

Better light a candle than curse the darkness

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

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BE AWARE, ALWAYS, EVERYWHERE

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INSIDE STORY

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Editor-in-Chief

Syed Shibli Manzoor

Editorial Board

Asrarul Haque & Ms Farhat Shakeel

bakhabar@biharanjuman.org

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Why should I bow?

All acts of devotion have been prescribed by our Creator Allah Ta'ala for our benefit; sometimes the benefits are quite apparent while occasionally it is not so obvious.

A Musallee (Mosque go-er) wrote a letter to the editor of a newspaper and complained that it made no sense to go to Mosque. "I've gone for 30 years now," he wrote, "and in that time I have heard something like 3,000 lectures. But for the life of me, I can't remember a single one of them. So, I think I'm wasting my time and the Imams are wasting theirs by giving lectures at all."

This started a real controversy in the "Letters to the Editor" column, much to the delight of the editor. It went on for weeks until someone wrote this clincher.

"I've been married for 30 years now. In that time my wife has cooked some 32,000 meals. But for the life of me, I cannot recall the entire menu and ingredients for a single one of those meals. But I do know this: They all nourished me and gave me the strength I needed to do my work. If my wife had not given me these meals, I would be physically dead today. Likewise, if I had not gone to Mosque for nourishment, I would be spiritually dead today!"... Thereafter no further comments were received by the editor.

The medication prescribed by a doctor has its benefits even though we don't know its ingredients! Having precise knowledge on how an act of devotion benefits us is not always so important. What is important is that we carry out our duties and obligations to our Creator who no doubt has in His Infinite Wisdom created such acts of devotion for our benefit in this temporary life as well as for our eternal journey to the hereafter!

Allah Ta'ala says: "I did not create jinn and men except that they may worship Me." (Qur'an: Adh-Dhariyat 51:56).

Source: www.eislam.co.za

Muslim Organisation welcomes Sikh pilgrims in Patna

The Milli Gazette Online

Published Online: Jan 06, 2017

Patna: Bihar Anjuman, a leading voluntary organization of Bihar, welcomed Sikh devotees during the 350th Prakashotsav of Guru Gobind Singh in Patna for three days during 2-4 January.

The Anjuman offered free coffee, water and biscuits at their stall at Gaihat near the Gurudwara. Anjuman volunteers worked day and night to serve the Sikh devotees. Welcoming them, the Bihar Anjuman coordinator, Mohammad Naushad Ansari said that Islam and the Prophet of Islam (SAW) have taught Muslims to be kind to guests. He added that "This is embedded in the Muslim culture to extend hospitality to their guests at the cost of their comfort. The purpose of organising this stall is to promote communal harmony besides offering services to the needy. After all, this is the 350th Prakashotsava and we may never see such huge numbers of devotees in our lifetime."

Millions of Sikh pilgrims from across the world visited Patna to attend the 350th Utsava of Guruji. Patna is the birthplace of Guru Gobind Singh, the tenth Guru of the Sikh faith.

Members of the Rashtriya Sikh Sangat, while talking to Irshad Alam, who is a senior member of Bihar Anjuman and Director of Saleheen Academy, said that Sikhism and Islam are monotheistic religions and some of the teachings enshrined in Sikh scriptures are very close to the Islamic teachings. He felt pleased for the hospitality been offered at the stall.

Anwarul Hoda, Vice-President of Peace Foundation, while extending his overwhelming welcome to the devotees, said that the

interaction of different communities' and unity is a must for the development of our country. "Brotherhood and harmony are the essence of all religions", he emphasized.

Many of the guests were taken by surprise seeing Patna Muslims hugging and welcoming Sikhs with the greeting 'Aval Allah Noor, Upaya, Kudrat ke Sab Bande'. The signboards and banners installed at the stall contained sayings of Guru Nanak Maharaj. Teaching of service to mankind and brotherhood were highlighted in the banners.

"Punjabis should remember our hospitality when they go back," said Imteyaz Alam, an educationist and social activist of the locality. Shakeel Ashrafi, an NRI and one of the founders of the Anjuman, felt that such occasions need to be utilized to promote brotherhood and amity in the society. He was overwhelmed offering his services to the visitors.

Students of Saleheen Academy, in their school Islamic attire, stood for hours holding water bottles and biscuit packets for the visitors, giving a clear message that the new generation aspires education along with peace and communal harmony for all. "Dedication and passion of the students to serve the pilgrims is amazing", said Tajinder Singh of Amritsar.

Anjuman volunteers were careful about the nitty-gritty that they kept their head covered which is a norm in Sikhs at such occasions. "We have learnt in these days the dos and don'ts of Sikhism," a volunteer at the stall said.

(<http://www.milligazette.com/news/15348-muslim-organisation-welcomes-sikh-pilgrims-in-patna>)

2017 King Faisal International Prizes

| By Sameen Ahmed Khan |

The King Faisal Foundation in Riyadh, Saudi Arabia has announced the King Faisal International Prize for the year 2017. The recipients in the categories are as follows. Service to Islam: King Salman bin Abdulaziz Al-Saud of Saudi Arabia; Islamic Studies (Topic: Muslim Political Thought Up To The 9th Century H./15th Century): Professor Ridwan Al-Sayyid of Lebanon; Arabic Language and Literature (Topic: Efforts of Individuals and Institutions to Arabicize Science and Technology for Transfer: Research and Educational Purposes Arabic Language): Arabic Language Academy of Jordan; Medicine (Topic: Biologic Therapeutics in Autoimmune Diseases): Professor Tadimitsu Kishimoto of Japan; and Science (Topic: Physics) was awarded to Professor Daniel Loss of Switzerland and Professor Laurens W. Molenkamp of Netherlands. The prize consists of a certificate, hand-written in Diwani calligraphy, summarizing the laureate's work; a commemorative 24 carat, 200 gram gold medal, uniquely cast for each Prize; and a cash endowment of Saudi Riyal 750,000 (about US\$200,000) to be shared equally. The winners will receive their awards in a ceremony in Riyadh under the auspices of the King of Saudi Arabia.

named it as King Faisal Foundation (KFF). One of the activities of the KFF is the King Faisal International Prize (KFIP), to honour scholars and scientists, who have made the most significant advances to benefit humanity and enrich human knowledge. The annual prizes are in five broad categories. Prizes for Arabic Literature; Islamic Studies; and Services to Islam; were first given in 1979. Medicine and Science were introduced in 1982 and 1983 respectively. Each year the selection committee designates subjects or subcategories to each of the above five. The science subcategories cover a broad scope: physics; mathematics; chemistry; and biology by rotation cycle of four years. Over the thirty-nine years (1979-2017), there have been 253 laureates from 43 nationalities. The distribution is Service to Islam (45 scholars from 21 countries); Islamic Studies (37 scholars from 15 countries); Arabic Language and Literature (49 scholars from 13 countries); Medicine (66 scholars from 13 countries); and Science (56 scholars from 13 countries). Within Science, the individual subject recipients are Physics (19 from 8 countries); Mathematics (10 from 6 countries); Chemistry (14 from 6 countries); and Biology (13 from 4 countries). Within three decades the KFIP are ranked among the most prestigious awards.

The prizes are named after the third king of Saudi Arabia. In the year 1976, the sons of late King Faisal (1906-1975) established a large-scale philanthropic organization based in Riyadh, Saudi Arabia, and



Medals of the King Faisal International Prize

To date there are 18 KFIP laureates who also received Nobel Prizes (mostly after the KFIP). There are two KFIP laureates (in Mathematics) who are also recipients of the Fields Medal.

The King Faisal International Prize for Service to Islam has been awarded to The Custodian of The Two Holy Mosques King Salman bin Abdulaziz Al-Saud King of Saudi Arabia in recognition of his outstanding services to Islam and Muslims, namely: Unflinching commitment to serving the two Holy Mosques and their visitors/pilgrims. Allegiance to the Prophet's Sira (i.e. Life of Prophet Mohammed, Peace be upon him), sponsorship and support of the Historic Atlas of the Prophet's Sira and its implementation by King Abdulaziz Dara (Foundation for Research and Archives), and founding of King Abdulaziz Complex for Endowment Libraries in Al-Madinah Al-Munawwarah for preserving Arabic and Islamic heritage. Dedicated endeavours to unite Arabs and Muslims in the face of daunting challenges currently unfolding in the Arabic and Muslim worlds, including the formation of a Riyadh-based Islamic military alliance to combat terrorism. Upholding throughout the decades unwavering Arabic and Islamic stance in support of the Palestinian issue by providing political, moral and humanitarian support to the Palestinians. A total of 45 scholars from 21 countries have been awarded the King Faisal International Prize for Service to Islam. The previous four winners from the Indian sub-continent are Sayyid Abul Ala'a Al-Mowdoodi (1979); Sayyid Abul-Hasan Ali Al-Hasani Al-Nadawi (1980); Khurshid Ahmed (1990) and Dr. Zakir Abdul Karim Naik (2015).

The prize for Islamic Studies (Topic: Muslim Political Thought Up To The 9th Century H./15th Century) has been awarded to Professor Ridwan Al-Sayyid from University of Lebanon, Lebanon. This is in recognition of his overall specialized publications that enriched the Arabic Library as well as his distinguished contribution to the Prize's topic namely: (a) The contributions in his researches and studies of broad and through knowledge of the Arabic Islamic jurisprudential and political heritage with full acquaintance with modern research methodology; (b) Characterization of his academic research by precise scientific methodology; (c) Successful integration of original Islamic political thought and current Arabic Islamic reality; (d) Multiplicity of

his studies on Muslim political thought, including issues of governance, authority, state, society and nation as related to historic Islamic reality. A total of 37 scholars from 15 countries have been awarded the King Faisal International Prize for Islamic Studies. The two recipients from India are Muhammad N. Siddiqui (1982); and Ali Ahmad Ghulam Muhammad Nadvi (2004).

The prize for Arabic Language and Literature (Topic: Efforts of Individuals and Institutions to Arabicize Science and Technology for Transfer: Research and Educational Purposes Arabic Language) has been awarded to Arabic Language Academy of Jordan. The Committee's unanimously decided to award this year Prize's to the Arabic Language Academy of Jordan in recognition of its distinguished efforts in the transfer of science and technology through translation, Arabization of technical terms, and publication of spe-



Logo of the King Faisal International Prize

cialized glossaries and its relentless efforts to make Arabic the language of instruction, an objective sought by various scientific institutions throughout the Arab World. The Academy entrusted the task of translation to highly qualified specialists known for their mastery of both English and Arabic, thus ensuring the highest quality for its project. A total of 49 scholars from 13 countries have been awarded the King Faisal International Prize for Arabic Language and Literature.

The prize for Medicine (Topic: Biologic Therapeutics in Autoimmune Diseases) is awarded to Professor Tadimitsu Kishimoto of Japan in recognition of his prominent role in developing a novel biologic therapy for autoimmune diseases. Professor Kishimoto, through his work for more than 30 years, is responsible for discovering interleukin-6 (IL-6), its receptor and signaling pathways. He established the physiological function of the interleukin-6 (IL-

6) pathway and its role in inflammatory/autoimmune diseases. Subsequently, he developed an interleukin-6 (IL-6) receptor-blocking antibody into a biological therapy, leading the clinical development of this therapy towards first approval for the treatment of rheumatoid arthritis. A total of 66 scholars from 13 countries have been awarded the King Faisal International Prize for Medicine.

This year's prize for Science is in the area of Physics. It has been awarded to Professor Daniel Loss of Switzerland and Laurens W. Molenkamp of Netherlands. Daniel Loss is a pioneer in the theory of spin dynamics and spin coherence in quantum dots showing promise for practical applications in spin quantum computers. The idea is to use the spin rather than the charge of electrons trapped in quantum dots as quantum bits. His work has inspired many important experimental programs. Loss' contributions open the door to powerful spintronic quantum computers with exceptional speed

and storage capacity. Molenkamp has significantly contributed to the experimental field of spintronics. His work includes groundbreaking methods for creating and manipulating spin-polarized charge-carrier states in semiconductors, with the potential to develop magnetic storage devices. Molenkamp has experimentally confirmed the quantum spin-Hall effect, which firms up the field of topological insulators, a novel form of quantum matter (topic of the 2016 Nobel Prize in Physics). A total of 56 scholars from 13 countries have been awarded the King Faisal International Prize for Science. Prof. Mudumbai Seshachalu Narasimhan is the only Indian to have won the KFIP in the science category (for Mathematics in 2006).

Vamsi Krishna Mootha of Indian origin, now based in the USA received the Science prize in the category of biology in 2016. The previous winners for KFIP in Physics are 1983 (Prize Withheld); 1984: Gerd Binnig (Germany) and Heinrich Rohrer (Switzerland); 1989: Ahmed Hassan Zewail (USA) and Theodor Wolfgang Hänsch (Germany); 1993: Herbert Walther (Germany) and Steven Chu (USA); 1997: Carl Edwin Wieman (USA) and Eric Allin Cornell (USA); 2001: Sajeew O. John (Canada) and Chen Ning Yang (USA); 2005: Anton Zeilinger (Austria), Federico Capasso (USA) and Frank Anthony Wilczek (USA); 2009: Sir Richard Henry Friend (UK) and Rashid Alievich Sunyaev (Russia); 2013: Paul Bruce Corkum (Canada) and Ferenc Krausz (Hungary/Austria). Six of them have received the Nobel Prize in Physics: Gerd Binnig and Heinrich Rohrer (1986); Theodor Wolfgang Hänsch (2005); Steven Chu (1997); Carl Edwin Wieman and Eric Allin Cornell (2001); Chen Ning Yang (1957); and Frank Anthony Wilczek

(Physics Nobel 2004).

(Physics Nobel 2004).

Here, it is relevant to recall the Egyptian born American chemist Ahmed Hassan Zewail, who pioneered the Femtosecond chemistry in the 1980's by observing the chemical reactions (a femtosecond is a thousandth of a billionth of a second). He was the first person to observe the formation and breaking of chemical bonds in real time. Ahmed Zewail was recognized by the King Faisal International Prize for Science in 1989 in the subcategory physics with the co-winner Theodor Wolfgang Hänsch from Germany. Ahmed Zewail received the 1999 Nobel Prize for Chemistry unshared. Egypt recognized him by issuing the postage stamps in 1998 and



Main Features of the King Faisal International Prize

1999; Order of Merit in 1995; and Order of the Grand Collar of Nile in 1999. It is to be further recalled that the Mathematician and Science Historian Roshdi Hifni Rashed received the Award in 2007 under the category of Islamic Studies for the Topic: Muslims' Contribution to Pure or Applied Sciences. The other major science prizes instituted by the Middle Eastern region are the UNESCO Sultan Qaboos Prize for Environmental Preservation and the Mustafa Prize for Science recently launched by Iran in 2015.

The topics for the five prizes for the year 2018 (1439 Hijri) are Service to Islam; Islamic Studies (Topic: Critical Editions of Islamic Historical and Biographical Texts); Arabic Language and Literature (Topic: Studies Dealing with Autobiography in Arabic Literature); Medicine (Topic: Immunotherapy for Cancer); and Science (Topic: Mathematics) respectively. The deadline for all nominations is Saturday the first April 2017 (4 Rajab 1438). Additional details at the King Faisal Foundation Websites: <http://www.kff.com/> and <http://www.kfip.org/> respectively.

Further Reading

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Sameen Ahmad Khan
 Department of Mathematics and Sciences,
 College of Arts and Applied Sciences,
 Dhofar University
 Salalah, Sultanate of Oman
 (r o h e l a k h a n @ y a h o o . c o m ,
<http://SameenAhmedKhan.webs.com/>)

Postage Stamps

On 3 April 2006, Saudi Arabia issued the following two postage stamps with the theme, "*King Faisal International Prize - Supporting Research*"



Fruits of Dishonor

I By Muhammad Tariq Ghazi I

If you're talented, be a scholar; if you don't have such talent, be a student; if you can't be a learner, love scholars. If that too is not possible, at least don't hate those who are knowledgeable.

A ruler of half the world gave his citizens this small lesson in what we often call civilization or culture.

That man lived – or rather died – 1337 years ago at a young age of 38. He ruled a great empire extending from Andalus in Spain to North India, straddling whole of North Africa, Eastern Anatolia, Armenia, Georgia, Arabia, Yemen, ash-Sham, Iraq, Persia, Sindh, Sistan, Baluchistan, Afghanistan, Khorasan, Turkania, as far as TranOxania. He was a reformer of high rank and was poisoned for that reason by princes against reforms.

In just 30 years thereafter the empire collapsed. The reason was the princes did not honor the Tallest Alim – scholar – who had risen from their own ranks. The scholar, this reformer, was Umar II, son of Abdul Aziz Ibn Abdul Malik Ibn Marwan Ibn Hakam of the Bani Umayyah. Umar II ruled for 28 months, and in that short period he introduced fiscal, political, social, and Deenic reforms..

The lesson is: Ignore the Ulama and human intellect dishonors you; show disrespect to the Ulama and human society throws your whole society into the oblivion.

Of this brief advice, the last instruction – at least don't hate those who are knowledgeable – is the most difficult one to follow in our modern society. Just look around and start assessing opinions of those in your contact. Select ten of them and talk to them about scholars, ask their opinions about them. You will be surprised to discover that quite a few of them will be condemning the Ulama.

It is not the question of one particular maulwi, or character of a particular scholar. The moot point is a societal habit of our times.

Why is it so?

One of the causes of this thankless situation is that a large number of people believe that anyone with the title of maulana, maulvi, sheikh, hazrat, al-lamah, etc etc, is just an ignorant bumble – of course, as compared to Us, with a capital U. Ironically, people holding such view stand on the side of ignorance, for they do not know what a scholar does and can do for society or what did they do

in the hoary past.

I had noted one such incident in Blood-Soaked Century, my first lecture on The Sultanate Osmania (Ottoman Empire), while discussing world Muslim society during the thirteenth century following the Mongol devastation. The relevant part is reproduced here:

Everywhere in the east, except India, distressed Muslims were in total disarray. As a result of frequent defeats at the hand of the Mongols they had lost both leadership and valor. From Central Asia to West Asia every place was comatose and people began waiting for the Day of Judgment, describing the Mongols as the anticipated curse of Gog and Magog.

(At that time Muslim resistance and efforts for rejuvenations began on two fronts) On the first front, mysticism gained ground, especially in the Muslim East: when political power failed to deliver results, the Ulama of Islam took reins of the Ummah in their hands. Sufis and social reformers of the caliber of Farid ad-Din Attar (537-617/1142-1220), Najm ad-Din Kubra (540-617/1145-1220), Muin ad-Din Chishti (535-627/1141-1252), Ibn Arabi (560-637/1165-1240), Shams Tabrez (d.643/1245), Abu al-Hasan Shazili (571-650/1175-1252), Farid ad-Din Ganj-Shakar (571-663/1175-1265), Jalal ad-Din Rumi (604-672/1175-1252), Mahmud Shabistari (687-720/1288-1320) took upon themselves to arrest the decline, boost morale and re-organize the Ummah that had been degenerated into an aimless crowd, by re-generating its self-confidence.

Yes. That was the time when Muslim political leadership was completely wiped out from Balkh and Bukhara, Merv and Herat to Baghdad and Damascus, Aleppo and Mosul. At that time this group of people accepted the challenge in its stride as it would always come to help in time of a big crisis. Now, in the nineteenth, twentieth, twenty-first centuries, this same group of people has been demonized. Then who is going to seek their help or advice? This is a serious situation.

Umar the Second's advice, although universal in application, is notably addressed to Muslims.

This is what the Mujaddid – Renovator-Reformer – of the First Century had feared.

How far-sighted was that Man of the Century! Allah o Akbar!

Source: http://www.nymuslimtimes.com/Fruits-of-Dishonor_56.html

Bihar Anjuman welcomes Sikh pilgrims to Patna on the occasion of Prakash Utsav



By TwoCircles.net Staff Reporter

Patna: Bihar Anjuman, a voluntary organization of Bihar, welcomed Sikh devotees during the 350th Prakash Utsav of Guru Gobind Singh in Patna for three days from January 2 to January 4.

The Anjuman offered free coffee, water and biscuits at their stall at Gaighat near Gurudwara. The volunteers worked day and night to serve devotees. Welcoming them, the coordinator, Mohammad Naushad Ansari, said that Islam and the prophet of Islam (SAW) have taught Muslims to be kind to the guests and extend their hospitality at the cost of their comfort. "The purpose of organizing this

stall is to promote communal harmony besides services to the needy. After all this is 350th Prakash Utsava and we may never see such huge number of devotees in our lifetime," he added.

Millions of Sikh pilgrims from the world, including India, visited Patna, the birthplace of Guru Gobind Singh, the tenth Guru of Sikh religion.

Members of Rashtriya Sikh Sangat, while talking to Irshad Alam, a senior member of Bihar Anjuman and Director of Saleheen Academy, said that Sikhism and Islam are monotheistic religions and some of the the teachings enshrined in Sikh scriptures are very close to Islamic teachings. He felt pleased for the hospitality been offered at





the stall.

Anwarul Hoda, Vice-President of Peace Foundation, while extending his overwhelming welcome to the devotees, said that the interaction of different communities' and unity is a must for development of this country. "Brotherhood and harmony is the essence of all the religions", he emphasized. Many of the guests were taken by surprise seeing Muslims from Patna hugging and welcoming Sikhs with the greeting 'Aval Allah Noor, Upaya, Kudrat ke Sab Bande". The posters at the stall contained sayings of Guru Nanak Maharaj along with teachings of service to mankind and brotherhood too were highlighted in the banners.

"Punjabis should remember our hospitality when they go back," said Imteyaz Alam, an educationist and social activist of the locality. Shakeel Ashrafi, an NRI and one of the founders of the Anjuman, felt that such occasions need to be utilized to promote brotherhood and amity in the society. He was overwhelmed offering his services to the visitors.

Students of Saleheen Academy, dressed in their school Islamic attire, stood for hours with water bottles and biscuit packets in their hands, which was the main attraction at the stall, giving a clear message that new generation aspire education along with peace and communal harmony. "The dedication and passion of the students to serve pilgrims is amazing", said Tajinder Singh from Amritsar.

Speaking with Twocircles.net, Irshad Alam said, "The refreshment stall was set up near Gaightat check post and ran for almost two days. The children of Saleheen Academy did a wonderful job and left a wonderful impression on the Sikh pilgrims. Some devotees also donated generously after seeing our efforts. We had initially planned the provisions for 5,000 people, but increased it to 10,000 later. This was an attempt to spread the message of communal harmony, and learn from each other."

The volunteers were so careful about the nitty-gritty that they kept their head covered which is a norm in Sikhs. "We have learnt in these days the dos and don'ts of Sikhism," a volunteer at the stall said.



Abortion being used to improve Life Expectancy (3)

| By Dr. Javed Jamil |

In contrast to the Western System, Islam has the most civilized rules about abortions. Abortions are permissible if the pregnancy threatens the health of mother or child itself; and it makes sure that sexual behaviour remains civilized with no sex permissible outside the boundaries of marriage. The result is that the abortions by choice are relatively rare among Muslims. The total abortion rate in most of the Muslim countries is less than 20 percent, and an overwhelming percentage of abortions in Muslims are within families with the consent of both parents. Abortions due to sexual misdemeanours of the girls are extremely rare. This is also clear from the following table which shows the countries with the highest number of teenage pregnancies and abortion rates.

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The following is the list of the countries with maximum number of abortions.

Abortions (most recent) by country		
Showing latest available data		
Rank	Countries	Amount
# 1	Russia:	2,766,360
# 2	United States:	1,210,880
# 3	India:	596,345
# 4	Japan:	343,024
# 5	France:	161,129
# 6	Italy:	134,137
# 7	Germany:	97,936
# 8	Bulgaria:	97,023
# 9	Cuba:	83,963
# 10	Hungary:	76,957
# 11	Canada:	70,549
# 12	Sweden:	7,489
# 13	Israel:	15,509
# 14	Norway:	13,672
# 15	New Zealand:	11,173
# 16	Finland:	9,884
# 17	Greece:	1,216
# 18	Iceland:	807
# 19	Poland:	559
	Total:	5,728,612
	Weighted average:	301,505.9 ⁵

Teen birth and abortion rates, 1996 per 1000 women 15–19 ⁶				
Country	Birth rate	abortion rate	combined rate	%aborted
Netherlands	7.7	3.9	11.6	33.6
Spain	7.5	4.9	12.4	39.5
Italy	6.6	6.7	13.3	50.4
Greece	12.2	1.3	13.5	39.6
Belgium	9.9	5.2	15.1	34.4
Germany	13.0	5.3	18.3	28.9
Finland	9.8	9.6	19.4	49.5
France	9.4	13.2	22.6	58.4
Denmark	8.2	15.4	23.6	65.3
Sweden	7.7	17.7	25.4	69.7
Norway	13.6	18.3	31.9	57.4
Czech Republic	20.1	12.4	32.5	38.2
Iceland	21.5	20.6	42.1	48.9
Slovakia	30.5	13.1	43.6	30
Australia	20.1	23.9	44	54.3
Canada	22.3	22.1	44.4	49.8
Israel	32.0	14.3	46.3	30.9
United Kingdom	29.6	21.3	50.9	41.8
New Zealand	33.4	22.5	55.9	40.3
Hungary	29.9	30.2	60.1	50.2
United States	55.6	30.2	85.8	35.2

Not a single Muslim country features in this list, which proves the success of family system in Muslim societies. The success of family system can very well be regarded as the biggest indicator of civilization because its failure leads to such a large number of health and social problems as are perhaps caused by no other reason.

Here are more statistics related to abortions:

- One in five pregnancies worldwide and one in three pregnancies in Europe ends in abortion, according to a new study published in a special female-focused issue of the Lancet.

- 54 countries allow abortion, which is about 61 percent of the world population. 97 countries, about 39 percent of the population, have abortion laws that make it illegal according to the pro-abortion Centre for Reproductive Law and Policy in New York.

- The Alan Guttmacher Institute reports approximately 22 million legal abortions were reported in 1987. 7

- It is estimated that between four and nine million were not reported, totalling of 26-31 million legal abortions in 1987 alone. 7

- There were a total of 10-22 million "clandestine" abortions, bringing the total world-wide figure to 36 and 53 million abortions².

- There are approximately 126,000 abortions conducted each day.

- In 1995, a total of 1,210,883 legal induced abortions were reported to CDC, a decrease of 4.5% from the number reported for 1994. The number of live births decreased by 1.5% over the same period. From 1994 to 1995, the number of reported abortions decreased in 40 of 52 reporting areas. From 1994 to 1995, the national abortion ratio (number of legal abortions per 1000 live births reported by all reporting areas) decreased from 321 to 311 and the national abortion rate (number of legal abortions per 1000 women aged 15-44 years) decreased from 21 to 20, respectively. Consistent with previous years, approxi-

mately 92% of women who had legal abortions were residents of the state in which the procedure was performed. 8

- Women who obtained legal abortions in 1995 were predominately white and unmarried. As in 1994, one fifth of women who obtained legal abortions in 1995 were adolescents (aged less than or equal to 19 years); 33% were aged 20-24 years. As in previous years, approximately 88% of abortions were performed during the first 12 weeks of pregnancy. 8

- 1,370,000 abortions occur annually in the U.S. according to the Alan Guttmacher Institute⁹.

- 88% of abortions occur during the first 6 to 12 weeks of pregnancy.

- 47% of abortions are performed on women who have already had one or more abortions.

- 43% of women will have had at least one abortion by the time they are 45 years old.

- Age - The majority of women getting an abortion are young. 55% are less than 26 years old and 21% are teenagers. The abortion rate is highest for those women aged 18 to 19 (56 per 1,000 in 1992)

- Marriage - 51% of women who are unmarried when they become pregnant will receive an abortion. Unmarried women are 6 times more likely than married women to have an abortion.

- Race - 63% of abortion patients are white, however, the abortion rate for non-white women is more than double that of white women.

Dr Javed Jamil is India based thinker and writer with over a dozen books including his latest, "Muslim Vision of Secular India: Destination & Road-map", "Qur'anic Paradigms of Sciences & Society" (First Vol: Health), "Muslims Most Civilised, Yet Not Enough" and Other works include "The Devil of Economic Fundamentalism", "The Essence of the Divine Verses", "The Killer Sex", "Islam means Peace" and "Rediscovering the Universe". Read more about him at <http://www.worldmuslimpedia.com/dr-javed-jamil>. Facebook page: <https://www.facebook.com/drjavedjamil>; also <https://javed-jamil.com/>. He can be contacted at doctorforu123@yahoo.com.

How many “likes”?

| By Sister Sumaiyah Seedat |

How many times have we posted a picture that we thought to be something great and to our surprise the picture receives a meager 10 “likes”?...Instant removal!

In our quest to boost our self-confidence, we have become egotistical and as fake as the filters we apply to our pictures on social media. Sadly, our lives have come down to us needing constant validation from others, some of whom are complete strangers to us! This is unhealthy because we build unrealistic views on life and suddenly what Allah Ta'ala has given to us is not enough.

We find fault with our complexion, our weight, height even the colour of our hair requires some sort of modification. We are indeed so vulnerable. The filters applied to pictures are deceptive and brainwashing and yet so many of us strive to look that way.



"You will never look like the girl on the front page of the magazine, as even that girl doesn't look like her original self"

The harms of abusing social media are not only the inferiority-complex it gives its users, it also commonly leads to a narcissistic approach to life. One has reduced their self-worth to the amount of 'likes' they accumulate on their 'selfies' and thus feeding their ego's when they have indeed over-

looked that "Allah does not like the arrogant, the boastful" (Qur'an An-Nisa, 4:36).

Really, our beauty is sacred; we are beautiful because we are the work of Allah! You do not need validation from any human being.

The next time you are about to post a 'selfie' that you are convinced is going to get you many likes, ask yourself 3 things:

1. Would I be comfortable showing this picture to my children?
2. Would I be pleased if they grew up to do the same?
3. If I were to take my last breath tomorrow,

would my pictures work for or against me in my grave?

Islam is not about doom and gloom, but in fact it's about being in peace and harmony with our Creator 'Ar-Rahmaan'.

"Never despair of the mercy of your Lord" (Qur'an Az-Zumar 39:53)

No matter how far you may have strayed, do not let Shaitaan (Satan) misguide you into thinking that there is no way back, the doors of forgiveness are always open.

Always remember, a pretty face is temporary and inner beauty more important than outer beauty. Rather aspire to "be so beautiful that others can't take their HEARTS off you"

Source: www.eislam.co.za

A successful Islamic marriage



| By Imam Moustafa Zayed |

Source: OnIslam.net

There is no guarantee for any marriage to be successful or fulfill an ultimate happiness for the bride or groom.

However, Islamically, there is a guarantee that if you fulfill the conditions and guidelines of obeying God and His messenger, in your marriage, you will have a real potential of reaching that marital happiness that everyone seeks.

Before we even discuss these Islamic guidelines, we need to understand the importance of a successful marriage to the quality of one's life. God said:

{And amongst His miracles and proofs is that He created from amongst yourselves spouses to reach peace and calm with, and made mercy and love between yourselves} (Ar-Rum 30: 21)

Prophet Muhammad (peace be upon him) said that:

"A righteous wife is one of the treasures of dunya (worldly life)." (Muslim)

How to Choose the Right Spouse

The number one secret of a successful marriage is (correctly) choosing the right spouse. You cannot choose the wrong husband/wife

and then spend the rest of your life looking for solutions, mediators, and family members to try to fix the never-ending problems with your spouse. Prophet Muhammad said: *"Whoever proposes to your daughters of what you accept of his religion and his manners, then accept his proposal, otherwise it would be a major ordeal."* (Al-Bukhari)

So, yes, one of the conditions of Islam is that there is equitability between the husband and wife in the same cultural, social, and financial environment; yet the ultimate parameter to choose the husband from within these same levels is his religion and as the Prophet had specified, his manners, Islamic manners that is.

Similarly, the Prophet advised Muslim men with the ingenious advice of making Islamic mannerism the ultimate filter of choosing a wife. In his well-known quotation, Prophet Muhammad said:

"A woman is pursued for marriage for four reasons: for her money, for her social status, for her beauty, and for her religion (Islamic manners), so marry the one with the religion, otherwise you will win dust (gain nothing)." (Al-Bukhari)

In my humble opinion, this quotation speaks about women, but actually its meaning is also valid for men. For the young lady and

the young man can choose the handsome, wealthy, funny, hip spouse, and blind themselves to their spouse's religion and real Islamic manners. After three weeks to a month after the marriage, all the flashy, funny, pretentious facades fall down to a boring normal, what's left will always be the true metal of the character that in many cases is a troubling time bomb that eventually ends the marriage or at least undermines its quality. So the ultimate rule is yes a handsome, witty, wealthy husband or wife is great but only as an addition to their good religion, and their true Islamic characters, for that true religion/character is what lasts.

Advice for the Wives

Prophet Muhammad said:

"If the woman prayed her five, and fasted her thirty, protected her chastity, and obeyed her husband, it would be said to her: 'enter from whichever door of paradise you want'." (At Tirmidhi)

So what does it mean to obey the husband especially to the pride of the bride?

If we look at marriage through modern and pragmatic lens, we cannot ignore that it is a cooperation or some sort of human corporation, where ultimately, like it is with any successful entity made of multiple individuals, there has to be a leader who's ultimately responsible for the well-being of the whole entity. God had burdened men with such leadership and responsibility for the entire family, based on their natural task of providing, protecting, and most importantly, attending to all the family needs:

{Men attend to women with what Allah had preferred some over the other, and with what they provided from their monies.} (An-Nisa' 4: 34)

A wife's obedience to her husband in that case is exactly like a director or a vice president of a corporation engages with the president, with input, requests, and demands, yet while knowing that the ultimate decision would lie on the shoulders of the president for he also bears the ultimate responsibility. People understand this business concept very easily, yet sometimes couples never digest it

with the influence of Western habits, where the relationship between a man and a woman is competitive, not integrative.

Having said that, the ultimate guidelines of a wife's mandated obedience to her husband falls underneath the cardinal rule in Islam; "there's no obedience to a created by disobeying that creator" i.e. what both husband and wife obey is God and when the wife obeys the husband, she only obeys what satisfies God. So if the husband asks the wife to cheat, lie, steal, or kill, then it is a big NO to the husband, no matter what the justification is.

The couple understanding the concept of obedience is half the way of having a really peaceful, successful marriage.

One time I was interviewed by an American TV station, and I was asked, isn't dating and having a relationship before marriage the ultimate test to find out if the couple fit together for marriage?

On its face, the question seems somewhat logical, yet in reality, it is absolutely the opposite. For what makes a marriage or any relationship for that matter successful is that all parties use the same guidelines as a reference, and they both tune to the same wavelength, and that is the only guarantee of their potential harmony. Evidenced by the fact that the result of all these dating and illegitimate haram (unlawful) relationships in the West not only result in less than 50 percent actual marriage ratio, but even these marriages fall apart over 40 percent of the time, within four to five years.

If there is initial acceptance and attraction that is verified by both of them adhering to the same reference of Islamic manners and obedience to God, then that is a marriage that not only will most likely last, but will provide happiness for both parties.

In the next article, I will talk about how to enhance a husband's responsibility and a couple's personal behavior to achieve happiness for the entire family.

[3:39 PM, 12/22/2016] Shakeel ahamad: Scapegoats must be found and sacrificed to save the face of the main perpetrator ☺☺☺☐☐☐RBI and banks the easiest of them. Even armed forces must not be spared if one person's image is to be saved. Otherwise, the evidence in Augusta case was no stronger than that in the SAHARA case. In fact, in Augusta case, codes have been used to frame people, while in the case of SAHARA, full names appear. But, all this will not make any sense if we are already a Bhakt.

[3:45 PM, 12/22/2016] Uma Shankar Sharma IT-BHU: In Augusta Italian investigating authority and Court found illegal pay offs!

[3:49 PM, 12/22/2016] Shakeel ahamad: To whom?

[3:50 PM, 12/22/2016] Shakeel ahamad: We don't trust our own investigating agencies; so we don't want to investigate if entries are found for payoff!! Why??

[3:52 PM, 12/22/2016] Shakeel ahamad: Opposition today is so weak unfortunately! Agar Modi ji opposition mein hotay abhee to khaat karee kar detay government kee

[7:00 PM, 12/22/2016] Shakeel ahamad: It's always easy to blame some one else. Why do you forget that the same BJP was crying hoarse when computerization of railways was announced by Rajiv Gandhi and reforms were launched by Manmohan Singh. They continued to oppose every good that Congress govt launched. Remember? Or, your memory has faded under the trumpets of one man? Remember that the trend of one man's autocratic sow is far worse than anything that's ever happened to India before.

How shameful is it that everything today is announced, assumed to be done, discussed, in the name of just one man, as if the entire bureaucracy and political dispensation is just doing nothing except indulging in corruption!! This messiah's name

appears among the bribe-takers, remember??

[7:04 PM, 12/22/2016] Naveen Sinha IT-BHU: Yes, we should find more leaders and not just follow Rahul-Sonia of Indira-Nehru clan.

[7:06 PM, 12/22/2016] Shakeel ahamad: We must do that - for sure, but not make a god of any leader we find. A God today, and a demon tomorrow. Like we do with the cricket stars.

In a country which is drifting towards elections - all elections without exception - being fought like wars, by the ruling party, no better days can be hope for. The rhetoric rules over real actions, and it wins us over.

We know that only 6% of black money is in cash, still we claim that making India cash-starved would remove black money.

We know that the chain of cash-based black money starts with election funding, and public rallies, still we trust the words of people who continue to arrange a daily rally and who have made the elections far more costlier as crusaders against corruption!

When a PM claims in public that he is not being allowed to speak in parliament while the parliament is asking to come in and speak, and the entire country is ready to accept his lies as god's words, what better could we except!!

[11:07 PM, 12/22/2016] Sanjay Mehan IT-BHU: Modi is dead honest as far as his dealings are concerned. One of the top Industrialist believed to be close to the current PM who used to tell his board when the previous Government was there 'don't worry I will get it done' now says ' I will get it done only if it is correct'

[11:46 PM, 12/22/2016] Shakeel ahamad: Not alone. But, the beginning - the route - is the political class.

Stop expenses on elections if you are really honest. Modi has raised the bar of expenses in elections. Election cash flow in trillions - all of it black money, must be compensated by the political class. Bureaucracy has no role at this route level.

Bureaucracy comes into picture once the winner of the election assumes power. The duo then mint the public. I've given an example of an honest administration in Bihar before - when Bhagwat Jha Azad became chief minister. I was then working for Bihar govt. When he wanted to stop corruption by the officers and clerks, he was very much successful. That's why he was removed within 11 months.

Political class is known as leader. It's he leadership which sets a target. If the leader wants to stop corruption, he must first lead in this mission by stopping cash spending in his rallies and in the elections. Why should our leader keep on raising he expenses on even the state elections - most of these expenses, if not all, is black money. When Modi ji is raising these expenses, how can we consider him honest?

Should we not investigate and clear his name from the list of bribe recipients, if we consider him honest?

One comment circulating these days is "Modi ji, Zara dil par haath rakh ke bata dijiye, keya 2014 ka election white money se jeete thay?"

[11:47 PM, 12/22/2016] Shakeel ahamad: Walk the talk must be the ethos of a real leader. When one takes the name of Gandhi, then don't forget that he had nothing to spend on his rallies.

[11:50 PM, 12/22/2016] Shakeel ahamad: In the first ever election - in British India - on being pushed hard by the public, a social worker in Mumbai wrote a letter to Gandhi ji, telling him of this public push to contest election. I don't remember this leader's

name. But, Gandhi ji replied by asking him to contest with 2 conditions - he must not ask people to vote for him, and he would not spend any money. He contested and won by a huge margin. That's the bar we expect from an honest politician. Rest is just fooling around.

[11:54 PM, 12/22/2016] Shakeel ahamad: With everything so very clear, we may still remain a follower - there's no need to tell us that we shouldn't or should give him a chance. We have no power, and public doesn't matter except during voting times. So, how do we give him a chance or don't give him a chance.

[11:55 PM, 12/22/2016] Shakeel ahamad: Because for everything, it's his name thats chiming all around and over. That's why ☺ ☺

[11:57 PM, 12/22/2016] Shakeel ahamad: Never before has a govt been called by a person's name - it used to be Congress govt, Upa govt or NDA govt. It's the first time in Indian history that even the BJP calls it a Modi govt. Even a RBI policy is announced by Modi ji, not be the RBI chief ☺ ☺

[11:59 PM, 12/22/2016] Shakeel ahamad: d: नजौब जंग ने त्यागपत्र दिया.....

दिल्ली के एलजी को जैसे ही पता चला कि दिल्ली
पर राज करने के लिए "तैमूर" का जन्म हो चुका है,
तो उन्होंने इस्तीफ़ा दे दिया

DN Gupta: My question was should we criticise Modi for attempting something or Manmohan Singh for doing nothing to save power and support large scale corruption all around .

Shakeel: It was Manhoman Singh who changed the course of Indian economy - he will be known for bringing in real liberalization and opening the economy to the world.

During his first term as PM, count the number of new IIT's and IIMs and AIMS he added to Indian kitty, number of universities he got added. The achievements of first term are completely washed away in the Bhakti which is the real danger to the country today.

Only a bhakt can say he did nothing.

Today, we have to look into the fault lines of those who are making us mad by promising heaven to us and robbing us of whatever little we have while the rich are reaping the loot, even taking away abroad.

Adani is taking huge loans to invest in Pakistan. He is a bhakt, so must not be called a desh-drohee. On the other hand, anyone who even utters Pakistan from his mouth will be termed a desh-drohee!! That's the hypocrisy of our leadership, today. Teaching a lesson to China is the speech, but making China reap our hard earned money is the action. That's the hypocrisy today.

The logic that all previous leaders were not honest so my current leader will be dishonest and lie about everything is a childish logic which only suits a bhakt.

The cheating of the public has never been so widespread before, never so blatant and aggressive, never so arrogant. Previously, we have seen promises not being fulfilled, leaders sleeping over them. Now, we see just the opposite being done, and that too, in an openly shameless manner. Why should we criticize those who ruled before - to hide the games being played today??

[10:21 AM, 12/23/2016] Shakeel ahamad: Cash from our ATM to Paytm of China, and from China to Pakistan. And, my leader says he is removing black money by banning cash. □□□

[10:30 AM, 12/23/2016] Shakeel ahamad:

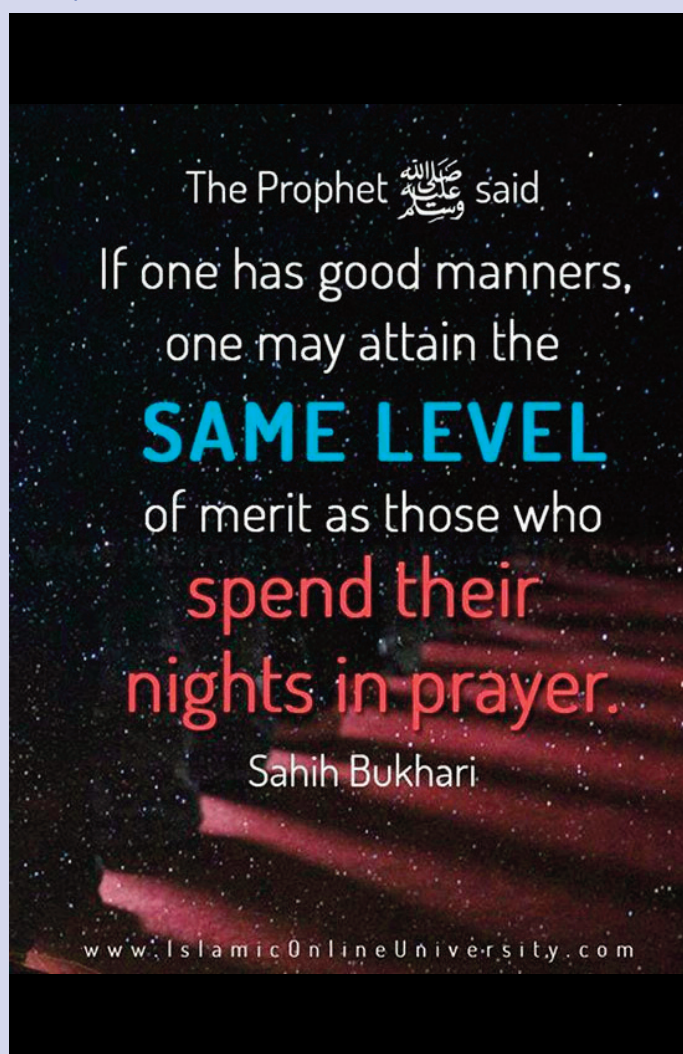
We have enough stock of cash, nothing to worry, Arun Jaitly roars on day 42!! In December, as we reach the 50th day deadline, ATMs are getting drier. Only 10% ATMs are being filled with cash.

What a bunch of liars we have today who can continue to run salt on the wound of general public

[11:18 AM, 12/23/2016] Shakeel ahamad: Thanks God, Congress rule has ended □

Miseries seem to be compounding, with no signs of easing. Rather than 50 days, or 100 days kind of promises, rupee going down the drain, prices shooting up to the skies. Only people enjoying this plight are those already made rich by he Congress. □□□□

[11:21 AM, 12/23/2016] Shakeel ahamad: When you take up the past, you're trying to hide something in the present. Tu ne Kal Loota tha janta ko, aaj mujhe lootne de, chup kar, nahein to □□□□



On Husband and Wife Relationship

I By Sheikh Abdullah Adhami I

By getting married you are not just getting a wife, you are getting your whole world. From now until the rest of your days your wife will be your partner, your companion, and your best friend. She will share your moments, your days, and your years. She will share your joys and sorrows, your successes and failures, your dreams and your fears.

When you are ill, she will take the best care of you; when you need help, she will do all she can for you. When you have a secret, she will keep it; when you need advice, she will give you the best advice

She will always be with you: when you wake up in the morning the first thing your eyes will see will be hers; during the day, she will be with you, if for a moment she is not with you by her physical body she will be thinking of you, praying for you with all her heart, mind and soul; when you go to sleep at night, the last thing your eyes will see will be her; and when you are asleep you will still see her in your dreams. In short, she will be your whole world and you will be her whole world.

The best description that I personally have ever read describing the closeness of the spouses to each other is the Qur'anic verse which says: "they are your garments and you are their garments" (Surah Al Baqarah 2:187).

Indeed, spouses are like garments to each other because they provide one another with the protection, the comfort, the cover, the support, and the adornment that garments provide to humans. Just imagine a journey in the winter of Alaska without garments! Our spouses provide us with the same level of comfort, protection, cover, and support in the journey of our lives on this earth as garments would do in the Alaskan journey.

The relationship between the spouses is the most amazing of all human relations: the amount of love and affection, intimacy and closeness, mercy and compassion, peace and tranquillity that fills the hearts of the spouses is simply inexplicable.

The only rational explanation for these most amazing of all human feelings is that: it is an act of Allah Subhanahu wa Ta'ala, "And Allah has made for you Mates (and Companions of your own nature ...)" (Surah Al Nahl 16:72)

Only our Almighty Allah Subhanahu wa Ta'ala in His Infinite Power, Boundless Mercy, and Great Wisdom can create and ingrain these amazing and blessed feelings in the hearts of the spouses. In fact Allah Subhanahu wa Ta'ala is reminding those who search for His signs in the universe that these feelings in the hearts of the spouses are among the signs that should guide humans to His existence as He says in the Qur'an, "And among His signs is this, that He created for you mates from among yourselves that you may dwell in tranquillity with them and He has put love and mercy between your hearts: verily in that are signs for those who reflect." (Surah Al Rum 30:21)

But Allah Subhanahu wa Ta'ala knows that the human heart is not a static entity, it is sometimes weak and at times dynamic. Feelings can and do change with time. Love may wither and fade away. The marital bond might weaken if not properly cared for. Happiness in marriage cannot be taken for granted; continuous happiness requires constant giving from both sides. For the tree of marital love to remain alive and keep growing, the soil has to be sustained, maintained, watered and nurtured.

Remember that our Prophet Muhammad

Salallaahu 'aliali wa'sallaam had found the time to go out to the desert and race with his wife Aisha. She out ran him but later after she had gained some weight, he out ran her. Remember that the Prophet Salallaahu 'aliali wa'sallaam took his wife to watch the young Ethiopians playing and dancing their folk dances. The show of emotions is necessary to keep the marital bond away from rusting and disintegrating.

Remember that you will be rewarded by Allah Subhanahu wa Ta'ala for any emotions you show to your wife as the Prophet Salallaahu 'aliali wa'sallaam said "one would be rewarded for anything that he does seeking the pleasure of Allah even the food that he puts in the mouth of his wife"

Never underestimate the importance of seemingly little things as putting food in your wife's mouth, opening the car's door for her, etc. Remember that the Prophet Salallaahu 'aliali wa'sallaam used to extend his knee to his wife to assist her up to ride the camel. Try to always find some time for both of you to pray together. Strengthening the bond between you and Allah Subhanahu wa Ta'ala is the best guarantee that your own marital bond would always remain strong. Having peace with Allah Subhanahu wa Ta'ala will always result in having more peace at home.

Remember that the Prophet Salallaahu 'aliali wa'sallaam gave glad tidings for those couples who wake up at night to pray together. The Prophet Salallaahu 'aliali wa'sallaam even urged the spouse who rises up first to wake the other spouse up even by throwing cold water on his/her face.

Always try your best to be good to your wife by words and by deeds. Talk to her, smile to her, seek her advice, ask for her opinion, spend quality time with her and always remember that the Prophet Salallaahu 'aliali wa'sallaam said "the best of you are those who are best to their wives"

Finally, it is common that spouses vow to love and honor their spouses until death do them part. I do believe that this vow is good or even great, but not enough! It is not enough

that you love your wife. You have to love what she loves as well. Her family, her loved ones must also become your loved ones. Don't be like my colleague who was unhappy about his wife's parents coming to visit for few weeks. He candidly said to her "I don't like your parents" Naturally she angrily looked at him straight in the eye and said "I don't like yours either"...

Also, it is not enough that you love her until death do you part. Love should never end and we do believe there is life after death where those who did righteousness in this world will be joined by their spouses (Surah Al Zukhruf 43:70) and offsprings.

The best example in this regard is the Prophet Salallaahu 'aliali wa'sallaam whose love for Khadija, his wife of 25 years extended to include all those she loved and continued even after her death. It was many years after her death and he never forgot her and whenever a goat was slaughtered in his house he would send portions of it to Khadija's family and friends and whenever he felt that the visitor at the door might be Khadija's sister Hala, he would pray "O Allah let it be Hala."

sisters.islamway.net



Syed Mahmud's omission from Bihar postal series



The postal department by omitting Mahmud's name from the postal series on Bihar has belittled the contributions of a giant freedom fighter from Bihar

[Minister of State for Health & Family Welfare Anupriya Patel releasing the Commemorative Postage Stamps on eight prominent personalities of Bihar, at a function, in New Delhi on December 26, 2016.]

Recently the postal department of India has commemorated great deeds and achievements of eight personalities of Bihar by releasing stamps on them. But the most surprising thing about this was the omission of Syed Mahmud, one of the foremost freedom fighters from Bihar.

The eight stamps released on December 26, 2016 to remember freedom fighters of Bihar were of: 1) Dr. Sachchidananda Sinha 2) Karpooori Thakur 3) Dashrath Manjhi 4) Vidyapati 5) Kailashpati Mishra 6) Kunwar Singh 7) Phanishwar Nath Renu 8) Sri Krishna Sinha.

The most conspicuous omission was of Syed Mahmud. The presumption is that whoever has prepared the list of Bihar series of postal stamp, is either ignorant about Syed Mah-

mud's contribution to India's freedom struggle, or the usual communal mindset prevails in such selections and omissions may have prevailed.

Mahmud was educated at the Aligarh Muslim University (AMU) and as student attended the 1905 session of the Indian National Congress. Along with fellow students, he was amongst those Muslim students who opposed the pro-British loyalties of the All India Muslim League.

After being expelled from AMU for his political activities, Mahmud travelled to England and studied Law at Cambridge University before going on to study at Lincoln's Inn to become a barrister.

1909 in London, he came in contact with Mahatma Gandhi and J.L. Nehru. In 1912, he obtained Ph.D. from Germany and came back to India.

It was from 1913 he started his legal profession in Patna under the able guidance of Mazharul Haq. After practicing law for a few years in Patna, he was drawn into the freedom struggle and movement for India's independence.

Syed Mahmud was one of the young Muslim leaders who played a role in crafting the 1916 Lucknow Pact between the Congress and the Muslim League.

He participated in the Indian Home Rule Movement in 1916 and in the Non-cooperation movement and the Khilafat movement under the influence and leadership of Mahatma Gandhi.

In 1923 he was elected to the post of deputy general secretary of the All India Congress Committee along with Jawaharlal Nehru which resulted in close friendship between the two leaders. Nehru signed as witness at the marriage of Syed Mahmud's daughter.

In 1930, along with M.L. Nehru and J.L. Nehru he was imprisoned in the Naini Jail of Allahabad, for his participation in the Civil Disobedience Movement.

After the sweeping Congress victory in the 1937 central and provincial elections, Syed Mahmud became Minister for Education, Development and Planning in Sri Krishna Sinha led cabinet in Bihar.

This development had its own share of controversy, Syed Mahmud was considered one of the leading prospective candidates to serve as Chief Minister of Bihar but instead Shri Krishna Sinha was made the Chief Minister.

Maulana Abul Kalam Azad in his book "India wins freedom" talks at length about this controversy and blames Nehru for not making him the first CM of Bihar.

Perhaps, Mahmud's Muslim identity came in the way of his selection as CM in that communally charged atmosphere and Nehru chose Sri Krishna Sinha to placate the Hindu lobby within the Congress party in Bihar.

Serving as education minister in Bihar Mahmud's emphasis was on providing primary education to largest possible number of people. He worked for revision of curricula, appointed Urdu teachers in the Patna University. He fought for raising the proportion

of Muslims in the government jobs and in the local bodies in Bihar.

Syed Mahmud was one of the members of the Congress Working Committee that endorsed the 1942 Quit India movement, calling for an immediate end to British rule.

After India's independence, Syed Mahmud was elected to the first Lok Sabha from the Champaran-East constituency and second Lok Sabha from the Gopalganj constituency. He served as Minister of State for External Affairs between 1954 and 1957. He participated in the historic Bandung Conference (1955), where the Panchsheel was spelled out. He played remarkable roles in India's useful diplomatic relations with the Gulf countries.

He was one of the secular Muslim leaders who opposed the Muslim League's demand for the creation of a separate Muslim state of Pakistan. He was pained with communal partition of India.

Syed Mahmud authored several books and "The Khilafat & England" was one amongst them. He launched a bilingual (Urdu; Hindi) newspaper called "Raushni" to mitigate the Hindi-Urdu tension. He also wrote a book, A Plan of Provincial Reconstruction (1939). He wrote another book Hindu Muslim Accord (1949), celebrating the 'Ganga-Jamuni Tehzeeb of India.'

Mahmud's standing with Indian nationalist's leaders was second to none. The postal department by omitting Mahmud's name from the postal series on Bihar has belittled the contributions of a giant freedom fighter from Bihar.

[Syed Ali Mujtaba is a journalist based in Chennai. He hails from Bihar and can be contacted at syedalimujtaba@yahoo.com]

<http://ummid.com/news/2017/January/11.01.2017/why-syed-mahmud-is-omitted-from-bihar-postal-series.html>

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4 Reasons for Annoying Failures



| By John Assaraf |

#1 - Your Subconscious is in Control

See, at one point you probably tried to succeed. But... something went wrong and you fell flat on your face. Your subconscious mind quickly got used to this failure. Since 95% of human behavior is driven by our subconscious thoughts, beliefs and habits that's a big problem. This means that now you're being held back by fears and limiting beliefs you're not even aware of.

#2 - Failed Success is Comfortable

Many people tend to repeat the same pattern of failed success (we get motivated but then fail to accomplish our goals) and not surprisingly we achieve the same results over and over again. We repeat this pattern (or money story) because it's safe and predictable. Our comfort zone may be limiting and uncomfortable, but at least it's familiar.

For example, you are motivated to accomplish more but then fear settles in when things get just a little hard and your mind says, "Never mind... go back to what you know and are comfortable with. It would be nice to accomplish more but not right now - let's just be fine with where I am now."

#3 - Fear Takes Over

Think about this... it makes sense that fear is one of the strongest emotions a human can feel. (You can't ignore finding a spider on your arm... or a snake under your pillow) But those are life-threatening things. We need fear to survive in those cases.

However most of what frightens us is no real threat... it's just an illusion. Unfortunately it still kills our motivation. On the other hand, when we feel real genuine hope it rekindles our motivation.

#4 - You're Writing Your Story NOW

To create a new story, whether it's about weight loss or a healthier relationship with money we need to realize that we can write a more satisfying life story with a simple choice.

When you accept these 4 things you instantly realize that you are in control.

You'll realize that you can seize the reins of your life back from the fear and unconscious beliefs that have been holding you back.

John Assaraf is CEO of NeuroGym

5 Psychological Reasons You Are Addicted to Facebook and 5 Ways to Break the Habit

Hi. My name is Daniel and I am a recovering Facebook addict. Whew, it felt good to admit that out in the open. With that confession out of the way, I'd like to help you understand why you are addicted to Facebook. I'll even provide some easy steps that you can take today to break the habit and be more productive.

The first step to breaking any bad habit is to understand the psychological triggers that made you pick up the habit in the first place. Below are five common ones that I know very well.

1. Facebook scrolling is a symptom of procrastination.

Facebook capitalizes on your tendency to procrastinate by incorporating a news feed with an infinite scroll. No matter how far down you go, there will always be more memes and status updates to keep you distracted from whatever you should be doing. Thus, it might be helpful to change your perception of Facebook. Instead of looking at it like a place to be social or kill time, frame Facebook as the enemy of your productivity and purpose. Doesn't sound as tempting now, huh?

2. Facebook over-sharing is a symptom of loneliness or indecision.

Facebook resembles a boring reality TV show that is on full display during every hour of the day. Do you really need to tell everybody what you ate for lunch? I doubt it. You don't share such trivial details to add value to people's lives. You're doing it, because you're lonely and desperate for approval. Seeking opinions from your friends could be a sign of indecision or low self-confidence. If you get a bad suggestion, then you can conveniently blame somebody else, thus protecting your ego.

3. Facebook creeping is a symptom of misplaced affection or unhealthy self-comparisons.

Facebook makes it easy to be a creeper.

There are two primary causes of creeping and neither of them are pretty. If you're creeping the profile of your ex, then you're probably living in the past. Seek professional help if you are struggling to let go. If you're browsing the profile of a crush, then you'd be better off actively pursuing them. Send them a thoughtful message to get a conversation started. If that goes well, ask them out on a date. Creeping could also be a form of self-inflicted misery. It's already hard to resist the human urge to compare ourselves to other people. Facebook makes this convenient to do.

4. Obsessive checking of Facebook notifications is a symptom of impatience or people-pleasing.

Facebook takes advantage of your desire for instant gratification. Your brain receives a dopamine hit every time you see that red notification light up. Dopamine is a chemical in your brain that causes you to seek pleasure from things like food, sex, and drugs. Pleasure sounds nice in theory, but dopamine is responsible for self-destructive behavior. Thus, becoming a slave to your notifications can destroy your self-control in a hurry. If that wasn't bad enough, the human desire to be liked and accepted is at play, too. Every time you get a "Like", your brain decides that means somebody likes you. Keep this up and you'll turn into an addict desperate for another "hit."

5. Obsessive refreshing of your Facebook feed is a symptom of a fear of missing out (a.k.a. FOMO).

Facebook wrecks your focus by preying on your fear of missing out. You check your feed during a date, because you don't want to miss any interesting updates. You check your messages while you drive, because a friend might have something exciting to share. Never mind that you might turn off your date or wreck your car and die. The possibilities are endless, so it's totally worth it. That was sarcasm if you didn't notice. I'm being dramatic to demonstrate how reckless these be-

haviors are.

If you're ready to break your addiction to Facebook, follow these five steps.

1. Admit you have an addiction.

You can't fix a problem if you deny it exists. Don't beat yourself up, but do try and be honest enough to admit you're a Facebook addict. If it makes you feel any better, I'm a recovering addict myself. There is no reason to be ashamed. Telling a trusted friend might help you stay accountable, especially if they share your goal.

2. Be mindful of the triggers that provoke the habit.

Every psychological trigger I discussed here won't necessarily be relevant to you. That's okay. Focus on the ones that are. If you're not sure, here's a reflection exercise that might be helpful. It will reveal why you're having such a hard time breaking the habit. Record the following details in a diary or journal until you identify some common trends:

- What did I do? (scrolling, over-sharing, creeping, notification checking, or feed refreshing)
- When did I do it? (down-time at work, as soon as you woke up, right before bed, on a date, etc.)
- What happened right before? (if a stressful or upsetting event occurred, that could be significant)
- How did this make me feel? (use a descriptive adjective to describe your mood before and after the incident)

3. Consciously acknowledge the habit for what it is.

This step will break Facebook's hold on you as long as you can be consistent. Every time you feel the urge to update your status or check your feed, recognize that impulse for what it is (a habitual behavior — NOT a conscious decision). This is especially powerful when you complete step #2, because you'll be able to make a mental note of the specific psychological trigger at play.

4. Practice self-compassion during the process, no matter how frustrated you might get.

Facebook is an epic time-suck, but that doesn't mean you should criticize yourself every time you log-on to your feed. Psychologists consider procrastination a misplaced coping mechanism. Beating yourself up will make you feel bad about yourself, which will ironically cause you to be even more tempted. Self-loathing can only lead to failure. You might end up deciding it's hopeless, because you are "too lazy." If you want to break your addiction for good, then you need to be self-compassionate.

5. Replace the habit with a positive alternative that you can track or measure in some way.

It's a lot easier to eliminate a bad habit when you decide on a good habit that you would like to replace it with. I applied this idea by choosing to pick up a book every time I was tempted to check my feed. The result blew my mind. I read over a hundred pages in the



first day! Trust me when I say those "few minutes of down-time" can add up to an obscene amount of waste. Having a specific metric to track is important. If you want to stay encouraged, you need to have compelling evidence that your time would be better spent elsewhere.

This is going to sound ridiculous given the subject of the article, but...

Would you please pass this along to your friends on Facebook? I don't mean to demonize the website entirely. It's a great place to stay in touch with the people we care about. Even so, it's time to break our addictions so we can achieve our purpose and enjoy the company of the people right in front of us.

What is the ruling on Valentine's Day?

Praise be to Allaah.

Firstly:

Valentine's Day is a jaahili Roman festival, which continued to be celebrated until after the Romans became Christian. This festival became connected with the saint known as Valentine who was sentenced to death on 14 February 270 CE. The kuffaar still celebrate this festival, during which immorality and evil are practised widely.

Secondly:

It is not permissible for a Muslim to celebrate any of the festivals of the kuffaar, because festivals come under the heading of shar'i issues which are to be based on the sound texts.

Shaykh al-Islam Ibn Taymiyah (may Allaah have mercy on him) said: [Festivals are part of sharee'ah, clear way and rituals of which Allaah says \(interpretation of the meaning\): "To each among you, We have prescribed a law and a clear way" \[al-Maa'idah 5:48\]](#)

["For every nation We have ordained religious ceremonies which they must follow" \[al-Hajj 22:67\]](#)

-- such as the qiblah (direction faced in prayer), prayer and fasting. There is no difference between their participating in the festival and their participating in all other rituals. Joining in fully with the festival is joining in with kufr, and joining in with some of its minor issues is joining in with some of the branches of kufr. Indeed, festivals are one of the most unique features that distinguish various religions and among their most prominent symbols, so joining in with them is joining in with the most characteristic and prominent symbols of kufr. No doubt joining in with this may lead to complete kufr

Partially joining in, at the very least, is disobedience and sin. This was indicated by the Prophet (peace and blessings of Allaah be upon him) when he said: "Every people has its festival and this is our festival." This is worse than joining them in wearing the zinaar (a garment that was worn only by ahl al-dhimmah) and other characteristics of theirs, for those characteristics are man-made and are not part of their religion, rather the purpose behind them is simply to distinguish between a Muslim and a kaafir. As for the festival and its rituals, this is part of the religion which is cursed along with its followers, so joining in with it is joining in with something that is a cause of incurring the wrath and punishment of Allaah. End quote from *Iqtida' al-Siraat al-Mustaqeem* (1/207).

He also said (may Allaah have mercy on him): It is not permissible for the Muslims to imitate them in anything that is uniquely a part of their festivals, whether it be food, clothing, bathing, lighting fires, refraining from a regular habit, doing acts of worship or anything else. It is not permissible to give a feast or to give gifts, or to sell anything that will help them to do that for that purpose, or to allow children and others to play games that are part of the festivals, or to wear one's adornments.

To conclude: the Muslims should not do any of their rituals at the time of their festivals; rather the day of their festival should be like any other day for the Muslims. The Muslims should not do anything specific in imitation of them. End quote from *Majmoo al-Fataawa* (25/329).

Al-Haafiz al-Dhahabi (may Allaah have mercy on him) said: If the Christians have a festival, and the Jews have a festival, it is only for them, so no Muslim should join them in that, just as no Muslim should join them in their religion or their direction of prayer. End

quote from Tashabbuh al-Khasees bi Ahl al-Khamees, published in Majallat al-Hikmah (4/193)

The hadeeth to which Shaykh al-Islam Ibn Taymiyah referred was narrated by al-Bukhaari (952) and Muslim (892) from 'Aa'ishah (may Allaah be pleased with her) who said: Abu Bakr came in and there were two young girls of the Ansaar with me who were singing about what had happened to the Ansaar on the day of Bu'aath. She said: And they were not (professional) singing girls. Abu Bakr said: "Musical instruments of the shaytaan in the house of the Messenger of Allaah (peace and blessings of Allaah be upon him)?" and that was on the day of Eid. The Messenger of Allaah (peace and blessings of Allaah be upon him) said: "O Abu Bakr, every people has a festival and this is our festival."

Abu Dawood (1134) narrated that Anas (may Allaah be pleased with him) said: When the Messenger of Allaah (peace and blessings of Allaah be upon him) came to Madeenah, they had two days when they would play. He said: "What are these two days?" They said: "We used to play on these days during the Jaahiliyyah." The Messenger of Allaah (peace and blessings of Allaah be upon him) said: "Allaah has given you instead of them two days that are better than them: the day of al-Adha and the day of al-Fitr." This hadeeth was classed as saheeh by al-Albaani in Saheeh Abi Dawood.

This indicates that festivals are among the characteristics by which nations are distinguished, and it is not permissible to celebrate the festivals of the ignorant and the mushrikeen (polytheists).

The scholars have issued fatwas stating that it is haraam to celebrate Valentine's Day.

1 – Shaykh Ibn 'Uthaymeen (may Allaah have mercy on him) was asked:

In recent times the celebration of Valentine's Day has become widespread, especially among female students. It is a Christian festival where people dress completely in red, including clothes and shoes, and they

exchange red flowers. We hope that you can explain the ruling on celebrating this festival, and what your advice is to Muslims with regard to such matters; may Allaah bless you and take care of you.

He replied:

Celebrating Valentine's Day is not permissible for a number of reasons.

- 1- It is an innovated festival for which there is no basis in Islam.
- 2- It promotes love and infatuation.
- 3- It calls for hearts to be preoccupied with foolish matters that are contrary to the way of the righteous salaf (may Allaah be pleased with them).

It is not permissible on this day to do any of the things that are characteristic of this festival, whether that has to do with food, drinks, clothing, exchanging gifts or anything else. The Muslim should be proud of his religion and should not be a weak character who follows every Tom, Dick and Harry. I ask Allaah to protect the Muslims from all temptations, visible and invisible, and to protect us and guide us.

End quote from Majmoo' Fataawa al-Shaykh Ibn 'Uthaymeen (16/199)

2 – The Standing Committee was asked: Some people celebrate Valentine's Day on the fourteenth of February every year. They exchange gifts of red roses and wear red clothes and congratulate one another. Some bakeries make red coloured sweets and draw hearts on them, and some stores advertise products that are especially for this day. What is your opinion on the following:

- 1- Celebrating this day
- 2- Buying things from the stores on this day
- 3- Storekeepers who are not celebrating it selling things that may be given as gifts to people who are celebrating it?

They replied:

The clear evidence of the Qur'aan and Sunnah – and the consensus of the early generations of this ummah – indicates that there are only two festivals in Islam: Eid al-Fitr and Eid al-Adha. Any other festivals that have to

do with a person, a group, an event or anything else are innovated festivals, which it is not permissible for Muslims to observe, approve of or express joy on those occasions, or to help others to celebrate them in any way, because that is transgressing the sacred limits of Allaah, and whoever transgresses the sacred limits of Allaah has wronged himself. If the fabricated festival is also a festival of the kuffaar, then the sin is even greater, because this is imitating them and it is a kind of taking them as close friends, and Allaah has forbidden the believers to imitate them and take them as close friends in His Holy Book. And it is proven that the Prophet (peace and blessings of Allaah be upon him) said: "Whoever imitates a people is one of them." Valentine's Day comes under this heading because it is an idolatrous Christian festival, so it is not permissible for a Muslim who believes in Allaah and the Last Day to observe it or approve of it or congratulate people on it. Rather he has to ignore it and avoid it, in obedience to Allaah and His Messenger, and so as to keep away from the causes that incur the wrath and punishment of Allaah. It is also haraam for the Muslim to help people to celebrate this or any other haraam festival by supplying any kind of food or drink, or buying or selling or manufacturing or giving or advertising etc., because all of that is cooperating in sin and transgression and is disobedience towards Allaah and His Messenger (peace and blessings of Allaah be upon him). Allaah says (interpretation of the meaning):

"Help you one another in Al Birr and At Taqwa (virtue, righteousness and piety); but do not help one another in sin and transgression. And fear Allaah. Verily, Allaah is Severe in punishment"[al-Maa'idah 5:2]

The Muslim must adhere to the Book of Allaah and the Sunnah in all his affairs, especially at times of fitnah when evil is widespread. He should be smart and avoid falling into the misguidance of those who have earned Allaah's anger and who have gone astray, and the evildoers who have no fear of Allaah and who do not have any pride in being Muslims. The Muslim must turn to Allaah and seek His guidance and remain

steadfast in following it, for there is no Guide except Allaah and no one can make a person steadfast but Him. And Allaah is the source of strength. May Allaah send blessings and peace upon our Prophet Muhammad and his family and companions. End quote.

3 – Shaykh Ibn Jibreen (may Allaah preserve him) was asked:

Among our young men and women it has become common to celebrate Valentine's Day, which is named after a saint who is venerated by the Christians, who celebrate it every year on February 14, when they exchange gifts and red roses, and they wear red clothes. What is the ruling on celebrating this day and exchanging gifts?

He replied:

Firstly: it is not permissible to celebrate these innovated festivals, because it is an innovation for which there is no basis in Islam. It comes under the heading of the hadeeth of 'Aa'ishah (may Allaah be pleased with her), according to which the Prophet (peace and blessings of Allaah be upon him) said: "Whoever introduces anything into this matter of ours that is not part of it will have it rejected." Secondly: it involves imitating the kuffaar and copying them by venerating that which they venerate and respecting their festivals and rituals, and imitating them in something that is part of their religion. In the hadeeth it says: "Whoever imitates a people is one of them." Thirdly: it results in evils and haraam things such as wasting time, singing, music, extravagance, unveiling, wanton display, men mixing with women, women appearing before men other than their mahrams, and other haraam things, or things that are a means that leads to immorality. That cannot be excused by the claim that this is a kind of entertainment and fun. The one who is sincere towards himself should keep away from sin and the means that lead to it.

And he said:

Based on this, it is not permissible to sell these gifts and roses, if it is known that the purchaser celebrates these festivals or will give these things as gifts on those days, so that the seller will not be a partner of the one who does those innovations. And Allaah knows best. End quote. And Allaah knows best.

Tips for a Happy and Successful Marriage

Ten ways of increasing happiness in your marriage and making it a successful one

| By Dr. Aisha Hamdan |

The young and excited bride-and-groom-to-be; ecstatic about the upcoming wedding and marriage and the joy that it will bring. Three to six months later, reality has set in and both spouses realize that marriage is no easy task, but one that takes a great deal of effort and patience. The following are tips for both wives and husbands, to help make the task a little less daunting, and to increase the many rewards that are possible in such a marvelous and complex relationship.

Enter the Marriage with the Right Intention and Renew this Often

Both spouses should enter the marriage with the pure intention of pleasing Allah, subhanahu wa ta'ala, in order to receive His grace and blessings. The marriage itself then becomes an act of worship and one for which both spouses will be rewarded. Allah will be pleased with them and this will be the most critical element in ensuring peace, stability and happiness throughout the marital life. It is also important to realize that when an act of worship is continued over a long period of time, it becomes necessary to renew one's intention often to remain on the correct path and to obtain the most benefit.

Remember that Your Spouse is also Your Brother or Sister in Islam

Too often Muslims treat other people outside the home with kindness and sincerity, but then behave in a very different manner when it comes to their own spouses. Muslims should always remember that one's spouse is also another brother or sister in Islam and that the rights and duties that apply to the general brotherhood (sisterhood) of Islam, should also form the basis of the marital relationship. Obviously, a spouse has rights beyond these,

but there should be a clear understanding of the rights of brotherhood (sisterhood) and adherence to these principles.

Do Not Hold Unrealistic Expectations

Before marriage, people often have unrealistic ideas about their spouse-to-be, expecting perfection in all aspects. This rarely, if ever, plays out in reality and can lead to unnecessary problems and concerns. We should recall that Allah, subhanahu wa ta'ala, created humans as imperfect beings, which means that many mistakes will be made throughout a lifetime. By turning the table and expecting imperfection, we will be pleasantly surprised and pleased when our spouse is much more than we ever hoped for. This, in turn, will lead to contentment within the marriage.

Emphasize the Best in Your Spouse

Since no one is endowed with all of the best qualities, emphasis should be placed on the positive qualities that a spouse possesses. Encouragement, praise, and gratitude should be expressed on a regular basis, which will strengthen these qualities and be beneficial in developing others. An attempt should be made to overlook or ignore negative characteristics, as the Prophet, sallallahu alayhe wa sallam, said, "A believing man should not have any malice against a believing woman. He may dislike one characteristic in her, but may find another in her which is pleasing." (Muslim)

Be Your Mate's Best Friend

Try to think of what a best friend means and be one to your spouse. This may mean sharing interests, experiences, dreams, failures and upsets. It may involve understanding a spouse's likes and dislikes and attempting to please him or her in any way possible. A best friend is also usually someone that can be

confided to trusted, and relied upon. A spouse should be the kind of friend that one would want to keep throughout life.

Spend Quality Time Together

It is not enough to share meals, chores and small talk together. Spouses should also find time to focus on strengthening the relationship. Often couples get busy with their own separate tasks and forget about working on one of the most important elements in life. Quality time may be anything from having a quiet, profound conversation to going for a nice long nature walk, to sharing a special hobby or project. Both spouses should enjoy the particular option chosen and distractions should be kept to a minimum.

Express Feelings Often

This is probably a very "Western" concept and one that some people may have difficulty fulfilling, but it is important to be open and honest about one's feelings, both positive and negative. The lines of communication should always be open and any concerns should be brought to the attention of the other spouse as soon as they arise. The rationale of this is that what begins as a simple concern may grow into a major problem if it is not addressed quickly and properly. The "silent treatment" has never been the remedy for anything.

Admit to Mistakes and ask for Forgiveness

Just as we ask Allah to forgive us when we make mistakes, we should also do the same with our spouses. The stronger person is the one who can admit when he or she is wrong, request pardon from the other, and work hard to improve his/her aspects that are in need of change. When a person is unwilling to do this, there will be little growth and development in the marriage.

Never Bring up Mistakes of the Past

It can be very hurting for another person to be reminded of past mistakes. In Islam, it is generally not recommended to dwell on the past. One may remember errors that were made so that they are not repeated, but this should not be done excessively. Certainly, as humans, we are not in the position to judge another person. Advice may be given, but

not in a harmful manner.

Surprise Each Other at Times

This may entail bringing home a small gift or flowers, preparing a special meal, dressing up and beautifying oneself (this is not only for women), or sending a secret note in a lunch-box. A little imagination will go a long way here. The idea is to spice up the marriage and avoid getting into a dull routine that may negatively affect the marriage.

Have a Sense of Humour

This particular aspect can go a long way in preventing arguments and brightening the atmosphere of the home. Life is a constant stream of challenges and tests, and to approach it in a light-hearted manner will help to make the journey smoother and more enjoyable. You may also find that your spouse enjoys this characteristic and looks forward to spending time with you because of it.

Quick Tips for Discussions and Disagreements:

Begin with the intention to resolve the issue. If both spouses have this intention and plan to consult together, it is more likely that there will be a successful resolution.

Remember that it takes two to quarrel. If only one person chooses not to argue, there will be no argument. Generally, the one who is wrong does most of the talking.

Both spouses should not be angry at the same time. If one of the spouses becomes upset, it is best if the other tries to remain calm and collected.

Never yell at each other unless the house is on fire. Of course, house fires do not occur very frequently; yelling should occur at about the same rate.

Never go to sleep with an argument unsettled. This is one of the worst things that can happen in a marriage and should be avoided as much as possible. This allows hurt feelings and thoughts to linger and generally exacerbates the problem.

If one spouse needs to win, let it be your mate. Do not focus on winning yourself; this is the main reason that discussions tend to become heated.

When Should You start to Earn O! Young Men?

I By Nissar Nadiadwala I

Years back during my school vacations, I was instructed by my parents to attend our cloth shop and be a part of the working team.

Like all young school boys, I disliked working during my vacations because, like everyone else, I also felt that vacations are just for playing and enjoying. I was told that evenings were meant to play but the rest part of the day was to learn the practical side of business. I had two other boys of my age working with me, who, I was told, were sons of rich men. They were learning the basics of business.

Guess what were the basics of business according to them? To keep the shelf clean, to check the bills (no calculators used in those days), to pay electric bills, to talk to the customers, to pack the sold goods nicely, to order tea and snacks for seniors. These are the essential and routine jobs of a business and many business establishments lose customers, good will and money for not paying attention to this routine. Today, those two boys earn a lot of money, more than many MBAs, though they did not do any formal post-graduation in famous universities.

I met my friend who is already in his thirties and he wanted to do some more courses in UK, so he was looking for some sponsors.

I asked him: "Why don't you earn on your own and get money for your own studies?"

He said: "I am fond of learning and learning requires lot of time to focus on so I cannot work!" This happens to be a common reply from many young men who are already in their mid-twenties and still dependent upon their ageing fathers to pay their fees and also pocket money.

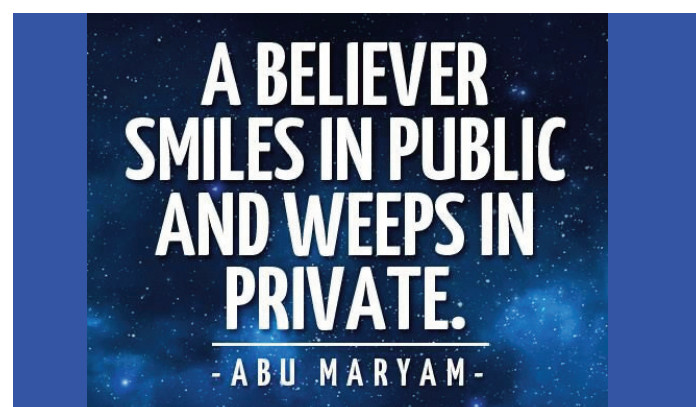
My Gujarati community is quite advanced in this manner. Teenage sons accompany their

fathers to banks and help them write accounts too. If you go through the list of the students in the prominent Commerce Colleges of Mumbai you will see Shahs, Jhaveris, and Patels, most of them Gujarati. They learn accounts and do part time jobs right from the year they join their colleges. That is the reason why almost all the Mumbai commerce colleges run from 7am to 10 am in the morning.

In my teenage years, we used to stay in a Gujarati locality so I got to learn a lot about their approach towards earning. A young friend of mine used to give tuitions to little children and he earned around 1000 INR a month! That was a huge amount for a teenager in those days. Today he has taken teaching as his profession and I am told that he earns around a hundred thousand rupees a month! Another young friend of mine used to help his father to run his business and by the time he graduated he took over the entire business.

Early experience in jobs, business and sales gives you an edge in your professions as well. Muslim youth should take lessons from this. After all halal earnings, right from early days, are a part of financial education. Learning practical lessons in early youth will give you a speed in moving ahead as well as make way for you to get married early as many of you delay marriages because you are unable to settle till you pass twenty five.

... From Beyond Education, by Nissar Nadiadwala



Sameen Ahmed Khan received distinction from the Optical Society of America



Optics is the branch of physics which involves the behaviour and properties of light, including its interactions with matter and the construction of instruments that use or detect it. Light sciences have provided us numerous instruments such as telescopes to see far away objects and microscopes to see very tiny objects. Light sciences have also impacted our lives through medical imaging, telecommunications and internet. Beam optics and light polarization have stimulated research for centuries. Their understanding and manipulation are the cornerstones of optical technology.

The understanding of light optics requires a variety of mathematical techniques. Consequently, there are attempts to understand light optics using different mathematical machineries. Dr. Sameen Ahmed Khan has been single handedly working on a new formalism of beam optics using matrices and quantum technics. He is an assistant professor in the College of Arts and Applied Sciences, Dhofar University, Salalah. This year alone he published five papers describing different facets of his formalism. Amidst strong international competition, two of Dr. Sameen's papers have been chosen as one of the best this year by the influential magazine, Optics & Photonics News (OPN) published by The Optical Society (OSA was founded in 1916 as the Optical Society of America and renamed as Optical Society in 2008). Each year OSA highlights world-wide breakthrough innovations in optics and photonics in its year end December issue of its OPN Magazine. The

research is thereby featured in the special edition, Optics in 2016, which carries the summaries of the thirty selected breakthroughs.

Along with outstanding research in mathematical optics, Dr. Sameen has a keen interest in science policy and outreach, which is reflected in his over two hundred writings on science popularization. During the United Nations designated 2015 International Year of Light and Light-based Technologies, Dr. Sameen published over a dozen articles in English, Urdu and Arabic. His is the only book carrying the title of the international year. He is the Founding Member of the Ibn al Haytham LHiSA International Society (Light: History, Science and Applications, <http://www.ibnalhaytham-lhisa.com/>). He was also recognized as one of the thirty speakers at the conference held at the UNESCO Headquarters, (The Islamic Golden Age of Science for today's Knowledge-based Society: The Ibn Al-Haytham Example, 14-15 September 2015, Paris, France).

Dr. Azher Majid Siddiqui,
Department of Physics,
Faculty of Natural Sciences,
Jamia Millia Islamia,

Further reading:

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