



A Sail Through Knowledge

EDITORIAL

When one looks at all the lovely shades of Green amidst the leaves of the trees that still stand in Bangalore city, one definitely experiences the sensations of physical and mental rejuvenation, growth, and internal harmony. And, just so, when one observes the month of Shehre Ramadan, there is a renewed sense of freshness in their daily lifestyle that is not unlike that of the regenerative boost that being amidst nature provides one with. Our metaphorical leaves and branches are completely engaged with spurting new buds of inspiration for growth in the directions of our Deen as well as Duniya.

The colour Green, at this time, is also a reminder to know ourselves and our vices more candidly. During Shehrullah-il-Moazzam, when we engage in our daily Ibaadat, each of our vices - such as greed - are purged from within us. The evergreen teachings also give us the encouragement and motivation to refresh our positive and sanct acts, and to carry them out over and over again.

Green, also representing wealth, is an aide-memoire to how this blessed month is commenced - by offering Wajebaat, an essential seed for the fortuitous growth of any Mumin's framework and wealth. How do we define wealth? Another rendition of the concept of wealth is Gold. Gold is such a commodity that while its value fluctuates each minute in the fiscal world. It never turns into something that is ever considered something that is 'not valuable', because Gold universally illustrates the qualities of courage, compassion, wisdom, and passion. It is invariably synonymous with wealth, prosperity, and glamour. Even to us, it is an essential component of our regular prayers for mumenaat.

This Shehre Ramadan, may we all revel in spiritual prosperity, and be gatherers of our true wealth - knowledge, diligence, and perseverance.

*Safina team : Adnan Dhinojwala, Abdeali Waseef,
Yusuf Eranpurwala, Amatullah Vahanwala,
Mariya Merchant, Naqiyah Malkani.*

AAMIL SAHEB'S NOTE

Baad as Salaamil Jameel

به وبوليه وبداعيه استعين في جميع الامور

Today, the world over, mankind is witnessing one of the most testing times in its history of evolution. All of Allah's creations, except humans of course, are set free to delve and cherish the bounties of their Creator which they might have been deprived of for ages due to some of mankind's selfish acts. After a long long time, Mother Earth is breathing fresh air, playing with its crystal blue waters and wandering through its clean, aromatic and pure sands! It seems she is enjoying her "ME" time! Happy vacationing, dear Mother Earth!

All it took for us humans to realize the worth of our environment, our role in its damage and our responsibilities towards it was a pandemic that forced us into a lockdown within our homes; and distance ourselves not only from our fellow men, but also from all the bounties of Allah Ta'ala and engage in some profound thinking, taking good time to review, realize, and react.

We Mumineen are deeply grateful to our Maula, Syedna Aaliqadr Mufaddal Saifuddin TUS, in whom we find true solace, for guiding us throughout this period and beyond.

Allah Ta'ala states in Quraan Majeed:



"And when I am ill, it is He who cures."

This pandemic, invited by us through our sins only, has its true cure in the hands of Allah Ta'ala's Dai on earth, as it is He who cures!

From the very first day, our Maula has led us to the path of healing through his Farmaan of reciting Quran e Majeed and Dua, reciting aloud The Azaan in every home, and the most effective of all, conducting Majlis of Noha Aweel on Imam Husain AS every night, bringing all mumineen worldwide in his patronage. And, now, as we see Shehrullah-il-Moazzam on our doorsteps, we witness the biggest example of spiritual congregation in this time of social distancing, where every Mumin will get the Azeem Sharaf of doing Imaamat in his own house.

O Maula! We all see the rays of hope shining in front of our eyes and sailing through it, we will reach the bright daylight of health and happiness very soon, Insha Allah. Let us all take a moment - rather, every moment - to pray for the complete health of our true healer and spiritual doctor, Syedna Aali Qadr Mufaddal Saifuddin TUS. May Allah Ta'ala grant him a healthy and hearty life till the day of Judgement. Aameen.

KALEMAAT NOORANIYAH

الداعي الاجل سيدنا عالي قدر مفضل سيف الدين اقا طع
سال ١٤٤١هـ ناعشرة مباركة ما چوڻي تاريخ ني وعظ مبارك
ما اميد ني وصية ڪرنا هوا فرماوے چھ:

مؤمنين ني جماعة! اے رضوان نا درجه لگ پهنچواني اميد
ڪرنا رلوگو! امير المؤمنين ع^٢ پيسري چيز جبر ني اميد ڪروانو
فرماوے چھ یرسون چھ؟ ڪہ تمارا عمل نا محاسن ني اميد ڪرو،
يعني ايم اميد ڪرو ڪہ تمين جبر ھي عمل ڪرواھما خوبي ھوئي،
اميد نو تعلق عمل ساڻھي چھ، ايك شخص پاسي زمين
ھوئي اني اھني یر ڪھيرے، بيچ بوئي، جدوجھد ڪرے، تویر
اميد ڪري سکے چھ ڪہ فصل اگسے اني پھل اؤسے، اني ڪوئي نا
نزديڪ زمين ھوئي مگر اھما ڪھيتي نو عمل نہ ڪرے اني فقط
اميد ڪرا ڪرے ڪہ اھني پھل ملے تویر اميد - اميد نہ ڪھوائي .

YEMEN

Yemen is one of the most amazing places in the world. And if you ask me, it's actually the best place anyone could ever set foot in.

On a regular day, you'd hear the joyful screams and laughter of children playing on the streets, there would be groups of people walking and sharing stories, old men sitting and basking in the sunlight, while others rush to work, and buyers and sellers flock the town. On Fridays, we meet at the mazarat in Hutaib Mubarak, where there is a panoramic view of the hills. It is so peaceful and the breeze that comes with it feels heavenly. I still remember our family visits to the villages and back. Sigh!

Now, the place is a wreck because of the war, and travel to other states is banned if you hold a Yemeni passport. But life in the suburbs has not changed much, though the price of goods has risen a bit which, I would say is a blessing; because, now, most people are investing in farming coffee as opposed to the detrimental khat.



Yemen is like a mystic fall. A beautiful example of Yemen's hidden beauty is Sana and Socotra. They are filled with wondrous secrets such as unseen varieties of dolphins, a species of trees that have not been touched and do not grow in any other place, and many such other wonders which you have to see for yourself.

In terms of Yemen's wealth, there are many fisheries and the geographical positioning of Yemen along the Gulf of Eden provides a link for all sorts of transport ships. Therefore, the ships have to go through the Gulf which is owned by Yemen. Yemen also has many reserves of gas and petrol.

So you can imagine with the immense resources of Yemen, if the war stopped, people would develop and the country's GDP would grow massively. I hope there will be peace soon and everything soon goes back to normal.



ان الداعى الاجل عقيق اليمن سيدنا ومولانا عالي قدر مفضل سيف الدين طع قد طهر ارض حراز من شجرة القات الخبيثة فأن ارض حراز اصبحت مخضرة ياتعه وياله من فوز عظيم لأبناء اليمن الذين لبو بالطاعة في قلع هذه الاشجار الخبيثة فقد اخضرت اراضيهم ونفوسهم بفضل من له الفضل ذو الجود والاحسان مولانا المنان عالي قدر مفضل سيف الدين طول الله عمره الشريف الى يوم الدين

- M Zainulabedeem Bhai Mohammed Al Khadir

LAZEEZ RASOI

BINT-AL-SAHN



A crepe-like layered pastry topped with Nigella seeds and drizzled with golden honey. A recipe brought to you all the way from *Yemen*.

SERVINGS: 2 People

INGREDIENTS:

All-purpose flour (Maida):	4 Cups
Eggs:	4
Water:	1/2 Cup
Melted Butter/Ghee:	1 Cup
Yeast:	1 tsp
Nigella seeds (Kalonji) or Sesame seeds:	¼ Cup
Salt:	1 tsp
An egg yolk for egg wash	

METHOD:

- Dissolve yeast in 1/4 cup of water. Mix water, eggs, 3/4 cup butter, salt, and yeast water. Knead for 10-15 minutes by hand or mixer.

- Once kneaded, pour around 1/4th cup of water slowly and knead till the dough is soft and smooth but does not stick to the hands.
- Alternatively, use a mixer to work the dough. Cover it with a kitchen towel and rest for 10 minutes.
- Divide the dough into approximately 8-10 pieces, form each piece into a smooth ball with your hand and place on a flat surface. Coat lightly with oil and cover it with a kitchen towel.
- Allow the dough to rise for 30 minutes in a warm place.
- Grease a 14 inch (or any size available) round cake pan and set aside.
- Take a dough ball and toss it by hand or roll it out on a clean flat surface to form thin discs that are thin enough to see through.
- Place this layer to the bottom of the pan and drizzle/ brush some melted butter.
- Repeat this process for all the remaining 10 dough balls by rolling it out into discs and placing it in the pan in layers, each time adding a little bit of melted butter on top of it. For the top/ last layer do not drizzle butter over it. Instead, brush the top layer with a beaten egg yolk. Sprinkle Nigella seeds or Sesame seeds on it.
- Place in a preheated oven at 205 degrees Celsius for about 18-20 minutes or till cooked golden - brown.

Serve warm with a fresh drizzle of honey.

DADIMA NA NUSKHAO

BUKHUR - LIGHT IT UP

Bukhur is a must for filling up homes with invigorating scents and positive energy



- Use aluminium foil in your Bukhurdaani to avoid damage to it from the hot coals and Bukhur.
- Never leave a Bukhurdaani that is burning unattended near children and near surfaces that can easily burn such as carpets and curtains.
- Closed windows allow for the maximum impact of the scent



DADIMA NA NUSKHAO

THE ELECTRIC KETTLE - AN ESSENTIAL FOR THIS ERA

The electric kettle is a handy kitchen and household aid during the month of Ramazan.



- Use boiling water from the kettle over soiled dishes in the sink to alleviate some of your work by getting grime and grease to slide off faster from the dishes a few minutes before you get to work on cleaning them
- If your Topi feels stiff from too much starch, simply hold it carefully over the steam from the kettle to loosen it up.

DADIMA NA NUSKHAO

SHEHRE RAMADAN HACKS

- A lot of people look at Ramazan as a weight management opportunity that they don't get in their otherwise busy life. Make the most out of your hours.
- Don't eat too much sugar after the day of roza is done. Avoid processed food. Always focus on natural foods like fruit. Bananas and Dates curb sugar cravings.



- Manage your sleep well. If you like to dress well, try planning your outfits a week in advance so that you needn't spend too much time on this task each morning.
- When stitching clothes, always keep your comfort while praying Namaz in mind. (Lailatul-Qadr is in the midst of summer this year, so opting for cool natural fibers over the heavily embellished shiny materials is prudent)
- Cultivate the habit of being in Wuzu all the time. Have a separate towel for Wuzu from your regular one. Change your face towel every day.
- Make lists of all things big and small that you really want in life and in Akherat, for the times of Sajda on Bhaari Raats.

MONTHLY BUZZ

UMOOR MAALIYAH

On 10th February 2020, Umoor Maaliyah conducted a session on Budgeting and Accounting for all Accounting and Umoor heads in the Jamaat. The crux of the session consisted of the explanation of the Budget details to all Umoor representatives.

This comprised of:

- How to plan a Budget
- Slabs of needs, wants, and desires
- Prioritisation of expenses
- Transparency and legal aspects
- DBJT Bangalore website, digital accounting and receipts
- Further assistance from the Jamaat members.



Primarily, the budget is for the Jamaat's internal members, for Al Vazarat, and for reports to Aqa Moula (TUS). The intention is that the budget is presented before April so that we get AQA Moula's [TUS] Nazar and Dua Mubarak.



MONTHLY BUZZ

UMOOR SEHAT

The 5k Cleanliness Run was organised on the morning of 16th February 2020 by Umoor Sehat, for all three Jamaats of Bangalore, and drew 210 participants.

The youngest participant who successfully completed the whole route was 4 year old Ms. Ruqaiya Yusuf Zakir. The eldest participant was 75 year old Shk Saifuddin Bhai Rangwala.

The run began from Mohammadi Masjid complex's Main gate at 7.10 am. To guide the participants throughout the route, there were escort vehicles and flags along all the turnings. There were three milestones on the way in the form of Sabeel, providing glucose and water. The 2nd and the 3rd sabeel counters were also handing out bands of two distinct colours, which were mandatory for each participant to collect, to be qualified as a finisher. The Chief Guest invited for felicitation of the winners was the Corporator of the Area Ms. R Prabhavati Ramesh.

The following were the winners and runner-ups of the run.

(14yrs to 49yrs) :

1st : Adil Bhai Hussain. 23m46s

-Abbas Bhai Hararwala. 23m53s

2nd : Burhanuddin Bhai Soni.

24m29s

3rd : BehlaBhai Khumusi. 26m45s



Yellow (under 14):

1st : Mansoor Bhai Kiranawala. 24m46s

2nd : Mohammad Bhai Bhanpurawala. 25m02s

3rd : Aliasgar Bhai Viramgamwala. 28m45s

Pink (Above 50):

1st : M. Hasan bhai Siyamwala.

33m04s

2nd : Khuzaima Bhai Jamali.

3rd: M. Tamin Bhai Izzy



MONTHLY BUZZ

UMOOR MAWARID BASHARIYAH

On February 1st, 2020, Umoor Mawarid Bashariyah organised an ice-breaking and team building session for all the coordinators of the twelve Umoors of the Jamaat.

The Saifee Nagar HR Team members specialise in providing the relevant manpower, event management, procurement, collaborations, and event negotiation. In addition to a khidmat survey being rolled out, a new committee of Toloba KM has been formed and initiations for forming a new Burhani Guards team have been taken.

Husain bhai Rampurawala, an HR professional took over the task of conducting the following activities:

- Nail the leadership - balancing ten nails on one single nail
- Form the word - a blindfolded strategy game
- Three islands - a game about harmony in teamwork

The third activity was complex and extremely stimulating. It explained many points which are relevant in the Jamaat Khidmats, where there are different Committees and Umoors with different sets of personal goals, which lead to a single central goal. The parity in between each group has to be ensured to reach the central goal effectively. The lesson also included proactive communication, personal accountability, managing relationships, and teamwork.



COMPETITION WINNERS

SAFINA ORGANISED A COMPETITION AROUND MARCH TO BRING OUT THE HIDDEN TALENTS OF SAIFEE NAGAR MUMINEEN, IN TERMS OF ART, POETRY, MADEH, AND LOGO DESIGN.

POEMS

SHOULDER TO SHOULDER

When the odds are against you,
That's not the time to rue.
That's the time to smile,
To go that extra mile.

That's why we stick together,
Whatever the weather,
That's what makes MSBians bolder,
We are always shoulder to shoulder.

-Sakina Ben M. Tameem Jamali

COMPETITION WINNERS

POEMS

SHUKUR

O Moula! You are the benevolent kind
Enlightening our uncanny and restless mind.
We follow the path of gratitude,
Towards Aakherat we have changed our attitudes.
The bounty of Ilm purifies our Soul
Quenching our thirst, You have made us whole.
We ask for more O Moula!
Help us complete this journey O Jaano-si-Awla.
Uplifting our hearts from disdain,
With Noha-wal-Aweel of Imaam Husain.
With abundance of Takwa,
We have ventured our lives.
Rehaanat you have bestowed over our countless strives.
Along with aeons of Shukur we bow down,
May You live healthy beyond the stars of dawn.

-Ummehany Ben Siamwala

COMPETITION WINNERS

POEMS

I WISH I WERE A.....

I wish I were a jellyfish
Roaming in the ocean
Hiding from the scorching sun
No need for sunscreen lotion!

Shining pink in colour
Jiggling jiggling jelly
Eating fishes all the time
But I don't have a belly! [maybe]

Divers would come to find me
In the deep Mariana Trench
Everyone would want to see me
Chinese, Japanese, or French!

Living in the ocean
Amongst the beautiful corals
Going to an ocean school
To learn some ocean life morals

I am not a jellyfish
But I am a human being
Keeping the ocean clean and clear
For the ocean's living beings.

-Taha Bhai Ayman

COMPETITION WINNERS

MADEH

SHIFA

Che bimari no aalam ma khauff chaayo
Magar hum par che Moula Aali Qadar no thando saayo

Hifazat ma rakhe che har ek mumin ne Moula
Shifa at'aa kare che har ek mumin ne Moula

Duniya na haalaat che, magar humne fikar nathi
Moula ni dua saathe che to koi darr nathi

Moula na farman ne maathe chahrawiye
Ane hukumat no saath aapi ne ehteyat rakhiye

Bimaari ne phelawa si rokiye hame
Gar koi bheed jamey hoi, to ehne tokiye hame

Waaram waar apna badan no khayal raakhiye
Dua-e-Joshan ane Dua-e-Kaamil no dhaal rakhiye

Dua kariye apan khuda ta'ala si
Jald miti jaaye aa bimaari duniya si

Ane aanch na aawe kabhi moula Saifedeen par
Baaki rahe Moula ta qayaamat masnad e deen par

Naadir iltejaa che adna gulam ni
Che intezaar ehne to sada Moula ni nazar ane salam ni

COMPETITION WINNERS

ART



AMATULLAH BEN VAHANWALA



BURHANUDDIN BHAI SAMIWALA



TAHER BHAI JAMALI

TEHFEEZ REPORT

With the Dua Mubarak of Aqa Moula TUS, and under the guidance of Janaab Amil Saheb, the Tehfeez Committee is functioning in Saifee Nagar. Mumineen, Mumenaat and Farzando are imbibing the Barakaat of Hifzul Quran, and obtaining the Khushi Mubarak of Aqa Moula TUS.

In this current pandemic situation where almost the entire world has come to a standstill with the lockdown phase, our Safina of Hifzul Quran is still sailing through without any difficulties. Online Hifz sessions have been conducted, in which more than 115 Mumineen participated and took the Barakaat of Hifzul Quran. Abnaul Jamea Talabat and the Talebaat of Saifee Nagar are tirelessly doing Khidmat day and night to help Mumineen get Sanad of Surat Al-Balad, Juz-Amma and Sana-Ulaa.

SANAD HOLDERS

-for the ongoing Tehfeez session

JUZ-AMMA

- 1- Fatema Ben Lakdawala
- 2- Fatema Ben Aziz
- 3- Burhanuddin Bhai Samiwala
- 4- Fatema Ben Banswadawala
- 5- Munira Ben Ezzi
- 6- Samina Ben Hamid
- 7- Alifiya Ben Khasamwala
- 8- Khadija Ben Jambughodawala
- 9- Fatema Ben Ringnodwala

SANA-ULAA

- 1- Mariyam Ben Tinwala (Member of Tehfeez Committee)

She is the first to obtain Sanad for Sana-Ulaa by attaining Online Class Through Tehfeez Committee Saifee Nagar. It is a great achievement for us.



We request Mumineen to download Al-Muhaffiz Application for mobiles from the Play Store. It will be helpful to do Tilawat ul Quran and Hifz ul Quran.



For more details on these sessions, contact Huzaifa Bhai Hamid On
+91 9844152770

GLOBETROTTER

SPAIN

Last month, I was fortunate enough to travel to Spain along with a cohort of 220 students and teachers from my University for eight days. In this short span of time, we managed to visit and tour Barcelona, Valencia, Tarragona, Cuenca Town, Madrid, and Toledo. Every village and city had different treats for the eye and soul to explore.

Barcelona - Barcelona's sights are best viewed right before sunset from the cable cars in the Montjuic mountains.



Valencia - Valencia's highlight is the scenic Art and Science Museum.

Tarragona - Tarragona is a quaint coastal village, where the Roman soldiers and gladiators once walked and duelled.



Cuenca Town - Cuenca Town is a quiet little picturesque corner of the country, where, if one went out for an evening stroll, they would completely lose track of time amidst the careless mix of natural brooks and ancient bridges.



Toledo - Toledo is one of those places that remains etched in any traveller's mind as a 'picture perfect' image fit for postcards and paintings alike.

The handmade gold and silver jewellery processes here are quite the experience to watch.

Madrid - The final destination on our list, the capital city, is truly awe-inspiring. Madrid's expansive underground highways are an engineering marvel, and a thing of sweet dreams for those of us that commute daily on Bangalore's constantly developing roads.

It would be an understatement to say that this journey was an immense learning experience. A lot of us were robbed and pickpocketed - there were students losing plenty of hard cash, and a teacher even had his entire bag with his passport stolen. My phone, too, was stolen right out of my purse on my penultimate day there. It would be wise for anyone who wishes to travel to Spain to invest in anti-theft wallets and trackers for their belongings, and just be alert in general about their valuables. The two days that I did not have a phone on me were the most peaceful and serene hours I had, because I was no longer constantly worrying about losing it at all.



From coming close to architectural marvels like the Sagrada Familia and Camp Nou, to experiencing the warmth and general optimism of Spanish culture, the 220 of us discovered a brilliant world out there. Having seen and experienced this wonderful country, I beseech every reader to avoid spending on material luxuries, but rather save up to travel as much as you can in your life. Don't worry, nobody from the group tested positive for Covid-19 upon return.



WHAT'S MY STORY

METAMORPHOSIS

While studying in MSB Bangalore, we attained a holistic education enriched with an Islamic point of view. One's basic schooling is one of the important aspects that shapes their character and helps develop the necessary skill sets and values carried on in life. Our roots and foundation set at MSB Bangalore have led us today to do Khidmat of His Holiness, Dr. Syedna Mufaddal Saifuddin (TUS).



Since we started our journey with the AFRICAB Group, Moula (TUS) has not only bestowed his blessings upon our work, but has always taken an active role in guiding and visiting our factories, plots, and also bestowed upon us the Sharaf of staying in Lusaka for three days last year. We have sacrificed a lot to



be given a platform to showcase our talent at the global level, and every day is still a learning process. We thank our parents who were always very supportive, brave, and bold; and who were confident that our values would help us cultivate a positive environment and would lead to right decision making in all our endeavours.

When we first came to Zambia in 2016, we were a bit skeptical - especially on the part of community related functions - as the community in Zambia for Dawoodi Bohras is small, and stands at about 45 people. With the Ehsaan of Aqa Moula (TUS) we hosted the region's first Ashara Mubaraka (1439H) in the year 2017, with the pinnacle of everything at our first showroom in Lusaka. Aqa Moula (TUS) visited Zambia once again in 2019 and inaugurated our first manufacturing plant in Zambia, our new showroom, and Simba Villa (Bungalow of His Holiness in Zambia).

Our future prospects and goals include expanding into neighbouring countries such as – Zimbabwe, Mozambique, Namibia, Congo, and South Africa and with one vision in mind - so as to be able to do Khidmat of His Holiness (TUS) in all of these countries. Our message to all the readers is – Do not be afraid of exploring into new seas. Yes, there might be challenges and obstacles, but once you overcome it, you have a new arena to venture in and invest your time wisely. Money can be earned, health can be regained; but time, once lost, cannot be restored.



-Mustafa Bhai Chittalia and
Murtaza Bhai Chittalia

DINE OUT

THE ONLY PLACE

The Only Place is famous for its simple, straightforward American comfort food and breezy alfresco atmosphere. It was started all the way back in the 1960's by Haroon Sait near Rex Theatre, selling burgers and apple pie. Till today, the food remains the same, even though the venue got an upgrade and is now at Museum Road.

Their soups and salads are tempting, especially when had with their must-try garlic bread. However, for those with a not-so-large appetite, it is a better option to skip it all for the heavy main course of juicy steaks and burgers.

Top Favourites:
The Chateaubriand Supreme
The Chicken Lasagna
The Fruit Pies

Address: The Only Place, Museum Rd, near Post Office, Shanthala Nagar, Ashok Nagar, Bengaluru, Karnataka 560001.



DINE OUT

THE KARAMA RESTAURANT

The Karama Restaurant in Koramangala rests at the far end of the food street above the famous Empire location. It is most flocked to for its rendition of Middle-Eastern cuisine and the idyllic oriental experience that comes with its carefully curated ambience. With options of sitting with your legs folded up on large diwans for your meal, it definitely feels like home with a little extra.

Top Favourites:
Mutton Mandi
Dabba Gosht
Laham Sheek

Address: Karama, 103, 5th Floor, Industrial Area, near Jyothi Nivas College, 5th Block, Koramangala, Bengaluru, Karnataka 560095



Under the lockdown, both restaurants offer takeaway and delivery only.

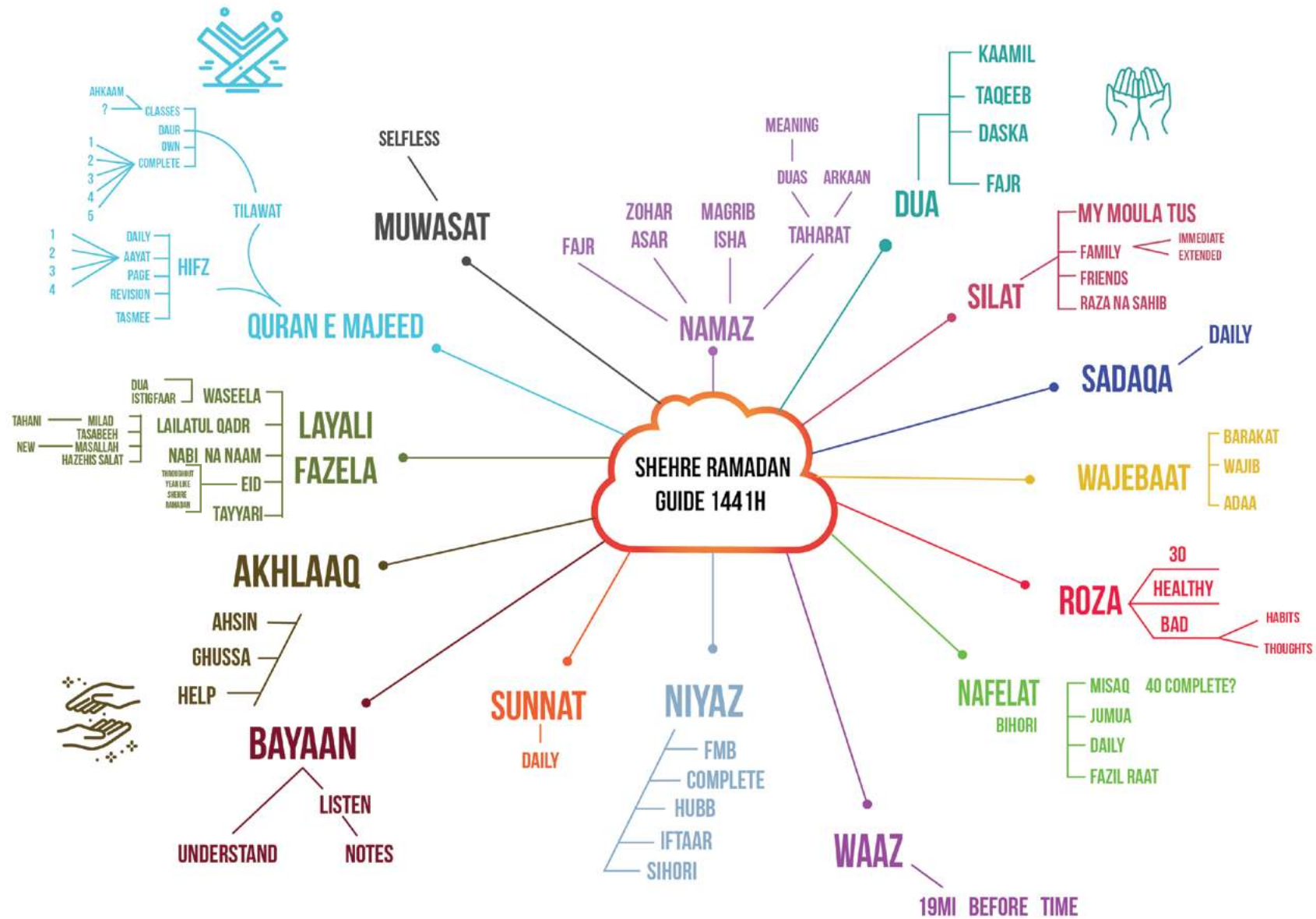
AL-LISAN-UL-ARABI

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اللَّهُمَّ يَا مُعْطِيَ السُّؤَالَاتِ وَيَا وَلِيَّ الرَّغْبَاتِ * وَيَا مُنْقِسَ الْكُرْبَاتِ * وَيَا كَافِيَ
 الْهِمِّ وَالْغَمِّ يَا حَنَّانُ يَا مَنَّانُ * يَا ذَا الْجَلَالِ وَالْإِكْرَامِ * يَا مَنْ أَعْطَى خَيْرَ مَا فِي خَزَائِنِهِ
 الْإِيمَانَ بِهِ قَبْلَ السُّؤَالِ * لَا تَمْنَعْنَا أَقْلَ مَا فِي خَزَائِنِكَ الْعَفْوَ مَعَ السُّؤَالِ * إِلَهِي
 أَسْأَلُكَ أَنْ تُصَلِّيَ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ * وَأَنْ تَغْفِرَ لَنَا وَأَنْ تَرْحَمَنَا وَأَنْ تُعَافِيَنَا
 مِنْ سَخَطِكَ * وَأَنْ تَقْضِيَ عَنَّا الدَّيْنَ بِرَحْمَتِكَ * وَأَنْ تَتُوبَ عَلَيْنَا إِنَّكَ أَنْتَ التَّوَّابُ
 الرَّحِيمُ * وَأَنْ تَجْعَلَ لَنَا فِي هَذَا الْيَوْمِ مِنْ عِتْقَاتِكَ وَمِنْ طُلُقَاتِكَ مِنَ النَّارِ *
 وَأَنْ لَا تَشْمِتَ بِنَاعِدُوْنَا وَلَا حَاسِدًا بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ * اللَّهُمَّ لَكَ صُمْنَا
 وَبِكَ أَمْنَا وَعَلَى رِزْقِكَ أَفْطَرْنَا فَتَقَبَّلْهُ مِنَّا * ذَهَبَ الظَّمَاُ وَامْتَلَأَتِ الْعُرُوقُ *
 وَبَقِيَ الْأَجْرُ إِنْ شَاءَ اللَّهُ تَعَالَى *

اللهم : اے پروردگار	ترحمنا : رحمہ کرے	عدوا : دشمن
معطى : آہنار، عطاء کرنا	تعافينا : معاف کرے	حاسدا : حسد کرنا
الرغبات : امیدو	سخطك : ناری ناراضگی	لك : تارا واسطے
منفس : دور کرنا، کشف نا کرنا	نقضى : اداء کرے	صمنا : ہمیں یہ روزہ کیدا
الكربات : مشكلو، مصيبتو	توب : توبہ قبول کرے	ذهب الظماء : پیاس چلی گئی
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استلک : سوال کروں چھوں تے	عتقاتك : آزاد تھیلا لوگو	
تغفر : معاف کرے	لا تشمت : خوش نہ کراؤے	

SHEHRE RAMADAN OHBAT



HELLO SHEHRE RAMADAN

The holy month of fasting, introspection and prayers is given to us to practice certain routines which cleanse our bodies, our minds, and souls.

In its true sense, we have to fast from rich and excess food, from negativity and the bad habits that we are accustomed to.

It is imperative to remember that Rasulullah (SAW) lay great importance to the quantity and the quality of food that we consume. He said, "EAT AND DRINK, BUT NOT TO EXCESS, O PEOPLE OF FAITH, EAT FROM THE PURE PROVISIONS WE HAVE GIVEN YOU".

We need to understand that storing food, freezing excess food and eating stale food is not recommended at all. Eat according to the weather.

An ideal Shehre Ramadan diet should consist of the following food types-

Whole grains - Wheat, Barley, Rice, Oats and Jowar



Seasonal fruits and vegetables



Milk, Curd, Paneer



Nuts and seeds



Meat [occasionally]



YOUR MEALS SHOULD BE:

Wholesome - Avoid sugary and oily foods.



Cooling for the system - Light soups, fruit, non-fried, salads. Limit your intake of *Tea, Coffee and Colas*.



Nutritious - Avoid processed foods like chips, chocolates, cakes, pastry, heavy sauces, Maggi, and other ready to eat foods.



Fresh - So that the nutritional value is maintained.



SIHORI MEAL OPTIONS

- Honey and Kalonji seeds
- A bowl of porridge with oats/daliya cooked in milk.
Optional - add dry fruit to it, or make in a jar overnight.
- Any seasonal fruit. Avoid having citrus fruit with milk.
- If having an egg, then include some veggies on the side like sautéed beans or tomatoes.
- Poha, upma, vegetable vermicelli, vegetable paratha (not fried) with a coconut chutney.
- Brown bread sandwich with fresh vegetables like cucumber, tomatoes, potato and lettuce.



IFTAAR OPTIONS

Break the fast with 3 dates and a glass of water .
Have an early dinner, avoid having anything oily, heavy and binge eating.

Dinner can be as follows-

- 1) A clear soup, a salad with steamed vegetables, some pickled vegetables or any home made pickles (good for digestion), a light veg gravy (non-veg can be taken once a week) with dal, rice, or chapati.
- 2) A soup with vegetable/chicken pulav with sprout salad, pickles and curd.
- 3) Fresh jowar roti with vegetable gravy, salad and curd.
- 4) Khichdi with soup/kadhi/palida, salad, curd and pickle.
- 5) Soup with any vegetable paratha, curd, salad and pickle.

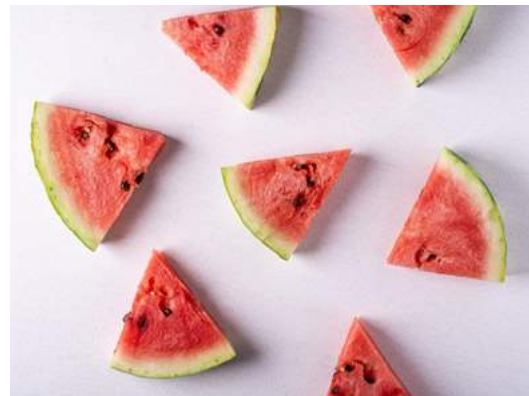


GENERAL GUIDELINES

- Barley (jav) water and gol paani are great options for staying hydrated. Do not have too many raw veggies in salad, as that makes you feel bloated and gassy.
- After dinner if you feel hungry, have a cup of warm milk with turmeric or gulkand.
- Drink according to your thirst, but make sure you have had sufficient fluids to keep yourself hydrated.
- For good bowel movements take 1/2 tbsp of apple cider vinegar with 1 tbsp Isabgol in a glass of water every night before sleeping.

BELOW IS A LIST OF FOOD THAT RASULULLAH (SAW) WOULD USUALLY INCLUDE IN HIS RAMADAN DIET:

DATES, WATERMELON, BARLEY BREAD, OLIVE OIL, CUCUMBER, YOGHURT, HONEY, MILK, GOURD (DOODHI), MEAT (OCCASIONALLY).



It is said that the cure for most pandemics is fasting and prayers, so let's all take this opportunity to heal ourselves and the world around us.

-Dr Sherebanu Milky
Consulting Homeopath and Nutritionist
Fakhri Medical Centre

SAFINA ISSUE 2 QUIZ WINNERS :

Zainab Ben Rasheed
Batul Ben Kagalwala
Batul Ben Bhanpurawala
Rashida Ben Hararwala
Fatema Ben Kalangi
Hatim Bhai Presswala

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