

Batley is riddled with potholes



Kirklees Council has been accused of failing to fill potholes properly. All across Batley, residents are complaining about the state of the roads. This picture of Warwick Road shows the council filled one pothole, leaving the rest of the road in a poor state.

Batley is riddled with potholes

A number of Batley based campaigners have claimed roads including those adjacent to places of worship are “riddled with potholes” and demanded Kirklees Council takes action.

The Chairman of Snowdon Masjid Akooji Badat said potholes are in need of urgent repair as opposed to being “patched up.”

Mr Badat told Paigaam: “What I want to say is that the roads by our places of worship are absolutely in need of urgent repairs and we need them repairing properly and not just patching up.”

He also claimed constituencies in North Kirklees that are represented by Conservative MP’s do not have the same problem.

He said: “Lots of money is always taken away into other conservative areas and it’s upsetting that our Batley roads and in particular the roads by the community centres or places of worship are left behind.”

A campaigner from the densely-

populated Warwick Road where there are homes, shops, businesses and a primary school, urged the council to view the road and pavements for themselves.

“Warwick Road is a very highly populated area with a number of roads that need to be resurfaced,” said Aziz Daji.

“There’s no point in constantly patching the roads up badly, as some roads require a full resurface.”

Mr Badat and Mr Daji spoke out after the leader of Kirklees Council advised fellow councillors not to criticise independent contractors that work for the authority. Councillor Shabir Pandor made the comments after his Labour party colleague, Habiban Zaman, asked why pothole repairs in the borough were not successful and queried whether work completed on behalf of the council could be analysed.

This prompted a caution from Councillor Pandor, who said: “I think you should be cautious. I don’t want to start criticising council contractors. You don’t want to say anything that could bring libel action against us.”

However, Councillor Zaman insists areas within her Batley West ward are riddled with potholes that require repeated repair.

She probed into whether contractors were using “very cheap materials” and “not doing a good job”. However, she believes the problem is not confined to her ward but across the borough.

Speaking at a meeting of the council’s overview and scrutiny management committee, Zaman said: “In my opinion I don’t feel that the contractors are doing a good enough job. The work has been done and before they’ve filled it and moved on, the potholes are back in the same place.

“You look at the complaints and the amount of inquiries are just getting bigger and bigger. At what point are we going to start re-looking at whether this is an effective contractor that we’re using?”

However, Councillor Pandor, who is a Labour Councillor for Batley West said, “the big issue” was not potholes but a lack of investment caused by £200m of Government cuts, which he called “the bottom line.”



A pothole outside Snowdon Street Masjid

PAIGAAM EDITORIAL

Was it really worth it?

Several figures from the Conservative Party, including the former prime minister Theresa May, said the prime minister should have tried to form a NATO alliance to stay in Afghanistan without America.

"Was our intelligence really so poor? Was our understanding of the Afghan government so weak? Was our knowledge on the ground so inadequate? Or did we just think we had to follow the United States and on a wing and a prayer it would be all right on the night?" she said.

However, many of the countries that fought alongside the United States and Britain also paid a heavy price too. France lost 89 soldiers in Afghanistan, more than any other E.U. member state.

It was among the first NATO allies to withdraw from the country, pulling out its combat troops in 2012 and ending its military mission in 2014, after an attack on the French military base that killed five French soldiers.

NATO Secretary General Jens Stoltenberg blamed Afghanistan's swift collapse on its political leaders.

During a press conference

Stoltenberg said: "This failure of Afghan leadership led to the tragedy we are witnessing today because of failing to stand up to the Taliban and to achieve the peaceful solution that Afghans desperately wanted."

The conservative party candidate to succeed German Chancellor Angela Merkel, was also scathing in his assessment of the entire situation. He called the American withdrawal "the greatest debacle that NATO has experienced since its foundation."

Whilst in Australia, Prime Minister Scott Morrison called TV screens showing the Taliban's victory "heart-breaking" and "sobering" but insisted going to war was the right thing to do.

"Freedom is always worth it, fighting for it, whatever the outcome," he said. "No Australian who has ever fallen in our uniform has ever died in vain."

Prime Minister, Boris Johnson committed an additional 800 British troops to Kabul airport in order to assist with evacuations of British nationals and locals who worked as support staff and interpreters for the British government.

He also vowed to help 20,000

Afghan refugees resettle in Britain in the coming years. They promised to take 5,000 in the first year — a figure that one lawmaker called "pitiful."

However, in response to the Prime Minister, the Taliban told Boris Johnson to "respect the aspiration" of Afghanistan and that it's his "moral obligation" to help rebuild the country.

Suhail Shaheen, the Taliban's spokesman said: "The UK Prime Minister and all leaders of the world, they should respect the aspirations of the people of Afghanistan."

"The people of Afghanistan want to open a new chapter. A new chapter of peace and co-existence, reconstruction of Afghanistan."

"We have the right to act according to our religious principles."

"Other countries have different approaches, rules and regulation. Afghans have the right to have their own rules and regulations in accordance with our values."

It was also confirmed that around 66,000 members of the Afghan army died in the war. Whilst 47,245 Afghan civilians lost their lives. The Taliban say 51,191 of their fighters died.

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New IMWS Chair: We are here to serve the community

The Indian Muslim Welfare Society recently elected Rafik Dabhad as Chair following its recent annual general meeting which took place on the 25th of July 2021.

Mr Dabhad took over from Dr Imtiyaz Patel, who diligently served a three and a half year term and led the society at the height of the Covid-19 pandemic.

In an interview with Paigaam, the new IMWS Chair outlined his vision for the organisation. He maintains that it is an honour to lead such an organisation and explained

that he along with the executive committee, sub committees and the trustees have been elected with one purpose in mind.

He told Paigaam: "It is a great honour to be elected chair of IMWS. I have been a part of IMWS as an Executive Member for over 29 years.

"We are here to serve the community. It has been a real pleasure working with so many dedicated people and together we have always strived to do the best for our community through the work of IMWS.

"Our priority will be to enhance services and take

initiatives that can truly have a positive impact on our society, especially the needs of our youth, and the services we offer to the wider community. I will work hard with the support of the elected members and the executive to build on the strong foundation we have to continue our work.

Mr Dabhad believes the organisation is well equipped to implement an ambitious strategic plan.

He said: "I will strive to work positively with all our partners and stakeholders to work together to provide services.

"The Indian Muslim Welfare Society has been serving the Muslim community for more than 63 years. One of the main purposes is to promote community cohesion and integration in partnership with partner agencies and other faith communities throughout the vicinity and beyond.

"We also want to build strong links with Kirklees Council, health services and more and really support the community as a whole.

"We have some great facilities that are used by both the Muslim and the wider community and in the coming weeks and months ahead, we will be announcing a number of new programmes and events to go alongside the ones we are currently running."

Another principal objective

is to strengthen links with affiliated Masjids in the area.

He said: "One of our important objectives is to strengthen partnerships with all of our affiliated Masjids in Batley.

"IMWS represents our whole community, and we work very closely with our Affiliated Masjids. During Covid lockdowns all our Masjids deserve great credit for the way they managed the Masjids and kept everyone safe following all the requirements.

"We really need to show our appreciation for this and fully support our Masjids in all aspects of the work they do and the services they provide.

"We will look to work with the Masjids to promote religious and communal harmony and the advancement of Islamic principles within the Muslim community."

He also believes IMWS is well placed to petition the government on local, national and international issues that affect the Muslim community.

He said: "The idea is to make sure Muslims are represented locally, regionally and nationally - voicing people's needs to local and national government to help shape the future. We pledge to work for the common good of society as a whole; encouraging Muslims to play a full and participatory role in public life."



Local MP meets IMWS committee at Al-Hikmah Centre

**Dewsbury MP
appointed Pakistani
Trade Envoy**

Dewsbury MP Mark Eastwood has been appointed by Prime Minister Boris Johnson as the UK's Trade Envoy for Pakistan.

His remit include use require his experience knowledge of the UK market and enable British businesses to find new export and investment opportunities and promote trade in their allocated market.

Mr Eastwood said the "close affinity" between both countries will result in an increase in commercial opportunities for both Britain and Pakistan.

Mr Eastwood said: "I am delighted the Prime Minister has appointed me his Trade Envoy to Pakistan, a country the UK has a strong current relationship with as well as close historical links, particularly in constituencies like here in Dewsbury."

"Pakistan is South Asia's second-largest economy with growing consumer demand and an affinity for UK expertise, products and brands; there are good opportunities to increase bilateral trade.

"I look forward to being able to help ensure our vibrant commercial relationship continues to thrive and expand."

International trade secretary Lizz Truss said Mr Eastwood will play a "key role" in delivering the government's "ambitious global trade agenda."



Newly elected MP for Batley and Spen, Kim Leadbeater was welcomed to the Al-Hikmah Centre by members of the IMWS Executive Committee last month to discuss a number of priorities for the next few months and years ahead and how to work in tandem for the betterment of the local community.

The purpose of the meeting was to allow community leaders to express their forthright views on a number

of concerns and issues and for Kim to understand the aims and objectives of IMWS.

Issues discussed included road safety issues, community cohesion and much more.

Kim believes the meeting was very beneficial from her perspective. She said: "I thought it was a very positive and valuable meeting. It was very useful to hear the thoughts of IMWS and how we can work together."

IMWS Chair, Rafik Dabhad thanked Kim for taking the

time to visit the Al-Hikmah Centre and meet with the Executive Committee.

He said: "Kim took time out from her busy schedule to attend the meeting at the Al-Hikmah Centre.

"We had a long conversation about how we can work together across a number of issues and our plans for the future. I also hope she can hold surgeries at the Al-Hikmah Centre."

"All in all I think it was a positive meeting."

Obituary: Mohammed Amir

Ask anyone to name an individual who indiscriminately purveyed hate, only to one day renounce such a despicable ideology, and walk the path of righteousness, one of many names that will slip of the tongue is Balbir Singh, who went on to be known as Mohammed Amir.

Without meaning to diminish in anyway the seriousness of his previous actions which included participating in the razing of the Babri Masjid in India, nearly 30 years ago, in 1992 to be precise, if there was one phrase to describe Amir's journey to Islam, it can only have been divine intervention.

The razing of the masjid, which was built in 1528 by Mughal general Mir Baqi and named Babri Masjid after the great Mughal emperor, Babur, sparked outrage across the country, with communal violence spreading to the likes of Mumbai, Surat, Ahmedabad and Delhi, thus resulting in 2000 deaths.

Amir, along with Yogendra Pal, who is known as Muhammad Omar and Shive Prasad, who now goes by the name of Muhammad Mustafa, may have committed the heinous crime of helping to destroy the masjid, but all three vowed to build 100 Masjids.

Mohammed Amir recalled walking towards the Babri Masjid along with a number of Kar Sevaks.

He told the Mumbai Mirror:

"I was like an animal that day. Only briefly, I got scared when I saw a helicopter approach us from a distance. Then, the rallying cries from below reached my ears and I felt emboldened again and plunged my pick-axe into the dome."

When he reached his hometown of Panipat, he was given a hero's welcome. However, the reaction he received from his family deeply upset him.

"My secular family denounced my actions. I realised that I had taken the law into my own hands and violated the constitution of India. Guilty, I embraced Islam."

His father in particular, who had a distinct dislike for worshipping idols, issued an ultimatum, either his son left the or he elderly would leave. Therefore, Mohammed had no choice but to leave and bear the brunt of his family's displeasure, as he slept in barns, farms and streets for weeks and months on end.

To make matters worse, his father passed away. However, upon his return to Panipat, he was told that his father had specifically requested his family members to ban him from attending his funeral, thus resulting in him having to leave the town in shame.

However, his life was to change for the better when he learnt that his close friend and co-collaborator at Ayodha, Yogendra Pal had embraced Islam and was now known as Mohammed Omar.



Omar explained how the guilt, fears and hallucinations he was facing after the incident ensured he was on the verge of going mad. He realised this was what he was undergoing too and feared he might lose his sanity.

Yogendar explained how converting to Islam helped him soothe his nerves and overcome the guilt he felt.

He met Moulana Kaleem Siddiqui, who had reverted his friend, asking the respected Sheikh if he could stay with him at his Madressah in Phulat after expressing the desire to repent for his actions.

"He told me that I had contributed to the destruction of the Masjid, but I could always help to build others. They were simple words and I just sat down and began to cry," said Mohammed at the time.

He built the first Masjid in Haryana and named it Masjid-e-Madina in 1994. He also built one of the most famous Masjids in Mendu near Hathra in UP.

At the time of his passing, he built 91 Masjids over a period of 26 years and 59 were under construction showcasing the fact that yesterday's sinner can become today's saint. May the Almighty accept his efforts and forgive his shortcomings.

"I had contributed to the destruction of the Masjid, but I could always help to build others. They were just simple words and I just sat down and began to cry."

Mohammed Amir (R.A.)

GCSE results show Muslim pupils have excelled

Muslim students and their parents have been praised by schools and private tutors for working together in order to achieve 'fantastic' GCSE results despite the incredibly challenging time youngsters have faced due to the Covid-19 pandemic.

Despite exams being cancelled, and grades awarded through a process of teacher assessed grades, against a national standard and approved and awarded by the exam boards, educators in the area have praised students and parents for their determination.

When asked why the pass rate was so high amongst predominantly young Muslim children within the vicinity, Idris Nurgat, director of Batley Enterprise Centre based Nurgat Tuition paid tribute to the sacrifice and determination of parents who "strive to ensure their children are afforded ample opportunities to become determined enough to achieve their goals."

He cited the fact that his students achieved a 100 percent pass rate in English Literature, Maths, Physics, Chemistry, Biology and Combined Science whilst in English Language, a 99 percent pass rate was achieved with 33 percent also achieving grade 7 or above.

Nurgat told Paigaam: "I am

delighted that students and their parents are now able to celebrate their outstanding results, which are a reflection of their hard work during an unprecedented period.

"More parents are now more understanding of the fact that working hard at school is of paramount importance.

"This is because good GCSE results will ensure children will move onto a good college and then university, which will then, by the will of the Almighty, lead to good employment opportunities."

At Heckmondwike Grammar School, Head teacher Peter Roberts was understandably delighted when it was announced that Fiza Iqbal, Mohammad Khan and Aisha Umarji all achieved nine GCSE's at grade 9.

He said: "These excellent results do not just happen automatically. They are evidence of the exceptional commitment and determination of Heckmondwike's students who received outstanding support from the dedicated staff and hugely supportive parents. My congratulations and well done to you all."

A school spokesperson for Upper Batley High School said the entire school was proud of the achievements of all their pupils and thanked parents for their support.

"We are immensely proud of all our learners, after the incredibly challenging time young people have faced due to the global pandemic. Our learners have worked hard both in school and when engaging in their live lessons from home.

"They have demonstrated their resilience, tenacity and commitment to their education superbly well.

"We especially thank parents and families for the support they have shown their sons this year. This has been truly exceptional."

The Head teacher at St John Fisher Catholic Voluntary Academy in Dewsbury, Sarah Wilkinson paid tribute to A Kiani who achieved seven grade 9s, two grade 8s and a 7, U Motala who notched seven grade 9s, two grade 8s and R Arwa got six grade 9s, a grade 8 and two grade 7s.

She said: "I would like to thank not only the students, but also their families and our staff for a tireless team effort in difficult times."

The first-year group from Rida Girls High School in Dewsbury have also been praised for their efforts in achieving an attainment 8 score of 7.23 with 92 percent of pupils attaining a grade 5 or above in Maths and English.

In a statement to Paigaam Head teacher Hafsa Patel congratulated both students

and parents.

She said: "This year has been unprecedented and difficult to navigate for all schools, and with this being our first GCSE year I could not be prouder of the determination and resilience shown by the students and staff alike.

"The results are truly outstanding and congratulations to all the girls and their families. All have secured their first-choice places at their preferred colleges.

"I wish them every success as they progress through the subsequent stages of their lives. I look forward to hearing of their accomplishments."

The Institute of Islamic Education also performed "exceptionally well" across the curriculum with a number of students achieving Grade 7s, 8s and 9s, with *at least 30 percent of pupils achieving the top grade of 7 or above.

A statement read: "The Institute of Islamic Education School is continuing to improve in all areas.

"The progress pupils have made is truly exceptional and a testament to the devotion and commitment of our staff, parents, governors and trustees who do their utmost to ensure our pupils achieve their full potential to embark on the next phase of their academic careers."

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Passage from Batley



Without an army of dedicated train station volunteers, Batley Train Station could have ground to a dreary halt as the site was in such an unkempt and unloved manner, even an Auschwitz survivor derided the state of the train station.

Councillor Gwen Lowe, from the Friends of Batley Station told Paigaam, "Several years ago I met an Auschwitz survivor at our station who'd come to give a talk at an event in Batley. Her first sentence included the words 'What a dismal and depressing station this is,' and this really struck a chord."

With her infectious enthusiasm and passion for Batley, Gwen had no trouble recruiting volunteers from a plethora of backgrounds to join Friends of Batley Station, (F.O.B.S) and clean up, plant flowers and ambitious plan for significant improvements longer term.

Six years on and the whole station has been painted, the roof extensively repaired, additional platform seating added, an up to date electric train times display installed, rooms have been put back into use, the installation of a water supply and a toilet, and there are ongoing negotiations to improve the station further.

The centrepiece of the improvements is a beautiful, colourful community mural which was painted over a two-week period by staff at Birstall-based paint and coatings company PPC.

"The idea of painting a train station fitted in with their corporate responsibility, aims and objectives. The piece de resistance was when the PPC Head Office in Pittsburgh, USA, suggested painting the mural in the subway," said Gwen.

Taylor Street Masjid along with a number of local places

of interest are included in the mural which takes pride of place along the subway that connects the station's two platforms, showcasing the best of Batley for all those coming and going from the station.

Gwen insists The Friends of Batley Station is a fully inclusive group which is representative of the local community: "This station is used by everybody in the community, so we want everybody to come and be part of this project.

Another volunteer Ken said: "We're not a stuffy group, once you turn up, we will simply say, 'here you are, here

is a spade, here's a litter picker, get yourself out there."

Fellow volunteer Debbie added: "We do it because we want to, and we all love it. Our volunteers come from all walks of life, communities and backgrounds but they have all got together and pulled

in the same direction."

The group had planned to bury a time capsule with children from Lydgate Junior & Infant School, which would have included a letter from the children. Sadly, the Covid19 pandemic halted the project.

Gwen said, "Many children have not been on a train, and we want to work with Northern Rail to change this. If a school decided they wanted to take a class out on a train, they could come down here and use our room, where they can sit, have their snacks and chat about going on a train and where they are going, and they can also come back in after they have had their journey."

The footfall for the station is approx. 315,000 per year, with the station regularly jam packed in the mornings and similarly in an evening. With the impending launch of the Batley Plaza set to take place soon.

Gwen believes it is the ideal catalyst for Batley Train Station to be a community hub and the main gateway to the town: She said: "Some people do not even know there is a train station here and with Batley Plaza opening soon, it is the ideal way to arrive in Batley. It is no longer sad and unkempt. It is a loved place and ideal to get to of Leeds, Huddersfield and Manchester."

To find out more about FOBS and Batley Railway Station, contact FOBS Secretary Ken on 07790 599027.

Who are the Taliban?

The 20th anniversary of the so-called “war on terror”, which began with the 2001 invasion of Afghanistan, has been marked by the withdrawal of United States troops and the “return” of the Taliban.

The Taliban have carried out numerous attacks on foreign as well as Afghan forces in the past 20 years and have now taken over all of Afghanistan’s major cities including Kabul, the capital.

The Taliban have now declared Afghanistan as an ‘Islamic Emirate’ just as they did when they ruled the war-torn nation between 1996-2001.

Mullah Mohammad Omar founded the group in 1994. The word Taliban can be translated as ‘students’ in the Pashto language.

The group was initially comprised of madressa students who wanted to bring about “positive” change to the country. However, they went onto conquer the entire country.

Many leaders of the Taliban prior to the formation of the armed group in early 1990s, fought alongside the Afghan Mujahideen against the Russian occupation in the 1980s.

They received the relevant training, weapons and money from the US as part of its policy against its Cold War enemy.

At the time, the Russians were

backing the communist leaders who had staged a coup against the nation’s first president, Mohammad Daoud Khan, in 1978.

After the Russians were humiliated and left the country in 1989, chaos ensued and, by 1992, there was a full-blown civil war with a plethora of factions fighting for power and dividing the capital city of Kabul, which saw most of the fighting.

The Taliban made quick military gains, winning control of Kandahar, the biggest city after Kabul, and promising to make the cities safe.

After years of war, the general public welcomed them after warlords and drug smugglers were accused of rights abuses and war crimes in their struggle for power.

By 1996, the Taliban seized the capital and hanged the nation’s last communist president, Najibullah Ahmadzai, in a public square and then declared Afghanistan as an Islamic emirate.

However, they were only recognised by three countries – Saudi Arabia, the United Arab Emirates (UAE) and Pakistan.

Although they managed to bring a sense of normality by tackling corruption, winning some initial popularity.

However, In 1999, the United Nations imposed sanctions on the group over their links to al-Qaeda, who have been blamed

for the 9/11 attacks in the US.

In March 2001, the Taliban decided to destroy the historic Buddha statues in Bamiyan province, an act that drew global condemnation.

The US invaded Afghanistan on October 7, 2001, after the Taliban refused to hand over al-Qaeda’s leader, Osama bin Laden, who was in Afghanistan.

In the lead-up to the US invasion, the group had asked the US President George W Bush administration to provide proof of bin Laden’s role in the 9/11 attacks and later for negotiations with Washington. Bush rejected both.

The Taliban was toppled within a couple of months of the start of a bombing campaign by the US and its allies and a new interim government headed by Hamid Karzai was formed in December 2001.

Three years later, a new constitution was declared; it took its cues from the reformed constitution of the 1960s in which women and ethnic minorities were formally granted their rights by the nation’s last king, Mohammad Zahir Shah.

However, by 2006, the Taliban had regrouped and was able to mobilise fighters in its battle against foreign occupiers and its allies.

During the 20-year war, more than 40,000 civilians were killed in attacks by both the Taliban and the US-led forces. At least 64,000 Afghan

military and police and more than 3,500 international soldiers were also killed.

In 2011, the Obama administration allowed a group of Taliban officials to move to Qatar, where they would be charged with laying the groundwork for face-to-face negotiations with the government of then-President Karzai.

In 2013, the Taliban’s Doha office was formally opened. In 2018, the Trump administration began formal, direct talks with the group. The Afghan government was not invited.

The head of the Taliban political office in Doha, Abdul Ghani Baradar, signed an agreement with the US on February 29, 2020, that paved the way for the withdrawal of the US and other foreign forces. The Taliban promised not to attack US-led foreign forces.

The agreement also launched peace talks between the Taliban and the Afghan leadership in the Qatari capital.

However, the Taliban continued its military offensive on the ground while participating in the talks and they entered the presidential palace, retaking Afghanistan 20 years after they were driven out of power.

The Taliban are now tightening their grip on power following their lightning victory that has shocked the world.

Was invading Afghanistan a catastrophic mistake?

A photo that immortalised America's defeat in Vietnam, showing evacuees boarding a helicopter on the roof of a building, spread fast on social networks after a similar image of a helicopter evacuating people from the American embassy in Kabul went viral.

In 1975, photographer Hubert van Es snapped an iconic picture of people scrambling into a helicopter on a rooftop in Saigon, at the close of the Vietnam War.

Analysts and US lawmakers from both the Republicans and Democrats have been comparing the recent image of the American helicopter rescuing diplomats after the Taliban takeover of Kabul to the fall of Saigon.

After 20 years, the U.S. combat mission in Afghanistan was America's longest war. Thousands of soldiers have been killed and because the U.S. borrowed most of the money to pay for it, generations of Americans will be burdened by the cost of paying it off.

The estimated cost of the war which was financed has cost the United States \$2 trillion. However, the estimated interest payments will ensure that by 2050 the cost will total up to \$6.5 trillion.

After the 9/11 terrorist attacks

against the United States, in which 67 British nationals were killed, the U.K. sent the second-largest contingent of forces to Afghanistan, deploying 150,000 military personnel over the years.

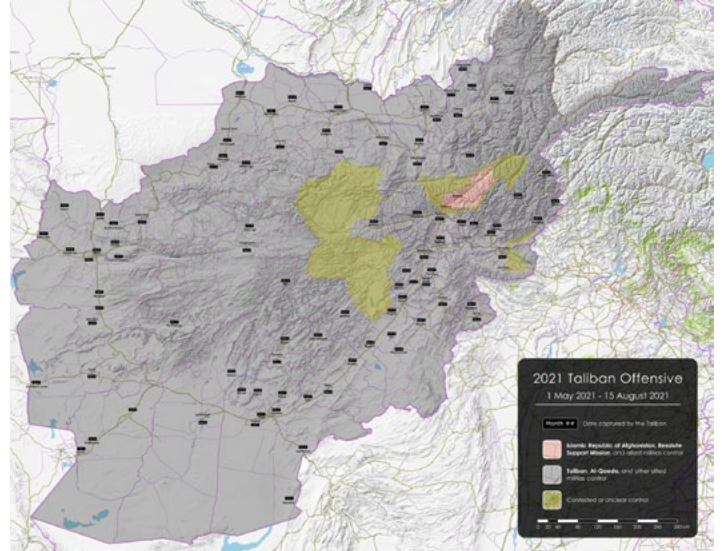
However, 457 British soldiers were killed, and many thousands came home wounded.

The government has released figures, putting the total cost of major operations in Afghanistan at around twenty billion pounds. However, Independent experts say the true cost is around double that figure.

American President Joe Biden has said he could not see a way to withdraw from Afghanistan without "chaos ensuing". He also lambasted former Afghan President, Ashraf Ghani for leaving the country and not ordering the Afghan army to fight the Taliban.

"The idea that somehow, there's a way to have gotten out without chaos ensuing, I don't know how that happened.

"When you had the government of Afghanistan, the leader of that government, get in a plane and taking off and going to another country; when you saw the significant collapse of the Afghan troops we had trained, up to 300,000 of them, just leaving their equipment and taking off. That's simply what happened."



However, Boris Johnson warned the Taliban that it would be judged "on the choices it makes and by its actions rather than its words — on its attitude to terror, as well as humanitarian access and the rights of girls to receive an education."

In response to the Prime Minister, the Taliban told Boris Johnson to "respect the aspiration" of Afghanistan and that it's his "moral obligation" to help rebuild the country.

Suhail Shaheen, the Taliban's spokesman said: "The UK Prime Minister and all leaders of the world, should respect the aspirations of the people of Afghanistan.

"The people of Afghanistan fought for their freedom with everything they had for the last 20 years.

He also said the Taliban "are committed to the rights of women under the system of Sharia."

"The idea that somehow, there's a way to have gotten out without chaos ensuing, I don't know how that happened."

United States President Joe Biden

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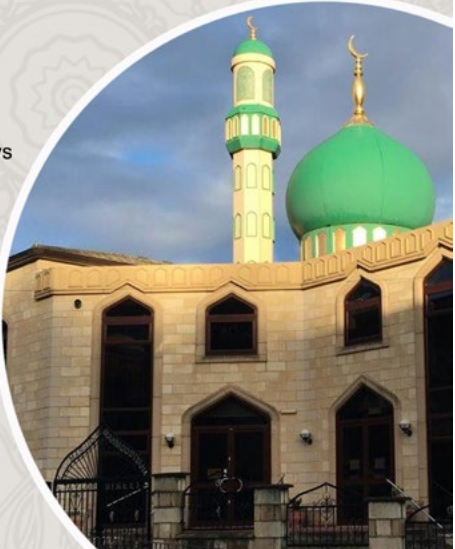
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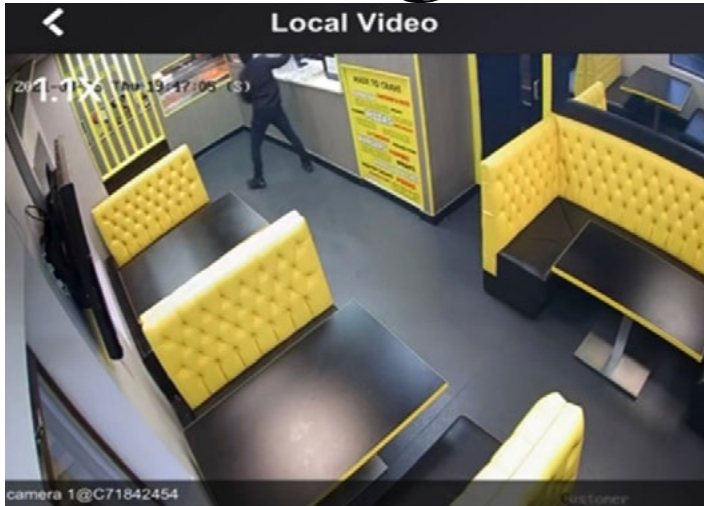
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or enrolment contact
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07594 392620



Dixxy release CCTV of man stealing IMWS charity box



A takeaway boss has shared a video of a man wearing a hoodie and a face mask appearing to take an IMWS charity box with over £400 and walking out.

The incident took place on the 5th of August at Dixxy Chicken in Batley at 7:46pm. The collection box was for

donations for the people of Gaza in Palestine and had been on the counter for several weeks, and contained over £400.

Dixxy's Mohammed Nasser said the man came into the takeaway at around 7:45 pm about ordering a meal and seemingly paid for his meal. However, once staff were

in the back-preparing food for the man and a plethora of customers, the man was captured on CCTV pacing up and down.

Mohammed said that although the crime has left staff and customers disgusted, he has forgiven him: "We know what he did was wrong. But we didn't go to the police because the Almighty will deal with him for stealing the money and walking out. This is between him and the Almighty. I am bothered about the fact that people have had their generous donations taken away from them.

"We are shocked and saddened that the charity box has been stolen, particularly at a time like this because these funds help the poor people of Gaza in Palestine during their time of need. This man should

seriously repent as when you take someone else's property, it is haram and this man is only hurting himself."

Thankfully, after news of the theft circulated, the community in Batley stepped in and raised over £1,000 to replace that which was taken. When asked about how he felt upon hearing locals had donated more than what was stolen, Mohammed paid tribute to the local community and admits he was overwhelmed with the gesture.

He said: "Fortunately we received amazing support from our local community. We've received some incredible donations from people who wanted to help as soon as they heard about what happened. To have gone to the trouble of raising £1,000 after £400 was stolen is phenomenal."

Tribute: Rashid bhai Aswat

With huge sadness, the local community received news on Tuesday the 25th of August about the passing of Haji Rashid bhai Aswat RA.

Born in India, Rashid bhai migrated to the UK in the early 1960's and had dedicated his life to the Khidmah of deen in the UK.

Ismail E.Daji of the I.C.W.A Committee said Rashid Bhai carried out his role as the Ameer of Batley for many years.

He said: "He was an excellent ambassador for Tabligh Jamaat. He sacrificed a great deal of time, effort and money for the movement.

"He was one of the founder members of the Zakaria Muslim Girls High school to which he devoted a great deal of time and effort. Scores of people abandoned undesirable lifestyles and followed the right path. We make duaa to the Almighty to grant him magfirah and elevate his place in Jannah, and give sabre Jamil to his family and friends. Aamin."

Moulana Muhammad Mota (Chair) and Moulana Yusuf Sufi (Vice Chair) of Rabetah Al-Ulama Al-Islamiyyah also paid tribute to Rashid bhai.

"He was a very likeable person and popular amongst the young and old," read the statement.

"He had a very good connection with the Ulema, he famously organised a trip for senior Ulema to Spain and very recently he held a majlis with the Rabetah committee providing some wonderful

historical insight regarding the various efforts of deen that have taken place in the UK and encouraged us to continue our efforts, and gifted each one of us a jar of pure honey.

"We pray that the Almighty grants Rashid bhai's wife and children sbar and that he showers his bounties upon him, and grant him Jannatul Firdos (Aameen)."

All readers are requested to partake in some isaale thawab and sadaqah-jaariyah for Rashid bhai.

Saudi Arabia: Israel must establish a Palestinian state

Saudi Arabia's Foreign Minister has rejected the possibility of normalising ties with Israel, saying that the goal of Palestinian statehood must be addressed first.

Prince Faisal also indicated that he does not intend for Saudi Arabia to join the Abraham Accords despite urging from Israel and other nations to do so, reaffirming the kingdom's position that Palestinian statehood is the best way to achieve peace in the Middle East.

The accords, signed by several Middle Eastern nations and Israel during the Trump administration, can be "viewed positively," and the world needs to build on the spirit of the agreements, said Prince Faisal.

Prince Faisal bin Farhan said he is adamant that the Saudi position on Palestine was clear, namely reaching a permanent solution according to the Arab initiative and a Palestinian state based on 1967 borders, with East Jerusalem as the capital.

"The best way to build on that spirit is to find a path to solving the issue of the Palestinians and finding a path to a Palestinian state," Prince Faisal said.

"Without solving the Palestinian-Israeli conflict in a sustainable long-term way, we're not going to have real

sustainable security in the region."

The comments are likely to hinder hopes by Israel's new government to build on the Abraham Accords, including by adding Saudi Arabia to the group of nations – the United Arab Emirates, Bahrain, Morocco and Sudan – that signed them.

In June, Israel Foreign Minister Yair Lapid said the government wants to expand the accords throughout the region.

However, the Abraham Accords have been denounced by Palestinians who claimed that the normalisation states had abandoned a unified position under which Arab countries would make peace only after a two-state solution had been achieved. Negotiations with Israel in this respect have been deadlocked for years.

Prince Faisal also said Saudi Arabia would only normalise ties with Israel within a plan that would deliver a sovereign state to Palestinians, quelling rumours that the kingdom may soon become the latest Arab country to establish full diplomatic relations with Israel.

He said: "What we need to make (normalisation of ties with Israel) happen is a peace deal that delivers a Palestinian state with dignity and with

a workable sovereignty that Palestinians can accept."

The United Arab Emirates recently agreed a historic deal to normalise relations with Israel and days before the Gulf state of Bahrain, a close Saudi ally, followed suit.

The dramatic agreements with the UAE and Bahrain were a coup for Israel and former US President Donald Trump who portrayed himself as a peacemaker.

However, big diplomatic prize for an Israel deal would be Saudi Arabia, the world's largest oil exporter, whose king is the Custodian of Makkah and Madina.

Marc Owen Jones, an academic from the Institute of Arab and Islamic Studies at the University of Exeter, said the UAE and Bahrain's normalisation has allowed Saudi Arabia to test public opinion.

He said this was conducted by asking state paid Imams to issue sermons but a formal deal with Israel would be a "large task" for the kingdom.

"Giving the Saudis a 'nudge' via an influential imam is obviously one step in trying to test the public reaction and to encourage the notion of normalisation," Jones added.

Saudi Crown Prince Mohammed bin Salman (MBS),

the kingdom's de-facto ruler, is intent on promoting interfaith dialogue as part of his domestic reform.

The prince previously stated that Israelis are entitled to live peacefully on their own land on condition of a peace agreement that assures stability for all sides.

There have been other signs that Saudi Arabia, one of the most influential countries in the Middle East, is preparing its people to eventually warm to Israel.

Saudi Arabia and Israel's mutual disdain for Iran is said to be a key component for the development of an unlikely friendship.

Mohammed al-Aissa, a former Saudi minister and the general secretary of the Muslim World League, visited Auschwitz.

In June, he took part in a conference organised by the American Jewish Committee, where he called for a world without "Islamophobia and anti-Semitism".

In another eye-catching gesture of goodwill, the kingdom has allowed Israel-UAE flights to use its airspace.

Donald Trump's son-in-law and senior adviser, Jared Kushner, who has a close relationship with MBS, praised the move.

Covid drug given to Trump approved for use in UK

Clinical trials of Ronapreve showcased how the drug uses a pair of laboratory-made antibodies to attack the virus which results in preventing infection, treating symptoms of serious infection and cutting the likelihood of being admitted to hospital.

The antibodies attach to the spike protein - the key the virus uses to unlock the doorway into our body's cells - on the surface of the coronavirus. This stops them infecting other cells to replicate and gives the body's own immune system more time to mount a response to the virus.

There had been concern the idea was a dud after trials failed when antibodies were taken from patients who had recovered from Covid.

However, the companies Regeneron and Roche tested monoclonal antibodies in the laboratory to find the two that were best able to stick to the virus.

This has proved far more effective, and the therapy continues to work against new variants.

Ronapreve is expected to be used by the NHS soon. However, the drug is expensive and Covid is still common so it is envisaged that it will be reserved for those at greatest risk of becoming severely ill.

Health Secretary Sajid Javid said approval of the first treatment designed specifically for Covid-19 in the UK is "fantastic news" and he hopes it can be rolled out for patients on the NHS "as soon as possible".

Trials took place before widespread vaccination and before the emergence of virus variants.

Dr Samantha Atkinson, from the UK's

A medicine that was famously given to former US President Donald Trump to prevent Covid-19 and reduce the need for hospital treatment has been approved for use in the UK.



Medicines and Healthcare products Regulatory Agency, said: "We are satisfied that this treatment is safe and effective."

The latest figures from the Office for National Statistics suggests around one in 85 people in the UK are still testing positive. And the R number - the average number of people each infected person passes the virus onto - is between 0.9 and 1.2.

The drug costs between £1,000 to £2,000 for one course of treatment. All monoclonal antibodies - which are tiny pieces of biology, unlike the chemical drugs you buy in the pharmacy, are challenging and therefore expensive to make.

Penny Ward, a professor in pharmaceutical medicine at King's College London, said it was "most likely" the treatment would be targeted at the most vulnerable.

And she said it could also be used in people who may not respond to the vaccine, for example people being treated for cancer or after a transplant, if they are a close contact of someone infected.

Prof Martin Landray, who led trials of the therapy in hospitals, from the University of Oxford, said: "It would be hard to justify giving what are likely to be limited supplies of a relatively expensive treatment to huge numbers of people who are likely to get better on their own."

Meanwhile, AstraZeneca has announced its antibody therapy cuts the risk of developing Covid symptoms by 77%.

Prof Myron Levin, who led the trial at the University of Colorado, said the results were "exciting" and could be "an important tool in our arsenal to help people who may need more than a vaccine to return to their normal lives".



Be a Home-Start Volunteer

Kirklees

Home-Start Kirklees is a local charity offering practical and emotional support to families across our communities in Kirklees who have young children and are experiencing difficulties. We work alongside other local health and well-being providers as part of Thriving Kirklees.

There are 168 hours in the week, can you spare 2-3? Home-Start Kirklees is always looking for new volunteers to join us. If you think you can commit to a few hours per week then we would like to hear from you. There are many ways in which volunteers help us. The main one is visiting families in their own homes, and we need lots of volunteers to do this as it is our core work. We are also looking for Young Parent Group Workers and Telephone Befrienders.

Scan to watch some of our fantastic volunteers talking about volunteering for us.

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Kirklees**

Our next Volunteer Preparation course starts on Thursday 30th September 2021, and runs every Thursday for 7 weeks. The course includes detailed information about how Home-Start works and covers topics like listening skills, confidentiality, working as a volunteer, stresses in family life and safeguarding children.

To find out more

Visit: homestart-kirklees.org.uk/volunteer

Email: info@homestart-kirklees.org.uk

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Muharram

Aayatul Kursi comes in which Surah?

How many verses are in the Qur'an?

How many words in Qur'aan

How many letters in Qur'aan

No of Makki Surahs in Qur'an

No of Madani Surahs in Qur'an

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Brain Teasers

Riddle 1: What can you keep after giving to someone?

Riddle 2: I shave every day, but my beard stays the same. What am I?

Riddle 3: You see a boat filled with people, yet there isn't a single person on board. How is that possible?

Riddle 4: You walk into a room that contains a match, a kerosene lamp, a candle and a fireplace. What would you light first?

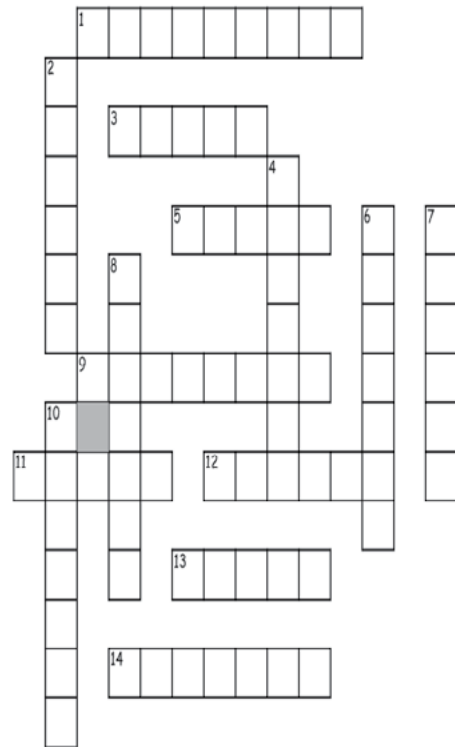
Riddle 5: A man dies of old age on his 25 birthday. How is this possible?

Riddle 6: I have branches, but no fruit, trunk or leaves. What am I?

Riddle 7: What can't talk but will reply when spoken to?

Riddle 8: The more of this there is, the less you see. What is it?

Islamic crossword puzzle



Across

1. Carry one place to other
3. Holy book of Islam
5. Muslims accept descendant
9. Group of merchants
11. Green area in desert
12. Leader of Arabs
13. Announcer
14. tower of mosque

Down

2. Procedures of government
4. Fierce
6. Choose Muslim Leaders
7. Muslim house of worship
8. Muslims give to poor
10. Marketplace

Answers

1. Answer: Your word
2. Answer: A barber
3. Answer: All the people on the boat are married.
4. Answer: The match
5. Answer: He was born on February 29.
6. Answer: A bank
7. Answer: An echo
8. Answer: Darkness



Legal Column

Safety Supervisor Sacked for Doing His Job Vindicated.

Employees who are tasked with enforcing health and safety rules often encounter resistance from colleagues who are reluctant to embrace change.

As a case concerning a sacked railway maintenance supervisor showed, however, such employees enjoy special protection under the law.

The supervisor was instructed by his employer to implement new health and safety procedures. Colleagues who were unaccustomed to change felt that he was going about that task in an over-zealous manner and, after they complained to management, the supervisor was dismissed.

He launched Employment Tribunal (ET) proceedings on the basis that his dismissal was automatically unfair under Section 100(1)(a) of the Employment Rights Act 1996, which gives specific legal protection

on workers who are designated to carry out activities connected to the prevention or reduction of health and safety risks in the workplace.

The ET expressed a great deal of sympathy for him but dismissed his claim with a heavy heart.

It found that the reason for his dismissal was the friction and upset amongst colleagues that his activities, and the way in which he went about them, had caused. It was his methodology rather than his role as a health and safety supervisor that had led to demoralisation affecting a loyal workforce.

Upholding his challenge to that outcome, the Employment Appeal Tribunal (EAT) noted that he was a victim of poor management in that his employer had not told his colleagues about what he was trying to achieve.

He did not exceed his mandate and he was neither malicious nor untruthful in diligently performing the task assigned to him.

The mischief that Section 100(1)(a) sought to guard against included the fact that carrying out health and safety activities will often be resisted or regarded as unwelcome by colleagues.

It would wholly undermine the statutory protection if an employer could rely on the upset caused by legitimate health and safety activity as a reason for dismissal.

There was no proper distinction to be drawn between the colleagues' reaction to the supervisor's protected activity and the activity itself.

The former was a direct and predictable consequence of the supervisor seeking to implement a new safety system within an established workplace.

The EAT substituted a finding that that the reason for his dismissal was the carrying out of activities protected by Section 100(1)(a). The case was sent back to the ET for consideration of remedy issues.

Breast cancer screening at IMWS



Well woman free NHS breast screening is taking place locally.

A team from the Pennine Breast Screening mobile unit will be at the Al Hikmah centre this autumn.

IMWS centre has kindly supported the service so that the local women can easily access this important health check.

Why screening is important.

About 1 in 8 women in the UK are diagnosed with breast cancer during their lifetime. If it's detected early, treatment is more successful and there's a good chance of recovery.

Breast screening aims to find breast cancers early. It uses an X-ray test called a mammogram that can spot cancers when they're too small to see or feel.

But there are some risks of breast cancer screening that you should be aware of.

As the likelihood of getting breast cancer increases with age, all women aged from 50 to their 71st birthday who are registered

with a GP are automatically invited for breast cancer screening every 3 years.

Most experts agree that regular breast screening is beneficial in identifying breast cancer early.

The earlier the condition is found, the better the chances of surviving it.

You're also less likely to need to have your breast removed (a mastectomy) or chemotherapy if breast cancer is detected at an early stage.

The main risk is that breast screening sometimes picks up cancers that may not have caused any symptoms or become life threatening.

You may end up having unnecessary extra tests and treatment.

What happens during breast screening?

Breast screening involves having an X-ray (mammogram) at a special clinic or mobile breast screening unit. This is done by a female health practitioner.

Your breasts will be X-rayed 1 at a time. The breast is placed on the X-ray

machine and gently but firmly compressed with a clear plate.

Two X-rays are taken of each breast at different angles.

Breast screening results

After your breasts have been X-rayed, the mammogram will be checked for any abnormalities.

The results of the mammogram will be sent to you and your GP no later than 2 weeks after your appointment.

After screening, about 1 in 25 women will be called back for further assessment.

Being called back does not mean you definitely have cancer. The first mammogram may have been unclear.

About 1 in 4 women who are called back for further assessment are diagnosed with breast cancer.

That is a few ways to be #breastaware or #chestaware until you reach the age when breast screening starts (about 50).

Find out more

Just for women as the most, but not all, women are 50yrs and over when they are diagnosed with breast cancer. Biggest risk factors are having female hormones and getting older. Family history usually plays a part if you have a close relative and she was under 50 when diagnosed.

You are eligible if you are registered at a GP and are aged between 50 & 70. Look out for a letter then ring to make an appointment.

All the staff are female at the Pennine Breast Screening mobile unit. Please Allow 30 mins for your appointment, though the x-ray takes about 5 mins.

Should you want the team to answer your questions and learn how to quickly check for breast cancer, you are free to arrange a virtual gathering. Just email Bth.penninechp@nhs.net or call 07966133267.

To find out more about breast screening please visit www.knowyourlemons.com and www.Coppafeel.org.

IMWS Muslim Burial Services



The IMWS Burial Services are continuing as normal.
Our services are open to everyone, free of charge, regardless of whether they are members or not.

We are fully supported by our local area Masjids and our senior Ulema. We appreciate the support of our community and will strive to improve our services to meet the needs of our community.

We welcome all volunteers. If you would like to help please contact us directly.

Burial contact numbers

Ebrahim Chopdat

07980 381197

Aziz Daji

07735 626 256

Munir Daji

07739 142 988

During office hours burial van keys can be collected from the main office.
Out of hours can be collected from Ebrahim Chopdat.

Kirklees Council Burial fee is £2207
Donations towards the running costs of the funeral van is most appreciated.



For more information please contact our office on:
01924 500 555

Al-Hikmah Centre, Track Road, Batley, WF17 7AA.

www.imws.org.uk | info@imws.org.uk

તન અને મનની શાનદાર ટોનીક

-મહંમદ યુસુફ સુફી લાજપુરી, બાટલી.

ગયા અંકમાં આપણે “એક તંદુરસ્તી હજાર નેઅમત” વિષે અગત્યની ચર્ચા કરી હતી. જેમાં આપણે પોતાના શરીરનો વજન હલકો કરવા અને તંદુરસ્તી જળવાઈ રહે તેના બે મહત્વના નિયમ બાબત પણ વાત કરી હતી.

આ અંકમાં તન અને મનની તંદુરસ્તીને લગતી કેટલીક ઉપયોગી વાતો કરી લઈએ, જે ધ્યાનપૂર્વક વાંચી વિચારી તેના ઉપર અમલ કરવાથી જરૂર ફાયદો થશે.

એક તંદુરસ્તી હજાર નેઅમત અને એક મનદુરસ્તી લાખ નેઅમત ફક્ત એક કહેવત જ નથી પરંતુ એક સાચી હકીકત છે. જેના ઉપર આપણે થોડી ચર્ચા કરીએ.

સારી તંદુરસ્તી માટે સારો ખોરાક જરૂરી છે. એટલા જ માટે આ અગત્યનો નિયમ હંમેશા યાદ રાખવો જરૂરી છે કે, ખાવા પહેલા જોઈ લ્યો કે શું ખાઈ રહ્યા છો. કારણ કે બીમારીનું મૂળ કારણ વધુ ભાગે ખરાબ ખોરાક જ હોય છે. જેટલી ભૂખ હોય અને જેટલા ખોરાકની જરૂરત હોય એટલુંજ ખાવું જોઈએ. વધારે પડતો ખોરાક જઠરને ખરાબ કરે છે. ખાટી વસ્તુ અને વધારે પડતી મસાલાવાળી વસ્તુને પોતાનો ખોરાક બનાવવો જોઈએ નહીં. જલ્દી પચી જનારો ખોરાક ખાવું જરૂરી છે. પોતાના ખોરાકમાં તાજા શાકભાજી, સલાડ, તાજા ફળોનો અવશ્ય સમાવેશ હોવો જોઈએ. જેથી હંમેશાં નીરોગી રહી શકાય. માણસની તંદુરસ્તી માટે પાણી પીવું પણ અત્યંત જરૂરી છે. તંદુરસ્તી માટે સાફ હવા પણ જરૂરી છે. રાત્રીની ભરપૂર ઊંઘ પણ માણસની તંદુરસ્તી માટે બેહદ જરૂરી છે.

અગર માણસ ટેન્શન (તણાવ)માં હોય તો સારો ખોરાક પણ તેના માટે લાભકારક થતો નથી. માટે દિલ દિમાગ ઉપર કોઈ પણ જાતનો ભાર લઈ રહેવું જોઈએ નહીં. તમારા ઉપર કોઈ પણ જાતનો અન્યાય થયો હોય ત્યારે પણ વારંવાર એની ફરિયાદ કરતા રહેવું જોઈએ નહીં. દિલ દિમાગથી એની ચિંતા કાઢી નાંખવી જોઈએ. લોકોને હર હંમેશા ખુશ રાખવાના પ્રયત્નો છોડી દેવા જોઈએ. દુનિયા કોની થઈ છે કે તમારી થવાની છે. પોતાના જીસ્માની શરીર, રૂહાની આત્મા, અપ્લાકી ચરિત્ર અને દીનની ઈસ્લાહની ફીકર કરવી જોઈએ. પોતાની અને પોતાની અવલાહની ઈસ્લાહની ફીકરથી બેપરવાહ રહીને મિલ્લતની અવદશા અને તબાહીના રોદણાં પણ રડવું જોઈએ નહીં. પરંતુ એ તરફ જરૂરથી ધ્યાન આપી પોતાની તંદુરસ્તી, જીસ્માની ફીકરને ધ્યાનમાં રાખી બીજા પ્રયત્નો ઉપર ધ્યાન આપી શકો છો.

દિલના રોગનો વિચાર કર્યા કરશો તો તમે કદાપી રોગમુક્ત થઈ શકશો નહીં. મનથી દરેક રોગની ચિંતા કાઢી નાંખવું જોઈએ. કારણ કે કહેવત છે કે, જેવું મન તેવું તન. તમારા સ્વભાવને ચિડ્યો થવા દેવું જોઈએ નહીં. બ્લડપ્રેશર પણ નોરમલ રહેવું જોઈએ. જેથી ગુસ્સો બિલકુલ કરવું જોઈએ નહીં.

કદાચ આ વાત જલ્દી માનવા તૈયાર ન થાવ પરંતુ એક હકીકત છે કે, તંદુરસ્તી માટે દિલને અનેક બુરાઈઓથી પાક સાફ રાખવું પણ ખોરાક જેટલુંજ જરૂરી છે. કારણ કે, દિલ સાફ હશે તો તેની સીધી

અસર એરા ઉપર પડશે. નજરને પણ પાક સાફ રાખવી જરૂરી છે. કાનની પણ હિફાઝત કરવું જોઈએ. સાંભળેલી વાતને તરત જ માની લેવું ન જોઈએ. ફક્ત સાંભળેલી વાતને તહકીક કર્યા વગર આગળ પહોંચાડવી ન જોઈએ. અપ શબ્દો બોલવાથી કે મોં માંથી ઉચ્ચારી રહેલ શબ્દોથી જુદા પડેલ ભાઈઓને એક કરી રહ્યા છે કે એક થયેલ ભાઈઓને અલગ કરી રહ્યા છે તેની કાળજી રાખવી જોઈએ. ઝબાનને લગામ આપવું જરૂરી છે. જેથી સામેવાળાને કોઈ નુકસાન કે વાદવિવાદ ન થાય. શર્મગાહની હિફાઝત, શરીરના ગુપ્ત અવયવોની સુરક્ષા કરવું પણ અત્યંત જરૂરી છે.

હદીસ શરીફમાં તો અહીંયા સુધી ભારપૂર્વક કહ્યું છે કે, “જે માણસે દુનિયામાં પોતાની જબાન અને શર્મગાહની હિફાઝત કરી લીધી તેના માટે જન્મતની ગેરન્ટી આપવામાં આવી છે.”

લેમ પણ એક પ્રકારનો રોગ છે. આજના સમાજમાં લેમીલા લોકોની પણ કોઈ કમી નથી. અંધશ્રદ્ધા અને લેમની બુનિયાદ પર લોકો એક બીજા સાથે સંબંધો તોડી નાંખે છે. આજના જમાનામાં ચાલી રહેલ લેમ તો ભયંકર પરિણામ લાવે છે. ફક્ત લેમના આધારે કોઈ પણ પગલું ભરવાની દરેક ધર્મમાં મનાઈ ફરમાવવામાં આવી છે. શરીરતના આધારે પણ એનાથી બચવાની તાકિદ કરવામાં આવી છે. લેમ પણ એક એવો રોગ છે જે આપણાં દીન અને ઈમાનને નુકસાન પહોંચાડી શકે છે.

જ્યારે આપણે અહીં તન, મન, તંદુરસ્તીની વાતો કરી રહ્યા છે. ત્યારે આ મુખ્ય વિષય દરમિયાન એ વાત પણ ધ્યાનમાં રાખવા જેવી છે કે, રોગના ઉપચાર માટેનું કોઈ પણ પગલું ભરતા પહેલાં દર્દીએ ફેમિલી ડોક્ટરનો સંપર્ક સાધી તેની પોતાની તકલીફની સંપૂર્ણ વિગત રજૂ કરવી જોઈએ. જેથી ડોક્ટર બીમારી પેદા થવાનું મૂળ કારણ શોધી શકે. કારણ કે કેટલીક વાર બીમારી પેદા થવાના જુદા જુદા કારણો હોઈ શકે છે. કેટલાક રોગ વધુ પ્રમાણમાં ચિંતા કે સંકટની પરિસ્થિતિમાં રહેવાથી થાય છે. તો ક્યારેક ખોરાકની પધ્ધતિ એના માટે જવાબદાર હોય છે. વળી ધુમ્રપાન અને ડ્રગ, ગુટકા તો ખૂબજ હાનિકારક છે. ડોક્ટરની સલાહ લીધા વિના હાથવગી દવાઓથી રોગના ઉપચાર કરવા ઉપર પહેલા વિચારવું જોઈએ, કારણ કે ઘણી વેળા એવા હાથવગી ઉપાયોથી માણસ ગંભીર બીમારીનો શિકાર બનવાની શક્યતા વધુ રહે છે અને પછી તે મુશીબતમાં મૂકાય છે.

આજનું વૈદિક જગત સ્વીકારે છે કે, આપણું તન તગડું હોય, મન સ્વચ્છ હોય અને આત્મા(રૂહ) આનંદિત હોય ત્યારે જાણવું કે આપણે તંદુરસ્ત છે.

હળવી પળોમાં...

ઈન્સાન બડા હોતા હે તો બચપન ભૂલતા હે,
શાદી હુઈ તો માતા પિતા કો ભૂલતા હે
બચે હુવે તો ભાઈ બહન કો ભૂલતા હે
અમીર હુવા તો ગરીબ કો ભૂલતા હે,
ઔર જબ બુઢા હુવા તો ભૂલા હુવા સબ યાદ કરતા હે...

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ચાલો આજે કંઈક સાઈં જાણીએ

-રફીક અહમદ કબાસ

રતન ટાટા ભારતના એક સૌથી અમીર બીઝનેસમેન છે. તેમની સાથે બનેલ બનાવ અંગે આપણે જાણીએ. એક વખત બીઝનેસના કામ અંગે તેઓ જર્મની ગયા હતા. જ્યાં તેમને એક ગઝબનો અનુભવ થયો હતો. ભારત પાછા ફર્યા પછી તેની ચર્ચા તેમણે ઘણાં સાથે કરી હતી. રતન ટાટા કહે છે કે, જર્મની એક ખૂબજ વિકસિત દેશ છે. અને ત્યાંના લોકો સુકુનની જિંદગી વીતાવે છે.

જ્યારે અમે જર્મનીના હેમ્બર્ગ શહેર પહોંચ્યા તો હું મારા સાથી સાથે એક રેસ્ટોરન્ટમાં ખાવા ગયો. ભૂખ જોરથી લાગી હતી. રેસ્ટોરન્ટમાં જોયું તો ઘણી ટેબલો ખાલી હતી. ત્યાં એક દંપતી ભોજન કરી રહ્યું હતું. તેમના ટેબલ ઉપર ખાવાની બે જ વાનગી અને બે કોલડ્રીક્સ હતા. હું વિચારી રહ્યો હતો કે, આવું સાધારણ ખાવાનું રોમાન્ટિક કેવી રીતે હોઈ શકે? નજીકના જ ટેબલ ઉપર કેટલીક વૃદ્ધ મહિલાઓ પણ હતી. જ્યારે પણ કોઈ ખાવાની ડીશ સર્વ કરવામાં આવતી તો વેઈટર બધી મહિલાઓમાં વહેંચી આપતો હતો અને તેઓ ખાવાનું પૂરું કરી જતાં હતાં.

અમો જરા વધારે ભૂખ્યા હતા જેથી મારા સહયોગીએ વધુ પડતું ખાવાનું ઓર્ડર કરી દીધું હતું. અમે ખાવાનું શરૂ કર્યું. અમારું પેટ ભરાય ગયું છતાં પણ ટેબલ પર ઘણું ખાવાનું બાકી પડી રહ્યું. અમે બિલ ચૂકવ્યું અને જેવા જ જવા લાગ્યા કે પેલી વૃદ્ધ મહિલાઓમાંથી એકે અંગ્રેજીમાં અમને કહ્યું, કે તેણી અમારાથી નારાજ છે. અમે તેનું કારણ એ મહિલાથી પૂછ્યું તો તેણે જણાવ્યું કે, અમોએ ખાવાનું બરબાદ કર્યું છે. એ મહિલાની વાત સાંભળીને મારા સહયોગીએ કહ્યું, અમે અમારા ખાવાના પૂરા પૈસા આપ્યા છે. તમો કોણ છો અમને કહેવાવાળા કે અમે ખાવાનું બરબાદ કર્યું છે. મહિલા ગુસ્સે થઈ ગઈ. એમાંની એક વૃદ્ધ મહિલાએ કોઈને ફોન લગાવ્યો. થોડા સમયમાં ત્યાં એક વ્યક્તિ આવ્યો જે સોશિયલ સર્વિસ ઓર્ગેનાઈજેશનનો હતો. મામલો સાંભળ્યા પછી તેણે અમારા ઉપર ૫૦ યુરોનો દંડ લગાવ્યો. અમે હવે ખામોશ હતા. ઓફીસરે કઠોર અવાજમાં કહ્યું, એટલુંજ ખાવાનું ઓર્ડર કરો જેટલું તમે ખાઈ શકો. માન્યુ કે, પૈસા તમારા છે, પરંતુ અન્નધન પૂરા સમાજનું છે. દુનિયામાં એવા ઘણાં લોકો છે જેમને બે વખતનું ખાવાનું પણ નસીબ નથી થતું અને તમારી પાસે એવું કોઈ પણ કારણ નથી કે ખાવાનું આ રીતે બરબાદ કરો.

આ અમીર અને વિકસિત દેશની માનસિકતા જોઈને અમે ઘણાં લજ્જિત થઈ ચૂક્યા હતા. અમે એવા દેશથી છે જે સંશોધનમાં વધારે સમૃદ્ધ નથી. કોઈ પણ દેશ પોતાના દેશના લોકોની સોચ, સમજથી સમૃદ્ધ બને છે. જ્યારે પણ આપણે કોઈને પાર્ટી આપી રહ્યા હોઈએ છીએ તો શરમથી બચવા વધુ માત્રામાં ખોરાક

બનાવીએ કે ઓર્ડર કરીએ છીએ. પછી બાદમાં તે ખોરાકને બરબાદ કરીએ છીએ. પરંતુ આપણે એ નથી જાણતા કે, ભારતમાં લગભગ ૪૦૮૬ જેટલું ખાવાનું બરબાદ થાય છે. અને દરરોજ ૨૦ કરોડથી વધુ લોકો ભૂખ્યાજ સુઈ જાય છે. ખરેખર કેટલી સાચી વાત છે, “પૈસા તમારા છે, પરંતુ અન્નધન પૂરા સમાજનું છે. તમામ ખેલ રોટીનો છે. કોઈ બટર લગાવીને ખાય છે, કોઈ સૂકી જ ખાય છે તો કોઈને તે પણ નસીબ થતી નથી.” એટલે ખાવાનું બરબાદ ન કરો, યાદ રાખો! આ ખાવાનું દુનિયામાં કેટલાઓને નસીબ પણ થતું નથી.

દોહાનુ એરપોર્ટ વિશ્વનું બેસ્ટ એરપોર્ટ

કતર ખાતે દોહાના હમાદ ઈન્ટરનેશનલ એરપોર્ટને દુનિયાનું બેસ્ટ એરપોર્ટ ઘોષિત કરવામાં આવ્યું છે. તેને પ્રિતષ્ઠિત એવોર્ડ સ્કાઈ ટ્રેક્સ મારફત આપવામાં આવ્યો છે જે દર વર્ષે આ મુજબનો એવોર્ડ એરપોર્ટને આપે છે. ૨૦૨૧ના વર્ષમાં હમાદ એરપોર્ટ સિંગાપોરના ચાંગી એરપોર્ટને પાછળ પાડી દીધું છે કે જે છેલ્લા ૧૦ વર્ષથી પહેલા નંબર ઉપર રહ્યું હતું. હમાદ એરપોર્ટ આ સિવાય બીજા ત્રણ એવોર્ડ પણ જીત્યા છે. બેસ્ટ એરપોર્ટ ઈન મિડલ ઈસ્ટ, બેસ્ટ એરપોર્ટ સ્ટાફ ઈન ધ મિડલ ઈસ્ટ અને કોવિડ-૧૯ એરપોર્ટ એક્સિલન્સ. ગયા વર્ષે હમાદ એરપોર્ટ ત્રીજા નંબર ઉપર હતું. કતરની સરકારે એરપોર્ટને વર્લ્ડક્લાસ બનાવવા મોટા પાયે મૂંડીનું રોકાણ કર્યું હતું.

વિશ્વના ટોપ એરપોર્ટમાં બીજા નંબરે જાપાનનું ટોકિયો, ત્રીજા નંબરે સિંગાપોરનું ચાંગી અને ચોથા નંબરે સાઉથ કોરિયાનું સિઓલ એરપોર્ટ આવે છે. જ્યારે લંડનના હીથ્રો એરપોર્ટને આઠમો નંબર મળ્યો છે. ખૂબજ અદ્યતન અને વિશાળ ગણાતા દુબઈના એરપોર્ટને પ્રથમ ૧૦ નંબરમાં પણ સ્થાન મળ્યું નથી.

આ શહેરના કબુતરો પણ છે કરોડપતિ

રાજસ્થાનના નાગૌર જિલ્લાના જસનગર નામના નાના ગામમાં ઘણાં કરોડપતિ ઉદ્યોગપતિઓ રહે છે. પરંતુ નવાઈની વાત એ છે કે આ ગામમાં મિલીયોનર કબુતરો પણ વસે છે. આ નગરમાં કબુતરોના નામે કરોડો રૂપિયાની પ્રોપર્ટીઓ છે. બીજી રીતે કહીએ તો આ પ્રોપર્ટીના માલિકો કબુતરો છે. જેથી આ કબુતરોને મિલિયોનર તરીકે ઓળખવામાં આવે છે. આ પ્રોપર્ટીમાં ૨૭ દુકાનો ૧૨૬ વીધાં જમીન અને કેટલીક ગૌ શાળાનો સમાવેસ છે. તે ઉપરાંત બેન્કમાં મોટી રકમની કેશ ડીપોઝીટ તેમના નામે જમા છે. પ્રોપર્ટીમાંથી જે આવક થાય છે તે કબુતરોના દાણા-પાણી અને ગાયોના ખોરાક વગેરે માટે ખર્ચવામાં આવે છે.

ચાલીસેક વર્ષ પહેલાં કબુતર પ્રેમી ઉદ્યોગપતિ પ્રભુસિંહ રાજપુરોહિતને તેમના મિત્રો તરફથી મળેલ પ્રેરણા અને સલાહથી તેમણે કબુતર ટ્રસ્ટની સ્થાપના કરી હતી. આ ટ્રસ્ટ આજે પણ ચાલુ છે અને તે કબુતરોની સંભાળ વગેરે ઉપર ધ્યાન આપે છે. વળી તેમાં ડોનેશન પણ મળતુ રહે છે. આ ટ્રસ્ટની સ્થાપનાથીજ કબુતરોના ખોરાક અને ગૌશાળાની ૪૦૦થી વધુ ગાયોની દેખરેખ અને ખાવાપીવાની વ્યવસ્થા થાય છે.

ઈન્ડિયન મુસ્લિમ વેલ્ફેર સોસાયટીની એમ.પી. કીમ સાથે એક મીટિંગ

સોમવાર તારીખ ૧૬મી ઓગસ્ટના સાંજે અલ-હિકમાહ સેન્ટર, બાટલી ખાતે આપણી સોસાયટીના આમંત્રણ ઉપર બાટલી-સ્પેનના હાલમાં ચૂંટાયેલ લેબર એમ.પી. કીમ લીડબીટર સાથે સોસાયટીની કમિટીના સભ્યો અને એરિયાના પ્રતિનિધિઓની એક મીટિંગનું આયોજન કરવામાં આવ્યું હતું. જેમાં ચેરમેન રફીક ડભાડે એમ.પી. કીમને અભિનંદન પાઠવી બાટલી-ડ્યુઝબરીના એશિયન સમાજના સળગતા પ્રશ્નોની વિગત દર્શાવી હતી અને તેમના સાથે મળી કામગીરી કરવા ઉપર ભાર મૂક્યો હતો. અલ-હિકમાહ સેન્ટર શહેરના મધ્યમાં હોય અને અહીં સારી એવી સુવિધાઓ હોય કોમ્યુનિટીના સભ્યો સરળતાથી તેમની મુલાકાત કરી શકે તે માટે તેમની નિયમિત સર્જરી અલ-હિકમાહ સેન્ટર ખાતે યોજવા માટે પણ વિનંતી કરી હતી.

કમિટી સભ્યો અને એરિયા પ્રતિનિધિઓએ તેમના એરિયામાં જે મુશ્કેલીઓ છે તેની ચર્ચા કરી હતી. જેમાં કાર સ્પીડિંગ, ડ્રગ, અનસોશ્યલ બીહેવીયર, રસ્તાઓની બિસ્માર હાલત, ડોક્ટરની સર્જરીની મુલાકાતમાં સરળતા, રેસીઝમ વગેરે ઉપર વિસ્તારથી ચર્ચા થઈ હતી. કીમે તેમના તરફથી બનતા પ્રયાસો કરવા ઉપર ખાત્રી આપી હતી. તેમના તરફથી કેટલીંગ મીટિંગોનું આયોજન કરવામાં આવ્યું છે જેમાં પોલિસ કમિશ્નર, સ્થાનિક વેપારીઓ, ઈનવેસ્ટમેન્ટ બેંક કંપનીઓ, ફેઈથ ઓર્ગેનાઈઝેશન વગેરેનો સમાવેશ છે તેની જાણકારી આપી બનતી મદદ કરવા જણાવ્યું હતું અને કોમ્યુનિટી ઓર્ગેનાઈઝેશનો સાથે મળી કામ કરવા ઉપર વિચારો વ્યક્ત કર્યા હતા. બની શકે તો નિયમિત રીતે સોસાયટી સાથે મીટિંગ રાખવા ઉપર પણ ભાર મૂક્યો હતો.

ભારતને અંગ્રેજીમાં ઈન્ડિયા કેમ કહેવાય છે ?

કહેવાય છે કે, ભારતમાં જેટલી સંસ્કૃતિ, સંસ્કાર અને ભાષાઓ જોવા મળે છે તે અન્ય દેશોમાં જોવા મળતી નથી. આમ તો ભારતને હિન્દુસ્તાનના નામથીજ ઓળખવામાં આવે છે, પરંતુ ભારતને અંગ્રેજીમાં ઈન્ડિયા કહેવામાં આવે છે. આ શબ્દ ક્યાંથી આવ્યો અને તેનું મહત્વ શું છે ?

ભારતમાં અનેક વિદેશી વેપારીઓ વેપાર કરવા આવ્યા હતા. અને બધાએ પોતાના હિસાબથી ભારતને જુદું જુદું નામ આપ્યું. પરંતુ ભારતને હિન્દુસ્તાન અને ઈન્ડિયા નામ આપવા પાછળ ખાસ કરીને ઈરાની અને યુનાનીઓનો હાથ છે. પહેલાં ભારતનું નામ સિંધુ હતું. ઈરાની કે ફારસી ભાષામાં સિંધુ શબ્દનો અર્થ હિન્દુ કાઢવામાં આવ્યો અને તેના પરથી હિન્દુસ્તાન નામ પડ્યું. જ્યારે યુનાનીમાં એને ઈડો કે ઈડોસ શબ્દનું રૂપ મળ્યું. અને જ્યારે આ શબ્દ લેટિન ભાષામાં પહોંચ્યો ત્યાંથી ઈન્ડિયા બનાવવામાં આવ્યું. આમ છતાં કોઈ બીજાએ બનાવેલ શબ્દોથી આપણાં દેશનું નામ કેમ રાખી શકાય.

પરંતુ જ્યારે ભારતમાં અંગ્રેજોનું શાસન આવ્યું તો તેમણે આ શબ્દને અપનાવી લીધો. અને આ રીતે ભારતનું અંગ્રેજી નામ ઈન્ડિયા પડ્યું. અંગ્રેજોએ એ નામનું ચલણ એટલું બધું વધાર્યું કે ભારતવાસીઓએ પણ તેને અપનાવવો શરૂ કરી દીધું અને પોતાને ઈન્ડિયન અને દેશને ઈન્ડિયા કહેવું શરૂ કરી દીધું. આ શબ્દને

પૂર્ણ માન્યતા ત્યારે મળી જ્યારે આઝાદી પછી આપણાં સંવિધાનના ઈન્ડિયા શબ્દને બીજા દેશોએ સ્વીકારી લીધો.

નવા અફઘાનિસ્તાનની સ્થાપના

અમેરિકાએ અફઘાનિસ્તાનમાંથી પોતાના સૈન્યોને હટાવાનો નિર્ણય કર્યો હતો અને તે માટે ૨૦૨૧ના સપ્ટેમ્બર માસની ૩૩ લાઈન નક્કી કરી તે માટેની તબક્કાવાર કામગીરી શરૂ કરી હતી. પરંતુ આ સમય દરમિયાન તાલિબાન સક્રીય બન્યું હતું અને ત્રણ માસમાં જ તેણે કંદહાર, હેરત, કુન્દુઝ, જલાલાબાદ, બાલ્ક અને અન્ય વિસ્તારોમાં એક પછી એક કબજો કર્યો હતો અને તેને તાલિબાનના નિયંત્રણમાં લીધા હતા. રાજધાની કાબુલ ઉપર ઝડપથી કબજો મેળવેશે એમ કોઈ પણ દેશે વિચાર્યું ન હતું. અહીં સુધી કે, તાલીબાનોએ પણ એ વિચાર્યું ન હતું કે આવું બધું ઝડપથી બનશે. તારીખ ૧૪-૧૫મી ઓગસ્ટના રોજ પાકિસ્તાન અને ભારત જ્યારે સ્વતંત્રતા દિવસ મનાવી રહ્યા હતા ત્યારે તાલિબાનીઓએ કાબુલને ઘેરી લીધું હતું અને અફઘાનિસ્તાનની સરકારે લડ્યા વગર આત્મસમર્પણ કર્યું હતું.

ઉતાવળથી અમેરિકાએ તેના રાજદૂતો અને કર્મચારીઓને કાબુલથી લઈ ગયા હતા. અફઘાનિસ્તાનના પ્રેસીડન્ટ અશરફ ગની, વાઈસ પ્રેસીડન્ટ અને રાજધાનીઓ દેશ છોડી ભાગી ગયા હતા અને તેમણે હાલ યુએઈમાં આશરો લીધો છે. પ્રેસીડન્ટ અશરફ ગનીએ કહ્યું હતું કે “તેઓ દેશમાં લોહીની નદીઓ વહેવા દેવા માંગતા ન હતા અને લોહીયાળ ખેલને રોકવા તેમણે તાત્કાલિક આ પગલું ભર્યું હતું.”

અફઘાનિસ્તાને ૧૯૮૦ના દાયકાથી રશિયન સમર્થનવાળું ઝહીરશાહ શાસન જોયું અને પછી થોડા વર્ષો માટે તાલીબાનનું શાસન પણ જોયું, જેમાં તેમની કટ્ટરવાદી નીતિઓના કારણે પ્રજાએ ઘણું સહન કરવું પડ્યું. અને પછી ૨૧ વર્ષ પહંલા ૯/૧૧ ના બનાવથી અમેરિકાએ સૈન્ય હુમલા ધ્વારા અફઘાનિસ્તાનમાં પગ પેશારો કર્યો. અફઘાનિ સૈન્યને તાલિમ આપી તૈયાર કર્યા અને લખલૂટ પૈસો વેર્યો. પરંતુ તેમણે પણ તાલિબાનીઓ સામે શરણ સ્વીકારી લીધું. હવે આ તાલિબાન સંગઠને પરિસ્થિતિને જોઈ તે પ્રમાણે વર્તન શરૂ કર્યું છે. તેમણે ઓરતોને પણ છૂટછાટ આપી સરકારમાં જોડાવા અને કામ ઉપર જવા માટે છૂટ આપી છે. આ રીતે ઓરતો સાથેના તેમના સંબંધોમાં ફેરફાર જોવા મળે છે. પણ સાથેજ તેઓ શરીયા કાનૂન અને ઈસ્લામી તેહઝીબ વગેરે ઉપર તેમના વલણમાં કોઈ ફેરફાર જોવા મળ્યો નથી.

પાડોશી દેશો જેમાં પાકિસ્તાન, ચીન, અને ઈરાને તો તરતજ તાલિબાનીઓને ટેકો જાહેર કર્યો છે અને તેમની સાથે કામ કરવા સહમત થયા છે. બીજા દેશોને પણ તાલિબાનીઓએ આગળ આવવવા અને તેમના સાથે મળી કામ કરવા ઈચ્છા વ્યક્ત કરી છે. આમ અફઘાનિસ્તાનને ફરીથી બેઠું કરવામાં તેઓ સક્રીય થવા માંગે છે. આપણે ઈચ્છીએ કે નવા તાલિબાનના નેજા હેઠળ અફઘાનિસ્તાનમાં શાંતિ સ્થપાય અને તેનો પૂરો વિકાસ થાય. ઉપરાંત ત્યાંની પ્રજા પણ ભયમૂક્ત જીવન વીતાવી શકે.

હાલમાં આવેલ સમાચાર મુજબ અમેરિકન સરકારે અમેરિકાની બેન્કમાં પડેલ અફઘાનિસ્તાનના મિલિયનો ડોલરને ફીઝ કરી દીધા છે જેથી તાલિબાનીઓ સામે થોડું સંકટ છે.

તન અને મનની શાનદાર ટોનીક

-મહંમદ યુસુફ સુફી લાજપુરી, બાટલી.

ગયા અંકમાં આપણે “એક તંદુરસ્તી હજાર નેઅમત” વિષે અગત્યની ચર્ચા કરી હતી. જેમાં આપણે પોતાના શરીરનો વજન હલકો કરવા અને તંદુરસ્તી જળવાઈ રહે તેના બે મહત્વના નિયમ બાબત પણ વાત કરી હતી.

આ અંકમાં તન અને મનની તંદુરસ્તીને લગતી કેટલીક ઉપયોગી વાતો કરી લઈએ, જે ધ્યાનપૂર્વક વાંચી વિચારી તેના ઉપર અમલ કરવાથી જરૂર ફાયદો થશે.

એક તંદુરસ્તી હજાર નેઅમત અને એક મનદુરસ્તી લાખ નેઅમત ફક્ત એક કહેવત જ નથી પરંતુ એક સાચી હકીકત છે. જેના ઉપર આપણે થોડી ચર્ચા કરીએ.

સારી તંદુરસ્તી માટે સારો ખોરાક જરૂરી છે. એટલા જ માટે આ અગત્યનો નિયમ હંમેશા યાદ રાખવો જરૂરી છે કે, ખાવા પહેલા જોઈ લ્યો કે શું ખાઈ રહ્યા છો. કારણ કે બીમારીનું મૂળ કારણ વધુ ભાગે ખરાબ ખોરાક જ હોય છે. જેટલી ભૂખ હોય અને જેટલા ખોરાકની જરૂર હોય એટલુંજ ખાવું જોઈએ. વધારે પડતો ખોરાક જઠરને ખરાબ કરે છે. ખાટી વસ્તુ અને વધારે પડતી મસાલાવાળી વસ્તુને પોતાનો ખોરાક બનાવવો જોઈએ નહીં. જલ્દી પચી જનારો ખોરાક ખાવું જરૂરી છે. પોતાના ખોરાકમાં તાજા શાકભાજી, સલાડ, તાજા ફળોનો અવશ્ય સમાવેશ હોવો જોઈએ. જેથી હંમેશાં નીરોગી રહી શકાય. માણસની તંદુરસ્તી માટે પાણી પીવું પણ અત્યંત જરૂરી છે. તંદુરસ્તી માટે સાફ હવા પણ જરૂરી છે. રાત્રીની ભરપૂર ઊંઘ પણ માણસની તંદુરસ્તી માટે બેહદ જરૂરી છે.

અગર માણસ ટેન્શન (તણાવ)માં હોય તો સારો ખોરાક પણ તેના માટે લાભકારક થતો નથી. માટે દિલ દિમાગ ઉપર કોઈ પણ જાતનો ભાર લઈ રહેવું જોઈએ નહીં. તમારા ઉપર કોઈ પણ જાતનો અન્યાય થયો હોય ત્યારે પણ વારંવાર એની ફરિયાદ કરતા રહેવું જોઈએ નહીં. દિલ દિમાગથી એની ચિંતા કાઢી નાંખવી જોઈએ. લોકોને હર હંમેશા ખુશ રાખવાના પ્રયત્નો છોડી દેવા જોઈએ. દુનિયા કોની થઈ છે કે તમારી થવાની છે. પોતાના જીસ્માની શરીર, રૂહાની આત્મા, અપ્લાકી ચરિત્ર અને દીનની ઈસ્લાહની ફીકર કરવી જોઈએ. પોતાની અને પોતાની અવલાહની ઈસ્લાહની ફીકરથી બેપરવાહ રહીને મિલ્લતની અવદશા અને તબાહીના રોદણાં પણ રડવું જોઈએ નહીં. પરંતુ એ તરફ જરૂરથી ધ્યાન આપી પોતાની તંદુરસ્તી, જીસ્માની ફીકરને ધ્યાનમાં રાખી બીજા પ્રયત્નો ઉપર ધ્યાન આપી શકો છો.

દિલના રોગનો વિચાર કર્યા કરશો તો તમે કદાપી રોગમુક્ત થઈ શકશો નહીં. મનથી દરેક રોગની ચિંતા કાઢી નાંખવું જોઈએ. કારણ કે કહેવત છે કે, જેવું મન તેવું તન. તમારા સ્વભાવને ચિડ્યો થવા દેવું જોઈએ નહીં. બ્લડપ્રેશર પણ નોરમલ રહેવું જોઈએ. જેથી ગુસ્સો બિલકુલ કરવું જોઈએ નહીં.

કદાચ આ વાત જલ્દી માનવા તૈયાર ન થાવ પરંતુ એક હકીકત છે કે, તંદુરસ્તી માટે દિલને અનેક બુરાઈઓથી પાક સાફ રાખવું પણ ખોરાક જેટલુંજ જરૂરી છે. કારણ કે, દિલ સાફ હશે તો તેની સીધી

અસર એરા ઉપર પડશે. નજરને પણ પાક સાફ રાખવી જરૂરી છે. કાનની પણ હિફાઝત કરવું જોઈએ. સાંભળેલી વાતને તરત જ માની લેવું ન જોઈએ. ફક્ત સાંભળેલી વાતને તહકીક કર્યા વગર આગળ પહોંચાડવી ન જોઈએ. અપ શબ્દો બોલવાથી કે મોં માંથી ઉચ્ચારી રહેલ શબ્દોથી જુદા પડેલ ભાઈઓને એક કરી રહ્યા છે કે એક થયેલ ભાઈઓને અલગ કરી રહ્યા છે તેની કાળજી રાખવી જોઈએ. ઝબાનને લગામ આપવું જરૂરી છે. જેથી સામેવાળાને કોઈ નુકસાન કે વાદવિવાદ ન થાય. શર્મગાહની હિફાઝત, શરીરના ગુપ્ત અવયવોની સુરક્ષા કરવું પણ અત્યંત જરૂરી છે.

હદીસ શરીફમાં તો અહીંયા સુધી ભારપૂર્વક કહ્યું છે કે, “જે માણસે દુનિયામાં પોતાની જબાન અને શર્મગાહની હિફાઝત કરી લીધી તેના માટે જન્મતની ગેરન્ટી આપવામાં આવી છે.”

હેમ પણ એક પ્રકારનો રોગ છે. આજના સમાજમાં હેમીલા લોકોની પણ કોઈ કમી નથી. અંધશ્રદ્ધા અને હેમની બુનિયાદ પર લોકો એક બીજા સાથે સંબંધો તોડી નાંખે છે. આજના જમાનામાં ચાલી રહેલ હેમ તો ભયંકર પરિણામ લાવે છે. ફક્ત હેમના આધારે કોઈ પણ પગલું ભરવાની દરેક ધર્મમાં મનાઈ ફરમાવવામાં આવી છે. શરીરઅતના આધારે પણ એનાથી બચવાની તાકિદ કરવામાં આવી છે. હેમ પણ એક એવો રોગ છે જે આપણાં દીન અને ઈમાનને નુકસાન પહોંચાડી શકે છે.

જ્યારે આપણે અહીં તન, મન, તંદુરસ્તીની વાતો કરી રહ્યા છે. ત્યારે આ મુખ્ય વિષય દરમિયાન એ વાત પણ ધ્યાનમાં રાખવા જેવી છે કે, રોગના ઉપચાર માટેનું કોઈ પણ પગલું ભરતા પહેલાં દર્દીએ ફેમિલી ડોક્ટરનો સંપર્ક સાધી તેની પોતાની તકલીફની સંપૂર્ણ વિગત રજૂ કરવી જોઈએ. જેથી ડોક્ટર બીમારી પેદા થવાનું મૂળ કારણ શોધી શકે. કારણ કે કેટલીક વાર બીમારી પેદા થવાના જુદા જુદા કારણો હોઈ શકે છે. કેટલાક રોગ વધુ પ્રમાણમાં ચિંતા કે સંકટની પરિસ્થિતિમાં રહેવાથી થાય છે. તો ક્યારેક ખોરાકની પધ્ધતિ એના માટે જવાબદાર હોય છે. વળી ધુમ્રપાન અને ડ્રગ, ગુટકા તો ખૂબજ હાનિકારક છે. ડોક્ટરની સલાહ લીધા વિના હાથવગી દવાઓથી રોગના ઉપચાર કરવા ઉપર પહેલા વિચારવું જોઈએ, કારણ કે ઘણી વેળા એવા હાથવગી ઉપાયોથી માણસ ગંભીર બીમારીનો શિકાર બનવાની શક્યતા વધુ રહે છે અને પછી તે મુશીબતમાં મૂકાય છે.

આજનું વૈદિક જગત સ્વીકારે છે કે, આપણું તન તગડું હોય, મન સ્વચ્છ હોય અને આત્મા(રૂહ) આનંદિત હોય ત્યારે જાણવું કે આપણે તંદુરસ્ત છે.

હળવી પળોમાં...

ઈન્સાન બડા હોતા હે તો બચપન ભૂલતા હે,
શાદી હુઈ તો માતા પિતા કો ભૂલતા હે
બચે હુવે તો ભાઈ બહન કો ભૂલતા હે
અમીર હુવા તો ગરીબ કો ભૂલતા હે,
ઔર જબ બુઢા હુવા તો ભૂલા હુવા સબ યાદ કરતા હે...

.....

افغانستان اسلطنوں کا قبرستان! : برطانیہ، روس کے بعد امریکہ بھی شکست سے دوچار، افغانستان میں آخر ایسی کیا خاص بات ہے؟

افغانستان میں آخر ایسی کیا بات ہے کہ اسے پوری دنیا اسلطنوں کے قبرستان کے نام سے جانتی ہے؟ آخر امریکہ، برطانیہ، سوویت یونین سمیت دنیا کی تمام بڑی طاقتیں اسے جیتنے کی کوشش میں کیوں ناکام ہوئیں؟ حالیہ صدیوں میں افغانستان کو کنٹرول کرنے کی کوشش کرنے والی دنیا کی طاقتور فوجوں کے لیے افغانستان ایک قبرستان ہی ثابت ہوا ہے۔ ابتدا میں ان حملہ آور لشکروں کو کچھ کامیابی ملی لیکن آخر میں انھیں افغانستان چھوڑ کر بھاگنا پڑا ہے۔ افغانستان کی تاریخ پر 'افغانستان: سلطنوں کا قبرستان' نامی کتاب لکھنے والے اور دفاع اور خارجہ پالیسی کے تجزیہ کار ڈیوڈ اسی، جنہوں نے بی بی سی منڈو کو بتایا: 'ایسا نہیں ہے کہ افغان کافی طاقتور ہیں۔'

بڑی طاقتوں کو شکست کیوں ہوئی؟

اسی کا کہنا ہے کہ اگر غیر جانبداری کے ساتھ دیکھا جائے تو افغانستان ایک مشکل جگہ ہے۔ یہ ایک پیچیدہ ملک ہے جہاں انفراسٹرکچر کی صورت حال ناگفتہ بہ ہے، بہت محدود ترقی ہے اور یہ خطہ ہر طرف زمین سے گھرا ہوا ہے۔

برطانوی سلطنت اور تین حملے

19 ویں صدی کے بیشتر حصے میں افغانستان وسطی ایشیا کو کنٹرول کرنے کے لیے برطانوی اور روسی سلطنوں کے درمیان جنگ کا ایک اہم سٹیج تھا۔ اس کے تعلق سے روس اور برطانیہ کے درمیان کئی دہائیوں تک سفارتی اور سیاسی کشمکش جاری رہی جس میں بالآخر برطانیہ کی جیت ہوئی۔ لیکن برطانیہ کو اس کی بڑی قیمت چکانی پڑی۔ برطانیہ نے افغانستان پر سنہ 1839 اور 1919 کے درمیان تین مرتبہ حملہ کیا اور کہا جاسکتا ہے کہ برطانیہ تینوں بار ناکام رہا۔ سنہ 1839 کی پہلی اینگلو افغان جنگ میں برطانیہ نے کابل پر قبضہ کر لیا۔ کیونکہ برطانیہ کا خیال تھا کہ اگر اس نے یہ قدم نہیں اٹھایا تو روس کابل پر قبضہ کر لے گا۔ اس کی وجہ سے برطانیہ کو تاریخی شکست کا سامنا کرنا پڑا۔

بڑی شکست

تین سال کے حملے کے بعد بالآخر افغانستان نے حملہ آور فوج کو بھاگنے پر مجبور کر دیا۔ 6 جنوری سنہ 1842 کو جو 16000 فوجی برٹش کیمپ سے جلال آباد روانہ ہوئے تھے ان میں سے صرف ایک برطانوی شہری زندہ واپس آیا۔ 'چار دہائیوں کے بعد برطانیہ نے ایک بار پھر کوشش کی۔ اس بار اسے کچھ کامیابی ملی۔ اور سنہ 1878 سے 1880 کے درمیان دوسری اینگلو افغان جنگ کے نتیجے میں افغانستان برطانیہ کی حفاظت والی ریاست بن گیا۔ لیکن برطانیہ کو کابل میں ریزیڈنٹ وزیر رکھنے کی اپنی پالیسی ترک کرنی پڑی۔ اس کے بجائے سلطنت برطانیہ نے ایک نیا افغان امیر منتخب کر کے اپنی فوجیں ملک سے واپس بلا لیں۔ لیکن سنہ 1919 میں جب اس نے امیر نے خود کو برطانیہ سے آزاد قرار دیا تو تیسری اینگلو افغان جنگ شروع ہوئی۔

سوویت یونین کی جنگ

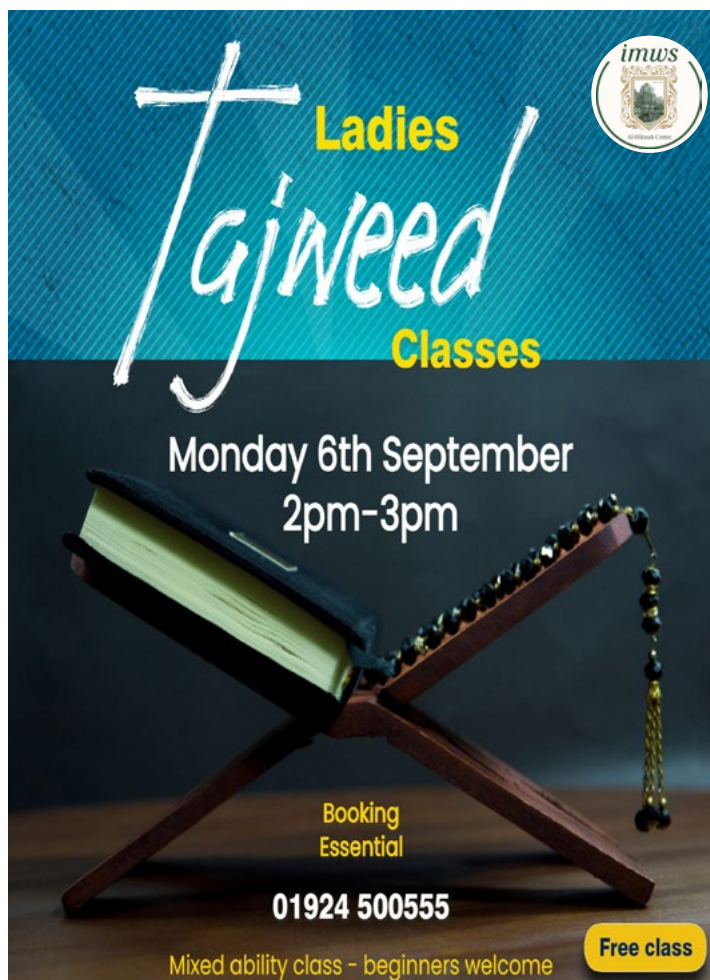
سنہ 1920 کے دوران امیر امان اللہ خان نے ملک میں اصلاح لانے کی کوشش کی۔ ان میں خواتین کے برقعہ پہننے کے رواج کو ختم کرنا بھی شامل تھا۔ اصلاح پسندوں کی ان کوششوں نے کچھ قبائل اور مذہبی رہنماؤں کو ناراض کر دیا جس کے نتیجے میں خانہ جنگی شروع ہو گئی۔ اس خانہ جنگی کی وجہ سے افغانستان کی صورت حال کئی دہائیوں تک کشیدہ رہی اور سنہ 1979 میں سوویت یونین نے افغانستان پر حملہ کر دیا تاکہ ایک بری طرح سے غیر منظم کمیونسٹ حکومت کو اقتدار میں برقرار رکھا جاسکے۔ روسیوں نے ان علاقوں اور وہاں کے دیہاتوں پر زمینی اور فضائی حملے کیے جن کے بارے میں ان کا خیال تھا کہ یہ مسئلہ کی جڑ ہیں۔ اس کی وجہ سے مقامی آبادی اپنے گھر چھوڑنے یا مرنے مارنے پر مجبور ہو گئی۔ اس حملے میں بہت زیادہ خون بہا۔ اس جنگ میں تقریباً 15 لاکھ لوگ ہلاک ہوئے اور پچاس لاکھ لوگ پناہ گزین بن گئے۔ اسی دوران اس وقت کے سوویت لیڈر میخائل گورباچوف نے محسوس کیا کہ روسی معیشت کو تبدیل کرنے کی کوشش کے ساتھ ساتھ جنگ جاری نہیں رکھ سکتے اور انھوں نے سنہ 1988 میں اپنی فوجیں واپس بلانے کا فیصلہ کیا۔ 'یہ سوویت یونین کی سب سے بڑی غلطیوں میں سے ایک تھی۔' اس کے بعد سوویت یونین ٹوٹنے لگا اور تقسیم ہو گیا۔

امریکی مہم اور تباہ کن واپسی

افغانستان میں برطانیہ اور سوویت یونین کی ناکام کوششوں کے بعد امریکہ نے 11/9 کے حملوں کے بعد افغانستان میں جمہوریت کی حمایت اور القاعدہ کے خاتمے کے لیے افغانستان پر حملہ کیا۔ اس سے قبل کی دو سلطنوں کی طرح امریکہ بھی تیزی سے کابل فتح کرنے اور طالبان کو ہتھیار ڈالنے پر مجبور کرنے میں کامیاب رہا۔ افغان حکومت تین سال بعد وجود میں آئی لیکن طالبان کے حملے جاری رہے۔ امریکہ کے سابق صدر براک اوباما نے سنہ 2009 میں فوجیوں کی تعداد میں اضافہ کر کے طالبان کو پیچھے دھکیل دیا۔ لیکن یہ زیادہ دیر تک قائم نہیں رہ سکا۔ سنہ 2001 میں جنگ کے آغاز کے بعد سنہ 2014 میں سب سے زیادہ خونریزی دیکھی گئی۔ ان میں کابل کی پارلیمنٹ اور ہوائی اڈے کے قریب ہونے والے دھماکے بھی شامل ہیں۔ اسی کے مطابق امریکی حملے میں بہت سی چیزیں غلط طریقے سے کی گئیں۔ وہ کہتے ہیں: 'افغانی اور سفارتی کوششوں کے باوجود بہت سے مسائل میں سے ایک مسئلہ یہ تھا کہ امریکہ اور عالمی برادری پاکستان کو پر کسی جنگ کرنے سے نہیں روک سکا جس نے اپنی کامیابی ثابت کی۔' اور یہ دوسرے ہتھیاروں سے زیادہ کامیاب ثابت ہوا ہے۔'

زیادہ خرچیلی جنگ

اگرچہ سوویت یونین کی جنگ کے نتیجے میں زیادہ خونریزی ہوئی لیکن امریکی حملہ زیادہ مہنگا ثابت ہوا۔ سوویت یونین کے افغانستان جنگ میں اگر دو ارب ڈالر سالانہ خرچ ہوئے وہیں امریکہ کی جانب سے سنہ 2010 اور 2012 کے درمیان سالانہ تقریباً 100 ارب ڈالر خرچ ہوئے۔ لیکن سقوط کابل کو جنوبی ویت نام کے واقعات سے بھی تشبیہ دی گئی ہے۔ ریپبلکن پارٹی کی کانگریس میں رکن اسٹیفنک نے ٹویٹ کیا: 'یہ جو بائیڈن کا سائیکلون ہے۔' بین الاقوامی منظر نامے پر ایک تباہ کن ناکامی جسے کبھی فراموش نہیں کیا جائے گا۔'



Ladies
Tajweed
Classes

Monday 6th September
2pm-3pm

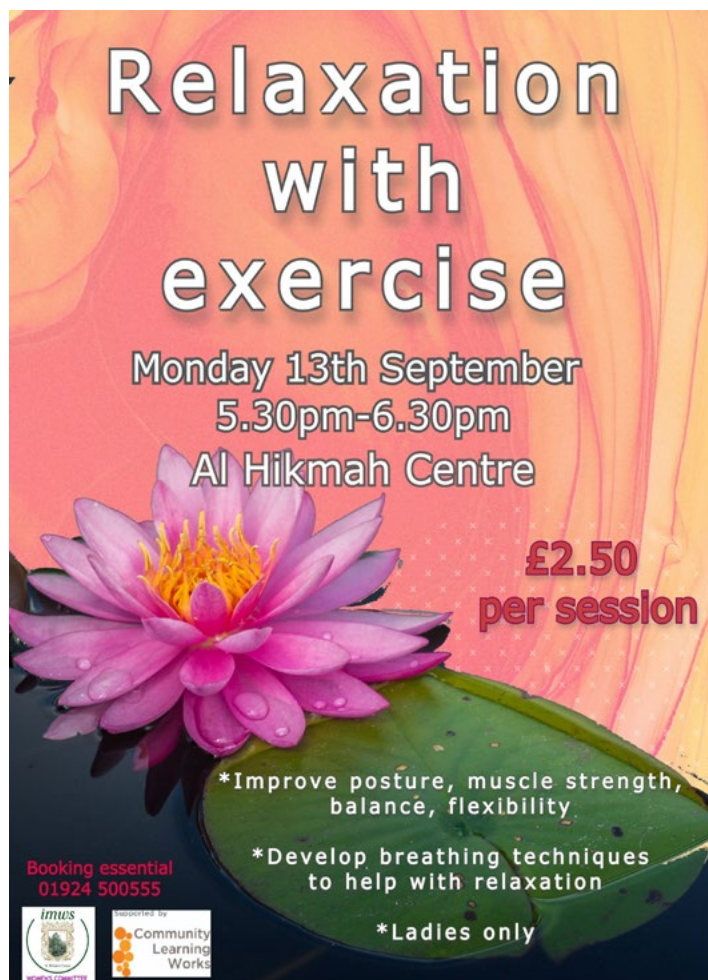
Booking
Essential

01924 500555

Mixed ability class - beginners welcome

Free class

imws



**Relaxation
with
exercise**

Monday 13th September
5.30pm-6.30pm
Al Hikmah Centre

**£2.50
per session**

*Improve posture, muscle strength,
balance, flexibility

*Develop breathing techniques
to help with relaxation

*Ladies only

Booking essential
01924 500555

imws
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Community
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Works



Men's circuit training
IMWS healthy living
initiative in North Kirklees
Tuesday 7pm - 8pm
Free
(Wedding Hall)

Friday 8pm - 9pm
Small contribution
required
(Sports Hall)

Please contact: 07890156490
to register with the instructor

Al-Hikmah Centre
28 Track Road, Batley, WF17 7AA
Tel: 01924 500555

imws



Free Ladies aerobics
Provided by IMWS

5.15pm-6.15pm
Booking required
Starts 7th September 5-6 PM
Please wear trainers.

Please contact: 07974647062
for more information

Al-Hikmah Centre
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01924 500555

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