



SRI LANKAN MAJLIS - QATAR

Symposium 2009



In the name of Allah, the most Gracious and the most Merciful



SRI LANKAN MAJLIS - QATAR

Symposium 2009

*30th December 2009
Gulf Paradise Hotel
Doha - State of Qatar*

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MESSAGE

With great pleasure I send my warm greetings and best wishes on the occasion of the annual Symposium organized by the Sri Lanka Majlis – Qatar.

Since the formation of the Sri Lanka Majlis in Qatar, it had rendered a yeoman service to the welfare of the Sri Lankan community in Qatar and in Sri Lanka. I have had the privilege of participating in many programmes organized by the Majlis during the past one and half years. I congratulate the Majlis most sincerely for the good work that they are doing and continuing to do so.

I am confident that the Annual symposium of the Sri Lanka Majlis this year too will foster closeness and togetherness of its membership and the Sri Lankan community in Qatar.


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Praise to Allāh, Lord of the universe. May Peace & Blessings Be Upon His Final Prophet & Messenger.

Assalamu Alaikum Warahmathullahi Wabarakathuhu!



Alhamdulillah! I am indeed privileged to be welcoming all the members, sponsors and well-wishers of the Sri Lankan Majlis - Qatar to witness this most remarkable Annual feature The Annual Symposium 2009, at the Gulf Paradise Hotel. Also I would like to extend my warm greetings and sincere wishes to all the members on this occasion.

Going back through the years the SLMQ had to face many ups and downs. Alhamdulillah today Majlis stands as a recognized SriLankan association in the state of Qatar representing our community.

I would like to extend my appreciations to all past Presidents and their families who were always available for guidance and help during this year and I wish that the same level of support will be extended to grow SLMQ from strength to strength, Insha Allah.

Also I express my sincere thanks to Sri Lankan Majlis Executive committee and their families supporting in every opportunity.

On behalf of the Sri Lankan Majlis Executive Committee and the entire membership, I express my gratitude and appreciation to our patron the Ambassador of Sri Lanka His Excellency Mr. Vijayasiri Padukkege for his continuous & support guidance that was available at anytime. I also wish to thank all the past Ambassadors and officials of the Sri Lankan Embassy who have given us guidance during these past years.

I would like to extend my sincere appreciations to the sponsors, and individuals who have contributed either directly or indirectly in making this event a success.

"Unity is strength"

"May Allah bless you all"

Assalamu Alaikkum!

Samsudeen Mohammed Imthiyas

President, SriLankan Majlis - Qatar (SLMQ)

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All praise and thanks belong to Almighty Allah alone, the one All high, all Merciful. Blessings and Peace be upon Prophet Muhammad, the last of his Messengers and Prophets, his family, his Companions and all those who follow in his footsteps till the end of time.



Once again we started the year with a successful Islamic Lecture in January at Jawhara Hall conducted by Moulavi Ziyaudeen. It was organized jointly with SLIC Qatar which brought large no of families together.

The annual Independence Day competitions to mark the 61st Sri Lankan Independence Day in February was a major attraction among the Sri Lankan children as in the previous years. More than 130 children from various Schools participated in Coloring, Drawing, prepared Speech contests which were judged by independent Judges. Prizes were distributed for winners by the Chief Guest the Ambassador of Sri Lanka H.E. Vijayasiri Padukkage.

Following months various Islamic lectures were organized for the SLMQ families during which prominent Speakers from Sri Lanka including Sheikh Yoosuf Mufthi, Moulavi Ibrahim and several others spoke.

A significant achievement this year was the launch of the SLMQ Web site. It was launched by H.E Vijayasiri Padukkage, The Ambassador of Sri Lanka at the annual Cookery Competitions in June this year. An SLMQ news letter was also published and released on this day. The Cookery competition brought in the talents and abilities of SLMQ ladies with many dishes of main course, curries and deserts.

The SLMQ Ifthar function for the families was held with a lecture by Br. Imran Abu Musa who touched on the subject Thawba. As usual it was well attended and all benefited from the lecture.

SLMQ joined Qatar Guest Center for the annual Ifthar function organized for the Sri Lankan Community. Also another significant event was an Ifthar function hosted by Ministry of Interior in association with Sheikh Al Thani Bin Abdulla Foundation for Humanitarian Services for the Sri Lankan Community which SLMQ played a major role in organizing the event. Well known Islamic Scholar and Deputy Director of Jamiyya Naleemiah Sheikh Agar Mohamed delivered a lecture.

As usual Eid ul Fitr and Eid ul Azha prayers were conducted at the Embassy premises with the no of participants increasing. The annual Eid Fiesta was another successful day held the day after Eid ul Azha with much excitement and interest among all participants.

Apart from the activities in Qatar many Projects in Sri Lanka were funded by SLMQ during the year. Scholarships were granted for 5 students for their higher studies for which funds are disbursed and the progress monitored through Al Huda Fund. Other Projects included funding for furnishing in a School in the Eastern Province, building a bunt close to a Madrasa to protect from flood in Mawanella, a leadership program for A/L students in Nawalapitiya & building toilets in a Masjid in Maho.

SLMQ organised a felicitation ceremony for the Sri Lankan reverts in Qatar. More than 30 reverts participated and shared their experiences after becoming muslims. Gifts were distributed to all participants

We are indeed grateful to Almighty Allah (SWT) for the guidance and wisdom and making all our events and activities very successful and May Almighty Allah grant the same in future.

The culmination of this year's events being your esteemed presence this evening for the 8th Annual Symposium of SLMQ, an event par excellence which will result in SLMQ assist to benefit the Sri Lankan Community both here in Qatar and back home in Sri Lanka.

In conclusion I would like to thank all those who contributed to make SLMQ calendar and eventful and successful one. Finally I ask Allah (SWT) to record all our efforts in our book of good deeds.

M. Hazim Hamza
General Secretary

*"Wish the Sri Lankan Majlis
Success in all its present and
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Introduction to SLMQ

MISSION

To bring all Sri Lankan Muslim families resident in Qatar under a single united group and conduct activities of educational, cultural, religious and charitable nature.

OBJECTIVES

To develop cordial ties among families, communities and other associations.

Educational and Religious Activities

- Skill development programs
- Seminars & Workshops
- Competitions for children and adults
- Quran & Islam Teachings
- Haj & Umrah pilgrimages

Charitable Activities

- Scholarships for needy students
- Janaza assistance
- Assistance to needy families
- Charity bazaars

Social and Welfare Activities

- Sports events
- Eid celebrations
- Family gatherings/picnics
- Job Bank

Membership

All Sri Lankan Muslim families resident in Qatar are eligible to apply for membership by filling an application form available with Executive Committee members. For further information, please contact Email: info@slmq.org / Website: www.slmq.org

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IN SRI LANKA

- Granted Financial Assistance for the Scholarship program for the 25 G.C.E Advanced Level students in various parts in Sri Lanka.
- Granted Financial Assistance to BEAM fund Kattankudy to purchase Furniture.
- Financial Assistance for Leadership seminars.
- Granted Scholarships for 5 students for their higher studies through Al Huda Fund.
- Granted Financial Assistance to Zahiriya Arabic College for building a Boundary wall at Hemmathagama.
- Granted Financial Assistance to Maho Atawarala Mosque for building of Toilets.

IN QATAR

- Independence Day competitions : An open competition for all Sri Lankan children in coloring, drawing, essay writing and public speaking to mark the 61st Independence Day.
- Islamic lectures for all Sri Lankan Families.
- Bi-weekly Quran classes for children.
- Annual Beach Cleaning program with the collaboration of Sri Lankan Embassy.
- Open cookery competition for ladies and live salad competition for the gents.
- Ifthar function at Gulf Paradise Hotel.
- Ifthar function at the Embassy premises.
- Ifthar function at Al Arabi Sports Club for All Sri Lankan Muslim.
- Conducted Eid prayers at the Sri Lankan Embassy premises.
- Eid Fiesta at Al Arabi Sports Club



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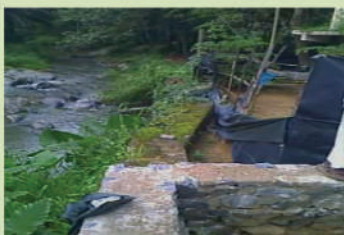
Summary of Projects supported by Sri Lankan Majlis Qatar for the year 2009

Scholarships:

- SLMQ provided scholarships for under privileged students from Anuradhapura district to follow accountancy course at the Institute of Chartered Accountancy in Sri Lanka. The scholarship includes course fee, course materials and other incidental costs. The progress of these students will be monitored and a report will be submitted to SLMQ by Al Huda Fund – Qatar, who is the governing body for this scheme. After evaluating the progress report, further scholarships will be given to such students for their higher education.

Projects:

- SLMQ provided funds to Al Zahiriya Arabic College in Hemmathagama, Mawanella to build a boundary wall to avoid flooding during the rainy season. Prior to the funding for this project a few members of SLMQ visited the college.



- SLMQ funds were utilized to furnish classrooms at Al Manar Islamic College, Kattankudy (BEAM Fund).
- SLMQ sponsored a Leadership Training Program for 80 prefects from various schools in Nawalapitiya. This program was organized by Balantota Muslim Vidyalaya in collaboration with World Assembly of Muslim Youth (WAMY- Sri Lanka). This program was held to uplift the leadership qualities of our Muslim youth.



Projects & scholarships approved

- Scholarship for 2 more students to follow higher education after completing advance level studies. This too was funded through Al Huda Fund – Qatar.
- Built a block of toilets for Masjidhul Hudha (Jumma Mosque) in Atawarala, Maho.

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In keeping with another tradition SLMQ conducted competitions to mark the 61st Independence Day at the Sri Lankan embassy on the 30th January, 2008. Participation exceeded over 120 children from different age groups.



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The SLMQ welcomed and felicitated over 40 brothers who have recently embraced Islam in an occasion organized at the Gulf Paradise Hotel on the 8th of May



SLMQ organized a beach cleaning programme to tidy up a beach strip in Wakrah. Held on the 13th of March, 2009 this event was attended by members and their families along with officials from the Ministry of Municipal Affairs and the Ambassador of Sri Lanka H.E Mr. Vijaya Padukkage.



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Alhamdulillah the SLMQ Qurán classes have been continuing for the consecutive 8th year. Launched in April 2002 to impart Qurán and Islamic studies among the children of Sri Lankan families. Qurán class has continued from strength to strength with the grace of Almighty Allah, the well wishers and members of SLMQ.

Only a nominal fee is charged from the students as class fees and transportation whilst SLMQ bear a major portion of the cost on allowances for teachers, transportation through it's own budget and well wishers thus to ensure our children are benefited from this noble program without major financial burden.

Till date, Qurán classes are been conducted at Shantinikethan Indian School premises with the wholehearted support and permission of the School Management and the Principal, who have made available to us this facility from the inception.

Classes are conducted in English language for age groups 4 to 14 years twice a week on Saturdays from 9.30am to 12.30pm and on Mondays from 4.00pm to 6.00pm.

The syllabus is designed in a way for students to learn the Qurán with the shortest time without compromising on Thajweed rules. In addition to Qurán, Islamic studies are also conducted according to a structured syllabus. Periodic exams are conducted to assess the progress of the students. All classes are conducted by qualified teachers.

Annual Qurán class competitions were organized to encourage and motivate students which are a much awaited event by all students. This year too the competitions were held in April at Doha Grand Hotel. The competitions included Qurán recitation, Memorization, Quirath, Islamic Speeches and Islamic Quiz as per individual age groups. Most of the events were held exclusively for Qurán class students while Islamic Speeches and Quirath contests were open to all children of SLMQ members.

Due to the wider acceptability of the program and the standard maintained, families from other nationalities have sent their children to SLMQ Qurán classes thus benefiting students of other Communities who speak English. For information and clarification on Qurán classes, please contact the head of SLMQ Qurán classes Mrs. Munzira Jiffry on 6706867 / 4429016.

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Continuing a well-known tradition, the SLMQ conducted its 5th consecutive annual Qurān class competition on the 9th of May at the Doha Grand Hotel. Nearly 45 students registered for the junior, intermediate and senior categories to demonstrate their talent and compete in Quirath Recitation, Qurān memorization, Islamic General Knowledge Quiz and Speech contests. This year the competition saw an increase in the number of participants, compared to the previous events..

Moulavi Alawdeen, Moulavi Najmul Hussain, Moulavi Munaf & Mohamed Rifkhan judged the Qirath Recitation & Memorization competitions while the Speech competition was judged by Toastmasters Javed Khan & Yasir Nainar

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SLMQ Organized ongoing Bayan programs for its member families on topics ranging from Family life to upbringing of children in an Islamic way.

Sri Lankan Majlis together with the SLIC organized an Open to public bayan on the 6th of March at Fanar. The Bayan was on the topic of "The purpose of Life" presented by Ustad Ibrahim Moulavi

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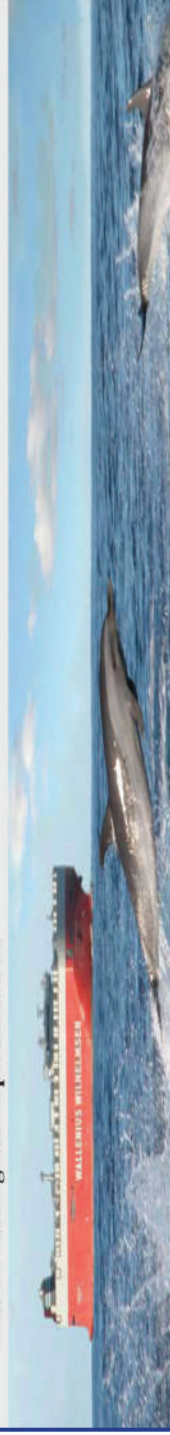
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Sahih Bukhari: Volume 1, Book 2, Number 47: Narrated Abu Huraira:

One day while the Prophet was sitting in the company of some people, (The angel) Gabriel came and asked, "What is faith?" Allah's Apostle replied, 'Faith is to believe in Allah, His angels, (the) meeting with Him, His Apostles, and to believe in Resurrection.' Then he further asked, "What is Islam?" Allah's Apostle replied, "To worship Allah Alone and none else, to offer prayers perfectly to pay the compulsory charity (Zakat) and to observe fasts during the month of Ramadan." Then he further asked, "What is Ihsan (perfection)?" Allah's Apostle replied, "To worship Allah as if you see Him, and if you cannot achieve this state of devotion then you must consider that He is looking at you." Then he further asked, "When will the Hour be established?" Allah's Apostle replied, "The answerer has no better knowledge than the questioner. But I will inform you about its portents.

1. When a slave (lady) gives birth to her master.
2. When the shepherds of black camels start boasting and competing with others in the construction of higher buildings. And the Hour is one of five things which nobody knows except Allah.

The Prophet then recited: "Verily, with Allah (Alone) is the knowledge of the Hour-." (31.34) Then that man (Gabriel) left and the Prophet asked his companions to call him back, but they could not see him. Then the Prophet said, "That was Gabriel who came to teach the people their religion." Abu 'Abdullah said: He (the Prophet) considered all that as a part of faith.

Muslim by Birth & Submission:

Majority of the present day Muslims inherited Islam by birth from their parents. As they grow up they are progressively taught by their parents to perform the obligatory duties such as salah, fast and many other religious rituals without fully understanding the significance of such duties. Even the articles of faith: belief in Allah, angels, scriptures and prophets etc. were merely memorized at the young ages and they do not give much prominence other than accepting them as the mandatory belief of the unseen. As they grow older and become matured majority of them are quite satisfied in performing these obligatory duties of a Muslim which are exactly the pillars of Islam for which angel Gabriel requested the clarification from the prophet (peace be upon him). There is no doubt if someone performs these duties regularly and diligently he or she may enter paradise in the hereafter provided the good deeds exceed the bad deeds.

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Mooṭhin through understanding:

However, in order to perform the obligatory duties effectively and with conviction one needs to graduate from a Muslim to a believer or Mooṭhin. In other words the Muslim needs to enhance his belief in such a way that there will be an increase in the understanding of the merits of such rituals and why he needs to perform them. An extra effort is required to achieve this goal. As the Muslim progresses in his quest for the enhancement of his belief he will be reaching different heights where Allah increases his understanding of Islam and he will realize how insignificant the available worldly resources are in comparison to the powers of Allah. These worldly resources include time, wealth, knowledge and affiliations with family, friend & relatives. This is the second clarification that was requested by angel Gabriel. A mooṭhin would be ever prepared to trade in these worldly resources in exchange for the paradise in the hereafter.

Ihsan, the Perfection in Islam:

After the Mooṭhin attains a certain height of belief or Eṭhan he will then be ready to acquire the third status in the religion as mentioned by angel Gabriel and that is Iḥsan or perfection. This is the state where the slave of Allah lives in this world realizing the fact that Allah is constantly watching him all the time. In this state of Ihsan the Mooṭhin would see, hear, talk and act according to what is prescribed by Allah. This is the highest stage where Allah is satisfied with him and he is satisfied with Allah and the reward for such status is nothing other than the paradise in the hereafter.

Finally angel Gabriel concluded his clarifications by asking the Prophet (peace be upon him) when the hereafter or the day of reckoning would come to pass for the above noted categories of people. Based on the response given by the Prophet (peace be upon him) the knowledge is concealed from mankind.



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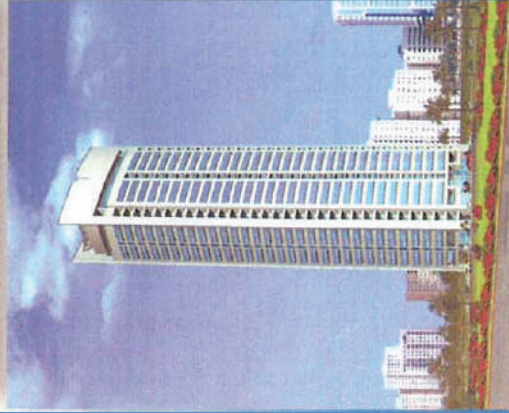
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1. The story goes that an Arab named Khalid was tending his goats in the Kaffa region of southern Ethiopia, when he noticed his animals became livelier after eating a certain berry. He boiled the berries to make the first coffee. Certainly the first record of the drink is of beans exported from Ethiopia to Yemen where Sufis drank it to stay awake all night to pray on special occasions. By the late 15th century it had arrived in Mecca and Turkey from where it made its way to Venice in 1645. It was brought to England in 1650 by a Turk named Pasqua Rosee who opened the first coffee house in Lombard Street in the City of London. The Arabic qahwa became the Turkish kahve then the Italian caffè and then English coffee.
2. The ancient Greeks thought our eyes emitted rays, like a laser, which enabled us to see. The first person to realise that light enters the eye, rather than leaving it, was the 10th-century Muslim mathematician, astronomer and physicist Ibn al-Haitham. He invented the first pin-hole camera after noticing the way light came through a hole in window shutters. The smaller the hole, the better the picture, he worked out, and set up the first Camera Obscura (from the Arab word qamara for a dark or private room). He is also credited with being the first man to shift physics from a philosophical activity to an experimental one.
3. A form of chess was played in ancient India but the game was developed into the form we know it today in Persia. From there it spread westward to Europe - where it was introduced by the Moors in Spain in the 10th century - and eastward as far as Japan. The word rook comes from the Persian rukh, which means chariot.
4. A thousand years before the Wright brothers a Muslim poet, astronomer, musician and engineer named Abbas ibn Firnas made several attempts to construct a flying machine. In 852 he jumped from the minaret of the Grand Mosque in Cordoba using a loose cloak stiffened with wooden struts. He hoped to glide like a bird. He didn't. But the cloak slowed his fall, creating what is thought to be the first parachute, and leaving him with only minor injuries. In 875, aged 70, having perfected a machine of silk and eagles' feathers he tried again, jumping from a mountain. He flew to a significant height and stayed aloft for ten minutes but crashed on landing - concluding, correctly, that it was because he had not given his device a tail so it would stall on landing. Baghdad international airport and a crater on the Moon are named after him.
5. Washing and bathing are religious requirements for Muslims, which is perhaps why they perfected the recipe for soap which we still use today. The ancient Egyptians had soap of a kind, as did the Romans who used it more as a pomade. But it was the Arabs who combined vegetable oils with sodium hydroxide and aromatics such as thyme oil. One of the Crusaders' most striking characteristics, to Arab nostrils, was that they did not wash. Shampoo was introduced to England by a Muslim who opened Mahomed's Indian Vapour Baths on Brighton seafloor in 1759 and was appointed Shampooing Surgeon to Kings George IV and William IV.
6. Distillation, the means of separating liquids through differences in their boiling points, was invented around the year 800 by Islam's foremost scientist, Jabir ibn Hayyan, who transformed alchemy into chemistry, inventing many of the basic processes and apparatus still in use today - liquefaction, crystallisation, distillation, purification, oxidation, evaporation and filtration. As well as discovering sulphuric and nitric acid, he invented the alembic still, giving the world intense rosewater and other perfumes and alcoholic spirits (although drinking them is haram, or forbidden, in Islam). Ibn Hayyan emphasised systematic experimentation and was the founder of modern chemistry.



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7. The crank-shaft is a device which translates rotary into linear motion and is central to much of the machinery in the modern world, not least the internal combustion engine. One of the most important mechanical inventions in the history of humankind, it was created by an ingenious Muslim engineer called al-Jazari to raise water for irrigation. His 1206 Book of Knowledge of Ingenious Mechanical Devices shows he also invented or refined the use of valves and pistons, devised some of the first mechanical clocks driven by water and weights, and was the father of robotics. Among his 50 other inventions was the combination lock.
8. Quilting is a method of sewing or tying two layers of cloth with a layer of insulating material in between. It is not clear whether it was invented in the Muslim world or whether it was imported there from India or China. But it certainly came to the West via the Crusaders. They saw it used by Saracen warriors, who wore straw-filled quilted canvas shirts instead of armour. As well as a form of protection, it proved an effective guard against the chafing of the Crusaders' metal armour and was an effective form of insulation - so much so that it became a cottage industry back home in colder climates such as Britain and Holland.
9. The pointed arch so characteristic of Europe's Gothic cathedrals was an invention borrowed from Islamic architecture. It was much stronger than the rounded arch used by the Romans and Normans, thus allowing the building of bigger, higher, more complex and grander buildings. Other borrowings from Muslim genius included ribbed vaulting, rose windows and dome-building techniques. Europe's castles were also adapted to copy the Islamic world's - with arrow slits, battlements, a barbican and parapets. Square towers and keeps gave way to more easily defended round ones. Henry V's castle architect was a Muslim.
10. Many modern surgical instruments are of exactly the same design as those devised in the 10th century by a Muslim surgeon called al-Zahrawi. His scalpels, bone saws, forceps, fine scissors for eye surgery and many of the 200 instruments he devised are recognisable to a modern surgeon. It was he who discovered that catgut used for internal stitches dissolves away naturally (a discovery he made when his monkey ate his lute strings) and that it can be also used to make medicine capsules. In the 13th century, another Muslim medic named Ibn Nafis described the circulation of the blood, 300 years before William Harvey discovered it. Muslims doctors also invented anesthetics of opium and alcohol mixes and developed hollow needles to suck cataracts from eyes in a technique still used today.
11. The windmill was invented in 634 for a Persian caliph and was used to grind corn and draw up water for irrigation. In the vast deserts of Arabia, when the seasonal streams ran dry, the only source of power was the wind which blew steadily from one direction for months. Mills had six or 12 sails covered in fabric or palm leaves. It was 500 years before the first windmill was seen in Europe.
12. The technique of inoculation was not invented by Jenner and Pasteur but was devised in the Muslim world and brought to Europe from Turkey by the wife of the English ambassador to Istanbul in 1724. Children in Turkey were vaccinated with cowpox to fight the deadly smallpox at least 50 years before the West discovered it.
13. The fountain pen was invented for the Sultan of Egypt in 953 after he demanded a pen which would not stain his hands or clothes. It held ink in a reservoir and, as with modern pens, fed ink to the nib by a combination of gravity and capillary action.

Courtesy: "1001 Inventions: Discover the Muslim Heritage in Our World" is a new exhibition which began a nationwide tour this week. It is currently at the Science Museum in Manchester. For more information, go to www.1001inventions.com.



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Our Knowledge

Wasted by not taking action with it.

Our Actions

Wasted by committing them without sincerity.

Our Wealth

Wasted by using on things that will not bring us ajr (reward from Allah). We waste our money, our status, our authority, on things which have no benefit in this life or in the akhirah (hereafter).

Our Hearts

Wasted because they are empty without the love of Allah (swt) and his Messenger (sallallahu 'alaihi wasallam), and a feeling of peace and contentment. In it's place, our hearts are filled with someone else.

Our Bodies

Wasted because we don't use them in ibadah (worship) and service of Allah.

Our Love

Our emotional love is misdirected, not towards Allah, but towards something/ someone else.

Our Time

Wasted, not used properly, to compensate for that which has passed, by doing what is righteous to make up for past deeds.

Our Intellect

Wasted on things that are not beneficial, that are detrimental to society and the individual, not in contemplation or reflection.

Our Service

Wasted in service of someone who will not bring us closer to Allah, moreover something that will benefit us in dunya..

*Our Dhikr (Remembrance of Allah)
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- (i) Knowledge is the legacy of the Prophets. Wealth is the inheritance of the Pharaohs. Therefore, knowledge is better than wealth.
- (ii) You are to guard your wealth but knowledge guards you. So knowledge is better.
- (iii) A man of wealth has many enemies, while a man of knowledge has many friends. Hence knowledge is better.
- (iv) Knowledge is better because it increases with distribution, while wealth decreases by that act.
- (v) Knowledge is better because a learned man is apt to be generous, while a wealthy person is apt to be miserly.
- (vi) Knowledge is better because it cannot be stolen while wealth can be stolen.
- (vii) Knowledge is better because time cannot harm knowledge, but wealth rusts in course of time and wears away.
- (viii) Knowledge is better because it is boundless, while wealth is limited and you can keep account of it.
- (ix) Knowledge is better because it illuminates the mind, while wealth is apt to blacken it.
- (x) Knowledge is better because knowledge induced the humanity in our Prophet to say to Allah, "We worship Thee as we are Your servant," while wealth engendered in Pharaoh and Nimrod the vanity which made them claim Godhead."

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1. Perform the obligatory you will be the most pious
2. To be content is an endless wealth
3. Humbleness elevates so be humble, and Allah will elevate you
4. The best faith is to know (surely) that Allah is with you wherever you are
5. Faith and good deeds are brothers and partners; Allah does not accept any of them without the other
6. Trustworthiness brings richness and untrustworthiness brings poverty
7. You will never contain people with your wealth, so contain them with your good morals
8. Allah dislikes the person who is aware of the worldly things and unaware of the hereafter
9. Being good to your relatives (silah-e-rehmi) increases your life and drives away poverty from you
10. A word of wisdom listened to by a believer is better than a year of worshipping
11. The noblest words are remembering Allah and the head of wisdom is obeying Him
12. Whosoever spends his lifetime in seeking worldly things is a looser and going astray
13. Whosoever fears from (disobeying) Allah, Allah will make everything fear him and whosoever does not fear from (disobeying) Allah, Allah will make him fear everything
14. When Allah gifts goodness to a person, He increases his knowledge in religion, decreases his attachment to worldly things and makes him aware of his weaknesses

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A Carrot, an Egg & Coffee beans

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way.

A young girl went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose. Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil.

In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil, without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me, what do you see? Carrots, eggs, and coffee."

The daughter then asked, "What does it mean, mother?"

Her mother explained that each of these objects had faced the same adversity... boiling water. Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water. Her mother then asks's her what are you my daughter....? and goes to ask her in adversities, do we face these issues in life as a carrot, initially hard and strong but later become soft and weak.

Or as an Egg that starts with a malleable heart, but then changes and hardens with the heat? Some people have a fluid spirit, but after a sickness, a breakup, a financial hardship or some other trial, they become hardened and stiff. Though their outer shell looks the same on the inside they are rigid and hard.

Or perhaps you are like the coffee bean. The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, the bean releases its fragrance and flavor. So instead of it changing it changes the water.

So, facing adversities in a way that a coffee bean does, we become better and change the situation around us, even when things are at their worst. Weather it be the darkest of hours or greatest of trials and tests, you elevate yourself to another level

So, the next time you are faced with adversities, take a step back and ask your self are you a Carrot, an Egg or a Coffee bean.

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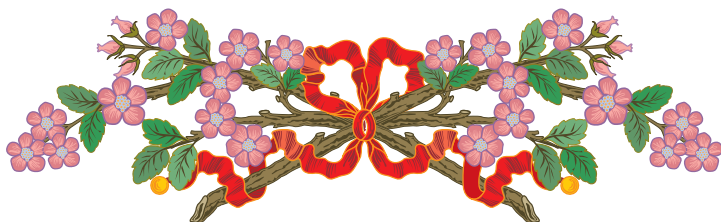
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Health is a balance of physical, emotional, social, spiritual and intellectual well-being. Health promotion is the science or art of helping people change or improve their lifestyle to move towards a state of optimum health. Lifestyle changes are achieved through a combination of efforts to increase awareness, change behavior, and create an environment that support good health practices.

Guide to Healthy Living

- " Drink atleast 8 glasses of water a day.
- " Eat like a king for breakfast, a prince for lunch and like a pauper for supper.
- " Fresh fruit, unsalted nuts (i.e. almonds, Brazil nuts) and vegetables are great as snacks.
- " Eat grilled or baked fish atleast twice a week.
- " Use olive oil for grilling and salads and sunflower oil or canola oil for cooking.
- " Stick to low fat dairy products.
- " Eat a balanced high fiber diet.
- " Reduce your intake of sweets and sugar.
- " Eat less saturated fat, refined sugar and salt.
- " Avoid fast food and deep fried foods.
- " Limit caffeine (tea, coffee, coke) to no more than 4 cups in one day (the safety limit 300mg of caffeine per day)
- " Maintain your ideal weight. The medical centres will advice on the ideal weight for your height.
- " Do not smoke
- " Take regular exercise (30 min a day for 5 days a week)
- " Ensure appropriate sleep, rest and relaxation.

Health education is a primary preventive strategy to bring about changing lifestyle factors known to be associated with diseases e.g.: stop smoking, healthy balance diet, reduction in cholesterol intake and exercise.

EXERCISE

**Those who think they have no time for bodily exercise will
sooner or later have to find time for illness
(Edward Stanley - 1799 -1869)**

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**About 1400 years ago, in his last sermon,
Prophet Muhammad (peace be on him) said:**

"All mankind is from Adam and Eve, an Arab has no superiority over a non-Arab nor a non-Arab has any superiority over an Arab; also a white has no superiority over a black nor a black has any superiority over a white - except by piety and good action. Learn that every Muslim is a brother to every Muslim and that the Muslims constitute one brotherhood. Nothing shall be legitimate to a Muslim which belongs to a fellow Muslim unless it was given freely and willingly. Do not therefore do injustice to yourselves. Remember one day you will meet Allah and answer your deeds. So beware: Do not stray from the path of righteousness after I am gone."

While Islam presents itself as the only way of life for people to achieve salvation in the after-life, it also teaches its followers to live up to high standards in conduct with other human beings, regardless of their religion, ethnicity, race, language or culture. The Qur'an is highly critical of Christian beliefs in Trinity and regarding Jesus (peace be on him) as a deity. The Book is also very critical of the Jews for not accepting Jesus and Muhammad (peace be on them) as messengers of Allah. At the same time, however, it asks Muslims to establish a social association special only to Christians and Jews. Examples of such association are permission of marrying chaste women among them and giving explicit permission to eat their food.

The verses in the Qur'an forbid Muslims to insult anything that is viewed as a deity by any religion, regardless of whether it is a person, a stone, a stick or a tree. The verse 2:256 of the Qur'an says:

Let there be no compulsion in religion: Truth stands out clear from Error: whoever rejects evil and believes in Allah has grasped the most trustworthy hand-hold, that never breaks. And Allah hears and knows all things.

Islam wants its adherents to be just to every human being.

"Do not let your hatred of a people incite you to aggression." (The Qur'an 5:2).
"And do not let ill-will towards any folk incite you so that you swerve from dealing justly. Be just; that is nearest to heedfulness" (The Qur'an 5:8).

Muslims are asked to be truthful, trustworthy, humble, kind and generous. They are asked to repel evil with goodness, control their anger, and be forgiving. Some of the sayings of the Prophet are:

"To remove something harmful from the road, is charity."
"Charity erases sins just as water extinguishes fire."
"He is not a perfect believer, who goes to bed full and knows that his neighbor is hungry."
"Show mercy to people on earth so that Allâh will have mercy on you in heaven."



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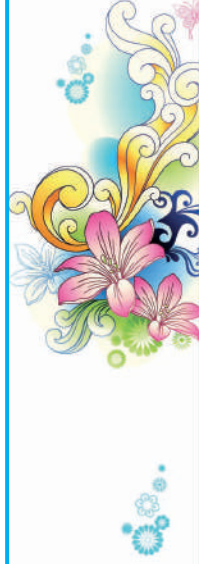
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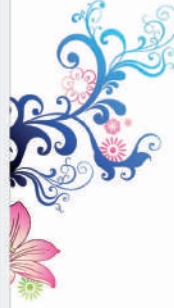


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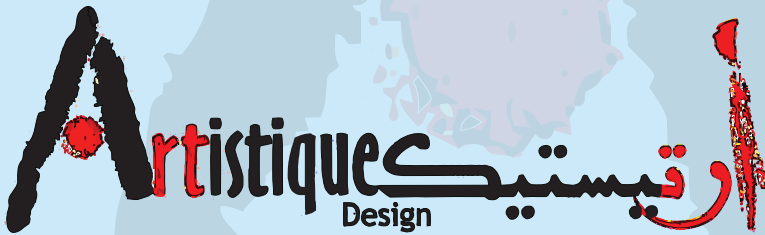
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