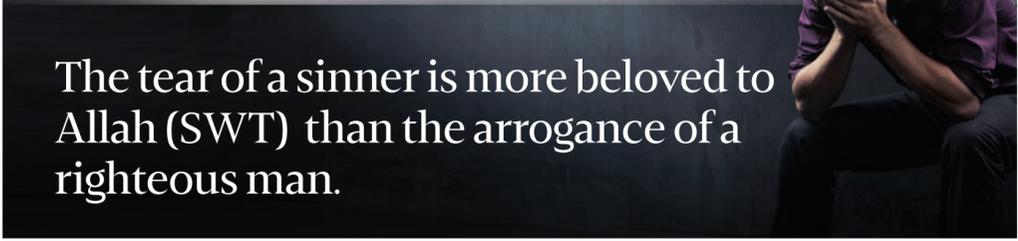


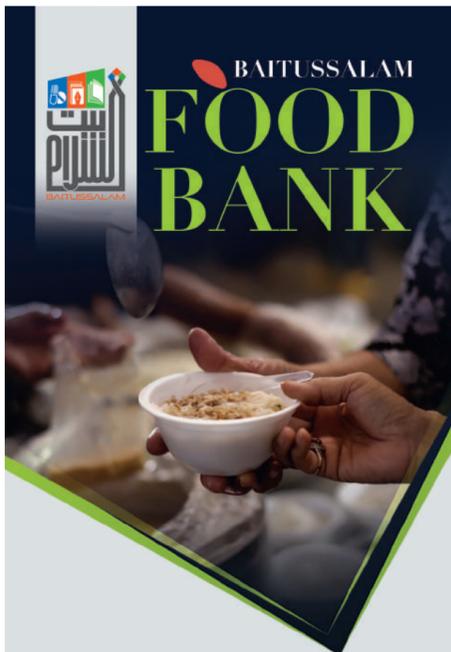
Dua heals all negativity, hurt, worries and anger. So pray to Allah (SWT) daily.



The tear of a sinner is more beloved to Allah (SWT) than the arrogance of a righteous man.

## New Year Resolutions

Page 2



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### BAIT-US-SALAM UPDATES

## Baitussalam Welfare Trust: Diyanet Foundation Collaborates to Establish Water Plants in Baluchistan

Turkish NGO Diyanet Foundation and BWT are in talks to establish water plants in the rural areas of Baluchistan to ease the sufferings of the people living there due to



water shortage. Survey teams will be sent out to identify potential locations and plants will be set up accordingly to provide clean drinking water.

## Government of Baluchistan approaches BWT for Health, Education and Humanitarian projects:



The Secretary of Human Affairs Minister of Baluchistan and BWT are in talks for working on projects related to educations, health and other relief projects in Baluchistan. Some of the plans include converting abandoned schools and colleges buildings in the

province into schools and vocational and training institutes and establishing basic health units. Technical courses will be also be taught at these institutes so as to equip the youth with skills to earn a living off. Talks are underway with

the Secretary of Human Affairs who has also served in the Education and Health ministry. The whole idea is to make education and basic medical facilities accessible for all in the rural areas of Baluchistan and make the youth self-sufficient.

## Vision of providing quality education to 1 lac students:

BWT has a vision of providing students free of cost or at very nominal fee, high quality education. To achieve this vision, BWT is working relentlessly

to establish schools and run them efficiently to provide very good quality education to those children who otherwise wouldn't have access to

it. Currently over 40,000 students are enrolled locally and internationally in the various educational centers established by BWT. These institutes

include schools, Quranic centers and Jamias. Recently a 130 containers based school was inaugurated in Syria Page 2

### NEWS & VIEWS

## Kashmir's 'Wall of Kindness' brings warmth during harsh winter

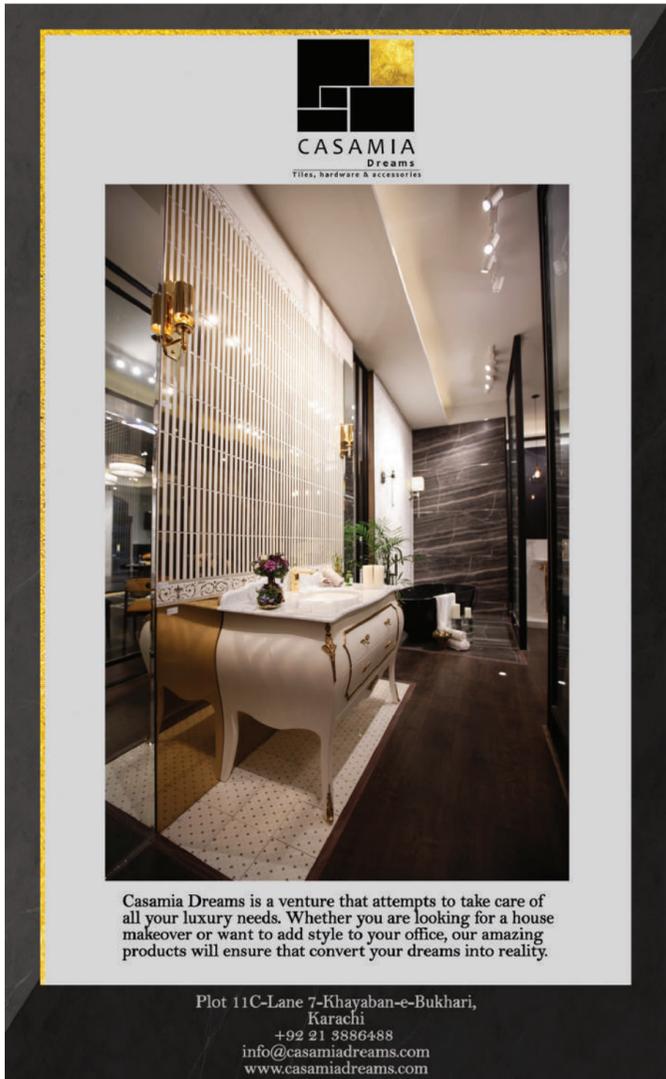
A group of young people in Indian-administered Kashmir start wall where residents can donate clothes for those in need.

A sweater hanging on a fence in Indian-administered Kashmir's Srinagar caught Ali Mohammad's attention. It was a cold day, the start of Kashmir's harsh winter, and most people were bundled in a traditional Pheran, a thick cloak worn by Kashmiris to stay warm. Mohammad, who was in his 60s, walked up to those standing nearby. "Son, how much for this sweater," Page 2

## Oman's Ministry following up on juice-selling child who went viral on social media

Oman's Ministry looking for juice-selling child who went viral on social media

Oman's Social Development Ministry is looking for the young Omani child who went viral on social media, after photos of her selling juice were shared online. According to posts on social media, the girl was found selling juice in the Wilayat of Barka. Ministry officials revealed that when their teams went looking for the child, they couldn't find her. In a statement online, the Ministry said, "In reference to what has been circulated on social media about the Omani girl who sells juice in the area of Ramais in Page 2



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### Facts, Events & Beliefs

## The Nutty Nuts

Come winters and the sales of dry fruits, nuts, i.e. skyrocket along with their prices! There is something about sitting with a bowl of roasted nuts with a cup of warm tea or coffee on a winter evening with a favorite book. Here are a few interesting facts about your favorite nuts:

- Brazil Nuts: The Best Nut You're Not Eating**  
Brazil nuts are high in magnesium and fiber. The amazing part is, it only takes one ounce of Brazil nuts to obtain over 700% of your daily value for selenium! This means you only need to
- Peanuts Are Not Nuts**  
Yes, you read that right - peanuts are actually legumes. They are also highly allergenic, and exposure can be fatal for those with extreme sensitivities. The number of humans with a peanut allergy has tripled in the last 15 years - meaning this problem isn't going away anytime soon.
- Peanuts Are the Most Popular "Nut"**  
Yikes. Believe it or not, peanuts account for two thirds of

eat a few of them to get all of their beneficial nutritional properties.

Page 2

## #AreYou GAME Enough

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# New Year Resolutions

Even though as Muslims, our New Year starts with the 1st Moharram according to the Lunar calendar that we follow, in our routine daily lives we follow the Gregorian calendar. As the Gregorian comes to a close of the year 2018, let make some new year resolutions again or revisit the ones made at the Islamic New Year.

Islamic celebrations are different from the Western celebrations because we Muslims do not blow candles, no count down, no yelling parties nor any celebrations until late night rather we prefer to: Observe fast to relinquish bad and hold onto strong habits in the start of the month.

Offer voluntary prayers in order to beseech Allah's mercy.

Make resolution in accordance to Sunnah and ask Allah (SWT) the Exalted Lord to guide us in our plans.

Congregations are arranged for Quran recitation and sermons to hold for imparting significant knowledge to enlighten the hearts and

mind of Muslims. New Year Resolutions for True Believers:

True believers are those who lay their faith in Allah (SWT) and are always in-attempt to please Him through their entire course of Life. For Muslims New Year is just an indication that another year has gone with the wind and time is nigh when Judgment will be commenced for eternal accountability.

Let us look at the resolution steps, which every Muslim should adopt prior starting their New Year:

**Do Things in the Name of Allah (SWT):**

Muslims are those who submit their will to Allah (SWT). This approach is the essence of all Islamic teachings as once you submit your will then you have no rights left upon yourself, all belong to the Exalted deity.

Start each of your task in the name of Allah (SWT) and seek His will if it is better for you or not. If dubious in any task, consult Allah (SWT) by offering Istekhara,

which is a sheer guidance from Allah (SWT) for His followers, thereupon this small approach will revamp all your New Year resolutions in the longer run.

**Do Good have Good:**

Man is rewarded with what he aims for and committing good with others award blessings to the person in return. Add some feasible virtuous tasks in your to-do-list and then continue it until the end of this coming year.

Teach one child that is the best thing you can do this year. It is nothing daunting but an exchange of knowledge, which is Sadqa-e-Jariya!

Technology is evolving; robots have already replaced labor and work. In other aspect, this is the downfall for those who are ignorant and have no access to technology. Arrange classes for such people especially kids, in order to let them familiarize of technology and have good in return.

**Nudge Your Inner Philanthropist this Year:**

As picture has two sides in the same manner person

has inner demons and angelic qualities as well. This year try to jolt your inner philanthropist by becoming a member of any reputable charity organization or donate to the mosques. Start from few pennies and then extend up to your feasibility as pebble too has a capacity to produce ripple in the vastness of ocean.

Those who think they cannot comply with all these rituals should observe fast as it shields a Muslim from all the bad and worst activities.

"Fasting is a shield. Therefore, the person observing fasting should avoid intimidate relation with his wife and should not behave foolishly and impudently, and if somebody fights with him or abuses him, he should tell him twice, 'I am fasting.'" [Bukhari]

Set Goals and Be Positive:

Inculcate your spiritual strength and set productive goals for yourself, which are achievable. Work on yourself in order to make yourself a better human being first and improved Muslim then. Strongest among us is not the one who conquest the world rather the one who controls his anger.

Unfortunately, we are Muslims but what we practice does not reflect the actual teachings of Quran and Islam. Muslims were renowned for their deeds not for what they talk hence execute the practical deeds. Aforementioned are some of the steps, which can help us in accomplishing our yearly resolution in pursuit of Islamic teachings. Act wisely, as who knows, this might be our last year to breathe in.

## Facts, Events & Beliefs

all nut consumption. Americans simply can't get enough peanuts.

4. Hazelnuts Are Also Called Filberts

Hazelnuts are routinely overlooked as a nut choice. Besides the double name, hazelnuts are also Oregon's official state nut.

5. Pine Nuts Are Found Inside Pine Cones

Pine nuts are actually found inside pine cones!

6. Cashews Have Toxic Shells

You might not think of cashews as unsafe in any way, but the shell of a cashew is quite dangerous. The double shell covering the cashew contains urushiol, a resin which is toxic when ingested. The same resin is found in poison ivy. Be glad the cashews you're eating have been cleaned and steamed!

7. Pecans Are Rich With Antioxidants

These nuts are one of the most antioxidant-rich nuts out there. Pecans are rich in vitamin E, and are usually ranked in the top 15 of all antioxidant rich foods.

8. Pistachios Are Actually Fruits

Another unbelievable-but-true fact: pistachios aren't nuts. To be specific, pistachios are the seeds of a fruit (the outer fruit is removed during processing). Still, like other nuts, pistachios are a rich source of many beneficial phytochemical substances, including vitamin E and carotenes. Get festive and make white chocolate bark studded with crunchy pistachios!

9. Almonds Influence Good Gut Bacteria

All those almonds you eat as snacks are probably helping your balance of beneficial gut bacteria. Studies show that there are also plenty of prebiotic properties in almonds as well. Don't skimp on these guys the next time you are looking to add some crunch to your diet.

10. Macadamia Nuts Are Possibly The King Of All Nuts

Besides having a great inflammation-fighting omega-3 to omega-6

ratio, macadamia nuts contain the largest amount of monounsaturated fatty acids of any nut. Regular consumption of macadamias may result in lowered triglyceride levels, total cholesterol, and LDL cholesterol.

11. Walnuts Have the Highest Amount of Omega-3

While a good ratio of omega-3 to omega-6 is ideal, most nuts still do not contain much omega-3. This is not true of walnuts, as just one serving of walnuts has over 100% of your daily value! Even the skin of walnuts has been proven to have some nutritional value (the skin is whitish in appearance).

12. Chestnuts Are The Only Nuts That Contain Vitamin C

Chestnuts provide about 20% of your daily value of vitamin C – much more than any other nut.

13. Coconuts Are Not Nuts

Coconuts are actually considered "dry drupes." These dry drupes are multi-faceted in how they can be eaten, too. You can drink coconut water, bake with coconut flour, cook with coconut oil, braise with coconut milk, and slather coconut butter on toast as a healthy spread.

14. Cashews Are Not Nuts

Cashews are actually fruits, which come from the cashew tree. Through a variety of complex processes, you eventually get the "nut" which you can buy at the store. But the entire journey of the cashew is actually far more complex.

15. 40% of All Almonds Are Bought By Chocolate Manufacturers

Chocolate manufacturers can't get enough of almonds. Still, it's best to eat almonds on their own – not as a part of a crunchy chocolate nut cluster. Sorry!

One last reminder – nuts are very high in calories, so take a serving or two, and put the rest away. This goes for nut butters, as well. Stick to eating a few as a snack or side item – not a main course.

## Kashmir's 'Wall of Kindness' brings warmth during harsh winter

Mohammad said. "Uncle, these are not for sale, but they are free for anyone in need," a young man replied.

Mohammed, surprised, said: "Who can be needier than me?" His eyes began to water. "I have three daughters with no source of income at all, I am very poor."

Mohammad then picked out a jacket, other sweaters and shoes before leaving with a smile.

"It is really good to have clothes here," he said. "People like me [now] don't need to buy the clothes this winter. May God bless those who contribute these items."

In Srinagar, a young Kashmiri man hangs clothes for people in need.

The wall of clothes is part of a new initiative called the "Wall of Kindness", started by a group of young people who took inspiration from similar experiments in Iran and Turkey.

"There are many needy people who don't have warm clothes to wear as there is the sub-zero temperature in Kashmir these days," said Abrar Ali, one of the organisers.

"After this wall got fame over social media we have witnessed many people contributing wholeheartedly," he said. "We wanted the message to spread across the Kashmiri society and young boys to come forward and establish more walls like this in their localities and I think we are successful."

## Oman's Ministry following up on juice-selling child who went viral on social media

the Wilayat of Barka, the family protection department and anti-begging team visited the site and did not find the child."

The ministry added that it is still pursuing the matter and will protect the girl.

## Vision of providing quality education to 1 lac students:

which will provide education to almost 1100 Syrian children. The ground breaking of the school named Intellect was also held recently and will soon be operational providing education to Syrian children in Turkey.

Talks are underway with the Ministry of Baluchistan to build schools in the far flung rural areas of Baluchistan too.

## BAIT-US-SALAM UPDATES

# Raudhatussalam: Burnamij –us-Salam 2018



The 22nd of December, 2018 saw little bumble bees bouncing about, flowers blooming, colorful cars speeding on the roads and passionate speeches on the stage of the newly renovated auditorium of a Intellect school.

Yes, it was the annual event of the Raudhatussalam! This Arabic medium school has made a mark for itself

and created quite a niche for itself in the education canvass of Karachi.

Till grade 3 currently, this school has established itself on the basis of its strong Arabic curriculum, the tarbiyah offered and the fact that the students don't lag behind in English either.

The creativity and the devotion of the teachers

was quite apparent on the 22nd, when the students of Nursery (Raudha Alif) to Grade 3 (Saf us Salis) performed various acts on the stage with great confidence and grace.

The props, the scripts and the costumes, everything was spot on. All special guests commented on how well organized and planned the event was and the mothers enjoyed themselves thoroughly.

It was indeed a colorful, bright, multi lingual (with performances in Urdu, English and Arabic!) and a full of energy event!

## NEWS & VIEWS

# App to make Dubai ramp-friendly soon

Dubai-based Shobhika Kalra through her initiative by the same name, Wings of Angelz, has helped build over 1,000 wheelchair ramps across the UAE.

A 28-year-old wheelchair-bound woman, along with a team of volunteers, is all set to launch an app to record places without wheelchair access and follow up with authorities to make the facility accessible to them. The app 'Wings of Angelz' will be launched on January 12 at the Emirates Metro Station.

Dubai-based Shobhika Kalra through her initiative by the same name, Wings of Angelz, has helped build over 1,000 wheelchair ramps across the UAE. The app launch event will see Shobhika and her team help more people get involved through their digital platform.

ability to walk when she was only 13 due to a degenerative disease, said: "Our new app will help enrol more people engage in the activity and will also help us build a database of places that urgently require ramps."

Shobhika and her team hold events quarterly called 'Ramp Day' across the city where the wingeers (volunteers) break out into smaller groups and walk around the city, identify places that aren't wheelchair accessible, approach the authorities concerned and request them to make their facilities wheelchair accessible.

"All the information collected has been entered

to our database. Post that, our wingeers closely follow up and support these organisations till they become accessible. However, with the new app, the process of recording information will become easier for the volunteer. He/she will have a scoreboard where they will score for each step they complete to build a ramp.

"The scoreboard will help declare volunteers of the week. The app will also make this information available to organisations for self-improvement and to wheelchair users to make decisions about places they want to visit as the app will be linked to the Google maps."

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## ترک رفاہی ادارہ بلوچستان میں کیا پائی کے پلانٹ لگا کرے گا

لیڈن فاؤنڈیشن بیت السلام کے توسط سے بلوچستان کی مضافاتی غریب، بستوں کے مکینوں کے لیے فراہمی آب کے لیے کام کرے گا۔ متعلقہ محکمہ کے افسران رابطہ کر کے کامیابی کے ساتھ پلانٹ لگا کرے گا۔

کراچی (پ ر) ترک رفاہی ادارہ لیڈن فاؤنڈیشن بیت السلام و پبلسٹی ٹرسٹ کے توسط سے بلوچستان کے دور دراز علاقوں، مضافاتی بستوں میں پینے کے پانی کے پلانٹ لگانے کا، اس کے لیے متعلقہ محکموں سے روابط کا کام جاری ہے، جس کے بعد علاقائی سطح پر سروے کیے جائیں گے اور سروے ہم جن مقامات کی نشان دہی کرے گی، ان کی بابت مقامی حکومتوں کی رہنمائی میں پینے کے پانی کے پلانٹ لگائے جائیں گے۔

## بلوچستان حکومت کی اہم ترین تعلیمی اور خود کفالتی پروگرام کیلئے کام کی دعوت

شوشل ورکس متعلق وزیر اعلیٰ کے سیکرٹری اور بیت السلام ویلفیئر ٹرسٹ کی اعلیٰ سطحی کمیٹی میں گفت و شنید جاری ہے مختلف اضلاع کے ممبرانہ میں بیک ہینڈ ہیلپ ٹیوٹ قائم کیے جائیں گے اسکول ٹیچنگی دوران پڑی عمارت میں اسکول قائم کیے جائیں گے جہاں ٹرسٹ کے زیر اہتمام تعلیمی کے ساتھ ساتھ ہنرمندوں کو پروگرام کے تحت ہیلپ ٹیوٹ کو کس بھی کو اس کے لئے

کراچی (پ ر) بیت السلام ویلفیئر ٹرسٹ اور بلوچستان کی صوبائی حکومت کے درمیان بنیادی صحت اور تعلیم کے لیے کام کے طریقوں، شکلوں اور منصوبوں پر گفتگو جاری ہے، وزیر اعلیٰ کے شوشل ورک کے سیکرٹری اور بیت السلام کی اعلیٰ سطحی کمیٹی میں اس بابت مشاورت کا عمل جاری ہے۔ بلوچستان کے مختلف اضلاع میں بیک ہینڈ ہیلپ ٹیوٹ پروگرام کے تحت متعدد مراکز صحت چلانے اور اسکول و کالج کی ویران پڑی عمارت میں تعلیم اور مختلف قسم کے ٹیکنیکل کورس کروانے جائیں گے، ٹیکنیکل کورس روزگار کی فراہمی اور ہنر مند نوجوان پیدا کرنے کے لیے کروائے جائیں گے، اس سے ہزاروں ملازمتیں بھی نکلیں گی اور ہنرمند قوم بھی بنے گی۔



مشائی طلبہ کے لیے بیت السلام کے زیر اہتمام اسکول 'عباد الرحمن' جس میں 60 سے زیادہ طلبہ زیر تعلیم ہیں



یادگار گھر ہے، جہاں بیوہ خواتین اور یتیم بچے رہتے ہیں، اسے اخراجات اہل خیر کے توسط سے بیت السلام کے ذمے ہیں



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ہدف حاصل کرنے کیلئے ٹرسٹ کا شعبہ تعلیم ملک کے دور دراز مقامات پر سینکڑوں اسکول قائم کرنے کے منصوبوں پر کام کر رہا ہے بلوچستان حکومت سے بھی اس سلسلے میں گفت و شنید جاری ہے

گزشتہ ماہ میں اس کنٹینر اسکول کا افتتاح کیا گیا جب کہ تری میں انٹیلیکٹ ماڈل اسکول کا بنیاد رکھا گیا ہے جہاں مجموعی طور پر گیارہ ہزار سے زیادہ طلبہ بنیادی اور اعلیٰ تعلیم حاصل کر سکیں گے

کراچی (پ ر) بیت السلام ویلفیئر ٹرسٹ اپنے بنیادی تعلیمی ہدف یعنی ایک لاکھ بچوں کو تعلیم دینے کے مشن کے قیام کے منصوبے پر کام جاری ہے، اس وقت بھی اندرون و بیرون ملک تقریباً چالیس ہزار طلبہ بیت السلام کے زیر اہتمام تعلیم حاصل کر رہے ہیں، اس ہدف کے حصول کے لیے سینکڑوں اسکول قائم کرنا شامل ہے، اس ہدف کے حصول کے لیے

## بیت السلام کی ایونٹ اور میڈیا 2019ء کی تیاری مکمل

9 سے 11 جنوری تک 125 سے زیادہ ممبرانہ اور اسکول کالج اداروں کے ڈیڑھ ہزار سے زیادہ طلبہ مقابلوں میں شریک ہوں گے

تیس روزہ تجارتی ادارہ ایونٹ کے پاس میں انٹیلیکٹ اسکول ایونٹ کا ممبرانہ میں ایونٹ کو اختتامی تقریب ہوگی

## 6 ویں صدی قریب کی تعمیر کردہ مسجد میں تعمیرات

بیت السلام کے زیر اہتمام تعمیر کردہ مسجد کی تعمیرات مکمل ہو چکی ہیں اور اس میں 4600 ٹن وزنی اس تاریخی مسجد کی منتقلی کے لیے موجود تھے۔ جبکہ ڈرون طیاروں کے ذریعے سے اس کی گس بندی بھی کی جا رہی ہے۔



بیت السلام کے رفاہی ادارہ کی ایک مضافاتی بستی کے تنگ گسروں میں کھل تقسیم کرتے ہوئے

