succeeds, there is a possibility of interlinking such groups from every town and city to form a national-level organization.

Representative Associations

We can build up on the structure proposed by Mr. Gulam e Ghouse. Muslims in every town and city should form different Associations representing their professions like the Association of advocates, doctors, engineers, government officers, students, journalists, school teachers, college teachers, wholesale businessmen, retail businessmen, women, etc. Two office bearers from all such Associations should be represented in the Central Committee in every town and city. The Central Committee having representatives from different walks of life will be better equipped to understand various issues and offer solutions to vexatious issues. Each Representative Association will be able to practically take up the implementation of decisions of the Central Committee pertaining to their profession and serve humanity. If this succeeds, the Central Committee could stake its claim before the Deputy Commissioner to be invited for Peace committee meetings and 15 points programme meetings as representatives of a cross-section of the Muslim community.

This could be a Road map to create a Collective Leadership in every town and city. This will enable the Muslim community to ventilate its considered views on various issues after deliberations with well-informed persons representing different professions. The Collective Leadership concept can fill the void of lack of leaders and can prevent every Tom, Dick, and Harry from airing their ignorant views in different forums and misleading the community by claiming to be representatives of the community.

(The author is a retired KAS officer and can be contacted at tahsin789@yahoo.com) ■

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MONUMENTAL MEMORIALS**

Malika B. Mistry

Development economists aver that development can't be distanced from the discussion of gender. So to explore the gender and development issues such as health, education, violence against women, and economic empowerment, a three-day national conference was recently (6th, 7th and 8th of June 2022) organized by the Centre for Development Policy and Practice and Maulana Azad National Urdu University (MANUU), Hyderabad. Muslim women in India are caught in the cross-fire of Hindutva politics, the Hijab row, the triple talaq issue, and the mock auction of Muslim women who dared to raise their voices. In the middle of all these, we have those women who have been flag-bearers of the anti-CAA movement with their mighty display of resistance.

Nagma Mulla, the CEO, of Edelgive Foundation, shared her experience of working with NGOs and helping them develop capacity and leadership to reach underserved areas and populations. She pointed out that Gandhiji ensured that women participated in the freedom movement achieved through non-violence. Nehru too wanted women and men to rebuild India. However even today only 4 percent of the resources are spent on women. In India too it is the same. For one or other reason women are denied resources.

Shaheda Muttuza, Director, Women's Study Center, MANUU, averred that "women are not bound but are made subhuman." An examination of different aspects of life viz. economy, health, education, and cultural practices reveals this. Most of the women's work is unpaid and invisible. When women accept gainful employment they are made to feel guilty. Muslim women's situation is worse. It is becoming



more difficult for Muslim women to live with dignity.

Muslim women in India are doubly disadvantaged—as a minority and as women. They find themselves caught between being loyal to their religious identity and a desire for freedom and equal rights within those communities. From being targeted in communal riots to having to defend and claim their rights, they are battling simultaneous challenges. Fatima Khan, a young and dynamic journalist from Gurgaon, threw light on what it means to be a Muslim woman in contemporary India in the present-day communal atmosphere. At the same time, she advocated that Muslim men should be just to the women in their families.

Gazala Wahab in her book '*Born a Muslim*..' shared her real-life stories and incidents recounting the journey of navigating through her faith. Her book highlights the insecurities and fears among the Muslims of the country amid rising Islamophobia and communal violence. She advocated that every woman should inculcate the following five attributes to achieve empowerment: (i) financial independence; (ii) educating and learning (iii) asking questions (iv) preserving oneself and (v) not fighting always to achieve her rights.

There is significant coverage of

Gender and inclusion : Way Forward

Muslim women in media, especially about their dress code. Real issues like health and education among Muslim women are neglected. A major part of the debate is done in an unpleasant and biased manner by politicians and the media. Muslim women journalists are also discriminated against at their workplace. They face harassment and their reportage is undermined. Whether the Indian media represents the interests or presents a subverted image of the Muslim community needs further exploration. To counter this, we need to have brave and sincere journalists.

According to World Economic Forum Global Gender Gap Report 2021, India is ranked 140th out of 156 countries slipping 28 places on the list. Even though there has been a steady growth of skilled professionals among women, it is not significant enough as female representation in leadership positions is barely 27 percent.

Entrepreneurship is challenging irrespective of gender but in the case of rural women and especially Muslim women, the challenges are much more. Ten female Soochanapreneurs from different parts of rural India shared their experiences and discussed solutions as social entrepreneurs in their respective geographic locations. They took digital training, started self-employment, and became

empowered. These girls are supporting their parents and families. This has also dented the bias against the females in rural areas.

Meenakshi Gupta, Co-founder of Goonj, is passionate about Goonj's work on mainstreaming and repositioning **menstruation** as a human issue beyond just women's issues. Sometimes the silence on menstruation kills women. She narrated two stories. A rural woman in north India used a blouse with hooks as protection against menstrual bleeding. The hook was rusted, she developed tetanus and died. In south India, one rural woman used a cloth. Unfortunately in the cloth, a centipede was hiding. It entered her body and she died due to health complications. Especially in the rural areas, for menstruating women, no facilities to change, wash, to bathe exist. Talking about it is taboo. The Health and well-being of women go together. Therefore menstrual health must be given much more importance in our society.

Nilanjan Banik informed that NFHS-5 data reveal that for Muslim households, the health indicators are better. Washing hands five times a day seems to give this advantage to Muslims. Also, IMR among Muslims was found lower.

Shireen Azam, a Doctoral Researcher at Oxford University, pointed out that **caste** does exist among Muslims in India. However, there is invisibilization of this fact among Muslims. According to her majority of the Muslims belong to lower castes. Caste is linked with endogamy, hierarchy, and traditional occupations. As much as 70 percent of the Muslim leaders come from upper castes. So nobody talks about the issues of lower caste Muslims

Women in difficult situations: During the anti -CAA movement Muslim women were beaten up. In 2019, a 70-year-old Muslim woman was beaten up because she was participating in the movement. Today double oppression of women is taking place. The Indian state is also suppressing Muslim women.

Vahida Nainar, an independent researcher and consultant on women's rights, observed that the Indian state conflicts with Muslims and some other communities. In India, we do not have laws to punish the type of crimes committed by police and state against Muslims. Even though India has ratified the International Convention on Genocide, it has not implemented it. India does not have laws against genocide and torture. Today the impunity of criminals is due to the breakdown of laws. So cases must be registered under common rape laws and murder laws. Another impediment is that to file a case against public servants, the permission of the state is necessary.

Gender and Religious bias: Amitabh Kundu, a well-known economist, presented his path-breaking study on labour market discrimination.) He quantified the discrimination in labour markets, especially in post-Covid times.

In rural areas, gender discrimination was 100 percent for all women because women did not go out to work during the pandemic. In urban areas, it was 90 percent.

In rural areas, Muslims did not face discrimination because they are employed in low-productive occupations and hardly any competition exists. The discrimination against Muslims in urban areas was as much high as 68 percent. He concluded that gender discrimination in India is critical. Also, the discrimination against Muslims in Urban areas is very high. This is a serious issue. ■

SPIRITUALITY

Dr. S L Peeran

Self-Knowledge - Release from Attachments

"*Man Arafa Nafs Sahu*", "*Know your Own self*" is the main slogan of "*Tasawwuff*" (Sufism). The huge Cosmos and the intricate design of nature are stupendous and Marvelous. This is of the outside and the inner being is equally harmonious and meticulously designed. Despite our mental confusion, lack of proper understanding, and clear logic, the internal system works in perfect harmony and precision. Million thanks and praises to the Great Creator, whose bounty is vast and unlimited. First is to see the signs or signature of Allah in nature, in Oneself and His total command over us and our helplessness and despondency. The more we reflect on ourselves and on Allah the more praise is uttered by the Tongue and Breath. It is our common daily experience that our minds keep talking to ourselves. Repeatedly the hurts and injuries caused to us by others, keep

troubling our minds. The wounds open up afresh and the bleeding is unstoppable. Our minds and heart start cursing our adversaries. When they come before us, instead of returning the smile and salutation, a frown, a grunt emerges from our faces and mouth. We expose ourselves more and more to further attacks and this chain recoils. The mind and heart bind themselves to sorrows and pains endlessly.

What is the remedy available to emerge from ourselves and break from these shackles? The suggested remedy is to keep uttering the litany i.e. praise of Lord Almighty and keep repeating His name and glorify Him. Glorification of Allah's name, seeking repentance, and forgiving others would release us from the futile meandering of the mind and attachments to one's selfish ego. Attachments to the self, self-glorification, and self-gratification cause misery. Self-importance is



another factor that leads us to pride and anger. To subdue it, one needs to remind of another Greater Being, who loves us more than our adversaries, who unasked showers His Bounties and Grace. Hence to change the focus from oneself to the over-self i.e. To the Higher Being by His Glorification will surely release us from much mental torture, agony, and despondency. The more we realize about the Glory of the Lord and His sustain unseen help reaching us from several unknown quarters, the more it would lead us to self-illumination. It helps us to open the

inner eye. Many mundane things worrying us would become insignificant and loses their importance in our eye and mind.

How to emerge from **low self-esteem** and broaden one's outlook is a familiar question arising in several minds who suffer from it. Persons lacking self-confidence and suffering from a feeling that they are short of talents, suffer from low self-esteem. It leads to self-condemnation and shyness. They refuse to mingle with their peer groups; withdrawing into their shell, with unknown fears gripping their mind. Their fear of being laughed at by their friends and relatives. They curse themselves, their parents, brothers, sisters, and their relatives. Thus, low esteem and lack of confidence would cause a nervous breakdown, migraine, nervousness, and anxiety symptoms, leading to ideas of reference, neurosis, and further on to psychosis. It develops deep

feelings of jealousy in the mind and being suspicious of others. It would also be a cause for hatred to others. What can be the remedy to get rid of this illness? The best way is to lay faith in someone very dear to you as a friend, a teacher, a guru, a priest, or a family doctor. You should speak out your mind and let all your feelings and seek help to cleanse your mind and heart of the ill feelings. Another way is to join youth clubs / social clubs and find sincere friends, who can help you to overcome your weaknesses. You need to have patience and fortitude and have full faith in the Unknown Power, who loves you and can bring you out of the morose, self-centeredness and self-indulgence. Those who have the difficulty in reading books can seek help from visual education, classical music, sightseeing, and pilgrimages.

It is often the complaint of the many **suffering from depression** that no one loves them and they are friendless. They feel that their friendship is spurned and they fail



Moin Qazi

Nothing Veiled About the Hijab

Women wearing *hijab* have been very candid and publicly emphasizing that dressing modestly and covering their hair minimizes sexual harassment in the workplace. It is a path that aids in self-purification and coming nearer to their Creator

One of the Islamic symbols that have been engaging widespread attention across feminist, Orientalist, social, religious, and political discourse is the veil-the *hijab* (a scarf wrapped tightly around a woman's head to conceal every wisp of hair). Veiling has become the most obsessively topic of public debate. The word *hijab* stems from the word *hijab*, meaning, "to prevent from seeing. In Islamic scholarship, the *hijab* refers to broader notions of modesty, privacy, and morality.

Although people usually discuss the *hijab* only in the context of women, the Qur'an prescribes for both Muslim men and women to be modest, in both character and dress. Any differences between the Islamic dress of men and women concern the differences between men and women in nature, temperament, and social life.

The conflicts in Iraq and Afghanistan resulted in several misunderstandings about Islam. The previous and current misunderstandings of Islam have fostered further tension and several restrictions have been placed by several governments on

the *hijab*. Arbitrary rules are being introduced by educational and police authorities who are making the *hijab* appear like a big Islamic bomb.

Hijab is essentially a concept of modesty and privacy, usually expressed through women's clothes. One of the biggest sources of misunderstanding between Muslim women and western feminists is sexuality. Muslim women do not wish to express their sexuality in public, and believe that its proper place is in the privacy of an intimate relationship. Sexuality is not to be used to assert power, but to express love.

Among Muslim women, the debate about the *hijab* takes many forms. Many believe that the veil is a way to secure personal liberty in a world that objectifies women. Several women have argued that the *hijab* allows them freedom of movement and control of their bodies. Understood in such terms, the *hijab* protects women from the male gaze and allows them to become autonomous subjects.

Others have argued that the veil only provides the illusion of protection and serves to absolve men of the responsibility for controlling their behaviour. Both positions assert that Islam is not responsible for sexism. The Qur'an supports the notion of gender equality.

Hijab's purpose is simply, modesty. The modesty of clothing, the modesty of thoughts, and the modesty of actions. It was once an armoury of the poorer classes. Today it is the mascot of the most enlightened Muslim girls. They often describe how it liberates them from the toxic consumerist culture, from men's predatory gaze, sexism, and impure moral thoughts. Women wearing *hijab* have been very candidly and publicly emphasizing that dressing modestly and covering their hair minimizes sexual harassment in the workplace. It is a path that aids in self-purification and coming nearer to their Creator. Paradoxically, it is the women who rely on the veil to signal to others that the argument that the veil is indicative of oppression has no logic. A woman can wear it as an instrument of modest, yet still, embrace all of the rights and opportunities given to other modern women.

The French authorities see both feminism and Islam as inherently at odds, not because of their ideology but because the people of France are embracing Islam in droves. For the general public, the attraction of Islam is it provides more discipline than other religions. They are in a way trying to refuse modernism and get back to a society with more family values and a clearer

distinction between men and women.

The *hijab* is not a piece of cloth, but a mascot. Muslim women are using it to reclaim their right to speak to re-appropriate their own destinies. Indeed, today, many female Muslim intellectuals living in Muslim societies and the West, are questioning several negative preconceptions surrounding these issues. In particular, they contest the classical analysis, which stipulates inequality between men and women by asserting that it is certain biased readings, endorsed by patriarchal customs, which have legitimated these erroneous inequalities.

They must understand the necessity of recognizing and consciously accepting the broad cultural differences between western and non-western conceptions of autonomy as well as respecting social standards that reflect non-western values. Muslim women must work in full partnership with Muslim men, rejecting Western models of liberalization, but also, and more importantly, Asserting their own. Modesty is the defining emblem of Islamic values. The Arabic word for modesty is *hayaa*. The interesting thing about this word is that it is linguistically related to the Arabic word for life (*Hayat*). Modesty is the virtue that infuses spirituality into the soul. This connection between spiritual life and modesty exists because the virtue is not just about outward appearances; rather, it is tolerance first and foremost about the inward state of having modesty before God—meaning awareness of divine presence everywhere and at all times that leads to

propriety within oneself and in one's most private moments.

Once the erroneous understanding and flawed logic behind the *hijab* gets cleared, they are bound to acknowledge that the *hijab* is a women's cultural armour and there's nothing veiled about the *hijab*. We must get referred to the clichés and misapprehensions connected to Islam in France. We must show that French culture and Islam can live together in peace." Assert Muslim women

A veil is seen as a genuine expression of a woman's religiosity. It's a badge of their womanhood, representative of their resilience as females in a world determined to control every aspect of their being. Paradoxically, it is the women who are engaged with the modern world who appear to rely on the veil to signal to others that this is their way of expressing their freedom. A woman's attire has never been about perception, it is solely a matter of interpretation. What got lost amid such interpretive crossfire is the core message that women should not be objectified. Historically, modesty in dress has been defined by local customs that sometimes even predate Islam.

The most sobering words for *hijab* come from Michelle Obama which she expressed when she addressed *hijab*-wearing students as the first lady of the United States:

"Maybe you read the news and hear what folks are saying about your religion, and you wonder, if anyone ever sees beyond your headscarf to see who you are, instead of being blinded by the fears and misperceptions in their minds. And I know how painful and how frustrating all of that can be. But here's the thing you all have everything, everything, you need to rise above all of the noise and fulfill every last one of your dreams."

(Author can be contacted at moinqazi123@gmail.com)

Modesty is the defining emblem of Islamic values. The Arabic word for modesty is hayaa. The interesting thing about this word is that it is linguistically related to the Arabic word for life (Hayat). Modesty is the virtue that infuses spirituality into the soul. This connection between spiritual life and modesty exists because the virtue is not just about outward appearances.

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Self-Knowledge - Release from Attachments

to get proper reciprocation. During the period of depression, life appears listless and you feel you are a failure, that you are meeting failures at every step. It is indeed a period when such persons seek self-pity and their lamentation is grave and full of grievances. The faith in the Ever Loving unseen Lord is at the lowest ebb and they curse the destiny.

This is often a period when your shadow appears to be your enemy.

As a counsellor for over several decades, my approach to such persons seeking my help has been multifold. It is difficult to make home the point that most adverse situations are due to their own shortcomings and weaknesses.

Such persons refuse to accept their wrongdoings and mistakes. They refuse to amend and repent. Sometimes, the point has to be driven home by raising hopes and showing that their positive nature can bring them good results. Meditation, patience, and doing some good by way of feeding stray animals, birds, ants, and poor beggars would bring joy and happiness. Make them look up to nature and commune with it; the bright sunshine, the colourful sunset, a walk in a flowery garden. Then slowly they have to be led to the altar of the Ever Great Love. Once the love in the heart is kindled to the mercy, the compassion, and kindness; then you begin to see some change

taking place inside you. The failed, reason begins to see the beatitude. The eyes open up to reality. One should repose faith in themselves and their Guru (Murshid) or their counsellors and begin to accept their words as Truth. Only then the inner ego can be subdued and brought to submission. When you submit and surrender to the Greater Being, the inner eyes open up, and truly wonders start happening. Your heart filled with love and affection would light up others' hearts. You are accepted by others. Their response brings a change in you and slowly you set goals for your self-improvement and you begin to see the results. One who expects the change to occur on repetition of a few mantras; doing

some charitable work without bringing change in them would be living in a fool's paradise. Humility is the first lesson of wisdom. So also, simplicity and sincerity in words and actions are very much necessary for change to occur in one's life. It has also been observed in life that things do not happen suddenly. One has to put in one sustain effort with sound common sense and wisdom. Take all precautions to till the land in time; sow the seeds in time, tend the crops; protect it from insects, animals, theft, and the vagaries of the weather and be very cautious in marketing your crops. You need to save for the rainy day. When you have money in hand then take abundant care and not be attracted

to the glitter of the world and become a spendthrift. You have to be a Spartan in living and also not be overgenerous to make a show of your wealth. There is also a tendency to give loans to unscrupulous people who befriend you at such times to rob your wealth and peace and never return it. People living on salary have to live within their means. Though poverty pinches at times it acts as succor and virtue to save you from drowning by saving you from evil ways by attracting you to the glamour of life to ruin you. Wealth is not enough for one's happiness and peace in life.

(The Author is former Member Judicial of CESTAT, presently Editor Sufi World Bengaluru)

The Workshop has Made Me Discover the Way of Allah and His Prophet Muhammad (pbuh)



Discover Yourself Workshop was held on the 20,21 & 22 May 2022 in Apna Ghar, Mysore

Some of the participants share their Experiences:

- It was very interesting, we can deal with all the problems without thinking about our past. I got the courage and I liked it very much.
- *Zindagi ke sab masle hal karne ki capacity mili hai.*
- My focus on my salah was not there but now I can focus on my prayer. It is very useful to implement in my life. I am giving up my ego and blaming others.
- Before the workshop, I was feeling depressed and anxious and now I am feeling relaxed, calm, and no *Bechaini*.
- The workshop is a blessing and need of the hour. It helped me to let go of lots of baggage and change myself instead of others.

• It was awesome. I was feeling lonely, I was carrying the burden in my heart. Past was blocking my present. I learned to connect with Allah. I need to change first and then others will also change.

IRFAN: MY life was in tatters and that was one big reason for me to enroll in the workshop. I was regretting missing attending the workshop a decade ago in Mysore. At times I used to wonder about the worthlessness of life. The workshop proved to be the light at the end of the tunnel and offered me hope of living the remainder of my life with zest and zeal.

The benefits of the workshop were many and very encouraging. I feel these were the best THREE DAYS

of my life. The most fulfilling of productive 22 hours of my entire life!

Worth attending and attending all over again and again. The difference it made could be summed up thus. I was a living, breathing corpse all along, and now and only now has the actual, real-life begun for me after lifting many multiple layered veils of negativity that my mind had manufactured. Practically every single area of my life has altered. Submission and denial are the real keys to unlocking the mental, emotional, and spiritual mysteries. Now, I see myself, my life, and the world as ordained in the Quran, along with the principles the DYS workshop

operated. Jazakallah Khair Sadath sir and the volunteers.

WASIM: The workshop made me realize who I am? I would have been at a loss, had I not attended this workshop. Alhamdulillah! Allah swt has given me everything in life. But how I lived my life was never how Allah willed? There is a hadith of the Prophet (pbuh) that if you want to know about a person ask his wife. I knew that I had to be humble, kind, loving and caring, etc.. but never knew how to actually internalize it in my life. Alhamdulillah after this workshop, I have found the way. The way of truth, the way to forgive and let go and to realize that all of us are human beings first and then a father, a son, a

husband and a brother, etc. The workshop has made me discover the way of Allah and His Prophet Muhammad (pbuh)

ALAISA: The workshop brought me clarity about myself and my relationship with everything. I missed my exams to be here because this is the foundation. What will I do to get success in life when I do not know how to live life. My life was a mess. It was disgusting and I did not want to live. When the first time I attended the workshop in 2019, even though out of the 3 days I attended only one day and yet it powerfully impacted my life. "Thank you" does no justice to the impact Khan sir, has made in my life. ■

DYS workshop is an Eye-Opener- A Must for every Human Being



Discover Yourself Workshop on the 27,28, & 29 MAY 2022 in Zimris Abc Auditorium, Hyderabad.

Some of the Participants Share Their Experiences of the Workshop:

- Your journey toward the Truth of life is incomplete without the Discover Yourself workshop.
- I am able to differentiate clearly the personal reality and Absolute reality which will help to use my word wisely and create my software
- The workshop is a Life changer, *Ghaur-o Fikr Karne wala banata Hai.- Tadabbur* Enhancer.
- The workshop connects people to Allah. I am able to distinguish between good and evil.
- Before I was short-tempered, but when I started accepting reality kept quiet and I let myself control my mind.
- An Eye-Opener. It addresses the key problems that have been challenging "HUMANITY" and the solution to an Islamic way of life.

• It helped me to discover myself. You are not just giving people knowledge but you are changing lives.

• Before I was so egoistic, and selfish, I am right and others wrong but now I am changed. I want Khan sir to continue doing the workshop.

• I think every human being must attend this workshop. I am able to take control of my anger.

SANA: I would struggle emotionally, in my interpersonal relationships, my career, and Spiritual peace. I have attended several workshops and this one workshop has the solutions to all my problems in life. My parents saw a major change in me and my family got together after more than a decade of separation. I am more kind, loving, non-judgmental, responsible, and accountable. I am starting a project to spread these teachings

of the DYS workshop.

JAMAL: I always heard about gratitude, acceptance, not having expectations, etc.. but the three days actually took me through each with greater depth from the perspective of Allah's words in the Quran and made me realize my role as a Muslim on earth and where I stand. It has given me parameters on which I must do a reality check continuously. Now, I am going back with a stronger intention and commitment to make a difference.

KULSUM: My life before the workshop was just a cattle nafs living and concerned only about my life and always had asked Why me? And such sorts of questions often made me cry, sad, and depressed. After the workshop the realized that peace and tranquility are created by myself and not by others. Forgiving, asking forgiveness, accepting myself,

and accepting others is not that hard now, Alhamdulillah! And peace created is undesirable.

KASHIF: Before the workshop, I judged people and lived in the world of opinions and judgments. But after the workshop, I realized what the problem is and was willing to come out of the box. I had a great experience in the

workshop, I got many things from sir, made new friends, and got to know what being a true Muslim is. I feel the members of my family who attended the workshop are showing positive changes. Sir, I would just like to say you are doing a great job changing people's lives never stop and keep on changing lives. ■

DISCOVER YOURSELF WORKSHOP IN BANGALORE

DATES: 22,23 & 24 JULY 2022

(Friday, Saturday & Sunday)

TIMING:

8.30 am To 6.00 pm

LANGUAGE: ENGLISH & URDU

VENUE: AL-AMEEN COLLEGE AUDITORIUM

Hosur Road, Near Lalbagh Main Gate, Bangalore

DONATION: Rs 1500 Per Participant

(For Lunch, Tea, Course material & Logistic Expenses)

For More info contact:

Sarah: 99162 83458

Mohd Rafiq: 98804 55799

Pyman: 98860 18125

Islamic Voice: 080-41126165

Payment & Registration Click Online form:

<https://tinyurl.com/455-DYS-BANGALORE>

For More Info Visit: www.discoveryyourself.in



May Allah swt help us all take lessons
from our past and remain steadfast.
Ameen

Moqheeta

Allah's World

What is white, soft, and cold to touch?
You are right if you got the answer - snow?



We all have heard about snow but very few of us have actually experienced snow. Snow is a beautiful creation of Allah swt that fascinates everybody. When people think of holidays, many people think of places that are covered with pure white, glistening snow.

Allah swt has spread His breathtakingly beautiful creations across the universe for us to reflect on His dominance over everything. When a person looks at a landscape covered with layers and layers of smooth and shiny snow, it automatically makes him praise the creator of this wondrous creation.

In today's edition, we will know more about snow that entralls children as well as adults.

Similar to rain, Allah *azwajal* makes the snow also form up in the clouds. But for the snow to form, Allah swt drops the temperatures below freezing levels. The snow that we see falling from the sky is an ice crystal. And then these tiny ice crystals in clouds stick together to become snowflakes. A snowflake has six sides, perfectly symmetrical.

A mind-blowing fact of this creation is that every snowflake has approximately 200 snow crystals!!! An astounding 200 crystals have to attach together to form a six-sided perfect snowflake. Could we have ever designed something so small, so fragile, so delicate and so beautiful with such exact precision? Only Allah *azwajal* is capable of it.

And that's not it. There is more for a human to know and be amazed. On earth, some places are thickly covered in snow. A complete building can be buried under snow. But an astounding fact is, that it takes about 15-40 minutes to make a typical snowflake, and snowflakes take about an hour to reach the ground. Allah swt sends uncountable snowflakes from the sky, but *no two snowflakes have the same shape*. Allah swt has given every snowflake a unique shape. I personally found this discovery very very overwhelming. Subhan Allah, how amazing are Allah's creations!!!



Allah swt has stated that He created everything for our use. Things created for us are for our benefit. Similarly, snow, such a pure and beautiful creation, is also for our use. Allah swt has kept the majority of the world's fresh water supply in ice and snow. We can eat snow or drink the water after it melts. Allah swt made snowflake 100% pure with not even a speck of dust or dirt in it. That is why snow is not only suitable for drinking but also suitable for wudhu.

Surely Allah is most capable of everything

To further involve your child in the series - 'Allah's world', write to us at teachersgrowth@gmail.com. You can ask questions or leave your comments there. ■

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Countering Rumour: Psycho-Quranic-Spirituality Model

among the people.

So use the Quranic message as wisdom to build peaceful and cohesive societies by just following these verses and countering misinformation and fake information by not forwarding it to others. But check its authenticity by using some

behavioral and cognitive efforts and reflect on how best we can work on that to build peace in society.

(The writer is Associate Professor & Head, Amity Institute of Clinical Psychology, Amity University Haryana. mnkirmani@ggn.amity.edu) ■

Lessons To Learn From The Story Of Ibrahim (as) and Ismail (as)

Ibrahim alaihis salam is known as the Father of Prophets. Ibrahim AS was born some 4000 years ago (yes, that is a very long time ago) in a place that is now called Iraq. The people of his community used to worship idols but it never appealed to Ibrahim AS and he would worship the only one true God - Allah swt.

Almost all of us have heard and read the story of Ibrahim AS. We remember him every year when we celebrate Eid ul adha. Today we will go over his whole story, but focus more on the lessons that we should be taking from his life. We will start with his childhood.

Critical thinking - Despite being completely surrounded by idol worshippers, Ibrahim AS did not fail to use the intellect that Allah swt bestows on every human being. He used his critical thinking ability to remain objective when looking at the so-called objects of worship and then concluded that the star, moon, or sun cannot be anybody's god. God is the one who created all these things and none other is worthy of worship except Allah.

We get to learn how Allah swt has put us all on *fitrah* and expects us to use our critical thinking skills instead of blindly believing something.

Courage - From the part when Ibrahim AS breaks all the idols except for the biggest, we get to learn two things. It requires immense courage to go against the whole community in order to make them see the truth. And Ibrahim AS showed the courage to convey the message. The second lesson is how to intelligently speak to a crowd. Ibrahim AS did not lie when asked about the broken idols, instead, he said, 'Ask your god'.

Faith - The people were furious at what Ibrahim AS did to their idols and wanted to punish him severely. The king 'Nimrod' ordered Ibrahim AS to be burnt alive. At a time like this, when the whole community and your family are against you, it requires very strong faith in Allah. Ibrahim AS had complete faith in Allah's help and he did not seek anybody's help. Allah swt ordered the fire, "O fire! Be coolness and safety for Ibrahim." This is how Allah swt saves His servants who have complete faith in Him.

Reflective questioning - When Ibrahim AS faced the cruel king, he did not lecture him on why he can't be god. Nor did Ibrahim AS try to explain why Allah swt is the only true Lord. Ibrahim AS posed some reflective questions to Nimrod. Ibrahim AS said, 'Allah causes the sun to rise from the east. So make it rise from the west.' At times when one wants



Lessons to learn from the
story of Ibrahim AS and
Ismail AS

the others to see the **haqq**, one doesn't need to lecture them for long hours but should practice the skill of asking thought-provoking questions. One analytical question will do the job of long explanations.

Dua - Ibrahim AS showed us the power of dua on multiple occasions. Also when Ibrahim AS was old and yet made dua for a progeny, Allah swt blessed him with Ismael AS despite his old age. This goes on to show two things. The power that duas have and Allah is capable of anything.

Obedience - Allah swt sent a test towards Ibrahim AS and asked him to leave Hajirah AS and Ismael AS in the open desert. Ibrahim AS without a complaint obeyed Allah's instruction and left both wife and son in the barren desert. Utmost obedience!!

Acceptance - We also get to learn a lot from Hajirah AS. When she was left in the desert with a baby, the only thing she asked her husband was, "Did Allah command you to do so?" when Ibrahim AS replied: "Yes.", Hajirah AS went into acceptance mode and said, "We are not going to be lost, since Allah, Who has commanded you, is with us." This was the level of acceptance shown by Hajirah AS.

Reliance - Ibrahim AS after all was a human, leaving his wife and son in the open desert did make him miss them, but his reliance on Allah was strong. He completely relied on Allah and implored, 'Oh Lord, I have left some of my family in a barren valley, in the hope that they will worship you, so fill the hearts of some people with love towards them, and provide them with fruits so that they may give thanks. We all know how Allah swt later brought help to them and made that barren place into a flourishing city. Complete reliance on Allah swt brings great rewards.

Strive - Hajirah AS showed us how to achieve results. Her desperate and determined effort of going up and down the hills of Safa and Marwa to find water

didn't go unnoticed by Allah swt. Allah swt ordered Jibreel AS to start the fountain of Zamzam. Hajira AS's complete submission plus her endeavour was so highly loved by Allah swt, that He made this act of running from one mountain to another a compulsory part of anybody's Hajj or Umrah and it will be so till the last hajj on this earth.

Endurance - There are many single mothers in this world. One particular lesson from Hajira AS for mothers is how to successfully raise a child alone without a husband or any family support. Hajira AS did this without complaining. She nurtured Ismael AS in the best of manners. She endured all the hardships alone and raised a dutiful son for her husband. A powerful lesson - submission to Allah's will and sincere efforts will create beautiful histories.

Consultative Approach - A beautiful lesson for fathers is how Ibrahim AS spoke to his son when he was commanded to sacrifice Ismael AS. "O my dear son! I have seen in a dream that I (must) sacrifice you. So tell me what you think." Even though Ibrahim AS had submitted completely to the will of Allah and passed his test every time Allah swt sent a test his way, this time Ibrahim AS consulted his son. This showed the respect a father should have for his child's free will and decision-making ability.

Submission - Ismail AS was raised without the father's presence, yet he was so respectful towards his father. When his father mentioned to him about the dream, all that Ismael AS had to say was, "O my father! Do that which you are commanded, Insha' Allah, you shall find me of the patient." Such was the degree of submission to his rabb. He did not fear, he did not panic, he did not question. He submitted. And the result of this questionless submission was so loved by Allah swt that He says in the Quran, 'and We left for him (a goodly remembrance) among generations (to come) in later times.' And to this day we all follow the tradition of sacrificing a ram to express our essence of submission to Allah swt.

Humility - Despite being the first-ever builders of the most sacred place on earth, Ibrahim AS and Ismail AS remained humble. And made this dua, "Our Lord! Accept (this service) from us: For Thou art the All-Hearing, the All-knowing." The lesson we need to take is, no matter how big of a deed we do, we still need to humbly ask Allah swt to accept it from us. If He doesn't accept it, then the mightiest of tasks will go in vain. ■

Shabbir Ahmed

Five Qur'anic Tips to Help You Navigate Through Life

An amazingly composed treasure of knowledge and productivity, we find in the 45th Ayah of the Surah Qaf.

Umm Hishâm bint Hârithah, (may Allah be pleased with them both), said: We used to share the same oven with the Messenger of Allah for two years or a year and some months. And I did not memorize Surah 'Qâf. He used to recite it every Jumu'ah on the pulpit when he preached to the people. [Muslim]

Ibn Kathîr, (may Allah have mercy on him), said: The purpose is that the Messenger of Allah used to recite this Surah in big congregations like 'Eids and Jumu'ahs because the Surah contains information about the beginning of the creation, the resurrection, the return, the standing (for reckoning), the reckoning, paradise and fire. It also contains information on reward, punishment, encouragement to do good deeds and warning against evil deeds. Let's discover five productivity lessons from this mind-blowing Surah to fuel your faith, by Allah's Will!

1. Recognize The Effect Of The Qur'an On You

The ultimate reminder is right at the start; Qaaf. By the honoured Qur'an (Wal Qur'anil Majeed). Take a moment to truly realize how the Qur'an is keeping you in balance. How terrible is the feeling of being confused? Of waking up in the morning, not knowing who you are, where you stand and where you are going in life? Sometimes we don't know what we want; but we do know what we don't want.

In the first 5 verses, Allah -the Most High- mentions those who rejected the truth as being in a

confused state. They are in constant confusion. This is what we don't want. And this is the state of those who keep away from the guidance of the Qur'an. Just imagine if you would not follow the guidance of the Qur'an; where would that leave you?

Action point: Make a promise to yourself to open the Qur'an (or Tafseer) daily. No matter what. Then beg Allah, Al-Haadi (the Guide) to aid you.

2. Don't Take Your Environment For Granted.

In verses 6 till 10, Allah, the Most High, instructs us to reflect on how He created in a state of perfection and the proof of His being the only True God.

And the earth – We spread it out and cast therein firmly set mountains and made grow therein [something] of every beautiful kind (Ba'heej). Giving insight and a reminder for every servant who turns to Allah (Muneeb). [Qur'an, 50:7-8]

Ba'heej refers to something beautiful, which makes you happy and pleased when you look at it. What still makes us happy? What makes our children happy? A new gadget, the latest branded shoes?

Action point: Go back to basics and ask Allah, Al Khaliq (The Creator) to let all those beautiful things He grows around you, make you and the children happy again and a means to become Muneeb (to turn back to Him).

3. Stay connected to the reality of your Resurrection.

From the creation of our



surroundings, Allah, the Most High, mentions, all to do with the second creation on the Day of Resurrection in verses 11 till 35. The procedure of being driven to the place of questioning, the pleading of the sinners, the dialogue of Allah and hellfire itself and the ultimate relief of entering Paradise. The reward for: Who feared the Most Merciful unseen and came with a heart returning in repentance. A beautiful connection from how both our visible surroundings and both the unseen, should make us turn to Allah (Muneeb).

The Prophet (Pbuh) said: *How can I feel comfortable while the angel responsible for the Trumpet has placed the Trumpet to his mouth and lowered his forehead awaiting when he will be commanded by Allah to blow in it, They said, "O Allah's Messenger, what should we say?" He said:*

HasbunAllah wa ni'mal wakeel. (Allah is sufficient for us, and He is the best disposer of affairs.)

Action point: Use this supplication frequently, teach

others and revive the Sunnah.

4. Know Who You Are Closest To.

Before mentioning the details of the second creation; Allah, the Most High, reminds us: *"And indeed We have created man, and We know what his own self whispers to him. And We are nearer to him than his jugular vein (by Our Knowledge).* [Qur'an, 50:16] And how His angels are recording each of our words:

(Remember!) That the two receivers (recording angels) receive (each human being), one sitting on the right and one on the left (to note his or her actions). Not a word does he (or she) utter, but there is a watcher by him ready (to record it). [Qur'an, 50:17-18]

The Prophet (Pbuh) said: *Verily, Allah the Exalted has forgiven my Ummah (Muslims) for what they talk (think) to themselves about, as long as they do not utter or implement it.*

Action point: Comfort, protect and motivate yourself with the fact that Allah is Al 'Aleem (the All-Knowing). Supplicate daily three times:

The Prophet said: *Anyone who says three times in the evening: – In the name of Allah, with whose name nothing on earth or in the sky can harm. And He is the All-Hearing and All-Knowing— nothing will harm them until the morning, and anyone who says it three times in the morning, nothing will harm them until the evening.* [Ahmad]

5. Prayer: The Golden Thread

Through Your Life.

In the last verses, 36 till 50, the whole Surah is summarized. From the creation, the destroyed nations to the resurrection. Allah, the Most High, then gives the formula of success: *So bear with patience (O Muhammad) all that they say, and glorify the Praises of your Lord, before the rising of the sun and before its setting. And during a part of the night (also) glorify His praises and (so likewise) after the prayers.*" [Qur'an, 50:39-40] Our prayers and remembrance of Allah are our vehicles for patience and productivity above anything else.

Action point: Mu'adh (RA) reported: The Messenger of Allah took hold of my hand and said, *"O Mu'adh! By Allah I love you, so I advise you to never forget to recite after every prayer:*

Allâhumma a'innî alâ dhikrika, wa shukrika, wa husni 'ibâdatika. O Allah, help me remember You, to be grateful to You, and to worship You in an excellent manner. [Abu Dawud]

Learn it, use it, and teach it and gain rewards!

Just like the Surah powerfully started with the mentioning of Allah's Book, it beautifully ends with it:

We are most knowing of what they say, and you are not over them a tyrant. But remind by the Qur'an whoever fears My threat. [Qur'an, 50:45]

Let the Qur'an be with you, in your hands and heart, from the beginning till the end!

Blurb: Make a promise to yourself to open the Qur'an (or Tafseer) daily. No matter what. Then beg Allah, Al-Haadi (the Guide) to aid you. ■

ENVIRONMENT

M Ahmad

The environment is the most precious gift from the Almighty to humans on this planet and there is an inseparable relationship between the environment and our soul. The holy Qur'an offers a completely integrated view of the universe, where the human soul and the environment, mind, and matter are all part of one living. Therefore, it exhorts man to live a balanced, moderate, and eco-friendly life without causing any harm to nature.



Prophet Muhammad (Pbuh) left a noble example of being eco-friendly and going green in his life. He spent his entire life in an eco-friendly effort, helping humankind, caring for other creatures of the Almighty,

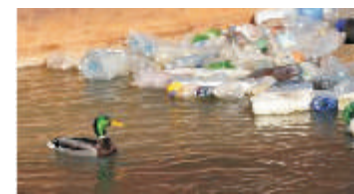
preserving the earth, planting trees, and protecting the environment. Right from a young age, he was inclined towards the preservation of trees. When he was just 12, he traveled to Syria with his uncle and took shelter under a tree. It speaks eloquently of the Prophet's utmost care for the preservation of trees. The Prophet (Pbuh) was keen on planting trees and exhorted his Companions, too, to do so. He said, *"Whoever plants a tree and diligently looks after it until it matures and bears fruit is rewarded"* (Source: Musnad). This saying is sufficient to apprise us of the eco-friendly nature of Islam. Planting a tree is a *sadaqah jariyah* (continued charity) in Islam, for the poor and the rich alike. Whenever a human being or even an animal shelter under the shade of a tree or relishes a fruit that it

produces, the planter will earn rewards, even after his or her death. Islam teaches its followers to take care of the earth. Muslims believe that humans should act as guardians, or *khalifah*, of the planet, and that they will be held accountable by the Almighty for their actions. This concept of stewardship is a powerful one and was used in the Islamic Declaration on Climate Change to propel change in environmental policy in Muslim countries.



One day, the Prophet (Pbuh) passed by Sa'd ibn Abi Waqas (r.a) while he was performing wudu'. The Prophet asked Sa'd: *"What is this wastage?"* Sa'd replied: *"Is there wastage in wudu also?"* The Prophet said, *"Yes, even if you are at a flowing river."* (Ibn Majah). Likening a believer to a growing tree, the Prophet said: *"The example of a believer is that of a fresh tender plant; from whatever direction the wind comes, it bends it, but when the wind quietens down, the plant becomes straight again..."* (Bukhari). Considering tree-planting, a renewable source of reward, the Prophet said: *"If a Muslim plants a tree or sows seeds, and then a bird, or a person or an animal eats from it, it is regarded as a charitable gift (sadaqah) for him."* (Bukhari). Allah says in the Quran in Surah Al-Baqarah, *"Thus, We have made you a justly balanced community that you will be witnesses over the people and the Messenger will be*

a witness over you". Allah says in the Quran, Allah created the earth and all that is in it, including animals and its resources – it is people's heritage. *"The world is sweet and green, and verily Allah is going to install you as vicegerents in it in order to see how you act"* -Sahih Muslim.



Reminding how important it is to keep the environment sanitary to maintain the community, Prophet gave paramount importance to street clean-ups, when he said: *"Removing harmful things from the road is an act of charity (sadaqah)."* The Quran says in Surah Al A'raf, verse 85 *"And do no mischief on the earth after it has been set in order: that will be best for you, if ye have Faith"* and *"Eat and drink: But waste not by excess, for Allah loveth not the wasters"*. In Surah Al Qasas: *"And*

A large, vibrant sunflower with bright yellow petals and a dark brown seed head, positioned at the top of the advertisement against a clear blue sky.A large, clear plastic jug of Sunpure ST sunflower oil. The bottle has a yellow cap and a yellow handle. The label is blue and features the Sunpure ST logo, which includes a sunflower icon. The label also mentions 'PHYSICALLY REFINED SUNFLOWER OIL' and '100% PURITY'. A green circular seal on the right side of the bottle states 'NO CHEMICALS', '100% PURITY', and 'NO PRESERVATIVES'. The bottle is placed on a wooden surface.A green circular seal with a leaf icon, containing the text 'NO CHEMICALS', '100% PURITY', and 'NO PRESERVATIVES'.

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The Prophet's Hajj



Many people flocked to Mad nah seeking to follow the Prophet's guidance and to do like him.

Adil Salahi

All Muslims know that following the example of the Prophet in matters of religion is required as a duty. To follow him in other aspects is always good and fruitful, except where he expressly stated that what he did was specific to him. As far as offering the pilgrimage is concerned, we have no option but to follow his guidance. As he started his pilgrimage, he said: "Learn from me your rituals." This is an all-embracing Hadith that makes clear that the way the Prophet made his pilgrimage is the proper way we should all follow.

We have a very detailed Hadith narrated by Jibril ibn Abdullah telling us about everything the Prophet did on his pilgrimage, and, where necessary, adding comments to provide a full picture that helps us in offering this great act of worship. Jibril reports: "God's Messenger stayed in Mad nah nine years without offering the pilgrimage. In his tenth year in Mad nah, it was announced to all people that God's Messenger would be offering the pilgrimage. Many people flocked to Mad nah seeking to follow the Prophet's guidance and to do like him." Several reasons led to the delay of

the Prophet's offering of the pilgrimage. In the first few years of his stay in Mad nah, he could not have traveled to Makkah, while the Quraysh, its inhabitants, were raising one army after another to fight him. When Makkah fell to Islam towards the end of Year 8, the Prophet chose not to offer the pilgrimage the following year because he did not wish to see the abominable practices of the unbelievers which they introduced

into the pilgrimage, such as being naked when doing the Tawaf. In Year 9, Abu Bakr was the leader of the pilgrimage and a ban was declared prohibiting idolaters from coming to Makkah for pilgrimage and banning the practice of doing the Tawaf naked. With that done, the pilgrimage could be offered in the proper Islamic way, and this is what the Prophet did. With him were no less than one hundred thousand people, all eager to offer

this great act of worship. "We went out with him until we arrived at Dhul-Hulaifah where Asma' bint Umayyasa gave birth to Muhammad ibn Abu Bakr. The Prophet offered his prayers at the mosque there and mounted his she-camel, *Al-Qaswa'*. When his she-camel was well into the desert, I looked up and saw all around me people walking or riding animals, accompanying him. I could not see the end of them in any direction: Front or rear, right or left. The Prophet was with us receiving Qur'anic revelations, the interpretation of which we knew very well. Whatever he did, we did likewise. He raised his voice with phrases stressing God's oneness: *Labbayk Allahumma Labbayk. Labbayk Laa shar ka laka labbayk. Inna al-hamda wal-ni'mata laka wal-mulk. Laa shar ka lak*. People raised their voices with whatever praises they wished to repeat, and the Prophet did not take exception to any of that. He, however, maintained his own form of Talbiyah." ■

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Prophet Muhammad (Pbuh)

A Shining Example of Innocent Character

It is a matter of great regret that some people are insulting the honour of that Prophet today

He was a role model for mankind. He was very generous and humble. He was a social reformer and a brave warrior. He was also an efficient administrator, a capable statesman, and a successful preacher. He is the only source of good character and generosity. He is an unadulterated ideal of all and a beloved personality. With whose love, the world is intoxicated. He is my ideal, he is my leader. He is my Prophet, our Prophet, and the Prophet of all. He is Prophet Muhammad (Pbuh).

He is the best ideal. Mercy for all mankind. As a guide for the people of the world who are immersed in darkness. His extraordinary character, sweetness, and incomparable personality have taken everyone by surprise. The restless heart of the believer longs to see him at a glance. Poet Kazi Nazrul said:

"The night of separation was the dawn of crying alone;

I have no peace in my heart, I am crying.

O lover of the people of Medina, hold my hand."

Recognizing his immaculate character, the holy Qur'an says, "There is a good example for you in the Messenger of Allah." (Surah Al-Ahzab, verse 21). It is a matter of great regret that some people are insulting the honour of that Prophet today. The heart breaks. Forgive us, O Prophet!

He was able to gain the trust of the barbaric Arab nation with his rare charm of unforgettable forgiveness, generosity, honesty, humility, and so on. That is why they awarded him the title of '*Al-Amin*'. They unanimously acknowledged that he was humble and virtuous. He conquered the people of the world not with money, but with good behaviour. Allah has declared in the Qur'an of His attributes, '*Surely you are of a noble character.*' (Surah Al-Qalam, verse 4).

He never despised people. He never considered anyone insignificant out of self-respect. He has set an unparalleled standard of superior character in the heart of the world. Humility has been always present in his character. He was sent to earth for the welfare of the world's humanity as the implementer and trainer of the best ideals. The Prophet (peace and blessings of Allah be upon him) himself said in this regard, '*I have been sent to fulfill my good character.*' (Musnad Ahmad, Mishkat)

In his personal life, he was humble and very modest in manners. Never hurt a weak person with harsh words. He did not force any man to do the impossible beyond his means. He used to interact with



the poor and helpless people. He used to advise people to always refrain from unnecessary anger and rage in their conduct and he warned the people, "Whoever is humble, Allah will exalt him and whoever is arrogant, Allah will humiliate him." (Mishkat)

The infidels also received unexpectedly kind and gentle treatment from him. His followers held him in high esteem because he was so flexible and gentle. Hazrat Ayesha (R.A.) said about his gentle demeanour, 'The Prophet was not a harsh speaker, he did not use harsh language even when necessary. The vengeance was not with him at all. He did good in return for evil. In all cases, he preferred forgiveness.'

He exhorted the people, "Worship Allah, the Merciful Lord, give food to the hungry, spread salutations, and enter Paradise through these deeds." He replied, "To feed the

hungry and to greet all the strangers." (Bukhari and Muslim). Respecting the dignity of the

«Page 16

Islam and Nature
(Protecting the Environment)

do good as Allah has been good to you. And do not seek to cause corruption in the earth. Allah does not love the corrupters". Again in Surah Al-A'raf: "Children of Adam, dress well whenever you are at worship, and eat and drink (as we have permitted) but do not be extravagant: Allah does not like extravagant people." In Muslim, it is said "The world is beautiful and verdant, and verily God, be He exalted, has made you His stewards in it, and He sees how you acquit yourselves." (In Bukhari it is said



Prophet Muhammed (Pbuh) established a hima to the south of Madina and forbade hunting within a four-mile radius and destruction of trees or plants within a twelve-mile radius. The

Prophet (peace and blessings of Allah be upon him) is the religious duty of Muslims and a fundamental part of every Muslim's faith.

(The writer is a research student based in ICMA B, Dhaka, Bangladesh, and can be reached at mekailahmed117@gmail.com)

creation of inviolable zones shows the importance placed by Prophet Muhammad on the use of natural resources and the protection of wildlife and agricultural land. Besides, the Prophet and his Companions also practically taught us how to protect the rights of animals. They took special care of crippled animals, rescued strays, and guarded birds' nests. One of the companions was named 'Abu Huraira' ('father of kittens') because he was very fond of kittens. The Prophet accorded great value to animals.

The companions said, "O Allah's Messenger! Is there a reward for us in serving the animals?" He replied: "There is a reward for serving any living being." (Bukhari)

(The writer is Former Incharge of Abhedananada Home-Higher Secondary Institution for Inclusive Education, Srinagar, J&K, and can be reached at specialchivers78@gmail.com)

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Sana Rubiyana

Lifestyle Changes in Addressing Mental Health Challenges

When we seek help for a mental health condition, we can expect to hear about various medications and treatment options, but what's often missing from the conversation is **any talk of lifestyle changes**. Things as simple as nutrition and exercise can have a significant impact on the quality of life, for any of us, but especially for those dealing with issues such as depression, anxiety, bipolar disorder, and schizophrenia. They can also help minimize the development of risk factors that can lead to conditions like diabetes, cardiovascular disease, and hypertension, all of which are seen at higher rates in those with mental illness. If you are dealing with a mental health challenge, take the initiative when speaking to your clinician. Ask for specifics on what changes you can safely make in your daily life to improve your mental health; there's no single answer.

But research has shown that lifestyle changes are also a key to prevention and recovery.

Change your Diet

It has been proven in numerous studies that what we eat is likely to affect how we feel. The foods we eat can affect our concentration, memory, alertness, and mood. This is because different foods contain various nutrients that affect what hormones our bodies produce, as well as how they are released and synthesized into our systems. Less nutritious foods such as processed foods, fast food, and sweets can all undermine mental health.

Good nutrition can also prevent, or at least slowdown, the deterioration of cognitive function associated with conditions such as Alzheimer's and dementia. It is recommended that you eat foods rich in vitamin B, iron, magnesium, zinc, and iron to enhance the brain's function.

Exercise Regularly



Along with weight management and physical health, exercise offers protective benefits to your mental health. A study by the National Institute of Health found that aerobic exercises reduce symptoms of anxiety and depression.

Aerobic activities include:

Jogging
Swimming
Cycling
Walking
Dancing

Evidence suggests an exercise duration of 45 min 3-5 days a week to be optimal for good mental health.

Get Enough Quality Sleep

The Australian Sleep Health Foundation recommends adults get 7 to 8 hours of sleep each night. A regular sleep cycle is created by going to bed and waking up around the same time each day. Good sleep habits can lead to mental health improvements, making it easier to recover after illness and facing challenges less daunting.

Keep A Journal

Expressing yourself by keeping a record of your thoughts and how you are feeling can be a healthy way to deal with stress. Start keeping a journal and use it to identify your triggers. You can even go back to it from time to time to reflect on your progress, which helps to keep you motivated.

Get A Hobby

Find something you enjoy doing that challenges you either mentally or physically or both. Outdoor activities are even better as they will help you socialize more and meet new people.

Learning a new skill or mastering an old one can also help you feel more proud and accomplished.

Make Time To Relax

Relaxation has been proven to assist with mental health. Daily meditation, deep breathing, or mindfulness can help us better manage emotions.

Unplug Yourself

Every once in a while, it is important to separate from the world to give yourself time to reflect, think and plan for your future. Introspection can help you be self-aware and resilient. Shut off the computer and unplug from social media from time to time. Appreciate nature and the world around you, and think of how far you have come or what goals you want to achieve.

Mental health is just as important as physical health. How you feel and see the world affects your personality, actions, and decisions. It is critical to take steps and make lifestyle changes for improving mental health that will ensure your wellness and overall health.

(The Author is a Counselling Psychologist, Email sanarubiana@gmail.com)

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