DARUL IHSAN





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/darulihsancentre



031 577 7868



70 lovce Rd. Sea Cow Lake. Durban, South Africa

# **RAMADAN - MONTH OF QUR'AN**

There isn't a Muslim who does not know about the inseparable link between Ramadan & the Qur'an. Allah has openly declared this in the Qur'an when He says:

"Ramadan is the month wherein the Qur'an was revealed, as a guidance for mankind, with clear signs of the true guidance and a criterion (between falsehood & truth)". (2:185)

In this very verse Allah describes the amazing qualities of the Qur'an of providing guidance & rectitude.

In a world of gross misinformation, falsehood & deception, there isn't a greater need of mankind than having a manual that provides guidance, backed by proof & evidence and a criterion that distinguishes truth from falsehood. This is only found in the Our'an.

At the threshold of yet another Ramadan, it is important for every man & woman, young & old to understand & appreciate this awesome connection between Ramadan and Qur'an and to strive hard, especially in this month of the Qur'an, to connect strongly with the Qur'an.

#### WAYS OF CONNECTING WITH OUR'AN

Connecting with Qur'an is manifested in several ways:

- 1. Reciting frequently, especially in Ramadan, to complete as many Khatams (recitals) as possible. This Ramadan every spare moment should be dedicated to this activity. It'll be most profitable & rewarding to do so.
- 2. Pronouncing the letters correctly and applying the rules of Tajweed in recital. This is how it was revealed and this is how it should be recited exactly in that manner. This Ramadan, go out of the way to recite correctly, either through electronic means by way of audios, MP3s, etc. or even better, before a qualified Qur'an tutor.

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# **Borehole Project**

You are invited to invest in this project and reap perpetual reward. Sadaqa Jariya intention can be made for a deceased.

If any one wishes to make a part contribution, even a few thousand Rands. you will gain the reward. Insha Allah

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#### M from. pg1

3. Studying an authentic translation & commentary of Qur'an. After all it was revealed to be a complete manual of life - a lifetime guidebook. How can anyone take benefit of its amazing teachings if he has not tried to understand its meaning and message? This Ramadan, even halfhour a day should be dedicated to grasping the sublime teachings of Qur'an by studying a good translation & exegesis.

#### REMARKABLE FACT

Allah Ta'ala had selected Sayyiduna Uthman for the momentous task of undertaking the second compilation of the Qur'an during his rule as the third Khalif. He undertook this responsibility in a way that will cause the Muslims to be indebted to him till the end of time. May Allah elevate his ranks and be pleased with him.

Many centuries later, in our times, Allah has inspired the offspring of this great compiler of the Qur'an (Jaamiul-Qur'an), Hazrat Uthman bin Affan , to follow in the



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footstep of their great predecessor in the service of the Qur'an. 3 great sons of the Usmani progeny, Mufti Muhammad Shafi (R), Allamah Shabeer Ahmed Usmani (R) and Mufti Muhammed Taqi Usmani have in the recent times, rendered outstanding service to the Qur'an! Mufti Muhammad Shafi (R) undertook a monumental 8 volume tafseer of the Quran, Ma'ariful - Qur'an, which is one of the most acclaimed commentaries of recent times. It was originally written in Urdu, but has been translated into English as well. A must read for those desiring deeper understanding of Qur'an.

Another giant figure from the Usmani family, Allamah Shabeer Ahmad Usmani (R), produced a concise but very comprehensive & authentic commentary title: "Tafseer Usmani" - in Urdu, and translated into English as well.

A third giant of knowledge of the Usmani family, son of Mufti Muhammed Shafi Sb (R). a world-renowned authority, Shaikhul-Islam, Mufti Muhammed Tagi Usmani has produced an Urdu as well as an English translation of the Qur'an, titled "The Noble Qur'an". Each one of these 3 mentioned books are outstanding works in the field of Oura'nic study. Needless to say, besides the printed copy, online versions are available as well. Every Muslim home should have copies of these works so that young & old, male & female can derive necessary & authentic knowledge of the Holy Qur'an. May Allah make this Ramadan a turning point for a feeble and weak Ummah, by reconnecting them with Holy Qur'an on the desired level.

Mufti Zubair Bayat Ameer, Darul Ihsan Centre

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Bursary available for eligible applicants

SGS

#### **Darul Ihsan Welfare Department** assists over 700 desperate families

With an average of R1-million per month disbursed and 700 families and individuals assisted, the Darul Ihsan Welfare Department is continuing to fulfil its quest to help the poor.

As one of South Africa's established charitable non-profit organisations, Darul Ihsan is striving to assist more people every day.

Now in its 20th year of existence, its main purpose is to effectively dispense the Zakah entrusted to it by thousands of donors annually.

"Dispersing Zakaah is a huge responsibility because not anyone and everyone is liable for Zakaah even though they may claim to be,"

Head of the welfare department at Darul Ihsan Centre, Moulana Muhammad Jadwat said. "It is for this reason that our team at



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Ouality Guaranteed 202 Inanda Road, Springfield Park, Durban, S. Africa, 4037 T: 031 577 0983 W: www.flexotuff.co.za the Welfare Department spend so much of time verifying the credentials of individuals who request assistance."

Recipients vary from individuals that have been sent to the organisation via references to those that walk in as casuals. Most of these people are seeking help with basic needs of life - food, groceries, rent, lights and water, etc.

"These are our core areas of focus anyway, so we endeavour to help the needy with these items," Moulana Jadwat explained. "Besides these things, we also assist many people with things like medication and transport to work, school or tertiary institutes.

"Then we also have others that need help with home improvement, whether it is their roof that has a hole, broken windows, a leaking pipe or a small basic appliance that has broken and needs to be replaced. We do our best to try and help where we can, provided their criteria as zakah recipients is fulfilled."

Moulana Jadwat's core team, based at the organisation's Sea Cow Lake headquarters, is also made up of Moulana Lugmaan Ramjaan and Hajee Musa Salim, who plays an important role in verifying Zakah cases. through regular home visits.

"This is done by carefully examining the recipients' credentials in the form of interviews and requesting all relevant documentation. We also do regular home visits to ensure the information they provide is correct," the department head adds.

The Welfare Department also has two other branches, one in the Phoenix area that is supervised by Moulana Huzaifa Noor and the other at Howick in the KwaZulu-Natal Midlands, supervised by Moulana Zakariyya Murchie.

We invite donors to contribute generously and earn your share in the great rewards

Welfare Department, Darul Ihsan Humanitarian Centre

# **RAMADAN** 1443/2022

#### **HELP US TO HELP THE NEEDY**

#### Darul Ihsan Arranges Over 800 Iftar Meals Daily

Darul Ihsan is bracing itself for yet another busy Iftar Feeding Programme that will officially begin with the first day of Ramadan on Sunday, 3 April 2022.

700 needy individuals across 12 venues in the greater Durban region will benefit daily during this auspicious month.

"This is undoubtedly one of my highlights and the highlights for Darul Ihsan each year," Project Lead at the Feeding Department, Abdul Saeed Sheik, stated. "There is great virtue in feeding the hungry during the month of Ramadan and seeing so many empty stomachs being filled after a long day of fasting is extremely rewarding."

Each serving is made up of a hot meal, savouries, delicacies and a juice as the organisation strives to make a difference to the lives of those from underprivileged communities.

Although the project formally kicks off on the first day of Ramadan, the groundwork by Abdul Saeed Sheik and his team is done well in advance, with plenty of coordination and logistics that needs to be put in place.

"With Covid-19 now part of our lives, extra care needs to be taken in terms of health and safety protocol, but thanks to the hard work of everyone at Darul Ihsan over the last few weeks, we are now ready to roll out this project."

Apart from the Iftar initiative, Darul Ihsan also runs a "Sponsor-a-Kajoor Pack" programme that aims to provide about 11 000kgs of dates nationally to Masjids, Madrasahs and prisons during Ramadan.

Darul Ihsan Iftar Feeding Team

#### **NOW EVERYONE CAN GIVE**

Honourable Reader

- 1. Generous contributions from individuals, no matter how small, make a difference to the lives of so many people.
- 2. Every Rand helps us to build and strengthen the Ummah, through our various projects and upliftment programmes.
- 3. Your ongoing support, contributions and Duas have been vital in allowing Darul Ihsan to serve the Ummah, especially those most in need.
- 4. Visit our website www.darulihsan.com to view some of the success stories.
- 5. Administrative expenses in driving our projects are huge and require purely Lillah funds. We humbly appeal to our Zakah

#### NO AMOUNT IS TOO LITTLE

donors to also consider contributing Lillah to assist us in sustaining operational costs.

6. Become a regular Darul Ihsan donor through the debit order or online method and secure your investments for the Hereafter.



#### **BANKING** DETAILS

FNB - Branch Code: 200913

Lillah: 62130045398 Blankets: 62514937591 Feeding: 62134947764

Building: 62423025461

Zakah: 62130044910 Kajoor: 62514938367 Relief: 62134947144

Sadaqa: 62744595648

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Darul Ihsan appreciates your ongoing SUPPORT & DUAS
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#### THE WORST FOOD

#### 'Where the wealthy are invited and poor are left out'

It is Sunnah to invite people for a meal with the intention of feeding people, Da'wah or for a special occasion like a Walimah. One important etiquette of inviting people is to ensure that poor people are also invited. There is a stern warning in the hadith for a general invitation where only the wealthy partake and poor are left out.

Hazrat Abu Hurairah anarrates that Nabi said, "(From among) the worst of food is the food of that Walimah wherein the wealthy are invited and the poor are left out ..." (Bukhari & Muslim)

There is a societal trend to limit invitation to people of affluence and of a certain 'social standing'. The ordinary poor, weak

and downtrodden people of the community are not considered to be part of such functions. Such invitations are disliked and contrary to the Sunnah.

Our community should seek to rectify this malpractice and make it a point to identify people and families who are generally overlooked and invite them with honour and respect.

If we adopt simplicity, and avoid extravagance and lavishness, we will be able to extend our invitation to more people of a diverse backgroundand in this way foster unity, brotherhood and cohesion in our community. This could be a means of our forgiveness and eternal salvation.

# AL IHSAN Computer Literacy Course for Beginners

#### TO REGISTER

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**FEMALES ONLY** 

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#### Darul Ihsan FTAR FEEDING PROGRAMME

- Sponsor a complete iftar for a fasting person
- +/-800 meals daily throughout Ramadan
- Providing Iftar for 12 venues around Durban
- Each serving is made up of a hot meal, savouries, juice, etc.



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# TAP-A-TAINER

Darul Ihsan Humanitarian Centre launches its latest water provision project. A 25 litre hygienic container with a tap to access clean drinking water. Ideal for clinics, schools, ablution blocks and homes.

Contribute now & make water accessible





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#### Darul Ihsan Media Desk

#### I'tikaf to resume at Islam's two landmark Masajid

SAUDI ARABIA: I'tikaf will resume in Makkah Mukarramah and Madinah Munawwarah this year following an absence of two years.

This was announced by Imam Abdul Rahman Al-Sudais, head of the General Presidency for the Affairs of the Two Holy Mosques, this week.

Those wishing to partake in this great act of worship will have to apply for permits through the official website of the Hajj and Umrah Ministry.

l'tikaf, which means to seclude oneself in the Masjid with the intention of ibadat (worship), was suspended at Masjid-ul-Haram and Masjid-un-Nabawi during Ramadan in 2020...READ MORE

# Community of Hillcrest striving to make a difference

A group of residents in the Waterfall area of Hillcrest have successfully revamped and reopened an abandoned park in the area.

Five months ago, the group decided to invest their time, gardening and landscaping skills in the local community park. The space, on the corner of Howick Road and Tiger Avenue, had been neglected with the City of Durban's dilapidated equipment compounding matters further.

Children no longer utilised the park as a fun outdoor space, prompting residents to get together and take matters into their own hands...READ MORE

## Government hoping to make fuel intervention

PRETORIA: The South African government is in talks to cushion the impact of record petrol price hikes in South Africa over the coming months.

Finance minister Enoch Godongwana has told parliament that this intervention would likely be temporary, with the National Treasury and Department of Mineral Resources and Energy (DMRE) also considering long-term options to help alleviate the rapidly rising prices.

"Work is being done in this regard," the minister said. "What is making the matter more urgent is the impact of the Russia-Ukraine conflict which is moving the price of oil faster than we have thought...READ MORE

# Close to 30 million South Africans receiving grants

Nearly half of the almost 60 million South African population are now receiving a social grant, the presidency has said.

According to president Cyril Ramaphosa, the extension of the R350 Social Relief of Distress (SRD) grant for another year will provide basic support for around 10 million unemployed South Africans as they look for work.

Writing in his weekly open letter to the public, the head of state said that the grant significantly broadened the country's social safety net, with around 46% of the population now receiving them...READ MORE



#### WHY ARE DRUGS HARAM?

All intoxicants are HARAM in Islam. Ingestion of drugs and intoxicants cause a person to lose control over the mind. Drug abuse damages brain functionality and distorts the senses. A drug addict gradually becomes dysfunctional, unpredictable and harmful to society. There is always HARM in anything that is HARAM.

#### Darul Ihsan DRUG AWARENESS DRIVE





#### DO NOT COMPARE YOURSELF WITH OTHERS

With the rise of social media, materialism and consumerism, the world is gripped by a desire to have everything instantly. Constantly desiring what others have can lead to feelings of low self-esteem and depression, especially when one cannot have what others have.

Allah Ta'ala says in the Noble Qur'an,
"...And do not crave for what Allah has
favoured some of you with over others."
(Surah An-Nisa - Verse 32)

Hazrat Abu Hurairah sonarrates that Nabi said, "Look at those who are less fortunate than you, not at those who are better off than you, as this will make you consider the bounties of Allah upon you to be insignificant." (Muslim)

Hazrat Ubaidullah bin Mushin Al Khitmi & narrates that Rasulullah # said, "One who

wakes up in the morning and is safe in his dwelling, is in good health and has sufficient food for the day, it is as if the entire world has been given to him." (Tirmizi)

Over indulgence in worldly pursuits is detrimental for our spirituality. It hardens the heart and detracts a person from good deeds. Living a life of extravagance and opulence leads to pride and arrogance. A Muslim should strive to be content with what Allah Ta'ala has decreed and exert oneself in accumulating good deeds instead of worldly possessions.

Let us be thankful for the bounties Allah Ta'ala has blessed us with and not compare ourselves to others. At times a person may be blessed with less of the world, but Allah Ta'ala grants that person much more contentment, peace and happiness than others.

# SPONSOR A-BLANKET 2022

Help the disadvantaged to keep warm this winter by sponsoring a <u>quality</u> blanket

Over the past 12 years +/-87 000 blankets under the Sponsor-A-Blanket Project were distributed to many needy communities throughout South Africa to bring 'warmth' during winter



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#### A MUST FOR EVERY MUSLIM REVERT

To avoid unnecessary burial issues and set-backs upon demise, reverts to Islam must ensure that they complete a legally binding document giving directives on the performance of their last rites. At times, the next of kin or non-Muslim family come forward to claim the body to perform their religious rites.

We strongly recommend the "Affirmation of Faith" document be completed and signed. This document is inclusive of a built-in Last Will form.

Available from Darul Ihsan offices

# THE TIMES THAT LIE AHEAD..

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# Hazrat Abdullah bin Salam

Title: Abu Yusuf Al Israeeli

Hazrat Abdullah bin Salam was an honourable Sahabi from the famous Jewish tribe Banu Qaynuga. He is from the progeny of Nabi Yusuf bin Ya'qub . Before Islam, he was a renowned Jewish scholar. His name before he became a Muslim was Husayn. Rasulullah # had testified that he will be from the people of Jannah. His sons, Yusuf and Muhammad, and others narrate Hadith from him.

#### Virtues

Hazrat Sa'd bin Abi Waqqas 🐗 says, "I did not hear Nabi # say to anyone walking on the earth, 'Verily he is from the people of Jannah, except Abdullah bin Salam 😹." (Bukhari and Muslim)

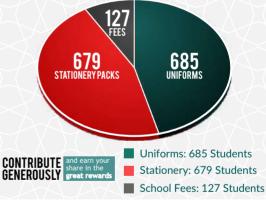
Oais bin Abbad (Rahimahullah) narrates that Hazrat Abdullah bin Salam 🚕 said that Rasulullah & said to him after he & narrated a dream which he had seen, "You will remain upon Islam until vou die." (Bukhari and Muslim)

Hazrat Mu'az bin Jabal advised his student Yazeed bin Umayrah, on his death bed. "Seek knowledge from four people: Abu Darda, Salman, Ibn Masood and Abdullah bin Salam 🔈 the one who was a Jew and then accepted Islam, I heard Rasulullah saying, 'He is (like) the tenth of the ten in Jannah.'" (Tirmizi)

Demise: He passed away in Madinah Munawwarah in 43 A.H.

# School Assistance

Darul Ihsan annual school drive has touched the lives of over 1350 learners in schools around Durban. Your contribution makes a huge difference to lives of disadvantaged learners





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# Q&A

Do you have to keep your Qaza fasts before Ramadan comes. Will the Ramadan fasts be invalid if you had not made up the Qaza fasts from the previous Ramadan?

I have many Qaza fasts to keep and worry I will not be able to keep them all before Ramadan.

It is not necessary to keep all one's Qaza fasts before the next Ramadan. It will not affect the validity of the fasts of the current Ramadan. However, Qaza fasts should not be unnecessarily delayed and should keep them as soon as possible after Ramadan.

One may make keep the Qaza however it is easy for one to do so. If one is able to keep them consecutively one may do so. If one cannot manage to keep them consecutively then one may keep them on alternate days or however it is easy.

Does sniffing something break the fast? If it does is there any Qaza? What about smelling food, attar or spray or soap or shampoo?

If a physical substance of vapour or similar is inhaled it will break the fast. Merely the smelling the aroma of food or fragrance, etc. does not break the fast.

# JABULA HARDWARE

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<u>DEMAT:</u> 310 DEMAT, SAVANAH PARK Tel: 031 578 9006 <u>CHATSWORTH:</u> SHOP 22 CROFTDENE MALL 120, CROFTDENE DRIVE, CHATSWORTH, Tell: 031 401 9888 What is the ruling of sleeping in Ramadan fasting time? Is it true that the sleep of a fasting person is also ibadah?

Fasting is an Ibadah. Therefore, one will be rewarded throughout this time, on condition one is not engaged in sin. Thus if one is sleeping whilst fasting he will also be rewarded. However, one should not spend excessive time sleeping whilst fasting especially during the month of Ramadan. Sleep moderately and spend other free time reciting Quran and doing other forms of Ibadah that are recommended in Ramadan.

Can one use flavoured lip ice whilst fasting?

It is permissible. However, if there is a possibility of it entering the mouth and going down the throat then it will be Makrooh (undesirable) to use this. If it does go down the throat it will invalidate the fast.

Does having an internal examination invalidate the fast, and is ghusal necessary?

The fast would be nullified if medication (dry or wet) or anything wet/moist is inserted into the female private part. Qaza will be necessary but not Kaffarah.

Similarly, the fast will break if something dry was inserted, then removed and (the same thing) then reinserted (without being thoroughly dried).

Generally, the ghusal does not break with the above.

The Fatwa Department of Darul Ihsan provides a wide range of services such as the issuing of rulings, verdicts, research, mediation, estate distribution and planning, general advice, etc.

The Fatwa Department receives an average of 250 questions per month - mostly via email - from around the globe.

### **OBLIGATION OF STANDING IN SALAH** & SITTING WHEN NECESSARY

To stand upright in Salah is known as Oivam. Standing up is an obligatory posture of Salah without which the Salah is invalid, unless one cannot perform Salah standing, or is unable to make Saidah on the ground.

One who is unable to stand and perform Salah due to a genuine medical condition is permitted to sit and perform Salah on the ground and make the Sajdah on the ground.

Should making Sajdah on the ground not be possible, then one is allowed sit on a chair and perform Salah by making isharah (indicating for Ruku and Saidah).

When sitting on a chair for Salah, Ruku and Sajdah shall be made by lowering the head (indication). The indication for Sajdah should be lower than that of Ruku. If one is performing Salah behind the Imam then the back legs of the chair should be placed in line with the heels of the other musallis in the saff (row) - as illustrated below.

Nabi # said: "Perform Salah while standing and if you cannot, then pray while sitting, and if you cannot (sit and perform Salah), then pray while lying on your side." (Bukhari)





#### **DARUL IHSAN PHOENIX**

Darul Ihsan has a fully - fledged office in Phoenix providing welfare, relief, and education to the community - 8 out of the 20 units of Phoenix are serviced by this office.

The needs of the community are ever-growing. You can also become a part of this noble initiative through your support and duas.













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#### Whats Happening at Darul Ihsan

# Sponsor-a-Kajoor Pack closing in on Ramadan target

DURBAN: The Darul Ihsan "Sponsor-a-Kajoor Pack" programme is well underway and fast approaching its target of ten thousand (10 000) kilograms of dates.

These packs are distributed nationally to various masjids, Islamic centres and prisons during the month of Ramadan that begins next month.

The initiative is now in its 12th year with an estimated 115 000kg donated since its inception.

Each date pack cost R30.00 and any amount of packs can be sponsored.

If you would like to contribute to this project, please contact 031 5777868 or email operations@darulihsan.com or donate online via the website www.darulihsan.com



distributed annually.

# CONTRIBUTE GENEROUSLY and earn your share in the great rewards

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Account: 62514938367

Ref: Your Name LILLAH ONLY

Section 18A tax certificates issued Email: finance@darulihsan.com Nabi \* said:
Whoever provides
a fasting person with
something to break
the fast, will receive a
reward equal to his
(fast), without it
reducing in anyway
the reward of the
fasting person."

# Over 2000 books distributed free by Darul Ihsan

DURBAN: Darul Ihsan continues to uplift and educate communities through the provision of much needed Islamic literature by donating more than 2300 books since the beginning of this year - 2022.

The books were distributed in local rural areas as well as across the borders in Lesotho and Malawi.

A range of books were sent to madrasahs and Dawah centres. These books consist of basic literature such as the Tasheelul Series, Towards Reading the Quran, isiZulu books and 13-line Qur'ans.

Additionally, a Darul Ihsan Micro Library and Literature Collection Unit was commissioned to Masjid al Ikram in Scottburgh...READ MORE

#### **Al-Ihsan Caregiver Course**

The Al-Ihsan Caregiver Course is a significant empowerment project of Darul Ihsan Humanitarian Centre. Alhamdulillah, this course has been in operation since 2017. To date about 353 participants completed the course at various venues.

Many of the graduates have found suitable placement and have consequently become relatively self-reliant.

The course entails basic Caregiving Skills. The curriculum entails both, theoretical knowledge and practical application. The combination of these two facets of the course provides the candidates with reasonable proficiency...READ MORE

# MARRIAGE REGISTRATION

Avoid the long wait registering your marriage at the Home Affairs.

Darul Ihsan Centre provides a FREE marriage registration service to the public.

For more information visit our website or call 031 5777 868

# Al Ihsan Fashion & Design Course

By the grace of Allah Ta'ala the Al Ihsan Fashion & Design Course has rapidly developed into a dynamic empowerment project of Darul Ihsan Humanitarian Centre. The course has been in operation since 2019. To date approximately 313 participants have successfully completed the course at different venues.

The course entails basic entry level cutting, machining and sewing skills development. With these basic skills, participants are able to plan, cut and prepare a basic garment such as a dress, skirt, shopping bag, etc.

Currently the course is offered at the four Al Ihsan Skills Centres in Demat, Mount Vernon, Dannhauser and Pietermaritzburg.

After Ramadan 2022, a beginner's course will be offered at the Al Ihsan Skills Centre in Overport followed by an advanced course, Insha Allah...READ MORE

## **Haleem Distribution**

Every Sunday in Ramadan

Venue:

Outside Darul Ihsan Office (70 Joyce Road, Sea Cow Lake, Durban)

Time:

After Zuhr

Bring Your Own Container

# Morning & August Hand Control of Control of

#### Darul Ihsan lends support to Empowerment Camp

ESHOWE: Darul Ihsan Humanitarian Centre extended its support of the Office of the KwaZulu-Natal Premier together with the Nelly Zikalala Foundation, over the past weekend when it assisted a student Empowerment Programme that was held in Eshowe.

The organisation contributed a range of items to the event on the KwaZulu-Natal North Coast that helped to relieve the impoverished students' lives.

"Our message to the participants was that the world is full of opportunities, they are the future leaders of our beautiful country and may they make the most of the chances that have been presented to them," Abdul Saeed Shaik of Darul Ihsan Centre said...READ MORE

## Feed-a-Pupil programme returns after Covid-19

DURBAN: Darul Ihsan Humanitarian Centre's 'Feed-a-Pupil' project has made a successful return for the first time since the start of Covid-19 pandemic just under two years ago.

Learners from 55 schools in the mainly greater Durban area are now benefiting from 52,000 sandwiches that are distributed monthly to these institutes. A handful of schools further inland also receive help through this project.

Most of the beneficiaries are children from poor families with indigenous backgrounds...<u>READ MORE</u>

#### THE FRIDAY KHUTBA

A simple, easy to read copy of the 1st and 2nd Jumuah Khutba is available for free to Masjids and Musallas. The Khutba is a laminated A4 back to back format and can be conveniently hung on the wall.

In the event that the Imam / Khateeb is not present (due to some unforeseen circumstances), this Khutba may be recited by a member of the congregation.

Available from Darul Ihsan offices

#### THE TRUTH ABOUT **ANXIETY**

Anxiety is excessive worry that can "Anxiety is just persist for a long period of time "Having anxiety People of faith do means your Iman suffer from anxiety is weak" 1 in 5 South "Anxiety is a Africans are rare disorder' affected by anxiety disorders éach year Anxious people "Anxious people experience feelings are dramatic or that are often out abnormal" of their control

It is perfectly normal to experience anxiety.
With counselling, guidance and the right
therapy anxiety can be dealt with effectively.

#### Darul Ihsan Guideline Counselling Service







# Sadaqa Jariya

Darul Ihsan offers many projects from which one can benefit perpetually (Sadaga Jariya)

- 1. Quran Desk R33
- 2. Family Dastarkhan R40
- 3. My Travel Musallah R40
- 4. Zikr @ Home R45
- 5. My Madrasah Bag R45
- 6. Gift a Quran R50
- 7. Sponsor a Jubba & Hat R50
- 8. Sponsor a Burka R60
- 9. Patient Pack R75
- 10. My School Bag R85
- 11. Tap-A-Tainer R100
- 12. Birdbath R150
- 13. Kafan R200
- 14. Masjid Dastarkhan R200
- 15. Gift Pack of Books R500
- 16. Fanfold Display Unit R700
- 17. Isaale Sawaab Set R1.200
- 18. Literature Collection Unit R1,500
- 19. Al Ihsan Micro Library R3,000
- 20. Sponsor a Student R12,000
- 21. Borehole R98,000

#### **Banking Details:**

FNB Account Name: Darul Ihsan Centre Lillah/Sadaga: 62134947144

# Widower thanks Darul Ihsan for support

DURBAN: The Darul Ihsan Welfare Department continues to assist the public daily with their basic needs and requirements to survive during the current challenging economic times.

Amongst those that the organisation brings relief to regularly are the poor and indigent, the destitute and the unemployed.

However, other deserving people are also helped - depending on the nature of their requests - and one of those recipients of aid has expressed his gratitude to Darul Ihsan recently.

The beneficiary, who also lost his wife in the past, was left with multiple debts, and due to his low-income job, had occasional difficulty in paying his rent and running his household.

"The courtesy and treatment that Darul Ihsan has given us whenever we have approached them is very rare in today's times," the grateful recipient wrote. "May you'll continue to serve the deen and be an inspiration and motivation to others."

The Darul Ihsan Welfare Department renders assistance in 46 localities in the greater Durban region.

People are helped in the form of payment of rent, electricity, water, transport, clothing, school fees, school uniforms, stationery, medication, medical treatment, etc.

Over 1580 cases are officially recorded on file with 250 permanent cases that receive a fixed assistance every month.