

Hajj online portal is proving to be a nightmare

Countless British Muslims who have been attempting to travel to Saudi Arabia have described the difficulties pertaining to applying for Hajj packages on a sub-standard Saudi government-backed online portal.

UK based pilgrims have lambasted the new Nusuk booking platform, detailing website problems and price rises to concerns booking Hajj packages and getting refunds. Furthermore, administrative and payment-related issues, as well as a reduction in the current quota for British pilgrims to 3,600 has also added to the heartache faced by many who were hoping to make the trip to Saudi.

It was envisaged, after the much-maligned Motawif online portal, which was devoid of any meaningful organisation and direction was scrapped, the new Nusuk service would be a much-improved booking service.

However, observers and customers alike insist Nusuk is no better. Before the pandemic, around 25,000 Muslims from the UK were allocated to go to Hajj each year.

However, after Saudi Arabia announced that the pilgrimage was to be scaled down in 2022 - with numbers cut to one million pilgrims worldwide instead of the pre-

pandemic total of 2.5 million - the UK quota was cut to 12,348.

MP's from the All-Parliamentary Group on Hajj and Umrah warned that the reduction in the quota could lead to 10-year waits for British Muslims hoping to complete the Hajj.

One local individual, speaking on the condition of anonymity, has heavily criticised the "inadequate booking system along with the "non-existent" customer service offered by Nusuk, which allows Hajj pilgrims to book a range of services, including visas, permits, hotels and flights.



Hajj booking problems

“I have not heard from Nusuk throughout the process. We were told there were going to be improvements after last year’s issues with Motawif, but that hasn’t happened.

“Everybody assured us it was going to be a better process this year. It’s very stressful. The web site constantly needs to be refreshed and the pages wouldn’t load, people were being signed out.

“I waited 3 days and three nights, on line and honestly hardly had any sleep. I was constantly refreshing the page of offers which you have to select and it took me three days to get our packages booked.

“On top of paying £11k, per person, which is a massive amount, it’s just been an absolute nightmare. It’s disgraceful.”

Pilgrims usually take months to prepare for the religious rituals associated with Hajj, and to attend seminars to ensure that the Hajj is completed in accordance to Sharia.

However, for many, the inconvenience of not being able to plan ahead in an efficient manner, in order to organise personal matters and work, has led to a great deal of anguish.

One individual said: “Aside from the mental and spiritual preparation along with the financial preparation, we’ve had to take time of work but what can we do when we can’t give work any specific details in relation to when we need to fly out and when we’ll be back.”

Social media users also complained about receiving errors when trying to pay for the selected package. “What kind of system is this that it is so frustrating for people, it should be made simple and easy for people to access rather than that there is extensive uncertainty, worry and stress being caused,” said one user.

Another Tuser wrote, “This error is same as of Motawif platform’s error we were getting last year and same technical issues on your system. Looks like just updated

UI with same backend system without any improvements. Very frustrating, system is crashing on every step.”

Paigaam has requested a comment from the Nusuk online portal, along with the Saudi Arabian embassy and the Council of British Hajj for comment. It marks the second consecutive year that pilgrims have struggled to book their Hajj trip.

Distressed travellers in Batley spoke about their ordeal when using the government-run online platform, Motawif, in 2022. One local businessman, told Paigaam 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,” said the businessman.



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Paigaam to move to a digital-only future

Paigaam is to move to a digital-only future, owners IMWS have announced.

The move will capitalise on Paigaam’s position as one of the UK’s principal ethnic media publications, having been founded in 1993.

Paigaam has always been a pioneering newspaper with a track record of innovation. It has a proud heritage as one of Britain’s first truly independent national quality, ethnic media titles.

Paigaam will continue to be made available on the IMWS web site, social media and all official IMWS channels.

IMWS Chair, Rafik Dabhad said: “The newspaper and magazine industry is changing, and that change is being driven by readers. They’re showing us that the future is digital. This decision preserves the Paigaam brand and allows us to continue to invest in high-quality editorial

content that is attracting more and more readers to our online platforms.

“Paigaam has always been a pioneering magazine with a track record of innovation. It has a proud heritage as one of Britain’s first truly independent magazine. IMWS has invested in Paigaam because we believe in quality journalism, and this move secures the future of these vitally important editorial values.”

Paigaam Chair, Aziz Daji said by moving Paigaam online, it means that journalists can spend more time working on the most popular digital platforms.

However, he insists Paigaam is committed to keep reporting the news as it happens. In addition, the lower costs associated with an online-only format creates opportunities for businesses in the locality.

“The unique editorial proposition of Paigaam is perfectly suited to the global digital landscape. Following this decisive

move to digital, we will be focused and uncompromised, but with all the authority and trust of an established magazine – a truly unique proposition.

“We now have a clear and secure future path for advertisers to capitalise on a growing, smart, affluent and digitally savvy audience.

“In an internet and social media age, our readers prefer to obtain all their breaking news as it happens on our website with updates across social media outlets such as Facebook and Twitter.

“We would like to issue a heartfelt thank you to all of our readers and advertisers for their continued support to Paigaam over the years. We hope, if you do not already read Paigaam online, that you will do so in the future – for it is within the digital arena that Paigaam will continue to live and serve the community.

Paigaam’s last paper edition is expected to be published in August.



Partition destroyed millions of lives



On August 15, 1947, across the great sea, India was an independent nation, freedom came with the Partition of British India.

Lord Mountbatten, a British judge who had never visited India before, was appointed in July 1947 by Lord Mountbatten to divide the country into India and Pakistan.

Mountbatten was asked to hear the views on the partition of British India and Pakistan, to address the "border issues".

Three additional issues were never officially debated, but are believed to include economic and constitutional matters, such as religious minorities and border issues.

The Indian and the new independent states were given the religious basis: Hindu-majority India and Muslim-majority West Pakistan and East Pakistan (now Bangladesh).

Unfortunately, the time he spent suggested one of the biggest direct



Half of British Asians could lose all their rights as British citizens

Thousands of people have called for the Nationality and Borders Bill to be scrapped.

Organisations including Muslim Advocacy, South Asian Women's Association of Muslim Lawyers (SAWL) and Whitehall Lovers took part in a mass demonstration outside Downing Street to protest against the "immorally agreed" Nationality and Borders Bill that could result in six million people – which constitutes half

of the British Asian population being stripped of Home Secretary Priti Patel.

Clause 9 of the Nationality and Borders Bill, proposed in July, and updated by November, strips the government from giving notice of a decision to deprive a person of citizenship if authorities do not have the subject's consent details or if it is not "reasonably practical" to do so.

Therefore, six million people are

being in line that a wrong sense could rip them from their families, and from the only home that most of them have ever known.

Unless this provision has to be rejected, British Muslims in particular will find themselves in the midst of a hostile system of citizenship in Britain. Unconscionable – immorally – unjustly observed as the bill was passed in Parliament, with Home Secretary Priti Patel – the bill's main backer – saying the law is "delighted".



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Kidney Health For All

Event at Al-Hikmah Centre

A free event took place on the 13th of May at the Al-Hikmah Centre in order to encourage debate in relation to Kidney Health, and why it is such an important issue.

Around a hundred people heard from speakers comprised of patients who live in the vicinity, along with renowned specialist Dr Sunil Daga MBBS MRCP (Nephrology) PhD, a Consultant Nephrologist and Transplant Physician at St James's University Hospital, Leeds Teaching Hospitals NHS Trust, West Yorkshire lead for kidney diseases and an Honorary Senior Lecturer at the University of Leeds.

The event, in partnership with the Leeds Teaching Hospitals and the National Institute for Health Research (NIHR) In-Vitro Diagnostics Co-operative was organised to counter the perceived lack of understanding around Kidney health.

The event encouraged participants to engage in discussions with an expert panel consisting of doctors, nurses and a plethora of experts to explore the potential barriers to transplantation in the South Asian community and to discover whether they can be overcome."

Dr Daga told Paigaam the purpose of the event was to showcase issues in relation to possible complications faced by South Asian patients, who are 4 to 5 times at higher risk of kidney disease compared to the white population, due to the prevalent number of diabetes and high blood pressure issues within the community.

Dr Daga told Paigaam: "The Important

thing to understand is that diabetes and kidney disease are silent diseases that does not cause any symptoms until it is very late. As a result, a lot of people don't feel it is serious even when kidney function is going down.

However, it is only when kidney function drops below 10 percent that people feel tired and unwell. Until then, many actually



carry on working and partaking in daily activities."

Dr Daga explained that through his his research and analysis, he has come to the conclusion that the Asian community is disproportionately represented in relation to the need for dialysis and kidney transplants.

"Within the Batley and Dewsbury communities we have a number of patients who have had issues with their kidneys and a vast amount are on dialysis whilst some are in need of a kidney transplant."

Participants said the event helped to dispel some myths centred around the science behind kidney function and kidney disease.

Dr Daga, along with a number of medical professionals, showcased the risk factors and treatment options, centred around kidney transplant. They described the different ways in which kidneys are obtained, how they are allocated to recipients and how the 'donor gap' has arisen within the South Asian community.

He added: "The event showcased the difficulties faced by the patients with kidney failure who are waiting for a transplant.

At the moment, South Asian patients will have to continue to wait for an organ from the waiting list and will generally ask for living kidney donation unless something changes."

"When I look at all my patients waiting or kidney transplant, over 20 percent are from a south Asian background despite representing a small percentage of the population in Leeds and nearby areas, therefore, our communities are disproportionately represented," said Dr Daga.

"Through this event what we want to do is increase awareness around the importance of kidneys and kidney health in general.

"When it comes to research and studies on kidney disease not many people from our communities are involved. This could be due to a lack of understanding."

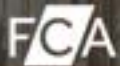


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Ravensthorpe should be on par with Mirfield

Ravensthorpe is one of the most deprived areas in the borough and has been much maligned by people within Kirklees and beyond whilst mainstream media coverage of the vicinity tends to be highlight negative stories and issues.

However, one local man has continuously worked with diverse communities within Ravensthorpe in an effort to bring communities together and combat any perceived negative stigma associated with the area.

Luth Khan works with the voluntary community group; the Stronger Together Foundation, who are dedicated to building a better and brighter future for youngsters in Ravensthorpe.

Luth told Paigaam: "Our principal point is to helping youngsters around 13 and 19 years old stay away from crime and try to provide them with events that they can enjoy and show them another side of life.

"They need to understand how their behaviour affects the community in terms of crime in the area. Anti-Social behaviour only serves to affect businesses and insurance premiums, at a time like this when bills are going higher.

"If they refrain from such behaviour, our own neighbourhoods will benefit our children as they will be crime free and will

attract affluent people as opposed to being labelled an investment risk."

Luth cites events such as the Dewsbury West Summer Festival and a World Cup final screening in the area as ideal case studies that serve to showcase Ravensthorpe's potential.

"We had a crowd of 7,000 people for the Dewsbury West Festival in which we raised £10,000. We had a great turnout from families, fun rides for the children and stuff to do for all age groups. It was the first time we had done something like that and made us all realise that there's nothing we can't achieve if we are united and pull together.

"We also had a fantastic World Cup final event at Ravensthorpe Community Centre which was absolutely brilliant and very well attended with more than 100 young people."

Luth, who work in IT, believes the onus is on the Asian community to help and empower the Eastern European community, in order to create a caring and compassionate community, akin to the days when the first generation of Asians arrived in the area.

"The Asian community looks down on the Eastern Europeans. However, when our parents and grandparents first arrived in Britain, they too were subjected to ridicule and racism.

"They live here, we want them to get on, we can't treat them badly, it's about reaching out to people, they need help. Because we have experienced racism, the fact that the racism is coming from our people, we have to reach out and be neighbourly."

Luth believes there is a great deal of good of positivity in the area that should be nurtured, so that the area is seen in a positive manner, akin to the way Mirfield is.

"We will receive Investment when we look after our neighbourhood, and go outside and set an example. If you look after your garden, people will notice this and do the same thing with their gardens. When people see people with good habits, looking after your own house, people will also take pride in their properties and their own communities.

"One young brother, from Ravensthorpe, is only 22 and he works with the Sadqah Jariyah burial group and helps pick up, wash and bury those who have sadly passed away. This is the Ravensthorpe that I want people to know about as opposed to any perceived negativity.

"Mirfield has a good reputation and there is no reason why we cannot catch up to them, by being successful, decent and honest citizens. Unless you don't tackle issues it will get worse, this is an issue that youngsters will have to address and fix."



IMWS blood donation event

Regular and new blood donors alike from Batley, Dewsbury and the surrounding areas converged on the Al Hikmah Centre on the 16th of May to give blood for the first ever donation session at IMWS.

The largest Muslim led initiative of its kind in North Kirklees, hosted by the Indian Muslim Welfare Society, in partnership with NHS Blood and Transplant (NHSBT) saw over 100 people attend in order to give blood.

IMWS General Manager, Nadeem Raja said he was understandably delighted with the “This is a very important day for us, we’ve been working hard with the NHS Blood and Transplant assessment team to get the centre ready. Now we’re excited to be a fully-fledged blood donation host venue, and look forward to opening our doors regularly to the selfless people that are saving lives through blood donation.”

Another event will take place at the Al-Hikmah Centre on the 22nd of June, whilst the NHS has recently announced that the event will become a regular occurrence from October onwards.

“Our regular donation sessions at the Al Hikmah-Centre will be hugely popular with Muslims and non-Muslims alike, so the footprint is expanding.”

Open to everyone, organisers are hoping to attract more young donors and people from South Asian, Arab and black communities.

An NHS spokesperson said: “In England, we need just under 200,000 new donors to attend a session to give blood this year and there is a particular need to attract people from minority ethnic communities.

“People from the same ethnic background are more likely to be a match but there is a shortage of donors from minority communities.

“By hosting blood donation days in mosques and Islamic centres, we believe that this can encourage people to step forward and save lives.”

While people from all communities and backgrounds do give blood, fewer than 5% of blood donors who gave blood in the last year were from black, Asian and minority ethnic communities. This is despite black, Asian and minority ethnic

communities representing around 14% of the population.

An NHS spokesperson said they are hoping to attract more young donors and people from South Asian, Arab and black communities: “In England, we need just under 200,000 new donors to attend a session to give blood this year and there is a particular need to attract people from minority ethnic communities.

“People from the same ethnic background are more likely to be a match but there is a shortage of donors from minority communities. By hosting blood donation days in mosques and Islamic centres, we believe that this can encourage people to step forward and save lives.”

“With people from South Asian, Arab and black communities more likely to have rare blood types and conditions like Thalassaemia or sickle cell disease, the requirement for regular blood transfusions from similar ethnic backgrounds is crucial to ensuring the best match and best possible long term outcome for the recipient.

“One donation can help to save or improve the lives of up to three people, according to NHS Blood and Transplant.”



IMWS host Mental Health Workshop



A mental and wellbeing workshop event at the Al-Hikmah Centre for children and young people, has received rave reviews from participants from across Yorkshire and Lancashire.

Held on Sunday the 30th of April, the course was attended by 42 people mostly Sisters and came from various towns and cities including Dewsbury, Batley, Rochdale, Manchester, Leeds, Bradford, Huddersfield, Oldham, Wakefield, and Doncaster with the aim of developing confidence and resilience to combat mental health issues.

Participants were able to take part in a range of workshops with mental health professionals, to learn about subjects such as resilience and bullying. Those in attendance also took part in workshops, visited the main stage with performers and motivational speakers, and had the opportunity to get information from over providers of local mental health and wellbeing services.

Event organiser, Kausher Tai told Paigaam about the importance of looking after one's mental health.

"Mental health concerns are rife and it's important that we recognise the impact that social media and a global pandemic has had on a whole generation of people.

"It was such a pleasure to see so many people with smiles on their faces at the

event. It has been months in the planning, and I think that everyone who attended thoroughly enjoyed it and they left with some very important tools to support their mental health and are now aware of local services that can support them."

Kausher also elaborated on how the event created a sense of excitement, bringing together people from a variety of backgrounds.

"There was a real buzz throughout the whole day with hundreds of young people excited to learn more about wellbeing and openly talking about what it means to them. It is very rewarding to see so many young people engaging in the event at the Al-Hikmah Centre and learning important lessons that they will hopefully carry with them for life.

"The event brought people together, engaging and talking. It was great to see that women were central to the event. I'm really proud of how well this event has come together and it makes it all worth it when you get to see the positive impact it is already making on young people in our community."

Those who attended the event were able to provide feedback about the activities and educational elements at the event.

Attendee, Asiya said: "Kausher was well-mannered – gave time politely to those wishing to contribute. A very well-presented course – professionally delivered in a friendly relatable way – highlighted many issues surrounding

mental health and touched upon how to improve oneself."

Aleysha believes the event showcased a plethora of Islamic perspectives centred around mental health, thus ensuring she is would be ideally equipped to tackle any Islamic centred issues.

She said: "I will be more mindful of my reaction to situations. Learning the Islamic perspective on mental health and illness has given me the knowledge to help myself in the future. It's just a shame there was not more time."

Rehana Seedat said she enjoyed being counselled at the event: "I enjoyed being counselled by the lecture – I enjoyed meeting new sisters. Everything was useful. Kaushar is a very good talker, feeling the trust and peace.

"We feel at ease, I enjoyed the examples as it helps to relate to the story. If we could have a monthly session at this same venue, it would be very beneficial."

Another participant, Nazia is of the opinion, a number of informative techniques, especially quotes from the Quran and Sunnah added a great deal of credibility to the mental health event.

She said: "The facilitator is knowledgeable on the subject and very relevant to Islam. Topics discussed were forgiveness which was really important around Mental Health and discussions on what our purpose is in life."



The Arcade Group Dewsbury is looking for a Heritage Link Worker to work with the community during the refurbishment of Dewsbury Arcade.

The worker will implement the activity plan agreed with the National Lottery Heritage Fund. Helping people to learn about their heritage when the Arcade re-opens.

What the shops were and what they should be now. Involving students, residents and future Arcade tenants. Attracting people back to the town centre and organising events.

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Competition

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Labour extends grip on Kirklees Council

Labour has strengthened its grip in Kirklees following the local elections, with a nerve-racking culmination for the Batley East ward.

Before the elections took place, Labour had 36 seats, one seat more than required to secure threshold for a majority. Eleven of the seats belonged to Labour, thus ensuring they required a total of 10 seats to keep their majority, whilst the Tories needed 17 seats to secure a majority.

The Conservatives, Lib Dems and the Green Party have kept their numbers the same in the elections maintaining 18, eight, and three seats respectively.

Independent representation is down by three seats due to councillors standing down and the resulting vacancies being taken by other parties.

Batley and Dewsbury were once again principal battlegrounds. A nail biting finale saw the Batley East seat, which has historically been a safe Labour seat, stay in Labour hands, but only just.

The Batley East ward election went to the wire. After 3 recounts, the sitting councillor, Habiban Zaman clung on by a mere 14 votes polling 1978 votes against respected Conservative candidate, Hanif Mayet, who polled 1964 votes, thus ensuring a great deal of anxiety and relief.

However, Hanif Mayet praises his campaign team for assisting him with his 3 week long campaign which only began after Ramadhan.

Mr Mayet was gracious in defeat and thanked all the candidates for running an admirable campaign, whilst wishing Councillor Zaman the very best.

He told Paigaam that he hoped the close

call serves as a message that more work and presence is needed to improve the ward: "The result send out clear message batley is no longer a safe seat. There will be more scrutiny and high expectations from voters and if the sitting councillors continues as they have been then the tide will turn."

Speaking to Paigaam, Councillor Yusra Hussain said she was honoured to have been re-elected as the Councillor for Batley West Ward. She insists the hard work and perseverance for the campaign has paid off and she is here to serve the entire community.

She said: "It goes without saying, but a ginormous thank you to all who came out to vote on Thursday 4th of May 2023. Your unwavering support meant so much to me!

"Whilst the addition of photo ID was a solid change to contend with, it was noted that this did not stop any one of you coming out to show your support and for that I am massively grateful and honestly in awe of you all, for putting in a sterling effort.

"I'd like to thank my agent and Councillor Shabir Pandor, dedicated Labour members, the helpful and efficient campaign team, my spectacular family, upbeat friends, efficient ward colleagues and trusted advisors.

"You have all provided much needed support to run a remarkable and successful campaign. It also has to be said, it is an honour to have the best wishes, prayers and blessings of everyone else too."

As councillor Hussain reflects and steps into the next term, she knows too well the challenges local people face, as any changes directly impact her, since she also lives in the ward.

"The figures are astounding and show that the Conservative Government has made £2.2 Billion of cuts to Kirklees Council since 2010. As a result of this, the next four years will bring us further challenges.

"Across the country we saw an increase in labour seats, this shows that we as the public, understand where the blame lies and who is responsible when it comes to cutting our precious services- it's time to take this back and fix it!

"Despite the cuts to services, as a Labour Council, we have still continued to invest in towns, parks, open spaces and high way schemes for Batley West residents.

"This is all to achieve a hopeful and brighter future for generations to come. Batley West members please rest assured, I will do my absolute best to carry on working hard to fight for you all.

"I believe that in my first term I worked incredibly hard and gained a wealth of knowledge and experience, which I will take with me into my new term and build upon.

"I will continue to maintain the momentum, work harder than ever and increase my drive, commitment and passion in my role as a Councillor.

"Batley West, thank you for placing your trust in me again. I am dedicated and delighted to serving each and every one of you to the absolute best of my ability."

Other existing Labour members of the council have kept their seats including Coun Nosheen Dad (Dewsbury South), Coun Aafaq Butt (Heckmondwike) and Coun Yusra Hussain (Batley West). Whilst Itrat Ali retained the Conservative seat in Mirfield.

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Did You know...

AlZarqali built a famous water clock that could tell the hours of the day & night

Al-Zarqali, or Arzachel in Latin, was a mathematician and astronomer who worked in Córdoba during the 11th century.

He was skilled at making instruments for the study of astronomy, and built a famous water clock that could tell the hours of the day and night, as well as the days of the lunar month.

The clock consisted of two basins, which filled with water or emptied according to the increasing or waning of the moon.

At the moment when the new moon appeared on the horizon, water would begin to flow into the basins by means of subterranean pipes, so that there would be at day-break the fourth of a seventh part, and at the end of the day half a seventh part, of the water required to fill the basins.

In this proportion the water would continue to flow until seven days and as many nights of the month had elapsed, by which time both basins would be half filled. The same process during the following seven days and nights would make the two basins quite full, at the same time that the moon was at its full.

However, on the fifteenth night of the month, when the moon would begin to wane, the basins would also begin to lose every day and night half a seventh part of their water, until by the twenty-first of the

month they would be half empty, and when the moon reached her twenty-ninth night not a drop of water would remain in them.

Al-Zarqali contributed to the famous Toledan Tables of astronomical data, and published a book that correlated the days of the month on different calendars such as the Coptic, Roman, lunar and Persian, gave the positions of the planets, and predicted solar and lunar eclipses. He created tables of latitude and longitude to aid navigation and cartography.

It was in Córdoba that al-Zarqali grew up. He was educated there, in particular becoming an expert metalsmith and instrument maker.

He moved to Toledo where he was employed by the ruler Qadi ibn Said to construct astronomical instruments for the group of astronomers who were working there under the patronage of ibn Said. Certainly by 1048-49 he was making instruments in Toledo and some time before 1055 he began making solar observations.

However, al-Zarqali was not only expert as an instrument maker, but he was also highly intelligent. When asked about his education, he claimed that he had never studied any science nor had he ever read a book. With the support of his mentor, Qadi ibn Said, he was given books to study by the astronomers at Toledo which allowed him to learn mathematics and astronomy, beginning with the basics of

these subjects and extending to the latest research works.

In two years he had mastered the subjects and, in 1062, he joined Qadi ibn Said's Toledo group of astronomers. He became a member of the Toledan school of astronomers and soon was appointed its head. He remained in the city for over twenty years - constructing astronomical instruments, recording observations of the sun, moon, planets, and stars, and composing treatises on astronomy and astrology.

He invented a type of universal astrolabe known as an azafea. It also is based on stereographic mapping, but the centre of projection is one of the equinoctial points, not the North Pole. Hence, although the daily path of a celestial object still maps as a circle, it is no longer concentric with the centre of the instrument.

As a consequence, although the standard problems of spherical astronomy may be solved with either instrument, manipulations with the azafea tend to be more difficult than with the earlier type of astrolabe. On the other hand, the azafea is universal, requiring no special latitude plates.

He also wrote a book, of which no copy survives, probably called *On the solar year*. We know from references in other sources that in this book al-Zarqali details the motion of the solar apogee, giving it a motion of 1° in 279 years.

High blood pressure

What is blood pressure?

Blood pressure is the pressure of blood in your arteries. Your arteries are the vessels (tubes) that carry blood from your heart to your brain and the rest of your body. You need a certain amount of pressure to get the blood moving around your body.

Your blood pressure naturally goes up and down throughout the day and night, and it's normal for it to go up while you're moving about. It's when your overall blood pressure is always high, even when you are resting, that you need to do something about it.

Blood pressure is measured using two numbers:

Systolic pressure: this is the higher of the two numbers. It's the pressure against your arteries when your heart is pumping blood around your body.

Diastolic pressure: this is the lower of the two numbers. It shows how much pressure is in your arteries when your heart relaxes between beats.

The medical term for high blood pressure is 'hypertension', and it means your blood pressure is always too high. This means your heart is working harder when pumping blood around your body.

Why is it important to know your blood pressure?

High blood pressure is a serious condition.

Your arteries are normally stretchy, so they can cope with your blood pressure going up and down. But with high blood pressure, your arteries lose their stretchiness, becoming stiff or narrow.

This narrowing makes it easier for fatty material (atheroma) to build up. This narrowing and damage to the arteries lining your heart or brain could trigger a life-threatening heart attack or stroke.

If left untreated, high blood pressure can also lead to complications such as:

kidney failure

heart failure
problems with your sight
vascular dementia.

What causes high blood pressure?

In most cases, there isn't a specific reason for the cause of high blood pressure, but most people develop it because of their diet, lifestyle or medical condition.

You might be more at risk if you:

are over the age of 65

have someone in your family with high blood pressure
are someone who smokes
drink too much alcohol
eat too much salt and not enough fruit and vegetables
don't get enough exercise
are overweight, especially around your mid-section.
People living in deprived areas are also at higher risk of having high blood pressure, as well as people who are of black African or black Caribbean descent.
Changes in your diet and increasing activity levels will help improve your blood pressure.

For some people, a cause of high blood pressure is found. This is known as 'secondary hypertension'.

Examples of secondary hypertension include:

kidney disease
diabetes
a condition called obstructive sleep apnoea, which can lead to disturbed sleep
some medicines, some over-the-counter and herbal medicines.

If you are worried that any medicine or remedy might affect your blood pressure, ask your doctor or pharmacist about it.

What are the symptoms of high blood pressure?

Most people don't know they have high blood pressure because there aren't obvious symptoms. That's why it's so important to get your blood pressure checked regularly.

Rarely, it can cause symptoms like blurred vision, headaches and nosebleeds.

Where can I get my blood pressure measured or tested?

As many as 5 million adults in the UK have undiagnosed high blood pressure and don't know they are at risk.

The only way to know whether you have high blood pressure is to have it measured.

You can get your blood pressure checked at:

GP surgeries
some pharmacies
some workplaces.
If you're a healthy adult aged 40 to 74, and live in England or Wales, you'll be invited to a free NHS Health Check every 5 years, which will include a blood pressure check.

You can also check your blood pressure at home. In England, a scheme called Blood Pressure @home is in place to support people with this, which you can ask your GP about.

How is high blood pressure treated?

How your high blood pressure is managed depends on a range of things, such as your health goals and the stage of your condition.

The healthcare team at your GP practice will help you create a plan to reduce your blood pressure.

By making lifestyle changes, you can lower your blood pressure and keep it at a healthy level. Recent evidence shows that tackling obesity and staying active are especially important.

You'll feel the benefits right away with improved sleep, more energy, and a better mood. This useful tool developed by the NHS helps you make a plan that you can discuss with your GP.

If your blood pressure is high or very high, your GP will usually offer you medicines on top of lifestyle changes.

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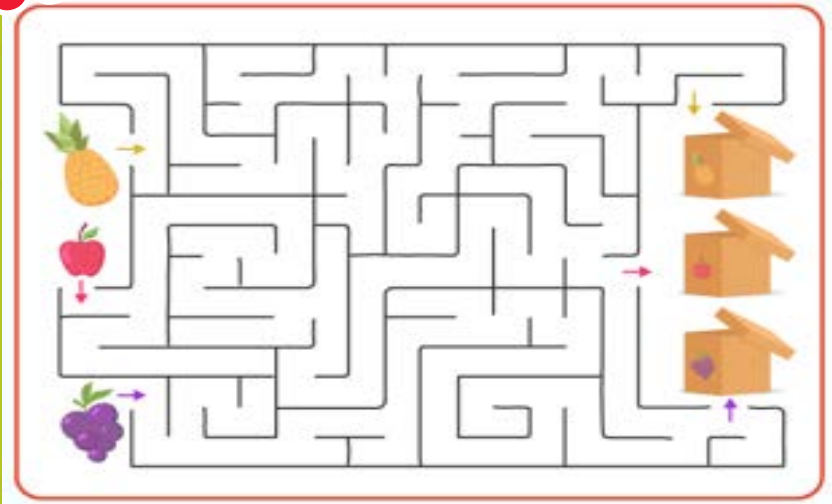


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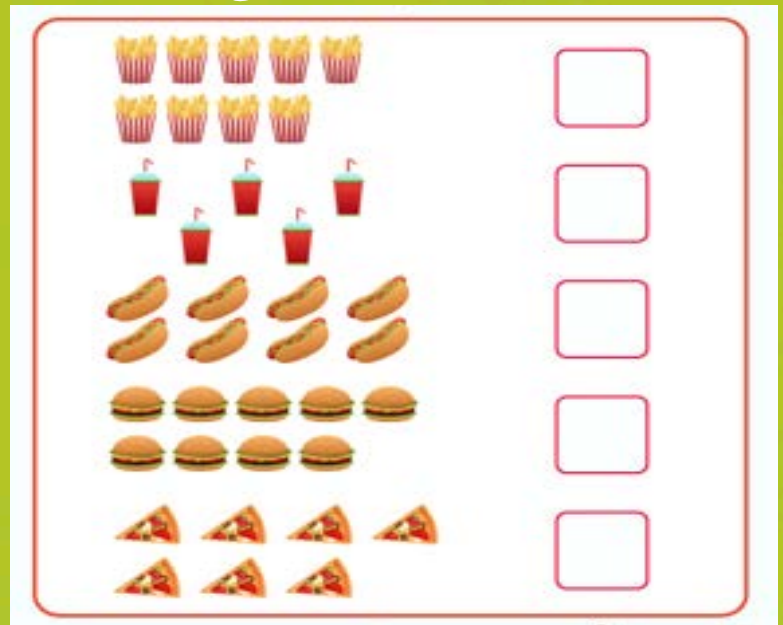
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Paigaam Travel: Indonesia

With the highest Muslim population in the world, it's no surprise that Indonesia is a popular holiday destination for Muslims.

Not only does the country have an Islamic history dating back to the 13th century, but Muslims make up almost 90% of the population.

So if you're looking for a destination where you can easily find Halal food, women-only facilities and a Muslim friendly atmosphere, then Indonesia should be on your list.

The best time to visit Indonesia is during the dry season, which runs from April to October.

Lombok and Jakarta as these are some of the most popular tourist destinations in the country. Lombok is a small Indonesian island east of Bali and West of Sumbawa, it is known for its picturesque beaches and prime surf area in the South of Lombok.

Lombok has been promoting itself as a Muslim-friendly destination for a couple of years now with many Muslim and halal options available.

It is also known as the "island of 1,000 Masjids."

The largest and older mosque in Lombok is Masjid Bayan Beleq and it is a tourist attraction, while you can also pray in the Selong Great Masjid.

A new Muslim-friendly hotel in the area makes it easy for Muslims to navigate the island.

Lombok is as stunning - blessed with exquisite white-sand beaches, beautiful hiking trails, scenery, and blue, the color of the sea, it is the perfect destination to experience for a few days with peace and quiet.

You can even find that you enjoy surfing. Lombok also hosts the second largest volcano in Indonesia and it has some great hot springs making it perfect for enjoying few days of relaxing spa treatments.

One of the most breathtaking waterfalls can be found on the north of the island called Senaru/ Sendanggile Waterfalls, don't miss an opportunity to explore them.

Regarding halal travel in Indonesia, there's a lot to explore and enjoy. The capital Jakarta is a lively bustling city. It's known for its huge shopping malls and for

entertainment. Kota tua, which means 'old city' is definitely worth visiting. In it you will find Dutch buildings dating back to the 17th century which was home to the Dutch East India Company that dealt in spice trade.

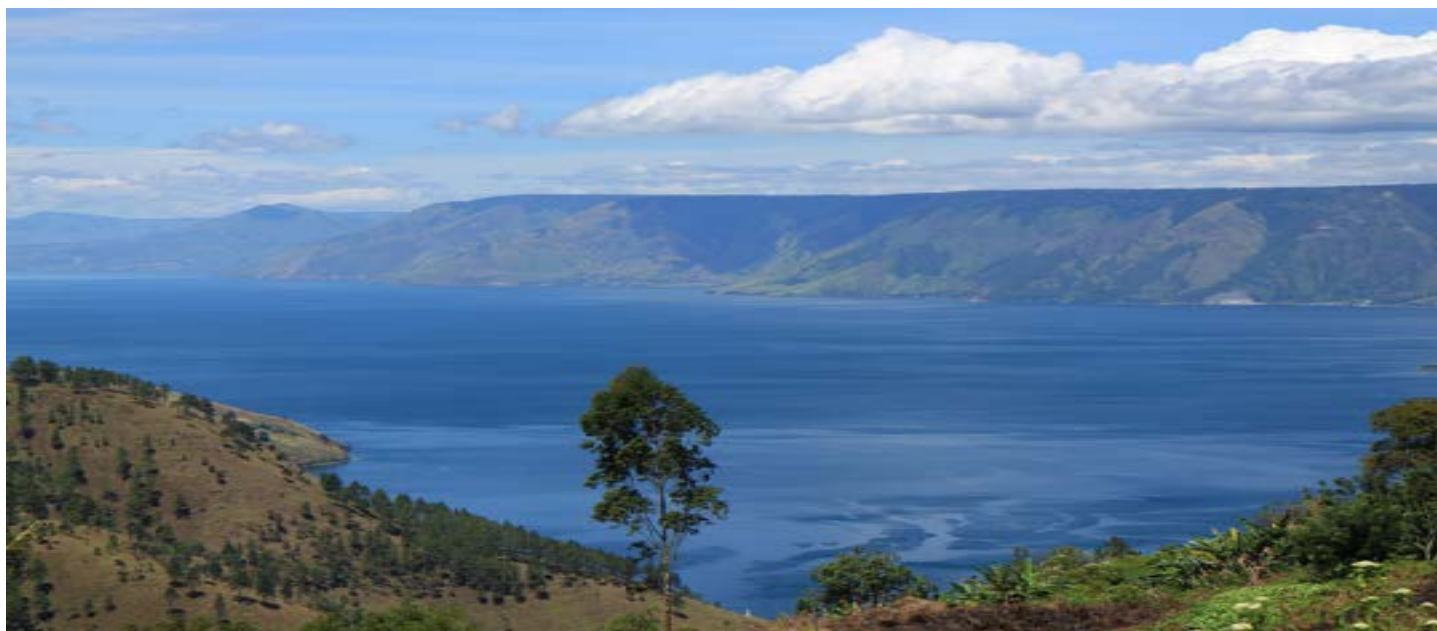
A haven for foodies, Jakarta has an abundance of halal friendly restaurants. Plus, with its impressive array of attractions and activities, you won't have to worry about finding something suitable for your requirements.

In addition, West Sumatera is home to several Islamic heritage sites and cultural attractions. It has stunning diverse nature, from rainforests to beaches, to canyons, to waterfalls.

It is a perfect destination for adventure Muslim couples as it offers opportunities for parasailing, hiking, cycling, and surfing.

West Sumatra's Mentawai Island is a world-famous surfing destination and was listed as one of the world's 50 best surfing spots by Surfing Magazine.

Whether you want to relax on one of its beautiful beaches or immerse yourself in vibrant urban culture - a halal vacation here is guaranteed to leave lasting memories.



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 Patel (Paliya)
07590019315

Munir Daji
07739142988

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Kim Leadbeater MP column

With the general election due next year I faced a very difficult decision about where to put myself forward as a candidate. All MPs have to do this, but for me it has been particularly hard because the independent Boundary Commission made big changes to the constituencies locally. Batley and Spen will cease to exist and two new seats will be created – ‘Dewsbury and Batley’ and ‘Spen Valley’.

I opposed the changes because I’m very proud to represent the whole of Batley and Spen and would have liked to continue doing so. That is no longer possible, however, so I had to decide what was right for me and my family and for the community I love.

At the by-election two years ago I said I was ‘from Batley and Spen, for Batley and Spen’. If I was going to go into politics, it could only be to represent the area where I have lived all my life. And while it’s true that I was born in Dewsbury Hospital, I went to school in Heckmondwike and have spent much of my life in Spen.

I had to be true to myself and to the promise I made at the election and so I have said I hope to represent the new Spen Valley seat if the voters there do me the honour of supporting me.

I’m deeply disappointed to be losing Batley. It’s a place that will always have a special place in my heart. I have loved working with so many fantastic individuals and groups across the community and I will continue to do so to the best of my ability until the election comes.

I fought hard to get £12million of new investment for the town centre and was delighted that my campaign succeeded. Now we need to make sure the money is spent where it’s needed to breathe new life into the area.

I am very upset that we haven’t been successful in keeping Batley Baths and Recreation Centre open but I haven’t given up the fight. Unless the Baths can

be rescued, Batley will lose a valuable and much-loved facility, which has played an important role in the community over many years. The government could have provided a critical financial lifeline but chose not to do so, but I also think there are lessons to be learned for how the Council communicate with residents about the challenges they face.

I know there’s still a huge amount of work to be done to tackle crime and anti-social behaviour, fix the potholes and make our roads and pavements safe for all users. I wish I had a magic wand to solve these and so many other problems overnight, but I don’t.

Once again, the Tory cuts to local government and the police have made a bad situation worse and it will take a Labour government to start to repair the damage.

In the meantime it should be a team effort to use what resources we have wisely and to be straight with local people about what can and can’t be done. I’m ready to play my part in that – people across Batley and Spen deserve nothing less.

I know many Paigaam readers are interested in my international work and this is an area I will continue to focus on. This month in parliament we marked 75 years of the Nakba with very powerful speeches from MPs and peers across the domestic political divide and impressive contributions from both Dr Husam Zomlot, Palestinian Ambassador to the UK, and Francesca Albanese, the UN’s Special Rapporteur on human rights in the Palestinian territories.

There was clear agreement that the UK government must not stand on the sidelines but that we have a historic responsibility to be players for peace. As Dr Zomlot said, the British government position is all words “but I see no action.”

Back at home there’s been plenty to celebrate this month, not least the King’s

Coronation which saw fantastic picnics, parties and other events all across the constituency. And I was delighted to host an Eid celebration with friends, family and supporters.

Thank you for reading and you can get regular updates on my work locally, nationally and internationally on my website www.kim4batleyandspen.com

Thank you for reading and you can get regular updates on my work locally, nationally and internationally on my website www.kim4batleyandspen.com

If you would like more details of my visit please contact me on kim@kim4batleyandspen.com

Best wishes,

Kim



The background behind why Palestinians mark the Nakba

Palestinians recently marked sombre occasion: the Nakba (“catastrophe” in Arabic) that befell Palestinians in the lead-up to and during 1948, when they were expelled from their historic and ancestral land by Zionist militias.

During the Nakba, a mass expulsion ensued where hundreds of villages were depopulated, homes were destroyed, and thousands were killed. Zionist Irgun, militias committed a series of mass atrocities, including dozens of massacres.

Here are some of the massacres that took place:

Balad al-Sheikh

On December 31, 1947, the first large attack by the Haganah Zionist militia took place against the village of Balad al-Sheikh, east of the port city of Haifa, in which 60 to 70 Palestinians were killed.

The raiding militia’s orders were to kill as many adult males as possible. A force of 170 men from the Palmach (an elite force of the Haganah) fired their weapons and blew up houses, then pulled out adult males and shot them. According to the Haganah General Staff, two women and five children were also killed, with an additional 40 people injured. Several dozen houses were also destroyed during the attack.

Before the massacre, in 1945, the village was the second-largest in historical Palestine in terms of population. It was famous for the tomb of Izz al-Din al-Qassam, a preacher whose death in action against British forces sparked a revolt against the British occupation in 1936.

Saasaa

Two massacres were carried out by the

Haganah in 1948: One in mid-February and another at the end of October. A Palmach force raided the village of Saasaa and detonated explosives inside several homes, destroying 10 houses and killing “tens”, according to Haganah estimates.

The second massacre was perpetrated on October 30, when “mass murder” took place, according to Israel Galili, the former head of the Haganah National Staff. The exact numbers of those killed are unclear, nor are there detailed accounts of the killings, according to All That Remains. The village was eventually depopulated.

In 1949, an Israeli settlement by the same name was established on the village site.

Deir Yassin

On April 9, 1948, more than 110 Palestinian men, women and children were slaughtered in one of the most heinous crimes carried out by Zionist forces. The massacre took place in the once-prosperous village of Deir Yassin on the western outskirts of Jerusalem. The New York Times reported at the time that half of the victims were women and children.

Those who were captured were rounded up and paraded through the Old City of Jerusalem by the Zionist forces. Some were then taken to a nearby quarry and executed. Others were taken back to the village and killed.

The massacre at the village – home to an estimated 750 residents who lived in the 144 houses, according to the Institute for Palestine Studies – became one of the most horrific events to have impacted the exodus of Palestinians.

According to Zochrot, an Israeli NGO that works to support the full right of return of Palestinians who were expelled during the creation of Israel, 55 young children were orphaned as a result of the massacre.

Today, a psychiatric hospital stands on the remains of some village houses. What used to be the city centre is now a bus station. In 1949, the settlement Givat Shaul Bet was established on the ruins of Deir Yassin as an extension of the earlier settlement built in 1906.

Salih

On October 30, 1948, a massacre was perpetrated by the Sheva (Seventh) brigade of the Israeli army. According to various accounts, including by the Haganah National Staff’s Israel Galili, to Israeli historian Benny Morris, troops entered the village and blew up a structure, believed to have been a house or a Masjid, killing the 60 to 94 people who had taken refuge inside.

The village was completely depopulated except for what was probably the elementary school. The Israeli settlements of Yir’on and Avvim are now located on the former lands of Salih.

Lydda (Lydd/Lod)

On July 9, 1948, Zionist forces launched a large-scale military operation known as Operation Dani, which aimed to occupy the cities of Lydda and Ramla. Between July 9 and 13, militias killed dozens of Palestinians, perhaps as many as 200, according to Salman Abu Sitta’s Atlas of Palestine. A city-wide massacre led to a “death march” or mass expulsion of Palestinians.

“The massacre took place in two stages: the first during the time of the city’s occupation, and the second during the operation of mass expulsion of its residents, which is considered one of the largest acts of ethnic cleansing (‘transfer operations’) carried out by the Israelis,” states the Interactive Encyclopedia of the Palestine Question.

IMWS Gaza Appeal a resounding success

The Indian Muslim Welfare Society recently sent thousands of pounds to help provide much needed aid as part of its annual Gaza appeal.

The society worked with our long-term charity partner, Palestine Welfare House which is based in Gaza to distribute a plethora of essential amenities to a plethora of orphan families along with unemployed people with a significant number of dependants in the Jabaliya City, Beit Lahiya, Dair Albalah, Jabaliya Camp, Zaitun, Beit Hanoun, Al Maghraqah and Nahr Albared areas of the Gaza Strip.

The rationale behind the project was to help and support poor families by providing vulnerable families with 125 flour sacks, 371,700 litres of filtered water to 372 poor and orphaned families. In addition, Jabalia Medical Centre was provided with medicine for over 200 families.

Munir Daji of IMWS thanked members for taking the time to donate money to Gaza and appealed for prayers and donations for

all those who are suffering in such a noble and sacred land. 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 to provide aid to those in need.

“The appeal is open throughout the year and donations can be made directly at the Al-Hikmah Centre during normal working hours.

“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.”

IMWS works directly with the charity Palestine Welfare House which is based in Gaza to provide aid to those in need. The appeal is open throughout the year and donations can be made directly at the Al-Hikmah Centre during normal working hours.

The people of Gaza remained trapped in what is often referred to as the world’s

largest prison. Gaza today remains much of the same ruins we saw on circulating pictures during a number of bombing campaigns. Its rubble streets mean many schools have been operating without a roof or even walls.

Families are seen living and eating on the rubble of what once used to be a home have graced our smart phone screens.

Years of conflict has left around 80 per cent of the population dependent on international assistance according to the United Nations Relief and Works Agency. Over 1.2 million have registered as refugees with UNHCR.

Now, the 1.8million people who reside in Gaza are facing even harsher conditions with the thought of survival not just for themselves but for their children racing through their worried minds.

The situation is complicated further due to the continuous blockade, and the COVID 19 pandemic which has ensured everyone in the area is severely at risk and life has become even more unbearable for people.



કિંગ ચાર્લ્સ-૩ ની તાજપોશીની કેટલીક

રોમાંચક વાતો

શનિવાર તારીખ દૃઢી મે ના રોજ બ્રિટનના નવા રાજા કિંગ ચાર્લ્સ-૩નો રાજ્યાભિષેક, (તાજપોશી) હતો. કરોડો લોકોએ વિવિધ માધ્યમથી તેને જોયું હતું. આ અંગે કેટલીક વાતો જાણવા જેવી છે જે અહીં રજૂ કરીએ છીએ.

- ❖ કિંગ ચાર્લ્સ-૩ બ્રિટનના ૪૦ માં રાજા બન્યા છે. ૧૦૬૬થી બ્રિટનના રાજાને આ પ્રકારનો તાજ પહેરાવવામાં આવે છે.
- ❖ કિંગ ચાર્લ્સ-૩ સૌથી વૃદ્ધ વયના રાજા બન્યા છે. અને આ સેરેમની બ્રિટન ખાતે ૭૦વર્ષ પછી યોજાઈ હતી. કારણ કે, તેમની માતા ઈલીઝાબેથ-૨ એ ૭૦વર્ષ સુધી બ્રિટનની રાણી તરીકે રાજ કર્યું હતું.
- ❖ સેરેમનીના કાફલા જેમાં વિવિધ કેડરના સૈનિકો, આર્મી જવાનો વગેરે જેમની સંખ્યા લગભગ ૫૫૦૦ હતી તેમનું સુકાન કીંગની બહેન પ્રિન્સેસ આને ધોડા ઉપર સવારી કરી કર્યું હતું.
- ❖ એક હજાર જેટલા લોકોએ રાજાશાહીનો વિરોધ કરતું પ્રદર્શન કર્યું હતું. આ પ્રસંગે એક કૂતરાના શરીર ઉપર “નોટ માય કિંગ” નું પોષ્ટર લગાવેલું જોવા મળ્યું હતું. કેટલાક વિરોધીઓની ઘરપકડ પણ થઈ હતી.
- ❖ તાજપોશીની વિધિ ૮૦ મિનિટ ચાલી હતી જ્યારે ક્વીન ઈલીઝાબેથ-૨ની તાજપોશી ત્રણ કલાક સુધી ચાલી હતી.
- ❖ કિંગની સફરનો જાહેર રૂટ બકિંગહામ પેલેસથી વેસ્ટ મિન્સ્ટર સુધી બે કી.મીટરનો હતો, જેમાં કિંગે ગોલ્ડ સ્ટેટ કોચને બદલે ડાયમંડ જ્યુબિલિ સ્ટેટ કોચમાં મુસાફરી કરી હતી.
- ❖ તેમના મોટા દીકરા પ્રિન્સ વિલિયમને આ સમારંભમાં ખાસ ભૂમિકા આપવામાં આવી હતી જ્યારે કે, નાના પુત્ર પ્રિન્સ હેરી ફક્ત એક સંબંધી તરીકે હાજર રહ્યા હતા. ઉપરાંત જ્યારે તાજપોશી બાદ બકીંગહામ પેલેસની વ્યુઈંગ ગેલરીમાં શાહી પરિવાર, લોકોનું અભિવાદન મેળવવા બહાર આવે છે તેમાંથી પણ પ્રિન્સ હેરીને ત્યાં સામેલ કરવામાં આવ્યા ન હતા.
- ❖ કિંગ ચાર્લ્સ-૩ અને રાણી કેમિલાની એક ઝલક જોવા હજારો લોકો વરસાદમાં ઉભા હતા. હવામાનખાતાનું કહેવું હતું અગાઉ અનેકવાર તાજપોશી દરમ્યાન વરસાદ સામાન્ય રહ્યો હતો. અંદાજે ૨૫૦ મિલિયન પાઉન્ડનો ખર્ચ આ સેરેમનીમાં થયો હતો.
- ❖ કિંગને પહેરાવવામાં આવેલ તાજનો વજન અઢી કીલોનો હતો. જેમાં અનેક કિંમતી હીરાઓ જડેલ હતા.
- ❖ વેસ્ટ મિન્સ્ટર એબેમાં ૨૦૦૦ મહેમાનો જેમાં બ્રિટનના ભૂતપૂર્વ વડા પ્રધાનો, સાંસદો, વિશ્વના નેતાઓ, કોમનવેલ્થના મહાનુભાવો, વિદેશી રાજાઓ સહિત યુ.કે.થી આમંત્રિત મહેમાનોએ હાજરી આપી હતી.

કર્ણાટકમાં બીજેપીની હાર

ગયા માસમાં ભારત ખાતે દક્ષિણમાં કર્ણાટકમાં વિધાનસભાની ચૂંટણી યોજાઈ હતી. ૨૦૨૪માં આવી રહેલ જનરલ ઈલેક્શન (લોકસભાની ચૂંટણી) માટે આ ચૂંટણી એક સેમિફાઈનલ સમાન હતી. અહીં અગાઉ કોંગ્રેસ અને જેડીયુના સંગઠનની સરકાર હતી પરંતુ બીજેપીએ કરોડો રૂપિયાના જોરે વિધાનસભ્યો ખરીદી સરકાર તોડી હતી અને પોતાની સરકાર બનાવી હતી. આ ચૂંટણીમાં કોંગ્રેસ અને બીજેપી સાથે સીધી ટક્કર હતી. અને મરો યા મારોની પરિસ્થિતિ સર્જાઈ હતી. કોંગ્રેસ આ ચૂંટણી હારે તો તેના અસ્તિત્વનો સવાલ હતો તો બીજેપી આ ચૂંટણી હારે તો નરેન્દ્ર મોદીની શાખ ઉપર સવાલિયા નિશાન લાગે એમ હતું. ઉપરાંત મોદીની લોકપ્રિયતા ઉપર મોટો પ્રહાર હતો. જેથી ચૂંટણી પ્રચારમાં હંમેશની જેમ મોદી, અમિત શાહે ઝંઝાવાતી રેલીઓ અને રોડ શો યોજી જનતાને લલચાવવાના પ્રયાસો સાથે અનેક વાયદાઓ કર્યા હતા. ઉપરાંત હંમેશ મુજબ હિન્દુ-મુસ્લિમના કાર્ડો ખેલ્યા હતા.

બીજી તરફ કોંગ્રેસ પણ કમર કસી મેદાનમાં ઉતરી હતી. કોંગ્રેસ તરફથી રાહુલ ગાંધી, પ્રિયંકા ગાંધી વાડા, સોનિયા ગાંધી અને કોંગ્રેસના અનેક નેતાઓએ જીમ્મદારી સંભાળી રેલીઓ યોજી હતી અને બીજેપીને ભારે ટક્કર આપી હતી. લોકોને બીજેપીના ભ્રષ્ટાચાર, ૪૦૮૮ કમિશનની સરકાર, ખોટા વાયદાઓ અને હિન્દુ મુસ્લિમોને અને જાતિઓને અલગ અલગ વહેંચવાના તેમના પ્રયાસો માટે જાગૃત કર્યા હતા.

શરૂઆતથીજ ચૂંટણી પ્રચાર જોતાં લાગી રહ્યું હતું કે આ વખતે કોંગ્રેસનો દેખાવ સારો રહેશે અને તે ચોખ્ખી બહુમતિ મેળવશે. તે સાથેજ બીજેપીના તંબુઓમાં પણ નિરાશા અને તેમની સરકારની નિષ્ફળતાના વાદળો ઘેરાયા હતા. તેમને પરાજયનો ડર સતાવી રહ્યો હતો. ૧૩મી મેના રોજ આવેલ પરિણામોથી સ્પષ્ટ થઈ ગયું હતું કે જનતા ઉપર બીજેપી તેનું પ્રભુત્વ ગુમાવી રહ્યું છે. અને ૨૨૪ સભ્યોની વિધાનસભામાં કોંગ્રેસને ૧૩૫, બીજેપીને ૬૬ જેડીયુને ૧૯ અને અન્યને ૪ સીટો મળી હતી. આમ જોઈતી બહુમતિ મળતાં કોંગ્રેસે સરકાર બનાવી સિધ્ધારામૈયાને મુખ્યપ્રધાન બનાવ્યા છે. અગાઉ પણ જ્યારે કોંગ્રેસની સરકાર હતી ત્યારે તેઓ મુખ્યપ્રધાન રહી ચૂક્યા છે.

અલ-હિકમાહ સેન્ટર, બાટલી ખાતે કિડની અવેરનેસ અંગે ખાસ પ્રોગ્રામ

શનિવાર તારીખ ૧૩મી મે ના રોજ નેશનલ હેલ્થ સર્વિસ (NHS) ધ્વારા અલ હિકમાહ સેન્ટર, બાટલી ખાતે કિડની અંગે સભાનતા અને સાઉથ એશિયન કોમ્યુનિટીમાં તેને લગતા રોગનું વધુ પ્રમાણ ઉપર એક કોન્ફરન્સનું આયોજન કરવામાં આવ્યું હતું. જેમાં સારી એવી સંખ્યામાં ભાઈ-બહેનોએ હાજરી આપી હતી. આ પ્રોગ્રામમાં કિડનીના સ્પેશીયાલીસ્ટ ડો. સુનિલ ડેગા જેઓ એક (વધુ આગળના પાના ઉપર)

લેકચરર, કિડની સ્પેશીયાલીસ્ટ અને કિડની ટ્રાન્સપ્લાન્ટ ફીઝીશીયન છે તેમણે કિડનીની સંભાળ, તેની તકલીફો અને અન્ય બાબતો ઉપર વિગતથી સમજ આપી હતી. તેમણે જણાવ્યું હતું કે બ્લાઈટ કોમ્યુનિટીની સરખામણીમાં સાઉથ એશિયન કોમ્યુનિટીમાં કિડનીની સમસ્યા પાંચ ઘણી વધુ છે. જેથી એના ઉપર ખાસ પ્રકારે ધ્યાન આપવાની જરૂરિયાત રહે છે. તેની સંભાળ, મેડિસીન ઉપર લાંબી ચર્ચા કરી હતી.

હાજર રહેલાઓમાંથી પૂછવામાં આવેલ સવાલોના સંતોષકારક જવાબો તેમણે આપ્યા હતા. ઉપરાંત જેઓ કિડનીની પરેશાનીથી પસાર થઈ રહ્યા છે તેઓએ આપસમાં પણ એ અંગે ચર્ચાઓ કરી હતી. વાતચીતમાં જેમને તકલીફ હતી તેઓએ પોતાની ભાષોઓમાં વિચારો અને જવાબો મેળવ્યા હતા. આ ઉપરાંત આ પ્રસંગે બ્લડ પ્રેશરની માપણી વગેરે હેલ્થને લગતી અન્ય સેવા પણ આપવામાં આવી હતી. કેટલાયે લોકોએ પોઝીટીવ ફીડબેક આપ્યા હતા અને પ્રોગ્રામના વખાણ કર્યા હતા અને હેલ્થને લગતા આવા પ્રોગ્રામ ભવિષ્યમાં પણ રાખવા વિનંતી કરી હતી. આ પ્રસંગે અમે અલ હિકમાહના સ્ટાફ સભ્યો અને નેશનલ હેલ્થ સર્વિસનો તેમની સેવા બદલ આભાર માનીએ છીએ.

પયગામનું ભવિષ્ય

ગત ફેબ્રુઆરીમાં મળેલ સોસાયટીની જનરલ મીટિંગમાં છેલ્લા કેટલાક સમયથી પયગામ ખોટમાં જઈ રહ્યું છે એ વિષયક ઉપર ચર્ચા થતાં, સંસ્થાના પ્રમુખ રફીક ડભાડે જણાવ્યું હતું કે, પેપર છેલ્લા કેટલાક વર્ષોથી વાર્ષિક ૪થી૫ હજાર પાઉન્ડની ખોટમાં ચાલી રહ્યું છે અને ગયા વર્ષમાં તેની ખોટ લગભગ ૭૮૦૦ પાઉન્ડ ઉપર પહોંચી હતી. જેનું મુખ્ય કારણ એ છે કે હવે ડીજીટલ જમાનામાં અને સોશયલ મીડિયાના વધતા વપરાશથી એડવર્ટમાં જંગી ઘટાડો થઈ રહ્યો છે. લોકોમાં પેપર વાંચવાનો પણ અભાવ જોવા મળે છે. આટલી મોટી રકમની ખોટ પૂરવી હવે અશક્ય થઈ રહ્યું છે. સભામાંથી અનેક સૂચનો કરવામાં આવ્યા હતા. જેમાં ૧. પયગામ ચાલુ રાખવું, ૨. પયગામ બંધ કરવું. ૩. પયગામનું પ્રિન્ટિંગ બંધ કરી જોઈએ તો ઓછા પાનાથી ઓનલાઈન પ્રકાશિત કરવું વગેરે.

તાજેતરમાં મળેલ એક્ઝ્યુક્યુટીવ અને પયગામ કમિટીની મીટિંગમાં વિગતથી આ અંગે ચર્ચા કરવામાં આવી હતી. છેલ્લા ૬ માસના હિસાબ ઉપર નજર નાંખી અને એડવર્ટની ઈન્કમમાં ઘરખમ ઘટાડા ઉપર અને પયગામને ભવિષ્યમાં કેવી રીતે ચલાવવું તેના ઉપર વિગતથી ચર્ચા કરવામાં આવી હતી. પયગામનો એક અંક બહાર પાડવા ૧૯૫૦ પાઉન્ડનો ઓછામાં ઓછો ખર્ચ થાય છે જેની સરખામણીમાં ૧૩૫૦ પાઉન્ડ દર માસે ખોટ રહે છે. જે સંસ્થા માટે અતિ મુશ્કેલ છે. ખૂબ વિચાર અને

મંથન પછી એવું નક્કી કરવામાં આવ્યું કે હવે પછીના બે અંકો આજ મુજબ પ્રિન્ટ કરવા અને પછી પેપર ઓન લાઈન થોડા ઓછા પાના સાથે પ્રકાશિત કરવું અને ૩ મહિના પછી પાછું રીવ્યુ કરવું. પયગામ છેલ્લા ૩૦ વર્ષથી એકધારૂં નિયમિત પ્રગટ થઈ રહ્યું છે. લોકોમાં ખૂબજ પ્રિય છે પરંતુ લાચારીપૂર્વક સંસ્થાને આ નિર્ણય લેવો પડ્યો છે.

એક મહાન સ્કોલરનું બ્રિટનમાં આગમન

-મહંમદ યુસુફ સુફી, લાજપુરી, બાટલી.

ઈલ્મી જગતના મહાન અને વિધ્વાન આલિમે દીન, પ્રખર મુસ્લિમ સ્કોલર હઝરત મૌલાના મન્જુર મેન્ગલ સાહબ દા.બ. ગયા માસમાં પાકિસ્તાનથી પ્રથમવાર ઈંગ્લેન્ડના ટૂંકા સફરે આવ્યા હતા. તેમનું બયાન મદીના મસ્જિદ, બાટલી ખાતે રાખવામાં આવ્યું હતું.

માનવંત મહેમાનના ઈલ્મી બયાનોથી જે વાતો ફલિત અને પ્રતિપાદિત થઈ તે પૈકી એક કે, મૌલાના ફક્ત મુકરિર નથી બલ્કે તેઓ એક ઈતિહાસકાર પણ છે. બીજી વાત એ સ્પષ્ટ થઈ કે, આપ માત્ર તકરીર કરનાર વ્યક્તિ નથી બલ્કે આપના ઈલ્મમાં ગહનતા-ઊંડાણ અને વિશાળતા છે. જેથી તફસીર (કુરઆન મજીદનો ઈલ્મ) અને હદીસ શરીફનો ઈલ્મ મોટા ભાગે આપના દિમાગમાં ગુમી રહ્યો છે. જેથી ઘણી ઈલ્મી વાતોનો અહીંયા સમાવેશ કરવો અને એનો ઉલ્લેખ કરવો અશક્ય છે. કારણ કે, એમના ઈલ્મી બયાનોના વિવિધ સુંદર પ્રોગ્રામોથી પ્રભાવિત, ખુશખુશાલ અને આશ્ચર્યચકિત બની ગયેલા ઉલ્માઓ અને અવામ હાજરજનોની ઉમંગ અને ઉલ્લાસથી છલકતા હતા.

મૌલાનાએ જે હિકમતભરી વાતો ફરમાવી તેમાં અગત્ય અને મહત્વની વાતો એ હતી કે, જીવનમાં જે કંઈપણ પરેશાની આવે એનું મુખ્ય કારણ કોઈ સુમ્તનું છૂટવું છે. જીવનમાં કોઈ સુમ્તનું છૂટવું મુશીબતનું આવવાનું ખાસ કારણ છે. તેમના બયાનમાં સાદી ભાષામાં કુરઆન અને હદીસને આવરી લઈ સચોટ દ્રષ્ટાંતો સાથે લોકોને સમજાવવાનો એક અનોખો નુસ્ખો જોવા મળતો હતો. દારૂલ ઉલૂમ દેવબંદના અનેક ઉલ્માઓની જીવનશૈલીના અનેક ઉદાહરણો બખૂબી આપી લોકોને સમજ આપતા હતા જે તેમની આવા ઉલ્માઓની કદરદાની અને તેમના અંગેના નોલેજની ઝાંખી કરાવે છે.

પૂરા સફર દરમ્યાન અહીંયાના મુસલમાનોને જે ખાસ નસીહત કરી તે એ હતી કે, આ દેશમાં અમન, સલામતી છે. અહીંયાના અમનને ખરાબ કરવાની અને સંતોષભર્યા વાતાવરણને બગાડવાનો પ્રયત્ન કરશો નહીં. આ દેશમાં દીની મૂલ્યો અને નબવી સંસ્કારો અપનાવો. યાદ રાખો! તમારું કેરેક્ટર એજ નૈતિક મૂલ્યો છે. સદચરિત્રથી સુસજ્જ થઈને રહેશો તો તમે અહીંયાના મૂળ રહેવાશીઓના દિલોમાં જગ્યા બનાવી શકશો. સારા અપ્લાકથી જ લોકોને પ્રભાવિત કરી શકાય છે. લોકોના દિલોમાં જગ્યા તો કેરેક્ટર ધ્વારા જ બનાવી શકાય છે.

મૌલાનાએ ડોક્ટરીની પીએચડી ડીગ્રી પણ પ્રાપ્ત કરી છે. જેથી દુન્યવી ઉલૂમથી પણ તેઓ વાકેફ છે. યુ ટ્યબ ઉપર તેમના અનેક બયાનો સાંભળવા મળે છે.

ચાલો આજે કંઈક સાડું જાણીએ

-રફીક અહમદ કભાસ

ચાલો આજે આપણે એક એવી બૂકની વાત કરીએ જેમાં વૃદ્ધો કે જેઓ મરણના અંતિમ તબક્કામાં હોય છે તેમની વાતો લખી છે.

તેમની ફરિયાદોને જાણીએ:

દરેક કિતાબની એક બર્થ હીસ્ટ્રી હોય છે. આ કિતાબનો જન્મ થયો છે એક એવી ઓરતના હાથે જે ઓસ્ટ્રેલિયાની એક હોસ્પિટલમાં નર્સનું કામ કરતી હતી અને એવા દર્દીઓનો ખ્યાલ રાખતી હતી જેઓ પોતાની જિંદગીના આખરી સ્ટેજમાં ત્યાં આવ્યા હતા. આવાજ દર્દીઓ સાથેની વાતચીત દરમિયાન નર્સને જાણવા મળ્યું કે, મરતા પહેલા દરેક દર્દીના મનમાં કોઈ ને કોઈ પસ્તાવો જરૂર હતો. જો કે દર્દીઓમાં કોઈ સમાનતા ન હતી. પરંતુ તેમનો પસ્તાવો લગભગ એકજ ટાઈપનો હતો. એમાંથીજ આ નર્સ જેનું નામ બ્રાઉની હતું તેણે પોતાની બૂકમાં ટોપ પાંચ દર્દીઓ માટે લખ્યું છે, જે આ પ્રમાણે છે. આ જાણી તમે પણ આવાજ પસ્તાવાને દોહરાવો નહીં એ અગત્યનું છે.

૧. કાશ! મેં મારી જિંદગી મારા હિસાબથી જીવી હોત. બેપરવાહીથી નહીં કે લોકો શું વિચારશે? મરણ પથારીએ પડેલ દરેક માણસ પાસે એક રીગ્રેટ હતું કે, પૂરી જિંદગી એવામાં વિતાવી કે લોકો શું વિચારશે? ક્યારેય પણ પોતાના મનનું ન કર્યું. એવા કપડા ન પહેરો લોકો શું વિચારશે? ત્યાં ન જાઓ, આ ન કરો લોકો શું વિચારશે? અને આજે જે લોકો મરણ પથારીએ છે, મરવા જઈ રહ્યા છે અને જે લોકોની પરવાહમાં એમણે પોતાની આખી જિંદગી વિતાવી દીધી તેમાંથી એક પણ માણસ તેમને મળવા ન આવ્યો. કેટલાક લોકોએ પોતાના મન પસંદ પાર્ટનર સાથે શાદી ન કરી કે, લોકો શું વિચારશે? કેટલાક લોકોએ પોતાના સ્વપ્નની નોકરી પસંદ ન કરી કે લોકો શું કહેશે. જે ચીજોમાં તમે માનો છો, બીલીવ કરો છો તેના ઉપર સ્ટેન્ડ લો, મક્કમ જીવો. પૂરી જિંદગી એજ વિચારતા રહેશો કે, લોકો શું વિચારશે? તો એક ન એક દિવસ એ પસ્તાવો તમને જરૂર થશે.

૨. જે પસ્તાવો ખાસ કરીને મરદોનો હતો કે, કાશ મેં આટલું બધું કામ ન કર્યું હોત? કાશ મેં મારા મા-બાપ, મારી પત્ની, મારા દોસ્તો સાથે સમય વિતાવ્યો હોત. કાશ મેં મારા બાળકોને મોટા થતાં જોયા હોત. મારી તંદુરસ્તીમાં મેં કમાયેલ પૈસાનો સદુપયોગ કર્યો હોત અને જવાનીની જિંદગીને સારી રીતે જીવી હોત. અહીં લખનારનો હેતુ એ બિલ્કુલ નથી કે તમે સખત પરિશ્રમ (હાર્ડ વર્ક) ન કરો પરંતુ તમારી જવાનીની કિંમતથી સફળ થવા માંગતા હોય જે પ્રાઈમ ટાઈમ તમારા જીવનમાં ફરી નથી આવવાનો તો તે માટે તમે ઘણી મોટી કિંમત ચૂકવી રહ્યા છો. તો પછી તમારી જિંદગી માટે પ્લાન કરો, જે તમારા દિલથી નજીક છે તેમના માટે અવશ્ય સમય કાઢો. આવું ન કરવા માટે એક ન એક દિવસે આ પસ્તાવો તમને પણ હશે.

૩. કાશ! મારામાં એટલી હિંમત હોત કે, હું લોકોને મારી લાગણી (ફીલીંગ) બતાવી શક્યો હોત. અને લાગણીથી લેખકનો હેતુ એ નથી કે, ફક્ત રોમાન્ટિક ફીલીંગ હોય. કાશ હું મારી માને

બતાવી શક્યો હોત કે હું તેનાથી કેટલો પ્રેમ કરું છું? કાશ હું મારા ભાઈને કહી શક્યો હોત કે, મારા જીવનમાં તેમની કેટલી અગત્યતા છે. કાશ હું મારા કઝીનને કહી શક્યો હોત કે, એક દિવસે તેણે મારું કેટલું દિલ દુખાવ્યું હતું. રોજબરોજની જિંદગીમાં જે લોકો આપણાં નજીક છે, આપણાં દિલની કરીબ છે તેમને આપણે યુઝ કરીએ છીએ. એ વિચારીને કે, છોડો આજે નહીં પણ ક્યારેક કહી દઈશું કે, રિશ્તો (સંબંધો) ખરાબ ન થઈ જાય. અગર આપના મનમાં કોઈ એવી વાત છે જે તમને લાગે કે, તેને કહી દેવી જોઈએ. તો રાહ ન જૂઓ તેને કહી દો નહીં તો એક ન એક દિવસે પસ્તાવો તમને પણ રહેશે.

૪. કાશ! હું મારા દોસ્તોના સાથે સંપર્કમાં રહ્યો હોત. તેમની સાથે જરા વધારે સમય પસાર કર્યો હોત. અને યાદ રાખો! એ તેજ મિત્રો છે જેના વિના એક સમયે આપણી જિંદગી પસાર થતી ન હતી. માન્યું કે, હવે તે ભણવા કે નોકરી માટે વિદેશ ચાલ્યા ગયા છે. પરંતુ એ ગોલ્ડન એરા છે, તમે તેને ફોન, વીડિયોકોલ કરી શકો છો. મહેરબાની કરીને તમારા મિત્રો સાથે સંબંધ બનાવો, જાળવી રાખો, નહીં તો દોસ્તોને ખોઈ દેવાનો પસ્તાવો તમને પણ જરૂર થશે.

૫. કાશ હું પોતાને ખુશ રાખી શક્યો હોત. દરેક મરતા માણસે એ વાત માની છે કે, તેમને ખબર હતી કે એને કઈ વસ્તુથી ખુશી મળે છે. પરંતુ પોતાને તે કામ કરવા ન દીધું અથવા જિંદગીભર એ વિચાર્યું કે, તેની ખુશી કહી બીજી જગ્યાએ જોડાયેલ છે. તમારી ખુશીનો કન્ટ્રોલ તમારા હાથમાં છે. અને આ વાતને તમે જેટલા જલ્દી સમજી લો તેટલું તમારા માટે સાડું છે. નહીં તો પસ્તાવો તમને જરૂર રહેશે.

તમે કદી મરી રહેલ માણસને એ કહેતા સાંભળ્યો છે કે કાશ! મેં એક બંગલો બનાવી લીધો હોત, કાશ મેં એક પ્લોટ ખરીદી લીધો હોત, મેં ખૂબ ઘરેણા બનાવી લીધા હોત, નહીં ને? મરતી વખતે મટીરીઅલીસ્ટીક વસ્તુનો પસ્તાવો નથી રહેતો. પસ્તાવો તો વસ્તુઓનો થાય છે જે આપણાં આસપાસ હતી, આપણાં વચ્ચે હતી, છતાં પણ આપણે તેની કદર ક્યારેય ન કરી.


શું તમે જાણો છો ?

યુ.કે.નું સૌથી પહેલું રેસ્ટોરન્ટ :

યુ.કે.માં “ હિન્દુસ્તાન કાફે ” નામથી સૌ પ્રથમ રેસ્ટોરન્ટ ઈ.સ. ૧૮૧૦માં ૩૪, જ્યોર્જ સ્ટ્રીટ મેરીલેબોન, લંડન ખાતે ખોલવામાં આવ્યું હતું. આ રેસ્ટોરન્ટ મીસ્ટર સેઈક ડીન મોહંમદ નામની વ્યક્તિ જેનો જન્મ બિહારમાં થયો હતો અને તેઓ બંગાલી ફેમિલીમાંથી આવ્યા હતા તેમણે ખોલ્યું હતું.


જાણો અને સમજો !

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