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Al Kausar

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YAA GHOSAL AZAM DASTAGEER!

مُرِيدِي لَا تَخَفُ اللَّهُ رَبِّي
عَطَانِي رَفَعَةً نَلْتُ الْمَنَالِي

**My Disciple, be not frightened... ALLAH is my Lord!
He has granted me status which has led to my high Eminence!**





Teheran, IRAN - Iran's new president, Masoud Pezeshkian has nominated a member of the Sunni Muslim minority to be governor of Kurdistan province. Arash Zerehtan was appointed head of the western state, IRNA news agency said, citing government spokesman Fatemeh Mohajerani. He is the first Sunni to be made a regional governor in the predominantly Shiite country since the earliest days of the 1979 Islamic Revolution. Sunnis account for about 10 percent of Iran's population, where the vast majority are Shiites and Shiite Islam is the official state religion. Sunnis have very rarely held key positions of power since the revolution.

Riyadh, SAUDI ARABIA - A new initiative to establish a Palestinian state and garner support for the implementation of a two-state solution after decades of international efforts have failed, has been announced by Prince Faisal bin Farhan. With the region on the brink of an all-out war, he said the Global Alliance for the Implementation of the two-state solution was a joint Arab and European effort. Saudi Arabia has repeatedly said it would not establish diplomatic relations with Israel without the establishment of a Palestinian state based on the 1967 borders, with East Jerusalem as its capital.

Kano, NIGERIA - A speeding bus carrying children to a Maulud function crashed into a truck after the driver lost control, leaving 25 children dead and over 30 others injured. The children, all from the Tijjaniyya Sufi order, were from Kwandare village and heading to the nearby town of Saminaka for the annual Maulud festivities marking the birth of the Prophet (SAW). Nigerian President Bola Ahmed Tinubu offered his condolences to the victims' families and those injured.

Djakarta, INDONESIA - Pope Francis met the Istiqlal mosque's Grand Imam, Nasaruddin Umar, and representatives from Indonesia's six officially recognised religions - Islam, Catholicism, Protestantism, Buddhism, Hinduism, and Confucianism at the mosque as part of a world tour. Indonesia, a Muslim-majority country with over 270 million people, is renowned for its religious diversity and has long emphasised its constitutional principle of Bhinneka Tunggal Ika (Unity in Diversity). In a speech welcoming the pope, Nasaruddin underscored the need for peaceful coexistence amid global diversity. In a joint declaration after the interfaith meeting, representatives from Islam, Christianity, Hinduism, Buddhism, Confucianism, and traditional beliefs outlined urgent concerns about the state of the world, beginning with the "serious crises" of dehumanisation and environmental degradation. The mosque of Istiqlal, which means independence in Arabic, is the largest in Southeast Asia.

Washington, USA - US Muslim advocacy group Engage Action has endorsed Democratic presidential candidate Kamala Harris, saying former President Donald Trump posed a greater danger to the community with his promise to reinstate a travel ban affecting majority-Muslim countries. The group, which endorsed President Joe Biden in 2020 after first backing Vermont Senator Bernie Sanders, says it mobilised over a million Muslim voters in that election. Harris has already won the endorsement of smaller Muslim groups, including the Black Muslim Leadership Council Fund and the American Muslim Democratic Caucus ahead of the election on 5 November this year.

Beirut, LEBANON - At the time of going to print, Israeli attacks on targets inside neighbouring Lebanon continued unabated despite international calls for a ceasefire. The attacks which Israel said was on Hezbollah targets in Lebanon, had killed more than 720 people, many of them women and children, Health Minister Firass Abiad confirmed. Israeli Prime Minister Benjamin Netanyahu, emboldened by both a lack of response from Iran after an audacious attack on that country and a pledge of support from the US, has extended its war in Gaza, which it has devastated, to Lebanon. But sources said US officials have been expressing frustration about the lack of notice about the Lebanese attacks from Netanyahu and also about his persistence in delaying tactics in ceasefire talks.

Washington, USA - The US State Department expressed disappointment on the second anniversary of a United Nations report on human rights in Xinjiang. It called on China to take action and end the current repression of Muslim Uyghurs and other ethnic and religious minority groups. Earlier, the Human Rights Watch (HRW), an international human rights watchdog, again slammed the Chinese government for its human rights abuses in Xinjiang, claiming that the authorities have been persistently committing human rights abuses against Uyghurs and other Turkic Muslims in Xinjiang.

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Resistance will Stand Lebanon will Persist Israel will Fall



"He led the Resistance, which will not bend but grow as his memory and example seed a new generation. He fought for his people despite the immense personal cost and was hated by his enemies because he defeated them."

"I saw him speak in Beirut in 2013, a most impressive man and a brilliant strategic thinker. His loss is a blow to Lebanon, but he has taught two generations how to succeed him. He is drinking now from the fountain of Kawthar."

The above recollection by Vijay Prashad of Syed Hassen Nasrallah, reminds me of the time my colleagues at MRN and I had to opportunity to meet the revered leader of Hezbollah in Beirut.

It was during 2003 when I had the privilege of being invited by Hezbollah to present a talk on my impressions on the Arab media's coverage of Palestine at a conference hosted by the group.

The conference which had journalists and media professionals from the region and beyond, was officially opened by the Lebanese President General Emile Lahoud and the keynote address delivered by Nasrallah.

Spread over a number of days, the event culminated with a dinner hosted by Nasrallah, followed up with a visit to the site of the massacre at Sabra and Shatilla, and a trip to South Lebanon and the liberated Khayam Detention Camp.

Israel's murderous onslaught of Lebanon which began with its disastrous occupation that lasted for almost two decades, was finally uprooted through the valiant resistance by Hezbollah led by Nasrallah.

Though Israel suffered various defeats at the hands of Hezbollah since then, it is clear that the right-wing racist regime headed by extremist fascists, has failed to heed lessons.

The settler colonial regime's current military assault on Beirut's densely populated residential neighborhood of Dahiya, has resulted in horrific slaughter of countless civilians.

Since Friday's massive air strikes using at least 15 X 5000lb buster bombs to assassinate Nasrallah, emergency operations continue battling to rescue people trapped in the rubble of the entire block of eight residential buildings housing several hundred civilian families.

Addressing the media shortly after the horrendous bombings, US Secretary of State Anthony Blinken, not only failed to distance America from the strikes, but shamelessly sought to justify it by repeating the mantra of "Israel's right to defend itself".

Without batting an eye, Blinken's remarks focused entirely on securing the interests of America's proxy Israel. The language he used as well as the talking points he repeatedly made, come straight out of the Zionist regime's playbook.

Like his boss Joe Biden, Blinken was unable to provide a rational response to questions about the so-called US/French "Ceasefire" initiative that was presented a week earlier as having been agreed upon by Israel.

Yet Netanyahu shot it down causing huge embarrassment in the state department, but Blinken remained aloof from Israel's intransigent rebuttal. It confirms that the colonial entity is not only a renegade but a huge liability to its main ally.

As is well known, Israel's dependence on American arms and ammunition including full political and diplomatic backing, is the main reason for the impunity whereby the Zionist regime behaves like a distempered dog.

While the Friday attack is being claimed by the Polish immigrant Mileikowsky/Netanyahu to have targeted Hezbollah's operation center, most mainstream media fail to mention that without American arms and ammunition, its client-regime would not be able to reduce residential buildings to dust.

Earlier on Thursday, US Defense Secretary Lloyd Austin said that the US would continue to provide military aid to Israel, ignoring the idea of "red lines," even as he warned that an all-out "conflict between Israel and Hezbollah" would be devastating.

Netanyahu and his criminal gang of warlords are fully aware that by being party to a joint US/French agreement and subsequently defying it by pressing ahead with devastating bombings that have killed hundreds in Lebanon, will have no consequences in the White House.

As far as the Biden admin and all previous American governments are concerned, "red lines" are applicable for others, not Israel.

BBC's international editor Jeremy Bowen described Western impotency in the face of Israel's war on Lebanon as "powerless". And on Blinken's remarks that there was room for negotiations, Bowen said his assertion is "hollow".

As Netanyahu continues his mayhem in Gaza, the Occupied West Bank, Syria and Lebanon, I join Prashad and million others who are thinking of their friends and comrades resisting Israel's illegal attacks:

"Lebanon will persist. The Resistance will stand. Israel will fall".

By Iqbal Jassat Executive Member | Media Review Network

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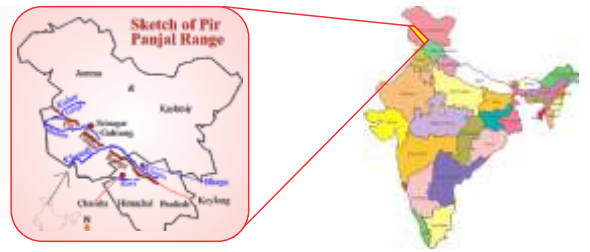
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BJP's plot for ethnic mobilisation in Pir Panjal

By Sajid Bukhari & Garima



In contrast to the politics of the Kashmir Valley, where electoral boycotts have been prevalent, Poonch and Rajouri have always witnessed a sense of urgency among voters to resolve their multitude of issues.

The voter turnout reached 80% in the 2014 state assembly elections, with votes usually divided along ethnic lines — Gujjar-Bakarwals and Paharis. This division is even more evident now due to the dispute over the recognition of the Paharis under the Scheduled Tribes Act.

This election is a significant moment in Kashmir's history, where after 30 years, people are looking forward to electoral processes, albeit in despair. Banned organisations, such as Jamaat-e-Islami Kashmir, are reportedly resurfacing in electoral politics by backing members as independent candidates. The vote bank in the Kashmir Valley appears increasingly divided, a dynamic that could potentially benefit the BJP and its affiliates. Meanwhile, in the Pir Panjal region, the political narrative is heavily influenced by ethnic divisions, with the BJP strategically exploiting these fault lines to strengthen its position.

With the abrogation of Article 370 and the bifurcation of the erstwhile state of Jammu and Kashmir, the Pir Panjal Valley has experienced a turbulent political landscape. The Gujjar and Pahari communities, two prominent groups in the region, have been locked in a dispute over the recognition of Paharis under the Scheduled Tribes Act. This conflict extends beyond politics, with tensions flaring as Paharis advocate for long-standing demands for reservation, while the Gujjar-Bakarwal community strongly opposes these claims. The ruling BJP has been accused by locals of using this conflict to its advantage, seeking to entrench itself in the Pir Panjal Valley, a significant region and vote bank for any political party. Advocate Mobeen Khan of Poonch argued, "It's now a concern that will also impact the future of Pir Panjal if mobilisation on ethnic lines continues. BJP's campaign violates the Model Code of Conduct by using caste and ethnic terms to influence the masses."

After the abrogation of Article 370, the BJP has made concerted efforts to establish itself in all regions of Jammu and Kashmir, beyond the Jammu plains. This was evident in the 2024 Lok Sabha elections, where the BJP did not field its own candidates beyond Jammu but was accused of backing proxies like Altaf Bukhari's Apni Party. For the longest time, Pir Panjal has alternated between National Conference (NC) and People's Democratic Party (PDP) candidates in assembly elections. However, many long-serving politicians and activists have now aligned themselves with the BJP, contesting elections under its banner.

In light of this, both the PDP and NC have done little to rectify their past mistakes in Pir Panjal. Their failure to implement strategic planning has already placed them at a disadvantage in the Valley. Consequently, the familiar promises of improved roads and infrastructure for Poonch and Rajouri are no longer sufficient.

Voters appear disillusioned by the lack of new agendas that address the structural changes needed in the region. When Amit Shah argues that regional parties have treated Poonch and Rajouri as a "stepchild," it underscores the need for the NC and PDP to clarify their commitment to the region.

In the assembly elections, the BJP anticipates a clean sweep in the Pir Panjal region by securing the support of the Pahari community, having addressed their long-standing demand for ST status. However, a closer analysis reveals that the BJP is leveraging the ST status primarily in only two constituencies of Pir Panjal — Surankote and Darhal-Thanamandi.

In the Mendhar constituency, despite Amit Shah's campaign, the situation remains uncertain for the BJP's candidate Advocate Murtaza Khan. Independent candidates from within the Pahari and Gujjar communities appear to have significant sway over voters.

In Haveli, the BJP unexpectedly selected a candidate from the Gujjar community, as it did in Budhal. In both constituencies, alliance candidates are putting up a tough fight, further complicating the BJP's prospects in the region. Though the BJP has made inroads in the region by using reservation issues, being a Muslim-majority area, it has struggled to gain the confidence of the people due to its broader anti-Muslim policies.

Amit Shah, in his recent speech at Mendhar in Poonch district, claimed that the BJP was the first party to have championed the cause of tribal communities in Poonch and Rajouri. He accused the NC and PDP of overlooking the region's distinct challenges, contributing to its underdevelopment and long-standing conflicts. However, these claims by the BJP need to be scrutinised. Their approach to winning the support of the Paharis may have lasting repercussions. Instead of fostering cohesion, the divide between the two communities has widened, with the divisions becoming increasingly apparent. This growing animosity is being overlooked by the ruling government, which continues to mobilise the region along these lines, especially during election periods.

Another important point from Shah's speech was his assertion that Poonch and Rajouri are experiencing a state of "normalcy." This claim stands in stark contrast to the ground reality, where civilian killings, encounters, and counterinsurgency operations are on the rise. The recent civilian deaths in Dhangri and Topa Peer, Bufliaz highlight the government's failure to maintain control. After years of unrest, the roads and pathways in Poonch and Rajouri remain under constant alert, raising critical questions about the BJP's narrative of "normalcy." Decades of conflict have severely impacted the lives and livelihoods of both the Gujjars and Paharis. As tensions continue to escalate, the ethnically divided region faces increased challenges rather than solutions.

Garima is a PhD scholar at the Department of History and Archaeology at Shiv Nadar Institute of Eminence. Sajid Bukhari is an alumnus of Aligarh Muslim University. Currently practising at Jammu and Kashmir and Ladakh High Court. Courtesy: Maktoob Media

ONE YEAR OF GENOCIDE: A time for introspection



Ebrahim Moosa – Palestine Information Network

At we mark the one year point in the Gaza genocide, there is arguably nothing markedly different now in terms of ground realities in Gaza from every other day of this onslaught.

The genocide has been unrelenting, and has carried the same hallmarks for every day of the past 12 months. Each day has seen the accrual of martyrs, the demolition of homes, amputation of limbs, everyday struggles to find food, water and medical care, and waves of displacement. When averaged, 53 children have been killed every day since October 7, and 72 men and women are killed in Israeli strikes, every single day.

Palestine, too, has no shortage of other anniversaries that underscore the roots of its ongoing dispossession. The present year marks 107 years since Bayt al-Maqdis was lost to the Islamic Caliphate, and the British gazetted the duplicitous Balfour Declaration. 76 years have also passed since Zionist gangs depopulated 78% of Palestine in the Nakba.

What becomes imperative to consider then, are the implications of marking this litany of grim anniversaries in general, and of one year of unrelenting genocide in particular: How has a Muslim Ummah of two billion strong been so incompetent in rendering assistance to brethren in Gaza in effectual ways, even with the passage of such a lengthy period of time? Have we been consistent in our efforts, or has our focus on Palestine shifted over the course of the past year? Why has the groundswell of public support globally not translated into shifting the burden of oppression faced by Palestinians on the ground?

A Muslim is required to consistently take stock of all his/her actions. Introspection for a Muslim is required before doing any deed, whilst doing it and after doing it, at all times. Introspection should occur both individually and as a collective. This self-examination is required, not only for common acts of worship, but also the broader demands of Muslim brotherhood.

One year on, and as commonplace as Israeli massacres have become, we should never allow scenes of carnage, amputation, beheading by bombs, wanton murder of children and mass casualties to be normalised. Our sense of ukhawah demands that we do not simply resign ourselves to characterising every massacre as "a normal day in Gaza". As the analyst Ali Abu Rezeg posits, "If you cannot stop the crime, at least you keep its horror in people's hearts, reject it, and prevent its repetition from becoming easy. At least let there be some uproar over such killing. Most importantly, through doing this you preserve a small part of the dignity of those who were killed."

The latest Israeli criminal forays in Lebanon should have us duly alarmed. Our collective failure to stop the Zionist genocidal regime in Gaza is now enabling Israel to commit genocide against the

people of Lebanon. And as Jihad Abusalim of the Institute for Palestine Studies warns, "if you think it will stop there, you're wrong." Israel is seeking to exploit the current circumstances to permanently shift the regional balance of power and restore Israel's dominance over all its enemies for years, if not decades, to come.

From the very onset of the colonial Zionist project, Israel's presence in the Muslim heartland had the implication of its neighbours having to choose between slow or rapid annihilation, this due to the racist and expansionist ideology of Zionism. This risk now is greater and even more apparent. As Israel has broken all rules and recalibrated all its calculations, it is grossly insufficient for an Ummah and the peoples of the region to intervene according to the logic of old strategies, oblivious of the radical changes that have taken place in the past year. "Whoever does not move with force and momentum will lose, and stagnation is a certain loss. Watching from afar is also a loss. Hesitation is suicide. Reliance on the international system in suicide, and the absence of proportionate deterrence on the face of such aggression is also suicide." All our responses should be driven by a realisation that the present is a moment of great transition with concomitant risks and opportunities.

Whilst we ponder our own shortcomings, this anniversary should also be a celebration of the relentless resistance of the inhabitants of Bayt al-Maqdis. We hail the mujahidin of Gaza, the pride of the Ummah, who have held off for an entire year against not only the Israeli genocidal army, but a coalition too of the most advanced militaries from across the Western world. Their valiant stand is a feat nothing short of a miracle.

We pay tribute too to the martyrs of Gaza whose sacrifices have been the catalysts for such great change and opportunities. These martyrs are not simply victims, or cold statistics we incidentally reference. We honour these men, women and children as shuhada – a status they have earned from Allah ﷻ. In shahadah this is continuity – for both the martyr, into the next life, and the community, in their struggle. It is unnerving for the oppressor, that despite their best and continued efforts, they have created a people who are not afraid of death, a people who will not relent till the last day; a force that the Israeli genocidal army simply cannot win against.



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Pakistan's Economic Crisis Deepens Amid IMF Loan and Political Turmoil



By Moulana Muhammad Hussain Noori

On the 25th of September the International Monetary Fund Executive Board (IMF) approved a 37-month Extended Fund Facility (EFF) arrangement of \$7 billion dollar to Pakistan where the government has already received its first tranche of that Fund which amounts to \$1.1 Billion carrying an interest rate below 5 per cent.

This is the 25th loan Pakistan has taken from the IMF, making it the 5th largest debtors to the organization. Pakistan is struggling with high inflation, a narrow tax base and significant debt repayments. These issues have created a very sensitive economic atmosphere where citizens are struggling to meet their basic needs and are becoming more frustrated as the days go by.

Earlier in September the Finance Minister Muhammad Aurangzeb announced that all matters with the IMF have been settled amicably, stating, "Alhamdulillah, the Prime Minister is grateful to the IMF negotiation team and related institutions. This has been the problem of the Muslims in recent times where they would rather depend on people that are working to bring about their very end and express how grateful they are to them than rely and turn to Allah for help and a way out.

Everyone already knew that the IMF loans came with consequences but this recent loan has done damage beyond repair where the government of Pakistan is now bound to accept all the conditions and dictations of the IMF beginning with the implementation of structural reforms without question or limitation. The IMF will from this moment onwards rule the economy of the country for it has already reduced the state's role in the economy. Pakistan had recently requested an additional \$1.5 Billion loan to combat the impacts of climate change in the country. Even the reasoning behind the taking of a loan has now turned into a joke. Pakistan's debt obligations are substantial, with \$90 billion in repayments due over the next three years. This places immense pressure on the country's \$350 billion economy. It is usually at such a time when talks of a loan being approved are taking place do we find the leadership moving about and meeting various leaders and businessmen around the world as to leave an impression in the minds of the citizens that we are busy making plans to better the economy of the country but that is where it seems to end and the matter is not pursued any further. No one ever raises the question of the mishandling of funds or does

an investigation into the matter as to how those funds are being managed. Every time a new loan is taken a promise is made to the people that that would be the last of it but the moment they fail to solve the issue and are bound to take another that clearly shows that they have no plan.

On the other hand the opposition parties have announced sit-ins and protests across Pakistan on the 28th and 29th of September which will be held across all major highways and they later plan on transitioning into a resistance campaign. The government of Punjab has imposed section 144 in Rawalpindi ahead of the Pakistan Tehreek-e-Insaf's announced public gathering. According to the notification issued under section 144 of CrPC, the district administration has banned all types of gatherings, rallies, protests and weapon displays and will remain in effect on September 28 and 29. Meanwhile Opposition leader Omar Ayub has urged everyone to come out in great numbers at Liaquat Bagh stating that it is our legal and constitutional right. It is clear from this that despite being in prison Imran Khan has yet a great effect on the hearts of the people who doesn't seem to be giving up anytime soon.

These developments come just days before the 30th of September which is an important day with regards to certain decisions that need to be taken by the Supreme Court. Then there is the issue of certain amendments that are being pushed for but the main issue is that the Government is losing majority in house. There is basically an unending conflict between the election commission of Pakistan and the Supreme Court of Pakistan due to which the political instability persists. This has been the custom of politicians in Pakistan to misuse one state institution at the cost of the other.

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DEPRAVITY

by Faizel Khamker

On the 17th September 2024 the world witnessed a horrific incident where more than three hundred and seventy people were murdered and just under three thousand casualties suffered including children. This happened in Lebanon.

The background information which could be sourced is that Hezbollah had placed an order for pagers and walkie-talkies. The trademark of Taiwan pager manufacturer Gold Apollo has been identified on the remains of the exploded pagers, which appear to belong to the company's AR-924 model. When questioned about their products Gold Apollo stated that this product was discontinued and its manufacturing licence was sold to a company called BAC which is based in Hungary. BAC Consulting is based in Hungary's capital, Budapest. Reuters reported that the stated address for BAC is a peach-coloured building in a residential area. While the company's name is posted there on an A4 sheet of paper, an anonymous source present at the building told the news agency the company does not have a physical presence at the building despite being registered there. According to LinkedIn, BAC's CEO is Cristiana Barsony-Arcidiacono, whose profile says she has worked for various organisations, including UNESCO.

It appears that this company was part of a conduit of companies through which clandestine operations can take place. This is proven by the fact that the licence fees were paid for through a Middle East company. Furthermore, this shipment was kept in custody for a period of three months by the Zionist entity, no doubt to modify these pagers before forwarding it on to Lebanon. Other reports citing the CIA states that this was Zionist entity venture which took fifteen years to plan. There can be no doubt that these heinous acts were intended.

Historically we are aware that the Zionist entity had bobby trapped toys with explosives and dropped it of by plane in Lebanon in 1967. Furthermore, the booby trapping of cell phones by the Zionist entity in the 1990's targeting resistance fighters has not been forgotten. These incidents reflect the level of depravity of the Zionist entity. With the CIA aware of these murderous and callous acts there can be doubt about the complicity of the Americans.

Leave aside the fact that this is a war crime it shows that the level of the intellect of these depraved minds which can no longer reason on



the basis of morality. The consequences of such actions can be disastrous. What if one of these devices exploded on a commercial airplane? Where is the outrage on these acts of mass terror perpetrated by this terrorist state? Their history has proven that concern and care for the innocent, including innocent children has no place in their thinking.

Has any benefit accrued to the Zionist entity? The answer is no. Whatever little public sympathy outside of the corridors of Zionism has been reduced further. The reality that the world is dealing with an unreliable and untrustworthy entity has become more acute which would lead to the pariah state with a credibility problem that even the controlled media will have difficulty with, when the media could not hide the reality despite attempts to sugar coat the current demonic act.

The war it decided to wage on the Palestinians have left their economy in tatters. With the greater threat which emerged with this terrorist act the world could now be more hesitant in dealing with their tech companies. Already Apple's sales has dropped with people now turning towards China for their tech requirements.

Has the tactic of sowing fear in the Lebanese people made them turn against Hezbollah? The opposite has happened and the people are drawing closer to Hezbollah as the only solution for Lebanon against a depraved agenda. The idea of weakening the military prowess of Hezbollah has also failed as those that became victims were mostly non-combatants.

Depraved thinking has no limits and we should be aware that no-one is safe from their hideous agenda. All companies within the tech industry that has dealings with this terrorist state and all the tech companies operating within this Zionist entity must be shunned for every-one's safety.

Lady Jahanara

A Noble Princess of Piety

By Shireen Ismail

Jahanara, born in 1614, was a princess of the Mughal Empire, the daughter of Emperor Shah Jahan and Mumtaz Mahal. She was a devout follower of Sufism, a mystical branch of Islam that emphasizes the direct personal experience of Allah.

Jahanara's spiritual journey is documented in her writings, particularly in her biography of Mu'in al-Din Chishti, the founder of the Chishti Sufi order in India. Her work, "The Confidant of Spirits," completed in 1640, significantly contributes to Sufi literature.

In "The Confidant of Spirits," Jahanara compiled the lives of Sufi saints from various well-known books and treatises, ensuring the accuracy of the information and expressing her hope that readers would find spiritual benefit from it. Her devotion to Mu'in al-Din Chishti is evident in her detailed account of her pilgrimage to his tomb in Ajmer in 1643, during which she performed numerous rituals and prayers to honour the saint.

Jahanara's pilgrimage was a profound spiritual experience for her. She describes herself as "this lowly faqira," using the feminine form of faqir to denote her spiritual vocation as a Sufi woman. Her actions during the pilgrimage, such as kissing the ground, going barefoot, and reciting the Qur'an, reflect her deep reverence for Mu'in al-Din Chishti, whom she regarded as her spiritual master despite the centuries that separated them. Her initiation into Sufism, referred to as "taking the hand," symbolises the spiritual bond she felt with the saint.

Jahanara's connection to Sufism was through her writings and her living teacher, Mulla Shah, who was a prominent figure in the Qadiriyya Sufi order. Her spiritual lineage and the guidance she received from Mulla Shah are reflected in her works and her life. Jahanara's dedication to Sufism was not just a personal endeavor but also a public one, as she was a patron for religious and cultural activities, a familiar role for upper-class women in Mughal society.

Her architectural contributions, including the creation of Mughal gardens and other projects, further demonstrate her influence and commitment to leaving a lasting impact on the cultural landscape of her time. Jahanara's life and work reflect the religious and cultural vibrancy of the Mughal era, underpinning the significant roles women could play in the empire's intellectual and spiritual life.

Jahanara's legacy is preserved through her writings and tomb, a



poignant reminder of her humility and enduring connection to Sufism. The inscription on her tomb encapsulates her desire for simplicity and her identification with the Sufi tradition of renunciation and devotion to God. It reflects her wish to be remembered not for her royal lineage or worldly possessions but for her spiritual pursuits and dedication to Sufism. The inscription reads:

"He is the Living, the Sustaining. Let no one cover my grave except with greenery, For this very grass suffices as a tomb cover for the poor. The annihilated faqira Lady Jahanara, Disciple of the Lords of Chisht, Daughter of Shahjahan the Warrior (may God illuminate his proof)."

This inscription powerfully states Jahanara's spiritual identity and her wish to be remembered as a Sufi devotee rather than a princess of the Mughal Empire. It shows her deep connection to Sufism and her desire to be remembered in a manner that reflects the simplicity and purity that characterized her life and spiritual journey.

Thus, Jahanara's life and work are a rich tapestry of spiritual devotion, literary achievement, and architectural patronage. Her deep engagement with Sufism and her contributions to the cultural and religious landscape of the Mughal Empire has left a lasting legacy that continues to be celebrated and studied.

REFERENCE: Helminski, C.A. (2013). Women of Sufism. A Hidden Treasure. Writings and Stories of Mystic Poets, Scholars, and Saints. Shambhala: Boston & London

TEACHINGS OF HAZRAT NIZAMUDIN AULIYA



1. **Devotion to God** is of two kinds, lazmi (intransitive) and muta'addi (transitive). In lazmi devotion the benefit which accrues is confined to the devotee alone. This type of devotion includes prayers, fasting, pilgrimage, to Mecca, recitation of religious formulae, turning over the beads of the rosary etc. the muta'addi devotion, on the contrary, brings advantage and comfort to others; it is performed by spending money on others, showing affection to people and by other means through which a man strives to help his fellow human beings. The reward of muta'addi devotion is endless and limitless.
2. **Forgive the person** who has committed a wrong and thus eliminate your anger.
3. **Nobody in this world** has more worries and agonies than myself. So may people come to me and report their woes and misfortune to me. All these (accounts) sear my heart and my soul.
4. **A spiritual mentor** should not instruct his disciple openly, but should use hints and suggestions to bring about change in his thought and behaviour.
5. **One who repents sincerely** after committing a sin and one who committed no sin hold equal position in the mystic discipline.
6. **Lordship and slavery** are not known to mystic life. A slave may succeed his master to the spiritual gaddi.
7. **Though God's bounty** is always there, whatever one can achieve is through the dint of his effort. Under no circumstances one can earn anything without struggle.
8. **Whatever** one does not like for himself, he should not under any circumstances, suggest for others.
9. **One should** scrupulously abstain from the display of these spiritual achievements.
10. **Spiritual control** and sobriety (sahu) are superior to (spiritual) intoxication (sukr).
11. **Food should be** distributed to all and sundry, without any discrimination.
12. **Women are equally** endowed with spiritual power and talent. They are equal to men in spiritual discipline.
13. **Books of Mashaikh** (spiritual mentors) should be regularly studied for enlightenment and culture.
14. **Intention and motive** alone counts. One's intention should be good.
15. **Every work**, spiritual or otherwise, appears difficult in the beginning but perseverance makes it easy.

16. **Spiritual guidance** and training should be received from one spiritual source. Hold one door and hold it fast, should be the guiding principle.
17. **On the day of Judgement**, one would be asked to give account of his earnings secured through permitted means and will be punished for earning through dubious methods.
18. **Real pleasure** lies not in accumulation but in the distribution of wealth.
19. **When one prays**, he should think of His mercy alone. He should neither brood over his penitence nor over his past sins.
20. **Fasting** is half the prayer, the other half is patience.
21. **Love of God** and love of materialism cannot subsist in one heart.
22. **Seclusion** from human society is not desirable. One should mix with people and face their blows and buffets.
23. **There should** be no expression of anger when points of difference are discussed.
24. **Malice** and ill-will should be rooted out from the hearts.
25. **One who serves** becomes the master.
26. **Resignation** to the Will of God is the real key to peace and satisfaction in life.
27. **The purpose** of prayer is to get rid of self-conceit. One who is ego-centric and selfish cannot achieve anything spiritually.
28. **Every wealth** has its zakat (charity amount on hoarded income). Zakat of knowledge and learning is to act upon it.
29. **Dishonest dealings** lead to destruction of cities.
30. **Self-criticism** and quarrel with one's own self is better than seventy years of prayer.
31. **Every visitor** should be served something; if there is nothing to offer, a cup of water may be offered.
32. **One should** be kind-hearted and should deal with people with clemency.
33. **Prayers** should be inspired neither by fear of hell nor by love of heaven. Love of God should be the only inspiring motive.
34. **Honest dealings** alone lead to lasting fame.
35. **Poetry** and scholarship are vain and valueless if used for praise and cajolery of others.
36. **One who** does not love children cannot treat the grown-ups well.
37. **One should hide**, rather than disclose the evil deeds of others.
38. **A man** is in his worst state when he considers himself good and pious.
39. **Bread earned** through permitted means provides greater spiritual enlightenment than livelihood obtained through doubtful means.

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CONTROLLING LOW BLOOD PRESSURE



Health

Compiled by Hasina Begum Sayed



Low blood pressure can cause dizziness, fainting, and other symptoms. Lifestyle changes, such as drinking plenty of fluids, wearing compression stockings, and eating more salt, may help raise blood pressure.

What is low blood pressure?

Low blood pressure is not a concern if there are no symptoms present. However, when low blood pressure causes symptoms, it can be a sign that not enough blood is getting to the organs.

If this happens for too long, it can cause serious consequences, including:

- shock
- stroke
- heart attack
- kidney failure

Natural remedies

1. Eat more salt

Contrary to popular advice, low sodium diets are not suitable for everyone with blood pressure problems.

People with low blood pressure should consider increasing their sodium intake moderately to help raise blood pressure. A healthcare professional can help someone ensure they are getting the right amount of salt.

People could include the following salty foods in their diet:

- olives
- soy sauce
- condiments, such as mustard or ketchup

However, people should be careful not to consume too much salt, which can increase the risk of high blood pressure. People can check food packaging labels to monitor how much salt they consume.

2. Cross legs while sitting

Crossing the legs while sitting can increase blood pressure. For people with high blood pressure, this can be a problem.

For people with low blood pressure symptoms, crossing the legs may help increase blood pressure with minimal effort.

3. Drink water

Drinking more water can help increase blood volume, which can alleviate one of the potential causes of low blood pressure. It can

also help people avoid dehydration.

4. Eat small meals frequently

Eating smaller, more frequent meals throughout the day may help with low blood pressure.

This is because the smaller meals help prevent a drop in blood pressure associated with eating larger, heavier meals.

5. Wear compression stockings

Compression stockings help reduce the amount of blood that gets caught in the lower legs and feet, shifting it elsewhere.

6. Avoid sudden position changes

Sitting up or standing up rapidly can cause a sudden drop in blood pressure. This may lead to feelings of lightheadedness, dizziness, or potential fainting in people with low blood pressure.

In these cases, the heart has not pumped enough blood through the body quickly enough to account for the sudden change in position or elevation.

7. Raise the head when sleeping

Sleeping with extra pillows to elevate the head will help to prevent sudden position changes but may also promote blood flow.

8. Lower shower temperatures

Taking hot showers and baths or being in a hot environment may worsen the symptoms of orthostatic hypotension for some people.

9. Lower body strength training

A 2022 article suggests that lower body strength training and moderate exercise may benefit people with orthostatic hypotension by increasing plasma volume.

Low-stress exercise options may include:

- rowing
- cycling
- swimming, in cool temperatures
- hiking with a walking stick

10. Eat a balanced diet

If someone has low blood pressure due to nutritional deficiencies, eating a balanced diet to address those deficiencies may help to increase their blood pressure.

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A Glimps of the Supremacy of SHAYKH ABD'AL QADIR رضي الله عنه in the Galaxy of Saints



Shaykh 'Abd'al-Qadir al-Jilani, (Radi Allahu ta'ala'Anhu) as the model of a Sufi saint, through his nasiha, azkaar and salawaat, through giving a living reality to Islam, in his complete surrender to the Will of Allah (Subhanhu wa ta'ala) and in his showing of tawakkul (trust in Allah) and through his teaching and preaching converted more than five thousand Jews and Christians to Islam while more than a hundred thousand ruffians, outlaws, murderers, thieves and bandits repented and became devout Muslims and gentle dervishes, explains Shaykh Tosun Bayrak al-Jerrahi al-Halveti in his "Introduction" to the translation of Sirr al-Asrar (The Secret of Secrets, p XXXI). Shaykh 'Abd'al-Qadir al-Jilani (Radi Allahu ta'ala'Anhu) says in the 35th Discourse (khutba) in Al-Fath-ur-Rabbani (The Endowment of Divine Grace) that this was among the blessings of our beloved Prophet Muhammad, peace and blessings of Allah be upon him.

Shaykh 'Abd'al-Qadir al-Jilani, (Radi Allahu ta'ala'Anhu) had four wives, each a model of virtue, and devoted to him. He had forty-nine children, twenty-seven sons and twenty-two daughters. Four of his sons, Shaykh 'Abdul Wahhab, Shaykh 'Isa, Shaykh 'Abdul Razzaq and Shaykh Musa became famous for their education and learning, and they and their descendants spread Islam in other parts of the world.

One of Shaykh 'Abd'al-Qadir al-Jilani, (Radi Allahu ta'ala'Anhu) most significant contributions was the establishment of the Madrasah al-Qadiriyya in Baghdad. This institution became a center

for Islamic learning and spirituality, attracting students from various regions.

Shaykh 'Abd'al-Qadir al-Jilani (Radi Allahu ta'ala'Anhu) passed away with the dhikr of Allah (Subhanhu wa ta'ala) on his lips on 11 Rabi' al-Akhir 561 A.H, 1166 C.E, at the age of 91. A special dhikr session is held that night. It is variously known as Khatm Ghawthiya, Ziyara Shaykh 'Abdul Qadir Jilani, 'Urs Shareef, or Giyarwee Shareef. In Eastern Africa, a whole night dhikr session is held in congregation ending with Fajar salaah after which breakfast is served. In some places, dhikr sessions continue for days. These dhikr sessions draw murideen (spiritual seekers) in their thousands who come out spiritually rejuvenated, with their characters transformed and refined, ready to sacrifice everything they have for the sake of Allah. And these halaqa (gatherings) of dhikrin Tariqat al-Qadiriya have continued to attract millions of people to Islam through centuries and will continue to do so, Insha-Allah, till the Day of Judgement, Aameen.

Besides this annual dhikr congregation, dhikr sessions are also held on the eleventh of every month (hence called Giyarwee Shareef in Urdu), as well as every Thursday night, as the night before Jumu'a is considered auspicious. The murideen (spiritual seekers) also do dhikr everyday individually in a mosque or at home. This then is one of the enduring legacies of Shaykh 'Abd'al-Qadir al-Jilani, (Radi Allahu ta'ala'Anhu).

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Urs
Mubarak

Hazrat Nizamuddin Aulia Mehboobe Elahi

Nami Danam Cheh Manzil Bood Shab Jahe Keh Man Boodam
I Do Not Know The Stations, The Blessed Night Where I Was,

Baher Su Raqsey Bismil Bood Shab Jahe Keh Man Boodam
All Around Me Were Half-slaughtered Victims Of Love, Tossing About In Agony.

Raqeeban Gosh Ber Awaz, Ou Der Naaz-o-mun Tersaan
My Rivals Were All Ears, Elated He, And Craving !!

Sukhan Guftan Chih Mushkil Bood Shab Jahe Keh Man Boodam
How Hard It Was To Say A Word! The Blessed Night Where I Was!

Pari Paiker Nigare, Sarve Qadday Lalah Rukhsaray
A Fairy-like My Beloved, He Stood Aloft With Rosy Cheeks,

Sarapa Aafte Dil Bood Shab Jahe Keh Man Boodam
Luminous Was He Embodied, The Blessed Night Where I Was!

Khuda Khud Mir-e-Majlis Bood Ander Lamaka Khusro
God Himself Chaired Assemblage In The Non-place, O Khusro!

Muhammad Sham'ay Mehfil Bood Shab Jahe Keh Man Boodam
Muhammad ﷺ Illuminated The Assembly, The Blessed Night Where I Was!

* Amir Khusru

