



Anjuman-e-Himayath-e-Islam
Estd. 1890

Anjuman *TIMES*

Issue: 17 - 2024



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magnificent new
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Children's Spotlight

Showcasing the talent
of our children



Editorial - T. Adnan Ahmed

In Surah Al-Baqarah verse 274, Allah assures generous souls that their acts of charity, whether by day or night, openly or secretly, will be rewarded by their Rabb, free from fear or grief. Here at the AHI, we are truly blessed with members and well-wishers who have contributed immensely, both in wealth and time, to our institution.

In this edition of our newsletter, I am delighted to share updates on the progress of the new AMHSS school building. Sponsored mainly by AHI members and supported by well-wishers, this remarkable structure spans an impressive 38,540 sq. ft. Additionally, the DACAL building, consisting of the 2nd and 3rd floors along with a ramp, totaling 17,800 sq. ft., was successfully handed over on September 1, 2023.

Drawing inspiration from the Quran, we reflect on the parable of those who spend their wealth in the way of Allah. The metaphor of a grain sprouting into seven ears, each bearing one hundred grains, emphasizes a remarkable 700% return on investment. Our heartfelt prayers go out, seeking Allah's acceptance not only for the monetary contributions but also for the time and concern our members dedicate to AHI. May Allah reward them abundantly.

Engaging in acts of charity and dedicating time to noble causes are commendable endeavors. However, being chosen by Allah for such roles is an even greater honor. Allah selects those with good intentions and wholehearted dedication for carrying out His virtuous work.

Allow me to share a thought-provoking incident from London, where a young man, irritably offered money to an elderly person in need of food. He later discovered that the restaurant owner had provided the food for free, and so the elderly person returned his money. His wife astutely pointed out that Allah had not accepted his charity but had embraced the deeds of the restaurant owner.

This narrative prompts us to reflect on the essence of charitable acts. Allah values the sincerity and good intentions behind wholehearted giving, whether it involves financial contributions or the gift of time. As we conclude, let us join in prayer, asking Allah to choose us for further contributions to noble causes and to accept our efforts wholeheartedly, both now and in the future.

May our actions align with His will, and may the rewards be abundant.

Wonders of the World



Natural Wonder

Cappadocia - A Natural Gem

Houses carved out of caves and intricate fairy chimneys? This quaint and magical place called Cappadocia is rich in both history and culture. In a way, it will give you a taste of what it's like to be in the Disney's Aladdin film.

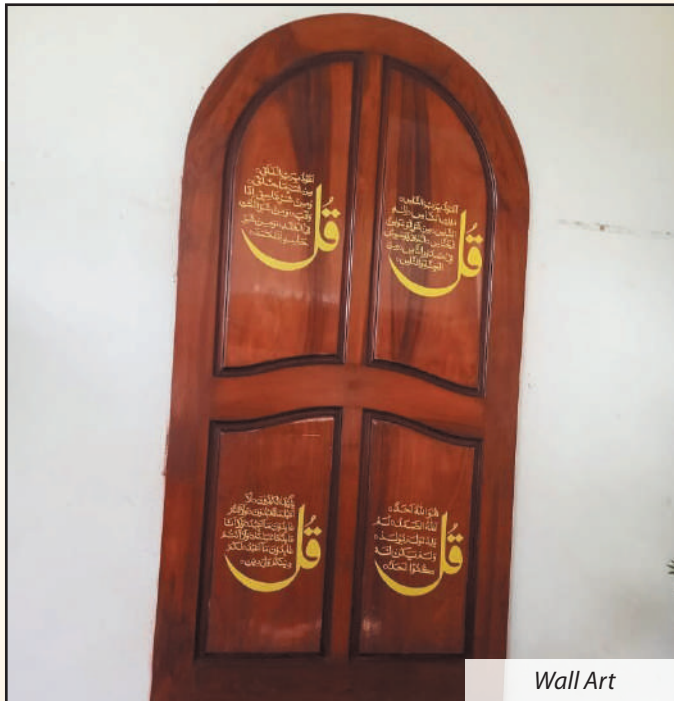
Cappadocia is a land of unique and breath-taking natural wonders. From the iconic rock formations to the hidden canyons, Cappadocia has something for every nature lover. The city is characterized by its volcanic rocks and ancient houses submerged underground. They are not just homes but the largest underground city in the world.

Cappadocia is one of the most picturesque places in Turkey, and is famous for its intriguing "fairy chimneys", some of which reach 130 feet into the sky. These stunning rock formations were created over millions of years from the soft volcanic ash which once blanketed the region being eroded by wind.

One of the most impressive natural wonders of Cappadocia is its underground cities. These ancient cities were carved out of the soft volcanic rock and served as safe havens for the people during times of war. Due to the soft rock in the region, many underground cities were built to hide as many as 20,000 people at a time.

Cappadocia, with its beautiful boutique hotels, historical and ancient settlements, underground cities and impressive landforms, provides a different travel experience.

Ladies Masjid



Wall Art

An old antique rose wood main door which was discarded by its owner, has been transformed into a decorative wall art & presently adorns a wall of the ladies masjid courtyard. After reviving its lost grandeur with a coat of clear natural lacquer, calligraphy of the four "Khul" surahs was engraved on each section giving a rich & beautiful appearance, admired and appreciated by visiting musallis. Alhamdulillah!

The masjid backyard is being cleared of all rubble to be developed into a multipurpose seating cum dining area which could be used by Academy students.

Newsletter Committee

Chairman: T. Adnan Ahmed

Convenor: Fahmida Irfan

Members: Mahmood Akhtar, Mohammed Fasiullah, Mohammed Shadaan, Riaz Razzack, Abrar Ahmed, Mohamed Zaid Sait, Nikhath Fathima Suhail, Nabila Avais, Aamirah Majid, Hajira Azeez

Assets Committee

Additional 2nd and 3rd Floors along with a Ramp constructed at the Dacal Building

The addition constructed to the existing DACAL building at AHI Campus includes the 2nd and 3rd floors, as well as a ramp from the ground floor to the third floor. The architect for this project was MSM Architect, while the contractors were MKMS Builders / TopLine Constructions. Each floor has an area of 6500 sq.ft, and the ramp covers an area of 4,800 sq.ft. The total area of the building, including the ramp is 17,800 sq.ft. The cost for this project was Rs. 4.5 Cr. The entire building along with the ramp was handed over on 1st September 2023.



Dacal's new look

Construction of new building with Ground +3 floors for AMHSS

The new building for a higher secondary boys school at AHI Campus has been constructed by Apporva Constructions. The architect for this project was KSM Architect. The building consists of a ground floor and three additional floors, with a total area of 38,540 sq.ft. Each floor has a typical floor area of 9,635 sq.ft, resulting in a total area of 38,540 sq.ft. The estimated cost of the project was 12 crore. The entire building was handed over on 14th September 2023.



The spectacular new AMHSS building



Boys' Home



The Boys Home had a change of guard with the appointment of new Superintendent Mr. Thameen Ansari.

Meanwhile the cycle of activities continued with a renewed impetus on preparing the boys for their future. Three boys were admitted into NEET coaching. Four boys were selected for the Ullas Foundation Scholarship grooming program. The Motivation Team was formed with the mandate of inspiring higher aspiration in the boys.



Boys were taken on field trips like the Urban Climate film festival, the Arunodhaya Home for Special Children, Eco Park, and the Police Museum, to sensitize them to the world around them. A 'Science thoughts to practical' workshop stimulated scientific minds. The Boys Home Computer Lab was inaugurated with NGO Versal Go helping the senior boys hone their computer skills. NGO Bhumi volunteers helped the Primary boys with Math, while a tutor was appointed for Tamil. The Junior and Senior libraries were infused with new books and newspaper subscriptions were increased. There were screenings of important events like the launch of Chandrayaan 3, semi-final and final World Cup matches, and other world news.



The Student Rep council was nominated and fortnightly meetings held with them to better understand the needs and concerns of the boys. Recognition schemes in the form of Warden and Star Student of the Month were initiated. Monthly treats in the form of Ice Cream day and Popcorn day were introduced. Members met the guardians during Parents Days to create awareness of the Boys Home norms and activities.



The focus on Deen continues with the Quran Recitation Program and weekly bayaans for Class VI onwards and the practice of younger boys reading salah in their dorms.

Together, the Boys Home committee members, staff, and students, strive to execute the will of Allah.

Girls' Home

At AHI Girls Home, we are committed to instilling a sense of consistency that reflects efficiency, with the overarching goal of teaching our children to "think globally and act locally."

The dedicated efforts of our Girls Home Committee focus on the preparedness of our girls for their future.

Achievements

◆ Our Class IX girls showcased their prowess by winning scholarships in the talent exam conducted by the 'Ullas Trust'.



Winners at the AHI Academy

◆ Salma, a talented Class X student, emerged as the 'Player of the Match' in a football game.

◆ Ayisha, a CWC girl, achieved a significant milestone by completing her Tajweed course at AHI Academy and obtaining certification as a teacher.



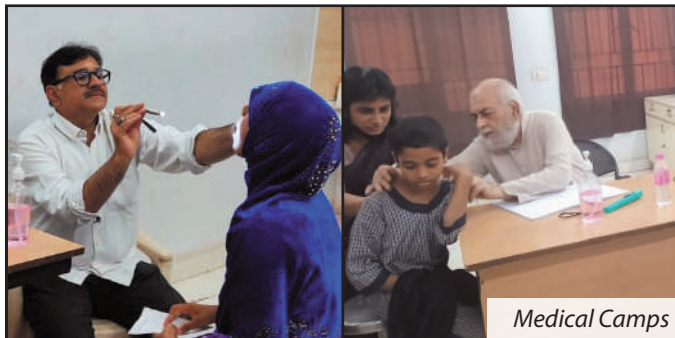
Chair person of GH with Members

Entertainment

Our core value centres around a fundamental conviction that each member understands and shares the children's ideas, fostering commitment and dedication to boost morale. Training in 'Skill Enhancement' was held for members to enhance their ability to connect with and support the children.

Health

We prioritize the well-being of our girls through periodic medical camps conducted by panel doctors. Dr. Asif Baig - Dental camp, Dr. Ameen - Skin camp, and Dr. Mahadevan delivered a lecture on 'Health Science' to our board-going students.



Medical Camps

Visitors

Mrs. Sabina Narayanan from the Rotary Club and representatives from Kerala Markaz were impressed with the cleanliness of our Girls' home.



Kerala Markaz representatives with Anjuman members



Eminent Visitors from Rotary Club

Others

Routine work is conducted with a focus on productivity and standard sustainability. Our Administrative Officer periodically checks all registers, and inspections by the District Child Protection Unit (DCPU) ensure adherence to regulations.

Self-defence training workshop was given by the Social Defense Department.

We continue to strive for excellence in nurturing the potential of every child in our care.

Hadith

Our Prophet (pbuh) said:

"Allah will exalt those who believe among you, and those who have been granted knowledge to high ranks" (Quran 58 : 11).

Anjuman Primary School

Impressive Interschool Competition Achievements

We are incredibly proud to announce the outstanding achievements of our students at the Interschool competitions. Muhammed Haris A.W of Class III, was awarded the first prize in the National Karate Championship. "The Hop till you Drop" competition was conducted at DACAL. 20 students from AHI Primary participated and 7 students won prizes.



National Karate Championship



Scimath Interschool Competition

SCIMATH 2023 - Inter-school Maths & Science Competition and Exhibition of models was organized by the Sharfunissa Begum Sahiba Educational and Guidance Centre. 57 students from AHI Primary participated and 10 students won prizes.

Robotics - Revitalizing Skills with Refresher Training Programme

The refresher training program for computer teachers was conducted on 21st July.

Computer teachers attended a webinar on Think Edge's new offerings to upgrade the AI and Robotics lab and a week's International Boot Camp on Machine learning, Robotics, and AI. Certification and AI Educators Badge were awarded.

Staff Awards

Three Staff received the Best Performance award at the AG meeting from the President.



Best Teacher Award

Educational Tours and Field Trips

Field trips are a part and parcel of imparting practical lessons. Visits to the Rail Museum, Dhakshin Chitra, Crocodile and Snake Park, and Shell Museum were planned for the Primary students in October.



World Nature Conservation Day

World Nature Conservation Day

World Nature Conservation Day - 28th July was observed by KG to understand the importance of nature by growing saplings. Classes IV and V observed the same by making Collage on National symbols, lotus, peacock, banyan tree.

"Sometimes the things that the student needs right now have nothing to do with what's on our lesson plan. We should teach them on how to face a competitive world"

Allah Does not burden a soul beyond that it can bear

Surah Baqarah : Verse 286

Al-Hira Model School

Education World India School Ranking 2023-24

This year (2023-24), Al-Hira, consciously decided to apply for a ranking in the General Category of Co-Ed Day Schools instead of the Budget category as applied in the previous year (2022-23).



We are pleased to announce that we have been ranked as follows:

- ◆ No. 17 in Chennai
- ◆ No. 22 in Tamil Nadu &
- ◆ No. 99 in India

It is gratifying to know that, even at the All India Level, we are ranked amongst the Top 100, at the State Level among Top 25 and at the City Level amongst the Top 20.

We are perhaps the only Budget school to be ranked amongst the Top 20 in the higher General Category. Alhamdulillah.

Education World had organized an awards function for all schools who were ranked in the Top 20 in each City. Our Convenor, B.N. Khaizer represented the school and received the award in Delhi.



ICode Global Hackathon - National Coding League

Students of Al-Hira participated in the ICode Global Hackathon 2023. It is the 7th edition of the World's largest Coding Competition in which more than 2.5 million students from 73 nationalities participated to benchmark their coding skills with peers globally. The ICode Global Hackathon is mapped to CSTA & Google CS First Coding Education Standards.

After 14 rounds of Qualifiers, two students Aditya. P and Abdul Rahim stood first in Chennai in the regional level. Ten students qualified to take up the National Level in which 5 students secured outstanding ranks and qualified for the Global Finals held in October 2023. They went on to ace the Global Finals in which they were amongst the Top 20% of the Global Finalists. A special mention is made about Aditya. P of Class XII for having secured a highly impressive rank of 61 in the Global Finals. Alhamdulillah, this event has catapulted Al-Hira to achieve Global recognition in the field of competitive Coding.

Prizes won in Inter School Hifz Competition @ Bay International school

- ◆ Muhammad Yaasir of Class VIII, won the First Prize in 5 Juz category and was awarded a cash prize of Rs. 5,000/-
- ◆ Yusra Anjum of Class IV won the Second Prize in 2 Juz category and was awarded a cash prize of Rs. 2,000/-
- ◆ Mohammed Arqam Hussain of Class IV won the Second Prize in 1 Juz category and was awarded a cash prize of Rs. 1,500/-



Inauguration of Hifz Programme

To accommodate and facilitate the process of memorizing the Holy Qur'aan along with academics, within school hours, the Special Hifz programme was inaugurated for selected students of Class III. 21 students are currently undergoing this programme.

Centre Stage - AMHSS



The impressive new AMHSS Building

The new building for the Boys School was officially inaugurated at an event well-attended by an august audience. The magnificent building with a constructed area of 36,000 sq.ft has state of the art facilities, ample natural light, spacious classrooms, a well-designed library, huge laboratories, fully furnished auditorium, adaptable multi-use spaces, advanced technological fittings and all essential modern features for students and staff. The impeccable design and high-quality construction is built in memory of the late parents of the main sponsor, Mr. Avais Musvee and supported by associate sponsors, Razack Family Trust, Prestige group, Dr. Zackria Sait and others.

While the new school building provides the right ambience for optimal learning, the school committee and leadership actively work towards achieving excellence in education. This academic year, the Faculty development program, was initiated with trainers, Mrs. Sukanya Sreenivas and Mrs. Jyothi Thomas. The trainers conducted a series of sessions covering various topics on pedagogy and classroom management. Teachers also participated in the online training program on AI, Python, and Robotics. The PET, Mr. Kani underwent NCC refresher training and graduated to the Third Grade Officer position.

Students are regularly enrolled in various programs to improve their soft skills. One such initiative is the Ullas Young Achiever Program organised by the CSR division of Polaris. Ten students of Class IX attended the annual workshop followed by weekly weekend classes where students from different schools participate. Our students also participated in the Codeavour Excellence Competition in AI & Coding and received a "Certificate

of Appreciation." Many competitions such as JAM, Sudoku, Essay Writing and Math Olympiads were conducted. The students also enjoyed excursions to Queensland.



Girls Investiture Ceremony

The school Committee regularly rewards both teachers and students because recognition drives success. After every midterm and term-end exam, students who score distinction and above ninety percent are awarded star badges and super star badges respectively. A felicitation ceremony was organised to honour the board students and teachers for the extraordinary results in the board exams. On the occasion of Teachers Day, Chairman presented the Best Teacher Awards to Mrs. Raafia Sultana and Mrs. Madhuvanthi. They received a trophy and cash awards. School Principal received the Best Principal Award jointly presented by YMCA Madras and School Voice.



Boys Investiture ceremony

School organised counselling / motivational sessions with eminent speakers. While Mr. Yoosuf conducted career guidance sessions, Dr. Jameel counselled the students enrolled in NEET classes. Mr. Wali Rahmani, a social entrepreneur also addressed the students. Mr. Jafar Meerasahib, President TMAGC Inc. an NGO that sponsors our students for college education, also

visited and motivated our students to pursue their dreams.

Our students participated in the zonal athletic events and many of them qualified to represent the school at the district level. School initiated Road Safety Patrol (RSP) unit. Investiture ceremony was conducted with the school captains receiving badges/responsibilities. School also initiated the NCC program for girls. Students attended the RSP inauguration at Rajarathinam Stadium conducted by TN Traffic. Our NCC cadets attended the annual NCC camp held at Dhanalakshmi college and won several awards.



NCC Cadets

Health Centre

- ◆ Children of the homes were called in groups and explained about personal hygiene and counselling was done.
- ◆ Iron tablets were given on weekly basis based on their requirements.
- ◆ A meeting with DACAL staff was conducted and they were advised about their personal care, etc.
- ◆ Dental Camp was conducted by Dr. Shameem & Dr. Asif Baig for oral hygiene and structural abnormalities.
- ◆ Dermatological camp conducted by Dr. Ameen Sait & Dr. Ramashree with Boys Home 75 cases and Girls home 60 cases were treated.
- ◆ The Chairman Dr. Hishamuddin Papa, the Co-Chairperson Mrs. Suraiya Masud, the convenor Dr. T.M. Matheen, The Medical Consultant Dr. Ramashree have regularly followed the health related matter for both homes with the concerned specialists.

Limelight - Hop till you drop



Pot Painting

Mandala Art

Come October its time to 'Hop till you drop'. This year the event was on 18th October 2023.

220 students from 10 different schools participated in various events like t-shirt designing, pot painting, cooking without fire, adzap, mandala art to name a few. Hop till you drop is an event which gives an opportunity for children from special schools to showcase their talent.

The number of participants gets bigger every year and this only shows how much we are growing.

Our counsellors created an awareness on "World Mental Health Day" for the Class IV and V Anjuman Primary school students with fun activities on 10th October, 2023. Children were given a pep talk on "How to stay happy".



Mehnaz of NIOS at the Cooking Competition

Sankalp organised Smart Fest Cooking without fire with Chef Venkatesh Bhat and Prof. Matthew Joseph for students with special needs aged 14 years and above and Mehnaz from secondary NIOS won the first place and received a cash voucher of Rs.1500.

Darul Ansar Centre for Applied Learning (DACAL)

July 2023

Investiture Ceremony for NIOS students was held on 13th July 2023. Our Chairman Mr. Malack Abdul Wahab and Convenor Ms. Mecca Shabina Banu badged the Office Bearers.

Lady Andal M. Venkata Subbarao Therapy Centre conducted a carnival for children with Special Needs on 15th July 2023. Around 22 students from Remedial department took part and all were felicitated with certificates and medals.



Carnival - Lady Andal

August 2023

Ms. Sadvika, Nutritionist and Dietician conducted workshop for parents on the topic "Diet for Autism" on 5th August 2023.

Rubik's Cube Competition was held on 17th August 2023 for our OBE students by Ms. Archana, Rubik's cube trainer. Mohammed Anasuddin, OBE-1 and Mohammed Arrishuddin, OBE-1 won the first prize, Mohammed Habeeb, OBE-1 won the second place and Dayyan, OBE-3 won the third place.

An awareness programme for Persons with Disabilities on Equality was conducted on 20th August 2023 in Guindy Olympia Technology Park. Mohammed Danish from Primary-C participated in various games and was appreciated with a medal.

September 2023

A Parental Workshop on "Adverse effects of Exposure to Screen" was conducted on 2nd September 2023 for both Remedial and NIOS Parents. Our Physiotherapist Ms. Fathima, Occupational Therapist Ms. Geraldine,

Nutritionist Ms. Arifa, Ms. Afia, Counsellors Ms. Tabitha and Ms. Anitha Kannan were our resource persons and around 70 parents attended the workshop.



Hop till you drop events

On 5th September 2023, Graduation Day was organized for our passed out NIOS Students who were felicitated with medals and certificates.

To commemorate the conclusion of Term 1 club activities and to portray the skills of the students, 'SWIRL' was conducted. Ms. Pavithra, Pottery trainer and Tennis player was the Chief Guest for the event. The programs consisted of debate, speech, emcee, patriotic song, enacting, nasheed etc.

Annual governing body meeting was conducted on 27th September 2023. three Teachers Ms. Victoria, Special Educator, Ms. Sindhuja, Special Educator and Ms. Farhana, Accountancy Teacher were felicitated with cash award.

Vidya Sagar organised a Mela called "Namma Pasanga Angadi" on 30th September 2023. Ms. Subashini, Principal DACAL and Ms. Priya, Art Teacher attended the Exhibition.

Spastic Society of Tamil Nadu organised a Semi-final, Quizzable Interschool Quiz Competition in which 2 of our students Hamdhan Ghani and Fathima Zulaiha were selected in top 40 among 500 students.

October 2023

11th National Level Art Competition was held on 16th October 2023 to ensure that the arts, in all their diversity are nurtured and around 120 students participated in this competition.



"The only way to do great work is to love what you do." - Steve Jobs



Vocational Training Center (VTC)

"The knowledge you seek is never wasted, it will come in handy suddenly, someday"- Albert Einstein



The VTC Unit continues to flourish, expanding its horizons!

Varied tailoring packages are made available structured to suit student requirements. A well pre-planned syllabus is followed, text books with step by step illustrations are handed out.

Maintaining signed record books with signatures is of utmost importance.

Beginners & Advanced AHI Certified Diplomas are offered to external students at a nominal fees.

TNOU Certified One Year Course

"Fashion Designing & Garment Making" has been introduced in affiliation with AHI Academy for Women. DACAL remedial students are closely monitored giving individual attention & working on a simpler module.

Class IX students with aptitude for tailoring skill are encouraged to visit at anytime.

Mandala Art has been newly introduced

Symmetrical geometric designs are created encouraging hand, eye and mind co-ordination - An absolute visual delight!

Basic fundamentals are being emphasised upon at Bakery and Cookery Sessions for Class XI girls.

Certified First Responder Course - Class IX girls are taught - rendering CPR, handling choking, poisonous insect bites, minor injuries like sprains, scalds, bruises, burns etc.



Adorning colourful trinkets like bangles and jhumkis are made at Jewellery Making Sessions.

Class VII girls participate in curating utility items - boxes, purses, trays, pencil holders, baskets etc at Palm Leaf Weaving Sessions

"Exploring opportunities churning treasured dreams into possibilities is what VTC Unit does best !"

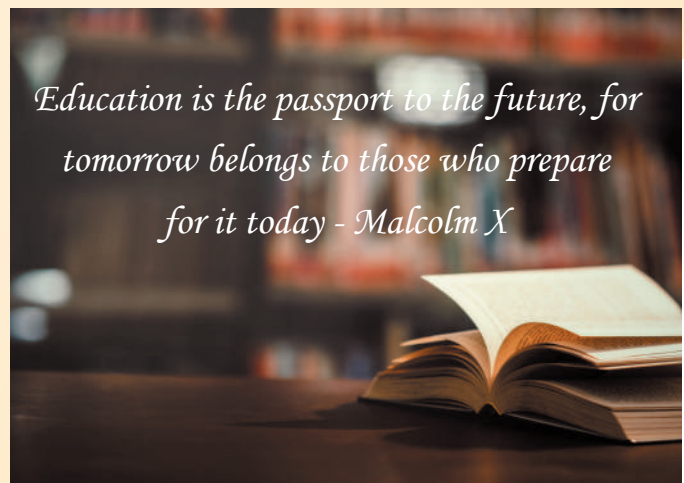
IIRC

The Maktab (Quran recitation and Hifz) in the AHI Masjid for children from Class VI to Class XII of the Boys Home is (Alhamdulillah) functioning smoothly.

Every Saturday, Bayan is arranged for the boys of Class IX to XII (Alhamdulillah).

Deeniyath classes in the Primary and High School is also going on smoothly.

Education is the passport to the future, for tomorrow belongs to those who prepare for it today - Malcolm X



AHI Academy for Women



Giving medals for Rank Holders

The Annual graduation ceremony is an event dedicated to celebrating the important point in the lives of the students. On 24th August 2023 it was a memorable occasion with students from Chennai, Ambur and Pernambut graduating for the Diploma in Teacher Training and Diploma in Psychology courses (Batch 2022-23).

Two exemplary women in the field of education Mrs. Shabina Mecca, Convenor of DACAL and Mrs. Samina Farooq Hafiza presided over the occasion as Guest of Honour.

The function was a delight to see with more than 150 young women graduating, holding on to their medals and certificates. It was a pleasure to hear the testimonials of the students in their journey of gaining knowledge. These graduates get placed well in reputed institutions and organizations.



Graduation Day at AHI Conventional Hall

Academy, along with academic excellence, gives the students an outing to relax. The students of BAIS were taken to an ecofriendly farm house at Guduvancherry where they witnessed nature at its best.

The Pre-Marital counselling session's first batch of 13 participants was started on 23rd September 2023. The sessions were taken on hybrid mode where students from Cochin, Coimbatore and other places are also taking part virtually along with the offline students.

The participants were counselled on various topics like

Roles & Responsibilities, Islamic Rights & Duties, Communication & Conflict Resolution, Personality Types, Marital Intimacy, Family History Influence along with Interactive activities and Skill-building discussions on hypothetical scenarios.

The first batch of 7 sessions (each session of one hour) was completed on 18th November 2023. The participants were given a participation certificate for the same. The participants were given a feedback form at the end of the sessions. There was a good and positive feedback from them.

Sports Committee



Under - 17 girls football team that won at the Zonal level tournament

AMHSS

AMHSS girls are rising to the occasion and performing tremendously well in sports. The Under 14 and Under 17 girls football teams participated in the recent South Zone Level tournament and secured First place. The Under 14 girls Kho Kho team secured third place. In the Under 19 track and field competition, Hajira Banu secured the First place.

AMHSS's Under 14 and Under 19 boys football teams participated in the South Zone Level tournament and secured the First place. In the sport of Hockey, it was a clean sweep with the Under 14, Under 17 and the Under 19 boys teams securing First place. Our boys dominated the track and field events too with Ayath Basha, Khaja Moideen, Mohammed Arshad, Thanveer Ahmed, Sameer, Sameer Baig winning medals in the Under 19 category and Hussain, Akbar, Aslam, Al Qamar and Hidayathullah bagging medals in the Under 17 category.

AMHSS boys and girls performed well in the Reliance Chennai District level football tournament and Hussain, Niyamathullah and Salma were adjudged Best Players. At the recently concluded NCC camp, Hussain, Wasim,

Yaser and Dilawar won medals in the athletics events and Hussain and Ismail Sajjad were adjudged Best Cadets. Our PE Teacher Mr. Kani has been promoted from Third Officer rank to Second Officer rank.



Under - 15 boys football team that won at Reliance Foundation District level tournament

Primary Wing

Muhammad Harris of the Primary Wing has made AHI proud by winning the First place in the National Karate Championship held in October.



Under -14 boys football team that won at the Zonal level tournament

Al-Hira

Al-Hira students won a total of 27 medals in various athletic events in the Kids Sports Meet conducted at MPT Grounds and bagged the Overall Championship Trophy. Mohammed Salman was awarded the Individual Championship Trophy.

In the recent C.P. Sports Academy Athletic Meet, our Al-Hira students won a total of 18 medals across various track and field events.

Al-Hira bagged the Runners up Trophy in the Under 13 Football Tournament held at Vels Vidyashram.

These accomplishments not only reflect the talent and hard work of our students but also underline the effectiveness of our sports training programs and the dedication of our coaching staff. Our students have not only brought laurels to themselves but have also made AHI proud.

Tibbe Nabawi



(Prophetic Medicine)

Tibbe Nabawi, or prophetic medicine, refers to the traditional healing practice based on the teachings of Prophet Muhammad (Peace be Upon Him).

This was gifted by Allah SWT to the Prophet for the healing of humanity through revelation (wahee). Disease was created by Allah, and its cure is also provided by Him. The following are the true principles of Shifa (healing), and Allah is the ultimate healer. If healing is delayed, it is due to Allah's wisdom (Hikmah).

Healing can be achieved through the following ways:

- ◆ Healing by belief (Yaqeen)
- ◆ Healing through Salat, Sadaqa, Fasting, Quran, Duas, ruqya, zikr, and good deeds.
- ◆ Healing through foods & herbs prescribed by Prophet Muhammad (s.a.w).
- ◆ Healing through Hijamah.

The results of spiritual therapies come from faith and trust in Allah. When belief is strong, the body and soul strengthen, cooperating in repelling and overcoming disease.

Many natural ingredients like honey, black seed, olive oil, are used for treating various ailments. For instance, let's explore the benefits of olive seed and oil.

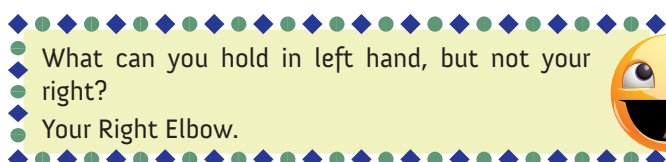


Eat the fruit and use its oil as an ointment because it's produced from a blessed tree (Tirmidhi).

Olive oil helps :

- | | |
|------------------------------|------------------------------|
| ◆ Cure the effects of poison | ◆ Act as a laxative |
| ◆ Rid the body of worms | ◆ Soften the skin |
| ◆ Slow the aging process | ◆ Heal wounds |
| ◆ Cure leprosy and pleurisy | ◆ Reduce the risk of cancer |
| ◆ Decrease blood pressure | ◆ Prevent loss of bone mass. |

Thus, the utilization of prophetic medicine leads to the holistic well-being of the mind, body and soul.



What can you hold in left hand, but not your right?
Your Right Elbow.

Members Corner

Spotlight - Legends of the Nation

Dear Members,

We are thrilled to announce the launch of a new section dedicated to celebrating your achievements. We invite you to share anything significant or interesting that you have accomplished over the past few years.

We hope that this new section will inspire and motivate you to continue pursuing your goals.

In this issue, we are featuring an article on Mr Ayaz Akber's fantastic Himalayan bike adventure.

A passion to reach the highest motorable road in the Himalayas had always been a dream for Dr. Ayaz Akber. When an opportunity came to do the same on a motorbike he more than grabbed it willingly. The Himalayan Royal Enfield was the bike which he would ride from Leh in Ladakh to Srinagar in Kashmir, a total of 1000 km over a period 10 days.



Mr Ayaz Akber's fantastic Himalayan bike adventure

His passion to achieve his goal gave him the required will power to get back into biking once more. He had not touched a motor cycle since his college days and to go to the Himalayas in the two wheeler was no easy feat.

Practising regularly for 3 months

Getting up at 3am and putting on his riding gear to become familiar and comfortable in it as he would have to be riding in freezing temperatures. Combined with good amount of workout including breathing exercises and well planned diet Dr. Ayaz Akber was ready to embark on his journey to conquer the Himalayas. The final day came at last. The group flew to Ladakh and stayed put in the hotel room for 2 days to acclimatise as the oxygen levels are pretty low there. They started

Yousuf Abdul Hamied (1936)

Abdul Hamied is an irreplaceable name in the pharmaceutical industry. An accomplished business man and the son of Khwaja Abdul Hamied, the founder of CIPLA. Abdul Hamied inherited his business but has made his own share of commendable contributions through hard work and sincerity. He is a scientist who grew up in Mumbai.



After his graduation he pursued his doctoral degree in Chemistry from Christ College, Cambridge. He developed a new range of drugs using his chemistry notebooks. He was one of the pioneers in developing a combination of multi-drug pills especially for chronic ailments like AIDS, Asthma and TB. He also developed a number of pediatric drugs to help children from poor financial backgrounds.

Yousuf Abdul Hamied provided access to drug safety measures too. He is acclaimed for producing a range of APIs - Active Pharmaceutical Ingredient drugs in India. All his innovations have led him to achieve great heights in his business which has grown exponentially. His popularity grew considerably across the globe as he took on the western pharmaceutical giants to provide generic drugs for AIDS and many other diseases for the underprivileged people who were deeply affected.

His efforts towards eradicating AIDS by providing lifesaving medicines without consideration for profit have made him a modern day Robin-hood.

their journey on 6th June 2023.

It was an absolute adventure trip where they first reached Khardungla pass. The most treacherous stretch were the Changla pass and Zojila pass.

At last Alhamdulillah the group reached Srinagar safely on the 16th June 2023. Ayaz at 62 yrs was the main attraction to all the bikers as he was the oldest amongst them.

Children's Spotlight

English Essay Competition

Name: M. Adeeba, Class XI - A.

If I were a Prime Minister

India is a democratic country. A democratic country is one where the government is run by representatives of the people. It is from among these representatives that the Prime minister and other ministers are selected. Any person who fulfils certain basic qualifications can become a Prime minister.

If I become the Prime minister, I would conduct the affairs in a different way. As a servant of the people, I shall be selfless, devoted and ready to make any sacrifice for the welfare of the people.

The first thing I shall do is to set an example of moral standards. I shall donate all my property to the nation. I shall keep only that much that is needed to live a simple life. I will discourage corrupt politicians and officials. They will understand that I mean business. I would form policies which will be actually effective in removing caste system by its roots from our society. In this way, the discrimination of people on the basis of class, caste, race, gender, religion, etc can be curbed.

The second thing I shall do is to start measures for banishing poverty. I shall educate people about population explosion. I shall establish large scale and cottage industries. Only industrialization makes a country prosperous. However, second importance will be given to agriculture as India lives in the village. I shall mechanize agriculture. I shall start, agro-based industries to make agriculture attractive. I shall fix minimum profit to the factory owners. I would ensure free and elementary education to every child in rural as well as urban areas. I will see to it that there is physical and socioeconomic access to education and there are proper infrastructural facilities for the pupil. There should not be a dearth of experienced teachers in schools.

The third thing to which my priority will be looking at the safety of women. The necessary steps would also be taken immediately for their health. By this way, the female mortality rate can be reduced, and the sex ratio can be improved. I would stop the crimes against women impede for the development of our nation.

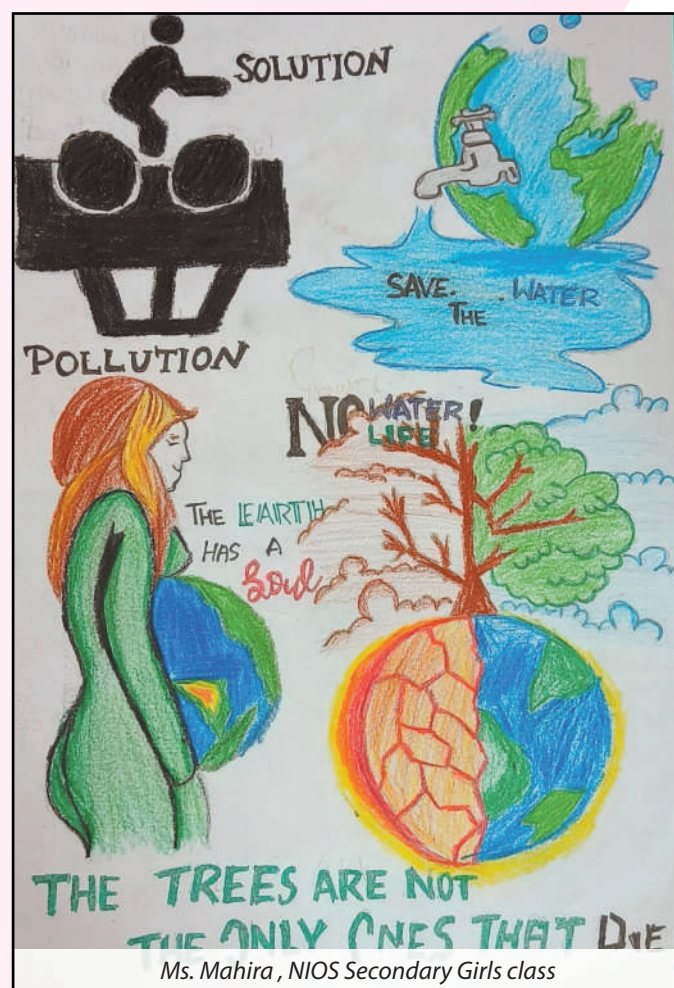
In the fourth place, I shall pay attention to health. I shall set up a network of hospitals and dispensaries in the whole country. Even the villagers will not feel neglected. I shall give equal importance to allopathic, homoeopathic and ayurvedic systems of medicines. I would turn towards sanitation and

hygiene issue. "Cleanliness is next to godliness. Only by keeping our country clean we can reduce health issues.

My fifth programme will be to secure unity and national integration. By the above programmes, most of the people will be satisfied. In addition, I shall make India secular in the real sense. There shall be no discrimination and no special favour. I shall organize society on the basis of equality, liberty and fraternity. I would try to eradicate poverty by generating employment opportunities for poor people. So that they can get two square meal a day.

Lastly, I shall make India a world power. I shall make India strong. The affairs of other countries will not be under my control. So I shall pay particular attention to the defence of our country. We shall manufacture the latest weapons of war. Every effort will be made to have friendly relations with neighbours. If not, our strength must check them from casting an evil eye upon our motherland.

I would undertake all the necessary and stringent methods for the proper implementation of the above mentioned policies. Foremost, I will work for making India, the "Golden Bird", it once was.



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