



*"O you who have believed, do not consume one another's wealth unjustly but only [in lawful] business by mutual consent."*  
[Quran 4:29]

### Quotable Quotes



I am particularly impressed by the unwavering commitment of the Alhikmah Foundation in the spheres of Health, Education, Peace, Sound moral values, & General

welfare. The Foundation's consistent efforts in these areas are truly commendable and deserving of praise.

**Mr. Iqbal Singh Lalpura**

Chairperson

National Commission for Minorities

Feb, 2024

Government of India



I extend my appreciation for the commendable work undertaken by Alhikmah in our shared commitment to building

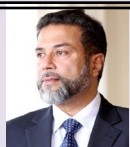
a better and more inclusive society. Your relentless efforts, irrespective of caste, creed, and religion in the fields of Health, Education, Peace, Inter-faith, and General Welfare, have not only brought about positive change but have also become a beacon of hope for those in need.

**Mr. Najeeb Jung**

Former Lieutenant Governor, New Delhi

Feb, 2024

Former VC, Jamia Millia Islamia



I applaud the noteworthy work of Alhikmah Foundation in fostering an inclusive and equitable society, transcending

barriers in Health, Education, promoting Peace, Inter-faith, and General Welfare.

**Mr. Syed Mohammed Beary**

Chairman

Feb, 2024

Bearys Group of Institutions



## FINANCIAL WELLBEING: AN ESSENTIAL FOR NATION'S DEVELOPMENT

Financial well-being stands as a cornerstone of human flourishing, entwined with access to basic needs, educational opportunities, and healthcare. However, a vast

majority faces financial instability, with wealth concentrated among the top 1%, doubling since 2020, while the bottom 99% experiences loss. Oxfam's report "Survival of the Richest" reveals this disparity, where the top 1% amassed nearly two-thirds of new wealth, totalling \$42 trillion, almost twice the wealth of the bottom 99%. This imbalance perpetuates poverty and hinders societal progress globally. Emphasizing the poor effects of poverty, Ali r.a. said, *"If Poverty is a man, I would kill him"*. Poverty results in incapacity, helplessness & dependence.

Sustainable financial well-being goes beyond mere monetary sufficiency; it involves "holistic financial management" encompassing budgeting, investing, debt management and sustainable growth. Achieving this status faces obstacles such as economic inequality, monopolies, consumerism, lack of financial literacy and lack of moral economic practices. Overcoming these hurdles requires promoting financial education, responsible financial practices, inclusive economic policies as well as morally healthy professionalism like supporting each other by giving a helping hand, such as empowering individuals with financial literacy.

Financial literacy programs equip individuals with the necessary tools to manage their finances effectively, from budgeting to investing and debt management. Quran also highlights this: *"They are those who spend neither wastefully nor stingily, but moderately in between."* (Quran 25:67)

*"O you who have believed, do not consume one another's wealth unjustly but only [in lawful] business by mutual consent."* [Quran 4:29]

Additionally, advancing inclusive economic policies and social safety nets is vital to ensure collective access to essential financial services and support. This includes initiatives such as microfinance programs and social welfare initiatives, which uplift individuals from poverty and promote financial inclusion.

Cultivating a culture of moderation, prudence, and compassion in financial affairs is fundamental. Prophet Muhammad (peace be upon him) while teaching the citizens of his society said, *"The best charity is that given when one has surplus wealth; and the upper hand is better than the lower."* Also,

*"The most beloved people to Allah are those who are most beneficial to people"*.

Hoarding wealth, consumerism, and reckless spending undermine individual and societal well-being. Therefore, championing healthy financial well-being is imperative for sustainable growth and creating a more impartial world.

*Risk comes from not knowing what you're doing."* **Warren Buffett**

**Dr. Ziauddin Ahmad**

### EDITOR

Dr. Z. Ahmad

### ASST. EDITOR

Syed Shuaib Ahmad

### ADVISORY BOARD

Mr. A. U. Asif

Dr. Dalip Kumar

Mr. Naved Akhtar

Mr. Javed Alam

Dr. S. N. Tiwari

Mr. M. Shoaib

Mr. S. Zia Abdullah

Ms. Raihana Ali

Ar. Asif Furqan

Mr. Abdullah Tarique

Published by:

**ALHIKMAH FOUNDATION**

(A Society for Promotion of  
Health, Education & General Welfare)

Website: [www.alhikmah.in](http://www.alhikmah.in)  
Email: [alhikmah@rediffmail.com](mailto:alhikmah@rediffmail.com)

### 31<sup>ST</sup> ANNUAL FUNCTION OF ALHIKMAH FOUNDATION

The 31st Annual Function of the Alhikmah Foundation took place at the India Islamic Cultural Center, Lodhi Road, New Delhi, on 25th February 2024, amid great excitement. On this significant occasion, the Foundation hosted a National Conference on "Financial Well-Being: An Essential For Nation's Development," where speakers openly shared their perspectives. The event commenced with a recitation of the Holy Quran by Mufti Shahid Sarwar, followed by his insightful translation and commentary on the verses.



The program commenced with the Chairman and other members of the Foundation presenting flower bouquets to all the dignitaries on the dais.

**Dr. Ziauddin Ahmed**, in his welcoming address to the guests and delegates, expounded upon the aims and objectives of the Foundation. Emphasizing the Foundation's commitment, he elucidated that their vision encompasses creating a healthy, educated society imbued with moral values and dedicated to social welfare. Dr. Ahmed underscored the collective responsibility to address societal challenges and emphasized the imperative of working towards societal betterment. Furthermore, he highlighted the significance of financial well-being for fostering an educated, content, and peaceful society. Dr. Ahmed also articulated the rationale behind selecting this pivotal theme for the National Conference during the Foundation's 31st Annual Function.

**Mr. Syed Abdullah Tariq**, Coordinator of the Education Committee of Alhikmah Foundation and a postgraduate student from Jamia Millia Islamia, New Delhi, took the stage to introduce the topic and initiate the discussions on the theme at hand. In his engaging address, Mr. Abdullah posed fundamental questions regarding the ingredients for a good life and emphasized the indispensable role of financial resources in attaining basic necessities. Drawing from compelling data illustrating wealth disparities, he underscored the urgency of addressing financial challenges for societal well-being. Mr. Abdullah articulated a comprehensive approach to financial well-being, advocating for financial literacy, prudent investment, and responsible debt management. He stressed the need for collective efforts to bridge financial access gaps. Emphasizing the significance of skill development Mr. Abdullah urged the audience to seize opportunities for economic empowerment. He elucidated



the role of cooperative societies in fostering economic prosperity and encouraged individuals to pursue entrepreneurship and realize their dreams. Through his insightful remarks, Mr. Abdullah inspired attendees to embark on a journey towards financial resilience and collective prosperity.



**Mr. Usama Khan**, CEO of Sahulat Micro Finance Society, New Delhi, delivered an engaging address on the economic challenges, issues, and opportunities of our time. He underscored the significant lack of financial access for minorities, particularly Muslims, identifying it as a pressing issue that demands collective action. Providing valuable insights into the intricacies of the banking sector, Mr. Khan advocated for maximizing its potential to address these challenges effectively. He emphasized the



importance of government schemes for economic inclusion, stressing that borrowing alone cannot suffice, and urged the audience to explore alternatives. Mr. Khan highlighted the significance of savings and long-term planning, urging individuals to avail themselves of schemes such as Jan Dhan Yojana, Mudra Yojana, and Stand Up India. Additionally, he elucidated the role of cooperative societies in promoting economic prosperity and offered practical suggestions for leveraging them. Encouraging entrepreneurship, Mr. Khan motivated the audience to pursue their dreams and strive towards business ownership for a brighter future.



**Professor and economist Dr. Wishwanath Kumar** from Mahatma Gandhi Kashi Vidyapeeth University, Varanasi, shared his unique perspective on the subject matter. He shed light on various Government of India schemes aimed at facilitating individuals to embark on their entrepreneurial ventures.

In his keynote address, **Dr. Khawaja Iftikhar Ahmed**, President of the Interfaith Harmony Foundation of India, New Delhi, and a distinguished scholar, underscored the imperative of understanding society's problems, priorities, and trends before formulating strategies. He emphasized that contemporary humanity has become commodified, signaling the end of the age of consumerism. Dr. Ahmed stressed the vital importance of upholding moral values, culture, and civilization to steer society in the right direction, asserting that without societal correction, economic improvement remains unattainable. Highlighting the challenges faced by Muslims in India, particularly their disproportionate representation in the unorganized sector, He urged for collective efforts towards economic empowerment. He urged the audience to seize government schemes more effectively and emphasized the necessity of clear policies to enhance economic conditions. Dr. Ahmed urged individuals to cast aside despair and embrace hope, urging for a fresh start in 2024 to demonstrate resilience and determination.



Speaking on the occasion, Jamia Millia Islamia Professor Emeritus and Padma Shri awardee, **Prof. Akhtarul Wasey**, emphasized that Muslims should not idealize poverty as a mark of honor, as it was unique to the Holy Spirit of Khatam-ul-Mursleen. He reminded that Allah had liberated them from all constraints, and succumbing to poverty and bankruptcy would diminish their significance. Quoting from the Qur'an, he emphasized the importance of balancing worldly pursuits with spiritual obligations, highlighting the obligation to give zakat and extend charity. Prof. Wasey asserted optimistically that the current challenges were transient, and Muslims, as the catalysts of progress in the nation, need not fear. He urged for a shift in perspective towards progress and encouraged individuals to focus on self-improvement, fostering a spirit of hope and determination.



The Chief Guest of the meeting, former Lieutenant Governor of Delhi and former Vice Chancellor of Jamia Millia Islamia, **Mr. Najeeb Jung**, addressed the audience in distinguished manner. He remarked that in the face of economic adversity within the minority community, with 20 percent of the population grappling with financial challenges, discussions on development warrant introspection. He questioned whether our progress truly reflects our societal well-being and urged for a comparative assessment. Highlighting the pivotal role of education in fostering development and economic prosperity, he

advocated for a steadfast focus on modern education, particularly emphasizing proficiency in the English language. Mr. Jung emphasized the necessity for governments to devise special policies aimed at uplifting the weaker sections, integrating them into the mainstream, and fostering self-reliance rather than pursuing appeasement policies. Additionally, he called for political empowerment and addressed the issue of leadership deficit within the community, attributing political marginalization to this void. He stressed that education remains the indispensable tool for addressing these challenges, affirming that there are no shortcuts on the path to empowerment.



Speaking on this occasion, the Guest of Honor **Mr. Iqbal Singh Lalpura**, Chairperson of the National Minority Commission, Government of India, echoed the sentiments expressed by Mr. Najeeb Jung. He emphasized that throughout history, governments have instilled fear and uncertainty among minorities, particularly Muslims. However, he noted that some minority groups have prioritized education and commerce, resulting in significant developmental strides. Contrasting this with the prevailing economic backwardness among Muslims, Mr. Lalpura urged the community to shed feelings of insecurity and actively engage with other segments of society to foster progress. He emphasized that only through such integration and collaboration can the path to development be paved.



The program was presided over by **Dr. Syed Farooq**, President of Himalaya Drug Company and Hon'ble Patron of the Foundation. In his address, he commended the insightful speeches delivered by the experts and guests, highlighting their thought-provoking contributions to the conference. Emphasizing the paramount importance of education, Dr. Farooq urged attendees to persistently strive for success in life. He also extended his heartfelt congratulations to Dr. Ziauddin Ahmad, Chairman, and other officials of the Alhikmah Foundation for their unwavering dedication to serving the less

fortunate over the past 31 years. Dr. Farooq expressed admiration for the foundation's commendable efforts and stressed the need for collective appreciation of their endeavors.

**Mr. S. S. Ahmad**, Secretary of the Foundation, presented a comprehensive review report highlighting the Foundation's achievements over the past 31 years.



**Dr. Shakeel Ahmed** skillfully conducted the program, demonstrating professional excellence throughout.

During the event, the Chief Guest also unveiled a souvenir of the Foundation. This souvenir comprises esteemed messages from dignitaries, a comprehensive report on the Foundation's activities, and heartfelt obituaries dedicated to Prof. Imtiaz Ahmad, Hon'ble Patron, and Dr. Nafees Siddiqui, Advisor of the Foundation, who departed from this materialistic world to their heavenly abode.

The event witnessed a significant turnout, with attendees from diverse backgrounds. Both electronic and print media provided extensive coverage of the program.

### DISTRIBUTION OF ALHIKMAH MEMORIAL RECOGNITION AWARD

The Alhikmah Foundation honored **Ms. Sabiha Imtiaz**, the wife of the late Prof. Imtiaz Ahmad, posthumously, with the Memorial Recognition Award. Prof. Imtiaz Ahmad, a renowned academician and researcher, served as the Patron of the Foundation and retired from Jawaharlal Nehru University, New Delhi. Unfortunately, due to illness, Ms. Sabiha could not personally accept the award. Instead, it was presented to his student, Mr. Imtiaz, on her behalf.



The Foundation also mourned the loss of its advisor, **Dr. Nafees Ahmad Siddiqui**, who passed away on January 19, 2023. Dr. Siddiqui was a distinguished educationist and former Principal of Shaheed Bhagat Singh College, University of Delhi. He actively contributed to numerous social NGOs and even established his own NGO, Excellence for Human Life Trust, dedicated to promoting education. Through this organization, he supported many students in continuing their education by offering scholarships. As his children reside in the USA, the award was accepted on his behalf by his student, Ms. Zamarrud, during the program.

### FELICITATION OF HON'BLE PATRONS OF THE FOUNDATION

The Alhikmah Foundation also honored **Prof. Devendra Mishra** and **Mr. R. N. Gupta**, esteemed Patrons of the Foundation, during its 31st Annual Function, acknowledging their significant contributions to furthering the cause of Alhikmah.



### FELICITATION OF MEDIA PERSONALITIES

At its 31st Annual Function, the Alhikmah Foundation recognized the exemplary dedication and values upheld by journalists by presenting awards to three distinguished individuals in the field. The recipients of these awards were **Mr. Wadood Sajid**, Editor of Inquilab, **Dr. Yamin Ansari**, Assistant Editor of Inquilab, and **Mr. Anwarul Wafa**, Reporter of Rashtriya Sahara.



### FELICITATIONS OF THE PHILANTHROPISTS/ DONORS OF THE FOUNDATION

At its 31st Annual Function, the Alhikmah Foundation expressed its gratitude to its dedicated supporters by presenting them with mementos as tokens of love and respect. While the Foundation receives continuous support from a long list of donors and philanthropists, it was able to recognize only a few due to limited resources. Among those honored with mementos were **Mr. Dinesh Jain**, President of UFLEX, Noida; **Mr. Prashant Jain**, Managing Director of Shri Publishers, New Delhi; **Mr. Saleem Iqbal Sherwani**, Former External Minister of India and President of Sherwani Charitable Trust; **Mr. Naved Akhtar**, Renowned Creative Artist; **Mr. Adnan Khursheed** and **Dr. Daleep Kumar**, both altruists; **Mr. Jawed Naseem** from HNF (MREC), New Delhi; **Mr. Riyasat Ali**, a social worker; **Mr. Mujeeb Ahsan Rizvi**, an altruist; **Mr. Mohd Shoaib** from Jamia Hamdard; **Mr. Anil Bajaj**, a Chartered Accountant and Executive Body member of **Jaitpur Unit**, Alhikmah Foundation; and **Mrs. Naseen Begum**, a Writer & Poet.









## THE ALHIKMAH FOUNDATION DISTRIBUTED EDUCATIONAL SCHOLARSHIPS ON THE OCCASION OF ITS 31<sup>ST</sup> ANNUAL FUNCTION

On this occasion, approximately 14 students were awarded educational scholarships to support their academic pursuits. During the program, checks were distributed to Mr. Aurangzeb, Miss Adeeba Zaki, Miss Areeza Nafees, Miss Mehjabeen, Mr. Hood Khan, Mr. Zubeen Khan, Miss Insha, Miss Hadia, Miss Adeeba, Miss Huma, Mr. Mohammad Altaf Khan, Miss Zainab Afzal, Miss Aleeza, and others. These scholarships, provided by the Foundation, aim to ensure that these talented students do not face any hindrances in their education.



## DISTRIBUTION OF SEWING MACHINES TO POOR WOMEN



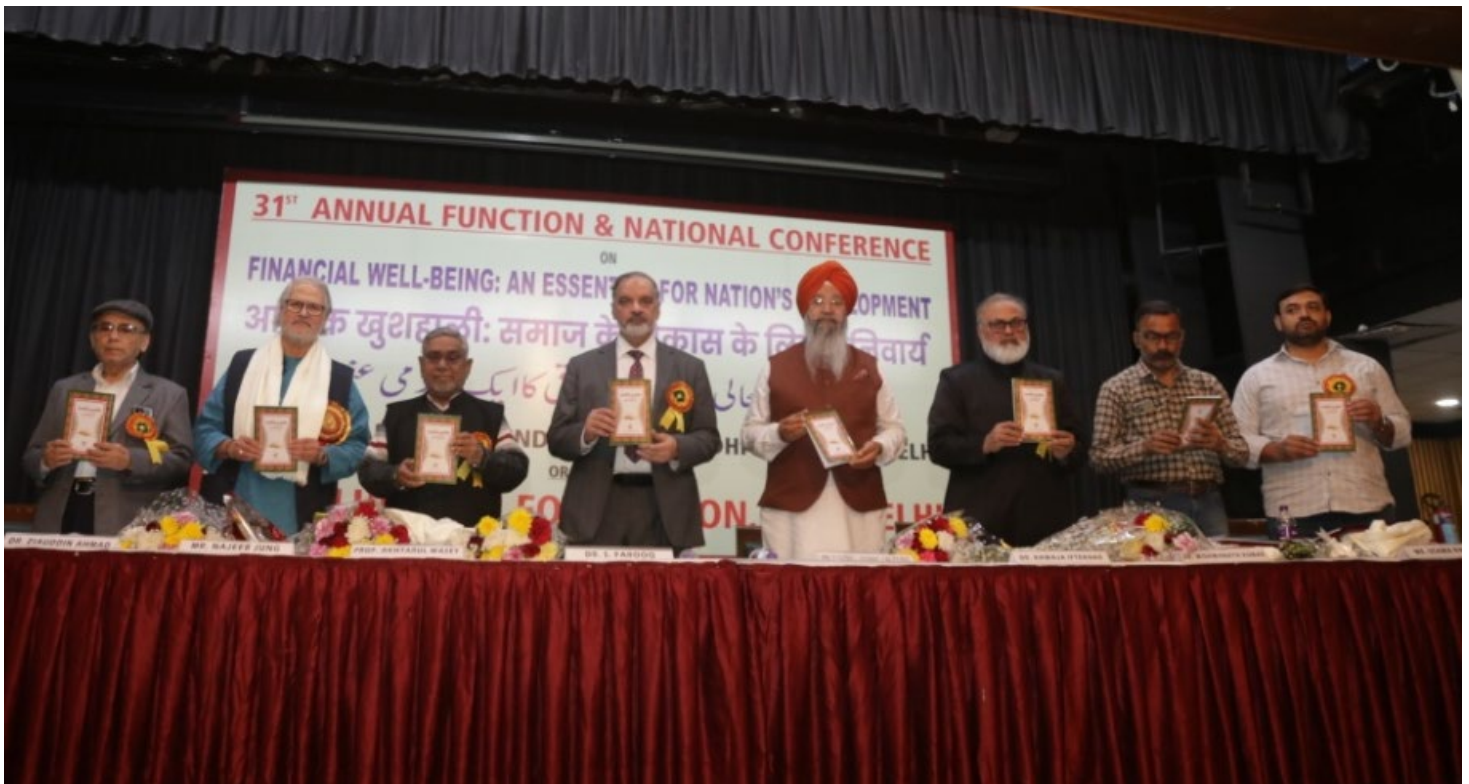
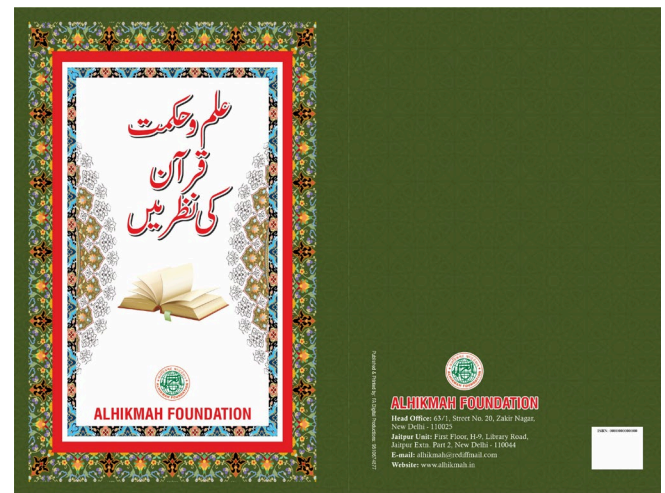
As part of its tradition, the Foundation, during its 31st Annual Function, distributed sewing machines to 14 women, empowering them to earn their livelihood through their skills. The recipients of these sewing machines include Ms. Mehtab Begum, Ms. Shashi Bala, Ms. Mehak Parveen, Ms. Ayisha, Ms. Munna Miyan, Ms. Farhana Khatoon, Ms. Rehana Begum, Ms. Khatoon Munni, Ms. Shohna, Ms. Sabina, Ms. Lubna, Ms. Tahoorra, and Ms. Samreen. The Foundation hopes that these women will succeed in their endeavors and achieve self-reliance through their hard work and determination.





### ALHIKMAH'S 11<sup>TH</sup> PUBLICATION RELEASED

Dedicated to publishing valuable books, the remarkable research and publication wing of Alhikmah Foundation has achieved another milestone with the release of an important book for the benefit of society. Titled '**Ilm wa Hikmat, Qur'an Ki Nazar Mein,**' this marks the **11th publication** by the foundation. Compiled by the Foundation's Chairman, Dr. Ziauddin Ahmad, the book encompasses all verses pertaining to Ilm (knowledge) found in the Holy Quran. It serves as a





## FEW MORE GLIMPSSES









## LECTURE PROGRAMME ON PROPHET MOHAMMAD (PBUH)

Alhikmah Foundation convened a lecture program on Prophet Mohammad (PBUH) at its head quarters in New Delhi on **October 8th, 2023**. The program focused on the themes "**How the Quran Honors and Exalts Prophet Mohammad (PBUH)**" and "**Disintegration of Family and its Solution.**"

The program commenced with a recitation from the Holy Quran by **Hafiz Mohammad Muzammil**, setting a spiritual tone for the gathering. **Mr. Saqib Yasin**, the General Secretary of the Foundation, delivered the welcome address, extending warm greetings to all the guests and participants. In his speech, Mr. Yasin elaborated on the aims and objectives of the Foundation, acknowledging the limitations of its resources while highlighting the impactful contributions of dedicated volunteers. He also shed light on the Foundation's new initiatives and called upon attendees to join hands with the Foundation and actively contribute to its welfare endeavors.



The invited speaker, **Dr. Arif Nadwi**, Director of Health at the Human Welfare Foundation in New Delhi, delivered a thought-provoking speech on the topic of "Disintegration of the Family and its Solution." In his address, Dr. Nadwi began by delving into the underlying reasons for the breakdown of family structures, drawing insights from the life of Prophet Mohammad (PBUH). He emphasized that contemporary society has veered away from the true purpose of human existence. Dr. Nadwi lamented that many Muslims merely follow rituals and practices without understanding their deeper significance, attributing their adherence to familial tradition rather than personal conviction. He urged the audience to embark on a personal journey of learning and understanding Islam, emphasizing the importance of studying the Holy Quran and living in accordance with its teachings. Dr. Nadwi underscored the individual responsibility to cultivate a deeper connection with Islam and integrate its principles into daily life to address the challenges facing modern families.

The second thought-provoking speech was delivered by the eminent Islamic scholar, **Mufti Shahid Sarwar**. Addressing the audience, Mr. Shahid Sarwar elucidated the profound significance of Prophet Mohammad (PBUH) in Islamic belief and teachings. He began by emphasizing the divine origin of Prophet Mohammad's (PBUH) soul, highlighting his exalted status as the leader of prophets. Mr. Shahid Sarwar underscored the unparalleled importance of Prophet Mohammad (PBUH) by noting that he was bestowed with the honor of the Mairaj, the ascension to the heavens. He elaborated on the extensive mention of Prophet Mohammad's (PBUH) exemplary character





and deeds throughout the Holy Quran, spanning across all its 30 parts. Emphasizing the relevance of Prophet Mohammad's (PBUH) life as a guiding beacon for humanity, Mr. Shahid Sarwar urged the audience to draw inspiration from his teachings in navigating the complexities of life. He asserted that adherence to the prophetic way of life ensures success both in this world and the hereafter, urging individuals to seek guidance from Prophet Mohammad's (PBUH) life and teachings in all aspects of their existence.



On this occasion, the Alhikmah Foundation organized an **essay competition**, which saw participation from over 20 students. The foundation recognized the outstanding efforts of the participants by awarding them with cash prizes and certificates. Mr. Abdullah Tariq Syed secured the first prize, followed by Mr. Mohd. Arbaz in second place, and Miss Jabeen clinching the third prize. Additionally, the foundation distributed certificates to all participants, acknowledging their participation and contributions to the event.



During the event, **Ms. Zamarrud**, an esteemed motivational speaker and trainer, shared insights with the audience about the Foundation's coaching programs aimed at preparing individuals for BPOs and call center jobs. As the coordinator of these programs, she emphasized the importance of such training in enhancing employment opportunities and facilitating career growth. Ms. Zamarrud also highlighted the ongoing classes conducted by the Foundation, underscoring its commitment to empowering individuals with the necessary skills and knowledge for success in the workforce.





During his Presidential address, Dr. Ziauddin Ahmad, Chairman of the Foundation, expressed appreciation for the insights shared by the experts and emphasized the importance of embodying the Sunnah of Prophet Muhammad (PBUH) in practical life. He urged the attendees to consider joining the foundation and take advantage of its diverse programs aimed at personal and communal betterment. Dr. Ahmad reiterated the Foundation's commitment to serving the community and encouraged active participation from all present.



The program received extensive coverage from both print and electronic media outlets.

### VISIT OF BSW STUDENTS TO ALHIKMAH FOUNDATION'S OFFICE



On November 3, 2023, students pursuing Bachelor of Social Work (BSW) at Jamia Millia Islamia embarked on a fieldwork project, visiting the Alhikmah Foundation's Head Office. Accompanied by their teachers, they were warmly received by Ms. Zamarrud, the Coordinator of the Coaching & Guidance Cell at Alhikmah. During their visit, Ms. Zamarrud provided a comprehensive overview of the Foundation's aims, objectives, and ongoing activities. She adeptly addressed the students' inquiries, fostering a meaningful exchange of knowledge and insights.



## BLANKET DISTRIBUTION WITH THE HELP OF HAMDARD NATIONAL FOUNDATION (MREC)

As part of its annual tradition, the Alhikmah Foundation received **1000 blankets** from the Hamdard National Foundation (MREC), New Delhi, in December 2023, for distribution among the needy. Continuing this practice, the Foundation diligently distributed these blankets to those in need across various areas including Zakir Nagar, Shaheen Bagh, Jaitpur, and Khureji. Foundation volunteers played an integral role in this process, actively engaging in identifying recipients, issuing slips, and ensuring the blankets reached those most in need. Dr. Ziauddin Ahmad, Chairman of the Foundation, expressed heartfelt gratitude to the Hamdard National Foundation for their generous contribution. He expressed hope for continued collaboration in future benevolent projects, emphasizing the importance of reaching those truly deserving and in need within society.

The members and volunteers of the Foundation enthusiastically participated in the distribution of the blankets.







### DR. ZIAUDDIN AHMAD, CHAIRMAN, DELIVERED A THOUGHT PROVOKING LECTURE AT JAMIA MILLIA ISLAMIA

**Dr. Ziauddin Ahmad**, Chairman of Alhikmah Foundation, delivered a thought-provoking lecture on the topic of "Our Role in Creating a Healthy Society" on March 11, 2024, at Jamia Millia Islamia, New Delhi. The program was organized by the Centre for the Study of Social Exclusion and Inclusive Policy (CSSEIP), Jamia Millia Islamia, and was chaired by Professor Tanuja, Honorary Director, CSSEIP, JMI.

The program commenced with a warm welcome address delivered by **Mr. Abu Faizan**. Following this, Dr. Ziauddin Ahmad was honored with a sapling, presented by Prof. Tanuja, Honorary Director of CSSEIP, JMI. Dr. Arvind Kumar, Assistant Professor at CSSEIP, JMI, skillfully moderated the session, ensuring a smooth exchange of ideas and perspectives.

During his address, Dr. Ziauddin Ahmad illuminated the critical role played by individuals and communities in nurturing healthy lifestyles, which encompass physical, mental, and social well-being. He underscored the significance of proactive engagement in promoting health and wellness. In addition to emphasizing the role of individuals in shaping a healthy lifestyle, Dr. Zia stressed the pivotal importance of education and knowledge in molding both individuals and communities, fostering personal growth, and contributing to societal betterment. He highlighted how education aligns with a broader understanding of its transformative power, empowering individuals, enriching societies, and paving the way for a brighter future.





In her address following the lecture, Prof. Tanuja emphasized the importance of psychological health and the interconnectedness of mental, physical, and social well-being. Her remarks were aligned with the principles of the biopsychosocial model and the holistic approach to health and wellness. Prof. Tanuja underscored the significance of considering all aspects of human health to ensure comprehensive well-being.

The lecture provided a platform for attendees to delve into the multifaceted aspects of healthy living, addressing pertinent issues and exploring actionable strategies for creating a positive impact on personal and collective well-being. Dr. Ahmad's expertise and engaging discourse captivated the audience, fostering a stimulating environment for meaningful dialogue and reflection on the topic.

The event garnered enthusiastic participation from students, faculty members, and members of the community, underscoring the relevance and timeliness of the topic. The insightful discourse served as a catalyst for inspiring proactive initiatives and fostering a culture of holistic well-being within the JMI community and beyond.

The session concluded with a Vote of Thanks delivered by Dr. Masroor, Guest Faculty of CSSEIP at JMI.

### **ALHIKMAH FOUNDATION'S RAMADHAN RATION DISTRIBUTION CONTINUES TRADITION OF COMPASSION**

In continuation of its longstanding tradition of philanthropy, the Alhikmah Foundation has once again extended its helping hand to the needy during the holy month of Ramadan. This year, the Foundation continued its noble initiative by distributing raw ration packets to the underprivileged residents of Zakir Nagar, Abul Fazal, and Hauz Rani areas.

With the support of its dedicated members and generous well-wishers, the Foundation mobilized funds to ensure that essential food items reached those facing economic hardships, particularly during this sacred time of fasting and reflection.

This benevolent exercise not only reflects the core values of empathy and solidarity but also serves as a beacon of hope for those grappling with adversity. It exemplifies the spirit of Ramadan, which emphasizes acts of charity, kindness, and generosity towards others.

As the holy month progresses, the Alhikmah Foundation remains steadfast in its mission to alleviate suffering and promote social justice. Through its unwavering dedication and collective efforts, it continues to make a positive impact on the lives of those in need, embodying the true essence of Ramadhan's spirit of giving and sharing.



## ACTIVITIES OF JAIPUR UNIT OF ALHIKMAH FOUNDATION

The Jaipur Unit of Alhikmah Foundation was established on June 19, 2022. Since its inception, the local Executive Body of the Jaipur Chapter has been highly active, diligently working to establish the center as a hub of excellence. Throughout the current year, alongside its regular activities, the center has organized various additional programs. Below are brief reports on these programs:



### LIBRARY & READING ROOM

Since its inception in June 2022, the Jaipur unit of the Foundation established a library equipped with a reading room facility. This initiative has garnered significant popularity among residents, who regularly visit the library and enroll themselves and their school/college-going children as members. Within a short span of time, the library has amassed a total membership of 100 individuals. Students are permitted to utilize the space to study their own course material, providing them with a conducive environment for learning. The library boasts a collection of over 2000 books, catering to various interests and subjects. Additionally, Wi-Fi facilities have been made available within the library premises, further enhancing its utility and accessibility.





## COMPUTER LEARNING CENTRE

Upon the establishment of this center, the Alhikmah Foundation promptly provided eight computers to set up a Computer Centre. The local unit has been making efforts to initiate various computer learning courses. However, progress has been hindered by the challenges associated with the high cost of expert faculty and low turnout. Consequently, the center is still in its early stages of development.

## CUTTING & TAILORING CENTRE

The Foundation generously provided five tailoring machines along with necessary infrastructure such as tables and stools to establish a tailoring center in Jaitpur. However, despite these efforts, the center has not yet commenced operations due to a lack of response. Ongoing efforts are being made to encourage needy women to acquire tailoring skills, empowering them to become self-sufficient members of their families and society.

**In addition to the above regular activities, the Jaitpur unit regularly organizes coaching classes and other activities as per the details given below:**

## ENGLISH LANGUAGE & PERSONALITY DEVELOPMENT PROGRAMMES

In line with the Foundation's objectives, the Jaitpur Unit of Alhikmah Foundation initiated a Personality Development and English Language Proficiency Programme, spanning three months, commencing on August 16, 2023. The formal inauguration ceremony of this ambitious program took place on August 16, 2023, at the Jaitpur Unit, attended by a significant number of socially active individuals from the Jaitpur area. Dr. Mahfooz Ahmad, Vice President of the local unit, extended a warm welcome to the Chief Guest, guests, and participants. He provided a detailed overview of the foundation's aims and objectives. Additionally, he extended congratulations to all Indians on Independence Day, emphasizing the collective love and dedication towards the motherland, expressed through unwavering commitment and readiness to sacrifice for the nation.



Providing a comprehensive report on the activities of the Jaitpur unit, Dr. Rehan Nadvi urged everyone to join the Alhikmah Foundation and contribute towards the welfare of the less fortunate members of our society. He emphasized the collective potential to achieve seemingly impossible goals and bring about significant positive changes in our communities.

The Chief Guest of the ceremony, Dr. Aftab Ahmad Muneeri, IAS, commended the efforts of the Alhikmah Foundation and pledged his complete support for all its future endeavors. He underscored the importance of cultivating sound moral values, promoting equal justice, maintaining cleanliness, fulfilling duties towards parents, children, relatives, teachers, society, and the nation. Dr. Muneeri also emphasized the significance of following the Sunnah of Prophet Mohammad (PBUH).





On this occasion, the Guest of Honor, **Dr. Zillur Rehman**, underscored the paramount importance of education. He urged the youth to embrace a healthy lifestyle, pursue professional education diligently, and strive to excel in competitive examinations for employment opportunities. Dr. Rehman emphasized the value of not squandering precious time and encouraged proactive engagement in efforts aimed at societal improvement.

The coordinator of the English Speaking and Personality Development Course, Dr. Wajihuddin Qasmi, elucidated the advantages offered by these courses. He emphasized their potential to enhance communication skills and personal growth. Dr. Qasmi appealed to local residents to fully utilize the educational programs provided by the Foundation, emphasizing their transformative impact on individual development and societal progress.

Dr. Ziauddin Ahmad, Chairman of Alhikmah Foundation, began his presidential address by extending warm greetings on Independence Day. He emphasized the importance of unity and collaboration among all citizens to contribute to the building of a strong and self-reliant India. Dr. Ahmad underscored the significance of honoring the sacrifices made by our ancestors during the independence movement, urging everyone to uphold their legacy and work towards the nation's progress and prosperity.

Dr. Athar Zafar, President of the local body of the Foundation, extended a vote of thanks to conclude the event, expressing gratitude to all participants for their active involvement and support. The seamless conduct of the program was attributed to Dr. Mahfooz Ahmad, Vice President, who exhibited professional excellence in overseeing the proceedings. The event witnessed participation from individuals representing various sectors of the Jaitpur area, reflecting a diverse and inclusive gathering aimed at promoting community engagement and welfare initiatives.

Since the inception of the Personality Development and English Language Proficiency Course, a total of 46 students have successfully completed the program across various batches.



## PERSONALITY DEVELOPMENT AND ENGLISH LANGUAGE PROFICIENCY PROGRAMMES FOR HUFFAZ, IMAMS, AND MUAAZZINS

The Jaitpur Unit added another feather to its cap by initiating a Personality Development and English Language Speaking Programme exclusively tailored for Huffaz, Imams, and Muazzins. The program was inaugurated during a ceremony held on November 1st, 2023.



Speaking at the event, Mr. Tanveer Ahmad, a social activist, underscored the significance and necessity of acquiring proficiency in the English language. He emphasized how mastering English can empower individuals, especially religious leaders like Huffaz, Imams, and Muazzins, to effectively engage with English-speaking audiences and media.

Additionally, Dr. Mehmood Asim Nadvi elaborated on the importance of personality development for religious leaders. Dr. Nadvi emphasized that in today's context, it is essential for Ulemas to enhance their English language skills as they often encounter inquiries about Islam from English-speaking individuals and media outlets.

The inaugural ceremony was presided over by former Professor Mr. Hafizuddin. In his address, he stressed the importance of learning the English language and emphasized the significance of personality development for Huffaz, Imams, and Muazzins. He commended the Alhikmah Foundation for recognizing the pressing need of the hour and initiating such a program tailored for religious leaders.



The program was attended by a large number of people from all walks of life in the Jaitpur area, including members of the local unit's Executive Body. There was enthusiastic participation from Huffaz, Imams, and Muazzins from local mosques. A total of 10 Huffaz, Imams, and Muazzins from the local area joined the program, which is still ongoing. The Foundation plans to expand its coverage in the near future.

The vote of thanks was proposed by the program convener, Dr. Mahfooz Alam Nadvi, and conducted with professional excellence by Dr. Mohsin Ateeq Khan Nadvi.



## HEALTH CHECK-UP CAMP

**A.H.FOUNDATION LIBRARY**  
(Jaitpur Unit)  
In Collaboration With Al-Mannat Hospital Pvt Ltd  
Date: 24th Sept. 2023 (Sunday) Time: 10:00 AM TO 2:00 PM

**+ FREE MEDICAL CAMP +**

**Facilities :** Free Consultation For All, Free B.P Test, Free Sugar Test, Free Medicine, Free ECG Tests

**Specialists:** Cardiologist, Gynecologist, MBBS, General Physician Internal Medicine

**Venue:** Public Library H-9, Library Road, Jaitpur Extension Part-II, N D-44  
**Contact No.:** +91 9643052824, +91 9999561852, +91 79800 50817

To achieve the Foundation's objectives to create awareness of Perfect Health & Hygiene, the local unit of Jaitpur of the Foundation organized a Free Medical Health Check-up Camp on 24th September 2023 in coordination with Mannat Hospital, Shaheen Bagh, New Delhi, at its premises. In this Camp, specialists Dr. Afzal Hasan (General Physician), Dr. Iram (Gynecologist), Dr. Shanista Parveen (Gynecologist), Dr. Salauddin (General Physician), Dr. Ashish Srivastava (Cardiologist), Dr. Ashfaq Ahmad Bat (Pediatrician), and Dr. Saurabh Bhargava (Physician), Lab technicians and paramedical staff from Mannat Hospital attended the patients. More than 150 patients were benefitted from this health camp.

During this camp, Sara Diagnostic Lab, Jaitpur, actively participated and provided free blood sugar and ECG tests, along with other tests at heavily discounted rates. Additionally, free medicines were provided to the patients, enhancing the overall impact and accessibility of the health services offered.

On this occasion, the Managing Director of Mannat Hospital, Dr. Firdaus Imam, and Manager Mr. Shahnawaz Alam graced the event with their presence, ensuring the smooth operation of the camp. The Executive Body members of the local unit efficiently managed the Health Camp, providing all necessary amenities to both doctors and patients, contributing to its overall success.



Happy and satisfied with the Health Camp, local residents expressed their gratitude to the Foundation and requested for such camps to be organized periodically. They emphasized the significance of these camps as they provide an opportunity for free examination by specialists, which otherwise would incur hefty fees, often unbearable for them.



## BLANKET DISTRIBUTION PROGRAMMES

The Jaitpur Unit of Alhikmah Foundation organized two Blanket Distribution programs, the first on December 25, 2023, and the second on January 7, 2024, at its unit located at Gaddha Colony, Jaitpur. In the first program, 150 blankets were distributed, and in the second program, 250 blankets were distributed among the needy people of the area. All blankets were provided to the Alhikmah Foundation by the Hamdard National Foundation (MREC), New Delhi.



In these blanket distribution programs, all Executive members of the Jaitpur unit, including Dr. Athar Zafar, Dr. Mehfooz Alam Nadwi, Dr. Mohd. Rehan Khan Nadwi, Dr. Rafi Ahmad, Dr. Mohsin Ateeq, Dr. Zillur Rehman, and other socially active personalities of the Jaitpur area made a concerted effort to reach out to the needy and provide them with blankets. The members also informed them about other beneficial programs run by the Jaitpur Unit and how they may benefit from those programs.



In these programs, all Executive members and beneficiaries offered prayers for the late Hakim Abdul Hameed Sahib, beseeching Almighty Allah to forgive him and grant him a high place in Jannatul Firdaus.



## SOME MEDIA COVERAGE




 Published Simultaneously From Delhi, Bhopal, Ghaziabad, Ranchi & Muzaffarpur  
 روزنامہ **SAEBAN** دہلی  
 URDU DAILY, DELHI  
 بانی: **سید شعیب مظفر پوری**  
 www.saeban.in **سایبان** اردو، دैनिक, दिल्ली  
 R.N.I. NO. DELURD/2008/26251 Vol. No. 16, Issue No. 164 Date: 26-02-2024 (Monday) Rs. 1/- 164 (16) شمارہ نمبر 26/164 26 فروری 2024 بروز بدھ 15 شعبان 1445 (8 مارچ) قیمت 1 روپیہ

## الحکمہ فاؤنڈیشن کا 31 واں سالانہ اجلاس تزک و احتشام کے ساتھ اختتام پزیر

اعتبار سے جو طلحہ دیکر ہوگا وہ فرتی اور احتیاساً  
تو چھائی کی حالت میں حاصل کر سکتا ہے اس لیے ہمیں صرف  
اور صرف تعلیم پر توجہ مرکوز کرنی ہے۔ عصری تعلیم صرف  
میں سے نہیں انہوں نے نہایت ہی زبان میں مہارت  
حاصل کرنے کی ترقی کی ہے۔ انہوں نے کہا کہ عصری  
جو کچھ ہے وہ کمزور حقیقت ہے جو خصوصی  
لیا بیان کا منبع ہے، انہیں میں اس طریق سے جو  
انہیں میں پیش کرنے کی ہے، انہیں لیا بیان کے  
آئین خوش عمل بنانے کی پابندی اختیار کرے۔ انہوں  
میں کتب کو توجہ دو نکات کی طرف مبذول  
کرائی، ان میں سے پہلا اور حنا چھوٹا بنانے والے  
دوسری سیاسی طور پر اپنا اثر چھوٹا کر دیتا ہے  
تھان کے مسئلہ کو کوئی بہت بڑا مسئلہ نہیں کہیں  
یہ علیحدہ ہے اس لیے کہ کوئی ایک شخص اور ایک  
جو کہ ہم نے اس لیے طوع پر حاشیہ پر ہیں۔ اور اس کا  
واقعہ کوئی نہایت ہی اہم ہے اس کے ساتھ کہ  
کوئی دوسرا اثرات کے نہیں ہے۔ بہت ناگزیر  
کوئی سماجی، سیاسی، دینی، کسی ای اور سماج  
ہے معانی میں جو وہ مسائل اور مواقع پر بدلے لگاؤ  
میں اپنی بات رکھی۔

[illegible]

ہیں۔ انصاف افراد کے پاس روزگار رکھی ہیں اور کاروباری اداروں میں بھی ان کی ہی حصہ شراکتہ کا ہے۔ جب حالات اس قدر خراب ہو گئے ہیں کہ اپنے آپ کو بہت مشکل طور پر بہت مضبوط کرنا ہوا، طرف ستر شروع کرنا ہو گا۔ سب کے ساتھ ملکر بڑھنے کی کوشش اور صلاحیتیں اپنی حصہ داری کرنے کی ضرورت ہے خودی صاحب نے زور دیا۔ انہوں نے حکومت کے متعدد کامیوں کا ذکر کرتے ہوئے کیا کہ مسلمانوں کو اس سے باز چاہے کہ فائدہ اٹھانے کی ضرورت ہے اور انہیں ہمیشہ خوش رہاں کی جانی چاہئے۔

پھر ایک جلسہ انجمنی معارفی حالت بہتر بنانے کے لئے منعقد کیا گیا جس میں مولانا مفتاح الرحمن صاحب نے ایک ایسی بات فرمائی کہ جو محفل کے لیے ضروری ہے۔

جہاں اور زمانے کے ہمیں پہلے آگے بڑھنا ہوگا۔ پھر ان کی نکتہ بینی کو مٹا دیں گے۔ انہوں نے اپنے انٹلکٹ کو کہا کہ اگر انسان کو کوئی پسند نہیں آتا تو وہ کیا ہے؟ حاکمات کا دور دورہ ہے۔ اس آج کے زمانہ ضروری ہو گیا ہے ہمہ الامانی چٹ اور امن، تہذیب اور اپنی ثقافت کے چٹ اور معاشرے کو سمجھنے کی طرف کام کرنا۔ دینی طاقت کا کوئی دور نہیں رہا۔ جب تک ہم معاشرہ نہیں بنیں تو ہمیں کبھی کامیابی نہیں ملے گی۔ اقتصادی وسائل بھی بہتر نہیں ہوں گے۔ انہوں نے کہا کہ بددستیاں کا مسلمانوں کے لیے طوریہ ہے۔ ۱۰ فیصد ہر مذہب کے مسلمانوں کے لیے ہے۔ اگر وہ دوسرا مذہب کے لیے ۱۰ فیصد دے گا تو دوسرا دوسرا دے گا۔

[illegible]

انٹرفیوہ پارلمنٹی فاؤنڈیشن آف انڈیا، نئی دہلی  
کے صدر و ممتاز اسکالر ڈاکٹر خوبہ انقار احمد نے اپنے  
تکلیدی خطاب میں کہا کہ ہمیں معاشرہ کے مسائل،


 राष्ट्रीय हिंदी दैनिक
 
 नई दिल्ली से प्रकाशित

# जर्नलिज़्म टुडे

RNI No. DELHIN/2013/48870
 































































































































## अल-हिकमा फाउंडेशन की 31वीं वार्षिक बैठक गरिमापूर्ण ढंग से संपन्न

नई दिल्ली: अल-हिकमा फाउंडेशन की 31 वीं वार्षिक बैठक नई दिल्ली के इंडिया इस्लामिक कल्चरल सेंटर में धूमधाम से आयोजित हुई। इस अवसर पर भागीजों ने खुलकर अपने विचार व्यक्त किए। प्रोग्राम की शुरुआत मुफ्ती शाहिद सखर द्वारा अन्ववाद और टिप्पणी के साथ पवित्र कुरान की तिलावत के साथ हुई। उद्घाटन और स्वागत भाषण अल-हिकमा फाउंडेशन के अध्यक्ष और प्रसिद्ध हकीम डॉ. जियाउद्दीन अहमद ने दिया। उन्होंने विशिष्ट अतिथियों एवं विशिष्ट अतिथियों का स्वागत एवं स्वागत किया।

अध्यक्ष ने फाउंडेशन के लक्ष्यों और उद्देश्यों के बारे में भी बात की और स्पष्ट किया कि फाउंडेशन अपने चार सूत्री लक्ष्यों और उद्देश्यों को प्राप्त करने की राह पर है। एक स्वस्थ और शिक्षित समाज, नैतिक मूल्यों से परिपूर्ण और सामाजिक कल्याण के लिए सदैव प्रयासरत समाज का



निर्माण उनका और उनकी टीम का दृष्टिकोण है। इंटरफेथ हारमोनी फाउंडेशन ऑफ इंडिया, नई दिल्ली के अध्यक्ष और प्रतिष्ठित विद्वान् डॉ. खन्ना इतिहास अहमद ने अपने मुख्य भाषण में कहा कि हमें पहले समाज की समस्याओं, प्राथमिकताओं और रुझानों को समझना होगा और फिर अपनी रणनीति बनानी होगी। उन्होंने स्पष्ट शब्दों में कहा कि आज मानव एक वस्तु बन गया है। उपभोक्तावाद का युग चला गया है। इसलिए आज यह और भी आवश्यक हो गया है कि हम अपने नैतिक मूल्यों, संस्कृति, सभ्यता और संस्कृति को जुड़े रहें और समाज को सही दिशा में ले जाने वाली शक्तियों को मजबूत

कें। जब तक हमारा समाज सही नहीं होगा तब तक हमारी अर्थव्यवस्था और आर्थिक स्थिति में सुधार नहीं होगा। उन्हीं का हक कि भारत का मुसलमान मुख्य रूप से 09% असंगठित क्षेत्र में गिने जाते हैं और इस क्षेत्र में जंगलार के अक्सर सबसे कम हैं। 01% लोगों के पास नौकरियाँ और व्यवसाय हैं और उनको हिस्सेदार हैं जीडीपी में जाना जाता है। जब हालात इतने निराशाजनक हों तो हमें खुद को आर्थिक रूप से बहुत मजबूत बनाना होगा, अपनी परेशानियों का रोना रोने की बजाय हमें आशा की ओर यात्रा शुरू करनी होगी। ख्वाजा साहब ने सभी के साथ मिलकर आगे बढ़ने की कोशिश

करने और जो उपलब्ध है उसमें अपना हिस्सा लाने की जरूरत पर ज़ोर दिया। मुख्य अतिथि दिल्ली के पूर्व उपराज्यपाल और जामिया मिलिया इस्लामिया के पूर्व कुलपति नजीब जंग ने अपने गरिमायम अंदाज़ में देशों की संबोधित किया। इस मौके पर उन्होंने कहा कि अगर अल्पसंख्यक समुदाय आर्थिक तंगी से जुड़ा रहा है अगर 20 फीसदी आबादी आर्थिक रूप से कमजोर है तो हम किस तरह के विकास की बात करते हैं? क्या वह हमें सुशोषित करता है, लेकिन हमें यह भी विचार करना होगा कि हम अन्य देशों की तुलना में कहाँ खड़े हैं? उन्होंने कहा कि अल्पसंख्यकों, विशेषकर

मुसलमानों तक वित्तीय पहुँच न होना इस युग की एक बड़ी समस्या है, जिसे सामूहिक प्रयासों से हल किया जा सकता है। उन्होंने दर्शकों को बैंकिंग क्षेत्र की बारीकियों के बारे में भावनाया और इसका अधिकतम लाभ कैसे उठाया जा सकता है। व्यवसाय हासिल करने और अपना व्यवसाय करने तथा अपने सपनों को पूरा करने की दिशा में काम करने के लिए प्रोत्साहित किया गया। बैठक के दूसरे मोड्यूल अतिथि और राष्ट्रीय अल्पसंख्यक आयोग के अध्यक्ष इकबाल रईस लालपुरी ने अपने संबोधन के दौरान श्री नजीब जंग की बातों का जोरदार समर्थन किया। उन्होंने कहा कि सरकारों ने हर काल में अल्पसंख्यकों, विशेषकर मुसलमानों को भय और आतंक में रखा, लेकिन कुछ अन्य अल्पसंख्यकों ने खुद को शिक्षा से सुसज्जित किया और व्यापार में रुचि ली, तब जाकर आज उनका विकास हुआ है।



## CHAIRMAN'S ARTICLES PUBLISHED IN PRESS MEDIA

## انقلاب

THE INQUILAB

قوموں کی حیات ان کے تخیل پہ بیے موقوف (اقبال)

### رمضان المبارک رحمتوں، برکتوں اور تربیت کا مہینہ

ڈاکٹر ضیاء الدین احمد ندوی

رمضان

المبارک رمتوں، برکتوں اور تربیت کا مہینہ ہے جو ہم پر سایہ فگن ہے۔ مالک حقیقی سے دعا ہے کہ اس مبارک مہینہ کی مقصدیت کا حقیقی شعور اور اس سے استفادہ کی بھرپور توفیق دے۔ ماہ رمضان کے روزے قرآن کی جس آیت میں فرض کئے گئے ہیں وہ سورہ بقرہ کی آیت نمبر ۱۸۵ ہے ”تم میں سے جب کوئی رمضان کا مہینہ پائے تو روزہ رکھے“ قرآن میں روزے کے لئے ”صوم“ کا لفظ استعمال ہوا ہے۔ ”صوم“ کی تعلیم تقریباً تمام ہی مذاہب میں تھوڑے سے فرق کے ساتھ ملتی ہے، جس کی تائید قرآن کی اس آیت سے بھی ہوتی ہے ”اے ایمان والو! تم پر صوم فرض کیا گیا ہے، جیسا کہ تم سے پہلی امتوں پر فرض کیا گیا تھا تاکہ تمہارے اندر تقویٰ پیدا ہو جائے“ (سورہ بقرہ: ۱۸۳)۔

قرآن میں تقویٰ کا لفظ تین معنوں میں استعمال ہوا ہے۔

۱۔ اللہ یعنی مالک حقیقی کا ڈر

۲۔ آخرت میں مالک کے سامنے جوابدہی کی فکر

۳۔ برائیوں سے اپنے آپ کو بچانے کی کوشش کی تربیت

یعنی ایک مہینہ تک مستقل اس بات کی کوشش کی جائے کہ یہ تینوں صفتیں

روزہ دار کے اندر پیدا ہو جائیں، تاکہ باقی گیارہ مہینہ بھی اسی طرح گزارے

جائیں اور نتیجہ میں انسانی سماج برائیوں سے پاک ہو جائے۔ اس مہینہ کی ایک

خصوصیت یہ بھی ہے کہ انسانوں کی ہدایت اور رہنمائی کے لئے جو کتاب اپنے

پیغمبر حضرت محمد ﷺ کے ذریعہ اس دنیا میں انسانوں کی تخلیق کا مقصد بھی بتائی

ہے اور جو قیامت تک چلنے والے مسائل کا حل بھی پیش کرتی ہے، وہ عظیم

کتاب اسی ماہ مبارک میں حضرت محمد ﷺ کے ذریعہ ہمارے لئے بھیجی گئی

ہے۔ قرآن کی سورہ بقرہ آیت نمبر ۱۸۵ میں مالک حقیقی فرماتے ہیں: ”رمضان کا

مہینہ وہ ہے جس میں قرآن نازل کیا گیا اور رہنمائی کی گئی ہے نیز حق و باطل کا فرق بھی واضح کر دیا گیا ہے۔ اسی قرآن میں قبیحوں اور ضرورت مندوں و ناداروں کا خیال رکھنے کی ہدایت بھی دی گئی ہے۔ اس عمل کی تربیت بھی اس مہینہ میں ترتیبی بنیاد پر کی جاتی ہے۔ چنانچہ قرآن اپنے ماننے والوں سے مخاطب ہو کر کہتا ہے: ”تمہارے اپنے کمائے ہوئے مال میں ضرورت مندوں اور ناداروں کا بھی حق ہے“ (سورہ معارج: آیت: ۲۴، ۲۵)۔

اس کے علاوہ صاف صاف بیان کرتا ہے کہ ”تم قبیحوں کا سناں نہیں کرتے ہو“ (سورہ فجر، ۱۷)۔ (دیکھو) خبردار قبیحوں کو بھی جھڑکنا نہیں اور ناداروں کو بھی ذلیل مت کرنا“ (قرآن)

اسی طرح روزہ کے طبعی فوائد بھی بے شمار سائنسدانوں کے ذریعہ ہمارے سامنے آچکے ہیں۔ خاص طور سے لائف اسٹائل، بیماریوں جیسے شوگر، بلڈ پریشر، مونٹا پا اور کولیرا شراں وغیرہ پر قابو پانے میں روزہ اہم رول ادا کرتا ہے۔ ■

نئی دہلی، 1 اپریل، 2024

دैनिक जमरूप III



### रहमतों, बरकतों और प्रशिक्षण का महीना है माह-ए-रमजान

रमजान रहमतों, बरकतों और तरबियत (प्रशिक्षण) का महीना है। इसमें हम अल्लाह (ईश्वर) से प्रार्थना करते हैं कि वह हमें इस मुबारक महीने के उद्देश्य के बारे में सच्ची जागरूकता और इसका पूरा उपयोग करने का अवसर प्रदान करें। रमजान के महीने में रोजा रखने का जिक्र कुरान के सूर-ए-बकरह



डॉ. जियाउद्दीन,  
निदेशक, अलहिकमा  
फाउंडेशन, दिल्ली

में प्राथमिकता दी जाती है। कुरान कहता है, 'आपके द्वारा अर्जित धन पर जरूरतमंदों और गरीबों का भी अधिकार है'। इसके अलावा, कुरान स्पष्ट रूप से कहता है, 'कभी अनाथों को न डाँटें और जरूरतमंदों को अपमानित न करें'। इसके अलावा उपवास के चिकित्सीय लाभ भी हैं। इसकी पुष्टि कई विज्ञानियों ने

की आयत संख्या 185 में किया गया है। यह महीना ईसानों के मार्गदर्शन के लिए भी है। कुरान में अनाथों, जरूरतमंदों और गरीबों का ख्याल रखने की भी हिदायत दी गई है। इस प्रक्रिया के लिए तरबियत (प्रशिक्षण) को इसी माह

की है। खासकर जीवनशैली, मधुमेह, ब्लड प्रेशर, मोटापा और कोलेस्ट्रॉल आदि बीमारियों को नियंत्रित करने में उपवास अहम भूमिका निभाता है।



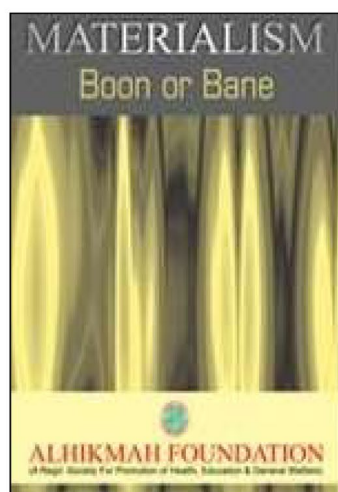
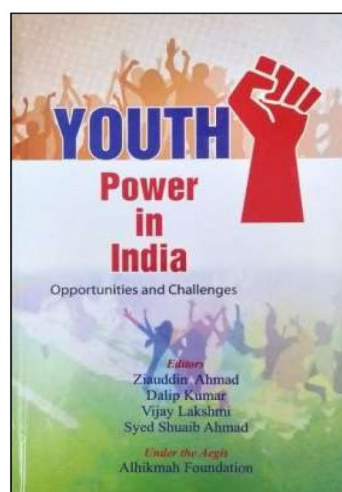
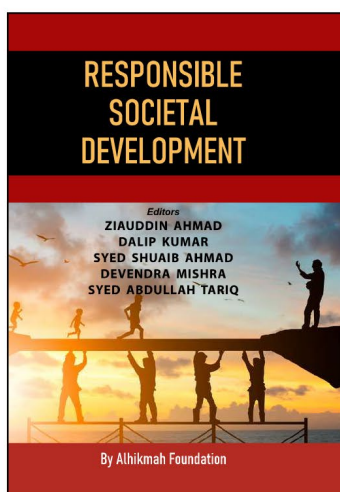
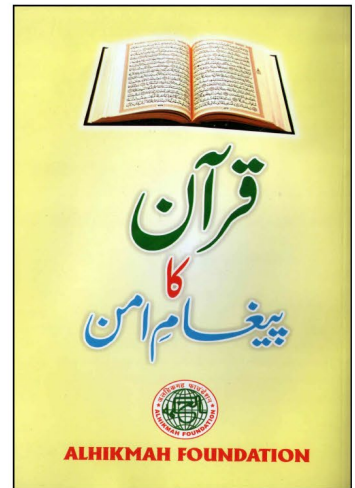
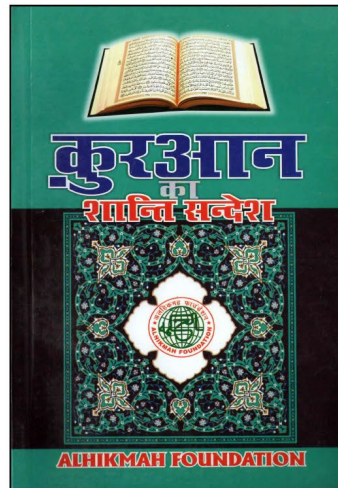
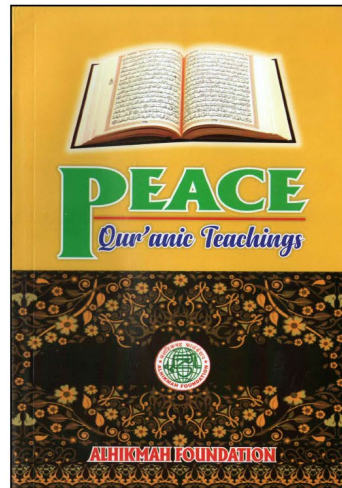
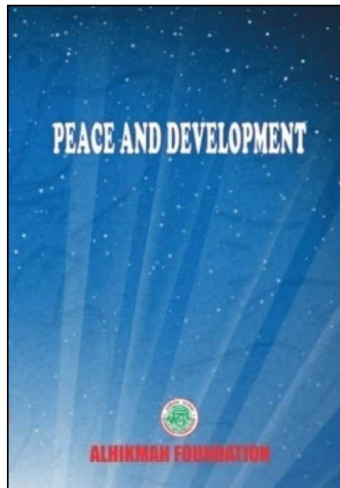
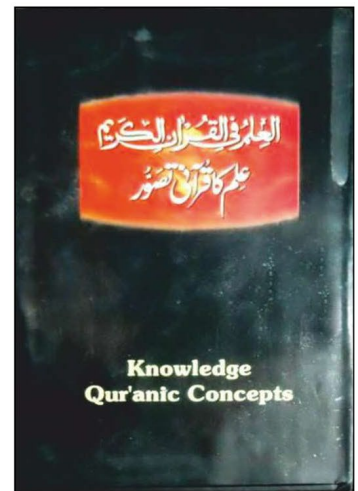
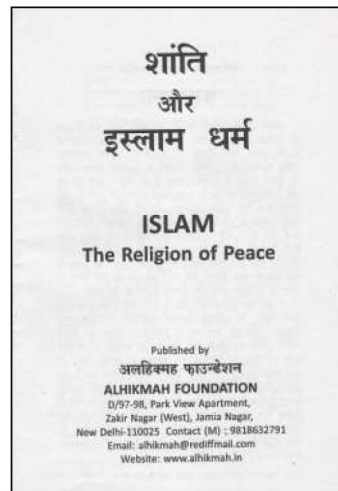
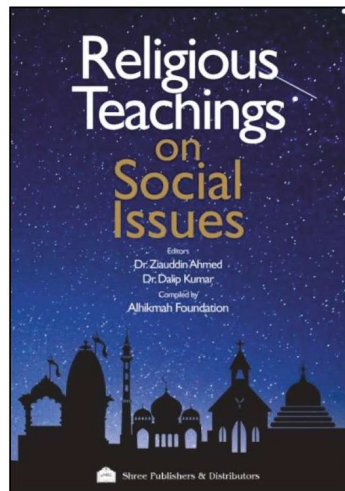
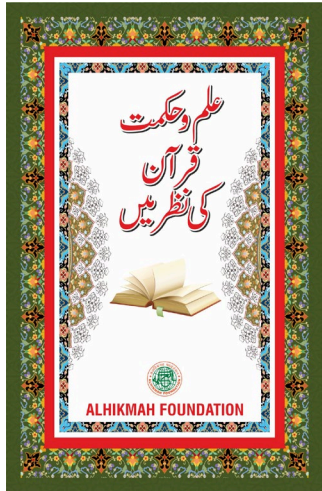
Eid Mubarak  
to all citizens of India

From  
Alhikmah Family





## PUBLICATIONS OF ALHIKMAH





## APPEAL

Dear brothers and sisters,

Hope all are doing well by the grace of the Almighty.

As you are aware that the foundation is putting up its best efforts in the field of health, education and general welfare since 1990. The responsibilities of the foundation are increasing, so is the expenditure which is becoming a difficult task for us. In view of this, the executive body of the foundation has decided to request you to contribute as much as possible. You are also requested to join hands with us by becoming a member of Alhikmah Foundation.

The Almighty will reward you generosity.

Yours Sincerely

**Dr. Ziauddin Ahmad**  
**Chairman**

*Being a totally charitable organization, Alhikmah Foundation solely depends on public funding.*

*Kind hearted and generous citizens like YOU are requested to join hands with Alhikmah Foundation in an endeavour to promote Health, Education, Livelihood, Ethics & Peace and make the World a better place to live in.*

***Donations to Alhikmah Foundation are exempted from Income Tax u/s 80-G of IT Act.***

**Account Details:**     **ALHIKMAH FOUNDATION**  
                                 **BANK OF INDIA**  
                                 **NEW FRIENDS COLONY BRANCH**  
                                 **A/C NO.: 602310100018929**  
                                 **IFSC.: BKID0006038**

### SPECIAL THANKS



Alhikmah Foundation expresses its heartfelt gratitude towards the **HAMDARD NATIONAL FOUNDATION (MREC)** for its continuous support and trust in the foundation's values and vision.

### **CORRESPONDENCE ADDRESS**

**Head Office:** 63/1, Street No. 20, Zakir Nagar, New Delhi – 110025

**Branch:** First Floor, H-9, Library Road, Jaitpur Extn. Part – 2,  
New Delhi – 110044

**Email:** alhikmah @rediffmail.com

**Website:** www.alhikmah.in

**Youtube Channel:** <https://www.youtube.com/@alhikmahfoundationdelhi>

**ALHIKMAH**

**MEANS**

**WISDOM**

*Art by :*

**Ar. Asif Furqan**

[ar.asiffurqan@gmail.com](mailto:ar.asiffurqan@gmail.com)