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يَا أَيُّهَا النَّاسُ إِنَّا خَلَقْنَاكُمْ مِنْ ذَكَرٍ وَأُنْثَىٰ وَجَعَلْنَاكُمْ شُعُوبًا وَقَبَائِلَ
لِتَعَارَفُوا إِنَّ أَكْرَمَكُمْ عِنْدَ اللَّهِ أَتْقَاكُمْ إِنَّ اللَّهَ عَلِيمٌ خَبِيرٌ

O humanity! Indeed, We created you from a male and a female, and made you into peoples and tribes so that you may (get to) know one another. Surely the most noble of you in the sight of Allah is the most righteous among you. Allah is truly All-Knowing, All-Aware



Islamabad, PAKISTAN – The chief justice of the Islamabad High Court, Aamer Farooq, citing an intelligence report, says the life of former Prime Minister Imran Khan is at risk due to fears of another assassination attempt on the politician. Khan, 70, was earlier shot in the leg by an attacker in the city of Wazirabad while holding a “long march” to Islamabad to demand immediate elections. A supporter of Khan’s Pakistan Tehreek-e-Insaf (PTI) was killed and more than a dozen others wounded in the attack, forcing the party to suspend its march. Since his removal from power in April this year after losing a vote of confidence in parliament, Khan has been holding rallies across Pakistan to press the government to call early elections.

The Century of Türkiye and to realize our nation dreams, President Recep Tayyip Erdogan said. On Oct. 29, 1923, Atatürk officially declared the name of the nation and proclaimed the country status as a republic.

Montpellier, FRANCE - Two Islamic schools have been closed down in this southern city of the country, according to the news service Actu.fr. Officials reportedly carried out unannounced checks at the two schools and ordered the administrations to shut them down. The raids were carried out on the directives of Hugues Moutouh, governor of the Hérault region. A small mosque in one of the schools will also be shut down. According to Moutouh, the schools were “illegal” and the mosque was operating without permission, the report said.

Makkah, SAUDI ARABIA – By next year’s summer in Saudi Arabia, temperatures could surpass the United States National Weather Services extreme danger heat-stress threshold of 104.3 degrees Fahrenheit, a study has warned. At this level, sweat no longer evaporates efficiently, so the human body cannot cool itself and overheats. Exposure to these conditions for long periods of time, such as during the five days of Hajj, could cause heat stroke and possibly death, the report said.

San Jose, USA – Academic Dr. Muhammad Nejatullah Siddiqi, who left a legacy that will continue to help countless access interest-free loans to achieve their dreams, passed away on November 11, 2022 in San Jose, far from the rural village of Gorakhpur in India where he was born in 1931. The most widely read of his over 100 books and papers is “Banking Without Interest” published in more than 30 editions between 1973 and 2022. When he started his work on Islamic banking, there was hardly an institution applying Shariah finance principles. Today, there are over 500 Islamic banks and thousands of other non-interest-bearing financial institutions across the globe.

Jeddah, SAUDI ARABIA – As the first Fifa World Cup in a Muslim country got under way in Qatar, the Union of OIC News Agencies has described it as an unprecedented opportunity to strengthen coexistence among different cultures. The event also presents an opportunity to highlight the civilisational heritage of the region’s countries and their great potentials that allow them to host major global events, especially the capabilities Qatar has demonstrated in this regard UNA added.

Atlanta, USA – The state of Georgia has elected four Muslims to its state government in the recent mid-term elections. “Georgians have made history in the United States of America of inclusiveness and openness to minorities by electing four Muslims to Georgia capital,” Said Rahim Shah Akhunkhail, founder of Voices of Muslims, an organisation of Muslim Americans that promotes human rights issues. US Muslims contributed an estimated \$4.3 billion in total donations to mostly non-religious causes over the course of the year.

London, UK – As football mania grips the world with the Fifa World Cup in Qatar, an all-women Muslim team in the capital, Sisterhood Football Club, have been getting extra attention as they play their games clothed from head to foot in the club’s all-black colours. Founded in 2018, Sisterhood has doubled in size to nearly 100 players, allowing its members to enjoy playing football without anyone querying their Muslim dress code.

Ankara, TURKEY – A highlight of the 99th anniversary of the founding of the Republic of Türkiye on 29 October was the opening of the production facility for the country’s first domestic electric car, TOGG. Regardless of the obstacles put in front of us, we are resolutely continuing our struggle to make the current century



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By Moulana Muhammad Hussain Noori

After the murder of senior Pakistani journalist Arshad Sharif there was an assassination attempt on former Prime Minister Imran Khan. Pakistan Tehreek- e-Insaf (PTI) Vice-Chairman Shah Mahmood Qureshi had criticized that legal requirements were not met in the case lodged against the assassination attempt on Imran Khan and the FIR was not registered in accordance with the complainant's request. He said that PTI nominated three persons in the FIR including Shehbaz Sharif and Rana Sanaullah. He stated that justice could not be served in the presence of the nominated persons. Shah Mahmood Qureshi further added that Pakistan is facing a default risk if early elections are not organized while former finance minister Shaukat Tarin elaborated on the prevailing economic situation of the country.

A trial court in Islamabad has initiated criminal proceedings against former Prime Minister Imran Khan for being involved in corrupt practices after receiving the Toshakhana Reference by the Election Commission of Pakistan (ECP). In the written judgment, the ECP said: "As per the statement of Imran Khan he had purchased the gifts from Toshakhana paying 21.564 million rupees while the Cabinet Division said that the gifts had a value of 107.943 million." "The amount in his bank account was around half of the value of the state gifts. Imran Khan was bound to declare the cash and bank details in his returns but he didn't declare it," ECP decision read.

Moreover, Shah Mahmood Qureshi has announced the next strategy of the PTI long march following the decisions taken in a consultative session chaired by Imran Khan in which Imran Khan finalized the next strategy of the long march after announcing to reach Rawalpindi in late November in order to welcome the convoys of the PTI marchers. Secretary-General of PTI Asad Umar said that the one-point agenda of the PTI long march is the organization of fresh elections.

Recently, Imran Khan rejected an 'offer' for a long-term interim setup. As per details, the option for interim government was given to the former Prime Minister through President Arif Alvi and other mutual friends. Imran Khan is not in favor to extend the tenure of the interim government as according to him the responsibility of the interim setup is to conduct general elections in the country only, as Imran Khan has been demanding early elections in the country since his ouster.

On the one hand, the federal government issued a diplomatic passport to former Prime Minister (PML-N) supremo Nawaz Sharif, who has departed along with his family to Europe. It is Nawaz Sharif's first international trip after three years of stay in

London. The passport was issued after clearance from the Foreign Ministry and has been sent to Nawaz Sharif via Passport and Immigration office.

Previously, The (PTI) government had suspended the PML-N leader's passport after he was declared an absconder by the court.

On the other hand, Tasneem Haider Shah, the PML-N London spokesperson, levelled serious allegations against his party's top leadership and claimed that the assassination plots against former premier Imran Khan and the slain senior journalist Arshad Sharif were prepared in London. While addressing a press conference in London, he claimed that he held three meetings with PML-N supremo Nawaz Sharif at Hussain Nawaz's office in London. "I am associated with the PML-N for the last 20 years. I was summoned for the meeting to prepare a plot to assassinate Imran Khan and Arshad Sharif."

"The first meeting was held on July 8, the second on September 20 and the third on October 29. I was told to eliminate Arshad Sharif and then Imran Khan before the appointment of the new army chief. Nasir Butt introduced me to Nawaz Sharif as an influential person from Gujrat. Nawaz Sharif was told that Tasneem Haider had connections with the shooters who can complete the task."

The PML-N London spokesperson claimed that Nawaz Sharif had asked him to provide shooters. He further alleged that Sharif had also vowed to spot a place in Wazirabad and the Punjab government will be blamed for the assassination plot.

"After my rejection, I was told that they arranged shooters for the task. I have pictures of the meetings and I have informed the British police regarding the conspiracy. Only Nawaz Sharif and Nasir Butt were present in two out of three meetings."

Shah claimed that he is ready to record his testimony before the investigation institutions of Pakistan. He added that Nawaz Sharif had asked him to start working on the plan after Maryam Nawaz reaches London. He directly blamed PML-N for carrying out the gun attack on Imran Khan and the assassination of Arshad Sharif. Tasneem Haider Shah revealed that PML-N was also aware of the journalist's location in Kenya and he was told that Arshad Sharif will be assassinated in Kenya. The London police have launched an investigation into Tasneem Haider Shah's allegations and have recorded the statement of a self-proclaimed PML-N spokesperson.

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Prophetic Medical Solutions

by: Shireen Ismail



Introduction

The Divine in the above Quranic verses reminds the human being of the great bounty bestowed upon humanity. The Messenger Muhammad (ﷺ) was sent not only as a Mercy to mankind but as a purifier and educator for the human being. The exegetes explain that the Quranic verse refers to the refining of character, healing the ills of the soul and the acts of bad behaviour. The Messenger Muhammad (ﷺ) is the light that removes the darkness of disbelief and teaches the Revelation and the hikmah as well as the wisdom of the Sunnah practices. Furthermore, the Messenger (ﷺ) teaches the hidden secrets of which the human being does not know of, (Ibn Kathir).

The focus of this reflection is to illustrate Messenger Muhammad (ﷺ) as an all-encompassing healer (shifah) to mankind. The reflection will consider the spiritual aspects, the medical and physical benefits from the sunnah practices and the psychological models of healing.

Spiritual Healing

The Love story or the beginning of creation is captured by the verse, "Verily! From Allah (Almighty) came a Light and an apparent Book" (S Al Maidah V 15). The Beloved Messenger (ﷺ) is referred to as the Aql because he was blessed with the understanding of the entire universe. Similarly, referred to as the Qalam as he is the means of recording knowledge therefore the Ruh-e-Muhammadi is the essence of creation and the origin and the beginning of the entire universe. Accordingly, the Prophet (ﷺ) states, 'I am from the Light of Allah and the believers are from me'. Allah (Almighty) created all the souls in the Realm of Allah's Divine Essence which was from the Blessed Soul of the Messenger (ﷺ) that Allah (Almighty) created mankind in beautiful and excellent forms. This Realm is also the final and original abode of man. 4000 years passed before Allah (Almighty) created His Throne from the Light of the Sacred Eyes of Nabi Muhammad (ﷺ) and therefrom the entire universe was created.

The book, Muhammad Messenger of Allah Ash-Shifa of Qadi Iyad translated by Aisha Bewley is held in high esteem throughout the Muslim world. The book acquired a sacredness as it is said: 'If Ash- Shifa is found in a house, this house will not suffer any harm, when a sick person reads it or it is recited to him, Allah (Almighty) will restore his health'. Aisha Bewley in the first section of the book translates the clear verses in the Noble Book of Allah (Almighty) as an elucidation of Allah's Love, Praise and High Esteem for Nabi Muhammad (ﷺ). Allah (Almighty) instructs mankind that if the human being wants to love Allah the human has to first love Prophet (ﷺ). The Messenger (ﷺ) is described as Allah's witness and mankind's intercessor. Allah (Almighty) honours Prophet (ﷺ) and grants him Allah's kindness, gentleness, compassion, generosity, worth and an oath of a place with Him. Allah (Almighty) informs mankind of the numerous excellent qualities bestowed upon our Messenger (ﷺ) and instructs the human being to say the prayer of praise (Durood) on the Prophet (ﷺ) as a protection and removal of punishment. The spiritual healing the human being attains from loving the Messenger (ﷺ) is thus a Divine prescription.

Medical and Physical Healing

On the presentation of the example of optimal physical health, Imam Ali (ؑ) provides a description of the Messenger (ﷺ) of Allah (Almighty), when he would say, "The Messenger (ﷺ) of Allah (Almighty) was neither extremely tall nor extremely short; he was medium stature among his people. His blessed hair was neither extremely curly nor straight; rather, it was slightly wavy. He was not corpulent. His blessed face was not completely circular but was slightly round. His complexion was fair and imbued with a bit of redness. His blessed eyes were very black, and his eyelashes were long. His blessed joints were large, and his blessed shoulders were broad. He was not hirsute. A thin line of hair ran from the blessed chest to his navel. His blessed hands and feet

were full-fleshed and sturdy. When he walked, he walked with vigour as if descending a height. When he would turn to look at someone or something, he would turn with his whole body. Between his blessed shoulders was the Seal of Prophethood and he is the Seal of the Prophets. His blessed heart was the soundest and most generous of hearts, his speech is the most truthful of speech and he is the gentlest of all people in nature and the noblest of them in social interactions and companionship. Whoever saw him unexpectedly would be awestruck. Whoever interacted with him whilst knowing him would love him. The one would describe him would say, 'I saw neither before him nor after him anyone like him,' (Al-Shamail Al-Muhammadiyya).

Throughout history of humankind, man has been searching for cures for his many ailments. 'The medicine of the Prophet (ﷺ) is not restricted to spiritual healing alone, in fact it balances the healing of the soul and the physical body in order to prepare man for a better life in the hereafter', (Tibb An-Nabawee, Healing with the Medicine of the Prophet by Imam Ibn Qayyum Al-Jauziyah). The wonder of the body is acknowledged and recognised in the religion of Islam. The holistic approach to health embody all aspects of the mind, body, and soul. A healthy conscious person blends diet, nutrition, and exercise with the remembrance of Allah (Almighty) and an intention to fulfil their religious obligations.

Psychological Models of Healing

There are multifaceted examples in Islamic history of the responses to stressful situations when researching the struggles of the Messenger Muhammad (ﷺ). We see the multidimensional aspects of healing from being an orphan child to devastation and grieving the loss of family members, the challenges of carrying out a mission from Divine instruction, denigration, persecution, migration, rejection, and many other unexpected life experiences. These struggles endured and modelled by our Messenger Muhammad (ﷺ) are an integral component when conceptualizing healing from an Islamic perspective. The goal of these life illustrations by our beloved Messenger Muhammad (ﷺ) is to show mankind the human capacity of gaining greater emotional and mental regulation and strength as well as gaining closeness to Allah (Almighty) through life challenges.

Ramadan (2007) in his book Reflections on the Prophet's Life makes reference to the Messenger Muhammad's (ﷺ) characteristics of religious resilience through a profound relationship with the Creator, adaptiveness and progressiveness during stressful situations. Sheikh (2012) in his book Strategies of Messenger Muhammad (ﷺ) discusses the various strategies by Prophet (ﷺ) such as his personality strategies, interactive strategies and diplomatic strategies employed during challenging situations. Both Ramadan and Shaikh elaborate on these characteristics as a model using examples and illustrations from the challenging life events that occurred during the Messenger's (ﷺ) lifetime.

Conclusion

In conclusion a few verses on healing to echo the Divine interconnectedness within the Scripture, the model of the Prophet Muhammad (ﷺ) and the Human Being. "O mankind, there has come to you instruction from your Lord and healing for what is in the breasts and guidance and mercy for the believers" (S Yunus V 57); "Then eat from all the fruits and follow the ways of your Lord laid down for you. There emerges from their bellies a drink, varying in colours, in which there is healing for people. Indeed, in that is a sign for a people who give thought" (S An-Nahl V 69); "And We send down of the Quran that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss" (S Al-Isra V82). May the Sweet Fragrance of Divine Love and the Light of the Messenger Muhammad (ﷺ) heal the aching hearts, minds, bodies, and souls.



LGBTQ IDENTITY CRISES

by: Faizul Khamker

Identity or identification has always been an important aspect in any society both for the individual as well as communities. The identification whether by physical characteristics, geographical area, lineage or any other forms of identification was practically used from time immemorial by mature societies and was not problematic and was used as a tool to develop communities.

South Africa in the form of the Department of Basic Education appears to be swayed by the neo liberals to redefine the question of identity with the obvious agenda of redefining society in order to create a dysfunctional society. They are pushing the concept that individuals should on the basis of personal whims and fancies have the right to identify themselves as they wish and as part of this agenda are pursuing the ridiculous course of gender neutrality.

A person in pursuing this ridiculous notion then has right to identify themselves as a short, black with white stripes giraffe under normal circumstances would be regarded as being mentally challenged. The ridiculousness of this, because it is so obvious then gets washed away by narrowing it down only to genders. Logic dictates that a principle is which requires an extraordinary amount of exceptions is no principle at all. Those that are supposed to be authorised to provide education at the highest level should have the knowledge and expertise to be able to recognise this and in their failure in recognising this elementary issue should not be given the task of overseeing education.

The previous attempt by the neo liberals in propagating the LGBTQ agenda had failed miserably where there was an attempt at persuading people that new scientific information proved that biologically, gender identification needs to be redressed and that rights should be afforded in light of such new discoveries. When this was proved to be false then a new course was undertaken in that rights should be afforded to those who wishes to be identified as they see themselves, forgetting that people are generally seen by others more so than by the self. This so new called right takes precedence and the right of how other people

identify the next person now becomes outlawed. As much as this may appear to have come from some or other fable it is challenge the largest majority of people have to face.

In promoting this idea other issues are placed on the table as a smoke screen. The idea of the ills of a paternal society has on people being one these smoke screens. The very idea that all ills in society is blamed on this idea cannot go unchallenged. The ills attributed to paternal societies are ills created not by the nature of society but rather the deprivation of rights and services by bad political practices and norms, specifically the idea of every advantage for me and none other than token gestures to the masses. A society deprived of dignity and pride by being forced to live in conditions of unemployment, poverty and deprivation will resort to actions detrimental to themselves and to other members of society in sheer desperation. This environment creates a society where abuse, murder, rape and total disregard for the moral norms set by religion becomes rife. No discussion takes place where the rights of people are upheld and that society prospers economically, physically, mentally and spiritually even in a patriarchal society. The selective examples to prove a point at the expense of obtaining a holistic solution bodes ill more so when it comes from academia.

We can have discussions on equal opportunities within an equitable society but to propagate an all embracing principle of equality without taking into account natural limitations, strengths and weaknesses is illogical.

The Islamic system which is proven to be infallible dictates the need for proper identification based on fact rather than fiction. It is on this basis that marriages take place, healthy families are made, economic relations are cemented, a stable and just society is formed and harmonious relations come into existence in a practical way. The track record of more than a century of existence and practice proves the fallacy of the new agenda and that a working alternative is available.

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SYMPTOMS YOU SHOULD NEVER IGNORE

by: Hasina Begum Sayed



1. Difficulty breathing or shortness of breath

Shortness of breath, or dyspnea, can have many causes, ranging from weight gain to major issues such as heart attack, stroke, blood clots, asthma and lung infections.

2. Chest or upper abdominal pain or pressure

Musculoskeletal problems, lung infections or acid reflux may account for these symptoms; a proper history and physical can help determine the cause.

Because these are also classic heart attack symptoms, get help right away if the pain comes on suddenly, is not relieved by rest, and is accompanied by other symptoms such as nausea, vomiting, light-headedness, dizziness, shortness of breath or sweating.

3. Fainting, sudden dizziness, weakness

Ongoing dizziness and fainting episodes can both have numerous causes, such as infections, allergies, or cardiac or neurologic conditions. Such symptoms warrant a trip to your doctor.

Sudden weakness of any limb or facial muscle should be checked out ASAP because it is a possible symptom of stroke.

4. 'The worst headache of my life'

Another scary symptom that could mean you're having a stroke: a sudden, severe headache. If it's the worst pain you've ever felt.

When it comes to stroke, time = brain; the sooner doctors can stop the bleeding, the less serious the damage is likely to be.

A severe headache accompanied by a stiff neck and high fever may indicate meningitis, viral or bacterial infection of the membranes covering the brain and spinal cord. While viral meningitis is rarely serious, early diagnosis and treatment of bacterial meningitis is essential to prevent permanent neurological damage.

5. Changes in vision

Changes in vision can be the result of an injury, including a blow to the head, or they can be caused by allergies or infections, among other things. Whether you are experiencing loss of vision or blurred vision, you need to have a medical professional evaluate it.

6. Confusion or changes in mental status

It may be hard to notice these symptoms in yourself, but you may see them in others.

"Check to see if the person experiencing these symptoms is taking medications and if they may have taken too much or not

taken something correctly.

Sudden, severe, unusual or unexplained pain may have a wide range of causes, including herniated discs, muscle spasms, infections or inflammation.

7. Any sudden or severe pain

Sudden, severe, unusual or unexplained pain may have a wide range of causes, including herniated discs, muscle spasms, infections or inflammation.

In particular, sudden and sharp abdominal pain could be a sign of many conditions, including appendicitis, kidney infection, bladder infection, colitis or infectious diarrhea. If abdominal pain comes on suddenly or doesn't go away, see someone immediately.

8. Uncontrolled bleeding

Bleeding is considered uncontrolled if it does not stop after five minutes of applying direct, steady pressure. Regardless of the cause — whether it's an injury or a medical condition such as leukemia or hemophilia — you need immediate medical assistance.

9. Severe or persistent vomiting or diarrhea

While these symptoms may simply be the result of a severe case of gastroenteritis (an inflammation of the stomach and intestinal tract), they could also indicate appendicitis, meningitis or food poisoning.

Often gastroenteritis is viral and resolves on its own. However, if you have bloody diarrhea or fever, you may have a bacterial infection and need antibiotics.

"And if your symptoms are unrelenting and you can't keep any foods or fluids down, you run the risk of dehydration and may need intravenous fluids," Earvolino adds.

10. Coughing up or vomiting blood

You may occasionally cough up a bit of blood due to a cold, along with a dry throat. But if you cough up blood persistently, it could be something more severe, including bronchitis, a blood clot in the lungs, cancer or tuberculosis.

A bloody cough accompanied by fever or shortness of breath might be pneumonia, in which case you need to see the doctor.

Vomiting blood is more serious — it's a symptom that always needs medical evaluation. It could signal a bleeding ulcer, severe liver damage or possibly even tumors in the stomach or esophagus.

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Glimpses of a Medic's Adventure In Pakistan

Epitome of Experiential Learning



By: Firoz Osman

Pakistan Islamic Medical Association (PIMA), under the umbrella of Federation of Islamic Medical Association (FIMA), hosted the 49th conference in Islamabad, Pakistan, in October, 2022.

Attended by 130 foreign delegates from 26 countries and hundreds of local medical professionals and students, the 20-strong South African contingent used the opportunity to tour other parts of the country.

Expecting a culture shock, the first stop in the City of Gardens, Lahore, the second most populous city of 13 million people, immediately removed my preconceived negative perception of a crowded, disorganised and dirty city. It was clean, people were friendly and the food simply scrumptious.

A visit to the Lahore Fort recounts the rich Mughal history after it was sacked by the Mongols in the 14th century. One of the largest mosques in the world built by Aurangzeb, the Badshahi mosque, and Shah Jahan's magnificent Shalimar Garden with about 450 fountains, has been designated a UNESCO World Heritage site.

An overnight stay in the second most beautiful capital city in the world, Islamabad, did not prepare me for the stunning beauty of the North of Pakistan, Hunza, Gilgit and Skardu.

Skardu, capital of Baltistan is perched 2,438 metres above sea level in the backdrop of the great peaks of the Karakorams. Famous for climbing and mountaineering all around the world, Skardu hosts Pakistan's highest and world's second highest mountain, K2 (8,611 m).

The Hunza valley is popular for its snow-capped and spectacular, rough mountains. Many people came to Hunza just to get a few glimpses of the shining ice wall of the Rakaposhi Mountain.

The mini-bus 20-seater trip back to Islamabad was an incredible, hair-raising adventure. Driving through those towering, snow-capped mountains on narrow roads with the turquoise Indus river deep down the gorge, had us on tenterhooks. The breathtaking, dazzling beauty diverted our attention, at times, from the risky overtaking on winding roads by skilled drivers.

Plainly visible was the old silk road snaking through the edge of the mountains. On occasions the entire bus loudly prayed the dua before embarking on the next phase of the journey, with eyes tightly shut and deep sincerity!

The PIMA/FIIMA Conference was held in Islamabad, ("City of Islam," or "City of Peace"), a name chosen to reflect the country's ideology. The logistical challenge of hosting such a conference with so many foreign delegates was carried out to near perfection.

Apart from the exceptional professional quality of the talks, the use of technology, the delivery, consciousness of adhering to time limits, the availability and willingness of the volunteers (mainly students, boys and girls) to assist, transport, lunch and dinner, was exceptional.

Our final trip as guests of PIMA/FIMA was to a mountain resort city Murree.

What stands out apart from the magnificent natural beauty of the city was a school for 420 orphans established by the Alkhidmat Foundation, one of the co-sponsors of the Conference. The brightest students, selected on merit, begin the day with morning prayers (fajr) at the mosque, attending classes equipped with computers and taught by top-class experienced teachers.

We were introduced to them in their immaculate dormitories and listened mesmerised as they performed a play and recited qiraats, naats and poetry from the famous Allama Iqbal in English, Urdu, Arabic and Persian.

The Alkhidmat Foundation is active in providing aid in the flooded Swat region, famous for its natural beauty, and providing their expertise in disaster management, health services, education, orphan care, clean water, Mawakhat (interest-free loan) and other community services. They feed 22,000 orphans daily, and have pledged to feed all 5-8 years old throughout the country.

What provides food-for-thought is the commitment of volunteers, the humility of the leaders, the dignity of recipients, people's trust in the organisation, and the achievements of the organisation- with minimal resources. Up to 95% of all aid reaches those in need.

Most South Africans, after the Convention, visited the port city and former capital of Pakistan, Karachi. The most populous city of Pakistan, the "organised-chaos" of the traffic with motor cars and bikes racing helter-skelter, has a vibe typical of many cities in the East.

An anecdote related by someone in the group comes to mind. A foreign government delegation (China or Russia) was asked for advice on how to regulate Karachi's traffic. After a few days of observing, the advisors left saying "There must be a God!"

A visit to the Kharadar General Hospital in one of the poorest areas in Karachi is masterminded under the dynamic and dedicated leadership of the philanthropist Bashir Jan Mohammad. It has been serving more than 4 million people from most devastated and underprivileged communities.

Under the visionary guidance of its President, this NGO now has a recognised school of nursing and midwifery which was identified as the most needed facility, and progressed to establish many other branches of health.

Travelling, it is said, is a powerful aid to education. It provides an experience of the world. By travelling we come into contact with people of different caste, colour, creed and community to gain familiarity with their tradition, culture, customs, costumes and their style of living.

It is the epitome of experiential learning, making it one of the many reasons why travel is the best education that money can buy. This particular group from IMASA provided many inspirational leaders, three of whom, Dr Mohamed Khan, Dr Goolam M Hoosein and Dr Ashraf Jedaar, were honoured by FIMA with Lifetime Member Awards.

As with any journey, hurtling through 7 cities in 14 days provided some challenges. The altitude on those colossal, magnificent mountains caused breathing problems in some; avoiding tap water and salads averted upset tummies; and one hotel provide only refreshing, icy water to shower with in cold conditions!

It was the diverse strengths of each individual within the group, from the 83 year old energetic doctor to a young, rowdy and lively spouse, that made this trip an uplifting and memorable one.

As for PIMA, their warmth, hospitality, flawless organisation, incredible achievements and the humility of leaders will always remain an abiding inspiration. It made us proud to be Muslims!



DUA

A requirement for achieving success

By: Naeem Khan Sabri

Dua or supplicating to Allah is the essence and brain of worship. Allah says in the Holy Quran "Your Lord says 'Call upon Me and I will answer'" (40:60). Sayiduna Anas ibn Malik RA said that the Holy Prophet Salallahu Alayhiwasalam said "Dua is the core of worship". The Holy Prophet Salallahu Alayhiwasalam said 'Dua is a weapon of a muslim, a pillar of the religion and the light of the earth and skies'. In another narration the Holy Prophet Salallahu Alayhiwasalam said 'When calamity descends Dua intercepts it and they both wrestle until the Day of Qayamat'.

Dua is broken up in 3 categories

a) Where one himself makes dua eg, one of the greatest duas made by the Holy Prophet Salallahu Alayhiwasalam was at the Battle of Badr where he supplicated to Allah saying "O Allah grant victory to the muslim for if they lose the battle there will be none to ever take his name or worship him". The effect of the acceptance of a single supplication is the survival of the religion of Islam until the day of judgment.

b) Doing things that makes others make dua for you eg, Umar bin Khatab gave water to the Holy Prophet Salallahu but he saw a strand of hair in the bowl and he removed it. Due to this act the Holy Prophet Salallahu Alayhiwasalam made dua for him "O Allah make him beautiful". He lived to 99 years old but his hair and beard remained black and he had no sign of aging. Hazrat Bayazid Bustami served his mother with water and she supplicated for him 'May Allah make you amongst his beloveds'. Another such example is of Hazrat Soofie Saheb RA who served his mother and carried her on his back doing all the rituals of Haj and during the final tawaaf of the Kaaba she supplicated to Allah "O Allah make this son of mine a beloved of yours". Such examples are countless.

c) Things that are done which is included in dua eg, Imam Qushairi RA says that the Holy Prophet Salallahu Alayhiwasalam

said "Allah the most High said 'If my remembrance distracts someone from making dua to me, I will give him more than I give those who ask'. Selfless service to humanity is also included being an act of dua.

A person benefits 5 things in making a single dua.

- He is included amongst worshippers.
- He acknowledges his weakness and Allah's greatness.
- He is obedient to Allah's command.
- One follows upon a Sunnah of the Holy Prophet ﷺ
- It is a protector from calamities.

A person saw Sayiduna Imam Ahmed bin Hambal in their dream after his passing away and they asked him as to how Allah has treated him to which Sayiduna Imam Ahmed bin Hambal replied "A crown was put on my head and I was made to wear slippers of gold on my feet due to way I used to make dua to Allah, Allah loved it and admitted me into paradise, I used to supplicate to him saying "O Lord of everything, by Your power over everything, forgive me of everything and don't ask me anything".

Having your parents, teachers, scholars, spiritual guides, elders and people in general make dua for you plays a great role in attaining success in all fields. Sayiduna Huzaifa said "When the Holy Prophet Salallahu Alayhiwasalam made dua for a person, sometimes the effects of it not only reached the person but also his children, grandchildren and great grandchildren.

One of the most important duas that the entire ummah is dependent upon is the following narration, Sayiduna Abu Huraira reports that The Holy Prophet Salallahu Alayhiwasalam said "Every Prophet was given the gift of a single dua that will never be rejected, every Prophet has used theirs, I have saved mine to intercede for my Ummah on the Day of Qayamat."

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HAZRAT KHALID BIN WALID



The Sword of Allah

Khalid ibn Walid (radiallahu anhu) was a battle machine, a warrior chosen by Allah ﷻ. He was taught by the early ages of five or six by his father, a known warrior of the Quraish, for many years how to use an arrow, spear and a sword. But there was something in the heart of Khalid ibn Walid (رضي الله عنه) and he said, "Ya Rasulallah I have come to you with many sins. I have fought against Allah ﷻ. I have fought against the Messenger of Allah ﷻ. I fought against the believers. I caused believers to lose a battle. I caused death. I caused destruction. I caused defeat. Ya Rasulallah pray to Allah ﷻ that He forgive me." Rasulallah (ﷺ) said, "Ya Khalid, a man when he enters Islam, all of his past sins are forgiven." He said, and he insisted, "Oh Rasulallah ask Allah ﷻ to forgive me," and Rasulallah (ﷺ) said, "Ya Allah forgive Khalid for whatever he has done and allow him to be a front and allow him to be a fighter and a warrior who fights for the cause of Islam and not for the cause of evil."

In the last four years of the life of Khalid ibn Walid (رضي الله عنه) he was demoted, he could not go into the battlefield. This was the biggest test for Khalid bin Walid (رضي الله عنه). After Hira he was stopped from going into the battlefield and Khalid dubbed that the year of the women because he couldn't go and fight. Khalid ibn Walid (رضي الله عنه) was a noble warrior and Caliph Hazrat Umar ibn Al Khattab (رضي الله عنه) explained his action of dismissing Khalid Al-Walid (رضي الله عنه) from his post and the army saying, "I have not dismissed Khalid because of my anger or because of any dishonesty on his part, but because people glorified him and were misled. I feared that people would rely on him for victory. I want them to know that it is Allah who does all things; and there should be no mischief in the land."

The narration mentions that Khalid didn't waste his time, he would recite the Quraan. After Fajr he would recite the Quraan until Dhuhr. He would say that Jihad has stopped me from learning the Quraan. From Fajr until Dhuhr he would recite the Quraan and he would cry out of the fear of Allah ﷻ. Continuously he would cry out of the fear of Allah ﷻ.

When Khalid (رضي الله عنه) was close to his death, a man who fought numerous battles and brought down the superpowers is dying upon his bed. A sahabi came to him and Khalid (رضي الله عنه) said, "When Umar demoted me I felt bad in my heart but now I realised that what Umar did was right because Hazrat Umar only wanted the Khayr (good) for the believers and I have nothing in my heart for Umar ibn Al Khattab (رضي الله عنه)." He was close to his death and the narration mentions that when people would walk in he would show them his arms that there was not a hand span on his arms that did not have a wound upon it. He would show them the right arm. He would show them the left arm. He would show them the chest. He would show them the legs.

He said, "Look at me, I've fought over a hundred duels, numerous battles and I'm dying on my bed? Khalid is dying on his bed?" Somebody said to Khalid (رضي الله عنه), "Oh Khalid, don't you understand? The day that Rasulallah (ﷺ) dubbed you the sword of Allah (Sayfullah) it was impossible for you to die on the battlefield. For if you died on the battlefield that the sword of Allah was broken by an infidel and the sword of Allah could never be broken."

Khalid (رضي الله عنه) contrary to his desires died upon his bed. But see, in the Battle of Mu'tah Khalid (رضي الله عنه) broke nine of his swords. Why, because they were the swords of Khalid. As for Khalid himself, he was the Allah's sword so he could never be broken. The man who brought the two superpowers of the day to their knees passed away upon his bed but the truth is why shouldn't he desire martyrdom? For didn't Rasulallah (ﷺ) say about a martyr that he is not given ghusl because his blood will bear witness for his Shahadah on the Day of Judgement? His clothes are not changed because his clothes will bear witness for him on the Day of Judgement.

A Janaza according to many Fuqaha is not prayed upon the Shaheed. Why? Because Allah ﷻ says in the Quraan Kareem, "Those who have passed away in the path of Allah don't say they are dead, but they are alive by Allah ﷻ." The truth is that Khalid's (رضي الله عنه) clothes may not bear testimony to his Shahadah. His blood may not bear testimony to his Shahadah but every single Shaheed of this Ummah will bear testimony for Khalid (رضي الله عنه) because there has never been a shaheed in this Ummah who has not been inspired by Khalid ibn Walid (radiallahu anhu).

The narration mentions that Khalid (رضي الله عنه) left behind a horse and he left behind a sword and he sent it to Hazrat Umar ibn Al Khattab (رضي الله عنه) and when Hazrat Umar (رضي الله عنه) saw it he began to cry. He said, "Abu Bakr judged men, Hazrat Abu Bakr knew men far better than I did. He realised the virtue of Khalid ibn Walid but can you imagine that horse that Khalid left behind, could any other man ride the horse that Khalid rode? No, because he would never be able to fulfil its right. Can any other man hold the sword that Khalid held? No, because no other man would be able to fulfil its right. Because, Khalid was on a different level."

The narration mentions that when Khalid (رضي الله عنه) passed away the women of Bani Makhzum came out and cried and Hazrat Umar (رضي الله عنه) had a strict rule that women could not come out and cry. Even when Hazrat Abu Bakr (رضي الله عنه) passed away the women gathered in the house of Hazrat Aisha (radiallahu anha) and Hazrat Umar (رضي الله عنه) dispersed them. But when it came to Khalid (رضي الله عنه) a man came to Hazrat Umar (رضي الله عنه) and said, "The women of Bani Makhzum are crying over Khalid ibn Walid." Hazrat Umar (رضي الله عنه) said, "May your mother lose you for the likes of Khalid, those who cry, should cry."

Hazrat Umar (رضي الله عنه) heard the mother of Khalid (رضي الله عنه) reciting poetry, she said, "You are better than a million. When men fall on their faces in front of you, you are braver than a lion and a tiger. You are more generous than that flood that comes down from the mountain."

Hazrat Umar (radiallahu anhu) heard her reciting this and said, "The mother of Khalid ibn Walid has spoken the truth." If Khalid (radiallahu anhu) was better than a million at that time then he is better than a billion of today. The truth is there will never be another Khalid ibn Walid (radiallahu anhu). About Khalid ibn Walid (radiallahu anhu) Hazrat Abu Bakr (radiallahu anhu) said, "Women will never give birth to the likes of Khalid ibn Walid again."

MY PARENTS HAVE PASSED ON.

WHAT CAN I DO TO BENEFIT THEM SPIRITUALLY NOW?



When a parent passes away, a new phase of dutifulness towards that parent.

A deceased parent is in greater need of his/her children - even more than when they the parent was alive. What children do for the parents during the parent's lifetime is for the worldly needs, but after their death, only Allah Ta'ala knows what is in store for them in the grave. This is why they are MORE IN NEED OF US AFTER THEIR DEATH.

1. DU'A:

Constant supplication to Allah for rahmah (mercy), asking Allah to shower your deceased parents with His special mercy. This act is invaluable for the deceased.

Through a child's dua, Allah - with His grace and mercy - enlightens the grave, removing the darkness and expanding it. Allah makes the grave a garden from the gardens of Paradise for the deceased. Therefore, always remember your deceased parent/s, and always ask Allah to shower them with His special mercy, enlighten their grave and expand it.

A good way of always remembering your parents is at mealtime. As you are about have a meal think about the many wonderful meals your mother had prepared for you and how she looked after you all your life. Your heart will surely soften and at that point, let it drive you to offer a similar meal to an orphan, widow, divorced or needy person on her behalf, begging of Allah to reward her for it.

Similarly for your father. Remember all his sacrifices in giving you an education, sound upbringing and making you blossom in what you are today. Then pray for him and sponsor a needy student on his behalf.

Give charity on their behalf, recalling the many favours they did

for you. And when doing so, never forget to include our Noble Rasulullah Sallallahu Alaihi wa Sallam and the illustrious Sahabah in your Duas too.

2. FORGET THE PAINFUL MOMENTS:

Always have fond memories of your parents, no matter how harsh they may have been with you. Only Allah knows the love they had in their hearts for you. They brought you up in the best way they could, although you may not have agreed with it.

Remember them in your du'a during sujood (the prostration), between the athan (the call for prayer) and the iqamah (the in-mosque call for prayer just a few minutes before congregational prayer), and in every act of worship.

3. CHARITY:

Give charity on their behalf openly and privately, wipe away the tears of orphans, widows and divorced (through charity) on behalf of your parents, quench the thirst of the thirsty on their behalf (by having a well dug, for example). Go out of your way to be the best child to your parents for they have sacrificed much to raise you.

YOU MAY BE OF MORE BENEFIT TO THEM AFTER THEIR DEATH THAN WHEN THEY WERE ALIVE. MAKE UP FOR ALL THE LOST MOMENTS AND ARGUMENTS NOW

4. SPECIAL DU'A:

This is the dua for deceased parents: Rabb-ir-ham-huma kama rabbayaani sagheera (Quran surah 17, verse 24)

Translation: "My Lord .. Bestow thy mercy on my parent/s as they cherished and raised me in my CHILDHOOD"

Let us teach our children this dua for one day we all shall need it.

May Allah bless our parents in this world & HEREAFTER - Ameen

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Shaykh Sayed Ahmed Kabir Rifai

Sayed Ahmed er Rifai was born in the first half of Rajab in the Muslim year of 512 AH (1119 CE) on a Thursday. His birthplace was in the town of Ummu Abeyde, in the township of Beta, in the province of Basra, Iraq. Hazrat (for Hazreti, meaning the Honorable) Ahmed Rifai passed to the other side on Thursday, Jamadi al-Awwal 22, 578 AH (1183 CE), in the town of Wasit, in Basra, Iraq. His father was Sayed Ali Abul Hasan. His mother was Fatima ul-Anseri bint Yahya Nijjeri. His Shaykh was Aleyyul Vasiti. His maternal uncle, who helped raise him, was Shaykh Mansur Rabbani.

Shaykh Ahmed Rifai was related by blood to Prophet Muhammad (ﷺ) on both his father's and mother's sides. His paternal lineage was Sayed Ahmed er Rufai, Ibni Sayed Ali, Ibni Sayed Yahya, Ibni Sayed Sabit, Ibni Sayed Hazim, Ibni Sayed Ali, Ibni Sayed Ebilmekerim Rufael Hasanulmekki, Ibni Elseyyit Mehdi, Ibni Esseyyit Mehmet Ebi Kasim, Ibni Esseyyit Elhasan, Ibni Esseyyit Elhuseyin, Ibni Esseyyit Ahmet, Ibni Esseyyit Musa ul-Sani, Ibni Esseyyit Imam Ibrahimulmurtaza, Ibni Imam Musaulkazim, Imam Jaferi Sadik, Ibni Imam Muhammad Bakir, Ibni Imam Zeynelabidin, Ibni Imam Husayn, Ibni Emirulmuminin Ali Al Murtaza.

Before Ahmed Rifai's birth, his maternal uncle, a famous shaykh, Mansur Rabbani, had a vision of our Prophet Muhammad (ﷺ) and was told that his sister would have a male child who would be famous and be known by the name "Rifai." When the child reached the proper age for Sufism, he should be sent to Shaykh Aleyyul Vasiti for education and training.

Ahmed Rifai's father passed away when his son was 7 years old. Sayed Ali died in 519 AH and was buried in Baghdad. Ahmed Rifai's maternal uncle started taking care of the little boy. After a while he was sent to Shaykh Vasiti in accordance with his uncle's vision. Ahmed Rifai showed ability and wisdom beyond his age when he began his education under Shaykh Vasiti. He acquired a high maqam (spiritual station) by explaining the book of the Shafi school called Tanbih. Shaykh Mansur said that all during Ahmed Rifai's stay with him, he saw many miracles come through the boy and that many blessings came through him for everyone.

One of the most widely known miracles associated with Hz. Shaykh Rifai is the one that give him the name Abul Alemeyin (Father of Two Banners). In the year 555 AH, when he was 43 years old, Hz. Rifai went on hajj (pilgrimage). He didn't wear the usual traveling clothes of Sayeds, or the relatives of the Prophet (ﷺ) (Sayeds were recognizable by their clothing). There is a certain section of the Prophet's (ﷺ) tomb in Medina that only

blood relatives of door would not all Ahmed Rifai was re down hearted and ca Prophet's (ﷺ) tomb,

"As-salaamu alaykum, ya jeddi (Peace be on you, my ancestor)."

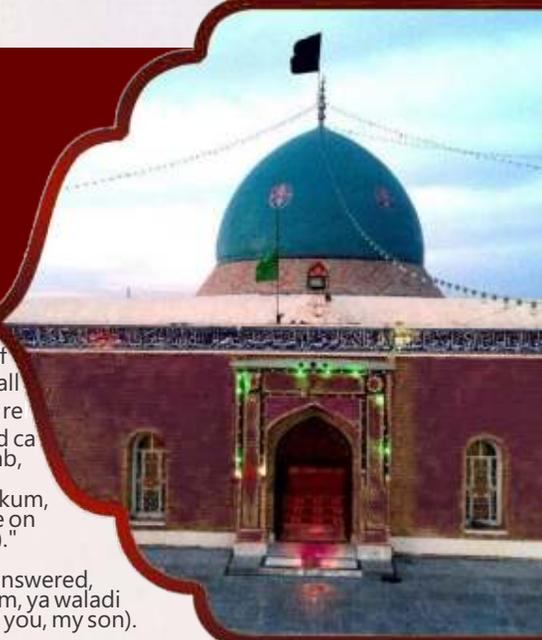
Our Prophet (ﷺ) answered, "Walaykum salaam, ya waladi (And peace be on you, my son).

" Muhammad's (ﷺ) hand came out of the tomb, and our Pir kissed the Prophet's (ﷺ) hand. When people saw this miracle, they went into a state of wajd (ecstasy) and began stabbing themselves with their swords and knives. When the ecstasy passed, there were people lying all about covered with blood, and Ahmed Rifai returned them to their normal health. After that, our Pir was famous for possessing this gift.

Shaykh Ahmed Rifai is known as one of the four major aqtab-i erbaa (qutbs of the time, which is the highest spiritual station after the prophets and messengers). Another major qutb was his cousin Abdul Qadir al Jilani.

One day someone asked Abdul Qadir Jilani "Ya Hazreti (O Honorable Sir), what is love?" Hazrat Jilani told the person to go ask this question to Sayed Ahmed er Rifai. After sending Hazrat Jilani's salaams (greetings of peace) to Hz. Rifai, he asked, "What is love?" When Ahmed Rifai heard this question, he stood up, saying, "Love is fire, love is fire." He began whirling until he disappeared into the unseen. When the person saw this, he was disturbed because he didn't understand what was happening. At that moment, the spiritual presence of Abdul Qadir Jilani appeared and told him to look for the spot from where his cousin Ahmed Rifai had vanished, and to pour rosewater on that spot. The person did this, and within a couple of moments Sayed Ahmed Rifai appeared, whirling in the exact same place. When the man went back to Baghdad, he visited Hazrat. Jilani, who asked him, "Did you see love? My brother Seyyid Rifai has reached stations that many walis (protecting friends; saints) have not been able to reach."

Sayed Ahmed Rifai also deeply loved and respected Hazrat Shaikh Sayed Abdul Qadir Jilani and told his students that whoever visited Baghdad without visiting Hazrat Jilani's tomb would not be welcome by Allah or by them.



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NEGATIVE MEDIA FOCUS ON QATAR

by: Faizul Khamker

The FIFA world cup which is being hosted in Qatar, an event which could be described as being an occurrence having a global public interest has once more demonstrated not only the bias of mainstream media of the West but also on their focus of pushing the agendas of their alleged pay masters. This global show piece is supposed to showcase the best of soccer, yet the media is replete with other issues. It is not suggested that every other matter should take the back seat or relegated in importance, however, to conflate issues and then place greater emphasis on one over the other is nothing short of being disingenuous.

The above can be illustrated by the so called indignant response to what is termed as human rights issues with a special focus on the LGBTQTO+ minority group as well as the consumption of alcohol publicly. In order to add spice to this recipe the question of migration workers is added. The irony which seems to be ignored is that the basis claiming rights by the LGBTQTO+ community and its supporters including the mainstream media is: "I have a right to be who I see myself as" is not promoted within the practice of this world cup. When a five-year-old girl child sees herself as a super soccer star then why is her "right" to participate in the world cup tournament not vigorously pursued? The answer inevitably would be: "Don't be ridiculous", yet this ridiculousness is pursuit in an unwarranted attack on the laws, customs and traditions of a sovereign state.

An interesting comparison, highlighting the hypocrisy of the west can be taken from the fact that in 2014 Moeen Ali the English cricketer was chastised, labelled and was warned of being banned because he wore a Palestinian wristband and was told to respect the country's rules yet at this world cup Harry Kane the English captain of the team taking part in this edition of the world cup is given a hero's cape for wanting to wear the one love armband promoting the LGBTQTO+ age

and vociferously opposing its ban by FIFA. Strangely Russia who holds on to the traditional values and opposes the LGBTQTO+ agenda did not come under the same ferocious attack on this issue when they hosted the world cup.

South Africa was also subjected to many negative reports when it hosted the 2010 world cup. The country's ability to host a successful competition was questioned together with a host of other matters which were highlighted. However, once the competition started these issues were put on the back burner. The same applied when Brazil hosted the world cup. When Germany and England hosted the world cup the silence of the critics were deafening. This highlights the neo-colonialist mentality and their determination to foist their bankrupt morality on others in order to gain acceptability for that which is not acceptable. This is illustrated by the attack on Qatar who despite relaxing some of its laws, has enforced the rule of drinking alcohol in public places and specifically in the stadium. From the South African experience, the alcohol ban during the covid period illustrated the harm which can be avoided. The hooliganism associated with football stems directly from the consumption of alcohol, this is a proven fact. The attempt to export problems and then following it up with artificial solutions must be exposed.

A well-known political commentator and former politician George Galloway succinctly stated that if not being able to consume alcohol for the period going to the, while at the stadium and going back to the hotel is problematic then the problem is not with the law but rather with the consumer of alcohol who would require help of some sort. John Barnes a former England soccer player stated that if there were sincerity on the part of those soccer players in articulating their principles then they should have not gone to play in the world cup. The media has brushed the views of these two internationally known figures under the carpet.

It is clear that western main stream media is pushing a neo-liberal, neo-colonialist agenda utilising events like the world cup in Qatar and in the process has further tainted their image for unbiased reporting.

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