

EVERGREEN

# Women Empowerment



“THE QUALITY OF BEING COGNIZANT OF THE SANCTITY OF THE HUMAN SPIRIT IS WHAT SETS US APART FROM THE REST OF ALLAH’S CREATION”.

- RASHIDA SH BEHLAH AYMAN



Milaad Quest

"There is no limit to what we, as women, can accomplish."

Michelle Obama

Read More Inside....



JNC's Night to Remember



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## قال رسول الله صلح : الحياءُ خيرُ كُلِّه

*Having a sense of shame is goodness  
in its entirety*

We all have memories of our childhood. Some make us smile, some bring tears to our eyes and some are indelibly engraved in our minds making us who we are today.

Like every child, I was encouraged to express regret and feel a sense of shame when I was responsible for hurting someone or something. I remember being taught to apologize to the person I hurt and promise myself for not repeating the mistake.

I remember lagging behind in my studies and then feeling guilty that I had wasted my time when I could have used it wisely.

I remember being unkind to my sister and then feeling ashamed for not letting her accompany me everywhere because that made her happy.

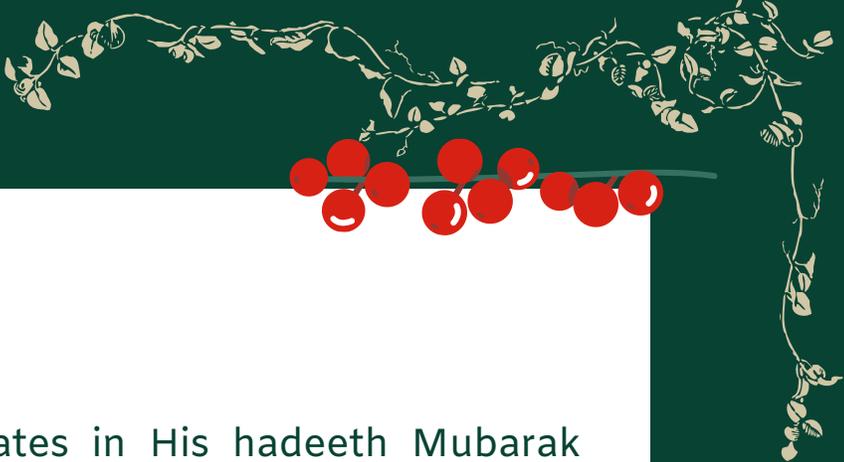
Our parents, mentors and idols have played a significant role in strengthening and normalizing the expression of shame, regret and guilt over wrong or unacceptable actions.



Likewise, the quality of being cognizant of the sanctity of the human spirit is what sets us apart from the rest of Allah's creation. An innate sense of what should be shared publicly and what should be done privately, is what living in a civilized society teaches us.

Sadly, these characteristic traits that define us as human beings are increasingly becoming a rarity in this day and age. Today, in the age of social media, we have sacrificed our values of safeguarding what is precious to us by blatantly sharing our most private as well as the humdrum instances of our lives to gain attention. The need to receive appreciation and 'likes' has evaporated the decency which used to be normal to us. The sense of shame we had is compartmentalised and packed away, only to be felt when it matches our new definition of being human. On the other hand, modesty and humility are disappearing so fast, that it is difficult to believe we are living in the same world anymore.



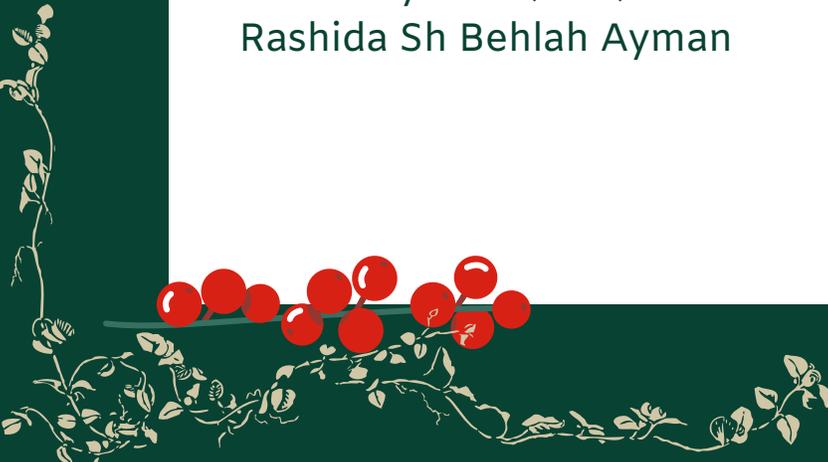


Rasulullah SAW states in His hadeeth Mubarak that having a sense of shame is goodness in its entirety.

I pray with all my heart that with the dua and nazaraat of our Maula (TUS), we remain safe from the ways of the world today. May we have the tawfeeq to lead our lives the way our Maula (TUS) teaches us, which is exactly what Rasullah SAW has taught.

My empowerment as a woman lies in the fact that I'm open heartedly able to embrace the qualities that Maula (TUS) wants me to imbibe-being modest in this world that is progressing towards immodesty. I'm proud that I have been empowered to choose my values correctly, and this has given me immense peace and satisfaction and pride in being a 'woman'.

Amate Syedna (TUS)  
Rashida Sh Behlah Ayman





# NISHAN E PAKISTAN

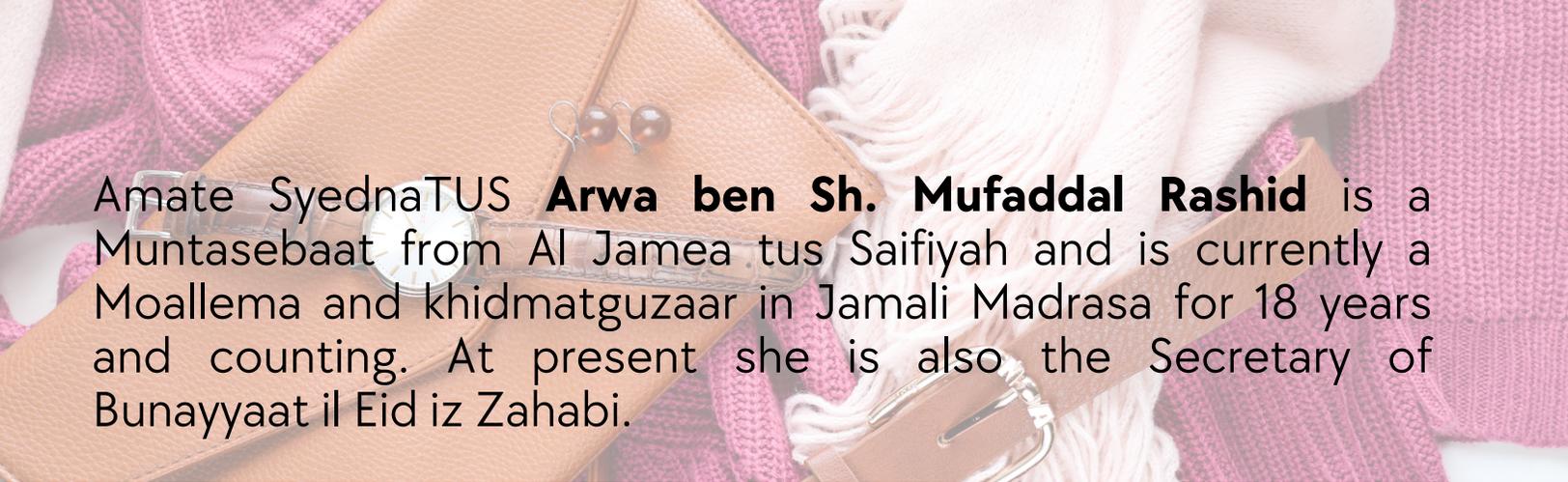
A TITLE BESTOWED TO MAULA (TUS)

## The Highest Civilian Award

WRITTEN BY: TASNEEM BEN RAKLA-  
ANASWALA

The prestigious Nishan e Pakistan is the country's highest civilian award, given to individuals who have rendered services to the highest distinction in the national interest of Pakistan. This year on Tuesday December 05, 2023 the President of Pakistan, Dr. Arif Alvi, presented this award to Huzuraala Syedna Aali Qadr Mufaddal Saifuddin TUS in recognition of Syedna al Dai al Ajal's numerous and ongoing contributions to social services, education and environmental initiatives across Pakistan.





Amate SyednaTUS **Arwa ben Sh. Mufaddal Rashid** is a Muntasebaat from Al Jamea tus Saifiyah and is currently a Moallema and khidmatguzaar in Jamali Madrasa for 18 years and counting. At present she is also the Secretary of Bunayyaat il Eid iz Zahabi.

**What is your definition/ perception of Women Empowerment?**

My idea of empowerment is to have the ability and freedom to make choices, and combine these choices with balancing life for the best possible outcome for yourself, for your family and for society at large. For Mumenaat especially, all of these need to be achieved within the boundaries of Shariat and khushi of Maula (TUS).

**Who are your role models?**

One of my biggest role models is my Mom. While growing up I witnessed how she managed her 4 children, her household, khidmat life, along with her teaching career, most importantly Shariat na daerah ma rahi ne. It was the ultimate balancing act which I'm still trying to emulate today.

**What makes you an empowered woman?**

Alhamdolillah, from a very young age, I was allowed to make choices for myself. One of them being the option to attend Al Jamea tus Saifiyah or continue with my schooling, so I went to Jamea, which was a dream come true for me.

After moving to Canada, I had the opportunity to pursue a career, raise my family at home or do both. At that point, I pondered carefully about what these choices would mean and ended up deciding to stay home and raise my children. Today, I have balanced that with my teaching career at Jamali Madrasa and being part of various sansthaas doing different khidmats. I feel that I have confidently made the right choices-although challenging at times, which has allowed me to raise my family in the right maahol, balance my deen and dunya

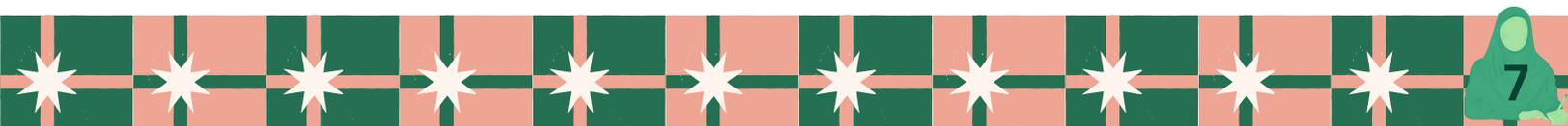
and make tangible changes in society especially for Dawoodi Bohra women in Mississauga and elsewhere.

**What suggestions would you give to younger generations?**

I think women today are more empowered than generations before. Thanks to technology and social media, they have the freedom and opportunities that few of us had in the past.

With so many choices, it is increasingly challenging to decide which is the right one. So the best way for a mumina to add true value to the empowerment we have today is to focus our decisions and actions with the ultimate goal of obtaining the Khushi of Aali Qadr Maula (TUS). If you genuinely include that into your decision making, then it will truly set you apart from others and make you empowered in your own unique way.

**Interviewed by: Mustafa bhai Kubawala**



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## *Navigating the Festive Shopping Frenzy: A Comprehensive Guide*

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Well, folks, we're diving into the holiday hustle, whether it's the enigma of shopping for a special someone or an occasion, during the last days of December it's all about twinkling lights, catchy tunes, and the perpetual struggle to complete the shopping marathon. Despite our best intentions to finish before the holiday season ends and the deceptive discounts are exhausted, it eventually turns into this last-minute spectacle, transforming the gift hunt into a sitcom-worthy adventure.

Navigating the shopping labyrinth demands strategic planning.

Below is a concise guide for your holiday shopping expedition:

- 1. Parking Dilemmas:** Before delving into the actual buying of gifts, the challenge of securing a parking spot at the mall resembles the personification of a needle in a haystack. Like an intense round of American Idol for facial expressions, the driver with the fiercest glare triumphs.
- 2. Strategic Earplug Deployment:** Once you're inside the mall, there's this onslaught of seasonal carols, and Mariah's vocals fill the air—ears bleeding? So, earplugs are a must. Trust me; these tunes stick around. You'll be humming them at work, while doing laundry, or picking up the kids from Madrasa.

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*The Joy of Shopping*

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3. **Shopping for Children:** Steer clear of the section filled with noisy toys whose decibel levels match the sound of the children playing in the sehn after Jaman. No one wants to deal with the aftermath of confetti explosions or paint mishaps. Practical necessities like clothes are a safer bet, leaving whimsical gifts for the slightly mature members of the family.

4. **Shopping for Grownups:** Unless you've got a Ph.D. in engineering or a secret identity as Bob the Builder, stay away from the DIY disaster kits. Giant mugs or pens that double as medieval weapons? Sure, they're momentarily amusing, but finding storage in a tiny apartment? Good luck with that.

5. **Shopping for Grandparents:** While the temptation to introduce grandparents to the latest gadgets exists, a state-of-the-art smartphone capable of intergalactic communication might be overkill. Consider their dedication to sharing heartfelt "Good Morning" messages with images of flowers and a plethora of emoticons that will not change.

6. **Shopping for Colleagues:** Motivational quotes are great, but a poster featuring a kitten hanging from a branch with "Hang in there!" might provoke more eye rolls than workplace inspiration.

Two words comrade: Gift Card.

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*The Joy of Shopping*

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**7. Shopping for Your Spouse:** The eternal quest for the perfect gift for your significant other requires thoughtful consideration. A hand-painted portrait of both of you riding unicorns? Artsy, but let's go for something a bit more practical for shared spaces.

So, amid the festive chaos, let's think outside the gift-wrapped box. We've all been victims and perpetrators of regifting. Your traditional gifts might come back to haunt you after changing a few hands. Skip the WhatsApp group ad postings and support local home-based industries and young entrepreneurs of our community.

Resolutions, whether to shop sooner or embrace unconventional gifts, totally capture the spirit of the season. Here's to another season of joyous shopping, where survival is celebrated, and chaos is just part of the journey. Could this be any more festive? Happy holidays, folks!

**Written by:**  
**Hunaid bhai Vahanvaty**





## My Istefa'Daa Experience

Fortunately, this year, I got a chance to attend Istefa'daa Ilmiyah in Surat, India. This event was truly a quest for knowledge like never before. One could easily see the vision of Syedna Mufaddal Saifuddin (TUS) being attained as each mumin brimmed with knowledge. It seemed like no barriers or challenges could have stopped mumineen from attending this event, and my sole prayer is to see every mumin be given the opportunity to attend this event every year.

**Written by: Fatema ben Lunawadi**

This year, during the ayyam of Milade Maimoon in Rabiul Akhar, Mamlooke Syedna (TUS) and 30 mumineen from Mississauga had the opportunity to attend Istifada Ilmiya in Surat, India. Istifada Ilmiya, in a few words, can be described as an educational rejuvenation. It is a weeklong series of Asbaaq held within the auspicious surroundings of Al Jamea tus Saifiyah and Devri Mubarak. This year, 65,000 mumineen from all over the world attended one of many sessions of Zaahir, Taaweel and Haqiqat na Kitaabo being conducted by various khidmatguzaars. For those of us in the West, this is the rarest of opportunities to be taught from these kitaabo by scholars from Qasre Aali, Asateza of Jamea and other Educational Idaras.

But Istifada Ilmiya is more than just attending asbaaq. In a short span of 7 days, Mamlooke Syedna and every single attendee of Istifada got the azeem sharaf of Qadam Bosi.

We also participated in Moqib Noorani in Milad Raat – there was daily Imamata Namaaz with Aqa Maula (TUS) – we did ziyarat of 7 Du'at Mutlaqeen- and the culmination point- the Waaz on Yawme Milad which was the perfect way to end this amazing occasion.

Besides the Ilmi aspects, there were business expos, physical activities, networking events and other seminars to uplift the body and soul.

Every facet of Istifada Ilmiya- the venues, the temporary accommodations, jaman and snack provisions were organized with meticulous planning. They even had childcare services for mumineen with small children.

The Golden Era of Syedna Mufaddal Saifuddin (TUS) continues to unfold before our eyes and Istifada Ilmiya is yet another chapter of this glorious period. I was indeed fortunate to have attended this historical event, and I pray to Allah Subhanahu that we all get the chance to be part of this educational journey for years to come.

**Written By: Sh. Mufaddal bhai Sh. Nuruddin Rashid**



# TNC Games Night



Mississauga TNC hosted a unique and successful Games Night on a rainy Sunday evening in November. In attendance were 48 dikrao and dikrio, participating in a series of games and activities created by the TNC Mississauga team.

As everyone arrived, tea and snacks were laid out and simple games were set up for attendees to mix and mingle. As per our nehej, the evening started with quran tilawat and Imam Hussain AS matam in a short majlis.

As the evening began, teams were formed and everyone moved through 4 different game stations, such as Truth or Dare Jenga. There were also more interactive games like Minute to Win it and Sky's the Limit, that brought out people's competitive spirit, and gave them an opportunity to work together as a team. All the games were designed to foster communication and interaction between all attendees.

Feedback from candidates was positive, and stated they "loved the informal setting and freedom to move around". Much appreciation was shown to the TNC committee for taking this initiative and creating opportunities for them to meet new people.

**Written by: Fatema ben Hyderabadwala**



Milad Quest - Discover... Compete... Connect



On the occasion of Aqa Maula's (TUS) 80 mi milad, this one of a kind event was designed by Aqeeq Committee to engage mumenaat on a multi-faceted journey. While passionately pushing their boundaries and striving to set new trends, they did so with unwavering comfort and pride in their identity, donning their rida at every moment in the hopes of attaining Maula's (TUS) Khushi Mubarak, and fostering even stronger bonds within our tight-knit community.

**20 teams and 80 participants** navigated through a 3 part competition!

**PART 1:** A race through Mississauga that tested their physical endurance, sportsmanship & mental abilities (critical thinking and problem solving) along with highlighting the strength and unity of women supporting each other. The race incorporated a mobile app (which was created specifically for this event) to guide the contestants through various pit stops. The activities included hiking, playing throwball, embarking on a mall hunt, searching for books at the library, trivia challenges and solving a captivating puzzle.

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# Milad Quest - Discover... Compete... Connect



**PART 2:** All teams had an opportunity to participate in a unique experience of their choice, which they were required to complete together on their own time. We saw teams participate in a diverse array of activities ranging from tree top trekking, canoeing, archery, horse riding, park cleaning, cooking, pottery, painting and many more!

**PART 3:** This was the finale where the teams took centre stage to share videos & live presentations about their unique experience (from part 2) with a panel of judges and an audience, who actively participated by voting through their phones after each presentation. The teams were judged on uniqueness of experience, quality of presentation, connection to the Milad quest themes of sisterhood, hub, bonding, and their Q&A responses. At the end, based on their performance in the race and finale, the top 3 teams were awarded exciting prizes which included an adventure getaway, spa

& shopping packages.

In conclusion, the Milad Quest was a testament to the incredible diversity of skills and talent within the mumenaat community. Participants showcased their ability to step out of their comfort zones and embrace new experiences, highlighting their capacity to thrive and excel in various domains. It was truly inspiring to witness mumenaat come together and leave a lasting impression of unity, resilience, and growth.

Written By: Zainab ben Yamani



# Ghar ka Khana

*Soul Food for the Desi Soul*



All we hear over and over – it's the most wonderful time of the year! Well yes, if you ignore the crazy holiday traffic, biting winter cold, and long forgotten shopping budget.

However, I can't deny that while all the treats, and holiday parties swirling all around us are truly delicious and thoroughly enjoyed, sometimes it becomes excessive and leaves you wanting something simple, yet delicious that just screams "ghar ka khanna". Yes, I know the obvious answer for many is daal chawal (a very strong contender for sure), but for me it's a simple, spicy and fresh Chicken Karahi. No chopping of onions required, and it all just comes together so perfectly even when you're short on time. I found this recipe online ages ago and everytime I made it I tweaked it here and there, so now it's something that brings me calm and comfort.

It can be a random weekday quick dinner, or a perfect Sunday night treat after a weekend of indulgence. Served with rice or naan (it's always naan for me), and a fresh crunchy salad of your choice, this easy and delicious recipe is for the novice and karahi savvy alike. So if you find a pause in the holiday madness and are craving that "ghar ka khanna" feeling, give this recipe a shot – a guaranteed soul (and taste bud) pleaser.

# Ingredients

## Method

- In a deep wok or karahi pot, saute the oil and butter with the fresh ginger, garlic and green chillies. Once they become fragrant, add the chicken and saute until its mostly white.
- All at once add all the masalas and chopped coriander.
- Keep the flame at medium high and continue to saute everything together for at least 3-5 minutes.
- Add in the tomato sauce and mix again for approximately 1 minute.
- Turn the flame to medium low and cover, let it cook for 10 more minutes.
- After 10 minutes are up, remove the cover and turn up the heat and continue to saute to thicken up the gravy, while the masala turns darker, and the oil begins to separate.
- Check your flavours, add more salt or spice if needed.
- Squeeze the ½ lemon over the dish and give one final mix.
- Serve garnished with ginger, coriander, and green chillies.
- Enjoy with naan and rice!

- 8-10 boneless chicken thighs or one whole chicken in karahi pieces
- 1 bulb of minced garlic
- 2 inches minced ginger
- 2-4 chopped green chillies (optional)
- ¼ - ⅓ cup of oil
- 3-4 tbsp butter
- 1 bunch of chopped cilantro (set aside a handful for garnishing)
- 1 tbsp of any karahi masala (if you have it)
- 1 tsp salt (add more later if needed)
- 1 - 2 heaping tbsp kashmiri laal mirch (I often add a few more tsp for colour)
- 1 heaping tsp ground cumin
- 1 heaping tsp ground coriander
- 1 tsp black salt
- ½ tsp black pepper
- 1 - 2 tsp chaat masala
- 1 tsp kesuri methi
- 1 can of tomato sauce (or 4-5 roma tomatoes blended)
- ½ a lemon
- Sliced ginger and green chillies for garnish

Written By: Tasneem Ben Rakla-Anaswala

UMOOR FMB

*Kneading it like a man!*



What a proud moment it was to witness fathers and sons making their first roti ever. Close to 40 men gathered in the mawaid at the AEF complex, and successfully made 270 rotis. The event was a master blaster, bringing together the young and the old alike, novices and experts, all joining hands in kneading the flour and rolling the rotis, bound as one entity in the khushi of Moula Syedna Aaliqadr Mufaddal Saifuddin (TUS).



Written by: Fatema ben Lunawadi



UMOOR SEHAT

# Ping Pong Vs Table Tennis



Umoor Sehat Mississauga proudly hosted the inaugural men's doubles table tennis tournament, a milestone achievement for our community's sports initiatives. The event's primary aim was to reconnect old friends from Toronto and Mississauga Jamaats while fostering new friendships and encouraging a healthy lifestyle through physical activity.

We were thrilled to welcome 96 enthusiastic players, forming 48 teams across 8 groups of 6 teams each. The top 2 teams from every group advanced to the knockout stages, leading to the crowning of our worthy champions, Aziz Bhai Khambati and Ashiqali Bhai Cash. Heartiest congratulations to these deserving winners on their remarkable victory!



UMOOR SEHAT

# "Every Ball Counts"

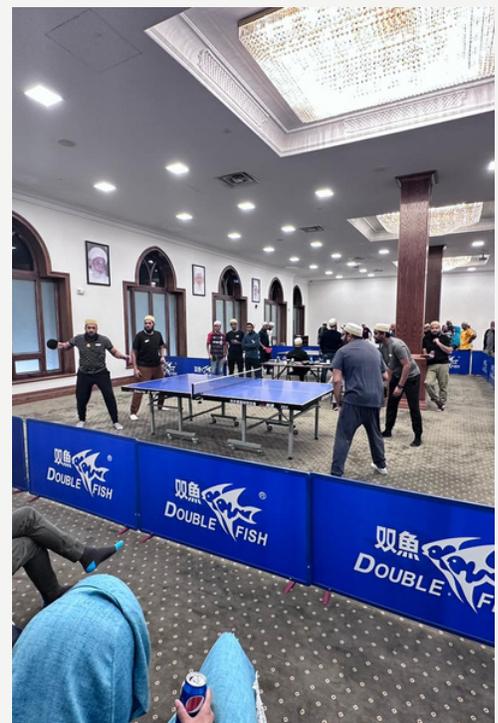
By Sir Matt



The overwhelming success of this tournament is a testament to our collective dedication. It signifies the commencement of a series of upcoming tournaments, made possible by the unwavering support of our esteemed sponsors:

- Ebrahim&Essajee Professional Accounts
- H&A Solutions
- HSK Law Firm

We extend our heartfelt appreciation to core committee members Hatim Bootwala, Huzefa Alibhai, Juzar Ebrahimjee, and Mustafa Ujjainwala for their tireless efforts in ensuring the tournament's success. Special acknowledgement goes to Dr. Juzar Jafferji, Muslim Mohamedali, Juzer Tayabali, and Hatim Ali Peshawarwala for their invaluable contributions.



Written By: Hatim bhai Bootwala



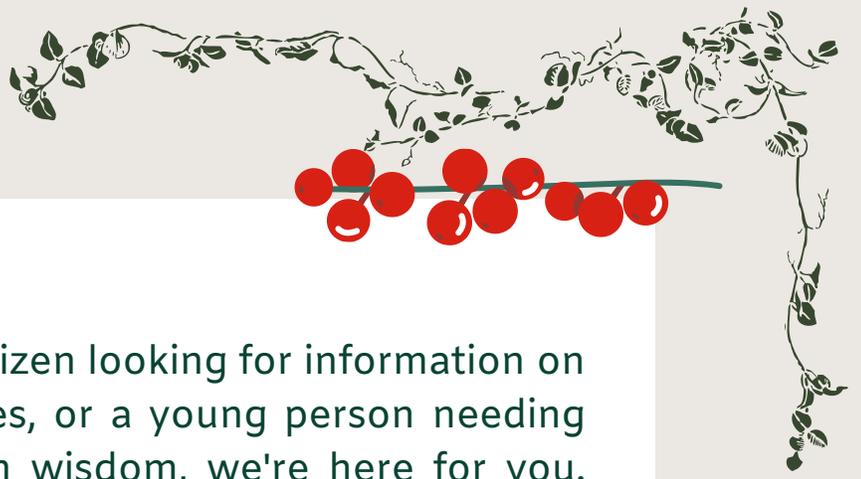
# Umoor Qaza

In the light of Amirul Mumeneen Ali ibn Talib's (AS) Kalaam Mubarak 'Ahsin Ila man asaa ilaik' and to fulfil our Maula's wish that mumeneen live amicably with their spouse, family members, friends and society at large, Umoor Qaza under the auspices of Anjuman-e-Fakhri are always there to assist you.

Umoor qaza khidmatguzars are your go-to crew for all things legal, as well as personal too, eg. settling disputes. The Umoor Qaza committee can help you ,whether you're caught up in business hassles, sorting out estates, dealing with marital problems or just trying to navigate through government services.

The Umoor Qaza team is a diverse bunch – we have an immigration consultant, a money expert, a business planning specialist, a counselor, not to mention our lawyers and entrepreneurs. They're like your personal dream team for legal issues.

We're not just about fixing problems, though. We're more about preventing disputes in the first place. So, whether you need help setting up agreements, planning your estate, or figuring out wills and powers of attorney, we've got your back.

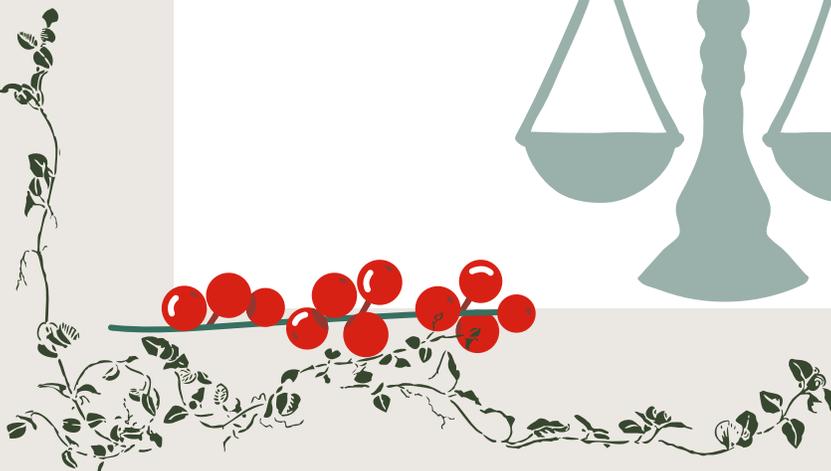


If you're a senior citizen looking for information on government services, or a young person needing some business plan wisdom, we're here for you. Even if your marriage is going through a rough patch, we're ready to lend an understanding ear.

The best part? Your secrets are safe with us. We treat all your dealings with the Umoor Qaza committee with the utmost respect and complete confidentiality. No matter what's going on, consider us on your team, rooting for you all the way.

Please feel free to reach out to the Umoor Qaza team on 647-839-0724 or [umoor.qazaa@mississaugajamaat.com](mailto:umoor.qazaa@mississaugajamaat.com).

**Written By: Moiz bhai Shaffiq Dar**



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Women Empowerment



November - December 2023

Issue 4



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*Linguist*

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NOVEMBER/DECEMBER 2023