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HEALTH



“BE HUMBLE NO MATTER WHAT”

SHK JUZER GODHRAWALA

SPECIAL MILAD EDITION

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From Aamilsaheb's Desk

قال امير المؤمنين[ؑ]
تَوَقَّوْا الْبَرْدَ فِي اَوَّلِهِ وَتَلَقَّوْهُ فِي اٰخِرِهِ فَانْه يَعْْمَلُ فِي الْاَبْدَانِ كَمَا يَفْعَلُ فِي الْاَشْجَارِ اَوَّلُهُ يُحْرِقُ وَاٰخِرُهُ يُوْرِقُ

“Protect yourselves at the onset of the cold season and embrace it at its end for the cold has the same effect on bodies that it has on trees. The arrival of the cold season burns trees (causing their leaves to fall) but the end revives them with fresh leaves.” – Amirulmumineen (AS).

At the onset of autumn when temperatures begin to drop, leaves of certain trees turn various hues of red and yellow that then dry and eventually fall off. Canada is one of the most vivid and beautiful examples of this natural phenomena and those residing in this land of four seasons would understand the literal meaning of this kalam of Amirulmumineen (AS).

This year during the Urus Mubarak of Syedna Mohammed Burhanuddin (RA), we were blessed with the raza to watch the recording of Syedna Aali Qadr Mufaddal Saifuddin's (TUS) last year's Urus Mubarak waaz. In the waaz Mubarak, Huzuraala (TUS) compared the changing colors and falling of the leaves in autumn to the everchanging times in the life of a human being. Moula (TUS) very eloquently and poetically explained that after bearing fruits and holding them for a while the branches get tired and shed off the leaves to rest before they are ready for the spring.

Such is the nizam, the system, of the creator. There is a cycle of day and night and neither last permanently. Similarly, everyone experiences a cycle of good and hard times, and nothing lasts permanently. When a mumin is blessed with happiness, he remembers Allah taala, shows gratitude and remains humble. And when he faces hardships, he practices forbearance and remains grateful to Allah for giving him the strength and wisdom to deal with the difficulties. He believes that imtehan (test) is meant to elevate him, be it in matters of deen or dunya. As a result, both hard times and good times, are always a blessing for a mumin.

May Allah taala give us the strength to forbear any adversities that we may face in our lives - with patience and gratitude, and the wisdom to always remain steadfast in our pursuit of our Moula's TUS happiness.

May Allah taala grant our Moula, Syedna al Dai al Ajal a long life of good health and happiness.

Abde Syedna TUS
Behlah Ayman



CELEBRATING THE AUTUMN OF FAITH

Courtesy: Pan Macmillan & DBWRF

As the autumn leaves gracefully paint the landscape with hues of gold and crimson, our hearts are aglow with warmth and anticipation. This year, the autumn season holds a special place in our hearts as we come together to celebrate the 80th Milad of our revered spiritual leader, His Holiness Syedna Mufaddal Saifuddin. As we embark on this joyous journey, we also cherish the legacy of our Bava, our Maula, Syedna Mohammed Burhanuddin (R.A), whom we dearly miss and who paved the path we now walk. This milestone Milad is not just an event; it's a testament to the enduring faith, unity, and love that binds our community. It represents years of spiritual leadership, guidance, and unwavering devotion. Under Maula T.U.S.'s sagacious leadership, our community has grown stronger, more resilient, and even more tightly knit. It's a time for us to express our love, gratitude, and unwavering allegiance to a spiritual leader who has illuminated our path.

Festivities in Full Swing

A vibrant tapestry of festivities paints our celebration. The soccer tournament exemplified sportsmanship and teamwork, echoing the values His Holiness instills in us. As teams fervently competed, showcasing their skills, they honored the spirit of unity—a reminder that together, we are a formidable force.

Autumn picnics, a cherished tradition, were beautifully mirrored in the 80th Milad Picnic and Fishing Tournament. By the serene lakeside, amidst laughter and shared stories, our community members fortified their bonds. The ripple effect on the water mirrored the warmth and togetherness that His Holiness inspires in us.

In the unique Haflat event, "Naghamaat al-Neel," we were transported to the Nile's banks through soul-stirring melodies. The harmonious tunes resonated with our profound love and devotion for His Holiness, etching an indelible mark on our hearts, much like the changing leaves painting the autumn landscape.



The Women's Milad Quest was a celebration of empowerment through various activities, showcasing the intelligence, strength and wit of our wonderful women. Their tenacity and enthusiasm gave a nod to the energy that fuels our community.

Aligned with the teachings of Syedna during this year's Ashara Mubarak, our women enthusiastically participated in the Kunuz League—a dynamic trivia program uniting teams in knowledge and camaraderie.

The 80th Milad Cycling Event took us through breathtaking landscapes. Enthusiasts from our community embarked on a scenic ride, the rhythm of their pedals echoing the unity and devotion that bind us together. Like leaves falling gently from trees, they created a beautiful mosaic of colors on the ground. And this is not it; we have many more exciting events coming up!

A Glimpse of Ghurrat al-Masajid

Amidst these jubilant celebrations, we also reflect on the auspicious inauguration of Ghurrat al-Masajid, the newly reconstructed Saifee Masjid in Mumbai on the occasion of Milad -un-nabi. This historic event symbolizes our community's commitment to preserving our cultural and spiritual heritage. Just as autumn leaves fall gracefully, making way for new life, this milestone Milad and the inauguration of Ghurrat al-Masajid inspire us to grow stronger and more vibrant with each passing day. In the spirit of autumn's beauty and the 80th Milad celebrations, let us continue to nurture our faith, strengthen our bonds, and shine brighter together, like the golden hues of this remarkable season.

Happy 80th Milad to His Holiness, Syedna Mufaddal Saifuddin!

By Zahra Ben Mithaiwala



MAARAZ

LUCKY WINNERS

Bhai Mohammed Lokhandwala
Bhai Yusuf Motiwala

Hamesha apna si nahna hoi ena sathe pyar si waat karo (always be loving to the person who is smaller than you in demeanor), if someone is alone and when we help them, imagine - the doa that person would give you. Humility and Care - never turn your face away from anyone!

SHK JUZER BHAI GODHRAWALA



It is indescribable, how exalted I am to present the interview of Sh. Juzer bhai Godhrawala who is currently serving as the Secretary of Anjuman-e- Fakhri, Mississauga. Sh. Juzer bhai is well known for his wit and humour, and has a proven association with FMB thali filling khidmat since its inception. This interview was indeed a learning experience for me .Throughout he maintained, "be humble, no matter what."

First of all, congratulations on your new role with Anjuman-e-Fakhri, please share something about yourself.

I landed in Toronto in 2006. Seems like yesterday to me. Immediately after we landed, we got busy with my sons' education and settling down and at the same time we tried hard to assimilate in this country. It was very challenging as I would fly back and forth to Kuwait, as my business was running there. The years flew by and one day I realised that my children were all grown up. To all the young parents out there, my advice to you is to spend more time with your children or else you will miss out on seeing them grow up.

I was very clear that I wanted my children to get into my business, for the sole reason of taking up Aqa Maula's farmaan to do vepaar, and also

since I had always been a businessman by profession. By the grace of Allah Ta'ala and Maula's Dua Mubarak there's been no looking back.

My sons Abbas and Mufaddal started our first Canadian venture AM Tuning at Ridgeway in Mississauga. We specialize in revamping German machines. I'm proud to say that my son is the one who is responsible for its success. Just last week we moved into a bigger work space, and we are growing! In terms of my role at AM Tuning, I am handling finance, customs and logistics.

You've been actively contributing to FMB khidmat since inception. Could you share some highlights of your journey?

Around twelve years ago, Muqaddas Moula Syedna Mohammed Burhanuddin RA was in London, UK and the farman was sent that every mumín home should receive the barakat of FMB Thali. The then Amilsaheb asked me to help in filling the thalis. At that time we did not have professional cooks. Everyday after Zohar Asr Namaz it was a routine for me to go for thali filling and it would take us over four to five hours to fill one hundred thalis. Within five years, the number of thalis shot up to two hundred. We

did not have sectors then and usually I would be the one waiting for everyone to collect their thali so that food wasn't left behind. I remember, at times, in winter it would snow and we would have to clean the parking lot ourselves to make way for mumineen to come and pick their thalis up. Imdad bhai can vouch for my words, we are the veteran thali guys. Sometimes, the chef would call me and say "Get me curd urgently, i have run out of it", and I would have to act right away and get them what they wanted.

With time, things got better. We became organised. Today we have so many mumeneen doing khidmat in FMB. With improved technology and a diligent operational team in the background, FMB works with ease and efficiency. Today we have an exemplary team doing khidmat day and night and I'm proud to be part of it. We started with four, and now more than fifteen persons come on a daily basis in thaali filling khidmat, Alhamdulillah.

If you ask me, what helped me in those tough FMB days was the Wasila Mubarak of Imam Ali Zainul Abedin. And I strongly believe that it was only because of my FMB Khidmat that I was able to reach to the Janaza Mubarak of Syedna Mohammad Burhanuddin (RA), and prayed janaza namaz in Saifee Masjid.

Now that you're stepping into this new role, what's your big dream for our community? Got any cool changes or plans in mind?

I have always served the community, in the best possible way, and as efficiently as possible. This is our masjid, it is Allah's home and I want to see it flourishing (abaad). My priority as of now is to streamline the Sabeel Nizam. We have already started working on it and hopefully we will be able to accomplish the mission soon. We need

to understand that properties have wear and tear, and as we grow as a jamaat, it is going to invite bigger expenses in terms of maintenance of the masjid. If the sabeel collection is on point, such expenses can be handled on time. Under the guidance of Janab Amilsaab we are streamlining the 12 umoor system. Alhamdulillah so many new mumeneen are getting involved in doing khidmat in different umoors.

How do you envision promoting the spirit of entrepreneurship among Mumins?

I have always advised people to do business, join Tijarat Rabiyyah. you need strong knowledge of sales and purchase, most importantly how to sell! You need to have a nature, where you can be a good salesman. Be it a seller or programmer - bole ena bor vechaay, I have been a businessman for years, I have always done it on my own money and not a single investment or a penny from the bank. That's the reason why there's so much barakat. It is a misnomer that outsourcing is cheaper, sometimes it can be cheaper to produce in Canada. Stay current, and embrace the change. Do things differently.

By Mustafa Kubbawala



80th Milad Cycling Event by Shabab Mississauga: A Day of Unity and Celebration



Courtesy: Bhai Hussain Deghamwala

In the heart of Mississauga, a special occasion took place: the 80th Milad Cycling Event, meticulously organized by Shabab Mississauga. This event was not just a cycling expedition but a momentous day to celebrate unity, cultural pride, and togetherness along with the teachings and values of our beloved Aqa Moula TUS.

Mumineen, draped in shirts that prominently displayed "80th Milad Cycling Event," came together to mark the occasion. The shirts not only showcased the religious significance of Milad but also the enthusiasm and zest of the participants for the cycling expedition.

The food stalls, though not the centerpiece of the event, played a significant role. They offered attendees a delightful slice of cake and a hearty lunch, symbolizing the unity and shared joy of the occasion. Highlighting this special moment was the cake cutting ceremony, graced by the presence of Janab Aamil Saheb of Mississauga, whose participation added a touch of reverence and significance to the day's festivities.

Shabab Mississauga, the backbone of this event, has consistently shown dedication in org-

anizing such gatherings that reflect both religious significance and the spirit of camaraderie. Their meticulous planning, from managing the cycling route to ensuring every attendee was catered to, was evident in the seamless flow of the day's activities. Their efforts have not only promoted physical fitness through cycling but also emphasized the teachings of Aqa Moula TUS regarding taking good care of one's health.

Integral to the success of the event were the sponsors who generously supported the initiative. We extend our gratitude to the sponsors of the event: Universal Data Supplies (Adnan bhai Kamdar), Maplefull Rental (Mu. Juzar bhai Fakhri), Asim bhai Halai Realtor, and Calibre (Shk Mansoor bhai Kanchwala).

Set against the stunning backdrop of Toronto's scenic beauty, the event was both spiritually uplifting and recreationally delightful.

In essence, the 80th Milad Cycling Event, under the meticulous organization of Shabab Mississauga, was a shining example of religious pride, unity, and the collective spirit of Mumineen in Mississauga.

**By Mufaddal bhai Khambat &
Edited by Tasneem ben Rakla-Anaswalai**

80th Milad Fishing Event by Tolaba Mississauga



Courtesy: Bhai Hussain Deghamwala

In celebration of His Holiness Syedna Mufaddal Saifuddin (TUS) 80th Milad Mubarak, Anjuman-e-Fakhri (Mississauga) in collaboration with working members from Toloba al Kulliyat al Mumenoon held a community wide family picnic and fishing tournament. Surrounded by picturesque views at the amphitheatre located inside the Island Lake Conservation Area in Orangeville, the event fostered community engagement and a day full of games, laughter and joy.

Around 250 Dawoodi Bohras of Mississauga from 80+ families participated in various activities such as kayaking, canoeing, group hi-

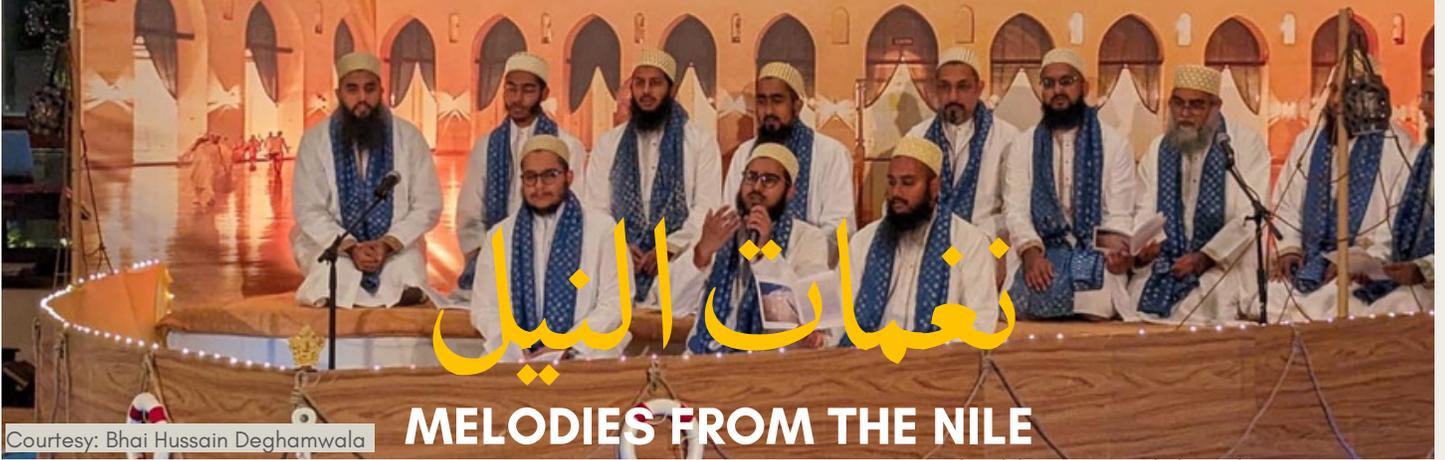
kes, trivia games, outdoor sports, nature scavenger hunt and tug of war. Anglers on the other hand, had their eyes hooked on the trophy which sparked a reel-y intense competition where individuals showcased their skills, competing for the title of the day's biggest catch and the most amount of fish.

With a wide spread of delicious food options for lunch, everyone from toddlers to seniors enjoyed and expressed gratitude for being part of a vibrant community and spending quality time with one another.

By Dr. Tahir bhai Ali



Courtesy: Bhai Hussain Deghamwala



Courtesy: Bhai Hussain Deghamwala

MELODIES FROM THE NILE

Naghamaat-un-Neel was a series of kalaams recited as a journey through the Nile River and the City of Misr (Cairo) reflecting on their role in the annals of Daawat while commemorating the revival of Fatimi history during the era of Syedna Mohammed BurhanuddinRA and Syedna Mufaddal SaifuddinTUS culminating with the presentation of the title of Vishah un Neel by the President of Egypt to Aqa MoulaTUS during his safr Mubarak to Misr for the Iftetah of Zarih of Sayyeda Nafisa RA.

The Haflat started with Qiraat from Surate Yusuf which has the zikr of Misr and Yusuf Nabi. Taking inspiration from there, zakereen recited various madeh's in the shaan of Aqa MoulaTUS as reflected in the importance of the River Nile and the Historic city of Misr.

We then recited a rasa in remembrance of Syedna Mohammed BurhanuddinRA and his immense role in reviving Fatemi history and architecture in Cairo especially Al Jamea ul Anwar.

From the historic river Nile, we turned to another river which has a significant importance in Islam and Daawat- the Furat-in Karbala where Imam Husain AS and Ehle Bait spent three days without a drop of water. The kalaams described the agonizing pain the river Furat must have felt as it was unable to provide water to Imam

HusainAS and Ehle Bait while also witnessing the shahadat of Moulana Ali AkbarAS, Moulana Ali AsgharAS and especially Moulana AbbasAS.

From Karbala, we continued with kalaams describing the journey of Raas Mubarak of Imam HusainAS to Shaam, Askalaan and to Misr as well as Ehle Bait's journey back to Madina.

Our voyage returned to Misr through Salaams recalling the life of Moulatena ZainabAS and the immeasurable sorrow she witnessed first hand throughout her life especially after the Shahadat of Imam HusainAS and her return to Madina and then onto her final resting place-close to Raasul HusainAS in Misr.

The Haflat ended with a noha and Purjosh Matam by Zakereen and Mumineen.

We zakereen firstly offer Sajadutus Shukr in Hazrat Imamiyah Qudsaniyah for granting us the azeem khidmat of Zikre HusainAS. We also convey our appreciation to Janab Amil Saheb of Mississauga for his guidance and motivation for this memorable program.

May Allah Ta'ala grant our beloved Aqa Moula TUS a long and healthy life till the day of Judgement.

Abde Syedna TUS

Shk Mufaddal bhai Shk Nuruddin Rashid

Edited by Ben Tasneem Rakla-Anaswala



Hussein Hassanali

INNOVATION IN ENGINEERING

Have you ever had an idea which you felt you could invent? Well then this story will definitely inspire you.

Hussein Hassanali, together with fellow undergrads at the University of Waterloo, formed The Engineers Without Borders Waterloo Design Team, and they embarked on inventing a device to reduce the carbon load in the atmosphere and submitted their work at 2023 OpenAir Carbon Removal Challenge.

In this competition 60 teams sent their prototypes and only 5 teams went ahead to the next round where the competitors' devices went through intensive testing and voting after which, to their utter surprise, their device which they'd named Viridian, won!

Hussein says he had heard of carbon capture technology, and he was drawn to this open source competition which gave them an opportunity to create a simple device, small enough for home use, that removed one kilo of carbon from the atmosphere per day. This intrigued Hussein, who loves a good DIY project, especially one that can easily be made.

This project opened so many ideas of research,

and innovation to the Team, plus, they discovered a unique way to trap carbon - they used Amberlite. Prepared Amberlite bonds with carbon dioxide in the air and that's what they used in their model. Once they'd successfully captured the carbon dioxide, then they needed a stable way to store the carbon dioxide and also to find a way to reuse it, if possible, instead of burying it underground. The Team ran tests on how to dispose of this "harnessed" carbon. They found an algae that eats this carbon dioxide by-product and this algae is edible for fish which is edible for humans.

After this competition, Hussein and his Team got noticed by one of these companies and they will be working hand in hand perfecting this device to manufacture it and put it in the market for home use.

So, can you imagine having a Viridian unit in your home which sucks out the carbon dioxide from the air, whose by-product is a food source for fish? One day soon to build that pond and create your own source of Halal macchi in your own backyard! That's the beauty of creation and innovation - the trickle effect is immeasurable.

By Tasnim ben Jivaji

PUMPKIN SPICE AND EVERYTHING NICE

HUMOUR

Autumn, a whimsical transformation in nature, brings delightful moments that define the season. *Leafy Confetti* blankets the ground as leaves cascade down, bidding adieu to summer. Going for a walk becomes a battle with noisy fiery-eyed *Crunchy leaves* and acorns like papad with our desi food.

Meanwhile, "Pumpkin Spice Everything" takes over, from lattes to candles, creating an infatuation with all things pumpkin, why not right? Maybe our caterers will soon start making some pumpkin spiced tarkari.

Yes, it's that autumnal season! Breathe in the earthy *Scent of Pine*, pull out your hoodie, and let's go apple-picking, even though it suddenly got warm, should we be looking for strawberries instead?!

In this enchanting season, we witness the *Squirrel Heist* spectacle, where squirrels display their hilarious acorn-gathering skills. You can see them slow down, like middle aged men with pot bellies leaving the mawaid after a heavy jaman.

On the other hand, *Raking Leaves: The Never-ending Story* unfolds, with our efforts thwarted by the mischievous wind, making it a sisyphian task. Making you think that condo life suited you better.

A *Hayride*? Of course! We only drove 50 kms from downtown to sit in another vehicle close to strangers on a farm, only to find out that the tractor is not working due to a technical issue. Scarecrows make a timeless statement, embodying Scarecrow Fashion with enduring flannel shirts and straw hats.

Now, onto the cozy holiday season! Wintry nights with family, roaring fires, stockings, candles, cookies, and—oh, it's over now. Get ready for the five months of February!



By Hunaid bhai Vahanvaty & Rashida ben Gandhi

Talim Al Quran Crash Course

Allah Ta'ala States in Quran e Majeed:

ورتل القرآن ترتیلا

And expounding on this Ayat Shareefa, Al Hayyul Muqaddas, Syedna Mohammed Burhanuddin RA has counseled mumineen many times:

داڑھی نابال سفید بھی تھی جائی تو بھی قرآن نی تعلیم سی محروم نہ رہے
کوئی مؤمن یا مؤمنہ نے قرآن نی تلاوت کرتا نہ اورے یہ ایمان نا نظام نا خلاف چھے

In the light of this Kalamat Nooraniyah, Jamali Madrasah organized a 10-day Talim al Quran classes for adults in the month of Zilhajjat ul Haraam, 1444H.

Mumineen bhaio and Mumenaat behno attended this program and practiced the correct way of doing Tilawat ul Quran Majeed.

In these classes, they all learned the following:

- 1) The correct pronunciation of Huruf al Hija.(Arabic Alphabets)
- 2) Introduction of all the Aeraabs (Zabr, Zer, and Pesh).
- 3) How to do correct Tilawat with Aeraab (in Misri accent).
- 4) Where is the "Madd" used; recognizing the Madd, and then correctly pronouncing it.
- 5) "Sukun" - What is "Sukun"? And how to correct the problems that are faced when trying to pronounce the letters that have "Jazm" on them.
 - a. They attained the knowledge of all the rules attached with the pronunciation of Jazm.
- 6) Recognition of "Tanween" (Double Zabr, double Zer, and double pesh)
 - a. Rules associated with the correct pronunciation of "Tanween".
- 7) Lastly, recognition of "Tashdeed" and how to correctly pronounce the letters that have "tashdeed" on them.

All the above points were discussed and practiced in the 10 days of classes so that the Tilawat ul Quran Majeed can be improved and is done according to the correct rules and correct pronunciation.

May Allah Ta'ala give us all strength and guidance to keep on working hard in order to improve our Tilawat of Quran Majeed and attain the Khushi Mubarak of Aqa Maula TUS.

May Allah Ta'ala bless Aqa Maula TUS with a long life in health and happiness till the Day of Qiyamat.

Aameen!

By Shk. Abizer Bhai Unwala



GROWING YOUR SMALL BUSINESS THROUGH SOCIAL MEDIA

Article by: Ben Zahra Taha Ali

TARGETING CUSTOMERS

Once you decide to start a business, the most important question is how to reach the target consumer. Social media, if used effectively, has made marketing and spreading your word more accessible than ever. But that also means there is a lot of competition to stand out from.

Word of mouth is by far the most trusted way to buy a product or a service. Social media is a glorified version of the basic word of mouth. But with effective use, you can make this work for your benefit and accelerate your organic growth.

If you are a product or a service, starting a portfolio will showcase your work to people apart from your clients which can drive more business your way. But growing on Instagram or monetizing it is a daunting task. Below are pointers on how to get started and grow to reach the right crowd.

— Create a Voice —

People connect with people. People don't connect with products. A compelling story of how you started the business, the thought process behind it, the struggles and the success is a great way to get people to follow you and establish a connection with you. Create a virtual identity of the product and make each post add to the storyline.



— Find Your Tribe —

Growing on social media is a lot of work. It is thought that the path to growing a following is to create content. That's not true. Initially, the growth path is to find a tribe. Find accounts globally that resonate with you and your brand and follow them. Engage with them, watch them. Follow and connect with people who could be your potential customers. For every post, you need to engage with 50 other posts.

— Create Valuable Content —

Showcase your product and always list how it can help the viewer. Let your post inform, educate, or entertain. Be super genuine.

— Maintain a Feed Aesthetic —

For a product/ service, the overall feed must be a brand image. Use Canva to curate posts that look and feel the same. Use high-quality photos or graphics. Always use good lighting, and clear images with the least number of distractions. The clearer your picture, the more quality your brand looks and feels.



— Use Target Boosting —

Boosting is an option on Instagram to reach out to new accounts that could be your potential customers. You can define age, ethnicity, interests, etc., on the ad to make sure it is showing to people who might be interested in you / your service or product.

— Reach and Engagement —

Instagram shows your post to 1% of your followers at first, if they don't show interest, it radically drops your reach- as in, it doesn't reach out to any more people. So however interesting the post is if it doesn't reach out it doesn't perform for you. For beginners, I would suggest an engagement group of like-minded people who support each other and push each other's content forward. The more traction a post gets initially, the more it reaches out.

— Have a Bio About YOU —

Mention how to reach out to you on your bio. Always reply to messages and keep trying.

**I Never Dreamed About
Success. I Worked For It.**

- Estée Lauder (Businesswoman)



Courtesy: Bhai Hussain Deghamwala

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TIRES

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- Stiff shoulder blocks deliver outstanding cornering stability and enhanced grips.





FLU
SEASON
AHEAD

FLU SEASON: STAYING HEALTHY

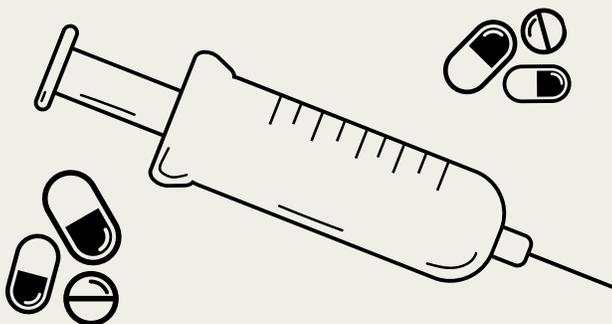
As the seasons change and the temperatures drop, it's important to be prepared to keep you and your loved ones safe and healthy. Cold and flu season usually starts in November /December and can last until February/March. The incidence is higher as children are back at school, and with the colder weather, people are indoors and in closer proximity to each other.

Both the cold and flu have similar symptoms and they are both caused by viruses. Since 2019, Covid-19 (also a virus) has been added into the mix, and, to make things more challenging, also has similar symptoms to the cold and flu. These viruses can spread when someone who is sick coughs or sneezes near you, or less likely, when you touch a surface with a virus and then touch your eyes, mouth or nose.

Generally, the symptoms of these viruses can get better on its own and do not need antibiotics. Getting rest, drinking plenty of fluids and taking some over the counter cough and cold medicines can be enough. If you are on any prescription medication or if your child is under 6, please consult your doctor before using over the counter medication. Antiviral medication can be used to treat the Flu and Covid-19 and can be prescribed by your doctor if needed.

To prevent the spread of these viruses, here are a few tips to keep yourselves and others healthy:

- Wash your hands regularly.
- Avoid being in close contact with anyone who has symptoms.
- If you or your children are sick, do not go to work or school.
- Cover your mouth when coughing or sneezing.
- Wear a mask in public spaces.
- Get your Flu and Covid Vaccine!



By Dr. Rashida Shamshudin



Courtesy: Tasneem Ben Rakla-Anaswala

Orange you glad it's not a pumpkin recipe?

Okay, confession - I don't like Pumpkin Spice Lattes. In fact, aside from a handful of baked goods and roasted pumpkin seeds, the pumpkin's place is best left on our front porches to entice trick or treaters and get in the spirit of the fall season. Whew - I feel so free!

Now you know who doesn't get enough love? The root vegetables! Oh they roast so beautifully! With their golden colours, and sensual textures! If you ask me, fall is a time for hearty meals that fill our souls and bodies with warmth and sustenance. With the obsession around pumpkins during the fall season, so many delicious root vegetables don't get the love they so deserve. Such as the humble carrot - so versatile yet often just thrown in for some color. But treated correctly, it is truly a nutrient packed flavour bomb that lends a nuanced earthiness with a touch of sweetness.

I don't know about you but my family is a soup family. Whether its a simple meal of keema roti, or a gourmet biryani and raita night, there is always soup. I partake occasionally but am always curious when there's a new looking soup bubbling on the stove. Recently a carrot soup has made its way into the line up and I'm a fan! It's thick, smooth, and the flavour is just perfection. It can even be a whole meal itself! When I thought about what recipe to share in this issue, this carrot soup was a clear front runner.

This recipe has been passed through a few hands before coming to me, so the official credit goes to Banaras, our family's cook back in Karachi, whose flavours are worthy of a Michelin star (or 3). So if you're like me, and the pumpkin just isn't cutting it, go back to your roots, (well the root vegetables that is) and turn that simple carrot into a 24k creation.

Method:

INGREDIENTS:

Carrots - 200g (chopped)
2 Roma Tomatoes (chopped)
1 red onion (chopped)
2 garlic cloves
3 tbsps unsalted butter
2 cans coconut milk
1 tsp Black pepper
Bouillon Cube
Salt to taste
Water (as needed for desired thickness)

- In a pan, saute the carrots, onion, tomatoes, garlic cloves, black pepper, bouillon cube in butter until carrots become tender.
- Meanwhile, in a large saucepan empty both cans of coconut milk and slowly simmer.
- While coconut milk is warming up, pour tender sauteed vegetables into a blender and blend to make a smooth puree.
- Pour puree into the coconut milk and simmer and stir until combined.
- Add water to thin out to desired consistency and add salt to taste.

By Tasneem Ben Rakla-Anaswala



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