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# Ramadaan Mubarak

*"Surely we revealed it (Qur'an) on the Night of Qadr. And what will explain to thee what is the Night of Qadr? The Night of Qadr is better than a thousand months"*

According to Hadith:  
the first ten days of Ramadaan highlights the **MERCY** of Allah,  
the next ten days are for seeking **FORGIVENESS**, while the  
last ten days are best applied for seeking **REFUGE** and safety in Allah

**STAY AT HOME...PRAY AT HOME!**

# COVID-19 Exposed

BY FAIZEL KHAMKER

The corona virus has challenged many in the way that they think and this phenomenon has been acknowledged by all and sundry. It has also exposed many for who they really are. How the effect of this exposure and how it plays out remains to be seen.

Donald Trump has moved from one disastrous position to another. From triumphantly announcing that there are only five cases of the virus recorded the virus would disappear once the sun of spring comes out to threatening India for the release of medication which has not been proven to be the cure and only after India had lifted the ban on the export of the medicine which is normally dispensed for malaria.

We also have Modi who spent a great amount of time to politicise the virus instead of protecting the medical personal the largest of whom have not been given personal protective equipment. He had also overseen under resourced centres for testing. These exposures of their dismal leadership qualities may not see them removed from office as their followers will still be blinded by narrow nationalistic viewpoints despite these views being exposed by the pandemic as unworkable and against the natural disposition of humankind.

Unsurprising certain people has seen an opportunity to profiteer on the fear, misery and discomfort the people are experiencing. All this thought of profiteering amid an unprecedented wave of goodwill displayed by millions of people throughout the world. We have Bill Gates and his wife who are promoting most vigorously within the corridors of power to force a global compulsory vaccine.

This propagation started even before the outbreak of the pandemic. This was done at a WEF forum where the prediction (now realised) a few months prior to the outbreak. The primary benefactor would be Bill Gates and his wife. In South Africa we have the alcohol industry represented by the Gauteng Liquor Forum (who by the very nature of the outcome of alcoholic consumption supports communal problems) requesting relaxation of the lock down rules in favour of selling alcohol. Who will be the final winner or loser?

In South Africa we have the alcohol industry represented by the Gauteng Liquor Forum requesting relaxation of the lock down rules in favour of selling alcohol. Who will be the final winner or loser?

In a recent European television interview a hedge fund manager callously stated that the only interest he had during this pandemic was to look for opportunities for profit making. Against this background we find that some countries have eliminated profit taking in some sectors of the economy by reducing the interest rate to zero. Despite this step the economies have not dramatically come to a halt.

The religious fraternity has also not been unscathed by this. By and large the religious communities had to make major sacrifices in order to combat this pandemic.

In some cases (Bushiri) still requested that his congregants continue paying the dues despite the difficult times. It should be that the church should come to the aid of the congregants at this time and not the other way around. This attitude comes in the midst where the broader religious leaders and congregants have rallied around the crisis and availed relief on a scale rarely seen globally.

We also find that certain principled positions taken become the tool to settle old personal scores. The language which is generated in these raging debates is not deserving of this fraternity. The first door that the masses would generally knock on in any period of trial is the religious leadership and it is therefore imperative that this door should not only be open but must be clean.

The scientific world too has been exposed. Having sat in a high tower and unreachable because of their perceived status they have been found floundering from one position to the next. In Australia a cure may be in the offing by changing a thirty year old product used for worm infections. This was "discovered" by chance. It clearly reflects that inadequate recording methods have been applied. This being the cornerstone of scientific evidence leads one to shiver.

The only workable answer provided so far is not one based on scientific work but rather one based on eons of traditional methodology. Despite this fact traditional safeguards are being attacked as not having scientific bases despite its proven track record.



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## Quality at its Best



# FAST TO BE HEALTHY

said the PROPHET ﷺ



Physicians today acknowledge the many benefits of fasting that ensure health and the soundness of one's body and mind. Some of these positive points have a direct influence on psychology and physique of the fasting individual. Including those of the digestive systems, such as chronic stomachache, inflammation of the colon, liver diseases, indigestion, and conditions such as obesity, arteriosclerosis, high blood pressure, asthma, diphtheria and many other maladies.

Islam announces fasting not as a negative act of humble contrition or penance, but as a practice possessing scientific significance serving to improve the welfare of body and spirit. Also fasting helps learn self-restraint from moral indecency by controlling two aspects of the human body, which are the root causes of human downfall, namely the stomach and the private parts.

A great deal of ailments originate from stomach indigestion. This is why the Messenger of Allah (ﷺ) says: "The son of Adam will never fill a container with something worse and evil than his stomach. It will suffice him some morsels (food) that will keep him on his feet, otherwise, he should divide his stomach into three parts: one third for his food, the other for his drink and the other third for his breath." (Ibn Hibban)

The saying indicates that the stomach is the origin of harmful bacteria. Stomach and intestines are first to be affected by fasting. They receive a complete rest. If they have been over worked, the rest they receive during the fast strengthens them. Ulcers and inflammation are frequently healed. A distended or prolapsed stomach shrinks to its normal size and resumes its original position. Morbid sensibilities and appetites are overcome.

The stomach is a muscle, and this muscle requires rest like any other muscle in the body. The only way in which the stomach can get rest is to deprive it of food, and when this is done, it at once begins to repair any injury done to it and to recuperate from the excessive work which had previously been thrown upon it.

As soon as the stomach empties, a general re-constructive process

begins. Broken down cells are replaced by healthy ones, being nature's method of repairing the diseased or injured part of the organism. This replacement of tissues means that in time a NEW STOMACH is created - a new stomach in every sense of the word - and this stomach is enabled to digest food for long periods of time unless it too is abused.

The spleen, liver and kidneys derive striking benefits from the fast, though they may have added work thrown upon them during the early days of a fast. An enlarged spleen rapidly reduces in size. Abscesses of the liver and Kidney infections have been completely cured. These results are not surprising when we appreciate the fact that the toxic encumbrance of the liver lessens, it also reduces irritation to the kidneys.

The lungs are the direct purifiers of the blood and they are among the first organs to feel the beneficial effects of fasting. Any congestion of the lungs, is rapidly removed during the early days so that a free and unobstructed passage of air is readily provided and the feeling of clearness and the ability to talk and sing, together with a clearer range and depth of tone are sometimes observed in patients who are fasting.

It has been recently discovered that fasting renews the youth of all the cells of the bodily functions that distinguish youth from old age. Fasting enhances all of man's mental powers. Memory is strengthened and by association, powers of reasoning are improved. And often restores the sense of taste, sometimes entirely lacking or dulled. Inflammation of the bones and the teeth are greatly benefited by fasting.

Fasting is the greatest blood purifier. By the fast, the body burns the most useless and toxic materials contained in the blood stream and body. These non-assimilated food materials and wastes block and choke the small blood vessels and congest the lymph vessels.

Therefore, when you are fasting during the month of Ramadhan or otherwise, you must remember these processes are taking place within the body during the fast giving a rejuvenating and revitalising effect.



# 5 Interesting Facts about the Sword of Hazrat Ali عليه السلام Zulfiqar



The Zulfiqar, also spelled Dhulfaghar, Zolfaaghar, Dhu al-Fiqar, Dhu l-faqar, Thulfeqar, Dhulfiqar, Zoulfika or Zulfikar, is a more or less mystical sword connected to the Prophet Mohammad and his son-in-law and cousin Imam Ali ibn Abu Talib. It seems that the zulfiqar is first mentioned around 800 AD but more prominently in writing that appeared roughly 600 years after Ali might have used it. From whatever it was in antiquity it has mutated to a symbol often encountered in the Islamic world.

Swords were the enduring image of realms, knighthood, valor, and dream. They were likewise one of the world's most old weapons, which were utilized as a part of wars. Middle Easterners were not the first to do as such, but rather their level of expertise in utilizing the sword as a part of wars was considered incredibly radiant. Indeed, even the boldness of tribes was judged on the premise of their effectiveness in swordsmanship.

Hazrat Ali عليه السلام was a prominent swordsman whose aptitudes are as yet being recollected. Clash of Badr, Uhud, Kyber or Khandaq, Islamic history has seen every one of the occasions where the Lion of Allah slew unbelievers with his sword. Zulfiqar is the fabulous sword with which Hazrat Ali عليه السلام was honored by Hazrat Muhammad ﷺ amid a war. Here are more truths about Zulfiqar.

## 1. Meaning of Zulfiqar

Zulfiqar is an arabic word which signifies "cleaver of spine". It was the main sword of that time which had twofold edges.

## 2. Where did it come ?

There are distinctive discernments about the entry of Zulfiqar. Some believe that in the clash of Badr Hazrat Muhammad ﷺ broke a branch of tree and with the supernatural occurrence the branch was changed into Zulfiqar. Few imagine that it was sent by Allah through Hazrat Jibrael عليه السلام when Hazrat Muhammad ﷺ appealed to help Hazrat Ali عليه السلام in the clash of Khandaq.

Some trust that this was the sword of Hazrat Muhammad ﷺ and he talented it to Hazrat Ali عليه السلام. Few trust that it came in the war goods of Badr and with the supernatural occurrence of Holy Prophet ﷺ it was reestablished.

## 3. Praises for this Sword

It is additionally recorded that when Hazrat Ali عليه السلام was killing the unbelievers in the clash of Badr, Khandaq and Uhud, these lines

were being droned by holy messengers in paradise.  
"No Man Is Like Ali And No Sword Is Like Zulfiqar"

## 4. Imam Hussain عليه السلام fought with Zulfiqar in the battle of Karbala

As indicated by a portion of the students of history, it has been checked that after the demise of Hazrat Ali عليه السلام, the Zulfiqar was acquired by Imam Hassan, the more established child of Hazrat Ali عليه السلام and he went on it to Imam Hussain عليه السلام after his passing and in Karbala, Imam Hussain عليه السلام battled with it.

## 5. Where is this sword now ?

Heavenly Prophet ﷺ possessed around 9 swords like Azab, Al Battar, Al Hattaf and from which eight were kept in the Topkapi historical center of Turkey and one in Cairo, Egypt. Be that as it may, Zulfiqar was not discovered anyplace.

Few trust that after Imam Hussain عليه السلام, it was passed on to his children and now Imam Mehdi may have it, or as per a few, it was returned back to Allah. Allah knows best.



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# Psychology Health Coping Skills for the Covid-19 Pandemic

BY SHIREEN ISMAIL

## Religious

- Orientate oneself and family with Divine Time e.g. respect and adhere to the daily Salaah times and auspicious days of the Islamic year
- Co-ordinate life in accordance to the Almighty's will in terms of religious responsibilities, prayer times, free time, preparation for and self-reflection with regards to attaining a quality life which includes good mental and body health, beneficial Islamic knowledge, and hastening to do good deeds.

## Emotional

- It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help.
- If you feel overwhelmed, talk to a healthcare worker or a counsellor. Have a plan of where to go to and how to seek help for physical and mental health needs if required.
- At home, maintain a healthy lifestyle - including proper diet, sleep, exercise, and social contacts with loved ones at home and by email and phone with family and friends.
- Do NOT use smoking, alcohol, or other drugs to deal with your emotions.
- Get the facts. Find a credible source you can trust such as World Health Organisation website or, a local or public health agencies.
- Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.
- Draw on skills you have used in the past that have helped you to manage previous life adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.
- Instead of perceiving staying at home as self-isolation reframe the cognitive thoughts by perceiving staying at home as a means of self-immunisation and self-preservation.
- Maintain positive thoughts about staying at home during this pandemic period such as: -
  - We safe at home
  - We are protecting ourselves, children, family, friends, each other, and community by staying at home
  - It is a noble act to stay at home
  - There are religious, emotional, physical, and social benefits by staying at home.



## CORONAVIRUS

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Alcohol Response Unit	0800 435 787	SAPS National Line	08000 1000
Suicide Crisis Helpline	0800 567 567   0800 456 789	Women Abuse Helpline	0800 150 150
Dr Reddy's Mental Health Helpline	0800 212 213	Childline	0800 069 100
24 Hour Substance Abuse Helpline	0800 325 364	Pharmas Dynamics Trauma Helpline	0800 225 025
Flying Squad	011 234 4857	Ambulance	10177
Coronavirus Hotline	0800 029 999	Asok Ingram Depression and Anxiety Helpline	0800 708 090
Coronavirus WhatsApp	0800 029 3456	HOI "You Decide" Youth Helpline	0800 335 377
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South African Federation for Mental Health	011 751 3552 info@afmh.org	Central Gauteng Mental Health Society	011 984 4038
Thuthuzela Care Centres (for rape victims)	Chris Hani Baro - 011 833 340 Kopong Hospital - 011 428 8182 Mamelodi Day Hospital - 011 841 8413 Tembisa Hospital - 011 923 2180		

Call the COVID-19 Hotline: 0800 029 999 | Web: [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)

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# HEALING REMEDIES FROM THE Sunnah

BY HASINA BEGUM SAYED

Ibn al-Qayyim, the noted Muslim scholar stated that the principles of sound health are three:

- Preservation of good health
- Removal of harmful substances from the body and
- Keeping the body away from harm.

In a modern context this equates to eating wholesome nutritious foods, ensuring balance of quality and quantity, keeping away from things that are toxic and harmful to the body (and in modern society there are many), and striving to detoxify the body from the consequences of bad diet and lifestyle and exposure to harmful elements.

**Black Seed** (Habba-tu Sawda) – KULUNJI, Black cumin, fennel flower. Abu Huraira (رضي الله عنه), narrated that Allah's Messenger (ﷺ) said: "Use this black seed regularly, because it has a cure for every disease except death."

The Black seed is the common fennel flower plant (*Nigella sativa*) of the buttercup family. This herb grows to about 16-24 inches and has finely divided foliage with blue flowers. From this plant, comes a small black seed, which is also known as the blessed seed or black seed, and some call it the Arabian seed because of its habitat. The Black Seed plant is also known by other names, and they vary between places. The Black Seed has been used for over two thousand years. It has been said that the Black Seed should be used regularly because it has a cure for every disease except death.

A special oil is extracted from the seed which is used in the preparation of various medical formulas. It has been used to treat bronchitis and coughs. Also it has been used to help increase body tone, as a digestive tonic, to quell belching, stimulates excretion of urine, dissolves wind, quells colic pain and stomach-gas colic, expels worms, benefits some skin allergies, stimulates menstrual period, and increases the flow of breast milk. If you add a few drops to coffee or tea it can help calm the nervous system, help pertussis, dry cough, asthma, and bronchial respiratory complaints. If you take the Black Seed oil unmixed or undiluted it can produce gripe, and irritate the digestive system. The Black Seed acts as an expectorant by stimulating the body's energy and helping it to recover from fatigue and dispiritedness.

## SIDE EFFECTS

Black seed is a safe and effective herb that can be used by almost anyone. No irritations or side effects are caused when the right dose is correctly applied. Its benefits are obtained through consistent use, the effects are medium to long term. Black seed can be used in the treatment of diabetes mellitus or diabetes caused by an allergy, but it is recommended that the treatment be supervised because Black seed lowers blood sugar levels. Black seed should not be taken by pregnant women.

## Dates

Abdullaah bin Ja'afar reported that he saw Prophet Muhammad (ﷺ) eating fresh ripe dates with cucumber (Bukhari and Muslim). Sometimes he also ate a couple of fresh dates with a drink to sweeten it. He also used to eat a couple of fresh dates for his morning breakfast and before attending fajr prayers. When he did not find fresh dates he ate dried ones.

It is also reported that Allah's Messenger (ﷺ) sometimes ate dates with butter, bread, or alone. Dried dates are moist in the first degree. Many of the benefits of eating dates are prominent for the dwellers of hot climates. As for the dwellers of cold climates, particularly those who are not used to it, eating dates immoderately can cause glaring of the eyes, headache, and damage teeth. These adverse effects can be overcome by eating almonds and poppies.

**Honey:** In it there is a cure for people." – Qur'an 16:69,

## Hot Lemon and Honey

Take the juice of a lemon and squeeze a few tablespoons into a cup. Add a tablespoon of raw, pure honey. Then cover with boiling water. Stir it and then sip it. There is a cure in honey and lemon is a cleanser and a purifier. This mixture is great for sore throats, colds, or just as a general pick me up.

Honey has the ability to absorb and retain moisture, and is an excellent food preservative, and certain varieties of honey are used in treating wounds. (Medicine of the Prophet) Honey should be excluded from the diet of children under the age of one as they are more prone to develop botulism.

Honey contains 35 percent protein (one-half of all the amino acids), and is considered to be a complete food. It is highly concentrated source of essential nutrients, containing large amounts of carbohydrates (sugars), the B-complex vitamins, vitamins C, D, and E, and some minerals. It is used to promote energy and healing. Two tablespoons daily is sufficient. It is twice as sweet as sugar and therefore not as much is needed. Only unfiltered, unheated, unprocessed honey should be purchased.

Honey is a natural source of energy that also offers a unique combination of nutritional benefits. Sugars are the fundamental unit of energy for our bodies. All carbohydrates, whether simple sugars or complex carbohydrates, must be broken down to glucose, or blood sugar, before our bodies can use them as energy. The sugars in honey are primarily glucose and fructose and although the body absorbs them in different manners, both provide the body with quick energy. Recent studies suggest that this unique mixture of sugars which occurs naturally in honey, works best in preventing fatigue and enhancing athletic performance.

For a quick source of energy and to reap the benefits of honey's healthful properties, make honey part of your daily diet along with plenty of fruits and vegetables. Add honey and fresh fruit to low-fat yogurt for an energy-sustaining snack or stir a spoonful of honey into a glass of water before your daily workout.

## Olive Oil (Zaytun)

The olive tree is a blessed one in the Qur'an and an olive branch symbolizes a peace offering.

Abu Huraira narrated that Allah's messenger (ﷺ) said: "Use olive oil as food and as ointment, for it comes from a blessed tree."

Drinking olive oil benefits in the treatment of food poisoning, moves the bowels, and expels intestinal worms. All kinds of oil soften the skin, and slow down the hair graying process. The salted water of preserved olives benefits skin burns, prevents blistering, strengthens the gums, and is good for herpetiform eruptions, and some allergic skin conditions.

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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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# Ramadaan

## HEALTH FAQ'S



Here are some frequently asked health questions about fasting during the holy month of Ramadan.

These answers have been put together by medical experts and Islamic scholars and researchers.

**Should a person with diabetes fast?**

People who have their diabetes under control, either by their diet or using tablets, may fast. However, their GP may require them to change their medication to help them take tablets outside fasting times. Those who need insulin to control their diabetes should not fast.

**I get severe migraines when I don't eat and they get worse when I fast. Should I fast?**

People with uncontrolled migraines should not fast. However, managing your migraines is possible with the right medicine and certain lifestyle changes. Ask your GP for further advice on controlling your migraines.

**Should a person with high or low blood pressure fast?**

People with well-controlled high blood pressure may fast. Their GP may require a change to their medicine to help them take tablets outside fasting times. Someone with low blood pressure who is otherwise well and healthy may fast. They must ensure they drink enough fluid and have enough salt.

**Is fasting harmful when a woman is expecting a baby? Must pregnant women fast?**

There's medical evidence to show that fasting in pregnancy is not a good idea. If a pregnant woman feels strong and healthy enough to fast, especially during the early part of the pregnancy, she may do so. If she doesn't feel well enough to fast, Islamic law gives her clear permission not to fast, and to make up the missed fasts later. If she is unable to do this, she must perform fidyah (a method of compensation for a missed act of worship).

**Is Ramadan a good time to quit smoking?**

Yes. Smoking is bad for your health. Ramadan is a great opportunity to change unhealthy habits, including smoking. Find out more about stopping smoking.

**From what age can children fast safely?**

Children are required to fast upon reaching puberty. It isn't harmful. Fasting before this age is tolerated differently depending on the attitude of the parents and the child's general health and nutrition.

Fasting under the age of seven or eight isn't advisable. It's a good idea to make children aware of what fasting involves and to practise fasting for a few hours at a time.

**Can I use an asthma inhaler during Ramadan?**

Muslim experts differ on this issue. Some say that using an asthma inhaler isn't the same as eating or drinking, and is therefore permitted during fasting. In their view, people with asthma can fast and use their inhalers whenever they need to.

But other scholars say that the inhaler provides small amounts of liquid medicine to the lungs, so it breaks the fast. They say that people with poor control of their asthma must not fast until good control is achieved. Some people with asthma may opt for longer-acting inhalers so that they can fast. See your GP for further advice.

**Can I swim during fasting?**

Yes, but do not drink the water. A bath or shower or swimming has no effect on the fast. But no water should be swallowed during any of these activities as that would break the fast.

**Can a person fast if they are getting a blood transfusion in hospital?**  
No. A person receiving a blood transfusion is advised not to fast on medical grounds. They may fast on the days when no transfusions are required.

**I am on regular medication. Can I still fast?**

If the medicine needs to be taken during fasting, do not fast. If this medication is required as treatment for a short illness, you can compensate for missed fasts by fasting on other days when you are well.

If you are on long-term medication then you could talk to your GP about whether you could change your medication, so that you can take it outside the time of the fast.

If your disease is unstable or poorly controlled, do not fast. Those who are unable to do the missed fasts later, due to the long-term use of medication, should do fidyah.

**Does a breastfeeding woman have to fast?**

No. Islamic law says a breastfeeding mother does not have to fast. Missed fasts must be compensated for by fasting or fidyah once breastfeeding has stopped.

**Can a Muslim patient take tablets, have injections or use patches while fasting?**

Taking tablets breaks the fast. However, injections, patches, eardrops and eyedrops do not break the fast as they are not considered to be food and drink (though there are differences of opinion among Muslim scholars on these issues). Islamic law says sick people should not fast.

**Could dehydration become so bad that you have to break the fast?**

Yes. You could become very dehydrated if you do not drink enough water before the fast. Poor hydration can be made worse by weather conditions, and even everyday activities such as walking to work or housework. If you produce very little or no urine, feel disoriented and confused, or faint due to dehydration, you must stop fasting and have a drink of water or other fluid. Islam doesn't require you to harm yourself in fulfilling the fast. If a fast is broken, it will need to be compensated for by fasting at a later date.

**Can I fast while I have dialysis?**

People on peritoneal dialysis must not fast and should perform fidyah. Haemodialysis is performed about three times a week and causes significant shifts of fluids and salts within the body. Such patients must not fast and should pay fidyah.

Source: <http://www.nhs.uk/Livewell/Healthyramadan/fastinghealthrisks>

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# Love Al-Quran

BY SHIREEN ISMAIL

Islamic Tradition states that it was during the month of Ramadan, on the Night of Power (Laylat Al-Qadr) commemorated within the last 10 nights of Ramadan usually the 27th night, that Allah (ﷻ) revealed to Prophet Muhammad (ﷺ) the Qur'aan, Islam's Holy Book. The Qur'aan itself testifies the Holy Book's Divine authentication as stated in the following verses, "That Sublime Book (Qur'aan) in which there is no doubt, in it there is guidance for the God-fearing, (S2 V2).

"And undoubtedly, this Qur'aan has been sent down by the Lord of the worlds, (S26 V 192). The trusted spirit has descended with it, (S26 V193). On your heart that you may warn, (S26 V194). In bright Arabic language, (S26 V 195). These are the verses of the Book of Wisdom, (S31 V2). They are guidance and mercy for the righteous, (S31 V2). Therefore, worship God, being sincere to Him in obedience, (S 39 V 2). This is a revelation from the Most Affectionate, the Most Merciful, (S 41 V 2). A Book whose Verses have been fully explained, a Qu'raan in Arabic, for the people who understand, (S 41 V 3). Indeed, it is a Glorious Qur'aan, (S 85 V21). Verily, it (Qur'aan) is a decisive discourse, (S 86 V 13)".

The unveiling treasure of Divine Love was first known by the words of love, "Read in the Name of your Lord" revealed to Muhammad (ﷺ) by the Lord of the Universe. The Divine Love was initially in the form of truthful dreams to Muhammad (ﷺ) which ignited within his being a love for seclusion, worship, meditation and reflection in the Cave Hira situated on the Mountain of Light near Mecca, Saudi Arabia in 610 CE.

It is here in the Cave Hira that the beginning of the Prophethood of Muhammad (ﷺ) occurred when Allah (ﷻ) sent the Angel Gabriel (ﷺ) to instruct and command Muhammad (ﷺ) to "Read!".

The Prophet (ﷺ) replied, "I am not one who reads" and the Angel squeezed him till he could not bear it. By the third occasion the Angel read the following words, "Read! In the Name of your Lord Who created. He has created man from a clot. Read! And your Lord is the Most Generous. Who has taught by the pen. He has taught man that which he knew not", (Ibn Kathir S96 V1-5).

Prophet Muhammad (ﷺ) with a trembling heart returns home to his beloved wife Khadijah (ﷺ) and relates his experience and says, "wrap me up, wrap me up! I fear that something may have happened to me." Khadijah (ﷺ) comforts Muhammad (ﷺ) with loving words, "Never! By God. God will never disgrace you. You keep good relations with your relatives, you speak the truth, you help the poor and the destitute, you serve your guests generously and you help the deserving, calamity afflicted people,"

The Revelation of the Book of God and the Prophethood of Muhammad (ﷺ) was confirmed by Khadijah's (ﷺ) elderly cousin Waraqah bin Nawfal who during the dark period before the advent of the religion of Islam scribed the previous Scriptures in Arabic. Waraqah bin Nawfal informed them that An-Namus, the keeper of secrets, meaning The Angel Jibraeel (ﷺ) has come to reveal the Holy Book called Al-Quran which is to be transmitted through the heart of the chosen Prophet (ﷺ) to the entire humanity.

## Poem for Children

"I am a book, an encyclopaedia, a constitution, a diary, an adventure, a mystery and the ultimate discovery.

I can tell you about migration, irrigation, astronomy, technology, biology, philosophy, geography and also gynaecology.

I can tell you that iron comes from the sky, mountains are pegs that sturdy the Earth, even before scientists discovered these theories.

I am a story book that tells tales of adventure and love, stories of great people, places and times. Of maidens so fair and villains that scare.

I can tell you how to solve problems and show you the answers to all questions.

I am a book with laws and orders, of justice and mercy.

I can teach you economics, physics and can you believe even mathematics.

I show you case studies and paths to follow.

I am your companion, your guide, your friend and your life's hand-book.

My chapters are many and a solution for every need.

When you are hungry and sad, despondent and wary, Surah Waaqia will fill your belly and show you the path clearly.

When your needs are many and stresses are too heavy, then Surah Ya'seen will fulfil those needs and make your load less heavy.

When you are scared and full of worry, then Ayat al Kursi is there to protect you and give you strength and bravery.

When you are burning with fever and aching with pain, I am not only your homeopath but Surah Faatiha will provide treatment for all pain and make you less teary.

When Moms are scared as childbirth draws near, then Surah Mariam offers comfort and helps them take care.

And when you spiritually fear the end is near, then Surah Ka'af is there to help you fare.

I am the most widely read book on Earth and the greatest of miracles.

Do you know of any book that has been memorized cover to cover by millions?

You can find me in paperback or hard-cover, in large print or small.

I am even colour coded so that I can be read with great ease by all.

I can be read in a variety of tones, from soft to loud and with the most melodious of tunes.

I have travelled a great distance to be in your home; from the greatest of Authors in the heavens above, through to the most superior of creations, via the blood of the most unique companions and thankfully, through the zeal for knowledge of the pious predecessors.

Who am I? I am Al Quran al Hakeem, your guide to Siraat al Mustakeem.

So open me, read me, and ponder over me.

Love me, cherish me and I promise never to forsake thee."

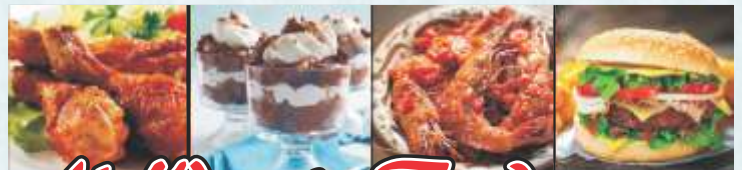


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# Important aspects of Zakaat

BY MOULANA ASLAM SULIMAN



In this article, I would like to share some important information on Zakaat as in the month of Ramadaan majority of the Muslims discharge this Fard to gain maximum benefits.

Zakaat is a pillar of Islam. It is not a tax but an Ibaadat (act of worship). Ibaadat in Islam is of two types ie Bodily Ibadat and Financial Ibadat. In the Quraan, we see the authority of Salaah ( Bodily Worship ) appears with the hukm ( law ) of Zakaat ( Financial Worship ).

The literal meaning of Zakaat is:- to grow or to increase. According to Shariah, it means to discharge a portion of one's wealth ( ie 2.5% ) to a poor or needy person with the NIYYAT ( intention ) of gaining the pleasure of Allah. Zakaat is WAAJIB on every Free, Muslim, Sane and Mature person who has reached the threshold ( NISAAB ) amount for that year. An important Law here for our readers is that the NISAAB must exclude HAAJAT E ASLIYA ( ie basic necessities eg. House, clothes, utensils, fridge, stove, bed etc. when calculating Zakaat.

Allah says in the Holy Quraan:- Surah 3 Verse: 93- " You can never attain goodness until you spend in the path of Allah from that which you love the most. And whatever you spend ie in the path of Allah, surely Allah has full knowledge of it."

Islam has emphasized the importance of exercising a "merciful heart" towards the creations of Allah. In Mishkaat Shareef, a hadith teaches us that there was a sinful lady that passed by a well when she seen a thirsty dog in dire need of water. This lady used her shoe and scarf and gave that dog water. As a result of this act, she was forgiven of her SINS. It was asked that in the services of animals too, are there rewards and blessings? It was told that in the service and mercy of every living thing, there is reward and blessings.

Rasulullah (Sallallaahu Alayhi Wasallam) has said, "Protect your wealth with Zakaat and treat your sick ones with charity and counter the waves of calamity with Du'aa and humility."

Some important Questions relating to Zakaat:-

Q:- How does one take out Zakaat on an Investment Fund registered on the Stock Exchange?

A:- Firstly, one should ensure that the Investment Fund registered on the Stock Exchange is Shariah compliant ie an investment which is free

from Liquor, gambling, clubs, haram restaurants or food outlets that serve Pork etc. Secondly, in order to discharge the Zakaat, ascertain the market value of the shares or investment and take out the 2.5% for Zakaat.

Q:- What is the Law of Zakaat regarding Provident / Pension Fund ?

A:- There are two types:- ie Voluntary and Compulsory. If an employee voluntarily contributes towards such funds, he has to pay Zakaat every year on the total amount of premiums he had contributed eg R 200 a month x 12 months= R 2400 – then take out 2.5% of R 2400 ie R 60.00 . When the Funds expires and he receives lump sum into his account, he will still have to take out Zakaat again after 12 months. If an employee is dutybound or it's a compulsory Pension or Provident Fund, there is NO Zakaat on an annual basis rather when he receives the Lump Sum Payout that is kept in his possession with him for a twelve month period, Zakaat will have to be discharged.

Q. Zaid owed Bakr R 5000.00 as a Loan which he took. Can Bakr at the time of discharging his Zakaat waive the loan repayment by telling Zaid its ok no need to repay the Loan, take it as Zakaat?

A. No, Bakr cannot do that as the intention was solely at time of passing the wealth over for a Loan. One of the conditions of discharging Zakaat is Tamleek (ownership of the Zakat Funds ). Loan is a different aspect compared to Zakaat. Bakr must give Zaid his Zakaat for that year ( ie if Zaid is entitled to receive Zakaat ). Upon receipt of the Zakaat, Zaid can then repay his Loan to Bakr. In this way Zaid's Zakaat would have been paid and Bakr's Loan would have been settled.

Q. What is the NISAAB on Gold and Silver ? Do I have to take out Zakaat on Platinum or Tanzanite Jewelry my husband bought me ?

A. The NISAAB for Gold is 87,48 grams and Silver is 612,36 grams. There is NO Zakaat for platinum or Tanzanite Jewelry products.

Q. Can Zakaat be given to one's inlaws? Also what is the law concerning one's brothers, sisters, uncles and aunts?

A. According to Shariah, it is permissible to give Zakaat to one's father-in-law, mother-in-law, son-in-law, daughter in law and so on. One can also give Zakaat to one's brother, sister, uncles and aunts. However, one is not allowed to give Zakaat to one's Parents, grandparents', ones' children, ones' grandchildren nor to one's spouse.

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# PRESIDENT ALPHA CONDE OF GUINEA SHOULD DO THE RIGHT THING AND QUIT

BY: Dr MUSTAFA MHETA - MRN

At a time when the world is locking down due to the Covid-19, Guinea is busy fighting street battles with security forces who are trying to force people to vote in a referendum which is irrelevant in the face of the pandemic threatening the world. The incumbent President Conde wants to extend the presidential term limits and stand for a third term. So far, the Guinean government is busy concentrating on elections rather than the more serious issue of Covid-19 which has been declared a pandemic by the WHO. At a time when mass gatherings should be limited or banned altogether, Guinea is letting its youth out on the streets to protest.

However, contrary to all international norms and standards, the elections were held on Sunday 22nd March 2020. Apparently, the electorate voted to back the highly contested new constitution, the country's electoral body announced on Friday. This must be a blow to President Alpha Conde's opponents who fear the reforms are a ploy to extend his grip on power. The proposal to change the constitution was hugely controversial in the West African state, spurring mass demonstrations in which at last 32 people were killed, according to an AFP tally.

Independent National Electoral Commission president, Amadou Salifou Kebe, told reporters that 91.59 percent of ballots cast, were in favour of adopting the new constitution, while 8.41 percent were against. Turnout was 61 percent, he added, saying that these were provisional figures.

The elections were originally planned for March 1 but was postponed until March 22 because of international criticism of its fairness. In Africa, a winning margin of this gap is always viewed with deep scepticism, giving rise to allegations of vote rigging and manipulation of the results.

The authorities went ahead with it after scrubbing some 2.5 million unverifiable names from its electoral register, following advice from the Economic Community of West Africa States (ECOWAS).

Election day was marred by violence, with scores of polling stations ransacked across the country and, according to the country's political opposition, dozens killed. Authorities have said only a few deaths occurred on polling day, and that the voting took place in peace. In a sign of impatience with Conde's government abroad, however, France, the United States, and the United Nations have all expressed their reservations about the vote on March 22. France, the former colonial power, condemned election-related violence in Guinea this week and said the vote was not credible.

The United States also said this week that the situation in Guinea was worrying and that it shared international concerns about the fairness of the vote, and the lack of political dialogue surrounding it.

The United Nations' special representative to West Africa, Mohamed Ibn Chambas, released a statement too, saying he was following developments "with great concern". Eric Humphrey-Smith, a senior analyst at risk consultancy Verisk Maplecroft, said the election outcome was "no surprise," but that the scale of the president's win was. "The result is a victory for Conde, allowing him to stand for that prized third term," he said.



This kind of irresponsible behaviour by the government of Guinea should be categorically condemned by the African Union (AU), ECOWAS and the United Nations (UN). How can a leader be so careless of the entire country's health and worry about his stay in power? A glance of TV screens across the world today, show cities that have been deserted and emptied of their inhabitants due to partial or complete shutdowns that have been imposed by governments to protect their citizens from Covid-19. And here is an African country with a power-hungry leader who dreams of perpetually being in power and cares less about the health of his nation and more about his insatiable desire to satisfy his greed. To run a referendum requires millions of dollars. Wouldn't that money be better used to protect against Covid-19?

Surely, President Conde's priorities are not well set. He represents the kind of leaders that Africa needs to get rid of. At this time, the President should have been seized with the opportunity of thinking about how to protect the people of Guinea from this pandemic rather than going for a referendum to seek a third term in power. President Conde has been in power for a long time. He has done his bit. It is time for him to relinquish power to the younger generation of leaders to take over and move Guinea forward. This curse of elder African leaders not wanting to leave power seems to be widespread. President Paul Kagame of Rwanda, President Yoweri Kaguta Museveni of Uganda and President Pierre Nkurunziza of Burundi come to mind. All these leaders have tempered with their national constitutions in one way or another in a bid to extend their stay in office. In Cameroon, the incumbent President Paul Biya is still standing for elections despite his advanced age.

Why do African leaders not want to retire when the constitution mandates it? The answer might be that the majority of them have committed crimes during their time in power and are afraid it might come back to haunt them. Fear of what they have done while in power is the main driving force behind their not wanting to leave power. I think another contributing factor is that many of these leaders marry young wives who are seized with the opportunities brought by power, that of fame and pomp. These first ladies are not making things easy for these old presidents, and I think they exercise far too much influence on their husbands and have increasingly become too greedy to say the least. I call upon the young first ladies of Africa to advise their husbands that their time to retire has come. They should resign and allow the new leadership to run the country. They should concentrate on leaving a legacy for future generations from which the country will benefit.

We call upon President Ramaphosa, the current chair of the African Union (AU) to impress upon his colleague President Conde, not to embark on this disastrous path and urge him to put the people of Guinea first. He should immediately call off the so-called referendum and instead concentrate on the much pressing Covid-19 pandemic and save the lives of the people of Guinea.

Conde is a good example of the generation of African leaders who have failed to shed the shackles of their colonial/slave masters. In 2020, Africa does not need this kind of leaders. We need to move with the times or else we are doomed as a continent!



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# Laylatul Qadr

BY MOULANA SHAH FAISAL KHAN

Question 1- What are the blessings of Laylatul Qadr?

Answer 1- Alhamdulillah, the blessed night of Qadr in the blessed month of Ramadhaan has many blessings. Sayyiduna Ismail Haqi ؑ has stated, "This is a night of peace, people are protected from many troubles such as illness, evil, calamities, storms, thunders, lightning and other things. In fact, everything that descends in this night contains peace, benefit and goodness. In this night the devil cannot make people do evil and no magician's magic work, this night is full of peace."

[Ruh-ul-Bayaan Vol 10 page 485]

Sayyiduna Ubayd ibn Imraan ؑ said, "One night while I was making Wudhu at the Red Sea, I tasted the water which was sweeter than honey. I was extremely surprised. When I told Sayyiduna Uthmaan ؑ about it, he said, 'Oh Ubayd, it would be Laylatul Qadr'. He further said, 'Whoever spends this night remembering Allah it is as if he worshipped for more than a thousand months and Allah will forgive all his sins.'"

[Tazkira-tul-Wa'izin Page 626]

Question 2- What are the signs of Laylatul Qadr and why was Laylatul Qadr kept a secret?

Answer 2- Sayyiduna Ubadah bin Samit ؑ asked the Noble Prophet ﷺ about Laylatul Qadr. Rasoolullah ﷺ replied, "Laylatul Qadr is in the odd nights of the last ten days of Ramadhaan, i.e. 21st, 23rd, 25th, 27th, 29th or the last night of Ramadhaan, whoever worships in this night with faith in order to earn reward will be forgiven for all his previous sins."

Some of its signs are as follows:

- \* the night will be open, bright and extremely clear
- \* it is neither too hot nor too cold
- \* the weather is quite normal on this night
- \* the moon is clearly visible
- \* the devils are not struck with stars the whole night.

One of the reasons why Laylatul Qadr was kept a secret, because it is as if Allah says, "I kept this night a secret so people would struggle hard to acquire it and earn reward for their struggles."

Question 3- What should you do on Laylatul Qadr?

Answer 3- Mother of the Believers Sayyidatuna Ayesha Siddiqah ؓ narrated that she asked the Prophet of Mankind, the Peace of our hearts and minds, Most Generous and Most Kind, ﷺ, "Ya Rasoolullah ﷺ! what should I recite if I find Laylatul Qadr?" The Holy Prophet ﷺ replied, "make this Dua:

**Allahum innaka A'fuwun Tuhibbul Afwa Fa;fu Anni**

**اَللّٰهُمَّ اِنَّكَ اَعْفُو تَحِبُّ اَلْعَفْوَ فَاعْفُ عَنِّيْ**

O Allah You are Most Forgiving, You love Forgiving, therefore forgive me

# RAMADAAN'S Heroes

Ramadaan marks the wisaal (death anniversaries) of many sacred personalities, including Bibi Fatimah az-Zahra ؑ the saintly daughter of the holy Prophet ﷺ, and his most honoured wives Bibi Khadija-til-Kubra ؑ and Bibi Aa'isha Siddiqah ؑ. The three are considered the most virtuous and excellent of all women since the arrival of Allah's final Messenger ﷺ, whose achievements exerted no small influence on the future of Islam.

The 21st Ramadaan is widely celebrated in honour of another great personality, Sayyidina Ali ibni Abi-Talib ؑ, the 4th Khalif and one of the most revered from the family and companions of Hazrat Muhammad ﷺ.

The Martyrs of Badr sacrificed their lives in Islams first holy war, and are exalted till eternity in the pages of the holy Qur'an, for the occasion described as 'Youmul Furqaan'. This sacred day falls on the 17th of Ramadaan (co-inciding with the wisaal of Bibi Aa'isha ؑ).

It is considered virtuous to remember these noble, saintly, pioneers of our religion, with prayers, discussions or lectures, and any good deed as a token and blessing upon their souls! May Allah reward them endlessly and enshrine their legacy in our hearts!

## THREE ASHRAS OF RAMADAAN AND THEIR DUAS

### 1. First Ashra - Days of Mercy

**Rabbigh Fir war ham wa Anta Khairur Rahimeen**

**رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِمِينَ ط**

O ! My Lord forgive and have Mercy and  
You are the Best of Merciful

### 2. Second Ashra - Days of Forgiveness

**Astagh Firullah Rabbi Min Kulli Zambiw  
Wa Atubu Elay**

**اَسْتَغْفِرُ اللهَ رَبِّيْ مِنْ كُلِّ ذَنْبٍ وَّاَتُوْبُ اِلَيْهِ ط**

"I seek Forgiveness from Allah, my Lord,  
from every sin I committed"

### 3. Third Ashra - Days of Seeking Refuge

**Allahumma Ajirni Minan Naar**

**اَللّٰهُمَّ اَجِرْنِيْ مِنَ النَّارِ ط**

"O Allah! Save me from the Hell - Fire."



# INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

**Makkah, SAUDI ARABIA** The government has asked pilgrims worldwide to defer their plans for the annual Hajj in July, when nearly 2.5 million pilgrims were expected. "Saudi Arabia is fully ready to serve pilgrims and Umrah seekers," Minister Mohammed Saleh Benten told the state-run Al-Ekhbariya television. "But under the current circumstances, as we are talking about the global pandemic... the kingdom is keen to protect the health of Muslims and citizens and so we have asked our brother Muslims in all countries to wait before doing Hajj contracts until the situation is clear."

**Islamabad, PAKISTAN** - The government has decided to conditionally allow congregational prayers in mosques during the holy month of Ramadan. The decision was made during a meeting that involved religious scholars and top government officials chaired by President Arif Alvi in Islamabad. No carpets will be laid on the floors of mosques and worshipers will keep a distance of six feet apart while praying. Those coming to the mosque will be required to make ablution at home and wash hands for 20 seconds before going to the facility wearing faces masks. Children and those older than 50 year of age, including those with conditions like flu, fever and a cough would not be allowed in the mosques for prayers, said Alvi. The government will have the option to review the decision if precautionary measures are not followed or if there is a sharp increase of coronavirus cases.

**Gaza, PALESTINE** -Aid organisations have called for increased international support amid alarm about the humanitarian impact of the COVID-19 outbreak in the West Bank and Gaza. The Palestinian health system is already fragile and has a severe shortage of the most urgent equipment necessary for containing the spread of COVID-19 and its treatment. Due to the severe implications of the Israeli blockade of the Strip and due to the lack of Palestinian political unity, Gaza's healthcare system is in a desperate state. Overcrowded areas and refugee camps in the West Bank and Gaza are under particularly high risk from a spread of COVID-19.

**Damascus, SYRIA** - The risk of the COVID-19 pandemic having a devastating impact on war-torn Syria is intensifying, where six million are displaced, living in conditions that make them particularly vulnerable to the deadly virus, according to Najat Rochdi, the Senior Humanitarian Advisor to the [UN Special Envoy](#) to Syria. Throughout Syria, she said, efforts are being stepped up to prepare laboratories

and isolation wards and to raise public awareness of [COVID-19](#) mitigation and prevention measures. Health facilities and selected intensive care units are being prepared and communities most at risk identified.

**Ankara, TURKEY** - Infection figures at the time of going to print suggest [Turkey](#) has the fastest rising number of confirmed cases in the world. President Recep Tayip Erdoğan, has resisted calls by doctors' unions and opposition politicians to order people to stop going to work and stay home, insisting that the "wheels of the economy must keep turning". The government has gradually increased measures to combat the virus, including people under the age of 20 and over 65 being subject to curfews, and troop movements in neighbouring [Syria](#) have been limited to fight the pandemic.

**Delhi, INDIA** -There has been increasing local and international condemnation of rising anti-Muslim sentiments and Islamophobia within India's political and media circles and on social media platforms on the basis of claims blaming the Muslim minority for the outbreak of the coronavirus epidemic in the country. The issue was sparked by the deaths of a number of people and hundreds of infections of delegates from all over the country and abroad at a Tablighi Jamaat gathering last month.

**Paris, FRANCE** - In Europe, there have been hugely divergent reactions, including in countries like France, where the burkha was banned because of concern that terrorists could hide behind face coverings. Now the entire country is being asked to wear masks. Elsewhere in Europe, in Germany and the Netherlands, the Azaan reverberated from loudspeakers that were previously prohibited in a bid to support the Muslim communities amid the coronavirus (COVID-19) pandemic. Muslims in the United Kingdom can now listen to Friday prayers broadcast on 14 BBC local radio stations for the first time.

**London, UK** - The National Zakat Foundation has said it has received the highest number of applications for support in a single day as the need for Zakat amongst British Muslims rises sharply amid the coronavirus crisis. It said on April 10 it had the busiest day in its history, with 166 people reaching out for help. The Organisation noted that more people are falling into poverty, while those already struggling to make ends meet are being hit hardest by the crisis.

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