## On Fasting for Muslims in the Month of Ramadan

month of Ramadan for Muslims is well known throughout the world. Regarding the sighting of the Ramadan moon, Prophet Muhammad (s) said: 'Fast when you see (the crescent) and break the fast when you see (the next crescent). If you are not able to see it (because of the clouds), complete the thirty days of Sha'ban." Muslims welcome this sacred month with a view to fulfilling the obligations imposed by Allah by undergoing a strict discipline for body and mind. Fasting in the month of Ramadan is one of the five pillars of Islam. Allah prescribed Fasting for mankind before the time of Prophet Muhammad (s). In the Quran, Allah says: "O you believe! Fasting is prescribed to you as it was prescribed to those before you, that you may ward off (evil). (sura Bagara 2:183). The obligatory duty fard of Fasting, has no parallel in the manner of its performance in other religions. It is an obligatory duty upon ablebodied Muslim men and women who are not sick nor on journey. which makes it difficult for them to keep fast. "Whosoever of you is present, let him fast the month, and whosoever of you is sick or on a journey (let him fast the same) number of other days." (sura Baqara 2:185). It is not obligatory for a woman to fast who is in her menstruation or in confinement although she is required to complete them later. A person who is unable to keep fast due to the permitted reasons, should complete his fast in other times as soon as the opportunity arises so that he may comply with the commands of Allah. If it is very difficult and burdensome upon a person to keep fast due to his serious illness or old age, he is required to feed a person as a redemption fidyah. "(Fast) a certain number of days ... and for those who can do it (with hardship), there is a ransom fidyah: the feeding of a poor person

miskin (for every day). But whoso

does good of his own accord, it is

he behaviour and life-style

the process. Due to going by the

of people are changing

ASTING (siyaam) in the better for him: and it is better for you that you fast if you only knew." (sura Bagara 2:184). A Muslim fasts from early dawn to sunset without any food or drink and if he is married, abstains from sexual relationship, remembering Allah's order in the following verse: "And eat and drink until the white thread becomes distinct to you from the black thread of the dawn. Then strictly observe the fast till nightfall and touch them not, (your wives) while you are in Itikaf in the mosques. These are the limits imposed by Allah, so approach them not." (sura Bagara 2:187) I'tikaf means when one confines himself to mosque for the pur-

pose of devotion and worship

usually during the last ten days of

takes a light meal called suhur

which may even be a glass of

water intending as nourishment

for the following day and breaks

his fast immediately after the

sunset. Prophet Muhammad (s)

said: "Eat the suhur meal, that

the suhur is a blessing." The

Prophet (s) also said: "My com-

munity ummah remains in a good

state of affairs as long as they

hurry in breaking the fast and

As the Islamic calendar is based

on lunar months, the length of

the fasting time varies from year

to year. In Bangladesh this year,

the period of fasting is little over

It is important to realise that

the performance of fast to a Mus-

lim does not mean abstinence

only from food, drink and marital

sexual relationship. In truth, the

spirit of fasting requires a Muslim

as they delay the suhur (meal).

Before dawn, a fasting person

Ramadan.

12 hours.

to control all his sensory organs may incur Allah's displeasure Prophet Muhammad (s). In that restraint of eyes, tongue, hearing one's mind and thought from any foul or evil act. As fasting is performed for the sake of the plea-So an outward observance of fast by a Muslim may not be accepttells lies, backbites or quarrels

essence of the fast, Prophet

Muhammad (s) said: 'The fasting

is not to hold from the eating and

the drinking, but for holding from

the nonsense talk and the filth. If

anyone curses you, or annoys

you, say: I am fasting, I am fast-

of Allah and securing spiritual

satisfaction and enlightenment,

it cannot be looked upon as

repressive in character. In truth it

helps a fasting person to protect

himself from committing evils as

mentioned in the verse 2:183

quoted above, adapt his body

under new regulations, purify his

mind and thoughts and prepare

him to conduct a disciplined,

better and nobler life for the

Muhammad (s) assured the Mus-

lims that "the five prayers salaat

and the prayer from Friday to

Friday, and from Ramadan to

Ramadan are expiations to what

kabaa'ir are avoided. Some may think that keeping fast from early dawn to sunset throughout a month is difficult and painstaking which may cause one physically weak. But people who keep fast regularly in the month of Ramadan know ment of spiritual satisfaction and strength derived from obeying the commands of Allah is more any apparent physical weakness. Muslims constantly keep in mind

previous sins pardoned." (Malik, Muwatta, I Kitab Al-Salat, 'Tarawih in Ramadan', p. 52).

The Quran and the Hadith make it abundantly clear that besides the immense physical, mental and spiritual joy and benefits, vast rewards are awaiting from Allah for the observers of fast in the month of Ramadan. "And men who fast and women who fast ... Allah has prepared for them forgiveness maghfirah and a vast reward." (sura Ahzaab important and rewarding than 33:35). In a Hadith Qudst, Allah says: 'Fasting is for Me and it is I who give reward for it. [A man] gives up his sexual passion, his food and his drink for my sake.

One of the most auspicious

nights in the Islamic calendar, the

Lailatul Qadr in the last ten days

of Ramadan." In the opinion of the

majority of the ulema, this night

is the twenty-seventh of

Ramadan. The significance and

(no. 97). Allah mentions that the

Quran was revealed to Prophet

the Quran." (sura Baqara 2:185).

It was revealed on the 'night of

power' Lailatul Qadr. 'We have

indeed revealed it (the Quran) on

the 'night of power'." (sura Qadr

97:1). Allah further says: "We sent

terms of the spiritual value and

status of this night, Allah pro-

Power is better than a thousand months." lailatu'l-qadri khairummin alfi shahr (sura Qadr 97:2-3). then all his past sins will be foruntil the rising of the dawn. forgiveness for his sins and short-

After the completion of fasting mance of the Eid-ul Fitr prayer. The amount of this charity sadaqah is one sa' (2.3kg.) of grains or its equivalent money.

The writer, a member of the Bangladesh Supreme Court Bar, is in the Faculty of Law, University of

major part of this sacred night performing prayers salaat and seeking Allah's mercy and forgiveness. In Bukhari, it has been mentioned that Prophet Muhammad (s) said: "Whoever establishes the prayers on the night of Gadr out of sincere faith and hoping to attain Allah's rewards given." "In that (night) is made distinct every affair of wisdom." (sura Dukhaan 44:4). On this auspicious night, Allah sends angels to the earth with His special blessings and bliss pervades until the appearance of the dawn. 'The angels and the Spirit (Jibril) descend therein, by the permission of their Lord with all decrees." (That night is) peace (sura Qadr 97:4-5). Muslims believe that Allah is most generous in the month of Ramadan. If a Muslim fails to get the maxiwith others. Explaining the He wishes to make fast easy for Fasting is like a shield, and he mum blessings of Allah and His them. As there are immense who fasts has two joys: a joy when comings, he must blame himself. he breaks his fast and a joy when asks us to glorify Him, offering he meets his Lord." Prophet Prophet Muhammad (s) said: "In thanks to Him for providing us Muhammad (s) said: 'That who it [the month of Ramadan] a night the right guidance. "Allah desires fasts Ramadan out of faith and which is better than a thousand month, that who is prohibited of you should complete the period, previous sins are forgiven for its goodness, he is himself prohibited." The Prophet (s) also said month, in which fasting enjoined on you, when the doors 'night of power' Lailatul Qadr falls of paradise are opened for you, and when the doors of hell are

are enchained." in the month of Ramadan, Muslims celebrate the important festival of Eid-ul Fitr on the sighting of the moon of the next month, i.e. Shawwaal. An important part of the festival is the Eidul Fitr prayer salaat attended by Muslims in large congregations. It is obligatory upon well-to-do Muslims to give charity sadaqatul fitr per individual member of family at the end of the month of Ramadan and before the perfor-

it (the Quran) down on a blessed night." (sura Dukhaan 44:3). In New South Wales, Sydney, Ausclaims that it is better than one thousand months. 'The Night of

Muslims keep awake for the

\* Do not prick any blisters this can lead to infection \* Do not put butter, oil or ointment on a burn "Here has come a blessed Aged first

closed. The Satans at that time

#### If you have lost your appetite, eat with a companion whenever possible. If you don't have a live-in partner, participate in community gatherings and meet family or friends for a meal as often as possible. You may be surprised to find how much just getting out and socializing can arouse your appetite.

### Fact and fiction

Health and mind

HAVE A NICE DAY

Dr. Rubaiul Murshed

Before the doctor comes.

★ Keep hot from away until properly cooled

\* Keep matches and lighters out of reach

Burns

How to avoid them

food and drink burn

burned between the bars

away from naked flames

What if they happen...

All health information to keep

you up to date

\* Never leave a young child in the kitchen alone. Remember that hot

\* Make sure that fires are guarded and that children cannot be

\* Take care that thin cotton clothes that can easily burn are kept

\* Immediately place the burn under cold water for at least ten min-

\* Remove any tight clothing and jewellery as burnt skin can swell up

\* If you are in doubt about the severity of the injury seek a doctor's

\* Cover the burn with a sterile dressing or clean non-fluffy cloth

\* If clothes are stuck to the skin do not try to remove them

advice or if severe, call an ambulance/cab/doctor.

A pain in the lower right side of your abdomen means appendicitis? It may, but so can a pain in the upper right side of the abdomen. In fact, the pain of appendicitis may be "referred" to a point as far away as your right shoulder. The better way to diagnose appendicitis is

vomiting and a rigid abdomen. Tomorrow: Know your medicines, and other tips.

Fourth Training Course in Health Economics

Dhaka, Bangladesh will organise a training course on Health

Economics. The course will address various health economic

issues with special emphasis on Costing and Economic

Evaluation. Some foreign scholars will join the course as

Resource Persons. The training course will be held from

January 7 to February 7, 2001 at the Institute of Health

Economies: Arts Faculty Building, University of Dhaka. To

facilitate participation of in service personnel, sessions will

be held in the evening from 5:00 to 8:30 pm everyday of the

week (except Friday). The number of participants will be

limited to 30. The course is sponsored by the DFID, and as

such no tuition fees will be charged. The course is specially

researchers working in the NGOs and the private

organisations providing health care, as well as the officials of

Howlader, Director, Institute of Health Economics, Arts

Faculty Building, University of Dhaka, by January 3, 2001.

Interview for selection of the candidates will be held on

January 4, 2001. Applications should be made in a prescribed

form obtainable from Mr. Abdul Haque, Research Officer,

Institute of Health Economics, paying a fee of Taka 100/=

Interested participants are requested to apply to Prof S R

the various departments of MOHFW.

designed for the managers, policymakers, planners and

The Institute of Health Economics, University of Dhaka,

Institute of Health Economics

University of Dhaka

with a blood test (an increased number of white blood cells indicates

injection) to confirm the classic symptoms: pain, nausea and/or

#### by Salahuddin Ahmed

from committing anything, which and violate the commands of sense, fasting includes also from any evil matter and controls sure of Allah, it needs to be acceptable to Him, fulfilling the requirements of its observance. able to Allah if the fasting person

from experience that the attainthat Allah never wishes that they should undergo any hardship or difficulty in keeping fast, rather

The Quran and the Hadith make it abundantly clear that besides the immense physical, mental and spiritual joy and benefits, vast rewards are awaiting from Allah for the observers of fast in the month of Ramadan. "And men who fast and women who fast... Allah has prepared for them forgiveness...'

> you ease; and (He desires) that seeking the face of Allah, all his ing." As the entire purpose of and that you should glorify Allah him. fasting is obeying the commands for having guided you, and that perchance you may be thankful." (sura Bagara 2: 185).

benefits for keeping Fast, Allah

It should be noted that in the within the last ten odd nights of month of Ramadan, Muslims the month of Ramadan, Prophet perform a special prayer salaat Muhammad (s) said: "Seek the tarawih after the salaatul 'ishaa'. In the large mosques located in cities and towns, the whole Quran is recited by a haafiz from memory while leading this special prayer. 'The Messenger of Allah the majesty of this sacred night is (s) used to prompt people to say vividly described in sura Qadr remainder of the year. Prophet the tarawih prayer during the nights of Ramadan but did not press it as an obligation or duty. Muhammad (s) in the month of He used to say: Who said the Ramadan. "Ramadan is the tarawih during the Ramadan month in which was sent down considering it a right due speis between them, if the sins al cially to Allah would find their

#### Can't We Derive Wealth from Waste? by Dr Jagadish Chandra Saha

I rapidly due to their growing gas, the oil are exhausted; when wastes, and other lethal effluents inject a compassionate culture, a need and ability to purchase vis- the soils shall have been still of industrialization but lacks in finer fibre of values into the mind a-vis availability of consumer further impoverished and washed provision for converting refuse, and soul of the scientist and items in the market. Of late into the streams, polluting the residues and rejects into re-use technologist. Science, in fighting apparently affluent sections of waters and obstructing ables and serviceable new environmental degradation, can people are consuming more than navigation? Now it is time for us resources. This can be done and must convert a nuisance required for normal living. We can as a nation to exercise the through the discovery of liability into an innocent asset. call it a wastage of resource. The reasonable foresight in dealing transformation technology. This We, of the third world, must fight quantum of production vis-a-vis with our natural resources. These developmental activity, as it is, forward and scientists should be demand registers a speculative should be prudently used and has many shades and in the vanguard in this struggle increase and at the same time the conserved and therein lies the dimensions, one of which is the against the menace of the

amount of waste also increases in assurance of well-being for us. old method and technology relative term. In one sense, waste product. Noxious substances, as win the war for industrial environmental pollution is is what has no utility and inflicts the by-products of pollutive blessings. further increasing tremendously injurious disutility. Now the manufacture, harm social setup day by day specially in the third scientists should be able to locate and environment. But change their chemistry, if only world countries, while at the the toxicity and put the environmentally concerned scientists succeed in same time the natural resources substance to new utility. Once experts struggle to reverse this are also diminishing very fast. the scientists are able to do this process and rejuvenate a green, Now time has come to think they become creative artists who clean milieu in salutary co- environment-friendly production seriously about sustenance of experiment with the condemned existence with developmental process with all types of wastes resources and our survival and produce utility out of advance. This background serves exorcised of their hostility to

anything, which is waste forever? have a sensitive soul, a brings together many a scientific oriented industrialization policy Not at all. All creations have their salvational drive, and a talent from far and near to tackle and a pollution free society must divine presence. If so, anything, constructive direction giving the menace of waste and be resolved by removing the fangs which looks evil, may well be rid scientists and technologists a promotion of pollution-free of industrial waste and restoring of its latent vice, once its divine social commitment. Once the enterprises. use is unveiled. If so, nothing can higher urge becomes the The finest hour of substances. Cobra poison can be be condemned as waste. The locomotive of research, every environmental technologists therapeutic, if we master the spiritual scientist manifests what discovery will prove to be alchemy arrives when they succeed in curative process. Our effort lies un-manifest in things we whereby damaging garbage, toxic weeding out waste and greening it should be diverted to develop new superficially considered waste or discharges and pollutive effluent into eco-friendly products. The material and find the way for vice. Nevertheless, in the will undergo a salutary change, transformation of a waste-soaked different uses of the waste. mundane world we come across shedding the injurious elements world of avarice into a wealth- We should not waste our wastes noxious things, waste products and reincarnating into sharing planet of prosperity is a while we could make wealth out of and deleterious discharges, components of new processes lofty perspective but a viable them. In near future Bangladesh which harm life, damage and products adding to the project. Social justice for will belong to the world of waste if environment and destroy ecology. health and wealth of the everyone everywhere is the great we do not recycle the accumulat-But the scientist and community, if this magnificent trust vested in the scientific ing wastes. Now it is required technologist, inspired by the project whereby what is now community. The management of urgently of the environmental law philosophic conviction that there condemned as waste is reborn as waste and producing utility item societies, conservation organizais good in everything, investigate, wealth, succeeds, the world will out of them constitute a dual tions, informed intellectuals, analyse extract utility from advance in its material, moral contribution to our world's independent scientists, technolodisutility and transmute waste and spiritual dimensions and assets. Global patriotism can be gists, and mass mobilization into wealth, win value out of banish want and privation the locomotive for this scientific organs well informed on indusworthless and condemned currently stalking the peoples of renovation which one tends to trial pollution to come forward. A the Third World who are scared call, say, operation waste-into- comprehensive code must pro-The natural resources of our about the deadly fall-out of hi- wealth. country are in danger of tech effluents. If this "rags to Knowledge is power and operators to fight combinedly exhaustion if we continue with riches" metamorphosis can be scientific knowledge unlocks the against pollution and turning the old wasteful method of developed on a macro-scale what secrets of nature. Technology waste into wealth. This is a vital technology for exploiting is regarded as bane will soon applies such discoveries towards resources ignoring the great law become a boon for the victimized. material welfare. When take seriously. (recycling) of nature. The time has When science is humanized, technology is used to breed

disutility, worth out of waste. to explain the developmental human life. The contradiction What is waste? Is there Science and technology must manifesto of mankind, which between a maximum profit-

faces dangers from misuse of science. So it is important to magic of making waste non-toxic miasmatic defilement, must Utility, like 'beauty', is as and even into value-added arrest the greenhouse gases and

The waste products can "proselyting" them into good behaviour. We need an such materials into harmless

vide for all these anti-pollution policy position the country is to

The writer, an arsenic specialist come to ponder seriously what people's happiness is the reward. violence, accumulate ill-gotten (Ph.D in arsenic removal) is will happen when our forests are At present third world is wealth and promote its morally presently working as an gone; when the coal, the iron, the threatened with scourge of toxic untenable uses, development environmental specialist,

by Jim Davis

#### রাজশাহী বিশ্ববিদ্যালয় রসায়ন বিভাগ টেন্ডার নোটিশ

রাজশাহী বিশ্ববিদ্যালয়ের রসায়ন বিভাগে বিজ্ঞান ও প্রযুক্তি মন্ত্রণালয়ের বিশেষ অনুদানে গবেষণা প্রকল্পের জন্য বিদেশী বৈজ্ঞানিক যন্ত্রপাতি ও রাসায়নিক দ্ব্যাদি সরাসরি ক্রয়ের নিমিত্ত প্রকত ইনডেন্টর/সরবরাহকারী/আমদানিকারকের নিকট থেকে সীলমোহরকত খামে টেভার আহ্বান করা হচ্ছে। আগামী ১০-২০ ডিসেম্বর, ২০০০ অফিস চলাকালীন রসায়ন বিভাগের অফিস থেকে অফেরতযোগ্য ২০০/- (দুই শত) টাকার বিনিময়ে সিডিউল সংগ্রহ করা যাবে। ৩১ জানুয়ারি, ২০০১ দুপুর ১২টার মধ্যে রসায়ন বিভাগের অফিসে টেভার জমা দিতে হবে। একই দিন অপরাহ্ন ১টায় টেন্ডার খোলা হবে। গৃহীত টেভার দাতাকে ৩% আর্নেস্টমানি প্রদান করার পরই ক্রয় আদেশ দেয়া হবে। কর্ত্রপক্ষ কোন কারণ প্রদর্শন ব্যতিরেকে টেন্ডার পরিবর্তন, সংযোজন বা বাতিল করতে পার্বেন

> প্রকল্প পরিচালক **७**: भू. আজহার আলী প্রফেসর রসায়ন বিভাগ ताजगारी विश्वविमानय।

জিডি-১১২৪

#### Bangladesh Institute of Development Studies (BIDS)

E-17. Agargaon, Sher-e-Bangla Nagar, GPO Box 3854, Dhaka-1207 Admn:80/2000 December 6, 2000

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Applications are invited from Bangladeshi nationals for filling up the following vacant posts at the scale of pay as mentioned against each plus other allowances as admissible under the rules:

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Application with complete bio-data giving details of division/class obtained and year of passing from SSC onwards along with two passport size photographs, attested copies of mark sheets, academic certificates and nationality certificate from the Chairman, Union Council/Ward Commissioner, should reach the Secretary, Bangladesh Institute of Development Studies (BIDS) latest by January 21, 2001.

Candidates already in government/public service should apply through proper channel.

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Secretary GD-1126 BIDS

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বাংলা একাডেমী ঢাকা ১০০০

#### দরপত্র বিজ্ঞপ্তি

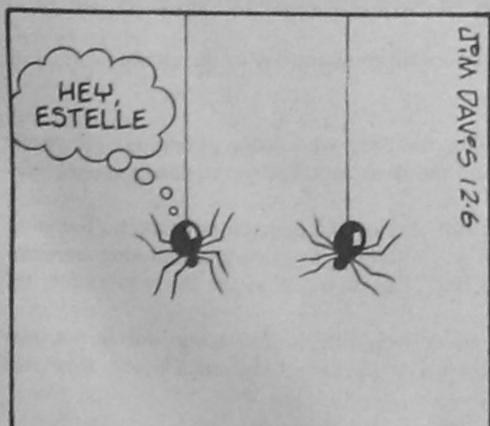
বাংলা একাডেমীর ৩ (তিন) টি কার এবং ২ (দৃই) টি মাইক্রোবাসে টায়ার-টিউব ব্যবহারের উদ্দেশ্যে গাড়ির টায়ার-টিউব সরবরাহ • করার জন্য প্রকৃত বাবসায়ী/ সরবরাহকারী প্রতিষ্ঠানের নিকট 🖁 থেকে সীলমোহরকৃত বামে দরপত্র আহবান করা যাচ্ছে। উক্ত কাজে " আগ্রহী প্রতিষ্ঠানের নিকট থেকে আগামী ১৮.১২, ২০০০ তারিখ দুপুর • ১২-০০ টার মধ্যে অথবা ১৮,১২,২০০০ তারিখের পূর্বে অফিস চলাকালে যে–কোনোদিন একাডেমীর সচিবের কক্ষে রক্ষিত দরপত্র 🙎 বারে সীলমোহরকত বামে দরপত্র গ্রহণ করা হবে। দরপত্রের বিস্তারিত বিবরণ সংবলিত শিডিউল ১৭,১১,২০০০ তারিখ পর্যন্ত • অফিস সময়ে প্রতিটি ৪০০,০০ (চারশত) টাকার বিনিময়ে 🖁 (অফেরতযোগা) একাডেমীর কোষাধ্যক্ষের নিকট থেকে সংগ্রহ • করা যাবে। দরপত্র দাবিলের শেষদিন কোনো শিডিউল বিক্রি করা रुव ना।

ষে-কোনো দরপত্র গ্রহণ বা ব্যক্তিল করার ক্ষমতা বাংলা একাডেমী কর্তপক্ষের সংরক্ষণে থাকরে।

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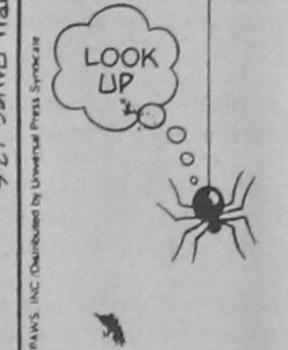
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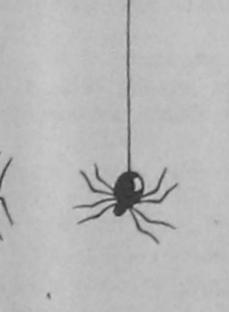
BY YOUR EMBASSY
THAT YOU ARE A
JOURNALIST IN
SEARCH OF SOME
COLOURFUL FEATURE

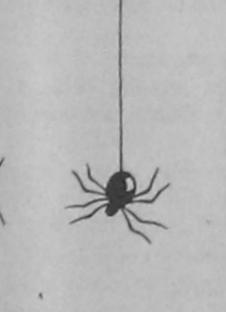
ARTICLES!

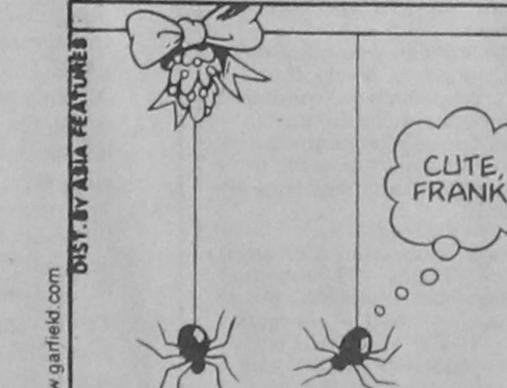
BY LAN FLEMING

DRAWING BY HORAK













THUS, I AM MOST INTRIQUED - AND

