

لَقَدْ صَدَقَ اللَّهُ رَسُولَهُ الرُّءْيَا بِالْحَقِّ
لَتَدْخُلَنَّ الْمَسْجِدَ الْحَرَامَ
إِنْ شَاءَ اللَّهُ آمِنِينَ

Indeed, Allah will fulfil His Messenger's vision in all truth:
Allah willing, you will surely enter the Sacred Mosque,
in safety



Makkah, SAUDI ARABIA – As over a million people converge on the holiest site in Islam for the annual Hajj, authorities have tightened up on security and health facilities, with Makkah expected to have an average maximum temperature of 43.6 degrees Celsius and a minimum of 29.6 degrees Celsius during this period. Public security officials in Saudi Arabia have issued a stern warning regarding the transportation of persons without Hajj permits to Mecca, with individuals convicted of this offense facing maximum six-month prison sentence and a fine of SR50,000. In just a week before the start of the Hajj season, over 12,770 people were arrested for breaches of residency, labour and security laws.

Makkah, SAUDI ARABIA - The annual Hajj Khutbah delivered at Namirah Mosque in Arafat will be simultaneously translated into 14 languages this year, including English, Urdu, Hindi, Bengali, Tamil and Malay for the bulk of the pilgrims who come from India, Indonesia and Malaysia. Other languages will be French, Persian, Russian, Chinese, Turkish, Hausa, Spanish and Swahili.

Illinois, USA - Nusrat Chowdhury, a prominent civil rights attorney of Bangladeshi heritage, has been confirmed as the first Muslim woman federal judge in U.S. history. Chowdhury was lauded for her dedication during her tenure as deputy director of the American Civil Liberties Union. Two years ago, Zahid Quraishi was confirmed as the country's first male federal Muslim judge.

Islamabad, PAKISTAN – The country's Federal Court has banned gender change, upholding a lower court decision that this was in contravention of Shariah Law. The court ruled that anyone assigned male at birth must remain male, and similarly, those assigned female at birth must continue to identify as such throughout their lives. Pakistan has seen growing advocacy for LGBTQ rights in recent years.

Arakan, MYANMAR – The embattled Rohingya Muslim minority community has called for international aid after Cyclone Mocha killed at least 400 people and left over 10,000 homes destroyed. Thousands of people have been displaced. The Myanmar government has denied citizenship and basic rights to the Rohingya, over a million of whom have fled to neighbouring Bangladesh, where they were also impacted by the cyclone.

Islamabad, PAKISTAN - Pakistan Prime Minister Shehbaz Sharif has urged his elder brother and the head of the Pakistan Muslim League-Nawaz to return from London and lead the poll campaign of the party in the general election and become the premier of the nation for a record fourth time, according to local media. Nawaz Sharif, 73, has been living in London since November 2019 for medical treatment after a Pakistani court allowed him a four-week reprieve. Pakistan has been facing political turmoil for several years now, with Prime Minister Imran Khan recently ousted and facing criminal charges which have led to protests across the country.

Madrid, SPAIN – A new museum opened

in Spain includes part of Madrid's original Umayyad fortified wall, adding to the view held by academics and historians that Madrid was established by Emir Muhammad I of Córdoba in the ninth century. Archaeologist Álvaro Soler, who is the curator of the exhibition, said Madrid is the only European capital with Islamic origins. He added that this fact was manipulated when Felipe II, after winning wars against the Turks, established Madrid as Spain's capital.

Sydney, AUSTRALIA — The Australian Fatwa Council has declared that Controlled Atmosphere Stunning (CAS) used in mass slaughtering of chickens at abattoirs, does not meet the requirements for Halal certification under Islamic law. In their statement, the Fatwa Council explained that under the CAS method, the bird is considered dead before the slaughter, rendering it non-compliant with Halal standards. The Council also noted that no Muslim country globally recognises CAS stunning of poultry as adhering to Halal standards.

Dubai, UAE – The Al Jalila Foundation, a global healthcare philanthropic organisation, and the Dubai Sports Council have signed an agreement aimed at using sport to benefit humanitarian programmes and charitable initiatives. The project will initiate a series of sporting activities which will promote philanthropy and foster a culture of sports, physical activity and inclusive participation across all sectors of society. With sports events generating huge revenue globally, the organisers felt that this could be utilised to benefit social and welfare causes in a better way.

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ETIQUETTES OF

Qurbani



ON WHOM IS QURBANI WAAJIB

The sacrificing of animals has been made waajib and incumbent on the entire ummah. Rasulallah ﷺ Himself and all the Sahabah y, Tabi'een, and the whole Ummah from every country and place have continuously fulfilled and up kept this waajib.

Qurbani is waajib on every muslim who is mature, sane, muqim (i.e. Not a traveller) and possesses the amount of fifty two and a half tolas of silver (equivalent to 612,36 grams) or wealth equivalent to that value in excess of one's basic (asli) needs.

In the case of Qurbani it is not necessary that this amount be in one's possession for a complete lunar year, like in zakaat.

THE DAYS OF QURBANI

The act of Qurbani is prescribed for three special days - the tenth, eleventh and twelfth of Zil Haj. Qurbani may be performed on any of these days, but the first day is better.

SADAQAH OR CHARITY INSTEAD OF QURBANI

There is no Ibadah more lovable in the eyes of Allah Ta'aala during the days of Qurbani than Qurbani itself. By giving the equivalent amount of Sadaqah or Charity during the days of Qurbani will not compensate nor fulfill the WujooB. One will always remain sinful because of leaving the Waajib (Qurbani is a unique Ibaadah). In the manner that salaah cannot compensate for Saum, or Saum cannot compensate for Salaah, similarly Sadaqah or Charity cannot compensate for Qurbani. The practices of Rasulallah r and the Sahabah y are a testimony to this.

WARNING FOR THOSE WHO IGNORE QURBANI

It is reported by Hazrat Abu Hurairah y that Rasulallah r said, "that the person who has the means of performing Qurbani but does not do so should not even come near our Eid Gah (where Eid Salaah takes place).

THE TIME FOR QURBANI

In towns where JumuaH Salaah and the Eidayn are performed, qurbani is performed after the Eid Salaah and not before. In villages where JumuaH Salaah and the Eidayn's are not performed, Qurbani may be performed after Subha Saadiq (true dawn) on the tenth day of Zil Haj till the 12th of Zil Haj until sunset. It is makrooh to perform Qurbani at night.

AGE OF THE QURBANI ANIMAL

A camel 5 years old.

A cow, ox and buffalo must be 2 years old.

A goat or sheep must be at least at least 1 year old.

A sheep that has reached the age where it is thought to be 1 year old could be used for Qurbani.

Animals that are younger in age are not suitable for Qurbani. If an animal seller says that an animal has reached the required age, and outwardly there is no sign to disprove it, then it is permissible to rely on such a statement.

DEFORMITY IN A QURBANI ANIMAL

There are two kinds of deformity in a Qurbani animal, some deformity in an animal prohibit Qurbani while other faults does not affect the Qurbani at all.

UYOOB- E- MUKHALLA (Deformity which prohibits Qurbani)

- * Horns which are broken off from the root.
- * Weakness which does not permit the animal to walk to the place of slaughtering
- * Animals which are blind, squint eyes or limping.
- * If more than a third of the ear or tail of the animal is cut off.
- * An animal that was born without ears.
- * An animal without teeth.
- * An animal that has three or less legs.

UYOOB-E-GHAIR MUKHALLA (Deformity which does not)

- * Horns which are broken above the roots.
- * An animal born without horns.
- * Less than a third weakness visible.
- * Limps but is able to walk on its own.
- * If less than a third of the ear or tail is cut off.
- * While slaughtering the animal jumps and thereafter becomes injured or deformed.

MISCELLANEOUS MASAA'IL

- * If an animal that has been selected for Qurbani gives birth before it's slaughter, or while slaughtering a live lamb or calf is born, then the newly born animal should also be slaughtered.
- * A person may eat the meat of every Qurbani slaughtered, be it a Waajib, Nafil or Nazr (mannat) Qurbani.
- * Seven people are allowed to the part in the sharing of a cow for Qurbani, providing each shareholder contributes 1/7 towards purchasing the cow. If any of the shareholders share is less than a 1/7 then no - one's Qurbani will be correct, (even those who have given a full share.)
- * If seven people have a share in a cow or bull, then the meat should be weighed and divided equally.
- * It is better to slaughter your own Qurbani yourself. If for some reason or the other one is unable to slaughter, then it is permissible to let someone else slaughter it.
- * It is preferable to be present when the animal is being slaughtered.
- * Rasulallah ﷺ made Qurbani on behalf of his ummah.

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"O Mankind ! Eat of the lawful and good things from what is in the earth, and follow not the evil. Surely he is an open enemy to you (S2: V168)



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"Clutching At Straws"

Marks Defeat for Zionist Lobby's Targeting of Judge Siraj Desai

by: Iqbal Jassat

The Judicial Conduct Committee has finalised its investigation into allegations of "misconduct" against Judge Siraj Desai, lodged in 2021 by a South African-based Israeli pressure group.

Headed by Justice JA Dambuzza, the decision she arrived at by dismissing 99% of the complaints, is a major setback for the SA Zionist Federation's vindictive campaign against Judge Desai.

Judge Dambuzza's scathing rejection of all the complaints barring one, is by all accounts a humiliating experience for the SAZF who in all probability expected Judge Desai to be severely reprimanded and punished for his unapologetic stance on Palestine.

The decision made in terms of Section 17 of the Judicial Service Commission Act, runs into 17 pages. It sets out the series of complaints based on a number of events citing Judge Desai's alleged "misconduct" during the period 2009 to 2020.

Judge Dambuzza deals with the merits of each complaint in sequential order starting with the first one headed "The Gaza March and BDS Campaign".

She found that the alleged violation took place 12 years prior to the lodging of the complaint and to top it all, details were "extracted from various press releases".

The second bizarre complaint is headed "Cape Town Public Dinner - March 2011". Here again the complaint relies on a newspaper report which cites Judge Desai at a public event with former Minister of Intelligence Ronnie Kasrils.

The allegation by SAZF is that Judge Desai is reported to have said that the Israeli occupation of Palestine was one of the longest continuing breaches of human rights in the world.

However Judge Dambuzza points out that an important part of the report was omitted in the copy that was attached to the SAZF

complaint. Crucially the missing part reveals that Desai and Kasrils came out in support of a Holocaust survivors' South African campaign for a boycott of Israel.

The next complaint dismissed by Judge Dambuzza, relates to the Russell Tribunal on Palestine held in Cape Town during November 2011. The allegation is that by chairing it, Judge Desai facilitated the "hearings of the Tribunal" that concluded Israel should be boycotted and turned into an international pariah.

In this vein Judge Dambuzza deals with a host of complaints she didn't find to have any merit.

A bizarre one relates to Judge Desai's interaction during 2018 with Palestine's resistance movement Hamas. The allegation is that Judge Desai flouted Judicial Codes by promoting Hamas.

An equally outrageous complaint not given any credence by Judge Dambuzza, dealt with allegations of an interview by Judge Desai with an Iranian news channel.

Clutching at straws has been my reading of the attempt by the SAZF to crucify Judge Desai.

Though the Judicial Conduct Committee was clearly not impressed with the arguments presented by the SAZF, expect the pro-Israel group of apologists to crow over a minor concession provided by Judge Dambuzza.

It relates to Judge Desai appending his signature in support of BDS. Short of a rebuke, Judge Dambuzza cautions him to avoid political controversy.

In jumping with misplaced glee to conceal their embarrassing bruising at the hands of the JCC, the SAZF has by all accounts failed dismally.

Judge Desai's formidable reputation as a doyen of human rights committed to justice, remains unscathed.

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Some Rules of SLAUGHTERING



by: Moulana Sayed Yusuf

1. Ensure that the knife is sharp.
2. Let the animal lay on its left side, allowing its face to be towards the Qiblah.
3. It is Sunnah to recite the following Dua:

اِنِّى وَجَّهْتُ وَجْهِيَ لِلَّذِى فَطَرَ السَّمٰوٰتِ
وَالْاَرْضَ حَنِيفًا وَّمَا اَنَا مِنَ الْمُشْرِكِيْنَ ط اِنَّ الصَّلٰوةَ
وَنُسْكَى وَمَخْيَاى وَمَمَاتِى لِلّٰهِ رَبِّ الْعٰلَمِيْنَ ط
اَللّٰهُمَّ مِنْكَ وَلَكَ ط

"Inni Wajjahtu Wajhiya Lillazi Fataras Samaawaati Wal Arda
Hanifaw Wa Maa Ana Minal Mushrikeen.
Innas Salaati Wanusuki Wamah Yaaya Wa Mamaati Lillahi Rabbil
Aalimeen.
Allahumma Minka Walak."

For me I have set my face firmly and truly towards Him who
created the Heavens and the earth and I am His alone (hanif)
and never shall I ascribe partners to Allah.
Oh Allah this sacrifice is from You and for You.

4. Then say: بِسْمِ اللّٰهِ اَللّٰهُ اَكْبَرُ ط

"Bismillahi Allahu Akbar"

And slaughter

5. After slaughtering read this Dua:

اَللّٰهُمَّ تَقَبَّلْ مِنِّى كَمَا تَقَبَّلْتَ مِنْ خَلِيْلِكَ
اِبْرٰهِيْمَ عَلَيْهِ السَّلَامُ وَ حَبِيْبِكَ مُحَمَّدًا صَلَّيْ اللّٰهُ
عَلَيْهِ وَسَلَّمَ

"Allahumma Taqabbal Minni Kama Taqabbalta Min Khaleelika
Ebrahim Alayhis Salaam wa Habeebika Muhammadin Sallallahu
Alayhi Wasallam"

6. If slaughtering on behalf of someone else, then read:

اَللّٰهُمَّ تَقَبَّلْ مِنْ..... كَمَا تَقَبَّلْتَ
مِنْ خَلِيْلِكَ اِبْرٰهِيْمَ عَلَيْهِ السَّلَامُ
وَ حَبِيْبِكَ مُحَمَّدًا صَلَّيْ اللّٰهُ
عَلَيْهِ وَسَلَّمَ

"Allahumma Taqabbal min (mention the person's name)
Kama Taqabbalta Min Khaleelika Ebrahim Alayhis Salaam wa
Habeebika Muhammadin Sallallahu Alayhi Wasallam"
Oh Allah! Accept from (mention the person's name) this
sacrifice like you have accepted from Your friend Ebrahim
(Alayhis Salaam) and Your Beloved Muhammad (Sallallahu
Alayhi Wasallam)

7. Do not skin the animal until it has cooled.
8. Do not slaughter an animal in front of other animals.
9. Four veins should be clearly cut. The throat, the windpipe
and two jugular veins. Even if three are cut, the meat would
still be considered Halaal.

MEAT OF THE QURBANI ANIMAL

It is preferable to divide the Qurbani meat into three portions.

1. A portion for one's own use.
 2. A portion for one's relatives and friends.
 3. A portion for the poor and needy.
- * However, it is permissible to keep all the meat or give all the
meat away.
* The Qurbani meat of shareholders should be distributed by
weight and not estimation.
* It is Haraam to sell the Qurbani meat.

SKIN OF THE QURBANI ANIMAL

- * The skin of the Qurbani animal may be kept for one's
personal use, such as tanning the skin and using it as a
Musallah or water bag etc.
* If the skin is sold, the money cannot be used for one's self. It
is Waajib to give it away as Sadaqah.
* A needy Muslim engaged in religious activities
(organisations) may be given the skin as Sadaqah. It is
preferable to do this.
* It is incorrect to give the labourers (who skin the animal) the
skin, fat or unusable flesh as payment for their labour. They
must be paid for their labour in terms of cash.



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FIGMENT OF THE IMAGINATION

by: Faizul Khamker



The term figment of the imagination is an interesting term. Imagination is normally placing yourself in a world which is far from reality in order to hide away from reality. Whilst figment is the creation of an illusion. As much as allowing this in a limited way it was generally frowned upon and rightly so. In this era however, an artificial licence has been created in order for this action to be normalised and this normalization has with it dangerous consequences. Furthermore, those most affected by this agenda has been taught to "trust the science" and finds itself being influenced by the most unscientific teachings propagated by "scientist" This teaching that illogic trumps logic cannot go unchallenged.

These newly created doctrines which is being taught to unsuspecting people are in fact a breach of trust. A strong pushback on demanding that the basis of knowledge should only be on the basis of lived realities, realities which has been proven since time immemorial. Those pushing for the new doctrine and imposing it in schools must be made aware that this is unacceptable. An activist from the United States by the name of George Walsh has challenged certain members of academia as well as many unsuspecting victims who has fallen for these new doctrines could not come up with a simple and concise definition of "what is a female".

Knowledge is power and the transmission of information is vital. The so called alternate viewpoint which has been marginalised must be heard. It is this marginalization which has contributed immensely to many being subjected to having their human rights and human values violated. The fatality rate of the innocent victims duped into having operations which effectively is mutilation has been proven to be abnormally high. The mainstream media and those in control of the dissemination of information has played a major role in the suppression of the alternative view and have proven once more that they cannot be trusted.

The irony is that those who wish to live in an environment of reality, where that reality is based on facts which had been developed and lived over centuries are now labelled in a manner not befitting the reality of life and on analysis these critics are using illogical arguments in an attempt to hide their illusions. The transgender segment of the LGBTQBT+ community are in a process of making reality an illusion and illusion a reality. These illogical arguments must be exposed for what it is.

A typical illusion is the idea that a male is trapped in a female's body or vice versa. Logically the only possible answer is that this idea is a figment of the imagination devoid of all forms of reality. Scientifically there is no possible criteria by which anyone can measure such a statement. When through both logic and science these "facts" cannot be measured nor defined than it can only be regarded as a fantasy. This should therefore preclude any form of legislation or other means of coercing those that live a lived reality into accepting this imagined idea.

The advancement and advocacy of these illogical ideas has unsurprisingly found an ally in the world of big business. These unscrupulous captains of industries found an opportunity to enhance their profits and supported this movement for no other reason. The proof lies in the fact that when a pushback against these businesses started in the United States companies such as Target took a U-turn and either stopped the support completely or stopped the visible support of this movement. In South Africa the Woolworths group on realising that there would be a negative impact on their profit have now come up with a diluted form of social justice policy.

Interestingly enough the scientific community (the world of academia) had always laid claims against the religious community of being irrational. Their open support of an illogical philosophy in respect to the transgender question proves that Islam in its logical approach should lead the debate on these matters. We need to realise that we have a huge responsibility in transmitting the facts based on our divine sources far more widely than before.



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Dr. Aafia Siddiqui

unsolved...unresolved

by: Moulana Muhammad Hussain Noori

Recently, Dr Fowzia met her sister Dr. Aafia Siddiqui, a PhD in neuroscience, in Fort Worth situated in the United States where she is currently detained, after a long wait of 20 years. Speaking to the media upon her arrival to Pakistan from the US, Dr. Fowzia said: "I couldn't imagine that Aafia was in such a bad situation." Dr. Fowzia Siddiqui admitted that Prime Minister Shehbaz Sharif, Foreign Minister Bilawal Bhutto Zardari and former president Asif Ali Zardari helped her in meeting Aafia Siddiqui in the United States. Dr. Fowzia Siddiqui also appreciated the efforts made by the Islamabad High Court for the meeting and added that the key to Aafia's release is in Islamabad.

The Aafia Siddiqui case is the worst unsolved mystical case in the entire history of Pakistan. It seems as if the Pakistani Government and People have become habitual of being mistreated by foreign governments on account of their indebtedness. Her case has been termed as a flashpoint of Pakistani-American tensions and one of the most mysterious in a secret war dense with mysteries.

In 2003, Aafia Siddiqui was wanted by the FBI for possible ties to al-Qaeda and was detained by Pakistani authorities, according to US media reports at the time. Aafia Siddiqui and her children's whereabouts and activities from March 2003 to July 2008 are a matter of dispute. Her supporters and the Pakistani government claim she was held as a prisoner by the US. US officials alleged that when the Afghan police captured Aafia Siddiqui in July 2008, she was carrying two pounds of sodium cyanide, attempting a mass casualty attack, and a list of US landmarks. However, Aafia Siddiqui was never charged with links to terrorism. Explaining why the US may have chosen to charge her as they did rather than for her alleged terrorism, Bruce Hoffman, professor of security studies at Georgetown University, said: "There's no intelligence data that needs to be introduced, no sources and methods that need to be risked. It's a good old-fashioned crime; it's the equivalent of a 1920s gangster with a Tommy gun. The FBI agents, US soldiers, and interpreters said that as they were about to interrogate her at an Afghan police compound in Ghazni,



Afghanistan, she grabbed a rifle and began shooting at them, charges which she of course denied, none of them were wounded, but Siddiqui was shot in the abdomen when they returned fire and was convicted on the 3rd of February 2010 and later sentenced to 86 years of imprisonment. She is now being held at the Federal Medical Center, Carswell in Fort Worth, Texas, a federal prison for female inmates with special mental health needs. Her release date is the 3rd of June 2082.

Speaking of Pakistan's indebtedness to foreign nations, Prime Minister Shehbaz Sharif recently expressed his optimism regarding Pakistan's chances of striking a deal with the International Monetary Fund (IMF) this month, saying that the government has accepted all the global lender's conditions and has implemented them. Prime Minister Shehbaz Sharif regretted that the previous government Tehreek-e-Insaf (PTI) reneged its agreement with the International Monetary Fund (IMF) that led to a very serious economic situation. Recalling his telephonic conversation with the international lender's Managing Director, Prime Minister Shehbaz Sharif expressed his confidence that IMF's 9th review would sooner or later be approved as they had met all their demands.

Pakistan's economy is in turmoil amid financial woes and the delay in an agreement with the IMF that would release much-needed funding crucial to avoid the risk of default. The budget is being keenly watched as the government is caught between a painful fiscal adjustment reforms agenda set by the IMF, and to make room for any relief to the people ahead of a national election scheduled in early November. Inflation that was posted at 38% in May is the highest in Asia. The IMF's \$1.1 billion funding, stalled since November, is critical for Pakistan to unlock other bilateral and multilateral financing to avert a debt default.

TAKBEERAAT-E-TASHREEQ

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ ط
اللَّهُ أَكْبَرُ وَاللَّهُ الْحَمْدُ ط

Beginning from the fajr of 9th Zil Haj upto the Asr of 13th, it is Waajib on every Muslim to recite the Takbeer-e-Tashreeq after every Fard Salaah

N.B. Whether one is performing with Jamaat or on one's own, it makes no difference. One must recite the Takbeers. Males should recite it in a loud voice, females in a low voice.

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16 REASONS To Stop Drinking Soda

by: Hasina Begum Sayed

1. Soda Is Useless

First of all, there are no nutritionally beneficial components in soft drinks. Soft drinks mostly consist of filtered water and refined sugars.

2. Weight Gain & Obesity

Intake of sugar-sweetened beverages is strongly associated with accumulation of fat around the abdominal area.

3. Diabetes

This is a consequence of #2. Anything that promotes weight gain increases the risk of diabetes. Drinking soda not only contributes to excess pounds, but it also stresses the body's ability to process sugar.

Rapidly absorbed carbohydrates like high fructose corn syrup put more strain on insulin-producing cells than other foods. When sugar enters the bloodstream quickly, the pancreas has to secrete large amounts of insulin for the body to process it. Some scientists believe that the unceasing demands that a soda habit places on the pancreas may ultimately leave it unable to keep up with the body's need for insulin. Also, insulin itself becomes less effective at processing sugar; both conditions contribute to the risk of developing diabetes.

4. Weakened Bones and Risk of Osteoporosis

Frequent consumption of soft drinks may also increase the risk of osteoporosis, especially in people who drink soft drinks instead of calcium-rich milk. High soda consumption (particularly cola) in children poses a significant risk factor for impaired calcification of growing bones.

5. Dental Caries and Erosion

Soda eats up and dissolves the tooth enamel. Researches say that soft drinks are responsible for doubling or tripling the incidence of tooth decay.

The acidity can dissolve the mineral content of the enamel, making the teeth weaker, more sensitive, and more susceptible to decay. Soda's acidity makes it even worse for teeth than the solid sugar found in candy.

6. Kidney Damage

People who down sugary drinks don't feel as full as those who consume the same amount of calories in solid food. There is good evidence that cola beverages can increase the risk of kidney problems, more so than non-cola sodas.

Researches clearly demonstrated that large quantities of cola result in enhanced kidney stone formation. If you're wondering exactly how soft drinks cause kidney stones, it's because of their acidity and radical mineral imbalances. Your body must buffer the acidity of soft drinks with calcium from your own bones. As this calcium is eliminated through your urine, it slowly forms kidney stones.

7. Increased Blood Pressure

Experts have reasons to believe that overconsumption of fructose, particularly in the form of soft drinks, leads to an increase in blood pressure.

8. Heartburn

Soft drink consumption is a strong predictor of heartburn.

9. Metabolic Syndrome Risk Factor

Soft drink consumption is a significant risk factor for developing of metabolic syndrome, a combination of the symptoms such as

high blood pressure, obesity, high cholesterol, and insulin resistance.

10. Harmful Effects On Liver

There is evidence that consumption of too many soft drinks puts you under increased risk for liver cirrhosis similar to what chronic alcoholics have.

11. Impaired Digestive System

Soda, no matter who makes it, is extremely acidic beverage, with a pH of about 2.51, about the same as vinegar, but the sugar content disguises the acidity. To put that into perspective, consider that battery acid has a pH of 1 and pure water has a pH level of 7.

The phosphoric acid present in soft drink competes with the hydrochloric acid of the stomach and affects its functions. When the stomach becomes ineffective, food remains undigested causing indigestion, gassiness or bloating (swelling of stomach).

12. Dehydration

Another problem with sodas is that they act as dehydrating diuretics. Both caffeine and sugar cause dehydration.

Caffeine is a diuretic and causes an increase in urine volume. High concentration of sugar is drawing off water because your kidneys try to expel the excess sugar out of the blood. When you drink a caffeinated soda to quench your thirst, you will actually become thirstier.

13. High Caffeine Content

Another advantage of avoiding sodas is that you will avoid the unnecessary caffeine. Soda drinks are a major source of caffeine in the American diet.

High doses of caffeine can cause irritability, restlessness, tension, insomnia, high blood pressure, gastrointestinal disturbance, excessive urination, irregular heartbeat and other side effects.

14. Toxins - Aspartame

If you think diet soda is better think again. The poison in diet soda is an artificial sweetener aspartame. Aspartame is made up of three chemicals: aspartic acid, phenylalanine, and methanol. It is used because it's about 200 times sweeter than table sugar.

Despite US FDA approval as a "safe" food additive, aspartame is one of the most dangerous substances added to foods. After you drink an aspartame-sweetened product, aspartame breaks down into its starting components: phenylalanine, aspartic acid, and methanol (that further converts to formaldehyde and formic acid, which are known carcinogens.). There are over 92 different health side effects associated with aspartame consumption.

15. Cell Damage

A new health scare erupted over soft drinks recently amid evidence that they may cause serious cell damage and accelerate cell aging. Research from a British university suggests a common preservative E211, known as sodium benzoate, found in drinks such as Fanta and Pepsi Max has the ability to switch off vital parts of DNA.

Sodium benzoate occurs in small amounts naturally in berries, but is used in large quantities to prevent mould in soft drinks.

16. Other Harmful Effects

Studies published in a couple of recent years show the following health risks associated with soda drinking:

JUSTICE OF HAZRAT UMAR IBN KHATTAB رضي الله عنه



BY SIDRA KAUKAB

There is a great story of justice about Hazrat Umar Ibn al Khattab رضي الله عنه, he was the caliph of Islam and also captured the city of Jerusalem and built the first mosque on the grounds of sacred sanctuary currently known as Dome of Rock.

He was the ruler of great peace and justice. He was given the beautiful title, commander of faithful due to his noble qualities. It was his rightful duty to receive the key to the respected holy city that was the first qiblah, the direction Muslims face during praying.

The soldiers of Hazrat Umar رضي الله عنه had already entered the city of Jerusalem and hold the overall control of city from Christians. Christians had ruled there since the time of Constantine, but when Hazrat Umar رضي الله عنه entered there to take the official control of Jerusalem, he came there alone. He journeyed with only one camel and cameleer from Damascus to Jerusalem. As Hazrat Umar رضي الله عنه was man of nice humility he had decided with cameleer that they would both ride the camel turn by turn. According to justice, he would ride for a short while, then the cameleer would ride and he would walk.

In the meantime, the entire city was awaiting for his impending arrival. The bishop had announced that, "The great Islamic leader is coming and we all must greet him and pay our respects to him." Everyone had gathered at the gate of city, awaiting a great royal procession. But no procession appeared.

Instead, they saw two people, coming very slowly. When they finally reached the city, it was turn of cameleer's to be riding, and every one considered him the caliph and run to greet him.

He protested "wait I am not the caliph" and explained their arrangement of riding and walking one by one. Every one, overwhelmed by seeing this justice. Praised the great caliph.

The bishop too was so amazed by such a great justice, the bishop also handed the key of the city to Hazrat Umar رضي الله عنه and his (bishop's) heart filled with joy.

After all this bishop invited Hazrat Umar رضي الله عنه to perform his holy prayers in the church but when he saw the interior decoration of church and Christians symbol with in the church, he humbly declined and said that I will pray outside your doors.

After he had finished, the bishop asked him that, "Why would you not come inside our church?"

Hazrat Umar رضي الله عنه explained that if I had prayed in your sanctuary then my all followers and anyone who come here in future would take over this building and turn it into mosque, and they would

destroy your holy place of worship so I prayed outside here to avoid all these mishaps.

The bishop once again got amazed by Hazrat Umar's رضي الله عنه justice. And said that today you have received the key of holy city just because of your justice faith wisdom and truth. So when will this place will again come back to our possession?

Hazrat Umar رضي الله عنه replied that, today we have taken over this place. It is with the four qualities of wisdom faith truth and justice that we gain this city. Till these four exist in Islam as long as we (Muslims) have all these in our hand we will retain the city. But when these four blessings depart from our hands this holy place will again change hands.

He said that if it happens that we lose this place to someone else, it will be because we lack certitude in our faith. When the Muslims sell the truth seek worldly pleasures and collect worldly wealth; when Muslims lose good conduct, good faith, and the good behavior of reserve and modesty; when they relate to women in an unjust and immoral way; when they behave with jealousy backbiting and envy; when they establish hypocrisy and lack unity; when they degenerate into committing evil actions and destroy good deeds and -when all this occurs in the midst of Islam, then peacefulness and unity will be destroyed. These evil actions and qualities will cause separations and divisions, and this Holy City will be taken from our hands. That is certain.

"When all this happens, the followers of Islam will be numerous as the granules of flour in dough. But the number of those who shall take possession of the city will be as few as the grains of salt in the dough. This will happen when degradation permeates Islam."

Hazrat Umar رضي الله عنه when he took the possession of the City and the sacred ground of the Dome of the Rock.

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Shahaadat of HAZRAT USMAN رضي الله عنه



Hazrat Uthmaan Ghani (رضي الله عنه) belonged to a noble family of Quraish in Makkah. His ancestral lineage joins with that of Rasulallah (ﷺ) in the fifth generation. He was from the Umayyah family of Quraish, which was a well reputed and honourable family of Makkah during the pre-Islamic days. Hazrat Uthmaan (رضي الله عنه) was born in 573 A.C. His father's name was Affan bin Abul-As and he himself was known by the name Uthmaan ibn 'Affan. Hazrat Uthmaan (رضي الله عنه) was one of the few persons of Makkah who knew how to read and write. When he grew up, he started business in clothing which made him very rich. He used his money in good and charitable ways and always helped the poor. Hazrat Uthmaan (رضي الله عنه) was a soft natured and kind hearted man. He did not hesitate to spend any amount of money on seeing a man in trouble in order to remove his misery. For his noble qualities the Makkans had great respect for him.

Hazrat Uthmaan's acceptance of Islam

Hazrat Uthmaan (رضي الله عنه) accepted Islam when Hazrat Abu Bakr (رضي الله عنه) preached to him. He was one of those Muslims who accepted Islam in its very early days. Though Banu Hashim (Rasulallah (ﷺ)'s family) was rival to Banu Umayyah (Hazrat Uthmaan's family), and the latter was in power at that time, Hazrat Uthmaan (رضي الله عنه) did not hesitate to acknowledge the Prophethood of Rasulallah (ﷺ).

The Martyrdom of Hazrat Uthmaan Ghani

The only weapons that were with Hazrat Uthmaan (رضي الله عنه) was his kindness and soft nature. He addressed the insurgents several times from the roof of his house and reminded them about his family relations with Rasulallah (ﷺ), and the services he had rendered to Islam but they did not listened to him. The insurgents were afraid that the Hajj was approaching an end and after the Hajj a number of supporters of the Khalifah would go to Madinah. They decided therefore to assassinate him without delay. As stated before, they did not want to fight with Hashmites

like Hazrat Hassan, Hussain and Abdullah bin Zubair (رضي الله عنه) who were standing guard at the main gate of Hazrat Uthmaan's residence. The reason not to fight with Hashmites was that they had incited a number of people against Banu Umayyah (Hazrat Uthmaan's family) in favour of Banu Hashim (Hashmites). So the insurgents climbed the back walls of the house and entered the room where Hazrat Uthmaan (رضي الله عنه) was reciting the Holy Qur'an. On seeing Hazrat Uthmaan (رضي الله عنه), one of the insurgents hit his head with an axe while the next struck him with a sword. His wife, Hazrat Nailah tried to shield her husband but she also got several wounds and her fingers were chopped off.

The leader of the assassins got hold of Hazrat Uthmaan's beard and pulled it. On this Hazrat Uthmaan (رضي الله عنه) remarked, "Oh my dear nephew if your father was alive you would never have done this." This remark of Hazrat Uthmaan (رضي الله عنه) cut him and he turned back and did not take part in the assassination. After giving severe injuries to Hazrat Uthmaan (رضي الله عنه), one of the insurgents, an Egyptian named Amr bin Hamq cut off the Khalifah's blessed head.

Hazrat Uthmaan (رضي الله عنه), one of Islam's greatest personalities, was assassinated on Friday, the 18th Dhul-Hijjah, 35 A.H. (656 A.D.) A Great Martyr

Hazrat Uthmaan (رضي الله عنه) was a great martyr as prophesied in the following Hadith quoted by Bukhari and others: Hazrat Anas (رضي الله عنه) narrated that Rasulallah (ﷺ), Hazrat Abu Bakr, Umar, and Uthmaan (رضي الله عنه) went up the Mount of Uhud (the mountain near Madinah) and when it quivered because of them, Rasulallah (ﷺ) said, "Keep steady, Oh Uhud, for on you stands a Prophet, a Siddiq and two martyrs." In the above Hadith, Hazrat Abu Bakr (رضي الله عنه) had been mentioned as the Siddiq (truthful friend) while Hazrat Umar and Hazrat Uthmaan (رضي الله عنه) had been prophesied as the martyrs.

The news of martyrdom

After assassinating the Khalifah, the insurgents virtually took over charge of Madinah. They also looted the Baitul Mal. The people of Madinah were afraid of them and did not come out of their houses. The body of the Khalifah could not be buried for two days. At last, some Muslims succeeded in getting into the house and carried out the burial service. There were only 17 Muslims who participated in the burial prayers due to the circumstances at the time. Hazrat Uthmaan (رضي الله عنه) was 82 years old at the time of his assassination and remained in the office of Khilafat for about 12 years. His words "I do not want to spill Muslim blood to save my own neck", will be remembered for ever in the history of Islam. He sacrificed his life to save the blood of Muslims.



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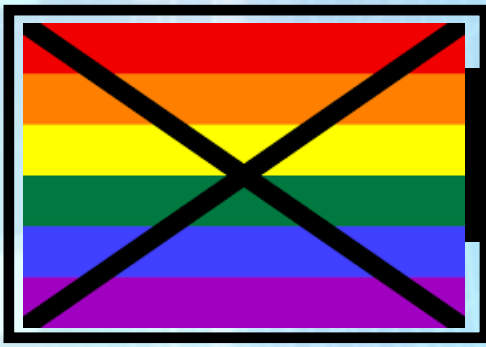






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LGBTQ: An introduction

by: Moulana Maqsood Hussain

Every age seems to be distinctly characterized by one issue or the other. The contemporary era has arguably been defined by a relentless campaign in favor of the LGBTQ rights in various parts of the globe. The central plank of such movements has primarily rested on their reference to the universal human rights, which are, according to the UN, inherent to all persons on the basis of their inalienable humanity. It has therefore, been argued that the LGBTQ community, which, it is claimed, has suffered discrimination and has been denied recognition by traditional societies, must be extended all rights and recognition on the basis of their humanity. It has, therefore, been made into a human right issue.

The term LGBTQ has gained currency in the recent times and has acquired a common parlance all over the world. On account of the sheer propaganda, both positive and negative, the general public tends to possess little understanding of the terms thus propagated but hardly explained. As a result, more confusion and less clarity have rendered any meaningful discussion about the issue at hand virtually impossible. One, therefore, needs to acquire a clear understanding of these terms before delving deep into the problem. Generally, the LGBTQ community has been considered a problem of abnormal sexual orientation, though persistent efforts have been afoot to normalize what has been hitherto been considered abnormal by almost all the societies of the past. In the term LGBTQ, every alphabet stands to represent a unique sexual and psychological condition of the individual falling in the broader range of the said community. The first letter, L, for example, represents Lesbian, G stands for Gay, B indicates Bisexual, T indicates transgender, Q refers to Queer. According to a prominent gay website, Lesbian refers to 'a women whose enduring physical, romantic, and/ or emotional attraction is to other women'. Some lesbians prefer to identify themselves as a gay woman. Some scholars have pointed out that the term lesbian was taken from the ancient Greek island Lesbos which was populated by two homosexual women. The sexual orientation of such women leads them to have emotional/ romantic attraction to the women only, showing no or little attraction for the members of the opposite gender. On the other hand, the term Gay describes 'people whose enduring physical, romantic and emotional attractions are to people of the same sex'. Sometimes, the term lesbian is exclusively used for homosexual women while the term Gay is reserved to refer only to the men whose sexual orientation is said to be such that so as to lack

any attraction to the members of the opposite gender. From the above it will appear to our readers that both the terms i.e. lesbian and gay are the people who feel attracted to the members of their own gender rather than show any emotional or sexual inclination to the members of the opposite sex. They are, therefore, classified as the homosexuals. The next category in the LGBTQ community is that of the bisexual. The term bisexual is used to describe 'a person who experiences emotional, romantic and sexual attractions to more one sex or gender'. In other words, a bisexual person shows simultaneous inclination to the members of both the genders. Therefore, they are said to have attraction to both, men and women. This type of sexual orientation is classified as the heterosexual. As for the term transgender, it is said to be related more to the gender identity problem. It is a broad term which is used to describe 'people whose gender identity, as perceived by them, is different from the one that had been assigned to them at birth. If anyone, for example, was registered as male at the time their birth, they later might feel that their psychological condition did not match with their gender. Such individuals, in extreme cases, undergo surgery to transition to the gender as they themselves perceive it to be. Finally, the term Queer describes 'sexual and gender identities other than straight'. This term is sometimes used to express that 'gender and sexuality can be complicated, and change over time and might not fit into either or identities, like male and female, gay or straight.

Having taken glimpse of the term LGBTQ, one may turn find out Islam's take on an issue which has occupied the attention of people all over the globe. To begin with, Islam's stance on the problem can be known from the Quran, the most authoritative source of the religion of Islam. The Holy recognizes that the humankind was biologically created into kinds, which at a time relates to only one gender identity, either male or female. The holy book of Islam assertively says thus:

يا ايها الناس انا خلقناكم من ذكر و انثى و جعلنكم شعوبا و قبائل لتعارفوا ان اكرمكم عند الله اتقاكم
ان الله عليم خبير (الحجرات 49-13)

O mankind! We created you from a single pair of a male and a female, and made you into nations and tribes, that you may know each other. Verily the most honored of you in the sight of Allah is the most righteous of you. (49-13). the above verse clearly makes the biological sex as the natural gender of a female or a male. Nevertheless, Islam does not preclude the existence of a case of the ambiguous genitals, a natural condition known, in the Islamic Fiqh, as the Khunsa. However, this has been considered a decree from God, though his/ hers gender is assigned on the basis of his sexual organs, which may greatly resemble a male genitals or female ones. More to follow on this in the next article inshAllah!

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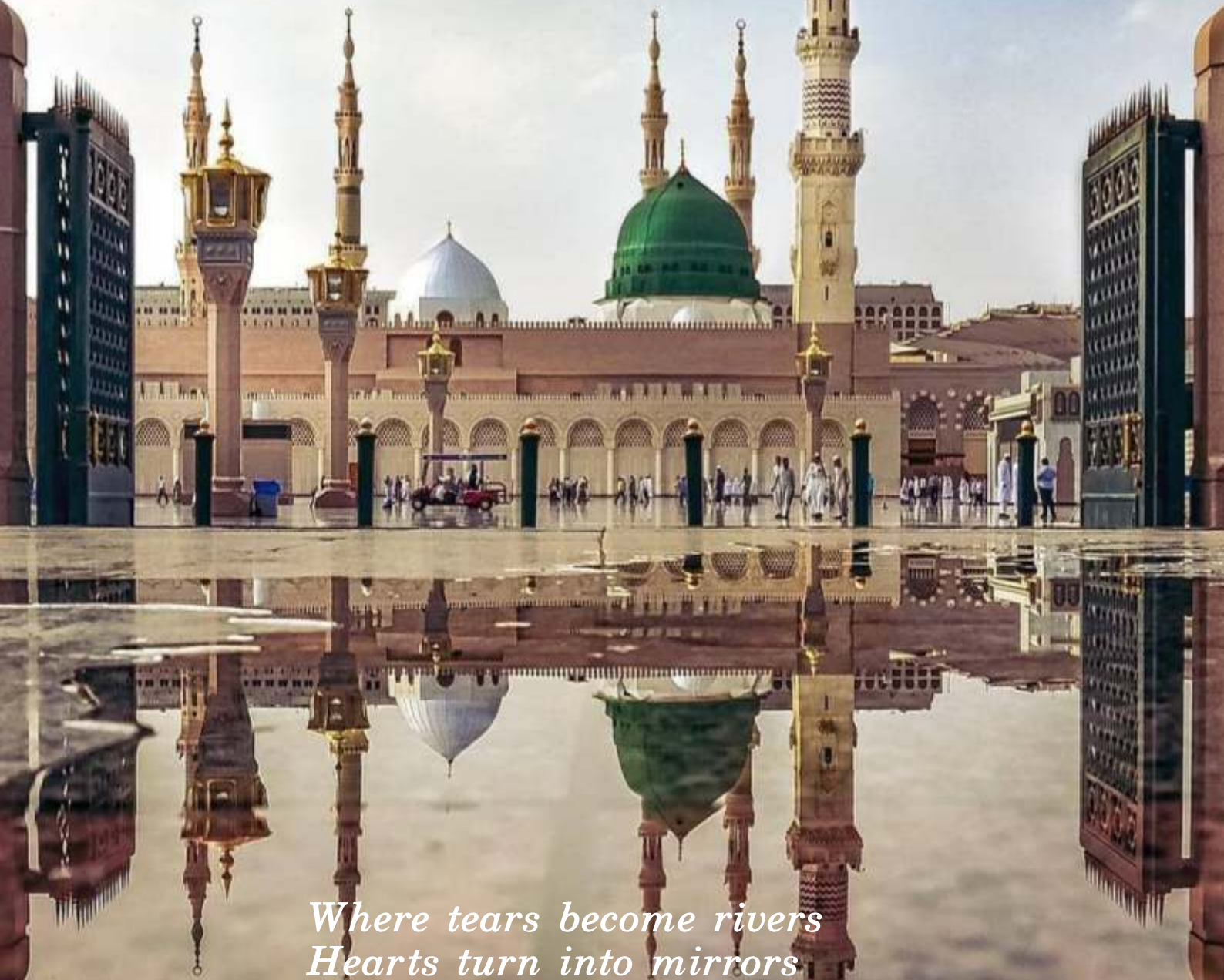
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*Where tears become rivers
Hearts turn into mirrors
Madina turns a face into a rosebud
Swaying in love for Muhammad*

*Sal Lal Laahu Ala Muhammad
Sal Lal Laahu Alay Hi Wa Sallam*

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