

## In this month's An-Nisa

We've got an article on the local girls visit to an Army Field military Hospital. Sister Safeeyah shares her letter to the editor as she takes a break from Radio IMWS and An-nisa.

There's a piece on the founder of the world's first University.

And Safeeyah's kitchen is powering on with a chocolate frappe and messy peri peri filo pastry.

An-Nisa is looking for contributors to the publication. Would you like to write for us? Share your ideas on an email to [an-nisa@imws.org.uk](mailto:an-nisa@imws.org.uk)



# Girls Army Day Visit

By Ammaarah Patel

On Saturday 30th July, young girls from Batley, Dewsbury and Huddersfield had the opportunity to visit 34 Field Military Hospital in York.

This was an event offered to girls aged 12-19 by the Army, and the IMWS women's committee seized this opportunity and made it available to the girls in our community.

The main aim of the day was to gain an insight into a career in medicine with an Army flavour and most of all, have fun with basic First Aid training, cooking a ration Pack, building a 'Basha' shelter, battlefield Ambulance Demo and a casualty race to finish the day.

We were introduced to several members of the Army at 34 Field Military hospital- the members spoke about their roles, positions and their lives. The girls also had the chance to ask any questions regarding how the army works and the benefits of choosing a medical career with the army.

We discovered that many members had managed to obtain various degrees in the medical field, after they had joined the army. We met surgeons and paramedics and saw how the equipment was used during an exercise or emergency.

The girls were also taught how to do CPR and how to wrap a tourniquet and bandage correctly. The skills we learnt were then put into practise when we had a stretcher race! We also managed to create our own Basha for shelter from the rain and wind. The shelter was good as it provided us some protection from the wind and shade from the sun when we cooked our own food!

We were provided with Halal ration packs, which actually included a full days



worth of nutrients and food. This included a variety of foods including an All day Vegetarian Breakfast, pasta, Muesli, Chocolate Pudding, Cereal Bars and fruit pouches to name a few. We were taught how to cook these ration packs with the only equipment the soldiers have in the field, and then enjoyed eating them!

We heard stories of how the team travelled to Sierra Leone to help eradicate Ebola and how the army has helped them to gain experience in medicine, fitness and team building. We had a really detailed insight into how 34 Field Military hospital functions and how many people, including young girls started their entire medical career with the army.

The entire day was packed full of fun and knowledge. We all walked away feeling welcomed by 34 field military hospital and appreciated how much time and effort they put in to organising the day. I for one will never forget this experience and I thank everyone at the Army for their hospitality and eye opening experience. And for the Women's Committee in being pro-active and organising such events.

If you are interested in further days like this, please contact us at [sisters@imws.org.uk](mailto:sisters@imws.org.uk) to join our mailing list.



EXCLUSIVE  
to An-Nisa!

Recipes with a South Asian twist!

**Safeeyah's Kitchen****Cool down with a chocolate frappe and a messy peri peri filo**

This is my summer favourite the chocolate frappe its soft and fluffy and the ice gives it that coolness you need to cool down, but rather than the messy peri peri filo I love having it with filo thins. Now filo thins are crunchy and crispy and make a great snack and I make it from the left over filo sheets.

**For the Filo Thins**

On a tray place a filo sheet, spread melted butter add another sheet spread melted butter and sprinkle caster sugar and bake in the oven till golden.

**For the Chocolate Frappe**

In a blender add 3 heaped tbsp of chocolate powder, just under one whole glass of milk, and a tray of ice. Mix all of this in the blender only to crush the ice so when you drink the frappe you can crunch on small pieces of ice.

**For the messy peri peri filo you will need;**

- a pack of filo pastry
- 1 tbsp oil
- 1 small chicken breast cut into tiny pieces
- ½ tsp or garlic paste
- half a jar of peri peri mild sauce or any peri peri sauce you like
- sprinkle of lemon and dried

mixed herbs

- salt to taste
- handful of cheese.
- Melted butter

**Method:**

• In a pan heat the oil and add in the chicken and garlic paste leave to cook for 10 minutes with a little water then add in the peri peri sauce, lemon, herbs and salt and give it a good stir and leave to cook for another 10 minutes.

• Add in the cheese, stir and leave aside to cool.

• Once cool take out a filo sheet lightly spread melted butter and fold in half add the

mixture in the middle not too much just one spoonful and grab the corners of the filo and twist in the middle.

• Continue to do this with the rest of the mixture.

• Cook in the oven at 150C till golden brown takes up to 20 minutes.

**DID YOU KNOW?**

An ostrich's eye is bigger than its brain

Your foot has 26 bones in it.

A duck cant walk without bobbing its head

Newborn babies can only see in black and white for the first few months

Birds need gravity to swallow

The most commonly used letter in the alphabet is 'E'

Everyday is a holiday somewhere in the world

**Dear All**  
**Letter from Sister Sayeeyah**

**On Saturday** the 13th of August 1, Safeeyah, finished my show with guests from Dewsbury District Hospital to discuss the changes to children's services and the changes at the maternity ward. I am sad to have finished working as a volunteer presenter on Radio IMWS and I am also a little sad as I now write my last article for An-Nisa.

I would like to thank everyone at IMWS, especially Mohammed Bhai from Paigaam and Shamim from the women's committee for giving me the interview for this position and having trust in me to ac-

tually take me on. I would like to thank you all as I have had a wonderful year, it was one of the best experiences I have had so far, the environment was welcoming and I actually felt as though I was a special part of our wonderful community.

As I write this letter I do feel sad because I have enjoyed being part of the team although I was a volunteer I felt appreciated for my work and I just really enjoyed doing this kind of work and hope to come back some time in the future as presenter of Radio IMWS and Editor of An-Nisa.

I would also like to thank my father in law Abdul Aziz Daji as he is the one who gave me the little push to join IMWS. It was as though he knew I would enjoy this work and that I would be good at it. He also supported me with my first few shows on Radio IMWS when I was feeling nervous I would read out my shows to him and discuss what I wanted to talk about, he would then give me an honest opinion and from here I grew great confidence and then soon managed to have confidence in my own work and writing that I no longer felt that I needed to go through it with him.

I don't know any other father in law that would make

time for his daughter in law and listen to a show that has been planned for one hour before she goes on air and even listen when she is live.

I have written out many recipes for the future An-Nisa and a few more articles so I hope you readers enjoy them.

I cant express how sad I am to be saying goodbye to a fantastic team. I wish you all the best and take care.

Lots of love from Safeeyah.

*Paigaam and Radio IMWS would like to thank Safeeyah for her dedication and hard work which has been an inspiration. We are sure the future will open up time once more to contribute again.*

# Fatima al-Fihri Founder of the World's first University

A Muslim woman is known as the founder of the world's first academic degree granting establishment of higher education, the University of Qarawiyyin in Fes Morocco.



She as the child of Muhammed al-Fihri migrated along with her sister from the city of Kairolin located in present day Tunisia to Fes in Morocco.

After Fatima and Miriam (her sister) inherited their deceased father's fortune they supported to construction of masajids and educational institutions such as the Qariviyyih masjid. Another commission by Fatima in 841 using local building materials was the world's first university which was completed in 859. The university developed into an academy for religious teaching, political discussion and natural sciences where students could take part in a variety of academic studies.

The University of Qarawiyyin was regarded as being a major intellectual centre in the Mediterranean that its excellent reputation even led Gerber of Avuvergne to study there. (Avuvergne late became Pope Sylvester II). He has been given the credit of introducing the Arabic numerals and the

“zero” to Europe.

Al- Qarawiyyin is known today as the world's oldest university and still continues to teach and grant degrees. In 2011 the Prince of Wales and his wife Camilla visited the university and said “One of the hardest things is to remind people of the great truth of traditional Islam” “I find a certain amount of ridicule has come my way but respecting other peoples culture's is the only way to achieve unity through diversity”.

Fatima is an inspiring woman who is still a motivation to Muslim women globally. Through the Erasmus Mundus Fatima al-Fihri programme a partnership between 20 universities across North Africa and Europe. The programme aims to enhance and promote dialogue and understanding between people and cultures thorough cooperation between Europe and Third world countries.

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Sessions can be delivered at the Al-Hikmah Centre in Batley or at a place of your convenience.



Keep up to speed with what's happening for sisters at the Al-Hikmah Centre by following An-Nisa and IMWS Women on Twitter and Facebook!

## ઘડપણ (વૃદ્ધાવસ્થા) ભાગ-૧

-આબિદાબેન રાજપુરા

જીવનનો આખરી તબક્કો એટલે ઘડપણ. ફીલોસોફર પ્લેટોના કહેવા મુજબ “ઘડપણ એટલે ભયાનક એકલતા” ઈન્સાન પોતાના ઘડપણને અટકાવવા માટે, ઘરડા ન દેખાવા માટે ઘણી યુક્તિઓ અજમાવે છે. માથાના વાળ રંગે, કરચલી ધૂપાવવા માટે મેકઅપ કરે, જુવાનીયા જેવા કપડા પહેરે, મોઢામાં નવા દાંત મૂકાવે પરંતુ એજીંગ પ્રોસેસ રોકી શકાતી નથી.

ગુજરાતીના મહાકવિ નરસૈયાએ લખેલું કે “ઘડપણ કોણે મોકલ્યું? ઉંબરા તો ડુંગરા થયા અને પાદર થયું પરદેશ.” આ હકીકત છે કે ઘડપણમાં કોઈ નાનું કામ કરવું પણ કઠીન લાગે છે. અને વ્યક્તિ લાચારી અનુભવે છે. ઉંમર પ્રમાણેના શારીરિક અને માનસિક પરિવર્તનને લીધે હાડકાં દુઃખવા લાગે, થાક લાગે કેમ કે સ્નાયુઓમાં નબળાઈ આવવા લાગે છે. માનસિક રીતે પણ કમજોરી આવે છે. યાદશક્તિ ઓછી થવા લાગે છે. કાન, આંખ તથા અન્ય ઈન્દ્રીઓની ક્ષમતા ઓછી થઈ જાય છે. જેને લીધે વ્યક્તિ હતાશાનો અનુભવ કરે છે.

આપણા સમાજમાં પંચાવન-સાઠ વર્ષની ઉંમર પછી સ્ત્રી અને પુરૂષ એમ માનવા લાગે કે હવે તો ઘરડા થઈ ગયા. નોકરી પરથી નિવૃત્તિ મળે અને દાદા-દાદી કે નાના-નાની બને પછી તો ઘડપણનું લેબલ લગાડીને બેસી જવાવાળા પચાસ ટકા જેટલા ખરા. ઘરમાં વહુ આવે એટલે સાસુ પોતે કામકાજ કરી શકે તેમ હોવા છતાં સોફા કે પથારી પર વધુ પડતો આરામ કરવાનું શરૂ કરે છે. જેથી વજન પણ વધવા લાગે અને તેને લગતી બિમારીઓ પણ શરૂ થાય. ઈંગ્લેન્ડમાં આપણે જોઈએ છે કે અંગ્રેજો ૭૦-૭૫ વર્ષની ઉંમર હોય છતાં એકલા શોપીંગ કરવા જાય, ડોક્ટરની સર્જરી જાય, પોતાના મનોરંજન માટે પણ આમ તેમ ફરતા રહે, ઘણી વાર સરખી ઉંમરના દોસ્તો સાથે હોલી ડે કરવા પણ જાય. તેમના શરીર ઉપર ઘડપણ દેખાતું હોય પણ મનથી એટલા શક્તિશાળી હોય કે પોતાનું કામકાજ પોતેજ કરે અને બીજાને ભારરૂપ ના બને તેનો ખ્યાલ રાખે. આ રીતે દરેક વ્યક્તિ ઘડપણને સ્વીકારીને લાચાર બની જતો નથી.

આજના સમયકાળમાં સંયુક્ત કુટુંબની પ્રથા ઘણી ઓછી થઈ ગઈ છે. વૃદ્ધોને સાથે રાખવા એ સંતાનો માટે બોજરૂપ બની ગયું છે. પોતાના વ્યક્તિગત જીવનમાં વૃદ્ધો ડખલરૂપ લાગે છે. આ અંગે એક સત્ય ઘટના જાણવા જેવી છે.

એક દીકરાએ તેની માતાના મૃત્યુ પછી, જ્યારે પત્ની પણ નોકરી કરતી થઈ ત્યારે પિતાને સમજાવીને સારી સગવડવાળા એક વૃદ્ધાશ્રમમાં મૂકવાનું નક્કી કર્યું. દુઃખી મને પિતા જવા તૈયાર થયા. અહીં સારા ફેમીલીના ભણેલા ગણેલા વૃદ્ધો સાથે

જિંદગી પૂરી કરી લેશે એમ વિચારી મન વાળી લીધું. પિતાને મૂકીને દીકરો-વહુ પાછા ફરી રહ્યા હતા ત્યારે પત્નીએ તેના પતિને કહ્યું કે તહેવારોમાં તેઓ બહાર ફરવા જવાના છે. એટલે પિતાને ઘેર લાવી શકાશે નહીં. આ બાબત હોમના સંચાલકને કહેવાની રહી ગઈ છે. (સામાન્ય રીતે સંતાનો તહેવારોમાં મા-બાપને બે-ચાર દિવસ ઘરે લઈ જાય એવી પ્રથા આ હોમમાં હતી.)

પત્નીના સુચનથી પતિએ કાર પાછી વાળી અને સંચાલકની ઓફીસમાં એ અંગે ખુલાસો કરવા ગયો. જોયું તો તેના પિતા સંચાલક સાથે ખૂબ હસી-ખુશીથી વાતો કરતા હતા. એમ લાગે કે તેઓ વર્ષોથી એકબીજાને ઓળખે છે. દીકરાએ સવાલ કર્યો કે “તમે એકબીજાને જાણો છો?” ત્યારે તે ભાઈએ કહ્યું કે, “હું પહેલા એક અનાયાશ્રમમાં કામ કરતો હતો, તારા માતા-પિતાને સંતાન થઈ શકે તેમ ન હતું એટલે તેઓ આવીને એક છ મહિનાના બાળકને દત્તક લઈ ગયેલા જે બાળક તુજ છે.” તારી મમ્મીનો તો તુ ખૂબજ વ્હાલો હતો. તેમણે ખૂબ મમતાથી તને ઉછેર્યો, તારા પિતાએ ભણાવ્યો, આજે બંગલો, ગાડી વગેરે તેમના લીધે જ છે. આ સાંભળી દીકરો શરમીંદો બની ગયો, નીચા મસ્તકે કંઈજ બોલ્યા વગર ચાલ્યો ગયો.

વૃદ્ધોને સગવડો કરતા પ્રેમ અને હુંફની જરૂર હોય છે જે આજે ઓછા સંતાનો સમજે છે.

(વૃદ્ધાવસ્થા અંગે વધુ આવતા અંકે..)

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