## Local Hajis share

## frustrating experience

 of Hajj booking system

Countless British Muslims who booked travel to Saudi Arabia to perform Hajj via a sub-standard Saudi government-backed online portal have described their experiences as a "nightmare" following a lottery system which selected UK travellers.

Saudi Arabia's ministry of Hajj and Umrah recently announced that visitors from the UK, Europe, the US and Australia would not be able to book Hajj packages offered by travel agents and would
instead need to apply through a lottery system called Motawif. Pilgrims usually take months to prepare for the religious rituals associated with Hajj, and to attend seminars to ensure that the Hajj is completed correctly.

Under the new system, a plethora of pilgrims from only had a few days to 'drop everything' and fly out. Local businessman, Zulfekhar Patel, owner of Europa Beds, told Paigaam about the "mediocre" booking
system along with the "derisory" customer service offered by Motawif throughout his Hajj journey.
"Once we got to Saudi, we all got an e-mail asking us to make duaa, but the picture in the e-mail was that of a Hindu man in prayer," said Mr Patel.
"They put us all in coaches, according to what package we had booked, be it Platinum plus, Gold or Silver, but in actual fact there was no difference."

# Administrative system should be improved for the next Hajj 



T.he problems did not stop there. Mr Patel described what happened next as "shambolic".
"We were told to hand in our passports but a lot of people were reluctant to hand in our passports."

He lambasted the fact that Motawif did not provide any assistance for the Haji's on the coaches they provided: "I had to take over, I had to count all the heads, remember what they look like and count them all back on.
"There was no guidance. Usually, a group leader is with you and they check you on and off but how do you know everyone's back on the coach when they set off?
"We ended up at the hotel, it was absolute mayhem, there was luggage everywhere, it was a debacle. 5 or 6 hours later, they gave me a triple room. I advised that a triple room is no good for me as it was just me and my wife.
"I eventually paid two thousand Saudi
riyals and upgraded to a hotel adjacent to the Haram with a great view so I was fine. However, everybody was fighting and they are all quarrelling and everyone is tired because they have had a massive journey from Jeddah to Madinah."

However, Zulfekhar did not blame the individuals who worked for Motawif, as he insists, they did not have the relevant training.
"Eventually some of the Motawif staff had to take off their uniforms. These kids had gone into an interview a day before and they have been given a job but not been told anything about what to expect or what is going to happen and they have never put people into hotels. All they had was a pack of room keys and some just burst into tears as they were just thrown in at the deep end.
"However, as soon as we went to the reception at the hotel, they insisted it had nothing to do with them and to take any issues up with Motawif."

He insists his stay in Madinah was fine. However, the only time Motawif "were of any use," was when the group wanted
access to the Rawdah, a place of immense spiritual and historical significance.
"There were massive queues so we asked Motawif to do something about it as they were responsible as we booked through them. Therefore, a few days before we left, they organised separate times for both the men and the women. That is the only time they stepped in after so much hassle."

He insists his group was akin to a herd of cattle with no shepherd and everyone in effect, performed a "Google Hajj."
"Everyone had to go on to Google to find out what we needed to do. Luckily, we also had WhatsApp groups, so we could communicate with each other and also Whatsapp people back home for help too. It was a joke."

Zulfikhar also derided the journey from Madinah to Makkah, insisting the services advertised, were not provided. "We were expecting rail travel because we booked the platinum plus package but everyone went on a coach. We were supposed to leave at 9:oo in the morning but we didn't leave until 9:oo in the evening.
"We were supposed to have been given our passports, but they just came with a dozen clear bags. GDPR rules went out of the window. Every day we were given a list to check our passport numbers but the list was just there for show.
"A lot of people wanted to go to visit Masjid Quba and visit Mount Uhad, some of the people managed to get a zirayat out of Motawif, but many people decided to go private. Our hotel in Makkah, I'd give it a one star, even though we were promised a five-star package."

However, he did admit, parts of the hajj were taken care of nicely.
"It was very convenient and we were given fresh breakfast, drinks, ice cream and so much more. The first day of Haj in Mina was very good. Then we went to Arafat and we go up the jamarat and stone the shaitaan and there are now four tiers.
"We would walk up the Jamarat and there's a station there that took us straight into Arafat. It was a brilliant system and they gave us all a wristband and access was very easy. The gold and silver package got you really close to the Jamarat. The only difference was that those who paid 7 or 8 grand extra got a pot noodle and a quasion
"When we got to Arafat, everyone had their own camps. There were water fountains there, LED lights and I even had a shower in Arafat. The toilets were well maintained and those who booked a platinum plus package, had their own compound for around a hundred people. We were given a kitchen, fresh food, buffet, drinks, ice cream. We were spoilt rotten, instead of concentrating on duaa, we were reclining on sofa beds with brand new quilts.
"We left after Maghrib and made our way to muzdalifah. Now we had our own camps, own sleeping bags, musallahs and more. We were mixed in with the Americans, Europeans and Canadians. In our tent in Mina, there were 3 thousand people and I made some good friends."

Most worryingly however, he along with
the rest of the Haji's received an e-mail on the morning of the day of Arafah, stating their Qurbani had been completed, without showcasing any proof.
"How can we believe that everyone's qurbani had been completed via an e-mail? Especially first thing, early morning on the day of Arafah. The almighty knows best."

One couple from the locality who spoke on the condition of anonymity said they were due to travel in June from Manchester Airport after receiving a message stating: "Congratulations your profile has been verified please select the package of your choice and proceed to payment."

They said: "We saw the package prices available and we could not believe it: "A Gold package was priced at over $£_{20,000}$ for two people with flights from London. We wanted to fly from Manchester but we were priced out as the quote was almost $£ 3 \mathrm{O}$, ooo. We were priced out completely.
"It was a shambolic experience. The Saudi government do not have a clue. Because of them, so many people could not proceed with the bookings."

However, not everyone derided the service provided by Motawif. Batley based Faizal Mira, along with his wife, Sara said their experience was not negative, in fact, he said the couple had a positive experience along with many others.
"It's not as bad as people are making out. The negative stories are highlighted but we had a very positive experience along with many others, we had no issues," said Faizal.

He said the entire process was straightforward and easy. He said: "We got an e-mail on Tuesday the 22nd of June.

That evening, we logged on and liked the package on offer as it was within our budget and the entire process was smooth as we only had to wait 48 hours for our
visas which we received on a Thursday and the next day, we flew out from Manchester."

Mr Mira said he was not deterred despite the fact that this was the first time he would be travelling to the holy lands. "This was my first time. We landed in Jeddah and got to Madinah. It was a very peaceful experience. We got to pray our fourty salah and visited the roza Mubarak.
"However, when we left for Makkah, despite the fact that it was a 6 or 7 -hour journey there were no issues really, apart from a slight communication error, as we set off 6 hours earlier than expected."

Faizal said he was happy to have been invited by the Almighty. And even though he witnessed a few issues with timing, he insists this is to be expected during Hajj.
"I heard some horror stories but we just came across the usual issues that present themselves every year, nothing major.

He insists he was just happy to have been able to visit the holy lands and was afforded an opportunity to pray to be able to go to Hajj.
"We were just happy that we were picked by the Almighty to go to Hajj. We felt as if he was guarding us at every opportunity by our experience and by how happy we felt. We made duaa that we would be able to go and everything from payment and documentation was sorted out on time. Even though we did not have a guide in Mina, everybody helped each other out and we made friends for life. We were very content."

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# MCB: Tories must restore trust with Muslims 

The Muslim Council of Britain's Secretary-General Zara Mohammed believes it is time to rest our politics and restore trust and integrity in our democracy by banishing distrust of the British Muslim community.

She said: "The many crises we faced under the tenure of Boris Johnson were only a symptom of toxic British politics which marginalises minorities and punishes the most vulnerable in society.
"Over the years the Muslim Council of Britain has shown how Muslims in particular, have been demonised and viewed through the prism of security, distrust, and ridicule."

Mohammed believes an anti-Islamic agenda was presided over senior officials within the Tory party.
"Before becoming Prime Minister, Boris Johnson mocked Muslim women, causing an upsurge in Islamophobic attacks.
"And yet, the Tories chose him as a
leader without censure; underlining how

Islamophobia is rife in the Conservative Party and in politics in general."

The Leader of the Muslim Council of Britain also lambasted Johnson for failing to implement a definition of Islamophobia whilst also refusing to launch an inquiry into the much maligned Prevent programme.

She said: "As Prime Minister, Boris Johnson presided over broken promises of action after the Singh report. He made no progress in adopting a definition of Islamophobia.
"He ignored calls for a genuinely independent inquiry into Prevent. He remained silent as a Muslim MP alleged that she was denied promotion on account of her Muslimness. Parties were taking place at Number io as COVID-19 ripped through families and communities, whilst multi-million-pound PPE contracts were awarded to friends and donors."

She also questioned why Johnson did not see fit to publicly apologise for his behaviour whilst in office.
"Yet, there is no apology, not even a hint of contrition from the outgoing Prime

Minister in his resignation speech. This just scratches the surface of why there was a crisis of confidence in Boris Johnson's leadership, and more widely, in politics today."

However, she believes it is time for the country to heal any divisions and move on from Johnson's controversial tenure as Prime Minister.

She said: "The resignation of the prime minister comes at a delicate moment for our country: a cost-of-living crisis, international turmoil and deep divisions here in the UK.
"It is now time to reset our politics and restore trust and integrity in our democracy."

Ms. Mohammed further added: "We need to heal the divisions of the last few years and work to ease the difficulties faced by British people today.
"This also demands a new approach towards minority communities, one which no longer allows bigotry to go unchecked, which builds bridges with communities and repairs the distrust and damage caused by Boris Johnson."


Conservatives


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# IMWS provides much needed aid for the Afghanistan \& Bangladesh appeal 

The Indian Welfare Society recently sent thousands of pounds to help provide much needed aid in association with Islamic Relief as part of the Afghanistan earthquake and Bangladesh floods appeal .

The rationale behind the project was to help displaced families in the worst affected areas which are remote rural communities, many of which are hard to reach.

Thanks to your generous donations IMWS was able to team up with Islamic Relief and send a team to the Paktika province, which is one of the the worst affected areas, and was able to provide emergency food aid and cash so that people can buy supplies. Emergency shelter is also needed for people who have lost their homes.

A 6.I magnitude earthquake hit eastern

Afghanistan on the 22nd of June, killing over i,ooo people - although the death toll is likely to rise.

Homes have been completely destroyed and families are believed to be trapped under the rubble, with hundreds of people injured. Many people were asleep when the earthquake struck. Other critical infrastructure such as roads and power supplies have also been badly damaged.

As for Bangladesh floods: Communities in Sylhet and Sunamganj have been deluged.

Heavy monsoon rains over the past few days have led to rivers bursting their banks, cutting off around 2 million people in northeast Bangladesh. Many families are stranded and could run out of food within days.

Communities in low-lying areas in Sylhet and Sunamganj have been deluged. Homes and schools as well as vital
infrastructure such as power supply lines, water sources and roads are all damaged or underwater.

Many people have been affected by floods for the second time in a month, after severe flooding also struck the region in mid-May.

Munir Daji of IMWS thanked members for taking the time to donate money towards the Afghanistan and Bangladesh appeals.

He said: "Thank you very much for your donations to IMWS, your donations have been sent to the people of Gaza who are very grateful. IMWS works directly with the charity Palestine Welfare House which is based in Gaza.
"Once again, we would like to remind all our members that we have a number of ongoing charity projects all year round, so please feel free to inquire directly if you wish to donate."


# MI 5 needs to do more to combat right-wing terrorism in the UK 



Britain's domestic security agency $\mathrm{MI}_{5}$ needs to adopt different methods if it is to seriously confront the rise in extreme right-wing terrorism without jeopardising its other work, according to an influential group of MPs'.

The parliamentary intelligence and security committee is in an "untenable" situation and needs extra funding in order to eliminate the threat of terrorists.

Extreme right-wing terrorism accounts for one in five terrorist investigations in the UK, with high profile cases including the 2016 murder of former Batley and Spen MP Jo Cox, along with a plot to bomb a London Masjid as revenge for the 2017 Manchester Arena attack.

Although MI5 took over responsibility for combating right-wing terrorism in 2020, they have also been tasked by the British Government with countering state espionage by countries such as Russia and what Ken McCallum, the agency's director general, recently called "game changing"
threat from China. The committee's report warned that MI5's situation was "untenable" as extreme right-wing terrorism in the UK was on "an upward trajectory".

MP's said they are "seriously concerned" that MI5's other work would suffer as the agency had not been given "commensurate resources" to deal with the threat. "They ( $\mathrm{MI}_{5}$ ] cannot be expected simply to absorb this new responsibility," Julian Lewis, the Conservative chair of the committee, said.

He added: "MI5 must be given additional funding to enable it to tackle extreme right-wing terrorism without other areas of their work suffering as a consequence."

Although western countries have spent vast resources fighting extremism since the 9 /II terrorist attacks, homegrown extreme right-wing terrorism is seen as more of a threat.

McCallum has described dealing with it as "a very difficult cocktail of risks that we have to manage with great care".

In the US, where the hearings into the January 6 202r attack on the US Capitol continue, right-wing extremism has killed more people than any other potential threat, according to the Munich Security Report.

A highly diffuse category that includes neo-Nazis, white supremacists and nationalists, extreme right-wing terrorists tended to be tech-savvy, weaponsobsessed young Caucasian men who drew their inspiration from attacks in other countries, the committee said.

The group of influential MP's cited the example of Brenton Tarrant, who live streamed on Facebook his 2019 terrorist attack in New Zealand, which killed 5 I and injured 49 .

Among the names referenced on his weapons was Darren Osborne, who led a racially motivated attack outside a London mosque in 2017.

Chris Wray, the head of the FBI who recently visited $\mathrm{MI}_{5}$ in London, said that the way right-wing terrorists used social media to "egg each other on" made international co-operation essential.
$\mathrm{MI}_{5}$ "might have one dot and we have the other dot", Wray said. "If we're not super lashed together, we're going to miss the picture."

The committee requested extra funding for the terrorist threat after British military officials and analysts requested the British government increase their defence spending in the wake of Russia's invasion of Ukraine. However, the outgoing prime minister, Boris Johnson, has said UK defence spending will rise by $2.5 \%$.

## Paigaam Travel: Istanbul

stanbul has for a long time, been the heart and soul of Turkey. Boasting more than I4 million official residents, the city is the only one in the world that spans two continents; Europe and Asia.

Occasionally you meet people who wrongly assume that Istanbul is the capital of Turkey but even though it isn't, it is still an important business hub and the number-one tourist destination of Turkey.

In 2OI4, it beat the likes of Rome and Milan to become a top city-break destination of the world. Some people return time and time again for a leisurely break while others admire the city so much, they buy homes there, and it now has a large expat community comprised of many nationalities.

Whether people fall into the category of tourist, business traveller or expat resident, we all have one thing in common and they say with pride, "I love Istanbul."

During a visit to Istanbul, you will be spoilty for choice, in terms of food as KFC, Mcdonalds along with the traditional gastronomic outlets are freely available across Istanbul.

In Istanbul, when thinking about food, there is no need to comprise on taste. Then there's the Turkish man named Nusret Gökçe whose exaggerated way of preparing and seasoning meat blew up the Internet. Since then, he was nicknamed Salt Bae and his steakhouse Nusr-et has been expanding, not just across Istanbul, but across the world.

There are plenty of branches across Istanbul, some are steakhouses, some as burger joints. The Nusr-Et Steakhouse Sandal Bedesteni, which is right by the Grand Bazaar in the Old City of Istanbul. Just to name a few locations.


You can find them at Galata, Galataport, Besiktas, etc. You will no doubt become fascinatedbythehistory ofTurkeyandsince Istanbul was formerly Constantinople, the capital of both the Byzantine and Ottoman empires, it is perfect for history buffs.

The old part of the city is a UNESCO World heritage site. The Blue Mosque of i6ı6 portrays the brilliance of architect Sedefkar Mehmed Agha, who was a pupil of Mimar Sinan, the most respected architect of the Ottoman period, while the Hagia Sophia, which is now once again a Masjid is truly a sight to behold.

The majestic Topkapi Palace served as the administrative and educational center of the Ottoman Empire for about 400 years. Today, it is a museum and one of the most famous and visited tourist attractions of Istanbul.

Covering an area of around 700,000 square meters, the oriental palace resembles an open-air museum that showcases the glory of the Ottoman dynasty, with impressive collections, weapons, sacred relics, and the Topkapi Treasury. On display are holy relics of the Holy Prophet (peace be upon him),
including the hair from the Prophet's beard, the tooth he lost during the battle of Uhud, the footprints, his mantle and sword. More sacred relics attributed to other holy prophets are also exhibited, such as the staff of Moosa (A.S), the sword of Dawood A.S), the tray of Ebrahim A.S), and the robe of Yusuf A.S).

Major wars have been fought and many men have died for control of the strategic strait of water, famously knows as The Bosphorus. The Byzantine Empire seriously neglected its importance, therefore helping the Ottoman Sultan Mehmed to take control of Constantinople and ultimately finish their reign.

Repeat visitors to Istanbul are generally opting for the Princess Islands tour which includes swimming stops and visit to the group of Islands with its magnificent old Ottoman mansions.

Cruise ship visitors often hire their own boat so they have privacy at lower costs, while businesses are hosting more dinners and events on the water, rather than off it. Life on the shores of the Bosphorus has and always will be a pivotal point of Istanbul's characteristic appearance.

# Former Paigaam journalist lands Comment Editor role at Yorkshire Post 



A
former Paigaam journalist has been hand-picked to edit a regional newspapers daily section.

Senior Business Reporter, Ismail Mulla has been announced as the new comment editor of the Yorkshire Post after eight years working on the respected business section of the Leeds-based daily newspaper.

His promotion comes after Tom Richmond, a senior editorial figure who was the YP's previous opinion editor, died earlier this year at the age of 52 .

Announcing his new role on his official Twitter, Ismail wrote: "They're big shoes to fill but I'll look to put my own stamp on the role.
"Looking forward to helping shape campaigns that are important to this region
and give Yorkshire a voice in the corridors of power."

Ismail, who lives in Dewsbury, worked for Paigaam from 2012 to 2014, also currently teaches a postgraduate journalism course, on a part time basis at Leeds Beckett University has also been reporting on general news during his time with the Yorkshire Post.

Ismail went on to thank his colleagues including former head of business and features Mark Casci, deputy business editor Greg Wright, city editor Ros Snowdon and journalists Lizzie Murphy and John Grainger.

He added: "A huge thank you to colleagues past and present for making this boy from Dewsbury feel at home on business."
Ismail said: "I'm pleased to be taking up the position of comment editor at The

Yorkshire Post. When I joined the title eight years ago, as an intern through The Printing Charity, I never thought I'd end up in such an important role.
"Being entrusted as the comment editor means that much more to me because it was the post previously held by my late friend, colleague and mentor, Tom Richmond.
"There will never be another Tom. He was a titan of the newsroom and a fierce champion for the region. I hope to continue that tradition of representing our readers.Abig thank you to all my colleagues past and present on the business desk. It's been a joy to be a part of the team."

Ismail joined the Yorkshire Post in 2014 with an internship scheme funded by The Printing Charity and was taken on fulltime in 2015.

The scheme was set up to highlight Yorkshire's creative and digital industries and help develop the next generation of journalism talent in the county and receive the relevant training and mentorship support.

Speaking at the time, Ismail said his dream was to become a journalist.

He said: "I am very proud to be joining the staff here at The Yorkshire Post on a permanent basis.
"I have dreamed of being a journalist since the age of ten. This wouldn't have been possible if it wasn't for The Printing Charity's help.
"The charity gave me the opportunity to learn from some of the best in the business but also given me a chance to showcase my enthusiasm and ever developing abilities."

# Shabir Pandor loses bid to 'run for MP' 

The leader of Kirklees Council, Shabir Pandor, has failed to make it into the final four set of candidates vying to replace Huddersfield MP Barry Sheerman.

In December the 8i-year-old Labour MP confirmed that he would not be standing at the next General Election expected to be around two years away.

Given that Mr Sheerman has held the seat for 40 years it is a plum target for any aspiring politician and given his prominence in Huddersfield Labour circles the 56 -year-old is likely to be a strong challenger.

Clr Pandor was one of seven Labour hopefuls with an eye on taking over from

Mr Sheerman.

That number has been whittled down to form a shortlist that will be voted on by the 550 members of Huddersfield Constituency Labour Party.

Councillor Pandor's bid to replace Sheerman hit a snag when the incumbent MP launched a scathing attack on the Batley based leader of the council.

The council's U-turn over its decision not to allow the George Hotel, the birthplace of Rugby League, to house a national museum, particularly irked Sheerman.

However, Mr Pandor responded by saying: "These are incredibly challenging times for event organisers all over the country and no one, our MP included, has been able to come up with a viable solution
in time for this year's festival. But, as I've said to Barry directly, my door is always open to constructive ideas.
"The council's events team will continue to work closely with the festival's organisers and support them in shaping the event for 2023. We have a lot of other family-friendly events coming up over the next few weeks.
"We look forward to the Cabinet considering exciting proposals for the George Hotel soon.
"In the meantime, we are determined to deliver our Cultural Heart project which will transform Huddersfield town centre and represents one of the most ambitious and visionary regeneration programmes of its kind in the country."

## IMWS Caretaker <br> Salary \& Hours: To Be Confirmed

The Indian Muslim Welfare Society is one of the largest voluntary community organisations in the Yorkshire and Humberside region. We are seeking to recruit a highly motivated, enthusiastic, reliable and committed individual to look after wedding hall and other bookings in the evenings and weekend at the Al-Hikmah Centre.

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IMWS AI-Hikmah Centre, 28 Track Road, Batley, West Yorkshire, WF17 7AA. Tel: (01924) 500555. E-mail: info@imws.org.uk

# Who is Man Utd's Zidane Iqbal? 

zidane Iqbal has been gaining many plaudits after he rightly grabbed the headlines after excelling during Manchester United's pre-season tour this summer.

Muslim like me as well. Seeing another Muslim footballer is good," said Iqbal in a recent video FA video during South Asian Heritage Month.
pulled me in and said I'm going to take you to The Cliff (Man Utd's former training ground). Since then, I've just kicked on and progressed through each age group."

Iqbal also insists his immediate family has also played a vital part in his drive to continue working hard as he looks forward to a first full season in Premier League 2 with United's Under23 s. "I come from such a hardworking family," he added.
"My parents are always working hard, my brother, my grandparents.
"When we came to this country, they all inspired me to give my best at everything I do."

Iqbal has also gained a reputation for being humble off the pitch as well as on it by playing an influential role in the Professional Footballers' Association Asian Inclusion Mentoring Scheme (Aims).

He prides himself on being a 'good role model' to the next generation and says he is eager to support Muslim youngsters as they try to make their way in sport.

Iqbal previously said: 'Of course. I'd like to be a good role model. I see lots of people saying, "Oh, you're a role model" and I try to take that on in everything I do, really."


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## Why Vapes are unsafe

Nearly one-third of deaths from heart disease are the result of smoking and second-hand smoke.

You might be tempted to turn to electronic cigarettes (e-cigarettes, vape pens, and other non disposable and disposable vaping devices) as a way to ease the transition from traditional cigarettes to not smoking at all. But is smoking e-cigarettes (also called vaping) better for you than using tobacco products?

Michael Blaha, M.D., M.P.H, director of clinical research at the John Hopkins Ciccarone Centre for the Prevention of Heart Disease, shares health information about vaping.

## I: Vaping is not safe.

E-cigarettes heat nicotine (extracted from tobacco), flavorings and other chemicals to create an aerosol that you inhale. Regular tobacco cigarettes contain 7,ooo chemicals, many of which are toxic.

However, there has been an outbreak of lung injuries and deaths associated with vaping. In February 2020, the Center for Disease Control and Prevention (CDC) confirmed $2,8 \mathrm{O} 7$ cases of e-cigarette or vaping use-associated lung injury (EVALI) and 68 deaths attributed to that condition.
"These cases appear to predominantly affect people who modify their vaping devices or use black market modified e-liquids. This is especially true for vaping products containing THC," explains Blaha.

The CDC has identified vitamin E acetate as a chemical of concern among people with EVALI. Vitamin E acetate is a thickening agent often used in THC vaping products, and it was found in all lung fluid samples of EVALI patients examined by the CDC.

Research from The John Hopkins University on vape ingredients, published in October 202I reveals thousands of chemical ingredients in vape products, most of which are not yet identified. Among those the team could identify were several potentially harmful substances, including caffeine, three chemicals never previously found in e-cigarettes, a pesticide and two flavorings linked with possible toxic effects and respiratory irritation.

## 2: Research suggests vaping is bad for your heart and lungs.

Nicotine is the primary agent in regular cigarettes and e-cigarettes, and it is highly addictive. It causes you to crave a smoke and suffer withdrawal symptoms if you ignore the craving.

Nicotine is a toxic substance. It raises your blood pressure and spikes your adrenaline, which increases your heart rate and the likelihood of having a heart attack.

Is vaping bad for you? There are many unknowns about vaping, including what chemicals make up the vapor and how they affect physical health over the long term. "People need to understand that e-cigarettes are potentially dangerous to your health," says Blaha.
"Emerging data suggests links to chronic lung disease and asthma, as well as associations between dual use of e-cigarettes and smoking with cardiovascular disease. You're exposing yourself to all kinds of chemicals that we don't yet understand and that are probably not safe."

3: Electronic cigarettes are just as addictive as traditional ones.

Both e-cigarettes and regular cigarettes contain nicotine, which research suggests may be as addictive as heroin and cocaine. What's worse, says Blaha, many
e-cigarette users get even more nicotine than they would from a combustible tobacco product: Users can buy extrastrength cartridges, which have a higher concentration of nicotine, or increase the e-cigarette's voltage to get a greater hit of the substance.

## 5: A new generation is getting hooked

 on nicotine.According to Blaha, there are three reasons e-cigarettes may be particularly enticing to young people. First, many teens believe vaping is less harmful than smoking.

Second, e-cigarettes have a lower per-use cost than traditional cigarettes. Finally, youths and adults find the lack of smoke appealing. With no smell, e-cigarettes reduce some of the stigma of smoking.
"What I find most concerning about the rise of vaping is that people who would've never smoked otherwise, especially youth, are taking up the habit," says Blaha. "It's one thing if you convert from cigarette smoking to vaping. It's quite another thing to start up nicotine use with vaping. And, getting hooked on nicotine often leads to using traditional tobacco products down the road."


# Why are BTEC courses being phased out? 

Despite numerous calls to reverse the plan, the Government is set to go ahead with proposals to defund all BTEC courses as part of a proposal to reform Britain's further education system.

An estimated 259,291 young people are set to be affected by the Department for Education's decision, which involves phasing out BTECs in favour of T-Levels, the new, two-year technical courses which are the equivalent of three A-Levels.

A letter signed by twelve national educational organisations urges the government to reconsider. The letter states that the move to scrap BTECs is "reckless", citing a government equalities impact assessment that was done on the proposed reforms which found that "disadvantaged students have the most to lose".

The organisations said BTECs were seen as "engines for social mobility", referring to research done by the Social Market Foundation which found $44 \%$ of workingclass white students started university with at least one BTEC qualification and $37 \%$ of black students enrolled with BTECs alone.

BTECs are vocational further education courses taken after GCSEs. They span a range of subjects and are designed to provide work-based skills in areas including health and social care, engineering and the creative arts.

The Department of Education have confirmed that, following consultation with educators, students and parents, the new system will be phased in in the two years between 2023 and 2025 .

In this time, BTECs will be gradually shelved to make room for a new system that exclusively involves apprenticeships, A-Levels and T-Levels.
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In this time, BTECs will be gradually shelved to make room for a new system that exclusively involves apprenticeships, A-Levels and T-Levels.
"So, it is hard to fathom why the government wants to scrap most of them and force young people to choose between studying A-levels or T-levels from the age of $16 . "$

Dr Patrick Roach, the general secretary for NASUWT teaching union agrees, and said: "We should be expanding the pathways for young people to succeed and flourish, not closing them off."

Deane MP Rebecca Pow has also called for BTEC career-focused qualifications to be retained. In her House of Commons intervention, Ms Pow said: "BTEC courses have transformed the lives of
hundreds of students from the outstanding Richard Huish College and Bridgwater and Taunton who have progressed on to further academic studies or into jobs especially in the health sector, teaching, construction and IT and many link directly into the needs of business.
"There is also a big uptake from those with special needs and disability and from deprived areas.
"Scrapping opportunities that the BTEC provides will leave many students without a viable pathway at the age of I 6 and will hamper progress to higher education or skilled employment.
"I support the Government's plans to have a more tailored focus on skills linking to employment, but let's not throw out options or indeed a system that in many cases is working well."

This is not the first time the government has faced such criticism for introducing such plans which were revealed by former education secretary, Gavin Williamson.

Speaking at the time, he said: "These reforms will simplify and streamline the current system, ensuring that whatever qualification a young person or an adult chooses.
"They can be confident that it will be high-quality and will lead to good outcomes."

## Winners

## Paiqaam Kids paqe

## $1^{\text {st }}$ Prize sponsored

 by Pizza GOGO Pick up ONLY 1) Hafsa Khan Batley
2)Yusuf Kazi Batley

2nd Prize sponsored by Chickanos Pick up ONLY

3 ) Shaakirah Patel Dewsbury

3rd Prize sponsored by Islamic Bakery
Pick up ONLY
Please collect your prizes from the Al-Hikmah Centre.

Terms and conditions apply
Name and town of winning entries will be published. Age limit 13.

Please send this page with your
name, address, postcode, age and telephone number before 20th August 2022 to.

Kiddies Competition, Al-Hikmah Centre, 28 Track Road, Batley, West Yorkshire, WFIT TAA


Postcode:

Here is a fun sorting maze worksheet.


Full Name:
Address:
Here is a fun sorting maze worksheet.
 ,

# Benefits of Physical Activity 



Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits. Only a few lifestyle choices have as large an impact on your health as physical activity.

Everyone can experience the health benefits of physical activity - age, abilities, ethnicity, shape, or size do not matter.

## Immediate Benefits

Some benefits of physical activity on brain health [PDF-I 4.4 MB ] happen right after a session of moderate-to-vigorous physical activity. Benefits include improved thinking or cognition for children 6 to 13 years of age and reduced shortterm feelings of anxiety for adults. Regular physical activity can help keep your thinking, learning, and judgment skills
sharp as you age. It can also reduce your risk of depression and anxiety and help you sleep better.

## Weight Management

Both eating patterns and physical activity routines play a critical role in weight management. You gain weight when you consume more calories through eating and drinking than the amount of calories you burn, including those burned during physical activity.

To maintain your weight: Work your way up to 150 minutes a week of moderate physical activity, which could include dancing or yard work. You could achieve the goal of ${ }^{5} 50$ minutes a week with 30 minutes a day, 5 days a week.

People vary greatly in how much physical activity they need for weight management. You may need to be more active than others to reach or maintain a healthy weight.

To lose weight and keep it off: You will need a high amount of physical activity unless you also adjust your eating patterns and reduce the amount of calories you're eating and drinking. Getting to
and staying at a healthy weight requires both regular physical activity and healthy eating.

## Strengthen Your Bones and Muscles

As you age, it's important to protect your bones, joints, and muscles - they support your body and help you move. Keeping bones, joints, and muscles healthy can help ensure that you're able to do your daily activities and be physically active.

Muscle-strengthening activities like lifting weights can help you increase or maintain your muscle mass and strength.

This is important for older adults who experience reduced muscle mass and muscle strength with aging. Slowly increasing the amount of weight and number of repetitions you do as part of muscle strengthening activities will give you even more benefits, no matter your age.

## Improve Your Ability to do Daily Activities and Prevent Falls

Everyday activities include climbing stairs, grocery shopping, or playing with your grandchildren. Being unable to do everyday activities is called a functional limitation. Physically active middle-aged or older adults have a lower risk of functional limitations than people who are inactive.

For older adults, doing a variety of physical activity improves physical function and decreases the risk of falls or injury from a fall. Include physical activities such as aerobic, muscle strengthening, and balance training. Multicomponent physical activity can be done at home or in a community setting as part of a structured program.

Hip fracture is a serious health condition that can result from a fall. Breaking a hip have life-changing negative effects, especially if you're an older adult. Physically active people have a lower risk of hip fracture than inactive people.

# US Senator tables resolution against Modi's government 

AMuslim member of the House of Representatives has called for the American State Department to declare India an egregious violator of religious freedom.

Ilhan Omar, a member of the House of Representatives, tabled a resolution that has been co-sponsored by Representatives Rashida Tlaib, Jim McGovern and Juan Vargas, all Democrats.

Omar and Tlaib are the first Muslim American women in Congress and they have both tended to focus on, among other things, Muslims around the world and threats and challenges confronting them.

The resolution, which is non-binding unlike a legislation, calls upon Secretary of State Antony Blinken to designate India a "country of particular concern", a categorisation used by the US under its International Religious Freedom Act for countries it considers are the most egregious violations of religious freedom.
"The Indian government must be held responsible for human rights violations against religious and cultural minorities," Omar said.
"In recent years, the Indian government
has been escalating repressive policies against Muslims, Christians, Sikhs, and Dalits. It is past time for the State Department to acknowledge the reality of the situation in India and formally designate India as a Country of Particular Concern under the International Religious Freedom Act," she added.

Omar has been a strident critic of the Narendra Modi-led government and has targeted its decisions earlier to revoke the special constitutional status of Kashmir.

The Congresswoman has also been an unabashed supporter of Pakistan and visited the country in April as a guest of its government, as first reported by this correspondent for IANS. There is nothing wrong with it. US lawmakers are allowed such sponsored visits.

However, Omar had gone on to use the visit to tour the disputed region of Pakistanoccupied Kashmir and, while there, spoke about "human rights violations and to talk about the bigger issue with the Modi administration's anti-Muslim rhetoric and how that's leading to human rights violations as well".

AspokespersonfortheIndiangovernment reacted angrily to Omar's resolution: "We have noted that US Representative Ilhan Omar has visited a part of the Indian Union

Territory of Jammu and Kashmir that is currently illegally occupied by Pakistan," a spokesperson for the Ministry of External Affairs had said.
"If such a politician wishes to practice her narrow-minded politics at home, that may be her business. But violating our territorial integrity and sovereignty in its pursuit makes it ours."

Omar's resolution relies heavily on a recent report of the US Commission on International Religious Freedom, a government agency set up by Congress, to make her case for designating India. The resolution cites the report repeatedly.

This report had also recommended to the State Department that it should designate India a country of particular concern. But the recommendation was not accepted.

In fact, the commission had made the same recommendation in 202I also and it had met the same fate then.

Religious freedom and human rights have assumed new significance in the bilateral relationship after the Modi government began to aggressively push back against routine American unilateralism on these issues, which had been ignored by previous dispensations and governments of other countries.

## Batley man visits Jamiat operation

Hafiz Yusuf Patel was invited by the renowned Jamiat Ulama-i-Hind (WCJUH) organisation at their central office in July.

Hafez Yusuf is an executive member of IMWS aswell as ICWA.

The two-day meeting of the working committee of Jamiat Ulama-i-Hind (WCJUH) was presided over by respected scholar, Maulana Mahmood

Asa'd Madani, President Jamiat Ulama-iHind at Mufti Kifayatullah Hall, ITO, New Delhi.

In his presidential speech on this occasion, President of Jamiat Ulama-i-Hind Maulana Mahmood Madani expressed concern over the current situation in the country.

In a statement, he said "the ongoing communal situation, hate crime,
protection of the constitution and many important issues facing the nation and the community were discussed in detail."

Hafiz Yusuf Patel said he was humbled to have been received by Moulana Madni and was honoured to be invited. Prominent personalities who attended, included Moulana Hakeemuddin Qasmi, Moulana Niaz Ahmad Farooqui, Moulana Ebrahim Kerala and Moulana Sufyan Kerala.

## Imws Muslim Burial Services

The IMWS Muslim 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.

Burial Contact Numbers
Ebrahim Chopdat 07980381197

Yusuf Paliya 07590019315

Munir Daji
07739142988

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

Kirklees Counci Burial fee is $£ 2252.00$ Donations towards the running costs of the funcral van is most appreciated.

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## Parent Testimonials



# Kim Leadbeater MP column 

I hope everyone celebrating Eid al Adha had a wonderful time with friends and family. I was very happy to see so many pictures of the various celebrations across Batley and Spen.

This celebration comes at the culmination of the annual Hajj pilgrimage and I know that while many people locally will have attended, others could not partly because of changes to the booking criteria. My team and I are keeping an eye on developments and will make representations where we can to urge that the process be made easier in future.

As we look forward to the summer volunteers across our area continue to organise fantastic events. I am very aware that the cost of living crisis means many people are having to cut back on their spending and that may include holidays. Fortunately much of what is going on locally is free, including a number of holiday activity camps for kids where they also get fed.

The backlogs at the Passport Office have caused a lot of anxiety for many people. If you are lucky enough to have a trip abroad booked and you're due to leave within two weeks but haven't received your passport yet, the number to ring is 0300 2220000 .

The summer break is also a time for reflection for me. Parliament broke up this week and the first anniversary of my election as MP was at the beginning of July. At Boris Johnson's last Prime Minister's Questions I asked him to reflect on the principles that should govern how all of us behave in public life - selflessness, openness, objectivity, honesty, integrity, accountability and leadership.

These are the values I try to uphold and I believe we can only restore trust in the political process if members of all parties do the same.I am always delighted to meet and listen to people of great experience and authority to hear their views and celebrate the common ground that we share.

A few weeks ago, I was fortunate to have a long conversation with the scholar, activist and distinguished Indian politician Moulana Mahmood Madni Sb. We had a refreshing exchange of ideas and it was a pleasure to hear his thoughts around peaceful coexistence and the message of hope he conveys to Indian Muslims around the world. Like him, I want see an India that is inclusive of all its minorities and true to its pluralist origins.

This week I took part in a meeting at Westminster on the future of Indian Democracy, chaired by my friend and colleague Afzal Khan MP. We heard very worrying testimony from organisations including Amnesty International and Human Rights Watch about the harassment of religious minorities and attacks on freedom of expression.

I agreed with those activists who said that while Britain seeks to strengthen its relations with India this should never be at the expense of undermining democratic protections and the country's secular constitution.

My commitment to human rights and democracy is not limited to any one issue or one part of the world. This week I supported a statement from sixteen organisations, including CAABU - the Council for Arab British Understanding and Medical Aid For Palestine, calling for an immediate end to the closure of Gaza. The statement points out that:
'In 20IO, then-UK Prime Minister David Cameron called Gaza a "prison camp" and demanded an end to the closure. Eleven years later, UN Secretary General António Guterres stated, "if there is a hell on earth, it is the lives of children in Gaza".

These observations are fully consistent with the closure of Gaza being deemed illegal under international law, including by the International Committee of the Red Cross and UN human rights experts, on the basis that it constitutes "collective punishment".

With others I am calling on the UK government to take urgent action, in cooperation with the international community, to pursue the end to this longstanding injustice.

There will be a skeleton staff in my office for the first half of August, but if you have an urgent issue that needs our help it will still get attention. Other enquiries may take a little longer than usual to reply to, but as always my top priority is to tackle the issues of importance to people across Batley and Spen.

Kim
P.S. I want to be accessible to all my constituents as I can.

My web site address is: www. kim\&batleyandspen.com and that's where you can find more details on everything I've been doing locally, nationally and internationally.

Sign up to my newsletter and meet the team that are working with me.


# Legal Column: Consumer Rights 

Under the Consumer Rights Act 2015 traders are legally responsible to sell goods which are:

As described, meaning the actual product must match any description given to the customer before purchase by which the goods are identified.

Of satisfactory quality, meaning they are of a standard that would be reasonably be expected taking into account the price paid and description. In some cases the quality of the goods will include freedom from minor defects, safety, durability, appearance and finish.

You can keep the goods for 30 days without rejecting them. It is a good idea to report the problem to the seller as soon as you become aware of the fault.

You must give clear notice of this to the seller. If you allow 30 days to elapse then you no longer have the right to a refund, but you are still entitled to get the item repaired or replaced for free instead.

## HOW TO OBTAIN REFUNDS FOR FAULTY GOODS

If a fault develops soon after you purchased an item, or it was faulty straightaway, meaning the goods are not of satisfactory quality, then you are entitled to a full refund from the retailer. You must give the seller clear notice that the item is rejected within 30 days for a refund to be given.

## To obtain a refund:

Contact the retailer. Tell them you want to reject the item and would like a full refund. If the item is genuinely faulty and 30 days have not elapsed since the purchase, you should get a refund.

[^0]always have to be a receipt.It can be a credit card or statement, a witness, a cheque stub or any other evidence that proves you bought the product from that retailer.

If the retailer rejects your claim then check to see if the goods are covered by the manufacturers guarantee. If neither the retailer nor the manufacturer offers a refund then write to the retailer again formally rejecting the faulty goods under the Consumer Rights Act 2015. Explain that you will take the matter to the small claims court unless a full refund is offered.

If the retailer still does not offer a refund you may want to consider getting the item replaced or repaired instead. However if you still want a refund, you will need to go to the small claims court.

If you paid for the faulty goods with a credit card and they cost between $£_{\text {Ioo }}$ and $£ 30000$, you may bring a claim a refund against the credit card company if goods are not of satisfactory quality or if the retailer goes out of business.

## HOW TO GET FAULTY GOODS REPAIRED OR REPLACED

Under the Consumer Rights Act, your rights may allow you to get faulty goods replaced or repaired for free up to 6 years after purchase in England, although the longer you have had the goods the more difficult it will be to show the defect arose as a result of the state of the goods at time of purchase.

If the fault happens within 6 months of the purchase, and it's not because of fair wear and tear, accidental damage or misuse, then the retailer must repair or replace the faulty goods. If the retailer objects, he must prove that the item was not faulty to begin with or that it was not expected to last very long.

## SECOND HAND GOODS AND SALE ITEMS

The Consumer Rights Act also cover these type of goods. However the requirement that goods be of satisfactory quality does not apply to a particular defect where that defect has been pointed out to you before you buy the goods and / or you inspect the goods before agreeing to buy it and the defect is one that you should have spotted

## THE CONSUMER PROTECTION ACT ${ }^{198}$ ?

This Act provides additional protection or a consumer. It provides protection from defective and unsafe goods. Strict Liability means that you do not have to prove that they were at fault. What you will have to prove is that the product was defective, and that it was this defect that caused the injury, or in tragic cases, even death.

## NON RECEIPT OF GOODS AND LATE DELIVERY RIGHTS

The retailer is responsible for goods until they are in your physical possession or of someone appointed by you to accept them. This means that retailers are liable for the service provided by the couriers they employ. The delivery firm is not liable.

## LATE DELIVERIES

There is a default delivery period of 30 days during which the retailer needs to deliver unless a longer period has been agreed. If the above does not happen, you can do the following: If the delivery is later than agreed and it was essential that it was delivered on time, then you have the right to terminate the purchase and get a full refund. If the delivery is not time essential but another reasonable delivery time cannot be agreed, you are also within your rights to cancel the order for full refund.

Disclaimer: The advice offered in this column is intended for informational purposes.

## ભલાઈ કશો ભલું થશે ! <br> - મહંમદ યુસુફ સુફી લાજપુરી, બાટલી.

એક પતિ પત્ની અમેરિકામાં રહેતા હતા. બન્ને ઘણાંજ માલદાર હતા. એક બીમારીમાં તેણીના પતિ મરણ પામ્યા. હવે પત્ની એકલા પોતાના વિશાળ બંગલામાં જીવન પસાર કરતા હતા. એક દિવસ પત્ની એક લાંબા પ્રવાસે પોતાની કારમાં નીકળી. મોટરવે ઉપર કાર હંકારી રહી હતી કે એકાએક તેને કારમાંથી અવાજ સંભળાયો. કાર સાઈ૩ ઉપર પાર્ક કરી જોયું કે, એક ટાયરમાં પંકચર પડૂયું હતું. પંકચરવાળા ટાયરને બદલી નવું ટાયર નાંખવાની શક્તિમાં તે ન હતી. જેથી મદદ માટે મોટરવેના એક તરફ ઊભા રહી સાઈડ પરથી જતાં ષ્હીકલોને હાથ કરી રહી હતી. બઘાજ બીઝી હોય કોઈએ મદદ માટે પોતાની ગાડી રોકી નહીં. બપોરની સખત ગરમી પડી રહી હતી. એક વ્યક્તિ પોતાની કારમાં જઈ રહ્યો હતો. તેણે સાઈડ ઉપર ઉભેલ સ્ત્રીને જોઈ કે જે મદદ માટે હાથ કરી હતી. આ વ્યક્તિને દયા આવી અને તેણે પોતાની કાર રોકી સ્ત્રીને પૂછૂયું શુુુ થયું છે ? સ્ત્રીએ કહ્યું મારી ગાડીમાં પંકચર પડૂયું છે અને મારાથી ટાયર બદલી શકાય એમ નથી.
તે વ્યક્તિએ કહ્યું બહેનજી તમે પસીનામાં ભીજાય ગયા છો, મારી કારમાં બેસી જાઓ. હું એરકન્ડીશન ઓન કરી આપું છું અને તમે કારમાં આરામ કરો, હું કારનુ વ્હીલ બદલી આપું છું. સ્ત્રી કારમાં બેસી ગઈ અને સ્ક્રીનમાંથી જોઈ રહી હતી કે, આ વ્યક્તિ ગરમીના આવા કપરા સમયે મને મદદ કરી રહ્યો છે. પોતાની પર્સમાંથી ૧૦૦ ડોલર અલગ કરી લીઘા. પેલી વ્યક્તિએ પંકચરવાળું ષ્હીલ બદલી નવું સ્પેર વ્હીલ કારમાં ફીટ કર્યા પછી સ્ત્રીને કહ્યું હવે તમારી કાર રેડી છે બેસી જાવ. ર્ત્રીએ ૧૦૦ ડોલરની નોટ ભેટ રૂપે તે વ્યક્તિને આપવા માટે હાથ લંબાવ્યો. સામેવાળી વ્યક્તિએ કહ્યું હું કોઈને મદદ કરૂં છું તો મારં હ્દ્ય આનંદિત થાય છે. હું હૂદયના અંત:કરણથી ખુશ થાઉં છું. એજ મારો બદલો છે અને એજ મારા જીવનનો હેતું પણ છે. તેણે ૧૦૦ ડોલર લીઘા નહીં. સ્ત્રીએ તે વ્યક્તિનો આભાર માન્યો અને બન્ને પોત પોતાની કારમાં બેસી રવાના થયા.
આગળ જતાં સ્ત્રીએ મોટરવે ઉ૫ર સર્વિસનો બોર્ડ વાંચ્યો. પોતે થાકેલી હોવાના લીઘે એને ભૂખ પણ લાગી હતી જેથી કાર સર્વીસ સ્ટેશન ઉપર રોકી રેસ્ટોરન્ટમાં પહોંચી. ખાવાનો ઓર્ડર આખ્યો. ઓર્ડર લેનાર વેઈટર એક સ્ત્રી હતી અને તે પ્રેગનન્ટ હતી. તેને કહ્યું આવી હાલતમાં તારે ધરે રહેવું જોઈએ. વેઈટર સ્ત્રીએ જવાબ આપ્યો ડીલીવરી માટે પાંચ હજાર ડોલરનો ખર્ચ થાય છે. અને તે રકમ એકત્ર કરવા હું વેઈટરનું કામ અહીં કરી રહી છું. વેઈટર સ્ત્રીની વાત સાંભળી તેને દયા આવી. તેણી ઓર્ડર લર વસ્તુ લેવા ગઈ ત્યારે અમેરિકન સ્ત્રીએ પોતાના પર્સમાંથી ચેક બુક કાઢી પાંચ હજાર ડોલરનો ચેક લખી એક કવરમાં મૂક્યો અને તેમાં ચિઠ્ઠી લખીને મૂકી કે હું કોઈ વ્યક્તિની મદદ કરં છું તો મારં હૂદય આનંદિત થાય છે અને હું ખુશ થા(ું છું. આ તે જ વ્યક્તિના શબ્દો હતા જેણે કારનું ષીલ બદલ્યું હતું. કાગળમાં ચેક અને ચિઠ્ઠી મૂકી વેઈટરને કહ્યું આ કવર તમારા માટે ટીપ્સ છે અને કવરને ઘરે જઈ ખોલશો.

સાંજે રેસ્ટોરન્ટથી પોતાનું કામ પૂરૂ કરી વેઈટર સ્ત્રી પોતાના ઘરે પહોંચી અને પતિ સાથે ડીલીવરી માટે કેટલી રકમ ભેગી થઈ છે તે અંગે ચર્ચા કરી. તેણે કહ્યું આજે રેસ્ટોરન્ટમાં એક સ્ત્રી જમવા માટે આવી હતી. તેણીઓ મને ટીપ્સમાં એક કવર આપ્યું છે. અને એમ કહી તેણીએ પોતાના પર્સમાંથી કવર કાઢ્યું અને ખોલ્યું. શું જુએ છે કે અંદર પાંચ હજાર ડોલરનો ચેક હતો અને સાથે એક ચિક્ઠી હતી. જેના ઉપર લખેલ શબ્દો વાં્યા. આ શબ્દો વાંચતા જ પતિ વિચારમાં ૫ડી ગયો કે જ્યારે હું કોઈને મદદ કરૂં છું ત્યારે આવું જ કંઈક બોલું છું. પતિને તેની સાથે મોટર વે ઉ૫૨ બનેલ બનાવ યાદ આવ્યો અને પત્ની કહેવા લાળ્યો.
આજે હું મોટર વે ઉપરથી પસાર થઈ રહ્યો હતો ત્યારે એક મહિલાની કારમાં પંકચર પડ્યું હતું. ટાયર બદલવા તે મદદની રાહ જોઈ રહી હતી પરંતુ કોઈ તેને મદદ કરવા ઉભું રહેતું ન હતું. મેં ગાડી રેકી તે મહિલાને મદદ કરી તેની કારનું ષ્હીલ બદલી આપ્યું. તેણીએ મને ૧૦૦ ડોલરની નોટ ભેટ માટે આપી પરંતુ મેં તે લીધી નહી અને આ શબ્દો કઘ્યા હતા. પછી તેની પત્નીએ રેસ્ટોરન્ટમાં જમવા આવેલ સ્ત્રીની નિશાની વગેરે બતાવી તો એ તેજ ર્ત્રી હતી જેની કારનું વ્હીલ પતિએ બદલ્યું હતું. પતિના આશ્ચર્યનો કોઈ હિસાબ ન હતો. પતિ પત્ની બન્ને ખુબજ ખુશ થઈ રહ્યા હતા અને પતિએ કહ્યું મેં નિખાલશપણે એ હાજતમંદ ઓરત કે જે સખત ગરમીમાં મોટરવે ઉપર પોતાની મદદ માટે કોઈની રાહ જોઈ રહી હતી, પરંતુ કોઈ તેને મદદ કરવા તૈયાર ન હતું અને મેં તેને કોઈ પણ જાતના બદલાની આશ વગર મદદ કરી. માલિકે આપણી મદદ કેવી રીતે કરી તેનો આ નમુનો છે. જ્યારે તમો કોઈ પણ જાતના બદલાની આશ વગર જરૂતમંદને મદદ કરો છો તો ઈશ્વર જરૂર તમારી મદદ કરે છે. બન્ને ખુબજ ખુશ થયા અને કહ્યું હવે આપણી મુશ્કેલી પૂરી થશે.
આ ઉપરથી બોધ લેવાની જરૂ છે કે, જો આપણે કોઈને મદદ કરીશું કોઈની સાથે ભલાઈ કરીશું તો રબ આપણી પણ ભલાઈ કરશે, આપણને મદદ કરશે. જેથી બીજાનું ભલું કરતા રહો બીજાને મદદ કરતા રહો.

## બાંગ્લાદેશ ફ્લડ અને અફઘાનિસ્તાન ધરતીકંપ અપીલ

ગયા મહિનામાં બાંગ્લાદેશ ખાતે ભરપૂર રેલ આવી હતી અને પરિણામે નદી, દરિયા કિનારા ઉપર વસતા લોકોને ભારે નુકસાન પહોંચ્યું હતું. ખેતીના પાક અને માલ મિલ્કત સહિત ઘંધાઓને ભારે નુકસાનનો સામનો કરવો પડ્યો હતો.
એજ મુજબ અફધાનિસ્તાનમાં પણા એક તીવ્ર ઘરતીકંપના કારણે લોકોને ઘર, માલમિલ્કત સહિત અન્ય નુકસાનનો સામનો કરવો પડ્યો હતો. આપણી ઈન્ડિયન મુસ્લિમ વેલ્ફેર સોસાયટી બાટલીએ એરિયાની મસ્જિદોના સહકારથી ચેરિટી અપીલ લોન્ય કરી હતી. બે અઠવાડિયા દરમ્યિન આ અપીલ ચલાવવામાં આવી હતી. આપ સૌ સખી દાતાઓના સહકારથી બન્ને પ્રોજેકટ માટે ૧૩૫૦૦ પાઉન્ડ એકત્ર થયા હતા. જેમાં સોસાયટીના ચેરિટી જનરલ ફંડમાંથી બાકી રકમ ઉમેરી પ્રોજેક્ટ દીઠ ૮૦૦૦ પાઉન્ડ રવાના કરવામાં આવ્યા હતા. મદદ કરનાર તમામ ભાઈ બહેનોનો અમે ખૂબજ આભાર માનીએ છીએ.

## ચાલો આજે કંઈક સારં જાીએ

## -૨ફીક અહમદ ડભાડ

તમે જેવા દેખાવ છો તે જોઈ તમારી કિમત આંકી શકાતી નથી, પરંતુ તમારં વ્યક્તિત્વ કેવું છે, તમારી ઝબાન કેવી છે, તેનાથી તમારી કિંમત નક્કી થાય છે.

ચાલો આજે આપણે એક રાજાના દરબારની કહાણી સાંભળીયે! રાજાનો દરબાર ભરાયેલો હતો અને અચાનક ત્યાં એક રમકડા વેચનાર માણસ આવ્યો. જેના પાસે ઘણાં રમકડાં હતા. આ માણસ એવો દાવો કરી રહ્યો હતો કે, તેના પાસે કેટલાક એવાં રમકડાં છે જે રાજાએ ક્યારે પણ જોયા ન હશે. તેની વાત સાંભળી રાજા ખૂબજ ઉત્સુક થયો. રાજાને થયું હું તો રાજા છું અને એવી કઈ વસ્તુ છે જે મેં નથી જોઈ. રાજાને લાગ્યું કે એ કયા રમકડા છે જે માટે વેપારી દાવો કરી રહ્યો છે કે, રમકડાં મેં જોયાં નથી અને તેની શું ખાસીયત છે. તે વ્યક્તિએ પોતાની પેટીમાંથી ત્રણ રમકડાં (પુતળાં) બહાર કાઢ્યા. ત્રણે પુતળાં દેખાવમાં એકદમ સરખાં હતા. રમકડાવાળાએ કહ્યું રાજાજી આ ત્રણે પુતળાં જોવામાં એકદમ સરખાં છે પરંતુ તેમની કિમતમાં મોટો તફાવત છે. પહેલા પુતળાની કિમત ૧૦૦૦ મહોર બીજાની ૧૦૦ મહોર અને ત્રીજાની ૧૦ મહોર.

હવે રાજા આશ્ચર્યમાં પડ્યો કે એક સરખા દેખાતાં આ ત્રા઼ે પુતળાંની કિમતમાં આટલો તફાવત કેમ? રાજાની ઉત્સુકતા વધી. ત્રણે પુતળાં હાથમાં લીઘાં અને બરાબર જોયું. પરંતુ તેમને કોઈ તફાવત જોવા મળ્યો નહીં. ન વજનમાં ન બનાવટમાં. રાજાની હેરાની વધી ગઈ. રાજાએ દરબારમાં કહ્યું કોઈ છે જે આ ત્રણ પુતળાંમાં અંતર, તફાવત બતાવી શકે અને તેમની કિમતમાં આટલો તફાવત કેમ છે તેનું કારણ જાણાવે. પરંતુ કોઈ જવાબ આપી ન શક્યું. પછી રાજાએ એમના બુધિમાન મંત્રીને બોલાવ્યા કે તમે જુઓ અને તમેજ સમજીને બતાવો કે, આખરે શું વાત છે કે આ એક સરખાં દેખાતાં પુતળાંની કિમતમાં તફાવત કેમ છે ?
મંત્રીએ થોડીવાર પુતળાંને ફેરવીને જોયું. તેને પરખ્યા અને પછી કહ્યું કે, ઘાસના ત્રણ તણખલા અથવા લાકડાની પાતળી સળી લાવવામાં આવે. લાકડાની સળી લાવવામાં આવી. મંત્રીએ પહેલા પુતળાના એક કાનમાં સળી નાંખી તો તે કાનમાંથી સીધી પેટમાં પહોંચી ગઈ. અને થોડાજ સમયમાં પુતળાંનું મોઢ્ઢં હલવા લાગ્યું. અને થોડા સમય હાલ્યા પછી બંધ થઈ ગયું. જ્યારે બીજા પુતળાના કાનમાં સળી નાંખી તો તે એક કાનમાંથી અંદર જઈ બીજા કાનમાંથી બહાર નીકળી ગઈ. અને જ્યારે ત્રીજા પુતળાંના કાનમાં સળી નાંખી તો તે સળી કાનમાં જતાંની સાથેજ પુતળાંનું મોઢું જોરથી ચાલવા લાગ્યું અને સતત મોઢ્ઢં ચાલતું જ રહ્યું.
મંત્રીએ હસીને કહ્યું, રાજાજી હું તો સમજી ગયો છું કે, આ ત્રણેમાં શું તફાવત છે. ચાલો! હું તમને પણ સમજાવું. પહેલો પુતળો છે તે કોઈની વાત સાંભળશે તો પોતાના અંદર ગ્રહણ કરશે, સારી રીતે તેને સમજશે અને પછી જેટલું જરરી છે તેટલું જ બોલશે. એવા લોકો સંવેદનશીલ, સમજદાર અને પરિપકવ

બુધ્ધિના હોય છે. બીજા પુતળા જેના કાનમાં સળી નાંખી ને બીજા કાનમાંથી બહાર નીકળી ગઈ તે એવા લોકો છે જેઓને કોઈની વાત સાથે સંબંધ નથી. એક કાનથી વાત સાંભળે છે અને બીજા કાનથી બહાર કાઢી નાંખે છે. તેઓ પોતાની મસ્તીમાં મસ્ત રહે છે. ચાહે કોઈ ખાસ વાત પણા કેમ તેમને કહી ન હોય. એમના જીવનમાં એનું કોઈ મહત્વ નથી. અને ત્રીજા પુતળાની વાત તે લોકો છે જેમણે કોઈની વાત બરાબર સાંભળી નહીં કે, ઉગળવા, બોલવા લાગે છે કે કોઈ પણ બાબત સમજવા વગર એને અહીં તહીં પહોંચાડે છે. એવા માણાસની કોઈ કિમત હોતી નથી. તેઓ કોઈ પણ જાતનો લાંબો વિચાર કરતા નથી.

## સુવિચાર:

## શ્રેष्ઠ જીવન

જિંદગી ત્યારે સારી લાગે છે. જ્યારે
જીવનમાં આપણે ખુશ હોઈએ
૫ણ ક્ષેષ્ઠ જીવન તો એને જ કહેવાય જ્યારે
લોકો આપણાંથી ખુશ હોય
જણવા જેવું, ૧૦ મુહર્ચમ શરીફ.....

* ૧૦ મુહર્રમ શરીફકો હઝરત ઐય્યુબ અલે. કો સિહત અતા હુઈ.
* ૧૦ મુહર્રમ શરીફકો હઝરત યુનુસ અલૈ. મછલી કે પેટ સે બહાર આયે.
* ૧૦ મુહર્રમ શરીફકો હઝરત ઈમામ હુસૈન રદી. શહીદ હુએ.
* ૧૦ મુહર્રમ શરીફકો હમારે નબી હુઝુર સ.અ.વ. કા પહેલા નીકાહ હુઆ.
* ૧૦ મુહર્રમ શરીફકો નબી સ.અ.વ. ને મક્કા શરીફ સે મદીના શરીફ હીઝરત કી.
* ૧० મુહર્રમ શરીફકો હઝરત નુહ અલૈ. કી કશ્તી કિનારે પે લગી.
* ૧૦ મુહર્રમ શરીફકો હઝરત ઈબ્રાહીમ અલૈ. કે લીયે આગ ગુલઝાર બની.
* ૧૦ મુહર્રમ શરીફકો હી કયામત આયેગી.
* ૧૦ મુહર્યમ શરીફકો હઝરત યાકુબ અલૈ. હઝરત યુસુફ અલૈ. સે ૪૦ સાલ બાદ મિલે.
* ૧૦ મુહર્રમ શરીફકો ફીરઓનકા લશ્રર ગર્ક હુઆ.
* ૧૦ મુહર્ર શરીફકો આદમ અલૈ. કી દુઆ કુબુલ હુઈ.
* ૧૦ મુહર્રમ શરીફકો હઝરત સુલેમાન અલૈ. કો તળ્ત અતા હુઆ.
\% મુહરમ શરીફકા મહિના ઈસ્લામમે એક ખાસ અહમિયતકા હામિલ હૈ.


## ભારતના રાષ્ટ્રપતિ પદની ચૂંટણી

ગયા માસમાં ભારતના રાષ્ટ્રપતિની ચૂંટણી હતી. હાલના રાષ્ટ્રપતિ રામનાથ કોવિદનો કાર્યકાળ ૨૪મી જુલાઈના પૂરો થતો Bતો જેથી હાલના એનડીએ પક્ષ તરફથી દક્ષિણા ભારતની આદિવાસી મહિલા ઢ્રોપદી भુર્મુની પસંદગી કરી હતી. જ્યારે વિરોધપક્ષના સંગઠનોએ બીજેપીના જુના પ્રખર નેતા યશવંત સિંહાની પસંદગી કરી હતી. યશવંત સિંહા બીજેપીમાંથી છૂટા થઈ હાલ તુણમુલ કોંગ્રેસનાં વરિષ્ઠ નેતા છે. બીજેપીએ ૨૦૨૪માં આવી રહેલ લોકસભાની ચૂટણીને ધ્યાનમાં લઈ સાઉથ ઈન્ડિયામાં આદિવાસીઓના મત મેળવવા આ રમત રમી છે. ઢ્રોપદી મુર્મુ અગાઉ ઝારખંડના રાજ્યપાલ રહી યૂક્યા છે અને વિધાનસભ્ય પણ રહી ચૂક્યા છે. કન્યા કેળવણીના કાર્યમાં તેમનો મુખ્ય ફાળો રહ્યો છે. બીજેપીએ આદિવાસી અને મહિલા તરફ ધ્યાન દોરી તેમને ઉમેદવાર બનાવ્યા હતા. તેમણો આસાનીથી બહુમતિ મેળવી ભારતના ૧૫માં રાષ્ટ્રપતિ બન્યા છે. ૨૫મી જુલાઈના તેમની શપથવિધિ થઈ હતી.

## રાષ્ટ્રપતિ અને ચૂંટણી માટે જણવા જેવી વાતો :

૧) રાષ્ટ્રપતિ પદનો કાર્યકાળ પાંચ વર્ષનો હોય છે અને તેમની પસંદગીમાં ભારતની લોકસભા, રાજ્યસભાના એમપીઓ અને દરેક રાજ્યની વિધાનસભાના એમએલએઓને મત આપવાનો અધિકાર હોય છે. ૨) હાલ કેટલાક દશકોથી જોવા મળે છે કે, આ પદ માટે બે ઉમેદવારો હોય છે પરંતુ અગાઉ એવું ન હતું એમાં એક થી વધુ (મેદવારો જોવા મળ્યા હતા. ૩) ૧૩મી મે ૧૯૬૭માં ડો. ઝાકિર હુસેન પહેલા મુસ્લિમ રાષ્ટ્રપતિ બન્યા હતા અને ત્રીજી મે ૧૯૬૯માં તેમનું મૃત્યુ થયું હતું. આ પહેલીવાર હતું જ્યારે રાષ્ટ્રપતિના કાર્યકાળ દરમ્યિન પદ ખાલી થયું હતું. તેમના મોતે દેશમાં સંવિધાન સંકટ પેદા કર્યું હતું. ૪) હમણાં સુધી ભારતમાં ૪ મુસ્લિમ રાષ્ટ્રપતિ રહ્યા છે. ડો. ઝાકિર હુસેન (૧૯૬૭-૧૯૬૯), ફખરદદનઅઅી અહમદ (૧૯૭૪-૧૯૭૭) મોહંમદ હિદાયતુલ્લાહ (૧૯૮૨-૧૯૮૨) ذો. એપીજે અબુુુ કલામ(૨૦૦૨-૨૦૦૭) ૫) ભારતના પહેલા રાષ્ટ્રતિ ૨૬મી જાન્યુઆરીના ડો.રાજેન્દ્ર પ્રસાદ બન્યા હતા અને તેઓ બે ટર્મ સુધી રાષ્ટ્રપતિ તરીકે રહ્યા હતા. ૬) શ્રીમતી પ્રતિભા પાટિલ પહેલા મહિલા પ્રેસીડન્ટ બન્યા હતા. ૭) મોહંમદ હીદાયતુલ્લાહ રાષ્ટ્રપતિ, ઉપરાષ્ટ્રપતિ અને સુપ્રિમ કોર્ટના ચીફ જસ્ટીસ રહ્યા હતા. ૮) ૧૯૬૯માં વી.વી.ગીરી વાઈસ પ્રેસીડન્ટ હતા અને ડો. ઝાકિરહુસેનનું મૃત્યુ થતાં તેઓ એકટીવ પ્રેસીડન્ટ બન્યા હતા અને તેઓ જ્યારે રાષ્ટ્રપતિનું ઈલેકશન લડવા ઊભા રહ્યા તો તેમણે રાષ્ટ્રપતિ અને ઉપરાષ્ટ્રપતિ પદની ખુરશી છોડવી ૫ડી હતી અને પરિણામે તે વખતના ચીફ જસ્ટીસ મોહંમદ હિદાયતુલ્લાહે રાષ્ટ્રપતિ, ઉપરાષ્ટ્રપતિ અને ચીફ જસ્ટીસ એમ ત્રણ જવાબદારી નીભાવી હતી.

## દક્ષિણ ગુજરાતમાં મેઘતાંડવ:

ગુજરાત ખાતે નવસારી, વલસાડ અને સુરત જિલ્લાના અસંખ્ય ગામોમાં ભારે વરસાદના કારણે નદી નાળાઓ ઉભરાયાં હતાં અને અનેક ગામોમાં પાણી ફરી વષ્યા હતા. કેટલાક ગામો આખાને આખા આ ઘોડાપૂરમાં ડૂબી ગયા હતા. પરિણામે જીન વ્યવહાર સંપૂર્ણ રીતે ખોળવાયો હતો. કિનારા ઉપર વસતા અનેક ગામોને ખાલી કરાવવામાં આવ્યા હતા. આ પૂર પઠીતોની ષ્હારે અનેક ગામોની નાની સંસ્થાઓ અને જે તે ગામના લોકોએ રાહતનું કામ શરૂ કરી તાન્કાલિક ધોરણે ફૂ પારસલ અને અન્ય ઈમરજન્સી રાહત સેવા પૂરી પાડી હતી.

ઈન્ડિયન મુસ્લિમ વેલ્ફેર સોસાયટી, બાટલીએ પણ તરતજ આ કામમાં ઝંપલાવી રાબેતા અલ ઉલ્મા, બાટલી સાથે સંયુક્ત અપીલ બહાર પાડી હતી. ઉપરાંત તાન્કાલિક રકમ નવસારી વિસ્તારમાં કામ કરી રહેલ સંસ્થાને મોકલવામાં આવી હતી. તમામ ભાઈ બહેનોને વિનંતી કરવામાં આવે છે કે, આ ઈમરજન્સી પ્રોજેક્ટ કે જે ગુજરાતના આપણાંજ વિભાગનો હોય તેમાં મદદ કરી તમારી રકમ અમારા પોષ્ટ મુજબ એરિયા મસ્જિદો અથવા અલ હિકમાહ સેન્ટરની ઓફિસે જમા કરાવવા નમ્ર વિનંતી છે.

## શ્રી લંકામાં ભયંકર કટોકટી:

શ્રી લંકામાં ભારે કટોકટી સર્જાય છે. લખાય છે ત્યારે દેશમાં ૧૧૦થી વધુ દિવસોથી લોકો દેખાવો કરી રહ્યા છે. શ્રી લંકા આર્થિક મંદીના સંકટમાં સપડાયું છે. ખાવાની સામગ્રીઓ, ઈீઘણ, પેટ્રોલ અને ડીઝલ ઉપરાંત બીજી જીન જરરિયાતની વસ્તુઓના ભાવો આસ્માને ચઢ્યા છે. પેટ્રોલ પંપ ઉ૫ર લાંબી કતારો જોવા મળે છે અને ચાર દિવસ બાદ વારા મુજબ પેટ્રોલ મળે છે, જેની અસર નોકરી ઘંઘા અને વેપાર ઉ૫ર પડી રહી છે.
પ્રજાનો રોષ વડા પ્રઘાન મહિન્દર રાજપક્ષ અને રાષ્ટ્રપતિ ગોટાબાયા રાજપક્સા ઉપર ભભૂકી ઉઠ્યો હતો પરિણામે રાષ્ટ્રપતિ ગોટાબાયા શ્રી લંકા છોડી પ્રથમ માલદીવ અને પછી ત્યાંથી સિંગાપોર પહોંચ્યા હતા અને તેમણે રાજીનામું આપ્યું હતું. લોકોએજ એમને મસિહા બનાવી ચૂંટણીમાં ભારે બહુમતીથી જીતાડ્યા હતા. પછી તેમણે આપખુદી વલણ ઈખ્તયાર કર્રું હતું. દેશની તિજોરી ખાલી થઈ ગઈ હતી અને તેના ઉપર મોટું કર્જ થયું હતું. હવે જેવું રહ્યું અન્ય બેન્કો તથા દેશો શ્રી લંકાને કેવી મદદ પૂરી પાડે છે.

## બ્રિટનમાં વડા પ્રધાનપદ માટેની રેસ :

ગયા માસમાં બ્રિટનમાં કન્ઝર્વેટીવ સરકારમાં હોબાળો મચ્યો હતો. આમ તો કોરોના સમયે લોકડાઉનમાં વડા મ્રઘાન બોરિસ જોન્શન અને કેટલાક મંત્રીઓઓ કાયદાનું ઉલંઘન કરી ક્રિસ્મસ પાર્ટી ઉજવી હતી અને તે માટે પાર્લામેન્ટમાં તેમના ઉપર અનેક સવાલો થયા હતા. ત્યારબાદ બોરિસ જોન્શન ઉપર નો કોન્ફીડન્સનો પ્રસ્તાવ લાવવામાં આવ્યો હતો. જેના મતદાનમાં તેઓ જીતી ગયા હતા. પરંતુ હાલમાં તેમની સરકારના એક પ્રઘાન ઉપર સેકસ્યુલ હેરાશમેન્ટની વાત આવતા પ્રથમ સાજાદ જાવિદ અને પછી રૂી સોનકે રાજનામું આપ્યું હતું અને પછી તરતજ ૫૦થી વધુ મંત્રીઓએ પણા રાજીનામા આપતા બોરિસ જોન્શન ઉપર દબાણ આવ્યું હતું અને તેમણે ૫ણા રાજનામું આપવું પડ્ય્યું હતું,
કન્ઝર્વેટીવ પાર્ટીના લીડર તરીકેની ચૂંટણીની કાર્યવાહી શરૂ થઈ હતી. જેમાં એ પાર્ટીના કેટલાક એમ.પી.ઓએ ઝંપલાવ્યું હતું. લીડરની પસંદગીની ચૂંટણી પધ્ધિતીમાં સાજીદ જાવીદ અને નદીમ ઝહાવી બહાર થઈ ગયા હતા. અંતે છેલ્લા તબક્કામાં રસી સોનક (માજી ચાન્સેલર) અને લીઝ ટ્રુસ (ફોરેન મિનિસ્ટર) એમ બેજ એમ.પી.ઓ બાકી રહ્યા હતા. જેમાંથી એકની પસંદગી હવે કન્ઝર્વેટીવ પાર્ટીના લગભગ એક લાખ ૬૦ હજાર સભ્યો મતદાનથી કરશે અને તેનું પરિણામ પમી સપ્ટેમ્બરના જાહેર થશે. આ રેસમાં રસી સોનક પહેલેથીજ સૌથી આગળ રહ્યા છે અને જે તેઓ જીતી જશે તો બ્રિટનના ઈતિહાસમાં ભારતીય મૃળના તેઓ પહેલા વડા પ્રધાન બનશે. કોરોના લોકડાઉન વખતે ઘંધાઓને મદદ તથા કામદારોને નિયમિત પગારમાં મદદ આપવાની તેમની નીતિની પ્રસંશા થઈ હતી.

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# - 3.6 BILLION 4 CLOTHES LEFT UNWORN IN THE UK 



## YOUR OLD CLOTHES <br> AND GIVE THEM NEW LIVES


[^0]:    You will probably need to provide proof of purchase but remember this does not

