



## Think! Think! Think!

The one who ponders  
Can create wonders

Think! Think! Think!  
Take paper, pen and ink

Open up your creative mind  
Hidden talent you may find

Do not keep your talents latent  
Trust yourself and be confident

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Categories: Health & Nutrition, Environment, Muslim Personalities, Muslim Freedom Fighters, Cities of the World, Universities of the World, Muslim Inventors, Science Inventions, Know your Creator, Essays (Dream for a healthy Earth), Moral Stories, Quranic Stories, Stories from the life of Prophet Muhammad (pbuh), Sports Personalities, Creative Writing, Poems, Art & Craft, Drawings, Counselling Corner (ask your Counsellor on Parenting & Career Guidance).

Also, send in your 'Letters to the Editor' and your feedback (not exceeding 150 words)

Subject should be clearly mentioned in the email. Word file, 300 words/scanned JPEGs. File name should be saved as Title, Name, Age, Place. All entries should be accompanied by a scanned, passport size photograph of the participant.

**COMPETITION:** Poster design on “Save energy, Heal the world”

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Dear children

*As Salaamu Alaikum wa Rahmatullahi wa Barakatahu*

Goa is a small and beautiful state of India. People come from far way places to experience its natural beauty. We are really fortunate to live in such a place.

In this smallest state of India, there are 7 big wildlife sanctuaries. *Bondla Wildlife Sanctuary, Molem Wildlife Sanctuary, Cotigao Wildlife Sanctuary, Mhadei Wildlife Sanctuary, Netravali Wildlife Sanctuary, Mahaveer Wildlife Sanctuary and Salim Ali Bird Sanctuary.* These sanctuaries are safe territories for animals in their natural habitat under the protection of the State Government. Visitors are charged a nominal fee which goes into the maintenance and upkeep of the sanctuaries.

Children, you too must make it a point to visit these sanctuaries in holidays, to get a glimpse of those creatures which you would otherwise never get a chance to see. It is an exhilarating experience to be among the wilderness, at least once a year, away from the closed spaces we are so used to. These sanctuaries will help develop feelings of empathy to other creatures. To feel for creatures, other than your kind, is a good thing.

It is always a delight to watch animals in their natural surroundings as in a safari, or may be on **National Geographic** or **Discovery Channel**. These channels bring to our homes, a peek into the lives of animals. By reading encyclopedias and similar other books, you can acquaint yourself with nature. One must stay connected to nature because nature is the best teacher. Learning at an early age will increase you in your knowledge too.

Armed with knowledge, you can also find out about the many NGOs involved in Wildlife Conservation and connect with them so that you can learn a lot from them too.

Having empathy for other creatures, concern for natural habitat they live in, is of great importance for their survival as well as for us.

Children, we would like to know from you as to how you can contribute in this.

**Shaikh Irshad Mussa**  
Editor-in-Chief

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# THE ANIMAL KINGDOM

One of the most beautiful blessings in life, is Peace. Peace brings happiness and Islam is peace. To establish peace in this world, everybody should acknowledge and respect the rights of others. This world is inhabited not only by humans but countless other creatures, known and unknown to man, who need to co-exist on the same planet. But in his quest for power, man has forgotten their rights and has encroached in the space of animals as well. Not only has he created upheaval in his own life, but in the lives of many innocent creatures.

*“Thus! It was until Our command came to pass, and the oven boiled over. We said; 'Take into the ark a pair of every species: and take your own family except those who have already been declared (as unworthy); and also take everyone who believes. But those who, along with him, had believed were indeed just a few.’”(Surah Hud, 40)*

Remember the great deluge? It was a time when Allah (SWT) answered the prayers of Nuh (AS) and caused the earth to flood. But before the torrential rains and the water bubbling from the ovens, Allah (SWT) commanded Nuh (AS) to build an ark (a boat). In the ark, Allah commanded that a **pair of every kind should be put in**. Hence, animals in their pairs, and the few who believed, boarded the ark when the skies broke open. We need to reflect on the above. The Divine wisdom behind taking animals in the ark, shows the interdependence of man and beast.

Surely Allah, the All Knowing, the All Wise knew this fact and guided Nuh (AS) to do His bidding.

## **Two extremes of human behaviour:**

Man, in his passionate greed, thinks that he is the only one to rightfully enjoy all the bounties of Allah. He uses everything at his disposal according to his will. In his selfish endeavours, he cares not about anyone else. At another end of the spectrum, are people, extreme in their love for nature, sympathetic especially to animals. They forget the leadership bestowed on man and that he can, to an extent enjoy the earth in limits. For these people, human life is inferior to animals.

Man has limited knowledge because of which his decisions may be unjust to others. Like in all other aspects of life, in such a situation too, the complete guidance comes from the **Holy Quran and the Sunnah of the Prophet Muhammad (pbuh)**. They guide us to utilise animals for the benefits to us, and at the same time, employ a middle path where animals are dealt with compassion, kindness and an ethical treatment. Although nature is made subservient to man, we are not allowed to be tyrannical to the creatures that walk the earth.

## **What does the Quran and Hadith say about our relationship with animals?**

Allah says in the Quran: *"And the cattle, He has created them for you. You have in them warm clothing and (other) advantages, and of them you eat. And therein is beauty for you, when you drive them back (home) and when you send them out (to pasture). And they carry your heavy loads to regions which you could not reach but with great distress to yourselves. Surely your Lord is Compassionate, Merciful. And (He made) horses and mules and asses that you might ride upon them and as an ornament. And He creates what you know not."* (Quran 16:5-8)

The Qur'an and Hadith outline the moral and theological significance of animals and their relationship with mankind. One's treatment towards animals reflects one's state of guidance; ethical treatment of animals is a sign of guidance and appreciation, while one's mistreatment of animals is a sign of ignorance and disobedience towards the Creator.

We depend on animals for the food we eat and the milk we drink. We bring animals into our homes for love and companionship. We visit zoos and aquariums to gain an appreciation for the spectacular diversity of life on earth. We benefit from specially trained dogs that assist the police, guide the blind, and help the disabled.

According to Prophet Muhammad (pbuh), there is no illness for which Allah has not provided a cure. It is just a matter of finding out. It is because of this that humans are able

to do biomedical research on animals to find cures for many diseases.

The mercy of Islam extends beyond human beings to all living creations of Allah. Islam prohibits cruelty to animals. 1400 years ago, long before the modern animal rights movement began with the publication of Peter Singer's book, "**Animal Liberation**," in 1975, Islam enjoined kindness to animals, and cruelty to them, a sufficient reason for a person to be thrown into the Fire!

Islam laid down humane slaughtering regulations, insisting that the manner of slaughter should be that which is least painful to the animal. The slaughtering instrument not be sharpened in front of the animal. Islam also prohibits the slaughtering of one animal in front of another. Never, prior to Islam, had the world witnessed such concern for animals.

**Humane treatment of animals according to teachings of Islam:**

- Islam requires that pets or farm animals be provided with proper food, water, and a place to live.
- Animals should not be beaten or tortured.
- Making animals fight one another for entertainment is forbidden by the Prophet (pbuh).

- Islam forbids using animals or birds for targets when practicing shooting.
- Separating nestling birds from their mothers is not allowed in Islam.
- It is forbidden to mutilate an animal by cutting off its ears, tails or other body parts without just reason.
- A sick animal under one's care should be treated properly.
- Not to over burden goods on carriage drawn by animals.

Through these rules and regulations legislated in regards to animals, we understand that other creatures are not to be used and abused as one wills, but that they, like humans, have rights which must be respected in order to ensure that the justice and mercy of Islam be met to all which inhabit this earth.

**Interdependence of man and animal:**

It is common knowledge that animals create the much needed balance in nature. This is their foremost function for the smooth running of the planet. In the natural world, there is a food chain. Big fish eat small fish. Small fish eat insects and larvae. Carnivores

eat herbivores. Herbivores depend of course on plant life for sustenance. In this way, the delicate balance of nature is maintained. Nature has been designed in a way where one creature provides for the other. No one, however self standing can function in isolation. **We all depend on each other for survival. This is the law of nature.**

Apart from this, animals provide many uses to mankind. Their domestication eased the burden of man. Nomadic man was able to settle into cultivation and use animals for the purpose. From animals came his clothes and food too. He used them as a vehicle. Animals ran the mills and the plough. They carried his burden.

Primitive tribes lived in close companionship of animals. If not in comradery, they lived in harmony, sharing the same resources of nature, respecting each other's space. Man was intrinsically tuned in to the behaviour of animals, of even the wild. From their behaviour, he could forecast weather, listen for signs of danger, plan expeditions and treks, find valuable natural resources, etc. The animals gave him a wealth of offerings like honey, lac, milk, fur and wool. Man too, would take only as much as he needed; never once exceeding his limits and paying his respects to the wilderness for all that it gave him. There was mutual coexistence.

In many places, in the Holy Quran, Allah exhorts man to learn from the flora and fauna that is bestowed on Earth. No creature in the world is useless or meaningless. We only need to understand, discover and study the purpose of the creation. There is so much to say about animals in the Quran and Hadith that we must familiarise ourselves with it to understand our animal friends.

**Shaikh Irshad Mussa**  
Porvorim, Goa



● Feature Article

# Calligraphy-

*purity of writing is purity of the soul*



As Salam Alaikum children!

Get your pencil/pen and the cursive writing book and start writing in a continuous flow!

Yes! We all did this as children (and some of you kids are still into it). I can tell you, I surely enjoyed it after finishing each page. Yes, that cursive, beautiful handwriting, to make the words look beautiful, comes close to a type of decorative writing called calligraphy.

**Calligraphy is the art of writing created for beauty, as well as to convey ideas.** It is an ancient art and one that is ornamental, elaborate, and also practical. You can find calligraphy in the art of many Asian cultures, including Japanese and Chinese. Some of the most spectacular examples of calligraphy in history are found in Islamic art, work created by artists in the geographical areas where Muslim ruled.

Calligraphy in Islamic art began at the end of 7th century, in the Near East (region located south of eastern



Europe) with the advent of Islam. Throughout the growing Muslim world, a distinct artistic style thus developed, based on and united by calligraphy. Since Islamic art does not portray figures of animals or people, calligraphy developed tremendously under Muslims instead. It became an important means of decoration and a highly creative art form.

Islamic calligraphy had strong connections to religion, but its use was not restricted to religious texts. Poetries and other text works, as well as praise for leaders, etc. was rendered in calligraphy. The artists who practiced calligraphy were highly skilled, and they trained for years to master their art.

The foundation of Islamic calligraphy was laid down by the

creative genius of three great calligraphers from Baghdad; the **Vizier Ibn Muqla (886–940)** of the Abbasid court, **Ibn al-Bawwab**, and **Yakut al-Musta'simi** of Amasya (d. 1298). Ibn Muqla established the principles of calligraphy. To this day, Islamic calligraphers use his **theory of proportion** based on three sets of measurements set by him.

**Vizier Ibn Muqla** is famous for codifying the principles of calligraphy, including his theory of proportion, which calligraphers use to this day. His theory of proportion established the rhomboid dot and the length of the *Alif* stroke as the units of measurement by which all letters in a particular script are calculated. In his theory of proportion, an *Alif* is measured by 7 rhomboids. A circumference is established based on the length of the *Alif* and all other characters are calculated from that circumference.

**Ibn al-Bawwab**, refined several of Ibn Muqla's scripts, and is purported to have invented the cursive scripts of *Rayhani* and *Muhaqqaq*.

**Yakut al Musta'simi**, was a scribe in the royal court who further systematized the method of proportional measurements and began the practice of cutting the pen nib at a slant, a seemingly minor change, but one that forever changed the aesthetic and methodology of Arabic calligraphy.

**Feroz Khan,**  
Mapusa, Goa



# National Parks of India

There are a total number more than 100 National Parks in India. A National Park is an area which is strictly reserved for the betterment of the wildlife and bio-diversity, and where activities like developmental, forestry, poaching, hunting and grazing on cultivation are permitted. No person shall, destroy, exploit, or remove any wildlife from a National Park or destroy or damage the habitat or any wild animal or deprive any wild animal or its habitat within such National Park except under and in accordance with a permit granted by the Chief Wildlife Warden.

According to the Indian Ministry of Environment & Forests, a national park is an area, whether within a sanctuary or not, that can be notified by the State Government to be constituted as a National Park, by reason of its ecological, faunal, floral, geomorphological, or zoological association or importance, needed for the purpose of protecting and propagating or

developing wildlife therein or its environment. No human activity is permitted inside the national park except for the ones permitted by the Chief Wildlife Warden of the state.

Their boundaries are well marked and circumscribed. The State Government shall publish a notification specifying the limits of the area which shall be comprised within the National Park and declare that the said area shall be a National Park on and from such date as may be specified in the notification. No alteration of the boundaries of a National Park shall be made except on a resolution passed by the Legislature of the State.

National parks in India are IUCN, category II protected areas. India's first National Park was established in 1936 as *Hailey National Park*, now known as *Jim Corbett National Park*, Uttarakhand. In 1970, India had only 5 National Parks. In 1972, India enacted the 'Wildlife Protection Act' and 'Project Tiger' to safeguard the habitats of conservation reliant species.

National Parks, Wildlife Sanctuaries and Game Reserves can offer enthusiastic travellers a tryst with the wild, as well as the excitement of coming face to face with wild animals in their natural habitat. India has National parks, Wildlife Sanctuaries, Conservation Reserves and Community Reserves and such avenues have something unique to offer, be it the tiger or lion sightings, rhino or elephant spotting, or any of the other predators and prey animals!

## 22 Incredible National Parks In India:

Since the enormous forest cover of India is spread unevenly across the country, it is difficult to distribute these National Parks in India state-wise. Here is a list of one from almost every major state.

1. Jim Corbett National Park - Uttarakhand
2. Kaziranga National Park - Assam
3. Gir Forest National Park - Gujarat
4. Sundarban National Park – West Bengal
5. Satpura National Park - Madhya Pradesh
6. Eravikulam National Park - Kerala
7. Pench National Park - Madhya Pradesh
8. Sariska National Park - Rajasthan
9. Kanha National Park – Madhya Pradesh
10. Ranthambore National Park - Rajasthan
11. Bandhavgarh Tiger Reserve – Madhya Pradesh
12. Bandipur National Park - Karnataka
13. Nagarhole National Park - Karnataka
14. Periyar National Park - Kerala
15. Manas National Park - Assam
16. The Great Himalayan National Park – Himachal Pradesh
17. Sanjay Gandhi National Park - Maharashtra
18. Rajaji National Park - Uttaranchal
19. Silent Valley National Park - Kerala
20. Dudhwa National Park - Uttar Pradesh
21. Panna National Park - Madhya Pradesh
22. Van Vihar National Park - Madhya Pradesh



Team TZP

# Balance Diet



It is rightly said by some one that **“Health is Wealth.”** Only a healthy person can work with efficiency to earn wealth. Health is certainly a great blessing of Allah (SWT) but many of us take it for granted. In our hectic and eventful life, we give more importance to our work and our jobs and in making money, etc. Ironically, we pay least attention to our health although there is nothing more important than good health in life.

Good health is a secret of happiness. When we are ill we are not able to do our day to-day work. Bad health reduces the capacity of our body and mind to its best potential. Hence, one loses interest in life when deprived of health. Most of the people spend their entire life making money while ignoring their health. but once struck by some illness, they spend same money on medicines and hospitals. Therefore maintaining good health is extremely crucial.

According to **WHO (World Health Organisation)** - *“Health is state of complete physical, social and mental well being and not merely absence of disease or infirmity.”* In other words, being healthy does not only mean being disease free but it means

physically fit/strong and mentally active. Health is affected by different factors, including what we eat and how active we are.

All living things need food to stay alive. It is important that we eat a variety of nutrient rich food such as **green leafy vegetables, pulses, cereals, meat, seafood, dairy products**, etc. which contain different nutrients like carbohydrate, proteins, minerals, vitamins etc. Our body needs to absorb all these nutrients in order for it to work properly as well as give us energy to grow, to play, to learn or to perform any task.

Following a balanced diet is of great concern. The human body needs to receive the exact proportions of each nutrient (neither under nutrition nor over nutrition). Millions of people die every year due to malnutrition. But it is hard to believe that people are even getting sick and dying because of overeating as well.

**In the Holy Quran Allah (SWT) mentions in Surah Aaraf** *“And eat and drink and do not get excess, verily Allah does not love those who exceeds/over do it.”*

In recent times, people indulge in eating junk food, fast food, and

preserved foods. These foods contain harmful substances that cause serious destruction to our body and even affecting our DNA! As a result of this many people suffer from obesity, cardiovascular disease, hypertension, cancer and even type-2 diabetes.

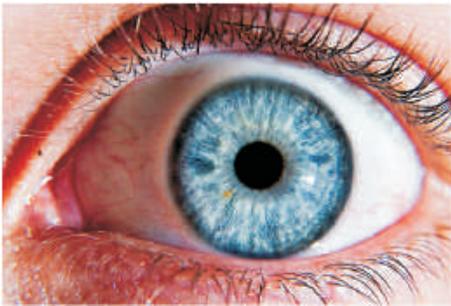
Prophet Muhammad (SAW) said, when you eat, fill one third of your stomach with food, one third with drink and one third leave it for air.

This explicitly suggests that if we eat far too much then it can have dire consequences on our body. For being healthy, first of all we should follow a healthy diet, perform regular exercise to improve the quality of life and increase strength and flexibility. Secondly, one must avoid all kinds of bad habits. Finally, have a healthy sleep schedule. Often, by cutting back on sleep we are decreasing productivity, creativity, concentration, patience and the communication ability of our body. Every human body should get 7-8 hours of sleep approximately.

A person of good health enjoys every moment of life throughout. So be healthy and be happy.

**Rukaiya Sayed**  
MCOM, PGDCA  
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# Eye Care



**E**yesight is a precious gift bestowed by Allah. Eyesight allows us to visualize the eternal natural beauty of this Earth. Vision enables our day to day activities to be conducted easily and efficiently. If we give thought, Almighty Allah's gift of sight is indispensable and reminds us of the greatness of Allah. People whose vision is affected, have enormous difficulty in conducting their daily routine. They are able to go on only with proper care and assistance provided by their family and near ones.

We should learn to appreciate Allah's creations by observing our surroundings. It is mesmerizing to see among his wonderful creations, the miracles of the human body.

Allah reminds us in the Quran to be thankful for all the senses that we have:

"It is He, Who has created for you. {the sense of Seeing/Sight (Eyes), the sense of hearing (Ears), sense of smelling (Nose), sense of tasting (Tongue) and the sense of feeling (Our Skin). "Yet, only few of you are grateful." (23:78).

The eyes of a new born baby cannot focus accurately. A baby's eyes therefore 'squint' (not always line up with each other) in order to focus. Their eyes develop gradually, and after about six weeks they should be able to follow the

colourful objects that are interesting to their eyes. But if, by time, their eyes always seem to squint, it should be investigated.

An easy test you can do at home when your baby is over six weeks, is to see if your baby's eyes follow you around a room. Check also if they unable to focus on your facial gestures properly, or if their eyes wander when they are looking at you. If they struggle to see the dangling, colourful objects, perhaps there can be a vision deformity. Consult an ophthalmologist (Eye Specialist) for advice and corrective measures. Parents play a very important role in the eye care of a child. A comprehensive eye examination is necessary at the preschool age and frequently during the school age.

**Astigmatism:** If light rays are focused on more than one place in the eye, there is difficulty in seeing a clear image. This may make it hard to tell 'N' from 'H', while reading the optician's eye testing chart. Vision can be corrected by glasses.

## Lazy Eye and Squint

About 2% to 3% of all children have a 'Lazy Eye', clinically known as 'Amblyopia'. This may be because they have one eye that is either more short-sighted or long-sighted than the other, or they may have a 'Squint' (where the eyes are not lined up together). If a lazy eye is not treated before the child is aged 7 or 8, the child's vision may be permanently affected.

Which Children should be tested?

- Children with special needs often have eye problems
- If there is a history of a squint or lazy eye in the family
- If a child rubs eyes, while playing in dusty humid conditions, followed by irritations
- If a child has watery eyes.
- Children with clumsy or poor hand and eye co-ordination.
- If a child avoids reading, writing or drawing.
- If a child opens up his eyes wide or frowns when reading or watching TV.
- If a child sits very close to the TV, holds books or objects close to his face.
- If a child has concentration problems at school.

- If a child complains about blurred or double vision or has unexplained headaches.

## BEST FOOD FOR EYE HEALTH

**1. Fish:** Fish that has oil in its gut and body tissues, offers higher levels of omega-3 rich fish oil. The fish that contains the most beneficial levels of omega-3s include: tuna, salmon, mackerel & sardines

**2. Nuts and legumes:** Nuts are rich in omega-3 fatty acids. Nuts also contain a high level of vitamin E, which protects the eye from age-related damage. Nuts and legumes that are good for eye health include: Walnuts, Brazil nuts, Cashews, Peanuts and Lentils.

**3. Seeds:** Like nuts and legumes, seeds are high in omega-3s and are a rich source of vitamin E. Seeds which are high in omega-3s include: Chia seeds and Flax seeds.

**4. Citrus fruits:** Citrus fruits are rich in vitamin C and antioxidants. Vitamin C-rich citrus fruits include: Lemons, Oranges and Grapefruits.

**5. Leafy green vegetables:** Needless to say, are a power house of essential vitamins and minerals.

**6. Carrots:** Carrots are rich in both Vitamin A and beta carotene. Beta carotene gives carrots their orange color. Vitamin A plays an essential role in vision. It is a component of a protein called rhodopsin, which helps the retina to absorb light.

**7. Sweet potatoes:** Like carrots, sweet potatoes are rich in beta carotene and vitamin E.

**8. Red meat:** It is rich in Zinc, which help delay age-related sight loss and macular degeneration. The eye itself contains high levels of zinc, particularly in the Retina, and the vascular tissue surrounding the Retina.

**9. Eggs:** Eggs are a good source of vitamins C and E, and zinc which can reduce the risk of age-related sight loss.

**10. Water:** It may come as no surprise that a fluid essential to life is also vital to eye health. Drinking plenty of water can prevent dehydration, which may reduce the symptoms of dry eyes.

**Dr. Shaheen Syed**  
Panjim-Goa

## ● Environment

# Are we doomed?

The oceans are of paramount importance, covering **71% of the total Earth's surface and holding 97% of all water**. They produce more than half of the oxygen and they are a huge sink of carbon dioxide, storing 50 times more carbon dioxide than the atmosphere does. Oceans play a crucial role in regulating climate change and our weather. A huge amount of our food and medicines come from the oceans. Furthermore, humans are also highly dependent on oceans for transportation as well as recreational activities like boating, fishing, scuba diving, surfing, just to name a few.

Oceans contain a large biodiversity. They provide a habitat for millions of Earth's plants and animals, ranging from tiniest microorganisms to the gigantic blue whale, being home to much more species than that found on lands. We humans, negligently, and sometimes intentionally are harming the life-sustaining oceans and our environment at large.

***“Corruption has appeared throughout the land and sea by (reason of) what the hands of people have earned so He may let them taste part of (the consequence of) what they have done that perhaps they will return (to righteousness)” (Qur'an 30:41).***

Plastic pollution is a major problem; there will be more plastic in the ocean than fish by the year 2050, say experts.



Climate change is a word we hear regularly. Effects? Global warming caused by our carbon emissions, which is killing corals, also melting glaciers and ice caps which will change the sea levels and flood low lying areas, extreme unbearable weather. Thinking back of the past, the first day when school reopened was always a pleasant memory- just because of heavy rainfall and the fun everyone had during rains on our way to school. Nowadays, monsoon is delayed and highly non frequent, the winters are hot, extreme temperatures are recorded during unbearable summers in India. Will winter and monsoon be completely wiped away in the years to come?

Chennai has faced a shortage of drinking water; there is ground water depletion in many parts of India. The extremities- part of India experiences drought and significant fall in crop yields due to lack of rainfall; in turn causing social issues like death of farmers, whereas heavy rainfall has caused floods in Mumbai (2005), Ladakh (2010), Uttarakhand (2013), Jammu and Kashmir (2014), Kerala (2018) and Assam and Bihar now. Heat waves in North India, rising sea levels, air pollution causing havoc in metro cities are just a few issues which are a result of climate change. Landslides in Goa which were never heard of before are happening now because of deforestation causing major breakdown in water pipelines. We saw a major flooding scenario in Goa and other states where floods never happened; all this is a result of climate change.

There are people who still think that they are not responsible for what happens to the environment, and that it will not affect them in any way possible. But it's time to think twice, because as what a famous quote says

*“what goes around comes around”*. It is ironic how we can't take care of our own home, our Earth. How we are busy devastating it and in turn are trying to build homes on Mars by investing such a lot of capital instead of just saving our natural home, leaving nothing for the future generations to come.



What can we do in our personal capacity to even minimally help reverse this issue which can doom all of us? There are a lot of things that can be done; some easier than the others. First and foremost- **Reduce, Reuse, Recycle** has to be our mantra. Stop wasting food and other resources. Try and stop buying and using plastic in day to day lives. Plant as many trees as possible and also help them grow. They will help reduce carbon emissions in the environment. Try taking the bus, cycling or walking wherever you can. Rain water harvesting and alternative power sources like solar energy should be pursued. Simple steps like switching off electrical appliances when not in use can help us. Educating people about the gravity of the situation and how this could affect their lives is essential too. Surely, we have a long way to go to even remotely help reverse all the bad happening, but we need to start somewhere and do our bit.

**Safia Khan**  
Panjim-Goa

# AIR POLLUTION

Air is a clear gas. For the sustenance of life on the earth, air is very important because it is life giving.

## Importance of air:

- Reduces the possibility of meteorite and asteroid attack
- Most space rocks vaporize in the upper atmosphere until they reach the ground
- Air makes life possible on the earth
- Plants get their food from carbon dioxide present in the air
- Water vapour in the air help to produce rain

Air has no smell and colour. It is an ideal composition that maintains the balance in nature. Without air living organisms would be extinct. Air is polluted by harmful gases. In this article let us know what is air pollution. What are its effects on mankind and environment. And how it affects the ozone layer.

## What is air pollution?

It is pretty lousy being sick, isn't it? If you know someone who has a cold, you would do your best to stay away from him. You don't want to catch the germs do you? Every time a person coughs and sneezes, his germs are introduced in the air and then they are free to come in contact with others. Air pollution occurs when harmful gases such as **Nitrogen dioxide, Carbon monoxide, Sulphur dioxide**, etc. are introduced into the earth's atmosphere. These gasses have a very bad impact on human life.

The causes of air pollution are many and can be divided into two categories – **Human causes and Natural causes**. The majority of air pollution is the results of human activities. For example increased use

of fossil fuel, combustion from the motor vehicles, industrial factories and power plants. These release a large quantity of air pollutants such as carbon monoxide, Ozone and nitrous oxide into the atmosphere. Natural events that pollute the air include: forest fires, volcanic eruptions, land erosion, pollen dispersion, evaporation of organic compounds, etc. Pollution through natural occurrence is not very often.

## Effects of air pollution on human health and environment

The effects of air pollution on human health are many and to name a few of them are: watery eyes, cough, difficulty in breathing, respiratory diseases and heart problems. Some gases in air can also trigger asthmatic attacks.

Apart from affecting human health, air pollution can cause a variety of environmental effects. Acid rain which is created when the amount of a gas such as sulphur dioxide increases in the atmosphere. These acids come down in the form of rain and cause large scale harm as they effect the living as well as non-living substances. It effects buildings, and materials like marble. It destroys forest, affecting both flora and fauna of the area. This rain get mixed in the water bodies which may affect marine animals as well.

## Global warming

Increased air pollution is directly related to the cause of global warming which is increasing the temperature worldwide. The rising sea level, thermal expansion of seawater and even loss of habitats is a serious signal of impending disasters. These things can be mitigated if proper actions are taken.

## Depletion of the ozone layer

Air pollutants are responsible for the depletion of the ozone layer. The ozone layer is a necessity for the survival of life on earth. The ozone layer protects life on earth from ultraviolet rays. Due to the thinning of the ozone layer, there is a risk of harmful rays getting through you and causing skin cancers and affecting crops as well.

## How can we stop air pollution

- Reduce the number of trips you take in your car
- Avoid burning rubber, leaves, trash and other materials
- Walk or use public transportation
- Recycle and buy recycled products
- Plant more trees
- Use environmentally safe products
- Reduce the use of fertilizers applied to lawns and gardens and use natural fertilizers

## Interesting facts

- **Peepal tree-** the Peepal tree gives oxygen 24 hours. It takes in carbon dioxide during night because of which it is able to produce oxygen even at night.
- **Plants in bedroom-** The Aloe Vera plant removes toxins from air and emits oxygen at night which helps to improve sleep.

Let us all strive for clean air.



**Shahid Karadagi,**  
Cariamoddi-Curchorem,

# JERUSALEM



Every religion has a holy place for its followers. Do you know a place which is holy for the three major religions of the world? It is Jerusalem. Children, let us know more about Jerusalem.

Jerusalem, *Yerushalayim* in Hebrew and ***Bayt al Muqaddas*** in Arabic, is situated in Palestine now Israel.

**Jerusalem is the capital of both Palestine and Israel (a new-born country).** It is the only city in the world that is considered, both, historically and spiritually, significant to Jews, Christians and Muslims.

For Christians, the city is witnessed to many of the events in the life of Jesus Christ (pbuh).

For Jews, Jerusalem is the site of their ancient temple (Temple of Solomon) and their historical capital. Jews see it as important to them because it is a symbol of their freedom from slavery and the covenant God made with Moses(pbuh) to allow Jews to establish their promised land.

For Muslims, the city is the third holiest place after Makkah and Madinah in Saudi Arabia. The Al Aqsa Mosque was the direction of prayer

(qibla) before it was changed to Bait Ullah in Mecca. The Holy Prophet, Muhammad (pbuh) travelled to *Baitul Muqaddas* (Jerusalem) by night and ascended from there into heaven.

After the departure of Prophet Muhammad (pbuh), the second Caliph (leader) of Islam, Umar ibn Khattab (R.A) entered and liberated Jerusalem on the invitation of the Christian leader of that time.

The two most important Muslim sites in Jerusalem are the **Dome of the Rock** and the **Al Aqsa Mosque**.

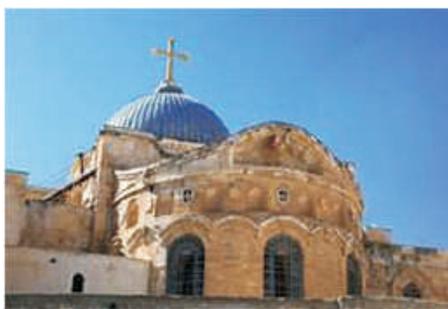
The Al Aqsa Mosque is the largest mosque in Jerusalem, holding about 5,000 people worshipers in and around the mosque. Al Aqsa Mosque has a very important place in the hearts of the entire Muslim community due to its unique and rich history.

The other attractions are Mount Zion, Mount of Olives, Church of the Holy Sepulchre, Citadel (Tower of David), Old city walls etc.

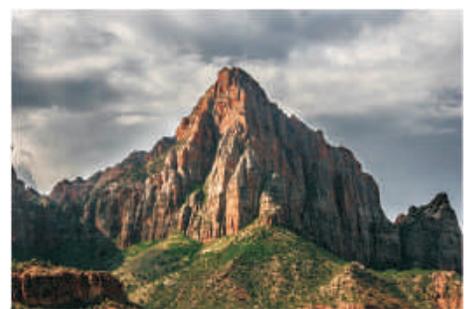
**Farnaz Banu**  
Margao-Goa



Old city walls



Church of the Holy Sepulchre



Mount Zion

# Jamia Millia Islamia

Many of us experience universities of the world as one of our favourite topics in the magazine. It is fun exploring different universities, as if we are visiting one university every three months a year. Today, let us tour a private central university of Delhi namely '**Jamia Millia Islamia**'.

Did u know? In Urdu, 'Jamia' means University and 'Milia' means National. It was originally established in Uttar Pradesh in 1920, during the British rule in India. It became a Central University by an act of the Indian Parliament in 1988.

Today, Jamia Millia Islamia has become an ensemble of a varied educational system which covers all aspects of **schooling, under-graduate, post-graduate, M.Phil/Ph.D and post-doctoral education!** It has 9 faculties of learning, 39 teaching and research departments and over 27 centres of learning and research! It was formed as a national institution that would offer progressive education to students from all communities. The emergence of Jamia was supported by Gandhiji and



A 1970 stamp of India dedicated to the 50<sup>th</sup> Anniversary of Jamia Millia Islamia

Rabindranath Tagore who felt that the Jamia could shape the lives of hundreds and thousands of students on the basis of a shared culture and world view.

It was amazing to know that the University has been advancing well in its teaching and research processes by increasing its interface with foreign educational institutions through faculty exchange, student exchange, joint research, joint conference and joint publication.

Achievements are a result of hard work and effort. **The institution got NAAC Accreditation with Grade 'A' in 2015.** Recently, Jamia Millia Islamia (JMI) has been ranked at the 12<sup>th</sup> position in the country by MHRD's National Institutional

Ranking Framework (NIRF-2019) in the Universities category. Furthermore, JMI has been ranked at 3<sup>rd</sup> position among the top 25 Central Universities and at 17<sup>th</sup> rank among top 100 universities by Outlook- ICARE India University Rankings 2019, published in the latest issue of the weekly magazine. Great! Isn't it?

In 2006 the Sultan of Saudi Arabia, paid a visit to the university and donated \$3 million for the construction of a library. The library is named as Dr. Zakir Husain Library (Central Library).

Now, let us go through few centres for different studies at the institution.

### **Centre for Management Studies:**

The Centre for Management Studies presently offers three programmes: Ph.D. in Management, MBA (full-time) Programme and M.B.A. (International Business) Programme.

### **Centre for Mass Communication Studies:**

The Mass Communication Research Centre was established in 1982.

### **Centre for Nanoscience and Nanotechnology (CNN):**

The mission of this centre is to promote forefront basic and applied research in the fields of nano science and nanotechnology, with potential applications towards fulfilling national strategic needs. The main research focus of the centre includes nano-fabrication and nano-device, nano-materials and nano-structures, nano-biotechnology and nano-medicine, nano-structure characterization and measurements.

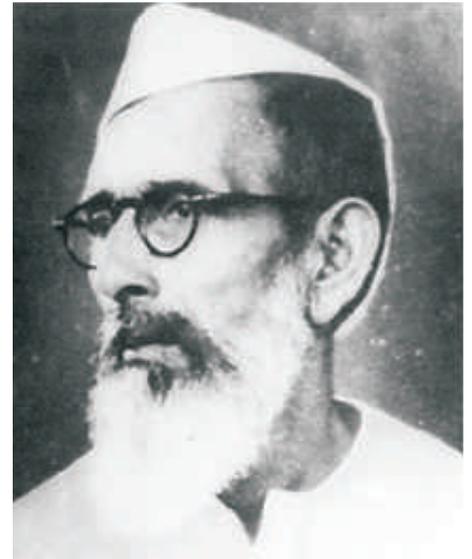
Famous journalists and news anchors Burkha Dutt and Anjana Kashyap were few notable alumni of this Institution.

**Farheena Hussaini**  
Margao-Goa



## ● Freedom Fighters

# Maghfoor Ahmad Ajazi



There were many Muslim freedom fighters in India who played an instrumental role in the freedom struggle of this India. Not only did they give their time and energy but also sacrificed their lives for the freedom of our country.

Maulana Jauhar Aruna Asaf, Maulana Abul Kalam Azad, Maulana Hasrat Mohani, Dr. Zakir Hussain, etc. are a few to name among the many who fought for the freedom of India. Among the fine freedom fighters of India, one more name comes to mind, he is **Maghfoor Ahmad Ajazi**.

Ahmad Ajazi was born in village *Dihuli* of District Muzaffarpur in Bihar on the 3 of March 1900. His father, *Moulvi Hafizuddin Husain* and grandfather *Haji Imam Bakhsh* were zamindars and his mother's name was *Mahfoozunnisa*. His maternal grandfather, *Reysat Husain* was an advocate in Sitamarhi.

Ahmad, who was a student of *Ajaz Husain Budayuni*, the Khalif of Hazrat Fazle Rahman Ganj Muradabadi, later assumed title of 'Ajazi'. He gained his patriotism from his father. Ajazi's mother died when he was a child,

while his father died in Lucknow during treatment when Ajazi was in school. His elder brother, Manzoor Ahsan Ajazi was also a freedom fighter. He had only one sister, Noorun Nisa.

Ajazi left his studies at B.N. College Patna to follow Mahatma Gandhi and joined the non-co-operation movement in 1921. He was in charge of North Bihar.

He represented the Central Khilafat Committee at the All Parties Conferences and All Muslim Parties Conferences on Nehru Report along with **Maulana Shaukat Ali, Begum Md. Ali, Abdul Majid Daryabadi, Maulana Azad Subhani, Maulana Abul Mohasin Md. Sajjad** and others. On the direction of

Mohammad Ali Jauhar, he took charge of the Khilafat Committee, Calcutta. He was arrested in a protest march led by Subhash Chandra Bose and was later released. He obtained a degree from Calcutta Homoeopathic Medical College. Ajazi was a poet and writer in the Urdu language, as well as an orator. His papers, diaries, letters and files are preserved in the Nehru Memorial Museum & Library in New Delhi, National Archives in New Delhi and the Khuda Bakhsh Oriental Public Library in Patna.

He was a motivating figure in India's struggle for freedom.

**Shaad Zattu**  
Panjim-Goa

### Young Rozedar



**Mahira Ershad Shapurkar**  
5yrs 6 months, Vasco

### Achiever



**Sidra Ashraf Khan**  
92% in SSC, Unity High School, Valpoi

# Al-Jahiz

I wonder if there is anyone who has not visited a zoo. Most of us have, during holidays or school tours. If any one of us has not visited a zoo, then he or she should do so. A zoo gives us an opportunity to get a glimpse of the world of animals. The study of animals is called Zoology and a person who studies animals is called a Zoologist.

Have you met a zoologist? Does any of you want to become a zoologist? If your answer to the second question is yes, then please continue reading.

Let me introduce you to the man who will fascinate you with his knowledge about animals. Can you guess his name? His name is a bit lengthy but you can remember his nick name. His nick name is Al-Jahiz and his full name is **Abū 'Uthman 'Amr ibn Baṣr al-Kinānī al-Baṣrī**. He was nicknamed Al-Jahiz due to an



eye deformity. He was born in 776 in the city of Basra and died in 868.

Al-Jahiz was an Arab writer and author of many works of literature. He developed a love for the Arabic language and became an avid reader and a prolific writer. You and I should develop this habit of reading just like he did. He wrote more than two hundred books in his life time.

His love for knowledge was so deep that he travelled to Damascus, Beirut, Samarra and Baghdad where he lived for many years seeking knowledge. He was a man of reason and logic. His

quest to know more about nature led him to study the world of animals.

His most famous book was "*Kitaab al Hayawan*" translated as 'The Book of Animals'. This book is a great effort and it covers aspects of biology and zoology such as: animal classification, food chains, etc.

It consists of 7 volumes and is full of short and amusing real life incidents, poetic descriptions and proverbs describing many varieties of animals. He has described more than 350 varieties of animals. In his *Kitab al-Hayawan*, Al-Jahiz gave us detailed description of animals, their habitat and behavior. Some of the animals he mentioned are endangered species today: like leopards, lions, ostriches, elephants, rhinos, giraffes, chameleons and more.

Does it not surprise you that although a poor fish seller in his youth, he became a tall figure in literature and science?

As I said earlier, his quest for knowledge was so great that he would gather along with other young people at the Basra's main mosque and discuss scientific subjects. He would take time and attend lectures of learned men on different subjects such as philology (a study of language and poetry) and lexicography (an art of compiling, writing and editing).

He had a private library of his own. His love for books was so great that at an old age, while still in pursuit of knowledge, a huge stacked pile of books fell on him and caused his death. He died doing what he loved most.

So who among us wants to follow the footsteps of Al-Jahiz?

**Asif Hussain**  
Vasco, Goa



# Whistle

## Whistle history:

A whistle is an instrument which produces sound from a stream of gas, most commonly air. It may be mouth-operated, or powered by air pressure, steam, or other means. Whistles have been around since early humans first carved out a gourd or a branch and found out that they could make a sound with it. The modern era of whistle use began in 1878 when a whistle was first blown by a referee during a sporting event.

**Joseph Hudson**, a toolmaker from England, revolutionized the world of whistles. With his younger brother James, he designed the 'Acme City' brass whistle. This became the first referee whistle used at association football matches during the 1878–79 Football Association Cup match. Prior to the introduction of the whistle, handkerchiefs were used by the umpires to signal to the players.

## How does a whistle work?

The air stream enters through the mouthpiece '1' (as shown in the Fig.) It hits the bevel '2', and splits outwards into the air, and inwards filling the air chamber '3' until the air pressure inside the chamber is so great, it pops out of the sound hole, making room in the chamber for the whole process to start over again. The pea '4' gets forced around and around and interrupts the flow of air and changes the rate of air packing and unpacking inside the air chamber. **This creates the sound of the whistle warble.**

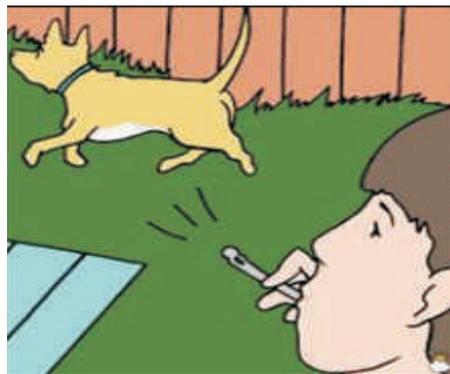


The size of the whistle cavity and the volume of air contained in the whistle determines the pitch or frequency of the sound produced. The whistle construction and the design of the mouthpiece also has a dramatic effect on sound.

## What is a whistle used for?

Across the ages, whistles have been made and used in many cultures around the world for communication (signalling), for spiritual purpose (in meditation and or rituals) and for enjoyments (music and toys).

- The dog whistle is usually a slender cylindrical-shaped whistle that provides an extremely high pitched sound inaudible by human ears. It is primarily used to train dogs and sometimes even cats, since they can also hear it.



- **While referees officiating different sports, use many types of whistles, the most popular for professional sports is the Fox 40 whistle, which makes its sound using only air pressure and does not have a pea (a small metal ball that fits inside the whistle's air chamber and vibrates when the whistle is blown) inside. Professional referees prefer this type of whistle because it**

**is one of the loudest and can be heard well over the noise of an arena.**



- **Original train whistles were mounted onto trains and activated by a pull cord. The train whistle is a loud, low, billowing pitch that is actually made up of three different frequencies. These whistles are meant to warn people that the train is coming.**
- Factory whistles are used primarily in industry jobs to indicate various times - start of a work shift, break, lunch and end of the work day even in unsafe situations. These whistles are usually steam powered and vary in sound, depending on the factory. Similar to the train whistle, these whistles are large and can be heard over a large surface area.

## What are the cons of whistle blowing?

Although a whistle blowing will probably save our life as signalling during unsafe conditions, the frequency or **pitch** can also have some effect, since **high-pitched sounds** are more **damaging** than **low-pitched sounds**. **Noise** may tire out the inner ear, causing temporary **hearing loss**. Such **damage** can be caused by long-term exposure to loud **noise** or, in some cases by brief exposures to very loud noises.

Iffat Bilal  
Old Goa

# Artificial Intelligence – Are We Ready

Assalamu Alaikum children!

Imagine if you do not need to obtain your driving license in life. Driving is fun but sometimes one wishes to sit back and relax. Imagine not having the necessity to drive a car because future cars will be 'self-driven'!

Do you know, today technology has the ability to show you how you will look after 30 years. Ask your parents to download Face-app and try this out. You will find it amazing!

Do you know, computers can be as intelligent as humans? Some predict that they can be more intelligent than humans. The latest Face-app is an example of how artificial intelligence is taking the world by storm. Google Assistant, Alexa and Siri are just a few examples of how **Artificial Intelligence** is taking over.

Very soon you may find robots doing complicated surgeries, performing even better than human doctors due to their precision. Accountants, counter salesmen, courier boys and truck drivers may be replaced by robots who will take over their jobs. Even extremely laborious jobs like



mining, firefighting, drilling, etc. will also be done by robots. **Hanson Robotics** has developed the world's first humanoid robot named '**SOPHIA**' using Artificial Intelligence. Find out more about Sophia on Google.

## It can be dangerous

Artificial Intelligence can be very dangerous if it falls into wrong hands who can use it for their own selfish interests. With the mainstream use of Artificial Intelligence, the scale of wars and destruction will be much higher if it is employed as weapons of mass destruction.

## We can be leaders in artificial intelligence

Russia's president Vladimir Putin said:

*“Artificial intelligence is the future, not only for Russia, but for all humankind. It comes with enormous opportunities, but also threats that are difficult to predict. Whoever becomes the leader in this sphere will become the ruler of the world.”*

Every technology comes with enormous benefits. Same is the case with

Artificial Intelligence. Muslims scientists of the Golden Age have contributed immensely to science and technology. The world benefitted greatly with these inventions and discoveries. **Astrolabe, Compass, Surgical Instruments, Camera, Tooth brush**, etc. are just some examples of the contribution of Muslims scientists of the Golden age (8<sup>th</sup> to the 14<sup>th</sup> century).

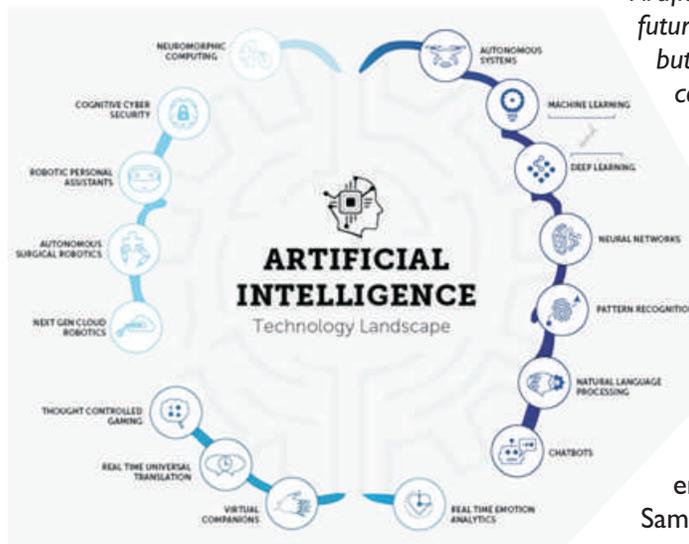
Since the 14<sup>th</sup> century, Muslims have hardly done much in the fields of science and technology. It is time now that we try our best to gain expertise in these fields. Prophet Muhammad (SAW) has said that a giving hand is always superior than a receiving hand. We make a positive impact on society in the fields of science and technology, by taking a lead. Artificial Intelligence can help solve grave problems of the world: of Poverty, water scarcity, diseases, malnutrition, environment, etc.

## What can I do now?

Artificial Intelligence courses for children are planned from Class 5 onwards. Companies like [www.robogenius.in](http://www.robogenius.in) and [www.irobokid.com](http://www.irobokid.com) have already started Artificial Intelligence courses for kids. One can join any online course. Learning the basics of computers can help you in understanding Artificial Intelligence at a basic level.

To make this world a better place, Allah has send us in this world as his Khalifa. It is our duty to make this happen.

**Mohammad Anees**  
Margao-Goa



## ● Muslim Personality

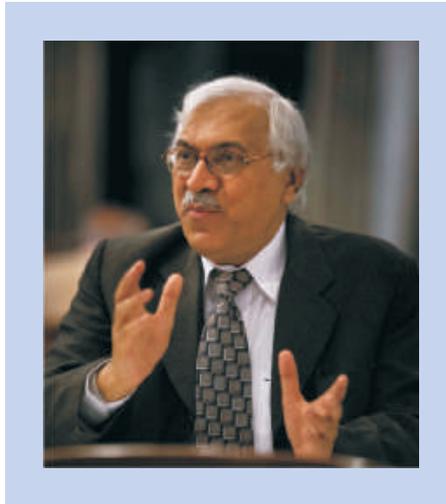
# Dr. Shahabuddin Yaqoob Quraishi

(The Ex- Chief Election Commissioner of India)

*“I was not born free. However, my birth on 11<sup>th</sup> June, 1947 ensured that I did not have to suffer the indignity of living in a slave country for more than 2 months. Being one of the midnight's children, I am conscious that my personal history coincides with the history of Free India”*

The above words were spoken by **Dr. Shahabuddin Yaqoob Quraishi**, the first Indian Muslim Chief Election Commissioner of India. He was born on 11<sup>th</sup> June, 1947 in a family of Islamic scholars and writers of great eminence.

Dr. S.Y. Quraishi completed his M.A. from St. Stephen's College, Delhi University in 1969. He received a Ph.D. for his thesis on **“Role of Communication and Social Marketing in Development of Women and Children”**. He earned distinction for his study of several languages.



He joined **the Indian Administration Service in 1971**. He was appointed as **Chief Election Commissioner of India on 30<sup>th</sup> July, 2010**. Prior to his joining the Commission, he was the Secretary for the Ministry of Youth Affairs and Sports, Government of India. Dr. Quraishi, brought to the Election Commission, 35 years of distinguished

work in the Civil Service, at both federal and state level.

He has authored a book titled **“Undocumented Wonder- The making of the Great Indian Election”** a book that describes the enormity and complexity of the Indian Election and a book named **“Old Delhi- Living traditions,”** a coffee table book on the heritage city and its social and cultural life. He figured in the Indian Express List of Top 100 of 2011 and again in 2012.

He has also published a number of books and articles on issues related to democracy, elections, social marketing, child development and youth and other social issues.

Dr. S.Y. Quraishi has been awarded with an **Honorary Fellowship by a UK Student Body to “celebrate and acknowledge his contribution in shaping the present and future of India.”** Deputy High Commissioner of India, Dr. Virendra Paul bestowed the Honorary Fellowship on Quraishi at an event organised by the **100 Foot Journey Club** and the **National Indian Students and Alumni Union, UK**, to discuss elections and electoral reforms in India at the Indian House.

He, now, pursues his interest in Academics by teaching and mentoring at **Cluster Innovation Centre, University of Delhi** as the Honorary Professor at the Centre. He is, also, a current member of the **International Elections Advisory Council**.

**Kamruddin M. Sayed**  
Panaji - Goa



# Harvalem

## CAVES AND WATER FALL

My name is Sayed Muhammad Anfal. I am from Bicholim Goa. Recently I visited *Harvelem* waterfalls near *Sanquelim* with my uncle. It was sudden plan and we drove from Bicholim to Sanquelim.

Originally we are from Karwar and we had read about the beauty of *Harvelem* waterfalls and about the 7th century Buddhist caves at *Harvalem*. We left at 3 pm and were at our destination in 30 minutes. There are two approaches and both would let you park the vehicle about 200 metres away. The walk was very comfortable.

At first you arrive at a temple. It looks like the temple is very old. Few steps from the temple towards the river and here you see a huge, cascade flowing down in fury about a hundred feet - **the *Harvelem* waterfalls**. We took the steps leading to the fall to get a closer glimpse. My uncle and I clicked many pictures of ourselves and the waterfall. The scene was mesmerising. Once you get drenched in the beauty of God's nature, there is not much else to do, unless you are in a group or doing your own stuff .

Going up the hill, we could see the light reflecting off the falling waters and creating a rainbow. This sight was spectacular! We slowly went further up the hills. I felt so uplifted as we reached the top of the waterfall. It felt

like I was on the world's highest podium, above the waterfall.

On our way back, we stopped at a cluster of Buddhist caves. We clicked pictures there as well. The splendid beauty touched us gently and we embraced it fully.



Both of us were hungry and on our way back home we stopped at a South Indian restaurant named *Hotel Sheetal*. We ordered *Masala Dosa* and coffee for refreshments and chatted while we ate. I enjoyed uncle's company and we shall plan a trip to a new destination soon, *Insha Allah*.

Arriving home from what was arguably the best day in the world, I was exhausted and hungry again. I gobbled up my supper and passed out to a peacefully sleep. I am hoping to get more opportunities to explore different falls in the near future.

**Sayed Muhammad Anfal**  
Bicholim-Goa



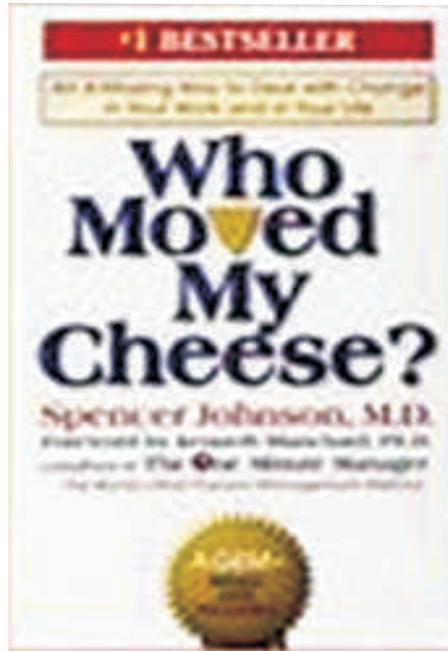
# Who Moved My Cheese?

“Who moved my cheese?” is a book by Spencer Johnson. The story is about two mice, Sniff and Scurry and two dwarfs, Hem and Haw. They live in a maze and survive on cheese. One fine day as all the four friends set out in search of cheese, they find tons of cheese that was probably enough for them to survive a lifetime.

The dwarfs, Hem and Haw mindlessly settle down and spend a long time with their treasure, least concerned about what would happen if they ran out of cheese someday. But Sniff and Scurry were always alert and ready to shift if the cheese did get over. Days passed by and one day the cheese was over. The mice had anticipated this and hence they set out to discover more cheese. While the mice moved out in search of new cheese, Hem and Haw sat there in arrogance, hoping foolishly for the cheese to come back on its own. When the cheese did not appear even after a long wait, they both started blaming each other. They complained about the hard work while trying to finding the cheese.

Ultimately, Haw decides to move on and explore the maze for more cheese. But Hem refused to go along, as he had grown used to his old ways. Haw keeps exploring and finds many new types of cheese. As he journeys to the new areas of the maze, he overcomes his fears, learns valuable lessons and moves forward in life. After a long journey, he finally finds a new place with tons and tons of cheeses and there were his old friends, Sniff and Scurry who had explored the place way before Haw had done.

Though this book speaks about **4 friends and cheese** there are a



number of lessons to learn from it. The cheese in this story represents anything that we humans strive for. It could be wealth, success, happiness or anything else. Like in the situation, where the four friends had to search for new cheese, there occur changes in every person's life. Our attitude towards life should be to anticipate that change, adopt to it and be ready to adjust in whatever situation life puts us in.

## There are a few takeaway points that this story teaches us:

1. **Do not blame others for the situation you are in:** If Haw had to remain in the maze blaming Ham, he would have never been able to go and overcome his fears and explore new cheese. When faced with such circumstances in life, we should be ready to take an initiative and improve our situation rather than pitying ourselves for the mess we are in.

2. **Adapt to change:** We as children or grown-ups, indulge ourselves with all the luxuries and comforts. But when life puts us in a spot, we act stubborn and are reluctant to adapting to the new ways of living. We should always be on our toes to welcome nasty changes in life.
3. **Plan wisely:** Ham complicates things for himself and drills walls and floors to find cheese, rather than going and exploring for some. Sometimes the best solutions can be simple. This teaches us to adopt effective methods in times of difficulty, rather than complicating things.
4. **Be watchful:** Sniff and Scurry always were mentally prepared about their stock of cheese running out of someday. Hem and Haw were rooted in their old routines, and settled down for whatever amount of cheese they got.

To sum it up, just like the cheese in the story, events in our life may come and go. Our nature shouldn't be of settling down for little. Our lives may seem successful and complete to us and this may lull us to rest our backs. But the smart move is to always be alert and prepared for any situation that may occur.

When life gives you cheese, be Sniff and Scurry to adapt to it.

**Zeba Khan Pathan**  
Margao-Goa

# We Bare Bears

'We Bare Bears' is an American animated series by Daniel Chong. The show follows three bear siblings **Grizzly, Panda and Ice Bear**. These bears are shown to live in the city of San Francisco in California. The cartoon shows the bears trying to fuse with the human society, by making human friends, purchasing food and trying to become famous over the internet. The bears seem to be attracted to the civilized human society and therefore want to amalgamate with the humans.

Teens will be able to relate to the bears trying to cope with being members of a society and having goals such as internet fame and surviving in the wilderness they aren't meant for.

**Grizzly** is an extrovert and always passionate about the outdoors.

**Panda** is addicted to phones, who tries to become internet famous and does so because he thinks the friends he meets online are friends for real. He assumes that he can meet and eat with them in person. **Ice Bear** is very

quiet and introvert yet the most skilful of them all.

Kids find this show very interesting because of the three completely different personalities put together. Also, the show includes computers, Google, YouTube and other social networks which makes this show modern. The three bears address each other by saying "bro" which shows their care for each other.

Their attempts to fit in the human society sometimes pokes gentle fun at the hallmarks of modern society such as reliance on technology, internet which usually results in some sort of chaos. Even so, what stands out is how the character's uniqueness serves them well as a group and how they are stronger when united.

This show helps the viewers relate to the stereotypes it raises about our technologically driven society. This show throws out a very strong message to our young viewers. **Social media is not a replacement for social interaction.** Grizz thought online friends were real friends he could meet in person later, but he is proved wrong when he meets internet sensation, Koala who tells Grizz he is famous and has no time to meet any of his fans in real.

Though this show seems to be age appropriate and light hearted , a word of caution: it contains controversial subjects where characters cross-dress and exhibit unnatural tendencies.

To conclude, this show gives a very good message about the non-realistic world of social media, teamwork, brotherhood and care for each other. But on a larger platform, young viewers are exposed to inappropriate content and profanity.

**Zeba Khan Pathan**  
Margao, Goa



● **Did You Know?**

# 10 Oldest Mosques in the World

**Some of the world's oldest masjids, in order of their respective age, so the oldest one comes first, followed by the next oldest masjid, and so on**

## 1. Masjid al-Haram, Mecca (Saudi Arabia)

Masjid al-Haram is the oldest and largest masjid in the world surrounding the Holy Ka'abah.



## 2. Masjid al-Aqsa, Jerusalem (Palestine)

Masjid al-Aqsa or Bait al-Muqaddas, the first Qiblah of Muslims, was constructed forty years after the construction of Masjid al-Haram.



## 3. Masjid al-Quba, Madina (Saudi Arabia)

Prophet Muhammad (PBUH) laid the foundation of Masjid al-Quba when he first reached Madina, in the year 622 CE.



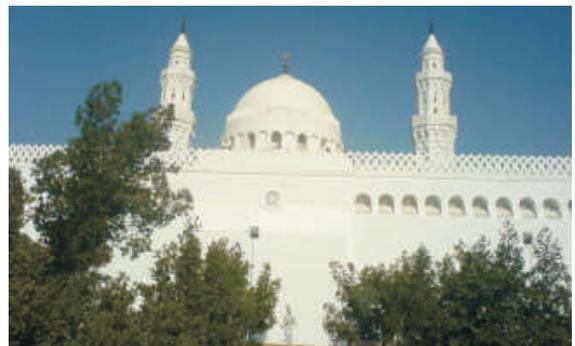
## 4. Masjid an-Nabwi, Madina (Saudi Arabia)

Masjid an-Nabawi was built by Prophet Muhammad (PBUH) in Madina in the year 622 CE, few months after Masjid al-Quba.



## 5. Masjid al-Qiblatain, Madina (Saudi Arabia)

Masjid al-Qiblatain (Masjid of the two Qiblahs) was built in the year 623 CE. This is where Prophet Muhammad (PBUH) received the Revelation to change the direction of prayer (Qiblah) from Jerusalem to Mecca.



## 6. Huaisheng Masjid, Guangzhou (China)

Huaisheng Masjid was built around 627 CE by Hz Sa'ad ibn Abi Waqas (RA), an uncle of Prophet Muhammad (PBUH). He was part of the first Muslim envoy to China sent in the 620s.



**7. Jawatha Masjid, al-Ahasa (Saudi Arabia)**  
Jawatha Masjid in al-Kilabiyah village of al-Ahasa was built in the year 628 CE by the tribe of Abd al-Qais. It has since been renovated many times.



**9. PalaiyaJumaPalli Masjid, Kilakarai (India)**  
PalaiyaJumaPalli Masjid is located in Kilakarai, a town in the South Indian state of Tamil Nadu. It was constructed by Yemeni merchants as per the orders of Bazan ibn Sasan, the Governor of Yemen, in 630 CE.



**8. CheramanJuma Masjid, Kerala (India)**  
CheramanJuma Masjid, built in 629 CE, was the first masjid in India. It was built by Hz Malik Dinar (RA) in memory of the noble Chera King Cheraman Perumal.



**10. The Masjid of Uqba, Kairouan (Tunisia)**  
The Great Masjid of Kairouan, or the Uqba Masjid, was established by the great General Hz Uqba ibn Nafi (RA) in the year 670 CE.



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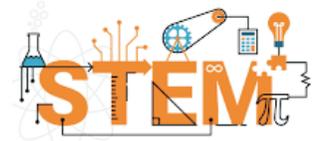
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## ● Counselling

# STEM - Science, Technology, Engineering, Mathematics



Every era comes with its own set of challenges and we need to develop create skills and abilities to overcome these challenges. Take the challenges of 21<sup>st</sup> century: digitalisation, keeping pace with technology, energy for development and growing inequality. Children need to learn about facts and do critical thinking so that they develop the ability to solve real world problems.

STEM is a curriculum based on the idea of educating students in four disciplines; **Science, Technology, Engineering & Mathematics.**

Science is everywhere in the world around us. Technology is appearing in every aspect of our lives. Engineering is the basic design of roads, bridges, tackling challenges of changing global weather, etc. Mathematics is in every occupation and every activity we do in our lives.

All these four subjects are integrated into a cohesive learning paradigm based on real-world applications through an **interdisciplinary and applied approach.** It will help to bridge the divide between Maths and Science fields. Students are exposed to innovative ideas which ignite creative sparks in them. It helps them to look at problems in a different way, enabling them to think 'out-of-the-box'.

It teaches them how to apply scientific principals in real world scenes. First analysis and then working out how to solve them.

It encourages students' experimentation, observation, development of ideas and risk taking. It helps them to develop an attitude of searching for solutions rather than focusing on problems. It makes students proactive, inquisitive, confident, learn not to be fazed by

failures and inculcate and nurture a love for learning.

By working as part of a group, children learn the value of collaboration and teamwork, combining the talents and skills of different individuals. It also helps them understand that setbacks are a part of life and not to give up and try again.

Common STEM areas are Aerospace Engineering, biomechanics,

Mathematical Biology, Nanotechnology, Neurobiology, Nuclear Physics & Robotics. These fields affect virtually every component of our everyday lives. This is 'Educate to Innovate'. It is a blended learning environment. Innovations lead to new products and processes that sustain our economy.

**Dr. Shaheen Khalid Hussien Sayed**  
(Psychiatrist), Porvorim, Goa

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## Career Counselling

*"I want to be a doctor." "I want to be an engineer." "An artist." "A teacher."*

These are the general responses one would get from children if asked what they would want to be when they grow up. Through their 10 gruelling years of primary and high school, children are groomed into becoming 'a something' when they are big. Most often this 'something' has a professional attribute attached to it. There really is no harm. After all, those 10 years spent in school are preparing a child to fend for himself in the real world. every year hundreds of students pass out from schools, but very few find their calling and passion and if they are lucky enough, get paid for it. This way, work becomes play.

But for the vast majority, education is simply a means of acquiring a job that pays them better than what their parents would earn in a traditional occupation. Change, although difficult is necessary. The education system hasn't changed in decades. What has been introduced are a few modern methods of teaching the same stuff. There is hardly any enthusiasm, or love for learning, nor real knowledge that one would love to acquire. What

we get are a bunch of insecure and ill-tempered adults who work for a living but not for the loving.

Our system of education fails to find in each child his or her true potential. If we could have a system of plugging in on subjects taught at school, we would discover which child is drawn towards which subject. That means a child would discover very early in life, what he or she is good at, loves doing, inclined towards and by the time the 10 years are over, the child knows for sure what he/she wants to be.

Secondly, with all the fame and fortune one gets, it is really of no use if it is not utilised for the well being of others and for making positive changes in society.

We would like to do a series of career selection in this section where a child could be guided about every profession and what each entails. It is mandatory to prepare the young mind with not only the career opportunities but with a sense of feeling for the path of choice and a greater responsibility to society with the skills gained in the years.

**Team TZP**

# Meet Arif Nadaf,

11<sup>th</sup> Std. Vocational student from *Purushotom Volvoikar Higher Secondary School, Mapusa*

From his 5<sup>th</sup> standard onwards, or at least that's what he remembers, Arif loved catching snakes. He caught the elusive reptiles and left them. Wanting to preserve their memories, he would often borrow a camera from a friend and take pictures of the snakes. That is how he developed a love for photography. At one time, when a friend refused to lend him a camera, Arif made a firm resolution that one day he too would own a camera. Today he has a professional Canon 7D, a drone camera and even a Go-Pro underwater camera!

His story is interesting. He borrowed a camera yet again to shoot a wedding in his family. He did such a brilliant job that the bride's side kept asking for his shots. At that moment, he decided he would be a photographer. He borrowed money from the groom who was his relative, and bought the second-hand camera. There was no looking back for Arif since that day. He undertook many wedding photography assignments and apprenticed under **Mangesh Digital Studios in Mapusa**. Despite failing his 10<sup>th</sup> Std., he continued working part-time and made another attempt.

He is a multitasking kid who has not wasted his time in useless pursuits. He can identify almost all kinds of snakes and is an expert snake-catcher. His photography ranges from wedding shoots to wildlife to street



Photograph by Arif



Contest winner Arif Nadaf felicitated at the hands of Hon'ble Chief Minister Shri Pramod Sawant

photography. He even design albums and binds them. His maximum work involves the photography of fish underwater.

Wildlife photography according to him requires enormous patience. Very often entire day is spent in getting the perfect shot. He has to accommodate himself in not very comfortable locations to find wildlife in their natural surroundings.

There are risks involved. Animals are most unpredictable. Hence he found himself in a spot when a peacock he was 'shooting' lunged back at him and he escaped with peck from its beak. While microfilming, an insect entered his camera lens and it had to be removed carefully. There is always the fear of falling and breaking his camera while running after animals.



Photograph by Arif



Arif is self-learned young man. Most of his learning is through experience, some through you tube tutorials and only very recently he has attended a 2-day workshop in photography.

**His first competition won him the 1<sup>st</sup> place.** He is among the very few wildlife photographers in Goa, having earned many accolades from the Government for his works. He has to his kitty, 4 awards in Goa.

When asked about what it takes to be a good photographer, he says, hard work, creativity, patience, perfect timing and knowledge of angles. He would encourage youngsters to think of it as a career option since it is a well-paying job. Nothing can be better than turning your passion into a means of livelihood. He dreams of having his own productions someday.

### Prizes won by Arif

- "Crossover 2019", photography contest organized by St. Anthony's Church Shiolim Bardez Goa - 17 May 2019 Theme (Religious structures of Goa) – 1st place.
- "Model photography" Khuteshwar Sports & Cultural club Talsai Dharbandoda- 29th July 2019 – 1st place.
- Traditional games by "Photo Journalists' Association Goa"-19 Aug 2018 – 1st place.
- Expressions by Photo Journalists' Association Goa 2019 – 1st place.

Team TZP

الخالق

# Al Khaliq

“Assalamualaikum Omaiza! Are you all set?”

“Yes I'm almost done Daniah, just putting on my shoes. You know, I am so thrilled about this trip, I have been waiting for so long for this day!!!”

Daniah and Omaiza were two good friends who were on an adventurous trip to a forest along with Ahmed uncle. Both of them said the *dua* for journey and left the house with their backpacks. On their way, they had lots of fun and a little serious talk about how they would spend their day. They reached the camping spot and as they were walking over some rocks, Omaiza was amazed to see so many different types of trees with colored flowers and the blue sky looked beautiful! She just couldn't get her eyes off the beautiful scene. They walked through a small rivulet and there were so many insects and fish, many which they had never seen before.

Omaiza exclaimed “Daniah! Uncle! Just see the beauty, isn't it so amazing?” Daniah replied, “Yes it is Allah indeed who has made all the wonderful things that we see around us. Do you know, one of the beautiful names of Allah is

**Al-Khaliq** which means 'Creator'?”

“Tell me more about it please,” said Omaiza.

Daniah went on, “**Al-Khaliq is The One Who brings things into existence after their non-existence!** It is He Who invents and innovates without a prior model. And it is He Who then bestows upon them, their characteristic movement and other qualities. He is the One Who invents whatever the eyes can see and perfects Their creation!”

Uncle Ahmed interrupted and said, “And beta, do you know, Al Khaliq also means The One who determines and creates according to the proper measure and proportion of each thing. The One who plans and determines how, when and where to create.”

“The One Whose works are perfectly suited, appropriate, fitting and proper. The One Who creates something from nothing. The One Who creates both the inner and the outer in just proportions. The One Who brings things into existence from a state of non-existence. The One Who has the power to change things back and forth between the states of existing and non-existing,” continued uncle.

'Khaliq' comes from the root, 'KH-L-Q' which has the following classical Arabic connotations:

- To measure accurately
- To determine the proper measure or proportion for something
- To proportion one thing according to another
- To create something based on a pattern or model which one has devised
- To bring a thing into existence from non-existence

“Wow! I really didn't know about this name and attribute of Allah! Alhamdulillah I am so happy to learn all this today!”

As they spoke about this, they realized they had walked quite a long distance. They stopped for a while to snack on some sandwiches and realized it was time to return back.

Ambrin Beig,  
Panjim-Goa



# SIGNS IN BIRDS

Dear readers!

Have you ever looked around at the numerous things which are around you? We see lots of creatures high up in the sky and tiny things on the ground but do we ever think about them?

All these things (nature) and all these creatures we see around us every moment, are nothing but the **Signs of Allah!**

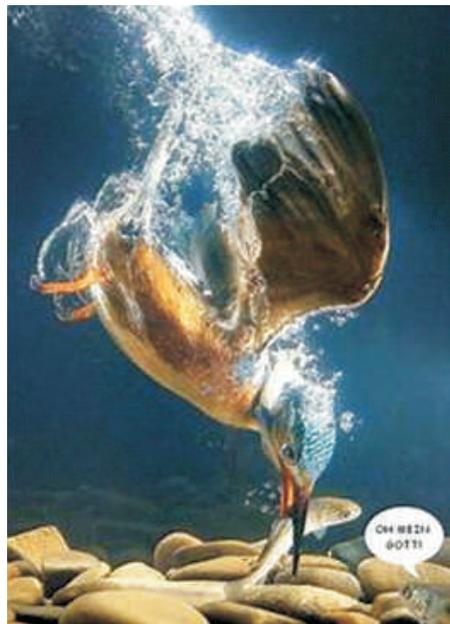
You may now wonder why does Allah need to show us so many signs.

The Holy Quran urges mankind to see these signs of God. According to the Quran, the Universe and everything that is created by Allah is to show us that there is a wise Creator behind the creation.

We can see such an amazing sign in one of the verses of The Qur'an in which Allah says:

*"Do they not see the birds suspended in mid-air up in the sky? Nothing holds them there except Allah. There are certainly Signs in that for people who have faith."* (Surat An-Nahl, 79)

A bird uses great energy when it takes flight because it has to lift its entire body with its wings. Yet, once it is up in the air, Allah has made it easy for it to remain aloft without



expending too much effort. Birds can fly for a long time by allowing themselves to rely on the winds. This way, they hardly tire themselves since they consume very little energy in the exertion of flight. When the effect produced by the wind diminishes, they begin to flap their wings again.

**By means of this feature that Allah has endowed them with, birds can cover very long distances and migrate to remote destinations.**

It is interesting that the legs of birds, so slender and little in comparison to their bodies, can carry their entire body weight. It is amazing that so many muscles, veins and nerves can exist in such a slender legs! If birds' legs were thicker and relatively more bulky, it would be difficult for them to fly.

Almost all birds sleep on one leg. This does not upset their balance since their body weight is concentrated on this one leg. Allah has created birds with the features that enable them to maintain such a delicate balance. *Subhan Allah!*

The eyes of water fowl have been created for clear, underwater vision. While we can't keep our eyes open underwater for even a few seconds, water birds can easily catch insects and molluscs as they plunge their heads into water. Since this is the only way for them to feed themselves, they must have clear vision underwater. For this reason, Allah has created a special structure in their eyes, which permits them to see underwater.

**The Arabic word يُسْكِنُهُنَّ** "yumsikuhunna" translated as "holds" in verse 79 of Surat An-Nahl means "not letting them go, taking them, catching them, or holding them."

With this word, our Almighty Lord reveals that He holds the bird in the air and that the bird flies by His command. Bird flight is still the subject of wide-ranging research by scientists. Having observed the perfection in bird flight, scientists use the avian body and avian flight as direct models in producing air-planes and jets.

Allah has made the entire universe for us to see, learn, understand and thank Him for all The Signs.

**AmbrinBeig**  
Panjim-Goa

# THE PROPHET SULAIMAN (AS)

The Prophet Sulaiman (AS) was the youngest son of the Prophet Dawud (AS). He was born in Jerusalem. His mother's name was Saba. He ascended the throne after his father Dawud (AS) because of his sagacity, power of judgement, right understanding, and spiritual insight.

He was endowed with many gifts from Allah. Prophet Sulaiman (AS) was endowed with high quality of giving sound decisions in complicated cases. He inherited many virtues from his illustrious father.

*“And (We made) the wind subservient to Sulaiman which covered a month's journey in the morning and a month's journey in the evening.”(34:12)*

*“So, We subdued to him the wind, which blew gently at his bidding wherever he directed it.” (38:36)*

Prophet Sulaiman (AS) was gifted the knowledge of understanding the speech of birds, animals, and insects. He was also capable of talking to them.

The Holy Quran testifies to this in the following verses: *And Sulaiman inherited the traits of Dawud and said, “Oh people, we have been taught the speech of birds and we have been given of everything. Indeed this is the evident grace of Allah.” (27:16)*

Prophet Sulaiman (AS) was given the power over *Jinns*. He utilized them in his service. They carried out his orders ungrudgingly. The *Jinns* were subjected to Prophet Sulaiman (AS) in the construction of *Bait ul Muqaddas* (Masjid Al Aqsa)

Prophet Sulaiman (AS) was an ardent lover of horses. They constituted an essential part of his army. When they returned after a mission, he would give them strokes of affection on their legs and necks. He did so in approbation of their loyalty and high speed.

The area, which is now Yemen, was known as Saba and was ruled by a queen. It was a prosperous kingdom and the queen allowed the people to attain a high level of civilization. One day, a Hud Hud (Hoopoe bird) informed Prophet Sulaiman (AS) of the flourishing kingdom of Saba. It said, *“The ruler of Saba is a queen upon whom Allah has bestowed His unlimited favours. Her throne is magnificent. But they are ignorant and do not make obeisance to Allah and refrain from thanking Him.”*

Prophet Sulaiman (AS) wrote a letter and handed it over to the Hud Hud to be conveyed to the Queen of Saba. He advised her to submit to Allah and abide by his commandments. The queen sent precious gifts to stop Sulaiman (AS) from his mission as a messenger. But Prophet Sulaiman (AS) who had a bigger mission before him, returned the gifts to the queen. When the queen did not submit to his message, Sulaiman (AS) decided to visit Saba.

Prophet Sulaiman (AS), on his way to a mission to Saba, marched with an army and passed through the Valley of Ants. In the valley, he overheard a conversation among the terrified ants who hurried towards their holes for

fear of being crushed under the feet of the marching army. Prophet Sulaiman (AS) was moved by pity and learnt a lesson to protect the life and honour of the humble creatures. He did not proceed further because he did not like the massacre, which would result in case of clash between two armies. His aim was to reform the queen and inhabitants of Saba. He desired to bring them to the right path and save the deprived people from ignorance.

When the queen of Saba got wind of an approaching army, she proceeded towards him to patch up differences. When Sulaiman (AS) came to know of her departure, he ordered one of the *Jinns* to bring her throne in the twinkling of an eye. When the queen arrived before Sulaiman (AS), after her long journey, she was asked to identify her throne and she said, *“I am already aware of your power and majesty. I have come to you as a submissive servant.”*

The queen was taken to a lofty palace. Its floor was made of slabs of polished glass that deceived the eye and looked like water. As the queen tucked up her cloth to pass through it, she was reminded that it was not water, but glass. She then realized that reality did not lay at the surface and needed eyes to see.

She felt penitence and accepted the message of Prophet Sulaiman (AS) about the oneness of Allah.

# KINDNESS TO ANIMALS

*"By the grace of Allah, you are gentle towards the people; if you had been stern and ill-tempered, they would have dispersed from round about you" - [Quran, 3: 159]*

The love and compassion of Allah's Messenger (pbuh) for all creatures was not of the kind that is claimed by today's 'humanists' and many Muslims too. He was sincere and balanced in his love and compassion. He was more compassionate than any other person. He was a Prophet raised by Allah (the Creator and Sustainer of all beings), for the guidance and happiness of conscious beings - mankind and jinn and for establishing the harmony of existence. He is a mercy for all the worlds.

## Mercy toward Animals

- Narrated by Hazrat Abdullah bin Jaffar:

Once upon a time, Prophet Muhammad (SAW) went to a Muslim man's garden. There was a camel in the garden. When the camel saw Prophet Muhammad (SAW), it started crying. Prophet Muhammad (SAW) went close to the animal and put his hand over its head and asked "Where is his master?"

An Ansari Muslim came forward and said "Oh Prophet! This is my camel."

Then Prophet Muhammad (SAW) said "Allah made you owner of this camel, don't you fear Allah regarding this poor animal. He complained to me that you do not give him enough to eat and make him do too much work.."

(SunanAbi Dawood, No. 2549 and MasnadAhamd, No. 1754)

- Narrated by Hazrat Anas bin Malik:

Once upon a time, Prophet Muhammad (SAW) passed by a group. They had caught a deer and it was



tyed to a pole. That deer said something to Prophet Muhammad (SAW). Then Prophet Muhammad (SAW) asked the group "Who is the owner of this deer?"

The group replied "We are her owner".

Prophet Muhammad (SAW) then said "Free her, she wants to feed her fawn and after that she will come back to you".

The people in the group asked "Oh Allah's Prophet who will take guarantee of her return?"

Prophet Muhammad (SAW) said "I take her guarantee".

They freed the deer. She went to feed her fawn and came back. When she came back, they tied her again. After some time, Prophet Muhammad (SAW) passed by that group again and then he asked, "Who is the owner of this deer?"

That group said "We are".

Prophet Muhammad (SAW) asked. "Would you sell this deer to me?"

The group said "Oh Allah's Prophet, it is yours." **Then Prophet Muhammad (SAW) freed that deer.**

(Tabrani, Mojam ul Owsat no. 5547)

- Narrated by Hazrat Abdullah bin Masood:

Once we were with Prophet Muhammad (SAW) during a journey. We passed by a tree where a sparrow

had two hosts (sparrow's babies). Some Muslims took those hosts. That sparrow began circling the group and was saying something.

Prophet Muhammad (SAW) asked "Who took this sparrow's hosts and hurt her?"

Some people said "We did this."

Then Prophet Muhammad ordered them to put those hosts back. And they did exactly that.

(Bahaki, Dalail e Naboowahvol. I. no 321)

The Messenger of Allah (blessings and peace be upon him) once said:

**"Whilst a man was walking on a road, he became very thirsty. He found a well, climbed down it, drank his fill and then came out. He then saw a dog panting hard and eating the damp earth.**

**So he said: This dog is thirsty, like I was.**

**So he again went down into the well and filled his leather sock with water. Holding his sock in his mouth, he came out of the well and then gave the water to the dog. Therefore, Allah appreciated the man and forgave him his sins."**

The Companions asked: "O Messenger of Allah! Do we get reward for being kind even to animals?"

The Prophet (blessings and peace be upon him) replied, **"There is reward for showing kindness to every living thing."**

(Al-Bukhari and Muslim)

Team TZP

# Zain & Zara

## THE BIRD SELLER'S TALE

On their way home from school one day, Zain and Zara went by their usual route. But it seemed like an unusual day today. On the pavement, a crowd had gathered; men, women and children were excitedly talking to someone. Zain and Zara decided to stop and take a look too.

The object of interest was an old man, who was selling his wares. But wait!! What were these wares!?! Lying scattered around the pavement were bird cages. Birds of the most beautiful colors, of glowing wings and unseen hues were huddled in the cages. The birds looked terrified of the crowd of onlookers.



Zain and Zara were moved by the plight of the birds. Although there was plenty for the birds to eat and drink, their sad eyes told the children everything they needed to know.

Zara could take it no more. *“It is not good to cage birds uncle,”* she spoke out above the chatter of the crowd. People stopped to listen. The old man looked at Zara, confounded.

*“Shoo! Go away from here if you don't want to buy anything.”*

*“Please uncle. Leave the poor birds. Can't you see they are unhappy? They need to fly freely in the blue sky.”*

Now, the old man had a short temper too. He shook a stick at the two kids and said, *“If you do not leave, you will get a smacking from me. Get going. I have work to do.”*

Utterly dejected, the two children left from the place. For while, neither of them spoke. Finally Zain said, *“Don't worry Zara. I will pray to Allah to keep the poor birds safe. What else can we do?”*



With that assurance, Zain and Zara reached home, listless and unhappy. They ate a quick dinner, prayed Salah and slept with a prayer on their lips and a wish in their hearts.

The next day was routine. As they walked to school, they couldn't bear to look at the part of the pavement where the bird seller had put up shop. Even school didn't seem like fun.

Later in the day, policeman Ashfaq Khan took his rounds of the village. As he drove his bike, he passed by the new 'shop'.

“As Salaamu Alaikum Janab. You are new here? May I see your licence?” said Ashfaq Khan to the bird seller.

“Eh! Licence? What licence? They don't ask for licence in my village.” replied the old man, surprised at what the police officer had just asked.

“Well Janab, unfortunately you are not in your village. So may I ask for your licence for putting up shop. These are the rules here.”



Now, the man was taken aback and quite afraid at the policeman's words. He left his shop in charge of the next shopkeeper and followed the policeman without a word.

In the prison, he had to fill in a form with all his details. He did so and requested for his family members to arrange the money for his release. Since it would be some days till they could arrange the fine, the bird seller had to spend a couple of days in prison. He did so without any mischief, submitting quietly at the orders of the policemen in the jailhouse.

He was shown his dingy prison cell where he would be put up for the next day or two. The old man was stooped with worry and distress when he was shown his lodging. There was no bed, just the hard floor he would sleep on. His meal was frugal and the place had a rancid odour. The bird seller was so disturbed that he hardly slept through

the night, twisting and turning and feeling rather out of breath for the cell felt very congested.

In all the time he was alone in the cell, he only remembered his beautiful birds. He thought about their plight. His situation was nearly the same as his birds now. Although he had food to eat, the prison walls were suffocating to him! He realised now that his birds must have felt the same in their small cages. He begged for Allah's help to arrive. Somehow he would have to make it through yet another painful day.



The next day, there was some good news for the bird seller. His family came to the jailhouse to pay his fines and ask for his release. No sooner had he finished with the formalities, he rushed out of the prison doors and left straight for his shop on the pavement.

The minute he reached the shop, he opened each and every bird cage and the sky was filled with birds of the most beautiful colours, flying in their new found freedom! It was indeed a sight to behold!

With a thunderous applause from the crowd, the old man finally felt a warm radiant feeling fill his heart. Zain and Zara were also there to witness their prayers come true.



**Ahmed Shaikh**  
Porvorim, Goa

● Moral Story

# The incident which changed A FARMER'S LIFE

The dark clouds floated above the tiny village. Soon it started raining heavily. In that village, there was a poor farmer called *Hisham*. He was very kind and generous towards everyone and never cheated anyone in his life. He had a big mango farm and the day it rained heavily, most of the mangoes fell down due to the heavy storm.

Just a few days ago, he was expecting to earn some more money by selling mangoes. He became very sad about what happened to his farm. The next day, a milkman came to him to take some mangoes.

This time, *Shaitan* succeeded in his plot. *Hisham* got trapped in the evil ploy. The thought which *Shaitan* whispered in his ear was that he take the fresh milk in exchange of all his

spoilt mangoes and fool the milkman. *Hisham* put forward his offer in front of milkman and the milkman agreed. The confused milkman was still thinking about the exchange of so many fruits for a small pack of milk. This thought was in his head when he reached his home.

There were some guests waiting for the milkman at his home. His wife took the mangoes from his hand to offer it to guests. When she cut the mangoes, they were spoilt from inside as they had fallen from the trees during the rain. She informed her husband. They felt very embarrassed and ashamed in front of guests as there were no mangoes to offer them.

It was now that the milkman understood why *Hisham* gave him so

many mangoes in exchange of milk. He spread the news everywhere that *Hisham* is a cheater and warned people not to buy mangoes from him anymore. So people stopped buying mangoes and other fruits from *Hisham*. *Hisham* realised his mistake and asked forgiveness from the milkman and forgiveness from Allah.

He started distributing free fruits to the needy for a few months without considering his loss. This was his repentance. Through this good act, Allah was pleased with *Hisham* and people started buying fruits from him again. *Hisham* was happy. But he continued his charity because he understood very clearly, the 4 facts of life through this incident.

- 1) Never cheat anyone, even in a small matter.
- 2) Allah forgives if we ask for His forgiveness sincerely.
- 3) Charity wipes out our sins even if it is small.
- 4) Charity brings great blessing or *Barakah*, which means we always gain by doing charity.



**Maryam Hibah**  
Bloomz International School, Nuvem,  
Margao, Goa

# Animal Sports



**M**any animals are astoundingly accomplished athletes. Among the 2 million and more species living on earth, there are **the strongest, the fastest, the most agile, the most graceful of creatures, masters of movement in the air, on land and beneath the waters!** But to experience their feats and excellence, an open air stadium much, much bigger than any built for the human Olympics is necessary. Only then can we discover the sporting champions of the animal world.

The events may rank an ant, the gold medallist in weight-lifting, a cheetah may be the number one sprinter, the spider monkeys would be the best of gymnasts and acrobats, the whales as the diving champions, the frogs and the kangaroos as the strongest contenders for jumping and so on...

Animal sporting events in the human world may differ with varying levels of participation from humans. Some are solely between the animals while others use the animal in a lesser role.

Over the period of time, man has devised many different ways to use animals for his amusement and entertainment, often misconceiving that animals are living creatures with feelings and connections to the larger spiritual and physical world.

Among the few cruel forms of animal sports that exist worldwide are:

**1. Animal Fighting-** Bull fighting, cock fighting, dog fighting, cow fighting, camel wrestling, Orangutan Boxing

The animals used for fighting are bred in dreadful conditions and mistreated to the extent that even a gentle natured animal turns mean and ferocious. They are also starved to make them even meaner, before a fight.

A bizarre form of entertainment is prevalent in Thailand, which puts the gentle apes in a boxing ring with gloves on (Orangutan boxing).

**2. Hunting Sport-** Hare Coursing and Fox Hunting: dogs trained to chasing hares and foxes.

Fox Hunting in England consists of chasing down and actually killing the hapless fox, the 'pleasure' is apparently in the chase.

**3. Blood Sport-** Rat baiting, Badger baiting, Bear baiting, Lion baiting  
**Animal baiting-** Many different types of animals have been placed in to a pit, sometimes tied to a post, and set upon dogs.

**4. Rodeo Riding-** One of the most dangerous sports in the world, riding an angry, bucking bull or a horse.



**5. Animal Shows and Circuses -**

The animal show events and Circuses create unnatural captive environments for animals that are then made to perform strange acts contrary to their own will. Whips, rods, hooks and even electric prods are used in the process of training.

On the other hand, we do experience few competitive animal sports such as:

**1. Animal Racing -** Horse, Dog (Greyhound), Ostriches, Camel racing, Bullock cart racing- (chariot racing), Buffalo racing, Dog-sled racing.

Here, the animals are kept in relative comfort and trained by kind trainers. However, animals who outlive their utility may be destined for some very grim fate: killed, sold to a slaughter house or donated for animal experiments.

The racing events become a common way to gamble, with billions spent worldwide every year which is illicit.

**2. Animal Riding-** It is a fun sport, riding over the back of the draught animals.

**3. Equestrian Sport-** A sport related to Horses performing show-jumping, dressage, endurance and tent pegging.

**4. Team Events-** Elephant and Horse Polo.

Animal polo is an example of non-racing competitive event with competitors hitting a ball with mallets while on the back of the horse or an elephant.

If someone really enjoys watching animals chasing one another, they can always switch on to the Discovery or National Geography channels. Or one can always discover the sporting champions of the animal kingdom in their natural habitat.

**Arman Shaikh**  
Tivim-Goa

## Interview with

# Fishing Enthusiast

Fishing. The word itself brings smiles on our faces. May be many elders would even start day dreaming to go fishing with their friends of yesteryears. This is also my passion and I have always enjoyed going fishing with my dad. **I decided to interview a professional fishing enthusiast.** There is a person in Goa who is a well-known and an expert in fishing. Also, a very important fact is that he has turned his passion into his business. This well-known person is Mr. Nasir Shaik. He has an outlet in Vasco which is famous all over Goa for different kinds of fishing rods and fishing tackles. Here are few questions which I asked him.



**Q How did you get yourself in this hobby?**

A I liked fishing since childhood but my parents did not allow me to go fishing then. It was only when I was a little matured that I started to go fishing and slowly it became my passion.

**Q Which are the places you go for fishing?**

A I go all over Goa. It can be anywhere Panaji, Vasco or Margao.

**Q Tell us about your greatest experience while fishing.**

A My greatest experience was when I caught a Treat fin Salmon also locally known as Ravas. It weighed 9.5 kgs.

**Q How did you get yourself in the business of fishing equipment?**

A I met a person from Tamil Nadu who had with him, squid fishing jigs from Japan. I could see the potential in the business and hence it all

started from there. Today, we import fish tackle from Japan, China, Vietnam, Taiwan, Malaysia and many other places.

**Q Which are the different companies of fishing equipment you deal with?**

A There are big brands in fishing equipment. We deal in many of these such as Okuma, Shimano, Strike pro, Gillies, Maria, Mega bass, Marato and our own brand Cassan.

**Q If someone wants to start fishing, how much does he need to invest?**

A You can start with basic accessories, costing just Rs. 2500 and you can start fishing.

**Q Which is the best time and season for fishing?**

A The best time for fishing would be just before sunrise and soon after sunset. Soon after monsoon is also a good time for fishing.

**Q Will you teach fishing to a few children?**

A Definitely yes, at some safe place.

As I finished the interview, I was amazed to see the different varieties and colourful jigs which were on display.

Then Mr. Nasir showed us the different jigs used for catching different fish. It was a wonderful experience for me. I request you all to go to Mr. Nasir Shaik and get for yourself a fishing rod. And yes! He will be very happy to share his experiences with you and give you lot of tips to become a fisherman.



**Abdus Samad Shah**  
6<sup>th</sup> std, Edify school, Vasco

# Meet a Traditional Baker

Our beautiful state Goa is known for its sun, sand, surf and of course for its *pav*. All over the country, it is a well-known fact that Goans and *pav* cannot be separated. In our *Goem*, there are many traditional bakeries which make different kind of *pav* and biscuits. I decided to interview one of the oldest bakers of Vasco city.

It was not very difficult to find one of the oldest bakery, as there stood out among the many bakeries and it was none other than **Golden Bakery**. Situated in the Municipal market, Vasco, I met Mr. Shaikh Nazir who is the owner of this prestigious outlet. I was surprised to know that Golden Bakery has been serving customers for the last 75yrs and now it was the turn of the fourth generation who is under training to take over the reins. I put below the conversation I had with Mr. Shaikh Nazir.

**Q. When did this business start and how did you get this name?**

A. It was started by my grandfather, Haji Shaikh Abdul Qaddar in the year 1938. Since the bakery was in the Mormugao Municipal market, my grandfather named it **Municipal bakery**. About 20 years ago we changed the name to, **New Golden Bakery**.

**Q. How did the idea of a bakery conceptualise?**

A. In those days, there was a lot of demand for bread and the vessels at Mormugao harbour needed bread regularly. Hence started the idea of the bakery.



**Q. How do you advertise your business?**

A. We don't advertise, the entire business is running on 2 simple technics: 1) Word of mouth publicity and 2) Satisfied customers every day.

**Q. What is your biggest priority?**

A. My biggest priority is to maintain the quality of every product. We would also like to inform you that all bakery products are made in the old oven which was installed at the time of inception by my grandfather. Another important aspect is that whenever serve our customers leftovers and we make sure that we serve the best quality at very affordable prices.

**Q. How many employees do you have?**

A. We have a total of 24 staff members.

**Q. What are the challenges you face?**

A. The biggest challenge is to get skilled labour.

**Q. What is the speciality of golden bakery?**

A. Veg, Egg, and chicken patties. We make 2000 patties every day.

**Q. What are your plans to expand the business?**

A. A chain of cafés which will provide economical and quality products.

After wishing him that very soon it would materialise, I had to leave as Mr. Nazir is an extremely busy person. But not without his hospitality. He made sure that I had some refreshing drink before I left. So the next time you want to have a tasty snack, don't think hard. Just head to Golden bakery for an economical and a quality product.

**Maryam Shah**  
9<sup>th</sup> Std, St. Andrew ICSE,  
Vasco-Goa

## ● Events & Happenings

# Writing and Illustration Workshop

The BIE unit of Panjim took the opportunity to organise, on the 25<sup>th</sup> of August 2019, a 'Writing and Illustration' workshop for the students of BIE. Held as part of their Personality Development Class, this workshop introduced to the children the skills of writing and drawing. Team TZP was assigned the task of conducting this workshop. It was decided to invite professionals from the respective fields to guide children with correct and relevant information and skills.



The workshop was held at the Students' center, Miramar and by two young professionals, Nida Sayed (Senior Reporter of Times of India) and Esuff Mataji (Graphic Designer, Illustrator and Animator). Apart from the 35 students of BIE who took advantage of these workshops, we also had 6 non-BIE children attend the same.



The program started at 10.30 am with a brief introduction of both resource persons. The air was charged with excitement and activity and children were keen to attend both workshops. Nida Sayed began her writing workshop while Esuff Mataji conducted illustration at the same time, with the age group from

6-8 years. He taught this group, the basics of drawing.

Both experts shared valuable tips in their respective workshops. Nida, extremely cordial and likable, sparked the interest of the kids and shared many interesting tips on writing. She held their interest through the games

she designed to get them into poking at their brains, to come up with original and imaginative narrations. Although the nuances of structure writing were not covered in the workshop, this was a great start for getting the kids to get started on writing.

Esuff on the other hand gelled along superbly with the kids of all ages. For the 9-14 year olds, he taught basic rules of sketching, elements of design, shading techniques and the rule of thirds. The children learnt some very interesting techniques and took home a lot of new ideas.

The program ended with a Vote of Thanks and token of appreciation to both members of the faculty.



**Team TZP**

# Independence Day Celebrations at Aashiyana Institute, Zuarinagar

Aashiyana Institute celebrated the **73rd Independence Day of India** with great enthusiasm and pride, on **15<sup>th</sup> August 2019**. The PTA members along with Management, Headmistress, Teachers and Students were gathered for the flag hoisting ceremony.

The Chief guest for the function was **Mr. Hasan Khan**, Chairman of Madhur Sandesh Trust. Aashiyana Institute also invited **Mr. Niyazi Shaikh**, a renowned Social Activist as a special guest for the event.

Mr. Hasan Khan hoisted the National flag and the National Anthem was sung by the students.

The programme started with the patriotic song "Aye mere Pyare Waatan" and speeches of the students in two different languages were presented on the topic of Independence Day.

The special guest, Mr. Niyazi Shaikh spoke in his speech of the sacrifices of our great freedom fighters who gave their lives for the sake of freedom of our country.

The Chairman, Mr. Hasan Khan, in his speech, reminded the teachers and students about the freedom fighters and their sacrifices towards



Independence and also mentioned that the freedom they earned for us is very precious and it is necessary to preserve it. He also highlighted the significance of this historic day.

Both the speakers advised the students to become ideal citizens of the country. After the program, sweets were distributed among the students.

**Tafseer Shakih**, Headmistress,  
Aashiyana Institute

## Aashiyana Institute- Primary Section 'Uncooked Food Canteen'



Aashiyana Institute Primary section of the School had organized its first "uncooked food canteen" on **17<sup>th</sup> August 2019** between 11 am to 12.30 pm at its school premises.

The activity started with a poem on fruits and vegetables recited by the school students. The students and their parents visited the stalls held by the teachers and students of the school. The students sold the food to the buyers by calling out "come one come all" and the parents bought the dishes.

All the students were very excited and participated with full energy in the activity. There were 4 stalls of 1<sup>st</sup> STD, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> STD with **14 different uncooked food dishes!**



The aim of the activity was to create a lean towards vegetables and uncooked foods and to teach the students the health benefits of fruits and salads. So eat healthy and live healthy.

The program ended with lots of joy and enthusiasm.

**Amber Mandlik**  
Teacher, Aashiyana Institute



## ● Events & Happenings

### Aashiyana Institute Pre-Primary Section 'Fruits & Vegetables Mela'



Aashiyana Institutes pre-primary section had organized the 'Fruits and Vegetable Mela' which was held on **9<sup>th</sup> August 2019** in the school premises. It was conducted by 3 classes: Nursery, LKG and UKG. Students were divided into two groups i.e. Fruit and Vegetable. Some students were told to bring fruits from their homes and some children were told to bring vegetables.



A market place atmosphere was conducted in the premises. 2 sections of stalls were setup: On one side were different types of vegetables and on the other side were different types of fruits.

Children were given dialogues to say on a particular vegetable or fruit. They were dressed with props. Dummy currency notes and a basket were given to the parents to buy the vegetables and fruits. The program was thoroughly enjoyed by the parents as well as the children.



The program ended with good hopes, joy and enthusiasm.

**Nilofer Shaikh**  
Teacher, Ashiyana Institute

## Eid Milan



**Board of Innovative Education, Sanvordem Unit, at Shanti Sadan, Curchorem** had organised an *Eid Milan* get-together on the eve of 17th August, 2019. The Guests for the programme were **Mr. Pradeep Kakodkar** (Chartered Accountant), **Fr. Joseph Rodrigues** and **Maulana Zafar Alam Nadwi**.

We had attended such a programme for the very first time. We were happy to see our teachers, principal and prominent people of Sanvordem in that program. It was for the first time that we witnessed the gathering of people of all faiths, enjoying the Eid ul Adha party together. Our little friends *Hibah, Arisha* and *Rizwan* presented bouquets to the Chief Guests. All three speakers spoke on unity, brotherhood and peace. Maulana Zafar Alam Nadwi presented a gist of the purpose of Eid and importance of brotherhood taught by the Holy Quran. All of us enjoyed a very good vegetarian dinner.



**Safwah Shaikh and Samiyah Shaikh**  
Students BIE, Sanvordem

# Parenting Workshop

A two-day parenting workshop was organised by the **Board of Innovative Education** for the parents of BIE students. The program was held at Islamic Centre Mapusa on 1<sup>st</sup> and 2<sup>nd</sup> September 2019.

The program began with *Tazkeer Bil Quran* by **Janab Akbar Khan** who explained the wisdom of **Hazrat Luqman** (AS) from the *Surah Luqman*.

In the inaugural address, **Janab Mohammed Anees** (Secretary, Board of Innovative Education, Goa) explained that BIE shall focus on Parenting, Teachers Development and Children's Reading culture in the coming 4 years. InShaa Allah! He also expressed his concern over the world's focus on only 3 areas of a child's development (Physical, Mental, Cognitive). **Spiritual development** is totally missing which is extremely important for the overall development of a child. The purpose of having this event was to guide parents to instil values in their children.

The main speaker for the two day workshop was **Janab Abdullah Javed Saheb**. He is the founder and Chairman of **AJ Academy**, Raichur.

On the first day, the first topic started with an interactive session on '*Islamic guidelines for Parenting*'. The speaker and the parents opened up their views in detail on the **physical,**

**moral, emotional, intellectual, social and spiritual** development of a child. At the end of the topic, the speaker explained the 5 qualities required for parenting: a sense of responsibility, clear vision, consistency in training, discipline and *Dua*.

The second interactive session was on the topic '*Parenting principles and Techniques*'. Janab Abdullah Javed explained how Muslim parents can train their children according to Islam and Quran. He also explained the rights and status of parents in Islam.

The other speaker for the day was **Dr. Heena Sayed**. A psychologist by profession, she presented a PPT on different aspects of child psychology. She also gave solutions to parents for better understanding of child psychological behaviour. At the end of the last session, the participants were divided into groups and given a group study of a book, **Happy Family Life**.

The second day of the workshop started at 10 am with *Tilawat e Quran* by **Janab Jamal Akhtar Sahab**. The study groups presented the study of the book one by one.

The second topic of the day was '*21<sup>st</sup> Century Challenges and the Way Out*' which was presented by **Mohtarma Farheena Hussaini**, member, Jamaat e Islami Hind Goa. She expressed her concern over the growing attachment of children to the virtual world over realistic world. The

children of the 21<sup>st</sup> century spend more time with cartoon characters than with real people around them. Thus they adopt the values from the character they

watch repeatedly. She also explained that parenting is a continuous process with 4 necessary qualities (**Respect, Trust, Appreciation and Love**) that parents need to inculcate to overcome such challenges.

The third topic of the first session was '*Prophetic way of Parenting*' by **Janab Abdullah Javed Saheb**. In this session, the groups were given a few *Ayats* from the Quran and a Hadith related to parenting. A questionnaire was presented on the five topics referring Prophet Ibrahim (AS), Prophet Yaqub (AS), Hazrat Maryam (AS), Hazrat Luqman (AS) and Prophet Muhammad (peace be upon him). There was a group discussion and the representatives presented the answers discussed in the group.

The third session was an interactive session on the topic '*Characteristics of a Righteous Generation*' in which a PPT was shown. The outcomes of Hakeem Luqman's advice was presented in a broad perspective. Intense passion, prayers, patience, consistency and adaptability are the key qualities required for parents to bring about desirable changes in their children.

In the last session, the parents shared their impressions and future strategies after experiencing the workshop. The concluding address was conveyed by secretary BIE, **Janab Mohammed Anees**. He said that a Muslim parent should work towards the upbringing of their children for the mission of Islam. As parents, we make big investments for our children. Not only of money but of time, talent and sacrifice too. The main objective of this investment is to create righteous individuals. One should plan accordingly towards this mission and follow the guidance on parenting from the Holy Quran and the Sunnah of Prophet Muhammed (peace be upon him).

**Mohammad Anees**  
Margao, Goa



## ● Events & Happenings

# Teachers Workshop Report

Keeping the teachers of BIE updated is essential to their growth. A workshop for teachers is a great way to learn new methods and skills of teaching and to implement the same for the betterment of students. **The Board of Innovative Education** took the opportunity to organize a two-day orientation workshop for the Teachers and Principals of the BIE units across Goa. It was held on the 7th and 8th of September 2019 at Abrar Masjid Hall, Margao. Its objective was to equip teachers with innovative methods of teaching

The workshop commenced with *Tazkir bil Quran* by **Maulana Zaffar Alam Nadvi**. The resource person for the workshop was **Dr. Kazim Malik** who is a Lecturer, Career Guidance & Psychological Counsellor, Personality Development & Soft Skills Consultant.



### Topics covered during the workshop:

- Advance lesson planning
- Effective teaching and learning strategies
- Identifying the special student in your class
- And team teaching

### The 2-day workshop was broadly divided into 4 sessions:

- On the first day, the resource person familiarized the teachers with the concept of

lesson planning; to guide the teachers in planning and visualization of the lesson.

- Teachers were made to work in groups and were asked to present a lesson. He further briefed teachers on 'Blooms taxonomy' and taught the different methods and approaches that can be applied while teaching.
- On the second day, he mainly focused on the various disabilities in children and how to identify the same.
- In order to understand the effectiveness of the program, a questionnaire was given to all the teachers.

The workshop organisers received various inputs and suggestions from the teachers on different topics. The teachers enjoyed the 2 day workshop. At the end of the workshop, the teachers shared their views and experiences and provided valuable feedback.

**Mohammad Anees,**  
Margao, Goa



## A meet on: Vision and Mission of TZP children's magazine

Taare Zameen Par children's magazine will soon be completing 2 years. Alhamdulillah.

It is time to take the magazine to a new level. So it is important to get support of more people from the millat. The support could be extended to TZP in different forms like: content contribution, illustrations, activities, financial support (donations and advertisements), promotion of magazine and by conducting workshops in writing and illustration.

Unless and until there is a clarity of the vision of the magazine, the support rendered will not be 100% in the mission that is to follow. Keeping this in mind, TZP editorial team decided to keep a meeting on the 'Vision and Mission' of TZP Children's magazine.

The meeting was held on 15<sup>th</sup> August 2019, at the Students Centre, Miramar and the target audience were teachers, writers, media persons, artists, various professionals, counsellors, etc. The 2-hour program was convened by Jnb. Adam Khan and divided into 4 sessions:

1. Introduction of TZP (Jnb. Feroz Khan)
2. Journey of TZP (Jnb. Shaikh Irshad Mussa)
3. Interactive session with guests (Jnb. Asif Hussain)
4. Concluding address (Jnb. Abdul Wahid Khan)

The programme commenced with the Tilawat e Quran by Molana Fahd Hashmi. In the introductory speech by Jnb. Feroz Khan, the entire magazine was brought out before the eyes of the audience. He explained in detail, the various categories and the reasons for including the same in the magazine. He quoted Jnb. Ameenul Hassan (Vice President, JIH) who rightly said that for a community to rise and shine, it is mandatory for it to upgrade and update itself. If one fails to do so, then not only will they be resigned to merely follow, but to be among the oppressed.

'The journey of TZP Children's magazine' was highlighted by Jnb. Shaikh Irshad Mussa who shared the concerns and observations of the jamaat. The contribution of Muslims as opinion makers in newspapers, weekly magazines, journals, etc. is almost negligible. There is no voice, no say of Muslims in the construction of society. For this reason, approximately 20 years ago, the Jamat took the initiative to get Muslims to read and write. The results of this long struggle was that many misconceptions about Islam were cleared, Muslims participated in discussions on social and general issues, they presented themselves on various platforms and expressed their culture and festivals and faith without hesitation. Since there was a gross lack of reading culture in the masses, the need was urgent to get children to familiarize themselves to the habit of reading. It was necessary to begin

with the young minds, to groom them and get them into the habit of reading and writing which was sadly so divorced from them. To achieve this, various platforms were created for children to express themselves without fear or complex.

The foundation of this children's magazine was therefore laid in the year 2016. The first issue was launched by the grace of Almighty Allah. Our writers from the JIH Goa extended their full support and contribution to keep the magazine alive. However, we need more writers and contributors from the millat to come forward and contribute to the magazine in whatever way they can.

Jnb. Asif Hussain interacted with the guests in the open house session and discussed how the millat can help in making the magazine sustainable, improving it and making it attractive to children.

Jnb. Asif Hussain effortlessly conducted the interactive session with all those present there. The magazine incurs a lot of cost. But for the sole purpose of making it available and affordable to children easily, it is sold at very subsidized rates. Although there was a demand to make the magazine monthly or bimonthly, one had to study the logistics behind the making. Aggressive marketing and public outreach programs and awareness drives in schools are needed. There is also a pressing need for content writers and in-house illustrators. A digital format of the magazine would help in the outreach program.

The concluding address by Jnb. Abdul Wahid Khan (Chairman, Board of Innovative Education) stirred the peoples souls. His talk brought before the audience was a graphic picture of the initial struggles of the Jamat. The rough road from 1900's to its results in the present time was presented to all. It was necessary to understand this struggle to appreciate the fruits today.



**Team TZP**

# MY FIRST SCHOOL TRIP

So, it all started as a holiday home work, when our English teacher told us to prepare a speech to check our speaking skills. We didn't know it was a small trial for being selected for the **32<sup>nd</sup> Kendriya Vidyalaya Sangathan Youth Parliament**. No one really bothered at first, but when our ma'am told us about the youth parliament, that was when the competition began.

50 students had to be selected for the youth parliament and almost half of my class (that is around 21 students) were part of this parliament. We practiced for 2 months for an one-hour skit. The competition was between 5 schools and was held in **K.V.S. Armed Force School, Pune**.

We started our journey on 24<sup>th</sup> August 2019 by a sleeper bus. It was really comfortable. The next day was Sunday. When we arrived, our school was first to reach there. We bathed and had our breakfast. The breakfast was delicious. On the very same day was my birthday. Most of the time we were free and twice or thrice we

practiced. The day almost came to end around 11:15 when one of our escort teachers came back holding a big bell. At first I thought it was a takeout for us children, but then I remembered. It was my birthday cake!

The best part was that it was made by ma'am. I was extremely happy. I hugged ma'am and then all the girls gathered around me and celebrated my birthday. The boys didn't get cake because they were in another section and the gate was locked. It was really an amazing day for me.

The competition was held on 26<sup>th</sup> August 2019 and all the schools had to perform. Our school got its chance at around 4 pm. After we finished, the judges and the organisers gave us a applause. A few of us even got special prizes for their speaking skills. We were really happy and after the performance we all went out to play. Some were playing football some were playing volleyball and the others were playing some or the other game.

It was a day full of fun and around 7 pm, we returned. We rested till

9 pm, after which we had our dinner. Dinner was followed by some chatting and later we all slept. We were supposed to leave on the 27<sup>th</sup>. In the morning, we had our bath and breakfast. Everyone had about 3-4 cups of coffee. After that we played in the park. A few of us watched the performances of the remaining 2 schools. We left at 2 pm. We arrived at the railway station around 2:30 PM, waited for around 2 hours, the hours passing quickly as we were with friends. The train arrived at 4.30. When we got into the train, we were a mess! There was chaos but thanks to our teachers, everyone settled down later. The next day we arrived at the Vasco railway station. After that we reached home. We all were exhausted but it was a trip no one would ever forget.

**Lubna Khalid Hussien Sayed**  
Std IX, K.V.I.N.S. Mandovi,  
Porvorim-Goa



## MY SUPER HERO, MY DAD

Hello! My name is Eshal Sheikh. I am studying in Std-V. I am writing this just for my dad who is my super hero. The name of my super hero is Ismail Sheikh. My dad is my super hero because he is the most special person in my life. He is everything for me. He tries his best to keep us happy. My dad loves me a lot and always tries to cheer me up whenever I am in a sad mood. But now he is in UK.

I miss all the joyful times we spent playing and laughing together. My dad is very funny but smart at the same time. He is an extremely loving dad. He is very confident that I will be a good person in my life. Seeing his confidence in me, someday I will make him feel proud of me. I am my dad's princess. My dad always says that his daughters are his princesses. My dad always says that his daughters are his treasures. Love you papa, love you the most. My super hero, I love you the most.

Eshal Shaikh

## THE SMART BOY

Once upon a time there lived a boy named Akbar. He was the smartest boy in his class.

The next day a new student named Rehaan came and sat near Akbar. Akbar was very glad to get a partner. They both studied together in the same class. One Sunday, Rehaan came to Akbar's house.

Rehaan told Akbar, "Assalamu Alaikum Akbar. Can you please help me for tomorrow's test."

Akbar said "Yes I will help you." Akbar told Rehaan everything about the test.

"Thank you Akbar" said Rehaan.

The next day, their teacher gave them the test. They both got A+ in the test. They were both very happy. Rehaan thanked Akbar for the help.

**Moral :** If you help others, Allah will help you

**Rayyan Mussa Shaikh, 8 yrs**  
Porvorim

## RAINY SEASON

I love the rainy season. When it rains I take my umbrella out and play in the rain, splashing water. During the rainy season, we see greenery everywhere. The earth becomes cool. The sky looks cloudy and the sun gets hidden behind the clouds. Sometimes we get to see rainbows. The frogs croak at nights when it rains. I was tired of the summer heat. When it rained I jumped with joy. I Thank Allah for this wonderful rainy season.

**Zainab Reeha**

Std. 3, Bloomz International  
School, Nuvem, Margao



## HOW I CELEBRATED EID UL ADHA

I was waiting for *Bakr Eid* since 10 days. The *Eid* day came and I was very excited. In the morning on the day of *Eid* I woke up early in the morning and offered *Fajr Salah*. After praying I bathed and wore a new dress. All of us at home were reciting *Takbir*. My father, mother, sisters and myself, went to the masjid near our house to offer *Eid Salah*. The *Namaz* time was at 7:30 am.

We reached 15 minutes before the *Salah* and sat in masjid hearing and reciting *Takbir*. First, the *Imam* of the masjid explained to us how to offer *Eid Salah*. We prayed 2 *rakats* of *Eid Namaz* and after that we listened to the *Khutbah*. After the *khutbah* everybody wished *Eid Mubarak* to each other.

All my aunts, uncles and cousins celebrated *Eid ul Adha* in our paternal grandparents house. I had *sheer khurma* and juices with my cousins. The goat was sacrificed and distributed to relatives and poor. In the afternoon we had delicious and tasty biryani. We had many guests till late in the evening.

*Alhumdulillah!* I enjoyed *Eid ul Adha* very much.

**Zikra Mariam,**

4<sup>th</sup> Std, Posh English High School,  
Margao



● **Activities**

# DECOUPAGE



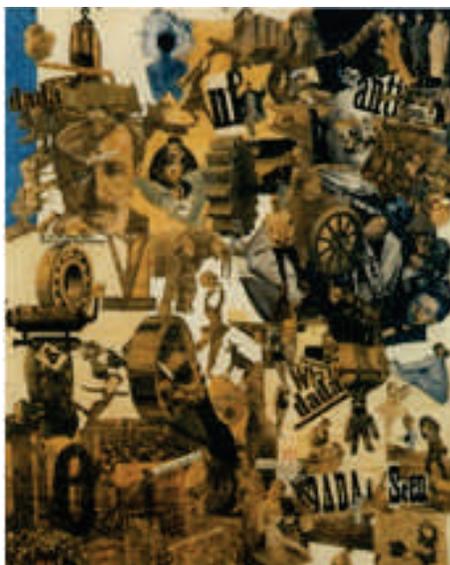
**Collage:** /'kɒlɑːʒ,kə'ɪɑːʒ/noun

- A piece of art made by sticking various different materials such as photographs and pieces of paper or fabric on to a backing.
- A collection or combination of various things
- It comes from the French word, 'coller' meaning, "to glue"
- It is a technique of an art production, where the artwork is made from an assemblage of different forms, thus creating a new whole.
- A collage may sometimes include magazine and newspaper cuttings, ribbons, paint, bits of coloured or



or some other sealant for protection and the result looks like painting or inlay work. The traditional technique used 30 to 40 layers of varnish which were then sanded to a polished finish. In the 12th century, cut out paper was being used to decorate lanterns, windows, boxes and other objects.

Collage made from photographs, or parts of photographs, is called **Photomontage**. Photomontage is the process (and result) of making a composite photograph by cutting and joining a number of other photographs. The same method is accomplished today using image-editing software. The technique is referred to by professionals as **compositing**.



handmade papers, portions of other artwork or texts, photographs and other objects, glued to a piece of paper or canvas.

- In the 10th century in Japan, calligraphers began to apply glued paper, using texts on surfaces, when writing their poems.

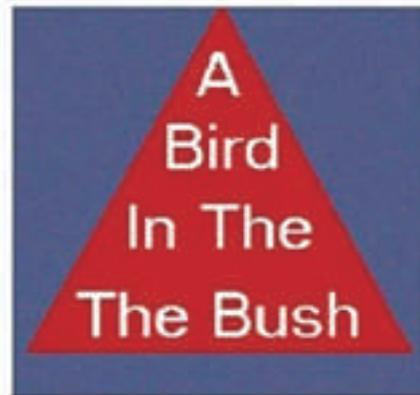
**Decoupage/découpage** is a type of collage usually defined as a craft, an art of decorating an object by gluing coloured paper cut-outs onto it. Commonly, an object like a small box or an item of furniture is covered by cutouts from magazines or from purpose-manufactured papers. The picture is often coated with varnish



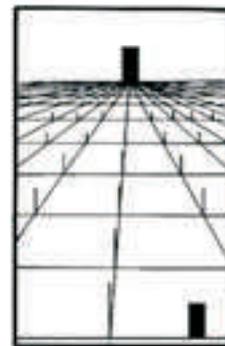
Team TZP

# Optical Illusions

Read the following passage:



Did you catch the two "The"s? Most people miss this obvious redundancy. Which black rectangle is bigger?



Would you believe that they are both the same size? Do you see the two shades of green below?



Would you believe that there is actually only one shade of green?

**MYSTERY**science

## Eyes & Vision ACTIVITY

make an image just like a real eye

On a card paper, cut out a circle of a diameter 5cms. Stand in a dark room and allow light from a window to enter the lens that you have stuck on the hole. Hold a blank paper behind the 'eye' and watch how the image forms on the 'retina'

● **Activities**

**COLOUR THE PICTURE**



**Bees are the only insects that produce food eaten by man!**

**Tick The Correct Words**

- |         |         |         |
|---------|---------|---------|
| WESTEN  | VESTERN | WESTERN |
| CATTLE  | KATTLE  | CATTEL  |
| BAGGAGE | BAGGIGE | BAGAGE  |

**Mumble Jumble:**

BIADE	Accept or act in accordance with	
ACPTCE	Consent to receive or undertake	
CHAIEEV	To succeed in finishing something	
RDAESDS	Home details	
STANSIHO	To surprise someone very much	

**Find The Words:**

P	R	O	G	R	E	S	S	U	S	Z
E	A	W	U	P	E	A	C	E	B	L
A	G	I	C	A	R	E	E	R	H	H
C	Q	L	T	E	A	P	Z	O	A	A
E	H	L	Z	D	C	N	E	B	D	R
U	G	I	G	U	E	C	E	M	Q	D
R	E	N	H	C	H	B	Z	D	S	W
E	D	G	C	A	I	B	Z	D	S	O
S	B	T	C	T	G	D	R	E	B	R
S	A	I	A	E	A	A	Q	M	O	K
G	U	I	D	A	N	C	E	N	G	I

CAREER, GUIDANCE, WILLING, RACE, HARDWORK, PROGRESS, PEACE, EDUCATE)

**Wordoku Letters Used A E F H R T**

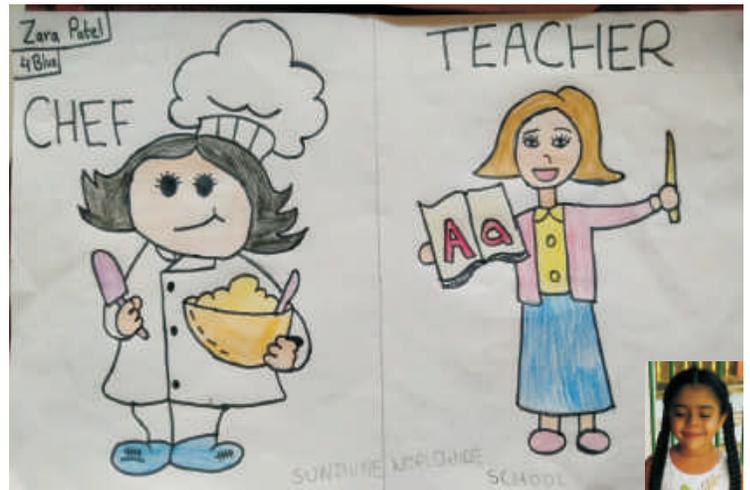
F		A		T	
		H			
E	R				
	E				T
		F			
H				A	R



Sofia Budannwar, 1st std, Ashiyana Institute



Tasina Pathager, 11yrs,  
Anjuman Nurul Islam H. School, Panaji



Zara Patel, 8yrs, Sanquelim, Sunshie School Old Goa



Zeeya M. Sutagatti



Zeeya M. Sutagatti, 9yrs, St.Theresa High School, Vasco

● Drawings



Ahyan Shaikh, St. Andrews ICSE School



Ayesha Banu Khazi, 12 yrs,  
Anjuman Nurul Islam High School, Panjim



Aliya Ali, 4th std, Ashiyana Institute



Ayesha Khan, St. Marys Convent, Mapusa



Aymaan Shaikh, 6yrs,  
St. John of the Cross Primary School, Sanquelim



Atika Shaikh, 3rd std, Ashiyana Institute



Fayaz Qadri, Ashiyana Institute, Vasco



Iqra Abdul Isluru, 4th std, Ashiyana Institute



Fiza Saheb, St. Theresa High School, Vasco



Humaira Mulla, 1st std, Ashiyana Institute

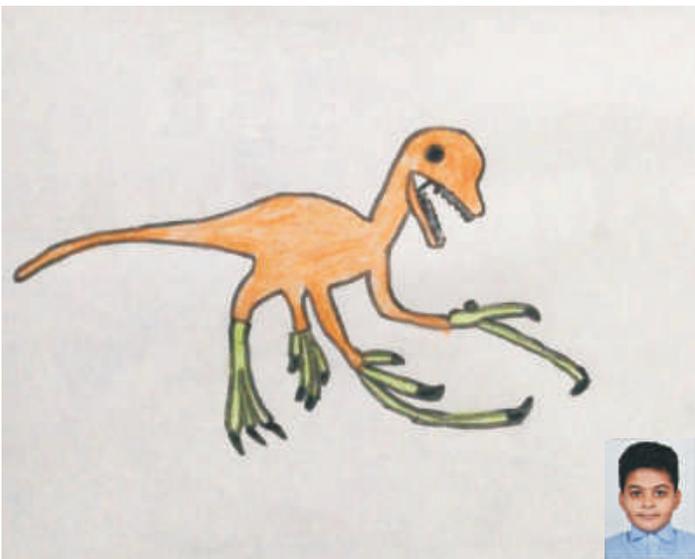


Mohammad Rehan Manoli, Ponda

● Drawings



Mohammad Sajid Khan, 15yrs, Adarsh School, Margao



Mohammed Arshaz, Manipal



Nida Ansari, 3rd std, Ashiyana Institute



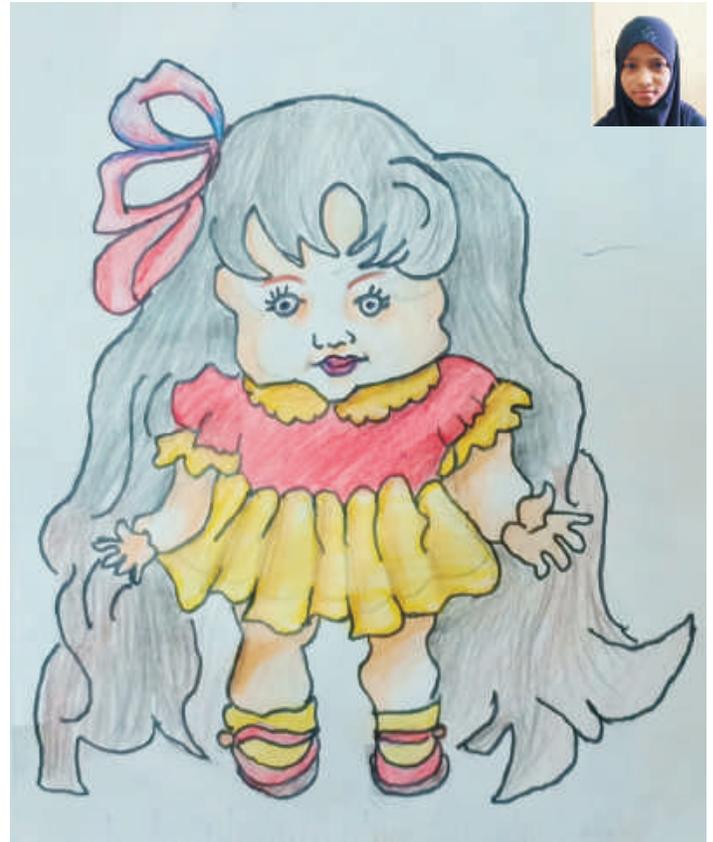
Mohd. Ayan, 10yrs,  
Anjuman Nurul Islam High School, Panaji



Munaza Bhagwaan, 4th std, Ashiyana Institute



Munazzah Shareef, 16 yrs,  
Anjuman Nurul Islam, Panjim



Nagina S. Kunkur, 12 yrs,  
Anjuman Nurul Islam High School, Panjim



Musadika Mulla, 1st std,  
Ashiyana Institute

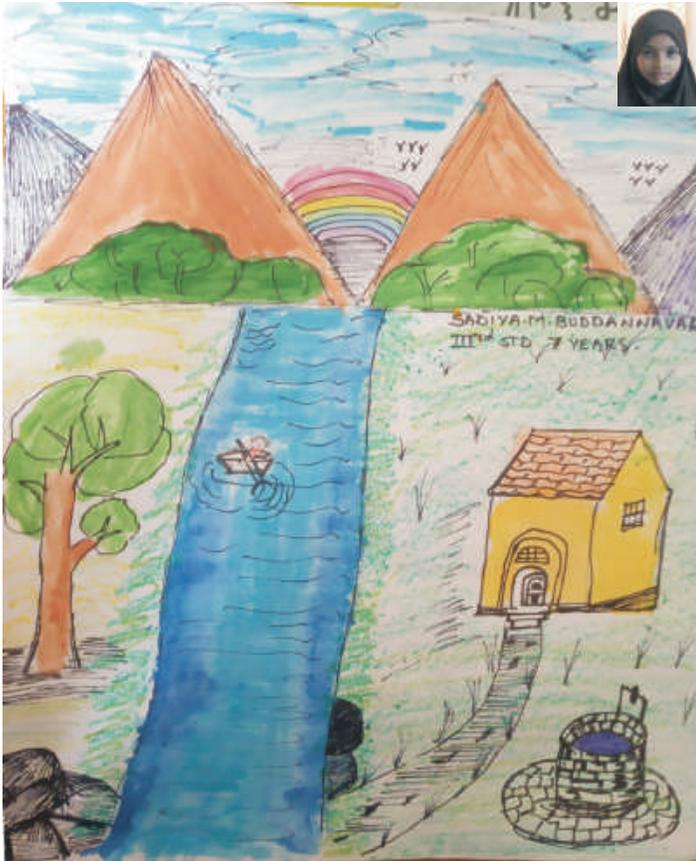


Saad Ali, 3rd std,  
Ashiyana Institute



Nida Shaikh, 3rd std, Ashiyana Institute

● Drawings



Sadiya Budannwar, 3rd std, Ashiyana Institute



Sarah Sharif, 3rd std, Ashiyana Institute



Sahil Shaikh, Anjuman Nurul Islam High School, Panaji



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	GSTIN: 30AAPFM6942G1Z7	GSTIN: 30AAPFM6942G1Z7	GSTIN:30AAMFM1983E1ZF		GSTIN: 30AAPFM6941F1ZA
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Mapusa Trade Centre,	Mapusa - Goa,403507	Near Hotel Navtara,	Municipal Market, Panjim	Opp. Hari Mandir, Malbhat	F.L. Gomes Road,
Mapusa Goa , 403507	GSTIN: 30AIHPK6276D1Z1	Panjim-Goa,403001	North-Goa,403001	Margao - Goa	Vasco - Goa, 403802
Ph no. 0832-2253368		Ph No. 0832-2235253	Ph. No. 9422063450	Ph. No. 0832-2725017	Ph No. 0832-2510888
GSTIN: 30AIHPK6276D1Z1		GSTIN: 30AAFFK8066M1Z3	GSTIN: 30AIHPK6276D1Z1	GSTIN: 30AAMFM1983E1ZF	GSTIN: 30AAPFM6941F1ZA
<i>Mustafa Kidswear</i>	<i>Falari Collection</i>	<i>Mustafa Collection</i>		<i>Mustafa Casual</i>	<i>Mustafa Menswear</i>
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Ph No: 9422063450	GSTIN:30AAPPF0234H1Z1	Ph No. 0832-2235253	Opp. Municipal Market,	GSTIN:30AAMFM1983E1ZF	Ph No. 0832-2510888
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Mapusa Trade Centre,	Market, Mapusa,Bardez	Opp. Eldorado- Plaza,	<i>Mustafa Mens @ear</i>	Malbhat, Margao - Goa	
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Ph no: 9422063450	Ph No.9765493527	Panjim- Goa,403001	Opp. Municipal Market,	GSTIN:30AGRPK7448M1ZU	
GSTIN: 30AIHPK6276D1Z1	GSTIN:30EDGPS9148E1ZF	Ph. No. 0832-2426070	Bicholim- Goa		
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