



QADRI OR CHISHTY?

The story of how Khwaja Nizamuddin got the title of "Mehboobe Ilaahi" has been revered for centuries, as is the title "Ghausul Azam", attributed to Sheikh Abdul Qadir Jilani (RA).

These undeniably great personalites of Islam are honoured this month with urs celebrations throughout the world. No emphasis of the fact that they represent different spiritual orders, and their personal accomplishments are not the same.

Certainly views and opinions don't always agree. People seldom totally agree on any subject. That the "friends" of Allah do and did exist is indisputable because Allah says so. Their importance to the religion is perhaps better reasoned by a saying attributed to the Prophet (**), who commented, "My companions are like the stars. Whichever one of them you choose to follow you will be guided!"

The description of the companions like stars could be emphasising their vastness in number, or it could be referring to their positioning, a boon to travellers those days when you mapped a journey by the positioning of the stars.

The message is clear. If you follow a companion of Muhammad (ﷺ), you are promised guidance.

This should also be the thinking in the Sufi world. It is senseless arguing the excellence of one Wali over another, because the final say on that belongs neither to Wali or follower, but to Allah. Some narrations describe the Auliya as Allah's secret, and that only He can identify them. On contesting the merits or superiority of a silsila, actually all the proven chains lead up to the Holy Prophet (*), the ultimate guide and teacher for mankind, the head of all the Tarigas.

As is the case with the Messenger (**), all the outpourings of love and devotion can result in a perfect bond if the relationship includes obedience. Respect itself is negated by Disobedience. In any Relationship the absence or lack of respect negates the relationship.

Relationships for guidance to Allah also demands the correct outlook and attitude towards the teacher or commander-in-charge. To truly love the Auliya (the Siddeeqeen, the Shuhada and Saaliheen), requires the devotee to submit to the ethos and teachings of that saint.

Foremost consideration is shown towards total surrender in the judgement and will of the sheikh, followed by humility. Determination and Patience. Consistency in doing good actions. Contentment and Gratitude. But the greatest is Truth and the effort to apply to it through the admission gate of Sincerity.

This is but a tiny glimpse of the circumstances in the spiritual and gnostic world and we remain indebted to these masters of old (Khwajegaan) who struggled against their nafs (lower self), external hardships, and stood up against the shaytaan, to pass down Divine guidance to ourselves and our future generations. May Allah preserve their pathway!



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HAZRAT ABDUL RAZZAQ JILLANI

Sultan ul Faqr (4th)

The Fourth Sultan-ul-Faqr Hazrat Shaikh Abdul Razzaq Jillani Rehmat-ul-Allah Alayh is the son of Ghaus-ul-Azam Shaikh Abdul Qadir Jillani Razi Allah Anhu. He had been blessed with the Faqr of Ghaus-ul-Azam through blood as well as soul. Ghaus-ul-Azam Shaikh Abdul Qadir Jillani transferred all his spiritual knowledge and powers to his son, so he was the mirror image of his father.

Hazrat Shaikh Abdul Razzaq Rehmat-ul-Allah Alayh was born in 528H (1133 A.D) in Baghdad. He was not only brought up in the sacred hands of the king of Faqr Hazrat Ghaus-ul-Azam Razi Allah Anhu, but also got religious and spiritual education, persuasion and guidance from him. He also benefited from the other scholars of his time.

Allama Ibn-e-Najjar writes about him that "he got the knowledge of Hadith from his father and also from a very learned group of scholars, he also acquired much knowledge due to his own intellect and hard work". Being a great jurist and scholar of Hadith he got the title of "Taj-ud-Din" meaning "the crown of religion".

Humbleness, endurance, morality, modesty and dignity were some of his prominent attributes. He was also known for his piousness, virtuous deeds, abstinence and mysticism. He usually liked solitude and spent most of his time in prayers and invocations, he only met people for delivering sermons and lectures. A large number of people benefited from him and many of them became great scholars and perfect mystics. Hafiz Ammad-ud-Din Ibn-e-Katheer writes, "Hazrat Pir Abdul Razzag Rehmat-ul-Allah Alayh was perfectly accomplished mystic, ascetic and pious person. No one among the children of Hazrat Shaikh Abdul Qadir Jillani (📥) was more learned and accomplished than him. He rejected worldly riches, status and high posts. He was least interested in worldly pleasures and always looked forward to the hereafter. He listened and learned Hadith from many scholars and many people learned Hadith from him".

A tradition of Hazrat Abu Zura'a Zahir Bin Al-Muggadas Al-Dari is related in "Bahijjat-ul-Asrar" about the great love of Shaikh Abdul Razzaq Jillani with Almighty ALLAH and his grand status of Divine propinquity. He states that once he was present in the sermon of Ghaus-ul-Azam (🍇). During the sermon he said, "today a few such people are also present here who live across the mountain of Qa'f Qudas, their footsteps are in the air, their cloaks and the crowns of love of ALLAH on their heads are burning due to the extreme fire of Divine passion". Shaikh Abdul Razzaq was sitting close to the chair of Ghausul-Azam (๑), listening these words of him he rose his head and gazed at the sky, in a moment his cloak and turban started burning and he fainted. Hazrat Ghaus-ul-Azam (*) rose up and put the fire out with his hands saying "Oh Abdul Razzaq you are also one of them". Abu Zura'a says that "after the sermon I asked Shaikh Abdul Razzaq about the incident. He told that when he gazed at the sky he saw some celestial spiritual people in the air whose cloaks and turbans were blazing with the extreme fire of Divine passion and they were circling and dancing in the air, they were thundering like clouds with the ache of Divine love. Seeing them he also felt the same".

Shaikh Abdul Razzaq Jillani Rehmat-ul-Allah Alayh passed on the Trust of Faqr to his grand son Shaikh Abdul Jabbar Jillani Rehmat-ul-Allah Alayh.

There is a contradiction in the date of his death. Some has written Shawal 603H and some say that it is Rabi-ul-Awal 571H. His tomb is besides the tomb of Imam Ahmad Bin Humble Rehmat-ul-Allah Alayh near Baab-e-Harm in Baghdad. Both these tombs have become extinct due to the flow of river Dajla. Hazrat Shaikh Abdul Razzaq Rehmat-ul-Allah Alayh has also written a book "Jala-ul-Khawatir".

BIRTH OF THE NEW MOON FOR JAMADI-UL-AWWAL 1438 SAT. 28 JANUARY 2017 @ 02:08





Äl Kauŝar Pāgè 3

BACK TO SCHOOL

By Umme Ammarah

Schools are about to open and you're probably feeling excited and maybe a little sad that holidays are just about over. Back to School comes with a barrage of projects, homework, sports practice and of course a day filled with pickups and drop offs.

"The roots of education may be bitter, but the fruit is sweet"

Back to school time also means adjustments for children and families; the first day of grade one, new schools, new classrooms, new teachers and for adults sometimes new jobs.

Change is sometimes exciting and sometimes frightening, but this can also be an opportunity to set new goals. It's is a new year, 1438 of the Hijri Calendar and each year goes so fast like a quick turn of a page. This is why planning and setting goals is so important. As Muslims all our plans should be aimed at achieving our final goal which is to please our Creator Allah Ta'ala.

"He who fails to plan, plans to fail!"

Here are a few points to keep in mind when planning for this year.

- · Niyyah: Our intention before doing anything is very important. The Messenger of Allah(peace be upon Him) has said "Every deed is judged by its intention." (Hadith-Bukhari) Plan and do lots...but it must be ONLY to please our Allah.
- Dua: Everyone of us needs to ask and pray to Allah Ta'ala daily for all our needs. A very beautiful dua that The Beloved Messenger of Allah (Peace be upon Him) made whenever he left his home "In the name of Allah, I trust in Allah, oh Allah I seek refuge in You from straying or being led astray or against slipping or being caused to slip or doing injustice or injustice being done on me or doing wrong or having wrong done to me." (Hadith-Abu Dawud)
- · Make attainable goals: Sets goals realistically and intelligently. Set goals that are attainable. Most important Make Deen the priority in our lives. Monitor your progress and place reminders and back your resolutions with planning.
- · Family time: Set aside quality time for them. Be interactive. Listen to them and pay attention to them when they call on you. Engage them in Taleem (Educational programs), for the smaller ones also read Islamic stories and even make it a practice to discuss the day's events with them. There is NO SUBSTITUTE for pa rental guidance and supervision.
- "Your children need your presence more than your presents"
- · Homework: Turn off the T.V, WhatsApp, Facebook and other social networks... put away your concerns and concentrate on being a parent. Look through your child's homework diary as your child's teacher uses this as a main connection between you and the school.
- "Don't do homework for them, Do it with them!"
- \cdot Daily routines: Let your child be involved in the small

things like packing lunc h, laying out clothes(uniforms) etc this teaches them responsibility. Start bed time routines a week before school starts. Ensure punctuality in Salaah(prayers). Read your duas together in the morning and evening. Make going to and from school educational by reciting duas collectively in the car. In a short time they will memorize the duas for protection and of travelling.

- · Educational goals: Plan big! Enrol your kids for the best available Islamic Educ ation...enrol your kids for Hifdh (memorisation of the Qur'an). You may have also realised how weak your Islamic knowledge is. Make time to attend some Islamic classes, or sit for Taleem Halqa at the Masjid. Ladies can join the weekly taleem (educational) programs in their area. Consult with your local Islamic Scholars regarding suitable Islamic educational programs.
- · Identify your career goals: Choose your curriculum carefully and wisely. Maybe you always talked about making the career switch to a more Halaal (pure) source of income or adjusting your work times for salaat with jamaat (congregation). You may need to adjust your times so as to spend some quality time with your family. Whatever your reasons maybe, identify a career that will benefit your family both in this world and the aakhirah(hereafter).
- · Wake up every day with a purpose: We wake up often knowing we should be doing something important today, but have failed to plan! Prepare for our higher purpose otherwise our day will become less productive.
- Uniforms, books and stationery: Make sure uniforms are purchased timeously and that it conforms to Sharia (Islamic requirements). If your kids encounter any resistance from the educational institution regarding their Islamic attire or other Islamic practices, then be diplomatic, discuss and resolve the matter with management respectfully. Also ensure that you obtained a list of stationery and text books required early so that it could be budgeted for and purchased well before hand.
- · Lunch boxes, breakfasts and diets: Research shows that breakfast eaters have better concentration and muscle co-ordination. Kids need healthy lunch box snacks that maintain blood glucose levels which help concentration, so keep away from fuzzy drinks, chips and chocolates for lunch. A good idea is to plan a lunch box menu for the week.

Remember that a Muslim sets goals that are in harmony with our accountability in the Aakhirah (Hereafter)... so take pen to paper and plan for a better life, seeking Allah Ta'ala's Guidance, Help and Forgiveness. The Messenger of Allah (peace be upon him) has encouraged us to make the following du'a "Oh our Lord, give us good in this world and good in the Hereafter, and save us from the torment of the fire."

Back to School may be demanding and at times stressful but keep in mind that an investment in knowledge always pays the best returns!

source. www.eislam.co.za

Al Kauŝar Pāgè 4

A SERMON DELIVERED BY SHAIKH ABDUL QADIR JILANI

ON THE EVENING OF TUESDAY 19TH OF SHAWWAL 545 A.H.:

The outer appearance of a person who is boastful (of his deeds) may look good, but his heart is impure. He stays away from even that which is permitted, abstains even from that which is *Halaal* and makes the Religion a means for his financial success. His reality is hidden from the eyes of the general public, but there are those who know and are aware of his reality.

All his acts of piety are a mere pretence. His inner self is contaminated and impure. It is sad if you do not understand that the obedience of Allah is from the heart and not through one's physical self. All the actions that are good are in reality connected to the depths of the heart. Let the true actions retrieve from you this false garb of pretence and dress you in the true garb.

Remove this garb of fraud and deceit. Remove this garb of hypocrisy and show. Remove the garb of your desire, hypocrisy and boastfulness. Let such false garbs be removed and mixed in the dust so that you may be dressed in the true garb of love and true respect. This is the Dress of *Jannat*, which is a gift from your Creator.

In other words, remove this garb of the world and put on the garb of the Hereafter. Stop doing good to please the people, so that they may praise you and you may become arrogant. Leave this and come into the Court of Allah, and you will be blessed by Him. If you do so, then His Infinite Mercy will take you into itself. Leave even your self and come into the Court of Allah. Become His and He will become yours.

This will allow you to gain a place of rest in the Shade of His infinite Mercy. It is He who has the cure for your every illness. It is He that has the comfort for your pains and sorrows. You should break yourself for Him, and He will put together everything for you. Distance yourself from all others, and He will become close to you.

Now, which bounty can you ask for. Which is better than this, that He becomes close to you, comforts you in pain and sorrow, cures your illnesses and gives you all that you need? Once you give yourself to Him, then even if all the people of the world get together, they will never be able to harm you. If He makes you His friend, then He

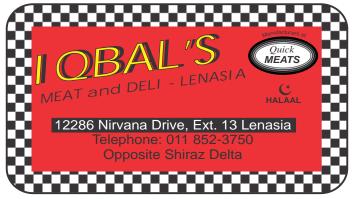
will assist you in all your battles on this earth. One who uses the Oneness of Allah to bring love in people, brings life to piety and destroys the wrongs of the world. One who lights in his heart the flame of the love of Allah and puts off all other flames, then it is he who has reached the peak of success.

Such a person has attained his final goal and has gained salvation. He has understood the secrets of gaining the true benefits of the world and it is thus important that you die before your death. In other words, kill your *Nafs* (desires), kill your carnal desires, kill your Cursed Shaitaan.

This is a unique type of death. The death that we all know is for all, but this is for a few who understand. O People! Take heed to my words, for I am inviting you to the way of Allah. I am inviting you towards His obedience. I am not calling you towards my desires. Hypocrites are not called towards Allah, but towards their *Nafs*. They are those who are beggars of the world.

O Ignorant People! You become upset with the advice of the pious servants, for you do not wish to seclude yourself in the Love of your Creator. You wish to be in Temples (idol-houses) so that you may be free from all rules, which govern you. This is the means of your destruction. It is my heartfelt advice that you should keep the company of the pious. Walk on the path of the pious. Remove the noose of evil from your necks. Hold firm to the grip of your spiritual guide (Murshid/Peer). By doing this, you will reach elevation, and yes, you will be a means of brightening the hearts of those who connect to you, thus removing the darkness from their hearts. If one only says words of piety and fear with his tongue and his life is filled with sin, then such a person is a Muslim from the outside, but a Kaafir from within. From the outside, he is a Muwahhid (one who believes in One Allah) and from within, he is a Polytheist (Mushrik). A true believer commences by rectifying and preparing his inner self. Like an intelligent builder, who first constructs a house, and then puts in a beautiful door (not trying to put a beautiful door without a house).





THE ONLY thing that can be said about US Presidentelect Donald Trump, with any degree of confidence, is that no one knows exactly what he is going to do. Trump is a political blank slate who has run a vitriolic marketing campaign, based on free-style sloganeering around domestic issues to get to the White House. Vastly differing reactions to his election victory from the Palestinian Authority and the Israeli government reveal Trump's erratic approach to foreign policy in general, and Palestine-Israel in particular.

As soon as Trump's election was confirmed last Wednesday, Israeli Education Minister Naftali Bennett boldly declared that "Trump's victory is an opportunity for Israel to immediately retract the notion of a Palestinian state. The era of a Palestinian state is over." In congratulating Trump, Israeli Prime Minister Benjamin Netanyahu called Trump a "true friend of Israel".

Yet, over in Ramallah, Palestinian Authority President Mahmoud Abbas – in stark contrast to Bennett – still spoke of "achieving permanent peace based on the two-state solution" by working with "any president elected by the American people".

The mixed messages coming out of the Occupied Palestinian Territories (OPT) and Israel illustrate Trump's forkedtongue approach throughout his campaign and the Palestinian Authority's incredible naiveté.

In February, Trump angered much of the pro-Israel community by vowing to be "sort of a neutral guy" on Palestine-Israel. Facing a backlash, Trump backtracked, promising Netanyahu that "the Palestinians must come to the table knowing that the bond between the US and Israel is absolutely, totally unbreakable".

A month later, he said he would make Israel pay for defence aid, along with other allies like South Korea, Japan and Saudi Arabia. "There are many countries that can pay, and they can pay big-league," Trump said during a press conference. He backtracked on that too. Two weeks ago, Trump's advisers revealed his position on Israel and the peace process. If Trump wins, his advisers say, he'll move the US embassy to Jerusalem (which Trump recognises as the undivided capital of Israel, even though the international community – including the US – regard East Jerusalem as occupied territory). He won't condemn Israel for building illegal colonial settlements in the occupied West Bank, and might not even encourage a two-state solution.

He'll also veto any UN vote critical of Israeli human rights violations, and he threatened to cut off funds for the UN Human Rights Council if it calls out Israel. Trump will also attempt to criminalise boycott, divestment and sanctions (BDS) efforts against Israel in the US.

According to Trump's position paper, Israel does not even occupy Palestine: "The false notion that Israel is an occupier should be rejected."

So, would the Palestinian cause have been better served had Hillary Clinton won? Not really. Clinton, like Trump, has marketed herself as a staunch ally of Netanyahu against the Palestinian people. She, too, vowed to block the BDS movement if she won. Neither are Trump's policies on Israel any different from his predecessor, Barack Obama. While Trump's insistence on Israel's continued rule over millions of Palestinians is expressed in aggressive, religious and nationalistic language, Obama's justifications for doing the same thing were softer, sophisticated and much more articulate during the last eight years.

Trump says it clearly and openly; Obama shrewdly hinted at it. No one in the White House has (or ever had) any real intention to end the occupation of Palestine. Republican or Democrat, Trump or Clinton, it's always occupation, siege and apartheid Israel that ultimately wins.

Palestinian Knesset member Jamal Zahalka hoped the Trump victory would be a catalyst "for a change in Palestinian resistance strategies, an end to waiting for American relief".

American-based Palestinian activist Ali Abunimah believes that it has. "The Palestinian cause has already shifted to a struggle for equality against occupation, settler-colonialism and apartheid, all of which is anchored with support from Republicans and Democrats."

Americans, says Abunimah, must rally from their despair, keep organising and fighting for their own rights and the rights of people around the world.

While its own anthem proclaims the US as "the land of the free and the home of the brave", its leaders (past and present) consistently affirm, maintain and support occupation, apartheid and siege. As the victory celebrations continue, and the world braces itself for President Trump, the people's global struggle against the Israeli occupation of Palestine must continue.

NATIONAL INDEPENDENT HALAAL TRUST

"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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BLOCS

BY FAIZEL KHAMKAR

A number of subtle or covert results are being sought in the Middle East conflicts specifically in Syria. The urge to establish hegemony is obvious and the underlining reason behind such moves is obviously greed and power. The power is assumed power because the alliance which has already been formed reflects where the power will eventually be. It is ironic to call these territories Arab land when the de facto position is that it belongs to foreign powers. The strive which is currently experienced in the Middle East is a war of foreigners invaders on a land which the foreign players regard as their own. The conflict is therefore the self interest of foreign nations (glibly called national interest). The very term national interest which is the reason so readily used as the primal reason for intervention by foreign countries says a lot about the real agenda.

The pseudo leaders are entrapped into thinking that in order to create a sustainable power base from which to enhance their greed, power blocs need to be set up. The ideological backdrop of "Salafis" versus "Shias" The foundation blocks for the creation of these blocs had been laid by the foreign invaders over decades of hard work and resource investments. The fact that history has shown that this policy does not work did not prevent this type of intervention. It is no different to the bulldog attitude of Winston Churchill in creating terror movements in Europe to unsettle Nazi Germany. The support for these ideological groupings comes from the opposing political ideological ideals of democracy as against communism. None of these ideological facades has the value of the sacredness of human life and human dignity as its foundations. Their actions however proof that the foundation of these ideological movements is the opposite.

What we are witnessing could very well be another "Sykes-Picot "agreement between the superpowers to redraw the map of the Middle East with the only difference being that the yardstick will be ideological blocks rather than national states. This can be the

reason for seeing what is unfolding as the greatest tragic historic event of modern times. Independent humanitarian workers have recounted horrific narratives of what is happening in Syria especially in what appears to be ethnic cleansing of the "Sunnis" from Syria thus paving a way to create a "Shia bloc" comprising of Iran, Iraq, Syria and Lebanon.

The "Salafi bloc" will then be the Gulf States and part of "Arab" North Africa. It is for this reason that we see the brutal attack on Yemen, the only country not under the influence of the "Salafis". This raises the question: "Where does the true "Sunnis" fit in the picture? Either they are not regarded as having natural resources necessary to be bought into the foreigners plan, or logistically it is not feasible, or the two mentioned groups would have caused a big enough splinter for the foreign powers not to treat them seriously. It could also be that the largest majority of Sunni Muslims are living as minorities in different countries and therefore are deemed easier to control. The missing part of the puzzle is Palestine which appears to be the corridor for both blocs.

Robert Fisk an internationally renowned political commentator brings in an interesting narrative which fits into the above scenario. He writes about the failed policy of ISIS. He makes reference that the terror campaign of ISIS is designed to create a counter. The greater the counter actioned by the west the more likelihood of people suffering from such actions would be tempted to emigrate to the so called Islamic State.

What would the advantage be for the western occupiers in the creation of blocs rather than nation states? The blocs would end up confining themselves to a limited space which would make it easier to manipulate and secondly it would be easy to play one against the other, a ploy which the west are past masters of and lastly the control of resources would be easier.





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HOME REMEDIS FOR DIEBETES

COMPILED BY HASINA BEGUM SAYED

Diabetes, also called diabetes mellitus, has become a very common heath problem. There are two main types of diabetes- type 1 diabetes in which the body does not produce insulin and type 2 diabetes in which the body does not produce enough insulin or the insulin that is produced does not work properly.

Some of the common symptoms of diabetes include fatigue, weight loss (even though you are eating more), excessive thirst, increased urination, cut and bruises that are slow to heal and blurred vision.

While there is no cure for diabetes, with your blood sugar level under control you can live a totally normal life. There are various natural remedies for diabetes that will help you control your blood sugar level.

Here are the top 10 fruits for diabetics.

1. Apples Apples are high in soluble fiber, vitamin C and antioxidants. They also contain pectin that helps detoxify the body and remove harmful waste products as well as lowers the insulin requirements of diabetics by up to 35%.

Plus, apples help prevent heart attacks, reduce the risk of cancer and ward off eye diseases among diabetic people.

2. Cherries cherries contain anthocyanins that are known to help lower blood sugar by increasing insulin production by up to 50 percent. They also help fight heart disease, cancer and other diseases that are common among diabetic people.

3. Black Plums Black plums, also known as Jambul or Jamun, can help a lot in controlling blood sugar. Researchers from the Father Muller Medical College in India looked at the effects of black plums in the treatment of diabetes. The presence of anthocyanins, ellagic acid and hydrolysable tannins in black plums makes this fruit extremely beneficial for diabetic people.

4. Guava Guava has a high concentration of lycopene, a high amount of dietary fiber and a good amount of vitamin C and potassium. All these nutrients are helpful in maintaining the blood sugar level.

Those who are at a risk of developing diabetes can help prevent it by drinking guava leaf tea. Dry the guava leaves and crush them. Boil one tablespoon of crushed guava leaves in hot water. Let it steep for five minutes, and then strain it. Drink this tea once daily.

5. Grapefruit Grapefruit is one of the American Diabetes Association's recommended superfoods for diabetes. It is high in soluble fiber and vitamin C, and has a low glycemic index at 25.

Plus, grapefruit contains the flavonoid known as naringenin that increases the body's sensitivity to insulin and also helps you maintain a healthy weight, which is an important factor in preventing and controlling diabetes.

6. Avocado Because of its high fiber and healthy monounsaturated fat content, avocado helps steady blood sugar. According to the Academy of Nutrition and Dietetics, monounsaturated fats also improve heart health. Diabetic people are at an increased risk for heart disease and stroke. Plus, avocado contains a good amount of potassium, a mineral that helps prevent diabetic neuropathy.

7. Strawberries Strawberries are packed with antioxidants, vitamins and fiber that can help control your blood sugar level. In fact, the antioxidants in strawberries help lower the risk of heart disease by reducing LDL (bad) cholesterol, maintaining or improving HDL (good) cholesterol, and lowering blood pressure.

Plus, strawberries are low in carbohydrates and have a low glycemic index at 40. When you eat strawberries, they help you to feel full for longer, keep your blood sugar level steady and increase your energy level.

8. Oranges Oranges are one of the healthiest fruits that can be included in a regular diet for diabetes. Oranges are not very high in natural sugar and contain high amounts of fiber, vitamin C and other minerals like thiamin that help manage blood sugar levels.

Plus, oranges are also categorized as a low glycemic index food that helps to slowly release glucose into the blood. Also, oranges can help control or reduce weight, one of the risk factors for diabetes.

9.Kiwi A positive correlation has been found between kiwi consumption and lowering blood sugar levels. Kiwi contains vitamin C, E and A, flavonoids, potassium and high amounts of beta-carotene that offer protection from free radicals and improve overall health.

Plus, kiwi is high in fiber and low in carbohydrates, which aids in controlling blood sugar levels and lowering cholesterol.

10.Pear Pears are rich in vitamins A, B1, B2, C and E as well as fiber, which help regulate blood sugar levels, lower cholesterol, boost the immune system and improve digestive health. Plus, pears are low in carbohydrates and calories, and have a rating of 38 on the glycemic index.

Eat these fruits in moderation to manage your blood sugar level as well as satisfy your sweet tooth!



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INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Kaduna city, NIGERIA- Muslims have been called upon to follow the teachings of Prophet Muhammad (SAW) in their day-to-day activities. Sheikh Muhyideen Mohammad made the call in his lecture titled 'The Prophet of Islam as a role model at the 1st Maulid Nabiyi special lecture and prayers for the Ummah and nation in Kaduna, Sheikh Muhyideen described the Prophet (SAW) as a truthful person. Šheikh Mustapha Abdul Kareem, in his lecture titled 'Prophet Muhammad (SAW) as a source of leadership' said that the Prophet (SAW) should be the only source of guidance to all Muslims. "Our leaders of today need to emulate the lifestyle and teachings of the Prophet (SAW) for a successful tenure because leadership is an enormous task to put upon a person; nfortunately, our leaders are not aware of the burden put on them by the positions that they hold."

Naypyidaw, MYANMAR- Myanmar authorities having launched an investigation into the abuse of Rohingya Muslims by security forces after a video showing police officers beating and kicking villagers went viral. Three officers responsible for beating villagers were arrested, and more were under investigation. Myanmar security forces have been accused of extreme violence during security sweeps of villages throughout northern Rakhine, near the country's western border, following deadly attacks on police in October. Thousands of Rohingva have since fled across the border into Bnagladesh. Buddhist-majority Myanmar has long discriminated against the stateless Rohingya, who rights groups say are among the most

persecuted people in the world.

New Mexico, USA- A convenience store has faced growling calls to stop selling signs that target US President Barack Obama and Muslims. One of the signs reads "Obama & Muslims not welcome here." "While everyone has the right to free speech, we urge the store's owner to remove the sign in the interest of our nation's unity at a time of increasing divisions," said Ibrahim Hooper, national communications director of the Council on American-Islamic Relations. He added that there were more than 900 anti-Muslim incidents in the month after Donald Trump was elected, including Muslim women being targeted and mosques being threatened.

Rabat, MOROCCO- Tailors and retailers across Morocco have reportedly received notices from the Interior Ministry, urging them to stop the sale of burqas. They have been further instructed to get rid of their burqa stock or convert it within 48 hours, or risk confiscation of all goods. Representatives of the ministry visited markets to inform both sellers and tailors to stop the production and sale of the burqa and to hand-deliver the written notices.

Helsinki City, FINLAND- A Finnish lawmaker called Teuvo Hakkarainen from the nationalist Finns party has been fined for a Facebook post calling for a Muslim-free Finland, which a district court said amounted to agitation against an ethnic group. Hakkarainen, whose party is part of the country's coalition government, made the call in a comment on the truck attack that killed 86 people. "All Muslims are not terrorists, but all



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terrorists are Muslims," the parliament wrote in the comment. Central Finland's district court in Jyvaskyla imposed a 1160 euro (\$1210) fine on Hakkarainen, who accepted the verdict.

Jeddah. SAUDI ARABIA- Saudi Arabia has decided to lift from this year the reduction in the quota of Haj pilgrims imposed five years ago. It said higher authorities approved a proposal by Crown Prince Muhammad bin Naif, deputy premier and minister of interior who is also a chairman of the Supreme Haj Committee, to restore the pilgrimage quota that existed prior to the cuts. The authorities had imposed a 20 percent cut in the quota for foreign pilgrims coming from each country while the number of people allowed to perform Haj within the Kingdom was reduced by 50 percent to ensure the safety of pilgrims during the largest ever expansion in the history of the Grand Mosque, which is nearing completion, as well as the expansion of mataf (circumambulating are of the Holy Ka'bah) and massive projects at the Holy Site. The Crown Prince said that the exact number of pilgrims coming from each country will be decided by the Ministry of Haj and Umrah. Under the quota system that came into effect decades ago, a country is allowed to send only one Haj Pilgrim for every 1000 Muslim citizens.



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