QUARTERLY NEWSLETTER

JIH GREATER HYDERABAD

VOLUME III | ISSUE 01 [JAN - APRIL]

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Fasting and Self-Restraint

Among numerous other, spiritual and moral benefits of fasting, one is to prepare man for developing self-control. In order to have a comprehensive understanding of this, one ought to know the Islamic conception of self-restraint and then how fasting helps in achieving this.

The meaning of self-restraint is that man's psyche exercises blanket control on his body and its energies, and the requisition and desires of baser self (2) should be in its clutches to make them abide by its demands. Psyche occupies the same position in a human body as that of a ruler in his empire. Body and its different parts are the subordinates of psyche. All mental and physical powers are meant to be at its disposal. The rule of baser-self is limited to presenting t hem to psyche, with request. The final decision rests with psyche as to how these energies and tools be put to use and which of the baser-self requisitions be accepted or rejected. If ones psyche is so frail that it is unable to rule the empire of his body, according to its wishes, and begins to take the desires of baser-self as command or instructions, then it becomes a paralyzed psyche .Such people cannot lead a successful and purposeful life. Those who have left a mark in history and human civilization are the ones who had domination on the human energies, at their disposal; who have not lived as prisoners of their wishes and slaves of their desires but have-kept their wishes and desires under check; and those who have had firm determination and rock-solid resolution.

But there is a contrasting difference between a psyches which itself assumes the role of Allah and ' the one which functions under the subordination of Allah. For a successful life, complete domination on psyche is nevertheless a must, but if it is free of its Creator and unmindful of its Lord; which is not restrained by a superior moral system; which presumes that it is not accountable for its deeds, if such a psyche dominates the power of his baser-self and body and becomes a rock like psyche, then it could merely produce Fir'aun, Namroud, Hitler and Mussolini. Such a self-restraint is neither appreciable nor is it desirable in Islam. The self-restraint which is required by Islam is that man's self, firstly, surrenders itself to Allah; makes compliance of His instructions and the desire to fulfil His wishes its sole objective; assumes himself to be accountable to Him, then such a virtuous and Muslim psyche exercises iron rule on its body and wields complete domination on its baser self and its demands, so that it becomes a strong and vibrant force in this world.

This is the definition of self-restraint, from Islamic point of view. Now, it is elaborated as to how fasting instills this energy into human beings. If the demands of human body and baser-self are analyzed, it will be inferred that three demands are pivotal, and all of them are most vehement.

Fasting and Self-Restraint

First is the demand for food, on which relies the subsistence of life. Second is the carnal desire, depends on which the survival of humanity. Third is the longing for rest and relaxation which is a must for reenergizing and rejuvenating human physique. All the three demands, within reasonable limits, are absolutely compatible with nature. But the same three loops, at the disposable of baser-self and body are such, that at the slightest lapse, they make man's conscience their own slave. Each of these demands turns into a long list of sub-demands and each one struggles to make man forget his principles and ignore decries of his conscience, in order to attract his entire attention for its realization. A fragile psyche, once entrapped, the demand for food makes it a glutton. Sensual desires force him to stoop to inhuman level, and lethargy does not allow him to reach new heights. It, then, becomes the governed rather than the ruler of baser-self and its function is reduced to executing orders of baser-self by hook or crook and through every hanky-panky route, available to it.

Fasting encompasses these three demands of baser-self and trains the psyche to control them. Fasting notifies the psyche, which is faithful to Allah, that your Allah has prohibited dining and drinking for the whole day; during this period you are also forbidden from carnal pleasures; you cannot, from dawn to dusk, enjoy such pleasure even through means which are otherwise permissible. It also apprises the psyche that the will of Allah is, after breaking the daylong fast, do not slacken and lie down, rather get up and offer prayers longer than normal days. It instructs that after long and tiring prayer, when you go to bed, do not take a long sleep till morning, rather wake up long before dawn, against the normal course and eat something before starting the fast. After communicating these injunctions, the responsibility of pursuing them is left on every individual. Constabulary, intelligence or any other external agency is not deployed to implement these instructions. If one dines or gratifies sensual desire, clandestinely, then no one is around him, except Allah, to notice. If one makes lame excuses to avoid long prayers in the night (taraveeh), then no force on the earth will quiz him. Everything depends on his own, if the psyche of a Muslim is pledged with Allah and if his will power is strong enough to tame the baser self, then he will himself mold the demand for food, desire for sex and wish for rest into a system which has been established, against the routine.

This exercise is not restricted just for a day. One day training cannot be sufficient for this kind of activity. This is conducted for a month, at a stretch. This programme has been chalked out for 720 hours in a year; to get up towards the last part of the night; stop eating at the break of dawn (sahar); restrict from dining throughout the day; break the fast (iftaar), immediately after the sun set; then spend early part of the night by standing for unusually long prayers (taraveeh); and after relaxing for few hours, repeat the same course the following day;

Fasting and Self-Restraint

Thus, three strongest and most common urges of the baser-self are moulded, perpetually, to provide strength to the psyche• for ruling the baser-self according to the will of Allah. This conditioning programme is not held just once in a lifetime, rather one month is devoted every year, from the age of reaching adolescence till one dies. This repetition is meant to revitalize and strengthen the grip of psyche over baser-self. This exercise is not carried out to make the psyche of a Muslim control just his hunger, thirst, carnal desires and the urge to relax. Nor is this done to retain control over baser-self and body, for a month only. Strictly, the primary objective is that after having t med the three strongest cravings of the psyche, 1 e should emerge strong enough to exercise restrain over his all desires and emotions; and be prepared to comply with the injunctions of Allah during the remaining eleven months of the year as well, through hi body; and its forces. One should strive for every pi ty which consents with the will of Allah, restrict himself from every vice which is abhorred by Allah md strictly adhere to those restrictions which Allah h placed on his demands and demotions. Baser- .t If should not be put in the driver's seat to steer him at will, the responsibility of navigation should rather be in his own hands to direct the urges as desired by Allah. One should not have such a weak will power that even after recognizing the mandatory instructions (faraiz) as a must and wishing to fulfill them; but finding the body beyond his control. Never! Within the physical empire, should one behave like a dominant ruler who always commands his subordinates according to his own whims. Creating this power is the ultimate objective of fasting. One who fails to achieve this strength through fasting, he unnecessarily puts himself to the inconvenience of hunger, thirst and loss of sleep and rest.

Our' an and Hadees (the sayings of Prophet Mohammed Sallallahu Alaihi Wasallam) both have clearly elaborated this: Our' an states: Fasting has been made mandatory for you so that you attain the trait of Self-restraint. Hadees of Prophet Mohammed Sallallahu aliahi wassalim is: One who tells lies and practices lies, he is not required by Allah to stop eating and drinking. He further added that most of the tasters are such that they do not gain anything from fasting, except hunger and thirst. (5th July, 1948)

1-Islam defines psyche as that part of one's self, which takes decision on good or evil deeds.

2- In Islamic terminology, baser-self is defined as that part of one's self which motivates people for evil deeds.

JIH HYDERABAD CITY

07 January: **Free Medical Camp** was organized by Sadbhavna Forum Pahadi Shareef & JIH Wadi e huda at Zila Parishad High School Pahadi Shareef with efforts of team ***DARE and Muslim General Hospital***, Wadi e huda.

7 January: Second Batch of **Advance Computer Course** was started. The Certificates of First Batch also distributed. Nazim e Shehr Jb. Hafiz Rashaduddin sb was Chief Guest.

JIH Wadihuda have successfully done full day **Personality Development workshop** for youth. More than 30 delegates from the areas of Wadihuda Jamaat have been benefitted. Hafiz Rashad Uddin Sb, Raza Khan Sb, Abul Karam Mushtaq Ather Sb, Inamullah Khan Sb, Abdul Majeed Sb, were among speakers and co ordinators of workshop.

JIH HYDERABAD CITY

25 January: This is a batch of **HHRD's SDLP** program at riyasat nagar- Yakutpura unit. 25+ Students were trained on Spoken English and basic computer course. It was 3 months course. Certificates were awarded upon graduating the courses.

30 January: Inauguration of **Al-Khair Skill Development Centre** at Rajendranagar was Presided by Hafiz. Rashaduddin Sb. *City President* and Shri. Kankaiah (*Circle Inspector, Rajendranagar*) was the Chief Guest.

6 February: Completion of Induction & Guidance for first batch of **Skill Development Program**. The candidates will be trained for free in AC technician and Mobile repairing. the center have made ties with ***Acton Engineers*** who have trained 1000+ students. Islamic Social Service Society will bear all the expenses & JIH Tolichwoki acts as mediator with responsibility of end to end planning and execution till students are placed.

JIH HYDERABAD CITY

13 February: Youth department of JIH Rajendranagar organised **Personality Development Workshop** at Masjid al Falah. Sessions on Life Skills, Changing Habits & Life Management were delivered by Mr. Kaleem Syed - *Karkun JIH- Rjnr, Leadership Trainer & Life Coach.*

20 February: JIH Yakutpura - Department of Youth Organized **Personality Development Workshop** at Islamic Center, Masjid e Ibrahim, Madannapet. Session was conducted by Professor Raza Ahmed Khan - *Vice Principal, NSAKCET, Malakpet.* He delivered on 10 Life Skills and Stress and Anxiety Management, Emotional Intelligence and Mastering ourselves.

28 February: Certificate and prize distribution ceremony for **6th and 7th batch of tailoring training students** at Al Khair center Patencheru. Honorable guests examined and appreciated the work of our students.
Honorable guests:
Ayesha sultana - *Dawah Secretary, Hyderabad*
Smt. Yadamma *w/o MLA Patencheru* and
Smt. Rama Devi *w/o Corporator, Patencheru*

JIH HYDERABAD CITY

05 March: Team **Nagrik Vikas Kendra & Al Khair** Tolichowki organized awareness camp.
70 people attended and they were assisted regarding the documentations.

16 March: **Prophet Muhammed S.A.W Ahadith** photo frames were made in Telugu and distributed in Kukatpally and Quthbullahpur area's shops, hotels and offices.

28 March: Graduation ceremony of **Digital marketing and Soft Skills Courses** completed by Al Khair Society, Chandrayanagutta in collaboration with Islamic Social Service society.

29 March: **21st Al Khair Computer Center** of Hyderabad inaugurated by JIH Hyderabad City Presudent Hafiz Mohammed Rashaduddin
Opp: Bliss hospital, Murad Nagar, Mehdipatnam.

JIH HYD - WOMEN'S WING

Janaury 2022: JIH Hyd Womens Wing PR dept. met
Iqbal Siddique Sir - *Dy. DCP* West zone;
Dr. Sofiya Begum - *Advocate.*
Mr. Sathesh *Inspector* - Hyd Cyber Crime Cell
Smt. Sunitha *Director* - Anveshi Research Center for Women Studies
Smt. C. Sirisha Raghaven - *DCP* of She Team
Smt. V. Sunitha Reddy -*TS Women's Commision.*

1 February: **World Hijab Day** Was observed. The team met the principal of school, teachers and gifted them scarf and at the same time explaining them the advantage of it.

12 March: **Women's Day** program from City Dawah Department was organised.
150 Non-Muslims, 8 Lady Constables, 3 Advocates, Doctors & some other Eminent Personalities addressed the audience
Ayesha Sultana sba. - *Dawah City Secretary* gave a brief talk about ***"Status of Women in Islam"*** and clarified many prevailing misconceptions.

JIH HYD - WOMEN'S WING

22 March: **Isteqbal e Ramzan program** was organized along with lunch for the people whom the cadre meet on daily basis at Al Huda park the program was attended by around 85 ladies.

Vikarabad: **Isteqbal e Ramzan program** was organized by JIH Hyd Expansion secretary Iffat Fatima and Sheema Nazeer.

Kukatpally: **Isteqbal e Ramzan program** was held with the undying and constant work done by the Expansion secretaries of the city.

SIO - CITY HYDERABAD

SIO expresses deep concern on the vilification of Muslim women & extends their support to *Mrs. Khalida Parveen and Mrs. Ayesha Minhaz* in their fight against the *Bulli Bai Application*, which blatantly auctioned several muslim women online, including them.

SIO Hyderabad's PR drive: Delegation of SIO met **Mr. Akbaruddin Owaisi**, *MLA Chandrayangutta & Floor Leader AIMIM*, to discuss different educational issues and briefed him about SIO's activities in Hyderabad City.

SIO Hyderabad **Preparing Youth for Ramadan**, the month of Quran, Piety and Forgiveness.

SIO - CITY HYDERABAD

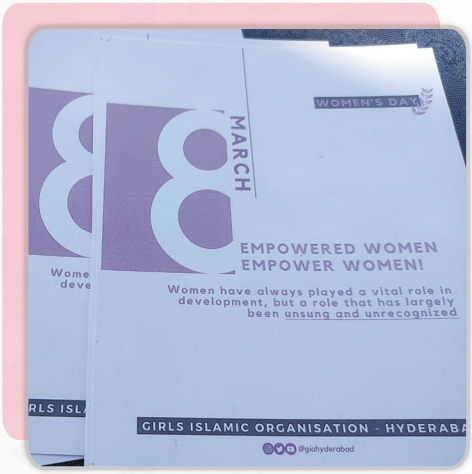
"Isteqbal e Ramadan" programs were held across various places in Hyderabad for students & youth.

27 March: SIO Hyderabad City has organized **Tazkiya Meet** for *Intellectual & Spiritual development* of its Members & Applicants.
The Program included Various Sessions like Fikri Irteqa, Tatheer e Qalb & Tazkiya e Nafs & Tazkiya activities like Majlis e Zikr. Ramadan Planner was also distributed to all the members.

15 April: SIO Hyderabad organised **Iftar Get together with Media Fraternity** and delivered the message on Crucial role of Media Houses in building perspective and Communal Harmony in society.

GIO - CITY HYDERABAD

A delegation of GIO Hyderabad met with various **organizations and dignitaries** under its **PR drive**. Presented them diaries and calendars, also briefed them about the activities of the Organization in Hyderabad City.



Representatives includes:

Team Aliya *Humanitarian Foundation*
Ms. Akheela Khamooshi, *President of Binte Haram*
Ms. Sandhya - *Progressive Women Organisation*
Ms. Atiya Shagufta - *JIH Womens wing of India*
Mrs Rahmathunissa - *National Secretary WW*
Sarah Mathew - *Activist*
Ayesha Sultana - *Editor Aura magzine*
Dr. Durdana
Principals and Professors of campuses of Hyd.

GIO Hyderabad staged protest **against Hijab Ban** in Karnataka campuses.

JAMIA RIYAZ US SALIHAT:

06 March: **Graduation ceremony** of Jamia Riyaz us salihaat, Azampura.

Presided by
Mr. Hamid Mohammed Khan
- President JIH TS.

Guest of Honor :
Prof Dr. Jahangir
- Member of Executive council - EFLU

Chief Guests:
Mrs Asiya Tasneem, *President*
- Womens Wing, JIH TS
Mrs Zaheer Fatima, *President*
- Womens Wing, JIH Hyd

Special speech:
Hafiz Mohammad Rashaduddin

IDEAL INFORMATION CENTER FOR DISABLED:

27th March 2022:

Along with *The Siasat Daily,*
Ideal school of Disabled
has come up with
Matrimonial program for Disabled
from all faiths.

The program was held at
Ideal school of disabled
Opp. Muslim Maternity Hospital,
Azampura, Chaderghat,
Hyderabad

JAMIA DAR UL HUDA:

20 March: All SSC students were invited to attend **Telugu Subject Workshop** at Jamia Darul Huda High School, Wadi-e-Huda.
Telugu workshop successfully conducted with *100+ participants.*

26 March: **Free Mathematics workshop** for SSC students 2:30 pm to 5:30 pm at Jamia Darul Huda, Wadi-e-Huda, Hyderabad.

30 March: Under patronage of **Maulana Hamid Mohammad Khan,** *President - JIH Telangana*, **Certificate Distribution Ceremony** was held at Jamia Darul Huda, Pahadi Shareef, Hyderabad. **Maulana Khalid Saifullah Rahmani,** *Gen. Secretary - AIMPLB* was among the prominent speakers to address the audience.

MUSLIM GENERAL HOSPITAL

09 January: **Free Medical Camp** was organised by Sadbhavna Forum Pahadi Shareef & JIH Wadihuda at Zila Parishad High School Pahadi Shareef with much contribution by *team DARE* and *Muslim General Hospital*, Wadihuda.

Free Medical Camp Conducted at *Wadi e Mustafa* backside of Wadi e Huda, by Muslim General Hospital - Wadi e Huda, in association with *DARE & JIH Wadi-e-Huda* and in coordination with *Mr. Afzal - TRS Councilor*, Wadi e Mustafa, Jalpally, around **200 benefited.**

26 January: **Blood donation Camp** for thalassemia patients organized. **Thalassemia Society** felicitated *Muslim General Hospital (MGH)* with Certificate and Momento for organizing successful Blood donation Camp.

MUSLIM GENERAL HOSPITAL

15 January: **First born baby boy** in Muslim General Hospital (MGH) Wadi-e-Huda, discharged from hospital. Father of the boy felicitated by the Hospital Management

First born baby girl in Muslim General Hospital (MGH) Wadi-e-Huda, discharged from hospital. Parents of the baby girl felicitated by the Hospital Management

First Orthopedic Surgery patient Mr. Shubham discharged from Muslim General Hospital (MGH) Wadi-e-Huda. The patient is felicitated by the Hospital Management at the time of discharge.

MUSLIM GENERAL HOSPITAL

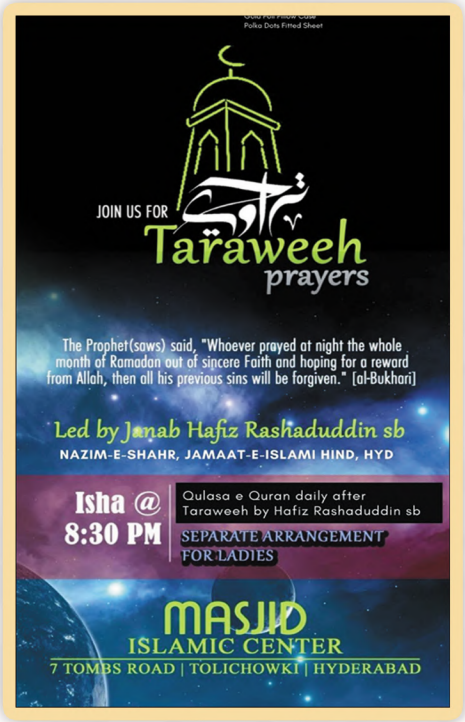
C - Arm Machine installed in Modular Operation Theatre of Muslim General Hospital Wadi-e-Huda Pahadi Shareef Road Hyderabad

New Anesthesia Workstation for its Modular Operation Theatre established at Muslim General Hospital Wadi-e-Huda Pahadi Shareef Road Hyderabad.

22 February: ISSS **inaugurated MG Hospital and diagnostic center at Tarnaka.** This hospital will run on No Profit No Loss basis to serve people. Inaugural ceremony was **presided by**
Mr Hamid Mohammed Khan - *President JIH TS,*
Guest of Honor: Shri.T. Padma Rao Goud
Deputy speaker of Telangana Legislative Assembly
Mr. Shaik Iqbal Saheb *(Premise Donor)* and
Mr Rashaduddin *Secretary ISSS.* Graced the Occasion

TARWEEHS AT OUR ISLAMIC CENTRES

Tolichowki



Golconda

Khilwat

Wadi e Huda

Al khair centre, Borabanda
8:30 pm onwards
Separate arrangements for ladies in cellar

Masjid e Falah , pillar no 200
Rajendra Nagar
8:45 pm onwards
Separate arrangements for ladies

Masjid e Ibrahim, Yakhutpura
8:30 pm onwards
No Separate arrangements for ladies

RAMADAN QUIZ

1 WHICH MONTH OF THE ISLAMIC CALENDAR IS RAMADAN?

(A) 1ST (B)10TH (C)12TH (D) 9TH

2 THE QUR AN WAS FIRST REVEALED IN THE MONTH OF RAMADAN. WHICH SURAH IN THE HOLY QUR AN AFFIRMS THIS?

(A) Surah Al-Kahf (B) Surah Aal-Imran
(C) Surah An-Nisa (D) Surah Al-Baqarah

3 THE PRIMARY PURPOSE OF RAMADAN, AS MENTIONED IN THE QUR AN, IS TO:

(A) Lose weight and become healthy
(B) Read the entire Qur'an
(C) Achieve God consciousness (Taqwa)
(D) To experience what the poor feel

4 THE BATTLE OF BADR TOOK PLACE IN RAMADAN?

(A) True (B) False

6 OF THE VIRTUE OF THE MONTH OF RAMADAN

(A) Whoever fasts with faith and seeking Allah's pleasure will have his -previous sins forgiven.
(B) The fast will intercede for a person on the Day of Resurrection.
(C) The gates of Paradise are open and the gates of Hell are closed.
(D) All of the above

5 ON THE DAY OF RESURRECTION THOSE WHO FAST WILL BE CALLED TO ENTER PARADISE THROUGH WHICH GATE?

(A) Al-Islam
(B) Al-Sawm
(C) Ar-Rayyan
(D) Al-Kawthar

RAMADAN QUIZ

7 IT IS SAID THAT THE ODOUR OF A FASTING PERSON'S MOUTH IS MORE FRAGRANT TO ALLAH THAN WHAT?

(A) Flower (B) Honey (C) Musk (D) Perfume

8 FILL IN THE BLANK: PROPHET MUHAMMAD (PEACE AND BLESSINGS BE UPON HIM) HAS SAID: "FASTING IS ..... SO THE PERSON OBSERVING FAST SHOULD NOT BEHAVE FOOLISHLY AND IMPUDENTLY, AND IF SOMEBODY FIGHTS WITH HIM OR ABUSES HIM, HE SHOULD TELL HIM TWICE, 'I AM FASTING'" [BUKHARI].

(A) A companion (B) A weapon
(C) A witness (D) A shield

9 'EATING FORGETFULLY BREAKS THE FAST'

(A) True (B) False

10 LAYLATUL-QADR IS BETTER THAN

(A) 1,000 months
(B) 1,000 weeks
(C) 1,000 years
(D) 1,000 days

11 WHICH FESTIVAL OCCURS AT THE END OF RAMADAN?

(A) Eid Al-Adha
(B) Hajj
(C) Days of Tashrik
(D) Eid Al-Fitr

12 WHAT DOES LAYLATUL-QADR MEAN?

(A) Night of Worship
(B) Night of Power or Decree
(C) Night of Blessings
(D) Night of Forgiveness

ISLAMIC ETIQUETTE

- Don't lie (22:30)
- Don't spy (49:12)
- Don't exult (28:76)
- Don't insult (49:11)
- Don't waste (17:26)
- Feed the poor (22:36)
- Don't backbite (49:12)
- Keep your oaths (5:89)
- Don't take bribes (27:36)
- Honour your treaties (9:4)
- Restrain your anger (3:134)
- Don't spread gossip (24:15)
- Think good of others (24:12)
- Be good to guests (51:24-27)
- Don't harm believers (33:58)
- Don't be rude to parents (17:23)
- Turn away from ill speech (23:3)
- Don't make fun of others (49:11)
- Walk in a humble manner (25:63)
- Respond to evil with good (41:34)
- Don't say what you don't do (62:2)
- Keep your trusts & promises (23:8)
- Don't insult others' false gods (6:108)
- Don't deceive people in trade (6:152)
- Don't take items without right (3:162)
- Don't ask unnecessary questions (5:101)
- Don't be miserly nor extravagant (25:67)
- Don't call others with bad names (49:11)
- Don't claim yourselves to be pure (53:32)
- Speak nicely, even to the ignorant (25:63)
- Don't ask for repayment for favours (76:9)
- Make room for others at gatherings (58:11)
- If enemy wants peace, then accept it (8:61)
- Return a greeting in a better manner (4:86)
- Don't remind others of your favours (2:264)

ISLAMIC ETIQUETTE

- Make peace between fighting groups (49:9)
- Lower your voice and talk moderately (31:19)
- Don't let hatred cause you to be unjust (6:108)
- Don't ask too many favours from people (2:273)
- Greet people when entering their home (24:27)
- Be just, even against yourself & relatives (4:135)
- Speak gently, even to leaders of disbelief (20:44)
- Don't criticize small contributions of others (9:79)
- Don't call the Prophet how you call others' (24:63)
- Try to make peace between husband & wife (4:128)
- Don't call the Prophet from outside his rooms (49:4)
- Oppression/corruption is worse than killing (2:217)
- Preach to others in a good and wise manner (16:125)
- Don't accuse others of immorality without proof (24:4)
- Consider wives of the Prophet like your mothers (33:6)
- Don't raise your voice above that of the Prophet's (49:2)
- Don't call someone a disbeliever without knowing (4:94)
- Seek permission before entering someone's room (24:59)
- Don't wrongly consume the wealth of the vulnerable (4:29)
- Don't enter homes without permission & return if refused entry (24:27-28)
- Don't sit with those who mock religion until they change the subject (4:140)
- Say it's not appropriate to talk of slander when it's mentioned to you (24:16)
- If required to ask the Prophet's wives, then do so from behind a screen (33:53)
- Divorce in an amicable manner instead of keeping & harming your wife (2:231)
- Punish in an equivalent manner to how you were harmed or be patient (16:126)
- Differences in color & language are signs of Allah, not means of superiority (49:13)
- Don't take women by force, nor take back bridal gift without a valid reason & live with them in kindness (4:19)

Life on earth is to be so organized as to lead to the good of the Hereafter. While worldly life is transient, that of the Hereafter is eternal, and reason demands that the transient should be dedicated to the welfare of the eternal. This does not imply a renunciation of worldly goods and the avoidance of earthly enjoyments. What it calls for is a balanced and harmonious realisation of all the urges of man, material and mundane, as well as moral and spiritual. The Divinely revealed way of life alone enables man to attain this balance and harmony

JAMAAT E ISLAMI HIND, GREATER HYDERABAD

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VOLUME III | ISSUE 01 [JAN - APRIL]

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