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# Ramadan: The spring of the Qur'an.

Writer Sahil Abbas

**J**abir! Whoever during the month of Ramadhan, fasts in its days, stands up for prayers in parts of the night, controls his desires and emotions, puts a rein on his tongue, keeps his eyes down, and does not injure the feelings of others, will become as free of sins as the day he was born. (Imam Ja'far as-Sadiq(a.s))

The blessed Month of Ramadan is the 9th month of the Islamic calendar. It is the most important month in the Islamic Calendar. It is obligatory for every Muslim to fast all the days of this month. However, there are people on whom fasting is not obligatory. A traveller who must shorten his Prayers cannot fast. Old age people to whom fasting causes extreme hardship are exempted from fasting. Any other person is also exempted from fasting to whom it causes extreme hardship. Any person who suffers from a disease which causes Polydipsia (suffer from excessive thirst) or under extreme hardship is exempted from fasting. Pregnant ladies are exempted from fasting. Suckling mothers whether biological mothers or suckling mothers are exempted from fasting.

Fasting in Islam, known as Sawm, commonly known as Roza is one of the most important acts of worship in Islam, which is literally defined as to abstain "completely" from foods, drinks, etc. Beside not eating and drinking, there are also some other necessities for a true fasting, such as abstention from sins and bad habits. The Prophet (saw) of Islam says, "Fasting is a protection from the fire."

Please keep in mind that Prophet Muhammad (saww) says, "The day of your fast should not be like any ordinary day. When you fast, all your senses - eyes, ears, tongue, hands and feet must fast with you."

Fasting carries a significant spiritual meaning. It is not all about the physical body but also about the spirit. It teaches one the principle of Allah Consciousness, because when one observes fasting, it is done out of deep love for Allah and to learn self-restraint. As Almighty Allah says in the holy Quran:

O you who believe! Fasting is prescribed for you, as it was prescribed for those before you, that you may become righteous. (Surah Al-Baqarah verse 183).

The Month of Ramadan is so blessed that One of the sahabah (companions) of Prophet Muhammad (Saww) and according to Sunni Islam, the most prolific narrator of hadith, Hazrat Abu Huraira narrated: "Allah's Apostle said, 'When the month of Ramadan starts, the gates of the heaven are opened and the gates of Hell are closed and the devils are chained.' Sahih al-Bukhari Vol. 3, Book 31, Hadith 123)

There are so many blessings and benefits in the Month of Ramadan that they cannot be counted. In this sacred month, Muslims fast from the dawn till the sunset by offering regular prayers. My dear Readers, Bear in mind, the only difference between Shia and Sunni Fasting is that Sunni Muslims end the fast with Maghrib/Sunset, while Shia Muslims continue the fast till the Night/Layl approaches.

This is the only month the name of which is explicitly mentioned and praised in the Qur'an. In the holy Qur'an, this month is mentioned as the month in which this book was revealed to the Prophet of Islam (Saww) as Almighty Allah says in the holy Quran:

Ramadan is the (month) in which the Qur'an was sent down, as a guide to mankind, also Clear (Signs) for guidance and the differentiation between bad and good (Al-Quran. 2:185)

It is the Month in which every Muslim has to understand the meaning of Quran and try to learn it and follow its instructions. In fact, it brings peace and relaxation to our mind and we feel comfortable after reading this Glorious book. The reward for reciting one verse of the Qur'an in this month equals the reward for reciting the whole Qur'an in other months. (Al-Sadiq, al-Amali, p. 93).

The blessings and importance of the blessed month of Ramadan are countless. If people realize and recognize the importance of Ramadan, they wish they could have Ramadan as every month.

Prophet Muhammad (Saww) says, "If people understood what good there was in the month of Ramadhan, they would have liked that it last for a year."

My dear Readers, On the day of judgement when Allah has placed our deeds on the scale and all the good deeds and bad deeds have been calculated and Allah has looked at everything of our actions in life including the rights of people and the rest while we are on the Siraat Bridge).

And it is the last point before entering Paradise or falling

in to hellfire (Allah Forbid). Allah calls to the Angels and says this person's deeds have run out but he has one more thing with me that I have kept and I will reward him or her for it the angels don't know about how much it is (worth) it is not even recorded in our records as this person is about to fall into the Fire. Allah says, I gift you with the rewards of fasting and the angels are astonished, the light of them are unbearable, the reward of it is only known to Allah. Allah says, My servant, why should I not give him reward which I keep and I will give it to him or her in a manner which is only known to me.

I make it so special to me, this reward of fasting is for me, it is so precious. My servant abandons the food and the drink and abandons their desires which I have naturally given to them and he or she abandons it voluntarily for me. Allah is grateful to this, He or she leaves it just for me how much is our love for Allah and our trust in Allah and our obedience to Allah to abandon the most natural need that creates our survival after Allah our food and our drink and our desires which are so natural to us.

Imam Ali (as) says, "Whoever is prevented from food that he likes, because of his fast, Allah will feed him from the food of Heaven and from its drink."

The blessed Month of Ramadan is an announcement from the Emperor of Emperors, the King Of Kings, the Master of masters and the one who is in Supreme control of the universe.

All believers are invited to be the guests of Almighty Allah during the holy month of Ramadan.

Almighty Allah invites us to add Divine feast and gives us glad tidings of blessing and forgiveness.

This invitation is to tell us how much the Lord loves us and wants us to be close to Him. He has invited us to remember Him so He may remember us too. He has invited us to ask from Him so He may grant us. He wants us to rid ourselves of the burden of Sins so that we may be lighter when we return to Him. He has prepared for us special gifts and rewards and stored for us precious robes. He has asked us to seek him so we can be from among his good ones. For Real, Such a royal invitation must be accepted with a lot of enthusiasm and excitement.

Preparations must be made to attend the royal feast in an appropriate manner. Please make haste as the opportunity for accepting the invitation will soon be over. In fact, it's time to drop the rest and follow the best.

Imam Jafar as-Sadiq (as) says that Unfortunate is the person who is deprived of the forgiveness of Allah during this great month (of Ramadhan).

In fact, there are good effects to our body if we fast especially in the month of Ramadan. That's what lot of studies has shown.

**Long fasting hours for extending period of time (30 days) has got positive effects on our body and it does a lot of good things to our body.**

- 1) It improves our Brain Health.
- 2) Fasting can lower triglyceride levels.
- 3) Fasting is great for normalizing insulin sensitivity.
- 4) Fasting promotes detoxification.
- 5) Fasting Promotes weight loss.

In short, There are innumerable medical benefits when a person fasts. It organizes the heart beat and relaxes it. Fasting also decreases Desecration of the Digestive Glands, which normally causes Ulcers.

Fasting as a whole, it is beneficial for the whole digestive system as well as central Nervous system.

Fasting is even helpful to change the behavioural pattern and if a person is addicted to things which are Haram and even medically they are not good. For example, Smoking or a person who is an alcoholic or a person who is a chain smoker. Obviously it's a good point that he can stop it throughout his life and people who habituated to things like junk food and so on. When they fast and they stay away from it, when their taste buds, they don't have it for the full Month, the taste buds don't crave for that and when they have healthy food they start liking it so it's a good time to stay away from junk food if you can do it for one month you can do it throughout your life. The most important point that I would like to mention here is that The 2016 Nobel Prize for physiology or medicine was awarded to Japanese scientist Dr. Yoshinori Ohsumi for his discoveries of the underlying mechanisms of a physiological process called autophagy. Autophagy is a natural process by which the human body degrades and recycles damaged cells, proteins and toxins. Autophagy comes from the Greek words, auto means "Self" and Phagy means "to eat." This is the body's way of cleaning house it happens during starvation, calorie restriction and fasting. If the body fails to engage in autophagy,

damaged cells and structures can accumulate dangerously. Autophagy is one method that the body uses to Naturally neutralize cancer cells and degrade cells infected by harmful bacteria and viruses. In short, it has proved that fasting is so important for human body to recycle human body cell. Just like cleaning Dustbin.

What happens to our body when we fast during the month of Ramadan.

We fast from Sunrise till Sunset. The Ramadan fast can be a natural and effective way for the body to Detox and revitalize itself. But this can only happen if we follow a healthy eating plan and do not over-indulge for Iftar.

We should try our best to avoid processed and Fried foods in the blessed Month of Ramadan.

Since we only have a few hours available to eat and drink. It's really important that we make the food we eat really count! Stay hydrated by drinking plenty of water and avoid things that contain caffeine which will dehydrate your body and make us feel very thirsty during the fasting hours. Now the matter of fact is we know Ramadan is a very busy time so most of us tend to cut back on sleeping hours to make more time for good deeds, which is amazing! But make sure we are getting a minimum of 6 hours of sleep daily if we don't get our minimum hours (of sleep), we could become very lazy in Salah (Nimaz) and Quran time and that's the last thing we want! My Dear Readers, also please keep in mind that more sleeping will also make us lazy and less productive so balance is the key.

**Here is a breakdown of what happens to our body when we fast in each stage of the 30 days of fasting.**

**Stage 1:- During the first couple of days of fasting both blood sugar level and blood pressure drop the body starts the cleansing process, and the first few days are the hardest as they are usually accompanied with headaches, dizziness, nausea and intense hunger.**

**Stage 2:- During the second stage, the body becomes accustomed to the fasting schedule and the digestive system is able to rest. The digestive system focuses its energy on cleaning the body and healing the cells as the white blood cells in the body start to become more active. During this stage, the organs start their repair process as well.**

**Stage 3 :-By the 3rd stage, energy levels will have increased our mind is able to concentrate better and an overall feeling of Wellness overtakes us. During fasting the body's healing process becomes a lot more efficient and so the body repairs any damaged cells during this stage. During this stage, the kidney, colon, skin, liver and lungs are detoxing by eliminating toxins.**

**Stage 4:-During the last 10 days of fasting in Ramadan, the body has become accustomed to the fasting process our body becomes more energetic and we experience improved memory and concentration. At this stage, the organs are finishing up their healing process and once all toxins removed the body is able to function at its maximum capacity.**

In fact, Science is telling us that going hungry could prevent and treat some of the biggest killers of men.

A study from Harvard researchers has shown that fasting can increase lifespan, slow aging and improve health by altering the activity of mitochondrial networks inside our cells. It is believed that fasting kills cancer cells by starving them of glycogen (on which they depend for fuel more than regular cells), thus tricking them into releasing damaging free radicals that spark 'cellular suicide.'

My dear Readers, these are just some of the few benefits of fasting that will take place within the body but the Spiritual benefits this month are far greater than anything mentioned here.

Almighty Allah says in the Qur'an, "And it is better for you that you fast, if you only knew." (Al-Qur'an 2:184).

The month of Ramadan provides a great opportunity to practice avoiding sins.

**The Supreme Leader of the Islamic Revolution Ayatollah Syed Ali Hossaini Khamenei has truly said that If we enter the month of Ramadan with enough preparation, we will be able to benefit more from the divine blessings, and we will be able to reach a higher level the next year. Then you will notice the pleasing effects both in your heart and soul as well as in your social life.**

My dear Readers, Ramadan is an opportunity for everyone to seek forgiveness. The Prophet of Islam (saww) says that Whoever is not forgiven in the month of Ramadhan, then in which month will he be forgiven?

Author hails from Chagor Magen and is studying at Govt. Boys Hr. Sec. School Magen



# Blessed Month of Ramadhan?

**A**lso when one is fasting and feels hunger and thirst he has to remember other people in the world who do not have food and water. Charity is one of the extremely recommended acts during fasting. Muslims are required to give minimum of 2.5% of their annual savings as charity to poor and needy people. Also there are various sayings of the prophet (pbuh) where he has said that any charity made in Ramadan is multiplied upto 70 times. If some people are poor and cannot afford to give money then even a smile is an act of



By Syed Wajid Rizvi

**R**amzan is the ninth month according to Islamic Lunar calendar. Ramzan (written as Ramadan) is derived from the Arabic root word 'ramada' or 'arramad' that means intense scorching heat and dryness, especially of the ground. Ramadan is so called to indicate the heating sensation in the stomach as a result of thirst. Others said it is so called because Ramadan scorches out the sins as it burns the ground. Some said it is so called because the hearts and souls are more readily receptive to the admonition and remembrance of Allah during Ramadan, as the sand and stones are receptive to the sun's heat.

Ramadan begins after the month of Shaban, after the new moon has been sighted. In case new moon is not sighted then after 30 days of Shaban, Ramadan begins. The month of Ramadan lasts for 29 or 30 days depending on the sighting of the moon. If the moon is sighted on the night of 29th fast then the month of Shawwal begins from tomorrow and Ramadan is over. The 1st of Shawwal is the Eid also known as Eid-ul-fitr to distinguish it from Eid-ul-azha (Bakri Eid).

Ramadan is the month in which the Quran was revealed. The Quran clearly says "O you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may learn piety and righteousness" - Al Baqarah, 2:183. Fasting is to be done by all able bodied men and women and children who have reached puberty. If a person is sick or has some medical reason or if a

women is pregnant then they are waived from fasting.

During Ramadan the people who fast are not allowed to eat or drink anything (including water) from dawn to after sunset. Also one has to restrain other body parts, which may render the fast worthless despite the main factor of hunger and thirst; so the tongue,

For instance, must avoid backbiting, slander, and lies; the eyes should avoid looking into things considered by the Lawgiver as unlawful; the ears must stop from listening to conversation, words, songs, and lyrics that spoil the spirit of fasting; and finally restraining of the heart, and mind from indulging, themselves in other things besides zikr or Allah (remembrance of Allah).

Also when one is fasting and feels hunger and thirst he has to remember other people in the world who do not have food and water. Charity is one of the extremely recommended acts during fasting. Muslims are required to give minimum of 2.5% of their annual savings as charity to poor and needy people. Also there are various sayings of the prophet (pbuh) where he has said that any charity made in Ramadan is multiplied upto 70 times. If some people are poor and cannot afford to give money then even a smile is an act of charity.

In recent years lot of research has been done about the medical benefits of Ramadan. The physiological effect of fasting includes lower of blood sugar, lowering of cholesterol and lowering of the systolic blood pressure. In fact, Ramadan fasting would be an ideal recommendation for treatment of mild to moderate, stable, non-insulin diabetes, obesity and essential hypertension. There are

psychological effects of fasting as well. There is a peace and tranquility for those who fast during the month of Ramadan. Personal hostility is at a minimum, and the crime rate decreases. Muslims take advice from the Prophet who said, "If one slanders you or aggresses against you, say I am fasting." This psychological improvement could be related to better stabilization of blood glucose during fasting as hypoglycemia after eating, aggravates behavior changes. There is a beneficial effect of extra prayer at night. This not only helps with better utilization of food but also helps in output. There are 10 extra calories output for each rikat of the prayer. Again, we do not do prayers for exercise, but a mild movement of the joints with extra calorie utilization is a better form of exercise. Similarly, recitation of the Quran not only produces a tranquility of heart and mind, but improves the memory. There is a beneficial effect of extra prayer at night. This not only helps with better utilization of food but also helps in output. There are 10 extra calories output for each rikat of the prayer. Again, we do not do prayers for exercise, but a mild movement of the joints with extra calorie utilization is a better form of exercise. Similarly, recitation of the Quran not only produces a tranquility of heart and mind, but improves the memory.

Some people think that one month of fasting is too much while others feel that its only one month where they can get their sins forgiven and get their rewards increased. May Allah bless us all and forgive all our sins and make us good Muslims and good human beings.

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# Late Mirwaiz Molvi Farooq

A Glowing Tribute to Charismatic leader and great Revolutionary by: Prof. Habib Ullah Jeelani



As a matter of fact, an illustrious scion of a high-profile Mirwaiz dynasty of Kashmir, Moulvi Mohammad Farooq, happened to be an accomplished Islamic scholar and cleric who had deep understanding of the holy Quran and Ahadis. He was an outstanding orator gifted with the mellifluous voice and mesmerizing accent to deliver the sermons and speeches on the occasions of religious importance and especially in Friday congregations.



This is, by far, one of the harshest realities and cruelest ironies of history that when the time came for the big day of freedom to dawn upon the subcontinent way back in 1947, Kashmir which was a separate sovereign state at that time got submerged in the murkiest and muddiest waters of subjugation and suppression. Its sovereign status was malignantly subverted as a sequel to the so-called Instrument of Accession, albeit subject to approval by the people of Jammu & Kashmir, through the provision of plebiscite, which has not happened till date. And since that day forth, the intricate Kashmir imbroglio has been awaiting and eluding a permanent and durable solution, pending which tens of thousands of precious lives and scores of prominent personalities belonging to this hapless region were lost for ever. Pertinently, one prominent and towering personality who laid down his life at the altar of ongoing freedom struggle was Moulvi Mohammad Farooq, whose martyrdom ceremony is observed every year on 21<sup>st</sup> May as a token of profound love and deferential reverence to him for his outstanding contribution to the historical cause of freedom and right to self-determination.

Truly speaking, an iconic figure and effervescent personality, admirably endowed with myriad outstanding attributes of revolutionary leadership, symbolizing the epoch-making saga of life-long struggle, supreme sacrifice and exalted martyrdom sure to go down in the annals of freedom movement of Jammu & Kashmir in the letters of gold, the late Moulvi Mohammad Farooq will be remembered and revered by the grateful and freedom-loving people of this lovely land for the historical role that he vigorously played in championing the legitimate and widely-acknowledged cause of the people at every forum, ever since he made his debut in politics.

History stands an authentic and eloquent testimony to the fact that this revolutionary leader who stood deeply committed to the sublime cause of freedom was subjected to unprecedented brutalities and atrocities at the hands of the powers that be. It is pertinent to mention here that he suffered life-long hardships, prolonged incarceration and ultimately he embraced martyrdom at the hands of heartless and diabolical forces deadly against and intrinsically antagonistic to the sublime cause of freedom and right to self-determination.

It may be recalled that Moulvi Mohammad Farooq came forward to galvanize and mobilize the

people of Jammu & Kashmir and inspired them to ventilate their deep anguish and shock over the agonizing incident that took place in December, 1964 when the most sacred relic of the beloved Prophet Muhammad (PBUH) was mysteriously displaced from the holy shrine of Hazratbal. It was on this somber occasion that Moulvi Mohammad Farooq emerged as a frontline leader of Kashmir and was unanimously elected as chairman of a new party christened as 'Awami Action Committee' which was an amalgam of 23 political and religious organizations. This newly formed party assumed wider popularity and dimension with the passage of time as its creation was based upon a revolutionary concept, indeed. Thus this party is credited to be the main rallying force to facilitate the articulation and communication of the genuine, legitimate and long-standing aspirations of the people of J&K and their sentiments for independence.

As a matter of fact, an illustrious scion of a high-profile Mirwaiz dynasty of Kashmir, Moulvi Mohammad Farooq, happened to be an accomplished Islamic scholar and cleric who had deep understanding of the holy Quran and Ahadis. He was an outstanding orator gifted with the mellifluous voice and mesmerizing accent to deliver the sermons and speeches on the occasions of religious importance and especially in Friday congregations. There is no denying the fact that his charismatic personality and captivating oratorical attributes won him enormous accolades and encomiums from the people of all walks of life and all shades of thought and opinion.

He epitomized in him a host of noble and commendable qualities like elegance, erudition, politeness, philanthropy, generosity etc. Known for his exemplary courage and temperate disposition, Moulvi Mohammad Farooq was a soft spoken, sincere and straight-forward human being. Besides being a great revolutionary leader, Moulvi Mohammad Farooq was an eminent scholar who had a thorough grasp of the religious matters. He was not only a symbol of revolution for freedom but also an emblem of revolt against the repressive voices. He gave a clarion call for Azadi and thus earned the wrath of the Indian leadership as well as the regimes of the time. He, however, launched a relentless and life-long crusade and vigorous campaign against the alien rule imposed by Indian leadership. He was a staunch revolutionary who fought for freedom all through his life. Though his cherished dream of freedom could

not be translated into reality during his life time, yet he bequeathed this onerous legacy to the upcoming generations of J&K. He was deeply imbued with the spirit of Azadi and dignity for the people of J&K. He pursued the perilous path paved with tremendous hazards and hardships. He never yielded to suppression or repression inflicted upon him from time to time by the brutal powers that be. Nor was he lured by any sort of blandishment, whatsoever. Had he been spared for some years more, the ongoing freedom struggle would have definitely gained further momentum because it was his life's mission as well as his cherished vision to attain the exalted goal of freedom for which he laid down his life.

There are no two opinions about the fact that if such a leader of towering stature and Himalayan determination had been alive today, he would have brought both India and Pakistan closer into the embrace of reconciliation—a sine qua non for the durable and dignified resolution of long-standing Kashmir issue, heralding an era of peace & stability in the sub-continent.

Volumes may, of course, be scripted & spoken, eulogizing the historically significant and substantial role played by this high-profile revolutionary leader in championing the just cause of right to self-determination as duly endorsed and acknowledged by the world community as a whole.

However, to wrap it up, the best and most befitting tribute that could be paid to the memory of this multi-dimensional personality would be to strive inexorably towards the set goal of the right to self-determination for the people of J&K as envisioned by him. It seems to be inevitable that given the way this extraordinarily courageous and charismatic leader nurtured with his precious life— blood the crucial cause of freedom movement of J&K he is apt to go down in history as the hero and darling of the present as well as the coming generations. Further, given the international support and opinion in favor of the inevitability of the resolution of the crucial Kashmir problem, hanging fire since 1947, this leader of revolution will continue to shine on the historical horizon of J&K for all times to come.

His sterling role and supreme sacrifice to infuse a new lease of life into the freedom struggle of this region will be remembered and recognized by every freedom-loving soul here.

May his soul be blessed with eternal peace and serenity! Amen.