

Better light a candle than curse the darkness

شکوہ ظلمت شب سے تو کہیں بہتر تھا اپنے حصے کی کوئی شمع جلاتے جاتے

<http://bakhabar.biharanjuman.org/>

باخبر

Monthly e-Magazine

BAKHABAR

Be Aware, Always, Everywhere

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کلمہ الہامی
کلمہ الہامی
رمضان کریم
Ramadan
Special

Ramadan provides an annual training opportunity that is meant to fulfil the character-building needs for the rest of the year



May Allah

Give us the strength & Patience to fast during the whole month of Ramadan!
Accept all our fasts in this holy month!
Give us the opportunity to worship in the night of Qadr and accept our worship!
Help us to continue all the good deeds we do in this holy month! Aameen!

Ager kisi ka zarf azmana
ho to usko ziada izzat do, Wo
ala zarf hua to ap ko aur
izzat dey ga or kam zarf
hua to khud ko AALA ZARF
sumjhey ga, (Hazrat ALI R.A)

Editorial

Assalamo Alaikum Wa Rahmatullahe Wa Barakatahu
We just began a fasting period in commemoration of
this year's holy month of Ramadan- a month of
blessing, supplication and forgiveness of sin. It's the
month when the devils are chained, the gates of hell
are closed and those of paradise are opened.

Although it is a yearly ritual, the significance of the
month is never diminished by its regularity. It is a
month of fasting for all Muslims, as enjoined by the
Holy Quran in observance of one of the five pillars of
Islam. By divine inspiration, the concept of Ramadan
fasting is constant and multi-purposeful. First, it is a
personal sacrifice by those who are privileged, to
experience and share the pains and discomfort of
those who are less privileged in order to empathize
with and appreciate them. Second, Ramadan invokes
a spirit of soberness that is necessary for total
submission to the will of Allah, which is a central
theme in Islam. Third, Ramadan promotes good
health, as fasting has been proved to be a veritable
elixir for physical and mental well-being.

The values of Ramadan, to wit, forgiveness, sacrifice
and chastity should be paramount to all Muslims, as a
means of correcting the ills and vices assailing the
polity. If properly embraced, the teachings of
Ramadan should help the Muslims who are in dire
need of the values of tolerance, patience,
understanding, kindness and forgiveness.

If we have all these in sufficient quantity and quality,
there is no reason why the Muslims should be up in
arms against itself as evidenced in unusual activities.
May Allah shower His blessings and grant all of us
forgiveness in this holy month.

On behalf of Bihar Anjuman and BaKhabar editorial
team we wish you all a very happy and Blessed
Ramadan.

Kind regards
Jamali

روزہ کے احکامات

روزہ کے ارکان

۱۔ نیت کا ہونا ۲۔ روزہ توڑنے والی چیزوں سے فجر سے لیکر غروب آفتاب تک رک جانا
روزہ کے صحیح ہونے کی شرطیں:

- (۱) اسلام کا ہونا۔ (۲) رات سے ہی اگلے دن کیلئے روزہ کی نیت کا ہونا۔ (۳) عقل کا ہونا۔
- (۴) تمیز کا ہونا، یعنی جو روزہ توڑنے والی چیزوں کو سمجھ سکے۔ (۵) حیض کے خون کا نہ آنا۔
- (۶) نفاس کے خون کا بند ہونا۔

روزہ کی سنتیں

- (۱) افطاری میں جلدی کرنا۔ (۲) کھجور یا چھوہارے یا پانی سے افطاری کرنا۔
- (۳) افطاری کا وقت قریب ہونے کے وقت دعائیں کرنا۔ (۴) سحری کھانے میں تاخیر کرنا۔
- (۵) نفلی نمازیں اور نیکی کے کام زیادہ سے زیادہ کرنا۔ (۶) قرآن کریم کی تلاوت اور عمرہ ادا کرنا۔
- (۷) قیام اللیل یعنی تراویح کی نماز پڑھنا۔ (۸) اعتکاف میں بیٹھنا۔

روزہ میں مکروہ چیزیں:

- (۱) کُلی یعنی غرہ کے وقت مبالغہ کے ساتھ پانی حلق کے پاس کھینچنا یا ناک میں مبالغہ کے ساتھ
پانی چرھانا۔ (۲) جھوٹ، یا غلط بات، غیبت اور چغلی خوری کرنا۔ (۳) شہوت کو بھڑکانا۔

روزہ کو فاسد اور توڑ دینے والی چیزیں:

- (۱) کھانا، پینا اور جو چیزیں انکے مشابہ ہوں۔ (۲) جماع یعنی ہمبستری۔ (۳) جان بوجھ کر
قے کرنا۔ (۴) شہوت کے ساتھ جان بوجھ کر منی نکالنا۔ (۵) حیض اور نفاس۔
- (۶) زیادتی مقدار میں بدن سے خون کا نکلنا۔ (۷) روزہ کو توڑ دینے کی نیت کر لینا۔

ملاحظہ: یہ مندرجہ بالا چیزیں جو روزہ کو توڑ دینے والی ہیں انکے لئے یہ شرط ہے کہ۔

- (۱) ان چیزوں کا اسے علم ہو (ب) اسے ان پر مکمل اختیار ہو (ج) جان بوجھ کر اسے کرے۔

جن چیزوں کی وجہ سے روزہ نہ رکھنا مباح اور جائز ہو جاتا ہے۔

- (۱) سفر کی وجہ سے۔ (۲) مرض کی وجہ سے۔ (۳) حیض اور نفاس کی وجہ سے۔ (۴) کسی
شخص کو ہلاکت سے بچانے کے لئے ایک روزہ دار اپنا روزہ توڑ سکتا ہے تاکہ وہ نہ ہلاک ہو جائے،
یا حمل والی خواتین کے روزہ رکھنے سے انکی صحت اور بچے پر اثر پڑیگا، یا دودھ پلانے والی عورتوں
کا بچہ بھوکا رہ جائیگا۔ تو پھر ان سب کے لئے مباح ہے کہ روزہ چھوڑ دیں اور بعد میں اسکی قضا کریں۔



جب میری دعا قبول ہو تو میں خوش ہوتا ہوں کے اس
میں میری مرضی ہے اور جب قبول نہ ہو تو اور خوش ہوتا
ہوں کے اس میں اللہ کی مرضی ہے۔ حضرت علی

جس طرح کسی انسان کو لاحق خطرناک بیماری کی وجہ سے کوئی دوا کا اثر نہیں ہوتا ہے اسی طرح کچھ لوگوں پر کسی نصیحت کا اثر نہیں ہوتا۔ کہیں آپ بھی ان میں سے تو نہیں؟

مسجد توبنادی شب بھر میں ایماں کی حرارت والوں نے من اپنا پرانا پانی ہے، برسوں میں نمازی بن نہ سکا اقبال

اللہ کے نزدیک سب سے زیادہ گناہگار چیز جھوٹ بولنے والی زبان ہے۔

O ALLAH!

O compassionate and merciful ALLAH and the hearer of all prayers.

I urge you, the eternal Lord, to bestow success, wisdom, fortune and pleasure.

The holy absolute ruler, make me successful here and hereafter.

You are the creator and the provider of honor.

O unfathomable Lord of the vast universe the source of peace and creator of all great verse.

I submit myself to you

And ask for help only from you.

I commit sins with or without intentions And plead you, O Majestic, for absolution. The knower of all, whenever I stagger on the path of truth

Guide me, the inspirer of faith, to the correct route.

If ever the dreams get shattered and I find no ray.

The greatest guardian show me the best way. Whenever the life becomes hell with humiliation The Reliever save me here and after resurrection.

You are the originator and the everlasting one. The righteous teacher, the protecting friend and the supreme one.

The giver of all, the sustainer and the owner of all greatest names.

Help me the generous Lord and give a place in paradise, which is my only aim.

The all powerful, make my dreams come true Accept my repentance, the loving Lord and pardon my due.

You are the highest, the perfectly wise and the restorer

The inheritor of all, the glorious, enlighten me and all brothers.

By- FASI HAIDER (with the mercy and grace of ALLAH), (Holy month of Ramdan)

MEDICAL ASPECTS OF FASTING

Dr. Moiz Shams, Aligarh

There are two beneficial health aspects of RAMADAN, one would be the psychological benefit and the other the physical health benefits which includes:

1. Loss of excess weight.
2. Improvement of Lipid profile and Glucose profile. 3. Gastrointestinal rest. This benefits patient with chronic gastrointestinal diseases.
4. In salah (Namaz) all the muscles and joints have mild exercise in terms of caloric output.
5. Ramadan fasting is actually an exercise in self discipline. For those who are chain smokers or nibble food constantly or drink coffee or tea every hour is good way to break the habit.
6. Psychological effect of feeling of inner peace and tranquility. The prophet (SAW) has advised "If one slanders you or aggress against you, tell them, I am fasting." Thus personal hostility during the month is minimal.

Regarding general advice for maximum benefit from fasting there are few tips.

1. Drink a lot of fluid throughout the period between Iftar and Sahoor, especially for old persons exposed to cardiovascular risks.
2. It is actually Sunnah to break your fast on a date, then go to pray the Maghrib and return to complete your iftar. This is the ideal way to break your fast and avoid too much eating suddenly after a long period of hunger.
3. Try to avoid heavy meals, especially Iftar. Lighter meals will help you perform prayer etc without feeling sleepy.
4. Avoid fatty meals and diets containing a high amount of sugar, as much as you can. Ramadan is a chance to lose the excess weight and improve the internal metabolic profile.
5. Try to increase diets containing water and fibers in both Iftar and Suhoor.

Taraweeh prayers are unique in building up muscles during physical movements of prayer. Tension is relieved in the mind due to spiritual persons perform Taraweeh prayer feel alert and active.



Attention

Collective use of Zakaat money can change the society

Please give your zakaat money to Bihar Anjuman's local chapter, for collective use, to educate and empower the society."

Har Mirch

Seraj Akram



- Kisi gair muslim ne kaha ke Ramzan me Muslim kaisa roza rakhte hain ke aam dino se dogun khana khate hain. kya yah qabil-e-gaur nahi ke ham roze ke nam par din ke bajaye rat me aur khate hain?

- In dino Africa me khatarnak qahat para hua he, lakhon logo ke marne ka khatra mandla raha he, duniya ki dusre maqam par mahngai ke wajah se aam logon ka jina dubhar ho gaya he. kya hame roze ke sath sath un logo ka aur bhi madad karne ki zarurat nahi? kya roza hame dusre ke bhuk pyas ke shiddat ka ashsas nahi dilata? kya hame apne kharch ko kam karke dusre pareshan hal ki madad pahle se ziyadah nahi karna chahie?



NAIROBI: East Africa's worsening famine is one of the largest humanitarian crises in decades, a US State Department official said, pledging "significant" aid despite the debt ceiling impasse being debated in Washington. The US already has pledged \$5 million Friday to help Somali refugees on top of a previously budgeted \$63 million. Reuben E. Brigety, who is responsible for State Department assistance to refugees and conflict victims in Africa, said Washington is now studying how much more it will give. "A great nation can do more than one thing at the same time and that is what we the United States will continue to do even in the context of the financial

NAIROBI: East Africa's worsening famine

challenges that we are facing," said Brigety, an assistant deputy secretary.

Germany pledged an €5 million (\$7million) in emergency aid in addition to €3.6 million (\$5 million) it donated earlier this year.. Development Minister Dirk Niebel said Saturday that "the famine and the humanitarian crisis in the Horn of Africa are a cause of great worry."

hose funds come on top of Germany's regular assistance — totaling about €240 million over the next few years — for Kenya and Ethiopia.

Tens of thousands of Somali refugees are flooding camps in Ethiopia and Kenya in search of food after several seasons without rain decimated livestock and killed crops. Levels of malnutrition among refugees arriving at the camps are staggeringly high.

Little help can reach those in the worst-hit area because an Al-Qaeda-linked militant group had banned aid work, though it recently said it would lift that ban.

Over the last several days, Brigety has visited camps in Ethiopia and Kenya, and talked with mothers and children who walked for days with little food or water. Levels of malnutrition among refugees arriving at the camps are staggeringly high. The overall mortality rate at the camps in Ethiopia is seven people out of 10,000 per day, when a normal crisis rate is two per day, Brigety said.

At Kenya's Dadaab refugee camp, the largest in the world, Brigety spoke with a mother who arrived at the camp with six children, including a 7-year-old who has polio that she carried on her back. He said that even if Somalia sees rains again soon, the food crisis will go on for many more months.

"There are many seasoned relief



professionals who would tell you we haven't seen a crisis this bad in a generation," he said. "We anticipate that this crisis will get worse before it gets better."

The crisis has swelled Dadaab's numbers to nearly 440,000 people, UNHCR said Friday.

And World Health Organization spokesman Tarek Jasarevic said at least 462 cases of measles, including 11 deaths, have been confirmed in recent months among Somali refugee children in Dadaab.

The aid group Save The Children said Friday that it has started feeding malnourished refugee children in pre-registration sites at camps in southern Ethiopia. Some 2,000 refugees are crossing into Ethiopia every day, swelling the camps' populations.

Because of the overwhelming numbers, refugees are waiting days or weeks to get into the camps, Save the Children said, making the feeding programs



outside a necessity.

"In terms of the sheer numbers of people affected, this is one of the worst droughts the world has seen in a long time," said Duncan Harvey, the acting country director for Save the Children in Ethiopia.



Success is the ability to go from failure to failure without losing your enthusiasm.

10 gems for a good life

1. Wake up in the last third of the night to beg forgiveness from Allah. "...and those who pray and beg Allah's Pardon in the last hours of the night." (Qur'an, 3:17)
2. At least once in a while, seclude yourself from people in order to contemplate. "Those who remember Allah standing, sitting, and lying down on their sides, and think deeply about the creation of the heavens and the earth..." (Qur'an, 3:191)
3. Stay in the company of the righteous. "And keep yourself patiently with those who call on their Lord..." (Qur'an, 18:28)
4. Remember Allah often. "Remember Allah with much remembrance." (Qur'an, 33:41)
5. Pray two units of prayer with sincerity and devotion. "Those who offer their prayer with all solemnity and full submissiveness." (Qur'an, 23:2)
6. Recite the Qur'an with understanding and reflection. "Do they not then consider the Qur'an carefully?" (Qur'an, 4:82)
7. Fast on a hot, dry day. "He abandons his food, drink, and desire — all for Me."
8. Give charity secretly. "Until the left hand doesn't know what the right hand has spent."
9. Provide relief and aid to the afflicted Muslim. "Whoever gives relief to a Muslim from one of the vicissitudes of this life, Allah will relieve him from a calamity that is from doing the calamities of the Day of Judgment."
10. Be as abstemious and abstinent as possible in this fleeting world. "The Hereafter is better and more lasting." (Qur'an 87: 17) – Excerpt from 'Don't Be Sad, IIPH

ایک ہی سب کا نبی، دین بھی، ایمان بھی ایک
کچھ بڑی بات تھی ہوتے جو مسلمان بھی ایک

منافعات ایک ہے اس قوم کی نقصان بھی ایک
حرم پاک بھی، اللہ بھی، قرآن بھی ایک

یوں تو سید بھی ہو، مرزا بھی ہو افغان بھی ہو تم سبھی کچھ ہو بتاؤ تو مسلمان بھی ہو؟ اقبال

Salmaan wants to fast!

A motivational story to make kids understand why we fast...

"But, Mum, I do not want to eat. I am a big boy and I can fast," Salmaan told his mother. "But you are fasting, Salmaan, 7-year-old children eat in the morning and a little in the afternoon and then they don't eat anything else till evening." "But you do not fast like that, Mum," the little boy insisted. "I am older, Salmaan. Grownups fast that way." The young boy sat deep in thought and then asked, "Mum, why do we fast?" "That's a good question, Salmaan." She got up and went to the kitchen cupboard. She removed something from it. "Do you know what this is, Salmaan?" "It's a blender." "Do you know what it is supposed to do?" "It blends fruit for juice." His mother laughed. "Yes, it does blend. Our body does the same thing. It grinds the food we eat; it takes what it needs and removes the rest. It does this everyday, day in day out." "Doesn't the body get tired, Mum?" "It does. Just like the blender. When we have blended juice for too long, it refuses to work. Then it needs fixing. So we have to give our body a rest so it can work better for us. That's why we fast in Ramadan and some other days in the year." "Does everybody fast, Mummy?" "Not everybody. If you are ill or expecting a baby or if you are old and weak like your grandpa or if you are 7 years old like yourself then you don't fast. The little boy thought some more. He ate the food his mother had set before him without much fuss. "What if you don't want to fast?" "What is your sister Laika's favorite colour?" "Pink". "And what is the colour of her uniform for Madrassa (School)?" "Blue". But she says she'd like to wear her pink hijab when she goes." "And why doesn't she?" "She is afraid Muallim (Teacher) will punish her." "You see, she was afraid the teacher would punish her. The teacher will punish her because she has broken the rule of the madrassaby wearing pink. You see, Salmaan, Allah knows what is good for us and so we have to do as He commands, because He sees and knows everything. We love Him and fear Him and we don't want Him to be displeased with us." "But Salmaan the real reason fast is to please Allah. Only Allah can give us the reward and fasting creates taqwa in our hearts." "What is taqwa?" Salmaan asked? "Umar bin al-Khattab asked Ibn Ka'ab for the meaning of Taqwa. Ibn Ka'ab asked Umar how he would travel on a road full of thorns.

"Umar said he would carefully walk, gathering his clothes so they would not get stuck on the thorns which could cause him injury. Ibn K'aab said "This is the meaning of taqwa, to protect oneself from sin during our life's dangerous journey so that one can successfully complete the journey untouched by sin." "So Salmaan if a person is fasting and drinks water secretly when making wudhu will anybody know?" "Nobody will no know Mum" "But Allah will surely know as Allah sees everything and knows about all that we do! So when we fast we do it only for Allah and this will create the fear of Allah in our hearts. We will then be able to obey Allah at all times!" "But don't you get hungry, Mum?" "Of course we do. But we keep ourselves busy on other important things to take our mind away from the food and also do things which our dear Rasulullah told us to do. We read the Qur'an, or we visit the sick people or we go to the mosque to read of Salaah and make Zikr and also take part in taalim and dawah. You see there's plenty to do and before you know it, it's time to eat!" "Is there another reason why Muslims fast?" "Yes. You are fortunate, Salmaan, because you have food everyday. Not everyone has food to eat, like the poor people in the squatter camps?" "If we go hungry like them, we will be able to understand that they need help." The little boy Salmaan seemed satisfied with the answers, his mother had given him. "Mum, can I go with you and Daddy to help the poor?" "By the Grace of Allah, you can." "Mum, one more request" "Yes Salmaan?" "Can I fast tomorrow?" Salmaan asked Salmaan's Mum smiled and replied " Allah has allowed 7 year old's not to fast until they grow bigger" "But my sister Laika fasted yesterday " Salmaan pleaded to his Mum. "Ok Salmaan I will wake you up for Sehri and then you can try. But if you do get very hungry you may eat ok!" "Ok Mum!" Happy with reply of his Mother Salmaan read his Salaah and went to bed praying to Allah to let him also fast tomorrow! We need to explain to our children the essence and importance of Islamic practises so as they grow up they learn to appreciate and understand the wisdom of this beautiful Deen that Allah has gifted us with! Source: www.eislam.co.za

A quick preparation for Ramadan Kareem

1. Start reading Quran daily after Salat al-Fajr.
2. Spend some time listening to recitations from the Quran.
3. Train yourself to go to bed early so that you can wake up for Salat al-Fajr.
4. Keep yourself in a state of Wudu (Ablution) most of the time.
5. Evaluate yourself daily before going to bed.
6. Thank Allah for good deeds, and repent to Him for your mistakes and sins.
7. Start giving Sadaqah daily, no matter how little. Make it a habit like eating and drinking.
8. Find time to pray extras, such as Tahajjud prayers.
9. Spend more time reading Islamic books, especially the Quran, Sirah, Hadith, and Fiqh.
10. Find time to help others with your wisdom, knowledge and other talents.
11. Try to write articles on Islam for Muslims as well as for non-Muslims.
12. Associate with Muslim scholars / ulama and other pious people so that you may learn from them.
13. Train yourself to do good, render free service to others to seek the pleasure of Allah.

Quoted from Al-Hasan Al-Basri : "He who has no manners has no knowledge; he who has no patience has no Deen, and he who has no piety has no nearness to Allaah for him."

فرقہ بندی ہے کہیں، اور کہیں ذاتیں ہیں کیا زمانے میں پنپنے کی بھی باتیں ہیں اقبال

A quick checklist in Ramadan

1. Make a resolve to win the maximum favor of Allah by performing extra Voluntary prayers (Nawaafil), making frequent Dua and increased remembrance (Dhikr).
2. Try to recite some Holy Quran after every Prayer. In fact if you read 3-4 pages after every Prayer you can easily finish the entire Quran in Ramadan!
3. Study the Tafseer (commentary) every morning.
4. Invite a person you are not very close with or your relatives to your home for Iftaar, at least once a week (Weekend). You will notice the blessings in your relationships!
5. Bring life to your family! Everyday, try to conclude the fast with your family and spend some quality time together to understand each other better.
6. Give gifts on Eid to at least 5 people: 2 to your family members, 2 to your good friends, and 1 to a person whom you love purely for the sake of Allah.
7. Make commitment to join Islamic study circles to learn more about Islam and improve your own life.
8. Donate generously to the Masajid, Islamic organizations, and any where people are in need or oppressed. "Because Ramadan, is a month of sharing!"
9. Share month of Ramadan and its teachings of peace and patience with your neighbor.
10. Sleep little, eat little! Make sure you do not defeat the purpose of fasting by over-indulging in food and being lazy.
11. Seek the rare and oft-neglected rewards of the night better than 1000 months (Laylatul-Qadr / Shab-e-Qadr).
12. Weep in private for the forgiveness of your sins: Ramadan is the month of forgiveness and Allah's Mercy! It's never too late.
13. Learn to control your tongue and lower your gaze. Remember the Prophet's (pbuh) warning that lying, backbiting, and a lustful gaze all violate the Ramadan fast!
14. Encourage others to enjoin and love goodness, and to abandon everything that Allah dislikes. Play the role of a Da'ee (one who invites to Allah) with zeal, passion, and sympathy_____.
15. Experience the joy of Tahajjud prayers late at night and devote yourself purely and fully to Allah in the Itikaf retreat during the last 10 days of Ramadan.





Prophet (peace be upon him) Said: 'The most meritorious form of Almsgiving is the effort to help a poor man, made in secret, by one who is himself of little means.' (Ahmad).

The key to Paradise is salah, and the key to salah is taharah (purification)[Mishkat]

30 Common Mistakes During Ramadan

This list was taken from a class on the fiqh of Ramadan, given by Sheikh Ahmad Musa Jibril. Some of the issues may have a difference of opinion, but these are the most correct opinions.

1) Focusing on food; to the extent that people begin to worry about eating more than actually fasting. This also goes along with spending tons of money on Iftaars even though a person does not need to eat that much food.

2) Making Suhoor way before Fajr. Some people eat Suhoor a few hours after Taraweeh or Isha Salah, this is wrong. It should be eaten closer to the time of Fajr.

3) People don't make Niyyah (intentions) to fast for Ramadan. This is something in the heart and does not need to be verbal. Also it only needs to be done once, at the beginning of Ramadan and not every single day.

4) If you find out late that Ramadan started, you should stop eating and fast for that day, making that day up after Ramadan/Eid ends.

5) Many people don't think you pray Taraweeh on the first night of Ramadan (such as tonight). They believe you pray it after the first day you actually fast. They forget that the Islamic calendar runs on the moon, maghrib is the start of the new day.

6) Many people believe if you eat or drink on accident this breaks your fast. This is false, if you do this on accident then you continue fasting and do not need to make up the day.

7) Some people take the opinion that if they see someone eating or drinking they should not remind the person that he/she is fasting. According to Sheikh Bin Baz (ra), this is incorrect and it is an order from Allah for us to ordain the good and forbid the evil. Thus we tell the person, because we are forbidding the evil this way.

8) Many sisters believe they cannot use Henna while fasting. This is incorrect, they are allowed to use it during Ramadan

9) Some people believe when you are

cooking you cannot taste the food to see if it has the right spices/flavors. This is false, and allowed in Islam as long as the person cooking is not eating the food. Rather they can taste it to see if it needs salt, or more spices.

10) Many people think you cannot use a Miswak or toothbrush during Ramadan. This is false, for the Prophet(saw) used to use a miswak during Ramadan. Also you CAN use toothpaste; the reasoning by the scholars is that the Miswak has flavor, thus toothpaste is okay to use (if you are not eating it).

11) Some people make the Fajr Adhan early. They do this so people will stop eating before Fajr and not invalidate their fast. This is wrong and something we should not do.

12) Some people make the Maghrib Adhan late. They do this so people will start eating late, just in case Maghrib has not come in yet. This too is wrong and we should not do this.

13) Many many people believe you cannot have intercourse with your spouse during the whole month of Ramadan. This is false, you cannot do this only during the times when you are fasting. Between Maghrib and Fajr it is permissible to do.

14) Many women believe that if their period has just ended and they did not make ghusl, they cannot fast that day (considering their period ended at night, and they went to bed without Ghusl, waking up without having a chance to make it). This is incorrect, if a woman has not made Ghusl she can still fast.

15) Many men believe that if he has had intercourse with his wife and did not make ghusl (similar to the above) then he cannot fast the next morning. This is also incorrect, for he can fast even if he has not made Ghusl.

16) Some people pray Dhur and Asr prayers together during Ramadan. (mainly in Arab countries) This is incorrect and should be avoided.

17) Some people believe you cannot eat until the Muadthiin is done calling the Maghrib Adhan. This is incorrect, as soon as he starts a person can break their fast.

18) Many people don't take advantage of

making dua before they break their fast. This is one of the three times when Allah accepts a person dua.

19) Many people make the mistake of spending the later part of Ramadan preparing for Eid, neglecting Ramadan. This is incorrect and these people lose the concept of what Ramadan is about.

20) Many parents do not let their children fast during Ramadan (young children). This is something counter productive to a child. By allowing him to fast he will grow up to know he must do this act.

21) Many people think Ramadan is just about not eating and forget about controlling their tempers and watching what they say. In actuality we are supposed to control our tempers and mouths even more during Ramadan.

22) People often waste their time during Ramadan. They go to sleep during the day and get nothing done. We should be taking advantage of this blessed month by doing extra Ibaadat.

23) Some people don't go on trips or travel during Ramadan. They think they have to break their fast when traveling. This is actually optional, if you want to break your fast while traveling you can (with making it up later), and if you don't you can continue fasting.

24) Many people who are able don't make Itikaaf at the masjid. We should take advantage of our good health and spend lots of time at the Masjid, especially the last 10 days of Ramadan.

25) Some people believe they cannot cut their hair or nails during Ramadan. This is also false.

26) Some people say you cannot swallow your spit during Ramadan. This too is false. However you cannot swallow mucus that has entered your mouth.

27) Some people say you cannot use scented oils or perfumes during Ramadan. This too is false.

28) Some people believe bleeding breaks the fast. This is not true.

29) Some people believe if you throw up on accident it breaks your fast. This is not true, however if you do it intentionally it does.

30) Some people think you cannot put water in your nose and mouth during wuduh in Ramadan. This too is incorrect. Source: <<http://www.a2youth.com/islam/special/ramadan>>



If anyone removes (one of the) anxieties of this world from a believer, Allah will remove (one of the) anxieties from him on the Day of Resurrection; if one smooths the way for one who is destitute, Allah will smooth the way for him in this world and the next; and if anyone conceals the faults of a Muslim, Allah will conceal his faults in this world and the next. Allah helps a man as long as he helps his brother. If anyone pursues a path in search of knowledge Allah will thereby make easy for him a path to paradise. (Muslim).

HADITH: An honest and trustworthy merchant will be with the martyrs on the Day of Resurrection

Personalities In News

Two Indians Honored With Magsaysay Award 2011.

Nileema Mishra, who works with the poor villagers of Maharashtra, and United States-trained Indian engineer Harish Hande,

who revolutionized the use of solar lights, are among five people who have been honored with this year's prestigious Ramon Magsaysay Award. Nileema Mishra was recognized for "her purpose-driven zeal to work tirelessly with villagers of Maharashtra to address both their aspirations and their adversities through collective action and heightened confidence."

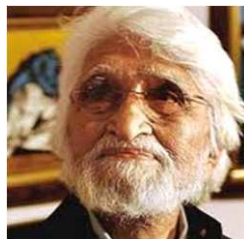


The citation for Hande, a young engineer from Bangalore with a doctorate from the University of Massachusetts, noted that, on his return to India, he decided to live with villagers to understand their situation first-hand. This convinced him that, in diffusing a technology, it is not just the product that matters but also the social realities which technology seeks to change.

He established Solar Electric Light Company (SELCO) in Bangalore in 1995. The 44-year-old runs his own solar electric light company that has lit up over 120,000 households, to emerge as India's leading solar technology firm.

PAINTER M. F. HUSSAIN PASSES AWAY IN LONDON HOSPITAL

Maqbool Fida Husain (17 September 1915 – 9 June 2011) commonly known as MF, was an eminent painter of Indian origin, although a Qatari national at the time of his death. He has been widely regarded as the "Picasso of India" and has influenced a whole generation of artists in the country. In 1955, he was awarded the prestigious Padma Shri award by the Government of India, the Padma Bhushan in 1973 and the Padma Vibhushan in 1991.



India's President Pratibha Patil said his death "left a void in the world of art."

HINA RABBANI KHAR'S INDIA VISIT

Hina Rabbani Khar (born 19th January 1977 in Multan) is a Pakistani politician and Minister of Foreign Affairs since 20th July 2011. She is youngest and first female Minister of Foreign Affairs of Pakistan.



She graduated with a B.Sc. (Hons) from Lahore University of Management Sciences in 1999 and received her M.Sc in Hospitality Management from the University of Massachusetts in 2001. After becoming the first women foreign minister of the country she first visited Afghanistan and then India for peace talks.

The Glory of Al-Quran

Prophet Muhammad's (peace and blessings of Allah be upon him) proclaimed the reward of fasting:

"Every action of the son of Adam is given manifold reward, each good deed receiving ten times its like, up to seven hundred times. Allah the Most High said, 'Except for fasting, for it is for Me and I will give recompense for it, he leaves off his desires and his food for Me.' for the fasting person there are two times of joy; a time when he breaks his fast and a time of joy when he meets his Lord, and the smell coming from the mouth of the fasting person is better with Allah than the smell of musk."

"The month of Ramadan is that in which the Quran was revealed, a guidance to men and clear proofs of the guidance and the distinction"- Holy Qur'an 2:185

Recent Perspectives by others

" Fasting gives the body the environment to heal itself--physiologic rest"

"Abstinence from food for a short time can in no way operate to the disadvantage of a normal person."

"In fact, individuals affected with certain types of gastrointestinal disorders are benefited by fasting."

"Fasting has also been used in cases of diabetes and obesity."

"It is a cleansing process and a physiologic or functional rest which prepares the body for future correct living."

The role of fasting according to Dr Jack Goldstein* It promotes elimination of metabolic wastes

It allows the body to adjust and normalize its biochemistry and also its secretions

It lets the body break down and absorb swellings, deposits, diseased tissues, and abnormal growths; It restores a youthful condition to the cells and tissues

It increases the powers of digestion and assimilation (absorption and utilization of food into the system) It permits the conservation and re-routing of energy; It clears and strengthens the mind;

Moreonislam@hotmail.com

compiled by: Tanveer Fatma

Mind the Gap

While training in England, I got the chance to travel by the metro-rail and whenever the train was about to stop at a station a cautionary voice would echo constantly in my ears, "mind the gap between Metro and Platform". Perhaps this warning was often repeated on the train so that people could beware of that space of mere inches between the train and platform and safely get on and off the train. A small opening that could injure a person or if somebody gets stuck in that gap he could probably die even due to which this warning is repeated continuously so that nobody would fall prey to this gap. And that is exactly how it should be for it is the responsibility of railway management to keep people aware of that gap so that nobody gets harmed.

Now the question is: have we ever considered the huge gaps ignoring which could destroy a person's private life, entire family, society, community and country. Did we ever pay attention to the amount of damage caused by the differences between relations, friendships, families, nations, countries, establishments, ideologies, age, social status, development of nations, responsibility, speeches and acts, religion and worldly life, greed and serenity, riches and the correct way of spending them, selfishness and sacrifices, simplicity and boasting, individual and collective efforts, comradeship and hostility, leader and public, faith and hypocrisy? Aren't these much more dangerous than the gap between metro and its platform that is only of few inches? Overlooking who has allowed room for thousands of problems that are getting harder to solve? Shouldn't we try to figure out a solution for that killer gap that is today responsible for the dreadful form of this society and nation?

Let's slightly touch upon the things and consider the gaps we don't account for due to which our society is faced with innumerable troubles....

Regardless of how good in theory we are as Muslims, in practice we are dangerously close to hypocrisy and if we somehow reduce this gap wouldn't many of our problems disappear? People are very extravagant with words but when it comes to taking action lots of people reputed to be amazing speakers always fall short of examples and their words and actions contain no similarities so if we pay attention to the gap between our words and actions then not only would we avoid useless chats but also be able to focus on our dealings in the perspective of our speech.

It has often been heard that a friendship or



relationship lasting years suddenly ended because of some trivial matter. Is the reason

truly something unimportant that people know about or a gradual rift being created between the two of them that allowed a small issue to break a relation built upon years? If the two parties had concentrated on seemingly little dealings and were aware of the events that were tearing down mutual trust: and if these gaps had been looked over then perhaps it would not have stretched this far. Comparable examples can be found in personal relations. Similar gaps can find their way between parents and their children, and can suddenly surface as huge mishaps and at that point parents have nothing save distress. It wouldn't have happened if parents had kept a close eye on their children's activities and simultaneously finding solutions to their problems. Even kids should show regard for the obvious difference in age and experience between them and their parents who obviously contain more experience of life and would want only what's best for their children. When the difference between rights and responsibilities among husbands and wives suffers misbalances then the matter ends at divorce. If from the beginning both spouses show concern for their respective duties and privileges then they could live a very positive and blissful life.

Some parents, despite an age difference of thirty to forty years, want to drag their children towards their preferred paths without realizing that such an age difference is enough to cause a variation in mentalities and parents can avoid many issues by not forcing their kids in every matter and giving room for permissible desires.

Everybody wants to earn as much as possible but the visible gap between having wealth and the talent required to use it efficiently causes so much loss. Often it makes a person inclined towards arrogance, alcoholism, extravagance and misconceptions that ultimately become a source of damage for him, his family and his community.

Every other day it happens between people, families, nations and countries that small rifts give way huge fights. Mutual conversation, trust and faith in each other could have prevented so many wars. Lots of small matters get drawn out to full fledged wars because the two parties don't trust each other and are suspicious of the other parties' every move.

Selfishness controls people and the word sacrifice seems to belong to dictionaries only. The entire population is forming alliances, relations and acquaintanceships based on self-interest and these bonds break only when the term sacrifice comes up. If the gap between selfishness and sacrifice could be finished or at least reduced then the appeal of these relations would increase. People are being led by greed without thinking of where they are headed, where they are taking humanity and

how they are losing peace of mind but there seems to be no end to this greed.

After being graced with wealth it is common see people get infected by show-off, so does being moneyed means there is no room for simplicity left? Does self-respect has no place in poverty or humility finds no room in richness? Aren't the negative effects that these gaps bring to our community leading us in the wrong direction?

For the betterment of society and nations hundreds of institutions are working but their benefits can't be seen as per expectations. What's observed is that the amount of time and effort spend by these organizations in proving oneself better than other and belittling the rest of them is way more than any attempt at joint ventures. Despite having the same goals the lack of mutual confidence is damaging to the general public.

Usually people complain about the self-centeredness and self-interest of leaders. By looking at the lives of these leaders that have every possible facility and live extremely grand lives in their palaces, it's almost impossible to deduce that they are supposed to be leaders of the same nation that is denied basic necessities such as two meals a day, homes and shelters, hospitals for medical care and roads to travel. And when this gap comes out as a revolution then millions of people lose their lives. If responsible people meet these leaders to dwell on such gaps and their intensity and work towards lessening this gap between rulers and the public then a catastrophe could be avoided.

Care to think about this gap, a lot of words regarding religion escape our lips and inspire listeners but are we individually as driven



Three Interview Questions You Must Expect

Job interview questions are interesting, tough, conversational, crazy and insane. I think I've written couple of articles about different interview questions and how to answer them. When you get right down to it, though, there are only three interview questions that really count. Answer them, and you put yourself in a position to get the job offer. And they are:

1. Can you do the job?

This question asks if you have the job skills to do the work. If the job description has many job skills in it, you have to show you can match up with most of them to stay in the running.

Job skills are mostly covered in the phone interview. Someone there is filtering potential candidates by eliminating those who don't have enough check marks next to the job skills box.

2. Are you motivated to do the work?

This question gets to the heart of why you like your work. It asks if you'll work through issues and problems to get things done, even when the going gets tough.

This is not "enthusiasm" or "employee engagement." Those may help, but it's more about the hero's journey -- you, our hero, will encounter obstacles. Can you overcome them to get to the desired outcome?

3. Will you fit in with the manager and team?

The biggest reason people leave companies is because of their relationship with the manager. A manager wants to make sure they can work with the new hire. If the manager doesn't think that will happen, they won't hire you.

Also, every time someone new joins the team changes. The dynamics change. Insert your favorite sports story here about how new players join teams and make them great -- or destroy them. You've all seen it. Just remember the world cup 2011 Making sure the new person fits into and complements the team is paramount.

Sure, there are hundreds of job interview questions. If you get thrown a curve ball, break it down into one of these three. Then form your answer from there.

Best wishes

Mohammad C. Jamali

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Mind the Gap continuation from Page 9

towards our faith? Absolutely not! We only talk about religion while all our strength is directed towards attaining worldly treasures. Then why do we discuss our faith? Just to impress and intimidate others with our sainthood? After all why is our bond with religious acts so fragile? Isn't this gap worth bearing in mind?

People never fail to share their impeccable suggestions on the mutual problems of the nation, or try to emphasize the profound connection they have with the subject matter. Some people sound so assuring that one gets the feeling if things were given under their control all the problems would be solved within months. Though on a closer inspection it would appear as if they have no passion or time for collective benefits and all their energy is focused on individual profits, but they still act deeply concerned about the nation while in public: who could possibly benefit from this pretense when it is only used to impress others by a show of know-how and emotions? We are

identified through our nation, treated according to this identity, then why are we so indifferent when it comes to doing something good for our people? It's understandable that a person has his own state of affairs to tackle and share of problems that require our attention, but communal and national affairs need to be addressed too and evading them should be criticized. Can a nation develop by sidelining this gap of individual and mutual responsibilities or can they get a better identification? Perhaps not for whom we are as a person is only what our friends and family members get to see while history remembers us through the community we come from. Among a group of good people some go wayward and become robbers and dacoits, and inflict chaos which could have been prevented of the considerably well-off fraction of that society had taken responsibility for the education and employment of those people.

World's many dilemmas are due to a power gap between families, tribes and countries. When one of the two fractions is stronger and the other is weaker, their principles, priorities and behaviors change causing a lack of trust and sometimes it results in wars even. Today it's as if the bigger fish feed on the smaller ones. That's why every nation that sees itself as victims initially needs to work on lessening this gap, for as much as it reduces others will treasure and begin to accept them more wholly.

There are many other rifts that affect our lives, for instance:

Is a wealthy person exactly that amount of arrogant and ill-mannered as others perceive? Is a poor person exactly as selfish and greedy as viewed by the rich folk? Is a Muslim just as much of an extremist as the rest of the world thinks, or is a non-Muslim just as far away from good deeds and Allah as Muslims believe him to be? Are well educated people as self-loving and egotistical as the general public thinks, or is the

general public as undignified, crude and overly dramatic as the well educated crowd makes them out to be? Are masters really rude and cruel while workers are last and incompetent and self-seeking? Do degrees (certificates) really show how capable a person is? Should a person monetarily lucky and blessed with provisions be deemed smart even though all of it is by the grace of Allah? A Muslim proclaiming to deserve heaven: Ought he to actually have it considering his actions? People with beautiful faces: do they have beautiful characters too? Can a person seriously be judged by how good or bad they are portrayed?

If people's knowledge and the reality coincided then things would certainly be better and would all these misunderstandings still exist? Probably not!

In times of privacy we should definitely look over these gaps that can help transform our lives: plans and actions, sacrifices and expectations, dreams and efforts, desires and needs, modesty and dressing, selfishness and selflessness, worldly and religious trades, spiritual and physical requirements, health and diet, good parenting and unfavorably lenient treatment.

As a matter of speaking there are many gaps, some important some insignificant, some main gaps were discussed here while others got left out. The one between train and platform is fixed while others keep on expanding till they become incurable diseases which is why it's important to look out for all of them so that none get exploited to the point that they yield disasters. It's necessary to put oneself in another person's place and grasp their point of view and understand each other better through dialogue, form better relations and accept others with an open heart and mind so we may register in our ears, eyes and minds the solutions that can be extracted out to reduce these gaps or maybe even close them.

Egotism, arrogance, everyday pursuits, greed and devil's traps draw out such illusions for us that we do not realize the negative effects of putting off these issues, and fail to do anything about the gaps created between relatives, friends and other associations of life. When we finally understand the loss it is too late to mend broken ties and we are left with nothing but regrets.

Even the smallest of "gaps" can have tragic effects like the way a small hole can sink an entire ship. It doesn't matter which side we are on as long as we try to fix things and either minimize or completely draw to a close these spaces in between because to do that we only need open hearts and awareness of our surroundings.

So let's come together and find the lost pearls: restore those broken ties that have been lost due to reasons known and unknown.

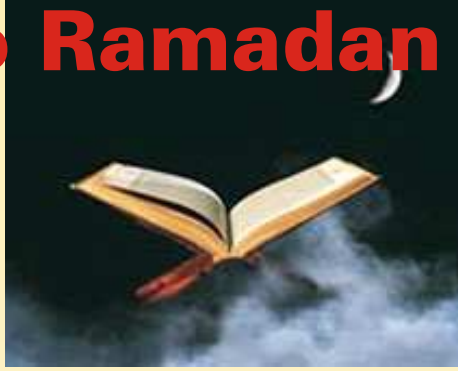
Seraj Akram

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Translated from Urdu by Rumaisa Ahmad

Welcome to Ramadan

Gheyas S Mahfoz Hashmi, Jeddah
(hgheyas@albatool.com.sa)



Thanks to Allah Almighty that we have got Ramadan again. It is the month of Quran. It is the month of better than 1,000 months (83 years). Happiness is at every corner. Why should not, it is the month of Mercy (1st 10 days), Forgiveness (2nd 10 days) and Salvation (last 10 days). It is the month of taking rewards as much one can. It is the month where Divine Generosity rains. It is a month of raising hands to The Lord of Heavens & Earth. It is the month in which Shatan is clamped. A good Muslim always awaits Ramadan to welcome it openheartedly and at the end they bid it farewell with eyes full of tears, as they are unaware if they will be able to see it the next. They try always to have good use of Ramadan for which Allah Almighty has given it to His servants as a gesture of His kindness towards them.

The most important thing that makes Ramadan valuable is the revelation of Quran in this month from Loh-e-Mahfouz (Heavenly Tablet) to The House of Heaven. It is reported thrice in the Quran in verses (2/185, 44/3&4 and 97/1-5). The 1st describes that it is Ramadan in which Quran was ascended. The 2nd specifies the time saying Quran was revealed in a blessed night (of Ramadan) and it is the night where angels are assigned to execute commandments of Allah Almighty with regard to Human Destiny, while the 3rd further specify that Quran was ascended in the night of Al-qadr (power), i.e. one of the odd nights of last ten days of Ramadan, which is better than thousands months where angles and Jebrael come down with the permission of Allah having fate matters (here it refers to same matter of verse 44/4). This is to clarify here that some interpreters and most prominent of them is Hazrat Akramah did confuse with aforesaid verse (44/3&4) that the revelation of Quran was at the night of 15th Shabaan, as it was also mentioned in few weak Hadithes.

We understand from above verses that a night was elevated and exalted to the degree of 1,000 months in terms of sanctity, holiness and blessing of Allah Almighty. Keeping this in view we should think how importance is Ramadan and precisely last ten days and more precisely Lailat-ul-qadr. We also know that Rahbaniat (Monasticism) for this nation was closed but E'TEKAAF during the last 10 days of Ramadan was given as Sunnah Kifayah. Some of our brothers understand, due to lack of knowledge of Islam, that performing of good worshiping in Ramadan can compensate lack of duties of 11 months. This is a blunder. None is exempted whatever great deal of

worshiping they do in Ramadan from their duties/obligatory towards Allah and His servants during 11 months. Ramadan is mainly for two things (1) a training of religious requirements whose effects can be felt during the rest 11 months (2) offsetting optional worships that remained to be done or done little during last 11 months.

Ramadan, however, has two obligatory worships (1) Fasting (2) (Zakat-ul-Fitr) and two special optional worships (3) Taraweeh (4) E'tekaaf. Reward of all worships in Ramadan increases many folds due to the importance of the month. Similarly bad actions may have the same effects or more. Most of the people pay Zakat (2.5%) in this month in order to get advantage of multiplication of reward. Here I am pleased to give below a very brief description of worships earmarked for Ramadan. For any query, I am available at email to reply.

Taraweeh: There is different opinion on Rik'at of Taraweeh but 20 is Sunnah of Hazrat Omar (R) on which conformity is reported. This 20 Rik'at figure is undisputed among righteous scholars while other figures are controversial. The prayer is for whole month and completion of recitation therein by reading or listening to of full Quran is another Sunnah.

E'tekaaf: As per Hanafi School it is a confirmed Sunnah Kefaya, i.e. if a fasting Muslim from a village or from a Mohallah does it the accountability gets dropped from all living in the same village or Mohallah. It is ten days devoted worship at one's mosque keeping oneself away from materialist word. Not allowed to come out of mosque except for essential needs. Its time is from 20th Maghrib till seeing the moon of Eid. As for woman, she can do it also with her husband's consent at home (Hanafi) or mosque (Maliki, Shafayi, and Hanbali). These are jurisprudential differences which are not blameworthy but praiseworthy, and which pave the way for acquiring scientific knowledge. The reasons for difference are mainly three that are (1) In case of explicit text, but there is possibility of more than one meaning, that meaning is taken by the scholars that best fits to their knowledge. (2) In case of various texts on a single subject, one text is taken by the scholars that best fits to their knowledge. (3) Scholars ascertain the reasons available in the stipulated rule in order to apply

it in the unspecified rule.

Zakat-ul-Fitr (Fitra): Every Muslim is required to pay Zakat-ul-Fitr at the conclusion of the month of Ramadan as a token of thankfulness to Allah for having enabled them to observe fasts. Its purpose is to purify Muslims' worship from any mistakes and inappropriateness that they might have committed in Ramadan, and also to help poor and needy.

Those who possess Zakat Nisab (a minimum amount of property) have to pay Zakat-ul-Fitr (Abu Hanifah), but according to most of the scholars Zakat-ul-Fitr is incumbent on every free Muslim who possesses one Saa' of dates or barley which is not needed as basic food for himself or his family for the duration of one day and a night. Saa' is a certain measure varies according to foodstuff. It may be 2,176 – 2,520 grams per head. It may be dates, cereals or its value. It is generally what an individual eats. If a Muslim eats high quality Basmati rice, it is unfair to give lower quality rice or its value.

Its disbursement starts from Eid day after dawn (Fajr) up to before Eid prayer. In case it was not given before Eid, it could be given after Eid prayer but it loses its essence and spirit, and some say it is reprehensible. Therefore, its payment does not get nullified due to delay. It can be given 1 or 2 days earlier also (Ahmad & Malik) and can be paid in the beginning of Ramadan (Shafayi), and can be paid even before Ramadan (Abu Hanifah).

دعا! اے اللہ ہم تجھ سے مانگتے ہیں۔
ایسی معافی جس کے بعد گناہ نہ ہو۔
ایسی ہدایت جس کے بعد گمراہی نہ ہو۔
ایسی رضا جس کے بعد ناراضگی نہ ہو۔
ایسی رحمت جس کے بعد عذاب نہ ہو۔
ایسی کامیابی جس کے بعد ناکامی نہ ہو۔
ایسی عزت جس کے بعد ذلت نہ ہو۔
یا اللہ مجھے اور میری فیملی اور عزرا قارب و دوست
احباب کو دنیا اور آخرت کی ہر قسم کی رسوائی سے
بچا اور آئیو لے دنوں میں ہمیں ہر قسم کا سکون اور
امن عطا کر۔ (آمین)

Bihar Anjuman has 16 RAHBAR Coaching Centres, now, alhamdulillah

By the grace and limitless mercy of Allah, and with your dua, cooperation, support, guidance, contribution, and untiring efforts, RAHBAR Coaching Centres have now grown to 16. Thirteen (13) of these RCCs are in Bihar and three (3) in Jharkhand. Last month, we had 14 centres operational. In July 2011, following 2 new centres have been approved, and will become fully operational on 1st August 2011, insha-Allah, when the classes start.

RAHBAR Coaching Centre, Chatarpur, Ramgarh (Jharkhand)
Website >> <http://Ramgarh.biharanjuman.org/>

RAHBAR Coaching Centre, Motihari (East Champaran)
Website >> <http://Motihari.biharanjuman.org/>

Seventeen (17) Zero-to-Hero from RAHBAR Coaching Centres, now: 11 students of RAHBAR Coaching Centres make history in 2011: RAHBAR Coaching centres were able to transform eleven zeroes of yesterday into heroes of today, this year, thus adding to the 6 of last year, taking the total to 17, now. RCC Darbhanga continued to shine, sending 6 students to MANUU's diploma engg (4 got admission in Darbhanga, 1 in Hyderabad, and 1 in Bangalore). RCC Patna continued to produce the zero-to-hero miracles this year as well, by sending 4 students to MANUU's diploma engg (3 got admission in Darbhanga and 1 in Hyderabad). RCC Chakradharpur opened its account by getting one student into diploma engg through Jharkhand combined entrance test – he chose Al-Kabir polytechnic in preference to government polytechnics. A remarkable good news is that all these neo-heroes got their admission fees and monthly expenses sponsored through Bihar Anjuman. Total sponsorship of diploma engg students increases to 19, now.

RAHBAR ITI @ Samastipur encounters government apathy, inspection (before approval) delayed; ITI management committee formed: Even though the order for inspection by the government of Bihar was passed end of May, the bureaucratic apathy became a major hurdle and the inspection could not happen even by end July. Imarat Sharia failed to manage this despite its constant follow-ups with the authorities. The ITI is ready in all aspects for inspection; pictures of the same can be viewed at its website []. A positive

development apart from the readiness of the ITI is formation of the management committee to manage and monitor the operations of the ITI. The eleven (11) member committee has 3 members from Imarat Sharia with Maulana Anisur Rahman Qasmi Sb, nazim, as the president of the committee. Madrasa Islamia Shahpur Baghauni, the local infrastructure-provider, has 3 members in this committee with their secretary and president chosen as secretary and vice-president of the ITI committee. The treasurer also is a member of the Madrasa's committee. Bihar Anjuman has 5 members in the committee, all from Patna chapter (Enam Khan Sb, Shoaib Khan Sb, Manzurul Haque Sb, Najmul Hassan Najmi Sb, and Engr Shahid Amin Sb). Enam Khan Sb will act as joint secretary of the committee. A four member sub-committee for selection of staff was also formed – it includes Enam Khan Sb, Shoaib Khan Sb, Shahid Amin Sb from Bihar Anjuman, and Abdul Mateen Sb (Director of Imarat's ITIs).

Inauguration ceremony of RCC Chitarpur, Ramgarh, takes place on 1st August at 10:00 am, in Darsghah Islami Chitarpur, Ramgarh (Jharkhand). For further information, visit its website <http://Ramgarh.biharanjuman.org/> or contact Sarfaraz Ahmad sarfaraz.ahmad01@gmail.com on 572161345.

Inauguration ceremony of RAHBAR Coaching Centre, Tajpur, Samastipur, took place on 21st July 2011 at Tajpur Public Academy, near Tajpur High School, Samastipur, at 5pm. The new team-leader, Janab Abu Mohd Fakhruddin Sb, belonging to Murghia Chak, Rahimabad, Tajpur, who is a teacher at Rajwa middle school, informed the audience about the minutes of meeting of 9th July in which a decision was taken to close down the existing RCC and replace it with a new one. Shakeel Ahmad Sb briefed the audience about Bihar Anjuman and its projects and appealed to everyone to make this new RCC successful by their active participation.

A list of students at the previous centre desirous of continuing classes at the new centre was presented by the team-leader. Janab Fakhruddin Sb also informed that the new committee has given a chance to the existing teachers except one against whom complaints were received from students. New teachers would be appointed soon, and any vacancy in the coaching classes would be filled by admitting new students so that the number in any class does not go below 20 at any time.

RAHBAR Coaching Centre, Samastipur closed for non-performance, w.e.f. 1st August 2011

RAHBAR Coaching Centre, Samastipur [http://samastipur.biharanjuman.org/], operational at Madrasa Islamia, Shahpur Baghauni since July 2009, has been closed for non-compliance with Bihar Anjuman's coaching guidelines, w.e.f. 1st August 2011. After RCC Arwal, this is the 2nd centre to be closed this year. Although unfortunate, this step is essential in order to maximize the benefits from your contribution to the intended beneficiaries. Some of the reasons why the RCC @ Madrasa Islamia, Shahpur Baghauni had to be closed are cited below:

1. The awards ceremonies were not conducted regularly.
2. The mandatory reporting was not being done properly.
3. Monitoring by the committee was far below expectations.
4. The result of 10th grade students was not up to the mark.
5. The management committee failed to keep track of the centre's students who passed 10th grade
6. Because of the above, no coaching could be arranged for the 10th pass-outs for diploma engg entrance exams nor were they encouraged to fill the forms for those exams.
7. During the 2 years of operations, the centre's performance deteriorated despite warnings. The management committee did not heed to the suggestions to improve the centre's performance. Recommended measures were not implemented. Too many excuses were cited for non-compliance.

This MUST serve as a warning message for all the coaching centres. Let this be clear to all that Bihar Anjuman has ZERO-TOLERANCE against non-compliance of coaching guidelines. Suggestions to modify the guidelines are welcome, but once a centre's management committee agrees to abide by the guidelines, there is no reason why they should not comply with the provisions. Bihar Anjuman considers that non-compliance of coaching guidelines results in inefficient use of sponsor's money, and there is no reason why this should be tolerated at all.

Welcome New Web Editor of Bihar Anjuman, Amjad Ali Khan, from Darbhanga: Amjad Sb passed his 10th exam from INSAN SCHOOL, Kishanganj, graduated from Lalit Narayan Mithila University, Darbhanga, before completing his MCA from Indira Gandhi National Open University (IGNOU) in 2003. He now works as Java Tech Architect for Priceline.com and is based in USA. He can be contacted on his email ID: khan.amjad.ali@gmail.com
BA News#8. Welcome new BaKhabar Editorial

Welcome New Web Editor of Bihar Anjuman,

Amjad Ali Khan, from Darbhanga: Amjad Sb passed his 10th exam from INSAN SCHOOL, Kishanganj, graduated from Lalit Narayan Mithila University, Darbhanga, before completing his MCA from Indira Gandhi National Open University (IGNOU) in 2003. He now works as Java Tech Architect for Priceline.com and is based in USA. He can be contacted on his email ID: khan.amjad.ali@gmail.com
BA News#8. Welcome new BaKhabar Editorial

SUCCESS IS A JOURNEY, NOT THE DESTINATION

{CRACKING CAMPUS RECRUITMENT-
MADE EASY}

“The journey of a 1000 miles starts with a single step”.

CAMPUS RECRUITMENT has been always a nightmare for students from the year they take admission into the college and are puzzled for what to do and where to approach for cracking it.

In this article, I am mixing my experience of successfully cracking JOHN DEERE, TECH MAHINDRA, and clearing interviews of ARMY, NAVY and failure at final interview of SATYAM (though I cleared its written and GD) and conversation and analysis of both the successful and unsuccessful candidates.

Some students want to pursue MBA or M.Tech, but it is good to have a good option along with it and getting a good job is not a bad deal.

If a person is not able to crack in the first chance, he/she must not lose the heart. Infact, GOD must have already decided a better place for you. Have faith in HIM, and work hard on improving your technical and communication skills.

Generally, the students run for those private institutes, which provide campus recruitment training. It is not a must to do thing. You can get a set of question papers from the previous years of the company's selection drive and practice from it. The main topics in written in quantitative section are-SPEED, TIME, DISTANCE, UNITARY METHOD, PIPES AND CISTERNS, EQUATIONS, PROFIT AND LOSS, INTEREST, AVERAGE, RATIO AND PROPORTION, etc.

But, if you feel that you need it, then go for a good institute, which provides rigorous training for it.

For Quantitative- R.S.AGGARWAL is a good book and its basic questions needs to be practiced.

For English usage- Wren & Martin's High school English grammar and composition is a good book.

Before appearing for the company's selection drive you must know the company's profile.

Some companies have higher and lower cut off and some have negative marking, so ask the concerned person for it, before attempting the questions.



Group discussion and interview:-

Group discussion is a one to all discussion, meaning the person must not only the answer to the person who has raised the point, but to others as well, so communicate while looking at all and not the moderator (observer). SPEAK ATLEAST A FEW TIMES WITH CONFIDENCE AND BE WITH THE GROUP. EMERGE AS A LEADER AND NOT A FOLLOWER.

What are the methods that can be used for idea generation in a group discussion?

- Key Word Approach (KWA)
- Viewpoint of Affected Parties (VAP)
- Socio-cultural, Political, Economic, Legal and Technological (SPELT) angles to the given topic.

What is KWA? In this approach, you should look at the topic word by word. Take each key word or phrase of the topic and see what it means. It has to be clarified as to what "frame of reference" you are using.

What is VAP?

It stands for Viewpoint of Affected Parties. Consider all the people or parties who are likely to be affected by the topic viewers / readers, parents, children; the companies whose products are being advertised; advertising agencies / media TV, newspapers, magazine) who are the people involved in "exposing".

What is SPELT?

Socio-cultural: Our culture and traditions; family set-up values and related issues

Political: The political will to implement an action of this nature

Economic: The adverse effect on the performance of advertising companies, advertising agencies.

Legal: Is such a ban legally tenable? The affected parties are likely to take recourse to legal help.

Technological: How can such a ban be implemented on media like satellite TV?

How do the interviewers assess the candidate?

The main qualities that they look for in the candidates are:

Level of knowledge the candidates possesses

Conceptual understanding of issues

Clarity of thought

Communication skills

Planning of career

Basic personality

Reacting to a situation

Communication skills play an important part, and you have to make a conscious effort to communicate properly what you have in mind. Those who had a Hindi medium background, need not get frustrated, you may easily overcome the hurdle, by working hard on your communication skills.

EVEN THE GREATEST SCHOLARS HAVE TO START WITH THE SAME "ABC".

Tips-Be a regular reader of newspaper like "THE TIMES OF INDIA" and communicate with your friends in English.

You will also be evaluated on a number of personality related issues including, your value systems.

The interview panel members are likely to create situations to see how you will react to different situations. This is essential because, in real life, you will face a number of situations and you will have to react to them without any additional time to think about them.

NOTE- BE VERY NATURAL IN FRONT OF THE INTERVIEW PANEL. IF YOU DON'T KNOW ANY ANSWER, BE HONEST TO SAY, ' I DON'T KNOW', INSTEAD OF BLUFFING THEM.

YOU CAN USE EXPRESSIONS LIKE, 'SORRY SIR, I DON'T REMEMBER IT RIGHT NOW, THOUGH I HAVE READ IT'.

Important- In interview, you must be ready to answer questions on your favourite subject from your branch.

If a software company is taking the interview, then you must have:-

(For CS&IT)-sound knowledge of a language like C, C++, VB, JAVA, DBMS. YOU MUST BE GOOD IN ANY ONE OF THEM BUT YOU MUST HAVE ACQUAINTANCE OF OTHERS TOO.

For other branches {Mechanical, electrical, electronics, etc.}-

You can not give an excuse that I am not from CS/IT, else, why have you applied for?

You must have a basic knowledge of C&C++. You need not be an expert in programming, but you should at least know the basic concepts of it and must be familiar with the terms like-Function, array, inheritance, and so on.

Let us C& Let us C++ by YASHWANT KANETKAR is a good book.

An extra curricular activity like taking part in technical paper presentation, project, etc, plays a great role, so you must be enthusiastic for it.

Some of the value addition courses add better chances in your selection, so you should try to have a good knowledge of it, if you go for it.

For Mechanical- Pro-e, AUTOCAD, CATIA, UNIGRAPHICS, etc.

For CS/IT- DBMS, JAVA, C, C++, UNIX, LINUX, etc.

For Electronics- EMBEDDED SYSTEM, VLSI, etc.

Above all you must have faith in yourself and ALMIGHTY ALLAH. Have the blessings of your parents and teachers to be successful in life.

ALL THE BEST!!!

fasihaider@yahoo.co.in

بڑھ کے خیبر سے ہے یہ معرکہ دین و وطن اس زمانے میں کوئی حیدر قرار بھی ہے؟
منزل راہرواں دور اور دشوار بھی ہے اس قافلے میں کوئی قافلہ سالار بھی ہے؟ اقبال

The believers are but a single Brotherhood. Live like members of one family, brothers and sisters unto one another [Quran,49/10].

Be Practical than Preacher

What to avoid in Ramadan

1. Reduce watching TV, instead spend more time reading the Quran and other Islamic literature.
2. Avoid looking at unlawful pictures, whether magazines, department store catalogs or otherwise.
3. Avoid going to theaters; instead go to Masajid, Islamic organizations and make that a daily habit.
4. Avoid eating too much. Eat only when you are hungry and try not to fill your stomach completely.
5. If you drink Coffee, Tea or Soda, be sure to reduce consumption_.
6. If you smoke, try to reduce daily usage; otherwise Ramadan will be very difficult for you to observe.
7. If you have friends who do not practice the teaching of Islam, try to avoid socializing with them.
8. If you travel a lot on business, try to do more local business, so you can be more closer to your family and community_.
9. If you are used to staying up till midnight, try to go to bed earlier, so that you will be able to wake up early for Salat al-Fajr and Tahajjud prayers as well. To prepare ourselves before the month of Ramadan arrives is far better than waiting till it comes. To prepare ourselves for anything in life is a sign of wisdom and maturity. No one is assured of living one day more; tomorrow may not come. So hurry and benefit from blessings and rewards from Allah.

Remember: "Time is not money or gold; it is life itself and is limited. You must begin to appreciate every moment of your life and always strive to make the best use of it.

Appeal to donate your Zakat/Sadaqat

to RAHBAR-e-Banaat School and Madrasa, for holistic education & guidance [Only for Girls of weaker sections, in Bihar & Jharkhand]: Details <http://school.biharanjuman.org/>
Your support has helped the project a lot, but it needs more funds, therefore, come forward to donate your Zakat & Sadaqat, to this important project of Bihar Anjuman.
Individual NRI Donors may please transfer their contributions to the following bank account of RAHBAR, the NGO of Bihar Anjuman [Kindly send an email to school@biharanjuman.org, once you have made the transfer, so that we may be able to maintain a proper account, at our levels. Also, please send scanned copy of your ID proof (passport copy for NRIs), which is a mandatory requirement. In case of any problems in transferring the committed amount, please write back to us (school@biharanjuman.org) so that we could find an alternative means of transferring the funds [like sending to a personal account of one of the Bihar Anjuman's representatives, or handing over cash or cheque to him]. In any case, please do not forget to send us an email after the transfer has been made.]

A/c name: RAHBAR

A/c number: 00891450000123

Bank name: HDFC Bank

Branch: D-965, Mata Ka Mandir, New Friends Colony, New Delhi - 110065

IFSC Code: HDFC0000089

MICR Code: 110240009

Donations: all kinds of donations are acceptable

Willing to donate for this noble cause? Write to school@biharanjuman.org or fill an online form at <http://www.rahbar.info/rahbar-e-banat.htm> to commit your donation

Read this article, please: Letter and Spirit of Z a k a t (Z a k a h) [<http://www.biharanjuman.org/zakat-letter-and-spirit.html>]

The students in this madarsa will be from poor families, most of whom are not going to any schools or madrasas, at all. Therefore, zakah funds may be used to impart literacy to them. Yateem girls will be accommodated in a hostel which is the first building being built [structure of 2 floors are ready, thus 16 rooms can be used once finishing work is completed]. Hostel is planned to become functional by December 2011, insha-Allah, after completing the boundary wall.

You may donate (from any funds at your disposal) for:

Regular (monthly, quarterly, annual) contribution:

- (a) sponsoring a teaching staff for the madarsa: Rs. 4,000 to 6,000 per month,
 - (b) sponsoring a non-teaching staff (matron, peon, muhassil, etc.): Rs. 3,000 to 4,000 per month
 - (c) sponsor a student's expenses (non-resident): Rs. 200 per month
- Sponsor construction cost for eisal-e-sawab and sadaqa-e-jaariya:



- (a) construction of class-rooms (one classroom: Rs. 4 lakhs): total number of classrooms planned = 15 (architectural dwg @ <http://bit.ly/eFUnHI>)
- (b) Construction of hostel (one hostel room: Rs. 2 lakhs): total number of rooms planned = 24 (architectural dwg @ <http://bit.ly/eFUnHI>)
- (c) Construction of a library-cum-reading room @ Rs. 4 lakhs + furniture @ Rs. 1 lakh
- (d) Construction of the office room @ Rs. 3 lakhs + office furniture @ Rs. 50,000/=
- (g) hand pump for drinking water, Rs. 10,000/= (with platform), near hostel building
- (h) 2 Overhead water-tanks + 1 electric pump + water-supply work for hostel building, Rs. 50,000/=

Trust registered to secure RAHBAR-e-Banat School-cum-Madrasa project:

"RAHBAR-e-Banat Educational Trust" was registered, in Samastipur, on the 20th July 2011, and the property of RAHBAR-e-Banat School-cum-Madrasa was transferred from its owners (who had verbally donated the land in July 2009) to this Trust. This has helped secure the investment made in the project, alhamdulillah. Five trustees from the region - 2 from the family of the donor of land and 3 from nearby villages - will now take care of the project which will have an executive committee to manage the day-to-day affairs of the project.

The office of the trust is situated at RAHBAR-e-Banat School-cum-Madrasa, Village Rahimabad, Block Tajpur, Distt: Samastipur



Always be prepared for death,
it can come any time, any
where without any prior notice

Thanks Allah for his kindness not only by words but by heart with good deeds

Oslo killings on 22.07.2011

Note: A profound event has happened in Oslo (the killings on 22.07.2011) which will keep human beings terribly confused for a long time (look at the millions of meaningless comments on the event, floating on the respectable European and American internet sites, based on 180 degree wrong presumptions). Indeed every bit of the story throws before mankind a mountain of confusion which can send him adrift endlessly. Here are some words of solace.

Existence vs. Non-Existence

As to the purpose of this world, the answer is 'God plays'. How can one play solo? There is no one equal to Him. Whom does He play in opposition with? Is there a contradiction then? When there is no one to play with, how does He play? The answer to many of the riddles of life can be found in resolving this contradiction.

Theory of probability and principle of uncertainty have often been found to be touching the question of God. Because, in the absence of any visible adversary in the game, God does seem to be pitted against Uncertainty. Dose it mean that Uncertainty is another pole worthy of the stature of God. No, Uncertainty is an entirely different stuff. It refers to non-Existence vis-à-vis Existence. God as an embodiment of Existence is pitted against non-Existence. Can God abolish non-Existence? Well this question is absurd because the answer to both the alternatives is the same. If He can't, then He leaves non-Existence intact. But if He can, then also that leaves another level of non-Existence. So, instead of raising this question, more logical would be to try to understand the nature of non-Existence and its interactions with Existence.

Existence is the certainty of a thing. Non-Existence therefore immediately relates to uncertainty. There are physical evidences of the principles of uncertainty but most of these uncertainties in our lives are partial. Although Man's life is surrounded with uncertainties yet there is a strong possibility that at some point of time the uncertainty is disturbed by none other than God. Slightest intervention by mixing a certainty of the size of a sand granule has the potential to disturb the absoluteness of uncertainty and will tilt the balance in favor of one, rather than the other alternative at

some point of time, however farthest that point of time may be from the present scene. The possibility of absolute uncertainty in the life of man is therefore reduced largely. This gives rise to the notion of God being Rahman and Rahim. He intervenes in favor of man even at the cost



of destroying His own Great Game vis-à-vis the principle of Absolute Uncertainty. This also explains the innumerable situations of misery as it appears to us humans when He does not intervene and keeps playing his Game.

If a game is certain, there is no joy of play. The fixity of this vast universe and its physical laws as created by God can hardly be of great interest to God himself (but Science will be able to prove one day that this vastness of the physical universe was absolutely necessary to produce a sustainable something called 'man'). Biological world and biological laws therefore must mark a definite improvement in God's own work, if He has to enjoy the play. But even biological world is full of certainties as being controlled in large parts by rigidly framed immutable laws. Only limited maneuverings are possible in the life of an animal by the principle of uncertainty. But it is in human brain that the possibility of breaking free from the fixity of the physical world lies. God's framing of human mind must mark His ultimate work where He finds the possibility of playing a full-fledged game vis-à-vis the principle of uncertainty. It is in the interest of God that he does not intervene in influencing the law of probability in the life of man as it has the effect of despoiling His own game and yet He does intervene in

favor of man sometimes very directly and sometimes very remotely. To that extent He sacrifices His own joy of playing dice. His intervention is not by influencing the principle of uncertainty because indeed there is nothing to influence (uncertainty being the equivalent of non-existence), but by withdrawing man, his creation, for a short moment or a longer period from this Great Game (God vs. Uncertainty) of which He is entirely capable, because it is He who has thrown us into this game in the first place (Prayer to God during adversity and thankfulness in prosperity, have thus a place in man's life). But the best of all is, that it explains how and why the evil flourishes. The 'evil that flourishes' happens to lie on the right side (lucky side) of the probability-controlled result-sheet, which is not the same as saying that all that lie on the right side of the probability-controlled result-sheet is evil.

There is a sub-game of God in this Great Game however. He has messaged it to man to fight (struggle) against the evil that happens to lie on the right side of the probability-controlled result-sheet. In that is reward for man, and it is entirely open for man to seek it any which way he can – but the way has to be necessarily righteous, as being a logical derivative of the above discussion.

- Manzurul Haque: A commentator from India
Email: manhaq@yahoo.com
Author of book: 'Not The Same As You'

TOP TEN Cleanest Countries

1. Finland
2. Norway
3. Canada
4. Sweden
5. Switzerland
6. New Zealand
7. Australia
8. Austria
9. Iceland
10. Denmark



Source: www.watchmojo.com
Photo: © bilderbox.com

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کوئی بندہ اس وقت تک مسلمان نہیں ہو سکتا جب تک کہ اپنے بھائی کے لئے وہی پسند نہ کرے جو اپنے لئے پسند کرتا ہے۔

مسلمان تو وہی ہے جس کی زبان اور ہاتھ کی ایزا سے مسلمان محفوظ رہے۔

ماشاء اللہ.... ماہ مبارک کی برکت

سراج اکرم

ماہ مبارک

ماشاء اللہ، رمضان کے بارگاہِ مبارک میں مسلمانوں کا رویہ کافی بہتر ہو جاتا ہے۔ لوگوں کی کوشش رہتی ہے کہ اس مہینے میں برے کام سے گریز کیا جائے اور نیکی زیادہ سے زیادہ کیا جائے۔
کاش... ہملوگ باقی مہینے میں بھی ایسا ہی رویہ رکھیں، نیکی ہر مہینے میں ہونی چاہئے اور برائی سے پرہیز ہمیشہ لازم ہے تاکہ اللہ ہم سے ہمیشہ خوش رہیں۔

روزہ

ماشاء اللہ، اکثر مسلمان روزہ رکھتے ہیں، انکی کوشش ہوتی ہے کہ کوئی روزہ نہ ٹوٹنے پائے، کوائے نافرمانی نہ ہونے پائے، ساری دقتوں کے باوجود بخوشی مسلمان تیسوں روزہ رکھتے ہیں تاکہ اللہ خوش ہو جائے۔
کاش... ہملوگ روزہ کے پس پردہ حکمت کو بھی سمجھ پاتے اور روزہ کی بھوک پیاس سے عبرت لیتے ہوئے اپنے غریب مسلمانوں کی تکلیف کا احساس کر سکیں اور انکے مدد کے لئے ہر ممکن کوشش کرتے تاکہ کوئی مسلمان پریشان نہ رہے۔

قرآن

ماشاء اللہ، اس مبارک مہینے میں لوگ زیادہ سے زیادہ قرآن پڑھتے ہیں تاکہ کئی گنا زیادہ ثواب حاصل کیا جاسکے
کاش... ہم قرآن کے پڑھنے کے ساتھ ساتھ اسکے نازل ہونے کی حکمت اور اسکے ہدایت کو بھی سمجھ پاتے اور پڑھنے کے علاوہ قرآن کے بتائے ہوئے راستے پر عمل بھی کرنے لگے تو اس قوم کی ساری پریشانی ختم ہو سکتی ہے۔

افطار

ماشاء اللہ، اس مہینے لوگوں کی خواہش ہوتی ہے کہ زیادہ سے زیادہ لوگوں کو افطار کرائیں تاکہ بیش قیمتی ثواب حاصل کر سکیں۔
کاش... افطار پورے خلوص کے ساتھ کروائیں اور افطار میں صرف اپنے رشتے داروں یا دوستوں کو ہی مدعو کرتے بلکہ غریب، مسکین اور یتیموں کا بھی خیال رکھتے جو زیادہ مستحق ہیں۔

زکوٰۃ و صدقات

ماشاء اللہ، اکثر مسلمان اس مواسات کے مہینے میں صدقات زیادہ کرتے ہیں اور خیرات بھی اسی مہینے میں نکالنے کی کوشش کرتے ہیں تاکہ اللہ کی خوشنودی حاصل کیا جاسکے۔
کاش... ہمارا صدقات ریاستے پاک ہو اور خیرات کا اصل مقصد کو سمجھتے ہوئے اسکو مجموعی طور پر بہتر منصوبہ کے ساتھ خرچ کریں تاکہ سماج میں بہتری آسکے۔

اعتکاف

ماشاء اللہ، کثیر تعداد میں لوگ اعتکاف میں بیٹھتے ہیں تاکہ پوری دلجوئی سے اللہ کی عبادت کیا جاسکے اور رمضان کے مبارک مہینے کا سہی فائدہ اٹھاسکے۔
کاش... ہم اپنے دکھی مسلمانوں کے تکلیف دور کرنے کے لئے بھی اتنے ہی سنجیدہ ہوتے جس سے اعتکاف سے کہیں زیادہ ثواب ملتا اور اس سے ہمارا سماج بھی ایک بہتر سماج بن سکتا۔

تقویٰ، ٹرینینگ کا مہینہ

ماشاء اللہ، رمضان کے آنے کے پہلے سے ہی لوگ اس مبارک مہینے کی تیاری شروع کر دیتے ہیں تاکہ اس مبارک مہینہ جس میں شیاطین قید کر دیئے جاتے ہیں، اللہ کی خاص رحمت ہوتی ہے اور روزہ کے ذریعہ انسان کو متقی ہونے کا پورا موقع ملتا ہے۔
کاش... ہم لوگ ساری عبادت کے علاوہ رمضان کے بعد اپنا محاسبہ کر سکیں کہ اس بار کی ٹرینینگ سے ہمیں کیا فائدہ ملا آگے کی زندگی کے لئے، رمضان کی ٹرینینگ سے ہمارے کردار میں کتنی تبدیلی آئی اور کون کون سی بری عادتیں ختم ہوئیں یا اس میں کمی آئی۔ کیا ہم لوگ رمضان کو صرف عبادت کرنے کا مہینہ بنا دیا لیکن حکمت جو ہمیں اپنے کردار، اخلاق کو بہتر بنانے کی ٹرینینگ دیتا ہے اسکو فراموش کر بیٹھے۔ کاش ہم ہر رمضان میں اگر دس فیصد بھی اپنی اصلاح کر پاتے تو سماج میں بارگاہِ بااخلاق لوگوں کی کثرت ہو جاتی۔ یہ کیسی ٹرینینگ ہے جو سالہا سال آ رہا ہے لیکن ہمارے کردار، اخلاق میں سال کے دوسرے مہینے میں کوائے فرق نہیں پڑتا۔

کیا دنیا میں کوئی ایسی ٹرینینگ ہے جو انسان دس بیس بار کر چکا ہو پھر بھی اسکی صلاحیت میں کوئی فرق نہیں آیا ہو؟ کاش ہمیں اس ٹرینینگ کا صحیح مقصد سمجھ میں آئے اور اسکا فائدہ ہماری پوری زندگی میں اثر انداز ہو۔

دعا

ماشاء اللہ، اس مہینے میں ہملوگ کثرت سے دعا مانگتے ہیں تاکہ ہمارا رب ہم سے راضی ہو جائے، ہمیں بخش دے اور ہماری آئندہ کی زندگی پر سکون ہو جائے۔
کاش... ہم اپنے دعاؤں کو اسکی مقبولیت کے شرط کے ساتھ مانگتے، ہمارا جسم حرام خون سے پاک ہو اور دعا کو ہم اپنے ارادے، تدبیر اور عمل سے زیادہ مقبول ہونے میں مدد کر سکتے۔

توبہ

ماشاء اللہ، ہملوگ اس مہینے میں دن رات اللہ کے آگے سر جھکا کر اور اٹھتے بیٹھتے اپنی خطاؤں کے لئے توبہ کرتے ہیں تاکہ ہمارے گناہوں کو اللہ معاف کر دے اور ہمیں جہنم کی آگ سے نجات حاصل ہو۔

کاش... ہماری توبہ صرف ہونٹوں کا جنبش بھرنہ ہو، ہم اپنے رب سے دل کی گہرائیوں سے توبہ کریں۔ پورے ارادے اور وعدے کے ساتھ کہ جو غلطی ہم سے سرزد ہو گئی حتیٰ لامکان اسکو دہرانے سے بچیں رہیں گے اور اسکے لئے ہم پوری طاقت سے سال کے پورے مہینے میں برائیوں سے دور رہنے کی کوشش کریں تاکہ ہمارا رب ہمارے توبہ کی سنجیدگی کو دیکھتے ہوئے پچھلے گناہوں کو بھی معاف فرمادے اور آئندہ اپنی خاص رحمت سے ہر طرہ کی برائیوں سے دور رکھیں... آمین

کاش... اس بار کا رمضان واقعی میں ہمیں متقی بنادے اور ایسی ٹرینینگ دے کہ ہم سچے مسلمان بن جائیں، جیسے اللہ کو مطلوب ہے، اور اگر اگلے رمضان سے پہلے ہماری موت بھی آجائے تو یہ رمضان کی عبادت، توبہ ہمارے مغفرت کے لئے کافی ہو۔

Observing Fast- How The Healthcare Professionals Look Into It

There has been much contention in the scientific field about whether or not fasting is beneficial to one's health. Fasting is an integral part of many of the major religions including Islam, Judaism and Christianity. Many are dubious as to whether the physiological effects are as beneficial as the spiritual promoted by these religions. There is a significant community of alternative healers who believe that fasting can do wonders for the human body. This article is an attempt to raise awareness of the possible physiological benefits that may result from fasting.

Fasting technically commences within the first twelve to twenty-four hours of the fast. A fast does not chemically begin until the carbohydrate stores in the body begin to be used as an energy source. The fast will continue as long as fat and carbohydrate stores are used for energy, as opposed to protein stores. Once protein stores begin to be depleted for energy (resulting in loss of muscle mass) a person is technically starving.

The benefits of fasting must be preceded by a look at the body's progression when deprived of food. Due to the lack of incoming energy, the body must turn to its own resources, a function called autolysis. Autolysis is the breaking down of fat stores in the body in order to produce energy. The liver is in charge of converting the fats into a chemical called a ketone body, "the metabolic substances aceto acetic acid and beta-hydroxybutyric acid" and then distributing these bodies throughout the body via the blood stream. "When this fat utilization occurs, free fatty acids are released into the blood stream and are used by the liver for energy." The less one eats, the more the body turns to these stored fats and creates these ketone bodies, the accumulation of which is referred to as ketosis.

Detoxification is the foremost argument presented by advocates of fasting. "Detoxification is a normal body process of eliminating or neutralizing toxins through the colon, liver, kidneys, lungs, lymph glands, and skin." This process is precipitated by fasting because when food is no longer entering the body, the body turns to fat reserves for energy. "Human fat is valued at 3,500 calories per pound," a number that would lead one to believe that surviving on one pound of fat every day would provide a body with enough energy to function normally. These fat reserves were created when excess glucose and carbohydrates were not used for energy or growth, not excreted, and therefore converted into fat. When the fat reserves are used for energy during a fast, it releases the chemicals from the fatty acids into the system which are then eliminated through the aforementioned organs. Chemicals not found in food but absorbed from one's environment, such as DDT, are also stored in fat reserves that may be released during a fast. One fasting advocate tested his own urine, feces and sweat during an extended fast and found traces of DDT in each.

A second prescribed benefit of fasting is the healing process that begins in the body during a fast. During a fast energy is diverted away from the digestive system due to its lack of use and towards the metabolism and immune system. The healing process during a fast is precipitated by the body's search for energy sources. Abnormal growths within the body, tumors and the like, do not have the full support of the body's supplies and therefore are more susceptible to autolysis. Furthermore, "production of protein for replacement of damaged cells (protein synthesis) occurs more efficiently because fewer 'mistakes' are made by the DNA/RNA genetic controls which govern this process." A higher efficiency in protein synthesis results in healthier cells, tissues and organs. This is one reason that animals stop eating when they are wounded, and why humans lose hunger during

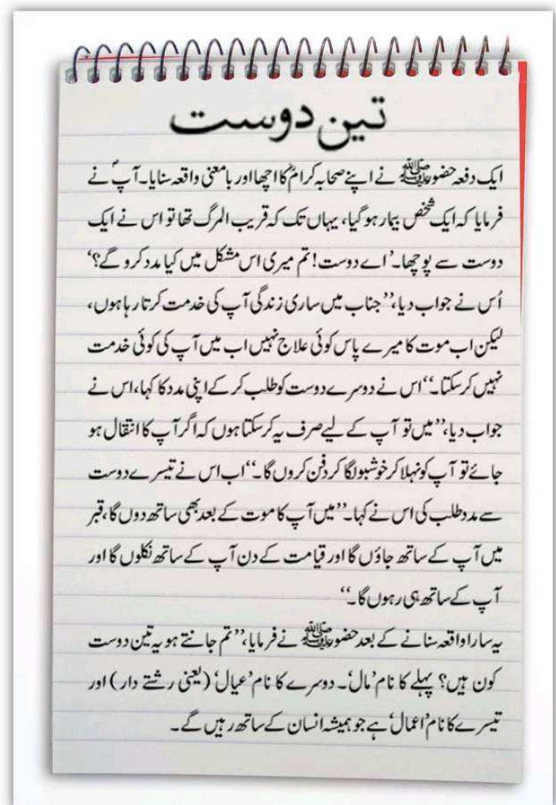
influenza. Hunger has been proven absent in illnesses such as gastritis, tonsillitis and colds. Therefore, when one is fasting, the person is consciously diverting energy from the digestive system to the immune system.

In addition, there is a reduction in core body temperature. This is a direct result of the slower metabolic rate and general bodily functions. Following a drop in blood sugar level and using the reserves of glucose found in liver glycogen, the basal metabolic rate (BMR) is reduced in order to conserve as much energy within the body as can be provided. Growth hormones are also released during a fast, due to the greater efficiency in hormone production.

Finally, the most scientifically proven advantage to fasting is the feeling of rejuvenation and extended life expectancy. Part of this phenomenon is caused by a number of the benefits mentioned above. A slower metabolic rate, more efficient protein production, an improved immune system, and the increased production of hormones contributes to this long-term benefit of fasting. In addition to the Human Growth Hormone that is released more frequently during a fast, an anti-aging hormone is also produced more efficiently.

In conclusion, it seems that there are many reasons to consider fasting as a benefit to one's health. The body rids itself of the toxins that have built up in our fat stores throughout the years. The body heals itself, repairs all the damaged organs during a fast. And finally there is good evidence to show that regulated fasting contributes to longer life. However, many doctors warn against fasting for extended periods of time without supervision. There are still many doctors today who deny all of these points and claim that fasting is detrimental to one's health and have evidence to back their statements. The idea of depriving a body of what society has come to view as so essential to our survival in order to heal continues to be a topic of controversy.

Mohammad C Jamali,
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Bihar Anjuman updates...continued from page 12

Team: With effect from the August issue, the editorial team has been revamped, thoroughly, with three new faces in the team. The new editorial team is as follows:

- Seraj Akram <serajakram@yahoo.com>: Editor
- Syed Fasi Haider <fasihaider@yahoo.co.in>: Editor
- Tanveer Fatma <fatma0503@gmail.com>: Editor
- Mohammad Allam <mohammad.allam@rediffmail.com>
- Amjad Ali Khan <amjad.ali@gmail.com>: Web Editor
- Dr. Mohammad C. Jamali <mjamali68@gmail.com>: Chief Editor

Thanks to Dr. Mohammad Obaidullah of Islamic Development Bank for scholarship to all 11 diploma engg students from RAHBAR Coaching Centres! Dr. Mohammad Obaidullah works for IDBI, and belongs to Orissa, but has been a member of Bihar Anjuman for a few years. He has taught, as finance professor, at various universities including XISS, Bhubneshwar and King Abdul Aziz University, Jeddah.

Dr. Obaidullah is one of the best known scholars of Islamic banking and finance that the world has produced. He pioneered yahoogroup discussions on the subject through IBFnet which remains the best discussion group on the subject; most of the contemporary scholars of Islamic banking and finance (IBF) share their knowledge in this yahoogroup which helps the knowledge seekers and researchers a great deal.

Dr. Obaidullah has supported our efforts in the past as well. But, this year, this benevolent brother did far more than we ever expected from him. Subhanallah! Through IBF Education and Charitable Trust, Bhubneshwar, through which he runs a school in Orissa, he has arranged the scholarship to all MANUU diploma engg students who got admissions through RAHBAR coaching centres established by Bihar Anjuman.



Editorial Board

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Mohd. Allam and Tanveer Fatma

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حضرت سلمان فارسیؓ سے روایت ہے، انہوں نے کہا کہ شعبان کی آخری تاریخ کو نبی ﷺ نے خطبہ دیا جس میں فرمایا: ”اے لوگو! ایک بڑی عظمت والا، بڑی برکت والا مہینہ قریب آ گیا ہے۔ وہ ایسا مہینہ ہے کہ جس کی ایک رات ہزار مہینوں سے بہتر ہے۔ اللہ تعالیٰ نے اس مہینہ میں روزہ رکھنا فرض قرار دیا ہے اور اس مہینہ کی راتوں میں تراویح پڑھنا نفل کر دیا ہے (یعنی فرض نہیں ہے بلکہ سنت ہے، جس کو اللہ پسند فرماتا ہے)۔ جو شخص اس مہینہ میں کوئی ایک نیک کام اپنے دل کی خوشی سے بطور خود کرے گا تو وہ ایسا کرے گا کہ رمضان کے سوا اور مہینوں میں فرض ادا کیا ہو، اور جو اس مہینہ میں فرض ادا کرے گا تو وہ ایسا کرے گا جیسے کہ رمضان کے سوا دوسرے مہینہ میں کسی نے (۷۰) فرض ادا کئے۔ اور یہ صبر کا مہینہ ہے اور صبر کا بدلہ جنت ہے۔ اور یہ مہینہ سوسائٹی کے غریب اور حاجت مندوں کے ساتھ مالی ہمدردی کا مہینہ ہے۔“ (مشکوٰۃ)

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